

2010 Forest City Prep / Mustang Invite

Sat. April 24 TD Waterhouse Stadium UWO

04/24/2010 - 04/24/2010

Meet Results

Event 1 GIRLS Midget 100m Dash

START: 11:00am

Gold 13.24 / S - 13.64 / B - 14.04

MEET RECORD:Victoria Bendle Banting 12.30 1997

1	Mikisha Bobb	M	London Laurier	13.21
2	Mikaela Eng	M	Hamilton Sherwood	13.44
3	Tori Matysik	M	Hamilton Sherwood	13.56
4	Marissa Kurtimah	M	Guelph CVI	13.82
5	Ashley Mustafa	M	Mentor College	14.10
6	Breanne Anderson	M	London Aquinas	14.15
7	Chantal Cote	M	St.Thomas St. Joe's	14.17
8	Sarah Sandor	M	Valley Heights	14.25
8	Dimitra Lerikos	M	London Saunders	14.25
10	Lauren Daniel	M	London Aquinas	14.33
11	Alex Cvetich	M	Guelph CVI	14.44
12	Megan Shannon	M	London Aquinas	14.48
13	Holly Viragos	M	London Lucas	14.50
14	Sarah Eyndhoven	M	Ingersoll	14.51
15	Katherine Houston	M	Mentor College	14.56
16	Samantha Farrow	M	London Mother Teresa	14.65
17	Nancy Truong	M	Guelph J. F. Ross	14.67
18	Sara Filipopoulos	M	Mentor College	14.71
19	Olivia Carapella	M	London Saunders	14.72
20	Sarah Chamberlain	M	St.Thomas Parkside	14.74
21	Courteney Nelligan	M	Hamilton Sherwood	14.91
22	Jamie Cross	M	Cameron Heights	14.93
23	Zoe Waller	M	London Saunders	14.94
24	Maddie Burt	M	St.Thomas Parkside	14.95
25	Nicole Surdyka	M	Sarnia St. Patrick's	14.96
26	Kristen Leegstra	M	Brantford North Park	14.98
27	Mandi Annett	M	Lambton Central	15.07
28	Casey Brereton	M	Sarnia Collegiate	15.14
29	Sherina Campbell	M	London Laurier	15.16
30	Alexandria Jacobs		Cameron Heights	15.22
31	Lauren Penney	M	Hamilton Sherwood	15.33
32	Sandra Saric	M	London Saunders	15.35
33	Maike Husarik	M	Guelph J. F. Ross	15.38
34	Rebecca Jones	M	Waterloo CI	15.47
35	Karen Wildgen	M	Waterloo CI	15.48
36	Sarah Ashborne	M	Medway High School	15.53
37	Natausha Markgraf	M	Hamilton Sherwood	15.54
38	Rachel Latiff	M	Strathroy Holy Cross	15.82
39	Alisha Carter	M	Mississauga St. Paul	15.83
40	Michelle Cieloszczyk	M	London Aquinas	15.86
41	Sarah Weredynski	M	Philip Pocock	15.91
42	Marisa Friyer'Fraggis	M	Medway High School	15.98
43	Danielle Hollatz	M	Waterloo CI	15.99
44	Rachel Finch	M	Waterloo CI	16.06
45	Karlie Burt	M	St.Thomas Parkside	16.17
46	Rachel McCreddie	M	St.Thomas Parkside	16.19
47	Hannah Chubb	M	Cameron Heights	16.54
48	Johanna Hankinson	M	Strathroy Holy Cross	16.72
49	Vanessa Gaal	M	London Lucas	16.79
50	Chantel-Marie Stickel	M	Cameron Heights	16.91
51	Geogia Trifon	M	Medway High School	17.04
52	Michelle Khrutski	M	London Lucas	17.63

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START: 10:15am

Gold 11.74 / S- 12.14 / B- 12.54

MEET RECORD:Corey Crawley Lucas 11.10 2006

1	Jarren Kerr	M	St. Marcellinus	12.35
2	Breyden Miller	M	St. Augustine S. S.	12.49
3	Hunter Tilden	M	London Aquinas	12.63
4	Eric Kys	M	London Aquinas	12.84
5	Kyle Rundle	M	Lambton Central	12.86
6	Lequan Smart	M	Mentor College	12.87
7	Greg Bakker	M	St.Thomas Parkside	12.92
7	Mike VanDamme	M	Strathroy Holy Cross	12.92
9	Malcolm Corriette	M	Hamilton Sherwood	12.93
10	Mike Frizzell	M	London Aquinas	13.05
11	Jordan Beatty	M	Guelph CVI	13.06
12	Nathan Lethbridge	M	London Saunders	13.20
12	Jeff Gordon	M	Guelph CVI	13.20
14	Mujahid Sarwar	M	London Mother Teresa	13.25
15	Joel Mahon	M	Sarnia St. Patrick's	13.36
16	Brayan Hiscox	M	Medway High School	13.38
17	Kevin Henry	M	Cameron Heights	13.40
18	Tyler Russo	M	Hamilton Sherwood	13.42
19	Tanner Rodd	M	Guelph J. F. Ross	13.44
20	Kayne St. Marseille	M	Sarnia St. Patrick's	13.48
21	Mike Reaume	M	Strathroy Holy Cross	13.54
22	Ben Turcotte	M	Saugeen District SS	13.66
23	James Sorenson	M	Medway High School	13.67
24	Brook Hiddink	M	St.Thomas Parkside	13.85
25	Andrew Tabor	M	North Lambton	13.86
26	Rick Hobbelink	M	Guelph J. F. Ross	13.90
27	Michael Dick	M	Waterloo CI	13.93
28	Braden Palocz	M	Sarnia St. Patrick's	13.94
29	Matthew Decicco	M	London Aquinas	13.97
30	Aaron Lott	M	Waterloo CI	14.01
31	Kevin Leatherdale	M	Sarnia Collegiate	14.07
32	Masterson Patrick	M	London Aquinas	14.26
33	Terry Pham	M	Guelph CVI	14.29
34	Tristan Potter	M	Guelph J. F. Ross	14.38
35	Brandon Loewen	M	Waterloo CI	14.40
36	Colin Penny	M	London Oakridge	14.45
37	Preston Worsley	M	Sarnia St. Patrick's	14.47
38	Cody Salomons	M	London Christian	14.61
39	Joel Leckie	M	Sarnia St.Clair	14.62
40	Graham Ness	M	Mentor College	14.67
41	Colten Barrow	M	Ingersoll	14.84
42	Lee Vijayat Balan	M	Sarnia St.Clair	15.09
43	Christopher Heit	M	Waterloo CI	15.32
44	Kaz Cholocinski	M	Strathroy Holy Cross	16.12
45	Brandon Silva	M	Strathroy Holy Cross	16.21
46	Chris Burdett	M	Lambton Central	16.22

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Event 3 GIRLS Midget 200m Dash

START: 4:10pm

Gold 27.24 / S- 28.24 / B- 29.24

MEET RECORD:Donalda Duprey Saugeen 25.30 1982

1	Breanne Anderson	M	London Aquinas	28.39
2	Ashley Mustafa	M	Mentor College	28.73
3	Dimitra Lerikos	M	London Saunders	29.56
4	MacKenzie Puklicz	M	London Aquinas	29.62
5	Katherine Marentette	M	London Aquinas	29.66
6	Tori Matysik	M	Hamilton Sherwood	29.70
7	Megan Shannon	M	London Aquinas	30.08
8	Courteney Nelligan	M	Hamilton Sherwood	30.15
9	Ashley Bisson	M	Sarnia St.Clair	30.50
10	Sarah Sandor	M	Valley Heights	30.55
11	Megan Kim	M	Waterloo CI	30.69
12	Alexandria Jacobs	M	Cameron Heights	30.72
13	Geogia Trifon	M	Medway High School	30.89

14	Nicole Surdyka	M	Sarnia St. Patrick's	31.52
15	Jamie Cross	M	Cameron Heights	31.64
16	Sarah Ashborne	M	Medway High School	32.18
17	Amy Castell	M	Waterloo CI	32.45
18	Sherina Campbell	M	London Laurier	32.51
19	Maryam Golafshani	M	Cameron Heights	32.56
20	Mandi Annett	M	Lambton Central	32.76
21	Rachel Finch	M	Waterloo CI	32.80
22	Rebecca Jones	M	Waterloo CI	33.00
23	Alisha Carter	M	Mississauga St. Paul	33.57
24	Nancy Truong	M	Guelph J. F. Ross	34.99
25	Hannah Chubb	M	Cameron Heights	35.68

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Event 4 BOYS Midget 200m Dash

START: 4:50pm

Gold 24.14 / S- 25.14 / B- 26.14

MEET RECORD: Brian Nutt Banting 22.70 2003

1	Jordan Sherwood	M	Cameron Heights	24.42
2	Jarren Kerr	M	St. Marcellinus	24.80
3	Breyden Miller	M	St. Augustine S. S.	24.86
4	Ben Craik	M	London Saunders	25.93
5	Mike VanDamme	M	Strathroy Holy Cross	25.99
6	Mike Frizzell	M	London Aquinas	26.06
7	Mitchell France	M	St. Marcellinus	26.09
8	Mujahid Sarwar	M	London Mother Teresa	26.38
9	Nathan McIntyre	M	Lambton Central	26.66
10	James Sorenson	M	Medway High School	26.92
11	Mike Reaume	M	Strathroy Holy Cross	27.02
12	Jack Shelley	M	London Aquinas	27.09
13	Brayan Hiscox	M	Medway High School	27.20
14	Kyle Rundle	M	Lambton Central	27.25
15	Masterson Patrick	M	London Aquinas	27.65
16	Braden Palocz	M	Sarnia St. Patrick's	27.80
17	Matthew Decicco	M	London Aquinas	27.81
18	Michael Dick	M	Waterloo CI	28.07
18	Cameron Boyd	M	London Aquinas	28.07
20	Kevin Henry	M	Cameron Heights	28.10
21	Cormac Brown	M	Sarnia St. Patrick's	28.31
22	Tristan Potter	M	Guelph J. F. Ross	29.03
23	Connor Fleischman	M	Ingersoll	29.22
24	Preston Worsley	M	Sarnia St. Patrick's	29.40
25	Samuel Yu	M	Waterloo CI	30.46
26	Kaz Cholocinski	M	Strathroy Holy Cross	32.08

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Event 5 GIRLS Midget 400m Run

START: 12:30pm

Gold 62.24 / S- 65.24 / B- 68.24

MEET RECORD: Kelly Peak Regina Mundi 58.00 1998

1	Mikaela Eng	M	Hamilton Sherwood	1:00.77
2	Sabrina Fitzgerald	M	London Mother Teresa	1:00.99
3	Marissa Kurtimah	M	Guelph CVI	1:04.29
4	Kayla Hopkins	M	London Oakridge	1:07.13
5	Courteney Nelligan	M	Hamilton Sherwood	1:07.62
6	Sarah Chamberlain	M	St. Thomas Parkside	1:08.53
7	Katherine Marentette	M	London Aquinas	1:08.54
8	Natalie White	M	London Oakridge	1:08.70
8	Natausha Markgraf	M	Hamilton Sherwood	1:08.70
10	Katherine Houston	M	Mentor College	1:08.94
11	Dimitra Lerikos	M	London Saunders	1:09.14
12	Morgan Hendriks	M	Lord Dorchester	1:09.37
13	Maddie Burt	M	St. Thomas Parkside	1:09.54
14	Geogia Trifon	M	Medway High School	1:09.72
15	Michelle Thompson	M	Kitchener Huron Hts	1:10.43
16	Leah Komer	M	London Aquinas	1:10.93
17	Katrina Russel	M	Lambton Central	1:11.98
18	Samantha Farrow	M	London Mother Teresa	1:12.49

19	Megan O'Brien	M	London Aquinas	1:12.80
20	Caitlyn Hughson	M	Medway High School	1:14.91
21	Sarah Maheu	M	Sarnia St. Patrick's	1:15.27
22	Chrislin Nother	M	London Aquinas	1:15.80
23	Kennedy Bellhouse		Brantford North Park	1:16.94
24	Rachel Wolfs	M	Strathroy Holy Cross	1:19.26
25	Rachel Latiff	M	Strathroy Holy Cross	1:25.31

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Event 6 BOYS Midget 400m Run

START: 11:55am

Gold 53.24 / S- 55.74 / B- 58.24

MEET RECORD:Liam Card Saugeen 51.80 1995

1	Liam Stiles	M	Guelph J. F. Ross	56.75
2	Jordan Beatty	M	Guelph CVI	57.48
3	Thomas Ryan	M	London Mother Teresa	59.57
4	Jarren Kerr	M	St. Marcellinus	59.65
5	Austin Rublik	M	Strathroy Holy Cross	1:00.02
6	Mitchell France	M	St. Marcellinus	1:00.04
7	Jack Shelley	M	London Aquinas	1:00.59
8	Henry Off	M	Medway High School	1:01.43
9	Josh Core	M	Sarnia St.Clair	1:02.05
10	Alladin Usuf	M	St. Augustine S. S.	1:02.31
11	Brayan Hiscox	M	Medway High School	1:02.59
12	Taylor Oke	M	Lambton Central	1:03.11
13	Trevor Rowe	M	Guelph CVI	1:03.48
14	Cameron Boyd	M	London Aquinas	1:03.58
15	Mike VanDamme	M	Strathroy Holy Cross	1:03.86
16	Brendon Taylor	M	Ingersoll	1:04.13
17	Connor Fleischman	M	Ingersoll	1:04.57
18	Rick Hobbelink	M	Guelph J. F. Ross	1:05.33
19	Malcolm Clarke	M	Sarnia St. Patrick's	1:05.40
20	Samuel Yu	M	Waterloo CI	1:06.11
21	Lee Vijayat Balan	M	Sarnia St.Clair	1:06.12
22	1000 Bedi	M	Mentor College	1:06.27
23	Joel Leckie	M	Sarnia St.Clair	1:06.49
24	Colten Barrow	M	Ingersoll	1:06.55
25	Tristan Potter	M	Guelph J. F. Ross	1:06.94
26	Trevor Smith	M	St.Thomas Parkside	1:07.38
27	Ryan Reid	M	St.Thomas Parkside	1:07.93
28	Alvin Baek	M	Sarnia St.Clair	1:07.94
29	Zach Twist-Couto	M	Strathroy Holy Cross	1:07.99
30	Rahul Bansal	M	Mentor College	1:10.27
31	Andrew Tabor	M	North Lambton	1:11.87
32	Peter Wong	M	Waterloo CI	1:12.65
33	Jeremy Nopper	M	Lord Dorchester	1:14.78
34	Kevin Champagne	M	Sarnia St.Clair	1:16.01

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Event 7 GIRLS Midget 800m Dash

START: 3:10pm >1 turn stagger start

Gold 2:24.0 / S 2:34.0 / B 2:44.0

MEET RECORD:Jill Gamble Owen Sound 2:19.10 1991

1	Sabrina Fitzgerald	M	London Mother Teresa	2:25.95
2	Torie Evans	M	Hamilton Sherwood	2:39.86
3	Victoria Morphy	M	London Aquinas	2:42.02
4	Leah Komer	M	London Aquinas	2:43.66
5	Sara Grzywnowicz	M	London Mother Teresa	2:45.68
6	Celeste White	M	London Oakridge	2:46.09
7	Sarah Chamberlain	M	St.Thomas Parkside	2:50.01
8	Lisetter Sprenger	M	Medway High School	2:51.11
9	Jana George	M	North Lambton	2:51.30
10	Chrislin Nother	M	London Aquinas	2:52.76
11	Rachelle Lassaline	M	Lambton Central	2:54.81
12	Caitlyn Hughson	M	Medway High School	2:55.59
13	Shannon McDonald	M	London Saunders	2:56.09
14	Sarah Ashborne	M	Medway High School	3:01.72
15	Ashley Cornelissen	M	North Lambton	3:03.58

16	Megan Cossitt	M	London Laurier	3:05.39
17	Sarah Maheu	M	Sarnia St. Patrick's	3:05.81
18	Sabrina Jackson	M	Westminster	3:17.99
19	Renita Dewaele	M	St.Thomas St. Joe's	3:44.60

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Event 8 BOYS Midget 800m Run

START: 3:30pm >1 turn stagger start
Gold 2:06.0 / S 2:16.0 / B 2:26.0
MEET RECORD:Steve Sikic Eastwood CI 2:03.20 1983

1	Liam Stiles	M	Guelph J. F. Ross	2:18.47
2	Dylan Whitbread	M	Sarnia St.Clair	2:20.10
3	Eric Holt	M	Philip Pocock	2:22.21
4	Kevin Leatherdale	M	Sarnia Collegiate	2:22.26
5	Austin Rublik	M	Strathroy Holy Cross	2:22.89
6	Andrew Andreis	M	St. Marcellinus	2:23.73
7	Lucas Tartaglia	M	St. Marcellinus	2:25.52
8	Robbie Kuiack	M	London Saunders	2:28.93
9	Josh Core	M	Sarnia St.Clair	2:30.33
10	Tyler Bulmer	M	Medway High School	2:30.92
11	Alladin Usuf	M	St. Augustine S. S.	2:31.26
12	Malcolm Clarke	M	Sarnia St. Patrick's	2:31.56
13	Connor McKinnon	M	Lambton Central	2:31.58
14	Dharma Young	M	Sarnia St.Clair	2:31.77
15	Curtis Beckett	M	Ingersoll	2:33.15
16	Trevor Smith	M	St.Thomas Parkside	2:34.01
17	1000 Bedi	M	Mentor College	2:34.97
18	Daniel VanDenbrink	M	London Christian	2:37.48
19	Daniel Winger	M	Waterloo CI	2:40.81
20	Eric Fletcher	M	South Huron	2:42.14
21	Marco Lilek	M	Waterloo CI	2:43.03
22	Alvin Baek	M	Sarnia St.Clair	2:43.17
23	Peter Kim	M	Waterloo CI	2:44.28
24	Zach Twist-Couto	M	Strathroy Holy Cross	2:45.45
25	Rahul Bansal	M	Mentor College	2:47.82
26	Nick Langlois	M	Lambton Central	2:53.42
27	Peter Wong	M	Waterloo CI	2:54.12
28	Alex Dow	M	Mentor College	2:57.54
29	Kevin Champagne	M	Sarnia St.Clair	3:00.00
30	Derek McCarty	M	Strathroy Holy Cross	3:15.29

