

NCSSAA T&F Championships 2012 - 5/23/2012 to 5/24/2012

Ottawa, ON

Results

Event 1 Women 100 Meter Midget

NCSSAA: 12.40 ! 1975

Anne Liuzzo

Name	School	Prelims
Preliminaries		
1 532 Lia Hendricks	Louis-Riel	13.01Q1.3
2 474 Emily Whalen	Lester Pearson	13.20Q0.4
3 313 Cassandra Bourgeois	Gisèle-Lalonde	13.21Q1.3
4 360 Sydney Goudreau-Patters	Gloucester	13.46Q0.4
5 119 Kyeasia Fraser	Brookfield HS	13.47Q1.3
6 451 Nyoka Maxwell	John McCrae SS	13.62Q0.4
7 126 Emma Tashlin	Brookfield HS	13.51q 1.3
8 265 Ashlee Oleinikow	Earl of March SS	13.68q 1.3
9 493 Anna Munro	Lisgar CI	13.69 0.4
10 449 Olivia Leon	John McCrae SS	13.78 0.4
11 334 Olivia Eamon	Glebe CI	13.79 1.3
12 153 Jamie Muise	Canterbury	13.81 0.4
13 365 Yetunde Adegburin	Hillcrest	13.91 0.4
14 816 Kayla Clarke	St. Patrick	14.00 1.3
15 733 Tressa Binns	South Carleton	14.15 0.4
16 854 Chelsea Hay	West Carleton SS	14.22 1.3

Event 1 Women 100 Meter Midget

NCSSAA: 12.40 ! 1975

Anne Liuzzo

Name	School	Finals
Finals		
1 532 Lia Hendricks	Louis-Riel	12.89 0.7
2 474 Emily Whalen	Lester Pearson	13.15 0.7
3 313 Cassandra Bourgeois	Gisèle-Lalonde	13.20 0.7
4 360 Sydney Goudreau-Patters	Gloucester	13.50 0.7
5 119 Kyeasia Fraser	Brookfield HS	13.56 0.7
6 126 Emma Tashlin	Brookfield HS	13.60 0.7
7 451 Nyoka Maxwell	John McCrae SS	13.61 0.7
8 265 Ashlee Oleinikow	Earl of March SS	13.68 0.7

Event 2 Men 100 Meter Midget

NCSSAA: 11.28 ! 2002

Seyi Smith

Name	School	Prelims
Preliminaries		
1 831 Shermar Paul	St.Paul Chs	11.63Q0.5
2 129 Nathan Egert	Cairine Wilson	11.92Q1.2
3 545 Pierre-Andre Mwaka	Louis-Riel	12.14Q1.2
4 537 Jibrel Jama	Louis-Riel	12.22Q0.5
5 830 Robert Pap	St.Paul Chs	12.15Q1.2
6 440 Ben Buck	John McCrae SS	12.28Q0.5
7 672 Michael Sadaka	Ridgemont	12.33q 1.2
8 592 Kwamei Agyei	Mother Teresa HS	12.43q 1.2
9 815 Issac St. Louis	St. Matthew	12.46 0.5
10 302 Vincent Desjardins	Garneau	12.46 0.5
11 372 Andy Bui	Hillcrest	12.49 0.5
12 723 Kurleigh Gittens	Sir Wilfrid	12.58 0.5
13 785 Bertwin Ben-Smith	St-Joseph	12.82 1.2
14 653 Jacob Curry	Redeemer Chs	13.17 1.2

Event 2 Men 100 Meter Midget

NCSSAA: 11.28 ! 2002

Seyi Smith

Name	School	Finals
Finals		
1 831 Shermar Paul	St.Paul Chs	11.25! 1.4
2 129 Nathan Egert	Cairine Wilson	11.84 1.4
3 537 Jibrel Jama	Louis-Riel	12.06 1.4
4 830 Robert Pap	St.Paul Chs	12.12 1.4
5 672 Michael Sadaka	Ridgemont	12.19 1.4
6 545 Pierre-Andre Mwaka	Louis-Riel	12.21 1.4
7 592 Kwamei Agyei	Mother Teresa HS	12.29 1.4
8 440 Ben Buck	John McCrae SS	12.34 1.4

Event 3 Women 200 Meter Midget

NCSSAA: 25.30 ! 1981

Bev Iffil

Name	School	Prelims
Preliminaries		
1 547 Regina Remadji	Louis-Riel	26.57Q-0.1
2 532 Lia Hendricks	Louis-Riel	26.94Q0.5
3 126 Emma Tashlin	Brookfield HS	27.33Q0.5
4 313 Cassandra Bourgeois	Gisèle-Lalonde	27.49Q-0.1
5 451 Nyoka Maxwell	John McCrae SS	27.90Q-0.1
6 360 Sydney Goudreau-Patters	Gloucester	28.12Q0.5
7 610 Madelyn Harris	Nepean HS	28.31q -0.1
8 280 Catherine Baillargeon	Franco Cité	28.46q -0.1
9 493 Anna Munro	Lisgar CI	28.68 0.5
10 316 Fatiha Diatt	Gisèle-Lalonde	29.12 -0.1
11 265 Ashlee Oleinikow	Earl of March SS	29.13 0.5
12 743 Jessica Fieldhouse	South Carleton	29.37 0.5
13 200 Esther Rajii	Colonel By SS	29.52 0.5
14 442 Marsha Diotte	John McCrae SS	29.71 -0.1
15 650 Marie-Christine Taillefer	Pierre-Savard	29.92 0.5
16 741 Emma Duff	South Carleton	31.15 -0.1

Event 3 Women 200 Meter Midget

NCSSAA: 25.30 ! 1981

Bev Iffil

Name	School	Finals
Finals		
1 547 Regina Remadji	Louis-Riel	26.30 -0.2
2 532 Lia Hendricks	Louis-Riel	26.71 -0.2
3 313 Cassandra Bourgeois	Gisèle-Lalonde	27.69 -0.2
4 126 Emma Tashlin	Brookfield HS	27.81 -0.2
5 451 Nyoka Maxwell	John McCrae SS	28.05 -0.2
6 360 Sydney Goudreau-Patters	Gloucester	28.10 -0.2
7 280 Catherine Baillargeon	Franco Cité	28.82 -0.2
8 610 Madelyn Harris	Nepean HS	28.95 -0.2

Event 4 Men 200 Meter Midget

NCSSAA: 23.00 ! 1978

Jean Paul Bedard

Name	School	Prelims
Preliminaries		
1 831 Shermar Paul	St.Paul Chs	23.92Q-1.2
2 129 Nathan Egert	Cairine Wilson	24.55Q-1.2
3 594 Eddie Ekiyor	Mother Teresa HS	24.81Q-1.2
4 815 Issac St. Louis	St. Matthew	25.31Q-1.2

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Preliminaries ... (Event 4 Men 200 Meter Midget)

Name	School	Prelims
5 672 Michael Sadaka	Ridgemont	25.39Q-1.2
6 653 Jacob Curry	Redeemer Chs	25.71Q-1.2
7 785 Bertwin Ben-Smith	St-Joseph	25.70q -1.2
8 238 Mohamed Alkhani	Earl of March SS	25.76q -1.2
9 282 Jean Roldy Dieujuste	Franco Cité	26.00 -1.2
10 684 Austin Garland	Sacred Heart HS	26.08 -1.2
11 592 Kwamei Agyei	Mother Teresa HS	26.28 -1.2
12 140 Andrew Brown	Canterbury	26.36 -1.2
13 302 Vincent Desjardins	Garneau	26.37 -1.2
14 369 Darius Beckford	Hillcrest	26.46 -1.2
15 778 Benjamin MacDonald	St. Francis X	26.50 -1.2
16 546 Tony N'Zoigba	Louis-Riel	26.89 -1.2

Event 4 Men 200 Meter Midget

NCSSAA: 23.00 ! 1978

Jean Paul Bedard

Name	School	Finals
Finals		
1 831 Shermar Paul	St.Paul Chs	23.21 -2.2
2 129 Nathan Egert	Cairine Wilson	24.77 -2.2
3 594 Eddie Ekiyor	Mother Teresa HS	25.01 -2.2
4 815 Issac St. Louis	St. Matthew	25.05 -2.2
5 653 Jacob Curry	Redeemer Chs	25.47 -2.2
6 785 Bertwin Ben-Smith	St-Joseph	25.53 -2.2
7 238 Mohamed Alkhani	Earl of March SS	25.71 -2.2
8 672 Michael Sadaka	Ridgemont	25.72 -2.2

Event 5 Women 400 Meter Midget

NCSSAA: 59.30 ! 1981

Bev Iffil

Name	School	Finals
Finals		
1 157 Erinn Stenman-Fahey	Canterbury	58.54!
2 547 Regina Remadji	Louis-Riel	1:02.13
3 405 Olivia Breton	Holy Trinity Chs	1:04.08
4 280 Catherine Baillargeon	Franco Cité	1:04.73
5 743 Jessica Fieldhouse	South Carleton	1:05.04
6 780 Alex Menard	St. Francis X	1:05.38
7 26 Victoria Suwalska	All Saints HS	1:05.42
8 200 Esther Rajii	Colonel By SS	1:05.62
9 600 Raquel Oleksin	Mother Teresa HS	1:06.57
10 459 Brittany Tierney	John McCrae SS	1:08.50
11 436 Madalynn Seger	Immaculata	1:10.36
12 667 Jimmy Burke	Ridgemont	1:10.74
13 836 Samantha Nava	St.Peter	1:11.97
--- 474 Emily Whalen	Lester Pearson	SCR

Event 6 Men 400 Meter Midget

NCSSAA: 51.96 ! 5/20/2010 Kyle O'Hara

Name	School	Finals
Finals		
1 594 Eddie Ekiyor	Mother Teresa HS	53.89
2 208 Cameron Slupeiks	Colonel By SS	54.35
3 815 Issac St. Louis	St. Matthew	55.07
4 541 Adam Malekos	Louis-Riel	55.36
5 807 Justin Cuddihey	St. Mark	56.21

6 42 Mitch Kurylowicz	Ashbury	56.86
7 653 Jacob Curry	Redeemer Chs	57.30
8 287 Simon St-Laurent	Franco Cité	57.36
9 282 Jean Roldy Dieujuste	Franco Cité	57.79
10 832 Diego Politis	St.Paul Chs	57.97
11 441 Dylan Davidson	John McCrae SS	58.27
12 238 Mohamed Alkhani	Earl of March SS	58.66
13 751 Ethan Kelly	South Carleton	1:00.14
14 778 Benjamin MacDonald	St. Francis X	1:00.21
15 525 Marc-Andre Binette	Louis-Riel	1:00.94
16 357 Tyler Alexander	Gloucester	1:01.54

