

**HWIAC 2016 - 11/05/2016**  
**Track and Field**  
**Mohawk Sports Park**  
**Meet Program**

**Event 1 Women 100 Meter Dash Midget**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
<b>Heat 1 of 5 Prelims</b>				
1	249	Krishni Vithanage	Orchard Park	
2	144	Cherilyn Yeboah	Guido de Bres	
3	365	Jeanie Heng	Macdonald	
4	454	Dax Chamot	Westdale	
5	410	Sarah Brophy	Waterdown	
6	334	Abby Unrau	Sir Allan MacNab	
7	30	Maddison McCulloch	Cayuga	
<b>Heat 2 of 5 Prelims</b>				
1	327	Amanda Marshall	Sir Allan MacNab	
2	467	Claire SutherlandCase	Westdale	
3	414	Miranda Burke	Waterdown	
4	278	Shaymaa Farajat	Saltfleet	
5	222	Shadasia Reid	Nora Henderson	
6	181	Alicia Ritskes	Hamilton District	
7	240	Mackenzie Budgell	Orchard Park	
<b>Heat 3 of 5 Prelims</b>				
1	388	Kamryn Moulder-Scott	Churchill	
2	497	Ena Youn	Westmount	
3	363	Aaliyah Blair	Macdonald	
4	271	Ronya Banat	Saltfleet	
5	33	Rebecca Van Donkersgoed	Cayuga	
6	130	Kate Jonker	Guido de Bres	
7	462	Sage Kraftchek	Westdale	
8	247	Jeannie Nadorozny	Orchard Park	
<b>Heat 4 of 5 Prelims</b>				
1	248	Chante Njihia	Orchard Park	
2	184	Laura Van Houten	Hamilton District	
3	279	Kaillie Hall	Saltfleet	
4	32	Heather Tuck	Cayuga	
5	112	Tristan Ricker	Dunnville	
6	333	Hailey Taylor	Sir Allan MacNab	
7	367	Grace Oucharek	Macdonald	
<b>Heat 5 of 5 Prelims</b>				
1	272	Destiny Baxter	Saltfleet	
2	325	Souad Kurani	Sir Allan MacNab	
3	26	Lorelai Burke	Cayuga	
4	124	Shaelyn DenBroeder	Guido de Bres	
5	455	Sofia Dominico	Westdale	
6	205	Abbey Dikaitis	McKinnon Park	
7	245	Alannah Holman	Orchard Park	

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**Event 2 Men 100 Meter Dash Midget**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
<b>Heat 1 of 4 Prelims</b>				
1	50	Aidan van Arragon	Delta	
2	509	Spencer Murray	Westmount	
3	297	Malik Blunt	Saltfleet	
4	483	Myles MisenerDaley	Westdale	
5	79	Reid Baker	Dundas Valley	
6	256	Tomy Begin	Robert Land	
7	38	Braydan Mattice	Cayuga	
<b>Heat 2 of 4 Prelims</b>				
1	160	Ryan Nienhuis	Guido de Bres	
2	478	Thomas Hatch	Westdale	
3	100	Oliver Naruse	Dundas Valley	
4	361	Steven Tran	Sir Allan MacNab	
5	302	Jonas Mallett	Saltfleet	
6	402	John Le-Pine	Churchill	
<b>Heat 3 of 4 Prelims</b>				
2	371	Zachary Brown	Macdonald	
3	163	Jordan Schutten	Guido de Bres	
4	356	Tarajot Saini	Sir Allan MacNab	
5	311	Brandon Antos	Sherwood	
6	300	Johnny Kanagaratnam	Saltfleet	
7	480	Daniel Lesuik	Westdale	
<b>Heat 4 of 4 Prelims</b>				
2	254	Anthony Puglielli	Orchard Park	
3	145	Calvin Bartels	Guido de Bres	
4	346	Abdullah Dwyer	Sir Allan MacNab	
5	481	Dennis Linkert	Westdale	
6	304	Matthew Wolfe	Saltfleet	
7	187	Connor Bassie	Hamilton District	

**Event 3 Women 200 Meter Dash Midget**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
<b>Section 1 of 5 Timed Finals</b>				
2	205	Abbey Dikaitis	McKinnon Park	
3	120	Olivia Chong	Guido de Bres	
4	455	Sofia Dominico	Westdale	
5	367	Grace Oucharek	Macdonald	
6	238	Halle Bachiu	Orchard Park	
7	222	Shadasia Reid	Nora Henderson	
<b>Section 2 of 5 Timed Finals</b>				
2	246	Robin Jones	Orchard Park	
3	26	Lorelai Burke	Cayuga	
4	142	Beth Vansydenborgh	Guido de Bres	
5	463	Lauren Patiakas	Westdale	
6	181	Alicia Ritskes	Hamilton District	
7	419	Erin Gibbons	Waterdown	

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**Section 3 of 5 Timed Finals...(Event 3 Women 200 Meter Dash Midget)**

1	363	Aaliyah Blair	Macdonald
2	497	Ena Youn	Westmount
3	414	Miranda Burke	Waterdown
4	468	Sara Tuberfield	Westdale
5	388	Kamryn Moulder-Scott	Churchill
6	249	Krishni Vithanage	Orchard Park
7	116	Brie Alkema	Guido de Bres

**Section 4 of 5 Timed Finals**

2	118	Jacqueline Boisvert	Guido de Bres
3	33	Rebecca Van Donkersgoed	Cayuga
4	454	Dax Chamot	Westdale
5	74	Sara Vogel	Dundas Valley
6	241	Abby Clarke	Orchard Park
7	184	Laura Van Houten	Hamilton District
8	239	Morgan Brown	Orchard Park

**Section 5 of 5 Timed Finals**

2	410	Sarah Brophy	Waterdown
3	333	Hailey Taylor	Sir Allan MacNab
4	462	Sage Kraftchek	Westdale
5	325	Souad Kurani	Sir Allan MacNab
6	240	Mackenzie Budgell	Orchard Park
7	365	Jeanie Heng	Macdonald
8	30	Maddison McCulloch	Cayuga

**Event 4 Men 200 Meter Dash Midget**

Lane	Comp#	Name	School	Seed Time
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**Section 1 of 3 Timed Finals**

1	227	Shane Fleming	Nora Henderson
2	371	Zachary Brown	Macdonald
3	356	Tarajot Saini	Sir Allan MacNab
4	145	Calvin Bartels	Guido de Bres
5	487	Josh Rey	Westdale
6	100	Oliver Naruse	Dundas Valley
7	39	Daniel Ohalloran	Cayuga

**Section 2 of 3 Timed Finals**

1	509	Spencer Murray	Westmount
2	382	Nathaniel Steele	Macdonald
3	160	Ryan Nienhuis	Guido de Bres
4	480	Daniel Lesuik	Westdale
5	361	Steven Tran	Sir Allan MacNab
6	398	Dustin Hillman	Churchill
7	50	Aidan van Arragon	Delta

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**Section 3 of 3 Timed Finals...(Event 4 Men 200 Meter Dash Midget)**

1	402	John Le-Pine	Churchill
2	158	Christian Ligtenberg	Guido de Bres
3	79	Reid Baker	Dundas Valley
4	483	Myles MisenerDaley	Westdale
5	478	Thomas Hatch	Westdale
6	187	Connor Bassie	Hamilton District
7	346	Abdullah Dwyer	Sir Allan MacNab
8	256	Tomy Begin	Robert Land

**Event 5 Women 400 Meter Dash Midget**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
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**Section 1 of 3 Timed Finals**

2	120	Olivia Chong	Guido de Bres
3	124	Shaelyn DenBroeder	Guido de Bres
4	463	Lauren Patiakas	Westdale
5	68	Allyson Sober	Dundas Valley
6	239	Morgan Brown	Orchard Park
7	242	Sarah Consoli	Orchard Park

**Section 2 of 3 Timed Finals**

2	410	Sarah Brophy	Waterdown
3	74	Sara Vogel	Dundas Valley
4	460	Ria Klieman	Westdale
5	116	Brie Alkema	Guido de Bres
6	328	Chloe Marshall	Sir Allan MacNab
7	210	Emily Porter	McKinnon Park

**Section 3 of 3 Timed Finals**

1	238	Halle Bachi	Orchard Park
2	467	Claire SutherlandCase	Westdale
3	468	Sara Tuberfield	Westdale
4	56	Jessica Hils	Dundas Valley
5	53	Jenna Button	Dundas Valley
6	142	Beth Vansydenborgh	Guido de Bres
7	415	Madeline Carey	Waterdown

**Event 6 Men 400 Meter Dash Midget**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
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**Section 1 of 2 Timed Finals**

