

# 2018 EOSSAA XC Championships

Overall School Champions: **THOUSAND ISLANDS SECONDARY SCHOOL**

**MIDGET BOYS EOSSAA CHAMPIONS: THOUSAND ISLANDS SS**

**JUNIOR BOYS EOSSAA CHAMPIONS: THOUSAND ISLANDS SS**

**SENIOR BOYS EOSSAA CHAMPIONS: THOUSAND ISLANDS SS**

**MIDGET GIRLS EOSSAA CHAMPIONS: OPEONGO DHS**

**JUNIOR GIRLS EOSSAA CHAMPIONS: REGIOPOLIS-NOTRE-DAME**

**SENIOR GIRLS EOSSAA CHAMPIONS: KINGSTON CVI**

St. Michael Catholic High School  
Manager

HY-TEK's Meet

2018 EOSSAA X-COUNTRY CHAMPIONSHIPS - 10/25/2018

Thursday October 25, 2018

St. Michael CHS

Last Completed Event

Event 3 Girls 4100 Meter Run CC Midget

Name	Year School	Finals	Points
1 McShane, Reese	Holy Cross C	15:44.67	1
2 Strachan, Zoe	Perth and Di	15:58.88	2
3 Kenny, Dale	Carleton Place	16:00.07	3
4 George, Emily	Opeongo HS -	16:02.34	4
5 Allen, Kira	Kingston Cvi	16:09.00	5
6 McGrath, Emma	Opeongo HS -	16:13.96	6
7 Greer, Rebecca	St. Thomas A	16:18.97	7
8 Roy, Breanna	Napanee Dist	16:24.44	8
9 Brackenbury, Claire	Kingston Cvi	16:33.90	9
10 Weber, Olivia	Arnprior Dhs	16:43.81	10
11 Deighton, Katherine	MacKenzie Co	16:50.94	11
12 Rieger, Kylie	Opeongo HS -	16:52.03	12
13 Fitch, Chloe	École élémen	16:53.26	13
14 Crawford, Maggie	Thousand Islands SS	16:54.14	14
15 Sturb, Anna-Lena	Brockville C	16:57.92	15
16 Haines, Mackenzie	Notre Dame C	16:59.08	16
17 Gill, Krysia	Thousand Islands SS	17:07.63	17
18 Spencer-Hitchins, Edyn	Jeanne-Lajoi	17:11.06	18
19 Hall, Eleanor	Smiths Falls	17:15.12	19
20 Nelder, Avery	Sydenham HS	17:15.71	20
21 Hepburn, Abbygail	Frontenac SS	17:16.69	21
22 Maggio, Haley	Valour - Petawawa	17:19.52	22
23 Ferguson, Isidora	Kingston Cvi	17:20.18	23
24 Crouzat, Skye	Valour - Petawawa	17:24.57	24
25 Bélanger, Emma	Jeanne-Lajoi	17:28.25	25
26 Hugli, Heidi	Fellowes HS	17:31.68	26
27 Wowk, Natalie	Kingston Cvi	17:36.81	27
28 Turcotte, Callie	Thousand Islands SS	17:41.56	28
29 Paquette, Meagan	Jeanne-Lajoi	17:42.98	29

30	Crossman, Abi	Bishop Smith	17:45.97	30
31	Tofts, Madeliene	Holy Cross C	17:50.60	31
32	Godbille-Cardona, Mariso	Esc Marie Ri	17:51.86	32
33	Rook, Chloé	Jeanne-Lajoi	17:55.12	33
34	Gibbons, Chloë	Renfrew CI -	17:56.49	34
35	Hopkins, Jamie	MacKenzie Co	18:02.51	35
36	Popkie, Madison	Opeongo HS -	18:06.93	36
37	Yeldon, Lydia	Thousand Islands SS	18:08.14	37
38	Porteous, Cassidy	Russell HS -	18:10.56	38
39	Bondi, Tegan	Thousand Islands SS	18:11.24	39
40	Laonde, Isabella	Esc La Citadelle	18:25.66	40
41	Marion, Marissa	Holy Trinity	18:32.26	41
42	Close, Shaye	Opeongo HS -	18:34.33	42
43	Trask, Rebecca	La Salle SS	18:37.81	43
44	Swant, Julia	Opeongo HS -	18:38.90	44
45	Beaulne-Gendron, Sarah-M	Esc L'Escale	18:41.33	45
46	Warwick, Makenna	Perth and Di	18:41.91	46
47	Merriam, Jordyn	Frontenac SS	18:45.08	47
48	Marleau, Sarah	St. Joseph's	18:45.28	48
49	Mitchell, Kyra	Perth and Di	18:45.44	49
50	Parent, Sarah	Notre Dame C	18:49.69	50
51	Knudson, Rose	Thousand Islands SS	18:52.57	51
52	Barry, Morgan	Notre Dame C	18:52.79	52
53	Luimes, Eve	St. Michael	19:03.84	53
54	Fumagalli, Olivia	Esp Le Sommet	19:15.38	54
55	Hogan, Keirstyn	Napanee Dist	19:26.83	55
56	Puenter, Rachel	North Dundas	19:27.14	56
57	Gavin, Makayla	Thousand Islands SS	19:31.74	57
58	Baron, Mackenzie	North Dundas	19:36.25	58
59	Watson, Chloe	Sydenham HS	19:37.28	59
60	Hernando, Isabel	North Grenvi	19:39.55	60
61	McLaughlin, Cora-Leigh	St. Joseph's	19:39.92	61
62	Tryon, Chelsea	Perth and Di	19:40.76	62
63	Thiriet, Perrine	MacKenzie Co	19:41.59	63
64	Rich, Jordan-Anne	Notre Dame C	19:53.21	64
65	Scott, Olivia	Almonte Dist	19:56.64	65
66	Lacey, Marissa	Thousand Islands SS	20:00.04	66
67	Legault, Taylor	Valour - Petawawa	20:00.26	67
68	Plourde, Isabelle	École élémen	20:03.39	68
69	Conboy, Annie	La Salle SS	20:07.31	69
70	Rooney, Hannah	Napanee Dist	20:14.30	70
71	Merritt, Amber	Sydenham HS	20:15.80	71
72	Vancampen, Katie	Notre Dame C	20:16.01	72
73	Charbonneau, Amy	Esc Hawkesbury	20:17.00	73
74	Thompson, Sadie	Holy Trinity	20:23.93	74
75	Granter, Kalee	Valour - Petawawa	20:26.95	75
76	Cathcart, Millie	North Grenvi	20:30.04	76
77	Hagarty-Godin, Teagan	Bishop Smith	20:42.64	77
78	Mather, Ashley	North Grenvi	20:46.08	78
79	Fuller, Sequoia	Holy Trinity	20:54.56	79
80	Hynes Ion, Sierra	St. Thomas A	20:59.64	80
81	Lanthier, Alyssa	St. Thomas A	21:02.75	81
82	Therkelson, Janel	Russell HS -	21:04.43	82
83	Traynor, Deyanna	Sydenham HS	21:04.65	83
84	Ross, Jamie	North Grenvi	21:11.78	84
85	Holly, Ryleigh	Madawaska Va	21:16.53	85
86	Lafreriere, Amber	Holy Trinity	21:26.86	86

