

L.S.S.A.A. TRACK AND FIELD MASTER SCORE SHEET - 1968

	CZ	DA		DB		DC		DD		DE		DF	DG
		MIDGET		BOYS		JUNIOR		BOYS		SENIOR			
	SCHOOL	GIRLS		BOYS		GIRLS		BOYS		GIRLS		BOYS	TOTAL
2	ALEXANDER MACKENZIE	0	0	0	0	0	0	0	0	0	0	0	0
3	E.L.S.S.	63	21	31	35	24	8	182					
4	L.C.C.V.I.	105.5	73.5	176	159	127	145	787					
5	LAMBTON CHRISTIAN	2	17.5	22.5	1	2	3	48					
6	NORTHERN	64.5	51	54	43	47	75	334.5					
7	N.L.S.S.	14	66	56.5	7	20	18	181.5					
8	S.C.I.T.S.	87.5	8	54	27	97	38	311.5					
9	ST. CLAIR	29.5	63	20	64	20	50	246.5					
10	ST. PAT'S	69	145	49	153	136	179	702					

Midget Boys

Tristen Wasburg	St. Pats	24 points
Jon Foreman	st. Pats	22 points
Steve M'Grail	L.C.C.U.1	22 points

Junior Boys

Dave Petit	L.C.C.U.1	30 points
Mike Cuihan	St. Clair	30 points
Shane Hussey	L.C.C.U.1	28 points

Senior Boys

Andy Allen	Northern	28 points
James Irwin	L.C.C.U.1	28 points
Jerry Burrell	st. Pats	28 points
Conrad Mrowiec	st. Pats	28 points

Midget Girls

Melissa Westgate	ELSS	28 ³⁰ points
Mary Sager	L.C.C.U.1	22 points
Sarah Lennon	L.C.C.U.1	20 points
Griscilla Wyrzykowski	st. Pats	20 points

Junior Girls

Becky Sager	L.C.C.U.1	26 ³⁰ points
Carrie Thomason	L.C.C.U.1	26 points
Stacey Masse	L.C.C.U.1	26 points
Sherri Gliffin	Northern	26 points

Senior Girls

April Austin	Scits	30 points
Shelly Dicker	St. Pats	28 points
Susan Verbeek	L.C.C.U.1	26 points

1990 LSSAA TRACK AND FIELD RESULTS

MIDGET GIRLS

100 M

1.	Melissa Westgate	ELSS	12.7 *
2.	Renee Raymond	St. Pat's	12.8
3.	Mary Sager	LCCVI	13.1
4.	Randi Buntrock	Northern	13.2
5.	Lana Kosovac	Northern	13.3
6.	Blanka Sharma	St. Pat's	13.4

200 M

1.	Melissa Westgate	ELSS	27.9
2.	Kendra Wilson	ELSS	29.3
3.	Miranda Clubb	Northern	29.9
4.	Sarah Lennan	LCCVI	30.3
5.	Michelle Kulik	St. Pats	30.6
6.	Kelly Winegard	St. Pats	30.9

400 M

1.	Melissa Westgate	ELSS	1:01.1
2.	Sarah Lennan	LCCVI	1:04.2
3.	Lana Kosovac	Northern	1:04.5
4.	Julie Hagan	St. Pats	1:04.5
5.	Christine Taylor	Northern	1:06.2
6.	Miranda Clubb	Northern	1:06.3
6.	Teresa Verbeek	LCCVI	1:06.3

800 M

1.	Christine Taylor	Northern	2:39.8
2.	Teresa Verbeek	LCCVI	2:44.3
3.	Kim Miller	LCCVI	2:45
4.	Priscilla Wyrzykowski	St. Pats	2:46.1
5.	Chris McEwen	St. Clair	2:48.2
6.	Stacey Edwards	SCITS	2:49.8

1500 M

1.	Kim Miller	LCCVI	5:42.6
2.	Nicole Ronchin	SCITS	5:48.4
3.	Priscilla Wyrzykowski	St. Pats	5:50.8
4.	Christine Taylor	Northern	5:53.0
5.	Chris McEwen	St. Clair	5:58.6
6.	J. J. Laur	LCCVI	6:00.3