Event 7 Women 800 Meter Run Midget

NCSSAA: 2:18.93 ! 5/23/2012 Erinn Stenman-Fahey

NCSSAA: 2:18.93 ! 5/23/2012 Erinn Stenman-Fahey

Name	School	Finals
Finals		
1 157 Erinn Stenman-Fahey	Canterbury	2:18.93!
2 353 Claire Smith	Glebe CI	2:21.81
3 340 Alexa Livingstone	Glebe CI	2:29.14
4 853 Katie Gibson	West Carleton SS	2:32.65
5 823 Emma Lindale	St. Pius X	2:35.54
6 860 Anika Albert	Woodroffe HS	2:38.02
7 750 Zaina Kahiel	South Carleton	2:40.57
8 836 Samantha Nava	St.Peter	2:51.15
9 819 Robyn Presseault	St. Patrick	2:52.09
10 743 Jessica Fieldhouse	South Carleton	2:54.45
11 744 Emma Friesen	South Carleton	2:55.92
12 838 Sara Yokota-Savoia	St.Peter	2:56.52
13 719 Rachel Donaldson	Sir Wilfrid	3:05.65
14 210 Hannah Starzynski	Colonel By SS	3:07.68
15 433 Michaela Norgren	Immaculata	3:10.45
16 837 Alison Perras	St.Peter	3:19.45

Event 8 Men 800 Meter Run Midget

NCSSAA: 2:00.30 ! 1983 Sean Fitzgerald

Name	School	Finals
Finals		
1 208 Cameron Slupeiks	Colonel By SS	2:06.97
2 807 Justin Cuddihey	St. Mark	2:09.36
3 541 Adam Malekos	Louis-Riel	2:12.31
4 36 Timothy Chavez	Ashbury	2:14.28
5 751 Ethan Kelly	South Carleton	2:14.38
6 859 Abdulrahman Akiwande	Woodroffe HS	2:15.66
7 587 Eric Palamar	Merivale HS	2:16.00
8 832 Diego Politis	St.Paul Chs	2:18.01
9 242 Matthew Dick	Earl of March SS	2:18.63
10 148 Malcolm Horava	Canterbury	2:20.24
11 629 Justin Turcotte	Osgoode	2:20.46
12 357 Tyler Alexander	Gloucester	2:24.25
13 835 Phillip Kiringa	St.Peter	2:29.11
14 303 Zacharie Labonté	Garneau	2:30.74

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Event 9 Women 1500 Meter Run Midget

NCSSAA: 4:49.30 ! 1991

Mary Jane Richards

Name	School	Finals
Finals		
1 353 Claire Smith	Glebe CI	4:50.16
2 340 Alexa Livingstone	Glebe CI	5:10.60
3 784 Meagan Adams	St-Joseph	5:16.25
4 772 Kacia Elliott	St. Francis X	5:20.87
5 853 Katie Gibson	West Carleton SS	5:20.89
6 823 Emma Lindale	St. Pius X	5:20.96
7 492 Katherine Maine	Lisgar CI	5:37.99
8 750 Zaina Kahiel	South Carleton	5:43.91
9 659 Heather Scholman	Redeemer Chs	5:47.16
10 838 Sara Yokota-Savoia	St.Peter	5:52.35
11 366 Ciara Arnott	Hillcrest	5:56.08
12 697 Mary Hadwen	Samuel-Genest	5:57.34
13 224 Claire Grall	De La Salle	5:58.68
14 560 Adrienne Gaudreault	Lycée Claudel	6:09.09

Event 10 Men 1500 Meter Run Midget

NCSSAA: 4:08.14 ! 2002

Mike Woods

Name	School	Finals
Finals		
1 208 Cameron Slupeiks	Colonel By SS	4:28.22
2 710 Arjun Walia	Sir Robert B	4:28.41
3 329 Alex Bernst	Glebe CI	4:34.88
4 679 Ted Beingessner	Sacred Heart HS	4:39.22
5 486 Sam Kinaham	Lisgar CI	4:41.56
6 703 Stefan Andjelic	Sir Robert B	4:43.70
7 36 Timothy Chavez	Ashbury	4:49.95
8 859 Abdulrahman Akiwande	Woodroffe HS	4:50.06
9 776 Matthew Layne	St. Francis X	4:50.88
10 148 Malcolm Horava	Canterbury	4:54.42
11 540 Dominique Leduc	Louis-Riel	4:56.65
12 276 Aidan Wilson	Earl of March SS	5:00.83
13 872 Ronan Tunney	Woodroffe HS	5:02.20
14 629 Justin Turcotte	Osgoode	5:04.12
15 525 Marc-Andre Binette	Louis-Riel	5:05.96
16 310 Issame Belcaid	Gisèle-Lalonde	5:23.13

Event 11 Women 3000 Meter Run Midget

NCSSAA: 10:28.10 ! 1997

Vanessa Piazza

Name	School	Finals
Finals		
1 353 Claire Smith	Glebe CI	10:30.59
2 340 Alexa Livingstone	Glebe CI	11:14.45
3 784 Meagan Adams	St-Joseph	11:22.63
4 142 Lia Codrington	Canterbury	11:22.89
5 363 Natasha Wong	Gloucester	11:48.70
6 82 Alana Devenny	Bell HS	13:09.11
7 113 Lucy Xie	Bell HS	13:29.53
8 90 Nicole Hazel	Bell HS	13:29.81
9 388 Maddy Mackay	Hillcrest	14:23.68
10 433 Michaela Norgren	Immaculata	14:37.83
11 426 Victoria Kennedy	Immaculata	15:15.09

12 397 Khadija Shahzada	Hillcrest	15:48.82
--- 697 Mary Hadwen	Samuel-Genest	DNF

Event 12 Men 3000 Meter Run Midget

NCSSAA: 9:02.90 ! 1982

Bruce Deacon

Name	School	Finals
Finals		
1 710 Arjun Walia	Sir Robert B	9:35.78
2 329 Alex Bernst	Glebe CI	9:36.12
3 486 Sam Kinaham	Lisgar CI	10:00.24
4 679 Ted Beingessner	Sacred Heart HS	10:01.37
5 754 Devin Laroque	South Carleton	10:09.19
6 703 Stefan Andjelic	Sir Robert B	10:16.49
7 79 Cameron Caughey	Bell HS	10:35.01
8 256 Alex Kopacek	Earl of March SS	10:45.74
9 814 Jason Lawton	St. Matthew	10:57.00
10 36 Timothy Chavez	Ashbury	10:58.83
11 628 Daniel Meister	Osgoode	11:18.09
12 402 Braeden Stewart	Hillcrest	12:14.58

Event 13 Women 80 Meter Hurdles Midget

NCSSAA: 12.30 ! 1980

Cathy Murphy

Name	School	Prelims
Preliminaries		
1 458 Hannah-Kelsey Smith	John McCrae SS	12.97Q-0.4
2 474 Emily Whalen	Lester Pearson	13.39Q-1.4
3 263 Hailey McKechnie	Earl of March SS	14.53Q-0.4
4 89 Leila Hammond	Bell HS	14.70Q-1.4
5 547 Regina Remadji	Louis-Riel	14.95Q-1.4
6 243 Anne Fagnan	Earl of March SS	15.00Q-0.4
7 204 Janna Ryan	Colonel By SS	15.23q -0.4
8 216 Mia Wu	Colonel By SS	15.25q -1.4
9 20 Shauna McMullin	All Saints HS	15.27 -1.4
10 316 Fatiha Diatt	Gisèle-Lalonde	15.54 -0.4
11 23 Holly Parsons	All Saints HS	15.94 -0.4
12 492 Katherine Maine	Lisgar CI	16.16 -1.4
13 326 Alex Rousseau	Gisèle-Lalonde	16.18 -0.4
14 399 Cecelia Shvetz	Hillcrest	16.72 -1.4

Event 13 Women 80 Meter Hurdles Midget

NCSSAA: 12.30 ! 1980

Cathy Murphy

Name	School	Finals
Finals		
1 458 Hannah-Kelsey Smith	John McCrae SS	12.72 0.5
2 474 Emily Whalen	Lester Pearson	12.96 0.5
3 263 Hailey McKechnie	Earl of March SS	13.50 0.5
4 89 Leila Hammond	Bell HS	14.40 0.5
5 216 Mia Wu	Colonel By SS	14.86 0.5
6 243 Anne Fagnan	Earl of March SS	15.20 0.5
7 204 Janna Ryan	Colonel By SS	16.62 0.5
8 547 Regina Remadji	Louis-Riel	18.87 0.5

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Event 14 Men 100 Meter Hurdles Midget

NCSSAA: 14.74 ! 5/21/2009 Kevin Nault

Name	School	Prelims
Preliminaries		
1 627 Geoffrey Lawson	Osgoode	15.35Q-0.3
2 625 Mitchell Frizell	Osgoode	16.14Q0.6
3 94 Harrison Lee	Bell HS	16.44Q-0.3
4 372 Andy Bui	Hillcrest	16.70Q0.6
5 386 Nicholas Langner	Hillcrest	16.75Q-0.3
6 27 Roland Vanneste	All Saints HS	17.31Q0.6
7 272 John Roscoe	Earl of March SS	17.09q -0.3
8 103 Jordan Prentice	Bell HS	18.21q -0.3
9 507 Mike Diep	Longfields Dhss	18.55 0.6
10 758 Chad McCausland	South Carleton	18.93 0.6
11 633 Matthew Rosenthal	Ottawa Jewish	20.37 0.6
12 202 Liam Reid	Colonel By SS	20.47 -0.3
13 777 Albert Le	St. Francis X	20.60 0.6

Event 14 Men 100 Meter Hurdles Midget

NCSSAA: 14.74 ! 5/21/2009 Kevin Nault

Name	School	Finals
Finals		
1 627 Geoffrey Lawson	Osgoode	14.84 0.5
2 625 Mitchell Frizell	Osgoode	15.90 0.5
3 94 Harrison Lee	Bell HS	16.38 0.5
4 372 Andy Bui	Hillcrest	16.39 0.5
5 272 John Roscoe	Earl of March SS	16.44 0.5
6 386 Nicholas Langner	Hillcrest	16.44 0.5
7 103 Jordan Prentice	Bell HS	17.08 0.5
8 27 Roland Vanneste	All Saints HS	17.39 0.5

