

HAMILTON INDOOR GAMES SECONDARY

February 15, 2023



OFFICIAL MEET REPORT
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RESULTS

#1 Boys 4 x 400m Relay (Senior)

(Top 4 advance)

Prelims

PI Team	Time	Note	H(PI)
1 Ancaster High (A)	3:57.12q		2(1)
2 Sir Winston Churchill Secondary School (A)	4:00.45q		1(1)
3 Dundas Valley (B)	4:05.18q		1(2)
4 Westmount Secondary (A)	4:10.74q		2(2)
5 Sir Winston Churchill Secondary School (B)	4:12.45		2(3)
Heritage Christian School (A)	DNS		1

#2 Girls 4 x 400m Relay (Senior)

(Top 4 advance)

Prelims

PI Team	Time	Note	H(PI)
1 Father Henry Carr (A)	4:44.00q		1(1)
2 Heritage Christian School (A)	4:46.66q		2(1)
3 Dundas Valley (A)	4:52.15q		1(2)
4 Father Henry Carr (B)	5:01.87q		1(3)
5 Sir Winston Churchill Secondary School (B)	5:17.34		1(4)
6 Westmount Secondary (A)	5:21.07		2(2)
7 Sir Winston Churchill Secondary School (A)	5:21.08		2(3)

#3 Boys 1000 Meters (Senior)

PI Name	Team	Time	Note	H(PI)	Pts
1 THOMSON, Iain	Dundas Valley	2:42.53	2:42.529	2(1)	10
2 LACKHANPAL, Porter	Westmount Secondary	2:42.53	2:42.530	2(2)	8
3 LEDGER, Cohen	Dundas Valley	2:48.62		2(3)	6
4 KELLER, Ben	Westdale	2:51.60		2(4)	5
5 DIFELICE, Marco	Sir Winston Churchill Secon	2:53.00		2(5)	4
6 MAXWELL, Redding	Sir Winston Churchill Secon	3:01.68		1(1)	3
7 ROLLO, Walker	Sir Winston Churchill Secon	3:06.06		2(6)	2
8 LEWIS, Owen	Sir Winston Churchill Secon	3:06.29		1(2)	1
9 STODDART, Holden	Ancaster High	3:16.68		1(3)	
10 SPURRELL, Owen	McKinnon Park	3:23.73		2(7)	
11 HENRY, Logan	McKinnon Park	3:26.79		1(4)	
12 CIESLAK, Luke	Westmount Secondary	3:27.91		1(5)	
13 VANDENBRINK, Seth	Heritage Christian School	3:28.15		2(8)	
NEARY, Bryce	Dundas Valley	DNS		1	
DEVRIES, Cole	Dundas Valley	DNS		1	
SILLIKER, Nathaniel	Dundas Valley	DNS		1	
RENWICK, Alex	Dundas Valley	DNS		2	

#4 Girls 1000 Meters (Senior)

PI Name	Team	Time	Note	Pts
1 GIANNOU, Vanessa	Ancaster High	3:25.81		10
2 KELLER, Flo	Westdale	3:26.00		8
3 NYAKUNDI, Sylvia	Dundas Valley	3:33.24		6

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#4 Girls 1000 Meters (Senior) (cont'd)

Pl	Name	Team	Time	Note	Pts
4	SUMMERHAYS, Aubrey	Hamilton District Christian	3:47.44		5
5	VERMUE, Brianna	Sir Winston Churchill Secon	3:48.96		4
6	CLARK, Jolanta	Sir Winston Churchill Secon	3:49.14		3
7	VANZANTEN, Annemiek	Heritage Christian School	4:02.02		2
8	FESS, Alexis	McKinnon Park	4:12.55		1
9	SANCHEZ, Eileen	Westmount Secondary	4:53.37		

#5 Boys 1000 Meters (Junior)

Pl	Name	Team	Time	Note	H(Pl)	Pts
1	MASTERSON, Owen	Sir Winston Churchill Secon	2:58.89		2(1)	10
2	HAGEN, Isaac	Hamilton District Christian	2:59.10		1(1)	8
3	DELLALIAN, Samuel	Sir Winston Churchill Secon	3:01.27		1(2)	6
4	HAMADA, Mohammad	Bernie Custis	3:04.09		1(3)	5
5	FESS, Owen	McKinnon Park	3:14.49		1(4)	4
6	MCFARLANE, Joss	Dundas Valley	3:15.90		2(2)	3
7	NIXON, Lucas	Sir Winston Churchill Secon	3:16.95		2(3)	2
8	DAVIDSON, Justin	Ancaster High	3:20.70		2(4)	1
9	MAGA, Tyrus	Dundas Valley	3:23.30		1(5)	
10	WESTERVELD, Matthew	Heritage Christian School	3:26.64		2(5)	
11	SHADDOCK, Cole	McKinnon Park	3:43.48		2(6)	
12	VEDDER, Jonah	Smithville Highschool	3:50.23		2(7)	
13	DESAI, Saagar	Ancaster High	3:50.32		1(6)	
	SNELLGROVE, Aidan	McKinnon Park	DNS		2	

#6 Girls 1000 Meters (Junior)

Pl	Name	Team	Time	Note	Pts
1	GORDON, Erika	Ancaster High	3:22.97		10
2	BURKE, Mikaela	Heritage Christian School	3:34.54		8
3	LUKER, Kamryn	McKinnon Park	3:53.54		6
	ROBITAILLE, Carly	McKinnon Park	DNF		

#7 Boys 1000 Meters (Novice)

Pl	Name	Team	Time	Note	H(Pl)	Pts
1	WALKER, Barron	Sir Winston Churchill Secon	2:56.02		2(1)	10
2	WALKER, Carson	Sir Winston Churchill Secon	2:59.41		1(1)	8
3	SALEH, Shakir	Bernie Custis	3:03.97		2(2)	6
4	HILDRETH, Jaxson	Sir Winston Churchill Secon	3:12.19		1(2)	5
5	QUSHMAQ, Hattan	Westmount Secondary	3:17.63		1(3)	4
6	MONTOYA, Jacob	Sir Winston Churchill Secon	3:17.94		2(3)	3
7	BERTRAND, Damien	Sir Winston Churchill Secon	3:18.39		2(4)	2
8	CIRASUOLO, Julian	Sir Winston Churchill Secon	3:19.14		1(4)	1
9	AL KHALIL, Abdul	Bernie Custis	3:26.91		1(5)	
10	OGDEN, Simon	Dundas Valley	3:53.20		2(5)	
	DEJONGE, Carter	Hamilton District Christian	DNS		1	
	VELDHUIZEN, Kieran	Heritage Christian School	DNS		1	

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#7 Boys 1000 Meters (Novice) (cont'd)

