

Zone 4 Championship Meet - 2024-05-16
Results

Event 1 Women 100 Meter Dash Novice

Z4: 12.74 2024-05-16 Amairah Gayle, SCCIVS					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Gayle, Amairah	St. Catharines	12.74q	NWI	3
2	VanGrieken, Amara	SWCSS	13.24q	NWI	2
3	Adewumi, Tola	Governor Simcoe	13.51q	NWI	2
4	Devries, Abby	HCS-Jordan Stati	14.20q	NWI	2
5	Purchase, Mickayla	WN - Grimsby	14.33q	NWI	3
6	Maltman, Esti	Eden	14.52q	NWI	1
7	Warnock, Rylee	SWCSS	14.62q	NWI	1
7	Kinney, Nova	WN - Grimsby	14.62q	NWI	3
9	Kemper, Lorissa	HCS-Jordan Stati	14.82	NWI	1
10	Gamarra Diaz, Camila	Thorold	15.18	NWI	3
11	Brink, Lydia	HCS-Jordan Stati	15.22	NWI	1
12	Bobie-Frimpong, Grace	WN - Grimsby	16.16	NWI	1
13	Aruna, Kareemah	Thorold	16.26	NWI	1
14	VanHuizen, Emma	HCS-Jordan Stati	16.79	NWI	3
15	Sh, Roshan	GLCHS	17.77	NWI	3

Event 1 Women 100 Meter Dash Novice

Z4: 12.74 2024-05-16 Amairah Gayle, SCCIVS					
Name	Year	School	Finals	Wind	
Finals					
1	Gayle, Amairah	St. Catharines	13.01	+0.0	
2	VanGrieken, Amara	SWCSS	13.53	+0.0	
3	Adewumi, Tola	Governor Simcoe	13.55	+0.0	
4	Devries, Abby	HCS-Jordan Stati	14.03	+0.0	
5	Purchase, Mickayla	WN - Grimsby	14.09	+0.0	
6	Maltman, Esti	Eden	14.45	+0.0	
7	Warnock, Rylee	SWCSS	14.65	+0.0	
8	Kinney, Nova	WN - Grimsby	14.77	+0.0	

Event 2 Men 100 Meter Dash Novice

Z4: 11.71 5-2015 Chase Osinga, SW Churchill					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Wilson, Evan	Eden	12.01q	NWI	1
2	Elue, Benedict	Eden	12.08q	NWI	1
3	Parent, Max	Eden	12.43q	NWI	1
4	Tait, Justyce	Governor Simcoe	12.71q	0.7	2
5	Vanderwyk, Noel	WN - Grimsby	13.13q	0.7	2
6	Ajomiwe, Divine-Wisdom	St. Catharines	13.57q	NWI	1
7	Zavadovskyi, Vadym	Thorold	13.76q	0.7	2
8	Mitchell, Ian	Eden	13.92q	0.7	2
9	Moore, Calum	Governor Simcoe	13.93	0.7	2
10	MacDonald, Callum	Governor Simcoe	14.00	0.7	2

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Event 2 Men 100 Meter Dash Novice

=====					
Z4:	11.71	5-2015	Chase Osinga, SW Churchill		
Name	Year	School	Finals	Wind	
=====					
Finals					
1	Wilson, Evan	Eden	11.82	-0.3	
2	Elue, Benedict	Eden	12.00	-0.3	
3	Tait, Justyce	Governor Simcoe	12.30	-0.3	
4	Parent, Max	Eden	12.39	-0.3	
5	Ajomiwe, Divine-Wisdom	St. Catharines	13.56	-0.3	
6	Zavadovskyi, Vadym	Thorold	13.61	-0.3	
7	Vanderwyk, Noel	WN - Grimsby	13.78	-0.3	
8	Mitchell, Ian	Eden	14.09	-0.3	

Event 3 Women 200 Meter Dash Novice

=====						
Z4:	26.59	5-2012	Savanah Allen, Denis Morris			
Name	Year	School	Finals	Wind	H#	
=====						
1	Adewumi, Tola	Governor Simcoe	27.63	-0.5	2	
2	VanGrieken, Amara	SWCSS	28.09	-1.2	1	
3	VanGrieken, Meena	SWCSS	28.16	-0.5	2	
4	Purchase, Mickayla	WN - Grimsby	29.52	-0.5	2	
5	Maltman, Esti	Eden	30.18	-1.2	1	
6	Warnick, Lila	Laura Secord	30.29	-0.5	2	
7	Penney, Jayden	Eden	30.87	-0.5	2	
8	VanHuizen, Emma	HCS-Jordan Stati	31.68	-1.2	1	
9	Bobie-Frimpong, Grace	WN - Grimsby	34.53	-0.5	2	
10	Sh, Roshan	GLCHS	37.25	-0.5	2	

Event 4 Men 200 Meter Dash Novice

=====						
Z4:	23.91	2024-05-16	Evan Wilson, EHS			
Name	Year	School	Finals	Wind	H#	
=====						
1	Wilson, Evan	Eden	23.91	-0.2	1	
2	Theodore, Jase	SWCSS	24.29	2.3	2	
3	Tait, Justyce	Governor Simcoe	24.31	2.3	2	
4	Elue, Benedict	Eden	24.50	-0.2	1	
5	Friesen, Jared	Governor Simcoe	24.56	-0.2	1	
6	Parent, Max	Eden	25.50	2.3	2	
7	Vanderwyk, Noel	WN - Grimsby	26.78	-0.2	1	
8	Uwaifo, Nosakhare	Eden	27.22	2.3	2	
9	VanderKolk, Ethan	Smithville CHS	27.37	-0.2	1	
10	Temacini, Nabil	Governor Simcoe	27.66	-0.2	1	
11	MacDonald, Callum	Governor Simcoe	28.25	2.3	2	
12	Barrett, Cliff	WN - Grimsby	33.00	2.3	2	

Event 5 Women 400 Meter Dash Novice

=====					
Z4:	1:01.66	5-2010	Madison Clarke, West Park		
Name	Year	School	Finals	H#	
=====					
1	Toby-Erwig, Aiyanna	WN - Grimsby	1:02.84		2
2	VanGrieken, Amara	SWCSS	1:03.16		2
3	VanGrieken, Meena	SWCSS	1:04.20		1
4	Nickason, Alivia	Eden	1:04.40		1

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...Event 5 Women 400 Meter Dash Novice

5	Warnick, Lila	Laura Secord	1:09.01	2
6	Penney, Jayden	Eden	1:10.66	2
7	Adam, Avaia	Governor Simcoe	1:11.65	1
8	VanHuizen, Emma	HCS-Jordan Stati	1:13.08	1

Event 6 Men 400 Meter Dash Novice

=====				
Z4: 54.84 2024-05-16 Jase Theodore, SWCSS				
Name	Year	School	Finals	H#
=====				
1	Theodore, Jase	SWCSS	54.84	1
2	Friesen, Jared	Governor Simcoe	55.77	1
3	Larsen, Chase	WN - Grimsby	56.11	2
4	Temacini, Nabil	Governor Simcoe	1:02.66	2
5	Tomori, Alistair	Eden	1:04.22	2
6	Zavadovskyi, Vadym	Thorold	1:07.57	1
7	Barrett, Cliff	WN - Grimsby	1:17.96	1

Event 7 Women 800 Meter Run Novice

=====				
Z4: 2:23.55 5-2012 Tracey Myers, Blessed Trini				
Name	Year	School	Finals	
=====				
1	Crowe, Violet	Governor Simcoe	2:33.69	
2	VanGrieken, Meena	SWCSS	2:37.45	
3	Nickason, Alivia	Eden	2:41.94	
4	Lindley, Helena	SWCSS	2:43.21	
5	VanZanten, Reagan	HCS-Jordan Stati	2:55.29	
6	MacQuarrie, Alysha	St. Catharines	3:12.70	

Event 8 Men 800 Meter Run Novice

=====				
Z4: 2:04.47 5-2016 Nicholas Young, St. Francis				
Name	Year	School	Finals	
=====				
1	Sacco, Lucas	SWCSS	2:10.57	
2	Jansen, Jonathan	HCS-Jordan Stati	2:37.28	
3	VanVliet, Seth	HCS-Jordan Stati	2:41.46	

Event 9 Women 1500 Meter Run Novice

=====				
Z4: 4:57.78 5-2004 Kelsey Slater, Grimsby DSS				
Name	Year	School	Finals	
=====				
1	Crowe, Violet	Governor Simcoe	5:29.41	
2	Lindley, Helena	SWCSS	5:31.34	
3	Stafford, Lottie	Eden	5:57.03	
4	Van Geest, Chloe	WN - Grimsby	6:07.90	
5	VanZanten, Reagan	HCS-Jordan Stati	6:16.09	
6	Gallo, Chiara	Smithville CHS	6:24.30	
7	MacQuarrie, Alysha	St. Catharines	6:34.37	

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Event 10 Men 1500 Meter Run Novice