1	39	Daniel Ohalloran	Cayuga
2	158	Christian Ligtenberg	Guido de Bres
3	225	Evan Carbert	Nora Henderson
4	487	Josh Rey	Westdale
5	91	Scott Justason	Dundas Valley
6	382	Nathaniel Steele	Macdonald
7	255	Conor Wilson	Orchard Park
8	167	Dustin Spoelstra	Guido de Bres

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**Section 2 of 2 Timed Finals...(Event 6 Men 400 Meter Dash Midget)**

1	50	Aidan van Arragon	Delta
2	149	Owen Blokker	Guido de Bres
3	105	Grant Shewchuk	Dundas Valley
4	476	Malcolm Green	Westdale
5	234	Justin Nilligan	Nora Henderson
6	88	Simon Hendriks	Dundas Valley
7	227	Shane Fleming	Nora Henderson
8	371	Zachary Brown	Macdonald

**Event 7 Women 800 Meter Run Midget**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
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**Section 1 of 1 Timed Finals**

1	68	Allyson Sober	Dundas Valley
2	53	Jenna Button	Dundas Valley
3	29	Mackenzie Martindale	Cayuga
4	210	Emily Porter	McKinnon Park
5	328	Chloe Marshall	Sir Allan MacNab
6	131	Sarah Lanting	Guido de Bres
7	123	Kristen deBoer	Guido de Bres
8	242	Sarah Consoli	Orchard Park
9	11	Mackenzie Oliver	Ancaster High
10	415	Madeline Carey	Waterdown
11	427	Grace Mezger	Waterdown
12	126	Amber Hordyk	Guido de Bres

**Event 8 Men 800 Meter Run Midget**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
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**Section 1 of 1 Timed Finals**

1	225	Evan Carbert	Nora Henderson
2	103	Ethan RoseteartSmith	Dundas Valley
3	229	Greg Forester	Nora Henderson
4	234	Justin Nilligan	Nora Henderson
5	474	LaShaw DavidsonThomas	Westdale
6	88	Simon Hendriks	Dundas Valley
7	91	Scott Justason	Dundas Valley
8	476	Malcolm Green	Westdale
9	155	Brandon Hofsink	Guido de Bres
10	255	Conor Wilson	Orchard Park
11	443	Connor Ogg	Waterdown
12	159	Dean Muis	Guido de Bres
13	162	Hudson Schulenberg	Guido de Bres

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**Event 9 Women 1500 Meter Run Midget**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1	68	Allyson Sober	Dundas Valley	
2	471	Mikeala Witt	Westdale	
3	11	Mackenzie Oliver	Ancaster High	
4	126	Amber Hordyk	Guido de Bres	
5	415	Madeline Carey	Waterdown	
6	123	Kristen deBoer	Guido de Bres	
7	413	Tatum Brown	Waterdown	
8	131	Sarah Lanting	Guido de Bres	
9	427	Grace Mezger	Waterdown	

**Event 10 Men 1500 Meter Run Midget**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1	229	Greg Forester	Nora Henderson	
2	479	Nathaniel Leighninger	Westdale	
3	403	Raymond Lee-Page	Churchill	
4	474	LaShaw DavidsonThomas	Westdale	
5	255	Conor Wilson	Orchard Park	
6	103	Ethan RoseteartSmith	Dundas Valley	
7	148	Jordan Beijes	Guido de Bres	
8	102	Tristan Richards	Dundas Valley	
9	443	Connor Ogg	Waterdown	
10	39	Daniel Ohalloran	Cayuga	
11	155	Brandon Hofsink	Guido de Bres	
12	162	Hudson Schulenberg	Guido de Bres	
13	400	Billy Laing	Churchill	

**Event 11 Women 3000 Meter Run Midget**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1-1A	471	Mikeala Witt	Westdale	

**Event 12 Men 3000 Meter Run Midget**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1-1A	479	Nathaniel Leighninger	Westdale	
2-1B	148	Jordan Beijes	Guido de Bres	
3-1C	103	Ethan RoseteartSmith	Dundas Valley	
4-1D	102	Tristan Richards	Dundas Valley	

**Event 13 Women 80 Meter Hurdles Midget**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 2 Timed Finals</b>				
2	241	Abby Clarke	Orchard Park	
3	334	Abby Unrau	Sir Allan MacNab	
4	70	Julia Sylvester	Dundas Valley	
5	333	Hailey Taylor	Sir Allan MacNab	
6	466	Julia Stavnitzky	Westdale	
7	26	Lorelai Burke	Cayuga	

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**Section 2 of 2 Timed Finals...(Event 13 Women 80 Meter Hurdles Midget)**

1	205	Abbey Dikaitis	McKinnon Park
2	457	Jane Fox	Westdale
3	246	Robin Jones	Orchard Park
4	57	Viv Holmes	Dundas Valley
5	327	Amanda Marshall	Sir Allan MacNab
6	32	Heather Tuck	Cayuga
7	328	Chloe Marshall	Sir Allan MacNab

**Event 14 Men 100 Meter Hurdles Midget**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
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**Section 1 of 1 Timed Finals**

2	40	Cole Pont	Cayuga
3	254	Anthony Puglielli	Orchard Park
4	19	Ethan Paulos	Ancaster High
5	472	Liam BoatSmith	Westdale
6	38	Braydan Mattice	Cayuga

**Event 15 Women 300 Meter Hurdles Midget**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
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**Section 1 of 1 Timed Finals**

2	241	Abby Clarke	Orchard Park
3	57	Viv Holmes	Dundas Valley
4	56	Jessica Hils	Dundas Valley
5	70	Julia Sylvester	Dundas Valley
6	246	Robin Jones	Orchard Park
7	142	Beth Vansydenborgh	Guido de Bres

**Event 16 Men 300 Meter Hurdles Midget**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
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**Section 1 of 1 Timed Finals**

3	149	Owen Blokker	Guido de Bres
4	472	Liam BoatSmith	Westdale
5	91	Scott Justason	Dundas Valley
6	147	Anthony Beijes	Guido de Bres

**Event 17 Women High Jump Midget**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
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**Flight 1 of 1 Finals**

1	70	Julia Sylvester	Dundas Valley
2	245	Alannah Holman	Orchard Park
3	135	Taylor Schipper	Guido de Bres
4	210	Emily Porter	McKinnon Park
5	127	Mackenzie Hordyk	Guido de Bres

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**Event 18 Men High Jump Midget**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	147	Anthony Beijes	Guido de Bres	
2	149	Owen Blokker	Guido de Bres	
3	95	Alex Kobosuvich	Dundas Valley	
4	256	Tomy Begin	Robert Land	
5	352	Scott Jenkins	Sir Allan MacNab	
6	96	Connor Lowery	Dundas Valley	
7	265	Ezekiel Kennedy	Robert Land	
8	80	Lucas Bezemer	Dundas Valley	

**Event 21 Women Long Jump Midget**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	457	Jane Fox	Westdale	
2	127	Mackenzie Hordyk	Guido de Bres	
3	460	Ria Klieman	Westdale	
4	466	Julia Stavnitzky	Westdale	
5	454	Dax Chamot	Westdale	
6	184	Laura Van Houten	Hamilton District	
7	130	Kate Jonker	Guido de Bres	
8	110	Taylor Dewitt	Dunnville	
9	247	Jeannie Nadorozny	Orchard Park	
10	325	Souad Kurani	Sir Allan MacNab	
11	118	Jacqueline Boisvert	Guido de Bres	
12	368	Grace Ourcharek	Macdonald	
13	32	Heather Tuck	Cayuga	
14	31	Lindsay Townsend	Cayuga	
15	467	Claire SutherlandCase	Westdale	
16	124	Shaelyn DenBroeder	Guido de Bres	
17	33	Rebecca Van Donkersgoed	Cayuga	
18	363	Aaliyah Blair	Macdonald	

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**Event 22 Men Long Jump Midget**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	163	Jordan Schutten	Guido de Bres	
2	95	Alex Kobosuvich	Dundas Valley	
3	481	Dennis Linkert	Westdale	
4	40	Cole Pont	Cayuga	
5	352	Scott Jenkins	Sir Allan MacNab	
6	480	Daniel Lesuik	Westdale	
7	509	Spencer Murray	Westmount	
8	22	Thomas Sant	Ancaster High	
9	478	Thomas Hatch	Westdale	
10	148	Jordan Beijes	Guido de Bres	
11	96	Connor Lowery	Dundas Valley	
12	311	Brandon Antos	Sherwood	
13	159	Dean Muis	Guido de Bres	
14	346	Abdullah Dwyer	Sir Allan MacNab	
15	402	John Le-Pine	Churchill	
16	80	Lucas Bezemer	Dundas Valley	
17	254	Anthony Puglielli	Orchard Park	
18	38	Braydan Mattice	Cayuga	
19	382	Nathaniel Steele	Macdonald	
20	361	Steven Tran	Sir Allan MacNab	
21	34	Jaden Barrick	Cayuga	

