

**HWIAC Secondary**  
**Track and Field - 5/15/2019**  
**Ray Lewis Track and Field Complex**  
**Results**

**Event 1 Women Open 100 Meter Dash Midget**

Name	Year	School	Prelims	H#
<b>Preliminaries</b>				
1 Mallory Mackesy		SALTFLEET	13.59q	2
2 Katie Watkins		WATERDOWN	13.97q	1
3 Brodi Levitt		MCKINNON PAR	14.07q	1
4 Julia Zacharia		DUNDAS VALLEY	14.18q	1
4 Hayley Hood		WATERDOWN	14.18q	3
6 Sydney Clark		WESTMOUNT	14.92q	2
7 Alexis Bezdan		ANCASTER HIGH	15.02q	1
8 Samantha Tutt		DUNDAS VALLEY	15.04q	2
9 Tiwana Kendolo		NORA HENDERSON	15.13	3
10 Michelle Ellis-Wright		NORA HENDERSON	15.50	1
11 Kate Herries		NORA HENDERSON	15.73	3
12 Sidney Kranjcec-Lochner		SALTFLEET	15.77	2
12 Emily Church		NORA HENDERSON	15.77	2
14 Meah Knegt		GUIDO DE BRES	15.83	3
15 Aishat Raifu		WESTMOUNT	16.12	3
16 Ellen Dmytrus		DUNDAS VALLEY	16.21	2
17 Jenna Dekker		GUIDO DE BRES	17.05	1
-- Vivien Hayter		WESTMOUNT	DQ	3
-- Vokes Brynn		HAGERSVILLE	DQ	2
-- Chanelle Edwards		DUNDAS VALLEY	DQ	3
-- Emily Schmuck		SALTFLEET	DQ	1

**Event 1 Women Open 100 Meter Dash Midget**

Name	Year	School	Finals	Points
<b>Finals</b>				
1 Mallory Mackesy		SALTFLEET	13.18	6
2 Katie Watkins		WATERDOWN	13.51	4
3 Hayley Hood		WATERDOWN	13.77	3
4 Julia Zacharia		DUNDAS VALLEY	13.84	2
5 Brodi Levitt		MCKINNON PAR	13.85	1
6 Sydney Clark		WESTMOUNT	14.24	
7 Samantha Tutt		DUNDAS VALLEY	14.63	
8 Alexis Bezdan		ANCASTER HIGH	14.66	

**Event 2 Men Open 100 Meter Dash Midget**

Name	Year	School	Prelims	H#
<b>Preliminaries</b>				
1 Anwar Benkandil		WESTMOUNT	11.79q	2
2 Justin Dezoete		WESTMOUNT	12.01q	1
3 Nathaniel Schulenberg		GUIDO DE BRES	12.19q	1
4 Reuben Bontekoe		GUIDO DE BRES	12.29q	2
5 Devonte Bennett		SIR WINSTON	12.82q	1
6 Emmanuel John		ANCASTER HIGH	12.92q	3
7 Mark Leistra		GUIDO DE BRES	12.94q	3
8 Hunter Wolfe		DUNNVILLE SECONDARY	13.13q	3
9 William Gimple		WATERDOWN	13.22	1
10 Joey Roy		SIR WINSTON	13.48	2

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**....Event 2 Men Open 100 Meter Dash Midget**

11 Justin Hill	DUNDAS VALLEY	13.85	3
11 Johnathan Shadorsky	WATERDOWN	13.85	3
13 Caelan Krauss	ANCASTER HIGH	13.90	1
14 Brandon Nicholls	SIR WINSTON	14.07	1
-- Tae Blyleven	HAMILTON DISTRICT	DQ	2
-- Antonio Melacini	WESTDALE	DQ	2

**Event 2 Men Open 100 Meter Dash Midget**

Name	Year School	Finals	Points
Finals			
1 Anwar Benkandil	WESTMOUNT	11.86	6
2 Justin Dezoete	WESTMOUNT	11.91	4
3 Nathaniel Schulenberg	GUIDO DE BRES	12.25	3
4 Reuben Bontekoe	GUIDO DE BRES	12.48	2
5 Emmanuel John	ANCASTER HIGH	12.80	1
6 Devonte Bennett	SIR WINSTON	12.94	
7 Mark Leistra	GUIDO DE BRES	13.04	

**Event 3 Women Open 200 Meter Dash Midget**

Name	Year School	Finals	H#	Points
1 Erin Lou	WESTDALE	27.20	1	6
2 Abigail Knox	WESTMOUNT	29.00	2	4
3 Katie Watkins	WATERDOWN	29.10	1	3
4 Hayley Hood	WATERDOWN	29.40	1	2
5 Julia Zacharia	DUNDAS VALLEY	29.51	2	1
6 Sydney Clark	WESTMOUNT	30.30	2	
7 Emmalyne Helder	GUIDO DE BRES	31.70	2	
8 Samantha Tutt	DUNDAS VALLEY	33.00	2	
9 Emily Church	NORA HENDERSON	33.10	1	
10 Tiyana Kendolo	NORA HENDERSON	33.60	1	
11 Meah Knegt	GUIDO DE BRES	34.00	2	
12 Aishat Raifu	WESTMOUNT	34.90	2	
13 Megan Tewkesbury	WATERDOWN	35.00	2	

**Event 4 Men Open 200 Meter Dash Midget**

Name	Year School	Finals	H#	Points
1 Justin Dezoete	WESTMOUNT	24.00	2	6
2 Anwar Benkandil	WESTMOUNT	24.10	2	4
3 Nathaniel Schulenberg	GUIDO DE BRES	24.90	2	3
4 Reuben Bontekoe	GUIDO DE BRES	25.90	2	2
5 William Gimple	WATERDOWN	27.20	1	1
6 Jack Hussey	DUNDAS VALLEY	27.90	2	
7 Justin Hill	DUNDAS VALLEY	28.20	2	
8 Joey Roy	SIR WINSTON	28.60	1	
9 Emmanuel John	ANCASTER HIGH	28.70	2	
10 Caelan Krauss	ANCASTER HIGH	28.80	1	
11 Johnathan Shadorsky	WATERDOWN	29.40	1	

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**Event 5 Women Open 400 Meter Dash Midget**

Name	Year	School	Finals	H#	Points
1 Erin Lou		WESTDALE	1:02.08	1	6
2 Katie Watkins		WATERDOWN	1:04.00	2	4
3 Abigail Knox		WESTMOUNT	1:04.92	2	3
4 Madeline Martin		WESTMOUNT	1:05.35	2	2
5 Cassandra Hills		MCKINNON PAR	1:09.26	1	1
6 Emmalyne Helder		GUIDO DE BRES	1:11.22	1	
7 Chelsea Vanderwal		GUIDO DE BRES	1:13.03	2	
8 Norah Jonker		GUIDO DE BRES	1:13.65	2	
9 Sarah Merry		DUNDAS VALLEY	1:14.15	2	

**Event 6 Men Open 400 Meter Dash Midget**

Name	Year	School	Finals	Points
1 Justin Dezoete		WESTMOUNT	52.01	6
2 Cooper Norton		ORCHARD PARK	55.21	4
3 Connor Coleman		ANCASTER HIGH	58.40	3
4 Jack Hussey		DUNDAS VALLEY	1:01.77	2
5 Cole Ljubovic		DUNDAS VALLEY	1:02.07	1
6 Jonathan Wildeboer		GUIDO DE BRES	1:03.04	

**Event 7 Women Open 800 Meter Run Midget**

Name	Year	School	Finals	Points
1 Erin Lou		WESTDALE	2:37.80	6
2 Madeline Martin		WESTMOUNT	2:39.70	4
3 Hannah Robertson		WESTDALE	2:49.80	3
4 Megan Tewkesbury		WATERDOWN	2:53.80	2
5 Sarah Merry		DUNDAS VALLEY	2:55.00	1
6 Norah Jonker		GUIDO DE BRES	2:56.10	
7 Nicole DeJager		GUIDO DE BRES	3:00.40	
8 Cara Sealey		DUNDAS VALLEY	3:01.80	
9 Olivia Korkut		ANCASTER HIGH	3:05.70	

**Event 8 Men Open 800 Meter Run Midget**

Name	Year	School	Finals	Points
1 Cooper Norton		ORCHARD PARK	2:27.97	6
2 Connor Coleman		ANCASTER HIGH	2:29.32	4
3 Adam Wright		DUNDAS VALLEY	2:29.60	3
4 Cole Ljubovic		DUNDAS VALLEY	2:35.90	2
5 Simon Heemskerk		GUIDO DE BRES	2:39.13	1
6 Jonathan Wildeboer		GUIDO DE BRES	2:47.87	

**Event 9 Women Open 1500 Meter Run Midget**

Name	Year	School	Finals	Points
1 Quincy RotsaertSmith		DUNDAS VALLEY	5:17.23	6
2 Hildy Zalepa		DUNDAS VALLEY	5:39.60	4

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**....Event 9 Women Open 1500 Meter Run Midget**

