

OFSAA West Regionals T & F
KWTimers
Jacob Hespeler SS - 2026-05-28 to 2026-05-29
Performance List

Event 1 Women 100 Meter Dash Novice Prelims

West Region:		12.12 2002	Emily JOHNSON/J. F. Ross
Name	School	Seed Time	
1	Kinsley Metherel	Kitchener Waterl	12.92
2	Mimo Atoyebi	Ursuline	12.98
3	Melina Gianniotis	Grand River	13.09
4	Sofia Bertucci	Medway	13.09
5	Brooklyn McEachnie	Mother Teresa	13.10
6	Lila Knight	St. Patrick's	13.18
7	Addison Lehouillier	Lord Dorchester	13.18
8	Adrianna Tamburri	Woodstock Co	13.24
9	Briar Bettridge	Northern- Sarnia	13.24
10	Layla Reid	St. James	13.33
11	Adrielle Harris	St. James	13.35
12	Claire Foglia	St.Joe's-Windsor	13.35
13	Carysse Leach	Chatham-Kent	13.38
14	Stella Adjinda	C.C.H. - London	13.41
15	Olivia Annis	Bishop MacDonne	13.41
16	Elle Milani	Guelph	13.43

Event 2 Men 100 Meter Dash Novice Prelims

West Region:		11.18 2006	Corey CRAWLEY
Name	School	Seed Time	
1	Xavier Sauer	Parkside	11.40
2	Delano Smith	Resurrection	11.45
3	Omari Ogunde	Maranatha Christ	11.60
4	Fitzroy Elliot	St.Joe's-Windsor	11.62
5	Isaiah Rogers-Lesperance	C.C.H. - London	11.64
6	Henry Anigbogu	Resurrection	11.74
7	Ben Gibbs	Banting, Sir F.	11.77
8	Landon Chang	Assumption-Brant	11.85
9	Elijah Schipper	Strathroy	11.86
10	Aldeano Tugman	Cardinal Carter	11.87
11	Aiden Howes	Westside Sec	11.87
12	Andrew Stephens	Centre Welli	11.93
13	Dexter De Jong	Strathroy	12.01
14	Emerson Alves	Ursuline	12.02
15	Joshua Adeniji	Cameron Heights	12.04
16	Niko Palmeri	St. Anne-Windsor	12.08

Event 3 Women 200 Meter Dash Novice Prelims

West Region:		24.70 2002	Emily JOHNSON/J. F. Ross
Name	School	Seed Time	
1	Mimo Atoyebi	Ursuline	26.39
2	Brianna Scott	East Elgin	26.47
3	Lila Knight	St. Patrick's	26.69
4	Sofia Bertucci	Medway	26.83
5	Laurel Nash	St.Thomas Aquina	26.88
6	Carysse Leach	Chatham-Kent	26.93
7	Briar Bettridge	Northern- Sarnia	27.22
8	Neveah Decook	Erie Migration	27.29
9	Bellamy Lee	London Central	27.29
10	Jewelle Mensah	St. Mary's Hs-W	27.39
11	Caroline Connell	Guelph	27.51

12	Melina Gianniotis	Grand River	28.13
13	Elle Milani	Guelph	28.15
14	Jayda Niemczewski	Preston	28.31
15	Jania Brown	St. John College	28.57
16	Elena Downe	Bishop MacDonne	28.86

Event 4 Men 200 Meter Dash Novice Prelims

West Region:		22.55 2016	Dante Henriques
Name	School	Seed Time	
1	Xavier Sauer	Parkside	23.14
2	Fitzroy Elliot	St.Joe's-Windsor	23.52
3	Miles Carrington	Ursuline	23.77
4	Michael Olatunbosun-Banjo	Sandwich	23.84
5	Henry Anigbogu	Resurrection	24.09
6	Aldeano Tugman	Cardinal Carter	24.10
7	Max Earls	Cardinal Carter	24.17
8	Elijah Schipper	Strathroy	24.38
9	Luke Robinson	St. A. Bessette	24.54
10	Cameron McMurachy	Goderich	24.59
11	Yanlin Han	London Central	24.73
12	Landon Chang	Assumption-Brant	24.91
13	Feyin Ekpenyong	Woodland Christi	25.01
14	Nicholas Farnan	Glenview Park	25.11
15	Kaleb Cozzarin	Centre Welli	25.16
16	Moning Guo	Laurel Hts.	25.40

Event 5 Women 400 Meter Dash Novice

West Region:		56.03 2024-05-31	Anieu Chan
Name	School	Seed Time	
1	Daniella Defranceschi	St.Thomas	59.30
2	Leah DuChene	North Park	1:00.59
3	Caroline Connell	Guelph	1:01.41
4	Tea Cuzzocrea	Sandwich	1:01.50
5	Addison Paquette	St. John College	1:02.49
6	Lila Knight	St. Patrick's	1:02.52
7	Stella Gicante	St.Thomas Aquina	1:02.76
8	Olivia Mathieu	Laurier, Sir W.	1:03.19
9	Jayda Niemczewski	Preston	1:03.31
10	Brianna Scott	East Elgin	1:03.35
11	Claire Foglia	St.Joe's-Windsor	1:04.07
12	Grace Simpson	John Diefenb	1:04.13
13	Arlee Roder	North Lambton	1:04.56
14	Bellamy Lee	London Central	1:04.66
15	Lydia Pyzowski	St. Michael	1:04.95
16	Brynlie Wilcox	Kincardine	1:05.85

Event 6 Men 400 Meter Dash Novice

West Region:		50.86 2024-05-31	David Tomlin
Name	School	Seed Time	
1	Zecary Rodriguez	Holy Names	52.58
2	Miles Carrington	Ursuline	53.61
3	Tobias Tent	Vista Academy	54.27
4	Ben Gibbs	Banting, Sir F.	54.54
5	Daniel Akpan	Vincent Massey	54.70
6	George Pletch	Laurier, Sir W.	55.02

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Event 6 ... (Men 400 Meter Dash Novice)

Name	School	Seed Time
7 Miles Maule	Lord Dorchester	55.39
8 Lucas DeBlock	Mitchell	56.26
9 Julian Robertson	London Central	56.31
10 Gavin Colvin	St. Benedict	56.46
11 Teo Houser	St. Patrick's	56.66
12 Arshaan Bhatena	Ross, John F.	56.72
13 Koen Mackay	Owen Sound	57.10
14 Jayden Hill	Guelph	57.42
15 Moning Guo	Laurel Hts.	57.79
16 Layton Vaughan	Ross, John F.	57.85

Event 7 Women 800 Meter Run Novice

West Region: 2:10.23 2024-06-01 Anieu Chan		
Name	School	Seed Time
1 Daniella Defranceschi	St. Thomas	2:21.35
2 Leah DuChene	North Park	2:22.48
3 Olivia Simpson	John Diefenb	2:26.22
4 Addison Paquette	St. John College	2:26.34
5 Olivia Clark	Saugeen District	2:27.03
6 Grace Brindley	Essex	2:28.54
7 Georgia Groves	Orangeville	2:29.09
8 Gabryela Jeremias	Ursuline	2:29.18
9 Stella Gicante	St. Thomas Aquina	2:31.74
10 Brynlie Wilcox	Kincardine	2:32.49
11 Nicole Claxton	Medway	2:34.33
12 Arlee Roder	North Lambton	2:34.48
13 Maddy Wright	Parkside	2:35.04
14 Bridget Miller	Strathroy	2:35.43
15 Emma Lagugne-Labarthe	Banting, Sir F.	2:35.44
16 Lucy Gelinis	St. Joe's-Windsor	2:37.10

Event 8 Men 800 Meter Run Novice

West Region: 1:55.74 1997 Colin Sullivan/Brantford-North Park		
Name	School	Seed Time
1 Nash Okkerse	Parkside	1:59.87
2 Nicklas Gagne	Maranatha Christ	2:05.11
3 Emerson Alves	Ursuline	2:05.28
4 Ryker Slusarczyk	Huron Park	2:07.12
5 Arshaan Bhatena	Ross, John F.	2:08.25
6 Ben Hendry	Waterloo-Oxford	2:08.51
7 James Hennesly-Scott	Southwood	2:08.59
8 Layton Vaughan	Ross, John F.	2:09.37
9 Zack Douma	Woodland Christi	2:09.55
10 Reid McCool	St. John College	2:10.28
11 George Pletch	Laurier, Sir W.	2:11.71
12 Lucas DeBlock	Mitchell	2:11.97
13 Adetomiwa Oremakinde	Northern- Sarnia	2:11.99
14 Matthew Fleuren	St. Joe-St. Thomas	2:12.05
15 Stephen Rodimin	Holy Names	2:12.30
16 Edvin Pirija	St. Patrick's	2:12.31

Event 9 Women 1500 Meter Run Novice

West Region: 4:33.99 1997 Erin MCLURE / Waterloo CI		
Name	School	Seed Time
1 Molly Fairlie	St. Thomas	5:01.16
2 Anna Wirag	St. Thomas	5:07.20
3 Gabryela Jeremias	Ursuline	5:07.90
4 Olivia Simpson	John Diefenb	5:07.96
5 Makayla Varallo	Medway	5:08.32
6 Olivia Clark	Saugeen District	5:10.47
7 Emma Boucher	Strathroy	5:10.74
8 Elia Boulougouris	Saunders	5:11.85
9 Georgia Groves	Orangeville	5:13.40
10 Allison Dobrocky	St. John College	5:14.22
11 Finley Mills	St. Anne-Windsor	5:15.06
12 Eveliina Gapakov	Kitchener Waterl	5:16.47
13 Grace Brindley	Essex	5:17.12
14 Sadie Dupueto	St. Thomas Aquina	5:22.13
15 Emma Lagugne-Labarthe	Banting, Sir F.	5:23.40
16 Emily Wright	Centre Welli	5:24.90

Event 10 Men 1500 Meter Run Novice

West Region: 4:01.00 1989 Kevin Sullivan/Brantford-North Park		
Name	School	Seed Time
1 Nash Okkerse	Parkside	4:14.10
2 Nicklas Gagne	Maranatha Christ	4:17.65
3 Ryker Slusarczyk	Huron Park	4:19.04
4 Owen Douthwright	London Central	4:21.75
5 Gavin Lumley	Chatham-Kent	4:24.67
6 Ben O'Neil	North Star	4:25.36
7 Emerson Smith	Saugeen District	4:26.85
8 Andrew Mundy	Maranatha Christ	4:27.03
9 Zack Douma	Woodland Christi	4:27.33
10 Caleb Thain	C.C.H. - London	4:28.54
11 Eli Arruda	Bishop MacDonne	4:29.07
12 Ethan Brown	Glendale	4:29.96
13 James Hennesly-Scott	Southwood	4:30.46
14 Quinn Brockman	Essex	4:30.72
15 Brett Helin	Kincardine	4:31.81
16 Layton Vaughan	Ross, John F.	4:36.23

Event 11 Women 3000 Meter Run Novice

West Region: 9:48.0h 1986 Jennifer ARMSTRONG / London-So		
Name	School	Seed Time
1 Molly Fairlie	St. Thomas	10:53.78
2 Cassidy Richardson	John Paul II	11:09.51
3 Finley Mills	St. Anne-Windsor	11:12.97
4 Emma Boucher	Strathroy	11:16.94
5 Elia Boulougouris	Saunders	11:22.10
6 Anna Wirag	St. Thomas	11:33.34
7 Sadie Dupueto	St. Thomas Aquina	11:39.14
8 Lillian Berthiaume	Walkerville	11:45.01
9 Eveliina Gapakov	Kitchener Waterl	11:48.77
10 Grace Brindley	Essex	11:54.51
11 Molly Macaulay	Goderich	12:35.91

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Event 11 ... (Women 3000 Meter Run Novice)

Name	School	Seed Time
12 Alya Abdelgawad	St. Benedict	12:39.41
13 Anisha Gandhi	Waterloo	12:50.07 Scr
14 Anna Emary	Galt	12:53.00
15 Kennedy May	Doyle, Mgrs.E.A.	12:55.25
16 Olivia Croft	Orangeville	13:07.22
17 Vanessa Servos	Westside	13:27.58

Event 12 Men 3000 Meter Run Novice

West Region: 8:47.3h 1979		Chris BREWSTER / London-Cath. C	
Name	School	Seed Time	
1 Emerson Smith	Saugeen District	9:37.94	
2 Eli Arruda	Bishop MacDonne	9:41.13	
3 Gavin Lumley	Chatham-Kent	9:42.54	
4 Ryker Slusarczyk	Huron Park	9:44.34	
5 Ben O'Neil	North Star	9:44.52	
6 Owen Douthwright	London Central	9:44.62	
7 Brett Helin	Kincardine	9:45.97	
8 Volker Fraser	St. Mary's Devi	9:46.34	
9 Teigan Young	Saunders	9:49.19	
10 Nathan Leary	Georgian Bay	9:49.36	
11 Caleb Thain	C.C.H. - London	9:51.10	
12 Silas Garside	Saugeen District	9:52.71	
13 Quinn Brockman	Essex	9:53.78	
14 Selam Andu	Lady of Lourdes	9:57.99	
15 Andrew Mundy	Maranatha Christ	9:58.07	
16 Euan McDonald	St.Joe's-Windsor	10:02.32	

Event 13 Women 80 Meter Hurdles Novice Prelims

West Region: 11.52 1996		Jessica ZELINKA / London-Banting	
Name	School	Seed Time	
1 Eva Andreev	Cameron Heights	11.92	
2 Cylver Worton	St. Patrick's	12.13	
3 Mia Bissett	Laurel Hts.	12.15	
4 Kyelann Elliot	Holy Names	12.48	
5 Alayna Sloetjes	Strathroy	12.85	
6 Jewelle Mensah	St. Mary's Hs-W	12.86	
7 Ruby Conlon	Maranatha Christ	12.94	
8 Brooklyn McEachnie	Mother Teresa	12.97	
9 Mya McGowan	Banting, Sir F.	13.02	
10 Jordyn Brown	St.Thomas Aquina	13.09	
11 Kallee Elliott	Lambton Central	13.31	
12 Cecilia Moreira	St. James	13.38	
13 Victoria Johansson	Sandwich	13.40	
14 Keira Tilt	Waterloo-Oxford	13.45	
15 Grace Annable	Rockway Menn	15.18	
16 Lexi Bowden	Southwood	15.31	

Event 14 Men 100 Meter Hurdles Novice Prelims

West Region: 13.12 1998		Paul WHITTY / London-Saunders	
Name	School	Seed Time	
1 Cage Rainville	North Star	14.73	
2 Cameron Nanson	Kennedy, Hon.W.C	14.89	
3 Tristan Innis	Chatham-Kent	15.12	