PI	Name	Team	Time	Note	H(PI)	Pts
	DYKSTRA, Judah	Heritage Christian School	DNS		2	
	MATAHA, Mohammed	Bernie Custis	DNS		2	

#8 Girls 1000 Meters (Novice)

PI	Name	Team	Time	Note	H(PI)	Pts
1	PTASZEK, Anna	St.MaryS	3:20.90			10
2	GUPTA, Julia	Dundas Valley	3:33.94			8
3	BERKELAAR, Mara	Hamilton District Christian	3:37.23			6
4	KIKKERT, Mackenzie	Heritage Christian School	3:40.77			5
5	SIKKEMA, Rebekah	Heritage Christian School	3:41.19			4
6	GROSVENOR, Tessa	Sir Winston Churchill Secon	3:42.85			3
7	GRAVES, Addi	Dundas Valley	3:50.05			2
8	WIERSMA, Kay	Westmount Secondary	3:52.07			1
9	WASSENAAR, Tianna	Heritage Christian School	3:55.30			

#9 SB4x1 Lap (Senior)

(Top 4 advance)

Prelims

PI	Team	Time	Note	H(PI)
1	Bishop Ryan CSS (A)	1:12.08q		1(1)
2	Westmount Secondary (A)	1:13.88q		1(2)
3	Ancaster High (A)	1:14.30q		2(1)
4	Dundas Valley (A)	1:16.83q		2(2)
5	Heritage Christian School (A)	1:17.59q		1(3)
6	Hamilton District Christian (A)	1:18.59q		1(4)
7	Bishop Ryan CSS (B)	1:21.14q		2(3)
8	McKinnon Park (B)	1:21.95q		2(4)

#10 SG 4x1 Lap (Senior)

(Top 8 advance)

Prelims

PI	Team	Time	Note	H(PI)
1	Cardinal Leger C.S.S. (A)	1:22.68q		1(1)
2	Westdale (A)	1:26.51q		1(2)
3	Heritage Christian School (A)	1:31.17q		2(1)
4	Hamilton District Christian (A)	1:33.25q		2(2)
5	Westmount Secondary (A)	1:33.54		2(3)
6	McKinnon Park (A)	1:35.58		1(3)

#11 JB 4x1 Lap (Junior)

(Top 4 advance)

Prelims

PI	Team	Time	Note	H(PI)
1	Father Henry Carr (A)	1:15.44q		1(1)
2	Hamilton District Christian (A)	1:16.01q		1(2)



RESULTS

#11 JB 4x1 Lap (Junior) (cont'd)

(Top 4 advance)

Prelims

Pl Team	Time	Note	H(Pl)
3 Smithville Highschool (A)	1:19.87q		1(3)
4 Father Henry Carr (B)	1:22.01q		2(1)
5 McKinnon Park (A)	1:23.00		2(2)
Westmount Secondary (A)	DNS		1
Heritage Christian School (A)	DNS		2

#12 JG 4x1 Lap (Junior)

(Top 4 advance)

Prelims

Pl Team	Time	Note	H(Pl)
1 Father Henry Carr (A)	1:26.08q		1(1)
2 Dundas Valley (A)	1:26.24q		2(1)
3 Heritage Christian School (A)	1:26.70q		1(2)
4 Father Henry Carr (B)	1:32.63q		2(2)
5 McKinnon Park (A)	1:36.42		2(3)
Hamilton District Christian (A)	DNS		1
Westmount Secondary (A)	DNS		2

#13 NB 4x1 Lap (Novice)

(Top 4 advance)

Prelims

Pl Team	Time	Note
1 Westmount Secondary (A)	1:20.15q	
2 Dundas Valley (A)	1:23.37q	

#14 NG 4x1 Lap (Novice)

(Top 8 advance)

Prelims

Pl Team	Time	Note	H(Pl)
1 Father Henry Carr (A)	1:25.89q		2(1)
2 Dundas Valley (A)	1:28.59q		2(2)
3 Hamilton District Christian (A)	1:29.49q		2(3)
4 Westmount Secondary (A)	1:39.39q		2(4)
Dundas Valley (B)	DNS		1

#15 Boys 300 Meters (Senior)

Pl Name	Team	Time	Note	H(Pl)	Pts
1 DAVIS, J'Noy	Bishop Ryan CSS	39.29		5(1)	10
2 SHEPPARD, Cole	The Country Day School	40.10		7(1)	8
3 BAH, Abdoule	Bishop Ryan CSS	40.19		8(1)	6
4 VASQUEZ, Juan	Bishop Ryan CSS	41.31		1(1)	5
5 COAKLEY, Lex	Westdale	41.34		2(1)	4
6 BAILEY, Judah	Westmount Secondary	42.34		5(2)	3
7 DIFELICE, Marco	Sir Winston Churchill Secon	43.01		5(3)	2

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#15 Boys 300 Meters (Senior) (cont'd)

Pl	Name	Team	Time	Note	H(Pl)	Pts
8	GUERRA, Joshua	Father Henry Carr	43.85		4(1)	1
9	SNYDER, Nick	Heritage Christian School	43.95		7(2)	
10	DOUMA, Jesse	Heritage Christian School	44.00		4(2)	
11	SEPTEMBRE, Edilenz	Father Henry Carr	44.32		7(3)	
12	GEORGES, Kendry	Bishop Ryan CSS	44.36	44.352	3(1)	
13	MAXWELL, Redding	Sir Winston Churchill Secon	44.36	44.356	3(2)	
14	ROLLO, Walker	Sir Winston Churchill Secon	44.52		4(3)	
15	MALLOY, Jack	Sir Winston Churchill Secon	44.90		2(2)	
16	EMARTHLE, Kocechvmpv	McKinnon Park	45.01		2(3)	
17	MITCHELL, B'Jorn	Bishop Ryan CSS	45.09		4(4)	
18	WALKER, Brayden	Sir Winston Churchill Secon	45.39		8(2)	
19	HASSEL, Zane	Dundas Valley	45.61		1(2)	
20	CLARKE, Brennan	Dundas Valley	45.71		8(3)	
21	MIEDEMA, Nick	Heritage Christian School	45.83		5(4)	
22	LEWIS, Owen	Sir Winston Churchill Secon	47.84		1(3)	
23	LEE, Ryan	Westmount Secondary	51.48		3(3)	
24	INFANTI, Zachary	Bishop Ryan CSS	51.98		7(4)	
25	LIU, Hao kun	Hamilton District Christian	53.97		8(4)	
	ZIMIC, Nigel	Westmount Secondary	DNS		1	
	LUIS SILVA, Art	Father Henry Carr	DNS		2	
	EWEN, Daniel	Dundas Valley	DNS		3	

