

EOSSAA T & F Championships - 21/05/2015 to 22/05/2015

Ottawa Lions Timing Team

Brockville, ON

Results

Girls 800 Meter Ambulatory

Name	School	Finals
Finals		
1 Shirley Hughes-Ryan	Shs - Sydenham	3:32.59

Women 100 Meter Midget

Name	School	Prelims
Preliminaries		
1 Sarah Bell	Kcvi - Kingston	13.19Q0.2
2 Tori Wentz	Bss - Kingston	13.21Q-0.1
3 Mackenzie Foster	Arnprior Dhs	13.54Q1.3
4 Chloe Cabral	Rnd - Kingston	13.78q -0.1
5 Chloe Ellard	St John's	13.91q 1.3
6 Nathalie Desilets	Valour	13.99q 1.3
7 Sydney Moore	Arnprior Dhs	14.11q 0.2
8 Stephanie Leask	Char er D H	14.13q -0.1
9 Taylor Summers	Gss - Gananoque	14.18 1.3
9 Dara Laframboise	Holy Trinity	14.18 0.2
11 Hannah Perreault	Arnprior Dhs	14.23 -0.1
12 Sophie Beasley	Carleton Place	14.29 -0.1
13 Brianna Millotte	St John's	14.32 0.2
14 Dallas MacMillan	Tagwi S S-Avo	14.42 -0.1
15 Taryn Marshall	Tiss- Brockville	14.52 0.2
16 Sophie Nezan	Carleton Place	14.60 -0.1
17 Nakeisha Borgella	St. Francis	14.77 1.3
18 Sarah Martineau	Rockland Dis	15.05 0.2
19 Jazmine Scheuremann	Rdhs - Elgin	15.23 -0.1
20 Kayla Klein-gunniewiek	Smchs-Brockville	15.32 1.3
21 Kayla Battler	Shs - Sydenham	26.15 1.3

Women 100 Meter Midget

Name	School	Finals
Finals		
1 Sarah Bell	Kcvi - Kingston	13.09 +0.0
2 Tori Wentz	Bss - Kingston	13.10 +0.0
3 Mackenzie Foster	Arnprior Dhs	13.54 +0.0
4 Chloe Ellard	St John's	13.89 +0.0
5 Chloe Cabral	Rnd - Kingston	13.90 +0.0
6 Nathalie Desilets	Valour	14.10 +0.0
7 Sydney Moore	Arnprior Dhs	14.21 +0.0
8 Stephanie Leask	Char er D H	14.34 +0.0

Women 200 Meter Midget

Name	School	Prelims
Preliminaries		
1 Sarah Bell	Kcvi - Kingston	27.50Q-0.6
2 Tori Wentz	Bss - Kingston	27.83Q+0.0
3 Madison Nowlan	Tiss- Brockville	28.55Q+0.0
4 Mackenzie Foster	Arnprior Dhs	28.20q +0.0
5 Brianna Burgess	Shs - Sydenham	28.80q -0.6
6 Grace Perkins	Notre Dame	29.15q -0.6
7 Emma Bacchiochi	Holy Trinity	29.31q -0.6
8 Brianna Millotte	St John's	29.53q +0.0
9 Sarah McIntyre	Opeongo HS	29.56 +0.0

10 Megan Malley	Fellowes HS	29.59 +0.0
11 Julenea Barnhardt	Seaway D H S-I	29.71 -0.6
12 Chloe Ellard	St John's	29.97 +0.0
13 Nathalie Desilets	Valour	30.23 +0.0
14 Nakeisha Borgella	St. Francis	30.27 +0.0
15 Taryn Marshall	Tiss- Brockville	30.56 -0.6
16 Logan Clancy	Shs - Sydenham	30.83 +0.0
17 Olivia Guirandou	Smchs-Brockville	30.96 -0.6
18 Meesa Lydiate	Le Sommet	31.45 +0.0
19 Jazmine Scheuremann	Rdhs - Elgin	32.32 +0.0

Women 200 Meter Midget

Name	School	Finals
Finals		
1 Sarah Bell	Kcvi - Kingston	27.07 +0.0
2 Tori Wentz	Bss - Kingston	27.87 +0.0
3 Mackenzie Foster	Arnprior Dhs	28.49 +0.0
4 Madison Nowlan	Tiss- Brockville	28.58 +0.0
5 Emma Bacchiochi	Holy Trinity	29.00 +0.0
6 Brianna Burgess	Shs - Sydenham	29.02 +0.0
7 Brianna Millotte	St John's	29.56 +0.0
8 Grace Perkins	Notre Dame	29.71 +0.0

Women 400 Meter Midget

Name	School	Finals
Finals		
1 Sophie Warren	Valour	1:01.84
2 Kianna Yemen	Valour	1:02.99
3 Madison Nowlan	Tiss- Brockville	1:04.32
4 Hailey Janes	Ndss - Napanee	1:04.37
5 Emma Bacchiochi	Holy Trinity	1:04.69
6 Logan Medeiros	Fss - Kingston	1:05.16
7 Sarah McIntyre	Opeongo HS	1:05.62
8 Stephanie Leask	Char er D H	1:05.65
9 Maggie Henry	Tiss- Brockville	1:05.95
10 Vanessa MacDonald	Russell High	1:06.14
11 Dara Laframboise	Holy Trinity	1:07.82
12 Ashlyn McClure	St Josephs High	1:08.83
13 Kaitlyn Murray-MacDonald	Tagwi S S-Avo	1:09.29
14 Victoria Muir	Notre Dame	1:10.18
15 Jillian Ferguson	Almonte	1:10.34
16 Brooke Savoie	Rockland Dis	1:10.79
17 Jasmine Lewis	Fss - Kingston	1:11.05
18 Kerissa Molloy	Carleton Place	1:11.51
19 Meesa Lydiate	Le Sommet	1:12.00
20 Taylor Gamble	Tiss- Brockville	1:12.48
21 Jenna Scott	Lsss - Kingston	1:15.57
22 Lindsay Sargent	Gss - Gananoque	1:20.27

Women 800 Meter Midget

Name	School	Finals
Finals		
1 Brogan MacDougall	Rnd - Kingston	2:21.66
2 Sophie Warren	Valour	2:30.57
3 Kianna Yemen	Valour	2:34.76

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Finals ... (Women 800 Meter Midget)

Name	School	Finals
4 Logan Medeiros	Fss - Kingston	2:35.77
5 Taylor Summers	Gss - Gananoque	2:38.68
6 Jane Smallman	Kcvi - Kingston	2:39.99
7 Lucie Amson	Fss - Kingston	2:42.17
8 Ashlyn McClure	St Josephs High	2:46.83
9 Angelica Paynter	Ngdhs-Kemptville	2:47.80
10 Alice Campbell	Smchs-Kemptville	2:50.71
11 Brianna Mitchell	Opeongo HS	2:51.73
12 Kaitlyn Murray-MacDonald	Tagwi S S-Avo	2:52.62
13 Mya Baptiste	Holy Trinity	2:53.50
14 Teresa Flegg	Smiths Falls	2:55.91
15 Brianna Fournier	Perth	2:57.09
16 Amanda Miller	Perth	3:19.68
17 Hannah McNaught	Notre Dame	3:43.52

Women 1500 Meter Midget

Name	School	Finals
Finals		
1 Brogan MacDougall	Rnd - Kingston	4:44.72
2 Lily Meek	Tiss- Brockville	5:09.84
3 Sophie Warren	Valour	5:09.97
4 Danielle Adam	Kcvi - Kingston	5:23.39
5 Brooke Lapierre	Glengarry E S	5:23.88
6 Emma Taggart	Rnd - Kingston	5:29.66
7 Taylor Summers	Gss - Gananoque	5:32.11
8 Laura Yantha	Madawaska Dhs	5:33.72
9 Jane Smallman	Kcvi - Kingston	5:40.01
10 Nora Bright	Rdhs - Elgin	5:40.57
11 Brooklyn Eady	ES Jeanne Lajoie	5:40.96
12 Sydney Hall	Tiss- Brockville	5:49.46
13 Mila Jones	Valour	5:52.96
14 Brianna Fournier	Perth	5:58.60
15 Elisabeth Bourget	La Citadelle	5:59.59
16 Mya Baptiste	Holy Trinity	6:02.61
17 Bethany Quartermain	Notre Dame	6:05.49

Women 3000 Meter Midget

Name	School	Finals
Finals		
1 Lily Meek	Tiss- Brockville	11:08.61
2 Brooke Lapierre	Glengarry E S	11:16.98
3 Danielle Adam	Kcvi - Kingston	11:47.30
4 Emma Taggart	Rnd - Kingston	11:49.90
5 Nora Bright	Rdhs - Elgin	11:55.57
6 Brianna Mitchell	Opeongo HS	12:04.81
7 Brooklyn Eady	ES Jeanne Lajoie	12:26.09
8 Elizabeth Scott	Renfrew CI	12:36.48
9 Adrienne Scott	Kcvi - Kingston	12:38.00
10 Faith Smith	Valour	12:54.08
11 Emilie Menard	La Citadelle	13:27.93

Women 80 Meter Hurdles Midget

Name	School	Prelims
Preliminaries		
1 Clare Stafford	Rnd - Kingston	13.48Q0.9
2 Jessica Stevens	Carleton Place	13.58Q-0.3
3 Brianna Burgess	Shs - Sydenham	13.72Q-0.8
4 Olivia Hough	Tiss- Brockville	14.14q -0.8
5 Sophie Beasley	Carleton Place	14.49q -0.8
6 Hannah Perreault	Armprior Dhs	14.70q 0.9
7 Olivia Guirandou	Smchs-Brockville	14.74q -0.3
8 Jillian Ferguson	Almonte	15.05q 0.9
9 Olivia Bourque	Perth	15.12 -0.3
10 Megan Henry	Tiss- Brockville	15.52 -0.8
10 Maya Kotsovolos	Lsss - Kingston	15.52 -0.3
12 Jordyn Gibeault	Armprior Dhs	15.54 -0.8
13 Hanna Nelles	Shs - Sydenham	15.68 0.9
14 Marta Dejesus	La Citadelle	16.11 0.9
15 Ashely Meness	St. Francis	16.80 -0.8
16 Emily Dobbs-Armstrong	Armprior Dhs	16.86 -0.8
17 Lauren Villeneuve	Rothwell Osn	16.92 -0.3
18 Tianna Delormier	Cornwall C V S	17.22 -0.3
19 Marie-Eve Ethier	La Citadelle	17.48 0.9

Women 80 Meter Hurdles Midget

Name	School	Finals
Finals		
1 Brianna Burgess	Shs - Sydenham	13.55 -1.4
2 Clare Stafford	Rnd - Kingston	13.55 -1.4
3 Jessica Stevens	Carleton Place	13.85 -1.4
4 Sophie Beasley	Carleton Place	14.24 -1.4
5 Olivia Guirandou	Smchs-Brockville	14.24 -1.4
6 Olivia Hough	Tiss- Brockville	14.31 -1.4
7 Hannah Perreault	Armprior Dhs	14.88 -1.4
8 Jillian Ferguson	Almonte	14.95 -1.4

Women 300 Meter Hurdles Midget

Name	School	Finals
Finals		
1 Mackenzie Foster	Armprior Dhs	51.67
2 Brianna Burgess	Shs - Sydenham	52.64
3 Hailey Janes	Ndss - Napanee	52.69
4 Hannah Perreault	Armprior Dhs	54.14
5 Jordyn Gibeault	Armprior Dhs	54.44
6 Jillian Ferguson	Almonte	54.60
7 Megan Henry	Tiss- Brockville	54.74
8 Kaitlyn Murray-MacDonald	Tagwi S S-Avo	57.67
9 Maya Kotsovolos	Lsss - Kingston	57.77
10 Hanna Nelles	Shs - Sydenham	59.57
11 Emily Dobbs-Armstrong	Armprior Dhs	1:00.36
12 Brianna Millotte	St John's	1:00.37
13 Marie-Eve Ethier	La Citadelle	1:01.44
14 Emilie Pinard	La Citadelle	1:02.42
15 Emilie Menard	La Citadelle	1:02.86
16 Emily Russell	Gss - Gananoque	1:03.74

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Finals ... (Women 300 Meter Hurdles Midget)

Name	School	Finals
17 Mary Cowan	St John's	1:04.97

Women 4x100 Meter Relais Midget

Team	Relay	Finals
Finals		
1 Arnprior Dhs	A	54.76
2 Notre Dame	A	56.44
3 Tiss- Brockville	A	56.68
4 Holy Cross - Kingston	A	56.71
5 Valour	A	57.11
6 Fellowes HS	A	57.25
7 La Citadelle	A	58.05
8 Kingston - Kingston	A	58.19
9 Tagwi S S - eota	A	59.56
--- Rnd - Kingston	A	DQ
--- Carleton Place	A	DQ

Women High Jump Midget

Name	School	Finals
Finals		
1 Olivia Hough	Tiss- Brockville	1.55m
2 Emily Cameron	Fss - Kingston	1.52m
3 Yolanda Watungwa	Kcvi - Kingston	1.40m
4 Chloé Legault	Le Relais	J1.40m
5 Skyler Anthony	Fellowes HS	1.35m
6 Jessica Stevens	Carleton Place	J1.35m
7 Kate Scobie	Grec - SL	J1.35m
8 Clare Musclow	Fellowes HS	J1.35m
9 Sydney Hall	Tiss- Brockville	1.30m
10 Helena Chase	Arnprior Dhs	J1.30m
11 Caitlin Dignard	Russell High	1.25m
11 Ashley McCambley	Carleton Place	1.25m
11 Brigitte Matthias	Hccss - Kingston	1.25m
11 Emily Thurston	Smiths Falls	1.25m
15 Kaitlyn Russell	St Josephs High	J1.25m
16 Taylor Sharpley	Seaway D H S-I	J1.25m
17 Ayeisha Khan	Tagwi S S-Avo	1.20m
--- Brooke Séguin	Le Relais	NH

Women Pole Vault Midget

Name	School	Finals
Finals		
1 Paige Miller	Arnprior Dhs	2.30m
2 Sydney Devlin	Arnprior Dhs	2.05m
3 Danielle Adam	Kcvi - Kingston	J2.05m
4 Sarah Dulmage	St. Lawrence	J2.05m
5 Ali Black	Tiss- Brockville	1.90m
5 Taylor Gamble	Tiss- Brockville	1.90m
7 Kaileigh Wright	Arnprior Dhs	J1.90m
8 Clare Stafford	Rnd - Kingston	J1.90m
9 Helena Chase	Arnprior Dhs	1.75m
9 Abby Wallis	Kcvi - Kingston	1.75m
11 Emily Hewitt	Tiss- Brockville	1.60m

11 Amalia Secenj	St. Lawrence	1.60m
13 Hannah Thomson	Char er D H	J1.60m

Women Long Jump Midget

Name	School	Finals
Finals		
1 Jessica Stevens	Carleton Place	4.54m NWI
2 Megan Malley	Fellowes HS	4.45m NWI
3 Emily Cameron	Fss - Kingston	J4.45m NWI
4 Julenea Barnhartd	Seaway D H S-I	4.42m NWI
5 Aimee Hale	Hccss - Kingston	4.40m NWI
6 Evelyn Batson	Shs - Sydenham	4.26m NWI
7 Maggie Henry	Tiss- Brockville	4.25m NWI
8 Sydney Moore	Arnprior Dhs	4.22m NWI
9 Nikki Godin	Hccss - Kingston	4.09m NWI
10 Cassie MacDonell	Tagwi S S-Avo	4.07m NWI
11 Olivia Guirandou	Smchs-Brockville	4.06m NWI
12 Clare Musclow	Fellowes HS	4.01m NWI
13 Kerissa Molloy	Carleton Place	3.99m NWI
14 Chloé Legault	Le Relais	3.96m NWI
15 Kathleen Barr	Opeongo HS	3.90m NWI
16 Olivia Bourque	Perth	J3.90m NWI
17 Katrina Walker	Rockland Dis	3.74m NWI
18 Caitlin Dignard	Russell High	3.71m NWI
19 Hope Boyle	Tiss- Brockville	3.65m NWI
20 Julia Kline	Holy Trinity	3.59m NWI
21 Breanna Edmunds	Smchs-Brockville	3.42m NWI
22 Marie-Eve Ethier	La Citadelle	3.41m NWI
23 Ashely Meness	St. Francis	3.30m NWI
--- Shona Turnbull	Smiths Falls	ND NWI

Women Triple Jump Midget

Name	School	Finals
Finals		
1 Morgan Boucher	Rnd - Kingston	9.89m NWI
2 Emily Cameron	Fss - Kingston	9.55m NWI
3 Nikki Godin	Hccss - Kingston	9.45m NWI
4 Sara Fitzgerald	Shs - Sydenham	9.19m NWI
5 Kathleen Barr	Opeongo HS	9.15m NWI
6 Maggie Henry	Tiss- Brockville	9.02m NWI
7 Olivia Bourque	Perth	9.01m NWI
8 Chloé Legault	Le Relais	8.95m NWI
9 Cassie MacDonell	Tagwi S S-Avo	8.44m NWI
10 Holly Phanenhour	Madawaska Dhs	8.43m NWI
11 Merren Wagar	Gss - Gananoque	8.37m NWI
12 Taylor Bradbury	Notre Dame	8.15m NWI
13 Helena Chase	Arnprior Dhs	8.05m NWI
14 Danielle McNamee	Bci - Brockville	8.00m NWI
15 Emmie Button	Carleton Place	7.95m NWI
16 Kristen Ziebarth	Madawaska Dhs	7.91m NWI
17 Katrina Walker	Rockland Dis	J7.91m NWI
18 Ashley McCambley	Carleton Place	7.73m NWI
--- Isabelle Brunet	Le Relais	ND NWI