1990 LSSAA TRACK AND FIELD RESULTS

MIDGET GIRLS

3000 M

1.	Priscilla Wyrzykowski	St. Pats	13:07
2.	Gwen Josty	Northern	13:10
3.	Nicole Ronchin	SCITS	13:35.3
4.	J.J. Laur	LCCVI	13:54.2
5.	Janna Lehrbass	LCCVI	15:12.8

300 M HURDLES - COMBINATION OF MIDGET OR JUNIOR

80 M HURDLES

1.	Mary Sager	LCCVI	12.9
2.	Amanda Harmer	SCITS	14.01
3.	Jen O'Neil	St. Pats	14.5
4.	Stephanie Dudley	LCCVI	15.6
5.	Kristie Brooks	SCITS	16.1
6.	Dawn Allison	SCITS	20.00

4 X 100 M RELAY

1.	Northern A	54.2
2.	St. Pat's	55.1
3.	ELSS	55.9.
4.	LCCVI A	56.9
5.	St. Clair	57.2
	SCITS A	57.2

HIGH JUMP

1.	Steph McDonald	SCITS	1.62
2.	Kendra Hart	St. Pats	1.44
3.	Mary Sager	LCCVI	1.40
4.	Stacey Organ	St. Clair	1.40
5.	Janine Boere	ELSS	1.40
6.	Karen Ayers	St. Clair	1.35

1990 LSSAA TRACK AND FIELD RESULTS

MIDGET GIRLS

JAVELIN

1.	Kelly Hamilton	SCITS	23.72
2.	Jackie Prendiville	St. Pats	23.08
3.	Chantel Kerrigan	LCCVI	22.00
4.	Barb Vanderbeld	SCITS	21.96
5.	Katie Drummond	St. Pats	21.50
6.	Mary-Ann Georgiou	St. Clair	21.38

LONG JUMP

1.	Dawna Allison	SCITS	4.23
2.	Sarah Lennon	LCCVI	4.22
3.	Brenda McKellar	LNSS	4.20
4.	Stacey Organ	St. Clair	4.17
5.	Kindra Kramer	St. Clair	4.07
6.	Tracy Peddon	ELSS	4.03

TRIPLE JUMP

1.	Lana Kosovac	Northern	9.71
2.	Dawn Allison	SCITS	9.48
3.	Julie Westcott	ELSS	9.36
4.	Kindra Kramer	St. Clair	9.33
5.	Brenda McKellar	LNSS	9.26
6.	Lori Robinson	Northern	8.90

SHOT PUT

1.	Diana Bosch	ELSS	8.30
2.	Meighen McGregor	LCCVI	7.97
3.	Steph Macdonald	SCITS	7.74
4.	Chantel Kerrigan	LCCVI	7.72
5.	Marsha Vanrooyen	LCHS	7.55
6.	Barb Vanderbeld	SCITS	7.24

DISCUS

1.	Barb Vanderbeld	SCITS	22.80
2.	Mary-Ann Georgiou	St. Clair	19.80
3.	Vicky Wilcocks	LNSS	18.70
4.	Tina Baxter	LCCVI	17.54
5.	Chantel Kerrigan	LCCVI	17.38
6.	Kelly Hamilton	SCITS	15.16

1990 LSSAA TRACK AND FIELD RESULTS

JUNIOR GIRLS

100 M

1.	Jenni Kaminski	LCCVI	12.6
2.	Jodi Helps	SCITS	13.0
3.	Carol Eyre	LCCVI	13.1
4.	Colette McAuley	LNSS	13.2
5.	Cindy Phiullips	ELSS	13.3
6.	Laurie Sproviero	St. Pats	13.4

200 M

1.	Carrie Thompson	LCCVI	27.9
2.	Jenni Kaminski	LCCVI	28.5
3.	Carol Eyre	LCCVI	28.9
4.	Laurie Sproviero	St. Pats	29.2
5.	Julie Dennie	Northern	29.3
6.	Sheryl Hawkes	St. Pats	30.8

400 M

1.	Becky Sager	LCCVI	1:00.4
2.	Laurie Sproviero	St. Pats	1:02.4
3.	Helen VanRooyen	LCHS	1:03.1
4.	Kelly Humphrey	LCCVI	1:03.9
5.	Laurie Chappell	Northern	1:04.7
6.	Carol Eyre	LCCVI	1:05.0

