

WCSSAA/ District 8 Combined Meet 2010 - 5/12/2010 to 5/13/2010  
Resurrection - Kitchener  
Results

Event 101 Women 100 Meter Dash Midget WCSSAA

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Records: * 12.03 5/10/2005 SAM STEVENS, Grand River				
Name	Year	School	Prelims	H#
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Preliminaries				
1	TEGAN SAUER	FOREST HEIGHTS C	13.07Q	6
2	EMMA SCHROEDER	SOUTHWOOD SE	13.98Q	5
3	JESS AUTHIER	SIR JOHN A.	14.16Q	2
4	JAMIE CROSS	CAMERON HEIG	14.40Q	1
5	COURTNEY HARLEY	SOUTHWOOD SE	14.49Q	4
6	KAITLYN HANSON	BLUEVALE COL	14.83Q	3
7	KIRSTIN MARTIN	EDSS	14.43Q	2
8	HEATHER DRESCHER	GRAND RIVER	14.47Q	1
9	LAURA PRITCHARD	GALT COLLEGI	14.70Q	4
10	TOBY ROOT	CAMERON HEIG	14.96Q	6
11	STEPH NIJHUIS	GALT COLLEGI	15.13Q	5
12	REBECCA JONES	WATERLOO COL	15.39Q	3
13	HAYLEY HESS	SIR JOHN A.	14.55q	2
14	SARAH SHEPHERD	SIR JOHN A.	14.73q	4
15	CAROLINE KERR	KITCHENER WA	14.81q	4
16	MEGAN KIM	WATERLOO COL	14.85q	2
17	BROOKLYNN WRIGHT	JACOB HESPEL	15.04	2
18	CASSIDY WIDEMAN	WATERLOO COL	15.24	4
19	ALLIE BUCHANAN	GALT COLLEGI	15.31	2
20	LAURA EENKOOREN	WATERLOO-OXF	15.34	2
21	KILMENY CARRETTE	FOREST HEIGHTS C	15.43	3
22	MACKENZIE OESTREICH	KITCHENER WA	15.47	4
23	ALEX MATYAS	SIR JOHN A.	15.56	6
23	MICAYLA CRAWLEY	KITCHENER WA	15.56	1
25	SARAH TWOMEY	EASTWOOD COL	15.71	6
26	AUGUSTINA CHAKMA	CAMERON HEIG	15.77	5
26	ALICIA WARING	EDSS	15.77	1
28	DANIELLE HOLLATZ	WATERLOO COL	15.93	6
29	TERESA SIMONS	WATERLOO COL	15.96	4
30	AMANDA MOORE	WATERLOO COL	15.97	5
31	RACHEL FINCH	WATERLOO COL	15.99	3
32	MELANIE SCHWARTZENTRUBER	EDSS	16.19	3
33	LAUREN CRAIK	WATERLOO COL	16.29	2
34	MELISSA CLARKE	CAMERON HEIG	16.52	6
35	VICTORIA TRAN	GLENVIEW PAR	16.55	1
36	KELSEY AMBROSE	KITCHENER WA	16.58	3
37	POOJA PANCHAL	WATERLOO COL	16.76	5
38	ALEX RAHMAN	GALT COLLEGI	16.89	1
39	CHANTEL-MARIE STICKEL	CAMERON HEIG	16.92	5
40	CHEYENNE KHAN	KITCHENER WA	16.96	5
40	HANNAH CHUBB	CAMERON HEIG	16.96	3
42	MARIEL THOMSON	KITCHENER WA	17.73	3
43	JORDAN HOOD	GALT COLLEGI	18.71	4

Event 101 Women 100 Meter Dash Midget WCSSAA

Records: \* 12.03 5/10/2005 SAM STEVENS, Grand River  
 Name Year School Semis H#

Semi-Finals

1	TEGAN SAUER	FOREST HEIGHTS C	13.06Q	2
2	EMMA SCHROEDER	SOUTHWOOD SE	13.90Q	1
3	COURTNEY HARLEY	SOUTHWOOD SE	13.74Q	2
4	JESS AUTHIER	SIR JOHN A.	14.06Q	1
5	KIRSTIN MARTIN	EDSS	14.22Q	1
6	HAYLEY HESS	SIR JOHN A.	14.42Q	2
7	HEATHER DRESCHER	GRAND RIVER	14.49q	2
8	JAMIE CROSS	CAMERON HEIG	14.50q	2
9	STEPH NIJHUIS	GALT COLLEGI	14.52	1
10	SARAH SHEPHERD	SIR JOHN A.	14.54	1
11	LAURA PRITCHARD	GALT COLLEGI	14.72	2
12	REBECCA JONES	WATERLOO COL	15.09	2
13	TOBY ROOT	CAMERON HEIG	15.10	1

Event 101 Women 100 Meter Dash Midget WCSSAA

Records: \* 12.03 5/10/2005 SAM STEVENS, Grand River  
 Name Year School Finals

Finals

1	TEGAN SAUER	FOREST HEIGHTS C	13.01
2	COURTNEY HARLEY	SOUTHWOOD SE	13.91
3	EMMA SCHROEDER	SOUTHWOOD SE	13.95
4	JESS AUTHIER	SIR JOHN A.	14.08
5	KIRSTIN MARTIN	EDSS	14.10
6	JAMIE CROSS	CAMERON HEIG	14.51
7	HEATHER DRESCHER	GRAND RIVER	14.63
8	HAYLEY HESS	SIR JOHN A.	14.68

Event 102 Men 100 Meter Dash Midget WCSSAA

Records: \* 11.22 5/12/2005 JORDAN MILLER-SMITH, Cameron Heig  
 Name Year School Prelims H#

Preliminaries

1	ADAM GRAY	GALT COLLEGI	12.42Q	6
2	DENNIS HONG	SIR JOHN A.	12.54Q	3
3	MOHAMMAD KROMAH	EASTWOOD COL	12.70Q	1
4	MOHAMMED SAEED	FOREST HEIGHTS C	12.84Q	4
5	SHAQUILLE JONES	EASTWOOD COL	13.12Q	5
6	BRANDON KONGDARA	PRESTON HIGH	13.16Q	2
7	SAB HUBER	EDSS	12.94Q	1
7	SHERWAN KADER	GRAND RIVER	12.94Q	4
9	MATT BELL	SIR JOHN A.	12.95Q	6
10	ZAC KNOWLES	FOREST HEIGHTS C	13.19Q	2
11	BENOY JOHNSON	EASTWOOD COL	13.32Q	5
12	SAYYAD YEGANEHNIA	EASTWOOD COL	13.37Q	3
13	MICHAEL PIASECZNEY	SIR JOHN A.	13.02q	4
14	MATT COATES	GALT COLLEGI	13.07q	1
15	KEVIN HENRY	CAMERON HEIG	13.29q	2
16	NATE ZANFIRESCU	FOREST HEIGHTS C	13.35q	1
17	SCOTT HOLTON	GALT COLLEGI	13.37	5

18	JERMAINE MACDOUGALL	SIR JOHN A.	13.41	5
19	ANDREW BYE	GRAND RIVER	13.42	3
20	MATTHEW STIRLING	HURON HEIGHT	13.46	3
21	RYAN TRENDYLE	GLENVIEW PAR	13.48	2
22	TOMMIE COOK	JACOB HESPEL	13.57	5
23	AARON LOTT	WATERLOO COL	13.62	6
24	BRANDON SHRIGLEY	KITCHENER WA	13.64	3
25	JACOB FRYER	BLUEVALE COL	13.71	4
26	DYLAN SAVAGE	GALT COLLEGI	13.81	2
27	NATHAN HEALD	HURON HEIGHT	13.83	5
28	CONNOR VASEY	SIR JOHN A.	13.92	6
29	DEVON BACHU	GALT COLLEGI	13.93	3
30	CHRISTOPHER FREY	HURON HEIGHT	13.95	1
30	MICHAEL OLIVER	JACOB HESPEL	13.95	1
32	MAX NEANG	GLENVIEW PAR	13.99	5
33	MICHAEL DICK	WATERLOO COL	14.24	6
34	BRANDON LOEWEN	WATERLOO COL	14.32	3
35	PRIYAM PAUL	WATERLOO COL	14.50	4
36	GARRET GRAY	WATERLOO COL	14.51	4
37	STEVEN CHOI	CAMERON HEIG	14.58	5
38	CHRIS HEIT	WATERLOO COL	15.03	1
39	ALEX SIMMONDS	PRESTON HIGH	15.12	1
40	BRANDON SUN	HURON HEIGHT	15.27	4
41	KARL VANRUNT	GLENVIEW PAR	15.28	4
42	SAMIR HAMADACHE	JACOB HESPEL	15.93	6
43	CARTER DAWSON	JACOB HESPEL	18.12	3

Event 102 Men 100 Meter Dash Midget WCSSAA

Records: \* 11.22 5/12/2005 JORDAN MILLER-SMITH, Cameron Heig  
 Name Year School Semis H#

Semi-Finals

1	ADAM GRAY	GALT COLLEGI	12.17Q	2
2	DENNIS HONG	SIR JOHN A.	12.29Q	1
3	SAB HUBER	EDSS	12.59Q	1
4	SHERWAN KADER	GRAND RIVER	12.62Q	2
5	MICHAEL PIASECZNEY	SIR JOHN A.	12.68Q	2
6	BRANDON KONGDARA	PRESTON HIGH	12.88Q	1
7	MOHAMMED SAEED	FOREST HEIGHTS C	12.82q	2
8	MATT BELL	SIR JOHN A.	12.83q	2
9	MOHAMMAD KROMAH	EASTWOOD COL	12.95	1
10	ZAC KNOWLES	FOREST HEIGHTS C	13.16	1
10	SHAQUILLE JONES	EASTWOOD COL	13.16	2
12	BENOY JOHNSON	EASTWOOD COL	13.21	1
13	KEVIN HENRY	CAMERON HEIG	13.25	1
14	NATE ZANFIRESCU	FOREST HEIGHTS C	13.50	2
15	SAYYAD YEGANEHNIA	EASTWOOD COL	13.69	2

Event 102 Men 100 Meter Dash Midget WCSSAA

Records: \* 11.22 5/12/2005 JORDAN MILLER-SMITH, Cameron Heig  
 Name Year School Finals

Finals

1	ADAM GRAY	GALT COLLEGI	12.28
2	DENNIS HONG	SIR JOHN A.	12.47

3	SAB HUBER	EDSS	12.64
4	SHERWAN KADER	GRAND RIVER	12.80
5	MOHAMMED SAEED	FOREST HEIGHTS C	12.84
6	MICHAEL PIASECZNEY	SIR JOHN A.	12.90
7	MATT BELL	SIR JOHN A.	13.12
8	BRANDON KONGDARA	PRESTON HIGH	13.21

Event 103 Women 200 Meter Dash Midget WCSSAA

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Records: * 26.14 5/10/2005 OLIVIA CHARNUSKI, Elmira DSS-E				
Name	Year	School	Prelims	H#

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Preliminaries

1	TEGAN SAUER	FOREST HEIGHTS C	28.19Q	5
2	MEGAN PARSONS	HURON HEIGHT	28.53Q	2
3	KIRSTIN MARTIN	EDSS	28.80Q	3
4	RHEANNA BUTLER	PRESTON HIGH	29.19Q	4
5	MADDY TAYLOR	SIR JOHN A.	29.23Q	1
6	TESSA CHARNUSKI	EDSS	29.41q	1
7	BRIANNE HOFSTED	SIR JOHN A.	29.90q	2
8	KILMENY CARRETTE	FOREST HEIGHTS C	30.24q	4
9	ALEXANDRIA JACOBS	CAMERON HEIG	30.60	4
10	LAURA PRITCHARD	GALT COLLEGI	30.92	3
11	MADELINE LUCKE	CAMERON HEIG	31.16	3
12	MEGAN KIM	WATERLOO COL	31.33	5
13	EMILY MILLER	BLUEVALE COL	31.92	1
14	CASSIDY WIDEMAN	WATERLOO COL	32.26	1
15	ELIZABETH MCLELLAN	CAMERON HEIG	32.29	5
16	LAURA EENKOOREN	WATERLOO-OXF	32.35	4
17	ALEX MATYAS	SIR JOHN A.	32.67	1
18	AMY CASTELL	WATERLOO COL	32.69	4
18	MARYAM GOLAFSHANI	CAMERON HEIG	32.69	2
20	MICAYLA CRAWLEY	KITCHENER WA	32.80	5
21	RACHEL FINCH	WATERLOO COL	33.14	5
22	ALICIA WARING	EDSS	33.31	4
23	TERESA SIMONS	WATERLOO COL	33.49	5
24	AUGUSTINA CHAKMA	CAMERON HEIG	33.58	3
25	KASSONDRA MCKEOWN	PRESTON HIGH	34.52	5
26	CONNOR TAYLOR	CAMERON HEIG	34.90	3
27	CHEYENNE KHAN	KITCHENER WA	36.27	1

Event 103 Women 200 Meter Dash Midget WCSSAA

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Records: * 26.14 5/10/2005 OLIVIA CHARNUSKI, Elmira DSS-E				
Name	Year	School	Finals	

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Finals

1	TEGAN SAUER	FOREST HEIGHTS C	27.21
2	MEGAN PARSONS	HURON HEIGHT	28.19
3	KIRSTIN MARTIN	EDSS	28.66
4	RHEANNA BUTLER	PRESTON HIGH	28.92
5	TESSA CHARNUSKI	EDSS	29.04
6	MADDY TAYLOR	SIR JOHN A.	29.28
7	BRIANNE HOFSTED	SIR JOHN A.	29.64
8	KILMENY CARRETTE	FOREST HEIGHTS C	30.83

Event 104 Men 200 Meter Dash Midget WCSSAA

Records: \* 23.83 5/11/2005 JORDAN MILLER-SMITH, Cameron Heig  
 Name Year School Prelims H#

Preliminaries

1	ETHAN BRAZEAU	GRAND RIVER	25.70Q	5
1	MOHAMMAD KROMAH	EASTWOOD COL	25.70Q	3
3	JEREMY SETTLE	KITCHENER WA	26.05Q	4
4	SHERWAN KADER	GRAND RIVER	26.17Q	2
5	KEVIN HENRY	CAMERON HEIG	26.81Q	1
6	SAB HUBER	EDSS	25.75q	3
7	MATT COATES	GALT COLLEGI	26.20q	4
8	MATTHEW STIRLING	HURON HEIGHT	26.37q	2
9	JOSHUA GALLANT	SOUTHWOOD SE	26.52	5
10	BRANDON KONGDARA	PRESTON HIGH	26.96	5
11	RYAN TRENDYLE	GLENVIEW PAR	27.02	5
12	BENOY JOHNSON	EASTWOOD COL	27.28	2
13	SHAQUILLE JONES	EASTWOOD COL	27.39	1
14	JERMAINE MACDOUGALL	SIR JOHN A.	27.72	4
15	TOMMIE COOK	JACOB HESPEL	28.06	5
16	CALEB DALE	SIR JOHN A.	28.18	3
17	SAMER HAFUTH	CAMERON HEIG	28.26	1
18	NATE ZANFIRESCU	FOREST HEIGHTS C	28.39	2
19	GARRET GRAY	WATERLOO COL	28.69	1
20	DEVON BACHU	GALT COLLEGI	28.87	2
21	PRIYAM PAUL	WATERLOO COL	28.89	3
22	JACOB FRYER	BLUEVALE COL	29.21	4
23	NATHAN HEALD	HURON HEIGHT	29.22	1
24	SHAWN HYMERS	EDSS	29.30	4
25	SHELDON GORDON	CAMERON HEIG	29.98	3
26	STEVEN CHOI	CAMERON HEIG	30.02	3
27	ANDREW CAMPBELL	KITCHENER WA	30.61	4
28	JORDAN GRAVES	KITCHENER WA	31.24	4
29	CHRIS HEIT	WATERLOO COL	31.46	2
30	AARON ROSENBLUM	KITCHENER WA	33.39	1
31	CARTER DAWSON	JACOB HESPEL	36.90	3

Event 104 Men 200 Meter Dash Midget WCSSAA

Records: \* 23.83 5/11/2005 JORDAN MILLER-SMITH, Cameron Heig  
 Name Year School Finals

Finals

1	SAB HUBER	EDSS	25.62
2	ETHAN BRAZEAU	GRAND RIVER	25.82
3	MOHAMMAD KROMAH	EASTWOOD COL	25.93
4	MATTHEW STIRLING	HURON HEIGHT	25.99
5	JEREMY SETTLE	KITCHENER WA	26.09
6	SHERWAN KADER	GRAND RIVER	26.10
7	MATT COATES	GALT COLLEGI	26.30
8	KEVIN HENRY	CAMERON HEIG	26.78

Event 105 Women 400 Meter Dash Midget WCSSAA

Records: \* 1:00.96 5/10/2006 SARAH FERGUSON, Jacob Hesples  
 Name Year School Finals H#

1	EMMA BLUEMKE	BLUEVALE COL	1:03.46	2
2	BRIANNE HOFSTED	SIR JOHN A.	1:05.16	2
3	TESSA CHARNUSKI	EDSS	1:05.50	2
4	MICHELLE THOMPSON	HURON HEIGHT	1:06.22	2
5	MADDY TAYLOR	SIR JOHN A.	1:06.82	1
6	NICKI CRUICKSHANK	SOUTHWOOD SE	1:08.01	2
7	OLIVIA GAINS	GALT COLLEGI	1:08.12	1
8	KENNEDY STEVENS	SIR JOHN A.	1:08.27	1
9	CASSIDY WIDEMAN	WATERLOO COL	1:09.15	2
10	ALICIA BOATMAN	GRAND RIVER	1:13.64	1
11	LINDSAY CHATTERSON	BLUEVALE COL	1:18.10	2
12	CAROLYN THOMPSON	GRAND RIVER	1:29.31	1

Event 106 Men 400 Meter Dash Midget WCSSAA

Records: * 54.77 5/10/2006 TREVOR SALMON, Cameron Heig				
Name	Year	School	Finals	H#
1	JORDAN SHERWOOD	CAMERON HEIG	54.61*	3
2	JALEN NORONHA	CAMERON HEIG	55.35	3
3	MATT BELL	SIR JOHN A.	57.84	1
4	IAN ANDERSON	FOREST HEIGHTS C	58.12	3
5	MATTHEW STIRLING	HURON HEIGHT	58.32	3
6	HERNAN ARGUETA	CAMERON HEIG	58.81	3
6	BRIAN MICALL	GRAND RIVER	58.81	3
8	ALEX BUEHLOW	WATERLOO-OXF	59.21	2
9	ANDREW BOER	HURON HEIGHT	1:00.46	3
10	JACOB FRYER	BLUEVALE COL	1:02.98	2
11	ROBIN MELICK	CAMERON HEIG	1:03.32	3
12	NATHAN HEALD	HURON HEIGHT	1:03.38	2
13	ETHAN BRAZEAU	GRAND RIVER	1:03.52	1
14	SHAWN HYMERS	EDSS	1:04.04	2
15	JOSHUA POLLARD	JACOB HESPEL	1:04.29	2
16	CALEB HERBISON	FOREST HEIGHTS C	1:05.24	2
17	COLIN MUDIE	GRAND RIVER	1:07.46	1
18	SHELDON GORDON	CAMERON HEIG	1:08.37	2
19	ALEX SIMMONDS	PRESTON HIGH	1:18.48	1

Event 107 Women 800 Meter Run Midget WCSSAA

Records: * 2:26.99 5/13/2004 LINDSAY CARSON, Southwood SS				
Name	Year	School	Finals	
1	JENNIFER ROWE	KITCHENER WA	2:28.14	
2	BROOKE LIDSTONE	PRESTON HIGH	2:42.02	
3	BREANNE LYONS	GLENVIEW PAR	2:43.40	
4	OLIVIA GAINS	GALT COLLEGI	2:45.38	
5	JOCELYN LUBERT	EDSS	2:48.52	
6	KENNEDY STEVENS	SIR JOHN A.	2:50.81	
7	TAYLOR DEVRIES	PRESTON HIGH	2:50.86	
8	KAREN BECKER	SOUTHWOOD SE	2:50.88	
9	CAROLYN THOMPSON	GRAND RIVER	2:51.74	
10	LORI KENNEDY	EDSS	2:56.44	
11	JULIE GODDARD	GALT COLLEGI	3:00.23	
12	STEPH NIJHUIS	GALT COLLEGI	3:03.23	
13	BLAIR MCNAUGHTON	FOREST HEIGHTS C	3:05.74	
14	JORJA RUPPERT	EDSS	3:06.92	

