

HWIAC - Track and Field Meet**Ray Lewis T&F Facility****Results****Women 100 Meter Dash Novice**

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Craciun, Adriana		Guido de Bre	13.46	13.68q	NWI	4
2 Atkinson, Auldyn		Westdale S.S	13.85	14.09q	NWI	4
3 Hickey, Savannah		Westmount S.	13.80	14.14q	NWI	5
4 Anderson, Ava		Westmount S.	14.08	14.17q	NWI	1
5 Martin, Amelia		Dundas Valle	14.45	14.26q	NWI	2
6 Smith, Brooklyn		Nora Frances	14.90	14.27q	NWI	2
7 Macleod, Scarlett		Westmount S.	13.93	14.39q	NWI	4
8 Omidiran, Jaiye		Hamilton Dis		14.40q	NWI	1
9 Vidal, Taniyah		Nora Frances		14.51	NWI	1
10 Dairo, Lois		Saltfleet Di	17.99	14.52	NWI	4
11 Johnson, Shaliyah		Sherwood S.S		14.55	NWI	1
12 Morris, Keziah		Guido de Bre		14.68	NWI	5
13 Simpson, Ayriana		Glendale S.S	13.90	14.72	NWI	3
14 Kingma, Shiloh		Guido de Bre		14.81	NWI	2
15 Kruis, Elsie		Ancaster Hig		14.87	NWI	3
16 Salmon, Jackaylia		Nora Frances		14.88	NWI	3
17 Nunn, Lilly		Westdale S.S		15.14	NWI	3
18 Whyte, Davina		Sherwood S.S		15.18	NWI	2
19 Kellett, Lauren		Hamilton Dis		15.28	NWI	2
20 Denhollander, Caitlin		Guido de Bre		15.30	NWI	1
21 Casciaro, Kayleigh		Dundas Valle	15.00	15.48	NWI	4
22 Henry-Francis, Janiyah		Saltfleet Di	16.83	15.61	NWI	3
23 Sommer, Lexi		Westmount S.	15.09	15.75	NWI	3
24 Brisbois, Mya		Orchard Park		15.83	NWI	3
25 Zdunich, Mia		Westdale S.S		15.83	NWI	5
26 Baker, Jada		Nora Frances		16.02	NWI	5
27 Ashour, Darin		Waterdown Di	16.01	16.02	NWI	2
28 D'Alberto, Ciana		Nora Frances		16.08	NWI	4
29 Forrest, Allie		Saltfleet Di	15.04	16.24	NWI	1
30 Iwakun, Mary		Orchard Park		16.45	NWI	2
31 Macura, Jovana		Saltfleet Di	17.55	16.50	NWI	5
32 Al-Rammahi, Maryam		Westdale S.S		17.04	NWI	2
33 Gyimah, Faith		Sherwood S.S		17.12	NWI	3
34 Nduka-Akujobi, Muna		Orchard Park		17.15	NWI	1
35 Cardona, Mikenna		Orchard Park		17.16	NWI	5
36 Botha, Danica		Orchard Park		17.45	NWI	4

Women 100 Meter Dash Novice

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Craciun, Adriana		Guido de Bre	13.68	13.46	NWI	6
2 Hickey, Savannah		Westmount S.	14.14	13.80	NWI	4
3 Atkinson, Auldyn		Westdale S.S	14.09	13.85	NWI	3
4 Macleod, Scarlett		Westmount S.	14.39	13.93	NWI	2
5 Martin, Amelia		Dundas Valle	14.26	14.00	NWI	1
6 Anderson, Ava		Westmount S.	14.17	14.05	NWI	
7 Omidiran, Jaiye		Hamilton Dis	14.40	14.23	NWI	
8 Smith, Brooklyn		Nora Frances	14.27	14.27	NWI	

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Name	Year School	Seed	Finals	Wind	H#	Points
1 Lanting, Elaina	Guido de Bre	27.67	27.67	NWI	5	6
2 Hickey, Savannah	Westmount S.	28.25	28.25	NWI	5	4
3 Speksynder, Sierra	Ancaster Hig	28.36	28.36	NWI	1	3
4 Craciun, Adriana	Guido de Bre	29.05	29.05	NWI	5	2
5 Lukasko, Ella	Dundas Valle	28.00	29.31	NWI	5	1
6 Prior-Hartman, Clara	Westmount S.	28.00	29.42	NWI	5	
7 Dairo, Lois	Saltfleet Di		30.06	NWI	2	
8 Simpson, Ayriana	Glendale S.S	30.50	30.07	NWI	5	
9 Olsen, Evelyn	Westdale S.S		30.18	NWI	4	
10 Johnson, Shaliyah	Sherwood S.S		30.55	NWI	2	
11 Tower Mondoux, Leah	Dundas Valle	30.00	30.72	NWI	5	
12 Raddatz, Mila	Ancaster Hig		31.24	NWI	3	
13 Denhollander, Caitlin	Guido de Bre		31.56	NWI	2	
14 Kingma, Shiloh	Guido de Bre		31.95	NWI	4	
15 Vidal, Taniyah	Nora Frances		31.98	NWI	3	
16 Buitenhuis, Lucy	Guido de Bre		32.12	NWI	2	
17 Harvey, Gwyn	Westmount S.		32.22	NWI	4	
18 Boateng, Mya	Orchard Park		33.85	NWI	3	
19 Somova, Anna	Westdale S.S		34.07	NWI	4	
20 Henry-Francis, Janiyah	Saltfleet Di		34.56	NWI	4	
21 Bylsma, Kailey	Westdale S.S		35.79	NWI	3	
22 Iwakun, Mary	Orchard Park		36.76	NWI	4	
23 Baker, Jada	Nora Frances		38.43	NWI	3	
24 Ardell, Artizia	Sherwood S.S		39.93	NWI	3	

Women 400 Meter Dash Novice

Name	Year School	Seed	Finals	H#	Points
1 Lanting, Elaina	Guido de Bre	1:03.16	1:03.16	3	6
2 Dziejewicz, Eva	Sherwood S.S	1:04.60	1:04.60	1	4
3 Speksynder, Sierra	Ancaster Hig	1:05.25	1:05.25	1	3
4 Lukasko, Ella	Dundas Valle	1:07.31	1:07.31	3	2
5 Cucuz, Eva	Saltfleet Di		1:07.46	2	1
6 Schulenberg, Audrey	Guido de Bre	1:08.00	1:08.66	3	
7 Oakes, Carly	Ancaster Hig		1:09.17	2	
8 Morris, Keziah	Guido de Bre		1:11.22	2	
9 Tower Mondoux, Leah	Dundas Valle	1:07.00	1:11.26	3	
10 Orr, Avery	Westmount S.	1:25.00	1:12.88	3	
11 Richardson, Gwen	Nora Frances	1:07.00	1:14.27	3	
12 Peace, Jordyn	Nora Frances		1:16.02	1	
13 Johnsy Kurian, Leia	Westmount S.		1:16.33	2	
14 Ashour, Darin	Waterdown Di		1:17.09	1	
15 Talpade, Arya	Westdale S.S		1:20.60	2	
16 Henry-Francis, Janiyah	Saltfleet Di		1:24.07	1	
17 Botha, Danica	Orchard Park		1:34.37	2	

Women 800 Meter Run Novice

Name	Year School	Seed	Finals	Points
1 Schulenberg, Victoria	Guido de Bre	2:30.47	2:30.47	6
2 Alden, Calla	Ancaster Hig	2:38.42	2:38.42	4

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3 Cucuz, Eva	Saltfleet Di	2:39.96	2:39.96	3
4 Lukasko, Ella	Dundas Valle	2:41.38	2:41.38	2
5 Oakes, Carly	Ancaster Hig		2:51.27	1
6 Richardson, Gwen	Nora Frances	2:55.00	2:52.73	
7 Orr, Avery	Westmount S.		2:57.02	
8 Lewis, Kalisa	Westdale S.S		2:59.62	
9 Patton, Ava	Dundas Valle	3:00.00	3:01.36	
10 Feir, Leah	Sherwood S.S		3:01.51	
11 Barlow, Ella	Sir Allan Ma	3:10.00	3:02.39	
12 Talpade, Arya	Westdale S.S		3:12.27	
13 Vandenberg, Sarah	Guido de Bre		3:27.32	
14 Tran, Tina	Westdale S.S		3:45.25	
15 Hoang, Leah	Sir Winston		4:00.58	

Women 1500 Meter Run Novice

Name	Year School	Seed	Finals	Points
1 Schulenberg, Victoria	Guido de Bre	5:05.50	5:05.50	6
2 Cucuz, Eva	Saltfleet Di	5:21.69	5:21.69	4
3 Alden, Calla	Ancaster Hig	5:25.43	5:25.43	3
4 Hannaford, Hunter	Bernie Custi	5:26.01	5:26.01	2
5 Raymond, Libby	Westmount S.	5:35.00	5:44.36	1
6 Graham, Emmerson	Westdale S.S		5:48.76	
7 Richardson, Gwen	Nora Frances	5:55.00	5:53.17	
8 Harper, Lila	Dundas Valle	6:00.00	5:54.47	
9 Robinson, Brooklyn	Dundas Valle	5:55.00	6:00.94	
10 Carrigan, Ella	Westmount S.	5:55.00	6:11.04	
11 Barlow, Ella	Sir Allan Ma	7:11.00	7:20.31	
12 Vandenberg, Sarah	Guido de Bre		7:38.10	
13 Tran, Tina	Westdale S.S		8:06.10	
14 Hoang, Leah	Sir Winston		8:18.65	
15 Fattal, Rans	Sir Winston		8:18.97	

Women 3000 Meter Run Novice

Name	Year School	Seed	Finals	Points
1 Harper, Lila	Dundas Valle	11:55.01	11:55.01	
2 Kowalski, Chloe	Dundas Valle	12:51.67	12:51.67	

Women 80 Meter Hurdles Novice

Name	Year School	Seed	Prelims	Wind
Preliminaries				
1 Shah, Tahira	Nora Frances	15.08	15.08q	NWI
2 Casciaro, Kayleigh	Dundas Valle	16.01	16.01q	NWI
3 Thiessen, Elaura	Hamilton Dis	16.22	16.22q	NWI
4 Kellett, Lauren	Hamilton Dis	16.63	16.63q	NWI
5 Pepper Curtain, Violet	Dundas Valle	18.00	16.88q	NWI
6 Gillis, Sofie	Dundas Valle	18.00	17.64q	NWI

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Women 80 Meter Hurdles Novice

Name	Year School	Prelims	Finals	Wind	Points
Finals					
1 Shah, Tahira	Nora Frances	15.08	15.08	NWI	6
2 Casciaro, Kayleigh	Dundas Valle	16.01	16.01	NWI	4
3 Thiessen, Elaura	Hamilton Dis	16.22	16.22	NWI	3
4 Kellett, Lauren	Hamilton Dis	16.63	16.63	NWI	2
5 Pepper Curtain, Violet	Dundas Valle	16.88	16.88	NWI	1
6 Gillis, Sofie	Dundas Valle	17.64	17.64	NWI	

Women 300 Meter Hurdles Novice

Name	Year School	Seed	Finals	Points
1 Lanting, Elaina	Guido de Bre	50.78	50.78	6
2 Shah, Tahira	Nora Frances	51.03	51.03	4
3 Peppercurtain, Violet	Dundas Valle	58.15	58.15	3
4 Hulzebosch, Charlotte	Guido de Bre	59.51	59.51	2
5 Gillis, Sofie	Dundas Valle	55.00	59.66	1
6 Witten, Vera	Guido de Bre		1:00.09	

Women 4x100 Meter Relay Novice

School	Seed	Finals	H#	Points
1 Westmount S.S. - Hwdsb	55.69	55.69	2	6
1) Macleod, Scarlett				
3) Prior-Hartman, Clara				
2) Anderson, Ava				
4) Hickey, Savannah				
2 Ancaster High School - Hwdsb	56.86	56.86	1	4
3 Guido de Bres C.H.S - Hwdsb	57.00	57.00	2	3
4 Westdale S.S. - Hwdsb	57.64	57.64	1	2
5 Dundas Valley S.S. - Hwdsb	58.00	57.84	2	1
6 Hamilton District C.H.S. - Hwd		59.96	1	
7 Nora Frances Henderson S.S. -		1:02.46	2	
8 Saltfleet District - Hwdsb	1:02.00	1:02.80	2	
1) Forrest, Allie				
3) Macura, Jovana				
2) Henry-Francis, Janiyah				
4) Dairo, Lois				
9 Orchard Park S.S. - Hwdsb		1:04.28	1	
1) Boateng, Mya				
3) Cardona, Mikenna				
2) Brisbois, Mya				
4) Cermjani, Arnisa				