Z4: 4:16.97 5-2018 Eric Campbell, SW Churchill			
Name	Year	School	Finals
1 Sacco, Lucas		SWCSS	4:35.57
2 Shuker, Rocco		WN - Grimsby	4:43.99
3 Clarke, Trent		WN - Grimsby	4:49.42
4 McKie, Callum		Eden	5:04.38
5 Bayne, Joshua		Eden	5:22.07
6 Jansen, Jonathan		HCS-Jordan Stati	5:24.25
7 VanVliet, Seth		HCS-Jordan Stati	5:54.93
8 Powell, Holden		Laura Secord	6:03.85

Event 11 Women 3000 Meter Run Novice

Z4: 10:39.44 5-2010 Courtney Falardeau, Gov.Si			
Name	Year	School	Finals
1 Stafford, Lottie		Eden	13:11.77
2 Van Geest, Chloe		WN - Grimsby	13:41.62

Event 12 Men 3000 Meter Run Novice

Z4: 9:27.14 5-2018 Owen Lockyer, Eden HS			
Name	Year	School	Finals
1 Clark, Keegan		SWCSS	10:05.90
2 Shuker, Rocco		WN - Grimsby	10:13.37
3 Clarke, Trent		WN - Grimsby	10:47.54
4 Bayne, Joshua		Eden	12:11.07
5 Powell, Holden		Laura Secord	12:51.36

Event 13 Women 80 Meter Hurdles Novice

Z4: 13.10 5-2010 Mary Ollier, Grimsby DSS				
Name	Year	School	Finals	Wind
1 Adewumi, Tola		Governor Simcoe	13.39	NWI
2 Toby-Erwig, Aiyanna		WN - Grimsby	14.41	NWI
3 Lapceovich, Jayen		WN - Grimsby	14.83	NWI

Event 14 Men 100 Meter Hurdles Novice

Z4: 15.62 5-2018 Denis Tsvetkov, Gov.Simcoe				
Name	Year	School	Finals	Wind
1 McCready, Caven		Governor Simcoe	17.24	NWI
2 Duncan, Zac		WN - Grimsby	17.72	NWI
3 Ajomiwe, Divine-Wisdom		St. Catharines	26.72	NWI

Event 15 Women 300 Meter Hurdles Novice

Z4: 47.23 5-2005 Esther Vermeer, Smithville DC			
Name	Year	School	Finals
1 Toby-Erwig, Aiyanna		WN - Grimsby	50.63
2 Adam, Avaia		Governor Simcoe	55.54

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Event 16 Men 300 Meter Hurdles Novice

Z4: 43.95 5-2005 Jordan Glancie, Laura Secord			
Name	Year	School	Finals
1 Larsen, Chase	WN	- Grimsby	46.43
2 Duncan, Zac	WN	- Grimsby	48.45
3 McCready, Caven		Governor Simcoe	48.95

Event 17 Women High Jump Novice

Z4: 1.64m 5-2016 Autumn Biggar, Beamsville DSS			
Name	Year	School	Finals
1 Gayle, Amairah		St. Catharines	1.60m
2 Brink, Lydia		HCS-Jordan Stati	1.37m
3 Skiba, Lily		SWCSS	1.35m
4 Wiersma, Kaylee		Smithville CHS	1.28m
5 Good, Abigail	WN	- Grimsby	1.05m

Event 18 Men High Jump Novice

Z4: 1.85m 5-2007 Jeff Webb, Eden HS			
Name	Year	School	Finals
1 Griffith, Xavier		SWCSS	1.80m
2 Tzellos, Joey		Smithville CHS	1.55m
-- Uwaifo, Nosakhare		Eden	DNF
-- Elue, Benedict		Eden	DNF

Event 20 Men Pole Vault Novice

Z4: 2.50m 5-2017 Cameron Burgess, Gov.Simcoe			
Name	Year	School	Finals
1 Coleman, Cameron		Governor Simcoe	J2.10m
2 Moore, Calum		Governor Simcoe	J2.10m
3 Shaw, Owen		Governor Simcoe	J2.10m

Event 21 Women Long Jump Novice

Z4: 4.89m 2024-05-16 Amairah Gayle, SCCIVS				
Name	Year	School	Finals	Wind
1 Gayle, Amairah		St. Catharines	4.89m	NWI
2 Devries, Abby		HCS-Jordan Stati	4.51m	NWI
3 Nickason, Alivia		Eden	4.41m	NWI
4 Kemper, Lorissa		HCS-Jordan Stati	4.37m	NWI
5 Godin, Jillian		SWCSS	4.29m	NWI
6 Lapcevich, Jayen		WN - Grimsby	4.25m	NWI
7 Warnick, Lila		Laura Secord	4.14m	NWI
8 Xie, Ophelia		Eden	4.08m	NWI
9 Purchase, Mickayla		WN - Grimsby	3.93m	NWI
10 Good, Abigail		WN - Grimsby	3.59m	NWI
11 Martinovs, Kayta		Eden	3.57m	NWI
12 Wiersma, Kaylee		Smithville CHS	2.96m	NWI
13 Lasek, Natalia		Eden	2.68m	NWI
14 Sh, Roshan		GLCHS	2.34m	NWI

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...Event 21 Women Long Jump Novice

-- Warnock, Rylee SWCSS DNF NWI

Event 22 Men Long Jump Novice

Name	Year	School	Finals	Wind
Z4: 5.70m	5-2012	Alvin Fortaleza, SW Churchill		
1 Smith, Sutter		WN - Grimsby	5.35m	NWI
2 VanderKolk, Ethan		Smithville CHS	5.08m	NWI
3 Duncan, Zac		WN - Grimsby	4.94m	NWI
4 Jiang, Shuhan		Eden	3.68m	NWI
-- Busch, Noah		Eden	DNF	NWI
-- Raynor, Kieran		Governor Simcoe	DNF	NWI
-- Zavadovskyi, Vadym		Thorold	DNF	NWI

Event 23 Women Triple Jump Novice

Name	Year	School	Finals	Wind
Z4: 10.86m	5-2014	Rowan Thomas, Gov. Simcoe		
1 Kemper, Lorissa		HCS-Jordan Stati	9.53m	NWI
2 Lapcevich, Jayen		WN - Grimsby	9.30m	NWI
3 Devries, Abby		HCS-Jordan Stati	9.16m	NWI
4 Xie, Ophelia		Eden	9.15m	NWI
5 Good, Abigail		WN - Grimsby	7.95m	NWI
6 Bobie-Frimpong, Grace		WN - Grimsby	7.57m	NWI
7 Gallo, Chiara		Smithville CHS	6.62m	NWI
8 Wiersma, Kaylee		Smithville CHS	6.33m	NWI
-- Blokland, Khloe		WN - Grimsby	DNF	NWI

Event 24 Men Triple Jump Novice

Name	Year	School	Finals	Wind
Z4: 12.08m	5-2012	Edvin Miller		
1 Griffith, Xavier		SWCSS	11.42m	NWI
2 Smith, Sutter		WN - Grimsby	11.21m	NWI
3 Jansen, Jonathan		HCS-Jordan Stati	10.66m	NWI
4 Tzellos, Joey		Smithville CHS	10.16m	NWI
5 VanderKolk, Ethan		Smithville CHS	9.80m	NWI
-- Busch, Noah		Eden	DNF	NWI
-- Raynor, Kieran		Governor Simcoe	DNF	NWI

Event 25 Women Shot Put Novice

Name	Year	School	Finals
Z4: 11.33m	5-2014	Grace Tennant, South Lincoln	
1 Skiba, Lily		SWCSS	8.39m
2 Cizek, Tayla		WN - Grimsby	7.73m
3 Vanlochem, Karis		HCS-Jordan Stati	6.47m
4 Anaduaka, Chinecherem		GLCHS	5.90m
5 Godin, Jillian		SWCSS	4.72m

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Event 26 Men Shot Put Novice

Z4: 14.24m 5-2007 Stefan Pallios, Grimsby DSS			
Name	Year	School	Finals
1 Pullar, Mackenzie		SWCSS	11.48m
2 Friesen, Jared		Governor Simcoe	11.00m
3 Aljafra, Amr		SWCSS	10.78m
4 Fournier-Phillips, Kaidy		Thorold	10.77m
5 Mohammadyar, Emrah		SWCSS	10.44m
6 Vandenberg, Nathaniel		HCS-Jordan Stati	10.11m
7 Marino, Ben		WN - Grimsby	8.30m
-- Raynor, Kieran		Governor Simcoe	DNF

Event 27 Women Discus Throw Novice

Z4: 36.62m 5-2014 Grace Tennant, South Lincoln			
Name	Year	School	Finals
1 Skiba, Lily		SWCSS	20.52m
2 Anaduaka, Chinecherem		GLCHS	20.02m
3 Vanlochem, Karis		HCS-Jordan Stati	17.91m
4 Cizek, Tayla		WN - Grimsby	14.51m
5 Godin, Jillian		SWCSS	13.28m

Event 28 Men Discus Throw Novice

Z4: 50.52m 5-2007 Stefan Pallios, Grimsby DSS			
Name	Year	School	Finals
1 Fournier-Phillips, Kaidy		Thorold	31.24m
2 Marino, Ben		WN - Grimsby	28.96m
3 Vandenberg, Nathaniel		HCS-Jordan Stati	27.07m
4 Pullar, Mackenzie		SWCSS	25.62m
5 Aljafra, Amr		SWCSS	18.58m