**Event 23 Women Triple Jump Midget**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	110	Taylor Dewitt	Dunnville	
2	29	Mackenzie Martindale	Cayuga	
3	120	Olivia Chong	Guido de Bres	
4	144	Cherilyn Yeboah	Guido de Bres	
5	181	Alicia Ritskes	Hamilton District	
6	127	Mackenzie Hordyk	Guido de Bres	
7	135	Taylor Schipper	Guido de Bres	
8	31	Lindsay Townsend	Cayuga	

**Event 24 Men Triple Jump Midget**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	163	Jordan Schutten	Guido de Bres	
2	159	Dean Muis	Guido de Bres	
3	95	Alex Kobosuvich	Dundas Valley	
4	22	Thomas Sant	Ancaster High	
5	80	Lucas Bezemer	Dundas Valley	
6	481	Dennis Linkert	Westdale	
7	96	Connor Lowery	Dundas Valley	
8	147	Anthony Beijes	Guido de Bres	

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**Event 25 Women Shot Put 3 kg Midget**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	51	Laura Bishop	Dundas Valley	
2	247	Jeannie Nadorozny	Orchard Park	
3	60	Ciara Korda	Dundas Valley	
4	117	Hailey Bartels	Guido de Bres	
5	119	Megan Bos	Guido de Bres	
6	4	Holly Connor	Ancaster High	
7	31	Lindsay Townsend	Cayuga	
8	175	Joanie Hart	Hamilton District	
9	140	Lauren Vanderwoude	Guido de Bres	
10	207	Cara Hill	McKinnon Park	
11	386	Darien Gromadzki	Churchill	
12	56	Jessica Hils	Dundas Valley	
13	77	Sophie Wright	Dundas Valley	
14	248	Chante Njihia	Orchard Park	
15	276	Sopiko Darsalia	Saltfleet	

**Event 26 Men Shot Put 4 kg Midget**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	265	Ezekiel Kennedy	Robert Land	
2	188	William Beldman	Hamilton District	
3	376	David Mendez	Macdonald	
4	105	Grant Shewchuk	Dundas Valley	
5	167	Dustin Spoelstra	Guido de Bres	
6	145	Calvin Bartels	Guido de Bres	
7	86	Zach Hampstead	Dundas Valley	
8	353	Adrian Locke	Sir Allan MacNab	
9	405	Chad Moody	Churchill	

**Event 27 Women Discus Throw 1 kg Midget**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	51	Laura Bishop	Dundas Valley	
2	119	Megan Bos	Guido de Bres	
3	77	Sophie Wright	Dundas Valley	
4	172	Beverly Bergsma	Hamilton District	
5	117	Hailey Bartels	Guido de Bres	
6	60	Ciara Korda	Dundas Valley	
7	327	Amanda Marshall	Sir Allan MacNab	
8	207	Cara Hill	McKinnon Park	
9	175	Joanie Hart	Hamilton District	

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**Event 28 Men Discus Throw 1 kg Midget**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	353	Adrian Locke	Sir Allan MacNab	
2	265	Ezekiel Kennedy	Robert Land	
3	376	David Mendez	Macdonald	
4	86	Zach Hampstead	Dundas Valley	
5	188	William Beldman	Hamilton District	
6	105	Grant Shewchuk	Dundas Valley	

**Event 29 Women Javelin Throw 600g Midget**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	140	Lauren Vanderwoude	Guido de Bres	
2	334	Abby Unrau	Sir Allan MacNab	
3	273	Nicole Brown	Saltfleet	
4	288	Jackie Rainville	Saltfleet	
5	286	Kate McPhail	Saltfleet	
6	172	Beverly Bergsma	Hamilton District	
7	386	Darien Gromadzki	Churchill	
8	77	Sophie Wright	Dundas Valley	
9	283	Maya Madjercic	Saltfleet	
10	207	Cara Hill	McKinnon Park	
11	60	Ciara Korda	Dundas Valley	
12	293	Melissa Tougher	Saltfleet	
13	51	Laura Bishop	Dundas Valley	

**Event 30 Men Javelin Throw 600g Midget**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	188	William Beldman	Hamilton District	
2	86	Zach Hampstead	Dundas Valley	
3	19	Ethan Paulos	Ancaster High	
4	371	Zachary Brown	Macdonald	
5	167	Dustin Spoelstra	Guido de Bres	
6	472	Liam Boatsmith	Westdale	
7	79	Reid Baker	Dundas Valley	

**Event 31 Women 4x100 Meter Relay Midget**

Lane	Comp#	Team	Relay	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1		Waterdown	A	
2		Cayuga	A	
3		Dundas Valley	A	
4		Sir Allan MacNab	A	
5		Westdale	A	
6		Guido de Bres	A	
7		Orchard Park	A	
8		Hamilton District	A	

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**Event 32 Men 4x100 Meter Relay Midget**

Lane	Comp#	Team	Relay	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1		Nora Frances Henderson	A	
2		Sir Winston Churchill	A	
3		Westdale	A	
4		Sir Allan MacNab	A	
5		Dundas Valley	A	
6		Saltfleet	A	
7		Cayuga	A	
8		Guido de Bres	A	

**Event 33 Women 100 Meter Dash Junior**

Lane	Comp#	Name	School	Seed Time
<b>Heat 1 of 3 Prelims</b>				
1	221	Rachel Kudrenski	Nora Henderson	
2	176	Leah Hart	Hamilton District	
3	72	Naomi Terlhjan	Dundas Valley	
4	321	Cree Bell	Sir Allan MacNab	
5	308	Samantha Kunz	Sherwood	
6	418	Paige Faith	Waterdown	
7	180	Iris Mulder	Hamilton District	
<b>Heat 2 of 3 Prelims</b>				
1	223	Emily Robertson	Nora Henderson	
2	170	Edora Awi	Hamilton District	
3	62	Madi McHarg	Dundas Valley	
4	307	Taylor Freeman-Wills	Sherwood	
5	12	Hannah Raymond	Ancaster High	
6	428	Vivien Schnitzler	Waterdown	
7	61	Zoe Lawrence	Dundas Valley	
8	416	Katie East	Waterdown	
<b>Heat 3 of 3 Prelims</b>				
1	121	Annika Daddazio	Guido de Bres	
2	76	Jessica Woodworth	Dundas Valley	
3	324	Mimi Hassan	Sir Allan MacNab	
4	9	Katelyn Kennedy	Ancaster High	
5	305	Kaitlyn Arsenault	Sherwood	
6	183	Magda Teeuwesen	Hamilton District	
7	289	Jessica Reid	Saltfleet	
8	420	Erin Gull	Waterdown	

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**Event 34 Men 100 Meter Dash Junior**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
<b>Heat 1 of 4 Prelims</b>				
1	87	Patrick Harrison	Dundas Valley	
2	268	Nicolas Sidorow	Robert Land	
3	198	Brad Vandermeulan	Hamilton District	
4	357	Devon Steele	Sir Allan MacNab	
5	380	Tapiwa Mudzurohona	Macdonald	
6	16	Akshay Maharaj	Ancaster High	
7	385	Benjamin Uriuchuch	Macdonald	
<b>Heat 2 of 4 Prelims</b>				
1	260	Kolby Deschner	Robert Land	
2	507	Ayaat Mehdi	Westmount	
3	383	Joshua Urichuch	Macdonald	
4	344	Trenton Dam	Sir Allan MacNab	
5	319	Brandon Peck	Sherwood	
6	35	Justin Day	Cayuga	
7	189	Tim Bruulsema	Hamilton District	
<b>Heat 3 of 4 Prelims</b>				
2	299	Kevin Guo	Saltfleet	
3	266	Solomon Kennedy	Robert Land	
4	347	Tre Edwards	Sir Allan MacNab	
5	13	Liam Garcia	Ancaster High	
6	190	Lucas Eising	Hamilton District	
7	378	Htoo Nay Moo	Macdonald	
<b>Heat 4 of 4 Prelims</b>				
2	201	Joel Wouda	Hamilton District	
3	446	Carter Routlodge	Waterdown	
4	228	Jason Flores	Nora Henderson	
5	25	Michael Walters	Ancaster High	
6	370	Tasheen Ahmed	Macdonald	
7	301	Kaymel King	Saltfleet	

**Event 35 Women 200 Meter Dash Junior**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
<b>Section 1 of 3 Timed Finals</b>				
2	121	Annika Daddazio	Guido de Bres	
3	421	Hanna Hertel	Waterdown	
4	324	Mimi Hassan	Sir Allan MacNab	
5	170	Edora Awi	Hamilton District	
6	58	Janel Humphrey	Dundas Valley	
7	3	Emma Clapman	Ancaster High	
<b>Section 2 of 3 Timed Finals</b>				
2	9	Katelyn Kennedy	Ancaster High	
3	418	Paige Faith	Waterdown	
4	62	Madi McHarg	Dundas Valley	
5	176	Leah Hart	Hamilton District	
6	424	Jaiden Maunder	Waterdown	

