

LSSAA Track and Field Championships 2006 - 09/05/2006 to 10/05/2006
Sarnia Central Athletic Complex
Results

Women 100 Meter Dash Midget

LSSAA: ! 12.50 1994 Rachel Franz, Lambton Central				
Name	Year	School	Prelims	H#
Preliminaries				
1 Rate, Jasmine		Lambton Cent	13.0Q	2
2 Morrison, Jayden		North Lambto	13.4Q	1
3 Spinozzi, Jenn		St Christoph	13.6Q	3
4 Mellon, Jamie		Northern Civ	13.1Q	2
5 DeSchutter, Jenna		Lambton Cent	13.5Q	1
6 Moran, Shauna		St. Patrick'	13.9Q	3
7 Sokol, Julie		St. Patrick'	13.8q	1
8 Harburn, Ashley		North Lambto	14.0q	3
9 Coles, Christine		Northern Civ	14.1	2
10 Conroy, Sara		St. Patrick'	14.2	3
11 Filip, Kaitlyn		St. Clair SS	14.2	1
12 McFadden, Brenna		Lambton Cent	14.4	1
13 Clarke, Hillary		Northern Civ	14.4	2
14 Lachapelle, Clare		St Christoph	14.8	2
15 Lailvaux, Stéphanie		St-Francois Xavi	14.8	3
16 Davidson, Ashley		St. Clair SS	15.1	3
17 Deschenes, Janine		St Christoph	15.5	2
18 King, Terrilyn		St-Francois Xavi	17.0	1

Women 100 Meter Dash Midget

LSSAA: ! 12.50 1994 Rachel Franz, Lambton Central				
Name	Year	School	Finals	Points
Finals				
1 Morrison, Jayden		North Lambto	13.1	10
2 Rate, Jasmine		Lambton Cent	13.2	8
3 Mellon, Jamie		Northern Civ	13.3	6
4 DeSchutter, Jenna		Lambton Cent	13.6	5
5 Spinozzi, Jenn		St Christoph	13.7	4
6 Moran, Shauna		St. Patrick'	13.7	3
7 Sokol, Julie		St. Patrick'	13.8	2
8 Harburn, Ashley		North Lambto	14.0	1

Women 200 Meter Dash Midget

LSSAA: ! 26.00 1998 Tara Halls, St. Clair				
Name	Year	School	Prelims	H#
Preliminaries				
1 Rate, Jasmine		Lambton Cent	27.2Q	2
2 Morrison, Jayden		North Lambto	27.7Q	3
3 DeSchutter, Jenna		Lambton Cent	27.8Q	1
4 Lundy, Courtney		St. Clair SS	27.8Q	1
5 Sokol, Julie		St. Patrick'	28.0Q	3
6 Mellon, Jamie		Northern Civ	28.5Q	2
7 Andrew, Heather		Lambton Cent	28.1q	1
8 Spinozzi, Jenn		St Christoph	28.2q	3
9 Vanos, Danielle		North Lambto	28.8	2
10 Murphy, Hannah		Sarnia Cits	29.0	1
11 Boccanfuso, Lauren		St. Patrick'	29.1	1
12 Holdaway, Jenny		Northern Civ	30.2	3
13 Nasr, Morgan		Northern Civ	30.3	2

14	Sadoquis, Rosie	St Christoph	30.5	3
15	Logan, Karla	St. Patrick'	31.4	1
16	Ewener, Halyley	St Christoph	32.1	2
17	Davidson, Ashley	St. Clair SS	32.7	3
18	Courtemanche, Brittanee	St-Francois Xavi	36.7	2

Women 200 Meter Dash Midget

LSSAA: ! 26.00 1998		Tara Halls, St. Clair		
Name	Year	School	Finals	Points
Finals				
1	Rate, Jasmine	Lambton Cent	26.8	10
2	Morrison, Jayden	North Lambto	27.2	8
3	DeSchutter, Jenna	Lambton Cent	27.5	6
4	Sokol, Julie	St. Patrick'	27.7	5
5	Andrew, Heather	Lambton Cent	27.8	4
6	Lundy, Courtney	St. Clair SS	27.9	3
7	Spinozzi, Jenn	St Christoph	28.0	2
8	Mellon, Jamie	Northern Civ	28.3	1

Women 400 Meter Dash Midget

LSSAA: ! 58.10 1998		Tara Halls, St. Clair			
Name	Year	School	Finals	H#	Points
1	Vanos, Danielle	North Lambto	1:02.0	2	10
2	Lundy, Courtney	St. Clair SS	1:03.6	2	8
3	Rate, Jasmine	Lambton Cent	1:04.8	2	6
4	DeSchutter, Jenna	Lambton Cent	1:05.8	2	5
5	Mellon, Jamie	Northern Civ	1:06.1	2	4
6	Lamb, Colleen	St. Patrick'	1:06.4	2	3
7	Spinozzi, Jenn	St Christoph	1:06.5	1	2
8	Andrew, Heather	Lambton Cent	1:06.9	2	1
9	Murphy, Hannah	Sarnia Cits	1:07.7	2	
10	Boccanfuso, Lauren	St. Patrick'	1:08.6	1	
11	Davie, Sheryl	Northern Civ	1:10.8	1	
12	Clark, Brittany	St. Patrick'	1:11.1	1	
13	Nasr, Morgan	Northern Civ	1:11.8	1	
14	Wilson, Shanessa	St Christoph	1:15.2	1	

Women 800 Meter Run Midget

LSSAA: ! 2:13.60 14/05/2002		Aly Kohlmeier, St. Patrick'			
Name	Year	School	Finals	H#	Points
1	M'Larkey, Erin	Northern Civ	2:28.4	2	10
2	Korosec, Rachel	St Christoph	2:32.3	2	8
3	Gillespie, Katie	Lambton Cent	2:39.8	2	6
4	Simard, Brandi	Northern Civ	2:41.2	2	5
5	Kohlmeier, Kristin	St. Patrick'	2:42.2	2	4
6	VanRiel, Jamie	North Lambto	2:43.1	2	3
7	McCormick, Torrie	St. Patrick'	2:44.8	1	2
8	Dilling, Samantha	Sarnia Cits	2:45.3	1	1
9	Dirven, Carmen	North Lambto	2:47.9	1	
10	Van Erp, Nicole	Lambton Cent	2:48.4	2	
11	Holmes, Jamie	St. Clair SS	2:48.7	2	
12	Solomon, Jessica	St. Clair SS	2:50.6	1	
13	McPhail, Jessica	Lambton Cent	2:52.2	2	
14	Wilson, Shanessa	St Christoph	2:54.2	1	
15	Edwards, Liz	St Christoph	3:01.2	1	
16	Davie, Sheryl	Northern Civ	3:06.1	1	
--	Bendall, Alison	St. Patrick'	DNS	1	

Women 1500 Meter Run Midget

LSSAA: ! 4:38.40 14/05/2002 Aly Kohlmeier, St. Patrick'				
Name	Year	School	Finals	Points
1 M'Larkey, Erin		Northern Civ	5:11.5	10
2 Korosec, Rachel		St Christoph	5:18.9	8
3 VanRiel, Jamie		North Lambto	5:31.5	6
4 Gillespie, Katie		Lambton Cent	5:35.7	5
5 Holmes, Jamie		St. Clair SS	5:43.7	4
6 Van Erp, Nicole		Lambton Cent	5:46.0	3
7 Hennessey, Taylor		St. Patrick'	5:49.9	2
8 Simard, Brandi		Northern Civ	5:51.5	1
9 Kohlmeier, Kristin		St. Patrick'	5:55.5	
10 Freer, Sarah		Lambton Cent	5:55.9	
11 McCormick, Torrie		St. Patrick'	6:00.7	
12 Dilling, Samantha		Sarnia Cits	6:04.6	
13 Solomon, Jessica		St. Clair SS	6:11.2	
14 Dirven, Carmen		North Lambto	6:42.4	
15 Harburn, Ashley		North Lambto	6:55.3	

Women 3000 Meter Run Midget

LSSAA: ! 10:15.20 1999 Nikki Reckman, Lambton Christ.				
Name	Year	School	Finals	Points
1 M'Larkey, Erin		Northern Civ	11:34.0	10
2 Korosec, Rachel		St Christoph	11:46.3	8
3 Holmes, Jamie		St. Clair SS	12:42.6	6
4 Freer, Sarah		Lambton Cent	12:45.0	5
5 Van Erp, Nicole		Lambton Cent	12:52.9	4
6 Dilling, Samantha		Sarnia Cits	13:04.6	3
7 Solomon, Jessica		St. Clair SS	13:05.0	2
8 Simard, Brandi		Northern Civ	13:24.6	1
9 Armstrong, Lauren		Lambton Cent	13:27.6	
10 Bendall, Alison		St. Patrick'	13:43.7	
-- Costain, Christina		St. Patrick'	DNS	
-- Kohlmeier, Kristin		St. Patrick'	DNS	

Women 80 Meter Hurdles Midget

LSSAA: ! 12.20 1989 Becky Sager, Lambton Central				
Name	Year	School	Prelims	H#
Preliminaries				
1 Poirier, Mallory		Northern Civ	13.7Q	2
2 Lebert, Laura		Lambton Cent	13.7Q	1
3 Humphreys, Conchita		St. Patrick'	14.3Q	2
4 Moran, Shauna		St. Patrick'	14.8Q	1
5 Stewart, Kenya		Northern Civ	14.7Q	2
6 Syer, Felica		Lambton Cent	15.0Q	1
7 Brown, Cassie		St. Clair SS	15.0q	1
8 Walker, Shelby		St Christoph	15.1q	1
9 Broad, Kendra		Lambton Cent	15.8	2
10 Kaija, Janet		Northern Civ	16.4	2
11 Filip, Kaitlyn		St. Clair SS	17.1	1

Women 80 Meter Hurdles Midget

LSSAA: ! 12.20 1989 Becky Sager, Lambton Central				
Name	Year	School	Finals	Points

Finals

1	Poirier, Mallory	Northern Civ	13.5	10
2	Lebert, Laura	Lambton Cent	13.7	8
3	Humphreys, Conchita	St. Patrick'	13.7	6
4	Brown, Cassie	St. Clair SS	14.7	5
5	Walker, Shelby	St Christoph	14.8	4
6	Moran, Shauna	St. Patrick'	14.9	3
7	Syer, Felica	Lambton Cent	15.0	2
8	Stewart, Kenya	Northern Civ	15.5	1

Women 300 Meter Hurdles Midget

LSSAA: ! 46.80 1999		Ashley Morden, Lambton Central			
Name	Year	School	Finals	H#	Points
1	Vanos, Danielle	North Lambto	49.4	2	10
2	Andrew, Heather	Lambton Cent	52.3	2	8
3	Poirier, Mallory	Northern Civ	52.9	2	6
4	Gillespie, Katie	Lambton Cent	54.0	2	5
5	Murphy, Hannah	Sarnia Cits	54.7	1	4
6	Cobb, Rebecca	St. Patrick'	55.4	1	3
7	Barker, Sarah	Northern Civ	56.2	2	2
8	Broad, Kendra	Lambton Cent	56.5	2	1
9	Wright, Callie	Northern Civ	59.5	2	

Women 4x100 Meter Relay Midget

LSSAA: ! 51.90 1994		Lambton Central			
School			Finals	H#	Points
1	Lambton Central C & V I 'A'		53.4	2	10
	1) Andrew, Heather	2) Rate, Jasmine			
	3) Sanders, Kaitlyn	4) DeSchutter, Jenna			
2	St. Patrick's H S 'A'		54.3	2	8
	1) Humphreys, Conchita	2) Moran, Shauna			
	3) Sokol, Julie	4) Lamb, Colleen			
3	Northern C I & V S 'A'		54.6	2	6
	1) Coles, Christine	2) Poirier, Mallory			
	3) Stewart, Kenya	4) Mellon, Jamie			
	5) Clarke, Hillary	6)			
4	Lambton Central C & V I 'B'		55.7	2	5
	1) Broad, Kendra	2) Lebert, Laura			
	3) Syer, Felica	4) McFadden, Brenna			
5	St. Clair S S 'A'		56.2	2	4
6	St. Patrick's H S 'B'		56.6	1	3
	1) Conroy, Sara	2) Boccanfuso, Lauren			
	3) McCormick, Torrie	4) Cobb, Rebecca			
7	North Lambton S S 'A'		56.9	2	2
	1) Dirven, Carmen	2) Morrison, Jayden			
	3) Vanos, Danielle	4) VanRiel, Jamie			
8	Northern C I & V S 'B'		57.4	2	1
9	St. Christopher S S 'A'		59.2	2	
	1) Walker, Shelby	2) Ladanchuk, Vanessa			
	3) Sadoquis, Rosie	4) Ewener, Halyley			
10	St. Patrick's H S 'C'		59.2	1	
	1) Clark, Brittany	2) Logan, Karla			
	3) Tasker, Aimee	4) Volrath, Leah			
11	St. Christopher S S 'C'		59.5	1	
	1) Turner, Natalie	2) Strovold, Ericka			
	3) Lammers, Deanna	4) Edwards, Liz			
12	St. Christopher S S 'B'		59.5	1	
	1) Deschenes, Janine	2) Lachapelle, Clare			
	3) Wilson, Shanessa	4) Janson, Heidi			

13 Northern C I & V S 'C'	59.8	1
-- Lambton Central C & V I 'C'	DQ	1
1) Gladu, Gillian	2) Barnes, Kate	
3) Stokes, Alyssa	4) Lightfoot, Kayla	

Women High Jump Midget

LSSAA: ! 1.67m 2000		Lindsey DeGroot, St. Christopher		
Name	Year	School	Finals	Points
1 Lamb, Colleen		St. Patrick'	1.51m	10
2 Barnes, Kate		Lambton Cent	1.48m	8
3 Gladu, Gillian		Lambton Cent	1.45m	6
4 Coles, Christine		Northern Civ	1.40m	5
5 Ladanchuk, Vanessa		St Christoph	1.35m	4
6 McArdle, Aliah		St Christoph	1.30m	2.5
6 Stewart, Kenya		Northern Civ	1.30m	2.5
7 Lightfoot, Kayla		Lambton Cent	J1.30m	1
8 Strovold, Ericka		St Christoph	J1.30m	

