

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Women 100 Meter Dash Novice**Top 8 Advance by Time**

	Name	School	Prelims	H#
Preliminaries				
1	#12 Kirkopoulos, Eleni	Ancaster High School - HWDSB	13.56 q	5
2	#97 Mohart, Alex	Dundas Valley S.S. - HWDSB	13.78 q	3
3	#322 Da Silva, Keira	Saltfleet District - HWDSB	13.93 q	5
4	#328 Kent, Meghan	Saltfleet District - HWDSB	13.98 q	4
5	#514 Castillo-Silver, Brittna	Westdale S.S. - HWDSB	14.14 q	1
6	#386 McSherry, Belle	Sherwood S.S. - HWDSB	14.59 q	2
7	#529 Hunt, Jocelyn	Westdale S.S. - HWDSB	14.63 q	2
8	#573 Brooks, Elayna	Westmount S.S. - HWDSB	14.64 q	1
9	#88 Jabbari, Lua	Dundas Valley S.S. - HWDSB	14.65	3
10	#307 Kostic, Jana	Orchard Park S.S. - HWDSB	14.77	1
11	#302 Agnew, Sarah	Orchard Park S.S. - HWDSB	14.77	2
12	#603 Wardell, Carly	Westmount S.S. - HWDSB	14.78	3
13	#490 Springer, Evangeline	Waterdown District - HWDSB	14.78	2
14	#152 Okosun, Adesua	Glendale S.S. - HWDSB	14.89	2
15	#148 Erwin, Emma	Glendale S.S. - HWDSB	14.89	1
16	#80 Chisholm, Isla	Dundas Valley S.S. - HWDSB	14.90	5
17	#450 Golumbeanu, Alexia	Sir Winston Churchill S.S. - H	15.06	5
18	#484 Habermehl, Emma	Waterdown District - HWDSB	15.14	4
19	#388 Noble, Macklyn	Sherwood S.S. - HWDSB	15.16	4
20	#489 Penzhorn, Ella	Waterdown District - HWDSB	15.34	1
21	#342 Weaver, Surrey	Saltfleet District - HWDSB	15.38	4
22	#591 Otegbeye, Niniola	Westmount S.S. - HWDSB	15.62	2
23	#265 Al Eker, Basma	Nora Francis Henderson S.S. -	15.72	3
24	#309 Kucukovic, Alma	Orchard Park S.S. - HWDSB	15.88	3
25	#147 Bizier, Elise	Glendale S.S. - HWDSB	15.99	4
26	#542 Stewart-Green, Jahzara	Westdale S.S. - HWDSB	16.17	1
27	#4 Bradbury, Jasmine	Ancaster High School - HWDSB	16.29	5
28	#151 Marasigan, Kirsten	Glendale S.S. - HWDSB	16.29	3
29	#431 Krakkai, Jazmin	Sir Allan MacNab S.S. - HWDSB	16.31	4
30	#11 Kasprzak, Milena	Ancaster High School - HWDSB	16.63	5
31	#282 Zhu, Ella	Nora Francis Henderson S.S. -	16.93	4
32	#373 Chum, Julia	Sherwood S.S. - HWDSB	17.58	2

Women 100 Meter Dash Novice

	Name	School	Finals
Finals			
1	#12 Kirkopoulos, Eleni	Ancaster High School - HWDSB	13.29
2	#97 Mohart, Alex	Dundas Valley S.S. - HWDSB	13.44
3	#328 Kent, Meghan	Saltfleet District - HWDSB	13.52
4	#322 Da Silva, Keira	Saltfleet District - HWDSB	13.71
5	#386 McSherry, Belle	Sherwood S.S. - HWDSB	14.03
6	#573 Brooks, Elayna	Westmount S.S. - HWDSB	14.46
7	#514 Castillo-Silver, Brittna	Westdale S.S. - HWDSB	14.48
8	#529 Hunt, Jocelyn	Westdale S.S. - HWDSB	14.50

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	Name	School	Finals	H#
Finals				
1	#12 Kirkopoulos, Eleni	Ancaster High School - HWDSB	27.65	1
2	#276 Rybka, Gabrielle	Nora Francis Henderson S.S. -	29.12	4
3	#274 Marcellin, Shelisse	Nora Francis Henderson S.S. -	29.15	2
4	#386 McSherry, Belle	Sherwood S.S. - HWDSB	29.61	2
5	#307 Kostic, Jana	Orchard Park S.S. - HWDSB	30.19	4
6	#514 Castillo-Silver, Brittna	Westdale S.S. - HWDSB	30.49	1
7	#529 Hunt, Jocelyn	Westdale S.S. - HWDSB	30.71	2
8	#603 Wardell, Carly	Westmount S.S. - HWDSB	30.76	4
9	#342 Weaver, Surrey	Saltfleet District - HWDSB	30.94	1
10	#306 Jaic, Natasha	Orchard Park S.S. - HWDSB	31.09	4
11	#384 Masar, Eleanor	Sherwood S.S. - HWDSB	31.29	1
12	#484 Habermehl, Emma	Waterdown District - HWDSB	31.53	3
13	#303 Arcand, Clara	Orchard Park S.S. - HWDSB	31.81	2
14	#573 Brooks, Elayna	Westmount S.S. - HWDSB	31.96	4
15	#186 Vanderwal, Teagan	Guido de Bres C.H.S - HWDSB	32.51	3
16	#149 Heaver, Estelle	Glendale S.S. - HWDSB	32.86	4
17	#146 Archer, Maddison	Glendale S.S. - HWDSB	33.31	3
18	#265 Al Eker, Basma	Nora Francis Henderson S.S. -	33.64	2
19	#591 Otegbe, Niniola	Westmount S.S. - HWDSB	33.65	4
20	#151 Marasigan, Kirsten	Glendale S.S. - HWDSB	33.67	3
21	#147 Bizier, Elise	Glendale S.S. - HWDSB	33.71	3
22	#450 Golumbeanu, Alexia	Sir Winston Churchill S.S. - H	33.91	1
23	#544 Wang, Sophia	Westdale S.S. - HWDSB	33.92	2

Women 400 Meter Dash Novice

	Name	School	Finals	H#
Finals				
1	#74 Baier, Veronica	Dundas Valley S.S. - HWDSB	1:03.46	2
2	#328 Kent, Meghan	Saltfleet District - HWDSB	1:05.64	1
3	#322 Da Silva, Keira	Saltfleet District - HWDSB	1:08.46	1
4	#9 Hunter, Libby	Ancaster High School - HWDSB	1:08.52	1
5	#304 Dodman, Kate	Orchard Park S.S. - HWDSB	1:10.09	2
6	#306 Jaic, Natasha	Orchard Park S.S. - HWDSB	1:11.24	2
7	#189 Vanraalte, Elicia	Guido de Bres C.H.S - HWDSB	1:12.33	1
8	#384 Masar, Eleanor	Sherwood S.S. - HWDSB	1:12.46	1
9	#152 Okosun, Adesua	Glendale S.S. - HWDSB	1:13.43	2
10	#148 Erwin, Emma	Glendale S.S. - HWDSB	1:13.80	2
11	#527 Hodgson, Sarah	Westdale S.S. - HWDSB	1:16.24	1
12	#149 Heaver, Estelle	Glendale S.S. - HWDSB	1:16.35	2
13	#324 Davis, Addisyn	Saltfleet District - HWDSB	1:16.74	1
14	#146 Archer, Maddison	Glendale S.S. - HWDSB	1:18.74	2
15	#428 Eltobgy, Malak	Sir Allan MacNab S.S. - HWDSB	1:21.61	1

Women 800 Meter Run Novice

	Name	School	Finals	H#
Finals				
1	#74 Baier, Veronica	Dundas Valley S.S. - HWDSB	2:30.17	2

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Finals ... (Women 800 Meter Run Novice)

	Name	School	Finals	H#
2	#17 McChesney, Joelle	Ancaster High School - HWDSB	2:34.65	1
3	#103 Roche, Bree	Dundas Valley S.S. - HWDSB	2:35.77	2
4	#319 Benton Kearney, Anwen	Saltfleet District - HWDSB	2:46.96	1
5	#165 Feenstra, Talia	Guido de Bres C.H.S - HWDSB	2:49.11	2
6	#9 Hunter, Libby	Ancaster High School - HWDSB	2:52.30	1
7	#324 Davis, Addisyn	Saltfleet District - HWDSB	2:56.04	1
8	#522 Gummerson, Autumn	Westdale S.S. - HWDSB	2:57.49	2
9	#10 Jeffrey, Gracie	Ancaster High School - HWDSB	3:04.71	2
10	#455 Pawley, Addy	Sir Winston Churchill S.S. - H	3:05.60	1
11	#515 Chisholm, Davan	Westdale S.S. - HWDSB	3:05.77	2
12	#588 Montreuil, Kylie	Westmount S.S. - HWDSB	3:10.27	2
13	#434 Peters, Molly	Sir Allan MacNab S.S. - HWDSB	3:14.82	1
14	#429 Gadafi, Jumi	Sir Allan MacNab S.S. - HWDSB	3:20.00	2
15	#576 D'Angelo, Anneleise	Westmount S.S. - HWDSB	3:32.74	2
16	#580 Goodfellow, Jenna	Westmount S.S. - HWDSB	3:42.49	2

Women 1500 Meter Run Novice

	Name	School	Finals
Finals			
1	#519 Field, Aaliyah	Westdale S.S. - HWDSB	5:15.62
2	#17 McChesney, Joelle	Ancaster High School - HWDSB	5:16.88
3	#396 Smith, Eva	Sherwood S.S. - HWDSB	5:17.44
4	#103 Roche, Bree	Dundas Valley S.S. - HWDSB	5:18.52
5	#522 Gummerson, Autumn	Westdale S.S. - HWDSB	5:18.66
6	#165 Feenstra, Talia	Guido de Bres C.H.S - HWDSB	5:21.42
7	#70 Aaird, Olena	Dundas Valley S.S. - HWDSB	5:37.55
8	#319 Benton Kearney, Anwen	Saltfleet District - HWDSB	5:39.73
9	#455 Pawley, Addy	Sir Winston Churchill S.S. - H	5:44.96
10	#10 Jeffrey, Gracie	Ancaster High School - HWDSB	5:52.00
11	#27 Stetson, Hannah	Ancaster High School - HWDSB	6:07.64
12	#538 Singh, Ireland	Westdale S.S. - HWDSB	6:11.56
13	#515 Chisholm, Davan	Westdale S.S. - HWDSB	6:15.56
14	#588 Montreuil, Kylie	Westmount S.S. - HWDSB	6:17.81
15	#310 Ljubicic, Mila	Orchard Park S.S. - HWDSB	6:29.60
16	#387 Mileski, Stella	Sherwood S.S. - HWDSB	6:37.28
17	#236 Harsevoort, Sara Jayne	Hamilton District C.H.S. - HWD	6:48.89
18	#576 D'Angelo, Anneleise	Westmount S.S. - HWDSB	6:51.12
19	#580 Goodfellow, Jenna	Westmount S.S. - HWDSB	6:53.29

Women 3000 Meter Run Novice

	Name	School	Finals
Finals			
1	#519 Field, Aaliyah	Westdale S.S. - HWDSB	11:41.42
2	#396 Smith, Eva	Sherwood S.S. - HWDSB	11:44.69
3	#103 Roche, Bree	Dundas Valley S.S. - HWDSB	12:03.51
4	#165 Feenstra, Talia	Guido de Bres C.H.S - HWDSB	12:19.76
5	#70 Aaird, Olena	Dundas Valley S.S. - HWDSB	12:27.47
6	#517 Douglas, Georgia-Rose	Westdale S.S. - HWDSB	13:43.01
7	#319 Benton Kearney, Anwen	Saltfleet District - HWDSB	14:22.08

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Women 80 Meter Hurdles Novice

Name	School	Finals	H#
Finals			
1 #97 Mohart, Alex	Dundas Valley S.S. - HWDSB	13.74	2
2 #274 Marcellin, Shelisse	Nora Francis Henderson S.S. -	14.58	2
3 #276 Rybka, Gabrielle	Nora Francis Henderson S.S. -	15.01	2
4 #302 Agnew, Sarah	Orchard Park S.S. - HWDSB	15.72	1
5 #510 Barrett, Naomi	Westdale S.S. - HWDSB	15.84	2
6 #514 Castillo-Silver, Brittna	Westdale S.S. - HWDSB	16.12	1
7 #325 Dickinson, Quinn	Saltfleet District - HWDSB	16.30	2
8 #88 Jabbari, Lua	Dundas Valley S.S. - HWDSB	16.34	2
9 #508 Aube, Olive	Westdale S.S. - HWDSB	17.33	1
10 #542 Stewart-Green, Jahzara	Westdale S.S. - HWDSB	18.11	1
11 #340 Vu, Kayla	Saltfleet District - HWDSB	18.19	1

Women 300 Meter Hurdles Novice

Name	School	Finals	H#
Finals			
1 #97 Mohart, Alex	Dundas Valley S.S. - HWDSB	49.66	2
2 #276 Rybka, Gabrielle	Nora Francis Henderson S.S. -	51.80	1
3 #274 Marcellin, Shelisse	Nora Francis Henderson S.S. -	52.86	2
4 #88 Jabbari, Lua	Dundas Valley S.S. - HWDSB	54.86	2
5 #522 Gummerson, Autumn	Westdale S.S. - HWDSB	56.52	2
6 #510 Barrett, Naomi	Westdale S.S. - HWDSB	57.13	1
7 #325 Dickinson, Quinn	Saltfleet District - HWDSB	57.96	2
8 #388 Noble, Macklyn	Sherwood S.S. - HWDSB	58.10	1
9 #324 Davis, Addisyn	Saltfleet District - HWDSB	1:01.59	1
10 #340 Vu, Kayla	Saltfleet District - HWDSB	1:06.71	1

Women 4x100 Meter Relay Novice

Team	Relay	Finals
Finals		
1 Saltfleet District - HWDSB	A	57.79
1) #328 Kent, Meghan	2) #342 Weaver, Surrey	3) #322 Da Silva, Keira
4) #325 Dickinson, Quinn		
2 Ancaster High School - HWDS	A	57.99
3 Westdale S.S. - HWDSB	A	59.43
4 Glendale S.S. - HWDSB	A	59.68
1) #149 Heaver, Estelle	2) #152 Okosun, Adesua	3) #146 Archer, Maddison
4) #148 Erwin, Emma		
5 Westmount S.S. - HWDSB	A	59.77
6 Guido de Bres C.H.S - HWDSI	A	1:00.07
7 Waterdown District - HWDSB	A	1:00.40
1) #489 Penzhorn, Ella	2) #484 Habermehl, Emma	3) #490 Springer, Evangeline
4) #487 Morelli, Jasmine		
8 Dundas Valley S.S. - HWDSB	A	1:01.55

Women High Jump Novice

Name	School	Finals
Finals		
1 #189 Vanraalte, Elicia	Guido de Bres C.H.S - HWDSB	1.40m
2 #85 Hall, Ellie	Dundas Valley S.S. - HWDSB	1.30m

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Name	School	Finals
Finals		
1 #186 Vanderwal, Teagan	Guido de Bres C.H.S - HWDSB	3.85m
2 #26 Smith, Rylee	Ancaster High School - HWDSB	3.84m
3 #302 Agnew, Sarah	Orchard Park S.S. - HWDSB	3.78m
4 #85 Hall, Ellie	Dundas Valley S.S. - HWDSB	3.77m
5 #236 Harsevoort, Sara Jayne	Hamilton District C.H.S. - HWD	3.76m
6 #450 Golumbeanu, Alexia	Sir Winston Churchill S.S. - H	3.73m
7 #310 Ljubicic, Mila	Orchard Park S.S. - HWDSB	3.69m
8 #309 Kucukovic, Alma	Orchard Park S.S. - HWDSB	3.56m
9 #537 Ross, Halle	Westdale S.S. - HWDSB	3.35m
10 #187 Vanhof, Miriam	Guido de Bres C.H.S - HWDSB	2.96m
11 #340 Vu, Kayla	Saltfleet District - HWDSB	2.94m
12 #161 Dejager, Shai	Guido de Bres C.H.S - HWDSB	2.91m
12 #431 Krakkai, Jazmin	Sir Allan MacNab S.S. - HWDSB	2.91m

