

2007 Forest City Prep / Mustang Invite High School T&F

Sat. April 28 TD Waterhouse Stadium UWO

AM damp, cool, 8-C / PM sunny 13-C

04/28/2007 - 04/28/2007

Meet Results

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Event 1 GIRLS 100 Dash

START: 10:50am > no starting blocks

Gold 13.0 /Silver 13.4 /Bronze 13.8

MEET RECORD:Victoria Bendle Banting 12.30 1997

1	Jordaine Leeder	MT	SAUG	12.98
2	Fatima Bramioh	MT	BANT	13.18
3	Caitlyn MacMillan	MT	SAUG	13.46
4	Carley Willcock	MT	MEDW	13.64
5	Carolyn VanDerploeg	MT	MEDW	13.66
6	Caitlin Evered	MT	BANT	13.71
7	Arielle Berkley	MT	CHCI	14.00
8	Olivia Varriano	MD	BEAL	14.13
9	Tatum McLeod	MT	CHCI	14.24
10	Olga Loudvinevitch	MT	CHCI	14.25
11	Marissa Jolley	MT	KDSS	14.39
12	Tara Matthews	MT	PCI	14.41
12	Becky Drake	MT	OAK	14.41
12	Kelley Bonk	Mt	CCH	14.41
15	Jesse Davies	MT	CRES	14.45
16	Kelsey Prong	MT	NLSS	14.47
17	Jayne Kennedy	MT	HHSS	14.64
18	Victoria Turkiewicz	Mt	CCH	14.74
19	Martha Rennie	MT	CRES	14.75
20	Kristen Dorey	MT	MTS	14.83
21	Kelsey Dobbin	MT	LCCV	14.91
22	Katrina Welch	MT	WCI	14.96
23	Ashley Cummer	MT	ESS	14.98
24	Hilary Simon	MT	HHSS	14.99
25	Susie Bolton		POCO	15.04
26	Jessica Gillis	MT	MEDW	15.22
26	Melissa Butler	MT	LCCV	15.22
28	Kasia Fila		POCO	15.23
29	Megan Root	MT	MEDW	15.24
30	Rebecca Yardley	MT	CHCI	15.27
30	Chloe Waind	MT	WCI	15.27
32	Jillian Cotter	MT	CHCI	15.34
33	Anuredha Brylall	MT	CHCI	15.48
34	Amanda Baia	MT	MEDW	15.51
35	Alyssa Laird	MT	MEDW	15.54
36	Marika Henne	MT	SCIT	15.58
37	Lisa Paquin	MT	KDSS	15.65
38	Danielle Arsen	MT	LCCV	15.72
39	Katelynn Robinson	MT	JFR	15.96
39	Kirsten Thompson	JR	SCIT	15.96
41	Chelsea Nakamura	MT	OAK	16.00
42	Kelsie Gittens	MT	BANT	16.35
43	Alexandra Budure	MT	CHCI	16.71
44	Julia Spiegl	MT	CHCI	17.05

Event 2 BOYS 100m Dash

START: 10:05am > no starting blocks

Gold 11.5 /Silver 11.9 /Bronze12.3

MEET RECORD:Corey Crawley Lucas 11.10 2006

1	Andre Egli	MT	SACS	11.76
2	Brandyn Martineau	MT	MTS	12.21
3	Cody McPhail	MT	LCCV	12.27
4	Mazen Akhras	MT	LUCA	12.40
5	Dane Hachey	MT	WALK	12.51
6	Shane Vermeulen	MT	LDCS	12.53
7	Justin Couch	MT	CRES	12.57
7	Mitch Rate	MT	LCCV	12.57
9	Talon Guerra	MT	HHSS	12.64
10	Sean Stewart	MT	NLSS	12.75
11	Khalid Ayoubi	MT	JFR	12.79
12	Adam Koberinski	MT	WCI	12.89
13	Jordan Leeson	MT	CRES	12.94
14	Josh Clennon	MT	CRES	12.97
15	Ducan McSorley	MT	LCCV	13.00
16	Mac Kouyoumjian	MT	ESS	13.02
17	Jordan Baker	MT	JFR	13.04
17	Matt Brazier	MT	SAUN	13.04
19	Ubong Umoh	MT	OAK	13.12
20	Luke Lamont	MT	SAUG	13.14
21	Jesse Gallion-Culp	MT	ESS	13.25
22	Richard Balfour	MT	LAUR	13.26
23	Samir Javed	MT	CHCI	13.31
23	Ethan McKenzie	MT	JPII	13.31
25	Dhane Smith	MT	HHSS	13.45
26	Eric Howson	MT	CRES	13.47
26	Michael Park	MT	SAUN	13.47
28	Travis Rhee	MT	MEDW	13.52
29	Tyler Minnesma	MT	LDCS	13.53
30	Jordan Schulz	MT	WCI	13.55
30	Jessy Weaver	MT	SAUN	13.55
32	Kevin Sherk	MT	WCI	13.63
33	Sean Bamford	MT	MEDW	13.65
34	Sadra Madady	MT	LUCA	13.67
35	Jonathan Williams	MT	MTS	13.77
36	Dave Lootsma	MT	SAUG	13.84
37	Jeremy Clark	MT	BANT	13.86
38	Eric Yang	MT	LUCA	13.96
39	Spencer Floyd	MT	CRES	14.04
40	Matt Weed	MT	LCCV	14.18
41	Kurt Williamson	MT	WALK	14.50
42	Branden Ossua	MT	BANT	15.75
43	Aaron Cracium	MT	BANT	15.98

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Event 3 GIRLS 200m Dash

START: 4:25pm > no starting blocks

Gold 27.0 /Silver 28.0 /Bronze29.0

MEET RECORD:Donalda Duprey Saugeen 25.30 1982

1	Fatima Bramioh	MT	BANT	27.18
2	Caitlin Evered	MT	BANT	27.72
3	Carolyn VanDerploeg	MT	MEDW	28.13
4	Amber Ozols	MT	JFR	28.53
5	Arielle Berkley	MT	CHCI	28.58
6	Alle Butler	MT	HHSS	28.63
7	Carley Willcock	MT	MEDW	28.72
8	Kim Hogervorst	MT	SACS	28.87

9	Natalie Elliott	MT	CHSS	29.58
10	Morgan Genereau	MT	BANT	29.59
11	Mindy Deboer	MT	LCCV	29.70
12	Kelley Bonk	Mt	CCH	29.75
13	Katie Galpin	MT	BANT	29.80
14	Tara Matthews	MT	PCI	30.03
15	Mallory Muehmer	MT	MEDW	30.08
16	Stephanie Liscumb	MT	MEDW	30.19
17	Jesse Davies	MT	CRES	30.24
18	Simonne Tomasovic	MT	CHCI	30.31
19	Erin Palowin	MT	CRES	30.44
20	Hilary Simon	MT	HHSS	30.60
21	Christine Minten	MT	LCCV	31.24
22	Sarah Dedecker	MD	LDSS	31.43
23	Kasia Fila		POCO	31.66
24	Marika Henne	MT	SCIT	31.67
25	Susie Bolton		POCO	31.70
26	Jessica Gillis	MT	MEDW	31.71
27	Katrina Welch	MT	WCI	31.83
28	Katelynn Robinson	MT	JFR	32.08
29	Maria Stoianova	MT	CHCI	32.52
30	Jillian Cotter	MT	CHCI	32.54
31	Martha Rennie	MT	CRES	32.62
32	Anuredha Brylall	MT	CHCI	32.66
33	Catherine Cyran		POCO	33.63
34	Celina Henderson	MT	OAK	36.51

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Event 4 BOYS 200m Dash

START: 4:55pm > no starting blocks

Gold 23.9 /Silver 24.9 /Bronze25.9

MEET RECORD:Brian Nutt Banting 22.70 2003

1	Gregory MacNeill	MT	MTS	24.11
2	Brandyn Martineau	MT	MTS	24.62
3	Max Thompson	MT	POCO	24.96
4	Cody McPhail	MT	LCCV	25.14
5	Sean Stewart	MT	NLSS	25.29
6	Tom Woodhouse	MT	HHSS	25.53
7	Mitch Rate	MT	LCCV	25.56
8	Mac Kouyoumjian	MT	ESS	25.83
9	Andrew Hastings	MT	MARC	25.92
10	Luke Lamont	MT	SAUG	26.39
11	Spencer Floyd	MT	CRES	26.41
12	Ben McNaughton	MT	MEDW	26.75
13	Travis Rhee	MT	MEDW	26.78
14	Matt Moncrieffe	MT	LUCA	26.91
15	Dhane Smith	MT	HHSS	27.04
16	Jesse Gallion-Culp	MT	ESS	27.16
17	Kevin Sherk	MT	WCI	27.68
18	Nathaniel Stonefish	MD	BEAL	27.70
19	Eric Howson	MT	CRES	27.74
20	Jonathan Williams	MT	MTS	27.78
21	Jeremy Clark	MT	BANT	27.82
22	Steven Cadick	MT	MEDW	28.29
23	Joel MacDonald	Mt	CCH	28.80
24	Nick Straughan	MT	MEDW	28.95

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Event 5 GIRLS 400m Run

START: 12:25pm >no starting blocks

Gold 1:02.0 / S 1:05.0 / B 1:08.0

MEET RECORD:Kelly Peak Regina Mundi 58.00 1998

1	Chantelle Robertse		KING	1:02.9
2	Ellen Tousaw	MT	SACS	1:03.9
3	Caitlyn MacMillan	MT	SAUG	1:04.7
4	Alex Parker	MT	SAUG	1:05.4
5	Simonne Tomasovic	MT	CHCI	1:05.7
6	Sarah Callahan	MT	SAUN	1:05.9
7	Katie Galpin	MT	BANT	1:06.9
8	Jadie Dedecker	Mt	CCH	1:07.0
9	Carolyn VanDerploeg	MT	MEDW	1:07.6
10	Keyena Smith	MT	LUCA	1:08.2
10	Tj Little	MT	NLSS	1:08.2
12	Erin Palowin	MT	CRES	1:09.4
13	Jessica White	MT	MTS	1:11.5
14	Meagan Sheahan	MT	MARC	1:12.8
15	Nura Mazloom	MT	BANT	1:14.5
16	Paige VanPraet	MT	LCCV	1:15.0
17	Carly Currie	MT	ESS	1:15.5
18	Jessica Gillis	MT	MEDW	1:18.1
19	Catherine Cyran		POCO	1:18.2
	Erika Caesar		POCO	DNF

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#### Event 6 BOYS 400m Run

START: 11:55am >no starting blocks  
 Gold 53.0 /Silver 55.5 /Bronze58.0  
 MEET RECORD:Liam Card Saugeen 51.80 1995

1	Kamal McCabe	MB	CLLT	:55.5
2	Tom Woodhouse	MT	HHSS	:57.9
3	Sean Stewart	MT	NLSS	:58.7
4	David Hannah	MT	CRES	1:00.3
5	Gonzalo Nufio	MT	ESS	1:00.4
6	Sean Bamford	MT	MEDW	1:00.9
7	Brendan Talbot	MT	MARC	1:01.3
8	Brandon Sallows	MT	CHSS	1:01.4
9	Nathaniel Stonefish	MD	BEAL	1:02.0
10	Ben Yorga	MT	HHSS	1:02.5
11	Jeff Schilling	MT	CRES	1:02.7
12	John Regimbald	MT	ESS	1:03.6
13	Nick Straughan	MT	MEDW	1:04.3
14	Evan Churchill	MB	CLLT	1:04.5
15	Adam Kuntz	MT	HHSS	1:04.9
16	Daniel Marotta	MT	MARC	1:05.1
17	Jimmy Nguyen	MT	HHSS	1:05.7
18	Trevor Hahn	MT	HHSS	1:05.8
19	Sadra Madady	MT	LUCA	1:07.3
20	Joel MacDonald	Mt	CCH	1:07.6
21	Jordan Arding	MT	MEDW	1:10.7

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#### Event 7 GIRLS 800 Dash

START: 3:25pm >1 turn stagger start  
 Gold 2:24.0 / S 2:34.0 / B 2:44.0  
 MEET RECORD:Jill Gamble Owen Sound 2:19.10 1991

1	Krisinda Alexander	MT	WALK	2:28.80
2	Cheyenne Hunter	MT	SAUG	2:29.85
3	Katie Schurr	MT	MEDW	2:32.47
4	Jenn Gray	MT	LCCV	2:33.30
5	Jane Nickson	MT	JPII	2:34.20
6	Katie Schieman	MT	BANT	2:40.54
7	Sarah Laberge	MT	BANT	2:43.02

8	Marianne Filson	MT	MEDW	2:44.49
9	Alex Parker	MT	SAUG	2:45.07
10	Tj Little	MT	NLSS	2:48.93
11	Meagan Sheahan	MT	MARC	2:52.90
12	Sarah Dedecker	MD	LDSS	2:55.28

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#### Event 8 BOYS 800m Run

START: 3:55pm >1 turn stagger start

Gold 2:06.0 /S 2:16.0 /B 2:26.0

MEET RECORD:Steve Sikic Eastwood CI 2:03.20 1983

1	James Gunn	MT	OAK	2:14.57
2	Brendan Gribbons	MT	SAUG	2:15.46
3	Kamal McCabe	MB	CLLT	2:16.00
4	Ogi Oroz	MT	HHSS	2:16.35
5	Justin Laing	MT	SAUN	2:17.03
6	Jacob Marsh	MT	LUCA	2:17.85
7	Ben Yorga	MT	HHSS	2:23.99
8	Gonzalo Nufio	MT	ESS	2:24.98
9	Jeremy Hare	MT	SCIT	2:25.60
10	Brendan Talbot	MT	MARC	2:26.19
11	Adam VanEngelen	MT	NLSS	2:29.09
12	Christian Gilfoyle	MT	LCCV	2:29.43
13	Joe Catton	MT	SCIT	2:32.64
14	Colin Bokhout	MT	CHSS	2:33.34
15	Brandon Sallows	MT	CHSS	2:33.59
16	Nick Hubert	MT	OAK	2:35.41
17	Evan Churchill	MB	CLLT	2:35.69
18	Adam Kuntz	MT	HHSS	2:35.98
19	Trevor Hahn	MT	HHSS	2:36.54

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#### Event 9 GIRLS 1500m Run