Women Long Jump Midget

LSSAA: ! 5.09m 2000		Sarah Nelson, Northern		
Name	Year	School	Finals	Points
1 Sanders, Kaitlyn		Lambton Cent	4.30m	10
2 Cobb, Rebecca		St. Patrick'	4.19m	8
3 Brown, Cassie		St. Clair SS	4.10m	6
4 Walker, Shelby		St Christoph	3.93m	5
5 Lamb, Colleen		St. Patrick'	J3.93m	4
6 Moran, Shauna		St. Patrick'	3.89m	3
7 Haight, Heather		St Christoph	3.81m	2
8 Williams, Sara		St. Clair SS	3.73m	1
9 Poirier, Mallory		Northern Civ	3.72m	
10 Kaija, Janet		Northern Civ	3.70m	
11 Kerrigan, Karla		North Lambto	3.65m	
12 McArdle, Aliah		St Christoph	3.57m	
13 Stokes, Alyssa		Lambton Cent	3.56m	
14 Bell, Chelsea		Northern Civ	3.28m	
15 Lailvaux, Stéphanie		St-Francois Xavi	3.10m	
16 Davidson, Ashley		St. Clair SS	3.09m	
17 Syer, Felica		Lambton Cent	2.90m	

Women Triple Jump Midget

LSSAA: ! 10.82m 2000		Sarah Nelson, Northern		
Name	Year	School	Finals	Points
1 Conroy, Sara		St. Patrick'	9.65m	10
2 Morrison, Jayden		North Lambto	9.43m	8
3 Brown, Cassie		St. Clair SS	9.35m	6
4 Lundy, Courtney		St. Clair SS	9.02m	5
5 Kaija, Janet		Northern Civ	9.01m	4
6 Walker, Shelby		St Christoph	8.79m	3
7 Cobb, Rebecca		St. Patrick'	8.62m	2
8 Coles, Christine		Northern Civ	8.53m	1
9 Podolinsky, Brittany		Lambton Cent	8.23m	
10 Edwards, Liz		St Christoph	8.14m	
11 Barnes, Kate		Lambton Cent	8.02m	
12 Broad, Kendra		Lambton Cent	8.01m	
13 Stewart, Kenya		Northern Civ	7.71m	
-- Strovold, Ericka		St Christoph	DNS	

Women Shot Put Midget

LSSAA: ! 10.85m 1989		Emily AInsworth, SCITS		
Name	Year	School	Finals	Points
1	Holmes, Tiffany	Sarnia Cits	10.41m	10
2	Sanders, Kaitlyn	Lambton Cent	9.71m	8
3	McArdle, Aliah	St Christoph	9.22m	6
4	Cockerford, Chelsea	St Christoph	7.93m	5
5	Saar, Katlyn	Northern Civ	7.54m	4
6	Newman, Tara	St. Clair SS	7.39m	3
7	Kilmer, Rochelle	Northern Civ	7.28m	2
8	Strovold, Ericka	St Christoph	7.13m	1
9	McGregor, Alexa	Lambton Cent	6.91m	
10	Jacklin, Megan	Lambton Cent	6.85m	
11	Mann, Meranda	Northern Civ	6.04m	
12	Rani, Savita	St. Clair SS	5.36m	

Women Discus Throw Midget

LSSAA: ! 32.70m 1998		Danielle Sabourin, St. Christopher		
Name	Year	School	Finals	Points
1	Sanders, Kaitlyn	Lambton Cent	26.74m	10
2	Haight, Heather	St Christoph	20.50m	8
3	Williams, Sara	St. Clair SS	19.85m	6
4	Humphreys, Conchita	St. Patrick'	19.46m	5
5	Ladanchuk, Vanessa	St Christoph	19.23m	4
6	Holmes, Tiffany	Sarnia Cits	18.78m	3
7	Saar, Katlyn	Northern Civ	17.86m	2
8	McGregor, Alexa	Lambton Cent	17.24m	1
9	Newman, Tara	St. Clair SS	16.42m	
10	Jacklin, Megan	Lambton Cent	15.92m	
11	Mann, Meranda	Northern Civ	15.79m	
12	Slotwinski, Michelle	Northern Civ	14.93m	
13	Boccanfuso, Lauren	St. Patrick'	14.12m	

Women Javelin Throw Midget

LSSAA: ! 36.08m 1998		Danielle Sabourin, St. Christopher		
Name	Year	School	Finals	Points
1	Humphreys, Conchita	St. Patrick'	30.15m	10
2	Jacklin, Megan	Lambton Cent	25.91m	8
3	Janson, Heidi	St Christoph	24.83m	6
4	Ladanchuk, Vanessa	St Christoph	22.50m	5
5	Williams, Sara	St. Clair SS	22.39m	4
6	Sokol, Julie	St. Patrick'	22.32m	3
7	McGill, Brooke	St. Patrick'	19.70m	2
8	Armstrong, Lauren	Lambton Cent	19.44m	1
9	Mann, Meranda	Northern Civ	17.41m	
10	Slotwinski, Michelle	Northern Civ	15.62m	
11	Roberts, Chantelle	Northern Civ	15.44m	
12	Kerrigan, Karla	North Lambto	15.27m	
13	McPhail, Jessica	Lambton Cent	12.09m	

Women 100 Meter Dash Junior

LSSAA: ! 12.00 1978		Carolyn Ellenor, Northern		
Name	Year	School	Prelims	H#
1	Straatman, Alyssa	Lambton Cent	13.00	1

Preliminaries

1	Hislop, Dana	Northern Civ	13.0Q	3
3	Sommer, Caitlin	St. Clair SS	13.6Q	2
4	Payne, Adrienne	Sarnia Cits	13.4Q	1
5	Burchmore, Jacqueline	Northern Civ	13.6Q	2
6	Rainsberry, Abby	Lambton Cent	13.7Q	3
7	Whates, Christina	St. Patrick'	13.7q	2
8	Bogart, Cassie	St Christoph	13.8q	1
9	Armstrong, Becky	Lambton Cent	14.0	3
10	Smith, Amanda	St Christoph	14.2	2
11	Saville, Shannon	St. Clair SS	14.2	2
12	Moore, Gillian	St. Clair SS	14.7	1
13	Kongus, Nicole	St. Patrick'	14.9	1
14	Wilson, Katie	Northern Civ	15.3	1
15	Guthrie, Amber	Sarnia Cits	15.5	3
16	Blais, Selena	St. Patrick'	16.2	2
17	Mackie, Jessica	St-Francois Xavi	16.8	3
--	McEwan, Kelsie	St Christoph	DNS	3
--	Bermingham, Amanda	St-Francois Xavi	DNS	3

Women 100 Meter Dash Junior

=====				
	LSSAA: ! 12.00	1978	Carolyn Ellenor, Northern	
Name	Year	School	Finals	Points
=====				
Finals				
1	Hislop, Dana	Northern Civ	12.9	10
2	Straatman, Alyssa	Lambton Cent	13.2	8
3	Payne, Adrienne	Sarnia Cits	13.2	6
4	Sommer, Caitlin	St. Clair SS	13.4	5
5	Burchmore, Jacqueline	Northern Civ	13.8	4
6	Bogart, Cassie	St Christoph	J13.8	3
7	Rainsberry, Abby	Lambton Cent	13.9	2
8	Whates, Christina	St. Patrick'	14.0	1

Women 200 Meter Dash Junior

=====				
	LSSAA: ! 25.40	1970	Debbie Boylan, Northern	
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Pickering, Marianne	St Christoph	27.0Q	1
2	Straatman, Alyssa	Lambton Cent	27.6Q	2
3	VanVeller, Amy	Northern Civ	27.4Q	1
4	Bogart, Cassie	St Christoph	28.3Q	2
5	Sommer, Caitlin	St. Clair SS	28.1Q	1
6	Burchmore, Jacqueline	Northern Civ	29.2Q	2
7	Lapensee, Becky	St. Patrick'	29.4q	1
8	Rainsberry, Abby	Lambton Cent	29.6q	1
9	Smith, Amanda	St Christoph	29.8	2
10	Stoesser, Katherine	St. Patrick'	30.2	2
11	Thomson, Krystal	Lambton Cent	30.3	2
12	Genovy, Jessica	Northern Civ	30.6	1
13	Taylor, Justine	St. Patrick'	30.8	2
--	Saville, Shannon	St. Clair SS	DNS	1

Women 200 Meter Dash Junior

=====				
	LSSAA: ! 25.40	1970	Debbie Boylan, Northern	
Name	Year	School	Finals	Points
=====				
Finals				
1	Pickering, Marianne	St Christoph	27.0	10
2	VanVeller, Amy	Northern Civ	27.2	8

3	Straatman, Alyssa	Lambton Cent	27.6	6
4	Bogart, Cassie	St Christoph	28.0	5
5	Sommer, Caitlin	St. Clair SS	28.3	4
6	Rainsberry, Abby	Lambton Cent	29.0	3
7	Burchmore, Jacqueline	Northern Civ	29.1	2
8	Lapensee, Becky	St. Patrick'	29.7	1

Women 400 Meter Dash Junior

LSSAA: ! 57.20 1998		Jordan Whittington, St. Christopher		
Name	Year	School	Finals	H# Points
1	Pickering, Marianne	St Christoph	1:00.6	2 10
2	Hislop, Dana	Northern Civ	1:02.2	2 8
3	Sommer, Caitlin	St. Clair SS	1:06.2	2 6
4	VandenEnden, Kristyn	St. Patrick'	1:06.6	2 5
5	Whates, Christina	St. Patrick'	1:07.1	1 4
6	Cadwallader, Ali	Sarnia Cits	1:07.6	2 3
7	Williamson, Hillary	Northern Civ	1:08.0	2 2
8	Burchmore, Jacqueline	Northern Civ	1:09.0	2 1
9	Gillately, Ryley	North Lambto	1:09.8	1
10	Taylor, Justine	St. Patrick'	1:10.4	1
11	McMurphy, Jillian	Lambton Cent	1:11.4	2
12	Smith, Amanda	St Christoph	1:11.4	1
13	White, Tiffany	Lambton Cent	1:11.9	1
14	White, Carissa	Lambton Cent	1:13.1	1

Women 800 Meter Run Junior

LSSAA: ! 2:14.00 1998		Jordana Whittington, St. Christopher		
Name	Year	School	Finals	Points
1	Pickering, Marianne	St Christoph	2:28.4	10
2	VandenEnden, Kristyn	St. Patrick'	2:34.3	8
3	Christie, Val	Lambton Cent	2:34.5	6
4	Williamson, Hillary	Northern Civ	2:39.0	5
5	van den Corput, Virgie	Lambton Cent	2:42.8	4
6	Crate, Ashley	Northern Civ	2:46.5	3
7	Ryan, Whitney	St. Patrick'	2:48.3	2
8	DiFruscia, Heather	St. Patrick'	2:49.4	1
9	VanDyke, Olivia	St Christoph	2:51.0	
10	Gillately, Ryley	North Lambto	2:52.0	
11	Wilson, Katelyn	North Lambto	2:52.4	
12	Carrothers, Taylor	North Lambto	2:54.7	
13	McMurphy, Jillian	Lambton Cent	2:55.0	
--	Prévost, Katrine	St-Francois Xavi	DNS	

Women 1500 Meter Run Junior

LSSAA: ! 4:33.90 14/05/2003		Aly Kohlmeier, St. Patrick'		
Name	Year	School	Finals	Points
1	Christie, Val	Lambton Cent	5:03.6	10
2	Cadwallader, Haley	Sarnia Cits	5:11.5	8
3	DiFruscia, Heather	St. Patrick'	5:24.7	6
4	van den Corput, Virgie	Lambton Cent	5:27.2	5
5	Crate, Ashley	Northern Civ	5:37.4	4
6	Ryan, Whitney	St. Patrick'	5:41.8	3
7	Williamson, Hillary	Northern Civ	5:44.2	2
8	Smith, Kathryn	St. Patrick'	5:44.7	1
9	VanDyke, Olivia	St Christoph	5:57.1	
10	Wilson, Katelyn	North Lambto	5:58.4	
11	Milner, Steph	Lambton Cent	6:00.0	

12	Garrett, Laura	St Christoph	6:00.6
13	Brohart, Courtney	St. Clair SS	6:02.3

Women 3000 Meter Run Junior

LSSAA: ! 9:49.10 2001 Amy Kohlmeier, St. Patrick's				
Name	Year	School	Finals	Points
1	Christie, Val	Lambton Cent	10:29.0	10
2	Cadwallader, Haley	Sarnia Cits	10:52.8	8
3	DiFruscia, Heather	St. Patrick'	11:38.2	6
4	van den Corput, Virgie	Lambton Cent	11:44.6	5
5	Smith, Kathryn	St. Patrick'	12:13.5	4
6	Crate, Ashley	Northern Civ	12:35.5	3
7	VanDyke, Olivia	St Christoph	12:53.2	2
8	Brohart, Courtney	St. Clair SS	12:55.4	1
9	Raaymakers, Kelly	Lambton Cent	12:58.0	
10	Garrett, Laura	St Christoph	13:04.7	
--	Lawrence, Michelle	St. Patrick'	DNS	

Women 80 Meter Hurdles Junior

LSSAA: ! 11.70 1990 Becky Sager, Lambton Central				
Name	Year	School	Prelims	H#
Preliminaries				
1	VanKlaveren, Rachel	Lambton Cent	12.9Q	1
2	Payne, Adrienne	Sarnia Cits	12.9Q	2
2	VanVeller, Amy	Northern Civ	12.9Q	2
4	Thompson, Amanda	St Christoph	13.9Q	1
5	Humphreys, Charito	St. Patrick'	13.9Q	1
6	Vandenbergh, Jill	Lambton Cent	14.7Q	2
7	Thomson, Krystal	Lambton Cent	14.7q	1
8	Cadwallader, Ali	Sarnia Cits	15.5q	2
9	Lapensee, Becky	St. Patrick'	15.7	1
10	Bentley, Kelsy	Northern Civ	15.7	2
11	Sulke, Katelyn	St. Patrick'	16.0	2

