

SOSSA
2024-05-22 to 2024-05-23
Results

Women 100 Meter Dash Novice

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Gayle, Amairah	St. Catharines	12.74	12.52Q	2.3	2
2	Armes, Callie	Westmount S.	12.82	12.73Q	1.6	1
3	Smid, Kara	Guido de Bre	13.04	13.03Q	1.6	1
4	Dyck, Faith	Port Colborne	13.12	13.04Q	2.3	2
5	VanGrieken, Amara	Sir Winston	13.24	13.09Q	1.6	1
6	Janicas, Cassandra	Westmount S.	13.16	13.13Q	2.3	2
7	Hart, Isla	Blessed Trinity	13.72	13.37q	1.6	1
7	Sowunmi, Tunmise	Sherwood S.S	13.62	13.37q	2.3	2
9	Aka, Malaury	Esjb	13.52	13.46	2.3	2
10	Wills, Katelyn	ND Welland	13.83	13.66	2.3	2
11	Devries, Abby	Hcs-Jordan Stati	14.03	13.67	1.6	1
11	Kalonji-Mambwenza, Britt	Saint Francis	14.01	13.67	2.3	2
13	Coull, Lindsay	Westlane	13.82	13.90	1.6	1
14	Pyke, Marley	Lakeshore Catholic	14.06	13.97	1.6	1
15	Powell, Moriyah	Ncc	14.33	14.48	2.3	2

Women 100 Meter Dash Novice

Name	Year	School	Prelims	Finals	Wind
Finals					
1	Gayle, Amairah	St. Catharines	12.52	12.71	+0.0
2	Armes, Callie	Westmount S.	12.73	12.96	+0.0
3	Dyck, Faith	Port Colborne	13.04	13.14	+0.0
4	Smid, Kara	Guido de Bre	13.03	13.42	+0.0
5	Hart, Isla	Blessed Trinity	13.37	13.51	+0.0
6	Janicas, Cassandra	Westmount S.	13.13	13.52	+0.0
7	VanGrieken, Amara	Sir Winston	13.09	13.61	+0.0
8	Sowunmi, Tunmise	Sherwood S.S	13.37	13.77	+0.0

Women 200 Meter Dash Novice

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Armes, Callie	Westmount S.	26.36	26.74Q	1.0	2
2	Dyck, Faith	Port Colborne	27.52	27.28Q	-0.5	1
3	Scipio, Maeva	ES Franco-Niagara	28.64	27.00Q	1.0	2
4	Griffin, Reese	Sherwood S.S	27.34	27.79Q	-0.5	1
5	Smid, Kara	Guido de Bre	27.86	27.86Q	1.0	2
6	VanGrieken, Amara	Sir Winston	28.09	28.17Q	-0.5	1
7	Purchase, Mickayla	WN - Grimsby	29.52	28.30q	1.0	2
8	VanGrieken, Meena	Sir Winston	28.16	28.55q	-0.5	1
9	Adewumi, Tola	Governor Simcoe	27.63	28.56	1.0	2
10	St. Aubin, Maggie	Dundas Valle	28.37	28.71	1.0	2
11	Hart, Isla	Blessed Trinity	28.75	29.10	-0.5	1
12	Pyke, Marley	Lakeshore Catholic	29.35	29.55	-0.5	1
13	Coull, Lindsay	Westlane	30.34	29.79	-0.5	1
14	Weninger, Rachel	Blessed Trinity	30.09	30.37	-0.5	1
15	Watt, Tiegen	ND Welland	29.59	30.63	1.0	2

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Name	Year School	Prelims	Finals	Wind
Finals				
1 Armes, Callie	Westmount S.	26.74	26.39	2.4
2 Griffin, Reese	Sherwood S.S	27.79	27.09	2.4
3 Scipio, Maeva	ES Franco-Niagara	27.00	27.33	2.4
4 Dyck, Faith	Port Colborne	27.28	27.51	2.4
5 Smid, Kara	Guido de Bre	27.86	27.73	2.4
6 VanGrieken, Amara	Sir Winston	28.17	27.76	2.4
7 VanGrieken, Meena	Sir Winston	28.55	28.42	2.4
8 Purchase, Mickayla	WN - Grimsby	28.30	28.46	2.4

Women 400 Meter Dash Novice

Name	Year School	Seed	Finals	H#
1 Toby-Erwig, Aiyanna	WN - Grimsby	1:02.84	1:02.33	2
2 Oleksiuk, Emily	Ancaster Hig	1:07.97	1:04.17	2
3 Nickason, Alivia	Eden	1:04.40	1:04.41	2
4 VanGrieken, Meena	Sir Winston	1:04.20	1:04.68	2
5 VanGrieken, Amara	Sir Winston	1:03.16	1:05.24	2
6 St. Aubin, Maggie	Dundas Valle	1:07.69	1:05.32	2
7 Bennett, Evelyn	Dundas Valle	1:08.97	1:07.70	2
8 Adams, Vivienne	Dundas Valle	1:10.77	1:10.26	1
9 Saint-Phar, Sophia	ND Welland	1:10.47	1:10.63	2
10 Hunt, Marigold	Saint Paul C	1:14.75	1:12.15	1
11 Cavanagh, Bailey	Saint Michae	1:17.42	1:15.87	1
12 Abe, Ini	Saint Paul C	1:20.92	1:21.64	1

Women 800 Meter Run Novice

Name	Year School	Seed	Finals	H#
1 Ray, Sydney	ND Welland	2:24.39	2:22.69	2
2 Kushner, Adele	Denis Morris	2:27.94	2:26.04	2
3 Crowe, Violet	Governor Simcoe	2:33.69	2:31.72	2
4 Lindley, Helena	Sir Winston	2:43.21	2:31.73	2
5 VanGrieken, Meena	Sir Winston	2:37.45	2:33.16	2
6 Nickason, Alivia	Eden	2:41.94	2:34.46	2
7 Bagnall, Amelia	Ancaster Hig	2:40.90	2:38.82	2
8 Pirri, Taylor	Denis Morris	2:55.83	2:45.77	1
9 Lounsbury, Madelyn	Westdale S.S	2:49.47	2:46.99	1
10 Adams, Vivienne	Dundas Valle	2:51.03	2:47.13	1
11 Mason, Isla	Dundas Valle	2:48.12	2:48.39	2
12 Seeley, Shaelyn	Greater Fort Erie	3:15.23	2:54.63	1

Women 1500 Meter Run Novice

Name	Year School	Seed	Finals
1 Ray, Sydney	ND Welland	4:55.96	4:55.98
2 Kushner, Adele	Denis Morris	4:54.58	5:07.68
3 Gras, Candeloria	Denis Morris	5:11.40	5:08.82
4 Crowe, Violet	Governor Simcoe	5:29.41	5:26.90
5 Lindley, Helena	Sir Winston	5:31.34	5:38.95

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...Women 1500 Meter Run Novice

6 Pirri, Taylor	Denis Morris	5:51.74	5:44.07
7 Thomas, Elaine	Westmount S.	6:00.55	5:44.57
8 Mason, Isla	Dundas Valle	5:50.91	5:46.22
9 Van Geest, Chloe	WN - Grimsby	6:07.90	5:56.44
10 Stafford, Lottie	Eden	5:57.03	5:56.94
11 Dykema, Brenna	Guido de Bre	6:02.18	6:00.32
12 Sider, Ava	E. L. Crossley	6:05.77	6:01.33
13 Sanchez-Caicedo, Gabriel	Ancaster Hig	6:16.69	6:15.03
14 Seeley, Shaelyn	Greater Fort Erie	6:47.52	6:32.02

Women 3000 Meter Run Novice

Name	Year School	Seed	Finals
1 Gras, Candeloria	Denis Morris	11:09.62	11:27.40
2 Bagnall, Amelia	Ancaster Hig	11:56.82	11:55.60
3 Thomas, Elaine	Westmount S.	12:08.77	12:39.80
4 Stafford, Lottie	Eden	13:11.77	12:43.20
5 Dykema, Brenna	Guido de Bre	13:10.99	12:50.29
6 Thomspson, Taylor	Blessed Trinity	13:05.42	12:59.97
7 Van Geest, Chloe	WN - Grimsby	13:41.62	13:00.20
8 Dufresne, Devin	Waterdown Di	15:06.24	13:41.58
9 Seeley, Shaelyn	Greater Fort Erie	16:09.72	14:33.20

Women 80 Meter Hurdles Novice

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Regala, Josée	Esjb	12.41	12.05Q	3.9	1
2 Scipio, Maeva	ES Franco-Niagara	13.31	12.97Q	3.8	2
3 Adewumi, Tola	Governor Simcoe	13.39	13.14Q	3.9	1
4 Dyck, Faith	Port Colborne	13.24	13.28Q	3.8	2
5 Metham, Parker	Dundas Valle	13.66	13.35Q	3.9	1
6 Lapcevich, Jayen	WN - Grimsby	14.83	14.39Q	3.8	2
7 Cucuz, Ivana	Saltfleet Di	15.57	14.50q	3.8	2
8 Toby-Erwig, Aiyanna	WN - Grimsby	14.41	14.75q	3.8	2
9 Lane, Abigail	Westmount S.	15.04	14.81	3.9	1
10 Speziale, Chloe	Westmount S.	15.06	14.82	3.9	1
11 Kaur, Gurleen	Centennial	17.74	16.70	3.8	2

Women 80 Meter Hurdles Novice

Name	Year School	Prelims	Finals	Wind
Finals				
1 Regala, Josée	Esjb	12.05	12.31	-0.6
2 Scipio, Maeva	ES Franco-Niagara	12.97	12.78	-0.6
3 Adewumi, Tola	Governor Simcoe	13.14	13.28	-0.6
4 Dyck, Faith	Port Colborne	13.28	13.40	-0.6
5 Metham, Parker	Dundas Valle	13.35	13.81	-0.6
6 Cucuz, Ivana	Saltfleet Di	14.50	14.22	-0.6
7 Lapcevich, Jayen	WN - Grimsby	14.39	14.36	-0.6
8 Toby-Erwig, Aiyanna	WN - Grimsby	14.75	15.55	-0.6

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Women 300 Meter Hurdles Novice

Name	Year School	Seed	Finals	H#
1 Scipio, Maeva	ES Franco-Niagara	49.87	48.88	2
2 Toby-Erwig, Aiyanna	WN - Grimsby	50.63	49.27	2
3 Metham, Parker	Dundas Valle	52.33	51.02	2
4 Adam, Avaia	Governor Simcoe	55.54	53.76	2
5 Cucuz, Ivana	Saltfleet Di	53.62	54.67	2
6 Maguire, Julie	Centennial	54.77	54.72	2
7 van Niekerk, Hallie	E. L. Crossley	54.84	55.69	2
8 Lane, Abigail	Westmount S.	56.85	56.81	2
9 Vanbrederode, Jenna	Guido de Bre	58.79	57.76	1
10 Kassardjian, Rosina	Saint Francis	56.97	1:03.85	1

Women 4x100 Meter Relay Novice

School	Seed	Finals	H#
1 Westmount S.S. - Hwdsb	52.64	52.43	2
2 Sir Winston Churchill	52.81	52.63	2
3 West Niagara Secondary	55.05	53.81	2
4 Dundas Valley S.S. - Hwdsb	55.78	55.16	2
1) Bennett, Evelyn			
3) Mason, Isla			
2) Adams, Vivienne			
4) Peaker, Isla			
5 Sherwood S.S. - Hwdsb	56.58	55.48	2
1) Griffin, Reese			
3) Sowunmi, Tunmise			
2) McKellar, Amaya			
4) Haskin, Elisabeth			
6 Eden	55.83	55.93	2
7 Governor Simcoe	55.45	56.66	2
8 ND Welland	57.32	56.79	2
9 E. L. Crossley	57.57	57.01	1
10 Guido de Bres C.H.S - Hwdsb	57.44	57.51	1
11 Centennial	59.71	59.42	1

Women High Jump Novice

Name	Year School	Seed	Finals
1 Gayle, Amairah	St. Catharines	1.60m	J1.60m
2 Van Krimpen, Parker	Centennial	1.45m	J1.39m
3 Brink, Lydia	Hcs-Jordan Stati	1.37m	J1.37m
4 Visser, Allison	Hamilton Dis	1.40m	J1.34m
6 Peaker, Isla	Dundas Valle	1.30m	J1.25m
7 Powell, MoriYah	Ncc	1.05m	J1.25m
8 Wiersma, Kaylee	Smithville Chs	1.28m	J1.25m
9 Schmidt, Ariya	Ncc	1.05m	J1.30m
9 Skiba, Lily	Sir Winston	1.35m	J1.25m

Women Pole Vault Novice

Name	Year School	Seed	Finals
1 van Niekerk, Hallie	E. L. Crossley	2.30m	2.55m
2 Sider, Ava	E. L. Crossley	2.20m	2.00m
3 DeVries, Maya	Dundas Valle	1.80m	1.85m
4 Andree, Jordyn	Dundas Valle	1.60m	1.80m

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...Women Pole Vault Novice

5 Belmore, Scarlett	Dundas Valle	1.80m	1.60m
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Women Long Jump Novice

Name	Year School	Seed	Finals	Wind
1 Gayle, Amairah	St. Catharines	4.89m	5.20m	NWI
2 Regala, Josée	Esjb	5.21m	5.04m	NWI
3 Wagter, Rachel	Hamilton Dis	4.41m	4.75m	NWI
4 Pyke, Marley	Lakeshore Catholic	4.54m	4.72m	NWI
5 Devries, Abby	Hcs-Jordan Stati	4.51m	4.71m	NWI
6 Nickason, Alivia	Eden	4.41m	4.52m	NWI
7 Bennett, Evelyn	Dundas Valle	4.07m	4.48m	NWI
8 Furbacher, Mila	Blessed Trinity	4.43m	4.41m	NWI
9 McKellar, Amaya	Sherwood S.S	3.97m	4.29m	NWI
10 Kemper, Lorissa	Hcs-Jordan Stati	4.37m	4.25m	NWI
11 Mlot - Styger, Alexa	Denis Morris	4.34m	4.22m	NWI
12 Kassardjian, Rosina	Saint Francis	3.88m	4.03m	NWI
13 Belmore, Scarlett	Dundas Valle	3.71m	3.87m	NWI
14 Schmidt, Ariya	Ncc	3.75m	3.66m	NWI
15 Powell, MoriYah	Ncc	3.51m	3.47m	NWI
16 Moore, Amber	Port Colborne	3.50m	3.03m	NWI