START: 5:35pm

Gold 4:53.0 / S 5:10.0 / B 5:23.0

MEET RECORD:Michelle Bathurst Oakridge 4:40.70 1983

1	Kirsten Allen	MT	SAUN	4:59.7
2	Krisinda Alexander	MT	WALK	5:14.4
3	Cheyenne Hunter	MT	SAUG	5:17.9
4	Katie Schurr	MT	MEDW	5:26.2
5	Jill Stephens	MT	LCCV	5:28.1
6	Dominique McKee		CCH	5:36.2
7	Jane Nickson	MT	JPII	5:38.5
8	Marianne Filson	MT	MEDW	5:44.4
9	Jill Rutten	MT	NLSS	5:57.7
10	Pauline Shapton	MT	LUCA	5:59.1
11	Lesley Clark	MT	SAUN	6:17.2
12	Emma Fryday	MT	LUCA	6:19.3
13	Sophie Kloppenburg	MT	MTS	6:24.2
14	Jasmine Coates	MT	MEDW	6:31.6
15	Alexandra House	MT	WCI	6:34.5
16	Jillian Moran	MT	WCI	6:46.7

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#### Event 10 BOYS 1500m Run

START: 6:10pm

Gold 4:21.0 / S 4:35.0 / B 4:50.0

MEET RECORD:Ian Forsyth Banting 4:16.90 1987

1	Brendan Gribbons	MT	SAUG	4:43.0
2	Michael Hogan	MT	SACS	4:45.3

3	Justin Laing	MT	SAUN	4:51.2
4	Jacob Marsh	MT	LUCA	4:51.3
5	Ogi Oroz	MT	HHSS	4:54.2
6	Jordon Baldwin	MT	LAUR	4:54.5
7	Jason Drummond	MT	MEDW	5:02.1
8	Henri Schipper	MT	LDCS	5:04.9
9	Jeremy Hare	MT	SCIT	5:07.6
10	David Sparks	MT	LCCV	5:09.0
11	Jimmy Phillips	MT	LUCA	5:09.6
12	Benjamin House	MT	WCI	5:10.9
13	David Bolton	MT	CHSS	5:15.2
14	Adam VanEngelen	MT	NLSS	5:17.9
15	Trevor Watson	Mt	CCH	5:18.6
16	Frank Basham	MT	SCIT	5:22.2
17	Jared Parker	MT	LUCA	5:49.9
18	Nigel Gignatis	MT	BANT	5:58.3

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#### Event 11 GIRLS 3000m Run

START: 9:35am

Gold 11:10.0 /S 11:30.0 /B 11:50.0

MEET RECORD:Sabina Horne West Ferries 10:08.40 1978

1	Kirsten Allen	MT	SAUN	10:41.0
2	Marianne Filson	MT	MEDW	11:43.0
3	Katie Schurr	MT	MEDW	11:46.0
4	Rebecca Yardley	MT	CHCI	11:51.0
5	Jill Stephens	MT	LCCV	11:59.0
6	Eugenia Acosta	MT	CHCI	12:11.0
7	Brianna Leahy	MT	CHCI	12:12.0
8	Jessica White	MT	MTS	12:24.0
9	Pauline Shapton	MT	LUCA	13:15.0
10	Jasmine Coates	MT	MEDW	14:12.0
11	Jillian Moran	MT	WCI	14:28.0
12	Alexandra House	MT	WCI	14:35.0

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#### Event 12 BOYS 3000m Run

START: 9:50am

G- 9:25.0 / S- 9:50.0 / B- 10:20.0

MEET RECORD:Chris Brewster CCH 8:55.00 1979

1	Max Holden	MT	LUCA	11:06.3
2	Adam VanEngelen	MT	NLSS	11:14.2
3	Frank Basham	MT	SCIT	11:14.4
4	Benjamin House	MT	WCI	11:18.8
5	Jimmy Phillips	MT	LUCA	11:30.5
6	John Buys	MT	MEDW	11:39.4
7	David Sparks	MT	LCCV	11:39.5
8	Ogi Oroz	MT	HHSS	11:49.9
9	David Bolton	MT	CHSS	11:53.3
10	Joe Catton	MT	SCIT	12:11.1
11	Ezekial McCarthy	MT	SHDH	12:13.0

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#### Event 13 GIRLS 300m Hurdles

START: 8:50am > 7 hurdles

50m to H-1 > 35m between > 30" ht

Gold 48.0 / S- 50.5 / B- 53.0

MEET RECORD:Grace Sherwin MT STM 47.00 2004

1	Taylor Farquhar		LBP	47.76
2	Ellen Tousaw	MT	SACS	49.19

3	Caitlyn MacMillan	MT	SAUG	49.69
4	Charlottle Crombeen	MT	MTS	51.03
5	Kim Hogervorst	MT	SACS	51.24
6	Jadie Dedecker	Mt	CCH	51.57
7	Jenn Gray	MT	LCCV	52.13
8	Alle Butler	MT	HHSS	52.48
9	Amber Ozols	MT	JFR	52.78
10	Sarah Callahan	MT	SAUN	52.89
11	Carolyn VanDerploeg	MT	MEDW	54.45
12	Jenn Shelp	MT	JFR	55.00
13	Lauren VanLeerzem	MT	LCCV	55.04
14	Stephanie Galea	MT	MARC	55.16
15	Mallory Muehmer	MT	MEDW	55.17
16	Katie Galpin	MT	BANT	55.22
17	Joanna Simch		POCO	55.37
18	Kelsey Dobbin	MT	LCCV	56.07
19	Sarah Laberge	MT	BANT	56.89
20	Alyssa Laird	MT	MEDW	57.37
21	Jill Rutten	MT	NLSS	59.26
22	Amanda Baia	MT	MEDW	59.45
23	Carly Currie	MT	ESS	59.47
24	Maddy Booth	MT	JFR	1:00.70
25	Michelle Estallila		POCO	1:03.25
26	Paige VanPraet	MT	LCCV	1:03.67
27	Marika Henne	MT	SCIT	1:03.71
28	Becky Madrigal	MT	HHSS	1:04.27
29	Larissa Moore	MT	LCCV	1:07.78
	Malaika Edwards		POCO	DNF

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#### Event 14 BOYS 300m Hurdles

START: 8:45am > 7 hurdles

50m to H-1 > 35m between > 30" ht

Gold 44.0 / S- 46.5 / B- 49.0

MEET RECORD: Brian Neville MT NVM 45.30 2004

1	Gregory MacNeill	MT	MTS	43.72*
2	Tom Woodhouse	MT	HHSS	44.67*
3	Cam Downie	MT	BANT	45.64
4	Andrew Hastings	MT	MARC	46.30
5	Jordan Leeson	MT	CRES	47.04
6	Shane Vermeulen	MT	LDCS	47.31
7	Jessy Weaver	MT	SAUN	47.59
8	Dave Lootsma	MT	SAUG	47.62
9	Michael Hogan	MT	SACS	47.71
10	Matt Moncrieffe	MT	LUCA	48.20
11	Kyle Limb	MT	LCCV	49.26
12	Mitchell Cheeseman	MT	WCI	49.96

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#### Event 15 GIRLS 80m Hurdles

START: 2:30pm > 8 hurdles

12m to H-1 > 8m between > 30"ht

Gold 12.8 / S- 13.5 / B- 14.5

MEET RECORD: Donna Charles Laurier 11.30 1998

1	Brianna Wilson		STJO	12.99
2	Charlottle Crombeen	MT	MTS	13.17
3	Kim Hogervorst	MT	SACS	13.76
4	Katelyn Olar	MT	SAUN	13.82
5	Caitlin Evered	MT	BANT	13.88
6	Ellen Tousaw	MT	SACS	14.23
7	Jenn Shelp	MT	JFR	15.05

8	Arielle Berkley	MT	CHCI	15.51
9	Lakyn McPhail	MT	LCCV	15.68
10	Stephanie Galea	MT	MARC	15.80
11	Alex Young	MT	WCI	15.88
12	Joanna Simch		POCO	15.91
13	Chloe Waind	MT	WCI	16.11
14	Natalie Elliott	MT	CHSS	16.20
15	Carlie Ferguson	MT	LCCV	16.33
16	Teresa Harris	MT	LCCV	16.42
17	Martha Rennie	MT	CRES	16.53
18	Mallory Muehmer	MT	MEDW	16.65
19	Maddy Booth	MT	JFR	16.88
20	Erica Leis	MT	WCI	17.19
21	Jillian Cotter	MT	CHCI	17.58
22	Becky Madrigal	MT	HHSS	17.83
23	Michelle Estallila		POCO	18.12
24	Anuredha Brylall	MT	CHCI	20.62

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#### Event 16 BOYS 100m Hurdles

START: 3:00pm >10 hurdles  
 13m to H-1 > 8.5m between > 33"ht  
 Gold 15.0 / S- 15.5 / B- 16.0  
 MEET RECORD:Jim Weston Tillsonburg 13.60 1978

1	Cam Downie	MT	BANT	15.93
2	Andrew Hastings	MT	MARC	16.66
3	Jordan Leeson	MT	CRES	16.83
4	Richard Balfour	MT	LAUR	18.26
5	Shane Vermeulen	MT	LDCS	18.74
6	Jimmy Nguyen	MT	HHSS	21.08
7	Matt Daive	MT	BANT	21.49
	Andre Egli	MT	SACS	DNF

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#### Event 17 GIRLS Long Jump

START: 2:00pm  
 Gold 5.10m / S- 4.85m / B- 4.70m  
 MEET RECORD:Audrey Dickson Madill 5.16 1983

1	Hayley Kay	MT	ESS	4.71
2	Katelyn Olar	MT	SAUN	4.71
3	Kelsey Prong	MT	NLSS	4.45
4	Brooke Earley	MT	SDCI	4.29
5	Tiffany Kosi	MT	SDCI	4.24
6	Rachel Boumeester	MT	SDCI	4.20
7	Mindy Deboer	MT	LCCV	4.16
8	Lisa VanDerloop	MT	MEDW	4.14
9	Teresa Harris	MT	LCCV	4.14
10	Jordaine Leeder	MT	SAUG	4.08
11	Joanna Simch		POCO	4.01
12	Eliane Konzelmann	MT	LDCS	4.01
13	Sarah Laberge	MT	BANT	3.97
14	Victoria Turkiewicz	Mt	CCH	3.94
15	Tatum McLeod	MT	CHCI	3.91
16	Katelyn Bruinsma	MT	LDCS	3.89
17	Jayne Kennedy	MT	HHSS	3.81
18	Kristen Pellow	MT	SAUG	3.76
19	Megan Root	MT	MEDW	3.74
20	Weronika Orszula		POCO	3.73
21	Jesse Davies	MT	CRES	3.71
22	Susie Bolton		POCO	3.69
23	Alicia Boyd	MT	KDSS	3.69



24	Katrina Welch	MT	WCI	3.68
25	Olivia Varriano	MD	BEAL	3.67
26	Steph VanRaay	MT	SACS	3.65
27	Kristen Dorey	MT	MTS	3.57
28	Jessie Elliott	MT	SCIT	3.49
29	Larissa Moore	MT	LCCV	3.37
30	Danielle Arsen	MT	LCCV	3.26
31	Hilary Simon	MT	HHSS	3.18
32	Celina Henderson	MT	OAK	3.08
32	Shaylene Hayes	MT	SDCI	3.08
32	Michelle Estallila		POCO	3.08
35	Emma Fryday	MT	LUCA	2.97
36	Maddy Halbert	MT	HHSS	2.95
37	Alexandra Budure	MT	CHCI	2.89
38	Malaika Edwards		POCO	2.81
	Kelley Bonk	Mt	CCH	ND
	Alyssa Laird	MT	MEDW	ND

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### Event 18 BOYS Long Jump

START: 10:30am

Gold 5.90m / S- 5.75m / B- 5.60m

MEET RECORD: Andrew Edwards Notre Dame 6.26 1997

1	Andre Egli	MT	SACS	5.95
2	Jordan Schulz	MT	WCI	5.53
3	Max Thompson	MT	POCO	5.10
4	Richard Balfour	MT	LAUR	5.02
5	Spencer Floyd	MT	CRES	5.00
6	Cameron Dawson	MT	LUCA	4.87
7	Talon Guerra	MT	HHSS	4.83
8	Logan Coleman	MT	SNSS	4.79
9	Matt Moncrieffe	MT	LUCA	4.76
10	Samir Javed	MT	CHCI	4.75
11	Jordan Leeson	MT	CRES	4.74
12	Jordan Baker	MT	JFR	4.71
13	Dane Hachey	MT	WALK	4.70
14	Jean-Luc Chouffot	MT	SDCI	4.68
15	Steven Simons	MT	JFR	4.59
16	Brandon Potter	MT	MEDW	4.55
17	Andrew Stevenson	MT	SDCI	4.48
18	Jordan Molzan	MT	LCCV	4.46
18	Eric Howson	MT	CRES	4.46
20	Mitchell Cheeseman	MT	WCI	4.38
21	Ben Yorga	MT	HHSS	4.35
21	Jimmy Nguyen	MT	HHSS	4.35
23	Bryan Henderson	MT	WCI	4.26
24	Khalid Ayoubi	MT	JFR	4.25
25	Wuyou Sui	MT	WCI	4.17
26	Travis Rhee	MT	MEDW	4.16
26	Ubong Umoh	MT	OAK	4.16
28	Dhane Smith	MT	HHSS	4.04
29	Sadra Madady	MT	LUCA	3.94
30	Brandyn Martineau	MT	MTS	3.90
31	Kurt Williamson	MT	WALK	3.84
32	Sam Heslip	MT	ESS	3.78
33	Jake Scott	MT	SAUG	3.66
34	Troy Straatman	MT	LCCV	3.36
35	Greg Thorup	MT	LAUR	3.30
36	Eric Yang	MT	LUCA	3.19
37	Aaron Cracium	MT	BANT	2.87

