

Limestone Legacy Meet 2016 - 4/22/2016

Invista Track, Kingston, Ontario

Caraco

Results - Track Events

Girls 100 Meter Dash Midget

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Cushing, Claire	Thousand Islands SS	13.20	13.56Q	2
2 Jeffries, Megan	Holy Cross SS		14.10Q	6
3 Lyons, Claire	Frontenac Se	14.00	14.42Q	3
4 Richmond, Dacey	Holy Cross SS		14.49Q	5
5 Cavanagh, Kassidy	Thousand Islands SS	14.20	14.66Q	4
5 Fraser, Jadyne	Carleton Place H.S.	13.12	14.66Q	1
7 Cowan, Grace	Brockville C		14.13q	2
8 Gebhart, Hannah	La Salle Secondary		14.53q	5
9 Wheeler, Emma	Brockville C		14.59	3
10 Mashamba, Deborah	Regiopolis-N		14.79	1
11 Dundon, Meghan	Ernestown SS		14.83	5
12 Onion, Lora	Smiths Falls		14.84	2
13 Olotu, Kiera	St. Michael C.H.S.		14.96	1
14 Phillips, Ella	Sydenham HS		15.05	4
15 Goss, Chloe	Regiopolis-N		15.08	2
16 Stickle, Taylor	Frontenac Se	1:45.00	15.18	6
17 Ballantyne, Emily	Brockville C		15.23	4
18 Swindley, Liz	Regiopolis-N		15.24	3
19 Besette, Meryka	La Salle Secondary		15.28	2
20 Spencer, Sarah	Regiopolis-N		15.31	4
21 Connors, Clara	Regiopolis-N		15.33	5
22 Minifie, Olivia	Sydenham HS		15.35	2
23 Bickerton, Erin	Brockville C		15.48	5
24 Craig, Lindsey	Smiths Falls		15.49	6
25 Ingram, Alyssa	Cornwall Collegi		15.53	4
26 Kennedy, Jacklyn	Sydenham HS		15.64	3
27 Filiatrault, Megan	Esc Marie-Rivier		15.65	3
28 Hudson, Mallory	St. Michael C.H.S.		15.66	3
29 Poldervaart, Faith	Gananoque Se	14.30	15.69	5
30 Bardell, Pasha	Loyalist Collegiate		15.78	4
30 Read, Megan	Brockville C		15.78	1
32 Hickey, Kaylee	Rideau District		15.81	4
33 Varma, Sam	Kingston Cvi		15.95	6
34 Hillis, Rebecca	Sydenham HS		16.19	6
35 Sheppard, Kyla	St. Michael C.H.S.		16.24	4
36 Neven, Jayden	Rideau District		16.25	6
37 Noor, Esha	Cornwall Collegi		16.33	1
38 Murray, Elizabeth	Esc Marie-Rivier		16.46	5
39 Pederson, Lauren	St. Michael C.H.S.		16.79	6
40 Boissonneault, Amy	Kingston Cvi		17.06	1
41 Broniszkeski, Rachel	St. Michael C.H.S.		17.50	2
42 Knapp, Faith	Sydenham HS		18.35	1

Girls 100 Meter Dash Midget

Name	Year School	Prelims	Finals	Points
Finals				
1 Cushing, Claire	Thousand Islands SS	13.56	13.73	10
2 Jeffries, Megan	Holy Cross SS	14.10	14.05	8
3 Lyons, Claire	Frontenac Se	14.42	14.23	6

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4	Cowan, Grace	Brockville C	14.13	14.26	5
5	Gebhart, Hannah	La Salle Secondary	14.53	14.38	4
6	Fraser, Jady	Carleton Place H.S.	14.66	14.51	3
7	Richmond, Dacey	Holy Cross SS	14.49	14.54	2
8	Cavanagh, Kassidy	Thousand Islands SS	14.66	14.68	1

Girls 1500 Meter Run Midget

Name	Year	School	Seed	Finals	Points
1	Brayton, Rachel	Thousand Islands SS	5.30	5:29.14	10
2	Amari, Hana	Kingston Cvi		5:39.40	8
3	Loock, Johanna	Kingston Cvi		5:41.98	6
4	Pearce, Vanessa	Sydenham HS	5:50.00	5:47.65	5
5	Gaensler, Leah-Joy	Smiths Falls		5:47.74	4
6	Reynolds, Bryn	La Salle Secondary		5:52.05	3
7	Adrain, Kathleen	St. John Chs		6:00.08	2
8	Cameron, Keira	Seaway Dhs	5:03.00	6:11.62	1
9	Henderson, Rylee	Frontenac Se	7:01.00	6:26.92	
10	Whitehead, Sophie	Kingston Cvi		6:35.07	
11	Campbell, Isabella	Regiopolis-N		6:38.28	
12	Carrillo, Laura	Frontenac Se	7:01.00	6:48.44	

Girls 80 Meter Hurdles Midget

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	O'Connor, Meredith	Thousand Islands SS	14.90	16.53Q	1
2	Lappan, Darcie	Sydenham HS		16.71Q	2
3	Pearce, Vanessa	Sydenham HS		16.78Q	1
4	Neven, Jayden	Rideau District		16.99Q	2
5	Hillis, Rebecca	Sydenham HS		17.35Q	2
6	Ingram, Alyssa	Cornwall Collegi		17.43Q	1
7	VanHoof, Kristyn	Seaway Dhs	16.20	17.53q	2
8	Wilson, Hailey	North Hastings H.S.	17.00	17.61q	2
9	Cannon, Kensley	North Hastings H.S.	18.00	17.74	1
10	Fraser, Jady	Carleton Place H.S.	17.90	17.81	1
11	Anderson, Brianna	Kingston Cvi		18.69	1
12	Wirsig, Heidi	Kingston Cvi		19.05	2
13	Noor, Esha	Cornwall Collegi		20.08	2