Women High Jump Novice

Name	Year School	Seed	Finals	Points
1 Kampen, Paige	Guido de Bre	1.35m	1.35m	6
2 Hannaford, Hunter	Bernie Custi	1.35m	J1.35m	4
3 Schulenberg, Audrey	Guido de Bre	1.35m	J1.35m	3
4 Reynolds, Georgia	Hamilton Dis	1.30m	1.30m	2
5 Nimijohn, Olivia	Dundas Valle		1.25m	0.50
5 Macleod, Scarlett	Westmount S.		J1.15m	0.50

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Women Long Jump Novice

Name	Year School	Seed	Finals	Wind	Points
1 Shah, Tahira	Nora Frances	4.36m	4.36m	NWI	6
2 Dziejewicz, Eva	Sherwood S.S	4.30m	4.30m	NWI	4
3 Hannaford, Hunter	Bernie Custi	4.28m	4.28m	NWI	3
4 Buitenhuis, Lucy	Guido de Bre	4.10m	4.10m	NWI	2
5 Kellett, Lauren	Hamilton Dis		3.92m	NWI	1
6 Morris, Keziah	Guido de Bre		3.89m	NWI	
7 Nimijohn, Olivia	Dundas Valle		3.80m	NWI	
8 Thiessen, Elaura	Hamilton Dis		3.49m	NWI	
9 Guo, Emily	Westmount S.		3.48m	NWI	
10 Macleod, Scarlett	Westmount S.		3.27m	NWI	
11 Bao, Bella	Westmount S.		3.10m	NWI	
12 Al-Rammahi, Maryam	Westdale S.S		2.75m	NWI	

Women Triple Jump Novice

Name	Year School	Seed	Finals	Wind	Points
1 Nimijohn, Olivia	Dundas Valle	7.98m	7.98m	NWI	6
2 Kampen, Paige	Guido de Bre	7.89m	7.89m	NWI	4
3 Witten, Vera	Guido de Bre	7.31m	7.31m	NWI	3
4 Buitenhuis, Lucy	Guido de Bre	6.31m	6.31m	NWI	2

Women Shot Put Novice

Name	Year School	Seed	Finals	Points
1 Harris, Jillian	Hamilton Dis	10.05m	10.05m	6
2 Nduka-Akujobi, Muna	Orchard Park	9.38m	9.38m	4
3 Thiessen, Elaura	Hamilton Dis	9.12m	9.12m	3
4 Hulzebosch, Charlotte	Guido de Bre	8.93m	8.93m	2
5 Nichols, Josilyn	Ancaster Hig		8.80m	1
6 Cermjani, Arnisa	Orchard Park		8.62m	
7 Brown, Kassandra	Dundas Valle		8.53m	
8 Martin, Amelia	Dundas Valle		8.34m	
9 Temple, Brynn	Guido de Bre		7.98m	
10 Kim, Sonita	Orchard Park		7.26m	
11 Dean, Willow	Hamilton Dis		7.03m	
12 Thompson, Libby	Orchard Park		6.93m	
13 Bao, Bella	Westmount S.		6.76m	
14 Nowak, Peyton	Dundas Valle		6.70m	
15 Forrest, Allie	Saltfleet Di		6.49m	
16 Crooks, Heidi Marie	Westmount S.		5.43m	

Women Discus Throw Novice

Name	Year School	Seed	Finals	Points
1 Harris, Jillian	Hamilton Dis	22.92m	22.92m	6
2 Hulzebosch, Charlotte	Guido de Bre	18.92m	18.92m	4
3 Horvath, Peyton	Ancaster Hig	18.70m	18.70m	3
4 Nowak, Peyton	Dundas Valle	18.68m	18.68m	2
5 Brown, Kassandra	Dundas Valle		16.73m	1
6 Warriar, Elika	Dundas Valle		16.58m	

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7 Temple, Brynn	Guido de Bre	16.24m
8 Gibson, Paige	Dundas Valle	16.03m
9 Crooks, Heidi Marie	Westmount S.	6.94m

Women Javelin Throw Novice

Name	Year School	Seed	Finals	Points
1 Horvath, Peyton	Ancaster Hig	27.04m	27.04m	6
2 Nowak, Peyton	Dundas Valle	26.45m	26.45m	4
3 Harris, Jillian	Hamilton Dis	25.83m	25.83m	3
4 Martin, Amelia	Dundas Valle	25.80m	25.80m	2
5 Dziejwierz, Eva	Sherwood S.S		25.23m	1
6 Mrmak, Mila	Ancaster Hig		23.68m	
7 Gibson, Paige	Dundas Valle		23.12m	
8 Johnson, Shaliyah	Sherwood S.S		22.24m	
9 Kampen, Paige	Guido de Bre		20.65m	
10 Kim, Sonita	Orchard Park		20.55m	
11 Temple, Brynn	Guido de Bre		19.30m	
12 Warriian, Elika	Dundas Valle		18.27m	
13 Thompson, Libby	Orchard Park		16.66m	
14 Raddatz, Mila	Ancaster Hig		15.67m	
15 Dean, Willow	Hamilton Dis		14.35m	
16 Brown, Kassie	Dundas Valle		13.75m	
17 Bao, Bella	Westmount S.		11.65m	
18 Forrest, Allie	Saltfleet Di		11.62m	
19 Crooks, Heidi Marie	Westmount S.		8.00m	

Women 100 Meter Dash Junior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Kirkopoulos, Eleni	Ancaster Hig	13.41	13.54q	NWI	2
2 Kent, Meghan	Saltfleet Di	13.38	13.79q	NWI	3
3 Da Silva, Keira	Saltfleet Di	13.40	13.85q	NWI	4
4 Castillo Silver, Brittin	Westdale S.S	14.34	14.51q	NWI	3
5 Wardell, Carly	Westmount S.		14.67q	NWI	1
6 Penzhorn, Ella	Waterdown Di	14.90	14.71q	NWI	4
7 Cukier, Hannah	Saltfleet Di	15.74	14.81q	NWI	3
8 Mans, Mckenna	Guido de Bre		14.94q	NWI	3
9 Boverhof, Maddison	Hamilton Dis		14.97	NWI	2
10 Adshade, Isabella	Glendale S.S	14.00	15.00	NWI	2
11 Atitebi, Rafiat	Orchard Park		15.11	NWI	1
12 Otegbeye, Niniola	Westmount S.	15.05	15.19	NWI	2
13 Burak, Avery	Westdale S.S		15.21	NWI	1
14 Kostic, Jana	Orchard Park		15.21	NWI	4
15 Brooks, Elayna	Westmount S.	15.05	15.29	NWI	1
16 Hunt, Jocelyn	Westdale S.S		15.30	NWI	4
17 Golumbeanu, Alexia	Sir Winston		15.73	NWI	4
18 Zhu, Ella	Nora Frances		15.82	NWI	3
19 Vuu, Mia	Westdale S.S		16.28	NWI	3
20 Andrinopoulos, Rebekah	Glendale S.S	15.00	16.58	NWI	2
21 Aluko, Semilore	Saltfleet Di	16.62	16.58	NWI	4
22 Poole, Skylar	Nora Frances		16.80	NWI	2

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23 Berisha, Blerta	Nora Frances		17.28	NWI	1
24 Chum, Julia	Sherwood S.S		17.30	NWI	3
25 Mann-Thomas, Maliyah	Nora Frances		17.43	NWI	2
26 Tang, Alexis	Glendale S.S	15.00	17.55	NWI	3
27 Noble, Kara	Glendale S.S	15.00	17.69	NWI	1
28 Hardial, Aarya	Orchard Park		17.94	NWI	4
29 Subramanian, Bethany	Sherwood S.S		18.13	NWI	2
-- Rivoire, Aimy	Waterdown Di		DNF	NWI	4

Women 100 Meter Dash Junior

Name	Year School	Prelims	Finals	Wind	Points
Finals					
1 Kent, Meghan	Saltfleet Di	13.79	13.38	NWI	6
2 Da Silva, Keira	Saltfleet Di	13.85	13.40	NWI	4
3 Kirkopoulos, Eleni	Ancaster Hig	13.54	13.41	NWI	3
4 Castillo Silver, Brittin	Westdale S.S	14.51	14.34	NWI	2
5 Wardell, Carly	Westmount S.	14.67	14.50	NWI	1
6 Mans, Mckenna	Guido de Bre	14.94	14.53	NWI	
7 Penzhorn, Ella	Waterdown Di	14.71	14.59	NWI	
8 Cukier, Hannah	Saltfleet Di	14.81	14.68	NWI	

Women 200 Meter Dash Junior

Name	Year School	Seed	Finals	Wind	H#	Points
1 Rybka, Gaby	Nora Frances	28.04	28.04	NWI	3	6
2 Kirkopoulos, Eleni	Ancaster Hig	28.27	28.27	NWI	1	4
3 Kent, Meghan	Saltfleet Di	28.31	28.31	NWI	2	3
4 Da Silva, Keira	Saltfleet Di	28.40	28.40	NWI	2	2
5 Marcellin, Shelisse	Nora Frances	29.20	28.72	NWI	3	1
6 Orlic, Leia	Westmount S.	32.05	30.24	NWI	3	
7 Mans, Mckenna	Guido de Bre		30.72	NWI	2	
8 Cukier, Hannah	Saltfleet Di		30.78	NWI	2	
9 Wardell, Carly	Westmount S.		30.84	NWI	1	
10 Adshade, Isabella	Glendale S.S	31.00	31.06	NWI	3	
11 Kostic, Jana	Orchard Park		31.41	NWI	1	
12 Habermehl, Emma	Waterdown Di	32.08	31.68	NWI	3	
13 Castillo Silver, Brittin	Westdale S.S		33.54	NWI	1	
14 Stewart-Green, Jahzara	Nora Frances		35.66	NWI	1	
15 Omer, Jinan	Westdale S.S		44.35	NWI	2	

Women 400 Meter Dash Junior

Name	Year School	Seed	Finals	Points
1 Baier, Veronica	Dundas Valle	1:02.24	1:02.24	6
2 Kent, Meghan	Saltfleet Di	1:04.55	1:04.55	4
3 Da Silva, Keira	Saltfleet Di	1:05.81	1:05.81	3
4 Orlic, Leia	Westmount S.	1:08.45	1:08.45	2
5 Dodman, Kate	Orchard Park		1:14.48	1
6 Martens, Carilee	Orchard Park		1:14.94	
7 Boverhof, Maddison	Hamilton Dis		1:15.48	

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Name	Year School	Seed	Finals	Points
1 Roche, Bree	Dundas Valle	2:22.49	2:22.49	6
2 Baier, Veronica	Dundas Valle	2:23.65	2:23.65	4
3 Feenstra, Talia	Guido de Bre	2:29.96	2:29.96	3
4 Benton Kearney, Anwen	Saltfleet Di	2:35.38	2:35.38	2
5 Habermehl, Emma	Waterdown Di	2:59.00	2:52.81	1
6 Davis, Addy	Saltfleet Di		2:59.66	
7 Sayej, Luisa	Glendale S.S	3:00.00	3:12.93	
8 Pawley, Addy	Sir Winston		3:14.71	

Women 1500 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 Roche, Bree	Dundas Valle	4:55.26	4:55.26	6
2 Smith, Eva	Sherwood S.S	5:16.82	5:16.82	4
3 Aird, Olena	Dundas Valle	5:35.89	5:35.89	3
4 Habermehl, Emma	Waterdown Di	6:10.54	6:10.54	2
5 Robinson, Payton	Westmount S.	6:22.00	6:17.92	1
6 Singh, Ireland	Westdale S.S		6:21.78	
7 Douglas, Georgia	Westdale S.S		6:24.85	
8 Yang, Claire	Sherwood S.S		6:31.42	
9 Sayej, Luisa	Glendale S.S	6:30.00	6:42.51	
10 D'Angelo, Anneliese	Hamilton Dis		7:18.42	

Women 3000 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 Field, Aaliyah	Westdale S.S	10:58.14	10:58.14	6
2 Smith, Eva	Sherwood S.S	11:33.27	11:33.27	4
3 Feenstra, Talia	Guido de Bre	12:23.84	12:23.84	3
4 Sayej, Luisa	Glendale S.S	15:13.00	15:13.00	2

Women 80 Meter Hurdles Junior

Name	Year School	Seed	Prelims	Wind H#
Preliminaries				
1 Mohart, Alex	Dundas Valle	12.71	12.71q	NWI 2
2 Rybka, Gaby	Nora Frances	13.53	13.53q	NWI 2
3 Marcellin, Shelisse	Nora Frances	14.16	14.16q	NWI 2
4 Barrett, Naomi	Westdale S.S	15.28	15.28q	NWI 2
5 Agnew, Sarah	Orchard Park		15.96q	NWI 1
6 Stetson, Hannah	Ancaster Hig		17.69q	NWI 1
7 Heaver, Estelle	Glendale S.S		18.26q	NWI 1
8 Dhinsa, Savaira	Orchard Park		19.52q	NWI 1

Women 80 Meter Hurdles Junior

Name	Year School	Prelims	Finals	Wind Points
Finals				
1 Mohart, Alex	Dundas Valle	12.71	12.71	NWI 6

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...Women 80 Meter Hurdles Junior