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Event 9 GIRLS Midget 1500m Run

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

1	Beatrice Shilton	M	London Beal	5:20.5
2	Torie Evans	M	Hamilton Sherwood	5:41.1
3	Nicole Murphy	M	London Aquinas	5:41.5
4	Jenna VanDenendye	M	Lambton Central	5:45.0
5	Lisetter Sprenger	M	Medway High School	5:56.7
6	Caitlyn Hughson	M	Medway High School	6:17.9
7	Rachelle Lassaline	M	Lambton Central	6:18.2
8	Heather Rutherford	M	Medway High School	6:18.5

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Event 10 BOYS Midget 1500m Run

START: 6:05pm
Gold 4:21.0 / S 4:35.0 / B 4:50.0
MEET RECORD:Ian Forsyth Banting 4:16.90 1987

1	Derek Hick	M	Strathroy DCI	4:32.3
2	Jeramie Lai	M	St. Marcellinus	4:51.6
3	Ian Newton	M	London Aquinas	4:53.7
4	Nic Bylsma	M	Strathroy DCI	4:59.5
5	Lucas Tartaglia	M	St. Marcellinus	5:03.7
6	Sam Kloppenburg	M	London Mother Teresa	5:04.9
7	Gerard Schipper	M	London Christian	5:06.1

8	Ben Sawicki	M	St. Augustine S. S.	5:07.0
9	Tim Fernandez	M	Mentor College	5:11.2
10	Robbie Kuiack	M	London Saunders	5:13.5
11	Tanner Bloome	M	Mississauga St. Paul	5:16.9
12	Tyler Bulmer	M	Medway High School	5:31.0
13	Samuel Yu	M	Waterloo CI	5:34.7
14	Daniel VanDenbrink	M	London Christian	5:35.9
15	1000 Bedi	M	Mentor College	5:36.1
16	Eric Fletcher	M	South Huron	5:40.9
17	Torin Moffett	M	Waterloo CI	5:41.2
18	Daniel Winger	M	Waterloo CI	5:45.2
19	Connor Ford	M	London Mother Teresa	5:49.5
20	Peter Kim	M	Waterloo CI	5:59.3
21	Rahul Bansal	M	Mentor College	5:59.9
22	Mike Donkers	M	Medway High School	6:11.3
23	Nick Langlois	M	Lambton Central	6:17.2
24	Ayrton Alexander	M	Mentor College	6:42.6

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Event 11 GIRLS Midget 3000m Run

START: 9:40am

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

MEET RECORD:Sabina Horne West Ferries 10:08.40 1978

1	Hilary Stafford	M	London Aquinas	10:52.0
2	Beatrice Shilton	M	London Beal	11:05.4
3	Mariel Fluttert	M	Lord Dorchester	11:10.7
4	Jordann Murray	M	Central Huron	12:12.2
5	Angela Mills	M	London Mother Teresa	12:35.3
6	Jenna VanDenendye	M	Lambton Central	12:37.0
7	Jana George	M	North Lambton	12:41.2
8	Claire Phelps	M	Guelph CVI	13:02.4
9	Ashley Cornelissen	M	North Lambton	13:02.6

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Event 12 BOYS Midget 3000m Run

START: 9:55am

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

MEET RECORD:Chris Brewster CCH 8:55.00 1979

1	Sameem Javeed	M	London Saunders	9:56.2
2	Jeramie Lai	M	St. Marcellinus	10:16.7
3	Tyler Bulmer	M	Medway High School	10:26.4
4	Nic Bylsma	M	Strathroy DCI	10:29.7
5	Chris Luxton	M	Philip Pocock	10:43.8
6	Sam Kloppenburg	M	London Mother Teresa	10:45.9
7	Kevin Leatherdale	M	Sarnia Collegiate	10:47.2
8	Ian Newton	M	London Aquinas	10:48.0
9	Josh Stauder	M	London Aquinas	10:48.9
10	Ben Sawicki	M	St. Augustine S. S.	10:59.4
11	Tim Fernandez	M	Mentor College	11:01.6
12	Tanner Bloome	M	Mississauga St. Paul	11:15.7
13	Daniel VanDenbrink	M	London Christian	11:25.0
14	Connor O'Brien	M	London Christian	11:25.6
15	Thomas Shapton	M	London Lucas	11:27.4
16	Torin Moffett	M	Waterloo CI	11:29.9
17	Mark Gawley	M	Ingersoll	11:33.2
18	Eric Fletcher	M	South Huron	11:57.9
19	Connor Ford	M	London Mother Teresa	12:14.6
20	Peter Wong	M	Waterloo CI	13:12.3
21	Mike Donkers	M	Medway High School	13:37.3
22	Ayrton Alexander	M	Mentor College	14:31.0

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Event 13 GIRLS Midget 80m Hurdles

START: 3:05pm >8 hurdles

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

Gold 13.04 / S - 13.74 / B - 14.74

MEET RECORD:Donna Charles London Laurier 11.30 1998

1	Alex Morrow	M	Saugeen District SS	13.62
2	Mikisha Bobb	M	London Laurier	14.16
3	Lauren Daniel	M	London Aquinas	14.47
4	Jamie Cross	M	Cameron Heights	15.37
5	Jamila Skinner	M	London Oakridge	15.48
6	Andrea Kennedy	M	London Saunders	15.58
7	Megan Kim	M	Waterloo CI	16.16
8	MacKenzie Puklicz	M	London Aquinas	16.85
9	Shauna McPhail	M	Lambton Central	16.89
10	Hannah Chubb	M	Cameron Heights	17.05
11	Gabie Iglesias	M	Mentor College	17.24
12	Whitney Houg	M	Waterloo CI	17.69
13	Rachel Latiff	M	Strathroy Holy Cross	17.98
14	Sandra Wieliczko	M	Mentor College	17.99
15	Maike Husarik	M	Guelph J. F. Ross	18.46
16	Casey Hynes	M	Waterloo CI	19.85
17	Allie Herrington	M	Strathroy DCI	22.59

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Event 14 BOYS Midget 100m Hurdles

START: 2:40pm > 10 hurdles
 13m to H-1 >8.5m between >84cm ht
 Gold 15.24 / S - 15.74 / B - 14.74
 # MEET RECORD:Jim Westen Tillsonburg 13.60 1978

1	Jordan Sherwood	M	Cameron Heights	15.08
2	Ben Craik	M	London Saunders	15.78
3	Will Potter	M	South Huron	16.10
4	Mike Giorgi	M	Lambton Central	16.42
5	Jake Greenhow	M	London Lucas	17.53
6	Mike Frizzell	M	London Aquinas	17.72
7	Liam Taylor	M	St. Marcellinus	17.84
8	Nathan McIntyre	M	Lambton Central	18.10
9	Santiago Almada	M	Cameron Heights	18.26
10	Colin Penny	M	London Oakridge	18.62
11	Graham Ness	M	Mentor College	20.25

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Event 15 GIRLS Midget 300m Hurdles

START: 8:30am >7 hurdles
 50m to H-1 > 35m between >76cm ht
 Gold 48.24/ S- 50.74 / B- 53.24
 # MEET RECORD:Grace Sherwin STM 47.00 2004

1	Mikisha Bobb	M	London Laurier	50.32
2	Rachel Skinner	M	London Oakridge	52.67
3	Morgan Hendriks	M	Lord Dorchester	54.12
4	Megan Shannon	M	London Aquinas	54.21
5	Andrea Kennedy	M	London Saunders	55.07
6	Michelle Thompson	M	Kitchener Huron Hts	55.87
7	Holly Bilinski	M	Strathroy DCI	57.38
8	Karen Wildgen	M	Waterloo CI	57.55
9	Breanne Anderson	M	London Aquinas	57.79
10	Sara Grzywnowicz	M	London Mother Teresa	58.09
11	Nicole Murphy	M	London Aquinas	59.07
12	Rachel Latiff	M	Strathroy Holy Cross	1:00.41
13	Sydeney Card	M	Lambton Central	1:00.55
14	Michelle Cieloszczyk	M	London Aquinas	1:00.95
15	Maryam Golafshani	M	Cameron Heights	1:01.14
16	Chrislin Nother	M	London Aquinas	1:01.64
17	Sarah Kay	M	London Oakridge	1:11.03

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Event 16 BOYS Midget 300m Hurdles

START: 9:00am >7 hurdles
 50m to H-1 > 35m between >84cm ht
 Gold 44.24 / S- 46.74 / B- 49.24
 # MEET RECORD:Gegory MacNeill Mother Teresa 43.72 2007

1	Jordan Sherwood	M	Cameron Heights	43.50#
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2	Will Potter	M	South Huron	47.00
3	Ben Craik	M	London Saunders	47.02
4	Nathan McIntyre	M	Lambton Central	47.85
5	Mike VanDamme	M	Strathroy Holy Cross	47.93
6	Joel Mahon	M	Sarnia St. Patrick's	48.01
7	Mike Reaume	M	Strathroy Holy Cross	48.17
8	Mike Giorgi	M	Lambton Central	48.34
9	Dan Howell	M	St. Augustine S. S.	48.63
10	Alladin Usuf	M	St. Augustine S. S.	48.74
11	Austin Rublik	M	Strathroy Holy Cross	48.81
12	Cormac Brown	M	Sarnia St. Patrick's	48.91
13	Zach Kapteyn	M	London Christian	48.92
14	Zack Dias	M	St. Marcellinus	50.07
15	Ben Cates	M	North Lambton	51.75
16	Connor McKinnon	M	Lambton Central	57.51
17	Preston Worsley	M	Sarnia St. Patrick's	57.81
18	Joe Fauteux	M	Sarnia St. Patrick's	1:01.12
19	Jack Shelley	M	London Aquinas	1:13.70

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Event 17 GIRLS Midget High Jump

START: 9:00am

Gold 1.55m / S- 1.50m / B- 1.45m

MEET RECORD:Catherine Bond Woodstock CI 1.66 1983

1	Morgan Hendriks	M	Lord Dorchester	1.40m
2	Lauren Daniel	M	London Aquinas	1.40m
3	Samantha Farrow	M	London Mother Teresa	1.40m
4	Joey Frost	M	London Oakridge	1.30m
5	Madeline Lucke	M	Cameron Heights	1.25m
6	Maddie Burt	M	St.Thomas Parkside	1.25m
7	Sydeney Card	M	Lambton Central	1.25m
8	Rachel McCreddie	M	St.Thomas Parkside	1.25m
9	Amy Castell	M	Waterloo CI	1.20m
10	Carly McKeown	M	Guelph J. F. Ross	1.15m
11	Georgia Barlow	M	Guelph CVI	1.15m
11	Maike Husarik	M	Guelph J. F. Ross	1.15m
11	Natausha Markgraf	M	Hamilton Sherwood	1.15m
	Rachel Latiff	M	Strathroy Holy Cross	NM
	Melissa Earl	M	Cameron Heights	NM

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Event 18 BOYS Midget High Jump

START: 2:00pm

Gold 1.75m / S- 1.70m / B- 1.65m

MEET RECORD:Nick Salmons Strathroy DCI 1.88 1996

1	Joel Mahon	M	Sarnia St. Patrick's	1.68m
2	Mike O'Shea	M	Strathroy DCI	1.60m
2	Scott Goad	M	London Mother Teresa	1.60m
2	Terry Pham	M	Guelph CVI	1.60m
5	Nic Preo	M	Mentor College	1.55m
5	Greg Bakker	M	St.Thomas Parkside	1.55m
7	Curtis Beckett	M	Ingersoll	1.50m
7	Dan Howell	M	St. Augustine S. S.	1.50m
9	Tin Duc Vo	M	London Lucas	1.45m
9	Rick Hobbelink	M	Guelph J. F. Ross	1.45m
9	Tomson Tran	M	Guelph J. F. Ross	1.45m
12	Ben Cates	M	North Lambton	1.40m
12	Brandon Loewen	M	Waterloo CI	1.40m
	Ben Turcotte	M	Saugeen District SS	NM
	Ryan Reid	M	St.Thomas Parkside	NM

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Event 19 GIRLS Midget Pole Vault

START: 9:00am [M, J, & S]

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

1	Andrea Kennedy	M	London Saunders	2.10m
2	Sydney Murdoch	M	London Oakridge	1.90m

Nicole Corbiere	M	London Aquinas	NM
Megan O'Brien	M	London Aquinas	NM

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Event 20 BOYS Midget Pole Vault

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

1	Aaron Bos	M	Goderich DCI	2.50m
	Ashton Marlow	M	London Oakridge	NM

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Event 21 GIRLS Midget Long Jump

START: 2:00pm
 Gold 5.10m / S- 4.85m / B- 4.70m
 # MEET RECORD:Audrey Dickson F.E. Madill 5.16 1983

1	Alex Morrow	M	Saugeen District SS	5.13m
2	Sydney Murdoch	M	London Oakridge	4.49m
3	Alexandria Jacobs		Cameron Heights	4.37m
4	Ashley Bisson	M	Sarnia St.Clair	4.35m
5	Sarah Eyndhoven	M	Ingersoll	4.29m
6	Marissa Kurtimah	M	Guelph CVI	4.19m
7	Shauna McPhail	M	Lambton Central	4.18m
8	Joey Frost	M	London Oakridge	4.16m
8	MacKenzie Puklicz	M	London Aquinas	4.16m
10	Sarah Sandor	M	Valley Heights	4.10m
11	Sandra Saric	M	London Saunders	4.07m
12	Camilla Anderson	M	Mentor College	4.06m
12	Nicole Surdyka	M	Sarnia St. Patrick's	4.06m
14	Elizabeth Tower	M	Sarnia St.Clair	4.02m
15	Jasmin Eltaib	M	London Aquinas	3.90m
16	Geogia Trifon	M	Medway High School	3.88m
17	Abby Buren	M	Strathroy Holy Cross	3.74m
17	Danielle Hollatz	M	Waterloo CI	3.74m
19	Gabie Iglesias	M	Mentor College	3.70m
20	Sara Filipopoulos	M	Mentor College	3.66m
21	Sandra Wieliczko	M	Mentor College	3.65m
22	Haylee Siddall	M	St.Thomas Parkside	3.64m
23	Carly McKeown	M	Guelph J. F. Ross	3.62m
24	Rachel Skinner	M	London Oakridge	3.59m
25	Laurissa Scruton	M	Central Huron	3.56m
25	Noa Zaifman	M	London Lucas	3.56m
27	Evelien Leeuwerke	M	Central Huron	3.54m
28	Karen Wildgen	M	Waterloo CI	3.52m
29	Jennifer Zavitz	M	Lambton Central	3.42m
30	Chantel-Marie Stickel	M	Cameron Heights	3.37m
30	Whitney Houng	M	Waterloo CI	3.37m
32	Vanessa Gaal	M	London Lucas	3.22m
33	Johanna Hankinson	M	Strathroy Holy Cross	3.19m
34	Nancy Truong	M	Guelph J. F. Ross	2.99m
35	Brittany Lusic	M	Waterloo CI	2.91m
36	Natalie Houle	M	Sarnia St. Patrick's	2.90m
37	Jenny Bui	M	Waterloo CI	2.71m
	Jamila Skinner	M	London Oakridge	NM

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Event 22 BOYS Midget Long Jump

START: 10:30am
 Gold 5.90m / S- 5.75m / B- 5.60m
 # MEET RECORD:Andrew Edwards Notre Dame 6.26 1997

1	Scott Goad	M	London Mother Teresa	5.47m
2	Nic Preo	M	Mentor College	5.12m
3	Malcolm Corriette	M	Hamilton Sherwood	4.95m
4	Trevor Smith	M	St.Thomas Parkside	4.92m
5	Mike Giorgi	M	Lambton Central	4.89m
6	Lee Vijayat Balan	M	Sarnia St.Clair	4.87m