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Women Shot Put Midget

Name	School	Finals
Finals		
1 Chelsea Hiemstra	Lsss - Kingston	10.29m
2 Hailee Banks	Rdhs - Elgin	10.28m
3 Brianna Gaucher	Char er D H	10.04m
4 Mary Baker	Rnd - Kingston	9.92m
5 Nicole Fielding	Perth	9.85m
6 Jaycie Maville	Seaway D H S-I	9.69m
7 Casey Prebble	Arnprior Dhs	9.21m
8 Samantha Kempe	Grec - SL	8.93m
9 Stefanie Koch	St. Francis	8.76m
10 Samarah Jones	ES Jeanne Lajoie	8.63m
11 Alicia Hartholt	Cornwall C V S	8.60m
12 Vanessa Liedtke	Madawaska Dhs	8.58m
13 Maria Salvarakis	Carleton Place	8.57m
14 Mady Bolsterli	Rnd - Kingston	8.48m
15 Maxime Derepentigny	L'Heritage E	8.41m
16 Lyndsay McGonegal	Tiss- Brockville	8.28m
17 Vanessa Kidd	Arnprior Dhs	8.16m
18 Sam Gauthier	St. Francis	7.95m
19 Alexandra Lajoie	Le Sommet	7.68m
20 Ashley McCambley	Carleton Place	7.55m
21 Isabelle Brunet	Le Relais	7.47m
22 Krista Heyd	Carleton Place	7.24m

Women Discus Throw Midget

Name	School	Finals
Finals		
1 Mary Baker	Rnd - Kingston	22.40m
2 Casey Prebble	Arnprior Dhs	22.15m
3 Stefanie Koch	St. Francis	21.80m
4 Maxime Derepentigny	L'Heritage E	20.29m
5 Olivia Quast	Carleton Place	19.81m
6 Sydney Kuno	Opeongo HS	19.43m
7 Jordan Vandermeer	Bss - Kingston	18.38m
8 Samantha Kempe	Grec - SL	18.20m
9 Lyndsay McGonegal	Tiss- Brockville	18.19m
10 Alexandra Lajoie	Le Sommet	18.08m
11 Sam Gauthier	St. Francis	17.64m
12 Nicole Fielding	Perth	17.29m
13 Mady Bolsterli	Rnd - Kingston	15.49m
14 Lauren Hill	St Josephs High	15.04m
15 Kaitlyn Russell	St Josephs High	14.32m
16 Meg Severson	Smchs-Brockville	13.67m
17 Sierah Laird	La Citadelle	10.11m

Women Javlelin Throw Midget

Name	School	Finals
Finals		
1 Mary Baker	Rnd - Kingston	29.17m
2 Kaitlin Edwards	Lsss - Kingston	26.98m
3 Kate Ritchie	Notre Dame	25.05m
4 Samarah Jones	ES Jeanne Lajoie	24.99m

5 Cynthia Green	Char er D H	24.09m
6 Lindsay MacDonald	Valour	23.88m
7 Vanessa MacDonald	Russell High	23.78m
8 Vanessa Liedtke	Madawaska Dhs	23.39m
9 Meg Severson	Smchs-Brockville	22.83m
10 Olivia Quast	Carleton Place	20.81m
11 Jocelyn Miles	Shs - Sydenham	20.65m
12 Ashely Meness	St. Francis	20.23m
13 Charlotte Pentecost	Ecole Secondaire	19.99m
14 Jordan Lalonde	St. Joseph's	19.85m
15 Karlie Moore	Smchs-Brockville	19.84m
16 Jordan Vandermeer	Bss - Kingston	19.04m
17 Jillian Wark	Almonte	18.92m
18 Maria Salvarakis	Carleton Place	18.63m
19 Keisha Laurie	Le Sommet	18.14m
20 Merren Wagar	Gss - Gananoque	15.58m
21 Emily Russell	Gss - Gananoque	13.09m
22 Alexandra Lajoie	Le Sommet	12.62m

Women 100 Meter Junior

Name	School	Prelims
Preliminaries		
1 Marissa Battle	Kcvi - Kingston	12.89Q1.3
2 Anna Greentree	Hccss - Kingston	13.18Q1.6
3 Rachel Goldberg	Smchs-Kemptville	13.60Q0.1
4 Payton Ziebarth	Opeongo HS	13.32q 1.6
5 Ashley Langelier	Cornwall C V S	13.63q 0.1
6 Amanda Lalonde	Hccss - Kingston	13.72q 1.3
7 Julie Brace	Arnprior Dhs	13.84q 0.1
8 Abbey Lanzo	Hccss - Kingston	13.89q 1.6
9 Amy Renwick	Gss - Gananoque	13.95 1.3
10 Madison Reid	Carleton Place	13.97 1.6
11 Sarah Whelan	St. Joseph's	14.04 1.3
12 Amanda Landry	L'Escale	14.33 0.1
13 Jenna Jasper	Gss - Gananoque	14.42 1.6
14 Chloé Carrière	E.S.C.R. Haw	14.46 1.6
15 Callie Mosseau	Arnprior Dhs	14.59 0.1
16 Makenna Shaw	Carleton Place	14.61 1.3
17 Nathalie Snider	Rdhs - Elgin	14.68 1.6
18 Daphinie Lauzon	Holy Trinity	14.85 0.1
19 Gia Tantaló	Valour	15.04 1.3
20 Bailie Hartzke	Rockland Dis	15.10 0.1
21 Marylène Roussel	E.S.C.R. Haw	15.16 0.1

Women 100 Meter Junior

Name	School	Finals
Finals		
1 Marissa Battle	Kcvi - Kingston	12.72 +0.0
2 Payton Ziebarth	Opeongo HS	13.16 +0.0
3 Anna Greentree	Hccss - Kingston	13.20 +0.0
4 Ashley Langelier	Cornwall C V S	13.35 +0.0
5 Rachel Goldberg	Smchs-Kemptville	13.36 +0.0
6 Julie Brace	Arnprior Dhs	13.65 +0.0
7 Amanda Lalonde	Hccss - Kingston	13.68 +0.0
8 Abbey Lanzo	Hccss - Kingston	14.02 +0.0

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Name	School	Prelims
Preliminaries		
1 Marissa Battle	Kcvi - Kingston	26.68Q-2.6
2 Payton Ziebarth	Opeongo HS	27.33Q1.7
3 Alyssa Blakely	Tiss- Brockville	28.20Q-0.6
4 Anna Greentree	Hccss - Kingston	27.72q 1.7
5 Michelle Reimann	Bci - Brockville	28.33q 1.7
6 Julie Brace	Arnprior Dhs	28.44q -2.6
7 Rachel Goldberg	Smchs-Kemptville	28.54q -0.6
8 Sydney Friske	Arnprior Dhs	28.69q -0.6
9 Megan Rodrigues	Rnd - Kingston	28.93 -0.6
10 Aliya Howard	Lcvi -Kingston	29.13 -0.6
11 Janyka Leroux	E.S.C.R. Haw	29.41 -2.6
12 Kathryn Cassidy	Tiss- Brockville	29.45 -2.6
13 Madison Reid	Carleton Place	29.63 1.7
14 Cameron Brodie	Glengarry E S	29.81 1.7
15 Amanda Landry	L'Escale	29.86 -2.6
16 Quinn Horne	Seaway D H S-I	30.11 1.7
17 Gabbie Cullham-Putnoki	St John's	30.54 -0.6
18 Makenna Shaw	Carleton Place	31.13 -2.6
19 Morgan McGrath	Opeongo HS	32.00 1.7
20 Allison Oathwaite	Holy Trinity	32.47 -0.6
21 Holly Connolly-MacDonald	Seaway D H S-I	36.91 -2.6

Women 200 Meter Junior

Name	School	Finals
Finals		
1 Marissa Battle	Kcvi - Kingston	26.76 -1.8
2 Payton Ziebarth	Opeongo HS	27.39 -1.8
3 Anna Greentree	Hccss - Kingston	27.80 -1.8
4 Alyssa Blakely	Tiss- Brockville	27.88 -1.8
5 Michelle Reimann	Bci - Brockville	28.24 -1.8
6 Rachel Goldberg	Smchs-Kemptville	28.42 -1.8
7 Sydney Friske	Arnprior Dhs	28.77 -1.8
8 Julie Brace	Arnprior Dhs	28.87 -1.8

Women 400 Meter Junior

Name	School	Finals
Finals		
1 Abbey Lanzo	Hccss - Kingston	1:02.86
2 Brittany Brown	Tiss- Brockville	1:03.61
3 Sydney Friske	Arnprior Dhs	1:03.76
4 Megan Rodrigues	Rnd - Kingston	1:04.32
5 Mary Besselink	Hccss - Kingston	1:04.40
6 Kaitlyn Hambleton	Valour	1:04.41
7 Mackenzie Fournier	St John's	1:05.38
8 Clara Skepple	Notre Dame	1:06.17
9 Katrina Babcock	Bss - Kingston	1:06.36
10 Lauren McCleod	Holy Trinity	1:06.47
11 Zoe LeBlanc	Valour	1:07.06
12 Amanda Landry	L'Escale	1:07.19
13 Gabbie Cullham-Putnoki	St John's	1:07.90
14 Miku Nakamura	Tiss- Brockville	1:09.26

15 Morgan McGrath	Opeongo HS	1:10.04
16 Madison McGillis	E.S.C.R. Haw	1:10.51
17 Brianna Reed	Holy Trinity	1:11.02
18 Michaela Ettinger	Rockland Dis	1:17.43

Women 800 Meter Junior

Name	School	Finals
Finals		
1 Jacquelyn Quesnel	Kcvi - Kingston	2:20.85
2 Mary Besselink	Hccss - Kingston	2:28.91
3 Brittany Alkerton	Smchs-Brockville	2:31.35
4 Waverly Mulligan	Kcvi - Kingston	2:31.63
5 Daniella Gilmour	Rnd - Kingston	2:35.00
6 Mackenzie Fournier	St John's	2:38.65
7 Enya Schroeder	Valour	2:38.93
8 Miku Nakamura	Tiss- Brockville	2:39.62
9 Zoe LeBlanc	Valour	2:44.31
10 Valérie Grondin	L'Escale	2:44.98
11 Corine Schonewille	Bci - Brockville	2:47.03
12 Meghan Treffers	St John's	2:52.56
13 Chloé Devine	Le Relais	2:55.88

Women 1500 Meter Junior

Name	School	Finals
Finals		
1 Madelynn Meek	Tiss- Brockville	5:03.02
2 Jacquelyn Quesnel	Kcvi - Kingston	5:03.66
3 Brittany Alkerton	Smchs-Brockville	5:07.85
4 Kiera Sels	Smiths Falls	5:13.85
5 Mary Besselink	Hccss - Kingston	5:15.54
6 Lauren Serviss	Valour	5:19.16
7 Kate Thornton	St John's	5:19.97
8 Waverly Mulligan	Kcvi - Kingston	5:31.64
9 Annique Baillon	Perth	5:42.85
10 Valérie Grondin	L'Escale	5:43.97
11 Emily Paquette	Valour	5:49.86
12 Corine Schonewille	Bci - Brockville	6:13.03
13 Payton Anderson	Smchs-Brockville	6:14.01
14 Taylor Virgin	Renfrew CI	6:29.70
15 Makenna Lewis	La Citadelle	7:17.70
16 Emily Desjardins	La Citadelle	7:30.47

Women 3000 Meter Junior

Name	School	Finals
Finals		
1 Madelynn Meek	Tiss- Brockville	11:15.83
2 Kiera Sels	Smiths Falls	11:18.84
3 Kate Thornton	St John's	11:23.30
4 Lauren Serviss	Valour	12:00.45
5 Valérie Grondin	L'Escale	12:15.13
6 Emily Paquette	Valour	12:20.83
7 Andrea Scott	Lsss - Kingston	12:46.31
8 Katie Kissick	Fss - Kingston	12:57.31
9 Payton Anderson	Smchs-Brockville	13:16.15
10 Annique Baillon	Perth	13:43.04

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Finals ... (Women 3000 Meter Junior)

Name	School	Finals
11 Bella Adam	Lsss - Kingston	13:46.93
12 Catherine Noble	Bss - Kingston	14:41.87

Women 80 Meter Hurdles Junior

Name	School	Prelims
Preliminaries		
1 Claire Millard	Lcvi -kingston	12.70Q-0.8
2 Michelle Reimann	Bci - Brockville	12.72Q0.2
3 Hannah Merjavec	Rnd - Kingston	13.02Q+0.0
4 Amanda Black	Kcvi - Kingston	12.91q 0.2
5 Kathryn Cassidy	Tiss- Brockville	13.45q -0.8
6 Lauren Carson	Lcvi -kingston	13.48q -0.8
7 Clevelyn Nairn	Rdhs - Elgin	14.08q +0.0
8 Madison Reid	Carleton Place	14.41q +0.0
9 Amy Jenkins	Tiss- Brockville	14.52 +0.0
10 Callie Mosseau	Arnprior Dhs	14.62 +0.0
11 Kaylee Senack	St Josephs High	14.71 -0.8
12 Dakota Hanson	Arnprior Dhs	14.76 0.2
13 Jamie Quinton	North Dundas	15.62 -0.8
14 Joelle Descotes	La Citadelle	16.01 0.2
15 Georgia DeAbreu	Arnprior Dhs	16.26 0.2
16 Erika Koeslag	Perth	16.30 +0.0
17 Robyn Lafleche	La Citadelle	16.53 +0.0
18 Julianne Burke	St. Francis	17.09 0.2
19 Allison Oathwaite	Holy Trinity	17.39 -0.8
20 Griffen Henshaw	Almonte	17.74 0.2
21 Jessica Kuhn	Tagwi S S-Avo	18.42 -0.8

Women 80 Meter Hurdles Junior

Name	School	Finals
Finals		
1 Claire Millard	Lcvi -kingston	12.27 -0.8
2 Michelle Reimann	Bci - Brockville	12.53 -0.8
3 Hannah Merjavec	Rnd - Kingston	12.72 -0.8
4 Amanda Black	Kcvi - Kingston	12.80 -0.8
5 Lauren Carson	Lcvi -kingston	13.36 -0.8
6 Kathryn Cassidy	Tiss- Brockville	13.43 -0.8
7 Clevelyn Nairn	Rdhs - Elgin	13.94 -0.8
8 Madison Reid	Carleton Place	14.51 -0.8

Women 300 Meter Hurdles Junior

Name	School	Finals
Finals		
1 Michelle Reimann	Bci - Brockville	49.26
2 Brittany Brown	Tiss- Brockville	49.45
3 Sydney Friske	Arnprior Dhs	50.28
4 Claire Millard	Lcvi -kingston	50.46
5 Andréanne Ménard	Esmc - Kingston	50.95
6 Amy Jenkins	Tiss- Brockville	51.25
7 Callie Mosseau	Arnprior Dhs	52.80
8 Kathryn Cassidy	Tiss- Brockville	53.11
9 Katrina Babcock	Bss - Kingston	53.48
10 Georgia DeAbreu	Arnprior Dhs	54.54

11 Malika Richards	Valour	56.34
12 Lauren Carson	Lcvi -kingston	57.31
13 Robyn Lafleche	La Citadelle	59.37
14 Jamie Quinton	North Dundas	1:01.56
15 Erika Koeslag	Perth	1:01.59
16 Jessica Kuhn	Tagwi S S-Avo	1:07.58

Women 4x100 Meter Relais Junior

Team	Relay	Finals
Finals		
1 Kingston - Kingston	A	53.38
2 Tiss- Brockville	A	53.96
3 Holy Cross - Kingston	A	54.22
4 Rnd - Kingston	A	54.34
5 Arnprior Dhs	A	54.76
6 Bayridge - Kingston	A	56.06
7 E.S.C.R. Hawkesbury	A	56.49
1) Janyka Leroux	2) Cynthia St-Denis	
3) Madison McGillis	4) Marylène Roussel	
8 Valour	A	57.69
9 Holy Trinity - eoht	A	58.98
1) Lauren McCleod	2) Allison Oathwaite	
3) Daphnie Lauzon	4) Brianna Reed	
10 Seaway D H S - eose	A	59.80
--- Rideau - Elgin	A	DQ
--- Carleton Place	A	DQ

Women High Jump Junior

Name	School	Finals
Finals		
1 Amanda Black	Kcvi - Kingston	1.55m
2 Miranda Montgomery	Tiss- Brockville	1.50m
3 Joelle Descotes	La Citadelle	1.40m
4 Brianna McComish	Shs - Sydenham	J1.40m
5 Dakota Hanson	Arnprior Dhs	1.35m
6 Kiana Cooper	Rnd - Kingston	J1.35m
7 Emily Coulas	Fellowes HS	1.30m
7 Milaine Montgomery	Ecole Secondaire	1.30m
9 Bridget Sanger-Vandermeer	Tiss- Brockville	1.25m
10 Julianne Burke	St. Francis	1.20m
--- Abby Frank	Perth	NH