Event 15 Women 300 Meter Hurdles Midget

NCSSAA: 47.18 ! 2011 Alexandra Tierney

Name	School	Finals
Finals		
1 766 August Sibthorpe	South Carleton	52.80
2 216 Mia Wu	Colonel By SS	53.19
2 749 Sydney Jones	South Carleton	53.19
4 20 Shauna McMullin	All Saints HS	54.08
5 263 Hailey McKechnie	Earl of March SS	54.88
6 209 Emily Spencer	Colonel By SS	55.77
7 23 Holly Parsons	All Saints HS	55.94
8 96 Monica Lung	Bell HS	56.35
9 89 Leila Hammond	Bell HS	57.43
10 138 Debbie Zhang	Cairine Wilson	58.47
11 399 Cecelia Shvetz	Hillcrest	58.55
12 374 Alexa Carroll	Hillcrest	1:01.76
13 90 Nicole Hazel	Bell HS	1:03.01
14 377 Emma Edwards	Hillcrest	1:04.10

Event 16 Men 300 Meter Hurdles Midget

NCSSAA: 43.07 ! 5/23/2012 Geoffrey Lawson

NCSSAA: 43.07 ! 5/23/2012 Geoffrey Lawson

NCSSAA: 43.07 ! 5/23/2012 Geoffrey Lawson

Name	School	Finals
Finals		
1 627 Geoffrey Lawson	Osgoode	43.07!
2 372 Andy Bui	Hillcrest	44.28
3 272 John Roscoe	Earl of March SS	45.46
4 545 Pierre-Andre Mwaka	Louis-Riel	45.48
5 386 Nicholas Langner	Hillcrest	48.92
6 771 Marwan El Jadayel	St. Francis X	53.97
7 106 Tyler Sandarage	Bell HS	55.00
8 777 Albert Le	St. Francis X	56.97
--- 540 Dominique Leduc	Louis-Riel	SCR
--- 202 Liam Reid	Colonel By SS	SCR

Event 17 Women High Jump Midget

NCSSAA: 1.66m ! 1974 Joanne McLeod

Name	School	Finals
Finals		
1 8 Taylor Sachs	A Y Jackson	1.58m
2 25 Sarah Preston-Thomas	All Saints HS	1.44m
3 153 Jamie Muise	Canterbury	1.41m
4 405 Olivia Breton	Holy Trinity Chs	1.35m
4 608 Georgia Fox	Nepean HS	1.35m
6 650 Marie-Christine Taillefer	Pierre-Savard	1.30m
6 89 Leila Hammond	Bell HS	1.30m
8 200 Esther Rajii	Colonel By SS	1.25m
9 612 Rebecca Manga	Nepean HS	1.20m
10 646 Geneviève Philippe	Pierre-Savard	J1.20m
11 366 Ciara Arnott	Hillcrest	1.15m

Event 18 Men High Jump Midget

NCSSAA: 1.87m ! 1980

Brian Marshall

Name	School	Finals
Finals		
1 546 Tony N'Zoigba	Louis-Riel	1.76m
2 594 Eddie Ekiyor	Mother Teresa HS	1.71m
3 675 Emmett Wallace	Ridgemont	1.68m
4 460 Josh Winter	John McCrae SS	1.59m
5 604 Benji Christie	Nepean HS	J1.59m
6 692 Donovan Wehr	Sacred Heart HS	J1.59m
7 519 Abdullah Shittu	Longfields Dhss	1.56m
8 597 Kevin Larson	Mother Teresa HS	1.52m
9 364 Michael Abou-Assaly	Hillcrest	1.45m
9 625 Mitchell Frizell	Osgoode	1.45m
11 716 Mathieu Berlinquette	Sir Wilfrid	1.40m
--- 175 Kanishk Goomer	Colonel By SS	NH

Event 19 Women Pole Vault Midget

NCSSAA: 2.03m ! 5/24/2007 Lindsay Thompson

Name	School	Finals
Finals		
1 521 Lauren Tebrake	Longfields Dhss	1.50m

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Event 20 Men Pole Vault Midget

NCSSAA: 2.30m ! 5/19/2010 Larry Ha

Name	School	Finals
Finals		
1 534 Justin Hurteau	Louis-Riel	2.75m!

Event 21 Women Long Jump Midget

NCSSAA: 5.24m ! 5/19/2010 Clara Phillips

Name	School	Finals
Finals		
1 458 Hannah-Kelsey Smith	John McCrae SS	4.95m NWI
2 614 Sydney Morin	Nepean HS	4.68m NWI
3 119 Kyeasia Fraser	Brookfield HS	4.58m NWI
4 265 Ashlee Oleinikow	Earl of March SS	4.52m NWI
5 669 Lila Ibrahim	Ridgemont	4.36m NWI
6 280 Catherine Baillargeon	Franco Cité	4.20m NWI
7 521 Lauren Tebrake	Longfields Dhss	4.18m NWI
8 854 Chelsea Hay	West Carleton SS	4.12m NWI
9 451 Nyoka Maxwell	John McCrae SS	4.07m NWI
10 309 Jasmine Alvarez-Halpin	Gisèle-Lalonde	4.03m NWI
11 243 Anne Fagnan	Earl of March SS	4.03m NWI
12 326 Alex Rousseau	Gisèle-Lalonde	3.99m NWI
13 489 Vivian Le	Lisgar CI	3.89m NWI
14 141 Cynthia Chung	Canterbury	3.70m NWI
15 420 Junia Francillon	Immaculata	3.57m NWI
16 630 Amanda Wells	Osgoode	3.46m NWI

Event 22 Men Long Jump Midget

NCSSAA: 6.56m ! 1970 Jim Buchanan

Name	School	Finals
Finals		
1 537 Jibrel Jama	Louis-Riel	5.69m NWI
2 129 Nathan Egert	Cairine Wilson	5.58m NWI
3 757 Kyle Major	South Carleton	5.52m NWI
4 548 Joel Roy-Couvillon	Louis-Riel	5.33m NWI
5 830 Robert Pap	St.Paul Chs	5.17m NWI
6 272 John Roscoe	Earl of March SS	5.11m NWI
7 140 Andrew Brown	Canterbury	5.10m NWI
8 302 Vincent Desjardins	Garneau	4.94m NWI
9 38 Ziren Di	Ashbury	4.84m NWI
10 724 Malik Jean-Louis	Sir Wilfrid	4.70m NWI
11 692 Donovan Wehr	Sacred Heart HS	4.67m NWI
12 824 Ryan Loi	St. Pius X	4.58m NWI
13 746 Andrew Gore	South Carleton	4.55m NWI
14 625 Mitchell Frizell	Osgoode	4.52m NWI
15 758 Chad McCausland	South Carleton	4.51m NWI
--- 602 Charles Andrascik	Nepean HS	ND NWI

Event 23 Women Triple Jump Midget

NCSSAA: 10.86m ! 5/22/2008 Anna Gilliatt

Name	School	Finals
Finals		
1 458 Hannah-Kelsey Smith	John McCrae SS	11.05m! NWI
2 449 Olivia Leon	John McCrae SS	9.54m NWI
3 659 Heather Scholman	Redeemer Chs	9.46m NWI

4 244 Kara Feeley	Earl of March SS	9.29m NWI
5 334 Olivia Eamon	Glebe CI	9.07m NWI
6 243 Anne Fagnan	Earl of March SS	8.97m NWI
7 855 Katherine Innes	West Carleton SS	8.89m NWI
7 216 Mia Wu	Colonel By SS	8.89m NWI
9 187 Ying Lin	Colonel By SS	8.53m NWI
10 26 Victoria Suwalska	All Saints HS	8.23m NWI
11 420 Junia Francillon	Immaculata	8.04m NWI
12 164 Abby Boursiquot	Colonel By SS	7.27m NWI
13 366 Ciara Arnott	Hillcrest	5.80m NWI

Event 24 Men Triple Jump Midget

NCSSAA: 13.13m ! 1970 Jim Buchanan

Name	School	Finals
Finals		
1 537 Jibrel Jama	Louis-Riel	11.62m NWI
2 42 Mitch Kurylowicz	Ashbury	10.81m NWI
3 242 Matthew Dick	Earl of March SS	10.68m NWI
4 107 Alex Seigny	Bell HS	10.32m NWI
5 534 Justin Hurteau	Louis-Riel	10.18m NWI
6 432 Peter Nguyen	Immaculata	10.10m NWI
7 783 Nicholas Saikaley	St. Francis X	9.68m NWI
8 85 Ben Favrin	Bell HS	9.65m NWI
9 773 Abdul Haqani	St. Francis X	9.23m NWI
10 440 Ben Buck	John McCrae SS	8.87m NWI
11 662 Colson Witten	Redeemer Chs	8.62m NWI
12 171 Jon Finless	Colonel By SS	7.43m NWI
--- 38 Ziren Di	Ashbury	FOUL

Event 25 Women Shot Put Midget

NCSSAA: 11.16m ! 5/21/2009 Eilish MacDonald

Name	School	Finals
Finals		
1 636 Meenah Yacoubi	Ottawa Tech	8.77m
2 643 Mélissa Louis	Pierre-Savard	8.26m
3 638 Claudia Fortin-Chollet	Pierre-Savard	8.18m
4 151 Claude Dee Laguerre	Canterbury	7.98m
5 455 Leah Nichol	John McCrae SS	7.73m
6 105 Caitlin Roe	Bell HS	7.53m
7 43 Angelina Mattix-Simmons	Ashbury	7.51m
8 512 Aluna Jimenez	Longfields Dhss	7.19m
9 295 Montana Junkin	Franco Ouest CC	6.46m
10 422 Lyndsay Granados	Immaculata	6.38m
11 60 Ceara Shaw	Ashbury	6.31m
12 367 Maya Basudde	Hillcrest	6.29m
13 752 Nadia Khawas	South Carleton	6.17m
14 395 Katie Pittman	Hillcrest	5.72m
15 566 Zoe Raeffle	Lycée Claudel	5.23m

Event 26 Men Shot Put Midget

NCSSAA: 16.14m ! 1975 Peter Langford

Name	School	Finals
Finals		
1 559 Frédérick Faby	Lycée Claudel	11.30m
2 695 Aaron Cathcart-McKinno	Samuel-Genest	11.12m
3 270 Josh Perry	Earl of March SS	10.80m

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Finals ... (Event 26 Men Shot Put Midget)

Name	School	Finals
4 677 Gordon Zhang	Ridgemont	10.47m
5 432 Peter Nguyen	Immaculata	10.21m
6 63 Oluwafayosolami Solola	Ashbury	9.77m
7 782 Ethan Pitcher	St. Francis X	9.60m
8 652 Cameron Campbell	Redeemer Chs	8.90m
9 634 Brock O'Meara	Ottawa Tech	8.56m
10 633 Matthew Rosenthal	Ottawa Jewish	8.41m
11 5 Colin Mylrea	A Y Jackson	8.00m
12 631 Eric Buckshon	Ottawa Jewish	7.99m
13 639 Matthew Galletta	Pierre-Savard	7.02m