Event 29 Women Javelin Throw Novice

Z4: 32.08m 5-2014 Grace Tennant, South Lincoln			
Name	Year	School	Finals
1 Panici, Eryn		Laura Secord	22.15m
2 Maltman, Esti		Eden	20.92m
3 Molano, Sara		SWCSS	18.38m
4 Elstone, Erica		Laura Secord	18.19m
5 Vanlochem, Karis		HCS-Jordan Stati	18.07m
6 Anaduaka, Chinecherem		GLCHS	11.90m

Event 30 Men Javelin Throw Novice

Z4: 47.47m 5-2007 Ray Dykstra, Grimsby DSS			
Name	Year	School	Finals
1 Aljafra, Amr		SWCSS	27.37m
2 Vandenberg, Nathaniel		HCS-Jordan Stati	27.11m

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Event 31 Women 4x100 Meter Relay Novice

Z4: 52.81 2024-05-16 Sir Winston Churchill, SWCSS	
A VanGrieken, M VanGrieken, L Skiba, R Warnock	
School	Finals
1 Sir Winston Churchill 'A'	52.81
1) VanGrieken, Amara	2) VanGrieken, Meena
3) Skiba, Lily	4) Warnock, Rylee
2 West Niagara Secondary 'A'	55.05
3 Governor Simcoe 'A'	55.45
4 Eden 'A'	55.83
1) Nickason, Alivia	2) Stafford, Lottie
3) Maltman, Esti	4) Xie, Ophelia
5 Heritage Christian-Jordan Stat 'A'	57.49
1) Brink, Lydia	2) Kemper, Lorissa
3) Devries, Abby	4) VanHuizen, Emma
5) VanZanten, Reagan	6)

Event 32 Men 4x100 Meter Relay Novice

Z4: 48.46 5-2012 Denis Morris HS	
J.Chambers, V.Cojocari, J.Selman, A. Wilson	
School	Finals
1 West Niagara Secondary 'A'	49.10
2 Governor Simcoe 'A'	50.73
3 Eden 'A'	51.94
1) Elue, Benedict	2) Mitchell, Ian
3) Parent, Max	4) Uwaifo, Nosakhare

Event 33 Women 100 Meter Dash Junior

Z4: 12.87 5-2017 MacKenzie Barnard, Grimsby DSS				
Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Hollemans, Alayna	HCS-Jordan Stati	13.61q	NWI	2
2 Brown, Daryn	DSBN Academy	14.17q	NWI	2
3 Laguerre, Mia	Thorold	14.75q	NWI	2
4 Powers, Angelea	Thorold	15.72q	NWI	1
5 Kozma, Julia	Laura Secord	15.76q	NWI	2
6 Ephrat, Sarah	SWCSS	17.42q	NWI	2
7 Lauber, Tanisha	DSBN Academy	17.86q	NWI	1
8 Sandy, Kyla	DSBN Academy	19.76q	NWI	1

Event 33 Women 100 Meter Dash Junior

Z4: 12.87 5-2017 MacKenzie Barnard, Grimsby DSS			
Name	Year School	Finals	Wind
Finals			
1 Hollemans, Alayna	HCS-Jordan Stati	13.91	-0.8
2 Brown, Daryn	DSBN Academy	14.13	-0.8
3 Laguerre, Mia	Thorold	15.00	-0.8
4 Powers, Angelea	Thorold	15.67	-0.8
5 Kozma, Julia	Laura Secord	15.71	-0.8
6 Lauber, Tanisha	DSBN Academy	17.22	-0.8

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....Event 33 Women 100 Meter Dash Junior

7 Ephrat, Sarah	SWCSS	17.52	-0.8
8 Sandy, Kyla	DSBN Academy	19.87	-0.8

Event 34 Men 100 Meter Dash Junior

Z4: 11.35 2023-05-18 Adetunji Ojo, SWC

Name	Year	School	Prelims	Wind	H#
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Preliminaries

1 Wurgler, Alexander	SWCSS	11.61q	NWI	1
2 Lampman, Tyler	Thorold	12.28q	NWI	1
3 Day, Andrew	Laura Secord	12.33q	NWI	1
4 Malcolm, Tiago	WN - Grimsby	12.34q	NWI	2
5 Abakar, Sougui	Thorold	12.48q	0.4	3
5 Payne, Brody	Eden	12.48q	NWI	1
7 Taylor Moody, Colby	Governor Simcoe	12.54q	NWI	2
8 Less, Cordell	Laura Secord	12.65q	0.4	3
9 McDonough, Adonis	WN - Grimsby	12.78	NWI	1
10 Thorp, Nolan	WN - Grimsby	13.10	NWI	1
11 Khatri, Sonim	Thorold	13.23	NWI	1
12 Epp, Ethan	Laura Secord	13.43	NWI	2
13 Aruna, Mujeeb	Thorold	13.50	NWI	2
14 Unger, Logan	Governor Simcoe	13.51	0.4	3
15 Swinson, Wayne	DSBN Academy	13.56	0.4	3
16 Heikoop, Aiden	HCS-Jordan Stati	13.67	NWI	2
17 Supsupin, Marqui	St. Catharines	14.12	NWI	2
18 Lacroix, Cameron	GLCHS	14.69	0.4	3

Event 34 Men 100 Meter Dash Junior

Z4: 11.35 2023-05-18 Adetunji Ojo, SWC

Name	Year	School	Finals	Wind
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Finals

1 Wurgler, Alexander	SWCSS	11.83	-1.2
2 Less, Cordell	Laura Secord	12.47	-1.2
2 Malcolm, Tiago	WN - Grimsby	12.47	-1.2
4 Day, Andrew	Laura Secord	12.53	-1.2
5 Abakar, Sougui	Thorold	12.54	-1.2
6 Lampman, Tyler	Thorold	12.55	-1.2
7 Payne, Brody	Eden	12.60	-1.2
8 Taylor Moody, Colby	Governor Simcoe	14.27	-1.2

Event 35 Women 200 Meter Dash Junior

Z4: 26.48 5-2017 Zoe Phillips, Eden HS

Name	Year	School	Finals	Wind	H#
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1 Teeuwssen, Alexa	Smithville CHS	28.66	1.5	2
2 Hollemans, Alayna	HCS-Jordan Stati	28.80	1.5	2
3 Nolan, Amelia	WN - Grimsby	28.92	0.1	1
4 Brown, Daryn	DSBN Academy	29.03	1.5	2
5 Kirk, Riley	WN - Grimsby	29.64	1.5	2
6 Jovicich, Isabella-Sofia	WN - Grimsby	30.60	1.5	2
7 Kozma, Julia	Laura Secord	32.40	0.1	1
8 Powers, Angelea	Thorold	34.38	0.1	1

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....Event 35 Women 200 Meter Dash Junior

9 Ephrat, Sarah SWCSS 36.36 0.1 1

Event 36 Men 200 Meter Dash Junior

=====						
Z4:	23.54	5-2008	Dylan Granger, Holy Cross			
Name	Year	School	Finals	Wind	H#	
=====						
1	Wurgler, Alexander	SWCSS	23.75	0.3	1	
2	Payne, Brody	Eden	25.17	1.5	2	
3	McDonough, Adonis	WN - Grimsby	25.96	0.3	1	
4	Pouliot-Bekkering, Marek	Governor Simcoe	26.37	1.5	2	
5	Kotapuri, Ruslan	WN - Grimsby	26.71	1.5	2	
6	Stewart-Spink, Keiran	Governor Simcoe	27.15	0.3	1	
7	Mussell, Jacob	St. Catharines	27.42	0.3	1	
8	Epp, Ethan	Laura Secord	27.56	1.5	2	
9	Lacroix, Cameron	GLCHS	29.62	1.5	2	
10	Scott, Josiah	GLCHS	30.52	0.3	1	

Event 37 Women 400 Meter Dash Junior

=====						
Z4:	1:00.77	5-2004	Amanda McMurtrie, South Lincol			
Name	Year	School	Finals	H#		
=====						
1	Taylor, Kate	Eden	1:03.49		1	
2	Sikkema, Rebekah	HCS-Jordan Stati	1:04.48		2	
3	Hollemans, Alayna	HCS-Jordan Stati	1:07.85		2	
4	Wassenaar, Tianna	HCS-Jordan Stati	1:08.13		1	
5	Fletcher, Melanie	WN - Grimsby	1:11.76		2	
6	Jovicich, Isabella-Sofia	WN - Grimsby	1:15.16		2	
7	Nolan, Amelia	WN - Grimsby	1:17.60		1	
8	MacDonald, Nevaeh	Thorold	1:37.84		1	

Event 38 Men 400 Meter Dash Junior

=====						
Z4:	52.75	2024-05-16	Barron Walker, SWCSS			
Name	Year	School	Finals	H#		
=====						
1	Walker, Barron	SWCSS	52.75		2	
2	Simpson, Graydon	Smithville CHS	59.01		1	
3	Pouliot-Bekkering, Marek	Governor Simcoe	1:00.30		2	
4	Olajumoke, Teni	Thorold	1:00.97		1	
5	Mussell, Jacob	St. Catharines	1:01.54		1	
6	Kotapuri, Ruslan	WN - Grimsby	1:03.86		1	
7	Kaija, Logan	WN - Grimsby	1:06.90		2	
8	Scott, Josiah	GLCHS	1:06.99		2	
9	Ajomiwe, Amblessed	St. Catharines	1:09.38		1	