#16 Girls 300 Meters (Senior)

Pl	Name	Team	Time	Note	H(Pl)	Pts
1	BLADES, Nya	Cardinal Leger C.S.S.	46.06		5(1)	10
2	FOX, Kate	Westdale	49.50		5(2)	8
3	JOHN, Jada	Father Henry Carr	50.35		6(1)	6
4	WILLIAMS, Samantha	Cardinal Leger C.S.S.	50.55		3(1)	5
5	BROWN, Dorothy	Westdale	52.16		1(1)	4
6	VANVLIET, Julia	Heritage Christian School	52.22		4(1)	3
7	TURNER, Shentel	Father Henry Carr	52.59		5(3)	2
8	BRENDZY, Abby	Sir Winston Churchill Secon	52.79		5(4)	1
9	CORLIS, Paige	McKinnon Park	53.29		4(2)	
10	KOSEMPEL, Megan	Dundas Valley	54.76		2(1)	
11	VERMUE, Brianna	Sir Winston Churchill Secon	54.81		6(2)	
12	VANDERKRUK, Chantal	Hamilton District Christian	55.38		3(2)	
13	CLARK, Jolanta	Sir Winston Churchill Secon	55.48		3(3)	
14	TAMASA, Asia	Father Henry Carr	55.91		1(2)	
15	GERSHKOVICH, Ester	Westmount Secondary	56.81		2(2)	
16	SCOTT, Keira	Sir Winston Churchill Secon	56.83		6(3)	
17	MAJOR, Noella	Westmount Secondary	56.89		6(4)	
18	SELBY, Madison	McKinnon Park	58.57		1(3)	
19	DERKSON, Bella	Sir Winston Churchill Secon	59.66		4(3)	
	WASHINGTON, Julia	Hamilton District Christian	DNS		2	
	WAGTER, Emily	Heritage Christian School	DNS		2	
	BALLA, Kylie	Dundas Valley	DNS		3	

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#16 Girls 300 Meters (Senior) (cont'd)

Pl	Name	Team	Time	Note	H(Pl)	Pts
	ZANDSTRA, Alayah	Hamilton District Christian	DNS		4	

#17 Boys 300 Meters (Junior)

Pl	Name	Team	Time	Note	H(Pl)	Pts
1	MORRIS, Elijah	Hamilton District Christian	41.90		2(1)	10
2	PHILIPPE-DANIEL, Brock	Westmount Secondary	42.34		3(1)	8
3	MASTERSON, Owen	Sir Winston Churchill Secon	42.69		3(2)	6
4	FRKETICH, Nate	Westmount Secondary	43.04		1(1)	5
5	KINGSTON, Ben	Bishop Ryan CSS	43.36		4(1)	4
6	VRATARIC, Mark	Bishop Ryan CSS	43.61		3(3)	3
7	FISHER, Sean	McKinnon Park	43.77		4(2)	2
8	ORTWEIN, Rowan	Dundas Valley	44.06		1(2)	1
9	FRIESEN, Josiah	Sir Allan MacNab	44.25		2(2)	
10	NIXON, Lucas	Sir Winston Churchill Secon	44.33		2(3)	
11	DELLALIAN, Samuel	Sir Winston Churchill Secon	45.81		1(3)	
12	CHOI, Shihyun	Hamilton District Christian	47.02		4(3)	
13	ODULAMI, Daniel	Father Henry Carr	48.95		3(4)	
14	WILLIAM, Krishna	Father Henry Carr	49.90		1(4)	
	YBEMA, Cameron	Heritage Christian School	DNS		2	
	DAWKINS, Adiran	Father Henry Carr	DNS		4	

#18 Girls 300 Meters (Junior)

Pl	Name	Team	Time	Note	H(Pl)	Pts
1	MCCULLAGH, Sophia	Dundas Valley	47.13		4(1)	10
2	BURKE, Mikaela	Heritage Christian School	47.91		4(2)	8
3	SLYWKA, Grace	Dundas Valley	49.01		3(1)	6
4	ADEYEMI, Miriam	Father Henry Carr	50.25		2(1)	5
5	CAMPANARO, Mylana	Westmount Secondary	51.75		4(3)	4
6	CAMERON, Chloe	Dundas Valley	53.91		2(2)	3
7	BUCHANAN, Alina	Dundas Valley	54.37		1(1)	2
8	ROBITAILLE, Carly	McKinnon Park	54.68		4(4)	1
9	PETRONSKI, Emily	McKinnon Park	57.75		2(3)	
10	VALLIER, Rachel	Sir Winston Churchill Secon	58.12		3(2)	
11	GARSON, Sarah	McKinnon Park	1:00.08		1(2)	
12	CHOI, Shiyoon	Hamilton District Christian	1:04.68		3(3)	
13	OYETUNJI, Inioluwa	Bishop Ryan CSS	1:11.17		1(3)	
	JOHNSON, Beatrice	Father Henry Carr	DNS		2	
	CLARKE, Shana	Father Henry Carr	DNS		3	
	DOUGLAS-MITCHELL, Shemiah	Father Henry Carr	DNS		5	
	PEAKER, Audrey	Dundas Valley	DNS		5	
	VANDERBURG, Adalyn	McKinnon Park	DNS		5	

#19 Boys 300 Meters (Novice)

Pl	Name	Team	Time	Note	H(Pl)	Pts
1	WALKER, Carson	Sir Winston Churchill Secon	40.16		6(1)	10

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#19 Boys 300 Meters (Novice) (cont'd)

Pl	Name	Team	Time	Note	H(Pl)	Pts
2	WALKER, Barron	Sir Winston Churchill Secon	41.17		3(1)	8
3	SHEPPARD, Eamon	The Country Day School	41.31		6(2)	6
4	FULTON, Ben	Dundas Valley	43.10		2(1)	5
5	MONTOYA, Jacob	Sir Winston Churchill Secon	43.23		4(1)	4
6	PEARSONWHEAR, Tristan	Dundas Valley	44.34		4(2)	3
7	DELUCIA, Francesco	Westmount Secondary	45.01		3(2)	2
8	BERTRAND, Damien	Sir Winston Churchill Secon	45.34		2(2)	1
9	HILDRETH, Jaxson	Sir Winston Churchill Secon	45.85		3(3)	
10	OLLIVIERRE, Nehemiah	Father Henry Carr	47.46		4(3)	
11	SIMPSON, Graydon	Smithville Highschool	48.36		1(1)	
12	QUAST, Aidan	The Country Day School	48.75		7(1)	
13	CIRASUOLO, Julian	Sir Winston Churchill Secon	49.16		1(2)	
14	WELLER, Evan	Hamilton District Christian	49.29		2(3)	
15	SYED, Ali-Sher	Bishop Ryan CSS	50.09		6(3)	
16	VERDUYN, Daniel	Hamilton District Christian	51.12		6(4)	
17	HANDIYA, Gidean	Dundas Valley	53.48		1(3)	
18	STRAIN, Blake	Dundas Valley	54.98		3(4)	
	BAKARE, Samuel	Father Henry Carr	DQ	52.21	7	
	MCVITTIE, Isaac	Westmount Secondary	DNS		1	
	VASCONCELOS, Chase	Heritage Christian School	DNS		4	
	COLE, Ronan	McKinnon Park	DNS		5	
	VELDHUIZEN, Kieran	Heritage Christian School	DNS		5	
	DYKSTRA, Judah	Heritage Christian School	DNS		7	
	PIVATT, Spencer	Westmount Secondary	DNS		2	