7	Mike Reaume	M	Strathroy Holy Cross	4.85m
8	Robert Nicks	M	St. Marcellinus	4.84m
8	Tim Pelleboer	M	Lambton Central	4.84m
10	Marco Lilek	M	Waterloo CI	4.81m
11	Brendon Taylor	M	Ingersoll	4.77m
12	James Sorenson	M	Medway High School	4.76m
13	Jake Greenhow	M	London Lucas	4.74m
14	Ben Turcotte	M	Saugeen District SS	4.73m
15	Kayne St. Marseille	M	Sarnia St. Patrick's	4.64m
16	Wallace Lang	M	Lambton Central	4.62m
17	Santiago Almada	M	Cameron Heights	4.59m
18	Tyler Tuff	M	St.Thomas Parkside	4.55m
19	Michael Dick	M	Waterloo CI	4.47m
20	Ben Cates	M	North Lambton	4.19m
21	Taylor Oke	M	Lambton Central	4.15m
22	Brandon Loewen	M	Waterloo CI	4.14m
23	Braden Palocz	M	Sarnia St. Patrick's	4.04m
24	Alex Dow	M	Mentor College	3.86m
25	Tin Duc Vo	M	London Lucas	3.78m
26	Chris Burdett	M	Lambton Central	3.39m
27	Tomson Tran	M	Guelph J. F. Ross	3.04m
28	Derek McCarty	M	Strathroy Holy Cross	2.59m
	Josh Core	M	Sarnia St.Clair	NM

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Event 23 GIRLS Midget Triple Jump

START: 12:30pm

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

MEET RECORD:Emily Goad Mother Teresa 10.26 2006

1	Alex Morrow	M	Saugeen District SS	10.11m
2	Sarah Eyndhoven	M	Ingersoll	9.51m
3	Jessica Jamieson	M	Lambton Central	9.41m
4	Ashley Mustafa	M	Mentor College	9.20m
5	Ashley Bisson	M	Sarnia St.Clair	9.07m
6	Nicole Surdyka	M	Sarnia St. Patrick's	8.83m
7	Tori Beardshaw	M	Strathroy DCI	8.78m
8	Darian Adams	M	Lambton Central	8.50m
9	Tanje Velickocic	M	Saugeen District SS	8.37m
10	Evelien Leeuwerke	M	Central Huron	7.88m
11	Sandra Wieliczko	M	Mentor College	7.79m
12	Carly McKeown	M	Guelph J. F. Ross	7.68m
13	Elizabeth Tower	M	Sarnia St.Clair	7.65m
14	Chantal Cote	M	St.Thomas St. Joe's	7.38m
	Sara Filipopoulos	M	Mentor College	NM
	Alex Cvetich	M	Guelph CVI	NM
	Natalie Houle	M	Sarnia St. Patrick's	NM
	Melissa Earl	M	Cameron Heights	NM
	Kelsey Munroe	M	Waterloo CI	NM
	Haylee Siddall	M	St.Thomas Parkside	NM
	Laurissa Scruton	M	Central Huron	NM

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Event 24 BOYS Midget Triple Jump

START: 9:00am

Gold 12.00m /S- 11.75m /B- 11.50m

MEET RECORD:Kevin Bowman Saugeen District 12.15 2008

1	Scott Goad	M	London Mother Teresa	11.78m
2	Nic Preo	M	Mentor College	11.13m
3	Hunter Tilden	M	London Aquinas	11.07m
4	Kirk Lindorman	M	Lambton Central	10.91m
5	Aaron Lott	M	Waterloo CI	10.53m
6	Dharma Young	M	Sarnia St.Clair	10.52m
7	Will Potter	M	South Huron	10.42m
8	Jake Greenhow	M	London Lucas	10.05m
9	Cormac Brown	M	Sarnia St. Patrick's	9.84m
10	Ben Turcotte	M	Saugeen District SS	9.78m
11	Tim Pelleboer	M	Lambton Central	9.74m
12	Matthew Decicco	M	London Aquinas	9.72m

13	Jeremy Nopper	M	Lord Dorchester	9.26m
14	Kayne St. Marseille	M	Sarnia St. Patrick's	8.95m
	Wulu Sui	M	Waterloo CI	NM

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Event 25 GIRLS Midget Shot Put

START: 9:00am > Weight 4kg

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

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

1	Nicole Horneman	M	Medway High School	9.05m
2	Delaney Van Der burg	M	London Banting	8.28m
3	Brianna Atto	M	Brantford North Park	8.05m
4	Schuyler Young	M	St.Thomas St. Joe's	8.00m
5	Laura Vermeire	M	London Mother Teresa	7.91m
6	Kaitlyn Waters	M	London Mother Teresa	7.82m
7	Sylvia Nyugen	M	St.Thomas St. Joe's	7.62m
8	Joclyn McCulloch	M	London Banting	7.36m
9	Amy Kozak	M	London Banting	7.31m
10	MacKenzie Sleaford	M	Lambton Central	7.30m
11	Karlie Burt	M	St.Thomas Parkside	7.28m
12	Alex Coyle	M	Sarnia Collegiate	7.00m
13	McKenna Kameka	M	Sarnia Collegiate	6.76m
14	Meagan Wiederman	M	Cameron Heights	6.67m
15	Emily Davis	M	London Saunders	6.57m
16	Madi Velikonja	M	London Oakridge	6.48m
17	Brittany Lusic	M	Waterloo CI	6.20m
18	Nikka Collison	M	London Saunders	6.16m
19	Jasmyne Smith	M	Lambton Central	5.81m
20	Mandi Annett	M	Lambton Central	4.52m

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Event 26 BOYS Midget Shot Put

START: 12:45pm > Weight 4kg

Gold 14.00m / S- 13.50m / B- 13.00m

MEET RECORD:Dave Crombeen Sarnia St.Pat's 17.59 1982

1	Tyler Russo	M	Hamilton Sherwood	12.74m
2	Mark Horta	M	St. Marcellinus	12.09m
3	Josh VanDeven	M	Strathroy DCI	12.02m
4	Brook Hiddink	M	St.Thomas Parkside	11.73m
5	Greg Bakker	M	St.Thomas Parkside	11.23m
6	Lee Wilson	M	Sarnia Collegiate	10.73m
7	Kyle Chalupka	M	Lambton Central	10.34m
8	Marko Divjak		Guelph CVI	10.14m
9	Cam Reed	M	London Banting	9.77m
10	Kinsey Stanley-Dafoe		St. Augustine S. S.	9.68m
11	Jonathan Timmons	M	St. Marcellinus	9.66m
12	Tyler Tuff	M	St.Thomas Parkside	9.28m
13	Jonathan Zagula	M	Mississauga St. Paul	9.24m
14	Kyle Dejong	M	London Christian	9.18m
15	Derek Balasin	M	Strathroy Holy Cross	8.96m
16	Tavion Karelse	M	Lambton Central	8.33m
17	Alex Hrona	M	Philip Pocock	8.26m
18	Brandon Silva	M	Strathroy Holy Cross	8.14m
19	Sam Smith	M	Strathroy Holy Cross	7.88m

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Event 27 GIRLS Midget Discus Throw

START: 11:30am > Weight 1kg

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

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

1	Schuyler Young	M	St.Thomas St. Joe's	29.49m
2	Sylvia Nyugen	M	St.Thomas St. Joe's	28.70m
3	Abby Corrin	M	London Oakridge	19.19m
4	Delaney Van Der burg	M	London Banting	18.91m
5	Rachel Deboer	M	Ingersoll	18.27m
6	MacKenzie Sleaford	M	Lambton Central	18.12m
7	Joclyn McCulloch	M	London Banting	17.48m

8	Brianna Atto	M	Brantford North Park	17.12m
9	Nikka Collison	M	London Saunders	16.81m
10	McKenna Kameka	M	Sarnia Collegiate	16.68m
11	Meagan Wiederman	M	Cameron Heights	16.48m
12	Alex Coyle	M	Sarnia Collegiate	16.34m
13	Amy Kozak	M	London Banting	16.32m
14	Cassandra Rivest	M	Lambton Central	16.31m
15	Madi Velikonja	M	London Oakridge	12.01m
	Johanna Hankinson	M	Strathroy Holy Cross	NM
	Nicole Horneman	M	Medway High School	NM
	Karlie Burt	M	St.Thomas Parkside	NM

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Event 28 BOYS Midget Discus Throw

START: 9:00am > Weight 1kg
Gold 41.50m / S- 41.00m /B- 40.50m
MEET RECORD:Jason MacDonald F.E. Madill 49.16 1994

1	Mark Horta	M	St. Marcellinus	34.34m
2	Josh VanDeven	M	Strathroy DCI	33.47m
3	Jakub Cholko	M	Philip Pocock	32.11m
4	Mitch McConnell	M	Medway High School	31.62m
5	Kinsey Stanley-Dafoe		St. Augustine S. S.	29.19m
6	Jonathan Timmons	M	St. Marcellinus	28.15m
7	Marko Divjak		Guelph CVI	24.32m
8	Cam Reed	M	London Banting	23.57m
9	Dylan Whitbread	M	Sarnia St.Clair	23.27m
10	Joel Leckie	M	Sarnia St.Clair	22.29m
11	Adam Waller	M	Sarnia St.Clair	22.19m
12	Kyle Dejong	M	London Christian	21.91m
13	Kyle Chalupka	M	Lambton Central	21.85m
14	Sam Smith	M	Strathroy Holy Cross	20.87m
15	Lee Wilson	M	Sarnia Collegiate	20.86m
16	Sean Jenniskens	M	Lambton Central	14.45m
	Brandon Silva	M	Strathroy Holy Cross	NM
	Derek Balasin	M	Strathroy Holy Cross	NM
	Tavion Karelse	M	Lambton Central	NM

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Event 29 GIRLS Midget Javelin Throw

START: 2:00pm > Weight 600gm
Gold 29.00m / S- 28.00m /B- 27.00m
MEET RECORD:Laura Sovran Villanova 36.04 1998

1	Laura Vermeire	M	London Mother Teresa	28.37m
2	MacKenzie Sleaford	M	Lambton Central	27.07m
3	Kaitlyn Waters	M	London Mother Teresa	25.66m
4	Nicole Horneman	M	Medway High School	24.57m
5	Claire Moran	M	Sarnia St. Patrick's	23.50m
6	Roxanne Hendrycks	M	Sarnia St. Patrick's	22.55m
7	Abby Corrin	M	London Oakridge	20.67m
8	Joclyn McCulloch	M	London Banting	18.86m
9	Olivia Carapella	M	London Saunders	17.55m
10	McKenna Kameka	M	Sarnia Collegiate	17.26m
11	Georgia Barlow	M	Guelph CVI	17.16m
12	Alex Coyle	M	Sarnia Collegiate	16.98m
13	Rachel Deboer	M	Ingersoll	15.31m
14	Renita Dewaele	M	St.Thomas St. Joe's	14.09m
15	Johanna Hankinson	M	Strathroy Holy Cross	11.34m
	Jasmyne Smith	M	Lambton Central	NM
	Darian Adams	M	Lambton Central	NM
	Meagan Wiederman	M	Cameron Heights	NM
	Amy Kozak	M	London Banting	NM

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Event 30 BOYS Midget Javelin Throw

START: 11:30am > Weight 600gm
Gold 44.00m / S- 43.00m /B- 42.00m
MEET RECORD:Kevin Bowman Saugeen District 52.46 2008

1	Hunter Tilden	M	London Aquinas	32.83m
2	Eric Holt	M	Philip Pocock	32.23m
3	Cormac Brown	M	Sarnia St. Patrick's	31.83m
4	Mitch McConnell	M	Medway High School	31.50m
5	Jakub Cholko	M	Philip Pocock	31.30m
6	Joe Fauteux	M	Sarnia St. Patrick's	30.87m
7	Brian Patch	M	Mississauga St. Paul	30.80m
8	Derek Balasin	M	Strathroy Holy Cross	29.97m
9	Marko Divjak		Guelph CVI	28.61m
10	Josh VanDeven	M	Strathroy DCI	27.35m
11	Preston Worsley	M	Sarnia St. Patrick's	26.69m
12	Kayne St. Marseille	M	Sarnia St. Patrick's	26.40m
13	Kinsey Stanley-Dafoe		St. Augustine S. S.	25.17m
14	Dylan Whitbread	M	Sarnia St.Clair	24.78m
15	Dan Howell	M	St. Augustine S. S.	24.76m
16	Kyle Dejong	M	London Christian	24.75m
17	Adam Waller	M	Sarnia St.Clair	24.35m
18	Tanner Rodd	M	Guelph J. F. Ross	21.95m
19	John Barry	M	St.Thomas St. Joe's	21.72m
20	Jonathan Timmons	M	St. Marcellinus	20.77m
21	Tavion Karelse	M	Lambton Central	20.73m
22	Trevor Rowe	M	Guelph CVI	18.94m
23	Sean Jenniskens	M	Lambton Central	18.82m
24	Tyler Tuff	M	St.Thomas Parkside	18.18m
	Brandon Silva	M	Strathroy Holy Cross	NM
	Kaz Cholocinski	M	Strathroy Holy Cross	NM

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Event 31 GIRLS Junior 100m Dash

START: 11:15am

Gold 12.84 / S- 13.34 / B-13.84

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

1	MacKenzie Johnson	J	London Laurier	12.50
2	Sara Costa	J	London Aquinas	13.24
3	Bailey Hutt	J	North Lambton	13.27
4	Alysha Newman	J	London Mother Teresa	13.41
5	Kayla Harrop	J	Hamilton Sherwood	13.85
6	Abbey Zamec	J	London South	13.87
7	Jillian Rops	J	Lambton Central	13.93
8	Janessa Laureano	J	Sarnia St. Patrick's	14.08
9	Amelia Manuik	J	Lambton Central	14.15
10	Brooke Howard	J	St.Thomas Parkside	14.24
11	Luba Sulypka	J	Mississauga St. Paul	14.39
12	Sara Tonogai	J	Hamilton Sherwood	14.42
13	Danielle Smarkala	J	Hamilton Sherwood	14.46
14	Danielle Gibbons	J	Brantford North Park	14.56
15	Audrey Clairman	J	Guelph CVI	14.69
15	Stefania Novoa	J	London Saunders	14.69
17	Natalie Billick	J	London Lucas	14.78
18	Jenny Lefaive	J	Sarnia Collegiate	14.91
19	Kristen Frizzell	J	London Aquinas	14.96
20	Lindsay Lacato	J	Mentor College	14.99
21	Kelly VanDergoot	J	London Christian	15.02
22	Allie Henderson	J	Hamilton Sherwood	15.12
23	Meridith Curtis	J	Mentor College	15.13
24	Lindsay Couture	J	London Aquinas	15.17
25	Jessica Soepboer	J	London Christian	15.23
26	Karen Ninan	J	Waterloo CI	15.31
27	Abi Martin	J	Saugeen District SS	15.44
28	Alexandra Klein	J	Waterloo CI	15.52
29	Carly Mundle	J	Guelph J. F. Ross	15.56
30	Teresa Simons	J	Waterloo CI	15.57
30	Jamey Aberhart	J	Sarnia Collegiate	15.57
32	Lexie Whyte	J	Cameron Heights	15.73
33	Courtney Axford	J	St.Thomas Parkside	15.78
34	Lauren Craik	J	Waterloo CI	16.47
35	Rosie Han	J	Cameron Heights	16.57
36	Rowan Hayward	J	Guelph J. F. Ross	16.58

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Event 32 BOYS Junior 100m Dash

START: 10:30am

Gold 11.64 / S- 12.04 / B-12.44

MEET RECORD:D'arcy Kay Saunders 10.80 1982

1	Morgan Walls	J	St. Augustine S. S.	11.85
2	Ben Kelly	J	Sarnia Collegiate	12.22
3	Alex Morgan	J	St.Thomas Parkside	12.27
4	Connor Hogg	J	London Aquinas	12.31
5	Nathan Hartwig		Medway High School	12.62
6	Austin Lanteigne	J	Sarnia St. Patrick's	12.63
7	Brandon Frietas	J	Strathroy Holy Cross	12.67
7	Christian Cavellini	J	Mississauga St. Paul	12.67
9	Sopheak Cheam	J	Hamilton Sherwood	12.77
10	Caleb Papineau-Medieros	J	London Aquinas	12.82
11	Dawson Elviage	J	Sarnia St.Clair	12.87
12	Harrison Priebe	J	London Aquinas	12.91
13	Ameer Usef	J	St. Augustine S. S.	12.95
14	Lawson Seddon	J	London Saunders	13.00
15	B.J. Wright	J	Guelph J. F. Ross	13.01
16	Steven Helps	J	Lambton Central	13.03
17	Blake Krzic	J	Strathroy Holy Cross	13.04
18	Shaun Wu	J	Guelph J. F. Ross	13.08
19	Molson Nguyen	J	Hamilton Sherwood	13.16
20	Matt Kok	J	Strathroy Holy Cross	13.17
21	Patrick Chen	J	Cameron Heights	13.19
22	Justin VanDendriesche	J	Strathroy Holy Cross	13.21
23	Cody Kellogg	J	St.Thomas Parkside	13.22
24	Justin Whyte	J	Guelph J. F. Ross	13.28
25	Ryan Galea	J	St. Marcellinus	13.34
26	Austin Mankal	J	London Saunders	13.35
27	Muraad Shah	J	Mentor College	13.39
28	Jacob Mehlenbacher	J	London Saunders	13.42
28	Darren Lindo	J	St. Marcellinus	13.42
30	Saranyn Senthlal	J	Mentor College	13.66
31	Kyle McKenzie	J	North Lambton	13.81
32	Sungwoo Park	J	Cameron Heights	13.91
33	Hrishikesh Suresh	J	Cameron Heights	14.14
34	Priyan Paul	J	Waterloo CI	14.35
35	Dalton Liwanpo	J	Lambton Central	14.80

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Event 33 GIRLS Junior 200m Dash

