

2008 Forest City Prep / Mustang Invite

Sat. April 26 TD Waterhouse Stadium UWO

04/26/2008 - 04/26/2008

Meet Results

Event 1 GIRLS Midget 100m Dash

START: 10:45am > no starting blocks

Gold 13.24 / S - 13.64 / B - 14.04

MEET RECORD:Victoria Bendle Banting 12.30 1997

1	Cassandra Pascal	M	St. Marcellinus	12.68
2	Jordaine Leeder	M	Saugeen District	12.89
3	Emma Nieuwenhuizen	M	Strathroy DCI	13.82
4	Juane Odendaal	M	London Aquinas	14.09
5	Caitlyn Campbell	M	Central Elgin	14.25
6	Kylie Rohr	M	Waterloo Bluevale	14.28
7	Ashley Schipani	M	St. Marcellinus	14.30
8	Megan Breda	M	Medway	14.32
9	Sarah Blagrove	M	Waterloo Bluevale	14.40
10	Nichole Savoie	M	North Lambton	14.55
11	Stephanie Kennedy	M	Medway	14.74
12	Kadi Koroma	M	Guelph CVI	14.90
12	Christine Kohn	M	Lambton Central	14.90
14	Natasha Grabosky	M	Walkerton District	15.06
15	Lindsay McGregor	M	Lambton Central	15.10
16	Amelia Avery	M	Lambton Central	15.23
17	Katie Pufall	M	Cameron Heights	15.24
18	Michel Besinio	M	Mother Teresa London	15.25
19	Ashley Boll	M	London Lucas	15.26
20	Krystal Timmerman	M	Huron Heights	15.41
21	Adrienne Needham	M	Strathroy DCI	15.54
21	Sarah Peat	M	London Banting	15.54
23	Meagan Shaw	M	Cameron Heights	15.57
23	Katie Walker	M	Medway	15.57
25	Carly Schmidt	M	Kincardine	15.61
25	Casey Shaw	M	Cameron Heights	15.61
27	Christol Ellis	M	London Laurier	15.62
28	Alexandra Behr	M	Mother Teresa London	15.68
29	Michelle MacRae	M	Lambton Central	15.69
30	Lindsay Meister	M	Cameron Heights	15.78
31	Kenyaata Stephenson	M	St. Augustine	15.79
32	Taylor Valee	M	Waterloo Bluevale	15.82
33	Jennie Knull	M	London Laurier	15.89
34	Jamie Villaralvo	M	St. Augustine	16.20
35	Morgan Ford	M	Waterloo Bluevale	16.21
36	Julie Van De valk	M	Waterloo CI	16.32
37	Lindsay Bell	M	Waterloo CI	16.36
38	Rianne Donnan	M	London Aquinas	16.41
39	Maggie Farbrother	M	Cameron Heights	16.72
40	Teagan Berry	M	Waterloo CI	16.93
41	Jeanny Barbulesco	M	Waterloo CI	16.96
42	Michelle Corbiere	M	London Aquinas	17.04
43	Sophia Lorusso	M	Cameron Heights	17.05
44	Kayla Kahle	M	Cameron Heights	17.49
45	Susanne Gretka		Philip Pocock	17.63
	Veronica Sawicki	M	London South	NT
	Frances Sarmiento	M	St. Augustine	NT
	Alex Rudow	M	Waterloo Bluevale	NT

Emily Forsythe	M	London Christian	NT
Hilary Verhaeghe	M	Medway	NT
Rachel Jones	M	London Banting	NT
Lisa Hamilton	M	Waterloo Bluevale	NT
Olivia Grafinger	M	Monsignor Doyle Camb	NT
Casey Bonsu	M	St. Augustine	NT
Katelyn Flanagan	M	Medway	NT
Wraith Emily	M	Medway	NT
Taylor Dunbar	M	Medway	NT
Amanda Campbell	M	Lambton Central	NT
Celine Acheampony	M	Chinguacousy	NT
Alimatu Osman	M	Chinguacousy	NT
Rebecca Filson	M	Medway	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 3 GIRLS Midget 200m Dash

START: 4:10pm > no starting blocks

Gold 27.24 / S- 28.24 / B- 29.24

MEET RECORD:Donalda Duprey Saugeen 25.30 1982

1	Cassandra Pascal	M	St. Marcellinus	25.76
2	Alannah MacLean	M	Lo-Ellen Park	27.44
3	Chrisena Whyte	M	St. Augustine	27.92
4	Megan Breda	M	Medway	29.94
5	Ashley Schipani	M	St. Marcellinus	30.13
6	Kadi Koroma	M	Guelph CVI	30.68
7	Jess Geense	M	Walkerton District	31.06
8	Natasha Grabosky	M	Walkerton District	31.11
9	Michelle Andrews	M	Lord Dorchester Seco	31.18
10	Katie Walker	M	Medway	31.75
11	Chelsea Delaurier	M	Lambton Central	32.02
12	Meagan Shaw	M	Cameron Heights	33.08
13	Casey Bonsu	M	St. Augustine	33.09
14	Julie Van De valk	M	Waterloo CI	34.21
15	Jeanny Barbulesco	M	Waterloo CI	34.94
15	Lindsay Bell	M	Waterloo CI	34.94
17	Rianne Donnan	M	London Aquinas	35.49
18	Teagan Berry	M	Waterloo CI	35.79

[\[Top of Page\]](#) [\[Event List\]](#)

Event 4 BOYS Midget 200m Dash

START: 4:50pm > no starting blocks

Gold 24.14 / S- 25.14 / B- 26.14

MEET RECORD:Brian Nutt Banting 22.70 2003

1	Cory Hislop	M	Chinguacousy	
2	Jose Ambrosio	J	Chinguacousy	
3	Branden Valente	M	Chaminade College	
4	Aidan Ruthig	M	Waterloo CI	
5	Ken Palomo	M	Chaminade College	
6	Jordan Heisler	M	Lambton Central	
7	Alec Beer	M	Lambton Central	
8	Chris Aitken	M	Lambton Central	
9	Stephen Mariyanayagam	M	Chaminade College	
10	Kristian Ullman	M	London Christian	
11	Ben Floto	M	Guelph CVI	
12	Sergiu Onisoru	M	Saugeen District	
13	Brandon Strazzella	M	Strathroy DCI	
14	Colin Mandich	M	London Aquinas	
15	Kaelin Dew	M	North Lambton	
16	Aaron Cassidy	M	North Lambton	
17	Brett Weir	M	London Aquinas	
18	Kris Bailey	M	Philip Pocock	

19	Ike Omoruna	M	St. Augustine
20	Kwasi Gyami	M	St. Augustine
21	Carter Warwick	M	Lambton Central
22	Austyn Miller	M	Saugeen District
23	Greg Wild	M	Central Huron
24	Henry Thang	M	John Paul II London
25	Dustin Tessier	M	Medway
26	Cole Stewardson	M	London Saunders
27	Ashkan Sadri	M	Waterloo Bluevale
28	Matt Robson	M	London Laurier
29	Christian Piorolo	M	Chaminade College
30	Stephen Pinches	M	Eastview
31	Shawn Hoogstra	M	London Christian
32	Nick Muller	M	Medway
33	Ryan Wohlgemut	M	Waterloo Bluevale
34	Muhammad Khan	M	Waterloo CI
35	Alex Gebhardt	M	Walkerton District
36	Nathan Garrett	M	Eastview
37	Bobby Freiburger	M	Walkerton District
38	Matt Druzcz	M	John Paul II London
39	Travis Allen	M	Waterloo CI
40	Filip Adamski	M	Waterloo Bluevale
41	Zach Fischer	M	Waterloo CI
42	Ken Pham	M	John Paul II London

[\[Top of Page\]](#) [\[Event List\]](#)

Event 5 GIRLS Midget 400m Run

START: 12:25pm >no starting blocks

Gold 62.24 / S- 65.24 / B- 68.24

MEET RECORD:Kelly Peak Regina Mundi 58.00 1998

1	Alannah MacLean	M	Lo-Ellen Park	1:01.38
2	Chrisena Whyte	M	St. Augustine	1:01.68
3	Juane Odendaal	M	London Aquinas	1:03.36
4	Lindsay Thompson	M	Guelph CVI	1:04.26
5	Michelle Gleason		London Oakridge	1:04.70
6	Megan Breda	M	Medway	1:06.24
7	Crowley Angie	M	Mother Teresa London	1:07.50
8	Kayla Duncan	M	London Saunders	1:08.92
9	Tessa Lamont	M	Saugeen District	1:10.14
10	Carley Borja	M	London Aquinas	1:11.45
11	MacKenzie Marchant	M	London Aquinas	1:11.59
12	Jess Geense	M	Walkerton District	1:11.61
13	Meagan Shaw	M	Cameron Heights	1:11.63
14	Erin McQuay	M	Waterloo Bluevale	1:11.75
15	Katie Walker	M	Medway	1:12.77
15	Melanie Schumilos	M	Waterloo Bluevale	1:12.77
17	Courtney Schmidt	M	Strathroy DCI	1:14.37
18	Erin Dowswell	M	London Banting	1:14.64
19	Breanna Miller	M	Waterloo Bluevale	1:15.67
20	Kathryn Kerker	M	Saugeen District	1:16.19
21	Julia VanDamme	M	Lambton Central	1:17.86
22	Katelyn Pilon	M	John Paul II London	1:18.07
23	MacKenzie Carr	M	Huron Heights	1:18.37
24	Ledya Mahadere		Philip Pocock	1:21.02
25	Katie Wilson	M	Huron Heights	1:24.40
26	Michelle Corbiere	M	London Aquinas	1:26.20

[\[Top of Page\]](#) [\[Event List\]](#)

Event 6 BOYS Midget 400m Run

START: 11:45am >no starting blocks

Gold 53.24 / S- 55.74 / B- 58.24

MEET RECORD:Liam Card Saugeen 51.80 1995

1	Hugo Bascur	M	Cameron Heights
2	Greg Staeger	M	London Aquinas
3	David Uren	M	London Aquinas
4	Aidan Ruthig	M	Waterloo CI
5	Brandon Strazzella	M	Strathroy DCI
6	Brandon Tartaglia	M	St. Marcellinus
7	Jeremiah Sanchez	M	Cameron Heights
8	Jamie Sin-Keo	M	Cameron Heights
9	Kevin Miller	M	London Aquinas
10	Sergiu Onisoru	M	Saugeen District
11	Stephen Mariyanayagam	M	Chaminade College
12	Ben Krupitz	M	Cameron Heights
13	Aaron Cassidy	M	North Lambton
14	Alex Barr	M	Guelph CVI
15	Greg Wild	M	Central Huron
16	Chris Katigbak	M	Chinguacousy
17	Filip Adamski	M	Waterloo Bluevale
18	Rafael Cola	M	London Aquinas
19	Zachary Gray	M	London Lucas
20	Nick Muller	M	Medway
21	Evgeni Panfilenko	M	London Oakridge
22	Mike Park	M	Central Huron
23	Stephen Pinches	M	Eastview
24	Jordan Pole	M	London Saunders
25	Ashkan Sadri	M	Waterloo Bluevale
26	Perrin Smith	M	Waterloo Bluevale
27	Ben Todd	M	Eastview
28	Branden Valente	M	Chaminade College