Women Pole Vault Junior

Name	School	Finals
Finals		
1 Mackayla Petrie	Char er D H	2.60m
2 Emma Pasco	Char er D H	2.50m
3 Chelsea Cayer	Char er D H	2.40m
4 Paige Capener	Tiss- Brockville	2.25m
5 Kay Byers-Richards	Lcvi -kingston	2.10m
6 Chloe Wilson	Carleton Place	J2.10m
7 Madison MacPherson	Shs - Sydenham	1.95m
7 Bridget Sanger-Vandermeer	Tiss- Brockville	1.95m
9 Thalia Hoxford	Rnd - Kingston	J1.95m
10 Miranda Olsen	Carleton Place	J1.95m

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Finals ... (Women Pole Vault Junior)

Name	School	Finals
11 Georgia DeAbreu	Arnprior Dhs	1.80m
12 Emma Briggs	Escmr - Kingston	J1.80m

Women Long Jump Junior

Name	School	Finals
Finals		
1 Amanda Black	Kcvi - Kingston	4.92m NWI
2 Ashley Langelier	Cornwall C V S	4.89m NWI
3 Miranda Montgomery	Tiss- Brockville	4.78m NWI
4 Emma Kiesekamp	Ngdhs-Kemptville	4.73m NWI
5 Kaitlyn Stewart	Seaway D H S-I	4.55m NWI
6 Janyka Leroux	E.S.C.R. Haw	4.41m NWI
7 Danika Demers	Notre Dame	4.32m NWI
8 Brianna McComish	Shs - Sydenham	4.31m NWI
9 Clevelyn Nairn	Rdhs - Elgin	4.30m NWI
10 Brianne Vanettiger	La Citadelle	4.29m NWI
11 Madison McGillis	E.S.C.R. Haw	4.28m NWI
12 Emma Pasco	Char er D H	4.07m NWI
13 Aliya Howard	Levi -kingston	4.02m NWI
14 Mykaela Wattie	Notre Dame	4.00m NWI
15 Morgan Gates	Tiss- Brockville	3.97m NWI
16 Amy VanNest	Rnd - Kingston	J3.97m NWI
17 Cynthia St-Denis	E.S.C.R. Haw	3.94m NWI
18 Gabbie Cullham-Putnoki	St John's	3.93m NWI
19 Faithe Campbell	Almonte	3.91m NWI
20 Emily Coulas	Fellowes HS	3.89m NWI
21 Ria Campbell	Valour	3.86m NWI
22 Gia Tantalo	Valour	3.77m NWI
23 Julianne Burke	St. Francis	3.35m NWI

Women Triple Jump Junior

Name	School	Finals
Finals		
1 Emma Kiesekamp	Ngdhs-Kemptville	10.83m NWI
2 Miranda Montgomery	Tiss- Brockville	10.54m NWI
3 Kaitlyn Stewart	Seaway D H S-I	10.24m NWI
4 Alyssa Blakely	Tiss- Brockville	10.16m NWI
5 Claire Millard	Levi -kingston	9.70m NWI
6 Amy VanNest	Rnd - Kingston	J9.70m NWI
7 Brianna McComish	Shs - Sydenham	9.63m NWI
8 Katie Stewart	Gss - Gananoque	9.30m NWI
9 Cynthia St-Denis	E.S.C.R. Haw	8.92m NWI
10 Riley Wales	Bss - Kingston	8.90m NWI
11 Griffen Henshaw	Almonte	8.85m NWI
12 Brianne Vanettiger	La Citadelle	8.80m NWI
13 Meghan Russell	Opeongo HS	8.62m NWI
14 Izzy Burrell	Seaway D H S-I	8.59m NWI
15 Shannon Retty	St John's	8.53m NWI
16 Ria Campbell	Valour	8.48m NWI
17 Danika Demers	Notre Dame	8.30m NWI
18 Mushana Schroeder	Madawaska Dhs	8.08m NWI
19 Courtney Briscoe	Renfrew CI	7.99m NWI
20 Aimee Vanloon	Tagwi S S-Avo	7.70m NWI

21 Keira Fuchs Almonte 7.54m NWI

Women Shot Put Junior

Name	School	Finals
Finals		
1 Braiden Nichols	Perth	11.27m
2 Maggie Wells	Seaway D H S-I	11.22m
3 Emily Fawcett	Hccss - Kingston	9.73m
4 Cara Cameron	Perth	J9.73m
5 Alexa Van Every	Rockland Dis	9.53m
6 Kaitee Lawson-Rimmer	Tiss- Brockville	9.49m
7 Morgan Hamilton	Shs - Sydenham	9.30m
8 Mariah Emmons	Bss - Kingston	8.72m
9 Kristy Pidgeon	Rothwell Osn	8.55m
10 Kayla Owen	Notre Dame	8.22m
11 Paige McGuire	St Josephs High	8.05m
12 Nicole Burchill	Ngdhs-Kemptville	7.73m
13 Reagan Turcotte	Opeongo HS	7.31m
14 Erin Peterson	Kcvi - Kingston	7.20m
15 Savannah Prince	Madawaska Dhs	7.15m
16 Bailie Hartzke	Rockland Dis	7.06m
17 Alyssa Cliche	Valour	7.03m
18 Mekayla O'Grady	Ngdhs-Kemptville	7.02m

Women Discus Throw Junior

Name	School	Finals
Finals		
1 Emily Fawcett	Hccss - Kingston	32.03m
2 Melanie Weisenberg	Fellowes HS	31.30m
3 Maggie Wells	Seaway D H S-I	30.55m
4 Braiden Nichols	Perth	29.84m
5 Kristy Pidgeon	Rothwell Osn	27.94m
6 Chloe Wilson	Carleton Place	25.80m
7 Mackenzie Ryan	Shs - Sydenham	23.37m
8 Paige McGuire	St Josephs High	23.19m
9 Brianne McNulty	St Josephs High	22.60m
10 Adi Bradford	Tiss- Brockville	22.17m
11 Reagan Turcotte	Opeongo HS	21.55m
12 Ava Prosser	Smchs-Brockville	20.66m
13 Jessica Brochert	Rothwell Osn	20.36m
14 Makayla Giles	Almonte	20.17m
15 Saranda Boal	Smchs-Brockville	19.61m
16 Jenna Séguin	Le Relais	19.55m
17 Morgan Hamilton	Shs - Sydenham	17.04m
18 Chelsea Mallory	L'Heritage E	15.92m
19 Melissa Crain	Perth	15.70m
20 Hannah Elliot	Shs - Sydenham	15.38m

Women Javlelin Throw Junior

Name	School	Finals
Finals		
1 Gia Tantalo	Valour	27.64m
2 Chloe Wilson	Carleton Place	27.51m
3 Cassie Hummel	Seaway D H S-I	25.48m
4 Saranda Boal	Smchs-Brockville	23.92m

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Finals ... (Women Javelin Throw Junior)

Name	School	Finals
5 Rachael Vanderscheer	Gss - Gananoque	23.65m
6 Cassie Cameron	St Josephs High	23.03m
7 Dakota Hanson	Arnprior Dhs	22.80m
8 Sian Lloyd	Shs - Sydenham	22.33m
9 Mackenzie Ryan	Shs - Sydenham	21.80m
10 Cassidy Resmer	Opeongo HS	21.78m
11 Cara Cameron	Perth	21.48m
12 Emily Fawcett	Hccss - Kingston	21.10m
13 Danika Demers	Notre Dame	18.55m
14 Georgia Macey	Gss - Gananoque	17.82m
15 Brooklyn Patrick	Smchs-Brockville	17.02m
16 Alexa Van Every	Rockland Dis	16.18m
17 Chloé Devine	Le Relais	15.70m
17 Faithe Campbell	Almonte	15.70m
19 Mackenzie Melim	Hccss - Kingston	13.42m
20 Brianna Robertson	St. Matthew's	13.07m

Women 100 Meter Senior

Name	School	Prelims
Preliminaries		
1 Kasey Andrews	Tiss- Brockville	12.72Q1.0
2 Sophia Skorenky	Escmr - Kingston	12.82Q-0.6
3 Melissa Harvie	Carleton Place	12.86Q0.7
4 Nicole Zohorsky	Bss - Kingston	13.23q 0.7
5 Brittany Campbell	Shs - Sydenham	13.32q 1.0
6 Hayley Romain	Carleton Place	13.37q 0.7
7 Erika Mann	Almonte	13.52q -0.6
8 Alie Lecompte	Rdhs - Elgin	13.73q 1.0
9 Rachel Recoskie	Madawaska Dhs	13.81 1.0
10 Lauren Hass	Arnprior Dhs	13.84 1.0
11 Emilie Distefano	Char er D H	13.85 0.7
12 Emily Coote	Tiss- Brockville	13.93 0.7
13 Madison Turner	Hccss - Kingston	14.00 -0.6
14 Kelly Campbell	Valour	14.08 -0.6
15 Hannah Southwell	Carleton Place	14.10 0.7
16 Yanik Rozon	Holy Trinity	14.15 1.0
17 Karly Coulas	Madawaska Dhs	14.16 0.7
18 Courtney Lecompte	L'Heritage E	14.48 1.0
19 Hunter Wyssen	Rockland Dis	14.57 0.7
20 Kathryn Farbotnik	Rothwell Osn	14.68 -0.6
21 Cynthia Brown	Le Sommet	14.77 -0.6
22 Olivia Capina	L'Escale	15.18 1.0
23 Chloe Charbonneau	Rockland Dis	15.52 -0.6

Women 100 Meter Senior

Name	School	Finals
Finals		
1 Sophia Skorenky	Escmr - Kingston	12.81 -1.1
2 Kasey Andrews	Tiss- Brockville	12.98 -1.1
3 Melissa Harvie	Carleton Place	13.06 -1.1
4 Nicole Zohorsky	Bss - Kingston	13.37 -1.1
5 Brittany Campbell	Shs - Sydenham	13.39 -1.1
6 Hayley Romain	Carleton Place	13.53 -1.1

7 Erika Mann	Almonte	13.69 -1.1
8 Alie Lecompte	Rdhs - Elgin	14.02 -1.1

Women 200 Meter Senior

Name	School	Prelims
Preliminaries		
1 Sophia Skorenky	Escmr - Kingston	26.91Q-0.4
2 Anne-Marie McNab	Arnprior Dhs	27.70Q-3.4
3 Melissa Harvie	Carleton Place	28.22Q-3.5
4 Brittany Patterson	Shs - Sydenham	28.21q -0.4
5 Gabrielle Campeau	St. Francis	28.25q -3.4
6 Sage Hartman	Hccss - Kingston	28.35q -3.4
7 Erika Mann	Almonte	28.54q -3.4
8 Maria Castellanos	Tiss- Brockville	28.57q -3.5
9 Emily Carmichael	Tiss- Brockville	28.64 -0.4
10 Megan Lackey	Notre Dame	28.72 -0.4
11 Alex Brett	Tiss- Brockville	28.73 -3.5
12 Kelly Campbell	Valour	29.68 -3.5
13 Sasha Smith	Opeongo HS	30.34 -3.4
14 Abby McDonald	Notre Dame	30.46 -3.4
15 Jennifer Martin	Valour	30.80 -0.4
16 Carlee Coburn	North Dundas	31.17 -0.4
17 Darya Makiyenko	L'Escale	31.95 -0.4
18 Olivia Capina	L'Escale	32.65 -3.5
19 Dominique Le Baud-Roy	Le Sommet	33.30 -3.4
20 Mizuki Otsuka	Cornwall C V S	34.01 -3.4
21 Kathryn Farbotnik	Rothwell Osn	34.07 -3.5

Women 200 Meter Senior

Name	School	Finals
Finals		
1 Sophia Skorenky	Escmr - Kingston	26.26 0.7
2 Anne-Marie McNab	Arnprior Dhs	27.31 0.7
3 Melissa Harvie	Carleton Place	27.43 0.7
4 Gabrielle Campeau	St. Francis	27.59 0.7
5 Sage Hartman	Hccss - Kingston	27.89 0.7
6 Maria Castellanos	Tiss- Brockville	28.10 0.7
7 Erika Mann	Almonte	28.14 0.7
8 Brittany Patterson	Shs - Sydenham	28.31 0.7

Women 400 Meter Senior

Name	School	Finals
Finals		
1 Sophia Skorenky	Escmr - Kingston	59.86
2 Hilary McCann	Almonte	1:03.23
3 Sage Hartman	Hccss - Kingston	1:03.60
4 Alex Brett	Tiss- Brockville	1:03.79
5 Hailey Wheeler	Arnprior Dhs	1:04.61
6 Alyssa Platt	Bss - Kingston	1:05.40
7 Gabrielle Campeau	St. Francis	1:05.77
8 Jenna Shoniker	Hccss - Kingston	1:06.67
9 Zoe Johnston	Fellowes HS	1:07.00
10 Jenna Hickey	Notre Dame	1:07.68
11 Emma Owen	Notre Dame	1:07.93
12 Sasha Smith	Opeongo HS	1:08.85

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Finals ... (Women 400 Meter Senior)

Name	School	Finals
13 Abby McDonald	Notre Dame	1:10.09
14 Darya Makiyenko	L'Escale	1:12.74
15 Olivia Capina	L'Escale	1:15.20
16 Dominique Le Baud-Roy	Le Sommet	1:16.29

Women 800 Meter Senior

Name	School	Finals
Finals		
1 Maria Castellanos	Tiss- Brockville	2:20.68
2 Lydia Straznicky	Notre Dame	2:32.19
3 Emilie Laniel	Le Sommet	2:33.26
4 Katelyn Hochgeschurz	Carleton Place	2:33.39
5 Danielle Gossage	Shs - Sydenham	2:33.62
6 Jenna Hickey	Notre Dame	2:34.37
7 Colleen Jenkins	Tiss- Brockville	2:36.73
8 Sarah Gellately	St. Joseph's	2:41.18
9 Joah Wiltse	Tiss- Brockville	2:41.24
10 Alyssa Platt	Bss - Kingston	2:42.62
11 Jenna Shoniker	Hccss - Kingston	2:44.39
12 Janessa Linton	St Josephs High	2:45.18
13 Tia Stewart	Perth	2:50.99
14 Sarah Rebec	Fss - Kingston	2:51.83
15 Katrina Yantha	Madawaska Dhs	3:01.53
16 Dominique Le Baud-Roy	Le Sommet	3:15.73
17 Amanda Meya	St. Francis	3:35.03

Women 1500 Meter Senior

Name	School	Finals
Finals		
1 Erin Adam	ES Jeanne Lajoie	4:59.73
2 Braeden Brown	Smchs-Kemptville	5:04.38
3 Zoe Johnston	Fellowes HS	5:17.42
4 Jaycee Farmer	Kcvi - Kingston	5:18.77
5 Lydia Straznicky	Notre Dame	5:20.49
6 Mila MacLean	Glengarry E S	5:20.68
7 Danielle Gossage	Shs - Sydenham	5:23.18
8 Paige Morin	Tiss- Brockville	5:31.74
9 Amélie Charron	L'Escale	5:31.94
10 Dana Hibberd	Ngdhs-Kemptville	5:35.64
11 Rachel Porter	Kcvi - Kingston	5:36.15
12 Joah Wiltse	Tiss- Brockville	5:36.40
13 Janessa Linton	St Josephs High	5:36.50
14 Jenna Hickey	Notre Dame	5:41.84
15 Katelyn Hochgeschurz	Carleton Place	5:42.50
16 Christina Papadakis	Hccss - Kingston	5:52.71
17 Tia Stewart	Perth	6:02.78
18 Katie Walker	St. Joseph's	6:08.72
19 Hannah Clarke	Valour	6:19.98
20 Lucky Ingabire	L'Escale	6:36.78
21 Patricia Barlow	North Dundas	6:38.36

Women 3000 Meter Senior

Name	School	Finals
Finals		
1 Erin Adam	ES Jeanne Lajoie	10:49.93
2 Alyssa Stowe	Almonte	10:58.98
3 Jaycee Farmer	Kcvi - Kingston	11:10.30
4 Abby McDonald	Fellowes HS	11:18.77
5 Mila MacLean	Glengarry E S	11:23.48
6 Amélie Charron	L'Escale	11:40.75
7 Paige Morin	Tiss- Brockville	12:03.53
8 Rachel Porter	Kcvi - Kingston	12:03.69
9 Caroline Cote	Kcvi - Kingston	12:23.00
10 Taylor MacGillivray	Glengarry E S	12:44.97
11 Ainsley Jeffrey	Shs - Sydenham	12:45.65
12 Hannah Clarke	Valour	13:33.38
13 Patricia Barlow	North Dundas	14:10.23
14 Julie Woods	Gss - Gananoque	17:54.60

