

HWIAC - Track and Field Meet - 2022-05-10
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results

Women 100 Meter Dash Novice

Name	Year School	Prelims	H#
Preliminaries			
1 Koning, Abby	Guido de Bre	13.82q	2
2 McCullagh, Sophia	Dundas Valle	13.86q	1
3 Newcombe, Mya	Waterdown Di	14.27q	3
4 Slywka, Grace	Dundas Valle	14.41q	3
5 Bernard, Grace	Westmount S.	14.51q	4
6 Burgess, Madeline	Sherwood S.S	14.84q	1
7 Croft-Porter, Janayah	Bernie Custi	15.02q	4
8 Neiser, Caitlin	Dundas Valle	15.03q	4
9 Ritter, Ava	Nora Francis	15.11	1
10 Kim-Bromstein, Chloe	Dundas Valle	15.17	2
11 Elsiger, Charlotte	Nora Francis	15.23	2
12 Williams, Serenity	Nora Francis	15.47	1
13 Gonnering, Gabriella	Hamilton Dis	15.54	3
14 Cheaney, Brooklyn	Nora Francis	15.70	3
15 Krasevich, Mikayla	Westmount S.	15.81	1
16 Rowe, Hailey	Sherwood S.S	15.89	2
17 Linares-Martinez, Valeri	Sherwood S.S	15.91	4
18 Young, Jayna	Saltfleet Di	16.16	3
19 Heeney, Delaney	Dundas Valle	16.17	1
20 Henry, Clara	Waterdown Di	16.25	2
21 Ganame, Amalia	Ancaster Hig	16.29	4
22 Savage, Veronica	Westdale S.S	16.47	4
23 Rodriguez, Sofia	Hamilton Dis	16.64	4
24 Patel, Shailee	Ancaster Hig	16.79	3
25 Passfield, Aimee	Orchard Park	18.26	1
26 Cunningham, Kayla	Saltfleet Di	18.84	2

Women 100 Meter Dash Novice

Name	Year School	Finals	Points
Finals			
1 Koning, Abby	Guido de Bre	13.24	6
2 McCullagh, Sophia	Dundas Valle	13.35	4
3 Slywka, Grace	Dundas Valle	13.75	3
4 Newcombe, Mya	Waterdown Di	13.81	2
5 Bernard, Grace	Westmount S.	14.02	1
6 Croft-Porter, Janayah	Bernie Custi	14.43	
7 Burgess, Madeline	Sherwood S.S	14.44	
8 Neiser, Caitlin	Dundas Valle	15.11	

Women 200 Meter Dash Novice

Name	Year School	Finals	H#	Points
1 McCullagh, Sophia	Dundas Valle	27.60	4	6
2 Koning, Abby	Guido de Bre	27.75	4	4
3 Slywka, Grace	Dundas Valle	29.93	4	3
4 Van Raalte, Sophia	Guido de Bre	30.11	4	2
5 Cameron, Chloe	Dundas Valle	30.12	4	1
6 Burgess, Madeline	Sherwood S.S	30.32	2	

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7	Kuizenga, Rachel	Guido de Bre	30.74	4
8	Croft-Porter, Janayah	Bernie Custi	31.00	2
9	Blaj, Samantha	Saltfleet Di	31.74	3
10	Krasevich, Mikayla	Westmount S.	32.19	1
11	Henry, Clara	Waterdown Di	32.29	1
12	Gonnering, Gabriella	Hamilton Dis	32.37	2
13	Cheaney, Brooklyn	Nora Francis	32.89	1
14	Rowe, Hailey	Sherwood S.S	33.08	1
15	Ndangam, Eliana	Sherwood S.S	33.13	3
16	Ganame, Amalia	Ancaster Hig	33.42	1
17	Savage, Veronica	Westdale S.S	33.45	1
18	Cheaney, Krista	Nora Francis	33.87	2
19	Neiser, Caitlin	Dundas Valle	33.89	4
20	Young, Jayna	Saltfleet Di	33.95	3
21	Patel, Shailee	Ancaster Hig	34.84	3
22	Pentland, Sarah	Hamilton Dis	35.26	3
23	Willis, Delelah	Westdale S.S	36.53	3
24	Passfield, Aimee	Orchard Park	37.51	1
25	Passfield, Charlize	Orchard Park	41.19	3

Women 400 Meter Dash Novice

Name	Year	School	Finals	H#	Points
1	Gordon, Erika	Sherwood S.S	1:02.79	2	6
2	McCullagh, Sophia	Dundas Valle	1:03.75	2	4
3	Craig, Mackenzie	Ancaster Hig	1:03.76	2	3
4	Peaker, Audrey	Dundas Valle	1:09.57	2	2
5	Cameron, Chloe	Dundas Valle	1:11.07	2	1
6	Blaj, Samantha	Saltfleet Di	1:13.98	1	
7	Slezak, Breanna	Nora Francis	1:14.82	1	
8	Perosevic, Jessica	Waterdown Di	1:18.16	1	
9	Elliott, Marissa	Sherwood S.S	1:18.55	2	
10	Willis, Delelah	Westdale S.S	1:19.95	1	
11	Zimmerman, Taryn	Dundas Valle	1:23.12	2	
12	Pentland, Sarah	Hamilton Dis	1:25.87	1	
13	Smith-Dobrowsky, Davana	Waterdown Di	1:30.19	1	
14	Olokesusi, Christannia	Saltfleet Di	1:31.02	1	
15	Passfield, Charlize	Orchard Park	1:36.37	1	

Women 800 Meter Run Novice

Name	Year	School	Finals	Points
1	Gordon, Erika	Sherwood S.S	2:29.15	6
2	Craig, Mackenzie	Ancaster Hig	2:45.45	4
3	Fransson, Lia	Westdale S.S	2:47.95	3
4	Berkelaar, Mora	Hamilton Dis	2:50.62	2
5	Buchanan, Alina	Dundas Valle	2:53.93	1
6	Jonker, Janaye	Guido de Bre	2:56.08	
7	Slezak, Breanna	Nora Francis	3:08.93	
8	Haalstra, Jayne	Nora Francis	3:09.00	
9	Ryan, Makenzie	Nora Francis	3:10.32	
10	Elliott, Marissa	Sherwood S.S	3:14.59	

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11 Arnold, Charlie	Dundas Valle	3:22.85
12 Noack, Sonya	Dundas Valle	3:24.29

Women 1500 Meter Run Novice

Name	Year School	Finals	Points
1 Gordon, Erika	Sherwood S.S	5:05.30	6
2 Craig, Mackenzie	Ancaster Hig	5:37.48	3.50
2 Fransson, Lia	Westdale S.S	5:37.48	3.50
4 Berkelaar, Mora	Hamilton Dis	5:40.62	2
5 Gonnering, Gabriella	Hamilton Dis	5:44.16	1
6 Luduik-Pitkin, Stella	Westdale S.S	5:47.79	
7 Taylor, Molly	Westmount S.	6:02.38	
8 Buchanan, Alina	Dundas Valle	6:20.26	
9 Vanderwal, Cara	Guido de Bre	6:21.86	
10 Stahlmann, Olivia	Westmount S.	6:22.13	
11 Sobotka, Vera	Sir Allan Ma	6:27.04	

Women 3000 Meter Run Novice

Name	Year School	Finals	Points
1 Mallany, Dalia	Westdale S.S	12:53.49	6
2 Taylor, Molly	Westmount S.	13:01.30	4
3 Luduik-Pitkin, Stella	Westdale S.S	13:06.56	3
4 Sobotka, Vera	Sir Allan Ma	14:33.75	2

Women 80 Meter Hurdles Novice

Name	Year School	Finals	H#	Points
1 Peaker, Audrey	Dundas Valle	15.97	1	6
2 Penny, Zoie	Nora Francis	16.35	1	4
3 Williams, Serenity	Nora Francis	16.39	2	3
4 Neiser, Caitlin	Dundas Valle	16.57	2	2
5 Ryan, Makenzie	Nora Francis	16.73	2	1
6 Rodriguez, Sofia	Hamilton Dis	18.14	2	
7 Elliott, Marissa	Sherwood S.S	18.15	2	
8 Levy, Sophie	Dundas Valle	21.87	1	

Women 300 Meter Hurdles Novice

Name	Year School	Finals	Points
1 Peaker, Audrey	Dundas Valle	53.08	6
2 Ryan, Makenzie	Nora Francis	59.61	4

Women 4x100 Meter Relay Novice

School	Finals	Points
1 Dundas Valley S.S. - HWDSB 'A' 1) Kim-Bromstein, Chloe 2) McCullagh, Sophia	56.21	6

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....Women 4x100 Meter Relay Novice

3) Cameron, Chloe	4) Neiser, Caitlin		
2 Guido de Bres C.H.S - HWDSB 'A'		58.49	4
1) Koning, Abby	2) Van Raalte, Sophia		
3) Kuizenga, Rachel	4) Vanderwal, Cara		
3 Waterdown District - HWDSB 'A'		58.91	3
4 Nora Francis Henderson S.S. - 'A'		59.01	2
5 Sherwood S.S. - HWDSB 'A'		59.91	1
1) Burgess, Madeline	2) Gordon, Erika		
3) Linares-Martinez, Valerie	4) Rowe, Hailey		
6 Westdale S.S. - HWDSB 'A'		1:07.73	
1) Savage, Veronica	2) McIntosh, Elizabeth		
3) Luduik-Pitkin, Stella	4) Mallany, Dalia		