Women Triple Jump Novice

Name	Year School	Seed	Finals	Wind
1 Xie, Ophelia	Eden	9.15m	9.89m	NWI
2 Van Krimpen, Parker	Centennial	9.65m	9.86m	NWI
3 Kemper, Lorissa	Hcs-Jordan Stati	9.53m	9.78m	NWI
4 Lapcevich, Jayen	WN - Grimsby	9.30m	9.69m	NWI
5 Lane, Abigail	Westmount S.	9.38m	9.66m	NWI
6 Wagter, Rachel	Hamilton Dis	9.16m	9.63m	NWI
7 Devries, Abby	Hcs-Jordan Stati	9.16m	9.37m	NWI
8 Belmore, Scarlett	Dundas Valle	8.98m	8.78m	NWI
9 Bennett, Evelyn	Dundas Valle	8.47m	8.62m	NWI
10 Hunt, Marigold	Saint Paul C	8.50m	8.56m	NWI
11 Elia, Guilia	Saint Paul C	8.16m	8.27m	NWI
12 Houghton, Noa	E. L. Crossley	8.14m	8.14m	NWI
12 Mlot - Styger, Alexa	Denis Morris	8.00m	8.14m	NWI
14 Abe, Ini	Saint Paul C	8.72m	8.05m	NWI
-- Shin, Chaeyeon	Westlane	7.82m	ND	NWI

Women Shot Put Novice

Name	Year School	Seed	Finals
1 Goulding, Madelyn	Port Colborne	10.13m	10.52m
2 Siolkowsky, Helena	E. L. Crossley	8.94m	10.16m
3 Bender, Chloe	Saint Paul C	8.98m	9.80m
4 Moore, Brooke	E. L. Crossley	9.09m	9.55m
5 McCulloch, Olivia	Dundas Valle	8.22m	9.30m
6 Skiba, Lily	Sir Winston	8.39m	8.71m
7 Blain, Sophie	Waterdown Di	8.15m	7.83m
8 Cherney, Gracie	Holy Cross Css	7.31m	7.71m

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9	Lacharity, Katryna	Port Colborne	7.03m	7.65m
10	Phillips, Abby	Saltfleet Di	7.84m	7.64m
11	McKinney, Raegan	Saltfleet Di	7.54m	7.34m
12	Amaefule, Chika	Holy Cross Css	8.06m	7.03m
13	Vanlochem, Karis	Hcs-Jordan Stati	6.47m	6.77m

Women Discus Throw Novice

Name	Year	School	Seed	Finals
1	Dodridge, Jess	Centennial	28.48m	26.59m
2	Goulding, Madelyn	Port Colborne	24.43m	23.31m
3	Jacobi, Faith	Centennial	25.14m	23.27m
4	Moore, Brooke	E. L. Crossley	23.70m	23.20m
5	Skiba, Lily	Sir Winston	20.52m	20.45m
6	Barnard, Katelyn	Hamilton Dis	20.29m	20.13m
7	Anaduaka, Chinecherem	Glchs	20.02m	19.54m
8	Vanlochem, Karis	Hcs-Jordan Stati	17.91m	19.12m
9	Jagt, Mira	Guido de Bre	18.25m	18.16m
10	Mutamba, Justine	Westdale S.S	17.36m	16.77m
11	Kasweka, Dyanda	Guido de Bre	18.89m	16.04m

Women Javelin Throw Novice

Name	Year	School	Seed	Finals
1	McCulloch, Olivia	Dundas Valle	28.75m	30.80m
2	Myers, Madison	Dundas Valle	25.12m	26.97m
3	Maltman, Esti	Eden	20.92m	24.68m
4	Panici, Eryn	Laura Secord	22.15m	23.18m
5	Majernik, Jennika	Ancaster Hig	23.89m	22.60m
6	Bender, Chloe	Saint Paul C	20.79m	20.97m
7	Moore, Brooke	E. L. Crossley	20.53m	20.82m
8	Dodridge, Jess	Centennial	22.93m	20.39m
9	Cherney, Gracie	Holy Cross Css	16.48m	19.68m
10	Molano, Sara	Sir Winston	18.38m	19.57m
11	Leman, Evyn	Dundas Valle	21.04m	19.06m
12	Orr, Leah	ND Welland	21.96m	18.85m
13	Maguire, Julie	Centennial	17.56m	18.40m
14	Elstone, Erica	Laura Secord	18.19m	17.29m
15	Voynovich, Mabel	Centennial	17.03m	16.73m
--	Sulemann, Mariam	ND Welland	9.76m	ND

Women 100 Meter Dash Junior

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Hall, Layla	Saint Michae	12.84	12.87Q	-0.2	1
2	Kent, Hannah	Saltfleet Di	13.01	13.08Q	1.0	2
3	Poirier, Madelyn	Saint Michae	13.40	13.27Q	-0.2	1
4	Hollemans, Alayna	Hcs-Jordan Stati	13.61	13.50Q	1.0	2
5	Waselovich, Leah	E. L. Crossley	13.80	13.67Q	-0.2	1
6	Morgan, Julianne	E. L. Crossley	13.68	13.74Q	1.0	2
7	Brukker, Gabrielle	Dundas Valle	13.53	13.83q	-0.2	1

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8	Stevens, Ellie	Westdale S.S	13.33	13.84q	1.0	2
9	Brown, Daryn	Dsbn Academy	14.13	13.95	1.0	2
10	Bodner, Madeleine	Centennial	13.92	13.96	1.0	2
11	Saint-Phar, Alisha	ND Welland	14.15	14.11	-0.2	1
12	Breadner, Claire	E. L. Crossley	14.15	14.43	-0.2	1
13	Zuloaga, Maria	Denis Morris	14.50	14.71	1.0	2
14	Powers, Angelea	Thorold	15.67	15.11	-0.2	1

Women 100 Meter Dash Junior

Name	Year School	Prelims	Finals	Wind
Finals				
1	Hall, Layla	Saint Michae	12.87	13.13 -0.7
2	Poirier, Madelyn	Saint Michae	13.27	13.32 -0.7
3	Kent, Hannah	Saltfleet Di	13.08	13.33 -0.7
4	Hollemans, Alayna	Hcs-Jordan Stati	13.50	13.70 -0.7
5	Waselovich, Leah	E. L. Crossley	13.67	13.78 -0.7
6	Brukker, Gabrielle	Dundas Valle	13.83	13.87 -0.7
7	Morgan, Julianne	E. L. Crossley	13.74	13.93 -0.7
8	Stevens, Ellie	Westdale S.S	13.84	14.00 -0.7

Women 200 Meter Dash Junior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1	Gravesande, Simone	Westdale S.S	26.23	26.45Q	0.6 1
2	Hall, Layla	Saint Michae	26.82	26.95Q	2.3 2
3	Kent, Hannah	Saltfleet Di	27.07	27.43Q	2.3 2
4	Van Doorn, Holly	Orchard Park	27.58	27.72Q	0.6 1
5	Hollemans, Alayna	Hcs-Jordan Stati	28.80	28.40Q	0.6 1
6	Waselovich, Leah	E. L. Crossley	29.68	28.79Q	2.3 2
7	Poirier, Madelyn	Saint Michae	27.50	28.62q	0.6 1
8	Lazenby, Lauren	Ancaster Hig	28.50	28.87q	2.3 2
9	Nolan, Amelia	WN - Grimsby	28.92	28.95	0.6 1
10	Teeuwesen, Alexa	Smithville Chs	28.66	29.10	2.3 2
11	Brown, Daryn	Dsbn Academy	29.03	29.16	2.3 2
12	MacKay, Chloe	Esjb	30.52	30.23	0.6 1
13	Duthie, Kylie	Esjb	30.79	30.32	0.6 1
14	Zuloaga, Maria	Denis Morris	31.35	31.00	2.3 2
15	Petrakis, Stella	Saint Paul C	31.54	31.79	0.6 1
16	Mous, Hayley	Port Colborne	31.12	32.06	2.3 2

Women 200 Meter Dash Junior

Name	Year School	Prelims	Finals	Wind
Finals				
1	Gravesande, Simone	Westdale S.S	26.45	26.36 1.8
2	Hall, Layla	Saint Michae	26.95	27.07 1.8
3	Kent, Hannah	Saltfleet Di	27.43	27.54 1.8
4	Van Doorn, Holly	Orchard Park	27.72	27.93 1.8
5	Hollemans, Alayna	Hcs-Jordan Stati	28.40	28.73 1.8
6	Lazenby, Lauren	Ancaster Hig	28.87	28.90 1.8

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7 Poirier, Madelyn	Saint Michae	28.62	29.18	1.8
8 Waselovich, Leah	E. L. Crossley	28.79	29.22	1.8

Women 400 Meter Dash Junior

Name	Year School	Seed	Finals	H#
1 Kekic, Melisa	Saltfleet Di	1:01.09	58.77	2
2 Gravesande, Simone	Westdale S.S	1:01.20	1:01.13	2
3 Fairley, Annika	Dundas Valle	1:04.64	1:03.20	2
4 Perri, Katelyn	Saint Francis	1:02.61	1:03.52	2
5 Bower, Olivia	Ancaster Hig	1:03.26	1:03.65	2
6 Perri, Sophia	Saint Francis	1:04.66	1:04.22	2
7 Sikkema, Rebekah	Hcs-Jordan Stati	1:04.48	1:05.93	2
8 Wassenaar, Tianna	Hcs-Jordan Stati	1:08.13	1:07.02	1
9 Taylor, Kate	Eden	1:03.49	1:08.38	2
10 Hollemans, Alayna	Hcs-Jordan Stati	1:07.85	1:08.98	1
11 MacKay, Chloe	Esjb	1:14.60	1:11.58	1
12 Ferencevic, Celeste	ND Welland	1:15.04	1:16.36	1
13 Slusar, Michaela	Denis Morris	1:17.51	1:17.99	1

Women 800 Meter Run Junior

Name	Year School	Seed	Finals	H#
1 Lanting, Hannah	Guido de Bre	2:35.85	2:22.91	2
2 Perri, Katelyn	Saint Francis	2:37.17	2:26.42	2
3 Perri, Sophia	Saint Francis	2:37.23	2:26.80	2
4 Taylor, Kate	Eden	2:31.64	2:27.63	2
5 Ankersmit, Drew	Eden	2:37.44	2:28.19	2
6 Jeffery, Lydia	E. L. Crossley	2:27.12	2:28.21	2
7 Jeffery, Sydney	WN - Grimsby	2:34.54	2:33.94	2
8 Berkelaar, Mora	Hamilton Dis	2:43.12	2:38.42	1
9 Moran, Anna	Eden	2:38.61	2:40.08	2
10 Scozzafava, Ava	Saint Michae	2:55.06	2:44.00	1
11 Needham Robbins, Ellie	Westmount S.	2:46.17	2:44.34	1
12 Griffiths, Claire	Ancaster Hig	2:46.31	2:44.74	1

Women 1500 Meter Run Junior

Name	Year School	Seed	Finals
1 Kekic, Melisa	Saltfleet Di	5:11.51	5:09.61
2 Jeffery, Lydia	E. L. Crossley	5:54.77	5:11.30
3 Pribyl, Abiella	Westdale S.S	5:13.29	5:17.35
4 Lanting, Hannah	Guido de Bre	5:13.64	5:19.05
5 Moran, Anna	Eden	5:25.34	5:24.81
6 Cavicchia, Adali	Eden	5:26.87	5:39.85
7 Ankersmit, Drew	Eden	5:28.75	5:42.89
8 Hargreave, Marley	Westdale S.S	5:15.75	5:47.08
9 Scozzafava, Ava	Saint Michae	6:05.55	5:57.99
10 Pingue, Isabel	Denis Morris	5:56.36	6:01.59
11 Cottee, Paige	Blessed Trinity	6:11.46	6:15.24

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Women 3000 Meter Run Junior

Name	Year School	Seed	Finals
1 Pribyl, Abiella	Westdale S.S	11:19.67	11:39.89
2 Gupta, Julia	Dundas Valle	11:23.99	11:42.55
3 Lanting, Hannah	Guido de Bre	11:37.44	11:46.26
4 Laing, Ayla	Governor Simcoe	14:33.27	11:51.21
5 Deklerk, Morgan	Guido de Bre	12:07.47	12:12.80
6 Pingue, Isabel	Denis Morris	13:14.15	12:20.93
7 Grosvenor, Tessa	Sir Winston	14:33.30	12:21.01
8 Cottee, Paige	Blessed Trinity	13:49.64	12:42.91
9 Saddler, Jacklyn	A.N. Myer	14:07.45	15:03.98

Women 80 Meter Hurdles Junior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Mohart, Gabrielle	Dundas Valle	12.57	12.15Q	2.1	1
2 Slowley, Kyjiah	Saint Paul C	12.44	12.20Q	3.2	2
3 Kirk, Riley	WN - Grimsby	12.76	12.19Q	2.1	1
4 Van Doorn, Holly	Orchard Park	12.80	12.90Q	3.2	2
5 Thompson, Ashley	Sherwood S.S	13.73	13.26Q	2.1	1
6 Bodner, Madeleine	Centennial	15.03	14.34Q	3.2	2
7 Folkens, Claudia	Westmount S.	14.06	13.74q	2.1	1
8 Romano, Arianna	Centennial	15.07	14.99q	3.2	2
9 Hall, Layla	Saint Michae	13.25	15.08	3.2	2

Women 80 Meter Hurdles Junior

Name	Year School	Prelims	Finals	Wind
Finals				
1 Kirk, Riley	WN - Grimsby	12.19	12.34	-1.0
2 Slowley, Kyjiah	Saint Paul C	12.20	12.40	-1.0
3 Van Doorn, Holly	Orchard Park	12.90	13.06	-1.0
4 Thompson, Ashley	Sherwood S.S	13.26	13.27	-1.0
5 Folkens, Claudia	Westmount S.	13.74	13.95	-1.0
6 Bodner, Madeleine	Centennial	14.34	14.79	-1.0
7 Romano, Arianna	Centennial	14.99	14.92	-1.0
8 Mohart, Gabrielle	Dundas Valle	12.15	35.76	-1.0

Women 300 Meter Hurdles Junior

Name	Year School	Seed	Finals	H#
1 Bower, Olivia	Ancaster Hig	47.74	47.35	2
2 Slowley, Kyjiah	Saint Paul C	48.36	48.61	2
3 Van Doorn, Holly	Orchard Park	55.29	49.37	2
4 Mohart, Gabrielle	Dundas Valle	50.68	49.42	2
5 Sikkema, Rebekah	Hcs-Jordan Stati	48.91	49.47	2
6 Perri, Katelyn	Saint Francis	53.29	53.30	2
7 Bodner, Madeleine	Centennial	56.36	53.79	1
8 Fletcher, Melanie	WN - Grimsby	54.76	54.39	2
9 McKenzie, Abigail	Saltfleet Di	55.25	54.80	2
10 Jeffery, Rachel	E. L. Crossley	58.84	57.37	1

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...Women 300 Meter Hurdles Junior

11 Wilkenson, Heather	Lakeshore Catholic	1:00.64	58.66	1
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Women 4x100 Meter Relay Junior

