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Hy-Tek's Meet Manager 5/11/2005 04:08 PM

LSSAA Track and Field Championships 2005 - 5/10/2005 to 5/11/2005

Sarnia Central Athletic Complex

Results

Women 100 Meter Dash Midget

=====				
LSSAA: ! 12.50 1994 Rachel Franz, Lambton Central				
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 Hislop, Dana		Northern Civ	13.5Q	1
2 Straatman, Alyssa		Lambton Cent	13.6Q	3
3 Payne, Adrienne		Sarnia Cits	13.7Q	2
4 Love, Aly		St. Clair SS	13.9Q	1
5 Smith, Amanda		St Christoph	14.1Q	3
6 Davis, Ainsley		North Lambto	14.2Q	2
7 Rainsberry, Abby		Lambton Cent	14.0q	1
8 Burchmore, Jacqueline		Northern Civ	14.5q	3
9 Cooke, Laura		St. Patrick'	J14.5	1
10 Allen, Alysha		St Christoph	14.8	2
10 Stoesser, Katherine		St. Patrick'	14.8	1
12 Sommer, Caitlin		St. Clair SS	15.0	3
13 Vandyke, Olivia		St Christoph	15.1	3
14 Cadwallader, Ali		Sarnia Cits	15.3	2
15 VandenEnden, Kristyn		St. Patrick'	15.7	2
16 Reurink, Lauren		St. Clair SS	16.1	2

Women 100 Meter Dash Midget

=====				
LSSAA: ! 12.50 1994 Rachel Franz, Lambton Central				
Name	Year	School	Finals	Points
=====				
Finals				
1 Payne, Adrienne		Sarnia Cits	13.4	10
2 Hislop, Dana		Northern Civ	13.5	8
3 Straatman, Alyssa		Lambton Cent	J13.5	6
4 Love, Aly		St. Clair SS	13.8	5
5 Rainsberry, Abby		Lambton Cent	14.1	4
6 Smith, Amanda		St Christoph	J14.1	3
7 Burchmore, Jacqueline		Northern Civ	14.2	2
8 Davis, Ainsley		North Lambto	J14.2	1
Preliminaries				
9 Cooke, Laura		St. Patrick'		
10 Allen, Alysha		St Christoph		
10 Stoesser, Katherine		St. Patrick'		
12 Sommer, Caitlin		St. Clair SS		
13 Vandyke, Olivia		St Christoph		
14 Cadwallader, Ali		Sarnia Cits		
15 VandenEnden, Kristyn		St. Patrick'		
16 Reurink, Lauren		St. Clair SS		

Women 200 Meter Dash Midget

=====				
LSSAA: ! 26.00 1998 Tara Halls, St. Clair				
Name	Year	School	Prelims	H#
=====				
1 Pickering, Marianne		St Christoph	28.0Q	2
2 Burchmore, Jacqueline		Northern Civ	28.8Q	1
3 Sommer, Caitlin		St. Clair SS	28.4Q	2
3 VanVeller, Amy		Northern Civ	28.4Q	2
5 Smith, Amanda		St Christoph	29.2Q	1

6 Davis, Ainsley	North Lambto	29.7Q	1
7 Lapensee, Becky	St. Patrick'	28.7q	2
8 Love, Aly	St. Clair SS	28.8q	2
9 Thomson, Krystal	Lambton Cent	30.1	1
10 Allen, Alysha	St Christoph	30.3	1
11 Core, Meghan	Lambton Cent	30.8	2
12 Sulke, Katelyn	St. Patrick'	32.1	2
13 Thompson, Taryn	St. Clair SS	32.6	1

Women 200 Meter Dash Midget

=====				
LSSAA: ! 26.00	1998	Tara Halls, St. Clair		
Name	Year	School	Finals	Points
=====				

Finals

1 Pickering, Marianne	St Christoph	28.3	10
2 VanVeller, Amy	Northern Civ	28.6	8
3 Sommer, Caitlin	St. Clair SS	29.0	6
4 Lapensee, Becky	St. Patrick'	29.2	5
5 Burchmore, Jacqueline	Northern Civ	29.5	4
6 Love, Aly	St. Clair SS	29.6	3
7 Smith, Amanda	St Christoph	30.0	2
8 Davis, Ainsley	North Lambto	30.6	1

Preliminaries

9 Thomson, Krystal	Lambton Cent
10 Allen, Alysha	St Christoph
11 Core, Meghan	Lambton Cent
12 Sulke, Katelyn	St. Patrick'
13 Thompson, Taryn	St. Clair SS

Women 400 Meter Dash Midget

=====					
LSSAA: ! 58.10	1998	Tara Halls, St. Clair			
Name	Year	School	Finals	H#	Points
=====					

1 Hislop, Dana	Northern Civ	1:04.2	1	10
2 Pickering, Marianne	St Christoph	1:05.0	1	8
3 Burchmore, Jacqueline	Northern Civ	1:08.1	1	6
4 Jerrett, Emily	Northern Civ	1:08.7	1	5
5 Cooke, Laura	St. Patrick'	1:09.3	2	4
6 Love, Aly	St. Clair SS	1:09.6	1	3
7 Core, Meghan	Lambton Cent	1:10.5	1	2
8 Smith, Amanda	St Christoph	1:11.2	2	1
9 Gillatly, Riley	North Lambto	1:12.0	1	
10 Garrett, Laura	St Christoph	1:12.1	2	
11 VandenEnden, Kristyn	St. Patrick'	1:14.4	2	
12 Cadwallader, Ali	Sarnia Cits	1:15.8	1	
13 Sulke, Katelyn	St. Patrick'	1:16.0	2	

Women 800 Meter Run Midget

=====				
LSSAA: ! 2:13.60	5/14/2002	Aly Kohlmeier, St. Patrick'		
Name	Year	School	Finals	Points
=====				

1 Christie, Valerie	Lambton Cent	2:31.8	10
2 van den Corput, Virgie	Lambton Cent	2:32.4	8
3 Pacheco, Gina	St Christoph	2:38.0	6
4 Pickering, Marianne	St Christoph	2:40.6	5
5 Easter, Jamie	Northern Civ	2:41.2	4
6 Cadwallader, Hayley	Sarnia Cits	2:42.3	3
7 Jerrett, Emily	Northern Civ	2:43.9	2
8 Gillatly, Riley	North Lambto	2:44.8	1
9 Brown, RhiAnne	Northern Civ	2:47.3	

10 Allison, Amber	St. Patrick'	2:48.2
11 Foxcroft, Victoria	St. Patrick'	2:51.8
12 Garrett, Laura	St Christoph	2:52.6
13 Lawrence, Michelle	St. Patrick'	2:53.8
14 Wilson, Katelyn	North Lambto	3:10.5

Women 1500 Meter Run Midget

=====				
LSSAA: ! 4:38.40 5/14/2002 Aly Kohlmeier, St. Patrick'				
Name	Year	School	Finals	Points
=====				
1 Christie, Valerie		Lambton Cent	5:08.0	10
2 van den Corput, Virgie		Lambton Cent	5:18.2	8
3 Pacheco, Gina		St Christoph	5:28.8	6
4 Cadwallader, Hayley		Sarnia Cits	5:30.5	5
5 Williamson, Hillary		Northern Civ	5:35.1	4
6 DiFruscia, Heather		St. Patrick'	5:40.7	3
7 Allison, Amber		St. Patrick'	5:48.8	2
8 Smith, Kathryn		St. Patrick'	5:51.8	1
9 Jerrett, Emily		Northern Civ	5:54.8	
10 Milner, Steph		Lambton Cent	5:56.1	
11 Brown, RhiAnne		Northern Civ	5:57.8	
12 Gillatly, Riley		North Lambto	6:02.9	
13 Vandyke, Olivia		St Christoph	6:08.5	
14 Garrett, Laura		St Christoph	6:10.1	
15 Wilson, Katelyn		North Lambto	6:23.2	

Women 3000 Meter Run Midget

=====				
LSSAA: ! 10:15.20 1999 Nikki Reckman, Lambton Christ.				
Name	Year	School	Finals	Points
=====				
1 Christie, Valerie		Lambton Cent	10:50.3	10
2 Pacheco, Gina		St Christoph	11:54.0	8
3 Cadwallader, Hayley		Sarnia Cits	11:54.2	6
4 van den Corput, Virgie		Lambton Cent	11:55.9	5
5 Smith, Kathryn		St. Patrick'	12:46.7	4
6 Vandyke, Olivia		St Christoph	12:48.5	3
7 DiFruscia, Heather		St. Patrick'	12:51.6	2
8 Brown, RhiAnne		Northern Civ	13:01.3	1
9 Lawrence, Michelle		St. Patrick'	14:55.1	

Women 80 Meter Hurdles Midget

=====				
LSSAA: ! 12.20 1989 Becky Sager, Lambton Central				
Name	Year	School	Finals	Points
=====				
1 Payne, Adrienne		Sarnia Cits	13.3	10
2 van Klaveren, Rachel		Lambton Cent	13.7	8
3 Thompson, Amanda		St Christoph	13.8	6
4 VanVeller, Amy		Northern Civ	J13.8	5
5 Thomson, Krystal		Lambton Cent	J13.8	4
6 Arnold, Amber		Northern Civ	J13.8	3
7 Humphreys, Charito		St. Patrick'	15.2	2
8 Molson, Laurel		Sarnia Cits	15.3	1

Women 300 Meter Hurdles Midget

=====				
LSSAA: ! 46.80 1999 Ashley Morden, Lambton Central				
Name	Year	School	Finals	Points
=====				
1 Hislop, Dana		Northern Civ	49.7	10
2 VanVeller, Amy		Northern Civ	50.5	8

3	Thompson, Amanda	St Christoph	51.4	6
4	van Klaveren, Rachel	Lambton Cent	52.1	5
5	Thomson, Krystal	Lambton Cent	53.4	4
6	Easter, Jamie	Northern Civ	53.9	3
7	Butler, Stacey	Lambton Cent	57.2	2

Women 4x100 Meter Relay Midget

LSSAA: ! 51.90 1994		Lambton Central		Finals	H#	Points
School						
1	Lambton Central C & V I 'A'			53.6	2	10
	1) Rainsberry, Abby	2) Thomson, Krystal				
	3) Straatman, Alyssa	4) van Klaveren, Rachel				
2	Northern C I & V S 'A'			54.0	2	8
	1) Arnold, Amber	2) Hislop, Dana				
	3) VanVeller, Amy	4) Burchmore, Jacqueline				
	5) Bentley, Kelsy	6)				
3	St. Christopher S S 'A'			54.5	2	6
	1) Garrett, Laura	2) Pickering, Marianne				
	3) Smith, Amanda	4) Thompson, Amanda				
4	St. Patrick's H S 'A'			56.4	2	5
	1) Stoesser, Katherine	2) Lapensee, Becky				
	3) Humphreys, Charito	4) VandenEnden, Kristyn				
5	Lambton Central C & V I 'B'			56.6	2	4
	1) White, Tiffany	2) Vandenberghe, Jill				
	3) Myers, Alex	4) Core, Meghan				
6	Sarnia C I & T S 'A'			57.0	1	3
	1) Cadwallader, Ali	2) Payne, Adrienne				
	3) Molson, Laurel	4) Guthrie, Amber				
7	St. Clair S S 'A'			57.5	2	2
	1) Love, Aly	2) Reurink, Lauren				
	3) Sommer, Caitlin	4) Thompson, Taryn				
8	St. Patrick's H S 'B'			1:01.2	2	1
	1) Regeir, Victoria	2) Cooke, Laura				
	3)	4) Smith, Kathryn				
--	Northern C I & V S 'B'			DQ	2	
--	Lambton Central C & V I 'C'			X1:01.0	1	
	1) Gould, Dayna	2) Campbell, Ashley				
	3) Carter, Sarah	4) Christopher, Leah				

Women High Jump Midget

LSSAA: ! 1.67m 2000		Lindsey DeGroot, St. Christopher		Finals	Points
Name	Year	School			
1	van Klaveren, Rachel	Lambton Cent		1.43m	10
	1.20 1.25 1.30 1.35 1.38 1.40 1.43 1.45				
	O O O XXO XO O XXO XXX				
2	Racher, Rachel	Lambton Cent		1.38m	8
	1.20 1.25 1.30 1.35 1.38 1.40				
	O O O XXO XXO XXX				
3	Kettlewell, Lisa	Sarnia Cits		1.35m	6
	1.20 1.25 1.30 1.35 1.38				
	O O O XXO XXX				
4	Thompson, Amanda	St Christoph		1.30m	5
	1.20 1.25 1.30 1.35				
	O O O XXX				
5	Guthrie, Amber	Sarnia Cits		J1.30m	4
	1.20 1.25 1.30 1.35				
	O O XO XXX				
6	Thompson, Taryn	St. Clair SS		J1.30m	3
	1.20 1.25 1.30 1.35				

	O	O	XXO	XXX				
7	Molson, Laurel				Sarnia Cits	J1.30m	2	
	1.20	1.25	1.30	1.35				
	O	XXO	O	XXX				
8	Williamson, Hillary				Northern Civ	1.25m	1	
	1.20	1.25	1.30					
	O	O	XXX					
9	Tiggelaar, Christa				St. Clair SS	1.20m		
	1.20	1.25						
	O	XXX						
10	Shahnazarian, Karlyn				St Christoph	J1.20m		
	1.20	1.25						
	XO	XXX						

Women Long Jump Midget

LSSAA: ! 5.09m 2000										Sarah Nelson, Northern														
Name					Year School					Finals					Points									
1	Arnold, Amber									Northern Civ					4.79m					10				
	4.23m	4.51m	4.51m	4.48m	4.68m	4.79m																		
2	Humphreys, Charito									St. Patrick'					4.32m					8				
	4.14m	4.27m	4.20m	4.13m	4.01m	4.32m																		
3	Lapensee, Becky									St. Patrick'					4.26m					6				
	4.26m	3.71m	4.15m	3.41m	FOUL	3.47m																		
4	Payne, Adrienne									Sarnia Cits					4.25m					5				
	4.25m	4.14m	FOUL	4.12m	FOUL	FOUL																		
5	Straatman, Alyssa									Lambton Cent					4.17m					4				
	4.00m	4.17m	3.99m	FOUL	4.00m	3.89m																		
6	Vandenbergh, Jill									Lambton Cent					4.14m					3				
	3.92m	4.14m	4.01m	3.67m	FOUL	3.95m																		
7	Stoesser, Katherine									St. Patrick'					4.05m					2				
	3.88m	4.02m	4.05m	3.85m	4.02m	3.98m																		
8	Davis, Ainsley									North Lambto					3.81m					1				
	3.81m	3.55m	3.60m	3.73m	PASS	PASS																		
9	Ridoch, Heather									St Christoph					3.60m									
	3.50m	3.60m	3.58m																					
10	Reurink, Lauren									St. Clair SS					3.35m									
	FOUL	3.35m	FOUL																					
11	Tiggelaar, Christa									St. Clair SS					3.08m									
	2.78m	3.08m	2.75m																					
12	Buchanan, Susan									St Christoph					3.02m									
	FOUL	FOUL	3.02m																					