Women Triple Jump Novice

Name	School	Finals
Finals		
1 #236 Harsevoort, Sara Jayne	Hamilton District C.H.S. - HWD	8.69m
2 #26 Smith, Rylee	Ancaster High School - HWDSB	8.67m
3 #187 Vanhof, Miriam	Guido de Bres C.H.S - HWDSB	7.96m
4 #85 Hall, Ellie	Dundas Valley S.S. - HWDSB	7.63m
5 #325 Dickinson, Quinn	Saltfleet District - HWDSB	7.48m
6 #161 Dejager, Shai	Guido de Bres C.H.S - HWDSB	7.31m

Women Shot Put Novice

Name	School	Finals
Finals		
1 #101 Philipo, Shaela	Dundas Valley S.S. - HWDSB	8.79m
2 #82 Dosramos, Charlee	Dundas Valley S.S. - HWDSB	8.75m
3 #593 Schmidt, Elenore	Westmount S.S. - HWDSB	8.21m
4 #480 Danis, Neela	Waterdown District - HWDSB	7.38m
5 #167 Hulleman, Lily	Guido de Bres C.H.S - HWDSB	7.29m
6 #89 Jarrett, Rowan	Dundas Valley S.S. - HWDSB	7.20m
7 #182 Smith, Keira	Guido de Bres C.H.S - HWDSB	7.06m
8 #181 Smith, Ainsley	Guido de Bres C.H.S - HWDSB	6.92m

Women Discus Throw Novice

Name	School	Finals
Finals		
1 #82 Dosramos, Charlee	Dundas Valley S.S. - HWDSB	23.58m
2 #593 Schmidt, Elenore	Westmount S.S. - HWDSB	22.00m
3 #101 Philipo, Shaela	Dundas Valley S.S. - HWDSB	21.20m
4 #167 Hulleman, Lily	Guido de Bres C.H.S - HWDSB	19.65m
5 #181 Smith, Ainsley	Guido de Bres C.H.S - HWDSB	18.82m
6 #182 Smith, Keira	Guido de Bres C.H.S - HWDSB	15.95m
7 #89 Jarrett, Rowan	Dundas Valley S.S. - HWDSB	15.61m

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Women Javelin Throw Novice

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Finals			
1	#101 Philipo, Shaela	Dundas Valley S.S. - HWDSB	22.70m
2	#333 Masters, Mackenzie	Saltfleet District - HWDSB	22.65m
3	#107 Stanley, Evelyn	Dundas Valley S.S. - HWDSB	20.11m
4	#593 Schmidt, Elenore	Westmount S.S. - HWDSB	20.06m
5	#310 Ljubicic, Mila	Orchard Park S.S. - HWDSB	19.98m
6	#308 Kovinjalo, Sava	Orchard Park S.S. - HWDSB	18.34m
7	#167 Hulleman, Lily	Guido de Bres C.H.S - HWDSB	17.90m
8	#182 Smith, Keira	Guido de Bres C.H.S - HWDSB	12.56m
9	#181 Smith, Ainsley	Guido de Bres C.H.S - HWDSB	10.47m

Women 100 Meter Dash Junior**Top 8 Advance by Time**

	Name	School	Prelims	H#
Preliminaries				
1	#179 Smid, Kara	Guido de Bres C.H.S - HWDSB	12.80 q	5
2	#377 Griffin, Reese	Sherwood S.S. - HWDSB	13.20 q	5
3	#584 Janicas, Cassandra	Westmount S.S. - HWDSB	13.53 q	5
4	#397 Sowunmi, Tunmise	Sherwood S.S. - HWDSB	13.71 q	4
5	#592 Pielechaty, Jasmine	Westmount S.S. - HWDSB	13.75 q	1
6	#590 Ostermeier, Kari	Westmount S.S. - HWDSB	13.84 q	3
7	#585 Laing-Howard, Riley	Westmount S.S. - HWDSB	13.88 q	2
8	#385 McKellar, Amaya	Sherwood S.S. - HWDSB	14.04 q	1
9	#18 Mrmak, Danica	Ancaster High School - HWDSB	14.28	2
10	#239 Mulder, Brynn	Hamilton District C.H.S. - HWD	14.33	2
11	#280 Sutton, Tishana	Nora Francis Henderson S.S. -	14.47	4
12	#188 Vanpopta, Geneva	Guido de Bres C.H.S - HWDSB	14.74	1
13	#382 Layton, Layla	Sherwood S.S. - HWDSB	14.81	1
14	#326 Francis, Tanejah	Saltfleet District - HWDSB	14.94	1
15	#169 Kasweka, Dyanda	Guido de Bres C.H.S - HWDSB	14.96	3
16	#59 Ukwuachu, Jessica	Bernie Custis S.S. - HWDSB	14.97	2
17	#392 Remani, Aryanna	Sherwood S.S. - HWDSB	15.07	5
18	#271 Isaacs, Finn	Nora Francis Henderson S.S. -	15.17	5
19	#432 Lopez-Selkin, Rubi	Sir Allan MacNab S.S. - HWDSB	15.18	2
20	#272 James, Olivia	Nora Francis Henderson S.S. -	15.23	3
21	#426 Chohan, Abeer	Sir Allan MacNab S.S. - HWDSB	15.25	4
22	#479 Cunha, Cecilia	Waterdown District - HWDSB	15.39	2
23	#323 Dairo, Tolu	Saltfleet District - HWDSB	15.47	3
24	#339 Volterman, Lacey	Saltfleet District - HWDSB	15.60	4
25	#270 Hackshaw, Anaiah	Nora Francis Henderson S.S. -	15.68	5
26	#22 Pirie, Avery	Ancaster High School - HWDSB	15.70	4
27	#173 Lenting, Alyvia	Guido de Bres C.H.S - HWDSB	16.29	1
28	#241 Okimi Atencio, Raquel	Hamilton District C.H.S. - HWD	16.62	5

Women 100 Meter Dash Junior

	Name	School	Finals
Finals			
1	#179 Smid, Kara	Guido de Bres C.H.S - HWDSB	12.82

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	Name	School	Finals
2	#377 Griffin, Reese	Sherwood S.S. - HWDSB	12.99
3	#584 Janicas, Cassandra	Westmount S.S. - HWDSB	13.31
4	#397 Sowunmi, Tunmise	Sherwood S.S. - HWDSB	13.40
5	#592 Pielechaty, Jasmine	Westmount S.S. - HWDSB	13.52
6	#585 Laing-Howard, Riley	Westmount S.S. - HWDSB	13.77
7	#590 Ostermeier, Kari	Westmount S.S. - HWDSB	13.80
8	#385 McKellar, Amaya	Sherwood S.S. - HWDSB	13.98

Women 200 Meter Dash Junior

	Name	School	Finals	H#
Finals				
1	#179 Smid, Kara	Guido de Bres C.H.S - HWDSB	26.63	4
2	#19 Oleksiuk, Emily	Ancaster High School - HWDSB	27.93	4
3	#106 St.aubin, Maggie	Dundas Valley S.S. - HWDSB	28.16	4
4	#590 Ostermeier, Kari	Westmount S.S. - HWDSB	28.23	4
5	#585 Laing-Howard, Riley	Westmount S.S. - HWDSB	28.47	3
6	#397 Sowunmi, Tunmise	Sherwood S.S. - HWDSB	28.64	1
7	#592 Pielechaty, Jasmine	Westmount S.S. - HWDSB	28.95	4
8	#243 Wagter, Rachel	Hamilton District C.H.S. - HWD	29.75	3
9	#162 Dejong, Alyssa	Guido de Bres C.H.S - HWDSB	30.51	3
10	#239 Mulder, Brynn	Hamilton District C.H.S. - HWD	30.62	1
11	#326 Francis, Tanejah	Saltfleet District - HWDSB	31.18	3
12	#184 Vanbrederode, Jenna	Guido de Bres C.H.S - HWDSB	31.73	1
13	#482 Dufresne, Devyn	Waterdown District - HWDSB	32.18	3
14	#376 Gouthro, Katelyn	Sherwood S.S. - HWDSB	32.22	1
15	#398 Tweedle, Sadie	Sherwood S.S. - HWDSB	32.42	3
16	#277 Sewell, Brooklyn	Nora Francis Henderson S.S. -	32.82	4
17	#391 Ramdhan, Amoiyah	Sherwood S.S. - HWDSB	32.93	2
18	#8 Hanel, Cadence	Ancaster High School - HWDSB	33.25	4
19	#479 Cunha, Cecilia	Waterdown District - HWDSB	33.78	2
20	#59 Ukwuachu, Jessica	Bernie Custis S.S. - HWDSB	34.16	3
21	#539 Smith, Emilia	Westdale S.S. - HWDSB	34.84	2
22	#238 Manning, Kenya	Hamilton District C.H.S. - HWD	36.43	3

Women 400 Meter Dash Junior

	Name	School	Finals	H#
Finals				
1	#106 St.aubin, Maggie	Dundas Valley S.S. - HWDSB	1:07.17	3
2	#329 Kraynick, Grace	Saltfleet District - HWDSB	1:08.15	3
3	#320 Cucuz, Ivana	Saltfleet District - HWDSB	1:08.18	2
4	#71 Adams, Vivienne	Dundas Valley S.S. - HWDSB	1:08.37	3
5	#531 Lounsbury, Madelyn	Westdale S.S. - HWDSB	1:08.83	2
6	#185 Vandenbeukel, Sara	Guido de Bres C.H.S - HWDSB	1:11.48	2
7	#8 Hanel, Cadence	Ancaster High School - HWDSB	1:14.04	1
8	#483 Edl, Peyton	Waterdown District - HWDSB	1:15.50	1
9	#273 Kennedy, Aila	Nora Francis Henderson S.S. -	1:16.10	1
10	#277 Sewell, Brooklyn	Nora Francis Henderson S.S. -	1:17.52	3
11	#177 Nederveen, Jayden	Guido de Bres C.H.S - HWDSB	1:17.67	1
12	#488 Naseem, Nabiha	Waterdown District - HWDSB	1:17.77	2

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Women 400 Meter Dash Junior)

	Name	School	Finals	H#
13	#391 Ramdhan, Amoiyah	Sherwood S.S. - HWDSB	1:18.01	1
14	#491 Uretsky, Liah	Waterdown District - HWDSB	1:22.20	2
15	#493 Zhang, Jessica	Waterdown District - HWDSB	1:22.26	1
16	#583 Islam, Sarina	Westmount S.S. - HWDSB	1:25.68	3
17	#279 Smith, Chloe	Nora Francis Henderson S.S. -	1:25.76	3
18	#237 Houston, Chelsea	Hamilton District C.H.S. - HWD	1:30.41	2

Women 800 Meter Run Junior

	Name	School	Finals	H#
Finals				
1	#531 Lounsbury, Madelyn	Westdale S.S. - HWDSB	2:47.47	1
2	#174 Lof, Moriah	Guido de Bres C.H.S - HWDSB	2:48.99	1
3	#329 Kraynick, Grace	Saltfleet District - HWDSB	2:50.54	1
4	#71 Adams, Vivienne	Dundas Valley S.S. - HWDSB	2:54.01	2
5	#72 Andree, Jordyn	Dundas Valley S.S. - HWDSB	3:07.58	2
6	#90 Leman, Evyn	Dundas Valley S.S. - HWDSB	3:13.43	2
7	#594 Simpson, Sienna	Westmount S.S. - HWDSB	3:23.45	2
8	#234 Chen, Tacey	Hamilton District C.H.S. - HWD	3:48.93	1
9	#255 Fosakin, Folasade	Hamilton District C.H.S. - HWD	4:01.96	1

Women 1500 Meter Run Junior

	Name	School	Finals
Finals			
1	#1 Bagnall, Amelia	Ancaster High School - HWDSB	5:30.94
2	#91 Mason, Isla	Dundas Valley S.S. - HWDSB	5:39.34
3	#174 Lof, Moriah	Guido de Bres C.H.S - HWDSB	5:58.05
4	#164 Dykema, Brenna	Guido de Bres C.H.S - HWDSB	6:00.60
5	#600 Thomas, Elaine	Westmount S.S. - HWDSB	6:01.20
6	#25 Sanchez-Caicedo, Gabriell	Ancaster High School - HWDSB	6:02.59
7	#72 Andree, Jordyn	Dundas Valley S.S. - HWDSB	6:24.66
8	#75 Ballintyne, Amelia	Dundas Valley S.S. - HWDSB	6:26.17
9	#483 Edl, Peyton	Waterdown District - HWDSB	6:34.53
10	#491 Uretsky, Liah	Waterdown District - HWDSB	6:38.41
11	#269 Connors, Kennedy	Nora Francis Henderson S.S. -	6:45.28
12	#594 Simpson, Sienna	Westmount S.S. - HWDSB	6:56.37
13	#543 Syal, Rosan	Westdale S.S. - HWDSB	7:04.42
14	#234 Chen, Tacey	Hamilton District C.H.S. - HWD	7:08.04
15	#241 Okimi Atencio, Raquel	Hamilton District C.H.S. - HWD	7:15.03
16	#255 Fosakin, Folasade	Hamilton District C.H.S. - HWD	8:13.21
17	#577 Desai, Viha	Westmount S.S. - HWDSB	8:26.68

Women 3000 Meter Run Junior

	Name	School	Finals
Finals			
1	#1 Bagnall, Amelia	Ancaster High School - HWDSB	12:02.61
2	#91 Mason, Isla	Dundas Valley S.S. - HWDSB	12:21.39
3	#482 Dufresne, Devyn	Waterdown District - HWDSB	12:24.71
4	#600 Thomas, Elaine	Westmount S.S. - HWDSB	12:29.82
5	#164 Dykema, Brenna	Guido de Bres C.H.S - HWDSB	13:23.49

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Women 3000 Meter Run Junior)

Name	School	Finals
6 #75 Ballintyne, Amelia	Dundas Valley S.S. - HWDSB	13:52.82

Women 80 Meter Hurdles Junior

Name	School	Finals	H#
Finals			
1 #95 Metham, Parker	Dundas Valley S.S. - HWDSB	13.69	2
2 #586 Lane, Abigail	Westmount S.S. - HWDSB	14.33	2
3 #584 Janicas, Cassandra	Westmount S.S. - HWDSB	14.39	2
4 #320 Cucuz, Ivana	Saltfleet District - HWDSB	15.29	1
5 #184 Vanbrederode, Jenna	Guido de Bres C.H.S - HWDSB	15.58	2
6 #175 Ludwig, Morgan	Guido de Bres C.H.S - HWDSB	15.96	1
7 #242 Vanderzwaag, Isabel	Hamilton District C.H.S. - HWD	16.13	1
8 #323 Dairo, Tolu	Saltfleet District - HWDSB	16.61	2
9 #326 Francis, Tanejah	Saltfleet District - HWDSB	19.24	1

Women 300 Meter Hurdles Junior

Name	School	Finals	H#
Finals			
1 #95 Metham, Parker	Dundas Valley S.S. - HWDSB	50.72	2
2 #320 Cucuz, Ivana	Saltfleet District - HWDSB	53.78	2
3 #329 Kraynick, Grace	Saltfleet District - HWDSB	54.16	1
4 #242 Vanderzwaag, Isabel	Hamilton District C.H.S. - HWD	54.52	2
5 #586 Lane, Abigail	Westmount S.S. - HWDSB	54.78	2
6 #184 Vanbrederode, Jenna	Guido de Bres C.H.S - HWDSB	59.90	1
7 #238 Manning, Kenya	Hamilton District C.H.S. - HWD	1:14.56	1

Women 4x100 Meter Relay Junior

Team	Relay	Finals
Finals		
1 Dundas Valley S.S. - HWDSB	A	53.47
1) #95 Metham, Parker	2) #106 St.aubin, Maggie	3) #77 Bennett, Evelyn
4) #97 Mohart, Alex		
2 Westmount S.S. - HWDSB	A	53.75
3 Sherwood S.S. - HWDSB	A	54.52
4 Guido de Bres C.H.S - HWDSB	A	57.35
5 Hamilton District C.H.S. - HW	A	57.71
6 Nora Francis Henderson S.S. -	A	57.84
7 Ancaster High School - HWDS	A	59.49
8 Waterdown District - HWDSB	A	1:02.50