Women High Jump Novice

Name	Year School	Finals	Points
1 Van Raalte, Sophia	Guido de Bre	1.30m	6
2 Hill, Julianna	Hamilton Dis	1.25m	3.50
2 Heeney, Delaney	Dundas Valle	1.25m	3.50
-- Kuizenga, Rachel	Guido de Bre	FAIL	
-- Ljubicic, Natasa	Orchard Park	FAIL	
-- Beijes, Katie	Guido de Bre	FAIL	

Women Long Jump Novice

Name	Year School	Finals	Points
1 Hill, Julianna	Hamilton Dis	4.02m	6
2 Slezak, Breanna	Nora Francis	3.95m	4
3 Croft-Porter, Janayah	Bernie Custi	3.92m	3
4 Elsigier, Charlotte	Nora Francis	3.90m	2
5 Ljubicic, Natasa	Orchard Park	3.75m	1
6 Kuizenga, Rachel	Guido de Bre	3.58m	
7 Van Raalte, Sophia	Guido de Bre	3.35m	
7 Rowe, Hailey	Sherwood S.S	3.35m	
9 Kim-Bromstein, Chloe	Dundas Valle	2.99m	
10 McIntosh, Elizabeth	Westdale S.S	2.72m	

Women Triple Jump Novice

Name	Year School	Finals	Points
1 Hill, Julianna	Hamilton Dis	8.47m	6
2 Jonker, Janaye	Guido de Bre	7.64m	4

Women Shot Put Novice

Name	Year School	Finals	Points
1 Blaj, Samantha	Saltfleet Di	8.86m	6
2 Smid, Maria	Guido de Bre	8.65m	4
3 Beijes, Katie	Guido de Bre	7.67m	3
4 Kasweka, Nyansha	Guido de Bre	7.62m	2

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5	Warby, Grace	Westmount S.	7.26m	1
6	Whitton, Moriah	Hamilton Dis	6.83m	
7	Noack, Sonya	Dundas Valle	6.65m	
8	Stephens, Chelsey	Dundas Valle	6.06m	

Women Discus Throw Novice

Name	Year	School	Finals	Points
1	Smid, Maria	Guido de Bre	17.94m	6
2	Kasweka, Nyansha	Guido de Bre	15.72m	4
3	Arnold, Charlie	Dundas Valle	14.77m	3
4	Whitton, Moriah	Hamilton Dis	14.01m	2
5	Zimmerman, Taryn	Dundas Valle	1.20m	1

Women Javelin Throw Novice

Name	Year	School	Finals	Points
1	Ljubicic, Natasa	Orchard Park	26.08m	6
2	Warby, Grace	Westmount S.	22.12m	4
3	Smid, Maria	Guido de Bre	20.50m	3
4	Zimmerman, Taryn	Dundas Valle	20.36m	2
5	Kasweka, Nyansha	Guido de Bre	18.21m	1
6	Malhi, Gurleen	Saltfleet Di	16.26m	
7	Beijes, Katie	Guido de Bre	16.16m	
8	Whitton, Moriah	Hamilton Dis	15.85m	
9	Noack, Sonya	Dundas Valle	13.40m	
10	Stephens, Chelsey	Dundas Valle	11.44m	

Women 100 Meter Dash Junior

Name	Year	School	Prelims	H#
Preliminaries				
1	Ruggieri, Isabella	Waterdown Di	14.26q	4
2	Bill, Izabella	Dundas Valle	14.31q	4
3	Baker, Peyton	Dundas Valle	14.60q	2
4	Bauer, Nora	Dundas Valle	14.67q	3
5	Giffen, Iris	Waterdown Di	14.71q	1
6	Millington, Katie	Sir Allan Ma	14.79q	3
7	Diaz-Ruiz, Emilia	Westdale S.S	14.80q	2
8	Miller, Alexis	Westmount S.	14.91q	3
9	Buitenhuis, Jamee	Guido de Bre	15.00	3
10	Sewell, Ainjel	Nora Francis	15.02	5
11	Oyebola, Chloe	Hamilton Dis	15.29	5
12	Davis, Asharia	Sir Winston	15.52	5
13	Cave, Olivia	Sir Allan Ma	15.60	2
14	Samuel, Shanya	Bernie Custi	15.61	1
15	Hunter, Ashley	Waterdown Di	15.80	2
16	Maxwell, Jady	Waterdown Di	15.84	1
17	Cheaney, Krista	Nora Francis	15.90	2
18	Marsden, Ella	Westmount S.	16.03	5
19	Graham, Julia	Ancaster Hig	16.04	4

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20 Bernal, Sofia	Westmount S.	16.10	2
21 White, Haley	Sir Winston	16.17	4
22 Sidorkewicz, Joelle	Sir Allan Ma	16.26	5
23 Adegbolu, Sophia	Saltfleet Di	16.29	4
24 Hrushka, Riley	Sir Allan Ma	16.52	1
25 Iaguerve, Nelphenise	Bernie Custi	16.60	2
26 Phan, Jenny	Sir Winston	16.61	3
27 Gershkovich, Ester	Westmount S.	16.64	4
28 Le, Michelle	Westdale S.S	16.87	5
29 Johnson, Lauren	Westmount S.	16.91	1
30 Ross, Audrey	Waterdown Di	17.24	4
31 Doherty, Hannah	Saltfleet Di	17.25	1
31 Garcea, Lisanna	Hamilton Dis	17.25	3
33 Smith-Dobrowsky, Davana	Waterdown Di	17.66	3

Women 100 Meter Dash Junior

Name	Year School	Finals	Points
Finals			
1 Ruggieri, Isabella	Waterdown Di	13.43	6
2 Bill, Izabella	Dundas Valle	13.66	4
3 Millington, Katie	Sir Allan Ma	14.14	3
4 Bauer, Nora	Dundas Valle	14.31	2
5 Giffen, Iris	Waterdown Di	14.39	1
6 Baker, Peyton	Dundas Valle	14.50	
7 Miller, Alexis	Westmount S.	14.66	

Women 200 Meter Dash Junior

Name	Year School	Finals	H#	Points
1 Bill, Izabella	Dundas Valle	28.89	4	6
2 Turcott, Jessie	Westmount S.	30.14	4	4
3 Millington, Katie	Sir Allan Ma	30.16	1	3
4 Sewell, Ainjel	Nora Francis	30.34	4	1.50
4 Giffen, Iris	Waterdown Di	30.34	1	1.50
6 Hoath, Madeline	Westmount S.	30.60	2	
7 Buitenhuis, Jamee	Guido de Bre	30.70	4	
8 Bauer, Nora	Dundas Valle	31.65	4	
9 Graham, Julia	Ancaster Hig	31.69	2	
10 Davis, Asharia	Sir Winston	31.95	2	
11 Cave, Olivia	Sir Allan Ma	32.11	4	
12 Van Groningen, Jada	Hamilton Dis	32.25	4	
13 Samuel, Shanya	Bernie Custi	32.35	1	
14 Sidorkewicz, Joelle	Sir Allan Ma	32.43	1	
15 Hunter, Ashley	Waterdown Di	33.00	1	
16 Zhong, Kelly	Westmount S.	33.22	4	
17 Aram, Kaney	Nora Francis	33.49	2	
18 White, Haley	Sir Winston	33.50	3	
19 Adegbolu, Sophia	Saltfleet Di	33.76	1	
20 Hrushka, Riley	Sir Allan Ma	33.87	3	
21 Phan, Jenny	Sir Winston	35.47	3	
22 Iaguerve, Nelphenise	Bernie Custi	36.07	2	

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23	Doherty, Hannah	Saltfleet Di	36.42	2
24	Maxwell, Jady	Waterdown Di	41.65	1

Women 400 Meter Dash Junior

Name	Year	School	Finals	H#	Points
1	Turcott, Jessie	Westmount S.	1:10.03	3	6
2	Sewell, Ainjel	Nora Francis	1:12.12	3	4
3	Thorsen-Cavers, Zoe	Sherwood S.S	1:12.22	2	3
4	Van Raalte, Abigail	Guido de Bre	1:12.64	1	2
5	Sidorkewicz, Joelle	Sir Allan Ma	1:13.37	3	1
6	Russell, Kate	Bernie Custi	1:14.44	2	
7	Van Groningen, Jada	Hamilton Dis	1:16.47	3	
8	Major, Noella	Westmount S.	1:16.70	2	
9	Murphy, Leah	Dundas Valle	1:17.84	3	
10	Doherty, Hannah	Saltfleet Di	1:24.72	1	
11	Samuel, Shanya	Bernie Custi	1:32.09	3	
--	Grey, Emily	Bernie Custi	DNF	2	
--	Iaguerve, Nelphenise	Bernie Custi	DNF	3	

Women 800 Meter Run Junior

Name	Year	School	Finals	Points
1	Giannou, Vanessa	Ancaster Hig	2:40.80	6
2	Nyakundi, Sylvia	Dundas Valle	2:46.80	4
3	Bekdache, Shirine	Ancaster Hig	2:49.40	3
4	Duncan, Stella	Waterdown Di	2:51.40	2
5	Van Raalte, Abigail	Guido de Bre	3:04.40	1