START: 4:30pm

Gold 26.24 / S- 27.54 / B- 28.24

MEET RECORD:Octavia Beckles Laurier 24.50 1990

1	MacKenzie Johnson	J	London Laurier	25.99
2	Sara Costa	J	London Aquinas	27.06
3	Jillian Rops	J	Lambton Central	28.03
4	Janessa Laureano	J	Sarnia St. Patrick's	28.18
5	Kayla Harrop	J	Hamilton Sherwood	28.28
6	Michelle Biffis	J	Guelph J. F. Ross	28.51
7	Brooke Howard	J	St.Thomas Parkside	29.58
8	Kristen Frizzell	J	London Aquinas	30.12
9	Rachel McNaughton	J	Medway High School	30.39
10	Lindsay Lacato	J	Mentor College	30.69
11	Stephanie Krall	J	Lambton Central	30.91
12	Meridith Curtis	J	Mentor College	31.71
13	Allie Henderson	J	Hamilton Sherwood	31.87
14	Lindsay Couture	J	London Aquinas	31.90
15	Jenny Lefaive	J	Sarnia Collegiate	32.11
16	Courtney Axford	J	St.Thomas Parkside	32.80
17	Carley MacIntryre	J	St.Thomas Parkside	33.07
18	Teresa Simons	J	Waterloo CI	33.09
19	Jamey Aberhart	J	Sarnia Collegiate	33.14
20	Lexie Whyte	J	Cameron Heights	33.96
21	Sarah Ashby	J	London Oakridge	34.18
22	Lauren Craik	J	Waterloo CI	34.48

23	Rosie Han	J	Cameron Heights	34.89
24	Alexa Hawksworth	J	Guelph J. F. Ross	35.14
25	Jessica Soepboer	J	London Christian	35.81
26	Brittany Wilson	J	London Oakridge	39.30

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Event 34 BOYS Junior 200m Dash

START: 5:10pm
 Gold 23.54 / S- 24.24 / B- 24.94
 # MEET RECORD:D'arcy Kay Saunders 21.60 1982

1	Morgan Walls	J	St. Augustine S. S.	23.52
1	Keegan Calder	J	Waterloo CI	23.52
3	Christian Cavellini	J	Mississauga St. Paul	24.65
4	Ryan Galea	J	St. Marcellinus	24.80
5	Alex Morgan	J	St.Thomas Parkside	24.82
6	Caleb Papineau-Medieros	J	London Aquinas	24.84
7	George Unsworth	J	Lambton Central	25.53
8	Stuart King	J	London Aquinas	25.66
9	Jacob Crombeen	J	London Mother Teresa	25.89
10	Ameer Usef	J	St. Augustine S. S.	25.98
11	Shaun Wu	J	Guelph J. F. Ross	26.17
12	B.J. Wright	J	Guelph J. F. Ross	26.80
13	Zac Brady	J	Guelph J. F. Ross	26.83
14	Austin Mankal	J	London Saunders	26.98
15	Muraad Shah	J	Mentor College	27.14
16	Saranyn Senthlal	J	Mentor College	27.54

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Event 35 GIRLS Junior 400m Run

START: 12:40pm
 Gold 60.24 / S- 63.24 / B- 66.24
 # MEET RECORD:Octavia Beckles Laurier 56.20 1990

1	Michelle Biffis	J	Guelph J. F. Ross	1:04.86
2	Karlana Lariviere	J	London Clarke Road	1:05.02
3	Darian Limb	J	Lambton Central	1:05.59
4	Brooke Howard	J	St.Thomas Parkside	1:07.90
5	Rachel McNaughton	J	Medway High School	1:08.85
6	Sara Tonogai	J	Hamilton Sherwood	1:09.77
7	Alexandra Labaj	J	Guelph J. F. Ross	1:11.71
8	Samantha Tsalikis	J	Mentor College	1:15.53
9	Alexa Hawksworth	J	Guelph J. F. Ross	1:20.23

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Event 36 BOYS Junior 400m Run

START: 12:05pm
 Gold 52.47 / S- 54.74 / B- 56.74
 # MEET RECORD:Liam Card Saugeen 49.50 1997

1	Keegan Calder	J	Waterloo CI	53.47
2	Sopheak Cheam	J	Hamilton Sherwood	55.05
3	Andrew Moser	J	Lord Dorchester	55.35
4	Corey Squires	J	St.Thomas Parkside	55.39
5	Stuart King	J	London Aquinas	56.78
6	Tyler Prong	J	North Lambton	57.21
7	Christian Cavellini	J	Mississauga St. Paul	57.33
8	Shane O'Halloran	J	London Aquinas	58.18
9	Matthew Heffernan	J	London Aquinas	59.40
10	Ameer Usef	J	St. Augustine S. S.	59.60
11	Nelson Gayman	J	Walkerton	1:00.62
12	Michael Deboer	J	Saugeen District SS	1:00.85
13	Austin Mankal	J	London Saunders	1:01.49
14	Ben Dressler	J	Central Huron	1:01.67
15	Matt Kok	J	Strathroy Holy Cross	1:02.42
16	Zac Brady	J	Guelph J. F. Ross	1:02.63
17	Blake Krzic	J	Strathroy Holy Cross	1:03.56
18	Aditya Priya	J	Cameron Heights	1:04.74
19	David Zhang	J	Waterloo CI	1:13.97

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Event 37 GIRLS Junior 800m Run

START: 3:20pm >1 turn stagger start

Gold 2:21.0 / S 2:28.0 / B 2:35.0

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

1	Darian Limb	J	Lambton Central	2:30.71
2	Amanda Hancock	J	St.Thomas Parkside	2:38.15
3	Reo Roland	J	Brantford North Park	2:40.11
4	Karlana Lariviere		London Clarke Road	2:42.67
5	Taryn-Lee Gutjahr	J	London Aquinas	2:50.17
6	Meridith Curtis	J	Mentor College	2:53.97
7	Kristen Pachal	J	Mentor College	2:56.00
8	Lauren Boyd	J	North Lambton	2:57.89
9	Nour Issa	J	Westminster	2:59.38
10	Julie Bolton	J	Lambton Central	3:01.53
11	Megan Barnes	J	Lambton Central	3:02.40
12	Courtney Thompson	J	North Lambton	3:07.28
13	Monique D'Arcy	J	Sarnia St. Patrick's	3:12.36
14	Heather Jantzi	J	Cameron Heights	3:22.81
15	Rowan Hayward	J	Guelph J. F. Ross	3:24.09

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Event 38 BOYS Junior 800m Run

START: 3:40pm >1 turn stagger start

Gold 2:03.0 / S 2:08.0 / B 2:13.0

MEET RECORD:Mike Thorson Saugeen 1:57.00 1998

1	Usama Ikram	J	Waterloo CI	2:07.20
2	Mike Gunn	J	London Oakridge	2:08.26
3	Stephen Krall	J	Lambton Central	2:17.37
4	Matthew Heffernan	J	London Aquinas	2:17.81
5	Riley Orchard		Medway High School	2:18.89
6	Shane O'Halloran	J	London Aquinas	2:19.83
7	Jeff Mah	J	Guelph J. F. Ross	2:23.11
8	Joshua Gordon	J	St. Marcellinus	2:24.59
9	Addison Morphy	J	London Aquinas	2:25.24
10	Josh Heuving	J	London South	2:27.85
11	Aditya Priya	J	Cameron Heights	2:30.20
12	Kyle Springer	J	London Lucas	2:30.47
13	Killian Power	J	Hamilton Sherwood	2:33.64
14	Collin VanDenheuvel	J	Sarnia St. Patrick's	2:33.78
15	Ben Kovacs	J	London Oakridge	2:37.89
16	Saranyan Senthlal	J	Mentor College	2:39.69
17	Kyle McKenzie	J	North Lambton	2:49.55

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Event 39 GIRLS Junior 1500m Run

START: 5:45pm

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

MEET RECORD:Jill Purola Huron Park 4:39.70 1980

1	Sarah Spottiswood	J	London Laurier	5:23.9
2	Reo Roland	J	Brantford North Park	5:34.6
3	Emilie Scheele	J	London Christian	5:52.5
4	Shaylynn McDonald	J	Lambton Central	5:54.0
5	Bianca Colcer	J	Waterloo CI	6:10.8

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Event 40 BOYS Junior 1500m Run

START: 6:15pm

Gold 4:10.0 / S 4:20.0 / B 4:30.0

MEET RECORD:Rob Morrison Saunders 4:02.00 1987

1	Logan Chappell	J	Saugeen District SS	4:28.2
2	Sam Foran	J	Woodstock St.Mary's	4:35.0
3	Usama Ikram	J	Waterloo CI	4:37.1
4	Greg Birdsell	J	St. Augustine S. S.	4:51.7
5	Josh Heuving	J	London South	5:03.3
6	Tyler Chuang	J	St. Marcellinus	5:04.4

7	Calvin Scott	J	London Aquinas	5:08.0
8	Nedim Smailovic	J	London Saunders	5:14.0
9	Connor Mathers	J	Lambton Central	5:30.8
10	Kyle Springer	J	London Lucas	5:41.6
11	Herie Sun	J	Waterloo CI	5:46.4
12	Nathaniel Trumble	J	Central Huron	5:47.8
13	David Zhang	J	Waterloo CI	5:49.5

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Event 41 GIRLS Junior 3000m Run

START: 1:30pm combined with Seniors
Gold 10:40.0 / S 11:05.0 / B 11:30.0
MEET RECORD:Jennifer McPeck South 9:55.40 1983

1	Jaclyn White	J	London Mother Teresa	10:55.1
2	Shannen Murray		Clinton St. Anne's	11:38.4
3	Sarah Spottiswood	J	London Laurier	11:53.8
4	Taylor Martin	J	Cameron Heights	11:56.1
5	Reo Roland	J	Brantford North Park	12:02.9
6	Shannon Goulden	J	Mentor College	12:13.2
7	Cara Coutts	J	Mississauga St. Paul	12:44.5
8	Megan Barnes	J	Lambton Central	12:45.5
9	Lauren Boyd	J	North Lambton	12:57.1
9	Kaitlyn Turk	J	Mississauga St. Paul	12:57.1
11	Ashley Hammerbacher	J	Waterloo CI	13:00.9
12	Julie Bolton	J	Lambton Central	13:17.1
13	Monique D'Arcy	J	Sarnia St. Patrick's	13:58.4
14	Heather Jantzi	J	Cameron Heights	14:59.3

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Event 42 BOYS Junior 3000m Run

START: 1:50pm
Gold 9:10.0 / S 9:35.0 / B 10:00.0
MEET RECORD:Chris Brewster CCH 8:39.00 1981

1	Logan Chappell	J	Saugeen District SS	9:57.1
2	Stephan Kelly	J	London Oakridge	10:19.4
3	Stephen Krall	J	Lambton Central	10:23.2
4	Jacob Chouinard	J	St.Thomas St. Joe's	10:25.9
5	Greg Birdsell	J	St. Augustine S. S.	10:33.1
6	Curtis Taylor	J	Central Huron	10:37.9
7	Deven McFadden	J	London Mother Teresa	10:43.1
8	Calvin Scott	J	London Aquinas	10:56.9
9	Daniel Thurner	J	St. Marcellinus	10:57.3
10	Nedim Smailovic	J	London Saunders	11:20.9
11	Callum Cottrell	J	Guelph CVI	11:47.5
12	Jesse McGregor	J	Lambton Central	12:00.2
13	Collin VanDenheuvel	J	Sarnia St. Patrick's	12:11.7
14	Nathaniel Trumble	J	Central Huron	12:36.1
15	Herie Sun	J	Waterloo CI	13:13.3

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Event 43 GIRLS Junior 80m Hurdles

START: 2:55pm > 8 hurdles
12m to H-1 > 8m between > 76cm ht
Gold 12.74 / S- 13.24 / B- 14.24
MEET RECORD:Jessica Zelinka Banting 11.20 1998

1	Hannah Molzan	J	Lambton Central	13.75
2	Jilleen VanLeerzem	J	Lambton Central	13.81
3	Adrienne Wise	J	Central Huron	14.77
4	Kaylin Cornelius	J	London Oakridge	15.19
5	Sarah Dolmage	J	Central Huron	15.36
6	Stefania Novoa	J	London Saunders	16.37
7	S'Ine Frederick	J	St.Thomas St. Joe's	16.53
8	Kira McGrath	J	Mentor College	16.68
9	Laura D'Ariano	J	London Oakridge	16.82
10	Shelby Dash	J	London Oakridge	16.95
11	Karen Neely	J	London Saunders	17.03
12	Meghan Boyde	J	Mentor College	17.63

13	Sarah Ashby	J	London Oakridge	17.67
14	Jasmine Kennedy	J	Central Huron	17.71
15	Sophie Kou	J	Waterloo CI	19.08
16	Dayna Nguyen	J	London Oakridge	19.51
17	Brittany Wilson	J	London Oakridge	20.12

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Event 44 BOYS Junior 100m Hurdles

START: 2:30pm > 10 hurdles
 13m to H-1>8.5m between >91.4cm ht
 Gold 15.04 / S- 15.64 / B- 16.24
 # MEET RECORD:Andrew Graham Banting 14.10 2006

1	Michael Gray	J	Lambton Central	15.49
2	Connor Hogg	J	London Aquinas	15.88
3	Tye Callahan	J	London Saunders	16.19
4	Shaun Wu	J	Guelph J. F. Ross	16.89
5	Jayce Dunlop	J	Saugeen District SS	17.71
6	Jacob Crombeen	J	London Mother Teresa	18.29
7	Eric Friedel	J	Waterloo CI	18.78
8	Caleb Papineau-Medieros	J	London Aquinas	18.95
9	Austin VanHeck	J	Strathroy Holy Cross	19.76
10	Robbie Borsi	J	Cameron Heights	20.91

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Event 45 GIRLS Junior 300m Hurdles

START: 8:40am 7 hurdles
 50m to H-1 > 35m between >76cm ht
 Gold 46.74 / S- 49.74 / B- 52.24
 # MEET RECORD:Jessica Zelinka Banting 43.00 1998

1	Jilleen VanLeerzem	J	Lambton Central	49.13
2	Samantha Dalgleish	J	London JPII	50.97
3	Amanda Hancock	J	St.Thomas Parkside	52.38
4	Adrienne Wise	J	Central Huron	52.63
5	Kaylin Cornelius	J	London Oakridge	53.23
6	Ambika Opal	J	Cameron Heights	56.13
7	Amelia Grail	J	London Aquinas	57.06
8	Kristen Frizzell	J	London Aquinas	57.51
9	Amy VanDenendye	J	Lambton Central	57.96
10	Danielle Gibbons	J	Brantford North Park	58.04
11	S'Ine Frederick	J	St.Thomas St. Joe's	1:01.69
12	Sophie Kou	J	Waterloo CI	1:11.64

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Event 46 BOYS Junior 300m Hurdles

START: 9:10am 7 hurdles
 50m to H-1 > 35m between >84cm ht
 Gold 42.74 / S- 45.24 / B- 48.24
 # MEET RECORD:C. McFarlane Bluevale '90 J.Hollingworth PCI 39.40 '96

1	Michael Gray	J	Lambton Central	42.83
2	Corey Squires	J	St.Thomas Parkside	43.64
3	Andrew Moser	J	Lord Dorchester	45.61
4	Jeff Mah	J	Guelph J. F. Ross	46.04
5	George Unsworth	J	Lambton Central	46.81
6	Michael Deboer	J	Saugeen District SS	48.06
7	Russell MacMillan	J	Saugeen District SS	49.59
8	Robbie Borsi	J	Cameron Heights	52.85
9	Evan Wright	J	Guelph J. F. Ross	53.33
10	Austin VanHeck	J	Strathroy Holy Cross	55.11

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Event 47 GIRLS Junior High Jump

START: 10:30am
 Gold 1.58m /Silver 1.54m /Br 1.50m
 # MEET RECORD:Lisa DeVries Lucas 1.76 1985

1	Julie Ann Milling	J	Ingersoll	1.50m
2	Kathryn Broadbelt	J	Waterloo CI	1.50m

3	Stephanie Krall	J	Lambton Central	1.35m
4	Abi Martin	J	Saugeen District SS	1.35m
5	Kaitlyn Jacklin	J	Waterloo CI	1.35m
5	Jilleen VanLeerzem	J	Lambton Central	1.35m
5	Kim Finnie	J	Saugeen District SS	1.35m
8	Hannah Molzan	J	Lambton Central	1.35m
9	Brianna Taylor	J	London Oakridge	1.35m
10	Jessica Carter	J	Sarnia St.Clair	1.30m
10	Sarah Backes	J	London Saunders	1.30m
12	Amanda Micallef	J	Guelph J. F. Ross	1.30m
13	Madeleine Anderson	J	Guelph J. F. Ross	1.25m
14	Meghan Boyde	J	Mentor College	1.20m
	Lindsay Lacato	J	Mentor College	NM

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Event 48 BOYS Junior High Jump

START: 12:30pm
 Gold 1.85m /Silver 1.80m /Br 1.75m
 # MEET RECORD:Mat West Walkerton 1.97 2009

1	Scott Campbell	J	Lambton Central	1.85m
2	Tyler Prong	J	North Lambton	1.80m
3	Sam McGuire	J	Lambton Central	1.65m
4	Calvin Diep	J	St. Marcellinus	1.60m
4	Steven Riosa	J	London Christian	1.60m
6	Steven Helps	J	Lambton Central	1.55m
6	Cody Salomons	M	London Christian	1.55m
8	Brandon Leckie	J	Lambton Central	1.50m
8	Evan Wright	J	Guelph J. F. Ross	1.50m
	Blaine Costas	J	St. Marcellinus	NM