3 Mia Till	WESTMOUNT	5:41.33	3
4 Hannah Robertson	WESTDALE	5:51.57	2
5 Hayley Jonker	HAMILTON DISTRICT	5:54.17	1
6 Nicole DeJager	GUIDO DE BRES	6:02.81	
7 Emma Norris	DUNDAS VALLEY	6:08.08	
8 Olivia Korkut	ANCASTER HIGH	6:11.44	
9 Megan Tewkesbury	WATERDOWN	6:12.46	
10 Cara Sealey	DUNDAS VALLEY	6:31.79	
11 Natalie Gervais	DUNNVILLE SECONDARY	7:07.64	

**Event 10 Men Open 1500 Meter Run Midget**

Name	Year School	Finals	Points
1 Cooper Norton	ORCHARD PARK	4:47.80	6
2 Adam Wright	DUNDAS VALLEY	5:05.09	4
3 Alex Renwick	DUNDAS VALLEY	5:07.81	3
4 Lex Filman	SALTFLEET	5:08.47	2
5 Foster Deighton	DUNDAS VALLEY	5:11.47	1
6 Owen Beresh	SALTFLEET	5:20.77	
7 Simon Heemskerk	GUIDO DE BRES	5:38.08	
8 Hunter Eisan	SIR WINSTON	6:02.74	

**Event 11 Women Open 3000 Meter Run Midget**

Name	Year School	Finals	Points
1 Quincy RotsaertSmith	DUNDAS VALLEY	12:13.80	6
2 Mia Till	WESTMOUNT	12:48.20	4
3 Hildy Zalepa	DUNDAS VALLEY	12:52.60	3
4 Olwyn Bell	DUNDAS VALLEY	15:19.00	2

**Event 12 Men Open 3000 Meter Run Midget**

Name	Year School	Finals	Points
1 Foster Deighton	DUNDAS VALLEY	11:44.50	6
2 Alex Renwick	DUNDAS VALLEY	11:53.90	4
3 Owen Beresh	SALTFLEET	12:07.70	3
4 Lex Filman	SALTFLEET	12:09.30	2

**Event 13 Women Open 80 Meter Hurdles Midget**

Name	Year School	Finals	Points
1 Emma Due	DUNDAS VALLEY	14.49	6
2 Morgan Allemang	DUNNVILLE SECONDARY	14.56	4
3 Meahan Abby	HAGERSVILLE	15.99	3
4 Vokes Brynn	HAGERSVILLE	16.69	2
5 Michelle Ellis-Wright	NORA HENDERSON	16.94	1
6 Sophie Lamb	MCKINNON PAR	17.05	

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**Event 14 Men Open 100 Meter Hurdles Midget**

Name	Year School	Finals	Points
1 Luke Alsop	DUNDAS VALLEY	17.13	6
2 Mark Leistra	GUIDO DE BRES	17.39	4

**Event 15 Women Open 300 Meter Hurdles Midget**

Name	Year School	Finals	Points
1 Emma Due	DUNDAS VALLEY	51.60	6
2 Cassandra Hills	MCKINNON PAR	54.60	4
3 Emma Norris	DUNDAS VALLEY	55.90	3

**Event 16 Men Open 300 Meter Hurdles Midget**

Name	Year School	Finals	Points
1 Nathan Hunter	WESTMOUNT	50.80	6
2 Luke Alsop	DUNDAS VALLEY	53.40	4

**Event 17 Women Open High Jump Midget**

Name	Year School	Finals	Points
1 Morgan Allemang	DUNNVILLE SECONDARY	1.45m	6
2 Emma Due	DUNDAS VALLEY	1.40m	4
3 Renata Datema	GUIDO DE BRES	1.30m	2.50
3 Alexis Bezdan	ANCASTER HIGH	1.30m	2.50
-- Sophie Lamb	MCKINNON PAR	NH	

**Event 18 Men Open High Jump Midget**

Name	Year School	Finals	Points
1 Alex Ciona	HAMILTON DISTRICT	1.55m	6
2 Hunter Wolfe	DUNNVILLE SECONDARY	1.45m	4

**Event 21 Women Open Long Jump Midget**

Name	Year School	Finals	Points
1 Vivien Hayter	WESTMOUNT	4.71m	6
2 Alexis Bezdan	ANCASTER HIGH	4.45m	4
3 Cassandra Hills	MCKINNON PAR	J4.45m	3
4 Natalie Gervais	DUNNVILLE SECONDARY	4.33m	2
5 Brodi Levitt	MCKINNON PAR	4.24m	1
6 Kate Herries	NORA HENDERSON	3.80m	
7 Emily Church	NORA HENDERSON	3.71m	
8 McGroaty-Montour Mureea	HAGERSVILLE	3.56m	
8 Renata Datema	GUIDO DE BRES	3.56m	
10 Meahan Abby	HAGERSVILLE	3.51m	
11 Samantha Tutt	DUNDAS VALLEY	3.39m	
12 Sophie Lamb	MCKINNON PAR	3.18m	
12 Ellen Dmytrus	DUNDAS VALLEY	3.18m	

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**Event 22 Men Open Long Jump Midget**

Name	Year School	Finals	Points
1 Nathaniel Schulerberg	GUIDO DE BRES	5.38m	6
2 Djese Kasweka	GUIDO DE BRES	5.28m	4
3 Mark Leistra	GUIDO DE BRES	5.08m	3
4 William Gimple	WATERDOWN	4.96m	2
5 Caleb Stevenson	DUNNVILLE SECONDARY	4.58m	1
6 Nathan Hunter	WESTMOUNT	4.56m	
7 Luke Alsop	DUNDAS VALLEY	4.55m	
8 Jamie Cooper	SIR WINSTON	4.13m	

**Event 23 Women Open Triple Jump Midget**

Name	Year School	Finals	Points
1 Brodi Levitt	MCKINNON PAR	9.23m	6
2 Morgan Allemang	DUNNVILLE SECONDARY	9.10m	4
3 McGroaty-Montour Mureea	HAGERSVILLE	8.78m	3
4 Nicole DeJager	GUIDO DE BRES	8.48m	2

**Event 24 Men Open Triple Jump Midget**

Name	Year School	Finals	Points
1 Djese Kasweka	GUIDO DE BRES	11.81m	6
2 Justin Hill	DUNDAS VALLEY	9.15m	4

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

Name	Year School	Finals	Points
1 Jenna Dekker	GUIDO DE BRES	9.88m	6
2 McGroaty-Montour Mureea	HAGERSVILLE	8.98m	4
3 Leanne DeBoer	GUIDO DE BRES	8.45m	3
4 Leah Smid	GUIDO DE BRES	8.34m	2
5 Cassandra Linton	DUNDAS VALLEY	7.26m	1
6 Katie Wildeman	DUNDAS VALLEY	7.02m	

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

Name	Year School	Finals	Points
1 Hudson Sorenson	DUNDAS VALLEY	10.90m	6
2 Reuben Bontekoe	GUIDO DE BRES	10.76m	4
3 Djese Kasweka	GUIDO DE BRES	10.37m	3
4 Tyler Bartels	GUIDO DE BRES	10.30m	2
5 Nathan Harding	ORCHARD PARK	10.21m	1
6 Vassili Soldorkis	DUNDAS VALLEY	8.61m	
7 Jamie Cooper	SIR WINSTON	6.93m	

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

Name	Year School	Finals	Points
1 Jenna Dekker	GUIDO DE BRES	23.17m	6
2 Mallory Mackesy	SALTFLEET	18.07m	4
3 Katie Wildeman	DUNDAS VALLEY	17.54m	3
4 Cassandra Linton	DUNDAS VALLEY	12.98m	2

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

Name	Year School	Finals	Points
1 Vassili Soldorkis	DUNDAS VALLEY	26.22m	6
2 Hudson Sorenson	DUNDAS VALLEY	23.67m	4

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

Name	Year School	Finals	Points
1 Leanne DeBoer	GUIDO DE BRES	24.22m	6
2 Mallory Mackesy	SALTFLEET	21.49m	4
3 Chelsea Vanderwal	GUIDO DE BRES	19.64m	3
4 Leah Smid	GUIDO DE BRES	15.28m	2
5 Katie Wildeman	DUNDAS VALLEY	10.85m	1
6 Cassandra Linton	DUNDAS VALLEY	7.36m	

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

Name	Year School	Finals	Points
1 Tyler Bartels	GUIDO DE BRES	38.52m	6
2 Hudson Sorenson	DUNDAS VALLEY	23.36m	4
3 Alex Ciona	HAMILTON DISTRICT	22.17m	3
4 Vassili Soldorkis	DUNDAS VALLEY	20.42m	2
5 Nathan Harding	ORCHARD PARK	19.03m	1