Women Triple Jump Midget

LSSAA: ! 10.82m 2000										Sarah Nelson, Northern															
Name					Year					School					Finals					Points					
=====																									
1		Vandenbergh, Jill								Lambton Cent								9.55m				10			
		8.75m		9.11m		9.24m		9.33m		9.52m		9.55m													
2		Molson, Laurel								Sarnia Cits								9.48m				8			
		9.48m		9.38m		9.42m		9.04m		9.48m		9.42m													
3		Straatman, Alyssa								Lambton Cent								9.02m				6			
		8.63m		8.76m		FOUL		8.85m		PASS		9.02m													
4		Murphy, Leah								Northern Civ								8.81m				5			
		FOUL		8.00m		8.30m		8.42m		7.93m		8.81m													
5		Ridoch, Heather								St Christoph								8.74m				4			
		8.74m		8.58m		8.30m		8.38m		PASS		PASS													
6		Sommer, Caitlin								St. Clair SS								8.42m				3			
		8.42m		PASS		PASS		8.24m																	
7		Thompson, Brittany								Northern Civ								8.28m				2			
		8.06m		8.08m		8.28m		8.10m		8.25m		8.22m													

8	Wilson, Katelyn	North Lambto	8.10m	1
	7.87m 8.10m 7.83m 7.77m 7.80m 8.07m			
9	Reurink, Lauren	St. Clair SS	7.98m	
	7.98m 7.82m 7.88m			
10	Thompson, Taryn	St. Clair SS	7.85m	
	7.85m			
11	Buchanan, Susan	St Christoph	7.04m	
	7.04m FOUL 6.82m			

Women Shot Put Midget

LSSAA: ! 10.85m 1989						Emily AInsworth, SCITS	
Name	Year		School		Finals		Points
1 McPhail, Lacey			Lambton Cent		8.21m		10
	7.88m	7.62m	7.56m	7.84m	8.21m	7.56m	
2 Bell, Brittany			St. Clair SS		7.96m		8
	7.96m	7.04m	7.23m	FOUL	7.66m	FOUL	
3 Davies, Jasmine			Northern Civ		7.72m		6
	7.61m	7.34m	7.45m	7.72m	7.59m	7.12m	
4 Dark, Taylor			St. Clair SS		7.60m		5
	7.40m	7.33m	7.28m	7.00m	7.60m	FOUL	
5 Sayers, Chelsea			Sarnia Cits		7.43m		4
	6.33m	6.26m	7.35m	7.43m	7.05m	7.22m	
6 Minten, Jen			Lambton Cent		7.02m		3
	7.00m	6.94m	FOUL	6.64m	6.84m	7.02m	
7 McKerracher, Erin			Northern Civ		6.60m		2
	6.60m	6.21m	FOUL	6.31m	6.38m	5.84m	
8 Nisbet, Olivia			Sarnia Cits		6.54m		1
	6.49m	6.04m	5.65m	6.31m	6.54m	6.45m	
9 White, Tiffany			Lambton Cent		6.00m		
	5.52m	5.45m	6.00m				

Women Discus Throw Midget

LSSAA: ! 32.70m 1998						Danielle Sabourin, St. Christopher	
Name	Year		School		Finals		Points
1 McPhail, Lacey			Lambton Cent		26.06m		10
	17.93m	FOUL	23.30m	18.72m	26.06m	19.82m	
2 Minten, Jen			Lambton Cent		22.09m		8
	17.74m	22.09m	16.40m	15.49m	17.51m	16.98m	
3 McKerracher, Erin			Northern Civ		19.82m		6
	FOUL	17.39m	19.82m	16.48m	14.22m	17.11m	
4 Litrenta, Carly			St Christoph		19.77m		5
	19.67m	19.42m	FOUL	19.77m	17.13m	18.69m	
5 Bell, Brittany			St. Clair SS		18.34m		4
	15.47m	17.93m	17.07m	16.28m	15.26m	18.34m	
6 Sayers, Chelsea			Sarnia Cits		17.98m		3
	15.10m	14.77m	15.31m	17.49m	15.90m	17.98m	
7 Nisbet, Olivia			Sarnia Cits		17.18m		2
	FOUL	14.92m	13.20m	12.39m	13.91m	17.18m	
8 Dark, Taylor			St. Clair SS		16.08m		1
	13.90m	FOUL	FOUL	16.08m	11.05m	FOUL	

Women Javelin Throw Midget

LSSAA: ! 36.08m 1998						Danielle Sabourin, St. Christopher	
Name	Year		School		Finals		Points
1 Humphreys, Charito			St. Patrick'		29.60m		10
2 Woodhouse, Paige			Northern Civ		24.33m		8
3 Sayers, Chelsea			Sarnia Cits		22.84m		6

4 DeWinter, Paige	St. Patrick'	22.23m	5
5 Neilson, Courtney	St. Patrick'	20.40m	4
6 Nisbet, Olivia	Sarnia Cits	19.28m	3
7 Bell, Brittany	St. Clair SS	17.93m	2
8 Dark, Taylor	St. Clair SS	15.70m	1

Women 100 Meter Dash Junior

=====				
LSSAA: ! 12.00 1978		Carolyn Ellenor, Northern		
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 Taylor, Sarah		St Christoph	13.5Q	1
1 McPhail, Sarah		Lambton Cent	13.5Q	3
3 Withers, Jennifer		Northern Civ	13.9Q	2
4 Schenk, Jessie		Northern Civ	13.8Q	1
4 Murphy, Katie		St Christoph	13.8Q	3
6 VanderVaart, Rachel		Northern Civ	14.2Q	2
7 Lortie, Brittany		Lambton Cent	14.1q	3
8 Van Damme, Sabrina		Lambton Cent	14.2q	1
9 Perry, Breanna		St Christoph	14.3	1
10 Hillis, Michelle		Sarnia Cits	14.4	2
11 Annett, Basia		MacKenzie, A	14.5	2
12 Laliberte, Jennifer		St. Patrick'	14.9	1
13 Tamming, Cassie		St. Clair SS	15.4	2
14 Brennan, Nicole		Sarnia Cits	15.5	3
15 McLauchlin, Alisha		Sarnia Cits	15.8	3
16 Blais, Selena		St. Patrick'	16.0	3

Women 100 Meter Dash Junior

=====				
LSSAA: ! 12.00 1978		Carolyn Ellenor, Northern		
Name	Year	School	Finals	Points
=====				
Finals				
1 Taylor, Sarah		St Christoph	13.2	10
2 Lortie, Brittany		Lambton Cent	13.6	8
3 Murphy, Katie		St Christoph	J13.6	6
4 Withers, Jennifer		Northern Civ	13.8	5
5 Schenk, Jessie		Northern Civ	13.9	4
6 McPhail, Sarah		Lambton Cent	14.1	3
7 VanderVaart, Rachel		Northern Civ	14.2	2
8 Van Damme, Sabrina		Lambton Cent	14.3	1
Preliminaries				
9 Perry, Breanna		St Christoph		
10 Hillis, Michelle		Sarnia Cits		
11 Annett, Basia		MacKenzie, A		
12 Laliberte, Jennifer		St. Patrick'		
13 Tamming, Cassie		St. Clair SS		
14 Brennan, Nicole		Sarnia Cits		
15 McLauchlin, Alisha		Sarnia Cits		
16 Blais, Selena		St. Patrick'		

Women 200 Meter Dash Junior

=====				
LSSAA: ! 25.40 1970		Debbie Boylan, Northern		
Name	Year	School	Prelims	H#
=====				
1 Taylor, Sarah		St Christoph	27.6Q	1
2 Murphy, Katie		St Christoph	28.3Q	2
3 Schenk, Jessie		Northern Civ	28.6Q	2
4 McPhail, Sarah		Lambton Cent	29.2Q	1
4 VanderVaart, Rachel		Northern Civ	29.2Q	1

6	Garett, Eliza	St Christoph	29.0Q	2
7	Smith, Emily	St. Clair SS	29.7q	2
8	Core, Mandy	Lambton Cent	30.3q	2
9	Laliberte, Jennifer	St. Patrick'	31.0	1
10	Parker, Sam	Lambton Cent	31.4	1
11	Brennan, Nicole	Sarnia Cits	32.8	1
12	Regeir, Victoria	St. Patrick'	33.6	2
13	Blais, Selena	St. Patrick'	34.4	1

Women 200 Meter Dash Junior

=====				
LSSAA: ! 25.40	1970	Debbie Boylan, Northern		
Name	Year	School	Finals	Points
=====				

Finals

1	Taylor, Sarah	St Christoph	27.3	10
2	Murphy, Katie	St Christoph	28.6	8
3	Schenk, Jessie	Northern Civ	29.1	6
4	Garett, Eliza	St Christoph	29.6	5
5	VanderVaart, Rachel	Northern Civ	J29.6	4
6	McPhail, Sarah	Lambton Cent	29.7	3
7	Core, Mandy	Lambton Cent	31.0	2
8	Smith, Emily	St. Clair SS	31.4	1

Preliminaries

9	Laliberte, Jennifer	St. Patrick'		
10	Parker, Sam	Lambton Cent		
11	Brennan, Nicole	Sarnia Cits		
12	Regeir, Victoria	St. Patrick'		
13	Blais, Selena	St. Patrick'		

Women 400 Meter Dash Junior

=====					
LSSAA: ! 57.20	1998	Jordan Whittington, St. Christopher			
Name	Year	School	Finals	H#	Points
=====					

1	Taylor, Sarah	St Christoph	1:04.0	2	10
2	Sivell, Katie	Northern Civ	1:05.2	2	8
3	Van Erp, Venessa	Lambton Cent	1:05.6	2	6
4	Varsava, Johanna	St Christoph	1:06.5	2	5
5	VanderVaart, Rachel	Northern Civ	1:06.8	2	4
6	Garett, Eliza	St Christoph	1:07.9	2	3
7	Smith, Emily	St. Clair SS	1:10.2	2	2

Women 800 Meter Run Junior

=====				
LSSAA: ! 2:14.00	1998	Jordana Whittington, St. Christopher		
Name	Year	School	Finals	Points
=====				

1	Sivell, Katie	Northern Civ	2:29.4	10
2	Varsava, Johanna	St Christoph	2:41.8	8
3	Phillips, Alicia	Lambton Cent	2:42.2	6
4	Charbonneau, Melinda	St. Clair SS	2:42.4	5
5	Castrillo, Keegan	St. Patrick'	2:46.1	4
6	Scott, Sam	Lambton Cent	2:46.4	3
7	McNair, Madeline	St Christoph	2:47.5	2
8	Smith, Emily	St. Clair SS	2:50.0	1
9	Dunn, Robyn	Northern Civ	2:56.8	
10	McMurphy, Jillian	Lambton Cent	3:04.0	
11	Pasqual, Dominique	St Christoph	3:14.3	

Women 1500 Meter Run Junior

=====				
LSSAA: ! 4:33.90	5/14/2003	Aly Kohlmeier, St. Patrick'		

Name	Year School	Finals	Points
1 Castrillo, Keegan	St. Patrick'	5:20.5	10
2 Sivell, Katie	Northern Civ	5:20.8	8
3 Charbonneau, Melinda	St. Clair SS	5:25.9	6
4 Phillips, Alicia	Lambton Cent	5:33.9	5
5 McNair, Madeline	St Christoph	5:36.3	4
6 Dunn, Robyn	Northern Civ	5:48.9	3
7 McGregor, Laura	Lambton Cent	6:01.5	2
8 Scott, Sam	Lambton Cent	6:02.9	1
9 Wong, Kim	St Christoph	6:23.2	
10 Verberk, Anita	North Lambto	6:28.9	
11 Cannon, Bobbie	St. Patrick'	6:33.7	

Women 3000 Meter Run Junior

LSSAA: ! 9:49.10 2001 Amy Kohlmeier, St. Patrick's			
Name	Year School	Finals	Points
1 Castrillo, Keegan	St. Patrick'	11:39.2	10
2 Charbonneau, Melinda	St. Clair SS	11:39.5	8
3 McNair, Madeline	St Christoph	12:39.4	6
4 Armitage, Callandra	North Lambto	12:46.1	5
5 McGregor, Laura	Lambton Cent	12:52.5	4
6 Dunn, Robyn	Northern Civ	13:06.4	3
7 Sawczuk, Meagan	St. Patrick'	13:28.5	2
8 Christopher, Jenelle	Lambton Cent	13:39.1	1
9 Smith, Jordan	Lambton Cent	13:53.0	
10 Verberk, Anita	North Lambto	14:22.2	
11 Wong, Kim	St Christoph	15:09.8	

Women 80 Meter Hurdles Junior

LSSAA: ! 11.70 1990 Becky Sager, Lambton Central			
Name	Year School	Finals	Points
1 Helps, Cassie	Lambton Cent	13.4	10
2 Paulley, Kaitlynn	St. Clair SS	13.5	8
3 Van Erp, Venessa	Lambton Cent	13.9	6
4 Beaulieu, Jess	Lambton Cent	14.5	5
5 Nicholson, Emma	Northern Civ	14.7	4
6 Fisher, Adrienne	Northern Civ	14.9	3
7 Singh, Natasha	Northern Civ	15.6	2

Women 300 Meter Hurdles Junior

LSSAA: ! 45.30 1990 Becky Sager, Lambton Central			
Name	Year School	Finals	Points
1 Paulley, Kaitlynn	St. Clair SS	50.5	10
2 Helps, Cassie	Lambton Cent	51.1	8
3 Van Erp, Venessa	Lambton Cent	51.5	6
4 Fisher, Adrienne	Northern Civ	52.7	5
5 Nicholson, Emma	Northern Civ	53.3	4
6 Beaulieu, Jess	Lambton Cent	55.1	3
7 Singh, Natasha	Northern Civ	55.6	2

Women 4x100 Meter Relay Junior

LSSAA: ! 50.40 5/14/2002 Northern C I & V S, Northern CIV			
School	Finals	H#	Points
1 St. Christopher S S 'A'	52.5	2	10

1) Garrett, Eliza	2) Perry, Breanna			
3) Taylor, Sarah	4) Murphy, Katie	52.6	2	8
2 Lambton Central C & V I 'A'				
1) McPhail, Sarah	2) Helps, Cassie			
3) Van Erp, Venessa	4) Lortie, Brittany	54.8	2	6
3 Northern C I & V S 'A'				
1) Singh, Natasha	2) Schenk, Jessie			
3) Fisher, Adrienne	4) Withers, Jennifer			
5) VanderVaart, Rachel	6)			
4 Lambton Central C & V I 'B'		56.5	2	5
1) Core, Mandy	2) Van Damme, Sabrina			
3) Mitchell, Heather	4) Parker, Sam			
5 St. Clair S S 'A'		56.8	2	4
1) Purves, Dayle	2) Paulley, Kaitlynn			
3) Tamming, Cassie	4) Smith, Emily	57.9	1	3
6 Northern C I & V S 'B'		58.0	2	2
7 St. Christopher S S 'B'				
1) Hewit, Chloe	2) Marshall, Emily			
3) McElrea, Kylie	4) Pasqual, Dominique			
8 St. Patrick's H S 'A'		58.3	1	1
1) Laliberte, Jennifer	2) Blais, Selena			
3) Castrillo, Keegan	4) Sulke, Katelyn			
-- Lambton Central C & V I 'C'		XDQ	1	
1) Vanderlinde, Michelle	2) Wierenga, Karla			
3) Parker, Brianne	4) Walsh, Dana			

