



# INDIVIDUAL WINNERS

	NAME	POINTS	SCHOOL
MID. GIRL	① <u>Becky Sager</u>	<u>30</u>	<u>LCCV</u>
	② <u>Emilie Ainsworth</u>	<u>28</u>	<u>SCIT.</u>
	③ <u>Laurie Sproviero</u>	<u>26</u>	<u>St. Pat</u>
JR. GIRL	<u>Catherine Prendville</u>	<u>30</u>	<u>St. Pat</u>
	<u>Tammy Vanreenen</u>	<u>28</u>	<u>St. Clair</u>
	<u>Nancy Van Dreumel</u>	<u>22</u>	<u>ELSS</u>
SR. GIRL TIE	① <u>Kelly Griffin</u>	<u>30</u>	<u>St. Clair</u>
	① <u>Angela Humphrey</u>	<u>30</u>	<u>LCCV</u>
	② <u>C. Condie</u>	<u>28</u>	<u>SCIT.</u>
MID. BOY TIE	① <u>Stuart Boshell</u>	<u>30</u>	<u>St. Pat</u>
	② <u>Mike Mooers</u>	<u>28</u>	<u>St. Cla</u>
	③ <u>Corey Horton</u>	<u>28</u>	<u>LCCV</u>
JR. BOY	① <u>Dave Cooper</u>	<u>28</u>	<u>St. Pat</u>
	② <u>Jeff Cassin</u>	<u>26</u>	<u>St. Pat</u>
	③ <u>Shane Hussey</u>	<u>24</u>	<u>LCCV</u>
SR. BOY TIE	① <u>James Irwin</u>	<u>30</u>	<u>LCCV</u>
	② <u>Jerry Pilon</u>	<u>28</u>	<u>LCCV</u>
	② <u>Ken Mino</u>	<u>28</u>	<u>St. Pat</u>
	② <u>Wendell Dennis</u>	<u>28</u>	<u>Northe</u>

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

MIDGET BOYS

800 M

1.	Stuart Boshell	St. Pats	2:10.15
2.	Blair Haley	St. Pats	2:12.50
3.	Craig Snow	LCCVI	2:13.7
4.	Jason Thompson	LCCVI	2:15.7
5.	Chris Stinson	LCCVI	2:17.5
6.	Steve Hubbard	St. Pats	2:19.1

200 M

1.	Brian Heslop	St. Pats	24.5
2.	Tom Hudson	LCCVI	24.8
3.	Sean Dickenson	NCIVS	24.9
4.	Steve McGrail	LCCVI	25.2
5.	Chuck Burns	LCCVI	25.3
6.	Phil Fraser	NCIVS	25.4

400 M

1.	Mike Mooers	St. Clair	55.7
2.	Tom Hudson	LCCVI	56.4
3.	Brian Heslop	St. Pats	57.2
4.	Craig N'esbit	LCCVI	59.4
5.	Jon Foreman	St. Pats	59.6
6.	Mark Wildschut	LCHS	59.8

100 M

1.	Tom Hudson	LCCVI	12.0
2.	Chris Hui	St. Pat's	12.05
3.	Steve McGrail	LCCVI	12.2
4.	Sean Dickenson	Northern	12.3
5.	Sean Sexton	SCITS	12.3
6.	Brian Heslop	St. Pat's	12.4

1500 M

1.	Stuart Boshell	St. Pats	4:36
2.	Mike Mooers	St. Clair	4:36
3.	Chris Stinson	LCCVI	4:37.9
4.	Blair Haley	ST. Pats	4:39
5.	Jason Thompson	LCCVI	4:46.7
6.	Jeff Shea	ELSS	4:48.2

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

MIDGET BOYS

3000 M

1.	Stuart Boshell	St. Pats	9:59.6
2.	Chris Stinson	LCCVI	10:17.3
3.	Scott Siebert	NCIVS	10:22.9
4.	Craig Snow	NCIVS	10:22.9
5.	Marc Philippon	St. Clair	10:42.1
6.	Steve Kuiack	St. Pats	11:16.1

