

OFSAA West Regionals T & F

Results - www.galasso.ca

Jacob Hespeler Secondary School - 5/27/2016 to 5/28/2016

Results

Women 100 Meter Dash Midget

West_Region: 12.12 * 2002 Emily JOHNSON/J. F. Ross

Name	School	Prelims
Preliminaries		
1	944 Rebecca Ampopowah	Macdonald, J.A. 12.57Q3.7
2	1084 Hanna Petty	St. James 13.06Q1.4
3	848 Breah Walls	Sandwich 12.70Q3.7
4	485 Shannon Fawcett	John Paul II 13.07Q1.4
5	582 Emma McKnight	Lord Dorchester 12.74q 3.7
6	627 Lauren Tennant	Mother Teresa 12.80q 3.7
7	15 Nicole Paczkowski	Assumption-Brant 12.89q 3.7
8	79 Jessie Ramseyer	Cameron Heights 13.02q 3.7
9	1180 Tatum James	Stratford NW 13.16 1.4
10	839 Ancika Quimby	Sandwich 13.21 1.4
11	61 Tayjah Bryan	Cameron Heights 13.28 1.4
12	322 Breann Vrolyk	Goderich 13.28 1.4
13	992 Samantha Crispo	St.Thomas 13.28 1.4
14	151 Alexis Patrick	Centennial 13.31 1.4
15	996 Brooke Meloche	St.Thomas 13.37 3.7
16	192 Taryn Dudley	Chatham-Kent 13.39 3.7

Women 100 Meter Dash Midget

West_Region: 12.12 * 2002 Emily JOHNSON/J. F. Ross

Name	School	Finals
Finals		
1	944 Rebecca Ampopowah	Macdonald, J.A. 12.67 2.5
2	582 Emma McKnight	Lord Dorchester 12.77 2.5
3	848 Breah Walls	Sandwich 12.82 2.5
4	1084 Hanna Petty	St. James 12.91 2.5
5	485 Shannon Fawcett	John Paul II 12.95 2.5
6	627 Lauren Tennant	Mother Teresa 12.99 2.5
7	79 Jessie Ramseyer	Cameron Heights 13.11 2.5
8	15 Nicole Paczkowski	Assumption-Brant 13.15 2.5

Women 200 Meter Dash Midget

West_Region: 24.70 * 2002 Emily JOHNSON/J. F. Ross

Name	School	Prelims
Preliminaries		
1	835 Karlie Moore	Sandwich 26.54Q1.2
1	582 Emma McKnight	Lord Dorchester 26.54Q1.6
3	1180 Tatum James	Stratford NW 26.61Q1.6
4	1084 Hanna Petty	St. James 26.68Q1.2
5	201 Payton Sabourin	Chatham-Kent 26.71q 1.2
6	642 Mila Gretzky	North Park 26.79q 1.6
7	627 Lauren Tennant	Mother Teresa 26.84q 1.2
8	241 Lizzy Klosa	Elmira 26.86q 1.6
9	322 Breann Vrolyk	Goderich 27.08 1.6
10	107 Sydney Lam	C.C.H. - London 27.21 1.6
11	992 Samantha Crispo	St.Thomas 27.45 1.2
12	15 Nicole Paczkowski	Assumption-Brant 27.50 1.2
13	151 Alexis Patrick	Centennial 27.51 1.6
14	1228 Alanna Olteanv	Vincent Massey 27.58 1.2
15	848 Breah Walls	Sandwich 27.95 1.2

Women 200 Meter Dash Midget

West_Region: 24.70 * 2002 Emily JOHNSON/J. F. Ross

Name	School	Finals
Finals		
1	835 Karlie Moore	Sandwich 26.14 1.7
2	582 Emma McKnight	Lord Dorchester 26.67 1.7
3	1084 Hanna Petty	St. James 26.76 1.7
4	1180 Tatum James	Stratford NW 26.78 1.7
5	201 Payton Sabourin	Chatham-Kent 26.95 1.7
6	627 Lauren Tennant	Mother Teresa 27.07 1.7
7	642 Mila Gretzky	North Park 27.39 1.7
8	241 Lizzy Klosa	Elmira 27.73 1.7

Women 400 Meter Dash Midget

West_Region: 57.3h * 1982 Donalda DUPREY / Pt. Elgin-Sauge

Name	School	Finals
Finals		
1	1079 Tiana Lostracco	St. James 58.78
2	201 Payton Sabourin	Chatham-Kent 1:00.88
3	1107 Nicole LaRue	St.Joe's-Windsor 1:01.04
4	927 Sydney Rizzo	Banting, Sir F. 1:01.22
5	608 Sophie Gareau	Bruyere, Mgs 1:01.32
6	438 Madelyn Bullock	Huron Park 1:01.38
7	200 Chloe Pugh	Chatham-Kent 1:01.50
8	1037 Hannah Tait	St. Anne-Clinton 1:02.31
9	1077 Agatha Godlewski	St. James 1:02.72
10	298 Charlie Ridge	Galt 1:02.99
11	954 Claire Perkins	Macdonald, J.A. 1:03.19
12	642 Mila Gretzky	North Park 1:03.27
13	627 Lauren Tennant	Mother Teresa 1:03.55
14	384 Jerriah Kelly	Holy Names 1:04.70
15	1228 Alanna Olteanv	Vincent Massey 1:05.15

Women 800 Meter Run Midget

West_Region: 2:10.69 * 6/2/2012 Kailee Sawyer

Name	School	Finals
Finals		
1	1079 Tiana Lostracco	St. James 2:19.77
2	919 Rebecca DeKay	Banting, Sir F. 2:20.73
3	200 Chloe Pugh	Chatham-Kent 2:23.37
4	1107 Nicole LaRue	St.Joe's-Windsor 2:23.65
5	1251 Aryanna Brown	Herman, W.F. 2:28.22
6	954 Claire Perkins	Macdonald, J.A. 2:28.32
7	1185 Alyssa Girardin	Strathroy D C I 2:29.97
8	1077 Agatha Godlewski	St. James 2:30.60
9	28 Alexa Mognon	Assumption-Winds 2:31.50
10	438 Madelyn Bullock	Huron Park 2:31.59
11	80 Paige Sweeney	Cameron Heights 2:32.27
12	608 Sophie Gareau	Bruyere, Mgs 2:32.54
13	598 Mackenzie VanHooydonl	Medway 2:32.77
14	1221 Trinity Davis	Vincent Massey 2:38.72
15	1097 Carolyn Coon	St. John College 2:39.41

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Women 1500 Meter Run Midget

West_Region: 4:33.99 * 1997 Erin MCLURE / Waterloo CI

Name	School	Finals
Finals		
1 919 Rebecca DeKay	Banting, Sir F.	4:46.67
2 917 Tori Bouck	Banting, Sir F.	4:51.34
3 200 Chloe Pugh	Chatham-Kent	5:03.12
4 298 Charlie Ridge	Galt	5:03.57
5 664 Kaylee White	Northern- Sarnia	5:06.94
6 1134 Elizabeth Drake	St. Michael	5:07.56
7 598 Mackenzie VanHooydonk	Medway	5:14.09
8 1014 Skylar Forrest	St. Anne-Windsor	5:16.89
9 1222 Mia Ennis	Vincent Massey	5:18.62
10 28 Alexa Mognon	Assumption-Winds	5:19.03
11 80 Paige Sweeney	Cameron Heights	5:20.80
12 471 Taylor Embree	Ross, John F.	5:21.12
13 699 Veronica Silvester	Oakridge	5:27.40
14 173 Wiley McGowan	Centre Dufferin	5:37.83
15 317 Annemieke Tucker	Glenview Park	5:39.03

Women 3000 Meter Run Midget

West_Region: 9:48.0h * 1986 Jennifer ARMSTRONG / London-S

Name	School	Finals
Finals		
1 917 Tori Bouck	Banting, Sir F.	10:37.68
2 1134 Elizabeth Drake	St. Michael	11:12.98
3 664 Kaylee White	Northern- Sarnia	11:21.26
4 1078 Ianna Krudwig	St. James	11:26.79
5 471 Taylor Embree	Ross, John F.	11:31.49
6 264 Megan Coutinho	ES L'Essor	11:41.82
7 791 Kaitlyn Hunter	Resurrection	11:43.54
8 1222 Mia Ennis	Vincent Massey	11:45.77
9 699 Veronica Silvester	Oakridge	11:46.73
10 173 Wiley McGowan	Centre Dufferin	11:50.53
11 317 Annemieke Tucker	Glenview Park	12:03.14
12 837 Alessandra Pontoni	Sandwich	12:11.91
13 102 Rachel Gall	C.C.H. - London	12:16.20
14 274 Montana Wilkins	Essex	12:24.13
15 1321 Abbey Davis	Woodstock CI	12:30.80

Women 80 Meter Hurdles Midget

West_Region: 11.52 * 1996 Jessica ZELINKA / London-Banting

Name	School	Prelims
Preliminaries		
1 359 Ireland Crowther	Beal, H.B.	12.21Q2.0
2 835 Karlie Moore	Sandwich	12.36Q1.9
3 1007 Sabrina Gigante-Hartev	St. A. Bessette	12.58Q2.0
4 273 Kim Orton	Essex	12.63Q1.9
5 927 Sydney Rizzo	Banting, Sir F.	12.70q 2.0
6 73 Anastasia Lloyd	Cameron Heights	12.70q 1.9
7 40 Celia Markovinovic	Bishop MacDonnel	13.18q 2.0
8 1302 MacKeely Shantz	Waterloo-Oxford	13.22q 1.9
9 306 Taja Holmes	General Amherst	13.23 2.0
10 581 Katie McDonald	Lord Dorchester	13.26 1.9

11 472 Sequoia Kim	Ross, John F.	13.37 2.0
12 665 Jenna Wilkins	Northern- Sarnia	13.47 1.9
13 308 Alexandra Newhook	General Amherst	13.52 2.0
14 793 Talia MacLean-Bartley	Resurrection	13.57 1.9
15 280 Jordyn Stutzman	Madill, F.E.	14.16 2.0
16 296 Charlotte Crouch	Galt	15.29 1.9

Women 80 Meter Hurdles Midget

West_Region: 11.52 * 1996 Jessica ZELINKA / London-Banting

Name	School	Finals
Finals		
1 359 Ireland Crowther	Beal, H.B.	11.87 2.6
2 835 Karlie Moore	Sandwich	12.32 2.6
3 273 Kim Orton	Essex	12.34 2.6
4 1007 Sabrina Gigante-Hartev	St. A. Bessette	12.48 2.6
5 927 Sydney Rizzo	Banting, Sir F.	12.58 2.6
6 73 Anastasia Lloyd	Cameron Heights	13.15 2.6
7 40 Celia Markovinovic	Bishop MacDonnel	13.30 2.6
8 1302 MacKeely Shantz	Waterloo-Oxford	14.60 2.6

Women 300 Meter Hurdles Midget

West_Region: 43.59 * 6/2/2012 Lexi Aitken

Name	School	Finals
Finals		
1 835 Karlie Moore	Sandwich	46.03
2 927 Sydney Rizzo	Banting, Sir F.	46.45
3 384 Jerriah Kelly	Holy Names	47.07
4 359 Ireland Crowther	Beal, H.B.	47.52
5 608 Sophie Gareau	Bruyere, Mgs	48.27
6 308 Alexandra Newhook	General Amherst	48.48
7 273 Kim Orton	Essex	48.72
8 1037 Hannah Tait	St. Anne-Clinton	48.84
9 1302 MacKeely Shantz	Waterloo-Oxford	49.03
10 79 Jessie Ramseyer	Cameron Heights	49.55
11 494 Madelyn Eybergen	Kincardine	49.61
12 832 Andrey LaFontaine	Sandwich	50.07
13 726 Brooklyn Haelzle	Lady of Lourdes	50.46
14 816 Tessa Hedrick	Rockway Menn	50.91
15 1119 Madeline Schroder	St.Mary's-Kitche	51.54
16 438 Madelyn Bullock	Huron Park	53.19

Women 4x100 Meter Relay Midget

West_Region: 49.76 * 5/30/2014 W. F. Herman - Windsor

Team	Relay	Finals
Finals		
1 Sandwich - Windsor	A	50.43
1) 832 Andrey LaFontaine	2) 839 Ancika Quimby	
3) 835 Karlie Moore	4) 848 Brea Walls	
2 St. James - Guelph	A	51.59
1) 1077 Agatha Godlewski	2) 1079 Tiana Lostracco	
3) 1075 Bella Doucette	4) 1084 Hanna Petty	
3 Cameron Heights	A	52.30
1) 73 Anastasia Lloyd	2) 79 Jessie Ramseyer	
3) 74 Sydney Marteniuk	4) 61 Tayjah Bryan	

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Finals ... (Women 4x100 Meter Relay Midget)		
Team	Relay	Finals
4 Chatham-Kent	A	52.80
1) 203 Alison Stephens	2) 190 Jessica Conrad	
3) 192 Taryn Dudley	4) 201 Payton Sabourin	
5 St. Patrick's	A	52.90
1) 1150 Talia Ross	2) 1152 Paige Vrolyk	
3) 1153 Rebecca Whitehead	4) 1142 Jordan Braekevelt	
6 Stratford NW	A	52.92
1) 1179 Payton Dias	2) 1181 Aly Stone	
3) 1180 Tatum James	4) 1178 Natalie Bice	
7 C.C.H. - London	A	53.12
1) 104 Payton Harrison	2) 115 Isabel Sashegyi	
3) 105 Leah LaHaie	4) 107 Sydney Lam	
8 Centennial - Guelph	E	53.24
1) 145 Amber Champagne	2) 147 Sara Lewis	
3) 151 Alexis Patrick	4) 149 Elizabeth Mirootta	
9 Northern - Sarnia	A	53.73
1) 663 Esmay Vanhaastregt	2) 657 Kasha Minaker	
3) 649 Aidan Ewasko	4) 647 Chloe Busby	
10 Elmira - Elmira	A	53.93
1) 242 Sidney Montague	2) 244 Chloe Snider	
3) 243 Maddie Quinn	4) 241 Lizzy Klosa	
11 Macdonald, J.A.	A	54.19
1) 954 Claire Perkins	2) 949 Sarah Hardy	
3) 951 Madison McFadden	4) 953 Maia Mwalwanda	
12 Lord Dorchester	A	54.56
1) 584 Mikayla Vanyolai	2) 585 Hannah Vickers	
3) 583 Victoria Quance	4) 581 Katie McDonald	
13 Lady of Lourdes	E	54.78
1) 719 Sydney Benninger	2) 726 Brooklyn Haelzle	
3) 736 Samantha Romero	4) 735 Charlotte Pickering	
14 General Amherst	A	55.12
1) 302 Abbey Gibb	2) 304 Alyssa Herd	
3) 306 Taja Holmes	4) 308 Alexandra Newhook	
15 London South - London	A	55.29
1) 558 Kelsey Khan	2) 562 Sarah Sugimoto	
3) 559 Abbey Konopka	4) 560 Megan Marshall	
16 St. Thomas Aquina	A	55.77
1) 1164 Madeline Beaton	2) 1165 Sarah Chevers	
3) 1167 Emily Rusin	4) 1166 Emily Guzzo	

Women High Jump Midget
Starting height 1.30 , then by 5cm to 1.50, then by 3cm
West_Region: 1.73m * 1984 Leanne MADILL / Guelph-Centenn

Name	School	Finals
Finals		
1 502 Emily Smith	Kitchener Waterl	1.59m
2 494 Madelyn Eybergen	Kincardine	1.56m
3 691 Tia Christensen	Oakridge	1.53m
4 450 Cara TenBruggencate	Jacob Hespeler	1.45m
5 726 Brooklyn Haelzle	Lady of Lourdes	1.45m
6 255 Alexandra Sikkema	Emmanuel Christi	1.45m
7 1287 Karley Breen	Waterloo CI	1.45m
8 234 Olivia Robinson	East Elgin	1.40m

8 1164 Madeline Beaton	St.Thomas Aquina	1.40m
10 1153 Rebecca Whitehead	St. Patrick's	1.40m
11 640 Lacey Bullock	North Middlesex	1.40m
12 528 Claire Kehler	London Central	1.40m
13 1211 Bailey Spence	Ursuline	1.35m
14 833 Brooke Meloche	Sandwich	1.30m
15 1142 Jordan Braekevelt	St. Patrick's	1.30m
--- 1228 Alanna Olteanv	Vincent Massey	NH

Women Pole Vault Midget
1.60,1.80,then by 15
West_Region: 2.95m * 5/27/2016 Brooke Meloche

Name	School	Finals
Finals		
1 833 Brooke Meloche	Sandwich	2.95m*
2 1010 Lauren Hurrell	St. A. Bessette	2.85m
3 583 Victoria Quance	Lord Dorchester	2.40m
4 502 Emily Smith	Kitchener Waterl	2.40m
5 585 Hannah Vickers	Lord Dorchester	2.40m
6 1325 Anakin McMahon	Woodstock CI	2.40m
7 1225 Sara Michie	Vincent Massey	2.40m
8 838 Amelia Potts	Sandwich	2.25m
9 951 Madison McFadden	Macdonald, J.A.	2.25m
10 65 Hanna Gingerich	Cameron Heights	2.25m
11 1018 Allison Slavik	St. Anne-Windsor	2.25m
12 72 Mariana Latta Suazo	Cameron Heights	2.10m
13 1326 Abby Price	Woodstock CI	2.10m
13 960 Evi Zafiris	Macdonald, J.A.	2.10m
15 849 MacKenzie Wilson	Sandwich	1.95m

Women Long Jump Midget
West_Region: 5.78m * 1996 Jessica ZELINKA / London-Banting

Name	School	Finals
Finals		
1 302 Abbey Gibb	General Amherst	5.21m 1.9
2 1316 Nicole Hellinga	Woodland Christi	5.12m 0.6
3 1152 Paige Vrolyk	St. Patrick's	4.83m 2.1
4 1287 Karley Breen	Waterloo CI	4.83m 2.9
5 562 Sarah Sugimoto	London South	4.82m 2.4
6 472 Sequoia Kim	Ross, John F.	4.76m 1.6
7 40 Celia Markovinovic	Bishop MacDonnel	4.71m 0.6
8 263 Joely Bernier	ES L'Essor	4.70m 0.6
9 233 Kayla Pallett	East Elgin	4.66m 1.5
10 1138 Joanna Van De Walle	St. Michael	4.57m 3.7
11 833 Brooke Meloche	Sandwich	4.51m 2.1
12 485 Shannon Fawcett	John Paul II	4.49m 1.9
13 832 Andrey LaFontaine	Sandwich	4.47m 2.6
14 15 Nicole Paczkowski	Assumption-Brant	4.42m 2.7
15 1290 Isabelle Lyn	Waterloo CI	4.27m 0.2
16 581 Katie McDonald	Lord Dorchester	4.00m 2.9