Women High Jump Junior

LSSAA: ! 1.70m 1999								Shannon O'Hagan, St. Patrick's	
Name	Year				School			Finals	Points
1 Lortie, Brittany					Lambton Cent			1.43m	10
	1.20	1.25	1.30	1.35	1.40	1.43	1.46		
	O	O	O	O	O	O	XXX		
2 McPhail, Sarah					Lambton Cent			1.40m	8
	1.20	1.25	1.30	1.35	1.40	1.43			
	O	O	O	XO	XXO	XXX			
3 Nicholson, Emma					Northern Civ			J1.40m	6
	1.20	1.25	1.30	1.35	1.40	1.43			
	P	O	O	XXO	XXO	XXX			
4 Ross, Claire					St. Patrick'			1.35m	5
	1.20	1.25	1.30	1.35	1.40				
	O	O	O	O	XXX				
5 Campbell, Sarah					Sarnia Cits			J1.35m	4
	1.20	1.25	1.30	1.35	1.40				
	O	XO	XO	O	XXX				
6 Schenk, Jessie					Northern Civ			J1.35m	3
	1.20	1.25	1.30	1.35	1.40				
	XO	XO	XO	O	XXX				
7 Leveille, Courtney					Sarnia Cits			J1.35m	2
	1.20	1.25	1.30	1.35	1.40				
	O	O	O	XO	XXX				
8 Williams, Katherine					St Christoph			J1.35m	1
	1.20	1.25	1.30	1.35	1.40				
	O	O	O	XXO	XXX				
9 Kinnear, Corrie					MacKenzie, A			1.25m	
	1.20	1.25	1.30						
	O	XXO	XXX						

Women Long Jump Junior

LSSAA: ! 5.29m 5/14/2002								Sarah Nelson, Northern CIV	
Name	Year				School			Finals	Points

1	Lortie, Brittany	Lambton Cent	4.48m	10
	4.31m FOUL FOUL 4.48m FOUL FOUL			
2	Withers, Jennifer	Northern Civ	4.46m	8
	4.16m FOUL FOUL 4.46m FOUL FOUL			
3	Garett, Eliza	St Christoph	4.18m	6
	3.95m 3.89m 3.96m 4.01m 4.18m 4.10m			
4	Annett, Basia	MacKenzie, A	3.87m	5
	3.16m 3.73m 3.87m 3.53m 3.50m FOUL			
5	Pasqual, Dominique	St Christoph	3.84m	4
	2.81m 3.14m 3.84m 3.15m 2.89m 2.97m			
6	Brennan, Nicole	Sarnia Cits	3.35m	3
	3.02m 3.16m 3.28m 3.20m 3.12m 3.35m			
7	McLauchlin, Alisha	Sarnia Cits	3.19m	2
	3.19m FOUL 3.14m 3.04m 3.10m 2.97m			
8	Kinnear, Corrie	MacKenzie, A	2.82m	1
	FOUL FOUL 2.82m FOUL 2.67m 2.77m			

Women Triple Jump Junior

LSSAA: ! 11.28m 5/14/2002 Sarah Nelson, Northern CIV					
Name	Year	School	Finals	Points	
1 Fisher, Adrienne		Northern Civ	9.11m	10	
	9.02m 9.11m FOUL FOUL 8.93m FOUL				
2 Abma, Rachel		St Christoph	8.71m	8	
	FOUL 8.71m 8.51m 8.41m 8.54m 8.49m				
3 Hillis, Michelle		Sarnia Cits	8.45m	6	
	7.47m 7.71m 8.12m 8.45m 7.98m 8.27m				
4 Genovy, Jessica		Northern Civ	8.33m	5	
	FOUL 7.87m 7.93m 8.31m 8.33m 8.16m				
5 Loyer, Janna		Northern Civ	8.19m	4	
	8.09m FOUL 7.85m 7.91m 8.11m 8.19m				
6 McElrea, Kylie		St Christoph	8.04m	3	
	7.80m 7.74m 8.02m 8.04m FOUL 7.89m				

Women Shot Put Junior

LSSAA: ! 11.91m 2001 Ashley Camden, St. Patrick's					
Name	Year	School	Finals	Points	
1 Mullen, Maggie		St. Patrick'	8.94m	10	
2 Stark, Heather		Northern Civ	8.24m	8	
3 Tamming, Cassie		St. Clair SS	7.56m	6	
4 Bogaert, Korrie		Lambton Cent	7.15m	5	
5 Tarr, Ashley		Northern Civ	6.60m	4	
6 Carrothers, Devin		Lambton Cent	6.55m	3	
7 Collins, Stacey		Sarnia Cits	6.42m	2	
8 Boccanfuso, Sara		St. Patrick'	5.49m	1	
9 McNeil, Ashley		St Christoph	5.10m		
10 Proia, Krizia		St Christoph	4.99m		

Women Discus Throw Junior

LSSAA: ! 36.03m 2000 Danielle Sabourin, St. Christopher					
Name	Year	School	Finals	Points	
1 Mullen, Maggie		St. Patrick'	27.57m	10	
	27.57m 22.07m 22.40m 20.56m 23.33m 27.57m				
2 King, Emily		Northern Civ	21.40m	8	
	19.14m 17.14m 19.77m 17.12m FOUL 21.40m				
3 Bradd, Deirde		St Christoph	18.31m	6	
	18.31m FOUL 17.25m 18.01m 16.77m 17.36m				

4	Tamming, Cassie	St. Clair SS	17.86m	5
	15.40m 15.97m 15.71m FOUL 16.25m 17.86m			
5	Collins, Stacey	Sarnia Cits	16.58m	4
	15.99m 16.07m 16.58m 13.42m 15.48m 15.59m			
6	Carrothers, Devin	Lambton Cent	16.50m	3
	FOUL 15.09m 15.45m 15.57m 14.91m 16.50m			
7	Schieck, Katie	Northern Civ	14.84m	2
	13.27m 12.93m 14.51m 14.84m 13.77m 14.47m			
8	Boccanfuso, Sara	St. Patrick'	13.30m	1
	13.30m 12.40m 13.10m 12.61m FOUL 12.58m			
9	McNeil, Ashley	St Christoph	12.23m	
	11.74m 11.05m 12.23m			
10	Culliton, Laura	St Christoph	9.61m	
	FOUL 9.61m 9.21m			

Women Javelin Throw Junior

LSSAA: ! 39.26m 1977 Sandra O'Connor, SCITS					
Name	Year	School	Finals	Points	
1 Mullen, Maggie		St. Patrick'	34.90m	10	
	FOUL 34.90m 32.81m 34.24m 33.76m 34.56m				
2 King, Emily		Northern Civ	31.26m	8	
	28.91m 27.51m 28.93m 27.45m 29.52m 31.26m				
3 Bradd, Deirde		St Christoph	26.87m	6	
	23.92m 25.35m 26.87m 23.51m 23.25m 24.70m				
4 Neinhuis, Carly		St. Patrick'	25.63m	5	
	25.63m 16.91m 20.51m 21.60m 25.17m 22.08m				
5 Withers, Jennifer		Northern Civ	25.08m	4	
	25.08m 23.29m FOUL 22.64m 21.39m FOUL				
6 Hillis, Michelle		Sarnia Cits	22.47m	3	
	FOUL FOUL 22.47m 22.13m FOUL FOUL				
7 Collins, Stacey		Sarnia Cits	22.26m	2	
	22.26m FOUL 18.55m FOUL FOUL 21.20m				
8 Holbrook, Laura		Lambton Cent	21.25m	1	
	17.98m 21.25m 20.66m FOUL FOUL 19.48m				
9 Savoie, Jana		St Christoph	21.14m		
	17.65m 21.14m 18.54m				
10 Armitage, Callandra		North Lambto	20.96m		
	FOUL 20.96m 20.91m				
11 Baert, Katie		St. Patrick'	20.21m		
	20.21m 18.45m 17.43m				
12 Leveille, Courtney		Sarnia Cits	18.70m		
	16.32m 17.60m 18.70m				
13 Bogaert, Korrie		Lambton Cent	15.64m		
	13.83m 15.64m 14.52m				
14 Culliton, Laura		St Christoph	13.20m		
	9.72m FOUL 13.20m				

Women 100 Meter Dash Senior

LSSAA: ! 12.20 5/14/2003 Sarah Nelson, Northern CIV					
LSSAA: ! 12.30 1986 Sue McPhail, St. Clair					
Name	Year	School	Prelims	H#	
Preliminaries					
1 Vankampen, Kim		St. Clair SS	12.9Q	1	
2 Gartley, Stephanie		St. Clair SS	13.1Q	2	
3 McLeod, Brianna		Northern Civ	13.1Q	1	
4 Gartley, Ali		St. Clair SS	13.6Q	2	
5 Willems, Kristie		St Christoph	J13.6Q	2	
6 Bruce, Mary		Northern Civ	13.9Q	1	
7 McGoldrick, Liane		Northern Civ	14.0q	2	

8 Dykes, Stephanie	St Christoph	14.2q	1
9 Wellington, Sammie	Lambton Cent	J14.2	2
10 Hewson, Carly	St Christoph	14.4	1
11 Smith, Chelsey	St. Patrick'	14.5	1
12 Young, Cassie	St. Patrick'	15.2	2

Women 100 Meter Dash Senior

=====				
LSSAA: ! 12.20	5/14/2003	Sarah Nelson, Northern CIV		
LSSAA: ! 12.30	1986	Sue McPhail, St. Clair		
Name	Year	School	Finals	Points
=====				
Finals				
1 Vankempen, Kim		St. Clair SS	12.4	10
2 Gartley, Stephanie		St. Clair SS	12.5	8
3 McLeod, Brianna		Northern Civ	12.6	6
4 Gartley, Ali		St. Clair SS	13.2	5
5 Willems, Kristie		St Christoph	13.6	4
6 Dykes, Stephanie		St Christoph	14.2	3
7 Bruce, Mary		Northern Civ	16.5	2
Preliminaries				
7 McGoldrick, Liane		Northern Civ		
9 Wellington, Sammie		Lambton Cent	J	
10 Hewson, Carly		St Christoph		
11 Smith, Chelsey		St. Patrick'		
12 Young, Cassie		St. Patrick'		

Women 200 Meter Dash Senior

=====				
LSSAA: ! 26.00	1976	Deb Lampman, St. Clair		
Name	Year	School	Prelims	H#
=====				
1 Vankempen, Kim		St. Clair SS	26.4Q	2
2 Gartley, Stephanie		St. Clair SS	27.0Q	1
3 McLeod, Brianna		Northern Civ	26.9Q	2
4 Bruce, Mary		Northern Civ	27.8Q	1
5 Gartley, Ali		St. Clair SS	27.5Q	2
6 Gill, Laura		St Christoph	28.1Q	1
7 Currie, Lisa		Northern Civ	28.3q	2
8 McHenry, Ainsley		St Christoph	28.5q	2
9 Willems, Kristie		St Christoph	28.7	1
10 Wellington, Sammie		Lambton Cent	29.8	1

Women 200 Meter Dash Senior

=====				
LSSAA: ! 26.00	1976	Deb Lampman, St. Clair		
Name	Year	School	Finals	Points
=====				
Finals				
1 Vankempen, Kim		St. Clair SS	26.0!	10
2 Gartley, Stephanie		St. Clair SS	26.1	8
3 Gartley, Ali		St. Clair SS	27.0	6
4 McLeod, Brianna		Northern Civ	27.1	5
5 Gill, Laura		St Christoph	27.7	4
6 Bruce, Mary		Northern Civ	27.8	3
7 Currie, Lisa		Northern Civ	28.7	2
8 McHenry, Ainsley		St Christoph	28.8	1
Preliminaries				
9 Willems, Kristie		St Christoph		
10 Wellington, Sammie		Lambton Cent		

Women 400 Meter Dash Senior

=====

LSSAA: ! 57.90 1997

Erin Brand, Lambton Central

Name	Year	School	Finals	H#	Points
1 Gill, Laura		St Christoph	1:01.5	2	10
2 Bruce, Mary		Northern Civ	1:04.0	2	8
3 Wark, Kara		Northern Civ	1:04.4	2	6
4 McHenry, Ainsley		St Christoph	1:05.3	2	5
5 Vankempen, Kim		St. Clair SS	1:06.2	2	4
6 Willems, Kristie		St Christoph	1:06.4	2	3
7 Carr, Sarah		St. Clair SS	1:07.6	2	2

Women 800 Meter Run Senior

LSSAA: ! 2:11.10 1997

Erin Brand, Lambton Central

Name	Year	School	Finals	Points
1 Willemse, Lydia		St Christoph	2:20.0	10
2 Asselin, Marie-Louise		Northern Civ	2:23.6	8
3 Gill, Carly		St Christoph	2:27.6	6
4 Wark, Kara		Northern Civ	2:28.5	5
5 Gill, Laura		St Christoph	2:29.2	4
6 Sivell, Jamie		Northern Civ	2:42.1	3
7 Cote, Cherilyn		St. Patrick'	2:47.0	2
8 Workman, Courtney		St. Clair SS	2:48.6	1
9 Clubb, Ashley		Lambton Cent	2:50.0	
10 Van Gorp, Ashley		Lambton Cent	2:52.7	
11 Rudanycz, Caitlin		St. Clair SS	2:52.9	
12 Milliquet, Mandy		St. Clair SS	2:57.7	
13 Campbell, Cara		Lambton Cent	3:00.0	
14 Joy, Kassie		St. Patrick'	3:07.2	

Women 1500 Meter Run Senior

LSSAA: ! 4:36.30 2000

Hilary Edmondson, St. Christopher

Name	Year	School	Finals	Points
1 Willemse, Lydia		St Christoph	4:47.1	10
2 Asselin, Marie-Louise		Northern Civ	4:49.6	8
3 Percival, Claire		Northern Civ	4:51.9	6
4 Gill, Carly		St Christoph	5:08.8	5
5 Workman, Courtney		St. Clair SS	5:11.6	4
6 Sivell, Jamie		Northern Civ	5:19.3	3
7 Cote, Cherilyn		St. Patrick'	5:35.4	2
8 Clubb, Ashley		Lambton Cent	5:47.2	1
9 Rudanycz, Caitlin		St. Clair SS	5:48.2	
10 Doyle, Jaclyn		St Christoph	5:58.1	
11 Joy, Kassie		St. Patrick'	6:07.5	
12 Van Gorp, Ashley		Lambton Cent	6:18.7	