[\[Top of Page\]](#) [\[Event List\]](#)

Event 7 GIRLS Midget 800m Dash

START: 3:20pm >1 turn stagger start

G 2:24.24 / S 2:34.24 / B 2:44.24

MEET RECORD:Jill Gamble Owen Sound 2:19.10 1991

1	Cheyenne Hunjter	M	Saugeen District	2:22.0
2	Juane Odendaal	M	London Aquinas	2:32.3
3	Kortney Watson	M	Saugeen District	2:35.3
4	Lindsay Thompson	M	Guelph CVI	2:35.7
5	Michelle Gleason		London Oakridge	2:38.9
6	Kayla Duncan	M	London Saunders	2:39.3
7	MacKenzie Marchant	M	London Aquinas	2:44.0
8	Anna Laws	M	Guelph CVI	2:45.5
9	Cailin McMeekin	M	Saugeen District	2:45.8
10	Shannon Ross	M	Medway	2:46.9
11	Carley Borja	M	London Aquinas	2:53.5
12	Julia VanDamme	M	Lambton Central	2:54.2
13	Jessica Larson	M	Saugeen District	2:54.3
14	Erin McQuay	M	Waterloo Bluevale	2:55.1
15	Casey Shaw	M	Cameron Heights	2:55.8
16	Nicolette VanDenheuvel	M	Medway	2:56.6
17	Ali Snell	M	Central Huron	2:58.0
18	Courtney Schmidt	M	Strathroy DCI	2:59.7
19	Melanie Schumilos	M	Waterloo Bluevale	2:59.8
20	Breanna Miller	M	Waterloo Bluevale	3:01.0
21	Jenna Mead	M	Medway	3:07.4
22	Jiyun Ko	M	Waterloo Bluevale	3:37.1
23	Melanie King	M	Waterloo Bluevale	4:17.2
	Jess Geense	M	Walkerton District	NT
	Amy Bicknell	M	Central Huron	NT
	Corrine Armstrong	M	Lambton Central	NT
	Lanteigne Samantha	M	Cameron Heights	NT

Katelyn Pilon	M	John Paul II London	NT
Angel Schein	M	Waterloo CI	NT
Ledyah Mahadere		Philip Pocock	NT
Krystal Tugwell	M	Central Huron	NT
Arsenault Kristen	M	Mother Teresa London	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 8 BOYS Midget 800m Run

START: 3:50pm >1 turn stagger start
 G 2:06.24 /S 2:16.24 /B 2:26.24
 # MEET RECORD:Steve Sikic Eastwood CI 2:03.20 1983

1	Jamie Sin-Keo	M	Cameron Heights
2	Cody Rowland	M	Saugeen District
3	Kevin Miller	M	London Aquinas
4	Josh Phillips	M	Lambton Central
5	Jason Poland	M	Chaminade College
6	Coleton Shular	M	Saugeen District
7	Dylan Soetemans	M	North Lambton
8	Michael Gordon	M	North Lambton
9	Jarrett Zehr	M	Lord Dorchester Seco
10	Nate Lamb	M	London Aquinas
11	David Constantinescu	M	Saugeen District
12	Jordan Desumma	M	London Aquinas
13	Mazen Malawi	M	St. Marcellinus
14	Jeehad Mah'D	M	St. Marcellinus
15	Alex Barr	M	Guelph CVI
16	Nick Hones	M	Eastview
17	Gordon Shields	M	Cameron Heights
18	Greg Staeger	M	London Aquinas
19	Ryan Eastman	M	North Lambton
20	Kyle Eggleston	M	Waterloo CI
21	Ashkan Sadri	M	Waterloo Bluevale
22	Jeff Roberson	M	John Paul II London
23	Mike Park	M	Central Huron
24	Justin Morrison	M	John Paul II London
25	Kennie Mcqueen-Baltare	M	London Lucas
26	Stephen Lang	M	London Laurier
27	Steven Keir	M	John Paul II London
28	Derek Hinchcliffe	M	Lambton Central
29	Zachary Gray	M	London Lucas
30	Luca Phillips	M	Chaminade College
31	Daniel Debus	M	Waterloo Bluevale
32	Rafael Cola	M	London Aquinas
33	Alex Bloomfield	M	Medway
34	Chris Katigbak	M	Chinguacousy
35	Micheal Paisley	M	Lambton Central
36	Jason Hoiting	M	London Christian
37	Filip Adamski	M	Waterloo Bluevale
38	Ben Todd	M	Eastview
39	Tony Her	M	Waterloo CI

[\[Top of Page\]](#) [\[Event List\]](#)

Event 9 GIRLS Midget 1500m Run

START: 5:35pm
 Gold 4:53.0 / S 5:10.0 / B 5:23.0
 # MEET RECORD:Michelle Bathurst Oakridge 4:40.70 1983

1	Cheyenne Hunjter	M	Saugeen District	4:56.2
2	Katie Komarnicky	M	London Beal	5:12.4
3	Kortney Watson	M	Saugeen District	5:20.7
4	Debra Kelsall	M	Eastview	5:31.6
5	Kayla Duncan	M	London Saunders	5:32.6

6	Anna Laws	M	Guelph CVI	5:39.1
7	Cailin McMeekin	M	Saugeen District	5:41.4
8	Romy Scheele	M	London Christian	5:48.6
9	Shannon Ross	M	Medway	5:49.6
10	Jessica Larson	M	Saugeen District	6:00.0
11	Krystal Tugwell	M	Central Huron	6:30.9

[\[Top of Page\]](#) [\[Event List\]](#)

Event 10 BOYS Midget 1500m Run

START: 6:05pm

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

MEET RECORD:Ian Forsyth Banting 4:16.90 1987

1	Matthew Travaglini	M	London Aquinas	
2	Josh Branderhoorst		London Christian	
3	Luca Phillips	M	Chaminade College	
4	Nick Hones	M	Eastview	
5	Black Dylan	M	London Oakridge	
6	Branden VanDerheide	M	Lambton Central	
7	Luke Rachar	M	London South	
8	Nate Lamb	M	London Aquinas	
9	Coleton Shular	M	Saugeen District	
10	Josh Phillips	M	Lambton Central	
11	Alex Barr	M	Guelph CVI	
12	Jason Poland	M	Chaminade College	
13	Mitchell Dreise		London Christian	
14	Jeremy Cooper	M	Assiginack Central	
15	Shawn Hoogstra	M	London Christian	
16	Micheal Paisley	M	Lambton Central	
17	Dylan De Silva	M	Waterloo CI	
18	Jeff Roberson	M	John Paul II London	
19	Kennie Mcqueen-Baltare	M	London Lucas	
20	Tony Her	M	Waterloo CI	
21	Ryan Gauld	M	London Saunders	
22	Kyle Eggleston	M	Waterloo CI	
23	Jordan Desumma	M	London Aquinas	
24	Daniel Debus	M	Waterloo Bluevale	
25	Dylan Soetemans	M	North Lambton	
26	Adam Cronin	M	Central Huron	
27	Alex Bloomfield	M	Medway	
28	Filip Adamski	M	Waterloo Bluevale	
29	Aaron Holden	M	Waterloo CI	
30	David Constantinescu	M	Saugeen District	
31	Cody Rowland	M	Saugeen District	
32	Ryan Eastman	M	North Lambton	

[\[Top of Page\]](#) [\[Event List\]](#)

Event 11 GIRLS Midget 3000m Run

START: 9:35am

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

MEET RECORD:Sabina Horne West Ferries 10:08.40 1978

1	Shannon Ross	M	Medway	11:59.0
2	Debra Kelsall	M	Eastview	12:03.5
3	Coletti Sarah	M	Lord Dorchester Seco	12:23.4
4	Bethany Swaboda		London Christian	13:34.1
5	Nicolette VanDenheuvel	M	Medway	13:54.3
6	Rachel Welch	M	London Banting	14:00.1
7	Jenna Mead	M	Medway	14:39.6
	Swoboda Bethany	M	London Christian	NT
	Brittany Murphy	M	London Aquinas	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 12 BOYS Midget 3000m Run

START: 9:50am

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

MEET RECORD:Chris Brewster CCH 8:55.00 1979

1	Mazen Malawi	M	St. Marcellinus
2	Luke Rachar	M	London South
3	Jarrett Zehr	M	Lord Dorchester Seco
4	Branden VanDerheide	M	Lambton Central
5	Jason Poland	M	Chaminade College
6	Gordon Shields	M	Cameron Heights
7	Matthew Travaglini	M	London Aquinas
8	Jeremy Cooper	M	Assiginack Central
9	Jeehad Mah'D	M	St. Marcellinus
10	Jeremiah Sanchez	M	Cameron Heights
11	Luca Phillips	M	Chaminade College
12	Jamie Sin-Keo	M	Cameron Heights
13	Josh Branderhoorst		London Christian
14	Mitchell Dreise		London Christian
15	Alex Bloomfield	M	Medway
16	Adam Cronin	M	Central Huron
17	Kyle Eggleston	M	Waterloo CI
18	Jordan Desumma	M	London Aquinas

[\[Top of Page\]](#) [\[Event List\]](#)

Event 13 GIRLS Midget 80m Hurdles

START: 3:15pm >8 hurdles

12m to H-1 > 8m between > 76cm ht

Gold 13.04 / S - 13.74 / B - 14.74

MEET RECORD:Donna Charles London Laurier 11.30 1998

1	Taylor Farquhar		Lester B. Pearson	12.86
2	Breanna Atkinson		Robert F. Hall	13.22
3	Jasmin Kerr	M	London South	14.03
4	Alex Rudow	M	Waterloo Bluevale	14.04
5	Jessica Delange	M	London Christian	14.35
6	Jordaine Leeder	M	Saugeen District	14.91
7	Lindsay Weinert	M	Waterloo CI	15.07
8	VanEssa Dam	M	Lambton Central	15.17
9	Michel Besinio	M	Mother Teresa London	16.89
10	Nichole Savoie	M	North Lambton	17.07
11	Emma Nieuwenhuizen	M	Strathroy DCI	17.15
12	Alexandra Behr	M	Mother Teresa London	17.31
13	Brigid Harris	M	London Aquinas	17.77
14	Settingington Monica	M	London Oakridge	17.92
15	Maggie Farbrother	M	Cameron Heights	17.99
16	Kayla Kahle	M	Cameron Heights	18.60
17	Barnett Jen	M	London Oakridge	19.18
	Christine Kohn	M	Lambton Central	NT
	Courtney Schmidt	M	Strathroy DCI	NT
	Danielle Berkel	M	London Christian	NT
	Trayl Bharath	M	St. Marcellinus	NT
	Chantelle Germain	M	Lambton Central	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 14 BOYS Midget 100m Hurdles