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Event 49 GIRLS Junior Pole Vault

START: 9:00am
 Gold 3.25m / S- 2.90m / B- 2.70m

1	Alysha Newman	J	London Mother Teresa	3.65m
2	Sophie Bauer	J	London Saunders	2.50m
3	Jenn Christie	J	London Saunders	2.10m

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Event 50 BOYS Junior Pole Vault

START:U3m >10:30am/ O3m >12:30pm
 Under 3m> G- 3.10m S-2.90m B-2.70m
 Over 3m> G- 3.80m S-3.60m B- 3.40m
 # MEET RECORD:Mike Nolan Dorchester 4.26 1991

1	Nic Hoediono	J	Waterloo Sir J.A. Ma	3.55m
2	Justin Fickling	J	Goderich DCI	2.80m
2	Emil Larsson	J	Waterloo Sir J.A. Ma	2.80m
4	Addison Morphy	J	London Aquinas	2.20m
4	Calvin Diep	J	St. Marcellinus	2.20m
	Tyler Chuang	J	St. Marcellinus	NM
	Brad Kuiack	J	London Oakridge	NM

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Event 51 GIRLS Junior Long Jump

START: 2:00pm
 Gold 5.15m / S- 4.95m / B- 4.75m
 # MEET RECORD:Jasmin Kerr London South 5.48 2009

2	Harley Crawford	J	Sarnia St. Patrick's	99999.77m#
3	Katie Broadworth	J	Guelph J. F. Ross	99999.77m#
4	Madeleine Anderson	J	Guelph J. F. Ross	99999.77m#
5	Danielle Prapavessis	J	London Lucas	99999.77m#
6	Sydney Eaton	J	London Oakridge	99999.77m#
7	Mikaela VanDenheuvel	J	Medway High School	99999.77m#
8	Taylor Vokes	J	Lambton Central	99999.77m#
9	Kristina Kettlewell	J	Guelph J. F. Ross	99999.77m#
10	Janelle Durrer	J	London Christian	99999.77m#

11	Kendall Montieth	J	St. Marcellinus	99999.77m#
12	MacKenzie Johnson	J	London Laurier	99999.77m#
13	Anja Gorrie	J	Waterloo CI	99999.77m#
14	Karolina Fila	J	Philip Pocock	99999.77m#
15	Nicole Maylor	J	Philip Pocock	99999.77m#
16	Trang Be	J	Cameron Heights	99999.77m#
17	Allie Smith	J	Waterloo CI	2.30m
18	Gunjan Marwah	J	Waterloo CI	3.25m
19	Kaitlyn Jacklin	J	Waterloo CI	3.28m
19	Shelby Dash	J	London Oakridge	3.28m
21	Jamey Aberhart	J	Sarnia Collegiate	3.29m
22	Kelly VanDergoot	J	London Christian	3.33m
23	Kristen Pachal	J	Mentor College	3.34m
23	Sara Costa	J	London Aquinas	3.34m
23	Ambika Opal	J	Cameron Heights	3.34m
26	Erin Toth	J	Lambton Central	3.35m
27	Carly Mundle	J	Guelph J. F. Ross	3.43m
28	Courtney Thompson	J	North Lambton	3.47m
29	Abi Martin	J	Saugeen District SS	3.57m
30	Danielle Smarkala	J	Hamilton Sherwood	3.59m
31	Kira McGrath	J	Mentor College	3.64m
32	Alana Archer	J	St. Marcellinus	3.66m
32	Carley MacIntryre	J	St.Thomas Parkside	3.66m
34	Stefania Novoa	J	London Saunders	3.70m
35	Kristen Frizzell	J	London Aquinas	3.83m
35	Alexandra Klein	J	Waterloo CI	3.83m
37	Yasmin Baksh	J	London South	3.93m
37	Jessica Soepboer	J	London Christian	3.93m
39	Alexandra Labaj	J	Guelph J. F. Ross	3.94m
40	Kim Finnie	J	Saugeen District SS	3.95m
41	Caleigh Welten	J	Lambton Central	3.97m
41	Tiffany Gordon	J	St. Marcellinus	3.97m
43	Samantha Tsalikis	J	Mentor College	4.02m
44	Jenny Lefaive	J	Sarnia Collegiate	4.07m
45	Anne Stokes	J	London South	4.12m
46	Janessa Laureano	J	Sarnia St. Patrick's	4.19m
47	Natalie Billick	J	London Lucas	4.24m
47	Abbey Zamec	J	London South	4.24m
49	Kayla Harrop	J	Hamilton Sherwood	4.42m
50	Kendra Stirling	J	London Oakridge	4.56m
51	Meagan Mallough	J	London Mother Teresa	4.62m
52	Christy Cornell	J	London Saunders	4.68m
53	Hannah Molzan	J	Lambton Central	4.69m
54	Julie Ann Milling	J	Ingersoll	4.76m
55	Brianna Taylor	J	London Oakridge	4.98m

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Event 52 BOYS Junior Long Jump

START: 12:30pm

Gold 6.15m / S- 5.90m / B- 5.70m

MEET RECORD:Paul Whitty Saunders 6.69 1999

1	Morgan Walls	J	St. Augustine S. S.	5.81m
2	Steven Riosa	J	London Christian	5.66m
3	Keegan Calder	J	Waterloo CI	5.62m
4	Lukas Jeffery	J	Lambton Central	5.53m
5	Tyler Coleman	J	Strathroy DCI	5.50m
6	Graham Silcox	J	St.Thomas Parkside	5.39m
7	Brandon Leckie	J	Lambton Central	5.36m
8	Ben Kelly	J	Sarnia Collegiate	5.33m
9	Derek Blonsky	J	Lambton Central	5.32m
10	Riley Orchard	J	Medway High School	5.27m
11	Ben Dressler	J	Central Huron	5.06m
11	Patrick Chen	J	Cameron Heights	5.06m
13	George Unsworth	J	Lambton Central	5.03m
14	Andrew Moser	J	Lord Dorchester	4.92m
15	Harrison Priebe	J	London Aquinas	4.91m
16	Muraad Shah	J	Mentor College	4.66m
17	Robert Prelich	J	Mississauga St. Paul	4.57m
18	Eric Friedel	J	Waterloo CI	4.54m

19	Joshua Callaghan	J	London Mother Teresa	4.53m
19	Zach Annen	J	St.Thomas Parkside	4.53m
21	Massimo Valenzano	J	Mississauga St. Paul	4.43m
22	Darren Lindo	J	St. Marcellinus	4.33m
23	Evan Wright	J	Guelph J. F. Ross	4.22m
	Daniel Hahn	J	Guelph J. F. Ross	NM
	Austin Lanteigne	J	Sarnia St. Patrick's	NM

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Event 53 GIRLS Junior Triple Jump

START: 10:30am

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

MEET RECORD:Anita Schipper London Christian 10.74 2003

1	Leah De Los santos	J	Cameron Heights	10.18m
2	Kendall Montieth	J	St. Marcellinus	10.15m
3	Kendra Stirling	J	London Oakridge	9.86m
4	Abbey Zamec	J	London South	9.58m
5	Adrienne Wise	J	Central Huron	9.51m
6	Sydney Eaton	J	London Oakridge	9.31m
7	Luba Sulypka	J	Mississauga St. Paul	9.04m
8	Stephanie Krall	J	Lambton Central	8.90m
9	Hayley Podilinsky	J	Lambton Central	8.80m
10	Carly Bourque	J	Lambton Central	8.66m
11	Kelly VanDergoot	J	London Christian	8.26m
12	Stefania Novoa	J	London Saunders	8.20m
13	S'Ine Frederick	J	St.Thomas St. Joe's	8.09m
14	Kristen Pachal	J	Mentor College	7.66m
15	Carly Mundle	J	Guelph J. F. Ross	7.64m
16	Alana Archer	J	St. Marcellinus	7.61m
17	Lizzy Jacob-Goldman	J	Westminster	7.31m
	Lexie Whyte	J	Cameron Heights	NM
	Alexandra Klein	J	Waterloo CI	NM
	Gunjan Marwah	J	Waterloo CI	NM

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Event 54 BOYS Junior Triple Jump

START: 10:30am

Gold 12.50m /S- 12.15m / B- 11.80m

MEET RECORD:Christian Collarile St.Marcellinius 12.95 2009

1	Steven Riosa	J	London Christian	12.13m
2	Riley Orchard	J	Medway High School	11.75m
3	Tyler Prong	J	North Lambton	11.72m
4	Ben Kelly	J	Sarnia Collegiate	11.54m
5	Lukas Jeffery	J	Lambton Central	11.30m
6	Derek Blonsky	J	Lambton Central	11.23m
7	Tyler Coleman	J	Strathroy DCI	11.20m
8	Michael Gray	J	Lambton Central	11.10m
9	Ricky Brown	J	St. Marcellinus	10.63m
10	Patrick Chen	J	Cameron Heights	10.60m
11	Massimo Valenzano	J	Mississauga St. Paul	10.48m
12	Robert Prelich	J	Mississauga St. Paul	10.29m
13	Joshua Callaghan	J	London Mother Teresa	9.42m

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Event 55 GIRLS Junior Shot Put

START: 10:15am > Weight 4kg

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

MEET RECORD:Megan Weaver Lucas 13.29 2003

1	Brindley Jantzi	J	Stratford Central	10.88m
2	Andrea Picco	J	St. Marcellinus	10.21m
3	Bailey Hutt	J	North Lambton	9.64m
4	Christie Robertson	J	Saugeen District SS	9.18m
5	Caleigh Welten	J	Lambton Central	8.32m
6	Kate Turner	J	Lambton Central	8.09m
7	Brooke Hoxar	J	Lord Dorchester	7.70m
8	Katie Costello	J	London Oakridge	7.57m
9	Erica Genova	J	St. Marcellinus	7.45m

10	Danielle Picariello	J	Philip Pocock	7.42m
11	Emily Marino	J	St. Marcellinus	7.39m
12	Christa Sol	J	London Christian	6.83m
13	Karli Kilmer	J	Sarnia St. Patrick's	6.77m
14	Trang Be	J	Cameron Heights	6.54m
15	Kristina Kettlewell	J	Guelph J. F. Ross	6.46m
16	Janelle McLean	J	Lambton Central	6.44m
17	Cindy Xayavong	J	Cameron Heights	6.30m
18	Ally Austin	J	London Aquinas	5.83m
19	Sarah Runnalls	J	Strathroy Holy Cross	5.65m
20	Tia Vyn	J	London Christian	5.45m

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Event 56 BOYS Junior Shot Put

SRART: 2:00pm > Weight 4kg
 Gold 15.50m /S- 15.00m / B- 14.00m
 # MEET RECORD:Fraser Clarke St. Thomas Aquinas 17.18 1997

1	Zach Mallough	J	London Mother Teresa	16.28m
2	Daniel Polinski	J	Philip Pocock	14.28m
3	Austin Lanteigne	J	Sarnia St. Patrick's	13.61m
4	Charles Nyugen	J	St.Thomas St. Joe's	13.53m
5	Cameron Donaghey	M	Mississauga St. Paul	12.65m
6	Nicholas Wasylyk	J	Philip Pocock	12.55m
7	Eric Goforth	J	London Christian	12.22m
8	Teo Vietri	J	St. Marcellinus	12.06m
9	Carter Noll	J	Lambton Central	11.95m
10	Jeff Sleaford	J	Lambton Central	11.90m
11	Andrew Cullen		Medway High School	11.38m
12	Bronson Smart	J	Strathroy Holy Cross	11.31m
13	Aaron Sisson	J	Sarnia St. Patrick's	11.11m
14	Dawson Elviage	J	Sarnia St.Clair	11.08m
15	Bogdan Chaban	J	Philip Pocock	11.02m
16	Brandon Frietas	J	Strathroy Holy Cross	10.92m
17	Jeremy Devries	J	London Christian	10.79m
18	Aaron Smith	J	Strathroy Holy Cross	10.78m
19	Dalton Liwanpo	J	Lambton Central	10.65m
20	Kevin Kiezun	J	Philip Pocock	10.60m
21	Sam McGuire	J	Lambton Central	10.14m
22	Braden Litt	J	Sarnia St.Clair	10.07m
23	Nelson Gayman	J	Walkerton	10.05m
24	Daniel Hahn	J	Guelph J. F. Ross	9.74m
25	Mat Forbes	J	London Oakridge	9.33m
26	Cody Salomons	M	London Christian	9.10m
27	Nick Hivon	J	Guelph J. F. Ross	8.92m
28	Ayush Kumar	J	Waterloo CI	8.72m

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Event 57 GIRLS Junior Discus Throw

START: 12:45pm > Weight 1kg
 Gold 31.50m /S- 30.75m /B- 30.00m
 # MEET RECORD:Julie Lisle F.E. Madill 39.30 1994

1	Christie Robertson	J	Saugeen District SS	32.96m
2	Brindley Jantzi	J	Stratford Central	29.31m
3	Katie Costello	J	London Oakridge	27.19m
4	Kate Turner	J	Lambton Central	24.15m
5	Kalena Tomlinson	J	Saugeen District SS	20.35m
6	Caleigh Welten	J	Lambton Central	20.20m
7	Andrea Picco	J	St. Marcellinus	19.96m
8	Tiffany Pauls	J	Waterloo CI	19.79m
9	Emily Marino	J	St. Marcellinus	19.31m
10	Maria Sequera	J	London Mother Teresa	18.90m
11	Jenn Christie	J	London Saunders	18.11m
12	Rebecca Lahey	J	Strathroy Holy Cross	18.03m
13	Christa Sol	J	London Christian	17.72m
14	Karli Kilmer	J	Sarnia St. Patrick's	17.53m
15	Ally Austin	J	London Aquinas	17.01m
16	Amy VanDenendye	J	Lambton Central	16.79m
17	Brooke Hoxar	J	Lord Dorchester	16.53m

18	Jessica Carter	J	Sarnia St.Clair	15.19m
19	Cindy Xayavong	J	Cameron Heights	15.14m
20	Shailea Noel	J	London Mother Teresa	14.90m
21	Tia Vyn	J	London Christian	12.49m
22	Sandeep Manku	J	Waterloo CI	11.27m
	Emily Reid	J	St.Thomas Parkside	NM

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Event 58 BOYS Junior Discus Throw

START: 3:15pm > Weight 1kg
 Gold 50.00m /S- 47.00m /B- 44.00m
 # MEET RECORD:Zack Ford Banting 53.62 2006

1	Thomas Godwin	J	Saugeen District SS	47.28m
2	Jayce Dunlop	J	Saugeen District SS	41.69m
3	Daniel Polinski	J	Philip Pocock	41.19m
3	Zach Mallough	J	London Mother Teresa	41.19m
5	Nicholas Wasylyk	J	Philip Pocock	40.32m
6	Carter Noll	J	Lambton Central	38.56m
7	Kevin Kiezun	J	Philip Pocock	38.09m
8	Ben Sayles	J	St. Augustine S. S.	35.80m
9	Nelson Gayman	J	Walkerton	35.54m
10	Bronson Smart	J	Strathroy Holy Cross	35.05m
11	Jeff Sleaford	J	Lambton Central	33.19m
12	Charles Nyugen	J	St.Thomas St. Joe's	33.01m
13	Justin VanDendriesche	J	Strathroy Holy Cross	32.89m
14	Loren Dobransky	J	London Mother Teresa	32.61m
15	Eric Goforth	J	London Christian	31.30m
16	Matt Kok	J	Strathroy Holy Cross	30.48m
17	Zach Annen	J	St.Thomas Parkside	29.10m
18	Cody Wuytenberg	J	Strathroy Holy Cross	28.47m
19	Bogdan Chaban	J	Philip Pocock	28.35m
20	Hrishikesh Suresh	J	Cameron Heights	28.10m
21	Mat Forbes	J	London Oakridge	27.38m
22	Ayush Kumar	J	Waterloo CI	26.64m
23	Sungwoo Park	J	Cameron Heights	25.84m
24	Ryan Woods	J	Waterloo CI	25.65m
25	Andrew Cullen		Medway High School	25.36m
26	James Johnson	J	Lambton Central	24.82m
27	Mitchell Weishar	J	Cameron Heights	23.46m
28	Scott Campbell	J	Lambton Central	23.37m
29	Nick Hivon	J	Guelph J. F. Ross	23.25m
30	Brad Kroesbergen	J	London Christian	22.02m
	Jamie Plaetzer	J	Central Huron	NM

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Event 59 GIRLS Junior Javelin Throw

START: 3:15pm > Weight 600gm
 Gold 33.00m / S- 32.00m /B- 31.00m
 # MEET RECORD:Bobbi Arnett St.Thomas Parkside 43.58 1997

1	Sophie Bauer	J	London Saunders	27.52m
2	Kenisha Ross	J	St. Marcellinus	25.91m
3	Brindley Jantzi	J	Stratford Central	25.54m
4	Janelle McLean	J	Lambton Central	25.26m
5	Amanda Micallef	J	Guelph J. F. Ross	25.05m
6	Kalena Tomlinson	J	Saugeen District SS	24.86m
7	Amelia Manuik	J	Lambton Central	22.03m
8	Erin Toth	J	Lambton Central	21.86m
9	Tiffany Pauls	J	Waterloo CI	21.67m
10	Brooke Anderson	J	Medway High School	20.68m
11	Tiffany Gordon	J	St. Marcellinus	19.54m
12	Alexandra Labaj	J	Guelph J. F. Ross	18.72m
13	Rebecca Lahey	J	Strathroy Holy Cross	18.55m
14	Karen Ninan	J	Waterloo CI	16.22m
15	Amelia Grail	J	London Aquinas	15.36m