15	HEIDI NELSON	EDSS	3:14.53
16	CECELIA WINDSOR	WATERLOO-OXF	3:16.93
17	KELSEY MUNRO	WATERLOO COL	3:21.32
18	JORDAN HOOD	GALT COLLEGI	3:39.82

Event 108 Men 800 Meter Run Midget WCSSAA

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Records: \* 2:09.28 5/14/2009 GAVIN SHIELDS, Preston High Sch

Name	Year	School	Finals
1	MATT BANNON	EDSS	2:09.57
2	JESSE SMITH	BLUEVALE COL	2:16.39
3	ALEX BUEHLOW	WATERLOO-OXF	2:21.04
4	IAN ANDERSON	FOREST HEIGHTS C	2:21.29
5	CHUDER TENY	GRAND RIVER	2:21.32
6	RYAN O'DONNELL	GALT COLLEGI	2:25.11
7	MOHAMMED SAEED	FOREST HEIGHTS C	2:25.13
8	SHAYNE BATTERS	HURON HEIGHT	2:29.18
9	SAMUEL YU	WATERLOO COL	2:29.94
10	AARON BEARD	KITCHENER WA	2:31.25
11	JORDAN ARNDT	BLUEVALE COL	2:31.51
12	JOSHUA GALLANT	SOUTHWOOD SE	2:33.97
13	JEREMY SETTLE	KITCHENER WA	2:34.69
14	BRYAN HEAD	KITCHENER WA	2:35.99
15	CODY NORRIS	SOUTHWOOD SE	2:43.67
16	DANIEL WINGER	WATERLOO COL	2:45.22
17	PETER WONG	WATERLOO COL	2:47.05
18	HASSAN ZAIDI	HURON HEIGHT	2:47.94
19	ANDREW ELLIS	SIR JOHN A.	2:51.32
20	ALEX SIMMONDS	PRESTON HIGH	2:58.56
21	ANDREW CAMPBELL	KITCHENER WA	3:00.85
22	AARON ROSENBLUM	KITCHENER WA	3:03.23
23	JORDAN GRAVES	KITCHENER WA	3:04.33

Event 109 Women 1500 Meter Run Midget WCSSAA

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Records: \* 4:56.11 5/10/2006 LAUREN DOHERTY, Galt CVI-Cam

Name	Year	School	Finals
1	JENNIFER ROWE	KITCHENER WA	5:14.66
2	BREANNE LYONS	GLENVIEW PAR	5:34.83
3	OLIVIA GAINS	GALT COLLEGI	5:44.61
4	KAREN BECKER	SOUTHWOOD SE	5:51.88
5	BROOKE LIDSTONE	PRESTON HIGH	5:53.95
6	MIKA OTSUKA	SIR JOHN A.	5:55.10
7	CELIE DIEBOLD	SOUTHWOOD SE	6:05.11
8	LINDSAY CORRIGAN	SIR JOHN A.	6:15.93
9	JORJA RUPPERT	EDSS	6:20.22
10	STEPHANIE SCHUMACHER	GRAND RIVER	6:23.95
11	MACKENZIE SCHULTZ	EDSS	6:28.49
12	HEIDI NELSON	EDSS	7:08.41
13	MICHAELAH ROBINSON	EDSS	7:12.26
14	CONNOR TAYLOR	CAMERON HEIG	8:21.78

Event 110 Men 1500 Meter Run Midget WCSSAA

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Records: \* 4:35.53 5/13/2009 GAVIN SHIELDS, Preston High Sch

Name	Year School	Finals
1 MATT BANNON	EDSS	4:28.98*
2 NICK SCHROEDER	FOREST HEIGHTS C	4:41.04
3 SIMON GONSALVES	KITCHENER WA	4:48.56
4 JESSE SMITH	BLUEVALE COL	4:50.29
5 ALEX BUEHLOW	WATERLOO-OXF	4:50.89
6 JORDAN ARNDT	BLUEVALE COL	4:58.22
7 RYAN O'DONNELL	GALT COLLEGI	4:58.86
8 RILEY CLIPPER	SOUTHWOOD SE	5:05.99
9 SAMUEL YU	WATERLOO COL	5:06.14
10 AARON BEARD	KITCHENER WA	5:09.16
11 MATT DUSCHENES	GRAND RIVER	5:11.00
12 KIERAN DOHERTY	GALT COLLEGI	5:11.92
13 ANDREW DICK	WATERLOO-OXF	5:13.06
14 TORIN MOFFETT	WATERLOO COL	5:21.50
15 BRYAN HEAD	KITCHENER WA	5:21.74
16 RYAN TENNANT	GRAND RIVER	5:23.46
17 SHAYNE BATTERS	HURON HEIGHT	5:25.86
18 JEREMY SETTLE	KITCHENER WA	5:27.95
19 CODY NORRIS	SOUTHWOOD SE	5:27.96
20 STEPHEN MCCLAUSLAND	SOUTHWOOD SE	5:29.38
21 DANIEL WINGER	WATERLOO COL	5:33.59
22 GANESHA THIRUMURTHI	KITCHENER WA	5:33.79
23 BRANDON SHRIGLEY	KITCHENER WA	5:36.65
24 DAVID YU	PRESTON HIGH	5:38.95
25 ANDREW ELLIS	SIR JOHN A.	5:40.89
26 HASSAN ZAIDI	HURON HEIGHT	5:42.97
27 JOHN SHIN	SIR JOHN A.	6:42.53

Event 111 Women 3000 Meter Run Midget WCSSAA

Name	Year School	Finals
Records: * 10:56.80 5/11/2006 LAUREN DOHERTY, Galt CVI-Cam		
1 BREANNE LYONS	GLENVIEW PAR	12:42.29
2 TAYLOR DEVRIES	PRESTON HIGH	12:46.41
3 MIKA OTSUKA	SIR JOHN A.	12:48.36
4 LINDSAY CORRIGAN	SIR JOHN A.	13:10.75
5 MACKENZIE SCHULTZ	EDSS	13:15.37

Event 112 Men 3000 Meter Run Midget WCSSAA

Name	Year School	Finals
Records: * 9:52.31 5/14/2009 GAVIN SHIELDS, Preston High Sch		
1 MATT BANNON	EDSS	9:34.08*
2 NICK SCHROEDER	FOREST HEIGHTS C	10:15.26
3 RYAN O'DONNELL	GALT COLLEGI	10:42.57
4 SIMON GONSALVES	KITCHENER WA	10:44.26
5 JESSE SMITH	BLUEVALE COL	10:52.24
6 JORDAN ARNDT	BLUEVALE COL	10:52.81
7 KIERAN DOHERTY	GALT COLLEGI	10:56.45
8 ANDREW DICK	WATERLOO-OXF	10:56.83
9 RILEY CLIPPER	SOUTHWOOD SE	11:00.20
10 GAVIN KIRK	GLENVIEW PAR	11:06.86
11 AARON BEARD	KITCHENER WA	11:13.20



12	MATT DUSCHENES	GRAND RIVER	11:20.44
13	TORIN MOFFETT	WATERLOO COL	11:29.72
14	DAVID YU	PRESTON HIGH	12:04.72
15	LEVI HODSON	CAMERON HEIG	12:09.88
16	RYAN TENNANT	GRAND RIVER	12:22.43
17	TRISTAN GILL	WATERLOO COL	12:52.53

Event 113 Women 80 Meter Hurdles Midget WCSSAA

Records: \* 12.02 5/10/2006 SARAH FERGUSON, Jacob Hesple  
 Name Year School Prelims H#

Preliminaries

1	MEGAN PARSONS	HURON HEIGHT	13.69Q	4
2	KAITLYN HANSON	BLUEVALE COL	14.38Q	3
3	JAMIE CROSS	CAMERON HEIG	14.78Q	2
4	HEATHER DRESCHER	GRAND RIVER	15.54Q	1
5	TORI GIVLIN	GRAND RIVER	14.49q	3
6	SARAH TWOMEY	EASTWOOD COL	15.03q	2
7	JOCELYN LUBERT	EDSS	15.37q	3
8	MEGAN KIM	WATERLOO COL	15.61q	4
9	MICHELLE THOMPSON	HURON HEIGHT	15.99	1
10	ESTHER SCHWARZ	EDSS	16.07	2
11	MICAYLA CRAWLEY	KITCHENER WA	16.08	4
12	HANNAH CHUBB	CAMERON HEIG	16.14	3
13	TOBY ROOT	CAMERON HEIG	16.27	1
14	JESSICA LAM	CAMERON HEIG	16.29	3
15	SYDNEY HILL	WATERLOO COL	16.49	4
16	CLAIRE MARTIN	WATERLOO COL	16.59	3
17	WHITNEY HOUNG	WATERLOO COL	16.75	2
18	NICOLE COOPER	SIR JOHN A.	16.96	4
19	JULIA THOMPSON	KITCHENER WA	17.37	2
20	KELSEY AMBROSE	KITCHENER WA	17.40	1
21	BEKAH CHESHIRE	SOUTHWOOD SE	17.48	1
21	MARIAH CALAMAI	KITCHENER WA	17.48	1
23	JENNIFER BALL	GLENVIEW PAR	17.79	2
24	POOJA PANCHAL	WATERLOO COL	17.96	4
25	BAVITHRA NAGULESWARAN	PRESTON HIGH	18.15	4
26	LAUREN HOLDEN	WATERLOO COL	18.33	1
27	CHEYENNE KHAN	KITCHENER WA	18.62	2
28	TESS ALTVATER	EDSS	18.84	3
29	SAMANTHA SAGE	GLENVIEW PAR	18.90	3

Event 113 Women 80 Meter Hurdles Midget WCSSAA

Records: \* 12.02 5/10/2006 SARAH FERGUSON, Jacob Hesple  
 Name Year School Finals

Finals

1	MEGAN PARSONS	HURON HEIGHT	13.17
2	TORI GIVLIN	GRAND RIVER	14.54
3	JAMIE CROSS	CAMERON HEIG	14.99
4	MEGAN KIM	WATERLOO COL	15.13
5	SARAH TWOMEY	EASTWOOD COL	15.19
6	HEATHER DRESCHER	GRAND RIVER	15.23
7	JOCELYN LUBERT	EDSS	15.59

Event 114 Men 100 Meter Hurdles Midget WCSSAA

Records: * 14.35 5/13/2009 MITCHELL O'DONNELL, Cameron Heights				
Name	Year	School	Prelims	H#
Preliminaries				
1	JORDAN SHERWOOD	CAMERON HEIG	14.39Q	2
2	DENNIS HONG	SIR JOHN A.	16.61Q	1
3	AUSTIN KRELLER	BLUEVALE COL	16.76Q	2
4	SCOTT HOLTON	GALT COLLEGI	17.61Q	1
5	SANTIAGO ALMADA	CAMERON HEIG	18.21Q	1
6	JASON CHANTHAVONG	GRAND RIVER	18.71Q	2
7	DARIN FAST	SIR JOHN A.	19.13q	1
8	STEPHEN RUSSELL	BLUEVALE COL	20.69q	2
9	BRANDON SUN	HURON HEIGHT	20.79	1
10	ADAM MA	CAMERON HEIG	22.70	2

Event 114 Men 100 Meter Hurdles Midget WCSSAA

Records: * 14.35 5/13/2009 MITCHELL O'DONNELL, Cameron Heights				
Name	Year	School	Finals	
Finals				
1	JORDAN SHERWOOD	CAMERON HEIG	14.27*	
2	DENNIS HONG	SIR JOHN A.	16.27	
3	AUSTIN KRELLER	BLUEVALE COL	16.36	
4	SCOTT HOLTON	GALT COLLEGI	17.75	
5	SANTIAGO ALMADA	CAMERON HEIG	17.81	
6	JASON CHANTHAVONG	GRAND RIVER	20.24	
7	STEPHEN RUSSELL	BLUEVALE COL	21.17	

Event 115 Women 300 Meter Hurdles Midget WCSSAA

Records: * 45.49 5/11/2006 SARAH FERGUSON, Jacob Hesple				
Name	Year	School	Finals	H#
1	MEGAN PARSONS	HURON HEIGHT	52.07	3
2	TORI GIVLIN	GRAND RIVER	53.71	2
3	MICHELLE THOMPSON	HURON HEIGHT	55.24	3
4	KENNEDY STEVENS	SIR JOHN A.	55.32	2
5	RHEANNA BUTLER	PRESTON HIGH	55.36	2
6	SARAH SHEPHERD	SIR JOHN A.	56.10	2
7	COURTNEY HARLEY	SOUTHWOOD SE	56.27	3
8	BRIANNE HOFSTEDE	SIR JOHN A.	56.62	3
9	CLAIRE MARTIN	WATERLOO COL	58.49	2
10	KAREN WILDGEN	WATERLOO COL	58.52	3
11	JAMIE CROSS	CAMERON HEIG	59.06	3
12	JULIA THOMPSON	KITCHENER WA	1:00.41	1
13	JACKIE REIST	SIR JOHN A.	1:00.76	1
14	MARYAM GOLAFSHANI	CAMERON HEIG	1:00.95	2
15	LAUREN HOLDEN	WATERLOO COL	1:02.38	1
16	HANNAH CHUBB	CAMERON HEIG	1:02.47	1
17	NICOLE CASSEL	GRAND RIVER	1:17.37	1

Event 116 Men 300 Meter Hurdles Midget WCSSAA

Records: * 45.93 5/11/2006 RYAN CHANTHAVONG, Cameron Heig				
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Name	Year	School	Finals	H#
1	JORDAN	SHERWOOD	CAMERON HEIG	43.25* 2
2	BRIAN	MICALL	GRAND RIVER	45.75* 2
3	MATT	BELL	SIR JOHN A.	48.23 1
4	SANTIAGO	ALMADA	CAMERON HEIG	48.83 2
5	DANIEL	DORMAN	EASTWOOD COL	49.73 1
6	THOMAS	MODJESCH	CAMERON HEIG	50.45 1
7	BRIAN	MUNDT	SIR JOHN A.	51.03 2
8	COLIN	MUDIE	GRAND RIVER	55.05 2
9	BRANDON	SUN	HURON HEIGHT	55.85 2

Event 117 Women High Jump Midget WCSSAA

Records: * 1.50m 5/13/2009 AVRYA JANKE, Kitchener Waterl				
Name	Year	School	Finals	
1	TESSA	CHARNUSKI	EDSS	1.45m
2	JESS	AUTHIER	SIR JOHN A.	J1.45m
3	ASHLYN	BECKMAN	GALT COLLEGI	1.40m
4	STEPH	NIJHUIS	GALT COLLEGI	1.35m
5	ESTHER	SCHWARZ	EDSS	1.25m
6	AMY	CASTELL	WATERLOO COL	J1.25m
7	MARIEL	THOMSON	KITCHENER WA	J1.25m
9	LAUREN	CAMERON	CAMERON HEIG	J1.20m
9	MACKENZIE	OESTREICH	KITCHENER WA	J1.20m
10	MADELINE	LUCKE	CAMERON HEIG	J1.20m
11	AMANDA	MOORE	WATERLOO COL	J1.20m

Event 118 Men High Jump Midget WCSSAA

Records: * 1.74m 5/14/2009 KEEGAN CALDER, Waterloo Collegi				
Name	Year	School	Finals	
1	BRADEN	COK	SIR JOHN A.	1.75m*
2	JALEN	NORONHA	CAMERON HEIG	1.65m
3	ANDREW	BYE	GRAND RIVER	1.60m
4	IAN	ANDERSON	FOREST HEIGHTS C	1.55m
5	JERMAINE	MACDOUGALL	SIR JOHN A.	1.50m
6	BRIAN	MUNDT	SIR JOHN A.	1.45m
6	FELIX	HUFNAGEL	GALT COLLEGI	1.45m
7	THAMSANQA	SAKAROMBE	EASTWOOD COL	J1.45m
8	BENOY	JOHNSON	EASTWOOD COL	J1.40m
9	LEVI	HODSON	CAMERON HEIG	J1.35m

Event 120 Men Pole Vault Midget WCSSAA

Records: * 3.20m 5/13/2009 NIC HOEDIONO, Sir John A. Macd				
Name	Year	School	Finals	
1	BRADEN	COK	SIR JOHN A.	2.85m
2	BRIAN	MUNDT	SIR JOHN A.	J2.85m
3	MICHAEL	PIASECZNEY	SIR JOHN A.	1.80m

Event 121 Women Long Jump Midget WCSSAA

Records: \* 5.03m 5/12/2004 KATIE WEILER, Elmira DSS-E

Name	Year	School	Finals	
1	NICKI	CRUICKSHANK	SOUTHWOOD SE	4.59m
2	JESSICA	LAM	CAMERON HEIG	4.51m
3	KAITLYN	HANSON	BLUEVALE COL	4.38m
4	EMMA	SCHROEDER	SOUTHWOOD SE	4.28m
5	HAYLEY	HESS	SIR JOHN A.	4.18m
6	TAMARA	BLAGOJEVIC	BLUEVALE COL	J4.18m
7	ALEXANDRIA	JACOBS	CAMERON HEIG	4.16m
8	TOBY	ROOT	CAMERON HEIG	3.93m
9	ALY	TITUS-GERTH	HURON HEIGHT	3.91m
10	JULIA	FREY	EDSS	3.76m
11	BAVITHRA	NAGULESWARAN	PRESTON HIGH	3.75m
12	LINDSAY	CHATTERSON	BLUEVALE COL	3.71m
13	ASHLYN	BECKMAN	GALT COLLEGI	3.70m
14	KILMENY	CARRETTE	FOREST HEIGHTS C	3.65m
15	ALLIE	BUCHANAN	GALT COLLEGI	3.64m
16	DANIELLE	HOLLATZ	WATERLOO COL	3.58m
17	BROOKLYNN	WRIGHT	JACOB HESPEL	3.57m
18	JESSICA	DAWKINS	SOUTHWOOD SE	3.55m
19	ALEX	MATYAS	SIR JOHN A.	3.50m
20	JESS	AUTHIER	SIR JOHN A.	3.45m
20	SAMANTHA	SAGE	GLENVIEW PAR	3.45m
22	TESS	ALTVATER	EDSS	3.44m
23	EMILY	MALONEY	GRAND RIVER	3.41m
24	VICTORIA	TRAN	GLENVIEW PAR	3.33m
24	EMILY	MILLER	BLUEVALE COL	3.33m
26	PAIGE	TSETSEKAS	GRAND RIVER	3.32m
27	JENNIFER	BALL	GLENVIEW PAR	3.30m
27	KRISTIN	LUCIANO	GLENVIEW PAR	3.30m
29	LAUREN	CRAIK	WATERLOO COL	3.25m
30	ANGELA	PARAVINJA	BLUEVALE COL	3.24m
31	MELISSA	EARL	CAMERON HEIG	3.23m
32	AUGUSTINA	CHAKMA	CAMERON HEIG	3.21m
32	RACHEL	QUINN	SOUTHWOOD SE	3.21m
34	KASSONDRA	MCKEOWN	PRESTON HIGH	3.20m
34	ALEX	RAHMAN	GALT COLLEGI	3.20m
36	SARAH	SHEPHERD	SIR JOHN A.	3.18m
36	JULIE	GODDARD	GALT COLLEGI	3.18m
38	MEAGAN	WIEDERMAN	CAMERON HEIG	3.01m
39	MICHAELAH	ROBINSON	EDSS	2.80m
40	CAROLINE	KERR	KITCHENER WA	2.71m
41	NATALIE	LETOURNEAU	GLENVIEW PAR	2.69m
42	WHITNEY	HOUNG	WATERLOO COL	2.65m
43	JENNY	BUI	WATERLOO COL	2.46m
44	CHRISTINA	HACKETT	GLENVIEW PAR	2.45m
45	KELSEY	MUNRO	WATERLOO COL	2.41m
46	BRITTANY	LUSIS	WATERLOO COL	2.39m