100 M HURDLES

1.	Corey Horton	LCCVI	15.0
2.	Chuck Burns	LCCVI	16.2
3.	Sean Sexton	SCITS	16.25
4.	Wade Deighton	LCCVI	16.3
5.	Jon Lofthouse	St. Pat's	19.6
6.	Jay Pearce	Northern	19.7

HIGH JUMP

1.	Corey Horton	LCCVI	1.71
2.	Ryan Hall	St. Clair	1.71
3.	Colin Blackwood	LCCVI	1.69
4.	Ed Kimberly	SCITS	1.65
5.	Carl Borrowman	ELSS	1.60
6.	Corey Carter	St. Clair	1.60

POLE VAULT

1.	Mark Salmoni	NCIVS	2.6 m
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LONG JUMP

1.	Mike Mooers	St. Clair	5.76 m
2.	Corey Horton	LCCVI	5.71 m
3.	Mike Hogan	St. Pats	5.53 m
4.	Darren Lo	NCIVS	5.53 m
5.	Ryan Hall	St. Clair	5.31 m
6.	Dan Ireson	SCITS	4.58 m

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

MIDGET BOYS

TRIPLE JUMP

1. Chuck Burns	LCCVI	10.99
2. Toby Boucher	SCITS	10.67
3. Shawn Sexton	SCITS	10.64
4. Ryan Hall	St. Clair	10.63
5. Steve Haight	St. Clair	10.57
6. Steve Vandenberg	NLSS	10.55

SHOT PUT

1. Moe Lester	LCCVI	13.59 m
2. Chris Park	LCCVI	12.65 m
3. Rod Haight	St. Clair	12.59 m
4. Drew Bestard	SCITS	12.45 m
5. Owen Anthony	SCITS	12.14 m
6. Jeremy Williams	St. Pats	11.19 m

DISCUS

1. Drew Bestard	SCITS	35.74 m
2. Chris Parks	LCCVI	35.20 m
3. Owen Anthony	SCITS	30.80 m
4. Steve Haight	St. Clair	30.72 m
5. Peter Miller	NCIVS	28.58 m
6. Christian Gotkouski	St. Pats	27.80 m

JAVELIN

1. Scott Steeves	NCIVS	45.50 m
2. Jeremy Dann	ELSS	41.45 m
3. Jeff Loosemore	LCCVI	39.59 m
4. Jason Minnielly	NLSS	37.15 m
5. Doug Tetreault	St. Pats	34.34 m
6. Mike Raes	NCIVS	34.18 m

4 X 100 M

1. LCCVI "A"	48.4
2. St. Pat's "A"	49.8
3. SCITS	50.4
4. LCCVI "B"	50.8
5. Northern "A"	52.5
6. St. Pat's "B"	52.7

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

JUNIOR BOYS

100 M

1.	Frank Torti	ST. Pats	11.2
2.	Shane Hussey	LCCVI	11.3
3.	Dave Pettit	LCCVI	11.5
4.	Conrad Mrowiec	St. Pat's	11.6
5.	Rob Sayers	LCCVI	11.8
6.	Keith Concissom	St. Pat/s	11.8

200 M

1.	Frank Torti	St. Pats	22.5
2.	Dave Pettit	LCCVI	22.6
3.	Mike Callaghan	St. Pats	23.1
4.	Conrad Mrowiec	St. Pats	23.5
5.	Jason Jackson	LCCVI	23.6
6.	Jason Andrews	ELSS	24.9

400 M

1.	Conrad Mrowiec	St. Pats	52.3
2.	Dave Cooper	St. Pats	52.9
3.	Jason Jackson	LCCVI	53.0
4.	Dave Pettit	LCCVI	56.1
5.	Greg Burns	LCCVI	56.3
6.	Gabe Flamminio	NCIVS	56.7