Women 80 Meter Hurdles Junior

LSSAA: ! 11.70 1990 Becky Sager, Lambton Central				
Name	Year	School	Finals	Points
Finals				
1	Payne, Adrienne	Sarnia Cits	12.5	10
2	VanVeller, Amy	Northern Civ	13.0	8
3	VanKlaveren, Rachel	Lambton Cent	13.1	6
4	Thompson, Amanda	St Christoph	13.9	5
5	Humphreys, Charito	St. Patrick'	13.9	4
6	Thomson, Krystal	Lambton Cent	14.1	3
7	Vandenbergh, Jill	Lambton Cent	14.8	2
8	Cadwallader, Ali	Sarnia Cits	16.1	1

Women 300 Meter Hurdles Junior

LSSAA: ! 45.30 1990 Becky Sager, Lambton Central					
Name	Year	School	Finals	H#	Points
1	Payne, Adrienne	Sarnia Cits	47.5	2	10
2	VanVeller, Amy	Northern Civ	48.2	2	8
3	Hislop, Dana	Northern Civ	48.3	2	6
4	Thompson, Amanda	St Christoph	50.8	2	5
5	VandenEnden, Kristyn	St. Patrick'	52.1	1	4

6	Cadwallader, Ali	Sarnia Cits	53.2	2	3
7	Thomson, Krystal	Lambton Cent	53.8	2	2
8	VanKlaveren, Rachel	Lambton Cent	54.8	2	1
9	Sulke, Katelyn	St. Patrick'	58.8	1	
10	Bentley, Kelsy	Northern Civ	59.7	1	

Women 4x100 Meter Relay Junior

LSSAA: ! 50.40 14/05/2002 Northern C I & V S, Northern CIV					
School		Finals	H#	Points	
1	Lambton Central C & V I 'A'	53.2	2	10	
	1) Rainsberry, Abby	2) Thomson, Krystal			
	3) VanKlaveren, Rachel	4) Straatman, Alyssa			
2	Northern C I & V S 'A'	53.8	2	8	
	1) Arnold, Amber	2) Hislop, Dana			
	3) VanVeller, Amy	4) Burchmore, Jacqueline			
3	St. Christopher S S 'A'	54.2	2	6	
	1) Bogart, Cassie	2) McEwan, Kelsie			
	3) Pickering, Marianne	4) Spinozzi, Jenn			
4	Lambton Central C & V I 'B'	55.1	2	5	
	1) Armstrong, Becky	2) Vandenberghe, Jill			
	3) White, Tiffany	4) Podolinsky, Brittany			
5	Sarnia CI & TS 'A'	55.3	1	4	
	1) Cadwallader, Ali	2) Cadwallader, Haley			
	3) Payne, Adrienne	4) Murphy, Hannah			
	5) Molson, Laurel	6)			
6	St. Christopher S S 'B'	56.0	1	3	
	1) Smith, Amanda	2) Garrett, Laura			
	3) Thompson, Amanda	4)			
7	St. Patrick's H S 'B'	56.6	2	2	
	1) Humphreys, Charito	2) Ryan, Whitney			
	3) VandenEnden, Kristyn	4) Sulke, Katelyn			
8	Northern C I & V S 'B'	58.5	1	1	
9	St. Patrick's H S 'A'	1:03.1	2		
	1) Lapensee, Becky	2) Whates, Christina			
	3) Stoesser, Katherine	4) DiFruscia, Heather			
--	St. Clair S S 'A'	DQ	2		

Women High Jump Junior

LSSAA: ! 1.70m 1999 Shannon O'Hagan, St. Patrick's				
Name	Year	School	Finals	Points
1	Arnold, Amber	Northern Civ	1.45m	10
2	Athanasopoulos, Tina	St Christoph	1.40m	8
3	Racher, Rachel	Lambton Cent	J1.40m	6
4	Kettlewell, Lisa	Sarnia Cits	J1.40m	5
5	Warn, Rachael	Northern Civ	1.35m	3.5
5	Thompson, Amanda	St Christoph	1.35m	3.5
7	Molson, Laurel	Sarnia Cits	J1.35m	1.5
7	VanKlaveren, Rachel	Lambton Cent	J1.35m	1.5
9	Guthrie, Amber	Sarnia Cits	1.30m	
--	Lebeau, Amanda	St. Patrick'	NH	

Women Long Jump Junior

LSSAA: ! 5.29m 14/05/2002 Sarah Nelson, Northern CIV				
Name	Year	School	Finals	Points
1	Straatman, Alyssa	Lambton Cent	4.48m	10
2	Arnold, Amber	Northern Civ	4.40m	8
3	Armstrong, Becky	Lambton Cent	4.39m	6

4	McEwan, Kelsie	St Christoph	4.27m	5
5	Riddoch, Heather	St Christoph	4.24m	4
6	Molson, Laurel	Sarnia Cits	4.16m	3
7	Lapensee, Becky	St. Patrick'	4.14m	2
8	Vandenberghe, Jill	Lambton Cent	4.12m	1
9	Stoesser, Katherine	St. Patrick'	4.02m	
10	Genovy, Jessica	Northern Civ	3.89m	
11	Athanasopoulos, Tina	St Christoph	3.78m	
12	Kettlewell, Lisa	Sarnia Cits	3.74m	
13	Bentley, Kelsy	Northern Civ	3.65m	
14	Reurink, Lauren	St. Clair SS	3.30m	
15	Moore, Gillian	St. Clair SS	3.20m	
15	Lebeau, Amanda	St. Patrick'	3.20m	

Women Triple Jump Junior

=====				
LSSAA: ! 11.28m 14/05/2002 Sarah Nelson, Northern CIV				
Name	Year	School	Finals	Points
=====				
1	Molson, Laurel	Sarnia Cits	9.90m	10
2	McEwan, Kelsie	St Christoph	9.87m	8
3	Vandenberghe, Jill	Lambton Cent	9.33m	6
4	Riddoch, Heather	St Christoph	9.18m	5
5	Humphreys, Charito	St. Patrick'	9.04m	4
6	Genovy, Jessica	Northern Civ	8.53m	3
7	Loyer, Janna	Northern Civ	8.11m	2
8	Garrett, Laura	St Christoph	7.98m	1
9	White, Tiffany	Lambton Cent	7.49m	
10	Armstrong, Becky	Lambton Cent	7.29m	
--	Arnold, Amber	Northern Civ	FOUL	

Women Shot Put Junior

=====				
LSSAA: ! 11.91m 2001 Ashley Camden, St. Patrick's				
Name	Year	School	Finals	Points
=====				
1	McPhail, Lacey	Lambton Cent	9.80m	10
2	Bell, Brittany	St. Clair SS	8.44m	8
3	Sayers, Chelsea	Sarnia Cits	8.20m	6
4	Hardy, Kaitlyn	St. Patrick'	7.99m	5
5	Davies, Jasmine	Northern Civ	7.56m	4
6	McKerracher, Erin	Northern Civ	7.50m	3
7	Robinson, Alyssa	Lambton Cent	7.14m	2
8	Nisbet, Olivia	Sarnia Cits	6.61m	1
9	Smith, Lisa	Lambton Cent	6.48m	
10	McKeown, Julianne	St Christoph	6.31m	
11	McCormack, Olivia	St Christoph	6.02m	
12	Ramboer, Kayla	St Christoph	5.43m	

Women Discus Throw Junior

=====				
LSSAA: ! 36.03m 2000 Danielle Sabourin, St. Christopher				
Name	Year	School	Finals	Points
=====				
1	McPhail, Lacey	Lambton Cent	29.37m	10
2	Bell, Brittany	St. Clair SS	22.05m	8
3	Litrenta, Carly	St Christoph	21.65m	6
4	McKerracher, Erin	Northern Civ	21.26m	5
5	Sayers, Chelsea	Sarnia Cits	20.11m	4
6	Hardy, Kaitlyn	St. Patrick'	19.70m	3
7	Robinson, Alyssa	Lambton Cent	18.77m	2
8	Nisbet, Olivia	Sarnia Cits	18.58m	1
9	McKeown, Julianne	St Christoph	17.02m	

10	Davies, Jasmine	Northern Civ	16.67m
11	Smith, Lisa	Lambton Cent	16.55m
12	Ramboer, Kayla	St Christoph	15.73m
13	Dark, Taylor	St. Clair SS	15.37m
14	Matthews, Bethany	Northern Civ	14.28m

Women Javelin Throw Junior

LSSAA: ! 39.26m 1977		Sandra O'Connor, SCITS		
Name	Year	School	Finals	Points
1	Humphreys, Charito	St. Patrick'	33.24m	10
2	Woodhouse, Paige	Northern Civ	28.01m	8
3	Sayers, Chelsea	Sarnia Cits	27.60m	6
4	Reurink, Lauren	St. Clair SS	23.10m	5
5	Nisbet, Olivia	Sarnia Cits	22.32m	4
6	Smith, Lisa	Lambton Cent	20.43m	3
7	Cataford, Carly	St Christoph	20.21m	2
8	Litrenta, Carly	St Christoph	19.44m	1
9	Brohart, Courtney	St. Clair SS	17.38m	
10	Dark, Taylor	St. Clair SS	16.14m	
11	McMurphy, Jillian	Lambton Cent	15.59m	
12	Wilson, Katelyn	North Lambto	15.58m	
13	Coate, Lisa	Northern Civ	13.60m	
14	Matthews, Bethany	Northern Civ	11.40m	
15	Raaymakers, Kelly	Lambton Cent	11.35m	
--	DeWinter, Paige	St. Patrick'	DNS	
--	Lund, Keely	St Christoph	DNS	
--	Neilson, Courtney	St. Patrick'	DNS	

Women 100 Meter Dash Senior

LSSAA: ! 12.20 14/05/2003		Sarah Nelson, Northern CIV		
LSSAA: ! 12.30 1986		Sue McPhail, St. Clair		
Name	Year	School	Prelims	H#
Preliminaries				
1	Taylor, Sarah	St Christoph	12.9Q	1
2	VanKempen, Kim	St. Clair SS	13.0Q	2
3	Willems, Kristie	St Christoph	13.2Q	2
4	Dolbear, Lyndsay	St. Patrick'	13.3Q	1
5	Reinholt, Sarah	Northern Civ	13.3Q	2
6	Schenk, Jessie	Northern Civ	13.5Q	1
7	VanderVaart, Rachel	Northern Civ	13.5q	2
8	Dykes, Stephanie	St Christoph	13.7q	1
9	McPhail, Sarah	Lambton Cent	14.0	2
10	Lapier, Megan	St. Clair SS	14.1	1
11	Ventresca, Christine	St. Patrick'	15.8	2
--	Gartley, Ali	St. Clair SS	DNS	1

Women 100 Meter Dash Senior

LSSAA: ! 12.20 14/05/2003		Sarah Nelson, Northern CIV		
LSSAA: ! 12.30 1986		Sue McPhail, St. Clair		
Name	Year	School	Finals	Points
Finals				
1	VanKempen, Kim	St. Clair SS	12.5	10
2	Dolbear, Lyndsay	St. Patrick'	13.3	8
3	Willems, Kristie	St Christoph	13.5	6
4	Reinholt, Sarah	Northern Civ	13.6	5
5	Schenk, Jessie	Northern Civ	13.6	4
6	VanderVaart, Rachel	Northern Civ	13.9	3

7 Dykes, Stephanie	St Christoph	14.1	2
-- Taylor, Sarah	St Christoph	DQ	

Women 200 Meter Dash Senior

=====				
LSSAA: ! 26.00		1976	Deb Lampman, St. Clair	
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 VanKempen, Kim		St. Clair SS	26.2Q	1
2 Taylor, Sarah		St Christoph	26.7Q	2
3 Willems, Kristie		St Christoph	27.2Q	1
4 VanErp, Venessa		Lambton Cent	28.1Q	2
5 Schenk, Jessie		Northern Civ	27.4Q	1
6 VanderVaart, Rachel		Northern Civ	28.5Q	2
7 Fisher, Adrienne		Northern Civ	28.6q	1
8 McPhail, Sarah		Lambton Cent	28.7q	2
9 Felder, Sarah		St Christoph	30.8	2
10 Nguyen, Ty		St. Patrick'	32.7	1
11 Beaulieu, Jessica		Lambton Cent	32.8	1
12 Cannon, Bobbie		St. Patrick'	33.3	2
13 Ventresca, Christine		St. Patrick'	34.6	1

Women 200 Meter Dash Senior

=====				
LSSAA: ! 26.00		1976	Deb Lampman, St. Clair	
Name	Year	School	Finals	Points
=====				
Finals				
1 Taylor, Sarah		St Christoph	25.9!	10
2 VanKempen, Kim		St. Clair SS	26.3	8
3 Willems, Kristie		St Christoph	27.5	6
4 Schenk, Jessie		Northern Civ	28.0	5
5 VanErp, Venessa		Lambton Cent	28.4	4
6 Fisher, Adrienne		Northern Civ	28.9	3
7 McPhail, Sarah		Lambton Cent	29.0	2
8 VanderVaart, Rachel		Northern Civ	29.1	1

Women 400 Meter Dash Senior

=====				
LSSAA: ! 57.90		1997	Erin Brand, Lambton Central	
Name	Year	School	Finals	Points
=====				
1 Gill, Laura		St Christoph	1:02.2	10
2 Taylor, Sarah		St Christoph	1:04.1	8
3 Wark, Kara		Northern Civ	1:05.2	6
4 VanErp, Venessa		Lambton Cent	1:05.6	5
5 Varsava, Johanna		St Christoph	1:07.1	4
6 VanderVaart, Rachel		Northern Civ	1:08.4	3
7 Nguyen, Ty		St. Patrick'	1:14.9	2
8 Rodrigues, Emily		St. Patrick'	1:20.9	1
-- Sawzcuk, Meaghan		St. Patrick'	SCR	

Women 800 Meter Run Senior

=====				
LSSAA: ! 2:11.10		1997	Erin Brand, Lambton Central	
Name	Year	School	Finals	Points
=====				
1 Asselin, Marie Louise		Northern Civ	2:17.8	10
2 Gill, Laura		St Christoph	2:22.9	8
3 Wark, Kara		Northern Civ	2:27.1	6
4 Castrillo, Keegan		St. Patrick'	2:34.9	5
5 Varsava, Johanna		St Christoph	2:39.0	4