#20 Girls 300 Meters (Novice)

Pl	Name	Team	Time	Note	H(Pl)	Pts
1	BOWER, Olivia	Ancaster High	46.58		1(1)	10
2	CHIEDUCH, Juliet	The Country Day School	48.54		8(1)	8
3	BEKENDAM, Annalise	Hamilton District Christian	48.69		1(2)	6
4	SIKKEMA, Rebekah	Heritage Christian School	48.95		5(1)	5
5	KIKKERT, Mackenzie	Heritage Christian School	49.99		6(1)	4
6	OLDEJANS, Naomi	Dundas Valley	51.53		6(2)	3
7	RIOUX, Faith	Dundas Valley	51.91		2(1)	2
8	RALPH, Amber-Lee	Father Henry Carr	52.17		4(1)	1
9	DO, Doris	Father Henry Carr	53.31		2(2)	
10	LENNOX, Cayleigh	Dundas Valley	53.34		8(2)	
11	WEHLEND, Amy	Westmount Secondary	53.63		2(3)	
12	GROSVENOR, Tessa	Sir Winston Churchill Secon	53.99		4(2)	
13	SAUNDERS, Natalia	Sir Winston Churchill Secon	54.03		8(3)	
14	BRUKKER, Gabrielle	Dundas Valley	54.42		2(4)	
15	GAME, Erica	Hamilton District Christian	55.26		6(3)	
16	MAAS, Shannon	Hamilton District Christian	55.76		5(2)	
17	ZIVANOVICH, Peyton	McKinnon Park	56.47		4(3)	
18	VERMUE, Charlotte	Sir Winston Churchill Secon	56.72		6(4)	
19	RALPH, Leah	Father Henry Carr	58.16		1(3)	

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#20 Girls 300 Meters (Novice) (cont'd)

Pl	Name	Team	Time	Note	H(Pl)	Pts
20	GUERRA, Megan	Father Henry Carr	58.21		5(3)	
21	VUONG, Celina	Westmount Secondary	1:00.57		4(4)	
22	FAGBUYI, Morayonuoluwa	Bishop Ryan CSS	1:09.44		1(4)	
	GALER, Cheyenne	Dundas Valley	DNS		3	
	MARTIN, Abby	Hagersville Secondary	DNS		3	
	GYURO, Siena	Westmount Secondary	DNS		5	
	ROCHE, Kendra	Dundas Valley	DNS		7	

#22 BMedley (Senior)

Pl	Team	Time	Note	H(Pl)	Pts
1	Bishop Ryan CSS (A)	1:55.28		3(1)	10
2	Father Henry Carr (A)	1:55.67		2(1)	8
3	Sir Winston Churchill Secondary School (A)	1:58.20		3(2)	6
4	Ancaster High (A)	2:02.57		1(1)	5
5	Heritage Christian School (A)	2:03.50		3(3)	4
6	Sir Winston Churchill Secondary School (C)	2:06.80		1(2)	3
7	Westmount Secondary (A)	2:07.69		1(3)	2
8	Hamilton District Christian (A)	2:08.37		2(2)	1
9	Dundas Valley (A)	2:10.25		2(4)	
10	McKinnon Park (A)	2:15.48		1(4)	
	Sir Winston Churchill Secondary School (A)	2:09.41		2(3)	

#23 GMedley (Senior)

Pl	Team	Time	Note	H(Pl)	Pts
1	Westdale (A)	2:14.82		3(1)	10
2	Father Henry Carr (A)	2:20.21		1(1)	8
3	Heritage Christian School (A)	2:22.02		2(1)	6
4	Dundas Valley (B)	2:29.16		2(2)	5
5	Hamilton District Christian (A)	2:31.00		1(2)	4
6	Sir Winston Churchill Secondary School (B)	2:34.08		2(3)	3
7	Sir Winston Churchill Secondary School (A)	2:35.15		3(2)	2
8	McKinnon Park (A)	2:36.63		1(3)	1
	Westdale (A)	DNS		2	
	Westmount Secondary (A)	DNS		3	
	Dundas Valley (A)	DNS		3	
	Westdale (B)	NT		3	

#24 Boys 3000 Meters (Senior)

Pl	Name	Team	Time	Note	Pts
1	KELLER, Ben	Westdale	9:13.87		10
2	CAMPBELL, Dylan	Paris District high school	9:47.32		8
3	JAROSZ, Christian	Assumption	9:58.78		6
4	HAGEN, Isaac	Hamilton District Christian	10:57.68		5
5	HUININK, Noel	Smithville Highschool	11:32.26		4
	SALEH, Yassin	Bernie Custis	DNS		

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#25 Girls 3000 Meters (Senior)

Pl	Name	Team	Time	Note	Pts
1	PTASZEK, Anna	St.MaryS	10:53.98		10
2	GUPTA, Julia	Dundas Valley	11:18.67		8
3	YBEMA, Kate	Heritage Christian School	11:39.81		6
4	FESS, Alexis	McKinnon Park	15:26.00		5

#26 SCoed4x1 Lap (Senior)

Pl	Team	Time	Note	H(Pl)	Pts
1	Father Henry Carr (B)	1:16.15		1(1)	10
2	Father Henry Carr (A)	1:22.14		2(1)	8
3	Heritage Christian School (A)	1:24.85		1(2)	6
4	Smithville Highschool (A)	1:25.84		1(3)	5
5	Westmount Secondary (A)	1:28.18		2(2)	4
	McKinnon Park (A)	1:27.38		1	
	Dundas Valley (A)	DNS		2	
	McKinnon Park (A)	DNS		2	

#27 JCoed4x1 Lap (Junior)

Pl	Team	Time	Note	H(Pl)	Pts
1	Father Henry Carr (A)	1:17.35		1(1)	10
2	Father Henry Carr (B)	1:22.56		1(2)	8
3	Heritage Christian (A)	1:27.21		1(3)	6
4	McKinnon Park (A)	1:29.87		1(4)	5
	Heritage Christian School (A)	DNS		2	
	Westmount Secondary (A)	DNS		2	
	Dundas Valley (B)	DNS		2	
	Dundas Valley (A)	DNS		2	