800 M

1.	Kelly Humphrey	LCCVI	2:36.9
2.	Stacey Morse	LCCVI	2:39.5
3.	Laurie Chappell	Northern	2:40.5
4.	Casey Winegard	St. Pats	2:41.2
5.	Sara Grimshaw	LNSS	2:43.3
6.	Stacey Hardy	Northern	2:44.0

1500 M

1.	Stacey Morse	LCCVI	5:32.7
2.	Karen Menard	LCCVI	5:33.1
3.	Megan Prudhomme	Northern	5:41.9
4.	Mary Beth Gariepy	St. Pats	5:49.1
5.	Sacha Modderman	St. Pats	5:50.8
6.	Jackie Glivicky	Northern	5:56.3

1990 LSSAA TRACK AND FIELD RESULTS

JUNIOR GIRLS

3000 M

1.	Karen Menard	LCCVI	12:16.4
2.	Stacey Morse	LCCVI	12:19.8
3.	Mary Beth Gariepy	St. Pats	12:53.1
4.	Sacha Modderman	St. Pats	13:18.7
5.	Jackie Glivicky	Northern	13:31.9
6.	Jennifer DeGroot	LCHS	14:01

300 M HURDLES - COMBINATION OF MIDGET OR JUNIOR

1.	Becky Sajer	LCCVI	45.3
2.	Carrie Thompson	LCCVI	48.9
3.	Jodi Helps	SCITS	49.8
4.	Julie Potter	SCITS	51.7
5.	Cherylyn Campbell	Northern	51.8
6.	Kim Ransley	LCCVI	51.9

80 M HURDLES

1.	Becky Sager	LCCVI	11.7	*Record
2.	Carrie Thompson	LCCVI	12.1	
3.	Kim Ransley	LCCVI	12.6	
4.	Jodi Helps	SCITS	12.9	
5.	Yvette Marcoux	St. Pats	16.0	
6.	Kelly Ferguson	SCITS	17.6	

4 X 100 M RELAY

1.	LCCVI A	51.8
2.	Northern A	53.8
3.	LCCVI B	54.5
4.	SCITS	55.3
5.	ELSS	55.9
	N. Lambton	55.9

HIGH JUMP

1.	Sherry Griffin	Northern	1.62
2.	Lisa Gilpin	LNSS	1.50
3.	Cara Bryenton	ELSS	1.45
4.	Karen Philpott	LNSS	1.45
5.	Suzy Elliott	ELSS	1.45
6.	Julie Anne Kooy	LCHS	1.45

1990 LSSAA TRACK AND FIELD RESULTS

JUNIOR GIRLS

JAVELIN

1.	Laurie Pearson	St. Clair	32.72
2.	Casey Winegard	St. Pats	31.88
3.	Shelly Vanderbeld	SCITS	30.60
4.	Nancy Vranic	St. Pats	27.30
5.	Marnie Buchanan	SCITS	26.80
6.	Jodie Donahue	St. Pats	26.50

LONG JUMP

1.	Colette McAuley	LNSS	4.95
2.	Helen Vanrooyen	LCHS	4.70
3.	Sherri Griffin	Northern.	4.65
4.	Julie Potter	SCITS	4.60
5.	Cindy Phillips	ELSS	4.51
6.	Jackie Vrolyk	LCHS	4.39

TRIPLE JUMP

1.	Sherri Griffin	Northern	11.01
2.	Colette McAuley	LNSS	10.54
3.	Julie Potter	SCITS	10.48
4.	Jackie Vrolyk	LCHS	9.74
5.	Cindy Phillips	ELSS	9.65
6.	Helen Van Rooyen	LCHS	9.64

SHOT PUT

1.	Diane Ferguson	LNSS	9.16
2.	Laurie Pearson	St. Clair	8.61
3.	Janny Shaw	ELSS	8.59
4.	Martha Shaw	LCCVI	8.41
5.	Marnie Buchanan	SCITS	8.05
6.	Janet Sinclair	ELSS	7.34
6.	Kristie Vandewetering	LCHS	7.34

DISCUS

1.	Diane Ferguson	LNSS	28.36
2.	Jenny Shaw	ELSS	27.78
3.	Shelley Vanderbeld	SCITS	24.10
4.	Martha Shaw	LCCVI	22.40
5.	Laurie Pearson	St. Clair	21.12
6.	Marnie Buchanan	SCITS	20.92