4 Michal Hejna	St.Joe-St.Thomas	15.23
5 Daniel Shobukola	St. Benedict	15.25
6 Kaleb Maherali	Cameron Heights	15.45
7 Ryan Symmers	Saunders	15.48
8 Leighton Drexler	St. Benedict	15.48
9 Carter Stevenson	Northern- Sarnia	15.59
10 Emory Evans-osi	Banting, Sir F.	15.62
11 Alex Concisom	St. Patrick's	15.67
12 Ian Hardy	Oakridge	16.17
13 Grey Templeton	Ross, John F.	16.29
14 Abdul Adeniran	Cameron Heights	16.71
15 Adam Zakkar	Laurel Hts.	16.96
16 Joshua Schneller	C.C.H. - London	17.43

Event 15 Women 300 Meter Hurdles Novice

West Region: 43.59 2012		Lexi Aitken	
Name	School	Seed Time	
1 Eva Andreev	Cameron Heights	46.49	
2 Mia Bissett	Laurel Hts.	46.55	
3 Jordyn Brown	St.Thomas Aquina	48.41	
4 Kyelann Elliot	Holy Names	48.82	
5 Caroline Connell	Guelph	49.05	
6 Leah DuChene	North Park	49.08	
7 Ruby Conlon	Maranatha Christ	49.75	
8 Lauren Fletcher	Strathroy	50.01	
9 Khloe Baron	Lambton Central	50.12	
10 Mischa Rodney	Brennan, F.J.	50.46	
11 Tea Cuzzocrea	Sandwich	50.47	
12 Olivia Mathieu	Laurier, Sir W.	50.62	
13 Brianna Scott	East Elgin	51.23	
14 Ella Gayman	Grand River	51.84	
15 Daiva Bancewicz	St.Thomas Aquina	52.00	
16 Georgia Groves	Orangeville	52.09	

Event 16 Men 300 Meter Hurdles Novice

West Region: 40.41 2005		Jeremy Gibbons	
Name	School	Seed Time	
1 Liam Hackett	Lambton Central	43.65	
2 Cage Rainville	North Star	43.78	
3 Michal Hejna	St.Joe-St.Thomas	43.92	
4 Tobias Tent	Vista Academy	43.95	
5 Tyler Gravis	Woodstock Co	44.49	
6 Daniel Shobukola	St. Benedict	44.57	
7 Kaleb Maherali	Cameron Heights	45.02	
8 Tristan Innis	Chatham-Kent	45.06	
9 Rhys Marriott	Lambton Central	45.06	
10 Ryder Vording	St.Thomas Aquina	45.60	
11 Ryan Symmers	Saunders	46.35	
12 Ethan Kirkland	Mother Teresa	46.79	
13 Asad Rana	Saugeen District	47.59	
14 Andrew Zheng	Laurel Hts.	47.87	
15 Jaxson Ford	Delhi	48.52	
16 Adam Zakkar	Laurel Hts.	48.61	

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Event 17 Women High Jump Novice

West Region: 1.73m 1984		Leanne MADILL / Guelph-Centenni	
Name	School	Seed Mark	
1	Kallee Elliott	Lambton Central	1.60m
2	Eva Andreev	Cameron Heights	1.57m
3	Charlotte Barons	Great Lakes	1.49m
4	Brynn Datema	Central Huron	1.47m
5	Madison Johns	Sacred Heart	1.46m
6	Tessa Warriner	Chatham-Kent	1.43m
7	Sophia Jones	Eastwood	1.43m
8	Veronica Prangley	Sandwich	1.43m
9	Ashlynn Smit	St. Patrick's	1.43m
10	Keagan Kruse	Saugeen District	1.43m
11	Alivia Voss	Grey Highlan	1.43m
12	Grace Garang	Mother Teresa	1.40m
13	Ashlin Friesen	Holy Cross	1.40m
14	Myra Filsinger	Walkerton	1.40m
15	Mya McGowan	Banting, Sir F.	1.40m
16	Emma Vanstone	St. Anne-Clinton	1.40m

Event 18 Men High Jump Novice

West Region: 1.90m 2007		Branden Wilhelm	
Name	School	Seed Mark	
1	Xavier Sauer	Parkside	1.80m
2	Joshua Adeniji	Cameron Heights	1.76m
3	Landon Chang	Assumption-Brant	1.73m
4	Wayne Clarke	London Central	1.72m
5	Carter Stevenson	Northern- Sarnia	1.71m
6	Excel Akinlose	St.Mary's-Kitche	1.70m
7	Liam Hussey	Huron Heights	1.70m
8	Hayden Siemens	St.Joe-St.Thomas	1.66m
9	Nic Wilson	St. John College	1.65m
10	Kalem Marshall	McKinnon Par	1.65m
11	Colin Tweedy	Lambton Central	1.61m
12	Calvin Van Stempvoort	Lambton Central	1.58m
13	Miles Franklin	Sandwich	1.58m
14	Cameron Nanson	Kennedy, Hon.W.C	1.58m
15	Elijah Schipper	Strathroy	1.55m
16	Sebastien Hayden	St. Anne-Clinton	1.55m

Event 19 Women Pole Vault Novice

West Region: 2.95m 2016		Brooke Meloche	
Name	School	Seed Mark	
1	Kylie Wilkinson	Laurier, Sir W.	2.65m
2	Kingsley Collins	Medway	2.60m
3	Gabriella Brun	St.Thomas	2.40m
4	Amelia Weber	St. Mary's Devi	2.20m
5	Lucy MacKenzie	Oakridge	2.20m
6	Adrianna Pare	Lajeunesse	2.10m
7	Sofia Balsdon	Vista Academy	2.10m
8	Olivia Edwards	Cardinal Carter	2.10m
9	Victoria Johansson	Sandwich	2.10m
10	Eva Roelands	Holy Cross	2.05m
11	Jenna Izzio	Laurel Hts.	2.00m

12	Alyssa Bacaran	Cameron Heights	1.80m
13	Neko Thompson	Cameron Heights	1.80m
14	Anna Vazquez	St. Benedict	1.60m

Event 20 Men Pole Vault Novice

West Region: 3.80m 1997		Frank KLUNDERT / Cardinal Carte	
Name	School	Seed Mark	
1	Rakshan Rajagopal	Laurel Hts.	2.95m
2	Leighton Drexler	St. Benedict	2.80m
3	Luca Andrade	St. Benedict	2.80m
4	Teigue Hayes	St. Benedict	2.60m
5	Tyler Gravis	Woodstock Co	2.55m
6	Ian Hardy	Oakridge	2.55m
7	Sauharda Bhattachan	Laurel Hts.	2.40m
8	Arnan Ajo	Glenview Park	2.40m
9	Elliot Hughes	Woodstock Co	2.25m
10	William McQueen	Sandwich	2.20m
11	Myles McKenzie	St.Joe's-Windsor	2.20m

Event 21 Women Long Jump Novice

West Region: 5.78m 1996		Jessica ZELINKA / London-Banting	
Name	School	Seed Mark	
1	Elena Downe	Bishop MacDonne	5.11m
2	Mackenzie Cake	Lucas, A.B.	5.09m
3	Addison Lehouillier	Lord Dorchester	5.03m
4	Chelsea Lake	St. A. Bessette	4.92m
5	Sienna Maytham	St. Anne-Windsor	4.86m
6	Paisley Armstrong	Mother Teresa	4.85m
7	Laurel Nash	St.Thomas Aquina	4.75m
8	Ashlynn Smit	St. Patrick's	4.70m
9	Cylver Worton	St. Patrick's	4.69m
10	Zahara Nyamadi	St.Thomas	4.69m
11	Addison Paquette	St. John College	4.69m
12	Melina Gianniotis	Grand River	4.49m
13	Madelyn Providence	St. Anne-Windsor	4.49m
14	Olivia Annis	Bishop MacDonne	4.47m
15	Kinsley Metherel	Kitchener Waterl	4.45m
16	Millicent Lorentz	St. David	4.41m

Event 22 Men Long Jump Novice

West Region: 6.67m 1979		Ken BERRY / London-Laurier	
Name	School	Seed Mark	
1	Delano Smith	Resurrection	6.26m
2	Isaiah Rogers-Lesperance	C.C.H. - London	6.19m
3	Wyatt Hegler	Oakridge	6.02m
4	Elliott Hudson	Medway	5.92m
5	Domenic Peterson	St. Michael	5.90m
6	Yanlin Han	London Central	5.71m
7	Joshua Adeniji	Cameron Heights	5.62m
8	Jonah Wagner	Lambton Central	5.56m
9	Charlie Philp	Northern- Sarnia	5.50m
10	Dylan Leach	Wallaceburg	5.46m
11	Luke Sak	Holy Names	5.46m
12	Tito Uzoigwe	Belle River	5.34m
13	Traye Thorpe	Resurrection	5.34m

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Event 22 ... (Men Long Jump Novice)

Name	School	Seed Mark
14 Jayden Hill	Guelph	5.33m
15 Wyatt Willoughby	Holy Trinity	5.26m
16 Brayson Francis	Jacob Hespeler	5.20m

Event 23 Women Triple Jump Novice

West Region: 11.53m 2011		Angela Mercurio	
Name	School	Seed Mark	
1 Mackenzie Cake	Lucas, A.B.	11.01m	
2 Mia Bissett	Laurel Hts.	10.74m	
3 Smith Merker	Oakridge	10.51m	
4 Ashley Graham	Chatham-Kent	10.43m	
5 Chelsea Lake	St. A. Bessette	10.41m	
6 Zahara Nyamadi	St. Thomas	10.39m	
7 Olivia Edwards	Cardinal Carter	10.21m	
8 Kinsley Metherel	Kitchener Waterl	10.14m	
9 Jordyn Brown	St. Thomas Aquina	10.09m	
10 Harper Pham	St. Benedict	9.91m	
11 Ashlynn Smit	St. Patrick's	9.91m	
12 Elena Downe	Bishop MacDonne	9.90m	
13 Veronica Prangley	Sandwich	9.78m	
14 Isabelle Ashton	Kitchener Waterl	9.70m	
15 Lauren Fletcher	Strathroy	9.70m	
16 Solah Sooman	Bluevale	9.47m	

Event 24 Men Triple Jump Novice

West Region: 13.78m 1994		Kriss PETERSON / LaSalle-Sandwic	
Name	School	Seed Mark	
1 Delano Smith	Resurrection	12.64m	
2 John Georgopolous	Kitchener Waterl	12.22m	
3 Milan Radan	St. Anne-Clinton	12.18m	
4 Moning Guo	Laurel Hts.	12.17m	
5 Owen Armstrong	Ross, John F.	12.02m	
6 Yanlin Han	London Central	11.80m	
7 Domenic Peterson	St. Michael	11.77m	
8 Simon Jensen	Stratford Dss	11.77m	
9 Charlie Philp	Northern- Sarnia	11.76m	
10 Giancarlo De Maria	Ross, John F.	11.70m	
11 Dylan Leach	Wallaceburg	11.69m	
12 Elliott Hudson	Medway	11.62m	
13 Kallen Driedger	Leamington	11.44m	
14 Luke Sak	Holy Names	11.37m	
15 Jonah Wagner	Lambton Central	11.37m	
16 Kevin Payne	Waterloo	11.28m	

Event 25 Women Shot Put Novice

West Region: 14.79m 2024-05-31		Jenna Tunks	
Name	School	Seed Mark	
1 Rayah Minten	Lambton Central	11.42m	
2 Mallory Clayton	St. Anne-Windsor	11.05m	
3 Kiarah Rumph	Woodland Christi	10.67m	
4 Valerie Opara	Regina Mundi	10.41m	
5 Emerson Olson	North Park	10.26m	
6 Lily Sztaba	St. Benedict	10.15m	

7 Julie Desrosiers	ES L'Essor	10.13m
8 Favour Nnamdi	Beal, H.B.	10.10m
9 Reese Cowan	Erie Migration	9.86m
10 Zoey Allsop	Essex	9.85m
11 Kallee Warman	Simcoe	9.54m
12 Lily Hamilton	Goderich	9.46m
13 Katelyn Colford	Holy Trinity	9.44m
14 Carlyne Kazock	St. Thomas Aquina	9.43m
15 Inioluwa Ogunnaike	Banting, Sir F.	9.28m
16 Nykya Gebreselasie	Lady of Lourdes	9.12m

Event 26 Men Shot Put Novice

West Region: 18.23m 1982		Dave CROMBEEN / Sarnia-St. Patri	
Name	School	Seed Mark	
1 Felix Ostropolec	Chatham-Kent	13.45m	
2 Sebastian Jaramillo-Rosso	Mother Teresa	13.27m	
3 Asher Robitaille	Riverside	12.76m	
4 Santino Castellani	Mother Teresa	12.50m	
5 Jahmeire Douglas	Holy Trinity	12.39m	
6 Grayson Markovic	Chatham-Kent	12.21m	
7 Samuel Heide	Leamington	12.01m	
8 Owen Neitzel	Kincardine	11.84m	
9 Cole Brockman	Essex	11.77m	
10 Tomas Haramule	Southwood	11.73m	
11 Gabriel Silcox	Lucas, A.B.	11.70m	
12 Jomo Anyambot	Mother Teresa	11.65m	
13 Scott McAulay	Jacob Hespeler	11.60m	
14 Aramis Jahn	Resurrection	11.50m	
15 Zander McKoy	Huron Heights	11.39m	
16 Parker Cole	Banting, Sir F.	11.05m	

Event 27 Women Discus Throw Novice

West Region: 49.01m 2024-06-01		Jenna Tunks	
Name	School	Seed Mark	
1 Mallory Clayton	St. Anne-Windsor	34.97m	
2 Jaylen Helps	Lambton Central	27.08m	
3 Julie Desrosiers	ES L'Essor	26.38m	
4 Austyn McLean	St. Thomas	23.68m	
5 Willow Sparling	Ursuline	22.67m	
6 Jana Bauer	Cayuga Secon	22.18m	
7 Emerson Olson	North Park	21.95m	
8 Hailey Vickers	Oakridge	21.93m	
9 Sarah Evans	Goderich	21.34m	
10 Kallee Warman	Simcoe	20.57m	
11 Kema Onuoha	C.C.H. - London	20.57m	
12 Carlyne Kazock	St. Thomas Aquina	20.31m	
13 Layla King	Kincardine	20.12m	
14 Bea Esselment	Laurel Hts.	19.95m	
15 Bailey Lawrence	John Diefenb	19.84m	
16 Maia Janicas	Mother Teresa	19.73m	

Event 28 Men Discus Throw Novice

West Region: 55.14m 2002		Joe POCOCK/Windsor	
Name	School	Seed Mark	
1 Owen Neitzel	Kincardine	38.81m	