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Event 60 BOYS Junior Javelin Throw

START: 10:15am > Weight 600gm

Gold 49.00m / S- 45.00m /B- 41.00m
MEET RECORD:Wiley Collins Westminster 59.86 2006

1	Thomas Godwin	J	Saugeen District SS	50.44m
2	Nolan Anderson	J	London Mother Teresa	48.49m
3	Isaiah Mels	J	Westminster	45.46m
4	Austin Lanteigne	J	Sarnia St. Patrick's	44.08m
5	Russell MacMillan	J	Saugeen District SS	42.88m
6	Cody Wuytenberg	J	Strathroy Holy Cross	42.35m
7	Cody Kellogg	J	St.Thomas Parkside	41.52m
8	Jeff Sleaford	J	Lambton Central	39.68m
9	Jared Bos	J	London Christian	39.08m
10	Patrick Lebrun	J	Westminster	38.90m
11	Dawson Elviage	J	Sarnia St.Clair	37.74m
12	Jacob Crombeen	J	London Mother Teresa	37.14m
13	Jeremy Devries	J	London Christian	36.90m
14	Tye Callahan	J	London Saunders	35.76m
15	Bronson Smart	J	Strathroy Holy Cross	35.52m
16	Steven Helps	J	Lambton Central	35.38m
17	Ben Sayles	J	St. Augustine S. S.	35.05m
18	Braden Litt	J	Sarnia St.Clair	33.03m
19	Loren Dobransky	J	London Mother Teresa	31.73m
20	Zach Annen	J	St.Thomas Parkside	31.43m
21	Daniel Polinski	J	Philip Pocock	30.60m
22	Ayush Kumar	J	Waterloo CI	30.23m
23	Aaron Smith	J	Strathroy Holy Cross	29.54m
24	Nelson Gayman	J	Walkerton	29.48m
25	Andrew Dewit	J	London Christian	29.36m
26	Andrew Cullen	J	Medway High School	29.33m
27	Jamie Plaetzer	J	Central Huron	29.12m
28	Ryan Woods	J	Waterloo CI	26.29m
29	Graham Silcox	J	St.Thomas Parkside	26.28m
30	Dalton Liwanpo	J	Lambton Central	25.53m
31	Robbie Borsi	J	Cameron Heights	25.50m
32	Michael Deboer	J	Saugeen District SS	22.58m
33	Mike Noehammer	J	Philip Pocock	22.53m
34	Nicholas Wasylyk	J	Philip Pocock	20.66m
	Nick Hivon	J	Guelph J. F. Ross	NM
	Jack Sweeney	J	Cameron Heights	NM
	James Johnson	J	Lambton Central	NM
	Molson Nguyen	J	Hamilton Sherwood	NM

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Event 61 GIRLS Senior 100m Dash

START: 11:25am

Gold 12.74 / S- 13.14 / B- 13.64

MEET RECORD:Lisa Keunemans Bluevale 11.90 1987

1	Cassandra Pascal	S	St. Marcellinus	12.63
2	Brittany Lewis	S	Sarnia St.Clair	13.19
3	Caitlyn MacMillan	S	Saugeen District SS	13.28
4	Monique Genard	S	St. Marcellinus	13.41
5	Katie Butterwick	S	St.Thomas Parkside	13.44
6	Amy Wilson	S	North Lambton	13.57
7	Kara Moran	S	Sarnia St. Patrick's	13.88
8	Hien Ngo	S	London Mother Teresa	13.91
9	Mary Stoesser	S	Sarnia St. Patrick's	13.93
10	T.J. Little	S	North Lambton	14.00
11	Chelsey Filewood	S	St.Thomas Parkside	14.02
12	Caitlyn Campbell	S	St.Thomas St. Joe's	14.05
13	Carolyn VanDerploeg	S	Medway High School	14.08
14	Kartlyn Flannigan	S	Medway High School	14.09
15	Tori Richard	S	Sarnia St.Clair	14.18
16	Laurenne Braunch	S	Medway High School	14.37
17	Chanel Williams	S	Hamilton Sherwood	14.43
18	Sarah Veens	S	North Lambton	14.45
19	Jennie Cork	S	Medway High School	14.52
20	Vanessa Taylor	S	Ingersoll	14.53
21	Amber Albert	S	Strathroy DCI	14.81
22	Chelsea Delaurier	S	Lambton Central	14.87

22	Jessica Wilson	S	Ingersoll	14.87
24	Haleigh Lovell	S	Sarnia Collegiate	15.08
25	Amanda Cork	S	Medway High School	15.12
26	Christina Veens	S	North Lambton	15.24
27	Kristen Dorey	S	London Mother Teresa	15.29
28	Amanda Linseman	S	Waterloo CI	15.60
29	Lakyn McPhail	S	Lambton Central	15.79
30	Kate Heer	S	Hamilton Sherwood	15.80
31	Lindsay Bell	S	Waterloo CI	16.13
32	Paige Trudegeon	S	Medway High School	16.48
33	Alyssa Blackmore	S	Lambton Central	16.56
34	Alanna Roy	S	Central Huron	17.12

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Event 62 BOYS Senior 100m Dash

START: 10:40am

Gold 11.44 / S- 11.84 / B- 12.14

MEET RECORD:Kevin Butcher Chatham-Kent Duane Clement St.Bdt 10.70 19

1	Brandyn Martineau	S	London Mother Teresa	11.26
2	Raymond Thomas	S	Philip Pocock	11.57
3	Charlie Sutton	S	Guelph J. F. Ross	11.59
4	Jonathan Clarke	S	St. Marcellinus	11.76
4	Felipe Granja	S	London Aquinas	11.76
6	Daniel Posliff	S	Strathroy Holy Cross	11.86
7	Mario Huzevka	S	Lambton Central	11.89
8	Cody McPhail	S	Lambton Central	11.92
9	Colin Sullivan	S	Sarnia St. Patrick's	12.01
10	Scott Potenza	S	Strathroy Holy Cross	12.08
11	Sean Edwards	S	Hamilton Sherwood	12.09
12	Adam Kobernski	S	Waterloo CI	12.11
13	Colin Bokhout	S	Central Huron	12.12
14	Dom Dipaulo	S	Sarnia St. Patrick's	12.21
15	Luke Harrison	S	Central Huron	12.24
16	Travis Ryan	S	London Lucas	12.40
17	Alex Bogorin	S	London Aquinas	12.41
18	Brandon Potter	S	Medway High School	12.47
19	Tamur Shah	S	Mentor College	12.48
20	Taylor Patterson	S	Medway High School	12.51
20	Travis Rhee	S	Medway High School	12.51
20	Joel Acton	S	Sarnia St. Patrick's	12.51
23	Erik Reid	S	Medway High School	12.52
24	Jesse Smith	S	London Aquinas	12.55
25	Brandon Thwaites	S	Cameron Heights	12.57
26	Keegan Marr	S	Medway High School	12.58
26	Ricky Prestage	S	St.Thomas St. Joe's	12.58
26	Brendan Butler	S	Lambton Central	12.58
29	Mike Lucier	S	North Lambton	12.59
30	Ben McNaughton	S	Medway High School	12.70
31	Adnan Shahid	S	Philip Pocock	12.75
32	Errol Stewart	S	Hamilton Sherwood	12.79
32	Kyle Sookal	S	St.Thomas Parkside	12.79
34	Jake McAlister	S	Strathroy Holy Cross	12.81
35	James Ngo	S	Mentor College	12.82
36	Hamza Farooq	S	Philip Pocock	12.83
36	Stephan Nicholson	S	London Aquinas	12.83
38	Chris Aitken	S	Lambton Central	12.90
39	Terrance Devries	S	Guelph J. F. Ross	13.04
40	Vahid Biabani	S	Guelph CVI	13.14
41	Travis Allen	S	Waterloo CI	13.25
42	Greg Loughrin	S	Guelph CVI	13.31
43	Hurray Weng	S	Mentor College	13.40
44	Theron Hankinson	S	Strathroy Holy Cross	13.43
45	Ryan Spice	S	London Saunders	13.50
46	Kyle Paul	S	Cameron Heights	13.55
47	Sam Zajdlik	S	Guelph J. F. Ross	13.59
48	Ethan Jordan	S	Sarnia Collegiate	13.85
49	Vishal Singh	S	Waterloo CI	14.24
50	Aaron Zink	S	Waterloo CI	14.39
51	Greg Sixt	S	Waterloo CI	14.44

52	Zach Knight	S	Sarnia St. Patrick's	14.54
53	Steve Simons	S	Guelph J. F. Ross	14.68
54	Brendan Shannon	S	London Aquinas	15.69
55	Stephen Andebirhan	S	London Aquinas	15.76
56	Ian VanHeteren	S	Strathroy DCI	18.58

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Event 63 GIRLS Senior 200m Dash

START: 4:45pm

Gold 25.74 / S- 26.74 / B- 27.74

MEET RECORD:Val Beckles Laurier 24.40 1988

1	Brittany Lewis	S	Sarnia St.Clair	26.27
2	Caitlyn MacMillan	S	Saugeen District SS	26.56
3	Katie Butterwick	S	St.Thomas Parkside	26.81
4	Amy Grzywnowicz	S	London Mother Teresa	27.11
5	Rita Rudell	S	Peninsula Shores	27.30
6	Jennifer Barbon	S	London Mother Teresa	27.65
7	Krista Sipprell	S	London South	27.72
8	Carolyn VanDerploeg	S	Medway High School	27.77
9	Kartlyn Flannigan	S	Medway High School	28.15
10	Kristen Arsenault	S	London Mother Teresa	28.43
11	Kim Ross	S	Sarnia St.Clair	29.13
11	Kara Moran	S	Sarnia St. Patrick's	29.13
13	Laurenne Braunch	S	Medway High School	29.54
14	Amber Albert	S	Strathroy DCI	29.80
15	Michelle Tavares	S	St. Marcellinus	29.81
16	Jennie Cork	S	Medway High School	29.89
17	Jen Chamberlain	S	St.Thomas Parkside	30.08
18	Michelle MacRae	S	Lambton Central	30.17
19	Tori Richard	S	Sarnia St.Clair	30.32
20	Amanda Cork	S	Medway High School	30.49
21	Kristen Dorey	S	London Mother Teresa	30.90
22	Haleigh Lovell	S	Sarnia Collegiate	31.33
23	Lakyn McPhail	S	Lambton Central	33.22
24	Danielle Salhanha	S	London Aquinas	35.44

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Event 64 BOYS Senior 200m Dash

START: 5:15pm

Gold 22.74 / S- 23.24 / B- 24.04

MEET RECORD:Liam Card Saugeen 21.30 1998

1	Brandyn Martineau	S	London Mother Teresa	22.88
2	Felipe Granja	S	London Aquinas	22.93
3	Daniel Posliff	S	Strathroy Holy Cross	23.97
4	Scott Potenza	S	Strathroy Holy Cross	24.54
5	Cody McPhail	S	Lambton Central	24.74
6	Jonathan Clarke	S	St. Marcellinus	24.76
7	Colin Bokhout	S	Central Huron	24.82
8	Sean Edwards	S	Hamilton Sherwood	24.90
9	Greg Staeger	S	London Aquinas	24.98
10	Alex Bogorin	S	London Aquinas	24.99
11	Erik Reid	S	Medway High School	25.00
12	Taylor Patterson	S	Medway High School	25.05
13	Jesse Smith	S	London Aquinas	25.07
14	Travis Ryan	S	London Lucas	25.16
15	Stephan Nicholson	S	London Aquinas	25.17
16	Dom Dipaulo	S	Sarnia St. Patrick's	25.35
17	Tamur Shah	S	Mentor College	25.54
18	Jake McAlister	S	Strathroy Holy Cross	25.57
19	Ben McNaughton	S	Medway High School	25.63
20	Travis Rhee	S	Medway High School	25.74
21	Mitchell Donnan	S	London Aquinas	25.83
22	Hamza Farooq	S	Philip Pocock	26.04
23	Dave Lootsma	S	Saugeen District SS	26.36
24	Travis Allen	S	Waterloo CI	27.17
25	Rey Jinah	S	Mentor College	27.19
26	Theron Hankinson	S	Strathroy Holy Cross	27.43
27	Hurray Weng	S	Mentor College	27.77

Event 65 GIRLS Senior 400m Run

START: 12:50pm
 Gold 59.24 / S- 62.24 / B- 64.24
 # MEET RECORD: Ayden Ollivier Medway 55.10 2002

1	Cassandra Pascal	S	St. Marcellinus	1:01.48
2	Madison Halls	S	London Aquinas	1:01.59
3	Jennifer Barbon	S	London Mother Teresa	1:01.71
4	Sarah Veens	S	North Lambton	1:02.86
5	Kristen Arsenault	S	London Mother Teresa	1:03.24
6	T.J. Little	S	North Lambton	1:03.92
7	Jenn Gray	S	Lambton Central	1:04.09
8	Katie Schurr	S	Medway High School	1:05.23
9	Jessica Turner	S	Brantford North Park	1:06.99
10	Kaitlyn Bennett	S	Mentor College	1:07.55
11	Kim Ross	S	Sarnia St.Clair	1:07.69
12	Michelle Tavares	S	St. Marcellinus	1:07.90
13	Rebecca Vaughan		St.Thomas Parkside	1:08.16
14	Kayla Duncan	S	London Saunders	1:08.63
15	Monique Genard	S	St. Marcellinus	1:09.20
16	Brienna Axford	S	St.Thomas Parkside	1:10.06
17	Christina Veens	S	North Lambton	1:10.86
18	Kartlyn Flannigan	S	Medway High School	1:11.50
19	Carolyn VanDerploeg	S	Medway High School	1:11.65
20	MacKenzie Marchant	S	London Aquinas	1:12.56
21	Jennie Cork	S	Medway High School	1:13.34
22	Amanda Cork	S	Medway High School	1:13.82
23	Megan Shaw	S	Cameron Heights	1:17.59
24	Danielle Salhanha	S	London Aquinas	1:21.57

Event 66 BOYS Senior 400m Run

START: 12:15pm
 Gold 51.24 / S- 52.74 / B- 54.24
 # MEET RECORD: Liam Card Saugeen 47.90 1998

1	Gabriel Tesfaye	S	London Oakridge	51.07
2	Felipe Granja	S	London Aquinas	51.13
3	Justin Laing	S	London Saunders	51.96
4	Alex Bogorin	S	London Aquinas	53.40
5	Christiaan Collarile	S	St. Marcellinus	53.98
6	Ubong Umoh	S	London Oakridge	54.30
7	Daniel Posliff	S	Strathroy Holy Cross	54.54
8	Evan Murray	S	St. Augustine S. S.	55.07
9	Travis Rhee	S	Medway High School	55.12
10	Greg Staeger	S	London Aquinas	55.24
11	Erik Reid	S	Medway High School	55.51
12	Sean Parker	S	North Lambton	55.52
13	Vahid Biabani	S	Guelph CVI	55.87
14	Brendan Stevens	S	St. Marcellinus	55.99
15	Stephan Nicholson		London Aquinas	56.50
16	Jesse Smith	S	London Aquinas	56.76
17	Matt Druzcz	S	London JP II	56.83
18	McKinley Conor	S	Sarnia Collegiate	57.23
19	Mike Hudecki	S	London Mother Teresa	57.43
20	Spencer Leckie	S	Sarnia St.Clair	57.48
21	Dom Dipaulo	S	Sarnia St. Patrick's	57.56
22	Cam Tilley	S	Guelph CVI	57.58
23	Jake McAlister	S	Strathroy Holy Cross	58.09
24	Ricky Prestage	S	St.Thomas St. Joe's	58.11
25	Graham Mater	S	Guelph CVI	58.41
26	Jason Pike	S	Medway High School	58.79
27	Greg Loughrin	S	Guelph CVI	59.48
28	Taylor Patterson	S	Medway High School	59.86
29	Rey Jinah	S	Mentor College	1:00.30
30	Scott Potenza	S	Strathroy Holy Cross	1:00.34
31	Shawn Neely	S	London Saunders	1:01.16

32	Alex Farquhar	S	Waterloo CI	1:01.80
33	John Ngo	S	Mentor College	1:02.08
34	Mike Berkers	S	Strathroy Holy Cross	1:02.27
35	Ian VanHeteren	S	Strathroy DCI	1:02.57
36	Connor Lambie	S	London Aquinas	1:06.18

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Event 67 GIRLS Senior 800m Run

START: 3:25pm >1 turn stagger start
Gold 2:20.0 /S - 2:25.0 /B - 2:30.0
MEET RECORD:Connie Beukeboom CCH 2:14.50 1987

1	Madison Halls	S	London Aquinas	2:24.32
2	Katie Schurr	S	Medway High School	2:26.92
3	Jessica White	S	London Mother Teresa	2:28.00
4	Jenn Gray	S	Lambton Central	2:34.42
5	Jessica Turner	S	Brantford North Park	2:36.24
6	T.J. Little	S	North Lambton	2:36.58
7	Jill Stephens	S	Lambton Central	2:36.99
8	Kayla Duncan	S	London Saunders	2:37.09
9	Brienna Axford	S	St.Thomas Parkside	2:47.27
10	Heather McGaire	S	Waterloo CI	2:59.42
11	Rebecca Dewaele	S	St.Thomas St. Joe's	3:07.82
12	Teagan Berry	S	Waterloo CI	3:26.01