Event 27 Women Discus Throw Midget

NCSSAA: 33.39m ! 1982 Jennifer Woodfine

Name	School	Finals
1 636 Meenah Yacoubi	Ottawa Tech	21.88m
2 97 Kennedy Mason	Bell HS	21.22m
3 151 Claude Dee Laguerre	Canterbury	21.02m
4 659 Heather Scholman	Redeemer Chs	20.40m
5 43 Angelina Mattix-Simmons	Ashbury	20.06m
6 395 Katie Pittman	Hillcrest	19.53m
7 512 Aluna Jimenez	Longfields Dhss	18.33m
8 422 Lyndsay Granados	Immaculata	17.86m
9 105 Caitlin Roe	Bell HS	17.09m
10 698 Isabelle Lacroque	Samuel-Genest	16.51m
11 646 Geneviève Philippe	Pierre-Savard	15.85m
12 60 Cieara Shaw	Ashbury	15.07m
13 155 Julia Pama	Canterbury	13.65m

Event 28 Men Discus Throw Midget

NCSSAA: 51.10m ! 1972 Fred Fentiman

Name	School	Finals
1 270 Josh Perry	Earl of March SS	34.66m
2 677 Gordon Zhang	Ridgemont	31.16m
3 695 Aaron Cathcart-McKinno	Samuel-Genest	30.10m
4 364 Michael Abou-Assaly	Hillcrest	29.83m
5 39 Thomas Freidlich	Ashbury	28.24m
6 109 Dainis Stasko	Bell HS	28.10m
7 746 Andrew Gore	South Carleton	26.30m
8 782 Ethan Pitcher	St. Francis X	24.36m
9 551 Tyler Wicks	Louis-Riel	21.75m
10 168 Stephen Clark	Colonel By SS	21.01m
11 175 Kanishk Goomer	Colonel By SS	20.95m
12 103 Jordan Prentice	Bell HS	20.77m
13 85 Ben Favrin	Bell HS	20.60m
14 689 John Morden	Sacred Heart HS	18.45m
--- 299 Lemieux Alexandre	Gameau	SCR
--- 754 Devin Laroque	South Carleton	SCR

Event 29 Women Javelin Throw Midget

NCSSAA: 38.28m ! 1977 Heather MacDonald

Name	School	Finals
1 698 Isabelle Lacroque	Samuel-Genest	26.90m
2 395 Katie Pittman	Hillcrest	24.45m
3 339 Kyra Lambert	Glebe CI	23.14m
4 422 Lyndsay Granados	Immaculata	19.75m
5 155 Julia Pama	Canterbury	18.94m
6 512 Aluna Jimenez	Longfields Dhss	18.92m
7 113 Lucy Xie	Bell HS	18.92m
8 105 Caitlin Roe	Bell HS	18.68m
9 733 Tressa Binns	South Carleton	18.20m
10 636 Meenah Yacoubi	Ottawa Tech	18.13m
11 43 Angelina Mattix-Simmons	Ashbury	17.98m
12 151 Claude Dee Laguerre	Canterbury	15.78m
13 843 Madison Richard	Venta Prep	13.35m
14 435 Maggie Rollo	Immaculata	12.13m
--- 839 Gwen Adams	Venta Prep	SCR

Event 30 Men Javelin Throw Midget

NCSSAA: 56.50m ! 2002 Richard Hintzen

Name	School	Finals
1 863 Jake Duff	Woodroffe HS	43.22m
2 757 Kyle Major	South Carleton	40.42m
3 270 Josh Perry	Earl of March SS	37.97m
4 867 Jared Lim	Woodroffe HS	37.43m
5 604 Benji Christie	Nepean HS	36.19m
6 799 Paul Newcombe	St-Joseph	36.00m
7 109 Dainis Stasko	Bell HS	35.20m
8 202 Liam Reid	Colonel By SS	34.34m
9 597 Kevin Larson	Mother Teresa HS	32.04m
10 695 Aaron Cathcart-McKinno	Samuel-Genest	31.28m
11 677 Gordon Zhang	Ridgemont	29.97m
12 39 Thomas Freidlich	Ashbury	26.28m
13 364 Michael Abou-Assaly	Hillcrest	25.53m
14 559 Frédérick Faby	Lycée Claudel	25.30m
15 432 Peter Nguyen	Immaculata	25.06m
--- 168 Stephen Clark	Colonel By SS	ND

Event 31 Women 4x100 Meter Relay Midget

NCSSAA: 51.30 ! 1981

Team	Relay	Finals
1 John McCrae S.S.	A	54.33
2 Earl of March	A	55.59
3 South Carleton	A	56.24
4 Pierre-Savard	A	56.71
5 Ridgemont HS	A	57.48
6 Lisgar CI	A	58.04
7 Hillcrest	A	58.69
--- Lester Pearson	A	DQ
--- Colonel By SS	B	DQ
--- Glebe Collegiate	A	DQ

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Event 32 Men 4x100 Meter Relay Midget

NCSSAA: 46.00 ! 1988

Team	Relay	Finals
Finals		
1 Louis-Riel	A	48.62
2 Earl of March	A	50.16
3 Ashbury College	A	50.42
4 Hillcrest	A	50.57
5 St. Francis Xavier	A	51.19
6 South Carleton	A	51.28
7 Sacred Heart HS	A	52.06
8 Colonel By SS	A	1:00.34

Event 33 Women 100 Meter Junior

NCSSAA: 12.35 ! 1985

Name	School	Prelims
Preliminaries		
1 590 Lindsay Spoerri	Merivale HS	12.83Q1.1
2 333 Courtney Dwyer	Glebe CI	12.89Q1.2
3 170 Ding Ran Dai	Colonel By SS	13.10Q1.2
4 691 Ally Tierny	Sacred Heart HS	13.15Q1.1
5 297 Christine Madogo	Franco Ouest CC	13.17Q1.2
6 288 Elisée Tschilenge	Franco Cité	13.25Q1.1
7 183 Victoire Kpade	Colonel By SS	13.29q 1.1
8 786 Diana Bowles	St-Joseph	13.41q 1.2
9 222 Marianne Bourque	De La Salle	13.51 1.2
10 802 Eretoru Sanipe	St-Joseph	13.55 1.2
11 56 Julie Robinson	Ashbury	13.58 1.1
12 286 Nafthalia Lucien	Franco Cité	13.71 1.2
13 552 Laura Amoi	Lycée Claudel	13.72 1.1
14 298 Robisha Marmontel	Franco Ouest CC	13.72 1.2
15 86 Danielle Foster	Bell HS	13.79 1.1
16 437 Martina Turchyn	Immaculata	13.88 1.1

Event 33 Women 100 Meter Junior

NCSSAA: 12.35 ! 1985

Name	School	Finals
Finals		
1 590 Lindsay Spoerri	Merivale HS	12.70 1.2
2 333 Courtney Dwyer	Glebe CI	12.93 1.2
3 170 Ding Ran Dai	Colonel By SS	12.98 1.2
4 691 Ally Tierny	Sacred Heart HS	13.09 1.2
5 288 Elisée Tschilenge	Franco Cité	13.24 1.2
6 297 Christine Madogo	Franco Ouest CC	13.25 1.2
7 786 Diana Bowles	St-Joseph	13.45 1.2
8 183 Victoire Kpade	Colonel By SS	13.54 1.2

Event 34 Men 100 Meter Junior

NCSSAA: 10.72 ! 2002

Name	School	Prelims
Preliminaries		
1 281 Daryl Cavé	Franco Cité	11.66Q3.0
2 516 Bailey McLuckie	Longfields Dhss	11.72Q0.9
3 128 Nicholas Deschamps	Cairine Wilson	11.79Q3.0
4 195 Liam Moore	Colonel By SS	11.89Q0.9

5 284 Daniel Kashila	Franco Cité	11.90Q3.0
6 788 Ryan Duperron	St-Joseph	12.05Q0.9
7 598 Jared Maloney	Mother Teresa HS	11.99q 3.0
8 842 Justice Iris	Venta Prep	12.04q 3.0
9 446 Rakeme Gough	John McCrae SS	12.09 3.0
10 528 Alex Cousineau	Louis-Riel	12.21 0.9
11 307 Quinton Soares	Garneau	12.21 0.9
12 237 Olivier Smith	De La Salle	12.29 3.0
13 789 Nick Falsetto	St-Joseph	12.40 3.0
14 504 Kevin Chen	Longfields Dhss	12.45 0.9
15 619 Ibrahim Kebe	Omer-Deslauriers	12.45 0.9
16 234 André Pritchard	De La Salle	12.61 0.9

Event 34 Men 100 Meter Junior

NCSSAA: 10.72 ! 2002

Richard Abu-Bobie

Name	School	Finals
Finals		
1 281 Daryl Cavé	Franco Cité	11.46 0.7
2 516 Bailey McLuckie	Longfields Dhss	11.55 0.7
3 195 Liam Moore	Colonel By SS	11.74 0.7
4 128 Nicholas Deschamps	Cairine Wilson	11.88 0.7
5 284 Daniel Kashila	Franco Cité	11.89 0.7
6 598 Jared Maloney	Mother Teresa HS	11.98 0.7
7 788 Ryan Duperron	St-Joseph	12.08 0.7
8 842 Justice Iris	Venta Prep	12.16 0.7

Event 35 Women 200 Meter Junior

NCSSAA: 24.99 ! 1985

Christine Forward

Name	School	Prelims
Preliminaries		
1 590 Lindsay Spoerri	Merivale HS	26.34Q0.1
2 333 Courtney Dwyer	Glebe CI	26.76Q-0.7
3 143 Sydney Currier	Canterbury	26.91Q-0.7
4 170 Ding Ran Dai	Colonel By SS	27.01Q0.1
5 802 Eretoru Sanipe	St-Joseph	26.96Q-0.7
6 297 Christine Madogo	Franco Ouest CC	27.20Q0.1
7 183 Victoire Kpade	Colonel By SS	27.50q 0.1
8 56 Julie Robinson	Ashbury	28.14q 0.1
9 786 Diana Bowles	St-Joseph	28.15 -0.7
10 286 Nafthalia Lucien	Franco Cité	28.20 0.1
11 34 Lyndsay Brandys	Ashbury	28.39 -0.7
12 266 Cynthia Onukagha	Earl of March SS	28.71 0.1
13 207 Kori Sirrs	Colonel By SS	28.96 0.1
14 44 Megan McGinn	Ashbury	29.04 -0.7
15 779 Daneen Mbenoun	St. Francis X	29.41 -0.7
16 346 Gihane Rahimi	Glebe CI	29.59 -0.7

