

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Women 100 Meter Dash Novice**

Name	School	Prelims	H#
Preliminaries			
1 Graveshande, Simone	Westdale S.S. - HWDSB	13.34 q	1
2 Mohart, Gabrielle	Dundas Valley S.S. - HWDSB	13.56 q	2
3 Bower, Olivia	Ancaster High School - HWDSB	13.57 q	3
4 Van Doorn, Holly	Orchard Park S.S. - HWDSB	13.62 q	2
5 Ellie, Stevens	Westdale S.S. - HWDSB	13.80 q	5
6 Headley, Leilah	Waterdown District - HWDSB	13.86 q	5
7 Banfield, Mackenna	Saltfleet District - HWDSB	13.89 q	5
8 Kent, Hannah	Saltfleet District - HWDSB	13.94 q	4
9 Lazenby, Lauren	Ancaster High School - HWDSB	13.98	7
10 Brukker, Gabriella	Dundas Valley S.S. - HWDSB	14.00	7
11 Bekendam, Analise	Hamilton District C.H.S. - HWD	14.03	6
12 Rioux, Faith	Dundas Valley S.S. - HWDSB	14.12	3
13 Bartels, Kenzie	Guido de Bres C.H.S. - HWDSB	14.13	6
14 Bramwell, Alexa	Westdale S.S. - HWDSB	14.30	2
15 Bauer, Alma	Dundas Valley S.S. - HWDSB	14.37	1
16 Glenham, Addy	Sherwood S.S. - HWDSB	14.54	6
16 Thompson, Ashley	Sherwood S.S. - HWDSB	14.54	1
18 Folkens, Claudia	Westmount S.S. - HWDSB	14.70	6
19 Davenport, Evelyn	Waterdown District - HWDSB	14.76	3
20 Nottage, Taylor	Waterdown District - HWDSB	14.83	7
21 Ward, Riley	Nora Francis Henderson S.S. -	14.88	6
22 Galer, Cheyenne	Dundas Valley S.S. - HWDSB	14.95	4
23 McKenzie, Abigail	Saltfleet District - HWDSB	15.07	3
24 Tel, Zoe	Guido de Bres C.H.S. - HWDSB	15.20	4
24 Gyuro, Siena	Westmount S.S. - HWDSB	15.20	3
26 Mekenna, Reese	Glendale S.S. - HWDSB	15.35	2
27 Lamjock D'arrigo, Chol	Nora Francis Henderson S.S. -	15.46	3
28 Game, Erica	Hamilton District C.H.S. - HWD	15.53	3
29 Wilcox, Ivory	Saltfleet District - HWDSB	15.63	1
30 Perrin, Tessa	Sherwood S.S. - HWDSB	15.81	2
31 Ritchie, Evie	Westmount S.S. - HWDSB	16.00	2
32 Menassas, Calleigh	Orchard Park S.S. - HWDSB	16.02	4
33 Lenarduzzi, Hailey	Waterdown District - HWDSB	16.07	2
34 Erebowale, Racquel	Westdale S.S. - HWDSB	16.08	3
35 Graham, Briana	Glendale S.S. - HWDSB	16.11	5
36 Philip, Samantha	Sherwood S.S. - HWDSB	16.13	4
37 Berisha, Lorita	Nora Francis Henderson S.S. -	16.25	1
38 Meth, Savannah	Ancaster High School - HWDSB	16.30	6
39 Berkenbosch, Kyla	Sherwood S.S. - HWDSB	16.40	7
40 Row, Megan	Waterdown District - HWDSB	16.47	6
41 Kaur, Gurleen	Sir Allan MacNab S.S. - HWDSB	16.70	1
42 Fernandez, Jasmine	Westmount S.S. - HWDSB	16.94	4
43 Bruin, Abigail	Nora Francis Henderson S.S. -	17.01	7
44 Zimic, Naomi	Nora Francis Henderson S.S. -	17.80	5
45 Kinnaird, Ashlan	Ancaster High School - HWDSB	17.94	5

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Name	School	Finals
Finals		
1 Bower, Olivia	Ancaster High School - HWDSB	13.38
2 Graveshande, Simone	Westdale S.S. - HWDSB	13.39
3 Headley, Leilah	Waterdown District - HWDSB	13.51
4 Ellie, Stevens	Westdale S.S. - HWDSB	13.68
5 Van Doorn, Holly	Orchard Park S.S. - HWDSB	13.71
6 Mohart, Gabrielle	Dundas Valley S.S. - HWDSB	13.81
7 Kent, Hannah	Saltfleet District - HWDSB	13.89
8 Banfield, Mackenna	Saltfleet District - HWDSB	14.14

Women 200 Meter Dash Novice

Name	School	Finals	H#
Finals			
1 Graveshande, Simone	Westdale S.S. - HWDSB	26.88	5
2 Bower, Olivia	Ancaster High School - HWDSB	26.98	5
3 Lazenby, Lauren	Ancaster High School - HWDSB	28.38	3
4 Ellie, Stevens	Westdale S.S. - HWDSB	28.82	3
5 Bekendam, Analise	Hamilton District C.H.S. - HWD	29.19	2
6 Banfield, Mackenna	Saltfleet District - HWDSB	29.24	5
7 Brukker, Gabriella	Dundas Valley S.S. - HWDSB	29.47	5
8 Rioux, Faith	Dundas Valley S.S. - HWDSB	29.74	5
9 Gore, Taylor	Ancaster High School - HWDSB	29.81	2
10 Glenham, Addy	Sherwood S.S. - HWDSB	30.27	3
11 Oldejans, Naomi	Dundas Valley S.S. - HWDSB	30.46	5
12 Lamjock D'arrigo, Chol	Nora Francis Henderson S.S. -	30.72	3
13 Bernal, Tayanna	Westmount S.S. - HWDSB	30.98	4
14 Fabac, Sofia	Westmount S.S. - HWDSB	31.26	5
15 McKenzie, Abigail	Saltfleet District - HWDSB	31.28	5
15 Tel, Zoe	Guido de Bres C.H.S. - HWDSB	31.28	1
17 Galer, Cheyenne	Dundas Valley S.S. - HWDSB	31.64	1
18 Jans, Vivian	Guido de Bres C.H.S. - HWDSB	32.14	1
19 Macneil, Jane	Nora Francis Henderson S.S. -	32.99	1
20 Wilcox, Ivory	Saltfleet District - HWDSB	33.17	4
21 Mekenna, Reese	Glendale S.S. - HWDSB	33.63	2
22 Lenarduzzi, Hailey	Waterdown District - HWDSB	34.53	3
23 Hill, Madelyn	Sherwood S.S. - HWDSB	34.92	4
24 Bruin, Abigail	Nora Francis Henderson S.S. -	36.13	3
25 Asensio, Sarah	Sherwood S.S. - HWDSB	36.53	4
26 Zimic, Naomi	Nora Francis Henderson S.S. -	38.83	2
27 Rozon, Rylee	Sherwood S.S. - HWDSB	38.86	2
28 Graham, Briana	Glendale S.S. - HWDSB	58.68	1

Women 400 Meter Dash Novice

Name	School	Finals	H#
Finals			
1 Graveshande, Simone	Westdale S.S. - HWDSB	1:02.22	3
2 Bower, Olivia	Ancaster High School - HWDSB	1:03.32	3
3 Lanting, Hannah	Guido de Bres C.H.S. - HWDSB	1:04.84	3

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Women 400 Meter Dash Novice)**

Name	School	Finals	H#
4 Lazenby, Lauren	Ancaster High School - HWDSB	1:06.68	1
5 Ellie, Stevens	Westdale S.S. - HWDSB	1:09.41	2
6 Piecuch, Mya	Dundas Valley S.S. - HWDSB	1:11.02	3
7 Nottage, Taylor	Waterdown District - HWDSB	1:12.53	1
8 Roche, Kendra	Dundas Valley S.S. - HWDSB	1:13.62	3
9 Bernal, Tayanna	Westmount S.S. - HWDSB	1:14.71	3
10 McKenzie, Abigail	Saltfleet District - HWDSB	1:17.11	2
11 Taylor, Grace	Waterdown District - HWDSB	1:20.33	2
12 Berkenbosch, Kyla	Sherwood S.S. - HWDSB	1:20.56	2
13 Lee, Vivia	Westmount S.S. - HWDSB	1:25.40	3
14 Hinds, Antonique	Saltfleet District - HWDSB	1:31.04	1

Women 800 Meter Run Novice

Name	School	Finals	H#
Finals			
1 Fennema, Hailey	Orchard Park S.S. - HWDSB	2:33.00	2
2 Lanting, Hannah	Guido de Bres C.H.S - HWDSB	J2:33.20	1
3 Griffiths, Claire	Ancaster High School - HWDSB	2:50.90	1
4 Piecuch, Mya	Dundas Valley S.S. - HWDSB	2:55.00	2
5 Masse, Kaitlyn	Ancaster High School - HWDSB	2:58.00	2
6 Palmer, Nevaeh	Sherwood S.S. - HWDSB	3:00.20	1
7 Schulenberg, Peyton	Guido de Bres C.H.S - HWDSB	3:04.00	1
8 Hinrichs, Addyson	Sir Winston Churchill S.S. - H	3:04.20	1
9 Plas, Mya	Ancaster High School - HWDSB	3:07.00	2
10 Berisha, Lorita	Nora Francis Henderson S.S. -	3:10.00	2
11 Lee, Vivia	Westmount S.S. - HWDSB	3:22.00	2
12 Hinds, Antonique	Saltfleet District - HWDSB	4:17.00	2

Women 1500 Meter Run Novice

Name	School	Finals
Finals		
1 Hargreave, Marley	Westdale S.S. - HWDSB	5:16.59
2 Pribyl, Abiyella	Westdale S.S. - HWDSB	5:22.94
3 Gupta, Julia	Dundas Valley S.S. - HWDSB	5:25.71
4 Fennema, Hailey	Orchard Park S.S. - HWDSB	5:31.53
5 Deklerk, Morgan	Guido de Bres C.H.S - HWDSB	5:33.36
6 Davidon, Leah	Westdale S.S. - HWDSB	5:39.47
7 Palmer, Nevaeh	Sherwood S.S. - HWDSB	5:42.45
8 Hinrichs, Addyson	Sir Winston Churchill S.S. - H	6:12.00
9 Schulenberg, Peyton	Guido de Bres C.H.S - HWDSB	6:22.68
10 Berisha, Lorita	Nora Francis Henderson S.S. -	6:53.09
--- Baschiera, Abigail	Sherwood S.S. - HWDSB	DNF
--- Dasilva, Marieka	Guido de Bres C.H.S - HWDSB	DNF
--- Washington, Penelope	Hamilton District C.H.S. - HWD	DNF
--- Wiersma, Kay	Westmount S.S. - HWDSB	DNF
--- Needham-Robbins, Ellie	Westmount S.S. - HWDSB	DNF

HWIAC - Track and Field Meet - 5/17/2023
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results

Women 3000 Meter Run Novice

Name	School	Finals
Finals		
1 Hargreave, Marley	Westdale S.S. - HWDSB	11:05.02
2 Gupta, Julia	Dundas Valley S.S. - HWDSB	11:24.22
3 Pribyl, Abiyella	Westdale S.S. - HWDSB	11:32.66
4 Deklerk, Morgan	Guido de Bres C.H.S - HWDSB	11:53.67
5 Plas, Mya	Ancaster High School - HWDSB	13:33.22
6 Palmer, Nevaeh	Sherwood S.S. - HWDSB	13:35.73
7 Griffiths, Claire	Ancaster High School - HWDSB	13:45.43
8 Masse, Kaitlyn	Ancaster High School - HWDSB	14:07.08

Women 80 Meter Hurdles Novice

Name	School	Finals	H#
Finals			
1 Mohart, Gabrielle	Dundas Valley S.S. - HWDSB	13.39	2
2 Folkens, Claudia	Westmount S.S. - HWDSB	14.09	2
3 Van Doorn, Holly	Orchard Park S.S. - HWDSB	14.67	2
4 Thompson, Ashley	Sherwood S.S. - HWDSB	15.70	2
5 Headley, Leilah	Waterdown District - HWDSB	16.22	1
6 Macneil, Jane	Nora Francis Henderson S.S. -	16.45	1
7 Gyuro, Siena	Westmount S.S. - HWDSB	17.69	2
8 Smith, Maggie	Sherwood S.S. - HWDSB	18.26	2
9 Erebowale, Racquel	Westdale S.S. - HWDSB	19.80	2
10 Row, Megan	Waterdown District - HWDSB	21.54	1

Women 300 Meter Hurdles Novice

Name	School	Finals
Finals		
1 Mohart, Gabrielle	Dundas Valley S.S. - HWDSB	50.92
2 Thompson, Ashley	Sherwood S.S. - HWDSB	51.85
3 Lanting, Hannah	Guido de Bres C.H.S - HWDSB	53.15
4 Davidon, Leah	Westdale S.S. - HWDSB	53.74
5 Fairley, Annika	Dundas Valley S.S. - HWDSB	53.87
6 Dasilva, Marieka	Guido de Bres C.H.S - HWDSB	55.85
7 Roche, Kendra	Dundas Valley S.S. - HWDSB	57.10
8 Macneil, Jane	Nora Francis Henderson S.S. -	59.65

Women 4x100 Meter Relay Novice

Team	Relay	Finals	
Finals			
1 Dundas Valley S.S. - HWDSB	A	54.78	
2 Westmount S.S. - HWDSB	A	57.31	
1) Wehlend, Amy	2) Kao, Alice	3) Bernal, Tayanna	4) Fabac, Sofia
3 Waterdown District - HWDSB	A	58.33	
4 Sherwood S.S. - HWDSB	A	59.10	
5 Guido de Bres C.H.S - HWDSB	A	59.55	
6 Ancaster High School - HWDSB	A	1:00.85	
1) Gore, Taylor	2) Meth, Savannah	3) Lazenby, Lauren	4) Kinnaird, Ashlan