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**Section 3 of 3 Timed Finals...(Event 35 Women 200 Meter Dash Junior)**

2	428	Vivien Schnitzler	Waterdown
3	183	Magda Teeuwssen	Hamilton District
4	321	Cree Bell	Sir Allan MacNab
5	76	Jessica Woodworth	Dundas Valley
6	223	Emily Robertson	Nora Henderson
7	12	Hannah Raymond	Ancaster High

**Event 36 Men 200 Meter Dash Junior**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
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**Section 1 of 5 Timed Finals**

2	268	Nicolas Sidorow	Robert Land
3	49	Trevino Stewart	Delta
4	357	Devon Steele	Sir Allan MacNab
5	82	Jesse Davis	Dundas Valley
6	370	Tasheen Ahmed	Macdonald
7	228	Jason Flores	Nora Henderson

**Section 2 of 5 Timed Finals**

2	378	Htoo Nay Moo	Macdonald
3	16	Akshay Maharaj	Ancaster High
4	101	Alec Purnell	Dundas Valley
5	169	Luke Vanspronsen	Guido de Bres
6	44	Marcus Heppel	Delta
7	380	Tapiwa Mudzurohona	Macdonald

**Section 3 of 5 Timed Finals**

1	507	Ayaat Mehdi	Westmount
2	231	Cameron McLeod	Nora Henderson
3	198	Brad Vandermeulan	Hamilton District
4	347	Tre Edwards	Sir Allan MacNab
5	90	Eric Justason	Dundas Valley
6	385	Benjamin Uriuchuch	Macdonald
7	216	Tate Oxley	McKinnon Park

**Section 4 of 5 Timed Finals**

1	506	Spencer McLucas	Westmount
2	164	Kenton Slaa	Guido de Bres
3	372	Navid Chowdhury	Macdonald
4	344	Trenton Dam	Sir Allan MacNab
5	87	Patrick Harrisson	Dundas Valley
6	252	Mirza Berberovic	Orchard Park
7	232	Peyton Meloche	Nora Henderson

**Section 5 of 5 Timed Finals**

1	13	Liam Garcia	Ancaster High
2	42	Ali Currie	Delta
3	399	Touqueer Kahn	Churchill
4	217	Samuel Richardson	McKinnon Park
5	319	Brandon Peck	Sherwood
6	383	Joshua Urichuch	Macdonald
7	35	Justin Day	Cayuga

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**Event 37 Women 400 Meter Dash Junior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 2 Timed Finals</b>				
2	421	Hanna Hertel	Waterdown	
3	65	Keirsten Pyringer	Dundas Valley	
4	6	Natasha Hillman	Ancaster High	
5	203	Aven Blanchard	McKinnon Park	
<b>Section 2 of 2 Timed Finals</b>				
2	174	Debbie Hart	Hamilton District	
3	223	Emily Robertson	Nora Henderson	
4	452	Meaghan Boatsmith	Westdale	
5	58	Janel Humphrey	Dundas Valley	
6	424	Jaiden Maunder	Waterdown	

**Event 38 Men 400 Meter Dash Junior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 2 Timed Finals</b>				
1	42	Ali Currie	Delta	
2	435	Bryan Enriquez	Waterdown	
3	506	Spencer McLucas	Westmount	
4	90	Eric Justason	Dundas Valley	
5	252	Mirza Berberovic	Orchard Park	
6	46	Joshua Hill	Delta	
7	393	Melchisedek Corrielant	Churchill	
8	372	Navid Chowdhury	Macdonald	
<b>Section 2 of 2 Timed Finals</b>				
1	513	T.D Whittaker	Westmount	
2	369	Tahseen Ahmed	Macdonald	
3	82	Jesse Davis	Dundas Valley	
4	101	Alec Purnell	Dundas Valley	
5	165	Myko Smid	Guido de Bres	
6	434	Jimmy Cushnie	Waterdown	
7	44	Marcus Heppel	Delta	
8	507	Ayaat Mehdi	Westmount	

**Event 39 Women 800 Meter Run Junior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1	452	Meaghan Boatsmith	Westdale	
2	6	Natasha Hillman	Ancaster High	
3	133	Ashley Lof	Guido de Bres	
4	251	Alysha Wira	Orchard Park	
5	7	Brittany Johnstone	Ancaster High	
6	65	Keirsten Pyringer	Dundas Valley	
7	412	Rachel Brown	Waterdown	
8	173	Emma Grills	Hamilton District	
9	141	Elianna VanRaalte	Guido de Bres	

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**Event 40 Men 800 Meter Run Junior**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
<b>Section 1 of 1</b>		<b>Timed Finals</b>		
1	101	Alec Purnell	Dundas Valley	
2	93	Ian klassen	Dundas Valley	
3	150	Jack Buitenhuis	Guido de Bres	
4	18	Finn Mills	Ancaster High	
5	435	Bryan Enriquez	Waterdown	
6	392	Justin Chieriere	Churchill	
7	46	Joshua Hill	Delta	
8	168	Luke Vandervelde	Guido de Bres	
9	49	Trevino Stewart	Delta	
10	200	Gerrit Verrips	Hamilton District	
11	434	Jimmy Cushnie	Waterdown	
12	317	Jorge Lopez	Sherwood	
13	165	Myko Smid	Guido de Bres	
14	24	Bardaysun Talya	Ancaster High	
15	303	Brandon Singh	Saltfleet	
16	375	Abdifatah Mahdi Mohammed	Macdonald	

**Event 41 Women 1500 Meter Run Junior**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
<b>Section 1 of 1</b>		<b>Timed Finals</b>		
1	284	Natasa Matijevic	Saltfleet	
2	3	Emma Clapman	Ancaster High	
3	8	Madison Johnstone	Ancaster High	
4	133	Ashley Lof	Guido de Bres	
5	412	Rachel Brown	Waterdown	
6	7	Brittany Johnstone	Ancaster High	
7	177	Kayla Kerssies	Hamilton District	
8	174	Debbie Hart	Hamilton District	
9	173	Emma Grills	Hamilton District	
10	243	Abbey Gauthier	Orchard Park	
11	66	Megan Richer	Dundas Valley	
12	237	Hailey Adzija	Orchard Park	

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**Event 42 Men 1500 Meter Run Junior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 2 Timed Finals</b>				
1	94	Carter Knox	Dundas Valley	
2	18	Finn Mills	Ancaster High	
3	317	Jorge Lopez	Sherwood	
4	168	Luke Vandervelde	Guido de Bres	
5	303	Brandon Singh	Saltfleet	
6	93	Ian klassen	Dundas Valley	
7	200	Gerrit Verrips	Hamilton District	
8	299	Kevin Guo	Saltfleet	
9	216	Tate Oxley	McKinnon Park	
10	375	Abdifatah Mahdi Mohammed	Macdonald	
11	499	Alex Creaghan	Westmount	
12	92	Doug Keen	Dundas Valley	
13	447	Alex Seguin	Waterdown	
14	24	Bardaysun Talya	Ancaster High	
<b>Section 2 of 2 Timed Finals</b>				
1	48	Jacob Roussel	Delta	
2	150	Jack Buitenhuis	Guido de Bres	
3	437	Zac Hennessey	Waterdown	

**Event 43 Women 3000 Meter Run Junior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
3-4A	66	Megan Richer	Dundas Valley	
1-5A	243	Abbey Gauthier	Orchard Park	
2-6A	141	Elianna VanRaalte	Guido de Bres	
4-7A	8	Madison Johnstone	Ancaster High	

**Event 44 Men 3000 Meter Run Junior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1-1A	437	Zac Hennessey	Waterdown	
2-1B	447	Alex Seguin	Waterdown	
3-1C	499	Alex Creaghan	Westmount	
4-1D	93	Ian klassen	Dundas Valley	
5-1E	375	Abdifatah Mahdi Mohammed	Macdonald	
6-1F	94	Carter Knox	Dundas Valley	
7-1G	92	Doug Keen	Dundas Valley	
8-1H	513	T.D Whittaker	Westmount	
9-1I	48	Jacob Roussel	Delta	

**Event 45 Women 80 Meter Hurdles Junior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
3	203	Aven Blanchard	McKinnon Park	
4	55	Olivia Ferney	Dundas Valley	
5	64	Aislin Osbourne	Dundas Valley	
6	237	Hailey Adzija	Orchard Park	

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**Event 46 Men 100 Meter Hurdles Junior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
2	16	Akshay Maharaj	Ancaster High	
3	232	Peyton Meloche	Nora Henderson	
4	84	Owen Gadjanski	Dundas Valley	
5	25	Michael Walters	Ancaster High	