Event 35 Women 200 Meter Junior

NCSSAA: 24.99 ! 1985

Christine Forward

Name	School	Finals
Finals		
1 590 Lindsay Spoerri	Merivale HS	26.09 -1.8
2 333 Courtney Dwyer	Glebe CI	26.14 -1.8
3 143 Sydney Currier	Canterbury	26.41 -1.8
4 170 Ding Ran Dai	Colonel By SS	26.82 -1.8
5 802 Eretoru Sanipe	St-Joseph	27.05 -1.8

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Finals ... (Event 35 Women 200 Meter Junior)

Name	School	Finals
6 297 Christine Madogo	Franco Ouest CC	27.30 -1.8
7 183 Victoire Kpade	Colonel By SS	27.68 -1.8
8 56 Julie Robinson	Ashbury	27.84 -1.8

Event 36 Men 200 Meter Junior

NCSSAA: 22.19 ! 1991

Manuel Compas

Name	School	Prelims
Preliminaries		
1 281 Daryl Cavé	Franco Cité	24.22Q-0.8
2 195 Liam Moore	Colonel By SS	24.24Q-2.7
3 284 Daniel Kashila	Franco Cité	24.35Q-0.8
4 688 Liam Meades	Sacred Heart HS	24.43Q-2.7
5 385 Zack Kerr	Hillcrest	24.52Q-0.8
6 535 Eric Ilunga	Louis-Riel	25.02Q-2.7
7 516 Bailey McLuckie	Longfields Dhss	24.53q-0.8
8 539 Alex Leduc	Louis-Riel	24.66q-0.8
9 409 Ezechiel Leno	Holy Trinity Chs	24.81 -0.8
10 788 Ryan Duperron	St-Joseph	24.87 -0.8
11 598 Jared Maloney	Mother Teresa HS	25.03 -2.7
12 619 Ibrahim Kebe	Omer-Deslauriers	25.06 -0.8
13 307 Quinton Soares	Garneau	25.24 -2.7
14 285 Hans Lafleur	Franco Cité	25.62 -2.7
15 591 Damian Wellington	Merivale HS	26.21 -2.7
16 248 Riley Gibson	Earl of March SS	26.61 -2.7

Event 36 Men 200 Meter Junior

NCSSAA: 22.19 ! 1991

Manuel Compas

Name	School	Finals
Finals		
1 281 Daryl Cavé	Franco Cité	23.45 -1.4
2 195 Liam Moore	Colonel By SS	23.54 -1.4
3 688 Liam Meades	Sacred Heart HS	23.90 -1.4
4 284 Daniel Kashila	Franco Cité	24.21 -1.4
5 516 Bailey McLuckie	Longfields Dhss	24.73 -1.4
6 385 Zack Kerr	Hillcrest	24.84 -1.4
6 539 Alex Leduc	Louis-Riel	24.84 -1.4

Event 37 Women 400 Meter Junior

NCSSAA: 58.20 ! 1982

Sheila Aikman

Name	School	Finals
Finals		
1 143 Sydney Carrier	Canterbury	58.99
2 170 Ding Ran Dai	Colonel By SS	59.67
3 593 Ali Chiarelli	Mother Teresa HS	1:01.30
4 317 Martine Doucet	Gisèle-Lalonde	1:01.31
5 34 Lyndsay Brandys	Ashbury	1:03.06
6 786 Diana Bowles	St-Joseph	1:03.40
7 132 Alexia Lamothe	Cairine Wilson	1:03.63
8 564 Ariane Lismer	Lycée Claudel	1:03.64
9 775 Nicole Istead	St. Francis X	1:04.17
10 266 Cynthia Onukagha	Earl of March SS	1:04.72
11 311 Rim Benazzouz	Gisèle-Lalonde	1:04.90
12 150 Katie Jordeuil	Canterbury	1:05.02
13 708 Ysabelle So	Sir Robert B	1:05.97

14 779 Daneen Mbenoun	St. Francis X	1:07.00
15 511 Liya Huang	Longfields Dhss	1:07.63
16 277 Brenna Wilson	Earl of March SS	1:08.50

Event 38 Men 400 Meter Junior

NCSSAA: 49.40 ! 1980

Bill Ferguson

Name	School	Finals
Finals		
1 570 Lucas Trapeau	Lycée Claudel	51.33
2 688 Liam Meades	Sacred Heart HS	52.48
3 414 Ajeuro Abala	Immaculata	53.45
4 598 Jared Maloney	Mother Teresa HS	53.74
5 385 Zack Kerr	Hillcrest	53.79
6 539 Alex Leduc	Louis-Riel	54.33
7 51 Michael O'Connor	Ashbury	54.84
8 651 Sean Bakker	Redeemer Chs	54.86
9 174 Alec Gertler	Colonel By SS	55.47
10 293 Declan Bernard	Franco Ouest CC	56.21
11 144 Connor Dobson	Canterbury	56.78
12 409 Ezechiel Leno	Holy Trinity Chs	57.01
13 842 Justice Iris	Venta Prep	57.81
14 647 Jérémie Rivest	Pierre-Savard	59.56
15 239 James Anderson	Earl of March SS	59.71

Event 39 Women 800 Meter Run Junior

NCSSAA: 2:15.86 ! 5/19/2010

Emma Galbraith

Name	School	Finals
Finals		
1 306 Maggie Scheunert	Garneau	2:25.54
2 254 Stephanie Kaminski	Earl of March SS	2:28.50
3 317 Martine Doucet	Gisèle-Lalonde	2:32.63
4 311 Rim Benazzouz	Gisèle-Lalonde	2:33.32
5 613 Sadie Moore	Nepean HS	2:35.75
6 704 Kate Braddon	Sir Robert B	2:36.85
7 574 Rylee Bursery	Merivale HS	2:38.60
8 481 Elisabeth Ginder	Lisgar CI	2:45.67
9 417 Corinne Desjardins	Immaculata	2:47.73
10 219 Audrina Zhou	Colonel By SS	2:49.77
11 485 Ellen Huang	Lisgar CI	2:51.66
12 16 Anna Kostyniuk	All Saints HS	2:54.05
13 764 Samantha Ridge	South Carleton	3:02.25
14 396 Emma Reid	Hillcrest	3:04.18

Event 40 Men 800 Meter Run Junior

NCSSAA: 1:53.32 ! 1985

Sean Fitzgerald

Name	School	Finals
Finals		
1 570 Lucas Trapeau	Lycée Claudel	1:57.69
2 289 Jérémie Venne	Franco Cité	2:04.21
3 585 Mahad Osman	Merivale HS	2:12.45
4 820 Marco Della Penta	St. Pius X	2:14.06
5 350 Nic Rupar	Glebe CI	2:14.42
6 166 Philip Chau	Colonel By SS	2:17.54
7 453 Daniel Muir	John McCrae SS	2:18.67
8 24 Matthew Peltier	All Saints HS	2:21.94
9 768 Patrick St.Jean	South Carleton	2:25.63

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Finals ... (Event 40 Men 800 Meter Run Junior)

Name	School	Finals
10 858 Khalid Skaik	West Carleton SS	2:29.03
11 344 Colin McDonell	Glebe CI	2:32.51

Event 41 Women 1500 Meter Run Junior

NCSSAA: 4:41.15 ! 1994

Mary Jane Richards

Name	School	Finals
Finals		
1 264 Kiera Niemi	Earl of March SS	5:15.01
2 254 Stephanie Kaminski	Earl of March SS	5:15.35
3 707 Emily Prystupa	Sir Robert B	5:23.58
4 704 Kate Braddon	Sir Robert B	5:24.80
5 756 Alex Mack	South Carleton	5:27.20
6 456 Maria Papoulias	John McCrae SS	5:27.39
7 613 Sadie Moore	Nepean HS	5:34.42
8 417 Corinne Desjardins	Immaculata	5:36.65
9 139 Erin Blanchette	Canterbury	5:37.02
10 152 Alex McGowan	Canterbury	5:41.31
11 558 Amandine Drew	Lycée Claudel	5:41.34
12 378 Augusta Eve	Hillcrest	5:45.36
13 98 Chun Lien McFarland	Bell HS	5:47.30
14 215 Laura Williams	Colonel By SS	5:49.30
15 555 Charlotte Carre	Lycée Claudel	6:04.52

Event 42 Men 1500 Meter Run Junior

NCSSAA: 3:56.20 ! 2003

Mike Woods

Name	School	Finals
Finals		
1 2 Brendon Howard	A Y Jackson	4:17.79
2 289 Jérémie Venne	Franco Cité	4:22.04
3 356 Farah Abdulkarim	Gloucester	4:23.52
4 742 Robert Dysart	South Carleton	4:25.82
5 350 Nic Rupar	Glebe CI	4:33.57
6 585 Mahad Osman	Merivale HS	4:36.83
7 271 Hamza Qureshi	Earl of March SS	4:39.47
8 755 Sean Lewis	South Carleton	4:45.44
9 80 Ben Cheng	Bell HS	4:47.83
10 173 James Ford	Colonel By SS	4:52.57
11 601 Rowan Abraham	Nepean HS	4:53.74
12 304 Simon Lemay	Garneau	4:58.95
13 403 Benjamin Yang	Hillcrest	5:01.15
14 478 Chris Blakeney	Lisgar CI	5:01.74
15 62 George Smirnov	Ashbury	5:14.64
16 418 Matthew Desjardins	Immaculata	5:31.68

Event 43 Women 3000 Meter Run Junior

NCSSAA: 9:49.20 ! 1984

Carolyn Hubbard

Name	School	Finals
Finals		
1 382 Kelsey Grimes	Hillcrest	11:41.43
2 707 Emily Prystupa	Sir Robert B	11:49.58
3 264 Kiera Niemi	Earl of March SS	12:05.78
4 378 Augusta Eve	Hillcrest	12:14.67
5 456 Maria Papoulias	John McCrae SS	12:27.29
6 481 Elisabeth Ginder	Lisgar CI	12:35.05

7 87 Emma Fraser	Bell HS	12:53.35
8 130 Debora Fieberg	Cairine Wilson	12:53.88
9 98 Chun Lien McFarland	Bell HS	13:06.50
10 488 Alicia Klaassen	Lisgar CI	13:49.53
11 706 Aileen Mossdorf	Sir Robert B	13:56.32
--- 139 Erin Blanchette	Canterbury	DNF