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Women Triple Jump Midget

West_Region: 11.53m * 5/28/2011 Angela Mercurio

Name	School	Finals
Finals		
1	535 Nele Schumacher	London Central 10.80m 0.8
2	302 Abbey Gibb	General Amherst 10.70m NWI
3	1152 Paige Vrolyk	St. Patrick's 10.61m NWI
4	1318 Carina Wolfert	Woodland Christi 10.51m 2.3
5	562 Sarah Sugimoto	London South 10.29m 2.4
6	359 Ireland Crowther	Beal, H.B. 10.28m 0.1
7	2 Miranda Cox	Lucas, A.B. 10.26m 0.9
8	1302 MacKeely Shantz	Waterloo-Oxford 10.15m 1.9
9	316 Yang Oyual	Glenview Park 10.14m 1.7
10	838 Amelia Potts	Sandwich 10.11m 1.0
11	949 Sarah Hardy	Macdonald, J.A. 10.08m 2.1
12	1255 Rhiannon Hebert	Herman, W.F. 10.03m -0.4
13	1037 Hannah Tait	St. Anne-Clinton 9.98m 1.6
14	273 Kim Orton	Essex 9.86m 1.5
15	773 Cassie Emery	Johnson, P. 9.84m 0.6

Women Shot Put Midget

West_Region: 12.08m * 5/29/2015 Adele St. John

Name	School	Finals
Finals		
1	412 Elizabeth Sullivan	Holy Trinity 11.32m
2	978 Trinity Papamandjaris	Laurier, Sir W. 11.12m
3	1201 Seija Huhtala	Vista Academy 11.08m
4	55 Nicole Kelly	Brantford 10.85m
5	203 Alison Stephens	Chatham-Kent 10.73m
6	701 Nicole Venhuizen	Oakridge 10.53m
7	831 Dayjanae Johnson	Sandwich 10.53m
8	573 Sarah Ashby	Lord Dorchester 10.33m
9	229 Audrey O'Connor	Lajeunesse 10.24m
10	423 Madison Coolman	Huron Heights 10.19m
11	221 Madeline McGilveary	Chesley 10.06m
12	1189 Joceline Warren	Strathroy D C I 9.97m
13	1080 Laura Maieron	St. James 9.93m
14	413 Sarah Wilkinson	Holy Trinity 9.65m
15	506 Emma Darrach	Lambton Central 9.55m
16	926 Gianna Rigopoulos	Banting, Sir F. 9.28m

Women Discus Throw Midget

West_Region: 40.46m * 1979 Liz POLYAK / Brantford-North Pa

Name	School	Finals
Finals		
1	203 Alison Stephens	Chatham-Kent 28.73m
2	507 Amanda Frayne	Lambton Central 27.73m
3	1137 Skylar Stockie	St. Michael 27.57m
4	651 Delaney Gould	Northern- Sarnia 26.98m
5	573 Sarah Ashby	Lord Dorchester 26.73m
6	1189 Joceline Warren	Strathroy D C I 26.01m
7	849 MacKenzie Wilson	Sandwich 25.50m
8	1323 Brittanie Fraser	Woodstock CI 24.37m
9	1080 Laura Maieron	St. James 23.66m

10	65 Hanna Gingerich	Cameron Heights 23.54m
11	226 Kailey Dougherty	Delhi 22.47m
12	929 Mara St. John	Banting, Sir F. 22.11m
13	46 Taylor Thurlow	Bluevale 21.83m
14	423 Madison Coolman	Huron Heights 20.71m
15	54 Janelle Hunte	Brantford 19.52m

Women Javelin Throw Midget

West_Region: 39.25m * 2009

Brooke ROWLAND

Name	School	Finals
Finals		
1	888 Maxine Graham	Saunders 30.04m
2	439 Holly Hanchiruk	Huron Park 29.77m
3	754 Ivory Konrad-Dolson	Owen Sound 28.94m
4	193 Marandee Hunter	Chatham-Kent 28.81m
5	536 Laura Templeton	London Central 28.73m
6	628 Megan Tramble	Mother Teresa 28.23m
7	1307 Mackenna Iles	Wellington Heigh 27.61m
8	412 Elizabeth Sullivan	Holy Trinity 27.46m
9	910 Veronica Samborski	Simcoe 26.80m
10	889 Laura Kelley	Saunders 26.71m
11	840 Samantha Regnier	Sandwich 26.27m
12	55 Nicole Kelly	Brantford 24.94m
13	508 Megan Mills	Lambton Central 24.67m
14	297 Latavia Pearson	Galt 23.83m
15	994 Chantel Kelly	St.Thomas 23.01m
---	1201 Seija Huhtala	Vista Academy ND

Women 100 Meter Dash Junior

West_Region: 11.89 * 1995

Margaret FOX / Guelph-Bishop Ma

Name	School	Prelims
Preliminaries		
1	313 Haleigh Cole	Glendale 12.45Q2.1
2	622 Jessie Forcey	Mother Teresa 12.55Q1.9
3	1061 Mackenzie Denomme	St. David 12.87Q2.1
4	993 Chloe Gignac	St.Thomas 12.96Q1.9
5	97 Julia Pearce	Cardinal Carter 12.92q 2.1
6	341 Sara Farquharson	Guelph 13.06q 2.1
7	1 Hailey Barnes	Lucas, A.B. 13.10q 1.9
8	23 Kimora Harris	Assumption-Winds 13.15q 1.9
9	617 Isabella Alfonso	Mother Teresa 13.16 1.9
10	770 Cassidy Kent	Parkside 13.19 2.1
11	830 Alyssa Jach-Popovich	Sandwich 13.25 2.1
12	425 Zoe Janakovic	Huron Heights 13.45 1.9
13	1016 Sierra Moscone	St. Anne-Windsor 13.46 1.9
14	179 Emma Nankivell	Centr Wellington 13.56 1.9
15	174 Morgan Priest	Centre Dufferin 13.68 2.1

Women 100 Meter Dash Junior

West_Region: 11.89 * 1995

Margaret FOX / Guelph-Bishop Ma

Name	School	Finals
Finals		
1	622 Jessie Forcey	Mother Teresa 12.41 1.1
2	313 Haleigh Cole	Glendale 12.50 1.1
3	1061 Mackenzie Denomme	St. David 12.75 1.1

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Finals ... (Women 100 Meter Dash Junior)

Name	School	Finals
4 97 Julia Pearce	Cardinal Carter	12.82 1.1
5 23 Kimora Harris	Assumption-Winds	12.89 1.1
6 993 Chloe Gignac	St.Thomas	12.90 1.1
7 341 Sara Farquharson	Guelph	13.14 1.1
8 1 Hailey Barnes	Lucas, A.B.	13.24 1.1

Women 200 Meter Dash Junior

West_Region: 24.13 * 1995 Margaret FOX / Guelph-Bishop Ma

Preliminaries

Name	School	Prelims
1 421 Tyra Boug	Huron Heights	25.08Q2.2
2 622 Jessie Forcey	Mother Teresa	25.26Q2.1
3 1252 Taneidra Cain	Herman, W.F.	25.38Q2.1
4 60 Tomi Bamigbade	Cameron Heights	25.89Q2.2
5 341 Sara Farquharson	Guelph	26.54q 2.1
6 993 Chloe Gignac	St.Thomas	26.58q 2.1
7 720 Jada Codrington	Lady of Lourdes	26.66q 2.1
8 1061 Mackenzie Denomme	St. David	26.76q 2.2
9 369 Madison Sheply	Harrow	26.80 2.2
10 1129 Abbey Thorup	St. Mary's Devi	26.83 2.1
11 521 Kiera Jackson	Leamington	26.97 2.1
12 770 Cassidy Kent	Parkside	26.99 2.1
13 617 Isabella Alfonso	Mother Teresa	27.11 2.2
14 1 Hailey Barnes	Lucas, A.B.	27.12 2.2
15 1066 Hailey Vezina	St. David	27.13 2.2
16 97 Julia Pearce	Cardinal Carter	27.86 2.2

Women 200 Meter Dash Junior

West_Region: 24.13 * 1995 Margaret FOX / Guelph-Bishop Ma

Name	School	Finals
1 421 Tyra Boug	Huron Heights	24.89 1.6
2 622 Jessie Forcey	Mother Teresa	25.74 1.6
3 1252 Taneidra Cain	Herman, W.F.	25.95 1.6
4 60 Tomi Bamigbade	Cameron Heights	26.19 1.6
5 341 Sara Farquharson	Guelph	26.61 1.6
6 993 Chloe Gignac	St.Thomas	26.95 1.6
7 1061 Mackenzie Denomme	St. David	27.38 1.6
8 720 Jada Codrington	Lady of Lourdes	27.44 1.6

Women 400 Meter Dash Junior

West_Region: 54.56 * 1994 Nadia SCHMEIDT / London-John

Name	School	Finals
1 1252 Taneidra Cain	Herman, W.F.	58.24
2 594 Melanie Clayton	Medway	1:00.24
3 1136 Brooke Overholt	St. Michael	1:00.24
4 592 Allison Winik	Maranatha Christ	1:00.26
5 822 Sylvia Dean	Sandwich	1:00.44
6 1129 Abbey Thorup	St. Mary's Devi	1:00.64
7 720 Jada Codrington	Lady of Lourdes	1:01.17
8 895 Christy Rizzo	Saunders	1:01.43
9 501 Mackenzie Morgan	Kitchener Waterl	1:02.13

10 1288 Erin Holzschere	Waterloo CI	1:02.80
11 424 Lauren Frey	Huron Heights	1:03.23
12 796 Eliza Smith	Resurrection	1:04.84
13 271 Kennedy Campeau	Essex	1:05.62
14 321 Emily Evans	Goderich	1:05.89

Women 800 Meter Run Junior

West_Region: 2:08.52 * 6/2/2007 Jessica Parry

Name	School	Finals
1 501 Mackenzie Morgan	Kitchener Waterl	2:17.61
2 424 Lauren Frey	Huron Heights	2:21.27
3 659 Lauren Perkins	Northern- Sarnia	2:21.47
4 796 Eliza Smith	Resurrection	2:22.12
5 533 Nadine Osman	London Central	2:23.08
6 594 Melanie Clayton	Medway	2:25.93
7 1104 Kyleigh Stubbs	St.Joe-St.Thomas	2:26.45
8 1253 Lynnsey Copat	Herman, W.F.	2:28.03
9 75 Samantha McCrory	Cameron Heights	2:30.60
10 734 Tayrn McManus	Lady of Lourdes	2:31.88
11 1230 Jessica Turner	Vincent Massey	2:31.99
12 812 Kaleigh Prieur	Riverside	2:32.23
13 388 Kandice Tomkins	Holy Names	2:35.70
14 1113 Julia Latham	St. Mary's (Os)	2:36.64
15 165 Elise Bundschuh	Central Elgin	2:38.82
16 579 Bethany Hiemstra	Lord Dorchester	2:42.55

Women 1500 Meter Run Junior

West_Region: 4:28.35 * 6/1/2007 Jessica Parry

Name	School	Finals
1 1188 Mikenna Vanderheyden	Strathroy D C I	4:39.73
2 1223 Maya Hannagan	Vincent Massey	4:46.73
3 194 Delainey Johnson	Chatham-Kent	4:51.89
4 659 Lauren Perkins	Northern- Sarnia	4:52.17
5 1231 Chloe Walker	Vincent Massey	4:52.42
6 557 Zoe Burke	London South	4:58.44
7 1301 Emily Huras	Waterloo-Oxford	5:02.43
8 1104 Kyleigh Stubbs	St.Joe-St.Thomas	5:03.31
9 533 Nadine Osman	London Central	5:07.95
10 650 Caroline Forbes	Northern- Sarnia	5:14.36
11 422 Vanessa Brown	Huron Heights	5:15.77
12 1052 Hope Harnack	St. Benedict	5:16.28
13 734 Tayrn McManus	Lady of Lourdes	5:19.34
14 722 Fiona Costello	Lady of Lourdes	5:21.03
15 1076 Grace Glaab	St. James	5:27.45
16 620 Alexandra Eigner	Mother Teresa	5:41.24

Women 3000 Meter Run Junior

West_Region: 9:50.02 * 2001 Amy KOHLMIEER /Sarnia-St.Pati

Name	School	Finals
1 1188 Mikenna Vanderheyden	Strathroy D C I	10:06.09
2 1223 Maya Hannagan	Vincent Massey	10:25.45
3 650 Caroline Forbes	Northern- Sarnia	10:35.92

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Finals ... (Women 3000 Meter Run Junior)			
Name	School	Finals	
4	1231 Chloe Walker	Vincent Massey	10:43.28
5	194 Delaine Johnson	Chatham-Kent	11:04.58
6	557 Zoe Burke	London South	11:08.68
7	1301 Emily Huras	Waterloo-Oxford	11:32.30
8	722 Fiona Costello	Lady of Lourdes	11:45.69
9	422 Vanessa Brown	Huron Heights	11:47.05
10	1052 Hope Harnack	St. Benedict	11:55.62
11	270 Alivia Acampora	Essex	11:59.60
12	1312 Caitlin Sostar	Westside	12:15.44
13	1098 Kaitlynn Overeem	St. John College	12:27.28
14	556 Helena Amyot	London South	12:43.62
15	235 Amy Ropchan	East Elgin	12:50.07
16	6 Megan Lave	Lucas, A.B.	12:57.37

Women 80 Meter Hurdles Junior

West_Region: 11.01 * 1998 Jessica ZELINKA / London-Banting

Name	School	Prelims	
Preliminaries			
1	421 Tyra Boug	Huron Heights	11.65Q1.5
2	60 Tomi Bamigbade	Cameron Heights	11.92Q3.3
3	843 Jasmine Scott-Kilgo	Sandwich	12.07Q3.3
4	561 Brittany Porter	London South	12.71Q1.5
5	1284 Nike Abiodun	Waterloo CI	12.46q 3.3
6	881 Alexis Mckegney	Sarnia	12.78q 1.5
7	989 Mandy Brunet	St. Thomas	12.93q 3.3
8	449 Dana Sherwood	Jacob Hespeler	13.24q 1.5
9	652 Lauryn Hibma	Northern- Sarnia	13.45 3.3
10	230 Hannah Bosma	East Elgin	13.79 1.5
11	995 Tatjana Kirincic	St. Thomas	13.87 1.5
12	1082 Ruth Martin	St. James	13.90 3.3
13	769 Tiffany Johnston	Parkside	14.20 3.3
14	644 Brooke Winkels	North Park	14.40 1.5
15	695 Natalie Lyons	Oakridge	16.06 1.5

Women 80 Meter Hurdles Junior

West_Region: 11.01 * 1998 Jessica ZELINKA / London-Banting

Name	School	Finals	
Finals			
1	421 Tyra Boug	Huron Heights	11.64 1.7
2	843 Jasmine Scott-Kilgo	Sandwich	11.95 1.7
3	1284 Nike Abiodun	Waterloo CI	12.42 1.7
4	60 Tomi Bamigbade	Cameron Heights	12.56 1.7
5	881 Alexis Mckegney	Sarnia	12.80 1.7
6	989 Mandy Brunet	St. Thomas	12.90 1.7
7	561 Brittany Porter	London South	12.93 1.7
8	449 Dana Sherwood	Jacob Hespeler	13.26 1.7

Women 300 Meter Hurdles Junior

West_Region: 41.78 * 1994 Nadia SCHMEIDT / London-John

Name	School	Finals	
Finals			
1	421 Tyra Boug	Huron Heights	44.45
2	1252 Taneidra Cain	Herman, W.F.	44.86

3	1136 Brooke Overholt	St. Michael	45.30
4	822 Sylvia Dean	Sandwich	45.63
5	592 Allison Winik	Maranatha Christ	46.04
6	895 Christy Rizzo	Saunders	46.09
7	622 Jessie Forcey	Mother Teresa	47.35
8	727 Amy Hasson	Lady of Lourdes	48.21
9	238 Maggie Gibson	Eastwood	48.74
10	449 Dana Sherwood	Jacob Hespeler	49.73
11	1284 Nike Abiodun	Waterloo CI	49.95
12	995 Tatjana Kirincic	St. Thomas	50.46
13	648 Sara Colman	Northern- Sarnia	51.30
14	925 Andrea Prete	Banting, Sir F.	51.68
15	1082 Ruth Martin	St. James	54.52

Women 4x100 Meter Relay Junior

West_Region: 49.53 * 5/29/2015 W. F. Herman - Windsor

J Jackson, A Traore, T Freckleton, S Guimond

Team	Relay	Finals
Finals		
1	Resurrection	A 50.27
	1) 794 Vivian Ogor	2) 796 Eliza Smith
	3) 789 Justine Bissonnette	4) 790 Chloe Hillier
2	Mother Teresa	A 50.61
	1) 622 Jessie Forcey	2) 617 Isabella Alfonso
	3) 624 Melissa McColl	4) 619 Bridgette Crowley
3	Sandwich - Windsor	A 50.80
	1) 830 Alyssa Jach-Popovich	2) 843 Jasmine Scott-Kilgo
	3) 822 Sylvia Dean	4) 834 Emma Miner
4	Huron Heights	A 51.13
	1) 421 Tyra Boug	2) 425 Zoe Janakovic
	3) 427 Denisa Ratiu	4) 424 Lauren Frey
5	St. Thomas	A 51.30
	1) 991 Jalyne Cirino	2) 993 Chloe Gignac
	3) 995 Tatjana Kirincic	4) 997 Kristen Swaitoschik
6	Parkside - St. Thomas	A 52.32
	1) 769 Tiffany Johnston	2) 770 Cassidy Kent
	3) 765 Payton Brodie	4) 768 Julia Hunter
7	St. David - Waterloo	A 52.43
	1) 1061 Mackenzie Denomme	2) 1064 Abbey Steers
	3) 1065 Stephanie Tera	4) 1066 Hailey Vezina
8	Guelph - Guelph	C 52.59
	1) 341 Sara Farquharson	2) 339 Cailyn Chung
	3) 344 Tessa Ladhani	4) 345 Hannah Polley
9	Assumption-Winds	A 52.81
	1) 30 Reem Toto	2) 26 Nyadeni Jordan-Simon
	3) 25 Nyagoa Jock	4) 23 Kimora Harris
10	Lady of Lourdes	H 53.06
	1) 731 Mia Kurtz-Favero	2) 723 Ronette Erin
	3) 729 Haileigh King	4) 720 Jada Codrington
11	St. Patrick's	A 53.47
	1) 1143 Aislyn King	2) 1144 Bailey Lauwers
	3) 1149 Breanna Pretty	4) 1151 Katie Vandenberg
12	Northern - Sarnia	A 54.03
	1) 661 Evelyn Schleihauf	2) 655 Vivian Kristjansson
	3) 652 Lauryn Hibma	4) 650 Caroline Forbes