Event 122 Men Long Jump Midget WCSSAA

Records: * 6.27m 5/12/2004 JEREMY YANG, Bluevale CI-				
Name	Year	School	Finals	
1	JALEN	NORONHA	CAMERON HEIG	5.87m
2	MICHAEL	PIASECZNEY	SIR JOHN A.	5.42m
3	AUSTIN	KRELLER	BLUEVALE COL	5.34m

4	AUSTIN GORDON	SOUTHWOOD SE	5.31m
5	JOEL MILOVANCEV	SOUTHWOOD SE	5.26m
6	BRANDON KONGDARA	PRESTON HIGH	5.25m
7	DARIN FAST	SIR JOHN A.	5.16m
8	SHERWAN KADER	GRAND RIVER	4.90m
9	SHAQUILLE JONES	EASTWOOD COL	4.88m
10	AARON DUNT	SIR JOHN A.	4.87m
11	DYLAN TOMAZ	SOUTHWOOD SE	4.84m
12	SAYYAD YEGANEHNNIA	EASTWOOD COL	4.75m
13	CHUDER TENY	GRAND RIVER	4.71m
14	BRIAN MICALL	GRAND RIVER	4.66m
15	JASON CHANTHAVONG	GRAND RIVER	4.56m
16	MAX NEANG	GLENVIEW PAR	4.43m
17	ANDREW BOER	HURON HEIGHT	4.38m
18	MAX PFEIFLE	WATERLOO COL	4.19m
19	DEVON BACHU	GALT COLLEGI	4.14m
20	STEVEN CHOI	CAMERON HEIG	4.11m
21	FELIX HUFNAGEL	GALT COLLEGI	4.08m
22	MOHAMMAD KROMAH	EASTWOOD COL	4.07m
23	KEVIN HENRY	CAMERON HEIG	3.98m
24	CONNOR VASEY	SIR JOHN A.	3.95m
25	GAVIN KIRK	GLENVIEW PAR	3.87m
26	ADAM MA	CAMERON HEIG	3.83m
27	BRANDON LOEWEN	WATERLOO COL	3.82m
28	TRISTAN GILL	WATERLOO COL	3.77m
29	ANDREW ELLIS	SIR JOHN A.	3.65m
30	THAMSANQA SAKAROMBE	EASTWOOD COL	3.62m
31	PETER KIM	WATERLOO COL	3.55m
32	KIERAN DOHERTY	GALT COLLEGI	2.94m
--	ADAM GRAY	GALT COLLEGI	FOUL

Event 123 Women Triple Jump Midget WCSSAA

Records: * 10.01m 5/13/2004 LILIJANA TODOROVIC, Grand River			
Name	Year	School	Finals
1	HAYLEY HESS	SIR JOHN A.	9.35m
2	NICKI CRUICKSHANK	SOUTHWOOD SE	9.21m
3	KAYLEIGH HUTT-TAYLOR	SOUTHWOOD SE	9.01m
4	TAMARA BLAGOJEVIC	BLUEVALE COL	9.00m
5	ALY TITUS-GERTH	HURON HEIGHT	8.97m
6	ESTHER SCHWARZ	EDSS	8.94m
7	BROOKLYNN WRIGHT	JACOB HESPEL	8.77m
8	MADDY TAYLOR	SIR JOHN A.	8.75m
9	JESSICA LAM	CAMERON HEIG	8.59m
10	ALEXANDRIA JACOBS	CAMERON HEIG	8.19m
11	JESSICA DAWKINS	SOUTHWOOD SE	8.14m
12	EMMA SCHROEDER	SOUTHWOOD SE	8.00m
12	ALLIE BUCHANAN	GALT COLLEGI	8.00m
14	JENNIFER BALL	GLENVIEW PAR	7.98m
15	JULIE GODDARD	GALT COLLEGI	7.64m
16	TESS ALTVATER	EDSS	7.61m
17	KAREN BECKER	SOUTHWOOD SE	7.56m
18	ALEX RAHMAN	GALT COLLEGI	7.38m
19	MELISSA EARL	CAMERON HEIG	7.31m
20	VICTORIA TRAN	GLENVIEW PAR	7.25m
21	KASSONDRA MCKEOWN	PRESTON HIGH	6.67m

22	KRISTIN LUCIANO	GLENVIEW PAR	6.65m
23	JORJA RUPPERT	EDSS	6.14m
24	NATALIE LETOURNEAU	GLENVIEW PAR	5.86m

Event 124 Men Triple Jump Midget WCSSAA

Records: * 13.10m 5/14/2009 MITCHELL O'DONNELL, Cameron Heights			
Name	Year	School	Finals
1	BRADEN COK	SIR JOHN A.	12.50m
2	AUSTIN KRELLER	BLUEVALE COL	11.62m
3	DENNIS HONG	SIR JOHN A.	11.41m
4	ANDREW BYE	GRAND RIVER	11.06m
5	SAMER HAFUTH	CAMERON HEIG	10.76m
6	CHUDER TENY	GRAND RIVER	10.59m
7	DAVID YU	PRESTON HIGH	10.29m
8	DYLAN TOMAZ	SOUTHWOOD SE	10.24m
9	JOEL MILOVANCEV	SOUTHWOOD SE	10.16m
10	AARON LOTT	WATERLOO COL	10.11m
11	ANDREW SMITH	SOUTHWOOD SE	10.04m
12	THOMAS MODJESCH	CAMERON HEIG	9.96m
13	SHAYNE BATTERS	HURON HEIGHT	9.80m
14	SCOTT HOLTON	GALT COLLEGI	9.78m
15	LEVI HODSON	CAMERON HEIG	9.58m
16	RYAN TRENDYLE	GLENVIEW PAR	9.57m
17	SANTIAGO ALMADA	CAMERON HEIG	9.32m
18	JASON CHANTHAVONG	GRAND RIVER	9.31m
19	DARIN FAST	SIR JOHN A.	9.29m
20	MAX NEANG	GLENVIEW PAR	9.23m
21	MAX PFEIFLE	WATERLOO COL	9.13m
22	WULU SUI	WATERLOO COL	8.12m

Event 125 Women Shot Put Midget WCSSAA

Records: * 10.71m 5/14/2008 JILL VAN DAME, Bluevale CI-			
Name	Year	School	Finals
1	EMMA BLUEMKE	BLUEVALE COL	7.71m
2	KELSEY AMBROSE	KITCHENER WA	7.62m
3	RHEANNA BUTLER	PRESTON HIGH	7.34m
4	MADDISON DOOLITTLE	WATERLOO-OXF	7.20m
5	JESSIE BARSOUM	WATERLOO COL	7.18m
6	SYDNEY KING	GLENVIEW PAR	6.80m
7	MANDY WOODS	FOREST HEIGHTS C	6.64m
7	LAUREN CAMERON	CAMERON HEIG	6.64m
9	ALLIE BUHLER	KITCHENER WA	6.55m
10	MADÉLINE LUCKE	CAMERON HEIG	6.13m
11	VANESA MILLER	BLUEVALE COL	6.11m
12	HAILEY LANDREY	WATERLOO COL	5.96m
13	MEAGAN WIEDERMAN	CAMERON HEIG	5.70m
14	BRITTANY LUSIS	WATERLOO COL	5.62m
15	NICOLE COTE	SOUTHWOOD SE	5.55m
16	MELISSA EARL	CAMERON HEIG	5.31m
17	TOOBA MURTAZA	WATERLOO COL	5.10m

Event 126 Men Shot Put Midget WCSSAA

Records: \* 13.97m 5/10/2005 BASIL HAMMOUD, Grand River  
Name Year School Finals

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1	CHADD BAUMAN	EDSS	11.70m
2	JAMES BURNS	BLUEVALE COL	10.93m
3	ANDREW BOER	HURON HEIGHT	10.54m
4	ZACHARY SAUER	SOUTHWOOD SE	10.40m
5	HERNAN ARGUETA	CAMERON HEIG	10.30m
6	DANIEL MARQUEZ	PRESTON HIGH	10.28m
7	EVAN REDKA	GLENVIEW PAR	10.18m
8	CALEB DALE	SIR JOHN A.	10.17m
9	BRETT HUGHSON	BLUEVALE COL	9.76m
10	NATHAN WALSH	PRESTON HIGH	9.70m
11	BRODY POWIS	BLUEVALE COL	9.27m
12	GRANT PYNN	GALT COLLEGI	9.07m
13	DYLAN SAVAGE	GALT COLLEGI	8.94m
14	ERIC DOERING	EDSS	8.80m
15	TYLER GOODE	EASTWOOD COL	8.73m
16	DOUG ST. JOHN	GLENVIEW PAR	8.53m
17	CHRISTOPHER FREY	HURON HEIGHT	8.42m
18	AUSTIN BERRY	PRESTON HIGH	8.37m
19	RUSSELL RADER	BLUEVALE COL	8.18m
20	ANDREW CAMPBELL	KITCHENER WA	6.58m
--	BORIS BOSKOVSKI	BLUEVALE COL	FOUL
--	JAMES ROBERTS	JACOB HESPEL	FOUL
--	LANDON COWIESON	WATERLOO COL	FOUL

Event 127 Women Discus Throw Midget WCSSAA

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Records: \* 32.15m 5/15/2008 JILL VAN DAME, Bluevale CI-  
Name Year School Finals

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1	SARAH TWOMEY	EASTWOOD COL	18.90m
2	MEAGAN WIEDERMAN	CAMERON HEIG	18.87m
3	BEKAH CHESHIRE	SOUTHWOOD SE	18.11m
4	CELIE DIEBOLD	SOUTHWOOD SE	17.75m
5	VANESA MILLER	BLUEVALE COL	17.50m
6	JULIA FREY	EDSS	17.05m
7	SYDNEY KING	GLENVIEW PAR	17.01m
8	MANDY WOODS	FOREST HEIGHTS C	15.61m
9	TOOBA MURTAZA	WATERLOO COL	14.12m
10	NICOLE COTE	SOUTHWOOD SE	13.32m
11	MADDISON DOOLITTLE	WATERLOO-OXF	12.88m
12	CHANTEL-MARIE STICKEL	CAMERON HEIG	12.63m
13	KARA LUMGAIR	EDSS	12.02m
14	CHRISTINA HACKETT	GLENVIEW PAR	8.69m

Event 128 Men Discus Throw Midget WCSSAA

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Records: \* 40.05m 5/11/2006 KYLE SCHEIFELE, Grand River  
Name Year School Finals

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1	ZACHARY SAUER	SOUTHWOOD SE	33.27m
2	EVAN REDKA	GLENVIEW PAR	29.15m
3	JAMES BURNS	BLUEVALE COL	28.86m
4	JOSHUA GALLANT	SOUTHWOOD SE	26.96m
5	SHELDON GORDON	CAMERON HEIG	26.92m

6	RUSSELL RADER	BLUEVALE COL	26.13m
7	AUSTIN GORDON	SOUTHWOOD SE	24.01m
8	BRODY POWIS	BLUEVALE COL	23.49m
9	TYLER GOODE	EASTWOOD COL	22.08m
10	NATHAN HARRISON	BLUEVALE COL	21.99m
11	AUSTIN BERRY	PRESTON HIGH	21.63m
12	ERIC DOERING	EDSS	21.49m
13	JAMES ROBERTS	JACOB HESPEL	20.30m
14	JORDAN GRAVES	KITCHENER WA	19.71m
15	DOUG ST. JOHN	GLENVIEW PAR	14.53m
--	NATHAN WALSH	PRESTON HIGH	FOUL
--	DANIEL MARQUEZ	PRESTON HIGH	FOUL
--	AARON ROSENBLUM	KITCHENER WA	FOUL

Event 129 Women Javelin Throw Midget WCSSAA

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Records: \* 32.56m 5/15/2008 JILL VAN DAME, Bluevale CI-

Name	Year	School	Finals
1	JULIA FREY	EDSS	22.77m
2	MADDISON DOOLITTLE	WATERLOO-OXF	22.46m
3	MELANIE SCHWARTZENTRUBER	EDSS	22.13m
4	COURTNEY HARLEY	SOUTHWOOD SE	20.02m
5	EMMA BLUEMKE	BLUEVALE COL	19.07m
6	ELIZABETH MCLELLAN	CAMERON HEIG	18.25m
7	BLAIR MCNAUGHTON	FOREST HEIGHTS C	17.90m
8	TAYLOR DEVRIES	PRESTON HIGH	16.38m
9	MANDY WOODS	FOREST HEIGHTS C	14.46m
10	VANESA MILLER	BLUEVALE COL	14.14m
11	SAMANTHA SAGE	GLENVIEW PAR	14.12m
12	NICOLE COTE	SOUTHWOOD SE	13.33m
13	BEKAH CHESHIRE	SOUTHWOOD SE	11.76m
14	CHRISTINA HACKETT	GLENVIEW PAR	11.55m
15	KRISTIN HOUGHLING	WATERLOO COL	10.50m
16	LAUREN CAMERON	CAMERON HEIG	8.00m

Event 130 Men Javelin Throw Midget WCSSAA

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Records: \* 40.88m 5/14/2008 BRIAN DORAN, Southwood SS

Name	Year	School	Finals
1	EVAN REDKA	GLENVIEW PAR	40.34m
2	DANIEL MARQUEZ	PRESTON HIGH	39.45m
3	MATT COATES	GALT COLLEGI	36.91m
4	JAMES ROBERTS	JACOB HESPEL	32.13m
5	RUSSELL RADER	BLUEVALE COL	29.88m
6	HERNAN ARGUETA	CAMERON HEIG	27.43m
7	STEFAN KING	GRAND RIVER	27.40m
8	NATHAN WALSH	PRESTON HIGH	27.28m
9	CHADD BAUMAN	EDSS	27.02m
10	CHRISTOPHER FREY	HURON HEIGHT	24.52m
11	RILEY CLIPPER	SOUTHWOOD SE	23.53m
12	TYLER GOODE	EASTWOOD COL	23.37m
13	NATHAN HARRISON	BLUEVALE COL	20.91m
14	TOMMIE COOK	JACOB HESPEL	17.19m
15	BRODY POWIS	BLUEVALE COL	8.55m



Event 131 Women 4x100 Meter Relay Midget WCSSAA

Records: \* 54.25 5/13/2004 BLUEVALE C I, Bluevale CI-  
C Smith, R Moss, K Purcell, M Fourie

School	Finals	H#
1 SOUTHWOOD SECONDARY SCHOOL 'A'	55.65	2
2 SIR JOHN A. MACDONALD 'A'	57.58	2
3 CAMERON HEIGHTS CI 'A'	58.60	2
4 GALT COLLEGIATE INSTITUTE 'A'	58.96	2
5 GRAND RIVER COLLEGIATE INSTITU 'A'	1:00.02	2
6 ELMIRA DISTRICT HS 'A'	1:00.47	1
7 WATERLOO COLLEGIATE INSTITUTE 'A'	1:00.56	1
8 WATERLOO COLLEGIATE INSTITUTE 'B'	1:00.81	1
9 GLENVIEW PARK SECONDARY SCHOOL 'A'	1:03.24	1
10 SIR JOHN A. MACDONALD 'B'	1:03.57	2
11 CAMERON HEIGHTS CI 'B'	1:05.48	2
12 KITCHENER WATERLOO C V S 'A'	1:05.72	2

Event 132 Men 4x100 Meter Relay Midget WCSSAA

Records: \* 48.43 5/15/2008 GRAND RIVER C I, Grand River  
P Stalder, S Foggo, M Scheifele, W Blahut

School	Finals	H#
1 CAMERON HEIGHTS CI 'A'	48.26*	2
2 SIR JOHN A. MACDONALD 'A'	49.30	2
3 FOREST HEIGHTS C I 'A'	50.06	2
4 GALT COLLEGIATE INSTITUTE 'A'	50.38	2
5 HURON HEIGHTS SECONDARY SCHOOL 'A'	50.66	2
6 GRAND RIVER COLLEGIATE INSTITU 'A'	50.79	2
7 SIR JOHN A. MACDONALD 'B'	51.51	1
8 SOUTHWOOD SECONDARY SCHOOL 'A'	52.21	2
9 WATERLOO COLLEGIATE INSTITUTE 'A'	52.62	1
10 GLENVIEW PARK SECONDARY SCHOOL 'A'	54.56	1

Event 133 Women 100 Meter Dash Junior WCSSAA

Records: \* 12.26 5/10/2005 MARIE FOURIE, Cameron Heig  
Name Year School Prelims H#

Preliminaries

1 JENNY CARRIQUE	GRAND RIVER	13.74Q	5
2 SAMANTHA DOWSETT	FOREST HEIGHTS C	13.82Q	3
3 CAITLIN HUGHES	SIR JOHN A.	13.89Q	6
4 TANJA STANISIC	GALT COLLEGI	14.26Q	4
5 NICOLE DO	GRAND RIVER	14.41Q	2
6 ANJA GORRIE	WATERLOO COL	15.58Q	1
7 VICTORIA HORST	EDSS	14.13Q	6
8 SARAH CHARPENTIER	HURON HEIGHT	14.31Q	4
9 BRYAR HIND	GALT COLLEGI	14.37Q	3
10 MARISA MOTA	FOREST HEIGHTS C	14.52Q	2
11 SARAH HUNTER-DUVAR	FOREST HEIGHTS C	14.55Q	5
12 LAUREN CORMIER	JACOB HESPEL	15.92Q	1
13 KIRSTEN FANGRAD	WATERLOO-OXF	14.54q	6
14 SONYA KENY	EASTWOOD COL	14.83q	4
15 EMMA BURGER	GALT COLLEGI	14.86q	6

16	RACHEL WALL	JACOB HESPEL	14.87q	2
17	CAILEAN ANDERSON-MCKENZI	SIR JOHN A.	14.93	3
18	MICHELLE KRUSCHEN	SIR JOHN A.	14.95	3
19	SARAH WITHERSPOON	EDSS	15.03	6
20	BRITTANY RILEY	GALT COLLEGI	15.09	4
21	EMMA CAMPBELL	SIR JOHN A.	15.48	4
22	KAREN NINAN	WATERLOO COL	15.50	5
23	KATHRYN BROADBELT	WATERLOO COL	15.53	3
24	AINSLEY INGLIS	JACOB HESPEL	15.56	4
25	SARAH DURSTON	EDSS	15.65	2
26	RACHEL TONIN	JACOB HESPEL	15.69	4
27	HELENA WAHL	JACOB HESPEL	15.97	1
28	HEATHER JOHNSTON	JACOB HESPEL	16.00	5
29	ROSIE HAN	CAMERON HEIG	16.26	2
30	LEXIE WHYTE	CAMERON HEIG	16.29	1
31	SARAH STILLING	CAMERON HEIG	16.34	1
32	MIKAYLA STROEDER	EDSS	16.54	6
33	SANJA TESIC	SIR JOHN A.	16.94	6
34	YODAHET TEKLE	CAMERON HEIG	17.25	2
35	GUNJAN MARWAH	WATERLOO COL	17.30	3
36	ROCHELLE DRUMMOND	FOREST HEIGHTS C	17.73	1

Event 133 Women 100 Meter Dash Junior WCSSAA

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Records: * 12.26 5/10/2005 MARIE FOURIE, Cameron Heig				
Name	Year	School	Semis	H#
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Semi-Finals

1	JENNY CARRIQUE	GRAND RIVER	13.58Q	2
2	SAMANTHA DOWSETT	FOREST HEIGHTS C	13.72Q	1
3	CAITLIN HUGHES	SIR JOHN A.	13.91Q	1
4	BRYAR HIND	GALT COLLEGI	14.15Q	2
5	VICTORIA HORST	EDSS	14.14Q	1
6	TANJA STANISIC	GALT COLLEGI	14.24Q	2
7	MARISA MOTA	FOREST HEIGHTS C	14.26q	1
8	SARAH HUNTER-DUVAR	FOREST HEIGHTS C	14.31q	2
9	KIRSTEN FANGRAD	WATERLOO-OXF	14.34	1
10	NICOLE DO	GRAND RIVER	14.54	2
11	RACHEL WALL	JACOB HESPEL	14.56	2
12	SONYA KENY	EASTWOOD COL	14.61	1
13	EMMA BURGER	GALT COLLEGI	14.68	1
14	ANJA GORRIE	WATERLOO COL	15.29	1
15	LAUREN CORMIER	JACOB HESPEL	15.85	2