Event 44 Men 3000 Meter Run Junior

NCSSAA: 8:26.30 ! 1982

Marc Oleson

Name	School	Finals
Finals		
1 2 Brendon Howard	A Y Jackson	9:18.57
2 356 Farah Abdulkarim	Gloucester	9:27.41
3 685 Adian Horvath	Sacred Heart HS	9:55.18
4 755 Sean Lewis	South Carleton	9:57.20
5 742 Robert Dysart	South Carleton	10:03.10
6 866 Joseph Lajeunesse	Woodroffe HS	10:14.78
7 271 Hamza Qureshi	Earl of March SS	10:16.22
8 173 James Ford	Colonel By SS	10:22.99
9 337 Alex Kerzner	Glebe CI	10:42.84
10 601 Rowan Abraham	Nepean HS	10:47.93
11 304 Simon Lemay	Garneau	10:50.54
12 403 Benjamin Yang	Hillcrest	10:56.03
13 137 Daniel Rozin	Cairine Wilson	11:05.69
14 62 George Smirnov	Ashbury	11:14.13
15 70 Jordan Essak-Brunelle	B-Desloges	11:58.62

Event 45 Women 80 Meter Hurdles Junior

NCSSAA: 11.60 ! 1973

Moyra McDill

Name	School	Prelims
Preliminaries		
1 691 Ally Tierny	Sacred Heart HS	12.16Q0.2
2 132 Alexia Lamothe	Cairine Wilson	12.58Q-0.8
3 102 Laura Phillips	Bell HS	13.73Q-0.8
4 775 Nicole Istead	St. Francis X	13.91Q0.2
5 286 Nafthalia Lucien	Franco Cité	13.81Q-0.8
6 511 Liya Huang	Longfields Dhss	13.96Q0.2
7 375 Alexis Charlebois	Hillcrest	14.36q -0.8
8 17 Keisha Lewis	All Saints HS	14.36q 0.2
9 110 Chinchin Wang	Bell HS	15.59 -0.8
10 393 Bronwyn O'Brien	Hillcrest	15.85 0.2
11 87 Emma Fraser	Bell HS	16.84 -0.8
12 188 Caitlyn Martel	Colonel By SS	16.85 -0.8
13 392 Jessica Najera	Hillcrest	16.93 -0.8
14 7 Ainslie Rich	A Y Jackson	17.19 0.2
15 184 Emma Leckey	Colonel By SS	17.41 0.2
16 177 Erica Hersey	Colonel By SS	17.47 0.2

Event 45 Women 80 Meter Hurdles Junior

NCSSAA: 11.60 ! 1973

Moyra McDill

Name	School	Finals
Finals		
1 691 Ally Tierny	Sacred Heart HS	11.82 -0.1
2 132 Alexia Lamothe	Cairine Wilson	12.72 -0.1
3 102 Laura Phillips	Bell HS	13.31 -0.1
4 17 Keisha Lewis	All Saints HS	13.62 -0.1

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Finals ... (Event 45 Women 80 Meter Hurdles Junior)

Name	School	Finals
5 775 Nicole Istead	St. Francis X	13.68 -0.1
6 286 Nafthalia Lucien	Franco Cité	13.78 -0.1
7 511 Liya Huang	Longfields Dhss	14.02 -0.1
8 375 Alexis Charlebois	Hillcrest	14.95 -0.1

Event 46 Men 100 Meter Hurdles Junior

NCSSAA: 14.23 ! 2005 Trevor Doucette

Name	School	Prelims
Preliminaries		
1 144 Connor Dobson	Canterbury	15.39Q0.7
2 64 Fiyinfoluwa Ukiri	Ashbury	15.81Q-0.3
3 51 Michael O'Connor	Ashbury	16.12Q-0.3
4 218 Edward Ye	Colonel By SS	16.40Q0.7
5 195 Liam Moore	Colonel By SS	17.73Q-0.3
6 401 Abhinav Srivastava	Hillcrest	18.20Q0.7
7 801 Jeff Phaneuf	St-Joseph	18.34q 0.7
8 166 Philip Chau	Colonel By SS	18.97q -0.3
9 404 Fan Xing Zhang	Hillcrest	19.39 0.7

Event 46 Men 100 Meter Hurdles Junior

NCSSAA: 14.23 ! 2005 Trevor Doucette

Name	School	Finals
Finals		
1 64 Fiyinfoluwa Ukiri	Ashbury	15.12 0.1
2 144 Connor Dobson	Canterbury	15.52 0.1
3 51 Michael O'Connor	Ashbury	15.69 0.1
4 195 Liam Moore	Colonel By SS	16.29 0.1
5 401 Abhinav Srivastava	Hillcrest	17.54 0.1
6 166 Philip Chau	Colonel By SS	17.59 0.1
7 218 Edward Ye	Colonel By SS	19.18 0.1
8 801 Jeff Phaneuf	St-Joseph	23.16 0.1

Event 47 Women 300 Meter Hurdles Junior

NCSSAA: 43.65 ! 1996 Anne Lebel

Name	School	Finals
Finals		
1 691 Ally Tierny	Sacred Heart HS	44.76
2 593 Ali Chiarelli	Mother Teresa HS	46.27
3 268 Carley Pappas	Earl of March SS	46.52
4 132 Alexia Lamothe	Cairine Wilson	48.59
5 775 Nicole Istead	St. Francis X	49.70
6 564 Ariane Lismer	Lycée Claudel	49.91
7 17 Keisha Lewis	All Saints HS	51.15
8 770 Elizabeth Cleyn	St. Francis X	51.62
9 511 Liya Huang	Longfields Dhss	51.87
10 375 Alexis Charlebois	Hillcrest	52.89
11 393 Bronwyn O'Brien	Hillcrest	53.69
12 184 Emma Leckey	Colonel By SS	54.98
13 110 Chinchin Wang	Bell HS	55.10
14 49 Courtney Mulock	Ashbury	56.32
15 130 Debora Fieberg	Cairine Wilson	58.05
16 61 Ewa Sigmund	Ashbury	1:01.13

Event 48 Men 300 Meter Hurdles Junior

NCSSAA: 40.30 ! 1996 Matt Stenson

Name	School	Finals
Finals		
1 51 Michael O'Connor	Ashbury	42.51
2 64 Fiyinfoluwa Ukiri	Ashbury	42.77
3 688 Liam Meades	Sacred Heart HS	42.85
4 144 Connor Dobson	Canterbury	43.10
5 248 Riley Gibson	Earl of March SS	43.58
6 414 Ajeuro Abala	Immaculata	44.68
7 528 Alex Cousineau	Louis-Riel	44.86
8 166 Philip Chau	Colonel By SS	45.54
9 95 Patrick Li	Bell HS	45.98
10 218 Edward Ye	Colonel By SS	47.34
11 801 Jeff Phaneuf	St-Joseph	47.36
12 21 Trevor Murphy	All Saints HS	48.66
13 401 Abhinav Srivastava	Hillcrest	49.18

Event 49 Women High Jump Junior

NCSSAA: 1.72m ! 1978 Leslie Eastwick

Name	School	Finals
Finals		
1 573 Jenny Berndt	Merivale HS	1.62m
2 447 Lindsay Hemstock	John McCrae SS	1.45m
3 607 Claire Fawcett	Nepean HS	1.40m
4 336 Annabelle Harvey	Glebe CI	J1.40m
5 228 Corinne Ibalanky	De La Salle	1.35m
6 396 Emma Reid	Hillcrest	1.30m
7 162 Briar Bennett-Flammer	Colonel By SS	J1.30m
8 177 Erica Hersey	Colonel By SS	1.20m
--- 35 Blanca Candel	Ashbury	NH
--- 61 Ewa Sigmund	Ashbury	NH

Event 50 Men High Jump Junior

NCSSAA: 2.06m ! 1981 Brian Marshall

Name	School	Finals
Finals		
1 699 Yvan-Marcel Ntivumbura	Samuel-Genest	1.86m
2 156 Aymen Sayed	Canterbury	1.80m
3 128 Nicholas Deschamps	Cairine Wilson	J1.80m
4 640 Blair Hoyle	Pierre-Savard	1.65m
5 285 Hans Lafleur	Franco Cité	1.60m
6 3 James Lever	A Y Jackson	J1.60m
6 120 Will Moise	Brookfield HS	J1.60m
8 651 Sean Bakker	Redeemer Chs	J1.60m
9 562 Félix Giurull	Lycée Claudel	J1.60m
10 569 Matthew Terepowski	Lycée Claudel	1.55m
10 4 Ian MacLean	A Y Jackson	1.55m

Event 51 Women Pole Vault Junior

NCSSAA: 2.90m ! 5/21/2009 Bailey Arnott

Name	School	Finals
Finals		
1 370 Hayley Brenning	Hillcrest	1.50m
1 392 Jessica Najera	Hillcrest	1.50m

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Results

Finals ... (Event 51 Women Pole Vault Junior)

Name	School	Finals
1 207 Kori Sirrs	Colonel By SS	1.50m

Event 52 Men Pole Vault Junior

NCSSAA: 4.35m ! 1985 Graham Cleghorn

Name	School	Finals
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Finals

1 385 Zack Kerr	Hillcrest	3.80m
2 389 David McHugh	Hillcrest	2.90m
3 167 Kingsong Chen	Colonel By SS	2.30m
4 401 Abhinav Srivastava	Hillcrest	1.10m

Event 53 Women Long Jump Junior

NCSSAA: 5.13m ! 5/21/2009 Devyani Biswal

Name	School	Finals
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Finals

1 333 Courtney Dwyer	Glebe CI	5.27m! NWI
2 770 Elizabeth Cleyn	St. Francis X	4.95m NWI
3 573 Jenny Berndt	Merivale HS	4.94m NWI
4 102 Laura Phillips	Bell HS	4.85m NWI
5 735 Victoria Calogeracos	South Carleton	4.77m NWI
6 115 Shana Bien-Aime	Brookfield HS	J4.77m NWI
7 288 Elisée Tschilenge	Franco Cité	4.76m NWI
8 228 Corinne Ibalanky	De La Salle	4.60m NWI
9 552 Laura Amoi	Lycée Claudel	4.51m NWI
10 713 Dayna Zunter	Sir Robert B	4.47m NWI
11 114 Elizabeth Bien-Aime	Brookfield HS	4.20m NWI
12 565 Céline Nectoux	Lycée Claudel	4.02m NWI
13 233 Gloria Mukendi	De La Salle	3.85m NWI
14 320 Edouarde Joseph	Gisèle-Lalonde	3.54m NWI
--- 729 Rachel Yip	Sir Wilfrid	ND NWI

