

**HWIAC - Track and Field Meet - 2024-05-15****SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Women 100 Meter Dash Novice**

Name	Year School	Seed	Prelims	H#
<b>Preliminaries</b>				
1 Armes, Callie	Westmount S.	13.25	12.75q	2
2 Smid, Kara	Guido de Bre		13.10q	2
3 Janicas, Cassandra	Westmount S.	13.06	13.17q	1
4 Sowunmi, Tunmise	Sherwood S.S		13.63q	2
5 Oleksiuk, Emily	Ancaster Hig	14.21	13.88q	6
6 Laing-Howard, Riley	Westmount S.	14.02	13.94q	5
7 Ostermeier, Kari	Westmount S.	14.03	13.96q	6
8 Mulder, Brynn	Hamilton Dis		14.22q	2
9 Francis, Tanejah	Saltfleet Di		14.27	5
10 Harding, Hannah	Nora Francis	13.85	14.34	3
11 Sutton, Tishana	Nora Francis		14.47	5
12 McKellar, Amaya	Sherwood S.S		14.54	6
13 Kasweka, Dyanda	Guido de Bre		14.61	3
14 Draca, Deana	Nora Francis		14.66	6
15 Visser, Allison	Hamilton Dis		14.74	4
16 Mrmak, Danica	Ancaster Hig	15.33	14.84	5
17 Aantjes, Kamryn	Guido de Bre		14.88	4
18 Barrow, Ava	Sir Allan Ma		15.05	2
19 Mohammed, Maryam	Waterdown Di		15.10	3
20 Bekendam-Chang, Alexa	Hamilton Dis		15.19	5
21 Chohan, Abeer	Sir Allan Ma		15.21	3
22 Buratta Correa Da Cu, Ce	Waterdown Di		15.26	1
23 Dairo, Tolu	Saltfleet Di		15.33	1
24 Willis, Jazzhara	Bernie Custi		15.33	4
25 Hannes, Lenie	Hamilton Dis		15.46	1
26 Biesty, Tayla	Nora Francis		15.64	1
27 Kortman, Heidi	Ancaster Hig	15.82	15.71	4
28 Mohammed, Mya	Waterdown Di		15.88	5
29 Hasting-Speck, Madeline	Westdale S.S		15.90	4
30 Lof, Brianna	Guido de Bre		15.98	1
31 McAllister, Sarah	Waterdown Di		16.08	2
32 Youk, Samsokunthea	Glendale S.S		16.13	6
33 Neven, Julia	Hamilton Dis		16.32	6
34 Simpson, Sienna	Westmount S.	16.05	16.35	3
35 Pyke, Sabine	Sherwood S.S		16.62	4
36 Griffiths-Baldwin, Arrya	Saltfleet Di	16.79	16.64	2
37 Blue, Taylor	Sir Winston		17.34	5

**Women 100 Meter Dash Novice**

Name	Year School	Prelims	Finals	Points
<b>Finals</b>				
1 Armes, Callie	Westmount S.	12.75	12.82	6
2 Smid, Kara	Guido de Bre	13.10	13.04	4
3 Janicas, Cassandra	Westmount S.	13.17	13.16	3
4 Sowunmi, Tunmise	Sherwood S.S	13.63	13.62	2
5 Oleksiuk, Emily	Ancaster Hig	13.88	13.63	1
6 Laing-Howard, Riley	Westmount S.	13.94	13.93	
7 Ostermeier, Kari	Westmount S.	13.96	13.99	
8 Mulder, Brynn	Hamilton Dis	14.22	14.05	

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Name	Year	School	Seed	Finals	H#	Points
1 Armes, Callie		Westmount S.	27.05	26.36	5	6
2 Griffin, Reese		Sherwood S.S		27.34	3	4
3 Smid, Kara		Guido de Bre	27.82	27.86	5	3
4 St. Aubin, Maggie		Dundas Valle	28.77	28.37	5	2
5 Janicas, Cassandra		Westmount S.	29.00	28.48	5	1
6 Sowunmi, Tunmise		Sherwood S.S		28.56	3	
7 Oleksiuk, Emily		Ancaster Hig	31.00	28.68	5	
8 Laing-Howard, Riley		Westmount S.	31.06	28.92	4	
9 Wagter, Rachel		Hamilton Dis		29.29	3	
10 Francis, Tanejah		Saltfleet Di		30.10	3	
11 Mulder, Brynn		Hamilton Dis		30.43	2	
12 Speziale, Chloe		Westmount S.	31.02	30.86	4	
13 Mrmak, Danica		Ancaster Hig	33.00	31.02	4	
14 Cleva, Alexandra		Ancaster Hig		31.40	2	
15 Haslam, Elizabeth		Sherwood S.S		31.50	2	
16 Vanpopta, Geneva		Guido de Bre	28.80	31.58	5	
17 Tweedle, Sadie		Sherwood S.S		31.60	1	
18 Chohan, Abeer		Sir Allan Ma		31.67	1	
19 Oosterhoff, Sierra		Guido de Bre		31.76	1	
20 Finlan, Noelle		Westmount S.	32.05	32.45	4	
21 Lopez-Selkin, Rubi		Sir Allan Ma		33.58	1	
22 St. Cartier-Samms, Keyar		Hamilton Dis		33.84	3	
23 Volterman, Lacey		Saltfleet Di		34.14	3	
24 Griffiths-Baldwin, Arrya		Saltfleet Di		34.80	4	
25 Manning, Kenya		Hamilton Dis		36.59	4	
26 Bird-Gould, Lily		Sir Winston		36.86	2	
27 Blue, Taylor		Sir Winston		39.61	1	

**Women 400 Meter Dash Novice**

Name	Year	School	Seed	Finals	H#	Points
1 St. Aubin, Maggie		Dundas Valle	1:06.00	1:07.69	4	6
2 Oleksiuk, Emily		Ancaster Hig	1:07.00	1:07.97	4	4
3 Bennett, Evelyn		Dundas Valle	1:08.00	1:08.97	4	3
4 Adams, Vivienne		Dundas Valle	1:10.00	1:10.77	4	2
5 Kraynick, Grace		Saltfleet Di		1:11.10	1	1
6 Cleva, Alexandra		Ancaster Hig	1:08.00	1:11.27	4	
7 Bekendam-Chang, Alexa		Hamilton Dis		1:11.91	2	
8 Schulenberg, Morgan		Guido de Bre		1:12.21	2	
9 Hanel, Cadence		Ancaster Hig		1:15.91	3	
10 Clarke, Mackenzie		Glendale S.S		1:16.16	3	
11 Sewell, Brooklyn		Nora Francis	1:25.00	1:16.36	4	
12 Ludwig, Morgan		Guido de Bre		1:17.43	3	
13 Dufresne, Devin		Waterdown Di		1:18.22	3	
14 Lopez-Selkin, Rubi		Sir Allan Ma	1:20.00	1:18.58	4	
15 Nederveen, Jayden		Guido de Bre		1:19.61	2	
16 Letchford, Kaitlyn		Sherwood S.S		1:19.68	1	
17 Uretsky, Liah		Waterdown Di		1:20.79	2	
18 Smith, Chloe		Nora Francis		1:22.34	3	
19 James, Olivia		Nora Francis		1:23.23	3	
20 Volterman, Lacey		Saltfleet Di		1:30.24	1	

**HWIAC - Track and Field Meet - 2024-05-15****SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Women 800 Meter Run Novice**

Name	Year	School	Seed	Finals	H#	Points
1 Bagnall, Amelia		Ancaster Hig		2:40.90	1	6
2 Mason, Isla		Dundas Valle	2:40.00	2:48.12	2	4
3 Lounsbury, Madelyn		Westdale S.S		2:49.47	1	3
4 Adams, Vivienne		Dundas Valle	2:40.00	2:51.03	2	2
5 Sanchez-Caicedo, Gabriel		Ancaster Hig		3:07.74	2	1
6 Pepper Curtain, Lily		Dundas Valle	2:55.00	3:09.41	2	
7 Cucuz, Ivana		Saltfleet Di		3:09.43	1	
8 Connors, Kennedy		Nora Francis	3:00.00	3:12.33	2	
9 Randall, Raquel		Glendale S.S		3:12.82	1	
10 Clarke, Mackenzie		Glendale S.S		3:13.46	2	
11 Layton, Layla		Sherwood S.S		3:13.66	2	
12 Oosterhoff, Sierra		Guido de Bre		3:14.56	2	
13 Letchford, Kaitlyn		Sherwood S.S		3:15.99	1	

**Women 1500 Meter Run Novice**

Name	Year	School	Seed	Finals	Points
1 Mason, Isla		Dundas Valle	5:35.00	5:50.91	6
2 Thomas, Elaine		Westmount S.		6:00.55	4
3 Dykema, Brenna		Guido de Bre		6:02.18	3
4 Sanchez-Caicedo, Gabriel		Ancaster Hig	6:14.20	6:16.69	2
5 Connors, Kennedy		Nora Francis	6:20.00	6:19.37	1
6 Sidi Amar, Manar		Glendale S.S		6:33.97	
7 Uretsky, Liah		Waterdown Di		6:44.31	
8 Pepper Curtain, Lily		Dundas Valle		6:45.00	
9 Ballantine, Ammelia		Dundas Valle		6:56.01	
10 Fasakin, Folasade		Hamilton Dis		7:25.10	
11 Okimi Atencio, Raquel		Hamilton Dis		7:43.24	
12 Youk, Samsokunthea		Glendale S.S		10:02.66	

**Women 3000 Meter Run Novice**

Name	Year	School	Seed	Finals	Points
1 Bagnall, Amelia		Ancaster Hig		11:56.82	6
2 Thomas, Elaine		Westmount S.		12:08.77	4
3 Dykema, Brenna		Guido de Bre		13:10.99	3
4 Dufresne, Devin		Waterdown Di		15:06.24	2
5 Ballantine, Ammelia		Dundas Valle		15:17.01	1

**Women 80 Meter Hurdles Novice**

Name	Year	School	Seed	Finals	H#	Points
1 Metham, Parker		Dundas Valle	14.09	13.66	2	6
2 Lane, Abigail		Westmount S.	15.01	15.04	2	4
3 Speziale, Chloe		Westmount S.	16.06	15.06	2	3
4 Cucuz, Ivana		Saltfleet Di		15.57	1	2
5 Vanderzwaag, Isabel		Hamilton Dis		16.04	1	1
6 Vanbrederode, Jenna		Guido de Bre		16.18	2	
7 Ludwig, Morgan		Guido de Bre		16.44	1	

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**....Women 80 Meter Hurdles Novice**

8 Aantjes, Kamryn	Guido de Bre		17.26	2
9 Islam, Sarina	Westmount S.	18.05	18.29	2
10 Williams, Sulieka	Sherwood S.S		28.28	2
11 Okimi Atencio, Raquel	Hamilton Dis		33.45	1

**Women 300 Meter Hurdles Novice**

Name	Year School	Seed	Finals	H#	Points
1 Metham, Parker	Dundas Valle	52.00	52.33	2	6
2 Cucuz, Ivana	Saltfleet Di		53.62	1	4
3 Lane, Abigail	Westmount S.		56.85	1	3
4 Vanbrederode, Jenna	Guido de Bre		58.79	1	2
5 Lof, Brianna	Guido de Bre		1:04.64	2	1