Event 133 Women 100 Meter Dash Junior WCSSAA

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Records: * 12.26 5/10/2005 MARIE FOURIE, Cameron Heig				
Name	Year	School	Finals	
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Finals

1	JENNY CARRIQUE	GRAND RIVER	13.48	
2	SAMANTHA DOWSETT	FOREST HEIGHTS C	13.89	
3	CAITLIN HUGHES	SIR JOHN A.	14.07	
4	TANJA STANISIC	GALT COLLEGI	14.24	
5	BRYAR HIND	GALT COLLEGI	14.26	
6	VICTORIA HORST	EDSS	14.30	
7	MARISA MOTA	FOREST HEIGHTS C	14.49	

Event 134 Men 100 Meter Dash Junior WCSSAA

Records: * 11.09 5/12/2004 RYAN JAMES, Waterloo				
Name	Year	School	Prelims	H#
Preliminaries				
1	CHRIS GREEN	CAMERON HEIG	11.96Q	1
2	RYAN MURPHY	GRAND RIVER	12.05Q	3
2	DUSTIN NGUYEN-BLACK	GRAND RIVER	12.05Q	2
4	EMERSON PETRI	GALT COLLEGI	12.21Q	4
5	SALAH KANU	EASTWOOD COL	12.60Q	1
6	COREY BOWMAN	GRAND RIVER	12.69Q	3
7	JORDAN MOORE	EDSS	12.99Q	4
8	MICHAEL WALTON	JACOB HESPEL	13.45Q	2
9	PATRICK CHEN	CAMERON HEIG	13.07Q	1
10	JOHN SALAZAR	GRAND RIVER	13.17Q	3
11	MIKE BAKER	PRESTON HIGH	13.32Q	4
12	PETER SNIDER	WATERLOO COL	13.46Q	2
13	SAM QUANZ	KITCHENER WA	13.44q	3
14	BRENT SARGENT	BLUEVALE COL	13.49q	4
15	ALEXANDER FERNANDES	CAMERON HEIG	13.65q	4
16	ROBBIE BORSI	CAMERON HEIG	13.74q	3
17	ZJ MOSLEHI	KITCHENER WA	J13.74	3
18	FRANCISCO CARRANZA	EASTWOOD COL	13.76	3
19	CONNOR LANTEIGNE	CAMERON HEIG	13.83	4
20	SUNGWOO PARK	CAMERON HEIG	13.98	2
21	YIPENG GE	SIR JOHN A.	14.02	1
22	CASSIDY POMEROY	BLUEVALE COL	14.23	2
23	BRIAN YEUNG	SIR JOHN A.	14.28	4
24	AARON HEDQUIST	CAMERON HEIG	14.51	1
25	GARY YEUNG	SIR JOHN A.	14.87	3
26	HUBERT LIN	SIR JOHN A.	14.95	1
27	SPENCER MCCRAE	JACOB HESPEL	15.14	4
28	MITCHEL TAYLOR	JACOB HESPEL	16.99	1

Event 134 Men 100 Meter Dash Junior WCSSAA

Records: * 11.09 5/12/2004 RYAN JAMES, Waterloo				
Name	Year	School	Semis	H#
Semi-Finals				
1	DUSTIN NGUYEN-BLACK	GRAND RIVER	11.81Q	1
2	CHRIS GREEN	CAMERON HEIG	11.84Q	2
3	RYAN MURPHY	GRAND RIVER	11.92Q	1
3	EMERSON PETRI	GALT COLLEGI	11.92Q	2
5	COREY BOWMAN	GRAND RIVER	12.27Q	1
6	SALAH KANU	EASTWOOD COL	12.34Q	2
7	JORDAN MOORE	EDSS	12.63q	1
8	PATRICK CHEN	CAMERON HEIG	12.72q	2
9	SAM QUANZ	KITCHENER WA	13.05	2
10	JOHN SALAZAR	GRAND RIVER	13.12	1
11	MICHAEL WALTON	JACOB HESPEL	13.13	2
12	MIKE BAKER	PRESTON HIGH	13.22	1
12	PETER SNIDER	WATERLOO COL	13.22	2
14	BRENT SARGENT	BLUEVALE COL	13.23	1
15	ROBBIE BORSI	CAMERON HEIG	13.65	2

Event 134 Men 100 Meter Dash Junior WCSSAA

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Records: *	11.09	5/12/2004	RYAN JAMES, Waterloo	
Name		Year	School	Finals

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Finals

1	CHRIS GREEN		CAMERON HEIG	11.81
2	EMERSON PETRI		GALT COLLEGI	11.85
3	DUSTIN NGUYEN-BLACK		GRAND RIVER	11.87
4	RYAN MURPHY		GRAND RIVER	11.88
5	SALAH KANU		EASTWOOD COL	12.45
6	COREY BOWMAN		GRAND RIVER	12.49
7	JORDAN MOORE		EDSS	12.75
8	PATRICK CHEN		CAMERON HEIG	12.81

Event 135 Women 200 Meter Dash Junior WCSSAA

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Records: *	25.84	5/14/2008	CHISOMO MCHAINA, Southwood SS	
Name		Year	School	Prelims H#

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Preliminaries

1	JENNY CARRIQUE		GRAND RIVER	27.92Q	4
2	CAITLIN HUGHES		SIR JOHN A.	28.83Q	2
3	SAMANTHA DOWSETT		FOREST HEIGHTS C	29.17Q	3
4	BRYAR HIND		GALT COLLEGI	29.37Q	1
5	SAMANTHA IRELAND		BLUEVALE COL	28.25q	4
6	AMBIKA OPAL		CAMERON HEIG	29.01q	2
7	RACHEL WALL		JACOB HESPEL	29.61q	4
8	KIRSTEN FANGRAD		WATERLOO-OXF	30.24q	2
9	TANJA STANISIC		GALT COLLEGI	30.31	4
10	SONYA KENY		EASTWOOD COL	30.43	3
11	DEANNA MARTIN		SOUTHWOOD SE	30.46	3
12	MICHELLE KRUSCHEN		SIR JOHN A.	30.54	1
13	EMMA BURGER		GALT COLLEGI	30.72	1
14	KAREN NINAN		WATERLOO COL	31.43	2
15	SARAH DURSTON		EDSS	31.79	4
16	LAUREN THOMAS		CAMERON HEIG	32.38	2
17	LEXIE WHYTE		CAMERON HEIG	32.69	3
18	NIDHI JUTHANI		CAMERON HEIG	33.15	2
19	SANJA TESIC		SIR JOHN A.	34.22	3
20	ROSIE HAN		CAMERON HEIG	34.94	4

Event 135 Women 200 Meter Dash Junior WCSSAA

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Records: *	25.84	5/14/2008	CHISOMO MCHAINA, Southwood SS	
Name		Year	School	Finals

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Finals

1	JENNY CARRIQUE		GRAND RIVER	27.87
2	SAMANTHA IRELAND		BLUEVALE COL	28.39
3	SAMANTHA DOWSETT		FOREST HEIGHTS C	28.69
4	CAITLIN HUGHES		SIR JOHN A.	29.29
5	BRYAR HIND		GALT COLLEGI	29.71
6	KIRSTEN FANGRAD		WATERLOO-OXF	30.13
7	RACHEL WALL		JACOB HESPEL	30.48
8	AMBIKA OPAL		CAMERON HEIG	31.16

Event 136 Men 200 Meter Dash Junior WCSSAA

Records: * 23.43 5/13/2004 BRYAN GIROUX, Elmira DSS-E				
Name	Year	School	Prelims	H#
Preliminaries				
1 RYAN MURPHY		GRAND RIVER	24.19Q	2
2 DUSTIN NGUYEN-BLACK		GRAND RIVER	24.27Q	1
3 KEEGAN CALDER		WATERLOO COL	24.43Q	3
4 NIENKEL PALJOLA		FOREST HEIGHTS C	24.89Q	4
5 EMERSON PETRI		GALT COLLEGI	24.21q	2
6 SALAH KANU		EASTWOOD COL	25.24q	3
7 JEREMY MARTZ		SOUTHWOOD SE	25.62q	3
8 BRODY SCHNARR		HURON HEIGHT	26.35q	1
9 BRYTON KEYES		HURON HEIGHT	26.44	1
10 MICHAEL HARRISON		JACOB HESPEL	26.85	4
11 MICHAEL WALTON		JACOB HESPEL	27.02	1
12 GOSHAM MASSAQUOI		EASTWOOD COL	27.51	2
13 ALEXANDER FERNANDES		CAMERON HEIG	28.16	2
14 SUNGWOO PARK		CAMERON HEIG	28.26	4
15 GARY YEUNG		SIR JOHN A.	28.71	1
16 JOSH SLOAN		HURON HEIGHT	29.34	1
16 JOE MACLEAN		WATERLOO-OXF	29.34	4
18 HRISHIKESH SORESH		CAMERON HEIG	29.59	3
19 HARVEY XU		SIR JOHN A.	29.61	3
20 HUBERT LIN		SIR JOHN A.	29.69	4
21 BRIAN YEUNG		SIR JOHN A.	30.11	1
22 RYAN MCNULTY		GALT COLLEGI	30.15	2

Event 136 Men 200 Meter Dash Junior WCSSAA

Records: * 23.43 5/13/2004 BRYAN GIROUX, Elmira DSS-E			
Name	Year	School	Finals
Finals			
1 KEEGAN CALDER		WATERLOO COL	23.71
2 NIENKEL PALJOLA		FOREST HEIGHTS C	23.75
3 DUSTIN NGUYEN-BLACK		GRAND RIVER	24.09
4 RYAN MURPHY		GRAND RIVER	24.54
5 SALAH KANU		EASTWOOD COL	25.71
6 JEREMY MARTZ		SOUTHWOOD SE	26.01
7 BRODY SCHNARR		HURON HEIGHT	26.38

Event 137 Women 400 Meter Dash Junior WCSSAA

Records: * 1:01.11 5/10/2006 SAM STEVENS, Grand River			
Name	Year	School	Finals
1 SAMANTHA IRELAND		BLUEVALE COL	1:05.25
2 SAM MURRAY		CAMERON HEIG	1:05.70
3 VICTORIA JONES		BLUEVALE COL	1:08.62
4 DEANNA MARTIN		SOUTHWOOD SE	1:08.85
5 NIDHI JUTHANI		CAMERON HEIG	1:19.57

Event 138 Men 400 Meter Dash Junior WCSSAA

Records: \* 53.54 5/13/2009 TYE CALDER, Waterloo Collegi  
 Name Year School Finals H#

Name	Year	School	Finals	H#
1 NIENKEL PALJOLA		FOREST HEIGHTS C	51.77*	3
2 KEEGAN CALDER		WATERLOO COL	53.66	3
3 MATT COBER		HURON HEIGHT	55.46	3
4 JEFFREY MARTIN		EDSS	56.25	1
5 BRODY SCHNARR		HURON HEIGHT	56.76	3
6 BRYTON KEYES		HURON HEIGHT	57.03	3
7 JEREMY MARTZ		SOUTHWOOD SE	58.59	3
8 DUSTIN NGUYEN-BLACK		GRAND RIVER	59.64	2
9 BENJAMIN VOIGT		BLUEVALE COL	59.90	2
10 ADITYC PRIYA		CAMERON HEIG	1:01.06	2
11 LEVI JOHNS		CAMERON HEIG	1:01.51	1
12 DAVID LAWSON		BLUEVALE COL	1:02.21	2
13 JOHN BURGESS		JACOB HESPEL	1:02.55	1
14 NATHAN VERVAEKE		JACOB HESPEL	1:05.16	3
15 NICK VERVAEKE		JACOB HESPEL	1:05.30	1
16 JORDAN PEARCE		BLUEVALE COL	1:05.56	2
17 JOSH SLOAN		HURON HEIGHT	1:06.27	2
18 TIMOTHY MARTIN-CHAN		CAMERON HEIG	1:07.07	2
19 WESLEY FOSTER		JACOB HESPEL	1:09.26	1

Event 139 Women 800 Meter Run Junior WCSSAA

Records: \* 2:32.95 5/15/2008 MICHELLE CRESS, Bluevale CI-  
 Name Year School Finals

Name	Year	School	Finals
1 SAMANTHA IRELAND		BLUEVALE COL	2:43.62
2 VICTORIA JONES		BLUEVALE COL	2:43.71
3 NICOLE MCMULLEN-COOK		BLUEVALE COL	2:45.76
4 ALEXA JAMES		GALT COLLEGI	2:54.49
5 BRITTANY HOLISEK		JACOB HESPEL	2:57.64
6 KATIE WOODSTOCK		SIR JOHN A.	3:01.83
7 HOPE BURDETT		GALT COLLEGI	3:09.03
8 AINSLEY LAING		GALT COLLEGI	3:12.31
9 LEXI WEISS		WATERLOO-OXF	3:13.13
10 SKYE MCMENEMY		GALT COLLEGI	3:19.34
11 COUTRNEY SWARTZENTRUBER		WATERLOO-OXF	3:44.59

Event 140 Men 800 Meter Run Junior WCSSAA

Records: \* 2:10.15 5/15/2008 ABDU ZAGHLOL, Jacob Hesple  
 Name Year School Finals

Name	Year	School	Finals
1 USAMA IKRAM		WATERLOO COL	2:13.72
2 JOEL WEBSTER		SOUTHWOOD SE	2:14.03
3 NIC FOTI		HURON HEIGHT	2:14.95
4 BRYTON KEYES		HURON HEIGHT	2:16.45
5 JEFFREY MARTIN		EDSS	2:17.75
6 LEVI JOHNS		CAMERON HEIG	2:22.62
7 DAVID LAWSON		BLUEVALE COL	2:24.09
8 NATHAN VERVAEKE		JACOB HESPEL	2:24.50
9 ADITYC PRIYA		CAMERON HEIG	2:25.91
10 GOSHAM MASSAQUOI		EASTWOOD COL	2:29.52
11 STEVEN PARKER		SIR JOHN A.	2:30.04
12 BENJAMIN VOIGT		BLUEVALE COL	2:34.00

13	LIAM PADDOCK	CAMERON HEIG	2:34.16
14	JORDAN PEARCE	BLUEVALE COL	2:38.19
15	RYAN MCNULTY	GALT COLLEGI	2:39.55
16	RYAN KOHLER	GALT COLLEGI	2:44.14
17	AARON HARRIS	SOUTHWOOD SE	2:47.54
18	NICK FRONCHACK	HURON HEIGHT	2:48.05
19	DANIEL KWON	SIR JOHN A.	2:52.56
20	TERENCE MA	SIR JOHN A.	3:04.63
21	TYLER STEEVES	HURON HEIGHT	3:13.44

Event 141 Women 1500 Meter Run Junior WCSSAA

Records: * 5:13.77 5/10/2006 LAURA GIBSON, Cameron Heig			
Name	Year	School	Finals
1	VICTORIA JONES	BLUEVALE COL	5:20.82
2	TAYLOR MARTIN	CAMERON HEIG	5:23.97
3	NICOLE MCMULLEN-COOK	BLUEVALE COL	5:25.17
4	MARINA DRYGALA	BLUEVALE COL	5:34.01
5	VICTORIA WAIND	WATERLOO COL	5:44.93
6	ASHLEY HAMMERBACHER	WATERLOO COL	5:55.98
7	ANDJELA MASLENJAK	SIR JOHN A.	6:02.96
8	ALEXA JAMES	GALT COLLEGI	6:18.42
9	CHRISTINE FITZGERALD	SIR JOHN A.	6:18.94
10	KATIE WOODSTOCK	SIR JOHN A.	6:28.03
11	DANA BARANOVSKY	SIR JOHN A.	6:30.23
12	BIANCA COLCER	WATERLOO COL	7:20.82
13	JANOAH WILLISIE	WATERLOO COL	7:57.70

Event 142 Men 1500 Meter Run Junior WCSSAA

Records: * 4:24.06 5/13/2009 CHRIS MORGAN, Sir John A. Macd			
Name	Year	School	Finals
1	USAMA IKRAM	WATERLOO COL	4:24.09
2	REID HAYES	SIR JOHN A.	4:33.73
3	JOEL WEBSTER	SOUTHWOOD SE	4:38.78
4	PATRICK CARRIQUE	GRAND RIVER	4:41.83
5	NIC FOTI	HURON HEIGHT	4:44.05
6	RYAN CAMPAGNOLA	CAMERON HEIG	4:59.57
7	NICK BURT	FOREST HEIGHTS C	5:05.66
8	ADAM OKEIL	SIR JOHN A.	5:08.41
9	LEVI JOHNS	CAMERON HEIG	5:16.50
10	LIAM PADDOCK	CAMERON HEIG	5:16.81
11	ADITYC PRIYA	CAMERON HEIG	5:16.90
12	JORDAN PEARCE	BLUEVALE COL	5:20.10
13	ZEKE HANSRAJ	EASTWOOD COL	5:30.26
14	RYAN MCNULTY	GALT COLLEGI	5:34.74
15	RILEY MCCLINTOCK	JACOB HESPEL	5:35.22
16	HERIE SUN	WATERLOO COL	5:39.11
17	NICK FRONCHACK	HURON HEIGHT	5:43.55
18	TERENCE MA	SIR JOHN A.	5:51.69
19	TYLER STEEVES	HURON HEIGHT	6:31.10

Event 143 Women 3000 Meter Run Junior WCSSAA

Records: \* 11:04.30 5/11/2006 LAURA GIBSON, Cameron Heig

Name	Year School	Finals
1 TAYLOR MARTIN	CAMERON HEIG	11:20.19
2 MARINA DRYGALA	BLUEVALE COL	11:38.61
3 NICOLE MCMULLEN-COOK	BLUEVALE COL	11:44.43
4 VICTORIA WAIND	WATERLOO COL	12:22.17
5 ASHLEY HAMMERBACHER	WATERLOO COL	12:51.13
6 CHRISTINE FITZGERALD	SIR JOHN A.	13:02.67
7 BIANCA COLCER	WATERLOO COL	15:53.76
8 JANOAH WILLISIE	WATERLOO COL	17:08.02

Event 144 Men 3000 Meter Run Junior WCSSAA

Records: * 9:37.54 5/15/2008 ABDU ZAGHLOL, Jacob Hesple			
Name	Year School	Finals	
1 REID HAYES	SIR JOHN A.	9:44.74	
2 USAMA IKRAM	WATERLOO COL	9:56.37	
3 JOEL WEBSTER	SOUTHWOOD SE	10:08.96	
4 PATRICK CARRIQUE	GRAND RIVER	10:12.11	
5 NICK BURT	FOREST HEIGHTS C	11:14.68	
6 ADAM OKEIL	SIR JOHN A.	11:16.06	
7 ZEKE HANSRAJ	EASTWOOD COL	11:32.75	
8 RILEY MCCLINTOCK	JACOB HESPEL	11:42.79	
9 TIMOTHY MARTIN-CHAN	CAMERON HEIG	12:26.74	
10 TERENCE MA	SIR JOHN A.	12:31.35	
11 HERIE SUN	WATERLOO COL	12:32.83	
12 NICK FRONCHACK	HURON HEIGHT	12:33.98	