**Event 47 Women 300 Meter Hurdles Junior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
3	203	Aven Blanchard	McKinnon Park	
4	55	Olivia Ferney	Dundas Valley	
5	237	Hailey Adzija	Orchard Park	
6	251	Alysha Wira	Orchard Park	

**Event 48 Men 300 Meter Hurdles Junior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1	165	Myko Smid	Guido de Bres	
2	169	Luke Vanspronsen	Guido de Bres	
3	84	Owen Gadjanski	Dundas Valley	
4	231	Cameron McLeod	Nora Henderson	
5	90	Eric Justason	Dundas Valley	
6	232	Peyton Meloche	Nora Henderson	
7	506	Spencer McLucas	Westmount	
8	161	Gideon Nijenhuis	Guido de Bres	

**Event 49 Women High Jump Junior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	52	Isabella Brukker	Dundas Valley	
2	307	Taylor Freeman-Wills	Sherwood	
3	125	Megan Heemsker	Guido de Bres	

**Event 50 Men High Jump Junior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	377	Faisal Mohamed	Macdonald	
2	161	Gideon Nijenhuis	Guido de Bres	
3	108	Brad Wright	Dundas Valley	
4	200	Gerrit Verrips	Hamilton District	
5	166	Cole Spoelstra	Guido de Bres	
6	260	Kolby Deschner	Robert Land	
7	196	Jonathan Spears	Hamilton District	

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**Event 53 Women Long Jump Junior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	2	Emma Clapham	Ancaster High	
2	125	Megan Heemskerck	Guido de Bres	
3	59	Emma Johnston	Dundas Valley	
4	72	Naomi Terlhjan	Dundas Valley	
5	180	Iris Mulder	Hamilton District	
6	416	Katie East	Waterdown	
7	52	Isabella Brukker	Dundas Valley	
8	305	Kaitlyn Arsenault	Sherwood	
9	307	Taylor Freeman-Wills	Sherwood	
10	324	Mimi Hassan	Sir Allan MacNab	
11	64	Aislin Osbourne	Dundas Valley	
12	182	Jess Star	Hamilton District	

**Event 54 Men Long Jump Junior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	189	Tim Bruulsema	Hamilton District	
2	370	Tasheen Ahmed	Macdonald	
3	357	Devon Steele	Sir Allan MacNab	
4	161	Gideon Nijenhuis	Guido de Bres	
5	378	Htoo Nay Moo	Macdonald	
6	446	Carter Routlodge	Waterdown	
7	83	Duncan Eldredge	Dundas Valley	
8	190	Lucas Eising	Hamilton District	
9	397	Josh Hill	Churchill	
10	198	Brad Vandermeulan	Hamilton District	
11	344	Trenton Dam	Sir Allan MacNab	
12	23	Zack Stevens	Ancaster High	
13	347	Tre Edwards	Sir Allan MacNab	
14	380	Tapiwa Mudzurohona	Macdonald	
15	252	Mirza Berberovic	Orchard Park	
16	217	Samuel Richardson	McKinnon Park	
17	197	Nick Terpstra	Hamilton District	
18	231	Cameron McLeod	Nora Henderson	
19	377	Faisal Mohamed	Macdonald	
20	164	Kenton Slaa	Guido de Bres	

**Event 55 Women Triple Jump Junior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	182	Jess Star	Hamilton District	
2	72	Naomi Terlhjan	Dundas Valley	
3	64	Aislin Osbourne	Dundas Valley	
4	141	Elianna VanRaalte	Guido de Bres	
5	52	Isabella Brukker	Dundas Valley	
6	59	Emma Johnston	Dundas Valley	

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**Event 56 Men Triple Jump Junior**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	83	Duncan Eldredge	Dundas Valley	
2	190	Lucas Eising	Hamilton District	
3	377	Faisal Mohamed	Macdonald	
4	378	Htoo Nay Moo	Macdonald	
5	164	Kenton Slaa	Guido de Bres	
6	197	Nick Terpstra	Hamilton District	
7	23	Zack Stevens	Ancaster High	
8	397	Josh Hill	Churchill	
9	189	Tim Bruulsema	Hamilton District	

**Event 57 Women Shot Put 3 kg Junior**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	390	Brianna Petrie	Churchill	
2	244	Emily Gondar	Orchard Park	
3	143	Taylor Wielink	Guido de Bres	
4	221	Rachel Kudrenski	Nora Henderson	
5	309	Chloe McMillan	Sherwood	
6	54	Sam Crawford	Dundas Valley	
7	109	Nicole Brown	Dunnville	
8	323	Sarah Dwyer	Sir Allan MacNab	
9	224	Yanna Vandervolk	Nora Henderson	
10	310	Megan White	Sherwood	
11	209	Nikki Jamieson	McKinnon Park	
12	128	Deanna Hutten	Guido de Bres	

**Event 58 Men Shot Put 4 kg Junior**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	351	Rayin Herrera	Sir Allan MacNab	
2	81	Tristan Burr	Dundas Valley	
3	235	Coby Trotman	Nora Henderson	
4	350	Tyler Guppy	Sir Allan MacNab	
5	156	Logan Jonker	Guido de Bres	
6	43	C J Fortin	Delta	
7	78	Ahmed Alreada	Dundas Valley	
8	108	Brad Wright	Dundas Valley	
9	266	Solomon Kennedy	Robert Land	
10	230	Logan Harnett	Nora Henderson	
11	104	Marcus Rosetto	Dundas Valley	

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**Event 59 Women Discus Throw 1 kg Junior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	209	Nikki Jamieson	McKinnon Park	
2	323	Sarah Dwyer	Sir Allan MacNab	
3	244	Emily Gondar	Orchard Park	
4	310	Megan White	Sherwood	
5	390	Brianna Petrie	Churchill	
6	143	Taylor Wielink	Guido de Bres	
7	61	Zoe Lawrence	Dundas Valley	
8	128	Deanna Hutten	Guido de Bres	
9	177	Kayla Kerssies	Hamilton District	
10	54	Sam Crawford	Dundas Valley	

**Event 60 Men Discus Throw 1 kg Junior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	81	Tristan Burr	Dundas Valley	
2	43	C J Fortin	Delta	
3	107	Conrad VonPallske	Dundas Valley	
4	196	Jonathan Spears	Hamilton District	
5	104	Marcus Rosetto	Dundas Valley	
6	78	Ahmed Alreada	Dundas Valley	
7	156	Logan Jonker	Guido de Bres	
8	25	Michael Walters	Ancaster High	

**Event 61 Women Javelin Throw 600g Junior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	285	Emily Matsell	Saltfleet	
2	177	Kayla Kerssies	Hamilton District	
3	291	Rachel Rioux	Saltfleet	
4	452	Meaghan Boatsmith	Westdale	
5	180	Iris Mulder	Hamilton District	
6	54	Sam Crawford	Dundas Valley	
7	143	Taylor Wielink	Guido de Bres	
8	61	Zoe Lawrence	Dundas Valley	
9	244	Emily Gondar	Orchard Park	
10	224	Yanna Vandervolk	Nora Henderson	
11	389	Brittany Orourke	Churchill	
12	423	Joey Hewick	Waterdown	
13	295	Isabelle Zubyk	Saltfleet	

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**Event 62 Men Javelin Throw 600g Junior**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	268	Nicolas Sidorow	Robert Land	
2	260	Kolby Deschner	Robert Land	
3	235	Coby Trotman	Nora Henderson	
4	156	Logan Jonker	Guido de Bres	
5	46	Joshua Hill	Delta	
6	230	Logan Harnett	Nora Henderson	
7	166	Cole Spoelstra	Guido de Bres	
8	23	Zack Stevens	Ancaster High	
9	104	Marcus Rosetto	Dundas Valley	
10	196	Jonathan Spears	Hamilton District	
11	43	C J Fortin	Delta	
12	82	Jesse Davis	Dundas Valley	
13	372	Navid Chowdhury	Macdonald	
14	107	Conrad VonPallske	Dundas Valley	
15	201	Joel Wouda	Hamilton District	
16	81	Tristan Burr	Dundas Valley	
17	108	Brad Wright	Dundas Valley	
18	217	Samuel Richardson	McKinnon Park	

**Event 63 Women 4x100 Meter Relay Junior**

<b>Lane</b>	<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
<b>Section 1 of 1 Timed Finals</b>				
1		Waterdown	A	
2		Nora Frances Henderson	A	
3		Ancaster High	A	
4		Dundas Valley	A	
5		Westdale	A	
6		Guido de Bres	A	
7		Hamilton District	A	