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Event 28 ... (Men Discus Throw Novice)

Name	School	Seed Mark
2 Nolan Arndt	Kitchener Waterl	36.13m
3 Asher Robitaille	Riverside	35.54m
4 Scott McAulay	Jacob Hespeler	35.26m
5 Jack Saunders	Chatham-Kent	35.07m
6 Jack Fischer	Simcoe	34.87m
7 Anthony Hopkins	Lambton-Kent	34.82m
8 Harrison Brown	Elmira	33.87m
9 Leighton Regnier	Belle River	33.84m
10 Alexander Crow	Chatham-Kent	33.76m
11 Sebastian Jaramillo-Rosso	Mother Teresa	33.57m
12 Gabriel Silcox	Lucas, A.B.	32.75m
13 Santino Castellani	Mother Teresa	32.69m
14 Tristan Butterworth Hopkins	Banting, Sir F.	32.02m
15 Aramis Jahn	Resurrection	31.85m
16 Cohen Trelford	Banting, Sir F.	30.32m

Event 29 Women Javelin Throw Novice

West Region: 39.25m 2009		Brooke ROWLAND	
Name	School	Seed Mark	
1 Finleigh Kane	Holy Names	39.93m	
2 Jaylen Helps	Lambton Central	30.00m	
3 Fynnley Monk	Lord Dorchester	29.59m	
4 Vienna Charisse	Erie Migration	29.43m	
5 Elena Hogger	St. Michael	29.05m	
6 Sydney Hutten	Harvest Chri	28.69m	
7 Lia Jillard	St.Joe's-Windsor	27.37m	
8 Brooklyn Ball	Valley Heights	26.85m	
9 Julie Desrosiers	ES L'Essor	25.54m	
10 Whitney Fraser	Woodstock Co	25.12m	
11 Adelynn Loveys	Delhi	24.35m	
12 Lauren Schill	St. David	24.34m	
13 Gabbi Hicknell	Laurel Hts.	24.26m	
14 Hannah Wilbee	St.Thomas Aquina	23.22m	
15 Dana Poppe	St. Michael	23.16m	
16 Diyah Baccus	St. David	22.70m	

Event 30 Men Javelin Throw Novice

West Region: 61.70m 1982		Dave CROMBEEN / Sarnia-St. Patri	
Name	School	Seed Mark	
1 Owen Neitzel	Kincardine	44.78m	
2 Mason McChesney	Strathroy	43.36m	
3 Zack Brooks	Listowel	43.35m	
4 Caleb Marckesano	Johnson, P.	42.55m	
5 Malachi Drennen	Maranatha Christ	42.18m	
6 Kyro Robinson	Forest Heights	40.16m	
7 Lincoln Thurston	Saunders	39.45m	
8 Luke Sak	Holy Names	38.86m	
9 Kaleb Charette	Parkside	38.68m	
10 Alexander Crow	Chatham-Kent	37.93m	
11 Asher Robitaille	Riverside	37.86m	
12 Jack Saunders	Chatham-Kent	37.14m	
13 Chris Doell	Simcoe	36.87m	
14 Shay McCready	St.Joe-St.Thomas	35.51m	

15 Joshua Shan	St. Benedict	35.22m
16 Harrison Brown	Elmira	34.86m

Event 31 Women 4x100 Meter Relay Novice

West Region: 49.76 2014		W. F. Herman - Windsor	
J Jackson, S Guimond, A Traore, T Freckleton			
Team	Relay	Seed Time	
1 St.Thomas Aquina	A	51.55	
2 St.Thomas	A	52.28	
3 St. James	A	52.41	
4 St.Joe's-Windsor	A	52.72	
5 Ursuline	A	53.00	
6 Kitchener Waterl	A	53.24	
7 Sandwich	A	53.28	
8 Assumption-Winds	A	53.38	
9 Banting, Sir F.	A	53.54	
10 Guelph	A	54.60	
11 Mother Teresa	A	54.93	
12 Assumption-Brant	A	55.01	
13 St. A. Bessette	A	55.18	
14 Laurel Hts.	A	55.28	
15 Cameron Heights	A	55.31	
16 Goderich	A	55.69	

Event 32 Men 4x100 Meter Relay Novice

West Region: 45.37 2002		LASALLE-VILLANOVA	
Team	Relay	Seed Time	
1 Cardinal Carter	A	46.79	
2 Ursuline	A	46.82	
3 London Central	A	46.95	
4 Banting, Sir F.	A	47.21	
5 North Star	A	47.22	
6 Resurrection	A	47.53	
7 C.C.H. - London	A	47.54	
8 St. David	A	47.71	
9 Sandwich	A	47.74	
10 St.Joe's-Windsor	A	48.08	
11 Laurel Hts.	A	48.10	
12 Saunders	A	48.59	
13 Cameron Heights	A	48.63	
14 Mother Teresa	A	48.73	
15 Ross, John F.	A	49.12	
16 Kitchener Waterl	A	49.66	

Event 33 Women 100 Meter Dash Junior Prelims

West Region: 11.89 1995		Margaret FOX / Guelph-Bishop Mac	
Name	School	Seed Time	
1 Samantha Vitale	Guelph	12.44	
2 Andrea Chronopolous	Sandwich	12.55	
3 Amy Williamson	Parkside	12.66	
4 Silken Torrie	Owen Sound	12.67	
5 Avery Andersson	St. Benedict	12.70	
6 Alyssa Tannini	St.Thomas	12.83	
7 Gebet Osei	Chatham-Kent	12.92	
8 Lia Hillman	Chatham-Kent	12.94	

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Event 33 ... (Women 100 Meter Dash Junior Prelims)

Name	School	Seed Time
9 Lucy Schiedel	Medway	13.01
10 Holly Tshibusu	Mother Teresa	13.03
11 Ava Millar	Bishop MacDonne	13.04
12 Mikayla Rumbiak	Maranatha Christ	13.07
13 Ana Maya	St.Mary's-Kitche	13.18
14 Keeghan Ische	Medway	13.21
15 Tega Unukegwo	Mother Teresa	13.25
16 Paige Gillett	Bluevale	13.25

Event 34 Men 100 Meter Dash Junior Prelims

West Region:	10.60	2002	Rhoan STERLING/Galt
Name	School	Seed Time	
1 Attilio Naccarato	Holy Names	11.28	
2 Noah Caffarena	Cardinal Carter	11.32	
3 Kirby Polius	Leamington	11.33	
4 Kaleb Kalo	Northern- Sarnia	11.44	
5 Zain Ansari	Oakridge	11.46	
6 Emmitt Richard	St. Anne-Windsor	11.46	
7 Kevin Arriaga Venegas	College Avenue	11.49	
8 Kosta Nikolic	Elmira	11.52	
9 Jquan Reid	Galt	11.58	
10 Preston Baldacchino	Saunders	11.59	
11 Mubarak Jimoh	Assumption-Brant	11.63	
12 Praise Igbinomwanhia	St.Mary's-Kitche	11.69	
13 Jairus Rabano	Resurrection	11.72	
14 Alex Orias	Assumption-Brant	11.74	
15 Tomiwa Owoseni	Mother Teresa	11.79	
16 Yaniss Lugogo	Mother Teresa	11.86	

Event 35 Women 200 Meter Dash Junior Prelims

West Region:	24.13	1995	Margaret FOX / Guelph-Bishop Mac
Name	School	Seed Time	
1 Lia Hillman	Chatham-Kent	25.62	
2 Samantha Vitale	Guelph	25.85	
3 Andrea Chronopolous	Sandwich	25.91	
4 Renee Adrien	St. Anne-Clinton	25.97	
5 Lucy Schiedel	Medway	26.29	
6 Avery Andersson	St. Benedict	26.49	
7 Ava Millar	Bishop MacDonne	26.67	
8 Isabelle Robson	Riverside	26.75	
9 Gebet Osei	Chatham-Kent	26.80	
10 Silken Torrie	Owen Sound	26.81	
11 Morgan Kane	St.Joe's-Windsor	26.83	
12 Keeghan Ische	Medway	26.87	
13 Samantha DeMars	Strathroy	27.04	
14 Holly Tshibusu	Mother Teresa	27.07	
15 Ana Maya	St.Mary's-Kitche	27.18	
16 Ashley Veitch	Elmira	27.58	

Event 36 Men 200 Meter Dash Junior Prelims

West Region:	21.67	1993	Chris ROBINSON / Cambridge-Hesp
Name	School	Seed Time	
1 Attilio Naccarato	Holy Names	22.75	

2 Kaleb Kalo	Northern- Sarnia	22.95
3 Osman Kromah	Sandwich	23.07
4 Kevin Arriaga Venegas	College Avenue	23.28
5 Noah Caffarena	Cardinal Carter	23.29
6 Ryan Baldwin	Medway	23.32
7 Caden Kreeft	St. Patrick's	23.42
8 Kosta Nikolic	Elmira	23.55
9 Reese Kanerva	Ross, John F.	23.62
10 Preston Baldacchino	Saunders	23.88
11 Jquan Reid	Galt	23.91
12 Nolan Gehlsen	Sacred Heart	23.96
13 Neyscan Teles	St. David	23.98
14 Tomiwa Owoseni	Mother Teresa	24.17
15 Kannasicho Ezepue	C.C.H. - London	24.20
16 David Anderson	St. David	24.24

Event 37 Women 400 Meter Dash Junior

West Region:	54.56	1994	Nadia SCHMEIDT / London-John P:
Name	School	Seed Time	
1 Julia Carswell	Sandwich	57.54	
2 Madeline Verbeek	Ursuline	59.10	
3 Izzy Distefano	Holy Names	59.48	
4 Renee Adrien	St. Anne-Clinton	59.65	
5 Jordan Cheam	Centennial	59.75	
6 Kayla Zelibka	C.C.H. - London	1:01.25	
7 Samantha DeMars	Strathroy	1:01.42	
8 Chloe McCabe	Stratford Dss	1:01.65	
9 Maddy Thede	Saugeen District	1:03.19	
10 Eva Labonte	Chatham Christia	1:03.33	
11 Hayley Muscat	Huron Heights	1:03.69	
12 Skyla Willemse	North Lambton	1:03.80	
13 Peyton Price	Orangeville	1:04.01	
14 Kapri Schwartz	London South	1:04.31	
15 Madeline McDonald	Owen Sound	1:04.39	
16 Olivia Lucchetti	Waterloo-Oxford	1:04.89	

Event 38 Men 400 Meter Dash Junior

West Region:	47.94	1997	Liam CARD / Port Elgin-Saugeen
Name	School	Seed Time	
1 Osman Kromah	Sandwich	51.99	
2 Reese Kanerva	Ross, John F.	52.21	
3 Nathan Mariuz	St.Thomas	52.22	
4 Ty Tran	Great Lakes	52.26	
5 Ethan King	St. Patrick's	52.28	
6 Eli Odolph	Northern- Sarnia	52.78	
7 David Anderson	St. David	53.08	
8 Liam Morin	Kincardine	53.79	
9 Liam Micks	Stratford Dss	54.08	
10 Sunday Doboul	St. James	54.15	
11 Jonathon Burton	St. James	54.30	
12 Nolan Gehlsen	Sacred Heart	54.45	
13 Luke McLean	Lucas, A.B.	54.50	
14 Lawson Huggett	Saunders	54.52	
15 Carson Newcombe	Mother Teresa	56.07	
16 Jayden Choinski	Laurier, Sir W.	56.67	

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Event 39 Women 800 Meter Run Junior

West Region: 2:08.52 2007		Jessica Parry	
Name	School	Seed Time	
1	Julia Carswell	Sandwich	2:13.47
2	Alisa Indelicato	Holy Names	2:16.04
3	Siena Naisbitt	Banting, Sir F.	2:23.36
4	Chloe McCabe	Stratford Dss	2:25.36
5	Hallie Faust	Saugeen District	2:25.54
6	Hayley Muscat	Huron Heights	2:26.91
7	Skyla Willemse	North Lambton	2:29.42
8	Chloe Terner	London Central	2:30.30
9	Anika Gal	Ross, John F.	2:31.20
10	Charlotte Wright	Erie Migration	2:31.41
11	Erin Manning	Kitchener Waterl	2:32.15
12	Kate Renaud	Sandwich	2:32.18
13	Hannah Przybylski	St. James	2:32.95
14	Nozawit Gebreselassie	C.C.H. - London	2:34.70
15	Zoey Munn	St.Thomas Aquina	2:35.98
16	Adalynn McLean	Orangeville	2:36.91

Event 40 Men 800 Meter Run Junior

West Region: 1:50.90 2000		Nathan BRANNEN / Preston HS	
Name	School	Seed Time	
1	Hansen DeBoer	Emmanuel Christi	2:01.83
2	Liam Morin	Kincardine	2:03.70
3	Tayvin Young	Northern- Sarnia	2:04.03
4	Kenneth Lamb	Vista Academy	2:04.04
5	Nathan Mariuz	St.Thomas	2:05.51
6	Carter Morrell	Centre Welli	2:05.82
7	Cole Kaake	Saugeen District	2:06.99
8	Liam Micks	Stratford Dss	2:07.66
9	Curtis Willick	Lord Dorchester	2:07.75
10	Matt Lopes	St. Benedict	2:08.37
11	Lawson Huggett	Saunders	2:08.74
12	Massimo MacMillan	Riverside	2:09.50
13	Graysen Phipps	Oakridge	2:10.42
14	Emerson Yeo	Medway	2:11.52
15	Levi Tolton	Northern- Sarnia	2:11.76
16	Carter Van Horsigh	Centennial	2:13.03

Event 41 Women 1500 Meter Run Junior

West Region: 4:28.35 2007		Jessica Parry	
Name	School	Seed Time	
1	Addy Rudling	St.Thomas	4:39.25
2	Selena Loaring	Centennial	4:50.08
3	Alisa Indelicato	Holy Names	4:51.00
4	Keala Pickard	St. Patrick's	4:51.77
5	Hallie Faust	Saugeen District	4:55.88
6	Myka Penninga	Emmanuel Christi	4:56.28
7	Siena Naisbitt	Banting, Sir F.	4:58.79
8	Mady McBeth	St.Thomas	4:58.85
9	Autumn Vandermeer	Gabriel-Dumont	5:01.78
10	Morgan Reiter	Leamington	5:02.35
11	McKayla Korir	Elmira	5:06.32

12	Hayley Muscat	Huron Heights	5:08.60
13	Chloe Terner	London Central	5:11.69
14	Anika Gal	Ross, John F.	5:12.27
15	Kara Emmons	Strathroy	5:24.96
16	Olivia Jansen	St.Thomas Aquina	5:27.06

