

HWIAC Secondary
Track and Field - 11/05/2017
Mohawk Sports Park
Results

Women Open 100 Meter Dash Midget

Name	Year School	Prelims	H#	Alternate
Preliminaries				
1 Patrice Temush	DUNDAS VALLEY	13.42q	5	
1 Meaghan Koning	GUIDO DE BRES	13.42q	2	
3 Kiernan Knight	ANCASTER HIGH	13.70q	1	
4 Jordan Rogers	WESTMOUNT	13.76q	3	
5 Mikaelle Heyens	ORCHARD PARK	13.80q	4	
6 Clare Malhinha	WATERDOWN	13.97q	4	
7 Lauren Kennedy	ANCASTER HIGH	14.08q	5	
8 Sarah Bland	WESTMOUNT	14.29q	2	
9 Sianda Bikker	SIR ALLAN MACNAB	14.31	1	
10 Hannah Wolfenden	HAMILTON DISTRICT	14.44	4	
11 Lily Kuilboer	CAYUGA	14.50	1	
12 Mya Markewich	WATERDOWN	14.66	1	
13 Sophia Wilson	DUNDAS VALLEY	14.69	3	
14 Laschma Corrielant	CHURCHILL	14.73	3	
15 Bailey Lowe	WATERDOWN	15.04	3	
16 Izabella Achkewich	SHERWOOD	15.10	2	
17 Hannah Fletcher	SALTFLEET	15.16	4	
18 Janea Achioso	SALTFLEET	15.18	3	
19 Emily Holjak	WESTMOUNT	15.19	1	
20 Nikki Kim	SALTFLEET	15.39	5	
21 Lilian Tran	NORA HENDERSON	15.89	5	
22 Chloe Trujano	DUNDAS VALLEY	15.96	4	
23 Dema Darwish	NORA HENDERSON	16.02	2	
24 Emma Cooper	NORA HENDERSON	16.03	3	
25 Jaden Tomlinson	NORA HENDERSON	16.09	1	
26 Anusha Khalid	SALTFLEET	16.27	2	
27 Kendrea Bond	DELTA	16.88	4	
28 Priya Norayan	SALTFLEET	17.50	1	
29 Nev Gurman	DELTA	17.54	1	
30 Anisah Aden	ORCHARD PARK	17.76	2	

Women Open 100 Meter Dash Midget

Name	Year School	Finals	Points	Alternate
Finals				
1 Meaghan Koning	GUIDO DE BRES	13.35	6	
2 Patrice Temush	DUNDAS VALLEY	13.39	4	
3 Jordan Rogers	WESTMOUNT	13.68	3	
4 Kiernan Knight	ANCASTER HIGH	13.78	2	
5 Clare Malhinha	WATERDOWN	13.86	1	
6 Mikaelle Heyens	ORCHARD PARK	13.93		
7 Lauren Kennedy	ANCASTER HIGH	13.96		
8 Sarah Bland	WESTMOUNT	14.08		

Women Open 200 Meter Dash Midget

Name	Year School	Finals	H#	Points	Alternate
1 Meaghan Koning	GUIDO DE BRES	28.74	4	6	
2 Clare Malhinha	WATERDOWN	28.85	1	4	

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3	Kiernan Knight	ANCASTER HIGH	29.01	1	3
4	Jordan Rogers	WESTMOUNT	29.71	4	2
5	Sarah Bland	WESTMOUNT	29.82	4	1
6	Addi Smith	WATERDOWN	29.89	3	
7	Beth Cushnie	WESTDALE	29.99	1	
8	Lauren Kennedy	ANCASTER HIGH	30.04	3	
9	Mya Markewich	WATERDOWN	30.13	2	
10	Sianda Bikker	SIR ALLAN MACNAB	30.31	1	
11	Lily Kuilboer	CAYUGA	31.32	1	
12	Emily Holjak	WESTMOUNT	31.82	3	
13	Anne Clock	WESTDALE	32.00	2	
14	Lilian Tran	NORA HENDERSON	32.64	3	
15	Dema Darwish	NORA HENDERSON	32.88	4	
16	Vanessa Olayiwola	NORA HENDERSON	32.97	4	
17	Valentina Oum	MACDONALD	33.28	1	
18	Anisah Aden	ORCHARD PARK	33.45	3	
19	Anusha Khalid	SALTFLEET	34.26	2	
20	Emma Cooper	NORA HENDERSON	34.30	3	

Women Open 400 Meter Dash Midget

Name	Year	School	Finals	H#	Points	Alternate
1	Emily Law	DUNDAS VALLEY	1:09.11	2	6	
2	Beth Cushnie	WESTDALE	1:13.90	2	4	
3	Anne Clock	WESTDALE	1:16.68	2	3	
4	Courtney Widmer	GUIDO DE BRES	1:17.43	2	2	

Women Open 800 Meter Run Midget

Name	Year	School	Finals	H#	Points	Alternate
1	Lexie Anonech	DUNDAS VALLEY	2:54.98	2	6	
2	Samantha Murray	MACDONALD	3:00.01	1	4	
3	Ajin Saidali	NORA HENDERSON	3:02.47	2	3	
4	Courtney Widmer	GUIDO DE BRES	3:03.45	1	2	
5	Sydney Matheson	WESTMOUNT	3:05.87	2	1	
6	Hannah Fletcher	SALTFLEET	3:10.07	1		
7	Emily Zeleynt	DUNDAS VALLEY	3:22.55	2		

Women Open 1500 Meter Run Midget

Name	Year	School	Finals	Points	Alternate
1	Sarah Cushnie	WESTDALE	5:22.10	6	
2	Keerit Shergill	SALTFLEET	5:50.25	4	
3	Lexie Anonech	DUNDAS VALLEY	5:53.15	3	
4	Courtney Widmer	GUIDO DE BRES	6:09.86	2	
5	Emily Cox	DUNDAS VALLEY	6:14.15	1	
6	Samantha Murray	MACDONALD	6:18.68		
7	Chelsea Opperman	MACDONALD	6:27.08		
8	Ajin Saidali	NORA HENDERSON	6:29.50		
9	Sydney Matheson	WESTMOUNT	6:39.73		
10	Emily Zeleynt	DUNDAS VALLEY	7:11.88		

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Women Open 3000 Meter Run Midget

Name	Year School	Finals	Points	Alternate
1 Sarah Cushnie	WESTDALE	11:41.26	6	
2 Chelsea Opperman	MACDONALD	13:38.06	4	
3 Emily Cox	DUNDAS VALLEY	13:40.00	3	

Women Open 80 Meter Hurdles Midget

Name	Year School	Finals	H#	Points	Alternate
1 Patrice Temush	DUNDAS VALLEY	13.73	2	6	
2 Sophia Wilson	DUNDAS VALLEY	15.87	2	4	
3 Mikaelle Heyens	ORCHARD PARK	17.07	1	3	
4 Emily Law	DUNDAS VALLEY	17.09	2	2	
5 Regan Berlin	DUNDAS VALLEY	17.20	1	1	
6 Vanessa Olayiwola	NORA HENDERSON	17.25	1		
7 Hannah Wolfenden	HAMILTON DISTRICT	17.27	1		
8 Chloe Trujano	DUNDAS VALLEY	18.09	2		
9 Jaden Tomlinson	NORA HENDERSON	18.13	2		
10 Emma Cooper	NORA HENDERSON	20.47	1		

Women Open 300 Meter Hurdles Midget

Name	Year School	Finals	Points	Alternate
1 Emily Law	DUNDAS VALLEY	54.00	6	
2 Patrice Temush	DUNDAS VALLEY	56.20	4	
3 Regan Berlin	DUNDAS VALLEY	58.40	3	
4 Vanessa Olayiwola	NORA HENDERSON	1:04.20	2	

Women Open 4x100 Meter Relay Midget

School	Finals	H#	Points	Alternate
1 DUNDAS VALLEY 1) Sophia Wilson 2) Emily Law 3) Patrice Temush 4) Victoria Gyoffrey	56.22	2	6	
2 WATERDOWN	58.25	1	4	
3 WESTMOUNT 1) Sarah Bland 2) Sydney Matheson 3) Emily Holjack 4) Jordan Rogers	59.92	1	3	
4 NORA FRANCES HENDERSON 1) Vanessa Olayiwola 2) Emma Cooper 3) Dema Darwish 4) Lilian Tran	1:01.60	2	2	
5 SALTFLEET 1) Anusha Khalid 2) Nikki Kim 3) Hannah Fletcher 4) Janea Achioso	1:01.79	2	1	

Women Open High Jump Midget

Name	Year School	Finals	Points	Alternate
1 Emma Smith	DUNDAS VALLEY	1.40m	6	

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Women Open Long Jump Midget

Name	Year School	Finals	Points	Alternate
1 Grace Cooper	MCKINNON PARK	4.29m	6	
2 Cassandre Joseph	WESTMOUNT	3.88m	4	
3 Ella Oucharek	MACDONALD	3.82m	3	
4 Brooklin Duff	MCKINNON PARK	3.77m	2	
5 Emma Smith	DUNDAS VALLEY	3.76m	1	
6 Trinity Wilson	DELTA	3.71m		
6 Heidi Nelson	WESTDALE	3.71m		
8 Anne Clock	WESTDALE	3.65m		
9 Rachel Kampen	GUIDO DE BRES	3.32m		
10 Bailey Lowe	WATERDOWN	3.10m		
10 Izabella Achkewich	SHERWOOD	3.10m		
12 Valentinna Oum	MACDONALD	2.93m		