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

School	Finals	Points
1 WESTMOUNT 1) Vivien Hayter 3) Sydney Clark	2) Madeline Martin 4) Abigail Knox	54.80 6
2 DUNDAS VALLEY 1) Julia Zacharia 3) Emma Norris	2) Samantha Tutt 4) Emma Due	57.10 4
3 NORA HENDERSON 1) Kate Herries 3) Tiyana Kendolo	2) Emily Church 4) Michelle Ellis-Wright	59.80 3
4 GUIDO DE BRES 1) Jenna Dekker 3) Norah Jonker	2) Emmalyne Helder 4) Meah Knegt	1:01.10 2

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

School	Finals	Points
1 GUIDO DE BRES	49.20	6
1) Reuben Bontekoe	2) Djese Kasweka	
3) Mark Leistra	4) Nathaniel Schulenberg	
2 DUNDAS VALLEY	52.00	4
1) Luke Alsop	2) Justin Hill	
3) Adam Wright	4) Jack Hussey	

**Event 33 Women Open 100 Meter Dash Junior**

Name	Year School	Prelims	H#
Preliminaries			
1 Jessica Barz	DUNDAS VALLEY	13.63q	2
2 Ashanti Robertson	NORA HENDERSON	13.98q	1
3 Caitlin Burley	WATERDOWN	14.11q	2
4 Emily Pickles	SALTFLEET	14.24q	1
5 Hayley Murray	WESTDALE	14.37q	4
6 Peyton Marof	WESTDALE	14.45q	1
7 Olivia Spencer	DUNDAS VALLEY	14.46q	3
8 Jordan Sierdsma	DUNNVILLE SECONDARY	14.63q	1
9 Megan Sierdsma	DUNNVILLE SECONDARY	14.67	2
10 Sophia Herrington	WESTDALE	14.72	2
11 Hailey Rea	WESTMOUNT	14.81	4
12 Cora Marcelin	NORA HENDERSON	15.21	3
13 Hannah Bernard	WESTMOUNT	15.23	2
14 Charlotte Molata	WESTMOUNT	15.34	1
15 Trinity Smith	WESTMOUNT	15.47	3
16 Stephanie Spooner	WESTMOUNT	15.50	3
17 Melany Rojas-Rodriguez	HAMILTON DISTRICT	15.53	3
18 Jun Bennie	WESTMOUNT	15.57	4
19 Cameron Wilkie	DUNDAS VALLEY	15.86	1
20 Elysse Baigent	ORCHARD PARK	16.61	4

**Event 33 Women Open 100 Meter Dash Junior**

Name	Year School	Finals	Points
Finals			
1 Jessica Barz	DUNDAS VALLEY	13.66	6
2 Caitlin Burley	WATERDOWN	13.72	4
3 Ashanti Robertson	NORA HENDERSON	14.01	3
4 Emily Pickles	SALTFLEET	14.14	2
5 Hayley Murray	WESTDALE	14.32	1
6 Jordan Sierdsma	DUNNVILLE SECONDARY	14.34	
7 Peyton Marof	WESTDALE	14.35	
8 Olivia Spencer	DUNDAS VALLEY	14.45	



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Name	Year	School	Prelims	H#
Preliminaries				
1	Domenic	Barresi	MCKINNON PAR	11.17q 3
2	Daniel	Reader	WESTMOUNT	11.28q 1
3	Nathan	Plummer	MCKINNON PAR	11.81q 3
4	Bibbian	Hamilton	DELTA	12.14q 1
5	Aidan	Zimmerman	HAMILTON DISTRICT	12.51q 3
6	Damian	Palmer	SIR WINSTON	12.54q 3
7	RJ	Kroes	WATERDOWN	12.75q 1
8	Jack	Scott	WATERDOWN	12.80q 2
9	Chukwugoziem	Okafor	ROBERT LAND ACADEMY	12.82 3
10	Ian	Strange	SALTFLEET	12.93 3
11	Brad	King	DUNDAS VALLEY	13.26 1
12	Chambers	Kurtis	HAGERSVILLE	13.36 2
13	Vittorio	Morganti	DUNDAS VALLEY	13.57 2
14	Hayden	Wade	SIR WINSTON	14.10 2
15	Zakee	Amjad	WESTMOUNT	14.33 2
16	Nik	Sharma	SALTFLEET	14.51 1
17	Liam	Fitzsimmons	WESTMOUNT	14.92 3
18	Carter	Stroud	CAYUGA SECONDARY	16.73 1

**Event 34 Men Open 100 Meter Dash Junior**

Name	Year	School	Finals	Points
Finals				
1	Domenic	Barresi	MCKINNON PAR	10.83 6
2	Daniel	Reader	WESTMOUNT	11.10 4
3	Nathan	Plummer	MCKINNON PAR	11.68 3
4	Bibbian	Hamilton	DELTA	11.83 2
5	Aidan	Zimmerman	HAMILTON DISTRICT	12.16 1
6	Damian	Palmer	SIR WINSTON	12.30
7	RJ	Kroes	WATERDOWN	12.44
8	Jack	Scott	WATERDOWN	12.54

**Event 35 Women Open 200 Meter Dash Junior**

Name	Year	School	Finals	H#	Points
1	Jessica	Barz	DUNDAS VALLEY	29.60	1 6
2	Brooklyn	Gillmor	ANCASTER HIGH	29.90	1 4
3	Zoe	Lowe	DUNDAS VALLEY	30.20	2 3
4	Olivia	Spencer	DUNDAS VALLEY	30.40	3 2
5	Sophia	Herrington	WESTDALE	30.60	1 1
6	Peyton	Marof	WESTDALE	30.70	2
7	Hayley	Murray	WESTDALE	31.00	3
8	Rachel	Hambly	HAMILTON DISTRICT	31.60	1
9	Emily	Pickles	SALTFLEET	31.80	2
10	Lauren	Gustin	ANCASTER HIGH	31.90	3
11	Cora	Marcelin	NORA HENDERSON	32.30	2
12	Charlotte	Molata	WESTMOUNT	32.70	3

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**Event 36 Men Open 200 Meter Dash Junior**

Name	Year	School	Finals	H#	Points
1 Daniel Reader		WESTMOUNT	22.33	3	6
2 Domenic Barresi		MCKINNON PAR	22.40	3	4
3 Luke Diamond		WESTMOUNT	25.50	3	3
4 Bibbian Hamilton		DELTA	25.60	1	2
5 Parson Whitehead		HAMILTON DISTRICT	26.40	1	1
6 RJ Kroes		WATERDOWN	26.60	2	
7 Damian Palmer		SIR WINSTON	26.80	2	
8 Brad King		DUNDAS VALLEY	27.10	3	
8 Ty Hodgins		MCKINNON PAR	27.10	2	
10 Chukwugoziem Okafor		ROBERT LAND ACADEMY	27.40	1	
11 Chambers Kurtis		HAGERSVILLE	27.50	3	
12 Ian Strange		SALTFLEET	28.00	1	
13 Hayden Wade		SIR WINSTON	28.60	3	
14 Zakee Amjad		WESTMOUNT	30.30	2	
15 Nik Sharma		SALTFLEET	32.00	2	

**Event 37 Women Open 400 Meter Dash Junior**

Name	Year	School	Finals	H#	Points
1 Leah Waite		DUNDAS VALLEY	1:05.68	2	6
2 Hannah Whetstone		HAMILTON DISTRICT	1:07.39	2	4
3 Brooklyn Gillmor		ANCASTER HIGH	1:08.10	1	3
4 Sophia Herrington		WESTDALE	1:09.47	1	2
5 Lauren Gustin		ANCASTER HIGH	1:11.10	2	1
6 Rachel Hambly		HAMILTON DISTRICT	1:11.47	1	
7 Aurora Thorpe		MCKINNON PAR	1:13.69	2	
8 Celeste Salzer		CAYUGA SECONDARY	1:24.45	1	
9 Maddy Barr		DUNDAS VALLEY	1:30.75	1	

**Event 38 Men Open 400 Meter Dash Junior**

Name	Year	School	Finals	Points
1 Daniel Reader		WESTMOUNT	52.90	6
2 Zack Macdonald		DUNDAS VALLEY	59.70	4
3 Jack Scott		WATERDOWN	1:00.80	3
4 Chambers Kurtis		HAGERSVILLE	1:01.50	2
5 Ethan Turkstra		ANCASTER HIGH	1:09.50	1

**Event 39 Women Open 800 Meter Run Junior**

Name	Year	School	Finals	Points
1 Anna Grabowski		WATERDOWN	2:32.90	6
2 Emma McNabney		ANCASTER HIGH	2:45.70	4
3 Emily Richer		DUNDAS VALLEY	2:54.60	3
4 Kylie Woodhall		WATERDOWN	2:56.80	2
5 Rachel Hambly		HAMILTON DISTRICT	3:02.70	1
6 Breagha Sharpe		MCKINNON PAR	3:04.90	
7 Hannah Vandenberg		GUIDO DE BRES	3:12.90	
8 Anna Knigavko		WESTMOUNT	3:16.70	

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**Event 40 Men Open 800 Meter Run Junior**