800 M

1.	Dave Cooper	St. Pats	2:03.4
2.	Jeff Cassin	St. Pats	2:04.8
3.	Jason Jackson	LCCVI	2:05
4.	Rob Normandeau	St. Pats	2:08.1
5.	Greg Burns	LCCVI	2:10.5
6.	Brad Knox	St. Clair	2:14.1

1500 M

1.	Dave Cooper	St. Pats	4:33
2.	Jeff Cassin	St. Pats	4:36.2
3.	Jason Owen	St. Pats	4:43.4
4.	Brad Knox	St. Clair	4:45.5
5.	Steve White	LCCVI	4:46.6
6.	Jeff O'Neill	SCITS	4:47.2

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

JUNIOR BOYS

3000 M

1.	Jeff Cassin	St. Pats	9:49.6
2.	Andre Kong	St. Pats	9:50.3
3.	Jason Owen	St. Pats	9:58.8
4.	Errol White	SCITS	9:59.9
5.	Steve White	LCCVI	10:05.3
6.	Bob Vrolyk	LCHS	10:12.1

110 M HURDLES

1.	Shane Hussey	LCCVI	15.3
2.	Erin Hussey	LCCVI	16.2
3.	Greg Blythe	St. Pat's	17.7
4.	Greg Robinson	SCITS	17.8

HIGH JUMP

1.	Joe Tuskan	SCITS	2.00*
2.	Clarence Korvemaker	LCHS	1.90
3.	Mike Leopold	SCITS	1.85
4.	Dean Smith	LCCVI	1.75
5.	Derek Scott	LCCVI	1.75
6.	Shane Frenette	St. Pats	1.75

POLE VAULT

NO CONTESTANTS

LONG JUMP

1.	Fred Macey	NLSS	5.85
2.	Derek Scott	LCCVI	5.71
3.	Dave Banninga	St. Clair	5.63.4
4.	Jerry Harrison	SCITS	5.63.2
5.	Greg Blythe	St. Pats	5.57
6.	John McNeil	St. Clair	5.43

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

JUNIOR BOYS

TRIPLE JUMP

1. Dave Banninga	St. Clair	11.91 m
2. Joe Tuskan	SCITS	11.79 m
3. Shane Hussey	LCCVI	11.74 m
4. Ron Boere	ELSS	11.49 m
5. Greg Robinson	SCITS	11.15 m
6. Derek Scott	LCCVI	11.14 m

SHOT PUT

1. Mike Cvihun	St. Clair	12.01 m
2. Frank Bartley	SCITS	11.71 m
3. Henry Haveman	ELSS	11.68 m
4. Chris King	LCCVI	11.68 m
5. Jason Smiley	St. Clair	11.46 m
6. Eric Coulbeck	NLSS	11.07 m

DISCUS

1. Dallas Santavy	St. Pats	36.72 m
2. Henry Haveman	ELSS	35.22 m
3. Kendall Zimmerman	LCCVI	31.36 m
4. Chris King	LCCVI	31.12 m
5. Roger DeJong	LCHS	30.88 m
6. Mike Cvihun	St. Clair	28.28 m

JAVELIN

1. Eric Coulbeck	NLSS	46.10 m
2. Jay McKay	NLSS	44.91 m
3. Jason Tracey	St. Pats	42.44 m
4. Dallas Santavy	St. Pats	40.26 m
5. Mike Cvihun	St. Clair	40.20 m
6. Scott Lackie	NLSS	39.00 m

4 X 100 M

1. St. Pat's "A"	45.3
2. LCCVI "A"	46.6
3. St. Pat's "B"	48.3
4. St. Clair "A"	48.6
5. ELSS	49.0
6. LCCVI "B"	49.3



L.S.S.A.A TRACK AND FIELD RESULTS

1989

SENIOR BOYS

100 M

1.	Wendell Dennis	NCIVS	11.0
2.	Matt Winder	LCCVI	11.8
3.	Paul Helps	SCITS	11.9
4.	Mark Straatman	St. Pats	11.9
5.	Chieu Duong	St. Clair	12.3
6.	Chris Hoskin	St. Clair	12.3