Event 39 Women 800 Meter Run Junior

=====						
Z4:	2:23.17	5-2005	Kelsie Slater, Grimsby DSS			
Name	Year	School	Finals			
=====						
1	Taylor, Kate	Eden	2:31.64			
2	Jeffery, Sydney	WN - Grimsby	2:34.54			
3	Ankersmit, Drew	Eden	2:37.44			
4	Moran, Anna	Eden	2:38.61			

**Zone 4 Championship Meet - 2024-05-16
Results**

....Event 39 Women 800 Meter Run Junior

5 Cavicchia, Adali	Eden	2:41.95
6 Saunders, Natalia	SWCSS	2:52.30

Event 40 Men 800 Meter Run Junior

=====			
Z4:	2:01.11	5-2010	Chris Hutton, SW Churchill
Name	Year	School	Finals
=====			
1 Walker, Barron		SWCSS	2:09.70
2 Bayne, Andrew		Eden	2:11.18
3 Bertrand, Damien		SWCSS	2:22.90
4 Gunn, Caelan		WN - Grimsby	2:29.38
5 Simpson, Graydon		Smithville CHS	2:36.28
6 Banta, Jude		GLCHS	2:39.92

Event 41 Women 1500 Meter Run Junior

=====			
Z4:	4:51.92	5-2015	Avery Goertz, Gov.Simcoe
Name	Year	School	Finals
=====			
1 Moran, Anna		Eden	5:25.34
2 Cavicchia, Adali		Eden	5:26.87
3 Ankersmit, Drew		Eden	5:28.75
4 Jeffery, Sydney		WN - Grimsby	5:31.09
5 Nicholls, Kaycie		WN - Grimsby	6:23.27

Event 42 Men 1500 Meter Run Junior

=====			
Z4:	4:08.28	2019-05-14	Eric Campbell, SWCSS-St. Ca
Name	Year	School	Finals
=====			
1 Bertrand, Damien		SWCSS	4:47.37
2 Walker, Barron		SWCSS	5:10.05
3 Bayne, Andrew		Eden	5:10.11
4 Banta, Jude		GLCHS	5:14.36
5 Gunn, Caelan		WN - Grimsby	5:16.31
6 Richardson, Cameron		Smithville CHS	5:29.91
7 White, Gavin		St. Catharines	5:31.39

Event 43 Women 3000 Meter Run Junior

=====			
Z4:	10:37.15	5-2008	Deanna Brasz, Heritage CHS
Name	Year	School	Finals
=====			
1 Laing, Ayla		Governor Simcoe	14:33.27
2 Grosvenor, Tessa		SWCSS	14:33.30

Event 44 Men 3000 Meter Run Junior

=====			
Z4:	9:15.44	5-2007	Mohammed Ahmed, St. Cathari
Name	Year	School	Finals
=====			
1 Dobrovoiski, Simon		SWCSS	9:19.65
2 Cirasuolo, Julian		SWCSS	10:19.73
3 Mead, Jackson		SWCSS	10:24.55
4 Richardson, Cameron		Smithville CHS	12:47.50

Zone 4 Championship Meet - 2024-05-16
Results

Event 45 Women 80 Meter Hurdles Junior

Z4: 12.29 5-2011 Mary Ollier, Grimsby DSS				
Name	Year	School	Finals	Wind
1 Kirk, Riley		WN - Grimsby	12.76	NWI
2 Fletcher, Melanie		WN - Grimsby	15.51	NWI
3 Mayner, Ketruah		WN - Grimsby	16.22	NWI

Event 46 Men 100 Meter Hurdles Junior

Z4: 14.51 5-2007 Townsen Benard, Laura Secord				
Name	Year	School	Finals	Wind
1 Malcolm, Tiago		WN - Grimsby	16.07	NWI
2 Szczepanski, Isaac		WN - Grimsby	17.35	NWI
3 Stewart-Spink, Keiran		Governor Simcoe	19.51	NWI
4 Tadas, Frances		Governor Simcoe	21.30	NWI
5 Supsupin, Marqui		St. Catharines	22.63	NWI
6 White, Gavin		St. Catharines	23.47	NWI

Event 47 Women 300 Meter Hurdles Junior

Z4: 47.13 5-2006 Brittany Kadwell, Grimsby DSS				
Name	Year	School	Finals	
1 Sikkema, Rebekah		HCS-Jordan Stati	48.91	
2 Kirk, Riley		WN - Grimsby	50.94	
3 Fletcher, Melanie		WN - Grimsby	54.76	
4 Mayner, Ketruah		WN - Grimsby	56.34	

Event 48 Men 300 Meter Hurdles Junior

Z4: 42.31 5-2015 Tristan Vermolen, Laura Secor				
Name	Year	School	Finals	
1 Malcolm, Tiago		WN - Grimsby	48.40	
2 Kaija, Logan		WN - Grimsby	1:00.44	

Event 49 Women High Jump Junior

Z4: 1.71m 5-2017 Autumn Biggar, Beamsville DSS				
Name	Year	School	Finals	
1 Jones, Katelyn		WN - Grimsby	1.50m	
2 Wassenaar, Tianna		HCS-Jordan Stati	1.45m	
3 Bylsma, Claire		Smithville CHS	1.40m	
4 Jovicich, Isabella-Sofia		WN - Grimsby	1.10m	
-- Nolan, Amelia		WN - Grimsby	DNF	

Event 50 Men High Jump Junior

Z4: 1.88m 5-2004 James Brodhagen, Thorold SS				
Name	Year	School	Finals	
1 Olajumoke, Teni		Thorold	1.60m	

Zone 4 Championship Meet - 2024-05-16
Results

Event 52 Men Pole Vault Junior

Z4: 3.30m 5-2007 Townsen Benard, Laura Secord			
Name	Year	School	Finals
1 Wainio, Ryder		Governor Simcoe	J2.10m
2 Miller, Jack		Governor Simcoe	J2.10m
3 Huot-Moodie, Sebastian		Governor Simcoe	J2.10m

Event 53 Women Long Jump Junior

Z4: 4.94m 5-2007 Chelsea Duncan, Sir W Churchill				
Name	Year	School	Finals	Wind
1 Jones, Katelyn		WN - Grimsby	4.66m	NWI
2 Van den Bos, Jessie		Smithville CHS	4.63m	NWI
2 Burrows, Shorleigh		Eden	4.63m	NWI
4 Teeuwssen, Alexa		Smithville CHS	4.48m	NWI
5 Bylsma, Claire		Smithville CHS	4.41m	NWI
6 Laguerre, Mia		Thorold	4.20m	NWI
7 Powers, Angelea		Thorold	3.39m	NWI
8 Sandy, Kyla		DSBN Academy	2.36m	NWI

Event 54 Men Long Jump Junior

Z4: 6.11m 2024-05-16 Austin Wojciechowski, GSSS				
Z4: 6.11m 5-2016 Tyler Broderick, Thorold SS				
Name	Year	School	Finals	Wind
1 Wojciechowski, Austin		Governor Simcoe	6.11m	NWI
2 Less, Cordell		Laura Secord	5.57m	NWI
3 Heikoop, Aiden		HCS-Jordan Stati	5.26m	NWI
4 Szczepanski, Isaac		WN - Grimsby	5.08m	NWI
5 Glasbergen, Hunter		HCS-Jordan Stati	4.94m	NWI
6 Aruna, Mujeeb		Thorold	4.86m	NWI
7 Ajomiwe, Amblessed		St. Catharines	4.74m	NWI
8 Wiersma, Adam		Smithville CHS	4.54m	NWI
9 Swinson, Wayne		DSBN Academy	4.48m	NWI
10 Kok, David		Smithville CHS	4.38m	NWI
11 Supsupin, Marqui		St. Catharines	4.17m	NWI
12 Abakar, Sougui		Thorold	4.14m	NWI
13 Scott, Josiah		GLCHS	4.11m	NWI
14 Lacroix, Cameron		GLCHS	2.67m	NWI

Event 55 Women Triple Jump Junior

Z4: 10.81m 5-2015 Rowan Thomas, Gov. Simcoe				
Name	Year	School	Finals	Wind
1 Burrows, Shorleigh		Eden	9.78m	NWI
2 Jones, Katelyn		WN - Grimsby	9.52m	NWI
3 Bylsma, Claire		Smithville CHS	8.70m	NWI

Zone 4 Championship Meet - 2024-05-16
Results

Event 56 Men Triple Jump Junior

Z4: 12.89m 5-2005 David Tebbutt, Eden HS				
Name	Year	School	Finals	Wind
1 Wojciechowski, Austin		Governor Simcoe	12.31m	NWI
2 Heikoop, Aiden		HCS-Jordan Stati	11.13m	NWI
3 Szczepanski, Isaac		WN - Grimsby	11.02m	NWI
4 Glasbergen, Hunter		HCS-Jordan Stati	10.69m	NWI
5 Kok, David		Smithville CHS	10.65m	NWI
-- Nero, Daniel		Thorold	DNF	NWI
-- Khatri, Sonim		Thorold	DNF	NWI