**Event 64 Men 4x100 Meter Relay Junior**

<b>Lane</b>	<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
<b>Section 1 of 2 Timed Finals</b>				
2		Sir John A Macdonald	A	
3		Delta	A	
4		Westmount	A	
5		Guido de Bres	A	
<b>Section 2 of 2 Timed Finals</b>				
2		Ancaster High	A	
3		Hamilton District	A	
4		Dundas Valley	A	
5		Sir Allan MacNab	A	
6		Sir Winston Churchill	A	

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**Event 65 Women 100 Meter Dash Senior**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
<b>Heat 1 of 4 Prelims</b>				
1	496	Elissa Tantaru	Westmount	
2	139	Debra Vanderlaan	Guido de Bres	
3	464	Zoe Sirko	Westdale	
4	332	Eryn Reader	Sir Allan MacNab	
5	185	Sophia Winter	Hamilton District	
6	277	Taylor Donders	Saltfleet	
7	211	Leonna Skye	McKinnon Park	
<b>Heat 2 of 4 Prelims</b>				
2	306	Hailey Bowen	Sherwood	
3	281	Liz Isbister	Saltfleet	
4	71	Georgia Temush	Dundas Valley	
5	326	Chelsey Laufer	Sir Allan MacNab	
6	430	Bella Wylie	Waterdown	
7	490	Sarah Butts	Westmount	
<b>Heat 3 of 4 Prelims</b>				
2	280	Sarah Incretolli	Saltfleet	
3	129	Jen Hutten	Guido de Bres	
4	73	Sydney Turpin	Dundas Valley	
5	331	Tricia Raynsford	Sir Allan MacNab	
6	492	Danielle Datzkiw	Westmount	
7	202	Jenna Beemer	McKinnon Park	
<b>Heat 4 of 4 Prelims</b>				
2	491	Aniyah Claxton-Dwyer	Westmount	
3	136	Karissa Stegenga	Guido de Bres	
4	366	Fatuma Mohamed Yaro	Macdonald	
5	275	Ramnik Chudha	Saltfleet	
6	212	Jazzmine Thomas	McKinnon Park	
7	456	Marissa Dubois	Westdale	

**Event 66 Men 100 Meter Dash Senior**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
<b>Heat 1 of 5 Prelims</b>				
1	381	Naytay Nay	Macdonald	
2	433	Hunter Bosch	Waterdown	
3	359	Devon Thompson-Wood	Sir Allan MacNab	
4	316	Joshua Keogh	Sherwood	
5	498	Chris Buccella	Westmount	
6	215	Colton Mason	McKinnon Park	
7	263	Geoffrey Haylock	Robert Land	
8	489	Willis Sloan	Westdale	

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**Heat 2 of 5 Prelims...(Event 66 Men 100 Meter Dash Senior)**

1	510	Josh Perl	Westmount
2	488	Keegan Roughsedge	Westdale
3	314	Sullivan Edwards	Sherwood
4	98	Alex McClung	Dundas Valley
5	345	Andre Dixon	Sir Allan MacNab
6	449	Damian Tesoro	Waterdown
7	219	Mitchell Szarko	McKinnon Park
8	151	Lawrence Eikelboom	Guido de Bres

**Heat 3 of 5 Prelims**

1	191	Will Fledderus	Hamilton District
2	500	Maxwell Gyimah	Westmount
3	97	Ethan Mark	Dundas Valley
4	15	Eric Huynh	Ancaster High
5	358	Tyler Ternowski	Sir Allan MacNab
6	484	Stephane Nzapa	Westdale
7	448	Grayson Smith	Waterdown
8	374	Abdull Ismail	Macdonald

**Heat 4 of 5 Prelims**

1	261	Charles Falk	Robert Land
2	396	Shawn Crouse	Churchill
3	440	Zac MacLellan	Waterdown
4	349	Caswell Falconer	Sir Allan MacNab
5	312	Nigel Charles-Price	Sherwood
6	373	Tong Du	Macdonald
7	99	Gabe Millikin	Dundas Valley
8	486	Jacob Rashid	Westdale

**Heat 5 of 5 Prelims**

1	431	Justin Andree	Waterdown
2	259	Raphael Cote	Robert Land
3	318	Cameron McMillan	Sherwood
4	362	Denzel Wallace	Sir Allan MacNab
5	348	Ke Vaughn Ellis	Sir Allan MacNab
6	213	Joshua Boisvert	McKinnon Park
7	508	Abanoub Mina	Westmount
8	477	Kyle Greene	Westdale

**Event 67 Women 200 Meter Dash Senior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 3 Timed Finals</b>				
1	206	Anna-May Hill	McKinnon Park	
2	28	Kayla Hedley	Cayuga	
3	496	Elissa Tantar	Westmount	
4	332	Eryn Reader	Sir Allan MacNab	
5	73	Sydney Turpin	Dundas Valley	
6	136	Karissa Stegenga	Guido de Bres	
7	491	Aniyah Claxton-Dwyer	Westmount	

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**Section 2 of 3 Timed Finals...(Event 67 Women 200 Meter Dash Senior)**

2	139	Debra Vanderlaan	Guido de Bres
3	202	Jenna Beemer	McKinnon Park
4	69	Brittany Stenekes	Dundas Valley
5	470	Pepei Wang	Westdale
6	185	Sophia Winter	Hamilton District
7	280	Sarah Incretolli	Saltfleet

**Section 3 of 3 Timed Finals**

1	10	Olivia Majcher	Ancaster High
2	27	Hailey Cowan	Cayuga
3	212	Jazzmine Thomas	McKinnon Park
4	67	Jenna Smith	Dundas Valley
5	129	Jen Hutten	Guido de Bres
6	429	Teagan Soni	Waterdown
7	490	Sarah Butts	Westmount

**Event 68 Men 200 Meter Dash Senior**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
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**Section 1 of 5 Timed Finals**

1	236	Omar Ulloa	Nora Henderson
2	449	Damian Tesoro	Waterdown
3	153	Andy Groenwold	Guido de Bres
4	343	Tajara Chademana	Sir Allan MacNab
5	316	Joshua Keogh	Sherwood
6	510	Josh Perl	Westmount
7	475	Simon Day	Westdale

**Section 2 of 5 Timed Finals**

1	219	Mitchell Szarko	McKinnon Park
2	85	Tyrus Gardiner	Dundas Valley
3	477	Kyle Greene	Westdale
4	358	Tyler Ternowski	Sir Allan MacNab
5	318	Cameron McMillan	Sherwood
6	15	Eric Huynh	Ancaster High
7	505	Dorian Maye	Westmount
8	374	Abdull Ismail	Macdonald

**Section 3 of 5 Timed Finals**

1	381	Naytay Nay	Macdonald
2	41	David Cromwell	Delta
3	214	Josh Kelly	McKinnon Park
4	488	Keegan Roughsedge	Westdale
5	314	Sullivan Edwards	Sherwood
6	336	Subhan Adli	Sir Allan MacNab
7	259	Raphael Cote	Robert Land
8	500	Maxwell Gyimah	Westmount

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**Section 4 of 5 Timed Finals...(Event 68 Men 200 Meter Dash Senior)**

1	508	Abanoub Mina	Westmount
2	448	Grayson Smith	Waterdown
3	348	Kevaughn Ellis	Sir Allan MacNab
4	312	Nigel Charles-Price	Sherwood
5	484	Stephane Nzapa	Westdale
6	99	Gabe Millikin	Dundas Valley
7	114	Ryan Spierenburg	Dunnville

**Section 5 of 5 Timed Finals**

1	504	Sebastian Krawchenko	Westmount
2	21	Connor Russell	Ancaster High
3	315	Daniel Harper	Sherwood
4	98	Alex McClung	Dundas Valley
5	345	Andre Dixon	Sir Allan MacNab
6	349	Caswell Falconer	Sir Allan MacNab
7	489	Willis Sloan	Westdale
8	373	Tong Du	Macdonald

**Event 69 Women 400 Meter Dash Senior**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
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**Section 1 of 2 Timed Finals**

2	27	Hailey Cowan	Cayuga
3	73	Sydney Turpin	Dundas Valley
4	470	Peipei Wang	Westdale
5	250	Emily Wilson	Orchard Park

**Section 2 of 2 Timed Finals**

2	206	Anna-May Hill	McKinnon Park
3	132	Ashley Ligtenberg	Guido de Bres
4	67	Jenna Smith	Dundas Valley
5	458	Chloe Hewitt	Westdale
6	492	Danielle Datzkiw	Westmount

**Event 70 Men 400 Meter Dash Senior**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
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**Section 1 of 3 Timed Finals**

1	259	Raphael Cote	Robert Land
2	515	Derek Wilson	Westmount
3	253	Aidan Kwok	Orchard Park
4	482	Ian MacKinnon	Westdale
5	315	Daniel Harper	Sherwood
6	339	Mahmoud Balousha	Sir Allan MacNab
7	192	Blake Hambly	Hamilton District