87 Auchincloss, Sadie	Frontenac SS	21:51.47	87
88 McQuay, Alexandra	Bishop Smith	22:20.02	88
89 Al-Wazzan, Zahra	Smiths Falls	22:22.38	89
90 Lavoie, Bobbie	Valour - Petawawa	22:39.30	90
91 Maclam, Riley-Anne	St. Francis	23:45.70	91
92 Schultz, Raven	Kingston Cvi	23:45.89	92
93 Leblanc, Daphne	St. Thomas A	24:34.31	93
94 Mariane, Poirier	Esc Hawkesbury	24:51.64	94
95 Lalonde, Mia	Esc Hawkesbury	25:19.47	95
96 Galli-Poissant, Melina	École élémen	25:40.81	96
97 Beaudry, Byancka	Saint Lawren	25:42.34	97

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
1	Opeongo HS - Douglas Total Time: 1:07:15.26 Average: 16:48.82	58	4	6	12	36	42	44			
2	Kingston Cvi - Kingston Total Time: 1:07:39.89 Average: 16:54.98	64	5	9	23	27	92				
3	Thousand Islands SS Total Time: 1:09:51.47 Average: 17:27.87	96	14	17	28	37	39	51	57	66	
4	Jeanne-Lajoie - Pembroke Total Time: 1:10:17.41 Average: 17:34.36	105	18	25	29	33					
5	Perth and District CI -pe Total Time: 1:13:06.99 Average: 18:16.75	159	2	46	49	62					
6	Notre Dame Chs -carleton Total Time: 1:14:34.77 Average: 18:38.70	182	16	50	52	64	72				
7	Valour - Petawawa Total Time: 1:15:11.30 Average: 18:47.83	188	22	24	67	75	90				
8	Sydenham HS - Sydenham Total Time: 1:18:13.44 Average: 19:33.36	233	20	59	71	83					
9	St. Thomas Aquinas Chs Total Time: 1:22:55.67 Average: 20:43.92	261	7	80	81	93					
10	Holy Trinity Cms - Cornwa Total Time: 1:21:17.61 Average: 20:19.41	280	41	74	79	86					
11	North Grenville - Kemptvi Total Time: 1:22:07.45 Average: 20:31.87	298	60	76	78	84					

St. Michael Catholic High School  
Manager

HY-TEK's Meet

Thursday October 25, 2018  
St. Michael CHS  
Last Completed Event

Event 4 Boys 4100 Meter Run CC Midget

Name	Year School	Finals	Points
1 Gariépy, Brandon	Esc L'Escale	13:35.65	1
2 Ebrahim, Grayson	La Salle SS	13:39.30	2
3 Benda, Max	St. John Chs	13:42.56	3
4 Link, Jack	North Dundas	13:48.43	4
5 Hill, Jacob	Russell HS -	14:04.01	5
6 Chisholm, Jackson	St. Joseph's	14:06.21	6
7 Dhanoa, Shan	Thousand Islands SS	14:07.56	7
8 Fitzgerald, Kevin	Esc Marie Ri	14:08.62	8
9 Steer, Sam	MacKenzie Co	14:17.01	9
10 Price, Jacob	Arnrior Dhs	14:21.19	10
11 Donaldson, Jack	Notre Dame C	14:24.85	11
12 Lessard, Bennett	St. Joseph's	14:28.51	12
13 Plant, Nathan	Thousand Islands SS	14:31.02	13
14 White, Matt	Thousand Islands SS	14:35.53	14
15 O'Brien, Ethan	Regiopolis-N	14:37.52	15
16 Berry, Jimmy	Les Rapides	14:37.80	16
17 Lloyd, Rowan	Loyalist Cvi	14:46.80	17
18 Chubaty, Eli	Kingston Cvi	14:50.46	18
19 Selle, Hunter	Bishop Smith	14:51.49	19
20 Johnston, Koda	Opeongo HS -	14:52.69	20
21 Mathison, Nathan	Perth and Di	14:52.91	21
22 O'Meara, Sean	Regiopolis-N	14:54.59	22
23 Woloshin, Walter	Thousand Islands SS	14:55.13	23
24 Baggs, Cameron	St. Joseph's	14:59.51	24
25 Pons Canodus, Marc	Sydenham HS	15:01.98	25
26 Jones, Willen	Valour - Petawawa	15:03.02	26
27 Green, Roland	Valour - Petawawa	15:03.57	27
28 McFadden, Aidan	Thousand Islands SS	15:12.02	28
29 Kearnan, Darius	Valour - Petawawa	15:14.89	29
30 Crowe, Lucas	La Salle SS	15:17.51	30
31 Dixon, Wylie	North Grenvi	15:19.06	31
32 McCullough, Jack	Bayridge - Kingston	15:22.08	32
33 McAllister, Cooper	Brockville C	15:22.67	33
34 Nowlan, Reilly	Thousand Islands SS	15:23.07	34
35 Fiset, Mac	St. Thomas A	15:23.97	35
36 Epp, Daniel	Valour - Petawawa	15:24.27	36
37 Belle-Isle, Noah	Esc Hawkesbury	15:24.47	37
38 Buxton, Sam	Renfrew CI -	15:26.69	38
39 Shuh, Alexandre	Esp Le Sommet	15:26.94	39
40 Hoogwerf, Dylan	Thousand Islands SS	15:27.15	40
41 Hawkins, Caleb	Esc Hawkesbury	15:34.37	41
42 Jones, Colton	Perth and Di	15:41.31	42
43 Marfurt-Breakenridge, Ca	Glengarry Dh	15:45.63	43
44 Mogas Ko, Ferran	Carleton Place	15:46.89	44
45 Pimentel, Emiliano	Holy Cross C	15:47.14	45
46 Ball, Jacob	Regiopolis-N	15:50.01	46
47 McCallum, Ethan	Sydenham HS	15:54.76	47
48 Hehn, Logen	Holy Trinity	15:54.98	48
49 Oliveira, Mataio	Esp Le Sommet	16:00.54	49