1990 LSSAA TRACK AND FIELD RESULTS

SENIOR GIRLS

100 M

1.	April Austin	SCITS	12.5
2.	Shelly Dicker	St. Pats	12.7
3.	Catherine Prendiville	St. Pats	13.1
4.	Lisa Barclay	LCCVI	13.3
5.	Christine Makuch	St. Pats	13.8

200 M

1.	Shelly Dicker	St. Pats	28.8
2.	Catherine Prendiville	St. Pats	29.8
3.	Cheryl McGrail	LCCVI	30.4
4.	Christine Makuch	St. Pats	31.9
5.	Amy Ikert	LCCVI	32.7
6.	Jenn Hill	SCITS	33.3

400 M

1.	Shelly Dicker	St. Pats	1:03.0
2.	Catherine Prendiville	St. Pats	1:04.3
3.	Cheryl McGrail	LCCVI	1:05.4
4.	Patty Dennis	LCCVI	1:09.9
5.	Stephanie Croft	St. Pats	1:10.3
6.	Joanne Abela	LCCVI	1:20.4

800 M

1.	Patty Dennis	LCCVI	2:47.4
2.	Carol Pretty	St. Pats	2:58.2
3.	Stephanie Croft	St. Pats	3:00.0
4.	Sarah Jenniskens	St. Pats	3:00.1
5.	Joanne Abela	LCCVI	3:00.2

1500 M

1.	Susan Verbeek	LCCVI	5:30.6
2.	Carol Pretty	St. Pats	5:56.8
3.	Candy Sedore	SCITS	6:01.9
4.	Jillian Archer	Northern	6:04.5
5.	Patty Dennis	LCCVI	6:14.7
6.	Krista Burns	LCCVI	6:41.7

1990 LSSAA TRACK AND FIELD RESULTS

SENIOR GIRLS

3000 M

1. Susan Verbeek	LCCVI	12:58.5
2. Candy Sedore	SCITS	13:05.8
3. Carol Pretty	ST.PAT'S	13:26.1
4. Jillian Archer	Northern	14:06
5. Krista Burns	LCCVI	14:47.4
6. Lori Cuthbert	Northern	15:29.4

400 M HURDLES

1. April Austin	SCITS	1:10
2. Cheryl McGrail	LCCVI	1:11.2
3. Susan Verbeek	LCCVI	1:11.6
4. Lisa Barclay	LCCVI	1:17.3

100 M HURDLES

1. April Austin	SCITS	15.3	*Ties Record
2. Lisa Barclay	LCCVI	17.7	
3. Kris McRae	LCCVI	18.3	

4 X 400 M RELAY (OPEN)

1. LCCVI	A	4:20.9
2. St. Pats	A	4:26.8
3. LCCVI	B	4:31.6
4. Northern		4:31.7
5. LCHS		4:38.1
6. SCITS	A	4:40.0

4 X 100 M RELAY

1. St. Pat's	A	53.7
2. LCCVI	A	54.1
3. SCITS	A	55.9
4. St. Pat's	B	57.0

1990 LSSAA TRACK AND FIELD RESULTS

SENIOR GIRLS

HIGH JUMP

1.	Nancy Van Dreumel	ELSS	1.65
2.	Caroline Martel	Northern	1.50
3.	Heather O'Neil	St. Pats	1.45

JAVELIN

1.	Nancy Van Dreumel	ELSS	34.50
2.	Crystal Smith	LNSS	32.68
3.	Marci Lumley	SCITS	28.52
4.	Marg Corey	St. Pats	28.08
5.	Marcy Hutchinson	SCITS	27.20
6.	Shelly Holden	Northern	25.60

LONG JUMP

1.	Tania Cvihun	St. Clair	4.43
2.	Sabrina Fitzsimmons	SCITS	4.27
3.	Heather O'Neal	St. Pats	4.10
4.	Kris McRae	LCCVI	4.05
5.	Denise Yu	St. Pats	4.00
6.	Jennifer Zakor	Northern	3.93