Event 42 Men 1500 Meter Run Junior

West Region: 3:49.3h 1994		Jay CANTIN / Sarnia-St. Clair	
Name	School	Seed Time	
1	Thomas Mott	St. Michael	4:14.22
2	Gianfranco Rauti	St.Thomas	4:19.14
3	Tayvin Young	Northern- Sarnia	4:19.94
4	Liam Reynolds	Northern- Sarnia	4:20.68
5	Max Naccarato	St.Thomas	4:21.27
6	Oliver Hershey	Owen Sound	4:22.26
7	Cole Kaake	Saugeen District	4:22.90
8	Liam Morin	Kincardine	4:23.25
9	Ben Prins	Kitchener Waterl	4:23.29
10	Daniel Diaz	St. Patrick's	4:23.84
11	Jacob Schubotz	Pere Rene-de-Gal	4:24.07
12	Reid Kaake	Saugeen District	4:24.97
13	Caleb Hurley	St. Michael	4:28.02
14	Curtis Willick	Lord Dorchester	4:29.70
15	Liam Micks	Stratford Dss	4:31.10
16	Hudson Welsh	Stratford Dss	4:31.29

Event 43 Women 3000 Meter Run Junior

West Region: 9:50.02 2001		Amy KOHLMEIER /Sarnia-St.Patri	
Name	School	Seed Time	
1	Addy Rudling	St.Thomas	10:13.74
2	Selena Loaring	Centennial	10:26.98
3	Myka Penninga	Emmanuel Christi	10:31.63
4	Keala Pickard	St. Patrick's	10:32.39
5	Maelle Dufour	ES L'Essor	10:35.53
6	Ava White	St. Patrick's	10:45.36
7	McKayla Korir	Elmira	10:53.03
8	Mady McBeth	St.Thomas	10:54.69
9	Isabella Karczewski	Brantford	11:05.43
10	Autumn Vandermeer	Gabriel-Dumont	11:16.89
11	Myriam Kellett	Galt	11:36.94
12	Isla Staples	Huron Heights	11:38.33
13	Kara Emmons	Strathroy	11:52.07
14	Olivia Jansen	St.Thomas Aquina	12:01.44
15	Nicole Dinel	Mother Teresa	12:11.96
16	Abby Russell	Medway	12:30.70

Event 44 Men 3000 Meter Run Junior

West Region: 8:35.46 2001		Adam HORTIAN / Bluevale	
Name	School	Seed Time	
1	Gianfranco Rauti	St.Thomas	9:11.02
2	Thomas Mott	St. Michael	9:14.77
3	Ben Prins	Kitchener Waterl	9:23.48
4	Oliver Hershey	Owen Sound	9:23.87
5	Kyle Currie	Brantford	9:30.78
6	Jacob Schubotz	Pere Rene-de-Gal	9:31.44

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Event 44 ... (Men 3000 Meter Run Junior)

Name	School	Seed Time
7 Reid Kaake	Saugeen District	9:32.06
8 Max Naccarato	St. Thomas	9:33.28
9 Daniel Diaz	St. Patrick's	9:33.66
10 Lukas Faulkner	Kitchener Waterl	9:36.33
11 Liam Reynolds	Northern- Sarnia	9:42.92
12 Caleb Hurley	St. Michael	9:44.23
13 Colton Peters	North Lambton	9:47.66
14 Wyatt Clark	Banting, Sir F.	10:10.51
15 Jack Rice	Parkside	10:12.92
16 Lucas De Wit	St. Michael	10:13.91

Event 45 Women 80 Meter Hurdles Junior Prelims

West Region: 11.01 1998		Jessica ZELINKA / London-Banting	
Name	School	Seed Time	
1 Alyssa Tannini	St. Thomas	11.56	
2 Jordan Cheam	Centennial	11.86	
3 Arianna Itobore	Kitchener Waterl	12.03	
4 Kaylin Shea	St. Benedict	12.18	
5 Holly Tshibasu	Mother Teresa	12.39	
6 Averie Fines	St. Patrick's	12.53	
7 Kayla Zelibka	C.C.H. - London	12.53	
8 Reese Faulhafer	Waterloo-Oxford	12.56	
9 Marlowe Cabral	St. Patrick's	12.61	
10 Ava McFadden	St. Thomas Aquina	12.84	
11 Jillian Trepanier	Woodstock Co	13.03	
12 Layla Marchand	Brennan, F.J.	13.18	
13 Lilly Eichenberger	Strathroy	13.27	
14 Kayla Colwell	Maranatha Christ	13.37	
15 Maya Kenny	Orangeville	13.57	
16 Tobi Oke	St. Mary's-Kitche	13.71	

Event 46 Men 100 Meter Hurdles Junior Prelims

West Region: 13.15 2014		Joey Daniels	
Name	School	Seed Time	
1 Declan Lisk	Wellington Heigh	14.44	
2 Jackson Forbes	St. Patrick's	14.60	
3 Brady Ippoliti	St. Thomas	14.63	
4 Mateo De Leon Garza	Saunders	14.64	
5 Nayif Purres	St. Thomas Aquina	14.68	
6 Jonah Walker	Elmira	14.68	
7 Hari Tunnicliffe	St. James	14.94	
8 Rushton McNeil Bazely	Oakridge	15.02	
9 Arden Lei	Laurel Hts.	15.04	
10 Zeke Gall	St. Patrick's	15.12	
11 Jerome Bow Pearce	C.C.H. - London	15.16	
12 Zisheng Qiu	Vista Academy	15.35	
13 Xander Knapp	Lambton Central	15.37	
14 Brady Menich	Delhi	15.74	
15 Charlie Halpenny	Parkside	15.79	
16 Nik Stotler	Laurel Hts.	16.41	

Event 47 Women 300 Meter Hurdles Junior

West Region: 41.78 1994		Nadia SCHMEIDT / London-John P:	
Name	School	Seed Time	
1 Jordan Cheam	Centennial	44.44	
2 Madeline Verbeek	Ursuline	45.16	
3 Arianna Itobore	Kitchener Waterl	45.88	
4 Alyssa Tannini	St. Thomas	46.15	
5 Izzy Distefano	Holy Names	47.09	
6 Marlowe Cabral	St. Patrick's	47.39	
7 Kayla Zelibka	C.C.H. - London	47.55	
8 Reese Faulhafer	Waterloo-Oxford	47.76	
9 Averie Fines	St. Patrick's	48.85	
10 Paige Manning	Laurier, Sir W.	48.88	
11 Ava McFadden	St. Thomas Aquina	48.90	
12 Kaylin Shea	St. Benedict	49.03	
13 Charlotte Deml	Galt	49.85	
14 Jillian Trepanier	Woodstock Co	50.16	
15 Maya Kenny	Orangeville	50.40	
16 Lilly Eichenberger	Strathroy	50.50	

Event 48 Men 300 Meter Hurdles Junior

West Region: 38.11 1996		Jeff ELLIS/Orangeville	
Name	School	Seed Time	
1 Arden Lei	Laurel Hts.	40.99	
2 Keldon St. Louis	Holy Names	41.53	
3 Mateo De Leon Garza	Saunders	41.75	
4 Jonah Walker	Elmira	41.90	
5 Declan Lisk	Wellington Heigh	41.97	
6 Brady Ippoliti	St. Thomas	42.00	
7 Chris Trandafir	St. Patrick's	42.00	
8 Nayif Purres	St. Thomas Aquina	42.23	
9 Eli Odolph	Northern- Sarnia	42.52	
10 Xander Knapp	Lambton Central	42.66	
11 Jayden Choinski	Laurier, Sir W.	42.80	
12 Hari Tunnicliffe	St. James	43.37	
13 Ryan Baldwin	Medway	43.60	
14 Brady Menich	Delhi	43.67	
15 Nik Stotler	Laurel Hts.	43.78	
16 Colton Campbell	St. Michael	44.81	

Event 49 Women High Jump Junior

West Region: 1.77m 1985		Catherine BOND / Woodstock CI	
Name	School	Seed Mark	
1 Cameron Schmidt	Waterloo-Oxford	1.60m	
2 Kelsie Hayes	Walkerton	1.52m	
3 Kseniya Smith	St. Benedict	1.52m	
4 Hailynn Greidanus	St. Anne-Clinton	1.49m	
5 Mckenna White	Brantford	1.49m	
6 Paige Gillett	Bluevale	1.49m	
7 Kate Logan	Laurel Hts.	1.46m	
8 Tera Branton	St. Patrick's	1.46m	
9 Eva Moriarty	St. Patrick's	1.43m	
10 Peyton Denijs	Ursuline	1.43m	
11 Lena Walker	London South	1.43m	

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Event 49 ... (Women High Jump Junior)

Name	School	Seed Mark
12 Davina Mboma Nsimi	Mother Teresa	1.43m
13 Bridget Wooley	East Elgin	1.43m
14 Tessa Morrow	Sandwich	1.35m
15 Phoebe Scheibner	Northern- Sarnia	1.35m
16 Brook Adewale	Regina Mundi	1.35m

Event 50 Men High Jump Junior

West Region: 2.01m 1984		Andrew MCLEAN / Arva-Medway	
Name	School	Seed Mark	
1 Yaniss Lugogo	Mother Teresa	1.86m	
2 Nerraud Thomas	Holy Trinity	1.83m	
3 Russell Metts Sturgeon	Glencoe	1.80m	
4 Sidney Renwick	Walkerville	1.76m	
5 Liam Buchanan	Walkerton	1.74m	
6 Sam Townshend	Lucas, A.B.	1.74m	
7 Isaiah Ogunboye	Resurrection	1.74m	
8 Joel Sloetjes	Strathroy	1.74m	
9 Arie Roelands	North Lambton	1.73m	
10 Josh Morgan	St. Mary's Hs-W	1.71m	
11 Kerby Joseph	Kennedy, Hon.W.C	1.70m	
12 Joseph Vandalen	Holy Trinity	1.68m	
13 Hudson Charron	Ursuline	1.65m	
14 Camden Jackson	St.Thomas	1.65m	
15 Jackson Newman	Eastwood	1.65m	
16 Aidan Lucas	Dunnville Se	1.60m	

Event 51 Women Pole Vault Junior

West Region: 3.70m 2010		Alysha Newman	
Name	School	Seed Mark	
1 Lucy Schiedel	Medway	3.35m	
2 Avery Molinaro	Woodstock Co	2.65m	
3 Kate Logan	Laurel Hts.	2.50m	
4 Ava Ridley	Medway	2.50m	
5 Julia McInnis	Erie Migration	2.40m	
6 Laila Herrmann	Sandwich	2.40m	
7 Ruth Parsons	London South	2.35m	
8 Anna Peng	Laurel Hts.	2.30m	
9 Lilliana DeSilva	St. Benedict	2.20m	
10 Mariah Schmidt	Waterloo-Oxford	2.20m	
11 Nicole Williams	Oakridge	2.20m	
12 Stella Giansante	ES L'Essor	2.15m	
13 Isabelle Hurley	Sandwich	2.10m	
14 Logyn Moreau	Ursuline	2.10m	
15 Ananya Prasad	Laurel Hts.	2.00m	
16 Kendra Williams	Laurel Hts.	2.00m	

Event 52 Men Pole Vault Junior

West Region: 4.40m 1991		Mike NOLAN / Lord Dorchester	
Name	School	Seed Mark	
1 Devin Salomons	London Christian	3.45m	
2 Arie Roelands	North Lambton	3.40m	
3 Caleb Estoesta	Laurel Hts.	3.40m	
4 Ryan Shahian	St. Anne-Windsor	3.40m	

5 Marcus Ma	Cameron Heights	3.20m
6 Gabriel Elizarov	Laurel Hts.	3.00m
7 Khalid El-Kadri	Holy Names	2.80m
8 Gabriel Estoesta	Laurel Hts.	2.80m
9 James Bell	Medway	2.80m
10 Aiden Morrison	St.Thomas	2.80m
11 Ryder Blight	St. Mary's Devi	2.80m
12 Ahyan Mahruz	Laurel Hts.	2.80m
13 Dan Dittmer	St. Mary's Devi	2.65m
14 Ryan O'Donnell	Oakridge	2.65m
15 Marcus Li	Laurel Hts.	2.60m
16 Blake Brun	St.Thomas	2.50m

Event 53 Women Long Jump Junior

West Region: 5.76m 1981		Tina LETOURNEAU / Windsor-Brer	
Name	School	Seed Mark	
1 Kseniya Smith	St. Benedict	5.18m	
2 Amy Williamson	Parkside	4.82m	
3 Jade Labadie	Ecs Notre Dame	4.79m	
4 Izzy Distefano	Holy Names	4.79m	
5 Chloe Walters	St.Thomas Aquina	4.78m	
6 Ema Parent	St.Thomas	4.77m	
7 Ana Maya	St.Mary's-Kitche	4.74m	
8 Claire Rowe	Saunders	4.70m	
9 Jane Hewitt	St.Joe-St.Thomas	4.68m	
10 Claire Suprun	Holy Trinity	4.59m	
11 Marlowe Cabral	St. Patrick's	4.57m	
12 Mia Wesolowski	St. Anne-Windsor	4.53m	
13 Hailey Ellins	Holy Trinity	4.51m	
14 Hailey Beswick	North Park	4.50m	
15 Rya Whale	Norwell	4.48m	
16 Tera Branton	St. Patrick's	4.48m	

Event 54 Men Long Jump Junior

West Region: 7.18m 1999		Paul WHITTY / London-Saunders	
Name	School	Seed Mark	
1 Kerby Joseph	Kennedy, Hon.W.C	6.05m	
2 Tomiwa Owoseni	Mother Teresa	5.99m	
3 Yaniss Lugogo	Mother Teresa	5.97m	
4 Carter Raffoul	Erie Migration	5.91m	
5 Sidney Renwick	Walkerville	5.89m	
6 Kai Tope	St. Patrick's	5.81m	
7 Kevin Khliv	Leamington	5.79m	
8 Ope Alli	Banting, Sir F.	5.77m	
9 Rondre Spicer	Banting, Sir F.	5.72m	
10 Posi Otesanya	St. David	5.68m	
11 Neysean Teles	St. David	5.59m	
12 Tristan Spaulding	Parkside	5.58m	
13 Nerraud Thomas	Holy Trinity	5.41m	
14 Isaac Symons	Orangeville	5.38m	
15 Thomas Boniolo	John Diefenb	5.34m	
16 Declan Lisk	Wellington Heigh	5.30m	Scr
17 Hayden Jordan	Laurel Hts.	5.22m	

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Event 55 Women Triple Jump Junior