HWIAC - Track and Field Meet - 5/17/2023
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Results

Women High Jump Novice

Name	School	Finals
Finals		
1 Fairley, Annika	Dundas Valley S.S. - HWDSB	1.40m
2 Bartels, Kenzie	Guido de Bres C.H.S - HWDSB	1.35m
3 D'addazio, Kelty	Guido de Bres C.H.S - HWDSB	1.30m
4 McNeil, Ashley	Guido de Bres C.H.S - HWDSB	1.25m

Women Pole Vault Novice

Name	School	Finals
Finals		
1 Bauer, Alma	Dundas Valley S.S. - HWDSB	1.40m

Women Long Jump Novice

Name	School	Finals
Finals		
1 Fairley, Annika	Dundas Valley S.S. - HWDSB	4.27m
2 Dasilva, Marieka	Guido de Bres C.H.S - HWDSB	3.84m
3 Verrips, Marissa	Hamilton District C.H.S. - HWD	3.79m
4 Gyuro, Siena	Westmount S.S. - HWDSB	3.77m
5 Boersema, Jess	Guido de Bres C.H.S - HWDSB	3.70m
6 Fabac, Sofia	Westmount S.S. - HWDSB	3.58m
7 Tel, Zoe	Guido de Bres C.H.S - HWDSB	3.37m
8 Van Doorn, Holly	Orchard Park S.S. - HWDSB	3.22m
9 Lamjock D'arrigo, Chol	Nora Francis Henderson S.S. -	3.21m
10 Rioux, Faith	Dundas Valley S.S. - HWDSB	3.16m
11 Oldejans, Naomi	Dundas Valley S.S. - HWDSB	3.11m
12 Menassas, Calleigh	Orchard Park S.S. - HWDSB	2.91m
13 Row, Megan	Waterdown District - HWDSB	2.90m
14 Smith, Maggie	Sherwood S.S. - HWDSB	2.84m
15 Kinnaird, Ashlan	Ancaster High School - HWDSB	2.45m
16 Rozon, Rylee	Sherwood S.S. - HWDSB	2.14m

Women Triple Jump Novice

Name	School	Finals
Finals		
1 Fennema, Hailey	Orchard Park S.S. - HWDSB	9.81m
2 Verrips, Marissa	Hamilton District C.H.S. - HWD	9.73m
3 Boersema, Jess	Guido de Bres C.H.S - HWDSB	7.59m
4 Heeg, Zoey	Guido de Bres C.H.S - HWDSB	7.08m

Women Shot Put Novice

Name	School	Finals
Finals		
1 McNeil, Brennan	Guido de Bres C.H.S - HWDSB	9.57m
2 Verrips, Marissa	Hamilton District C.H.S. - HWD	8.79m
3 Estey-McPherson, Glenna	Sir Winston Churchill S.S. - H	8.31m
4 Boersema, Jess	Guido de Bres C.H.S - HWDSB	6.97m
5 Fabac, Sofia	Westmount S.S. - HWDSB	6.84m
6 Brenn, Addy	Dundas Valley S.S. - HWDSB	6.81m
7 Bauer, Alma	Dundas Valley S.S. - HWDSB	6.78m

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Women Shot Put Novice)**

Name	School	Finals
8 Vuong, Celina	Westmount S.S. - HWDSB	6.59m

Women Discus Throw Novice

Name	School	Finals
Finals		
1 McNeil, Brennan	Guido de Bres C.H.S - HWDSB	21.35m
2 D'addazio, Kelty	Guido de Bres C.H.S - HWDSB	19.23m
3 Topolinsky, Taylor	Dundas Valley S.S. - HWDSB	15.18m
4 Brenn, Addy	Dundas Valley S.S. - HWDSB	14.46m
5 Galer, Cheyanne	Dundas Valley S.S. - HWDSB	13.57m

Women Javelin Throw Novice

Name	School	Finals
Finals		
1 McNeil, Brennan	Guido de Bres C.H.S - HWDSB	32.28m
2 McNeil, Ashley	Guido de Bres C.H.S - HWDSB	26.47m
3 D'addazio, Kelty	Guido de Bres C.H.S - HWDSB	22.24m
4 Vuong, Celina	Westmount S.S. - HWDSB	19.85m
5 Topolinsky, Taylor	Dundas Valley S.S. - HWDSB	19.52m
6 Folkens, Claudia	Westmount S.S. - HWDSB	18.79m
7 Heeg, Zoey	Guido de Bres C.H.S - HWDSB	16.06m
8 Brenn, Addy	Dundas Valley S.S. - HWDSB	15.56m
9 Estey-McPherson, Glenna	Sir Winston Churchill S.S. - H	13.99m
10 Hargreave, Marley	Westdale S.S. - HWDSB	13.66m

Women 100 Meter Dash Junior

Name	School	Prelims	H#
Preliminaries			
1 Koning, Abby	Guido de Bres C.H.S - HWDSB	13.13 q	1
2 McCullogh, Sophia	Dundas Valley S.S. - HWDSB	13.15 q	1
3 Slywka, Grace	Dundas Valley S.S. - HWDSB	13.64 q	5
4 Kuizenga, Rachel	Guido de Bres C.H.S - HWDSB	13.81 q	4
5 Burgess, Madeline	Sherwood S.S. - HWDSB	13.93 q	4
6 Croft-Porter, Janayah	Bernie Custis S.S. - HWDSB	13.96 q	4
7 Newcombe, Maya	Waterdown District - HWDSB	13.98 q	2
8 Ritter, Ava	Nora Francis Henderson S.S. -	14.13 q	4
9 Ruggieri, Isabella	Waterdown District - HWDSB	14.18	3
10 Sehl, Haven	Westdale S.S. - HWDSB	14.31	4
10 Cameron, Chloe	Dundas Valley S.S. - HWDSB	14.31	3
12 Baranowski, Ava	Sherwood S.S. - HWDSB	14.64	2
13 Ledonne, Natalie	Orchard Park S.S. - HWDSB	14.69	2
14 Gonnering, Gabriella	Hamilton District C.H.S. - HWD	14.77	1
15 Williams, Serenity	Nora Francis Henderson S.S. -	14.79	3
16 Nguyen, Kendra	Saltfleet District - HWDSB	14.96	2
17 Linares-Martinez, Valerie	Sherwood S.S. - HWDSB	15.00	1
18 Kandolo, Micah	Nora Francis Henderson S.S. -	15.20	2
19 Robinson, Amora	Sherwood S.S. - HWDSB	15.21	5
20 Ecker, Hannah	Saltfleet District - HWDSB	15.49	5
21 Patel, Shailee	Ancaster High School - HWDSB	15.51	1

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Name	School	Prelims	H#
22 Mistarihi, Sarah	Westmount S.S. - HWDSB	15.52	3
23 Darajdat, Muthia	Bernie Custis S.S. - HWDSB	15.53	3
24 Bussink, Maya	Waterdown District - HWDSB	15.60	5
25 Ndamgam, Eliana	Sherwood S.S. - HWDSB	15.65	3
26 Dufresne, Jordan	Waterdown District - HWDSB	15.78	1
27 Young, Jayna	Saltfleet District - HWDSB	15.89	3
28 Gowdie, Shaniyah	Hamilton District C.H.S. - HWD	16.02	4
29 Hamilton, Xaviona	Bernie Custis S.S. - HWDSB	16.27	5
30 Astrouskaya, Nadia	Ancaster High School - HWDSB	16.31	3
31 Dereje, Jaden	Westmount S.S. - HWDSB	16.55	4
32 Swire-Hannis, Madison	Ancaster High School - HWDSB	17.05	5
33 Huynh, Khue	Bernie Custis S.S. - HWDSB	17.72	2

Women 100 Meter Dash Junior

Name	School	Finals
Finals		
1 McCulloch, Sophia	Dundas Valley S.S. - HWDSB	13.22
2 Koning, Abby	Guido de Bres C.H.S - HWDSB	13.27
3 Slywka, Grace	Dundas Valley S.S. - HWDSB	13.46
4 Newcombe, Maya	Waterdown District - HWDSB	13.79
5 Kuizenga, Rachel	Guido de Bres C.H.S - HWDSB	13.98
6 Burgess, Madeline	Sherwood S.S. - HWDSB	14.05
7 Croft-Porter, Janayah	Bernie Custis S.S. - HWDSB	14.12
8 Ritter, Ava	Nora Francis Henderson S.S. -	14.31

Women 200 Meter Dash Junior

Name	School	Finals	H#
Finals			
1 McCulloch, Sophia	Dundas Valley S.S. - HWDSB	27.26	3
2 Koning, Abby	Guido de Bres C.H.S - HWDSB	27.53	3
3 Vanraalte, Sophia	Guido de Bres C.H.S - HWDSB	28.17	3
4 Slywka, Grace	Dundas Valley S.S. - HWDSB	28.52	3
5 Burgess, Madeline	Sherwood S.S. - HWDSB	28.79	2
6 Croft-Porter, Janayah	Bernie Custis S.S. - HWDSB	29.05	1
7 Baranowski, Ava	Sherwood S.S. - HWDSB	29.45	1
8 Sehl, Haven	Westdale S.S. - HWDSB	29.48	1
9 Cameron, Chloe	Dundas Valley S.S. - HWDSB	29.59	3
10 Ritter, Ava	Nora Francis Henderson S.S. -	29.71	2
11 Kandolo, Micah	Nora Francis Henderson S.S. -	31.36	1
12 Henry, Clara	Waterdown District - HWDSB	31.61	1
13 Ecker, Hannah	Saltfleet District - HWDSB	31.97	2
14 Nguyen, Kendra	Saltfleet District - HWDSB	32.32	3
15 Young, Jayna	Saltfleet District - HWDSB	32.40	2
16 Stahlman, Olivia	Westmount S.S. - HWDSB	32.46	3
17 Patel, Shailee	Ancaster High School - HWDSB	32.86	2
18 Dufresne, Jordan	Waterdown District - HWDSB	33.33	2
19 Istokova, Elyshka	Sherwood S.S. - HWDSB	34.13	2
20 Srdic, Olivia	Ancaster High School - HWDSB	36.48	1
21 Passfield, Charlize	Orchard Park S.S. - HWDSB	40.03	3

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	Name	School	Finals	H#
Finals				
1	Craig, Mackenzie	Ancaster High School - HWDSB	1:01.88	2
2	Peaker, Audrey	Dundas Valley S.S. - HWDSB	1:09.26	2
3	Blaj, Samantha	Saltfleet District - HWDSB	1:12.79	1
4	Slezak, Breanna	Nora Francis Henderson S.S. -	1:12.84	1
5	Ledonne, Natalie	Orchard Park S.S. - HWDSB	1:17.04	1
6	Ecker, Hannah	Saltfleet District - HWDSB	1:17.22	2
7	Zimmerman, Taryn	Dundas Valley S.S. - HWDSB	1:17.84	1
8	Young, Jayna	Saltfleet District - HWDSB	1:19.93	2
9	Nguyen, Kendra	Saltfleet District - HWDSB	1:22.28	2
10	Buchanan, Alina	Dundas Valley S.S. - HWDSB	1:22.82	1
11	Danis, Zayah	Waterdown District - HWDSB	1:25.14	1
12	Passfield, Charlize	Orchard Park S.S. - HWDSB	1:32.68	2
13	Amir, Angelina	Saltfleet District - HWDSB	1:33.09	2

Women 800 Meter Run Junior

	Name	School	Finals	H#
Finals				
1	Gordon, Erika	Ancaster High School - HWDSB	2:25.11	1
2	Craig, Mackenzie	Ancaster High School - HWDSB	2:29.77	2
3	Berkelaar, Mora	Hamilton District C.H.S. - HWD	2:51.54	1
4	Buchanan, Alina	Dundas Valley S.S. - HWDSB	2:58.00	2
5	Blaj, Samantha	Saltfleet District - HWDSB	2:58.97	2
6	Neary, Dylan	Dundas Valley S.S. - HWDSB	3:17.29	2
7	Scholman, Maria	Sherwood S.S. - HWDSB	3:20.72	2
8	Carter, Grace	Saltfleet District - HWDSB	3:29.19	2
9	Patel, Nishi	Saltfleet District - HWDSB	3:38.76	1
10	Bushi, Gresa	Saltfleet District - HWDSB	3:41.97	1

Women 1500 Meter Run Junior

	Name	School	Finals
Finals			
1	Gordon, Erika	Ancaster High School - HWDSB	5:06.26
2	Ludviks Pitken, Stella	Westdale S.S. - HWDSB	5:29.49
3	Berkelaar, Mora	Hamilton District C.H.S. - HWD	5:49.73
4	Henry, Clara	Waterdown District - HWDSB	6:42.69
5	Patel, Nishi	Saltfleet District - HWDSB	7:18.38
6	Carter, Grace	Saltfleet District - HWDSB	7:39.81
7	Amir, Angelina	Saltfleet District - HWDSB	8:13.52

Women 3000 Meter Run Junior

	Name	School	Finals
Finals			
1	Ludviks Pitken, Stella	Westdale S.S. - HWDSB	11:37.41
2	Mallany, Dalia	Westdale S.S. - HWDSB	12:13.74
3	Fransson, Lia	Westdale S.S. - HWDSB	12:19.80
4	Taylor, Molly	Westmount S.S. - HWDSB	12:40.80
5	Riegert, Ally	Westmount S.S. - HWDSB	12:58.35