200 M

1.	Wendell Dennis	NCIVS	22.0
2.	Alvin Boyles	St. Pats	23.2
3.	Garry Symons	St. Clair	23.4
4.	Paul Helps	SCITS	23.7
5.	Matt Winder	LCCVI	24.0
6.	Mark Straatman	St. Pats	24.1

400 M

1.	Ken Mino	St. Pats	51.2
2.	Wendell Dennis	NCIVS	51.7
3.	Alvin Boyles	St. Pats	53.0
4.	Paul Helps	SCITS	55.5
5.	Scott Burns	LCCVI	56.5
6.	David Kidd	SCITS	57.5

800 M

1.	Ken Mino	St. Pats	2:04.2
2.	Scott Burns	LCCVI	2:07.0
3.	Steve Vanderbeld	SCITS	2:09.8
4.	Rich Paton	NCIVS	2:12.4
5.	Bruce George	NLSS	2:12.9
6.	Leonel Ferreira	St. Pats	2:17.2

1500 M

1.	James Irwin	LCCVI	4:26.0
2.	Ken Mino	St. Pats	4:33.4
3.	Rich Paton	NCIVS	4:39.3
4.	Steve Vanderbeld	SCITS	4:40.7
5.	Jerry Burell	St. Pats	4:42.4
6.	Bruce George	NLSS	4:43.1

L.S.S.A.A TRACK AND FIELD RESULTS

1989

SENIOR BOYS

3000 M

1.	James Irwin.	LCCVI	9:24.6
2.	Jerry Burrell	St. Pats	9:30.7
3.	Eliot Brown	St. Clair	10:23.2
4.	Cam Callum	St. Pats	10:35.6
5.	Nick Rapaich	NCIVS	10:52.0
6.	Mike LeBrasceur	LCCVI	11:06.4

HIGH JUMP

1.	Lance Marcy	St. Pats	1.86 m
2.	John Bennett	St. Pats	1.86 m
3.	Greg Wood	St. Clair	1.78 m
4.	Ted Battiston	St. Clair	1.76 m
5.	Steve Pepper	LCCVI	1.71 m
6.	Ken Graham	LCCVI	1.71 m

POLE VAULT

1.	Mike Burdett	St. Clair	2.5 m
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LONG JUMP

1.	Ted Battiston	St. Clair	6:18.6
2.	Chris Hoskin	St. Clair	6:08.4
3.	Chris Mitchell	St. Pats	5:92.7
4.	Marty Swan	ELSS	5:82.6
5.	Ken Graham	LCCVI	5:72.5
6.	Chieu Duong	St. Clair	5:72.2

L.S.S.A.A TRACK AND FIELD RESULTS

1989

SENIOR BOYS

2000 M STEEPLE CHASE (OPEN)

1.	James Irwin	LCCVI	6:38.8
2.	Jerry Pilon	LCCVI	6:42.6
3.	Nick Rapaich	NCIVS	7:36.5
4.	Steve Vanderbeld	SCITS	7:45.9
5.	Rich Paton	NCIVS	8:01.3

4 X 400 M(OPEN)

1.	St. Pat's "A"		3:34.4
2.	LCCVI "A"		3:42.9
3.	St. Pat's "B"		3:44.5
4.	Northern		3:46.8
5.	LCCVI "B"		3:51.1
6.	St. Clair		3:58.0

400 M HURDLES (OPEN)

1.	Jerry Pilon	LCCVI	0:58.1
2.	Greg Robinson	SCITS	1:03.6
3.	Erin Hussey	LCCVI	1:03.8
4.	Scott Burns	LCCVI	1:06.5

110 m HURDLES

1.	Jerry Pilon	LCCVI	16.2
2.	Garry Symons	St. Clair	16.3
3.	Lance Marcy	St. Pats	16.35
4.	Matt Winder	LCCVI	16.4

L.S.S.A.A TRACK AND FIELD RESULTS

1989

SENIOR BOYS

TRIPLE JUMP

1.	Ted Battiston	St. Clair	12.89 m
2.	Chris Hoskin	St. Clair	12.32 m
3.	Garry Symons	St. Clair	12.30 m
4.	Mary Swan	ELSS	11.60 m
5.	Craig Lindsay	St. Pats	11.35 m
6.	Mark Elliott	ELSS	11.11 m