Women High Jump Junior

Name	School	Finals
Finals		
1 #77 Bennett, Evelyn	Dundas Valley S.S. - HWDSB	1.35m
2 #95 Metham, Parker	Dundas Valley S.S. - HWDSB	1.30m
--- #175 Ludwig, Morgan	Guido de Bres C.H.S - HWDSB	FAIL

Women Long Jump Junior

Name	School	Finals
Finals		
1 #385 McKellar, Amaya	Sherwood S.S. - HWDSB	4.46m

HWIAC - Track and Field Meet - 5/13/2025

SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results

Finals ... (Women Long Jump Junior)

	Name	School	Finals
2	#175 Ludwig, Morgan	Guido de Bres C.H.S - HWDSB	14.46m
3	#77 Bennett, Evelyn	Dundas Valley S.S. - HWDSB	4.32m
4	#584 Janicas, Cassandra	Westmount S.S. - HWDSB	4.27m
5	#243 Wagter, Rachel	Hamilton District C.H.S. - HWD	4.21m
5	#18 Mrmak, Danica	Ancaster High School - HWDSB	4.21m
7	#162 Dejong, Alyssa	Guido de Bres C.H.S - HWDSB	3.82m
8	#271 Isaacs, Finn	Nora Francis Henderson S.S. -	3.76m
8	#59 Ukwuachu, Jessica	Bernie Custis S.S. - HWDSB	3.76m
10	#596 Stooke, Isobel	Westmount S.S. - HWDSB	3.69m
11	#13 Kortmann, Heidi	Ancaster High School - HWDSB	3.66m
12	#486 Mohamed, Maya	Waterdown District - HWDSB	3.62m
13	#337 Phillips, Abby	Saltfleet District - HWDSB	3.59m
14	#524 Hastings-Speck, Madeleir	Westdale S.S. - HWDSB	3.53m
15	#173 Lenting, Alyvia	Guido de Bres C.H.S - HWDSB	3.41m
16	#268 Biesty, Tayla	Nora Francis Henderson S.S. -	3.38m
17	#493 Zhang, Jessica	Waterdown District - HWDSB	3.12m
18	#394 Saunders, Gabrielle	Sherwood S.S. - HWDSB	3.01m

Women Triple Jump Junior

	Name	School	Finals
Finals			
1	#586 Lane, Abigail	Westmount S.S. - HWDSB	9.67m
2	#243 Wagter, Rachel	Hamilton District C.H.S. - HWD	9.08m
3	#77 Bennett, Evelyn	Dundas Valley S.S. - HWDSB	8.62m
4	#173 Lenting, Alyvia	Guido de Bres C.H.S - HWDSB	7.84m
5	#596 Stooke, Isobel	Westmount S.S. - HWDSB	7.81m
6	#246 Zandstra, Samantha	Hamilton District C.H.S. - HWD	7.19m
7	#166 Harsevoort, Kylie	Guido de Bres C.H.S - HWDSB	6.84m
8	#570 Al-Obeidi, Rose	Westmount S.S. - HWDSB	6.54m

Women Shot Put Junior

	Name	School	Finals
Finals			
1	#104 Simmons, Maci	Dundas Valley S.S. - HWDSB	9.45m
2	#337 Phillips, Abby	Saltfleet District - HWDSB	9.24m
3	#478 Blain, Sophie	Waterdown District - HWDSB	8.84m
4	#233 Barnard, Katelyn	Hamilton District C.H.S. - HWD	8.62m
5	#15 Majernik, Jennika	Ancaster High School - HWDSB	8.50m
6	#78 Black, Katelynn	Dundas Valley S.S. - HWDSB	8.04m
7	#81 Christiansen, Lisa	Dundas Valley S.S. - HWDSB	8.02m
8	#169 Kasweka, Dyanda	Guido de Bres C.H.S - HWDSB	7.94m
9	#159 Bartels, Christina	Guido de Bres C.H.S - HWDSB	7.73m
10	#335 Panteleit, Kate	Saltfleet District - HWDSB	7.43m
11	#390 Pyke, Sabine	Sherwood S.S. - HWDSB	7.19m
12	#449 estey-McPherson, Nylann	Sir Winston Churchill S.S. - H	7.10m
13	#399 Wass, Maddilyn	Sherwood S.S. - HWDSB	6.92m
14	#87 Hill, Lexi	Dundas Valley S.S. - HWDSB	6.62m
14	#534 Mutamba, Justine	Westdale S.S. - HWDSB	6.62m
16	#177 Nederveen, Jayden	Guido de Bres C.H.S - HWDSB	6.51m

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Women Shot Put Junior)

Name	School	Finals
17 #166 Harsevoort, Kylie	Guido de Bres C.H.S - HWDSB	6.41m
18 #339 Volterman, Lacey	Saltfleet District - HWDSB	6.26m
19 #381 Laursen, Norah	Sherwood S.S. - HWDSB	5.46m

Women Discus Throw Junior

Name	School	Finals
Finals		
1 #169 Kasweka, Dyanda	Guido de Bres C.H.S - HWDSB	22.53m
2 #72 Andree, Jordyn	Dundas Valley S.S. - HWDSB	21.80m
3 #185 Vandenbeukel, Sara	Guido de Bres C.H.S - HWDSB	21.19m
4 #233 Barnard, Katelyn	Hamilton District C.H.S. - HWD	20.22m
5 #15 Majernik, Jennika	Ancaster High School - HWDSB	20.20m
6 #375 Gainham, Hazel	Sherwood S.S. - HWDSB	19.00m
7 #78 Black, Katelynn	Dundas Valley S.S. - HWDSB	18.40m
8 #534 Mutamba, Justine	Westdale S.S. - HWDSB	17.84m
9 #159 Bartels, Christina	Guido de Bres C.H.S - HWDSB	15.62m
10 #390 Pyke, Sabine	Sherwood S.S. - HWDSB	15.43m
11 #399 Wass, Maddilyn	Sherwood S.S. - HWDSB	15.35m
12 #168 Jagt, Mira	Guido de Bres C.H.S - HWDSB	14.56m
13 #177 Nederveen, Jayden	Guido de Bres C.H.S - HWDSB	13.52m

Women Javelin Throw Junior

Name	School	Finals
Finals		
1 #99 Myers, Madison	Dundas Valley S.S. - HWDSB	30.80m
2 #185 Vandenbeukel, Sara	Guido de Bres C.H.S - HWDSB	28.90m
3 #92 McCulloch, Olivia	Dundas Valley S.S. - HWDSB	27.52m
4 #337 Phillips, Abby	Saltfleet District - HWDSB	26.58m
5 #380 Laing, Olivia	Sherwood S.S. - HWDSB	23.15m
6 #188 Vanpopta, Geneva	Guido de Bres C.H.S - HWDSB	20.98m
7 #15 Majernik, Jennika	Ancaster High School - HWDSB	20.45m
8 #168 Jagt, Mira	Guido de Bres C.H.S - HWDSB	19.12m
9 #159 Bartels, Christina	Guido de Bres C.H.S - HWDSB	17.91m
10 #390 Pyke, Sabine	Sherwood S.S. - HWDSB	17.17m
11 #375 Gainham, Hazel	Sherwood S.S. - HWDSB	15.64m
12 #233 Barnard, Katelyn	Hamilton District C.H.S. - HWD	15.05m
13 #507 Ataya, Shahed	Westdale S.S. - HWDSB	12.90m
14 #242 Vanderzwaag, Isabel	Hamilton District C.H.S. - HWD	12.80m
15 #394 Saunders, Gabrielle	Sherwood S.S. - HWDSB	10.45m
--- #246 Zandstra, Samantha	Hamilton District C.H.S. - HWD	FOUL

Women 100 Meter Dash Senior**Top 8 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 #105 Slywka, Grace	Dundas Valley S.S. - HWDSB	12.63 q	4
2 #372 Burgess, Madeline	Sherwood S.S. - HWDSB	13.13 q	4
3 #93 McCulloch, Sophia	Dundas Valley S.S. - HWDSB	13.14 q	3
4 #21 Phansavath, Jasmine	Ancaster High School - HWDSB	13.35 q	1

HWIAC - Track and Field Meet - 5/13/2025**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Preliminaries ... (Women 100 Meter Dash Senior)**

Name	School	Prelims	H#
5 #327 Kent, Hannah	Saltfleet District - HWDSB	13.39 q	2
6 #23 Placidi, Isabella	Ancaster High School - HWDSB	13.43 q	1
7 #579 Folkens, Claudia	Westmount S.S. - HWDSB	13.73 q	3
8 #171 Kuizenga, Rachel	Guido de Bres C.H.S - HWDSB	13.75 q	3
9 #56 Croft-Porter, Janayah	Bernie Custis S.S. - HWDSB	13.78	4
10 #525 Hauser, Estella	Westdale S.S. - HWDSB	13.79	2
11 #275 Ritter, Ava	Nora Francis Henderson S.S. -	13.95	1
12 #317 Banfield, Mackenna	Saltfleet District - HWDSB	14.12	3
13 #370 Baranowski, Ava	Sherwood S.S. - HWDSB	14.38	2
14 #512 Bramwell, Alexa	Westdale S.S. - HWDSB	14.50	3
15 #511 Borcea-Richardson, Nina	Westdale S.S. - HWDSB	14.60	3
16 #572 Bernal, Tayanna	Westmount S.S. - HWDSB	14.63	4
17 #513 Burak, Emily	Westdale S.S. - HWDSB	14.72	1
18 #645 Ritchie, Evie	Westmount S.S. - HWDSB	14.92	2
19 #393 Robinson, Amora	Sherwood S.S. - HWDSB	15.09	4
20 #433 McDonald, Rachel	Sir Allan MacNab S.S. - HWDSB	15.22	2
21 #235 Gonnering, Gabriella	Hamilton District C.H.S. - HWD	15.27	4
22 #20 Patel, Shailee	Ancaster High School - HWDSB	15.41	2
23 #451 Kelly, Zelly	Sir Winston Churchill S.S. - H	16.01	1
24 #57 Molefhi, Melissa	Bernie Custis S.S. - HWDSB	18.56	1

Women 100 Meter Dash Senior

Name	School	Finals
Finals		
1 #105 Slywka, Grace	Dundas Valley S.S. - HWDSB	12.46
2 #372 Burgess, Madeline	Sherwood S.S. - HWDSB	13.00
3 #93 McCulloch, Sophia	Dundas Valley S.S. - HWDSB	13.08
4 #327 Kent, Hannah	Saltfleet District - HWDSB	13.27
5 #23 Placidi, Isabella	Ancaster High School - HWDSB	13.56
6 #171 Kuizenga, Rachel	Guido de Bres C.H.S - HWDSB	13.62
7 #579 Folkens, Claudia	Westmount S.S. - HWDSB	13.65
8 #21 Phansavath, Jasmine	Ancaster High School - HWDSB	13.74

Women 200 Meter Dash Senior

Name	School	Finals	H#
Finals			
1 #521 Gravesande, Simone	Westdale S.S. - HWDSB	25.59	4
2 #105 Slywka, Grace	Dundas Valley S.S. - HWDSB	26.19	4
3 #170 Koning, Abby	Guido de Bres C.H.S - HWDSB	27.24	4
4 #93 McCulloch, Sophia	Dundas Valley S.S. - HWDSB	27.26	4
5 #56 Croft-Porter, Janayah	Bernie Custis S.S. - HWDSB	28.33	2
6 #372 Burgess, Madeline	Sherwood S.S. - HWDSB	28.36	1
7 #23 Placidi, Isabella	Ancaster High School - HWDSB	28.63	4
8 #171 Kuizenga, Rachel	Guido de Bres C.H.S - HWDSB	29.03	4
9 #317 Banfield, Mackenna	Saltfleet District - HWDSB	29.35	3
10 #525 Hauser, Estella	Westdale S.S. - HWDSB	29.48	2
11 #79 Cameron, Chloe	Dundas Valley S.S. - HWDSB	30.05	3
12 #512 Bramwell, Alexa	Westdale S.S. - HWDSB	31.98	2
13 #20 Patel, Shailee	Ancaster High School - HWDSB	32.23	1

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Women 200 Meter Dash Senior)

	Name	School	Finals	H#
14	#518 Elsobky, Sophia	Westdale S.S. - HWDSB	32.83	2
15	#587 McCarroll, Mia	Westmount S.S. - HWDSB	33.10	3
16	#451 Kelly, Zelly	Sir Winston Churchill S.S. - H	33.26	1

Women 400 Meter Dash Senior

	Name	School	Finals	H#
Finals				
1	#521 Gravesande, Simone	Westdale S.S. - HWDSB	57.84	2
2	#170 Koning, Abby	Guido de Bres C.H.S - HWDSB	1:04.71	2
3	#532 Ludviks-Pitkin, Stella	Westdale S.S. - HWDSB	1:06.58	1
4	#574 Campanaro, Mylana	Westmount S.S. - HWDSB	1:07.72	2
5	#571 Baltzer, Abbie	Westmount S.S. - HWDSB	1:07.91	2
6	#589 Needham-Robbins, Ellie	Westmount S.S. - HWDSB	1:08.52	2
7	#102 Piecuch, Mya	Dundas Valley S.S. - HWDSB	1:08.60	2
8	#481 Danis, Zayah	Waterdown District - HWDSB	1:21.54	1
9	#58 Smith, Bridget	Bernie Custis S.S. - HWDSB	1:25.74	1

Women 800 Meter Run Senior

	Name	School	Finals	H#
Finals				
1	#5 Craig, Mackenzie	Ancaster High School - HWDSB	2:20.17	2
2	#172 Lanting, Hannah	Guido de Bres C.H.S - HWDSB	2:25.35	2
3	#532 Ludviks-Pitkin, Stella	Westdale S.S. - HWDSB	2:36.81	2
4	#318 Beaulieu, Alexa	Saltfleet District - HWDSB	2:38.09	1
5	#571 Baltzer, Abbie	Westmount S.S. - HWDSB	2:41.53	2
6	#7 Griffiths, Claire	Ancaster High School - HWDSB	2:44.39	2
7	#16 Masse, Kaitlyn	Ancaster High School - HWDSB	2:45.88	1
8	#24 Plas, Mya	Ancaster High School - HWDSB	2:46.58	1
9	#312 Pulic, Adriana	Orchard Park S.S. - HWDSB	2:50.19	1
10	#96 Mills, Quinn	Dundas Valley S.S. - HWDSB	2:53.18	2
11	#102 Piecuch, Mya	Dundas Valley S.S. - HWDSB	2:55.06	2
12	#425 Brown, Bronwyn	Sir Allan MacNab S.S. - HWDSB	3:01.45	1
13	#369 Amini, Jasmine	Sherwood S.S. - HWDSB	3:18.57	1
---	#523 Hargreave, Marley	Westdale S.S. - HWDSB	DNF	2

Women 1500 Meter Run Senior

	Name	School	Finals
Finals			
1	#5 Craig, Mackenzie	Ancaster High School - HWDSB	4:56.69
2	#6 Gordon, Erika	Ancaster High School - HWDSB	4:57.26
3	#536 Pribyl, Abiella	Westdale S.S. - HWDSB	5:06.51
4	#84 Gupta, Julia	Dundas Valley S.S. - HWDSB	5:13.71
5	#7 Griffiths, Claire	Ancaster High School - HWDSB	5:30.69
6	#523 Hargreave, Marley	Westdale S.S. - HWDSB	5:37.51
7	#533 Mallany, Dalia	Westdale S.S. - HWDSB	5:45.78
8	#96 Mills, Quinn	Dundas Valley S.S. - HWDSB	6:08.03
9	#456 Woikin, Patricia	Sir Winston Churchill S.S. - H	6:13.71
10	#526 Hellings, Karenza	Westdale S.S. - HWDSB	6:34.67
11	#485 Henry, Clara	Waterdown District - HWDSB	6:37.17

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Women 1500 Meter Run Senior)

Name	School	Finals
12 #244 Washington, Penelope	Hamilton District C.H.S. - HWD	6:46.89