START: 2:50pm > 10 hurdles

13m to H-1 >8.5m between >84cm ht

Gold 15.24 / S - 15.74 / B - 14.74

MEET RECORD:Jim Westen Tillsonburg 13.60 1978

1	Aaron Sawatsky	M	London Lucas
2	Evgeni Panfilenko	M	London Oakridge

3	Dan Mousseau	M	Waterloo CI
4	Aaron Gee	M	London Oakridge
5	Charl Fourie	M	Waterloo Bluevale
6	Anirudh Bakhru	M	Cameron Heights
7	Eric Thomas	M	St. Marcellinus
8	Brandon Tartaglia	M	St. Marcellinus
9	Spencer Krall	M	Lambton Central
10	Jordan Nieman	M	London Christian
11	Kieran Gooch	M	Cameron Heights
12	Jesse Ferguson	M	Lambton Central
13	Brett Weir	M	London Aquinas

[\[Top of Page\]](#) [\[Event List\]](#)

Event 15 GIRLS Midget 300m Hurdles

START: 8:30am >7 hurdles> no blocks

50m to H-1 > 35m between >76cm ht

Gold 48.24/ S- 50.74 / B- 53.24

MEET RECORD:Grace Sherwin STM 47.00 2004

1	Taylor Farquhar		Lester B. Pearson	44.25#
2	Christina Veens		North Lambton	49.93
3	Jenn Veitch	M	Eastview	52.96
4	Jess Geense	M	Walkerton District	53.21
5	Alanna Roy	M	Central Huron	55.09
6	Breanna Atkinson		Robert F. Hall	55.85
7	Brigid Harris	M	London Aquinas	56.09
8	MacKenzie Carr	M	Huron Heights	56.61
9	Trayl Bharath	M	St. Marcellinus	57.05
10	Ashley Schipani	M	St. Marcellinus	58.18
11	Katie Wilson	M	Huron Heights	59.61
11	Krystal Timmerman	M	Huron Heights	59.61
13	Christine Kohn	M	Lambton Central	1:00.83
14	Amy Bicknell	M	Central Huron	1:03.05
15	Michelle Andrews	M	Lord Dorchester Seco	1:05.80
16	Julia VanDamme	M	Lambton Central	1:09.81
	Michelle MacRae	M	Lambton Central	NT
	Bethany Swaboda		London Christian	NT
	Swoboda Bethany	M	London Christian	NT
	Katie Richardson	M	London Banting	NT
	Danica Jackman	M	Lambton Central	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 16 BOYS Midget 300m Hurdles

START: 8:50am >7 hurdles> no blocks

50m to H-1 > 35m between >84cm ht

Gold 44.24 / S- 46.74 / B- 49.24

MEET RECORD:Gegory MacNeill Mother Teresa 43.72 2007

1	Ben Todd	M	Eastview
2	Stephen Lang	M	London Laurier
3	Jason Hoiting	M	London Christian
4	Luke Harrison	M	Central Huron
5	Zachary Gray	M	London Lucas
6	Spencer Krall	M	Lambton Central
7	Derek Hinchcliffe	M	Lambton Central
8	Eric Thomas	M	St. Marcellinus
9	Jesse Ferguson	M	Lambton Central
10	Brandon Tartaglia	M	St. Marcellinus
11	Kieran Gooch	M	Cameron Heights
12	Christiaan Collarile	M	St. Marcellinus

[\[Top of Page\]](#) [\[Event List\]](#)

Event 17 GIRLS Midget High Jump

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

1	Jasmin Kerr	M	London South	1.58m	
2	VanEssa Dam	M	Lambton Central	1.50m	
3	Cassandra Pascal	M	St. Marcellinus	1.40m	
3	Natalie Wennyk	M	Waterloo Bluevale	1.40m	
3	VanEssa Wilts	M	Central Huron	1.40m	
6	Ashley Boll	M	London Lucas	1.35m	
6	Alanna Roy	M	Central Huron	1.35m	
8	Katie Richardson	M	London Banting	1.25m	
	Lindsay Meister	M	Cameron Heights		FOUL
	Maggie Farbrother	M	Cameron Heights		FOUL

[\[Top of Page\]](#) [\[Event List\]](#)

Event 18 BOYS Midget High Jump

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

	Logan Boyd	M	Medway		
	Andrew Herdman	M	Lambton Central		
	David Uren	M	London Aquinas		
	Jordan Nieman	M	London Christian		
	Nic Oliver	M	Lambton Central		
	Micheal Paisley	M	Lambton Central		
	Kenny Pumpfrey	M	Lambton Central		
	Kevin Ypma		London Christian		
	Daniel Jacewicz	M	Waterloo CI		
	Warren Boersma	M	Lambton Central		
	Danny Boorman	M	London Laurier		
	Mat West	M	Walkerton District		
	Dylan De Silva	M	Waterloo CI		
	Denzel Ewan-Webb	M	St. Augustine		
	Zach Fischer	M	Waterloo CI		
	Charl Fourie	M	Waterloo Bluevale		
	Tim Olson	M	Walkerton District		
	Jordan Pole	M	London Saunders		
	Gordon Shields	M	Cameron Heights		
	Tyler Simpson	M	Cameron Heights		
	Steven Roth	M	Waterloo Bluevale		

[\[Top of Page\]](#) [\[Event List\]](#)

Event 19 GIRLS Midget Pole Vault

START: 9:00am [M, J, & S]
 Gold 3.25m / S- 2.90m / B- 2.70m

	Paula Vukusic	M	St. Marcellinus		FOUL
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[\[Top of Page\]](#) [\[Event List\]](#)

Event 20 BOYS Midget Pole Vault

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

	Jeff Bauer	M	London Saunders		
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[\[Top of Page\]](#) [\[Event List\]](#)

Event 21 GIRLS Midget Long Jump

START: 2:00pm
 Gold 5.10m / S- 4.85m / B- 4.70m

MEET RECORD:Audrey Dickson F.E. Madill 5.16 1983

1	Jasmin Kerr	M	London South	4.72m
2	Stephanie Kennedy	M	Medway	4.47m
3	Lindsay Weinert	M	Waterloo CI	4.33m
4	Deanna Love		South Huron District	4.32m
5	Sarah Blagrove	M	Waterloo Bluevale	4.19m
6	Caitlyn Campbell	M	Central Elgin	4.18m
7	Jenn Veitch	M	Eastview	4.17m
8	Ali Snell	M	Central Huron	4.11m
9	Melissa Breckles	M	Waterloo CI	4.10m
10	Trayl Bharath	M	St. Marcellinus	4.08m
11	Kylie Rohr	M	Waterloo Bluevale	4.03m
11	VanEssa Wilts	M	Central Huron	4.03m
13	Michelle MacRae	M	Lambton Central	4.00m
14	Sophia Lourusso	M	Cameron Heights	3.95m
15	Sarah Crouse	M	Strathroy DCI	3.94m
15	Marissa Jolley	M	Strathroy DCI	3.94m
17	Carly Schmidt	M	Kincardine	3.89m
18	Kassandra Arevalo	M	St. Marcellinus	3.85m
19	Christine Kohn	M	Lambton Central	3.82m
20	Ashley Boll	M	London Lucas	3.73m
21	Steph Slowinski	M	Cameron Heights	3.71m
22	Chelsea Delaurier	M	Lambton Central	3.65m
23	Lindsay Meister	M	Cameron Heights	3.62m
24	Amelia Avery	M	Lambton Central	3.61m
25	Nichole Savoie	M	North Lambton	3.57m
26	Christol Ellis	M	London Laurier	3.55m
27	Jennie Knull	M	London Laurier	3.20m
28	Julia Ferguson	M	London Banting	2.91m
29	Ledya Mahadere		Philip Pocock	2.87m
30	Taylor Valee	M	Waterloo Bluevale	2.86m
31	Susanne Gretka		Philip Pocock	2.71m
32	Melanie King	M	Waterloo Bluevale	2.33m

[\[Top of Page\]](#) [\[Event List\]](#)

Event 22 BOYS Midget Long Jump

START: 10:30am

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

MEET RECORD:Andrew Edwards Notre Dame 6.26 1997

Anirudh Bakhru	M	Cameron Heights
Alex Gebhardt	M	Walkerton District
Nathan Garrett	M	Eastview
Christiaan Collarile	M	St. Marcellinus
Matt Chalmers	M	Central Huron
Colin Brown	M	Eastview
Danny Boorman	M	London Laurier
Cory Hislop	M	Chinguacousy
Hugo Bascur	M	Cameron Heights
Ben Krupitz	M	Cameron Heights
Chris Aitken	M	Lambton Central
Aaron Holden	M	Waterloo CI
Greg Ernest	M	Waterloo Bluevale
Daniel Jacewicz	M	Waterloo CI
Daniel Debus	M	Waterloo Bluevale
Kris Bailey	M	Philip Pocock
David Uren	M	London Aquinas
Warren Boersma	M	Lambton Central
Cody Parsons	M	Cameron Heights
Tyler Varga	M	Cameron Heights
Branden Valente	M	Chaminade College
Dustin Tessier	M	Medway

Dejaun Smith	M	St. Marcellinus
Tyler Simpson	M	Cameron Heights
Sammy Shahhatts	M	London Laurier
Aaron Sawatsky	M	London Lucas
Muhammad Khan	M	Waterloo CI
Steven Roth	M	Waterloo Bluevale
Danny Kim	M	Waterloo CI
Ike Omoruna	M	St. Augustine
Tim Olson	M	Walkerton District
Nic Oliver	M	Lambton Central
Farouk Musa	M	St. Augustine
Dan Mousseau	M	Waterloo CI
Casey Mills	M	Lambton Central
Carter Warwick	M	Lambton Central
Ashkan Sadri	M	Waterloo Bluevale

[\[Top of Page\]](#) [\[Event List\]](#)

Event 23 GIRLS Midget Triple Jump

START: 12:30pm

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

MEET RECORD:Emily Goad Mother Teresa 10.26 2006

1	Caitlyn Campbell	M	Central Elgin	10.16m
2	Danielle Berkel	M	London Christian	9.83m
3	Lindsay Thompson	M	Guelph CVI	9.54m
4	Melissa Breckles	M	Waterloo CI	9.23m
5	Sarah Blagrove	M	Waterloo Bluevale	9.17m
6	Krista Sipprell	M	London South	9.11m
7	Emma Nieuwenhuizen	M	Strathroy DCI	9.07m
8	Jenn Veitch	M	Eastview	8.54m
9	Katie Pufall	M	Cameron Heights	8.50m
10	Ali Snell	M	Central Huron	8.34m
11	Kaitlyn McNally	M	Lambton Central	8.32m
12	Trayl Bharath	M	St. Marcellinus	8.25m
13	Amy Dymond	M	Strathroy DCI	8.08m
14	Settrington Monica	M	London Oakridge	7.91m
15	Jamie Villalaralvo	M	St. Augustine	7.88m
16	Laura Vita	M	London South	7.85m
17	Marissa Jolley	M	Strathroy DCI	7.84m
18	Sarah Crouse	M	Strathroy DCI	7.79m
18	Natasha Grabosky	M	Walkerton District	7.79m
20	Krystal Tugwell	M	Central Huron	6.80m
21	Julia Ferguson	M	London Banting	6.31m
22	Jiyun Ko	M	Waterloo Bluevale	5.94m
23	Melanie King	M	Waterloo Bluevale	5.29m
	Deanna Love		South Huron District	FOUL