SHOT PUT

1.	Mark Monkhouse	SCITS	14.58
2.	Rob Knowles	St. Pats	14.00
3.	Shawn Forsythe	LCCVI	13.24
4.	Virgil Hill	NCIVS	12.86
5.	Paul Williams	SCITS	12.39
6.	Greg Bell	St. Pats	10.77

DISCUS

1.	Andy Allen	NCIVS	41.32 m
2.	Jeff Frayne	NLSS	40.74 m
3.	Mike Vukobratovic	St. Pats	37.04 m
4.	Tony Maruna	St. Pats	35.10 m
5.	Jeff Thomas	NLSS	33.78 m
6.	Sean Blais	St. Clair	29.54 m

JAVELIN

1.	Paul Williams	SCITS	45.51 m
2.	Jeff Thomas	NLSS	42.74 m
3.	Ty Trainor	SCITS	40.24 m
4.	Jim Barbato	St. Pats	38.62 m
5.	Sean Blais	St. Clair	37.57 m
6.	Greg Bell	St. Pats	36.15 m

4 X 100 M

1.	St. Pat's "A"	47.0
2.	St. Clair	47.3
3.	LCCVI "A"	49.3
4.	St. Pat's "B"	49.8
5.	LCCVI "B"	53.0

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

MIDGET GIRLS

100 M

1.	Laurie Sproviero	St. Pats	13.1
2.	Carol Eyre	LCCVI	13.2
3.	Melissa Westgate	ELSS	13.2
4.	Cindy Phillips	ELSS	13.4
5.	Sara Massie	LCCVI	13.5
6.	Becky Staniforth	St. Clair	14

200 M

1.	Carrie Thompson	LCCVI	26.8
2.	Laurie Sproverin	ST. Pats	27.0
3.	Krista Duncan	SCITS	27.3
4.	Carol Eyre	LCCVI	27.7
5.	Kelly Humphrey	LCCVI	27.8
6.	Miranda Clubb	Northern	28.0

400 M

1.	Becky Sager	LCCVI	1:02.1
2.	Laurie Spioverio	St. Pats	1:03.4
3.	Melissa Westgate	ELSS	1:04.2
4.	Carrie Thompson	LCCVI	1:04.4
5.	Tara Forbes	SCITS	1:05.3
6.	Miranda Clubb	Northern	1:05.5

800 M

1.	Kim Fawdry	Northern	2:34:8
2.	Kim Miller	LCCVI	2:37:1
3.	Stacy Hardy	Northern	2:38:5
4.	Kelly Crichton	St. Pats	2:42:1
5.	Mary Beth Gariepy	St. Pats	2:42:9
6.	Sasha Modderman	St. Pats	2:43:6

1500 M

1.	Kim Fawdry	Northern	5:37.9
2.	Mary Beth Gariepy	St. Pats	5:48.7
3.	Karen Menard	LNSS	5:49.3
4.	Kim Miller	LCCVI	5:49.4
5.	Susan Thompson	LCCVI	5:53.9
6.	Kathy Menard	NLSS	6:02.8

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

MIDGET GIRLS

3000 M

1. Karen Menard.	NLSS	12:28.8
2. Kim Miller	LCCVI	12:39.2
3. MaryBeth Gariepy	St. Pats	12:53.6
4. Susan Thompson	LCCVI	12:55.5
5. Kelly Crichton	St. Pats	13:11.7
6. Sacha Modderman	St. Pats	13:19.6