**Women 4x100 Meter Relay Novice**

School	Seed	Finals	Points
1 Westmount S.S. - HWDSB 'A' 1) Ostermeier, Kari 3) Laing-Howard, Riley	53.00	52.64	6
2 Dundas Valley S.S. - HWDSB 'A' 1) St. Aubin, Maggie 3) Peaker, Isla	55.00	55.78	4
3 Sherwood S.S. - HWDSB 'A'		56.58	1
4 Guido de Bres C.H.S - HWDSB 'A'		57.44	2
5 Hamilton District C.H.S. - HWD 'A' 1) Mulder, Brynn 3) Visser, Allison		57.56	3
6 Nora Francis Henderson S.S. - 'A' 2) Wagter, Rachel 4) Bekendam-Chang, Alexa		58.31	
7 Ancaster High School - HWDSB 'A'	59.30	59.23	
8 Saltfleet District - HWDSB 'A'		1:01.45	

**Women High Jump Novice**

Name	Year School	Seed	Finals	Points
1 Visser, Allison	Hamilton Dis		1.40m	6
2 Peaker, Isla	Dundas Valle		1.30m	4

**Women Pole Vault Novice**

Name	Year School	Seed	Finals	Points
1 DeVries, Maya	Dundas Valle		1.80m	5
1 Belmore, Scarlett	Dundas Valle		1.80m	5
3 Andree, Jordyn	Dundas Valle		1.60m	3

**Women Long Jump Novice**

Name	Year School	Seed	Finals	Points
1 Wagter, Rachel	Hamilton Dis		4.41m	6

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2	Bennett, Evelyn	Dundas Valle	4.07m	4
3	McKellar, Amaya	Sherwood S.S	3.97m	3
4	Belmore, Scarlett	Dundas Valle	3.71m	2
5	Peaker, Isla	Dundas Valle	3.70m	1
6	Phillips, Abby	Saltfleet Di	3.54m	
7	Schulenberg, Morgan	Guido de Bre	3.43m	
8	Hannes, Lenie	Hamilton Dis	3.24m	
9	Burt, Payton	Waterdown Di	3.19m	
10	Reid, Ava	Sherwood S.S	3.18m	
11	Naseem, Nabiham	Waterdown Di	3.04m	
12	Isaacs, Finn	Nora Francis	2.79m	
13	Neven, Julia	Hamilton Dis	2.77m	
14	Stooke, Isobel	Westmount S.	2.74m	
15	Zhang, Jessica	Waterdown Di	2.71m	
16	Alaraj, Salma	Waterdown Di	2.67m	
17	Thompson, Evelyn	Westdale S.S	2.62m	
18	Al-Obeidi, Rose	Westmount S.	2.55m	

**Women Triple Jump Novice**

Name	Year	School	Seed	Finals	Points
1	Lane, Abigail	Westmount S.		9.38m	6
2	Wagter, Rachel	Hamilton Dis		9.16m	4
3	Belmore, Scarlett	Dundas Valle		8.98m	3
4	Bennett, Evelyn	Dundas Valle		8.47m	2
5	DeVries, Maya	Dundas Valle		8.37m	1
6	Peaker, Isla	Dundas Valle		8.00m	
7	Hannes, Lenie	Hamilton Dis		7.65m	
8	Vanderzwaag, Isabel	Hamilton Dis		7.44m	
9	Thai, Annie	Westmount S.		6.52m	
10	Sidi Amar, Manar	Glendale S.S		6.50m	
11	Al-Obeidi, Rose	Westmount S.		6.41m	

**Women Shot Put Novice**

Name	Year	School	Seed	Finals	Points
1	McCulloch, Olivia	Dundas Valle		8.22m	6
2	Blain, Sophie	Waterdown Di		8.15m	4
3	estey-McPherson, Nylanna	Sir Winston		7.91m	3
4	Phillips, Abby	Saltfleet Di		7.84m	2
5	McKinney, Raegan	Saltfleet Di		7.54m	1
6	Bird-Gould, Lily	Sir Winston		7.44m	
7	Mutamba, Justine	Westdale S.S		7.39m	
8	Kasweka, Dyanda	Guido de Bre		7.33m	
9	Nederveen, Jayden	Guido de Bre		7.23m	
10	Pyke, Sabine	Sherwood S.S		6.84m	
11	Gonnering, Jessica	Hamilton Dis		6.19m	
12	Jagt, Mira	Guido de Bre		6.17m	
13	Williams, Nyiah	Sherwood S.S		6.16m	
14	Leman, Evyn	Dundas Valle		5.51m	
15	Dairo, Tolu	Saltfleet Di		5.11m	
16	Laursen, Norah	Sherwood S.S		4.69m	

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17	Shad, Muneeba	Sherwood S.S	4.49m
18	Willis, Jazzhara	Bernie Custi	4.31m

**Women Discus Throw Novice**

Name	Year	School	Seed	Finals	Points
1	Barnard, Katelyn	Hamilton Dis		20.29m	6
2	Kasweka, Dyanda	Guido de Bre		18.89m	4
3	Jagt, Mira	Guido de Bre		18.25m	3
4	Mutamba, Justine	Westdale S.S		17.36m	2
5	Leman, Evyn	Dundas Valle		16.09m	1
6	Majernik, Jennika	Ancaster Hig		16.00m	
7	Myers, Madison	Dundas Valle		14.55m	
8	Laursen, Norah	Sherwood S.S		14.16m	

**Women Javelin Throw Novice**

Name	Year	School	Seed	Finals	Points
1	McCulloch, Olivia	Dundas Valle		28.75m	6
2	Phillips, Abby	Saltfleet Di		25.75m	4
3	Myers, Madison	Dundas Valle		25.12m	3
4	Majernik, Jennika	Ancaster Hig		23.89m	2
5	Leman, Evyn	Dundas Valle		21.04m	1
6	DeVries, Maya	Dundas Valle		20.63m	
7	Barnard, Katelyn	Hamilton Dis		20.55m	
8	Vanpopta, Geneva	Guido de Bre		19.53m	
9	Mutamba, Justine	Westdale S.S		18.71m	
10	Vanderzwaag, Isabel	Hamilton Dis		17.77m	
11	McKinney, Raegan	Saltfleet Di		17.02m	
12	Vandenbeukel, Sara	Guido de Bre		16.17m	
13	Jagt, Mira	Guido de Bre		15.79m	
14	James, Olivia	Nora Francis		13.60m	
15	Smith, Chloe	Nora Francis		12.24m	
16	Hasting-Speck, Madeline	Westdale S.S		11.94m	
17	Gonnering, Jessica	Hamilton Dis		11.05m	

**Women 100 Meter Dash Junior**

Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1	Kent, Hannah	Saltfleet Di	13.06	13.16q	4
2	Stevens, Ellie	Westdale S.S		13.54q	3
3	Bekendam, Analise	Hamilton Dis		13.68q	3
4	Brukker, Gabrielle	Dundas Valle	14.05	13.76q	1
5	Placidi, Isabella	Ancaster Hig	14.26	13.85q	3
6	Wieske, Vera	Guido de Bre		13.96q	1
7	Rioux, Faith	Dundas Valle	14.22	13.98q	3
8	Thompson, Ashley	Sherwood S.S	13.05	14.02q	5
9	Hauser, Estella	Westdale S.S		14.35	5
10	McKenzie, Abigail	Saltfleet Di	14.88	14.35	1
11	McMillan, Abi	Westmount S.	15.00	14.53	4

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12	Schulenberg, Peyton	Guido de Bre	14.59	5	
13	Jans, Vivian	Guido de Bre	14.59	2	
14	Galer, Cheyenne	Dundas Valle	14.62	5	
15	Bramwell, Alexa	Westdale S.S	14.67	1	
16	Marshall, Olivia	Sir Winston	14.78	1	
17	Ward, Riley	Nora Francis	14.93	4	
18	Folkens, Claudia	Westmount S.	15.00	14.96	5
19	Ritchie, Evie	Westmount S.	15.02	15.08	2
20	Game, Erica	Hamilton Dis	15.23	4	
21	Graham, Briana	Glendale S.S	15.27	3	
22	Smolenaars, Abby	Waterdown Di	15.31	1	
23	Usmani, Leena	Saltfleet Di	15.46	2	
24	Burt, Payton	Waterdown Di	15.46	3	
25	Wilcox, Ivory	Saltfleet Di	15.50	5	
26	Tappenden, Maleah	Saltfleet Di	15.67	3	
27	Brown, Bronwyn	Sir Allan Ma	15.83	2	
28	Lew, Jamoiah	Glendale S.S	16.13	1	
29	Spears, Amy	Waterdown Di	16.68	4	
30	Howarth, Amber	Nora Francis	16.76	1	
31	Lubin, Naika	Sherwood S.S	17.30	3	
32	Kinnaird, Ashlan	Ancaster Hig	17.94	4	

**Women 100 Meter Dash Junior**

Name	Year	School	Prelims	Finals	Points
Finals					
1	Kent, Hannah	Saltfleet Di	13.16	13.01	6
2	Stevens, Ellie	Westdale S.S	13.54	13.33	4
3	Brukker, Gabrielle	Dundas Valle	13.76	13.53	3
4	Rioux, Faith	Dundas Valle	13.98	13.69	2
5	Placidi, Isabella	Ancaster Hig	13.85	13.74	1
6	Thompson, Ashley	Sherwood S.S	14.02	13.84	
7	Wieske, Vera	Guido de Bre	13.96	13.90	
8	Bekendam, Analise	Hamilton Dis	13.68	13.98	

**Women 200 Meter Dash Junior**

Name	Year	School	Seed	Finals	H#	Points
1	Gravesande, Simone	Westdale S.S	27.00	26.23	4	6
2	Kent, Hannah	Saltfleet Di		27.07	3	4
3	Van Doorn, Holly	Orchard Park		27.58	1	3
4	Lazenby, Lauren	Ancaster Hig	30.00	28.50	4	2
5	Stevens, Ellie	Westdale S.S		28.56	2	1
6	Placidi, Isabella	Ancaster Hig	31.00	28.63	4	
7	Brukker, Gabrielle	Dundas Valle	28.22	29.57	4	
8	Rioux, Faith	Dundas Valle	29.29	29.63	4	
9	Wieske, Vera	Guido de Bre		29.66	1	
10	Jans, Vivian	Guido de Bre		30.06	2	
11	Iamjock-D'Arrigo, Chol	Nora Francis	30.00	30.11	4	
12	Galer, Cheyenne	Dundas Valle	31.00	30.29	4	
13	Bramwell, Alexa	Westdale S.S		30.29	2	
14	Bernal, Tayanna	Westmount S.	32.00	30.37	3	

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15	Bekendam, Analise	Hamilton Dis		30.72	3
16	Folkens, Claudia	Westmount S.	31.08	31.08	3
17	Schulenberg, Peyton	Guido de Bre		32.80	2
18	Lavoie, Makenna	Sir Winston		33.28	1
19	Tappenden, Maleah	Saltfleet Di		33.71	3
20	McCarroll, Mia	Westmount S.	33.01	35.57	3
21	Davies, Lexis	Sir Winston		39.96	1
22	Pratt, Emily	Sir Winston		47.11	2

**Women 400 Meter Dash Junior**

Name	Year	School	Seed	Finals	H#	Points
1	Kekic, Melisa	Saltfleet Di		1:01.09	1	6
2	Gravesande, Simone	Westdale S.S	59:00.00	1:01.20	2	4
3	Bower, Olivia	Ancaster Hig	1:02.00	1:03.26	2	3
4	Fairley, Annika	Dundas Valle	1:04.00	1:04.64	2	2
5	Lazenby, Lauren	Ancaster Hig	1:08.00	1:07.21	2	1
6	Piecuch, Mya	Dundas Valle	1:06.00	1:09.26	2	
7	Bekendam, Analise	Hamilton Dis		1:10.28	1	
8	Baltzer, Abbie	Westmount S.	1:10.00	1:11.61	2	
9	Roche, Kendra	Dundas Valle	1:10.00	1:18.06	2	
10	Strating, Jaylen	Guido de Bre		1:18.51	1	
11	Berisha, Lorita	Nora Francis	1:20.00	1:20.95	1	
12	McCarroll, Mia	Westmount S.	1:13.05	1:23.73	2	