Women 1500 Meter Run Junior

Name	Year	School	Finals	Points
1	Giannou, Vanessa	Ancaster Hig	5:30.80	6
2	Bekdache, Shirine	Ancaster Hig	5:47.70	4
3	Nyakundi, Sylvia	Dundas Valle	5:55.02	3
4	Duncan, Stella	Waterdown Di	5:56.57	2
5	Thorsen-Cavers, Zoe	Sherwood S.S	5:57.95	1
6	Bennie, Faith	Sherwood S.S	6:36.04	
7	Dejager, Emily	Guido de Bre	6:45.55	
8	Sanchez, Eileen	Westmount S.	8:10.87	
--	Grodin, Alexie	Westdale S.S	DNF	

Women 80 Meter Hurdles Junior

Name	Year	School	Finals	Points
1	Kosempel, Megan	Dundas Valle	14.97	6
2	Major, Noella	Westmount S.	15.10	4
3	Schenkel, Rebecca	Guido de Bre	15.38	3
4	Nicholason, Alex	Waterdown Di	16.10	2
5	Johnson, Lauren	Westmount S.	16.18	1

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Name	Year School	Finals	Points
1 Major, Noella	Westmount S.	1:01.16	6
2 Kosempel, Megan	Dundas Valle	1:02.80	4
3 Murphy, Leah	Dundas Valle	1:06.63	3

Women 4x100 Meter Relay Junior

School	Finals	Points
1 Dundas Valley S.S. - HWDSB 'A' 1) Baker, Peyton 3) Bauer, Nora	57.92	6
2 Westmount S.S. - HWDSB 'A' 1) Marsden, Ella 3) Hoath, Madeline	58.71	4
3 Waterdown District - HWDSB 'A'	59.36	3
4 Bernie Custis S.S. - HWDSB 'A' 1) Croft-Porter, Janayah 3) Samuel, Shanya	1:01.18	2
5 Nora Francis Henderson S.S. - 'A'	1:01.29	1
6 Sir Allan MacNab S.S. - HWDSB 'A'	1:01.92	
7 Sherwood S.S. - HWDSB 'A' 1) Bennie, Faith 3) Thorsen-Cavers, Zoe	1:02.49	
8 Saltfleet District - HWDSB 'A'	1:07.94	

Women High Jump Junior

Name	Year School	Finals	Points
1 Dejager, Emily	Guido de Bre	1.40m	6
2 Schenkel, Rebecca	Guido de Bre	1.35m	4
-- Witten, Ava	Guido de Bre	FAIL	

Women Pole Vault Junior

Name	Year School	Finals	Points
1 Lowe, Sophia	Dundas Valle	1.72m	6
2 Lawson, Eileen	Dundas Valle	1.42m	4

Women Long Jump Junior

Name	Year School	Finals	Points
1 Maxwell, Jadyne	Waterdown Di	3.72m	6
2 Lowe, Sophia	Dundas Valle	3.69m	4
3 Lawson, Eileen	Dundas Valle	3.66m	3
4 Witten, Ava	Guido de Bre	3.52m	2
5 Le, Michelle	Westdale S.S	3.20m	1
6 Garcea, Lisanna	Hamilton Dis	3.19m	
7 Donker, Kyara	Guido de Bre	2.81m	
8 Aram, Kaney	Nora Francis	2.69m	

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9 Deboer, Kiera	Guido de Bre	2.66m
10 Smith-Dobrowsky, Davana	Waterdown Di	2.34m

Women Triple Jump Junior

Name	Year School	Finals	Points
1 Giffen, Iris	Waterdown Di	8.89m	6
2 Lowe, Sophia	Dundas Valle	7.98m	4
3 Lawson, Eileen	Dundas Valle	7.51m	3
4 Dejager, Emily	Guido de Bre	7.45m	2
5 Donker, Kyara	Guido de Bre	6.07m	1

Women Shot Put Junior

Name	Year School	Finals	Points
1 Woo, Katie	Waterdown Di	9.33m	6
2 Kuizenga, Courtney	Guido de Bre	9.13m	4
3 Bennie, Faith	Sherwood S.S	8.38m	3
4 Aicken, Bella	Dundas Valle	8.24m	2
5 Button, Sophie	Dundas Valle	7.94m	1
6 Johnson, Lauren	Westmount S.	6.68m	

Women Discus Throw Junior

Name	Year School	Finals	Points
1 Schenkel, Rebecca	Guido de Bre	21.38m	6
2 Kuizenga, Courtney	Guido de Bre	19.97m	4
3 Button, Sophie	Dundas Valle	16.15m	3
4 Aicken, Bella	Dundas Valle	14.79m	2

Women Javelin Throw Junior

Name	Year School	Finals	Points
1 Turcott, Jessie	Westmount S.	26.95m	6
2 Aicken, Bella	Dundas Valle	25.10m	4
3 Kuizenga, Courtney	Guido de Bre	23.75m	3
4 Button, Sophie	Dundas Valle	23.40m	2
5 Baker, Peyton	Dundas Valle	22.58m	1
6 Marsden, Ella	Westmount S.	21.20m	
7 Kosempel, Megan	Dundas Valle	17.85m	
8 Deboer, Kiera	Guido de Bre	16.30m	
9 Witten, Ava	Guido de Bre	14.25m	

Women 100 Meter Dash Senior

Name	Year School	Prelims	H#
Preliminaries			
1 Vincic, Kristina	Ancaster Hig	12.73q	4
2 Ogunyemi, Michelle	Westmount S.	13.68q	5

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3	Robertson, Ashanti	Nora Francis	14.00q	3
4	Watkins, Katelyn	Waterdown Di	14.13q	4
5	Fox, Kate	Westdale S.S	14.26q	2
6	Hood, Hailey	Waterdown Di	14.51q	2
7	Clark, Sydney	Westmount S.	14.52q	1
8	Lee, Ariyanna	Sir Allan Ma	14.54q	1
9	Zaccharia, Julia	Dundas Valle	14.92	4
10	Paddy, Shante	Saltfleet Di	14.96	1
11	Tutt, Samantha	Dundas Valle	15.19	2
12	Lee, Maya	Westdale S.S	15.20	4
13	Browne, Rheanne	Sherwood S.S	15.42	1
14	Vanderkruk, Chantal	Hamilton Dis	15.54	3
15	Washington, Julia	Hamilton Dis	15.75	1
16	Cavarzan, Cali	Sherwood S.S	15.78	4
17	Arnold, Samantha	Dundas Valle	16.00	5
18	Bouvry, Laura	Ancaster Hig	16.18	2
19	Knegt, Meah	Guido de Bre	16.26	5
20	Lesiuk, Laura	Westdale S.S	16.43	1
21	Jarrett, Gwenyth	Sherwood S.S	16.45	2
22	Nelson, Jaeda	Bernie Custi	17.21	3
23	Oyogo, Cynthia	Bernie Custi	17.41	1
24	Lawson, Emily	Bernie Custi	17.62	5
25	Haji, Khairiya	Bernie Custi	17.82	3
26	Atkinson, Chloe	Sherwood S.S	18.01	5
27	Haziri, Alberta	Bernie Custi	18.78	2
28	Venizelos, Zoe	Westdale S.S	20.68	3

Women 100 Meter Dash Senior

Name	Year School	Finals	Points
Finals			
1	Vincic, Kristina	Ancaster Hig	12.24 6
2	Ogunyemi, Michelle	Westmount S.	13.17 4
3	Robertson, Ashanti	Nora Francis	13.42 3
4	Watkins, Katelyn	Waterdown Di	13.69 2
5	Fox, Kate	Westdale S.S	13.72 1
6	Lee, Ariyanna	Sir Allan Ma	13.74
7	Clark, Sydney	Westmount S.	13.88
8	Hood, Hailey	Waterdown Di	14.31

Women 200 Meter Dash Senior

Name	Year School	Finals	H#	Points
1	Vincic, Kristina	Ancaster Hig	25.39	4 6
2	Scholtens, Ava	Guido de Bre	27.56	4 4
3	Sutherland-Case, Maeve	Sherwood S.S	27.73	3 3
4	Erin, Lou	Westdale S.S	27.84	2 2
5	Ogunyemi, Michelle	Westmount S.	28.06	4 1
6	Fox, Kate	Westdale S.S	28.35	1
7	Watkins, Katelyn	Waterdown Di	28.77	2
8	Clark, Sydney	Westmount S.	28.81	3
9	Hood, Hailey	Waterdown Di	29.16	3

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10 Lee, Ariyanna	Sir Allan Ma	29.17	1
11 Paddy, Shante	Saltfleet Di	30.17	3
12 Tutt, Samantha	Dundas Valle	30.63	4
13 Lof, Marissa	Guido de Bre	30.78	4
14 Archibald, Mackenzie	Orchard Park	31.76	3
15 Vanderkruk, Chantal	Hamilton Dis	32.03	2
16 Cavarzan, Cali	Sherwood S.S	32.28	3
17 Faulkner, Moira	Sherwood S.S	32.49	2
18 Bailey, Siena	Orchard Park	32.61	1
19 Bouvry, Laura	Ancaster Hig	32.73	2
20 Lesiuk, Laura	Westdale S.S	33.43	3
21 El Kheir, Yasmeen	Nora Francis	35.56	2
22 Atkinson, Chloe	Sherwood S.S	37.68	4
23 Lawson, Emily	Bernie Custi	38.19	2