Event 145 Women 80 Meter Hurdles Junior WCSSAA

Records: * 11.68 5/10/2005 MARIE FOURIE, Bluevale CI-				
Name	Year School	Prelims	H#	
Preliminaries				
1 LEAH DE LOS SANTOS	CAMERON HEIG	13.69Q	2	
2 ANDREA POPESCU	CAMERON HEIG	13.70Q	1	
3 NICOLE DO	GRAND RIVER	13.85Q	3	
4 SAM MURRAY	CAMERON HEIG	13.75Q	1	
5 JESSICA CLANCY	WATERLOO COL	13.90Q	2	
6 CAILEAN ANDERSON-MCKENZI	SIR JOHN A.	15.01Q	3	
7 DANIELLE GUNSCH	HURON HEIGHT	14.54q	1	
8 SARAH HUNTER-DUVAR	FOREST HEIGHTS C	14.98q	2	
9 MEGAN BROCKELBANK	EASTWOOD COL	15.08	1	
10 DANIELLE MCGILLVRAY	SOUTHWOOD SE	15.12	1	
11 SHANNON NEVILLE	JACOB HESPEL	15.23	1	
12 LAURA KIM	WATERLOO COL	16.88	1	
13 HEATHER JOHNSTON	JACOB HESPEL	17.09	2	
14 QUNSHUO MA	WATERLOO COL	17.43	1	
15 JAELYN LANCE	GLENVIEW PAR	17.83	3	
16 MAGGIE WANG	EDSS	17.93	2	
17 SOPHIE KOU	WATERLOO COL	18.10	2	
18 SANJA TESIC	SIR JOHN A.	18.32	2	
19 ROSIE HAN	CAMERON HEIG	19.02	3	
20 RACHEL CAMPBELL	SIR JOHN A.	19.48	3	
21 HELENA WAHL	JACOB HESPEL	20.85	3	



Event 145 Women 80 Meter Hurdles Junior WCSSAA

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Records: *	11.68	5/10/2005	MARIE FOURIE, Bluevale CI-	
Name		Year	School	Finals

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Finals

1	ANDREA POPESCU	CAMERON HEIG	13.15
2	SAM MURRAY	CAMERON HEIG	13.59
3	LEAH DE LOS SANTOS	CAMERON HEIG	13.60
4	NICOLE DO	GRAND RIVER	13.70
5	JESSICA CLANCY	WATERLOO COL	13.86
6	DANIELLE GUNSCH	HURON HEIGHT	14.47
7	CAILEAN ANDERSON-MCKENZI	SIR JOHN A.	14.71
8	SARAH HUNTER-DUVAR	FOREST HEIGHTS C	15.51

Event 146 Men 100 Meter Hurdles Junior WCSSAA

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Records: *	15.05	5/14/2008	JAKE ARNOLDI, Galt CVI-Cam	
Name		Year	School	Finals

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1	MITCH O'DONNELL	FOREST HEIGHTS C	14.24*
2	CHRIS GREEN	CAMERON HEIG	14.81*
3	CASEY BARVINEK	JACOB HESPEL	15.95
4	MATT COBER	HURON HEIGHT	16.93
5	EMIL LARSSON	SIR JOHN A.	17.21
6	ERIC FRIEDEL	WATERLOO COL	17.54
7	QUINN POWER	JACOB HESPEL	18.62
8	JOHN SALAZAR	GRAND RIVER	19.19

Event 147 Women 300 Meter Hurdles Junior WCSSAA

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Records: *	46.03	5/11/2005	MARIE FOURIE, Bluevale CI-		
Name		Year	School	Finals	H#

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1	SAM MURRAY	CAMERON HEIG	49.97	2
2	LEAH DE LOS SANTOS	CAMERON HEIG	51.73	1
3	AMBIKA OPAL	CAMERON HEIG	54.32	2
4	ANDREA POPESCU	CAMERON HEIG	54.43	1
5	NIKKI ROSS	CAMERON HEIG	55.02	1
6	SARAH-LYNN REILLY	SOUTHWOOD SE	56.43	2
7	BRITTANY HOLISEK	JACOB HESPEL	56.78	1
8	EMMA CAMPBELL	SIR JOHN A.	59.06	2
9	RACHEL CAMPBELL	SIR JOHN A.	59.78	1
10	QUNSHUO MA	WATERLOO COL	59.88	2
11	CAILEAN ANDERSON-MCKENZI	SIR JOHN A.	1:01.54	1

Event 148 Men 300 Meter Hurdles Junior WCSSAA

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Records: *	42.09	5/15/2008	WES PALMER, Bluevale CI-	
Name		Year	School	Finals

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1	MATT COBER	HURON HEIGHT	44.91
2	JOHN SALAZAR	GRAND RIVER	48.80
3	RYAN CAMPAGNOLA	CAMERON HEIG	49.01
4	ROBBIE BORSI	CAMERON HEIG	50.64

Event 149 Women High Jump Junior WCSSAA

Records: * 1.55m 5/14/2009 LINDSAY MAGNUS, Sir John A. Macd			
Name	Year	School	Finals
1	AVRYA	JANKE	KITCHENER WA 1.50m
2	BRYAR	HIND	GALT COLLEGI J1.50m
3	CAITLIN	HUGHES	SIR JOHN A. J1.50m
4	SARA	LANGBEIN	BLUEVALE COL 1.45m
5	REBECCA	STECKLE	HURON HEIGHT J1.45m
6	KATHRYN	BROADBELT	WATERLOO COL 1.40m
7	NATALIE	BROWN	HURON HEIGHT 1.35m
8	ALEX	KLEIN	WATERLOO COL 1.30m
9	DANIELLE	MCGILLVRAY	SOUTHWOOD SE J1.30m
10	MAGGIE	WANG	EDSS 1.20m
--	JESSICA	FREY	GRAND RIVER NH

Event 150 Men High Jump Junior WCSSAA

Records: * 1.80m 5/15/2008 JAKE NANTAIS, Bluevale CI-			
Name	Year	School	Finals
1	KEEGAN	CALDER	WATERLOO COL 1.70m
2	DAN	GRIESBACH	FOREST HEIGHTS C 1.65m
3	JORDAN	MOORE	EDSS J1.65m
4	JASON	QUIRING	JACOB HESPEL 1.60m
5	VISHAL	SANDHI	FOREST HEIGHTS C J1.60m
6	RALPH	BARAC	SIR JOHN A. 1.55m
7	CODY	VANDERGAAG	SIR JOHN A. J1.55m
8	PETER	SNIDER	WATERLOO COL J1.55m
9	BEN	MUNDY	GALT COLLEGI 1.50m

Event 151 Women Pole Vault Junior WCSSAA

Records: * 2.75m 5/14/2008 MARIELLE HARPER, Kitchener Wa			
Name	Year	School	Finals
1	ABBIE	MCLELLAN	CAMERON HEIG 2.20m
2	ALYSSA	FIEDLER	GRAND RIVER 1.75m
3	TRACEY	SCANLING	SIR JOHN A. 1.60m
4	ELIZABETH	MCLELLAN	CAMERON HEIG J1.60m
5	NICOLE	KOCHER	SIR JOHN A. J1.60m
6	ANDREA	POPESCU	CAMERON HEIG J1.60m
7	LINDSAY	CORRIGAN	SIR JOHN A. J1.60m
8	JACKIE	REIST	SIR JOHN A. 1.45m
9	NICOLE	COOPER	SIR JOHN A. J1.45m
10	AMANDA	MURRAY	SIR JOHN A. J1.45m
--	MELISSA	CLARKE	CAMERON HEIG FAIL
--	CHANTEL-MARIE	STICKEL	CAMERON HEIG FAIL

Event 152 Men Pole Vault Junior WCSSAA

Records: * 3.80m 5/15/2008 ALEX HOEDIONO, Sir John A Macdo			
Name	Year	School	Finals
1	NIK	HOEDIONO	SIR JOHN A. 4.00m*
2	EMIL	LARSSON	SIR JOHN A. 3.00m
4	HARVEY	XU	SIR JOHN A. 2.20m

5	REID HAYES	SIR JOHN A.	J2.60m
5	RYAN WOODS	WATERLOO COL	J2.20m
6	JACK SWEENY	CAMERON HEIG	2.00m
7	STEVEN PARKER	SIR JOHN A.	J2.00m

Event 153 Women Long Jump Junior WCSSAA

Records: * 5.02m 5/10/2006 NICOLE ROEDER, Waterloo			
Name	Year	School	Finals
1	JESSICA CLANCY	WATERLOO COL	4.61m
2	AMBIKA OPAL	CAMERON HEIG	4.43m
3	DANIELLE GUNSCH	HURON HEIGHT	4.27m
4	REBECCA STECKLE	HURON HEIGHT	4.25m
5	MEGAN BROCKELBANK	EASTWOOD COL	4.24m
6	ANJA GORRIE	WATERLOO COL	4.19m
7	SARAH WITHERSPOON	EDSS	4.15m
8	BRITTANY RILEY	GALT COLLEGI	4.09m
9	JASMINE WILSON	EDSS	3.93m
10	KATE LILLEPOLD	GALT COLLEGI	3.92m
11	VICTORIA HORST	EDSS	3.91m
12	ABBIE MCLELLAN	CAMERON HEIG	3.89m
13	SARAH-LYNN REILLY	SOUTHWOOD SE	3.86m
14	MEAGAN MCDUGALL	JACOB HESPEL	3.84m
14	KATE SIEFRIED	FOREST HEIGHTS C	3.84m
14	SONYA KENY	EASTWOOD COL	3.84m
17	HEATHER JOHNSTON	JACOB HESPEL	3.68m
18	AINSLEY INGLIS	JACOB HESPEL	3.62m
19	NATALIE BROWN	HURON HEIGHT	3.61m
20	MICHELLE STRUSCHEN	SIR JOHN A.	3.60m
21	MIKAYLA STROEDER	EDSS	3.53m
22	TRANG BE	CAMERON HEIG	3.47m
23	KAITLYN JACKLIN	WATERLOO COL	3.43m
23	TREISHA-LEE THOMPSON	EASTWOOD COL	3.43m
25	LAUREN THOMAS	CAMERON HEIG	3.36m
25	GUNJAN MARWAH	WATERLOO COL	3.36m
25	MAGGIE WANG	EDSS	3.36m
28	RACHEL ELKA	JACOB HESPEL	3.32m
29	SARAH DURSTON	EDSS	3.28m
30	ELYSE MULHALL	WATERLOO COL	3.15m
31	SARAH SILCOCK	JACOB HESPEL	3.14m
32	ALEX KLEIN	WATERLOO COL	3.12m
33	ALYSSA PASEK	WATERLOO COL	3.09m
34	MISHA BEDI	WATERLOO COL	3.03m
35	JENNA SCAPINELLO	WATERLOO COL	2.98m
36	ALYSSA BRUNKARD	EDSS	2.75m
37	SARAH HUNTER-DUVAR	FOREST HEIGHTS C	2.74m
--	DANA BARANOVSKY	SIR JOHN A.	FOUL

Event 154 Men Long Jump Junior WCSSAA

Records: * 6.42m 5/13/2005 JEREMY YANG, Bluevale CI-			
Name	Year	School	Finals
1	MITCH O'DONNELL	FOREST HEIGHTS C	6.50m*
2	CASEY BARVINEK	JACOB HESPEL	5.60m
3	PATRICK CHEN	CAMERON HEIG	5.20m

4	SALAH KANU	EASTWOOD COL	5.18m
5	JORDAN CORNISH	EASTWOOD COL	5.05m
6	FRANCISCO CARRANZA	EASTWOOD COL	4.93m
7	AARON HEDQUIST	CAMERON HEIG	4.69m
8	JASON QUIRING	JACOB HESPEL	4.68m
9	MICHAEL HARRISON	JACOB HESPEL	4.67m
10	MIKE BAKER	PRESTON HIGH	4.65m
11	JAVON MASTERS	FOREST HEIGHTS C	4.56m
12	MICHAEL WALTON	JACOB HESPEL	4.55m
13	BRODY SCHNARR	HURON HEIGHT	4.32m
14	RYAN KOHLER	GALT COLLEGI	4.29m
15	NIK HOEDIONO	SIR JOHN A.	4.28m
16	JOSH SLOAN	HURON HEIGHT	4.23m
17	SAM QUANZ	KITCHENER WA	4.21m
18	ALEXANDER FERNANDES	CAMERON HEIG	4.14m
19	ERIC FRIEDEL	WATERLOO COL	4.13m
20	BEN MUNDY	GALT COLLEGI	4.07m
21	JOHN BURGESS	JACOB HESPEL	3.95m
22	BRIAN YEUNG	SIR JOHN A.	3.64m
23	MITCHEL TAYLOR	JACOB HESPEL	3.50m
24	GARY YEUNG	SIR JOHN A.	2.41m

Event 155 Women Triple Jump Junior WCSSAA

Records: * 10.26m 5/12/2004 JENN GOOD, Forest Heigh			
Name	Year	School	Finals
1	EMILY ERSMAN	BLUEVALE COL	11.04m*
2	DANIELLE GUNSCH	HURON HEIGHT	10.33m*
3	LEAH DE LOS SANTOS	CAMERON HEIG	10.22m
4	JESSICA CLANCY	WATERLOO COL	10.04m
5	SARAH WITHERSPOON	EDSS	9.15m
6	BRITTANY RILEY	GALT COLLEGI	8.93m
7	NATALIE BROWN	HURON HEIGHT	8.64m
8	SHANNON NEVILLE	JACOB HESPEL	8.52m
9	SARAH CHARPENTIER	HURON HEIGHT	8.37m
10	KATE LILLEPOLD	GALT COLLEGI	7.86m
11	NIDHI JUTHANI	CAMERON HEIG	7.76m
12	SARAH-LYNN REILLY	SOUTHWOOD SE	7.70m
13	JAELYN LANCE	GLENVIEW PAR	7.48m
14	LEXIE WHYTE	CAMERON HEIG	7.36m
15	SARAH STILLING	CAMERON HEIG	7.24m
16	REBECCA STECKLE	HURON HEIGHT	7.16m

Event 156 Men Triple Jump Junior WCSSAA

Records: * 13.42m 5/12/2005 JEREMY YANG, Bluevale CI-			
Name	Year	School	Finals
1	NIENKEL PALJOLA	FOREST HEIGHTS C	13.87m*
2	MITCH O'DONNELL	FOREST HEIGHTS C	13.70m*
3	CASEY BARVINEK	JACOB HESPEL	11.78m
4	CHRIS GREEN	CAMERON HEIG	11.76m
5	JAVON MASTERS	FOREST HEIGHTS C	11.62m
6	PATRICK CHEN	CAMERON HEIG	11.02m
7	JASON QUIRING	JACOB HESPEL	10.54m
8	MIKE BAKER	PRESTON HIGH	9.79m

9 RYAN KOHLER GALT COLLEGI 9.18m

Event 157 Women Shot Put Junior WCSSAA

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Records: \* 10.92m 5/14/2009 JILL VAN DAMME, Bluevale Collegi

Name	Year	School	Finals
1	MICHELLE HUDYN	EASTWOOD COL	8.33m
2	NIKKI ROSS	CAMERON HEIG	8.09m
3	JASMIN DAVID	CAMERON HEIG	7.32m
4	LINDSAY TAYLOR	WATERLOO COL	7.24m
5	TANJA STANISIC	GALT COLLEGI	7.01m
6	MEAGAN MCDOUGALL	JACOB HESPEL	6.75m
6	KATE LILLEPOLD	GALT COLLEGI	6.75m
6	HOPE EAGLESON	WATERLOO-OXF	6.75m
9	CINDY XAYAVONG	CAMERON HEIG	6.73m
10	RACHEAL SMITH	WATERLOO-OXF	6.65m
11	AMANDA TRAUTIM	WATERLOO COL	6.32m
12	RACHEL WALL	JACOB HESPEL	6.31m
13	TRANG BE	CAMERON HEIG	6.26m
14	EMMA SYSIUK	WATERLOO-OXF	5.89m
15	HOPE BURDETT	GALT COLLEGI	5.88m
16	ADRIENNE FLANDER	BLUEVALE COL	5.83m
17	SKYE MCMENEMY	GALT COLLEGI	5.32m
18	YODAHET TEKLE	CAMERON HEIG	5.29m

Event 158 Men Shot Put Junior WCSSAA

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Records: \* 15.41m 5/14/2008 DREW CAMPBELL, Glenview Par

Name	Year	School	Finals
1	LANCE HAZLETT	CAMERON HEIG	12.27m
2	GREVON MARSTON	BLUEVALE COL	12.25m
3	NICK SPON	HURON HEIGHT	12.06m
4	JERELL VAUGHAN	EASTWOOD COL	11.71m
5	BRENT SARGENT	BLUEVALE COL	11.61m
6	CONNOR KUNTZ	HURON HEIGHT	11.41m
7	RYAN PEASE	HURON HEIGHT	11.15m
8	MITCHELL WEISHAR	CAMERON HEIG	10.02m

Event 159 Women Discus Throw Junior WCSSAA

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Records: \* 29.86m 5/13/2009 JILL VAN DAMME, Bluevale Collegi

Name	Year	School	Finals
1	NIKKI ROSS	CAMERON HEIG	27.10m
2	MICHELLE HUDYN	EASTWOOD COL	24.40m
3	JASMINE WILSON	EDSS	23.95m
4	AMANDA TRAUTIM	WATERLOO COL	20.03m
5	TIFFANY PAULS	WATERLOO COL	19.95m
6	CINDY XAYAVONG	CAMERON HEIG	18.37m
7	HOPE EAGLESON	WATERLOO-OXF	16.97m
8	RACHEL ELKA	JACOB HESPEL	15.27m
9	JASMIN DAVID	CAMERON HEIG	15.16m
10	SARA LANGBEIN	BLUEVALE COL	15.06m
11	ADRIENNE FLANDER	BLUEVALE COL	14.44m

Event 160 Men Discus Throw Junior WCSSAA

Records: * 44.11m 5/12/2004 BRIAN BURTON, Grand River			
Name	Year	School	Finals
1 GREVON MARSTON		BLUEVALE COL	32.36m
2 JERELL VAUGHAN		EASTWOOD COL	31.66m
3 CONNOR KUNTZ		HURON HEIGHT	30.16m
4 NICK SPON		HURON HEIGHT	29.88m
5 REESE KOWALIK		WATERLOO-OXF	29.53m
6 BRENT SARGENT		BLUEVALE COL	29.45m
7 SUNGWOO PARK		CAMERON HEIG	28.57m
8 MITCHELL WEISHAR		CAMERON HEIG	27.89m
9 RYAN WOODS		WATERLOO COL	25.87m
10 RYAN PEASE		HURON HEIGHT	24.81m
11 DANIEL NASRI		EASTWOOD COL	24.15m
12 LANCE HAZLETT		CAMERON HEIG	21.30m
13 AYUSH KUMAR		WATERLOO COL	20.97m
14 NICK VERVAEKE		JACOB HESPEL	20.61m
15 WESLEY FOSTER		JACOB HESPEL	18.24m
16 MATTHEW BITTNER		JACOB HESPEL	14.17m
17 JACK SWEENY		CAMERON HEIG	13.93m

Event 161 Women Javelin Throw Junior WCSSAA

Records: * 32.96m 5/14/2009 BRITTANY BELL, Waterloo-Oxford			
Name	Year	School	Finals
1 RACHEL WOOLLEY		WATERLOO-OXF	28.38m
2 JASMINE WILSON		EDSS	25.34m
3 LINDSAY TAYLOR		WATERLOO COL	23.01m
4 AMANDA TRAUTIM		WATERLOO COL	22.70m
5 MEAGAN MCDUGALL		JACOB HESPEL	22.64m
6 MICHELLE HUDYN		EASTWOOD COL	21.99m
7 CINDY XAYAVONG		CAMERON HEIG	18.78m
7 ANJA GORRIE		WATERLOO COL	18.78m
9 TIFFANY PAULS		WATERLOO COL	17.94m
10 RACHEL ELKA		JACOB HESPEL	17.39m
11 ADRIENNE FLANDER		BLUEVALE COL	15.05m
12 RACHEL WAGNER		GRAND RIVER	14.12m
13 JASMIN DAVID		CAMERON HEIG	14.05m
14 HOPE BURDETT		GALT COLLEGI	12.87m
15 TRANG BE		CAMERON HEIG	12.65m
16 KATE SIEFRIED		FOREST HEIGHTS C	12.59m
17 SARAH STILLING		CAMERON HEIG	11.78m
18 YODAHET TEKLE		CAMERON HEIG	11.55m
19 NIKITA KALSI		CAMERON HEIG	11.33m
20 AINSLEY LAING		GALT COLLEGI	9.80m