80 M HURDLES

1. Becky Sager	LCCVI	12.2 *
2. Carrie Thompson	LCCVI	12.5
3. Carol Eyre	LCCVI	14.6
4. Sandy Jakobsen	SCITS	16.2
5. Shelly Millman	St. Pats	16.3
6. Kristy Brooks	SCITS	16.5

HIGH JUMP

1. Suzy Elliott	ELSS	1.40
2. Casey Winegard	St. Pats	1.40
3. Krista Barnes	LCCVI	1.40
3. Shelley Kersey	SCITS	1.40
3. Louise Degurse	LCCVI	1.40
6. Cara Bryenton	ELSS	1.40

LONG JUMP

1. Kay Peters	LCCVI	4.68
2. Becky Staniforth	St. Clair	4.30
3. Krista Barnes	LCCVI	4.30
4. Cindy Phillips	ELSS	4.29
5. Cara Bryenton	ELSS	4.28
6. Shana Smith	NLSS	4.18

SHOT PUT

1. Emily Ainsworth	SCITS	10.85 *
2. Marnie Buchanar	SCITS	8.46
3. Laurie Pearson	St. Clair	8.34
4. Karen English	LCCVI	8.01
5. Marhta Shaw	ELSS	7.99
6. Janet Sinclair	ELSS	7.70

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

MIDGET GIRLS

DISCUS

1.	E. Ainsworth	SCITS	32.68*
2.	Deane Ferguson	NLSS	24.06
3.	Cindy Phillips	ELSS	22.90
4.	Martha Shaw	ELSS	22.80
5.	Janet Sinclair	ELSS	19.88
6.	Karen English	LCCVI	17.60

JAVELIN

1.	Laurie Pearson	St. Clair	29.14
2.	E. Ainsworth	SCITS	26.43
3.	M. Buchanan	SCITS	25.95
4.	Casey Winegard	St. Pats	24.42
5.	Janet Sinclair	ELSS	21.62
6.	K. Ferguson	SCITS	19.68

4 X 100 M

1.	LCCVI "B"	55.9
2.	Northern "A"	56.6
3.	SCITS	56.7
4.	East Lambton	56.75
5.	St. Clair "A"	57.1
6.	Northern "B"	1:01.3

TRIPLE JUMP

1.	Melissa Westgate	ELSS	9.73
2.	Cara Bryenton	ELSS	8.94
3.	Jackie Vrolyk	LCHS	8.79
4.	Shana Smith	NLSS	8.61
5.	Jen Hoskin	St. Clair	8.49
6.	Heather Crowe	St. Clair	8.73

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

JUNIOR GIRLS

100 M

1.	Catherine Prendiville	St. Pats	13.1
2.	Lisa Barkclay	LCCVI	13.2
3.	Jenni Kaminski	LCCVI	13.3
4.	Lori Chappell	Northern	13.35
5.	Kim Ransley	LCCVI	13.4
6.	Jodie Helps	SCITS	13.6

200 M

1.	Catherine Prendiville	St. Pats	26.5
2.	Julie Potter	SCITS	26.8
3.	Kim Ransley	LCCVI	27.0
4.	Lori Chappell	Northern	27.2
5.	Jodie Helps	SCITS	27.2
6.	Lisa Barclay	LCCVI	27.7

400 M

1.	Catherine Prendiville	St. Pats	1.01
2.	Tammy Vanreenen	St. Clair	1:02.3
3.	Kelly Paton	Northern	1:04.7
4.	Cheryl McGrail	LCCVI	1:04.8
5.	Lori Chappell	Northern	1:05.2
6.	Carol Swanstrom	St. Clair	1:05.6

800 M

1.	Tammy Vanreenen	St. Clair	2:20:4*
2.	Kelly Paton	Northern	2:31:1
3.	Carol Swanstrom	St. Clair	2:36:6
4.	Patty Dennis	LCCVI	2:39:6
5.	Carol Pretty	St. Pats	2:44:8
6.	Lisa Lisle	St. Pats	2:50:7