School	Seed	Finals	H#
1 Saltfleet District - Hwdsb	53.66	52.39	2
1) McKenzie, Abigail			
2) Kent, Hannah			
3) Kekic, Melisa			
4) Cucuz, Ivana			
2 Dundas Valley S.S. - Hwdsb	53.70	52.98	2
1) Brukker, Gabrielle			
2) Mohart, Gabrielle			
3) Rioux, Faith			
4) St. Aubin, Maggie			
3 Saint Michael Catholic High Sc	55.62	53.68	2
4 Westdale S.S. - Hwdsb	54.47	54.24	2
1) Stevens, Ellie			
2) Burak, Emily			
3) Hauser, Estella			
4) Gravesande, Simone			
5 E. L. Crossley	54.73	54.43	2
1) Jeffery, Rachel			
2) Morgan, Julianne			
3) Waselovich, Leah			
4) van Niekerk, Hallie			
6 Guido de Bres C.H.S - Hwdsb	55.41	54.82	2
7 Holy Cross Css	59.38	59.34	2
8 Denis Morris Catholic High Sch	1:00.63	59.35	1
9 ND Welland	59.57	1:00.99	1
-- West Niagara Secondary	55.17	DQ	2

Women High Jump Junior

Name	Year School	Seed	Finals
1 Vanraalte, Sophia	Guido de Bre	1.60m	1.55m
2 Jones, Katelyn	WN - Grimsby	1.50m	1.50m
3 Fairley, Annika	Dundas Valle	1.45m	1.48m
4 Wassenaar, Tianna	Hcs-Jordan Stati	1.45m	1.43m
5 Bylsma, Claire	Smithville Chs	1.40m	J1.40m
6 Poirier, Madelyn	Saint Michae	1.35m	J1.40m
7 Jovicich, Isabella-Sofia	WN - Grimsby	1.10m	1.35m
8 Bartels, Kenzie	Guido de Bre	1.30m	1.30m

Women Pole Vault Junior

Name	Year School	Seed	Finals
1 Bauer, Alma	Dundas Valle	2.30m	2.40m
2 Bernardi, Evangelene	E. L. Crossley	2.10m	1.80m
3 Breadner, Claire	E. L. Crossley	1.50m	1.60m
4 Jeffery, Lydia	E. L. Crossley	2.30m	1.40m

Women Long Jump Junior

Name	Year School	Seed	Finals	Wind
1 Slowley, Kyjiah	Saint Paul C	5.12m	5.34m	NWI
2 Kekic, Melisa	Saltfleet Di	5.20m	5.21m	NWI
3 Vanraalte, Sophia	Guido de Bre	4.84m	4.79m	NWI
4 Jeffery, Rachel	E. L. Crossley	4.73m	4.59m	NWI

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...Women Long Jump Junior

5	Jones, Katelyn	WN - Grimsby	4.66m	4.57m	NWI
6	Bylsma, Claire	Smithville Chs		4.47m	NWI
7	Teeuwesen, Alexa	Smithville Chs	4.48m	4.35m	NWI
8	Morgan, Julianne	E. L. Crossley	4.47m	4.31m	NWI
9	Burrows, Shorleigh	Eden	4.63m	4.18m	NWI
10	Fairley, Annika	Dundas Valle	4.47m	4.04m	NWI
11	Romano, Arianna	Centennial	4.38m	3.94m	NWI
12	Stanley, Emma	ND Welland	4.08m	3.71m	NWI
13	Okuneso, Temitayo	Saint Paul C	3.99m	3.66m	NWI
14	LaRocca, Juliana	Saint Francis	3.83m	3.08m	NWI

Women Triple Jump Junior

Name	Year School	Seed	Finals	Wind	
1	Vanraalte, Sophia	Guido de Bre	10.46m	10.55m	NWI
2	Jones, Katelyn	WN - Grimsby	9.52m	10.09m	NWI
3	Burrows, Shorleigh	Eden	9.78m	9.70m	NWI
4	Bylsma, Claire	Smithville Chs	8.70m	9.42m	NWI
5	Teeuwesen, Alexa	Smithville Chs		9.23m	NWI
6	MacKay, Chloe	Esjb	8.77m	9.11m	NWI
7	Kirlilova, Reni	A.N. Myer	8.80m	8.78m	NWI
8	Strating, Jaylen	Guido de Bre	8.23m	8.42m	NWI
9	McCreynolds, Alynia	Centennial	8.52m	8.09m	NWI

Women Shot Put Junior

Name	Year School	Seed	Finals	
1	Fennema, Hailey	Orchard Park	10.14m	9.83m
2	Vandyk, Olivia	Hcs-Jordan Stati	10.36m	9.59m
3	Dales, Bronwyn	E. L. Crossley	8.75m	9.54m
4	D'Amico, Serena	Saint Michae	9.38m	8.99m
5	Vyn, Amelia	Hcs-Jordan Stati	8.95m	8.92m
6	McNeil, Brennan	Guido de Bre	9.55m	8.35m
7	Howe, Bridget	Sir Winston	7.99m	8.15m
8	Paul, Maria Rose	Saint Michae	8.30m	8.08m
9	McArthur, Vanessa	Stamford	7.66m	7.26m
9	Fiore, Sofia	Saint Paul C	8.23m	7.26m
11	Tendham, Fallon	Saint Paul C	7.84m	6.77m
12	McNeil, Ashley	Guido de Bre	8.47m	6.57m
13	Olusanya, Temilorun	Glchs	7.13m	5.87m

Women Discus Throw Junior

Name	Year School	Seed	Finals	
1	McNeil, Brennan	Guido de Bre	25.42m	26.04m
2	D'Amico, Serena	Saint Michae	21.69m	24.85m
3	Dales, Bronwyn	E. L. Crossley	25.10m	23.61m
4	Vyn, Amelia	Hcs-Jordan Stati	19.93m	23.00m
5	McNeil, Ashley	Guido de Bre	20.06m	22.51m
6	D'Addazio, Kelty	Guido de Bre	22.61m	22.08m
7	Vandyk, Olivia	Hcs-Jordan Stati	18.29m	21.76m
8	Wilkenson, Heather	Lakeshore Catholic	20.08m	19.49m

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...Women Discus Throw Junior

9 Tait, Ilona	WN - Grimsby	18.66m	18.04m
10 Fabac, Sofia	Westmount S.	18.08m	16.77m
11 Quesada Nepomuceno, Brun	Thorold	18.74m	16.48m
12 Gibbons, Alexa	Greater Fort Erie	14.44m	13.93m
13 Mason, Jacklyn	Greater Fort Erie	13.82m	13.25m
14 Pronik, Hannah	Greater Fort Erie	13.10m	11.82m
15 Paul, Maria Rose	Saint Michae	12.63m	10.76m

Women Javelin Throw Junior

Name	Year School	Seed	Finals
1 McNeil, Brennan	Guido de Bre	34.69m	31.21m
2 D'Amico, Serena	Saint Michae	27.20m	28.78m
3 Fennema, Hailey	Orchard Park	28.27m	27.70m
4 McNeil, Ashley	Guido de Bre	24.22m	24.91m
5 Jeffery, Rachel	E. L. Crossley	20.08m	23.72m
6 Tendham, Fallon	Saint Paul C	21.09m	22.77m
7 Gaitin, Gaby	ND Welland		22.42m
8 Vuong, Celina	Westmount S.	21.84m	20.83m
9 Vyn, Amelia	Hcs-Jordan Stati	18.40m	20.72m
10 Quesada Nepomuceno, Brun	Thorold	18.78m	18.67m
11 Vandyk, Olivia	Hcs-Jordan Stati	19.39m	18.45m
12 Tait, Ilona	WN - Grimsby	18.42m	15.69m
13 Fiore, Sofia	Saint Paul C	18.77m	15.16m
14 Pronik, Hannah	Greater Fort Erie	12.81m	10.16m
15 Gibbons, Alexa	Greater Fort Erie	11.31m	9.10m
-- Waselovich, Leah	E. L. Crossley	20.59m	ND

Women 100 Meter Dash Senior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Adeboye, Angel	Denis Morris	12.85	12.78Q	1.3	1
2 Slywka, Grace	Dundas Valle	12.77	12.84Q	1.7	2
3 Sewell, Ainjel	Nora Frances	13.39	12.98Q	1.3	1
4 Koning, Abby	Guido de Bre	13.02	13.00Q	1.7	2
5 McCulloch, Sophia	Dundas Valle	13.01	13.01Q	1.3	1
6 Rutledge, Elyse	Laura Secord	13.30	13.22Q	1.7	2
7 Jones, Maddy	WN - Grimsby	13.37	13.39q	1.3	1
8 Bell, Jaleena	A.N. Myer	13.54	13.49q	1.7	2
9 Annunziata, Gianna	Lakeshore Catholic	13.53	13.62	1.7	2
10 Singh, Anjali	Hcs-Jordan Stati	14.00	13.69	1.7	2
11 Johnstone, Callie	E. L. Crossley	13.74	13.75	1.3	1
12 VanVliet, Julia	Hcs-Jordan Stati	14.01	13.79	1.7	2
13 Collins, Alexis	E. L. Crossley	13.99	14.01	1.3	1

Women 100 Meter Dash Senior

Name	Year School	Prelims	Finals	Wind
Finals				
1 Adeboye, Angel	Denis Morris	12.78	12.79	0.3
2 Slywka, Grace	Dundas Valle	12.84	12.82	0.3

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3	McCulloch, Sophia	Dundas Valle	13.01	12.85	0.3
4	Koning, Abby	Guido de Bre	13.00	13.06	0.3
5	Jones, Maddy	WN - Grimsby	13.39	13.15	0.3
6	Sewell, Ainjel	Nora Frances	12.98	13.17	0.3
7	Rutledge, Elyse	Laura Secord	13.22	13.24	0.3
8	Bell, Jaleena	A.N. Myer	13.49	13.85	0.3

Women 200 Meter Dash Senior

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	McCulloch, Sophia	Dundas Valle	26.63	26.69Q	1.5	2
2	Adeboye, Angel	Denis Morris	26.89	26.86Q	2.2	1
3	Koning, Abby	Guido de Bre	26.78	26.88Q	2.2	1
4	Aljourmi, Sofia	Sir Winston	27.10	27.17Q	1.5	2
5	Rutledge, Elyse	Laura Secord	27.72	27.03Q	2.2	1
6	Slywka, Grace	Dundas Valle	27.04	27.91Q	1.5	2
7	Sewell, Ainjel	Nora Frances	27.93	27.26q	2.2	1
8	Pylypiw, Syenn	Saint Francis	29.01	28.22q	2.2	1
9	Annunziata, Gianna	Lakeshore Catholic	28.59	28.27	1.5	2
10	Lambrechts, Kaya	Centennial	29.66	28.96	2.2	1
11	Collins, Alexis	E. L. Crossley	29.52	29.70	1.5	2
12	Bredin, Aiyauna	Sir Winston	29.42	29.78	1.5	2
13	Mooney, Jessica	Blessed Trinity	32.18	32.14	1.5	2

Women 200 Meter Dash Senior

Name	Year	School	Prelims	Finals	Wind
Finals					
1	McCulloch, Sophia	Dundas Valle	26.69	26.85	0.7
2	Aljourmi, Sofia	Sir Winston	27.17	27.04	0.7
3	Slywka, Grace	Dundas Valle	27.91	27.11	0.7
4	Koning, Abby	Guido de Bre	26.88	27.43	0.7
5	Adeboye, Angel	Denis Morris	26.86	27.45	0.7
6	Rutledge, Elyse	Laura Secord	27.03	27.59	0.7
7	Sewell, Ainjel	Nora Frances	27.26	27.75	0.7
8	Pylypiw, Syenn	Saint Francis	28.22	29.65	0.7

Women 400 Meter Dash Senior

Name	Year	School	Seed	Finals	H#
1	Tremeer, Julia	ND Welland	1:00.46	59.51	2
2	Burke, Mikaela	Hcs-Jordan Stati	59.68	1:00.68	2
3	Aljourmi, Sofia	Sir Winston	1:01.10	1:00.95	2
4	Sewell, Ainjel	Nora Frances	1:08.05	1:03.92	2
5	Watts, Portia	Thorold	1:05.00	1:04.74	2
6	Peazel, Bridget	Lakeshore Catholic	1:07.19	1:06.48	2
7	Cameron, Chloe	Dundas Valle	1:09.08	1:09.51	2
8	Campanaro, Mylana	Westmount S.	1:09.73	1:10.25	1
9	Taylor, Angela	Denis Morris	1:09.80	1:13.13	1
10	Steele, Sydney	Greater Fort Erie	1:30.59	1:25.88	1

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Women 800 Meter Run Senior

Name	Year School	Seed	Finals	H#
1 Etezadi, Kristina	A.N. Myer	2:21.45	2:16.22	2
2 Tremeer, Julia	ND Welland	2:24.40	2:18.51	2
3 Craig, Mackenzie	Ancaster Hig	2:22.03	2:21.76	2
4 Douma, Madison	A.N. Myer	2:36.94	2:25.90	2
5 Eaton, Madison	Laura Secord	2:31.41	2:26.30	2
6 Buri, Carolyn	Lakeshore Catholic	2:33.49	2:30.15	2
7 Ludviks-Pitkin, Stella	Westdale S.S	2:44.55	2:34.54	1
8 Stahl, Astrid	WN - Grimsby	2:39.36	2:36.88	1
9 Polmanter-Gentle, Laine	WN - Grimsby	2:37.71	2:37.16	2
10 Fransson, Lia	Westdale S.S	2:39.48	2:39.50	1
11 Taubeneck, Hailey	Sir Winston	2:38.02	2:40.20	2
12 Taylor, Angela	Denis Morris	2:50.99	2:44.66	1
13 Cubitt, Ashley	Westmount S.	2:52.59	2:59.63	1

Women 1500 Meter Run Senior

Name	Year School	Seed	Finals
1 Cino, Sophia	Blessed Trinity	4:51.62	4:45.02
2 Etezadi, Kristina	A.N. Myer	4:54.68	4:51.63
3 Gordon, Erika	Ancaster Hig	5:08.65	5:01.09
4 Giannou, Vanessa	Ancaster Hig	5:17.36	5:05.48
5 DiLalla, Chloe	Eden	5:10.03	5:05.89
6 Douma, Madison	A.N. Myer	5:17.83	5:06.29
7 Denbak, Megan	Eden	5:26.16	5:22.96
8 Taylor, Molly	Westmount S.	5:32.47	5:24.66
9 Stahl, Astrid	WN - Grimsby	5:33.59	5:30.44
10 Bruinsma, Olivia	WN - Grimsby	5:28.71	5:31.14
11 Mallany, Dalia	Westdale S.S	5:34.11	5:47.94
12 Taylor, Angela	Denis Morris	5:52.60	5:59.08
13 Tarasuk, Sasha	E. L. Crossley	5:59.88	6:01.87
14 Bower, Madison	Saint Michae	6:38.83	6:40.67