Women 400 Meter Dash Senior

Name	Year School	Finals	H#	Points
1 Watkins, Katelyn	Waterdown Di	1:04.24	1	6
2 Sutherland-Case, Maeve	Sherwood S.S	1:04.44	3	4
3 Erin, Lou	Westdale S.S	1:05.95	1	3
4 Hood, Hailey	Waterdown Di	1:05.98	3	2
5 Castillo, Karen	Westdale S.S	1:08.56	1	1
6 Myles, Sophie	Ancaster Hig	1:09.86	2	
7 Paddy, Shante	Saltfleet Di	1:12.12	3	
8 McNulty, Kaelyn	Dundas Valle	1:13.48	3	
9 Lof, Marissa	Guido de Bre	1:14.90	2	
10 Merry, Sara	Dundas Valle	1:15.93	3	
11 Beale, Kylah	Ancaster Hig	1:16.78	2	
12 Helder, Emmalyne	Guido de Bre	1:17.22	2	
13 Faulkner, Moira	Sherwood S.S	1:17.77	3	
14 Norris, Emma	Dundas Valle	1:18.68	3	
15 Guimaraes, Maria	Nora Francis	1:18.81	2	
16 El Kheir, Yasmeen	Nora Francis	1:25.24	2	

Women 800 Meter Run Senior

Name	Year School	Finals	Points
1 Keller, Florina	Westdale S.S	2:28.30	6
2 Jonker, Hayley	Hamilton Dis	2:45.41	4
3 Castillo, Karen	Westdale S.S	2:47.54	3
4 Myles, Sophie	Ancaster Hig	2:50.34	2
5 Kampen, Taylor	Guido de Bre	2:51.92	1
6 McNulty, Kaelyn	Dundas Valle	2:55.35	
7 Merry, Sara	Dundas Valle	3:02.57	
8 Jonker, Norah	Guido de Bre	3:07.01	
9 Guimaraes, Maria	Nora Francis	3:11.20	
10 Dworkin, Zahava	Dundas Valle	3:23.08	
11 Zuk, Madison	Sir Winston	3:32.45	

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Women 1500 Meter Run Senior

Name	Year School	Finals	Points
1 Keller, Florina	Westdale S.S	5:06.53	6
2 Kampen, Taylor	Guido de Bre	5:34.76	4
3 Dietrich, Hannah	Sir Allan Ma	5:35.98	3
4 Jonker, Hayley	Hamilton Dis	5:37.00	2
5 Dejager, Nicole	Guido de Bre	5:53.74	1
6 Datema, Clara	Guido de Bre	6:15.00	
7 Schuit, Isabella	Hamilton Dis	6:24.29	
8 Dworkin, Zahava	Dundas Valle	6:26.39	
9 Jonker, Norah	Guido de Bre	6:30.24	
10 Zuk, Madison	Sir Winston	8:04.90	
11 Venizelos, Zoe	Westdale S.S	8:58.25	

Women 3000 Meter Run Senior

Name	Year School	Finals	Points
1 Zalepa, Hildy	Dundas Valle	11:53.64	6
2 Rotsaert-Smith, Quincy	Dundas Valle	11:59.22	4
3 Dietrich, Hannah	Sir Allan Ma	12:29.52	3
4 Till, Mia	Westmount S.	12:41.12	2
5 Dejager, Nicole	Guido de Bre	13:08.45	1
6 Datema, Clara	Guido de Bre	13:59.16	

Women 100 Meter Hurdles Senior

Name	Year School	Finals	Points
1 Ogunyemi, Michelle	Westmount S.	20.38	6
2 Kreuger, Payton	Dundas Valle	20.39	4
3 Knegt, Meah	Guido de Bre	22.41	3
4 Dekker, Jenna	Guido de Bre	25.59	2

Women 400 Meter Hurdles Senior

Name	Year School	Finals	Points
1 Lazenby, Sydney	Ancaster Hig	1:15.75	6
2 Till, Mia	Westmount S.	1:19.74	4
3 Norris, Emma	Dundas Valle	1:30.83	3
4 Beale, Kylah	Ancaster Hig	1:34.39	2

Women 4x100 Meter Relay Senior

School	Finals	Points
1 Westmount S.S. - HWDSB 'A' 1) Hayter, Vivien 3) Clark, Sydney	54.11	6
2 Westdale S.S. - HWDSB 'A' 1) Lou, Erin 3) Lee, Maya	56.77	4
3 Guido de Bres C.H.S - HWDSB 'A' 2) Martin, Madeline 4) Ogunyemi, Michelle 4) Castillo, Karen	56.88	3

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....Women 4x100 Meter Relay Senior

1) Helder, Emmalyne	2) Lof, Marissa		
3) Scholtens, Ava	4) Buitenhuis, Jamee		
4 Dundas Valley S.S. - HWDSB 'A'		59.85	2
1) Kreuger, Payton	2) Tutt, Samantha		
3) Arnold, Samantha	4) Norris, Emma		
5 Nora Francis Henderson S.S. - 'A'		1:00.50	1
6 Sherwood S.S. - HWDSB 'A'		1:00.92	
1) Browne, Rheanne	2) Egbuna, Mateja		
3) Speziale, Charlotte	4) Higgins, Alexia		
7 Hamilton District C.H.S. - HWD 'A'		1:02.73	
1) Garcea, Lisanna	2) Oyebola, Chloe		
3) Vanderkruk, Chantal	4) Washington, Julia		

Women High Jump Senior

Name	Year School	Finals	Points
1 Scholtens, Ava	Guido de Bre	1.36m	6

Women Pole Vault Senior

Name	Year School	Finals	Points
1 Galer, Shelby	Dundas Valle	1.82m	6
2 Merry, Sarah	Dundas Valle	1.72m	4

Women Long Jump Senior

Name	Year School	Finals	Points
1 Vincic, Kristina	Ancaster Hig	4.82m	6
2 Hayter, Vivien	Westmount S.	4.73m	4
3 Haan, Isabelle	Hamilton Dis	4.45m	3
4 Scholtens, Ava	Guido de Bre	4.09m	2
5 Lee, Maya	Westdale S.S	4.05m	1
6 Sutherland-Case, Maeve	Sherwood S.S	4.02m	
7 Nelson, Jaeda	Bernie Custi	3.76m	
8 Hordyk, Olivia	Guido de Bre	3.69m	
9 Bailey, Siena	Orchard Park	3.49m	
10 Speziale, Charlotte	Sherwood S.S	3.40m	
11 Schlechta, Iliana	Orchard Park	3.19m	
12 Oyogo, Cynthia	Bernie Custi	2.73m	
13 Lawson, Emily	Bernie Custi	2.50m	
-- Haji, Khairiya	Bernie Custi	FOUL	

Women Triple Jump Senior

Name	Year School	Finals	Points
1 Haan, Isabelle	Hamilton Dis	9.74m	6

HWIAC - Track and Field Meet - 2022-05-10**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Women Shot Put Senior**

Name	Year School	Finals	Points
1 Rong, Serena	Dundas Valle	9.15m	6
2 Speziale, Charlotte	Sherwood S.S	8.44m	4
3 Datema, Renata	Guido de Bre	7.95m	3
4 Dekker, Jenna	Guido de Bre	7.89m	2
5 Nelson, Jaeda	Bernie Custi	7.60m	1
6 Hordyk, Olivia	Guido de Bre	7.31m	
7 McDonald, Tyler	Dundas Valle	7.07m	
8 Wildeman, Katie	Dundas Valle	7.04m	
9 Cavarzan, Cali	Sherwood S.S	6.81m	
10 Linton, Cassandra	Dundas Valle	6.60m	
11 Vince, Isabella	Dundas Valle	6.09m	
12 Ikram, Rabia	Nora Francis	5.05m	

Women Discus Throw Senior

Name	Year School	Finals	Points
1 Rong, Serena	Dundas Valle	25.47m	6
2 McDonald, Tyler	Dundas Valle	25.41m	4
3 Dekker, Jenna	Guido de Bre	23.43m	3
4 Wildeman, Katie	Dundas Valle	18.63m	2
5 Deboer, Leanne	Guido de Bre	17.68m	1
6 Linton, Cassandra	Dundas Valle	15.86m	
7 Vince, Isabella	Dundas Valle	15.51m	

Women Javelin Throw Senior

Name	Year School	Finals	Points
1 Kreuger, Payton	Dundas Valle	26.33m	6
2 Deboer, Leanne	Guido de Bre	24.97m	4
3 Rong, Serena	Dundas Valle	23.65m	3
4 Hordyk, Olivia	Guido de Bre	22.94m	2
5 McDonald, Tyler	Dundas Valle	20.08m	1
6 Archibald, Mackenzie	Orchard Park	19.00m	
7 Datema, Renata	Guido de Bre	18.81m	
8 Speziale, Charlotte	Sherwood S.S	17.33m	
9 Wildeman, Katie	Dundas Valle	16.05m	
10 Matthews, Jayden	Dundas Valle	14.94m	
11 Bailey, Siena	Orchard Park	12.14m	

Women 2000 Meter Steeplechase Open

Name	Year School	Finals	Points
1 Zalepa, Hildy	Dundas Valle	8:09.00	6
2 Rotsaert-Smith, Quincy	Dundas Valle	8:27.09	4
3 Till, Mia	Westmount S.	8:57.23	3
4 Norris, Emma	Dundas Valle	9:29.61	2
5 Haalstra, Jayne	Nora Francis	10:20.31	1

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Women 4x400 Meter Relay Open