2 Rybka, Gaby	Nora Frances	13.53	13.53	NWI	4
3 Marcellin, Shelisse	Nora Frances	14.16	14.16	NWI	3
4 Barrett, Naomi	Westdale S.S	15.28	15.28	NWI	2
5 Agnew, Sarah	Orchard Park	15.96	15.96	NWI	1
6 Stetson, Hannah	Ancaster Hig	17.69	17.69	NWI	
7 Heaver, Estelle	Glendale S.S	18.26	18.26	NWI	
8 Dhinsa, Savaira	Orchard Park	19.52	19.52	NWI	

Women 300 Meter Hurdles Junior

Name	Year School	Seed	Finals	H#	Points
1 Mohart, Alex	Dundas Valle	48.33	48.33	2	6
2 Rybka, Gaby	Nora Frances	49.78	49.78	2	4
3 Marcellin, Shelisse	Nora Frances	52.33	52.33	2	3
4 Benton Kearney, Anwen	Saltfleet Di	54.89	54.89	2	2
5 Barrett, Naomi	Westdale S.S		57.89	2	1
6 Gummerson, Autumn	Westdale S.S		58.64	2	
7 Stetson, Hannah	Ancaster Hig		1:00.77	1	
8 Davis, Addy	Saltfleet Di		1:01.04	1	
9 Cukier, Hannah	Saltfleet Di		1:01.18	1	
10 Heaver, Estelle	Glendale S.S		1:03.55	1	

Women 4x100 Meter Relay Junior

School	Seed	Finals	H#	Points
1 Nora Frances Henderson S.S. -	55.17	55.17	1	6
2 Saltfleet District - Hwdsb	57.27	57.27	2	4
1) Da Silva, Keira				
3) Masters, Mackenzie				
2) Benton Kearney, Anwen				
4) Cukier, Hannah				
3 Ancaster High School - Hwdsb	57.67	57.67	2	3
4 Guido de Bres C.H.S - Hwdsb	58.62	58.62	1	2
5 Westmount S.S. - Hwdsb	1:00.09	58.91	2	1
1) Wardell, Carly				
3) Orlic, Leia				
2) Otegbeye, Niniola				
4) Brooks, Elayna				
6 Glendale S.S. - Hwdsb	58.00	59.62	2	
7 Orchard Park S.S. - Hwdsb		1:01.26	1	
1) Agnew, Sarah				
3) Dhinsa, Savaira				
2) Atitebi, Rafiat				
4) Nduka-Akujobi, Muna				

Women High Jump Junior

Name	Year School	Seed	Finals	Points
1 Mohart, Alex	Dundas Valle	1.45m	1.45m	6
2 Vanraalte, Elicia	Guido de Bre	1.40m	1.40m	4
3 Feenstra, Talia	Guido de Bre	1.30m	1.30m	3
4 Hall, Ellie	Dundas Valle	1.30m	J1.30m	2
5 Dejong, Mikenna	Guido de Bre		1.20m	1

HWIAC - Track and Field Meet
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Women Long Jump Junior

Name	Year	School	Seed	Finals	Wind	Points
1 Fraser, Abbey		Ancaster Hig	4.66m	4.66m	NWI	6
2 Vanraalte, Elicia		Guido de Bre	4.18m	4.18m	NWI	4
3 Golumbeanu, Alexia		Sir Winston	3.93m	3.93m	NWI	3
4 Vanderwal, Teagan		Guido de Bre	3.90m	3.90m	NWI	2
5 Smith, Rylee		Ancaster Hig		J3.90m	NWI	1
6 Agnew, Sarah		Orchard Park		3.64m	NWI	
7 Dejong, Mikenna		Guido de Bre		2.96m	NWI	
8 Aluko, Semilore		Saltfleet Di		2.51m	NWI	
9 Noble, Kara		Glendale S.S		2.43m	NWI	
10 Tang, Alexis		Glendale S.S		2.03m	NWI	

Women Triple Jump Junior

Name	Year	School	Seed	Finals	Wind	Points
1 Fraser, Abbey		Ancaster Hig	9.79m	9.79m	NWI	6
2 Smith, Rylee		Ancaster Hig	8.56m	8.56m	NWI	4
3 Vanhof, Miriam		Guido de Bre	8.25m	8.25m	NWI	3
4 Vanderwal, Teagan		Guido de Bre	8.15m	8.15m	NWI	2
5 Hall, Ellie		Dundas Valle		8.11m	NWI	1
6 Davis, Addy		Saltfleet Di		7.41m	NWI	
7 Dejong, Mikenna		Guido de Bre		7.26m	NWI	

Women Shot Put Junior

Name	Year	School	Seed	Finals	Points
1 Hulleman, Lily		Guido de Bre	9.03m	9.03m	6
2 Masters, Mackenzie		Saltfleet Di	9.00m	9.00m	4
3 Manfredi, Delaney		Orchard Park	8.76m	8.76m	3
4 Schmidt, Elenore		Westmount S.	8.73m	8.73m	2
5 Philipo, Shaela		Dundas Valle		8.50m	1
6 Lott, Bree		Westdale S.S		8.44m	
7 Vanhof, Miriam		Guido de Bre		8.13m	
8 Danis, Neela		Waterdown Di		7.90m	
9 Daniels, Lindsey		Waterdown Di		7.30m	
10 Alibarka, Tafiti		Westdale S.S		7.07m	
11 Scholtens, Olivia		Guido de Bre		6.87m	
12 Vantuyl, Adriana		Westdale S.S		6.75m	
13 Buljubasic, Anita		Orchard Park		5.88m	
14 Liscombe, Claire		Westdale S.S		5.58m	

Women Discus Throw Junior

Name	Year	School	Seed	Finals	Points
1 Hulleman, Lily		Guido de Bre	23.69m	23.69m	6
2 Dunford, Bailey		Ancaster Hig	21.95m	21.95m	4
3 Schmidt, Elenore		Westmount S.	20.25m	20.25m	3
4 Scholtens, Olivia		Guido de Bre	17.70m	17.70m	2
5 Vanhof, Miriam		Guido de Bre		17.13m	1
6 Philipo, Shaela		Dundas Valle		16.86m	

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Women Javelin Throw Junior

Name	Year School	Seed	Finals	Points
1 Philipo, Shaela	Dundas Valle	27.60m	27.60m	6
2 Masters, Mackenzie	Saltfleet Di	26.55m	26.55m	4
3 Vanraalte, Elicia	Guido de Bre	25.62m	25.62m	3
4 Ljubicic, Mila	Orchard Park	20.47m	20.47m	2
5 Andrinopoulos, Rebekah	Glendale S.S		20.07m	1
6 Hulleman, Lily	Guido de Bre		19.99m	
7 Schmidt, Elenore	Westmount S.		17.66m	
8 Mileski, Stella	Sherwood S.S		16.03m	
9 Alibarka, Tafiti	Westdale S.S		15.05m	
10 Liscombe, Claire	Westdale S.S		14.32m	
11 Vantuyl, Adriana	Westdale S.S		13.66m	

Women 100 Meter Dash Senior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Arnes, Callie	Dundas Valle	12.52	12.86q	NWI	1
2 Smid, Kara	Guido de Bre	12.77	12.87q	NWI	5
3 Murdoch, Elsie	Ancaster Hig	12.90	13.07q	NWI	5
4 Phansavath, Jasmine	Ancaster Hig		13.31q	NWI	4
5 Kent, Hannah	Saltfleet Di	13.18	13.34q	NWI	4
6 Sowunmi, Tunmise	Sherwood S.S		13.44q	NWI	4
7 Janicas, Cassandra	Westmount S.	13.05	13.51q	NWI	3
8 Ostermeier, Kari	Westmount S.	13.09	13.83q	NWI	2
9 Mohart, Gabrielle	Dundas Valle	13.55	13.99	NWI	2
10 McKellar, Amaya	Sherwood S.S		14.04	NWI	5
11 Kao, Alice	Glendale S.S	13.09	14.07	NWI	4
12 Valle, Taylor	Saltfleet Di	14.68	14.33	NWI	1
13 Wilcox, Ivory	Saltfleet Di	14.61	14.37	NWI	5
14 Francis, Tanejah	Saltfleet Di	14.94	14.41	NWI	3
15 Mrmak, Danica	Ancaster Hig		14.58	NWI	1
16 Vanbrederode, Jenna	Guido de Bre		14.72	NWI	1
17 Bramwell, Alexa	Westdale S.S		14.76	NWI	5
18 Ritchie, Evie	Westmount S.	15.00	14.81	NWI	5
19 Galer, Cheyenne	Dundas Valle		15.02	NWI	3
20 Layton, Layla	Sherwood S.S		15.14	NWI	2
21 Chohan, Abeer	Sir Allan Ma	15.50	15.16	NWI	2
22 Speziale, Chloe	Westmount S.	16.00	15.47	NWI	4
23 Dairo, Tolu	Saltfleet Di		15.54	NWI	2
24 Pirie, Avery	Ancaster Hig		15.62	NWI	2
25 Hastings-Speck, Madelein	Westdale S.S		15.74	NWI	1
26 Sayej, Sofia	Glendale S.S	14.50	15.99	NWI	3
27 Paronuzzi, Avery	Waterdown Di	15.06	16.05	NWI	3
28 Isaacs, Finn	Nora Frances		16.11	NWI	4
29 Cunha, Cecilia	Waterdown Di		16.12	NWI	1
30 Kerr, Olivia	Westdale S.S		18.11	NWI	4
31 Grace, Samantha	Waterdown Di		19.12	NWI	5

HWIAC - Track and Field Meet
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Women 100 Meter Dash Senior

Name	Year School	Prelims	Finals	Wind	Points
Finals					
1 Armes, Callie	Dundas Valle	12.86	12.52	NWI	6
2 Smid, Kara	Guido de Bre	12.87	12.77	NWI	4
3 Murdoch, Elsie	Ancaster Hig	13.07	12.90	NWI	3
4 Kent, Hannah	Saltfleet Di	13.34	13.18	NWI	2
5 Phansavath, Jasmine	Ancaster Hig	13.31	13.27	NWI	1
6 Janicas, Cassandra	Westmount S.	13.51	13.39	NWI	
7 Sowunmi, Tunmise	Sherwood S.S	13.44	13.49	NWI	
8 Ostermeier, Kari	Westmount S.	13.83	13.82	NWI	

Women 200 Meter Dash Senior

Name	Year School	Seed	Finals	Wind	H#	Points
1 Gravesande, Simone	Westdale S.S	24.83	24.83	NWI	5	6
2 Smid, Kara	Guido de Bre	26.65	26.65	NWI	5	4
3 Murdoch, Elsie	Ancaster Hig	27.51	27.51	NWI	5	3
4 Phansavath, Jasmine	Ancaster Hig	28.07	28.07	NWI	1	2
5 Sowunmi, Tunmise	Sherwood S.S		28.36	NWI	3	1
6 Pielechaty, Jasmine	Westmount S.	29.05	28.41	NWI	4	
7 Piecuch, Mya	Dundas Valle	28.00	28.61	NWI	5	
8 Janicas, Cassandra	Westmount S.	27.05	28.72	NWI	5	
9 Laing-Howard, Riley	Westmount S.	28.05	29.00	NWI	5	
10 Kao, Alice	Glendale S.S	32.00	29.50	NWI	4	
11 Bernal, Tayanna	Westmount S.	29.05	29.72	NWI	4	
12 Shott, Amelia	Ancaster Hig		30.12	NWI	1	
13 Francis, Tanejah	Saltfleet Di		30.34	NWI	2	
14 Bramwell, Alexa	Westdale S.S		30.54	NWI	4	
15 Chohan, Abeer	Sir Allan Ma		31.34	NWI	1	
16 Lopez Selkin, Rubi	Sir Allan Ma		31.40	NWI	3	
17 Ardeljan, Andrea	Ancaster Hig		31.56	NWI	2	
18 Galer, Cheyenne	Dundas Valle	32.00	31.61	NWI	4	
19 Pirie, Avery	Ancaster Hig		31.92	NWI	4	
20 Ramdhan, Amoiyah	Sherwood S.S		32.82	NWI	2	
21 Sayej, Sofia	Glendale S.S	33.00	33.84	NWI	4	
22 Griffiths-Baldwin, Arrya	Saltfleet Di		35.28	NWI	1	

Women 400 Meter Dash Senior

Name	Year School	Seed	Finals	H#	Points
1 Gravesande, Simone	Westdale S.S	57.17	57.17	2	6
2 Armes, Callie	Dundas Valle	1:03.20	1:03.20	3	4
3 St. Aubin, Maggie	Dundas Valle	1:06.35	1:06.35	3	3
4 Piecuch, Mya	Dundas Valle	1:06.38	1:06.38	3	2
5 Vandenbeukel, Sara	Guido de Bre	1:06.00	1:06.80	3	1
6 Fairley, Annika	Dundas Valle	1:04.00	1:07.96	3	
7 Kennedy, Aila	Nora Frances	1:08.00	1:08.46	3	
8 Lounsbury, Madelyn	Westdale S.S		1:08.72	2	
9 Sowunmi, Tunmise	Sherwood S.S		1:09.41	2	
10 Cucuz, Ivana	Saltfleet Di		1:11.11	2	
11 Lopez Selkin, Rubi	Sir Allan Ma		1:11.70	2	
12 Francis, Tanejah	Saltfleet Di		1:12.30	1	