6	Sivell, Katie	Northern Civ	2:40.6	3
7	Scott, Sam	Lambton Cent	2:42.8	2
8	McNair, Madeline	St Christoph	2:48.9	1
9	Barnes, Alicia	Lambton Cent	3:15.0	
10	Van Gorp, Ashley	Lambton Cent	3:40.0	
--	Borquez, Gabby	St. Patrick'	DNS	
--	Rodrigues, Emily	St. Patrick'	DNS	

Women 1500 Meter Run Senior

LSSAA: ! 4:36.30 2000 Hilary Edmondson, St. Christopher				
Name	Year	School	Finals	Points
1	Asselin, Marie Louise	Northern Civ	4:51.7	10
2	Gill, Laura	St Christoph	5:01.8	8
3	Gill, Carly	St Christoph	5:02.6	6
4	Wark, Kara	Northern Civ	5:07.6	5
5	Castrillo, Keegan	St. Patrick'	5:15.3	4
6	Varsava, Johanna	St Christoph	5:34.2	3
7	Walker, Mackenzie	Northern Civ	5:44.3	2
8	Rundstedler, Jill	St. Patrick'	6:20.0	1
9	Van Gorp, Ashley	Lambton Cent	6:21.5	
10	Bouchal, Claire	St. Patrick'	6:45.7	

Women 3000 Meter Run Senior

LSSAA: ! 9:53.10 2000 Hilary Edmondson, St. Christopher				
Name	Year	School	Finals	Points
1	Asselin, Marie Louise	Northern Civ	10:59.9	10
2	Gill, Carly	St Christoph	11:24.9	8
3	McNair, Madeline	St Christoph	12:02.6	6
4	Walker, Mackenzie	Northern Civ	12:06.6	5
5	Barnes, Alicia	Lambton Cent	12:51.0	4
6	Wong, Kim	St Christoph	13:24.6	3
7	Sawczuk, Meaghan	St. Patrick'	13:41.3	2
--	Allison, Amber	St. Patrick'	DNS	

Women 100 Meter Hurdles Senior

LSSAA: ! 15.10 1992 Becky Sager, Lambton Central				
Name	Year	School	Finals	Points
1	Helps, Cassie	Lambton Cent	15.7	10
2	Dobbin, Brandy	Lambton Cent	16.7	8
3	van Leerzem, Jaclyn	Lambton Cent	16.9	6
4	Taylor, Krystal	Northern Civ	18.2	5
5	Nicholson, Emma	Northern Civ	19.9	4
6	Loucks, Carmen	Northern Civ	22.0	3

Women 400 Meter Hurdles Senior

LSSAA: ! 1:05.20 1992 Carrie Thompson, Lambton Central				
Name	Year	School	Finals	Points
1	VanErp, Venessa	Lambton Cent	1:12.0	10
2	Helps, Cassie	Lambton Cent	1:13.2	8
3	van Leerzem, Jaclyn	Lambton Cent	1:13.5	6
4	Sivell, Katie	Northern Civ	1:17.8	5
5	Taylor, Krystal	Northern Civ	1:22.8	4
6	Nicholson, Emma	Northern Civ	1:22.8	3

Women 4x100 Meter Relay Senior

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LSSAA: ! 50.40 10/05/2005 St. Clair S S, St. Clair SS
 S CARR, A GARTLEY, S GARTLEY, K VANKEMPEN

School	Finals	H#	Points
1 St. Christopher S S 'A'	51.2	2	10
1) Gill, Carly	2) Gill, Laura		
3) Taylor, Sarah	4) Willems, Kristie		
2 St. Clair S S 'A'	52.0	2	8
1) Gartley, Ali	2) Nickels, Jaclyn		
3) VanKempen, Kim	4) Sommer, Caitlin		
3 Northern C I & V S 'A'	53.1	2	6
1) Reinholt, Sarah	2) Ross, Kendel		
3) Fisher, Adrienne	4) Schenk, Jessie		
4 St. Patrick's H S 'A'	55.7	1	5
1) Dolbear, Lyndsay	2) Taylor, Justine		
3) Castrillo, Keegan	4) Hennessey, Taylor		
5 St. Christopher S S 'B'	56.1	1	4
1) Garrett, Eliza	2) Hewson, Carly		
3) Dykes, Stephanie	4) Aarssen, Shaylin		
6 Lambton Central C & V I 'B'	57.7	2	3
1) McPhail, Sarah	2) Anjema, Tiffany		
3) Beaulieu, Jessica	4) Scott, Sam		
7 Northern C I & V S 'B'	57.8	2	2
-- Lambton Central C & V I 'A'	DQ	2	
1) Helps, Cassie	2) van Leerzem, Jaclyn		
3) VanErp, Venessa	4) Dobbin, Brandy		
-- St. Christopher S S 'C'	DQ	1	
1) Abma, Rachel	2) Felder, Sarah		
3) Hewitt, Chloe	4) McElrea, Kylie		

Women High Jump Senior

=====

LSSAA: ! 1.73m 2001 Shannon O'Hagan, St. Patrick's

Name	Year School	Finals	Points
1 van Leerzem, Jaclyn	Lambton Cent	1.45m	10
2 McPhail, Sarah	Lambton Cent	1.40m	8
3 Schenk, Jessie	Northern Civ	J1.40m	6
4 Nicholson, Emma	Northern Civ	J1.40m	5
5 Maness, Lacey	Amss	1.35m	4
6 DeGroot, Jenn	St Christoph	J1.35m	3
7 Abma, Rachel	St Christoph	1.30m	2
-- Taylor, Krystal	Northern Civ	FAIL	

Women Long Jump Senior

=====

LSSAA: ! 5.48m 13/05/2003 Sarah Nelson, Northern CIV

Name	Year School	Finals	Points
1 Helps, Cassie	Lambton Cent	4.62m	10
2 Dolbear, Lyndsay	St. Patrick'	4.60m	8
3 Nickels, Jaclyn	St. Clair SS	4.44m	6
4 Garrett, Eliza	St Christoph	J4.44m	5
5 Maness, Lacey	Amss	J4.44m	4
6 Anjema, Tiffany	Lambton Cent	4.41m	3
7 Fisher, Adrienne	Northern Civ	4.28m	2
8 Loucks, Carmen	Northern Civ	3.98m	1
9 Wile, Daniella	St Christoph	3.87m	
10 McElrea, Kylie	St Christoph	3.84m	
11 Lapier, Megan	St. Clair SS	3.79m	
12 McGoldrick, Liane	Northern Civ	3.66m	
-- Beaulieu, Jessica	Lambton Cent	DNS	

Women Triple Jump Senior

LSSAA: ! 11.27m 14/05/2003 Sarah Nelson, Northern CIV

Name	Year School	Finals	Points
1 Nickels, Jaclyn	St. Clair SS	9.62m	10
2 Maness, Lacey	Amss	9.43m	8
3 Dolbear, Lyndsay	St. Patrick'	9.38m	6
4 Abma, Rachel	St Christoph	9.30m	5
5 Garrett, Eliza	St Christoph	9.13m	4
6 Anjema, Tiffany	Lambton Cent	9.02m	3
7 Fisher, Adrienne	Northern Civ	8.90m	2
8 Wile, Daniella	St Christoph	8.53m	1
9 Reinholt, Sarah	Northern Civ	8.18m	

Women Shot Put Senior

LSSAA: ! 12.48m 1985 Bonnie Brooks, SCITS

Name	Year School	Finals	Points
1 Ross, Kendel	Northern Civ	10.85m	10
2 Dobbin, Brandy	Lambton Cent	10.55m	8
3 Mullen, Maggie	St. Patrick'	10.26m	6
4 Killoran, Kelly	St Christoph	9.90m	5
5 Reinholt, Sarah	Northern Civ	8.61m	4
6 Cowell, Kayla	Lambton Cent	8.48m	3
7 Helps, Lindsey	Lambton Cent	8.14m	2
8 Thomson, Dayna	St. Clair SS	8.02m	1
9 Wilson, Lisa	Sarnia Cits	8.00m	
10 Tuckey, Hayley	Sarnia Cits	6.70m	
11 Lomax, Heather	Northern Civ	6.62m	
12 Mooney, Chelsey	St Christoph	5.95m	
-- Lapier, Megan	St. Clair SS	DNS	
-- Storvold, Natalie	St Christoph	DNS	

Women Discus Throw Senior

LSSAA: ! 34.50m 1986 Shannon Robertson, SCITS

Name	Year School	Finals	Points
1 Dobbin, Brandy	Lambton Cent	31.65m	10
2 Mullen, Maggie	St. Patrick'	27.71m	8
3 Wilson, Lisa	Sarnia Cits	27.52m	6
4 King, Emily	Northern Civ	26.46m	5
5 Bradd, Deirdre	St Christoph	23.03m	4
6 Helps, Lindsey	Lambton Cent	22.18m	3
7 Frayne, Alaina	North Lambto	20.50m	2
8 Cowell, Kayla	Lambton Cent	18.97m	1
9 Armali, Chantal	St Christoph	16.70m	
10 DePooter, Katie	Northern Civ	16.62m	
11 Tuckey, Hayley	Sarnia Cits	16.23m	
12 Schieck, Katie	Northern Civ	12.53m	
13 Strybos, Maria	St Christoph	10.74m	
-- Chivers, Katie	St. Clair SS	DNS	

Women Javelin Throw Senior

LSSAA: ! 42.70m 1985 Bonnie Brooks, SCITS

Name	Year School	Finals	Points
1 Mullen, Maggie	St. Patrick'	41.87m	10
2 Frayne, Alaina	North Lambto	41.38m	8

3	King, Emily	Northern Civ	36.22m	6
4	Wilson, Lisa	Sarnia Cits	30.53m	5
5	Bradd, Deirdre	St Christoph	29.68m	4
6	DePooter, Katie	Northern Civ	25.02m	3
7	Burns, Lindsay	St. Patrick'	24.47m	2
8	Drouin, Alysha	St. Patrick'	24.06m	1
9	Scott, Sam	Lambton Cent	17.47m	
10	Loucks, Carmen	Northern Civ	15.33m	
11	Van Gorp, Ashley	Lambton Cent	10.42m	
--	Thomson, Dayna	St. Clair SS	DNS	
--	Arмали, Chantal	St Christoph	DNS	

Women 1500 Meter Steeplechase Open

=====				
LSSAA: ! 5:08.90 10/05/2005 Claire Percival, Northern CIV				
Name	Year	School	Finals	Points
=====				
1	Gill, Carly	St Christoph	5:29.7	10
2	Cadwallader, Haley	Sarnia Cits	5:32.9	8
3	Castrillo, Keegan	St. Patrick'	5:58.1	6
4	Barnes, Alicia	Lambton Cent	6:02.9	5
5	Scott, Sam	Lambton Cent	6:10.6	4
6	Sivell, Katie	Northern Civ	6:12.3	3
7	Foxcroft, Victoria	St. Patrick'	6:19.3	2
8	Walker, Mackenzie	Northern Civ	6:29.2	1
9	Sulke, Katelyn	St. Patrick'	6:48.6	

Women 4x400 Meter Relay Open

=====					
LSSAA: ! 4:01.00 1998 St. Christopher					
School			Finals	H#	Points
=====					
1	Northern C I & V S 'A'		4:09.2	2	10
	1) Asselin, Marie Louise	2) Hislop, Dana			
	3) Wark, Kara	4) Ross, Kendel			
	5) M'Larkey, Erin	6)			
2	St. Christopher S S 'A'		4:11.6	2	8
	1) Gill, Carly	2) Gill, Laura			
	3) Pickering, Marianne	4) Taylor, Sarah			
3	Lambton Central C & V I 'B'		4:23.6	2	6
	1) van Leerzem, Jaclyn	2) VanErp, Venessa			
	3) Dobbin, Brandy	4) VanKlaveren, Rachel			
4	Lambton Central C & V I 'A'		4:23.8	2	5
	1) DeSchutter, Jenna	2) Andrew, Heather			
	3) Rate, Jasmine	4) Helps, Cassie			
5	Northern C I & V S 'B'		4:33.8	2	4
6	Sarnia CI & TS 'A'		4:34.4	2	3
	1) Cadwallader, Ali	2) Cadwallader, Haley			
	3) Payne, Adrienne	4) Murphy, Hannah			
	5) Dilling, Samantha	6)			
7	St. Patrick's H S 'A'		4:36.7	2	2
	1) Castrillo, Keegan	2) VandenEnden, Kristyn			
	3) Lamb, Colleen	4) DiFruscia, Heather			
	5) Dolbear, Lyndsay	6)			
8	St. Christopher S S 'B'		4:38.3	1	1
	1) Dykes, Stephanie	2) Korosec, Rachel			
	3) Willems, Kristie	4) Varsava, Johanna			
9	St. Christopher S S 'C'		4:42.3	1	
	1) Garrett, Eliza	2) Garrett, Laura			
	3) McNair, Madeline	4) Wong, Kim			
10	St. Clair S S 'A'		4:49.7	2	
--	St. Patrick's H S 'C'		DNS	1	
--	St. Patrick's H S 'B'		DNS	1	

- | | |
|----------------------|--------------------|
| 1) Sulke, Katelyn | 2) Sokol, Julie |
| 3) Whates, Christina | 4) Lapensee, Becky |
| 5) Hennessey, Taylor | 6) |

Women 100 Meter Dash Ambulatory

Name	Year	School	Finals
LSSAA: ! 16.30 10/05/2005 Joanna Edwards, MacKenzie, A			
1 Edwards, Joanna		Amss	14.9!
2 Myers, Samantha		Amss	16.5
3 Jones, Ashley		Amss	17.9
4 Burnard, Jayme		Amss	18.1
-- Cockerford, Chelsea		St Christoph	DNS