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Finals ... (Women 4x100 Meter Relay Junior)

Team	Relay	Finals
13 C.C.H. - London	A	54.23
1) 100 Mariah Brown	2) 114 Renee Rombough	
3) 111 Guen O'Hara	4) 109 Sophia McKillop	
14 Madill, F.E.	A	54.34
1) 275 Yasmin Eddijli	2) 280 Jordyn Stutzman	
3) 277 Emma Metcalfe	4) 279 Alexis Smith	
15 Saunders - London	A	55.06
1) 895 Christy Rizzo	2) 887 Tatiana Desender	
3) 897 Emma Summers	4) 885 Malya Davidson	
16 Cameron Heights	A	56.60
1) 81 Cree Ward	2) 76 katie McDonald	
3) 69 Zoe Hoyte	4) 71 Elodie Kane	

Women High Jump Junior
Starting height 1.35, then by 5cm to 1.50, then by 3cm

West_Region: 1.77m * 1985 Catherine BOND / Woodstock CI

Name	School	Finals
Finals		
1 1188 Mikenna Vanderheyden	Strathroy D C I	1.53m
2 189 Adeleene Thompson	Chatham Christia	1.50m
3 532 Elizabeth Litchfield	London Central	1.50m
3 824 Nina Ducre	Sandwich	1.50m
5 175 Alyssa Touhy	Centre Dufferin	1.45m
6 1149 Breanna Pretty	St. Patrick's	1.45m
7 1103 Savanna Cronk	St.Joe-St.Thomas	1.40m
7 644 Brooke Winkels	North Park	1.40m
7 245 Danielle Weber	Elmira	1.40m
10 116 Olivia Walker	C.C.H. - London	1.40m
11 1050 Alex Bukowski	St. Benedict	1.40m
12 537 Adrianna Thompson	London Central	1.35m
12 174 Morgan Priest	Centre Dufferin	1.35m
14 520 Kelsey Almasi	Leamington	1.35m
15 447 Eva Kolarova	Jacob Hespeler	1.35m
--- 1212 Sammi Vlasmen	Ursuline	NH

Women Pole Vault Junior
1.80,2.00,then15cm

West_Region: 3.70m * 5/28/2010 Alysha Newman

Name	School	Finals
Finals		
1 1257 Ema Kralik	Herman, W.F.	3.05m
2 895 Christy Rizzo	Saunders	2.90m
3 823 Ella Doornaert	Sandwich	2.75m
3 1229 Karlie Stam	Vincent Massey	2.75m
5 826 Madison Fields	Sandwich	2.60m
6 695 Natalie Lyons	Oakridge	2.60m
7 952 Sorcha McNally	Macdonald, J.A.	2.30m
8 959 Taylor Wright	Macdonald, J.A.	2.15m
8 697 Ewa Paczowski	Oakridge	2.15m
10 886 Kiara Desender	Saunders	2.15m
10 81 Cree Ward	Cameron Heights	2.15m
12 328 Jordan Low	Grand River	2.00m
13 947 Jerika Chuong	Macdonald, J.A.	2.00m

14	956 Sarah Varga	Macdonald, J.A.	2.00m
15	958 Mikenna Webb	Macdonald, J.A.	1.80m

Women Long Jump Junior
West_Region: 5.76m * 1981 Tina LETOURNEAU / Windsor-Br

Name	School	Finals
Finals		
1 843 Jasmine Scott-Kilgo	Sandwich	5.49m 2.7
2 188 Carolyn Prins	Chatham Christia	5.35m 2.6
3 66 Tamara Grahovac	Cameron Heights	5.22m 2.5
4 5 Chloe Knox	Lucas, A.B.	5.19m 1.6
5 794 Vivian Ogor	Resurrection	5.15m 3.3
6 1096 Kayla Biersteker	St. John College	5.09m 1.9
7 411 Maddie Sinnamon	Holy Trinity	4.99m 2.4
8 561 Brittany Porter	London South	4.87m 3.0
9 989 Mandy Brunet	St.Thomas	4.80m 2.7
10 521 Kiera Jackson	Leamington	4.76m 1.7
11 531 Danielle Lanooy	London Central	4.71m 4.0
12 179 Emma Nankivell	Centr Wellington	4.65m 1.6
13 195 Jessica Jordan	Chatham-Kent	4.65m 1.3
14 1129 Abbey Thorup	St. Mary's Dcvi	4.65m 2.7
15 769 Tiffany Johnston	Parkside	4.59m 2.6
16 425 Zoe Janakovic	Huron Heights	4.59m 1.5
17 1149 Breanna Pretty	St. Patrick's	4.51m 0.8

Women Triple Jump Junior
West_Region: 11.94m * 1995 Monique HAAN / London Christiari

Name	School	Finals
Finals		
1 188 Carolyn Prins	Chatham Christia	11.60m NWI
2 66 Tamara Grahovac	Cameron Heights	11.32m NWI
3 1149 Breanna Pretty	St. Patrick's	11.06m NWI
4 989 Mandy Brunet	St.Thomas	10.92m NWI
5 531 Danielle Lanooy	London Central	10.40m NWI
6 1082 Ruth Martin	St. James	10.35m NWI
7 195 Jessica Jordan	Chatham-Kent	10.27m NWI
8 596 Kylee McCormack	Medway	10.01m NWI
9 1096 Kayla Biersteker	St. John College	9.92m NWI
10 3 Laura Donovan	Lucas, A.B.	9.91m NWI
11 886 Kiara Desender	Saunders	9.87m NWI
12 1063 Maya Sokolowski	St. David	9.81m NWI
13 526 Sydney Doucette	London Central	9.73m -3.1
14 427 Denisa Ratiu	Huron Heights	9.29m NWI
15 1219 Alana Bridges	Valley Heights	9.16m NWI
16 1227 Yazmin Olla	Vincent Massey	9.11m NWI

Women Shot Put Junior
West_Region: 13.45m * 5/28/2016 Adele St. John

Name	School	Finals
Finals		
1 928 Adele St. John	Banting, Sir F.	13.45m*
2 1008 Natasha Gubbels	St. A. Bessette	11.93m
3 655 Vivian Kristjansson	Northern- Sarnia	11.92m
4 646 Avery Bathe-Minard	Northern- Sarnia	11.76m
5 416 Lydia Abraha	Kennedy, Hon.W.C	11.60m

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Finals ... (Women Shot Put Junior)

Name	School	Finals
6 24 Destinee Heroux	Assumption-Winds	11.46m
7 825 Paloma Ducre	Sandwich	10.82m
8 443 Megan Bates	Ingersoll	10.63m
9 909 Tori Lewis	Simcoe	10.51m
10 1049 Nana-Afia Agyeipah	St. Benedict	10.26m
11 256 Laura Vis	Emmanuel Christi	10.19m
12 278 Taylor Montgomery	Madill, F.E.	10.18m
13 1067 Emily White	St. David	9.96m
14 1098 Kaitlynn Overeem	St. John College	9.80m
15 892 Joey Nesbitt	Saunders	9.60m
16 724 Sarah Finoro	Lady of Lourdes	9.08m

Women Discus Throw Junior

West_Region: 44.24m * 1981 Liz POLYAK / Brantford-North Pa

Name	School	Finals
1 928 Adele St. John	Banting, Sir F.	34.06m
2 443 Megan Bates	Ingersoll	32.65m
3 1146 Mackenzie Mullen	St. Patrick's	32.26m
4 646 Avery Bathe-Minard	Northern- Sarnia	30.22m
5 1049 Nana-Afia Agyeipah	St. Benedict	28.44m
6 278 Taylor Montgomery	Madill, F.E.	27.66m
7 1199 Emilie Diesbourg	Vista Academy	27.42m
8 496 Jennelle Smeltzer	Kincardine	26.77m
9 177 Adriana Cuabu	Centr Wellington	26.34m
10 315 Katelyn Kivell	Glenview Park	26.28m
11 892 Joey Nesbitt	Saunders	25.93m
12 825 Paloma Ducre	Sandwich	24.42m
13 110 Sara McPherson	C.C.H. - London	23.52m
14 259 Mackenzie Collings	Erin	23.19m
15 643 Alicia Poulos	North Park	20.62m
--- 24 Destinee Heroux	Assumption-Winds	FOUL

Women Javelin Throw Junior

West_Region: 48.84m * 1989 Margaret GRIFFITHS / Windsor-B

Name	School	Finals
1 836 Ciarra Murray	Sandwich	31.66m
2 325 Hailey Cole	Grand River	31.65m
3 1067 Emily White	St. David	30.77m
4 1175 Julia Cressman	Stratford Centra	30.70m
5 810 Kealy Taylor-Noah	Ridgetown	30.21m
6 1199 Emilie Diesbourg	Vista Academy	29.03m
7 134 Aleitte Deng	C.C.H. - Windsor	28.99m
8 27 Breeanna Lewis-Parent	Assumption-Winds	28.95m
9 955 Camrynn Schnarr	Macdonald, J.A.	28.16m
10 982 Mackenzie Oke	South Huron	28.01m
11 928 Adele St. John	Banting, Sir F.	27.06m
12 256 Laura Vis	Emmanuel Christi	25.93m
13 1184 Kristen Dodds	Strathroy D C I	24.37m
14 765 Payton Brodie	Parkside	23.66m
15 495 Cailin McKay	Kincardine	23.55m
--- 1220 Clair Weaver	Valley Heights	ND

Women 100 Meter Dash Senior

West_Region: 11.89 * 5/27/2011 Jellisa Westney

Name	School	Prelims
Preliminaries		
1 1074 Von Davis	St. James	12.06Q2.6
2 1256 Jada Jackson	Herman, W.F.	12.28Q1.9
3 922 Tiffany Hannam	Banting, Sir F.	12.11Q2.6
4 378 Marvelous Agbonwanetel	Holy Names	12.34Q1.9
5 653 Kelly Hodgins	Northern- Sarnia	12.39q 1.9
6 446 Sarah Hodgson	Jacob Hespeler	12.53q 2.6
7 1036 Lena Robinson	St. Anne-Clinton	12.61q 1.9
8 574 Katie Beaudry	Lord Dorchester	12.62q 1.9
9 575 Megan Beaudry	Lord Dorchester	12.67 2.6
10 626 Antonina Struminski	Mother Teresa	12.67 2.6
11 1254 Tanay Freckleton	Herman, W.F.	12.78 2.6
12 343 Madison Jarvis	Guelph	12.83 1.9
13 1280 Cheyann Labadie	Walkerville	12.92 2.6
14 1095 Alyssa Biersteker	St. John College	12.98 2.6
15 1291 Kendra Puttick	Waterloo CI	13.06 1.9
16 258 Hannah Beaumont	Erin	13.23 1.9

Women 100 Meter Dash Senior

West_Region: 11.89 * 5/27/2011 Jellisa Westney

Name	School	Finals
Finals		
1 1074 Von Davis	St. James	12.09 4.0
2 1256 Jada Jackson	Herman, W.F.	12.14 4.0
3 922 Tiffany Hannam	Banting, Sir F.	12.20 4.0
4 378 Marvelous Agbonwanetel	Holy Names	12.30 4.0
5 653 Kelly Hodgins	Northern- Sarnia	12.40 4.0
6 1036 Lena Robinson	St. Anne-Clinton	12.48 4.0
7 446 Sarah Hodgson	Jacob Hespeler	12.60 4.0
8 574 Katie Beaudry	Lord Dorchester	12.77 4.0

Women 200 Meter Dash Senior

West_Region: 24.20 * 5/28/2016 Ashlan Best

Name	School	Prelims
Preliminaries		
1 144 Ashlan Best	Centennial	24.41Q0.8
2 922 Tiffany Hannam	Banting, Sir F.	24.85Q2.0
3 378 Marvelous Agbonwanetel	Holy Names	25.11Q0.8
4 1256 Jada Jackson	Herman, W.F.	25.14Q2.0
5 227 Tessa Hamilton	Delhi	25.13q 0.8
6 1074 Von Davis	St. James	25.23q 0.8
7 653 Kelly Hodgins	Northern- Sarnia	25.39q 2.0
8 575 Megan Beaudry	Lord Dorchester	25.51q 2.0
9 792 Madison Kennedy	Resurrection	25.62 2.0
10 329 Aaliyah Rodgers	Grand River	25.66 0.8
11 343 Madison Jarvis	Guelph	25.88 2.0
12 1254 Tanay Freckleton	Herman, W.F.	26.54 0.8
13 990 Aryana Cirino	St. Thomas	27.47 2.0

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Women 200 Meter Dash Senior

West_Region: 24.20 * 5/28/2016 Ashlan Best

Name	School	Finals
Finals		
1 144 Ashlan Best	Centennial	24.20* 0.6
2 922 Tiffany Hannam	Banting, Sir F.	24.88 0.6
3 1256 Jada Jackson	Herman, W.F.	25.15 0.6
4 378 Marvelous Agbonwanetel	Holy Names	25.19 0.6
5 1074 Von Davis	St. James	25.24 0.6
6 653 Kelly Hodgins	Northern- Sarnia	25.55 0.6
7 227 Tessa Hamilton	Delhi	25.64 0.6
8 575 Megan Beaudry	Lord Dorchester	25.74 0.6

Women 400 Meter Dash Senior

West_Region: 55.02 * 1985 Nadia SCHMEIDT / London-J.Paul

Name	School	Finals
Finals		
1 144 Ashlan Best	Centennial	56.94
2 792 Madison Kennedy	Resurrection	57.47
3 654 Kristy Hodgins	Northern- Sarnia	57.48
4 1258 Adi Traore	Herman, W.F.	57.71
5 272 Lucia McElwain	Essex	57.86
6 575 Megan Beaudry	Lord Dorchester	58.49
7 148 Kaitlynn Meier-Ross	Centennial	58.57
8 240 Savannah Campbell	Elmira	59.02
9 898 Julia Vanhoucke	Saunders	59.44
10 343 Madison Jarvis	Guelph	1:00.24
11 199 Ally Oulds	Chatham-Kent	1:00.28
12 887 Tatiana Desender	Saunders	1:00.95
13 62 Mikayla Carmichael	Cameron Heights	1:01.23
14 534 Brenna Schmitt	London Central	1:01.76
15 1130 Natalie Topp	St. Mary's Devi	1:01.91
16 829 Jessica Hodgkin	Sandwich	1:02.47

Women 800 Meter Run Senior

West_Region: 2:07.84 * 5/31/2014 Kailee Sawyer

Name	School	Finals
Finals		
1 112 Laura Parkinson	C.C.H. - London	2:15.93
2 577 Dana Earhart	Lord Dorchester	2:17.15
3 1117 Sydney Collins	St.Mary's-Kitche	2:17.34
4 1038 Martina Tait	St. Anne-Clinton	2:17.56
5 500 Christine Laurie	Kitchener Waterl	2:19.91
6 63 Juliette Davies	Cameron Heights	2:20.30
7 811 Paige Phills	Riverside	2:23.11
8 98 Chelsea Salter	Cardinal Carter	2:24.74
9 844 Kennedy Snively	Sandwich	2:26.07
10 326 Maya Day	Grand River	2:26.19
11 1081 Francesca Maltais	St. James	2:29.35
12 382 Tierra Davis	Holy Names	2:34.11
13 884 Katie Black	Saunders	2:34.57
14 180 Elizabeth Teasell	Centr Wellington	2:36.17
15 639 Cassidy Sollen	North Lambton	2:37.21
16 700 Camryn Steckel	Oakridge	2:41.90

Women 1500 Meter Run Senior

West_Region: 4:26.66 * 2008 Jessica PARRY

Name	School	Finals
Finals		
1 112 Laura Parkinson	C.C.H. - London	4:38.16
2 500 Christine Laurie	Kitchener Waterl	4:40.62
3 1051 Sevanne Ghazarian	St. Benedict	4:40.88
4 577 Dana Earhart	Lord Dorchester	4:45.85
5 17 natalie verschoor	Assumption-Brant	4:47.29
6 1117 Sydney Collins	St.Mary's-Kitche	4:48.36
7 63 Juliette Davies	Cameron Heights	4:49.41
8 1038 Martina Tait	St. Anne-Clinton	4:56.28
9 1081 Francesca Maltais	St. James	5:00.96
10 1133 Megan Dale	St. Michael	5:02.77
11 98 Chelsea Salter	Cardinal Carter	5:03.56
12 1198 Madison Burnham	Vista Academy	5:03.58
13 1202 Maddy Rivelis	Vista Academy	5:06.18
14 4 Emma Hellems	Lucas, A.B.	5:08.25
15 660 Sarah Riser	Northern- Sarnia	5:12.32
16 1224 Holly Hicks	Vincent Massey	5:12.36

Women 3000 Meter Run Senior

West_Region: 9:39.9h * 1992 Kathy BUTLER / Waterloo CI

Name	School	Finals
Finals		
1 1051 Sevanne Ghazarian	St. Benedict	10:03.81
2 17 natalie verschoor	Assumption-Brant	10:21.51
3 725 Carissa Gobbi	Lady of Lourdes	10:38.99
4 1202 Maddy Rivelis	Vista Academy	10:42.84
5 1198 Madison Burnham	Vista Academy	10:58.25
6 1133 Megan Dale	St. Michael	11:09.28
7 660 Sarah Riser	Northern- Sarnia	11:15.20
8 29 Daniela Papac	Assumption-Winds	11:22.58
9 827 Lauren Harris	Sandwich	11:36.83
10 1187 Bailey Milos	Strathroy D C I	11:43.97
11 715 Elyssa Murray	Orangeville	11:52.46
12 613 Cassandra Hinz	Mitchell	11:57.76
13 1128 Sophia Slater	St. Mary's Devi	12:01.25
14 1322 Emma Davis	Woodstock CI	12:13.33
15 420 Natasha Bolender	Huron Heights	13:09.38
16 733 Taylar McKenzie	Lady of Lourdes	13:57.45

Women 100 Meter Hurdles Senior

West_Region: 13.15 * 2000 Jessica ZELINKA / London-Banting

Name	School	Prelims
Preliminaries		
1 360 Kaylyn Hall	Beal, H.B.	14.05Q3.5
2 1062 Alissa Melvin	St. David	14.15Q2.5
3 307 Jaiden Mulder	General Amherst	14.18Q2.5
4 922 Tiffany Hannam	Banting, Sir F.	14.26Q3.5
5 329 Aaliyah Rodgers	Grand River	14.30q 3.5
6 597 Kylie Paliani	Medway	14.45q 3.5
7 653 Kelly Hodgins	Northern- Sarnia	14.60q 2.5
8 1168 Destiny Vandenberg	St.Thomas Aquina	14.63q 2.5