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Women 80 Meter Hurdles Junior**

Name	School	Finals
Finals		
1 Penney, Zoie	Nora Francis Henderson S.S. -	14.84
2 Peaker, Audrey	Dundas Valley S.S. - HWDSB	15.09
3 Williams, Serenity	Nora Francis Henderson S.S. -	15.69
4 Rodriguez, Sofia	Hamilton District C.H.S. - HWD	17.46
5 Heeneey, Delaney	Dundas Valley S.S. - HWDSB	18.12
6 Levy, Sophie	Dundas Valley S.S. - HWDSB	18.34
7 Pellicciotta, Elle	Waterdown District - HWDSB	19.51

Women 300 Meter Hurdles Junior

Name	School	Finals
Finals		
1 Penney, Zoie	Nora Francis Henderson S.S. -	54.26
2 Peaker, Audrey	Dundas Valley S.S. - HWDSB	54.97
3 Vanderwal, Cara	Guido de Bres C.H.S - HWDSB	58.59
4 Zimmerman, Taryn	Dundas Valley S.S. - HWDSB	1:02.54
5 Rodriguez, Sofia	Hamilton District C.H.S. - HWD	1:03.16

Women 4x100 Meter Relay Junior

Team	Relay	Finals	H#
Finals			
1 Guido de Bres C.H.S - HWDSB	A	53.64	1
2 Dundas Valley S.S. - HWDSB	A	53.66	1
3 Westdale S.S. - HWDSB	A	57.69	1
1) Sehl, Haven	2) Bramwell, Alexa	3) Stevens, Ellie	4) Gravesande, Simone
4 Sherwood S.S. - HWDSB	A	1:01.08	1
5 Bernie Custis S.S. - HWDSB	A	1:01.16	1
1) Croft-Porter, Janayah	2) Darajdat, Muthia	3) Hamilton, Xaviona	4) Huynh, Khue
6 Ancaster High School - HWDSB	A	1:03.43	1
1) Patel, Shailee	2) Astrouskaya, Nadia	3) Srdic, Olivia	4) Swire-Hannis, Madison
7 Westmount S.S. - HWDSB	A	1:03.56	1
1) Chamberlain, Kylie	2) Abdu, Nebat	3) Stahlman, Olivia	4) Wilson, Madeline
8 Nora Francis Henderson S.S. -	A	1:08.40	2
--- Saltfleet District - HWDSB	A	DQ	2
1) Young, Jayna	2) Nguyen, Kendra	3) Ecker, Hannah	4) Blaj, Samantha

Women High Jump Junior

Name	School	Finals
Finals		
1 Vanraalte, Sophia	Guido de Bres C.H.S - HWDSB	1.40m
2 Heeneey, Delaney	Dundas Valley S.S. - HWDSB	1.20m

Women Long Jump Junior

Name	School	Finals
Finals		
1 Slezak, Breanna	Nora Francis Henderson S.S. -	4.15m
2 Vanderwal, Cara	Guido de Bres C.H.S - HWDSB	4.02m
3 Croft-Porter, Janaya	Bernie Custis S.S. - HWDSB	3.95m
4 Kuizenga, Rachel	Guido de Bres C.H.S - HWDSB	3.86m
5 Williams, Serenity	Nora Francis Henderson S.S. -	3.78m

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Women Long Jump Junior)**

Name	School	Finals
6 Penney, Zoie	Nora Francis Henderson S.S. -	3.75m
7 Fennema, Jillian	Dundas Valley S.S. - HWDSB	3.70m
8 Ljubicic, Natasa	Orchard Park S.S. - HWDSB	3.64m
9 Slywka, Grace	Dundas Valley S.S. - HWDSB	3.52m
10 Dufresne, Jordan	Waterdown District - HWDSB	3.41m
11 Astrouskaya, Nadia	Ancaster High School - HWDSB	3.18m
12 Istokova, Elyshka	Sherwood S.S. - HWDSB	2.84m
12 Danis, Zayah	Waterdown District - HWDSB	2.84m
14 Abdu, Nebat	Westmount S.S. - HWDSB	2.71m
15 Azeez, Sharon	Sherwood S.S. - HWDSB	2.70m
16 Srdic, Olivia	Ancaster High School - HWDSB	2.68m
17 Okun, Weyinmi	Sherwood S.S. - HWDSB	2.65m

Women Triple Jump Junior

Name	School	Finals
Finals		
1 Vanraalte, Sophia	Guido de Bres C.H.S - HWDSB	10.24m
2 Astrouskaya, Nadia	Ancaster High School - HWDSB	7.54m
3 Heeney, Delaney	Dundas Valley S.S. - HWDSB	6.31m
4 Srdic, Olivia	Ancaster High School - HWDSB	6.00m
--- Abdu, Nebat	Westmount S.S. - HWDSB	DQ

Women Shot Put Junior

Name	School	Finals
Finals		
1 Smid, Maria	Guido de Bres C.H.S - HWDSB	9.90m
2 Due, Madison	Dundas Valley S.S. - HWDSB	8.20m
3 White, Nicole	Dundas Valley S.S. - HWDSB	8.17m
4 Fennema, Jillian	Dundas Valley S.S. - HWDSB	8.00m
5 Whitton, Moriah	Hamilton District C.H.S. - HWD	7.90m
6 Warby, Grace	Westmount S.S. - HWDSB	7.84m
7 Gowdie, Shayanna	Hamilton District C.H.S. - HWD	7.63m
8 Belrose, Olivia	Sherwood S.S. - HWDSB	7.20m
9 Arnold, Charlie	Dundas Valley S.S. - HWDSB	7.07m
10 Kasweka, Nyansha	Guido de Bres C.H.S - HWDSB	6.94m
11 Blaj, Samantha	Saltfleet District - HWDSB	6.86m
12 Noack, Sonya	Dundas Valley S.S. - HWDSB	6.63m
13 Lanting, Teresa	Guido de Bres C.H.S - HWDSB	6.37m
14 Medeiros, Madeleine	Westmount S.S. - HWDSB	6.13m
15 Douglas, Amelia	Westmount S.S. - HWDSB	4.67m
16 Swire-Hannis, Madison	Ancaster High School - HWDSB	4.38m

Women Discus Throw Junior

Name	School	Finals
Finals		
1 Smid, Maria	Guido de Bres C.H.S - HWDSB	22.33m
2 Arnold, Charlie	Dundas Valley S.S. - HWDSB	21.58m
3 Noack, Sonya	Dundas Valley S.S. - HWDSB	19.96m
4 Kasweka, Nyansha	Guido de Bres C.H.S - HWDSB	18.24m

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Women Discus Throw Junior)**

Name	School	Finals
5 Belrose, Olivia	Sherwood S.S. - HWDSB	17.10m
6 Lanting, Teresa	Guido de Bres C.H.S - HWDSB	16.63m
7 Whitton, Moriah	Hamilton District C.H.S. - HWD	16.29m
8 White, Nicole	Dundas Valley S.S. - HWDSB	16.05m
9 Medeiros, Madeleine	Westmount S.S. - HWDSB	12.51m
10 Swire-Hannis, Madison	Ancaster High School - HWDSB	10.35m
11 Douglas, Amelia	Westmount S.S. - HWDSB	9.85m

Women Javelin Throw Junior

Name	School	Finals
Finals		
1 Ljubicic, Natasa	Orchard Park S.S. - HWDSB	28.21m
2 Smid, Maria	Guido de Bres C.H.S - HWDSB	22.99m
3 Warby, Grace	Westmount S.S. - HWDSB	21.39m
4 White, Nicole	Dundas Valley S.S. - HWDSB	20.03m
5 Kasweka, Nyansha	Guido de Bres C.H.S - HWDSB	18.27m
6 Whitton, Moriah	Hamilton District C.H.S. - HWD	17.51m
7 Main, Lauryn	Dundas Valley S.S. - HWDSB	14.88m
8 Gowdie, Shayanna	Hamilton District C.H.S. - HWD	14.74m
9 Lanting, Teresa	Guido de Bres C.H.S - HWDSB	13.20m
10 Gonnering, Gabriella	Hamilton District C.H.S. - HWD	12.84m
11 Neary, Dylan	Dundas Valley S.S. - HWDSB	12.01m
12 Medeiros, Madeleine	Westmount S.S. - HWDSB	11.56m
13 Douglas, Amelia	Westmount S.S. - HWDSB	10.34m

Women 100 Meter Dash Senior

Name	School	Prelims	H#
Preliminaries			
1 Vincic, Kristina	Ancaster High School - HWDSB	13.03 q	1
2 Ogunyemi, Michelle	Westmount S.S. - HWDSB	13.17 q	5
3 Hoath, Madeline	Westmount S.S. - HWDSB	13.85 q	2
4 Giffen, Iris	Waterdown District - HWDSB	14.24 q	5
4 Balla, Kylie	Dundas Valley S.S. - HWDSB	14.24 q	1
6 Bauer, Nora	Dundas Valley S.S. - HWDSB	14.25 q	5
7 Millington, Katie	Sir Allan MacNab S.S. - HWDSB	14.45 q	4
8 Saunders, Kaia	Glendale S.S. - HWDSB	14.57 q	3
9 Sewell, Ainjel	Nora Francis Henderson S.S. -	14.60	2
10 Witten, Ava	Guido de Bres C.H.S - HWDSB	14.72	5
11 Diaz-Ruiz, Emilia	Westdale S.S. - HWDSB	14.78	1
12 Maroff, Morgan	Westdale S.S. - HWDSB	14.79	3
13 Paddy, Shante	Saltfleet District - HWDSB	14.81	2
14 Sommer, Tamara	Waterdown District - HWDSB	14.85	1
15 Lawson, Eileen	Dundas Valley S.S. - HWDSB	15.15	4
16 Bernal, Sofia	Westmount S.S. - HWDSB	15.24	3
16 Washington, Julia	Hamilton District C.H.S. - HWD	15.24	2
18 Pierra, Aliyah	Westdale S.S. - HWDSB	15.38	2
19 Graham, Julia	Ancaster High School - HWDSB	15.49	4
20 Raymand, Sherley	Westmount S.S. - HWDSB	15.53	4
21 Hunter, Ashley	Waterdown District - HWDSB	15.67	4

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Preliminaries ... (Women 100 Meter Dash Senior)**

Name	School	Prelims	H#
22 White, Haley	Sir Winston Churchill S.S. - H	15.68	3
23 Le, Michelle	Westdale S.S. - HWDSB	15.80	5
24 Nelly, Kelly	Glendale S.S. - HWDSB	15.84	3
25 Vanderkruk, Chantal	Hamilton District C.H.S. - HWD	16.16	5
26 Hough, Nika	Ancaster High School - HWDSB	16.36	2
27 Trench-Howard, Machaela	Bernie Custis S.S. - HWDSB	16.45	4
28 Hughes, Ashely	Sir Allan MacNab S.S. - HWDSB	16.67	3
29 Tudorache, Claudia	Waterdown District - HWDSB	17.11	2
30 Asensio, Faith	Bernie Custis S.S. - HWDSB	17.21	3
31 Rawand, Maya	Westmount S.S. - HWDSB	17.69	1
32 Mesa Leyva, Isabel	Sir Winston Churchill S.S. - H	18.14	5
33 Botten, Dallas	Sir Allan MacNab S.S. - HWDSB	18.67	1
34 El-Khorasani, Razan	Saltfleet District - HWDSB	21.10	1

Women 100 Meter Dash Senior

Name	School	Finals	H#
Finals			
1 Vincic, Kristina	Ancaster High School - HWDSB	12.10	
2 Ogunyemi, Michelle	Westmount S.S. - HWDSB	12.94	
3 Hoath, Madeline	Westmount S.S. - HWDSB	13.72	
4 Bauer, Nora	Dundas Valley S.S. - HWDSB	13.93	
5 Giffen, Iris	Waterdown District - HWDSB	14.05	
6 Balla, Kylie	Dundas Valley S.S. - HWDSB	14.34	
7 Millington, Katie	Sir Allan MacNab S.S. - HWDSB	14.38	
8 Saunders, Kaia	Glendale S.S. - HWDSB	14.94	

Women 200 Meter Dash Senior

Name	School	Finals	H#
Finals			
1 Vincic, Kristina	Ancaster High School - HWDSB	25.47	4
2 Fox, Kate	Westdale S.S. - HWDSB	28.16	4
3 Sewell, Ainjel	Nora Francis Henderson S.S. -	29.20	1
4 Thorsen-Cavers, Zoe	Sherwood S.S. - HWDSB	29.34	4
5 Giffen, Iris	Waterdown District - HWDSB	29.62	1
6 Turcott, Jessie	Westmount S.S. - HWDSB	29.85	4
7 Huang, Angela	Westmount S.S. - HWDSB	30.44	4
8 Paddy, Shante	Saltfleet District - HWDSB	30.63	3
9 Balla, Kylie	Dundas Valley S.S. - HWDSB	30.67	1
10 Millington, Katie	Sir Allan MacNab S.S. - HWDSB	30.80	2
11 Bauer, Nora	Dundas Valley S.S. - HWDSB	31.28	3
12 Graham, Julia	Ancaster High School - HWDSB	31.39	1
13 Diaz-Ruiz, Emilia	Westdale S.S. - HWDSB	32.19	1
14 Miller, Sharlene	Westdale S.S. - HWDSB	32.79	3
15 Black, Hilary	Westmount S.S. - HWDSB	32.81	4
16 Faulkner, Moira	Sherwood S.S. - HWDSB	32.89	1
17 White, Haley	Sir Winston Churchill S.S. - H	32.99	3
18 Davoodian, Elizabeth	Westmount S.S. - HWDSB	33.12	4
19 Nelly, Kelly	Glendale S.S. - HWDSB	33.60	2
20 Hunter, Ashley	Waterdown District - HWDSB	33.85	3