Women 3000 Meter Run Senior

Name	Year School	Seed	Finals
1 Cino, Sophia	Blessed Trinity	10:37.36	10:35.83
2 Etezadi, Kristina	A.N. Myer	11:25.74	10:45.41
3 Gordon, Erika	Ancaster Hig	11:07.40	10:52.38
4 DiLalla, Chloe	Eden	11:19.07	11:21.03
5 Giannou, Vanessa	Ancaster Hig	11:37.44	11:25.33
6 Quinn, Thea	Sir Winston	11:45.58	11:33.39
7 Quinn, Zoe	Sir Winston	11:31.85	11:49.27
8 Clark, Jolanta	Sir Winston	12:03.01	12:01.88
9 Taylor, Molly	Westmount S.	11:39.68	12:22.21

Women 100 Meter Hurdles Senior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Phillips, Lily	Eden	14.97	14.76Q	2.0	2

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2	Massoom, Victoria	Westlane	16.09	15.25Q	3.6	1
3	Jones, Maddy	WN - Grimsby	16.56	15.51Q	2.0	2
4	McCready, Sheridan	Governor Simcoe	16.22	15.91Q	3.6	1
5	Jones, Aalisha	WN - Grimsby		16.80Q	3.6	1
6	Peaker, Audrey	Dundas Valle	17.91	17.79Q	2.0	2
7	Romano, Bianca	Centennial	19.17	18.19q	2.0	2
8	Williams, Serenity	Nora Frances	19.35	18.53q	3.6	1
9	Schenkel, Rebecca	Guido de Bre	19.14	18.60	2.0	2
10	Kosempel, Megan	Dundas Valle	19.13	19.69	3.6	1

Women 100 Meter Hurdles Senior

Name	Year School	Prelims	Finals	Wind
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Finals

1	Phillips, Lily	Eden	14.76	14.74	-1.1
2	Massoom, Victoria	Westlane	15.25	15.32	-1.1
3	McCready, Sheridan	Governor Simcoe	15.91	15.60	-1.1
4	Jones, Maddy	WN - Grimsby	15.51	15.73	-1.1
5	Jones, Aalisha	WN - Grimsby	16.80	16.81	-1.1
6	Peaker, Audrey	Dundas Valle	17.79	17.89	-1.1
7	Romano, Bianca	Centennial	18.19	19.08	-1.1
8	Williams, Serenity	Nora Frances	18.53	20.65	-1.1

Women 400 Meter Hurdles Senior

Name	Year School	Seed	Finals	H#	
1	Phillips, Lily	Eden	1:04.62	1:04.88	2
2	McCready, Sheridan	Governor Simcoe	1:06.07	1:07.16	2
3	Burke, Mikaela	Hcs-Jordan Stati	1:10.99	1:10.05	2
4	Peazel, Bridget	Lakeshore Catholic	1:19.11	1:12.27	2
5	Berner, Charlotte	Sir Winston	1:12.16	1:14.91	2
6	Parker, Audrey	Dundas Valle		1:16.32	2
7	Maguire, Sarah	Centennial	1:22.40	1:24.98	2
8	Elliott, Marissa	Sherwood S.S	1:31.05	1:33.90	1

Women 4x100 Meter Relay Senior

School	Seed	Finals	H#	
1	Heritage Christian-Jordan Stat	52.62	51.87	2
	1) Kikkert, Mackenzie			
	2) Vyn, Hannah			
	3) Sikkema, Rebekah			
	4) Burke, Mikaela			
2	Guido de Bres C.H.S - Hwdsb	51.70	51.88	2
3	Dundas Valley S.S. - Hwdsb	52.56	52.31	2
	1) Bauer, Alma			
	2) Cameron, Chloe			
	3) McCulloch, Sophia			
	4)			
4	Sir Winston Churchill	53.78	54.22	2
	1) Aljourmi, Sofia			
	2) Berner, Charlotte			
	3) Bredin, Aiyuna			
	4) Alexis, Sarah			
5	Westmount S.S. - Hwdsb	55.84	55.18	2
	1) Turcott, Jessie			
	2) Cubitt, Ashley			
	3) Hoath, Madeline			
	4) Cunliffe, Georgia			
6	Nora Frances Henderson S.S. -	56.25	55.87	2

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...Women 4x100 Meter Relay Senior

7 Westlane	55.41	55.95	2
8 Saint Francis	58.25	56.96	1
9 E. L. Crossley	56.38	57.56	2
10 Governor Simcoe	58.24	57.86	1
11 Great Lakes Christian High	1:01.01	59.62	1

Women High Jump Senior

Name	Year School	Seed	Finals
1 Neumann, Ava	Governor Simcoe	1.48m	J1.54m
2 Jones, Aalisha	WN - Grimsby	1.55m	J1.52m
3 Forrest, Bailey	WN - Grimsby	1.48m	J1.48m
4 Ankersmit, Reese	Eden	1.48m	J1.48m
5 Schenkel, Rebecca	Guido de Bre	1.40m	J1.48m

Women Pole Vault Senior

Name	Year School	Seed	Finals
1 Berner, Charlotte	Sir Winston	2.60m	3.05m
2 Lowe, Sophia	Dundas Valle	2.20m	2.30m
3 Veldhuizen, Taylor	E. L. Crossley	2.00m	2.10m

Women Long Jump Senior

Name	Year School	Seed	Finals	Wind
1 Coulson, Journey	Dsbn Academy	5.34m	5.46m	NWI
2 Vyn, Hannah	Hcs-Jordan Stati	5.00m	5.06m	NWI
3 Massoom, Victoria	Westlane	4.93m	5.03m	NWI
4 Ankersmit, Reese	Eden	4.86m	4.91m	NWI
5 Rungi-Ruston, Ksenia	Greater Fort Erie	4.79m	J4.70m	NWI
6 Singh, Anjali	Hcs-Jordan Stati	4.71m	J4.70m	NWI
7 Pylypiw, Syenn	Saint Francis	4.71m	4.66m	NWI
8 Janayah, Croft-Porter	Bernie Custi	4.45m	4.42m	NWI
9 Johnstone, Callie	E. L. Crossley	4.27m	4.41m	NWI
10 Schenkel, Rebecca	Guido de Bre	4.81m	4.35m	NWI
11 Slezak, Breanna	Nora Frances	4.90m	4.30m	NWI
12 Peters, Shayla	Stamford	4.32m	4.11m	NWI
13 Beijes, Mya	Guido de Bre	4.89m	4.07m	NWI
14 Baker, Sydney	Saint Michae	3.88m	3.60m	NWI
15 Nagel, Aidyn	Saint Francis	2.94m	2.70m	NWI

Women Triple Jump Senior

Name	Year School	Seed	Finals	Wind
1 Vyn, Hannah	Hcs-Jordan Stati	10.48m	10.52m	NWI
2 Ankersmit, Reese	Eden	10.24m	10.35m	NWI
3 Droppert, Marlie	Smithville Chs	9.92m	9.83m	NWI
4 Breukelman, Eva	Glchs	9.74m	9.76m	NWI
5 Slezak, Breanna	Nora Frances	9.07m	9.32m	NWI
6 Kilty, Jordyn	Saint Francis	8.37m	8.99m	NWI
7 Beijes, Mya	Guido de Bre	8.37m	8.77m	NWI

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...Women Triple Jump Senior

8	Ali, Layla	Ancaster Hig	8.44m	8.61m	NWI
9	Cebic, Katarina	Westlane	8.90m	8.32m	NWI
10	Joseph, Adriana	Centennial	8.54m	8.27m	NWI
11	Lawson, Eileen	Dundas Valle	8.60m	7.97m	NWI
12	Tays, Shelby	Port Colborne	7.68m	7.23m	NWI

Women Shot Put Senior

Name	Year	School	Seed	Finals
1	Van Nynatten, Coco	WN - Grimsby	11.09m	11.36m
2	Siolkowsky, Amelia	E. L. Crossley	10.11m	10.40m
3	Froese, Ava	Smithville Chs	8.75m	9.41m
4	Orr, Cassie	ND Welland	9.44m	9.27m
5	Smid, Maria	Guido de Bre	8.33m	J8.82m
6	Kilty, Jordyn	Saint Francis	9.15m	J8.82m
7	Jans, Chayse	Guido de Bre	9.27m	8.61m
8	Iconomopoulos, Emily	Lakeshore Catholic	7.61m	8.50m
9	Colquhon, Danica	Centennial	7.83m	8.12m
10	Ascencio, Lucia	Dsbn Academy	8.06m	8.07m
11	Annunziata, Gianna	Lakeshore Catholic	8.56m	8.00m
12	Ambersle, Kendra	E. L. Crossley	7.78m	7.55m
13	Shaw, Kairi	Governor Simcoe	7.72m	7.31m
14	Mueller, Kiersten	Greater Fort Erie	7.28m	6.62m

Women Discus Throw Senior

Name	Year	School	Seed	Finals
1	Van Nynatten, Coco	WN - Grimsby		37.20m
2	Colquhon, Danica	Centennial	30.45m	29.93m
3	Cesar, Neila	Centennial	29.43m	29.48m
4	Rungi-Ruston, Ksenia	Greater Fort Erie	28.00m	27.62m
5	Hales, Kaydence	Thorold		25.23m
6	Smid, Maria	Guido de Bre	22.06m	22.40m
7	Goertz, Nicki	Centennial	23.86m	22.09m
8	Ali, Layla	Ancaster Hig	22.89m	21.97m
9	Teske, Keira	Governor Simcoe	20.53m	19.30m
10	Shaw, Kairi	Governor Simcoe	38.55m	18.54m
--	Arnold, Charlie	Dundas Valle	23.09m	DNF

Women Javelin Throw Senior

Name	Year	School	Seed	Finals
1	Young, Ava	E. L. Crossley	40.59m	38.79m
2	Van Nynatten, Coco	WN - Grimsby	33.95m	37.54m
3	Want, Jana	Orchard Park	32.45m	35.23m
4	Pylpiw, Syenn	Saint Francis	24.43m	32.11m
5	Vyn, Hannah	Hcs-Jordan Stati	29.53m	31.70m
6	Turcott, Jessie	Westmount S.	31.45m	31.13m
7	Orr, Cassie	ND Welland	31.56m	30.57m
8	Barker, Nacura	Laura Secord	24.80m	25.83m
9	Kilty, Jordyn	Saint Francis	24.86m	25.29m
10	Smid, Maria	Guido de Bre	24.60m	22.58m

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...Women Javelin Throw Senior

11 Rungi-Ruston, Ksenia	Greater Fort Erie	24.24m	22.29m
12 Harmsworth, Anna	Eden	22.34m	21.97m
13 Botting, Chloe	Westmount S.	23.96m	20.37m
14 Maguire, Sarah	Centennial	21.62m	19.65m

Women 2000 Meter Steeplechase Open

Name	Year School	Seed	Finals
1 Buri, Carolyn	Lakeshore Catholic	7:48.39	7:36.78
2 Eaton, Madison	Laura Secord	7:44.91	7:45.50
3 Quinn, Thea	Sir Winston	8:07.49	7:56.74
4 Quinn, Zoe	Sir Winston	7:52.02	8:05.51
5 Fransson, Lia	Westdale S.S	8:11.70	8:10.59
6 Mallany, Dalia	Westdale S.S	8:28.95	8:24.42
7 Berkelaar, Mora	Hamilton Dis	8:22.22	8:38.14
8 Tarasuk, Sasha	E. L. Crossley	8:45.01	8:54.84
9 Jeffery, Sydney	WN - Grimsby	7:58.17	9:01.31
10 Van Krimpen, Parker	Centennial	8:59.19	9:16.25
11 Scozzafava, Ava	Saint Michae	9:12.77	9:45.73
12 Bower, Madison	Saint Michae	9:48.20	10:34.11

Women 4x400 Meter Relay Open

School	Seed	Finals	H#
1 Ancaster High School - Hwdsb	4:23.39	4:12.83	2
1) Craig, Mackenzie	2) Gordon, Erika		
3) Giannou, Vanessa	4) Bower, Olivia		
2 Heritage Christian-Jordan Stat	4:29.09	4:20.46	2
1) Kikkert, Mackenzie	2) Wassenaar, Tianna		
3) Sikkema, Rebekah	4) Burke, Mikaela		
3 Sir Winston Churchill	4:25.83	4:27.09	2
1) Quinn, Thea	2) Quinn, Zoe		
3) Berner, Charlotte	4) Aljourmi, Sofia		
4 Westdale S.S. - Hwdsb	4:32.84	4:29.53	2
5 Eden	4:33.07	4:29.55	2
6 Guido de Bres C.H.S - Hwdsb	4:43.18	4:30.97	2
7 ND Welland	5:11.14	4:36.92	1
8 Dundas Valley S.S. - Hwdsb	4:56.16	4:42.15	1
9 E. L. Crossley	4:57.10	4:55.39	1
-- West Niagara Secondary	4:29.99	DQ	2

Women 100 Meter Dash Intellectually Imp.

Name	Year School	Seed	Finals	Wind
1 Hughes, Ashley	Sir Allan Ma		15.79	0.4
2 Hudgins, Lilly	Westdale S.S		18.01	0.4
3 Northeast, Jade	Denis Morris		21.80	0.4

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Women Shot Put Intellectually Imp.