[\[Top of Page\]](#) [\[Event List\]](#)

Event 25 GIRLS Midget Shot Put

START: 9:00am > Weight 4kg

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

MEET RECORD:Lynda Harkness F.E. Madill 10.82 1990

1	Jill Van Damme	M	Waterloo Bluevale	10.61m
2	Avery Kelly	M	London Christian	8.08m
3	Meaghan Dewitt	M	London Banting	7.59m
4	Olivia Wassing	M	London Christian	7.10m
5	Beccy Rees	M	Cameron Heights	6.77m
6	Lindsay McGregor	M	Lambton Central	6.70m
7	Sarah Acker	M	John Paul II London	6.43m
8	Amelia Avery	M	Lambton Central	6.22m
9	Jenna Pahl	M	Cameron Heights	6.00m
10	Paige Wilson	M	Central Huron	5.58m

11	Melanie King	M	Waterloo Bluevale	5.33m	
12	Danielle Vogel	M	Waterloo CI	4.65m	
	Chantelle Germain	M	Lambton Central		ND
	Kathryn Kerker	M	Saugeen District		ND
	Briar Nyhoff	M	London Banting		ND
	Dani Therrien	M	Eastview		ND
	Jessica Hartley	M	London Banting		ND

[\[Top of Page\]](#) [\[Event List\]](#)

Event 27 GIRLS Midget Discus Throw

START: 11:30am > Weight 1kg

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

MEET RECORD: Mary Lisle F.E. Madill 33.32 1994

1	VanEssa Dam	M	Lambton Central	23.05m
2	Karley Dobbin	M	Lambton Central	22.67m
3	Meaghan Dewitt	M	London Banting	22.09m
4	Avery Kelly	M	London Christian	20.99m
5	Olivia Wassing	M	London Christian	20.55m
6	Jenna Pahl	M	Cameron Heights	19.88m
7	Jill Van Damme	M	Waterloo Bluevale	19.00m
8	Corrine Armstrong	M	Lambton Central	16.64m
9	Jessica Hartley	M	London Banting	16.49m
10	Beccy Rees	M	Cameron Heights	14.03m
11	Paige Wilson	M	Central Huron	13.23m
12	Danielle Vogel	M	Waterloo CI	12.15m
13	Lauren Jenniskens	M	Lambton Central	11.78m

[\[Top of Page\]](#) [\[Event List\]](#)

Event 29 GIRLS Midget Javelin Throw

START: 2:00pm > Weight 600gm

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

MEET RECORD: Laura Sovran Villanova 36.04 1998

1	Sarah Acker	M	John Paul II London	22.42m
2	Ashley Schipani	M	St. Marcellinus	20.40m
3	Jill Van Damme	M	Waterloo Bluevale	18.67m
4	Krista Sipprell	M	London South	18.61m
5	Danielle Vogel	M	Waterloo CI	18.14m
6	Corrine Armstrong	M	Lambton Central	15.21m
7	Olivia Wassing	M	London Christian	14.47m
8	Lauren Jenniskens	M	Lambton Central	12.07m
9	Beccy Rees	M	Cameron Heights	11.71m

[\[Top of Page\]](#) [\[Event List\]](#)

Event 30 BOYS Midget Javelin Throw

START: 11:30am > Weight 600gm

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

MEET RECORD: Will Stewardson Banting 49.04 1999

Andrew Herdman	M	Lambton Central
Kevin Bowman	M	Saugeen District
David Constantinescu	M	Saugeen District
Pat Cobban	M	London Banting
Cody Butch	M	Chaminade College
Taylor Boomsma	M	London Banting
Neil Barr	M	Medway
Chris Archambault	M	Medway
Stuart Anoya	M	Chaminade College
Aladean Nagmoush		London Oakridge
Charles Dean	M	Medway
Steven Keir	M	John Paul II London
Mike Dinino	M	London Oakridge

John Keir	M	John Paul II London
Matthew Ferguson	M	Lambton Central
Kyle Nicol	M	Lambton Central
Kristian Ullman	M	London Christian
Ypke Posthumus	M	London Christian
Micheal Paisley	M	Lambton Central
Paul Rudell		Peninsula Shores
David Uren	M	London Aquinas
Jordan Young	M	St.Thomas St. Joe's
Jake Adzija	M	Strathroy DCI
Tyler Marcinko	M	Saugeen District
Peter Yokhana	M	Chaminade College
Mat West	M	Walkerton District
Mac Tomkinson	M	Eastview
Phil Timms	M	Eastview
Chris Terbogt	M	Chaminade College
Alex Taylor	M	Eastview
Perrin Smith	M	Waterloo Bluevale
Nathan Schenker	M	St. Marcellinus
Scott Robinson	M	Eastview
Dylan De Silva	M	Waterloo CI
Jesse Noon	M	London Banting
Angelo Zembashi	M	Central Huron
Alex Lowe	M	London Beal
Spencer Krall	M	Lambton Central
Brandon Jordan	M	London Oakridge
Cole Herglotz	M	Medway
Colin Henderson	M	London Banting
Michael Gordon	M	North Lambton
Darcy Fallaise	M	Waterloo CI
Greg Ernest	M	Waterloo Bluevale
Travis Eman	M	St. Marcellinus
Jeff Plaetzer	M	Central Huron

[\[Top of Page\]](#) [\[Event List\]](#)

Event 31 GIRLS Junior 100m Dash

START: 11:00am > no starting blocks

Gold 12.84 / S- 13.34 / B-13.84

MEET RECORD:Emily Zetic Johnson Gill JF Ross, M Ward 12.10 2003

1	Caitlyn MacMillan	J	Saugeen District	13.62
2	Tatum McLeod	J	Cameron Heights	14.02
3	Eugenia Acosta	J	Cameron Heights	14.05
4	Grace Thomson	J	Sudbury Lockerby	14.18
4	Nicole Gonzales	J	Mother Teresa London	14.18
6	Jayne Kennedy	J	Huron Heights	14.22
7	Shannon Loranger	J	Cameron Heights	14.47
8	Michelle Miles	J	St. Augustine	14.50
9	Morgan Generoux	J	London Banting	14.55
10	Carolyn VanDerploeg	J	Medway	14.60
11	Paola Hunter	J	Mother Teresa London	14.62
12	Jenna McComb	J	St.Thomas St. Joe's	14.71
13	Carlie Ferguson	J	Lambton Central	14.87
14	Sam Heeney	J	Huron Heights	14.92
15	Miranda McGuire	J	Lambton Central	14.99
16	Mallory Muehmer	J	Medway	15.04
17	Erika Goitia	J	Mother Teresa London	15.06
18	Shanna Peters	J	Mother Teresa London	15.21
19	Rebecca Yardley	J	Cameron Heights	15.29
20	Lakyn McPhail	J	Lambton Central	15.36
21	Hilary Simon	J	Huron Heights	15.41
21	Lea Jackson	J	London Laurier	15.41
23	Rebecca Van Klaveren	J	Lambton Central	15.57

24	Jess Gillis	J	Medway	15.61
25	Anqi Zhang	J	Cameron Heights	15.78
26	Jamila Wallace	J	Chinguacousy	15.80
27	Kelsie Gittens	J	London Banting	15.83
28	Simonne Tomasovic	J	Cameron Heights	15.92
29	Teresa Harris	J	Lambton Central	15.97
29	Jillian Cotter	J	Cameron Heights	15.97
31	Anna Krocze	J	Mother Teresa London	16.08
32	Jessica King	J	St. Augustine	16.59
33	Radha Brijlall	J	Cameron Heights	16.73
34	Sophie Twardus	J	Waterloo CI	17.08
35	Julia Spiegl	J	Cameron Heights	17.14
36	Chesney Jarvis	J	London Laurier	18.79
	Julie Tinning	J	Medway	NT
	Melissa Henry	J	John Paul II London	NT
	Alyssa Laird	J	Medway	NT
	Lisa VanDerloop	J	Medway	NT
	Erika French	J	Owen Sound CVI	NT
	Michelle Burke	J	London Saunders	NT
	Mikalalee Bamford	J	Medway	NT
	Jaydn Berschl	J	Waterloo Bluevale	NT
	Sherica Cox	J	St. Augustine	NT
	Hailee Moynihan	J	St.Thomas St. Joe's	NT
	Sophia Godula	J	Cameron Heights	NT
	Celine Walker	J	St. Augustine	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 33 GIRLS Junior 200m Dash

START: 4:30pm > no starting blocks

Gold 26.24 / S- 27.54 / B- 28.24

MEET RECORD:Octavia Beckles Laurier 24.50 1990

1	Serena San Cartier	J	Lo-Ellen Park	27.47
2	Caitlyn MacMillan	J	Saugeen District	27.74
3	Caitlin Evered	J	London Banting	28.03
4	Tatum McLeod	J	Cameron Heights	28.50
5	Eugenia Acosta	J	Cameron Heights	29.23
5	Michelle Miles	J	St. Augustine	29.23
7	Carolyn VanDerploeg	J	Medway	29.75
8	Jenna McComb	J	St.Thomas St. Joe's	30.18
9	Natalie Elliott	J	Central Huron	30.31
10	Mallory Muehmer	J	Medway	31.12
11	Kelsie Gittens	J	London Banting	31.85

[\[Top of Page\]](#) [\[Event List\]](#)

Event 35 GIRLS Junior 400m Run

START: 12:40pm >no starting blocks

Gold 60.24 / S- 63.24 / B- 66.24

MEET RECORD:Octavia Beckles Laurier 56.20 1990

1	Madison Halls	J	London Aquinas	1:02.57
2	Jenn Gray	J	Lambton Central	1:02.85
3	Michelle Cress	J	Waterloo Bluevale	1:03.03
4	Eugenia Acosta	J	Cameron Heights	1:03.10
5	Sarah Callahan	J	London Saunders	1:03.76
6	Tatum McLeod	J	Cameron Heights	1:05.72
7	Simonne Tomasovic	J	Cameron Heights	1:07.03
8	Kelsey Dobbin	J	Lambton Central	1:07.79
9	Olga Loudninivitch	J	Cameron Heights	1:07.81
10	Jenna McComb	J	St.Thomas St. Joe's	1:08.87
11	Lauren VanLeerzem	J	Mother Teresa London	1:10.53
12	Kyra Makrakos	J	London Lucas	1:11.27
13	Carolyn VanDerploeg	J	Medway	1:12.67