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Women 200 Meter Dash Senior)**

Name	School	Finals	H#
21 Vanderkruk, Chantal	Hamilton District C.H.S. - HWD	34.53	2
22 Mesa Leyva, Isabel	Sir Winston Churchill S.S. - H	40.56	1
23 El-Khorasani, Razan	Saltfleet District - HWDSB	45.39	2

Women 400 Meter Dash Senior

Name	School	Finals	H#
Finals			
1 Haan, Isabelle	Hamilton District C.H.S. - HWD	1:04.23	2
2 Thorsen-Cavers, Zoe	Sherwood S.S. - HWDSB	1:05.94	2
3 Castillo, Karen	Westdale S.S. - HWDSB	1:06.30	2
4 Sewell, Ainjel	Nora Francis Henderson S.S. -	1:07.44	2
5 McNulty, Kaelyn	Dundas Valley S.S. - HWDSB	1:11.37	2
6 Maroff, Morgan	Westdale S.S. - HWDSB	1:11.73	1
7 Paddy, Shante	Saltfleet District - HWDSB	1:12.15	1
8 Sommer, Tamara	Waterdown District - HWDSB	1:14.66	1
9 Miller, Sharlene	Westdale S.S. - HWDSB	1:15.08	1
10 Faulkner, Moira	Sherwood S.S. - HWDSB	1:15.57	2
11 Grigorva, Ema	Westmount S.S. - HWDSB	1:19.72	2
12 Winer, Shyanne	Waterdown District - HWDSB	1:41.14	1
13 Mohamed, Elaf	Saltfleet District - HWDSB	1:43.95	1

Women 800 Meter Run Senior

Name	School	Finals
Finals		
1 Keller, Flo	Westdale S.S. - HWDSB	2:33.13
2 Castillo, Karen	Westdale S.S. - HWDSB	2:40.60
3 Shakeshaft, Allie	Westmount S.S. - HWDSB	2:54.49
4 Cubitt, Ashley	Westmount S.S. - HWDSB	2:58.53
5 Datema, Clara	Guido de Bres C.H.S - HWDSB	3:00.38
6 Tel, Andrea	Guido de Bres C.H.S - HWDSB	3:07.96
7 Lanting, Sophia	Guido de Bres C.H.S - HWDSB	3:07.97
8 Mulgand, Aneka	Westmount S.S. - HWDSB	3:23.95

Women 1500 Meter Run Senior

Name	School	Finals
Finals		
1 Keller, Flo	Westdale S.S. - HWDSB	5:01.85
2 Giannou, Vanessa	Ancaster High School - HWDSB	5:04.25
3 Dietrich, Hannah	Sir Allan MacNab S.S. - HWDSB	5:37.79
4 Datema, Clara	Guido de Bres C.H.S - HWDSB	6:12.84
5 Lieu, Tiffany	Saltfleet District - HWDSB	6:28.90
6 Tel, Andrea	Guido de Bres C.H.S - HWDSB	6:30.67
7 Cubitt, Ashley	Westmount S.S. - HWDSB	6:35.25
8 Mohamed, Elaf	Saltfleet District - HWDSB	8:08.78

Women 3000 Meter Run Senior

Name	School	Finals
Finals		
1 Giannou, Vanessa	Ancaster High School - HWDSB	11:03.77
2 Nyakundi, Sylvia	Dundas Valley S.S. - HWDSB	11:13.53

HWIAC - Track and Field Meet - 5/17/2023
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results

Finals ... (Women 3000 Meter Run Senior)

Name	School	Finals
3 Dietrich, Hannah	Sir Allan MacNab S.S. - HWDSB	12:20.73
4 Datema, Clara	Guido de Bres C.H.S - HWDSB	13:55.09
5 Lieu, Tiffany	Saltfleet District - HWDSB	14:45.09
6 Sanchez Ojeda, Eileen	Westmount S.S. - HWDSB	17:11.17

Women 100 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Ogunyemi, Michelle	Westmount S.S. - HWDSB	18.31
2 Pierra, Aliyah	Westdale S.S. - HWDSB	19.03
3 Schenkel, Rebecca	Guido de Bres C.H.S - HWDSB	19.29
4 Kosempel, Megan	Dundas Valley S.S. - HWDSB	19.68
5 Maxwell, Jady	Waterdown District - HWDSB	20.59
6 Le, Michelle	Westdale S.S. - HWDSB	22.35

Women 400 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Kosempel, Megan	Dundas Valley S.S. - HWDSB	1:28.49
2 Beale, Kyla	Ancaster High School - HWDSB	1:28.87

Women 4x100 Meter Relay Senior

Team	Relay	Finals
Finals		
1 Westmount S.S. - HWDSB 1) Turcott, Jessie	A 2) Cubitt, Ashley	54.10 4) Bernal, Sofia
2 Nora Francis Henderson S.S. - Dundas Valley S.S. - HWDSB	A A	55.68 57.55
4 Westdale S.S. - HWDSB 1) Fox, Kate	A 2) Maroff, Morgan	57.78 3) Pierra, Aliyah
5 Sherwood S.S. - HWDSB	A	57.85
6 Hamilton District C.H.S. - HWD	A	57.87
7 Waterdown District - HWDSB	A	1:00.78

Women High Jump Senior

Name	School	Finals
Finals		
1 Schenkel, Rebecca	Guido de Bres C.H.S - HWDSB	1.35m
2 Ogunyemi, Michelle	Westmount S.S. - HWDSB	1.30m
--- Bartels, Jemma	Guido de Bres C.H.S - HWDSB	DQ

Women Pole Vault Senior

Name	School	Finals
Finals		
1 Lowe, Sophia	Dundas Valley S.S. - HWDSB	1.80m

Women Long Jump Senior

Name	School	Finals
Finals		
1 Haan, Isabelle	Hamilton District C.H.S. - HWD	4.61m
2 Huang, Angela	Westmount S.S. - HWDSB	4.49m

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Women Long Jump Senior)**

Name	School	Finals
3 Millington, Katie	Sir Allan MacNab S.S. - HWDSB	4.21m
4 Maxwell, Jady	Waterdown District - HWDSB	4.20m
5 Witten, Ava	Guido de Bres C.H.S - HWDSB	4.04m
6 Sommer, Tamara	Waterdown District - HWDSB	3.91m
7 Lowe, Sophia	Dundas Valley S.S. - HWDSB	3.37m
8 Hough, Nika	Ancaster High School - HWDSB	3.21m
9 Le, Michelle	Westdale S.S. - HWDSB	3.00m
10 Beale, Kylah	Ancaster High School - HWDSB	2.74m
--- Faulkner, Moira	Sherwood S.S. - HWDSB	DQ
--- Thorsen-Cavers, Zoe	Sherwood S.S. - HWDSB	DQ

Women Triple Jump Senior

Name	School	Finals
1 Haan, Isabelle	Hamilton District C.H.S. - HWD	10.18m
2 Giffen, Iris	Waterdown District - HWDSB	9.25m
3 Lawson, Eileen	Dundas Valley S.S. - HWDSB	8.39m
4 Lowe, Sophia	Dundas Valley S.S. - HWDSB	8.34m
5 Tel, Andrea	Guido de Bres C.H.S - HWDSB	7.87m

Women Shot Put Senior

Name	School	Finals
1 Woo, Katie	Waterdown District - HWDSB	9.10m
2 Roung, Serena	Dundas Valley S.S. - HWDSB	8.53m
3 Kuizenga, Courtney	Guido de Bres C.H.S - HWDSB	7.71m
4 McDonald, Tyler	Dundas Valley S.S. - HWDSB	7.61m
5 Want, Jana	Orchard Park S.S. - HWDSB	7.54m
6 Deboer, Keira	Guido de Bres C.H.S - HWDSB	7.52m
7 Bennie, Faith	Sherwood S.S. - HWDSB	7.02m
8 Maroff, Morgan	Westdale S.S. - HWDSB	6.89m
9 Witten, Mya	Guido de Bres C.H.S - HWDSB	6.26m
10 Pearce, Kiera	Ancaster High School - HWDSB	6.00m
11 Lanting, Sophia	Guido de Bres C.H.S - HWDSB	5.77m
12 Ducharme-Boyd, Madelyn	Westmount S.S. - HWDSB	5.10m
--- Scott, Ella	Sherwood S.S. - HWDSB	DQ
--- Washington, Julia	Hamilton District C.H.S. - HWD	DQ

Women Discus Throw Senior

Name	School	Finals
1 Roung, Serena	Dundas Valley S.S. - HWDSB	26.84m
2 McDonald, Tyler	Dundas Valley S.S. - HWDSB	25.72m
3 Witten, Mya	Guido de Bres C.H.S - HWDSB	22.55m
4 Kuizenga, Courtney	Guido de Bres C.H.S - HWDSB	22.54m
5 Pearce, Kiera	Ancaster High School - HWDSB	19.84m
6 Bennie, Faith	Sherwood S.S. - HWDSB	19.63m
7 Schenkel, Rebecca	Guido de Bres C.H.S - HWDSB	19.19m
8 Scott, Ella	Sherwood S.S. - HWDSB	14.87m

HWIAC - Track and Field Meet - 5/17/2023
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results

Women Javelin Throw Senior

Name	School	Finals
Finals		
1 Turcott, Jessie	Westmount S.S. - HWDSB	30.45m
2 Rounq, Serena	Dundas Valley S.S. - HWDSB	26.30m
3 McDonald, Tyler	Dundas Valley S.S. - HWDSB	23.62m
4 Want, Jana	Orchard Park S.S. - HWDSB	23.14m
5 Woo, Katie	Waterdown District - HWDSB	22.40m
6 Deboer, Keira	Guido de Bres C.H.S - HWDSB	21.80m
7 Diaz-Ruiz, Emilia	Westdale S.S. - HWDSB	20.30m
8 Archibald, Mackenzie	Orchard Park S.S. - HWDSB	19.72m
9 Witten, Ava	Guido de Bres C.H.S - HWDSB	17.93m
10 Witten, Mya	Guido de Bres C.H.S - HWDSB	17.04m
11 Pierra, Aliyah	Westdale S.S. - HWDSB	16.66m
12 Pearce, Kiera	Ancaster High School - HWDSB	16.50m
13 Ducharme-Boyd, Madelyn	Westmount S.S. - HWDSB	16.00m
14 Kuizenga, Courtney	Guido de Bres C.H.S - HWDSB	15.74m
15 Lanting, Sophia	Guido de Bres C.H.S - HWDSB	14.35m
--- Hunter, Ashley	Waterdown District - HWDSB	DQ

Women 2000 Meter Steeplechase Open

Name	School	Finals
Finals		
1 Nyakundi, Sylvia	Dundas Valley S.S. - HWDSB	8:07.16
2 Berkelaar, Mora	Hamilton District C.H.S. - HWD	8:30.38
3 Fransson, Lia	Westdale S.S. - HWDSB	8:37.19
4 Mallany, Dalia	Westdale S.S. - HWDSB	8:38.38
5 Brown, Dorothy	Westdale S.S. - HWDSB	8:46.93
6 Haalstra, Jayne	Nora Francis Henderson S.S. -	10:15.46

Women 4x400 Meter Relay Open

Team	Relay	Finals	
Finals			
1 Ancaster High School - HWDSB	A	4:15.30	
1) Gordon, Erika	2) Bower, Olivia	3) Craig, Mackenzie	4) Vincic, Kristina
2 Westdale S.S. - HWDSB	A	4:18.33	
1) Keller, Flo	2) Castillo, Karen	3) Fox, Kate	4) Brown, Dorothy
3 Dundas Valley S.S. - HWDSB	A	4:39.89	
4 Guido de Bres C.H.S - HWDSB	A	4:52.54	
5 Nora Francis Henderson S.S. -	A	5:13.19	
1) Sewell, Ainjel	2) Slezak, Breanna	3) Penney, Zoie	4) Haalstra, Jayne
6 Saltfleet District - HWDSB	A	5:15.65	
1) Bushi, Gresa	2) Prospero, Avery	3) Patel, Nishi	4) Amir, Angelina

Women 100 Meter Dash Intellectually Imp

Name	School	Finals
Finals		
1 Hughes, Ashely	Sir Allan MacNab S.S. - HWDSB	17.00
2 Lilly, Hudgins	Westdale S.S. - HWDSB	18.07
3 Dayler, Sierra	Sir Winston Churchill S.S. - H	19.46
4 Venizelos, Zoe	Westdale S.S. - HWDSB	19.53

HWIAC - Track and Field Meet - 5/17/2023
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results

Women Shot Put Ambulatory Intellectually Imp

Name	School	Finals
Finals		
1 Dayler, Sierra	Sir Winston Churchill S.S. - H	3.94m