50	Villeneuve, Nick	Regiopolis-N	16:06.12	50
51	Lalonde, Joshua	Esc L'Escale	16:08.26	51
52	McKinnon, Rory	Glengarry Dh	16:13.57	52
53	Gilbertson, Sam	Perth and Di	16:16.16	53
54	Boismenu, Brayden	Esc La Citadelle	16:17.02	54
55	Smith, Mitchell	Valour - Petawawa	16:17.37	55
56	Reynolds, Jonah	Holy Cross C	16:19.88	56
57	Nystrom, Callum	Glengarry Dh	16:20.25	57
58	Cowan, Connor	Holy Cross C	16:20.69	58
59	Haller, Frankie	St. Mary - B	16:20.96	59
60	Quail, Isaac	St. Joseph's	16:21.75	60
61	Johnson, Owen	Russell HS -	16:23.06	61
62	Leclair, Josey	Opeongo HS -	16:26.06	62
63	Pimemtel, Santiago	Holy Cross C	16:26.87	63
64	Dopson, Blake	Smiths Falls	16:28.42	64
65	Wheeler, Ben	Perth and Di	16:29.84	65
66	Luk, Summin	MacKenzie Co	16:30.12	66
67	Marchenko, Philip	Esc Hawkesbury	16:38.67	67
68	Gray, James	Bishop Smith	16:39.38	68
69	Jeaurond, Mederic	Esp Le Sommet	16:41.90	69
70	Barkell, Alex	Carleton Place	16:42.53	70
71	Keuhl, Aiden	Fellowes HS	16:46.89	71
72	Bosso, Paul	Loyalist Cvi	16:53.92	72
73	Schmidt, Cole	Perth and Di	16:54.58	73
74	Lowry, Thomas	Almonte Dist	16:55.52	74
75	Bentoumi, Yassine	Valour - Petawawa	16:56.39	75
76	Jones, Masonn	Thousand Islands SS	16:59.48	76
77	Grant, Joel	Thousand Islands SS	17:02.29	77
78	Garrett, Grayden	Kingston Cvi	17:02.50	78
79	Patterson, Heath	Tagwi - Avonmore	17:04.98	79
80	Yilmaz, Efe	Brockville C	17:07.13	80
81	Alexander, Nicholas	Opeongo HS -	17:09.37	81
82	Heinzle, Matthew	Glengarry Dh	17:10.88	82
83	Giguere, Ben	Rockland Dhs	17:11.56	83
84	Gale, Jeremy	St. Joseph's	17:11.84	84
85	Levac, Spencer	St. Joseph's	17:16.38	85
86	Loney, Hank	Gananoque SS	17:19.84	86
87	Miller, Owen	North Grenvi	17:21.23	87
88	Booth, Dameion	Valour - Petawawa	17:22.43	88
89	Sembene, Ahmad	North Grenvi	17:23.64	89
90	Picard, Josh	Glengarry Dh	17:23.93	90
91	Young, Scott	Valour - Petawawa	17:24.99	91
92	Wilson, Jack	Char-Lan Dis	17:26.26	92
93	Newman, Aidan	Opeongo HS -	17:27.35	93
94	Deremo, Riley	Napanee Dist	17:28.59	94
95	Whalen, Braden	Thousand Islands SS	17:31.65	95
96	Erhayel, Al	North Grenvi	17:32.41	96
97	Schincariol, Anthony	Notre Dame C	17:33.29	97
98	Tessier, Noah	Saint Lawren	17:36.74	98
99	Black, Ben	Sydenham HS	17:39.32	99
100	Kavanagh, Finn	Almonte Dist	17:39.95	100
101	Spencer, Jayden	Smiths Falls	17:41.59	101
102	Kafieh, Khalil	Perth and Di	17:44.00	102
103	Crain, Lucas	Sydenham HS	17:47.00	103
104	Khairullah, Sam	Loyalist Cvi	17:51.71	104
105	Stewart, Nolan	Rockland Dhs	17:55.80	105
106	Courcy, Donny	Almonte Dist	17:58.26	106



	Average:	15:50.06												
6	Holy Cross Css - Kingston	222	45	56	58	63								
	Total Time:	1:04:54.58												
	Average:	16:13.65												
7	Glengarry Dhs - Alexandri	234	43	52	57	82	90	117						
	Total Time:	1:05:30.33												
	Average:	16:22.59												
8	Opeongo HS - Douglas	256	20	62	81	93								
	Total Time:	1:05:55.47												
	Average:	16:28.87												
9	Esc Hawkesbury	259	37	41	67	114	115	124	125	126				
127	Total Time:	1:06:20.64												
	Average:	16:35.16												
10	Sydenham HS - Sydenham	274	25	47	99	103								
	Total Time:	1:06:23.06												
	Average:	16:35.77												
11	North Grenville - Kemptvi	303	31	87	89	96								
	Total Time:	1:07:36.34												
	Average:	16:54.09												
12	Loyalist Cvi - Kingston	323	17	72	104	130								
	Total Time:	1:10:33.75												
	Average:	17:38.44												
13	Notre Dame Chs -carleton	335	11	97	109	118	132							
	Total Time:	1:09:10.82												
	Average:	17:17.71												

St. Michael Catholic High School  
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HY-TEK's Meet

2018 EOSSAA X-COUNTRY CHAMPIONSHIPS - 10/25/2018

Thursday October 25, 2018

St. Michael CHS

Last Completed Event

Event 5 Girls 5400 Meter Run CC Junior

Name	Year	School	Finals	Points
1 Wheeler, Megan		St. John Chs	21:39.13	1
2 Csisztu, Samantha		Jeanne-Lajoi	21:40.17	2
3 Ryan, Nicole		Regiopolis-N	21:43.28	3
4 Wallace, Teighan		Thousand Islands SS	21:46.65	4
5 Sedgewick, Claire		Frontenac SS	21:51.33	5
6 Djomo, Sephora		Regiopolis-N	21:57.94	6
7 Beggs, Mackenzie		North Grenvi	21:59.50	7
8 Friske, Cassidy		Renfrew CI -	21:59.66	8
9 Copeland, Millie		Opeongo HS -	22:03.36	9
10 Hubert, Hannah		Renfrew CI -	22:19.80	10
11 Yemen, Jessica		Valour - Petawawa	22:32.71	11
12 James, Olivia		Regiopolis-N	22:36.95	12
13 Parsons, Elli		Regiopolis-N	22:37.96	13
14 Wells, Livia		Kingston Cvi	22:40.11	14
15 Spencer, Charlotte		Kingston Cvi	22:43.94	15
16 Bratus, Ainslie		Holy Cross C	23:00.32	16
17 Vallee, Malina		North Grenvi	23:02.43	17
18 Frymire, Clare		Kingston Cvi	23:04.75	18
19 Massey, Norah		Carleton Place	23:11.45	19
20 Ingo, Annie		Loyalist Cvi	23:11.86	20