West Region: 11.94m 1995		Monique HAAN / London Christian	
Name	School	Seed Mark	
1	Adedolapo Adekanye	Sandwich	10.62m
2	Claire Suprun	Holy Trinity	10.60m
3	Amy Williamson	Parkside	10.34m
4	Hailey Ellins	Holy Trinity	10.28m
5	Lena Walker	London South	10.15m
6	Julia McInnis	Erie Migration	10.04m
7	Daisy Daniel	St.Thomas Aquina	10.03m
8	Avery Swayze	Chatham-Kent	10.02m
9	Stella Panchuk	Guelph	9.99m
10	Aislyn Dehoey	Ursuline	9.95m
11	Serene Al Ghazaly	Sandwich	9.95m
12	Jane Hewitt	St.Joe-St.Thomas	9.95m
13	Chloe McKinnon	Saugeen District	9.94m
14	Anna Peng	Laurel Hts.	9.84m
15	Jade Labadie	Ecs Notre Dame	9.83m
16	Kaylin Shea	St. Benedict	9.74m Scr
17	Alesandra Fera	St. James	9.62m

Event 56 Men Triple Jump Junior

West Region: 15.22m 2000		Kenen SHADD / Kitchner-Grand Riv	
Name	School	Seed Mark	
1	Sidney Renwick	Walkerville	12.68m
2	Jonah Walker	Elmira	12.63m
3	Sylas Phan	Medway	12.52m
4	Ace Zadoria	St. Patrick's	12.51m
5	Carter Raffoul	Erie Migration	12.36m
6	Peace Tshibusu	Mother Teresa	12.34m
7	Curtis Donaldson	Johnson, P.	12.27m
8	Kevin Khliv	Leamington	12.15m
9	Justin Johnson	Montcalm	12.12m
10	Seth Mallette	Ursuline	12.12m
11	Mike Dennis	East Elgin	11.75m
12	Ahyan Mahruz	Laurel Hts.	11.66m
13	Tyler Davis	St. Michael	11.60m
14	Hayden Jordan	Laurel Hts.	11.47m
15	Kai Forsyth	Guelph	11.36m
16	Ben Arthur	Woodland Christi	11.19m

Event 57 Women Shot Put Junior

West Region: 15.80m 2022		Julia Tunks	
Name	School	Seed Mark	
1	Olivia Folk	Banting, Sir F.	12.23m
2	Sophia Basso	Oakridge	12.11m
3	Cate Browne	St. Patrick's	11.84m
4	Charlotte Melnick	Saunders	11.49m
5	Marina Veselinovic	Sandwich	11.40m
6	Sophia Horton-Moulton	Simcoe	11.37m
7	Camryn Leitch	Great Lakes	11.16m
8	Sopia Klie	Erie Migration	10.97m
9	Marie-Olivia Prodjinotho	Mother Teresa	10.89m
10	Louisa Begeman	East Elgin	10.73m

11	Kara Nesbitt	Owen Sound	10.44m
12	Sydney Knapp	Bluevale	10.31m
13	Sophie Smith	Great Lakes	9.83m
14	Ivy Johnston	Hagersville	9.65m
15	Tiffany Hindemit	Erin	9.58m
16	Raleigh Tyler	Brantford	9.35m

Event 58 Men Shot Put Junior

West Region: 17.80m 2024-05-31		Andrew Urquhart	
Name	School	Seed Mark	
1	Noah VanNeck	Chatham-Kent	18.21m
2	Tyler Goetz	Essex	17.19m
3	Mikian Teao	Great Lakes	16.02m
4	Mehkai Arnold	Parkside	15.41m
5	Levi Huinink	College Avenue	15.00m
6	Cameron Joliecour	St. Patrick's	14.39m
7	Rabbit Colbourn	Grey Highlan	13.92m
8	Eli Jas	Holy Names	13.92m
9	Luke McDonald	Sacred Heart	13.62m
10	Jayden Collins	Delhi	13.26m
11	Shawn Edwards	C.C.H. - London	13.08m
12	Adam Van Grinsven	Clarke Road	13.02m
13	Robert Duncan	Montcalm	13.02m
14	Tyke Yang	Jacob Hespeler	12.86m
15	Geoffrey Cooper	Johnson, P.	12.70m
16	Emery Berkoh	Resurrection	12.48m

Event 59 Women Discus Throw Junior

West Region: 53.72m 2022		Julia Tunks	
Name	School	Seed Mark	
1	Olivia Folk	Banting, Sir F.	34.40m
2	Sophia Basso	Oakridge	33.93m
3	Camryn Leitch	Great Lakes	30.41m
4	Charlotte Melnick	Saunders	29.36m
5	Dani-Lynn Gill	Ingersoll	27.66m
6	Emma Mitrevski	Belle River	27.50m
7	Louisa Begeman	East Elgin	27.13m
8	Sophia Horton-Moulton	Simcoe	27.02m
9	Mya Haye-Beaumont	Assumption-Brant	26.25m
10	Marley Lapier	Great Lakes	24.84m
11	Hailey Ellins	Holy Trinity	24.56m
12	Giada Stabile	Herman, W.F.	24.43m
13	Emilia Roehler	St.Thomas	24.33m
14	Sydney Knapp	Bluevale	24.21m
15	Mieke Thalen	Woodland Christi	24.05m
16	Lilly Lajeunesse	Bluevale	23.38m

Event 60 Men Discus Throw Junior

West Region: 61.78m 2018		Ryan Jacklin	
Name	School	Seed Mark	
1	Mehkai Arnold	Parkside	56.17m
2	Noah VanNeck	Chatham-Kent	55.29m
3	Sam Ragogna	Stratford Dss	50.56m
4	Tucker Ysebaert	Great Lakes	49.51m
5	Tyler Goetz	Essex	46.95m

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Event 60 ... (Men Discus Throw Junior)

Name	School	Seed Mark
6 Sean Hamill	Northern- Sarnia	46.01m
7 Luke McDonald	Sacred Heart	45.10m
8 Ethan Fabiani	Banting, Sir F.	44.89m
9 Kai Tope	St. Patrick's	44.40m
10 Brady Congdon	Parkside	41.18m
11 Keegan Ritchie	Saugeen District	41.07m
12 Henry Johnson	Banting, Sir F.	40.47m
13 Yousif Al-Mimar	Centennial	38.56m
14 Brady Menich	Delhi	38.11m
15 Yusef El-Aloul	Southwood	37.73m
16 Carson Trahan	Southwood	37.12m

Event 61 Women Javelin Throw Junior

West Region: 48.84m 1989		Margaret GRIFFITHS / Windsor-Br	
Name	School	Seed Mark	
1 Camryn Leitch	Great Lakes	37.36m	
2 Sophie Smith	Great Lakes	32.60m	
3 Olivia Folk	Banting, Sir F.	31.67m	
4 Claire Aagaard	Resurrection	30.91m	
5 Marina Veselinovic	Sandwich	30.19m	
6 Louisa Begeman	East Elgin	29.89m	
7 Lyla Yager	Cayuga Secon	29.77m	
8 Jillian Trepanier	Woodstock Co	29.59m	
9 Dani-Lynn Gill	Ingersoll	29.59m	
10 Emma Mitrevski	Belle River	29.15m	
11 Nora Reinink	Emmanuel Christi	28.95m	
12 Ellie Portlock	East Elgin	28.05m	
13 Abby Thompson	Cayuga Secon	27.72m	Scr
14 Claire Parker	Saugeen District	27.45m	
15 Sophia Horton-Moulton	Simcoe	27.41m	
16 Stella Dutzler	Grand River	26.93m	
17 Maggie Miller	Sandwich	25.27m	

Event 62 Men Javelin Throw Junior

West Region: 61.10m 2009		Tyler WITHERS	
Name	School	Seed Mark	
1 Tyler Goetz	Essex	54.73m	
2 Nolan McKinlay	Great Lakes	53.42m	
3 Christien Fitzmorris	Assumption-Brant	45.70m	
4 Sean Hamill	Northern- Sarnia	45.43m	
5 Caden Kreeft	St. Patrick's	45.15m	
6 Thomas Koszegi	Sandwich	43.29m	
7 Nash Kaastra	London Christian	43.07m	
8 Colton Campbell	St. Michael	42.86m	
9 Reid Hutton	Kitchener Waterl	42.15m	
10 Vince Mao	C.C.H. - London	42.12m	
11 Noah Allison	C.C.H. - London	42.01m	
12 Carson Trahan	Southwood	40.10m	
13 Dan Dittmer	St. Mary's Devi	39.55m	
14 Andrew Frey	Kitchener Waterl	38.11m	
15 Cole Copeland	Orangeville	37.95m	
16 Austin Korten	Delhi	37.70m	

Event 63 Women 4x100 Meter Relay Junior

West Region: 49.43 2023		Sandwich - Windsor	
L Dicaro, E Steel-Douglas, J Bailey, S Baillargeon			
Team	Relay	Seed Time	
1 Sandwich	A	50.13	
2 Chatham-Kent	A	51.11	
3 St. Benedict	A	51.16	
4 St. Patrick's	A	51.51	
5 St. Thomas	A	51.52	
6 Mother Teresa	A	51.59	
7 Parkside	A	52.26	
8 Medway	A	52.57	
9 Guelph	A	52.82	
10 Strathroy	A	52.97	
11 Bluevale	A	53.06	
12 St. Thomas Aquina	A	53.13	
13 Maranatha Christ	A	53.18	
14 St. Mary's-Kitche	A	53.26	
15 Holy Trinity	A	53.37	
16 North Park	A	53.50	

Event 64 Men 4x100 Meter Relay Junior

West Region: 43.15 2002		LONDON-CATHOLIC CENTRAL	
Team	Relay	Seed Time	
1 St. Patrick's	A	44.98	
2 Mother Teresa	A	45.37	
3 Leamington	A	45.48	
4 Northern- Sarnia	A	45.70	
5 Saunders	A	46.02	
6 St. Thomas	A	46.10	
7 Medway	A	46.23	
8 St. David	A	46.24	
9 St. Thomas Aquina	A	46.28	
10 Bishop MacDonnel	B	46.41	
11 Banting, Sir F.	A	46.47	
12 Chatham-Kent	A	46.91	
13 Centre Welli	A	46.93	
14 Resurrection	A	46.94	
15 Laurel Hts.	A	47.40	
16 Westside Sec	A	47.55	

Event 65 Women 100 Meter Dash Senior Prelims

West Region: 11.89 2011		Jellisa Westney	
Name	School	Seed Time	
1 Elliott Nash	St. Thomas Aquina	12.00	
2 Celeste Lugogo	Mother Teresa	12.03	
3 Lily Odolphy	Northern- Sarnia	12.17	
4 Britney Wright	C.C.H. - London	12.25	
5 Emilie Gervais	Pere Rene-de-Gal	12.43	
6 Saryna Milne	Assumption-Winds	12.45	
7 Halle MacVicar	St. Anne-Clinton	12.69	
8 Nadya Nemes	St. Mary's-Kitche	12.74	
9 Alicia Weaver	C.C.H. - London	12.83	
10 Serena Aina	Assumption-Winds	12.95	

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Event 65 ... (Women 100 Meter Dash Senior Prelims)

Name	School	Seed Time
11 Hailey Miller	St. James	13.02
12 Norah Meyer	Belle River	13.04
13 Zoe Schumacher	Sacred Heart	13.14
14 Zoe Elliott	Lambton Central	13.15
15 Adriana Gianniotis	Grand River	13.17
16 Michalina Wilkiewicz	Sacred Heart	13.21

Event 66 Men 100 Meter Dash Senior Prelims

West Region:	10.56	2012	Devon Rittinger
Name	School	Seed Time	
1 Noah Horspool	Resurrection	10.56	
2 Khaleel Miller	Banting, Sir F.	10.59	
3 Henry Scott	East Elgin	10.62	
4 Obed Arueyingho	Regina Mundi	10.69	
5 Noah Carter	Mother Teresa	10.73	
6 Kowen Moore	Grand River	10.77	
7 Nagil Asamoah	Mother Teresa	10.83	
8 Thomas-Daniel Tent	Vista Academy	10.92	
9 Gianfranz Dela Fuente	St. James	10.97	
10 Nathan Hajdu	St. John College	11.05	
11 DJ Destang-Phillip	Ursuline	11.06	
12 Nyle Crawford	St. Benedict	11.07	
13 Jayden Laing	Centennial	11.08	
14 Samuel Aribilola	Holy Names	11.18	
15 Ahmad Alkriti	Sandwich	11.20	
16 Gabriel Francis	Ursuline	11.32	

Event 67 Women 200 Meter Dash Senior Prelims

West Region:	23.71	2017	Ashlan Best
Name	School	Seed Time	
1 Elliott Nash	St. Thomas Aquina	24.87	
2 Celeste Lugogo	Mother Teresa	24.95	
3 Lily Odolph	Northern- Sarnia	24.98	
4 Saryna Milne	Assumption-Wind:	25.20	
5 Mackenzie Hutcheson	Waterloo-Oxford	25.52	
6 Emilie Gervais	Pere Rene-de-Gal	25.78	
7 Anyang Tiel	Laurier, Sir W.	25.87	
8 Brooklyn Seiling	Elmira	25.87	
9 Alicia Weaver	C.C.H. - London	25.95	
10 Jaida Charles	Ross, John F.	25.97	
11 Taylor Ambeau	Resurrection	26.10	
12 Danica Cober	St. Joe-St. Thomas	26.34	
13 Serena Aina	Assumption-Wind:	26.44	
14 Philly Van Nooten	Brantford	26.57	
15 Malia Frattaroli	St. Anne-Windsor	26.74	

Event 68 Men 200 Meter Dash Senior Prelims

West Region:	21.04	2025-05-30	Dakari Milks
Name	School	Seed Time	
1 Noah Horspool	Resurrection	21.36	
2 Henry Scott	East Elgin	21.62	
3 Brayden Kane	St. Joe's-Windsor	21.76	
4 Khaleel Miller	Banting, Sir F.	21.86	

5 David Tomlin	Woodland Christi	22.11
6 Obed Arueyingho	Regina Mundi	22.15
7 Zane Akanihu	London Central	22.19
8 Nathan Clark	Essex	22.20
9 Anthony Demarco	St. Thomas	22.25
10 Kowen Moore	Grand River	22.40
11 Noah Carter	Mother Teresa	22.41
12 KJ Nembhard	Simcoe	22.45
13 DJ Destang-Phillip	Ursuline	22.47
14 Junior Essilfie-Amoah	Assumption-Wind:	22.50
15 Jayden Laing	Centennial	22.72
16 Roger Jacobs	Elmira	22.81