Women Open Triple Jump Midget

Name	Year School	Finals	Points	Alternate
1 Grace Cooper	MCKINNON PARK	10.07m	6	
2 Brooklin Duff	MCKINNON PARK	8.91m	4	
3 Ellie McMaster	MCKINNON PARK	8.74m	3	
4 Amber Swent	CAYUGA	8.47m	2	
5 Emma Smith	DUNDAS VALLEY	8.08m	1	
6 Rachel Kampen	GUIDO DE BRES	6.51m		

Women Open Shot Put 3 kg Midget

Name	Year School	Finals	Points	Alternate
1 Tia Chan	WESTMOUNT	8.86m	6	
2 Kyra Guzylak-Nessam	SIR ALLAN MACNAB	8.83m	4	
3 Jordan Matthews	DUNDAS VALLEY	8.80m	3	
4 Jahnee Edwards	NORA HENDERSON	8.55m	2	
5 Larissa Howard	NORA HENDERSON	7.94m	1	
6 Maddie Disalvo	DUNDAS VALLEY	7.67m		
7 Izabella Achkewich	SHERWOOD	7.42m		
8 Isabela Gondar	ORCHARD PARK	6.90m		
9 McKayla Britton	NORA HENDERSON	6.65m		
10 Ally Carver	SALTFLEET	6.43m		
11 Victoria Cale	NORA HENDERSON	5.99m		

Women Open Discus Throw 1kg Midget

Name	Year School	Finals	Points	Alternate
1 Tia Chan	WESTMOUNT	18.89m	6	
2 Jahnee Edwards	NORA HENDERSON	18.21m	4	
3 Jordan Matthews	DUNDAS VALLEY	17.98m	3	
4 Maddie Disalvo	DUNDAS VALLEY	16.87m	2	
5 Cassandra Joseph	WESTMOUNT	16.46m	1	
6 Kyra Guzylak-Nessam	SIR ALLAN MACNAB	16.39m		
7 Victoria Cale	NORA HENDERSON	16.23m		
8 Amber Swent	CAYUGA	13.55m		

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....Women Open Discus Throw 1kg Midget

9 McKayla Britton NORA HENDERSON 12.38m

Women Open Javelin Throw 600g Midget

Name	Year	School	Finals	Points	Alternate
1 Tia Chan		WESTMOUNT	25.83m	6	
2 Larissa Howard		NORA HENDERSON	23.56m	4	
3 Grace Cooper		MCKINNON PARK	22.43m	3	
4 Janea Achioso		SALTFLEET	22.03m	2	
5 Kyra Guzylak-Nessam		SIR ALLAN MACNAB	20.00m	1	
6 Isabela Gondar		ORCHARD PARK	18.04m		
7 Jordan Matthews		DUNDAS VALLEY	16.47m		
8 Ally Carver		SALTFLEET	16.32m		
9 Ellie McMaster		MCKINNON PARK	15.17m		
10 Maddie Disalvo		DUNDAS VALLEY	14.12m		
11 Jahnee Edwards		NORA HENDERSON	12.67m		
12 McKayla Britton		NORA HENDERSON	12.04m		

Women Open 100 Meter Dash Junior

Name	Year	School	Prelims	H#	Alternate
Preliminaries					
1 Abbey Dikaitis		MCKINNON PARK	13.64q	3	
2 Emma Greenhough		ANCASTER HIGH	13.70q	2	
3 Miranda Burke		WATERDOWN	13.72q	1	
4 Sage Kraftcheck		WESTDALE	13.80q	1	
5 Laura Van Houten		HAMILTON DISTRICT	13.89q	1	
6 Kristen deBoer		GUIDO DE BRES	14.15q	1	
7 Lauren Reeves		DUNDAS VALLEY	14.16q	2	
8 Sarah Brophy		WATERDOWN	14.24q	3	
9 Megan Cameron		DUNDAS VALLEY	14.26	1	
10 Anna Chernobab		WATERDOWN	14.37	4	
11 Alicia Ritskes		HAMILTON DISTRICT	14.52	2	
11 Jeannie Nadorozny		ORCHARD PARK	14.52	1	
13 Lucia Jerez		HAMILTON DISTRICT	14.70	4	
14 Ashley Hood		WATERDOWN	14.72	2	
15 Heather Tuck		CAYUGA	14.75	4	
15 Juliet Kett		CAYUGA	14.75	1	
17 Tamilore Sowunmi		SALTFLEET	14.95	3	
18 Lorelai Burke		CAYUGA	14.98	2	
19 Lauren Dee		WATERDOWN	15.49	4	
20 Ena Youn		WESTMOUNT	15.83	4	
21 Jadziah Hymering		GUIDO DE BRES	16.16	4	
22 Amanda Marshall		SIR ALLAN MACNAB	16.29	2	
23 Maddison McCulloch		CAYUGA	16.50	3	
24 Zainab Chaudri		WESTMOUNT	17.44	1	

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Women Open 100 Meter Dash Junior

Name	Year School	Finals	Points	Alternate
Finals				
1 Emma Greenhough	ANCASTER HIGH	13.45	2	
2 Miranda Burke	WATERDOWN	13.71	4	
3 Abbey Dikaitis	MCKINNON PARK	13.78	3	
4 Sage Kraftcheck	WESTDALE	13.84	6	
5 Laura Van Houten	HAMILTON DISTRICT	14.03	1	
6 Kristen deBoer	GUIDO DE BRES	14.20		
7 Lauren Reeves	DUNDAS VALLEY	14.25		
8 Sarah Brophy	WATERDOWN	14.32		

Women Open 200 Meter Dash Junior

Name	Year School	Finals	H#	Points	Alternate
1 Emma Greenhough	ANCASTER HIGH	27.98	1	6	
2 Sage Kraftchek	WESTDALE	28.63	3	4	
3 Miranda Burke	WATERDOWN	29.13	2	3	
4 Laura Van Houten	HAMILTON DISTRICT	29.28	2	2	
5 Sarah Brophy	WATERDOWN	30.78	2	1	
6 Ashley Hood	WATERDOWN	31.09	2		
7 Lauren Dee	WATERDOWN	32.35	3		
8 Reagan Selinger	WATERDOWN	33.06	1		
9 Ena Youn	WESTMOUNT	34.04	3		
10 Jadziah Hymering	GUIDO DE BRES	34.84	2		
11 Zainab Chaudri	WESTMOUNT	37.70	1		

Women Open 400 Meter Dash Junior

Name	Year School	Finals	H#	Points	Alternate
1 Allyson Sober	DUNDAS VALLEY	1:06.61	2	6	
2 Jenna Button	DUNDAS VALLEY	1:08.09	2	4	
3 Beth Vansydenborgh	GUIDO DE BRES	1:08.72	2	3	
4 Sage Kraftchek	WESTDALE	1:16.66	2	2	
5 Jessica Hils	DUNDAS VALLEY	1:17.29	2	1	
6 Claire Sutherland Case	WESTDALE	1:27.61	2		

Women Open 800 Meter Run Junior

Name	Year School	Finals	Points	Alternate
1 Allyson Sober	DUNDAS VALLEY	2:41.01	6	
2 Jenna Button	DUNDAS VALLEY	2:41.38	4	
3 Kristen deBoer	GUIDO DE BRES	2:49.78	3	
4 Faith McRae	DELTA	3:06.57	2	
5 Maddy Moschos	ANCASTER HIGH	3:09.93	1	
6 Mackenzie Martindale	CAYUGA	3:10.39		
7 Abby McEwan	WESTMOUNT	3:16.53		

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Name	Year School	Finals	Points	Alternate
1 Deanna Wardell	WESTMOUNT	5:32.90	6	
2 Finn Sulentic	DUNDAS VALLEY	5:35.93	4	
3 Kristen deBoer	GUIDO DE BRES	5:46.45	3	
4 Amber Hordyk	GUIDO DE BRES	5:49.19	2	
5 Madilyn Carey	WATERDOWN	6:00.00	1	
6 Amber Hewitt	SHERWOOD	6:39.21		
7 Amanda Marshall	SIR ALLAN MACNAB	7:37.70		

Women Open 3000 Meter Run Junior

Name	Year School	Finals	Points	Alternate
1 Finn Sulentic	DUNDAS VALLEY	12:07.96	6	
2 Madeleine Rule	WESTMOUNT	12:19.21	4	
3 Amber Hordyk	GUIDO DE BRES	12:46.81	3	
4 Madilyn Carey	WATERDOWN	12:49.19	2	
5 Nicole Gelms	GUIDO DE BRES	16:03.29	1	

Women Open 80 Meter Hurdles Junior

Name	Year School	Finals	Points	Alternate
1 Abbey Dikaitis	MCKINNON PARK	14.14	6	
2 Lorelai Burke	CAYUGA	15.07	4	
3 Lauren Reeves	DUNDAS VALLEY	16.50	3	
4 Amanda Marshall	SIR ALLAN MACNAB	18.24	2	
5 Zainab Chaudri	WESTMOUNT	20.22	1	

Women Open 300 Meter Hurdles Junior

Name	Year School	Finals	Points	Alternate
1 Sara Vogel	DUNDAS VALLEY	53.46	6	
2 Beth Vansydenborgh	GUIDO DE BRES	54.50	4	
3 Mackenzie Martindale	CAYUGA	56.32	3	
4 Abby McEwan	WESTMOUNT	59.72	2	

Women Open 4x100 Meter Relay Junior

School	Finals	Points	Alternate
1 GUIDO DE BRES 1) Meaghan Koning 2) Kristen deBoer 3) Beth Vansydenborgh 4) Mackenzie Hordyk	54.65	6	
2 WESTDALE 1) Dax Chamot 2) Claire Sutherland-Case 3) Lauren Patiakas 4) Sage Kraftcheck	55.20	4	
3 DUNDAS VALLEY 1) Megan Stager 2) Lauren Reeves 3) Megan Cameron 4) Sara Vogel	55.94	3	
4 WATERDOWN	57.33	2	
5 HAMILTON DISTRICT	57.38	1	