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Preliminaries ... (Women 100 Meter Hurdles Senior)			
Name	School	Prelims	
9 658 Skyla Minaker	Northern- Sarnia	15.21	2.5
10 41 Abbey Steenveld	Bishop MacDonnel	15.24	2.5
11 62 Mikayla Carmichael	Cameron Heights	15.52	2.5
12 305 Nia Holmes	General Amherst	15.70	3.5
13 342 Ashley Hoffer	Guelph	15.90	2.5

Women 100 Meter Hurdles Senior			
West_Region: 13.15 * 2000		Jessica ZELINKA / London-Banting	
Name	School	Finals	

Finals			
1 360 Kaylyn Hall	Beal, H.B.	13.99	2.3
2 922 Tiffany Hannam	Banting, Sir F.	14.06	2.3
3 1062 Alissa Melvin	St. David	14.13	2.3
4 329 Aaliyah Rodgers	Grand River	14.15	2.3
5 307 Jaiden Mulder	General Amherst	14.17	2.3
6 653 Kelly Hodgins	Northern- Sarnia	14.20	2.3
7 1168 Destiny Vandenberg	St.Thomas Aquina	14.80	2.3
8 597 Kylie Paliani	Medway	19.15	2.3

Women 400 Meter Hurdles Senior			
West_Region: 58.03 * 1995		Nadia SCHMEIDT / London-John I	
Name	School	Finals	

Finals			
1 654 Kristy Hodgins	Northern- Sarnia	1:03.90	
2 898 Julia Vanhoucke	Saunders	1:04.53	
3 199 Ally Oulds	Chatham-Kent	1:05.00	
4 272 Lucia McElwain	Essex	1:05.81	
5 148 Kaitlynn Meier-Ross	Centennial	1:05.87	
6 574 Katie Beaudry	Lord Dorchester	1:06.04	
7 360 Kaylyn Hall	Beal, H.B.	1:06.45	
8 597 Kylie Paliani	Medway	1:06.50	
9 62 Mikayla Carmichael	Cameron Heights	1:07.08	
10 829 Jessica Hodgkin	Sandwich	1:07.68	
11 307 Jaiden Mulder	General Amherst	1:07.92	
12 887 Tatiana Desender	Saunders	1:08.36	
13 178 Esmee Hotson	Centr Wellington	1:08.91	
14 800 Hana Vezsenyi	Resurrection	1:11.59	
15 730 Brin Kruger	Lady of Lourdes	1:16.11	
16 943 Natasha Ahuja	Macdonald, J.A.	1:16.62	

Women 4x100 Meter Relay Senior			
West_Region: 48.35 * 5/27/2016		W. F. Herman - Windsor	
T Freckleton, J Jackson, T Cain, A Traore			
Team	Relay	Finals	

Finals			
1 Herman, W.F.	A	48.35*	
1) 1254 Tanay Freckleton	2) 1256 Jada Jackson		
3) 1252 Taneidra Cain	4) 1258 Adi Traore		
2 Lord Dorchester	A	48.87	
1) 582 Emma McKnight	2) 576 Megan Dunn		
3) 575 Megan Beaudry	4) 574 Katie Beaudry		

3 Northern - Sarnia	A	49.29	
1) 665 Jenna Wilkins	2) 658 Skyla Minaker		
3) 654 Kristy Hodgins	4) 653 Kelly Hodgins		
4 Centennial - Guelph	F	49.73	
1) 150 Megan Paddock	2) 148 Kaitlynn Meier-Ross		
3) 146 Sarah Flack	4) 144 Ashlan Best		
5 Resurrection	A	50.28	
1) 797 Maddy Smith	2) 792 Madison Kennedy		
3) 799 Claire Swarbrick	4) 795 Michaela Quirk		
6 A.B. Lucas - London	A	50.80	
1) 3 Laura Donovan	2) 5 Chloe Knox		
3) 1 Hailey Barnes	4) 8 Emily Sluys		
7 Holy Names - Windsor	A	50.81	
1) 378 Marvelous Agbonwaneteh	2) 385 Carlin MacDonald-Gannon		
3) 389 Mylene Tu	4) 382 Tiarra Davis		
8 Waterloo CI	A	51.24	
1) 1289 Alyssa Jansen	2) 1285 Nicki Aye		
3) 1286 Adeolu Banjoko	4) 1291 Kendra Puttick		
9 Mother Teresa	A	51.51	
1) 621 Emma Forcey	2) 625 Emily Slegers		
3) 626 Antonina Struminski	4) 623 Melanie McColl		
10 Cameron Heights	A	51.90	
1) 77 Madison Mitchell	2) 82 Laura Weber		
3) 60 Tomi Bamigbade	4) 62 Mikayla Carmichael		
11 Sandwich - Windsor	A	52.25	
1) 821 Jaime Cunningham	2) 828 Leah Hesman		
3) 829 Jessica Hodgkin	4) 841 Taylor Renaud		
12 Macdonald, J.A.	A	52.28	
1) 945 Emily Authier	2) 946 Serena Barry		
3) 943 Natasha Ahuja	4) 948 Kayla Ens		
13 Lady of Lourdes	K	53.37	
1) 718 Stephanie Benninger	2) 730 Brin Kruger		
3) 732 Madison Lockhart	4) 737 Cassandra Young		
14 St. Anne - Windsor	A	53.73	
1) 1015 Taylor Hamel	2) 1012 Kaitlynn Breault		
3) 1017 Madison Plante	4) 1020 Lisa Teno		
--- St. Anne's - Clinton	A	DQ	
1) 1039 Nicole Tamming	2) 1035 Joleen Otten		
3) 1034 Jasmine MacAdam			
--- Banting, Sir F.	A	DQ	
1) 920 Youmi Dickson	2) 924 Cynthia Lawson		
3) 923 Ayasha Horner	4) 922 Tiffany Hannam		

Women High Jump Senior			
Starting height 1.40m, then by 5cm to 1.50, then by 3cm			
West_Region: 1.78m * 1986		Catherine BOND / Woodstock CI	
Name	School	Finals	

Finals			
1 693 Hannah Kussner	Oakridge	1.68m	
2 574 Katie Beaudry	Lord Dorchester	1.65m	
3 1218 Arabella Alton	Valley Heights	1.60m	
3 555 Emily Branderhorst	London Christian	1.60m	
5 67 Lindsay Harttrup	Cameron Heights	1.60m	
6 196 Rayne Kellier	Chatham-Kent	1.60m	
7 473 Sara Lussier	Ross, John F.	1.55m	

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Finals ... (Women High Jump Senior)

Name	School	Finals
8 1106 Laura Acton	St.Joe's-Windsor	1.50m
9 187 Amy Koomans	Chatham Christia	1.50m
10 1210 Sophie Daly	Ursuline	1.45m
11 295 Emma Buck	Galt	1.45m
12 766 Ally Carr	Parkside	1.45m
13 440 Miranda Montgomery	Huron Park	1.40m
14 828 Leah Hesman	Sandwich	1.40m

Women Pole Vault Senior

2.20,2.40, then 15cm

West_Region: 3.91m * 5/28/2011 Alysha Newman

Name	School	Finals
Finals		
1 1324 Katy Magoffin	Woodstock CI	3.40m
2 106 Lynton Lam	C.C.H. - London	3.10m
3 227 Tessa Hamilton	Delhi	3.10m
4 538 Amelia Waud	London Central	2.95m
5 850 Sarah Wood	Sandwich	2.60m
6 1011 Madison Bardoel	St. Anne-Windsor	2.60m
7 53 Naomi Henry	Brantford	2.60m
8 21 Denise Bueno	Assumption-Winds	2.40m
8 1009 Vanessa Gunnell	St. A. Bessette	2.40m
10 692 Megan Hill	Oakridge	2.20m
10 476 Abby Woods	Ross, John F.	2.20m
--- 945 Emily Authier	Macdonald, J.A.	NH
--- 68 Shalom Howe	Cameron Heights	NH
--- 338 Maren Brodovsky	Guelph	NH

Women Long Jump Senior

West_Region: 5.92m * 1996 Laura WESSELING / Delhi

Name	School	Finals
Finals		
1 1062 Alissa Melvin	St. David	5.56m 2.6
2 8 Emily Sluys	Lucas, A.B.	5.54m 0.5
3 694 Claire Larose	Oakridge	5.37m 1.9
4 206 Erin Young	Chatham-Kent	5.34m 0.2
5 923 Ayasha Horner	Banting, Sir F.	5.29m 2.5
6 476 Abby Woods	Ross, John F.	5.16m -0.1
7 1095 Alyssa Biersteker	St. John College	5.15m 1.7
8 1226 Sharon Ocheje	Vincent Massey	5.09m 2.3
9 1256 Jada Jackson	Herman, W.F.	5.07m 0.6
10 303 Keely Gibb	General Amherst	4.94m 1.5
11 191 Mattea Deleary	Chatham-Kent	4.92m 1.7
12 67 Lindsay Harttrup	Cameron Heights	4.83m 0.7
13 1168 Destiny Vandenberg	St.Thomas Aquina	4.76m +0.0
14 977 Sabrina Abran	Laurier, Sir W.	4.72m 1.9
15 948 Kayla Ens	Macdonald, J.A.	4.60m +0.0
16 39 Daniela Faienza	Bishop MacDonnel	4.52m 2.0

Women Triple Jump Senior

West_Region: 12.11m * 1996

Monique HAAN / London Christi

Name	School	Finals
Finals		
1 272 Lucia McElwain	Essex	11.54m -1.2
2 1062 Alissa Melvin	St. David	11.48m -2.0
3 1226 Sharon Ocheje	Vincent Massey	11.32m -2.7
4 8 Emily Sluys	Lucas, A.B.	11.21m -1.7
5 303 Keely Gibb	General Amherst	11.09m -3.1
6 1281 Amy Nap	Wallaceburg	10.91m -3.1
7 1168 Destiny Vandenberg	St.Thomas Aquina	10.89m -3.1
8 474 Taylor McLean	Ross, John F.	10.72m -3.1
9 595 Jillian Jones	Medway	10.41m -4.0
10 231 Brianne Brix	East Elgin	10.38m -1.1
11 38 Lindsay Cunningham	Bishop MacDonnel	10.24m -0.1
12 821 Jaime Cunningham	Sandwich	10.18m -1.3
13 950 Jennifer Lorentz	Macdonald, J.A.	9.97m -2.1
14 166 Meredith Fisher	Central Elgin	9.93m -1.6
--- 946 Serena Barry	Macdonald, J.A.	FOUL

Women Shot Put Senior

West_Region: 14.25m * 1996

Liz TOMAN / Elmira

Name	School	Finals
Finals		
1 755 Morgan Desjardin	Paincourt	12.17m
2 16 holly taylor	Assumption-Brant	11.66m
3 578 Christina Hertner	Lord Dorchester	11.61m
4 845 Monique Theriault	Sandwich	11.17m
5 52 Kailee Cherevka	Brantford	11.07m
6 1102 Rebecca Chouinard	St.Joe-St.Thomas	10.90m
7 292 Dez Chanthaboury	Forest Heights	10.81m
8 847 Shelby Thomas	Sandwich	10.67m
9 475 Lisa Wedel	Ross, John F.	10.32m
10 232 Kendra Cornellison	East Elgin	9.95m
11 918 Rachel Campbell	Banting, Sir F.	9.91m
12 522 Erica Ten Hove	Listowel	9.76m
13 756 Elise Pinsonneault	Paincourt	9.02m
14 1276 Hannah Diebold	Walkerton	8.82m
15 656 Abby Miller	Northern- Sarnia	8.48m

Women Discus Throw Senior

West_Region: 48.20m * 1982

Liz POLYAK / Brantford-North Pa

Name	School	Finals
Finals		
1 753 Molly Boley	Owen Sound	40.43m
2 755 Morgan Desjardin	Paincourt	38.28m
3 918 Rachel Campbell	Banting, Sir F.	38.23m
4 1102 Rebecca Chouinard	St.Joe-St.Thomas	35.83m
5 578 Christina Hertner	Lord Dorchester	35.14m
6 1276 Hannah Diebold	Walkerton	34.85m
7 16 holly taylor	Assumption-Brant	33.85m
8 890 Lindsay Kleuskens	Saunders	32.51m
9 265 Erica Forshaw	ES L'Essor	31.68m
10 167 Hunter Smith	Central Elgin	28.82m

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Finals ... (Women Discus Throw Senior)

Name	School	Finals
11 327 Chloe Feierabend	Grand River	28.45m
12 1200 Aliya Dizdarevic	Vista Academy	27.64m
13 22 Alexis Coxon	Assumption-Winds	25.32m
14 292 Dez Chanthaboury	Forest Heights	24.53m
15 756 Elise Pinsonneault	Paincourt	23.33m
16 52 Kailee Cherewka	Brantford	22.71m

Women Javelin Throw Senior

West_Region: 47.56m * 1997 Andrea BULAT / Windsor-Brennan

Name	School	Finals
Finals		
1 509 Marissa Mueller	Lambton Central	41.92m
2 529 Maya Kelly	London Central	37.81m
3 197 Jana Kucera	Chatham-Kent	37.77m
4 1053 Sarah Sue-ping	St. Benedict	36.25m
5 198 Logan Kucera	Chatham-Kent	34.59m
6 576 Megan Dunn	Lord Dorchester	34.00m
7 842 Emily Roy	Sandwich	33.10m
8 247 Emily Willms	Elmira	32.89m
9 1186 Sabrina Gmehlin	Strathroy D C I	32.60m
10 1309 Chloe Edgar	West Hill	30.46m
11 753 Molly Boley	Owen Sound	30.27m
12 778 Hailey Evelyn	Preston	29.70m
13 638 Emma McNally	North Lambton	28.85m
14 767 Kennady Hopkins	Parkside	28.36m
15 1139 Avery Wedow	St. Michael	24.91m
--- 16 holly taylor	Assumption-Brant	ND

Women 1500 Meter Steeplechase Open

West_Region: 4:50.68 * 5/29/2015 Charlotte Prouse

Name	School	Finals
Finals		
1 725 Carissa Gobbi	Lady of Lourdes	5:10.37
2 1081 Francesca Maltais	St. James	5:23.35
3 1224 Holly Hicks	Vincent Massey	5:24.62
4 439 Holly Hanchiruk	Huron Park	5:32.12
5 4 Emma Hellems	Lucas, A.B.	5:33.52
6 326 Maya Day	Grand River	5:38.29
7 827 Lauren Harris	Sandwich	5:43.97
8 662 Sarah Scott	Northern- Sarnia	5:44.24
9 1253 Lynnsey Copat	Herman, W.F.	5:47.67
10 1187 Bailey Milos	Strathroy D C I	5:50.29
11 891 Kendra Morrison	Saunders	5:52.63
12 270 Alivia Acampora	Essex	5:55.37
13 715 Elyssa Murray	Orangeville	5:59.89
14 330 Kaitlyn Wells	Grand River	6:02.75
15 1118 Carina De Sousa	St.Mary's-Kitche	6:05.86
16 1135 Emily Drake	St. Michael	6:29.88

Women 4x400 Meter Relay Open

West_Region: 3:53.30 * 5/28/2016 Lord Dorchester - Dorchester

M Dunn, D Earhart, M Beaudry, K Beaudry

Team	Relay	Finals
Finals		
1 Lord Dorchester	A	3:53.30*
1) 576 Megan Dunn	2) 577 Dana Earhart	
3) 575 Megan Beaudry	4) 574 Katie Beaudry	
2 Herman, W.F.	A	3:54.53
1) 1250 Kate Boycott	2) 1252 Taneidra Cain	
3) 1258 Adi Traore	4) 1256 Jada Jackson	
3 St. James - Guelph	F	3:57.75
1) 1077 Agatha Godlewski	2) 1084 Hanna Petty	
3) 1074 Von Davis	4) 1079 Tiana Lostracco	
4 Northern - Sarnia	A	3:58.09
1) 659 Lauren Perkins	2) 653 Kelly Hodgins	
3) 658 Skyla Minaker	4) 654 Kristy Hodgins	
5 Saunders - London	A	3:59.11
1) 895 Christy Rizzo	2) 884 Katie Black	
3) 898 Julia Vanhoucke	4) 887 Tatiana Desender	
6 Mother Teresa	A	4:02.44
1) 618 Colette Black	2) 622 Jessie Forcey	
3) 626 Antonina Struminski	4) 627 Lauren Tennant	
7 Sandwich - Windsor	A	4:03.57
1) 821 Jaime Cunningham	2) 822 Sylvia Dean	
3) 829 Jessica Hodgkin	4) 844 Kennedy Snively	
8 Centennial - Guelph	G	4:03.89
1) 148 Kaitlynn Meier-Ross	2) 150 Megan Paddock	
3) 145 Amber Champagne	4) 144 Ashlan Best	
9 Chatham-Kent	A	4:04.86
1) 204 Julia Stephens	2) 201 Payton Sabourin	
3) 200 Chloe Pugh	4) 199 Ally Oulds	
10 Guelph - Guelph	K	4:05.81
1) 341 Sara Farquharson	2) 343 Madison Jarvis	
3) 344 Tessa Ladhani	4) 342 Ashley Hoffer	
11 Holy Names - Windsor	A	4:06.92
1) 378 Marvelous Agbonwaneteh	2) 389 Mylene Tu	
3) 382 Tiarra Davis	4) 383 Georgia Fox	
12 Resurrection	A	4:10.15
1) 794 Vivian Ogor	2) 796 Eliza Smith	
3) 797 Maddy Smith	4) 792 Madison Kennedy	
13 London Central	A	4:10.24
1) 530 Zoe Kerhoulas	2) 527 Amani Haskouri	
3) 525 Denise Darvill-Kaiser	4) 534 Brenna Schmitt	
14 Waterloo CI	A	4:11.23
1) 1285 Nicki Aye	2) 1289 Alyssa Jansen	
3) 1284 Nike Abiodun	4) 1291 Kendra Puttick	
15 Cameron Heights	A	4:15.90
1) 60 Tomi Bamigbade	2) 75 Samantha McCrory	
3) 63 Juliette Davies	4) 62 Mikayla Carmichael	

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Women 200 Meter Dash Wheelchair