Men 100 Meter Dash Midget

Name	Year	School	Prelims	H#
LSSAA: ! 11.30 1993 Steve Maheu, St. Patrick's				
Preliminaries				
1 Cichini, Tyler		St. Patrick'	11.7Q	1
2 Black, Jordan		Northern Civ	11.9Q	2
3 Nield, Blair		St. Clair SS	12.0Q	1
3 Young, Kodey		St. Clair SS	12.0Q	1
5 Harris, Mike		St Christoph	12.0Q	2
6 Doan, Kyle		Northern Civ	12.2Q	2
7 Hoekstra, Mitch		Northern Civ	12.1q	1
8 Drydak, Jesse		Lambton Cent	12.2q	2
9 Carey, Jordan		St Christoph	12.4	1
10 Drury, Tyler		Sarnia Cits	12.5	2
11 Waldie, Shawn		St. Clair SS	12.6	1
12 Buckle, Kyle		St. Patrick'	12.6	2
13 Dease, Brock		Sarnia Cits	13.4	2
14 Boersma, Tim		Lambton Cent	13.8	1
15 Dobbin, Craig		Lambton Cent	14.1	2
-- Greenwood, Joseph		St Christoph	DNS	1

Men 100 Meter Dash Midget

Name	Year	School	Finals	Points
LSSAA: ! 11.30 1993 Steve Maheu, St. Patrick's				
Finals				
1 Cichini, Tyler		St. Patrick'	11.5	10
2 Hoekstra, Mitch		Northern Civ	11.7	8
3 Black, Jordan		Northern Civ	11.8	6
4 Nield, Blair		St. Clair SS	11.9	5
5 Young, Kodey		St. Clair SS	12.0	4
6 Harris, Mike		St Christoph	12.0	3
7 Doan, Kyle		Northern Civ	12.1	2
8 Drydak, Jesse		Lambton Cent	12.4	1

Men 200 Meter Dash Midget

Name	Year	School	Prelims	H#
LSSAA: ! 23.30 1986 Wendell Dennis, Northern				
Preliminaries				
1 Cichini, Tyler		St. Patrick'	24.2Q	2
2 Black, Jordan		Northern Civ	24.6Q	1
3 Young, Kodey		St. Clair SS	24.9Q	2
4 Harris, Mike		St Christoph	25.0Q	1

5	Lund, Luke	Northern Civ	25.3Q	1
6	Drydak, Jesse	Lambton Cent	25.7Q	2
7	Babcock, Greg	Lambton Cent	26.0q	1
8	Buckle, Kyle	St. Patrick'	26.1q	2
9	Waldie, Shawn	St. Clair SS	26.5	1
10	Smith-White, CJ	St. Clair SS	26.6	2
10	Kozmin, Nick	St Christoph	26.6	1
12	Huzevka, Mario	Lambton Cent	27.0	2
13	Greenwood, Joseph	St Christoph	27.0	1
14	Wiley, Brendan	Northern Civ	27.8	2

Men 200 Meter Dash Midget

LSSAA: ! 23.30 1986		Wendell Dennis, Northern		
Name	Year	School	Finals	Points
=====				
Finals				
1	Cichini, Tyler	St. Patrick'	24.0	10
2	Black, Jordan	Northern Civ	24.2	8
3	Young, Kodey	St. Clair SS	24.4	6
4	Harris, Mike	St Christoph	24.9	5
5	Drydak, Jesse	Lambton Cent	25.1	4
6	Lund, Luke	Northern Civ	25.5	3
7	Babcock, Greg	Lambton Cent	25.8	2
8	Buckle, Kyle	St. Patrick'	26.5	1

Men 400 Meter Dash Midget

LSSAA: ! 53.40 1988		Dave Cooper, St. Patrick's		
Name	Year	School	Finals	H# Points
=====				
1	Lever, Michael	Northern Civ	52.8!	2 10
2	Young, Kodey	St. Clair SS	55.8	2 8
3	Vosburg, Joel	Northern Civ	56.4	2 6
4	Morden, Matt	St Christoph	57.8	2 5
5	Kozmin, Nick	St Christoph	57.9	2 4
6	Black, Jordan	Northern Civ	58.1	2 3
7	Drydak, Jesse	Lambton Cent	58.3	2 2
8	Smith-White, CJ	St. Clair SS	58.4	2 1
9	Dekker, Ryan	North Lambto	59.3	1
10	Tessier, Tanner	Sarnia Cits	1:00.8	1
11	Stubbs, Ben	North Lambto	1:02.2	1
12	Carter, Dylan	Lambton Cent	1:05.2	1
13	Delben, Joe	St Christoph	1:05.3	1
14	Armstrong, Jordan	Lambton Cent	1:07.0	1

Men 800 Meter Run Midget

LSSAA: ! 2:05.20 1998		Jason Fuller, North Lambton		
Name	Year	School	Finals	Points
=====				
1	Lever, Michael	Northern Civ	2:03.9!	10
2	Vosburg, Joel	Northern Civ	2:11.2	8
3	Bisson, Shaun	St. Clair SS	2:11.5	6
4	Morden, Matt	St Christoph	2:13.1	5
5	Yurkewich, Aaron	St Christoph	2:13.5	4
6	Tessier, Tanner	Sarnia Cits	2:20.4	3
7	Dekker, Ryan	North Lambto	2:22.8	2
8	Hunt, Ryan	Northern Civ	2:23.1	1
9	Vanderheide, Casey	Lambton Cent	2:23.8	
10	Harper, Travis	Sarnia Cits	2:26.0	
11	Sorg, Nick	Sarnia Cits	2:29.1	
12	Carter, Dylan	Lambton Cent	2:32.7	

13 VanKampen, Nick	St Christoph	2:36.2
-- Armstrong, Jordan	Lambton Cent	DNS

Men 1500 Meter Run Midget

LSSAA: ! 4:22.10 2001 Russell Christie, Lambton Central				
Name	Year	School	Finals	Points
1 Bisson, Shaun		St. Clair SS	4:29.4	10
2 Lever, Michael		Northern Civ	4:31.6	8
3 Yurkewich, Aaron		St Christoph	4:34.8	6
4 Galler, Patrick		Northern Civ	4:41.6	5
5 Margetts, Colin		Northern Civ	4:44.0	4
6 Morden, Matt		St Christoph	4:50.8	3
7 Harper, Travis		Sarnia Cits	4:53.6	2
8 Steinman, Eric		Lambton Cent	4:53.9	1
9 Latozinsky, Alex		St Christoph	4:56.8	
10 Dekker, Ryan		North Lambto	4:57.8	
11 Vanderheide, Casey		Lambton Cent	4:58.2	
12 Avery, Graham		Lambton Cent	5:16.9	
13 Stewardson, Dylan		North Lambto	5:54.7	
14 Savage, Corey		St. Patrick'	6:02.1	
-- Sorg, Nick		Sarnia Cits	DNS	

Men 3000 Meter Run Midget

LSSAA: ! 9:38.50 1986 Brian Burdett, Sarnia Central				
Name	Year	School	Finals	Points
1 Bisson, Shaun		St. Clair SS	9:59.0	10
2 Yurkewich, Aaron		St Christoph	10:16.0	8
3 Galler, Patrick		Northern Civ	10:18.0	6
4 Margetts, Colin		Northern Civ	10:18.3	5
5 Steinman, Eric		Lambton Cent	10:26.8	4
6 Harper, Travis		Sarnia Cits	10:29.6	3
7 Vanderheide, Casey		Lambton Cent	11:01.4	2
8 Avery, Graham		Lambton Cent	11:16.5	1
9 Gower, Mark		St Christoph	11:20.9	
10 Sorg, Nick		Sarnia Cits	11:24.9	
11 Burwell, Timothy		Northern Civ	11:33.4	
12 Wells, Brendan		St Christoph	12:02.6	
13 Savage, Corey		St. Patrick'	13:10.9	
-- Tessier, Tanner		Sarnia Cits	DNS	

Men 100 Meter Hurdles Midget

LSSAA: ! 14.30 1993 Cam Thompson, Lambton Central				
Name	Year	School	Finals	Points
1 Long, Ossie		Northern Civ	15.7	10
2 Persichetti, Paul		Northern Civ	15.8	8
3 Babcock, Greg		Lambton Cent	15.9	6
4 Lund, Luke		Northern Civ	16.6	5
5 Nield, Blair		St. Clair SS	16.7	4
6 Trice, Donavon		St. Clair SS	17.7	3
7 McMurphy, Lee		Lambton Cent	18.8	2

Men 300 Meter Hurdles Midget

LSSAA: ! 42.70 1993 Cam Thompson, Lambton Central				
Name	Year	School	Finals	Points
1 Persichetti, Paul		Northern Civ	44.5	10

2	Vosburg, Joel	Northern Civ	44.6	8
3	Long, Ossie	Northern Civ	45.8	6
4	Babcock, Greg	Lambton Cent	46.5	5
5	Trice, Donavon	St. Clair SS	48.4	4
6	McMurphy, Lee	Lambton Cent	50.8	3

Men 4x100 Meter Relay Midget

LSSAA: ! 46.60 1986		St. Patrick's		Finals	Points
School					
1	Northern C I & V S 'A'			48.6	10
	1) Wiley, Brendan	2)	Black, Jordan		
	3) Persichetti, Paul	4)	Lund, Luke		
2	St. Clair S S 'A'			49.1	8
3	Northern C I & V S 'B'			49.5	6
4	St. Christopher S S 'A'			50.2	5
	1) Carey, Jordan	2)	Harris, Mike		
	3) Morden, Matt	4)	Greenwood, Joseph		
	5) Kozmin, Nick	6)			
5	St. Clair S S 'B'			52.6	4
--	Lambton Central C & V I 'A'			DQ	
	1) Babcock, Greg	2)	Drydak, Jesse		
	3) McMurphy, Lee	4)	Huzevka, Mario		
--	Lambton Central C & V I 'B'			DQ	
	1) Marr, Bobby	2)	Dobbin, Craig		
	3) Hunter, Brock	4)	Boersma, Tim		

Men High Jump Midget

LSSAA: ! 1.86m 1996		Martin Kihle, St. Patrick's		Finals	Points
Name	Year	School			
1	Lund, Luke	Northern Civ		1.66m	10
2	Smith-White, CJ	St. Clair SS		1.63m	8
3	Blysniuk, Nic	Northern Civ		1.60m	6
4	Kozmin, Nick	St Christoph		J1.60m	5
5	Long, Ossie	Northern Civ		1.55m	4
6	Drury, Tyler	Sarnia Cits		J1.55m	3
7	Palmer, Rick	Lambton Cent		J1.55m	2
8	Trice, Donavon	St. Clair SS		1.50m	1
--	McMurphy, Lee	Lambton Cent		NH	

Men Long Jump Midget

LSSAA: ! 6.13m 1983		Bill Robb, St. Patrick's		Finals	Points
Name	Year	School			
1	Tamming, Ben	St. Clair SS		5.14m	10
2	Harris, Mike	St Christoph		5.05m	8
3	Cichini, Tyler	St. Patrick'		5.03m	6
4	Buckle, Kyle	St. Patrick'		4.91m	5
5	Persichetti, Paul	Northern Civ		4.87m	4
6	Hunter, Brock	Lambton Cent		4.75m	3
7	Stubbs, Ben	North Lambto		4.63m	2
8	Palmer, Rick	Lambton Cent		4.50m	1
9	Charteris, Ryan	Northern Civ		4.44m	
10	Sokol, Andrew	Northern Civ		4.42m	
11	Boersma, Tim	Lambton Cent		4.25m	
--	Dease, Brock	Sarnia Cits		DNS	

Men Triple Jump Midget

LSSAA: ! 12.78m 1997 Leron Mitchell, Northern

Name	Year	School	Finals	Points
1 Tammig, Ben		St. Clair SS	11.21m	10
2 Charteris, Ryan		Northern Civ	10.81m	8
3 Sundby, Allan		Northern Civ	10.76m	6
4 Dease, Brock		Sarnia Cits	10.35m	5
5 Huzevka, Mario		Lambton Cent	10.32m	4
6 Waldie, Shawn		St. Clair SS	10.26m	3
7 Hunter, Brock		Lambton Cent	10.22m	2
8 Hunt, Ryan		Northern Civ	10.14m	1
9 Stubbs, Ben		North Lambto	9.88m	
-- Abma, Bryan		St Christoph	FOUL	

Men Shot Put Midget

LSSAA: ! 16.60m 1982 Dave Crombeen, St. Patrick's

Name	Year	School	Finals	Points
1 Gray, Jackson		Sarnia Cits	16.49m	10
2 McCabe, Kaylen		St. Clair SS	12.17m	8
3 Hoekstra, Mitch		Northern Civ	10.96m	6
4 Fader, Ian		Northern Civ	10.90m	5
5 Sokol, Andrew		Northern Civ	J10.90m	4
6 McCallum, Malcolm		Lambton Cent	10.29m	3
7 Gladwish, Jordan		St Christoph	10.17m	2
8 Fell, Rory		Sarnia Cits	9.48m	1
9 Gray, Steve		Lambton Cent	9.35m	
10 Jacklin, Payton		St Christoph	9.06m	
11 Tournier, John		St. Patrick'	8.57m	
12 Palmer, Rick		Lambton Cent	8.44m	

Men Discus Throw Midget

LSSAA: ! 47.16m 1997 Justin Farina, St. Christopher

Name	Year	School	Finals	Points
1 Gray, Jackson		Sarnia Cits	42.40m	10
2 Drury, Tyler		Sarnia Cits	33.15m	8
3 Fell, Rory		Sarnia Cits	30.42m	6
4 McCallum, Malcolm		Lambton Cent	28.28m	5
5 Perry, Taylor		St. Clair SS	26.60m	4
6 Carter, Dylan		Lambton Cent	23.78m	3
7 Klapak, Scott		St Christoph	22.98m	2
8 Steinman, Eric		Lambton Cent	22.64m	1
9 Dochstader, Kurtis		Northern Civ	22.56m	
10 Fader, Ian		Northern Civ	22.21m	
11 Jacklin, Payton		St Christoph	21.85m	
12 Pegg, Nick		St Christoph	18.93m	
13 McCabe, Kaylen		St. Clair SS	17.98m	
14 Postil, Brett		Northern Civ	17.80m	
-- Olsen, Corey		St. Patrick'	DNS	

Men Javelin Throw Midget

LSSAA: ! 61.16m 1982 Dave Crombeen, St. Patrick's

Name	Year	School	Finals	Points
1 Peachy, George		St. Patrick'	43.53m	10
2 Tammig, Ben		St. Clair SS	40.67m	8
3 Nield, Blair		St. Clair SS	40.62m	6
4 Acton, Kevin		St. Patrick'	37.97m	5
5 Gray, Jackson		Sarnia Cits	36.43m	4