Name	Year School	Finals	Points
1 Prince Deol	WATERDOWN	2:19.10	6
2 Jakob Koning	GUIDO DE BRES	2:21.70	4
3 Jimmy Singh	ROBERT LAND ACADEMY	2:25.00	3
4 Henry Vis	GUIDO DE BRES	2:27.80	2
5 Mark Bondy	ANCASTER HIGH	2:38.50	1

**Event 41 Women Open 1500 Meter Run Junior**

Name	Year School	Finals	Points
1 Anna Grabowski	WATERDOWN	5:13.36	6
2 Jane Whetstone	HAMILTON DISTRICT	5:31.64	4
3 Emma McNabney	ANCASTER HIGH	5:39.47	3
4 Ingrid Christoffersen	WESTMOUNT	6:19.83	2
5 Rylie Abbott	ORCHARD PARK	6:24.88	1
6 Hannah Vandenberg	GUIDO DE BRES	6:25.88	

**Event 42 Men Open 1500 Meter Run Junior**

Name	Year School	Finals	Points
1 David Rule	WESTMOUNT	4:37.17	6
2 William Porterfield	ORCHARD PARK	4:39.13	4
3 Jacob Chant	WATERDOWN	4:39.21	3
4 Jakob Koning	GUIDO DE BRES	4:46.24	2
5 Sam Jonker	GUIDO DE BRES	4:59.06	1
6 John Greenhough	ANCASTER HIGH	4:59.39	
7 Isak Fransson	WESTDALE	5:06.17	
8 Prince Deol	WATERDOWN	5:12.41	
9 Henry Vis	GUIDO DE BRES	5:17.11	
10 Mark Bondy	ANCASTER HIGH	5:24.00	
11 Kyle Arnold	MCKINNON PAR	5:25.47	
12 Aaron Oppertshauser	HAMILTON DISTRICT	5:27.59	
13 Calvin Meerveld	GUIDO DE BRES	5:33.31	
14 Michael Paine	MCKINNON PAR	5:40.31	
15 Nicholas Macdonald	CAYUGA SECONDARY	6:40.09	
16 Logan Harper	CAYUGA SECONDARY	7:07.63	

**Event 43 Women Open 3000 Meter Run Junior**

Name	Year School	Finals	Points
1 Emily Richer	DUNDAS VALLEY	13:32.10	6
2 Camryn Bowler	WATERDOWN	14:03.40	4
3 Rylie Abbott	ORCHARD PARK	14:50.90	3

**Event 44 Men Open 3000 Meter Run Junior**

Name	Year School	Finals	Points
1 David Rule	WESTMOUNT	9:51.30	6
2 William Porterfield	ORCHARD PARK	10:01.30	4

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**....Event 44 Men Open 3000 Meter Run Junior**

3	Jacob Chant	WATERDOWN	10:06.10	3
4	Isak Fransson	WESTDALE	10:52.80	2
5	John Greenhough	ANCASTER HIGH	11:03.00	1
6	Caleb Lockhart	CAYUGA SECONDARY	11:57.20	
7	Mike Dmytrus	DUNDAS VALLEY	12:06.00	

**Event 45 Women Open 80 Meter Hurdles Junior**

Name	Year	School	Finals	Points
1 Leah Waite		DUNDAS VALLEY	13.57	6
2 Hayley Murray		WESTDALE	14.76	4
3 Grace Terhljan		DUNDAS VALLEY	15.66	3
4 Sault Dayna		HAGERSVILLE	15.85	2
5 Darcy Green		WATERDOWN	17.09	1
6 Megan Castro		DUNDAS VALLEY	17.20	
7 King Makayla		HAGERSVILLE	17.21	
8 Zoe Brotherston		WATERDOWN	17.57	

**Event 46 Men Open 100 Meter Hurdles Junior**

Name	Year	School	Finals	Points
1 Ezra Rodil		NORA HENDERSON	18.24	6
2 Vittorio Morganti		DUNDAS VALLEY	20.25	4

**Event 47 Women Open 300 Meter Hurdles Junior**

Name	Year	School	Finals	Points
1 Leah Waite		DUNDAS VALLEY	51.20	6
2 Grace Terhljan		DUNDAS VALLEY	53.90	4
3 Sault Dayna		HAGERSVILLE	58.90	3
4 Megan Castro		DUNDAS VALLEY	1:02.40	2

**Event 48 Men Open 300 Meter Hurdles Junior**

Name	Year	School	Finals	Points
1 Ezra Rodil		NORA HENDERSON	46.40	6
2 Zack Macdonald		DUNDAS VALLEY	48.50	4
3 Mike Dmytrus		DUNDAS VALLEY	52.60	3
4 Michael Paine		MCKINNON PAR	53.00	2

**Event 49 Women Open High Jump Junior**

Name	Year	School	Finals	Points
1 Aurora Thorpe		MCKINNON PAR	1.30m	6
2 Kaitlynn Stewart		MCKINNON PAR	J1.30m	4
3 Shaun Brennan		HAMILTON DISTRICT	1.20m	3
-- Ruby Gubeckjian		DUNDAS VALLEY	NH	

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**Event 50 Men Open High Jump Junior**

Name	Year School	Finals	Points
1 Blake Bartels	GUIDO DE BRES	1.55m	6

**Event 51 Women Open Pole Vault Junior**

Name	Year School	Finals	Points
1 Grace Terhljan	DUNDAS VALLEY	1.50m	

**Event 53 Women Open Long Jump Junior**

Name	Year School	Finals	Points
1 Zoe Lowe	DUNDAS VALLEY	4.49m	6
2 Kaitlynn Stewart	MCKINNON PAR	4.43m	4
3 King Makayla	HAGERSVILLE	4.32m	3
4 Jordan Sierdsma	DUNNVILLE SECONDARY	4.26m	2
5 Emily Pickles	SALTFLEET	4.23m	1
6 Ashanti Robertson	NORA HENDERSON	4.17m	
7 Jessica Barz	DUNDAS VALLEY	4.14m	
8 Megan Sierdsma	DUNNVILLE SECONDARY	4.03m	
9 Shaun Brennan	HAMILTON DISTRICT	3.95m	
10 Zoey Mooney	ORCHARD PARK	3.83m	
11 Kira Blankestijn	WATERDOWN	3.58m	
12 Ruby Gubeckjian	DUNDAS VALLEY	3.55m	
13 Cameron Wilkie	DUNDAS VALLEY	3.50m	
14 Cristiana Gillespie	SALTFLEET	3.19m	

**Event 54 Men Open Long Jump Junior**

Name	Year School	Finals	Points
1 Domenic Barresi	MCKINNON PAR	6.52m	6
2 Luke Diamond	WESTMOUNT	5.37m	4
3 Ryan Schickler	WESTMOUNT	5.26m	3
4 Burman Riley	HAGERSVILLE	5.12m	2
5 Blake Bartels	GUIDO DE BRES	5.02m	1
6 Jackson Zante	MCKINNON PAR	4.97m	
7 Ian Strange	SALTFLEET	4.83m	
8 Dykstra Ryan	HAGERSVILLE	4.80m	
9 Ethan Harsevoort	GUIDO DE BRES	4.48m	
10 Nik Sharma	SALTFLEET	4.21m	
11 Liam Fitzsimmons	WESTMOUNT	3.93m	
12 Logan Harper	CAYUGA SECONDARY	3.82m	
13 Jay Burley	WESTDALE	2.37m	

**Event 55 Women Open Triple Jump Junior**

Name	Year School	Finals	Points
1 Zoe Lowe	DUNDAS VALLEY	9.76m	6
2 King Makayla	HAGERSVILLE	9.20m	4
3 Breagha Sharpe	MCKINNON PAR	8.62m	3

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**....Event 55 Women Open Triple Jump Junior**

4 Ruby Gubeckjian	DUNDAS VALLEY	8.26m	2
5 Shaun Brennan	HAMILTON DISTRICT	8.02m	1

**Event 56 Men Open Triple Jump Junior**

Name	Year School	Finals	Points
1 Burman Riley	HAGERSVILLE	11.00m	6
2 Dykstra Ryan	HAGERSVILLE	10.60m	4
3 Blake Bartels	GUIDO DE BRES	10.57m	3
4 Haig Jamkodjian	ANCASTER HIGH	10.38m	2
5 Jackson Zante	MCKINNON PAR	10.01m	1
6 Calvin Meerveld	GUIDO DE BRES	10.01m	1
7 Logan Harper	CAYUGA SECONDARY	8.54m	

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

Name	Year School	Finals	Points
1 Alexis Doolittle	MCKINNON PAR	10.49m	6
2 Kaitlynn Stewart	MCKINNON PAR	9.80m	4
3 Keona Hussan	DUNDAS VALLEY	9.28m	3
4 Katie Travis	DUNDAS VALLEY	8.46m	2
5 Brooklyn Ambis	MCKINNON PAR	8.32m	1
6 Samantha Bartels	GUIDO DE BRES	8.02m	
7 Jenna Christianson	DUNDAS VALLEY	7.96m	
8 Trinity Smith	WESTMOUNT	7.91m	
9 Celeste Salzer	CAYUGA SECONDARY	6.87m	