Men 100 Meter Dash Novice

Name	School	Prelims	H#
Preliminaries			
1 Ristov, Marko	Nora Francis Henderson S.S. -	11.70 q	1
2 Smart, Jahi	Glendale S.S. - HWDSB	11.93 q	3
3 Maga, Pascal	Westmount S.S. - HWDSB	12.35 q	2
4 Lewis, Rayshaun	Westdale S.S. - HWDSB	12.52 q	1
5 Sterling-King, Elijah	Orchard Park S.S. - HWDSB	12.66 q	4
6 Pearsonwhear, Tristan	Dundas Valley S.S. - HWDSB	12.67 q	3
7 Som, Norrin	Saltfleet District - HWDSB	12.70 q	1
8 McVittie, Isaac	Westmount S.S. - HWDSB	12.77 q	4
9 Barron, Cash	Sir Winston Churchill S.S. - H	12.83	4
10 Wallace, Blake	Sherwood S.S. - HWDSB	13.00	2
11 Van Houten, Kiyle	Hamilton District C.H.S. - HWD	13.02	1
12 Wagter, Nathan	Hamilton District C.H.S. - HWD	13.10	2
13 Ijiola-Awolpe, John	Sherwood S.S. - HWDSB	13.12	1
14 Todd, Ryan	Waterdown District - HWDSB	13.19	2
14 Oosterhoff, Jaden	Guido de Bres C.H.S. - HWDSB	13.19	4
16 Dales, Noah	Ancaster High School - HWDSB	13.20	1
16 Manuel, Wilson	Sir Winston Churchill S.S. - H	13.20	1
18 Nur, Shakir	Westdale S.S. - HWDSB	13.32	2
19 White, Randy	Sir Winston Churchill S.S. - H	13.42	2
20 Ho, Hayden	Nora Francis Henderson S.S. -	13.52	3
21 Manuel, William	Sir Winston Churchill S.S. - H	13.56	3
22 Ari, Yuvraj	Saltfleet District - HWDSB	13.64	2
23 Coates, Payton	Sir Winston Churchill S.S. - H	13.67	3
24 Stevenson, Conall	Guido de Bres C.H.S. - HWDSB	13.81	2
25 Manning, Kevaughn	Westdale S.S. - HWDSB	14.35	4
26 Doleman, Jaxon	Saltfleet District - HWDSB	14.65	3
27 Bizanti, Sanad	Ancaster High School - HWDSB	14.74	4

Men 100 Meter Dash Novice

Name	School	Finals
Finals		
1 Ristov, Marko	Nora Francis Henderson S.S. -	11.78
2 Smart, Jahi	Glendale S.S. - HWDSB	12.00
3 Maga, Pascal	Westmount S.S. - HWDSB	12.34
4 Sterling-King, Elijah	Orchard Park S.S. - HWDSB	12.47
5 Pearsonwhear, Tristan	Dundas Valley S.S. - HWDSB	12.56
6 Lewis, Rayshaun	Westdale S.S. - HWDSB	12.64
7 Som, Norrin	Saltfleet District - HWDSB	12.76
8 McVittie, Isaac	Westmount S.S. - HWDSB	12.85

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 200 Meter Dash Novice**

Name	School	Finals	H#
Finals			
1 Ristov, Marko	Nora Francis Henderson S.S. -	23.90	4
2 Maga, Pascal	Westmount S.S. - HWDSB	24.98	4
3 Smart, Jahi	Glendale S.S. - HWDSB	25.67	3
4 Delucia, Francesco	Westmount S.S. - HWDSB	26.00	4
5 Som, Norrin	Saltfleet District - HWDSB	26.09	1
5 Dales, Noah	Ancaster High School - HWDSB	26.09	2
7 Sterling-King, Elijah	Orchard Park S.S. - HWDSB	26.24	4
8 Wallace, Blake	Sherwood S.S. - HWDSB	26.76	3
9 Oosterhoff, Jaden	Guido de Bres C.H.S. - HWDSB	26.88	4
10 Ho, Hayden	Nora Francis Henderson S.S. -	27.20	2
11 Manuel, Wilson	Sir Winston Churchill S.S. - H	27.53	2
12 Lovelace, Magnus	Dundas Valley S.S. - HWDSB	27.57	4
13 Ari, Yuvraj	Saltfleet District - HWDSB	27.82	2
14 Barron, Cash	Sir Winston Churchill S.S. - H	27.83	2
15 White, Randy	Sir Winston Churchill S.S. - H	28.00	3
16 Luu, Leo	Westdale S.S. - HWDSB	28.19	3
17 Vanderwoude, Russell	Guido de Bres C.H.S. - HWDSB	28.34	4
18 Van Houten, Kiyle	Hamilton District C.H.S. - HWD	28.46	1
19 McLean, Emmett	Sherwood S.S. - HWDSB	28.97	2
20 Coffey, Noah	Sir Allan MacNab S.S. - HWDSB	29.08	1
21 Coates, Payton	Sir Winston Churchill S.S. - H	29.66	1
22 Forde, Lucas	Westmount S.S. - HWDSB	29.93	3
23 Manning, Kevaughn	Westdale S.S. - HWDSB	30.00	2
24 Dube, Ethan	Orchard Park S.S. - HWDSB	30.16	4
25 Verduyn, Daniel	Hamilton District C.H.S. - HWD	30.67	1
26 Bizanti, Sanad	Ancaster High School - HWDSB	30.80	1
27 Doleman, Jaxon	Saltfleet District - HWDSB	31.71	3
28 Li, Harrison	Westdale S.S. - HWDSB	32.60	2

Men 400 Meter Dash Novice

Name	School	Finals	H#
Finals			
1 Maga, Pascal	Westmount S.S. - HWDSB	56.81	2
2 Fulton, Ben	Dundas Valley S.S. - HWDSB	57.34	2
3 Lewis, Rayshaun	Westdale S.S. - HWDSB	57.48	1
4 Delucia, Francesco	Westmount S.S. - HWDSB	58.50	2
5 Som, Norrin	Saltfleet District - HWDSB	59.54	1
6 Witten, Theo	Guido de Bres C.H.S. - HWDSB	1:00.48	2
7 Lovelace, Magnus	Dundas Valley S.S. - HWDSB	1:02.89	2
8 Hastings, Damian	Sir Winston Churchill S.S. - H	1:04.24	1
9 Maricic, Andrew	Dundas Valley S.S. - HWDSB	1:05.75	2
10 Downey, Alex	Westmount S.S. - HWDSB	1:05.99	2
11 Djafri, Nazih	Sir Winston Churchill S.S. - H	1:07.72	1
12 Rai, Prabin	Sir Winston Churchill S.S. - H	1:10.45	1
13 Dube, Ethan	Orchard Park S.S. - HWDSB	1:10.99	2
14 Wilson, Ryan	Sherwood S.S. - HWDSB	1:12.47	1
15 Doleman, Jaxon	Saltfleet District - HWDSB	1:14.57	1

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 800 Meter Run Novice**

Name	School	Finals	H#
Finals			
1 Fulton, Ben	Dundas Valley S.S. - HWDSB	2:14.10	3
2 Saleh, Shakir	Bernie Custis S.S. - HWDSB	2:15.81	3
3 Abdul, Al Khalil	Bernie Custis S.S. - HWDSB	2:30.72	1
4 Jeffrey, Evan	Ancaster High School - HWDSB	2:36.56	1
5 Wardell, Zach	Westmount S.S. - HWDSB	2:36.57	3
6 Downey, Alex	Westmount S.S. - HWDSB	2:37.14	3
7 Flynn, A.j.	Ancaster High School - HWDSB	2:41.44	2
8 Stoddart, Jude	Ancaster High School - HWDSB	2:43.16	3
9 Black, Jameson	Sherwood S.S. - HWDSB	2:47.77	2
10 Wilson, Ryan	Sherwood S.S. - HWDSB	2:48.63	1
11 Vandenberg, Ben	Guido de Bres C.H.S - HWDSB	2:49.35	2
12 Jagersma, Rowan	Guido de Bres C.H.S - HWDSB	2:55.20	3

Men 1500 Meter Run Novice

Name	School	Finals
Finals		
1 Saleh, Shakir	Bernie Custis S.S. - HWDSB	4:50.69
2 Scott, Michael	Westdale S.S. - HWDSB	4:54.42
3 Dejager, Shane	Guido de Bres C.H.S - HWDSB	4:54.49
4 Abdul, Al Khalil	Bernie Custis S.S. - HWDSB	5:07.29
5 Nur, Shakir	Westdale S.S. - HWDSB	5:11.23
6 Jeffrey, Evan	Ancaster High School - HWDSB	5:12.14
7 Wardell, Zach	Westmount S.S. - HWDSB	5:15.80
8 Coffey, Noah	Sir Allan MacNab S.S. - HWDSB	5:28.80
9 Stoddart, Jude	Ancaster High School - HWDSB	5:32.01
10 Alkema, Austin	Guido de Bres C.H.S - HWDSB	5:35.57
11 Flynn, A.j.	Ancaster High School - HWDSB	5:50.68
12 Vandenberg, Ben	Guido de Bres C.H.S - HWDSB	5:50.81
13 Norgate Organ, Liam	Dundas Valley S.S. - HWDSB	5:55.13
14 Jagersma, Rowan	Guido de Bres C.H.S - HWDSB	6:10.04

Men 3000 Meter Run Novice

Name	School	Finals
Finals		
1 Saleh, Shakir	Bernie Custis S.S. - HWDSB	10:31.00
2 Scott, Michael	Westdale S.S. - HWDSB	10:35.22
3 Takatsu, Yuji	Orchard Park S.S. - HWDSB	11:10.97
4 Alkema, Austin	Guido de Bres C.H.S - HWDSB	11:17.25
5 Moore, Ethan	Waterdown District - HWDSB	11:35.70
6 Vaniperen, Clark	Guido de Bres C.H.S - HWDSB	11:50.00
7 Norgate Organ, Liam	Dundas Valley S.S. - HWDSB	13:30.52

Men 100 Meter Hurdles Novice

Name	School	Finals
Finals		
1 Pearsonwhear, Tristan	Dundas Valley S.S. - HWDSB	16.50
2 Shilbi, Deandar	Westmount S.S. - HWDSB	20.19
3 Dube, Ethan	Orchard Park S.S. - HWDSB	20.72

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Men 100 Meter Hurdles Novice)**

Name	School	Finals
4 Hessels, Jacob	Waterdown District - HWDSB	22.67
5 Schutten, Carter	Guido de Bres C.H.S - HWDSB	22.92

Men 300 Meter Hurdles Novice

Name	School	Finals
1 Pearsonwheat, Tristan	Dundas Valley S.S. - HWDSB	44.23
2 Vandasselaar, Robert	Guido de Bres C.H.S - HWDSB	48.77
3 Bizanti, Sanad	Ancaster High School - HWDSB	56.33

Men 4x100 Meter Relay Novice

Team	Relay	Finals	
1 Westmount S.S. - HWDSB	A	51.78	
1) McVittie, Isaac	2) Pivatt, Spencer	3) Maga, Pascal	4) Delucia, Francesco
2 Guido de Bres C.H.S - HWDSB	A	51.86	
3 Sir Winston Churchill S.S. - H	A	52.35	
4 Westdale S.S. - HWDSB	A	53.16	
1) Lewis, Rayshaun	2) Luu, Leo	3) Nur, Shakir	4) Manning, Kavanaugh
5 Dundas Valley S.S. - HWDSB	A	53.47	
6 Sherwood S.S. - HWDSB	A	54.25	

Men High Jump Novice

Name	School	Finals
1 Dejager, Shane	Guido de Bres C.H.S - HWDSB	1.60m
2 Oosterhoff, Jaden	Guido de Bres C.H.S - HWDSB	J1.60m
2 Vanderwoude, Russell	Guido de Bres C.H.S - HWDSB	J1.60m
3 Davis, Bradley	Dundas Valley S.S. - HWDSB	J1.45m
4 McLean, Emmett	Sherwood S.S. - HWDSB	J1.35m

Men Long Jump Novice

Name	School	Finals
1 Ristov, Marko	Nora Francis Henderson S.S. -	5.49m
2 Smart, Jahi	Glendale S.S. - HWDSB	5.36m
3 Vandasselaar, Robert	Guido de Bres C.H.S - HWDSB	5.32m
4 Wagter, Nathan	Hamilton District C.H.S. - HWD	4.92m
5 McVittie, Isaac	Westmount S.S. - HWDSB	4.85m
6 Dejager, Shane	Guido de Bres C.H.S - HWDSB	4.80m
7 Luu, Leo	Westdale S.S. - HWDSB	4.74m
8 Welmers, Kyle	Hamilton District C.H.S. - HWD	4.55m
9 Dales, Noah	Ancaster High School - HWDSB	4.49m
10 Schutten, Silas	Guido de Bres C.H.S - HWDSB	4.38m
10 Ho, Hayden	Nora Francis Henderson S.S. -	4.38m
12 Shilbi, Deandar	Westmount S.S. - HWDSB	4.35m
13 Ijiola-Awolpe, John	Sherwood S.S. - HWDSB	4.33m
14 Forde, Lucas	Westmount S.S. - HWDSB	3.82m
15 Verduyn, Daniel	Hamilton District C.H.S. - HWD	3.68m
16 Weller, Evan	Hamilton District C.H.S. - HWD	3.66m

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men Triple Jump Novice**

Name	School	Finals
Finals		
1 Vandasselaar, Robert	Guido de Bres C.H.S - HWDSB	11.09m
2 Davis, Bradley	Dundas Valley S.S. - HWDSB	10.76m
3 Wagter, Nathan	Hamilton District C.H.S. - HWD	10.65m
4 Welmers, Kyle	Hamilton District C.H.S. - HWD	10.21m
5 Verduyn, Daniel	Hamilton District C.H.S. - HWD	8.36m
6 Schutten, Carter	Guido de Bres C.H.S - HWDSB	8.15m

Men Shot Put Novice

Name	School	Finals
Finals		
1 Welmers, Kyle	Hamilton District C.H.S. - HWD	9.88m
2 Vanderwoude, Kenton	Guido de Bres C.H.S - HWDSB	9.16m
3 Channel, Paul	Dundas Valley S.S. - HWDSB	9.05m
4 Stevenson, Conall	Guido de Bres C.H.S - HWDSB	7.04m
--- Kavouras, Peter	Dundas Valley S.S. - HWDSB	DQ
--- Jonker, Owen	Guido de Bres C.H.S - HWDSB	DQ