21	Goss, Lily	Regiopolis-N	23:14.80	21
22	Sobey, Brenna	Sydenham HS	23:24.98	22
23	Campbell, Ania	Kingston Cvi	23:25.38	23
24	Cumming, Mei Le	Holy Trinity	23:45.92	24
25	James, Alexis	Regiopolis-N	24:02.38	25
26	Hill, Grace	Almonte Dist	24:03.11	26
27	McDonald, Evie	Notre Dame C	24:04.95	27
28	Granger, Emma	Napanee Dist	24:12.31	28
29	Laberge, Kiara	Rockland Dhs	24:18.20	29
30	Fuchs, Bailey	La Salle SS	24:25.38	30
31	Kearney, Tarynn	Bishop Smith	24:33.75	31
32	Millotte, Jazmin	Kingston Cvi	24:35.26	32
33	Culhane, Annika	Carleton Place	24:39.94	33
34	Braga, Meadow	La Salle SS	24:45.83	34
35	Bouffard, Gabrielle	Bishop Smith	25:00.71	35
36	Wheeler-Dee, Stella	Kingston Cvi	25:00.96	36
37	Lewis, Lilly	Seaway Distr	25:11.09	37
38	Dombroskie, Sheridan	Bishop Smith	25:11.46	38
39	Etherington, Skylar	Carleton Place	25:17.35	39
40	Leahy, Arden	St. Michael	25:18.12	40
41	Callan, Sam	Perth and Di	25:24.78	41
42	Peever, Alora	Frontenac SS	25:33.75	42
43	Snedden, Trinity	Carleton Place	25:45.39	43
44	Wheeler, Julia	St. Mary - B	25:46.78	44
45	Campbell, Ella	Glengarry Dh	25:55.77	45
46	Durant, Ainsley	Thousand Islands SS	26:03.22	46
47	McCreary, Fiona	Rideau Distr	26:09.54	47
48	Young, Trinity	Thousand Islands SS	26:27.07	48
49	Wasyloko Fletcher, Ashley	North Dundas	26:28.59	49
50	Ward, Lia	Holy Trinity	26:29.00	50
51	Lariviere, Mya	Bishop Smith	26:29.08	51
52	Sampson, Kyra	Smiths Falls	26:35.92	52
53	Macdonell, Geneva	Holy Trinity	26:37.53	53
54	Payne, Kiley	Thousand Islands SS	26:41.26	54
55	Craig, Bridget	North Grenvi	26:48.07	55
56	Ratkowski, Abby	La Salle SS	26:50.21	56
57	Childerhose, Chloe	Valour - Petawawa	27:00.29	57
58	Zappia, Morgan	Holy Trinity	27:00.80	58
59	Vant'hoff, Niesje	St. Mary - B	27:06.36	59
60	Chiasson, Jasmine	Valour - Petawawa	27:07.92	60
61	Meyers, Mackenzie	Bayridge - Kingston	27:18.57	61
62	Blakely, Aislyn	Thousand Islands SS	27:24.70	62
63	Dugea, Gianna	École élémen	27:28.07	63
64	Fisher, Mya	Thousand Islands SS	27:28.38	64
65	Godard, Madison	Napanee Dist	27:28.54	65
66	Chapman, Claire	Carleton Place	27:28.74	66
67	Swick, Emily	Madawaska Va	27:29.56	67
68	Giroux, Hanna	St. John Chs	27:37.08	68
69	Giroux, Fiona	St. John Chs	27:38.16	69
70	Jeffries, Mya	La Salle SS	27:39.56	70
71	Leblanc, Meg	Perth and Di	27:44.12	71
72	Ciavaglia, Grace	North Dundas	27:45.85	72
73	Cook, Jessie	Ernestown - Odessa	27:47.90	73
74	Lamothe, Kate	St. Thomas A	27:49.68	74
75	Salmeron, Lucia	Perth and Di	27:57.82	75
76	Coleman, Mikaela	St. Joseph's	28:03.13	76
77	Pascoe, Emma	St. Thomas A	28:06.10	77





Average: 28:30.28  
 11 Esc Hawkesbury 362 86 91 92 93 95 96 97  
 Total Time: 2:13:15.26  
 Average: 33:18.82

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HY-TEK's Meet

2018 EOSSAA X-COUNTRY CHAMPIONSHIPS - 10/25/2018  
 Thursday October 25, 2018  
 St. Michael CHS  
 Last Completed Event

Event 6 Boys 5400 Meter Run CC Junior

Name	Year School	Finals	Points
1 Saal, Rudy	Jeanne-Lajoi	16:59.43	1
2 Coolican, Dan	Kingston Cvi	17:13.54	2
3 Tulk, Aidan	Holy Cross C	17:15.87	3
4 Buxton, Leif	Renfrew CI -	17:59.92	4
5 Pickard, David	Sydenham HS	18:13.90	5
6 Stringel, Tavo	Smiths Falls	18:27.48	6
7 Wheeler-Dee, Jude	Kingston Cvi	18:37.94	7
8 Egan, William	Opeongo HS -	18:44.06	8
9 Greaves, Bronsen	Thousand Islands SS	18:50.63	9
10 Worden, Matt	Thousand Islands SS	18:58.17	10
11 Dixon, Denzil	La Salle SS	19:13.39	11
12 McGrath, Keaton	Arnprior Dhs	19:15.41	12
13 Beaulieu, Benjamin	Jeanne-Lajoi	19:16.72	13
14 Houston, William	Valour - Petawawa	19:25.56	14
15 Koss, Nicholas	Bayridge - Kingston	19:26.27	15
16 Leroy, William	Esc Hawkesbury	19:27.23	16
17 Olmstead, Lucas	Regiopolis-N	19:41.34	17
18 Wright, Carson	Thousand Islands SS	19:51.57	18
19 Chirico, Chris	St. Joseph's	20:01.33	19
20 Savage, Jordan	Thousand Islands SS	20:07.65	20
21 Quanz, Bucky	Regiopolis-N	20:10.32	21
22 Breadner, Che	Frontenac SS	20:13.98	22
23 Givogue, Ryan	Thousand Islands SS	20:17.37	23
24 Goyette, Sacha	Esp Le Sommet	20:20.86	24
25 Pigeon, William	Jeanne-Lajoi	20:23.39	25
26 Price, Josh	North Grenvi	20:33.14	26
27 Nault, Riley	Notre Dame C	20:36.84	27
28 Sargeant, Jackson	Sydenham HS	20:37.27	28
29 Hough, Garrett	Thousand Islands SS	20:41.57	29
30 Greenwood, Cameron	Madawaska Va	20:46.97	30
31 Williams, Aidan	La Salle SS	20:51.50	31
32 Madigan, Blake	St. Thomas A	20:53.55	32
33 Johnson, Jeffrey	Kingston Cvi	20:58.80	33
34 Miller, Lucas	Kingston Cvi	20:59.44	34
35 Saunders, James	North Grenvi	21:00.82	35
36 Noseworthy, Tristan	Thousand Islands SS	21:07.86	36
37 Dostie, Guillaume	Jeanne-Lajoi	21:10.66	37
38 Chacin, Ethan	Holy Cross C	21:11.00	38
39 Santourian, Josh	Glengarry Dh	21:15.05	39
40 Vanderploeg, Alexander	Renfrew CI -	21:15.30	40