School	Finals	Points
1 Westdale S.S. - HWDSB 'A'	4:30.89	6
1) Lou, Erin	2) Keller, Florina	
3) Castillo, Karen	4) Fox, Kate	
2 Dundas Valley S.S. - HWDSB 'A'	4:47.42	4
1) Nyakundi, Sylvia	2) McCullagh, Sophia	
3) Cameron, Chloe	4) Rotsaert-Smith, Quincy	
3 Sherwood S.S. - HWDSB 'A'	4:55.51	3
1) Atkinson, Chloe	2) Jarrett, Gwenyth	
3) Faulkner, Moira	4) Sutherland-Case, Maeve	
4 Nora Francis Henderson S.S. - 'A'	5:00.02	2
5 Guido de Bres C.H.S - HWDSB 'A'	5:00.66	1
1) Dejager, Nicole	2) Scholtens, Ava	
3) Lof, Marissa	4) Datema, Clara	

Women 100 Meter Dash Intellectually Imp

Name	Year School	Finals	Points
1 Hudgins, Lillyanne	Westdale S.S	17.73	6

Men 100 Meter Dash Novice

Name	Year School	Prelims	H#
Preliminaries			
1 Wagter, Brad	Hamilton Dis	12.33q	2
2 Alsop, Ian	Dundas Valle	12.51q	4
2 Granger, Joshua	Bernie Custi	12.51q	1
4 Morris, Elijah	Hamilton Dis	12.81q	3
5 Stephan, Ryan	Sherwood S.S	12.91q	4
6 Herron, Daniel	Westmount S.	12.93q	1
7 Friesen, Josiah	Sir Allan Ma	13.14q	4
8 Watkins, Wyatt	Waterdown Di	13.16q	2
9 Xu, William	Dundas Valle	13.21	3
10 Park, Abraham	Westdale S.S	13.33	2
11 Brown, Mekhai	Nora Francis	13.40	2
12 Versteeg, Philip	Westdale S.S	13.44	4
12 Lanting, John	Guido de Bre	13.44	3
14 Pedro, Bethel	Sir Allan Ma	13.53	3
14 Mbuta, Emanuel	Sir Winston	13.53	1
16 Frketich, Nate	Westmount S.	13.64	3
17 Hedden, Nicholas	Sherwood S.S	14.07	2
18 Go, Ghabrylle	Sherwood S.S	14.12	1
19 Katzirz, Noah	Sir Allan Ma	14.16	1
20 Kennedy, Griffen	Nora Francis	14.17	1
21 Anderson, David	Saltfleet Di	14.56	4
22 Finlayson, Robert	Sherwood S.S	14.90	2
23 Tran, Chucky	Bernie Custi	15.81	4
24 Burke, Connor	Sir Winston	16.23	2
25 Pergentile, Jorryn	Sherwood S.S	16.89	3

HWIAC - Track and Field Meet - 2022-05-10**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 100 Meter Dash Novice**

Name	Year School	Finals	Points
Finals			
1 Wagter, Brad	Hamilton Dis	11.99	6
2 Granger, Joshua	Bernie Custi	12.13	4
3 Alsop, Ian	Dundas Valle	12.16	3
4 Stephian, Ryan	Sherwood S.S	12.36	2
5 Morris, Elijah	Hamilton Dis	12.51	1
6 Friesen, Josiah	Sir Allan Ma	12.79	
7 Herron, Daniel	Westmount S.	12.83	
8 Watkins, Wyatt	Waterdown Di	12.94	

Men 200 Meter Dash Novice

Name	Year School	Finals	H#	Points
1 Alsop, Ian	Dundas Valle	25.23	4	6
2 Granger, Joshua	Bernie Custi	25.58	2	4
3 Morris, Elijah	Hamilton Dis	25.95	4	3
4 Lanting, John	Guido de Bre	26.25	4	2
5 Friesen, Josiah	Sir Allan Ma	26.41	2	1
6 Watkins, Wyatt	Waterdown Di	26.72	1	
7 Park, Abraham	Westdale S.S	26.84	4	
8 Brown, Mekhai	Nora Francis	26.89	2	
9 Frketich, Nate	Westmount S.	27.14	2	
10 Park, David	Westdale S.S	27.57	3	
11 Jn Marie, Tyrell	Sir Winston	27.76	3	
12 Mbuta, Emanuel	Sir Winston	27.80	4	
13 Go, Ghabrylle	Sherwood S.S	28.28	3	
14 Kyereme, Isac	Sir Winston	29.12	3	
15 Hedden, Nicholas	Sherwood S.S	29.21	3	
16 Katzirz, Noah	Sir Allan Ma	29.89	3	
17 Burke, Connor	Sir Winston	32.12	1	
18 Miller, Isaac	Hamilton Dis	33.52	4	

Men 400 Meter Dash Novice

Name	Year School	Finals	H#	Points
1 Amoo, Deon	Nora Francis	58.39	3	6
2 Xu, William	Dundas Valle	59.08	3	4
3 Bolanos-Bonilla, Martin	Sherwood S.S	59.21	2	3
4 Friesen, Josiah	Sir Allan Ma	59.91	2	2
5 Watkins, Wyatt	Waterdown Di	1:01.01	1	1
6 Hagen, Isaac	Hamilton Dis	1:02.36	1	
7 Ludwig, Zack	Guido de Bre	1:04.46	2	
8 Herron, Daniel	Westmount S.	1:05.10	1	
9 Park, David	Westdale S.S	1:05.54	1	
10 Vanderwoude, Carson	Guido de Bre	1:06.47	1	
11 Finlayson, Robert	Sherwood S.S	1:07.83	1	
12 Mitha, Rehan	Sherwood S.S	1:07.98	1	
13 Dzekic, Aldin	Sir Winston	1:10.30	3	
14 Kyereme, Isac	Sir Winston	1:17.89	2	
15 Tafolla, Julius	Sherwood S.S	1:18.84	2	

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Men 800 Meter Run Novice

Name	Year School	Finals	Points
1 Topp, Kyle	Dundas Valle	2:22.90	6
2 Bolanos-Bonilla, Martin	Sherwood S.S	2:25.10	4
3 Maga, Tyrus	Dundas Valle	2:32.90	3
4 Tenhage, Davis	Guido de Bre	2:37.80	2
5 Vandam, Josh	Guido de Bre	2:38.60	1
6 Mitha, Rehan	Sherwood S.S	2:51.10	
7 Tafolla, Julius	Sherwood S.S	2:57.50	
8 Dzekic, Aldin	Sir Winston	3:03.30	

Men 1500 Meter Run Novice

Name	Year School	Finals	Points
1 Hagen, Isaac	Hamilton Dis	4:54.36	6
2 Maga, Tyrus	Dundas Valle	4:55.26	4
3 Thomas, Luke	Westmount S.	4:59.35	3
4 Topp, Kyle	Dundas Valle	5:04.61	2
5 Davidson, Justin	Ancaster Hig	5:11.08	1
6 Vandam, Josh	Guido de Bre	5:13.68	
7 Ludwig, Zack	Guido de Bre	5:27.55	
8 Tenhage, Davis	Guido de Bre	5:31.11	
9 Desai, Saagar	Ancaster Hig	5:31.64	
10 Brittain, Thomas	Dundas Valle	5:35.06	
11 Pergentile, Jorryn	Sherwood S.S	5:59.71	

Men 3000 Meter Run Novice

Name	Year School	Finals	Points
1 Thomas, Luke	Westmount S.	11:12.45	6
2 Aird, Alec	Westdale S.S	11:40.94	4
3 Davidson, Justin	Ancaster Hig	11:58.32	3
4 Desai, Saagar	Ancaster Hig	12:20.49	2
5 Brittain, Thomas	Dundas Valle	12:21.22	1
6 Piper-Merrit, Justin	Westdale S.S	12:21.34	

Men 100 Meter Hurdles Novice

Name	Year School	Finals	Points
1 Frketich, Nate	Westmount S.	18.26	6

Men 4x100 Meter Relay Novice

School	Finals	Points
1 Hamilton District C.H.S. - HWD 'A'	51.72	6
1) Morris, Elijah		
2) Schuit, Judah		
3) Wagter, Brad		
4) Hagen, Isaac		
2 Dundas Valley S.S. - HWDSB 'A'	52.91	4
1) Alsop, Ian		
2) Topp, Kyle		
3) Xu, William		
4) Boyington, Tyler		

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3	Guido de Bres C.H.S - HWDSB 'A'	55.04	3
	1) Lanting, John	2) Harsevoort, Isaiah	
	3) Vanderwoude, Carson	4) Ludwig, Zack	
4	Sherwood S.S. - HWDSB 'A'	1:00.53	2
	1) Bolanos-Bonilla, Martin	2) Go, Ghabrylle	
	3) Hedden, Nicholas	4) Finlayson, Robert	

Men High Jump Novice

Name	Year School	Finals	Points
1	Granger, Joshua	Bernie Custi	1.60m 6
2	Ludwig, Zack	Guido de Bre	1.55m 4
3	Elgersma, Bryce	Hamilton Dis	1.50m 3
4	Vanderwoude, Carson	Guido de Bre	1.45m 2
5	Vanberkel, Ethan	Hamilton Dis	1.40m 1

Men Pole Vault Novice

Name	Year School	Finals	Points
1	Brittain, Thomas	Dundas Valle	1.42m 6

Men Long Jump Novice

Name	Year School	Finals	Points
1	Alsop, Ian	Dundas Valle	6.11m 6
2	Schuit, Judah	Hamilton Dis	4.61m 4
3	Vanberkel, Ethan	Hamilton Dis	4.55m 3
4	Hedden, Nicholas	Sherwood S.S	4.27m 2
5	Elgersma, Bryce	Hamilton Dis	4.11m 1
6	Harsevoort, Isaiah	Guido de Bre	3.85m
7	Degelder, Landen	Guido de Bre	3.55m
8	Dennis, Even	Westdale S.S	3.25m
9	Tran, Chucky	Bernie Custi	2.96m
10	Piper-Merrit, Justin	Westdale S.S	2.21m