Women 3000 Meter Run Senior

Name	School	Finals
Finals		
1 #6 Gordon, Erika	Ancaster High School - HWDSB	10:36.28
2 #536 Pribyl, Abiella	Westdale S.S. - HWDSB	11:01.38
3 #84 Gupta, Julia	Dundas Valley S.S. - HWDSB	11:11.09
4 #163 Deklerk, Morgan	Guido de Bres C.H.S - HWDSB	11:21.69
5 #597 Taylor, Molly	Westmount S.S. - HWDSB	11:22.45
6 #16 Masse, Kaitlyn	Ancaster High School - HWDSB	12:14.30
7 #523 Hargreve, Marley	Westdale S.S. - HWDSB	12:14.94
8 #24 Plas, Mya	Ancaster High School - HWDSB	13:23.08
9 #456 Woikin, Patricia	Sir Winston Churchill S.S. - H	13:36.02
10 #395 Scholman, Maria	Sherwood S.S. - HWDSB	14:10.94

Women 100 Meter Hurdles Senior

Name	School	Finals	H#
Finals			
1 #98 Mohart, Gabrielle	Dundas Valley S.S. - HWDSB	16.42	2
2 #579 Folkens, Claudia	Westmount S.S. - HWDSB	16.81	2
3 #2 Bower, Olivia	Ancaster High School - HWDSB	17.20	2
4 #100 Peaker, Audrey	Dundas Valley S.S. - HWDSB	18.27	2
5 #334 McKenzie, Abigail	Saltfleet District - HWDSB	19.79	1
6 #281 Williams, Serenity	Nora Francis Henderson S.S. -	20.13	2
7 #374 Elliott, Marissa	Sherwood S.S. - HWDSB	21.17	1
8 #454 Milligan, Haley	Sir Winston Churchill S.S. - H	21.82	1
9 #582 Gyuro, Siena	Westmount S.S. - HWDSB	22.45	2

Women 400 Meter Hurdles Senior

Name	School	Finals	H#
Finals			
1 #2 Bower, Olivia	Ancaster High School - HWDSB	1:11.61	2
2 #509 Baker, Lauren	Westdale S.S. - HWDSB	1:17.18	1
3 #98 Mohart, Gabrielle	Dundas Valley S.S. - HWDSB	1:19.02	2
4 #100 Peaker, Audrey	Dundas Valley S.S. - HWDSB	1:19.55	2
5 #334 McKenzie, Abigail	Saltfleet District - HWDSB	1:20.50	1
6 #374 Elliott, Marissa	Sherwood S.S. - HWDSB	1:31.81	2
7 #267 Berisha, Lorita	Nora Francis Henderson S.S. -	1:34.86	2

Women 4x100 Meter Relay Senior

Team	Relay	Finals
Finals		
1 Guido de Bres C.H.S - HWDSI	A	50.70
1) #190 Vanraalte, Sophia	2) #179 Smid, Kara	3) #171 Kuizenga, Rachel 4) #170 Koning, Abby
2 Dundas Valley S.S. - HWDSB	A	52.34
1) #105 Slywka, Grace	2) #93 McCulloch, Sophia	3) #98 Mohart, Gabrielle 4) #76 Bauer, Alma
3 Westmount S.S. - HWDSB	A	54.63
4 Saltfleet District - HWDSB	A	54.64
1) #327 Kent, Hannah	2) #343 Wilcox, Ivory	3) #334 McKenzie, Abigail 4) #317 Banfield, Mackenna

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Women 4x100 Meter Relay Senior)

Team	Relay	Finals
5 Nora Francis Henderson S.S. -	A	54.93
6 Westdale S.S. - HWDSB	A	56.90
7 Sherwood S.S. - HWDSB	A	56.92
--- Ancaster High School - HWDS	A	DQ

Women High Jump Senior

Name	School	Finals
Finals		
1 #190 Vanraalte, Sophia	Guido de Bres C.H.S - HWDSB	1.55m
--- #509 Baker, Lauren	Westdale S.S. - HWDSB	FAIL
--- #540 Squires, Audrey	Westdale S.S. - HWDSB	DNF
--- #334 McKenzie, Abigail	Saltfleet District - HWDSB	DNF

Women Long Jump Senior

Name	School	Finals
Finals		
1 #190 Vanraalte, Sophia	Guido de Bres C.H.S - HWDSB	4.91m
2 #305 Fennema, Hailey	Orchard Park S.S. - HWDSB	4.57m
3 #278 Slezak, Breanna	Nora Francis Henderson S.S. -	4.27m
4 #56 Croft-Porter, Janayah	Bernie Custis S.S. - HWDSB	4.25m
5 #540 Squires, Audrey	Westdale S.S. - HWDSB	3.90m
6 #321 Cucuz, Nadia	Saltfleet District - HWDSB	3.86m
6 #312 Pulic, Adriana	Orchard Park S.S. - HWDSB	3.86m
8 #244 Washington, Penelope	Hamilton District C.H.S. - HWD	3.32m
9 #481 Danis, Zayah	Waterdown District - HWDSB	3.22m
9 #341 Vujovic, Kasijana	Saltfleet District - HWDSB	3.22m
11 #425 Brown, Bronwyn	Sir Allan MacNab S.S. - HWDSB	3.12m
12 #235 Gonnering, Gabriella	Hamilton District C.H.S. - HWD	3.10m
13 #545 Woods, Taylor	Westdale S.S. - HWDSB	3.00m

Women Triple Jump Senior

Name	School	Finals
Finals		
1 #190 Vanraalte, Sophia	Guido de Bres C.H.S - HWDSB	11.08m
2 #2 Bower, Olivia	Ancaster High School - HWDSB	10.96m
3 #305 Fennema, Hailey	Orchard Park S.S. - HWDSB	10.01m
4 #278 Slezak, Breanna	Nora Francis Henderson S.S. -	9.87m
5 #76 Bauer, Alma	Dundas Valley S.S. - HWDSB	9.00m
6 #183 Strating, Jaylen	Guido de Bres C.H.S - HWDSB	7.82m
7 #331 MacIntyre, Mattea	Saltfleet District - HWDSB	6.91m

Women Shot Put Senior

Name	School	Finals
Finals		
1 #305 Fennema, Hailey	Orchard Park S.S. - HWDSB	9.79m
2 #492 Woo, Kate	Waterdown District - HWDSB	9.14m
3 #321 Cucuz, Nadia	Saltfleet District - HWDSB	8.09m
4 #160 D'Addazio, Kelty	Guido de Bres C.H.S - HWDSB	8.02m
5 #176 McNeil, Brennan	Guido de Bres C.H.S - HWDSB	7.96m
6 #245 Whitton, Moriah	Hamilton District C.H.S. - HWD	7.66m

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Women Shot Put Senior)

	Name	School	Finals
7	#108 White, Nicole	Dundas Valley S.S. - HWDSB	7.55m
8	#598 Thai, Angel	Westmount S.S. - HWDSB	7.33m
9	#602 Warby, Grace	Westmount S.S. - HWDSB	7.00m
10	#535 Mutamba, Priscilla	Westdale S.S. - HWDSB	6.91m
11	#371 Belrose, Olivia	Sherwood S.S. - HWDSB	6.86m
12	#446 Davies, Lexi	Sir Winston Churchill S.S. - H	6.72m
13	#341 Vujovic, Kasijana	Saltfleet District - HWDSB	6.06m
14	#578 Fabac, Sofia	Westmount S.S. - HWDSB	6.03m

Women Discus Throw Senior

	Name	School	Finals
Finals			
1	#160 D'Addazio, Kelty	Guido de Bres C.H.S - HWDSB	23.02m
2	#73 Arnold, Charlie	Dundas Valley S.S. - HWDSB	22.95m
3	#108 White, Nicole	Dundas Valley S.S. - HWDSB	22.67m
4	#176 McNeil, Brennan	Guido de Bres C.H.S - HWDSB	22.66m
5	#83 Fennema, Jill	Dundas Valley S.S. - HWDSB	21.95m
6	#535 Mutamba, Priscilla	Westdale S.S. - HWDSB	18.57m
7	#578 Fabac, Sofia	Westmount S.S. - HWDSB	17.55m
8	#371 Belrose, Olivia	Sherwood S.S. - HWDSB	17.52m
9	#598 Thai, Angel	Westmount S.S. - HWDSB	16.30m
10	#602 Warby, Grace	Westmount S.S. - HWDSB	14.27m
11	#3 Boyle, Claire	Ancaster High School - HWDSB	14.26m
12	#379 Keenan, Addison	Sherwood S.S. - HWDSB	12.95m

Women Javelin Throw Senior

	Name	School	Finals
Finals			
1	#311 Ljubicic, Natasa	Orchard Park S.S. - HWDSB	33.12m
2	#176 McNeil, Brennan	Guido de Bres C.H.S - HWDSB	28.69m
3	#509 Baker, Lauren	Westdale S.S. - HWDSB	24.50m
4	#602 Warby, Grace	Westmount S.S. - HWDSB	23.30m
5	#321 Cucuz, Nadia	Saltfleet District - HWDSB	22.70m
6	#160 D'Addazio, Kelty	Guido de Bres C.H.S - HWDSB	21.23m
7	#545 Woods, Taylor	Westdale S.S. - HWDSB	20.81m
8	#330 Machida-Gleadall, Lucy	Saltfleet District - HWDSB	19.26m
9	#108 White, Nicole	Dundas Valley S.S. - HWDSB	18.08m
10	#371 Belrose, Olivia	Sherwood S.S. - HWDSB	15.20m
11	#245 Whitton, Moriah	Hamilton District C.H.S. - HWD	14.62m
12	#535 Mutamba, Priscilla	Westdale S.S. - HWDSB	13.44m
13	#235 Gonnering, Gabriella	Hamilton District C.H.S. - HWD	12.77m
14	#645 Ritchie, Evie	Westmount S.S. - HWDSB	12.69m
15	#454 Milligan, Haley	Sir Winston Churchill S.S. - H	12.40m
16	#578 Fabac, Sofia	Westmount S.S. - HWDSB	11.34m
17	#451 Kelly, Zelly	Sir Winston Churchill S.S. - H	11.22m
18	#379 Keenan, Addison	Sherwood S.S. - HWDSB	8.95m
---	#341 Vujovic, Kasijana	Saltfleet District - HWDSB	DQ

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Women 2000 Meter Steeplechase Open

	Name	School	Finals
Finals			
1	#172 Lanting, Hannah	Guido de Bres C.H.S - HWDSB	8:00.61
2	#520 Fransson, Lia	Westdale S.S. - HWDSB	8:24.77
3	#163 Deklerk, Morgan	Guido de Bres C.H.S - HWDSB	8:26.37
4	#533 Mallany, Dalia	Westdale S.S. - HWDSB	8:28.55

Women 4x400 Meter Relay Open

	Team	Relay	Finals
Finals			
1	Ancaster High School - HWDS	A	4:16.25
2	Guido de Bres C.H.S - HWDSI	A	4:19.15
3	Westdale S.S. - HWDSB	A	4:20.65
4	Westmount S.S. - HWDSB	A	4:33.81
5	Dundas Valley S.S. - HWDSB	A	4:43.14
6	Saltfleet District - HWDSB	A	4:57.91
	1) #318 Beaulieu, Alexa 2) #319 Benton Kearney, Anw3) #324 Davis, Addisyn 4) #320 Cucuz, Ivana		
7	Nora Francis Henderson S.S. -	A	5:20.00

Men 100 Meter Dash Novice**Top 8 Advance by Time**

	Name	School	Prelims	H#
Preliminaries				
1	#30 Alongi, Austin	Ancaster High School - HWDSB	11.86 q	1
2	#608 Chamberlain, Lucas	Westmount S.S. - HWDSB	12.17 q	3
3	#155 Green, Beau	Glendale S.S. - HWDSB	12.33 q	4
4	#47 Miller, Damon	Ancaster High School - HWDSB	12.34 q	4
5	#622 Frketich, Luke	Westmount S.S. - HWDSB	12.37 q	2
6	#53 Truderung, Locke	Ancaster High School - HWDSB	12.59 q	3
7	#129 McCully, Brody	Dundas Valley S.S. - HWDSB	12.62 q	1
8	#503 Musovic, Dax	Waterdown District - HWDSB	12.74 q	1
9	#126 Issacs, Ben	Dundas Valley S.S. - HWDSB	12.78	4
10	#416 Pryde, Hudson	Sherwood S.S. - HWDSB	12.78	3
11	#297 Ristov, Kiril	Nora Francis Henderson S.S. -	12.91	1
12	#357 Friedman, Adam	Saltfleet District - HWDSB	12.92	2
13	#142 Veevers, Reid	Dundas Valley S.S. - HWDSB	12.92	2
14	#438 Gill, Quentin	Sir Allan MacNab S.S. - HWDSB	13.18	3
15	#418 Sheculski, Brennen	Sherwood S.S. - HWDSB	13.23	4
16	#291 Lindsay, Marco	Nora Francis Henderson S.S. -	13.41	2
17	#221 Schulenberg, Carter	Guido de Bres C.H.S - HWDSB	13.41	1
18	#411 Hall, Caleb	Sherwood S.S. - HWDSB	13.43	2
19	#252 Brodie, Rylan	Hamilton District C.H.S. - HWD	13.51	4
20	#359 Koslowski, Benjamin	Saltfleet District - HWDSB	13.53	1
21	#251 Brodie, Kaden	Hamilton District C.H.S. - HWD	13.60	2
22	#206 Kingma, Javan	Guido de Bres C.H.S - HWDSB	13.65	3
23	#250 Binu, John	Hamilton District C.H.S. - HWD	13.69	3
24	#194 DeBoer, Kayden	Guido de Bres C.H.S - HWDSB	14.80	4
25	#442 Mohammed, Zakariya	Sir Allan MacNab S.S. - HWDSB	14.86	2
26	#427 David, Jacob	Sir Allan MacNab S.S. - HWDSB	15.30	1

HWIAC - Track and Field Meet - 5/13/2025

SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results

Men 100 Meter Dash Novice

Name	School	Finals
Finals		
1 #30 Alongi, Austin	Ancaster High School - HWDSB	11.73
2 #155 Green, Beau	Glendale S.S. - HWDSB	11.97
3 #608 Chamberlain, Lucas	Westmount S.S. - HWDSB	12.03
4 #47 Miller, Damon	Ancaster High School - HWDSB	12.10
5 #622 Frketich, Luke	Westmount S.S. - HWDSB	12.11
6 #129 McCully, Brody	Dundas Valley S.S. - HWDSB	12.53
7 #503 Musovic, Dax	Waterdown District - HWDSB	12.58
8 #53 Truderung, Locke	Ancaster High School - HWDSB	12.73

Men 200 Meter Dash Novice

Name	School	Finals	H#
Finals			
1 #30 Alongi, Austin	Ancaster High School - HWDSB	23.77	2
2 #155 Green, Beau	Glendale S.S. - HWDSB	24.82	3
3 #121 Fletcher, Patrick	Dundas Valley S.S. - HWDSB	25.67	3
4 #47 Miller, Damon	Ancaster High School - HWDSB	26.15	2
5 #357 Friedman, Adam	Saltfleet District - HWDSB	26.61	2
6 #53 Truderung, Locke	Ancaster High School - HWDSB	26.68	3
7 #416 Pryde, Hudson	Sherwood S.S. - HWDSB	26.79	2
8 #458 Black, Jaxson	Sir Winston Churchill S.S. - H	26.81	3
9 #153 Burda-Ingram, Gavin	Glendale S.S. - HWDSB	27.06	3
10 #444 Smith, Leon	Sir Allan MacNab S.S. - HWDSB	27.66	1
11 #438 Gill, Quentin	Sir Allan MacNab S.S. - HWDSB	27.90	1
12 #251 Brodie, Kaden	Hamilton District C.H.S. - HWD	28.02	3
13 #476 Williams, Alex	Sir Winston Churchill S.S. - H	28.54	1
14 #129 McCully, Brody	Dundas Valley S.S. - HWDSB	30.31	1
15 #459 Brown, Kavar	Sir Winston Churchill S.S. - H	31.08	2
16 #427 David, Jacob	Sir Allan MacNab S.S. - HWDSB	32.72	1
17 #66 Noor, Josh	Bernie Custis S.S. - HWDSB	33.12	1