Women 100 Meter Hurdles Senior

Name	School	Prelims
Preliminaries		
1 Nicole Zohorsky	Bss - Kingston	15.13Q0.2
2 Hilary McCann	Almonte	16.50Q0.6
3 Anne-Marie McNab	Arnprior Dhs	16.85Q-1.3
4 Blaire Dunn	Fss - Kingston	15.21q 0.2
5 Hailey Wheeler	Arnprior Dhs	16.68q 0.6
6 Shayla Moore	Hccss - Kingston	16.71q 0.6
7 Lauren Hass	Arnprior Dhs	17.07q 0.2
8 Vanessa Richards	Tiss- Brockville	17.10q 0.2
9 Kara Blair	Rdhs - Elgin	17.46 -1.3
10 Emma Grant	St. Joseph's	18.22 0.6
11 Alex Demers	Rnd - Kingston	18.33 -1.3
12 Melanie Sweet	Valour	19.25 0.2
13 Rachel Code	Perth	19.31 -1.3
14 Sarah Russell	Gss - Gananoque	19.79 -1.3
15 Elise O'Brien	Notre Dame	19.82 -1.3
16 Taylor Seward	Rdhs - Elgin	20.02 0.2
17 Anna Parks	St. Joseph's	20.95 0.6
18 Kennedy Douma	Cornwall C V S	22.03 0.6

Women 100 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Blaire Dunn	Fss - Kingston	15.29 0.2
2 Nicole Zohorsky	Bss - Kingston	16.01 0.2
3 Hilary McCann	Almonte	16.56 0.2
4 Shayla Moore	Hccss - Kingston	16.80 0.2
5 Anne-Marie McNab	Arnprior Dhs	16.90 0.2
6 Lauren Hass	Arnprior Dhs	17.02 0.2
7 Hailey Wheeler	Arnprior Dhs	17.26 0.2
8 Vanessa Richards	Tiss- Brockville	17.37 0.2

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Women 400 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Hailey Wheeler	Arnprior Dhs	1:08.54
2 Anne-Marie McNab	Arnprior Dhs	1:09.37
3 Nicole Zohorsky	Bss - Kingston	1:10.97
4 Shayla Moore	Hccss - Kingston	1:11.03
5 Hilary McCann	Almonte	1:11.17
6 Kara Blair	Rdhs - Elgin	1:11.21
7 Katelyn Hochgeschurz	Carleton Place	1:12.05
8 Vanessa Richards	Tiss- Brockville	1:12.41
9 Alyssa Stowe	Almonte	1:12.50
10 Brittany Patterson	Shs - Sydenham	1:15.49
11 Alyssa Platt	Bss - Kingston	1:15.96
12 Kelsey Black	Ngdhs-Kemptville	1:19.47
13 Genevieve Bowlby	Ngdhs-Kemptville	1:20.80
14 Sasha Smith	Opeongo HS	1:23.56
15 Josee Sunday	Cornwall C V S	1:27.46
16 Karolina Bramwell	Cornwall C V S	1:29.22

Women 4x100 Meter Relais Senior

Team	Relay	Finals
Finals		
1 Carleton Place	A	52.11
2 Arnprior Dhs	A	52.41
3 Notre Dame	A	53.03
4 Almonte	A	53.13
1) Hilary McCann	2) Erika Mann	
3) Jillian Larkin	4) Faithe Campbell	
5) Maggie Oatman		
5 Sydenham - Sydenham	A	53.17
6 Rideau - Elgin	A	54.65
7 Holy Cross - Kingston	A	55.04
8 Valour	A	56.49
9 Tiss- Brockville	A	57.53
10 Rnd - Kingston	A	58.43
11 L'Heritage E S - eoIh	A	58.54
12 Rockland District HS	A	59.33
--- L'Escale	A	DQ
1) Vanessa Gaumont	2) Amanda Landry	
3) Olivia Capina	4) Carissa Crête	

Women High Jump Senior

Name	School	Finals
Finals		
1 Jill Barr	Opeongo HS	1.53m
2 Mekaela Congreves	Perth	1.50m
3 Nadine Odermatt	Glengarry E S	J1.50m
4 Lillie Dixon	Lsss - Kingston	J1.50m
5 Shawna VanLeeuwen	Shs - Sydenham	J1.50m
6 Nwadiuto Ekeh	Smchs-Brockville	1.45m
7 Lauren Hass	Arnprior Dhs	J1.45m
8 Breshawn Hamson	Tiss- Brockville	J1.45m
9 Sara Dibert	Qecvi - Kingston	J1.45m

10 Alicia Buchanan	Smiths Falls	1.40m
11 Erica Doucet	Gss - Gananoque	J1.40m
12 Katherine Lachance	Escmr - Kingston	1.35m
12 Noëmi Bodmer	Le Relais	1.35m
14 Emily Young	Smchs-Kemptville	1.30m
15 Amanda Gagnon	Fellowes HS	1.25m

Women Pole Vault Senior

Name	School	Finals
Finals		
1 Hannah Van Hofwegen	Carleton Place	2.60m
2 Cierra Vandermeer	Bss - Kingston	2.35m
3 Mackenna Mulhearn	Char er D H	2.20m
4 Kaylee Carlisle	Glengarry E S	J2.20m
5 Logan Kenny	Arnprior Dhs	2.05m
6 Hannah Scott	Arnprior Dhs	J2.05m
7 Victoria Stinson	Hccss - Kingston	1.75m

Women Long Jump Senior

Name	School	Finals
Finals		
1 Katherine Harper	Tiss- Brockville	4.90m NWI
2 Kasey Andrews	Tiss- Brockville	4.86m NWI
3 Rachel Recoskie	Madawaska Dhs	4.73m NWI
4 Jenna Black	Lcvi -kingston	4.66m NWI
5 Mekaela Congreves	Perth	4.60m NWI
6 Holly Holtrop	Tiss- Brockville	4.56m NWI
7 Emma Grant	St. Joseph's	4.36m NWI
8 Rachel Code	Perth	4.29m NWI
9 Arianna Kemp	Hccss - Kingston	4.19m NWI
11 Jill Barr	Opeongo HS	J4.11m NWI
12 Katrina Marshall	Hccss - Kingston	J4.11m NWI
12 Hunter Wyssen	Rockland Dis	4.10m NWI
13 Mandy Chouinard-Jones	Glengarry E S	4.08m NWI
14 Mary Patrick	Cornwall C V S	4.04m NWI
15 Adrianna Denouden	Hccss - Kingston	4.03m NWI
16 Kara Blair	Rdhs - Elgin	3.98m NWI
17 Megan Bradbury	Notre Dame	3.92m NWI
18 Christy Boss-Cozza	Valour	3.71m NWI
18 Emilie Laniel	Le Sommet	3.71m NWI
20 Kate Schwartz	Char er D H	3.64m NWI
21 Karly Coulas	Madawaska Dhs	3.58m NWI
22 Cynthia Brown	Le Sommet	3.44m NWI
23 Hayley Romain	Carleton Place	2.50m NWI

Women Triple Jump Senior

Name	School	Finals
Finals		
1 Kasey Andrews	Tiss- Brockville	10.61m NWI
2 Courtney Norman	Hccss - Kingston	10.56m NWI
3 Jillian Larkin	Almonte	10.43m NWI
4 Arianna Kemp	Hccss - Kingston	10.29m NWI
5 Katherine Harper	Tiss- Brockville	10.26m NWI
6 Jenna Black	Lcvi -kingston	10.13m NWI
7 Holly Holtrop	Tiss- Brockville	9.99m NWI

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Finals ... (Women Triple Jump Senior)

Name	School	Finals
8 Jill Barr	Opeongo HS	9.67m NWI
9 Darien Wrona	Ngdhs-Kemptville	9.36m NWI
10 Molly-Beth Kaiser	Ndss - Napanee	9.29m NWI
11 Megan Henry	Madawaska Dhs	8.94m NWI
12 Hunter Wyssen	Rockland Dis	8.72m NWI
13 Mary Patrick	Cornwall C V S	8.69m NWI
14 Emilie Laniel	Le Sommet	8.61m NWI
15 Morgan Laird	Valour	8.49m NWI
16 Kenzie Bergeron	Rothwell Osn	8.46m NWI
17 Larissa Cameron	Arnprior Dhs	8.34m NWI
18 Megan Bradbury	Notre Dame	8.33m NWI

Women Shot Put Senior

Name	School	Finals
Finals		
1 Hailey Wolfgram	Rnd - Kingston	11.62m
2 Leah Hill	Ndss - Napanee	10.89m
3 Paula Meek	Arnprior Dhs	9.21m
4 Caroline Derepentigny	L'Heritage E	9.09m
5 Abby Brandon	Perth	9.02m
6 Kali Robinson	Bishop Smith	8.76m
7 Lane Kennedy	Lsss - Kingston	J8.76m
8 Vanessa VanMassenhoven	Opeongo HS	8.68m
9 Mélyna Lapensée	E.S.C.R. Haw	8.53m
10 Danielle Miles	Shs - Sydenham	8.48m
11 Shania Kuehl	Fellowes HS	8.37m
12 Sam Patakay	St. Matthew's	8.06m
13 Juliane Lapensée	E.S.C.R. Haw	7.99m
14 Kortney Seguin	La Citadelle	7.87m
15 Emily Sullivan	St. Francis	7.74m
16 Tia Hauner	Carleton Place	7.44m
17 Chanelle Willard	Le Relais	7.30m
18 Savanna Wood	Carleton Place	7.28m

Women Discus Throw Senior

Name	School	Finals
Finals		
1 Hailey Wolfgram	Rnd - Kingston	33.76m
2 Alex Roberts	Perth	32.21m
3 Juliane Lapensée	E.S.C.R. Haw	31.61m
4 Carter King	Smchs-Brockville	31.00m
5 Rachel Weisenberg	Fellowes HS	30.04m
6 Genny Fawcett	Fss - Kingston	28.77m
7 Leah Hill	Ndss - Napanee	27.99m
8 Allison Doucette	Renfrew CI	26.24m
9 Chloe Watson	Shs - Sydenham	25.40m
10 Caroline Derepentigny	L'Heritage E	25.05m
11 Vanessa VanMassenhoven	Opeongo HS	24.81m
12 Carly McPhail	Rothwell Osn	24.31m
13 Gabrielle Bergeron	L'Heritage E	23.93m
14 Abby Brandon	Perth	23.89m
15 Hannah Van Hofwegen	Carleton Place	23.11m
16 Sarah Power	St Josephs High	22.32m

17 Emily Sullivan	St. Francis	20.49m
18 Tia Hauner	Carleton Place	19.76m
19 Chanelle Willard	Le Relais	17.27m

Women Javlelin Throw Senior

Name	School	Finals
Finals		
1 Abby Brandon	Perth	34.65m
2 Paula Meek	Arnprior Dhs	31.35m
3 Yanik Rozon	Holy Trinity	31.34m
4 Cassidy Trueman	Shs - Sydenham	29.68m
5 Shana Krol	St. Joseph's	29.28m
6 Mélyna Lapensée	E.S.C.R. Haw	29.11m
7 Molly Roache	St. Lawrence	28.55m
8 Jessica Rintoul	Notre Dame	28.51m
9 Gabrielle Bergeron	L'Heritage E	26.83m
10 Katherine Newton	Shs - Sydenham	26.10m
11 Rachel Jones	Smchs-Kemptville	25.19m
12 Alyssa Yemen	Valour	25.08m
13 Shawna VanLeeuwen	Shs - Sydenham	24.27m
14 Kali Robinson	Bishop Smith	23.62m
15 Erika Tanguay	Smchs-Kemptville	23.42m
16 Taigan Ardern	Ndss - Napanee	23.28m
17 Rachel Recoskie	Madawaska Dhs	21.82m
18 Juliane Lapensée	E.S.C.R. Haw	20.70m
19 Gillian Bentley	Almonte	19.26m
20 Taylor Calhoun	Smchs-Brockville	18.58m
21 Emily Young	Smchs-Kemptville	16.27m
22 Michelle Guerin	Le Sommet	13.70m

Women 1500 Meter Steeple Open

Name	School	Finals
Finals		
1 Alyssa Stowe	Almonte	5:26.47
2 Braeden Brown	Smchs-Kemptville	5:31.05
3 Abby McDonald	Fellowes HS	5:45.74
4 Lydia Straznicky	Notre Dame	5:52.98
5 Claudia Murphy	Hccss - Kingston	5:55.33
6 Colleen Jenkins	Tiss- Brockville	5:55.63
7 Jordan Harry	Lcvi -kingston	5:57.51
8 Dana Hibberd	Ngdhs-Kemptville	6:12.61
9 Caroline Cote	Kcvi - Kingston	6:15.39
10 Courtney Serson	Tiss- Brockville	6:19.61
11 Ashlyn McClure	St Josephs High	6:20.88
12 Giselle Groskleg	ES Jeanne Lajoie	6:22.59
13 Emma Adshade	Rnd - Kingston	6:24.54
14 Abi Smith	Valour	6:25.31
15 Anniqye Baillon	Perth	6:34.69
16 Megan Bradbury	Notre Dame	7:14.02

Women 4x400 Meter Relais Open

Team	Relay	Finals
Finals		
1 Tiss- Brockville	A	4:10.65
2 Kingston - Kingston	A	4:20.34

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Finals ... (Women 4x400 Meter Relais Open)

Team	Relay	Finals
3 Sydenham - Sydenham	A	4:25.13
4 Arnprior Dhs	A	4:25.45
5 Valour	A	4:25.97
6 Almonte	A	4:26.06
1) Faithe Campbell	2) Jillian Larkin	
3) Erika Mann	4) Hilary McCann	
5) Alyssa Stowe		
7 Holy Cross - Kingston	A	4:29.26
8 Notre Dame	A	4:30.63
9 Holy Trinity - coht	A	4:33.88
1) Madison McLeod	2) Lauren McCleod	
3) Emma Bacchiochi	4) Dara Laframboise	
10 Rnd - Kingston	A	4:37.74
11 L'Escale	A	5:01.80
1) Vanessa Gaumont	2) Amanda Landry	
3) Olivia Capina	4) Darya Makiyenko	
5) Amélie Charron		

Women 100 Meter Ambulatory

Name	School	Finals
1 Shirley Hughes-Ryan	Shs - Sydenham	17.29 -0.2

Women 100 Meter I&D Disabilities

Name	School	Finals
1 Alicia Tustin	Fellowes HS	14.77 -0.1
2 Dominique Hannah	Shs - Sydenham	16.05 -0.1
3 Brianna Clow	Shs - Sydenham	17.44 -0.1
4 Lacie Cardiff	Fellowes HS	18.52 -0.1

Men 100 Meter Midget

Name	School	Prelims
1 Cole Horsman	Fss - Kingston	11.43Q-2.2
2 Liam Gardiner	Carleton Place	12.05Q+0.0
3 Steven Erod	Carleton Place	12.21Q+0.0
4 Adam Sherbino	Bss - Kingston	12.26q -2.2
5 Mason Gavin	Tiss- Brockville	12.33q +0.0
6 Max Taylor	Hccss - Kingston	12.36q +0.0
7 Christian Ibanez	Hccss - Kingston	12.48q +0.0
8 Krischan Welk	Almonte	12.50q +0.0
9 Brayden Heath	Holy Trinity	12.52 -2.2
10 Dakota Boal	Ngdhs-Kemptville	12.58 -2.2
11 Josh Bergevin	Almonte	12.58 +0.0
12 Paul-Andre Moncrieff	L'Heritage E	12.73 +0.0
13 Ryland Mosley	Arnprior Dhs	12.76 -2.2
13 Damian Estabrooks	Arnprior Dhs	12.76 +0.0
15 Conor Dey	Arnprior Dhs	12.82 -2.2
16 Trevor Thompson	Smchs-Brockville	12.88 +0.0
17 Trevor Spence	Char er D H	12.95 +0.0
18 Dayne Carren	Tiss- Brockville	12.99 -2.2
19 Jorick Callan	La Citadelle	13.01 +0.0

20 Evan Leclerc	Mackenzie CS	13.09 +0.0
21 Vincent Conti	E.S.C.R. Haw	13.58 -2.2
22 Samuel Laliberté	E.S.C.R. Haw	13.97 +0.0

Men 100 Meter Midget

Name	School	Finals
1 Cole Horsman	Fss - Kingston	11.32 1.6
2 Liam Gardiner	Carleton Place	11.85 1.6
3 Christian Ibanez	Hccss - Kingston	12.28 1.6
4 Adam Sherbino	Bss - Kingston	12.33 1.6
5 Steven Erod	Carleton Place	12.35 1.6
6 Max Taylor	Hccss - Kingston	12.44 1.6
7 Mason Gavin	Tiss- Brockville	12.55 1.6
8 Krischan Welk	Almonte	12.57 1.6