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....Women Open 4x100 Meter Relay Junior

1) Lucia Jerez Sanjurjo	2) Alicia Ritskes	
3) Laura Van Houten	4) Hannah Wolfenden	
6 CAYUGA		57.93
1) Lorelai Burke	2) Juliet Kett	
3) Mackenzie Martindale	4) Heather Tuck	
7 MCKINNON PARK - CALEDONIA		58.47
1) Grace Cooper	2) Brooklin Duff	
3) Ellie McMaster	4) Morgan Kuepfer	

Women Open High Jump Junior

Name	Year School	Finals	Points	Alternate
1 Mackenzie Hordyk	GUIDO DE BRES	1.40m	6	
2 Jamie Bouwman	GUIDO DE BRES	1.35m	4	
3 Emma Vanderwoude	GUIDO DE BRES	J1.35m	3	

Women Open Long Jump Junior

Name	Year School	Finals	Points	Alternate
1 Megan Cameron	DUNDAS VALLEY	4.23m	6	
2 Mackenzie Hordyk	GUIDO DE BRES	4.22m	4	
3 Heather Tuck	CAYUGA	J4.22m	3	
4 Laura Van Houten	HAMILTON DISTRICT	4.21m	2	
5 Jeannie Nadorozny	ORCHARD PARK	4.06m	1	
6 Lauren Reeves	DUNDAS VALLEY	3.85m		
7 Joanie Hart	HAMILTON DISTRICT	3.77m		
8 Amy VanEs	GUIDO DE BRES	3.56m		
9 Jadziah Hymering	GUIDO DE BRES	3.16m		

Women Open Triple Jump Junior

Name	Year School	Finals	Points	Alternate
1 Megan Cameron	DUNDAS VALLEY	9.98m	6	
2 Alicia Ritskes	HAMILTON DISTRICT	8.95m	4	
3 Mackenzie Martindale	CAYUGA	8.51m	3	
4 Mackenzie Hordyk	GUIDO DE BRES	8.44m	2	
5 Morgan Kuepfer	MCKINNON PARK	8.24m	1	
6 Amy VanEs	GUIDO DE BRES	8.00m		
7 Lindsay Townsend	CAYUGA	7.74m		
8 Arissa VandeBurgt	GUIDO DE BRES	7.47m		

Women Open Shot Put 3 kg Junior

Name	Year School	Finals	Points	Alternate
1 Jessica Hils	DUNDAS VALLEY	9.69m	6	
2 Lindsay Townsend	CAYUGA	9.04m	4	
3 Joanie Hart	HAMILTON DISTRICT	8.94m	3	
4 Nicole Brown	DUNNVILLE	8.29m	2	
5 Ruth VanVliet	GUIDO DE BRES	8.16m	1	
6 Laura Bishop	DUNDAS VALLEY	8.11m		

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....Women Open Shot Put 3 kg Junior

7	Hailey Bartels	GUIDO DE BRES	7.84m
8	Ciara Korda	DUNDAS VALLEY	7.21m
9	Cara Hill	MCKINNON PARK	6.87m
10	Sophia Wright	DUNDAS VALLEY	5.65m
11	Megan Bos	GUIDO DE BRES	5.55m

Women Open Discus Throw 1kg Junior

Name	Year School	Finals	Points	Alternate
1 Lindsay Townsend	CAYUGA	21.75m	6	
2 Laura Bishop	DUNDAS VALLEY	20.69m	4	
3 Cara Hill	MCKINNON PARK	19.50m	3	
4 Hailey Bartels	GUIDO DE BRES	18.81m	2	
5 Joanie Hart	HAMILTON DISTRICT	18.66m	1	
6 Jessica Hils	DUNDAS VALLEY	18.19m		
7 Arissa VandeBurgt	GUIDO DE BRES	17.86m		
8 Sophia Wright	DUNDAS VALLEY	16.75m		
9 Melanie Vanderboom	GUIDO DE BRES	16.31m		
10 Megan Bos	GUIDO DE BRES	13.22m		
11 Ciara Korda	DUNDAS VALLEY	12.94m		
12 Beverly Bergsma	HAMILTON DISTRICT	11.20m		

Women Open Javelin Throw 600g Junior

Name	Year School	Finals	Points	Alternate
1 Laura Bishop	DUNDAS VALLEY	29.56m	6	
2 Abby McEwan	WESTMOUNT	21.92m	4	
3 Nicole Brown	DUNNVILLE	20.27m	3	
4 Morgan Kuepfer	MCKINNON PARK	18.95m	2	
5 Arissa VandeBurgt	GUIDO DE BRES	17.70m	1	
6 Cara Hill	MCKINNON PARK	16.83m		
7 Ciara Korda	DUNDAS VALLEY	12.15m		
8 Beverly Bergsma	HAMILTON DISTRICT	11.78m		
9 Ruth VanVliet	GUIDO DE BRES	10.20m		

Women Open 100 Meter Dash Senior

Name	Year School	Prelims	H#	Alternate
Preliminaries				
1 Cree Bell	SIR ALLAN MACNAB	12.88q	2	
2 Katelyn Kennedy	ANCASTER HIGH	13.34q	3	
3 Georgia Temush	DUNDAS VALLEY	13.45q	2	
4 Mackenzie McQueen	SALTFLEET	14.34q	1	
5 Brittany Bouteiller	WATERDOWN	14.37q	2	
6 Magda Teeuwssen	HAMILTON DISTRICT	14.57q	2	
7 Hannah Smith	ANCASTER HIGH	14.62q	1	
8 Taya Evans	MCKINNON PARK	14.67q	1	
9 Jenah Viquiera	WESTMOUNT	14.74	1	
10 Zoe Lawrence	DUNDAS VALLEY	14.94	1	
11 Karissa Stegenga	GUIDO DE BRES	15.04	1	
12 Debra Vanderlaan	GUIDO DE BRES	15.29	3	

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13 Leah Hart	HAMILTON DISTRICT	15.48	3
14 Rachel Kudrenski	NORA HENDERSON	15.54	3
15 Tatyana Remani	NORA HENDERSON	16.25	1
16 Tristan Ricker	DUNNVILLE	16.60	2
17 Jazzmine Thomas	MCKINNON PARK	16.74	2
18 Jordan Mostboeck	SALTFLEET	19.18	3

Women Open 100 Meter Dash Senior

Name	Year School	Finals	Points	Alternate
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Finals

1 Cree Bell	SIR ALLAN MACNAB	12.73	6
2 Georgia Temush	DUNDAS VALLEY	13.18	4
3 Katelyn Kennedy	ANCASTER HIGH	13.34	3
4 Brittany Bouteiller	WATERDOWN	14.12	2
5 Mackenzie McQueen	SALTFLEET	14.20	1
6 Hannah Smith	ANCASTER HIGH	14.24	
7 Taya Evans	MCKINNON PARK	14.46	
8 Magda Teeuwesen	HAMILTON DISTRICT	14.59	

Women Open 200 Meter Dash Senior

Name	Year School	Finals	H#	Points	Alternate
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1 Cree Bell	SIR ALLAN MACNAB	26.12	2	6
2 Katelyn Kennedy	ANCASTER HIGH	28.26	1	4
3 Emily Moffat	WATERDOWN	30.12	2	3
4 Naomi Terhljan	DUNDAS VALLEY	30.55	1	2
5 Karissa Stegenga	GUIDO DE BRES	31.19	2	1
6 Debra Vanderlaan	GUIDO DE BRES	31.62	1	
7 Leah Hart	HAMILTON DISTRICT	32.66	1	
8 Tristan Ricker	DUNNVILLE	35.52	2	
9 Jazzmine Thomas	MCKINNON PARK	36.79	1	

Women Open 400 Meter Dash Senior

Name	Year School	Finals	Points	Alternate
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1 Peipei Wang	WESTDALE	1:08.25	6
2 Meaghan BoatSmith	WESTDALE	1:10.29	4
3 Taya Evans	MCKINNON PARK	1:12.17	3

Women Open 800 Meter Run Senior

Name	Year School	Finals	Points	Alternate
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1 Jasmine Buckridge	WESTDALE	2:33.38	6
2 Meaghan BoatSmith	WESTDALE	2:39.13	4
3 Nadeen Abdalaal	ANCASTER HIGH	3:09.29	3

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Women Open 1500 Meter Run Senior

Name	Year School	Finals	Points	Alternate
1 Madison Johnstone	ANCASTER HIGH	5:04.17	6	
2 Jasmine Buckridge	WESTDALE	5:17.11	4	
3 Ashley Lof	GUIDO DE BRES	5:30.56	3	
4 Hailey Adzija	ORCHARD PARK	5:55.78	2	
5 Debbie Hart	HAMILTON DISTRICT	5:58.27	1	
6 Danielle Erb	WATERDOWN	6:18.15		
7 Nadeen Abdalaal	ANCASTER HIGH	6:27.55		
8 Annie Mezgec	WATERDOWN	7:03.81		

Women Open 3000 Meter Run Senior

Name	Year School	Finals	Points	Alternate
1 Madison Johnstone	ANCASTER HIGH	11:03.99	6	
2 Ashley Lof	GUIDO DE BRES	11:43.34	4	
3 Olivia Baker	WATERDOWN	12:15.45	3	
4 Debbie Hart	HAMILTON DISTRICT	13:03.65	2	

Women Open 100 Meter Hurdles Senior

Name	Year School	Finals	Points	Alternate
1 Georgia Temush	DUNDAS VALLEY	18.07	6	
2 Aislin Osborne	DUNDAS VALLEY	19.44	4	
3 Jenah Viquiera	WESTMOUNT	19.84	3	
4 Erika Ecklund	WESTMOUNT	20.58	2	
5 Chelsea Chorley	MCKINNON PARK	20.68	1	
6 Tatyana Remani	NORA HENDERSON	21.92		