Event 69 Women 400 Meter Dash Senior

West Region:	55.02	1985	Nadia SCHMEIDT / London-J. Paul I
Name	School	Seed Time	
1 Anieu Chan	Vincent Massey	55.96	
2 Janelle Davis	Sandwich	56.75	
3 Charlotte Coskun	St. Thomas	57.14	
4 Zariyah Ross	Holy Names	57.44	
5 Taylor Ambeau	Resurrection	57.74	
6 Sarah Jaquith	Lucas, A.B.	57.90	
7 Brooklyn Seiling	Elmira	57.95	
8 Philly Van Nooten	Brantford	58.13	
9 Olivia McDonald	Owen Sound	58.42	
10 Thea Astles	St. Thomas	59.80	
11 Anyang Tiel	Laurier, Sir W.	1:00.64	
12 Mayghan Paul	St. James	1:00.95	
13 Alicia Weaver	C.C.H. - London	1:01.95	
14 Brianna Steunebrink	St. James	1:02.32	
15 Ny Asia Goodwin	Beal, H.B.	1:03.68	
16 Kyla Norman	Banting, Sir F.	1:03.90	

Event 70 Men 400 Meter Dash Senior

West Region:	46.54	2012	Brandon McBride
Name	School	Seed Time	
1 Brayden Kane	St. Joe's-Windsor	48.08	
2 Henry Scott	East Elgin	48.51	
3 Ryan Georgeson	Medway	48.77	
4 Zach Taylor	Waterloo-Oxford	49.32	
5 Anthony Greene	Lucas, A.B.	49.54	
6 Anthony Demarco	St. Thomas	49.85	
7 David Tomlin	Woodland Christi	50.13	
8 Ryan Vacante	Banting, Sir F.	50.75	
9 Kieran Sullivan	St. James	50.93	
10 Alex Whyte	Ursuline	50.96	
11 Alex MacDonald	Huron Heights	51.05	
12 Owen Gray	St. Patrick's	51.12	
13 Roger Jacobs	Elmira	51.42	
14 Julian Venegas	C.C.H. - London	51.43	
15 Andrew Gadoury	Vista Academy	51.88	
16 Jonas Rohr	Waterloo-Oxford	51.89	

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Event 71 Women 800 Meter Run Senior

West Region: 2:07.72 2018		Tiana LoStracco	
Name	School	Seed Time	
1	Anieu Chan	Vincent Massey	2:10.41
2	Micah Carswell	Pere Rene-de-Gal	2:13.49
3	Ava Moric	John Diefenb	2:15.66
4	Charlotte Coskun	St.Thomas	2:18.00
5	Leah Milligan	Medway	2:18.32
6	Elena Moore	Kincardine	2:18.98
7	Kaitlyn Haygarth	Oakridge	2:20.47
8	Thea Astles	St.Thomas	2:20.61
9	Flourish Nmor	St.Joe-St.Thomas	2:23.91
10	Avery Martindale	Saugeen District	2:24.59
11	Kyla Norman	Banting, Sir F.	2:25.18
12	Chloe Humphries	Centre Welli	2:25.52
13	Milania Frattaroli	St. Anne-Windsor	2:26.28
14	Sophie Herr	Kitchener Waterl	2:27.02
15	Olivia Jackson	St.Thomas Aquina	2:27.75
16	Cassie Catenacci	Holy Names	2:30.45

Event 72 Men 800 Meter Run Senior

West Region: 1:47.56 2012		Brandon McBride	
Name	School	Seed Time	
1	Zach Taylor	Waterloo-Oxford	1:51.36
2	Ryan Georgeson	Medway	1:52.37
3	Cyril Chapple	Resurrection	1:53.99
4	Evan Dinunzio	Herman, W.F.	1:54.93
5	Adrian Lofaso	St.Mary's-Kitche	1:54.99
6	Jonah Lariviere	St. Michael	1:55.16
7	Alex Fortney	Northern- Sarnia	1:55.52
8	Jacob Jansen	St.Thomas Aquina	1:55.99
9	Julian Venegas	C.C.H. - London	1:56.67
10	Linden Spence	Saunders	1:57.38
11	Leo Moore	Centennial	1:58.44
12	James Grant	Lambton Central	1:58.63
13	Aris Motrea	Paris	1:58.80
14	Reuben Macleod	Orangeville	2:00.64
15	Andrew Gadoury	Vista Academy	2:01.01
16	Paxton Burnie	Great Lakes	2:06.09

Event 73 Women 1500 Meter Run Senior

West Region: 4:26.66 2008		Jessica PARRY	
Name	School	Seed Time	
1	Avery Norland	St. Patrick's	4:37.12
2	Lily Bressette	Northern- Sarnia	4:38.61
3	Micah Carswell	Pere Rene-de-Gal	4:43.01
4	Anieu Chan	Vincent Massey	4:43.63
5	Ava Moric	John Diefenb	4:45.97
6	Arleigh Waters	Bluevale	4:47.56
7	Leah Milligan	Medway	4:51.04
8	Megan Klapwyk	David-Saint-	4:51.82
9	Ellie Reiter	Leamington	4:53.03
10	Adelaide Cranston	Chatham-Kent	4:54.49
11	Elena Moore	Kincardine	4:56.31

12	Avery Van Will	Strathroy	4:58.49
13	Jaydin Askey	Mother Teresa	5:05.67
14	Reese Washington	Bishop MacDonne	5:07.88
15	Catharine Robinson	Laurier, Sir W.	5:15.73
16	Jessica Thompson	Banting, Sir F.	5:19.28

Event 74 Men 1500 Meter Run Senior

West Region: 3:45.06 1993		Kevin SULLIVAN / Brantford-North	
Name	School	Seed Time	
1	Chase Capes	St. Patrick's	3:53.28
2	Cyril Chapple	Resurrection	3:58.84
3	Evan Dinunzio	Herman, W.F.	3:59.35
4	Kirk Hallman	Lord Dorchester	4:00.07
5	James Grant	Lambton Central	4:00.74
6	Eli Bouious	John Diefenb	4:00.81
7	Alex Fortney	Northern- Sarnia	4:05.13
8	Jonah Lariviere	St. Michael	4:06.01
9	Adrian Lofaso	St.Mary's-Kitche	4:09.54
10	Aris Motrea	Paris	4:10.63
11	Leo Moore	Centennial	4:11.75
12	Liam Willcott	Orangeville	4:12.21
13	Evan Iacobelli	St. Patrick's	4:12.28
14	Jacob Jansen	St.Thomas Aquina	4:12.33
15	Oren Dababneh	St. A. Bessette	4:12.62
16	Linden Spence	Saunders	4:12.78

Event 75 Women 3000 Meter Run Senior

West Region: 9:35.23 2017		Sevanne Ghazarian	
Name	School	Seed Time	
1	Avery Norland	St. Patrick's	10:04.56
2	Lily Bressette	Northern- Sarnia	10:14.46
3	Arleigh Waters	Bluevale	10:18.92
4	Emma Rudling	North Star	10:22.60
5	Gracie Vandergriendt	Chatham-Kent	10:27.96
6	Adelaide Cranston	Chatham-Kent	10:27.96
7	Megan Klapwyk	David-Saint-	10:48.45
8	Reese Washington	Bishop MacDonne	11:01.39
9	Leah Milligan	Medway	11:03.79
10	Avery Van Will	Strathroy	11:04.70
11	Haiden Robb	Holy Trinity	11:13.49
12	Gracie Murray	St. Benedict	11:15.15
13	Amilya King	Valley Heights	11:15.64
14	Jaydin Askey	Mother Teresa	11:18.46
15	Catharine Robinson	Laurier, Sir W.	11:33.97
16	Lucy Waite	Woodstock Co	11:36.97

Event 76 Men 3000 Meter Run Senior

West Region: 8:18.71 2022		Heath McAllister	
Name	School	Seed Time	
1	Eli Bouious	John Diefenb	8:42.08
2	Lauchlan Orchard	Kitchener Waterl	8:50.02
3	Chase Capes	St. Patrick's	8:50.54
4	Kirk Hallman	Lord Dorchester	8:50.60
5	Myles Clinton	St. Mary's Dcvi	8:52.60
6	Liam Willcott	Orangeville	8:57.11

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Event 76 ... (Men 3000 Meter Run Senior)

Name	School	Seed Time
7 Liam Ruddock	Ross, John F.	9:06.50
8 Emmett Leary	Georgian Bay	9:06.75
9 Rocko Townsend	St. James	9:08.24
10 Colton Renaud	Riverside	9:11.52
11 Oren Dababneh	St. A. Bessette	9:12.52
12 Evan Iacobelli	St. Patrick's	9:12.63
13 Charlie Bender	St. Mary's Dcvi	9:12.96
14 Kaleb Dingman	St. Mary's Dcvi	9:13.71
15 Henrik Kristensen	St. Thomas	9:24.56
16 Kyle Guthrie	Northern- Sarnia	9:25.58

Event 77 Women 100 Meter Hurdles Senior Prelims

West Region: 13.15 2000		Jessica ZELINKA / London-Banting	
Name	School	Seed Time	
1 Madison Gravelle	St. Joe's-Windsor	13.81	
2 Skarlit Worton	Northern- Sarnia	13.96	
3 Kaitlyn Gravelle	St. Joe's-Windsor	14.11	
4 Mackenzie Hutcheson	Waterloo-Oxford	14.35	
5 Isabella Mills	St. Michael	14.76	
6 Samantha Arnold	Galt	14.83	
7 Alexis Leales	St. Michael	14.87	
8 Olivia Douma	St. Thomas	14.92	
9 Hanna Schmidhuber	Grand River	14.92	
10 Meagan Munro	Lambton Central	15.12	
11 Eva Wilson	College Avenue	15.83	
12 Natasa Sajic	Centennial	16.09	
13 Addison Forcey	Mother Teresa	16.09	
14 Zoe Schumacher	Sacred Heart	16.22	
15 Sydney Kipp	Paris	16.32	
16 Sidney Stinchcombe	John Paul II	16.33	

Event 78 Men 110 Meter Hurdles Senior Prelims

West Region: 13.46 2010		Greg MacNeill	
Name	School	Seed Time	
1 Kole Chapman	Lambton Central	14.43	
2 Will Downing	Lord Dorchester	14.44	
3 Jake Charest	Doyle, Mgrs.E.A.	14.56	
4 Kowen Moore	Grand River	14.78	
5 Wakan Rainville	North Star	14.89	
6 Noah Janzen	Rockway Menn	14.99	
7 Nyouo Lual	St. Joe's-Windsor	15.00	
8 Enoch Adegboyega	St. A. Bessette	15.02	
9 Folahan Epemolu	Laurier, Sir W.	15.21	
10 Kailer Jenney	Medway	15.21	
11 Sacha Larsen	St. Thomas Aquina	15.28	
12 Ethan Rutherford	C.C.H. - Windsor	15.93	
13 Jeo Garnica	St. Joe's-Windsor	16.00	
14 Joe Read	Waterloo	16.03	
15 Jamaldeen Adigun	Forest Heights	16.20	
16 Ben Leveck	Laurel Hts.	16.36	

Event 79 Women 400 Meter Hurdles Senior

West Region: 58.03 1995		Nadia SCHMEIDT / London-John P.	
Name	School	Seed Time	
1 Janelle Davis	Sandwich	1:02.02	
2 Sarah Jaquith	Lucas, A.B.	1:02.12	
3 Samantha Arnold	Galt	1:04.51	
4 Kaitlyn Gravelle	St. Joe's-Windsor	1:05.22	
5 Madison Gravelle	St. Joe's-Windsor	1:06.19	
6 Emilie Gervais	Pere Rene-de-Gal	1:06.86	
7 Hanna Schmidhuber	Grand River	1:07.13	
8 Meagan Munro	Lambton Central	1:07.28	
9 Michalina Wilkiewicz	Sacred Heart	1:07.53	
10 Rhianan Loosemore	St. A. Bessette	1:07.69	
11 Elizabeth Naar	Riverside	1:08.54	
12 Lilli Taylor	Woodstock Co	1:08.88	
13 Korrina Kublinskas	Saunders	1:09.03	
14 Abbey Dogar	Mother Teresa	1:09.14	
15 Natasa Sajic	Centennial	1:10.74	
16 Delainey Jespersen	Laurel Hts.	1:14.71	

Event 80 Men 400 Meter Hurdles Senior

West Region: 52.37 1997		Jeff ELLIS / Orangeville	
Name	School	Seed Time	
1 Thomas-Daniel Tent	Vista Academy	54.57	
2 Bronson Boldt	Saugeen District	54.91	
3 Kieran Sullivan	St. James	56.06	
4 Kole Chapman	Lambton Central	56.75	
5 Nyouo Lual	St. Joe's-Windsor	56.91	
6 Kailer Jenney	Medway	57.43	
7 Zenon Groch	Mother Teresa	57.64	
8 Wakan Rainville	North Star	58.31	
9 Ethan Rutherford	C.C.H. - Windsor	58.34	
10 Will Downing	Lord Dorchester	59.04	
11 Noah Janzen	Rockway Menn	1:00.14	
12 Joe Read	Waterloo	1:00.59	
13 Malcom Beckles	John Paul II	1:02.43	
14 Owen Ouellette	Strathroy	1:02.44	
15 Jamaldeen Adigun	Forest Heights	1:04.32	
16 Eoin Wright	Paris	1:04.67	

Event 81 Women High Jump Senior

West Region: 1.78m 1986		Catherine BOND / Woodstock CI	
Name	School	Seed Mark	
1 Patricia Nkuna	Pere Rene-de-Gal	1.70m	
2 Victoria Vaughan	Kitchener Waterl	1.61m	
3 Skarlit Worton	Northern- Sarnia	1.60m	
4 Callie Aldridge	Huron Heights	1.58m	
5 Julia Pegg	Lambton-Kent	1.57m	
6 Katie Raue	Orangeville	1.55m	
7 Eva Wilson	College Avenue	1.54m	
8 Taylor Lupu	Cameron Heights	1.52m	
9 Emma Majewski	St. Patrick's	1.51m	
10 Alex Jones	Glendale	1.51m	
11 Cassie Catenacci	Holy Names	1.51m	

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Event 81 ... (Women High Jump Senior)

Name	School	Seed Mark
12 Lily Babin	Ursuline	1.45m
13 Audrey Townsend	London Central	1.45m
14 Stella Blundell	Strathroy	1.40m
15 Cassandra Haskett	Simcoe	1.40m
16 Hailey McQueen	Holy Cross	1.40m