HWIAC - Track and Field Meet
Ray Lewis T&F Facility
Results

...Women 400 Meter Dash Senior

13 Ramdhan, Amoiyah	Sherwood S.S	1:18.06	1
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Women 800 Meter Run Senior

Name	Year School	Seed	Finals	Points
1 Deklerk, Morgan	Guido de Bre	2:22.88	2:22.88	6
2 Lanting, Hannah	Guido de Bre	2:23.64	2:23.64	4
3 Lounsbury, Madelyn	Westdale S.S	2:39.07	2:39.07	3
4 Griffiths, Claire	Ancaster Hig	2:39.60	2:39.60	2
5 Lof, Moriah	Guido de Bre	2:47.00	2:43.93	1
6 Kennedy, Aila	Nora Frances		2:56.46	
7 Reidy, Abigail	Saltfleet Di		3:05.94	
8 Sanchez-Caicedo, Gabriel	Ancaster Hig		3:06.77	
9 Hinrichs, Addy	Sir Winston		3:14.64	
10 Berisha, Lorita	Nora Frances	3:10.00	3:22.33	

Women 1500 Meter Run Senior

Name	Year School	Seed	Finals	Points
1 Gupta, Julia	Dundas Valle	5:11.90	5:11.90	6
2 Masse, Kaitlyn	Ancaster Hig	5:17.91	5:17.91	4
3 Pribyl, Abiella	Westdale S.S	5:23.11	5:23.11	3
4 Griffiths, Claire	Ancaster Hig	5:28.35	5:28.35	2
5 Lof, Moriah	Guido de Bre		5:29.71	1
6 Dufresne, Devyn	Waterdown Di		5:38.47	
7 Reidy, Abigail	Saltfleet Di	6:24.00	6:22.07	
8 Sidi Amar, Manar	Glendale S.S	6:00.00	6:28.55	
9 Dykema, Brenna	Guido de Bre		6:30.47	
10 Edl, Peyton	Waterdown Di	7:30.00	6:38.01	
11 Uretsky, Liah	Waterdown Di		6:39.56	
12 Row, Megan	Waterdown Di	7:50.00	6:59.42	

Women 3000 Meter Run Senior

Name	Year School	Seed	Finals	Points
1 Gupta, Julia	Dundas Valle	10:53.76	10:53.76	6
2 Masse, Kaitlyn	Ancaster Hig	11:26.08	11:26.08	4
3 Pribyl, Abiella	Westdale S.S	11:46.15	11:46.15	3
4 Dufresne, Devyn	Waterdown Di	12:21.62	12:21.62	2
5 Mason, Isla	Dundas Valle	11:30.00	12:33.83	1
6 Woikin, Patricia	Sir Winston		14:23.48	

Women 100 Meter Hurdles Senior

Name	Year School	Seed	Prelims	Wind H#
Preliminaries				
1 Folkens, Claudia	Westmount S.	16.12	16.12q	NWI 2
2 Metham, Parker	Dundas Valle	17.02	17.02q	NWI 2
3 Wilcox, Ivory	Saltfleet Di	18.66	18.66q	NWI 2
4 Vanbrederode, Jenna	Guido de Bre	18.82	18.82q	NWI 1
5 Cucuz, Ivana	Saltfleet Di	18.03	18.99q	NWI 2

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6	Kao, Alice	Glendale S.S	19.00	19.13q	NWI	2
7	Dabor, Abby	Saltfleet Di		21.32q	NWI	1
8	Marshall, Olivia	Sir Winston		21.43q	NWI	1
9	Griffiths-Baldwin, Arrya	Saltfleet Di		23.71	NWI	1
10	Watson, Evelyn	Orchard Park		42.99	NWI	1

Women 100 Meter Hurdles Senior

Name	Year School	Prelims	Finals	Wind	Points
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Finals

1	Folkens, Claudia	Westmount S.	16.12	16.12	NWI	6
2	Metham, Parker	Dundas Valle	17.02	17.02	NWI	4
3	Wilcox, Ivory	Saltfleet Di	18.66	18.66	NWI	3
4	Vanbrederode, Jenna	Guido de Bre	18.82	18.82	NWI	2
5	Cucuz, Ivana	Saltfleet Di	18.99	18.99	NWI	1
6	Kao, Alice	Glendale S.S	19.13	19.13	NWI	
7	Dabor, Abby	Saltfleet Di	21.32	21.32	NWI	
8	Marshall, Olivia	Sir Winston	21.43	21.43	NWI	

Women 400 Meter Hurdles Senior

Name	Year School	Seed	Finals	H#	Points
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1	Bower, Olivia	Ancaster Hig	1:07.55	1:07.55	2	6
2	Metham, Parker	Dundas Valle	1:10.93	1:10.93	2	4
3	Marshall, Olivia	Sir Winston	1:15.27	1:15.27	1	3
4	Pribyl, Abiella	Westdale S.S	1:19.81	1:19.81	1	2
5	Folkens, Claudia	Westmount S.	1:17.00	1:20.22	2	1
6	Cucuz, Ivana	Saltfleet Di		1:20.64	1	
7	Shott, Amelia	Ancaster Hig		1:20.77	1	
8	Dabor, Abby	Saltfleet Di		1:27.22	1	
9	Hanbali, Jenna	Nora Frances		1:28.55	2	

Women 4x100 Meter Relay Senior

School	Seed	Finals	Points
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1	Dundas Valley S.S. - Hwdsb	51.91	51.91	6
2	Ancaster High School - Hwdsb	53.01	53.01	4
3	Westmount S.S. - Hwdsb	54.34	54.34	3
	1) Ostermeier, Kari			
	2) Folkens, Claudia			
	3) Laing-Howard, Riley			
	4) Janicas, Cassandra			
4	Guido de Bres C.H.S - Hwdsb	54.79	54.79	2
5	Saltfleet District - Hwdsb	55.68	55.11	1
	1) Kent, Hannah			
	2) Wilcox, Ivory			
	3) Francis, Tanejah			
	4) McKenzie, Abigail			
6	Nora Frances Henderson S.S. -		1:05.27	

Women High Jump Senior

Name	Year School	Seed	Finals	Points
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1	Bennett, Evelyn	Dundas Valle	1.35m	1.35m	6
2	Metham, Parker	Dundas Valle	1.25m	1.25m	4

HWIAC - Track and Field Meet
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Women Long Jump Senior

Name	Year School	Seed	Finals	Wind	Points
1 Bower, Olivia	Ancaster Hig	4.87m	4.87m	NWI	6
2 Kent, Hannah	Saltfleet Di	4.70m	4.70m	NWI	4
3 Fennema, Hailey	Orchard Park	4.66m	4.66m	NWI	3
4 Folkens, Claudia	Westmount S.	4.65m	4.65m	NWI	2
5 Bennett, Evelyn	Dundas Valle		4.39m	NWI	1
6 McKellar, Amaya	Sherwood S.S		4.25m	NWI	
6 Lamjock Darrigo, Chol	Nora Frances		4.25m	NWI	
6 Lane, Abigail	Westmount S.		4.25m	NWI	
9 Dejong, Alyssa	Guido de Bre		3.97m	NWI	
10 Mrmak, Danica	Ancaster Hig		3.88m	NWI	
11 Fairley, Annika	Dundas Valle		3.82m	NWI	
12 Stooke, Isobel	Westmount S.		3.62m	NWI	
13 Hastings-Speck, Madelein	Westdale S.S		3.58m	NWI	
14 Lenting, Alyvia	Guido de Bre		3.51m	NWI	
15 Milligan, Haley	Sir Winston		3.08m	NWI	
16 Dereje, Jaden	Bernie Custi		2.93m	NWI	
17 Dairo, Tolu	Saltfleet Di		2.79m	NWI	
18 Paronuzzi, Avery	Waterdown Di		2.68m	NWI	
19 Grace, Samantha	Waterdown Di		2.43m	NWI	
-- Oesch, Elynne	Hamilton Dis		FOUL		

Women Triple Jump Senior

Name	Year School	Seed	Finals	Wind	Points
1 Fennema, Hailey	Orchard Park	10.04m	10.04m	NWI	6
2 Lane, Abigail	Westmount S.	9.76m	9.76m	NWI	4
3 Lamjock Darrigo, Chol	Nora Frances	8.80m	8.80m	NWI	3
4 Fairley, Annika	Dundas Valle	8.71m	8.71m	NWI	2
5 Mrmak, Danica	Ancaster Hig		8.50m	NWI	1
6 Bennett, Evelyn	Dundas Valle		8.48m	NWI	
7 Stooke, Isobel	Westmount S.		7.89m	NWI	
8 Bouwman, Cara	Guido de Bre		7.81m	NWI	
9 Lenting, Alyvia	Guido de Bre		7.26m	NWI	
10 Dereje, Jaden	Bernie Custi		6.77m	NWI	
11 Jagt, Mira	Guido de Bre		6.71m	NWI	
12 Dabor, Abby	Saltfleet Di		6.56m	NWI	
13 Griffiths-Baldwin, Arrya	Saltfleet Di		6.10m	NWI	
-- Watson, Evelyn	Orchard Park		FOUL		

Women Shot Put Senior

Name	Year School	Seed	Finals	Points
1 Fennema, Hailey	Orchard Park	10.25m	10.25m	6
2 McNeil, Brennan	Guido de Bre	8.80m	8.80m	4
3 Barnard, Katelyn	Hamilton Dis	7.71m	7.71m	3
4 D'Addazio, Kelty	Guido de Bre	7.70m	7.70m	2
5 Phillips, Abby	Saltfleet Di		7.42m	1
6 Black, Katelynn	Dundas Valle		7.03m	
7 Davies, Lexis	Sir Winston		6.82m	
8 Dairo, Tolu	Saltfleet Di		6.71m	
9 Jordon, Zariah	Sir Winston		6.70m	

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...Women Shot Put Senior

10 Pyke, Sabine	Sherwood S.S	6.37m
11 Kasweka, Dyanda	Guido de Bre	6.33m
12 Al-Obeidi, Rose	Westmount S.	5.57m
13 Row, Megan	Waterdown Di	5.54m
14 Pratt, Emily	Sir Winston	5.39m
15 Arab, Jana	Sir Winston	5.20m
16 Thai, Annie	Westmount S.	4.66m

Women Discus Throw Senior

Name	Year School	Seed	Finals	Points
1 McNeil, Brennan	Guido de Bre	26.29m	26.29m	6
2 Gainham, Hazel	Sherwood S.S	24.95m	24.95m	4
3 Barnard, Katelyn	Hamilton Dis	24.21m	24.21m	3
4 D'Addazio, Kelty	Guido de Bre	24.17m	24.17m	2
5 Kasweka, Dyanda	Guido de Bre		21.04m	1
6 Pyke, Sabine	Sherwood S.S		15.92m	
7 Black, Katelynn	Dundas Valle		15.81m	
8 Bouwman, Cara	Guido de Bre		15.24m	
-- Jagt, Mira	Guido de Bre		FOUL	
-- Wass, Maddilyn	Sherwood S.S		FOUL	

Women Javelin Throw Senior

Name	Year School	Seed	Finals	Points
1 McNeil, Brennan	Guido de Bre	37.35m	37.35m	6
2 Phillips, Abby	Saltfleet Di	27.47m	27.47m	4
3 Vandenbeukel, Sara	Guido de Bre	26.99m	26.99m	3
4 D'Addazio, Kelty	Guido de Bre	25.27m	25.27m	2
5 Barnard, Katelyn	Hamilton Dis		25.10m	1
6 Vanpopta, Geneva	Guido de Bre		24.91m	
7 Arab, Jana	Sir Winston		18.67m	
8 Al-Obeidi, Rose	Westmount S.		16.86m	
9 Milligan, Haley	Sir Winston		15.94m	
10 Ritchie, Evie	Westmount S.		13.53m	
11 Thai, Annie	Westmount S.		13.16m	
12 Pyke, Sabine	Sherwood S.S		11.66m	
13 Gris, Lauren	Westmount S.		10.39m	
14 Jordon, Zariah	Sir Winston		9.27m	
15 Kerr, Olivia	Westdale S.S		7.32m	

Women 2000 Meter Steeplechase Open

Name	Year School	Seed	Finals	Points
1 Lanting, Hannah	Guido de Bre	7:33.37	7:33.37	6
2 Deklerk, Morgan	Guido de Bre	8:01.36	8:01.36	4
3 Field, Aaliyah	Westdale S.S	8:08.83	8:08.83	3
4 Mason, Isla	Dundas Valle	8:32.35	8:32.35	2
5 Benton Kearney, Anwen	Saltfleet Di		9:10.76	1
6 Ross, Halle	Westdale S.S		9:47.35	
7 Douglas, Georgia	Westdale S.S		10:50.35	
8 D'Angelo, Anneliese	Hamilton Dis		10:51.15	

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...Women 2000 Meter Steeplechase Open

9 Sidi Amar, Manar	Glendale S.S	10:00.00	11:01.84
10 Berisha, Lorita	Nora Frances		11:39.57

Women 4x400 Meter Relay Open

School	Seed	Finals	Points
1 Dundas Valley S.S. - Hwdsb	4:25.50	4:25.50	6
2 Guido de Bres C.H.S - Hwdsb	4:34.11	4:34.11	4
3 Westmount S.S. - Hwdsb	4:57.20	4:57.20	3
1) Orr, Avery	2) Johnsy Kurian, Leia		
3) Scott, Emma	4) Needham-Robbins, Ellie		
4 Saltfleet District - Hwdsb	5:00.00	5:00.00	2
1) Davis, Addy	2) Cukier, Hannah		
3) Francis, Tanejah	4) Reidy, Abigail		
5 Nora Frances Henderson S.S. -		5:00.80	1
6 Glendale S.S. - Hwdsb	4:40.00	5:21.69	

Women 100 Meter Dash Visually Imp.