6 Sokol, Andrew	Northern Civ	35.69m	3
7 Perry, Taylor	St. Clair SS	35.37m	2
8 Marr, Bobby	Lambton Cent	30.33m	1
9 Postil, Brett	Northern Civ	28.67m	
10 Jacklin, Payton	St Christoph	27.65m	
11 Cox, Dylan	Lambton Cent	27.51m	
12 Young, Danny	Lambton Cent	24.45m	
13 Fell, Rory	Sarnia Cits	19.76m	
-- Neilson, Taylor	St. Patrick'	FOUL	
-- Pegg, Nick	St Christoph	FOUL	
-- Tournier, John	St. Patrick'	DNS	

Men 100 Meter Dash Junior

=====				
LSSAA: ! 10.80	1990	Shane Hussey, Lambton Central		
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 Kiraly, Rob		Northern Civ	11.3Q	2
2 Cope, Dustin		St. Patrick'	12.2Q	1
3 Leger, Norm		St. Patrick'	11.9Q	2
4 Clark, Chase		Lambton Cent	12.4Q	1
5 Robinson, Sean		St. Clair SS	11.9Q	2
6 Hopkins, Tyler		Northern Civ	12.4Q	1
7 Rouse, Jimmy		Lambton Cent	12.5q	1
8 Androschuk, Zach		St Christoph	12.6q	1
9 Krall, Jordan		Lambton Cent	12.7	2
10 Cassidy, Evan		St Christoph	13.1	1
11 Charland, Joshua		St-Francois Xavi	13.2	2
12 Zagrodny, Mattias		Northern Civ	13.3	2
13 Roussy, Adrian		St-Francois Xavi	13.5	2
14 Kiklas, Chase		St-Francois Xavi	13.5	1
-- Letang, Joseph		St Christoph	DNS	1

Men 100 Meter Dash Junior

=====				
LSSAA: ! 10.80	1990	Shane Hussey, Lambton Central		
Name	Year	School	Finals	Points
=====				
Finals				
1 Kiraly, Rob		Northern Civ	10.9	10
2 Leger, Norm		St. Patrick'	11.4	8
3 Robinson, Sean		St. Clair SS	11.6	6
4 Clark, Chase		Lambton Cent	11.9	5
5 Cope, Dustin		St. Patrick'	12.1	4
6 Rouse, Jimmy		Lambton Cent	12.2	3
7 Hopkins, Tyler		Northern Civ	12.4	2
8 Androschuk, Zach		St Christoph	12.5	1

Men 200 Meter Dash Junior

=====				
LSSAA: ! 22.10	1996	Brian Dicker, St. Patrick's		
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 Leger, Norm		St. Patrick'	24.0Q	1
2 Kiraly, Rob		Northern Civ	24.1Q	2
3 Robinson, Sean		St. Clair SS	24.7Q	3
4 Zanbergen, Matt		St. Patrick'	24.4Q	2
5 Cope, Dustin		St. Patrick'	24.7Q	1
6 Clark, Chase		Lambton Cent	24.9Q	3
7 Gibbings, Aaron		Lambton Cent	25.2q	3
8 Hopkins, Tyler		Northern Civ	25.5q	1

9	Aberhart, Mike	Sarnia Cits	26.4	2
10	Cassidy, Evan	St Christoph	26.7	2
11	Charland, Joshua	St-Francois Xavi	26.9	1
12	Zagrodney, Mattias	Northern Civ	27.3	3
13	Ruffilli, Steve	St Christoph	27.5	1
14	Lajoie, Nicholas	St-Francois Xavi	27.6	1
15	Kiklas, Chase	St-Francois Xavi	28.4	3
16	Helps, Chris	Lambton Cent	29.1	3
--	Letang, Joseph	St Christoph	DNS	2

Men 200 Meter Dash Junior

=====				
LSSAA: ! 22.10		1996	Brian Dicker, St. Patrick's	
Name	Year	School	Finals	Points
=====				
Finals				
1	Kiraly, Rob	Northern Civ	22.9	10
2	Leger, Norm	St. Patrick'	23.8	8
3	Robinson, Sean	St. Clair SS	24.0	6
4	Zanbergen, Matt	St. Patrick'	24.3	5
5	Clark, Chase	Lambton Cent	24.7	4
6	Cope, Dustin	St. Patrick'	24.9	3
7	Gibbings, Aaron	Lambton Cent	25.3	2
8	Hopkins, Tyler	Northern Civ	25.8	1

Men 400 Meter Dash Junior

=====					
LSSAA: ! 49.80		1990	Dave Pettit, Lambton Central		
Name	Year	School	Finals	H#	Points
=====					
1	Reddy, Matt	St Christoph	52.0	3	10
2	Cope, Dustin	St. Patrick'	54.5	3	8
3	Mallay, Patrick	Northern Civ	55.2	3	6
4	Zanbergen, Matt	St. Patrick'	56.1	3	5
5	Langstaff, Sam	Lambton Cent	56.6	3	4
6	Cullis, Sam	St. Clair SS	57.5	3	3
7	Butler, Michael	St Christoph	57.8	2	2
8	McClean, Kyle	St. Patrick'	57.8	2	1
9	MacKinlay, Duncan	Northern Civ	59.1	3	
10	Clark, Chase	Lambton Cent	59.2	3	
11	Aberhart, Mike	Sarnia Cits	1:01.1	2	
12	Hopkins, Tyler	Northern Civ	1:01.5	2	
13	Beatty, Fraser	St. Clair SS	1:02.9	2	
14	Roussy, Adrian	St-Francois Xavi	1:03.6	2	
15	Lajoie, Nicholas	St-Francois Xavi	1:05.5	2	
16	Audette, Phil	Lambton Cent	1:07.8	2	
--	VanKlavern, Karel	St. Clair SS	SCR		
--	Purves, Jim	St. Clair SS	SCR		
--	Androschuk, Zach	St Christoph	SCR		
--	Kiklas, Chase	St-Francois Xavi	SCR		

Men 800 Meter Run Junior

=====				
LSSAA: ! 1:53.50		1994	Jay Cantin, St. Clair	
Name	Year	School	Finals	Points
=====				
1	Reddy, Matt	St Christoph	2:05.4	10
2	Stewart, Pat	Northern Civ	2:13.0	8
3	Mallay, Patrick	Northern Civ	2:13.4	6
4	MacKinlay, Duncan	Northern Civ	2:13.6	5
5	Mele, David	St Christoph	2:14.4	4
6	Coultes, Mitch	St. Clair SS	2:19.9	3
7	Evers, Jack	St Christoph	2:20.2	2

8 Mclean, Kyle	St. Patrick'	2:23.1	1
9 Beatty, Fraser	St. Clair SS	2:28.9	
10 Kettle, Juelian	Lambton Cent	2:29.3	
11 Massie, Brad	St. Clair SS	2:33.3	
12 Nutt, Matthew	St-Francois Xavi	2:35.5	
13 Drope, Tyler	Lambton Cent	2:40.8	
14 Belanger, Tye	Sarnia Cits	2:44.3	
15 Bogaert, Craig	Lambton Cent	2:51.5	
16 Cataford, Andrew	St-Francois Xavi	3:09.8	
-- Prins, Alex	St. Patrick'	DNS	
-- Zanbergen, Matt	St. Patrick'	DNS	

Men 1500 Meter Run Junior

=====				
LSSAA: ! 4:02.60		1994	Jay Cantin, St. Clair	
Name	Year	School	Finals	Points
=====				
1 Reddy, Matt		St Christoph	4:35.7	10
2 Evers, Jack		St Christoph	4:36.2	8
3 Coultres, Mitch		St. Clair SS	4:36.6	6
4 Asselin, Mathieu		Northern Civ	4:39.6	5
5 Stewart, Pat		Northern Civ	4:40.2	4
6 Schaefer, Jesse		Northern Civ	4:41.2	3
7 Langstaff, Sam		Lambton Cent	4:49.8	2
8 Kettle, Juelian		Lambton Cent	4:54.5	1
9 Massie, Brad		St. Clair SS	4:55.9	
10 Campbell, Jordan		North Lambto	4:56.7	
11 Page, Nathan		St. Clair SS	4:58.2	
12 Mclean, Kyle		St. Patrick'	5:02.6	
13 VanLeerzem, Derek		Lambton Cent	5:04.8	
14 Primeau, Josh		St. Patrick'	5:05.7	
15 Pasqual, Al		St Christoph	5:11.3	
16 Lee, Jonathan		St-Francois Xavi	5:11.6	
17 Cataford, Andrew		St-Francois Xavi	6:36.3	
-- Prins, Alex		St. Patrick'	DNS	

Men 3000 Meter Run Junior

=====				
LSSAA: ! 8:55.60		1975	Peter Butler, Northern	
Name	Year	School	Finals	Points
=====				
1 Coultres, Mitch		St. Clair SS	10:00.7	10
2 Evers, Jack		St Christoph	10:04.9	8
3 Kettle, Juelian		Lambton Cent	10:11.5	6
4 Massie, Brad		St. Clair SS	10:18.7	5
5 Langstaff, Sam		Lambton Cent	10:19.5	4
6 Schaefer, Jesse		Northern Civ	10:22.0	3
7 Belanger, Tye		Sarnia Cits	10:26.7	2
8 Mallay, Patrick		Northern Civ	10:34.5	1
9 Page, Nathan		St. Clair SS	10:49.6	
10 VanLeerzem, Derek		Lambton Cent	10:53.9	
11 Asselin, Mathieu		Northern Civ	10:56.7	
12 Lee, Jonathan		St-Francois Xavi	10:57.1	
13 Pasqual, Al		St Christoph	10:57.7	
14 Primeau, Josh		St. Patrick'	11:20.5	
15 Nutt, Matthew		St-Francois Xavi	11:29.8	
16 Jan, Hassan		St. Patrick'	11:31.2	

Men 100 Meter Hurdles Junior

=====				
LSSAA: ! 14.30		11/05/2004	Jason McKechnie, St. Clair SS	
Name	Year	School	Finals	Points
=====				

1	Drouin, Derek	St. Patrick'	14.8	10
2	Buchner, Chris	Northern Civ	15.4	8
3	Hummel, Brian	Northern Civ	17.8	6
4	Cullis, Sam	St. Clair SS	18.2	5
5	Bryce, Jacob	Lambton Cent	18.7	4
6	Links, Nathan	Northern Civ	20.3	3

Men 300 Meter Hurdles Junior

LSSAA: ! 40.20 1995 Cam Thompson, Lambton Central				
Name	Year	School	Finals	Points
1	Kiraly, Rob	Northern Civ	41.8	10
2	Buchner, Chris	Northern Civ	44.0	8
3	Cullis, Sam	St. Clair SS	46.2	6
4	Hummel, Brian	Northern Civ	48.9	5
5	Aberhart, Mike	Sarnia Cits	50.0	4
6	Bryce, Jacob	Lambton Cent	50.4	3

Men 4x100 Meter Relay Junior

LSSAA: ! 44.30 1990 Lambton Central					
School			Finals	H#	Points
1	St. Patrick's H S 'A'		46.9	2	10
	1) Leger, Norm	2) Cope, Dustin			
	3) Cichini, Tyler	4) Prins, Alex			
	5) Murray, Brad	6)			
2	Lambton Central C & V I 'A'		48.2	2	8
	1) Langstaff, Sam	2) Bryce, Jacob			
	3) Clark, Chase	4) Rouse, Jimmy			
3	St. Christopher S S 'A'		48.3	2	6
	1) Androschuk, Zach	2) Letang, Joseph			
	3) Cassidy, Evan	4) Ruffilli, Steve			
4	Northern C I & V S 'A'		48.6	2	5
	1) Hopkins, Tyler	2) Buchner, Chris			
	3) Mallay, Patrick	4) Stewart, Pat			
5	St. Patrick's H S 'B'		48.6	2	4
	1) Drouin, Derek	2) Zanbergen, Matt			
	3) Buckle, Kyle	4) Mclean, Kyle			
6	St. Clair S S 'A'		50.4	1	3
7	Lambton Central C & V I 'B'		50.5	2	2
	1) Gibbings, Aaron	2) Krall, Jordan			
	3) Helps, Chris	4) Vanderwal, Duncan			
8	Northern C I & V S 'B'		53.1	1	1
9	É.S. Saint-Francois Xavier 'A'		53.4	1	
	1) Charland, Joshua	2) Kiklas, Chase			
	3) Lajoie, Nicholas	4) Roussy, Adrian			

Men High Jump Junior

LSSAA: ! 2.00m 1989 Joe Tuscan, SCITS				
Name	Year	School	Finals	Points
1	Drouin, Derek	St. Patrick'	1.90m	10
2	Murray, Brad	St. Patrick'	1.75m	8
3	Prins, Alex	St. Patrick'	1.65m	6
4	Buchner, Chris	Northern Civ	1.60m	5
5	Gibbings, Aaron	Lambton Cent	J1.60m	4
6	Zagrodneý, Mattias	Northern Civ	1.55m	2.5
6	Butler, Michael	St Christoph	1.55m	2.5
7	Shortt, Jamie	St Christoph	J1.55m	0.5
7	Belanger, Tye	Sarnia Cits	J1.55m	0.5

-- Warner, Cody Lambton Cent DNS

Men Long Jump Junior

LSSAA: ! 6.67m 1981		Larry Helwig, St. Clair		
Name	Year	School	Finals	Points
1 Murray, Brad		St. Patrick'	5.78m	10
2 Rouse, Jimmy		Lambton Cent	5.58m	8
3 Leger, Norm		St. Patrick'	5.31m	6
4 Pelleboer, Brenten		Lambton Cent	5.26m	5
5 Clarke, Joel		St. Clair SS	5.20m	4
6 Shortt, Jamie		St Christoph	4.92m	3
7 Stewart, Pat		Northern Civ	4.64m	2
8 Charland, Joshua		St-Francois Xavi	4.60m	1
9 Mele, David		St Christoph	4.56m	
10 Butler, Michael		St Christoph	4.54m	
11 Lajoie, Nicholas		St-Francois Xavi	4.29m	
12 Nickels, Stephen		St. Clair SS	4.17m	
13 Links, Nathan		Northern Civ	4.15m	
-- Warner, Cody		Lambton Cent	DNS	