Men 400 Meter Dash Novice

Name	School	Finals	H#
Finals			
1 #605 Aitas, Ryan	Westmount S.S. - HWDSB	58.48	3
2 #121 Fletcher, Patrick	Dundas Valley S.S. - HWDSB	58.62	3
3 #458 Black, Jaxson	Sir Winston Churchill S.S. - H	59.54	1
4 #411 Hall, Caleb	Sherwood S.S. - HWDSB	59.76	2
5 #416 Pryde, Hudson	Sherwood S.S. - HWDSB	1:00.48	1
6 #153 Burda-Ingram, Gavin	Glendale S.S. - HWDSB	1:01.68	3
7 #223 Spoelstra, Keagan	Guido de Bres C.H.S - HWDSB	1:01.77	1
8 #252 Brodie, Rylan	Hamilton District C.H.S. - HWD	1:04.29	2
9 #609 Charles, Levi	Westmount S.S. - HWDSB	1:04.62	3
10 #122 Fox, Ryan	Dundas Valley S.S. - HWDSB	1:05.11	3
11 #221 Schulenberg, Carter	Guido de Bres C.H.S - HWDSB	1:05.45	1
12 #206 Kingma, Javan	Guido de Bres C.H.S - HWDSB	1:06.55	2
13 #444 Smith, Leon	Sir Allan MacNab S.S. - HWDSB	1:09.54	1
14 #314 Sarajlic, Anel	Orchard Park S.S. - HWDSB	1:10.23	2

HWIAC - Track and Field Meet - 5/13/2025**SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results****Finals ... (Men 400 Meter Dash Novice)**

Name	School	Finals	H#
15 #66 Noor, Josh	Bernie Custis S.S. - HWDSB	1:22.65	3

Men 800 Meter Run Novice

Name	School	Finals
Finals		
1 #212 Lanting, Owen	Guido de Bres C.H.S - HWDSB	2:10.47
2 #435 Anand, Etash	Sir Allan MacNab S.S. - HWDSB	2:23.51
3 #347 Benton Kearney, Grayson	Saltfleet District - HWDSB	2:25.31
4 #119 Ernst, Ethan	Dundas Valley S.S. - HWDSB	2:26.86
5 #615 Cubitt, Grady	Westmount S.S. - HWDSB	2:28.75
6 #122 Fox, Ryan	Dundas Valley S.S. - HWDSB	2:31.73
7 #609 Charles, Levi	Westmount S.S. - HWDSB	2:36.15
8 #626 Hall, Brady	Westmount S.S. - HWDSB	2:36.70
9 #363 Oommen, Nathan	Saltfleet District - HWDSB	2:49.72

Men 1500 Meter Run Novice

Name	School	Finals
Finals		
1 #212 Lanting, Owen	Guido de Bres C.H.S - HWDSB	4:27.83
2 #563 Muggah, Cameron	Westdale S.S. - HWDSB	4:30.05
3 #559 Lewis, Otis	Westdale S.S. - HWDSB	4:36.63
4 #435 Anand, Etash	Sir Allan MacNab S.S. - HWDSB	4:51.54
5 #658 Balazs, Landon	Ancaster High School - HWDSB	4:57.69
6 #615 Cubitt, Grady	Westmount S.S. - HWDSB	5:07.01
7 #41 Hurst, Hudson	Ancaster High School - HWDSB	5:07.03
8 #560 Lou-Hing, Everett	Westdale S.S. - HWDSB	5:13.23
9 #216 Oosterhoff, Gibson	Guido de Bres C.H.S - HWDSB	5:16.49
10 #119 Ernst, Ethan	Dundas Valley S.S. - HWDSB	5:20.00
11 #497 Curran Blaney, Ben	Waterdown District - HWDSB	5:25.21
12 #474 Van Buskirk, Keegan	Sir Winston Churchill S.S. - H	5:27.15
13 #629 Hustler, Nic	Westmount S.S. - HWDSB	5:40.55
14 #363 Oommen, Nathan	Saltfleet District - HWDSB	5:50.61
15 #413 McDermott, Fionn	Sherwood S.S. - HWDSB	5:52.31
16 #473 Tweedie, Austin	Sir Winston Churchill S.S. - H	5:52.33

Men 3000 Meter Run Novice

Name	School	Finals
Finals		
1 #563 Muggah, Cameron	Westdale S.S. - HWDSB	9:45.89
2 #559 Lewis, Otis	Westdale S.S. - HWDSB	9:59.18
3 #41 Hurst, Hudson	Ancaster High School - HWDSB	11:01.25
4 #435 Anand, Etash	Sir Allan MacNab S.S. - HWDSB	11:01.37
5 #658 Balazs, Landon	Ancaster High School - HWDSB	11:12.76
6 #216 Oosterhoff, Gibson	Guido de Bres C.H.S - HWDSB	11:21.73
7 #474 Van Buskirk, Keegan	Sir Winston Churchill S.S. - H	12:23.07
8 #629 Hustler, Nic	Westmount S.S. - HWDSB	12:37.33
9 #473 Tweedie, Austin	Sir Winston Churchill S.S. - H	13:21.75
10 #61 Chamkani, Wasiq	Bernie Custis S.S. - HWDSB	13:44.83

HWIAC - Track and Field Meet - 5/13/2025**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 100 Meter Hurdles Novice**

Name	School	Finals
Finals		
1 #130 Melhim, Taha	Dundas Valley S.S. - HWDSB	16.87
2 #608 Chamberlain, Lucas	Westmount S.S. - HWDSB	19.70
3 #405 Caric, Xavier	Sherwood S.S. - HWDSB	20.18
4 #194 DeBoer, Kayden	Guido de Bres C.H.S - HWDSB	21.95

Men 300 Meter Hurdles Novice

Name	School	Finals
Finals		
1 #608 Chamberlain, Lucas	Westmount S.S. - HWDSB	47.64
2 #130 Melhim, Taha	Dundas Valley S.S. - HWDSB	47.89
3 #223 Spoelstra, Keagan	Guido de Bres C.H.S - HWDSB	49.16
4 #122 Fox, Ryan	Dundas Valley S.S. - HWDSB	52.77

Men 4x100 Meter Relay Novice

Team	Relay	Finals
Finals		
1 Ancaster High School - HWDS	A	49.30
2 Dundas Valley S.S. - HWDSB	A	49.39
1) #129 McCully, Brody 2) #132 Neiser, Tyson 3) #121 Fletcher, Patrick 4) #142 Veevers, Reid		
3 Westmount S.S. - HWDSB	A	49.50
4 Hamilton District C.H.S. - HW	A	52.82
5 Guido de Bres C.H.S - HWDSI	A	53.93

Men High Jump Novice

Name	School	Finals
Finals		
1 #646 Roy, Gavin	Westmount S.S. - HWDSB	1.60m
2 #129 McCully, Brody	Dundas Valley S.S. - HWDSB	1.55m
3 #206 Kingma, Javan	Guido de Bres C.H.S - HWDSB	J1.55m
4 #622 Frketich, Luke	Westmount S.S. - HWDSB	1.45m
5 #476 Williams, Alex	Sir Winston Churchill S.S. - H	1.40m
6 #118 Dunnett, Cam	Dundas Valley S.S. - HWDSB	J1.40m
7 #194 DeBoer, Kayden	Guido de Bres C.H.S - HWDSB	J1.40m

Men Long Jump Novice

Name	School	Finals
Finals		
1 #53 Truderung, Locke	Ancaster High School - HWDSB	5.27m
2 #622 Frketich, Luke	Westmount S.S. - HWDSB	5.17m
3 #47 Miller, Damon	Ancaster High School - HWDSB	5.07m
4 #297 Ristov, Kiril	Nora Francis Henderson S.S. -	4.83m
5 #458 Black, Jaxson	Sir Winston Churchill S.S. - H	4.76m
6 #142 Veevers, Reid	Dundas Valley S.S. - HWDSB	4.59m
7 #438 Gill, Quentin	Sir Allan MacNab S.S. - HWDSB	4.36m
8 #444 Smith, Leon	Sir Allan MacNab S.S. - HWDSB	4.25m
9 #231 Vanmiddelkoop, Reuben	Guido de Bres C.H.S - HWDSB	3.85m
10 #126 Issacs, Ben	Dundas Valley S.S. - HWDSB	3.81m
11 #118 Dunnett, Cam	Dundas Valley S.S. - HWDSB	3.77m

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Men Long Jump Novice)

Name	School	Finals
12 #208 Kingma, Tyson	Guido de Bres C.H.S - HWDSB	3.70m
13 #199 deWit, Cameron	Guido de Bres C.H.S - HWDSB	3.36m
14 #291 Lindsay, Marco	Nora Francis Henderson S.S. -	3.00m

Men Triple Jump Novice

Name	School	Finals
Finals		
1 #357 Friedman, Adam	Saltfleet District - HWDSB	10.59m
2 #118 Dunnett, Cam	Dundas Valley S.S. - HWDSB	9.89m
3 #126 Issacs, Ben	Dundas Valley S.S. - HWDSB	9.47m
4 #646 Roy, Gavin	Westmount S.S. - HWDSB	8.79m
5 #231 Vanmiddelkoop, Reuben	Guido de Bres C.H.S - HWDSB	8.66m

Men Shot Put Novice

Name	School	Finals
Finals		
1 #653 Wilkinson, Connor	Westmount S.S. - HWDSB	11.07m
2 #202 Hofsink, Luther	Guido de Bres C.H.S - HWDSB	10.53m
3 #132 Neiser, Tyson	Dundas Valley S.S. - HWDSB	10.41m
4 #204 Jansen, Gavin	Guido de Bres C.H.S - HWDSB	9.97m
5 #260 Leiko, Stanislav	Hamilton District C.H.S. - HWD	8.61m
6 #218 Scholtens, Ethan	Guido de Bres C.H.S - HWDSB	8.60m
7 #145 Wilson, Garrett	Dundas Valley S.S. - HWDSB	8.43m
8 #359 Koslowski, Benjamin	Saltfleet District - HWDSB	8.35m

Men Discus Throw Novice

Name	School	Finals
Finals		
1 #202 Hofsink, Luther	Guido de Bres C.H.S - HWDSB	34.31m
2 #132 Neiser, Tyson	Dundas Valley S.S. - HWDSB	27.74m
3 #413 McDermott, Fionn	Sherwood S.S. - HWDSB	23.79m
4 #653 Wilkinson, Connor	Westmount S.S. - HWDSB	23.24m
5 #418 Sheculski, Brennen	Sherwood S.S. - HWDSB	22.62m
6 #208 Kingma, Tyson	Guido de Bres C.H.S - HWDSB	18.85m
7 #145 Wilson, Garrett	Dundas Valley S.S. - HWDSB	18.73m

Men Javelin Throw Novice

Name	School	Finals
Finals		
1 #130 Melhim, Taha	Dundas Valley S.S. - HWDSB	40.07m
2 #132 Neiser, Tyson	Dundas Valley S.S. - HWDSB	39.91m
3 #202 Hofsink, Luther	Guido de Bres C.H.S - HWDSB	39.86m
4 #223 Spoelstra, Keagan	Guido de Bres C.H.S - HWDSB	34.08m
5 #218 Scholtens, Ethan	Guido de Bres C.H.S - HWDSB	29.18m
6 #145 Wilson, Garrett	Dundas Valley S.S. - HWDSB	28.23m
7 #204 Jansen, Gavin	Guido de Bres C.H.S - HWDSB	26.48m
8 #418 Sheculski, Brennen	Sherwood S.S. - HWDSB	18.43m
9 #413 McDermott, Fionn	Sherwood S.S. - HWDSB	15.25m
--- #653 Wilkinson, Connor	Westmount S.S. - HWDSB	DQ
--- #260 Leiko, Stanislav	Hamilton District C.H.S. - HWD	DQ

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Men 100 Meter Dash Junior**Top 8 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 #410 Foster, Naieem	Sherwood S.S. - HWDSB	11.47 q	1
2 #640 Neville, Jake	Westmount S.S. - HWDSB	11.68 q	3
3 #467 Jaffar, Abdallah	Sir Winston Churchill S.S. - H	11.88 q	2
4 #28 Abidogun, Jola	Ancaster High School - HWDSB	11.92 q	2
5 #136 Pileski, Kyle	Dundas Valley S.S. - HWDSB	12.08 q	2
6 #137 Pilon, Ro	Dundas Valley S.S. - HWDSB	12.11 q	1
7 #131 Neary, Brody	Dundas Valley S.S. - HWDSB	12.11 q	4
8 #248 Ayodele-Oni, Micheal	Hamilton District C.H.S. - HWD	12.40 q	1
9 #45 Malandrino, Leeland	Ancaster High School - HWDSB	12.51	1
10 #43 Kim, Ryan	Ancaster High School - HWDSB	12.55	4
11 #417 Satheeskumar, Sachin	Sherwood S.S. - HWDSB	12.63	3
12 #113 Borgesstella, Gio	Dundas Valley S.S. - HWDSB	12.82	2
13 #247 Adeyemi, Jeziah	Hamilton District C.H.S. - HWD	13.12	4
14 #618 Diaz, Nic	Westmount S.S. - HWDSB	13.29	3
15 #627 Huang, Kevin	Westmount S.S. - HWDSB	13.42	3
16 #262 Malda, Jonas	Hamilton District C.H.S. - HWD	13.54	1
17 #254 Dreise, Liam	Hamilton District C.H.S. - HWD	13.61	3
18 #33 Chaytor-Lee, Noah	Ancaster High School - HWDSB	13.85	1
19 #219 Schonemann, Logan	Guido de Bres C.H.S - HWDSB	13.93	2
20 #258 Judson, Dylan	Hamilton District C.H.S. - HWD	13.95	3
21 #494 Auguste, Emmerson	Waterdown District - HWDSB	14.24	4
22 #294 Opoku, Ethan	Nora Francis Henderson S.S. -	14.45	3
23 #501 Luedee, Jack	Waterdown District - HWDSB	17.74	2

Men 100 Meter Dash Junior

Name	School	Finals	
Finals			
1 #410 Foster, Naieem	Sherwood S.S. - HWDSB	11.29	
2 #640 Neville, Jake	Westmount S.S. - HWDSB	11.67	
3 #467 Jaffar, Abdallah	Sir Winston Churchill S.S. - H	11.77	
4 #28 Abidogun, Jola	Ancaster High School - HWDSB	11.79	
5 #137 Pilon, Ro	Dundas Valley S.S. - HWDSB	11.81	
6 #131 Neary, Brody	Dundas Valley S.S. - HWDSB	12.02	
7 #136 Pileski, Kyle	Dundas Valley S.S. - HWDSB	12.07	
8 #248 Ayodele-Oni, Micheal	Hamilton District C.H.S. - HWD	12.56	

Men 200 Meter Dash Junior

Name	School	Finals	H#
Finals			
1 #28 Abidogun, Jola	Ancaster High School - HWDSB	24.41	2
2 #467 Jaffar, Abdallah	Sir Winston Churchill S.S. - H	24.50	1
3 #640 Neville, Jake	Westmount S.S. - HWDSB	24.54	3
4 #137 Pilon, Ro	Dundas Valley S.S. - HWDSB	24.67	3
5 #131 Neary, Brody	Dundas Valley S.S. - HWDSB	25.10	3
6 #135 Peshko, Jakob	Dundas Valley S.S. - HWDSB	25.48	3
7 #45 Malandrino, Leeland	Ancaster High School - HWDSB	25.75	3

HWIAC - Track and Field Meet - 5/13/2025**SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results****Finals ... (Men 200 Meter Dash Junior)**

	Name	School	Finals	H#
8	#616 DaSilva, Jonah	Westmount S.S. - HWDSB	25.81	3
9	#228 Vanderlaan, Brendan	Guido de Bres C.H.S - HWDSB	26.79	2
10	#248 Ayodele-Oni, Micheal	Hamilton District C.H.S. - HWD	27.27	2
11	#249 Bentum, Lucas	Hamilton District C.H.S. - HWD	27.66	2
12	#33 Chaytor-Lee, Noah	Ancaster High School - HWDSB	28.73	3
13	#257 Joosse-Flikkema, Judah	Hamilton District C.H.S. - HWD	28.87	1
14	#219 Schonemann, Logan	Guido de Bres C.H.S - HWDSB	28.93	1
15	#294 Opoku, Ethan	Nora Francis Henderson S.S. -	30.23	1