Name	Year School	Seed	Finals	Wind	Points
1 Fletcher, Matilda	Waterdown Di	35.18	35.18	NWI	6

Women Shot Put Visually Imp.

Name	Year School	Seed	Finals	Points
1 Fletcher, Matilda	Waterdown Di	2.96m	2.96m	6

Men 100 Meter Dash Novice

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Glen, Tristan	Westmount S.	11.85	12.03q	NWI	2
2 Grant-Hose, Adam	Westmount S.	11.78	12.12q	NWI	3
3 Siegrist, Amos	Hamilton Dis	12.16	12.35q	NWI	1
4 Windsor, Chris	Westmount S.	12.09	12.38q	NWI	1
5 Forrester, Jayden	Saltfleet Di	12.98	12.52q	NWI	2
6 Canham, Cian	Westmount S.	12.74	12.64q	NWI	1
7 Varga, Dante	Ancaster Hig		12.68q	NWI	1
8 Bartels, Thomas	Guido de Bre		12.74q	NWI	3
9 Layton, Isaiah	Orchard Park		13.03	NWI	2
10 Paddy, Joshua	Nora Frances		13.22	NWI	3
11 Strangway, Ben	Dundas Valle		13.61	NWI	3
12 Demoe, Maxwell	Orchard Park		13.65	NWI	3
13 Tay-Azumah, Kingsley	Sir Allan Ma	14.00	13.73	NWI	2
14 Lounsbury, Nolan	Ancaster Hig		13.76	NWI	2
15 Fagan, Joshua	Orchard Park		13.81	NWI	1
16 dettwiler-McLean, Trista	Sir Winston		13.83	NWI	1
17 Miller, Cyril	Westdale S.S		13.86	NWI	3
18 Macnamara, Nathan	Dundas Valle		13.88	NWI	1

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Men 100 Meter Dash Novice

Name	Year School	Prelims	Finals	Wind	Points
Finals					
1 Grant-Hose, Adam	Westmount S.	12.12	11.78	NWI	6
2 Glen, Tristan	Westmount S.	12.03	11.85	NWI	4
3 Windsor, Chris	Westmount S.	12.38	12.09	NWI	3
4 Siegrist, Amos	Hamilton Dis	12.35	12.16	NWI	2
5 Canham, Cian	Westmount S.	12.64	12.24	NWI	1
6 Forrester, Jayden	Saltfleet Di	12.52	12.35	NWI	
7 Varga, Dante	Ancaster Hig	12.68	12.46	NWI	

Men 200 Meter Dash Novice

Name	Year School	Seed	Finals	Wind	H#	Points
1 Glen, Tristan	Westmount S.	24.26	24.26	NWI	3	6
2 Grant-Hose, Adam	Westmount S.	24.57	24.57	NWI	3	4
3 Forrester, Jayden	Saltfleet Di	24.86	24.86	NWI	1	3
4 Raposo, William	Ancaster Hig	24.99	24.99	NWI	2	2
5 Siegrist, Amos	Hamilton Dis		25.21	NWI	1	1
6 Canham, Cian	Westmount S.	26.00	25.60	NWI	3	
7 Hambly, Jack	Dundas Valle	26.00	25.93	NWI	3	
8 Pascoe, Matthew	Westmount S.	28.00	25.97	NWI	3	
9 Patterson, Ronan	Dundas Valle	27.00	26.61	NWI	3	
10 Macnamara, Nathan	Dundas Valle	29.00	27.02	NWI	3	
11 Strangway, Ben	Dundas Valle	27.00	27.48	NWI	3	
12 Smith, Trystan	Sir Winston		27.69	NWI	1	
13 Fagan, Joshua	Orchard Park		28.20	NWI	1	
14 Paddy, Joshua	Nora Frances		29.14	NWI	2	
15 Ominisi, Clinton	Sir Winston		29.90	NWI	2	
16 Wu, Davidson	Westdale S.S		32.47	NWI	1	
17 Zaghoul, Mohamad	Orchard Park		44.71	NWI	2	

Men 400 Meter Dash Novice

Name	Year School	Seed	Finals	H#	Points
1 Forrester, Jayden	Saltfleet Di	55.24	55.24	2	6
2 Raposo, William	Ancaster Hig	56.97	56.97	1	4
3 Degelder, Nolan	Guido de Bre	57.11	57.11	3	3
4 Elliot, William	Dundas Valle	58.01	58.01	3	2
5 Pascoe, Matthew	Westmount S.	1:06.00	58.83	3	1
6 Cibola, Tom	Westdale S.S		1:00.22	1	
7 Patterson, Ronan	Dundas Valle	1:02.00	1:00.54	3	
8 Ng, Liam	Nora Frances	1:02.00	1:01.98	3	
9 Jegede, David	Westmount S.	1:02.00	1:02.12	3	
10 Vanpopta, James	Guido de Bre	1:05.00	1:03.39	3	
11 Demoe, Maxwell	Orchard Park		1:05.30	1	
12 Bartels, Keith	Guido de Bre	1:05.00	1:05.40	3	
13 Vanbruinessen, Noah	Hamilton Dis		1:07.02	2	
14 Green, Jonathon	Westdale S.S		1:07.47	1	
15 Smith, Trystan	Sir Winston		1:07.49	1	
16 Wu, Davidson	Westdale S.S		1:16.01	2	

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Men 800 Meter Run Novice

Name	Year School	Seed	Finals	Points
1 Davenport, Theodore	Waterdown Di	2:10.47	2:10.47	6
2 Craddock, Ryder	Dundas Valle	2:18.90	2:18.90	4
3 Degelder, Nolan	Guido de Bre	2:19.96	2:19.96	3
4 Deklerk, Trevin	Guido de Bre	2:21.77	2:21.77	2
5 Vanpopta, James	Guido de Bre	2:30.00	2:34.18	1
6 Bartels, Keith	Guido de Bre		2:39.92	
7 Nazarov, Andrii	Glendale S.S	2:50.00	2:56.44	
8 Ramjohn, Nathan	Sir Winston		2:58.06	

Men 1500 Meter Run Novice

Name	Year School	Seed	Finals	Points
1 Davenport, Theodore	Waterdown Di	4:20.00	4:20.00	6
2 Summerhays, Austin	Hamilton Dis	4:22.62	4:22.62	4
3 Henry, Calvin	Westmount S.	4:24.19	4:24.19	3
4 Maximov, Greg	Dundas Valle	4:44.64	4:44.64	2
5 Deklerk, Trevin	Guido de Bre		4:45.38	1
6 Craddock, Ryder	Dundas Valle	4:50.00	5:00.44	
7 Stinnissen, Wyatt	Sherwood S.S		5:04.59	
8 Green, Jonathon	Westdale S.S		5:06.20	
9 Ouwehand, Zachary	Hamilton Dis		5:06.86	
10 Huizing, Easton	Guido de Bre		5:12.51	
11 Barney, Russell	Ancaster Hig		5:13.01	
12 Clydesdale, Finn	Sherwood S.S		5:20.18	
13 Baillie, Graham	Ancaster Hig		5:23.64	
14 Alvarado, Jim	Glendale S.S	5:40.00	5:46.83	
15 Davis, Owen	Westdale S.S		6:03.19	
16 Ramjohn, Nathan	Sir Winston		6:09.95	
17 Crawley, Sam	Glendale S.S	6:00.00	6:14.46	
18 Nazarov, Andrii	Glendale S.S	5:55.00	6:39.83	

Men 3000 Meter Run Novice

Name	Year School	Seed	Finals	Points
1 Summerhays, Austin	Hamilton Dis	9:34.23	9:34.23	6
2 Henry, Calvin	Westmount S.	9:57.17	9:57.17	4
3 Maximov, Greg	Dundas Valle	10:23.62	10:23.62	3
4 Craddock, Ryder	Dundas Valle	10:44.30	10:44.30	2
5 Barney, Russell	Ancaster Hig		11:12.02	1
6 Green, Jonathon	Westdale S.S		11:14.69	
7 Baillie, Graham	Ancaster Hig		11:48.70	
8 Davis, Owen	Westdale S.S		12:18.17	
9 Alvarado, Jim	Glendale S.S	11:45.00	12:49.50	
10 Crawley, Sam	Glendale S.S	13:00.00	12:49.61	

Men 100 Meter Hurdles Novice

Name	Year School	Seed	Finals	Wind	Points
1 Elliot, William	Dundas Valle	16.69	16.69	NWI	6
2 Hambly, Jack	Dundas Valle	18.43	18.43	NWI	4

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...Men 100 Meter Hurdles Novice

3 Miller, Cyril	Westdale S.S	21.37	21.37	NWI	3
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Men 300 Meter Hurdles Novice

Name	Year School	Seed	Finals	Points
1 Elliot, William	Dundas Valle	47.90	47.90	6
2 Hambly, Jack	Dundas Valle	49.19	49.19	4
3 Pascoe, Matthew	Westmount S.	49.31	49.31	3
4 Ng, Liam	Nora Frances	52.66	52.66	2
5 Smith, Trystan	Sir Winston		53.37	1
6 Ominisi, Clinton	Sir Winston		54.44	

Men 4x100 Meter Relay Novice

School	Seed	Finals	Points
1 Westmount S.S. - Hwdsb 1) Windsor, Chris 3) Canham, Cian	48.57	48.57	6
2 Dundas Valley S.S. - Hwdsb	51.92	51.92	4
3 Guido de Bres C.H.S - Hwdsb	53.13	53.13	3
4 Sir Winston Churchill S.S. - H	54.41	54.41	2

Men High Jump Novice

Name	Year School	Seed	Finals	Points
1 Bartels, Thomas	Guido de Bre	1.55m	1.55m	6
2 McGilvery, Ryder	Westmount S.	1.50m	1.50m	4
3 Vermeer, Nolan	Dundas Valle	1.45m	1.45m	3

Men Long Jump Novice

Name	Year School	Seed	Finals	Wind	Points
1 Raposo, William	Ancaster Hig	5.24m	5.24m	NWI	6
2 Layton, Isaiah	Orchard Park	4.64m	4.64m	NWI	4
3 Ng, Liam	Nora Frances	4.62m	4.62m	NWI	3
4 Varga, Dante	Ancaster Hig	4.58m	4.58m	NWI	2
5 Fennema, Adam	Dundas Valle		4.54m	NWI	1
6 Lounsbury, Nolan	Ancaster Hig		4.43m	NWI	
7 Bosscher, Jack	Guido de Bre		4.38m	NWI	
8 Jegede, David	Westmount S.		4.15m	NWI	
9 Vermeer, Nolan	Dundas Valle		4.08m	NWI	
10 Zaghoul, Mohamad	Orchard Park		2.61m	NWI	

Men Triple Jump Novice

Name	Year School	Seed	Finals	Wind	Points
1 Harsevoort, Simon	Guido de Bre	8.72m	8.72m	NWI	6
2 Vermeer, Nolan	Dundas Valle	8.51m	8.51m	NWI	4

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Men Shot Put Novice

Name	Year	School	Seed	Finals	Points
1 Siegrist, Amos		Hamilton Dis	10.56m	10.56m	6
2 Geerts, Joshua		Hamilton Dis	10.03m	10.03m	4
3 Vanderwal, Evan		Dundas Valle	9.97m	9.97m	3
4 McNichol, Rhys		Dundas Valle	9.83m	9.83m	2
5 Vanopta, James		Guido de Bre		9.62m	1
6 Huizing, Easton		Guido de Bre		9.46m	
7 Strangway, Ben		Dundas Valle		8.96m	
8 Barnard, Michael		Hamilton Dis		7.83m	
9 Read, Landon		Waterdown Di		5.56m	