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

Name	Year School	Finals	Points
1 Nathan Plummer	MCKINNON PAR	12.24m	6
2 Jonathan Vanderlaan	GUIDO DE BRES	12.18m	4
3 Nick Mikrogianakis	DUNDAS VALLEY	11.98m	3
4 Jaden Hoogsteen	GUIDO DE BRES	11.70m	2
5 Ty Hodgins	MCKINNON PAR	11.28m	1
6 Jason Bryce	MCKINNON PAR	10.98m	
7 Frank Schuller	GUIDO DE BRES	9.88m	
8 Cash Cobb	DUNDAS VALLEY	9.83m	
9 Wyatt Turcott	SHERWOOD	9.31m	
10 Jared Magallano	DUNDAS VALLEY	8.23m	
-- Abed Mohamad	SIR JOHN A M	DQ	
-- Mahmoud Eljasouma	SIR JOHN A M	DQ	

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

Name	Year School	Finals	Points
1 Alexis Doolittle	MCKINNON PAR	23.74m	6
2 Samantha Bartels	GUIDO DE BRES	19.58m	4
3 Jenna Christianson	DUNDAS VALLEY	18.36m	3
4 Katie Travis	DUNDAS VALLEY	16.76m	2

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

5 Brooklyn Ambis	MCKINNON PAR	15.56m	1
6 Keona Hussan	DUNDAS VALLEY	15.44m	

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

Name	Year School	Finals	Points
1 Nathan Plummer	MCKINNON PAR	35.82m	6
2 Jason Bryce	MCKINNON PAR	34.11m	4
3 Wyatt Turcott	SHERWOOD	32.01m	3
4 Daniel Andric	SIR WINSTON	31.59m	2
5 Jaden Hoogsteen	GUIDO DE BRES	31.18m	1
6 Blake Barry	ANCASTER HIGH	29.24m	
7 Nick Mikrogianakis	DUNDAS VALLEY	26.59m	
8 Brennan Heeney	DUNDAS VALLEY	26.37m	
9 Jonathan Vanderlaan	GUIDO DE BRES	24.57m	
10 Gus VanDaselaar	GUIDO DE BRES	22.78m	
11 Jared Magallano	DUNDAS VALLEY	19.01m	

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

Name	Year School	Finals	Points
1 Samantha Tougher	SALTFLEET	25.46m	6
2 Breagha Sharpe	MCKINNON PAR	22.19m	4
3 Alexis Doolittle	MCKINNON PAR	21.84m	3
4 Keona Hussan	DUNDAS VALLEY	21.72m	2
5 Trinity Smith	WESTMOUNT	18.48m	1
6 Melany Rojas-Rodriguez	HAMILTON DISTRICT	15.24m	

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

Name	Year School	Finals	Points
1 Sam Jonker	GUIDO DE BRES	37.83m	6
2 Nick Mikrogianakis	DUNDAS VALLEY	35.79m	4
3 Jason Bryce	MCKINNON PAR	35.32m	3
4 Brennan Heeney	DUNDAS VALLEY	33.19m	2
5 Daniel Andric	SIR WINSTON	29.20m	1
6 Wyatt Turcott	SHERWOOD	27.76m	
7 Ethan Harsevoort	GUIDO DE BRES	24.01m	
8 Parson Whitehead	HAMILTON DISTRICT	19.68m	
9 Jared Magallano	DUNDAS VALLEY	14.74m	

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

School	Finals	Points
1 DUNDAS VALLEY 1) Olivia Spencer 3) Grace Terhlan	57.40	6
2 WESTMOUNT 1) Charlotte Molata 3) Trinity Smith	58.50	4
2) Jessica Barz 4) Zoe Lowe		
2) Hannah Bernard 4) Hailey Rea		

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

3 MCKINNON PARK SECONDARY	1:00.60	3
1) Alexis Doolittle	2) Kaitlynn Stewart	
3) Brodi Levitt	4) Aurora Thorpe	

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

School	Finals	Points
1 WESTMOUNT	45.70	6
1) Justin Dezoete	2) Anwar Benkandil	
3) Luke Diamond	4) Daniel Reader	
2 MCKINNON PARK SECONDARY	46.00	4
1) Domenic Barresi	2) Nathan Plummer	
3) Ty Hodgins	4) Jackson Zante	
3 DUNDAS VALLEY	49.90	3
1) Brennan Heeney	2) Zack Macdonald	
3) Vittorio Morganti	4) Brad King	

**Event 65 Women Open 100 Meter Dash Senior**

Name	Year School	Prelims	H#
<b>Preliminaries</b>			
1 Patrice Temush	DUNDAS VALLEY	13.12q	2
2 Dax Chamot	WESTDALE	13.18q	3
3 Meaghan Koning	GUIDO DE BRES	13.44q	1
4 Grace Cooper	MCKINNON PAR	13.73q	3
5 Clare Malhinha	WATERDOWN	13.80q	1
6 Jordan Rogers	WESTMOUNT	13.99q	3
7 Lauren Kennedy	ANCASTER HIGH	14.12q	1
8 Laura Van Houten	HAMILTON DISTRICT	14.32q	3
9 Abbey Dikaitis	MCKINNON PAR	14.35	1
10 Hannah Wolfenden	HAMILTON DISTRICT	14.54	2
11 Hannah Gravely	WESTDALE	14.73	1
12 Kyra Guzylak-Messam	SIR ALLAN MACNAB	14.75	1
13 Rushel Forrester	SIR WINSTON	14.98	3
14 Jessica Whitney	ANCASTER HIGH	15.10	2
15 Grace Brindle	MCKINNON PAR	15.44	2
16 Jorja Bax	HAMILTON DISTRICT	15.59	1
17 Ashley Hood	WATERDOWN	15.66	2
18 Tianna Pembleton	SIR ALLAN MACNAB	15.92	2
19 Amanda Marshall	SIR ALLAN MACNAB	16.86	3

**Event 65 Women Open 100 Meter Dash Senior**

Name	Year School	Finals	Points
<b>Finals</b>			
1 Patrice Temush	DUNDAS VALLEY	12.86	6
2 Dax Chamot	WESTDALE	13.00	4
3 Meaghan Koning	GUIDO DE BRES	13.05	3
4 Clare Malhinha	WATERDOWN	13.16	2
5 Grace Cooper	MCKINNON PAR	13.53	1
6 Jordan Rogers	WESTMOUNT	13.68	



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**....Event 65 Women Open 100 Meter Dash Senior**

7	Lauren Kennedy	ANCASTER HIGH	13.81
8	Laura Van Houten	HAMILTON DISTRICT	14.03

**Event 66 Men Open 100 Meter Dash Senior**

Name	Year	School	Prelims	H#
Preliminaries				
1	Myles Misener Daley	WESTDALE	11.24q	3
2	Ryan Nienhuis	GUIDO DE BRES	11.87q	1
2	Braydan Mattice	CAYUGA SECONDARY	11.87q	4
4	Marcell Phillips	ORCHARD PARK	12.07q	2
5	Daniel Stark	DUNNVILLE SECONDARY	12.17q	3
6	Jonas Mallett	SALTFLEET	12.30q	2
7	Ben Vos	GUIDO DE BRES	12.49q	2
8	Elijah Martineau	WATERDOWN	12.50q	3
9	Matthew Wolfe	SALTFLEET	12.59	1
10	Turjo Rafid	WESTDALE	12.60	1
11	Brendan Podvorac	ANCASTER HIGH	12.62	2
12	Vincent Ali	DUNNVILLE SECONDARY	12.75	4
13	Malik Blunt	SALTFLEET	12.76	3
14	Navil Chaklader	WESTMOUNT	12.82	1
15	Michael Nott	ORCHARD PARK	12.95	4
16	Darris McAlonan	DUNNVILLE SECONDARY	13.00	1
17	Nick Thorne	DELTA	13.46	2
18	Yanik Thompson	CAYUGA SECONDARY	13.59	2
18	Caleb McPherson	CAYUGA SECONDARY	13.59	3
20	Joseph Oh	ANCASTER HIGH	13.72	1
21	Jack Nguyen	SIR WINSTON	13.84	4
22	Noah Albano	SALTFLEET	13.91	2
23	Mark Bell	DELTA	14.20	4
24	Jack Maudsley	SALTFLEET	14.50	4

**Event 66 Men Open 100 Meter Dash Senior**

Name	Year	School	Finals	Points
Finals				
1	Myles Misener Daley	WESTDALE	10.77	6
2	Ryan Nienhuis	GUIDO DE BRES	11.86	4
3	Marcell Phillips	ORCHARD PARK	11.88	3
4	Daniel Stark	DUNNVILLE SECONDARY	12.09	2
5	Braydan Mattice	CAYUGA SECONDARY	12.11	1
6	Elijah Martineau	WATERDOWN	12.40	
7	Jonas Mallett	SALTFLEET	12.47	
8	Ben Vos	GUIDO DE BRES	12.60	