West_Region: 1:55.74 * 5/27/2016 Abby Leblanc

Name	School	Finals
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Finals

1 12 Abby Leblanc MacKenzie 1:55.74* NWI

Women 100 Meter Dash Ambulatory

West_Region: 14.57 * 5/27/2016 Madison Wilson-Walker

Name	School	Finals
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Finals

1 586 Madison Wilson-Walker Lord Dorchester 14.57* 1.0

Women 800 Meter Run Ambulatory

West_Region: 3:04.47 * 5/28/2016 Madison Wilson-Walker

Name	School	Finals
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Finals

1 586 Madison Wilson-Walker Lord Dorchester 3:04.47*

2 1033 Ella Baker-Lehnen St. Anne-Clinton 7:05.76

Women 100 Meter Dash Intellectual

West_Region: 14.15 * 5/27/2016 Kyla Rodrigue

Name	School	Finals
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Finals

1 1327 Kyla Rodrigue Woodstock CI 14.15* 2.0

2 11 Tiffany Hillman MacKenzie 17.94 2.0

Women 800 Meter Run Intellectual

West_Region: 4:05.92 * 5/28/2016 Tiffany Hillman

Name	School	Finals
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Finals

1 11 Tiffany Hillman MacKenzie 4:05.92*

Men 100 Meter Dash Midget

West_Region: 11.18 * 2006 Corey CRAWLEY

Name	School	Prelims
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Preliminaries

1 228 Dante Henriques Delhi 11.35Q2.7

2 267 Stanley Dean ES L'Essor 11.57Q2.1

3 130 Liam Van Loon C.C.H. - London 11.61Q2.1

4 742 Abraham Kayeye Lady of Lourdes 11.62Q2.7

5 802 Connor Arnold Resurrection 11.67q 2.1

6 1266 Aron Massaquoi Herman, W.F. 11.78q 2.7

7 399 Jake Heydon Holy Names 11.80q 2.7

8 969 Misha Melnyk Macdonald, J.A. 11.84q 2.7

9 709 Arjun Khanna Oakridge 11.89 2.1

10 706 Caelan Bresnan Oakridge 11.94 2.7

11 546 Grant Luke London Central 11.96 2.1

12 1060 Mike Pugsley St. Clair 11.97 2.7

13 851 Dapo Adenitan Sandwich 12.01 2.1

14 905 Titus Thomas Saunders 12.34 2.1

Men 100 Meter Dash Midget

West_Region: 11.18 * 2006 Corey CRAWLEY

Name	School	Finals
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Finals

1 228 Dante Henriques Delhi 11.22 1.3

2 267 Stanley Dean ES L'Essor 11.51 1.3

3 130 Liam Van Loon C.C.H. - London 11.54 1.3

4 742 Abraham Kayeye Lady of Lourdes 11.62 1.3

5 802 Connor Arnold Resurrection 11.69 1.3

6 1266 Aron Massaquoi Herman, W.F. 11.71 1.3

7 969 Misha Melnyk Macdonald, J.A. 11.75 1.3

8 399 Jake Heydon Holy Names 11.87 1.3

Men 200 Meter Dash Midget

West_Region: 22.55 * 5/28/2016 Dante Henriques

Name	School	Prelims
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Preliminaries

1 228 Dante Henriques Delhi * 22.55Q1.6

2 1266 Aron Massaquoi Herman, W.F. 23.21Q1.4

3 267 Stanley Dean ES L'Essor 23.27Q1.4

4 809 Michael Rice Resurrection 23.80Q1.6

5 802 Connor Arnold Resurrection 23.65q 1.4

6 1045 Callum Robinson St. Anne-Clinton 23.82q 1.6

7 706 Caelan Bresnan Oakridge 24.08q 1.6

8 184 Shawn Patton Centr Wellington 24.24q 1.4

9 399 Jake Heydon Holy Names 24.26 1.4

10 546 Grant Luke London Central 24.27 1.4

11 854 Aiden Allen Sandwich 24.28 1.6

12 758 Tucker Almert Paris 24.38 1.6

13 851 Dapo Adenitan Sandwich 24.74 1.6

14 127 Salvatore McLawrence C.C.H. - London 24.99 1.4

15 486 Yohanna Akot John Paul II 26.33 1.6

Men 200 Meter Dash Midget

West_Region: 22.55 * 5/28/2016 Dante Henriques

Name	School	Finals
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Finals

1 228 Dante Henriques Delhi 22.98 3.2

2 267 Stanley Dean ES L'Essor 23.14 3.2

3 1266 Aron Massaquoi Herman, W.F. 23.70 3.2

4 802 Connor Arnold Resurrection 23.83 3.2

5 809 Michael Rice Resurrection 24.20 3.2

6 184 Shawn Patton Centr Wellington 24.40 3.2

7 706 Caelan Bresnan Oakridge 25.18 3.2

Men 400 Meter Dash Midget

West_Region: 50.91 * 1994 Jeff ELLIS / Orangeville

Name	School	Finals
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Finals

1 1266 Aron Massaquoi Herman, W.F. 52.86

2 751 Spencer Wright Lady of Lourdes 52.90

3 1045 Callum Robinson St. Anne-Clinton 53.28

4 184 Shawn Patton Centr Wellington 53.83

5 964 Parker Crewson Macdonald, J.A. 54.69

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Finals ... (Men 400 Meter Dash Midget)

Name	School	Finals
6 133 John Wojcik	C.C.H. - London	55.85
7 961 Ahmed Abdel-Samad	Macdonald, J.A.	56.36
8 1141 Nate McCann	St. Michael	56.54
9 1329 Mac Fox	Woodstock CI	57.58
10 678 Jonathan King	Northern- Sarnia	58.23
11 391 Jack Bordignon	Holy Names	58.40
12 1273 Austin Thornton	Herman, W.F.	58.57
13 938 Ben Nitturi	Banting, Sir F.	58.73
14 1072 Adrian O'Toole	St. David	1:01.34
15 1315 Dillin Yang	Wesview Freedom	1:26.88

Men 800 Meter Run Midget

West_Region: 1:55.74 * 1989 Kevin Sullivan/Brantford-North Pa

Name	School	Finals
Finals		
1 979 Kyle Koyanagi	Laurier, Sir W.	2:01.00
2 331 Korbett Cator	Grand River	2:01.05
3 1239 Noah Costa	Vincent Massey	2:01.63
4 819 Matthew Donnelly	Sacred Heart	2:02.72
5 1237 Chase Canty	Vincent Massey	2:05.20
6 964 Parker Crewson	Macdonald, J.A.	2:05.67
7 757 Aiden Lachine	Paincourt	2:09.78
8 1126 Ruairi Tiernan	St.Mary's-Kitche	2:10.38
9 904 Tommy Sydor	Saunders	2:11.36
10 1141 Nate McCann	St. Michael	2:12.39
11 133 John Wojcik	C.C.H. - London	2:12.79
12 1043 Dion Killens	St. Anne-Clinton	2:13.46
13 45 Lucas Wells	Bishop MacDonnel	2:14.33
14 776 Mack Honchar	Johnson, P.	2:16.43
15 1204 Taylor Burnham	Vista Academy	2:16.74

Men 1500 Meter Run Midget

West_Region: 4:01.00 * 1989 Kevin Sullivan/Brantford-North Pa

Name	School	Finals
Finals		
1 745 Brock McKenzie	Lady of Lourdes	4:09.08
2 979 Kyle Koyanagi	Laurier, Sir W.	4:11.59
3 1177 Josh Zelek	Stratford Centra	4:13.18
4 331 Korbett Cator	Grand River	4:13.87
5 1239 Noah Costa	Vincent Massey	4:14.59
6 937 Eric Klassen	Banting, Sir F.	4:20.13
7 1237 Chase Canty	Vincent Massey	4:24.17
8 1172 Eric Hill	St.Thomas Aquina	4:24.89
9 1124 Foster Malleck	St.Mary's-Kitche	4:28.12
10 1303 Luke Aikman	Waterloo-Oxford	4:37.36
11 971 Quinlan Missikowski	Macdonald, J.A.	4:37.75
12 499 Declan Handley	Kingsville	4:38.87
13 567 Evan Burke	London South	4:43.10
14 856 Michael Brown	Sandwich	4:47.19
15 516 Travis Nicholson	Lambton Central	4:56.49

Men 3000 Meter Run Midget

West_Region: 8:47.3h * 1979

Chris BREWSTER / London-Cath.

Name	School	Finals
Finals		
1 1177 Josh Zelek	Stratford Centra	9:12.01
2 745 Brock McKenzie	Lady of Lourdes	9:20.00
3 937 Eric Klassen	Banting, Sir F.	9:29.09
4 1124 Foster Malleck	St.Mary's-Kitche	9:34.51
5 441 Aaron Canfield	Huron Park	9:48.76
6 567 Evan Burke	London South	9:59.73
7 1303 Luke Aikman	Waterloo-Oxford	10:07.75
8 1115 Ethan Kruisselbrink	St. Mary's (Os)	10:08.66
9 971 Quinlan Missikowski	Macdonald, J.A.	10:17.59
10 1172 Eric Hill	St.Thomas Aquina	10:22.31
11 859 David Henderson	Sandwich	10:22.68
12 1006 Justin Susko	St.Thomas	10:26.88
13 404 Logan Provost	Holy Names	10:34.07
--- 1313 Keith Corbett	Westside	DNF

Men 100 Meter Hurdles Midget

West_Region: 13.12 * 1998

Paul WHITTY / London-Saunders

Name	School	Prelims
Preliminaries		
1 807 Adam Exley	Resurrection	14.24Q1.3
2 517 Carson Perry	Lambton Central	15.01Q1.1
3 1296 Jonah McPhee	Waterloo CI	14.48Q1.3
4 1328 Jakob Ager	Woodstock CI	15.15Q1.1
5 465 Seth Robertson	Jacob Hespeler	14.97q 1.3
6 1048 Casey Van Dorp	St. Anne-Clinton	15.52q 1.1
7 738 Chris Bungay	Lady of Lourdes	15.56q 1.1
8 966 Nils Dieterik	Macdonald, J.A.	15.58q 1.3
9 1244 Nat Norton	Vincent Massey	15.59 1.1
10 51 Caleb Timm	Bluevale	15.74 1.1
11 1041 Nathan Haas	St. Anne-Clinton	15.84 1.3
12 419 Abdullah Zafar	Kennedy, Hon.W.C	15.90 1.3
13 687 Jaxon Shelton	Northern- Sarnia	15.98 1.3
14 1173 Jacob Larsen	St.Thomas Aquina	15.98 1.3
15 121 Mark Beukeboom	C.C.H. - London	16.01 1.1

Men 100 Meter Hurdles Midget

West_Region: 13.12 * 1998

Paul WHITTY / London-Saunders

Name	School	Finals
Finals		
1 807 Adam Exley	Resurrection	13.83 3.1
2 1296 Jonah McPhee	Waterloo CI	14.27 3.1
3 465 Seth Robertson	Jacob Hespeler	14.65 3.1
4 1328 Jakob Ager	Woodstock CI	14.95 3.1
5 966 Nils Dieterik	Macdonald, J.A.	15.25 3.1
6 738 Chris Bungay	Lady of Lourdes	15.26 3.1
7 1048 Casey Van Dorp	St. Anne-Clinton	15.62 3.1
8 517 Carson Perry	Lambton Central	24.08 3.1

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Jacob Hespeler Secondary School - 5/27/2016 to 5/28/2016

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Men 300 Meter Hurdles Midget

West_Region: 40.41 * 5/28/2005 Jeremy Gibbons

Name	School	Finals
Finals		
1 807 Adam Exley	Resurrection	42.55
2 1328 Jakob Ager	Woodstock CI	43.27
3 417 Cole Hines	Kennedy, Hon.W.C	43.36
4 863 Chad Kristalovich	Sandwich	44.03
5 961 Ahmed Abdel-Samad	Macdonald, J.A.	44.55
6 465 Seth Robertson	Jacob Hespeler	44.90
7 1155 Josh D'Angela	St. Patrick's	44.91
8 169 Quin Bundschuh	Central Elgin	45.14
9 1048 Casey Van Dorp	St. Anne-Clinton	45.14
10 442 Ben Dubois	Huron Park	45.40
11 1244 Nat Norton	Vincent Massey	45.44
12 36 Brady Smith	Belle River	45.61
13 966 Nils Dieterik	Macdonald, J.A.	45.65
14 479 David Kroes	Ross, John F.	46.06
15 738 Chris Bungay	Lady of Lourdes	46.28
16 569 Josh Gillam	London South	46.55

Men 4x100 Meter Relay Midget

West_Region: 45.37 * 2002 LASALLE-VILLANOVA

Team	Relay	Finals
Finals		
1 Macdonald, J.A.	A	46.16
1) 965 Ty Davis	2) 961 Ahmed Abdel-Samad	
3) 964 Parker Crewson	4) 969 Misha Melnyk	
2 Sandwich - Windsor	A	46.24
1) 851 Dapo Adenitan	2) 854 Aiden Allen	
3) 853 Philippe Alce	4) 868 Leon Manning	
3 Resurrection	A	47.29
1) 802 Connor Arnold	2) 809 Michael Rice	
3) 806 Jaden Evans	4) 807 Adam Exley	
4 Lady of Lourdes	A	47.81
1) 750 Sam Torres	2) 742 Abraham Kayeye	
3) 739 Spencer Drohan	4) 751 Spencer Wright	
5 Oakridge - London	A	47.82
1) 704 Reid Bedard	2) 706 Caelan Bresnan	
3) 711 Austin McIntosh	4) 709 Arjun Khanna	
6 Paris - Paris	A	48.63
1) 762 Aiden Kadziolka	2) 763 Skye Laro	
3) 758 Tucker Almert	4) 761 Elston Hutchison	
7 Elmira - Elmira	A	49.35
1) 253 Griffen Rollins	2) 248 Brian Alpaugh	
3) 251 Erik Krepstakies	4) 249 Gavin Cortes	
8 Ursuline College	A	49.37
1) 1214 Cal O'Hara	2) 1217 Aiden Webster	
3) 1216 Jayden Vilaranda	4) 1215 Zach Stallaert	
9 Saunders - London	A	49.40
1) 905 Titus Thomas	2) 903 Ali Rifai	
3) 899 Matt Ballantyne	4) 901 Mehdi Hamam	

10 London Central	A	49.80
1) 552 Prey Parikh	2) 540 Mika Bosnjak	
3) 545 Noah Kim	4) 550 Ali Mozaffaripour	
11 Holy Cross	A	49.81
1) 370 Matthew Barlow	2) 373 Matthew Major	
3) 375 Colin Thomas	4) 377 Christopher Zwinkels	
12 Banting, Sir F.	A	50.76
1) 940 Michael Quesnel	2) 942 Lucas Wenman	
3) 934 Foster Gibney	4) 931 Will Brown	
--- St.Thomas	A	DNF
1) 999 Matt Burrows	2) 1000 Joe DeLuca	
3) 1002 Bret MacDougall	4) 1003 Kodi McCrate	
--- Northern - Sarnia	A	DNF
1) 676 Kyle Kachan	2) 677 Seth Kember	
3) 678 Jonathan King	4) 688 Jackson Smiley	
--- St. Patrick's	A	DNF
1) 1157 Wes Henry	2) 1155 Josh D'Angela	
3) 1159 Alex Lyford	4) 1154 Nick Chopp	

Men High Jump Midget

Starting height 1.45, then by 5cm to 1.60, then by 3cm

West_Region: 1.90m * 6/2/2007 Branden Wilhelm

Name	School	Finals
Finals		
1 370 Matthew Barlow	Holy Cross	1.73m
2 899 Matt Ballantyne	Saunders	1.70m
3 1308 Scott Gilstorf	Wellington Heigh	1.70m
4 1170 Ethan Cruz	St.Thomas Aquina	1.65m
5 1310 Caleb Keeling	West Hill	1.65m
6 1296 Jonah McPhee	Waterloo CI	1.65m
6 51 Caleb Timm	Bluevale	1.65m
8 783 Ethan Mercier	Preston	1.65m
9 486 Yohanna Akot	John Paul II	1.65m
10 213 Drew Koluk	Chatham-Kent	1.60m
11 36 Brady Smith	Belle River	1.60m
12 518 Justin Porteous	Lambton Central	1.55m
--- 523 Travis Bannerman	Listowel	NH
--- 681 Ethan Pearson	Northern- Sarnia	NH
--- 686 Stevie Schaefer	Northern- Sarnia	NH

Men Pole Vault Midget

2.20,2.40,then 15cm

West_Region: 3.80m * 1997 Frank KLUNDERT / Cardinal Cart

Name	School	Finals
Finals		
1 854 Aiden Allen	Sandwich	3.00m
2 1329 Mac Fox	Woodstock CI	3.00m
3 965 Ty Davis	Macdonald, J.A.	2.85m
3 705 Luke Blissett	Oakridge	2.85m
5 1305 Connor Sniatenchuk	Waterloo-Oxford	2.85m
6 1330 Benny Hart	Woodstock CI	2.70m
6 963 Josh Authier	Macdonald, J.A.	2.70m
8 1025 Trent Lanoue	St. Anne-Windsor	2.70m
9 457 Bailey Harris	Jacob Hespeler	2.70m
10 468 Jonathan Wahl	Jacob Hespeler	2.40m

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Finals ... (Men Pole Vault Midget)

Name	School	Finals
11 878 Kevin Tebbins	Sandwich	2.40m
12 1024 Nolan Lanoue	St. Anne-Windsor	2.20m
12 591 Aiden Rand	Lord Dorchester	2.20m
14 713 Carson Steckel	Oakridge	2.20m

Men Long Jump Midget

West_Region: 6.67m * 1979 Ken BERRY / London-Laurier

Name	School	Finals
Finals		
1 807 Adam Exley	Resurrection	6.34m 2.3
2 481 Noah Lee	Ross, John F.	6.16m 2.0
3 1121 Joel Ernst Finnie	St.Mary's-Kitche	6.14m 2.5
4 267 Stanley Dean	ES L'Essor	6.07m 1.1
5 540 Mika Bosnjak	London Central	6.06m 1.4
6 1262 Tiaje Holmes	Herman, W.F.	6.03m 2.2
7 433 Paul Negoita	Huron Heights	5.90m 3.4
8 130 Liam Van Loon	C.C.H. - London	5.88m 1.6
9 319 Walter Le	Glenview Park	5.75m 1.5
10 517 Carson Perry	Lambton Central	5.61m 2.3
11 667 Matt Boyce	Northern- Sarnia	5.56m 1.1
12 1269 Honelay Mirtil	Herman, W.F.	5.53m 4.2
13 51 Caleb Timm	Bluevale	5.39m 2.6
14 282 Austin Eadie	Madill, F.E.	5.37m 2.9
15 375 Colin Thomas	Holy Cross	5.15m 2.6
16 931 Will Brown	Banting, Sir F.	5.13m 1.6