Women 3000 Meter Run Senior

LSSAA: ! 9:53.10 2000

Hilary Edmondson, St. Christopher

Name	Year	School	Finals	Points
1 Asselin, Marie-Louise		Northern Civ	10:26.4	10
2 Percival, Claire		Northern Civ	10:51.2	8
3 Workman, Courtney		St. Clair SS	11:28.8	6
4 Sivell, Jamie		Northern Civ	11:48.2	5
5 Cote, Cherilyn		St. Patrick'	12:15.0	4
6 Rudanycz, Caitlin		St. Clair SS	12:47.4	3
7 Campbell, Cara		Lambton Cent	12:59.9	2
8 Doyle, Jaclyn		St Christoph	13:21.0	1
9 Joy, Kassie		St. Patrick'	14:02.1	

Women 100 Meter Hurdles Senior

=====				
LSSAA: ! 15.10 1992		Becky Sager, Lambton Central		
Name	Year	School	Finals	Points
=====				
1 Gartley, Ali		St. Clair SS	16.3	10
2 van Leerzem, Jaclyn		Lambton Cent	16.9	8
3 Dobbin, Brandy		Lambton Cent	17.0	6
4 Kohlmeier, Mallory		Northern Civ	17.6	5
5 Ross, Kendel		Northern Civ	17.9	4
6 Taylor, Krystal		Northern Civ	18.6	3
7 Barnes, Alicia		Lambton Cent	18.7	2
8 Nickels, Jaclyn		St. Clair SS	19.1	1

Women 400 Meter Hurdles Senior

=====				
LSSAA: ! 1:05.20 1992		Carrie Thompson, Lambton Central		
Name	Year	School	Finals	Points
=====				
1 Kohlmeier, Mallory		Northern Civ	1:10.8	10
2 Ross, Kendel		Northern Civ	1:14.0	8
3 van Leerzem, Jaclyn		Lambton Cent	1:15.3	6
4 Barnes, Alicia		Lambton Cent	1:16.1	5
5 Milliquet, Mandy		St. Clair SS	1:18.1	4
6 Koenig, Eva		St Christoph	1:20.6	3
7 Keane, Jenna		Northern Civ	1:21.7	2
8 Lunn, Kacie		Lambton Cent	1:28.2	1

Women 1500 Meter Steeplechase Senior

=====				
Name	Year	School	Finals	Points
=====				
1 Percival, Claire		Northern Civ	5:08.9	10
2 Willemse, Lydia		St Christoph	5:09.6	8
3 Gill, Carly		St Christoph	5:46.6	6
4 Barnes, Alicia		Lambton Cent	5:59.0	5
5 Milliquet, Mandy		St. Clair SS	6:12.4	4

Women 4x100 Meter Relay Senior

=====				
LSSAA: ! 50.80 5/13/2003		Northern C I & V S, Northern CIV		
		D Farlow, C Moore, S Nelson, K Thorner		
School			Finals	H# Points
=====				
1 St. Clair S S 'A'			50.4!	2 10
1) Carr, Sarah		2) Gartley, Ali		
3) Gartley, Stephanie		4) Vankempen, Kim		
2 Northern C I & V S 'A'			51.9	2 8
1) McLeod, Brianna		2) Bruce, Mary		
3) Kohlmeier, Mallory		4) Currie, Lisa		
3 St. Christopher S S 'A'			52.5	2 6
1) Gill, Carly		2) Gill, Laura		
3) McHenry, Ainsley		4) Willems, Kristie		
4 Lambton Central C & V I 'A'			55.6	2 5
1) Wellington, Sammie		2) van Leerzem, Jaclyn		
3) Dobbin, Brandy		4) Baulcomb, Amber		
5 Northern C I & V S 'B'			56.9	2 4
6 St. Christopher S S 'B'			J56.9	2 3
1) Dykes, Stephanie		2) Hewson, Carly		
3) Klemmayer, Inga		4) Eves, Afton		
7 North Lambton S S 'A'			59.3	2 2
1)		2) Davis, Ainsley		

3) George, Natasha	4) Gillatly, Riley			
8 Lambton Central C & V I 'B'		1:00.6	2	1
1) Gerber, Paige	2) Carrothers, Ashley			
3) Lunn, Kacie	4) Beaulieu, Jess			

Women 4x400 Meter Relay Senior

School	Finals	H#	Points
1 St. Christopher S S 'A'	4:12.9	2	10
1) Gill, Carly	2) Gill, Laura		
3) Willemse, Lydia	4) Willems, Kristie		
2 Northern C I & V S 'A'	4:14.2	2	8
1) Asselin, Marie-Louise	2) Bruce, Mary		
3) Kohlmeier, Mallory	4) Hislop, Dana		
5) Wark, Kara	6)		
3 St. Clair S S 'A'	4:25.1	2	6
1) Carr, Sarah	2) Gartley, Stephanie		
3) Vankampen, Kim	4) Workman, Courtney		
4 Northern C I & V S 'B'	4:30.8	2	5
5 St. Christopher S S 'B'	4:31.1	2	4
1) McHenry, Ainsley	2) Taylor, Sarah		
3) Pickering, Marianne	4) Dykes, Stephanie		
6 Lambton Central C & V I 'A'	4:31.6	2	3
1) van Leerzem, Jaclyn	2) Van Erp, Venessa		
3) van den Corput, Virgie	4) van Klaveren, Rachel		
7 St. Clair S S 'B'	4:51.5	2	2
1) Rudanycz, Caitlin	2) Milliquet, Mandy		
3) Smith, Emily	4) Love, Aly		
8 Lambton Central C & V I 'B'	4:51.8	2	1
1) Straatman, Alyssa	2) Phillips, Alicia		
3) Thomson, Krystal	4) Scott, Sam		

Women High Jump Senior

LSSAA: ! 1.73m 2001					Shannon O'Hagan, St. Patrick's	
Name	Year	School	Finals	Points		
1 Maness, Lacey		MacKenzie, A	1.40m	10		
1.25 1.30 1.35 1.40 1.45						
O O O O XXX						
2 Warn, Rachael		Northern Civ	J1.40m	8		
1.25 1.30 1.35 1.40 1.45						
O O XO O XXX						
3 Clubb, Kaili		Lambton Cent	J1.40m	6		
1.25 1.30 1.35 1.40 1.45						
O O O XO XXX						
4 van Leerzem, Jaclyn		Lambton Cent	J1.40m	5		
1.25 1.30 1.35 1.40 1.45						
O O XO XXO XXX						
5 Keane, Jenna		Northern Civ	1.35m	4		
1.25 1.30 1.35 1.40						
O O O XXX						
6 Degroot, Jen		St Christoph	1.30m	3		
1.25 1.30 1.35						
XXO O XXX						

Women Long Jump Senior

LSSAA: ! 5.48m 5/13/2003					Sarah Nelson, Northern CIV	
Name	Year	School	Finals	Points		
1 McLeod, Brianna		Northern Civ	4.57m	10		

	4.47m	4.32m	4.35m	4.57m	4.41m	3.95m		
2	Maness, Lacey				MacKenzie, A		4.42m	8
	3.93m	4.26m	4.40m	4.42m	2.87m	3.65m		
3	Dolbear, Lyndsay				St. Patrick'		4.32m	6
	4.17m	4.20m	4.22m	4.12m	4.30m	4.32m		
4	Nickels, Jaclyn				St. Clair SS		4.08m	5
	3.78m	FOUL	4.05m	4.02m	4.00m	4.08m		
5	McAuley, Melissa				St. Patrick'		3.95m	4
	3.39m	FOUL	3.85m	3.95m	3.82m	FOUL		
6	Bogaert, Kandace				Lambton Cent		3.79m	3
	3.24m	3.60m	3.77m	3.79m	3.71m	3.66m		
7	Clubb, Kaili				Lambton Cent		3.50m	2
	3.50m	3.49m	3.40m	3.41m	3.30m	3.20m		
8	Armali, Chantal				St Christoph		3.24m	1
	FOUL	3.01m	FOUL	3.17m	FOUL	3.24m		

Women Triple Jump Senior

LSSAA: ! 11.27m 5/14/2003 Sarah Nelson, Northern CIV									
Name		Year School				Finals		Points	
=====									
1	Nickels, Jaclyn					St. Clair SS	9.58m		10
	9.58m	FOUL	FOUL	FOUL	9.04m	9.30m			
2	Maness, Lacey					MacKenzie, A	9.55m		8
	9.40m	8.95m	9.15m	8.79m	9.45m	9.55m			
3	Kohlmeier, Mallory					Northern Civ	9.53m		6
	9.41m	FOUL	FOUL	FOUL	9.53m	8.87m			
4	Dolbear, Lyndsay					St. Patrick'	9.19m		5
	8.82m	FOUL	9.02m	9.00m	9.15m	9.19m			
5	Bogaert, Kandace					Lambton Cent	8.87m		4
	8.83m	8.82m	8.87m	8.69m	8.79m	8.68m			
6	McAuley, Melissa					St. Patrick'	8.24m		3
	8.24m	7.51m	7.90m	8.03m	8.17m	8.01m			
7	Lunn, Kacie					Lambton Cent	7.81m		2
	FOUL	7.67m	7.74m	7.81m	7.69m	7.55m			
8	Reinholt, Sarah					Northern Civ	7.69m		1
	FOUL	7.34m	7.69m	FOUL	7.65m	FOUL			
9	Armali, Chantal					St Christoph	6.98m		
	6.87m	6.98m	FOUL						

Women Shot Put Senior

LSSAA: ! 12.48m 1985				Bonnie Brooks, SCITS				
Name				Year	School		Finals	Points
=====								
1	Williams, Natalie				St. Patrick'		10.57m	10
	10.04m	10.29m	10.13m	10.57m	9.90m	10.22m		
2	Ross, Kendel				Northern Civ		10.39m	8
	10.39m	10.36m	9.49m	9.84m	FOUL	10.02m		
3	Dobbin, Brandy				Lambton Cent		9.90m	6
	9.52m	9.05m	8.95m	8.93m	FOUL	9.90m		
4	Kiloran, Kelly				St Christoph		9.62m	5
	9.62m	9.62m	9.31m	9.04m	9.34m	9.47m		
5	Baulcomb, Amber				Lambton Cent		8.87m	4
	7.84m	8.16m	8.06m	8.54m	FOUL	8.87m		
6	Cowell, Kayla				Lambton Cent		8.85m	3
	8.21m	8.07m	8.38m	8.15m	8.28m	8.85m		
7	George, Natasha				North Lambto		8.77m	2
	8.54m	FOUL	7.73m	FOUL	8.36m	8.77m		
8	Mackenzie, Morgan				Sarnia Cits		6.85m	1
	5.91m	FOUL	6.62m	6.62m	6.85m	FOUL		
9	Tuckey, Hayley				Sarnia Cits		6.57m	
	6.57m	5.97m	6.44m					

10	Fillion, Amanda	Sarnia Cits	5.55m
	5.55m 5.40m 5.21m		

Women Discus Throw Senior

LSSAA: ! 34.50m 1986 Shannon Robertson, SCITS				
Name	Year	School	Finals	Points
1 Wilson, Lisa		Sarnia Cits	30.68m	10
2 Westfall, Erica		St. Clair SS	28.93m	8
3 George, Natasha		North Lambto	27.28m	6
4 Williams, Natalie		St. Patrick'	25.37m	5
5 Scott, Jessica		Sarnia Cits	25.16m	4
6 Helps, Lyndsay		Lambton Cent	24.64m	3
7 Baulcomb, Amber		Lambton Cent	22.96m	2
8 Van Praet, Vanessa		Sarnia Cits	22.18m	1
9 Dobbin, Brandy		Lambton Cent	19.40m	
10 Verhoeven, Janet		St Christoph	15.27m	

Women Javelin Throw Senior

LSSAA: ! 42.70m 1985 Bonnie Brooks, SCITS				
Name	Year	School	Finals	Points
1 Frayne, Alaina		North Lambto	36.36m	10
36.36m 33.59m FOUL 32.04m FOUL 31.79m				
2 Wilson, Lisa		Sarnia Cits	31.13m	8
28.19m 29.14m 13.44m 31.13m 26.49m 29.94m				
3 George, Natasha		North Lambto	29.96m	6
FOUL 29.96m 28.85m FOUL 28.47m 29.41m				
4 Campbell, Alida		North Lambto	28.82m	5
27.70m 28.82m FOUL 25.26m 22.98m FOUL				
5 Wilson, Sarah		St Christoph	26.19m	4
20.37m 22.76m 22.69m 24.68m 26.19m 25.77m				
6 Lyons, Kelly		Northern Civ	23.33m	3
22.89m 23.33m 23.29m FOUL 19.65m 18.62m				
7 Harris, Megan		St Christoph	22.88m	2
21.00m 22.88m 20.67m 22.76m FOUL 20.79m				
8 Clubb, Kaili		Lambton Cent	22.31m	1
20.25m 17.35m 18.34m 19.61m 17.97m 22.31m				
9 Mackenzie, Morgan		Sarnia Cits	19.70m	
19.70m FOUL FOUL				
10 Tuckey, Hayley		Sarnia Cits	19.04m	
14.69m FOUL 19.04m				
11 Campbell, Cara		Lambton Cent	16.12m	
14.56m 16.12m 15.15m				
12 Robinson, Alyssa		Lambton Cent	13.77m	
13.77m 11.09m 11.00m				

Women 100 Meter Dash Ambulatory

Name	Year	School	Finals
1 Edwards, Joanna		MacKenzie, A	16.3
2 Jones, Ashley		MacKenzie, A	16.5

Men 100 Meter Dash Midget

LSSAA: ! 11.30 1993 Steve Maheu, St. Patrick's				
Name	Year	School	Prelims	H#
Preliminaries				
1 Hill, Dan		Lambton Cent	12.0Q	2

2	Reddy, Matt	St Christoph	12.1Q	1
3	Cope, Dustin	St. Patrick'	12.6Q	2
4	Murray, Brad	St. Patrick'	12.8Q	1
5	Leger, Norm	St. Patrick'	12.8Q	2
6	Marsh, Ryan	North Lambto	12.9Q	1
7	Robinson, Sean	St. Clair SS	12.9q	2
8	Bright, Chris	St Christoph	13.0q	2
9	Dobroski, Mitchell	North Lambto	13.3	1
10	Graham, Floyd	Sarnia Cits	13.6	1
11	Carruthers, Cody	St. Clair SS	13.7	1
12	Welshinski, Derek	St. Clair SS	13.9	2