**Event 67 Women Open 200 Meter Dash Senior**

Name	Year	School	Finals	H#	Points
1	Dax Chamot	WESTDALE	27.60	2	6
2	Heidi Nelson	WESTDALE	28.20	1	4
3	Meaghan Koning	GUIDO DE BRES	28.40	3	3

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**....Event 67 Women Open 200 Meter Dash Senior**

4	Clare Malhinha	WATERDOWN	28.60	2	2
5	Kylie Frost	DUNNVILLE SECONDARY	28.90	2	1
6	Beth Vansydenborgh	GUIDO DE BRES	29.30	3	
7	Sage Kraftcheck	WESTDALE	29.50	3	
8	Lauren Kennedy	ANCASTER HIGH	30.00	1	
9	Laura Van Houten	HAMILTON DISTRICT	30.60	2	
10	Sarah Bland	WESTMOUNT	30.80	3	
11	Jessica Whitney	ANCASTER HIGH	32.00	2	
12	Jaimie Houser	DUNNVILLE SECONDARY	32.20	2	
13	Ashley Hood	WATERDOWN	32.30	1	
14	Tianna Pembleton	SIR ALLAN MACNAB	33.50	1	

**Event 68 Men Open 200 Meter Dash Senior**

Name	Year	School	Finals	H#	Points
1	Myles Misener Daley	WESTDALE	22.00	4	6
2	Declan Sutherland Case	WESTDALE	23.80	2	4
3	Nathaniel Steele	SIR JOHN A M	24.40	2	3
4	Kyle Nordeman	GUIDO DE BRES	24.60	4	2
5	Kenny Uche-Anumba	ANCASTER HIGH	25.56	2	1
6	Ryan Nienhuis	GUIDO DE BRES	25.62	4	
7	Elijah Martineau	WATERDOWN	25.63	1	
8	Dawsen Schutten	GUIDO DE BRES	25.80	3	
9	Ethan May	WESTMOUNT	26.10	4	
10	Ben Vos	GUIDO DE BRES	26.50	4	
11	Michael Nott	ORCHARD PARK	26.70	1	
11	Malik Blunt	SALTFLEET	26.70	2	
13	Brayden Schutten	GUIDO DE BRES	27.00	4	
13	Turjo Rafid	WESTDALE	27.00	3	
15	Anthony Fraser	WESTMOUNT	27.20	4	
16	Caleb McPherson	CAYUGA SECONDARY	28.50	3	
17	Nick Thorne	DELTA	29.20	3	
18	Mark Bell	DELTA	30.80	3	

**Event 69 Women Open 400 Meter Dash Senior**

Name	Year	School	Finals	H#	Points
1	Sarah Cushnie	WESTDALE	1:05.44	1	6
2	Sage Kraftcheck	WESTDALE	1:05.55	2	4
3	Kylie Frost	DUNNVILLE SECONDARY	1:06.46	1	3
4	Beth Vansydenborgh	GUIDO DE BRES	1:07.08	2	2
5	Jessica Whitney	ANCASTER HIGH	1:11.88	2	1
6	Jaimie Houser	DUNNVILLE SECONDARY	1:13.88	1	
7	Sydney Matheson	WESTMOUNT	1:17.78	2	
8	Madilyn Kearns	ANCASTER HIGH	1:22.13	1	

**Event 70 Men Open 400 Meter Dash Senior**

Name	Year	School	Finals	H#	Points
1	Myles Misener Daley	WESTDALE	48.30	3	6
2	Noah Mulkewich	WESTDALE	51.80	1	4

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**....Event 70 Men Open 400 Meter Dash Senior**

3 Declan Sutherland Case	WESTDALE	52.10	1	3
4 Leikeze Cheruiyot	SIR ALLAN MACNAB	52.90	3	2
5 Nathaniel Steele	SIR JOHN A M	53.60	3	1
6 Kyle Nordeman	GUIDO DE BRES	54.10	3	
7 Logan Yates	DUNDAS VALLEY	54.30	3	
8 Evan Carbert	NORA HENDERSON	55.10	3	
9 Kenny Uche-Anumba	ANCASTER HIGH	55.90	2	
10 Matthew Wolfe	SALTFLEET	56.00	2	
11 Andrew Vandervelde	GUIDO DE BRES	57.50	2	
11 Daniel Vanderwal	GUIDO DE BRES	57.50	3	
13 Scott Nagelhout	ROBERT LAND ACADEMY	58.50	2	
14 Michael Nott	ORCHARD PARK	58.60	1	
15 Brayden Schutten	GUIDO DE BRES	59.10	2	
16 Michael Barry	SIR ALLAN MACNAB	59.20	2	
17 William Ye	ROBERT LAND ACADEMY	1:00.60	1	
18 Vincent Ali	DUNNVILLE SECONDARY	1:05.10	1	
19 Wesley Chapman	WATERDOWN	1:07.40	2	
20 Matthew Starr	SIR WINSTON	1:11.10	2	

**Event 71 Women Open 800 Meter Run Senior**

Name	Year School	Finals	Points
1 Sarah Cushnie	WESTDALE	2:30.40	6
2 Erin Anderson	WESTDALE	2:33.80	4
3 Kristen DeBoer	GUIDO DE BRES	2:38.30	3
4 Keerit Shergill	SALTFLEET	2:41.80	2
5 Courtney Widmer	GUIDO DE BRES	2:43.50	1
6 Erin Schuller	GUIDO DE BRES	2:48.60	
7 Sydney Matheson	WESTMOUNT	3:19.30	

**Event 72 Men Open 800 Meter Run Senior**

Name	Year School	Finals	Points
1 Noah Mulkewich	WESTDALE	2:01.50	6
2 Dennis Linkert	WESTDALE	2:03.10	4
3 Zachary Brown	SIR JOHN A M	2:03.50	3
4 Christian Ligtenberg	GUIDO DE BRES	2:03.60	2
5 Logan Yates	DUNDAS VALLEY	2:11.00	1
6 Evan Carbert	NORA HENDERSON	2:12.10	
7 Daniel Vanderwal	GUIDO DE BRES	2:13.70	
8 Malcolm Green	WESTDALE	2:18.30	
9 William Ye	ROBERT LAND ACADEMY	2:19.60	
10 Joey Barker	DELTA	2:25.10	
11 Levi VanVeen	GUIDO DE BRES	2:25.70	
12 Prabhjot Kumar	DELTA	2:26.00	

**Event 73 Women Open 1500 Meter Run Senior**

Name	Year School	Finals	Points
1 Sarah Cushnie	WESTDALE	4:58.09	6
2 Erin Anderson	WESTDALE	5:15.30	4

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**....Event 73 Women Open 1500 Meter Run Senior**

3	Kristen DeBoer	GUIDO DE BRES	5:24.60	3
4	Keerit Shergill	SALTFLEET	5:28.37	2
5	Courtney Widmer	GUIDO DE BRES	5:36.91	1
6	Erin Schuller	GUIDO DE BRES	5:49.81	
7	Bridget LeDonne	WESTMOUNT	6:03.12	
8	Tess Potter	ANCASTER HIGH	7:48.25	

**Event 74 Men Open 1500 Meter Run Senior**

Name	Year	School	Finals	Points	
1	Ethan	Summerhays	HAMILTON DISTRICT	4:23.03	6
2	Dennis	Linkert	WESTDALE	4:24.44	4
3	Christian	Ligtenberg	GUIDO DE BRES	4:25.47	3
4	Nathaniel	Leighninger	WESTDALE	4:31.22	2
5	Liam	Yoell	WESTDALE	4:39.74	1
6	Justin	Vanderwoude	GUIDO DE BRES	4:39.97	
7	Malcolm	Green	WESTDALE	4:41.28	
8	Austen	Steele	CAYUGA SECONDARY	4:50.27	
9	Sam	Mills	ANCASTER HIGH	4:58.09	
10	Matthew	Stephen	ANCASTER HIGH	5:01.10	
11	Wesley	Chapman	WATERDOWN	5:05.15	
12	Jordan	Beijes	GUIDO DE BRES	5:10.37	
13	Joey	Barker	DELTA	5:12.46	
14	Nicholas	Mancini	SIR WINSTON	5:20.77	
15	Prabhjot	Kumar	DELTA	5:26.57	
16	Alexander	Tanner	DELTA	5:30.49	

**Event 75 Women Open 3000 Meter Run Senior**

Name	Year	School	Finals	Points	
1	Madeline	Rule	WESTMOUNT	12:41.40	6
2	Lexie	Anonech	DUNDAS VALLEY	13:35.70	4
3	Bridget	LeDonne	WESTMOUNT	14:09.20	3