Women Open 400 Meter Hurdles Senior

Name	Year School	Finals	Points	Alternate
1 Georgia Temush	DUNDAS VALLEY	1:17.59	6	
2 Taya Evans	MCKINNON PARK	1:25.27	4	
3 Hailey Adzija	ORCHARD PARK	1:27.82	3	

Women Open 4x100 Meter Relay Senior

School	Finals	Points	Alternate
1 MCKINNON PARK - CALEDONIA 1) Aven Blanchard 2) Halle Blanchard 3) Taya Evans 4) Abbey Dikaitis	56.21	6	
2 DUNDAS VALLEY 1) Georgia Temush 2) Naomi Terlhjan 3) Jessica Woodsworth 4) Zoe Lawrence	57.49	4	
3 WATERDOWN	57.86	3	

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Women Open High Jump Senior

Name	Year School	Finals	Points	Alternate
1 Jasmine Almagner Sheldre	WESTDALE	1.45m	6	
2 Cailyn deBoer	GUIDO DE BRES	1.40m	4	

Women Open Long Jump Senior

Name	Year School	Finals	Points	Alternate
1 Naomi Terhljan	DUNDAS VALLEY	4.30m	6	
2 Aislin Osborne	DUNDAS VALLEY	4.11m	4	
3 Brittany Bouteiller	WATERDOWN	4.10m	3	
4 Chelsea Chorley	MCKINNON PARK	3.94m	2	
5 Hannah Smith	ANCASTER HIGH	3.92m	1	
6 Laela Shibli	SIR ALLAN MACNAB	3.79m		
7 Santana Dorey	CHURCHILL	3.67m		
8 Emma Johnston	DUNDAS VALLEY	3.56m		
9 Jessica Star	HAMILTON DISTRICT	3.35m		

Women Open Triple Jump Senior

Name	Year School	Finals	Points	Alternate
1 Naomi Terhljan	DUNDAS VALLEY	8.87m	6	
2 Chelsea Chorley	MCKINNON PARK	8.60m	4	
3 Aislin Osborne	DUNDAS VALLEY	8.25m	3	
4 Emma Johnston	DUNDAS VALLEY	6.88m	2	

Women Open Shot Put 4 kg Senior

Name	Year School	Finals	Points	Alternate
1 Emily Gondar	ORCHARD PARK	8.48m	6	
2 Shirley Hill	MCKINNON PARK	8.17m	4	
3 Rachel Kudrenski	NORA HENDERSON	7.26m	3	
4 Monica Urbina	WESTMOUNT	7.24m	2	
5 Deanna Hutten	GUIDO DE BRES	7.05m	1	

Women Open Discus Throw 1kg Senior

Name	Year School	Finals	Points	Alternate
1 Deanna Hutten	GUIDO DE BRES	21.09m	6	
2 Monica Urbina	WESTMOUNT	19.15m	4	
3 Shirley Hill	MCKINNON PARK	18.35m	3	
4 Zoe Lawrence	DUNDAS VALLEY	16.83m	2	

Women Open Javelin Throw 600g Senior

Name	Year School	Finals	Points	Alternate
1 Emily Gondar	ORCHARD PARK	28.82m	6	
2 Hannah Smith	ANCASTER HIGH	24.88m	4	
3 Emily Matsell	SALTFLEET	19.57m	3	

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....Women Open Javelin Throw 600g Senior

4	Zoe Lawrence	DUNDAS VALLEY	19.20m	2
5	Rachel Rioux	SALTFLEET	19.10m	1
6	Isabelle Zubyk	SALTFLEET	18.77m	
7	Shirley Hill	MCKINNON PARK	17.08m	
8	Jazzmine Thomas	MCKINNON PARK	14.70m	
--	Monica Urbina	WESTMOUNT	DNF	

Women Open 4x400 Meter Relay Open

School	Finals	Points	Alternate
1 DUNDAS VALLEY	4:33.17	6	
2 WESTDALE	4:33.96	4	
3 GUIDO DE BRES	4:38.83	3	
4 MCKINNON PARK - CALEDONIA	5:08.62	2	

Men Open 100 Meter Dash Midget

Name	Year	School	Prelims	H#	Alternate
Preliminaries					
1	Nifaiya	Robinson	SHERWOOD	11.94q	3
2	Evan	Regnerus	MCKINNON PARK	12.52q	2
3	Denver	Reitsma	ANCASTER HIGH	12.54q	2
4	Elijah	Martineau	WATERDOWN	12.63q	5
5	Derek	Nash	DUNDAS VALLEY	12.73q	3
6	Logan	Butler	DUNDAS VALLEY	12.82q	1
7	Dylan	Webber	CHURCHILL	12.93q	2
8	Isaiah	Lopez	MACDONALD	12.95q	1
9	Ben	Vos	GUIDO DE BRES	12.96	1
10	Eshanu	Sarker	WESTMOUNT	13.07	4
11	Carter	Gyori	DUNDAS VALLEY	13.18	5
12	Keaun	Clarke	SIR ALLAN MACNAB	13.27	4
13	Ethan	Hossack	MCKINNON PARK	13.30	1
14	Demarco	Lawrence	WESTDALE	13.36	2
15	Omar	Maklid	NORA HENDERSON	13.40	3
16	Isaiah	Hill-Layne	CHURCHILL	13.41	3
17	Caleb	Schulenberg	GUIDO DE BRES	13.50	5
17	Ethan	May	WESTMOUNT	13.50	1
19	Jacob	Baldwin-Timperley	WATERDOWN	13.51	4
20	Curtis	McConnell	ORCHARD PARK	13.53	2
21	Brayden	Schutten	GUIDO DE BRES	13.58	3
22	Raiyan	Sayeed	WESTDALE	13.65	1
23	Jahdiel	Chipembere	SIR ALLAN MACNAB	13.77	5
24	Mason	Oxley	MCKINNON PARK	13.85	4
25	Jacob	Parker	DUNNVILLE	13.99	5
26	Malachi	Lodder	GUIDO DE BRES	14.19	4
27	David	Chung	ANCASTER HIGH	14.33	4
28	Noah	Frise	CHURCHILL	14.48	4
29	Nathan	Poelstra	DELTA	14.62	1
30	Christian	Riley	DELTA	15.31	5

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Men Open 100 Meter Dash Midget

Name	Year School	Finals	Points	Alternate
Finals				
1 Nifaiya Robinson	SHERWOOD	11.67	6	
2 Elijah Martineau	WATERDOWN	12.32	4	
3 Dylan Webber	CHURCHILL	12.37	3	
4 Denver Reitsma	ANCASTER HIGH	12.42	2	
5 Evan Regnerus	MCKINNON PARK	12.50	1	
6 Derek Nash	DUNDAS VALLEY	12.58		
7 Logan Butler	DUNDAS VALLEY	12.79		
8 Isaiah Lopez	MACDONALD	13.04		

Men Open 200 Meter Dash Midget

Name	Year School	Finals	H#	Points	Alternate
1 Nifaiya Robinson	SHERWOOD	23.80	5	6	
2 Declan Sutherland Case	WESTDALE	24.64	5	4	
3 Elijah Martineau	WATERDOWN	24.91	3	3	
4 Noah Mulkewich	WESTDALE	25.29	5	2	
5 Kelvin Luu	MACDONALD	25.60	4	1	
6 Denver Reitsma	ANCASTER HIGH	25.75	4		
7 Derek Nash	DUNDAS VALLEY	25.85	5		
8 Eshanu Sarker	WESTMOUNT	26.63	3		
9 Raiyan Sayeed	WESTDALE	26.76	3		
10 Ben Vos	GUIDO DE BRES	26.78	5		
11 Dawsen Schutten	GUIDO DE BRES	26.88	1		
12 Keaun Clarke	SIR ALLAN MACNAB	27.03	5		
13 Ethan Hossack	MCKINNON PARK	27.19	2		
14 Isaiah Lopez	MACDONALD	27.60	2		
15 Caleb Schulenberg	GUIDO DE BRES	27.65	4		
16 Brayden Schutten	GUIDO DE BRES	27.74	3		
17 Demarco Lawrence	WESTDALE	27.90	2		
18 Jacob Baldwin-Timperley	WATERDOWN	27.94	4		
19 Omar Maklid	NORA HENDERSON	28.04	5		
20 Jacob Parker	DUNNVILLE	28.52	3		
21 Naym Salam	MACDONALD	29.00	1		
22 David Chung	ANCASTER HIGH	29.09	1		
23 Danial Bennett	DELTA	30.81	2		
24 Dariche Nguyen	WESTMOUNT	32.03	4		

Men Open 400 Meter Dash Midget

Name	Year School	Finals	H#	Points	Alternate
1 Declan Sutherland Case	WESTDALE	55.54	3	6	
2 Leikeze Cheruiyot	SIR ALLAN MACNAB	57.67	3	4	
3 Noah Mulkewich	WESTDALE	58.96	3	3	
4 DaCosta Trotman	NORA HENDERSON	1:01.00	3	2	
5 Owen Chapman	MCKINNON PARK	1:01.17	1	1	
6 Ethan May	WESTMOUNT	1:01.88	2		
7 Andrew Vandervelde	GUIDO DE BRES	1:02.53	2		
8 Dan Vanderwal	GUIDO DE BRES	1:04.59	3		
9 Lukas Brooks	DUNDAS VALLEY	1:04.99	3		

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....Men Open 400 Meter Dash Midget