Men Discus Throw Novice

Name	Year	School	Seed	Finals	Points
1 Bosscher, Jack		Guido de Bre	26.66m	26.66m	6
2 Huizing, Easton		Guido de Bre	25.21m	25.21m	4
3 Clydesdale, Finn		Sherwood S.S	24.45m	24.45m	3
4 Fennema, Adam		Dundas Valle	24.33m	24.33m	2
5 Stinnissen, Wyatt		Sherwood S.S		21.98m	1
6 McNichol, Rhys		Dundas Valle		21.25m	
7 Vanderwal, Evan		Dundas Valle		21.10m	
8 Geerts, Joshua		Hamilton Dis		19.86m	
9 Barnard, Michael		Hamilton Dis		19.27m	
10 Vanbruinessen, Noah		Hamilton Dis		17.84m	
11 Groves, Aiden		Guido de Bre		17.28m	

Men Javelin Throw Novice

Name	Year	School	Seed	Finals	Points
1 Bosscher, Jack		Guido de Bre	35.70m	35.70m	6
2 Stinnissen, Wyatt		Sherwood S.S	32.90m	32.90m	4
3 Vanderwal, Evan		Dundas Valle	32.66m	32.66m	3
4 Fennema, Adam		Dundas Valle	31.31m	31.31m	2
5 Geerts, Joshua		Hamilton Dis		29.96m	1
6 Layton, Isaiah		Orchard Park		28.37m	
7 Harsevoort, Simon		Guido de Bre		28.13m	
8 Groves, Aiden		Guido de Bre		26.60m	
9 Barnard, Michael		Hamilton Dis		23.54m	
10 Clydesdale, Finn		Sherwood S.S		22.60m	
11 McNichol, Rhys		Dundas Valle		22.28m	
12 Vanbruinessen, Noah		Hamilton Dis		16.89m	
13 Zaghoul, Mohamad		Orchard Park		12.36m	

Men 100 Meter Dash Junior

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Chamberlain, Lucas		Westmount S.	11.62	11.73q	NWI	3
2 Green, Beau		Glendale S.S	11.86	12.09q	NWI	4
3 Lockhart, Benjamin		Westdale S.S		12.16q	NWI	3
4 Frketich, Luke		Westmount S.	11.93	12.20q	NWI	2

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5 Miller, Damon	Ancaster Hig		12.24q	NWI	1
6 Nasr, Tareq	Dundas Valle	12.05	12.29q	NWI	1
7 Truderung, Locke	Ancaster Hig		12.34q	NWI	4
8 Castellani, William	Westmount S.	12.38	12.43q	NWI	4
9 Weller, Trey	Glendale S.S	12.40	12.46	NWI	2
10 McCully, Brody	Dundas Valle		12.46	NWI	3
11 Gill, Quentin	Sir Allan Ma	14.00	12.53	NWI	3
12 Laws, Zion	Nora Frances	12.70	12.73	NWI	3
13 Veevers, Reid	Dundas Valle		12.75	NWI	4
14 Muffett, Oliver	Ancaster Hig		12.79	NWI	2
15 Al Bakeer, Khaled	Nora Frances	13.00	12.84	NWI	1
16 Ikeda, Darius	Westmount S.	13.03	12.94	NWI	2
17 Hofer, Dante	Waterdown Di	13.20	13.08	NWI	4
18 Alhamad, Mahde	Nora Frances		13.12	NWI	2
19 Philip Binu, John	Hamilton Dis		13.46	NWI	1
20 Ndungo, Aiden	Saltfleet Di	14.03	13.55	NWI	2
21 Santhanayagam, Santhosh	Saltfleet Di	13.78	13.56	NWI	1
22 McDonell, Seb	Westdale S.S		13.71	NWI	1
23 Mandizadza, Nyasha	Orchard Park		13.73	NWI	2
24 Atotuomah, Gideon	Sir Allan Ma	14.00	14.11	NWI	4
25 Luqman, Ali	Orchard Park		16.39	NWI	4

Men 100 Meter Dash Junior

Name	Year School	Prelims	Finals	Wind	Points
Finals					
1 Chamberlain, Lucas	Westmount S.	11.73	11.62	NWI	6
2 Green, Beau	Glendale S.S	12.09	11.86	NWI	4
3 Frketich, Luke	Westmount S.	12.20	11.93	NWI	3
4 Nasr, Tareq	Dundas Valle	12.29	12.05	NWI	2
5 Miller, Damon	Ancaster Hig	12.24	12.12	NWI	1
6 Lockhart, Benjamin	Westdale S.S	12.16	12.24	NWI	
7 Truderung, Locke	Ancaster Hig	12.34	12.26	NWI	
8 Castellani, William	Westmount S.	12.43	12.38	NWI	

Men 200 Meter Dash Junior

Name	Year School	Seed	Finals	Wind	H#	Points
1 Alongi, Austin	Ancaster Hig	23.27	23.27	NWI	3	6
2 Chamberlain, Lucas	Westmount S.	23.43	23.43	NWI	3	4
3 Green, Beau	Glendale S.S	24.13	24.13	NWI	3	3
4 Nasr, Tareq	Dundas Valle	25.09	25.09	NWI	3	2
5 Lockhart, Benjamin	Westdale S.S		25.15	NWI	1	1
6 Muffett, Oliver	Ancaster Hig		25.58	NWI	2	
7 Corson-Clarke, Devonte	Nora Frances		26.35	NWI	2	
8 Weller, Trey	Glendale S.S	26.50	26.45	NWI	3	
9 Hofer, Dante	Waterdown Di	28.08	26.53	NWI	2	
10 Patel, Fenil	Westmount S.	25.05	26.72	NWI	3	
11 Al Bakeer, Khaled	Nora Frances		26.73	NWI	2	
12 Liu, Andrew	Westmount S.	25.03	27.24	NWI	3	
13 Mandizadza, Nyasha	Orchard Park		27.72	NWI	1	
14 McDonell, Seb	Westdale S.S		27.97	NWI	2	
15 Philip Binu, John	Hamilton Dis		28.11	NWI	2	

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16 Scholtens, Ethan	Guido de Bre	28.33	NWI	1
17 Ndungo, Aiden	Saltfleet Di	28.36	NWI	1
18 Cordovani, Artur	Westdale S.S	28.46	NWI	1
19 Santhanayagam, Santhosh	Saltfleet Di	28.53	NWI	1

Men 400 Meter Dash Junior

Name	Year School	Seed	Finals	H#	Points
1 Alongi, Austin	Ancaster Hig	51.96	51.96	2	6
2 Lanting, Owen	Guido de Bre	52.81	52.81	2	4
3 Aitas, Ryan	Westmount S.	55.40	55.40	2	3
4 Francis, Hudson	Westdale S.S	56.45	56.45	2	2
5 Sanislo, Chase	Ancaster Hig		1:00.14	1	1
6 Cordovani, Artur	Westdale S.S		1:04.44	1	
7 Scholtens, Ethan	Guido de Bre	1:08.00	1:06.13	2	

Men 800 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 Lanting, Owen	Guido de Bre	2:04.06	2:04.06	6
2 Oosterhoff, Gibson	Guido de Bre	2:19.71	2:19.71	4
3 Ernst, Ethan	Dundas Valle	2:19.75	2:19.75	3
4 Cubitt, Grady	Westmount S.	2:20.46	2:20.46	2
5 Balazs, Landon	Ancaster Hig		2:26.09	1
6 Kemper, Jacob	Hamilton Dis		2:27.84	
7 Tweedie, Austin	Sir Winston		2:34.57	
8 Rose, Finnegan	Westdale S.S		2:35.40	
9 Michaluk, Jake	Saltfleet Di		2:35.69	
10 Cordovani, Artur	Westdale S.S		2:37.10	
11 Hustler, Nic	Westmount S.	2:22.00	2:41.92	
12 Andres, Carter	Waterdown Di	2:59.00	2:45.77	

Men 1500 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 Lanting, Owen	Guido de Bre	4:07.86	4:07.86	6
2 Muggah, Cameron	Westdale S.S	4:08.87	4:08.87	4
3 Anand, Etash	Sir Allan Ma	4:26.81	4:26.81	3
4 Cubitt, Grady	Westmount S.	4:40.65	4:40.65	2
5 Oosterhoff, Gibson	Guido de Bre		4:42.82	1
6 Balazs, Landon	Ancaster Hig		5:03.61	
7 Lou-Hing, Everett	Westdale S.S		5:10.91	
8 Rose, Finnegan	Westdale S.S		5:25.50	
9 Hustler, Nic	Westmount S.	5:26.09	5:32.35	
10 Tweedie, Austin	Sir Winston		5:38.26	
11 Andres, Carter	Waterdown Di	6:10.00	6:07.91	

Men 3000 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 Muggah, Cameron	Westdale S.S	9:17.00	9:17.00	4

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2	Benton Kearney, Grayson	Saltfleet Di	9:42.32	9:42.32	3
3	Anand, Etash	Sir Allan Ma	9:54.71	9:54.71	2
4	Piper Merrett, Connor	Westdale S.S	10:23.25	10:23.25	1
5	Van Buskirk, Keegan	Sir Winston		11:25.17	
6	Andres, Carter	Waterdown Di		12:45.01	

Men 100 Meter Hurdles Junior

Name	Year	School	Seed	Prelims	Wind
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Preliminaries

1	Melhim, Taha	Dundas Valle	16.44	16.44q	NWI
2	Ristov, Kiril	Nora Frances	17.25	17.25q	NWI
3	Burda-Ingram, Gavin	Glendale S.S	17.94	17.94q	NWI
4	Caric, Xavier	Sherwood S.S	18.22	18.22q	NWI
5	Al Bakeer, Khaled	Nora Frances		19.50q	NWI

Men 100 Meter Hurdles Junior

Name	Year	School	Prelims	Finals	Wind	Points
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Finals

1	Melhim, Taha	Dundas Valle	16.44	16.44	NWI	6
2	Ristov, Kiril	Nora Frances	17.25	17.25	NWI	4
3	Burda-Ingram, Gavin	Glendale S.S	17.94	17.94	NWI	3
4	Caric, Xavier	Sherwood S.S	18.22	18.22	NWI	2
5	Al Bakeer, Khaled	Nora Frances	19.50	19.50	NWI	1

Men 300 Meter Hurdles Junior

Name	Year	School	Seed	Finals	Points
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1	Burda-Ingram, Gavin	Glendale S.S	46.03	46.03	6
2	Melhim, Taha	Dundas Valle	47.55	47.55	4
3	Caric, Xavier	Sherwood S.S	49.34	49.34	3
4	Corson-Clarke, Devonte	Nora Frances	49.58	49.58	2
5	Alhamad, Mahde	Nora Frances	50.00	50.58	1

Men 4x100 Meter Relay Junior

School	Seed	Finals	Points
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1	Westmount S.S. - Hwdsb	47.16	47.16	6
	1) Castellani, William	2) Frketch, Luke		
	3) Aitas, Ryan	4) Chamberlain, Lucas		
2	Dundas Valley S.S. - Hwdsb	48.27	48.27	4
3	Nora Frances Henderson S.S. -	49.04	49.04	3
4	Guido de Bres C.H.S - Hwdsb	53.21	53.21	2
5	Glendale S.S. - Hwdsb	53.00	53.64	1
6	Saltfleet District - Hwdsb		54.02	
	1) Ndungo, Aiden	2) McLean, Jayden		
	3) Madore, Zayden	4) Santhanayagam, Santhosh		

HWIAC - Track and Field Meet
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Men High Jump Junior

Name	Year School	Seed	Finals	Points
1 McCully, Brody	Dundas Valle	1.65m	1.65m	6
2 Roy, Gavin	Westmount S.	1.65m	J1.65m	4

Men Long Jump Junior

Name	Year School	Seed	Finals	Wind	Points
1 Veevers, Reid	Dundas Valle	5.94m	5.94m	NWI	6
2 Truderung, Locke	Ancaster Hig	5.42m	5.42m	NWI	4
3 Ristov, Kiril	Nora Frances	5.38m	5.38m	NWI	3
4 Miller, Damon	Ancaster Hig	5.29m	5.29m	NWI	2
5 Patel, Fenil	Westmount S.		5.19m	NWI	1
6 Frketich, Luke	Westmount S.		5.18m	NWI	
7 Gill, Quentin	Sir Allan Ma	4.50m	4.81m	NWI	
8 Weller, Trey	Glendale S.S	4.50m	4.70m	NWI	
9 Philip Binu, John	Hamilton Dis		4.46m	NWI	
10 Eghbalian, Eilia	Westmount S.		3.98m	NWI	
11 Luqman, Ali	Orchard Park		2.87m	NWI	
-- Kingma, Tyson	Guido de Bre		FOUL		