Event 57 Women Shot Put Junior

Z4: 14.38m 5-2015 Grace Tennant, South Lincoln				
Name	Year	School	Finals	
1 Vandyk, Olivia		HCS-Jordan Stati	10.36m	
2 Vyn, Amelia		HCS-Jordan Stati	8.95m	
3 Howe, Bridget		SWCSS	7.99m	
4 Olusanya, Temilorun		GLCHS	7.13m	
5 Horton, Avah		SWCSS	6.89m	
6 Quesada Nepomuceno, Brun		Thorold	6.82m	
7 Oni, Toluwani		GLCHS	5.18m	

Event 58 Men Shot Put Junior

Z4: 16.35m 5-2008 Stefan Pallios, Grimsby DSS				
Name	Year	School	Finals	
1 Aljafra, Mohammad		SWCSS	13.19m	
2 Haight, Nathan		WN - Grimsby	11.09m	
3 Julian, Cole		Eden	11.07m	
4 Kotze, Kevin		DSBN Academy	10.78m	
5 McDonough, Adonis		WN - Grimsby	10.57m	
6 Parisi, Blake		DSBN Academy	10.36m	
7 Batainen, Mustafa		SWCSS	10.18m	
8 Veldhuizen, Austin		Smithville CHS	9.94m	
9 Vandenberg, Evan		Smithville CHS	8.62m	
10 Harmsworth, Campbell		Eden	8.56m	

Event 59 Women Discus Throw Junior

Z4: 44.27m 5-2015 Grace Tennant, South Lincoln				
Name	Year	School	Finals	
1 Vyn, Amelia		HCS-Jordan Stati	19.93m	
2 Quesada Nepomuceno, Brun		Thorold	18.74m	
3 Tait, Ilona		WN - Grimsby	18.66m	
4 Vandyk, Olivia		HCS-Jordan Stati	18.29m	
5 Brown, Daryn		DSBN Academy	17.51m	
6 Oni, Toluwani		GLCHS	16.10m	
7 Howe, Bridget		SWCSS	15.22m	
8 Horton, Avah		SWCSS	14.99m	
9 Olusanya, Temilorun		GLCHS	10.88m	
10 MacDonald, Nevaeh		Thorold	10.81m	

Zone 4 Championship Meet - 2024-05-16
Results

Event 60 Men Discus Throw Junior

Z4: 54.43m 5-2008 Stefan Pallios, Grimsby DSS			
Name	Year	School	Finals
1 Batainen, Mustafa		SWCSS	32.96m
2 Aljafra, Mohammad		SWCSS	29.77m
3 Veldhuizen, Austin		Smithville CHS	28.00m
4 Flook, Darius		SWCSS	25.92m
5 Haight, Nathan		WN - Grimsby	25.16m
6 Kotze, Kevin		DSBN Academy	24.31m
7 Vandenberg, Evan		Smithville CHS	24.08m
8 Swinson, Wayne		DSBN Academy	21.96m
-- Aldrete, Stefan		DSBN Academy	DNF

Event 61 Women Javelin Throw Junior

Z4: 38.49m 5-2015 Grace Tennant, South Lincoln			
Name	Year	School	Finals
1 Vandyk, Olivia		HCS-Jordan Stati	19.39m
2 Quesada Nepomuceno, Brun		Thorold	18.78m
3 Tait, Ilona		WN - Grimsby	18.42m
4 Vyn, Amelia		HCS-Jordan Stati	18.40m
5 Heaton, Hazel		Laura Secord	17.22m
6 MacDonald, Nevaeh		Thorold	15.51m
7 Howe, Bridget		SWCSS	14.72m
8 Robinson, Gracie		Laura Secord	13.26m
9 Horton, Avah		SWCSS	11.96m
10 Olusanya, Temilorun		GLCHS	9.03m
11 Oni, Toluwani		GLCHS	8.54m

Event 62 Men Javelin Throw Junior

Z4: 55.45m 5-2008 Ray Dykstra, Grimsby DSS			
Name	Year	School	Finals
1 Flook, Darius		SWCSS	37.25m
2 MacKay-Cotton, Liam		Laura Secord	36.44m
3 Aljafra, Mohammad		SWCSS	35.69m
4 Vandenberg, Evan		Smithville CHS	35.60m
5 Less, Cordell		Laura Secord	33.15m
6 Harmsworth, Campbell		Eden	31.21m
7 Veldhuizen, Austin		Smithville CHS	29.03m
8 Kotze, Kevin		DSBN Academy	27.56m
9 Abakar, Sougui		Thorold	24.96m
10 Wiersma, Adam		Smithville CHS	24.15m
11 Batainen, Mustafa		SWCSS	23.32m
-- Aldrete, Stefan		DSBN Academy	DNF

Event 63 Women 4x100 Meter Relay Junior

Z4: 53.14 5-2018 Governor Simcoe			Finals
School			
1 West Niagara Secondary 'A'			55.17
-- Smithville Christ HS 'B'			DNF

Zone 4 Championship Meet - 2024-05-16
Results

Event 64 Men 4x100 Meter Relay Junior

=====			
Z4:	46.35	5-2016	Sir Winston Churchill
			C.Osinga, M.Nichols, N Sneath, D. Ruiz
School	Finals		
=====			
1	West Niagara Secondary	'A'	48.52
2	Governor Simcoe	'A'	50.11
3	Smithville Christ HS	'A'	51.01
4	St. Catharines	'A'	53.37

Event 65 Women 100 Meter Dash Senior

=====					
Z4:	12.43	5-2004	Stephanie Forestell, Beamsville DSS		
Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Jones, Maddy	WN - Grimsby	13.41q	0.6	3
2	Rutledge, Elyse	Laura Secord	13.54q	0.2	1
3	Singh, Anjali	HCS-Jordan Stati	14.00q	0.6	3
4	VanVliet, Julia	HCS-Jordan Stati	14.05q	0.2	1
5	Bredin, Aiyauna	SWCSS	14.10q	-0.2	2
6	Kizito, Ella	GLCHS	14.32q	0.2	1
7	Rowland, Charlee	Thorold	14.47q	0.2	1
8	Melnychuk, Taisa	Governor Simcoe	14.51q	-0.2	2
9	Droppert, Emily	Smithville CHS	14.69	0.2	1
10	Boychuk, Keira	WN - Grimsby	14.82	-0.2	2
11	Hoggan, Hannah	Governor Simcoe	15.20	0.6	3
12	Alexis, Sarah	SWCSS	15.33	0.6	3
13	Campanino, Alice	SWCSS	15.39	0.2	1
14	Okatahi, Jothame	SWCSS	15.49	-0.2	2
15	Friesen, Abby	Thorold	15.54	-0.2	2
16	Franklin, Jamie	Thorold	15.86	0.6	3
17	Chandler, Eddie	DSBN Academy	16.38	-0.2	2
18	Smith, Venessa	Governor Simcoe	16.55	0.2	1
19	Wilson, Taylor	St. Catharines	16.94	0.6	3

Event 65 Women 100 Meter Dash Senior

=====					
Z4:	12.43	5-2004	Stephanie Forestell, Beamsville DS		
Name	Year	School	Finals	Wind	
=====					
Finals					
1	Rutledge, Elyse	Laura Secord	13.30	0.5	
2	Jones, Maddy	WN - Grimsby	13.37	0.5	
3	VanVliet, Julia	HCS-Jordan Stati	14.01	0.5	
4	Singh, Anjali	HCS-Jordan Stati	14.02	0.5	
5	Bredin, Aiyauna	SWCSS	14.06	0.5	
6	Kizito, Ella	GLCHS	14.17	0.5	
7	Melnychuk, Taisa	Governor Simcoe	14.46	0.5	
8	Rowland, Charlee	Thorold	14.60	0.5	

Zone 4 Championship Meet - 2024-05-16**Results****Event 66 Men 100 Meter Dash Senior**

Z4: 10.85 2024-05-16 Braeden Brouwer, WN - Grimsby					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Brouwer, Braeden		WN - Grimsby	10.85q	0.4	1
2 Reid, Khamal		SWCSS	11.96q	-0.2	2
3 Ng, Michael		GLCHS	12.15q	0.6	3
4 Snyder, Nick		HCS-Jordan Stati	12.28q	-0.2	2
5 Jeffery, Hayden		WN - Grimsby	12.29q	0.6	3
6 Stoner, Logan		St. Catharines	12.36q	-0.2	2
7 Palani, Diyar		St. Catharines	12.56q	0.4	1
8 Goar, Holden		WN - Grimsby	12.57q	-0.2	2
9 Teeuwesen, Corey		Smithville CHS	12.68	0.6	3
10 Nixon, Lucas		SWCSS	12.85	0.4	1
11 Francis, Akeba		Thorold	12.88	0.6	3
12 Beukes, Julius		DSBN Academy	12.94	0.6	3
13 Uwaifo, Osasu		Eden	13.62	-0.2	2