1990 LSSAA TRACK AND FIELD RESULTS

SENIOR GIRLS

TRIPLE JUMP

1.	Tania Cvihun	St. Clair	10.35
2.	Sabrina Fitzsimmons	SCITS	9.39
3.	Heather O'Neil	St. Pats	9.28
4.	Kris McRae	LCCVI	8.95
5.	Jody Cable	LNSS	8.60

SHOT PUT

1.	Alana Nienhuis	SCITS	12.06
2.	Marci Lumley	SCITS	9.08
3.	Nancy Jones	Northern	8.27
4.	Shelly Holden	Northern	7.95
5.	Mary Hutchison	LCCVI	7.50
6.	Heidi Currah	LCCVI	6.58

DISCUS

1.	Virginnie King	LNSS	30.10
2.	Carolyn Leaver	Northern	22.26
3.	Nancy Jones	Northern	21.60
4.	Nancy Van Dreumel	ELSS	21.58
5.	Marci Lumley	SCITS	20.84
6.	Alana Nienhuis	SCITS	20.64

1990 LSSAA TRACK AND FIELD RESULTS

MIDGET BOYS

100 M

1.	Chris Hui	St. Pat's	11.4*
2.	Joe Larkin	LNSS	11.5
3.	Steve McGrail	LCCVI	11.6
4.	Jon Foreman	St. Pat's	11.7
5.	Rob Davidson	St. Clair	11.8
6.	David Hawkes	St. Pat's	12.1

200 M

1.	Chris Hui	St. Pat's	24.6
2.	Jon Foreman	St. Pat's	25.1
3.	Steve McGrail	LCCVI	25.4
4.	Rob Davidson	St. Clair	25.6
5.	Scott McGregor	LCCVI	26.1
6.	Paul Swarath	St. Clair	27.0

400 M

1.	Jon Foreman	St. Pat's	54.2
2.	Ray McCorquodale	St. Pat's	54.7
3.	Scott McGregor	LCCVI	55.6
4.	Dave Hawkes	St. Pat's	55.8
5.	Brad Nickols	LCCVI	57.8
5.	Mark Wildschut	LCHS	57.8

800 M

1.	Tristen Vosburg	St. Pat's	2:09.9
2.	Bob Pilon	LCCVI	2:14.5
3.	Paul Dinyer	LNSS	2:16.3
4.	Brad Nickols	LCCVI	2:16.5
5.	Marc Philippon	St. Clair	2:16.6
6.	Wes Allen	Northern	2:16.8

1500 M

1.	Tristen Vosburg	St. Pat's	4:36.1
2.	Steve Smith	St. Pat's	4:38.6
3.	Wes Allen	Northern	4:39.6
4.	Mark Wildschut	LCHS	4:42.9
5.	Marc Philippon	St. Clair	4:43.0
6.	Bob Pilon	LCCVI	4:44.5

1990 LSSAA TRACK AND FIELD RESULTS

MIDGET BOYS

3000 M

1.	Steve Smith	St. Pat's	10:11.6
2.	Mark Wildschut	LCHS	10:24.4
3.	Marc Philippon	St. Clair	10:29.1
4.	Tristen Vosburg	St. Pat's	10:31.7
5.	Bob Pilon	LCCVI	10:46.6
6.	Brian Bois	SCITS	10:58.1

300 M HURDLES - COMBINATION OF MIDGET OR JUNIOR

100 M HURDLES

1.	Steve McGrail	LCCVI	15.4
2.	Doug Tetrault	St. Pat's	15.7
3.	Mike Clysdale	Northern	15.8
4.	Derek Jackson	LCCVI	16.4
5.	David Luppke	Northern	18.2
6.	Tim McKinnon	SCITS	22.1

4 X 100 M

1.	St. Pat's A	47.5
2.	LCCVI	48.4
3.	St. Pat's B	48.7
4.	NLSS	50.3
5.	Northern A	50.4
6.	St. Clair	50.9

HIGH JUMP

1.	Ray McCorquodale	St. Pat's	1.75m
2.	Dave Stewart	St. Clair	1.75m
3.	Andy Callaghan	St. Pat's	1.75m
4.	Mark Woodman	Northern	1.70m
5.	Dave Dekker	SCITS	1.70m
6.	Mike Clysdale	Northern	1.70m