**Event 76 Men Open 3000 Meter Run Senior**

Name	Year	School	Finals	Points	
1	Ethan	Summerhays	HAMILTON DISTRICT	9:56.00	6
2	Nathaniel	Leighninger	WESTDALE	10:05.90	4
3	Tristan	Richards	DUNDAS VALLEY	10:19.40	3
4	Gerrit	Oldejans	DUNDAS VALLEY	10:20.20	2
5	Liam	Yoell	WESTDALE	10:28.20	1
6	Austen	Steele	CAYUGA SECONDARY	10:31.30	
7	Justin	Vanderwoude	GUIDO DE BRES	10:39.30	
8	Matthew	Stephen	ANCASTER HIGH	11:18.20	
9	Scott	Nagelhout	ROBERT LAND ACADEMY	11:22.90	
10	Levi	VanVeen	GUIDO DE BRES	11:31.30	
11	Sam	Mills	ANCASTER HIGH	11:34.20	
12	Jordan	Beijes	GUIDO DE BRES	11:37.00	
13	Alexander	Tanner	DELTA	12:17.70	
14	Noah	Albano	SALTFLEET	12:54.50	

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**Event 77 Women Open 100 Meter Hurdles Senior**

Name	Year School	Finals	H#	Points
1 Patrice Temush	DUNDAS VALLEY	16.43	1	6
2 Abby McEwan	WESTMOUNT	18.13	1	4
3 Reagan Minor	DUNNVILLE SECONDARY	18.42	2	3
4 Lorelai Burke	CAYUGA SECONDARY	19.40	2	2
5 Hannah Wolfenden	HAMILTON DISTRICT	19.92	1	1
6 Grace Brindle	MCKINNON PAR	21.09	2	
7 regan Berlin	DUNDAS VALLEY	21.41	2	
8 Emma Frketich	WESTMOUNT	22.91	2	
9 Abbey Dikaitis	MCKINNON PAR	23.67	1	
10 Maddi Cnossen	MCKINNON PAR	24.67	1	

**Event 78 Men Open 110 Meter Hurdles Senior**

Name	Year School	Finals	Points
1 Ethan May	WESTMOUNT	19.63	6
2 Phibbs Travis	HAGERSVILLE	21.03	4

**Event 79 Women Open 400 Meter Hurdles Senior**

Name	Year School	Finals	Points
1 Sara Vogel	DUNDAS VALLEY	1:16.40	6
2 Abby McEwan	WESTMOUNT	1:19.40	4
3 Mackenzie Martindale	CAYUGA SECONDARY	1:20.10	3
4 Ranya Belkhir	ANCASTER HIGH	1:20.30	2
5 Hannah Wolfenden	HAMILTON DISTRICT	1:20.40	1
6 Emma Frketich	WESTMOUNT	1:25.50	

**Event 80 Men Open 400 Meter Hurdles Senior**

Name	Year School	Finals	Points
1 Leikeze Cheruiyot	SIR ALLAN MACNAB	1:02.50	6
2 DaCosta Trotman	NORA HENDERSON	1:03.00	4
3 Dawsen Schutten	GUIDO DE BRES	1:04.90	3
4 Phibbs Travis	HAGERSVILLE	1:13.60	2
5 Aidan Bridge	MCKINNON PAR	1:51.40	1

**Event 81 Women Open High Jump Senior**

Name	Year School	Finals	Points
1 Nedra Hunter	DUNNVILLE SECONDARY	1.35m	6
2 Emma Vanderwoude	GUIDO DE BRES	1.30m	4
-- Rushel Forrester	SIR WINSTON	NH	

**Event 82 Men Open High Jump Senior**

Name	Year School	Finals	Points
1 Owen Blokker	GUIDO DE BRES	1.80m	6

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**....Event 82 Men Open High Jump Senior**

2	Ayden Dorschner	DUNNVILLE SECONDARY	1.75m	4
3	Kiernan Bridge	MCKINNON PAR	1.70m	3
4	Kyle Nordeman	GUIDO DE BRES	J1.70m	2
5	Michael Barry	SIR ALLAN MACNAB	1.65m	1
6	Andrew Vandervelde	GUIDO DE BRES	1.60m	
7	Kenny Uche-Anumba	ANCASTER HIGH	1.55m	
--	Ethan May	WESTMOUNT		NH
--	Seth Allan	DUNDAS VALLEY		NH
--	Zac Schmalz	DUNNVILLE SECONDARY		NH
--	Vincent Ali	DUNNVILLE SECONDARY		NH

**Event 83 Women Open Pole Vault Senior**

Name	Year	School	Finals	Points
1	Patrice Temush	DUNDAS VALLEY	1.50m	

**Event 85 Women Open Long Jump Senior**

Name	Year	School	Finals	Points
1	Grace Cooper	MCKINNON PAR	5.01m	6
2	Dax Chamot	WESTDALE	5.00m	4
3	Heidi Nelson	WESTDALE	4.65m	3
4	Mackenzie Martindale	CAYUGA SECONDARY	4.47m	2
5	Cassandre Joseph	WESTMOUNT	4.32m	1
6	Nedra Hunter	DUNNVILLE SECONDARY	4.26m	
7	Megan Cameron	DUNDAS VALLEY	4.25m	
8	Mairi Long	CAYUGA SECONDARY	4.15m	
9	Laura Van Houten	HAMILTON DISTRICT	4.02m	
10	Grace Brindle	MCKINNON PAR	3.95m	
11	Rushel Forrester	SIR WINSTON	3.92m	
12	Amber Swent	CAYUGA SECONDARY	3.91m	
13	Gracey Gee	CAYUGA SECONDARY	3.89m	
14	Lindsay Townsend	CAYUGA SECONDARY	3.55m	
15	Maddi Cnossen	MCKINNON PAR	3.54m	
16	Tianna Pembleton	SIR ALLAN MACNAB	2.96m	
17	Nenorta Moshi	HAMILTON DISTRICT	1.58m	

**Event 86 Men Open Long Jump Senior**

Name	Year	School	Finals	Points
1	Nathaniel Steele	SIR JOHN A M	5.71m	6
2	Jacob Dutcher	MCKINNON PAR	5.69m	4
3	Greg Garson	MCKINNON PAR	5.54m	3
4	Owen Blokker	GUIDO DE BRES	J5.54m	2
5	Daniel Stark	DUNNVILLE SECONDARY	5.50m	1
6	Mattice Alex	HAGERSVILLE	5.18m	
7	Andrew Vandervelde	GUIDO DE BRES	5.16m	
8	Elijah Martineau	WATERDOWN	5.12m	
9	Marcell Phillips	ORCHARD PARK	4.98m	
10	Phibbs Travis	HAGERSVILLE	4.86m	
11	Nicholas Mancini	SIR WINSTON	4.85m	

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**....Event 86 Men Open Long Jump Senior**

12 Logan Fletcher	SIR ALLAN MACNAB	4.80m
13 Yanik Thompson	CAYUGA SECONDARY	4.42m

**Event 87 Women Open Triple Jump Senior**

Name	Year School	Finals	Points
1 Grace Cooper	MCKINNON PAR	10.38m	6
2 Megan Cameron	DUNDAS VALLEY	9.75m	4
3 Mackenzie Martindale	CAYUGA SECONDARY	9.46m	3
4 Mairi Long	CAYUGA SECONDARY	9.19m	2
5 Ellie McMaster	MCKINNON PAR	9.11m	1
6 Amber Swent	CAYUGA SECONDARY	8.59m	
7 Rushel Forrester	SIR WINSTON	8.55m	
8 Abby McEwan	WESTMOUNT	8.54m	
9 Maddi Cnossen	MCKINNON PAR	8.38m	
10 Gracey Gee	CAYUGA SECONDARY	8.30m	

**Event 88 Men Open Triple Jump Senior**

Name	Year School	Finals	Points
1 Daniel Stark	DUNNVILLE SECONDARY	12.31m	6
2 Jacob Dutcher	MCKINNON PAR	12.11m	4
3 Michael Barry	SIR ALLAN MACNAB	11.69m	3
4 Greg Garson	MCKINNON PAR	11.49m	2
5 Mattice Alex	HAGERSVILLE	10.96m	1
6 Seth Allan	DUNDAS VALLEY	10.68m	
7 Kiernan Bridge	MCKINNON PAR	10.46m	

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

Name	Year School	Finals	Points
1 Lindsay Townsend	CAYUGA SECONDARY	9.33m	6
2 Natalie Gelms	GUIDO DE BRES	8.82m	4
3 Jordan Matthews	DUNDAS VALLEY	8.25m	3
4 Logyn Levitt	MCKINNON PAR	7.95m	2
5 Gracey Gee	CAYUGA SECONDARY	7.72m	1
6 Rachel Kudrenski	NORA HENDERSON	7.58m	
7 Katherine Benoska	SIR WINSTON	7.33m	
-- Hailey Bartels	GUIDO DE BRES	DQ	

**Event 90 Men Open Shot Put 12 lb Senior**

Name	Year School	Finals	Points
1 Thomas Matsell	SALTFLEET	13.41m	6
2 Jack Carter	DELTA	11.30m	4
3 Calvin Huyah	ORCHARD PARK	11.21m	3
4 Kris Samek	DUNDAS VALLEY	10.45m	2
5 Nicholas Mancini	SIR WINSTON	10.28m	1
6 Dylan Jones	SALTFLEET	10.02m	
7 Liam Harrison	SIR WINSTON	9.73m	