**Women 800 Meter Run Junior**

Name	Year	School	Seed	Finals	H#	Points
1	Lanting, Hannah	Guido de Bre	2:29.00	2:35.85	2	6
2	Berkelaar, Mora	Hamilton Dis		2:43.12	1	4
3	Needham Robbins, Ellie	Westmount S.	2:50.00	2:46.17	2	3
4	Griffiths, Claire	Ancaster Hig		2:46.31	2	2
5	Plas, Mya	Ancaster Hig		2:46.66	1	0.50
5	Masse, Kaitlyn	Ancaster Hig		2:46.66	1	0.50
7	Piecuch, Mya	Dundas Valle	2:45.00	2:48.36	2	
8	Baltzer, Abbie	Westmount S.	2:40.00	2:53.90	2	
9	Mills, Quinn	Dundas Valle	2:55.00	2:55.50	2	
10	Weekes, Arwynne	Glendale S.S		2:57.20	1	
11	Game, Erica	Hamilton Dis		3:11.34	1	
12	Berisha, Lorita	Nora Francis	3:00.00	3:12.06	2	
13	Cameron, Abigail	Bernie Custi		3:13.02	1	

**Women 1500 Meter Run Junior**

Name	Year	School	Seed	Finals	Points
1	Kekic, Melisa	Saltfleet Di		5:11.51	6
2	Pribyl, Abiella	Westdale S.S		5:13.29	4
3	Lanting, Hannah	Guido de Bre	5:06.00	5:13.64	3
4	Hargreave, Marley	Westdale S.S	5:00.00	5:15.75	2
5	Gupta, Julia	Dundas Valle	5:21.00	5:17.70	1
6	Berkelaar, Mora	Hamilton Dis		5:52.04	



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7 Mills, Quinn	Dundas Valle	6:00.00	5:58.38
8 Hauser, Estella	Westdale S.S		6:15.91
9 Palmer, Nevaeh	Sherwood S.S		6:16.42
10 Burak, Emily	Westdale S.S		6:31.49
11 Cameron, Abigail	Bernie Custi		6:32.29
12 Washington, Penelope	Hamilton Dis		6:54.51
13 Alnatour, Shahad	Bernie Custi		7:01.65
14 Kamwar Meraj, Sumaia	Glendale S.S		8:00.80

**Women 3000 Meter Run Junior**

Name	Year School	Seed	Finals	Points
1 Pribyl, Abiella	Westdale S.S		11:19.67	6
2 Gupta, Julia	Dundas Valle		11:23.99	4
3 Lanting, Hannah	Guido de Bre		11:37.44	3
4 Deklerk, Morgan	Guido de Bre		12:07.47	2
5 Plas, Mya	Ancaster Hig		13:00.98	1
6 Masse, Kaitlyn	Ancaster Hig		13:10.58	
7 Chichakian, Silvana	Westdale S.S		13:24.66	
8 Griffiths, Claire	Ancaster Hig		13:53.48	
9 Alnatour, Shahad	Bernie Custi		15:25.14	

**Women 80 Meter Hurdles Junior**

Name	Year School	Seed	Finals	H#	Points
1 Mohart, Gabrielle	Dundas Valle	12.74	12.57	2	6
2 Van Doorn, Holly	Orchard Park	12.08	12.80	2	4
3 Thompson, Ashley	Sherwood S.S		13.73	1	3
4 Folkens, Claudia	Westmount S.	16.05	14.06	2	2
5 Gyuro, Siena	Westmount S.	14.01	14.14	2	1
6 McKenzie, Abigail	Saltfleet Di	15.03	15.24	2	
7 Bartels, Kenzie	Guido de Bre		15.40	2	
8 MacNeil, Jane	Nora Francis	16.40	16.00	2	
9 Marshall, Olivia	Sir Winston		16.17	1	
10 Game, Erica	Hamilton Dis		16.58	1	
11 Milligan, Haley	Sir Winston		17.04	1	

**Women 300 Meter Hurdles Junior**

Name	Year School	Seed	Finals	H#	Points
1 Bower, Olivia	Ancaster Hig	50.00	47.74	2	6
2 Thompson, Ashley	Sherwood S.S	51:00.00	49.99	2	4
3 Mohart, Gabrielle	Dundas Valle	50.00	50.68	2	3
4 McKenzie, Abigail	Saltfleet Di		55.25	1	2
5 Van Doorn, Holly	Orchard Park	1:00.00	55.29	2	1
6 Galer, Cheyenne	Dundas Valle	57.00	55.58	2	
7 Gyuro, Siena	Westmount S.	1:00.00	57.80	2	
8 MacNeil, Jane	Nora Francis	59.00	59.34	2	
9 Strating, Jaylen	Guido de Bre		1:00.39	1	
10 Milligan, Haley	Sir Winston		1:00.47	1	
11 Roche, Kendra	Dundas Valle	57.00	1:02.13	2	

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**Women 4x100 Meter Relay Junior**

School	Seed	Finals	Points
1 Saltfleet District - HWDSB 'A'		53.66	6
2 Dundas Valley S.S. - HWDSB 'A'	53.00	53.70	4
1) Mohart, Gabrielle	2) Brukker, Gabrielle		
3) Rioux, Faith	4) Fairley, Annika		
3 Waterdown District - HWDSB 'A'		54.48	3
4 Guido de Bres C.H.S - HWDSB 'A'		55.41	2
5 Westmount S.S. - HWDSB 'A'	57.00	57.19	1
1) Ritchie, Evie	2) Folkens, Claudia		
3) Bernal, Tayanna	4) Gyuro, Siena		
6 Nora Francis Henderson S.S. - 'A'		1:00.63	
7 Glendale S.S. - HWDSB 'A'		1:02.86	
1) Kamwar Meraj, Sumaia	2) Graham, Briana		
3) Lew, Jamoiah	4) Weekes, Arwynne		

**Women High Jump Junior**

Name	Year School	Seed	Finals	Points
1 Vanraalte, Sophia	Guido de Bre		1.60m	6
2 Fairley, Annika	Dundas Valle		1.45m	4
3 Bartels, Kenzie	Guido de Bre		1.30m	3
-- Marshall, Olivia	Sir Winston		DNF	
-- Onland, Denia	Guido de Bre		DNF	

**Women Pole Vault Junior**

Name	Year School	Seed	Finals	Points
1 Bauer, Alma	Dundas Valle		2.30m	6

**Women Long Jump Junior**

Name	Year School	Seed	Finals	Points
1 Kekic, Melisa	Saltfleet Di		5.20m	6
2 Vanraalte, Sophia	Guido de Bre		4.84m	4
3 Fairley, Annika	Dundas Valle		4.47m	3
4 Verrips, Marissa	Hamilton Dis		4.40m	2
5 lamjock-D'Arrigo, Chol	Nora Francis		4.37m	1
6 Bartels, Kenzie	Guido de Bre		4.13m	
7 Brown, Bronwyn	Sir Allan Ma		3.80m	
8 Washington, Penelope	Hamilton Dis		3.39m	
9 MacIntyre, Mattea	Saltfleet Di		2.95m	
10 Weekes, Arwynne	Glendale S.S		2.91m	
11 Danis, Zayah	Waterdown Di		2.85m	
12 Woods, Taylor	Westdale S.S		2.82m	
13 Lew, Jamoiah	Glendale S.S		1.93m	
14 Zimic, Naomi	Nora Francis		1.84m	

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Name	Year	School	Seed	Finals	Points
1 Vanraalte, Sophia		Guido de Bre		10.46m	6
2 Verrips, Marissa		Hamilton Dis		9.01m	4
3 Bauer, Alma		Dundas Valle		8.47m	3
4 Strating, Jaylen		Guido de Bre		8.23m	2

**Women Shot Put Junior**

Name	Year	School	Seed	Finals	Points
1 Fennema, Hailey		Orchard Park		10.14m	6
2 McNeil, Brennan		Guido de Bre		9.55m	4
3 Verrips, Marissa		Hamilton Dis		9.48m	3
4 McNeil, Ashley		Guido de Bre		8.47m	2
5 D'Addazio, Kelty		Guido de Bre		8.24m	1
6 Vuong, Celina		Westmount S.		7.68m	
7 estey-McPherson, Glenna		Sir Winston		7.50m	
8 Fabac, Sofia		Westmount S.		7.36m	
9 Smolenaars, Abby		Waterdown Di		6.80m	
10 Kirk, Ruby		Guido de Bre		6.69m	
11 MacIntyre, Mattea		Saltfleet Di		6.23m	
12 Brenn, Addy		Dundas Valle		5.97m	
13 Boyington, Makaylah		Dundas Valle		5.74m	

**Women Discus Throw Junior**

Name	Year	School	Seed	Finals	Points
1 McNeil, Brennan		Guido de Bre		25.42m	6
2 D'Addazio, Kelty		Guido de Bre		22.61m	4
3 McNeil, Ashley		Guido de Bre		20.06m	3
4 Fabac, Sofia		Westmount S.		18.08m	2
5 Topolinsky, Taylor		Dundas Valle		17.57m	1
6 DeBoer, Teagan		Guido de Bre		16.43m	
7 Kirk, Ruby		Guido de Bre		16.10m	
8 Brenn, Addy		Dundas Valle		14.51m	
9 Vuong, Celina		Westmount S.		14.17m	
10 Boyington, Makaylah		Dundas Valle		11.80m	

**Women Javelin Throw Junior**

Name	Year	School	Seed	Finals	Points
1 McNeil, Brennan		Guido de Bre		34.69m	6
2 Fennema, Hailey		Orchard Park		28.27m	4
3 McNeil, Ashley		Guido de Bre		24.22m	3
4 Vuong, Celina		Westmount S.		21.84m	2
5 Woods, Taylor		Westdale S.S		21.09m	1
6 Topolinsky, Taylor		Dundas Valle		19.83m	
7 Lake, Lorelei		Dundas Valle		18.33m	
8 D'Addazio, Kelty		Guido de Bre		17.81m	
9 Fabac, Sofia		Westmount S.		17.02m	
10 Zimic, Naomi		Nora Francis		5.45m	

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**Women 100 Meter Dash Senior**

Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1		Slywka, Grace	Dundas Valle	13.51	12.99q 3
2		Koning, Abby	Guido de Bre		13.11q 1
3		McCulloch, Sophia	Dundas Valle	13.05	13.22q 4
4		Hoath, Madeline	Westmount S.	12.07	13.47q 1
5		Burgess, Madeline	Sherwood S.S		13.52q 1
6		Sewell, Ainjel	Nora Francis	13.30	13.57q 2
7		Janayah, Croft-Porter	Bernie Custi		13.66q 3
8		Ritter, Ava	Nora Francis	14.00	14.00q 3
9		Kuizenga, Rachel	Guido de Bre		14.11 4
10		Patel, Shailee	Ancaster Hig	14.76	14.39 1
11		Crichton, Karina	Waterdown Di		14.44 5
12		Bernal, Sofia	Westmount S.	14.09	14.84 2
13		Kim-Bromstein, Chloe	Ancaster Hig	15.21	14.87 4
14		Cave, Olivia	Sir Allan Ma		14.89 3
15		Linares-Martinez, Valeri	Sherwood S.S		14.91 3
16		Davoodian, Elizabeth	Westmount S.	14.09	14.93 4
17		Robinson, Amora	Sherwood S.S		15.02 5
18		Le, Michelle	Westdale S.S		15.06 4
19		Bassink, Ilsa	Waterdown Di		15.11 5
20		Millington, Katie	Sir Allan Ma		15.19 4
21		Hendrikse, Lucy	Westmount S.	14.09	15.26 5
22		Macey, Jasmine	Ancaster Hig		15.35 2
23		Thai, Angel	Westmount S.	16.05	15.58 3
24		McDonald, Rachel	Sir Allan Ma	16.00	15.71 2
25		Swire-Hannis, Madison	Ancaster Hig	15.82	16.38 4
26		Repa-Rogers, Abby	Saltfleet Di		16.49 5
27		O'Brien, Olivia	Sir Winston		16.68 2
28		Smith, Bridget	Bernie Custi		19.49 1

