RESULTS OF

# 1976 L.S.S.A.A. TRACK MEET

## MIDGET BOYS

| EVENT | NAME | SCHOOL | TIME, HEIGHT OR DISTANCE |
|---|---|---|---|
| 100 M. Dash | 1. Dru Addison | St. Clair | 12.1 |
| | 2. Peter Benusik | St. Pats | 12.1 |
| | 3. Jim MacPherson | Northern | 12.1:5 |
| | 4. George Jarvis | L.C.C.V.I. | 12.2 |
| | 5. Ken Thompson | LCCVI | |
| | 6. John Wilhelm | Northern | |
| 200 M. Dash | 1. Dru Addison | St. Clair | 25.3 |
| | 2. Jim MacPherson | Northern | 25.5 |
| | 3. John Wilhelm | Northern | 25.6 |
| | 4. Peter Benusik | St. Pats | 25.8 |
| | 5. Ross Harris | St. Clair | |
| | 6. George Jarvis | L.C.C.V.I. | |
| 400 M-Dash | 1. Tod Bidner | L.C.C.VI. | 56.2 |
| | 2. Pat Gardiner | St. Clair | 58.1 |
| | 3. Rick Shymko | St. Pat's | 60.4 |
| | 4. Jeff Hall | L.C.C.V.I. | 61.00 |
| | 5. David Villenueva | Northern | |
| | 6. Blair Jamieson | Northern | |
| 800 M. Dash | 1. Tod Bidner | L.C.C.V.I. | 2:13.9 |
| | 2. Bruce McAlpine | L.C.C.V.I. | 2:20.2 |
| | 3. Blair Jamieson | Northern | 2:22.8 |
| | 4. Don Stephenson | Northern | 2:25.8 |
| | 5. Mike L'Heureux | St. Pats | 2:29.5 |
| | 6. Scott Stephenson | St. Clair | 2:33.5 |
| 1500 M. Run | 1. Gord Stirkett | Central | 4:46.8 |
| | 2. Scott Turner | St. Clair | 4:48.9 |
| | 3. Kerry Horan | Northern | 5:01.5 |
| | 3. Matt Himmelman | Northern | 5:01.5 |
| | 5. Jeff Hall | L.C.C.V.I. | |
| | 6. Dale Snary | L.C.C.V.I. | |
| 100 M. Hurdles | 1. Doug Hus | Northern | 15:9 |
| | 2. Russ Newbury | Northern | 17.1 |
| | 3. Rick Shymko | St. Pats | 17.5 |
| | 4. Greg Culley | L.C.C.V.I. | 19.5 |
| | 5. Steve Penfound | L.C.C.V.I. | |
| | 6. -- | | |
| 3000 M. | 1. Gord Stirrett | Central | 10:16.6 |
| | 2. Scott Turner | St. Clair | 10:50.8 |
| | 3. Kerry Horan | Northern | 10:49.9 |
| | 4. Matt Himmelman | Northern | 10:56.1 |
| | 5. Darrell Bley | St. Clair | 10:57.8 |
| | 6. Dave Stevens | L.C.C.V.I. | |