14	Lesley Clark	J	London Saunders	1:13.08
15	Dunja Mitrovic	J	Guelph CVI	1:15.00
16	Shannon Loranger	J	Cameron Heights	1:15.59
	Julie Tinning	J	Medway	NT
	Michelle Luinstra	J	Kincardine	NT
	Stephanie Galea	J	St. Marcellinus	NT
	Brittney Feng	J	Waterloo Bluevale	NT
	Emma Boettger	J	Waterloo Bluevale	NT
	Jadie Dedecker		London Catholic Cent	NT
	Jaydn Berschl	J	Waterloo Bluevale	NT
	Karen Leitch	J	London Banting	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 37 GIRLS Junior 800m Run

START: 3:35pm >1 turn stagger start

G 2:21.24 / S 2:28.24 / B 2:35.24

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

1	Madison Halls	J	London Aquinas	2:29.0
2	Krisinda Alexander	J	Walkerton District	2:29.1
3	Alex Parker	J	Saugeen District	2:32.8
4	Jessica White	J	Mother Teresa London	2:33.2
5	Katie Schurr	J	Medway	2:34.0
6	Michelle Cress	J	Waterloo Bluevale	2:34.5
7	Simonne Tomasovic	J	Cameron Heights	2:35.4
8	Jane Nickson	J	John Paul II London	2:35.8
9	Rachel MacInnis	J	London Laurier	2:40.8
10	Eugenia Acosta	J	Cameron Heights	2:45.2
11	Rebecca Yardley	J	Cameron Heights	2:46.7
12	Nicole Mazgola	J	London Aquinas	2:47.1
13	Melissa Frederick	J	London Saunders	2:47.8
14	Kelsey Dobbin	J	Lambton Central	2:48.0
15	Elise Ikert	J	Lambton Central	2:49.3
16	Paige Van Praet	J	Lambton Central	2:52.0
17	Claire Tuckey		South Huron District	2:53.9
18	Erin Gordon	J	North Lambton	2:55.2
19	Cindy Van Gorp	J	Lambton Central	2:56.6
20	Lesley Clark	J	London Saunders	2:58.4
21	Larissa Moore	J	Lambton Central	3:08.1
22	Jacinta Fox	J	Mother Teresa London	3:40.3
	Kat Porter	J	London Aquinas	NT
	Lauren Hart	J	Lambton Central	NT
	Emma Boettger	J	Waterloo Bluevale	NT
	Jasmine Coates	J	Medway	NT
	Marianne Filson	J	Medway	NT
	Hillary Little	J	London Banting	NT
	Michelle Luinstra	J	Kincardine	NT
	Hannah Orange	J	London Aquinas	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 39 GIRLS Junior 1500m Run

START: 5:45pm

Gold 4:50.0 / S 5:05.0 / B 5:15.0

MEET RECORD:Jill Purola Huron Park 4:39.70 1980

1	Kirsten Allen	J	London Saunders	5:06.1
2	Krisinda Alexander	J	Walkerton District	5:11.3
3	Jenn Gray	J	Lambton Central	5:17.3
4	Katie Schurr	J	Medway	5:20.2
5	Alex Parker	J	Saugeen District	5:21.7
6	Jessica White	J	Mother Teresa London	5:30.9
7	Amy Prickett	J	London South	5:35.6
8	Rachel MacInnis	J	London Laurier	5:40.7

9	Sarah Laberge	J	London Banting	5:41.0
10	Hannah Orange	J	London Aquinas	5:54.5
11	Leah Henderson-Harrington	J	London Saunders	6:13.0
12	Jillian Moran	J	Waterloo CI	6:20.3
13	Larissa Moore	J	Lambton Central	6:49.8

[\[Top of Page\]](#) [\[Event List\]](#)

Event 41 GIRLS Junior 3000m Run

START: 1:30pm

Gold 10:40.0 /S 11:05.0 /B 11:30.0

MEET RECORD:Jennifer McPeck South 9:55.40 1983

1	Kirsten Allen	J	London Saunders	11:04.3
2	Katie Schurr	J	Medway	11:40.6
3	Rebecca Yardley	J	Cameron Heights	11:50.4
4	Amy Prickett	J	London South	11:54.3
5	Elise Ikert	J	Lambton Central	12:14.9
6	Hannah Orange	J	London Aquinas	12:42.4
7	Jillian Moran	J	Waterloo CI	12:48.6
8	Cindy Van Gorp	J	Lambton Central	13:12.3
9	Jasmine Coates	J	Medway	16:18.1
	Rachel MacInnis	J	London Laurier	NT
	Marianne Filson	J	Medway	NT
	Kat Porter	J	London Aquinas	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 43 GIRLS Junior 80m Hurdles

START: 3:05pm > 8 hurdles

12m to H-1 > 8m between > 76cm ht

Gold 12.74 / S- 13.24 / B- 14.24

MEET RECORD:Jessica Zelinka Banting 11.20 1998

1	Charlotte Crombeen	J	Mother Teresa London	12.67
2	Serena San Cartier	J	Lo-Ellen Park	12.69
3	Grace Thomson	J	Sudbury Lockerby	12.84
4	Caitlyn MacMillan	J	Saugeen District	13.11
5	Jasmine Patterson	J	St. Marcellinus	13.27
6	Carlie Ferguson	J	Lambton Central	14.34
7	Erika French	J	Owen Sound CVI	14.88
8	Audrey Mueller	J	Cameron Heights	15.36
9	Stephanie Galea	J	St. Marcellinus	15.50
10	Jennifer Black	J	London Saunders	15.86
11	Lauren VanLeerzem	J	Mother Teresa London	16.32
12	Lakyn McPhail	J	Lambton Central	16.50
13	Rebecca Van Klaveren	J	Lambton Central	16.87
14	Anqi Zhang	J	Cameron Heights	17.38
15	Jillian Cotter	J	Cameron Heights	17.39
15	Claire Tuckey		South Huron District	17.39
17	Danielle Aarssen	J	Lambton Central	18.64
18	Chesney Jarvis	J	London Laurier	19.06
19	Sophie Twardus	J	Waterloo CI	19.76
	Brianna Wilson		East Elgin	NT
	Julia Spiegl	J	Cameron Heights	NT
	Radha Brijlall	J	Cameron Heights	NT
	Hailee Moynihan	J	St.Thomas St. Joe's	NT
	Jadie Dedecker		London Catholic Cent	NT
	Caitlin Evered	J	London Banting	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 45 GIRLS Junior 300m Hurdles

START: 8:40am 7 hurdles> no blocks

50m to H-1 > 35m between >76cm ht

Gold 46.74 / S- 49.74 / B- 52.24

MEET RECORD:Jessica Zelinka Banting 43.00 1998

1	Caitlyn MacMillan	J	Saugeen District	46.87
2	Charlotte Crombeen	J	Mother Teresa London	48.86
3	Caitlin Evered	J	London Banting	49.60
4	Sarah Callahan	J	London Saunders	50.92
5	Eugenia Acosta	J	Cameron Heights	51.16
6	Jadie Dedecker		London Catholic Cent	52.20
7	Audrey Mueller	J	Cameron Heights	52.83
8	Carlie Ferguson	J	Lambton Central	53.04
9	Stephanie Galea	J	St. Marcellinus	54.87
10	E Serodio	J	London Oakridge	55.52
11	Lauren VanLeerzem	J	Mother Teresa London	56.02
12	Teresa Harris	J	Lambton Central	56.23
13	Carly Currie	J	Eastview	57.17
14	Rebecca Van Klaveren	J	Lambton Central	58.19
15	Anqi Zhang	J	Cameron Heights	58.38
16	Jillian Cotter	J	Cameron Heights	1:00.52
17	Paige Van Praet	J	Lambton Central	1:02.59
18	Radha Brijlall	J	Cameron Heights	1:07.79
19	Julia Spiegl	J	Cameron Heights	1:12.07
	Sophie Twardus	J	Waterloo CI	NT
	Karen Leitch	J	London Banting	NT
	Claire Tuckey		South Huron District	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 47 GIRLS Junior High Jump

START: 10:30am

Gold 1.58m /Silver 1.54m /Br 1.50m

MEET RECORD:Lisa DeVries Lucas 1.76 1985

1	Erika French	J	Owen Sound CVI	1.58m
2	Brianna Wilson		East Elgin	1.50m
2	Sarah McDonald	J	Mother Teresa London	1.50m
4	Olga Loudninivitch	J	Cameron Heights	1.45m
4	Jasmine Patterson	J	St. Marcellinus	1.45m
6	Carlie Ferguson	J	Lambton Central	1.40m
7	Rebecca Van Klaveren	J	Lambton Central	1.35m
7	Tiffanie Christopher	J	St. Augustine	1.35m
9	Danielle Aarssen	J	Lambton Central	1.20m
	Lakyn McPhail	J	Lambton Central	FOUL
	Lisa Le	J	St. Augustine	FOUL

[\[Top of Page\]](#) [\[Event List\]](#)

Event 49 GIRLS Junior Pole Vault

START: 9:00am

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

1	B Drake	J	London Oakridge	2.10m
1	Melissa Frederick	J	London Saunders	2.10m
3	A Peters	J	London Oakridge	1.90m
	E Serodio	J	London Oakridge	FOUL
	M Lawrence	J	London Oakridge	FOUL

[\[Top of Page\]](#) [\[Event List\]](#)

Event 51 GIRLS Junior Long Jump

START: 2:00pm

Gold 5.15m / S- 4.95m / B- 4.75m

MEET RECORD:Ruth Pugh Dorchester 5.25 1979

1	Charlotte Crombeen	J	Mother Teresa London	5.45m	#
2	Sophia Godula	J	Cameron Heights	4.66m	
2	Lisa VanDerloop	J	Medway	4.66m	

4	Jennifer Black	J	London Saunders	4.63m
5	Jayne Kennedy	J	Huron Heights	4.45m
6	Tiffany Kosi	J	Strathroy DCI	4.43m
7	Lea Jackson	J	London Laurier	4.39m
8	Mallory Muehmer	J	Medway	4.36m
9	Sam Heeney	J	Huron Heights	4.31m
10	Kyra Makrakos	J	London Lucas	4.30m
11	Sarah Laberge	J	London Banting	4.25m
12	Jasmine Patterson	J	St. Marcellinus	4.20m
12	Miranda McGuire	J	Lambton Central	4.20m
14	Tiffanie Christopher	J	St. Augustine	4.12m
15	Brooke Gielen		South Huron District	3.97m
16	Kendra Dilling	J	London Aquinas	3.95m
16	Chesney Jarvis	J	London Laurier	3.95m
18	Shannon Loranger	J	Cameron Heights	3.89m
19	Carly Tithecott	J	Waterloo CI	3.88m
20	Hilary Simon	J	Huron Heights	3.80m
21	Eghosa Imasuen	J	St. Augustine	3.77m
22	Larissa Moore	J	Lambton Central	3.51m
23	Lisa Le	J	St. Augustine	3.48m
24	Jillian Cotter	J	Cameron Heights	3.39m
25	Jazlyn Slack	J	Lambton Central	3.37m
26	Danielle Aarssen	J	Lambton Central	3.20m
27	Julia Spiegl	J	Cameron Heights	2.80m