**Women 100 Meter Dash Senior**

Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1		Slywka, Grace	Dundas Valle	12.99	12.77 6
2		McCulloch, Sophia	Dundas Valle	13.22	13.01 4
3		Koning, Abby	Guido de Bre	13.11	13.02 3
4		Sewell, Ainjel	Nora Francis	13.57	13.39 2
5		Burgess, Madeline	Sherwood S.S	13.52	13.51 1
6		Hoath, Madeline	Westmount S.	13.47	13.63
7		Janayah, Croft-Porter	Bernie Custi	13.66	13.79
8		Ritter, Ava	Nora Francis	14.00	14.08

**Women 200 Meter Dash Senior**

Name	Year	School	Seed	Finals	H#	Points
1		McCulloch, Sophia	Dundas Valle	27.33	26.63	3 6
2		Koning, Abby	Guido de Bre	27.84	26.78	3 4
3		Slywka, Grace	Dundas Valle	28.14	27.04	3 3
4		Sewell, Ainjel	Nora Francis	28.00	27.93	3 2

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**....Women 200 Meter Dash Senior**

5	Burgess, Madeline	Sherwood S.S		28.07	1	1
6	Cunliffe, Georgia	Westmount S.	30.08	28.22	2	
7	Janayah, Croft-Porter	Bernie Custi		28.31	2	
8	Hoath, Madeline	Westmount S.	27.05	28.68	3	
9	Cameron, Chloe	Dundas Valle	29.12	28.83	3	
10	Kuizenga, Rachel	Guido de Bre		29.10	2	
11	Sehl, Haven	Westdale S.S		29.32	2	
12	Cubitt, Ashley	Westmount S.	32.00	29.43	2	
13	Turcott, Jessie	Westmount S.	30.00	29.84	2	
14	Patel, Shailee	Ancaster Hig	33.00	30.34	2	
15	Kovac, Beatrice	Westdale S.S		30.39	1	
16	Kim-Bromstein, Chloe	Ancaster Hig	33.30	30.72	2	
17	Macey, Jasmine	Ancaster Hig		31.89	1	
18	Hughes, Ashley	Sir Allan Ma		34.17	1	

**Women 400 Meter Dash Senior**

Name	Year	School	Seed	Finals	H#	Points
1	Sewell, Ainjel	Nora Francis	1:03.50	1:08.05	2	6
2	Peaker, Audrey	Dundas Valle	1:08.00	1:08.88	2	4
3	Cameron, Chloe	Dundas Valle	1:08.00	1:09.08	2	3
4	Sehl, Haven	Westdale S.S		1:09.38	1	2
5	Campanaro, Mylana	Westmount S.	1:10.00	1:09.73	2	1
6	Kovac, Beatrice	Westdale S.S		1:11.01	1	
7	Crichton, Karina	Waterdown Di		1:13.37	1	
8	LeDonne, Natalie	Orchard Park	1:01.00	1:14.83	2	
9	Bacani, Marielle	Nora Francis	1:15.00	1:15.87	2	
10	Ried-Diaz, Violeta	Westdale S.S		1:17.89	1	
11	Okun, Weyinmi	Sherwood S.S		1:20.22	1	
12	Buchanan, Alina	Dundas Valle		1:20.40	1	
13	Danis, Zayah	Waterdown Di		1:26.11	1	

**Women 800 Meter Run Senior**

Name	Year	School	Seed	Finals	Points
1	Craig, Mackenzie	Ancaster Hig	2:17.77	2:22.03	6
2	Fransson, Lia	Westdale S.S	2:25.00	2:39.48	4
3	Ludviks-Pitkin, Stella	Westdale S.S	2:23.00	2:44.55	3
4	Cubitt, Ashley	Westmount S.	2:50.00	2:52.59	2
5	Shakeshaft, Allie	Westmount S.	2:49.00	2:54.55	1
6	Kirk, Emily	Guido de Bre		3:00.42	
7	Ried-Diaz, Violeta	Westdale S.S		3:02.67	
8	Buchanan, Alina	Dundas Valle		3:09.42	
9	Lanting, Sophia	Guido de Bre		3:12.64	
10	Blokker, Violet	Guido de Bre		3:16.60	

**Women 1500 Meter Run Senior**

Name	Year	School	Seed	Finals	Points
1	Gordon, Erika	Ancaster Hig	4:51.49	5:08.65	6
2	Giannou, Vanessa	Ancaster Hig	4:46.74	5:17.36	4

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3	Taylor, Molly	Westmount S.	5:19.00	5:32.47	3
4	Mallany, Dalia	Westdale S.S	5:20.00	5:34.11	2
5	Ludviks-Pitkin, Stella	Westdale S.S	5:10.00	5:35.61	1
6	Kirk, Emily	Guido de Bre		6:10.95	
7	Cruz, Deborah	Westmount S.	6:20.00	6:49.05	
8	Blokker, Violet	Guido de Bre		7:08.05	

**Women 3000 Meter Run Senior**

Name	Year School	Seed	Finals	Points	
1	Gordon, Erika	Ancaster Hig	10:41.28	11:07.40	6
2	Taylor, Molly	Westmount S.		11:39.68	4

**Women 100 Meter Hurdles Senior**

Name	Year School	Seed	Finals	H#	Points	
1	Peaker, Audrey	Dundas Valle	18.00	17.91	2	6
2	Kosempel, Megan	Dundas Valle	20.00	19.13	2	4
3	Schenkel, Rebecca	Guido de Bre		19.14	1	3
4	Williams, Serenity	Nora Francis	20.00	19.35	2	2
5	Madsen Baker, Lauryn	Westdale S.S		20.12	1	1
6	Elliott, Marissa	Sherwood S.S		20.91	1	
7	Abdu, Nebat	Westmount S.	22.80	22.89	2	
8	Le, Keira	Saltfleet Di		23.01	1	

**Women 400 Meter Hurdles Senior**

Name	Year School	Seed	Finals	Points	
1	Peaker, Audrey	Dundas Valle	1:14.00	1:20.55	6
2	Kosempel, Megan	Dundas Valle	1:18.00	1:29.42	4
3	Elliott, Marissa	Sherwood S.S		1:31.05	3
4	LeDonne, Natalie	Orchard Park		1:45.17	2

**Women 4x100 Meter Relay Senior**

School	Seed	Finals	Points
1 Guido de Bres C.H.S - HWDSB 'A'		51.70	6
2 Dundas Valley S.S. - HWDSB 'A'	53.00	52.56	4
3 Westmount S.S. - HWDSB 'A'	55.00	55.84	3
1) Campanaro, Mylana			
2) Turcott, Jessie			
3) Cunliffe, Georgia			
4) Hoath, Madeline			
4 Nora Francis Henderson S.S. - 'A'		56.25	2
5 Ancaster High School - HWDSB 'A'	1:00.20	57.33	1

**Women High Jump Senior**

Name	Year School	Seed	Finals	Points
1	Schenkel, Rebecca	Guido de Bre	1.40m	6

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**Women Pole Vault Senior**

Name	Year	School	Seed	Finals	Points
1 Lowe, Sophia		Dundas Valle		2.20m	6
2 Lawson, Eileen		Dundas Valle		1.60m	4

**Women Long Jump Senior**

Name	Year	School	Seed	Finals	Points
1 Slezak, Breanna		Nora Francis		4.90m	6
2 Beijes, Mya		Guido de Bre		4.89m	4
3 Schenkel, Rebecca		Guido de Bre		4.81m	3
4 Janayah, Croft-Porter		Bernie Custi		4.45m	2
5 Lawson, Eileen		Dundas Valle		4.31m	1
6 Williams, Serenity		Nora Francis		4.11m	
7 Kuizenga, Rachel		Guido de Bre		3.90m	
8 Usichenko, Anastasia		Ancaster Hig		3.81m	
9 Repa-Rogers, Abby		Saltfleet Di		3.51m	
10 Gonnering, Gabriella		Hamilton Dis		2.97m	
11 Botten, Dallas		Sir Allan Ma		2.51m	
12 Le, Keira		Saltfleet Di		2.10m	

**Women Triple Jump Senior**

Name	Year	School	Seed	Finals	Points
1 Siezak, Breanna		Nora Francis		9.07m	6
2 Lawson, Eileen		Dundas Valle		8.60m	4
3 Ali, Layla		Ancaster Hig		8.44m	3
4 Beijes, Mya		Guido de Bre		8.37m	2
5 Lowe, Sophia		Dundas Valle		7.78m	1
6 Le, Keira		Saltfleet Di		5.26m	

**Women Shot Put Senior**

Name	Year	School	Seed	Finals	Points
1 Jans, Chayse		Guido de Bre		9.27m	6
2 Smid, Maria		Guido de Bre		8.33m	4
3 Want, Jana		Orchard Park		7.65m	3
4 Muis, Raven		Guido de Bre		7.59m	2
5 White, Nicole		Dundas Valle		7.43m	1
6 Mutamba, Priscilla		Westdale S.S		7.39m	
7 Whitton, Moriah		Hamilton Dis		7.18m	
8 Ducharme-Boyd, Madelyn		Westmount S.		6.69m	
9 Fennema, Jillian		Dundas Valle		6.68m	
10 Belrose, Olivia		Sherwood S.S		6.60m	
11 Warby, Grace		Westmount S.		6.43m	
12 Gonnering, Gabriella		Hamilton Dis		6.01m	
13 Botting, Chloe		Westmount S.		5.98m	
14 Arnold, Charlie		Dundas Valle		5.76m	
15 Repa-Rogers, Abby		Saltfleet Di		5.68m	
16 Lanting, Theresa		Guido de Bre		5.55m	
17 Ngok, Genevieve		Orchard Park		5.29m	

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**....Women Shot Put Senior**

18	Smith, Bridget	Bernie Custi	5.26m
19	Pellizzari, Sienna	Hamilton Dis	4.02m

**Women Discus Throw Senior**

Name	Year School	Seed	Finals	Points
1	Arnold, Charlie	Dundas Valle	23.09m	6
2	Ali, Layla	Ancaster Hig	22.89m	4
3	Smid, Maria	Guido de Bre	22.06m	3
4	Fennema, Jillian	Dundas Valle	21.86m	2
5	Lanting, Theresa	Guido de Bre	21.02m	1
6	White, Nicole	Dundas Valle	20.76m	
7	Pearce, Keira	Ancaster Hig	20.03m	
8	Belrose, Olivia	Sherwood S.S	18.57m	
9	Usichenko, Anastasia	Ancaster Hig	17.44m	
10	Muis, Raven	Guido de Bre	17.39m	
11	Mutamba, Priscilla	Westdale S.S	16.67m	
12	Botting, Chloe	Westmount S.	16.26m	
13	Ducharme-Boyd, Madelyn	Westmount S.	15.76m	
14	Jans, Chayse	Guido de Bre	15.61m	
15	Warby, Grace	Westmount S.	15.41m	
16	Lanting, Sophia	Guido de Bre	15.37m	