Event 66 Men 100 Meter Dash Senior

Z4: 10.85 2024-05-16 Braeden Brouwer, WN - Grimsby					
Name	Year	School	Finals	Wind	
Finals					
1 Brouwer, Braeden		WN - Grimsby	11.46	-1.6	
2 Reid, Khamal		SWCSS	11.99	-1.6	
3 Snyder, Nick		HCS-Jordan Stati	12.26	-1.6	
4 Ng, Michael		GLCHS	12.31	-1.6	
5 Jeffery, Hayden		WN - Grimsby	12.39	-1.6	
6 Goar, Holden		WN - Grimsby	12.56	-1.6	
7 Palani, Diyar		St. Catharines	12.74	-1.6	
8 Stoner, Logan		St. Catharines	13.25	-1.6	

Event 67 Women 200 Meter Dash Senior

Z4: 25.77 2019-05-14 Zoe Phillips, EHS-St. Catherin					
Name	Year	School	Finals	Wind	H#
1 Aljourmi, Sofia		SWCSS	27.10	-1.8	2
2 Rutledge, Elyse		Laura Secord	27.72	-1.4	1
3 Watts, Portia		Thorold	28.71	-1.4	1
4 Bredin, Aiyauna		SWCSS	29.42	-1.8	2
5 VanVliet, Julia		HCS-Jordan Stati	29.44	-1.4	1
6 Breukelman, Eva		GLCHS	29.75	-1.8	2
7 Gallant, Layla		Thorold	29.93	-1.8	2
8 Melnychuk, Taisa		Governor Simcoe	30.22	-1.8	2
9 Rowland, Charlee		Thorold	30.73	-1.4	1
10 Boychuk, Keira		WN - Grimsby	30.81	-1.4	1
11 Hoggan, Hannah		Governor Simcoe	32.38	-1.8	2
12 Friesen, Abby		Thorold	32.71	-1.8	2
13 Okatahi, Jothame		SWCSS	35.24	-1.4	1
14 Linebaugh, Julilanna		SWCSS	38.17	-1.4	1

Zone 4 Championship Meet - 2024-05-16
Results

Event 68 Men 200 Meter Dash Senior

Z4: 21.89 2024-05-16 Braeden Brouwer, WN - Grimsby					
Name	Year	School	Finals	Wind	H#
1 Brouwer, Braeden		WN - Grimsby	21.89	-0.5	1
2 Talsma, Jeremy		Smithville CHS	23.67	-0.5	1
3 Reid, Khamal		SWCSS	24.01	-0.5	1
4 Tichband, Kester		SWCSS	24.34	-1.5	2
5 Jeffery, Hayden		WN - Grimsby	24.68	-1.5	2
6 Goar, Holden		WN - Grimsby	24.74	-1.5	2
6 Snyder, Nick		HCS-Jordan Stati	24.74	-0.5	1
8 Uwaifo, Osasu		Eden	25.78	-1.5	2
9 Koole, Riley		Smithville CHS	26.30	-1.5	2

Event 69 Women 400 Meter Dash Senior

Z4: 57.60 2019-05-14 Zoe Phillips, EHS-St. Catheri			
Name	Year	School	Finals
1 Burke, Mikaela		HCS-Jordan Stati	59.68
2 Aljourmi, Sofia		SWCSS	1:01.10
3 Watts, Portia		Thorold	1:05.00
4 Gallant, Layla		Thorold	1:05.31
5 VanZanten, Annemiek		HCS-Jordan Stati	1:08.53

Event 70 Men 400 Meter Dash Senior

Z4: 49.21 5-2007 Cody Boyd, Sir W Churchill				
Name	Year	School	Finals	H#
1 Adams, TJ		Governor Simcoe	51.12	2
2 Reid, Khamal		SWCSS	53.72	1
3 Talsma, Jeremy		Smithville CHS	55.39	2
4 Andres, Lucas		Laura Secord	56.06	1
5 Srb, Jack		SWCSS	56.51	1
6 Tichband, Kester		SWCSS	57.98	2
7 Ng, Michael		GLCHS	58.88	1
8 Forrest, Zachary		Governor Simcoe	58.96	2
9 Farah, Abdi		Laura Secord	59.03	1
10 Snyder, Nick		HCS-Jordan Stati	59.29	1
11 Petten, Nolan		St. Catharines	1:01.76	2
12 Perrault, Collin		Laura Secord	1:01.84	2
-- Breukelman, Silas		Smithville CHS	X54.28	1

Event 71 Women 800 Meter Run Senior

Z4: 2:20.33 5-2004 Megan Stewart, Governor Sim			
Name	Year	School	Finals
1 Eaton, Madison		Laura Secord	2:31.41
2 Polmanter-Gentle, Laine		WN - Grimsby	2:37.71
3 Taubeneck, Hailey		SWCSS	2:38.02
4 Stahl, Astrid		WN - Grimsby	2:39.36
5 VanZanten, Annemiek		HCS-Jordan Stati	2:44.46
6 Krause, Kennedy		SWCSS	2:52.89
7 Wilson, Tesia		SWCSS	3:02.46

Zone 4 Championship Meet - 2024-05-16
Results

Event 72 Men 800 Meter Run Senior

Z4: 1:58.13 5-2012 Chris Hutton, Sir W Churchill				
Name	Year	School	Finals	H#
1 Breckels, Fenway		Governor Simcoe	2:00.49	2
2 Houston, Zach		WN - Grimsby	2:00.54	1
3 Glaser, Sebastian		Governor Simcoe	2:01.84	1
4 Masterson, Owen		SWCSS	2:05.65	1
5 Wilson, Rian		SWCSS	2:06.54	2
6 McIntosh, Jackson		WN - Grimsby	2:12.98	1
7 Breukelman, Silas		Smithville CHS	2:13.46	2
8 Knerr, Koen		Thorold	2:19.74	2
9 Andres, Lucas		Laura Secord	2:23.47	2
10 Srb, Jack		SWCSS	2:25.70	1
11 Forrest, Zachary		Governor Simcoe	2:36.23	2

Event 73 Women 1500 Meter Run Senior

Z4: 4:49.33 5-2015 Kennedy Thompson, Sir W Chu				
Name	Year	School	Finals	
1 DiLalla, Chloe		Eden	5:10.03	
2 Denbak, Megan		Eden	5:26.16	
3 Bruinsma, Olivia		WN - Grimsby	5:28.71	
4 Stahl, Astrid		WN - Grimsby	5:33.59	
5 MacDonnell, Kate		WN - Grimsby	5:35.32	
6 Polmanter-Gentle, Laine		WN - Grimsby	5:37.31	
7 Taubeneck, Hailey		SWCSS	5:41.34	
8 Trujillo Gamboa, Sofia		GLCHS	6:55.06	

Event 74 Men 1500 Meter Run Senior

Z4: 3:55.89 5-2012 Troy Smith, Grimsby DSS				
Name	Year	School	Finals	
1 Tomori, Graham		Eden	4:05.75	
2 Bayne, Elijah		Eden	4:10.79	
3 Houston, Zach		WN - Grimsby	4:10.84	
4 Crowe, Oliver		Governor Simcoe	4:16.72	
5 Knerr, Koen		Thorold	4:57.87	
6 Farah, Abdi		Laura Secord	5:09.76	
7 Stefanidis, Matthew		WN - Grimsby	5:09.78	
8 Lang, Nathan		Laura Secord	5:12.00	
9 Dykstra, Isaiah		HCS-Jordan Stati	5:14.06	
10 Casey, Cash		St. Catharines	5:14.35	
11 Gerrys, Eli		Smithville CHS	5:46.57	

Event 75 Women 3000 Meter Run Senior

Z4: 10:03.77 5-2010 Deanna Brasz, Heritage Chr				
Name	Year	School	Finals	
1 DiLalla, Chloe		Eden	11:19.07	
2 Quinn, Zoe		SWCSS	11:31.85	
3 Quinn, Thea		SWCSS	11:45.58	
4 Clark, Jolanta		SWCSS	12:03.01	
5 Denbak, Megan		Eden	12:17.57	

Zone 4 Championship Meet - 2024-05-16
Results

....Event 75 Women 3000 Meter Run Senior

6 Bruinsma, Olivia	WN - Grimsby	12:33.36
7 MacDonnell, Kate	WN - Grimsby	13:22.54

Event 76 Men 3000 Meter Run Senior

Name	Year	School	Finals
Z4:	8:30.12	5-2009	Mohammed Ahmed, St. Cathari
1 Tomori, Graham	Eden	8:59.29	
2 Crowe, Oliver	Governor Simcoe	9:24.80	
3 Dellalialian, Samuel	SWCSS	9:36.96	
4 Bayne, Elijah	Eden	9:38.31	
5 Huinink, Noel	Smithville CHS	9:59.67	
6 Casey, Cash	St. Catharines	11:32.70	
7 Lang, Nathan	Laura Secord	11:50.86	

Event 77 Women 100 Meter Hurdles Senior

Name	Year	School	Finals	Wind
Z4:	14.97	2024-05-16	Lily Phillips, EHS	
1 Phillips, Lily	Eden	14.97	0.6	
2 McCready, Sheridan	Governor Simcoe	16.22	0.6	
3 Jones, Maddy	WN - Grimsby	16.56	0.6	
4 Wilson, Taylor	St. Catharines	22.77	0.6	