1500 M

1.	Tammy VanReenen	St. Clair	5:16.4
2.	Kate Brennan	Northern	5:22.7
3.	Carol Pretty	St. Pats	5:39.7
4.	Jillian Archer	Northern	5:40.9
5.	Lisa Lisle	St. Pats	5:50.2
6.	Patti Dennis	LCCVI	6:10.2



L.S.S.A.A. TRACK AND FIELD RESULTS

1989

JUNIOR GIRLS

3000 M

1. Kate Brennan	Northern	11:45:2
2. Carol Pretty	St. Pats	12:06:9
3. Jillian Archer	Northern	12:10
4. Lisa Lisle	St. Pats	12:14:2
5. Brooke South-Stratton	LCCVI	13:42:5
6. Tina Rombouts	ELSS	13:51:6

80 M HURDLES

1. Lisa Barclay	LCCVI	13.0
2. Kim Ransley	LCCVI	13.1
3. Jodie Helps	SCITS	13.4
4. Kris McRae	LCCVI	14.4
5. Sheryl Hawkes	St. Pats	14.9
6. Janice Robbins	SCITS	15.7

HIGH JUMP

1. Nancy Van Dreumel	ELSS	1.65
2. Karen Philpott	NLSS	1.45
2. Caroline Martel	Northern	1.45
4. Julie Kooy	LCHS	1.45
5. Marg Corey	St. Pats	1.40
5. Lisa Gilpin	NLSS	1.40

LONG JUMP

1. Natalie Findlay	St. Pats	4.83
2. Colette McAuley	NLSS	4.64
3. Michelle Holstein	St. Clair	4.51
4. Lesley Mack	St. Pats	4.40
5. Karen Philpott	NLSS	4.32
6. Kris McRae	LCCVI	4.31

SHOT PUT

1. Alane Nienhuis	SCITS	10.07
2. Marci Lumley	SCITS	9.07
3. Jenny Shew	ELSS	8.82
4. Melissa Poland	LCCVI	8.19
5. Lisa Freer	LCCVI	8.08
6. Marcy Hutchinson	SCITS	7.39

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

JUNIOR GIRLS

DISCUS

1. Jenny Shaw	ELSS	26.60
2. Shelley Vanderbeld	SCITS	24.39
3. Alana Nienhws	SCITS	23.98
4. Dina Scoccia	St. Pats	21.56
5. Jody Cable	NLSS	21.52
6. Gina Ferrari	St. Pat's	19.40

JAVELIN

1. Nancy Van Dreumel	ELSS	32.85
2. Shelley Vanderbela	SCITS	31.73
3. Marcy Hutchinson	SCITS	28.52
4. Marg Corey	St. Pats	28.52
5. Crystal Smith	NLSS	27.62
6. Tana Zdmel	St. Clair	26.07

4 X 100 M

1. LCCVI "A"	54.6
2. St. Pat's "B"	55.1
3. St. Pat's "A"	55.4
4. Northern "A"	56.2
5. SCITS	56.3
6. North Lambton	56.6

TRIPLE JUMP

1. Julie Potter	SCITS	10.17*
2. Tania Cuihun	St. Clair	10.07
3. Helen Van Rooyen	LCHS	9.87
4. Colette McAuley	ELSS	9.81
5. Nancy Van Dreumel	ELSS	9.78
6. Sherri Schouten	LCHS	9.39

L.S.S.A.A TRACK AND FIELD RESULTS

1989

SENIOR GIRLS

100 M

1.	Shelly Dicker	St. Pats	12.7
2.	Roberta Clements	LCCVI	12.75
3.	April Austin	SCITS	12.9
4.	Carla White	Northern	13.0
5.	Carmelitta Lubos	Northern	13.1
6.	Tammy Dunn	LCCVI	13.2