**Women Javelin Throw Senior**

Name	Year School	Seed	Finals	Points
1	Ljubicic, Natasa	Orchard Park	33.95m	6
2	Want, Jana	Orchard Park	32.45m	4
3	Turcott, Jessie	Westmount S.	31.45m	3
4	Smid, Maria	Guido de Bre	24.60m	2
5	Botting, Chloe	Westmount S.	23.96m	1
6	Aicken, Bella	Dundas Valle	22.58m	
7	Warby, Grace	Westmount S.	21.72m	
8	Madsen Baker, Lauryn	Westdale S.S	21.41m	
9	White, Nicole	Dundas Valle	17.20m	
10	Ali, Layla	Ancaster Hig	17.17m	
11	Mutamba, Priscilla	Westdale S.S	16.88m	
12	Pearce, Keira	Ancaster Hig	16.02m	
13	Usichenko, Anastasia	Ancaster Hig	16.01m	
14	Jans, Chayse	Guido de Bre	16.00m	
15	Whitton, Moriah	Hamilton Dis	15.32m	
16	Muis, Raven	Guido de Bre	15.00m	
17	Gonnering, Gabriella	Hamilton Dis	12.00m	

**Women 2000 Meter Steeplechase Open**

Name	Year School	Seed	Finals	Points
1	Fransson, Lia	Westdale S.S	8:30.00	6
2	Berkelaar, Mora	Hamilton Dis	8:22.22	4
3	Mallany, Dalia	Westdale S.S	8:20.00	3
4	Taylor, Molly	Westmount S.	8:58.37	2



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**....Women 2000 Meter Steeplechase Open**

5 Palmer, Nevaeh	Sherwood S.S	9:46.46	1
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**Women 4x400 Meter Relay Open**

School	Seed	Finals	Points
1 Ancaster High School - HWDSB 'A'	4:15.00	4:23.39	6
2 Westdale S.S. - HWDSB 'A'		4:32.84	4
1) Stevens, Ellie	2) Pribyl, Abiella		
3) Gravesande, Simone	4) Hargreave, Marley		
3 Guido de Bres C.H.S - HWDSB 'A'		4:43.18	3
4 Dundas Valley S.S. - HWDSB 'A'	4:30.00	4:56.16	2
1) Fairley, Annika	2) Mohart, Gabrielle		
3) Peaker, Audrey	4) St. Aubin, Maggie		
5 Westmount S.S. - HWDSB 'A'	4:50.00	5:13.80	1
1) Baltzer, Abbie	2) Campanaro, Mylana		
3) Cubitt, Ashley	4) McCarroll, Mia		

**Women 100 Meter Dash Ambulatory**

Name	Year School	Seed	Finals	Points
1 Hudgins, Lilly	Westdale S.S		17.54	6

**Women 100 Meter Dash Intellectually Imp**

Name	Year School	Seed	Finals	Points
1 Hughes, Ashley	Sir Allan Ma		15.81	6
2 Daylor, Sierra	Sir Winston		20.40	4

**Women Shot Put Ambulatory Intellectually Imp**

Name	Year School	Seed	Finals	Points
1 Daylor, Sierra	Sir Winston		4.79m	6

**Men 100 Meter Dash Novice**

Name	Year School	Seed	Prelims	H#
<b>Preliminaries</b>				
1 Foster, Naieem	Sherwood S.S		11.87q	2
2 Abidogun, Jola	Ancaster Hig	12.29	12.10q	1
3 Pilon, Ro	Dundas Valle	12.55	12.38q	3
4 Pileski, Kyle	Dundas Valle		12.42q	1
5 Ousso, Bachar	Sir Winston		12.52q	3
6 Neary, Brody	Dundas Valle	12.33	12.55q	2
7 Kingma, Logan	Guido de Bre		12.55q	1
8 Ayodele-Oni, Micheal	Hamilton Dis		12.55q	3
9 Satheeskumar, Sachin	Sherwood S.S		12.58	3
10 Malandrino, Leeland	Ancaster Hig	13.21	12.71	2
11 DaSilva, Jonah	Westmount S.	13.02	12.73	3
12 Morley-Stockton, Dominic	Sir Winston		12.83	1

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**....Men 100 Meter Dash Novice**

13 Van Groningen, Landon	Hamilton Dis		12.88	2
14 Ricketts Jr., Vincent	Sherwood S.S		13.23	1
15 Edun, Abdulraqueeb	Sherwood S.S		13.24	1
16 Vanderlaan, Brendan	Guido de Bre		13.30	2
17 An, Jihoo	Ancaster Hig	13.81	13.35	3
18 Reinink, Seth	Guido de Bre		13.39	3
19 Huang, Kevin	Westmount S.	13.04	13.46	2
20 Diaz, Nic	Westmount S.	14.00	14.87	1
21 McKay, Logan	Saltfleet Di		15.28	2

**Men 100 Meter Dash Novice**

Name	Year School	Prelims	Finals	Points
Finals				
1 Foster, Naieem	Sherwood S.S	11.87	11.65	6
2 Abidogun, Jola	Ancaster Hig	12.10	12.04	4
3 Pilon, Ro	Dundas Valle	12.38	12.17	3
4 Neary, Brody	Dundas Valle	12.55	12.33	2
5 Pileski, Kyle	Dundas Valle	12.42	12.34	1
6 Ousso, Bachar	Sir Winston	12.52	12.42	
7 Kingma, Logan	Guido de Bre	12.55	12.47	
8 Ayodele-Oni, Micheal	Hamilton Dis	12.55	12.60	

**Men 200 Meter Dash Novice**

Name	Year School	Seed	Finals	H#	Points
1 Foster, Naieem	Sherwood S.S		24.00	2	6
2 Abidogun, Jola	Ancaster Hig	26.45	24.61	3	4
3 Alkilabi, Rashid	Westmount S.	25.04	25.83	3	3
4 Pilon, Ro	Dundas Valle	25.00	25.90	3	2
5 Ousso, Bachar	Sir Winston		26.13	2	1
6 Ayodele-Oni, Micheal	Hamilton Dis		26.21	2	
7 Morley-Stockton, Dominic	Sir Winston		26.26	2	
8 Tenhage, Logan	Guido de Bre	27.60	27.10	3	
9 Roberts, Sebastian	Sir Winston		27.53	1	
10 Edun, Abdulraqueeb	Sherwood S.S		27.62	2	
11 Schulenberg, Aaron	Guido de Bre	28.10	27.87	3	
12 McCoy, Evan	Sherwood S.S		28.16	1	
13 Huang, Kevin	Westmount S.	26.08	28.19	3	
14 An, Jihoo	Ancaster Hig	30.00	28.57	3	
15 Reinink, Seth	Guido de Bre		28.67	1	
16 Hamilton, Nolan	Ancaster Hig	31.30	30.04	3	
17 McKay, Logan	Saltfleet Di		32.14	2	
18 Miller, Mason	Sir Winston		33.61	1	

**Men 400 Meter Dash Novice**

Name	Year School	Seed	Finals	Points
1 Alkilabi, Rashid	Westmount S.	59.00	57.81	6
2 Beyer, Matthew	Dundas Valle	59.00	58.17	4
3 Dejong, Nathaniel	Hamilton Dis		1:00.73	3

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4 Vanderlaan, Brendan	Guido de Bre		1:04.01	2
5 Lakhanpal, Jaxon	Dundas Valle	1:02.00	1:04.50	1
6 Karnelia, Adnan	Sherwood S.S		1:12.48	

**Men 800 Meter Run Novice**

Name	Year School	Seed	Finals	Points
1 Ortwein, Jackson	Dundas Valle	2:10.00	2:11.07	6
2 Craddock, Owen	Dundas Valle	2:12.00	2:16.74	4
3 Jegede, Samuel	Sir Allan Ma		2:25.61	3
4 Afonso-Jongeling, Ryker	Sherwood S.S		2:27.18	2
5 Lakhanpal, Jaxon	Dundas Valle	2:25.00	2:33.24	1
6 McDuffee, Jax	Ancaster Hig		2:34.21	
7 Bennett, Loch	Ancaster Hig		2:42.21	

**Men 1500 Meter Run Novice**

Name	Year School	Seed	Finals	Points
1 Ortwein, Jackson	Dundas Valle	4:25.00	4:23.06	6
2 Craddock, Owen	Dundas Valle	4:35.00	4:27.02	4
3 Jegede, Samuel	Sir Allan Ma	5:11.00	5:03.01	3
4 Zdravkovic, Aleksandar	Ancaster Hig	5:10.70	5:05.60	2
5 Oosterhoff, Tanner	Guido de Bre	5:16.00	5:18.03	1
6 Elliott, Jackson	Sherwood S.S		5:19.40	
7 McDuffee, Jax	Ancaster Hig	5:40.00	5:34.59	
8 Sikma, Clarence	Guido de Bre		5:55.43	

**Men 3000 Meter Run Novice**

Name	Year School	Seed	Finals	Points
1 Ortwein, Jackson	Dundas Valle	9:30.00	9:39.78	6
2 Craddock, Owen	Dundas Valle	9:31.00	10:07.60	4
3 Zdravkovic, Aleksandar	Ancaster Hig		11:32.22	3
4 Oosterhoff, Tanner	Guido de Bre		11:33.35	2
5 Weingartner, Noah	Dundas Valle		12:10.74	1
6 Sikma, Clarence	Guido de Bre		12:12.11	
7 Afonso-Jongeling, Ryker	Sherwood S.S		13:30.10	

**Men 100 Meter Hurdles Novice**

Name	Year School	Seed	Finals	H#	Points
1 Foster, Naieem	Sherwood S.S		16.05	2	6
2 Jaffar, Abdallah	Sir Winston		16.70	1	4
3 Satheeskumar, Sachin	Sherwood S.S		17.56	1	3
4 Schulenberg, Aaron	Guido de Bre		17.68	2	2
5 Zahid, Usman	Sherwood S.S		18.94	1	1
6 Tejuoso, Adebare	Sir Winston		19.14	2	
7 Zahid, Ali	Sherwood S.S		19.41	1	
8 Neary, Brody	Dundas Valle	16.00	19.57	2	
9 Alkilabi, Rashid	Westmount S.	22.05	20.02	2	

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**Men 300 Meter Hurdles Novice**

Name	Year School	Seed	Finals	Points
1 Jaffar, Abdallah	Sir Winston		46.43	6
2 Beyer, Matthew	Dundas Valle	47.00	47.04	4
3 Zahid, Usman	Sherwood S.S		50.68	3
4 Tejuoso, Adebare	Sir Winston		51.46	2
5 Neary, Brody	Dundas Valle	48.00	52.24	1
6 Raymond, Thomas	Sir Winston		54.55	

**Men 4x100 Meter Relay Novice**

School	Seed	Finals	Points
1 Sherwood S.S. - HWDSB 'A'		49.79	6
2 Ancaster High School - HWDSB 'A'	52.80	50.15	4
3 Dundas Valley S.S. - HWDSB 'A'	49.00	50.50	3
4 Sir Winston Churchill S.S. - H 'A'		50.98	2
5 Hamilton District C.H.S. - HWD 'A'		51.33	1
1) Van Groningen, Landon	2) Ayodele-Oni, Micheal		
3) Dejong, Nathaniel	4) Schinkel, Keagan		
6 Guido de Bres C.H.S - HWDSB 'A'		51.92	
7 Westmount S.S. - HWDSB 'A'		52.36	

**Men High Jump Novice**

Name	Year School	Seed	Finals	Points
1 Tenhage, Logan	Guido de Bre		1.65m	6
2 Mulder, Deacon	Hamilton Dis		1.60m	4
3 Zahid, Ali	Sherwood S.S		1.55m	3
4 Satheeskumar, Sachin	Sherwood S.S		1.52m	2
5 Ricketts Jr., Vincent	Sherwood S.S		1.50m	1
6 Zahid, Usman	Sherwood S.S		1.45m	