#28 NCoed4x1 Lap (Novice)

Pl	Team	Time	Note	H(Pl)	Pts
1	Dundas Valley (A)	1:24.73		1(1)	10
2	The Country Day School (A)	1:25.03		1(2)	8
	Westmount Secondary (A)	DNS		1	
	Heritage Christian School (A)	DNS		2	

#29 Boys 600 Meters (Senior)

Pl	Name	Team	Time	Note	H(Pl)	Pts
1	LACKHANPAL, Porter	Westmount Secondary	1:30.21		3(1)	10
2	THOMSON, Iain	Dundas Valley	1:30.79		3(2)	8
3	LEDGER, Cohen	Dundas Valley	1:33.55		5(1)	6
4	SHEPPARD, Cole	The Country Day School	1:34.48		5(2)	5
5	DIFELICE, Marco	Sir Winston Churchill Secon	1:36.30		3(3)	4
6	LEWIS, Owen	Sir Winston Churchill Secon	1:42.23		5(3)	3
7	MAXWELL, Redding	Sir Winston Churchill Secon	1:42.67		3(4)	2
8	STODDART, Holden	Ancaster High	1:44.11		5(4)	1
9	VANDENBRINK, Seth	Heritage Christian School	1:48.16		3(5)	

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#29 Boys 600 Meters (Senior) (cont'd)

PI Name	Team	Time	Note	H(PI)	Pts
10 MALLOY, Jack	Sir Winston Churchill Secon	1:48.56		3(6)	
DEVRIES, Cole	Dundas Valley	NT		1	
SHADDOCK, Aiden	McKinnon Park	NT		1	
WALKER, Brayden	Sir Winston Churchill Secon	NT		1	
SNYDER, Nick	Heritage Christian School	NT		1	
SULENTIC, Kai	Dundas Valley	NT		1	
HENRY, Logan	McKinnon Park	NT		2	
ROLLO, Walker	Sir Winston Churchill Secon	NT		2	
RENWICK, Alex	Dundas Valley	NT		4	
SPURRELL, Owen	McKinnon Park	NT		6	

#30 Girls 600 Meters (Senior)

PI Name	Team	Time	Note	H(PI)	Pts
1 NYAKUNDI, Sylvia	Dundas Valley	1:52.35		1(1)	10
2 CASTILLO, Karen	Westdale	1:52.92		1(2)	8
3 VANZANTEN, Annemiek	Heritage Christian School	2:00.84		1(3)	6
4 VERMUE, Brianna	Sir Winston Churchill Secon	2:05.42		1(4)	5
5 CLARK, Jolanta	Sir Winston Churchill Secon	2:05.88		1(5)	4
6 CUBITT, Ashley	Westmount Secondary	2:09.46		1(6)	3
7 SCOTT, Keira	Sir Winston Churchill Secon	2:12.84		1(7)	2
MCNULTY, Kaelyn	Dundas Valley	NT		3	
BRENDZY, Abby	Sir Winston Churchill Secon	NT		3	
DERKSON, Bella	Sir Winston Churchill Secon	NT		3	

#31 Boys 600 Meters (Junior)

PI Name	Team	Time	Note	H(PI)	Pts
1 MASTERSON, Owen	Sir Winston Churchill Secon	1:37.15		1(1)	10
2 DELLALIAN, Samuel	Sir Winston Churchill Secon	1:39.42		1(2)	8
3 NIXON, Lucas	Sir Winston Churchill Secon	1:43.78		1(3)	6
4 FESS, Owen	McKinnon Park	1:46.53		1(4)	5
5 MCFARLANE, Joss	Dundas Valley	1:47.99		1(5)	4
6 DAVIDSON, Justin	Ancaster High	1:48.85		1(6)	3
7 WESTERVELD, Matthew	Heritage Christian School	1:51.23		1(7)	2
SHADDOCK, Cole	McKinnon Park	NT		2	
SNELLGROVE, Aidan	McKinnon Park	NT		3	

#32 Girls 600 Meters (Junior)

PI Name	Team	Time	Note	Pts
1 CRAIG, Mackenzie	Ancaster High	1:47.74		10
2 BURKE, Mikaela	Heritage Christian School	1:53.05		8
3 LUKER, Kamryn	McKinnon Park	2:06.22		6
4 VALLIER, Rachel	Sir Winston Churchill Secon	2:12.61		5
5 BUCHANAN, Alina	Dundas Valley	2:14.48		4
6 GARSON, Sarah	McKinnon Park	2:15.68		3

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#33 Boys 600 Meters (Novice)

Pl	Name	Team	Time	Note	H(Pl)	Pts
1	WALKER, Barron	Sir Winston Churchill Secon	1:43.26		1(1)	10
2	HILDRETH, Jaxson	Sir Winston Churchill Secon	1:45.06		3(1)	8
3	MONTOYA, Jacob	Sir Winston Churchill Secon	1:47.12		3(2)	6
4	DELUCIA, Francesco	Westmount Secondary	1:48.98		1(2)	5
5	BERTRAND, Damien	Sir Winston Churchill Secon	1:50.58		3(3)	4
6	WARDELL, Zach	Westmount Secondary	1:51.62		1(3)	3
7	CIRASUOLO, Julian	Sir Winston Churchill Secon	1:53.33		3(4)	2
8	OGDEN, Simon	Dundas Valley	2:08.76		1(4)	1
	WALKER, Carson	Sir Winston Churchill Secon	NT		5	
	VASCONCELOS, Chase	Heritage Christian School	NT		4	
	FULTON, Ben	Dundas Valley	NT		4	
	COLE, Ronan	McKinnon Park	NT		2	
	VELDHUIZEN, Kieran	Heritage Christian School	NT		5	
	LOVELACE, Magnus	Dundas Valley	NT		5	

#34 Girls 600 Meters (Novice)

Pl	Name	Team	Time	Note	H(Pl)	Pts
1	WASSENAAR, Tianna	Heritage Christian School	1:59.84		3(1)	10
2	KIKKERT, Mackenzie	Heritage Christian School	2:00.55		1(1)	8
3	BERKELAAR, Mara	Hamilton District Christian	2:02.77		3(2)	6
4	GROSVENOR, Tessa	Sir Winston Churchill Secon	2:04.06		1(2)	5
5	GRAVES, Addi	Dundas Valley	2:06.56		1(3)	4
6	SAUNDERS, Natalia	Sir Winston Churchill Secon	2:13.19		1(4)	3
7	PIECUCH, Mya	Dundas Valley	2:13.63		3(3)	2
8	VERMUE, Charlotte	Sir Winston Churchill Secon	2:24.33		3(4)	1
	SIKKEMA, Rebekah	Heritage Christian School	NT		2	
	LEE, Vivia	Westmount Secondary	NT		2	