41	Ogawa, Gaku	Fulford Academy	21:16.04	41
42	Fox, Reed	La Salle SS	21:16.57	42
43	Pedlar, Greg	La Salle SS	21:17.99	43
44	Unsworth, Connor	Esp Le Sommet	21:18.63	44
45	Bourget, Elexis	Esc La Citadelle	21:19.39	45
46	Duncan, Nathan	Perth and Di	21:19.95	46
47	Rostek, Mark	Regiopolis-N	21:21.82	47
48	Elmer, Nathan	Sydenham HS	21:23.85	48
49	Ten Cate, John	Napanee Dist	21:26.04	49
50	Bowers, Skyler	Kingston Cvi	21:26.92	50
51	Baron, Caelen	Kingston Cvi	21:27.23	51
52	France-Cyubahiro, Sedney	Regiopolis-N	21:27.70	52
53	Fink-Jensen, Ben	Bayridge - Kingston	21:28.83	53
54	Blanchard, Dakota	Thousand Islands SS	21:32.26	54
55	Ferguson, Shawn	Athens Distr	21:36.68	55
56	Jordan, Ewan	Perth and Di	21:38.42	56
57	Pronnet, Nicolas	Fulford Academy	21:39.35	57
58	Godard, Jacob	Esc La Citadelle	21:44.20	58
59	Flegg, Aidan	St. Thomas A	21:45.67	59
60	Buchanan, Connor	St. Michael	21:47.87	60
61	Dowsley, Coulson	Thousand Islands SS	21:51.59	61
62	Nkomo, Hope	Bayridge - Kingston	21:57.63	62
63	Snelson, Tyler	North Dundas	21:58.42	63
64	Abbott, Samuel	Valour - Petawawa	21:59.64	64
65	Barkley, Adam	North Dundas	22:01.95	65
66	Roda, Lluç	Thousand Islands SS	22:05.49	66
67	Roy-Molgat, Raphael	Esp Le Sommet	22:09.60	67
68	Caza, Ben	Napanee Dist	22:12.52	68
69	Comtois, Marc-André	Jeanne-Lajoi	22:16.11	69
70	Desjardins, Nikolas	Esc Hawkesbury	22:20.97	70
71	Mayer, Samuel	Esc Hawkesbury	22:21.62	71
72	Gravelle, Ashton	École élémen	22:22.12	72
73	Shane, Blake	St. Joseph's	22:26.28	73
74	Patel, Satish	Kingston Cvi	22:28.06	74
75	Morehen, Carson	Regiopolis-N	22:29.17	75
76	Collins, Micheal	Sydenham HS	22:35.72	76
77	Schooley, Roan	Notre Dame C	22:41.68	77
78	Peasley, Kaz	Thousand Islands SS	22:49.64	78
79	Macmaster, Andrew	Glengarry Dh	22:52.81	79
80	Lu, Bo-Xun	Fulford Academy	22:53.75	80
81	Joly, Kyle	Esc Hawkesbury	23:00.61	81
82	Wallace, Myles	Smiths Falls	23:02.91	82
83	Detler, Tyler	Sydenham HS	23:04.22	83
84	Wood, Morgen	Sydenham HS	23:09.55	84
85	Dupuis, Nathaniel	Esc La Citadelle	23:16.22	85
86	Cadieux, Dominic	Esc Hawkesbury	23:17.32	86
87	Haley, Vincent	North Grenvi	23:19.85	87
88	Perreault, Maxime	Esc Hawkesbury	23:24.46	88
89	Scott-Borden, Dave	Esc Hawkesbury	23:24.53	89
90	Kawasaki, Kosei	Notre Dame C	23:30.51	90
91	McCabe, Connor	St. Joseph's	23:32.43	91
92	Heideman, Ashton	Opeongo HS -	23:36.94	92
93	Ogilvie, Nathan	Glengarry Dh	23:41.89	93
94	Pamenter, Calum	Perth and Di	23:42.09	94
95	Danchuk-Lauzon, Nikolah	Les Rapides	23:43.01	95
96	Neadow, Joshua	Fellowes HS	23:52.66	96
97	Snow, Jacob	Notre Dame C	23:57.24	97

98	McKenna, Malcolm	Renfrew CI -	24:01.63	98
99	Sanderson, Edward	Valour - Petawawa	24:13.79	99
100	Clark, Edwin	Glengarry Dh	24:14.29	100
101	Russell, Blake	St. Joseph's	24:27.05	101
102	Gargaro, Joe	Holy Cross C	24:30.64	102
103	Luimes, Seth	St. Michael	24:34.37	103
104	Pringle, Harrison	Rideau Distr	24:40.68	104
105	Page, Ethan	Notre Dame C	24:43.46	105
106	Van Loon, Camden	Glengarry Dh	24:48.28	106
107	Bahrani, Arman	Rockland Dhs	24:51.33	107
108	Pilon, Maxime	Esc Hawkesbury	25:00.82	108
109	Popovits, Christopher	Sydenham HS	25:03.17	109
110	Hicks, Matthew	Notre Dame C	25:08.34	110
111	McCallum, Brayden	Notre Dame C	25:12.97	111
112	Morris, Broyt	Rockland Dhs	25:27.30	112
113	Sola, Daniel	Holy Trinity	25:30.46	113
114	Trautrim, Andrew	Fellowes HS	25:32.99	114
115	Sigurdson, Ben	Sydenham HS	25:35.06	115
116	Macleod, Lewis	Glengarry Dh	25:54.37	116
117	Temmo, Shun	Fulford Academy	25:56.67	117
118	Welsh, Craig	Thousand Islands SS	25:57.19	118
119	Weichenthal, Blake	Bishop Smith	26:00.10	119
120	Ouimet, Sébastien	Esc Hawkesbury	26:02.97	120
121	Reilley, Nicholas	Esc Hawkesbury	26:22.13	121
122	Gillis, Tristan	École élémen	26:30.51	122
123	Zebiere, Ashton	Valour - Petawawa	26:34.35	123
124	Jessup, Riley	Madawaska Va	27:00.83	124
125	Moreau, Simon	Fellowes HS	27:19.05	125
126	Herman, Ryan	Esc La Citadelle	27:35.87	126
127	Masse, Maxime	Esc La Citadelle	27:45.71	127
128	Darlington, Graham	Notre Dame C	28:21.82	128
129	Ravary, Sébastien	Esc Hawkesbury	28:22.57	129
130	Wang, Slavic	Brockville C	28:41.69	130
131	Pfotenhauer, Justin	Tagwi - Avonmore	30:20.75	131
132	Houston, Daniel	St. Mary - B	30:21.26	132
133	Razouk, Malyk	Esc Hawkesbury	30:27.89	133
134	George, David	Notre Dame C	30:36.71	134
135	McDowell, Linkoln	Notre Dame C	30:39.57	135
136	Lenouvel, Will	Notre Dame C	30:42.07	136
137	Boudrias, Mikael	Esc Hawkesbury	30:44.20	137
138	Goyette, Alex	Bishop Smith	31:17.61	138
139	Normand, Simon	Esc Hawkesbury	31:20.78	139
140	Noon, Colby	Valour - Petawawa	34:22.92	140
141	Laplante, Alexis	Esc Hawkesbury	35:14.57	141
142	Bigras, Zachary	Esc Hawkesbury	39:58.11	142
143	Gagnon, Cédric	Esc Hawkesbury	39:58.37	143
144	Aubin, Mathieu	Esc Hawkesbury	39:58.64	144

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8
1	Thousand Islands SS	57	9	10	18	20	23	29	36	54