Name	Year School	Seed	Finals
1 Gayle, Ziyah	St. Catharines		3.97m
2 Northeast, Jade	Denis Morris		3.53m

Men 100 Meter Dash Novice

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Thomas, Samacki	Saint Paul C	11.05	11.05Q	1.9	1
2 Sraku-Antwi, Lemuel	A.N. Myer	11.55	11.16Q	3.8	2
3 Foster, Naieem	Sherwood S.S	11.65	11.56Q	3.8	2
4 Wilson, Evan	Eden	11.82	11.74Q	1.9	1
5 Tait, Justyce	Governor Simcoe	12.30	11.65Q	3.8	2
6 Elue, Benedict	Eden	12.00	11.85Q	1.9	1
7 Abidogun, Jola	Ancaster Hig	12.04	11.67q	3.8	2
8 Kaba, Mahmoud	ES Franco-Niagara	12.05	11.97q	3.8	2
9 Baxter, Lucas	Denis Morris	12.23	12.09	3.8	2
10 Neary, Brody	Dundas Valle	12.33	12.13	3.8	2
11 Liew, Alex	ND Welland	12.41	12.17	1.9	1
12 Parent, Max	Eden	12.39	12.18	3.8	2
12 Proudlock, Reed	Westlane	12.17	12.18	1.9	1
14 Pilon, Ro	Dundas Valle	12.17	12.33	1.9	1
15 Kotsis, Matthew	E. L. Crossley	12.31	12.41	1.9	1
16 Omezi, Bassime	Denis Morris	12.62	12.48	1.9	1

Men 100 Meter Dash Novice

Name	Year School	Seed	Prelims	Finals	Wind
Finals					
1 Thomas, Samacki	Saint Paul C	11.05		11.20	0.9
2 Sraku-Antwi, Lemuel	A.N. Myer	11.16		11.41	0.9
3 Tait, Justyce	Governor Simcoe	11.65		11.87	0.9
4 Wilson, Evan	Eden	11.74		11.90	0.9
5 Elue, Benedict	Eden	11.85		11.91	0.9
6 Abidogun, Jola	Ancaster Hig	11.67		11.94	0.9
7 Kaba, Mahmoud	ES Franco-Niagara	11.97		12.31	0.9
8 Foster, Naieem	Sherwood S.S	11.56		12.45	0.9

Men 200 Meter Dash Novice

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Thomas, Samacki	Saint Paul C	22.68	23.08Q	2.0	2
2 Foster, Naieem	Sherwood S.S	24.00	23.83Q	3.0	1
3 Sraku-Antwi, Lemuel	A.N. Myer	24.65	24.00Q	2.0	2
4 Wilson, Evan	Eden	23.91	24.43Q	3.0	1
5 Tait, Justyce	Governor Simcoe	24.31	24.15Q	2.0	2
6 Kaba, Mahmoud	ES Franco-Niagara	25.14	24.80Q	3.0	1
7 Theodore, Jase	Sir Winston	24.29	24.36q	2.0	2
8 Abidogun, Jola	Ancaster Hig	24.61	24.65q	2.0	2
9 Proudlock, Reed	Westlane	26.08	24.93	3.0	1

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...Men 200 Meter Dash Novice

10 Baxter, Lucas	Denis Morris	25.45	24.97	3.0	1
11 Alkilabi, Rashid	Westmount S.	25.83	25.51	2.0	2
12 Omezi, Bassime	Denis Morris	26.36	25.94	3.0	1
13 Pilon, Ro	Dundas Valle	25.90	26.26	2.0	2
14 Seehagel, Malaki	E. L. Crossley	26.69	26.67	2.0	2

Men 200 Meter Dash Novice

Name	Year School	Prelims	Finals	Wind
Finals				
1 Thomas, Samacki	Saint Paul C	23.08	23.29	1.9
2 Sraku-Antwi, Lemuel	A.N. Myer	24.00	24.40	1.9
3 Foster, Naieem	Sherwood S.S	23.83	24.47	1.9
4 Theodore, Jase	Sir Winston	24.36	24.49	1.9
5 Wilson, Evan	Eden	24.43	24.71	1.9
6 Tait, Justyce	Governor Simcoe	24.15	24.97	1.9
7 Kaba, Mahmoud	ES Franco-Niagara	24.80	25.26	1.9
8 Abidogun, Jola	Ancaster Hig	24.65	25.77	1.9

Men 400 Meter Dash Novice

Name	Year School	Seed	Finals	H#
1 Theodore, Jase	Sir Winston	54.84	54.49	2
2 Blake, Evan	Saint Paul C	55.88	54.64	2
3 Larsen, Chase	WN - Grimsby	56.11	55.83	2
4 Friesen, Jared	Governor Simcoe	55.77	55.93	2
5 Currie, Owen	Saint Francis	57.49	56.14	2
6 Kaba, Mahmoud	ES Franco-Niagara	58.30	56.26	1
7 Morris, Dryden	Holy Cross Css	57.79	56.29	2
8 Alkilabi, Rashid	Westmount S.	57.81	57.20	2
9 Beyer, Matthew	Dundas Valle	58.17	58.31	1
10 Elgin, Tyshawn	Denis Morris	57.38	58.65	2
11 Lee, Alex	Centennial	1:01.73	59.95	1
12 Dejong, Nathaniel	Hamilton Dis	1:00.73	1:00.48	1
13 Fournier, Beckett	Centennial	1:02.14	1:00.76	1
14 Harrold, Evan	Westlane	1:00.15	1:01.75	1
15 Vanderlaan, Brendan	Guido de Bre	1:04.01	1:03.11	1
16 Temacini, Nabil	Governor Simcoe	1:02.66	1:10.96	1

Men 800 Meter Run Novice

Name	Year School	Seed	Finals	H#
1 Woods, TJ	Denis Morris	2:10.82	1:59.53	2
2 Sacco, Lucas	Sir Winston	2:10.57	2:07.42	2
3 Corman, Owen	Denis Morris	2:22.76	2:14.95	2
4 Currie, Owen	Saint Francis	2:23.59	2:15.36	2
5 Jegede, Samuel	Sir Allan Ma	2:25.61	2:20.39	2
6 Smith, Aydan	Port Colborne	2:28.13	2:23.43	2
7 Afonso-Jongeling, Ryker	Sherwood S.S	2:27.18	2:24.99	2
8 Gregerson, Owen	Blessed Trinity	2:30.07	2:25.22	2
9 Lee, Alex	Centennial	2:31.56	2:27.34	1
10 Lakhapal, Jaxon	Dundas Valle	2:33.24	2:33.04	1

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...Men 800 Meter Run Novice

11 Jansen, Jonathan	Hcs-Jordan Stati	2:37.28	2:40.27	1
12 VanVliet, Seth	Hcs-Jordan Stati	2:41.46	2:48.73	1

Men 1500 Meter Run Novice

Name	Year School	Seed	Finals
1 Woods, TJ	Denis Morris	4:21.23	4:11.78
2 Ortwein, Jackson	Dundas Valle	4:23.06	4:18.99
3 Sacco, Lucas	Sir Winston	4:35.57	4:22.29
4 Craddock, Owen	Dundas Valle	4:27.02	4:23.46
5 Gras, Jose	Denis Morris	4:33.15	4:24.48
6 Shuker, Rocco	WN - Grimsby	4:43.99	4:28.13
7 Clarke, Trent	WN - Grimsby	4:49.42	4:36.74
8 McKie, Callum	Eden	5:04.38	4:53.27
9 O'Donnell, Jake	Saint Paul C	4:53.84	4:54.39
10 Jegede, Samuel	Sir Allan Ma	5:03.01	5:01.21
11 Zdravkovic, Aleksandar	Ancaster Hig	5:05.60	5:12.03
12 Tischler, Quin	Centennial	5:14.49	5:12.63
13 Gregerson, Owen	Blessed Trinity	5:13.31	5:15.25
14 Mohamed, Zakariya	Westlane	5:49.12	5:30.46

Men 3000 Meter Run Novice

Name	Year School	Seed	Finals
1 Woods, TJ	Denis Morris	9:58.32	9:18.11
2 Ortwein, Jackson	Dundas Valle	9:39.78	9:23.15
3 Gras, Jose	Denis Morris	10:08.21	9:30.24
4 Craddock, Owen	Dundas Valle	10:07.60	9:44.95
5 Shuker, Rocco	WN - Grimsby	10:13.37	9:51.99
6 Clarke, Trent	WN - Grimsby	10:47.54	10:17.84
7 Clark, Keegan	Sir Winston	10:05.90	10:34.22
8 Zdravkovic, Aleksandar	Ancaster Hig	11:32.22	11:25.57
9 Oosterhoff, Tanner	Guido de Bre	11:33.35	11:38.67
10 Bayne, Joshua	Eden	12:11.07	11:52.02

Men 100 Meter Hurdles Novice

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Jackson, Cameron	E. L. Crossley	15.82	15.19Q	1.2	2
2 Jaffar, Abdallah	Sir Winston-H	16.70	15.42Q	3.3	1
3 Blake, Evan	Saint Paul C	16.94	15.94Q	1.2	2
4 Foster, Naieem	Sherwood S.S	16.05	16.62Q	3.3	1
5 Duncan, Zac	WN - Grimsby	17.72	16.82Q	1.2	2
6 Schulenberg, Aaron	Guido de Bre	17.68	17.16Q	3.3	1
7 Satheeskumar, Sachin	Sherwood S.S	17.56	17.31q	3.3	1
8 McCready, Caven	Governor Simcoe	17.24	17.60q	1.2	2
9 Ajomiwe, Divine-Wisdom	St. Catharines	26.72	18.55	1.2	2

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Men 100 Meter Hurdles Novice

Name	Year School	Prelims	Finals	Wind
Finals				
1 Jackson, Cameron	E. L. Crossley	15.19	15.68	-1.6
2 Jaffar, Abdallah	Sir Winston-H	15.42	15.92	-1.6
3 Foster, Naieem	Sherwood S.S	16.62	16.20	-1.6
4 Blake, Evan	Saint Paul C	15.94	16.32	-1.6
5 Duncan, Zac	WN - Grimsby	16.82	16.83	-1.6
6 McCready, Caven	Governor Simcoe	17.60	17.05	-1.6
7 Schulenberg, Aaron	Guido de Bre	17.16	17.26	-1.6
8 Satheeskumar, Sachin	Sherwood S.S	17.31	17.29	-1.6

Men 300 Meter Hurdles Novice

Name	Year School	Seed	Finals	H#
1 Blake, Evan	Saint Paul C	46.41	44.79	2
2 Jaffar, Abdallah	Sir Winston-H	46.43	44.88	2
3 Larsen, Chase	WN - Grimsby	46.43	46.75	2
4 Beyer, Matthew	Dundas Valle	47.04	46.92	2
5 Jackson, Cameron	E. L. Crossley	46.83	47.53	2
6 Duncan, Zac	WN - Grimsby	48.45	48.48	2
7 Zahid, Usman	Sherwood S.S	50.68	48.74	1
8 Tejuoso, Adebare	Sir Winston-H	51.46	48.86	1
9 McCready, Caven	Governor Simcoe	48.95	49.22	2

Men 4x100 Meter Relay Novice

School	Seed	Finals	H#
1 Eden	51.94	48.05	2
2 E. L. Crossley	49.08	48.58	2
1) Kotsis, Matthew	2) Jackson, Cameron		
3) Kpioyo, Elijah	4) Seehagel, Malaki		
3 West Niagara Secondary	49.10	49.12	2
4 Sherwood S.S. - Hwdsb	49.79	49.30	2
1) Foster, Naieem	2) Satheeskumar, Sachin		
3) Delaney, Carson	4) Vincent, Vincent		
5 Dundas Valley S.S. - Hwdsb	50.50	49.34	2
1) Neary, Brody	2) Pilon, Ro		
3) Pileski, Kyle	4) Fennema, Drew		
6 Ancaster High School - Hwdsb	50.15	49.53	2
7 Sir Winston Churchill S.S. - H	50.98	50.43	2
8 Governor Simcoe	50.73	51.23	2

Men High Jump Novice

Name	Year School	Seed	Finals
1 Griffith, Xavier	Sir Winston	1.80m	1.90m
2 Kpioyo, Elijah	E. L. Crossley	1.70m	1.70m
3 Tenhage, Logan	Guido de Bre	1.65m	1.68m
4 Mulder, Deacon	Hamilton Dis	1.60m	1.59m
5 Tzellos, Joey	Smithville Chs	1.55m	J1.55m
6 Zahid, Ali	Sherwood S.S	1.55m	J1.55m

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...Men High Jump Novice

7 Corman, Owen	Denis Morris	1.45m	1.50m
-- Satheeskumar, Sachin	Sherwood S.S	1.52m	NH
-- Lee, Alex	Centennial	1.10m	NH

Men Pole Vault Novice

Name	Year School	Seed	Finals
1 Shaw, Owen	Governor Simcoe	2.10m	2.40m
2 Coleman, Cameron	Governor Simcoe	2.10m	2.20m
3 Moore, Calum	Governor Simcoe	2.10m	2.10m

Men Long Jump Novice

Name	Year School	Seed	Finals	Wind
1 Thomas, Samacki	Saint Paul C	6.25m	6.24m	NWI
2 Kpioyo, Elijah	E. L. Crossley	5.21m	5.63m	NWI
2 Kingma, Logan	Guido de Bre	5.21m	5.63m	NWI
4 Van Groningen, Landon	Hamilton Dis	5.31m	5.37m	NWI
5 Baxter, Lucas	Denis Morris	5.47m	5.26m	NWI
6 Dejager, Eli	Guido de Bre	5.17m	5.10m	NWI
7 Liew, Alex	ND Welland	5.33m	5.07m	NWI
8 Duncan, Zac	WN - Grimsby	4.94m	5.03m	NWI
9 Elgin, Tyshawn	Denis Morris	5.21m	4.94m	NWI
10 Mulder, Deacon	Hamilton Dis	5.09m	4.87m	NWI
11 VanderKolk, Ethan	Smithville Chs	5.08m	4.84m	NWI
12 Kolodziejczak, Ben	A.N. Myer	4.86m	4.72m	NWI
13 Della Ventura, Hunter	Esjb	4.72m	4.59m	NWI
13 Beaver, Mason	Centennial	4.30m	4.59m	NWI
15 Jiang, Shuhan	Eden	3.68m	4.12m	NWI

Men Triple Jump Novice

Name	Year School	Seed	Finals	Wind
1 Pileski, Kyle	Dundas Valle	11.47m	J11.81m	NWI
2 Griffith, Xavier	Sir Winston	11.42m	J11.81m	NWI
3 Morris, Dryden	Holy Cross Css	11.55m	11.70m	NWI
4 Dejager, Eli	Guido de Bre	11.62m	11.63m	NWI
5 Kpioyo, Elijah	E. L. Crossley	11.29m	11.61m	NWI
6 Vreugdenhil, Cole	Hamilton Dis	10.68m	10.70m	NWI
7 Jansen, Jonathan	Hcs-Jordan Stati		10.69m	NWI
8 Fournier, Hannam	Centennial	10.72m	10.66m	NWI
9 Della Ventura, Hunter	Esjb	10.34m	10.25m	NWI
10 Bompat, Derick	Saint Paul C	10.68m	10.08m	NWI
11 Tzellos, Joey	Smithville Chs	10.16m	J9.99m	NWI
12 Kingma, Logan	Guido de Bre	10.77m	J9.99m	NWI
-- Disley, Liam	ND Welland	10.24m	ND	NWI

Men Shot Put Novice

Name	Year School	Seed	Finals
1 Fennema, Drew	Dundas Valle	11.96m	12.37m

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...Men Shot Put Novice

2 Aljafra, Amr	Sir Winston	10.78m	12.32m
3 Vreugdenhil, Cole	Hamilton Dis	12.14m	12.09m
4 Friesen, Jared	Governor Simcoe	11.00m	11.93m
5 Ong, Tristan	Westmount S.	10.76m	11.85m
6 Pullar, Mackenzie	Sir Winston	11.48m	11.71m
7 Royer, Hayden	Port Colborne	11.26m	11.12m
8 Gelka, Seth	Eastdale	10.60m	10.81m
9 Fournier-Phillips, Kaidy	Thorold	10.77m	10.65m
10 Tonwe, Falcon	Robert Land Academy	9.80m	10.12m
11 Taylor, William	Holy Cross Css	9.23m	10.01m
12 Agius, Mathew	Port Colborne	10.18m	9.48m
13 Schinkel, Keagan	Hamilton Dis	8.60m	8.93m