Girls 80 Meter Hurdles Midget

Name	Year	School	Prelims	Finals	Points
Finals					
1	O'Connor, Meredith	Thousand Islands SS	16.53	16.33	10
2	Lappan, Darcie	Sydenham HS	16.71	16.62	8
3	Neven, Jayden	Rideau District	16.99	16.96	6
4	Hillis, Rebecca	Sydenham HS	17.35	17.05	5
5	Pearce, Vanessa	Sydenham HS	16.78	17.07	4
6	VanHoof, Kristyn	Seaway Dhs	17.53	17.50	3
7	Wilson, Hailey	North Hastings H.S.	17.61	17.88	2

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Girls 4x100 Meter Relay Midget

School	Seed	Finals	H#	Points
1 Thousand Islands SS 'A'	55.60	54.79	1	10
2 La Salle Secondary 'A'		55.85	2	8
3 Brockville Collegiate Institut 'A'		56.61	2	6
4 Sydenham HS 'A'		1:00.85	2	5
5 Sydenham HS 'B'		1:01.03	2	4
6 Seaway Dhs 'A'		1:01.37	2	3
7 St. Michael C.H.S. 'A'		1:02.05	1	2
8 Kingston Cvi 'A'		1:02.42	1	1
9 North Hastings H.S. 'A'	1:00.00	1:02.68	1	
-- Regiopolis-Notre Dame 'A'		DQ	1	

Girls 100 Meter Dash Junior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Bell, Sarah	Kingston Cvi	12.60	13.43Q	1
2 Wentz, Tori	Bayridge	13.40	13.57Q	3
3 Cabral, Chloe	Regiopolis-N		14.21Q	2
4 Wynne, Amy	Smiths Falls		14.61Q	4
5 Battler, Kayla	Sydenham HS		14.33q	2
6 Fowler, Megan	Brockville C		14.38q	1
7 Nowlan, Maddy	Thousand Islands SS	13.20	14.42q	2
8 Hennesy, Tatum	Rideau District		14.59q	2
9 Thurston, Emily	Smiths Falls		14.66	1
10 Macpherson, Meghan	Holy Cross SS		14.68	2
11 Summer, Taylor	Gananoque Se	14.17	14.78	4
12 Millotte, Brianna	St. John Chs		14.87	3
13 Lariviere, Caitlyn	Loyalist Collegiate		15.01	4
14 Marshall, Taryn	Thousand Islands SS	14.20	15.15	4
15 Kelman, Layne	Ernestown SS		15.27	3
16 Batson, Evelyn	Sydenham HS		15.31	1
17 Ogawa, Yuki	Thousand Islands SS	14.90	15.35	1
18 Farella, Joanna	Thousand Islands SS	14.60	15.41	3
19 Woodward, Ariyah	Kingston Cvi		15.46	2
19 Howes, Morgan	Granite Ridge Ed		15.46	4
21 Flegg, Teresa	Smiths Falls		15.56	3
22 Treffers, Meghan	St. John Chs		15.57	1
23 Sommer, Carla	Brockville C		15.60	3
24 Brant, Molly	Loyalist Collegiate		16.31	3
25 Perrin, Rebecca	Rideau District		16.42	4
26 Aziz, Osma	Loyalist Collegiate		16.47	1
27 Emunganya, Laetitia	La Salle Secondary		16.89	4
28 Clow, Brianna	Sydenham HS		17.04	3
29 Jones, Billie Anne	Smiths Falls		17.07	2

Girls 100 Meter Dash Junior

Name	Year School	Prelims	Finals	Points
Finals				
1 Bell, Sarah	Kingston Cvi	13.43	13.37	10

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2	Wentz, Tori	Bayridge	13.57	13.61	8
3	Cabral, Chloe	Regiopolis-N	14.21	14.38	6
4	Fowler, Megan	Brockville C	14.38	14.42	5
5	Battler, Kayla	Sydenham HS	14.33	14.46	4
6	Wynne, Amy	Smiths Falls	14.61	14.48	3
7	Nowlan, Maddy	Thousand Islands SS	14.42	14.49	2
8	Hennesy, Tatum	Rideau District	14.59	14.89	1

Girls 1500 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 Bright, Nora	Rideau District		5:32.47	10
2 Smallman, Jane	Kingston Cvi		5:40.30	8
3 Scott, Adrienne	Kingston Cvi		5:41.55	6
4 Rojas, Daniella	Regiopolis-N		5:45.51	5
5 Feng, Katie	Loyalist Collegiate		6:00.51	4
6 Gallagher, Megan	Brockville C		6:11.65	3

Girls 80 Meter Hurdles Junior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Stafford, Clare	Regiopolis-N		13.32Q	2
2 Hough, Olivia	Thousand Islands SS	14.20	14.86Q	1
3 Stevens, Jessica	Carleton Place H.S.	14.50	13.51Q	2
3 Burgess, Brianna	Sydenham HS		13.51Q	2
5 Beazley, Sophie	Carleton Place H.S.	17.15	14.90Q	1
6 Marques, Celina	Regiopolis-N		16.71Q	1
7 Crocker, Madi	North Hastings H.S.	15.50	15.30q	2
8 Boudreau, Rebekah	Regiopolis-N		17.31q	1
9 Campbell, Courtney	Regiopolis-N		17.60	1

Girls 80 Meter Hurdles Junior

Name	Year School	Prelims	Finals	Points
Finals				
1 Stafford, Clare	Regiopolis-N	13.32	13.27	10
2 Stevens, Jessica	Carleton Place H.S.	13.51	13.41	8
3 Burgess, Brianna	Sydenham HS	13.51	13.66	6
4 Hough, Olivia	Thousand Islands SS	14.86	14.26	5
5 Beazley, Sophie	Carleton Place H.S.	14.90	15.06	4
6 Crocker, Madi	North Hastings H.S.	15.30	15.32	3
7 Marques, Celina	Regiopolis-N	16.71	16.96	2
8 Boudreau, Rebekah	Regiopolis-N	17.31	17.04	1