10	Isaiah Lopez	MACDONALD	1:06.05	1
11	Naym Salam	MACDONALD	1:07.22	2
12	Matthew Starr	CHURCHILL	1:07.23	2
13	Reuben Vanwoudenberg	GUIDO DE BRES	1:07.48	1
14	Rory Faraquer	DUNDAS VALLEY	1:09.08	1
15	Joffre du Preez	HAMILTON DISTRICT	1:16.85	2

Men Open 800 Meter Run Midget

Name	Year	School	Finals	H#	Points	Alternate
1	Logan Yates	DUNDAS VALLEY	2:21.09	2	6	
2	Ethan Summerhays	HAMILTON DISTRICT	2:21.44	2	4	
3	DaCosta Trotman	NORA HENDERSON	2:30.98	2	3	
4	Dan Vanderwal	GUIDO DE BRES	2:33.15	1	2	
5	Lukas Brooks	DUNDAS VALLEY	2:37.40	2	1	
6	Dylan Mitha	SHERWOOD	2:39.73	1		
7	Levi VanVeen	GUIDO DE BRES	2:42.57	1		
8	Danial Bennett	DELTA	2:42.97	1		
9	Ehsaan M Khan	WESTDALE	2:43.61	2		
10	Mitchell Sauve	MCKINNON PARK	2:45.76	1		
11	Nathan Shedden	NORA HENDERSON	2:47.00	2		
12	Anthony Tran	SHERWOOD	2:47.50	1		

Men Open 1500 Meter Run Midget

Name	Year	School	Finals	H#	Points	Alternate
1	Logan Yates	DUNDAS VALLEY	4:53.70	2	6	
2	Sam Mills	ANCASTER HIGH	4:53.81	2	4	
3	Ethan Summerhays	HAMILTON DISTRICT	4:54.66	2	3	
4	Rayane Sennaoui	ORCHARD PARK	4:57.79	1	2	
5	Troy Bowden	ANCASTER HIGH	5:09.98	1	1	
6	Nick Moore	SIR ALLAN MACNAB	5:10.32	2		
7	Justin Vanderwoude	GUIDO DE BRES	5:10.52	1		
8	Caleb Vermeulen	GUIDO DE BRES	5:10.56	2		
9	Gerrit Oldejans	DUNDAS VALLEY	5:11.66	2		
10	Mam Kittani	ORCHARD PARK	5:16.98	2		
11	Jacob Horcastle	SIR ALLAN MACNAB	5:17.11	1		
12	Dylan Mitha	SHERWOOD	5:31.16	1		
13	Doug Linkert	DUNDAS VALLEY	5:38.22	2		
14	Mitchell Sauve	MCKINNON PARK	5:44.40	1		
15	Nathan Shedden	NORA HENDERSON	5:48.94	2		
16	Levi VanVeen	GUIDO DE BRES	5:53.01	1		
17	Cameron Prosic	MACDONALD	5:58.34	1		
18	Levi Bartels	GUIDO DE BRES	6:04.08	2		
19	Joffre du Preez	HAMILTON DISTRICT	6:13.14	1		
20	Dariche Nguyen	WESTMOUNT	6:19.93	1		

Men Open 3000 Meter Run Midget

Name	Year	School	Finals	Points	Alternate
1	Rayane Sennaoui	ORCHARD PARK	10:45.60	6	

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2	Sam Mills	ANCASTER HIGH	10:48.38	4
3	Justin Vanderwoude	GUIDO DE BRES	10:53.66	3
4	Caleb Vermeulen	GUIDO DE BRES	11:12.69	2
5	Liam Yoell	WESTDALE	11:20.97	1
6	Gerrit Oldejans	DUNDAS VALLEY	11:22.05	
7	Doug Linkert	DUNDAS VALLEY	11:53.08	
8	Brett Tenhage	GUIDO DE BRES	11:53.47	
9	Ehsaan M Khan	WESTDALE	12:43.53	
10	Cameron Prosic	MACDONALD	13:20.69	

Men Open 100 Meter Hurdles Midget

Name	Year	School	Finals	Points	Alternate
1		Kelvin Luu	MACDONALD	17.70	6
2		Ethan May	WESTMOUNT	19.27	4
3		Logan Butler	DUNDAS VALLEY	19.66	3
4		Carter Gyori	DUNDAS VALLEY	21.42	2

Men Open 300 Meter Hurdles Midget

Name	Year	School	Finals	Points	Alternate
1		Leikeze Cheruiyot	SIR ALLAN MACNAB	46.29	6
2		DaCosta Trotman	NORA HENDERSON	49.13	4
3		Dawsen Schutten	GUIDO DE BRES	50.36	3
4		Logan Butler	DUNDAS VALLEY	51.05	2
5		Ethan Hossack	MCKINNON PARK	51.50	1
6		Brayden Schutten	GUIDO DE BRES	52.38	

Men Open 4x100 Meter Relay Midget

School	Finals	Points	Alternate
1	WESTDALE	51.17	6
	1) Shakeele Simon		
	2) Noah Mulkewich		
	3) Declan Sutherland-Case		
	4) Demarco Lawrence		
2	DUNDAS VALLEY	51.25	4
	1) Derek Nash		
	2) Carter Gyori		
	3) Logan Butler		
	4) Lukas Brooks		
3	GUIDO DE BRES	52.22	3
	1) Brayden Schutten		
	2) Dawsen Schutten		
	3) Caleb Schulenberg		
	4) Ben Vos		
4	MCKINNON PARK - CALEDONIA	53.09	2
	1) Jacob Dutcher		
	2) Owen Chapman		
	3) Evan Regnerus		
	4) Ethan Hossack		

Men Open High Jump Midget

Name	Year	School	Finals	Points	Alternate
1		Fred Fledderus	HAMILTON DISTRICT	1.60m	6
2		Aydan Doschner	DUNNVILLE	J1.60m	4
3		Michael Barry	SIR ALLAN MACNAB	J1.60m	3

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....Men Open High Jump Midget

4	Jacob Dutcher	MCKINNON PARK	1.55m	2
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Men Open Long Jump Midget

Name	Year	School	Finals	Points	Alternate
1	Kelvin Luu	MACDONALD	4.94m	6	
2	Elijah Martineau	WATERDOWN	4.87m	4	
3	Carter Gyori	DUNDAS VALLEY	4.62m	3	
4	Michael Barry	SIR ALLAN MACNAB	4.56m	2	
5	Mason Oxley	MCKINNON PARK	4.38m	1	
6	Noah Frise	CHURCHILL	4.27m		
7	Jacob Baldwin-Timperley	WATERDOWN	4.25m		
8	Raiyan Sayeed	WESTDALE	4.12m		
9	Michael Nott	ORCHARD PARK	3.91m		
10	Angelo Treasure	ROBERT LAND ACADEMY	3.87m		
11	Jahdiel Chipembere	SIR ALLAN MACNAB	3.83m		
12	Demarco Lawrence	WESTDALE	3.57m		
13	Keaun Clarke	SIR ALLAN MACNAB	3.23m		

Men Open Triple Jump Midget

Name	Year	School	Finals	Points	Alternate
1	Michael Barry	SIR ALLAN MACNAB	10.80m	6	
2	Evan Regnerus	MCKINNON PARK	10.56m	4	
3	Leikeze Cheruiyot	SIR ALLAN MACNAB	10.48m	3	
4	Owen Chapman	MCKINNON PARK	10.35m	2	
5	Dawsen Schutten	GUIDO DE BRES	10.08m	1	
6	Jacob Dutcher	MCKINNON PARK	9.90m		

Men Open Shot Put 4 kg Midget

Name	Year	School	Finals	Points	Alternate
1	Thomas Matsell	SALTFLEET	13.60m	6	
2	Jahdiel Chipembere	SIR ALLAN MACNAB	9.72m	4	
3	Aydan Doschner	DUNNVILLE	9.63m	3	
4	Cameron Lof	GUIDO DE BRES	8.68m	2	
5	Malachi Lodder	GUIDO DE BRES	8.25m	1	
6	Matt Heikamp	GUIDO DE BRES	8.06m		
7	Tawhid Ahmed	MACDONALD	7.61m		
8	Angelo Treasure	ROBERT LAND ACADEMY	7.51m		
9	Zubin Bulsara	MACDONALD	7.29m		

Men Open Discus Throw 1kg Midget

Name	Year	School	Finals	Points	Alternate
1	Thomas Matsell	SALTFLEET	34.75m	6	
2	Aidan Schenkel	GUIDO DE BRES	29.95m	4	
3	Rory Faraquer	DUNDAS VALLEY	27.03m	3	
4	Cameron Lof	GUIDO DE BRES	22.50m	2	
5	Zubin Bulsara	MACDONALD	20.20m	1	

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....Men Open Discus Throw 1kg Midget

6 Tawhid Ahmed	MACDONALD	18.00m
7 Andrew Vandervelde	GUIDO DE BRES	17.89m

Men Open Javelin Throw 600g Midget

Name	Year School	Finals	Points	Alternate
1 Derek Nash	DUNDAS VALLEY	37.17m	6	
2 Thomas Matsell	SALTFLEET	37.10m	4	
3 Jacob Dutcher	MCKINNON PARK	33.19m	3	
4 Aidan Schenkel	GUIDO DE BRES	27.76m	2	
5 Cameron Lof	GUIDO DE BRES	27.74m	1	
6 Zubin Bulsara	MACDONALD	23.82m		
7 Tawhid Ahmed	MACDONALD	22.10m		
8 Matt Heikamp	GUIDO DE BRES	21.75m		
9 Rory Faraquer	DUNDAS VALLEY	15.44m		