Men Triple Jump Junior

LSSAA: ! 13.50m 1999		Leron Mitchell, Northern		
Name	Year	School	Finals	Points
1 Murray, Brad		St. Patrick'	12.33m	10
2 Drouin, Derek		St. Patrick'	11.36m	8
3 Rouse, Jimmy		Lambton Cent	11.22m	6
4 Pelleboer, Brenten		Lambton Cent	11.16m	5
5 Clarke, Joel		St. Clair SS	10.54m	4
6 Nickels, Stephen		St. Clair SS	10.06m	3
7 Links, Nathan		Northern Civ	9.66m	2
8 Helps, Chris		Lambton Cent	8.75m	1

Men Shot Put Junior

LSSAA: ! 15.45m 1983		Dave Crombeen, St. Patrick's		
Name	Year	School	Finals	Points
1 Wilson, Brendan		Lambton Cent	14.95m	10
2 Park, Dan		Lambton Cent	14.21m	8
3 Rocca, Chris		St Christoph	13.04m	6
4 Langille, Jeremy		St. Patrick'	12.84m	5
5 Stymest, Colin		Northern Civ	12.76m	4
6 Shuter, Brian		Sarnia Cits	12.55m	3
7 Gibbings, Aaron		Lambton Cent	12.38m	2
8 McFarlane, Connor		Northern Civ	11.04m	1
9 Ruffilli, Steve		St Christoph	10.89m	
10 VanderVies, Mark		Northern Civ	10.10m	
11 McEachen, Cody		St Christoph	9.90m	
12 Trim, Mike		St. Patrick'	9.21m	

Men Discus Throw Junior

LSSAA: ! 52.29m 11/05/2004		Josh Wilson, Lambton Cent		
Name	Year	School	Finals	Points
1 Wilson, Brendan		Lambton Cent	50.10m	10
2 Bertin, CJ		Northern Civ	39.95m	8
3 Rocca, Chris		St Christoph	J39.95m	6
4 Swan, Bryan		Lambton Cent	36.81m	5

5	VanderVies, Mark	Northern Civ	35.04m	4
6	Stymest, Colin	Northern Civ	33.94m	3
7	Purves, Jim	St. Clair SS	30.83m	2
8	Trim, Mike	St. Patrick'	30.42m	1
9	Banninga, Matt	St. Clair SS	26.68m	
10	Langille, Jeremy	St. Patrick'	26.04m	
11	McEachen, Cody	St Christoph	25.91m	
12	Park, Dan	Lambton Cent	25.38m	
13	Shuter, Brian	Sarnia Cits	23.08m	
14	Miller, Dalton	St Christoph	20.00m	
--	VanKlavern, Karel	St. Clair SS	DNS	

Men Javelin Throw Junior

=====				
LSSAA: ! 56.70m 1983		Dave Crombeen, St. Patrick's		
Name	Year	School	Finals	Points
=====				
1	Ruffilli, Steve	St Christoph	45.40m	10
2	Androschuk, Zach	St Christoph	45.13m	8
3	Stymest, Colin	Northern Civ	42.32m	6
4	Mandeville, Kris	St. Patrick'	41.91m	5
5	Purves, Jim	St. Clair SS	40.76m	4
6	Krall, Jordan	Lambton Cent	39.65m	3
7	Henderson, Jeremy	Lambton Cent	38.76m	2
8	Langille, Jeremy	St. Patrick'	38.08m	1
9	VanKlavern, Karel	St. Clair SS	37.26m	
10	McFarlane, Connor	Northern Civ	35.23m	
11	Clarke, Joel	St. Clair SS	34.43m	
12	VanderVies, Mark	Northern Civ	32.95m	
13	Golub, Derek	St Christoph	31.86m	
14	Shuter, Brian	Sarnia Cits	28.23m	
15	Pelleboer, Brenten	Lambton Cent	28.17m	

Men 100 Meter Dash Senior

=====				
LSSAA: ! 10.60 1994		Craig Vandeweghe, St. Patrick's		
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Keating, Justin	Northern Civ	10.8Q	1
2	McKechnie, Jason	St. Clair SS	11.2Q	2
3	Bogaert, Bryan	Lambton Cent	11.2Q	2
4	Dundee, Chris	St. Clair SS	11.3Q	1
5	Rainsberry, Craig	Lambton Cent	11.3Q	1
6	Shepard, Aubrey	St. Patrick'	11.5Q	2
7	Anstett, Rob	St Christoph	11.7q	2
8	Gorzeman, Ben	Lambton Cent	11.8q	2
9	Duong, Mike	St. Clair SS	11.9	1
9	Nienhuis, Adam	Northern Civ	11.9	1
11	Ponce, Gabe	St Christoph	11.9	1
12	Kent, Mike	Northern Civ	12.0	2
13	Jones, Jon	Sarnia Cits	12.3	1
14	Rondin, Leo	St Christoph	12.4	2
--	Lounsbury, Ryan	Sarnia Cits	SCR	
--	Costain, Jeff	St. Patrick'	SCR	
--	Tuckey, Curtis	Sarnia Cits	SCR	

Men 100 Meter Dash Senior

=====				
LSSAA: ! 10.60 1994		Craig Vandeweghe, St. Patrick's		
Name	Year	School	Finals	Points
=====				
Finals				

1	Keating, Justin	Northern Civ	10.9	10
2	Dundee, Chris	St. Clair SS	11.1	8
3	McKechnie, Jason	St. Clair SS	11.2	6
4	Bogaert, Bryan	Lambton Cent	11.3	5
5	Rainsberry, Craig	Lambton Cent	11.7	4
6	Gorzeman, Ben	Lambton Cent	11.7	3
7	Shepard, Aubrey	St. Patrick'	12.0	2
8	Anstett, Rob	St Christoph	12.1	1

Men 200 Meter Dash Senior

LSSAA: ! 22.10 1987		Brian Dicker, St. Patrick's		
Name	Year	School	Prelims	H#

Preliminaries

1	Keating, Justin	Northern Civ	22.4Q	3
2	Dundee, Chris	St. Clair SS	23.1Q	2
3	Bogaert, Bryan	Lambton Cent	23.3Q	1
4	Smith, Mason	St. Clair SS	23.2Q	2
5	Millson, Matt	Lambton Cent	23.4Q	3
6	Hopkins, Chris	Northern Civ	23.8Q	1
7	Rainsberry, Craig	Lambton Cent	23.5q	2
8	Shepard, Aubrey	St. Patrick'	24.0q	3
9	Surman, Jamie	Northern Civ	24.2	1
10	Anstett, Rob	St Christoph	24.5	3
11	Lounsbury, Ryan	Sarnia Cits	24.7	1
12	Kelch, Joel	St. Patrick'	24.8	3
13	Ponce, Gabe	St Christoph	25.1	3
14	Pickering, Richard	St Christoph	25.2	1
15	Docktare, Nick	Sarnia Cits	25.5	1
16	Costain, Jeff	St. Patrick'	25.6	2
17	Little, Sean	North Lambto	25.9	2
18	Brown, Scott	Sarnia Cits	27.6	2

Men 200 Meter Dash Senior

LSSAA: ! 22.10 1987		Brian Dicker, St. Patrick's		
Name	Year	School	Finals	Points

Finals

1	Keating, Justin	Northern Civ	22.0!	10
2	Dundee, Chris	St. Clair SS	22.7	8
3	Millson, Matt	Lambton Cent	22.9	6
4	Bogaert, Bryan	Lambton Cent	22.9	5
5	Smith, Mason	St. Clair SS	23.0	4
6	Rainsberry, Craig	Lambton Cent	23.1	3
7	Hopkins, Chris	Northern Civ	23.3	2
8	Shepard, Aubrey	St. Patrick'	24.3	1

Men 400 Meter Dash Senior

LSSAA: ! 48.00 1988		Brian Dicker, St. Patrick's			
Name	Year	School	Finals	H#	Points

1	Bogaert, Bryan	Lambton Cent	51.7	3	10
2	Smith, Mason	St. Clair SS	51.8	3	8
3	Keating, Justin	Northern Civ	52.0	3	6
4	Poaps, Mike	St. Clair SS	52.6	3	5
5	Surman, Jamie	Northern Civ	52.7	3	4
6	Hopkins, Chris	Northern Civ	53.2	3	3
7	Edwards, Dan	St Christoph	53.8	2	1.5
7	Rainsberry, Craig	Lambton Cent	J53.8	3	1.5
9	Mondoux, Joe	St Christoph	55.7	2	

10	Dease, Craig	Sarnia Cits	55.8	2
11	Langille, Aaron	St. Patrick'	56.0	2
12	Lebert, Richard	Lambton Cent	56.1	3
13	Carr, Sam	St. Clair SS	56.6	2
14	Barry, Scott	St Christoph	56.6	1
15	Jones, Jon	Sarnia Cits	57.1	2
16	Kelch, Joel	St. Patrick'	58.2	2
17	Docktare, Nick	Sarnia Cits	58.2	2
18	Little, Sean	North Lambto	58.4	1
--	Ethridge, Eric	St. Patrick'	DNS	1

Men 800 Meter Run Senior

LSSAA: ! 1:53.80 1995 Jay Cantin, St. Clair

Name	Year	School	Finals	Points
1	Moore, David	St Christoph	1:59.3	10
2	Poaps, Mike	St. Clair SS	2:01.0	8
3	Edwards, Dan	St Christoph	2:05.9	6
4	Abbott, Larry	Northern Civ	2:07.0	5
5	Cote, Jordan	St Christoph	2:09.5	4
6	Smith, Mason	St. Clair SS	2:10.8	3
7	Paget, Steve	Lambton Cent	2:14.0	2
8	McCartney, Shawn	St. Clair SS	2:14.3	1
9	Cochrane, Paul	Northern Civ	2:15.9	
10	Douglas, Andrew	Northern Civ	2:16.1	
11	George, Derek	North Lambto	2:18.2	
12	Langille, Aaron	St. Patrick'	2:18.8	
13	Nicol, Justin	Lambton Cent	2:19.7	
14	Docktare, Nick	Sarnia Cits	2:20.2	
15	Maxwell, Alex	St. Patrick'	2:20.5	
16	Boehm, Julius	Lambton Cent	2:30.5	
17	Chalmers, John	Sarnia Cits	2:30.9	
18	Mattingley, Bill	Sarnia Cits	2:32.9	
19	Prine, Andrew	St. Patrick'	2:37.9	

Men 1500 Meter Run Senior

LSSAA: ! 3:51.10 1995 Jay Cantin, St. Clair

Name	Year	School	Finals	Points
1	Moore, David	St Christoph	4:11.9	10
2	Poaps, Mike	St. Clair SS	4:20.7	8
3	McCurry, Cory	Northern Civ	4:21.3	6
4	Cote, Jordan	St Christoph	4:22.5	5
5	Abbott, Larry	Northern Civ	4:27.6	4
6	Sneider, Tim	Northern Civ	4:33.8	3
7	Paget, Mike	Lambton Cent	4:34.8	2
8	George, Derek	North Lambto	4:43.8	1
9	Campbell, Jake	North Lambto	4:51.3	
10	Paget, Steve	Lambton Cent	4:55.7	
11	Barry, Scott	St Christoph	4:56.3	
12	Prine, Andrew	St. Patrick'	4:56.7	
13	Maxwell, Alex	St. Patrick'	4:58.0	
14	Carr, Sam	St. Clair SS	5:07.0	
15	Mattingley, Bill	Sarnia Cits	5:16.4	
16	Townsend, Louis	Sarnia Cits	5:19.3	
17	Huybers, Nick	Lambton Cent	5:22.0	
18	Willsie, Tim	North Lambto	5:28.3	
19	Doyle, Nick	St. Clair SS	5:31.4	

Men 3000 Meter Run Senior

LSSAA: ! 8:47.60 1983 Harvey MITro, St. Patrick's

Name	Year	School	Finals	Points
1 Moore, David		St Christoph	8:58.0	10
2 Cote, Jordan		St Christoph	9:23.3	8
3 McCurry, Cory		Northern Civ	9:26.3	6
4 Nicol, Justin		Lambton Cent	9:41.9	5
5 Cochrane, Paul		Northern Civ	9:46.6	4
6 Beatty, Graham		St. Clair SS	9:48.4	3
7 Sneider, Tim		Northern Civ	9:49.1	2
8 Percival, Mike		St. Clair SS	9:58.0	1
9 Paget, Mike		Lambton Cent	9:59.3	
10 Belanger, Justin		Sarnia Cits	10:11.9	
11 Dawson, Jon		Lambton Cent	10:33.5	
12 Degroot, Josh		St. Clair SS	10:37.8	
13 Campbell, Jake		North Lambto	10:39.2	
14 Prine, Andrew		St. Patrick'	11:01.3	
15 Townsend, Louis		Sarnia Cits	11:21.9	
16 Chalmers, John		Sarnia Cits	11:24.5	
17 Willsie, Tim		North Lambto	12:28.5	

Men 110 Meter Hurdles Senior

LSSAA: ! 14.80 Trevor Hall, SCITS

Name	Year	School	Finals	Points
1 McKechnie, Jason		St. Clair SS	14.9	10
2 Honig, Kevin		Northern Civ	14.9	8
3 Giffels, Justin		Northern Civ	15.1	6
4 Millson, Matt		Lambton Cent	15.3	5
5 Gorzeman, Ben		Lambton Cent	15.5	4
6 Dease, Craig		Sarnia Cits	16.4	3
7 Mondoux, Joe		St Christoph	J16.4	2
8 Thorner, Joe		Northern Civ	23.6	1

Men 400 Meter Hurdles Senior

LSSAA: ! 54.90 1987 Mark Detaillieur, Lambton Central

Name	Year	School	Finals	H#	Points
1 Nutma, Kurtis		Lambton Cent	58.0	2	10
2 McKechnie, Jason		St. Clair SS	58.7	2	8
3 Lebert, Richard		Lambton Cent	59.8	2	6
4 Mondoux, Joe		St Christoph	1:00.3	2	5
5 Giffels, Justin		Northern Civ	1:00.6	2	4
6 Millson, Matt		Lambton Cent	1:01.2	2	3
7 Thorner, Joe		Northern Civ	1:04.8	1	2
8 Little, Sean		North Lambto	1:08.5	2	1
9 Brown, Scott		Sarnia Cits	1:12.2	1	
10 Glover, Adam		Northern Civ	1:15.4	1	