Girls 4x100 Meter Relay Junior

School	Seed	Finals	H#	Points
1 Regiopolis-Notre Dame 'A'		56.23	1	10
2 Carleton Place H.S. 'A'	56.00	56.37	1	8

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....Girls 4x100 Meter Relay Junior

3	Holy Cross SS 'A'		57.19	1	6
4	Thousand Islands SS 'A'	57.45	57.59	1	5
5	North Hastings H.S. 'A'	58.00	57.71	1	4
6	Gananoque Secondary School 'A'		58.03	2	3
7	Smiths Falls District Collegia 'A'		58.63	2	2
8	Rideau District High School 'A'		1:01.24	2	1
9	Kingston Cvi 'A'		1:04.48	1	
--	Sydenham HS 'A'		DQ	1	

Girls 100 Meter Dash Senior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1	Battle, Marissa	Kingston Cvi	13.11Q	4
2	Langelier, Ashley	Cornwall Collegi	13.45Q	3
3	Zohorsky, Nicole	Bayridge	13.53Q	5
4	Libby, Teri-Anna	Thousand Islands SS	12.80	2
5	Ménard, Andréanne	Esc Marie-Rivier	14.45Q	1
6	Goldberg, Rachel	St. Michael C.H.S.	13.30	5
7	Millard, Claire	Loyalist Collegiate	14.02q	4
8	Lanzo, Abby	Holy Cross SS	14.03q	4
9	Lalonde, Amanda	Holy Cross SS	14.05	5
10	Woods, Devon	North Hastings H.S.	14.60	2
11	Bedel, Jordan	Carleton Place H.S.	14.00	2
12	Snider, Nathalie	Rideau District	14.46	3
13	Cassidy, Kathryn	Thousand Islands SS	14.00	3
14	Gilson, Ainsley	Regiopolis-N	14.65	2
15	Horne, Quinn	Seaway Dhs	13.15	4
16	Badour, Keisha	Sydenham HS	14.87	5
17	Stewart, Katie	Gananoque Se	14.73	3
18	Wynne, Katrina	Smiths Falls	15.13	1
19	Campbell, Sam	Bayridge	13.80	4
20	Jenkins, Amy	Thousand Islands SS	14.50	1
21	Patrick, Mary	Cornwall Collegi	15.85	5
22	Laing, Erin	La Salle Secondary	15.86	1
23	Whitteker, Ashley	Seaway Dhs	14.01	1
24	Lackie, Gillian	Regiopolis-N	16.05	3
25	Garland, Casey	Queen Elizabeth Cvi	16.29	4
26	Connolly-MacDonald, Holl	Seaway Dhs	17.00	2
27	Gauvreau, Victoria	Seaway Dhs	15.00	5
28	Galler, Brittany	Frontenac Se	17.06	3
29	Thompson, Madelin	Frontenac Se	17.48	1
30	Hughes, Shirley	Sydenham HS	18.71	2
31	Silver, Amanda	Sydenham HS	20.55	1

Girls 100 Meter Dash Senior

Name	Year School	Prelims	Finals	Points
Finals				
1	Battle, Marissa	Kingston Cvi	13.11	13.09 10
2	Langelier, Ashley	Cornwall Collegi	13.45	13.26 8
3	Zohorsky, Nicole	Bayridge	13.53	13.55 6

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4	Libby, Teri-Anna	Thousand Islands SS	13.83	13.91	5
5	Goldberg, Rachel	St. Michael C.H.S.	13.81	13.92	4
6	Millard, Claire	Loyalist Collegiate	14.02	13.98	3
7	Lanzo, Abbey	Holy Cross SS	14.03	14.05	2
8	Ménard, Andréanne	Esc Marie-Rivier	14.45	14.52	1

Girls 1500 Meter Run Senior

Name	Year	School	Seed	Finals	Points
1	Burns, Kendra	Rideau District		5:19.62	10
2	Gossage, Danielle	Sydenham HS	5:30.00	5:35.08	8
3	Adam, Bella	La Salle Secondary		5:37.51	6
4	Wiltse, Joah	Thousand Islands SS	5.40	5:38.28	5
5	Thornton, Kate	St. John Chs		5:39.29	4
6	Morin, Paige	Thousand Islands SS	5.40	5:44.73	3
7	Scott, Andrea	La Salle Secondary		6:18.66	2
8	Jeffrey, Ainsley	Sydenham HS	6:30.00	6:32.21	1
9	Hunt, Madi	Gananoque Se	6:00.00	6:33.52	
10	Preston, Annie	Sydenham HS	6:15.00	6:39.10	
11	Baur, Jana	Gananoque Se	6:00.00	6:44.96	
12	Noble, Catherine	Bayridge		6:47.19	
13	White, Cassie	Sydenham HS	6:39.00	6:47.79	
14	Lee, Tyannah	St. Michael C.H.S.		6:55.20	
15	Dehnert, Lendra	Bayridge		7:24.68	

Girls 100 Meter Hurdles Senior

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Dunn, Blaire	Frontenac Se	14.90	15.31q	1
2	Black, Amanda	Kingston Cvi		16.43q	1
3	Merjavec, Hannah	Regiopolis-N		17.50q	1
4	Nairn, Clevelyn	Rideau District		17.73q	1
5	Gowland-Wood, Tory	Thousand Islands SS	17.20	18.59q	2
6	Millard, Claire	Loyalist Collegiate		19.28q	1
7	Blair, Kara	Rideau District		19.41q	2
8	Russell, Sarah	Gananoque Se	20.80	19.67q	2
9	Garland, Casey	Queen Elizabeth Cvi		19.68	2
10	Ménard, Andréanne	Esc Marie-Rivier		19.69	2
10	Cassidy, Kathryn	Thousand Islands SS	18.90	19.69	1
12	Bellostas, Alba	Thousand Islands SS	18.50	20.36	1