Event 78 Men 110 Meter Hurdles Senior

Name	Year	School	Finals	Wind
Z4:	14.70	2024-05-16	Braeden Brouwer, WN - Grimsby	
1 Brouwer, Braeden	WN - Grimsby	14.70	NWI	
2 Westerveld, Matt	HCS-Jordan Stati	19.05	NWI	
3 Adam, Maddix	Governor Simcoe	19.22	NWI	

Event 79 Women 400 Meter Hurdles Senior

Name	Year	School	Finals
Z4:	1:04.62	2024-05-16	Lily Phillips, EHS
1 Phillips, Lily	Eden	1:04.62	
2 McCready, Sheridan	Governor Simcoe	1:06.07	
3 Burke, Mikaela	HCS-Jordan Stati	1:10.99	
4 Berner, Charlotte	SWCSS	1:12.16	
5 Jones, Maddy	WN - Grimsby	1:12.73	
6 Gallant, Layla	Thorold	1:19.39	

Event 80 Men 400 Meter Hurdles Senior

Name	Year	School	Finals
Z4:	59.75	2024-05-16	TJ Adams, GSSS
1 Adams, TJ	Governor Simcoe	59.75	
2 Radtke-Harris, Luca	WN - Grimsby	1:00.65	
3 Westerveld, Matt	HCS-Jordan Stati	1:07.91	
4 Adam, Maddix	Governor Simcoe	1:10.21	

Zone 4 Championship Meet - 2024-05-16
Results

Event 81 Women High Jump Senior

Z4: 1.65m 5-2018 Autumn Biggar, Beamsville DSS			
Name	Year	School	Finals
1 Jones, Aalisha		WN - Grimsby	J1.55m
2 Neumann, Ava		Governor Simcoe	J1.48m
3 Forrest, Bailey		WN - Grimsby	J1.48m
4 Ankersmit, Reese		Eden	J1.48m
5 DeHaan, Sarah		Smithville CHS	J1.44m
6 Harmsworth, Anna		Eden	J1.35m
7 Jansen, Hannah		HCS-Jordan Stati	J1.30m

Event 82 Men High Jump Senior

Z4: 1.95m 5-2006 Nick Glover, Beamsville DSS			
Name	Year	School	Finals
1 Spittal, Ben		WN - Grimsby	1.70m
2 Han, Ethan		Eden	1.65m
3 Kok, Jacob		Smithville CHS	1.55m
-- Knerr, Koen		Thorold	DNF
-- Beukes, Julius		DSBN Academy	DNF

Event 83 Women Pole Vault Senior

Z4: 2.60m 2024-05-16 Charlotte Berner, SWCSS			
Name	Year	School	Finals
1 Berner, Charlotte		SWCSS	2.60m

Event 84 Men Pole Vault Senior

Z4: 3.60m 5-2009 Townsend Benard, Laura Secord			
Name	Year	School	Finals
1 Radtke-Harris, Luca		WN - Grimsby	3.40m

Event 85 Women Long Jump Senior

Z4: 5.34m 2024-05-16 Journey Coulson, DSBN				
Name	Year	School	Finals	Wind
1 Coulson, Journey		DSBN Academy	5.34m	NWI
2 Vyn, Hannah		HCS-Jordan Stati	5.00m	NWI
3 Ankersmit, Reese		Eden	4.86m	NWI
4 Singh, Anjali		HCS-Jordan Stati	4.71m	NWI
5 Breukelman, Eva		GLCHS	4.70m	NWI
6 Jones, Aalisha		WN - Grimsby	4.67m	NWI
7 Jansen, Hannah		HCS-Jordan Stati	4.54m	NWI
8 Droppert, Marlie		Smithville CHS	4.22m	NWI
9 Franklin, Jamie		Thorold	4.13m	NWI
10 Kizito, Ella		GLCHS	4.10m	NWI
11 DeHaan, Sarah		Smithville CHS	3.86m	NWI
12 Wilson, Taylor		St. Catharines	3.31m	NWI
13 Hardie, Athena		Smithville CHS	3.05m	NWI
14 Youngblut, Shaylene		St. Catharines	2.68m	NWI
-- VanHerwynen, Sydney		Smithville CHS	DNF	NWI

Zone 4 Championship Meet - 2024-05-16**Results****Event 86 Men Long Jump Senior**

Z4: 6.63m 2024-05-16 Owen Haywood, TSS

Name	Year	School	Finals	Wind
1 Haywood, Owen		Thorold	6.63m	NWI
2 Perrault, Collin		Laura Secord	5.57m	NWI
3 Farah, Abdi		Laura Secord	5.46m	NWI
4 Ybema, Cam		HCS-Jordan Stati	5.44m	NWI
5 Gerryts, Eli		Smithville CHS	5.42m	NWI
6 Kemper, Trevor		HCS-Jordan Stati	5.36m	NWI
7 Palani, Diyar		St. Catharines	5.23m	NWI
8 Spittal, Ben		WN - Grimsby	5.20m	NWI
9 Koole, Riley		Smithville CHS	5.18m	NWI
10 Kok, Jacob		Smithville CHS	5.14m	NWI
11 Subhani, Soran		St. Catharines	4.63m	NWI
12 Young, Jacob		Laura Secord	4.27m	NWI
13 Burse, Patrick		St. Catharines	3.89m	NWI
-- Gibson, Tyrese		Thorold	DNF	NWI
-- DeBoer, Reuben		Smithville CHS	DNF	NWI

Event 87 Women Triple Jump Senior

Z4: 11.03m 5-2015 Sara Kovac, Eden HS

Name	Year	School	Finals	Wind
1 Vyn, Hannah		HCS-Jordan Stati	10.48m	NWI
2 Ankersmit, Reese		Eden	10.24m	NWI
3 Droppert, Marlie		Smithville CHS	9.92m	NWI
4 Breukelman, Eva		GLCHS	9.74m	NWI
5 Jansen, Hannah		HCS-Jordan Stati	9.55m	NWI
6 Singh, Anjali		HCS-Jordan Stati	9.53m	NWI
7 VanHerwynen, Sydney		Smithville CHS	9.08m	NWI
8 DeHaan, Sarah		Smithville CHS	8.03m	NWI
9 Hardie, Athena		Smithville CHS	6.95m	NWI
-- Coulson, Journey		DSBN Academy	DNF	NWI

Event 88 Men Triple Jump Senior

Z4: 13.73m 5-2015 Jaquan Selman, Denis Morris

Name	Year	School	Finals	Wind
1 Haywood, Owen		Thorold	12.80m	NWI
2 Kemper, Trevor		HCS-Jordan Stati	12.26m	NWI
3 Talsma, Jeremy		Smithville CHS	11.99m	NWI
4 Ybema, Cam		HCS-Jordan Stati	11.64m	NWI
5 Kok, Jacob		Smithville CHS	10.62m	NWI

Event 89 Women Shot Put Senior

Z4: 12.67m 5-2017 Grace Tennant, South Lincoln

Name	Year	School	Finals
1 Van Nynatten, Coco		WN - Grimsby	11.09m
2 Froese, Ava		Smithville CHS	8.75m
3 Ascencio, Lucia		DSBN Academy	8.06m
4 Shaw, Kairi		Governor Simcoe	7.72m
5 Tallman, Jorja		GLCHS	7.35m

Zone 4 Championship Meet - 2024-05-16
Results

...Event 89 Women Shot Put Senior

6	Barker, Nacura	Laura Secord	6.97m
7	Youngblut, Shaylene	St. Catharines	6.53m
8	MacCormack, Makenna	Thorold	6.49m
8	Kizito, Ella	GLCHS	6.49m
10	Ahmed, Zenab	St. Catharines	5.65m
11	Onwubuya, Anne-Marie	GLCHS	5.44m
12	Ejesi, Ugochi	GLCHS	4.39m
--	Plamondon, Emma	St. Catharines	DNF

Event 90 Men Shot Put Senior

=====				
	Z4:	16.26m	5-2010	Stefan Pallios, Grimsby DSS
Name	Year	School	Finals	
=====				
1	Ralph, Lincoln	SWCSS	11.04m	
2	Miedema, Brandon	HCS-Jordan Stati	10.98m	
3	Morritt, Jacob	DSBN Academy	10.47m	
4	Burse, Patrick	St. Catharines	10.26m	
5	Slingerland, Isaac	HCS-Jordan Stati	9.99m	
6	Goertzen, Aaron	St. Catharines	9.60m	
7	Grin, Riley	HCS-Jordan Stati	9.19m	
8	Overduin, Zach	HCS-Jordan Stati	9.14m	
9	Addo, Kelvin	GLCHS	8.55m	
10	Wood, Luke	WN - Grimsby	8.36m	
11	Eziokwu, Elvis	GLCHS	8.18m	

Event 91 Women Discus Throw Senior

=====				
	Z4:	42.65m	5-2016	Grace Tennant, South Lincoln
Name	Year	School	Finals	
=====				
1	Shaw, Kairi	Governor Simcoe	38.55m	
2	Tallman, Jorja	GLCHS	24.60m	
3	Ejesi, Ugochi	GLCHS	22.62m	
4	Teske, Keira	Governor Simcoe	20.53m	
5	Van Nynatten, Coco	WN - Grimsby	17.30m	
6	Hales, Kaydence	Thorold	9.87m	