200 M

1.	Shelly Dicker	St. Pats	27.0
2.	Carla White	Northern	27.1
3.	Tammy Dann	LCCVI	27.6
4.	Tanya Smith	Northern	28.2

400 M

1.	Roberta Clements	LCCVI	1:02
2.	Lisa Hunter	SCITS	1:02.5
3.	Marcy Wood	Northern	1:02.6
4.	Shelly Dicker	St. Pats	1:07.4
5.	Denise Lamarache	St. Pats	1:07.5
6.	Jennifer Zakoor	Northern	1:09.5

800 M

1.	Angela Humphrey	LCCVI	2:22.3*
2.	Lisa Hunter	SCITS	2:28.6
3.	Julie McKinnon	SCITS	2:32.9
4.	Susan Verbeek	LCCVI	2:37.7
5.	Sherri Leatherland	St. Pats	2:41.7
6.	Denise Lamarche	St. Pats	2:43.3

1500 M

1.	Angela Humphrey	LCCVI	5:12.5
2.	Sherri Leatherland	St. Pats	5:25.4
3.	Susan Verbeek	LCCVI	5:26.2
4.	Julie McKennon	SCITS	5:31.3
5.	Ali Matthews	LCCVI	6:18.1

L.S.S.A.A TRACK AND FIELD RESULTS

1989

SENIOR GIRLS

3000 M

1.	Angela Humphreys	LCCVI	11:16:9
2.	Susan Verbeek	LCCVI	11:46:3
3.	Sherri Leatherland	St. Pats	12:25:5

100 M HURDLES

1.	April Austin	SCITS	15.3 *
2.	Tammy Dann	LCCVI	18.5

HIGH JUMP

1.	Kelly Griffin	St. Clair	1:65
2.	Tanya Smith	Northern	1:50
3.	Heather O'Neil	St. Pats	1:45

LONG JUMP

1.	Kelly Griffin	St. Clair	4:70.6
2.	Mary Low Dallaire	St. Pats	4:41.4
3.	Heather O'Neil	St. Pats	4:28.6
4.	Jennifer Zakoor	Northern	4:26.4
5.	Sabrina Fitzimmons	SCITS	4:24
6.	Tammy Gibbons	LCCVI	4:21

SHOT PUT

1.	Cheryl Condie	SCITS	11.42
2.	Rose Edwards	LCCVI	7.41
3.	Karen Schouten	LCHS	7.29
4.	Cynthia Hageman	St. Pats	6.23

L.S.S.A.A TRACK AND FIELD RESULTS

1989

SENIOR GIRLS

DISCUS

1.	Virginia King	NLSS	29.96
2.	C. Condie	SCITS	24.68
3.	Karen Schouten	LCHS	21.20
4.	Cynthia Hagemann	St. Pats	17.14

JAVELIN

1.	C. Condie	SCITS	27.62
2.	Sharon Partridge	Northern	27.06
3.	Cynthia Hageman	St. Pats	23.94

4 X 100 M

1.	Northern "A"	52.7
2.	St. Pat's "A"	53.8
3.	LCCVI "A"	54.6
4.	St. Pat's "B"	56.9
5.	SCITS	57.5
6.	LCCVI "B"	1:03.8

TRIPLE JUMP

1.	Kelly Griffin	St. Clair	9.96
2.	S. Fitzsimmons	SCITS	9.70
3.	Karen Schouten	LCHS	8.71
4.	Heather O'Neil	St. Pats	8.57
5.	Ali Matthews	LCCVI	8.30
6.	Tammy Gibbons	LCCVI	7.12

4 X 400 M RELAY (OPEN)

1.	LCCVI	4:17
2.	SCITS	4:18.4
3.	St. Pats	4:18.8
4.	Northern	4:24.2
5.	LCCVI	4:27.8
6.	LCHS	4:40.9

L.S.S.A.A. TRACK AND FIELD RESULTS

1989

SENIOR GIRLS

400 M HURDLES (OPEN)

1. Becky Sagar	LCCVI	1:07:0
2. April Austin	SCITS	1:07:5
3. Roberta Clements	LCCVI	1:07:9
4. Cheryl McGrail	LCCVI	1:10:3
5. Janice Robbins	SCITS	1:14