	Total Time:	1:17:48.02								
	Average:	19:27.01								
2	Kingston Cvi - Kingston	76	2	7	33	34	50	51	74	
	Total Time:	1:17:49.72								
	Average:	19:27.43								
3	Jeanne-Lajoie - Pembroke	76	1	13	25	37	69			
	Total Time:	1:17:50.20								
	Average:	19:27.55								
4	La Salle SS - Kingston	127	11	31	42	43				
	Total Time:	1:22:39.45								
	Average:	20:39.87								
5	Regiopolis-Notre Dame-Kin	137	17	21	47	52	75			
	Total Time:	1:22:41.18								
	Average:	20:40.30								
6	Sydenham HS - Sydenham	157	5	28	48	76	83	84	109	115
	Total Time:	1:22:50.74								
	Average:	20:42.69								
7	Esc Hawkesbury	238	16	70	71	81	86	88	89	108
120	Total Time:	1:27:10.43								
	Average:	21:47.61								
8	Notre Dame Chs -carleton	291	27	77	90	97	105	110	111	128
134	Total Time:	1:30:46.27								
	Average:	22:41.57								
9	Fulford Academy	295	41	57	80	117				
	Total Time:	1:31:45.81								
	Average:	22:56.46								
10	Valour - Petawawa	300	14	64	99	123	140			
	Total Time:	1:32:13.34								
	Average:	23:03.34								
11	Glengarry Dhs - Alexandri	311	39	79	93	100	106	116		
	Total Time:	1:32:04.04								
	Average:	23:01.01								
12	Esc La Citadelle	314	45	58	85	126	127			
	Total Time:	1:33:55.68								
	Average:	23:28.92								

St. Michael Catholic High School  
Manager

HY-TEK's Meet

2018 EOSSAA X-COUNTRY CHAMPIONSHIPS - 10/25/2018

Thursday October 25, 2018

St. Michael CHS

Last Completed Event

Event 7 Girls 6100 Meter Run CC Senior

Name	Year School	Finals	Points
1 Workman, Anna	Kingston Cvi	22:02.96	1
2 Amari, Hana	Kingston Cvi	22:52.27	2
3 Jordan, Erika	Seaway Distr	22:52.82	3
4 Levasseur, Sophie	École élémen	22:54.72	4
5 Cushing, Claire	Thousand Islands SS	23:08.92	5
6 Campbell, Mackenzie	Kingston Cvi	23:14.88	6
7 Rauliuk-Dunn, Eirlys	MacKenzie Co	23:23.84	7
8 Miller, Lauren	Perth and Di	23:37.78	8
9 Reynolds, Bryn	La Salle SS	23:44.18	9

10	Norman, Pippa	Almonte Dist	23:55.28	10
11	Chubaty, Lily	Kingston Cvi	24:18.64	11
12	Stephenson, Jessica	Kingston Cvi	24:31.46	12
13	Stowe, Caitlyn	Almonte Dist	25:12.01	13
14	Colizza, Ally	St. Francis	25:17.09	14
15	Kundlacz, Lexi	Thousand Islands SS	25:23.69	15
16	Lapierre, Brooke	Glengarry Dh	25:39.39	16
17	Bell, Catherine	Valour - Petawawa	25:39.67	17
18	O'Sullivan, Mackenzie	Sydenham HS	25:41.57	18
19	Caird, Aleasha	Gananoque SS	25:42.58	19
20	Gaensler, Leah-Joy	Smiths Falls	25:43.92	20
21	Bathurst, Regan	Thousand Islands SS	25:53.42	21
22	McKinney, Amelia	Ernestown - Odessa	26:02.84	22
23	Rojas, Daniela	Regiopolis-N	26:09.32	23
24	Bellefleur, Haley	Arnrior Dhs	26:15.07	24
25	Devine, Olivianne	Les Rapides	26:16.34	25
26	Taugher, Katie	Thousand Islands SS	26:18.29	26
27	Dundon, Meghan	Ernestown - Odessa	26:21.46	27
28	Buma, Amelie	St. Thomas A	26:22.80	28
29	Brayton, Rachel	Thousand Islands SS	26:26.38	29
30	Kellar, Abbey	Gananoque SS	26:42.42	30
31	Hickey, Stephanie	Ernestown - Odessa	26:49.26	31
32	Bradley, Tara	Bishop Smith	26:51.29	32
33	Friedrich Yap, Jasmine	North Grenvi	26:52.91	33
34	Derruiter, Hali	Valour - Petawawa	27:01.43	34
35	Hill, Emma	Almonte Dist	27:10.81	35
36	Sutherland, Hazel	La Salle SS	27:15.35	36
37	Dellano, Gloria	Thousand Islands SS	27:36.34	37
38	Kunz, Michaela	Esp Le Sommet	27:37.43	38
39	Toven, Signe	North Grenvi	27:50.27	39
40	Farquharson, Catia	Regiopolis-N	27:53.28	40
41	Pearce, Vanessa	Sydenham HS	27:55.27	41
42	Henderson, Rylee	Frontenac SS	28:06.80	42
43	Dowling, Michaela	Regiopolis-N	28:07.76	43
44	Kupczyk, Caroline	St. Joseph's	28:27.61	44
45	Goss, Chloe	Regiopolis-N	28:33.96	45
46	Brain, Devin	Rockland Dhs	28:34.04	46
47	McPherson, Jayme	Glengarry Dh	28:35.31	47
48	Bender, Annie	Tagwi - Avonmore	28:35.82	48
49	Schiemann, Alyssa	Bishop Smith	28:37.53	49
50	Carson, Emilie	Regiopolis-N	28:38.94	50
51	Laplante, Grace	Char-Lan Dis	28:39.19	51
52	Hudson, Mallory	St. Michael	28:41.31	52
53	Boland, Charis	St. Michael	28:47.37	53
54	Howley, Isabella	Brockville C	28:47.95	54
55	Brunet, Marika	Esc L'Escale	29:11.81	55
56	Puenter, Fabienne	North Dundas	29:19.47	56
57	Jewell, Sarah	Regiopolis-N	29:26.17	57
58	Danby, Jocelyn	Kingston Cvi	29:28.35	58
59	McCombe, Katie	Arnrior Dhs	29:29.48	59
60	Kalin, Sydney	Regiopolis-N	29:32.41	60
61	Joynes, Sarah	Almonte Dist	29:41.10	61
62	Smith, Olivia	Rideau Distr	29:57.61	62
63	Richards, Maddy	Valour - Petawawa	30:05.88	63
64	Adrain, Kathleen	St. John Chs	30:07.21	64
65	Pinsent, Savana	Renfrew CI -	30:09.67	65
66	Kishida, Akari	Carleton Place	30:11.61	66