1990 LSSAA TRACK AND FIELD RESULTS

MIDGET BOYS

POLE VAULT

1.	Adam Verwegen	St. Clair	2.25m
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LONG JUMP

1.	Nick Plain	LNSS	5.44m
2.	Rob Davidson	St. Clair	5.20m
3.	Mike Clysdale	Northern	5.14m
4.	Jeff Cross	ELSS	5.06m
5.	Dave Stewart	St. Clair	5.00m
6.	Aaron Bygrove	LCCVI	4.93m

TRIPLE JUMP

1.	Nick Plain	LNSS	12.08m
2.	Mark Woodman	Northern	11.55m
3.	Steve Haight	St. Clair	11.14m
4.	Rick Anjema	LCHS	11.02m
5.	Pat Haveman	ELSS	10.88m
6.	Steve Shute	St. Clair	10.84m

SHOT PUT

1.	Mike Doornbosch	LNSS	13.33m
2.	Charlie Freer	LCCVI	13.25m
3.	Jeff Cross	ELSS	13.13m
4.	Jason Watson	St. Pats	12.82m
5.	Jon Robb	Northern	11.37m
6.	Chad Wellington	LNSS	11.17m

DISCUS

1.	Steve Haight	St. Clair	38.96m
2.	Jeff Cross	ELSS	35.64m
3.	Charlie Freer	LCCVI	34.22m
4.	Steve Baraclough	SCITS	31.06m
5.	Murray Shawnoo	LNSS	28.82m
6.	Mike Doornbosch	LNSS	27.98m

1990 LSSAA TRACK AND FIELD RESULTS

MIDGET BOYS

JAVELIN

1.	Joe McLean	Northern	45.98m
2.	Shane Henry	LNSS	43.62m
3.	Mike Doornbosch	LNSS	42.04m
4.	Doug Tetreault	St. Pat's	41.42m
5.	Scott McKay	Northern	40.20m
6.	Patrick Hareman	ELSS	40.08m

1990 LSSAA TRACK AND FIELD RESULTS

JUNIOR BOYS

100 M

1.	Shane Hussey	LCCVI	10.8*
2.	Andy Jenniskens	St. Pat's	11.4
3.	Brian Heslop	St. Pat's	11.5
4.	Jason Andrews	ELSS	11.6
5.	Chad McGregor	LCCVI	11.9
6.	Phil Fraser	Northern	12.0

200 M

1.	Dave Pettit	LCCVI	23.6
2.	Andy Jenniskens	St. Pat's	24.4
3.	Jason Jackson	LCCVI	24.6
4.	Brian Heslop	St. Pat's	24.9
5.	Jason Andrews	ELSS	25.9

400 M

1.	Dave Pettit	LCCVI	49.8*
2.	Jason Jackson	LCCVI	49.9
3.	Rob Normandeau	St. Pat's	51.7
4.	Dave Cooper	St. Pat's	52.2
5.	Mike Mooers	St. Clair	52.4
6.	Greg Burns	LCCVI	53.6

800 M

1.	Dave Cooper	St. Pat's	2:05
2.	Rob Normandeau	St. Pat's	2:05.2
3.	Mike Mooers	St. Clair	2:07.2
4.	Blair Haley	St. Pat's	2:07.9
5.	Jason Jackson	LCCVI	2:08.5
6.	Greg Burns	LCCVI	2:10

1500 M

1.	Dave Cooper	St. Pat's	4:40.7
2.	Stuart Boshell	St. Pat's	4:41.7
3.	Jason Owen	St. Pat's	4:42.3
4.	Scott Siebert	Northern	4:42.4
5.	Brian Kingston	Northern	4:44.5
6.	Craig Nesbitt	LCCVI	4:48.8

1990 LSSAA TRACK AND FIELD RESULTS

JUNIOR BOYS

3000 M

1.	Stuart Boshell	St. Pat's	10:07.1
2.	Scott Siebert	Northern	10:07.2
3.	Jason Owen	St. Pat's	10:20.7
4.	Jason Thompson	LCCVI	10:33.4
5.	Brad Shortt	Northern	11:13
6.	Ed Wolsey	Northern	12:35

300 M HURDLES - COMBINATION OF MIDGET OR JUNIOR

1.	Dave Petit	LCCVI	40.3
2.	Shane Hussey	LCCVI	40.5
3.	Corey Horton	LCCVI	41.5
4.	Jon Deswert	St. Pat's	43.0
5.	Bryan Howson	St. Pat's	46.1
6.	David Luppke	Northern	47.7