Men Open 100 Meter Dash Junior

Name	Year School	Prelims	H#	Alternate
Preliminaries				
1 Myles Misener-Daley	WESTDALE	11.20q	3	
2 Jevon Lennox	SIR ALLAN MACNAB	11.96q	2	
3 Blake Dunford	WESTMOUNT	12.08q	1	
4 Ryan Nienhuis	GUIDO DE BRES	12.09q	3	
5 Matthew Wolfe	SALTFLEET	12.22q	2	
6 Kyle Nordeman	GUIDO DE BRES	12.29q	1	
7 Cole Pont	CAYUGA	12.69q	1	
8 Malik Blunt	SALTFLEET	12.74q	3	
9 Calvin Bartels	GUIDO DE BRES	12.78	2	
10 Remi Jarvis	WESTDALE	12.96	2	
11 Quavon Ferron	SIR ALLAN MACNAB	12.99	3	
12 Jacob Cheng	WESTDALE	13.02	1	
13 Jonas Mallett	SALTFLEET	13.10	3	
14 Logan Hatcher	DUNDAS VALLEY	13.21	2	
15 Raul Hernandez	WATERDOWN	13.41	2	
16 Johnny Kanagaratnam	SALTFLEET	13.51	1	
17 Daniel Lesiuk	WESTDALE	14.02	2	
18 Decoda Jacysyn	CAYUGA	14.47	3	
19 Oliver Naruse	DUNDAS VALLEY	15.00	1	
20 Malik Allen	CHURCHILL	15.07	1	

Men Open 100 Meter Dash Junior

Name	Year School	Finals	Points	Alternate
Finals				
1 Myles Misener-Daley	WESTDALE	11.08	6	
2 Jevon Lennox	SIR ALLAN MACNAB	11.85	4	
3 Ryan Nienhuis	GUIDO DE BRES	12.11	3	
4 Blake Dunford	WESTMOUNT	12.17	2	
5 Matthew Wolfe	SALTFLEET	12.21	1	
6 Kyle Nordeman	GUIDO DE BRES	12.29		

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....Men Open 100 Meter Dash Junior

7 Malik Blunt	SALTFLEET	12.67
8 Cole Pont	CAYUGA	12.70

Men Open 200 Meter Dash Junior

Name	Year School	Finals	H#	Points	Alternate
1 Myles Misener-Daley	WESTDALE	22.08	3	6	
2 Jevon Lennox	SIR ALLAN MACNAB	24.57	3	4	
3 Kyle Nordeman	GUIDO DE BRES	24.81	3	3	
4 Abdullah Dwyer	SIR ALLAN MACNAB	25.37	2	2	
5 Malik Blunt	SALTFLEET	25.82	1	1	
6 Nathaniel Steele	MACDONALD	25.83	1		
7 Ryan Nienhuis	GUIDO DE BRES	26.57	3		
8 Oliver Naruse	DUNDAS VALLEY	32.98	2		

Men Open 400 Meter Dash Junior

Name	Year School	Finals	H#	Points	Alternate
1 Myles Misener-Daley	WESTDALE	53.26	2	6	
2 Zachary Brown	MACDONALD	56.77	1	4	
3 Nathaniel Steele	MACDONALD	57.82	1	3	
4 Braydan Mattice	CAYUGA	57.90	2	2	
5 Malcolm Green	WESTDALE	1:00.50	2	1	
6 Owen Blokker	GUIDO DE BRES	1:01.27	1		
7 Jevon Lennox	SIR ALLAN MACNAB	1:01.66	2		
8 Shane Fleming	NORA HENDERSON	1:03.87	2		
9 Ashton Murray	CAYUGA	1:05.82	1		

Men Open 800 Meter Run Junior

Name	Year School	Finals	H#	Points	Alternate
1 Ethan RoseteartSmith	DUNDAS VALLEY	2:13.82	2	6	
2 Christian Ligtenberg	GUIDO DE BRES	2:13.93	1	4	
3 Zachary Brown	MACDONALD	2:14.21	1	3	
4 Malcolm Green	WESTDALE	2:20.62	2	2	
5 Evan Carbert	NORA HENDERSON	2:23.47	2	1	
6 Shane Fleming	NORA HENDERSON	2:37.14	2		

Men Open 1500 Meter Run Junior

Name	Year School	Finals	Points	Alternate
1 Nathaniel Leighninger	WESTDALE	4:37.94	6	
2 Tristan Richards	DUNDAS VALLEY	4:41.31	4	
3 Ethan RoseteartSmith	DUNDAS VALLEY	4:43.94	3	
4 Christian Ligtenberg	GUIDO DE BRES	4:49.47	2	
5 Greg Forester	NORA HENDERSON	5:20.16	1	
6 Evan Carbert	NORA HENDERSON	5:20.46		
7 Hunnaan Arif	WESTMOUNT	5:45.64		

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Men Open 3000 Meter Run Junior

Name	Year School	Finals	Points	Alternate
1 Nathaniel Leighninger	WESTDALE	9:51.09	6	
2 Tristan Richards	DUNDAS VALLEY	10:16.77	4	
3 Jordan Beijes	GUIDO DE BRES	12:02.29	3	
4 Hunnaan Arif	WESTMOUNT	12:51.66	2	

Men Open 100 Meter Hurdles Junior

Name	Year School	Finals	Points	Alternate
1 Cole Pont	CAYUGA	18.72	6	
2 Braydan Mattice	CAYUGA	19.01	4	
3 Decoda Jacysyn	CAYUGA	23.05	3	

Men Open 300 Meter Hurdles Junior

Name	Year School	Finals	Points	Alternate
1 Abdullah Dwyer	SIR ALLAN MACNAB	45.34	6	
2 Owen Blokker	GUIDO DE BRES	47.78	4	
3 Braydan Mattice	CAYUGA	52.65	3	

Men Open 4x100 Meter Relay Junior

School	Finals	H#	Points	Alternate
1 GUIDO DE BRES 1) Kyle Nordeman 3) Calvin Bartels	48.63	1	6	
2 SALTFLLEET 1) Matthew Wolfe 3) Jonas Mallett	50.65	1	4	
3 WESTDALE 1) Liam Boatsmith 3) Daniel Lesiuk	51.16	2	3	
4 CAYUGA 1) Cole Pont 3) Decoda Jacysyn	53.46	1	2	
5 SIR ALLAN MACNAB 2) Ryan Nienhuis 4) Dustin Spoolsta	53.47	2	1	

Men Open High Jump Junior

Name	Year School	Finals	Points	Alternate
1 Anthony Beijes	GUIDO DE BRES	1.70m	6	
2 Alex Kosobuvich	DUNDAS VALLEY	1.60m	4	
3 Owen Blokker	GUIDO DE BRES	J1.60m	3	
4 Seth Allan	DUNDAS VALLEY	1.50m	2	
5 Gideon Vanderwoude	GUIDO DE BRES	J1.50m	1	

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Men Open Long Jump Junior

Name	Year School	Finals	Points	Alternate
1 Spencer Murray	WESTMOUNT	5.61m	6	
2 Noah Spanninga	GUIDO DE BRES	5.18m	4	
3 Blake Dunford	WESTMOUNT	5.06m	3	
4 Greg Garson	MCKINNON PARK	5.01m	2	
5 Nathaniel Steele	MACDONALD	4.83m	1	
6 Abdullah Dwyer	SIR ALLAN MACNAB	4.75m		
7 Alex Kosobuvich	DUNDAS VALLEY	4.73m		
8 Quavon Ferron	SIR ALLAN MACNAB	4.70m		
9 Daniel Lesiuk	WESTDALE	4.49m		
10 Ashton Murray	CAYUGA	4.47m		
11 Aaron Johnson	SIR ALLAN MACNAB	4.33m		
12 Remi Jarvis	WESTDALE	4.11m		
13 Alex Nevills	WESTDALE	3.90m		
14 Malik Allen	CHURCHILL	3.85m		
15 Seth Allan	DUNDAS VALLEY	3.78m		
16 Jacob Cheng	WESTDALE	3.59m		

Men Open Triple Jump Junior

Name	Year School	Finals	Points	Alternate
1 Greg Garson	MCKINNON PARK	10.66m	6	
2 Alex Kosobuvich	DUNDAS VALLEY	10.60m	4	
3 Noah Spanninga	GUIDO DE BRES	10.06m	3	
4 Garret Vandervelde	GUIDO DE BRES	9.83m	2	
5 Dennis Linkert	WESTDALE	8.93m	1	

Men Open Shot Put 4kg Junior

Name	Year School	Finals	Points	Alternate
1 Ezekiel Kennedy	ROBERT LAND ACADEMY	13.62m	6	
2 David Mandez	MACDONALD	12.45m	4	
3 Garret Vandervelde	GUIDO DE BRES	11.25m	3	
4 Calvin Bartels	GUIDO DE BRES	11.07m	2	
5 Grant Shewchuk	DUNDAS VALLEY	10.72m	1	
6 Alex Nevills	WESTDALE	10.63m		
7 Dustin Spoolstra	GUIDO DE BRES	10.44m		
8 Logan Jacobs	CAYUGA	10.38m		
9 Jiang Hang Zhang	ROBERT LAND ACADEMY	8.75m		
10 Zack Hampstead	DUNDAS VALLEY	8.49m		

Men Open Discus Throw 1kg Junior

Name	Year School	Finals	Points	Alternate
1 Ezekiel Kennedy	ROBERT LAND ACADEMY	35.58m	6	
2 Grant Shewchuk	DUNDAS VALLEY	30.74m	4	
3 David Mandez	MACDONALD	29.25m	3	
4 Dustin Spoolstra	GUIDO DE BRES	26.75m	2	
5 Alex Nevills	WESTDALE	26.30m	1	
6 Zack Hampstead	DUNDAS VALLEY	24.94m		

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....Men Open Discus Throw 1kg Junior