Men Discus Throw Novice

Name	Year School	Seed	Finals
1 Jenkins, Pedran	Robert Land Academy	35.60m	38.65m
2 Ong, Tristan	Westmount S.	27.46m	35.22m
3 Gelka, Seth	Eastdale	31.85m	35.03m
4 Vreugdenhil, Cole	Hamilton Dis	34.85m	34.20m
5 Fournier-Phillips, Kaidy	Thorold	31.24m	33.07m
6 Tonwe, Falcon	Robert Land Academy	33.02m	32.86m
7 Royer, Hayden	Port Colborne	36.29m	32.72m
8 Adejuwon, Oliwtimilehin	Saint Francis	20.29m	30.78m
9 Nguyen, Tue	Nora Frances	27.52m	30.72m
10 Vandenberg, Nathaniel	Hcs-Jordan Stati	27.07m	27.11m
11 Marino, Ben	WN - Grimsby	28.96m	26.89m
12 Fennema, Drew	Dundas Valle	28.96m	25.79m
13 Pullar, Mackenzie	Sir Winston	25.62m	25.31m

Men Javelin Throw Novice

Name	Year School	Seed	Finals
1 Fennema, Drew	Dundas Valle	37.46m	42.30m
2 Doyle, Deaglan	Ancaster Hig	37.75m	39.88m
3 Myers, Jacob	E. L. Crossley	36.55m	38.82m
4 Beaver, Mason	Centennial	32.16m	36.79m
5 Dejager, Eli	Guido de Bre	35.13m	35.30m
6 Schulenberg, Aaron	Guido de Bre	37.10m	33.27m
7 Putney, Caeleb	Greater Fort Erie	26.68m	32.25m
8 Liew, Alex	ND Welland	32.53m	30.45m
9 Jackson, Cameron	E. L. Crossley	30.48m	30.36m
10 Adejuwon, Oliwtimilehin	Saint Francis	24.33m	27.77m
11 Vandenberg, Nathaniel	Hcs-Jordan Stati	27.11m	23.62m
12 Aljafra, Amr	Sir Winston	27.37m	21.61m

Men 100 Meter Dash Junior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Ristov, Marko	Nora Frances	10.96	10.87Q	3.0	1
2 Maga, Pascal	Westmount S.	11.52	11.56Q	1.2	2

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3	Wurgler, Alexander	Sir Winston	11.61	11.31Q	3.0	1
4	Hayden, Sadiekie	Saint Francis	11.77	11.64Q	1.2	2
5	Pearsonwhear, Tristan	Dundas Valle	11.64	11.62Q	3.0	1
6	Fyfe, William	Westlane	11.58	11.70Q	1.2	2
7	Marcellin, Sheziah	Nora Frances	11.78	11.84q	1.2	2
8	Campbell, D'ream	Denis Morris	12.29	11.94q	3.0	1
9	Ajiboye, Imisi	Ncc	12.19	11.97	3.0	1
10	Less, Cordell	Laura Secord	12.47	11.99	3.0	1
11	Van Mil, Aidan	ND Welland	12.21	12.02	1.2	2
12	Nicoletta, Andrew	Ncc	12.11	12.05	3.0	1
13	Malcolm, Tiago	WN - Grimsby	12.34	12.13	1.2	2
14	MaGee, Jason	A.N. Myer	12.26	12.27	3.0	1
15	Iannizzi, Jake	ND Welland	12.21	12.35	1.2	2
16	Day, Andrew	Laura Secord	12.33	12.39	1.2	2

Men 100 Meter Dash Junior

=====					
Name	Year	School	Prelims	Finals	Wind
=====					
Finals					
1	Ristov, Marko	Nora Frances	10.87	11.08	-0.7
2	Wurgler, Alexander	Sir Winston	11.31	11.48	-0.7
3	Fyfe, William	Westlane	11.70	11.65	-0.7
4	Maga, Pascal	Westmount S.	11.56	11.72	-0.7
5	Pearsonwhear, Tristan	Dundas Valle	11.62	11.78	-0.7
6	Hayden, Sadiekie	Saint Francis	11.64	11.81	-0.7
7	Marcellin, Sheziah	Nora Frances	11.84	12.04	-0.7
8	Campbell, D'ream	Denis Morris	11.94	12.41	-0.7

Men 200 Meter Dash Junior

=====						
Name	Year	School	Seed	Prelims	Wind	H#
=====						
Preliminaries						
1	Wurgler, Alexander	Sir Winston	23.75	23.26Q	2.4	1
2	Ristov, Marko	Nora Frances	22.48	23.29Q	0.7	2
3	Maga, Pascal	Westmount S.	23.47	23.68Q	2.4	1
4	Fyfe, William	Westlane	23.99	23.97Q	0.7	2
5	Abraham, Jariel	Saint Francis	24.49	23.89Q	2.4	1
6	Ogunlaja, Daniel	Ncc	24.41	24.06Q	0.7	2
7	Dales, Noah	Ancaster Hig	24.45	24.50q	2.4	1
8	Delucia, Francesco	Westmount S.	24.59	24.86q	0.7	2
9	Payne, Brody	Eden	25.17	24.89	2.4	1
10	MacDonald, Graeme	E. L. Crossley	24.86	24.92	0.7	2
11	Gualtieri, Jack	Denis Morris	25.50	25.18	2.4	1
12	Idoww, Farhan	Centennial	26.06	25.99	0.7	2
13	Campbell, D'ream	Denis Morris	26.16	26.14	2.4	1
14	McDonough, Adonis	WN - Grimsby	25.96	26.34	0.7	2
15	Pouliot-Bekkering, Marek	Governor Simcoe	26.37	26.36	2.4	1
16	Orr, James	Saint Paul C	26.45	26.80	0.7	2

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Men 200 Meter Dash Junior

Name	Year School	Prelims	Finals	Wind
Finals				
1 Ristov, Marko	Nora Frances	23.29	22.75	2.6
2 Fyfe, William	Westlane	23.97	23.47	2.6
3 Maga, Pascal	Westmount S.	23.68	23.60	2.6
4 Wurgler, Alexander	Sir Winston	23.26	24.07	2.6
5 Ogunlaja, Daniel	Ncc	24.06	24.13	2.6
6 Abraham, Jariel	Saint Francis	23.89	24.17	2.6
7 Dales, Noah	Ancaster Hig	24.50	25.03	2.6
8 Delucia, Francesco	Westmount S.	24.86	25.43	2.6

Men 400 Meter Dash Junior

Name	Year School	Seed	Finals	H#
1 Maga, Pascal	Westmount S.	55.30	53.34	2
2 Ogunlaja, Daniel	Ncc	53.39	53.54	2
3 Walker, Barron	Sir Winston	52.75	55.38	2
4 Dales, Noah	Ancaster Hig	56.47	55.74	2
5 Gualtieri, Jack	Denis Morris	56.79	57.09	2
6 Sedkowski, Gabriel	Saltfleet Di	1:00.07	57.89	1
7 Ryan, Jack	E. L. Crossley	57.37	57.91	2
8 Delucia, Francesco	Westmount S.	58.20	58.09	1
9 Simpson, Graydon	Smithville Chs	59.01	58.31	1
10 Olajumoke, Teni	Thorold	1:00.97	58.51	1
11 Geissler, Hayden	Westlane	58.10	58.69	2
12 Sviergula, Aaron	ND Welland	59.56	58.71	1
13 Pouliot-Bekkering, Marek	Governor Simcoe	1:00.30	59.93	1
14 Tremblay, Ethan	Westlane	59.74	1:00.04	1

Men 800 Meter Run Junior

Name	Year School	Seed	Finals	H#
1 Walker, Barron	Sir Winston	2:09.70	2:01.84	2
2 Bayne, Andrew	Eden	2:11.18	2:08.77	2
3 Bertrand, Damien	Sir Winston	2:22.90	2:10.72	2
4 Hendriks, Aden	Blessed Trinity	2:26.30	2:13.28	1
5 Geissler, Hayden	Westlane	2:17.45	2:15.21	2
6 Vreugdenhil, Seth	Hamilton Dis	2:21.71	2:15.44	2
7 Gunn, Caelan	WN - Grimsby	2:29.38	2:23.98	1
8 Karas, Matthew	Saint Paul C	2:31.73	2:24.83	1
9 Wardell, Zach	Westmount S.	2:25.45	2:25.46	1
10 Pearson, Lincoln	Saint Paul C	2:30.19	2:25.48	1
11 Gotera, Jesus	Holy Cross Css	2:27.87	2:34.15	1
12 Constantini, Preston	A.N. Myer	2:39.12	2:37.38	1
13 Wells, Dalton	A.N. Myer	3:09.84	2:58.98	1

Men 1500 Meter Run Junior

Name	Year School	Seed	Finals
1 Walker, Barron	Sir Winston	5:10.05	4:27.77
2 Bayne, Andrew	Eden	5:10.11	4:28.75

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...Men 1500 Meter Run Junior

3 Takatsu, Yuji	Orchard Park	4:43.19	4:34.33
4 Shakir, Saleh	Bernie Custi	4:49.97	4:36.06
5 Eller, Griffin	E. L. Crossley	4:59.93	4:36.77
6 Bertrand, Damien	Sir Winston	4:47.37	4:37.58
7 Hendriks, Aden	Blessed Trinity	4:53.07	4:40.68
8 MacRae, Logan	E. L. Crossley	4:43.56	4:42.30
9 Dejager, Shane	Guido de Bre	4:50.56	5:00.92
10 Kenna, Anderson	Greater Fort Erie	5:13.59	5:17.76
11 Colangelo, Leo	Saint Paul C	5:17.38	5:19.93
12 Banta, Jude	Glchs	5:14.36	5:28.35

Men 3000 Meter Run Junior

Name	Year School	Seed	Finals
1 Dobrovoiski, Simon	Sir Winston	9:19.65	9:28.86
2 Takatsu, Yuji	Orchard Park	10:15.08	9:55.56
3 Shakir, Saleh	Bernie Custi	10:31.31	9:58.88
4 MacRae, Logan	E. L. Crossley	10:23.40	9:59.27
5 Mead, Jackson	Sir Winston	10:24.55	10:09.77
6 Scott, Michael	Westdale S.S	10:13.66	10:17.75
7 Cirasuolo, Julian	Sir Winston	10:19.73	10:26.23
8 Eller, Griffin	E. L. Crossley	11:40.63	10:39.65
9 Jongsma, Jack	Westdale S.S	10:40.83	10:41.54
10 Quintyn, Myles	Saint Paul C	11:14.21	11:15.09
11 Sviergula, Aaron	ND Welland	11:04.25	11:24.67
12 Kenna, Anderson	Greater Fort Erie	12:12.83	11:46.41
13 Richardson, Cameron	Smithville Chs	12:47.50	12:28.85

Men 100 Meter Hurdles Junior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Pearsonwhear, Tristan	Dundas Valle	14.89	15.02Q	+0.0	2
2 Marcellin, Sheziah	Nora Frances	15.38	15.26Q	2.3	1
3 Malcolm, Tiago	WN - Grimsby	16.07	16.15Q	2.3	1
4 Senyonga, Nestor	Blessed Trinity	18.62	17.34Q	+0.0	2
5 Szczepanski, Isaac	WN - Grimsby	17.35	18.28Q	+0.0	2
6 Stewart-Spink, Keiran	Governor Simcoe	19.51	19.31Q	2.3	1
7 Kus, Brayden	Esjb	21.90	19.93q	2.3	1
8 Nicoletta, Andrew	Ncc	21.65	20.42q	+0.0	2
9 Tadas, Frances	Governor Simcoe	21.30	22.30	2.3	1
10 Shilbi, Deandar	Westmount S.	21.49	24.68	+0.0	2

Men 100 Meter Hurdles Junior

Name	Year School	Prelims	Finals	Wind
Finals				
1 Pearsonwhear, Tristan	Dundas Valle	15.02	15.13	-0.6
2 Marcellin, Sheziah	Nora Frances	15.26	15.37	-0.6
3 Malcolm, Tiago	WN - Grimsby	16.15	16.98	-0.6
4 Szczepanski, Isaac	WN - Grimsby	18.28	17.09	-0.6
5 Senyonga, Nestor	Blessed Trinity	17.34	17.73	-0.6

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...Men 100 Meter Hurdles Junior

6 Kus, Brayden	Esjb	19.93	19.66	-0.6
7 Stewart-Spink, Keiran	Governor Simcoe	19.31	20.04	-0.6
8 Nicoletta, Andrew	Ncc	20.42	20.71	-0.6

Men 300 Meter Hurdles Junior

Name	Year School	Seed	Finals	H#
1 Hayden, Sadiekie	Saint Francis	43.69	41.11	2
2 Pearsonwhear, Tristan	Dundas Valle	43.46	41.45	2
3 Freure, Adam	E. L. Crossley	42.75	41.50	2
4 Malcolm, Tiago	WN - Grimsby	48.40	44.15	2
5 Vanderwoude, Russell	Guido de Bre	48.60	48.24	2
6 Anderson, Connor	E. L. Crossley	49.89	50.04	2
7 Tremblay, Ethan	Westlane	50.57	52.32	1
8 Alzobedy, DayDay	A.N. Myer	54.47	53.08	1
9 Kaija, Logan	WN - Grimsby	1:00.44	55.42	1

Men 4x100 Meter Relay Junior

School	Seed	Finals	H#
1 Nora Frances Henderson S.S. -	46.76	46.44	2
2 Westmount S.S. - Hwdsb	47.41	46.85	2
1) Alkilabi, Rashid			
3) McVittie, Isaac			
2) Delucia, Francesco			
4) Maga, Pascal			
3 ND Welland	47.64	47.35	2
4 Westlane	48.56	47.69	2
5 West Niagara Secondary	48.52	47.90	2
1) Malcolm, Tiago			
3) Szczepanski, Isaac			
2) McDonough, Adonis			
4) Kotapuri, Ruslan			
6 Denis Morris Catholic High Sch	49.15	48.02	2
7 A.N. Myer	49.86	48.49	1
8 Dundas Valley S.S. - Hwdsb	49.19	48.89	2
9 Niagara Christian Collegiate	49.62	49.25	1
10 Governor Simcoe	50.11	49.69	1
11 Sir Winston Churchill S.S. - H	50.99	50.37	1
12 Smithville Christ HS	51.01	51.52	1
13 St. Catharines	53.37	53.75	1
-- E. L. Crossley	48.74	DQ	2