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Event 19 GIRLS Triple Jump

START: 12:30pm

Gold 10.10m / S- 9.80m / B- 9.50m

MEET RECORD:Emily Goad Mother Teresa 10.26 2006

1	Charlottle Crombeen	MT	MTS	10.13
2	Hayley Kay	MT	ESS	10.03
3	Tiffany Kosi	MT	SDCI	9.94
4	Brooke Earley	MT	SDCI	9.63
5	Katelyn Olar	MT	SAUN	9.61
6	Kelsey Prong	MT	NLSS	9.34
7	Mindy Deboer	MT	LCCV	9.16
8	Steph VanRaay	MT	SACS	8.91
9	Becky Drake	MT	OAK	8.89
10	Eliane Konzelmann	MT	LDCS	8.82
11	Rachel Boumeester	MT	SDCI	8.79
12	Katelyn Bruinsma	MT	LDCS	8.68
13	Kristen Pellow	MT	SAUG	8.56
14	Mallory Muehmer	MT	MEDW	8.44
15	Keyena Smith	MT	LUCA	8.31
16	Eugenia Acosta	MT	CHCI	8.10
17	Olivia Varriano	MD	BEAL	8.05
18	Kristen Dorey	MT	MTS	8.05
19	Kayla Goetz	MT	JFR	7.67
20	Kim Canning	MT	WALK	6.71
21	Emma Fryday	MT	LUCA	6.30
	Alyssa Laird	MT	MEDW	ND
	Lisa VanDerloop	MT	MEDW	ND

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Event 20 BOYS Triple Jump

START: 9:00am

Gold 12.00m /S- 11.75m /B- 11.50m

MEET RECORD:Brian Teli Mt-GCVI 11.82 2004

1	Kevin Bowman		SAUG	11.63
2	Jordan Schulz	MT	WCI	11.13
3	Cameron Dawson	MT	LUCA	10.66
4	Jean-Luc Chouffot	MT	SDCI	10.54
5	Michael Hogan	MT	SACS	10.18
6	Tyler Minnesma	MT	LDCS	10.14
7	Colin Bokhout	MT	CHSS	10.06
8	Brandon Potter	MT	MEDW	9.88
9	Andrew Stevenson	MT	SDCI	9.77
10	David Haverkamp	MT	LDCS	9.64
11	Mitchell Roth	MT	WCI	9.35
12	Nathanial Stonefish	MD	BEAL	9.22
13	Aaron Tecle	MT	SOUT	9.21
14	Mitchell Cheeseman	MT	WCI	9.18
15	Kevin Sherk	MT	WCI	9.05
16	Sam Heslip	MT	ESS	8.81
17	Wuyou Sui	MT	WCI	8.65
18	Jordan Arding	MT	MEDW	8.47
19	Jake Scott	MT	SAUG	8.09
20	Greg Thorup	MT	LAUR	7.79
	Bryan Henderson	MT	WCI	FOUL

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Event 21 GIRLS Shot Put

START: 9:00am > Weight 4kg

Gold 10.00m /S- 9.80m /B- 9.00m

MEET RECORD:Lynda Harkness Madill 10.82 1990

1	Sarah VanDenyden	MT	SDCI	9.21
2	Caitlyn Croley	MT	BANT	8.24
3	Carlie Ferguson	MT	LCCV	7.35
4	Lisa Rae	MT	WALK	7.32
5	Ashley Cummer	MT	ESS	6.89
6	Katie Courchesne	MT	LCCV	6.86
7	Maddy Halbert	MT	HHSS	6.75
8	Terralyn Mills	MT	WEST	6.68
9	Marissa Jolley	MT	KDSS	6.41
10	Melissa Ignocio		POCO	6.35
11	Lauren Pasma	MT	LDCS	6.29
12	Laura Keating	MT	SOUT	5.40

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Event 22 BOYS Shot Put

START: 12:45pm > Weight 4kg

Gold 14.00m /S- 13.50m /B- 13.00m

MEET RECORD:Dave Crombeen St. Pat's 17.59 1982

1	Joey Timpano	MT	MARC	13.51
2	Tyler Hearn	MT	SAUG	11.86
3	Dave Lootsma	MT	SAUG	11.37
4	Zack Wood	MT	SCIT	11.33
5	Mitch Rate	MT	LCCV	10.42
6	Luke Lamont	MT	SAUG	10.18
7	Stefan Hajgato	MT	ESS	10.12
8	Kale Monteith	MT	SCIT	9.99
9	Jason Dobson	MT	SCIT	9.96
10	Brian Hughes	MT	MARC	9.60
11	Zach Welten	MT	LCCV	9.48
12	Craig Mineilly	MT	LCCV	8.24

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Event 23 GIRLS Discus Throw

START: 11:30am > Weight 1kg

Gold 28.00m /S- 26.50m /B- 25.00m

MEET RECORD:Mary Lisle Madill 33.32 1994

1	Emily Watson		BANT	25.40
2	Sarah VanDenyden	MT	SDCI	23.88
3	Natalie Elliott	MT	CHSS	19.10
4	Carlie Ferguson	MT	LCCV	19.09
5	Lisa Rae	MT	WALK	18.43
6	Caitlyn Croley	MT	BANT	17.60
7	Katie Courchesne	MT	LCCV	16.89
8	Lauren Pasma	MT	LDCS	15.52
9	Hannah Sider	MT	WCI	13.90
10	Melissa Ignocio		POCO	13.80

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Event 24 BOYS Discus Throw

START: 9:00am > Weight 1kg

Gold 41.50m /S- 41.00m /B- 40.50m

MEET RECORD:Jason MacDonald Madill 49.16 1994

1	Tyler Hearn	MT	SAUG	33.41
2	Nick Nyhof	MT	BANT	31.13
3	Jason Dobson	MT	SCIT	29.93
4	Andrew Stevenson	MT	SDCI	27.83
5	Luke Lamont	MT	SAUG	27.39
6	Joey Timpano	MT	MARC	26.68
7	Mitch Rate	MT	LCCV	26.63
8	Stefan Hajgato	MT	ESS	26.37

9	Chris House		Inti	23.20
9	Kyle Limb	MT	LCCV	23.20
11	Scott Morris		Inti	23.03
12	Martin Pilar	MT	SAUG	22.99
13	Kale Monteith	MT	SCIT	21.86
14	Duncan McSorely		Inti	21.54
15	Ezekial McCarthy	MT	SHDH	20.89
16	Zack Wilson	MT	BANT	20.18
16	Zack Wood	MT	SCIT	20.18
18	Craig Mineilly	MT	LCCV	19.86
19	Jordan VanDerwell	MT	BANT	18.46

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Event 25 GIRLS Javelin Throw

START: 2:00pm > Weight 600g

Gold 29.00m /S- 28.00m /B- 27.00m

MEET RECORD:Laura Sovran Villanova 36.04 1998

1	Miranda Cornelius	MT	WEST	25.54
2	Sarah VanDenyden	MT	SDCI	22.75
3	Raquel Heflecy	MT	BANT	20.05
4	Carly Currie	MT	ESS	17.49
5	Ashley Cummer	MT	ESS	17.40
6	Lisa Rae	MT	WALK	16.37
7	Lauren Pasma	MT	LDCS	15.86
8	Shahad Elfaki	MT	BANT	14.82
9	Emily Weston	MT	BANT	14.77
10	Hannah Sider	MT	WCI	11.24
11	Kim Canning	MT	WALK	10.27

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Event 26 BOYS Javelin Throw

START: 11:30pm > Weight 800g

Gold 44.00m / S- 43.00m /B- 42.00m

MEET RECORD:Will Stewardson Banting 49.04 1999

1	Kevin Bowman		SAUG	38.47
2	Dylan Kemp	MT	CRES	36.67
3	Jason Dobson	MT	SCIT	36.51
4	Ben McNaughton	MT	MEDW	36.25
5	Martin Pilar	MT	SAUG	30.18
6	Ezekial McCarthy	MT	SHDH	28.63
7	Tyler Hearn	MT	SAUG	25.68
8	Cam Pennel	MT	BANT	25.18
9	Charlie Urqhart	MT	WEST	24.70
10	Zack Wilson	MT	BANT	23.73
11	Cameron Dawson	MT	LUCA	23.27
12	Scott Morris	MT	MEDW	22.23
13	Andy Huska	MT	MEDW	22.05
14	Kale Monteith	MT	SCIT	21.63
15	Jared Parker	MT	LUCA	20.89
16	Kirk Vander Ploeg	MT	MEDW	20.14
17	Zack Wood	MT	SCIT	19.93
18	Dan Johnston		PCI	18.67
	Stefan Hajgato	MT	ESS	ND

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Event 27 GIRLS Pole Vault

START: 9:00am

Gold 3.25m / S- 2.90m / B- 2.70m

1	Sarah Masek	JR	SAUN	1.90
2	Erin Collinson	SR	SAUN	1.90

3 Tina Bradshaw MT SNSS 1.70  
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Event 28 BOYS Pole Vault

START: U3m @ 10:30am/ O3m @ 12:30p  
Under 3m> G- 3.10m S-2.90m B-2.70m  
Over 3m> G- 3.80m S-3.60m B-3.40m  
MEET RECORD:Matt Bannon St. Benedict 3.60 1998

1	Michael Marcus	JR	SAUN	2.70
2	Daniel Picco	MT	MARC	2.50
3	Scott Frey	MT	SNSS	2.50
4	Steve Takahasi		CCH	2.30
4	Nick Cartaginese	MT	MARC	2.30
6	Michael Park	MT	SAUN	2.30
7	Brendan Talbot	MT	MARC	2.30
9	Ben Romanchych	MT	MARC	2.10
10	Mitch Delemo		CCH	2.10
	Logan Coleman	MT	SNSS	ND
	Matt Napiwotzki	MT	SNSS	ND
	Johnny Drake	JR	OAK	ND

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Event 29 GIRLS High Jump

START: 9:00am  
Gold 1.55m / S- 1.50m / B- 1.45m  
MEET RECORD:Catherine Bond Woodstock CI 1.66 1983

1	Chantelle Robertse		KING	1.55
2	Rachel Boumeester	MT	SDCI	1.40
3	Marissa Jolley	MT	KDSS	1.40
4	Olga Loudvinevitch	MT	CHCI	1.40
5	Steph VanRaay	MT	SACS	1.40
6	Carlie Ferguson	MT	LCCV	1.35
7	Erin Neal	MT	LUCA	1.35
8	Lisa Paquin	MT	KDSS	1.35
9	Stephanie Liscumb	MT	MEDW	1.35
10	Lakyn McPhail	MT	LCCV	1.30
11	Katelyn Bruinsma	MT	LDCS	1.30
12	Kirsten Thompson	JR	SCIT	1.30
13	Chloe Waind	MT	WCI	1.30
14	Amanda Baia	MT	MEDW	1.25
15	Teresa Harris	MT	LCCV	1.25
16	Kayla Goetz	MT	JFR	1.20
	Erika Caesar		POCO	FOUL
	Weronika Orszula		POCO	FOUL
	Jessie Elliott	MT	SCIT	FOUL
	Kasia Fila		POCO	FOUL
	Julia Spiegl	MT	CHCI	FOUL

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Event 30 BOYS High Jump

START: 2:00pm  
Gold 1.75m / S- 1.70m / B- 1.65m  
MEET RECORD:Nick Salomons Strathroy 1.88 1996

1	Jayden Dunn	MT	LCCV	1.65
2	Max Thompson	MT	POCO	1.65
3	Dylan Kemp	MT	CRES	1.60
4	Colin Bokhout	MT	CHSS	1.60
5	Jordan Schulz	MT	WCI	1.55
5	Dane Hachey	MT	WALK	1.55
7	Nigel Gignatis	MT	BANT	1.55

8	Talon Guerra	MT	HHSS	1.50
8	Michael Park	MT	SAUN	1.50
8	Jordan Molzan	MT	LCCV	1.50
11	Jeremy Hare	MT	SCIT	1.50
12	Willoughby Morley	MT	OAK	1.45
13	Kurt Williamson	MT	WALK	1.45
14	Jessy Weaver	MT	SAUN	1.45
15	Kirk Vander Ploeg	MT	MEDW	1.40
15	Jordan Arding	MT	MEDW	1.40
15	Oj Ekoma	MT	MARC	1.40
	Bryan Henderson	MT	WCI	ND

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Event 31 GIRLS 100m Dash

START: 11:05am > no starting blocks

Gold 12.6 /Silver 13.1 /Bronze13.6

MEET RECORD:Emily Johnson Zetica Gill J. F. Ross, M. Ward 12.10 2003

1	Jenna Bailey	JR	KDSS	13.23
2	Jen Olson	JR	MEDW	13.27
2	Jenna Challenger	JR	CRES	13.27
4	Taylor Gubbels	JR	MTS	13.44
5	Brittany Bos	JR	SACS	13.73
6	Emily Goad	JR	MTS	13.74
7	Jayden Morrison	JR	NLSS	13.76
8	Mallory Limage	JR	SAUN	13.82
9	Laurenne Braunsch	JR	MEDW	13.93
10	Jory Uyl	JR	SACS	14.02
11	Jayla Dekraker	JR	PCI	14.03
12	Kaitlyn Parsons	JR	JFR	14.14
13	Katerina Karidas	JR	SOUT	14.15
14	Sam Porter	JR	PCI	14.23
15	Julie McKeen	JR	MEDW	14.25
16	Jen Hardie	JR	MEDW	14.26
17	Jenna Deshutter	JR	LCCV	14.27
18	Jasmine Rate	JR	LCCV	14.30
19	Alanda Devor	JR	LDCS	14.33
20	Sarah Stewart	JR	WALK	14.46
21	Charlene Brown	JR	LCCV	14.51
22	Trista Hutchings	JR	CHCI	14.71
23	Mikaela Martin	JR	CHCI	14.74
24	Jenni Cork	JR	MEDW	15.31
25	Melissa Shaw		CRES	15.44
26	Emily VanDenburgt	JR	LCCV	15.50
27	Amanda Linseman	JR	WCI	15.52
28	Brittany Eason	JR	CRES	16.03
29	Kayla Smith	JR	SACS	16.12
30	Tyler Loyens	JR	MEDW	16.43
31	Ali Sinclair	JR	MEDW	16.57
32	Radhika Shankar	JR	CHCI	16.92
33	Thi Le	JR	CHCI	16.97
34	Sarah Booth	JR	WCI	17.72
34	Olivia Demoore		POCO	17.72
36	Megha Bhatt	JR	CHCI	17.73