Men Discus Throw Novice

Name	School	Finals
Finals		
1 Schutten, Silas	Guido de Bres C.H.S - HWDSB	27.35m
2 Vanderwoude, Kenton	Guido de Bres C.H.S - HWDSB	23.56m
3 Witten, Theo	Guido de Bres C.H.S - HWDSB	23.28m
4 Lovelace, Magnus	Dundas Valley S.S. - HWDSB	17.05m
5 Maricic, Andrew	Dundas Valley S.S. - HWDSB	16.45m

Men Javelin Throw Novice

Name	School	Finals
Finals		
1 Van Houten, Kiyle	Hamilton District C.H.S. - HWD	30.45m
2 Schutten, Silas	Guido de Bres C.H.S - HWDSB	29.06m
3 Jonker, Owen	Guido de Bres C.H.S - HWDSB	27.93m
4 Witten, Theo	Guido de Bres C.H.S - HWDSB	27.50m
5 Channel, Paul	Dundas Valley S.S. - HWDSB	26.80m
6 Davis, Bradley	Dundas Valley S.S. - HWDSB	24.56m
7 Schutten, Carter	Guido de Bres C.H.S - HWDSB	20.88m

Men 100 Meter Dash Junior

Name	School	Prelims	H#
Preliminaries			
1 Alsop, Ian	Dundas Valley S.S. - HWDSB	11.59 q	1
2 Heron, Mario	Glendale S.S. - HWDSB	11.82 q	4
3 Wagter, Brad	Hamilton District C.H.S. - HWD	11.93 q	4
4 Stephian, Ryan	Sherwood S.S. - HWDSB	12.19 q	5
5 Bolanos-Bonilla, Martin	Sherwood S.S. - HWDSB	12.20 q	3
6 Lanting, John	Guido de Bres C.H.S - HWDSB	12.24 q	3
7 Morris, Elijah	Hamilton District C.H.S. - HWD	12.36 q	5
8 Kuik, Noah	Guido de Bres C.H.S - HWDSB	12.40 q	5

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Preliminaries ... (Men 100 Meter Dash Junior)**

Name	School	Prelims	H#
9 Paddy, Shamar	Nora Francis Henderson S.S. -	12.47	1
10 Doreus, Darnel	Westmount S.S. - HWDSB	12.68	1
11 Marcellin, Sheziah	Nora Francis Henderson S.S. -	12.71	2
12 Ebhonu, Osagie	Saltfleet District - HWDSB	12.87	1
12 Akinkuolie, Ayo	Saltfleet District - HWDSB	12.87	4
14 Landon, Burgess	Bernie Custis S.S. - HWDSB	12.95	2
15 Aleshinloye, Anu	Sir Winston Churchill S.S. - H	12.97	3
16 Denis, Jack	Saltfleet District - HWDSB	13.10	3
17 Tran, Hugo	Ancaster High School - HWDSB	13.11	3
18 Pedro, Bethel	Sir Allan MacNab S.S. - HWDSB	13.17	2
19 Trikoupis, Nick	Ancaster High School - HWDSB	13.19	5
20 Mattiuzzi, Matteo	Ancaster High School - HWDSB	13.71	1
21 Gavrreau, Luc	Saltfleet District - HWDSB	13.73	2
22 Go, Ghabrylle	Sherwood S.S. - HWDSB	13.76	2
23 Flosman, Isaac	Waterdown District - HWDSB	13.88	3
24 Zajac, Nicholas	Sir Allan MacNab S.S. - HWDSB	13.95	5
25 Haider, Isa	Sherwood S.S. - HWDSB	14.11	4
26 Henry, Nathanael	Ancaster High School - HWDSB	14.13	4
27 Bakri, Ammar	Westmount S.S. - HWDSB	14.18	2
28 Suthahar, Chayanth	Orchard Park S.S. - HWDSB	14.41	5
29 Farha, Joseph	Waterdown District - HWDSB	14.54	2
30 Lubula, James	Sherwood S.S. - HWDSB	14.57	1
31 Cornacchi, Adam	Waterdown District - HWDSB	15.33	4

Men 100 Meter Dash Junior

Name	School	Finals
Finals		
1 Alsop, Ian	Dundas Valley S.S. - HWDSB	11.42
2 Heron, Mario	Glendale S.S. - HWDSB	11.57
3 Wagter, Brad	Hamilton District C.H.S. - HWD	11.78
4 Stephian, Ryan	Sherwood S.S. - HWDSB	11.86
5 Kuik, Noah	Guido de Bres C.H.S - HWDSB	12.21
6 Bolanos-Bonilla, Martin	Sherwood S.S. - HWDSB	12.29
7 Lanting, John	Guido de Bres C.H.S - HWDSB	12.33
--- Morris, Elijah	Hamilton District C.H.S. - HWD	DNF

Men 200 Meter Dash Junior

Name	School	Finals	H#
Finals			
1 Amoo, Deon	Nora Francis Henderson S.S. -	23.48	2
2 Alsop, Ian	Dundas Valley S.S. - HWDSB	23.82	4
3 Heron, Mario	Glendale S.S. - HWDSB	24.02	4
4 Stephian, Ryan	Sherwood S.S. - HWDSB	24.41	2
5 Morris, Elijah	Hamilton District C.H.S. - HWD	24.83	3
6 Kuik, Noah	Guido de Bres C.H.S - HWDSB	25.61	4
7 Marcellin, Sheziah	Nora Francis Henderson S.S. -	25.85	2
8 Akinkuolie, Ayo	Saltfleet District - HWDSB	25.91	4
9 Landon, Burgess	Bernie Custis S.S. - HWDSB	26.29	1
10 Trikoupis, Nick	Ancaster High School - HWDSB	26.63	4

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Men 200 Meter Dash Junior)**

Name	School	Finals	H#
11 Jones, Kyle	Glendale S.S. - HWDSB	27.20	1
12 Northwood Torrens, Dylan	Dundas Valley S.S. - HWDSB	27.27	1
13 Aleshinloye, Anu	Sir Winston Churchill S.S. - H	27.34	3
14 Tran, Hugo	Ancaster High School - HWDSB	27.46	3
15 Farnworth, Spencer	Sherwood S.S. - HWDSB	27.70	1
15 Go, Ghabrylle	Sherwood S.S. - HWDSB	27.70	2
17 Denis, Jack	Saltfleet District - HWDSB	27.83	3
18 Lubula, James	Sherwood S.S. - HWDSB	27.95	3
19 Mattiuzzi, Matteo	Ancaster High School - HWDSB	28.26	1
20 Flosman, Isaac	Waterdown District - HWDSB	28.37	4
21 Alsalman, Radi	Saltfleet District - HWDSB	28.85	1
22 Zajac, Nicholas	Sir Allan MacNab S.S. - HWDSB	28.91	2
23 Henry, Nathanael	Ancaster High School - HWDSB	29.69	3
24 Cornacchi, Adam	Waterdown District - HWDSB	31.30	2

Men 400 Meter Dash Junior

Name	School	Finals	H#
Finals			
1 Amoo, Deon	Nora Francis Henderson S.S. -	51.90	3
2 Morris, Elijah	Hamilton District C.H.S. - HWD	55.20	2
3 Bolanos-Bonilla, Martin	Sherwood S.S. - HWDSB	57.50	2
4 Friesen, Josiah	Sir Allan MacNab S.S. - HWDSB	59.10	3
5 Hirsi, Abdi	Glendale S.S. - HWDSB	1:00.18	3
6 Jones, Kyle	Glendale S.S. - HWDSB	1:00.38	1
7 Northwood Torrens, Dylan	Dundas Valley S.S. - HWDSB	1:00.61	3
8 Smith, Caleb	Nora Francis Henderson S.S. -	1:00.80	1
9 Blacquiere, Kayden	Sherwood S.S. - HWDSB	1:01.26	1
10 Alsalman, Radi	Saltfleet District - HWDSB	1:01.90	2
11 Akinkuolie, Ayo	Saltfleet District - HWDSB	1:01.96	3
12 Tran, Hugo	Ancaster High School - HWDSB	1:02.50	1
13 Matevossian, Evan	Nora Francis Henderson S.S. -	1:02.56	1
14 Denis, Jack	Saltfleet District - HWDSB	1:03.80	2
15 Haider, Isa	Sherwood S.S. - HWDSB	1:04.30	3
16 Vanderwoude, Carson	Guido de Bres C.H.S. - HWDSB	1:05.60	2
17 Farha, Joseph	Waterdown District - HWDSB	1:08.18	1
18 Bogle, Daniel	Saltfleet District - HWDSB	1:10.30	2
19 Cornacchi, Adam	Waterdown District - HWDSB	1:10.70	2
20 Ebhonu, Osagie	Saltfleet District - HWDSB	1:41.00	1

Men 800 Meter Run Junior

Name	School	Finals	H#
Finals			
1 Hagen, Isaac	Hamilton District C.H.S. - HWD	2:15.66	2
2 Hamada, Mohammad	Bernie Custis S.S. - HWDSB	2:16.58	2
3 Bolanos-Bonilla, Martin	Sherwood S.S. - HWDSB	2:23.72	1
4 Watkins, Wyatt	Waterdown District - HWDSB	2:23.79	1
5 Hirsi, Abdi	Glendale S.S. - HWDSB	2:25.21	2
6 Davidson, Justin	Ancaster High School - HWDSB	2:29.19	2
7 Blacquiere, Kayden	Sherwood S.S. - HWDSB	2:31.48	1

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Men 800 Meter Run Junior)**

Name	School	Finals	H#
8 Tenhage, Davis	Guido de Bres C.H.S - HWDSB	2:33.01	2
9 Tafolla, Julius	Sherwood S.S. - HWDSB	2:33.82	1
10 Friesen, Josiah	Sir Allan MacNab S.S. - HWDSB	2:33.86	2
11 Murati, Dardan	Nora Francis Henderson S.S. -	2:37.14	2
12 Matevossian, Evan	Nora Francis Henderson S.S. -	2:38.12	2
13 Smith, Caleb	Nora Francis Henderson S.S. -	2:39.99	2
14 Farha, Joseph	Waterdown District - HWDSB	2:42.93	2
15 Gavreau, Luc	Saltfleet District - HWDSB	2:45.71	1
16 Mitha, Rehan	Sherwood S.S. - HWDSB	2:45.73	1
17 Harsevoort, Isaiah	Guido de Bres C.H.S - HWDSB	2:46.35	1

Men 1500 Meter Run Junior

Name	School	Finals
Finals		
1 Hamada, Mohammad	Bernie Custis S.S. - HWDSB	4:37.84
2 Hagen, Isaac	Hamilton District C.H.S. - HWD	4:39.66
3 Thomas, Luke	Westmount S.S. - HWDSB	4:43.66
4 Watkins, Wyatt	Waterdown District - HWDSB	4:47.13
5 Maga, Tyrus	Dundas Valley S.S. - HWDSB	4:50.27
6 Vandam, Josh	Guido de Bres C.H.S - HWDSB	4:54.12
7 Davidson, Justin	Ancaster High School - HWDSB	4:58.62
8 Tafolla, Julius	Sherwood S.S. - HWDSB	4:58.94
9 Bourenane, Yassine	Ancaster High School - HWDSB	5:32.90
10 Murati, Dardan	Nora Francis Henderson S.S. -	5:36.56
11 Mitha, Rehan	Sherwood S.S. - HWDSB	5:38.80
12 Harsevoort, Isaiah	Guido de Bres C.H.S - HWDSB	5:44.62
13 Matevossian, Evan	Nora Francis Henderson S.S. -	5:45.01
14 Ebhonu, Osagie	Saltfleet District - HWDSB	6:21.40
15 Desai, Sameer	Ancaster High School - HWDSB	6:43.95

Men 3000 Meter Run Junior

Name	School	Finals
Finals		
1 Maga, Tyrus	Dundas Valley S.S. - HWDSB	10:05.69
2 Vandam, Josh	Guido de Bres C.H.S - HWDSB	10:25.06
3 Hamada, Mohammad	Bernie Custis S.S. - HWDSB	10:27.96
4 Thomas, Luke	Westmount S.S. - HWDSB	10:30.89
5 Aird, Alec	Westdale S.S. - HWDSB	10:36.68
6 Davidson, Justin	Ancaster High School - HWDSB	11:03.11
7 Desai, Saagar	Ancaster High School - HWDSB	12:13.39
8 Curran-Blaney, Jack	Waterdown District - HWDSB	13:37.48

Men 100 Meter Hurdles Junior

Name	School	Finals
Finals		
1 Musgrave-Spence, Neiko	Sherwood S.S. - HWDSB	19.33
2 Scholtens, Landon	Guido de Bres C.H.S - HWDSB	20.23
3 Ortwein, Rowan	Dundas Valley S.S. - HWDSB	21.12

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 300 Meter Hurdles Junior**

	Name	School	Finals
Finals			
1	Lanting, John	Guido de Bres C.H.S - HWDSB	45.75
2	Ortwein, Rowan	Dundas Valley S.S. - HWDSB	47.40
3	Ludwig, Zach	Guido de Bres C.H.S - HWDSB	48.48
4	Kottelenberg, Asher	Guido de Bres C.H.S - HWDSB	49.09