**Section 2 of 3 Timed Finals**

1	215	Colton Mason	McKinnon Park
2	498	Chris Buccella	Westmount
3	153	Andy Groenwold	Guido de Bres
4	473	Tai Daly	Westdale
5	335	Abdullahi Aden	Sir Allan MacNab
6	395	Joey Crouse	Churchill
7	269	Nicolas Vrans	Robert Land

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**Section 3 of 3 Timed Finals...(Event 70 Men 400 Meter Dash Senior)**

1	340	Phillip Barrett	Sir Allan MacNab
2	41	David Cromwell	Delta
3	258	Roy Boerkamp	Robert Land
4	21	Connor Russell	Ancaster High
5	236	Omar Ulloa	Nora Henderson
6	436	Ryan Gray	Waterdown
7	213	Joshua Boisvert	McKinnon Park
8	511	Brent Smyth	Westmount

**Event 71 Women 800 Meter Run Senior**

Lane	Comp#	Name	School	Seed Time
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**Section 1 of 1 Timed Finals**

1	458	Chloe Hewitt	Westdale
2	453	Jasmine Buckridge	Westdale
3	138	Beth Vanderbrugghen	Guido de Bres
4	206	Anna-May Hill	McKinnon Park
5	1	Nadeen Abdalaal	Ancaster High
6	179	Bethany Mostert	Hamilton District
7	250	Emily Wilson	Orchard Park
8	426	Anne Mezger	Waterdown
9	211	Leonna Skye	McKinnon Park

**Event 72 Men 800 Meter Run Senior**

Lane	Comp#	Name	School	Seed Time
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**Section 1 of 1 Timed Finals**

5-	20	Spencer Reitsma	Ancaster High
2-	226	Nick Dalessandro	Nora Henderson
9-	41	David Cromwell	Delta
7-	267	Halen Klein	Robert Land
6-	264	Zachery Holmes	Robert Land
4-	473	Tai Daly	Westdale
1-	482	Ian MacKinnon	Westdale
3-	485	Owen Opie	Westdale
10-	47	Anthony Mitchell	Delta
8-	192	Blake Hambly	Hamilton District

**Event 73 Women 1500 Meter Run Senior**

Lane	Comp#	Name	School	Seed Time
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**Section 1 of 1 Timed Finals**

1	387	Holly Heuberger	Churchill
2	453	Jasmine Buckridge	Westdale
3	426	Anne Mezger	Waterdown
4	5	Camille Dehghan	Ancaster High
5	1	Nadeen Abdalaal	Ancaster High

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**Event 74 Men 1500 Meter Run Senior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 2 Timed Finals</b>				
1	404	Evan McDermott	Churchill	
2	264	Zachery Holmes	Robert Land	
3	432	Alex Booker	Waterdown	
4	151	Lawrence Eikelboom	Guido de Bres	
5	262	Augustine Ferri	Robert Land	
6	214	Josh Kelly	McKinnon Park	
<b>Section 2 of 2 Timed Finals</b>				
1	226	Nick Dalessandro	Nora Henderson	
2	313	Callum Darby	Sherwood	
3	47	Anthony Mitchell	Delta	
4	441	Bryan Mann	Waterdown	
5	394	Jake Crouse	Churchill	
6	269	Nicolas Vrins	Robert Land	
7	406	Connor Pilon	Churchill	
8	296	Sasha Bjelic	Saltfleet	
9	17	John Maheu	Ancaster High	
10	218	Dave (James) Skye	McKinnon Park	
11	192	Blake Hambly	Hamilton District	
12	488	Keegan Roughsedge	Westdale	
13	431	Justin Andree	Waterdown	
14	20	Spencer Reitsma	Ancaster High	
15	157	Reuben Jonker	Guido de Bres	

**Event 75 Women 3000 Meter Run Senior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1-1A	5	Camille Dehghan	Ancaster High	
2-1B	469	Emma Waddington	Westdale	
3-1C	179	Bethany Mostert	Hamilton District	
4-1D	459	Lucy Hilbert	Westdale	

**Event 76 Men 3000 Meter Run Senior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1-1A	313	Callum Darby	Sherwood	
2-1B	503	Jacob Koenig	Westmount	
3-1C	218	Dave (James) Skye	McKinnon Park	
4-1D	396	Shawn Crouse	Churchill	
5-1E	193	Aaron Huinink	Hamilton District	
6-1F	431	Justin Andree	Waterdown	
7-1G	441	Bryan Mann	Waterdown	
8-1H	296	Sasha Bjelic	Saltfleet	
9-1I	17	John Maheu	Ancaster High	
10-1J	262	Augustine Ferri	Robert Land	
11-1K	157	Reuben Jonker	Guido de Bres	
12-1L	432	Alex Booker	Waterdown	

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**Event 77 Women 100 Meter Hurdles Senior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
2	204	Tiana Bomberry	McKinnon Park	
3	326	Chelsey Laufer	Sir Allan MacNab	
4	69	Brittany Stenekes	Dundas Valley	
5	332	Eryn Reader	Sir Allan MacNab	
6	71	Georgia Temush	Dundas Valley	
7	464	Zoe Sirko	Westdale	

**Event 78 Men 110 Meter Hurdles Senior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
4	475	Simon Day	Westdale	

**Event 79 Women 400 Meter Hurdles Senior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
3	132	Ashley Ligtenberg	Guido de Bres	
4	71	Georgia Temush	Dundas Valley	
5	220	Fatima DeFreitas	Nora Henderson	

**Event 80 Men 400 Meter Hurdles Senior**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
3	36	James Garrish	Cayuga	
4	338	Kwesi Andrews	Sir Allan MacNab	
5	253	Aidan Kwok	Orchard Park	

**Event 81 Women High Jump Senior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	137	Jess Tenhage	Guido de Bres	
2	134	Katarina Post	Guido de Bres	
3	122	Cailyn deBoer	Guido de Bres	
4	306	Hailey Bowen	Sherwood	
5	451	Jazmine AlmaguerSheldrick	Westdale	
6	429	Teagan Soni	Waterdown	
7	111	Alyssa Marshall	Dunnville	

**Event 82 Men High Jump Senior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	349	Caswell Falconer	Sir Allan MacNab	
2	348	Ke Vaughn Ellis	Sir Allan MacNab	
3	213	Joshua Boisvert	McKinnon Park	
4	261	Charles Falk	Robert Land	
5	14	Sean Holmes	Ancaster High	
6	444	Ryan Rigby	Waterdown	
7	191	Will Fledderus	Hamilton District	
8	115	Daniel Steele	Dunnville	

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**Event 85 Women Long Jump Senior**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	430	Bella Wylie	Waterdown	
2	204	Tiana Bomberry	McKinnon Park	
3	366	Fatuma Mohamed Yaro	Macdonald	
4	391	Cassy Wilkinson	Churchill	
5	493	Kiara Daw	Westmount	
6	111	Alyssa Marshall	Dunnville	
7	456	Marissa Dubois	Westdale	
8	186	Sarah Young	Hamilton District	
9	202	Jenna Beemer	McKinnon Park	
10	63	Heather Nichols	Dundas Valley	
11	409	Brooke Bottos	Waterdown	
12	451	Jazmine AlmaguerSheldrick	Westdale	
13	491	Aniyah Claxton-Dwyer	Westmount	
14	137	Jess Tenhage	Guido de Bres	
15	171	Summer Bassie	Hamilton District	
16	496	Elissa Tantar	Westmount	
17	69	Brittany Stenekes	Dundas Valley	

**Event 86 Men Long Jump Senior**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 2 Finals</b>				
1	89	Trevor Hopkins	Dundas Valley	
2	261	Charles Falk	Robert Land	
3	515	Derek Wilson	Westmount	
4	404	Evan McDermott	Churchill	
5	408	Thaw Tee Tun	Churchill	
6	195	Jason Shaw	Hamilton District	
7	253	Aidan Kwok	Orchard Park	
8	337	Malaz Alshaikha	Sir Allan MacNab	
9	154	Ryan Groenwold	Guido de Bres	
10	215	Colton Mason	McKinnon Park	
11	381	Naytay Nay	Macdonald	
12	338	Kwesi Andrews	Sir Allan MacNab	
13	374	Abdull Ismail	Macdonald	
14	406	Connor Pilon	Churchill	
15	486	Jacob Rashid	Westdale	
16	511	Brent Smyth	Westmount	
17	343	Tajara Chademana	Sir Allan MacNab	
18	433	Hunter Bosch	Waterdown	
19	258	Roy Boerkamp	Robert Land	
20	444	Ryan Rigby	Waterdown	
21	438	Ker-Yung Hong	Waterdown	
22	359	Devon Thompson-Wood	Sir Allan MacNab	
23	146	Chad Bartels	Guido de Bres	
24	98	Alex McClung	Dundas Valley	
25	501	Christian Janzen	Westmount	