Event 82 Men High Jump Senior

West Region: 2.19m 2010		Branden Wilhelm	
Name	School	Seed Mark	
1 Calvin McDougall	St. David	2.00m	
2 Noah Ward	Listowel	1.92m	
3 Noah Campbell	North Middlesex	1.89m	
4 Malcolm Maxwell	Laurier, Sir W.	1.89m	
5 Chris Vyn	Chatham Christia	1.87m	
6 Warren Kottelenberg	Emmanuel Christi	1.85m	
7 Nathan Bryan	Holy Names	1.84m	
8 Jack Bruder	Glendale	1.83m	
9 Dylan Nanson	Kennedy, Hon.W.C	1.81m	
10 Aidan MacGregor	John Diefenb	1.80m	
11 Billy Adebowale	Holy Cross	1.80m	
12 Puok Guer	St.Joe's-Windsor	1.78m	
13 Deacon Demeurichy	Ursuline	1.76m	
14 Luca Mercante	St. John College	1.70m	
15 Fraser Litchfield	Guelph	1.70m	
16 Parker Smith	Holy Trinity	1.70m	

Event 83 Women Pole Vault Senior

West Region: 3.91m 2011		Alysha Newman	
Name	School	Seed Mark	
1 Peytyn Tulk	Belle River	3.38m	
2 Ali Jasinskaskas	Banting, Sir F.	3.30m	
3 Abbey Dogar	Mother Teresa	3.30m	
4 Olivia Soumas	Brennan, F.J.	3.20m	
5 Alaya McIntyre	Laurel Hts.	3.20m	
6 Alyssa Rizzo	Assumption-Wind	3.20m	
7 Layna Hare	Oakridge	3.15m	
8 Avery Dickenson	Oakridge	3.15m	
9 Emmalyn Isabel	Medway	3.00m	
10 Madeleine Porto	St. Benedict	2.85m	
11 Gabriella Lago	Kitchener Waterl	2.70m	
12 Sophia Idzik	St. Benedict	2.55m	
13 Sydney Stover	Elmira	2.55m	
14 Jasmine Dufresne	Resurrection	2.55m	
15 Lauren Luvisotto	Sandwich	2.40m	
16 Kelsey Stewart	Sandwich	2.40m	

Event 84 Men Pole Vault Senior

West Region: 5.10m 1985		Doug WOOD / Wingham-Madill	
Name	School	Seed Mark	
1 Max Milinkovic-Gene	Riverside	4.65m	
2 Ethan Atkinson	St.Joe-St.Thomas	4.35m	
3 Ben Leveck	Laurel Hts.	4.00m	
4 Cameron Hancock	Jacob Hespeler	4.00m	

5 Kayden Rose	St. Benedict	3.75m
6 Benjamin Floris	Oakridge	3.75m
7 Jonathan Frempong	St. Benedict	3.75m
8 Charles Cousins	Oakridge	3.45m
9 Theo Benedictos	Cameron Heights	3.20m
10 Hayden Norris	Laurel Hts.	3.20m
11 Laing Miller	Sandwich	3.10m
12 Jack Kovac	St.Thomas	3.10m
13 Zackary (Zack) Molinaro	Woodstock Co	3.00m
14 Zach Larmer	St. Mary's Dcvi	3.00m
15 Marcello Didonato	St.Thomas	2.80m
16 Yusuf Rana	Sandwich	2.80m

Event 85 Women Long Jump Senior

West Region: 6.20m 2023		Trinity Shadd-Ceres	
Name	School	Seed Mark	
1 Isabella Mills	St. Michael	5.88m	
2 Joanna Wang	London Central	5.29m	
3 Lily Soulliere	Holy Names	5.27m	
4 Kaitlyn Gravelle	St.Joe's-Windsor	5.22m	
5 Julia Pegg	Lambton-Kent	5.21m	
6 Jaida Charles	Ross, John F.	5.19m	
7 Viviana Del Vasto	St.Thomas Aquina	5.19m	
8 Olivia Douma	St.Thomas	5.18m	
9 Nadya Nemes	St.Mary's-Kitche	5.12m	
10 Sydney Freeman	Mother Teresa	5.12m	
11 Skarlit Worton	Northern- Sarnia	5.10m	
12 Lauren Skeoch	Ross, John F.	5.05m	
13 Lucie Panschow	Glendale	5.01m	
14 Zoe Schumacher	Sacred Heart	4.89m	
15 Savannah Griffith	St. David	4.86m	
16 Caliana Price	John Diefenb	4.83m	

Event 86 Men Long Jump Senior

West Region: 7.50m 2010		Taylor Stewart	
Name	School	Seed Mark	
1 Leshawn Telfer	Resurrection	6.75m	
2 Nagil Asamoah	Mother Teresa	6.60m	
3 DJ Destang-Phillip	Ursuline	6.49m	
4 Devin Baker	College Avenue	6.45m	
5 Elisha McDonald	Lucas, A.B.	6.40m	
6 Benjamin Ojeme	Bluevale	6.35m	
7 Braeden Cavanagh	Essex	6.34m	
8 Aiden Winter	Chatham-Kent	6.31m	
9 Aiden Hartmann	Lord Dorchester	6.29m	
10 Youssef Charafeddine	Cardinal Carter	6.29m	
11 Zackary Dodd	Riverside	6.27m	
12 Kieran Drouin	Oakridge	6.20m	
13 Rashaad Eichenberg	Assumption-Brant	6.10m	
14 Ayyan Malik	Ross, John F.	6.00m	
15 Owen Reiley	Saugeen District	5.85m	
16 Jacob Male	St. James	5.59m	

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Event 87 Women Triple Jump Senior

West Region: 12.23m 2017		Alissa Melvin	
Name	School	Seed Mark	
1	Olivia Douma	St.Thomas	11.69m
2	Lily Soulliere	Holy Names	11.56m
3	Taylor Ysebaert	St. Patrick's	11.46m
4	Jaida Charles	Ross, John F.	11.46m
5	Joanna Wang	London Central	11.08m
6	Nadya Nemes	St.Mary's-Kitche	11.08m
7	Sophie Mastronardi	St. Anne-Windsor	10.94m
8	Yowa Philemon	Cameron Heights	10.69m
9	Viola Foster	St. A. Bessette	10.63m
10	Lauren Skeoch	Ross, John F.	10.61m
11	Mya Delaet	Chatham-Kent	10.48m
12	Julia Reid	Lucas, A.B.	10.46m
13	Ainsley Berendsen	St. Michael	10.42m
14	Julia Chabot	St. David	10.15m
15	Ella Otterbein	St.Thomas Aquina	10.14m
16	Janaya McPherson	Cameron Heights	9.89m

Event 88 Men Triple Jump Senior

West Region: 15.73m 2002		Kenen SHADD/Kitchener Grand Riv	
Name	School	Seed Mark	
1	Odosia Agbonwaneten	Holy Names	14.22m
2	Israel Oluwatuyi	Holy Names	13.55m
3	Youssef Charafeddine	Cardinal Carter	13.45m
4	Braeden Cavanagh	Essex	13.20m
5	Caleb Cavanagh	Essex	13.07m
6	Aiden Hartmann	Lord Dorchester	13.07m
7	Elisha McDonald	Lucas, A.B.	12.97m
8	Andrew McGarr	Assumption-Brant	12.94m
9	Owen Reiley	Saugeen District	12.85m
10	Yoyo Yu	London Central	12.61m
11	Warren Kottelenberg	Emmanuel Christi	12.59m
12	Charlie Brundle	St.Mary's-Kitche	12.57m
13	Nagil Asamoah	Mother Teresa	12.47m
14	Darren Prentice	Madill, F.E.	12.36m
15	Dimitry Nguifah Kenfack	Pere Rene-de-Gal	12.30m
16	Ethan Mehlenbacher	Cayuga Secon	12.18m

Event 89 Women Shot Put Senior

West Region: 14.52m 2024-06-01		Julia Tunks	
Name	School	Seed Mark	
1	Jenna Tunks	Oakridge	13.17m
2	Adalee Turland	Kincardine	12.58m
3	Tyler Lamarche	North Star	11.74m
4	Claudika Kudrocova	Glenview Park	11.72m
5	Rachel Burns	St. Patrick's	11.43m
6	Madeline Mullin	Oakridge	10.88m
7	Ava Mayrand	North Star	10.86m
8	Payton Blight	St. Mary's Dcvi	9.89m
9	Mimi Okeke	Assumption-Wind	9.83m
10	Hannah Rogers	St. Patrick's	9.64m
11	Riley Puddicombe	Banting, Sir F.	9.46m

12	Sophie Lee	Guelph	9.33m
13	Lana Petkovic	Grand River	9.24m
14	Danilynn Abonaye	Woodland Christi	9.19m
15	Victoria Riordon	St. Benedict	9.15m
16	Lauren Stewart	Mother Teresa	9.02m

Event 90 Men Shot Put Senior

West Region: 20.78m 1995		Brad SNYDER / Windsor - St. Joseph	
Name	School	Seed Mark	
1	Noah Mitoraj	St.Thomas Aquina	17.32m
2	Finne O'Leary	Banting, Sir F.	15.14m
3	Markcos Newman	Belle River	14.73m
4	Andrew Urquhart	Lord Dorchester	14.53m
5	Josiah Rivard	Bluevale	14.40m
6	Galen Hudel	St. David	14.14m
7	Spencer Horwood	Lambton Central	13.89m
8	Tijn Duijsters	Strathroy	13.84m
9	Ty Patterson	Essex	13.58m
10	Sullivan Tole	St.Thomas	13.42m
11	Duncan Smith	Great Lakes	13.24m
12	Colton Stanley	St.Thomas Aquina	13.22m
13	Mark Driedger	Valley Heights	11.79m
14	Abdullah Yousafzai	Saugeen District	11.64m
15	Joshua Reynolds	Jacob Hespeler	11.59m
16	Brandon Reeder	Waterloo-Oxford	11.46m

Event 91 Women Discus Throw Senior

West Region: 60.61m 2024-06-01		Julia Tunks	
Name	School	Seed Mark	
1	Jenna Tunks	Oakridge	49.52m
2	Adalee Turland	Kincardine	39.44m
3	Madeline Mullin	Oakridge	39.25m
4	Adair Scott-Fleming	Laurel Hts.	37.22m
5	Tyler Lamarche	North Star	35.51m
6	Ava Mayrand	North Star	34.27m
7	Victoria Riordon	St. Benedict	33.81m
8	Payton Blight	St. Mary's Dcvi	32.76m
9	Rachel Burns	St. Patrick's	31.50m
10	Selena Brown	C.C.H. - London	30.74m
11	Hannah Rogers	St. Patrick's	30.61m
12	Ellie Grandin	Cayuga Secon	30.49m
13	Natalie Pretty	Northern- Sarnia	28.68m
14	Izabela Butryn	Mother Teresa	27.84m
15	Ainsley Brander	Ross, John F.	26.05m
16	Lana Petkovic	Grand River	24.90m

Event 92 Men Discus Throw Senior

West Region: 64.94m 1995		Jason TUNKS / London-Banting	
Name	School	Seed Mark	
1	Noah Mitoraj	St.Thomas Aquina	52.57m
2	Andrew Urquhart	Lord Dorchester	45.22m
3	Caleb Koch	Madill, F.E.	44.75m
4	Josiah Rivard	Bluevale	43.71m
5	Harrison Hulbert	St.Thomas Aquina	43.58m
6	Andrew Thomas	Waterloo-Oxford	42.71m

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Event 92 ... (Men Discus Throw Senior)

Name	School	Seed Mark
7 Solomon Jackman	Westminster	42.63m
8 Ian Costello	Chatham-Kent	42.45m
9 Eric Patterson	Essex	41.02m
10 Markcos Newman	Belle River	39.92m
11 Henry Heaton	Leamington	38.95m
12 Cash Schroeder	Erie Migration	38.40m
13 Brenner Lammens	Valley Heights	37.57m
14 Silas Pharoah	Glenview Park	35.14m
15 Parker Pieffers	Emmanuel Christi	34.99m
16 Thomas Galeckas	Galt	34.94m

Event 93 Women Javelin Throw Senior

West Region: 47.56m 1997 Andrea BULAT / Windsor-Brennan		
Name	School	Seed Mark
1 Abigayle Van Bakel	St. Michael	39.97m
2 Annie Seagris	Sandwich	38.66m
3 Kalia Rounding	St. Joe's-Windsor	35.91m
4 Daphne Lodder	Emmanuel Christi	35.15m
5 Tyler Lamarche	North Star	34.67m
6 Olivia Elias	Huron Park	34.56m
7 Ava Harrison	Essex	33.99m
8 Eden Fraser	Woodstock Co	33.55m
9 Nicoletta Kotsovos	St. Thomas Aquina	32.89m
10 Zariah Chambers	Galt	32.84m
11 Hannah Rogers	St. Patrick's	32.03m
12 Lily Rutherford	Saunders	30.56m
13 Navilyn Wightman	Kitchener Waterl	29.03m
14 Steph Samborski	Simcoe	28.98m
15 Rowan Worrall	Paris	28.48m
16 Hailey Taekema	Emmanuel Christi	28.42m

Event 94 Men Javelin Throw Senior

West Region: 70.20m 2001 Trevor SNYDER / Windsor-St. Joseph		
Name	School	Seed Mark
1 Jaxon Lamb	Elmira	58.89m
2 Duncan Smith	Great Lakes	55.54m
3 Zackary (Zack) Molinaro	Woodstock Co	55.54m
4 Eric Patterson	Essex	53.94m
5 Griffin Kalp	Ursuline	53.81m
6 Finne O'Leary	Banting, Sir F.	53.60m
7 Colin Diotte	Sandwich	52.82m
8 Nolan Wright	Simcoe	51.45m
9 Ethan Cabana	St. Thomas	49.68m
10 Sam McClelland	Lucas, A.B.	48.17m
11 Parker Pieffers	Emmanuel Christi	48.07m
12 Mitch Leachman	Bishop MacDonne	46.25m
13 Owen Chambers	Stratford Dss	45.55m
14 Nicholas Oudekerk	Banting, Sir F.	44.04m
15 Henk Benjamins	Woodland Christi	42.76m
16 Quinn Hughes	Glenview Park	41.64m

Event 95 Women 4x100 Meter Relay Senior

West Region: 47.58 2025-05-29 Sandwich Secondary			
L Luvisotto, E Steel-Douglas, J Davis, J Bailey			
Team	Relay	Seed Time	
1 C.C.H. - London	A	49.08	
2 St. Thomas Aquina	A	49.34	
3 Medway	A	49.48	
4 Assumption-Winds	A	49.55	
5 Northern- Sarnia	A	49.85	
6 Lucas, A.B.	A	50.06	
7 Resurrection	A	50.16	
8 St. Thomas	A	50.57	
9 Sandwich	A	50.73	
10 Mother Teresa	A	50.77	
11 St. Joe's-Windsor	A	51.39	
12 Ross, John F.	A	51.45	
13 St. David	A	51.47	
14 St. James	A	51.92	
15 Cameron Heights	A	52.48	
16 Orangeville	A	52.66	