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Event 32 BOYS 100m Dash

START: 10:20am > no starting blocks

Gold 11.4 /Silver 11.8 /Bronze12.2

MEET RECORD:D'arcy Kay Saunders 10.80 1982

1	Aaron Bowman	JR	SAUN	11.60
2	Pavel Petrov	JR	POCO	11.64

3	Paul Ponomaryov	JR	SAUG	11.89
4	Julian Black	JR	MEDW	11.98
5	Jesse Drydak	JR	LCCV	12.31
6	Steve Hons	JR	CRES	12.41
7	Cameron Root	JR	CRES	12.43
8	Mario Huzevka	JR	LCCV	12.75
9	Dan Kloosterman	JR	CRES	12.83
10	Eric Reid	JR	MEDW	12.87
11	Umberto Aceto	JR	POCO	12.90
12	Taylor Schurman	JR	ESS	12.91
13	Brendan Knight	JR	SCIT	12.93
14	Dean Willand	JR	PCI	12.96
15	Greg Seargeant	JR	HHSS	13.02
16	Zach Raynor	JR	BANT	13.22
17	Scott Sorenson	JR	CRES	13.24
18	Wani Pitia	JR	JPII	13.36
19	Tony Gee	JR	OAK	13.47
20	Pat Ramsay	JR	BANT	13.64
21	Curtis Poole	JR	PCI	13.71
22	Braeden MacKenzie	JR	SAUG	13.87
23	Richard Beland	JR	WALK	14.04
24	Matt Winterton	JR	MEDW	14.15
25	Coltan Dimmy		CRES	14.35
26	Terry Bressette	JR	CHSS	14.67
27	Mohammed Sidahmed	JR	CHCI	14.83

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#### Event 33 GIRLS 200m Dash

START: 4:35pm > no starting blocks

Gold 26.0 /Silver 27.3 /Bronze28.0

MEET RECORD:Octavia Beckles Laurier 24.50 1990

1	Jen Olson	JR	MEDW	27.13
2	Jenna Bailey	JR	KDSS	27.22
3	Jenna Challenger	JR	CRES	27.89
4	Krystall Shaw	JR	LAUR	28.03
5	Taylor Gubbels	JR	MTS	28.29
6	Jayden Morrison	JR	NLSS	28.36
7	Mallory Limage	JR	SAUN	28.55
8	Heather Andrew	JR	LCCV	28.88
9	Brittany Bos	JR	SACS	28.91
10	Laura Kosi	JR	JPII	29.09
11	Jayla Dekraker	JR	PCI	29.11
12	Laurenne Braunsch	JR	MEDW	29.14
13	Nicole Kay	JR	LDSS	29.40
14	Julie McKeen	JR	MEDW	29.76
15	Kaitlyn Parsons	JR	JFR	29.79
16	Brittany Black	JR	SAUN	29.84
17	Tyler Loyens	JR	MEDW	30.06
18	Ali Sinclair	JR	MEDW	30.33
19	Jen Hardie	JR	MEDW	30.37
20	Sam Hoover	JR	MEDW	30.96
21	Jenni Cork	JR	MEDW	31.23
22	Sarah Stewart	JR	WALK	31.26
23	Melissa Shaw		CRES	31.69
24	Kathleen Fitxpatrick	JR	LDSS	32.24
25	Kim Gauld	JR	MEDW	32.67
26	Danielle Rice	JR	MEDW	32.81
27	Meghan Feron	JR	MTS	32.92
28	Jocelyn Weltz	JR	WALK	33.13
29	Brittany Eason	JR	CRES	33.63
30	Radhika Shankar	JR	CHCI	35.58
31	Sarah Booth	JR	WCI	36.66

Event 34 BOYS 200m Dash

START: 5:05pm > no starting blocks  
Gold 23.3 /Silver 24.0 /Bronze24.7  
MEET RECORD:D'arcy Kay Saunders 21.60 1982

1	Pavel Petrov	JR	POCO	23.77
2	Paul Ponomaryov	JR	SAUG	23.78
3	Corey Graves	JR	ESS	24.45
4	Kodey Young	JR	SSC	24.60
5	Jesse Drydak	JR	LCCV	24.67
6	Julian Black	JR	MEDW	24.89
7	Cameron Root	JR	CRES	25.04
8	Dustin Haenni	JR	ESS	25.29
9	Steve Hons	JR	CRES	25.35
10	Evan Porter	JR	SAUG	25.44
11	Mario Huzevka	JR	LCCV	26.15
12	Pierce Colley	JR	JFR	26.28
13	Greg Seargeant	JR	HHSS	26.44
14	Nolan Frazer	JR	CRES	26.73
15	Brendan Berkens	JR	CRES	27.07
16	Erik Hausen	JR	CHSS	27.13
17	Brendan Knight	JR	SCIT	27.14
18	Pat Ramsay	JR	BANT	27.27
19	Eric Reid	JR	MEDW	27.34
20	Matt Winterton	JR	MEDW	28.86

Event 35 GIRLS 400m Run

START: 12:35pm >no starting blocks  
Gold 1:00.0 / S 1:03.0 / B 1:06.0  
MEET RECORD:Octavia Beckles Laurier 56.20 1990

1	Danielle VanOs	JR	NLSS	1:02.7
2	Brittany Bos	JR	SACS	1:03.3
3	Heather Rayner	JR	JFR	1:03.9
4	Amanda Kelsall	JR	ESS	1:04.3
5	Laura Kosi	JR	JPII	1:06.4
6	Leslie Rayner	JR	JFR	1:06.8
7	Crystal Allsop	JR	PCI	1:08.0
8	Carolyn Hodgson	JR	WALK	1:08.9
9	Elizabeth Reurink	Jr	CCH	1:11.4
10	Amanda Cork	JR	MEDW	1:12.5
11	Jocelyn Brewer	JR	CHCI	1:12.9
12	Megha Bhatt	JR	CHCI	1:24.6
13	Sarah Booth	JR	WCI	1:27.5

Event 36 BOYS 400m Run

START: 12:05pm >no starting blocks  
Gold 52.5 /Silver 54.5 /Bronze56.5  
MEET RECORD:Liam Card Saugeen 49.50 1997

1	Paul Ponomaryov	JR	SAUG	:52.6
2	Evan Porter	JR	SAUG	:53.4
3	Trevor Salmon	JR	CHCI	:53.5
4	Corey Graves	JR	ESS	:54.1
5	Dustin Haenni	JR	ESS	:54.7
6	Wani Pitia	JR	JPII	:56.6
7	Colin Young	JR	MARC	:57.0
8	Andrew Capling	JR	LAUR	:58.0



9	Noah Endale	JB	CLLT	:58.1
10	Dalton Rismay	JB	CLLT	:58.7
10	Eric Stewardson	JR	BANT	:58.7
12	Evan Cumming	JR	ESS	:58.8
13	Brendan Berkens	JR	CRES	:59.3
14	Travis Mountenay	JR	CRES	:59.5
15	Eric Reid	JR	MEDW	:59.8
16	Evan Greiger	JR	CRES	1:01.7
17	Mohammed Zibage	JR	WEST	1:03.8
18	Nolan Frazer	JR	CRES	1:05.1
19	Kasra Safavi-Naeini	JR	WCI	1:08.0
20	Welid Abdulkadir	JR	HHSS	1:09.5
21	Tamim Ahmed	JR	WCI	1:10.5
22	Adrian Matthewman	JR	BANT	1:12.2

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Event 37 GIRLS 800m Run

START: 3:35pm >1 turn stagger start

Gold 2:21.0 / S 2:28.0 / B 2:35.0

MEET RECORD:Lori MacKay J.F. Ross 2:14.70 1978

1	Hayley Green	JR	KDSS	2:29.83
2	Lizz Hodgson	JR	WALK	2:32.09
3	Courtney Lundy	JR	SSC	2:33.56
4	Nicole Kay	JR	LDSS	2:33.74
5	Amanda Kelsall	JR	ESS	2:37.65
6	Anna Bishop	JR	JFR	2:38.27
7	Stephanie Barbon	JR	MTS	2:44.74
8	Amanda Cork	JR	MEDW	2:53.88
9	Jill Nelles	JR	SCIT	2:58.39
10	Lauren Armstrong	JR	LCCV	3:05.46
11	Sonya Dubon	JR	CHCI	3:13.15
12	Gabby Rodriguez	JR	CHCI	3:26.28

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Event 38 BOYS 800m Run

START: 4:05pm >1 turn stagger start

Gold 2:03.0 / S 2:08.0 / B 2:13.0

MEET RECORD:Mike Thorson Saugeen 1:57.00 1998

1	Shaun Bisson	JR	SSC	2:03.98
2	Evan Porter	JR	SAUG	2:04.74
3	Trevor Salmon	JR	CHCI	2:05.14
4	Wani Pitia	JR	JPII	2:12.14
5	Noah Endale	JB	CLLT	2:16.19
6	Jonah Sandi	JR	JPII	2:19.13
7	Colin Young	JR	MARC	2:19.50
8	Evan Cumming	JR	ESS	2:22.72
9	Dalton Rismay	JB	CLLT	2:24.64
10	Andrew Capling	JR	LAUR	2:26.47
11	Abdul-Azim Barakzay	JR	WCI	2:28.70
12	Welid Abdulkadir	JR	HHSS	2:37.01
13	Alex Borthwick	JR	SCIT	2:37.61
14	Ron Norris	JR	CHCI	2:41.16
15	Travis Mountenay	JR	CRES	2:41.77
16	Joel Kaastra	JR	CHSS	2:44.10
17	Tamim Ahmed	JR	WCI	2:48.57
18	Kasra Safavi-Naeini	JR	WCI	2:48.65
19	Erickson Taluc	JR	POCO	3:30.96
20	Emerson Taluc	JR	POCO	3:33.37

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Event 39 GIRLS 1500m Run

START: 5:50pm  
Gold 4:50.0 / S 5:05.0 / B 5:15.0  
MEET RECORD:Jill Purola Huron Park 4:39.70 1980

1	Hayley Green	JR	KDSS	5:17.6
2	Lizz Hodgson	JR	WALK	5:21.5
3	Megan Reidy	JG	CLLT	5:53.5
4	Heidi Bechtold	JR	WCI	5:59.1
5	Jill Nelles	JR	SCIT	6:19.6
6	Nicole VanErp	JR	LCCV	6:19.9
7	Samantha Wilson	JR	WALK	6:23.4
8	Lauren Armstrong	JR	LCCV	6:34.6

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Event 40 BOYS 1500m Run

START: 6:25pm  
Gold 4:10.0 / S 4:20.0 / B 4:30.0  
MEET RECORD:Rob Morrison Saunders 4:02.00 1987

1	Shaun Bisson	JR	SSC	4:23.5
2	Jordan Collison	JR	SAUG	4:23.6
3	Remy Binns		LBP	4:34.8
4	Dylan Davidson	JR	LAUR	4:51.1
5	Zach Cahill	JR	SAUN	5:02.3
6	Abdul-Azim Barakzay	JR	WCI	5:04.8
7	Evan Cumming	JR	ESS	5:05.1
8	Alex Borgers	JR	WCI	5:36.5
9	Joel Kaastra	JR	CHSS	6:05.0
10	Kasra Safavi-Naeini	JR	WCI	6:07.0
11	Tamim Ahmed	JR	WCI	6:08.0

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Event 41 GIRLS 3000m Run

START: 1:30pm  
Gold 10:40.0 /S 11:05.0 /B 11:30.0  
MEET RECORD:Jennifer McPeck South 9:55.40 1983

1	Alicia Allen	JR	SAUN	10:58.3
2	Anna Bishop	JR	JFR	11:22.1
3	Stephanie Barbon	JR	MTS	11:35.8
4	Andrea Pszczola	JR	MTS	12:16.3
5	Heidi Bechtold	JR	WCI	12:39.4
6	Samantha Wilson	JR	WALK	12:52.2
7	Megan Reidy	JG	CLLT	12:56.1
8	Nicole VanErp	JR	LCCV	13:22.1
9	Sarah Wolfe	JR	CHCI	14:47.2

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Event 42 BOYS 3000m Run

START: 2:00pm  
Gold 9:10.0 / S 9:35.0 / B 10:00.0  
MEET RECORD:Chris Brewster CCH 8:39.00 1981

1	Jordan Collison	JR	SAUG	9:28.2
2	Dylan Davidson	JR	LAUR	9:59.1
3	Zach Cahill	JR	SAUN	10:02.3
4	Ian King	JR	OAK	10:22.7
5	Abdul-Azim Barakzay	JR	WCI	10:52.3
6	Tyler Oke	JR	MEDW	11:10.9
7	Ron Norris	JR	CHCI	11:16.0
8	Alex Borgers	JR	WCI	11:31.3
9	Russell Pellar	JR	SOUT	11:35.3
10	Cameron Moorehead	JR	MARC	12:16.6

Event 43 GIRLS 300m Hurdles

START: 9:00am > 7 hurdles  
50m to H-1 > 35m between > 30" ht  
Gold 46.5 /Silver 49.5 /Bronz52.0  
MEET RECORD:Jessica Zelinka Banting 43.00 1998

1	Jory Uyl	JR	SACS	48.21
2	Danielle VanOs	JR	NLSS	48.41
3	Justine McCurdy	JR	PCI	50.36
4	Heather Rayner	JR	JFR	50.80
5	Heather Andrew	JR	LCCV	51.87
6	Katie Gillespie	JR	LCCV	51.90
7	Krystall Shaw	JR	LAUR	52.03
8	Jayla Dekraker	JR	PCI	52.41
9	Leslie Rayner	JR	JFR	52.75
10	Mateya Zemlja		POCO	53.44
11	Nicole Teixeira	JR	MARC	54.39
12	Sam Hoover	JR	MEDW	54.47
13	Brittany Black	JR	SAUN	54.71
14	Jen Hardie	JR	MEDW	54.93
15	Ali Sinclair	JR	MEDW	55.97
16	Kathleen Fitzpatrick	JR	LDSS	56.38
17	Julie McKeen	JR	MEDW	56.69
18	Michaela Fernandes	JR	SACS	57.16
19	Jocelyn Brewer	JR	CHCI	58.48

Event 44 BOYS 300m Hurdles

START: 8:40am > 7 hurdles  
50m to H-1 > 35m between > 33" ht  
Gold 42.5 /Silver 45.0 /Bronz 48.0  
MEET RECORD:C. McFarlane Bluevale J. Hollingsworth PCI 39.40 '90,'96