67	Gifford, Acacia	Regiopolis-N	30:14.15	67
68	Hillis, Rebecca	Sydenham HS	30:15.67	68
69	Tian, Jessica	Brockville C	30:20.26	69
70	Wheeler, Ashley	North Dundas	30:36.80	70
71	Johnston, Ryan	Opeongo HS -	30:37.08	71
72	McIntyre, Abby	Opeongo HS -	30:43.35	72
73	Kennedy, Charlotte	Ernestown - Odessa	30:43.71	73
74	Bondi, Chiari	Thousand Islands SS	30:53.72	74
75	Derikx, Reegan	Esc La Citadelle	31:01.88	75
76	Irwin, Hannah	La Salle SS	31:02.13	76
77	Kehoe, Amy	Perth and Di	31:10.61	77
78	Deruiter, Mackenzie	Valour - Petawawa	31:12.90	78
79	Winters, Lindsay	St. Joseph's	31:15.83	79
80	Paychere, Maeva	Perth and Di	31:20.73	80
81	Labreque, Melissa	Arnprior Dhs	31:24.56	81
82	Seguin, Emilie	Esc La Citadelle	31:49.08	82
83	Enright, Johanna	Arnprior Dhs	31:51.85	83
84	Stanton, Robyn	Arnprior Dhs	31:57.76	84
85	Garrison, Haley	Sydenham HS	32:10.12	85
86	Warner, Isla	Almonte Dist	32:11.18	86
87	Dulmage, Emma	North Grenvi	32:18.22	87
88	Beauregard, Noemie	Esc L'Escale	32:25.60	88
89	Teodoro-Neville, Cassidy	Holy Trinity	32:52.43	89
90	Blair, Elisabeth	St. John Chs	32:59.69	90
91	Gagnon, Gabrielle	St. Joseph's	33:09.32	91
92	Belisle, Brianna	Char-Lan Dhs	33:12.27	92
93	Thomas, Fiona	Valour - Petawawa	33:45.83	93
94	Stacey, Madigan	St. John Chs	33:51.35	94
95	Young, Falan	Almonte Dist	34:02.23	95
96	Ibarzabal, Maider	Saint Lawren	34:31.06	96
97	Campagna, Anne	Esc La Citadelle	34:54.73	97
98	Lovell, Gwyneth	St. John Chs	34:54.93	98
99	Schacht, Lara	Perth and Di	37:41.27	99
100	Saunders, Miranda	Jeanne-Lajoi	38:30.92	100
101	Marcoux, Zoé	École élémen	41:48.82	101
102	Howard, Chanelle	Jeanne-Lajoi	42:03.33	102
103	Irvin, Kaleigh	Almonte Dist	42:57.60	103
104	Judd, Kathleen	Smiths Falls	43:45.36	104
105	McLean, Emiliegh	St. Michael	44:00.00	105
106	Kake, Naomi	Holy Trinity	44:00.00	106
107	Cathcart, Jennie	North Grenvi	44:00.00	107
108	Elwaltar, Sarah	Kingston Cvi	44:00.00	108

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8
1	Kingston Cvi - Kingston	20	1	2	6	11	12	58	108	
	Total Time:	1:32:28.75								
	Average:	23:07.19								
2	Thousand Islands SS	67	5	15	21	26	29	37	74	
	Total Time:	1:40:44.32								
	Average:	25:11.08								
3	Almonte District HS - Alm	119	10	13	35	61	86	95	103	

Total Time:	1:45:59.20									
Average:	26:29.80									
4 Regiopolis-Notre Dame-Kin	151	23	40	43	45	50	57	60	67	
Total Time:	1:50:44.32									
Average:	27:41.08									
5 Ernestown - Odessa	153	22	27	31	73					
Total Time:	1:49:57.27									
Average:	27:29.32									
6 Valour - Petawawa	192	17	34	63	78	93				
Total Time:	1:53:59.88									
Average:	28:29.97									
7 Sydenham HS - Sydenham	212	18	41	68	85					
Total Time:	1:56:02.63									
Average:	29:00.66									
8 Arnprior Dhs - Arnprior	247	24	59	81	83	84				
Total Time:	1:59:00.96									
Average:	29:45.24									
9 Perth and District CI -pe	264	8	77	80	99					
Total Time:	2:03:50.39									
Average:	30:57.60									
10 North Grenville - Kemptvi	266	33	39	87	107					
Total Time:	2:11:01.40									
Average:	32:45.35									
11 St. John Chs - Perth	346	64	90	94	98					
Total Time:	2:11:53.18									
Average:	32:58.30									

St. Michael Catholic High School  
Manager

HY-TEK's Meet

2018 EOSSAA X-COUNTRY CHAMPIONSHIPS - 10/25/2018

Thursday October 25, 2018

St. Michael CHS

Last Completed Event

Event 8 Boys 6100 Meter Run CC Senior

Name	Year	School	Finals	Points
1 Free, Carter		Napanee Dist	18:53.95	1
2 Brackenbury, Miles		Kingston Cvi	19:09.45	2
3 Weston, Konnor		Bayridge - Kingston	19:36.85	3
4 Jones, Mason		Thousand Islands SS	19:52.98	4
5 Taylor, Max		Holy Cross C	20:14.62	5
6 Chingee, Xavier		Valour - Petawawa	20:19.47	6
7 Gill, David		Thousand Islands SS	20:21.32	7
8 Machan, Andrew		Perth and Di	20:27.37	8
9 Bruce, Cameron		Frontenac SS	20:31.57	9
10 Lidlow, Cole		Thousand Islands SS	20:40.51	10
11 Unrau, Matthew		Valour - Petawawa	20:45.81	11
12 Crawford, Ethan		Thousand Islands SS	20:46.17	12
13 Pelchat, Guillaume		École élémen	20:53.09	13
14 Tripp, Joey		Regiopolis-N	21:03.75	14
15 Kearnan, Darius		Valour - Petawawa	21:07.26	15
16 Bryanton, Andrew		Valour - Petawawa	21:12.14	16
17 Rostek, Matthew		Regiopolis-N	21:25.12	17
18 Geurkink, Kieran		St. Michael	21:26.89	18
19 Chaput, Nicholas		Holy Trinity	21:31.90	19
20 MacDonald, Logan		St. Francis	21:37.38	20