Men 100 Meter Dash Midget

=====				
LSSAA: ! 11.30 1993 Steve Maheu, St. Patrick's				
Name	Year	School	Finals	Points
=====				
Finals				
1	Reddy, Matt	St Christoph	11.9	10
2	Hill, Dan	Lambton Cent	12.1	8
3	Marsh, Ryan	North Lambto	12.6	6
4	Leger, Norm	St. Patrick'	12.7	5
5	Cope, Dustin	St. Patrick'	12.8	4
6	Bright, Chris	St Christoph	J12.8	3
7	Murray, Brad	St. Patrick'	12.9	2
8	Robinson, Sean	St. Clair SS	13.0	1
Preliminaries				
9	Dobroski, Mitchell	North Lambto		
10	Graham, Floyd	Sarnia Cits		
11	Carruthers, Cody	St. Clair SS		
12	Welshinski, Derek	St. Clair SS		

Men 200 Meter Dash Midget

=====				
LSSAA: ! 23.30 1986 Wendell Dennis, Northern				
Name	Year	School	Prelims	H#
=====				
1	Kiraly, Rob	Northern Civ	24.3Q	1
2	Hill, Dan	Lambton Cent	25.1Q	2
3	Reddy, Matt	St Christoph	24.8Q	1
4	Cope, Dustin	St. Patrick'	25.5Q	2
5	Leger, Norm	St. Patrick'	25.9Q	2
5	Marsh, Ryan	North Lambto	25.9Q	1
7	VanDamme, Bryan	Lambton Cent	26.3q	2
8	Robinson, Sean	St. Clair SS	26.7q	2
9	Bright, Chris	St Christoph	27.0	1
10	Letang, Joseph	St Christoph	27.5	1
11	Graham, Floyd	Sarnia Cits	27.6	1
12	Carruthers, Cody	St. Clair SS	28.1	1
13	Laycock, Tristan	St. Patrick'	29.2	2

Men 200 Meter Dash Midget

=====				
LSSAA: ! 23.30 1986 Wendell Dennis, Northern				
Name	Year	School	Finals	Points
=====				
Finals				
1	Kiraly, Rob	Northern Civ	24.3	10
2	Reddy, Matt	St Christoph	24.6	8
3	Hill, Dan	Lambton Cent	24.8	6
4	Marsh, Ryan	North Lambto	25.5	5
5	Cope, Dustin	St. Patrick'	25.6	4
6	VanDamme, Bryan	Lambton Cent	26.3	3

7 Robinson, Sean	St. Clair SS	J26.3	2
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Preliminaries

5 Leger, Norm	St. Patrick'
9 Bright, Chris	St Christoph
10 Letang, Joseph	St Christoph
11 Graham, Floyd	Sarnia Cits
12 Carruthers, Cody	St. Clair SS
13 Laycock, Tristan	St. Patrick'

Men 400 Meter Dash Midget

LSSAA: ! 53.40 1988		Dave Cooper, St. Patrick's			
Name	Year School	Finals	H#	Points	
1 Reddy, Matt	St Christoph	55.2	1	10	
2 Kiraly, Rob	Northern Civ	55.7	1	8	
3 Coultres, Mitch	St. Clair SS	57.4	2	6	
4 Cope, Dustin	St. Patrick'	58.0	1	5	
5 Langstaff, Sam	Lambton Cent	58.5	1	4	
6 Bright, Chris	St Christoph	1:00.6	1	3	
7 Clark, Chase	Lambton Cent	1:00.7	1	2	
8 Purves, Jim	St. Clair SS	1:00.9	2	1	
9 Hopkins, Tyler	Northern Civ	1:01.0	1		
10 Letang, Joseph	St Christoph	1:01.4	2		
11 Jan, Hassan	St. Patrick'	1:03.1	2		
12 Graham, Floyd	Sarnia Cits	1:05.7	2		
13 Laycock, Tristan	St. Patrick'	1:07.1	1		

Men 800 Meter Run Midget

LSSAA: ! 2:05.20 1998		Jason Fuller, North Lambton			
Name	Year School	Finals	Points		
1 Butler, Michael	St Christoph	2:16.0	10		
2 Coultres, Mitch	St. Clair SS	2:17.8	8		
3 Langstaff, Sam	Lambton Cent	2:18.6	6		
4 Mallay, Patrick	Northern Civ	2:21.3	5		
5 Mele, David	St Christoph	2:22.9	4		
6 Kettle, Juelion	Lambton Cent	2:23.2	3		
7 Massie, Brad	St. Clair SS	2:25.0	2		
8 MacKinlay, Duncan	Northern Civ	2:26.0	1		
9 Schaefer, Jesse	Northern Civ	2:27.6			
10 Belan, Curtis	Lambton Cent	2:29.2			
11 Jan, Hassan	St. Patrick'	2:32.4			
12 Belanger, Tye	Sarnia Cits	2:32.6			
13 Whitefoot, Justin	Sarnia Cits	2:35.0			
14 Bansey, Richard	St. Clair SS	2:35.3			

Men 1500 Meter Run Midget

LSSAA: ! 4:22.10 2001		Russell Christie, Lambton Central			
Name	Year School	Finals	Points		
1 Butler, Michael	St Christoph	4:46.4	10		
2 Coultres, Mitch	St. Clair SS	4:48.4	8		
3 Massie, Brad	St. Clair SS	4:52.8	6		
4 Langstaff, Sam	Lambton Cent	4:56.3	5		
5 Schaefer, Jesse	Northern Civ	4:58.7	4		
6 Prins, Alex	St. Patrick'	5:01.7	3		
7 Asselin, Mathieu	Northern Civ	5:05.0	2		
8 Campbell, Jordan	North Lambto	5:05.5	1		
9 Mallay, Patrick	Northern Civ	5:12.7			
10 Page, Nathan	St. Clair SS	5:13.1			

11	Belanger, Tye	Sarnia Cits	5:14.7
12	Mele, David	St Christoph	5:19.6
13	Weys, Theo	Lambton Cent	5:20.2
14	van Leerzem, Derek	Lambton Cent	5:21.3
15	Pasqual, Alessandro	St Christoph	5:27.4
16	Whitefoot, Justin	Sarnia Cits	5:29.8

Men 3000 Meter Run Midget

=====				
LSSAA: ! 9:38.50		1986	Brian Burdett, Sarnia Central	
Name	Year	School	Finals	Points
=====				
1	Massie, Brad	St. Clair SS	10:58.9	10
2	Belanger, Tye	Sarnia Cits	10:59.3	8
3	Poort, Tyler	Lambton Cent	11:12.8	6
4	Asselin, Mathieu	Northern Civ	11:13.8	5
5	Schaefer, Jesse	Northern Civ	11:23.2	4
6	Mallay, Patrick	Northern Civ	11:38.1	3
7	Page, Nathan	St. Clair SS	11:51.5	2
8	Sparks, Tyler	St. Patrick'	12:12.6	1
9	Whitefoot, Justin	Sarnia Cits	12:28.9	
10	Mele, David	St Christoph	13:04.6	

Men 100 Meter Hurdles Midget

=====				
LSSAA: ! 14.30		1993	Cam Thompson, Lambton Central	
Name	Year	School	Finals	Points
=====				
1	Buchner, Chris	Northern Civ	15.7	10
2	Drouin, Derek	St. Patrick'	15.9	8
3	Brown, D'Arcy	Northern Civ	17.0	6
4	Clark, Chase	Lambton Cent	17.1	5
5	McMullen, Daniel	St. Clair SS	17.2	4
6	Bryce, Jacob	Lambton Cent	19.2	3
7	Krall, Jordan	Lambton Cent	22.8	2

Men 300 Meter Hurdles Midget

=====				
LSSAA: ! 42.70		1993	Cam Thompson, Lambton Central	
Name	Year	School	Finals	Points
=====				
1	Kiraly, Rob	Northern Civ	45.0	10
2	McMullen, Daniel	St. Clair SS	46.4	8
3	Fraser, Spencer	Northern Civ	47.1	6
4	Clark, Chase	Lambton Cent	48.3	5
5	Krall, Jordan	Lambton Cent	48.7	4
6	Bryce, Jacob	Lambton Cent	49.1	3
7	Abercrombie, Matt	Northern Civ	55.1	2

Men 4x100 Meter Relay Midget

=====				
LSSAA: ! 46.60		1986	St. Patrick's	
School			Finals	H# Points
=====				
1	Lambton Central C & V I	'A'	48.6	2 10
	1) Bryce, Jacob	2) Clark, Chase		
	3) Rouse, Jimmy	4) Hill, Dan		
2	St. Patrick's H S	'A'	49.4	2 7
	1) Leger, Norm	2) Murray, Brad		
	3) Cope, Dustin	4) Prins, Alex		
2	Northern C I & V S	'A'	49.4	2 7
	1) Hopkins, Tyler	2) Kiraly, Rob		
	3) Buchner, Chris	4) Brown, D'Arcy		

5) Fraser, Spencer	6)			
4 St. Clair S S 'A'		50.0	2	5
1) McMullen, Daniel	2) Purves, Jim			
3) Carruthers, Cody	4) Robinson, Sean			
5 St. Christopher S S 'A'		50.1	2	4
1) Bright, Chris	2) Butler, Michael			
3) Letang, Joseph	4) Reddy, Matt			
6 Northern C I & V S 'B'		51.9	2	3
7 Lambton Central C & V I 'B'		52.1	2	2
1) Harris, Zac	2) VanDamme, Bryan			
3) Pelleboer, Breten	4) Krall, Jordan			
8 St. Clair S S 'B'		55.6	2	1
1) Coultes, Mitch	2) Duncan, Mike			
3) Massie, Brad	4) Welshinski, Derek			

Men High Jump Midget

LSSAA: ! 1.86m 1996										Martin Kihle, St. Patrick's	
Name	Year		School		Finals		Points				
1 Murray, Brad			St. Patrick'		1.68m		10				
1.40 1.45 1.50 1.55 1.60 1.65 1.68 1.71											
O O O O O XXO XO XXX											
2 Prins, Alex			St. Patrick'		1.65m		8				
1.40 1.45 1.50 1.55 1.60 1.65 1.68											
O O O O XO O XXX											
3 Drouin, Derek			St. Patrick'		J1.65m		6				
1.40 1.45 1.50 1.55 1.60 1.65 1.68											
O O O O XO XO XXX											
4 Buchner, Chris			Northern Civ		1.60m		5				
1.40 1.45 1.50 1.55 1.60 1.65											
O O O O O XXX											
5 Taylor, Kevin			Northern Civ		J1.60m		4				
1.40 1.45 1.50 1.55 1.60 1.65											
O O O O XO XXX											
6 Marsh, Ryan			North Lambto		J1.60m		3				
1.40 1.45 1.50 1.55 1.60 1.65											
O O XO XXO XXO XXX											
7 Butler, Michael			St Christoph		1.55m		2				
1.40 1.45 1.50 1.55 1.60											
O O O XO XXX											
8 Brown, D'Arcy			Northern Civ		J1.55m		1				
1.40 1.45 1.50 1.55 1.60											
O XO XO XO XXX											
9 Belanger, Tye			Sarnia Cits		J1.55m						
1.40 1.45 1.50 1.55 1.60											
XO O XO XO XXX											
10 Alexander, Wade			St. Clair SS		1.45m						
1.40 1.45 1.50											
XO O XXX											
11 Shortt, Jamie			St Christoph		1.40m						
1.40 1.45											
XO XXX											

Men Long Jump Midget

LSSAA: ! 6.13m 1983										Bill Robb, St. Patrick's	
Name	Year		School		Finals		Points				
1 Murray, Brad			St. Patrick'		5.36m		10				
FOUL 4.30m FOUL FOUL FOUL 5.36m											
2 Dobroski, Mitchell			North Lambto		5.03m		8				
FOUL 5.03m 4.67m 4.72m FOUL FOUL											

3	Rouse, Jimmy	Lambton Cent	4.98m	6
	4.98m 4.57m 4.53m 4.65m 4.87m 4.48m			
4	Melnyk, Ashton	Northern Civ	4.85m	5
	4.43m 4.85m 4.16m 4.23m FOUL 4.42m			
5	Gonzalez, Daniel	St. Patrick'	4.81m	4
	4.63m 4.63m 4.56m 4.48m 4.31m 4.81m			
6	Fraser, Spencer	Northern Civ	4.72m	3
	4.63m FOUL 4.72m FOUL 4.60m 4.64m			
7	Alexander, Wade	St. Clair SS	4.37m	2
	4.29m 4.13m 4.02m FOUL 4.37m 4.21m			
8	Sparks, Tyler	St. Patrick'	4.28m	1
	3.97m 3.77m 4.28m FOUL 4.18m FOUL			
9	Welshinski, Derek	St. Clair SS	4.26m	
	FOUL 4.26m			
10	Nickels, Stephen	St. Clair SS	3.95m	
	FOUL 3.95m 3.83m			
11	Shortt, Jamie	St Christoph	J3.95m	
	3.95m FOUL 3.78m			

Men Triple Jump Midget

LSSAA: ! 12.78m 1997 Leron Mitchell, Northern					
Name	Year	School	Finals	Points	
1 Rouse, Jimmy		Lambton Cent	11.65m	10	
	11.37m 11.63m 11.65m 10.98m FOUL FOUL				
2 McMullen, Daniel		St. Clair SS	11.27m	8	
	10.71m FOUL 11.27m 11.01m FOUL FOUL				
3 Fraser, Spencer		Northern Civ	11.01m	6	
	10.73m 10.98m 11.01m 10.40m 10.61m 10.77m				
4 Buchner, Chris		Northern Civ	10.70m	5	
	10.32m 10.38m 10.49m 10.08m 10.70m 10.59m				
5 Dobroski, Mitchell		North Lambto	10.49m	4	
	10.22m 10.49m FOUL 10.28m 9.74m 10.23m				
6 Pelleboer, Brenten		Lambton Cent	10.26m	3	
	9.91m 10.14m FOUL 9.75m 10.23m 10.26m				
7 Walsh, Adam		Lambton Cent	10.19m	2	
	FOUL 10.16m 10.19m 10.12m 10.08m 9.93m				
8 Gonzalez, Daniel		St. Patrick'	10.15m	1	
	10.15m FOUL 10.15m FOUL FOUL FOUL				
9 Nickels, Stephen		St. Clair SS	9.41m		
	9.38m 8.66m 9.41m				
10 Shortt, Jamie		St Christoph	9.29m		
	9.29m 9.12m 9.19m				

Men Shot Put Midget

LSSAA: ! 16.60m 1982 Dave Crombeen, St. Patrick's					
Name	Year	School	Finals	Points	
1 Wilson, Brendan		Lambton Cent	12.92m	10	
	FOUL FOUL 12.00m FOUL 11.87m 12.92m				
2 Hill, Dan		Lambton Cent	12.19m	8	
	11.42m 11.40m 12.19m 10.28m 11.69m 11.86m				
3 Park, Dan		Lambton Cent	12.01m	6	
	10.56m 10.95m 11.40m 11.82m 12.01m 11.45m				
4 Rocca, Chris		St Christoph	11.03m	5	
	10.41m 10.88m 10.15m 10.68m 11.03m 10.85m				
5 Kerrigan, JP		St Christoph	10.71m	4	
	FOUL 9.95m 10.71m 9.77m 10.11m FOUL				
6 Brown, D'Arcy		Northern Civ	9.81m	3	
	9.78m 9.81m 9.26m 9.41m 9.40m 8.95m				
7 Trim, Mike		St. Patrick'	7.23m	2	