Men 4x100 Meter Relay Junior

	Team	Relay	Finals
Finals			
1	Nora Francis Henderson S.S. -	A	47.44
2	Hamilton District C.H.S. - HWD	A	48.64
3	Guido de Bres C.H.S - HWDSB	A	49.46
4	Glendale S.S. - HWDSB	A	49.91
5	Sherwood S.S. - HWDSB	A	50.59
6	Saltfleet District - HWDSB	A	50.77
	1) Som, Norrin	2) Akinkuolie, Ayo	3) Denis, Jack
7	Dundas Valley S.S. - HWDSB	A	50.79
8	Ancaster High School - HWDSB	A	56.12
	1) Henry, Nathanael	2) Bizanti, Sanad	3) Mattiuzzi, Matteo
			4) Ebhonu, Osagie
			4) Tran, Hugo

Men High Jump Junior

	Name	School	Finals
Finals			
1	Ludwig, Zach	Guido de Bres C.H.S - HWDSB	1.65m
2	Vanderwoude, Carson	Guido de Bres C.H.S - HWDSB	1.60m
3	Schulenberg, Eli	Guido de Bres C.H.S - HWDSB	1.50m
4	Divincenzio, Evan	Dundas Valley S.S. - HWDSB	1.35m

Men Pole Vault Junior

	Name	School	Finals
Finals			
1	Brittain, Thomas	Dundas Valley S.S. - HWDSB	2.95m

Men Long Jump Junior

	Name	School	Finals
Finals			
1	Alsop, Ian	Dundas Valley S.S. - HWDSB	5.66m
2	Wagter, Brad	Hamilton District C.H.S. - HWD	5.48m
3	Schulenberg, Eli	Guido de Bres C.H.S - HWDSB	4.97m
4	Musgrave-Spence, Neiko	Sherwood S.S. - HWDSB	4.93m
5	Heron, Mario	Glendale S.S. - HWDSB	4.79m
6	Farnworth, Spencer	Sherwood S.S. - HWDSB	4.45m
7	Nobel, Aiden	Guido de Bres C.H.S - HWDSB	4.38m
8	Trikoupis, Nick	Ancaster High School - HWDSB	4.09m
9	Divincenzio, Evan	Dundas Valley S.S. - HWDSB	4.02m
10	Brittain, Thomas	Dundas Valley S.S. - HWDSB	3.32m
---	Burgess, Landon	Bernie Custis S.S. - HWDSB	DQ
---	Suthahar, Chayanth	Orchard Park S.S. - HWDSB	DQ

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men Triple Jump Junior**

Name	School	Finals
Finals		
1 Ludwig, Zach	Guido de Bres C.H.S - HWDSB	11.06m
2 Wagter, Brad	Hamilton District C.H.S. - HWD	10.75m
3 Nobel, Aiden	Guido de Bres C.H.S - HWDSB	9.85m
4 Scholtens, Landon	Guido de Bres C.H.S - HWDSB	9.43m

Men Shot Put Junior

Name	School	Finals
Finals		
1 McEachern, Xander	Nora Francis Henderson S.S. -	11.29m
2 Schoeman, Travis	Dundas Valley S.S. - HWDSB	10.65m
3 Schulenberg, Jonas	Guido de Bres C.H.S - HWDSB	10.51m
4 Andree, Cameron	Dundas Valley S.S. - HWDSB	10.16m
5 Wheaton, Kyle	Dundas Valley S.S. - HWDSB	9.92m
6 Bos, Aiden	Guido de Bres C.H.S - HWDSB	9.52m
7 Vanderzwaag, Noah	Hamilton District C.H.S. - HWD	9.31m
8 Degelder, Landen	Guido de Bres C.H.S - HWDSB	8.95m

Men Discus Throw Junior

Name	School	Finals
Finals		
1 Andree, Cameron	Dundas Valley S.S. - HWDSB	37.02m
2 Schulenberg, Jonas	Guido de Bres C.H.S - HWDSB	32.19m
3 Schoeman, Travis	Dundas Valley S.S. - HWDSB	30.63m
4 Degelder, Landen	Guido de Bres C.H.S - HWDSB	29.16m
5 Bos, Aiden	Guido de Bres C.H.S - HWDSB	25.12m
6 Vanderzwaag, Noah	Hamilton District C.H.S. - HWD	22.47m

Men Javelin Throw Junior

Name	School	Finals
Finals		
1 Andree, Cameron	Dundas Valley S.S. - HWDSB	43.04m
2 Schoeman, Travis	Dundas Valley S.S. - HWDSB	41.07m
3 Lanting, John	Guido de Bres C.H.S - HWDSB	38.71m
4 Kottelenberg, Asher	Guido de Bres C.H.S - HWDSB	36.32m
5 Vanderzwaag, Noah	Hamilton District C.H.S. - HWD	30.93m
6 Bos, Aiden	Guido de Bres C.H.S - HWDSB	28.07m
7 Ortwein, Rowan	Dundas Valley S.S. - HWDSB	27.51m
8 Degelder, Landen	Guido de Bres C.H.S - HWDSB	25.66m

Men 100 Meter Dash Senior

Name	School	Prelims	H#
Preliminaries			
1 Nelson, Quintin	Ancaster High School - HWDSB	11.10 q	1
2 Bezas, Nikos	Westmount S.S. - HWDSB	11.47 q	5
3 Bailey, Judah	Westmount S.S. - HWDSB	11.56 q	4
4 Stechey, Joe	Ancaster High School - HWDSB	11.62 q	2
5 Demirci, Darius	Ancaster High School - HWDSB	11.74 q	3
6 Divincenzio, Alex	Dundas Valley S.S. - HWDSB	11.91 q	5

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Preliminaries ... (Men 100 Meter Dash Senior)**

Name	School	Prelims	H#
7 Clark, Drew	Westmount S.S. - HWDSB	11.96 q	2
8 Leistra, Joel	Guido de Bres C.H.S - HWDSB	12.04 q	3
9 Multani, Arshdeep	Orchard Park S.S. - HWDSB	12.21	4
10 Finucan, Zac	Westdale S.S. - HWDSB	12.23	4
11 Elhag, Nasir	Sherwood S.S. - HWDSB	12.26	1
12 Lieu, Gary	Saltfleet District - HWDSB	12.33	1
13 Frketich, Matthew	Westmount S.S. - HWDSB	12.35	1
14 Whyte, Dashawn	Sherwood S.S. - HWDSB	12.38	4
15 Cowell, Austin	Ancaster High School - HWDSB	12.46	4
16 Swick, Ben	Nora Francis Henderson S.S. -	12.61	3
17 Surla, Marko	Orchard Park S.S. - HWDSB	12.67	2
18 Richards, Andriano	Nora Francis Henderson S.S. -	12.70	2
19 Parishis, Spiro	Westdale S.S. - HWDSB	12.82	3
19 Van Doorn, Kyler	Glendale S.S. - HWDSB	12.82	1
21 Said, Mason	Dundas Valley S.S. - HWDSB	12.83	1
22 Baotic, Gavin	Orchard Park S.S. - HWDSB	12.86	5
23 Alabi, Emmanuel	Saltfleet District - HWDSB	12.93	5
24 Przyjemski, Adam	Westmount S.S. - HWDSB	13.01	3
25 Lim, Bourey	Glendale S.S. - HWDSB	13.03	5
26 Schutten, Tysen	Guido de Bres C.H.S - HWDSB	13.10	2
27 Kent, Nathan	Saltfleet District - HWDSB	13.13	2
28 Duyar, Kaya	Saltfleet District - HWDSB	13.35	3
29 Smith, Owen	Glendale S.S. - HWDSB	13.44	3
30 Htoo, Robbie	Westdale S.S. - HWDSB	13.58	1
31 Henriquez, Jesse	Sir Winston Churchill S.S. - H	13.73	2
32 Lewis, Isaac	Nora Francis Henderson S.S. -	13.75	5
33 Akinyemi, Victor	Sir Winston Churchill S.S. - H	14.89	4
34 Mason, Jessiah	Sir Allan MacNab S.S. - HWDSB	15.34	5

Men 100 Meter Dash Senior

Name	School	Finals
Finals		
1 Nelson, Quintin	Ancaster High School - HWDSB	10.96
2 Stechey, Joe	Ancaster High School - HWDSB	11.31
3 Bezas, Nikos	Westmount S.S. - HWDSB	11.45
4 Bailey, Judah	Westmount S.S. - HWDSB	11.46
5 Demirci, Darius	Ancaster High School - HWDSB	11.53
6 Leistra, Joel	Guido de Bres C.H.S - HWDSB	11.69
7 Divincenzio, Alex	Dundas Valley S.S. - HWDSB	12.00
8 Clark, Drew	Westmount S.S. - HWDSB	12.11

Men 200 Meter Dash Senior

Name	School	Finals	H#
Finals			
1 Nelson, Quintin	Ancaster High School - HWDSB	22.86	2
2 Stechey, Joe	Ancaster High School - HWDSB	22.94	5
3 Demirci, Darius	Ancaster High School - HWDSB	23.59	2
4 Clark, Drew	Westmount S.S. - HWDSB	23.84	5
5 Elhag, Nasir	Sherwood S.S. - HWDSB	24.41	2

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Men 200 Meter Dash Senior)**

Name	School	Finals	H#
6 Smith, Fisher	Sherwood S.S. - HWDSB	24.50	1
7 Multani, Arshdeep	Orchard Park S.S. - HWDSB	24.74	5
8 Divincenzo, Alex	Dundas Valley S.S. - HWDSB	24.89	5
9 Coakley, Lex	Westdale S.S. - HWDSB	24.93	2
10 Zimic, Nigel	Westmount S.S. - HWDSB	25.00	5
11 Verschoor, Josh	Dundas Valley S.S. - HWDSB	25.12	5
12 Strating, Ashton	Guido de Bres C.H.S - HWDSB	25.28	3
13 Lieu, Gary	Saltfleet District - HWDSB	25.38	2
14 Przyjemski, Adam	Westmount S.S. - HWDSB	25.42	4
15 Richards, Andriano	Nora Francis Henderson S.S. -	25.54	1
16 Swick, Ben	Nora Francis Henderson S.S. -	25.57	1
17 Kuber, Emmett	Orchard Park S.S. - HWDSB	25.73	5
18 Parishis, Spiro	Westdale S.S. - HWDSB	26.03	3
19 Rapson, Wyatt	Dundas Valley S.S. - HWDSB	26.50	2
20 Perosevic, Tomas	Waterdown District - HWDSB	26.85	4
21 Kent, Nathan	Saltfleet District - HWDSB	27.21	1
22 Smith, Kevin	Sherwood S.S. - HWDSB	27.25	4
23 Schutten, Tysen	Guido de Bres C.H.S - HWDSB	27.44	1
24 Lim, Bourey	Glendale S.S. - HWDSB	27.59	4
25 Smith, Owen	Glendale S.S. - HWDSB	27.65	3
26 Patel, Aarav	Westmount S.S. - HWDSB	27.74	4
27 Lewis, Isaac	Nora Francis Henderson S.S. -	28.65	2
28 McPherson, Marlon	Glendale S.S. - HWDSB	29.05	1
29 Akinyemi, Victor	Sir Winston Churchill S.S. - H	32.02	3

Men 400 Meter Dash Senior

Name	School	Finals	H#
Finals			
1 Stechey, Joe	Ancaster High School - HWDSB	51.44	3
2 Ewen, Daniel	Dundas Valley S.S. - HWDSB	55.16	3
3 Coakley, Lex	Westdale S.S. - HWDSB	55.29	2
4 Richards, Andriano	Nora Francis Henderson S.S. -	56.96	3
5 Swick, Ben	Nora Francis Henderson S.S. -	58.54	2
6 Rapson, Wyatt	Dundas Valley S.S. - HWDSB	59.17	3
7 Sulentic, Kai	Dundas Valley S.S. - HWDSB	1:00.11	1
8 Parishis, Spiro	Westdale S.S. - HWDSB	1:00.92	2
9 Wilson, Mitchell	Waterdown District - HWDSB	1:01.16	1
10 Perosevic, Tomas	Waterdown District - HWDSB	1:01.24	3
11 Silvera, Jayden	Sir Allan MacNab S.S. - HWDSB	1:01.65	3
12 Koning, Ethan	Guido de Bres C.H.S - HWDSB	1:01.89	1
13 Smith, Kevin	Sherwood S.S. - HWDSB	1:02.41	2
14 Anastasijevic, Nikola	Glendale S.S. - HWDSB	1:03.57	2
15 Martchenko, Andrey	Westdale S.S. - HWDSB	1:03.87	3
16 Patel, Aarav	Westmount S.S. - HWDSB	1:04.51	3
17 Alabi, Emmanuel	Saltfleet District - HWDSB	1:07.91	1

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 800 Meter Run Senior**

Name	School	Finals	H#
Finals			
1 Lakhapal, Porter	Westmount S.S. - HWDSB	2:00.06	2
2 Ledger, Cohen	Dundas Valley S.S. - HWDSB	2:07.76	2
3 Morgan, P.j	Ancaster High School - HWDSB	2:09.50	1
4 Holt, Callum	Ancaster High School - HWDSB	2:09.70	2
5 Sulentic, Kai	Dundas Valley S.S. - HWDSB	2:24.98	1
6 Martchenko, Andrey	Westdale S.S. - HWDSB	2:29.85	1
7 Renwick, Alex	Dundas Valley S.S. - HWDSB	2:29.97	2
8 Koning, Ethan	Guido de Bres C.H.S - HWDSB	2:31.19	1
9 Smith, Kevin	Sherwood S.S. - HWDSB	2:31.87	2
10 Wilson, Mitchell	Waterdown District - HWDSB	2:32.21	1
11 Silvera, Jayden	Sir Allan MacNab S.S. - HWDSB	2:35.57	2
12 Edgar, Daniel	Waterdown District - HWDSB	2:37.83	1
13 Li, Leo	Waterdown District - HWDSB	2:38.12	2
14 Siyaad, Hanad	Nora Francis Henderson S.S. -	2:38.60	1
15 Vaughn-Mohrenschildt, Armando	Westdale S.S. - HWDSB	2:38.93	2
16 Silliker, Nathaniel	Dundas Valley S.S. - HWDSB	2:49.17	2
17 Smith, Kael	Sir Winston Churchill S.S. - H	2:52.39	2
18 Ahmad Zahid, Hamza	Glendale S.S. - HWDSB	2:54.70	1