Girls 100 Meter Hurdles Senior

Name	Year	School	Prelims	Finals	Points
Finals					
1	Dunn, Blaire	Frontenac Se	15.31	15.34	10
2	Millard, Claire	Loyalist Collegiate	19.28	16.38	8
3	Black, Amanda	Kingston Cvi	16.43	16.85	6
4	Merjavec, Hannah	Regiopolis-N	17.50	16.98	5
5	Nairn, Clevelyn	Rideau District	17.73	17.43	4

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6	Gowland-Wood, Tory	Thousand Islands SS	18.59	18.99	3
7	Blair, Kara	Rideau District	19.41	19.10	2
8	Russell, Sarah	Gananoque Se	19.67	20.71	1

Girls 4x100 Meter Relay Senior

School	Seed	Finals	H#	Points
1 Thousand Islands SS 'A'	57.00	54.15	1	10
2 Bayridge 'A'		55.39	2	8
3 Holy Cross SS 'A'		55.84	1	6
4 Rideau District High School 'A'		57.03	1	5
5 Sydenham HS 'A'		57.68	2	4
6 Smiths Falls District Collegia 'A'		57.69	2	3
7 Regiopolis-Notre Dame 'A'		57.85	1	2
8 Carleton Place H.S. 'A'	57.00	1:00.59	1	1
9 Cornwall Collegiate V.S. 'A'		1:00.92	1	
10 North Hastings H.S. 'A'	57.00	1:01.14	1	
11 Seaway Dhs 'A'		1:02.46	1	
12 Thousand Islands SS 'B'		1:08.49	2	

Girls 1500 Meter Steeplechase Open

Name	Year School	Seed	Finals	Points
1 Schonewille, Corinne	Brockville C		5:48.96	10
2 Scott, Heidi	Kingston Cvi		6:00.04	8
3 Besselink, Mary	Holy Cross SS		6:00.32	6
4 Reynolds, Bryn	La Salle Secondary		6:09.85	5
5 Tavares, Cristina	Regiopolis-N		6:18.58	4
6 Kussman, Melissa	North Hastings H.S.		7:11.46	3
7 Adshade, Emma	Regiopolis-N		7:21.26	2
8 Brownlee, Jordan	North Hastings H.S.		7:34.50	1

Girls Distance Medley Open

School	Seed	Finals	H#	Points
1 Thousand Islands SS 'A'	5:55.00	5:51.75	1	10
2 Thousand Islands SS 'B'	5:55.00	6:05.02	1	8
3 Holy Cross SS 'A'		6:07.39	1	6
4 Rideau District High School 'A'		6:15.05	1	5
5 Sydenham HS 'A'		6:26.57	1	4
6 Bayridge 'A'		6:28.92	2	3
7 Brockville Collegiate Institut 'A'		6:34.27	2	2
8 Carleton Place H.S. 'A'		6:34.31	1	1
9 Smiths Falls District Collegia 'A'		6:36.12	1	
10 St. John Chs (Perth) 'A'		6:36.88	1	
11 Sydenham HS 'B'		6:50.18	2	
12 La Salle Secondary 'A'		6:55.97	1	

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Boys 100 Meter Dash Midget

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 VanBeek, Aidan		Thousand Islands SS	11.90	12.21Q	2
2 Pryer, Derek		Thousand Islands SS	11.90	12.37Q	1
3 Thomason, Dylan		Holy Cross SS		12.61Q	3
4 Cook, Simon		Sydenham HS	12.56	12.73Q	6
5 Snedden, Ashton		Carleton Place H.S.	12.10	12.83Q	5
6 Givoque, Ethan		Thousand Islands SS	12.10	12.98Q	4
7 Birtch, McKendry		Holy Cross SS		12.82q	2
8 Haynes, Ayrison		Sydenham HS		12.90q	2
9 Gurnsey, Joel		Frontenac Se	13.50	12.93	5
10 Yilmaz, Ata		Thousand Islands SS	12.00	13.03	3
11 Goldvasser, Mishel		Kingston Cvi		13.08	1
11 Osman, Wail		Kingston Cvi		13.08	3
13 Downer, Jamaree		Regiopolis-N		13.19	5
14 Randall, Evan		Esc Marie-Rivier		13.20	2
15 An, Joey		Holy Cross SS		13.21	6
16 Peddell, Luke		Thousand Islands SS	12.20	13.36	6
17 Macey, Brennan		Gananoque Se	14.30	13.39	3
18 Lowe, Liam		Ernestown SS		13.47	3
19 Ferguson, Scott		Rideau District		13.49	6
20 Zaidi, Ali		Kingston Cvi		13.52	5
21 Evans, Austin		St. John Chs		13.77	5
22 Kossonou, René-Paul		Esc Marie-Rivier		13.82	4
23 Sagriff, Zach		Ernestown SS		13.88	1
24 Dods, Ben		Carleton Place H.S.		13.94	3
25 McCormack, Alex		Rideau District		14.04	2
26 Conway, Dustin		Granite Ridge Ed		14.08	1
27 Levere, Mark		St. Michael C.H.S.		14.14	2
28 Grange, Eli		Ernestown SS		14.32	6
28 Hum, Matthew		St. Michael C.H.S.		14.32	4
30 Byers, Kendrew		Seaway Dhs		14.38	4
31 Jones, Adam		Esc Marie-Rivier		14.77	1
32 Loft, David		Gananoque Se	15.30	14.95	2
33 Ketcheson, Haze		Smiths Falls		15.08	1
34 Hill, Zack		Carleton Place H.S.		15.11	1
35 Sherwood, Brendan		La Salle Secondary		15.46	5
36 Donnelly, Corrick		St. John Chs		15.83	4