Men Triple Jump Novice

Name	Year School	Finals	Points
1	Wagter, Brad	Hamilton Dis	10.17m 6
2	Schuit, Judah	Hamilton Dis	9.71m 4
3	Miller, Isaac	Hamilton Dis	7.49m 3

Men Shot Put Novice

Name	Year School	Finals	Points
1	Degelder, Landen	Guido de Bre	9.54m 6
2	Stephian, Ryan	Sherwood S.S	9.53m 4
3	Schulenberg, Jonas	Guido de Bre	9.33m 3
4	Thomson-Barwell, Drake	Sir Winston	9.11m 2

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5	Andree, Cameron	Dundas Valle	9.08m	1
6	Boyington, Tyler	Dundas Valle	8.73m	
7	Schoeman, Travis	Dundas Valle	7.91m	
8	Dreise, Ethan	Hamilton Dis	7.41m	

Men Discus Throw Novice

Name	Year	School	Finals	Points
1	Boyington, Tyler	Dundas Valle	30.54m	6
2	Andree, Cameron	Dundas Valle	27.62m	4
3	Schulenberg, Jonas	Guido de Bre	27.43m	3
4	Schoeman, Travis	Dundas Valle	25.21m	2
5	Degelder, Landen	Guido de Bre	22.73m	1
6	Dreise, Ethan	Hamilton Dis	17.02m	

Men Javelin Throw Novice

Name	Year	School	Finals	Points
1	Andree, Cameron	Dundas Valle	39.08m	6
2	Schoeman, Travis	Dundas Valle	35.69m	4
3	Ortwein, Rowan	Dundas Valle	32.54m	3
4	Lanting, John	Guido de Bre	32.50m	2
5	Boyington, Tyler	Dundas Valle	32.49m	1
6	Harsevoort, Isaiah	Guido de Bre	26.09m	
7	Schulenberg, Jonas	Guido de Bre	23.56m	
8	Park, Abraham	Westdale S.S	22.85m	
9	Miller, William	Hamilton Dis	17.58m	
10	Dreise, Ethan	Hamilton Dis	16.36m	
11	Miller, Isaac	Hamilton Dis	15.60m	
12	Piper-Merrit, Justin	Westdale S.S	13.92m	

Men 100 Meter Dash Junior

Name	Year	School	Prelims	H#
Preliminaries				
1	Demirci, Darius	Sherwood S.S	12.13q	1
2	Divincenzo, Alex	Dundas Valle	12.44q	3
3	Verschoor, Josh	Dundas Valle	12.86q	1
4	Parashis, Spiro	Westdale S.S	13.15q	1
5	Whyte, Dashawn	Sherwood S.S	13.16q	2
6	Tutt, Sean	Dundas Valle	13.18q	2
7	Cowell, Austin	Ancaster Hig	13.41q	3
8	Alvarez, Aaron	Sir Winston	13.44q	3
9	Duyar, Kaya	Saltfleet Di	13.51	2
10	Hassel, Zane	Dundas Valle	13.54	1
11	Sherwood, Karson	Dundas Valle	13.79	3
12	Hinsey, Elvaro	Orchard Park	14.08	3
13	Hto, Robbie	Westdale S.S	14.44	3
14	Cherian, Ryan	Sherwood S.S	14.75	3
15	Walsom, Nathaniel	Westdale S.S	15.04	2

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Name	Year School	Finals	Points
Finals			
1 Demirci, Darius	Sherwood S.S	11.80	6
2 Divincenzo, Alex	Dundas Valle	12.05	4
3 Verschoor, Josh	Dundas Valle	12.53	3
4 Tutt, Sean	Dundas Valle	12.78	2
5 Cowell, Austin	Ancaster Hig	12.82	1
6 Parashis, Spiro	Westdale S.S	12.91	
7 Alvarez, Aaron	Sir Winston	13.10	
8 Whyte, Dashawn	Sherwood S.S	13.16	

Men 200 Meter Dash Junior

Name	Year School	Finals	H#	Points
1 Demirci, Darius	Sherwood S.S	24.26	2	6
2 Divincenzo, Alex	Dundas Valle	25.24	3	4
3 Vandenheuvel, Martin	Dundas Valle	25.96	3	3
4 Elhag, Nasir	Sherwood S.S	26.09	2	2
5 Hinsey, Elvaro	Orchard Park	26.86	3	1
6 Strating, Ashton	Guido de Bre	27.21	3	
7 Parashis, Spiro	Westdale S.S	27.40	1	
8 Rapson, Wyatt	Dundas Valle	28.16	3	
9 Sherwood, Karson	Dundas Valle	28.18	3	
10 Duyar, Kaya	Saltfleet Di	28.49	1	
11 Hto, Robbie	Westdale S.S	29.88	1	

Men 400 Meter Dash Junior

Name	Year School	Finals	H#	Points
1 Sulentic, Kai	Dundas Valle	57.81	2	6
2 Vandenheuvel, Martin	Dundas Valle	1:00.14	2	4
3 Rapson, Wyatt	Dundas Valle	1:02.97	2	3
4 Clarke, Brennan	Dundas Valle	1:05.66	2	2
5 Parashis, Spiro	Westdale S.S	1:09.60	1	1
6 Sadiki, Merci	Bernie Custi	1:20.64	2	

Men 800 Meter Run Junior

Name	Year School	Finals	Points
1 Ledger, Cohen	Dundas Valle	2:11.50	6
2 Thompson, Iain	Dundas Valle	2:14.90	4
3 Rust, James	Hamilton Dis	2:20.40	3
4 Rust, Paul	Hamilton Dis	2:21.00	2
5 Sulentic, Kai	Dundas Valle	2:23.40	1
6 Devries, Eli	Guido de Bre	2:39.90	
7 Smith, Kael	Sir Winston	3:00.20	

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Men 1500 Meter Run Junior

Name	Year School	Finals	Points
1 Thompson, Iain	Dundas Valle	4:26.82	6
2 Ledger, Cohen	Dundas Valle	4:28.29	4
3 Rust, James	Hamilton Dis	4:51.01	3
4 Spring, Thomas	Waterdown Di	4:53.49	2
5 Rust, Paul	Hamilton Dis	4:56.35	1
6 Stoddart, Holden	Ancaster Hig	5:04.69	
7 Devries, Eli	Guido de Bre	5:33.99	
8 Kersley, Caleb	Saltfleet Di	5:34.74	
9 Chrysler, Owen	Sherwood S.S	5:56.48	
10 Smith, Kael	Sir Winston	6:16.55	

Men 3000 Meter Run Junior

Name	Year School	Finals	Points
1 Thompson, Iain	Dundas Valle	9:35.34	6
2 Stoddart, Holden	Ancaster Hig	11:56.23	4
3 Chrysler, Owen	Sherwood S.S	13:53.86	3

Men 100 Meter Hurdles Junior

Name	Year School	Finals	Points
1 Hassel, Zane	Dundas Valle	20.59	6

Men 300 Meter Hurdles Junior

Name	Year School	Finals	Points
1 Clarke, Brennan	Dundas Valle	49.88	6
2 Strating, Ashton	Guido de Bre	50.40	4
3 Stoddart, Holden	Ancaster Hig	50.79	3

Men 4x100 Meter Relay Junior

School	Finals	Points
1 Sherwood S.S. - HWDSB 'A'	49.49	6
1) Demirci, Darius		
2) Whyte, Dashawn		
3) Elhag, Nasir		
4) Stephian, Ryan		
2 Dundas Valley S.S. - HWDSB 'A'	50.01	4
1) Divincenzo, Alex		
2) Verschoor, Josh		
3) Tutt, Sean		
4) Hassel, Zane		
3 Guido de Bres C.H.S - HWDSB 'A'	52.00	3
1) Strating, Ashton		
2) Blokker, Robert		
3) Harsevoort, Jonah		
4) Vandaaselar, Ben		

Men High Jump Junior

Name	Year School	Finals	Points
1 Verschoor, Josh	Dundas Valle	J1.55m	6

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2	Vandaaselar, Ben	Guido de Bre	J1.55m	4
3	Blokker, Robert	Guido de Bre	J1.50m	2.50
3	Smith, Fisher	Sherwood S.S	J1.50m	2.50

Men Long Jump Junior

Name	Year	School	Finals	Points
1	Verschoor, Josh	Dundas Valle	5.18m	6
2	Harsevoort, Jonah	Guido de Bre	4.96m	4
3	Blokker, Robert	Guido de Bre	4.74m	3
4	Elhag, Nasir	Sherwood S.S	4.69m	2
5	Cowell, Austin	Ancaster Hig	4.35m	1
6	Hinsey, Elvaro	Orchard Park	3.84m	
7	Cherian, Ryan	Sherwood S.S	3.02m	
8	Felgner, Jack	Sherwood S.S	2.93m	

Men Triple Jump Junior

Name	Year	School	Finals	Points
1	Vandaaselar, Ben	Guido de Bre	10.81m	6
2	Strating, Ashton	Guido de Bre	10.27m	4