[\[Top of Page\]](#) [\[Event List\]](#)

Event 53 GIRLS Junior Triple Jump

START: 10:30am

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

MEET RECORD:Anita Schipper London Christian 10.74 2003

1	Tiffany Kosi	J	Strathroy DCI	9.76m
2	Olga Loudninivitch	J	Cameron Heights	9.72m
3	Carly Tithecott	J	Waterloo CI	9.08m
4	Mallory Muehmer	J	Medway	8.86m
5	Teresa Harris	J	Lambton Central	8.63m
6	Eghosa Imasuen	J	St. Augustine	8.50m
7	Tiffanie Christopher	J	St. Augustine	8.33m
8	Shannon Loranger	J	Cameron Heights	8.05m
9	Lisa Le	J	St. Augustine	7.57m
10	Jenna Scheffelman	J	Waterloo CI	6.20m
	Maggie Norris	J	Cameron Heights	FOUL

[\[Top of Page\]](#) [\[Event List\]](#)

Event 55 GIRLS Junior Shot Put

START: 10:15am > Weight 4kg

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

MEET RECORD:Megan Weaver Lucas 13.29 2003

1	Sarah VanDeneynden		Strathroy DCI	10.08m
2	Sam Heeney	J	Huron Heights	8.45m
3	Caitlin Croley	J	London Banting	8.40m
4	Teri Stuckless		South Huron District	7.99m
5	Miranda McGuire	J	Lambton Central	7.86m
6	Jenna McComb	J	St.Thomas St. Joe's	7.69m
7	Natalie Elliott	J	Central Huron	7.61m
8	Lisa Rae	J	Walkerton District	7.33m
9	Jessica King	J	St. Augustine	7.31m
10	Yanique Taylor	J	St. Augustine	6.20m
11	Allison Nesbitt	J	London Aquinas	6.19m
12	Shannon Loranger	J	Cameron Heights	6.08m
13	Lauren Hart	J	Lambton Central	5.56m
14	Jazlyn Slack	J	Lambton Central	5.52m

Event 57 GIRLS Junior Discus Throw

START: 12:45pm > Weight 1kg

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

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

1	Sarah VanDeneynden		Strathroy DCI	26.06m
2	A Peters	J	London Oakridge	25.97m
3	Emily Weston	J	London Banting	24.21m
4	Natalie Elliott	J	Central Huron	24.10m
5	Emilee Schipper	J	London Christian	22.66m
6	Miranda McGuire	J	Lambton Central	22.62m
7	Brooke Gielen		South Huron District	20.45m
8	Carly Currie	J	Eastview	20.43m
9	Miranda Cornelius		Westminster	19.90m
10	Lisa Rae	J	Walkerton District	19.34m
11	Jessica King	J	St. Augustine	18.45m
12	Allison Nesbitt	J	London Aquinas	17.32m
13	Nicole Mazgola	J	London Aquinas	14.61m
14	Yanique Taylor	J	St. Augustine	14.02m
15	Kim Canning	J	Walkerton District	13.48m
16	Jazlyn Slack	J	Lambton Central	12.86m
17	Lauren Hart	J	Lambton Central	12.68m
18	Kendra Dilling	J	London Aquinas	11.29m

Event 59 GIRLS Junior Javelin Throw

START: 3:15pm > Weight 600gm

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

MEET RECORD:Bobbi Arnett St.Thomas Parkside 43.58 1997

1	Miranda Cornelius		Westminster	29.45m
2	Sarah VanDeneynden		Strathroy DCI	28.08m
3	Brooke Gielen		South Huron District	23.49m
4	Teri Stuckless		South Huron District	22.67m
5	Yanique Taylor	J	St. Augustine	21.74m
6	Emilee Schipper	J	London Christian	21.19m
7	Rachel Steer	J	John Paul II London	19.36m
8	Shahed Elfaki	J	London Banting	18.42m
9	Jessica King	J	St. Augustine	17.91m
10	Carly Currie	J	Eastview	16.97m
11	Hillary Little	J	London Banting	16.61m
12	Jenna Scheffelmeier	J	Waterloo CI	13.23m
13	Kristina Helps	J	Lambton Central	13.21m
14	Angela Jenkins		Westminster	12.48m
15	Kim Canning	J	Walkerton District	11.31m

Event 61 GIRLS Senior 100m Dash

START: 11:20am > no starting blocks

Gold 12.74 / S- 13.14 / B- 13.64

MEET RECORD:Lisa Keunemans Bluevale 11.90 1987

1	Melissa Hewitt	S	St. Marcellinus	12.89
2	Tonya Malcolm	S	Waterloo Bluevale	13.31
3	Rita Rudell		Peninsula Shores	13.45
4	Jen Olson	S	Medway	13.47
5	Emelia Bashir	S	Cameron Heights	13.66
6	Tianna Deck	S	Sudbury Lockerby	13.70
7	Samantha Spike	S	St. Augustine	13.82
8	Amanda Spriel	S	Lord Dorchester Seco	13.91
9	Jasmine Dear	S	St. Marcellinus	13.95

10	Binty Koroma	S	Guelph CVI	14.05
11	Ali McCart	S	St. Augustine	14.09
12	Britt Diguer	S	Medway	14.10
13	Kate King	S	Waterloo CI	14.11
14	Jayden Morrison	S	London Lucas	14.13
15	Nicole Courtney	S	London Aquinas	14.16
16	Kyla Haffner	S	Lord Dorchester Seco	14.17
17	Bethany Gray	S	Cameron Heights	14.18
18	Nicole Elliott	S	Central Huron	14.19
19	Quinnie Rwahwire		Oakwood Barons	14.21
20	Belinda Afriyie	S	Chinguacousy	14.24
21	Taylor Gubbels	S	Mother Teresa London	14.35
22	Julie McKeen	S	Medway	14.42
23	Jenna Bailey	S	Kincardine	14.43
24	Tarra Garrow	S	London Aquinas	14.44
25	Bev Allen	S	London Aquinas	14.45
26	Laurenne Braunch	S	Medway	14.47
27	Laura Lebert	S	Lambton Central	14.51
28	Rachel VanKlaveren	S	Lambton Central	14.56
29	Cassandra Hallett	S	London Banting	14.57
30	Tianna Waugh	S	Cameron Heights	14.58
31	Amy Daniels	S	Medway	14.72
32	Jenni Cork	S	Medway	14.89
33	Heather Andrew	S	Lambton Central	15.01
34	Aminat Ayinla		Chinguacousy	15.08
34	Nicole Filson	S	Medway	15.08
34	Nicole Dryburgh	S	Lord Dorchester Seco	15.08
37	Becky Armstrong	S	Lambton Central	15.09
38	Kelsey Herglotz	S	Medway	15.21
39	Bintou Barrow	S	Guelph CVI	15.24
40	Danie Jenkinson	S	Guelph CVI	15.35
41	Katie Staeger	S	London Aquinas	15.41
42	Tarra Smith-Mosely	S	Philip Pocock	15.44
43	Nikki McCombe	S	London South	16.06
44	Clara Yoon	S	Waterloo CI	16.21
45	Amanda Linseman	S	Waterloo CI	16.60
46	Jenna Ruicci	S	London Aquinas	17.03
47	Alex Valee	S	Waterloo Bluevale	17.55
48	Caitlin Martin-Newman	S	London Lucas	17.68
49	Thao Nguyen	S	John Paul II London	18.97
50	Stephanie Duncan	S	London Laurier	20.11
	Leslea Williams	S	John Paul II London	NT
	Joey Baltare	S	London Lucas	NT
	Annalise Tichenoff	S	Medway	NT
	Jessica Orchard	S	Waterloo CI	NT
	Jen Hardie	S	Medway	NT
	Charlene Brown	S	Lambton Central	NT
	Amanda Batey	S	London Laurier	NT
	Lamila Jones	S	London Laurier	NT
	Sam Hoover	S	Medway	NT
	Kat Ilic	S	Waterloo Bluevale	NT
	Jocelyn Millard	S	Medway	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 63 GIRLS Senior 200m Dash

START: 4:45pm > no starting blocks

Gold 25.74 / S- 26.74 / B- 27.74

MEET RECORD:Val Beckles Laurier 24.40 1988

1	Melissa Hewitt	S	St. Marcellinus	25.67
2	Tonya Malcolm	S	Waterloo Bluevale	27.07
3	Morgan VanMierlo	S	London Aquinas	27.55
4	Ali McCart	S	St. Augustine	27.97

5	Jayden Morrison	S	London Lucas	28.60
6	Montana Johnson	S	Eastview	28.94
7	Binty Koroma	S	Guelph CVI	28.97
8	Kyla Haffner	S	Lord Dorchester Seco	29.01
9	Alyssa Straatman	S	Lambton Central	29.12
10	Laura Kosi	S	John Paul II London	29.42
11	Julie McKeen	S	Medway	29.68
12	Akua Osei	S	St. Augustine	29.87
13	Kate King	S	Waterloo CI	29.90
14	Kelsey Herglotz	S	Medway	30.01
15	Nicole Dryburgh	S	Lord Dorchester Seco	30.24
16	Alana Ryan	S	London Aquinas	30.39
16	Laurenne Braunch	S	Medway	30.39
18	Tarra Garrow	S	London Aquinas	30.57
19	Jenni Cork	S	Medway	30.68
20	Nicole Courtney	S	London Aquinas	31.26
21	Amanda Cork	S	Medway	31.83
22	Alanda Devor	S	London Christian	32.67
23	Bintou Barrow	S	Guelph CVI	32.90
24	Lamila Jones	S	London Laurier	33.60
25	Amanda Linseman	S	Waterloo CI	34.67
26	Michelle Whiteman	S	Walkerton District	34.92
27	Caitlin Martin-Newman	S	London Lucas	35.80
	Nicole Elliott	S	Central Huron	DNF

[\[Top of Page\]](#) [\[Event List\]](#)