Men 400 Meter Dash Junior

	Name	School	Finals	H#
Finals				
1	#135 Peshko, Jakob	Dundas Valley S.S. - HWDSB	55.82	2
2	#112 Beyer, Matthew	Dundas Valley S.S. - HWDSB	55.91	2
3	#249 Bentum, Lucas	Hamilton District C.H.S. - HWD	58.35	2
4	#222 Sieders, Lucas	Guido de Bres C.H.S - HWDSB	59.25	2
5	#228 Vanderlaan, Brendan	Guido de Bres C.H.S - HWDSB	1:01.25	1
6	#502 Marks, Colin	Waterdown District - HWDSB	1:01.58	1
7	#630 Jiang, Aiden	Westmount S.S. - HWDSB	1:01.62	2
8	#247 Adeyemi, Jeziah	Hamilton District C.H.S. - HWD	1:02.25	1
9	#472 Tejuoso, Ade	Sir Winston Churchill S.S. - H	1:03.90	2
10	#423 Zahid, Umer	Sherwood S.S. - HWDSB	1:04.50	1
11	#631 Kenea, Ephraim	Westmount S.S. - HWDSB	1:06.99	1
12	#436 Bay, Chet	Sir Allan MacNab S.S. - HWDSB	1:08.08	1
13	#561 Mcdonald-Johnston, Ari	Westdale S.S. - HWDSB	1:17.52	1

Men 800 Meter Run Junior

	Name	School	Finals
Finals			
1	#133 Ortwein, Jackson	Dundas Valley S.S. - HWDSB	2:04.47
2	#116 Craddock, Owen	Dundas Valley S.S. - HWDSB	2:05.28
3	#439 Jegede, Samuel	Sir Allan MacNab S.S. - HWDSB	2:06.77
4	#143 Weingartner, Noah	Dundas Valley S.S. - HWDSB	2:25.63
5	#502 Marks, Colin	Waterdown District - HWDSB	2:32.84
6	#630 Jiang, Aiden	Westmount S.S. - HWDSB	2:37.09
7	#631 Kenea, Ephraim	Westmount S.S. - HWDSB	2:39.99
8	#556 Ife-Ilori, Ikeoluwanimi	Westdale S.S. - HWDSB	2:54.87
9	#642 Patel, Ish	Westmount S.S. - HWDSB	2:57.41
10	#561 Mcdonald-Johnston, Ari	Westdale S.S. - HWDSB	3:07.22

Men 1500 Meter Run Junior

	Name	School	Finals
Finals			
1	#133 Ortwein, Jackson	Dundas Valley S.S. - HWDSB	4:13.32
2	#116 Craddock, Owen	Dundas Valley S.S. - HWDSB	4:21.25
3	#217 Oosterhoff, Tanner	Guido de Bres C.H.S - HWDSB	5:04.60
4	#125 Gupta, Rhys	Dundas Valley S.S. - HWDSB	5:10.34
5	#261 Malda, Jackson	Hamilton District C.H.S. - HWD	5:38.39
6	#263 Todd, Joseph	Hamilton District C.H.S. - HWD	5:50.38

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Men 1500 Meter Run Junior)

Name	School	Finals
7 #556 Ife-Ilori, Ikeoluwanimi	Westdale S.S. - HWDSB	5:59.02

Men 3000 Meter Run Junior

Name	School	Finals
Finals		
1 #133 Ortwein, Jackson	Dundas Valley S.S. - HWDSB	9:26.11
2 #116 Craddock, Owen	Dundas Valley S.S. - HWDSB	9:54.32
3 #217 Oosterhoff, Tanner	Guido de Bres C.H.S - HWDSB	10:52.18
4 #54 Zdravkovic, Aleksandar	Ancaster High School - HWDSB	10:52.24
5 #125 Gupta, Rhys	Dundas Valley S.S. - HWDSB	11:44.26

Men 100 Meter Hurdles Junior

Name	School	Finals	H#
Finals			
1 #410 Foster, Naieem	Sherwood S.S. - HWDSB	14.72	1
2 #467 Jaffar, Abdallah	Sir Winston Churchill S.S. - H	15.85	2
3 #220 Schulenberg, Aaron	Guido de Bres C.H.S - HWDSB	16.66	1
4 #193 Beijes, Addison	Guido de Bres C.H.S - HWDSB	17.97	2
5 #424 Zahid, Usman	Sherwood S.S. - HWDSB	18.64	2
6 #417 Satheeskumar, Sachin	Sherwood S.S. - HWDSB	18.82	1
7 #262 Malda, Jonas	Hamilton District C.H.S. - HWD	21.13	2

Men 300 Meter Hurdles Junior

Name	School	Finals	H#
Finals			
1 #467 Jaffar, Abdallah	Sir Winston Churchill S.S. - H	43.11	2
2 #112 Beyer, Matthew	Dundas Valley S.S. - HWDSB	45.48	2
3 #410 Foster, Naieem	Sherwood S.S. - HWDSB	48.28	1
4 #220 Schulenberg, Aaron	Guido de Bres C.H.S - HWDSB	48.87	1
5 #472 Tejuoso, Ade	Sir Winston Churchill S.S. - H	49.48	1
6 #193 Beijes, Addison	Guido de Bres C.H.S - HWDSB	49.82	1
7 #262 Malda, Jonas	Hamilton District C.H.S. - HWD	50.91	2
8 #224 Tenhage, Logan	Guido de Bres C.H.S - HWDSB	51.35	2
9 #424 Zahid, Usman	Sherwood S.S. - HWDSB	51.70	1
10 #117 Dion, Dani	Dundas Valley S.S. - HWDSB	52.30	2
11 #261 Malda, Jackson	Hamilton District C.H.S. - HWD	54.38	2

Men 4x100 Meter Relay Junior

Team	Relay	Finals
Finals		
1 Dundas Valley S.S. - HWDSB	A	47.74
1) #131 Neary, Brody	2) #137 Pilon, Ro	3) #136 Pileski, Kyle
2 Ancaster High School - HWDS	A	47.95
3 Westmount S.S. - HWDSB	A	48.52
4 Sherwood S.S. - HWDSB	A	49.02
5 Sir Winston Churchill S.S. - H	A	49.35
6 Guido de Bres C.H.S - HWDSI	A	50.17
7 Hamilton District C.H.S. - HW	A	51.36
		4) #112 Beyer, Matthew

HWIAC - Track and Field Meet - 5/13/2025**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men High Jump Junior**

Name	School	Finals
Finals		
1 #224 Tenhage, Logan	Guido de Bres C.H.S - HWDSB	1.60m
2 #193 Beijes, Addison	Guido de Bres C.H.S - HWDSB	J1.50m
2 #214 Lenting, Mattheus	Guido de Bres C.H.S - HWDSB	J1.50m

Men Long Jump Junior

Name	School	Finals
Finals		
1 #136 Pileski, Kyle	Dundas Valley S.S. - HWDSB	5.60m
2 #248 Ayodele-Oni, Micheal	Hamilton District C.H.S. - HWD	5.13m
3 #195 Dejager, Eli	Guido de Bres C.H.S - HWDSB	5.11m
4 #207 Kingma, Logan	Guido de Bres C.H.S - HWDSB	4.94m
5 #651 Trinh, Nathan	Westmount S.S. - HWDSB	4.69m
6 #254 Dreise, Liam	Hamilton District C.H.S. - HWD	4.49m
7 #258 Judson, Dylan	Hamilton District C.H.S. - HWD	4.21m
8 #247 Adeyemi, Jeziah	Hamilton District C.H.S. - HWD	3.45m
9 #257 Joosse-Flikkema, Judah	Hamilton District C.H.S. - HWD	3.00m
--- #219 Schonemann, Logan	Guido de Bres C.H.S - HWDSB	FOUL

Men Triple Jump Junior

Name	School	Finals
Finals		
1 #195 Dejager, Eli	Guido de Bres C.H.S - HWDSB	12.04m
2 #136 Pileski, Kyle	Dundas Valley S.S. - HWDSB	11.67m
3 #222 Sieders, Lucas	Guido de Bres C.H.S - HWDSB	10.97m
4 #254 Dreise, Liam	Hamilton District C.H.S. - HWD	9.67m
5 #257 Joosse-Flikkema, Judah	Hamilton District C.H.S. - HWD	8.38m

Men Shot Put Junior

Name	School	Finals
Finals		
1 #120 Fennema, Drew	Dundas Valley S.S. - HWDSB	12.83m
2 #641 Ong, Tristan	Westmount S.S. - HWDSB	11.77m
3 #249 Bentum, Lucas	Hamilton District C.H.S. - HWD	11.47m
4 #256 Geerts, Graham	Hamilton District C.H.S. - HWD	11.18m
5 #123 Gibson, Fynn	Dundas Valley S.S. - HWDSB	10.96m
6 #210 Kuizenga, Ryan	Guido de Bres C.H.S - HWDSB	8.86m
7 #111 Beaulne, Tristan	Dundas Valley S.S. - HWDSB	8.72m
8 #225 Torenvliet, Gabe	Guido de Bres C.H.S - HWDSB	8.55m
9 #464 Hinchcliffe, Ethan	Sir Winston Churchill S.S. - H	8.36m
10 #229 Vandooren, Max	Guido de Bres C.H.S - HWDSB	8.00m
11 #628 Huda, Arif	Westmount S.S. - HWDSB	7.56m

Men Discus Throw Junior

Name	School	Finals
Finals		
1 #120 Fennema, Drew	Dundas Valley S.S. - HWDSB	39.78m
2 #641 Ong, Tristan	Westmount S.S. - HWDSB	37.00m
3 #225 Torenvliet, Gabe	Guido de Bres C.H.S - HWDSB	32.47m

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Men Discus Throw Junior)

Name	School	Finals
4 #37 Doyle, Deaglan	Ancaster High School - HWDSB	28.70m
5 #210 Kuizenga, Ryan	Guido de Bres C.H.S - HWDSB	26.28m
6 #229 Vandooren, Max	Guido de Bres C.H.S - HWDSB	24.82m
7 #628 Huda, Arif	Westmount S.S. - HWDSB	23.31m

Men Javelin Throw Junior

Name	School	Finals
Finals		
1 #120 Fennema, Drew	Dundas Valley S.S. - HWDSB	44.69m
2 #143 Weingartner, Noah	Dundas Valley S.S. - HWDSB	38.87m
3 #37 Doyle, Deaglan	Ancaster High School - HWDSB	37.04m
4 #195 Dejager, Eli	Guido de Bres C.H.S - HWDSB	36.51m
5 #123 Gibson, Fynn	Dundas Valley S.S. - HWDSB	32.07m
6 #220 Schulenberg, Aaron	Guido de Bres C.H.S - HWDSB	30.84m
7 #256 Geerts, Graham	Hamilton District C.H.S. - HWD	30.76m
8 #214 Lenting, Mattheus	Guido de Bres C.H.S - HWDSB	28.78m
9 #628 Huda, Arif	Westmount S.S. - HWDSB	15.70m

Men 100 Meter Dash Senior**Top 8 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 #298 Ristov, Marko	Nora Francis Henderson S.S. -	11.32 q	6
2 #643 Phillippe-Daniel, Brock	Westmount S.S. - HWDSB	11.37 q	2
3 #109 Alsop, Ian	Dundas Valley S.S. - HWDSB	11.40 q	5
4 #644 Pietrontonio, Jacob	Westmount S.S. - HWDSB	11.49 q	1
5 #134 Pearsonwheat, Tristan	Dundas Valley S.S. - HWDSB	11.52 q	3
6 #368 Som, Norrin	Saltfleet District - HWDSB	11.59 q	3
7 #468 John, Ethan	Sir Winston Churchill S.S. - H	11.59 q	6
8 #555 Holland, Jimmy	Westdale S.S. - HWDSB	11.68 q	3
9 #420 Stephan, Ryan	Sherwood S.S. - HWDSB	11.70	3
10 #345 Akinkuolie, Ayo	Saltfleet District - HWDSB	11.79	5
11 #558 Kott, Ryan	Westdale S.S. - HWDSB	11.85	4
12 #288 Harris, Garry	Nora Francis Henderson S.S. -	11.87	4
12 #504 Skolyszewski, Adam	Waterdown District - HWDSB	11.87	1
14 #437 Elhag, Nasir	Sir Allan MacNab S.S. - HWDSB	11.90	3
15 #344 Ahmad, Yasir	Saltfleet District - HWDSB	11.94	2
16 #293 Marcellin, Sheziah	Nora Francis Henderson S.S. -	11.94	7
17 #49 Parry, Theo	Ancaster High School - HWDSB	11.94	1
18 #300 Sepper, Nathan	Nora Francis Henderson S.S. -	12.14	2
19 #295 Paddy, Shamar	Nora Francis Henderson S.S. -	12.20	1
20 #421 Wallace, Blake	Sherwood S.S. - HWDSB	12.21	7
21 #316 Usiosefe, Luther	Orchard Park S.S. - HWDSB	12.23	4
22 #568 Philpot, Leo	Westdale S.S. - HWDSB	12.24	1
23 #457 Aleshinyole, Anu	Sir Winston Churchill S.S. - H	12.26	3
24 #138 Said, Rowan	Dundas Valley S.S. - HWDSB	12.27	7
25 #547 Blums, Jake	Westdale S.S. - HWDSB	12.30	5
26 #412 Kinniburgh, Josiah	Sherwood S.S. - HWDSB	12.42	4
27 #625 Gullis, Jake	Westmount S.S. - HWDSB	12.46	7

HWIAC - Track and Field Meet - 5/13/2025**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Preliminaries ... (Men 100 Meter Dash Senior)**

	Name	School	Prelims	H#
28	#346 Bebbington, Parker	Saltfleet District - HWDSB	12.48	7
29	#215 Linde, Christian	Guido de Bres C.H.S - HWDSB	12.57	4
30	#154 Fully, Magnus	Glendale S.S. - HWDSB	12.58	6
31	#51 Speksnyder, Trent	Ancaster High School - HWDSB	12.60	6
32	#477 Wilson, William	Sir Winston Churchill S.S. - H	12.64	6
33	#367 Sedkowski, Gabriel	Saltfleet District - HWDSB	12.81	1
34	#470 Manuel, Wilson	Sir Winston Churchill S.S. - H	12.83	2
35	#445 Zajac, Nikolas	Sir Allan MacNab S.S. - HWDSB	12.96	5
36	#205 Kelly, Caleb	Guido de Bres C.H.S - HWDSB	12.97	3
37	#60 Aniyikaye, Emmanuel	Bernie Custis S.S. - HWDSB	13.01	5
38	#414 McKeag, Michael	Sherwood S.S. - HWDSB	13.07	6
39	#460 Coates, Payton	Sir Winston Churchill S.S. - H	13.10	2
40	#499 Farquhar, Jonnie	Waterdown District - HWDSB	13.28	2
41	#441 Kim, James	Sir Allan MacNab S.S. - HWDSB	13.29	4
42	#632 Kent, Zach	Westmount S.S. - HWDSB	13.44	5
43	#157 Ngigi, Kevin	Glendale S.S. - HWDSB	13.71	3
44	#496 Chapman, John	Waterdown District - HWDSB	14.02	6
45	#67 Pellegrini, Tristan	Bernie Custis S.S. - HWDSB	14.11	1

Men 100 Meter Dash Senior

	Name	School	Finals
Finals			
1	#298 Ristov, Marko	Nora Francis Henderson S.S. -	11.16
2	#643 Phillippe-Daniel, Brock	Westmount S.S. - HWDSB	11.17
3	#134 Pearsonwheat, Tristan	Dundas Valley S.S. - HWDSB	11.34
4	#109 Alsop, Ian	Dundas Valley S.S. - HWDSB	11.38
5	#644 Pietrontonio, Jacob	Westmount S.S. - HWDSB	11.45
6	#468 John, Ethan	Sir Winston Churchill S.S. - H	11.52
7	#555 Holland, Jimmy	Westdale S.S. - HWDSB	11.71
8	#368 Som, Norrin	Saltfleet District - HWDSB	11.98