#9 SB4x1 Lap (Senior)

Finals

Pl	Team	Time	Note	Pts
1	Bishop Ryan CSS (A)	1:12.46		10
2	Ancaster High (A)	1:13.43		8
3	Westmount Secondary (A)	1:13.97		6
	Heritage Christian School (A)	DNS		

#10 SG 4x1 Lap (Senior)

Finals

Pl	Team	Time	Note	Pts
1	Cardinal Leger C.S.S. (A)	1:22.70		10
2	Westdale (A)	1:24.91		8
3	Heritage Christian School (A)	1:33.30		6
4	Hamilton District Christian (A)	1:34.89		5

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#11 JB 4x1 Lap (Junior)

Finals

Pl	Team	Time	Note	Pts
1	Father Henry Carr (A)	1:13.82		10
2	Hamilton District Christian (A)	1:15.22		8
3	Father Henry Carr (B)	1:21.16		6
4	Smithville Highschool (A)	1:21.50		5

#12 JG 4x1 Lap (Junior)

Finals

Pl	Team	Time	Note	Pts
1	Dundas Valley (A)	1:25.05		10
2	Father Henry Carr (A)	1:25.72		8
3	Heritage Christian School (A)	1:27.27		6
4	Father Henry Carr (B)	1:32.55		5

#1 Boys 4 x 400m Relay (Senior)

Finals

Pl	Team	Time	Note	Pts
1	Ancaster High (A)	3:54.97		10
2	Dundas Valley (B)	4:07.86		8
3	Westmount Secondary (A)	4:09.26		6
	Sir Winston Churchill Secondary School (A)	DNF		

#2 Girls 4 x 400m Relay (Senior)

Finals

Pl	Team	Time	Note	Pts
1	Dundas Valley (A)	4:21.67		10
2	Heritage Christian School (A)	4:46.19		8
3	Father Henry Carr (A)	4:50.09		6
	Father Henry Carr (B)	DNS		

#43 Boys Long Jump (Novice)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	SHEPPARD, Eamon	The Country Day	4.86m	4.60	4.70	4.86				10
2	DAVIS, Bradley	Dundas Valley	4.74m	4.66	4.61	4.74				8
3	QUAST, Aidan	The Country Day	4.58m	4.58	4.29	4.31				6
4	PEARSONWHEAR, Tristan	Dundas Valley	4.56m	4.56	4.32	4.54				5
5	MCVITTIE, Isaac	Westmount Secon	4.21m	3.48	4.21	4.07				4
6	SIMPSON, Graydon	Smithville Highsch	4.15m	FOUL	FOUL	4.15				3
7	LOVELACE, Magnus	Dundas Valley	4.12m	FOUL	4.01	4.12				2
8	GLASBERGEN, Hunter	Heritage Christian	4.12m	3.68	3.99	4.12				1
9	RANDALL, Josh	Hamilton District C	4.05m	4.05	3.72	3.95				
10	WELLER, Evan	Hamilton District C	4.00m	3.84	4.00	3.07				
11	SAID, Rowan	Dundas Valley	3.71m	FOUL	3.28	3.71				
12	KAVOURAS, Peter	Dundas Valley	3.62m	3.42	3.62	3.56				

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#43 Boys Long Jump (Novice) (cont'd)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
13 VERDUYN, Daniel	Hamilton District C	3.60m	3.57	3.60	3.58				
WEILER, Brandon	McKinnon Park	NM							
HEIKOOP, Aiden	Heritage Christian	NM							
COLE, Ronan	McKinnon Park	NM							
HOUWER, Emmitt	Hamilton District C	NM							

#41 Boys Long Jump (Junior)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 KOOLE, Riley	Smithville Highsch	5.13m	4.97	5.13	4.99				10
2 MAY, Connor	Smithville Highsch	4.97m	FOUL	FOUL	4.97				8
3 KOK, Jacob	Smithville Highsch	4.95m	4.95	4.85	FOUL				6
4 GERRYTS, Eli	Smithville Highsch	4.89m	4.63	4.73	4.89				5
5 VRATARIC, Mark	Bishop Ryan CSS	4.67m	4.27	4.67	4.51				4
6 FRKETICH, Nate	Westmount Secon	4.57m	4.13	4.57	4.16				3
7 FISHER, Sean	McKinnon Park	4.47m	4.31	4.47	3.87				2
8 DIVINCENZIO, Evan	Dundas Valley	4.39m	3.87	3.42	4.39				1
9 JANSSEN, Aren	Smithville Highsch	4.36m	4.36	FOUL	4.17				
10 WESTERVELD, Matthew	Heritage Christian	4.04m	4.01	3.83	4.04				
11 GOUGH, Marcus	McKinnon Park	3.75m	3.41	3.75	3.68				
YBEMA, Cameron	Heritage Christian	NM							
KEMPER, Trevor	Heritage Christian	NM							
LATHAM, Noah	Brampton Elite	NM							
DIJKEMA, Micah	Hamilton District C	NM							
WAGTER, Bradley	Hamilton District C	NM							

#44 Girls Long Jump (Novice)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 SMITH, Jaela	Smithville Highsch	4.22m	3.78	4.22	4.08				10
2 WICKETT, CeCe	Smithville Highsch	3.82m	3.71	3.82	2.93				8
3 VERRIPS, Marissa	Hamilton District C	3.79m	3.79	FOUL	3.67				6
4 ZIVANOVICH, Peyton	McKinnon Park	3.50m	3.32	3.22	3.50				5
GYURO, Siena	Westmount Secon	NM							
FABAC, Sofia	Westmount Secon	NM							

#40 Boys Long Jump (Senior)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 DEMIRCI, Darius	Ancaster High	5.47m	5.14	4.74	5.47				10
2 SLINGERLAND, Lucas	Heritage Christian	5.33m	5.33	5.29	5.16				8
3 BROUWER, Ryan	Hamilton District C	5.29m	5.07	5.29	5.26				6
4 VASQUEZ, Juan	Bishop Ryan CSS	5.27m	4.98	5.08	5.27				5
5 GLASBERGEN, Ethan	Heritage Christian	5.07m	4.51	4.90	5.07				4
6 MIEDEMA, Nick	Heritage Christian	5.03m	4.23	4.24	5.03				3
7 HUIININK, Ephraim	Smithville Highsch	5.00m	4.85	5.00	4.28				2
8 HEIDBUURT, Jonah	Hamilton District C	4.84m	FOUL	4.82	4.84				1
9 EMARTHLE, Kocechvmpv	McKinnon Park	4.77m	4.40	4.77	4.35				