Event 65 GIRLS Senior 400m Run

START: 12:45pm > no starting blocks

Gold 59.24 / S- 62.24 / B- 64.24

MEET RECORD: Ayden Ollivier Medway 55.10 2002

1	Morgan VanMierlo	S	London Aquinas	1:01.40
2	Emma Tallman		Manitoulin SS	1:02.11
3	Tonya Malcolm	S	Waterloo Bluevale	1:03.56
4	Laura Kosi	S	John Paul II London	1:03.82
5	Amanda Kelsall	S	Eastview	1:04.90
6	Julie McKeen	S	Medway	1:05.52
7	Danielle VanOs	S	North Lambton	1:05.54
8	Jayden Morrison	S	London Lucas	1:06.53
9	Stephanie Debus	S	Waterloo Bluevale	1:06.97
10	Krystal Shaw	S	London Laurier	1:07.49
11	Alana Ryan	S	London Aquinas	1:07.54
12	Krista Cook	S	Medway	1:08.17
13	Britt Diguer	S	Medway	1:08.24
14	Kate King	S	Waterloo CI	1:09.63
15	Nicole Cress	S	Waterloo Bluevale	1:10.52
16	Virgie VanDencorput	S	Lambton Central	1:11.01
16	Akua Osei	S	St. Augustine	1:11.01
18	Kelsey Herglotz	S	Medway	1:11.55
19	Amanda Cork	S	Medway	1:11.99
20	Jenni Cork	S	Medway	1:13.46
21	Christy Somos	S	Guelph CVI	1:13.64
22	Marcella Maldonado	S	Guelph CVI	1:16.42
23	Jenna Ruicci	S	London Aquinas	1:16.75
24	Juliette Nunez	S	St. Marcellinus	1:19.74
25	Michelle Whiteman	S	Walkerton District	1:21.43
26	Caitlin Martin-Newman	S	London Lucas	1:25.35
27	Sarah Booth	S	Waterloo CI	1:25.71
	B London Christian		London Christian	NT
	Jen Olson	S	Medway	NT
	Nicole Kay	S	Lord Dorchester Seco	NT
	Jocelyn Brewer	S	Cameron Heights	NT
	Trista Hutchings	S	Cameron Heights	NT

Heather Law	S	Monsignor Doyle Camb	NT
Vivian Balla	S	Guelph CVI	NT
Shannon Marchant	S	London Aquinas	NT
Nicole Dryburgh	S	Lord Dorchester Seco	NT
Stephanie Krpic	S	Philip Pocock	NT
Melissa Adam	S	Guelph CVI	NT
Katie Debus	S	Waterloo Bluevale	NT
Nicole Filson	S	Medway	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 67 GIRLS Senior 800m Run

START: 3:45pm >1 turn stagger start

G 2:20.24 /S - 2:25.24 /B - 2:30.24

MEET RECORD:Connie Beukeboom CCH 2:14.50 1987

1	Emma Tallman		Manitoulin SS	2:27.6
2	Hayley Green	S	Kincardine	2:33.1
3	Kalisha Hilborn	S	Medway	2:37.5
4	Heather Law	S	Monsignor Doyle Camb	2:38.2
5	Melissa Adam	S	Guelph CVI	2:38.5
6	Amanda Kelsall	S	Eastview	2:38.9
7	Virgie VanDencorput	S	Lambton Central	2:40.0
8	Shauna Donaldson	S	West Hill	2:42.0
9	Jen Gordon	S	North Lambton	2:49.8
10	Stephanie Debus	S	Waterloo Bluevale	2:51.7
11	Lainy Cuncins	S	Guelph CVI	2:52.0
12	Amanda Cork	S	Medway	2:52.1
13	Christy Somos	S	Guelph CVI	3:00.9
14	Christine O'Reilly	S	South Huron District	3:01.2
15	Heidi Bechtold	S	Waterloo CI	3:02.9
16	Juliette Nunez	S	St. Marcellinus	3:05.0
17	Marcella Maldonado	S	Guelph CVI	3:05.4
18	Colleen Yip	S	Medway	3:10.4
	Shannon Marchant	S	London Aquinas	NT
	Shawna Smith	S	Lambton Central	NT
	Stephanie Hosford	S	London Aquinas	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 68 BOYS Senior 800m Run

START: 4:15pm >1 turn stagger start

G 1:59.74 / S- 2:04.74 / B 2:09.74

MEET RECORD:Kurt Benninger Walkerton District 1:54.50 2003

1	Jeff Harlow	S	Huron Heights	
2	Todd Belrose	S	Saugeen District	
3	Cam Tilley	S	Guelph CVI	
4	Bertrand Nezerwa	S	Chaminade College	
5	Rhys Young	S	Cameron Heights	
6	Kdee Warner	S	St. Marcellinus	
7	Allan Cox	S	London Aquinas	
8	Gabriel Moreno-Bautista	S	Waterloo CI	
9	Wani Pitia	S	John Paul II London	
10	Ben Stubbs	S	North Lambton	
11	Attila Bajus	S	Monsignor Doyle Camb	
12	Abdul-Azim Barakzay	S	Waterloo CI	
13	Jordan Palmer	S	Waterloo Bluevale	
14	Kevin Medeiros	S	Monsignor Doyle Camb	
15	Dylan Davidson	S	London Laurier	
16	Shoiab Ikram	S	Waterloo CI	
17	Trevor Salmon	S	Cameron Heights	
18	Matt Robertson	S	Cameron Heights	
19	Gavin Osborne	S	Guelph CVI	
20	Andrew Belanger	S	Guelph CVI	

21	Evan Porter	S	Saugeen District
22	Sohaib Ikram	S	Waterloo CI
23	Nick McNulty	S	Kincardine
24	Matt Ernst	S	Medway
25	Mike Tielemans	S	London Laurier
26	Ben Thrush	S	Eastview
27	Jonah Sandie	S	John Paul II London
28	Erik Reid	S	Medway
29	Jordan Quick	S	Medway
30	Tyler Oke	S	Medway
31	Kengo Muhamadi	S	Waterloo CI
32	Kurt Mason	S	John Paul II London
33	Russell Lowry	S	London Lucas
34	John Jardine	S	London Aquinas
35	Paul Gamba	S	Chaminade College
36	Robert Komer	S	London Aquinas
37	Evan Cumming	S	Eastview
38	Zack Caudle	S	John Paul II London
39	Andrew Capling	S	London Laurier
40	Alex Callaghan	S	Waterloo Bluevale
41	Carlos Ampudia	S	John Paul II London
42	Jawad Al-Hakim	S	London Banting
43	Michael Williams	S	Waterloo Bluevale
44	Simon Barrick	S	Cameron Heights
45	Joel John	S	St. Augustine
46	Brad Urbanowicz	S	Waterloo Bluevale
47	Randy Komi	S	London Laurier

[\[Top of Page\]](#) [\[Event List\]](#)

Event 69 GIRLS Senior 1500m Run

START: 6:00pm

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

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

1	Hayley Green	S	Kincardine	5:11.0
2	Melissa Adam	S	Guelph CVI	5:28.0
3	Veronica Allen	S	West Hill	5:32.5
4	Shauna Donaldson	S	West Hill	5:34.8
5	Ramona Neferu	S	Kincardine	5:43.2
6	Jen Gordon	S	North Lambton	6:02.2
7	Stephanie Thomas	S	Monsignor Doyle Camb	6:08.3
8	Colleen Yip	S	Medway	6:38.0
9	Sarah Booth	S	Waterloo CI	7:40.8

[\[Top of Page\]](#) [\[Event List\]](#)

Event 71 GIRLS Senior 3000m Run

START: 1:45pm

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

MEET RECORD:Karen Crich Medway :10:08.80 1988

1	Rachel Lamb	S	London Aquinas	11:14.8
2	Heather Law	S	Monsignor Doyle Camb	11:17.8
3	Veronica Allen	S	West Hill	11:47.4
4	Ramona Neferu	S	Kincardine	12:27.8
5	Maddy Porter	S	St.Thomas St. Joe's	12:44.7
6	Heidi Bechtold	S	Waterloo CI	12:48.1
7	Natasha Mosdossy	S	London Aquinas	13:02.8
8	Stephanie Thomas	S	Monsignor Doyle Camb	13:12.6
9	Christine O'Reilly	S	South Huron District	13:14.4
10	Colleen Yip	S	Medway	13:55.0
	Kim Gauld	S	Medway	NT
	Nora Bucher	S	Medway	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 73 GIRLS Senior 100m Hurdles

START: 2:55pm >10 hurdles

13m to H-1 >8.5m between >76cm ht

Gold 15.74 / S- 16.24 / B- 16.74

MEET RECORD:Jessica Zelinka Banting 14.00 1999

1	Rita Rudell		Peninsula Shores	15.11
2	Meghan Harris	S	London Banting	15.76
3	Laura Lebert	S	Lambton Central	17.08
4	Bev Allen	S	London Aquinas	17.27
5	Nicole Courtney	S	London Aquinas	17.50
6	Stephanie Marotta	S	St. Marcellinus	17.63
7	Jackie Breg	S	Eastview	17.85
8	Heather Andrew	S	Lambton Central	18.54
9	Carolyn Flanagan	S	Philip Pocock	19.19
10	Mataya Zemjla	S	Philip Pocock	19.44
11	Erika Fiedler	S	Cameron Heights	19.50
12	Kelly Lo	S	Guelph CVI	19.73
13	Stephanie Krpic	S	Philip Pocock	19.83
14	Clara Yoon	S	Waterloo CI	20.30
15	Anna Karahalios		Mother Teresa London	20.46
16	Kathleen Fitzpatrick	S	Lord Dorchester Seco	20.88
17	L Gleason	S	London Oakridge	20.90
18	Natasha Mosdossey	S	London Aquinas	20.95
19	Amanda Linseman	S	Waterloo CI	22.17
	Alana Ryan	S	London Aquinas	NT
	Maggie Off	S	London Aquinas	NT
	Tianna Waugh	S	Cameron Heights	NT
	Cassandra Hallett	S	London Banting	NT
	Tarra Smith-Mosely	S	Philip Pocock	NT
	Johanna Dobransky		London Central	NT
	Belinda Afriyie	S	Chinguacousy	NT
	B London Christian		London Christian	NT
	Lisa Nguyen	S	Cameron Heights	NT
	Julia Hayman	S	London Saunders	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 75 GIRLS Senior 400m Hurdles

START 2:50pm > 10 hurdles

45m to H-1 > 35m between >76cm ht

Gold 60.24 / S- 66.74 / B- 69.24

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

1	Danielle VanOs	S	North Lambton	1:07.95
2	Amanda Spriel	S	Lord Dorchester Seco	1:10.49
3	Krista Cook	S	Medway	1:11.75
4	Laura Lebert	S	Lambton Central	1:12.68
5	Montana Johnson	S	Eastview	1:14.32
6	Heather Andrew	S	Lambton Central	1:14.72
7	Alicia Barnes	S	Lambton Central	1:15.87
8	Krystal Shaw	S	London Laurier	1:16.61
9	Mataya Zemjla	S	Philip Pocock	1:19.80
10	Jocelyn Brewer	S	Cameron Heights	1:22.00
11	Carolyn Flanagan	S	Philip Pocock	1:22.02
12	Kathleen Fitzpatrick	S	Lord Dorchester Seco	1:22.61
13	Anna Karahalios		Mother Teresa London	1:25.13
	Shauna Malek	S	London Banting	NT
	Stephanie Hosford	S	London Aquinas	NT
	Johanna Dobransky		London Central	NT
	Alana Ryan	S	London Aquinas	NT
	Shawna Smith	S	Lambton Central	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 77 GIRLS Open 1500m Steeplechase