1	Corey Graves	JR	ESS	43.39
2	Ryan Chanthavong	JR	CHCI	45.35
3	Ben Burns	JR	CRES	45.85
4	Matt Boven	JR	SACS	47.19
5	Erik Hausen	JR	CHSS	47.33
6	Ben Cauley	JR	JFR	47.45
7	Matt Dewit	JR	LDCS	47.92
8	Brendan Knight	JR	SCIT	49.30
9	Umberto Aceto	JR	POCO	50.18
10	Pierce Colley	JR	JFR	50.44
11	Lee McMurphy	JR	LCCV	51.48
12	Kevin Marinoff	JR	POCO	51.76
13	Mo Gee	JR	LDCS	52.03
14	Joel Kaastra	JR	CHSS	55.53
15	Adrian Matthewman	JR	BANT	55.63

Event 45 GIRLS 80m Hurdles

START: 2:40pm > 8 hurdles  
12m to H-1 > 8m between > 30"ht  
Gold 12.5 /Silver 13.0 /Bronz14.0  
MEET RECORD:Jessica Zelinka Banting 11.20 1998

1	Justine McCurdy	JR	PCI	12.90
2	Jory Uyl	JR	SACS	13.02
3	Laura Lebert	JR	LCCV	14.04
4	Jaclyn Breg	JR	ESS	14.43

5	Nicole Teixeira	JR	MARC	14.93
6	Karleah Bonk	JR	MTS	15.92
7	Kathleen Fitzpatrick	JR	LDSS	16.70
8	Sarah Stewart	JR	WALK	16.90
9	Mateya Zemlja		POCO	17.00
10	Victoria Ovoian		POCO	17.38
11	Amanda Linseman	JR	WCI	17.72
12	Samira Somer	JR	LAUR	17.92
13	Krystall Shaw	JR	LAUR	18.99

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Event 46 BOYS 100m Hurdles

START: 3:10pm >10 hurdles  
 13m to H-1 > 8.5m between >36"ht  
 Gold 14.8 /Silver 15.4 /Bronz16.0  
 MEET RECORD:Andrew Graham Banting 14.10 2006

1	Mark Stantsos	JR	SAUN	15.39
2	Ryan Chanthavong	JR	CHCI	16.15
3	Ben Burns	JR	CRES	16.58
4	Dan Kloosterman	JR	CRES	18.11
5	Zach Raynor	JR	BANT	18.21
6	Erik Hausen	JR	CHSS	18.46
7	Matt Dewit	JR	LDSC	18.51
8	Kevin Marinoff	JR	POCO	19.20
9	Greg Seargeant	JR	HHSS	19.22
10	Mo Gee	JR	LDSC	20.64

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Event 47 GIRLS Long Jump

START: 2:00pm  
 Gold 5.15m /Silver 4.95m /Brz4.75m  
 MEET RECORD:Ruth Pugh Dorchester 5.25 1979

1	Emily Goad	JR	MTS	5.14
2	Jenna Bailey	JR	KDSS	4.76
3	Jaclyn Breg	JR	ESS	4.35
4	Tyler Loyens	JR	MEDW	4.11
5	Katerina Karidas	JR	SOUT	4.10
6	Joanne Afghani	JR	SAUN	4.08
7	Trista Hutchings	JR	CHCI	4.07
8	Jessica Holmes	JR	LUCA	3.96
9	Stephanie Winterton	JR	MEDW	3.91
10	Lisa Nguyen	JR	CHCI	3.71
11	Danielle Rice	JR	MEDW	3.60
12	Mikaela Martin	JR	CHCI	3.55
13	Katherine Brine	JR	SAUN	3.21
14	Julie Bwanka	JR	BEAL	3.11

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Event 48 BOYS Long Jump

START: 12:30pm  
 Gold 6.15m /Silver 5.90m /Brz5.70m  
 MEET RECORD:Paul Whitty Saunders 6.69 1999

1	Johnny Drake	JR	OAK	5.52
2	Cameron Root	JR	CRES	5.35
3	Pavel Petrov	JR	POCO	5.24
4	Dylon Allen	JR	JFR	5.15
5	Brock Dease	JR	SCIT	5.07
6	Ryan Chanthavong	JR	CHCI	4.99
7	Mohammed Zibage	JR	WEST	4.78
8	Taurian Roy	JR	KDSS	4.64

9	Richard Beland	JR	WALK	4.51
10	Luc Porter	JR	JFR	4.45
11	Umberto Aceto	JR	POCO	4.45
12	Adam Orth	JR	SOUT	4.43
13	Mohammed Sidahmed	JR	CHCI	4.39
14	Welid Abdulkadir	JR	HHSS	4.07
15	Alex Bakay	JR	HHSS	4.02
16	Erickson Taluc	JR	POCO	2.46
	Emerson Taluc	JR	POCO	ND

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Event 49 GIRLS Triple Jump

START: 10:30am

Gold 10.30m / S- 10.00m / B- 9.70m

MEET RECORD:Anita Schipper London Christian 10.74 2003

1	Emily Goad	JR	MTS	10.15
2	Jaclyn Breg	JR	ESS	10.00
3	Carolyn Hodgson	JR	WALK	9.71
4	Tyler Loyens	JR	MEDW	9.47
5	Jayden Morrison	JR	NLSS	9.45
6	Nicole Kosi	JR	SDCI	8.76
7	Jessica Holmes	JR	LUCA	8.73
8	Danielle Rice	JR	MEDW	8.73
9	Ali Greenhow	JR	LUCA	8.44
10	Lisa Nguyen	JR	CHCI	8.30
11	Hannah Pricket	JR	SOUT	8.09
12	Julie Bwanka	JR	BEAL	7.43
13	Michaela Fernandes	JR	SACS	6.85
	Trista Hutchings	JR	CHCI	FOUL

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Event 50 BOYS Triple Jump

START: 10:30am

Gold 12.50m /S- 12.15m / B- 11.80m

MEET RECORD:Adam Bell Kincardine 12.62 2003

1	Brock Dease	JR	SCIT	10.86
2	Trevor Robinson	JR	WALK	10.67
3	Taylor Schurman	JR	ESS	10.63
4	Kyle Nutma	JR	LDCS	10.55
5	Dylon Allen	JR	JFR	10.30
6	Taurian Roy	JR	KDSS	10.13
7	Ben Cauley	JR	JFR	10.05
	Andrew Bailey	JR	SAUG	FOUL

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Event 51 GIRLS Shot Put

START: 10:15am > Weight 4kg

Gold 10.30m / S- 9.90m / B- 9.50m

MEET RECORD:Megan Weaver Lucas 13.29 2003

1	Kaitlyn Sanders	JR	LCCV	10.49
2	Tiffany Holmes	JR	SCIT	10.01
3	Megan Lowry	JR	ESS	8.80
4	Brittany Landry	JR	BANT	8.78
5	Karleah Bonk	JR	MTS	8.06
6	Sunsar Attwal	JR	HHSS	8.02
7	Katie McLean	JR	SAUN	7.72
8	Alanda Devor	JR	LDCS	7.70
9	Samira Somer	JR	LAUR	7.64
10	Katie Forbes	JR	ESS	7.50
11	Charlene Brown	JR	LCCV	7.06

12	Jessica Drake	JR	SAUG	7.00
13	Melissa Key	JR	ESS	6.82
14	Rebecca Brands	JR	SAUG	6.80
15	Alexa McGregor	JR	LCCV	6.39
16	Marissa Gray	JR	PCI	6.37
17	Brittany Singer	JR	PCI	6.36
18	Natasha Sarazin	JR	CHCI	6.26
19	Brittany Frieburger	JR	WALK	5.89

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Event 52 BOYS Shot Put

START: 2:00pm > Weight 4kg

Gold 15.50m /S- 15.00m / B- 14.00m

MEET RECORD:Fraser Clarke St. Thomas Aquinas 17.18 1997

1	Dean Willand	JR	PCI	15.30
2	Alex Pilar	JR	SAUG	14.71
3	Andrew Sherman	JR	ESS	13.56
4	Corey Cockram	JR	CHCI	13.41
5	Tyler Drury	JR	SCIT	13.14
6	Jesse Galic	JR	MARC	12.74
7	Kenneth Randall	JR	SCIT	12.52
8	Joseph Horvath	JR	LDCS	12.50
9	Brad Hann	JR	ESS	12.23
10	Nikola Matejic	JR	WEST	11.85
11	Terry Bressette	JR	CHSS	11.61
12	Rory Fell	JR	SCIT	10.87
13	Andrew Bailey	JR	SAUG	10.81
14	Peter Vink	JR	BANT	10.74
15	Colin Hayes	JR	MEDW	10.41
16	Bobby Marr	JR	LCCV	10.16
17	Curtis Poole	JR	PCI	10.14
18	Anthony Ditomasso	JR	POCO	9.30
19	Marko Mavra	JR	POCO	9.23
20	Chad Strudwick	JR	CHCI	8.71
21	Darren Willand	JR	PCI	8.00
22	Danny Young	JR	LCCV	7.37
	Jackson Gray	JR	SCIT	ND
	Iraj Gorgij	JR	WEST	ND

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Event 53 GIRLS Discus Throw

START: 12:45pm JUNIOR [??kg]

Gold 31.50m /S- 30.75m / B- 30.00m

MEET RECORD:Julie Lisle F.E. Madill 39.30 1994

1	Megan Lowry	JR	ESS	31.28
2	Kaitlyn Sanders	JR	LCCV	28.53
3	Rebecca Brands	JR	SAUG	23.86
4	Melissa Key	JR	ESS	21.87
5	Katie McLean	JR	SAUN	21.45
6	Katie Forbes	JR	ESS	20.34
7	Tawnya McGarrity	JR	WALK	19.73
8	Alexa McGregor	JR	LCCV	18.39
9	Jessica Drake	JR	SAUG	18.20
10	Marissa Gray	JR	PCI	18.15
11	River Roy	JR	KDSS	17.86
12	Tiffany Holmes	JR	SCIT	17.56
13	Alyssa Stokes	JR	LCCV	17.30
14	Heather Moir	JR	SDCI	17.20
15	Michelle Loft	JR	MEDW	16.88
16	Brittany Singer	JR	PCI	16.61
17	Brittany Frieburger	JR	WALK	15.67

18	Laura Geddes	JR	KDSS	14.51
19	Samira Somer	JR	LAUR	14.43
20	Jocelyn Weltz	JR	WALK	13.77
21	Natasha Sarazin	JR	CHCI	12.69
22	Karleah Bonk	JR	MTS	12.18
23	Krista Stemmler	JR	CHCI	9.32
	Thi Le	JR	CHCI	ND

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Event 54 BOYS Discus Throw

START: 3:15pm JUNIOR [1kg]

Gold 50.00m /S- 47.00m / B- 44.00m

MEET RECORD:Zack Ford Banting 53.62 2006

1	Alex Pilar	JR	SAUG	47.95
2	Peter Vink	JR	BANT	44.78
3	Nikola Matejic	JR	WEST	42.41
4	Dean Willand	JR	PCI	39.03
5	Philip Youngblut	JR	SAUN	38.05
6	Clark Teeple	JR	SDCI	35.76
7	Andrew Bailey	JR	SAUG	33.08
8	Khalid Khalil	JR	WEST	31.32
9	Andrew Sherman	JR	ESS	31.03
10	Kenneth Randall	JR	SCIT	28.59
11	Tyler Drury	JR	SCIT	27.89
12	Curtis Poole	JR	PCI	26.59
13	Oliver Slizewich	JR	MARC	26.16
14	Iraj Gorgij	JR	WEST	25.20
15	Marko Mavra	JR	POCO	25.00
16	Lucas Thompson	JR	MTS	24.37
17	Chad Strudwick	JR	CHCI	20.71
18	Danny Young	JR	LCCV	17.72
	Brad Hann	JR	ESS	ND
	Anthony Ditomasso	JR	POCO	ND

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Event 55 GIRLS Javelin Throw

START: 3:15pm JUNIOR [600g]

Gold 33.00m /S- 32.00m / B- 31.00m

MEET RECORD:Bobbi Arnett Parkside 43.58 1997

1	Tawnya McGarrity	JR	WALK	23.15
2	Alyssa Stokes	JR	LCCV	21.70
3	Jocelyn Brewer	JR	CHCI	20.30
4	Sam Porter	JR	PCI	19.05
5	Katie Forbes	JR	ESS	19.02
6	Trista Hutchings	JR	CHCI	18.62
7	River Roy	JR	KDSS	18.60
8	Lauren Armstrong	JR	LCCV	18.50
9	Jessica Drake	JR	SAUG	18.25
10	Brittany Singer	JR	PCI	17.97
11	Heather Moir	JR	SDCI	17.96
12	Megan Lowry	JR	ESS	17.46
13	Thi Le	JR	CHCI	15.15
14	Jenna Challenger	JR	CRES	14.17
15	Melissa Key	JR	ESS	12.51
16	Natasha Sarazin	JR	CHCI	12.50
17	Michelle Johnston	JR	CHCI	12.34
18	Krista Stemmler	JR	CHCI	12.12
18	Marissa Gray	JR	PCI	12.12
20	Olivia Kloosterman	JR	CRES	11.69
21	Mikaela Martin	JR	CHCI	11.23
22	Lisa Nguyen	JR	CHCI	9.93

Event 56 BOYS Javelin Throw

SRART: 10:15am JUNIOR [600g]

Gold 49.00m /S- 45.00m / B- 41.00m

MEET RECORD:Wiley Collins Westminster 59.86 2006

1	Andrew Sherman	JR	ESS	47.87
2	Philip Youngblut	JR	SAUN	42.30
3	Dustin Haenni	JR	ESS	42.00
4	Nikola Matejic	JR	WEST	41.57
5	Corey Cockram	JR	CHCI	37.10
6	Rory Fell	JR	SCIT	36.83
7	Greg Babcock	JR	LCCV	36.40
8	Jesse Dinsmore	JR	MEDW	36.05
9	Scott Sorenson	JR	CRES	35.35
10	Dan Kloosterman	JR	CRES	34.23
11	Brad Anderson	JR	WCI	34.12
12	Micheal Dinardo	JR	MARC	33.74
13	Alec Holla	JR	KDSS	32.81
14	Colin Hayes	JR	MEDW	31.60
15	Khalid Khalil	JR	WEST	30.60
16	Marko Mavra	JR	POCO	30.32
17	Brad Hann	JR	ESS	29.93
18	Evan Greiger	JR	CRES	28.80
19	Alex Bakay	JR	HHSS	26.59
20	Brandon Tuff	JR	PCI	25.49
21	Lee McMurphy	JR	LCCV	24.86
22	Danny Young	JR	LCCV	22.20
23	Tyler Bell	JR	WCI	21.03
24	David Wiles	JR	SCIT	16.46
	Iraj Gorgij	JR	WEST	ND
	Chad Strudwick	JR	CHCI	ND