**Men Long Jump Novice**

Name	Year School	Seed	Finals	Points
1 Van Groningen, Landon	Hamilton Dis		5.31m	6
2 Kingma, Logan	Guido de Bre		5.21m	4
3 Dejager, Eli	Guido de Bre		5.17m	3
4 Mulder, Deacon	Hamilton Dis		5.09m	2
5 Pileski, Kyle	Dundas Valle		5.04m	1
6 Karnelia, Adnan	Sherwood S.S		4.16m	
7 Traore, Ismael	Sherwood S.S		3.61m	

**Men Triple Jump Novice**

Name	Year School	Seed	Finals	Points
1 Dejager, Eli	Guido de Bre		11.62m	6
2 Pileski, Kyle	Dundas Valle		11.47m	4
3 Kingma, Logan	Guido de Bre		10.77m	3
4 Vreugdenhil, Cole	Hamilton Dis		10.68m	2

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**....Men Triple Jump Novice**

5 Mulder, Deacon	Hamilton Dis	10.55m	1
6 Van Groningen, Landon	Hamilton Dis	10.45m	
7 Tenhage, Logan	Guido de Bre	10.39m	

**Men Shot Put Novice**

Name	Year School	Seed	Finals	Points
1 Vreugdenhil, Cole	Hamilton Dis		12.14m	6
2 Fennema, Drew	Dundas Valle		11.96m	4
3 Ong, Tristan	Westmount S.		10.76m	3
4 Schinkel, Keagan	Hamilton Dis		8.60m	2
5 Hinchcliffe, Ethan	Sir Winston		8.56m	1
6 Raymond, Thomas	Sir Winston		8.47m	
7 McKay, Logan	Saltfleet Di		7.43m	
8 McNeil, Justin	Guido de Bre		6.28m	

**Men Discus Throw Novice**

Name	Year School	Seed	Finals	Points
1 Vreugdenhil, Cole	Hamilton Dis		34.85m	6
2 Fennema, Drew	Dundas Valle		28.96m	4
3 Nguyen, Tue	Nora Francis		27.52m	3
4 Ong, Tristan	Westmount S.		27.46m	2
5 Doyle, Deaglan	Ancaster Hig		25.83m	1
6 McNeil, Justin	Guido de Bre		18.77m	
7 Zahid, Umer	Sherwood S.S		17.71m	

**Men Javelin Throw Novice**

Name	Year School	Seed	Finals	Points
1 Doyle, Deaglan	Ancaster Hig		37.75m	6
2 Fennema, Drew	Dundas Valle		37.46m	4
3 Schulenberg, Aaron	Guido de Bre		37.10m	3
4 Dejager, Eli	Guido de Bre		35.13m	2
5 Weingartner, Noah	Dundas Valle		33.96m	1
6 Roberts, Sebastian	Sir Winston		30.92m	
7 Hinchcliffe, Ethan	Sir Winston		23.56m	
8 McNeil, Justin	Guido de Bre		21.78m	

**Men 100 Meter Dash Junior**

Name	Year School	Seed	Prelims	H#
<b>Preliminaries</b>				
1 Ristov, Marko	Nora Francis	11.30	11.35q	4
2 Pearsonwhear, Tristan	Dundas Valle		11.50q	2
3 Maga, Pascal	Westmount S.	11.08	11.60q	1
4 McVittie, Isaac	Westmount S.	12.04	11.60q	2
5 Marcellin, Sheziah	Nora Francis		12.16q	1
6 Sedkowski, Gabriel	Saltfleet Di	12.36	12.18q	3
7 Sepper, Nathan	Nora Francis		12.20q	2

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**....Men 100 Meter Dash Junior**

8	Linde, Christian	Guido de Bre	12.30q	2	
9	Wallace, Blake	Sherwood S.S	12.35	4	
10	Oeur, Kennedy	Glendale S.S	12.39	1	
11	Coates, Payton	Sir Winston	12.50	2	
12	Hunter, Nate	Sherwood S.S	12.57	1	
13	Luwamo, Jacob	Nora Francis	12.57	4	
14	Manuel, Wilson	Sir Winston	12.83	3	
15	Hastings, Damian	Sir Winston	12.98	4	
16	Dennis, Cooper	Bernie Custi	13.02	4	
17	Howarth, Noah	Nora Francis	13.14	3	
18	Dawes, Dauntley	Bernie Custi	13.45	1	
19	Stevenson, Conall	Guido de Bre	13.46	3	
20	Gay, Say	Bernie Custi	13.50	2	
21	Said, Rowan	Dundas Valle	13.51	3	
22	Nelson, Jermaine	Glendale S.S	13.60	2	
23	Kelly, Caleb	Guido de Bre	13.62	4	
24	Awan, Ibrahim	Orchard Park	13.00	14.48	3
25	Fitzpatrick, Logan	Sherwood S.S		14.54	3

**Men 100 Meter Dash Junior**

Name	Year School	Prelims	Finals	Points	
Finals					
1	Ristov, Marko	Nora Francis	11.35	10.96	6
2	Maga, Pascal	Westmount S.	11.60	11.52	4
3	Pearsonwear, Tristan	Dundas Valle	11.50	11.64	3
4	Marcellin, Sheziah	Nora Francis	12.16	11.78	2
5	McVittie, Isaac	Westmount S.	11.60	11.91	1
6	Sedkowski, Gabriel	Saltfleet Di	12.18	12.10	
7	Sepper, Nathan	Nora Francis	12.20	12.34	
8	Linde, Christian	Guido de Bre	12.30	12.74	

**Men 200 Meter Dash Junior**

Name	Year School	Seed	Finals	H#	Points	
1	Ristov, Marko	Nora Francis	23.00	22.48	4	6
2	Maga, Pascal	Westmount S.	23.05	23.47	4	4
3	Dales, Noah	Ancaster Hig	26.30	24.45	4	3
4	Delucia, Francesco	Westmount S.	24.08	24.59	4	2
5	Marcellin, Sheziah	Nora Francis	24.00	24.64	4	1
6	Wallace, Blake	Sherwood S.S		25.36	3	
7	Hunter, Nate	Sherwood S.S		25.56	3	
8	Maga, Luke	Dundas Valle		25.67	1	
9	Luwamo, Jacob	Nora Francis	25.00	26.05	4	
10	Oeur, Kennedy	Glendale S.S		26.34	3	
11	Coates, Payton	Sir Winston		26.40	1	
12	Manuel, Wilson	Sir Winston		26.40	3	
13	Vanderwoude, Russell	Guido de Bre		26.71	2	
14	White, Randy	Sir Winston		27.56	1	
15	Said, Rowan	Dundas Valle		27.80	2	
16	Linde, Christian	Guido de Bre		28.57	3	
17	Stevenson, Conall	Guido de Bre		28.58	1	

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18 Nelson, Jermaine	Glendale S.S	29.12	2
19 Fitzpatrick, Logan	Sherwood S.S	29.63	1

**Men 400 Meter Dash Junior**

Name	Year School	Seed	Finals	H#	Points
1 Maga, Pascal	Westmount S.	54.03	55.30	2	6
2 Dales, Noah	Ancaster Hig	58.30	56.47	2	4
3 Delucia, Francesco	Westmount S.	57.05	58.20	2	3
4 Sedkowski, Gabriel	Saltfleet Di		1:00.07	1	2
5 Vreugdenhil, Seth	Hamilton Dis		1:00.26	1	1
6 Manuel, Wilson	Sir Winston		1:01.75	1	
7 Kelly, Caleb	Guido de Bre		1:04.89	1	

**Men 800 Meter Run Junior**

Name	Year School	Seed	Finals	Points
1 Reidy, Zachary	Saltfleet Di		2:21.24	6
2 Vreugdenhil, Seth	Hamilton Dis		2:21.71	4
3 Shakir, Saleh	Bernie Custi		2:24.36	3
4 Wardell, Zach	Westmount S.	2:30.00	2:25.45	2
5 Al Khalid, Abdul	Bernie Custi		2:32.81	1

**Men 1500 Meter Run Junior**

Name	Year School	Seed	Finals	Points
1 Takatsu, Yuji	Orchard Park	6:00.00	4:43.19	6
2 Shakir, Saleh	Bernie Custi	4:40.00	4:49.97	4
3 Dejager, Shane	Guido de Bre		4:50.56	3
4 Reidy, Zachary	Saltfleet Di		4:52.24	2
5 Serwa, Sanjay	Orchard Park		5:02.09	1
6 Al Khalid, Abdul	Bernie Custi		5:04.27	
7 Jongsma, Jack	Westdale S.S		5:05.51	
8 Sheculski, Cayden	Sherwood S.S		5:23.90	
9 Vandenberg, Ben	Guido de Bre		5:26.28	
10 Jagersma, Rowan	Guido de Bre		5:33.16	

**Men 3000 Meter Run Junior**

Name	Year School	Seed	Finals	Points
1 Scott, Michael	Westdale S.S	9:51.00	10:13.66	6
2 Takatsu, Yuji	Orchard Park	13:00.00	10:15.08	4
3 Shakir, Saleh	Bernie Custi	10:00.00	10:31.31	3
4 Jongsma, Jack	Westdale S.S		10:40.83	2
5 Serwa, Sanjay	Orchard Park		10:41.22	1
6 Vandenberg, Ben	Guido de Bre		11:56.25	

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**Men 100 Meter Hurdles Junior**

Name	Year School	Seed	Finals	Points
1 Pearsonwhear, Tristan	Dundas Valle	15.05	14.89	6
2 Marcellin, Sheziah	Nora Francis	18.00	15.38	4
3 Shilbi, Deandar	Westmount S.	19.00	21.49	3
4 White, Randy	Sir Winston		23.20	2

**Men 300 Meter Hurdles Junior**

Name	Year School	Seed	Finals	Points
1 Pearsonwhear, Tristan	Dundas Valle	43.00	43.46	6
2 Reidy, Zachary	Saltfleet Di		47.94	4
3 Vanderwoude, Russell	Guido de Bre		48.60	3

**Men 4x100 Meter Relay Junior**

School	Seed	Finals	Points
1 Nora Francis Henderson S.S. - 'A'		46.76	6
2 Westmount S.S. - HWDSB 'A'		47.41	4
3 Dundas Valley S.S. - HWDSB 'A'	48.00	49.19	3
4 Sir Winston Churchill S.S. - H 'A'		50.99	2
5 Guido de Bres C.H.S - HWDSB 'A'		51.92	1
6 Sherwood S.S. - HWDSB 'A'		52.55	
7 Bernie Custis S.S. - HWDSB 'A'		53.51	
1) Al Khalid, Abdul	2) Dennis, Cooper		
3) Dawes, Dauntley	4) Gay, Say		

**Men High Jump Junior**

Name	Year School	Seed	Finals	Points
1 Dejager, Shane	Guido de Bre		1.70m	6
2 Vanderwoude, Russell	Guido de Bre		1.60m	4
3 Vandam, Jake	Guido de Bre		1.55m	3
-- Davis, Bradley	Dundas Valle		DNF	

**Men Long Jump Junior**

Name	Year School	Seed	Finals	Points
1 Ristov, Marko	Nora Francis		5.97m	6
2 Dejager, Shane	Guido de Bre		5.38m	4
3 Vandam, Jake	Guido de Bre		5.37m	3
4 Ho, Hayden	Nora Francis		5.18m	2
5 McVittie, Isaac	Westmount S.		5.05m	1
6 Davis, Bradley	Dundas Valle		4.85m	
7 Shukla, Divyansh	Orchard Park		4.65m	
7 Shilbi, Deandar	Westmount S.		4.65m	
9 Oeur, Kennedy	Glendale S.S		4.59m	
10 White, Randy	Sir Winston		4.51m	
11 Linde, Christian	Guido de Bre		4.41m	
12 Vanvleet, Philip	Guido de Bre		4.21m	