Event 92 Men Discus Throw Senior

=====				
	Z4:	48.52m	5-2004	Rich Johnson, Governor Simco
Name	Year	School	Finals	
=====				
1	Toulan, Yousef	Thorold	33.41m	
2	Morritt, Jacob	DSBN Academy	30.39m	
3	Flook, Dylon	SWCSS	30.26m	
4	Miedema, Brandon	HCS-Jordan Stati	29.37m	
5	Van Huizen, Evan	Smithville CHS	28.59m	
6	Addo, Kelvin	GLCHS	27.46m	
7	Grin, Riley	HCS-Jordan Stati	26.56m	
8	Wood, Luke	WN - Grimsby	26.38m	
9	Ralph, Lincoln	SWCSS	26.12m	
10	Overduin, Zach	HCS-Jordan Stati	24.22m	
11	Slingerland, Isaac	HCS-Jordan Stati	24.17m	
12	DeBoer, Reuben	Smithville CHS	18.74m	
13	Eziokwu, Elvis	GLCHS	17.52m	

**Zone 4 Championship Meet - 2024-05-16
Results**

....Event 92 Men Discus Throw Senior

14 Young, Jacob Laura Secord 10.68m

Event 93 Women Javelin Throw Senior

Name	Year	School	Finals
Z4: 40.40m	5-2017	Grace Tennant, South Lincoln	
1 Van Nynatten, Coco	WN	- Grimsby	33.95m
2 Vyn, Hannah	HCS	-Jordan Stati	29.53m
3 Barker, Nacura	Laura	Secord	24.80m
4 Harmsworth, Anna	Eden		22.34m
5 Hales, Kaydence	Thorold		22.24m
6 Tallman, Jorja	GLCHS		19.74m
7 Teske, Keira	Governor	Simcoe	19.72m
8 Vandenberg, Addison	Smithville	CHS	18.34m
9 Youngblut, Shaylene	St. Catharines		15.88m
10 Ahmed, Zenab	St. Catharines		14.68m
11 Onwubuya, Anne-Marie	GLCHS		12.27m
12 Ejesi, Ugochi	GLCHS		10.21m
-- Plamondon, Emma	St. Catharines		DNF

Event 94 Men Javelin Throw Senior

Name	Year	School	Finals
Z4: 69.85m	5-2010	Ray Dykstra, Grimsby	DSS
1 Kennedy, Kaleb	WN	- Grimsby	51.64m
2 Radtke-Harris, Luca	WN	- Grimsby	46.27m
3 Quinn, James	Laura	Secord	45.30m
4 Friesen, Cole	Laura	Secord	39.45m
5 Van Huizen, Evan	Smithville	CHS	36.90m
6 Grin, Riley	HCS	-Jordan Stati	33.89m
7 Morrirt, Jacob	DSBN	Academy	31.83m
8 Flook, Dylan	SWCSS		29.48m
9 Teeuwesen, Corey	Smithville	CHS	27.20m
10 Ralph, Lincoln	SWCSS		26.68m
11 Slingerland, Isaac	HCS	-Jordan Stati	26.45m
12 Addo, Kelvin	GLCHS		26.26m
13 Toulan, Yousef	Thorold		25.50m
14 Overduin, Zach	HCS	-Jordan Stati	24.13m
15 DeBoer, Reuben	Smithville	CHS	19.84m
-- Miedema, Brandon	HCS	-Jordan Stati	DNF
-- Eziokwu, Elvis	GLCHS		DNF

Event 95 Women 4x100 Meter Relay Senior

School	Year	Finals
Z4: 51.99	5-2012	Grimsby District SS
L.Paduano, R.Ross, C McClurkin, M.Ollier		
1 Heritage Christian-Jordan Stat	'A'	52.62
1) Kikkert, Mackenzie		
2) Burke, Mikaela		
3) Vyn, Hannah		
4) Sikkema, Rebekah		
5) Singh, Anjali		
6) Hollemans, Alayna		
2 Sir Winston Churchill	'A'	53.78
1) Pupek, Mya		
2) Aljourmi, Sofia		

Zone 4 Championship Meet - 2024-05-16
Results

....Event 95 Women 4x100 Meter Relay Senior

3) Berner, Charlotte	4) Bredin, Aiyana	
5) Alexis, Sarah	6)	
3 Governor Simcoe 'A'		58.24
4 Great Lakes Christian High 'A'		1:01.01
5 St. Catharines 'C'		1:16.92

Event 96 Men 4x100 Meter Relay Senior

=====			
Z4:	43.53	5-2015	Denis Morris HS
			A Somerville, T Bell, J Selman, S Decker
School			Finals
=====			
1 West Niagara Secondary 'A'			44.85
2 Sir Winston Churchill 'A'			44.92
1) Wurgler, Alexander	2) Witter, Cory		
3) Reid, Khamal	4) Ojo, Adetunji		
5) Tichband, Kester	6) Sowrey, Carson		
3 Heritage Christian-Jordan Stat 'A'			48.42
1) Snyder, Nick	2) Westerveld, Matt		
3) Kemper, Trevor	4) Ybema, Cam		
5) Heikoop, Aiden	6) Dykstra, Judah		
4 Smithville Christ HS 'A'			49.01
5 St. Catharines 'B'			51.71
6 Great Lakes Christian High 'A'			53.95

Event 97 Women 2000 Meter Steeplechase Open

=====			
Z4:	7:44.91	2024-05-16	Madison Eaton, LSSS
Name	Year	School	Finals
=====			
1 Eaton, Madison		Laura Secord	7:44.91
2 Quinn, Zoe		SWCSS	7:52.02
3 Jeffery, Sydney		WN - Grimsby	7:58.17
4 Quinn, Thea		SWCSS	8:07.49
5 Laing, Ayla		Governor Simcoe	8:24.56
6 Nicholls, Kaycie		WN - Grimsby	9:29.64

Event 98 Men 2000 Meter Steeplechase Open

=====			
Z4:	6:24.17	5-2008	Ryan Thomas, Grimsby DSS
Name	Year	School	Finals
=====			
1 Glaser, Sebastian		Governor Simcoe	6:27.39
2 Breckels, Fenway		Governor Simcoe	6:31.64
3 Huinink, Noel		Smithville CHS	6:48.30
4 Wilson, Rian		SWCSS	7:38.46
5 Stefanidis, Matthew		WN - Grimsby	7:53.12
6 Gerryts, Eli		Smithville CHS	7:54.57
7 Schneider, Greg		WN - Grimsby	8:25.72

Zone 4 Championship Meet - 2024-05-16
Results

Event 99 Women 4x400 Meter Relay Open

=====			
Z4:	4:16.91	5-2006	Grimsby DSS
School	H Kurpe, A Drake, B Kadwell, K Slater		Finals
=====			
1	Sir Winston Churchill 'A'		4:25.83
	1) Berner, Charlotte	2) Aljourmi, Sofia	
	3) Quinn, Thea	4) Quinn, Zoe	
	5) VanGrieken, Meena	6) Taubeneck, Hailey	
2	Heritage Christian-Jordan Stat 'A'		4:29.09
	1) Burke, Mikaela	2) Kikkert, Mackenzie	
	3) Sikkema, Rebekah	4) Wassenaar, Tianna	
	5) VanVliet, Julia	6) VanZanten, Annemiek	
3	West Niagara Secondary 'A'		4:29.99
4	Eden 'A'		4:33.07
	1) Ankersmit, Drew	2) Moran, Anna	
	3) Denbak, Megan	4) Nickason, Alivia	

Event 100 Men 4x400 Meter Relay Open

=====			
Z4:	3:33.01	5-2008	Grimsby DSS
School	D Easterbrook, C Short, K Park, C Michaud		Finals
=====			
1	Governor Simcoe 'A'		3:37.71
2	West Niagara Secondary 'A'		3:42.45
3	Smithville Christ HS 'A'		3:45.86
4	Sir Winston Churchill 'A'		3:46.92
	1) Walker, Barron	2) Masterson, Owen	
	3) Bertrand, Damien	4) Sacco, Lucas	
	5) Theodore, Jase	6) Wilson, Rian	
5	Heritage Christian-Jordan Stat 'A'		4:13.02
	1) Dykstra, Judah	2) Westerveld, Matt	
	3) Dykstra, Isaiah	4) Snyder, Nick	
	5) VanVliet, Seth	6) Ybema, Cam	

Event 106 Men 100 Meter Dash Intellectually Imp.

=====				
Z4:	12.71	5-2017	Owen Konkle, Beamsville DSS	
Name		Year School	Finals	Wind
=====				
1	Turner, Braydon	Thorold	13.83	NWI

Event 124 Men Shot Put Intellectually Imp.

=====			
Z4:	8.97m	2024-05-16	Braydon Turner, TSS
Name		Year School	Finals
=====			
1	Turner, Braydon	Thorold	8.97m

Event 131 Women Shot Put Intellectually Imp.

=====			
Z4:	4.45m	2024-05-16	Ziyah Gayle, SCCIVS
Name		Year School	Finals
=====			
1	Gayle, Ziyah	St. Catharines	4.45m