Men 200 Meter Dash Senior

	Name	School	Finals	H#
Finals				
1	#211 Lanting, John	Guido de Bres C.H.S - HWDSB	23.48	6
2	#643 Phillippe-Daniel, Brock	Westmount S.S. - HWDSB	23.57	6
3	#468 John, Ethan	Sir Winston Churchill S.S. - H	23.75	2
4	#283 Amoo, Deon	Nora Francis Henderson S.S. -	23.75	6
5	#420 Stephian, Ryan	Sherwood S.S. - HWDSB	23.82	4
6	#368 Som, Norrin	Saltfleet District - HWDSB	23.96	3
7	#345 Akinkuolie, Ayo	Saltfleet District - HWDSB	24.06	4
8	#44 Mahmoud, Anas	Ancaster High School - HWDSB	24.09	6
9	#34 Dales, Noah	Ancaster High School - HWDSB	24.16	3
10	#437 Elhag, Nasir	Sir Allan MacNab S.S. - HWDSB	24.26	4
11	#638 Marcy, Logan	Westmount S.S. - HWDSB	24.28	6
12	#558 Kott, Ryan	Westdale S.S. - HWDSB	24.43	1
13	#617 Delucia, Francesco	Westmount S.S. - HWDSB	24.47	5
14	#344 Ahmad, Yasir	Saltfleet District - HWDSB	24.58	2
15	#49 Parry, Theo	Ancaster High School - HWDSB	24.62	2

HWIAC - Track and Field Meet - 5/13/2025**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Men 200 Meter Dash Senior)**

	Name	School	Finals	H#
16	#404 Bolanos-Bonilla, Martin	Sherwood S.S. - HWDSB	24.73	1
17	#457 Aleshinyole, Anu	Sir Winston Churchill S.S. - H	24.96	3
18	#295 Paddy, Shamar	Nora Francis Henderson S.S. -	25.08	5
19	#568 Philpot, Leo	Westdale S.S. - HWDSB	25.10	3
20	#621 Forbes, Brendan	Westmount S.S. - HWDSB	25.27	6
21	#421 Wallace, Blake	Sherwood S.S. - HWDSB	25.52	3
22	#466 Jackson, Randy	Sir Winston Churchill S.S. - H	25.57	2
23	#475 White, Randy	Sir Winston Churchill S.S. - H	25.68	4
24	#51 Speksnyder, Trent	Ancaster High School - HWDSB	25.82	4
25	#154 Fully, Magnus	Glendale S.S. - HWDSB	25.88	5
26	#460 Coates, Payton	Sir Winston Churchill S.S. - H	25.89	1
27	#209 Kottelenberg, Asher	Guido de Bres C.H.S - HWDSB	26.23	3
28	#445 Zajac, Nikola	Sir Allan MacNab S.S. - HWDSB	26.57	2
29	#547 Blums, Jake	Westdale S.S. - HWDSB	26.64	1
30	#367 Sedkowski, Gabriel	Saltfleet District - HWDSB	27.14	2
31	#158 Saka, Feyisara	Glendale S.S. - HWDSB	27.40	5
32	#358 Kalogiros, Alessio	Saltfleet District - HWDSB	28.41	2
33	#157 Ngigi, Kevin	Glendale S.S. - HWDSB	29.70	5
34	#60 Aniyikaye, Emmanuel	Bernie Custis S.S. - HWDSB	30.47	1

Men 400 Meter Dash Senior

	Name	School	Finals	H#
Finals				
1	#283 Amoo, Deon	Nora Francis Henderson S.S. -	52.02	5
2	#636 Maga, Pascal	Westmount S.S. - HWDSB	52.38	5
3	#211 Lanting, John	Guido de Bres C.H.S - HWDSB	52.89	5
4	#34 Dales, Noah	Ancaster High School - HWDSB	53.10	3
5	#48 Morgan, P.i.	Ancaster High School - HWDSB	54.12	4
6	#404 Bolanos-Bonilla, Martin	Sherwood S.S. - HWDSB	54.72	4
7	#368 Som, Norrin	Saltfleet District - HWDSB	55.29	2
8	#300 Sepper, Nathan	Nora Francis Henderson S.S. -	55.76	5
9	#552 Greene, Radian	Westdale S.S. - HWDSB	55.88	1
10	#46 Merchant, Elijah	Ancaster High School - HWDSB	57.09	1
11	#554 Hodgson, Henrik	Westdale S.S. - HWDSB	57.43	1
12	#617 Delucia, Francesco	Westmount S.S. - HWDSB	57.92	5
13	#209 Kottelenberg, Asher	Guido de Bres C.H.S - HWDSB	58.32	3
14	#567 Okosun, Justin	Westdale S.S. - HWDSB	58.51	3
15	#469 Lefler, Andrew	Sir Winston Churchill S.S. - H	59.71	2
16	#156 Kiruri, Karl	Glendale S.S. - HWDSB	1:00.12	5
17	#466 Jackson, Randy	Sir Winston Churchill S.S. - H	1:00.69	4
18	#403 Blacquiery, Kayden	Sherwood S.S. - HWDSB	1:01.22	2
19	#52 Thompson, Jack	Ancaster High School - HWDSB	1:02.38	2
20	#648 Smith-Balkisoon, Aiden	Westmount S.S. - HWDSB	1:02.86	5
21	#566 Okosun, Jason	Westdale S.S. - HWDSB	1:03.05	1
22	#292 Luwamo, Jacob	Nora Francis Henderson S.S. -	1:04.00	4
23	#158 Saka, Feyisara	Glendale S.S. - HWDSB	1:06.51	4
24	#356 Francis, Tyshaun	Saltfleet District - HWDSB	1:06.51	3
25	#475 White, Randy	Sir Winston Churchill S.S. - H	1:09.82	3
26	#284 Amuri, Victor	Nora Francis Henderson S.S. -	1:13.70	4

HWIAC - Track and Field Meet - 5/13/2025**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 800 Meter Run Senior**

	Name	School	Finals	H#
Finals				
1	#48 Morgan, P.j.	Ancaster High School - HWDSB	2:07.30	2
2	#404 Bolanos-Bonilla, Martin	Sherwood S.S. - HWDSB	2:12.01	1
3	#315 Takatsu, Yuji	Orchard Park S.S. - HWDSB	2:14.26	2
4	#554 Hodgson, Henrik	Westdale S.S. - HWDSB	2:21.33	1
5	#35 Davidson, Justin	Ancaster High School - HWDSB	2:23.26	1
6	#366 Said, Lukman	Saltfleet District - HWDSB	2:24.26	1
7	#495 Baha, Arya	Waterdown District - HWDSB	2:28.62	2
8	#42 Jeffrey, Evan	Ancaster High School - HWDSB	2:29.58	2
9	#198 Denhollander, Sawyer	Guido de Bres C.H.S - HWDSB	2:29.80	1
10	#652 Wardell, Zach	Westmount S.S. - HWDSB	2:31.88	2
11	#141 Smith, Ben	Dundas Valley S.S. - HWDSB	2:34.78	2
12	#227 Vandenberg, Ben	Guido de Bres C.H.S - HWDSB	2:40.90	1
13	#409 Fitzpatrick, Logan	Sherwood S.S. - HWDSB	2:42.59	2
14	#348 Bhatti, Haroon	Saltfleet District - HWDSB	3:27.30	1

Men 1500 Meter Run Senior

	Name	School	Finals
Finals			
1	#315 Takatsu, Yuji	Orchard Park S.S. - HWDSB	4:37.64
2	#557 Jongsma, Jack	Westdale S.S. - HWDSB	4:43.53
3	#35 Davidson, Justin	Ancaster High School - HWDSB	4:50.52
4	#196 Dejager, Shane	Guido de Bres C.H.S - HWDSB	4:59.33
5	#495 Baha, Arya	Waterdown District - HWDSB	5:09.66
6	#366 Said, Lukman	Saltfleet District - HWDSB	5:09.68
7	#141 Smith, Ben	Dundas Valley S.S. - HWDSB	5:12.72
8	#198 Denhollander, Sawyer	Guido de Bres C.H.S - HWDSB	5:16.12
9	#360 Kovljenic, Aleks	Saltfleet District - HWDSB	5:32.47
10	#200 Groen, Levi	Guido de Bres C.H.S - HWDSB	5:34.47
11	#498 Curran-Blaney, Jack	Waterdown District - HWDSB	5:47.66
12	#409 Fitzpatrick, Logan	Sherwood S.S. - HWDSB	5:49.90
13	#31 Bizanti, Sanad	Ancaster High School - HWDSB	6:27.97

Men 3000 Meter Run Senior

	Name	School	Finals
Finals			
1	#546 Aird, Alec	Westdale S.S. - HWDSB	9:48.06
2	#315 Takatsu, Yuji	Orchard Park S.S. - HWDSB	9:55.47
3	#69 Saleh, Shakir	Bernie Custis S.S. - HWDSB	9:59.18
4	#557 Jongsma, Jack	Westdale S.S. - HWDSB	10:26.09
5	#36 Desai, Saagar	Ancaster High School - HWDSB	12:03.47
6	#360 Kovljenic, Aleks	Saltfleet District - HWDSB	12:05.67
7	#227 Vandenberg, Ben	Guido de Bres C.H.S - HWDSB	12:08.67
8	#191 Alkema, Austin	Guido de Bres C.H.S - HWDSB	12:39.76
9	#408 Dziewierz, Michael	Sherwood S.S. - HWDSB	13:03.41
10	#364 Oommen, Priyaan	Saltfleet District - HWDSB	13:05.25
11	#230 Vaniperen, Fraser	Guido de Bres C.H.S - HWDSB	13:05.27

HWIAC - Track and Field Meet - 5/13/2025

SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results

Men 110 Meter Hurdles Senior

Name	School	Finals	H#
Finals			
1 #134 Pearsonwhear, Tristan	Dundas Valley S.S. - HWDSB	15.64	2
2 #293 Marcellin, Sheziah	Nora Francis Henderson S.S. -	16.86	2
3 #623 Frketich, Nate	Westmount S.S. - HWDSB	17.01	2
4 #44 Mahmoud, Anas	Ancaster High School - HWDSB	18.88	1
5 #553 Gummerson, Colton	Westdale S.S. - HWDSB	19.27	2
6 #506 Watson, Ty	Waterdown District - HWDSB	20.24	1
7 #638 Marcy, Logan	Westmount S.S. - HWDSB	20.59	1
8 #562 McKinnon, Ian	Westdale S.S. - HWDSB	21.69	1
9 #550 Farah, Abdihakim	Westdale S.S. - HWDSB	21.70	2
--- #288 Harris, Garry	Nora Francis Henderson S.S. -	DQ	2

Men 400 Meter Hurdles Senior

Name	School	Finals	H#
Finals			
1 #134 Pearsonwhear, Tristan	Dundas Valley S.S. - HWDSB	57.14	2
2 #623 Frketich, Nate	Westmount S.S. - HWDSB	1:03.93	2
3 #211 Lanting, John	Guido de Bres C.H.S - HWDSB	1:03.96	2
4 #42 Jeffrey, Evan	Ancaster High School - HWDSB	1:09.40	1
5 #553 Gummerson, Colton	Westdale S.S. - HWDSB	1:09.43	1
6 #201 Harsevoort, Tyson	Guido de Bres C.H.S - HWDSB	1:12.40	2
7 #38 Flynn, A.j.	Ancaster High School - HWDSB	1:19.05	1
8 #550 Farah, Abdihakim	Westdale S.S. - HWDSB	1:22.93	2

Men 4x100 Meter Relay Senior

Team	Relay	Finals	H#
Finals			
1 Westmount S.S. - HWDSB	A	45.41	1
2 Dundas Valley S.S. - HWDSB	A	45.46	1
1) #109 Alsop, Ian	2) #134 Pearsonwhear, Tristan	3) #128 Maga, Luke	4) #138 Said, Rowan
3 Nora Francis Henderson S.S. -	A	45.52	1
4 Westdale S.S. - HWDSB	A	46.63	2
5 Saltfleet District - HWDSB	A	47.14	2
1) #367 Sedkowski, Gabriel	2) #368 Som, Norrin	3) #345 Akinkuolie, Ayo	4) #344 Ahmad, Yasir
6 Sir Winston Churchill S.S. - H	A	47.23	1
7 Sherwood S.S. - HWDSB	A	48.16	1
8 Ancaster High School - HWDS	A	48.31	2
9 Sir Allan MacNab S.S. - HWD	A	50.11	2
1) #437 Elhag, Nasir	2) #441 Kim, James	3) #440 Katzirz, Noah	4) #445 Zajac, Nikolas
10 Glendale S.S. - HWDSB	A	50.72	1
1) #154 Fully, Magnus	2) #158 Saka, Feyisara	3) #157 Ngigi, Kevin	4) #156 Kiruri, Karl

Men High Jump Senior

Name	School	Finals
Finals		
1 #419 Smith, Fisher	Sherwood S.S. - HWDSB	1.75m
2 #196 Dejager, Shane	Guido de Bres C.H.S - HWDSB	1.70m
3 #226 Vandam, Jake	Guido de Bres C.H.S - HWDSB	1.60m
--- #457 Aleshinyole, Anu	Sir Winston Churchill S.S. - H	FAIL

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Men High Jump Senior)

Name	School	Finals
--- #351 Cassidy, Ten	Saltfleet District - HWDSB	FAIL

Men Long Jump Senior

Name	School	Finals
Finals		
1 #109 Alsop, Ian	Dundas Valley S.S. - HWDSB	6.28m
2 #504 Skolyszewski, Adam	Waterdown District - HWDSB	5.81m
3 #437 Elhag, Nasir	Sir Allan MacNab S.S. - HWDSB	5.70m
4 #196 Dejager, Shane	Guido de Bres C.H.S - HWDSB	5.43m
5 #226 Vandam, Jake	Guido de Bres C.H.S - HWDSB	5.41m
6 #46 Merchant, Elijah	Ancaster High School - HWDSB	5.36m
7 #138 Said, Rowan	Dundas Valley S.S. - HWDSB	5.18m
8 #440 Katzirz, Noah	Sir Allan MacNab S.S. - HWDSB	5.06m
9 #316 Usiosefe, Luther	Orchard Park S.S. - HWDSB	4.94m
9 #495 Baha, Arya	Waterdown District - HWDSB	4.94m
11 #345 Akinkuolie, Ayo	Saltfleet District - HWDSB	4.92m
12 #362 Miller, Mario	Saltfleet District - HWDSB	4.86m
13 #613 Cowles, Will	Westmount S.S. - HWDSB	4.83m
14 #638 Marcy, Logan	Westmount S.S. - HWDSB	4.63m
15 #40 Grant, Ryan	Ancaster High School - HWDSB	4.62m
16 #441 Kim, James	Sir Allan MacNab S.S. - HWDSB	4.58m
17 #296 Qneibi, Omar	Nora Francis Henderson S.S. -	4.17m
18 #564 Nunn, Austin	Westdale S.S. - HWDSB	3.46m

Men Triple Jump Senior

Name	School	Finals
Finals		
1 #46 Merchant, Elijah	Ancaster High School - HWDSB	11.92m
2 #226 Vandam, Jake	Guido de Bres C.H.S - HWDSB	11.33m
3 #288 Harris, Garry	Nora Francis Henderson S.S. -	11.28m
4 #197 Denhollander, Gabe	Guido de Bres C.H.S - HWDSB	10.82m
5 #44 Mahmoud, Anas	Ancaster High School - HWDSB	10.69m
6 #351 Cassidy, Ten	Saltfleet District - HWDSB	10.68m
7 #350 Carter, Levaughn	Saltfleet District - HWDSB	10.50m
8 #296 Qneibi, Omar	Nora Francis Henderson S.S. -	9.26m
9 #647 Shibli, Deandar	Westmount S.S. - HWDSB	9.04m

Men Shot Put Senior

Name	School	Finals
Finals		
1 #140 Simmons, Shea	Dundas Valley S.S. - HWDSB	11.99m
2 #213 Lenting, Jacob	Guido de Bres C.H.S - HWDSB	11.61m
3 #506 Watson, Ty	Waterdown District - HWDSB	10.89m
4 #50 Potkonjak, Danny	Ancaster High School - HWDSB	10.74m
5 #264 Vanhouten, Kiyle	Hamilton District C.H.S. - HWD	10.72m
6 #39 Goldsmith, Miles	Ancaster High School - HWDSB	10.68m
7 #569 Smallwood, Ayden	Westdale S.S. - HWDSB	10.67m
8 #110 Andree, Cam	Dundas Valley S.S. - HWDSB	10.61m
9 #144 Wheaton, Kyle	Dundas Valley S.S. - HWDSB	10.48m