Boys 100 Meter Dash Mobility Imp Midget

Name	Year	School	Seed	Finals	H#	Points
Finals						
1 Compeau, Brandon		Cornwall Collegi		14.51	2	10
2 Graves, David		Cornwall Collegi		14.93	2	8
3 Bento, Mark		Regiopolis-N		15.86	1	6
4 Kehoe, JP		Sydenham HS		16.35	1	5
5 Graham, Jordan		Frontenac Se	16.00	17.01	1	4
6 Williams, David		Cornwall Collegi		17.42	2	3
7 Gibson-Leduc, Trey		Regiopolis-N		17.48	1	2
8 Chabot, Andrew		Regiopolis-N		17.70	1	1
9 Gwyne-Timothy, John		Regiopolis-N		19.34	1	

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....Boys 100 Meter Dash Mobility Imp Midget

10 George, Taylor Sydenham HS 22.49 1

Boys 100 Meter Dash Midget

Name	Year	School	Prelims	Finals	Points
1 VanBeek, Aidan		Thousand Islands SS	12.21	12.19	10
2 Thomason, Dylan		Holy Cross SS	12.61	12.69	8
3 Pryer, Derek		Thousand Islands SS	12.37	12.78	6
4 Snedden, Ashton		Carleton Place H.S.	12.83	12.83	5
5 Cook, Simon		Sydenham HS	12.73	12.91	4
6 Haynes, Ayrison		Sydenham HS	12.90	13.08	3
7 Birtch, McKendry		Holy Cross SS	12.82	13.09	2
8 Givogue, Ethan		Thousand Islands SS	12.98	13.10	1

Boys 1500 Meter Run Midget

Name	Year	School	Seed	Finals	Points
1 Santucci, Nick		Holy Cross SS		4:45.58	10
2 Wilson, Matthew		Kingston Cvi		4:46.32	8
3 Bruce, Cameron		Frontenac Se		4:48.55	6
4 Moran, Chet		Loyalist Collegiate		4:49.59	5
5 Lidlow, Cole		Thousand Islands SS	5:10.00	4:50.78	4
6 Gilpin, Jacob		Sydenham HS	4:49.00	5:00.45	3
7 Yakimov-Benabdallah, Eva		Esc Marie-Rivier		5:02.61	2
8 Bonnfield, Ryan		St. Michael C.H.S.		5:05.28	1
9 Smith, Will		La Salle Secondary		5:06.65	
10 Jarvis, Ian		Bayridge		5:11.60	
11 Shetler, Rayden		Sydenham HS	5:07.00	5:12.51	
12 Valencia, Sebastian		Kingston Cvi		5:13.95	
13 Rostek, Matthew		Regiopolis-N		5:15.50	
14 Coleman, Thomas		Holy Cross SS		5:23.31	
15 Grange, Eli		Ernestown SS		5:27.04	
16 Tovell, Chris		St. Michael C.H.S.		5:32.42	
17 Thompson, Brody		Smiths Falls		5:36.08	
18 Markland, Julian		Gananoque Se	5:50.00	5:37.13	
19 Prudhomme, Dj		Carleton Place H.S.		5:37.97	
20 Parker, Keegan		Loyalist Collegiate		5:40.80	
21 Norman, Brock		Sydenham HS	5:41.00	5:57.08	
22 Cavalier, David		St. John Chs		6:08.91	

Boys 100 Meter Hurdles Midget

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Cook, Simon		Sydenham HS	16.02	16.64Q	1
2 Vankoughnutt, Nick		Sydenham HS		18.83Q	2
3 Bare, Nathan		Carleton Place H.S.	17.90	18.98Q	2
4 Dods, Ben		Carleton Place H.S.		19.20Q	1
5 Preston, Haydn		Cornwall Collegi		19.97Q	2
6 Denford, Simon		Esc Marie-Rivier		20.87Q	1
7 Locke, Cameron		Thousand Islands SS	19.80	20.55q	2

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8	Doucet, Evan	Gananoque Se	18.30	21.11q	2
9	Prudhomme, Dj	Carleton Place H.S.		21.21	1
10	Poste, Chris	North Hastings H.S.	18.50	23.09	1

Boys 100 Meter Hurdles Midget

Name	Year School	Prelims	Finals	Points
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Finals

1	Cook, Simon	Sydenham HS	16.64	16.80	10
2	Bare, Nathan	Carleton Place H.S.	18.98	18.23	8
3	Vankoughnutt, Nick	Sydenham HS	18.83	18.53	6
4	Dods, Ben	Carleton Place H.S.	19.20	19.77	5
5	Doucet, Evan	Gananoque Se	21.11	20.41	4
6	Locke, Cameron	Thousand Islands SS	20.55	20.55	3
7	Denford, Simon	Esc Marie-Rivier	20.87	21.95	2

Boys 4x100 Meter Relay Midget

School	Seed	Finals	Points
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1	Thousand Islands SS 'A'	48.00	48.49	10
2	Holy Cross SS 'A'		51.06	8
3	Kingston Cvi 'A'		51.52	6
4	Carleton Place H.S. 'A'	52.00	52.21	5
5	Sydenham HS 'A'		53.09	4
--	Esc Marie-Rivier 'A'		DQ	

Boys 100 Meter Dash Junior

Name	Year School	Seed	Prelims	H#
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Preliminaries