Men High Jump Junior

Name	Year School	Seed	Finals
1 Kroeker, Braden	Centennial	1.55m	1.73m
2 Dejager, Shane	Guido de Bre	1.70m	J1.70m
3 Vanderwoude, Russell	Guido de Bre	1.60m	J1.70m
4 Hodge, Jack	Denis Morris	1.70m	J1.60m
5 Olajumoke, Teni	Thorold	1.60m	J1.60m
6 Grande, Aiden	Esjb	1.45m	J1.60m
7 Vandam, Jake	Guido de Bre	1.55m	J1.60m

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Men Pole Vault Junior

Name	Year School	Seed	Finals
1 Freure, Adam	E. L. Crossley	4.00m	4.10m
2 Owen, Chase	Centennial	2.80m	3.00m
3 Anderson, Connor	E. L. Crossley	2.50m	2.60m
4 Huot-Moodie, Sebastian	Governor Simcoe	2.10m	2.40m
5 MacRae, Logan	E. L. Crossley	2.35m	2.30m
6 Wainio, Ryder	Governor Simcoe	2.10m	2.10m
7 Miller, Jack	Governor Simcoe	2.10m	1.70m

Men Long Jump Junior

Name	Year School	Seed	Finals	Wind
1 MacDonald, Graeme	E. L. Crossley	5.92m	6.09m	NWI
2 Smith, Calem	ND Welland	5.64m	5.73m	NWI
3 Penich, Nico	Blessed Trinity	5.35m	5.69m	NWI
4 Abraham, Jariel	Saint Francis	5.85m	5.68m	NWI
5 Less, Cordell	Laura Secord	5.57m	5.63m	NWI
6 Dejager, Shane	Guido de Bre	5.38m	5.62m	NWI
7 Grande, Aiden	Esjb	5.79m	5.61m	NWI
8 Vandam, Jake	Guido de Bre	5.37m	5.53m	NWI
9 Heikoop, Aiden	Hcs-Jordan Stati	5.26m	5.24m	NWI
10 Burella, Porter	Port Colborne	5.35m	4.45m	NWI
-- Wojciechowski, Austin	Governor Simcoe	6.11m	DNF	NWI
-- Campbell, D'ream	Denis Morris	5.20m	DNF	NWI

Men Triple Jump Junior

Name	Year School	Seed	Finals	Wind
1 Penich, Nico	Blessed Trinity	12.67m	12.91m	NWI
2 Hayden, Sadiekie	Saint Francis	12.92m	12.85m	NWI
3 MacDonald, Graeme	E. L. Crossley	12.00m	12.65m	NWI
3 Abraham, Jariel	Saint Francis	12.32m	12.65m	NWI
5 Wojciechowski, Austin	Governor Simcoe	12.31m	12.18m	NWI
6 Vandam, Jake	Guido de Bre	11.04m	11.66m	NWI
7 Glasbergen, Hunter	Hcs-Jordan Stati	10.69m	10.91m	NWI
8 Ryan, Jack	E. L. Crossley	10.48m	10.80m	NWI
9 Vreugdenhil, Seth	Hamilton Dis	11.07m	10.77m	NWI
10 Szczepanski, Isaac	WN - Grimsby	11.02m	10.55m	NWI
11 Heikoop, Aiden	Hcs-Jordan Stati	11.13m	10.38m	NWI
12 McVittie, Isaac	Westmount S.	10.84m	10.19m	NWI
13 Kus, Brayden	Esjb	9.72m	9.39m	NWI

Men Shot Put Junior

Name	Year School	Seed	Finals
1 Davis, Jayden	Centennial	13.51m	13.51m
2 Flavien, Jonathan	Robert Land Academy	12.80m	12.80m
3 Dawes, Dauntley	Bernie Custi	12.56m	12.78m
4 Aljafra, Mohammad	Sir Winston	13.19m	12.60m
5 Lenting, Jacob	Guido de Bre	11.22m	11.20m
6 Haight, Nathan	WN - Grimsby	11.09m	10.90m

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7 Kotze, Kevin	Dsbn Academy	10.78m	10.70m
8 Julian, Cole	Eden	11.07m	10.69m
9 Coates, Payton	Sir Winston-H	11.20m	10.46m
10 Sedkowski, Gabriel	Saltfleet Di	10.85m	10.22m
11 Rivard, Ben	ES Franco-Niagara	10.12m	9.97m
12 Akinola, Michael	Blessed Trinity	9.44m	8.75m
13 Lawlor, Cillian	Blessed Trinity	7.49m	7.57m
14 Klich, Dominic	Blessed Trinity	7.37m	7.22m

Men Discus Throw Junior

Name	Year School	Seed	Finals
1 Davis, Jayden	Centennial	46.87m	49.23m
2 Flavien, Jonathan	Robert Land Academy	43.94m	39.41m
3 Schutten, Silas	Guido de Bre	37.30m	35.31m
4 Channel, Paul	Dundas Valle	26.69m	35.10m
5 Batainen, Mustafa	Sir Winston	32.96m	32.47m
6 Veldhuizen, Austin	Smithville Chs	28.00m	31.94m
7 Wellard, Noah	Centennial	40.16m	31.36m
8 Denhollander, Gabe	Guido de Bre	28.44m	29.12m
9 Jans, Blake	Guido de Bre	27.71m	28.62m
10 Aljafra, Mohammad	Sir Winston	29.77m	28.20m
11 Flook, Darius	Sir Winston	25.92m	25.95m
12 Bake, William	Saint Francis	13.29m	21.29m

Men Javelin Throw Junior

Name	Year School	Seed	Finals
1 Freure, Adam	E. L. Crossley	51.62m	44.57m
2 Dunn, Cameron	E. L. Crossley	38.09m	40.27m
3 MacKay-Cotton, Liam	Laura Secord	36.44m	39.36m
4 Lenting, Jacob	Guido de Bre	38.63m	38.40m
5 Jans, Blake	Guido de Bre	35.47m	38.13m
6 Aljafra, Mohammad	Sir Winston	35.69m	37.98m
7 Jonker, Owen	Guido de Bre	35.09m	35.05m
8 Flook, Darius	Sir Winston	37.25m	34.70m
9 Vandenberg, Evan	Smithville Chs	35.60m	33.40m
10 Wellard, Noah	Centennial	36.01m	32.97m
11 Ryu, Wono	Centennial	33.48m	31.55m
12 Panucci, Lucas	Saint Michae	30.69m	30.75m
13 Dawes, Dauntley	Bernie Custi	32.40m	29.82m
14 Bake, William	Saint Francis	17.37m	13.22m
-- Klich, Dominic	Blessed Trinity	20.70m	ND

Men 100 Meter Dash Senior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Brouwer, Braeden	WN - Grimsby	10.85	10.68Q	1.7	1
2 Banfield, Jack	Westmount S.	10.69	10.86Q	4.1	2
3 Campbell, John	Saint Paul C	11.25	11.19Q	4.1	2
4 Guerrero, Edward	Nora Frances	11.44	11.38Q	1.7	1

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5	Heron, Mario	Glendale S.S	11.42	11.39Q	4.1	2
6	Reid, Khamal	Sir Winston	11.96	11.40Q	1.7	1
7	Long, Evan	Lakeshore Catholic	11.58	11.42q	4.1	2
8	Benko, William	ND Welland	11.49	11.49q	4.1	2
9	Marks, Kyle	Eastdale		11.64	4.1	2
10	Babaloa, David	ND Welland	11.47	11.71	1.7	1
11	Kennedy, Maddox	Greater Fort Erie	12.23	11.94	1.7	1
12	Tritchew, Alexei	Greater Fort Erie	12.12	11.95	4.1	2
13	Ng, Michael	Glchs	12.15	12.06	4.1	2
14	Aka, Enzo	Esjb	12.01	12.19	1.7	1

Men 100 Meter Dash Senior

Name	Year School	Prelims	Finals	Wind
Finals				
1	Brouwer, Braeden	WN - Grimsby	10.68	10.68 0.2
2	Banfield, Jack	Westmount S.	10.86	10.85 0.2
3	Campbell, John	Saint Paul C	11.19	11.23 0.2
4	Heron, Mario	Glendale S.S	11.39	11.39 0.2
5	Long, Evan	Lakeshore Catholic	11.42	11.50 0.2
6	Guerrero, Edward	Nora Frances	11.38	11.53 0.2
7	Benko, William	ND Welland	11.49	11.64 0.2
8	Reid, Khamal	Sir Winston	11.40	11.95 0.2

Men 200 Meter Dash Senior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1	Brouwer, Braeden	WN - Grimsby	21.89	21.85Q	0.8 1
2	Banfield, Jack	Westmount S.	22.18	22.60Q	0.9 2
3	Stephian, Ryan	Sherwood S.S	23.49	23.36Q	0.8 1
4	Clark, Drew	Westmount S.	23.28	23.54Q	0.9 2
5	Talsma, Jeremy	Smithville Chs	23.67	23.75Q	0.8 1
6	Benko, William	ND Welland	23.61	23.89Q	0.9 2
7	Walters, Graham	A.N. Myer	23.58	23.80q	0.8 1
8	Lieu, Gary	Saltfleet Di	23.74	23.88q	0.8 1
9	Imenwanmhin, Gracious	Holy Cross Css	23.67	24.41	0.9 2
10	Higgins, Trevon	Blessed Trinity	24.01	24.54	0.8 1
11	Tichband, Kester	Sir Winston	24.34	24.75	0.8 1
12	Lanzar, Benric	ND Welland	23.89	25.00	0.9 2
13	Aka, Enzo	Esjb	25.41	25.17	0.8 1
14	Norman, Connor	E. L. Crossley	24.45	25.18	0.9 2
15	Ba, Mouhamadou	ES Franco-Niagara	25.25	25.81	0.9 2
16	Reid, Khamal	Sir Winston	24.01	25.96	0.9 2

Men 200 Meter Dash Senior

Name	Year School	Prelims	Finals	Wind
Finals				
1	Brouwer, Braeden	WN - Grimsby	21.85	22.35 0.6
2	Banfield, Jack	Westmount S.	22.60	22.41 0.6
3	Stephian, Ryan	Sherwood S.S	23.36	23.47 0.6

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...Men 200 Meter Dash Senior

4	Clark, Drew	Westmount S.	23.54	23.58	0.6
5	Benko, William	ND Welland	23.89	23.79	0.6
6	Walters, Graham	A.N. Myer	23.80	23.90	0.6
7	Lieu, Gary	Saltfleet Di	23.88	23.98	0.6
8	Talsma, Jeremy	Smithville Chs	23.75	24.16	0.6

Men 400 Meter Dash Senior

Name	Year	School	Seed	Finals	H#
1	Adams, TJ	Governor Simcoe	51.12	51.35	2
2	Clark, Drew	Westmount S.	55.47	53.43	2
3	Reid, Khamal	Sir Winston	53.72	54.23	2
4	Norman, Connor	E. L. Crossley	55.47	55.06	2
5	Walters, Graham	A.N. Myer	54.27	55.20	2
6	Lobo, Christian	Blessed Trinity	58.33	55.49	1
7	denHollander, Lucas	Port Colborne	56.13	55.51	1
8	Bonadie, Nicholas	Saint Paul C	56.30	55.68	1
9	Rapson, Wyatt	Dundas Valle	54.86	55.83	2
10	Srb, Jack	Sir Winston	56.51	55.90	1
11	Van Koughnett, Samson	Westdale S.S	57.07	55.92	1
12	Andres, Lucas	Laura Secord	56.06	56.12	2
13	Snack, Zachary	Centennial	56.39	56.17	1
14	Hendriks, Anthony	Blessed Trinity	58.18	58.25	1
15	Ernst, Kaleb	Saint Francis	58.09	58.69	1

Men 800 Meter Run Senior

Name	Year	School	Seed	Finals	H#
1	Houston, Zach	WN - Grimsby	2:00.54	1:58.87	2
2	Sider, Jackson	E. L. Crossley	2:01.05	1:59.43	2
3	Galbraith, Mario	Holy Cross Css	2:06.20	1:59.78	2
4	Breckels, Fenway	Governor Simcoe	2:00.49	1:59.85	2
5	Morgan, P.J.	Ancaster Hig	2:07.21	2:00.08	2
6	Hagen, Isaac	Hamilton Dis	2:09.72	2:02.70	1
7	Glaser, Sebastian	Governor Simcoe	2:01.84	2:04.55	2
8	Masterson, Owen	Sir Winston	2:05.65	2:08.05	2
9	Sotelo, Santiago	ND Welland	2:15.66	2:08.50	1
10	Bolanos-Bonilla, Martin	Sherwood S.S	2:12.08	2:10.49	1
11	Tonnies, Samuel	Port Colborne	2:17.69	2:14.80	1
12	Pronik, Lucas	Greater Fort Erie	2:18.90	2:16.68	1
13	Rapone, Domenic	Denis Morris	2:20.35	2:20.77	1
14	Hendriks, Anthony	Blessed Trinity	2:19.54	2:23.13	1

Men 1500 Meter Run Senior

Name	Year	School	Seed	Finals
1	Thomson, Iain	Dundas Valle	4:20.30	4:03.00
2	Bayne, Elijah	Eden	4:10.79	4:03.73
3	Tomori, Graham	Eden	4:05.75	4:08.32
4	Houston, Zach	WN - Grimsby	4:10.84	4:10.29
5	Crowe, Oliver	Governor Simcoe	4:16.72	4:10.56
6	Shaw, Kaden	A.N. Myer	4:25.23	4:14.66

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...Men 1500 Meter Run Senior

7 Sider, Jackson	E. L. Crossley	4:28.35	4:18.49
8 Morgan, P.J.	Ancaster Hig	4:41.67	4:30.30
9 Hagen, Isaac	Hamilton Dis	4:30.11	4:41.04
10 Vandam, Josh	Guido de Bre	4:43.55	4:43.24
11 Deschamps, Nick	ES Franco-Niagara	4:47.51	4:44.44
12 Pronik, Lucas	Greater Fort Erie	4:46.45	4:51.48
13 Bonadie, Nicholas	Saint Paul C	4:53.52	5:04.01
14 Black, Callum	Blessed Trinity	5:19.82	5:22.70
15 Gamboa-Pasha, Ibrahim	Saint Francis	5:23.22	5:28.66

Men 3000 Meter Run Senior

Name	Year School	Seed	Finals
1 Thomson, Iain	Dundas Valle	9:39.73	9:08.27
2 Bayne, Elijah	Eden	9:38.31	9:10.03
3 Shaw, Kaden	A.N. Myer	9:42.35	9:10.35
4 Tomori, Graham	Eden	8:59.29	9:12.93
5 Crowe, Oliver	Governor Simcoe	9:24.80	9:22.34
6 Dellalalian, Samuel	Sir Winston	9:36.96	9:37.09
7 Ledger, Cohen	Dundas Valle	9:48.08	9:44.27
8 Deschamps, Nick	ES Franco-Niagara	10:21.04	10:03.50
9 Aird, Alec	Westdale S.S	10:07.65	10:15.05
10 Vandam, Josh	Guido de Bre	10:11.06	11:16.10