Event 162 Men Javelin Throw Junior WCSSAA

Records: * 49.36m 5/14/2009 ERIC DANECKE, Grand River Coll			
Name	Year	School	Finals
1 JAMES POTH		WATERLOO-OXF	36.48m
2 EMIL LARSSON		SIR JOHN A.	36.40m
3 DAN GRIESBACH		FOREST HEIGHTS C	36.18m

4	JERELL VAUGHAN	EASTWOOD COL	35.48m
5	REESE KOWALIK	WATERLOO-OXF	35.00m
6	CONNOR KUNTZ	HURON HEIGHT	34.76m
7	ROBBIE BORSI	CAMERON HEIG	31.88m
8	AARON HARRIS	SOUTHWOOD SE	30.07m
9	AYUSH KUMAR	WATERLOO COL	28.19m
10	CONNOR LANTEIGNE	CAMERON HEIG	27.60m
11	RYAN PEASE	HURON HEIGHT	26.96m
12	MICHAEL HARRISON	JACOB HESPEL	26.81m
13	RYAN WOODS	WATERLOO COL	26.06m
14	DANIEL NASRI	EASTWOOD COL	25.80m
15	NICK SPON	HURON HEIGHT	24.14m
16	JEREMY MARTZ	SOUTHWOOD SE	21.23m
17	JACK SWEENY	CAMERON HEIG	19.60m
18	LANCE HAZLETT	CAMERON HEIG	19.23m
19	BLAKE ZIEGLER	EDSS	19.00m
20	DANIEL KWON	SIR JOHN A.	15.05m
21	TYLER STEEVES	HURON HEIGHT	13.22m

Event 163 Women 4x100 Meter Relay Junior WCSSAA

Records: * 52.97 5/11/2005 ELMIRA DSS-E, Grand River			
School		Finals	H#
1	FOREST HEIGHTS C I 'A'	54.13	2
2	CAMERON HEIGHTS CI 'A'	54.70	2
3	HURON HEIGHTS SECONDARY SCHOOL 'A'	55.32	2
4	GALT COLLEGIATE INSTITUTE 'A'	55.91	2
5	SIR JOHN A. MACDONALD 'A'	58.94	2
6	JACOB HESPELER SECONDARYSCHOOL 'A'	59.11	1
7	ELMIRA DISTRICT HS 'A'	59.15	1
8	CAMERON HEIGHTS CI 'B'	59.38	2
9	SOUTHWOOD SECONDARY SCHOOL 'A'	59.47	2
10	BLUEVALE COLLEGIATE INSTITUTE 'A'	59.83	1
11	WATERLOO COLLEGIATE INSTITUTE 'A'	59.91	1
12	JACOB HESPELER SECONDARYSCHOOL 'B'	1:00.73	1

Event 164 Men 4x100 Meter Relay Junior WCSSAA

Records: * 46.16 5/15/2008 HURON HEIGHTS SS, CWHH T Guerra, R Samaroo, D Smith, T Woodhouse			
School		Finals	H#
1	GRAND RIVER COLLEGIATE INSTITU 'A'	46.82	2
2	CAMERON HEIGHTS CI 'A'	50.51	2
3	EASTWOOD COLLEGIATE INSTITUTE 'A'	50.92	2
4	KITCHENER WATERLOO C V S 'A'	51.92	1
5	BLUEVALE COLLEGIATE INSTITUTE 'A'	52.17	1
6	SIR JOHN A. MACDONALD 'A'	53.84	2
7	CAMERON HEIGHTS CI 'B'	53.91	2

Event 165 Women 100 Meter Dash Senior WCSSAA

Records: * 12.75 5/10/2006 LESLEY CIRA, Waterloo			
Name	Year School	Prelims	H#

Preliminaries

1	TONYA MALCOLM	BLUEVALE COL	13.44Q	3
2	BECCA ZILIO	GALT COLLEGI	13.71Q	1
3	ERIN ROBBINS	CAMERON HEIG	13.72Q	2
4	KYLIE ROHR	BLUEVALE COL	14.47Q	4
5	NAKITA REES	GLENVIEW PAR	13.85Q	3
6	ASHLEY CAMPBELL	GALT COLLEGI	14.19Q	2
7	CHAENEL MATTIS	EASTWOOD COL	14.56Q	1
8	CHISOMO MCHAINA	SOUTHWOOD SE	15.05Q	4
9	OKHAM KING	GALT COLLEGI	14.53Q	2
10	CHRISTINE WALSH	KITCHENER WA	14.77Q	3
11	CHELSEA BENHAM	GLENVIEW PAR	14.98Q	1
12	KATIE PUFALL	CAMERON HEIG	15.69Q	4
13	MEGAN ELMHIRST	JACOB HESPEL	14.72q	2
14	MEGHAN O'DONNELL	GLENVIEW PAR	14.87q	3
15	NEDINE LAWTON	EASTWOOD COL	15.14q	3
16	TORIA VAIR	KITCHENER WA	15.40q	2
17	AMANDA LINSEMAN	WATERLOO COL	15.81	3
18	NOVALEE DAVY	CAMERON HEIG	15.94	1
19	LINDSAY BELL	WATERLOO COL	16.07	4
20	ANNA MULLIN	GLENVIEW PAR	16.26	4
21	MAGGIE BOYNE	EDSS	16.59	3
22	MEAGHAN QUANZ	KITCHENER WA	16.65	4
23	NICOLE MCMARTIN	KITCHENER WA	17.16	1
24	ARUSHRI SWARUP	KITCHENER WA	17.54	2
25	DANIELLE TENCH	HURON HEIGHT	17.72	2

Event 165 Women 100 Meter Dash Senior WCSSAA

Records: \* 12.75 5/10/2006 LESLEY CIRA, Waterloo  
 Name Year School Semis H#

Semi-Finals

1	ERIN ROBBINS	CAMERON HEIG	13.65Q	1
2	TONYA MALCOLM	BLUEVALE COL	13.79Q	2
3	BECCA ZILIO	GALT COLLEGI	13.88Q	1
4	NAKITA REES	GLENVIEW PAR	14.01Q	2
5	ASHLEY CAMPBELL	GALT COLLEGI	14.15Q	1
6	KYLIE ROHR	BLUEVALE COL	14.63Q	2
7	CHAENEL MATTIS	EASTWOOD COL	14.66q	1
8	OKHAM KING	GALT COLLEGI	14.70q	2
9	MEGAN ELMHIRST	JACOB HESPEL	14.77	2
10	NEDINE LAWTON	EASTWOOD COL	15.04	1
11	MEGHAN O'DONNELL	GLENVIEW PAR	15.06	1
12	CHRISTINE WALSH	KITCHENER WA	15.10	1
13	TORIA VAIR	KITCHENER WA	15.48	2
14	KATIE PUFALL	CAMERON HEIG	16.14	2
15	CHELSEA BENHAM	GLENVIEW PAR	16.22	1

Event 165 Women 100 Meter Dash Senior WCSSAA

Records: \* 12.75 5/10/2006 LESLEY CIRA, Waterloo  
 Name Year School Finals

Finals

1	TONYA MALCOLM	BLUEVALE COL	13.29
2	ERIN ROBBINS	CAMERON HEIG	13.86
3	NAKITA REES	GLENVIEW PAR	13.90



4	BECCA ZILIO	GALT COLLEGI	14.05
5	ASHLEY CAMPBELL	GALT COLLEGI	14.31
6	CHAENEL MATTIS	EASTWOOD COL	14.53
7	OKHAM KING	GALT COLLEGI	14.59
8	KYLIE ROHR	BLUEVALE COL	14.61

Event 166 Men 100 Meter Dash Senior WCSSAA

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Records: *	10.46	5/12/2005	RYAN JAMES, Sir John A Macdo	
Name		Year School	Prelims	H#
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Preliminaries

1	DEVON RITTINGER	FOREST HEIGHTS C	11.48Q	4
2	TALON GUERRA	HURON HEIGHT	11.58Q	5
3	CORY GIROUX	EDSS	11.68Q	1
4	EMEKA AGADA	EDSS	11.78Q	3
5	TOM WOODHOUSE	HURON HEIGHT	11.86Q	2
6	MOHAMED YASSIN	SIR JOHN A.	12.12Q	6
7	JAKE ARNOLDI	GALT COLLEGI	11.71Q	1
8	DHANE SMITH	HURON HEIGHT	11.79Q	3
9	ADAM KOBERINSKI	WATERLOO COL	12.07Q	5
10	ANDREW DEARAGON	GRAND RIVER	12.08Q	4
11	SCOTT SHEA	EDSS	12.13Q	6
12	CHRISTOPHER BLAKE	BLUEVALE COL	12.32Q	2
13	CHRIS ACKIE	PRESTON HIGH	11.87q	1
14	WILL BLAHUT	GRAND RIVER	11.98q	1
15	TREVOR ZISTER	WATERLOO-OXF	12.29q	4
16	BRANDON THWAITES	CAMERON HEIG	12.34q	4
17	SHERODAN BURKE	GALT COLLEGI	12.37	3
18	WADE FILIATRAULT	BLUEVALE COL	12.43	1
18	JAMIE ANDERSON	FOREST HEIGHTS C	12.43	2
20	DANIEL PARREIRA	PRESTON HIGH	12.57	2
21	HENRY MA	EASTWOOD COL	12.60	1
22	BRANDON YEUNG	BLUEVALE COL	12.64	3
23	BRETT GIBSON	HURON HEIGHT	12.69	1
23	SIMON RAIMBAULT	EDSS	12.69	6
25	ANDY LAU	GALT COLLEGI	12.71	2
26	CASS FREY	EDSS	12.86	6
27	TRAVIS ALLEN	WATERLOO COL	13.12	5
28	NICK FOREMAN	GALT COLLEGI	13.51	6
29	RICHARD YANG	EASTWOOD COL	14.01	3
30	HANY SOLIMAN	EASTWOOD COL	14.75	3
31	REUBEN MOSLEHI	KITCHENER WA	15.81	2

Event 166 Men 100 Meter Dash Senior WCSSAA

=====				
Records: *	10.46	5/12/2005	RYAN JAMES, Sir John A Macdo	
Name		Year School	Semis	H#
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Semi-Finals

1	DEVON RITTINGER	FOREST HEIGHTS C	11.27Q	2
2	TALON GUERRA	HURON HEIGHT	11.30Q	1
3	EMEKA AGADA	EDSS	11.29Q	2
4	CORY GIROUX	EDSS	11.31Q	1
5	DHANE SMITH	HURON HEIGHT	11.72Q	2
6	JAKE ARNOLDI	GALT COLLEGI	11.75Q	1
7	TOM WOODHOUSE	HURON HEIGHT	11.74q	2

8	SCOTT SHEA	EDSS	11.90q	1
9	CHRIS ACKIE	PRESTON HIGH	J11.90	2
10	ANDREW DEARAGON	GRAND RIVER	J11.90	1
11	MOHAMED YASSIN	SIR JOHN A.	11.92	1
12	WILL BLAHUT	GRAND RIVER	11.93	1
13	ADAM KOBERINSKI	WATERLOO COL	11.99	2
14	CHRISTOPHER BLAKE	BLUEVALE COL	12.07	2
15	BRANDON THWAITES	CAMERON HEIG	12.26	2
16	TREVOR ZISTER	WATERLOO-OXF	12.29	1

Event 166 Men 100 Meter Dash Senior WCSSAA

Records: \* 10.46 5/12/2005 RYAN JAMES, Sir John A Macdo  
 Name Year School Finals

Finals

1	DEVON RITTINGER	FOREST HEIGHTS C	11.27	
2	CORY GIROUX	EDSS	11.31	
3	TALON GUERRA	HURON HEIGHT	11.40	
4	EMEKA AGADA	EDSS	11.42	
5	JAKE ARNOLDI	GALT COLLEGI	11.81	
6	DHANE SMITH	HURON HEIGHT	11.82	
7	SCOTT SHEA	EDSS	11.91	
8	TOM WOODHOUSE	HURON HEIGHT	12.00	

Event 167 Women 200 Meter Dash Senior WCSSAA

Records: \* 25.78 5/14/2008 OLIVIA CHARNUSKI, Elmira DSS-E  
 Name Year School Prelims H#

Preliminaries

1	TONYA MALCOLM	BLUEVALE COL	28.00Q	3
2	FLO PETERS	GRAND RIVER	28.31Q	1
3	LIZ PHILLIPS	GALT COLLEGI	28.65Q	2
4	EMILY MCLEAN	GLENVIEW PAR	28.35Q	3
5	TATUM MCLEOD	CAMERON HEIG	29.20Q	1
6	KYLIE ROHR	BLUEVALE COL	30.29Q	2
7	PAYTON THIEL	SIR JOHN A.	28.58q	3
8	ASHLEY CAMPBELL	GALT COLLEGI	29.94q	1
9	CHRISTINE PHILLIPS	GALT COLLEGI	30.29	3
10	SHANNON CRAIG	KITCHENER WA	30.55	3
11	KRYSTAL TIMMERMAN	HURON HEIGHT	30.87	1
12	KATIE PUFALL	CAMERON HEIG	31.73	2
13	TORIA VAIR	KITCHENER WA	32.20	3
14	JANICE COOPER	KITCHENER WA	33.22	2
15	ERIN PRITCHARD	GALT COLLEGI	33.51	1
16	MEAGHAN QUANZ	KITCHENER WA	34.06	1

Event 167 Women 200 Meter Dash Senior WCSSAA

Records: \* 25.78 5/14/2008 OLIVIA CHARNUSKI, Elmira DSS-E  
 Name Year School Finals

Finals

1	TONYA MALCOLM	BLUEVALE COL	27.66	
2	EMILY MCLEAN	GLENVIEW PAR	27.95	
3	LIZ PHILLIPS	GALT COLLEGI	28.36	

4	PAYTON THIEL	SIR JOHN A.	28.70
5	TATUM MCLEOD	CAMERON HEIG	29.13
6	ASHLEY CAMPBELL	GALT COLLEGI	30.03
7	KYLIE ROHR	BLUEVALE COL	31.01

Event 168 Men 200 Meter Dash Senior WCSSAA

Records: \* 22.33 5/12/2005 RYAN JAMES, Sir John A Macdo  
 Name Year School Prelims H#

Preliminaries

1	EMEKA AGADA	EDSS	23.52Q	3
2	JAKE ARNOLDI	GALT COLLEGI	24.08Q	1
3	DEVON RITTINGER	FOREST HEIGHTS C	24.22Q	4
4	TOM WOODHOUSE	HURON HEIGHT	24.40Q	2
5	PHIL O'DONNELL	FOREST HEIGHTS C	24.06q	3
6	TYE CALDER	WATERLOO COL	24.54q	3
7	ROBERT THOMAS	GLENVIEW PAR	24.61q	4
8	MOHAMED YASSIN	SIR JOHN A.	24.68q	1
9	WILL BLAHUT	GRAND RIVER	J24.68	4
10	CHRISTOPHER BLAKE	BLUEVALE COL	24.89	2
11	JAMIE ANDERSON	FOREST HEIGHTS C	24.92	1
12	PAUL ANDERSON	FOREST HEIGHTS C	25.12	3
13	JORDAN CORNISH	EASTWOOD COL	25.55	2
14	BRANDON YEUNG	BLUEVALE COL	25.63	4
15	TRAVIS ALLEN	WATERLOO COL	25.85	2
16	DALLAS PREIKSCHAS	WATERLOO-OXF	26.61	3
17	MARK CHAPESKIE	WATERLOO-OXF	26.68	1
18	SCOTT O'CONNOR	SOUTHWOOD SE	28.79	4

Event 168 Men 200 Meter Dash Senior WCSSAA

Records: \* 22.33 5/12/2005 RYAN JAMES, Sir John A Macdo  
 Name Year School Finals

Finals

1	DEVON RITTINGER	FOREST HEIGHTS C	23.38
2	JAKE ARNOLDI	GALT COLLEGI	23.62
3	PHIL O'DONNELL	FOREST HEIGHTS C	23.72
4	EMEKA AGADA	EDSS	23.78
5	TYE CALDER	WATERLOO COL	24.30
6	ROBERT THOMAS	GLENVIEW PAR	24.77
7	MOHAMED YASSIN	SIR JOHN A.	24.89

Event 169 Women 400 Meter Dash Senior WCSSAA

Records: \* 1:00.45 5/10/2006 LINDSAY CARSON, Southwood SS  
 Name Year School Finals H#

1	MADELINE CHARNUSKI	EDSS	1:02.55	2
2	EMILY MCLEAN	GLENVIEW PAR	1:03.82	2
3	MICHELLE CRESS	BLUEVALE COL	1:04.97	2
4	EUGENIA ACOSTA	CAMERON HEIG	1:05.28	1
5	BRIANNA LEAHY	CAMERON HEIG	1:05.41	2
6	CHRISTINE PHILLIPS	GALT COLLEGI	1:06.88	2
7	BRONWYN STEVENS	SIR JOHN A.	1:07.16	2
8	MARIELLE HARPER	KITCHENER WA	1:09.81	1

9	TYISHA THOMPSON	CAMERON HEIG	1:10.86	2
10	ALANA CORRIGAN	WATERLOO COL	1:11.48	1

Event 170 Men 400 Meter Dash Senior WCSSAA

Records: * 50.50 5/12/2004 BLAKE HILTS, Kitchener Wa				
Name	Year	School	Finals	H#
1	TYE CALDER	WATERLOO COL	52.14	4
2	BEN MIETHIG	BLUEVALE COL	52.66	4
3	PHIL O'DONNELL	FOREST HEIGHTS C	53.62	4
4	ALEXANDER ULLMAN	BLUEVALE COL	53.95	4
5	CHRISTOPHER BLAKE	BLUEVALE COL	55.72	3
6	ROBERT THOMAS	GLENVIEW PAR	56.16	2
7	GRAEME GARDINER	GALT COLLEGI	56.52	3
8	PAUL ANDERSON	FOREST HEIGHTS C	56.93	4
9	JAKE NANTAIS	BLUEVALE COL	56.94	4
10	BRANDON YEUNG	BLUEVALE COL	56.97	4
11	CHAD MAINVILLE	GALT COLLEGI	57.17	3
12	JAKE JONES	GALT COLLEGI	57.44	3
13	JAMIE ANDERSON	FOREST HEIGHTS C	57.62	4
14	BROCK YANTZI	WATERLOO-OXF	58.17	2
15	CASS FREY	EDSS	59.49	2
16	ALEX OSBELT	GRAND RIVER	1:00.84	2
17	ANDREAS PATSIAOUIROS	JACOB HESPEL	1:06.97	3
18	ANDREW KIM	SIR JOHN A.	1:09.22	2

Event 171 Women 800 Meter Run Senior WCSSAA

Records: * 2:17.00 5/13/2004 TARAH MCKAY, Elmira DSS-E			
Name	Year	School	Finals
1	SIMONNE TOMASOVIC	CAMERON HEIG	2:26.96
2	BRONWYN STEVENS	SIR JOHN A.	2:32.77
3	MICHELLE CRESS	BLUEVALE COL	2:34.45
4	EUGENIA ACOSTA	CAMERON HEIG	2:36.51
5	TARA EBY	SIR JOHN A.	2:37.35
6	BRIANNA LEAHY	CAMERON HEIG	2:40.18
7	CAITLIN LEISHMAN	SOUTHWOOD SE	2:40.47
8	VICTORIA WEBSTER	SOUTHWOOD SE	2:43.13
9	COURTNEY LYONS	GLENVIEW PAR	2:44.32
10	KATRINA WELCH	WATERLOO COL	2:52.77
11	REBECCA YARDLEY	CAMERON HEIG	2:58.25
12	HANNAH ERHARDT	HURON HEIGHT	2:59.44
13	NAOMI FISHBEIN	BLUEVALE COL	3:02.65
14	ALLISON KESSLER	EASTWOOD COL	3:08.33
15	TARA OTTO	WATERLOO-OXF	3:26.00