Event 54 Men Long Jump Junior

NCSSAA: 6.79m ! 2003 Seyi Smith

Name	School	Finals
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Finals

1 128 Nicholas Deschamps	Cairine Wilson	5.95m NWI
2 285 Hans Lafleur	Franco Cité	5.94m NWI
3 834 Rashari Henry	St.Peter	5.83m NWI
4 358 Dmitri Balitsky	Gloucester	5.80m NWI
5 252 Doug Johnston	Earl of March SS	5.75m NWI
6 522 Nathaniel Thompson	Longfields Dhss	5.68m NWI
7 699 Yvan-Marcel Ntivumbura	Samuel-Genest	5.67m NWI
8 761 Petar Radovic	South Carleton	5.63m NWI
9 446 Rakeme Gough	John McCrae SS	5.51m NWI
10 563 Antoine Hénot	Lycée Claudel	5.45m NWI
11 640 Blair Hoyle	Pierre-Savard	5.28m NWI
12 235 Bernard Rechico-Moisan	De La Salle	5.14m NWI
13 247 Kristopher Giang	Earl of March SS	5.10m NWI

Event 55 Women Triple Jump Junior

NCSSAA: 11.30m ! 5/21/2009 Divyajyoti Biswal

Name	School	Finals
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Finals

1 447 Lindsay Hemstock	John McCrae SS	10.77m NWI
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2 268 Carley Pappas	Earl of March SS	10.57m NWI
3 183 Victoire Kpade	Colonel By SS	10.05m NWI
4 102 Laura Phillips	Bell HS	9.88m NWI
5 713 Dayna Zunter	Sir Robert B	9.56m NWI
6 342 Cassie Lu	Glebe CI	9.39m NWI
7 33 Madeline Boyd	Ashbury	9.26m NWI
8 139 Erin Blanchette	Canterbury	9.23m NWI
9 108 Sheena Smiley	Bell HS	9.00m NWI
10 189 Mairead Matthews	Colonel By SS	8.99m NWI
11 849 Joanne Callow	West Carleton SS	8.89m NWI
12 48 Leah Mousseau	Ashbury	8.67m NWI
13 336 Annabelle Harvey	Glebe CI	8.63m NWI
14 177 Erica Hersey	Colonel By SS	8.03m NWI

Event 56 Men Triple Jump Junior

NCSSAA: 14.63m ! 1985 Glenroy Gilbert

Name	School	Finals
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Finals

1 522 Nathaniel Thompson	Longfields Dhss	12.52m NWI
2 252 Doug Johnston	Earl of March SS	12.24m NWI
3 834 Rashari Henry	St.Peter	11.68m NWI
4 247 Kristopher Giang	Earl of March SS	11.25m NWI
5 218 Edward Ye	Colonel By SS	11.13m NWI
6 419 Tomy Duclos	Immaculata	10.80m NWI
7 344 Colin McDonell	Glebe CI	10.47m NWI
8 131 Tyler Franklin	Cairine Wilson	10.44m NWI
9 217 Philip Wu	Colonel By SS	10.33m NWI
10 709 Derek Tsang	Sir Robert B	J10.33m NWI
11 3 James Lever	A Y Jackson	9.90m NWI
12 655 Kevin Nesdoly	Redeemer Chs	9.64m NWI
13 212 Chris Valentine	Colonel By SS	9.47m NWI
14 828 Justin Yiu	St. Pius X	9.43m NWI
--- 431 Jeff McKeen	Immaculata	SCR NWI
--- 434 Sam Omoghan	Immaculata	SCR NWI

Event 57 Women Shot Put Junior

NCSSAA: 11.58m ! 1984 Judy Gitzi

Name	School	Finals
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Finals

1 450 Kayla Maduk	John McCrae SS	10.62m
2 805 Jessica Woloszyn	St-Joseph	9.38m
3 214 Ali Wicklum	Colonel By SS	9.32m
4 233 Gloria Mukendi	De La Salle	7.56m
5 275 Emily Tang	Earl of March SS	7.32m
6 769 Amanda Bouzanic	St. Francis X	7.20m
7 207 Kori Sirrs	Colonel By SS	7.10m
8 720 Justine Duarte	Sir Wilfrid	7.04m
9 226 Katherine Herbert	De La Salle	6.42m
10 345 Myma Okuda-Rayfuse	Glebe CI	6.37m
11 730 Judy Zhao	Sir Wilfrid	6.27m
12 147 Sydney Hartford	Canterbury	6.22m
13 804 Victoria Sousa	St-Joseph	5.72m
14 351 Sarah Sandeman	Glebe CI	5.48m
15 165 Dominique Cai	Colonel By SS	5.04m
--- 262 Alisha McCafferty	Earl of March SS	SCR

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Event 58 Men Shot Put Junior

NCSSAA: 15.13m ! 2005

Ben Engel

Name	School	Finals
Finals		
1 424 Stephen James	Immaculata	13.11m
2 307 Quinton Soares	Garneau	13.03m
3 696 Alain Cimankiinda	Samuel-Genest	12.80m
4 434 Sam Omoghan	Immaculata	12.75m
5 701 Andrew Oliviera	Samuel-Genest	12.50m
6 428 Christian Lavictoire	Immaculata	12.17m
7 622 Brandon Stewart	Omer-Deslauriers	11.97m
8 178 David Huang	Colonel By SS	11.89m
9 21 Trevor Murphy	All Saints HS	11.02m
10 18 Ryan Martello	All Saints HS	10.80m
11 517 Wei Jie Seah	Longfields Dhss	10.29m
12 327 Jacob Séguin	Gisèle-Lalonde	10.25m
13 694 Caleb Winn	Sacred Heart HS	10.21m
14 792 Christian Horton	St-Joseph	9.94m
15 660 Bradley Trigg	Redeemer Chs	9.72m
16 93 Brandon Law	Bell HS	9.53m

Event 59 Women Discus Throw Junior

NCSSAA: 32.78m ! 5/19/2010

Eilish MacDonald

Name	School	Finals
Finals		
1 805 Jessica Woloszyn	St-Joseph	27.38m
2 450 Kayla Maduk	John McCrae SS	27.23m
3 214 Ali Wicklum	Colonel By SS	21.71m
4 50 Priya Muradia	Ashbury	20.35m
5 438 Chelsea Watson	Immaculata	18.55m
6 37 Casey Cooper	Ashbury	18.25m
7 720 Justine Duarte	Sir Wilfrid	17.69m
8 729 Rachel Yip	Sir Wilfrid	17.59m
9 686 Jordan Mainville	Sacred Heart HS	16.15m
10 345 Myma Okuda-Rayfuse	Glebe CI	16.07m
11 351 Sarah Sandeman	Glebe CI	15.80m
12 162 Briar Bennett-Flammer	Colonel By SS	15.17m
13 712 Alexa Wyczynski	Sir Robert B	15.02m
14 245 Wendy Fu	Earl of March SS	14.76m
15 185 Christine Leung	Colonel By SS	12.85m

Event 60 Men Discus Throw Junior

NCSSAA: 45.73m ! 5/19/2010

Dylan Stuckless

Name	School	Finals
Finals		
1 424 Stephen James	Immaculata	43.63m
2 28 Andrew Abou-Assaly	Ashbury	40.43m
3 431 Jeff McKeen	Immaculata	40.41m
4 428 Christian Lavictoire	Immaculata	37.54m
5 696 Alain Cimankiinda	Samuel-Genest	32.79m
6 517 Wei Jie Seah	Longfields Dhss	31.78m
7 71 Thomas Lemay	B-Desloges	31.18m
8 781 Ryan Perez Hernandez	St. Francis X	30.71m
9 796 Connell McCarthy	St-Joseph	29.37m
10 701 Andrew Oliviera	Samuel-Genest	29.11m

11 212 Chris Valentine	Colonel By SS	28.02m
12 261 Di Yang Lu	Earl of March SS	25.24m
13 792 Christian Horton	St-Joseph	25.17m
14 93 Brandon Law	Bell HS	22.59m
15 21 Trevor Murphy	All Saints HS	22.46m
16 803 Cameron Sehl	St-Joseph	21.21m

Event 61 Women Javelin Throw Junior

NCSSAA: 36.65m ! 2002

Stacey Lillica

Name	School	Finals
Finals		
1 332 Adara Dillabaugh	Glebe CI	32.42m
2 450 Kayla Maduk	John McCrae SS	32.35m
3 355 Gabby Zitikyte	Glebe CI	27.01m
4 805 Jessica Woloszyn	St-Joseph	24.38m
5 345 Myma Okuda-Rayfuse	Glebe CI	20.97m
6 382 Kelsey Grimes	Hillcrest	20.72m
7 370 Hayley Brenning	Hillcrest	20.05m
8 720 Justine Duarte	Sir Wilfrid	18.96m
9 215 Laura Williams	Colonel By SS	17.60m
10 561 Emma Genty	Lycée Claudel	17.36m
11 275 Emily Tang	Earl of March SS	16.79m
12 147 Sydney Hartford	Canterbury	15.63m
13 804 Victoria Sousa	St-Joseph	15.50m
14 657 Isabella Priddle	Redeemer Chs	15.39m
15 438 Chelsea Watson	Immaculata	14.06m
16 387 Michelle Leveque	Hillcrest	12.91m

Event 62 Men Javelin Throw Junior

NCSSAA: 50.87m ! 5/24/2007

Paul Ausman

Name	School	Finals
Finals		
1 622 Brandon Stewart	Omer-Deslauriers	48.42m
2 431 Jeff McKeen	Immaculata	44.04m
3 728 Tristan Tessier	Sir Wilfrid	43.13m
4 694 Caleb Winn	Sacred Heart HS	42.27m
5 609 Jake Gaudet	Nepean HS	41.88m
6 434 Sam Omoghan	Immaculata	36.92m
7 428 Christian Lavictoire	Immaculata	36.84m
8 261 Di Yang Lu	Earl of March SS	36.82m
9 792 Christian Horton	St-Joseph	32.79m
10 476 Dawson Wilkinson	Lester Pearson	32.44m
11 803 Cameron Sehl	St-Joseph	31.48m
12 517 Wei Jie Seah	Longfields Dhss	30.39m
13 781 Ryan Perez Hernandez	St. Francis X	29.78m
14 178 David Huang	Colonel By SS	28.88m
15 389 David McHugh	Hillcrest	26.02m
16 379 Adam Farah	Hillcrest	24.11m

Event 63 Women 4x100 Meter Relay Junior

NCSSAA: 50.20 ! 1982

Team	Relay	Finals
Finals		
1 Merivale HS	A	53.88
2 De La Salle	A	53.96
3 Ashbury College	A	54.01

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Finals ... (Event 63 Women 4x100 Meter Relay Junior)

Team	Relay	Finals
4 Brookfield H.S.	A	56.35
5 Hillcrest	A	56.88
6 South Carleton	A	56.99
7 Bell H.S.	A	59.09
8 Longfields Dhss	A	59.76
9 Lisgar CI	A	1:00.15
10 Lester Pearson	A	1:02.15
--- Lycée Claudel	A	DQ
--- Colonel By SS	A	DQ
--- St. Francis Xavier	A	DQ