Men 4x100 Meter Relay Senior

LSSAA: ! 43.70 1987 St. Patrick's

School	Finals	H#	Points
1 Northern C I & V S 'A'	44.1	2	10
1) Surman, Jamie			
2) Kiraly, Rob			
3) Giffels, Justin			
4) Keating, Justin			
5) Honig, Kevin			
6)			
2 Lambton Central C & V I 'A'	44.7	2	8
1) Millson, Matt			
2) Nutma, Kurtis			
3) Rainsberry, Craig			
4) Bogaert, Bryan			

3	St. Clair S S 'A'		45.2	2	6
	1) Dundee, Chris	2) Duong, Mike			
	3) McKechnie, Jason	4) Smith, Mason			
4	Northern C I & V S 'B'		45.9	2	5
5	St. Christopher S S 'A'		J47.7	2	3.5
	1) Anstett, Rob	2) Pickering, Richard			
	3) Ponce, Gabe	4) Rondin, Leo			
5	Lambton Central C & V I 'B'		47.7	1	3.5
7	Sarnia CI & TS 'A'		48.4	1	2
	1) Jones, Jon	2) Lounsbury, Ryan			
	3) Dease, Craig	4) Harkins, Matt			
	5) McEachren, Matt	6)			
--	Northern C I & V S 'C'		DNF	1	
--	St. Patrick's H S 'A'		DQ	2	
	1) Costain, Jeff	2) Langille, Aaron			
	3) Shepard, Aubrey	4) Kelch, Joel			
	5) Murray, Brad	6)			

Men High Jump Senior

LSSAA: ! 2.05m 1992 Larry Helwig, St. Clair					
Name	Year	School	Finals	Points	
1 Huey, Brad		Lambton Cent	2.06m!	10	
2 Tiggelaar, Travis		St. Clair SS	1.85m	7	
2 Gorzeman, Ben		Lambton Cent	1.85m	7	
4 Honig, Kevin		Northern Civ	1.80m	5	
5 Nutma, Kurtis		Lambton Cent	1.75m	4	
6 Collacott, Ben		St Christoph	1.70m	3	
7 Campbell, Dave		North Lambto	J1.70m	2	
-- Kuskoff, Justin		St Christoph	DNF		

Men Long Jump Senior

LSSAA: ! 6.89m 10/05/2005 Rob Nickels, St. Clair SS					
Name	Year	School	Finals	Points	
1 Huey, Brad		Lambton Cent	6.21m	10	
2 Surman, Jamie		Northern Civ	5.72m	8	
3 Nutma, Kurtis		Lambton Cent	5.67m	6	
4 Podolinsky, Darryl		Lambton Cent	5.63m	5	
5 Harkins, Matt		Sarnia Cits	5.45m	4	
6 Dease, Craig		Sarnia Cits	5.37m	3	
7 Walters, Maz		St. Clair SS	5.20m	2	
8 Kuskoff, Justin		St Christoph	5.19m	1	
9 Langille, Aaron		St. Patrick'	5.16m		
10 Kelch, Joel		St. Patrick'	5.03m		
11 Nienhuis, Adam		Northern Civ	4.97m		
12 Jakobs, Dave		Northern Civ	4.92m		
13 Lounsbury, Ryan		Sarnia Cits	4.91m		
-- Duong, Mike		St. Clair SS	FOUL		
-- Pickering, Richard		St Christoph	DNF		
-- Dennis, Partick		St Christoph	DNF		

Men Triple Jump Senior

LSSAA: ! 14.18m 10/05/2005 Rob Nickels, St. Clair SS					
Name	Year	School	Finals	Points	
1 Honig, Kevin		Northern Civ	12.71m	10	
2 Huey, Brad		Lambton Cent	12.30m	8	
3 Jakobs, Dave		Northern Civ	12.24m	6	
4 Shepard, Aubrey		St. Patrick'	11.89m	5	

5	Klapak, Kevin	St Christoph	11.61m	4
6	Nienhuis, Adam	Northern Civ	11.32m	3
7	Duong, Mike	St. Clair SS	10.60m	2
8	Walters, Maz	St. Clair SS	10.55m	1
9	Podolinsky, Darryl	Lambton Cent	10.42m	
10	Pickering, Richard	St Christoph	10.03m	
11	Dennis, Partick	St Christoph	9.22m	

Men Shot Put Senior

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LSSAA: ! 17.60m 10/05/2005 Andy Ysebaert, Sarnia CITS

Name	Year School	Finals	Points
1	Bloxam, Cole	Northern Civ	16.19m 10
2	Taylor, Brady	St Christoph	13.05m 8
3	Henry, Mike	St. Patrick'	12.59m 6
4	Wilson, Josh	Lambton Cent	12.48m 5
5	McEachren, Matt	Sarnia Cits	J12.48m 4
6	George, David	St Christoph	11.98m 3
7	Fife, Jarrid	Lambton Cent	J11.98m 2
8	Ruffilli, Tim	Northern Civ	11.77m 1
9	VanderVies, Matt	Northern Civ	11.29m
10	Ethridge, Eric	St. Patrick'	11.12m
11	Harkins, Matt	Sarnia Cits	11.06m
12	Catt, Anthony	St. Clair SS	10.25m
13	Bunting, Grant	St. Patrick'	9.29m
14	Goodacre, Jed	Lambton Cent	9.10m
--	Athanasopoulos, Billy	St Christoph	FOUL
--	Berry, Mike	Sarnia Cits	DNS

Men Discus Throw Senior

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LSSAA: ! 56.81m 14/05/2002 Mike Marsh, Northern CIV

Name	Year School	Finals	Points
1	Wilson, Josh	Lambton Cent	45.94m 10
2	Andersen, Chris	St Christoph	34.24m 8
3	Goodacre, Jed	Lambton Cent	33.63m 6
4	Perron, Leith	Northern Civ	32.72m 5
5	Platt, Mike	St Christoph	32.41m 4
6	Canie, Kelly	St. Patrick'	30.56m 3
7	McEachren, Matt	Sarnia Cits	29.32m 2
8	Garbaty, Casey	Northern Civ	28.19m 1
9	Fife, Jarrid	Lambton Cent	27.45m
10	VanderVies, Matt	Northern Civ	26.26m
11	Taylor, Brady	St Christoph	24.74m
12	Catt, Anthony	St. Clair SS	23.75m
13	Tuckey, Curtis	Sarnia Cits	20.56m
--	Berry, Mike	Sarnia Cits	DNS
--	Webster, Duncan	St. Patrick'	DNS

Men Javelin Throw Senior

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LSSAA: ! 64.12m 1969 Rick Dowswell, Sarnia Central

Name	Year School	Finals	Points
1	Garbaty, Casey	Northern Civ	52.68m 10
2	Bloxam, Cole	Northern Civ	48.22m 8
3	Jones, Jon	Sarnia Cits	45.98m 6
4	Klazinga, Julian	St. Clair SS	43.93m 5
5	Harkins, Matt	Sarnia Cits	43.20m 4
6	Overholt, Kevin	St. Clair SS	42.85m 3
7	Goodacre, Jed	Lambton Cent	41.32m 2

8 McCrae, Cory	St. Clair SS	40.06m	1
9 Moore, Scott	St Christoph	33.33m	
10 Platt, Mike	St Christoph	31.44m	
11 Cannon, Lee	St. Patrick'	30.84m	
12 Slotwinski, Michael	Northern Civ	25.13m	
-- Podolinsky, Darryl	Lambton Cent	FOUL	
-- Boomsma, Scott	St Christoph	DNS	
-- McGuire, Ian	Lambton Cent	DNS	
-- Webster, Duncan	St. Patrick'	DNS	

Men 2000 Meter Steeplechase Open

LSSAA: ! 6:13.10 1987		Scott McLellan, St. Clair	
Name	Year School	Finals	Points
1 Edwards, Dan	St Christoph	6:36.5	10
2 Nicol, Justin	Lambton Cent	6:43.9	8
3 McCurry, Cory	Northern Civ	6:46.6	6
4 Beatty, Graham	St. Clair SS	6:52.7	5
5 Abbott, Larry	Northern Civ	7:02.6	4
6 Sneider, Tim	Northern Civ	7:10.0	3
7 Belanger, Justin	Sarnia Cits	7:13.5	2
8 Percival, Mike	St. Clair SS	7:13.6	1
9 Dawson, Jon	Lambton Cent	7:14.6	
10 Lebert, Richard	Lambton Cent	7:28.2	
11 George, Derek	North Lambto	7:31.2	
12 Degroot, Josh	St. Clair SS	7:37.6	
13 Jan, Hassan	St. Patrick'	7:51.2	
14 Chalmers, John	Sarnia Cits	8:01.9	
15 Maxwell, Alex	St. Patrick'	8:05.0	
16 Mattingley, Bill	Sarnia Cits	8:06.3	
17 Willsie, Tim	North Lambto	8:08.1	
18 Campbell, Jake	North Lambto	8:10.2	
-- Costain, Jeff	St. Patrick'	DNS	

Men 4x400 Meter Relay Open

LSSAA: ! 3:24.90 1992		Lambton Central	
School		Finals	H# Points
1 Northern C I & V S 'A'		3:31.1	2 10
1) Douglas, Andrew	2) Keating, Justin		
3) Surman, Jamie	4) Lever, Michael		
5) Kiraly, Rob	6)		
2 Lambton Central C & V I 'A'		3:33.8	2 8
1) Nutma, Kurtis	2) Rainsberry, Craig		
3) Bogaert, Bryan	4) Lebert, Richard		
3 St. Christopher S S 'A'		3:34.8	2 6
1) Edwards, Dan	2) Moore, David		
3) Reddy, Matt	4) Mondoux, Joe		
4 St. Clair S S 'A'		3:36.9	2 5
5 Northern C I & V S 'B'		3:41.1	2 4
6 Lambton Central C & V I 'B'		3:47.0	2 3
1) Millson, Matt	2) Langstaff, Sam		
3) Clark, Chase	4) Krall, Jordan		
7 St. Patrick's H S 'A'		3:47.2	2 2
1) Shepard, Aubrey	2) Langille, Aaron		
3) Cope, Dustin	4) Zanbergen, Matt		
8 St. Clair S S 'B'		3:55.5	2 1
9 Sarnia CI & TS 'A'		3:56.7	1
1) Docktare, Nick	2) Jones, Jon		
3) Gray, Jackson	4) Dease, Craig		
10 St. Christopher S S 'B'		4:03.6	1

1) Cote, Jordan	2) Kozmin, Nick		
3) Morden, Matt	4) Yurkewich, Aaron		
11 Sarnia CI & TS 'B'		4:12.9	1
1) Tessier, Tanner	2) Belanger, Tye		
3) Brown, Scott	4) Aberhart, Mike		
5) Belanger, Justin	6)		
-- St. Christopher S S 'C'		DNS	1
1) Barry, Scott	2) Mele, David		
3) Pasqual, Al	4) Evers, Jack		
-- St. Patrick's H S 'B'		DNS	1
1) Maxwell, Alex	2) Prins, Alex		
3) Mclean, Kyle	4) Kelch, Joel		
5) Costain, Jeff	6)		

Men 100 Meter Dash Ambulatory

Name	Year	School	Finals
LSSAA: ! 13.90 10/05/2005 Brandon Kelders, MacKenzie, A			
1 Kelders, Brandon		Amss	14.0
2 Pawson, James		Amss	14.0
3 Silverthorn, Craig		Amss	14.5
4 Cook, Andrew		Amss	14.7
5 Flatley, Marty		Amss	16.2
6 O'Brien, Evan		Amss	16.4
7 Blondin, Mitchell		Amss	19.1

Women - Midget - Team Rankings - 15 Events Scored

1) Lambton Central C & V I	160	2) St. Patrick's H S	101
3) Northern C I & V S	94.50	4) St. Christopher S S	87.50
5) St. Clair S S	63	6) North Lambton S S	58
7) Sarnia CI & TS	21		

Women - Junior - Team Rankings - 15 Events Scored

1) Lambton Central C & V I	145.50	2) Northern C I & V S	129.50
3) St. Christopher S S	102.50	4) Sarnia CI & TS	94.50
5) St. Patrick's H S	76	6) St. Clair S S	37

Women - Senior - Team Rankings - 15 Events Scored

1) Northern C I & V S	157	2) St. Christopher S S	140
3) Lambton Central C & V I	129	4) St. Patrick's H S	69
5) St. Clair S S	43	6) Alexander MacKenzie Secon	16
7) Sarnia CI & TS	11	8) North Lambton S S	10

Women - Open - Team Rankings - 2 Events Scored

1) Lambton Central C & V I	20	2) St. Christopher S S	19
3) Northern C I & V S	18	4) Sarnia CI & TS	11
5) St. Patrick's H S	10		

Men - Midget - Team Rankings - 15 Events Scored

1) Northern C I & V S	213	2) St. Clair S S	133
3) St. Christopher S S	65	4) Lambton Central C & V I	58
5) Sarnia CI & TS	55	6) St. Patrick's H S	47
7) North Lambton S S	4		

Men - Junior - Team Rankings - 15 Events Scored

1) Northern C I & V S	147.50	2) St. Patrick's H S	137
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3) Lambton Central C & V I	117	4) St. Christopher S S	97
5) St. Clair S S	70	6) Sarnia CI & TS	9.50
7) É.S. SAINT-FRANCOIS XAVIER	1		

Men - Senior - Team Rankings - 15 Events Scored

1) Northern C I & V S	168	2) Lambton Central C & V I	161
3) St. Clair S S	108	4) St. Christopher S S	97
5) Sarnia CI & TS	28	6) St. Patrick's H S	17
7) North Lambton S S	4		

Men - Open - Team Rankings - 2 Events Scored

1) Northern C I & V S	27	2) Lambton Central C & V I	19
3) St. Christopher S S	16	4) St. Clair S S	12
5) St. Patrick's H S	2	5) Sarnia CI & TS	2