Event 172 Men 800 Meter Run Senior WCSSAA

Records: * 1:59.43 5/15/2008 SOHAIB IKRAM, Waterloo			
Name	Year	School	Finals
1	ALEXANDER ULLMAN	BLUEVALE COL	2:05.51
2	ANDREW MARTIN	CAMERON HEIG	2:05.60
3	CONNOR PADDOCK	CAMERON HEIG	2:06.56
4	ABDU ZAGHLOL	JACOB HESPEL	2:07.19

5	DANIEL DEBUS	BLUEVALE COL	2:07.54
6	CHRIS MORGAN	SIR JOHN A.	2:09.58
7	OSAMA QAHWASH	GRAND RIVER	2:13.13
8	STUART BENNETT	BLUEVALE COL	2:14.31
9	DEREK MCCONOMY	SIR JOHN A.	2:14.93
10	FILIP ADAMSKI	BLUEVALE COL	2:15.79
11	CHRISTIAN BARNA	KITCHENER WA	2:15.87
12	GRAEME GARDINER	GALT COLLEGI	2:19.32
13	MITCHELL VEILEDAL	EASTWOOD COL	2:20.22
14	MYLES NICHOLS	HURON HEIGHT	2:20.62
15	JAMIE SIN-KEO	CAMERON HEIG	2:20.68
16	BLAKE PROPOKOWICZ	WATERLOO-OXF	2:21.81
17	CHAD MAINVILLE	GALT COLLEGI	2:22.78
18	GRAHAM BLACKPORT	KITCHENER WA	2:23.44
19	BRYAN HATTON	CAMERON HEIG	2:28.66
20	ALEX OSBELT	GRAND RIVER	2:30.59
21	IAN GRZEGORCZYK	SIR JOHN A.	2:33.34
22	CALEB GOODRIDGE	WATERLOO COL	2:33.45
23	WADE COUTINHO	CAMERON HEIG	2:33.85
24	JOSHUA PARSONS	SOUTHWOOD SE	2:34.19
25	CAMERON STREETER	SOUTHWOOD SE	2:34.31

Event 173 Women 1500 Meter Run Senior WCSSAA

Records: * 4:35.50 5/12/2004 TARAH MCKAY, Elmira DSS-E			
Name	Year	School	Finals
1	SIMONNE TOMASOVIC	CAMERON HEIG	5:10.48
2	BRONWYN STEVENS	SIR JOHN A.	5:19.60
3	MEGHAN HANKINS	SIR JOHN A.	5:21.41
4	BRIANNA LEAHY	CAMERON HEIG	5:27.83
5	CAITLIN LEISHMAN	SOUTHWOOD SE	5:32.25
6	STEPHANIE MASON	GALT COLLEGI	5:32.89
7	TARA EBY	SIR JOHN A.	5:34.43
8	VICTORIA WEBSTER	SOUTHWOOD SE	5:36.14
9	JILLIAN MORAN	WATERLOO COL	5:38.81
10	REBECCA YARDLEY	CAMERON HEIG	5:39.74
11	ELISABETH BEARD	KITCHENER WA	5:42.96
12	KATRINA WELCH	WATERLOO COL	5:43.44
13	KATIE HAYES	SIR JOHN A.	5:52.22
14	ALANA CORRIGAN	WATERLOO COL	5:55.85
15	NAOMI FISHBEIN	BLUEVALE COL	6:05.50
16	RACHEL THEVENARD	WATERLOO COL	6:06.52
17	HANNAH ERHARDT	HURON HEIGHT	6:17.71
18	HEATHER MCGAIRE	WATERLOO COL	6:17.86
19	NADIA JORGENSON	EASTWOOD COL	6:23.99
20	LAURA WARR	WATERLOO-OXF	6:24.05
21	ALLISON KESSLER	EASTWOOD COL	6:31.43
22	PAIGE INGLIS	KITCHENER WA	6:36.13
23	NICOLE LENGIES	WATERLOO COL	7:01.75
24	TEAGAN BERRY	WATERLOO COL	7:26.26
25	TARA OTTO	WATERLOO-OXF	7:29.97

Event 174 Men 1500 Meter Run Senior WCSSAA

Records: * 3:56.46 5/10/2006 KYLE DEKKER, Grand River			
Name	Year	School	Finals

1	JASON THORNTON	JACOB HESPEL	4:14.57
2	ABDU ZAGHLOL	JACOB HESPEL	4:14.60
3	JON MARTIN	CAMERON HEIG	4:22.78
4	CONNOR PADDOCK	CAMERON HEIG	4:22.89
5	DANIEL DEBUS	BLUEVALE COL	4:25.19
6	GRAHAM BLACKPORT	KITCHENER WA	4:29.27
7	ADAM O'DONNELL	GALT COLLEGI	4:34.03
8	MYLES NICHOLS	HURON HEIGHT	4:36.47
9	DEREK MCCONOMY	SIR JOHN A.	4:43.58
10	STUART BENNETT	BLUEVALE COL	4:43.73
11	FILIP ADAMSKI	BLUEVALE COL	4:50.04
12	LIBAN ABUKAR	SIR JOHN A.	4:52.10
13	CHRISTIAN BARNA	KITCHENER WA	4:53.21
14	IAN GRZEGORCZYK	SIR JOHN A.	4:53.31
15	BRANDON NICKEL	EDSS	4:56.50
16	JAMES ANWAR	EASTWOOD COL	4:57.40
17	JAMIE SIN-KEO	CAMERON HEIG	5:06.00
18	JOHN LAWSON	JACOB HESPEL	5:18.30
19	ALEX FARQUHAR	WATERLOO COL	5:23.60
20	SHANE GERHARDT	WATERLOO COL	5:32.37
21	JUSTIN O'NEIL	PRESTON HIGH	5:43.49
22	BRENDAN UTTLEY	FOREST HEIGHTS C	6:09.21
23	ANDREW MUIR	HURON HEIGHT	6:22.25
24	CHRIS MORGAN	SIR JOHN A.	6:27.27

Event 175 Women 3000 Meter Run Senior WCSSAA

Records: * 10:11.19 5/13/2005 TARAH MCKAY, Elmira DSS-E			
Name	Year	School	Finals
1	MEGHAN HANKINS	SIR JOHN A.	11:34.93
2	JILLIAN MORAN	WATERLOO COL	11:58.19
3	ELISABETH BEARD	KITCHENER WA	12:02.14
4	KATRINA WELCH	WATERLOO COL	12:05.09
5	SAMANTHA LANTEIGNE	CAMERON HEIG	12:23.70
6	REBECCA YARDLEY	CAMERON HEIG	12:36.14
7	KATIE HAYES	SIR JOHN A.	12:43.25
8	NAOMI FISHBEIN	BLUEVALE COL	13:19.53
9	LAURA KENNEDY	KITCHENER WA	13:55.69
10	LAURA WARR	WATERLOO-OXF	14:16.45
11	NICOLE LENGIES	WATERLOO COL	15:19.21

Event 176 Men 3000 Meter Run Senior WCSSAA

Records: * 8:49.52 5/13/2005 KYLE DEKKER, Grand River			
Name	Year	School	Finals
1	ABDU ZAGHLOL	JACOB HESPEL	9:04.06
2	JASON THORNTON	JACOB HESPEL	9:07.54
3	JON MARTIN	CAMERON HEIG	9:27.24
4	GRAHAM BLACKPORT	KITCHENER WA	9:27.85
5	ADAM O'DONNELL	GALT COLLEGI	9:54.35
6	MYLES NICHOLS	HURON HEIGHT	9:59.99
7	JON MARK FERBER	WATERLOO-OXF	10:17.21
8	IAN GRZEGORCZYK	SIR JOHN A.	10:43.43
9	JOHN LAWSON	JACOB HESPEL	11:13.48

10	RYAN SCHULTZ	WATERLOO-OXF	11:29.25
11	JUSTIN O'NEIL	PRESTON HIGH	12:24.62
12	ANDREW MUIR	HURON HEIGHT	14:27.72

Event 177 Women 100 Meter Hurdles Senior WCSSAA

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Records:	* 15.17	5/14/2008	OLIVIA CHARNUSKI,	Elmira DSS-E
Name		Year School	Prelims	H#
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Preliminaries

1	MADELINE CHARNUSKI	EDSS	16.54Q	3
2	LIZ PHILLIPS	GALT COLLEGI	17.47Q	1
3	NATALYA POLLOCK	GRAND RIVER	19.95Q	2
4	CLARICE CHIN	EASTWOOD COL	17.27Q	3
5	SHANNON CRAIG	KITCHENER WA	19.98Q	2
6	LEXY MALCOLM	JACOB HESPEL	20.17Q	1
7	CHRISTINE WALSH	KITCHENER WA	20.04q	2
8	MEGAN SHAW	CAMERON HEIG	20.62q	1
9	NOVALEE DAVY	CAMERON HEIG	20.83	2
10	ASHLEY BAUMAN	EDSS	21.46	1
11	AMANDA LINSEMAN	WATERLOO COL	21.68	3
12	NICOLE MCMARTIN	KITCHENER WA	21.81	1
13	DANIELLE TENCH	HURON HEIGHT	22.06	3
14	PAIGE INGLIS	KITCHENER WA	22.16	3
15	MAGGIE BOYNE	EDSS	26.62	2

Event 177 Women 100 Meter Hurdles Senior WCSSAA

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Records:	* 15.17	5/14/2008	OLIVIA CHARNUSKI,	Elmira DSS-E
Name		Year School	Finals	
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Finals

1	MADELINE CHARNUSKI	EDSS	16.05
2	LIZ PHILLIPS	GALT COLLEGI	17.01
3	CLARICE CHIN	EASTWOOD COL	17.03
4	CHRISTINE WALSH	KITCHENER WA	19.96
5	NATALYA POLLOCK	GRAND RIVER	20.07
6	MEGAN SHAW	CAMERON HEIG	20.19

Event 178 Men 110 Meter Hurdles Senior WCSSAA

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Records:	* 15.77	5/13/2009	JIMMY YING YONG,	Cameron Heights
Name		Year School	Prelims	H#
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Preliminaries

1	TREVOR ZISTER	WATERLOO-OXF	16.00Q	1
2	WESLEY PALMER	BLUEVALE COL	16.39Q	2
3	JAKE ARNOLDI	GALT COLLEGI	16.05Q	1
4	MIKE PETERS	GRAND RIVER	16.53Q	2
5	CHARL FOURIE	BLUEVALE COL	16.33Q	1
6	DANIEL PARREIRA	PRESTON HIGH	18.47Q	2
7	RYAN CHANTHAVONG	CAMERON HEIG	16.37q	1
8	MITCHELL CHEESEMAN	WATERLOO COL	18.87q	2
9	JAMES STEUBING	SIR JOHN A.	19.19	2
10	VISHALL SINGH	WATERLOO COL	20.92	1
11	JOHN MCGILL	WATERLOO COL	24.21	1
12	BRODY MAY	WATERLOO COL	24.56	2

Event 178 Men 110 Meter Hurdles Senior WCSSAA

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Records: *	15.77	5/13/2009	JIMMY YING YONG,	Cameron Heights	
Name		Year	School		Finals

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Finals

1	TREVOR ZISTER		WATERLOO-OXF		15.77*
2	CHARL FOURIE		BLUEVALE COL		16.24
3	WESLEY PALMER		BLUEVALE COL		16.39
4	JAKE ARNOLDI		GALT COLLEGI		16.41
5	MIKE PETERS		GRAND RIVER		16.44
6	RYAN CHANTHAVONG		CAMERON HEIG		16.77
7	DANIEL PARREIRA		PRESTON HIGH		18.53

Event 179 Women 400 Meter Hurdles Senior WCSSAA

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Records: *	1:08.06	5/14/2009	MADELINE CHARNUSKI,	Elmira	
Name		Year	School		Finals H#

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1	MADELINE CHARNUSKI		EDSS		1:07.99*	2
2	LIZ PHILLIPS		GALT COLLEGI		1:11.40	2
3	ALANA CORRIGAN		WATERLOO COL		1:16.52	2
4	TYISHA THOMPSON		CAMERON HEIG		1:17.07	2
5	KRYSTAL TIMMERMAN		HURON HEIGHT		1:21.07	2
6	NOVALEE DAVY		CAMERON HEIG		1:23.80	2
7	NATALYA POLLOCK		GRAND RIVER		1:25.04	1
8	ASHLEY BAUMAN		EDSS		1:28.08	1
9	MEGAN SHAW		CAMERON HEIG		1:32.31	1

Event 180 Men 400 Meter Hurdles Senior WCSSAA

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Records: *	1:00.47	5/14/2009	OLIVER GRANT,	Eastwood Collegi	
Name		Year	School		Finals H#

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1	TYE CALDER		WATERLOO COL		59.48*	2
2	WESLEY PALMER		BLUEVALE COL		59.93*	2
3	CHARL FOURIE		BLUEVALE COL		1:01.27	2
4	BEN MIETHIG		BLUEVALE COL		1:01.71	2
5	RYAN CHANTHAVONG		CAMERON HEIG		1:02.46	2
6	MIKE PETERS		GRAND RIVER		1:04.12	2
7	MITCHELL VEILEDAL		EASTWOOD COL		1:05.14	1

Event 181 Women High Jump Senior WCSSAA

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Records: *	1.60m	5/13/2009	FLO PETERS,	Grand River Coll	
Name		Year	School		Finals

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1	FLO PETERS		GRAND RIVER		1.55m
2	ALEX KOCHER		EASTWOOD COL		J1.55m
3	OLGA LIODVINEVITCH		CAMERON HEIG		1.45m
4	MICHELLE MILLER		CAMERON HEIG		J1.45m
5	ASHLEY BAUMAN		EDSS		1.30m
--	ANNA MULLIN		GLENVIEW PAR		FAIL

Event 182 Men High Jump Senior WCSSAA

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Records: \* 2.00m 5/10/2006 ALEX WITMER, Forest Heigh  
 Name Year School Finals

1	MUSTAFA BASTINDUKA	WATERLOO COL	1.75m
2	TYLER SIMPSON	CAMERON HEIG	J1.75m
3	EMEKA AGADA	EDSS	1.70m
4	ROBERT THOMAS	GLENVIEW PAR	1.65m
5	MITCHELL ROTH	WATERLOO COL	J1.65m
6	JAKE NANTAIS	BLUEVALE COL	J1.65m
7	DALLAS PREIKSCHAS	WATERLOO-OXF	1.50m
8	NICK FOREMAN	GALT COLLEGI	1.45m
9	CODY PARSONS	CAMERON HEIG	J1.45m
10	SHACEAL ALEXANDER	CAMERON HEIG	J1.45m
--	CONNAR MITCHELL	CAMERON HEIG	FAIL

Event 183 Women Pole Vault Senior WCSSAA

Records: \* 2.90m 5/13/2009 MARIELLE HARPER, Kitchener Waterl  
 Name Year School Finals

1	CHRISTINE WALSH	KITCHENER WA	2.35m
2	OLGA LIOUDVINEVITCH	CAMERON HEIG	2.20m
3	MARIELLE HARPER	KITCHENER WA	1.90m
4	ELISA DORMAN	CAMERON HEIG	J1.90m
5	SHANNON CRAIG	KITCHENER WA	1.60m
6	STEPHANIE WAGNER	BLUEVALE COL	J1.60m
7	LIA MCKELVEY	CAMERON HEIG	1.45m

Event 184 Men Pole Vault Senior WCSSAA

Records: \* 4.05m 5/14/2009 ALEX HOEDIONO, Sir John A. Macd  
 Name Year School Finals

1	ALEX HOEDIONO	SIR JOHN A.	4.20m*
2	JAMES STEUBING	SIR JOHN A.	J3.40m
3	RUBEN LARSSON	SIR JOHN A.	J3.80m
4	TANNER WIDEMAN	SIR JOHN A.	2.80m
5	DANTE STOLFI	SIR JOHN A.	2.20m
6	MITCH DUNT	SIR JOHN A.	2.10m

Event 185 Women Long Jump Senior WCSSAA

Records: \* 5.23m 5/15/2008 NICOLE ROEDER, Waterloo  
 Name Year School Finals

1	ERIN ROBBINS	CAMERON HEIG	4.71m
2	ERIN BUSH	CAMERON HEIG	4.52m
3	PAYTON THIEL	SIR JOHN A.	4.48m
4	STEPHANIE HUTT-TAYLOR	SOUTHWOOD SE	4.33m
5	ALLY KRUG	KITCHENER WA	4.28m
6	TATUM MCLEOD	CAMERON HEIG	4.27m
7	NAKITA REES	GLENVIEW PAR	4.24m
8	LYDIA FREY	EDSS	4.23m
9	SAMI PRITCHARD	PRESTON HIGH	4.17m
10	KYLIE ROHR	BLUEVALE COL	4.13m
11	CLARICE CHIN	EASTWOOD COL	4.12m
12	MARIELLE HARPER	KITCHENER WA	4.11m

13	VICTORIA THIBAudeau	EASTWOOD COL	4.04m
14	OKHAM KING	GALT COLLEGI	3.95m
15	CARLY TITHECOTT	WATERLOO COL	3.94m
16	LINDSAY WEINERT	WATERLOO COL	3.88m
17	ASHLEY FORDE	PRESTON HIGH	3.70m
18	CHAENEL MATTIS	EASTWOOD COL	3.64m
19	CHELSEA BENHAM	GLENVIEW PAR	3.60m
20	MELISSA BRECKLES	WATERLOO COL	3.56m
20	JASLYN ENGLISH	WATERLOO COL	3.56m
22	JILLIAN COTTER	CAMERON HEIG	3.54m
23	ILKAY SAKIR	EASTWOOD COL	3.47m
24	JANICE COOPER	KITCHENER WA	3.39m
25	DARIAN ANTAYA	WATERLOO COL	3.26m
26	NEDINE LAWTON	EASTWOOD COL	3.25m
27	TORIA VAIR	KITCHENER WA	3.17m
28	TANIS ROACH	KITCHENER WA	2.93m
29	KATY TURIFF	PRESTON HIGH	2.73m
30	CARLEE CATER	WATERLOO COL	2.72m
31	NICOLE MCMARTIN	KITCHENER WA	2.64m
32	MAGGIE BOYNE	EDSS	2.46m
33	RACHEL THEVENARD	WATERLOO COL	2.17m
34	ARUSHRI SWARUP	KITCHENER WA	1.98m

Event 186 Men Long Jump Senior WCSSAA

Records: * 6.55m 5/13/2004 JASON GOETZ, Preston HS-C			
Name	Year	School	Finals
1	CORY GIROUX	EDSS	6.20m
2	RUBEN LARSSON	SIR JOHN A.	No Data
3	SCOTT SHEA	EDSS	5.80m
4	OSAMA QAHWASH	GRAND RIVER	5.75m
5	MIKE PETERS	GRAND RIVER	5.70m
6	YOA H SUI	WATERLOO COL	5.56m
7	RYAN CHANTHAVONG	CAMERON HEIG	5.53m
8	TOM WOODHOUSE	HURON HEIGHT	5.40m
9	TYLER SIMPSON	CAMERON HEIG	5.10m
10	MITCHELL ROTH	WATERLOO COL	5.07m
11	JAMES STEUBING	SIR JOHN A.	4.96m
12	HENRY MA	EASTWOOD COL	4.87m
13	DHANE SMITH	HURON HEIGHT	4.82m
14	CODY PARSONS	CAMERON HEIG	4.68m
15	RICHARD YANG	EASTWOOD COL	4.67m
16	CHRIS MUNDY	PRESTON HIGH	4.56m
17	CHRIS ACKIE	PRESTON HIGH	4.40m
18	NATE DALE	SIR JOHN A.	4.29m
19	MICHAEL TRAN	SIR JOHN A.	4.15m
20	DEVIN VRIEZEN	PRESTON HIGH	4.10m
21	JOHN MCGILL	WATERLOO COL	3.76m
22	ANDY LAU	GALT COLLEGI	3.53m
23	MITCH DUNT	SIR JOHN A.	3.45m
24	MOHAMAD ELBAF	GLENVIEW PAR	3.44m
25	HANY SOLIMAN	EASTWOOD COL	3.40m
26	CHRIS MOCK	JACOB HESPEL	2.93m
27	JAMIE GASHO	EASTWOOD COL	2.45m
--	MOHAMED YASSIN	SIR JOHN A.	FOUL
--	TALON GUERRA	HURON HEIGHT	FOUL