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**Men Triple Jump Junior**

Name	Year School	Seed	Finals	Points
1 Vreugdenhil, Seth	Hamilton Dis		11.07m	6
2 Vandam, Jake	Guido de Bre		11.04m	4
3 McVittie, Isaac	Westmount S.		10.84m	3
4 Shukla, Divyansh	Orchard Park		10.62m	2
5 Davis, Bradley	Dundas Valle		10.53m	1
6 Lenting, Jacob	Guido de Bre		10.49m	
7 Denhollander, Gabe	Guido de Bre		10.41m	

**Men Shot Put Junior**

Name	Year School	Seed	Finals	Points
1 Dawes, Dauntley	Bernie Custi		12.56m	6
2 Lenting, Jacob	Guido de Bre		11.22m	4
3 Coates, Payton	Sir Winston		11.20m	3
4 Sedkowski, Gabriel	Saltfleet Di		10.85m	2
5 Vanderwoude, Kenton	Guido de Bre		10.52m	1
6 Channel, Paul	Dundas Valle		10.25m	
7 McAdoo, Joel	Westmount S.		10.18m	
8 Vanvleet, Philip	Guido de Bre		9.41m	

**Men Discus Throw Junior**

Name	Year School	Seed	Finals	Points
1 Schutten, Silas	Guido de Bre		37.30m	6
2 Denhollander, Gabe	Guido de Bre		28.44m	4
3 Jans, Blake	Guido de Bre		27.71m	3
4 Channel, Paul	Dundas Valle		26.69m	2
5 Vanderwoude, Kenton	Guido de Bre		23.12m	1
6 McAdoo, Joel	Westmount S.		21.24m	
7 Alkhani, Yosef	Sherwood S.S		20.89m	
8 Ahmed, Maaz	Sherwood S.S		20.33m	

**Men Javelin Throw Junior**

Name	Year School	Seed	Finals	Points
1 Lenting, Jacob	Guido de Bre		38.63m	6
2 Jans, Blake	Guido de Bre		35.47m	4
3 Jonker, Owen	Guido de Bre		35.09m	3
4 Dawes, Dauntley	Bernie Custi		32.40m	2
5 Channel, Paul	Dundas Valle		29.61m	1
6 McAdoo, Joel	Westmount S.		18.73m	

**Men 100 Meter Dash Senior**

Name	Year School	Seed	Prelims	H#
<b>Preliminaries</b>				
1 Banfield, Jack	Westmount S.	11.04	10.92q	6
2 Demirci, Darius	Ancaster Hig	11.66	11.28q	4

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**Results**

**....Men 100 Meter Dash Senior**

3	Clark, Drew	Westmount S.	11.07	11.39q	3
4	Stephian, Ryan	Sherwood S.S		11.59q	3
5	Pietrantonio, Jacob	Westmount S.	12.01	11.61q	5
6	Heron, Mario	Glendale S.S		11.61q	1
7	Guerrero, Edward	Nora Francis		11.65q	2
8	Philippe-Daniel, Brock	Westmount S.	11.09	11.68q	2
9	Divincenzio, Alex	Dundas Valle		11.77	3
10	Lieu, Gary	Saltfleet Di	12.11	11.84	1
11	Paddy, Shamar	Nora Francis		11.89	1
12	Bolanos-Bonilla, Martin	Sherwood S.S		11.90	5
13	Holland, Jimmy	Westdale S.S		11.93	4
14	Alabi, Emmanuel	Saltfleet Di	12.14	12.02	5
15	Mutamba, Charly	Westdale S.S		12.12	1
16	Boorman, Samual	Westdale S.S		12.13	5
17	Kuik, Noah	Guido de Bre		12.17	1
18	Kent, Nathan	Saltfleet Di		12.21	3
19	Philpot, Leo	Westdale S.S		12.22	2
20	Hassel, Zane	Dundas Valle		12.23	4
21	Whyte, Dashawn	Sherwood S.S		12.25	1
22	Harris, Garry	Nora Francis		12.25	6
23	Wylie, Owen	Nora Francis		12.30	5
24	Mentore-Martin, Tyrell	Bernie Custi		12.36	3
25	Alexander, Daniel	Ancaster Hig	13.18	12.39	3
26	Aleshinyole, Anu	Sir Winston		12.40	5
27	Greene, Radian	Westdale S.S		12.48	3
28	Pabs-Garnon, Roniel	Saltfleet Di		12.51	2
29	Merchant, Elijah	Ancaster Hig	12.86	12.52	2
30	Deligeorgis, Dean	Sir Allan Ma	12.56	12.56	4
31	Jackson, Randy	Sir Winston		12.58	4
32	Francis, Tyshaun	Saltfleet Di		12.70	4
33	Jack, Hayden	Ancaster Hig	13.24	12.80	6
34	Zajac, Nicholas	Sir Allan Ma	13.20	12.89	6
35	Politi, Anthonyc	Bernie Custi		12.97	6
36	Husseini, Tyler	Glendale S.S		13.69	2
37	Lubula, James	Sherwood S.S		14.09	4
38	Tejuosho, Ademola	Sir Winston		14.83	6

**Men 100 Meter Dash Senior**

Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1	Banfield, Jack	Westmount S.	10.92	10.69	6
2	Demirci, Darius	Ancaster Hig	11.28	11.12	4
3	Heron, Mario	Glendale S.S	11.61	11.42	3
4	Guerrero, Edward	Nora Francis	11.65	11.44	2
5	Pietrantonio, Jacob	Westmount S.	11.61	11.46	1
6	Stephian, Ryan	Sherwood S.S	11.59	11.48	
7	Philippe-Daniel, Brock	Westmount S.	11.68	11.50	
8	Clark, Drew	Westmount S.	11.39	11.51	

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**Men 200 Meter Dash Senior**

Name	Year School	Seed	Finals	H#	Points
1 Banfield, Jack	Westmount S.	23.05	22.18	5	6
2 Clark, Drew	Westmount S.	23.07	23.28	5	4
3 Stephian, Ryan	Sherwood S.S		23.49	3	3
4 Lieu, Gary	Saltfleet Di		23.74	1	2
5 Guerrero, Edward	Nora Francis	23.00	23.83	5	1
6 Philippe-Daniel, Brock	Westmount S.	24.00	23.85	5	
7 Paddy, Shamar	Nora Francis	24.00	24.30	5	
8 Kuik, Noah	Guido de Bre		24.32	1	
9 Elhag, Nasir	Sherwood S.S		24.56	3	
10 Heron, Mario	Glendale S.S		24.58	2	
11 Harris, Garry	Nora Francis	25.00	24.72	4	
12 Philpot, Leo	Westdale S.S		24.76	1	
13 Kott, Ryan	Westdale S.S		24.89	1	
14 Merchant, Elijah	Ancaster Hig	27.00	24.99	4	
15 Aleshinyole, Anu	Sir Winston		25.05	3	
16 Wylie, Owen	Nora Francis	25.00	25.07	5	
17 Kerr, William	Ancaster Hig	27.00	25.63	4	
18 Jackson, Randy	Sir Winston		25.83	1	
19 Alexander, Daniel	Ancaster Hig	29.00	26.34	4	
20 Zajac, Nicholas	Sir Allan Ma		26.35	2	
21 Hanisco, Robert	Dundas Valle		26.53	3	
22 Thompson, Jack	Ancaster Hig		26.79	2	
23 Rapson, Wyatt	Dundas Valle		26.98	4	
24 Hodgson, Henrik	Westdale S.S		27.16	3	
25 Politi, Anthony	Bernie Custi		27.17	1	
26 Francis, Tyshaun	Saltfleet Di		27.33	2	
27 Bozikis, Alex	Sherwood S.S		28.06	1	
28 Duyar, Kaya	Saltfleet Di		28.24	4	
29 Manning, Kenrick	Hamilton Dis		28.68	4	
30 Chang, Richard	Westdale S.S		28.94	2	
31 Hussein, Tyler	Glendale S.S		29.03	2	

**Men 400 Meter Dash Senior**

Name	Year School	Seed	Finals	H#	Points
1 Demirci, Darius	Ancaster Hig	51.33	53.89	3	6
2 Rapson, Wyatt	Dundas Valle	57.00	54.86	3	4
3 Clark, Drew	Westmount S.	55.01	55.47	3	3
4 Van Koughnett, Samson	Westdale S.S		57.07	1	2
5 Singh, Coltrane	Westdale S.S		58.14	1	1
6 Amoo, Deon	Nora Francis	51.00	58.22	3	
7 Bolanos-Bonilla, Martin	Sherwood S.S		58.33	2	
8 Ortwein, Rowan	Dundas Valle	58.00	58.87	3	
9 Hodgson, Henrik	Westdale S.S		1:01.08	1	
10 Kerr, William	Ancaster Hig	59.00	1:01.59	2	
11 Cochrane, William	Sir Allan Ma		1:01.98	1	
12 Hanisco, Robert	Dundas Valle	58.00	1:02.57	3	
13 Musgrave-Spence, Neiko	Sherwood S.S		1:03.28	1	
14 Silvera, Jayden	Sir Allan Ma		1:05.09	1	
15 Smith Balkissoon, Aidan	Westmount S.	1:00.00	1:05.63	2	
16 Denis, Jack	Saltfleet Di		1:07.45	1	

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**....Men 400 Meter Dash Senior**

17 Manning, Kenrick	Hamilton Dis	1:11.78	2
18 Joysun, Rain	Glendale S.S	1:24.52	2

**Men 800 Meter Run Senior**

Name	Year School	Seed	Finals	H#	Points
1 Thomson, Iain	Dundas Valle	2:00.00	2:05.81	2	6
2 Morgan, P.j.	Ancaster Hig	2:02.91	2:07.21	2	4
3 Hagen, Isaac	Hamilton Dis		2:09.72	1	3
4 Bolanos-Bonilla, Martin	Sherwood S.S		2:12.08	2	2
5 Prashad, London	Ancaster Hig		2:16.87	1	1
6 Hamada, Mohammad	Bernie Custi		2:19.99	2	
7 Singh, Coltrane	Westdale S.S		2:20.93	2	
8 Tsyranney, Greg	Dundas Valle		2:23.26	1	
9 Davidson, Justin	Ancaster Hig		2:24.28	1	
10 Silvera, Jayden	Sir Allan Ma		2:28.53	1	
11 Kiruri, Karl	Glendale S.S		2:34.38	1	
12 Haider, Isa	Sherwood S.S		2:38.61	1	
13 Joysun, Rain	Glendale S.S		3:27.69	1	

**Men 1500 Meter Run Senior**

Name	Year School	Seed	Finals	Points
1 Thomson, Iain	Dundas Valle	3:58.00	4:20.30	6
2 Ledger, Cohen	Dundas Valle	4:10.00	4:26.22	4
3 Hagen, Isaac	Hamilton Dis		4:30.11	3
4 Morgan, P.j.	Ancaster Hig	4:31.90	4:41.67	2
5 Vandam, Josh	Guido de Bre	4:45.00	4:43.55	1
6 Hamada, Mohammad	Bernie Custi		4:51.79	
7 Prashad, London	Ancaster Hig		4:53.72	
8 Cieslak, Luke	Westmount S.	5:15.00	4:56.12	
9 Maga, Tyrus	Dundas Valle	4:50.00	5:02.02	
10 Davidson, Justin	Ancaster Hig	5:08.20	5:02.03	
11 Stoddart, Holden	Ancaster Hig		5:15.68	
12 Walsom, Nathaniel	Westdale S.S		5:17.55	
13 Moon, William	Sherwood S.S		5:20.57	
14 Kiruri, Karl	Glendale S.S		5:20.84	
15 Murati, Dardan	Nora Francis	5:20.00	5:23.47	
16 Lane, Carter	Saltfleet Di		5:52.59	