7	Jordan Beijes	GUIDO DE BRES	23.00m
8	Jaden Barrick	CAYUGA	21.72m
9	Liam Boatsmith	WESTDALE	21.13m

Men Open Javelin Throw 600g Junior

Name	Year	School	Finals	Points	Alternate
1	Greg	GARSON	37.07m	6	
2	Dustin	SPPOOLSTRA	36.66m	4	
3	Ezekiel	KENNEDY	36.02m	3	
4	Gideon	VANDERWOUDE	32.40m	2	
5	Liam	BOATSMITH	31.95m	1	
6	Christopher	ELLUL	26.99m		
7	Logan	JACOBS	26.52m		
8	Daniel	LESIUK	19.91m		

Men Open 100 Meter Dash Senior

Name	Year	School	Prelims	H#	Alternate
Preliminaries					
1	Patrick	HARRISON	11.65q	1	
2	Rachat	BECHIR	11.71q	1	
3	Eric	JUSTASON	11.99q	4	
4	Bardaysun	TALYA	12.13q	3	
5	Colton	MASON	12.14q	2	
6	Devon	STEELE	12.16q	4	
7	Joshua	PERL	12.25q	1	
8	Kenton	BILL	12.27q	5	
9	Troy	BROMFIELD	12.37	5	
10	Noah	DOAN	12.47	3	
11	Charles	FALK	12.51	1	
12	Maxwell	GYIMAH	12.53	4	
13	Mitchell	SZARKO	12.54	4	
14	William	LOI	12.58	1	
15	Brandon	PECK	12.65	1	
16	Ridwan	KANJA	12.70	5	
17	Ayaat	MEHDI	12.78	3	
18	Lucas	EISING	12.81	4	
19	Liam	GARCIA	12.85	2	
20	Bailey	ROBILLARD	12.91	5	
21	Luke	VANSPRONSEN	12.93	3	
22	Chris	BUCCELLA	13.09	2	
23	Richard	BARRETT	13.10	4	
24	Derek	REIMANN	13.11	4	
25	Peyton	MELOCHE	13.15	2	
26	Myles	PEARCE	13.21	3	
27	Westen	FAHEY	13.25	1	
28	Jason	FLORES	13.32	3	
29	Nigel	THOMAS	13.60	3	
30	Jonathan	STATHAKOS	14.29	2	
31	Josh	HILL	14.51	2	
32	Kane	GODSCHALK-HOWARTH	15.46	5	

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Men Open 100 Meter Dash Senior

Name	Year	School	Finals	Points	Alternate
Finals					
1 Patrick Harrison		DUNDAS VALLEY	11.57	6	
2 Rachat Bechir		WESTDALE	11.62	4	
3 Colton Mason		MCKINNON PARK	11.72	3	
4 Eric Justason		DUNDAS VALLEY	11.82	2	
5 Joshua Perl		WESTMOUNT	12.06	1	
6 Bardaysun Talya		ANCASTER HIGH	12.14		
7 Kenton Bill		HAMILTON DISTRICT	12.25		

Men Open 200 Meter Dash Senior

Name	Year	School	Finals	H#	Points	Alternate
1 Cameron McLeod		NORA HENDERSON	23.27	5	6	
2 Rachat Bechir		WESTDALE	23.81	2	4	
3 Patrick Harrison		DUNDAS VALLEY	23.82	4	3	
4 Eric Justason		DUNDAS VALLEY	23.85	4	2	
5 Alec Purnell		DUNDAS VALLEY	23.89	5	1	
6 Colton Mason		MCKINNON PARK	24.39	1		
7 Troy Bromfield		WESTMOUNT	24.52	1		
8 Jordie Morgan		WESTDALE	24.63	5		
9 Stephane Nzapa		WESTDALE	25.64	3		
10 Noah Doan		DUNDAS VALLEY	25.72	5		
11 Mitchell Szarko		MCKINNON PARK	25.79	4		
12 William Loi		NORA HENDERSON	25.93	4		
13 Ridwan Kanja		ROBERT LAND ACADEMY	26.10	1		
14 Maxwell Gyimah		WESTMOUNT	26.26	2		
15 Ayaat Mehdi		WESTMOUNT	26.32	4		
16 Luke Vanspronsen		GUIDO DE BRES	26.43	5		
17 Liam Garcia		ANCASTER HIGH	26.54	1		
18 Sam Richardson		MCKINNON PARK	26.88	3		
19 Jason Flores		NORA HENDERSON	26.89	5		
20 Westen Fahey		DELTA	26.93	3		
21 Giovanni Swaby		SIR ALLAN MACNAB	28.50	3		
22 Nigel Thomas		DELTA	28.72	2		
23 Adam Johnson		DUNDAS VALLEY	29.12	5		
24 Andrew Faulkner		DELTA	32.28	3		
25 Vincent Wey		DELTA	32.41	1		

Men Open 400 Meter Dash Senior

Name	Year	School	Finals	H#	Points	Alternate
1 Alec Purnell		DUNDAS VALLEY	52.10	3	6	
2 Owen Opie		WESTDALE	52.65	3	4	
3 Josh Boisvert		HAGERSVILLE	57.00	2	3	
4 Omar Ulloa		NORA HENDERSON	57.06	3	2	
5 Myko Smid		GUIDO DE BRES	59.16	3	1	
6 Stephane Nzapa		WESTDALE	1:01.04	3		
7 Elija Cipola		DELTA	1:01.90	2		
8 Jordie Morgan		WESTDALE	1:02.72	2		
9 Giovanni Swaby		SIR ALLAN MACNAB	1:05.40	3		

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....Men Open 400 Meter Dash Senior

10	Abdullh Basurrah	ROBERT LAND ACADEMY	1:08.66	3
11	Elijah Perrie	DELTA	1:09.38	2
12	Hunter Alexander	DELTA	1:09.65	2
13	Milos Todorovic	DUNNVILLE	1:10.02	2
14	Vincent Wey	DELTA	1:17.69	3

Men Open 800 Meter Run Senior

Name	Year School	Finals	H#	Points	Alternate
1 Alec Purnell	DUNDAS VALLEY	2:05.36	3	6	
2 Owen Opie	WESTDALE	2:05.81	3	4	
3 Ian Klassen	DUNDAS VALLEY	2:12.15	3	3	
4 Omar Ulloa	NORA HENDERSON	2:17.58	3	2	
5 Jack Buitenhuis	GUIDO DE BRES	2:21.11	2	1	
6 Evan Potts	SHERWOOD	2:26.68	1		
7 Abdi Mahdi	ORCHARD PARK	2:30.76	2		
8 Keith Will	WATERDOWN	2:31.29	2		
9 Riley McConachie	DUNNVILLE	2:32.56	2		
10 Bryan Mann	WATERDOWN	2:39.86	1		
11 Aidan Outerbridge	ANCASTER HIGH	2:41.35	1		
12 Hunter Alexander	DELTA	2:52.12	1		

Men Open 1500 Meter Run Senior

Name	Year School	Finals	H#	Points	Alternate
1 Finn Mills	ANCASTER HIGH	4:30.18	2	6	
2 Justin DeJong	HAMILTON DISTRICT	4:31.03	2	4	
3 Ian Klassen	DUNDAS VALLEY	4:32.39	2	3	
4 Steve Bruun	ANCASTER HIGH	4:33.56	1	2	
5 Doug Keen	DUNDAS VALLEY	4:46.75	1	1	
6 Abdi Mahdi	ORCHARD PARK	4:48.22	1		
7 Wilson Neves	WESTDALE	4:50.05	1		
8 Gerrit Verrips	HAMILTON DISTRICT	4:50.58	1		
9 Jack Buitenhuis	GUIDO DE BRES	4:53.12	2		
10 Jacob Roussel	DELTA	4:59.58	1		
11 Bardaysun Talya	ANCASTER HIGH	5:01.33	2		
12 Keith Will	WATERDOWN	5:09.37	1		
13 Carter Knox	DUNDAS VALLEY	5:11.57	2		
14 John Maheu	ANCASTER HIGH	5:16.95	1		
15 Aidan Outerbridge	ANCASTER HIGH	5:21.15	2		
16 Aaron Huinink	HAMILTON DISTRICT	5:21.94	1		
17 Bryan Mann	WATERDOWN	5:28.98	2		
18 Sasha Bjelic	SALTFLEET	5:29.65	2		
19 Adam Johnston	DUNDAS VALLEY	5:30.41	1		
20 Petros Psarris	ROBERT LAND ACADEMY	5:31.61	1		
21 Mike MacDonald	DELTA	5:33.16	2		
22 Konrad Kasztenny	ROBERT LAND ACADEMY	5:47.92	1		
23 Dennis Jimenez	ROBERT LAND ACADEMY	6:08.59	2		

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Men Open 3000 Meter Run Senior

Name	Year School	Finals	Points	Alternate
1 Steve Bruun	ANCASTER HIGH	9:23.92	6	
2 Alex Seguin	WATERDOWN	9:43.97	4	
3 Justin DeJong	HAMILTON DISTRICT	9:56.72	3	
4 Doug Keen	DUNDAS VALLEY	10:31.03	2	
5 Jacob Roussel	DELTA	10:42.32	1	
6 Aaron Huinink	HAMILTON DISTRICT	10:45.30		
7 Abdi Mahdi	ORCHARD PARK	10:49.83		
8 Carter Knox	DUNDAS VALLEY	11:16.89		
9 Draik Maskell	MACDONALD	11:32.61		
10 Mike MacDonald	DELTA	11:42.54		
11 Justin DeGelder	GUIDO DE BRES	11:45.10		
12 John Maheu	ANCASTER HIGH	11:46.43		