# JUNIOR BOYS 1976

| EVENT | NAME | SCHOOL | TIME, HEIGHT OR DISTANCE |
|---|---|---|---|
| 100 M. Dash | 1. Tim Dowswell | Northern | 11.2 RECORD |
| | 2. Steve Gotts | Northern | 11.5 |
| | 3. John Jamieson | N.L.S.S. | 11.7 |
| | 4. Jamie Rankin | L.C.C.V.I. | 11.7 |
| | 5. Bob VanHezeryk | St. Pats | |
| | 6. Brad Freeman | St. Pats | |
| 200 M. Dash | 1. Tim Dowswell | Northern | 23.5 |
| | 2. Jamie Rankin | L.C.C.V.I. | 23.9 |
| | 3. Dean Wilson | L.C.C.V.I. | 24.00 |
| | 4. Steve Gotts | Northern | 24.1 |
| | 5. John Jamieson | N.L.S.S. | |
| | 6. Mike Ager | St. Pats | |
| 400 M. Dash | 1. Greg Campbell | Northern | 55.2 |
| | 2. Jim King | L.C.C.V.I. | 55.9 |
| | 3. Dean Wilson | L.C.C.V.I. | 55.9 |
| | 4. Kelvin Thompson | Northern | 59.6 |
| | 5. Mike Ager | St. Pats | |
| | 6. -- | | |
| 800 M. Dash | 1. Robin Burnie | L.C.C.V.I. | 2:10.8 |
| | 2. Denis Gagnon | Northern | 2:11.5 |
| | 3. Kevin Lumley | L.C.C.V.I. | 2:12 |
| | 4. Jim Scott | St. Clair | 2:17.1 |
| | 5. John Lynch | St. Pats | 2:20.4 |
| | 6. Scott Blythe | St. Pats | |
| 1500 M. Run | 1. Morris Lebert | L.C.C.V.I. | 4:27.4 |
| | 2. Jim Stokely | St. Clair | 4:35 |
| | 3. Jim Krall | L.C.C.V.I. | 4:37.8 |
| | 4. Jim Scott | St. Clair | 4:43.5 |
| | 5. Denis Gagnon | Northern | |
| | 6. Greg Riddoch | Northern | |
| 110 M. Hurdles | 1. Steve Rogers | Northern | 15.9 |
| | 2. Kevin Gravish | L.C.C.V.I. | 16.1 |
| | 3. Phil Kern | Northern | 18.6 |
| | 4. Bob Vanhezeryk | St. Pats | 19.7 |
| | 5. Brad Freeman | St. Pats | |
| | 6. Richard Toy | L.C.C.V.I. | |
| 3000 M. | 1. Maurice Lebert | L.C.C.V.I. | 9:54.5 |
| | 2. Jim Stokely | St. Clair | 10:18.00 |
| | 3. Kevin Lumley | L.C.C.V.I. | 10:30.3 |
| | 4. Chris Palmer | Northern | 12:10 |
| | 5. Greg Riddock | Northern | 12:11 |
| | 6. -- | | |

# SENIOR BOYS 1976

| EVENT | NAME | SCHOOL | TIME, HEIGHT OR DISTANCE |
|---|---|---|---|
| 100 M. Dash | 1. John Robinson | Northern | 11.1 |
| | 2. John Park | Northern | 11.2 |
| | 3. Rob Annett | E.L.S.S. | 11.25 |
| | 4. Matt Piliarik | S.C.I.T.S. | 11.3 |
| | 5. Bob Jones | S.C.I.T.S. | |
| | 6. Les Fisher | N.L.S.S. | |
| 200 M. Dash | 1. Rob Annett | E.L.S.S. | 23.8 |
| | 2. John Robinson | Northern | 24.3 |
| | 3. Matt Piliarik | S.C.I.T.S. | 24.4 |
| | 4. Les Fisher | N.L.S.S. | 25.1 |
| | 5. Mike Japp | L.C.C.V.I. | |
| | 6. Dave Fletcher | Northern | |
| 400 M. Dash | 1. Paul Chester | Central | 53.6 |
| | 2. Terry Kemp | St. Clair | 55.6 |
| | 3. Paul Richardson | St. Clair | 58.0 |
| | 4. Scott Teasell | Northern | 56.6 |
| | 5. Mike Japp | L.C.C.V.I. | |
| | 6. Lance Block | L.C.C.V.I. | |
| 800 M. Dash | 1. Paul Chester | Central | 2:08.8 |
| | 2. Yves Millette | Northern | 2:12.5 |
| | 3. Scott Teasell | Northern | 2:16.9 |
| | 4. -- | | |
| | 5. -- | | |
| | 6. -- | | |
| 1500 M. Run | 1. Yves Millette | Northern | 4:34.4 |
| | 2. Mike Amies | St. Clair | 4:41.5 |
| | 3. Ron Sutch | L.C.C.V.I. | 5:13.0 |
| | 4. Doug Krall | L.C.C.V.I. | 5:50.8 |
| | 5. -- | | |
| | 6. -- | | |
| 110 M. Hurdles | 1. Toni Felice | St. Pats | 17.6 |
| | 2. Mike Wilkins | St. Pats | 18.2 |
| | 3. Tom Park | E.L.S.S. | 18.8 |
| | 4. Dan Beaumont | Northern | 19.6 |
| | 5. Jim Towles | L.C.C.V.I. | |
| | 6. -- | | |
| 3000 M. Run | 1. Scott Cannop | Northern | 9:44.8 |
| | 2. Mike Ames | St. Clair | 10:22.1 |
| | 3. Doug Krall | L.C.C.V.I. | 11:16.5 |
| | 4. Pete Ager | St. Pats | 11:31 |
| | 5. -- | | |
| | 6. -- | | |