Men Triple Jump Junior

Name	Year School	Seed	Finals	Wind	Points
1 Truderung, Locke	Ancaster Hig	11.04m	11.04m	NWI	6
2 Patel, Fenil	Westmount S.	10.71m	10.71m	NWI	4
3 Veevers, Reid	Dundas Valle	10.28m	10.28m	NWI	3
4 Frketich, Luke	Westmount S.	9.94m	9.94m	NWI	2
5 Bouwman, Eli	Guido de Bre		9.60m	NWI	1

Men Shot Put Junior

Name	Year School	Seed	Finals	Points
1 Hofsink, Luther	Guido de Bre	12.04m	12.04m	6
2 Neiser, Tyson	Dundas Valle	11.36m	11.36m	4
3 Scholtens, Ethan	Guido de Bre	11.15m	11.15m	3
4 LeBlanc, Sacha	Westdale S.S	10.89m	10.89m	2
5 Wilson, Garrett	Dundas Valle		10.73m	1
6 Piper Merrett, Connor	Westdale S.S		10.42m	

Men Discus Throw Junior

Name	Year School	Seed	Finals	Points
1 Hofsink, Luther	Guido de Bre	32.53m	32.53m	6
2 Bouwman, Eli	Guido de Bre	27.31m	27.31m	4
3 Wilson, Garrett	Dundas Valle	21.49m	21.49m	3
4 Kingma, Tyson	Guido de Bre	20.93m	20.93m	2

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Men Javelin Throw Junior

Name	Year School	Seed	Finals	Points
1 Neiser, Tyson	Dundas Valle	42.44m	42.44m	6
2 Hofsink, Luther	Guido de Bre	42.06m	42.06m	4
3 Melhim, Taha	Dundas Valle	37.33m	37.33m	3
4 Madore, Zayden	Saltfleet Di	26.55m	26.55m	2
5 Kingma, Tyson	Guido de Bre		25.11m	1
-- Luqman, Ali	Orchard Park		FOUL	
-- Bouwman, Eli	Guido de Bre		FOUL	

Men 100 Meter Dash Senior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Philippe-Daniel, Brock	Westmount S.	11.05	11.45q	NWI	3
2 Ristov, Marko	Nora Frances	11.31	11.48q	NWI	6
3 Neville, Jake	Westmount S.	11.39	11.53q	NWI	5
4 Blums, Jake	Westdale S.S	11.46	11.59q	NWI	5
5 Som, Norrin	Saltfleet Di	11.79	11.59q	NWI	1
6 Lee, Timothy	Westdale S.S		11.61q	NWI	4
7 Pearson Whear, Tristan	Dundas Valle	11.30	11.68q	NWI	2
8 Greene, Radian	Westdale S.S		11.72q	NWI	1
9 Pilon, Ro	Dundas Valle	11.05	11.79	NWI	4
10 Said, Rowan	Dundas Valle		11.91	NWI	5
11 Marcy, Logan	Westmount S.	12.15	11.97	NWI	6
12 Honnigan, Damion	Sir Winston		12.01	NWI	3
13 Anderson, Zane	Sir Winston		12.02	NWI	4
14 Smart, Jahi	Glendale S.S	11.90	12.06	NWI	1
15 Todoruck-Janus, Leo	Westmount S.	12.03	12.10	NWI	2
16 Neary, Brody	Dundas Valle	12.04	12.12	NWI	3
17 Kingma, Logan	Guido de Bre		12.38	NWI	3
18 Okosun, Justin	Ancaster Hig		12.43	NWI	3
19 Okosun, Jason	Ancaster Hig		12.44	NWI	2
20 Malandrino, Leeland	Ancaster Hig		12.46	NWI	6
21 Covello, Knox	Westmount S.	12.70	12.47	NWI	4
22 Malda, Jonas	Hamilton Dis		12.55	NWI	1
23 Coates, Payton	Sir Winston		12.55	NWI	6
24 Sedkowski, Gabriel	Saltfleet Di	12.07	12.70	NWI	4
25 Raymond, George	Sir Allan Ma	13.25	12.77	NWI	5
26 Kang, Ayden	Orchard Park		12.82	NWI	4
27 Bigelow, Gavin	Nora Frances		12.94	NWI	2
28 Olarewaju, Fevic	Sir Allan Ma	13.03	12.98	NWI	3
29 McCoy, Evan	Sherwood S.S		13.00	NWI	6
30 Hughes, Will	Waterdown Di	13.05	13.04	NWI	2
31 Al-Jbouri, Ali	Sir Allan Ma	13.45	13.21	NWI	1
32 Smith, Ryan	Sir Allan Ma	13.72	13.25	NWI	4
33 Saini, Divjot	Orchard Park		13.27	NWI	6
34 Chapman, Joshua	Orchard Park		13.74	NWI	3
35 Phung, Dylan	Sir Allan Ma	13.69	13.79	NWI	2
36 Mainprize, Clinton	Waterdown Di		14.04	NWI	4
37 Lobb, Joel	Ancaster Hig		14.46	NWI	1
38 Kemalsah, Zubeyir	Glendale S.S	14.00	15.77	NWI	2
39 Masitijiang, Ethan	Ancaster Hig		15.84	NWI	5

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Men 100 Meter Dash Senior

Name	Year School	Prelims	Finals	Wind	Points
Finals					
1 Philippe-Daniel, Brock	Westmount S.	11.45	11.05	NWI	6
2 Ristov, Marko	Nora Frances	11.48	11.31	NWI	4
3 Neville, Jake	Westmount S.	11.53	11.39	NWI	3
4 Blums, Jake	Westdale S.S	11.59	11.46	NWI	2
5 Pearson Whear, Tristan	Dundas Valle	11.68	11.48	NWI	1
6 Lee, Timothy	Westdale S.S	11.61	11.50	NWI	
7 Som, Norrin	Saltfleet Di	11.59	11.56	NWI	
8 Greene, Radian	Westdale S.S	11.72	11.66	NWI	

Men 200 Meter Dash Senior

Name	Year School	Seed	Finals	Wind	H#	Points
1 Pearson Whear, Tristan	Dundas Valle	23.06	23.06	NWI	6	6
2 Philippe-Daniel, Brock	Westmount S.	23.08	23.08	NWI	6	4
3 Som, Norrin	Saltfleet Di	23.61	23.61	NWI	6	3
4 Dales, Noah	Ancaster Hig	23.62	23.62	NWI	2	2
5 Abidogun, Jola	Ancaster Hig		23.98	NWI	1	1
6 Ahmad, Yasir	Saltfleet Di		24.14	NWI	2	
7 Neary, Brody	Dundas Valle	26.01	24.52	NWI	5	
8 Greene, Radian	Westdale S.S		24.58	NWI	2	
9 Anderson, Zane	Sir Winston		24.66	NWI	4	
10 Malandrino, Leeland	Ancaster Hig		24.81	NWI	3	
11 Forbes, Brendan	Westmount S.	25.00	25.05	NWI	6	
12 Speksnyder, Trent	Ancaster Hig		25.19	NWI	2	
13 Peshko, Jakob	Dundas Valle	26.00	25.38	NWI	5	
14 Coates, Payton	Sir Winston		25.41	NWI	4	
15 Roberts, Sebastian	Sir Winston		25.62	NWI	2	
16 Kingma, Logan	Guido de Bre	25.90	25.65	NWI	6	
17 Kang, Ayden	Orchard Park		25.97	NWI	4	
18 Raymond, George	Sir Allan Ma	29.28	26.04	NWI	5	
19 Folkens, Gabriel	Westmount S.	25.08	26.10	NWI	6	
20 Sedkowski, Gabriel	Saltfleet Di		26.29	NWI	4	
21 Huang, Kevin	Westmount S.	25.04	26.30	NWI	6	
22 Labreche, Ben	Sherwood S.S		26.37	NWI	3	
23 Saini, Divjot	Orchard Park		26.41	NWI	3	
24 Schulenberg, Aaron	Guido de Bre	26.06	26.59	NWI	5	
25 Manuel, Wilson	Sir Winston		26.98	NWI	2	
26 McCoy, Evan	Sherwood S.S		27.54	NWI	3	
27 Adesanya, Hephzibah	Westdale S.S		28.33	NWI	1	
28 Smith, Ryan	Sir Allan Ma		28.45	NWI	5	
29 Dowell, Gavin	Sherwood S.S		29.15	NWI	4	
30 Lobb, Joel	Ancaster Hig		29.41	NWI	1	

Men 400 Meter Dash Senior

Name	Year School	Seed	Finals	H#	Points
1 Dales, Noah	Ancaster Hig	53.18	53.18	5	6
2 Jaffar, Abdallah	Sir Winston	53.67	53.67	2	4
3 Lee, Timothy	Westdale S.S	53.83	53.83	3	3
4 Mahmoud, Anas	Ancaster Hig	55.86	55.86	2	2

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5	Simpson, Sean	Glendale S.S	54.00	55.94	5	1
6	Beyer, Matthew	Dundas Valle		56.33	5	
7	Okosun, Jason	Ancaster Hig		57.20	3	
8	Sepper, Nathan	Nora Frances	55.00	58.11	5	
9	Okosun, Justin	Ancaster Hig		58.17	3	
10	Berg, Jonathan	Ancaster Hig	58.00	58.34	4	
11	Calvert, Orion	Bernie Custi		58.59	3	
12	Alkilabi, Rashid	Westmount S.	57.00	59.03	4	
13	Gibson, Fynn	Dundas Valle	57.00	59.61	5	
14	Tejuosho, Ade	Sir Winston		59.84	1	
15	Saini, Divjot	Orchard Park		1:00.49	1	
16	Peshko, Jakob	Dundas Valle	56.00	1:00.66	5	
17	Kang, Ayden	Orchard Park		1:01.01	1	
18	Al-Lamy, Waleed	Bernie Custi		1:01.67	2	
19	Reid, Nolan	Orchard Park		1:02.46	2	
20	Jang, Aiden	Westmount S.	1:03.00	1:02.80	4	
21	Christie, Josaiah	Nora Frances	1:04.00	1:03.76	4	
22	Rabbani, Musa	Sir Winston		1:04.10	2	
23	Lortie, Trevor	Orchard Park		1:04.60	4	
24	Al Khalilil, Abdul	Bernie Custi		1:05.37	2	
25	Dowell, Gavin	Sherwood S.S		1:07.11	2	
26	Marks, Colin	Waterdown Di	1:16.00	1:08.02	4	
27	Kovljenic, Aleks	Saltfleet Di		1:08.82	3	
28	Rosario, Dylan	Bernie Custi		1:14.31	3	
29	Masitijiang, Ethan	Ancaster Hig		1:16.73	1	

Men 800 Meter Run Senior

Name	Year	School	Seed	Finals	H#	Points
1	Craddock, Owen	Dundas Valle	2:12.04	2:12.04	2	6
2	Jegede, Samuel	Ancaster Hig	2:13.44	2:13.44	2	4
3	Takatsu, Yuji	Orchard Park	2:13.61	2:13.61	1	3
4	Simpson, Sean	Glendale S.S	2:17.96	2:17.96	2	2
5	Oosterhoff, Tanner	Guido de Bre	2:16.00	2:19.70	2	1
6	Peshdary-Cassidy, Diako	Westmount S.	2:10.00	2:22.37	2	
7	Proctor, Landon	Nora Frances		2:25.27	1	
8	Ngigi, Kevin	Glendale S.S	2:20.00	2:25.84	2	
9	Wardell, Zach	Westmount S.	2:20.00	2:26.78	2	
10	Gupta, Rhys	Dundas Valle	2:25.00	2:27.30	2	
11	Jagersma, Rowan	Guido de Bre		2:31.80	1	
12	Kovljenic, Aleks	Saltfleet Di		2:38.93	1	
13	Vaniperen, Fraser	Guido de Bre		2:57.41	1	
14	Weglinski, Frank	Orchard Park		3:18.27	1	

Men 1500 Meter Run Senior

Name	Year	School	Seed	Finals	Points
1	Jegede, Samuel	Ancaster Hig	4:25.06	4:25.06	6
2	Craddock, Owen	Dundas Valle	4:27.30	4:27.30	4
3	Takatsu, Yuji	Orchard Park	4:33.00	4:33.00	3
4	Oosterhoff, Tanner	Guido de Bre	4:39.70	4:39.70	2
5	Peshdary-Cassidy, Diako	Westmount S.	4:51.00	4:44.99	1
6	Ngigi, Kevin	Glendale S.S	4:55.00	4:56.72	

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...Men 1500 Meter Run Senior

7	Gupta, Rhys	Dundas Valle	5:05.00	4:58.45
8	Jagersma, Rowan	Guido de Bre		5:08.81
9	Proctor, Landon	Nora Frances		5:16.96
10	Kovljenic, Aleks	Saltfleet Di		5:19.40
11	Malda, Jackson	Hamilton Dis		5:20.18
12	Vaniperen, Fraser	Guido de Bre		5:46.68