Men Triple Jump Midget

West_Region: 13.78m * 1994 Kriss PETERSON / LaSalle-Sandw

Name	School	Finals
Finals		
1 751 Spencer Wright	Lady of Lourdes	12.57m 1.7
2 774 Aaron Barton	Johnson, P.	12.56m 1.1
3 319 Walter Le	Glenview Park	12.39m 1.8
4 1262 Tiaje Holmes	Herman, W.F.	12.28m 2.4
5 877 Josua Szekely	Sandwich	12.06m 2.4
6 143 Dawood Said	C.C.H. - Windsor	12.05m 1.7
7 1040 Sam Dupuis	St. Anne-Clinton	11.81m 0.3
8 163 Timothy Wang	Centennial	11.61m NWI
9 1283 Connor Walsh	Waterford	11.50m 1.3
10 864 Tyler Laureault	Sandwich	11.47m 2.4
11 668 Thomas Cardinal	Northern- Sarnia	11.44m 1.9
12 445 Justin Holmes	Ingersoll	11.28m 1.3
13 433 Paul Negoita	Huron Heights	11.23m 0.8
14 942 Lucas Wenman	Banting, Sir F.	11.09m 0.9
15 282 Austin Eadie	Madill, F.E.	10.95m NWI
16 1191 Ryan Berkley	Strathroy D C I	10.81m 1.1

Men Shot Put Midget

West_Region: 18.23m * 1982 Dave CROMBEEN / Sarnia-St. Pat

Name	School	Finals
Finals		
1 1282 Camden Fischer	Wallaceburg	13.45m
2 1203 Gaeden Berry	Vista Academy	13.35m

3 714 Kareem Taha	Oakridge	13.18m
4 1263 Dylan Kelly-Earish	Herman, W.F.	13.10m
5 170 Seth Kuiper	Central Elgin	12.92m
6 260 Ethan Bishop	Erin	12.65m
7 1182 Jason Guy	Stratford NW	12.62m
8 18 adrian henry	Assumption-Brant	12.44m
9 571 Scott Nichols	London South	11.88m
10 415 Nick Swartzentruber	Holy Trinity	11.82m
11 668 Thomas Cardinal	Northern- Sarnia	11.56m
12 939 Christian Panhuis	Banting, Sir F.	11.50m
13 20 matt turner	Assumption-Brant	11.42m
14 222 Todd Johnson	Chesley	10.95m
15 498 Mason Bickford	Kingsville	10.86m
--- 1278 Nate Illerbrun	Walkerton	DNF

Men Discus Throw Midget

West_Region: 55.14m * 2002 Joe POCOCK/Windsor

Name	School	Finals
Finals		
1 667 Matt Boyce	Northern- Sarnia	44.41m
2 771 Chase Cookson	Parkside	44.04m
3 1283 Connor Walsh	Waterford	38.77m
4 939 Christian Panhuis	Banting, Sir F.	37.19m
5 1194 Ben MacDonald	Strathroy D C I	34.86m
6 260 Ethan Bishop	Erin	34.68m
7 1208 Jaxon Morkin	Vista Academy	34.48m
8 156 Qalib Ladhni	Centennial	34.13m
9 1306 Alex Wagler	Waterloo-Oxford	32.37m
10 1203 Gaeden Berry	Vista Academy	32.22m
11 210 Sam Haight	Chatham-Kent	31.88m
12 170 Seth Kuiper	Central Elgin	31.41m
13 20 matt turner	Assumption-Brant	31.14m
14 912 Tristan Frank	Simcoe	30.27m
15 714 Kareem Taha	Oakridge	28.86m
16 1263 Dylan Kelly-Earish	Herman, W.F.	25.77m

Men Javelin Throw Midget

West_Region: 61.70m * 1982 Dave CROMBEEN / Sarnia-St. Pat

Name	School	Finals
Finals		
1 684 Greg Ross	Northern- Sarnia	44.56m
2 858 Nolan Charette	Sandwich	44.19m
3 857 Joel Cartwright	Sandwich	43.87m
4 1156 Josh Doupe	St. Patrick's	43.79m
5 436 Mac Starkebaum	Huron Heights	43.63m
6 372 Connor Keogh	Holy Cross	41.23m
7 182 Spencer Dyce	Centr Wellington	40.49m
8 1100 Joe Martin	St. John College	39.87m
9 430 Kevin He	Huron Heights	38.95m
10 714 Kareem Taha	Oakridge	38.02m
11 1182 Jason Guy	Stratford NW	37.74m
12 771 Chase Cookson	Parkside	37.06m
13 912 Tristan Frank	Simcoe	36.31m
14 682 Seth Pynaert	Northern- Sarnia	35.48m
15 1311 Matthew Greidanus	Westminster	34.69m

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Finals ... (Men Javelin Throw Midget)

Name	School	Finals
16 260 Ethan Bishop	Erin	30.89m

Men 100 Meter Dash Junior

West_Region: 10.60 * 2002 Rhoan STERLING/Galt

Name	School	Prelims
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Preliminaries

1 611 Adrian Livingston	Bruyere, Mgs	11.19Q1.5
2 160 Olami Ogunnote	Centennial	11.21Q2.1
3 570 Ethan Martin	London South	11.21Q2.1
4 455 Josh Gilpin	Jacob Hespeler	11.33Q1.5
5 880 Kobe Washington	Sandwich	11.35q 1.5
6 1127 Dominic Turton	St.Mary's-Kitche	11.44q 2.1
7 318 Shahmir Khan	Glenview Park	11.50q 1.5
8 491 Jai'Quan McNamara	John Paul II	11.52q 2.1
9 397 Michael Herzog	Holy Names	11.53 2.1
10 289 Nic Rivait	Brennan, F.J.	11.60 2.1
11 1190 Devonté Ballantyne	Strathroy D C I	11.60 1.5
12 861 Evan John	Sandwich	11.63 1.5
13 123 Anthony Cimino	C.C.H. - London	11.67 2.1
14 83 Daniel Akpedeye	Cameron Heights	11.88 2.1
15 666 Gabe Barnes	Northern- Sarnia	12.14 1.5

Men 100 Meter Dash Junior

West_Region: 10.60 * 2002 Rhoan STERLING/Galt

Name	School	Finals
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Finals

1 160 Olami Ogunnote	Centennial	11.06 2.9
2 611 Adrian Livingston	Bruyere, Mgs	11.09 2.9
3 570 Ethan Martin	London South	11.20 2.9
4 455 Josh Gilpin	Jacob Hespeler	11.24 2.9
5 1127 Dominic Turton	St.Mary's-Kitche	11.26 2.9
6 880 Kobe Washington	Sandwich	11.35 2.9
7 318 Shahmir Khan	Glenview Park	11.47 2.9
8 491 Jai'Quan McNamara	John Paul II	11.58 2.9

Men 200 Meter Dash Junior

West_Region: 21.67 * 1993 Chris ROBINSON / Cambridge-He

Name	School	Prelims
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Preliminaries

1 611 Adrian Livingston	Bruyere, Mgs	22.93Q1.2
2 455 Josh Gilpin	Jacob Hespeler	23.04Q1.8
3 1246 Shahriyar Rahman	Vincent Massey	23.11Q1.2
4 861 Evan John	Sandwich	23.44Q1.8
5 605 Robbie Menzies	Medway	23.50q 1.8
6 289 Nic Rivait	Brennan, F.J.	23.77q 1.8
7 122 Quinn Brown	C.C.H. - London	23.85q 1.8
8 123 Anthony Cimino	C.C.H. - London	23.98q 1.2
9 83 Daniel Akpedeye	Cameron Heights	24.02 1.2
10 428 Cameron Beettam	Huron Heights	24.09 1.8
11 397 Michael Herzog	Holy Names	24.21 1.2
12 748 Matteo Rogue	Lady of Lourdes	24.25 1.8

Men 200 Meter Dash Junior

West_Region: 21.67 * 1993 Chris ROBINSON / Cambridge-He

Name	School	Finals
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Finals

1 455 Josh Gilpin	Jacob Hespeler	23.04 1.2
2 611 Adrian Livingston	Bruyere, Mgs	23.06 1.2
3 1246 Shahriyar Rahman	Vincent Massey	23.29 1.2
4 289 Nic Rivait	Brennan, F.J.	23.46 1.2
5 861 Evan John	Sandwich	23.63 1.2
6 605 Robbie Menzies	Medway	23.79 1.2
7 122 Quinn Brown	C.C.H. - London	24.25 1.2
8 123 Anthony Cimino	C.C.H. - London	24.99 1.2

Men 400 Meter Dash Junior

West_Region: 47.94 * 1997 Liam CARD / Port Elgin-Saugeen

Name	School	Finals
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Finals

1 941 Will Stewart	Banting, Sir F.	52.03
2 132 Ryland Williamson	C.C.H. - London	52.07
3 1246 Shahriyar Rahman	Vincent Massey	52.32
4 1101 Trevone Zoysa	St. John College	52.81
5 269 Kyle Wagner	Ecs Notre Dame	53.48
6 605 Robbie Menzies	Medway	53.58
7 1021 Frankie Calvaruso	St. Anne-Windsor	53.59
8 748 Matteo Rogue	Lady of Lourdes	53.76
9 122 Quinn Brown	C.C.H. - London	53.95
10 1125 Miguel Robles	St.Mary's-Kitche	54.67
11 740 Bradley Fraser	Lady of Lourdes	54.69
12 690 Alec Trusler	Northern- Sarnia	54.74
13 209 Tye Douma	Chatham-Kent	54.83
14 1320 Nathan Zomer	Woodland Christi	58.07
15 390 Jake Bailey	Holy Names	58.43
16 94 Marko Stojakovic	Cameron Heights	1:25.25

Men 800 Meter Run Junior

West_Region: 1:50.90 * 2000 Nathan BRANNEN / Preston HS

Name	School	Finals
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Finals

1 941 Will Stewart	Banting, Sir F.	2:00.63
2 186 Tyler Young	Centr Wellington	2:00.92
3 293 Greg Carette	Forest Heights	2:00.99
4 572 Tyrone Traher	London South	2:01.32
5 674 Nick Forbes	Northern- Sarnia	2:03.38
6 1101 Trevone Zoysa	St. John College	2:03.79
7 814 Max Cooney	Riverside	2:06.36
8 1176 Sam Wyatt	Stratford Centra	2:06.77
9 1292 Tugi Kaai	Waterloo CI	2:08.39
10 269 Kyle Wagner	Ecs Notre Dame	2:09.09
11 1248 Keith Sum	Vincent Massey	2:09.68
12 1004 Connor Sloan	St.Thomas	2:09.98
13 356 Liam Ogilvie	Guelph	2:10.78
14 311 Michael Nasello	General Amherst	2:11.99
15 752 Wesley Yates	Lady of Lourdes	2:35.16

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Men 1500 Meter Run Junior

West_Region: 3:49.3h * 1994 Jay CANTIN / Sarnia-St. Clair

Name	School	Finals
Finals		
1 1123 Marcus Kemp	St.Mary's-Kitche	4:13.84
2 186 Tyler Young	Centr Wellington	4:14.38
3 572 Tyrone Traher	London South	4:15.66
4 293 Greg Carette	Forest Heights	4:17.06
5 356 Liam Ogilvie	Guelph	4:22.71
6 674 Nick Forbes	Northern- Sarnia	4:23.42
7 1176 Sam Wyatt	Stratford Centra	4:24.30
8 504 Mitchell Mowbray	Kitchener Waterl	4:24.60
9 1240 Jan Fiedler	Vincent Massey	4:27.95
10 218 Cameron Ross	Chatham-Kent	4:28.42
11 599 Brandon Byers	Medway	4:30.25
12 117 Jack Adams	C.C.H. - London	4:32.46
13 1238 Arseniy Chertov	Vincent Massey	4:33.84
14 311 Michael Nasello	General Amherst	4:37.20

Men 3000 Meter Run Junior

West_Region: 8:35.46 * 2001 Adam HORTIAN / Bluevale

Name	School	Finals
Finals		
1 1123 Marcus Kemp	St.Mary's-Kitche	9:28.55
2 183 Eric Morris	Centr Wellington	9:31.89
3 254 John Wang	Elmira	9:33.83
4 504 Mitchell Mowbray	Kitchener Waterl	9:36.54
5 1243 Greg McFarlane	Vincent Massey	9:46.33
6 181 Jason Cousineau	Centr Wellington	9:47.42
7 176 Nick Bannon	Centre Dufferin	9:48.13
8 672 Andrew Davies	Northern- Sarnia	9:49.18
9 1240 Jan Fiedler	Vincent Massey	10:05.61
10 218 Cameron Ross	Chatham-Kent	10:14.64
11 1238 Arseniy Chertov	Vincent Massey	10:20.91
12 981 Stephen Robinson	Laurier, Sir W.	10:26.44
13 599 Brandon Byers	Medway	10:28.36
14 980 Alex Mason	Laurier, Sir W.	10:32.35
15 629 Aiden Duffy	Mother Teresa	10:34.47

Men 100 Meter Hurdles Junior

West_Region: 13.15 * 5/30/2014 Joey Daniels

Name	School	Prelims
Preliminaries		
1 171 Tanner Smyth	Central Elgin	14.32Q1.9
2 1105 Liam Clark	St.Joe-St.Thomas	14.40Q1.2
3 1047 Rienk Van Der Ploeg	St. Anne-Clinton	14.76Q1.2
4 168 Hayden Bell	Central Elgin	15.05Q1.9
5 44 Aidan Peet	Bishop MacDonnel	15.26q 1.9
6 141 Reign Janusas	C.C.H. - Windsor	15.70q 1.9
7 747 Ryan Pham	Lady of Lourdes	15.96q 1.9
8 503 Noah Enns Le-Doare	Kitchener Waterl	16.01q 1.9
9 1245 David Oteng-Pabi	Vincent Massey	16.14 1.2
10 1242 Jimi Hambolu	Vincent Massey	16.62 1.2
11 47 Shearaar Arastu	Bluevale	16.84 1.9

12 185 Ryan Shellington	Centr Wellington	17.15 1.9
13 1114 Lucas Bulsink	St. Mary's (Os)	17.89 1.2
14 875 Harald Phelps	Sandwich	18.05 1.2
--- 9 Calum Doherty	Lucas, A.B.	DNF 1.2
--- 1160 Tyson Mercurio	St. Patrick's	DQ 1.2

Men 100 Meter Hurdles Junior

West_Region: 13.15 * 5/30/2014 Joey Daniels

Name	School	Finals
Finals		
1 171 Tanner Smyth	Central Elgin	14.19 3.4
2 1105 Liam Clark	St.Joe-St.Thomas	14.33 3.4
3 1047 Rienk Van Der Ploeg	St. Anne-Clinton	14.66 3.4
4 168 Hayden Bell	Central Elgin	14.86 3.4
5 44 Aidan Peet	Bishop MacDonnel	15.27 3.4
6 141 Reign Janusas	C.C.H. - Windsor	15.57 3.4
7 503 Noah Enns Le-Doare	Kitchener Waterl	15.77 3.4
8 747 Ryan Pham	Lady of Lourdes	16.05 3.4

Men 300 Meter Hurdles Junior

West_Region: 38.11 * 1996

Jeff ELLIS/Orangeville

Name	School	Finals
Finals		
1 1105 Liam Clark	St.Joe-St.Thomas	40.03
2 10 Matt McNeill	Lucas, A.B.	40.29
3 614 Quaid Austin	Mitchell	41.08
4 741 Kerone Johnson	Lady of Lourdes	41.32
5 1125 Miguel Robles	St.Mary's-Kitche	42.08
6 171 Tanner Smyth	Central Elgin	42.19
7 690 Alec Trusler	Northern- Sarnia	43.23
8 879 Austin Tilson	Sandwich	43.28
9 1232 Abudie Abouzeeni	Vincent Massey	43.58
10 603 Nathan Hostettler	Medway	43.62
11 89 Paul McKeand	Cameron Heights	44.61
12 44 Aidan Peet	Bishop MacDonnel	44.81
13 1242 Jimi Hambolu	Vincent Massey	45.07
14 870 Rob Maure	Sandwich	45.32
15 752 Wesley Yates	Lady of Lourdes	47.11

Men 4x100 Meter Relay Junior

West_Region: 43.15 * 2002

LONDON-CATHOLIC CENTRAL

Team	Relay	Finals
Finals		
1 London South - London	A	43.83
1) 570 Ethan Martin	2) 565 Chase Brown	
3) 566 Sydney Brown	4) 564 Jake Beadle	
2 Sandwich - Windsor	A	44.51
1) 861 Evan John	2) 870 Rob Maure	
3) 871 Blake McConville	4) 879 Austin Tilson	
3 Jacob Hespeler	A	45.08
1) 455 Josh Gilpin	2) 464 Luke Robertson	
3) 462 Tyler Preddy	4) 456 Logan Hall	
4 Lady of Lourdes	C	45.23
1) 740 Bradley Fraser	2) 748 Matteo Rogue	
3) 743 Coleton McCarthy	4) 741 Kerone Johnson	

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Results

Finals ... (Men 4x100 Meter Relay Junior)		
Team	Relay	Finals
5 C.C.H. - London	A	45.41
1) 131 Tyson Vidinha	2) 122 Quinn Brown	
3) 123 Anthony Cimino	4) 130 Liam Van Loon	
6 Holy Names - Windsor	A	46.06
1) 390 Jake Bailey	2) 397 Michael Herzog	
3) 407 Brandon Tatsu	4) 399 Jake Heydon	
7 St.Mary's-Kitche	A	46.30
1) 1120 Cole Belkwell	2) 1127 Dominic Turton	
3) 1125 Miguel Robles	4) 1123 Marcus Kemp	
8 Brennan, F.J.	A	46.46
1) 288 Erick Martinez	2) 289 Nic Rivait	
3) 287 Andre Mansour	4) 291 Kody Williams	
9 Northern - Sarnia	A	46.48
1) 683 Ethan Robertson	2) 690 Alec Trusler	
3) 680 Jaden Ogorek	4) 666 Gabe Barnes	
10 Mother Teresa	A	46.87
1) 634 Marvin Quijano	2) 633 Chris Olumu	
3) 637 Teddy Wright	4) 631 Darnell La Rose	
11 St. Anne - Windsor	A	46.99
1) 1027 Aiden Mitrevski	2) 1023 Aaron Dugan	
3) 1021 Frankie Calvaruso	4) 1029 Noah Rocheleau	
12 Cameron Heights	A	47.17
1) 94 Marko Stojakovic	2) 83 Daniel Akpedeye	
3) 90 Alex Morrison	4) 89 Paul McKeand	
13 Guelph - Guelph	G	47.19
1) 351 Cole Elford	2) 349 Cole Cook	
3) 350 Lucas Eberhardt	4) 355 Jimmy Ngo	
14 Macdonald, J.A.	A	47.52
1) 967 Cameron Hazelwood	2) 976 Jesse Summers	
3) 968 Osman Mahboob	4) 973 Filip Popovic	
--- Medway - Arva	A	DQ
--- John Paul II	A	DQ
1) 493 Joey Tibury	2) 490 Bilal Khan	
3) 488 Matthew Chartrand	4) 491 Jai'Quan McNamara	

