

Results

Gold Medals	Event	Time/Distance	Comment
Alyson Kohlmeier	junior girls 1500m	4:30.57	
	junior girls 3000m	9:52.01	A nice pb!
Sarah Nelson	senior girls long jump	5.56m	4th straight win!
Jillian Drouin	junior girls high jump	1.73m	A big win with a pb!
Josh Wilson	midget boys discus	51.86	pb!!
Jordan Banninga	junior boys javelin	57.84m	pb!!
St. Clair	midget girls 4 x 100m	50.90	
Silver Medals			
Sarah Nelson	senior girls triple jump	11.38m	
Marie-Louise Asselin	midget girls 1500m	4:47.13	A pb for this grade 9
Maggie Lynch	junior girls 300m hurdles	45:01	pb!
David Moore	midget boys 800m	2:00.55	Outstanding pb!!
Andy Ysebaert	junior boys shot put	15.29	
Jason McKechnie	midget boys 300m hurdles	41.20	
St. Christopher	midget girls 4 x 100m	51.38	
Northern	Open girls 4 x 400m	3:56.64	Northern's best time ever!!
Bronze Medals			
Maggie Lynch	junior girls 80m hurdles	12.07	ties pb
Jessica Crate	senior girls 1500m	4:41.03	A medal in her last high school meet.
David Moore	midget boys 1500m	4:16.74	pb!
Ashley Camden	senior girls shot put	12.02m	
Northern	junior girls 4 x 100m	50.83	
Northern	senior girls 4 x 100m	49.75	4th straight medal for this quartette

Other Results

Kara Wark - fourth - midget girls 1500m - 4:47.24 (pb)
 Josh Maltin - fourth - senior boys 400m hurdles - 56.41
 Marie-Louise Asselin - fifth - midget girls 3000m - 10:33.95 (pb)
 Jessica Crate - fifth - senior girls 3000m - 10:21.65
 Laura Van Dam - fifth - senior girls shot put - 11.88m
 Angela Melhuish - fifth - senior girls high jump - 1.60m
 Northern Boys 4 x 400m relay - fifth - 3:27.96

Notes

1. Sarah Nelson and Maggie Lynch each won 4 medals. Over four years, Sarah has won 14 OFSAA medals.
2. Northern won the girls championship with St. Pat's third. This is a first for a Lambton school as that title has been rarely outside of Metro Toronto.
3. Jillian Drouin's jump of 1.73m is the qualifying standard for the World Youth Championships to be held in Sherbrooke in July. Sarnia ASW will nominate Jillian and Aly Kohlmeier for this National Team.
4. This year's performances are among the best if not the best ever by Lambton athletes.