Event 96 Men 4x100 Meter Relay Senior

West Region: 41.38 2025-05-29 Sir Frederick Banting S S			
F Hinnah, J Mackay, K Miller, E Charles			
Team	Relay	Seed Time	
1 Banting, Sir F.	A	43.05	
2 Ursuline	A	43.39	
3 St. Joe's-Windsor	A	43.54	
4 Sandwich	A	43.74	
5 Holy Names	A	43.76	
6 Resurrection	A	43.95	
7 Mother Teresa	A	44.07	
8 Regina Mundi	A	44.10	
9 Northern- Sarnia	A	44.18	
10 C.C.H. - London	A	44.46	
11 Jacob Hespeler	A	44.49	
12 Lucas, A.B.	A	44.67	
13 St. James	A	45.29	
14 St. Benedict	A	45.60	
15 Centennial	B	45.85	
16 Ross, John F.	A	45.90	

Event 97 Women 2000 Meter Steeplechase Open

West Region: 7:16.28 2019 Elysse Fleming			
Name	School	Seed Time	
1 Maelle Dufour	ES L'Essor	7:13.72	
2 Emma Rudling	North Star	7:14.36	
3 Gracie Vandergriendt	Chatham-Kent	7:26.03	
4 Morgan Reiter	Leamington	7:29.12	
5 Ava White	St. Patrick's	7:29.92	
6 Hallie Turpin	Woodstock Co	7:43.90	
7 Lydia Hurley	Guelph	7:45.09	
8 Jaydin Askey	Mother Teresa	7:48.03	
9 Amilya King	Valley Heights	7:52.26	

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Event 97 ... (Women 2000 Meter Steeplechase Open)

Name	School	Seed Time
10 Avery Martindale	Saugeen District	7:53.40
11 Ailsa Bogan	Orangeville	8:02.88
12 Catharine Robinson	Laurier, Sir W.	8:03.64
13 Mya Gallagher	Resurrection	8:04.87
14 Asha Nazarewicz	London Central	8:05.08
15 Flourish Nmor	St. Joe-St. Thomas	8:07.74
16 Chloe Humphries	Centre Welli	8:10.91

Event 98 Men 2000 Meter Steeplechase Open

West Region: 5:54.94 2012		Daniel Piticariu	
Name	School	Seed Time	
1 Lauchlan Orchard	Kitchener Waterl	6:15.35	
2 Myles Clinton	St. Mary's Devi	6:18.97	
3 Adrian Olivito	Walkerville	6:23.21	
4 Kai McKay	St. Thomas	6:23.95	
5 Kyle Guthrie	Northern- Sarnia	6:25.61	
6 Jacob Jansen	St. Thomas Aquina	6:28.23	
7 Reuben Macleod	Orangeville	6:29.53	
8 Paxton Burnie	Great Lakes	6:29.80	
9 Rocko Townsend	St. James	6:31.78	
10 Noah Cann	Ingersoll	6:33.70	
11 Sam Stinson	Strathroy	6:33.92	
12 Vernon Stuart-DOLmage	Resurrection	6:35.15	
13 Kalen McCormack	Dunnville Se	6:40.46	
14 Mathew Paul	Huron Heights	6:41.15	
15 Graeme Bouchard	Assumption-Wind	6:43.04	
16 Braden Eltervoog	Huron Park	6:55.87	

Event 99 Women 4x400 Meter Relay Open

West Region: 3:53.30 2016		Lord Dorchester - Dorchester	
M Dunn, D Earhart, M Beaudry, K Beaudry			
Team	Relay	Seed Time	
1 Holy Names	A	3:58.25	
2 St. Thomas	A	4:01.39	
3 St. Thomas Aquina	A	4:10.55	
4 St. Patrick's	A	4:13.63	
5 Laurier, Sir W.	A	4:15.03	
6 Assumption-Winds	A	4:15.29	
7 Sandwich	A	4:18.03	
8 Laurel Hts.	A	4:18.78	
9 Kitchener Waterl	B	4:18.93	
10 North Park	A	4:21.90	
11 Banting, Sir F.	A	4:22.16	
12 Orangeville	D	4:23.94	
13 St. James	A	4:24.36	
14 St. Benedict	A	4:24.50	
15 St. A. Bessette	A	4:26.29	
16 C.C.H. - London	A	4:28.14	

Event 100 Men 4x400 Meter Relay Open

West Region: 3:19.22 2010		W. F. Herman S S - swhe	
A Colquhoun, C Johnson, B McBride, M Savic			
Team	Relay	Seed Time	
1 Resurrection	A	3:21.19	
2 St. Thomas	A	3:29.18	
3 Northern- Sarnia	A	3:31.25	
4 Holy Names	A	3:33.60	
5 St. Patrick's	A	3:34.53	
6 Lord Dorchester	A	3:35.64	
7 C.C.H. - Windsor	A	3:36.44	
8 St. James	B	3:37.02	
9 St. Mary's-Kitche	A	3:38.17	
10 St. Thomas Aquina	A	3:38.57	
11 Huron Heights	A	3:39.77	
12 Banting, Sir F.	A	3:39.86	
13 Lucas, A.B.	A	3:40.08	
14 Ross, John F.	A	3:41.30	
15 Laurier, Sir W.	A	3:41.82	
16 Simcoe	A	3:42.13	

Event 101 Women 100 Meter Dash Ambulatory

West Region: 14.57 2016		Madison Wilson-Walker	
Name	School	Seed Time	
1 Layla Ganney	Walkerville	18.15	
2 Kalea Rup	Westview Freedom	23.24	
3 Madison Beraro	Glenview Park	24.43	

Event 102 Men 100 Meter Dash Ambulatory

West Region: 12.08 2006		Deric Kruse	
Name	School	Seed Time	
1 Jayden Grein	St. Thomas	13.57	
2 Austin Gordon	St. Benedict	14.67	
3 Hunter Graham	Walkerville	17.23	
4 Liam McEvoy	St. David	17.86	

Event 103 Women 100 Meter Dash Visually Imp.

West Region: 16.06 2014		Alexis Askin-Hunter	
Name	School	Seed Time	
1 Abbi-Lynne Dufour	ES L'Essor	29.43	

Event 104 Men 100 Meter Dash Visually Imp.

West Region: 16.03 2018		Bidhialyh Sanon	
Name	School	Seed Time	
1 Wilson Mucco	W. Ross Macdo	14.09	
2 Samuel Schreiter	Huron Park	14.90	
3 Linus Gatzten	Banting, Sir F.	14.96	
4 Maxwell Scandlan	W. Ross Macdo	15.98	
5 Logan Leclair	W. Ross Macdo	16.17	
6 Darien McFarland	W. Ross Macdo	16.33	

Event 105 Women 100 Meter Dash Intellectually Imp

West Region: 13.71 2018		Kyla Rodrigue	
Name	School	Seed Time	
1 Zoey Shantz	Woodstock Co	14.36	

OFSAA West Regionals T & F
KWTimers
Jacob Hespeler SS - 2026-05-28 to 2026-05-29
Performance List

Event 105 ... (Women 100 Meter Dash Intellectually Imp)

Name	School	Seed Time
2 Serenity Scott	Woodstock Co	15.03
3 Avary Shawnoo	St. Thomas Aquina	15.62
4 Jazzlyn Bourdeau	Westview Freedom	15.78
5 Victoria Regier	Clarke Road	18.39
6 Emily McDowell	Orangeville	18.89
7 Zwena Ahmed	Westview Freedom	19.10
8 Aleeah Wyatt	Westview Freedom	19.24
9 Elizabeth Bechtel	Waterloo	21.73
10 Neva Foley	St. Mary's Dcvi	23.88

Event 106 Men 100 Meter Dash Intellectually Imp

West Region: 12.06 2013		Peter Snider	
Name	School	Seed Time	
1 Ezekiel Kerr	Clarke Road	11.70	
2 Branson Lezinscar	Westview Freedom	12.53	
3 Kohltn Scott	Woodstock Co	13.18	
4 Ahmad Al Khaled	Westview Freedom	13.29	
5 Evan Langley-Hennessy	Beal, H.B.	13.45	
6 Quintin Steffler	St. Mary's Devi	13.57	
7 Johnathan Dapaah	St. Michael	13.87	
8 Anthony Cigan	St. Joe's-Windsor	13.95	
9 David Kelly	St. Benedict	14.36	
10 Clinton Manotham	Guelph	14.87	
11 Matyas Czegledy - Nagy	Waterloo	14.92	
12 Josh Smith	North Lambton	14.95	
13 Kaleb Nieva	Laurel Hts.	15.67	
14 Owen Curran	Guelph	15.72	
15 Youssef Alshabo	Westview Freedom	15.99	
16 Amer Safi	Bluevale	17.23	

Event 111 Women 800 Meter Run Visually Imp.

Name	School	Seed Time
1 Aya Alghali	W. Ross Macdo	3:35.72
2 Lily King	W. Ross Macdo	3:44.52

Event 112 Men 800 Meter Run Visually Imp.

Name	School	Seed Time
1 Wilson Mucco	W. Ross Macdo	2:26.77
2 Linus Gatzen	Banting, Sir F.	2:46.06
3 Darien McFarland	W. Ross Macdo	3:50.77
4 Angel Lovaton-Puga	Listowel	4:18.65

Event 113 Women 800 Meter Run Ambulatory

West Region: 2:42.97 2018		Sarah Gillies	
Name	School	Seed Time	
1 Kalea Rup	Westview Freedom	4:46.68	

Event 114 Men 800 Meter Run Ambulatory

West Region: 2:37.33 2017		Nick Heffernan	
Name	School	Seed Time	
1 Austin Gordon	St. Benedict	3:06.97	
2 Liam McEvoy	St. David	4:02.47	
3 Jayden Grein	St. Thomas	4:24.10	

Event 115 Women 800 Meter Run Intellectually Imp

West Region: 2:58.08 2025-05-30		Emma Smith	
Name	School	Seed Time	
1 Jazzlyn Bourdeau	Westview Freedom	3:04.63	
2 Zoey Shantz	Woodstock Co	3:04.65	
3 Serenity Scott	Woodstock Co	3:13.88	
4 Avary Shawnoo	St. Thomas Aquina	3:20.56	

Event 116 Men 800 Meter Run Intellectually Imp

West Region: 2:15.29 2024-06-01		Anthony Cigan	
Name	School	Seed Time	
1 Anthony Cigan	St. Joe's-Windsor	2:16.58	
2 Ahmad Al Khaled	Westview Freedom	2:23.61	
3 Moe Ahmed	Westview Freedom	2:34.65	
4 Josh Smith	North Lambton	2:35.57	
5 Kohltn Scott	Woodstock Co	2:38.22	
6 David Kelly	St. Benedict	2:40.04	
7 Branson Lezinscar	Westview Freedom	2:55.19	
8 Clinton Manotham	Guelph	3:02.25	
9 Jack MacKenzie	Goderich	3:04.82	
10 Kaleb Nieva	Laurel Hts.	3:40.79	
11 Evan Li	Laurel Hts.	4:03.98	

Event 119 Women Shot Put Visually Imp.

West Region: 3.00m 2025-05-29		Abbi-Lynne Dufour	
Name	School	Seed Mark	
1 Emma Percy	Parkside	4.89m	
2 Abbi-Lynne Dufour	ES L'Essor	3.11m	

Event 120 Men Shot Put Visually Imp.

West Region: 6.76m 2025-05-29		Samuel Schreiter	
Name	School	Seed Mark	
1 Logan Leclair	W. Ross Macdo	9.73m	
2 Samuel Schreiter	Huron Park	7.30m	
3 Linus Gatzen	Banting, Sir F.	7.14m	
4 Maxwell Scandlan	W. Ross Macdo	7.03m	

Event 121 Women Shot Put Ambulatory

West Region: 4.10m 2025-05-29		Madison Beraro	
Name	School	Seed Mark	
1 Madison Beraro	Glenview Park	4.28m	
2 Julia Zbaracki	St. A. Bessette	3.04m	
3 Kalea Rup	Westview Freedom	2.40m	

Event 122 Men Shot Put Ambulatory

West Region: 8.04m 2025-05-29		Jayden Grein	
Name	School	Seed Mark	
1 Jayden Grein	St. Thomas	9.34m	
2 Austin Gordon	St. Benedict	6.62m	

Event 123 Women Shot Put Intellectually Imp

West Region: 6.28m 2023		Sarah Summers	
Name	School	Seed Mark	
1 Zwena Ahmed	Westview Freedom	6.13m	
2 Avary Shawnoo	St. Thomas Aquina	5.85m	
3 Serenity Scott	Woodstock Co	5.74m	

OFSAA West Regionals T & F
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Performance List

Event 123 ...(Women Shot Put Intellectually Imp)

	Name	School	Seed Mark
4	Cheyenne Harman	London Central	5.53m
5	Emily Bechtel	Waterloo	4.38m
6	Neva Foley	St. Mary's Devi	4.38m
7	Emily McDowell	Orangeville	4.36m
8	Elizabeth Bechtel	Waterloo	3.52m

Event 124 Men Shot Put Intellectually Imp

West Region: 11.27m 2023		Cameron Banerjee	
	Name	School	Seed Mark
1	Matthew Prestwich	Oakridge	9.94m
2	Matthew Murga	C.C.H. - Windsor	9.61m
3	Kolton Jones	McGregor	8.19m
4	Kaleb Nieva	Laurel Hts.	7.83m
5	Kohlton Scott	Woodstock Co	7.79m
6	Amer Safi	Bluevale	7.63m
7	Owen Curran	Guelph	7.46m
8	Jack Schmidtgall	North Star	7.04m
9	David Kelly	St. Benedict	6.90m
10	Simon Hammar	Forest Heights	6.37m
11	Harrison Scott	McGregor	6.19m
12	Clinton Manotham	Guelph	5.90m
13	Quintin Steffler	St. Mary's Devi	5.50m
14	Jack MacKenzie	Goderich	4.90m
15	Channing Marchan	Clarke Road	4.49m

Event 125 Mixed 4x400 Meter Relay Open

	Team	Relay	Seed Time
1	St.Joe's-Windsor	A	3:39.79
2	Lucas, A.B.	A	3:43.98
3	Elmira	A	3:44.03
4	Waterloo-Oxford	A	3:44.40
5	Sandwich	A	3:45.42
6	St. James	A	3:45.50
7	Banting, Sir F.	A	3:46.50
8	Ursuline	A	3:47.41
9	C.C.H. - London	A	3:49.50
10	Lambton Central	A	3:50.33
11	Oakridge	A	3:51.04
12	Medway	A	3:51.19
13	Resurrection	A	3:52.14
14	St. Anne-Windsor	A	3:52.51
15	Saugeen District	A	3:52.82
16	St. David	A	3:56.56