Men 200 Meter Midget

Name	School	Prelims
1 Cole Horsman	Fss - Kingston	24.07Q-0.2
2 Max Taylor	Hccss - Kingston	24.70Q-0.9
3 Dakota Boal	Ngdhs-Kemptville	24.92Q-0.3
4 Emmett Bravakis	Hccss - Kingston	25.15q -0.2
5 Krischan Welk	Almonte	25.29q -0.3
6 Josh Bergevin	Almonte	25.38q -0.9
7 Jarelle Packer	Bss - Kingston	25.47q -0.2
8 Mason Gavin	Tiss- Brockville	25.51q -0.9
9 Josh Call	St John's	25.87 -0.3
10 Brayden Heath	Holy Trinity	26.12 -0.3
11 Hayden Tripp	Arnprior Dhs	26.18 -0.2
12 Paul-Andre Moncrieff	L'Heritage E	26.21 -0.9
13 Damian Estabrooks	Arnprior Dhs	26.30 -0.3
14 Nathan Sim	Valour	26.34 -0.3
15 Dayne Carren	Tiss- Brockville	26.89 -0.2
16 Gabriel Doucette	Valour	27.17 -0.2
17 Jorick Callan	La Citadelle	27.27 -0.9
18 Jed Brownrigg	Smchs-Kemptville	27.56 -0.3
19 Mathias Prud'homme	Esc Plantage	27.59 -0.9
20 Matthew Kreft	Russell High	29.71 -0.2

Men 200 Meter Midget

Name	School	Finals
1 Cole Horsman	Fss - Kingston	23.15 1.5
2 Max Taylor	Hccss - Kingston	24.69 1.5
3 Emmett Bravakis	Hccss - Kingston	24.85 1.5
4 Dakota Boal	Ngdhs-Kemptville	24.93 1.5
5 Jarelle Packer	Bss - Kingston	25.38 1.5
6 Josh Bergevin	Almonte	25.48 1.5
7 Krischan Welk	Almonte	25.81 1.5
8 Mason Gavin	Tiss- Brockville	26.05 1.5

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Men 400 Meter Midget

Name	School	Finals
Finals		
1 Max Taylor	Hccss - Kingston	53.94
2 Matthew Hebert	Arnprior Dhs	54.71
3 Emmett Bravakis	Hccss - Kingston	55.02
4 Mason Gavin	Tiss- Brockville	57.10
5 Gabriel Doucette	Valour	57.79
6 Karsten Patterson	Shs - Sydenham	57.81
7 Damian Estabrooks	Arnprior Dhs	58.20
8 Jed Brownrigg	Smchs-Kemptville	59.34
9 Trevor Spence	Char er D H	1:00.66
10 Cédric Desormeaux	L'Escale	1:01.24
11 Jasper Ross	St. Lawrence	1:01.26
12 Alec McDonald	La Citadelle	1:01.48
13 Liam Eamon	St John's	1:01.73
14 Darren Poirier	Fellowes HS	1:02.65
15 Atique Raja	St. Lawrence	1:04.02
16 Travis McInnis	Smchs-Kemptville	1:04.52
17 Dakota Bulmer	Almonte	1:04.64
18 Timothy Roy	Smchs-Brockville	1:05.73
19 Liam Hickey	Almonte	1:05.84
20 Matthew Kreft	Russell High	1:07.92
21 Zack Tyson	Carleton Place	1:11.59

Men 800 Meter Midget

Name	School	Finals
Finals		
1 Hunter Leonard	Kcvi - Kingston	2:10.49
2 Matthew Hebert	Arnprior Dhs	2:10.64
3 Ben Bellamy	Perth	2:11.66
4 Jack Rowlatt	Fss - Kingston	2:14.47
5 Aydan York	Tiss- Brockville	2:16.99
6 Ian Chan	Kcvi - Kingston	2:18.08
7 Colin Plue	Bishop Smith	2:20.60
8 Kenzie Mather	Ngdhs-Kemptville	2:20.63
9 Johnathon Frampton	Valour	2:20.88
10 Cole Besner	Holy Trinity	2:20.97
11 Brayden Mann	Carleton Place	2:23.22
12 Dean Staffen	Notre Dame	2:28.82
13 Jed Brownrigg	Smchs-Kemptville	2:28.92
14 Ermerson Lalonde	St. Joseph's	2:33.67
15 Connor Graham	Fellowes HS	2:33.74
16 Daniel Van Heyst	Hccss - Kingston	2:34.58
17 Cédric Desormeaux	L'Escale	2:34.90
18 Travis McInnis	Smchs-Kemptville	2:34.99
19 Liam Powell	Notre Dame	2:39.51
20 Jacob Metzger	Tagwi S S-Avo	2:40.02

Men 1500 Meter Midget

Name	School	Finals
Finals		
1 Ben Lee	Mackenzie CS	4:31.54
2 Matthew Hebert	Arnprior Dhs	4:32.21

3 Andrew Bryanton	Opeongo HS	4:32.26
4 Jack Rowlatt	Fss - Kingston	4:36.18
5 Grant Wells	Seaway D H S-I	4:36.68
6 Henry Thomas	Valour	4:39.53
7 Cailan Loebel	Ngdhs-Kemptville	4:41.06
8 Noah Frymire	Kcvi - Kingston	4:43.62
9 Brennan Laidman	Fss - Kingston	4:49.33
10 Toby Schwartz	Char er D H	4:50.69
11 Aaron Poirier	Escmr - Kingston	4:51.27
12 Ben Bellamy	Perth	4:52.00
13 Cole Lavigne	St. Lawrence	4:53.15
14 Cole Besner	Holy Trinity	4:56.45
15 Aydan York	Tiss- Brockville	5:01.80
16 Brayden Mann	Carleton Place	5:11.20
17 Dean Staffen	Notre Dame	5:14.65
18 Ryan Bilton	Rdhs - Elgin	5:14.82
19 Austin Beesley	St John's	5:27.96
20 Cole Steenwyk	Smchs-Brockville	5:36.86
21 Alexandre Rosevear	L'Escale	5:49.22

Men 3000 Meter Midget

Name	School	Finals
Finals		
1 Ben Lee	Mackenzie CS	9:52.59
2 Cailan Loebel	Ngdhs-Kemptville	9:56.60
3 Henry Thomas	Valour	9:57.47
4 Grant Wells	Seaway D H S-I	10:00.39
5 Daniel Van Heyst	Hccss - Kingston	10:03.25
6 Adam Saal	ES Jeanne Lajoie	10:05.02
7 Noah Frymire	Kcvi - Kingston	10:09.75
8 Carter Free	Ndss - Napanee	10:13.63
9 Toby Schwartz	Char er D H	10:25.45
10 Brennan Laidman	Fss - Kingston	10:33.65
11 Cole Lavigne	St. Lawrence	10:35.69
12 Charles Osborne	Valour	10:42.58
13 Cole Steenwyk	Smchs-Brockville	11:01.32
14 Ryan Bilton	Rdhs - Elgin	11:12.92
15 Austin Beesley	St John's	11:21.14
16 Jacob Metzger	Tagwi S S-Avo	11:38.43
17 Alexandre Rosevear	L'Escale	12:43.16
--- Ben Bellamy	Perth	DNF

Men 100 Meter Hurdles Midget

Name	School	Prelims
Preliminaries		
1 Liam Sands	Shs - Sydenham	15.62Q1.7
2 Riley Leeson-Roche	Ngdhs-Kemptville	16.68Q-1.0
3 Ryland Mosley	Arnprior Dhs	16.78q 1.7
4 Andrew Ferguson	Perth	16.83q 1.7
5 Tommy Pendergast	Hccss - Kingston	16.94q -1.0
6 Hayden Tripp	Arnprior Dhs	17.22q -1.0
7 Kurtis Malloch	Arnprior Dhs	17.48q -1.0
8 Lucas Pereira	Shs - Sydenham	17.64q 1.7
9 Brandon Watkins	Rothwell Osn	17.65 1.7
10 Vincent Bourdeau	La Citadelle	18.23 -1.0

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Preliminaries ... (Men 100 Meter Hurdles Midget)

Name	School	Prelims
11 Noah Boileau	Arnprior Dhs	18.38 -1.0
12 Josh Streng	Carleton Place	18.44 1.7
13 Curtis Daubney	Tiss- Brockville	19.20 -1.0
14 Adam Van Hofwegen	Carleton Place	23.32 1.7

Men 100 Meter Hurdles Midget

Name	School	Finals
Finals		
1 Liam Sands	Shs - Sydenham	15.35 -1.5
2 Riley Leeson-Roche	Ngdhs-Kemptville	16.09 -1.5
3 Hayden Tripp	Arnprior Dhs	16.34 -1.5
4 Tommy Pendergast	Hccss - Kingston	16.64 -1.5
5 Ryland Mosley	Arnprior Dhs	16.78 -1.5
6 Kurtis Malloch	Arnprior Dhs	17.18 -1.5
7 Lucas Pereira	Shs - Sydenham	17.45 -1.5
8 Andrew Ferguson	Perth	17.66 -1.5

Men 300 Meter Hurdles Midget

Name	School	Finals
Finals		
1 David Swerdfeger	Seaway D H S-I	43.78
2 Tommy Pendergast	Hccss - Kingston	46.28
3 Riley Leeson-Roche	Ngdhs-Kemptville	46.64
4 Ryland Mosley	Arnprior Dhs	46.77
5 Hayden Tripp	Arnprior Dhs	47.17
6 Curtis Daubney	Tiss- Brockville	47.96
7 Kurtis Malloch	Arnprior Dhs	48.40
8 Cody Brammall	Cornwall C V S	49.59
9 Andrew Ferguson	Perth	49.68
10 Alec McDonald	La Citadelle	49.92
11 Johnathon Frampton	Valour	51.23
12 Lucas Pereira	Shs - Sydenham	51.51
13 Kristian Johnson	Carleton Place	52.61
14 Vincent Bourdeau	La Citadelle	52.64

Men 4x100 Meter Relais Midget

Team	Relay	Finals
Finals		
1 Frontenac - Kingston	A	48.52
2 Arnprior Dhs	A	49.04
3 Tiss- Brockville	A	49.30
4 Carleton Place	A	49.40
5 Kingston - Kingston	A	50.34
6 Holy Cross - Kingston	A	50.38
7 St John's	A	51.15
1) Josh Call	2) Liam Eamon	
3) Brandon Mitchell	4) Isaac Tetreault	
5) Brady Carleton		
8 Almonte	A	52.21
1) Jordan Bergevin	2) Josh Bergevin	
3) Brendan Hudson	4) Krischan Welk	
9 Rothwell Osn	A	52.45
10 Notre Dame	A	53.65

11 Ngdhs-Kemptville	A	54.42
--- Rnd - Kingston	A	DNF
--- Valour	A	DQ

Men High Jump Midget

Name	School	Finals
Finals		
1 Michael Rowsell	Rnd - Kingston	1.79m
2 Zack Froats-Crowder	Fss - Kingston	1.65m
3 Jacob Schuler	St Josephs High	J1.65m
4 Aidas Verelka	Rdhs - Elgin	1.60m
5 Noah Salazar	Tagwi S S-Avo	J1.60m
6 Brayden Jensen	Smchs-Brockville	J1.60m
7 Shawn Dowson	Seaway D H S-I	J1.60m
8 Conner Bingley	Perth	1.55m
9 Matt Caird	Shs - Sydenham	1.50m
10 Isaac Haskins	Smiths Falls	J1.50m
11 Samuel Duff	ES Jeanne Lajoie	J1.50m
12 Xaavian Ali	Glengarry E S	1.45m
12 Robert Moore	Arnprior Dhs	1.45m
12 Sid Sideratos	Seaway D H S-I	1.45m
15 Steven Erod	Carleton Place	J1.45m
16 Breandan Collins	Grec - SL	J1.45m
16 Isaiah Parsons	Fellowes HS	J1.45m
--- Aidan Rogers	Smchs-Brockville	NH
--- Dakota Bulmer	Almonte	NH

Men Pole Vault Midget

Name	School	Finals
Finals		
1 Cashmen Ford	Carleton Place	3.00m
2 Ben Dirven	Char er D H	2.85m
3 Liam Sands	Shs - Sydenham	2.70m
3 Liam Cavanagh	Arnprior Dhs	2.70m
5 Josh Streng	Carleton Place	2.55m
6 Ian Ramzy	Kcvi - Kingston	2.40m
7 Connor Shean	Arnprior Dhs	1.95m
8 Adam Van Hofwegen	Carleton Place	J1.95m
9 Alex Burke	Tiss- Brockville	1.80m

Men Long Jump Midget

Name	School	Finals
Finals		
1 Connor Kelly	Smchs-Brockville	5.84m NWI
2 Liam Gardiner	Carleton Place	5.51m NWI
3 Dakota Boal	Ngdhs-Kemptville	5.50m NWI
4 Jacob Schuler	St Josephs High	5.43m NWI
5 David Swerdfeger	Seaway D H S-I	5.41m NWI
6 Steven Erod	Carleton Place	5.19m NWI
7 Aidas Verelka	Rdhs - Elgin	5.17m NWI
8 Zach Lollar	Shs - Sydenham	5.15m NWI
9 Evan Desarmia	Fss - Kingston	5.07m NWI
10 Curtis Daubney	Tiss- Brockville	5.04m NWI
11 Mathias Prud'homme	Esc Plantage	J5.04m NWI
12 Curtis Shorts	Bss - Kingston	J5.04m NWI

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Name	School	Finals
13	Isaiah Parsons	Fellowes HS 5.01m NWI
14	Connor Shean	Arnprior Dhs 4.99m NWI
15	Isaac Haskins	Smiths Falls 4.63m NWI
16	Brant Woodside	Rothwell Osn 4.58m NWI
17	Hunter Leonard	Kcvi - Kingston 4.56m NWI
18	Riley Leroux	Char er D H 4.55m NWI
19	Ben Haley	L'Heritage E 4.52m NWI
20	Nathaniel Watson	Smiths Falls 4.48m NWI
21	Ian Sell	Opeongo HS 4.42m NWI
22	Vincent Conti	E.S.C.R. Haw 4.40m NWI
23	Samuel Laliberté	E.S.C.R. Haw 3.95m NWI
---	Mathieu Sabourin	Le Relais ND NWI

Men Triple Jump Midget

Name	School	Finals
Finals		
1	David Swerdfeger	Seaway D H S-I 12.05m NWI
2	Zack Froats-Crowder	Fss - Kingston 11.33m NWI
3	Zach Lollar	Shs - Sydenham 11.13m NWI
4	Spencer Riley	Fss - Kingston 11.05m NWI
5	Curtis Shorts	Bss - Kingston 10.97m NWI
6	Liam Gardiner	Carleton Place 10.89m NWI
7	Mathias Prud'homme	Esc Plantage 10.75m NWI
8	Isaac Haskins	Smiths Falls 10.48m NWI
9	Ian Sell	Opeongo HS 10.15m NWI
10	Ben Dirven	Char er D H 9.83m NWI
11	Robert Moore	Arnprior Dhs 9.71m NWI
12	Conner Bingley	Perth 9.70m NWI
13	Sean McCue	Notre Dame 9.50m NWI
14	Riley Leroux	Char er D H 9.37m NWI
15	Kurtis Hayden	Gss - Gananoque 9.18m NWI
16	Vincent Conti	E.S.C.R. Haw 9.09m NWI
17	Dylan Wooller	Smchs-Brockville 8.66m NWI
18	Nick Scheer	Valour 8.58m NWI
19	Matt Campbell	Renfrew CI 8.45m NWI
20	Zak Keary	Tiss- Brockville 7.93m NWI

Men Shot Put Midget

Name	School	Finals
Finals		
1	Oderah Pecore	ES Jeanne Lajoie 13.14m
2	Sid Sideratos	Seaway D H S-I 12.61m
3	Sebastien Gareau	Le Sommet 12.27m
4	Cameron McEwen	Smiths Falls 12.09m
5	Omar Komeha	Fss - Kingston 11.97m
6	Dan Hennessy	Almonte 11.87m
7	Jansen Campbell	Fellowes HS 11.77m
8	Brenden Benoit	Smiths Falls 11.71m
9	Alex Small	Tagwi S S-Avo 11.52m
10	Dylan Beaubien	Arnprior Dhs 11.51m
11	Jared Amos	Shs - Sydenham 11.35m
12	Doug Wood	Smchs-Brockville 11.06m
13	Ben Davy	Smchs-Brockville 11.05m

14	Chandler Lapointe	Bishop Smith 10.95m
15	Rhyker Foley	Tiss- Brockville 10.74m
16	Jaydn Lane	Grec - SL 10.70m
17	Morgan Kane	Tagwi S S-Avo 10.39m
18	Cody Rintoul	Almonte 10.08m
19	Ryan Brown	Lcvi -kingston 9.98m

Men Discus Throw Midget

Name	School	Finals
Finals		
1	Sam Christinck	Opeongo HS 36.73m
2	Dan Hennessy	Almonte 33.95m
3	Brant Woodside	Rothwell Osn 33.31m
4	Ryan Brown	Lcvi -kingston 32.09m
5	Ben Haley	L'Heritage E 31.49m
6	Liam Cavanagh	Arnprior Dhs 31.26m
7	Jaydn Lane	Grec - SL 31.02m
8	Doug Wood	Smchs-Brockville 30.22m
9	Tyler Robinson	Rothwell Osn 30.14m
10	Toban Bradlynn	Kcvi - Kingston 30.01m
11	Chandler Lapointe	Bishop Smith 29.59m
12	Louie Martin	Rothwell Osn 29.02m
13	Ben Davy	Smchs-Brockville 26.43m
14	Jared Amos	Shs - Sydenham 25.95m
15	Cameron McEwen	Smiths Falls 25.51m
16	Brendan Hudson	Almonte 25.45m
17	Rhyker Foley	Tiss- Brockville 24.63m
18	Dylan Beaubien	Arnprior Dhs 23.83m
19	Sebastien Gareau	Le Sommet 21.82m
---	Oliver Carriere	Carleton Place ND