Event 187 Women Triple Jump Senior WCSSAA

Records: * 10.88m 5/13/2009 TOMEIZEL BARRY, Sir John A. Macd			
Name	Year	School	Finals
1	ERIN ROBBINS	CAMERON HEIG	10.49m
2	ALLY KRUG	KITCHENER WA	10.40m
3	NAKITA REES	GLENVIEW PAR	10.30m
4	OLGA LIOUDVINEVITCH	CAMERON HEIG	10.18m
5	CLARICE CHIN	EASTWOOD COL	10.02m
6	PAYTON THIEL	SIR JOHN A.	9.76m
7	MELISSA BRECKLES	WATERLOO COL	9.42m
8	STEPHANIE HUTT-TAYLOR	SOUTHWOOD SE	9.31m
9	OKHAM KING	GALT COLLEGI	9.20m
10	CARLY TITHECOTT	WATERLOO COL	8.78m
11	ASHLEY FORDE	PRESTON HIGH	8.75m
12	MEGAN ELMHIRST	JACOB HESPEL	8.62m
13	KATIE PUFALL	CAMERON HEIG	8.61m
14	ILKAY SAKIR	EASTWOOD COL	8.60m
15	MONIKA JONES	SOUTHWOOD SE	8.58m
16	NADIA JORGENSON	EASTWOOD COL	7.70m

Event 188 Men Triple Jump Senior WCSSAA

Records: * 13.83m 5/13/2004 JASON GOETZ, Preston HS-C			
Name	Year	School	Finals
1	MITCHELL ROTH	WATERLOO COL	11.79m
2	CHRIS LO	JACOB HESPEL	11.48m
3	TYLER SIMPSON	CAMERON HEIG	11.31m
4	YOAHA SUI	WATERLOO COL	11.22m
5	HENRY MA	EASTWOOD COL	J11.22m
6	CHRIS MUNDY	PRESTON HIGH	10.72m
7	JORDAN CORNISH	EASTWOOD COL	10.49m
7	CODY PARSONS	CAMERON HEIG	10.49m
9	CONNAR MITCHELL	CAMERON HEIG	10.20m
10	DEVIN VRIEZEN	PRESTON HIGH	9.64m
11	RICHARD YANG	EASTWOOD COL	9.37m
12	ANDY LAU	GALT COLLEGI	9.24m
13	ANDREAS PATSIAOUIROS	JACOB HESPEL	8.67m
14	MICHAEL TRAN	SIR JOHN A.	7.93m
15	CHRIS MOCK	JACOB HESPEL	7.75m

Event 189 Women Shot Put Senior WCSSAA

Records: * 9.95m 5/13/2005 KENDRA LINDSAY, Waterloo-Oxf			
Name	Year	School	Finals
1	JILL VAN DAMME	BLUEVALE COL	10.63m*
2	CARLY TITHECOTT	WATERLOO COL	9.12m
3	SARA HUDYN	EASTWOOD COL	9.04m
4	MARJA VANDER MEULEN	GLENVIEW PAR	7.95m
5	MELISSA BRECKLES	WATERLOO COL	7.18m
6	DJ LAST	PRESTON HIGH	7.16m
7	JENNA PAHL	CAMERON HEIG	7.12m
8	BECKY REES	CAMERON HEIG	6.66m

9	ERICA GLASKIN-CLAY	SOUTHWOOD SE	5.56m
10	LYNDSAY HOUGHTLING	WATERLOO COL	5.33m
11	IQRA CHAUDHRY	SOUTHWOOD SE	5.18m
12	MELANIE KING	BLUEVALE COL	5.12m

Event 190 Men Shot Put Senior WCSSAA

Records: * 13.86m 5/14/2009 BRAD FORBES, Waterloo Collegi			
Name	Year	School	Finals
1	DREW CAMPBELL	GLENVIEW PAR	13.30m
2	JAMIE NAY	CAMERON HEIG	12.12m
3	RON BREUTIGAM	GALT COLLEGI	11.99m
4	SHERODAN BURKE	GALT COLLEGI	11.95m
5	TANNER WIDEMAN	SIR JOHN A.	11.25m
6	DHANE SMITH	HURON HEIGHT	10.93m
7	MATT HORST	EDSS	10.79m
8	SHACEAL ALEXANDER	CAMERON HEIG	10.76m
9	ZACHARY FISCHER	BLUEVALE COL	10.17m
10	NATE DALE	SIR JOHN A.	10.14m
11	BRETT GIBSON	HURON HEIGHT	9.77m
12	JORDAN SCHNAR	SIR JOHN A.	9.42m
13	WADE FILIATRAULT	BLUEVALE COL	9.32m
14	BRANDON HAK	HURON HEIGHT	8.92m
14	BRAD ANDERSON	SIR JOHN A.	8.92m
16	TY MINHOLZ	CAMERON HEIG	8.90m
17	REUBEN MOSLEHI	KITCHENER WA	8.80m
18	GARETH MARTIN	EDSS	8.65m
19	D.J. BRENNEMAN	WATERLOO-OXF	8.48m
20	TROY KLEIN-HANSON	WATERLOO-OXF	8.14m
21	RAJIV GANGAR	GALT COLLEGI	7.82m

Event 191 Women Discus Throw Senior WCSSAA

Records: * 29.97m 5/13/2004 ELAINE DUMAS, Bluevale CI-			
Name	Year	School	Finals
1	JILL VAN DAMME	BLUEVALE COL	32.81m*
2	SARA HUDYN	EASTWOOD COL	29.17m
3	LYDIA FREY	EDSS	24.72m
4	JENNA PAHL	CAMERON HEIG	22.57m
5	MARJA VANDER MEULEN	GLENVIEW PAR	20.37m
6	MELANIE KING	BLUEVALE COL	19.81m
7	IQRA CHAUDHRY	SOUTHWOOD SE	18.43m
8	DJ LAST	PRESTON HIGH	17.46m
9	BECKY REES	CAMERON HEIG	16.75m
10	STEPHANIE WAGNER	BLUEVALE COL	15.34m
11	LAINIEY IRWIN	SOUTHWOOD SE	14.07m
12	LYNDSAY HOUGHTLING	WATERLOO COL	12.65m
13	ERICA GLASKIN-CLAY	SOUTHWOOD SE	12.15m

Event 192 Men Discus Throw Senior WCSSAA

Records: * 42.50m 5/13/2009 KYLE SCHEIFELE, Grand River Coll			
Name	Year	School	Finals
1	BRIAN DORAN	SOUTHWOOD SE	33.81m

2	WADE FILIATRAULT	BLUEVALE COL	29.59m
3	JAMIE NAY	CAMERON HEIG	29.49m
4	MATT HORST	EDSS	29.44m
5	DYLAN GORDON	SOUTHWOOD SE	28.59m
6	TY MINHOLZ	CAMERON HEIG	27.78m
7	JAKE NANTAIS	BLUEVALE COL	27.63m
8	JORDAN SCHNAR	SIR JOHN A.	27.20m
9	STEVEN DORGO	GALT COLLEGI	26.26m
10	RUBEN LARSSON	SIR JOHN A.	25.48m
11	KYLE SWANSON	JACOB HESPEL	24.31m
12	SHACEAL ALEXANDER	CAMERON HEIG	23.98m
13	JORDAN KIVELL	GLENVIEW PAR	23.49m
14	SHERODAN BURKE	GALT COLLEGI	23.35m
15	ZACHARY FISCHER	BLUEVALE COL	23.25m
16	PERRIN SMITH	BLUEVALE COL	23.19m
17	MATT QUENNVILLE	EDSS	22.95m
18	GARETH MARTIN	EDSS	22.12m
19	JOSHUA PARSONS	SOUTHWOOD SE	21.67m
20	RAJIV GANGAR	GALT COLLEGI	21.65m
21	JAMIE GASHO	EASTWOOD COL	21.01m
22	D.J. BRENNEMAN	WATERLOO-OXF	20.99m
23	MOHAMAD ELBAF	GLENVIEW PAR	20.46m
24	BRETT GIBSON	HURON HEIGHT	19.92m
25	REUBEN MOSLEHI	KITCHENER WA	19.35m
26	DUNCAN GOETZE	KITCHENER WA	18.50m

Event 193 Women Javelin Throw Senior WCSSAA

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Records: \* 36.09m 5/13/2009 MEL BLAKE, Elmira

Name	Year School	Finals	
1	JILL VAN DAMME	BLUEVALE COL	33.97m
2	BRITTANY BELL	WATERLOO-OXF	33.27m
3	LYDIA FREY	EDSS	28.07m
4	SAMANTHA LANTEIGNE	CAMERON HEIG	25.11m
5	JOCELYN BREWER	CAMERON HEIG	24.82m
6	ALEX KOCHER	EASTWOOD COL	24.41m
7	STEPHANIE WAGNER	BLUEVALE COL	23.30m
8	ERIN PRITCHARD	GALT COLLEGI	23.04m
9	DJ LAST	PRESTON HIGH	22.18m
10	JENNA PAHL	CAMERON HEIG	20.36m
11	MARJA VANDER MEULEN	GLENVIEW PAR	20.01m
12	SARA HUDYN	EASTWOOD COL	18.54m
13	LAINNEY IRWIN	SOUTHWOOD SE	17.76m
14	ERICA GLASKIN-CLAY	SOUTHWOOD SE	15.71m
15	DANIELLE VOGEL	WATERLOO COL	15.55m
16	IQRA CHAUDHRY	SOUTHWOOD SE	14.51m
17	MELANIE KING	BLUEVALE COL	13.59m
18	TAYLOR HORSEY	SOUTHWOOD SE	13.29m
19	BECKY REES	CAMERON HEIG	12.97m
20	LINDSAY BELL	WATERLOO COL	8.78m
21	LYNDSAY HOUGHTLING	WATERLOO COL	8.11m

Event 194 Men Javelin Throw Senior WCSSAA

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Records: \* 46.08m 5/13/2009 JOE PETAWANAKWAT, Cameron Heights

Name	Year School	Finals
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1	ERIC DANECKE	GRAND RIVER	47.68m*
2	WESLEY PALMER	BLUEVALE COL	46.03m
3	BRIAN DORAN	SOUTHWOOD SE	44.46m
4	RON BREUTIGAM	GALT COLLEGI	41.66m
5	FADIL IDI	EASTWOOD COL	41.33m
6	ERICH WOOLLEY	WATERLOO-OXF	38.23m
7	JORDAN SCHNAR	SIR JOHN A.	37.93m
8	NIC DRIEVER	SIR JOHN A.	35.21m
9	MATT QUENNVILLE	EDSS	34.28m
10	STEVEN VONGVILAYSONE	CAMERON HEIG	34.17m
11	BRANDON THWAITES	CAMERON HEIG	33.43m
12	DREW CAMPBELL	GLENVIEW PAR	32.73m
13	JAMIE NAY	CAMERON HEIG	32.15m
14	SHANE GERHARDT	WATERLOO COL	31.95m
15	MATT HORST	EDSS	30.69m
16	TY MINHOLZ	CAMERON HEIG	30.67m
17	ZACHARY FISCHER	BLUEVALE COL	30.09m
18	TANNER WIDEMAN	SIR JOHN A.	30.03m
19	PERRIN SMITH	BLUEVALE COL	29.63m
20	NICK FREY	EDSS	29.14m
21	NATE DALE	SIR JOHN A.	28.42m
22	STUART WALKER	GLENVIEW PAR	28.08m
23	JESSE WISEMAN	KITCHENER WA	25.97m
24	MIKE LAIDLEY	SIR JOHN A.	25.72m
25	MOHAMAD ELBAF	GLENVIEW PAR	24.75m
26	STEVEN DORGO	GALT COLLEGI	23.15m
27	KYLE SWANSON	JACOB HESPEL	22.98m
28	MATT MCGRATH	WATERLOO-OXF	22.46m
29	SPENCER PENT	GLENVIEW PAR	21.76m
30	JOSHUA PARSONS	SOUTHWOOD SE	19.03m
31	JAMIE GASHO	EASTWOOD COL	17.56m
32	JOHN MCGILL	WATERLOO COL	16.81m

Event 195 Women 4x100 Meter Relay Senior WCSSAA

Records: * 52.31 5/15/2008 SIR JOHN A MACDONALD SS, Sir John A Macdo T Barry, C Hammoud, S Sutton, S Reive			
School		Finals	H#
1	BLUEVALE COLLEGIATE INSTITUTE 'A'	53.47	1
2	CAMERON HEIGHTS CI 'A'	53.62	2
3	GRAND RIVER COLLEGIATE INSTITU 'A'	53.67	2
4	GALT COLLEGIATE INSTITUTE 'A'	55.96	2
5	CAMERON HEIGHTS CI 'B'	56.76	2
6	GLENVIEW PARK SECONDARY SCHOOL 'A'	57.31	2
7	KITCHENER WATERLOO C V S 'A'	58.22	1
8	KITCHENER WATERLOO C V S 'B'	1:00.08	2
9	WATERLOO COLLEGIATE INSTITUTE 'B'	1:02.01	1
10	ELMIRA DISTRICT HS 'A'	1:02.51	1
--	EASTWOOD COLLEGIATE INSTITUTE 'A'	DQ	1

Event 196 Men 4x100 Meter Relay Senior WCSSAA

Records: * 44.66 5/14/2009 GALT COLLEGIATE INSTITUTE, Galt Collegiate J Arnoldi, K Simpson, A Lau, S Campbell			
School		Finals	H#

1	HURON HEIGHTS SECONDARY SCHOOL	'A'	44.43*	2
2	FOREST HEIGHTS C I	'A'	44.64*	2
3	SIR JOHN A. MACDONALD	'A'	45.99	2
4	GALT COLLEGIATE INSTITUTE	'A'	46.29	1
5	WATERLOO COLLEGIATE INSTITUTE	'A'	46.34	2
6	ELMIRA DISTRICT HS	'A'	46.47	2
7	GRAND RIVER COLLEGIATE INSTITU	'A'	46.85	2
8	BLUEVALE COLLEGIATE INSTITUTE	'A'	47.00	1
9	CAMERON HEIGHTS CI	'A'	47.64	2
10	BLUEVALE COLLEGIATE INSTITUTE	'B'	50.48	1

Event 197 Women 1500 Meter Steeplechase Open WCSSAA

Records: * 5:20.02 5/13/2009 LAUREN DOHERTY, Galt Collegiate			
Name	Year	School	Finals
1	SIMONNE TOMASOVIC	CAMERON HEIG	5:36.19
2	MICHELLE CRESS	BLUEVALE COL	5:42.32
3	STEPHANIE MASON	GALT COLLEGI	5:43.90
4	TAYLOR MARTIN	CAMERON HEIG	5:49.92
5	MARINA DRYGALA	BLUEVALE COL	5:55.43
6	STEPHANIE LUPTON	WATERLOO-OXF	6:17.79
7	JILLIAN MORAN	WATERLOO COL	6:19.11
8	ELISABETH BEARD	KITCHENER WA	6:24.90
9	TYISHA THOMPSON	CAMERON HEIG	6:30.70
10	LAURA KENNEDY	KITCHENER WA	6:44.43
11	HANNAH ERHARDT	HURON HEIGHT	6:45.47
12	LORI KENNEDY	EDSS	6:53.61
13	MACKENZIE SCHULTZ	EDSS	6:59.58
14	BRITTANY HOLISEK	JACOB HESPEL	7:07.61
15	AINSLEY LAING	GALT COLLEGI	7:35.36
16	HOPE SALESE	WATERLOO-OXF	7:41.64
17	CECELIA WINDSOR	WATERLOO-OXF	7:53.72
18	HEIDI NELSON	EDSS	8:02.06
19	MICHAELAH ROBINSON	EDSS	8:04.12
20	DANIELLE KURUCZ	WATERLOO-OXF	8:05.78
21	SARAH MATTHEWS	WATERLOO-OXF	8:08.54
22	MEAGHAN QUANZ	KITCHENER WA	8:19.11
23	ARUSHRI SWARUP	KITCHENER WA	8:19.25
24	EMILY SALESE	WATERLOO-OXF	8:53.73
25	HOPE EAGLESON	WATERLOO-OXF	8:53.81

Event 198 Men 2000 Meter Steeplechase Open WCSSAA

Records: * 6:32.00 5/12/2004 SEUMAS DOHERTY, Bluevale CI-			
Name	Year	School	Finals
1	JASON THORNTON	JACOB HESPEL	6:27.01*
2	ANDREW MARTIN	CAMERON HEIG	6:48.55
3	ALEXANDER ULLMAN	BLUEVALE COL	6:51.18
4	BEN MIETHIG	BLUEVALE COL	6:55.05
5	ADAM O'DONNELL	GALT COLLEGI	7:04.11
6	STUART BENNETT	BLUEVALE COL	7:21.15
7	JON MARK FERBER	WATERLOO-OXF	7:33.28
8	FILIP ADAMSKI	BLUEVALE COL	7:33.85
9	NATHAN VERVAEKE	JACOB HESPEL	7:39.33

10	DEREK MCCONOMY	SIR JOHN A.	7:40.82
11	BROCK YANTZI	WATERLOO-OXF	7:48.56
12	MITCHELL VEILEDAL	EASTWOOD COL	7:49.95
13	NIC FOTI	HURON HEIGHT	7:49.97
14	CHRISTIAN BARNA	KITCHENER WA	7:54.02
15	BRYAN HATTON	CAMERON HEIG	7:56.66
16	RYAN SCHULTZ	WATERLOO-OXF	8:06.32
17	MAX PFEIFLE	WATERLOO COL	8:12.20
18	JOHN LAWSON	JACOB HESPEL	8:26.95
19	SHAWN HYMERS	EDSS	8:27.98
20	ZEKE HANSRAJ	EASTWOOD COL	8:34.84
21	GANESHA THIRUMURTHI	KITCHENER WA	8:36.84
22	ADAM OKEIL	SIR JOHN A.	8:38.28
23	DANTE STOLFI	SIR JOHN A.	8:44.99
24	BRANDON HAK	HURON HEIGHT	9:04.40
25	JUSTIN O'NEIL	PRESTON HIGH	9:20.83
26	D.J. BRENNEMAN	WATERLOO-OXF	12:12.37

Event 199 Women 4x400 Meter Relay Open WCSSAA

Records: * 4:18.61 5/15/2008 FOREST HEIGHTS C I, Forest Heigh			
K ADAMS, R CONWAY, K VANDERSTELT, T STAIRS			
School		Finals	H#
1	BLUEVALE COLLEGIATE INSTITUTE 'A'	4:20.58	1
2	CAMERON HEIGHTS CI 'A'	4:21.82	2
3	SIR JOHN A. MACDONALD 'A'	4:36.70	2
4	SOUTHWOOD SECONDARY SCHOOL 'A'	4:45.46	2
5	CAMERON HEIGHTS CI 'B'	4:45.58	2
6	GRAND RIVER COLLEGIATE INSTITU 'A'	5:02.98	2
7	GRAND RIVER COLLEGIATE INSTITU 'B'	5:25.31	1
8	ELMIRA DISTRICT HS 'A'	5:33.97	1

Event 200 Men 4x400 Meter Relay Open WCSSAA

Records: * 3:34.54 5/15/2008 CAMERON HEIGHTS C I, Cameron Heig			
School			
		Finals	H#
1	BLUEVALE COLLEGIATE INSTITUTE 'A'	3:39.52	2
2	CAMERON HEIGHTS CI 'A'	3:44.53	2
3	GALT COLLEGIATE INSTITUTE 'A'	3:46.68	2
4	FOREST HEIGHTS C I 'A'	3:49.69	2
5	GRAND RIVER COLLEGIATE INSTITU 'A'	3:54.29	1
6	HURON HEIGHTS SECONDARY SCHOOL 'A'	3:56.71	1
7	CAMERON HEIGHTS CI 'B'	3:58.43	2
8	ELMIRA DISTRICT HS 'A'	3:58.96	1
9	BLUEVALE COLLEGIATE INSTITUTE 'B'	4:00.78	2
10	SIR JOHN A. MACDONALD 'A'	4:04.69	2