Men 110 Meter Hurdles Senior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Brouwer, Braeden	WN - Grimsby	14.70	14.32Q	1.9	1
2 Finucan, Zachary	Westdale S.S	16.18	15.51Q	4.7	2
3 Frketich, Nate	Westmount S.	17.33	16.63Q	4.7	2
4 Coopman, Jake	Greater Fort Erie	17.01	16.77Q	1.9	1
5 Harris, Garry	Nora Frances	17.67	17.16Q	1.9	1
6 Kartal, Yusuf	E. L. Crossley	17.65	17.19Q	4.7	2
7 Kuik, Noah	Guido de Bre	17.00	17.20q	4.7	2
8 Westerveld, Matt	Hcs-Jordan Stati	19.05	18.13q	1.9	1
9 Adam, Maddix	Governor Simcoe	19.22	18.76	4.7	2
10 Stegner, Cole	E. L. Crossley	20.92	21.18	4.7	2

Men 110 Meter Hurdles Senior

Name	Year School	Prelims	Finals	Wind
Finals				
1 Brouwer, Braeden	WN - Grimsby	14.32	14.59	-1.0
2 Finucan, Zachary	Westdale S.S	15.51	16.10	-1.0
3 Harris, Garry	Nora Frances	17.16	16.50	-1.0
4 Coopman, Jake	Greater Fort Erie	16.77	16.53	-1.0
5 Frketich, Nate	Westmount S.	16.63	16.77	-1.0
6 Kartal, Yusuf	E. L. Crossley	17.19	18.39	-1.0
7 Westerveld, Matt	Hcs-Jordan Stati	18.13	18.94	-1.0
8 Kuik, Noah	Guido de Bre	17.20	30.56	-1.0

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Men 400 Meter Hurdles Senior

Name	Year School	Seed	Finals	H#
1 Adams, TJ	Governor Simcoe	59.75	58.72	2
2 Radtke-Harris, Luca	WN - Grimsby	1:00.65	1:01.63	2
3 Dwyer, Mikhail	Westlane	1:03.77	1:02.15	2
4 Cowell, Austin	Ancaster Hig	1:06.11	1:02.46	2
5 Frketich, Nate	Westmount S.	1:05.14	1:03.17	2
6 Walters, Graham	A.N. Myer	1:04.68	1:03.21	2
7 Elhag, Nasir	Sherwood S.S	1:05.96	1:04.64	2
8 Pabs-Garnon, Roniel	Saltfleet Di	1:06.17	1:06.70	1
9 Westerveld, Matt	Hcs-Jordan Stati	1:07.91	1:07.28	1
10 Adam, Maddix	Governor Simcoe	1:10.21	1:11.25	1
11 Riesebosch, Cole	E. L. Crossley	1:13.87	1:12.52	1
-- Kartal, Yusuf	E. L. Crossley	1:05.26	DNF	2

Men 4x100 Meter Relay Senior

School	Seed	Finals	H#
1 Westmount S.S. - Hwdsb	45.44	44.52	2
2 West Niagara Secondary	44.85	44.83	2
1) Radtke-Harris, Luca			
3) Teffery, Hayden			
2) Goar, Holden			
4) Brouwer, Braeden			
3 Sir Winston Churchill	44.92	45.07	2
4 Westdale S.S. - Hwdsb	46.27	45.37	2
1) Boorman, Samual			
3) Mutamba, Charly			
2) Holland, Jimmy			
4) Greene, Radian			
5 Saltfleet District - Hwdsb	47.41	46.23	1
6 Saint Francis	45.37	46.77	2
7 Centennial	50.03	47.67	1
8 Saint Paul Catholic HS	45.47	48.20	2
9 Heritage Christian-Jordan Stat	48.42	48.22	1
10 Smithville Christ HS	49.01	48.26	1
11 E. L. Crossley	51.20	49.75	1
-- ND Welland	46.70	DQ	2
-- Sherwood S.S. - Hwdsb	45.82	DQ	2
-- Greater Fort Erie	52.91	DQ	1
-- Denis Morris Catholic High Sch	52.37	DQ	1

Men High Jump Senior

Name	Year School	Seed	Finals
1 Zucco, Ryan	E. L. Crossley	1.90m	J1.85m
2 Ludwig, Zach	Guido de Bre	1.84m	J1.80m
3 Martinelli, Joseph	Holy Cross Css	1.55m	J1.80m
4 Han, Ethan	Eden	1.65m	J1.70m
5 Stark, Ronan	Esjb	1.70m	J1.60m
6 Spittal, Ben	WN - Grimsby	1.70m	J1.60m
7 Lamascese, Jake	Saint Paul C	1.45m	J1.55m
8 Riesebosch, Cole	E. L. Crossley	1.55m	J1.55m
9 Kok, Jacob	Smithville Chs	1.55m	J1.50m

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Men Pole Vault Senior

Name	Year School	Seed	Finals
1 Bolhous, Simon	E. L. Crossley	3.60m	3.80m
2 Brittain, Thomas	Dundas Valle	3.70m	3.50m
3 Radtke-Harris, Luca	WN - Grimsby	3.40m	3.30m
4 Knafelc, Henry	E. L. Crossley	2.90m	3.00m
5 Zucco, Ryan	E. L. Crossley	2.90m	2.70m

Men Long Jump Senior

Name	Year School	Seed	Finals	Wind
1 Campbell, John	Saint Paul C	6.52m	6.70m	NWI
2 Haywood, Owen	Thorold	6.63m	6.42m	NWI
3 Verschoor, Joshua	Dundas Valle	6.26m	6.18m	NWI
4 Finucan, Zachary	Westdale S.S	5.86m	6.13m	NWI
5 Dwyer, Mikhail	Westlane	6.08m	6.11m	NWI
6 Higgins, Trevon	Blessed Trinity	5.84m	6.02m	NWI
7 Cadogan, Terrell	Holy Cross Css	6.11m	6.00m	NWI
8 Mutamba, Charly	Westdale S.S	5.71m	5.81m	NWI
9 Wangar, Jesse	Centennial	5.46m	5.64m	NWI
10 Ybema, Cam	Hcs-Jordan Stati	5.44m	5.38m	NWI
11 Farah, Abdi	Laura Secord	5.46m	5.34m	NWI
12 Perrault, Collin	Laura Secord	5.57m	5.22m	NWI
13 Kennedy, Maddox	Greater Fort Erie	5.40m	5.10m	NWI
14 Zunik, Tom	Robert Land Academy	5.21m	5.06m	NWI
15 Mui-Oke, Donald	ND Welland	5.82m	4.13m	NWI
-- Pietrantonio, Jacob	Westmount S.	5.49m	ND	NWI

Men Triple Jump Senior

Name	Year School	Seed	Finals	Wind
1 Verschoor, Joshua	Dundas Valle	12.75m	13.09m	NWI
2 Haywood, Owen	Thorold	12.80m	12.85m	NWI
3 Kemper, Trevor	Hcs-Jordan Stati	12.26m	12.47m	NWI
4 Gmoser, Noah	Greater Fort Erie	12.00m	12.23m	NWI
5 Finucan, Zachary	Westdale S.S	12.35m	11.96m	NWI
6 Ybema, Cam	Hcs-Jordan Stati	11.64m	11.56m	NWI
7 Merchant, Elijah	Ancaster Hig	11.70m	11.38m	NWI
8 Coopman, Jake	Greater Fort Erie	11.28m	11.02m	NWI
9 Wangar, Jesse	Centennial	11.55m	10.85m	NWI
10 Ciocca, Jack	Saint Francis	11.09m	10.29m	NWI
11 Duyar, Kaya	Saltfleet Di	10.45m	10.18m	NWI

Men Shot Put Senior

Name	Year School	Seed	Finals
1 Robins, Owen	Port Colborne	16.29m	15.65m
2 Jubenville, Nick	Lakeshore Catholic	12.80m	13.80m
3 Paterson, Stephan	Robert Land Academy	11.12m	11.28m
4 Beveridge, Nathan	Holy Cross Css	11.25m	11.16m
5 Simmons, Shea	Dundas Valle	10.94m	10.97m
6 Nawaz, Arshaan	Centennial	10.07m	10.71m

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...Men Shot Put Senior

7 Dallman, Thomas	Saint Michae	12.33m	10.60m
8 Morritt, Jacob	Dsbn Academy	10.47m	10.55m
9 Ralph, Lincoln	Sir Winston	11.04m	10.41m
10 Miedema, Brandon	Hcs-Jordan Stati	10.98m	10.23m
11 Shannon, Jacob	Saint Michae	11.67m	9.98m
12 Boyd, Joshua	Ancaster Hig	9.80m	9.81m
13 Kent, Nathan	Saltfleet Di	10.23m	9.79m
14 Fairley, Grant	Dundas Valle	9.96m	9.78m
15 Burse, Patrick	St. Catharines	10.26m	9.65m
15 Ogoh, Ojortule	Robert Land Academy	10.01m	9.65m

Men Discus Throw Senior

Name	Year School	Seed	Finals
1 Robins, Owen	Port Colborne	50.94m	47.34m
2 Dallman, Thomas	Saint Michae	41.01m	38.37m
3 Jubenville, Nick	Lakeshore Catholic	35.53m	35.32m
4 Ogoh, Ojortule	Robert Land Academy	31.37m	34.42m
5 Boyd, Joshua	Ancaster Hig	32.09m	34.37m
6 Lepage, Tyrus	Centennial	32.46m	33.87m
7 Andree, Cameron	Dundas Valle	32.16m	32.58m
8 Toulan, Yousef	Thorold	33.41m	30.56m
9 Flook, Dylon	Sir Winston	30.26m	27.86m
10 Morritt, Jacob	Dsbn Academy	30.39m	27.62m
11 Simmons, Shea	Dundas Valle	29.59m	26.49m
12 Miedema, Brandon	Hcs-Jordan Stati	29.37m	26.40m
13 Colangelo, Roman	E. L. Crossley	30.12m	25.34m
14 Bradford-Andrew, Owen	Holy Cross Css	22.42m	24.40m
15 Shannon, Jacob	Saint Michae	24.27m	20.53m
-- Cornelius, Keenan	Westmount S.	27.90m	DNF

Men Javelin Throw Senior

Name	Year School	Seed	Finals
1 Kennedy, Kaleb	WN - Grimsby	51.64m	56.43m
2 Gauthier, Carson	Saint Michae	45.53m	50.40m
3 Myers, Maxwell	E. L. Crossley	45.87m	49.16m
4 Quinn, James	Laura Secord	45.30m	48.03m
5 Radtke-Harris, Luca	WN - Grimsby	46.27m	46.85m
6 Andree, Cameron	Dundas Valle	43.19m	45.71m
7 Brownlee, Jack	E. L. Crossley	44.60m	45.36m
8 Jubenville, Nick	Lakeshore Catholic	42.31m	44.29m
9 Simmons, Shea	Dundas Valle	42.57m	43.53m
10 Schoeman, Travis	Dundas Valle	43.02m	43.30m
11 Beveridge, Nathan	Holy Cross Css	39.49m	40.08m
12 Cornelius, Keenan	Westmount S.	35.10m	39.75m
13 Hendriks, Anthony	Blessed Trinity	39.00m	38.60m
14 Peters, William	Robert Land Academy	40.68m	36.93m
15 Friesen, Cole	Laura Secord	39.45m	35.47m
16 Coopman, Jake	Greater Fort Erie	35.78m	32.92m

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Men 2000 Meter Steeplechase Open

Name	Year School	Seed	Finals
1 Breckels, Fenway	Governor Simcoe	6:31.64	6:34.91
2 Glaser, Sebastian	Governor Simcoe	6:27.39	6:46.06
3 Wilson, Rian	Sir Winston	7:38.46	6:49.98
4 Galbraith, Mario	Holy Cross Css	7:09.55	6:52.70
5 Huinink, Noel	Smithville Chs	6:48.30	7:01.06
6 Scott, Michael	Westdale S.S	6:59.79	7:08.56
7 Aird, Alec	Westdale S.S	7:03.53	7:10.98
8 Mason, Cameron	Dundas Valle	7:22.88	7:31.69
9 Hagen, Isaac	Hamilton Dis	7:06.37	8:02.98
10 Tischler, Quin	Centennial	8:21.74	8:21.23

Men 4x400 Meter Relay Open

School	Seed	Finals	H#
1 Governor Simcoe 1) Glaser, Sebastian 3) Breckels, Fenway	3:37.71	3:37.59	2
2 Dundas Valley S.S. - Hwdsb 1) Beyer, Matthew 3) Verschoor, Joshua	3:43.21	3:39.42	2
3 Sir Winston Churchill 1) Walker, Barron 3) Theodore, Jase	3:46.92	3:40.64	2
4 Ancaster High School - Hwdsb 1) Cowell, Austin 3) Morgan, P.J.	3:48.46	3:41.31	2
5 Smithville Christ HS	3:45.86	3:42.27	2
6 West Niagara Secondary	3:42.45	3:42.51	2
7 E. L. Crossley	3:47.66	3:44.75	2
8 Holy Cross Css	3:56.24	3:51.28	1
9 Saint Francis	3:59.06	4:03.85	1
10 Saltfleet District - Hwdsb	4:25.73	4:04.38	1

Men 100 Meter Dash Ambulatory

Name	Year School	Seed	Finals	Wind
1 Mayer, Aiden	Saint Michae	59.15	1:04.42	-0.3

Men Shot Put Ambulatory

Name	Year School	Seed	Finals
1 Mayer, Aiden	Saint Michae	1.62m	2.01m

Men 100 Meter Dash Intellectually Imp.

Name	Year School	Seed	Finals	Wind
1 Michael, Stephan	Denis Morris		13.25	-2.6
2 Turner, Braydon	Thorold		13.56	-2.6
3 Burke, Carter	Nora Frances		14.91	-2.6

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...Men 100 Meter Dash Intellectually Imp.

4 Gill, Jacob	Westdale S.S	15.43	-2.6
5 Chaisson, Mikey	Denis Morris	16.62	-2.6
6 Feeny, Ty	Westdale S.S	23.03	-2.6

Men 800 Meter Run Intellectually Imp.

Name	Year School	Seed	Finals
1 Burke, Carter	Nora Frances		4:20.79

Men Shot Put Intellectually Imp.

Name	Year School	Seed	Finals
1 Turner, Braydon	Thorold		10.76m
2 Michael, Stephan	Denis Morris		10.21m
3 Harrietha, Dalton	Port Colborne		9.56m
4 Chaisson, Mikey	Denis Morris		6.25m