Men Shot Put Junior

Name	Year	School	Finals	Points
1	Miller, Brett	Saltfleet Di	13.94m	6
2	Tutt, Sean	Dundas Valle	12.23m	4
3	Bartels, Will	Guido de Bre	11.34m	3
4	Bartels, Sam	Guido de Bre	11.13m	2
5	Stevens, Sam	Waterdown Di	10.94m	1
6	Ben, Wark	Westdale S.S	9.88m	
7	Felgner, Jack	Sherwood S.S	9.54m	

Men Discus Throw Junior

Name	Year	School	Finals	Points
1	Bartels, Sam	Guido de Bre	27.33m	6
2	Bartels, Will	Guido de Bre	25.19m	4

Men Javelin Throw Junior

Name	Year	School	Finals	Points
1	Ben, Wark	Westdale S.S	35.53m	6
2	Tutt, Sean	Dundas Valle	31.85m	4
3	Vandaaselar, Ben	Guido de Bre	29.94m	3
4	Bartels, Sam	Guido de Bre	23.71m	2
5	Bartels, Will	Guido de Bre	22.44m	1

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Name	Year School	Prelims	H#
Preliminaries			
1 Banfield, Jack	Westmount S.	11.20q	5
2 Guerrero, Edward	Nora Francis	11.66q	1
3 Stechey, Joseph	Ancaster Hig	11.70q	4
4 Nelson, Quintin	Ancaster Hig	11.85q	2
5 Clark, Drew	Westmount S.	11.88q	4
6 Bailey, Judah	Westmount S.	11.94q	3
7 Burch, Joel	Sir Allan Ma	12.03q	3
8 Frketich, Matthew	Westmount S.	12.11q	4
9 John, Emmanuel	Ancaster Hig	12.15	5
10 Gimple, William	Waterdown Di	12.28	2
11 Sanson, Liam	Orchard Park	12.32	4
12 Schulenberg, Nate	Guido de Bre	12.39	3
13 Leistra, Joel	Guido de Bre	12.55	4
14 Simon, Ndama	Bernie Custi	12.63	1
15 Caplice, Nole	Ancaster Hig	12.65	1
16 Bontekoe, Reuben	Guido de Bre	12.78	1
17 Hernandez, Ezequiel	Nora Francis	12.83	2
18 Kasweka, Djese	Guido de Bre	12.86	5
19 Sanidas, Austin	Westdale S.S	12.96	1
20 Mann, Kyle	Dundas Valle	13.01	3
21 Nsabuga, Abdul	Sir Allan Ma	13.04	5
22 Chithalen, Preston	Sherwood S.S	13.10	2
23 Morarescu, Andy	Westdale S.S	13.18	2
24 Owusu-Ansah, Omare	Nora Francis	13.49	3
25 Mlekuz, Sebastian	Sir Allan Ma	13.52	2
26 Liang, Teddy	Westmount S.	13.83	2
27 Irumva, Thierry	Sherwood S.S	14.03	1
27 Asadi, Mahmoud	Saltfleet Di	14.03	4
29 Reid, Mckay	Bernie Custi	14.12	2
30 Say, Plae	Bernie Custi	14.13	3
31 McManus, Desmond	Sir Allan Ma	14.81	1
32 McPherson, Lucas	Sherwood S.S	15.27	3
-- Soliman, Joseph	Waterdown Di	DNF	4

Men 100 Meter Dash Senior

Name	Year School	Finals	Points
Finals			
1 Banfield, Jack	Westmount S.	11.05	6
2 Guerrero, Edward	Nora Francis	11.28	4
3 Nelson, Quintin	Ancaster Hig	11.39	3
4 Bailey, Judah	Westmount S.	11.55	2
5 Burch, Joel	Sir Allan Ma	11.65	1
6 Stechey, Joseph	Ancaster Hig	11.70	
7 Frketich, Matthew	Westmount S.	11.83	
8 Clark, Drew	Westmount S.	11.88	

HWIAC - Track and Field Meet - 2022-05-10**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 200 Meter Dash Senior**

Name	Year School	Finals	H#	Points
1 Banfield, Jack	Westmount S.	22.49	5	6
2 Dezoete, Justin	Westmount S.	22.91	5	4
3 Guerrero, Edward	Nora Francis	23.33	1	3
4 Stechey, Joseph	Ancaster Hig	23.89	5	2
5 Nelson, Quintin	Ancaster Hig	24.21	5	1
6 Schulenberg, Nate	Guido de Bre	24.25	5	
7 Gimple, William	Waterdown Di	24.47	3	
8 Frketich, Matthew	Westmount S.	24.71	4	
9 Ewen, Daniel	Dundas Valle	24.85	4	
10 Bontekoe, Reuben	Guido de Bre	25.60	5	
11 Leistra, Mark	Guido de Bre	25.65	1	
12 John, Emmanuel	Ancaster Hig	25.66	2	
13 McDonald, Noah	Waterdown Di	26.02	3	
14 Shaughnessy, Cameron	Ancaster Hig	26.10	2	
15 Moelker, Brian	Dundas Valle	26.12	5	
16 Sansom, Liam	Orchard Park	26.14	4	
17 Sanidas, Austin	Westdale S.S	26.34	2	
18 Morarescu, Andy	Westdale S.S	26.53	3	
19 Hernandez, Ezequiel	Nora Francis	26.55	3	
20 Owusu-Ansah, Omare	Nora Francis	27.03	3	
21 Tyrell, Craig	Sherwood S.S	27.29	1	
22 Morris, Cameron	Waterdown Di	27.38	2	
23 Nsabuga, Abdul	Sir Allan Ma	27.39	3	
24 Saleh, Yassin	Bernie Custi	27.64	4	
25 Pasternak, Emmanuel	Westdale S.S	28.02	1	
26 Reid, Mckay	Bernie Custi	28.59	3	
27 Hoskins, Jack	Saltfleet Di	37.32	2	

Men 400 Meter Dash Senior

Name	Year School	Finals	H#	Points
1 Dezoete, Justin	Westmount S.	52.00	4	6
2 Stechey, Joseph	Ancaster Hig	54.21	4	4
3 Coleman, Connor	Ancaster Hig	55.94	3	3
4 Norton, Cooper	Orchard Park	56.14	4	2
5 Ewen, Daniel	Dundas Valle	57.23	4	1
6 Simon, Ndama	Bernie Custi	57.80	1	
7 Mills, Oskar	Ancaster Hig	58.50	2	
8 McDonald, Noah	Waterdown Di	1:00.20	1	
9 Moelker, Brian	Dundas Valle	1:01.20	4	
10 Mwangi, Craig	Ancaster Hig	1:02.00	1	
11 Vanraalte, Daniel	Guido de Bre	1:02.66	3	
12 Mlekuz, Sebastian	Sir Allan Ma	1:02.96	2	
13 Reid, Mckay	Bernie Custi	1:05.30	1	
14 Ljucovic, Cole	Dundas Valle	1:06.28	4	
15 Pasternak, Emmanuel	Westdale S.S	1:06.71	2	
16 Vanderboom, Matt	Guido de Bre	1:06.86	4	
17 Vanraalte, Matt	Guido de Bre	1:07.89	3	
18 Sellens, John	Westdale S.S	1:08.90	2	
19 Pynckel, Christian	Westdale S.S	1:13.19	3	
20 Hoskins, Jack	Saltfleet Di	1:14.40	1	

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Name	Year School	Finals	Points
1 Lackhanpal, Porter	Westmount S.	2:12.22	6
2 Norton, Cooper	Orchard Park	2:12.72	4
3 Coleman, Connor	Ancaster Hig	2:17.35	3
4 McDonald, Noah	Waterdown Di	2:21.67	2
5 Filman, Lex	Saltfleet Di	2:22.00	1
6 Chu, Daniel	Ancaster Hig	2:24.23	
7 Mills, Oskar	Ancaster Hig	2:25.38	
8 Renwick, Alex	Dundas Valle	2:27.24	
9 Wright, Adam	Dundas Valle	2:32.81	
10 Ljucovic, Cole	Dundas Valle	2:40.64	
11 Filman, Lochlan	Saltfleet Di	2:45.56	
12 Van Der Walt, Christophe	Hamilton Dis	2:51.68	

Men 1500 Meter Run Senior

Name	Year School	Finals	H#	Points
1 Keller, Ben	Westdale S.S	4:25.88	2	6
2 Lakhanpal, Porter	Westmount S.	4:35.96	1	4
3 Lanting, Albert	Guido de Bre	4:42.35	1	3
4 Mills, Oskar	Ancaster Hig	4:49.52	1	2
5 Saleh, Yassin	Bernie Custi	4:50.66	2	1
6 Chithalen, Preston	Sherwood S.S	4:52.66	2	
7 Coleman, Connor	Ancaster Hig	4:52.92	1	
8 Wilson, Aiden	Waterdown Di	4:55.66	2	
9 Filman, Lex	Saltfleet Di	5:01.55	1	
10 Chu, Daniel	Ancaster Hig	5:02.77	2	
11 Ciaglia, Luca	Hamilton Dis	5:03.73	2	
12 Beresh, Owen	Saltfleet Di	5:04.08	1	
13 Cavanagh, Ben	Ancaster Hig	5:07.70	1	
14 Renwick, Alex	Dundas Valle	5:11.66	2	
15 Heemskerck, Simon	Guido de Bre	5:11.69	1	
15 Wright, Adam	Dundas Valle	5:11.69	2	
17 Pasternak, Emmanuel	Westdale S.S	5:16.35	1	
18 Tyrell, Craig	Sherwood S.S	5:18.20	2	
19 Martin, Nathan	Westmount S.	5:30.13	1	
20 Beattie, Dylan	Sir Allan Ma	5:33.55	1	
21 Hauser, Anton	Westdale S.S	5:39.57	2	
22 Vandenberg, Josh	Guido de Bre	5:47.28	2	
23 Filman, Lochlan	Saltfleet Di	5:55.82	1	
24 Van Der Walt, Christophe	Hamilton Dis	6:08.95	2	
25 Alrajab, Omer	Bernie Custi	6:13.87	2	
26 Say, Plae	Bernie Custi	6:31.70	2	