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#40 Boys Long Jump (Senior) (cont'd)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
10 HENRY, Logan	McKinnon Park	4.73m	4.73	4.57	FOUL				
11 GEORGES, Kendry	Bishop Ryan CSS	4.67m	4.67	4.26	4.29				
12 DOUMA, Jesse	Heritage Christian	4.61m	4.31	3.73	4.61				
13 HE, Conrad	Westmount Secon	4.38m	4.38	4.16	4.16				

#42 Girls Long Jump (Junior)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 VYN, Hannah	Heritage Christian	4.14m	4.01	4.14	4.04				10
2 JANSEN, Hannah	Heritage Christian	3.87m	3.75	3.87	3.83				8
3 VELDTHUIZEN, Alison	Heritage Christian	3.61m	3.61	FOUL	3.56				6
4 SINGH, Anjali	Heritage Christian	3.55m	3.07	3.55	3.48				5
5 VANDERBURG, Adalyn	McKinnon Park	3.18m	2.69	3.18	3.05				4
6 HEENEY, Delaney	Dundas Valley	3.18m	3.18	2.37	2.48				3
7 WHITTON, Moriah	Hamilton District C	3.11m	2.48	2.32	3.11				2
8 GOWDIE, Shayanna	Hamilton District C	2.97m	2.97	2.91	2.78				1
9 GONNERING, Gabriella	Hamilton District C	2.91m	2.81	2.74	2.91				
10 GARSON, Sarah	McKinnon Park	2.65m	FOUL	2.65	FOUL				
FENNEMA, Jillian	Dundas Valley	NM							
RABBAT, Emma	McKinnon Park	NM							
DAVIS, Brooke	McKinnon Park	NM							

#39 Girls Long Jump (Senior)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 MAY, Mikayla	Smithville Highsch	4.73m	4.59	4.37	4.73				10
2 HAAN, Isabelle	Hamilton District C	4.70m	FOUL	4.56	4.70				8
3 ESTEPA, Raquel	Cardinal Leger C.	4.34m	4.34	4.19	FOUL				6
4 WAGTER, Emily	Heritage Christian	4.26m	FOUL	4.26	4.26				5
5 DUTCHER, Kennedy	McKinnon Park	3.81m	3.26	3.81	FOUL				4
6 VELDMAN, Paige	Heritage Christian	3.33m	3.18	2.80	3.33				3
7 BULTJE, Gloria	Heritage Christian	3.30m	FOUL	3.14	3.30				2
8 WHITE, Rachel	Dundas Valley	3.27m	2.98	3.27	3.11				1
9 LOWE, Sophia	Dundas Valley	3.02m	2.73	3.02	FOUL				
10 SELBY, Madison	McKinnon Park	2.98m	2.59	2.57	2.98				
11 MCDONALD, Tyler	Dundas Valley	2.93m	2.79	2.93	FOUL				
12 MAJOR, Noella	Westmount Secon	2.89m	2.32	2.89	2.83				
13 CURTIS, Emma	McKinnon Park	2.53m	2.29	2.53	2.52				

#49 Boys Triple Jump (Novice)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 DAVIS, Bradley	Dundas Valley	10.26m	10.10	9.96	10.26				10
2 GLASBERGEN, Hunter	Heritage Christian	9.68m	9.20	9.28	9.68				8
3 VERDUYN, Daniel	Hamilton District C	7.70m	7.70	FOUL	FOUL				6
4 SAID, Rowan	Dundas Valley	7.59m	FOUL	7.59	7.54				5
HOUWER, Emmitt	Hamilton District C	NM							
RANDALL, Josh	Hamilton District C	NM							

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#49 Boys Triple Jump (Novice) (cont'd)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
HEIKOOP, Aiden	Heritage Christian	NM							

#47 Boys Triple Jump (Junior)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 MAY, Connor	Smithville Highsch	11.57m	FOUL	FOUL	11.57				10
2 WAGTER, Bradley	Hamilton District C	10.91m	10.91	10.67	9.83				8
3 KOK, Jacob	Smithville Highsch	10.20m	9.97	10.05	10.20				6
4 GERRYTS, Eli	Smithville Highsch	9.54m	9.35	9.22	9.54				5
DIJKEMA, Micah	Hamilton District C	NM							
LATHAM, Noah	Brampton Elite	NM							
DIVINCENZIO, Evan	Dundas Valley	NM							
YBEMA, Cameron	Heritage Christian	NM							
KEMPER, Trevor	Heritage Christian	NM							

#45 Boys Triple Jump (Senior)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 BROUWER, Ryan	Hamilton District C	12.00m	11.67	11.97	12.00				10
2 SLINGERLAND, Lucas	Heritage Christian	11.52m	11.50	1.62	11.52				8
3 HUIJINK, Ephraim	Smithville Highsch	11.33m	10.26	11.33	10.02				6
4 HEIDBUURT, Jonah	Hamilton District C	11.32m	10.75	11.00	11.32				5
5 GLASBERGEN, Ethan	Heritage Christian	11.16m	11.16	10.77	11.13				4
6 SPURRELL, Owen	McKinnon Park	11.00m	11.00	10.69	10.55				3
7 HE, Conrad	Westmount Secon	10.10m	9.88	9.96	10.10				2
8 SHADDOCK, Aiden	McKinnon Park	8.15m	FOUL	8.15	8.08				1

#50 Girls Triple Jump (Novice)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 CHIEDUCH, Juliet	The Country Day	9.31m	9.05	9.31	7.46				10
2 WICKETT, CeCe	Smithville Highsch	8.74m	8.74	FOUL	7.89				8
3 HAAN, Lydia	Hamilton District C	8.24m	8.24	FOUL	8.03				6
4 ZIVANOVICH, Peyton	McKinnon Park	7.95m	6.67	7.95	7.74				5
MARTIN, Abby	Hagersville Secon	NM							

#48 Girls Triple Jump (Junior)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 VYN, Hannah	Heritage Christian	9.69m	9.27	9.34	9.69				10
2 SINGH, Anjali	Heritage Christian	8.75m	8.04	8.57	8.75				8
3 JANSEN, Hannah	Heritage Christian	8.33m	8.30	8.23	8.33				6
4 VELDHUIZEN, Alison	Heritage Christian	8.07m	7.34	8.07	7.52				5
5 VANDERBURG, Adalyn	McKinnon Park	7.85m	7.85	7.57	7.58				4
RABBAT, Emma	McKinnon Park	NM							