Men Javlelin Throw Midget

Name	School	Finals
Finals		
1	Jeremy Piazzi	Lsss - Kingston 42.16m
2	Cashmen Ford	Carleton Place 41.25m
3	Paul-Andre Moncrieff	L'Heritage E 41.13m
4	Nick Scheer	Valour J41.13m
5	Brenden Benoit	Smiths Falls 40.44m
6	Samuel Duff	ES Jeanne Lajoie 35.92m
7	Jerrod White	Ndss - Napanee 35.68m
8	Brock Vale	Ndss - Napanee 34.41m
9	Louie Martin	Rothwell Osn 33.86m
10	Cameron McEwen	Smiths Falls 32.89m
11	Doug Wood	Smchs-Brockville 32.16m
12	Liam Cavanagh	Arnprior Dhs 32.10m
13	Rhyker Foley	Tiss- Brockville 29.40m
14	Trevor Thompson	Smchs-Brockville 29.39m
15	Marcus Gray	Cornwall C V S 29.38m
16	Jacob Charpentier	Char er D H 29.16m
17	Josh Streng	Carleton Place 29.00m
18	Evan Desarmia	Fss - Kingston 28.38m
19	Philippe Lacombe	Le Relais 26.52m
20	Adam Shean	Arnprior Dhs 22.57m
21	Matthew Kreft	Russell High 15.82m

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Ottawa Lions Timing Team

Brockville, ON

Results

Men 100 Meter Junior

Name	School	Prelims
Preliminaries		
1 Eric Mitchell	Notre Dame	11.72Q-2.3
2 Thomas Lambert	Shs - Sydenham	11.79Q0.7
3 Mavrick Snider	Bss - Kingston	11.84Q2.6
4 Michael Thompson	Hccss - Kingston	11.93q 0.7
5 Matthew Gray	Tiss- Brockville	11.94q 0.7
6 Zach Moran	Renfrew CI	12.09q 2.6
7 Spencer Marshall	Carleton Place	12.16q 2.6
8 Imran Rudeen	Rockland Dis	12.25q 2.6
9 Cade Wykes	Tiss- Brockville	12.41 -2.3
10 Owen Clement	Almonte	12.55 2.6
11 Jesse Fox	Mackenzie CS	12.56 -2.3
12 Pascal Forget	La Citadelle	12.58 0.7
13 Evan Reed	Kcvi - Kingston	12.62 -2.3
14 Branden Hutcheson	Gss - Gananoque	12.78 -2.3
15 Edward Roy	Smchs-Brockville	12.87 -2.3
16 Nicholas Dupuis	Le Relais	13.10 2.6
17 Julian Booth	Rockland Dis	13.29 0.7
18 Trevor Nyenkamp	Tagwi S S-Avo	14.33 -2.3
19 David Formentini	St. Joseph's	15.06 0.7
20 Kyle St. Louis	St. Joseph's	15.32 -2.3
--- Mitchell Reinhardt	Arnprior Dhs	DQ 0.7

Men 100 Meter Junior

Name	School	Finals
Finals		
1 Eric Mitchell	Notre Dame	11.22 2.5
2 Mavrick Snider	Bss - Kingston	11.73 2.5
3 Thomas Lambert	Shs - Sydenham	11.75 2.5
4 Matthew Gray	Tiss- Brockville	11.85 2.5
5 Michael Thompson	Hccss - Kingston	11.88 2.5
6 Zach Moran	Renfrew CI	12.12 2.5
7 Imran Rudeen	Rockland Dis	12.22 2.5
8 Spencer Marshall	Carleton Place	12.31 2.5

Men 200 Meter Junior

Name	School	Prelims
Preliminaries		
1 Eric Mitchell	Notre Dame	23.88Q-3.2
2 David Morton	Almonte	24.30Q+0.0
3 Matthew Gray	Tiss- Brockville	24.55Q-0.5
4 Thomas Lambert	Shs - Sydenham	24.29q -3.2
5 Zyon Forsberg	Tiss- Brockville	24.68q +0.0
6 Kurtis Gardiner	Arnprior Dhs	24.72q -0.5
7 Jean-David Young	Escmr - Kingston	24.87q +0.0
8 Deric Pilon	La Citadelle	24.95q -3.2
9 Branden Hutcheson	Gss - Gananoque	25.05 -0.5
10 Evan Reed	Kcvi - Kingston	25.09 -3.2
11 Jesse Fox	Mackenzie CS	25.21 -0.5
12 Anthony Dion	E.S.C.R. Haw	25.33 +0.0
13 Mitchell Reinhardt	Arnprior Dhs	25.41 -3.2
14 Alexandre Poirier	E.S.C.R. Haw	25.46 +0.0

15 Jared Underwood	Notre Dame	25.66 -0.5
16 Edward Roy	Smchs-Brockville	25.73 +0.0
17 Julian Booth	Rockland Dis	26.86 +0.0
18 Kyle Ault	Seaway D H S-I	26.97 +0.0
19 Jonathan Henry	St. Joseph's	27.47 -3.2
20 Matthew Eligh	Rockland Dis	27.51 -3.2

Men 200 Meter Junior

Name	School	Finals
Finals		
1 Eric Mitchell	Notre Dame	23.32 -1.8
2 Thomas Lambert	Shs - Sydenham	23.70 -1.8
3 David Morton	Almonte	23.91 -1.8
4 Matthew Gray	Tiss- Brockville	24.35 -1.8
5 Deric Pilon	La Citadelle	24.40 -1.8
6 Jean-David Young	Escmr - Kingston	24.62 -1.8
7 Kurtis Gardiner	Arnprior Dhs	24.73 -1.8
8 Zyon Forsberg	Tiss- Brockville	25.17 -1.8

Men 400 Meter Junior

Name	School	Finals
Finals		
1 Nick Bauerschmit	Valour	51.62
2 Thomas Lambert	Shs - Sydenham	52.00
3 Cade Wykes	Tiss- Brockville	52.44
4 Matt Hickey	Notre Dame	52.74
5 Zyon Forsberg	Tiss- Brockville	53.54
6 Kyle Hancock	Hccss - Kingston	53.78
7 Alexandre Poirier	E.S.C.R. Haw	55.69
8 James Vowles	Fss - Kingston	56.66
9 Anthony Dion	E.S.C.R. Haw	56.68
10 Cole Desjardins	Arnprior Dhs	57.92
11 Mitchell Reinhardt	Arnprior Dhs	58.47
12 Jared Underwood	Notre Dame	59.76
13 Jonathan Henry	St. Joseph's	1:01.11
14 Patrick Senn	E.S.C.R. Haw	1:01.46
15 Austin Ritz	Perth	1:01.47
16 Paul Howard	Holy Trinity	1:02.10
17 Kyle Ault	Seaway D H S-I	1:02.32
18 Ben Mendez	Smchs-Brockville	1:02.41
19 Alex Beaudette	Tagwi S S-Avo	1:02.78
20 Cameryn Griffith	St. Francis	1:02.92
21 Paul Ukagwu	Smchs-Brockville	1:07.12

Men 800 Meter Junior

Name	School	Finals
Finals		
1 Nick Bauerschmit	Valour	1:59.79
2 Matt Hickey	Notre Dame	2:07.18
3 Kyle Hancock	Hccss - Kingston	2:10.17
4 Colin MacDonald	Char er D H	2:11.40
5 Anthony Porcari	Carleton Place	2:13.37
6 Graeme Workman	Kcvi - Kingston	2:13.50
7 Rhys Farrell	Kcvi - Kingston	2:13.55
8 Daniel Thomas	Valour	2:15.03

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Finals ... (Men 800 Meter Junior)

Name	School	Finals
9 Paul Bates	Rnd - Kingston	2:16.25
10 Sebastian Donis	Arnprior Dhs	2:20.88
11 Josh Moran	Tagwi S S-Avo	2:21.19
12 Alex Strong	St John's	2:24.42
13 Trevor Nyenkamp	Tagwi S S-Avo	2:25.33
14 Brandon Lefebvre	Cornwall C V S	2:30.83
15 Jacob Fitzmorris	Smchs-Brockville	2:44.85

Men 1500 Meter Junior

Name	School	Finals
Finals		
1 Nick Bauerschmit	Valour	4:23.40
2 Jonathan Stoppa	Madawaska Dhs	4:25.04
3 Paul Bates	Rnd - Kingston	4:27.23
4 Alex Drover	Kcvi - Kingston	4:29.69
5 Carter Rafuse	Tiss- Brockville	4:29.92
6 Gavin Westbrook	Rockland Dis	4:31.03
7 Julien Santini	E.S.C.R. Haw	4:35.24
8 Daniel Thomas	Valour	4:36.02
9 Anthony Porcari	Carleton Place	4:40.14
10 Cam Dillon	Tiss- Brockville	4:48.62
11 Thomas Czizstu	ES Jeanne Lajoie	4:51.28
12 Colin MacDonald	Char er D H	4:53.97
13 Lucas Tulk	Hccss - Kingston	4:57.77
14 Josh Moran	Tagwi S S-Avo	5:01.16
15 Jared Payette	Tiss- Brockville	5:08.20
16 Alex Strong	St John's	5:26.11
17 Jacob Fitzmorris	Smchs-Brockville	5:26.97
18 Nick Seguin	Char er D H	5:42.62
19 Scott Seguin	St John's	5:54.19

Men 3000 Meter Junior

Name	School	Finals
Finals		
1 Jonathan Stoppa	Madawaska Dhs	9:16.83
2 Alex Drover	Kcvi - Kingston	9:31.80
3 Carter Rafuse	Tiss- Brockville	9:36.15
4 Paul Bates	Rnd - Kingston	9:36.93
5 Daniel Thomas	Valour	9:50.47
6 Thomas Czizstu	ES Jeanne Lajoie	9:50.60
7 Julien Santini	E.S.C.R. Haw	9:51.07
8 Anthony Porcari	Carleton Place	9:56.35
9 Gavin Westbrook	Rockland Dis	10:05.22
10 Hunter Duschene	La Citadelle	10:25.34
11 Cam Dillon	Tiss- Brockville	10:27.45
12 Justin Kipke	Smchs-Kemptville	10:45.75
13 Jean-Sébastien Houle	Esc Plantage	10:47.52
14 Liam Cregg	Rnd - Kingston	10:56.48
15 Drew Morin	Tiss- Brockville	11:14.36
16 Nathan Allen	Bishop Smith	11:30.49
17 William Tremblay	St. Joseph's	11:43.98
18 Stephen Johnston	Hccss - Kingston	11:53.07

Men 100 Meter Hurdles Junior

Name	School	Prelims
Preliminaries		
1 Merik Wilcock	Shs - Sydenham	14.83Q-1.0
2 Kurtis Gardiner	Arnprior Dhs	15.41Q0.6
3 Ryland Clark	Ndss - Napanee	15.66Q-1.0
4 Jason Dowker	Shs - Sydenham	15.99q 0.6
5 Sam Van Noppen	Perth	16.21q 0.6
6 Xavier Chabot	Escmr - Kingston	16.26q -1.0
7 Brett Hawkins	Rdhs - Elgin	16.42q -1.0
8 Darien Heney	St John's	16.96q -1.0
9 Olivier Juneau	L'Heritage E	17.17 -1.0
10 Matthew Manion	Russell High	17.20 -1.0
11 Kyler Crepin	Notre Dame	17.24 -1.0
12 John Young	Arnprior Dhs	18.24 -1.0
13 Reilly Donnelly	St John's	19.16 -1.0
14 Alex Beaudette	Tagwi S S-Avo	19.42 0.6
15 Anthony Pecora	Arnprior Dhs	20.04 -1.0
--- MacKenzie McDonald	Rothwell Osn	DNF -1.0

Men 100 Meter Hurdles Junior

Name	School	Finals
Finals		
1 Merik Wilcock	Shs - Sydenham	14.55 -0.9
2 Kurtis Gardiner	Arnprior Dhs	15.24 -0.9
3 Ryland Clark	Ndss - Napanee	15.24 -0.9
4 Jason Dowker	Shs - Sydenham	15.79 -0.9
5 Xavier Chabot	Escmr - Kingston	16.01 -0.9
6 Sam Van Noppen	Perth	16.06 -0.9
7 Brett Hawkins	Rdhs - Elgin	16.38 -0.9
8 Darien Heney	St John's	16.39 -0.9

Men 300 Meter Hurdles Junior

Name	School	Finals
Finals		
1 Merik Wilcock	Shs - Sydenham	42.45
2 Kurtis Gardiner	Arnprior Dhs	44.02
3 John Young	Arnprior Dhs	44.85
4 Ryland Clark	Ndss - Napanee	45.29
5 Xavier Chabot	Escmr - Kingston	45.33
6 Olivier Juneau	L'Heritage E	46.39
7 Calvin Wilson	Carleton Place	48.20
8 Austin Ritz	Perth	48.96
9 Cole Hunter	Arnprior Dhs	49.07
10 Alex Beaudette	Tagwi S S-Avo	49.16
11 Darien Heney	St John's	49.31
12 Matthew Manion	Russell High	49.65
13 Jason Dowker	Shs - Sydenham	49.77
14 Reilly Donnelly	St John's	52.12
15 Brandon Lefebvre	Cornwall C V S	52.25
16 Anthony Pecora	Arnprior Dhs	53.41
--- Austin Gibbons	Tagwi S S-Avo	DNF

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Men 4x100 Meter Relais Junior

Team	Relay	Finals
Finals		
1 Tiss- Brockville	A	46.50
2 Arnprior Dhs	A	47.23
3 Kingston - Kingston	A	47.55
4 La Citadelle	A	48.15
5 Carleton Place	A	49.34
6 Bayridge - Kingston	A	49.42
7 Notre Dame	A	49.44
8 L'Heritage E S - eolh	A	49.63
9 Smchs-Brockville	A	49.80
10 Sydenham - Sydenham	A	50.72
11 Renfrew CI	A	50.85
12 Valour	A	50.95
13 Rockland District HS	A	51.95
--- Perth	A	DQ
1) James Croth	2) Sam Van Noppen	
3) Austin Ritz	4) Owen Willows	
--- E.S.C.R. Hawkesbury	A	DQ
1) Anthony Dion	2) Alexandre Poirier	
3) Jean-Christophe Laframboise-Du	4) Patrick Senn	

Men High Jump Junior

Name	School	Finals
Finals		
1 Anthony Donnet	Qecvi - Kingston	1.85m
2 Brett Hawkins	Rdhs - Elgin	1.80m
3 Adam Collins	Smchs-Kemptville	1.65m
4 Joel Marshall	Gss - Gananoque	J1.65m
5 Ryan Pettigrew	Renfrew CI	J1.65m
6 James Croth	Perth	1.60m
7 Derek Denis	E.S.C.R. Haw	1.55m
7 Austin Ritz	Perth	1.55m
9 Anthony Pecora	Arnprior Dhs	J1.55m
10 Gavin Davidson	Fellowes HS	1.50m
11 Cole Hunter	Arnprior Dhs	J1.50m
12 Dustin Ricketts	Smiths Falls	1.40m
--- Zachary Prieur	Glengarry E S	NH

Men Pole Vault Junior

Name	School	Finals
Finals		
1 Brennan Seguin	Char er D H	3.45m
2 Brayden Desjardins	Tiss- Brockville	3.35m
3 Nick Danaher	Char er D H	3.00m
4 Calvin Wilson	Carleton Place	J3.00m
5 Connor Bradley	Arnprior Dhs	2.85m
6 Cam McIver	Kcvi - Kingston	J2.85m
7 Robert Abercrombie	Carleton Place	2.70m
8 Daret McKay	Shs - Sydenham	J2.70m
9 Drew Morin	Tiss- Brockville	2.40m
10 Jack Lott	Kcvi - Kingston	2.25m
--- Finn Barry	Carleton Place	NH

Men Long Jump Junior

Name	School	Finals
Finals		
1 Eric Mitchell	Notre Dame	6.52m NWI
2 Mavrick Snider	Bss - Kingston	6.10m NWI
3 Daret McKay	Shs - Sydenham	5.92m NWI
4 Kyle Herbison	Tiss- Brockville	5.74m NWI
5 Tim Montgomery	Kcvi - Kingston	5.64m NWI
6 Kyler Crepin	Notre Dame	5.57m NWI
7 Cole Spearey	Carleton Place	5.55m NWI
8 Malik Downer	Rnd - Kingston	5.54m NWI
9 David Silye	Arnprior Dhs	5.36m NWI
10 Matthew Manion	Russell High	5.30m NWI
10 Owen Clement	Almonte	5.30m NWI
12 Adam Taylor-Rawlings	Tagwi S S-Avo	5.14m NWI
13 Samuel Ferland	La Citadelle	5.10m NWI
14 Reid Hall	Renfrew CI	4.92m NWI
15 Liam Osmond	Bishop Smith	4.89m NWI
16 Will Manley	Tagwi S S-Avo	4.88m NWI
17 Jack Howard	Opeongo HS	4.86m NWI
18 Imran Rudeen	Rockland Dis	4.65m NWI
19 Brandon Meness	St. Francis	4.62m NWI
20 Reid Sauve	Rdhs - Elgin	4.61m NWI
21 Ethan Percy	Smchs-Brockville	4.20m NWI