Men Open 110 Meter Hurdles Senior

Name	Year School	Finals	Points	Alternate
1 Troy Bromfield	WESTMOUNT	16.96	6	
2 Zach Mumby	MCKINNON PARK	18.33	4	
3 Nick Myke	WESTMOUNT	19.79	3	
4 TD Whittaker	WESTMOUNT	19.88	2	
5 Maxwell Gyimah	WESTMOUNT	20.59	1	

Men Open 400 Meter Hurdles Senior

Name	Year School	Finals	Points	Alternate
1 Cameron McLeod	NORA HENDERSON	1:01.91	6	
2 TD Whittaker	WESTMOUNT	1:09.60	4	
3 Zach Mumby	MCKINNON PARK	1:10.04	3	

Men Open 4x100 Meter Relay Senior

School	Finals	H#	Points	Alternate
1 SIR ALLAN MACNAB	47.89	2	6	
2 DUNDAS VALLEY	48.26	2	4	
1) Eric Justasson				
2) Brad Wright				
3) Noah Doan				
4) Trevor Hopkins				
3 WESTDALE	48.81	2	3	
1) Liam Curran				
2) Rachat Bechir				
3) Stephane Nzpa				
4) Jordie Morgan				
4 NORA FRANCES HENDERSON	49.36	2	2	
1) William Loi				
2) Peyton Meloche				
3) Cameron McLeod				
4) Omar Ulloa				
5 MCKINNON PARK - CALEDONIA	49.67	2	1	
1) Colton Mason				
2) Sam Richardson				
3) Zach Mumby				
4) Mitchell Szarko				
6 WESTMOUNT	49.84	2		
1) Maxwell Gyimah				
2) Jack Corr				
3) Josh Perl				
4) TD Whittaker				
7 DELTA	52.01	1		

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....Men Open 4x100 Meter Relay Senior

- | | |
|------------------|-----------------|
| 1) Jacob Roussel | 2) Josh Hill |
| 3) Derek Reimann | 4) Nigel Thomas |

Men Open High Jump Senior

Name	Year School	Finals	Points	Alternate
1	Quinn Hiemstra	WATERDOWN	1.95m	6
2	Jonas Vanden Brink	HAMILTON DISTRICT	1.80m	4
3	Josh Boisvert	HAGERSVILLE	1.75m	3
4	Will Fledderus	HAMILTON DISTRICT	1.65m	2
5	Kenton Bill	HAMILTON DISTRICT	1.60m	1
6	Devon Steele	SIR ALLAN MACNAB	J1.60m	
7	Brad Wright	DUNDAS VALLEY	J1.60m	
--	Fareed Barakat	ROBERT LAND ACADEMY	NH	
--	Myles Pearce	CAYUGA	NH	
--	Abdullh Basurrah	ROBERT LAND ACADEMY	NH	

Men Open Long Jump Senior

Name	Year School	Finals	Points	Alternate
1	Trevor Hopkins	DUNDAS VALLEY	6.08m	6
2	Quinn Hiemstra	WATERDOWN	6.00m	4
3	Colton Mason	MCKINNON PARK	5.61m	3
4	Josh Boisvert	HAGERSVILLE	5.60m	2
5	Devon Steele	SIR ALLAN MACNAB	5.54m	1
6	Ker Yung Hong	WATERDOWN	5.40m	
7	Jonas Vanden Brink	HAMILTON DISTRICT	5.29m	
8	Marcus Rosetto	DUNDAS VALLEY	5.10m	
9	Lucas Eising	HAMILTON DISTRICT	4.98m	
10	Jack Corr	WESTMOUNT	4.79m	
11	Riley McConachie	DUNNVILLE	4.72m	
12	Charles Falk	ROBERT LAND ACADEMY	4.65m	
13	Fareed Barakat	ROBERT LAND ACADEMY	4.42m	
14	Halen Klein	ROBERT LAND ACADEMY	4.29m	
15	Brandon Peck	SHERWOOD	4.23m	
16	Carson Carne	ORCHARD PARK	4.15m	
17	Myles Pearce	CAYUGA	4.02m	
18	Maxwell Lymburner	WATERDOWN	3.98m	
19	Tyler Lenk	SHERWOOD	3.91m	

Men Open Triple Jump Senior

Name	Year School	Finals	Points	Alternate
1	Jonas Vanden Brink	HAMILTON DISTRICT	11.70m	6
2	Zach Mumby	MCKINNON PARK	11.43m	4
3	Kenton Bill	HAMILTON DISTRICT	11.30m	3
4	Carter Gray	MCKINNON PARK	11.15m	2
5	Lucas Eising	HAMILTON DISTRICT	11.07m	0.50
5	Will Fledderus	HAMILTON DISTRICT	11.07m	0.50
7	Zack Stevens	ANCASTER HIGH	10.60m	
8	Fareed Barakat	ROBERT LAND ACADEMY	10.07m	

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....Men Open Triple Jump Senior

9	Jake Crouse	CHURCHILL	9.89m
10	Joey Crouse	CHURCHILL	9.83m
11	Joshua Hill	CHURCHILL	9.67m

Men Open Shot Put 12 lb Senior

Name	Year	School	Finals	Points	Alternate
1	Samson Kennedy	ROBERT LAND ACADEMY	11.44m	6	
2	Ryan MacDonald	CAYUGA	10.92m	4	
3	Parsa Narouzian	DUNDAS VALLEY	10.66m	3	
4	Ahmed Alreada	DUNDAS VALLEY	10.63m	2	
5	Darrin Bethlehem	GUIDO DE BRES	10.15m	1	
6	Paul Pyrcz	SIR ALLAN MACNAB	10.10m		
7	Derek Reimann	DELTA	9.75m		
8	Brendan Peck	DUNDAS VALLEY	9.23m		
9	Ridwan Kanja	ROBERT LAND ACADEMY	9.10m		
10	Doren Togeretz	GUIDO DE BRES	9.07m		
11	Nigel Thomas	DELTA	9.06m		
12	Bailey Campbell	ROBERT LAND ACADEMY	8.64m		
13	Logan Jonker	GUIDO DE BRES	8.60m		
14	Takicho Szocs	ROBERT LAND ACADEMY	8.57m		
15	Geoffrey Haylock	ROBERT LAND ACADEMY	8.26m		
16	Richard Johnson	MCKINNON PARK	7.68m		
17	Nate Schoon	HAMILTON DISTRICT	7.65m		
18	Giovani Swaby	SIR ALLAN MACNAB	6.72m		

Men Open Discus Throw 1.613kg Senior

Name	Year	School	Finals	Points	Alternate
1	Christian Janzen	WESTMOUNT	36.69m	6	
2	Nik Martindale	CAYUGA	27.08m	4	
3	Chris Buccella	WESTMOUNT	25.71m	3	
4	Darrin Bethlehem	GUIDO DE BRES	25.47m	2	
5	Geoffrey Haylock	ROBERT LAND ACADEMY	25.29m	1	
6	Samson Kennedy	ROBERT LAND ACADEMY	24.83m		
7	Brad Wright	DUNDAS VALLEY	22.54m		
8	Logan Jonker	GUIDO DE BRES	21.97m		
9	Brendan Peck	DUNDAS VALLEY	20.71m		
10	Drew Mainprize	ANCASTER HIGH	20.27m		
11	Ryan MacDonald	CAYUGA	19.88m		
12	Petros Psarris	ROBERT LAND ACADEMY	18.96m		
13	Paul Pyrcz	SIR ALLAN MACNAB	18.89m		
14	Richard Johnson	MCKINNON PARK	17.86m		
15	Nate Schoon	HAMILTON DISTRICT	15.85m		
16	Tate Oxley	MCKINNON PARK	15.56m		

Men Open Javelin Throw 800g Senior

Name	Year	School	Finals	Points	Alternate
1	Darrin Bethlehem	GUIDO DE BRES	38.27m	6	
2	Conrad Vonpalleske	DUNDAS VALLEY	38.14m	4	

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3	Brendan Peck	DUNDAS VALLEY	37.60m	3
4	Samson Kennedy	ROBERT LAND ACADEMY	37.57m	2
5	Carter Gray	MCKINNON PARK	36.95m	1
6	Marcus Rosetto	DUNDAS VALLEY	35.72m	
7	Nik Martindale	CAYUGA	33.22m	
8	Halen Klein	ROBERT LAND ACADEMY	31.89m	
9	Doren Togeretz	GUIDO DE BRES	31.72m	
10	Drew Mainprize	ANCASTER HIGH	31.28m	
11	Takicho Szocs	ROBERT LAND ACADEMY	30.13m	
12	Carson Carne	ORCHARD PARK	29.27m	
13	Devon Foster	WESTMOUNT	29.03m	
14	Josiah Bailey	WESTMOUNT	28.50m	
15	Kolby Deschner	ROBERT LAND ACADEMY	27.42m	
16	Ryan MacDonald	CAYUGA	25.67m	
17	Brad Wright	DUNDAS VALLEY	25.35m	
18	Tate Oxley	MCKINNON PARK	24.85m	
19	Josh Hill	DELTA	23.18m	
20	Nate Schoon	HAMILTON DISTRICT	22.50m	
21	Logan Jonker	GUIDO DE BRES	19.81m	
22	Kyle Young	DUNDAS VALLEY	18.07m	
23	CJ Fortin	DELTA	17.53m	
24	Zack Stevens	ANCASTER HIGH	13.87m	

Men Open 4x400 Meter Relay Open

School	Finals	Points	Alternate
1 DUNDAS VALLEY	3:43.64	6	
2 NORA FRANCES HENDERSON	3:52.65	4	
3 WESTDALE	4:01.60	3	
4 MCKINNON PARK - CALEDONIA	4:08.40	2	
5 WATERDOWN	4:16.34	1	