# SENIOR BOYS

1976

| EVENT | NAME | SCHOOL | TIME, HEIGHT, OR DISTANCE |
|---|---|---|---|
| Open 400 M. Hurdles | 1. Terry Kemp | St. Clair | 61.4 |
| | 2. Steve Rogers | Northern | 62.7 |
| | 3. Mike Park | L.C.C.V.I. | 66.3 |
| | 4. Paul Kern | Northern | 69.1 |
| | 5. Jim King | L.C.C.V.I. | 69.1 |
| | 6. -- | | |
| Open 1500 M. Steeplechase | 1. Scott Connop | Northern | 4:43.8 |
| | 2. Robin Burnie | L.C.C.V.I. | 4:49.1 |
| | 3. Dave Keenan | Northern | 4:53.4 |
| | 4. Jim Krall | L.C.C.V.I. | 5:00.0 |
| | 5. -- | | |
| | 6. -- | | |

# BOYS' RELAYS

| | | | |
|---|---|---|---|
| Senior 4 x 100 Relay | 1. | Northern | 46.6 |
| | 2. | St. Clair | 47.1 |
| | 3. | St. Pats | 47.8 |
| | 4. | L.C.C.V.I. | 48.8 |
| Junior 4 x 100 Relay | 1. | Northern | 46.6 |
| | 2. | St. Pats | 50.3 |
| | 3. | -- | |
| | 4. | -- | |
| Midget 4 x 100 Relay | 1. | Northern | 49.7 |
| | 2. | L.C.C.V.I. | 50.7 |
| | 3. | -- | |
| OPEN 4 x 400 Relay | 1. | Northern | 3:46.5 |
| | 2. | St. Clair | 3:51 |
| | 3. | L.C.C.V.I. | 4:05 |
| | 4. | St. Pats | 4:30.8 |

# Results of
# 1976 L.S.S.A.A. Field Meet
## Midget Boys

| Event | Name | School | Time, Height or Distance |
|---|---|---|---|
| Discus | 1. Joe Krasinkiewicz | Northern | 38.27 M |
| | 2. Kevin Watson | Northern | 33.97 |
| | 3. Jeff Kindersma | St. Clair | 28.94 |
| | 4. Greg MacMillan | E.L.S.S. | 28.33 |
| | 5. Mark Maheu | St. Pat's | 27.04 |
| | 6. Brian Clark | L.C.C.V.I. | 25.98 |
| Shot Put | 1. Brian Clark | L.C.C.V.I. | 13.17 M |
| | 2. Joe Krasinkiewicz | Northern | 12.26 |
| | 3. Rick Shymko | St. Pat's | 10.65 |
| | 4. Dan Ivanovich | Northern | 10.56 |
| | 5. Jeff Hall | L.C.C.V.I. | 10.22 |
| | 6. Greg MacMillan | E.L.S.S. | 10.02 |
| Javelin | 1. Greg MacMillan | E.L.S.S. | 43.25 M |
| | 2. Doug Barrett | Northern | 39.8 |
| | 3. Joe Krasinkiewicz | Northern | 38.2 |
| | 4. Mike L'Heureux | St. Pat's | 27.1 |
| | 5. Tim Horley | St. Clair | 26.6 |
| | 6. Bill Swan | E.L.S.S. | 24.7 |
| Pole Vault | 1. Charlie Raes | Northern | 2.36 M |
| | 2. Carson Rand | Northern | 2.29 |
| | 3. Bill Swan | E.L.S.S. | 2.13 |
| | 4. Greg Sanders | St. Clair | 2.13 |
| | 5. -- | | |
| High Jump | 1. Bob Quinn | Northern | 1.73 M |
| | 2. Don Wood | Northern | 1.67 |
| | 3. Mike Wedemire | St. Pat's | 1.65 |
| | 4. Mike Lacasse | St. Pat's | 1.6 |
| | 5. Darren Syer | L.C.C.V.I. | 1.6 |
| | 6. Jeff Kindersma | St. Clair | 1.5 |
| Long Jump | 1. Jeff Naylor | Northern | 5.56 M |
| | 2. Dru Addison | St. Clair | 5.49 |
| | 3. Tod Bidner | L.C.C.V.I. | 5.46 |
| | 4. Jim MacPherson | Northern | 5.41 |
| | 5. Bruce McAlpine | L.C.C.V.I. | 5.23 |
| | 6. Peter Benusik | St. Pat's | 4.55 |
| Triple Jump | 1. John Wilhelm | Northern | 11.72 M |
| | 2. Bruce McAlpine | L.C.C.V.I. | 11.16 |
| | 3. Jeff Naylor | Northern | 10.93 |
| | 4. Tom Nichels | St. Clair | 10.35 |
| | 5. Ron Salisbury | St. Pats | |
| | 6. Dave Stephens | L.C.C.V.I. | |