Event 59 GIRLS High Jump

10:30am JUNIOR

Gold 1.58m /Silver 1.54m /Brz1.50m

MEET RECORD:Lisa DeVries Lucas 1.76 1985

1	Carolyn Hodgson	JR	WALK	1.40
2	Sarah Masek	JR	SAUN	1.35
3	Stephanie Winterton	JR	MEDW	1.30
4	Meghan Feron	JR	MTS	1.30
4	Kate Barnes	JR	LCCV	1.30
5	Melissa Shaw		CRES	1.25
5	Megan Smith	JR	MEDW	1.25

Event 60 BOYS High Jump

12:30pm JUNIOR

Gold 1.85m /Silver 1.80m /Brz1.75m

MEET RECORD:Pat O'Donoghue Sacred Heart 1.96 1986

1	Mark Stantsos	JR	SAUN	1.65
2	Kyle Nutma	JR	LDSC	1.65
3	Ian Scrimgeour	JR	BANT	1.60
4	Trevor Robinson	JR	WALK	1.55
5	Scott Sorenson	JR	CRES	1.55
6	Jesse Drydak	JR	LCCV	1.50
7	Lee McMurphy	JR	LCCV	1.45
	Mohammed Sidahmed	JR	CHCI	ND



Andrew Capling	JR	LAUR	ND
Dylan Davidson	JR	LAUR	ND
Michael Marcus	JR	SAUN	ND

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Event 61 GIRLS 100m Dash

START: 11:20am > no starting blocks

Gold 12.5 /Silver 12.9 /Bronze13.4

MEET RECORD:Lisa Keunemans Bluevale 11.90 1987

1	Melissa Hewitt	SR	MARC	12.29
2	Laura Robinson	SR	CRES	12.92
3	Jenna Brouwer	SR	LDCS	12.97
4	Alyssa Straatman	SR	LCCV	13.40
5	Kelsey Law	SR	BANT	13.69
6	Jasmine Dear	SR	MARC	13.74
7	Ada MacIejewski	SR	MTS	13.76
8	Jessica Warecki	SR	MTS	13.80
9	Britt Diger	SR	MEDW	13.81
10	Kelsey Herglotz	SR	MEDW	14.04
11	Emily Coxhead	SR	SAUN	14.05
12	Joclyn Millard	SR	MEDW	14.08
13	Natalie Stumpf	SR	MEDW	14.12
14	Amy Daniels	SR	MEDW	14.16
15	Felicia Black	SR	SAUN	14.23
16	Sarah Gunawan	SR	OAK	14.29
17	Nicole Breda	SR	MEDW	14.30
18	Caralyn Javornik	Sr	CCH	14.32
18	Krystal Thomson	SR	LCCV	14.32
20	Lindsay Campbell	SR	LAUR	14.36
21	Sarah Larocque	SR	LAUR	14.50
22	Brittney Jones	SR	MEDW	14.56
23	Maygen Amon	SR	LAUR	14.76
24	Ashley Roy	SR	CRES	15.03
25	Jessica Roy	SR	CRES	15.21
26	Carla Hurtado	SR	LAUR	15.49
27	Sophia Barquero	SR	MTS	16.00

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Event 62 BOYS 100m Dash

START: 10:30am > no starting blocks

Gold 11.2 /Silver 11.6 /Bronze11.9

MEET RECORD:Kevin Butcher Chatham-Kent Duane Clement St.Bdt 10.70 1991

1	Matt Brisson		STJO	11.55
2	Kj Hinds		BURL	11.68
3	Ian Barker	SR	SAUN	11.76
4	Jim Duffy	SR	ESS	11.89
5	Anthoney Scott	SR	MARC	11.91
6	Cory Norris	SR	JFR	11.93
7	Nick Nesbitt-Larking	SR	BANT	12.13
8	Ricardo Focey	SR	CHCI	12.26
9	Brady Harris	SR	SAUN	12.30
10	Kurt Baia	SR	MEDW	12.36
10	Travis Carl	SR	CRES	12.36
12	Ryan Earle	SR	CHCI	12.37
13	Ken Yates	SR	SAUN	12.39
14	Omar Akhras	SR	LUCA	12.40
15	Scott Suchard	MT	MTS	12.45
16	A.J. Jacobs	SR	MTS	12.54
17	Brad Sherk	SR	WCI	12.56
17	Andrew Bruce	SR	JFR	12.56
19	Darren Wright	SR	MEDW	12.57

20	Michael Kelly	SR	WCI	12.58
21	Chris Pace	SR	BANT	12.59
22	Ewan Canning	SR	WALK	12.60
23	Peter Bosi	SR	LUCA	12.66
24	Kyle Ashame	SR	BANT	12.70
25	Cory Campbell	SR	CRES	12.71
26	Derek Oswick	SR	MEDW	12.77
27	Eric Flemington	SR	LUCA	12.79
28	Ali Mobiaol	SR	BANT	12.82
29	Addison Sutherland	SR	SDCI	12.86
29	Chris Maxwell	SR	CRES	12.86
31	Louis Le	SR	CHCI	12.91
32	Cam Flannigan	SR	MEDW	12.93
33	Ty Ball	SR	PCI	12.94
34	Jake Flemington	SR	LUCA	13.01
35	Steve Thompson	SR	SCIT	13.09
36	Sebastian Hernandez	SR	JFR	13.12
37	Brandan Hancock	SR	PCI	13.15
38	Wes Hall	SR	MEDW	13.16
39	Derek Hoegy	SR	MEDW	13.18
40	Josh Faulkner	SR	PCI	13.28
41	Jason VanDergheynst	SR	LDSS	13.33
42	Dave Ferguson	SR	PCI	13.37
43	Wen Tan	SR	WCI	13.44
44	Jack Li	SR	LUCA	13.52
45	Cody Brideau	SR	SAUN	13.54
46	Richard Watson	SR	JFR	14.18
47	Kengo Muhamadi	SR	WCI	14.32

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Event 63 GIRLS 200m Dash

START: 4:45pm > no starting blocks

Gold 25.5 /Silver 26.5 /Bronze27.5

MEET RECORD:Val Beckles Laurier 24.40 1988

1	Melissa Hewitt	SR	MARC	25.21
2	Jen Rayner	SR	SDCI	26.63
3	Laura Robinson	SR	CRES	26.72
4	Emily Coxhead	SR	SAUN	26.75
5	VanEssa Braithwaite	SG	CLLT	27.30
6	Diandra Forde	SG	CLLT	27.32
7	Kelsey Law	SR	BANT	27.84
8	Jessica Warecki	SR	MTS	28.33
9	Marrissa Kloosterman	SR	CRES	28.82
10	Kayla Reid	SR	MARC	28.88
11	Joclyn Millard	SR	MEDW	28.99
12	Britt Diguer	SR	MEDW	29.22
13	Natalie Stumpf	SR	MEDW	29.34
14	Stephanie Varriano	SR	LAUR	29.52
15	Felicia Black	SR	SAUN	30.05
16	Sarah Larocque	SR	LAUR	30.12
17	Kelsey Herglotz	SR	MEDW	30.18
18	Stephanie Van Pelt	SR	WCI	30.30
19	Nicole Breda	SR	MEDW	30.77
20	Leah Gooyers	SR	LDSS	31.48
21	Sabrina Braithwaite	SG	CLLT	31.57
22	Jessica Roy	SR	CRES	32.42
23	Kate Penny	SR	OAK	32.77
24	Sophia Barquero	SR	MTS	33.45

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Event 64 BOYS 200m Dash

START: 5:15pm > no starting blocks

Gold 22.5 /Silver 23.0 /Bronze23.8  
MEET RECORD:Liam Card Saugeen 21.30 1998

1	Ian Barker	SR	SAUN	23.30
2	Chris Dundee	SR	SSC	23.46
3	Matt Brisson		STJO	23.52
4	Kj Hinds		BURL	23.71
5	Bryan Bogaert	SR	LCCV	24.05
6	Jim Duffy	SR	ESS	24.19
7	Ricardo Focey	SR	CHCI	24.28
8	Scott Leitch	SR	BANT	24.45
9	Nick Nesbitt-Larking	SR	BANT	24.71
10	Chris Pace	SR	BANT	24.86
10	Brady Harris	SR	SAUN	24.86
12	Darren Wright	SR	MEDW	24.95
13	Chris Maxwell	SR	CRES	25.15
14	Cory Campbell	SR	CRES	25.18
15	Sean Robinson	SR	SSC	25.34
16	Brad Sherk	SR	WCI	25.38
17	Peter Bosi	SR	LUCA	25.40
18	Kyle Ashame	SR	BANT	25.76
19	A.J. Jacobs	SR	MTS	25.80
20	Travis Carl	SR	CRES	25.85
20	Kurt Baia	SR	MEDW	25.85
22	Ewan Canning	SR	WALK	26.05
23	Eric Flemington	SR	LUCA	26.09
24	Leon Johnson	SB	CLLT	26.11
25	Wes Hall	SR	MEDW	26.14
26	Alex McNaughton	SR	MEDW	26.16
27	Brandan Hancock	SR	PCI	26.33
28	Derek Oswick	SR	MEDW	26.41
29	Jake Flemington	SR	LUCA	26.57
30	Derek Hoegy	SR	MEDW	26.79
31	Addison Sutherland	SR	SDCI	26.84
31	Chris Helps	SR	LCCV	26.84
33	Noor Ebad	MT	WEST	27.06
34	Brent Carson	SR	LUCA	27.39
35	Josh Faulkner	SR	PCI	27.77
36	Wen Tan	SR	WCI	28.32
37	Cody Burt	SR	PCI	30.07

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Event 65 GIRLS 400m Run

START: 12:45pm > no starting blocks

Gold 59.0/Silver 1:02.0/Brz 1:04.0

MEET RECORD:Ayden Ollivier Medway 55.10 2002

1	Julia Tousaw	SR	SACS	:57.3
2	Jen Rayner	SR	SDCI	:58.9
3	Diandra Forde	SG	CLLT	1:01.3
4	VanEssa Braithwaite	SG	CLLT	1:02.7
5	Sadie Cousins	SR	JFR	1:03.8
6	Marrissa Kloosterman	SR	CRES	1:04.6
7	VanEssa Martin	SR	CHCI	1:05.3
8	Stephanie Van Pelt	SR	WCI	1:06.0
9	Ashley Galea	SR	MARC	1:08.2
10	Sabrina Braithwaite	SG	CLLT	1:10.0
11	Sarah Johnston	SR	MTS	1:10.3
12	Kelsey Herglotz	SR	MEDW	1:10.9
13	Liz Gleason	SR	OAK	1:12.3
14	Michelle Whiteman	SR	WALK	1:16.7

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Event 66 BOYS 400m Run

START: 12:15pm > no starting blocks

Gold 51.0 /Silver 52.5 /Bronze54.0

MEET RECORD:Liam Card Saugeen 47.90 1998

1	Matt Kennedy	SR	ESS	51.23
2	Brad Sinopoli	SR	CRES	52.11
3	Jim Duffy	SR	ESS	52.95
4	Colin McLean	SR	SAUN	53.25
5	Ben Vink	SR	BANT	53.56
6	Sebastian Dys	SR	POCO	53.74
7	Andrew Bertrim	SR	CRES	54.63
8	Pat White	SR	CRES	55.77
9	Darren Wright	SR	MEDW	56.01
10	Michael Kelly	SR	WCI	56.36
11	Jon Steblin	SR	OAK	56.70
12	Brad Sherk	SR	WCI	56.96
13	Clayton Axford	SR	PCI	57.06
14	Salah Naamani	SR	CHCI	57.56
15	Ben Kenter	SR	LDSS	57.82
16	Brandan Hancock	SR	PCI	58.20
17	Alex McNaughton	SR	MEDW	58.59
18	Leon Johnson	SB	CLLT	58.86
19	Ryan Earle	SR	CHCI	59.02
20	Noor Ebad	MT	WEST	59.44
21	Brent Boles	Sr	CCH	59.67
22	Michael Ford	SR	POCO	1:01.21
23	Chris Yip	SR	MEDW	1:01.39
24	Brent Carson	SR	LUCA	1:01.85
25	Nima Ayatollahi	SR	POCO	1:02.16
26	Andrew Walker	SR	PCI	1:02.78
27	Mani Ayatollahi	SR	POCO	1:02.86
28	Dustin Heimler	SR	WCI	1:07.66

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Event 67 GIRLS 800m Run

START: 3:45pm >1 turn stagger start

Gold 2:20.0 /S - 2:25.0 /B - 2:30.0

MEET RECORD:Connie Beukeboom CCH 2:14.50 1987

1	Shannon Gribbons	SR	SAUG	2:19.62
2	Katie Anderson	SR	SHDH	2:22.57
3	Jen Barrow	SG	CLLT	2:27.94
4	Haley Cadwallader	SR	SCIT	2:29.46
5	Sadie Cousins	SR	JFR	2:33.21
6	Lindsay Ferguson	SR	BANT	2:36.45
7	VanEssa Martin	SR	CHCI	2:41.66
8	Olivia Gunnell	SR	MTS	2:43.55
9	Leah Gooyers	SR	LDSS	2:44.62
10	Alicia Weaver	SR	PCI	2:48.00
11	Courtney Taylor	SR	PCI	2:48.88
12	Stephanie Van Pelt	SR	WCI	2:50.88
13	Sam Thomas	SR	GLEN	2:52.41
14	Vicki Gray	SR	CRES	3:13.71
15	Michelle Whiteman	SR	WALK	3:15.88
16	Kristine Smith	SR	PCI	3:30.38