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Event 68 BOYS Senior 800m Run

START: 3:50pm >1 turn stagger start
Gold 1:59.5 / S- 2:04.5 / B 2:09.5
MEET RECORD:Kurt Benninger Walkerton District 1:54.50 2003

1	Evan Porter	S	Saugeen District SS	2:02.84
2	Clint Smith	S	Lambton Central	2:04.22
3	Evan Murray	S	St. Augustine S. S.	2:11.19
4	Charlie Sutton	S	Guelph J. F. Ross	2:12.22
5	Paul Malik	S	London Saunders	2:13.00
6	Dylan Kiesler	S	London Lucas	2:15.37
7	Spencer Leckie	S	Sarnia St.Clair	2:15.96
8	Schipper Henri	S	London Christian	2:16.21
9	Matt Druzcz	S	London JPII	2:17.64
10	Mitchell Donnan	S	London Aquinas	2:19.61
11	Jason Drummond	S	Medway High School	2:20.41
12	Mike Gordon	S	North Lambton	2:21.01
13	McKinley Conor	S	Sarnia Collegiate	2:22.43
14	Rey Jinah	S	Mentor College	2:23.18
15	Greg Sheppard	S	North Lambton	2:24.44
16	Greg Jones	S	Mentor College	2:28.39
17	Shawn Neely	S	London Saunders	2:31.11
18	Caleb Goodridge	S	Waterloo CI	2:31.42
19	Alex Farquhar	S	Waterloo CI	2:32.92
20	Mike Berkers	S	Strathroy Holy Cross	2:36.27
21	Kurtis Lush	S	Sarnia St. Patrick's	2:36.85

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Event 69 GIRLS Senior 1500m Run

START: 6:00pm
Gold 4:48.0 / S- 5:00.0 / B 5:10.0
MEET RECORD:Jackie Mota St. Mary's - Kitch 4:36.30 1986

1	Madison Halls	S	London Aquinas	5:09.7
2	Katie Schurr	S	Medway High School	5:12.8
3	Krisnda Alexander	S	Saugeen District SS	5:14.1
4	Elise Ikert	S	Lambton Central	5:29.1
5	Alana Corrigan	S	Waterloo CI	5:34.9
6	Jillian Moran	S	Waterloo CI	5:38.1
7	Jill Stephens	S	Lambton Central	5:49.4
8	Megan Jenniskens	S	Lambton Central	6:14.1
9	Rebecca Dewaele	S	St.Thomas St. Joe's	6:17.4
10	Heather McGaire	S	Waterloo CI	6:44.3
11	Paige Wilson	S	Central Huron	7:13.7

12	Nicole Lengies	S	Waterloo CI	7:24.0
13	Teagan Berry	S	Waterloo CI	7:26.7

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Event 70 BOYS Senior 1500m Run

START: 6:40pm
 Gold 4:02.0 / S 4:10.0 / B 4:18.0
 # MEET RECORD:Shawn MacKay East Elgin 3:56.20 1989

1	Matthew Travaglini	S	London Aquinas	4:26.0
2	Scott Deboer	S	Ingersoll	4:32.1
3	Rob Gomez		Owen Sound CVI	4:35.1
4	Conor Wilkinson	S	London Aquinas	4:47.7
5	Dylan Kiesler	S	London Lucas	4:50.5
6	Jason Drummond	S	Medway High School	4:51.4
7	Cole Jones	S	Mentor College	5:05.9
8	Zach Kitchen	S	St.Thomas Parkside	5:08.7
9	Aaron Zink	S	Waterloo CI	5:10.8
10	Alex Farquhar	S	Waterloo CI	5:11.0
11	Greg Jones	S	Mentor College	5:15.1

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Event 71 GIRLS Senior 3000m Run

START: 1:45pm combined with Juniors
 Gold 10:38.0 / S 10:59.0 / B 11:20.0
 # MEET RECORD:Karen Crich Medway :10:08.80 1988

1	Krisnda Alexander	S	Saugeen District SS	11:14.6
2	Hillary Tufford	S	St.Thomas Parkside	12:04.6
3	Jennifer Roberts	S	St.Thomas St. Joe's	12:05.4
4	Megan Jenniskens	S	Lambton Central	13:12.5
5	Rebecca Dewaele	S	St.Thomas St. Joe's	13:33.0
6	Nicole Lengies	S	Waterloo CI	16:20.0

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Event 72 BOYS Senior 3000m Run

START: 2:05pm
 Gold 8:55.0 / S- 9:15.0 /B- 9:30.0
 # MEET RECORD:Chris Brewster CCH 8:24.30 1982

1	Matthew Travaglini	S	London Aquinas	9:23.4
2	Deane Patrick	S	Lord Dorchester	9:36.8
3	Scott Deboer	S	Ingersoll	9:43.9
4	Jeremy Granger	S	Lord Dorchester	9:48.3
5	Alastair Thompson	S	London Aquinas	9:49.7
6	Mike Gordon	S	North Lambton	9:51.7
7	Jacob Marsh	S	London Lucas	9:56.6
8	Rob Gomez		Owen Sound CVI	9:57.8
9	Brandon Graham	S	London Lucas	10:23.6
10	John-Ross Tangi	S	St. Augustine S. S.	10:32.1
11	Conor Wilkinson	S	London Aquinas	10:36.8
12	Greg Sheppard	S	North Lambton	10:52.6
13	Brad Brouwer	S	North Lambton	10:53.5
14	Caleb Goodridge	S	Waterloo CI	11:33.2
15	Matt Chalmers	S	Central Huron	11:38.7
16	Zach Kitchen	S	St.Thomas Parkside	11:59.1
17	Sam Zajdlik	S	Guelph J. F. Ross	12:10.5
18	Kurtis Lush	S	Sarnia St. Patrick's	12:14.9

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Event 73 GIRLS Senior 100m Hurdles

START: 2:45pm >10 hurdles
 13m to H-1 >8.5m between >76cm ht
 Gold 15.74 / S- 16.24 / B- 16.74
 # MEET RECORD:Jessica Zelinka Banting 14.00 1999

1	Rita Rudell	S	Peninsula Shores	14.93
2	Jasmin Kerr	S	London South	16.31
3	Caitlyn MacMillan	S	Saugeen District SS	16.84
4	Chelsey Filewood	S	St.Thomas Parkside	17.98

5	Courtney Schmidt	S	Strathroy DCI	18.06
6	Kaitlyn Bennett	S	Mentor College	20.11
7	Jessica Wilson	S	Ingersoll	20.12
8	Mary Stoesser	S	Sarnia St. Patrick's	20.23
9	Amanda Linseman	S	Waterloo CI	20.33
10	Megan Shaw	S	Cameron Heights	20.53
11	Hilary Colley	S	Guelph J. F. Ross	20.87

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Event 74 BOYS Senior 110m Hurdles

START: 2:20pm >10 hurdles
H-1 > 13.72m > 9.14m > ht 91.4cm
Gold 15.24 / S- 15.94 / B- 16.44
MEET RECORD:Jamie Ryder Banting 14.40 2006

1	Michael Paisley	S	Lambton Central	15.62
2	Mark Stantsos	S	London Saunders	15.70
3	Ryan Chanthavong	S	Cameron Heights	17.09
4	Dejaun Smith	S	St. Marcellinus	17.19
5	Luke Harrison	S	Central Huron	17.39
6	Johann Annisette	S	Mentor College	18.11
7	Dave Lootsma	S	Saugeen District SS	18.29
8	Mitchell Cheeseman	S	Waterloo CI	18.52
9	Suraj Mistry	S	Mentor College	19.60
10	Bill Holmes	S	Saugeen District SS	19.65
11	Ariel Ferrer	S	Philip Pocock	20.69
12	Vishal Singh	S	Waterloo CI	20.71
13	Chris Aitken	S	Lambton Central	20.76
14	Stephen Andebirhan	S	London Aquinas	23.18
15	Brendan Shannon	S	London Aquinas	23.51

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Event 75 GIRLS Senior 400m Hurdles

START 8:50pm > 10 hurdles
45m to H-1 > 35m between >76cm ht
Gold 60.24 / S- 66.74 / B- 69.24
MEET RECORD:Nadia Schmidt John Paul II 1:00.20 1995

1	Caitlyn MacMillan	S	Saugeen District SS	1:07.63
2	Amy Grzywnowicz	S	London Mother Teresa	1:10.01
3	Alana Corrigan	S	Waterloo CI	1:14.52
4	Christina Veens	S	North Lambton	1:18.79
5	Kaitlyn Bennett	S	Mentor College	1:20.45
6	Jessica Wilson	S	Ingersoll	1:22.69
7	Megan Shaw	S	Cameron Heights	1:24.34
8	Hilary Colley	S	Guelph J. F. Ross	1:28.91

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Event 76 BOYS Senior 400m Hurdles

START: 9:20am > 10 hurdles
145m to H-1>35m between >91.4cm ht
Gold 59.24 / S- 62.24 / B- 65.24
MEET RECORD:Shaun Murray St. Joe's Windsor 55.00 1998

1	Charlie Sutton	S	Guelph J. F. Ross	58.58
2	Ubong Umoh	S	London Oakridge	58.65
3	Tye Calder	S	Waterloo CI	1:00.01
4	Colin Bokhout	S	Central Huron	1:01.94
5	Richard Balfour	S	London Laurier	1:02.75
6	Michael Paisley	S	Lambton Central	1:03.05
7	Ryan Chanthavong	S	Cameron Heights	1:03.85
8	Luke Harrison	S	Central Huron	1:04.43
9	Justin Laing	S	London Saunders	1:04.89
10	Dave Lootsma	S	Saugeen District SS	1:05.42
11	Johann Annisette	S	Mentor College	1:08.41
12	Bill Holmes	S	Saugeen District SS	1:09.89
13	Mitchell Cheeseman	S	Waterloo CI	1:10.34

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Event 77 GIRLS Open 1500m Steeplechase

START: 11:40am > no jumps 1st 312m
3 laps waterjump + 4 barriers
Gold 5:30.0 / S- 5:45.0 / B- 6:00.0
MEET RECORD:Becky Pieteron Regina Mundi 5:15.42 2008

1	Katie Schurr	S	Medway High School	5:35.3
2	Lindsay Thompson	S	Guelph CVI	5:40.9
3	Michelle Gleason	S	London Oakridge	5:44.7
4	Elise Ikert	S	Lambton Central	5:51.7
5	Sarah Spottiswood	J	London Laurier	5:55.0
6	Taylor Martin	J	Cameron Heights	5:59.8
7	Jennifer Roberts	S	St.Thomas St. Joe's	6:02.9
8	Jillian Moran	S	Waterloo CI	6:06.0
9	Tianna Beharriell	J	Strathroy DCI	6:13.0
10	Jessica Pileggi	S	London Mother Teresa	6:14.9
11	Amanda Hancock	J	St.Thomas Parkside	6:15.4
12	Lauren Jansa	S	Mississauga St. Paul	6:15.9
13	Megan Cossitt	M	London Laurier	6:57.0
14	Amy VanDenendye	J	Lambton Central	7:02.2

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Event 78 BOYS Open 2000m Steeplechase

START: 9:30am
5 x waterjump + 18 total barriers
Gold 6:29.9 / B- 6:51.0 / B- 7:13.0
MEET RECORD:Steve Murray Sandwich 6:02.20 1988

1	Clint Smith	S	Lambton Central	6:33.5
2	Jacob Marsh	S	London Lucas	6:42.1
3	Jeremy Hick	S	Strathroy DCI	6:51.8
4	Ian Turnbull	S	London Mother Teresa	6:56.6
5	Alastair Thompson	S	London Aquinas	7:01.6
6	Spencer Leckie	S	Sarnia St.Clair	7:05.5
7	Graham Mater	S	Guelph CVI	7:18.7
8	Jarrett Zehr	S	Lord Dorchester	7:18.9
9	Steven Keith	S	Westminster	7:23.6
10	Cam Tilley	S	Guelph CVI	7:25.6
11	Jimmy Phillips	S	London Lucas	7:33.2
12	Jason Drummond	S	Medway High School	7:45.7
13	Kevin Miller	S	London Aquinas	7:47.9
14	Rick Marnoch	S	London Lucas	8:04.7
15	Matt Chalmers	S	Central Huron	8:09.5
16	Zack Carver	S	London Mother Teresa	8:27.4
17	Zach Kitchen	S	St.Thomas Parkside	8:29.9
18	Jake VanHeerwaarden	S	London Aquinas	8:55.3

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Event 79 GIRLS Senior High Jump

START: 10:30am
Gold 1.63m/ S- 1.58m / B- 1.53m
MEET RECORD:Catherine Bond Woodstock CI '86 Van Drummel E.Lmb 1.71

1	Rita Rudell	S	Peninsula Shores	1.68m
2	Jasmin Kerr	S	London South	1.55m
3	Rebecca VanKlaveren	S	Lambton Central	1.50m
4	Vanessa Dam	S	Lambton Central	1.50m
5	Kathryn Pierce	S	Strathroy DCI	1.50m
6	Olga Lioudvinevitch	S	Cameron Heights	1.45m
7	Melissa Breckles	S	Waterloo CI	1.40m
8	Belanie De Gracia	S	Philip Pocock	1.40m
	Alyssa Blackmore	S	Lambton Central	NM

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Event 80 BOYS Senior High Jump

START: 11:35am
Gold 1.90m / S- 1.85m / B- 1.80m
MEET RECORD:Pat O'Donoghue Sacred Heart 2.06 1987

1	Mark Stantsos	S	London Saunders	1.85m
2	Matheson West	S	Walkerton	1.80m

2	Rohan Bhalla	S	Mentor College	1.80m
2	Mike Lucier	S	North Lambton	1.80m
2	Mustafa Batsinduka	S	Waterloo CI	1.80m
6	Jordan Molzan	S	Lambton Central	1.75m
6	Ryan Lant	S	London Regina Mundi	1.75m
6	Jayden Dunn	S	Lambton Central	1.75m
6	Jeff Dietrich	S	London Mother Teresa	1.75m
6	Cj Smith-White	S	Sarnia St.Clair	1.75m
11	Curtis Panton	S	Westminster	1.70m
11	Devon Reed	S	London Beal	1.70m
13	Steve Simons	S	Guelph J. F. Ross	1.65m
13	Kyle Sookal	S	St.Thomas Parkside	1.65m
13	Denzel Ewan-Webb	S	St. Augustine S. S.	1.65m
16	Payam Saboni	S	London Saunders	1.60m
16	Chris Waugh	S	London Saunders	1.60m
16	Mitchell Roth	S	Waterloo CI	1.60m
16	Harrison Connell	S	London Oakridge	1.60m
20	Saeb Omer	S	Westminster	1.55m
21	Errol Stewart	S	Hamilton Sherwood	1.50m
21	Alex Bogorin	S	London Aquinas	1.50m
	Itay Malkin	S	London Lucas	NM
	Kyle Paul	S	Cameron Heights	NM
	Ethan Jordan	S	Sarnia Collegiate	NM
	Thien Dang	S	London Lucas	NM

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Event 81 GIRLS Senior Pole Vault

START: 9:00am

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

MEET RECORD:Emma Crombeen Mother Teresa 3.50 2008

1	Marielle Harper	S	Waterloo Sir J.A. Ma	2.90m
2	Michelle Corbiere	S	London Aquinas	2.10m
3	Alanna Roy	S	Central Huron	2.10m

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Event 82 BOYS Senior Pole Vault

START:U3m >10:30am/ O3m >12:30pm

Under 3m> G- 3.10m S-2.90m B-2.70m

Over 3m> G- 3.80m S-3.60m B- 3.40m

MEET RECORD:Rob Flood Saunders 4.50 2000

1	Alex Hoediono	S	Waterloo Sir J.A. Ma	4.15m
2	Brandon Talbot	S	St. Marcellinus	4.00m
3	Morely Willoghby	S	London Oakridge	3.55m
3	Ben Romanchych	S	St. Marcellinus	3.55m
5	Tyler Durst	S	Goderich DCI	3.20m
5	James Steubing	S	Waterloo Sir J.A. Ma	3.20m
5	Harrison Connell	S	London Oakridge	3.20m
8	Chris Waugh	S	London Saunders	2.50m
8	Jake VanHeerwaarden	S	London Aquinas	2.50m
10	Scott Lester	S	London Saunders	2.20m
10	Sunny Cheng	S	London Saunders	2.20m
	Christian Peterek	S	London Aquinas	NM
	Cam Hooker	S	London Saunders	DNS
	Patrick Kloeze	S	Goderich DCI	DNS
	Ruben Larsson	S	Waterloo Sir J.A. Ma	DNS

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Event 83 GIRLS Senior Long Jump

START: 9:00am

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

MEET RECORD:Melissa Hewitt St. Marcellinus 5.55 2007

1	Kara Griffiths	S	Mentor College	5.22m
2	Caitlyn Campbell	S	St.Thomas St. Joe's	4.80m
3	Lauren Jansa	S	Mississauga St. Paul	4.80m
4	Erin Robbins	S	Cameron Heights	4.73m
5	Jasmin Kerr	S	London South	4.72m
6	Michelle MacRae	S	Lambton Central	4.60m