START: 11:40am > no jumps 1st 312m

3 laps waterjump + 4 barriers

Gold 5:30.0 / S- 5:45.0 / B- 6:00.0

MEET RECORD:Madii Wallace London Central 5:21.00 2006

1	Becky Pieterston		London Regina Mundi	5:15.42#
2	Rachel Lamb	S	London Aquinas	5:29.93
3	Heather Law	S	Monsignor Doyle Camb	5:42.14
4	Kate Schieman	J	London Banting	5:56.67
5	Lainy Cuncins	S	Guelph CVI	5:59.72
6	Alicia Barnes	S	Lambton Central	6:08.37
7	Sarah Johnston	S	Mother Teresa London	6:12.12
8	Romy Scheele	M	London Christian	6:18.97
9	Marissa Jolley	M	Strathroy DCI	6:29.48
10	Natasha Mosdosy	S	London Aquinas	6:45.02
	Danielle Chong	J	St. Augustine	NT
	Emily Gryzwa	S	London Aquinas	NT
	Ayla Empey	S	Lord Dorchester Seco	NT
	Erin Daniel	S	London Aquinas	NT

[\[Top of Page\]](#) [\[Event List\]](#)

Event 78 BOYS Open 2000m Steeplechase

START: 9:20am

5 x waterjump + 18 total barriers

Gold 6:29.9 / B- 6:51.0 / B- 7:13.0

MEET RECORD:Steve Murray Sandwich 6:02.20 1988

1	Alec Holla	S	Kincardine	
2	Eamon Duffy	S	Mother Teresa London	
3	Dylan Davidson	S	London Laurier	
4	Derek VanLeerzem	S	Mother Teresa London	
5	Chris Helps	S	Lambton Central	
6	Stephen Fattore	S	St. Augustine	
7	Jeremy Walsh		Stratford St. Mike's	
8	Kengo Muhamadi	S	Waterloo CI	
9	Aaron Normore	S	Monsignor Doyle Camb	
10	David Bolton	J	Central Huron	
11	Cj Chambers	J	London Banting	
12	Chris Balestrini	J	Mother Teresa London	
13	Max Holden	J	London Lucas	
14	Matt Watson	S	Kincardine	
15	Joel Kaastra	S	Central Huron	
16	Brent Komer	S	London Aquinas	
17	Tyler Oke	S	Medway	
18	Giancarlo Phillips	S	Chaminade College	
19	Logan Radford	S	Eastview	
20	Taurian Roy	S	Kincardine	
21	Jonah Sandie	S	John Paul II London	
22	Jon Shepherd	J	Central Huron	
23	Graham Sibery-Saunders	S	London Banting	
24	Alastair Thompson	J	London Aquinas	
25	Adam VanEngelen	J	North Lambton	
26	Ryan Gauld	M	London Saunders	

[\[Top of Page\]](#) [\[Event List\]](#)

Event 79 GIRLS Open 4x400m Relay

START: 7:00pm> 2 turn stagger start

Gold 4:10.24 /S- 4:20.24/B- 4:30.24

MEET RECORD:Strathroy DCI Saints 4:20.70 2005

1	Lambton Central A	Lambton Central	4:28.50
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2	Waterloo Bluevale B	Waterloo Bluevale	4:30.95
3	Lambton Central B	Lambton Central	4:48.86

[\[Top of Page\]](#) [\[Event List\]](#)

Event 81 GIRLS Senior High Jump

START: 12:30pm

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

MEET RECORD:Catherine Bond Woodstock CI '86 Van Drummel E.Lmb 1.71

1	Rita Rudell		Peninsula Shores	1.68m	
2	Katie Kaiser	S	London Saunders	1.54m	
3	Taylor Gubbels	S	Mother Teresa London	1.50m	
4	Krista Cook	S	Medway	1.45m	
5	Sarah Masek	S	London Saunders	1.30m	
	Candice MacFarlane	S	Lambton Central		FOUL

[\[Top of Page\]](#) [\[Event List\]](#)

Event 83 GIRLS Senior Pole Vault

START: 9:00am

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

MEET RECORD:M. Vietch Tecumseh St.Anne 05 J. House Oakridge 07 3.40

1	Emma Crombeen	S	Mother Teresa London	3.50m	#
2	Bethany Gray	S	Cameron Heights	2.60m	
3	Erika Fiedler	S	Cameron Heights	2.30m	
3	Sarah Masek	S	London Saunders	2.30m	
5	Julia Hayman	S	London Saunders	2.10m	

[\[Top of Page\]](#) [\[Event List\]](#)

Event 85 GIRLS Senior Long Jump

START: 9:00am

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

MEET RECORD:Melissa Hewitt St. Marcellinus 5.55 2007

1	Melissa Hewitt	S	St. Marcellinus	5.31m	
2	Jenna Bailey	S	Kincardine	5.02m	
3	Tianna Deck	S	Sudbury Lockerby	4.85m	
4	Quinnie Rwahwire		Oakwood Barons	4.84m	
5	Katie Kaiser	S	London Saunders	4.76m	
6	Amy Daniels	S	Medway	4.44m	
7	Meghan Harris	S	London Banting	4.43m	
8	Nicole Cress	S	Waterloo Bluevale	4.39m	
9	Jackie Breg	S	Eastview	4.34m	
9	Erika Fiedler	S	Cameron Heights	4.34m	
11	Katerina Karidas	S	London South	4.32m	
12	Becky Armstrong	S	Lambton Central	4.23m	
13	Annalise Tichenoff	S	Medway	4.20m	
14	Nicole Kosi	S	Strathroy DCI	4.18m	
15	Alyssa Straatman	S	Lambton Central	4.13m	
16	Rebecca Sandig	S	London South	4.04m	
17	Emelia Bashir	S	Cameron Heights	3.92m	
18	Bev Allen	S	London Aquinas	3.91m	
19	Osato Imasuen	S	St. Augustine	3.81m	
20	Candice MacFarlane	S	Lambton Central	3.34m	
21	Sam Havens	S	St.Thomas St. Joe's	2.88m	
22	Natalie Jacobs	S	St.Thomas St. Joe's	2.81m	
	Aminat Ayinla		Chinguacousy		

[\[Top of Page\]](#) [\[Event List\]](#)

Event 87 GIRLS Senior Triple Jump

START: 12:30pm

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

MEET RECORD:Shantelle Williams St. Augustine 10.20 2005

1	Tianna Deck	S	Sudbury Lockerby	10.54m	#
2	Katerina Karidas	S	London South	10.22m	#
3	Amy Daniels	S	Medway	9.91m	
4	Osato Imasuen	S	St. Augustine	9.49m	
5	Nicole Cress	S	Waterloo Bluevale	9.48m	
6	Jackie Breg	S	Eastview	9.43m	
7	Belinda Afriyie	S	Chinguacousy	9.23m	
8	Lainy Cuncins	S	Guelph CVI	8.49m	
	Vivian Balla	S	Guelph CVI		FOUL

[\[Top of Page\]](#) [\[Event List\]](#)

Event 89 GIRLS Senior Shot Put

START: 11:30am > Weight 4kg

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

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

1	Kaitlyn Sanders	S	Lambton Central	11.23m	
2	Jessica Pilling	S	London Banting	10.69m	
3	Meredith Allan	S	London Oakridge	10.68m	
4	Victoria Holland	S	St. Marcellinus	9.43m	
5	Lacey McPhail	S	Lambton Central	9.37m	
6	Mandy Mitchell	S	Eastview	9.35m	
7	Rebecca Stanley	S	Waterloo CI	8.81m	
8	Teenyka Francique	S	St. Augustine	8.56m	
9	Britt Landry	S	London Banting	8.53m	
9	Katie McLean	S	London Saunders	8.53m	
11	Alanda Devor	S	London Christian	8.48m	
12	Samira Sommer	S	London Laurier	7.77m	
13	Ashleigh Topping	S	Strathroy DCI	7.68m	
14	Brytni Tregunna	S	Waterloo Bluevale	7.12m	
15	Erin Stephenson	S	Waterloo CI	7.06m	
16	Nikki Whiteman	S	Walkerton District	6.42m	
17	Molly Warwick	S	Lambton Central	5.56m	
	Alex Valee	S	Waterloo Bluevale		FOUL

[\[Top of Page\]](#) [\[Event List\]](#)

Event 91 GIRLS Senior Discus Throw

START 2:00pm > Weight 1kg

Gold 34.00m / S- 32.50m /B- 31.00m

MEET RECORD:Jen Butler Strathroy DCI 39.46 1999

1	Meredith Allan	S	London Oakridge	40.65m	#
2	Jessica Pilling	S	London Banting	30.43m	
3	Lacey McPhail	S	Lambton Central	30.38m	
4	Victoria Holland	S	St. Marcellinus	29.54m	
5	Alex Mara	S	London Banting	27.16m	
6	Kaitlyn Sanders	S	Lambton Central	26.96m	
7	Alanda Devor	S	London Christian	22.80m	
8	Rebecca Stanley	S	Waterloo CI	22.53m	
9	Katie McLean	S	London Saunders	21.29m	
10	Nikki Whiteman	S	Walkerton District	20.37m	
11	Ali McCart	S	St. Augustine	18.78m	
12	Andrea Ypma	S	London Christian	17.78m	
13	Ashleigh Topping	S	Strathroy DCI	17.42m	
14	Thi Le	S	Cameron Heights	16.86m	
15	Brytni Tregunna	S	Waterloo Bluevale	15.72m	
16	Molly Warwick	S	Lambton Central	12.80m	
	Ali McCart		St. Augustine		ND

[\[Top of Page\]](#) [\[Event List\]](#)

Event 93 GIRLS Senior Javelin Throw

START 9:00am > Weight 600gm

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

MEET RECORD:Laura Gignac Villanova 45.60 1998

1	Sofia Van Den tempel	S	Stratford Northweste	34.19m
2	Dallas Miller		Stratford Northweste	30.12m
3	Rebecca Stanley	S	Waterloo CI	29.71m
4	Teenyka Francique	S	St. Augustine	25.09m
5	Alex Mara	S	London Banting	24.98m
6	Kaitlyn Sanders	S	Lambton Central	24.74m
7	Katie McLean	S	London Saunders	23.20m
8	Erin Stephenson	S	Waterloo CI	22.64m
9	Tawyna McGarrity	S	Walkerton District	20.87m
10	Maygen Amon	S	London Laurier	20.64m
11	Samira Sommer	S	London Laurier	19.61m
12	Andrea Ypma	S	London Christian	19.34m
13	Nikki Whiteman	S	Walkerton District	18.65m
14	Jocelyn Brewer	S	Cameron Heights	15.88m
15	Brytni Tregunna	S	Waterloo Bluevale	15.10m
16	Mataya Zemjla	S	Philip Pocock	13.94m
17	Stephanie Krpic	S	Philip Pocock	13.20m