FOUL	6.82m	6.82m	7.23m	5.54m	5.70m	
-- Power, Kent				St Christoph		FOUL
FOUL	FOUL					

Men Discus Throw Midget

LSSAA: ! 47.16m 1997 Justin Farina, St. Christopher						
Name	Year		School		Finals	Points
1 Wilson, Brendan			Lambton Cent		46.37m	10
44.85m	FOUL	46.37m	FOUL	41.86m		
2 Swan, Bryan			Lambton Cent		31.84m	8
29.54m	FOUL	31.84m	31.25m	FOUL 26.15m		
3 Purves, Jim			St. Clair SS		31.72m	6
26.06m	30.73m	24.16m	31.72m	FOUL 31.72m		
4 Rocca, Chris			St Christoph		29.84m	5
21.17m	29.84m	23.62m	FOUL 29.68m	FOUL		
5 Bertin, CJ			Northern Civ		29.61m	4
29.61m	FOUL	27.48m	26.63m	27.10m 24.62m		
6 Park, Dan			Lambton Cent		27.40m	3
27.40m	26.38m	21.59m	26.55m	23.31m FOUL		
7 VanderVies, Mark			Northern Civ		27.21m	2
26.90m	24.10m	25.13m	27.21m	23.71m 26.24m		
8 Androschuck, Zack			St Christoph		24.12m	1
22.09m	19.38m	21.52m	24.12m	22.11m FOUL		
9 Vanklaveren, Karel			St. Clair SS		21.64m	
19.20m	16.97m	21.64m				
10 Trim, Mike			St. Patrick'		16.54m	
FOUL	FOUL	16.54m				

Men Javelin Throw Midget

LSSAA: ! 61.16m 1982 Dave Crombeen, St. Patrick's						
Name	Year		School		Finals	Points
1 Purves, Jim			St. Clair SS		38.08m	10
34.84m	29.46m	35.56m	35.51m	38.08m 36.80m		
2 Krall, Jordan			Lambton Cent		35.64m	8
35.64m	FOUL	FOUL	34.48m	34.39m FOUL		
3 Androschuck, Zack			St Christoph		33.58m	6
FOUL	33.58m	28.92m	29.94m	FOUL 33.10m		
4 Henderson, Jeremy			Lambton Cent		33.42m	5
32.80m	33.42m	29.35m	33.22m	24.89m 31.10m		
5 Golub, Derek			St Christoph		33.28m	4
20.92m	31.62m	33.28m	28.68m	28.62m 31.17m		
6 Mandeville, Kris			St. Patrick'		33.17m	3
28.00m	32.55m	FOUL	FOUL	FOUL 33.17m		
7 Vanklaveren, Karel			St. Clair SS		J33.17m	2
33.17m	27.54m	27.57m	FOUL	30.18m 30.18m		
8 Drouin, Derek			St. Patrick'		30.84m	1
28.00m	29.23m	30.84m	30.57m	29.61m 29.58m		
9 McFarlane, Connor			Northern Civ		30.28m	
30.28m	28.38m	29.65m				
10 Carruthers, Cody			St. Clair SS		28.69m	
28.69m	FOUL	28.32m				
11 VanderVies, Mark			Northern Civ		28.66m	
26.95m	28.66m	27.73m				
12 Asselin, Mathieu			Northern Civ		27.10m	
26.35m	22.81m	27.10m				
13 Sowinski, Steve			St. Patrick'		26.61m	
FOUL	21.16m	26.61m				
14 Miller, Dalton			St Christoph		25.66m	
FOUL	22.33m	25.66m				

Men 100 Meter Dash Junior

=====				
LSSAA: ! 10.80		1990	Shane Hussey, Lambton Central	
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 Dundee, Chris		St. Clair SS	11.8Q	1
2 Bogaert, Bryan		Lambton Cent	11.9Q	2
3 Anstett, Rob		St Christoph	12.2Q	1
4 Minten, Jesse		Lambton Cent	12.3Q	2
5 Rainsberry, Craig		Lambton Cent	12.2Q	1
6 Greenwood, Brendan		St Christoph	12.3Q	2
7 Shepard, Aubrey		St. Patrick'	12.3q	1
8 Burnett, Justin		Northern Civ	12.4q	2
9 Wright, Ian		St. Patrick'	12.5	2

Men 100 Meter Dash Junior

=====				
LSSAA: ! 10.80		1990	Shane Hussey, Lambton Central	
Name	Year	School	Finals	Points
=====				
Finals				
1 Dundee, Chris		St. Clair SS	11.3	10
2 Bogaert, Bryan		Lambton Cent	11.4	8
3 Minten, Jesse		Lambton Cent	11.7	6
4 Shepard, Aubrey		St. Patrick'	11.8	5
5 Anstett, Rob		St Christoph	11.9	4
6 Rainsberry, Craig		Lambton Cent	12.0	3
7 Greenwood, Brendan		St Christoph	J12.0	2
8 Burnett, Justin		Northern Civ	12.2	1
Preliminaries				
9 Wright, Ian		St. Patrick'		

Men 200 Meter Dash Junior

=====				
LSSAA: ! 22.10		1996	Brian Dicker, St. Patrick's	
Name	Year	School	Prelims	H#
=====				
1 Dundee, Chris		St. Clair SS	23.8Q	1
2 Millson, Matt		Lambton Cent	23.9Q	2
3 Anstett, Rob		St Christoph	24.6Q	1
3 Hopkins, Chris		Northern Civ	24.6Q	2
5 Kuscoff, Justin		St Christoph	25.3Q	2
6 Wookey, Matt		St. Patrick'	27.7Q	1
7 Kongus, Cody		St. Patrick'	26.5q	2
8 Tuckey, Curtis		Sarnia Cits	27.8q	1

Men 200 Meter Dash Junior

=====				
LSSAA: ! 22.10		1996	Brian Dicker, St. Patrick's	
Name	Year	School	Finals	Points
=====				
Finals				
1 Dundee, Chris		St. Clair SS	23.5	10
2 Millson, Matt		Lambton Cent	J23.5	8
3 Hopkins, Chris		Northern Civ	24.7	6
4 Anstett, Rob		St Christoph	25.0	5
5 Tuckey, Curtis		Sarnia Cits	28.6	4
Preliminaries				
5 Kuscoff, Justin		St Christoph		
6 Wookey, Matt		St. Patrick'		
7 Kongus, Cody		St. Patrick'		

Men 400 Meter Dash Junior

=====				
LSSAA: ! 49.80		1990	Dave Pettit, Lambton Central	
Name	Year	School	Finals	Points
=====				
1 Bogaert, Bryan		Lambton Cent	53.5	10
2 Hopkins, Chris		Northern Civ	56.2	8
3 Shepard, Aubrey		St. Patrick'	57.1	6
4 Cassidy, Mike		North Lambto	57.7	5
5 Carr, Ryan		St. Clair SS	59.1	4
6 Murray, Josh		St. Patrick'	1:00.9	3
7 Aikin, Jamie		St Christoph	1:05.2	2

Men 800 Meter Run Junior

=====				
LSSAA: ! 1:53.50		1994	Jay Cantin, St. Clair	
Name	Year	School	Finals	Points
=====				
1 Carr, Ryan		St. Clair SS	2:13.1	10
2 McCurry, Cory		Northern Civ	2:14.4	8
3 Douglas, Andrew		Northern Civ	2:15.5	6
4 Cochrane, Paul		Northern Civ	2:16.2	5
5 Paget, Steve		Lambton Cent	2:17.3	4
6 King, Cason		St Christoph	2:19.1	3
7 Cote, Jordan		St Christoph	2:20.8	2
8 Shepard, Aubrey		St. Patrick'	2:23.9	1
9 Cassidy, Mike		North Lambto	2:25.1	
10 Murray, Joel		St. Clair SS	2:28.7	
11 Prine, Andrew		St. Patrick'	2:29.1	
12 Aikin, Jamie		St Christoph	2:34.0	
13 Pike, Jon		St. Patrick'	2:51.4	

Men 1500 Meter Run Junior

=====				
LSSAA: ! 4:02.60		1994	Jay Cantin, St. Clair	
Name	Year	School	Finals	Points
=====				
1 King, Cason		St Christoph	4:30.1	10
2 McCurry, Cory		Northern Civ	4:31.5	8
3 Douglas, Andrew		Northern Civ	4:32.1	6
4 Cochrane, Paul		Northern Civ	4:41.5	5
5 Cote, Jordan		St Christoph	4:43.8	4
6 Paget, Mike		Lambton Cent	4:49.9	3
7 Murray, Joel		St. Clair SS	4:52.3	2
8 Prine, Andrew		St. Patrick'	4:56.0	1
9 Belanger, Justin		Sarnia Cits	4:58.7	
10 Campbell, David		North Lambto	5:07.0	
11 Campbell, Jacob		North Lambto	5:07.7	
12 Lambley, Chris		Lambton Cent	5:21.8	
13 Bogaert, Craig		Lambton Cent	5:26.8	
14 Pike, Jon		St. Patrick'	5:27.1	
15 McKinnon, Patrick		St. Patrick'	5:37.5	
16 Anic, Mike		St Christoph	6:04.6	

Men 3000 Meter Run Junior

=====				
LSSAA: ! 8:55.60		1975	Peter Butler, Northern	
Name	Year	School	Finals	Points
=====				
1 McCurry, Cory		Northern Civ	9:54.5	10
2 King, Cason		St Christoph	10:03.1	8
3 Cochrane, Paul		Northern Civ	10:22.9	6

4	Belanger, Justin	Sarnia Cits	10:25.1	5
5	Paget, Mike	Lambton Cent	10:31.8	4
6	Cote, Jordan	St Christoph	10:36.3	3
7	Douglas, Andrew	Northern Civ	10:56.9	2
8	George, Derek	North Lambto	10:59.1	1
9	Prine, Andrew	St. Patrick'	11:02.0	
10	Murray, Joel	St. Clair SS	11:02.3	
11	Johnson, Jeff	Lambton Cent	11:22.3	
12	Pike, Jon	St. Patrick'	11:43.5	
13	McKinnon, Patrick	St. Patrick'	12:04.0	
14	Campbell, Jacob	North Lambto	12:26.6	
15	Anic, Mike	St Christoph	13:45.6	

Men 100 Meter Hurdles Junior

=====				
LSSAA: ! 14.30 5/11/2004 Jason McKechnie, St. Clair SS				
Name	Year	School	Finals	Points
=====				
1	Millson, Matt	Lambton Cent	14.6	10
2	Honig, Kevin	Northern Civ	15.5	8
3	Gorzeman, Ben	Lambton Cent	16.2	6
4	Janicek, Josh	Lambton Cent	17.6	5
5	Thorner, Joe	Northern Civ	17.8	4
6	Burnett, Justin	Northern Civ	18.0	3

Men 300 Meter Hurdles Junior

=====				
LSSAA: ! 40.20 1995 Cam Thompson, Lambton Central				
Name	Year	School	Finals	Points
=====				
1	Millson, Matt	Lambton Cent	41.0	10
2	Bogaert, Bryan	Lambton Cent	43.7	8
3	Gorzeman, Ben	Lambton Cent	45.3	6
4	Thorner, Joe	Northern Civ	47.1	5
5	Campbell, David	North Lambto	51.6	4
6	McDonald, Joe	Northern Civ	52.1	3

Men 4x100 Meter Relay Junior

=====					
LSSAA: ! 44.30 1990 Lambton Central					
School			Finals	H#	Points
=====					
1	Lambton Central C & V I	'A'	45.1	2	10
	1) Minten, Jesse	2) Rainsberry, Craig			
	3) Millson, Matt	4) Bogaert, Bryan			
2	Northern C I & V S	'A'	47.5	2	8
	1) McCurry, Cory	2) Honig, Kevin			
	3) Hopkins, Chris	4) Burnett, Justin			
	5) Thorner, Joe	6)			
3	St. Clair S S	'A'	J47.5	2	6
	1) Carr, Ryan	2) Dundee, Chris			
	3) Overholt, Kevin	4) Waters, Andrew			
4	St. Christopher S S	'A'	49.5	2	5
	1) Anstett, Rob	2) Collacott, Ben			
	3) Greenwood, Brendan	4) Kuscoff, Justin			
5	Lambton Central C & V I	'B'	49.9	2	4
	1) Vroom, Paul	2) Janicek, Josh			
	3) Gorzeman, Ben	4) Goodacre, Jed			
6	St. Patrick's H S	'B'	J49.9	2	3
	1) Wookey, Matt	2) Prine, Andrew			
	3) Pike, Jon	4) Jan, Hassan			
7	St. Patrick's H S	'A'	J49.9	2	2
	1) Prins, Alex	2) Drouin, Derek			

3) Shepard, Aubrey	4) Wright, Ian			
8 Northern C I & V S 'B'		52.0	2	1
9 Sarnia C I & T S 'A'		55.1	1	
1) Bowling, Don	2) Tuckey, Curtis			
3) Lounsbury, Ryan	4) Thompson, Steve			

Men High Jump Junior

LSSAA: ! 2.00m 1989										Joe Tuscan, SCITS		Finals	Points
Name	Year School												
1 Honig, Kevin	Northern Civ									1.80m	10		
	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85				
	P	O	O	O	O	O	O	XO	XXX				
2 Kuscoff, Justin	St Christoph									J1.80m	8		
	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85				
	P	P	O	O	O	O	O	O	XXX				
3 Gorzeman, Ben	Lambton Cent									J1.80m	6		
	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85				
	P	O	O	XO	O	XO	XXO	XXO	XXX				
4 Burnett, Justin	Northern Civ									1.75m	5		
	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80					
	O	O	O	O	XO	O	O	XXX					
5 Collacott, Ben	St Christoph									1.70m	4		
	1.45	1.50	1.55	1.60	1.65	1.70	1.75						
	P	P	O	O	XO	XO	XXX						
6 Kongus, Cody	St. Patrick'									J1.70m	3		
	1.45	1.50	1.55	1.60	1.65	1.70	1.75						
	O	O	O	O	O	XXO	XXX						
7 Wright, Ian	St. Patrick'									J1.70m	2		
	1.45	1.50	1.55	1.60	1.65	1.70	1.75						
	O	XO	O	XO	O	XXO	XXX						
8 Campbell, David	North Lambto									1.60m	1		
	1.45	1.50	1.55	1.60	1.65								
	O	O	O	XO	XXX								
9 Dennis, Patrick	St Christoph									J1.60m			
	1.45	1.50	1.55	1.60	1.65								
	O	O	XX	O	XXX								
10 Thorner, Joe	Northern Civ									1.45m			
	1.45	1.50											
	XO	XXX											