Men High Jump Junior

Starting height 1.55 m, then by 5cm to 1.70, then by 3cm

West_Region: 2.01m * 1984 Andrew MCLEAN / Arva-Medway

Name	School	Finals
Finals		
1 607 Michael Walsh	Medway	1.80m
2 1116 Branson Thalen	St. Mary's (Os)	1.75m
2 477 Bruno Comin	Ross, John F.	1.75m
4 171 Tanner Smyth	Central Elgin	1.75m
5 168 Hayden Bell	Central Elgin	1.75m
6 1032 Hendrik Stam	St. Anne-Windsor	1.70m
7 172 Mason Campbell	Central Huron	1.70m
8 1099 Tristen Barr	St. John College	1.65m
9 1046 Darren Steckle	St. Anne-Clinton	1.65m
10 1304 Andrew Maxwell	Waterloo-Oxford	1.65m
11 866 Drew LeFaive	Sandwich	1.60m
11 779 Navdeep Brar	Preston	1.60m
--- 867 Lindon Liles-McCurdy	Sandwich	NH

---	1058 Silas Allen	St. Clair	NH
---	513 Colton Bidner	Lambton Central	NH

Men Pole Vault Junior
2.30,2.50,2.70, then 15cm

West_Region: 4.40m * 1991 Mike NOLAN / Lord Dorchester

Name	School	Finals
Finals		
1 477 Bruno Comin	Ross, John F.	3.70m
2 712 Cooper Murphy	Oakridge	3.40m
3 44 Aidan Peet	Bishop MacDonnel	3.25m
4 874 Cooper O'Rourke	Sandwich	3.10m
5 875 Harald Phelps	Sandwich	3.10m
6 708 Ben Kerkhoff	Oakridge	2.95m
7 1235 Holden Burdett	Vincent Massey	2.95m
8 1031 Max St.Pierre	St. Anne-Windsor	2.95m
8 1030 Zeyad Saadi	St. Anne-Windsor	2.95m
10 710 Trevor Liley	Oakridge	2.95m
11 459 Jared Maclean	Jacob Hespeler	2.65m
12 1295 Luke McGill	Waterloo CI	2.65m
13 590 Robert Foster	Lord Dorchester	2.65m
14 588 Jayden Engberts	Lord Dorchester	2.65m
15 972 Frasier Osland	Macdonald, J.A.	2.50m
15 970 Kamboj Millpreet	Macdonald, J.A.	2.50m
17 962 Cameron Angel	Macdonald, J.A.	2.50m

Men Long Jump Junior

West_Region: 7.18m * 1999 Paul WHITTY / London-Saunders

Name	School	Finals
Finals		
1 318 Shahmir Khan	Glenview Park	6.56m 1.8
2 861 Evan John	Sandwich	6.45m 0.5
3 782 Isaac Mapp	Preston	6.43m 1.1
4 1190 Devonté Ballantyne	Strathroy D C I	6.31m 1.8
5 10 Matt McNeill	Lucas, A.B.	6.28m 0.2
6 808 Daron Myers	Resurrection	6.23m 0.8
7 43 Zachary Murch	Bishop MacDonnel	6.04m 0.2
8 407 Brandon Tatsu	Holy Names	5.98m 0.3
9 281 Mitch Deans	Madill, F.E.	5.87m -0.4
10 137 Roberto Asy	C.C.H. - Windsor	5.83m 1.2
11 716 Wes Kittle	Orangeville	5.70m -0.7
12 879 Austin Tilson	Sandwich	5.67m -0.4
13 855 Mitchell Bensette	Sandwich	5.64m -0.5
14 541 CJ Concepcion	London Central	5.46m 2.8
15 132 Ryland Williamson	C.C.H. - London	4.67m -0.5
---	747 Ryan Pham	Lady of Lourdes FOUL

Men Triple Jump Junior

West_Region: 15.22m * 2000 Kenen SHADD / Kitchner-Grand R

Name	School	Finals
Finals		
1 10 Matt McNeill	Lucas, A.B.	13.81m NWI
2 782 Isaac Mapp	Preston	13.63m NWI
3 484 Alec McGregor	McGregor	13.13m NWI
4 808 Daron Myers	Resurrection	13.10m NWI

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Finals ... (Men Triple Jump Junior)

Name	School	Finals
5 633 Chris Olumu	Mother Teresa	12.95m NWI
6 43 Zachary Murch	Bishop MacDonnel	12.54m NWI
7 281 Mitch Deans	Madill, F.E.	12.52m NWI
8 690 Alec Trusler	Northern- Sarnia	12.43m NWI
9 541 CJ Concepcion	London Central	12.17m NWI
10 217 Ryan Muharrem	Chatham-Kent	12.16m NWI
11 351 Cole Elford	Guelph	12.16m NWI
12 407 Brandon Tatsu	Holy Names	12.16m NWI
13 257 Ivan Kruiuzenga	Emmanuel Christi	12.04m NWI
14 215 Spencer Marcus	Chatham-Kent	11.96m NWI
15 543 Tynan Kelly	London Central	11.44m NWI
16 90 Alex Morrison	Cameron Heights	11.15m NWI

Men Shot Put Junior

West_Region: 17.70m * 5/27/2016 Cole Belkwell

Name	School	Finals
Finals		
1 1120 Cole Belkwell	St.Mary's-Kitche	17.70m*
2 860 Josh Iovino	Sandwich	15.62m
3 871 Blake McConville	Sandwich	15.40m
4 444 Nathan Gould	Ingersoll	15.10m
5 124 Sam Csinos	C.C.H. - London	14.87m
6 42 Jake Groendyk	Bishop MacDonnel	14.57m
7 1249 Devonte Turner	Vincent Massey	14.24m
8 1109 Josh Gaudreau	St.Joe's-Windsor	13.77m
9 262 Jonathan Tranter-Allen	Erin	13.55m
10 9 Calum Doherty	Lucas, A.B.	13.14m
11 1197 Travis Skinner	Strathroy D C I	12.90m
12 35 Liam O'Halloran	Belle River	12.85m
13 1295 Luke McGill	Waterloo CI	12.53m
14 746 Vianet Mongu	Lady of Lourdes	11.40m
15 1319 Josh Olubobokun	Woodland Christi	11.02m

Men Discus Throw Junior

West_Region: 61.26m * 2009 Jordan YOUNG

Name	School	Finals
Finals		
1 1120 Cole Belkwell	St.Mary's-Kitche	60.11m
2 602 Tyler Donley	Medway	46.03m
3 813 Tyler Beneteau	Riverside	44.36m
4 860 Josh Iovino	Sandwich	42.76m
5 883 Braeden Ashton	Saugeen District	41.98m
6 983 Lucas Bowers	South Huron	41.57m
7 936 Kristopher Kearnan-Leite	Banting, Sir F.	41.56m
8 219 Grant Spence	Chatham-Kent	40.21m
9 749 Daniel Tome	Lady of Lourdes	38.35m
10 42 Jake Groendyk	Bishop MacDonnel	38.29m
11 524 Wade McDonald	Listowel	37.55m
12 519 Trevor Wagner	Lambton Central	36.40m
13 262 Jonathan Tranter-Allen	Erin	36.28m
14 1319 Josh Olubobokun	Woodland Christi	33.08m
15 444 Nathan Gould	Ingersoll	32.04m
16 208 Eric Carter	Chatham-Kent	30.28m

Men Javelin Throw Junior

West_Region: 61.10m * 2009

Tyler WITHERS

Name	School	Finals
Finals		
1 224 Jared O'Riley	College Avenue	53.11m
2 477 Bruno Comin	Ross, John F.	48.95m
3 871 Blake McConville	Sandwich	48.78m
4 56 Andrew Hazell	Brantford	48.69m
5 916 Derek Whitney	Simcoe	48.03m
6 57 Hunter Jones	Brantford	47.22m
7 1111 Owen Lalonde	St.Joe's-Windsor	46.80m
8 900 Nick Bennett	Saunders	44.59m
9 1120 Cole Belkwell	St.Mary's-Kitche	44.54m
10 604 Connor Martin	Medway	44.34m
11 876 Lucas Scarfe	Sandwich	43.34m
12 1270 Romeo Pollard	Herman, W.F.	41.84m
13 376 Tyler Thuss	Holy Cross	41.55m
14 1192 Brad Enns	Strathroy D C I	41.38m
15 1110 Thomas Kennedy	St.Joe's-Windsor	38.30m

Men 100 Meter Dash Senior

West_Region: 10.56 * 6/1/2012

Devon Rittinger

Name	School	Prelims
Preliminaries		
1 632 Adam Nalywaiko	Mother Teresa	11.04Q0.6
2 363 Daniel O'Brien	Beal, H.B.	11.06Q0.9
3 414 Owen Sullivan	Holy Trinity	11.14Q0.9
4 1056 Marcus Penaloza	St. Benedict	11.17Q0.6
5 1300 Adam Turnbull	Waterloo CI	11.19q 0.9
6 366 Devin Slack-Allen	Beal, H.B.	11.26q 0.6
7 1331 Matt Zilke	Woodstock CI	11.26q 0.9
8 410 Isaiah Westmoreland	Holy Names	11.29q 0.9
9 480 Adam Lee	Ross, John F.	11.29 0.6
10 675 Vincent Ham	Northern- Sarnia	11.33 0.9
11 1299 Wesley Tang	Waterloo CI	11.37 0.6
12 252 Owen Read	Elmira	11.37 0.6
13 788 Shay Williams	Regina Mundi	11.45 0.9
14 398 Zach Herzog	Holy Names	11.55 0.6
15 1264 Dante Lewis	Herman, W.F.	11.57 0.6
16 1213 Andrew Cartier	Ursuline	11.81 0.9

Men 100 Meter Dash Senior

West_Region: 10.56 * 6/1/2012

Devon Rittinger

Name	School	Finals
Finals		
1 632 Adam Nalywaiko	Mother Teresa	10.82 2.8
2 366 Devin Slack-Allen	Beal, H.B.	11.02 2.8
3 414 Owen Sullivan	Holy Trinity	11.03 2.8
4 363 Daniel O'Brien	Beal, H.B.	11.04 2.8
5 1056 Marcus Penaloza	St. Benedict	11.06 2.8
6 410 Isaiah Westmoreland	Holy Names	11.10 2.8
7 1300 Adam Turnbull	Waterloo CI	11.14 2.8
8 1331 Matt Zilke	Woodstock CI	11.27 2.8

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Men 200 Meter Dash Senior

West_Region: 21.30 * 1995 Dave TOMLIN / Kitchener-St. Mar

Name	School	Prelims
Preliminaries		
1	632 Adam Nalywaiko	Mother Teresa 22.07Q1.3
2	707 Davis Edward	Oakridge 22.23Q1.5
3	1056 Marcus Penalzoa	St. Benedict 22.40Q1.3
4	363 Daniel O'Brien	Beal, H.B. 22.55Q1.5
5	161 Carter Powell	Centennial 22.56q 1.3
6	515 Noah Myers	Lambton Central 22.65q 1.3
7	788 Shay Williams	Regina Mundi 22.90q 1.5
8	252 Owen Read	Elmira 22.93q 1.3
9	865 Brandon Lee-Hyman	Sandwich 22.96 1.3
10	310 Jared Capaldi	General Amherst 23.16 1.3
11	1275 Joshua Woghiren	Herman, W.F. 23.16 1.5
12	803 Owen Babcock	Resurrection 23.17 1.5
13	974 Ethan Richards	Macdonald, J.A. 23.24 1.3
14	673 Zachary Doxilly	Northern- Sarnia 23.27 1.5
15	366 Devin Slack-Allen	Beal, H.B. 23.29 1.5
16	744 Zachary McDonald	Lady of Lourdes 23.54 1.5

Men 200 Meter Dash Senior

West_Region: 21.30 * 1995 Dave TOMLIN / Kitchener-St. Mar

Name	School	Finals
Finals		
1	632 Adam Nalywaiko	Mother Teresa 22.27 1.7
2	707 Davis Edward	Oakridge 22.47 1.7
3	1056 Marcus Penalzoa	St. Benedict 22.61 1.7
4	161 Carter Powell	Centennial 22.66 1.7
5	515 Noah Myers	Lambton Central 22.67 1.7
6	363 Daniel O'Brien	Beal, H.B. 22.79 1.7
7	788 Shay Williams	Regina Mundi 23.17 1.7
8	252 Owen Read	Elmira 23.37 1.7

Men 400 Meter Dash Senior

West_Region: 46.54 * 6/1/2012 Brandon McBride

Name	School	Finals
Finals		
1	492 Ruach Padhal	John Paul II 49.62
2	1089 Luke Hannam	St. James 49.81
3	632 Adam Nalywaiko	Mother Teresa 49.90
4	1271 Patrick Quinland	Herman, W.F. 50.18
5	324 Cameron Hoggarth	Goderich 50.29
6	435 Brandon Sellers	Huron Heights 51.04
7	645 Mason Garrett	North Park 51.07
8	515 Noah Myers	Lambton Central 51.30
9	252 Owen Read	Elmira 51.82
10	717 Liam Wilson	Orangeville 52.17
11	818 Tim Falco	Rockway Menn 52.25
12	587 Zachary Earhart	Lord Dorchester 52.46
13	286 Liam LeClair	Brennan, F.J. 52.75
14	865 Brandon Lee-Hyman	Sandwich 52.78
15	1234 Laith Al-Kinani	Vincent Massey 52.88
16	772 Greg Spangenberg	Parkside 53.15

Men 800 Meter Run Senior

West_Region: 1:47.56 * 6/2/2012 Brandon McBride

Name	School	Finals
Finals		
1	492 Ruach Padhal	John Paul II 1:51.61
2	324 Cameron Hoggarth	Goderich 1:53.49
3	1241 Graeme Fisher	Vincent Massey 1:54.62
4	781 Caleb Main	Preston 1:55.72
5	764 Kyle Madden	Paris 1:55.85
6	1247 Adam Sghaier	Vincent Massey 1:57.53
7	59 Noah Tinevez	Brantford 1:57.84
8	266 Tadeusz Czubernat	ES L'Essor 1:58.34
9	402 Enrique Nepomuceno	Holy Names 1:59.23
10	547 Sean Luke	London Central 1:59.31
11	609 Éric Gareau	Bruyere, Mgs 2:02.06
12	49 Sandy Freeland	Bluevale 2:04.45
13	435 Brandon Sellers	Huron Heights 2:04.75
14	984 Sky Schulz	South Huron 2:04.80

Men 1500 Meter Run Senior

West_Region: 3:45.06 * 1993 Kevin SULLIVAN / Brantford-Nort

Name	School	Finals
Finals		
1	348 Michael Coccia	Guelph 3:59.31
2	911 Noah Defreyne	Simcoe 3:59.70
3	261 Braydon Clarke	Erin 3:59.75
4	764 Kyle Madden	Paris 3:59.91
5	49 Sandy Freeland	Bluevale 4:00.36
6	985 Adam Tait	South Huron 4:02.71
7	34 Miles Matthews	Belle River 4:03.58
8	92 Andrew Shepherd	Cameron Heights 4:03.98
9	553 Levi Shimer-Whitehead	London Central 4:17.49
10	563 Aiden Attema	London South 4:21.33
11	406 Brendan Simone	Holy Names 4:21.41
12	935 Sean Ibbott	Banting, Sir F. 4:21.78
13	882 Sebastien Sheldon	Sarnia 4:24.44
14	207 Quinn Cannella	Chatham-Kent 4:27.88
15	512 Ryan Bell	Lambton Central 4:33.75

Men 3000 Meter Run Senior

West_Region: 8:21.8h * 1995 Matt KERR / Fergus - Centre Welli

Name	School	Finals
Finals		
1	764 Kyle Madden	Paris 8:38.83
2	92 Andrew Shepherd	Cameron Heights 8:40.33
3	985 Adam Tait	South Huron 8:43.25
4	1209 Mitchell Ubene	Vista Academy 8:44.44
5	128 Muhumed Sirage	C.C.H. - London 8:52.85
6	911 Noah Defreyne	Simcoe 8:53.13
7	34 Miles Matthews	Belle River 9:03.67
8	1091 Callum MacGregor	St. James 9:06.23
9	563 Aiden Attema	London South 9:12.99
10	1131 Marcel Scheele	St. Mary's Devi 9:18.11
11	553 Levi Shimer-Whitehead	London Central 9:22.75

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Finals ... (Men 3000 Meter Run Senior)

Name	School	Finals
12 312 Lance Tofflemire	General Amherst	9:30.10
13 348 Michael Coccia	Guelph	9:30.35
14 48 Addison Derhak	Bluevale	9:34.30
15 1261 Brendan Heikkinen	Herman, W.F.	9:37.47

Men 110 Meter Hurdles Senior

West_Region: 13.46 * 5/28/2010 Greg MacNeill

Name	School	Prelims
Preliminaries		
1 86 Joey Daniels	Cameron Heights	13.95Q3.1
2 707 Davis Edward	Oakridge	14.30Q1.9
3 126 Matthew MacGillivray	C.C.H. - London	14.42Q3.1
4 805 Ryan Dooley	Resurrection	14.52Q1.9
5 548 Liam Mather	London Central	14.59q 3.1
6 1089 Luke Hannam	St. James	14.85q 1.9
7 162 Harris Schaubel	Centennial	14.93q 3.1
8 214 Felix Marchand	Chatham-Kent	14.93q 3.1
9 362 Tyrell Mairs-Onwumere	Beal, H.B.	15.05 1.9
10 780 Brendan Forde	Preston	15.14 1.9
11 93 Kenny Siharath	Cameron Heights	15.23 1.9
12 216 James Muharrem	Chatham-Kent	15.32 1.9
13 394 Inho Choi	Holy Names	15.52 3.1
14 1044 Evan Krebs	St. Anne-Clinton	15.59 3.1
15 1158 Colin Leyten	St. Patrick's	15.68 3.1
16 679 Noah McEwan	Northern- Sarnia	15.89 1.9

Men 110 Meter Hurdles Senior

West_Region: 13.46 * 5/28/2010 Greg MacNeill

Name	School	Finals
Finals		
1 86 Joey Daniels	Cameron Heights	13.62 2.0
2 707 Davis Edward	Oakridge	14.05 2.0
3 805 Ryan Dooley	Resurrection	14.41 2.0
4 126 Matthew MacGillivray	C.C.H. - London	14.47 2.0
5 548 Liam Mather	London Central	14.50 2.0
6 214 Felix Marchand	Chatham-Kent	14.76 2.0
7 162 Harris Schaubel	Centennial	15.00 2.0
8 1089 Luke Hannam	St. James	15.57 2.0