1	Bravakis, Emmett	Holy Cross SS	12.00	12.08Q	3
2	Sherbino, Adam	Bayridge	12.20	12.09Q	4
3	Gardiner, Liam	Carleton Place H.S.	11.50	12.39Q	2
4	Dotel, Erick	Esc Marie-Rivier		12.74Q	1
5	Packer, Jarelle	Bayridge	12.10	12.79Q	5
6	Gavin, Mason	Thousand Islands SS	12.00	12.16q	4
7	Beyret, Timothée	Esc Marie-Rivier		12.43q	2
8	Edwards, Cole	Sydenham HS		12.80q	5
9	Marchen, Bryce	Sydenham HS		12.91	4
10	Watson, Nate	Smiths Falls		12.94	5
11	Switzer, Isaac	North Hastings H.S.	13.50	12.97	2
12	Call, Josh	St. John Chs		13.01	4
12	Horeczy, Joseph	Regiopolis-N		13.01	1
14	Tetreault, Isaac	St. John Chs		13.05	1
15	Carren, Dayne	Thousand Islands SS	13.00	13.23	3
16	Dafoe, Josh	Regiopolis-N		13.26	4
17	Turley, Patrick	Thousand Islands SS	13.00	13.35	2
18	Desai, Ravi	Kingston Cvi		13.41	2
18	Mitchell, Brandon	St. John Chs		13.41	5
20	Lécuyer, Tristan	Esc Marie-Rivier		14.31	5
21	Nowak, Nathan	Regiopolis-N		14.67	3

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22	Porter, Ashton	St. Michael C.H.S.	14.82	3	
23	Rose, Adam	Sydenham HS	15.01	2	
24	Hickey, Jacob	Cornwall Collegi	15.03	4	
25	L'Abbe, Sebastien	Loyalist Collegiate	15.21	1	
26	Brady, Jon	Smiths Falls	15.33	3	
27	Emon, Liam	St. John Chs	15.35	3	
28	Lee, Garrick	North Hastings H.S.	13.50	16.89	1

Boys 100 Meter Dash Junior

Name	Year School	Prelims	Finals	Points	
Finals					
1	Bravakis, Emmett	Holy Cross SS	12.08	12.10	10
2	Sherbino, Adam	Bayridge	12.09	12.14	8
3	Gavin, Mason	Thousand Islands SS	12.16	12.21	6
4	Packer, Jarelle	Bayridge	12.79	12.53	5
5	Gardiner, Liam	Carleton Place H.S.	12.39	12.68	4
6	Beyret, Timothée	Esc Marie-Rivier	12.43	12.71	3
7	Edwards, Cole	Sydenham HS	12.80	12.94	2
8	Dotel, Erick	Esc Marie-Rivier	12.74	12.98	1

Boys 1500 Meter Run Junior

Name	Year School	Seed	Finals	Points	
1	Weston, Konnor	Frontenac Se	4:30.00	4:23.56	10
2	Rowan, Matt	Bayside Secondar	4:30.00	4:37.64	8
3	Poirier, Aaron	Esc Marie-Rivier		4:44.30	6
4	Whitford, Dallin	Bayside Secondar	4:45.00	4:51.68	5
5	McLay, Ryan	Sydenham HS	4:50.00	4:58.65	4
6	Adair, Jake	Frontenac Se	4:50.00	5:02.45	3
7	Callendar, Ben	Sydenham HS	4:59.00	5:04.42	2
8	Bilton, Ryan	Rideau District		5:05.01	1
9	Lamont, Gavin	Sydenham HS		5:18.38	
10	Crain, Matt	St. John Chs		5:20.38	
11	Pi-Condrie, Marcus	Holy Cross SS		5:21.55	
12	Beesley, Austin	St. John Chs		5:23.90	
13	Lécuyer, Tristan	Esc Marie-Rivier		5:46.12	
14	Carey, Dylan	Ernestown SS		5:46.68	
15	Thibeault, Tommy	Gananoque Se	6:15.00	6:23.28	
16	Roques, Robert	Holy Cross SS		6:36.82	

Boys 100 Meter Hurdles Junior

Name	Year School	Seed	Prelims	
Preliminaries				
1	Sands, Liam	Sydenham HS	15.13Q	
2	Coady, Connor	Regiopolis-N	17.14Q	
3	Mann, Brayden	Carleton Place H.S.	17.98Q	
4	Smith, Simon	Esc Marie-Rivier	19.79Q	
5	Blaquiere-Rizk, Brayden	Seaway Dhs	19.00	21.65Q

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Boys 100 Meter Hurdles Junior

Name	Year School	Prelims	Finals	Points
Finals				
1 Sands, Liam	Sydenham HS	15.13	15.11	10
2 Mann, Brayden	Carleton Place H.S.	17.98	17.90	8
3 Coady, Connor	Regiopolis-N	17.14	18.80	6
4 Smith, Simon	Esc Marie-Rivier	19.79	19.96	5
5 Watson, Nate	Smiths Falls		21.21	4
6 Blaquiére-Rizk, Brayden	Seaway Dhs	21.65	22.23	3

Boys 4x100 Meter Relay Junior

School	Seed	Finals	H#	Points
1 Frontenac Secondary School 'A'		50.00	1	10
2 Sydenham HS 'A'		50.50	1	8
3 Holy Cross SS 'A'		50.80	2	6
4 Carleton Place H.S. 'A'	48.00	50.90	1	5
5 Regiopolis-Notre Dame 'A'		51.00	1	4
6 Thousand Islands SS 'A'	49.00	51.20	1	3
7 St. John Chs (Perth) 'A'		51.30	2	2
8 Kingston Cvi 'A'		51.80	2	1
9 Seaway Dhs 'A'		52.40	1	
10 Rideau District High School 'A'		53.00	1	
-- North Hastings H.S. 'A'	51.00	DQ	1	