Men 3000 Meter Run Senior

Name	Year	School	Seed	Finals	Points
1 Ortwein, Jackson		Dundas Valle	8:55.91	8:55.91	6
2 Scott, Michael		Westdale S.S	9:46.55	9:46.55	4
3 Takatsu, Yuji		Orchard Park	9:48.47	9:48.47	3
4 Zdravkovic, Aleksandar		Ancaster Hig	9:49.30	9:49.30	2
5 Craddock, Owen		Dundas Valle	9:10.00	10:16.64	1
6 Proctor, Landon		Nora Frances		11:50.81	

Men 110 Meter Hurdles Senior

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Foster, Naieem		Sherwood S.S	14.53	14.53q	NWI	2
2 Schulenberg, Aaron		Guido de Bre	17.11	17.11q	NWI	2
3 Bird, Kase		Glendale S.S	18.93	18.93q	NWI	2
4 Gummerson, Colton		Westdale S.S	19.14	19.14q	NWI	1
5 Smart, Jahi		Glendale S.S	18.00	19.20q	NWI	2
6 Malda, Jackson		Hamilton Dis		19.98q	NWI	1
7 Jiang, Alex		Nora Frances		20.31q	NWI	1
8 Malda, Jonas		Hamilton Dis		20.64q	NWI	1
9 Liang, Sam		Nora Frances		20.98	NWI	1
10 Adesanya, Hephzibah		Westdale S.S		21.30	NWI	1
11 DaSilva, Jonah		Westmount S.	21.09	21.46	NWI	2
12 Mainprize, Clinton		Waterdown Di		22.14	NWI	1
13 Farah, Abdihakim		Westdale S.S		22.56	NWI	1
14 Alsawadi, Adam		Westmount S.	21.05	22.73	NWI	2
15 Lobb, Joel		Ancaster Hig		28.14	NWI	2

Men 110 Meter Hurdles Senior

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Foster, Naieem		Sherwood S.S	14.53	14.53	NWI	6
2 Schulenberg, Aaron		Guido de Bre	17.11	17.11	NWI	4
3 Bird, Kase		Glendale S.S	18.93	18.93	NWI	3
4 Gummerson, Colton		Westdale S.S	19.14	19.14	NWI	2
5 Smart, Jahi		Glendale S.S	19.20	19.20	NWI	1
6 Malda, Jackson		Hamilton Dis	19.98	19.98	NWI	
7 Jiang, Alex		Nora Frances	20.31	20.31	NWI	
8 Malda, Jonas		Hamilton Dis	20.64	20.64	NWI	

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Men 400 Meter Hurdles Senior

Name	Year School	Seed	Finals	H#	Points
1 Foster, Naieem	Sherwood S.S	57.30	57.30	2	6
2 Jaffar, Abdallah	Sir Winston	58.56	58.56	2	4
3 Bird, Kase	Glendale S.S	1:06.60	1:06.60	2	3
4 Tejuosho, Ade	Sir Winston	1:09.70	1:09.70	1	2
5 Gummerson, Colton	Westdale S.S		1:09.92	1	1
6 Sepper, Nathan	Nora Frances		1:10.65	2	
7 Anderson, Zane	Sir Winston	1:00.00	1:12.39	2	
8 Malda, Jonas	Hamilton Dis		1:12.43	2	
9 Farah, Abdihakin	Westdale S.S		1:27.45	1	

Men 4x100 Meter Relay Senior

School	Seed	Finals	H#	Points
1 Westmount S.S. - Hwdsb 1) Todoruck-Janus, Leo 3) Philippe-Daniel, Brock	44.93	44.93	2	6
2 Westdale S.S. - Hwdsb	45.71	45.71	1	4
3 Dundas Valley S.S. - Hwdsb	46.40	46.40	2	3
4 Saltfleet District - Hwdsb 1) Forrester, Jayden 3) Som, Norrin	46.58	46.58	2	2
5 Glendale S.S. - Hwdsb	48.00	46.96	2	1
6 Sir Winston Churchill S.S. - H		47.87	1	
7 Ancaster High School - Hwdsb		48.01	2	
8 Nora Frances Henderson S.S. -		51.82	2	
9 Orchard Park S.S. - Hwdsb 1) Kang, Ayden 3) Syed, Ali		53.36	2	
10 Waterdown District - Hwdsb 1) Marks, Colin 3) Penton, Jonah		55.19	1	
			2) Saini, Divjot 4) Verma, Mannan	
			2) Giroux, Evan 4) Roberts, Tucker	

Men High Jump Senior

Name	Year School	Seed	Finals	Points
1 Jagersma, Rowan	Guido de Bre	1.55m	1.55m	6
2 Tejuosho, Ade	Sir Winston	1.50m	1.50m	4

Men Long Jump Senior

Name	Year School	Seed	Finals	Wind	Points
1 Foster, Naieem	Sherwood S.S	6.12m	6.12m	NWI	6
2 Said, Rowan	Dundas Valle	5.58m	5.58m	NWI	4
3 Pileski, Kyle	Dundas Valle	5.45m	5.45m	NWI	3
4 Simpson, Sean	Glendale S.S	5.32m	5.32m	NWI	2
5 Kingma, Logan	Guido de Bre		5.31m	NWI	1
6 Bird, Kase	Glendale S.S	4.60m	5.27m	NWI	
7 Smart, Jahi	Glendale S.S	5.10m	5.10m	NWI	
8 Jiang, Alex	Nora Frances		5.01m	NWI	
9 Herrington, Jonathan	Westdale S.S		4.85m	NWI	

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...Men Long Jump Senior

10	Roberts, Sebastian	Sir Winston	4.74m	NWI
11	Liang, Sam	Nora Frances	4.36m	NWI
12	Kemalsah, Zubeyir	Glendale S.S	3.65m	NWI

Men Triple Jump Senior

Name	Year	School	Seed	Finals	Wind	Points
1	Pileski, Kyle	Dundas Valle	12.23m	12.23m	NWI	6
2	Dejager, Eli	Guido de Bre	12.05m	12.05m	NWI	4
3	Schulenberg, Aaron	Guido de Bre	11.25m	11.25m	NWI	3
4	Denhollander, Gabe	Guido de Bre	11.10m	11.10m	NWI	2
5	Mahmoud, Anas	Ancaster Hig		10.82m	NWI	1

Men Shot Put Senior

Name	Year	School	Seed	Finals	Points
1	Fennema, Drew	Dundas Valle	13.58m	13.58m	6
2	Raymond, George	Sir Allan Ma	12.43m	12.43m	4
3	Smallwood, Ayden	Westdale S.S	11.59m	11.59m	3
4	Coates, Payton	Sir Winston	10.53m	10.53m	2
5	Geerts, Graham	Hamilton Dis		10.15m	1
6	Fogal, Orion	Nora Frances		9.51m	
7	Bullard, Tanner	Nora Frances		9.26m	
8	Ong, Tristan	Westmount S.		9.10m	
9	Talaga, Hunter	Saltfleet Di	8.19m	8.96m	
10	Hallblander, Emmery	Dundas Valle		8.82m	
11	Stegmaier, James	Sir Winston		8.73m	
12	Melamed, Eli	Westdale S.S		8.62m	
13	Torenvliet, Gabe	Guido de Bre		8.56m	
14	Kuizinga, Ryan	Guido de Bre		8.47m	
15	Beaulne, Tristan	Dundas Valle		6.94m	
16	Elo, Nathan	Sir Winston		6.89m	
17	Zewky, Rayan	Nora Frances		6.52m	

Men Discus Throw Senior

Name	Year	School	Seed	Finals	Points
1	Fennema, Drew	Dundas Valle	34.80m	34.80m	6
2	Bullard, Tanner	Nora Frances	29.93m	29.93m	4
3	Fogal, Orion	Nora Frances	27.40m	27.40m	3
4	Ong, Tristan	Westmount S.	26.69m	26.69m	2
5	Chamakura, Shantan	Westmount S.		24.41m	1
6	Denhollander, Gabe	Guido de Bre		24.11m	
7	Doyle, Deaglan	Ancaster Hig		23.82m	
8	Torenvliet, Gabe	Guido de Bre		21.50m	
9	Jans, Blake	Guido de Bre		20.84m	
10	Kuizinga, Ryan	Guido de Bre		20.56m	
11	Beaulne, Tristan	Dundas Valle		20.35m	
12	Geerts, Graham	Hamilton Dis		20.15m	
13	Hallblander, Emmery	Dundas Valle		19.93m	
14	Zewky, Rayan	Nora Frances		16.39m	

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Men Javelin Throw Senior

Name	Year School	Seed	Finals	Points
1 Jans, Blake	Guido de Bre	40.58m	40.58m	6
2 Fennema, Drew	Dundas Valle	39.97m	39.97m	4
3 Blums, Jake	Westdale S.S	39.13m	39.13m	3
4 Doyle, Deaglan	Ancaster Hig	38.94m	38.94m	2
5 Bullard, Tanner	Nora Frances		37.22m	1
6 Dejager, Eli	Guido de Bre		36.68m	
7 Gummerson, Colton	Westdale S.S		36.64m	
8 Roberts, Sebastian	Sir Winston		32.61m	
9 Dales, Noah	Ancaster Hig		31.04m	
10 Gibson, Fynn	Dundas Valle		29.23m	
11 Melamed, Eli	Westdale S.S		29.09m	
12 Denhollander, Gabe	Guido de Bre		28.44m	
13 Chamakura, Shantan	Westmount S.		27.12m	
14 Talaga, Hunter	Saltfleet Di		27.09m	
15 Farah, Abdihakim	Westdale S.S		26.11m	
16 Geerts, Graham	Hamilton Dis		22.24m	
17 Alkilabi, Rashid	Westmount S.		21.81m	
18 Chapman, Joshua	Orchard Park		21.54m	
19 Fogal, Orion	Nora Frances		21.36m	
20 McCoy, Evan	Sherwood S.S		19.64m	
21 Stegmaier, James	Sir Winston		17.42m	
22 Zewky, Rayan	Nora Frances		15.05m	

Men 2000 Meter Steeplechase Open

Name	Year School	Seed	Finals	Points
1 Ortwein, Jackson	Dundas Valle	6:13.64	6:13.64	6
2 Zdravkovic, Aleksandar	Ancaster Hig	6:50.57	6:50.57	4
3 Benton Kearney, Grayson	Saltfleet Di	6:57.06	6:57.06	3
4 Saleh, Shakir	Bernie Custi	7:00.84	7:00.84	2
5 Oommen, Nathan	Saltfleet Di		7:47.99	1
6 Van Buskirk, Keegan	Sir Winston		7:56.63	
7 Malda, Jackson	Hamilton Dis		8:00.25	
8 Bramwell, Cullen	Westdale S.S		8:12.23	
9 Dion, Dani	Dundas Valle		8:23.77	
-- Chrysler, Carter	Westmount S.	7:10.00	DNF	

Men 4x400 Meter Relay Open

School	Seed	Finals	Points
1 Glendale S.S. - Hwdsb	3:52.47	3:52.47	6
2 Dundas Valley S.S. - Hwdsb	3:54.09	3:54.09	4
3 Orchard Park S.S. - Hwdsb	4:07.40	4:07.40	3
1) Lortie, Trevor		2) Reid, Nolan	
3) Serwa, Sanjay		4) Takatsu, Yuji	
4 Guido de Bres C.H.S - Hwdsb	4:08.15	4:08.15	2

HWIAC - Track and Field Meet
Ray Lewis T&F Facility
Results

Men 100 Meter Dash Visually Imp.

Name	Year School	Seed	Finals	Wind	Points
1 Guthrie, Jeremiah	Sir Winston	14.00	14.00	NWI	6

Men 800 Meter Run Visually Imp.

Name	Year School	Seed	Finals	Points
1 Guthrie, Jeremiah	Sir Winston	3:01.77	3:01.77	6

Men 100 Meter Dash Ambulatory

Name	Year School	Seed	Finals	Wind	Points
1 Graves, Zayden	Saltfleet Di	14.07	14.07	NWI	6
2 Simonovski, Taylor	Dundas Valle	16.44	16.44	NWI	4
3 Sedore-Willett, Daniel	Saltfleet Di	17.75	17.75	NWI	3

Men 800 Meter Run Ambulatory

Name	Year School	Seed	Finals	Points
1 Graves, Zayden	Saltfleet Di	3:14.02	3:14.02	4
2 Sedore-Willett, Daniel	Saltfleet Di	3:53.24	3:53.24	3

Men Shot Put Ambulatory

Name	Year School	Seed	Finals	Points
1 Guimaraes, Cohen	Saltfleet Di	4.49m	4.49m	6
2 Simonovski, Taylor	Dundas Valle	4.48m	4.48m	4
3 Sedore-Willett, Daniel	Saltfleet Di	3.45m	3.45m	3

Mixed 4x400 Meter Relay Open

School	Seed	Finals	Points
1 Guido de Bres C.H.S - Hwdsb		3:53.04	6
2 Ancaster High School - Hwdsb		3:58.21	4
3 Dundas Valley S.S. - Hwdsb		4:10.73	3
4 Saltfleet District - Hwdsb		4:15.58	2
5 Westmount S.S. - Hwdsb		4:35.34	1