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Event 68 BOYS 800m Run

START: 4:15pm >1 turn stagger start

Gold 1:59.5 / S- 2:04.5 / B 2:09.5

MEET RECORD:Kurt Benninger Walkerton District 1:54.50 2003

1	Matt Kennedy	SR	ESS	1:59.10
2	Mike Poaps	SR	SSC	1:59.53
3	Andrew Harrietha	SR	CRES	2:02.20
4	Justin Vere	SR	LDSS	2:04.94
5	Brad Forbes	SR	WCI	2:06.07
6	James Kirk	SR	GLEN	2:07.74
7	Pat White	SR	CRES	2:11.46
8	Kurt Mason	SR	JPII	2:15.55
9	Rick Tielemans	SR	LAUR	2:16.64
10	Mike Tielemans	SR	LAUR	2:16.86
11	Tom Chondronikolas	SR	POCO	2:16.92
12	Moe Kilo	SR	WEST	2:20.01
13	Andrew Fisher	SR	LDSS	2:20.33
14	Mike Chondronikolas	SR	POCO	2:20.91
15	James Piddington	SR	PCI	2:21.96
16	Gabriel Moreno-Bautista	SR	WCI	2:22.35
17	Brent Boles	Sr	CCH	2:25.22
18	Tye Belanger	SR	SCIT	2:27.11
19	Chris Yip	SR	MEDW	2:28.98
20	Michael Aragona	SR	POCO	2:30.71
21	Andrew Walker	SR	PCI	2:34.52
22	Omid Jahangirnia	SR	WCI	2:38.69
23	Zach Caudle	SR	JPII	2:39.05
24	Oscar Merino-Hernandez	SR	CHCI	2:40.68
25	Peter Zuo	SR	WCI	2:41.75

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Event 69 GIRLS 1500m Run

START: 6:00pm

Gold 4:48.0 / S- 5:00.0 / B 5:10.0

MEET RECORD:Jackie Mota St. Mary's - Kitch 4:36.30 1986

1	Shannon Gribbons	SR	SAUG	4:48.6
2	Katie Anderson	SR	SHDH	5:07.1
3	Emma Thompson	SR	LDSS	5:22.8
4	Karley Fallaise	SR	WCI	5:28.2
5	Lindsay Ferguson	SR	BANT	5:32.5
6	Feyisayo Oni	SG	CLLT	5:35.0
7	Alicia Weaver	SR	PCI	6:17.0
8	Sam Thomas	SR	GLEN	6:21.9
9	Vicki Gray	SR	CRES	6:51.3
10	Yasmin Razavi	SR	WCI	7:02.2

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Event 70 BOYS 1500m Run

START: 6:40pm

Gold 4:02.0 / S 4:10.0 / B 4:18.0

MEET RECORD:Shawn MacKay East Elgin 3:56.20 1989

1	Scott Knieriem	SR	SDCI	4:10.3
2	Mike Poaps	SR	SSC	4:16.7
3	Ben Vink	SR	BANT	4:21.8
4	Colin McLean	SR	SAUN	4:28.7
5	Ford Thompson	SR	CHES	4:34.6
6	Brian Gray	SR	SCIT	4:44.7
7	Andrew Rupoli	SB	CLLT	4:45.5
8	Jake Campbell	SR	NLSS	4:50.3
9	Josh Matthewman	SR	BANT	4:56.3
10	James Piddington	SR	PCI	4:58.2
11	Todd Belrose	SR	CHES	5:00.3
12	Grant Bolton	SR	CHSS	5:03.6
13	Kengo Muhamadi	SR	WCI	5:04.0
14	Patrick Abalamu	Sr	CCH	5:11.2

15	Dan Neesom	SR	CRES	5:17.9
16	Gabriel Moreno-Bautista	SR	WCI	5:24.3
17	Ryan Van Dyl	SR	SCIT	5:32.4
18	Zach Caudle	SR	JPII	5:38.4
19	Omid Jahangirnia	SR	WCI	5:57.8
20	Peter Zuo	SR	WCI	6:01.1

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Event 71 GIRLS 3000m Run

START: 1:45pm

Gold 10:38.0/ S 10:59.0/ B 11:20.0

MEET RECORD:Karen Crich Medway :10:08.80 1988

1	Karley Fallaise	SR	WCI	11:29.2
2	Feyisayo Oni	SG	CLLT	11:40.7
3	Lauren Powell	SR	CHCI	12:14.3
4	Collen Yip	SR	MEDW	13:09.9
5	Yasmin Razavi	SR	WCI	14:53.1

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Event 72 BOYS 3000m Run

START: 2:15pm

Gold 8:55.0 / S- 9:15.0 /B- 9:30.0

MEET RECORD:Chris Brewster CCH 8:24.30 1982

1	Connor Hammond	SR	SAUN	8:56.9
2	James Kirk	SR	GLEN	9:15.6
3	Jon Whitelaw	SR	ESS	9:25.7
4	Dennis Mazajlo	Sr	CCH	9:31.1
5	Ford Thompson	SR	CHES	9:52.7
6	Colin Yardley	SR	CHCI	10:12.6
7	Mike Hill	SR	SCIT	10:17.2
8	Stephen Sharpe	SR	SACS	10:19.2
9	Andrew Rupoli	SB	CLLT	10:21.4
10	Kurt Mason	SR	JPII	10:22.4
11	Brian Gray	SR	SCIT	10:23.1
12	Todd Belrose	SR	CHES	10:24.0
12	Josh Matthewman	SR	BANT	10:24.0
14	James Piddington	SR	PCI	10:33.8
15	Grant Bolton	SR	CHSS	10:48.6
16	Shaun Pinder	SR	ESS	11:02.9
17	Dan Neesom	SR	CRES	11:04.9
18	Kengo Muhamadi	SR	WCI	11:11.5
19	Louis Townsend	SR	SCIT	11:12.8
20	Mike Reese	SR	WCI	11:42.4
21	Tommi Tiidus	SR	WCI	11:46.0
22	Ryan Van Dyl	SR	SCIT	11:46.5
23	Omid Jahangirnia	SR	WCI	12:17.3
24	Oscar Merino-Hernandez	SR	CHCI	12:35.6

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Event 73 GIRLS 400m Hurdles

START: 9:10am >10 hurdles

45m to H-1 > 35m between > 30" ht

Gold 1:04.0 / S 1:06.5 / B 1:09.0

MEET RECORD:Nadia Schmidt John Paul II 1:00.20 1995

1	Julia Tousaw	SR	SACS	1:04.11
2	Rita Rudell	SR	PSHR	1:05.51
3	Shauna Malek	SR	BANT	1:06.32
4	Ali Cadwallader	SR	SCIT	1:13.16
5	Krista Cook	SR	MEDW	1:14.23
6	Alicia Barnes	SR	LCCV	1:14.30

7	Courtney Taylor	SR	PCI	1:14.74
8	Lisa Pfister	SR	LDSS	1:18.51
9	Taylor Stroop	SR	OAK	1:19.49
10	Lauren Powell	SR	CHCI	1:20.51
11	Liz Gleason	SR	OAK	1:24.24
12	Michelle Whiteman	SR	WALK	1:31.67

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#### Event 74 BOYS 400m Hurdles

START: 8:30am >10 hurdles  
 45m to H-1 > 35m between > 36" ht  
 Gold 59.0 / S- 1:02.0 / B- 1:05.0  
 MEET RECORD:Shaun Murray St. Joe's Windsor 55.00 1998

1	Scott Leitch	SR	BANT	58.65
2	Craig Dease	SR	SCIT	1:01.18
3	James Berkel	SR	LDCS	1:03.73
4	David Andrzejewki	SR	POCO	1:04.10
5	Vaughn Schriver	SR	LAUR	1:06.19
6	Kirk Billing	SR	CRES	1:07.47
7	Ewan Canning	SR	WALK	1:08.09
8	Chris Yip	SR	MEDW	1:10.52
9	Jimmy Ying Yong	SR	CHCI	1:12.12
10	Chris Helps	SR	LCCV	1:16.57

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#### Event 75 GIRLS 100m Hurdles

START 2:50pm > 10 hurdles  
 13m to H-1 > 8.5m between > 30" ht  
 Gold 15.5 /Silver 16.0 /Bronze16.5  
 MEET RECORD:Jessica Zelinka Banting 14.00 1999

1	Rita Rudell	SR	PSHR	15.43
2	Emily Coxhead	SR	SAUN	15.47
3	Meghan Harris	SR	BANT	15.60
4	Stephanie Marotta	SR	MARC	17.29
5	Emma Crombeen	SR	MTS	17.72
6	Cassie Helps	SR	LCCV	18.05
7	Malaika Miles-Rossou	SR	BEAL	18.92
8	Carolyn Flananagan		POCO	19.41
9	Krystal Thomson	SR	LCCV	19.74
10	Kristy Darbishire	SR	LAUR	19.93
11	Kate Penny	SR	OAK	21.09
12	Liz Gleason	SR	OAK	21.27
13	Tarra Smith-Moseley		POCO	28.17
	Kayla Reid	SR	MARC	DNF

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#### Event 76 BOYS 110m Hurdles

START: 3:15pm > 10 hurdles  
 13.72m to H-1>9.14m between>36" ht  
 Gold 15.0 /Silver 15.7 /Bronze16.2  
 MEET RECORD:Jamie Ryder Banting 14.40 2006

1	Matt Brisson		STJO	14.88
2	Kj Hinds		BURL	15.09
3	Andrew Graham	SR	BANT	15.55
4	Anthony Scott	SR	MARC	15.58
5	Mike Lopatowski	MT	MTS	15.71
6	Eric Neumann	SR	SAUN	15.93
7	David Andrzejewki	SR	POCO	16.95
8	Jon Steblin	SR	OAK	17.46
9	Craig Dease	SR	SCIT	17.54

10	Kirk Billing	SR	CRES	18.22
11	Sebastian Hernandez	SR	JFR	18.23
12	Derek Oswick	SR	MEDW	18.51
13	Louis Le	SR	CHCI	18.58
14	Ty Ball	SR	PCI	18.87
15	Jimmy Ying Yong	SR	CHCI	19.00
16	Matt Klassan	SR	MEDW	19.54
17	Ryan Tang	SR	LUCA	19.68

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Event 77 GIRLS Long Jump

9:00am SENIOR

Gold 5.20m / S- 5.00m / B- 4.80m

MEET RECORD:Ruth Pugh Dorchester 5.53 1981

1	Melissa Hewitt	SR	MARC	5.55*
2	Sarah Greenhow	SR	LUCA	4.70
3	Katie Kaiser	SR	SAUN	4.61
4	Alyssa Straatman	SR	LCCV	4.55
5	Amy Daniels	SR	MEDW	4.42
6	Malaika Miles-Rossou	SR	BEAL	4.41
7	Annalise Tichenoff	SR	MEDW	4.39
8	Meghan Harris	SR	BANT	4.33
9	Sarah Gunawan	SR	OAK	4.30
9	Lindsay Campbell	SR	LAUR	4.30
11	Karie Weaver		POCO	4.25
12	Natalie Stumpf	SR	MEDW	4.11
13	Caralyn Javornik	Sr	CCH	4.10
14	Felicia Black	SR	SAUN	4.07
15	Stephanie Varriano	SR	LAUR	3.92
16	Maygen Amon	SR	LAUR	3.75
17	Ivana Asumeng	SR	MARC	3.65
18	Kristy Darbishire	SR	LAUR	3.56
19	Ada MacIejewski	SR	MTS	3.54
20	Andrea Whitehead	SR	BEAL	3.27
21	Katie Rose	SR	CHCI	3.24
22	Tarra Smith-Moseley		POCO	2.68

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Event 78 BOYS Long Jump

9:00am SENIOR

Gold 6.50m / S- 6.25m / B- 6.00m

MEET RECORD:Mark Detaillleur Lambton Central 6.61 1987

1	Brad Janzen	SR	SDCI	5.75
2	Andrew Bertrim	SR	CRES	5.72
3	Steven Thorup	SR	LAUR	5.70
4	John Garrett	SR	ESS	5.48
5	Craig Dease	SR	SCIT	5.45
6	Jamie Schaafsma	SR	LDCS	5.41
7	Kyle Ashame	SR	BANT	5.38
8	Brenten Pelleboer	SR	LCCV	5.35
9	Vaughn Schriver	SR	LAUR	5.33
10	Ryan Earle	SR	CHCI	5.25
11	Chris Maxwell	SR	CRES	5.24
12	Wes Hall	SR	MEDW	5.18
13	Ryan Tang	SR	LUCA	5.12
14	Steve Thompson	SR	SCIT	5.01
15	A.J. Jacobs	SR	MTS	4.77
16	Andrew Klenhans	SR	SOUT	4.74
17	Cam Flannigan	SR	MEDW	4.72
18	Vlad Goumberidze	SR	POCO	4.65
19	Nima Ayatollahi	SR	POCO	4.49



20	Moe Kilo	SR	WEST	4.39
21	Ryan Douglas	SR	SDCI	4.16
21	Dave Ferguson	SR	PCI	4.16
23	Mani Ayatollahi	SR	POCO	4.15
24	Salah Naamani	SR	CHCI	4.02

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Event 79 GIRLS Triple Jump

12:30pm SENIOR

Gold 10.50m / S- 10.15m / B- 9.85m

MEET RECORD:Shantelle Williams St. Augustine 10.20 2005

1	Sarah Greenhow	SR	LUCA	10.16
2	Amy Daniels	SR	MEDW	10.11
3	Sarah Gunawan	SR	OAK	10.01
4	Katie Kaiser	SR	SAUN	9.94
5	Meghan Harris	SR	BANT	9.77
6	Malaika Miles-Rossou	SR	BEAL	9.76
7	Jenn House	SR	OAK	9.47
8	Jonella Nguyen		POCO	8.28
	Katie Rose	SR	CHCI	ND

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Event 80 BOYS Triple Jump

2:00pm SENIOR

Gold 13.00m/ S- 12.50m / B- 12.00m

MEET RECORD:Ikenna Obonna St. Augustine 14.45 2006

1	Vuk Bogunovic	SR	CHCI	12.27
2	Andrew Klenhans	SR	SOUT	12.07
3	Jimmy Ying Yong	SR	CHCI	11.87
4	John Garrett	SR	ESS	11.81
5	Steven Thorup	SR	LAUR	11.58
6	Brenten Pelleboer	SR	LCCV	11.58
7	Dave Kloosterman	SR	CRES	11.43
8	Ryan Tang	SR	LUCA	10.98
9	Cam Flannigan	SR	MEDW	10.61
10	Vlad Goumberidze	SR	POCO	10.11
11	Omar Akhras	SR	LUCA	10.05
12	Ryan Douglas	SR	SDCI	8.35

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Event 81 GIRLS Shot Put

START: 11:30pm SENIOR [4kg]