7	Rita Rudell	S	Peninsula Shores	4.58m
8	Rebecca VanKlaveren	S	Lambton Central	4.39m
9	Lisa VanDerloop		Medway High School	4.38m
10	Melissa Breckles	S	Waterloo CI	4.27m
11	Amanda Campbell	S	Lambton Central	4.24m
12	Kathryn Pierce	S	Strathroy DCI	4.08m
13	Jessica Wilson	S	Ingersoll	3.94m
14	Chelsea Delaurier	S	Lambton Central	3.92m
15	Tori Richard	S	Sarnia St.Clair	3.79m

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Event 84 BOYS Senior Long Jump

START: 9:00am

Gold 6.50m / S- 6.25m / B- 6.00m

MEET RECORD:Taylor Stewart Regina Mundi 6.98 2008

1	Brandon Potter	S	Medway High School	6.04m
2	Rohan Bhalla	S	Mentor College	5.76m
3	Christiaan Collarile	S	St. Marcellinus	5.71m
4	Yoah Sui	S	Waterloo CI	5.70m
4	Mike Lucier	S	North Lambton	5.70m
6	Raymond Thomas	S	Philip Pocock	5.66m
7	Joel Acton	S	Sarnia St. Patrick's	5.43m
8	Mitchell Roth	S	Waterloo CI	5.41m
9	James Ngo	S	Mentor College	5.38m
10	Harrison Connell	S	London Oakridge	5.35m
11	Phil Tower	S	Sarnia St.Clair	5.34m
12	Micheal Kryszajtys	S	Mississauga St. Paul	5.33m
13	Ryan Lant	S	London Regina Mundi	5.26m
14	Jason Pike	S	Medway High School	5.23m
15	Tamur Shah	S	Mentor College	5.17m
16	Dejaun Smith	S	St. Marcellinus	5.13m
17	Errol Stewart	S	Hamilton Sherwood	5.08m
18	Terrance Devries	S	Guelph J. F. Ross	5.07m
19	Chris Aitken	S	Lambton Central	4.98m
20	Ryan Chanthavong	S	Cameron Heights	4.96m
21	Javan Riley	S	St. Marcellinus	4.83m
22	Mak McLean	S	London Aquinas	4.81m
23	Thien Dang	S	London Lucas	4.71m
24	Itay Malkin	S	London Lucas	4.69m
25	Isaiah Nganga	S	Westminster	4.67m
26	Taylor Patterson	S	Medway High School	4.65m
27	Hurray Weng	S	Mentor College	4.62m
28	John Ugalino	S	Philip Pocock	4.54m
29	Scott Potenza	S	Strathroy Holy Cross	4.43m
30	Jordan South	S	Lambton Central	4.34m
31	Nicholas Earheart	S	London JPII	4.01m
32	Aaron Zink	S	Waterloo CI	4.00m
33	Ariel Ferrer	S	Philip Pocock	3.94m
34	Mike Berkers	S	Strathroy Holy Cross	3.88m
35	Adnan Shahid	S	Philip Pocock	3.78m
	Theron Hankinson	S	Strathroy Holy Cross	NM

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Event 85 GIRLS Senior Triple Jump

START: 12:30pm

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

MEET RECORD:Erin Robins Cameron Heights 10.86 2009

1	Caitlyn Campbell	S	St.Thomas St. Joe's	10.52m
2	Olga Lioudvinevitch	S	Cameron Heights	10.48m
3	Erin Robbins	S	Cameron Heights	10.47m
4	Krista Sipprell	S	London South	10.45m
5	Mary Stoesser	S	Sarnia St. Patrick's	10.30m
6	Lindsay Thompson	S	Guelph CVI	10.24m
7	Lauren Jansa	S	Mississauga St. Paul	10.06m
8	Jen Chamberlain	S	St.Thomas Parkside	10.05m
9	Kara Griffiths	S	Mentor College	9.75m
10	Melissa Breckles	S	Waterloo CI	9.41m
11	Michelle MacRae	S	Lambton Central	9.34m

12	Lisa VanDerloop		Medway High School	9.14m
13	Carley Tithecott	S	Waterloo CI	8.80m
14	Kathryn Pierce	S	Strathroy DCI	8.63m
15	Amanda Campbell	S	Lambton Central	7.90m

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Event 86 BOYS Senior Triple Jump

START: 2:00pm

Gold 13.00m / S- 12.50m /B- 12.00m

MEET RECORD:Ikenna Obanna St. Augustine 14.45 2006

1	Taylor Stewart	S	London Regina Mundi	14.85m#
2	Brandon Potter	S	Medway High School	12.91m
3	Brodie Cairns	S	Central Huron	12.61m
4	Micheal Kryszajtys	S	Mississauga St. Paul	12.59m
5	Christiaan Collarile	S	St. Marcellinus	12.53m
6	Phil Tower	S	Sarnia St.Clair	12.12m
7	Mitchell Roth	S	Waterloo CI	12.00m
8	Ryan Lant	S	London Regina Mundi	11.83m
9	Mike Lucier	S	North Lambton	11.79m
10	Mike Gordon	S	North Lambton	11.77m
11	Jordan Molzan	S	Lambton Central	11.64m
12	Denzel Ewan-Webb		St. Augustine S. S.	11.62m
13	Mark Reed	S	London Beal	11.46m
14	Yoah Sui	S	Waterloo CI	11.20m
15	Sean Parker	S	North Lambton	11.19m
16	Suraj Mistry	S	Mentor College	10.95m
17	Harry Oh	S	Sarnia St. Patrick's	10.82m
18	Isaiah Nganga	S	Westminster	10.52m
19	Mark Weber	S	Guelph J. F. Ross	10.44m

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Event 87 GIRLS Senior Shot Put

START: 11:30am > Weight 4kg

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

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

1	Sarah VanDeneynden	S	Strathroy DCI	11.47m
2	Rita Rudell	S	Peninsula Shores	10.65m
3	Jill Knight	S	St.Thomas Parkside	10.60m
4	Ciji Service	S	Sarnia St. Patrick's	10.33m
5	Jillian Rogers	S	Sarnia Collegiate	10.33m
6	April Looije	S	St. Marcellinus	9.80m
7	Carley Tithecott	S	Waterloo CI	9.70m
8	Carrissa Luker	S	Lambton Central	9.49m
9	Emily Weston	S	London Banting	9.09m
10	Karly Dobbin	S	Lambton Central	9.00m
11	Allyson Streutker	S	London Christian	8.83m
12	Kristin Bujnowski	S	Strathroy Holy Cross	8.80m
13	Kaitlyn Clark	S	Sarnia St. Patrick's	8.79m
14	Alexis Beddard	S	Strathroy Holy Cross	8.61m
15	Samira Sommer	S	London Laurier	8.59m
16	Hillary Lubimiv	S	Saugeen District SS	8.52m
17	Breana Bielak	S	London Aquinas	8.40m
18	Brianne Belanger	S	Sarnia Collegiate	8.19m
19	Corey Pollard	S	Central Huron	7.89m
20	Dianne Devor	S	London Christian	7.74m
20	Olivia Wassing	S	London Christian	7.74m
22	Hien Ngo	S	London Mother Teresa	7.59m
23	Paige Wilson	S	Central Huron	7.47m
24	Hillary Ford	S	Philip Pocock	7.27m
25	Vanessa Norris	S	Westminster	7.20m
26	Demi Krall	S	Lambton Central	6.78m
27	Michelle Crocker	S	Westminster	5.99m
28	Lyndsay Houghtling	S	Waterloo CI	5.78m
29	Lizzy Davenport	S	London Mother Teresa	5.62m
30	Kari Martin	S	Westminster	5.32m
31	Jackie Beadman	S	Philip Pocock	4.11m

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Event 88 BOYS Senior Shot Put

START 3:15pm > Weight 5.44kg

Gold 15.00m / S- 14.50m /B- 14.00m

MEET RECORD:Johnny Neilson Seaforth 18.73 1980

1	Jeff Paulley	S	Sarnia Collegiate	14.58m
2	Kevin Bowman	S	Saugeen District SS	14.15m
3	Alex Pilar	S	Saugeen District SS	14.05m
4	Seb Pilon	S	Saugeen District SS	12.80m
5	Dan Moskal	S	Sarnia St. Patrick's	12.58m
6	Raymond Thomas	S	Philip Pocock	12.52m
7	Brendan Butler	S	Lambton Central	12.31m
7	Joseph Raya	S	Philip Pocock	12.31m
9	Dave Lootsma	S	Saugeen District SS	11.89m
10	Chris House	S	London Oakridge	11.57m
11	Andrew Oliver	S	London Aquinas	11.51m
12	Jean-Pierre Munroe	S	Philip Pocock	11.41m
13	Patrick Gruca	S	Philip Pocock	11.27m
14	Joe Medeiros	S	London Aquinas	10.98m
15	Branden Wilhelm		Woodstock CI	10.94m
16	Steven Arbuthnot	S	Philip Pocock	10.54m
16	Christian Ruiz Ayesta	S	Philip Pocock	10.54m
18	Josh Gubbels	S	London Aquinas	10.53m
19	Alex Low	S	London Beal	10.50m
20	Jeff Plaetzer	S	Central Huron	10.25m
21	Jordan South	S	Lambton Central	10.24m
22	Eric Nemeth	S	Medway High School	9.40m
23	Ty Minholz	S	Cameron Heights	9.30m
24	Matt Komer	S	London Aquinas	9.14m
25	Forrest Hancock	S	St.Thomas Parkside	8.93m
26	Ethan Jordan	S	Sarnia Collegiate	8.45m
27	Lyndon Hancock	S	St.Thomas Parkside	7.63m
	Jordan Young	S	Windsor Massey	NM

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Event 89 GIRLS Senior Discus Throw

START 2:00pm > Weight 1kg

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

MEET RECORD:Meredith Allan Oakridge 40.65 2008

1	Sarah VanDeneaynden	S	Strathroy DCI	35.15m
2	April Looije	S	St. Marcellinus	32.56m
3	Carrissa Luker	S	Lambton Central	32.55m
4	Emily Weston	S	London Banting	32.42m
5	Alexis Beddard	S	Strathroy Holy Cross	31.38m
6	Karly Dobbin	S	Lambton Central	30.27m
7	Alex Mara	S	London Banting	29.49m
8	Ciji Service	S	Sarnia St. Patrick's	28.91m
9	Jillian Rogers	S	Sarnia Collegiate	28.03m
10	Allyson Streutker	S	London Christian	27.29m
11	Corey Pollard	S	Central Huron	26.33m
12	Hillary Lubimiv	S	Saugeen District SS	25.18m
13	Nadine Wyczolkowski	S	Philip Pocock	24.03m
14	Olivia Wassing	S	London Christian	23.86m
15	Samira Sommer	S	London Laurier	23.49m
16	Brianne Belanger	S	Sarnia Collegiate	20.56m
17	Kaitlyn Clark	S	Sarnia St. Patrick's	19.17m
18	Andy Hughson	S	Medway High School	19.01m
19	Dianne Devor	S	London Christian	18.06m
20	Lizzy Davenport	S	London Mother Teresa	17.42m
21	Paige Wilson	S	Central Huron	17.26m
22	Shannon Babic	S	Philip Pocock	15.05m
23	Hillary Ford	S	Philip Pocock	15.04m
24	Erika Caesar	S	Philip Pocock	14.59m
	Lyndsay Houghtling	S	Waterloo CI	NM

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Event 90 BOYS Senior Discus Throw

START 10:15am > Weight 1.61kg

Gold 44.00m / S- 42.00m /B- 40.00

MEET RECORD:Jason Tunks Banting 59.38 1997

1	Jordan Young	S	Windsor Massey	56.29m
2	Alex Pilar	S	Saugeen District SS	45.81m
3	Kevin Bowman	S	Saugeen District SS	42.48m
4	Coy Kulich	S	Goderich DCI	42.24m
5	Seb Pilon	S	Saugeen District SS	41.20m
6	Jeff Paulley	S	Sarnia Collegiate	39.35m
7	Jakub Kowalczyk	S	Philip Pocock	34.85m
8	Patrick Gruca	S	Philip Pocock	33.55m
9	Christian Ruiz Ayesta	S	Philip Pocock	32.80m
10	Steven Arbuthnot	S	Philip Pocock	32.33m
11	Chris House	S	London Oakridge	31.95m
12	Jeff Plaetzer	S	Central Huron	31.20m
13	Josh Gubbels	S	London Aquinas	28.12m
14	Marc Conteduca		St. Marcellinus	27.66m
15	Tim Schrijver	S	North Lambton	27.11m
16	Nick Nyhoff	S	London Banting	25.77m
17	Cole Herglotz		Medway High School	25.67m
18	Nate Teeple	S	North Lambton	25.66m
19	Jordan South	S	Lambton Central	25.13m
20	Alex Low	S	London Beal	25.09m
21	Joseph Raya	S	Philip Pocock	23.27m
22	Ty Minholz	S	Cameron Heights	22.65m
23	Joel Smih	S	Strathroy Holy Cross	22.43m
	Lyndon Hancock	S	St.Thomas Parkside	NM
	Shane Gerhardt	S	Waterloo CI	NM
	Joe Medeiros	S	London Aquinas	NM

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Event 91 GIRLS Senior Javelin Throw

START 9:00am > Weight 600gm

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

MEET RECORD:Laura Gignac Villanova 45.60 1998

1	Brianne Belanger	S	Sarnia Collegiate	35.92m
2	Hillary Lubimiv	S	Saugeen District SS	34.60m
3	April Looije	S	St. Marcellinus	33.93m
4	Vanessa Dam	S	Lambton Central	30.10m
5	Amy Wilson	S	North Lambton	29.37m
6	Kristy Mlakar	S	Mississauga St. Paul	28.75m
7	Samira Sommer	S	London Laurier	26.63m
8	Alex Mara	S	London Banting	26.00m
9	Jillian Rogers	S	Sarnia Collegiate	25.42m
10	Hien Ngo	S	London Mother Teresa	24.95m
11	Jocelyn Brewer	S	Cameron Heights	23.09m
12	Jen Chamberlain	S	St.Thomas Parkside	22.49m
13	Kristin Bujnowski	S	Strathroy Holy Cross	21.58m
14	Andy Hughson	S	Medway High School	21.53m
15	Karly Dobbin	S	Lambton Central	20.97m
16	Vanessa Wilts	S	Central Huron	20.92m
17	Alexis Beddard	S	Strathroy Holy Cross	18.95m
18	Lizzy Davenport	S	London Mother Teresa	17.56m
19	Olivia Wassing	S	London Christian	16.57m
20	Corey Pollard	S	Central Huron	15.93m
21	Nadine Wyczolkowski	S	Philip Pocock	11.55m
22	Paige Trudegeon	S	Medway High School	9.23m
23	Lyndsay Houghtling	S	Waterloo CI	8.98m
24	Nikole Novenski	S	Waterloo CI	6.34m
	Lindsay Bell	S	Waterloo CI	NM

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Event 92 BOYS Senior Javelin Throw

START 12:45pm > Weight 800gm

Gold 50.00m / S- 48.00m /B- 46.00

MEET RECORD:Wiley Collins Westminster 60.07 2008

1	Michael Paisley	S	Lambton Central	49.79m
2	Jordan Young	S	Windsor Massey	48.52m
3	Coy Kulich	S	Goderich DCI	47.42m

4	Colin Sullivan	S	Sarnia St. Patrick's	46.62m
5	Matheson West	S	Walkerton	46.46m
6	Alex Low	S	London Beal	45.01m
7	Cole Herglotz		Medway High School	44.45m
8	Patrick Litvinskas	S	Mississauga St. Paul	42.40m
9	Tim Schrijver	S	North Lambton	40.76m
10	Nate Teeple	S	North Lambton	40.51m
11	Ben McNaughton	S	Medway High School	39.63m
12	Branden Wilhelm		Woodstock CI	39.41m
13	Joel Acton	S	Sarnia St. Patrick's	37.63m
14	Trent Smith	S	London Oakridge	37.32m
15	Josh Gubbels	S	London Aquinas	37.02m
16	Kris Baily	S	Philip Pocock	36.90m
17	Shane Gerhardt	S	Waterloo CI	35.91m
18	Forrest Hancock	S	St.Thomas Parkside	34.83m
19	Steven Arbuthnot	S	Philip Pocock	33.41m
20	Mak McLean	S	London Aquinas	33.38m
21	Cole Jones	S	Mentor College	31.89m
22	Brandon Thwaites	S	Cameron Heights	31.35m
23	Steven Cadick	S	Medway High School	29.45m
24	Eric Nemeth	S	Medway High School	29.18m
25	Christian Peterek	S	London Aquinas	28.91m
26	Mike Lapierre	S	Guelph J. F. Ross	28.90m
27	Nicholas Earheart	S	London JPII	28.83m
28	Nick Nyhoff	S	London Banting	28.51m
29	Andrew Oliver	S	London Aquinas	28.25m
30	Brandon Graham	S	London Lucas	27.69m
31	Joel Smih	S	Strathroy Holy Cross	25.47m
32	Lyndon Hancock	S	St.Thomas Parkside	25.19m
33	Andrew Lyle	S	St.Thomas Parkside	23.67m
34	Thien Dang	S	London Lucas	23.63m
35	Matt Komer	S	London Aquinas	22.24m
36	Jakub Kowalczyk	S	Philip Pocock	21.53m
37	Rick Marnoch	S	London Lucas	21.51m