Boys 100 Meter Dash Senior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Snider, Maverick	Bayridge	11.20	11.75Q	1
2 Leblanc, Devin	Holy Cross SS	11.60	11.80Q	5
3 Lambert, Thomas	Sydenham HS	1:18.90	11.83Q	2
4 White, Austin	St. Michael C.H.S.	11.50	11.86Q	4
5 Montgomery, Ben	Carleton Place H.S.	11.45	12.14Q	3
6 Wykes, Cade	Thousand Islands SS	11.70	11.86q	1
7 Fraser, Cole	Carleton Place H.S.	11.70	11.96q	4
8 Gibson, Ryan	Sydenham HS		12.03q	5
9 Lepage, Kyle	Carleton Place H.S.	11.70	12.04	1
10 Thompson, Michael	Holy Cross SS	11.60	12.09	4
11 Wardman, Ethan	Carleton Place H.S.	11.45	12.11	2
12 Marshall, Spencer	Carleton Place H.S.	11.55	12.12	5
13 Edgley, Cole	Thousand Islands SS	11.70	12.16	3
14 Downer, Malik	Regiopolis-N		12.21	4
15 Langille, Jordan	Holy Cross SS	12.10	12.23	3
16 Funk, Matt	North Hastings H.S.	12.80	12.26	5
17 Andrews, Josh	Regiopolis-N		12.27	5
18 Chenier, Grant	Holy Cross SS	12.00	12.33	2
19 Young, Jean-David	Esc Marie-Rivier		12.46	2
20 Saulnier, Caedan	La Salle Secondary		12.49	2
21 Lane, Hayden	Bayridge	12.30	12.51	2
22 Clarke, Braden	Cornwall Collegi	12.75	12.67	5
23 Coon, Matthew	Kingston Cvi		13.07	5

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24	Scott, Devon	Granite Ridge Ed		13.14	5
25	Perrin, Alex	Bayridge		13.16	4
26	Henev, Darien	St. John Chs		13.30	2
27	Wilkinson, Sebastian	Smiths Falls		13.32	3
28	Scott, Michael	Esc Marie-Rivier		13.41	1
29	Noss, Aiden	Brockville C		13.42	1
30	Robertson, Dawson	Sydenham HS		13.75	3
31	Weber, Zane	St. John Chs		13.76	4
32	Li, Raymond	Bayridge	17.00	14.34	3
33	Bernicky, Curtis	Smiths Falls		14.65	1
34	Phillips, Bret	Frontenac Se	15.00	18.66	2

Boys 100 Meter Dash Senior

Name	Year	School	Prelims	Finals	Points
Finals					
1	Snider, Maverick	Bayridge	11.75	11.79	10
2	Wykes, Cade	Thousand Islands SS	11.86	11.80	8
3	Fraser, Cole	Carleton Place H.S.	11.96	11.87	6
4	Leblanc, Devin	Holy Cross SS	11.80	11.90	5
5	White, Austin	St. Michael C.H.S.	11.86	12.00	4
6	Lambert, Thomas	Sydenham HS	11.83	12.01	3
7	Montgomery, Ben	Carleton Place H.S.	12.14	12.03	2
8	Gibson, Ryan	Sydenham HS	12.03	12.70	1

Boys 1500 Meter Run Senior

Name	Year	School	Seed	Finals	Points
1	Pederson, Liam	La Salle Secondary		4:18.10	10
2	Rafuse, Carter	Thousand Islands SS	4:30.00	4:27.55	8
3	Bates, Paul	Regiopolis-N	4:20.00	4:28.58	6
4	Dillon, Cameron	Thousand Islands SS	4.45	4:43.35	5
5	Scott, Sebastian	Kingston Cvi		4:48.52	4
6	Hickling, Benjamin	Esc Marie-Rivier		4:53.37	3
7	Morelli, Edwin	Kingston Cvi		4:53.77	2
8	Ricketts, Dustin	Smiths Falls		4:56.63	1
9	Payette, Jared	Thousand Islands SS	5:10.00	5:07.02	
10	Loughlin, Brendan	Sydenham HS	5:00.00	5:09.59	
11	Healey, Owen	St. Michael C.H.S.		5:15.16	
12	Ault, Kyle	Seaway Dhs	5:00.00	5:36.06	

Boys 110 Meter Hurdles Senior

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Wilcock, Merik	Sydenham HS		16.91Q	2
2	Lusk, Eric	Sydenham HS		17.39Q	1
3	Hawkins, Brett	Rideau District		17.40Q	1
4	Kryskow, Dylan	St. John Chs		19.95Q	2
5	Cancian, Tyler	Sydenham HS		17.44Q	1
6	Cannon, Austin	North Hastings H.S.	17.00	21.50Q	2

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7	White, Austin	St. Michael C.H.S.	15.50	18.39q	1
8	Heney, Darien	St. John Chs		19.08q	1
9	Schutt, Trent	North Hastings H.S.	18.00	20.04	1
10	Hunt, Adam	Rideau District		22.70	2

Boys 110 Meter Hurdles Senior

Name	Year School	Prelims	Finals	Points
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Finals

1	White, Austin	St. Michael C.H.S.	18.39	16.24	10
2	Wilcock, Merik	Sydenham HS	16.91	17.61	8
3	Lusk, Eric	Sydenham HS	17.39	17.62	6
4	Cancian, Tyler	Sydenham HS	17.44	17.77	5
5	Hawkins, Brett	Rideau District	17.40	18.66	4
6	Heney, Darien	St. John Chs	19.08	19.52	3
7	Kryskow, Dylan	St. John Chs	19.95	20.18	2
8	Cannon, Austin	North Hastings H.S.	21.50	20.67	1