Men Triple Jump Junior

Name	School	Finals
Finals		
1 Mavrick Snider	Bss - Kingston	12.42m NWI
2 Tim Montgomery	Kcvi - Kingston	11.96m NWI
3 Kyle Herbison	Tiss- Brockville	11.54m NWI
4 Daret McKay	Shs - Sydenham	11.52m NWI
5 Will Manley	Tagwi S S-Avo	11.07m NWI
6 James Croth	Perth	11.03m NWI
7 Samuel Ferland	La Citadelle	10.94m NWI
8 Samuel Bedard	Smchs-Brockville	10.79m NWI
9 Jacob Secejn	St. Lawrence	10.62m NWI
10 David Silye	Arnprior Dhs	10.51m NWI
11 Jean-David Young	Escmr - Kingston	10.33m NWI
12 Reid Hall	Renfrew CI	9.98m NWI
13 Jack Howard	Opeongo HS	9.93m NWI
14 Caleb Vincent	Opeongo HS	9.75m NWI
15 Joel Marshall	Gss - Gananoque	9.69m NWI
16 Joshua May	Smchs-Brockville	9.15m NWI

Men Shot Put Junior

Name	School	Finals
Finals		
1 Foster Beaton	Tiss- Brockville	15.30m
2 Justin Smith	Arnprior Dhs	14.96m
3 Allyn Wark	Almonte	13.95m
4 Zach Pelehos	Gss - Gananoque	13.94m
5 Ethan Bullivant	Valour	12.81m
6 Tanner Barnett	Ngdhs-Kemptville	12.74m

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Finals ... (Men Shot Put Junior)

Name	School	Finals
7 Nolan Cordick	Carleton Place	12.73m
8 Tim Keating	Carleton Place	12.23m
9 Anthony Donnet	Qecvi - Kingston	12.02m
10 Phillip Stevenson	Holy Trinity	11.41m
11 Hugo Caya	L'Heritage E	11.34m
12 Corey Young	Arnprior Dhs	11.20m
13 Nicholas Mondoux	L'Heritage E	10.95m
14 Chance Plouffe	Escmr - Kingston	10.73m
15 Jacob Phillips	Levi -kingston	10.53m
16 Andrew Crockett	St. Lawrence	10.47m
17 Charles-Oliver Portelance	E.S.C.R. Haw	10.31m
18 Nicholas Dupuis	Le Relais	10.08m
19 Vincent Robillard	E.S.C.R. Haw	9.48m

Men Discus Throw Junior

Name	School	Finals
1 Justin Smith	Arnprior Dhs	48.28m
2 Ethan Bullivant	Valour	44.65m
3 Adam Burgraff	Bss - Kingston	43.76m
4 Ryan Pettigrew	Renfrew CI	42.69m
5 Andrew Ryan	Carleton Place	40.56m
6 Hugo Caya	L'Heritage E	38.19m
7 Nicholas Mondoux	L'Heritage E	37.51m
8 Will Sanderson	Shs - Sydenham	37.47m
9 Kyler Crepin	Notre Dame	35.11m
10 Wilson Bowes	Carleton Place	33.77m
11 Phillip Stevenson	Holy Trinity	32.72m
12 Brendan Barber	Renfrew CI	30.45m
13 Jacob Phillips	Levi -kingston	29.98m
14 Nolan Cordick	Carleton Place	29.92m
15 Zach Pelehos	Gss - Gananoque	29.74m
16 Josh Larkin	Rockland Dis	29.48m
17 Bruce Simpson	Smchs-Brockville	28.27m
18 Edward Roy	Smchs-Brockville	27.70m
19 William Tremblay	St. Joseph's	25.04m
20 Damien Sutherland	Rockland Dis	23.41m
21 Ryan Ramey	Bss - Kingston	19.59m
--- Foster Beaton	Tiss- Brockville	ND

Men Javlelin Throw Junior

Name	School	Finals
1 Allyn Wark	Almonte	48.66m
2 Josh Hare	Smchs-Brockville	48.40m
3 Maverick Baxtrom	L'Heritage E	44.40m
4 Adam Burgraff	Bss - Kingston	42.38m
5 Ethan Bullivant	Valour	41.58m
6 Justin Kipke	Smchs-Kemptville	41.53m
7 Ryan Brett	Smchs-Brockville	39.31m
8 Ryan Recoskie	Madawaska Dhs	39.01m
9 James Croth	Perth	37.61m
10 Finn Barry	Carleton Place	36.92m

11 Hugo Caya	L'Heritage E	36.76m
12 Will Sanderson	Shs - Sydenham	36.45m
13 Brad Nash	Gss - Gananoque	36.37m
14 Brandon Meness	St. Francis	35.51m
15 MacKenzie McDonald	Rothwell Osn	35.43m
16 Brendan Barber	Renfrew CI	35.32m
17 Dawson Robertson	Shs - Sydenham	34.72m
18 Austin Ladouceur	Le Relais	33.60m
19 Charles-Oliver Portelance	E.S.C.R. Haw	33.12m
20 Philippe Bertrand	Almonte	33.06m
21 Nicholas Mondoux	L'Heritage E	32.12m
22 Josh Larkin	Rockland Dis	29.58m
23 Stephen Johnston	Hccss - Kingston	28.18m
24 Cameron Anderson	Valour	27.42m

Men 100 Meter Senior

Name	School	Prelims
1 Curtis Foster	Arnprior Dhs	11.49Q+0.0
2 Matt Rossi	Rockland Dis	11.67Q0.4
3 Aaron Hillier	Valour	11.69Q0.5
4 Devin Leblanc	Hccss - Kingston	11.73q 0.5
5 Michael Murray	Tiss- Brockville	11.77q 0.4
6 Konner Burtenshaw	Ess - Odessa	11.82q +0.0
7 Tyrrell Downer	Rnd - Kingston	11.84q 0.4
8 Liam Dey	Arnprior Dhs	11.85q 0.4
9 Declan Rothwell	Carleton Place	11.85 +0.0
10 Caedan Saulnier	Lsss - Kingston	11.87 0.5
11 Malik Crony	St. Joseph's	11.88 0.5
12 Connor O'Driscoll	Notre Dame	11.91 0.5
13 Connor Zersch	North Dundas	11.94 +0.0
14 Ben Montgomery	Carleton Place	11.96 +0.0
15 Pascal Théorêt	Le Relais	11.97 0.5
16 Walter Klein-Boonschate	North Dundas	12.07 0.5
17 Jordan Ziese	Fellowes HS	12.12 0.4
18 Connor McLeod	Tiss- Brockville	12.13 0.5
19 Cory Morrell	Tiss- Brockville	12.27 +0.0
20 Joshua Capina	L'Escale	12.30 +0.0
21 Dawson Massey	Tiss- Brockville	12.35 0.4
22 Ethan Wardman	Carleton Place	12.41 0.4
23 Graham Denommé	L'Escale	12.61 +0.0

Men 100 Meter Senior

Name	School	Finals
1 Curtis Foster	Arnprior Dhs	11.30 0.5
2 Michael Murray	Tiss- Brockville	11.62 0.5
3 Matt Rossi	Rockland Dis	11.62 0.5
4 Aaron Hillier	Valour	11.74 0.5
5 Liam Dey	Arnprior Dhs	11.81 0.5
6 Tyrrell Downer	Rnd - Kingston	11.85 0.5
7 Devin Leblanc	Hccss - Kingston	11.87 0.5
8 Konner Burtenshaw	Ess - Odessa	12.01 0.5

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Results

Men 200 Meter Senior

Name	School	Prelims
Preliminaries		
1 Mathias Croney	St. Joseph's	23.40Q0.4
2 Curtis Foster	Arnprior Dhs	23.61Q-2.0
3 Matt Rossi	Rockland Dis	23.61Q-0.5
4 Devin Leblanc	Hccss - Kingston	23.74Q-0.5
5 Ben Montgomery	Carleton Place	23.85Q0.4
6 Declan Rothwell	Carleton Place	24.23Q-2.0
7 Aaron Hillier	Valour	23.87q 0.4
8 Joshua MacMillan	Smchs-Brockville	24.07q -0.5
9 Jacob Chinyaradzo	Tiss- Brockville	24.53 0.4
10 Dawson Massey	Tiss- Brockville	24.72 -0.5
11 Ryan Weaver	Ndss - Napanee	24.75 -2.0
12 Walter Klein-Boonschate	North Dundas	24.79 0.4
13 Dylan Séguin	Le Relais	24.95 0.4
14 Cory Morrell	Tiss- Brockville	25.00 -2.0
15 Pascal Théorêt	Le Relais	25.05 -2.0
16 Nick Rousselle	Notre Dame	25.09 -2.0
17 Josh Demers	Fellowes HS	25.10 -0.5
18 Jordan Price	Lsss - Kingston	25.57 -0.5
19 Zachary Remus	Arnprior Dhs	25.78 -0.5
20 Victor Bisson	L'Heritage E	25.99 0.4

Men 200 Meter Senior

Name	School	Finals
Finals		
1 Curtis Foster	Arnprior Dhs	23.03 0.6
2 Mathias Croney	St. Joseph's	23.55 0.6
3 Matt Rossi	Rockland Dis	23.56 0.6
4 Devin Leblanc	Hccss - Kingston	23.84 0.6
5 Ben Montgomery	Carleton Place	23.93 0.6
6 Declan Rothwell	Carleton Place	23.97 0.6
7 Joshua MacMillan	Smchs-Brockville	24.24 0.6
8 Aaron Hillier	Valour	32.62 0.6

Men 400 Meter Senior

Name	School	Finals
Finals		
1 Teagan Retty	St John's	50.86
2 Austin White	Smchs-Kemptville	52.18
3 Mathias Croney	St. Joseph's	52.56
4 Brady Robertson	Shs - Sydenham	52.71
5 Chris Kerans	Tiss- Brockville	53.63
6 Cody Webb	Lsss - Kingston	53.72
7 Connor Stevenson	Tiss- Brockville	54.57
8 Jordan Langille	Hccss - Kingston	54.90
9 Jacob Chinyaradzo	Tiss- Brockville	54.97
10 Connor Bayers	Shs - Sydenham	55.45
11 Joshua Capina	L'Escafe	55.96
12 Colton Kelly	Opeongo HS	57.35
13 Jordan Villeneuve	Rockland Dis	57.42
14 Matt Dods	Notre Dame	57.76
15 Zachary Remus	Arnprior Dhs	58.73

16 Nathan Frampton	Valour	59.49
17 Nicholas Virc	L'Escafe	59.51
18 Alexandre Roy	E.S.C.R. Haw	1:00.17
19 Nicholas Guibord	La Citadelle	1:00.27
20 Christian Wolfgram	Valour	1:01.28

Men 800 Meter Senior

Name	School	Finals
Finals		
1 Max Serviss	Valour	1:58.14
2 Jonathan Besselink	Hccss - Kingston	1:58.76
3 Brady Robertson	Shs - Sydenham	1:59.60
4 Chris Adams	Shs - Sydenham	2:00.97
5 Sam Agnew	Renfrew CI	2:01.42
6 Teagan Retty	St John's	2:02.45
7 Nick Adams	Shs - Sydenham	2:03.42
8 Alan Zangerl	Renfrew CI	2:05.45
9 Brendan Muir	Tiss- Brockville	2:09.15
10 Justin Desrosiers	Almonte	2:12.87
11 Grant Hebert	St. Joseph's	2:17.17
12 Matt Dods	Notre Dame	2:24.82
13 Ryan Lamer	St. Joseph's	2:26.11
14 Travis Hitchon	Rothwell Osn	2:28.18
15 Bailey Gillard	Rothwell Osn	2:30.35
16 Alexandre Charlebois	L'Escafe	2:37.43

Men 1500 Meter Senior

Name	School	Finals
Finals		
1 Ben Workman	Kcvi - Kingston	4:02.42
2 Max Serviss	Valour	4:02.45
3 Jonathan Besselink	Hccss - Kingston	4:04.57
4 Jonathan Favero	L'Escafe	4:08.59
5 Adam Paquette	Valour	4:08.70
6 Chris Adams	Shs - Sydenham	4:12.79
7 Sam Agnew	Renfrew CI	4:16.81
8 Brendan Muir	Tiss- Brockville	4:28.39
9 Jake Quinton	North Dundas	4:32.18
10 Sam Serviss	Valour	4:34.11
11 Daniel Van Noppen	Perth	4:51.09
12 Alexandre Bouchard	L'Escafe	4:52.20
12 Jon Kruis	Tiss- Brockville	4:52.20
14 Mikaël Gaumont	L'Escafe	4:55.67
15 Logan Groves	Smchs-Brockville	4:59.85
16 Danie Oosthuizen	Smiths Falls	5:05.92
17 Cameron Howes	Glengarry E S	5:09.77
18 Aidan Adrain	St John's	5:10.49
--- Kieran L'Abbe	Kcvi - Kingston	DNF

Men 3000 Meter Senior

Name	School	Finals
Finals		
1 Ben Workman	Kcvi - Kingston	8:44.73
2 Adam Paquette	Valour	8:51.64
3 Jonathan Favero	L'Escafe	8:56.63

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Finals ... (Men 3000 Meter Senior)

Name	School	Finals
4 Sam Serviss	Valour	8:59.09
5 John Pettigrew	Renfrew CI	9:06.31
6 Declan Colwell	Tiss- Brockville	9:08.65
7 Paul Sagriff	Rnd - Kingston	9:17.88
8 Jacob Hardwick	Fellowes HS	9:49.84
9 Jake Quinton	North Dundas	9:54.19
10 Wyatt Brochert	Rothwell Osn	10:31.03
11 Mikaël Gaumond	L'Escale	10:35.64
12 Jordan Casselman	North Dundas	10:40.77
13 Alexandre Bouchard	L'Escale	10:47.21
14 Logan Groves	Smchs-Brockville	10:56.16
15 Aidan Adrain	St John's	11:06.60
16 Marc-Frederik Tremblay	La Citadelle	11:52.50

Men 110 Meter Hurdles Senior

Name	School	Prelims
Preliminaries		
1 Mathew Ferguson	Perth	14.91Q0.2
2 Brodie Latimer	Shs - Sydenham	15.59Q-0.3
3 Brayden Noyes	Smchs-Brockville	15.82q -0.3
4 Malik Crony	St. Joseph's	15.82q 0.2
5 Tanner Van Every	Rockland Dis	15.85q 0.2
6 Ian Sly	Rdhs - Elgin	16.82q -0.3
7 Eric Lusk	Shs - Sydenham	17.05q -0.3
8 Mitchell Courchesne	Arnprior Dhs	17.41q 0.2
9 Tyler Cancian	Shs - Sydenham	17.54 0.2
10 Andrew Martins	Hccss - Kingston	18.16 -0.3
11 Alex Cox	Carleton Place	18.77 0.2
12 Brody Flegal	Arnprior Dhs	19.08 0.2
13 Alex Lockridge	Notre Dame	23.09 -0.3

Men 110 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Mathew Ferguson	Perth	14.87 -0.2
2 Brodie Latimer	Shs - Sydenham	15.49 -0.2
3 Malik Crony	St. Joseph's	15.61 -0.2
4 Brayden Noyes	Smchs-Brockville	15.87 -0.2
5 Tanner Van Every	Rockland Dis	15.97 -0.2
6 Ian Sly	Rdhs - Elgin	17.05 -0.2
7 Eric Lusk	Shs - Sydenham	17.13 -0.2
8 Mitchell Courchesne	Arnprior Dhs	18.47 -0.2

Men 400 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Curtis Foster	Arnprior Dhs	58.11
2 Austin White	Smchs-Kemptville	58.58
3 Joshua MacMillan	Smchs-Brockville	1:00.82
4 Ryan Gibson	Shs - Sydenham	1:00.83
5 Chad McInnes	Shs - Sydenham	1:00.86
6 Keaton Beale	Arnprior Dhs	1:02.66
7 Rielly Walsh	Tiss- Brockville	1:04.13

8 Ben Amos	Shs - Sydenham	1:07.81
9 Brody Flegal	Arnprior Dhs	1:10.15
10 Mike Howard	Tiss- Brockville	1:10.79
11 Laurent Messier	Le Sommet	1:11.63
12 Andrew Martins	Hccss - Kingston	1:12.24

Men 4x100 Meter Relais Senior

Team	Relay	Finals
Finals		
1 Carleton Place	A	45.29
2 Arnprior Dhs	A	45.53
3 Tiss- Brockville	A	45.57
4 Holy Cross - Kingston	A	46.71
5 Sydenham - Sydenham	A	47.15
6 La Salle - Kingston	A	47.42
7 Rockland District HS	A	47.65
8 Valour	A	49.83
9 L'Escale	A	49.92
1) Joshua Capina	2) Graham Denommé	
3) Mathieu Proulx	4) Nicholas Virc	
5) Justin Corriveau-Crawford		
10 Almonte	A	50.37
1) Tristen Hull	2) Ben Kargus	
3) Alex McPhail	4) Chris Oatman	
--- Smchs-Brockville	A	DQ
--- North Dundas	A	DQ