21	Campeau, Wil	St. Michael	21:44.39	21
22	Kavanagh, Finn	Almonte Dist	21:47.93	22
23	O'Meara, Stephen	Regiopolis-N	21:48.22	23
24	Winchcombe, Dylan	Esc L'Escale	22:03.34	24
25	Bilton, Ryan	Rideau Distr	22:19.68	25
26	Givogue, Ethan	Thousand Islands SS	22:29.63	26
27	Hauge, Jens	North Grenvi	22:34.23	27
28	Gonidas, Troy	Thousand Islands SS	22:39.70	28
29	Beebe, Cole	Napanee Dist	22:46.21	29
30	Vingerhoeds, Marcus	Kingston Cvi	22:51.11	30
31	Stewart, Alex	Seaway Distr	22:51.43	31
32	Jeaurond, Mederic	Esp Le Sommet	22:54.16	32
33	Hansen, Luke	Renfrew CI -	22:56.18	33
34	Abou Hajar, Zakry	Loyalist Cvi	22:56.43	34
35	Castillejo Arona, Alvaro	North Dundas	22:59.55	35
36	Pelchat, Thomas	École élémen	23:02.07	36
37	Moran, Chet	Loyalist Cvi	23:03.11	37
38	Gibson, Tanner	Thousand Islands SS	23:04.14	38
39	Plazek, Eric	Bishop Smith	23:10.76	39
40	Lavoie, Tyler	St. Michael	23:11.03	40
41	Ireton, Aidan	Perth and Di	23:17.93	41
42	Bartlett, Joel	Thousand Islands SS	23:19.92	42
43	Hands-Chardonnet, River	Sydenham HS	23:26.77	43
44	Ugade, Santiago	St. Joseph's	23:30.52	44
45	Machan, David	Perth and Di	23:33.44	45
46	Doyle, Kevin	Glengarry Dh	23:34.27	46
47	McIlroy, Liam	Kingston Cvi	23:38.64	47
48	Valentia, Sebastian	Kingston Cvi	23:44.60	48
49	Ingo, Cameron	Loyalist Cvi	23:49.19	49
50	Hamelinck, Alex	Bayridge - Kingston	23:51.72	50
51	Leonard, Jacob	Esp Le Sommet	23:53.98	51
52	Arsenault, Jake	Valour - Petawawa	23:56.66	52
53	Beckstead, Wyatt	St. Michael	24:00.42	53
54	Bowness, Zac	St. Michael	24:04.66	54
55	Blancahard, Jordan	Thousand Islands SS	24:06.20	55
56	Larouche, Guillaume	Jeanne-Lajoi	24:06.83	56
57	Paquette, Noah	North Grenvi	24:09.01	57
58	Roques, Robert	Holy Cross C	24:10.62	58
59	Norman, Brock	Sydenham HS	24:10.91	59
60	Imrie, Aden	Brockville C	24:11.62	60
61	Peirtruszko, John	Bishop Smith	24:14.29	61
62	Clarke, Harry	Kingston Cvi	24:17.88	62
63	Zabukovec, Aiden	Regiopolis-N	24:18.18	63
64	De Groote, Joel	Loyalist Cvi	24:18.59	64
65	O'Grady, Zach	Kingston Cvi	24:28.86	65
66	Bravakis, Emmett	Holy Cross C	24:29.58	66
67	Furber, Adam	Sydenham HS	24:29.96	67
68	Di Cola, Luca	North Dundas	24:32.53	68
69	Althoefer Hastings, Nik	North Grenvi	24:32.64	69
70	Purdon, Wyatt	Opeongo HS -	24:37.86	70
71	Lutz, Caleb	Frontenac SS	24:42.95	71
72	Reijmers, Nathan	Glengarry Dh	24:56.16	72
73	Sonoski, Liam	Fellowes HS	25:02.78	73
74	Gaucher, Brian	Mille-Iles	25:03.62	74
75	Leonard, Logan	Regiopolis-N	25:06.29	75
76	Pilkey, Nathan	Kingston Cvi	25:10.78	76
77	St.godard, William	Holy Cross C	25:11.13	77

78	Lee, Tim	Loyalist Cvi	25:13.78	78
79	Tremblay, Logan	St. Michael	25:14.49	79
80	Heagle-Francis, Dhillan	Saint Lawren	25:15.13	80
81	Moore, Trevor	Sydenham HS	25:15.46	81
82	Knapp, Wyatt	Thousand Islands SS	25:15.80	82
83	Bejjany, Jonah	Bishop Smith	25:19.06	83
84	Blanchard, Cody	Athens Distr	25:25.38	84
85	Charette, Jonathan	Cornwall Csv	25:25.83	85
86	Nediak, Alexander	Regiopolis-N	25:30.70	86
87	Huang, Thomas	Bayridge - Kingston	25:32.73	87
88	McWilliams, Kade	Bishop Smith	25:35.75	88
89	Wiltshire, Daniel	Russell HS -	25:37.95	89
90	Solly, Taden	Bishop Smith	25:43.51	90
91	Lacroix, Alexis	Esp Le Sommet	25:43.79	91
92	Allen, Jack	Char-Lan Dis	26:01.84	92
93	Alexander, Conrad	Almonte Dist	26:15.20	93
94	Zaza, Youssef	Kingston Cvi	26:19.71	94
95	Hemsley, Max	Renfrew CI -	26:22.43	95
96	Goldvasser, Mishel	Kingston Cvi	26:22.90	96
97	Gauthier, Ty	Bishop Smith	26:29.63	97
98	Charron, Jacob	Esc L'Escale	26:33.60	98
99	Redmond, Lucas	Brockville C	26:41.96	99
100	Creamer, Liam	St. Francis	26:45.66	100
101	Ryan, Cameron	Carleton Place	26:47.67	101
102	Cavalier, David	St. John Chs	26:48.28	102
103	Stainforth, Michael	North Grenvi	26:52.75	103
104	Warren, Austin	Valour - Petawawa	26:55.47	104
105	vanderlinde, Max	St. Michael	26:56.88	105
106	Donnelly, Corrik	St. John Chs	26:57.16	106
107	Scott, Dylan	Sydenham HS	26:57.58	107
108	Beaver, Liam	Sydenham HS	26:59.59	108
109	Ramsay, William	Sydenham HS	26:59.80	109
110	Vanloon, Cody	Holy Trinity	27:00.03	110
111	Coulter, Aidan	Rideau Distr	27:00.21	111
112	Ford, Spencer	Almonte Dist	27:02.40	112
113	Trudeau, Drake	Holy Trinity	27:04.50	113
114	Summers, Phillipe	Glengarry Dh	27:15.31	114
115	Batten, Kameron	St. Thomas A	27:18.98	115
116	Scheuneman, Jackson	Renfrew CI -	27:32.88	116
117	Devine, Kougur	Opeongo HS -	27:47.00	117
118	Owen, Tucker	Brockville C	27:49.00	118
119	Garcia, Alejandro	La Salle SS	27:54.00	119
120	Vancampen, Christian	Notre Dame C	28:36.00	120
121	Barrett, Sam	St. Thomas A	28:42.00	121
122	Canham, Ethan	Tagwi - Avonmore	28:47.00	122
123	Young, Kaleb	St. Joseph's	29:00.00	123
124	Jones, Ian	St. Joseph's	29:51.00	124
125	Merritt, Mitchel	Sydenham HS	30:02.00	125
126	Noonan, Andrew	St. John Chs	30:41.00	126
127	Lahaye, William	Loyalist Cvi	31:32.00	127
128	Elliott, Connor	Tagwi - Avonmore	31:47.00	128
129	Madigan, Mitchell	St. Thomas A	31:49.00	129
130	Cowan, Mark	St. John Chs	32:46.00	130
131	Jones, Callum	St. Joseph's	34:01.00	131
132	Benedict, Travis	St. Joseph's	34:09.00	132
133	Farrell, Declan	Esp Le Sommet	36:01.00	133
134	Loya, Lorenzo	St. Joseph's	37:12.00	134



Average: 29:18.11