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#46 Girls Triple Jump (Senior)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 MAY, Mikayla	Smithville Highsch	10.94m	10.08	FOUL	10.94				10
2 HAAN, Isabelle	Hamilton District C	9.75m	9.75	FOUL	9.54				8
3 DUTCHER, Kennedy	McKinnon Park	9.07m	9.07	8.65	8.75				6
4 CORLIS, Paige	McKinnon Park	8.82m	8.53	8.82	8.03				5
5 ESTEPA, Raquel	Cardinal Leger C.	8.73m	8.73	FOUL	FOUL				4
6 VELDMAN, Paige	Heritage Christian	8.69m	6.99	7.09	8.69				3
7 LOWE, Sophia	Dundas Valley	7.79m	FOUL	7.79	FOUL				2
8 BULTJE, Gloria	Heritage Christian	7.75m	7.64	FOUL	7.75				1
9 CURTIS, Emma	McKinnon Park	6.09m	5.92	FOUL	6.09				

#37 Boys Shot Put (Novice)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 KAVOURAS, Peter	Dundas Valley	10.29m	FOUL	10.29	9.64	9.39	9.69	10.16	10
2 LOVELACE, Magnus	Dundas Valley	9.36m	7.54	9.36	FOUL	8.02	7.94	8.92	8
RANDALL, Josh	Hamilton District C	NM							

#35 Boys Shot Put (Junior)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 FESS, Owen	McKinnon Park	10.64m	10.43	10.41	10.23	10.64	10.63	10.28	10
2 ANDREE, Cameron	Dundas Valley	9.90m	9.50	9.53	9.69	9.84	9.90	9.46	8
3 GOUGH, Marcus	McKinnon Park	9.55m	9.10	9.23	8.73	9.21	9.55	9.51	6
4 SHADDOCK, Cole	McKinnon Park	9.54m	FOUL	FOUL	5.93	FOUL	9.54	FOUL	5
5 SLINGERLAND, Isaac	Heritage Christian	8.85m	8.56	8.85	7.62	7.11	8.19	8.27	4
6 REITSMA, Josh	Hamilton District C	7.70m	FOUL	6.45	FOUL	7.16	7.66	7.70	3

#21 Boys Shot Put (Senior)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 NEWITT, Ethan	Dundas Valley	12.07m	11.68	11.39	12.07	11.13	10.17	10.96	10
2 WAGTER, Ryan	Heritage Christian	10.93m	10.63	10.64	10.93	9.55	10.41	10.67	8
3 DAMM, Gavin	Smithville Highsch	10.92m	10.60	10.92	10.07	10.41	10.19	10.26	6
4 MIEDEMA, Brandon	Heritage Christian	9.57m	9.57	9.44	FOUL	8.51	9.57	FOUL	5
5 BANFIELD, Jack	Westmount Secon	8.61m	FOUL	FOUL	8.61	7.30	7.97	8.51	4
6 BROUWER, Ryan	Hamilton District C	8.48m	8.31	8.48	7.31	FOUL	FOUL	FOUL	3
7 FAIRLEY, Grant	Dundas Valley	8.33m	8.03	8.07	FOUL	8.33	FOUL	7.93	2
8 LANGENDOEN, Josh	Heritage Christian	7.30m	7.30	6.38	FOUL	6.88	6.85	7.12	1
TERLOUW, Levi	Heritage Christian	NM							

#38 Girls Shot Put (Novice)

Pl Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1 VANDYK, Olivia	Heritage Christian	8.97m	8.39	8.40	8.10	8.61	8.75	8.97	10
2 LENNOX, Cayleigh	Dundas Valley	6.46m	6.10	6.44	6.38	6.19	6.15	6.46	8
3 VUONG, Celina	Westmount Secon	6.08m	FOUL	5.76	5.33	5.86	6.05	6.08	6
4 MAI, Julianna	Westmount Secon	5.73m	4.47	5.32	4.52	4.80	5.73	5.68	5
FABAC, Sofia	Westmount Secon	NM							

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#36 Girls Shot Put (Junior)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	GOWDIE, Shayanna	Hamilton District C	7.22m	6.50	7.22	6.83	6.22	5.87	5.86	10
2	WHITTON, Moriah	Hamilton District C	7.16m	5.79	6.36	6.33	5.92	7.16	6.53	8
3	LUKER, Kamryn	McKinnon Park	6.92m	6.92	6.58	FOUL	6.16	6.12	6.62	6
4	NOACK, Sonya	Dundas Valley	6.88m	6.46	5.98	6.88	6.36	6.87	6.21	5
5	PETRONSKI, Emily	McKinnon Park	6.36m	6.19	6.31	6.19	5.98	6.36	FOUL	4
6	MEDEIROS, Madeleine	Westmount Secon	4.83m	4.24	4.83	FOUL	4.25	4.40	4.10	3
	DAVIS, Brooke	McKinnon Park	NM							
	WHITE, Nicole	Dundas Valley	NM							

#51 Girls Shot Put (Senior)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	MCDONALD, Tyler	Dundas Valley	7.95m	7.83	7.95	7.94	7.53	7.60	7.58	10
2	FESS, Alexis	McKinnon Park	7.62m	6.57	7.16	7.54	7.53	7.39	7.62	8
3	CORLIS, Paige	McKinnon Park	7.08m	6.85	7.02	7.02	7.08	6.35	6.85	6
4	WHITE, Rachel	Dundas Valley	6.11m	5.55	5.10	5.27	6.02	5.65	6.11	5

Boys Scores

Pl	Team	Code	Score
1	Sir Winston Churchill Secondary School	SOWC	160
2	Dundas Valley	SODV	124
3	Smithville Highschool	SOSH	76
4	Westmount Secondary	SOWE	75
5	Hamilton District Christian	SOHD	74
6	Heritage Christian School	SOHC	60
7	Bishop Ryan CSS	SOBR	57
8	McKinnon Park	SOMP	38
8	Ancaster High	SOAH	38
10	The Country Day School	CICD	35
11	Father Henry Carr	ROHC	25
12	Westdale	SOWD	19
13	Bernie Custis	SOBC	11
14	Paris District high school	SOPD	8
15	Assumption	GHAS	6

Girls Scores

Pl	Team	Code	Score
1	Heritage Christian School	SOHC	185
2	Dundas Valley	SODV	129
3	Hamilton District Christian	SOHD	81
4	McKinnon Park	SOMP	80
5	Smithville Highschool	SOSH	46
5	Westdale	SOWD	46
7	Sir Winston Churchill Secondary School	SOWC	41
7	Father Henry Carr	ROHC	41
9	Ancaster High	SOAH	40
10	Cardinal Leger C.S.S.	ROCL	35

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Girls Scores (cont'd)

Pl	Team	Code	Score
11	Westmount Secondary	SOWE	22
12	St.MaryS	GHST	20
13	The Country Day School	CICD	18