Men 400 Meter Hurdles Senior

West_Region: 52.37 * 1997 Jeff ELLIS / Orangeville

Name	School	Finals
Finals		
1 214 Felix Marchand	Chatham-Kent	56.01
2 1089 Luke Hannam	St. James	56.04
3 803 Owen Babcock	Resurrection	56.56
4 126 Matthew MacGillivray	C.C.H. - London	57.67
5 1044 Evan Krebs	St. Anne-Clinton	58.33
6 216 James Muharrem	Chatham-Kent	58.41
7 780 Brendan Forde	Preston	58.51
8 162 Harris Schaubel	Centennial	58.54
9 601 Austin Demelo	Medway	59.87
10 478 Elijah Jimenez	Ross, John F.	1:02.12

11 679 Noah McEwan	Northern- Sarnia	1:02.84
12 1205 Christian Conlon	Vista Academy	1:04.46
13 1206 Evan Kovach	Vista Academy	1:05.19

Men 4x100 Meter Relay Senior

West_Region: 42.21 * 2011

Northern CIVS

Team	Relay	Finals
Finals		
1 Cameron Heights	A	42.82
1) 85 Corey Braithwaite	2) 93 Kenny Siharath	
3) 84 Daniel Bamigbade	4) 86 Joey Daniels	
2 H.B. Beal - London	A	43.35
1) 368 Jamal Williams	2) 366 Devin Slack-Allen	
3) 362 Tyrell Mairs-Onwumere	4) 363 Daniel O'Brien	
3 C.C.H. - London	A	43.46
1) 125 Dylan Franze	2) 129 Daniel Valente	
3) 119 Derek Aubin	4) 126 Matthew MacGillivray	
4 Northern - Sarnia	A	43.50
1) 673 Zachary Doxilly	2) 675 Vincent Ham	
3) 670 Niles Crews	4) 689 Sebastian Smith	
5 Waterloo CI	A	43.59
1) 1300 Adam Turnbull	2) 1299 Wesley Tang	
3) 1298 Thomas Rowlands	4) 1293 Gordon Maidment	
6 Centennial - Guelph	C	43.60
1) 162 Harris Schaubel	2) 161 Carter Powell	
3) 159 Yanano Muruvi	4) 154 Ben Cross	
7 Holy Names - Windsor	A	43.76
1) 394 Inho Choi	2) 398 Zach Herzog	
3) 410 Isaiah Westmoreland	4) 403 Daniel Panetta	
8 Jacob Hespeler	A	43.90
1) 469 Thomas Weigl	2) 454 Adam Derouchie	
3) 451 Mario Alyas	4) 463 Jared Remillard	
9 Herman, W.F.	A	44.09
1) 1259 Elijah Blythe	2) 1271 Patrick Quinland	
3) 1264 Dante Lewis	4) 1275 Joshua Woghiren	
10 Sandwich - Windsor	A	44.10
1) 852 Dallas Akins	2) 865 Brandon Lee-Hyman	
3) 873 Bradley O'Neil	4) 880 Kobe Washington	
11 St. James - Guelph	K	44.23
1) 1094 Tajyei Vassell-Grant	2) 1089 Luke Hannam	
3) 1087 Braden Green	4) 1086 Patrick Bunko	
12 Grand River	A	44.81
1) 337 Jason Willms	2) 334 Chad Lacey	
3) 336 Nathan Rowe	4) 332 Alex DeAragon	
13 Regina Mundi	A	44.85
1) 785 Kalique Dzidah	2) 788 Shay Williams	
3) 784 Kevin Clement	4) 787 Ben McKellar	
14 Medway - Arva	A	45.36
15 London Central	A	46.20
1) 542 Ethan Jones	2) 546 Grant Luke	
3) 541 CJ Concepcion	4) 549 Patrick Morgan	

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Men High Jump Senior

Starting height 1.75 m, then by 5cm to 1.85, then by 3cm.

West_Region: 2.19m * 5/28/2010 Branden Wilhelm

Name	School	Finals
Finals		
1 689 Sebastian Smith	Northern- Sarnia	2.00m
2 852 Dallas Akins	Sandwich	1.95m
3 283 Justin McKague	Madill, F.E.	1.90m
4 670 Niles Crews	Northern- Sarnia	1.90m
5 418 Andrew Russell	Kennedy, Hon.W.C	1.90m
6 320 Emanuel Otonog	Glenview Park	1.90m
7 913 Wesley Freeman	Simcoe	1.85m
8 482 Liam Ramshaw	Ross, John F.	1.85m
9 1297 Matt Pfefferkorn	Waterloo CI	1.85m
10 1196 Eric Pierce	Strathroy D C I	1.85m
11 212 Cai Kellier	Chatham-Kent	1.80m
12 489 Athian Jongkor	John Paul II	1.80m
13 363 Daniel O'Brien	Beal, H.B.	1.80m
14 505 David Okot	Kitchener Waterl	1.75m
14 487 Kevin Cai	John Paul II	1.75m
16 466 Chris Vangalen	Jacob Hespeler	1.70m

Men Pole Vault Senior

2.90,3.10,3.25,then15cm

West_Region: 5.10m * 1985 Doug WOOD / Wingham-Madill

Name	School	Finals
Finals		
1 469 Thomas Weigl	Jacob Hespeler	4.35m
2 902 Brett Page	Saunders	4.35m
3 703 Brian Anderson	Oakridge	4.05m
3 1169 Nick Christopher	St.Thomas Aquina	4.05m
5 225 Nojah Parker	College Avenue	4.05m
6 1022 Jesse Devogelaere	St. Anne-Windsor	3.75m
7 975 Graham Smith	Macdonald, J.A.	3.20m
7 467 Christopher Wahl	Jacob Hespeler	3.20m
9 58 Nicolas Nadeau	Brantford	3.00m
9 1026 Patrick Matthew	St. Anne-Windsor	3.00m
11 95 Han Xie	Cameron Heights	3.00m
12 872 Kareem Mohammed	Sandwich	2.80m
13 31 Jacob Schwab	Assumption-Winds	2.80m
14 869 Bryan Matthieu	Sandwich	2.80m
--- 1183 Sam Knechtel	Stratford NW	NH
--- 461 Eric McQueen	Jacob Hespeler	NH

Men Long Jump Senior

West_Region: 7.50m * 5/29/2010 Taylor Stewart

Name	School	Finals
Finals		
1 93 Kenny Siharath	Cameron Heights	7.10m 4.1
2 437 Ryan Taylor	Huron Heights	6.94m 1.0
3 689 Sebastian Smith	Northern- Sarnia	6.78m -0.3
4 815 Amari Jones	Riverside	6.77m 1.5
5 1299 Wesley Tang	Waterloo CI	6.72m 0.3
6 1233 Taimoor Ali	Vincent Massey	6.58m 0.7

7 268 Alexander Needs	ES L'Essor	6.42m 1.2
8 1057 Augustine Soga	St. Benedict	6.36m 1.7
9 487 Kevin Cai	John Paul II	6.25m 1.8
10 616 Mike Cunnington	Montcalm	6.20m 1.0
11 1094 Tajyei Vassell-Grant	St. James	6.18m 1.6
12 395 Greg Ebanks	Holy Names	6.14m 1.4
13 606 Jacob Radcliffe	Medway	6.12m 0.9
14 974 Ethan Richards	Macdonald, J.A.	6.02m 2.1
15 314 Trent Sinden	Glendale	5.96m 2.5

Men Triple Jump Senior

West_Region: 15.73m * 2002

Kenen SHADD/Kitchener Grand R

Name	School	Finals
Finals		
1 437 Ryan Taylor	Huron Heights	14.10m -0.5
2 93 Kenny Siharath	Cameron Heights	13.99m NWI
3 815 Amari Jones	Riverside	13.51m 0.9
4 1196 Eric Pierce	Strathroy D C I	13.41m 1.1
5 211 Pierce Johnson	Chatham-Kent	13.12m 2.6
6 1233 Taimoor Ali	Vincent Massey	12.95m 1.1
7 1057 Augustine Soga	St. Benedict	12.94m 1.4
8 505 David Okot	Kitchener Waterl	12.81m 0.7
9 1059 Kayshaun Jordan	St. Clair	12.76m NWI
10 33 Jordan Klassen	Belle River	12.70m NWI
11 482 Liam Ramshaw	Ross, John F.	12.56m NWI
12 600 Michael DeKort	Medway	12.02m NWI
13 589 Ryan Esler	Lord Dorchester	11.85m 1.0
14 786 Ryan Esler	Regina Mundi	11.55m NWI
15 19 Michael Heron	Assumption-Brant	11.53m -1.1

Men Shot Put Senior

West_Region: 20.78m * 1995

Brad SNYDER / Windsor - St. Josep

Name	School	Finals
Finals		
1 371 Mark Bujnowski	Holy Cross	17.64m
2 933 Henry Easton	Banting, Sir F.	17.10m
3 37 Fletcher Smith	Belle River	15.89m
4 1193 Adam Kohlsmith	Strathroy D C I	15.59m
5 593 Spencer Vanderlaan	Maranatha Christ	14.47m
6 483 Anthony Atkinson	McGregor	14.40m
7 431 Kendel Hutchinson-Cotoc	Huron Heights	13.97m
8 352 Brandon Ferigo	Guelph	13.70m
9 1163 Zion Webb	St. Patrick's	13.07m
10 820 Anthony Elliott	Sacred Heart	13.04m
10 1272 Quintin Seguin	Herman, W.F.	13.04m
12 1277 Aaron Gebhardt	Walkerton	12.92m
13 1140 Greg Brand	St. Michael	12.13m
14 300 Peter Quigley	Galt	11.97m

Men Discus Throw Senior

West_Region: 64.94m * 1995

Jason TUNKS / London-Banting

Name	School	Finals
Finals		
1 371 Mark Bujnowski	Holy Cross	57.16m
2 514 Alec Jeffery	Lambton Central	46.25m

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Jacob Hespeler Secondary School - 5/27/2016 to 5/28/2016

Results

Finals ... (Men Discus Throw Senior)

Name	School	Finals
3 820 Anthony Elliott	Sacred Heart	45.82m
4 1108 Ethan Carleton	St.Joe's-Windsor	44.59m
5 483 Anthony Atkinson	McGregor	43.78m
6 1162 Johnny Vanos	St. Patrick's	39.97m
7 284 Ben Newell	Madill, F.E.	39.95m
8 1174 Bennett VanBerlo	St.Thomas Aquina	38.49m
9 50 Dakota Loosemore	Bluevale	38.32m
10 37 Fletcher Smith	Belle River	37.91m
11 58 Nicolas Nadeau	Brantford	36.95m
12 361 Sulaiman Abu Qweder	Beal, H.B.	34.85m
13 157 Ben McCaig	Centennial	34.56m
14 1277 Aaron Gebhardt	Walkerton	34.28m
--- 988 Harrison Taylor	Southwood	FOUL

Men Javelin Throw Senior

West_Region: 70.20m * 2001 Trevor SNYDER / Windsor-St.Josep

Name	School	Finals
1 37 Fletcher Smith	Belle River	56.69m
2 1195 Josh Mather	Strathroy D C I	54.52m
3 211 Pierce Johnson	Chatham-Kent	54.38m
4 1331 Matt Zilke	Woodstock CI	54.25m
5 299 Gordon McGinn	Galt	53.79m
6 1260 Tavien French-Roberts	Herman, W.F.	49.24m
7 1236 Allen Cai	Vincent Massey	48.72m
8 32 Andrew Clark	Belle River	46.27m
9 1183 Sam Knechtel	Stratford NW	44.97m
10 641 Brad Masschelein	North Middlesex	44.32m
11 284 Ben Newell	Madill, F.E.	43.41m
12 1092 Joel Macpherson	St. James	43.33m
13 1314 Ben Vanzant	Westside	43.11m
14 986 Connor Dol	Southwood	37.54m
15 497 Craig Luinstra	Kincardine	36.04m
--- 915 Carter May	Simcoe	DNF

Men 2000 Meter Steeplechase Open

West_Region: 5:54.94 * 6/1/2012 Daniel Piticariu

Name	School	Finals
1 128 Muhumed Sirage	C.C.H. - London	6:00.28
2 781 Caleb Main	Preston	6:08.96
3 402 Enrique Nepomuceno	Holy Names	6:10.72
4 312 Lance Tofflemire	General Amherst	6:17.61
5 374 Bradley Sheeler	Holy Cross	6:18.71
6 1091 Callum MacGregor	St. James	6:27.11
7 862 Tyler Jones	Sandwich	6:28.60
8 1131 Marcel Scheele	St. Mary's Devi	6:34.47
9 1088 Cole Hannam	St. James	6:35.19
10 239 Mahdi Warsame	Eastwood	6:38.98
11 400 Brandon Marusic	Holy Names	6:45.09
12 998 Shaun Acrey	St.Thomas	6:47.63
13 236 Justin Attfield	East Elgin	6:47.67
14 470 Dylan Pust	Diefenbaker, J.	6:56.21

15 906 Jacob Yeoman	Saunders	7:17.40
16 183 Eric Morris	Centr Wellington	7:28.88

Men 4x400 Meter Relay Open

West_Region: 3:19.22 * 5/29/2010 W. F. Herman S S - swhe
A Colquhoun, C Johnson, B McBride, M Savic

Team	Relay	Finals
Finals		
1 Vincent Massey	A	3:24.84
1) 1234 Laith Al-Kinani	2) 1241 Graeme Fisher	
3) 1246 Shahriyar Rahman	4) 1247 Adam Sghaier	
2 Sandwich - Windsor	A	3:26.97
1) 873 Bradley O'Neil	2) 852 Dallas Akins	
3) 865 Brandon Lee-Hyman	4) 854 Aiden Allen	
3 C.C.H. - London	A	3:27.01
1) 122 Quinn Brown	2) 132 Ryland Williamson	
3) 126 Matthew MacGillivray	4) 128 Muhumed Sirage	
4 St. James - Guelph	E	3:27.15
1) 1090 Gavin Hughes	2) 1091 Callum MacGregor	
3) 1086 Patrick Bunko	4) 1089 Luke Hannam	
5 Chatham-Kent	A	3:27.44
1) 207 Quinn Cannella	2) 209 Tye Douma	
3) 216 James Muharrem	4) 214 Felix Marchand	
6 Holy Names - Windsor	A	3:27.70
1) 402 Enrique Nepomuceno	2) 409 Mousab Toto	
3) 401 Brendan McCarthy	4) 392 Chase Boycott	
7 Centennial - Guelph	B	3:27.98
1) 161 Carter Powell	2) 164 Nick Xie	
3) 162 Harris Schaubel	4) 158 Cuinn McGrogan	
8 Guelph - Guelph	B	3:30.58
1) 348 Michael Coccia	2) 357 Jacob Shackell	
3) 354 Blair Jenkins	4) 358 David Van Ommen	
9 Regina Mundi	A	3:31.75
1) 785 Kalique Dzidah	2) 788 Shay Williams	
3) 784 Kevin Clement	4) 787 Ben McKellar	
10 Northern - Sarnia	A	3:33.10
1) 669 Nathen Chapple	2) 670 Niles Crews	
3) 673 Zachary Doxilly	4) 690 Alec Trusler	
11 St. David - Waterloo	A	3:33.16
1) 1068 Ben Alvarez	2) 1070 Spencer Kersten	
3) 1069 Nathan Hehn	4) 1071 Andrew Leggo	
12 Mother Teresa	A	3:33.94
1) 632 Adam Nalywaiko	2) 637 Teddy Wright	
3) 635 Oren Rusagara	4) 630 Brooks Kendrick	
13 H.B. Beal - London	A	3:35.95
1) 363 Daniel O'Brien	2) 364 Noah O'Brien	
3) 362 Tyrell Mairs-Onwumere	4) 367 Joseph Varfee	
14 Waterloo CI	A	3:36.61
1) 1293 Gordon Maidment	2) 1292 Tugi Kaai	
3) 1300 Adam Turnbull	4) 1298 Thomas Rowlands	
15 Banting, Sir F.	A	3:38.33
1) 932 Quinton Cofell	2) 941 Will Stewart	
3) 935 Sean Ibbott	4) 930 Brandon Adams	

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Jacob Hespeler Secondary School - 5/27/2016 to 5/28/2016

Results

Finals ... (Men 4x400 Meter Relay Open)

Team	Relay	Finals
16 Resurrection	A	3:41.41
1) 809 Michael Rice	2) 1339 Thomas Brenner	
3) 803 Owen Babcock	4) 807 Adam Exley	

Men 100 Meter Dash Ambulatory

West_Region: 12.08 * 6/1/2006 Deric Kruse

Name	School	Finals
1 1171 Nick Heffernan	St.Thomas Aquina	14.02 1.5
2 511 Cody Bell	Lambton Central	14.37 1.5

Men 800 Meter Run Ambulatory

West_Region: 2:41.25 * 5/30/2015 Chris Heaney

Name	School	Finals
1 1171 Nick Heffernan	St.Thomas Aquina	2:45.78
2 511 Cody Bell	Lambton Central	2:49.17
3 333 Brian Eaton	Grand River	2:50.57

Men 100 Meter Dash Intellectual

West_Region: 12.06 * 5/31/2013 Peter Snider

Name	School	Finals
1 290 James St.Denis	Brennan, F.J.	12.81 1.7
2 223 Prince Sulbani	Clarke Road	12.98 1.7
3 13 Craig Machan	MacKenzie	13.77 1.7
4 1054 Xavier Isaacs	St. Benedict	13.93 1.7
5 460 Tyler MacLean	Jacob Hespeler	14.30 1.7
6 1207 Hunter Legault-Sidum	Vista Academy	14.80 1.7
7 14 Mathew Pastorius	MacKenzie	15.69 1.7
8 610 Vincent Gareau	Bruyere, Mgs	16.54 1.4
9 1112 Connor McCandless	St.Joe's-Windsor	16.62 1.7
10 458 Andrew Johnston	Jacob Hespeler	17.92 1.4
11 544 Kyri Kerhoulas	London Central	18.27 1.4
12 987 Joshua Stephenson	Southwood	20.37 1.4

Men 800 Meter Run Intellectual

West_Region: 2:48.55 * 5/28/2016 Craig Machan

Name	School	Finals
1 13 Craig Machan	MacKenzie	2:48.55*
2 1112 Connor McCandless	St.Joe's-Windsor	2:52.67
3 1207 Hunter Legault-Sidum	Vista Academy	3:09.71
4 460 Tyler MacLean	Jacob Hespeler	3:13.29
5 610 Vincent Gareau	Bruyere, Mgs	3:13.52
6 458 Andrew Johnston	Jacob Hespeler	3:20.47
7 14 Mathew Pastorius	MacKenzie	3:28.03