Gold 11.10m/ S- 10.75m / B- 10.40m

MEET RECORD:Bonnie Brooks St. Christopher's 13.05 1986

1	Diana Lane	SR	BANT	12.05
2	Danielle Horvat	SR	ESS	11.44
3	Kaleigh Mathers	SR	MARC	8.81
4	Meredith Allan	SR	OAK	8.68
5	Mandy Mitchell	SR	ESS	8.67
6	Melinda Scott	SR	KDSS	8.60
7	Alex Poetschke	SR	SAUN	8.43
8	Lindsey Johnson	SR	PCI	8.17
9	Katie Weaver	SR	LUCA	8.13
10	Trang Le	SR	CHCI	7.75
11	Natalie Ciminelli	SR	MARC	7.68
12	Stephanie Folino	SR	MARC	7.48
13	Erin Steer	SR	JPII	7.44
14	Kayla Congdon	SR	PCI	7.22
15	Andrea Whitehead	SR	BEAL	7.16
16	Nikki Whiteman	SR	WALK	6.87

Event 82 BOYS Shot Put

START: 3:15pm SENIOR >Weight 5.44kg  
Gold 15.00m/ S- 14.50m / B- 14.00m  
MEET RECORD:Johnny Neilson Seaforth 18.73 1980

1	Daniel Novia	SR	POCO	15.29
2	Zach Russell-Ford	SR	BANT	14.48
3	Wiley Collins	SR	WEST	14.16
4	Dan Park	SR	LCCV	13.75
5	Micheal Montecalvo	SR	MARC	13.49
6	David Mathers	SR	MARC	13.07
7	Alex Rodenhiser	SR	SOUT	13.05
8	Kris Fischer	SR	BANT	12.75
9	Brian Shuter	SR	SCIT	11.80
10	Michael Ford	SR	POCO	11.18
11	Dale Willand	SR	PCI	11.10
12	Graham Morton	MT	MTS	10.75
13	Bryan Swan	SR	LCCV	10.47
14	Omar Badran	SR	MARC	10.22
15	Tyler Hackney	SR	PCI	10.08
16	Cody Burt	SR	PCI	9.86
17	Walter Antonov	SR	POCO	9.71
18	Brad Forbes	SR	WCI	9.47

Event 83 GIRLS Discus Throw

START: 2:00pm > Weight 1kg  
Gold 34.00m/ S- 32.50m/ B- 31.00m  
MEET RECORD:Jen Butler Strathroy 39.46 1999

1	Meredith Allan	SR	OAK	37.84
2	Diana Lane	SR	BANT	36.04
3	Danielle Horvat	SR	ESS	34.36
4	Mandy Mitchell	SR	ESS	31.20
5	Hannah Keating	SR	SOUT	27.89
6	Stephanie Folino	SR	MARC	27.28
7	Kayla Congdon	SR	PCI	26.37
8	Kaleigh Mathers	SR	MARC	23.56
9	Lindsey Johnson	SR	PCI	23.03
10	Trang Le	SR	CHCI	20.72
11	Natalie Ciminelli	SR	MARC	20.54
12	Nikki Whiteman	SR	WALK	20.06
13	Andrea Wassink	SR	LDCS	19.90
14	Melinda Scott	SR	KDSS	19.20
15	Stephanie Van Pelt	SR	WCI	18.18
16	Katie Weaver	SR	LUCA	16.72
17	Jessica Wong	SR	WCI	13.54
18	Kyla VanDerzwet	SR	SAUG	13.33

Event 84 BOYS Discus Throw

START: 10:15am > Weight 1.61kg  
Gold 44.00m/ S- 42.00m / B- 40.00m  
MEET RECORD:Jason Tunks Banting 59.38 1995

1	Daniel Novia	SR	POCO	47.55
2	Wiley Collins	SR	WEST	45.10
3	Zach Russell-Ford	SR	BANT	45.00
4	Kris Fischer	SR	BANT	39.96
5	Colton Ponzo	SR	MARC	37.35
6	Josh Archer	SR	SAUG	36.35

7	Nick Deelstra	SR	LDCS	34.17
8	Alex Rodenhiser	SR	SOUT	33.60
9	Walter Antonov	SR	POCO	31.69
10	David Mathers	SR	MARC	30.40
11	Dave Kloosterman	SR	CRES	29.89
12	Bryan Swan	SR	LCCV	29.67
13	Tyler Hackney	SR	PCI	28.62
14	Omar Badran	SR	MARC	27.86
15	Matt Charron	SR	PCI	27.40
16	Dale Willand	SR	PCI	25.94
17	Micheal Montecalvo	SR	MARC	25.52
18	Srdjan Andrejic	SR	CHCI	25.37
19	Brian Shuter	SR	SCIT	20.31
20	Spencer Vms	SR	PCI	19.92
21	Peter Giemza	SR	MARC	9.24
	Brad Forbes	SR	WCI	FOUL

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Event 85 GIRLS Javelin Throw

START: 9:00am > Weight 600g

Gold 35.00m/ S- 33.50m / B- 32.00m

MEET RECORD:Laura Gignac Villanova 45.60 1998

1	Emily King	SR	NORT	36.01
2	Mandy Mitchell	SR	ESS	34.84
3	Danielle Horvat	SR	ESS	28.30
4	Katie Weaver		UNAT	28.02
5	Hannah Keating	SR	SOUT	28.00
6	Diana Lane	SR	BANT	27.80
7	Charlene Bryant	SR	SDCI	24.00
8	Andrea Wassink	SR	LDCS	22.89
9	Katrina Parker	SR	BEAL	22.23
10	Melinda Scott	SR	KDSS	21.32
11	Rachel Steer	MT	JPII	21.04
12	Kayla Congdon	SR	PCI	18.57
13	Krista Kulczycki	SR	LUCA	18.55
14	Nicole Roeder	SR	WCI	18.40
15	Courtney Crossen	SR	WEST	18.25
16	Trang Le	SR	CHCI	17.83
17	Maygen Amon	SR	LAUR	16.74
18	Kyla Zielbauer	SR	WEST	16.62
19	Nikki Whiteman	SR	WALK	16.53
20	Jessica Wong	SR	WCI	13.94
21	Stephanie Urqhart	SR	WEST	13.57
22	Kyla VanDerzwet	SR	SAUG	12.20
23	Andrea Whitehead	SR	BEAL	8.94

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Event 86 BOYS Javelin Throw

START: 12:45pm > Weight 800g

Gold 50.00m/ S- 48.00m / B- 46.00m

MEET RECORD:Scott Russell Brennan 59.98 1997

1	Wiley Collins	SR	WEST	57.12
2	Brad Sinopoli	SR	CRES	53.98
3	Casey Garbaty	SR	NORT	52.83
4	Steve Thompson	SR	SCIT	44.34
5	Justin Anstett	SR	SHDH	42.50
6	Dale Brubacher		LIST	41.63
7	Adam Little	SR	SAUG	41.18
8	Tyler Armor	SR	BANT	39.90
9	Paul Verhovsky	SR	MARC	36.80
10	Robert Florindi	SR	MARC	33.35

11	Chris Pace	SR	BANT	33.26
12	Tyler Hackney	SR	PCI	33.15
13	Ian McGuire	SR	LCCV	32.24
14	Andrew Klenhans	SR	SOUT	31.75
15	Paul Sumpton	SR	SAUN	31.73
16	Matt Charron	SR	PCI	30.95
17	Brad Forbes	SR	WCI	30.76
18	Kendall Arthur	SR	LAUR	29.81
19	Michael Aragona	SR	POCO	28.18
20	Spencer Vms	SR	PCI	25.37
21	Ryan Pigott	SR	LCCV	24.25
22	Josh Faulkner	SR	PCI	20.69
23	Brent Carson	SR	LUCA	15.90
	Brad Janzen	SR	SDCI	ND
	Srdjan Andrejic	SR	CHCI	ND

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#### Event 87 GIRLS Pole Vault

START: 9:00am

Gold - 2.60m / S- 2.40m / B- 2.20m

MEET RECORD:Marcie Vietch St. Anne's,Tecumseh 3.40 2005

1	Jenn House	SR	OAK	3.40*
2	Alex Poetschke	SR	SAUN	3.20
3	Emma Crombeen	SR	MTS	2.80
4	Erin Collinson	SR	SAUN	1.90

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#### Event 88 BOYS Pole Vault

START: U3m @ 10:30am/ O3m @ 12:30pm

Under 3m> G- 3.10m S-2.90m B-2.70m

Over 3m> G- 3.80m S-3.60m B-3.40m

MEET RECORD:Rob Flood Saunders 4.50 2000

1	Eric Neumann	SR	SAUN	3.80
1	Chris Erle	SR	MTS	3.80
3	Jeremy Francis	SR	SNSS	3.10
4	Alex Andruko	SR	MARC	2.80
5	Paul Sumpton	SR	SAUN	2.70
6	Cody Brideau	SR	SAUN	2.50
7	Mike Ayotte	SR	SNSS	2.50
8	Kyle Dougals	SR	SNSS	2.50
9	Garrett Koss	SR	SNSS	2.50
10	Richard Falck	SR	SAUN	2.30
	Vuk Bogunovic	SR	CHCI	ND

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#### Event 89 GIRLS High Jump

START: 12:30pm

Gold - 1.63m / S- 1.58m / B- 1.53m

MEET RECORD:Catherine Bond Nancy Van Druemel Wood. CI, E.Lamb. 1.71 19

1	Rita Rudell	SR	PSHR	1.60
2	Katie Kaiser	SR	SAUN	1.50
3	Alex Poetschke	SR	SAUN	1.45
4	Krista Cook	SR	MEDW	1.40
5	Kristy Darbishire	SR	LAUR	1.30
	Ashley Roy	SR	CRES	ND
	Laura Robinson	SR	CRES	ND
	Stephanie Varriano	SR	LAUR	ND

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#### Event 90 BOYS High Jump

START 11:35am  
Gold - 1.90m / S- 1.85m / B- 1.80m  
MEET RECORD:Pat O'Donoghue Sacred Heart 2.06 1987

1	Derek Drouin	SR	SPAT	2.00
2	Eric Neumann	SR	SAUN	1.85
3	Mike Lopatowski	MT	MTS	1.85
4	Jamie Schaafsma	SR	LDCS	1.65
4	Micheal Neal	SR	LUCA	1.70
5	Mark Simon	SR	OAK	1.65
6	Tye Belanger	SR	SCIT	1.65
7	Steven Thorup	SR	LAUR	1.65
8	John Garrett	SR	ESS	1.60
9	Scott Wilkinson		OAK	1.60
	Salah Naamani	SR	CHCI	ND
	Oscar Merino-Hernandez	SR	CHCI	ND
	Kengo Muhamadi	SR	WCI	ND
	Kevin Gittens	SR	BANT	ND

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Event 91 GIRLS 1500 Steeplechase

START: 11:40am > no jumps 1st 300m  
312m free + 3 laps water&barriers  
Gold 5:30.0 / S 5:45.0 / B 6:00.0  
MEET RECORD:Maddie Wallace London Central 5:21.10 2006

1	Haley Cadwallader	SR	SCIT	5:27.9
2	Jen Barrow	SG	CLLT	5:38.8
3	Karley Fallaise	SR	WCI	5:54.3
4	Alicia Barnes	SR	LCCV	6:00.8
5	Lauren Powell	SR	CHCI	6:12.0
6	Sarah Johnston	SR	MTS	6:16.6
7	Lisa Pfister	SR	LDSS	6:17.0
8	Courtney Taylor	SR	PCI	6:19.5
9	Collen Yip	SR	MEDW	6:36.0
10	Stormi Fonger	JR	SAUN	6:44.3
11	Lauren Armstrong	JR	LCCV	7:19.2
12	Samira Somer	JR	LAUR	8:32.0

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Event 92 BOYS 2000 Steeplechase

START: 9:20am >2 turn stagger start  
5 x water + 18 total barriers  
Gold 6:29.9 / S 6:51.0 / B 7:13.0  
MEET RECORD:Steve Murray Sandwich 6:02.20 1988

1	Jon Whitelaw	SR	ESS	6:45.0
2	Andrew Harrietha	SR	CRES	6:46.1
3	Mike Hill	SR	SCIT	7:10.1
4	Jake Campbell	SR	NLSS	7:12.0
5	Derek Micoli	SR	JPII	7:12.4
6	Matt Tiampo		LC	7:13.3
7	Mike Tielemans	SR	LAUR	7:15.1
8	Graham Siberry-Saunders	SR	SACS	7:20.4
9	Rick Tielemans	SR	LAUR	7:23.0
10	Derek VanLeerzem	SR	LCCV	7:30.4
11	Tye Belanger	SR	SCIT	7:41.2
12	Andrew Fisher	SR	LDSS	7:49.0
13	Jonah Sandi	JR	JPII	7:56.2
14	Richard Falck	SR	SAUN	8:01.2
15	Andrew Walker	SR	PCI	8:03.3
16	Jason Drummond	MT	MEDW	8:25.1
17	Tyler Oke	JR	MEDW	8:28.5

18	Jordon Baldwin	MT	LAUR	8:36.0
19	Mike Reese	SR	WCI	8:45.3
20	Louis Townsend	SR	SCIT	8:47.0
21	Dan Johnston		PCI	9:02.4
22	Tommi Tiidus	SR	WCI	9:12.1
23	Alex Borthwick	JR	SCIT	9:19.5
24	Devron Brown	SR	CHCI	10:36.0

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Event 93 GIRLS 1600 4x400m

START: 7:00pm >2 turn stagger start  
 G- 4:10.0 / S- 4:20.0 / B- 4:30.0

1	A T	OG	CLLT	4:21.49
2	Sabres A	SR	SAUN	4:26.58
3	Mustangs A	Ope	CRES	4:31.54
4	Lancers A	O	LCCV	4:32.78
5	Vikings A		WCI	4:46.48
6	Lancers B	O	LCCV	4:50.96
7	Sampeders A	MT	PCI	4:52.41

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Event 94 BOYS 1600 4x400m

START: 7:15pm >2 turn stagger star  
 G - 3:30.0 / S- 3:40.0 / B- 4:50.0

1	Mustangs A	Ope	CRES	3:33.49
2	Colts A	SR	SSC	3:39.68
3	Sabres A	SR	SAUN	3:51.96
4	Vikings A		WCI	3:54.12
5	A T	OB	CLLT	3:55.21
6	Mustangs B	Ope	CRES	4:01.87
7	Lancers B	O	LCCV	4:05.50
8	Stampeders A	SR	PCI	4:07.45
9	Lancers A	O	LCCV	4:43.68

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