110 M HURDLES

1.	Shane Hussey	LCCVI	14.9*
2.	Corey Horton	LCCVI	15.8
3.	Jon Deswert	St. Pat's	15.9
4.	Chuck Burns	LCCVI	18.7

4 X 100 M

1.	LCCVI A	44.3	*New Record
2.	St. Pats A	46.7	
3.	LCCVI B	47.1	
4.	St. Clair	48.3	
5.	St. Pat's B	48.7	

HIGH JUMP

1.	Dean Smith	LCCVI	1.80m
2.	Trevor Bouck	SCITS	1.75m
3.	Derek Scott	LCCVI	1.75m
4.	Corey Horton	LCCVI	1.75m
5.	Henry Haveman	ELSS	1.75m
6.	Shane Frenette	St. Pat's	1.70m

1990 LSSAA TRACK AND FIELD RESULTS

JUNIOR BOYS

POLE VAULT

1.	Mark Salmoni	Northern	3.00m
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LONG JUMP

1.	Ron Boere	ELSS	5.54m
2.	Derek Scott	LCCVI	5.50m
3.	Bill O'Brien	SCITS	5.10m
4.	Robb Armstrong	St. Clair	5.03m
5.	Shane Green	LNSS	4.92m
6.	Shawn Morton	SCITS	4.75m

TRIPLE JUMP

1.	Mike Cvihun	St. Clair	12.83
2.	Ron Boere	ELSS	12.57m
3.	Ryan Hall	St. Clair	11.95m
4.	Derek Scott	LCCVI	11.95m
5.	Trevor Bouck	SCITS	11.91m
6.	Jason Douma	LCHS	11.15m

SHOT PUT

1.	Mike Cvihun	St. Clair	13.68m
2.	Henry Haveman	ELSS	13.15m
3.	Rob Lester	LCCVI	12.87m
4.	Jeff Bramham	St. Clair	11.44m
5.	Marc Blais	LCCVI	11.02m
6.	Eagle Boissoneaw	LNSS	10.46m

DISCUS

1.	Drew Bestard	SCITS	33.54m
2.	Jeff Bramham	St. Clair	28.28m
3.	Jay Tracey	St. Pat's	28.24
4.	Scott Steeves	Northern	27.74m
5.	Marc Blais	LCCVI	25.74m
6.	Pete Miller	Northern	23.82m

1990 LSSAA TRACK AND FIELD RESULTS

JUNIOR BOYS

JAVELIN

1.	Mike Cvihun	St. Clair	48.24m
2.	Scott Steeves	Northern	47.98m
3.	Jay Tracey	St. Pat's	46.40m
4.	Eric Coulbeck	LNSS	44.32m
5.	Mike Raes	Northern	40.20m
6.	Chris MacLaughlan	ELSS	38.44m

1990 LSSAA TRACK AND FIELD RESULTS

SENIOR BOYS

100 M

1.	Chris Ttofolli	St. Pat's	11.0
2.	Conrad Mrowiec	St. Pat's	11.1
3.	Matt Winder	LCCVI	11.5
4.	Fred Macey	LNSS	11.6
5.	Rob Sayers	LCCVI	11.7
6.	Jay Michelin	Northern	11.8

200 M

1.	Conrad Mrowiec	St. Pat's	23.6
2.	Chris Ttofolli	St. Pat's	23.7
3.	Mike Callaghan	St. Pat's	24.3
4.	Rob Sayers	LCCVI	24.8
5.	Matt Winder	LCCVI	25.0
6.	Jay Michelin	Northern	25.6

400 M

1.	Conrad Mrowiec	St. Pat's	50.7
2.	Ken Mino	St. Pat's	52.7
3.	Todd Landon	St. Pat's	53.4
4.	Scott Burns	LCCVI	53.5
5.	Bob Vrolyk	LCHS	54.9
6.	Ben Zavitz	Northern	56.3

800 M

1.	Jerry Burrell	St. Pat's	2:03.4
2.	Scott Burns	LCCVI	2:06.1
3.	Jerry Pilon	LCCVI	2:09.1
4.	Steve Vanderbeld	SCITS	2:09.5
5.	Todd Landon	St. Pat's	2:14.9
6.	Todd Dronzek	St. Pat's	2:16.1