**Men 3000 Meter Run Senior**

Name	Year School	Seed	Finals	Points
1 Thomson, Iain	Dundas Valle	8:35.00	9:39.73	6
2 Ledger, Cohen	Dundas Valle	9:15.00	9:48.08	4
3 Aird, Alec	Westdale S.S		10:07.65	3
4 Vandam, Josh	Guido de Bre		10:11.06	2
5 Maga, Tyrus	Dundas Valle	10:30.00	10:22.05	1
6 Cieslak, Luke	Westmount S.		10:42.53	
7 Bourenane, Yassine	Ancaster Hig		11:31.26	
8 Desai, Saagar	Ancaster Hig		12:05.47	

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**....Men 3000 Meter Run Senior**

9	Walsom, Nathaniel	Westdale S.S	12:11.65
10	Wang, Kevin	Ancaster Hig	13:09.43

**Men 110 Meter Hurdles Senior**

Name	Year	School	Seed	Finals	H#	Points
1	Finucan, Zachary	Westdale S.S		16.18	1	6
2	Kuik, Noah	Guido de Bre		17.00	2	4
3	Frketich, Nate	Westmount S.	17.03	17.33	2	3
4	Harris, Garry	Nora Francis	18.70	17.67	2	2
5	Hassel, Zane	Dundas Valle		18.66	1	1
6	Pabs-Garnon, Roniel	Saltfleet Di		18.75	2	
7	Cowell, Austin	Ancaster Hig		19.66	1	
8	Clark, Brennan	Dundas Valle		20.05	2	
9	Musgrave-Spence, Neiko	Sherwood S.S		20.29	1	
10	Alabi, Emmanuel	Saltfleet Di		20.93	2	
11	Kenny, Dwayne	Saltfleet Di		24.44	1	

**Men 400 Meter Hurdles Senior**

Name	Year	School	Seed	Finals	H#	Points
1	Frketich, Nate	Westmount S.	1:10.00	1:05.14	2	6
2	Elhag, Nasir	Sherwood S.S		1:05.96	2	4
3	Cowell, Austin	Ancaster Hig		1:06.11	1	3
4	Pabs-Garnon, Roniel	Saltfleet Di		1:06.17	1	2
5	Mills, Oskar	Ancaster Hig		1:06.18	1	1
6	Smith, Fisher	Sherwood S.S		1:06.36	1	
7	Mason, Cameron	Dundas Valle	1:04.00	1:09.38	2	
8	Ortwein, Rowan	Dundas Valle	1:06.00	1:10.76	2	
9	Clark, Brennan	Dundas Valle	1:08.00	1:11.60	2	
10	Thompson, Jack	Ancaster Hig		1:14.78	2	

**Men 4x100 Meter Relay Senior**

School	Seed	Finals	H#	Points
1 Westmount S.S. - HWDSB 'A'		45.44	1	6
2 Sherwood S.S. - HWDSB 'A'		45.82	1	4
3 Westdale S.S. - HWDSB 'A'		46.27	2	3
1) Greene, Radian				
2) Mutamba, Charly				
3) Holland, Jimmy				
4) Boorman, Samual				
4 Saltfleet District - HWDSB 'A'	47:01.00	47.41	2	2
5 Ancaster High School - HWDSB 'A'	51.00	47.55	2	1
6 Dundas Valley S.S. - HWDSB 'A'	47.00	49.99	2	
7 Sir Winston Churchill S.S. - H 'A'		51.26	1	
8 Nora Francis Henderson S.S. - 'A'		51.26	1	
9 Glendale S.S. - HWDSB 'A'		52.46	2	
1) Kiruri, Karl				
2) Heron, Mario				
3) Hussein, Tyler				
4) Cover, Nicolas				

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**Men High Jump Senior**

Name	Year	School	Seed	Finals	Points
1 Ludwig, Zach		Guido de Bre		1.84m	6
2 Smith, Fisher		Sherwood S.S		1.70m	4

**Men Pole Vault Senior**

Name	Year	School	Seed	Finals	Points
1 Brittain, Thomas		Dundas Valle	4.00m	3.70m	6

**Men Long Jump Senior**

Name	Year	School	Seed	Finals	Points
1 Verschoor, Joshua		Dundas Valle		6.26m	6
2 Finucan, Zachary		Westdale S.S		5.86m	4
3 Mutamba, Charly		Westdale S.S		5.71m	3
4 Pietrantonio, Jacob		Westmount S.		5.49m	2
5 Boorman, Samuel		Westdale S.S		5.33m	1
6 Katzirz, Noah		Sir Allan Ma		5.26m	
7 Pain, Zach		Westmount S.		5.25m	
8 Lubula, James		Sherwood S.S		5.09m	
9 Musgrave-Spence, Neiko		Sherwood S.S		5.06m	
10 Demirci, Darius		Ancaster Hig		5.01m	
11 Kent, Nathan		Saltfleet Di		5.00m	
12 Divincenzio, Evan		Dundas Valle		4.96m	
13 Grant, Ryan		Ancaster Hig		4.91m	
14 Deligeorgis, Dean		Sir Allan Ma		4.66m	
14 Thompson, Jack		Ancaster Hig		4.66m	
16 Qneibi, Omar		Nora Francis		4.29m	
17 Williams, Ladi		Sherwood S.S		4.03m	
18 Cochrane, William		Sir Allan Ma		3.05m	

**Men Triple Jump Senior**

Name	Year	School	Seed	Finals	Points
1 Verschoor, Joshua		Dundas Valle		12.75m	6
2 Finucan, Zachary		Westdale S.S		12.35m	4
3 Merchant, Elijah		Ancaster Hig		11.70m	3
4 Duyar, Kaya		Saltfleet Di		10.45m	2
5 Ludwig, Zach		Guido de Bre		10.28m	1
6 Katzirz, Noah		Sir Allan Ma		10.09m	

**Men Shot Put Senior**

Name	Year	School	Seed	Finals	Points
1 Simmons, Shea		Dundas Valle		10.94m	6
2 Kent, Nathan		Saltfleet Di		10.23m	4
3 Fairley, Grant		Dundas Valle		9.96m	3
4 Boyd, Joshua		Ancaster Hig		9.80m	2
5 Nguyen, Theo		Sherwood S.S		9.72m	1

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6	Schoeman, Travis	Dundas Valle	9.68m
7	Andree, Cameron	Dundas Valle	9.66m
8	Gauthier, Austin	Westmount S.	8.79m
9	Duyar, Kaya	Saltfleet Di	8.58m
10	Vanderzwaag, Noah	Hamilton Dis	8.55m
11	Sim, Jamie	Westmount S.	8.03m
12	Aldawi, Moonie	Ancaster Hig	8.02m
13	Reitsma, Joshua	Hamilton Dis	7.82m
14	Rush, Will	Nora Francis	7.77m
15	McDonald, Malcolm	Westmount S.	6.67m
16	Denis, Jack	Saltfleet Di	6.06m

**Men Discus Throw Senior**

Name	Year School	Seed	Finals	Points
1	Andree, Cameron	Dundas Valle	32.16m	6
2	Boyd, Joshua	Ancaster Hig	32.09m	4
3	Simmons, Shea	Dundas Valle	29.59m	3
4	Cornelius, Keenan	Westmount S.	27.90m	2
5	Nguyen, Theo	Sherwood S.S	27.87m	1
6	Mills, Oskar	Ancaster Hig	25.69m	
7	Thomas, Luke	Westmount S.	24.88m	
8	Schoeman, Travis	Dundas Valle	24.28m	
9	Grant, Ryan	Ancaster Hig	20.74m	
10	Degelder, Landen	Guido de Bre	20.42m	
11	Gauthier, Austin	Westmount S.	16.71m	
12	Bozikis, Alex	Sherwood S.S	16.23m	

**Men Javelin Throw Senior**

Name	Year School	Seed	Finals	Points
1	Andree, Cameron	Dundas Valle	43.19m	6
2	Schoeman, Travis	Dundas Valle	43.02m	4
3	Simmons, Shea	Dundas Valle	42.57m	3
4	Cornelius, Keenan	Westmount S.	35.10m	2
5	Thomas, Luke	Westmount S.	33.95m	1
6	Grant, Ryan	Ancaster Hig	33.13m	
7	Boyd, Joshua	Ancaster Hig	33.03m	
8	Mills, Oskar	Ancaster Hig	29.20m	
9	Roubos, Steven	Saltfleet Di	29.18m	
10	Gauthier, Austin	Westmount S.	28.68m	
11	Denis, Jack	Saltfleet Di	27.55m	
12	Hofsink, Bryson	Guido de Bre	27.15m	
13	Vanderzwaag, Noah	Hamilton Dis	25.91m	
14	Hodgson, Henrik	Westdale S.S	25.86m	
15	Roy, Tobias	Orchard Park	20.47m	
16	Reitsma, Joshua	Hamilton Dis	18.91m	
17	Degelder, Landen	Guido de Bre	18.49m	
18	McEachern, Xander	Nora Francis	16.86m	

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**Men 2000 Meter Steeplechase Open**

Name	Year School	Seed	Finals	Points
1 Scott, Michael	Westdale S.S	7:00.00	6:59.79	6
2 Aird, Alec	Westdale S.S		7:03.53	4
3 Hagen, Isaac	Hamilton Dis		7:06.37	3
4 Mason, Cameron	Dundas Valle	7:00.00	7:22.88	2
5 Scholman, Peter	Sherwood S.S		9:22.65	1

**Men 4x400 Meter Relay Open**

School	Seed	Finals	Points
1 Dundas Valley S.S. - HWDSB 'A'	3:40.00	3:43.21	6
1) Thomson, Iain			
2) Rapson, Wyatt			
3) Verschoor, Joshua			
4) Pearsonwhear, Tristan			
2 Ancaster High School - HWDSB 'A'	3:55.00	3:48.46	4
3 Westmount S.S. - HWDSB 'A'	3:52.00	4:09.67	3
1) Delucia, Francesco			
2) Clark, Drew			
3) Wardell, Zach			
4) Alkilabi, Rashid			
4 Saltfleet District - HWDSB 'A'		4:25.73	2

**Men 100 Meter Dash Intellectually Imp**

Name	Year School	Seed	Finals	H#	Points
1 Burke, Carter	Nora Francis		14.57	1	6
2 Gill, Jacob	Westdale S.S		15.22	2	4
3 Feeney, Ty	Westdale S.S		15.53	2	3
4 Sha, Nashwan Kamran	Dundas Valle		16.74	1	2
5 Ploughman-Crowe, Brandan	Westdale S.S		17.60	2	1
6 Oeun, Justin	Westdale S.S		17.64	2	
6 Mohammad, Ali	Bernie Custi		17.64	1	
8 Curtis, Liam	Dundas Valle		17.93	1	
9 Diriye, Abdifatah	Westdale S.S		18.86	2	
10 Chiocchio, Jagur	Westdale S.S		27.13	2	

**Men 800 Meter Run Intellectually Imp**

Name	Year School	Seed	Finals	Points
1 Curtis, Liam	Dundas Valle		3:32.94	6
2 Burke, Carter	Nora Francis		3:52.74	4
3 Sha, Nashwan Kamran	Dundas Valle		3:59.79	3