Men 3000 Meter Run Senior

Name	Year School	Finals	Points
1 Keller, Ben	Westdale S.S	9:24.89	6
2 Deighton, Foster	Dundas Valle	9:57.37	4
3 Lanting, Albert	Guido de Bre	9:58.56	3
4 Neary, Bryce	Dundas Valle	10:23.35	2

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....Men 3000 Meter Run Senior

5	Ciaglia, Luca	Hamilton Dis	11:07.15	1
6	Simon, Ndama	Bernie Custi	11:34.39	
7	Beresh, Owen	Saltfleet Di	11:34.84	
8	Cavanagh, Ben	Ancaster Hig	11:49.96	
9	Heemskerck, Simon	Guido de Bre	12:02.78	
10	Martin, Nathan	Westmount S.	12:05.35	
11	Kirdimir, Aydin	Dundas Valle	12:29.64	

Men 110 Meter Hurdles Senior

Name	Year	School	Finals	Points
1	Alsop, Luke	Dundas Valle	17.41	6
2	Leistra, Mark	Guido de Bre	18.69	4
3	Lavoie, Asher	Westmount S.	20.21	3
4	He, Conrad	Westmount S.	20.82	2
5	Shaughnessy, Cameron	Ancaster Hig	21.31	1
6	Neiterman, Ben	Dundas Valle	22.13	

Men 400 Meter Hurdles Senior

Name	Year	School	Finals	Points
1	Alsop, Luke	Dundas Valle	1:09.97	6
2	John, Emmanuel	Ancaster Hig	1:23.91	4

Men 4x100 Meter Relay Senior

School	Finals	Points
1 Westmount S.S. - HWDSB 'A'	45.91	6
1) Erketich, Matthew		
2) Clark, Drew		
3) Bailey, Judah		
4) Banfield, Jack		
2 Ancaster High School - HWDSB 'A'	47.12	4
1) Stechey, Joseph		
2) John, Emmanuel		
3) Nelson, Quintin		
4) Caplice, Nole		
3 Guido de Bres C.H.S - HWDSB 'A'	48.50	3
1) Leistra, Joel		
2) Schulenberg, Nate		
3) Bontekoe, Reuben		
4) Vanraalte, Daniel		
4 Nora Francis Henderson S.S. - 'A'	48.89	2
5 Dundas Valley S.S. - HWDSB 'A'	49.21	1
6 Waterdown District - HWDSB 'A'	49.93	
7 Bernie Custis S.S. - HWDSB 'A'	52.21	
1) Reid, Mckay		
2) Say, Plae		
3) Simon, Ndama		
4) Saleh, Yassin		
8 Sherwood S.S. - HWDSB 'A'	52.38	
1) Chithalen, Preston		
2) Tyrrell, Craig		
3) Irumva, Thierry		
4) McPherson, Lucas		

Men High Jump Senior

Name	Year	School	Finals	Points
1	Leistra, Joel	Guido de Bre	1.65m	6

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2	Bartels, Isaac	Guido de Bre	1.60m	4
3	Ciona, Alex	Hamilton Dis	1.55m	3

Men Pole Vault Senior

Name	Year	School	Finals	Points
1	Neary, Bryce	Dundas Valle	2.32m	6

Men Long Jump Senior

Name	Year	School	Finals	Points
1	Burch, Joel	Sir Allan Ma	5.64m	6
2	Finucan, Jonah	Ancaster Hig	5.39m	4
3	Schulenberg, Nate	Guido de Bre	5.34m	3
4	Vanraalte, Daniel	Guido de Bre	5.08m	2
5	Leistra, Mark	Guido de Bre	4.87m	1
6	He, Conrad	Westmount S.	4.80m	
6	Brouwer, Ryan	Hamilton Dis	4.80m	
8	Ciona, Alex	Hamilton Dis	4.79m	
9	Mwangi, Craig	Ancaster Hig	4.64m	
10	Sansom, Liam	Orchard Park	4.56m	
11	Shaughnessy, Cameron	Ancaster Hig	4.44m	
12	Liang, Teddy	Westmount S.	3.75m	
13	McPherson, Lucas	Sherwood S.S	3.72m	

Men Triple Jump Senior

Name	Year	School	Finals	Points
1	Leistra, Joel	Guido de Bre	11.48m	6
2	Brouwer, Ryan	Hamilton Dis	11.10m	4
3	Vanraalte, Daniel	Guido de Bre	11.08m	3
4	Finucan, Jonah	Ancaster Hig	10.92m	2
5	Kasweka, Djese	Guido de Bre	10.77m	1
6	Ciona, Alex	Hamilton Dis	10.47m	
7	Mwangi, Craig	Ancaster Hig	9.73m	

Men Shot Put Senior

Name	Year	School	Finals	Points
1	Newitt, Ethan	Dundas Valle	11.06m	6
2	Bontekoe, Reuben	Guido de Bre	10.65m	4
3	Bartels, Isaac	Guido de Bre	10.56m	3
4	Bartels, Tyler	Guido de Bre	9.78m	2
5	Mans, Connor	Guido de Bre	9.68m	1
6	Mlekuz, Sebastian	Sir Allan Ma	9.64m	
7	Sorenson, Hudson	Dundas Valle	9.51m	
8	Ho, Jeremy	Westmount S.	8.92m	
9	Lavoie, Asher	Westmount S.	8.51m	
10	Thomas, Isaiah	Sir Winston	8.41m	
11	Chung, Sasha	Westmount S.	8.36m	

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12 Breukelman, Ethan	Hamilton Dis	7.14m
13 Sellens, John	Westdale S.S	6.65m

Men Discus Throw Senior

Name	Year School	Finals	Points
1 Timmerman, Gideon	Guido de Bre	26.43m	6
2 Newitt, Ethan	Dundas Valle	24.21m	4
3 Sorenson, Hudson	Dundas Valle	23.85m	3
4 Ewen, Dylan	Dundas Valle	23.51m	2
5 Mans, Connor	Guido de Bre	22.65m	1
6 Vanderboom, Matt	Guido de Bre	18.85m	
7 Neiterman, Ben	Dundas Valle	16.34m	
8 Breukelman, Ethan	Hamilton Dis	15.78m	
-- Longo, Juancarlos	Dundas Valle	FOUL	
-- Ho, Jeremy	Westmount S.	FOUL	

Men Javelin Throw Senior

Name	Year School	Finals	Points
1 Bartels, Tyler	Guido de Bre	41.15m	6
2 Kasweka, Djese	Guido de Bre	34.70m	4
3 Timmerman, Gideon	Guido de Bre	31.75m	3
4 Sorenson, Hudson	Dundas Valle	31.70m	2
5 Lavoie, Asher	Westmount S.	30.15m	1
6 Chung, Sasha	Westmount S.	28.78m	
7 Ewen, Dylan	Dundas Valle	27.95m	
8 Pynckel, Christian	Westdale S.S	22.58m	
-- Sellens, John	Westdale S.S	DQ	
-- Ho, Jeremy	Westmount S.	DQ	
-- Newitt, Ethan	Dundas Valle	DQ	
-- Breukelman, Ethan	Hamilton Dis	DQ	
-- Longo, Juancarlos	Dundas Valle	DQ	
-- Thomas, Isaiah	Sir Winston	DQ	
-- Murphy, Calvin	Sir Winston	DQ	
-- Ferenc, Dave	Sir Winston	DQ	

Men 2000 Meter Steeplechase Open

Name	Year School	Finals	Points
1 Deighton, Foster	Dundas Valle	7:12.05	6
2 Neary, Bryce	Dundas Valle	7:43.86	4
3 Smith, Fisher	Sherwood S.S	8:50.41	3
4 Kirdimir, Aydin	Dundas Valle	9:08.48	2
5 Mitha, Rehan	Sherwood S.S	10:34.89	1

Men 4x400 Meter Relay Open

School	Finals	Points
1 Dundas Valley S.S. - HWDSB 'A'	4:06.99	6

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....Men 4x400 Meter Relay Open

1) Ledger, Cohen	2) Ewen, Daniel		
3) Thompson, Iain	4) Vandenheuvel, Martin		
2 Guido de Bres C.H.S - HWDSB 'A'		4:14.32	4
1) Lanting, Albert	2) Leistra, Joel		
3) Vanraalte, Daniel	4) Bontekoe, Reuben		
3 Westdale S.S. - HWDSB 'A'		4:46.68	3
1) Keller, Ben	2) Parashis, Spiro		
3) Pynckel, Christian	4) Hto, Robbie		

Men 100 Meter Dash Intellectually Imp

Name	Year School	Finals	Points
1 Gill, Jacob	Westdale S.S	14.40	6
2 Gerdingh, Parker	Orchard Park	16.26	4
3 Omre, Jagur	Westdale S.S	17.25	3
4 Ploughman, Brandan	Westdale S.S	18.04	2

Men 800 Meter Run Intellectually Imp

Name	Year School	Finals	Points
1 Gerdingh, Parker	Orchard Park	3:16.90	6