HWIAC - Track and Field Meet - 5/13/2025

SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results

Finals ... (Men Shot Put Senior)

	Name	School	Finals
10	#289 LeBlanc, Quinton	Nora Francis Henderson S.S. -	10.40m
11	#460 Coates, Payton	Sir Winston Churchill S.S. - H	10.07m
11	#124 Gibson, Jack	Dundas Valley S.S. - HWDSB	10.07m
13	#139 Schoeman, Travis	Dundas Valley S.S. - HWDSB	10.06m
14	#32 Boyd, Joshua	Ancaster High School - HWDSB	10.05m
15	#639 McAdoo, Joel	Westmount S.S. - HWDSB	9.69m
16	#354 Ebhonu, Osagie	Saltfleet District - HWDSB	9.62m
17	#232 Witten, Theo	Guido de Bres C.H.S - HWDSB	9.05m
18	#624 Gauthier, Austin	Westmount S.S. - HWDSB	8.98m
19	#349 Bremner, Braden	Saltfleet District - HWDSB	8.64m
20	#362 Miller, Mario	Saltfleet District - HWDSB	8.61m
21	#63 Guerreno Pechon, Matias	Bernie Custis S.S. - HWDSB	8.53m
22	#299 Seaton, Ausar	Nora Francis Henderson S.S. -	8.47m
23	#192 Bartels, Caden	Guido de Bres C.H.S - HWDSB	8.44m
24	#610 Cimba, Ethan	Westmount S.S. - HWDSB	8.43m
25	#29 Aldawi, Obeederaham	Ancaster High School - HWDSB	8.28m
26	#290 Liddle, Gavan	Nora Francis Henderson S.S. -	7.80m

Men Discus Throw Senior

	Name	School	Finals
Finals			
1	#110 Andree, Cam	Dundas Valley S.S. - HWDSB	36.15m
2	#140 Simmons, Shea	Dundas Valley S.S. - HWDSB	31.20m
3	#32 Boyd, Joshua	Ancaster High School - HWDSB	30.75m
4	#264 Vanhouten, Kiyle	Hamilton District C.H.S. - HWD	29.59m
5	#114 Boyington, Tyler	Dundas Valley S.S. - HWDSB	28.80m
6	#39 Goldsmith, Miles	Ancaster High School - HWDSB	27.44m
7	#289 LeBlanc, Quinton	Nora Francis Henderson S.S. -	27.30m
8	#419 Smith, Fisher	Sherwood S.S. - HWDSB	27.09m
9	#139 Schoeman, Travis	Dundas Valley S.S. - HWDSB	25.05m
10	#296 Oneibi, Omar	Nora Francis Henderson S.S. -	23.80m
11	#639 McAdoo, Joel	Westmount S.S. - HWDSB	23.63m
12	#650 Tian, Kevin	Westmount S.S. - HWDSB	22.90m
13	#192 Bartels, Caden	Guido de Bres C.H.S - HWDSB	21.94m
14	#197 Denhollander, Gabe	Guido de Bres C.H.S - HWDSB	21.40m
15	#290 Liddle, Gavan	Nora Francis Henderson S.S. -	20.71m
16	#40 Grant, Ryan	Ancaster High School - HWDSB	20.47m
17	#232 Witten, Theo	Guido de Bres C.H.S - HWDSB	19.83m
18	#299 Seaton, Ausar	Nora Francis Henderson S.S. -	19.05m
19	#412 Kinniburgh, Josiah	Sherwood S.S. - HWDSB	18.70m

Men Javelin Throw Senior

	Name	School	Finals
Finals			
1	#140 Simmons, Shea	Dundas Valley S.S. - HWDSB	47.10m
2	#419 Smith, Fisher	Sherwood S.S. - HWDSB	43.19m
3	#110 Andree, Cam	Dundas Valley S.S. - HWDSB	41.65m
4	#139 Schoeman, Travis	Dundas Valley S.S. - HWDSB	39.39m
5	#547 Blums, Jake	Westdale S.S. - HWDSB	39.19m

HWIAC - Track and Field Meet - 5/13/2025
SOSSA Qualifier Meet
Ray Lewis T&F Facility
Results
Finals ... (Men Javelin Throw Senior)

Name	School	Finals
6 #554 Hodgson, Henrik	Westdale S.S. - HWDSB	38.26m
7 #124 Gibson, Jack	Dundas Valley S.S. - HWDSB	35.96m
8 #213 Lenting, Jacob	Guido de Bres C.H.S - HWDSB	35.95m
9 #40 Grant, Ryan	Ancaster High School - HWDSB	34.14m
10 #232 Witten, Theo	Guido de Bres C.H.S - HWDSB	33.72m
11 #354 Ebhonu, Osagie	Saltfleet District - HWDSB	33.48m
12 #209 Kottelenberg, Asher	Guido de Bres C.H.S - HWDSB	32.39m
13 #264 Vanhouten, Kiyle	Hamilton District C.H.S. - HWD	31.98m
14 #553 Gummerson, Colton	Westdale S.S. - HWDSB	31.44m
15 #290 Liddle, Gavan	Nora Francis Henderson S.S. -	31.36m
16 #649 Thomas, Luke	Westmount S.S. - HWDSB	30.59m
17 #624 Gauthier, Austin	Westmount S.S. - HWDSB	30.31m
18 #197 Denhollander, Gabe	Guido de Bres C.H.S - HWDSB	28.13m
19 #361 Kyle, Benjamin	Saltfleet District - HWDSB	27.33m
20 #412 Kinniburgh, Josiah	Sherwood S.S. - HWDSB	25.33m
21 #610 Cimba, Ethan	Westmount S.S. - HWDSB	23.64m

Men 2000 Meter Steeplechase Open

Name	School	Finals
Finals		
1 #69 Saleh, Shakir	Bernie Custis S.S. - HWDSB	6:38.34
2 #546 Aird, Alec	Westdale S.S. - HWDSB	6:38.38
3 #347 Benton Kearney, Grayson	Saltfleet District - HWDSB	7:25.42
4 #54 Zdravkovic, Aleksandar	Ancaster High School - HWDSB	7:30.80
5 #474 Van Buskirk, Keegan	Sir Winston Churchill S.S. - H	8:15.71
6 #117 Dion, Dani	Dundas Valley S.S. - HWDSB	8:25.57
7 #224 Tenhage, Logan	Guido de Bres C.H.S - HWDSB	8:29.69
8 #191 Alkema, Austin	Guido de Bres C.H.S - HWDSB	9:23.11

Men 4x400 Meter Relay Open

Team	Relay	Finals	
Finals			
1 Dundas Valley S.S. - HWDSB	A	3:42.11	
2 Ancaster High School - HWDS	A	3:42.46	
3 Nora Francis Henderson S.S. -	A	3:48.85	
4 Glendale S.S. - HWDSB	A	4:07.64	
1) #157 Ngigi, Kevin	2) #158 Saka, Feyisara	3) #156 Kiruri, Karl	4) #153 Burda-Ingram, Gavin
5 Saltfleet District - HWDSB	A	4:11.57	
1) #367 Sedkowski, Gabriel	2) #368 Som, Norrin	3) #365 Reidy, Zachary	4) #347 Benton Kearney, Grays
6 Westmount S.S. - HWDSB	A	4:11.94	
7 Sir Winston Churchill S.S. - H	A	4:19.18	

Men 800 Meter Run Ambulatory

Name	School	Finals
Finals		
1 #65 Mohammad, Ali	Bernie Custis S.S. - HWDSB	3:41.33
2 #286 Burke, Carter	Nora Francis Henderson S.S. -	3:53.98
3 #655 Rochichaud, Landon	Sir Winston Churchill S.S. - H	4:18.34

HWIAC - Track and Field Meet - 5/13/2025**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 100 Meter Dash Intellectually Imp**

Name	School	Finals
Finals		
1 #286 Burke, Carter	Nora Francis Henderson S.S. -	14.79
2 #127 Kameran Shah, Nashwan	Dundas Valley S.S. - HWDSB	17.16
3 #355 Ellis, Jed	Saltfleet District - HWDSB	19.76
4 #352 Chung, Oscar	Saltfleet District - HWDSB	20.57
5 #565 Oeun, Justin	Westdale S.S. - HWDSB	24.01

Women - Novice - Team Rankings - 14 Events Scored

1) Dundas Valley S.S. - HWDSB	75	2) Ancaster High School - HWDSB	30
3) Guido de Bres C.H.S - HWDSB	22	4) Nora Francis Henderson S.S. -	21
5) Saltfleet District - HWDSB	19	6) Westdale S.S. - HWDSB	15
7) Sherwood S.S. - HWDSB	10	8) Westmount S.S. - HWDSB	9
9) Orchard Park S.S. - HWDSB	8	10) Hamilton District C.H.S. - HWD	7
11) Waterdown District - HWDSB	2		

Women - Junior - Team Rankings - 15 Events Scored

1) Dundas Valley S.S. - HWDSB	84	2) Guido de Bres C.H.S - HWDSB	40
3) Westmount S.S. - HWDSB	31	4) Saltfleet District - HWDSB	22
5) Ancaster High School - HWDSB	18.5	6) Sherwood S.S. - HWDSB	16
7) Hamilton District C.H.S. - HWD	14.5	8) Waterdown District - HWDSB	6
9) Westdale S.S. - HWDSB	1		

Women - Senior - Team Rankings - 15 Events Scored

1) Guido de Bres C.H.S - HWDSB	52	2) Dundas Valley S.S. - HWDSB	46
3) Ancaster High School - HWDSB	37	4) Westdale S.S. - HWDSB	33
5) Orchard Park S.S. - HWDSB	19	6) Westmount S.S. - HWDSB	14
7) Saltfleet District - HWDSB	12	8) Nora Francis Henderson S.S. -	6
9) Sherwood S.S. - HWDSB	4	9) Waterdown District - HWDSB	4
11) Bernie Custis S.S. - HWDSB	3		

Women - Open - Team Rankings - 2 Events Scored

1) Guido de Bres C.H.S - HWDSB	13	2) Westdale S.S. - HWDSB	9
3) Ancaster High School - HWDSB	6	4) Westmount S.S. - HWDSB	2
5) Dundas Valley S.S. - HWDSB	1		

Men - Novice - Team Rankings - 15 Events Scored

1) Dundas Valley S.S. - HWDSB	53	2) Westmount S.S. - HWDSB	46
3) Guido de Bres C.H.S - HWDSB	40	4) Ancaster High School - HWDSB	36
5) Westdale S.S. - HWDSB	17	6) Sherwood S.S. - HWDSB	10
6) Saltfleet District - HWDSB	10	8) Sir Allan MacNab S.S. - HWDSB	8
8) Glendale S.S. - HWDSB	8	10) Sir Winston Churchill S.S. - H	5
11) Hamilton District C.H.S. - HWD	3	12) Nora Francis Henderson S.S. -	2

HWIAC - Track and Field Meet - 5/13/2025**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results**Men - Junior - Team Rankings - 15 Events Scored

1) Dundas Valley S.S. - HWDSB	93	2) Guido de Bres C.H.S - HWDSB	49
3) Sir Winston Churchill S.S. - H	19	3) Westmount S.S. - HWDSB	19
3) Ancaster High School - HWDSB	19	6) Sherwood S.S. - HWDSB	18
7) Hamilton District C.H.S. - HWD	16	8) Sir Allan MacNab S.S. - HWDSB	3
9) Waterdown District - HWDSB	1		

Men - Senior - Team Rankings - 15 Events Scored

1) Dundas Valley S.S. - HWDSB	55	2) Guido de Bres C.H.S - HWDSB	34
3) Ancaster High School - HWDSB	30	4) Westmount S.S. - HWDSB	26
5) Nora Francis Henderson S.S. -	24	6) Westdale S.S. - HWDSB	19
7) Sherwood S.S. - HWDSB	15	8) Orchard Park S.S. - HWDSB	13
9) Waterdown District - HWDSB	8	10) Sir Allan MacNab S.S. - HWDSB	3
10) Hamilton District C.H.S. - HWD	3	10) Sir Winston Churchill S.S. - H	3
10) Bernie Custis S.S. - HWDSB	3	14) Saltfleet District - HWDSB	1

Men - Open - Team Rankings - 2 Events Scored

1) Ancaster High School - HWDSB	6	1) Dundas Valley S.S. - HWDSB	6
1) Bernie Custis S.S. - HWDSB	6	4) Westdale S.S. - HWDSB	4
4) Saltfleet District - HWDSB	4	6) Nora Francis Henderson S.S. -	3
7) Glendale S.S. - HWDSB	2	8) Sir Winston Churchill S.S. - H	1

Men - Ambulatory - Team Rankings - 1 Events Scored

1) Bernie Custis S.S. - HWDSB	6	2) Nora Francis Henderson S.S. -	4
3) Sir Winston Churchill S.S. - H	3		

Men - Intellectually Imp - Team Rankings - 1 Events Scored

1) Nora Francis Henderson S.S. -	6	2) Saltfleet District - HWDSB	5
3) Dundas Valley S.S. - HWDSB	4	4) Westdale S.S. - HWDSB	1

Combined Team Scores - Novice - 29 Events Scored

1) Dundas Valley S.S. - HWDSB	128	2) Ancaster High School - HWDSB	66
3) Guido de Bres C.H.S - HWDSB	62	4) Westmount S.S. - HWDSB	55
5) Westdale S.S. - HWDSB	32	6) Saltfleet District - HWDSB	29
7) Nora Francis Henderson S.S. -	23	8) Sherwood S.S. - HWDSB	20
9) Hamilton District C.H.S. - HWD	10	10) Sir Allan MacNab S.S. - HWDSB	8
10) Orchard Park S.S. - HWDSB	8	10) Glendale S.S. - HWDSB	8
13) Sir Winston Churchill S.S. - H	5	14) Waterdown District - HWDSB	2

Combined Team Scores - Junior - 30 Events Scored

1) Dundas Valley S.S. - HWDSB	177	2) Guido de Bres C.H.S - HWDSB	89
3) Westmount S.S. - HWDSB	50	4) Ancaster High School - HWDSB	37.5
5) Sherwood S.S. - HWDSB	34	6) Hamilton District C.H.S. - HWD	30.5

HWIAC - Track and Field Meet - 5/13/2025**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results**

7) Saltfleet District - HWDSB	22	8) Sir Winston Churchill S.S. - H	19
9) Waterdown District - HWDSB	7	10) Sir Allan MacNab S.S. - HWDSB	3
11) Westdale S.S. - HWDSB	1		

Combined Team Scores - Senior - 30 Events Scored

1) Dundas Valley S.S. - HWDSB	101	2) Guido de Bres C.H.S - HWDSB	86
3) Ancaster High School - HWDSB	67	4) Westdale S.S. - HWDSB	52
5) Westmount S.S. - HWDSB	40	6) Orchard Park S.S. - HWDSB	32
7) Nora Francis Henderson S.S. -	30	8) Sherwood S.S. - HWDSB	19
9) Saltfleet District - HWDSB	13	10) Waterdown District - HWDSB	12
11) Bernie Custis S.S. - HWDSB	6	12) Sir Allan MacNab S.S. - HWDSB	3
12) Hamilton District C.H.S. - HWD	3	12) Sir Winston Churchill S.S. - H	3

Combined Team Scores - Open - 4 Events Scored

1) Westdale S.S. - HWDSB	13	1) Guido de Bres C.H.S - HWDSB	13
3) Ancaster High School - HWDSB	12	4) Dundas Valley S.S. - HWDSB	7
5) Bernie Custis S.S. - HWDSB	6	6) Saltfleet District - HWDSB	4
7) Nora Francis Henderson S.S. -	3	8) Glendale S.S. - HWDSB	2
8) Westmount S.S. - HWDSB	2	10) Sir Winston Churchill S.S. - H	1

Combined Team Scores - Ambulatory - 1 Events Scored

1) Bernie Custis S.S. - HWDSB	6	2) Nora Francis Henderson S.S. -	4
3) Sir Winston Churchill S.S. - H	3		

Combined Team Scores - Intellectually Imp - 1 Events Scored

1) Nora Francis Henderson S.S. -	6	2) Saltfleet District - HWDSB	5
3) Dundas Valley S.S. - HWDSB	4	4) Westdale S.S. - HWDSB	1