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**....Event 90 Men Open Shot Put 12 lb Senior**

8	Jack Bondy	ANCASTER HIGH	9.63m
9	Matthew Starr	SIR WINSTON	8.60m
10	Caleb McPherson	CAYUGA SECONDARY	8.48m
11	Shawn Vanderlaan	GUIDO DE BRES	8.37m
12	Hunter Weaymouth	NORA HENDERSON	7.39m

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

Name	Year	School	Finals	Points	
1	Natalie	Gelms	GUIDO DE BRES	25.69m	6
2	Lindsay	Townsend	CAYUGA SECONDARY	23.14m	4
3	Jordan	Matthews	DUNDAS VALLEY	22.68m	3
4	Abbey	Dikaitis	MCKINNON PAR	21.85m	2
5	Ellie	McMaster	MCKINNON PAR	21.03m	1
6	Hailey	Bartels	GUIDO DE BRES	18.59m	
7	Veldstra	Myia	HAGERSVILLE	18.15m	
8	Logyn	Levitt	MCKINNON PAR	17.99m	
9	Rachel	Kudrenski	NORA HENDERSON	15.71m	
10	Beverly	Bergsma	HAMILTON DISTRICT	14.94m	

**Event 92 Men Open Discus Throw 1.613kg Senior**

Name	Year	School	Finals	Points	
1	Jared	Hutten	GUIDO DE BRES	30.40m	6
2	Kris	Samek	DUNDAS VALLEY	29.93m	4
3	Aidan	Schenkel	GUIDO DE BRES	28.58m	3
4	Kiernan	Bridge	MCKINNON PAR	27.84m	2
5	Jack	Carter	DELTA	26.64m	1
6	Jack	Bondy	ANCASTER HIGH	24.27m	
7	Zach	Hampson	WATERDOWN	20.42m	
8	Shawn	Vanderlaan	GUIDO DE BRES	18.69m	
9	Hunter	Weaymouth	NORA HENDERSON	17.17m	
10	Zubin	Bulsara	SIR JOHN A M	17.16m	
11	Matthew	Stel	GUIDO DE BRES	16.01m	

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

Name	Year	School	Finals	Points	
1	Holly	Connor	ANCASTER HIGH	36.44m	6
2	Natalie	Gelms	GUIDO DE BRES	31.44m	4
3	Ellie	McMaster	MCKINNON PAR	27.36m	3
4	Logyn	Levitt	MCKINNON PAR	25.03m	2
5	Emily	Cox	DUNDAS VALLEY	21.30m	1
6	Jordan	Matthews	DUNDAS VALLEY	20.46m	
7	Beverly	Bergsma	HAMILTON DISTRICT	14.49m	

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

Name	Year	School	Finals	Points	
1	Jacob	Dutcher	MCKINNON PAR	36.99m	6



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

2	Zachary Brown	SIR JOHN A M	34.98m	4
3	Greg Garson	MCKINNON PAR	34.56m	3
4	Liam BoatSmith	WESTDALE	33.55m	2
5	Jack Bondy	ANCASTER HIGH	33.51m	1
6	Kris Samek	DUNDAS VALLEY	32.58m	
7	Zubin Bulsara	SIR JOHN A M	28.18m	
8	Aidan Schenkel	GUIDO DE BRES	27.87m	
9	Anthony Fraser	WESTMOUNT	25.58m	
10	Alexander Tanner	DELTA	25.10m	
11	Matthew Stel	GUIDO DE BRES	24.97m	
12	Sean Whitely	DUNDAS VALLEY	22.05m	
13	Seth Verrips	HAMILTON DISTRICT	21.30m	
14	Aidan Bridge	MCKINNON PAR	17.12m	

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

School	Finals	Points
1 GUIDO DE BRES	54.04	6
1) Beth Vansydenborgh	2) Meaghan Koning	
3) Kristen DeBoer	4) Courtney Widmer	
2 DUNDAS VALLEY	55.31	4
1) Patrice Temush	2) Allyson Sober	
3) Megan Cameron	4) Sara Vogel	
3 WESTMOUNT	56.81	3
1) Sarah Bland	2) Cassandre Joseph	
3) Emily Holjak	4) Jordan Rogers	
4 MCKINNON PARK SECONDARY	56.96	2
1) Grace Cooper	2) Ellie McMaster	
3) Abbey Dikaitis	4) Cassandra Hills	
5 ANCASTER HIGH	57.67	1
1) Alexis Bezdan	2) Lauren Kennedy	
3) Jessica Whitney	4) Ranya Belkhir	
6 DUNNVILLE SECONDARY	57.74	
1) Kylie Frost	2) Reagan Minor	
3) Megan Sierdsma	4) Jordan Sierdsma	
7 WATERDOWN	58.66	
1) Clare Malhinha	2) Ashley Hood	
3) Caitlin Burley	4) Kira Blankestijn	
8 CAYUGA SECONDARY	1:14.92	
1) Lorelai Burke	2) Mairi Long	
3) Amber Swent	4) Mackenzie Martindale	

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

School	Finals	Points
1 NORA HENDERSON	48.25	6
1) Ezra Rodil	2) Evan Carbert	
3) Justin Nelligan	4) DaCosta Trotman	
2 GUIDO DE BRES	49.90	4
1) Ryan Nienhuis	2) Dawsen Schutten	
3) Brayden Schutten	4) Ben Vos	
3 SALTFLEET	50.48	3

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

1) Malik Blunt	2) Matthew Wolfe		
3) Jacob Markovic	4) Jonas Mallett		
4 DUNDAS VALLEY		51.23	2
5 MCKINNON PARK SECONDARY		51.67	1
1) Aidan Bridge	2) Kiernan Bridge		
3) Greg Garson	4) Jacob Dutcher		
6 ANCASTER HIGH		53.20	
1) Caelan Krauss	2) Emmanuel John		
3) Kenny Uche-Anumba	4) Brendan Podvorac		
7 WATERDOWN		53.33	
1) Wesley Chapman	2) Adrian Posmag		
3) Prince Deol	4) Johnathan Shadorsky		

**Event 97 Women Open 2000 Meter Steeplechase Open**

Name	Year School	Finals	Points
1 Allyson Sober	DUNDAS VALLEY	8:12.14	6
2 Emma McNabney	ANCASTER HIGH	8:19.23	4
3 Kristen DeBoer	GUIDO DE BRES	8:26.27	3
4 Mia Till	WESTMOUNT	8:32.42	2
5 Lexie Anonech	DUNDAS VALLEY	8:48.07	1
6 Hannah Whetstone	HAMILTON DISTRICT	9:04.17	
7 Emma Frketich	WESTMOUNT	9:14.33	

**Event 98 Men Open 2000 Meter Steeplechase Open**

Name	Year School	Finals	Points
1 Tristan Richards	DUNDAS VALLEY	6:49.41	6
2 Christian Ligtenberg	GUIDO DE BRES	6:51.44	4
3 Gerrit Oldejans	DUNDAS VALLEY	7:07.33	3
4 Logan Yates	DUNDAS VALLEY	7:22.23	2
5 John Greenhough	ANCASTER HIGH	7:28.03	1
6 Jordan Beijes	GUIDO DE BRES	8:06.13	
7 Blake Barry	ANCASTER HIGH	8:12.12	
8 Nathan Hunter	WESTMOUNT	8:20.40	

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

School	Finals	Points
1 WESTDALE	4:23.30	6
1) Erin Lou	2) Erin Anderson	
3) Sarah Cushnie	4) Sophia Herrington	
2 DUNDAS VALLEY	4:25.10	4
1) Allyson Sober	2) Leah Waite	
3) Sara Vogel	4) Jenna Button	
3 GUIDO DE BRES	4:35.20	3
4 MCKINNON PARK SECONDARY	4:44.00	2
1) Breagha Sharpe	2) Cassandra Hills	
3) Kaitlynn Stewart	4) Aurora Thorpe	

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

School	Finals	Points
1 MCKINNON PARK SECONDARY	3:42.50	6
1) Jacob Dutcher	2) Greg Garson	
3) Domenic Barresi	4) Michael Paine	
2 DUNDAS VALLEY	3:44.70	4
1) Logan Yates	2) Gerrit Oldejans	
3) Tristan Richards	4) Zack Macdonald	
3 GUIDO DE BRES	3:46.40	3
4 NORA HENDERSON	4:07.00	2
1) Ezra Rodil	2) Evan Carbert	
3) Justin Nelligan	4) DaCosta Trotman	

**Event 106 Men Open 100 Meter Dash Intellectual Imp**

Name	Year School	Finals	Points
1 Mohsin Syed	WESTDALE	15.60	6
2 Jay Burley	WESTDALE	17.40	4

**Event 120 Men Open Shot Put Ambulatory Intellectual Imp**

Name	Year School	Finals	Points
1 Jay Burley	WESTDALE	4.61m	6