Men High Jump Senior

Name	School	Finals
Finals		
1 Robert Connors	Rnd - Kingston	1.85m
2 Dave Cox	Grec - SL	J1.85m
3 Zach McIver	Kcvi - Kingston	1.80m
4 Connor Hudson	Gss - Gananoque	J1.80m
5 Luciano Troiani	Hccss - Kingston	1.75m
5 Mathew Ferguson	Perth	1.75m
7 Carter Wilson	Arnprior Dhs	J1.75m
8 Mike Vice	St Josephs High	J1.75m
9 Tanner Van Every	Rockland Dis	1.70m
10 Sam Cowan	Tiss- Brockville	J1.70m
11 Quinn Solar	St Josephs High	1.65m
12 Michael Ryan	Holy Trinity	J1.65m
13 Justin Steacy	Rdhs - Elgin	1.60m
14 Ethan Wardman	Carleton Place	1.55m
15 Walter Klein-Boonschate	North Dundas	1.50m
--- Andrew Paul	Almonte	NH
--- Noah Barclay	St. Joseph's	NH

Men Pole Vault Senior

Name	School	Finals
Finals		
1 Devin Hewitt	Tiss- Brockville	3.60m
1 Nick Sauve	St. Lawrence	3.60m
3 Clarke Vandervaart	Carleton Place	J3.60m
4 Chad Caskenette	Tiss- Brockville	3.45m

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Finals ... (Men Pole Vault Senior)

Name	School	Finals
4 Tom Dumbrille	Tiss- Brockville	3.45m
6 Sam Cowan	Tiss- Brockville	J3.45m
7 Connor Findlay	North Dundas	J3.45m
8 Noah Guillot	Carleton Place	3.30m
9 Bennett McNeely	Carleton Place	3.00m
10 Zach McIver	Kcvi - Kingston	J3.00m
11 Arryn Jackle-Springs	Arnprior Dhs	J3.00m
12 Keaton Beale	Arnprior Dhs	2.70m
13 Mitchell Courchesne	Arnprior Dhs	J2.70m
14 John Dolan	Arnprior Dhs	2.55m
--- Keegan Mulhearn	Char er D H	NH

Men Long Jump Senior

Name	School	Finals
1 Brayden Raymond	Hccss - Kingston	6.11m NWI
2 Michael Murray	Tiss- Brockville	6.08m NWI
3 Connor O'Driscoll	Notre Dame	5.94m NWI
4 Mike Vice	St Josephs High	5.80m NWI
5 Ben Cross	Fss - Kingston	5.79m NWI
6 Malik Crony	St. Joseph's	5.55m NWI
7 Ryley Gemmill	St John's	5.45m NWI
8 Jacob Brisebois	Esc Plantage	5.43m NWI
9 Brayden Noyes	Smchs-Brockville	J5.43m NWI
10 Jasper Leroux	Char er D H	5.38m NWI
11 Alain Bissonnette	La Citadelle	5.32m NWI
12 Dalton Tucker	Valour	5.31m NWI
13 Nathan Dulong	Opeongo HS	5.24m NWI
14 Omar Sarwar	St. Joseph's	J5.24m NWI
15 Andrew Garven	Smchs-Brockville	5.22m NWI
16 Tyrrell Downer	Rnd - Kingston	5.14m NWI
17 Josh Henderson	Fss - Kingston	5.02m NWI
18 Thomas Keith	Rockland Dis	4.80m NWI
19 Cole Lisqum	Rdhs - Elgin	4.73m NWI

Men Triple Jump Senior

Name	School	Finals
1 Connor Hudson	Gss - Gananoque	12.86m NWI
2 Ben Cross	Fss - Kingston	12.57m NWI
3 Tanner Van Every	Rockland Dis	12.52m NWI
4 Brayden Raymond	Hccss - Kingston	12.43m NWI
5 Jacob Brisebois	Esc Plantage	11.94m NWI
6 Michael Ryan	Holy Trinity	11.62m NWI
7 Mike Vice	St Josephs High	11.57m NWI
8 Omar Sarwar	St. Joseph's	11.50m NWI
9 Zach Freedman	Lcvi -kingston	11.03m NWI
10 Jasper Leroux	Char er D H	11.00m NWI
11 Ben Termarsch	Fellowes HS	10.71m NWI
12 Tyler Hawkins	Perth	10.60m NWI
13 Nathan Dulong	Opeongo HS	10.51m NWI
14 Gavin Anderson	North Dundas	10.46m NWI
15 Jacob Demers-Dallaire	L'Escale	10.41m NWI

16 Thomas Keith	Rockland Dis	10.09m NWI
17 Cole Lisqum	Rdhs - Elgin	10.05m NWI
18 Justin Reis	Carleton Place	10.00m NWI
19 Devon Scott	Grec - SL	9.84m NWI
20 Nick Baker	Smiths Falls	9.80m NWI
21 Quinn Solar	St Josephs High	9.62m NWI
--- John Schnaufer	Carleton Place	ND NWI
--- Ian Sly	Rdhs - Elgin	ND NWI

Men Shot Put Senior

Name	School	Finals
1 Jonah Johnson	Hccss - Kingston	14.25m
2 Nathan White	Tiss- Brockville	14.05m
3 Thomas Nedow	Tiss- Brockville	13.92m
4 Austin Allingham	Tiss- Brockville	13.79m
5 Denzel Guirandou	Tiss- Brockville	13.40m
6 Drew Marquette	Lsss - Kingston	12.76m
7 Andrew McCourt	Holy Trinity	12.53m
8 Carter Wilson	Arnprior Dhs	12.46m
9 Robert Crawford	Grec - SL	11.93m
10 Ryan McFarlane	Carleton Place	11.65m
11 Tyler Deir	Qecvi - Kingston	11.60m
12 Anthony Davis	Bishop Smith	11.09m
13 Kyle Lepage	Carleton Place	10.78m
14 James Florent	Opeongo HS	10.69m
15 Chase Verch	Fellowes HS	10.57m
16 Eric Langlois	L'Escale	10.26m
17 Paul Theodosio	Holy Trinity	10.19m
18 Jeff Hyndman	Carleton Place	9.79m
19 Thomas Keith	Rockland Dis	9.74m
20 Connor Zersch	North Dundas	9.35m
21 Brandon Hall	Cornwall C V S	8.67m
22 Joey Boniface	Almonte	8.02m

Men Discus Throw Senior

Name	School	Finals
1 Thomas Nedow	Tiss- Brockville	46.46m
2 Cole Cathcart	Tiss- Brockville	42.11m
3 Nathan White	Tiss- Brockville	39.66m
4 Dane Brumm	Renfrew CI	39.49m
5 Denzel Guirandou	Tiss- Brockville	39.30m
6 Chase Verch	Fellowes HS	37.11m
7 Matthew Church	Almonte	36.67m
8 Aiden Erkan	Ess - Odessa	36.30m
9 Chris Sparks	Fss - Kingston	33.17m
10 Wyatt Brochert	Rothwell Osn	30.68m
11 Phillip Veilleux	Le Relais	29.80m
12 Ryan McFarlane	Carleton Place	29.31m
13 Dylan Séguin	Le Relais	28.72m
14 Brandon Hall	Cornwall C V S	25.46m
15 Anthony Davis	Bishop Smith	25.35m
16 Hartley Norris	Fss - Kingston	23.53m
17 Joey Boniface	Almonte	23.23m

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Finals ... (Men Discus Throw Senior)

Name	School	Finals
18 Joey Benoit	North Dundas	20.82m
19 Connor Willard	Rothwell Osn	20.40m
--- Jeremy McBride	Lcvi -kingston	ND
--- Nic Clarke	Carleton Place	ND

Men Javlelin Throw Senior

Name	School	Finals
1 Ben Cross	Fss - Kingston	53.02m
2 Nic Gilbert	Tiss- Brockville	45.22m
3 Kyle Lepage	Carleton Place	42.98m
4 Brayden Noyes	Smchs-Brockville	42.12m
5 Isaac Barr	St. Joseph's	41.90m
6 Dane Brumm	Renfrew CI	41.72m
7 Chris Sparks	Fss - Kingston	41.31m
8 Samuel Lebeau-Joubert	Escmr - Kingston	39.48m
9 Jamie Schultz	Opeongo HS	37.94m
10 Brady Robertson	Shs - Sydenham	37.80m
11 Bryce Davidson	Fellowes HS	37.47m
12 Gabe Elliott	Char er D H	35.93m
13 Colten Varcoe	Rdhs - Elgin	35.49m
14 Alexis Thibeault	L'Heritage E	35.40m
15 Devin Lizert	Rothwell Osn	34.69m
16 Ryan McFarlane	Carleton Place	33.42m
17 Joey Boniface	Almonte	33.06m
18 Austin Allingham	Tiss- Brockville	30.20m
--- Eric Langlois	L'Escale	ND
--- Teagan Retty	St John's	ND
--- Jonathon Shean	Arnprior Dhs	ND
--- Joshua Peladeau	Le Sommet	ND

Men 2000 Meter Steeple Open

Name	School	Finals
1 Jonathan Besselink	Hccss - Kingston	6:18.43
2 Sam Serviss	Valour	6:20.67
3 Declan Colwell	Tiss- Brockville	6:26.43
4 Brandon Royce	Valour	6:39.80
5 Alan Zangerl	Renfrew CI	6:42.13
6 Maks Zechel	Kcvi - Kingston	6:45.04
7 Ben Pulver	Kcvi - Kingston	6:47.34
8 Jake Quinton	North Dundas	6:56.66
9 Jon Kruijs	Tiss- Brockville	7:44.18
10 Cameron Howes	Glengarry E S	7:54.13
11 River Clarke-Howes	Gss - Gananoque	7:56.47
12 Dan Hutcheson	Gss - Gananoque	9:55.63

Men 4x400 Meter Relais Open

Team	Relay	Finals
1 Valour	A	3:32.41
2 Sydenham - Sydenham	A	3:33.42
3 Tiss- Brockville	A	3:34.77

4 Holy Cross - Kingston	A	3:37.39
5 Arnprior Dhs	A	3:43.56
6 La Salle - Kingston	A	3:44.32
7 Carleton Place	A	3:46.14
8 Notre Dame	A	3:49.85
9 Kingston - Kingston	A	3:51.44
10 St John's	A	4:03.46
1) Josh Call	2) Ryley Gemmill	
3) Darien Heney	4) Dylan Kryskow	
5) Teagan Retty		
11 L'Escale	A	4:10.61
1) Jonathan Favero	2) Joshua Capina	
3) Nicholas Virc	4) Graham Denommé	
12 L'Heritage E S - eolh	A	4:13.07

Men 100 Meter I&D Disabilities

Name	School	Finals
1 Gaël Jean-François	Esc Plantage	14.79 -0.4
2 Ryan O'Brien	Hccss - Kingston	15.32 -0.4
3 Jordan Thibodeau	Fellowes HS	16.17 -0.4

Combined Team Scores - Midget - 32 Events Scored

1) Arnprior DHS	144.5
2) Frontenac - Kingston	97
3) Regiopolis-Notre Dame-Kingston	86
4) Thousand Islands - Brockville	83
5) Carleton Place High School	82
6) Holy Cross - Kingston	74
7) Kingston - Kingston	70
8) Valour	66
9) Sydenham - Sydenham	56.5
10) Seaway D H S - eose	51
11) North Grenville - Kemptville	36
12) Bayridge - Kingston	31
13) La Salle - Kingston	28
13) Opeongo HS	28
15) ES Jeanne Lajoie	23
16) Almonte District High School	22
17) Charlottenburgh&Lancaster-eocl	20
17) Mackenzie CS	20
19) Rideau - Elgin	19
20) St. Mary's - Brockville	18
20) Fellowes HS	18
22) Notre Dame Catholic High School	15
22) L'Heritage E S - eolh	15
22) Napanee - Napanee	15
25) Perth & District Coll. Inst.	14
26) Glengarry D H S - eogg	12
26) St Josephs CHS	12
28) Smiths Falls D C I - eosf	11
29) St John Catholic High School	9
30) Holy Trinity - eoht	8
31) ESC Le Relais	6
31) Rothwell-Osnabruck - eoro	6
31) St. Francis Xavier C.H.S.	6
31) Le Sommet	6
31) Gananoque - Gananoque	6
31) Granite Ridge - Sharbot Lake	6

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37) Tagwi S S - eota	5
37) Loyalist - Kingston	5
37) St. Lawrence - eosl	5
40) Russell High School	2
40) Bishop Smith CHS	2
40) Madawaska DHS	2
40) ESC Plantagenet	2
40) La Citadelle E S - eoci	2
45) Cornwall C & V S - eocw	1
45) Renfrew CI	1
45) St. Michael - Kemptville	1

Combined Team Scores - Junior - 32 Events Scored	
1) Thousand Islands - Brockville	163.5
2) Kingston - Kingston	118
3) Arnprior DHS	84
4) Valour	79
5) Holy Cross - Kingston	76
6) Sydenham - Sydenham	74.5
7) Notre Dame Catholic High School	51
8) Charlottenburgh&Lancaster-eocl	45
9) Bayridge - Kingston	44
10) Carleton Place High School	43
11) Regiopolis-Notre Dame-Kingston	38
12) Perth & District Coll. Inst.	31.5
13) Seaway D H S - eose	30
14) St. Mary's - Brockville	28
15) Loyalist - Kingston	27
16) Almonte District High School	22
16) Brockville - Brockville	22
18) Madawaska DHS	19
19) North Grenville - Kemptville	18
20) La Citadelle E S - eoci	17
21) St. Michael - Kemptville	16
21) Opeongo HS	16
23) Gananoque - Gananoque	15
23) ESC Marie Rivier - Kingston	15
23) L'Heritage E S - eolh	15
26) St John Catholic High School	14
27) Cornwall C & V S - eocw	13
27) Smiths Falls D C I - eosf	13
29) E.S.C.R. Hawkesbury	12.5
30) Rideau - Elgin	12
30) Renfrew CI	12
32) Napanee - Napanee	11
33) Queen Elizabeth - Kingston	10
34) Fellowes HS	9.5
35) Rockland District HS	9
36) L'Escale	4
36) Rothwell-Osnabruck - eoro	4
36) Tagwi S S - eota	4
36) St Josephs CHS	4
40) ES Jeanne Lajoie	3
41) La Salle - Kingston	2
41) Frontenac - Kingston	2
43) Ecole Secondaire L'Equinoxe	1.5

Combined Team Scores - Senior - 32 Events Scored	
1) Thousand Islands - Brockville	185
2) Arnprior DHS	119
3) Holy Cross - Kingston	93.5
4) Carleton Place High School	72
5) Sydenham - Sydenham	69
6) Perth & District Coll. Inst.	48.5
7) Valour	43
7) Almonte District High School	43
9) Kingston - Kingston	38
10) Frontenac - Kingston	37

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11) St. Joseph's C H S - eosj	35	30) Rideau - Elgin	10
11) Regiopolis-Notre Dame-Kingston	35	32) E.S.C.R. Hawkesbury	9
13) ESC Marie Rivier - Kingston	31	33) Loyalist - Kingston	8
14) Bayridge - Kingston	30	33) St Josephs CHS	8
15) Notre Dame Catholic High Schoo	28	33) Granite Ridge - Sharbot Lake	8
16) St. Mary's - Brockville	26	36) St. Francis Xavier C.H.S.	7
17) Rockland District HS	24	37) Madawaska DHS	6
17) St. Michael - Kemptville	24	37) Le Sommet	6
19) Renfrew CI	20	37) Charlottenburgh&Lancaster-eocl	6
19) ES Jeanne Lajoie	20	40) L'Heritage E S - eolh	5
21) Fellowes HS	19	40) ESC Plantagenet	5
22) Glengarry D H S - eogg	18	42) Bishop Smith CHS	3
23) La Salle - Kingston	16	43) North Dundas D H S - eond	2
24) Gananoque - Gananoque	15	43) Ernestown - Odessa	2
24) St John Catholic High School	15		
26) L'Escale	14		
27) Opeongo HS	12		
28) St. Lawrence - eosl	11		
28) Holy Trinity - eoht	11		
30) Napanee - Napanee	10		

 Combined Team Scores - Open - 4 Events Scored

1) Valour	27
2) Thousand Islands - Brockville	25
3) Holy Cross - Kingston	21
4) Sydenham - Sydenham	14
5) Almonte District High School	13
5) Kingston - Kingston	13
7) Arnprior DHS	9
8) St. Michael - Kemptville	8
9) Notre Dame Catholic High Schoo	7
10) Fellowes HS	6
11) Renfrew CI	4
12) La Salle - Kingston	3
13) Carleton Place High School	2
13) Loyalist - Kingston	2
15) North Dundas D H S - eond	1
15) North Grenville - Kemptville	1

 Combined Team Scores - Ambulatory - 1 Events Scored

1) Sydenham - Sydenham	10
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 Combined Team Scores - I&D Disabilities - 2 Events Scored

1) Fellowes HS	21
2) Sydenham - Sydenham	14
3) ESC Plantagenet	10
4) Holy Cross - Kingston	8