Men Long Jump Junior

LSSAA: ! 6.67m 1981					Larry Helwig, St. Clair	
Name	Year	School		Finals	Points	
1 Kuscoff, Justin		St Christoph		5.60m	10	
2 Podolinsky, Darryl		Lambton Cent		5.39m	8	
3 Lounsbury, Ryan		Sarnia Cits		5.22m	6	
4 Dennis, Patrick		St Christoph		5.15m	5	
5 Freeman, Eric		Lambton Cent		5.06m	4	
6 Thompson, Steve		Sarnia Cits		4.74m	3	
7 Palmer, Dan		Northern Civ		4.03m	2	

Men Triple Jump Junior

LSSAA: ! 13.50m 1999										Leron Mitchell, Northern		Finals	Points
Name	Year		School										
1 Honig, Kevin			Northern Civ							12.20m	10		
	11.88m	12.06m	11.97m	12.20m	PASS	PASS							
2 Wright, Ian			St. Patrick'							10.84m	8		

	10.15m	10.84m	9.82m	10.04m	10.30m	10.52m		
3 Carr, Ryan				St. Clair SS			10.81m	6
	10.25m	10.41m	10.81m	10.62m	10.51m	PASS		
4 Dennis, Patrick				St Christoph			10.79m	5
	10.63m	10.55m	10.37m	10.79m	10.78m	FOUL		
5 Claypack, Kevin				St Christoph			10.62m	4
	10.43m	10.62m	FOUL	FOUL	10.29m	10.57m		
6 Vroom, Paul				Lambton Cent			10.39m	3
	FOUL	10.07m	10.05m	10.05m	10.22m	10.39m		
7 Schooley, Shawn				St Christoph			10.10m	2
	10.10m	9.80m	9.89m	9.69m	FOUL	7.32m		
8 Podolinsky, Darryl				Lambton Cent			9.84m	1
	9.05m	9.83m	9.84m	9.56m	PASS	PASS		
9 Wookey, Matt				St. Patrick'			9.65m	
	9.26m	9.65m	FOUL					
10 Routhier, Chris				Northern Civ			7.15m	
	FOUL	FOUL	7.15m					

Men Shot Put Junior

LSSAA: ! 15.45m 1983				Dave Crombeen, St. Patrick's					
Name				Year School				Finals	Points
=====									
1	Henry, Mike			St. Patrick'			13.23m	10	
	13.23m	13.04m	FOUL	11.85m	13.02m	12.85m			
2	Dee, Mike			Northern Civ			12.54m	8	
	11.40m	11.59m	11.89m	11.77m	12.07m	12.54m			
3	Ethridge, Eric			St. Patrick'			12.36m	6	
	11.04m	12.36m	11.68m	11.58m	11.90m	12.04m			
4	Gustin, Keith			Lambton Cent			11.45m	5	
	11.45m	11.27m	10.93m	FOUL	10.76m	10.97m			
5	Bowling, Don			Sarnia Cits			11.25m	4	
	11.25m	10.83m	10.43m	11.25m	10.55m	FOUL			
6	Perron, Leith			Northern Civ			11.02m	3	
	10.21m	10.76m	10.41m	9.75m	9.60m	11.02m			
7	Canie, Kelly			St. Patrick'			10.52m	2	
	9.43m	10.39m	10.14m	10.52m	10.02m	10.26m			
8	Platt, Mike			St Christoph			10.10m	1	
	10.10m	9.37m	9.56m	9.45m	FOUL	9.96m			
9	Goodacre, Jed			Lambton Cent			9.72m		
	9.62m	9.72m	FOUL	FOUL	FOUL	FOUL			

Men Discus Throw Junior

LSSAA: ! 52.29m 5/11/2004 Josh Wilson, Lambton Cent							
Name	Year School					Finals	Points
=====							
1 Perron, Leith	Northern Civ					36.50m	10
36.50m 33.78m	FOUL	FOUL	FOUL	FOUL			
2 Goodacre, Jed	Lambton Cent					36.40m	8
35.06m 35.84m	36.40m	FOUL	34.28m	FOUL			
3 Canie, Kelly	St. Patrick'					J36.40m	6
34.57m 35.26m	33.30m	35.75m	FOUL	36.40m			
4 Platt, Mike	St Christoph					34.00m	5
32.64m 32.10m	31.39m	31.72m	34.00m	31.60m			
5 Rainsberry, Craig	Lambton Cent					33.64m	4
26.76m 26.39m	33.64m	31.48m	31.70m	33.34m			
6 Dee, Mike	Northern Civ					32.95m	3
30.68m 32.08m	FOUL	FOUL	32.95m	32.70m			
7 Gustin, Keith	Lambton Cent					31.84m	2
24.94m 26.95m	31.84m	28.18m	30.50m	31.41m			
8 Overholt, Kevin	St. Clair SS					31.83m	1
31.83m 31.60m	31.09m	29.22m	FOUL	FOUL			

9	Ethridge, Eric	St. Patrick'	26.49m
	26.49m 22.22m 25.74m		
10	Tuckey, Curtis	Sarnia Cits	25.10m
	25.10m FOUL FOUL		
11	Bowling, Don	Sarnia Cits	23.96m
	23.96m 23.30m FOUL		
12	Taylor, Sean	St Christoph	23.92m
	22.46m 21.78m 23.92m		
13	Webster, Duncan	St. Patrick'	22.90m
	20.30m FOUL 22.90m		

Men Javelin Throw Junior

LSSAA: ! 56.70m 1983 Dave Crombeen, St. Patrick's						
Name	Year	School	Finals	Points		
1 Garbaty, Casey		Northern Civ	51.18m	10		
	48.69m 51.18m 45.94m 48.30m FOUL 47.82m					
2 Overholt, Kevin		St. Clair SS	49.14m	8		
	FOUL 47.22m 48.78m 49.14m FOUL 46.40m					
3 Henry, Mike		St. Patrick'	48.52m	6		
	48.52m 43.45m 43.43m 45.33m 46.78m FOUL					
4 Murray, Josh		St. Patrick'	43.55m	5		
	FOUL 42.15m FOUL 43.55m FOUL 40.78m					
5 Dawson, Mike		Northern Civ	39.12m	4		
	FOUL 32.10m FOUL 34.83m 35.28m 39.12m					
6 Goodacre, Jed		Lambton Cent	35.79m	3		
	35.79m FOUL FOUL FOUL FOUL FOUL					
7 Barry, Scott		St Christoph	32.78m	2		
	FOUL 30.92m 32.78m FOUL FOUL FOUL					
8 Gustin, Keith		Lambton Cent	29.05m	1		
	26.65m 26.17m 29.05m FOUL 27.12m 25.36m					
9 Gillespie, Aaron		Lambton Cent	27.67m			
	27.67m 23.45m FOUL					
10 Thompson, Steve		Sarnia Cits	22.68m			
	FOUL FOUL 22.68m					
11 Platt, Mike		St Christoph	22.42m			
	18.24m FOUL 22.42m					

Men 100 Meter Dash Senior

LSSAA: ! 10.60 1994 Craig Vandeweghe, St. Patrick's				
Name	Year	School	Prelims	H#
Preliminaries				
1 Keating, Justin		Northern Civ	11.4Q	3
2 Smith, Mason		St. Clair SS	12.0Q	1
3 Nickels, Rob		St. Clair SS	12.6Q	2
4 Rodey, Alan		St. Clair SS	11.9Q	3
5 Moore, Paul		St-Francois Xavi	12.5Q	1
5 Carletti, Gino		St Christoph	12.5Q	1
7 Kirkey, Frank		North Lambto	12.9Q	2
8 Kelch, Joel		St. Patrick'	12.5q	3
9 Ponce, Gabe		St Christoph	12.7	3
10 Pickering, Richard		St Christoph	12.8	3
11 Ruffilli, Tim		Northern Civ	12.9	3
11 Lockhart, Jordan		Northern Civ	12.9	1
13 Jones, Jon		Sarnia Cits	13.0	1
14 Yukit, Aaron		St. Patrick'	13.7	2

Men 100 Meter Dash Senior

LSSAA: ! 10.60 1994 Craig Vandeweghe, St. Patrick's

Name	Year School	Finals	Points
=====			
Finals			
1 Keating, Justin	Northern Civ	11.2	10
2 Nickels, Rob	St. Clair SS	11.3	8
3 Smith, Mason	St. Clair SS	11.4	6
4 Rodey, Alan	St. Clair SS	11.7	5
5 Carletti, Gino	St Christoph	12.3	4
6 Moore, Paul	St-Francois Xavi	J12.3	3
7 Kelch, Joel	St. Patrick'	J12.3	2
8 Kirkey, Frank	North Lambto	12.8	1
Preliminaries			
9 Ponce, Gabe	St Christoph		
10 Pickering, Richard	St Christoph		
11 Ruffilli, Tim	Northern Civ		
11 Lockhart, Jordan	Northern Civ		
13 Jones, Jon	Sarnia Cits		
14 Yukit, Aaron	St. Patrick'		

Men 200 Meter Dash Senior

=====				
LSSAA: ! 22.10 1987		Brian Dicker, St. Patrick's		
Name	Year School	Prelims	H#	
=====				
1 Keating, Justin	Northern Civ	23.4Q	1	
2 Smith, Mason	St. Clair SS	24.3Q	2	
3 Banninga, Jordan	St. Clair SS	24.0Q	1	
4 Giffels, Justin	Northern Civ	24.4Q	2	
5 Rodey, Alan	St. Clair SS	24.2Q	1	
6 Carletti, Gino	St Christoph	25.1Q	2	
7 Moore, Paul	St-Francois Xavi	25.4q	2	
8 Ponce, Gabe	St Christoph	25.5q	1	
9 Costain, Jeff	St. Patrick'	J25.5	1	
10 Robinson, Jordan	MacKenzie, A	25.9	1	
11 Kirkey, Frank	North Lambto	27.0	2	
12 Lockhart, Jordan	Northern Civ	27.3	1	
13 Taylor, Eric	St. Patrick'	27.7	1	
14 Sermeus, Jan	St Christoph	27.8	2	
15 Yukit, Aaron	St. Patrick'	29.3	2	

Men 200 Meter Dash Senior

=====				
LSSAA: ! 22.10 1987		Brian Dicker, St. Patrick's		
Name	Year School	Finals	Points	
=====				
Finals				
1 Keating, Justin	Northern Civ	23.7	10	
2 Smith, Mason	St. Clair SS	24.0	8	
3 Banninga, Jordan	St. Clair SS	24.1	6	
4 Rodey, Alan	St. Clair SS	24.6	5	
5 Giffels, Justin	Northern Civ	24.7	4	
6 Carletti, Gino	St Christoph	25.8	3	
7 Moore, Paul	St-Francois Xavi	25.9	2	
8 Ponce, Gabe	St Christoph	26.0	1	
Preliminaries				
9 Costain, Jeff	St. Patrick'	J		
10 Robinson, Jordan	MacKenzie, A			
11 Kirkey, Frank	North Lambto			
12 Lockhart, Jordan	Northern Civ			
13 Taylor, Eric	St. Patrick'			
14 Sermeus, Jan	St Christoph			
15 Yukit, Aaron	St. Patrick'			

Men 400 Meter Dash Senior

LSSAA: ! 48.00 1988 Brian Dicker, St. Patrick's					
Name	Year	School	Finals	H#	Points
1 Smith, Mason		St. Clair SS	52.8	2	10
2 Baldwin, Jon		Lambton Cent	53.9	2	8
3 Rodey, Alan		St. Clair SS	55.6	2	6
4 Tetreault, Jordan		Lambton Cent	57.1	2	5
5 Keating, Justin		Northern Civ	57.5	2	4
6 Lounsbury, Nic		Sarnia Cits	J57.5	2	3
7 Maxwell, Alex		St. Patrick'	58.4	1	2
8 Kelch, Joel		St. Patrick'	58.9	1	1
9 Randall, Craig		Northern Civ	59.6	2	
10 Lockhart, Jordan		Northern Civ	1:00.8	2	
11 Bradd, Rory		St Christoph	1:00.9	1	
12 Sermeus, Jan		St Christoph	1:01.6	1	
13 Robinson, Jordan		MacKenzie, A	1:03.6	1	

Men 800 Meter Run Senior

LSSAA: ! 1:53.80 1995 Jay Cantin, St. Clair				
Name	Year	School	Finals	Points
1 Moore, David		St Christoph	2:00.5	10
2 Poaps, Mike		St. Clair SS	2:03.2	8
3 Baldwin, Jon		Lambton Cent	2:09.7	6
4 Edwards, Dan		St Christoph	2:10.2	5
5 Lebert, Richard		Lambton Cent	2:14.5	4
6 Castrillo, Taylor		St. Patrick'	2:22.1	3
7 Maxwell, Alex		St. Patrick'	2:22.4	2
8 Sneider, Tim		Northern Civ	2:30.0	1
9 McDonald, Alex		Lambton Cent	2:31.9	
10 Robinson, Shawn		St. Patrick'	2:34.5	

Men 1500 Meter Run Senior

LSSAA: ! 3:51.10 1995 Jay Cantin, St. Clair				
Name	Year	School	Finals	Points
1 Moore, David		St Christoph	4:13.8	10
2 Poaps, Mike		St. Clair SS	4:23.0	8
3 Nicol, Justin		Lambton Cent	4:35.1	6
4 Edwards, Dan		St Christoph	4:40.8	5
5 Baldwin, Jon		Lambton Cent	4:43.5	4
6 Houlihan, Shawn		Northern Civ	4:46.2	3
7 Samela, Andrew		Lambton Cent	4:50.3	2
8 Sneider, Tim		Northern Civ	4:50.6	1
9 Maxwell, Alex		St. Patrick'	4:51.0	
10 Robinson, Shawn		St. Patrick'	4:56.5	
11 Castrillo, Taylor		St. Patrick'	5:09.9	

Men 3000 Meter Run Senior

LSSAA: ! 8:47.60 1983 Harvey MITro, St. Patrick's				
Name	Year	School	Finals	Points
1 Moore, David		St Christoph	9:35.5	10
2 Poaps, Mike		St. Clair SS	9:46.3	8
3 Nicol, Justin		Lambton Cent	9:53.8	6
4 Beatty, Graham		St. Clair SS	10:19.6	5
5 Degroot, Josh		St. Clair SS	10:20.0	4
6 McDonald, Alex		Lambton Cent	10:43.0	3

7	Houlihan, Shawn	Northern Civ	10:54.8	2
8	Robinson, Shawn	St. Patrick'	11:09.9	1
9	Samela, Andrew	Lambton Cent	11:12.4	
10	Sneider, Tim	Northern Civ	11:19.3	
11	Vandervies, Joel	St. Patrick'	11:37.0	

Men 110 Meter Hurdles Senior

=====				
LSSAA: ! 14.80		Trevor Hall, SCITS		
Name	Year	School	Finals	Points
=====				
1	Giffels, Justin	Northern Civ	16.0	10
2	Bilagot, Josiah	St. Clair SS	16.0	8
3	Nutma, Kurtis	Lambton Cent	17.7	6
4	Jakobs, Dave	Northern Civ	20.4	5