Boys 4x100 Meter Relay Senior

School	Seed	Finals	H#	Points
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1	Carleton Place H.S. 'A'	44.88	45.85	1	10
2	Holy Cross SS 'A'		46.37	1	8
3	Thousand Islands SS 'A'	46.00	46.59	1	6
4	Sydenham HS 'C'		48.02	2	5
5	Bayridge 'A'		48.46	1	4
6	Sydenham HS 'B'		48.87	2	3
7	Esc Marie-Rivier 'A'		50.43	2	2
8	Sydenham HS 'A'		50.79	1	1
9	Rideau District High School 'A'		52.35	1	
10	Smiths Falls District Collegia 'A'		53.48	2	
11	Cornwall Collegiate V.S. 'A'		56.17	2	
--	North Hastings H.S. 'A'	52.00	DQ	1	
--	Kingston Cvi 'A'		DQ	1	

Boys 2000 Meter Steeplechase Open

Name	Year School	Seed	Finals	Points
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1	Bates, Paul	Regiopolis-N	6:57.30	10
2	Ricketts, Dustin	Smiths Falls	7:30.30	8
3	Bennett, Josh	Sydenham HS	7:45.20	6
4	Clarke-Howes, River	Gananoque Se	8:08.40	5
5	Sartor, Jake	La Salle Secondary	7:46.00	4
6	Hunt, Matt	Sydenham HS	7:53.70	3
7	Moffat, Arie	Kingston Cvi	7:58.50	2
8	Lefebvre, Brandon	Cornwall Collegi	8:08.70	1
9	Proulx, Jake	North Hastings H.S.	8:08.90	
10	Kryskow, Dylan	St. John Chs	8:10.50	
11	Penney, Kyle	Holy Cross SS	8:12.20	
12	Thompson, Brody	Smiths Falls	8:22.50	
13	Barnett, Arden	Brockville C	8:50.00	

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14 Hamel, Zachary	Esc Marie-Rivier	8:52.60
15 Safioles, Zach	Smiths Falls	9:13.60
-- Coxon, Will	Smiths Falls	DNF
-- Seward, Ben	Smiths Falls	DNF

Boys Distance Medley Open

School	Seed	Finals	H#	Points
1 Holy Cross SS 'A'		4:39.39	1	10
2 Sydenham HS 'A'		4:42.25	1	8
3 La Salle Secondary 'A'		4:56.53	1	6
4 Thousand Islands SS 'C'	5:12.00	4:58.23	2	5
5 Carleton Place H.S. 'A'		5:17.97	1	4
6 Kingston Cvi 'A'		5:22.48	2	3
7 Sydenham HS 'C'		5:23.90	2	2
8 Thousand Islands SS 'B'	5:09.00	5:25.06	2	1
9 North Hastings H.S. 'A'	5:20.00	5:26.75	1	
10 Bayridge 'A'		5:29.53	1	
11 Thousand Islands SS 'A'	5:00.00	5:32.40	1	
12 Sydenham HS 'D'		5:39.58	2	
13 Cornwall Collegiate V.S. 'A'		5:48.91	2	
14 Esc Marie-Rivier 'A'		5:50.17	1	
15 St. John Chs (Perth) 'A'		5:56.02	2	
16 Seaway Dhs 'A'		5:56.71	1	
17 St. Michael C.H.S. 'A'		6:04.63	2	
18 Smiths Falls District Collegia 'A'		6:07.64	2	

Mixed 4x200 Meter Relay Midget

School	Seed	Finals	H#	Points
1 Thousand Islands SS 'A'	1:46.69	1:46.79	1	10
2 Sydenham HS 'A'		1:52.52	1	8
3 Regiopolis-Notre Dame 'A'		1:54.65	1	6
4 Regiopolis-Notre Dame 'B'		1:55.18	2	5
5 Kingston Cvi 'A'		1:57.72	1	4
6 Rideau District High School 'A'		1:59.38	2	3
7 Esc Marie-Rivier 'A'		2:06.02	1	2
8 La Salle Secondary 'A'		2:06.79	1	1
9 Esc Marie-Rivier 'B'		2:15.88	2	

Mixed 4x200 Meter Relay Junior

School	Seed	Finals	H#	Points
1 Regiopolis-Notre Dame 'A'		1:51.71	1	10
2 Sydenham HS 'B'		1:51.79	2	8
3 Holy Cross SS 'A'		1:52.37	2	6
4 Thousand Islands SS 'A'	1:54.00	1:53.22	1	5
5 St. John Chs (Perth) 'A'		1:54.56	2	4
6 Smiths Falls District Collegia 'A'		1:55.99	2	3
7 Kingston Cvi 'A'		1:57.87	1	2
8 North Hastings H.S. 'A'	2:20.00	1:58.56	1	1

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9 Seaway Dhs 'A'	1:59.00	2
10 Sydenham HS 'A'	2:04.12	1
11 Gananoque Secondary School 'A'	2:04.80	1
12 Esc Marie-Rivier 'A'	2:05.62	1

Mixed 4x200 Meter Relay Senior

School	Seed	Finals	H#	Points
1 Thousand Islands SS 'A'	1:46.00	1:44.77	1	10
2 Bayridge 'A'		1:48.56	2	8
3 Sydenham HS 'A'		1:49.50	1	6
4 Thousand Islands SS 'B'	1:47.00	1:49.78	1	5
5 La Salle Secondary 'A'		1:49.98	2	4
6 Regiopolis-Notre Dame 'A'		1:51.21	1	3
7 Smiths Falls District Collegia 'A'		1:53.33	2	2
8 North Hastings H.S. 'A'	1:55.00	1:53.82	1	1
9 Sydenham HS 'B'		1:55.28	2	
10 Brockville Collegiate Institut 'A'		1:57.51	1	
11 Cornwall Collegiate V.S. 'B'		1:57.98	2	
12 Holy Cross SS 'A'		1:58.21	1	
13 Rideau District High School 'A'		2:02.35	2	
14 Cornwall Collegiate V.S. 'A'		2:15.60	2	