# Junior Boys 1976

| Event | Name | School | Time, Height or Distance |
|---|---|---|---|
| Discus | 1. Jamie Rome | Central | 40.64 M |
| | Brian Crombeen | S.C.I.T.S. | 39.05 |
| | 3. Tom Gawinski | Northern | 37.86 |
| | 4. Dale Butler | L.C.C.V.I. | 33.03 |
| | 5. Paul Stirrett | Central | 32.84 |
| | 6. Bob Partington | St. Clair | 27.92 |
| Shot Put | 1. Jamie Rome | Central | 13.33 M |
| | 2. Bill Thorpe | St. Clair | 12.02 |
| | 3. Steve Bellyk | N.L.S.S. | 11.70 |
| | 4. Mark Tayles | St. Clair | 11.50 |
| | 5. Andy Proia | St. Pat's | 11.49 |
| | 6. Mike Park | L.C.C.V.I. | 11.40 |
| Javelin | 1. Tom Gawinski | Northern | 53.50 M |
| | 2. Don Dowswell | Central | 51.80 |
| | 3. Brian Crombeen | S.C.I.T.S. | 49.5 |
| | 4. Dean Wilson | L.C.C.V.I. | 45.7 |
| | 5. Bill Thrower | E.L.S.S. | 43.4 |
| | 6. Mike Park | L.C.C.V.I. | 42.45 |
| Pole Vault | 1. Al Greenwood | St. Clair | 2.90 M |
| | 2. Terry Johnston | St. Clair | 2.82 |
| | 3. John Billick | Northern | 2.74 |
| | 4. Mark Mousseau | Northern | 2.44 |
| | 5. -- | | |
| High Jump | 1. Kevin McAlpine | Northern | 1.90 M |
| | 2. Brady Bell | N.L.S.S. | 1.75 |
| | 3. Greg Campbell | Northern | 1.70 |
| | 4. Stuart Smith | St. Pat's | 1.70 |
| | 5. Pat O'Reilly | St. Clair | 1.60 |
| | 5. Paul Fleisher | St. Pat's | 1.60 |
| Long Jump | 1. Greg Campbell | Northern | 6.51 RECORD |
| | 2. Tim Dowswell | Northern | 5.89 |
| | 3. Dennis Smith | N.L.S.S. | 5.55 |
| | 4. Kevin Gravish | L.C.C.V.I. | 5.49 |
| | 5. Dave Peachey | N.L.S.S. | 5.43 |
| | 6. Jim Allan | St. Clair | 5.25 |
| Triple Jump | 1. Kevin McAlpine | Northern | 12.69 M |
| | 2. Tom Gawinski | Northern | 12.39 |
| | 3. Kevin Gravish | L.C.C.V.I. | 12.30 |
| | 4. Dennis Smith | N.L.S.S. | 11.79 |
| | 5. Jim Allan | St. Clair | 11.54 |
| | 6. John Lynch | St. Pat's | 11.47 |