Men 1500 Meter Run Senior

Name	School	Finals
Finals		
1 Thomson, Iain	Dundas Valley S.S. - HWDSB	4:09.74
2 Lakhapal, Porter	Westmount S.S. - HWDSB	4:10.92
3 Ledger, Cohen	Dundas Valley S.S. - HWDSB	4:16.47
4 Keller, Ben	Westdale S.S. - HWDSB	4:19.05
5 Morgan, P.j	Ancaster High School - HWDSB	4:34.46
6 Holt, Callum	Ancaster High School - HWDSB	4:45.55
7 Mills, Oskar	Ancaster High School - HWDSB	4:52.43
8 Renwick, Alex	Dundas Valley S.S. - HWDSB	5:00.63
9 Stoddart, Holden	Ancaster High School - HWDSB	5:00.66
10 Walter, Kieran	Westdale S.S. - HWDSB	5:03.20
11 Simon, Ndama	Bernie Custis S.S. - HWDSB	5:09.08
12 Walsom, Nathaniel	Westdale S.S. - HWDSB	5:10.49
13 Edgar, Daniel	Waterdown District - HWDSB	5:10.62
14 Vaughn-Mohrenschildt, Armando	Westdale S.S. - HWDSB	5:20.21
15 Siyaad, Hanad	Nora Francis Henderson S.S. -	5:29.45
16 Hassan, Shams	Westmount S.S. - HWDSB	5:29.56

Men 3000 Meter Run Senior

Name	School	Finals
Finals		
1 Keller, Ben	Westdale S.S. - HWDSB	9:03.26
2 Thomson, Iain	Dundas Valley S.S. - HWDSB	9:05.97
3 Ledger, Cohen	Dundas Valley S.S. - HWDSB	9:22.49
4 Lanting, Albert	Guido de Bres C.H.S - HWDSB	9:32.97
5 Spring, Thomas	Waterdown District - HWDSB	10:08.98

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Men 3000 Meter Run Senior)**

Name	School	Finals
6 Saleh, Yassin	Bernie Custis S.S. - HWDSB	10:17.39
7 Uretsky, Benny	Waterdown District - HWDSB	10:30.89
8 Walter, Kieran	Westdale S.S. - HWDSB	11:10.23
9 Cieslak, Luke	Westmount S.S. - HWDSB	11:16.28
10 Walsom, Nathaniel	Westdale S.S. - HWDSB	11:19.33
11 Miller, Owen	Westmount S.S. - HWDSB	11:46.87
12 Simonavitchious, Andrius	Westmount S.S. - HWDSB	12:17.66
13 Li, Leo	Waterdown District - HWDSB	13:37.04

Men 110 Meter Hurdles Senior

Name	School	Finals	H#
Finals			
1 Alsop, Luke	Dundas Valley S.S. - HWDSB	17.45	2
2 Finucan, Zac	Westdale S.S. - HWDSB	17.85	2
3 Cowell, Austin	Ancaster High School - HWDSB	19.26	1
4 Hassel, Zane	Dundas Valley S.S. - HWDSB	20.17	1
5 Neiterman, Ben	Dundas Valley S.S. - HWDSB	21.06	1
6 Smith, Owen	Glendale S.S. - HWDSB	22.23	1
7 He, Conrad	Westmount S.S. - HWDSB	23.89	2

Men 400 Meter Hurdles Senior

Name	School	Finals	H#
Finals			
1 Neary, Bryce	Dundas Valley S.S. - HWDSB	1:04.41	1
2 Strating, Ashton	Guido de Bres C.H.S - HWDSB	1:04.69	1
3 Cowell, Austin	Ancaster High School - HWDSB	1:07.14	2
4 Elhag, Nasir	Sherwood S.S. - HWDSB	1:08.40	1
5 Mason, Cameron	Dundas Valley S.S. - HWDSB	1:09.58	2
6 Alsop, Luke	Dundas Valley S.S. - HWDSB	1:11.09	2
7 Stoddart, Holden	Ancaster High School - HWDSB	1:14.00	2
8 Clarke, Brennan	Dundas Valley S.S. - HWDSB	1:14.81	1
9 Ahmad Zahid, Hamza	Glendale S.S. - HWDSB	1:21.42	1

Men 4x100 Meter Relay Senior

Team	Relay	Finals	
Finals			
1 Ancaster High School - HWDSB	A	44.79	
1) Stechey, Joseph	2) Nelson, Quintin	3) Demirci, Darius	4) Morgan, P.j.
2 Westmount S.S. - HWDSB	A	46.00	
1) Bailey, Judah	2) Banfield, Jack	3) Clark, Drew	4) Bezas, Nikos
3 Sherwood S.S. - HWDSB	A	47.55	
4 Dundas Valley S.S. - HWDSB	A	49.09	
5 Guido de Bres C.H.S - HWDSB	A	49.20	
6 Orchard Park S.S. - HWDSB	A	49.39	
7 Saltfleet District - HWDSB	A	50.66	
1) Kent, Nathan	2) Duyar, Kaya	3) Alabi, Emmanuel	4) Lieu, Gary
8 Glendale S.S. - HWDSB	A	53.34	

HWIAC - Track and Field Meet - 5/17/2023
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results

Men High Jump Senior

Name	School	Finals
Finals		
1 Vanderwoude, Gavin	Guido de Bres C.H.S - HWDSB	J1.65m
2 Leistra, Joel	Guido de Bres C.H.S - HWDSB	J1.65m
3 Verschoor, Josh	Dundas Valley S.S. - HWDSB	1.55m
4 Blais, Jackson	Sherwood S.S. - HWDSB	1.50m

Men Pole Vault Senior

Name	School	Finals
Finals		
1 Neary, Bryce	Dundas Valley S.S. - HWDSB	2.00m

Men Long Jump Senior

Name	School	Finals
Finals		
1 Bailey, Judah	Westmount S.S. - HWDSB	5.99m
2 Verschoor, Josh	Dundas Valley S.S. - HWDSB	5.63m
3 Finucan, Zac	Westdale S.S. - HWDSB	5.51m
4 Demirci, Darius	Ancaster High School - HWDSB	5.45m
5 Whyte, Dashawn	Sherwood S.S. - HWDSB	5.39m
5 Baotic, Gavin	Orchard Park S.S. - HWDSB	5.39m
7 Kent, Nathan	Saltfleet District - HWDSB	4.91m
7 Knol, Tyson	Guido de Bres C.H.S - HWDSB	4.91m
--- Newitt, Ethan	Dundas Valley S.S. - HWDSB	DQ
--- Nguyen, Anawy	Glendale S.S. - HWDSB	DQ
--- Ayoade, Kemi	Nora Francis Henderson S.S. -	DQ
--- Golarz, Luca	Westmount S.S. - HWDSB	DQ

Men Triple Jump Senior

Name	School	Finals
Finals		
1 Leistra, Joel	Guido de Bres C.H.S - HWDSB	11.66m
2 Knol, Tyson	Guido de Bres C.H.S - HWDSB	9.49m
3 Smith, Fisher	Sherwood S.S. - HWDSB	6.71m

Men Shot Put Senior

Name	School	Finals
Finals		
1 Newitt, Ethan	Dundas Valley S.S. - HWDSB	12.16m
2 Groves, Trent	Waterdown District - HWDSB	10.94m
3 Hordyk, Brody	Guido de Bres C.H.S - HWDSB	10.36m
4 Mans, Connor	Guido de Bres C.H.S - HWDSB	10.11m
5 Luke, Gavin	Dundas Valley S.S. - HWDSB	9.81m
6 Fairley, Grant	Dundas Valley S.S. - HWDSB	9.46m
7 Blais, Jackson	Sherwood S.S. - HWDSB	8.97m
8 Strating, Ashton	Guido de Bres C.H.S - HWDSB	8.78m
9 Trikoupis, Michael	Ancaster High School - HWDSB	8.55m
10 Nguyen, Theo	Sherwood S.S. - HWDSB	8.45m
11 Duyar, Kaya	Saltfleet District - HWDSB	8.35m
12 Naik, Dharm	Nora Francis Henderson S.S. -	6.38m

HWIAC - Track and Field Meet - 5/17/2023**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men Discus Throw Senior**

	Name	School	Finals
Finals			
1	Newitt, Ethan	Dundas Valley S.S. - HWDSB	26.94m
2	Young, Mathew	Dundas Valley S.S. - HWDSB	26.25m
3	Kisenko, Daniel	Ancaster High School - HWDSB	26.03m
4	Mills, Oskar	Ancaster High School - HWDSB	25.81m
5	Mans, Connor	Guido de Bres C.H.S - HWDSB	24.05m
6	Timmerman, Gideon	Guido de Bres C.H.S - HWDSB	23.70m
7	Blais, Jackson	Sherwood S.S. - HWDSB	23.16m
8	Fairley, Grant	Dundas Valley S.S. - HWDSB	22.64m
9	Hordyk, Brody	Guido de Bres C.H.S - HWDSB	21.74m
10	Trikoupis, Michael	Ancaster High School - HWDSB	19.72m
11	Luke, Gavin	Dundas Valley S.S. - HWDSB	19.63m
12	Lupascu, Radu	Ancaster High School - HWDSB	19.62m
13	Nguyen, Theo	Sherwood S.S. - HWDSB	18.95m
---	Naik, Dharm	Nora Francis Henderson S.S. -	DQ

Men Javelin Throw Senior

	Name	School	Finals
Finals			
1	Young, Mathew	Dundas Valley S.S. - HWDSB	35.37m
2	Hordyk, Brody	Guido de Bres C.H.S - HWDSB	33.35m
3	Timmerman, Gideon	Guido de Bres C.H.S - HWDSB	31.42m
4	Mills, Oskar	Ancaster High School - HWDSB	31.10m
5	Trikoupis, Michael	Ancaster High School - HWDSB	30.90m
6	Knol, Tyson	Guido de Bres C.H.S - HWDSB	28.35m
7	Kisenko, Daniel	Ancaster High School - HWDSB	26.35m
8	Fairley, Grant	Dundas Valley S.S. - HWDSB	23.90m
9	Groves, Trent	Waterdown District - HWDSB	23.85m
9	Whatford, Moore	Westdale S.S. - HWDSB	23.85m
11	Htoo, Robbie	Westdale S.S. - HWDSB	23.40m
11	Luke, Gavin	Dundas Valley S.S. - HWDSB	23.40m

Men 2000 Meter Steeplechase Open

	Name	School	Finals
Finals			
1	Lanting, Albert	Guido de Bres C.H.S - HWDSB	7:00.53
2	Neary, Bryce	Dundas Valley S.S. - HWDSB	7:06.78
3	Spring, Thomas	Waterdown District - HWDSB	7:27.69
4	Mason, Cameron	Dundas Valley S.S. - HWDSB	7:30.38
5	Smith, Fisher	Sherwood S.S. - HWDSB	7:54.78
6	Lupascu, Radu	Ancaster High School - HWDSB	8:01.45
7	Martchenko, Andrey	Westdale S.S. - HWDSB	8:19.24
8	Murati, Dardan	Nora Francis Henderson S.S. -	9:12.28
9	Ahmad Zahid, Hamza	Glendale S.S. - HWDSB	9:50.30

HWIAC - Track and Field Meet - 5/17/2023
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results

Men 4x400 Meter Relay Open

Team	Relay	Finals
Finals		
1 Ancaster High School - HWDSB	A	3:45.20
1) Stechey, Joseph	2) Demirci, Darius	3) Morgan, P.j.
		4) Holt, Callum
2 Westmount S.S. - HWDSB	A	3:50.30
1) Banfield, Jack	2) Bailey, Judah	3) Clark, Drew
		4) Lakhanpal, Porter
3 Nora Francis Henderson S.S. -	A	3:53.44
4 Dundas Valley S.S. - HWDSB	A	3:54.32
5 Guido de Bres C.H.S - HWDSB	A	3:58.93
6 Sherwood S.S. - HWDSB	A	4:11.18
7 Saltfleet District - HWDSB	A	4:44.00
1) Gavreau, Luc	2) Doleman, Jaxon	3) Ari, Yuvraj
		4) Bogle, Daniel

Men 100 Meter Dash Intellectually Imp

Name	School	Finals
Finals		
1 Gerdingh, Parker	Orchard Park S.S. - HWDSB	14.46
2 Marshall, Michael	Sherwood S.S. - HWDSB	15.70
3 Gill, Jacob	Westdale S.S. - HWDSB	15.87
4 Pink, Will	Westdale S.S. - HWDSB	16.16
5 Kabongo, Mutwale	Nora Francis Henderson S.S. -	16.32
6 Ploughman, Brandon	Westdale S.S. - HWDSB	17.70
7 Ghaddar, Ali	Nora Francis Henderson S.S. -	52.07

Men 800 Meter Run Intellectually Imp

Name	School	Finals
Finals		
1 Gerdingh, Parker	Orchard Park S.S. - HWDSB	3:05.78

Men Shot Put Ambulatory Intellectually Imp

Name	School	Finals
Finals		
1 Marshall, Michael	Sherwood S.S. - HWDSB	8.04m