**HWIAC 2016 - 11/05/2016**  
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**Flight 2 of 2 Finals...(Event 86 Men Long Jump Senior)**

1	373	Tong Du	Macdonald
2	505	Dorian Maye	Westmount
3	191	Will Fledderus	Hamilton District

**Event 87 Women Triple Jump Senior**

Pos	Comp#	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	366	Fatuma Mohamed Yaro	Macdonald
2	63	Heather Nichols	Dundas Valley
3	134	Katarina Post	Guido de Bres
4	186	Sarah Young	Hamilton District
5	171	Summer Bassie	Hamilton District
6	391	Cassy Wilkinson	Churchill
7	456	Marissa Dubois	Westdale
8	137	Jess Tenhage	Guido de Bres
9	111	Alyssa Marshall	Dunnville
10	178	Emily Koopman	Hamilton District

**Event 88 Men Triple Jump Senior**

Pos	Comp#	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	345	Andre Dixon	Sir Allan MacNab
2	154	Ryan Groenwold	Guido de Bres
3	146	Chad Bartels	Guido de Bres
4	395	Joey Crouse	Churchill
5	89	Trevor Hopkins	Dundas Valley
6	106	Jack Staz	Dundas Valley
7	358	Tyler Ternowski	Sir Allan MacNab
8	343	Tajara Chademana	Sir Allan MacNab
9	37	Liam Mackey	Cayuga

**Event 89 Women Shot Put 4 kg Senior**

Pos	Comp#	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	387	Holly Heuberger	Churchill
2	494	Robin Johnson	Westmount
3	322	Emily Doucet	Sir Allan MacNab
4	329	Isrra Mohamed	Sir Allan MacNab
5	495	Frieda Sinclair	Westmount
6	208	Shirley Hill	McKinnon Park
7	364	Jazmin Brown	Macdonald
8	330	Dana Moore	Sir Allan MacNab
9	417	Joelle Easter	Waterdown

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**Event 90 Men Shot Put 5.4 kg Senior**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	341	Dawlson Bourdages	Sir Allan MacNab	
2	233	Ruohullah Najibullah	Nora Henderson	
3	512	Ben Tran	Westmount	
4	407	Austin Romikot	Churchill	
5	113	Rylan Marr	Dunnville	
6	504	Sebastian Krawchenko	Westmount	
7	342	Maxwell Cain	Sir Allan MacNab	
8	152	Brandon Feenstra	Guido de Bres	
9	439	Zac Korialian	Waterdown	
10	263	Geoffrey Haylock	Robert Land	
11	502	Adam Johnson	Westmount	
12	194	Thomas Jonasson	Hamilton District	
13	355	Gavin Russell	Sir Allan MacNab	
14	270	Brandon Wysocki	Robert Land	
15	438	Ker-Yung Hong	Waterdown	
16	450	Hunter Treneer	Waterdown	

**Event 91 Women Discus Throw 1 kg Senior**

<b>Pos</b>	<b>Comp#</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Flight 1 of 1 Finals</b>				
1	493	Kiara Daw	Westmount	
2	322	Emily Doucet	Sir Allan MacNab	
3	178	Emily Koopman	Hamilton District	
4	282	Sarah Jerome	Saltfleet	
5	494	Robin Johnson	Westmount	
6	274	Jenna Chaykowski	Saltfleet	
7	492	Danielle Datzkiw	Westmount	
8	417	Joelle Easter	Waterdown	
9	208	Shirley Hill	McKinnon Park	
10	281	Liz Isbister	Saltfleet	
11	364	Jazmin Brown	Macdonald	
12	287	Ibukin Obidi	Saltfleet	

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**Mohawk Sports Park**  
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**Event 92 Men Discus Throw 1.613kg Senior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	342	Maxwell Cain	Sir Allan MacNab	
2	341	Dawilson Bourdages	Sir Allan MacNab	
3	501	Christian Janzen	Westmount	
4	194	Thomas Jonasson	Hamilton District	
5	502	Adam Johnson	Westmount	
6	152	Brandon Feenstra	Guido de Bres	
7	450	Hunter Treneer	Waterdown	
8	263	Geoffrey Haylock	Robert Land	
9	355	Gavin Russell	Sir Allan MacNab	
10	270	Brandon Wysocki	Robert Land	
11	195	Jason Shaw	Hamilton District	
12	407	Austin Romikot	Churchill	
13	498	Chris Buccella	Westmount	
14	338	Kwesi Andrews	Sir Allan MacNab	

**Event 93 Women Javelin Throw 600g Senior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	208	Shirley Hill	McKinnon Park	
2	212	Jazzmine Thomas	McKinnon Park	
3	290	Nicole Rioux	Saltfleet	
4	493	Kiara Daw	Westmount	
5	490	Sarah Butts	Westmount	
6	364	Jazmin Brown	Macdonald	
7	178	Emily Koopman	Hamilton District	
8	417	Joelle Easter	Waterdown	
9	294	Briana Wice	Saltfleet	
10	292	Alexis Skirrow	Saltfleet	
11	495	Frieda Sinclair	Westmount	
12	274	Jenna Chaykowski	Saltfleet	

**Event 94 Men Javelin Throw 800g Senior**

Pos	Comp#	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	195	Jason Shaw	Hamilton District	
2	298	Cole Chaisson	Saltfleet	
3	355	Gavin Russell	Sir Allan MacNab	
4	194	Thomas Jonasson	Hamilton District	
5	504	Sebastian Krawchenko	Westmount	
6	442	Brodie Mougeneut	Waterdown	
7	450	Hunter Treneer	Waterdown	
8	267	Halen Klein	Robert Land	
9	408	Thaw Tee Tun	Churchill	
10	407	Austin Romikot	Churchill	
11	394	Jake Crouse	Churchill	
12	154	Ryan Groenwold	Guido de Bres	
13	342	Maxwell Cain	Sir Allan MacNab	
14	505	Dorian Maye	Westmount	
15	511	Brent Smyth	Westmount	

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**Event 95 Women 4x100 Meter Relay Senior**

Lane	Comp#	Team	Relay	Seed Time
<b>Section 1 of 2 Timed Finals</b>				
2		Hamilton District	A	
3		Waterdown	A	
4		Sir Allan MacNab	A	
5		McKinnon Park - Caledonia	A	
<b>Section 2 of 2 Timed Finals</b>				
2		Westmount	A	
3		Guido de Bres	A	
4		Dundas Valley	A	
5		Westdale	A	
6		Sherwood	A	

**Event 96 Men 4x100 Meter Relay Senior**

Lane	Comp#	Team	Relay	Seed Time
<b>Section 1 of 2 Timed Finals</b>				
2		Waterdown	A	
3		Guido de Bres	A	
4		Westdale	A	
5		Sherwood	A	
6		Sir Winston Churchill	A	
7		Robert Land Academy	A	
<b>Section 2 of 2 Timed Finals</b>				
2		McKinnon Park - Caledonia	A	
3		Nora Frances Henderson	A	
4		Dundas Valley	A	
5		Sir Allan MacNab	A	
6		Hamilton District	A	
7		Westmount	A	

**Event 97 Women 1500 Meter Steeplechase Open**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1-1A	459	Lucy Hilbert	Westdale	
2-1B	66	Megan Richer	Dundas Valley	
3-1C	138	Beth Vanderbrugghen	Guido de Bres	
4-1D	280	Sarah Incretolli	Saltfleet	
5-1E	469	Emma Waddington	Westdale	

**Event 98 Men 2000 Meter Steeplechase Open**

Lane	Comp#	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>				
1-1A	485	Owen Opie	Westdale	
2-1B	48	Jacob Roussel	Delta	
3-1C	94	Carter Knox	Dundas Valley	

**HWIAC 2016 - 11/05/2016**  
**Track and Field**  
**Mohawk Sports Park**  
**Meet Program**

**Event 99 Women 4x400 Meter Relay Open**

<b>Lane</b>	<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
<b>Section 1 of 1 Timed Finals</b>				
1		Dundas Valley	A	
2		Westdale	A	
3		Hamilton District	A	
4		Guido de Bres	A	
5		Westmount	A	
6		Sherwood	A	
7		Ancaster High	A	

**Event 100 Men 4x400 Meter Relay Open**

<b>Lane</b>	<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
<b>Section 1 of 1 Timed Finals</b>				
1		Westmount	A	
2		Nora Frances Henderson	A	
3		Hamilton District	A	
4		Dundas Valley	A	
5		McKinnon Park - Caledonia	A	
6		Robert Land Academy	A	
7		Sherwood	A	
8		Guido de Bres	A	
9		Waterdown	A	
10		Westdale	A	