# Senior Boys 1976

| Event | Name | School | Time, Height or Distance |
|---|---|---|---|
| Discus | 1. Jim Handyside | Northern | 40.72 M |
| | 2. Mark Kilbreath | S.C.I.T.S. | 35.24 |
| | 3. Keith Ewer | Northern | 33.02 |
| | 4. Stan Jablonski | Central | 31.53 |
| | 5. Bob Coppens | St. Pat's | 30.91 |
| | 6. Bob Coates | E.L.S.S. | 24.06 |
| Shot Put | 1. John Park | Northern | 14.57 M |
| | 2. Peter Sops | Central | 12.96 |
| | 3. Mark Kilbreath | S.C.I.T.S. | 12.58 |
| | 4. Dave Loomis | Northern | 11.94 |
| | 5. Mark Carroll | St. Clair | 11.69 |
| | 6. Keith Anderson | S.C.I.T.S. | 11.59 |
| Javelin | 1. Bill Smith | Central | 60.6 M |
| | 2. Jim Towles | L.C.C.V.I. | 45.3 |
| | 3. Marty Withers | Northern | 44.3 |
| | 4. Lee Stanlick | E.L.S.S. | 38.35 |
| | 5. John Roman | Northern | 38.0 |
| | 6. Rob Coppens | St. Pat's | 36.8 |
| Pole Vault | 1. Paul Richardson | St. Clair | 3.50 M |
| | 2. Mike Wilkens | St. Pat's | 3.20 |
| | 3. -- | | |
| | 4. -- | | |
| High Jump | 1. Mike Wilkens | St. Pat's | 1.85 M |
| | 2. Paul Richardson | St. Clair | 1.85 |
| | 3. Dave Loomis | Northern | 1.77 |
| | 4. -- | | |
| | 5. -- | | |
| Long Jump | 1. John Robinson | Northern | 6.32 RECORD |
| | 2. Lou Cicchini | S.C.I.T.S. | 6.03 |
| | 3. Chris Curran | St. Pat's | 5.89 |
| | 4. Tom Park | E.L.S.S. | 5.51 |
| | 5. Rich VanBoxmeer | L.C.C.V.I. | 5.25 |
| | 6. Lance Block | L.C.C.V.I. | 5.21 |
| Triple Jump | 1. Paul Chester | Central | 12.55 M |
| | 2. Scott Connop | Northern | 12.46 |
| | 3. Tom Park | E.L.S.S. | 11.65 |
| | 4. Rich Van Boxmeer | L.C.C.V.I. | 11.35 |
| | 5. -- | | |

# INDIVIDUAL WINNERS AND TEAM STANDINGS

## Midget

**TEAM STANDINGS:**

| | | |
|---|---|---|
| 1. | Northern | 192 points |
| 2. | L.C.C.V.I. | 89 |
| 3. | St. Clair | 74 |
| 4. | St. Pat's | 51 |
| 5. | E.L.S.S. | 22 |
| 6. | Central | 20 |
| 7. | -- | |
| 8. | -- | |

**INDIVIDUAL CHAMPIONS:**

| | | | |
|---|---|---|---|
| 1. | Dru Addison | St. Clair | 28 points |
| 2. | Todd Bidner | L.C.C.V.I. | 26 |
| 3. | Joe Krasinkiewicz | Northern | 24 |

## Junior

**TEAM STANDINGS:**

| | | |
|---|---|---|
| 1. | Northern | 167 points |
| 2. | L.C.C.V.I. | 109 |
| 3. | St. Clair | 63 |
| 4. | N.L.S.S. | 34 |
| 5. | Central | 30 |
| 5. | St. Pat's | 30 |
| 7. | S.C.I.T.S | 14 |
| 8. | -- | |

**INDIVIDUAL CHAMPIONS:**

| | | | |
|---|---|---|---|
| 1. | Tim Dowswell | Northern | 28 points |
| 2. | Greg Campbell | Northern | 26 |
| 3. | Tom Gawinski | Northern | 24 |

## Senior

**TEAM STANDINGS:**

| | | |
|---|---|---|
| 1. | Northern | 179 points |
| 2. | St. Clair | 76 |
| 3. | L.C.C.V.I. | 68 |
| 4. | St. Pat's | 59 |
| 5. | Central | 52 |
| 6. | E.L.S.S. | 37 |
| 7. | S.C.I.T.S. | 35 |
| 8. | -- | |

**INDIVIDUAL CHAMPIONS:**

| | | | |
|---|---|---|---|
| 1. | Paul Chester | Central | 30 points |
| 2. | Scott Connop | Northern | 28 |
| 2. | John Robinson | Northern | 28 |