Men 400 Meter Hurdles Senior

=====				
LSSAA: ! 54.90 1987		Mark Detailleur, Lambton Central		
Name	Year	School	Finals	Points
=====				
1	Nutma, Kurtis	Lambton Cent	1:02.2	10
2	Bilagot, Josiah	St. Clair SS	1:02.3	8
3	Lebert, Richard	Lambton Cent	1:03.2	6
4	Metcalfe, Wade	Lambton Cent	1:05.0	5
5	Giffels, Justin	Northern Civ	1:05.3	4
6	Barton, Kyle	Northern Civ	1:10.7	3
7	Randall, Craig	Northern Civ	1:12.5	2

Men 2000 Meter Steeplechase Senior

=====				
Name	Year	School	Finals	Points
=====				
1	Nicol, Justin	Lambton Cent	6:54.1	10
2	Beatty, Graham	St. Clair SS	6:59.0	8
3	Lebert, Richard	Lambton Cent	7:03.8	6
4	Degroot, Josh	St. Clair SS	7:13.7	5
5	Houlihan, Shawn	Northern Civ	7:16.0	4
6	McDonald, Alex	Lambton Cent	7:16.9	3
7	George, Derek	North Lambto	7:22.7	2
8	Vandervies, Joel	St. Patrick'	7:57.5	1
9	MacKinnon, Trevor	Northern Civ	8:59.0	

Men 4x100 Meter Relay Senior

=====				
LSSAA: ! 43.70 1987		St. Patrick's		
School	Year	School	Finals	H# Points
=====				
1	St. Clair S S 'A'		45.0	2 10
	1) Nickels, Rob	2) Rodey, Alan		
	3) Smith, Mason	4) Banninga, Jordan		
2	Northern C I & V S 'A'		46.8	2 8
	1) Giffels, Justin	2) Lockhart, Jordan		
	3) Izreig, Said	4) Keating, Justin		
	5) Simard, Bobby	6)		
3	Lambton Central C & V I 'A'		47.3	2 6
	1) McDonald, Alex	2) Freeman, Eric		
	3) Huey, Brad	4) Nutma, Kurtis		
4	St. Patrick's H S 'A'		48.4	2 5
	1) Wookey, Ian	2) Kelch, Joel		
	3) Costain, Jeff	4) Castrillo, Taylor		
5	St. Christopher S S 'A'		48.6	2 4
	1) Carletti, Gino	2) Pickering, Richard		

Men 4x400 Meter Relay SeniorMen High Jump Senior

LSSAA: ! 2.05m 1992													Larry Helwig, St. Clair	
Name		Year School										Finals	Points	
1	Huey, Brad	Lambton Cent										2.01m	10	
	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	2.01	2.06			
	P	P	P	P	O	O	O	XO	O	XXO	XXX			
2	Tiggelaar, Travis	St. Clair SS										1.85m	8	
	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90					
	P	P	O	O	O	O	O	XXO	XXX					
3	Nutma, Kurtis	Lambton Cent										1.75m	6	
	1.50	1.55	1.60	1.65	1.70	1.75	1.80							
	P	P	O	O	O	O	XXX							
4	Metcalfe, Wade	Lambton Cent										J1.75m	5	
	1.50	1.55	1.60	1.65	1.70	1.75	1.80							

	P	P	P	XO	O	XXO	XXX		
5	Pettigrew, Brad					Northern Civ		1.65m	4
	1.50	1.55	1.60	1.65	1.70				
	P	O	O	O	XXX				
6	Campbell, Nickolas					North Lambto		1.60m	3
	1.50	1.55	1.60	1.65					
	XO	XO	XXO	XXX					
7	Edwards, Dan					St Christoph		1.55m	2
	1.50	1.55	1.60						
	XXO	XXO	XXX						

Men Long Jump Senior

LSSAA: ! 6.62m 1997					Mike McLaughlin, St. Patrick's			
Name	Year School				Finals		Points	
=====								
1	Nickels, Rob				St. Clair SS		6.89m!	10
	5.75m	6.36m	FOUL	6.89m	PASS	PASS		
2	Huey, Brad				Lambton Cent		5.68m	8
	5.41m	5.49m	5.40m	5.28m	5.68m			
3	Leone, Joe				Sarnia Cits		5.42m	6
	FOUL	5.42m	5.25m	5.18m	5.30m	5.22m		
4	Kelch, Joel				St. Patrick'		5.31m	5
	5.23m	FOUL	5.23m	5.08m	5.01m	5.31m		
5	Harkins, Matt				Sarnia Cits		5.05m	4
	4.41m	4.86m	5.03m	FOUL	4.63m	5.05m		
6	Jakobs, Dave				Northern Civ		5.00m	3
	4.90m	5.00m	FOUL	FOUL	FOUL	FOUL		
7	Pettigrew, Brad				Northern Civ		4.99m	2
	4.99m	4.79m	4.66m	4.85m	4.89m	4.80m		
8	Greenwood, Michael				St Christoph		4.83m	1
	4.58m	4.83m	4.78m	4.60m	4.49m	4.57m		
9	Costain, Jeff				St. Patrick'		4.67m	
	4.67m	4.62m	FOUL					
10	Pearson, Spencer				Sarnia Cits		4.66m	
	4.65m	4.66m	FOUL					
11	Kirkey, Frank				North Lambto		4.53m	
	4.53m	FOUL	FOUL					
12	Pickering, Richard				St Christoph		4.51m	
	4.51m	FOUL	FOUL					
13	DaSilva, Joseph				St Christoph		4.41m	
	4.32m	4.41m	4.40m					
14	Campbell, Nickolas				North Lambto		4.36m	
	4.34m	4.36m	4.18m					
15	Taylor, Eric				St. Patrick'		3.99m	
	3.99m	3.88m	FOUL	3.99m				

Men Triple Jump Senior

LSSAA: ! 13.89m 1982				Larry Helwig, St. Clair					
Name	Year School				Finals		Points		
=====									
1	Nickels, Rob				St. Clair SS		14.18m!	10	
	13.84m	FOUL	13.33m	13.48m	14.18m	PASS			
2	Huey, Brad				Lambton Cent		12.47m	8	
	12.13m	12.47m	12.17m	FOUL	11.94m	PASS			
3	Metcalfe, Wade				Lambton Cent		11.78m	6	
	FOUL	11.78m	11.66m	FOUL	PASS	PASS			
4	Jakobs, Dave				Northern Civ		11.70m	5	
	11.70m	11.21m	FOUL	11.61m	11.33m	11.33m			
5	Tiggelaar, Travis				St. Clair SS		11.51m	4	
	11.51m	11.51m	11.37m	FOUL	11.29m	FOUL			
6	Wookey, Ian				St. Patrick'		11.49m	3	

11.49m	11.37m	10.55m	10.92m	11.15m	11.22m		
7 Leone, Joe			Sarnia Cits			11.39m	2
11.19m	11.39m	10.70m	11.18m	11.15m	11.20m		
8 Pettigrew, Brad			Northern Civ			11.37m	1
11.37m	11.27m	11.27m	10.88m	PASS	PASS		
9 Greenwood, Michael			St Christoph			10.56m	
10.56m	10.12m	FOUL					
10 Pickering, Richard			St Christoph			10.22m	
10.21m	10.22m	10.15m					

Men Shot Put Senior

LSSAA: ! 16.98m 1987								Tim Crossland, Northern	
Name				Year	School		Finals	Points	
1 Ysebaert, Andy					Sarnia Cits		17.60m!	10	
	17.43m	16.52m	16.61m	17.27m	17.60m	16.33m			
2 Bloxam, Cole					Northern Civ		15.71m	8	
	15.37m	15.71m	15.02m	15.61m	14.55m	FOUL			
3 Szabo, Jamie					St Christoph		13.42m	6	
	FOUL	12.75m	12.71m	13.42m	10.75m	FOUL			
4 Athanasopoulos, Alex					St Christoph		13.18m	5	
	11.63m	FOUL	FOUL	13.18m	FOUL	11.41m			
5 Wilson, Josh					Lambton Cent		12.99m	4	
	12.58m	FOUL	FOUL	12.82m	FOUL	12.99m			
6 Athanasopoulos, Billy					St Christoph		12.91m	3	
	12.29m	12.91m	12.41m	FOUL	12.39m	12.77m			
7 Mason, Denis					Northern Civ		11.79m	2	
	11.49m	10.55m	1.44m	11.27m	11.79m	FOUL			
8 Pearson, Spencer					Sarnia Cits		11.51m	1	
	11.24m	11.40m	11.46m	11.46m	11.44m	11.51m			
9 McCaskill, Micah					St. Clair SS		11.30m		
	11.30m	11.12m	11.17m						
10 Archer, Jamie					St. Clair SS		11.19m		
	11.19m	10.92m	FOUL						
11 VanderVies, Matt					Northern Civ		11.03m		
	11.03m	FOUL	10.66m						
11 Mclean, Ryan					Sarnia Cits		11.03m		
	FOUL	FOUL	11.03m						
13 Catt, Anthony					St. Clair SS		9.84m		
	7.79m	8.85m	9.84m						
14 Peleman, Ken					Lambton Cent		8.73m		
	8.73m	7.93m	8.36m						

Men Discus Throw Senior

=====									
LSSAA: ! 56.81m		5/14/2002		Mike Marsh, Northern CIV					
Name		Year		School				Finals	Points
=====									
1	Wilson, Josh			Lambton Cent				45.50m	10
	44.46m	43.84m	43.24m	45.50m	44.92m	45.02m			
2	Ysebaert, Andy			Sarnia Cits				40.15m	8
	FOUL	40.15m	37.91m	37.77m	38.48m	FOUL			
3	McCaskill, Micah			St. Clair SS				30.71m	6
	26.35m	27.53m	30.71m	FOUL	29.74m	30.58m			
4	Archer, Jamie			St. Clair SS				29.79m	5
	FOUL	29.79m	27.14m	29.71m	27.54m	28.64m			
5	Anderson, Chris			St Christoph				29.21m	4
	29.21m	22.45m	27.56m	24.03m	FOUL	FOUL			
6	Fisher, Eric			St Christoph				28.66m	3
	27.51m	27.90m	FOUL	24.70m	28.66m	27.85m			
7	Hanlon, Scott			Sarnia Cits				27.88m	2
	27.88m	FOUL	26.50m	27.25m	26.40m	24.48m			

8	Mason, Denis	Northern Civ	27.60m	1
	FOUL 27.60m FOUL FOUL FOUL 26.07m			
9	McEachren, Matt	Sarnia Cits	22.71m	
	22.63m 22.71m 22.64m			
10	Schulze-Ardey, Joachim	Lambton Cent	16.47m	
	FOUL FOUL 16.47m			
--	Bloxam, Cole	Northern Civ	FOUL	
	FOUL FOUL FOUL			

Men Javelin Throw Senior

LSSAA: ! 64.12m 1969 Rick Dowswell, Sarnia Central						
Name	Year	School	Finals	Points		
1 Banninga, Jordan		St. Clair SS	54.28m	10		
	51.82m 54.28m 51.67m	FOUL 51.94m FOUL				
2 Klazinga, Julian		St. Clair SS	42.63m	8		
	38.53m 42.43m 42.26m	38.80m 42.63m FOUL				
3 Jones, Jon		Sarnia Cits	41.73m	6		
	38.23m 40.13m 41.73m	39.81m 36.49m FOUL				
4 Bloxam, Cole		Northern Civ	40.24m	5		
	FOUL 37.32m 40.24m	FOUL 39.56m FOUL				
5 Jubenville, Bobby		St. Patrick'	38.27m	4		
	36.79m 38.05m 38.27m	FOUL FOUL 36.82m				
6 Verroen, Derrick		North Lambto	37.07m	3		
	37.07m 28.53m 33.15m	32.80m 26.50m 31.43m				
7 Harkins, Matt		Sarnia Cits	35.73m	2		
	26.94m 23.20m 34.29m	30.87m 33.97m 35.73m				
8 O'Brien, Wendel		St. Patrick'	32.88m	1		
	FOUL 32.88m FOUL FOUL	30.30m FOUL				
9 Murray, John		St Christoph	31.89m			
	31.57m 31.89m 29.53m					
10 Campbell, Nickolas		North Lambto	27.16m			
	26.23m 27.16m FOUL					
11 Peleman, Ken		Lambton Cent	26.66m			
	FOUL FOUL 26.66m					
12 Grad, David		St Christoph	26.10m			
	24.47m 26.10m FOUL					
13 Preston, Luke		Lambton Cent	22.04m			
	21.40m 22.04m 20.96m					
14 Boomsma, Scott		St Christoph	21.48m			
	FOUL FOUL 21.48m					

Men 100 Meter Dash Ambulatory

LSSAA: ! 14.50 5/11/2004 Jordan Williamson, MacKenzie, A			
Name	Year	School	Finals
1 Kelders, Brandan		MacKenzie, A	13.9!
2 Williamson, Jordan		MacKenzie, A	14.1!

Women - Midget - Team Rankings - 15 Events Scored

1) Lambton Central C & V I	172	2) Northern C I & V S	131
3) St. Christopher S S	84	4) Sarnia C I & T S	82
5) St. Patrick's H S	64	6) St. Clair S S	46
7) North Lambton S S	5		

Women - Junior - Team Rankings - 15 Events Scored

1) Northern C I & V S	156	2) Lambton Central C & V I	136
3) St. Christopher S S	123	4) St. Patrick's H S	69
5) St. Clair S S	56	6) Sarnia C I & T S	28

7) Alexander MacKenzie S S	6	8) North Lambton S S	5
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Women - Senior - Team Rankings - 17 Events Scored

1) Northern C I & V S	195	2) St. Clair S S	127
3) St. Christopher S S	121	4) Lambton Central C & V I	87
5) St. Patrick's H S	41	6) North Lambton S S	31
7) Alexander MacKenzie S S	26	8) Sarnia C I & T S	24

Men - Midget - Team Rankings - 15 Events Scored

1) Lambton Central C & V I	156	2) Northern C I & V S	124
3) St. Clair S S	92	4) St. Christopher S S	89
5) St. Patrick's H S	85	6) North Lambton S S	27
7) Sarnia C I & T S	8		

Men - Junior - Team Rankings - 15 Events Scored

1) Northern C I & V S	168	2) Lambton Central C & V I	150
3) St. Christopher S S	94	4) St. Patrick's H S	69
5) St. Clair S S	57	6) Sarnia C I & T S	22
7) North Lambton S S	11		

Men - Senior - Team Rankings - 17 Events Scored

1) St. Clair S S	195	2) Lambton Central C & V I	165
3) Northern C I & V S	114	4) St. Christopher S S	82
5) Sarnia C I & T S	47	6) St. Patrick's H S	33
7) North Lambton S S	10	8) St-Francois Xavier	5