1500 M

1.	Jerry Burrell	St. Pat's	4:18.6
2.	James Irwin	LCCVI	4:22.6
3.	Steve Vanderbeld	SCITS	4:38.3
4.	Scott Burns	LCCVI	4:41.1
5.	Alex Tekle	St. Clair	4:43.9
6.	Steve White	LCCVI	4:49.5

1990 LSSAA TRACK AND FIELD RESULTS

SENIOR BOYS

3000 M

1.	James Irwin	LCCVI	10:03.4
2.	Steve White	LCCVI	10:40.8
3.	Mike Lebrasseur	LCCVI	10:54
4.	Kevin Van Balon	St. Pats	11:17.8
5.	Paul Sartor	St. Pats	12:10
6.	Dennis Smith	ELSS:	14:53.2

400 M HURDLES

1.	Jerry Pilon	LCCVI	59.3
2.	Ben Zavitz	Northern	1:07.2

110 M HURDLES

1.	Gary Symons	St. Clair	15.3
2.	Matt Winder	LCCVI	16.3
3.	Jerry Pilon	LCCVI	16.9

4 X 400 M RELAY (OPEN)

1.	LCCVI 'A"	LCCVI	3:34.8
2.	St. Pat's 'A"	St. Pat's	3:35.6
3.	St. Pat's 'B"	St. Pat's	3:44.5
4.	LCCVI 'B"	LCCVI	3:53.1
5.	Northern	Northern	3:57.3
6.	Lambton Christian	LCHS	4:05.0

4 X 100 M RELAY

1.	St. Pat's A	45.5
2.	St. Pat's B	46.6
3.	St. Clair	47.0
4.	LCCVI	47.1
5.	Northern	48.2

1990 LSSAA TRACK AND FIELD RESULTS

SENIOR BOYS

2000 M STEEPLE CHASE (OPEN)

1.	James Irwin	LCCVI	6:48
2.	Jerry Burrell	St. Pat's	7:03.8
3.	Scott Siebert	Northern	7:12.1
4.	Steve White	LCCVA	7:16.8
5.	Alex Tekle	St. Clair	7:33.5
6.	Jason Thompson	LCCVI	8:00.1

HIGH JUMP

1.	Joe Tuskan	SCITS	1.93m
2.	Jason Kaul	Northern	1.91m
3.	Mike Leopold	SCITS	1.81m
4.	John Bennett	St. Pat's	1.81m
5.	Greg Blythe	St. Pat's	1.76m
6.	Pablo Palaminos	St. Pat's	1.66m

POLE VAULT

1.	Ted Krasinkiewicz	Northern	2.50m
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LONG JUMP

1.	Chris Hoskin	St. Clair	5.71m
2.	Greg Blythe	St. Pat's	5.55m
3.	Gary Symons	St. Clair	5.53m
4.	Fred Macey	LNSS	5.48m
5.	Rob Sayers	LCCVI	5.45m
6.	Marty Swan	ELSS	5.23m

1990 LSSAA TRACK AND FIELD RESULTS

SENIOR BOYS

TRIPLE JUMP

1.	Mike Leopold	SCITS	12.71m
2.	Gary Symons	St. Clair	12.53m
3.	Chris Hoskin	St. Clair	11.90m
4.	Marty Swan	ELSS	11.45m
5.	Mark Elliott	ELSS	11.32m
6.	Jason Kaul	Northern	10.90m

SHOT PUT

1.	Andy Allen	Northern	13.03m
2.	Jason Freer	LCCVI	11.96m
3.	John Bennett	St. Pat's	10.86m
4.	Kris Dewit	LCCVI	10.77m
5.	Frank Bartley	SCITS	10.26m
6.	Mike McBeath	Northern	9.01m

DISCUS

1.	Jeff Frayne	LNSS	42.36m
2.	Andy Allen	Northern	41.56m
3.	Dalas Santavy	St. Pats	36.86m

JAVELIN

1.	Andy Allen	S. Northern	45.42m
2.	Dalas Santavy	St. Pat's	44.62m
3.	Jim Toole	Northern	42.20m
4.	Jason Loosemore	LCCVI	40.40m
5.	Kendal Zimmerman	LCCVI	31.85m