Event 64 Men 4x100 Meter Relay Junior

NCSSAA: 43.20 ! 1988

Team	Relay	Finals
1 De La Salle	A	47.53
2 St. Joseph's	A	47.87
3 Ashbury College	A	48.02
4 Colonel By SS	A	48.32
5 Earl of March	A	48.35
6 Hillcrest	A	49.69
7 Pierre-Savard	A	50.58
8 South Carleton	A	51.09
9 Venta Prep S.	A	52.02
10 St. Pius X Chs	A	53.10
11 Glebe Collegiate	A	53.78
--- Lester Pearson	A	DQ
--- Louis-Riel	A	DQ
--- Bell H.S.	A	DQ

Event 65 Women 100 Meter Senior

NCSSAA: 11.77 ! 2002

Ashley Purnell

Name	School	Prelims
1 371 Amelia Brohman	Hillcrest	12.43Q0.7
2 620 Charifa Labarang	Omer-Deslauriers	12.56Q-1.5
3 444 Shelani Fernando	John McCrae SS	12.52Q0.7
4 795 Vanessa MacMillan	St-Joseph	12.76Q-1.5
5 66 Madeline Warren	Ashbury	12.59Q0.7
6 291 Tania Bambi	Franco Ouest CC	12.81Q-1.5
7 6 Davine Reid	A Y Jackson	13.14q -1.5
8 818 Alana Paquette	St. Patrick	13.40q 0.7
9 705 Saran Kaba	Sir Robert B	13.47 0.7
10 300 Frédérique Beaulne-Ségué	Garneau	13.51 0.7
11 615 Tanya Motsi	Nepean HS	13.55 -1.5
12 125 Nitaya Soutthiphphan	Brookfield HS	13.80 -1.5
13 543 Asha Mohiddin	Louis-Riel	13.88 0.7
14 817 Iyoma Edache	St. Patrick	14.03 -1.5
15 231 Yolene Louiseize	De La Salle	14.14 -1.5

Event 65 Women 100 Meter Senior

NCSSAA: 11.77 ! 2002

Ashley Purnell

Name	School	Finals
1 371 Amelia Brohman	Hillcrest	12.10 0.4
2 444 Shelani Fernando	John McCrae SS	12.46 0.4
3 620 Charifa Labarang	Omer-Deslauriers	12.51 0.4
4 66 Madeline Warren	Ashbury	12.53 0.4
5 795 Vanessa MacMillan	St-Joseph	12.53 0.4
6 291 Tania Bambi	Franco Ouest CC	12.71 0.4
7 6 Davine Reid	A Y Jackson	13.13 0.4
8 818 Alana Paquette	St. Patrick	13.62 0.4

Event 66 Men 100 Meter Senior

NCSSAA: 10.67 ! 1989

Ricardo Grennidge

Name	School	Prelims
1 159 Tim Arbido	Colonel By SS	11.28Q0.2
2 88 Jonelle Halog	Bell HS	11.32Q-0.2
3 595 Desean Gremlí	Mother Teresa HS	11.35Q0.2
4 136 Kevin Nault	Cairine Wilson	11.48Q-0.2
5 116 Trevor Boucher	Brookfield HS	11.52Q0.2
6 197 David Mputu	Colonel By SS	11.54Q-0.2
7 671 Aba-Al-Hasan Mohasar	Ridgemont	11.71q 0.2
8 871 Oliver Saint-Victor	Woodroffe HS	11.72q 0.2
9 666 Emmanuel Worlor	Rideau HS	11.77 -0.2
10 747 Sandeep Gunawardena	South Carleton	11.81 0.2
11 791 Jordan Harcourt	St-Joseph	11.88 -0.2
12 176 Jeff Graham	Colonel By SS	11.91 0.2
13 508 Akhil Edirisinghe	Longfields Dhss	11.91 -0.2
14 676 Rameen Yusufzai	Ridgemont	12.15 -0.2

Event 66 Men 100 Meter Senior

NCSSAA: 10.67 ! 1989

Ricardo Grennidge

Name	School	Finals
1 159 Tim Arbido	Colonel By SS	11.13 0.1
2 88 Jonelle Halog	Bell HS	11.15 0.1
3 595 Desean Gremlí	Mother Teresa HS	11.23 0.1
4 116 Trevor Boucher	Brookfield HS	11.40 0.1
5 136 Kevin Nault	Cairine Wilson	11.48 0.1
6 197 David Mputu	Colonel By SS	11.60 0.1
7 671 Aba-Al-Hasan Mohasar	Ridgemont	11.68 0.1
8 871 Oliver Saint-Victor	Woodroffe HS	17.12 0.1

Event 67 Women 200 Meter Senior

NCSSAA: 24.44 ! 2002

Ashley Purnell

Name	School	Prelims
1 371 Amelia Brohman	Hillcrest	25.30Q-1.0
2 620 Charifa Labarang	Omer-Deslauriers	25.42Q-2.0
3 45 Victoria McIntyre	Ashbury	25.55Q-2.0
4 444 Shelani Fernando	John McCrae SS	26.08Q-1.0
5 66 Madeline Warren	Ashbury	26.33Q-1.0
6 795 Vanessa MacMillan	St-Joseph	26.60Q-2.0

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Preliminaries ... (Event 67 Women 200 Meter Senior)

Name	School	Prelims
7 705 Saran Kaba	Sir Robert B	27.99q -1.0
8 46 Emily Montgomery	Ashbury	28.13q -2.0
9 146 Tracey Edwards	Canterbury	28.20 -2.0
9 323 Priya Narine	Gisèle-Lalonde	28.20 -1.0
11 800 Heather Ogilvie	St-Joseph	29.03 -1.0
12 727 Boo Racicot-Biocchi	Sir Wilfrid	29.22 -2.0
13 603 Polina Andrievskaia	Nepean HS	29.46 -2.0
14 737 Kailan Clark	South Carleton	29.85 -2.0
15 850 Beka Christmas	West Carleton SS	30.49 -1.0

Event 67 Women 200 Meter Senior

NCSSAA: 24.44 ! 2002 Ashley Purnell

Name	School	Finals
Finals		
1 620 Charifa Labarang	Omer-Deslauriers	25.02 -2.4
2 371 Amelia Brohman	Hillcrest	25.03 -2.4
3 45 Victoria McIntyre	Ashbury	25.28 -2.4
4 444 Shelani Fernando	John McCrae SS	25.66 -2.4
5 795 Vanessa MacMillan	St-Joseph	25.76 -2.4
6 66 Madeline Warren	Ashbury	26.80 -2.4
7 46 Emily Montgomery	Ashbury	28.08 -2.4
8 705 Saran Kaba	Sir Robert B	28.24 -2.4

Event 68 Men 200 Meter Senior

NCSSAA: 21.60 ! 1981 Bill Ferguson

Name	School	Prelims
Preliminaries		
1 425 Denray Jean-Jacques	Immaculata	22.57Q-1.4
2 159 Tim Arbido	Colonel By SS	22.85Q-1.6
3 116 Trevor Boucher	Brookfield HS	22.83Q-1.4
4 595 Desean Gremli	Mother Teresa HS	22.97Q-1.6
5 797 Innocent Nang'Oma	St-Joseph	23.20Q-1.6
6 88 Jonelle Halog	Bell HS	23.27Q-1.4
7 69 Teddy Dumont	B-Desloges	23.50q -1.4
8 78 Corey Burchill	Bell HS	23.54q -1.6
9 324 D'Arcy Pelletier-Lauzon	Gisèle-Lalonde	23.72 -1.4
10 747 Sandeep Gunawardena	South Carleton	23.97 -1.6
11 32 Dennis Anghelopoulous	Ashbury	23.97 -1.4
12 508 Akhil Edirisinghe	Longfields Dhss	24.24 -1.6
13 617 Yves Hatungimana	Omer-Deslauriers	24.50 -1.4
14 568 Logan Stark	Lycée Claudel	24.69 -1.6
15 626 Justin Lalonde	Osgoode	24.86 -1.6
16 676 Rameen Yusufzai	Ridgemont	25.03 -1.4

Event 68 Men 200 Meter Senior

NCSSAA: 21.60 ! 1981 Bill Ferguson

Name	School	Finals
Finals		
1 425 Denray Jean-Jacques	Immaculata	22.49 -1.2
2 159 Tim Arbido	Colonel By SS	22.96 -1.2
3 595 Desean Gremli	Mother Teresa HS	23.12 -1.2
4 116 Trevor Boucher	Brookfield HS	23.16 -1.2
5 88 Jonelle Halog	Bell HS	23.26 -1.2
6 797 Innocent Nang'Oma	St-Joseph	23.41 -1.2

7 78 Corey Burchill	Bell HS	23.56 -1.2
8 69 Teddy Dumont	B-Desloges	23.80 -1.2

Event 69 Women 400 Meter Senior

NCSSAA: 55.80 ! 5/20/2010 Fiona Callender

Name	School	Finals
Finals		
1 246 Charlotte Gardner	Earl of March SS	57.60
2 45 Victoria McIntyre	Ashbury	58.28
3 542 Amanda McKinnon	Louis-Riel	1:01.47
4 800 Heather Ogilvie	St-Joseph	1:02.17
5 323 Priya Narine	Gisèle-Lalonde	1:02.33
6 731 Tiffany Bathurst	South Carleton	1:03.25
7 412 Brianna Morrison	Holy Trinity Chs	1:04.73
8 833 Jessica Harmsen	St.Peter	1:05.12
9 46 Emily Montgomery	Ashbury	1:05.66
10 581 Madison Hayes-Crook	Merivale HS	1:06.43
11 400 Rachel Spencer	Hillcrest	1:06.92
12 727 Boo Racicot-Biocchi	Sir Wilfrid	1:06.98
13 77 Nikita Azor-Gagne	Bell HS	1:07.48
14 341 Elyssa Loewen	Glebe CI	1:11.69

Event 70 Men 400 Meter Senior

NCSSAA: 48.32 ! 1986 Phillip Hughes

Name	School	Finals
Finals		
1 425 Denray Jean-Jacques	Immaculata	48.56
2 362 Isaiah Moses	Gloucester	50.21
3 577 Daniel Desgroseilliers	Merivale HS	50.97
4 78 Corey Burchill	Bell HS	52.21
5 457 Bryson Patterson	John McCrae SS	52.33
6 241 Alex Dawson	Earl of March SS	52.79
7 69 Teddy Dumont	B-Desloges	53.10
8 732 Nathan Beauvais	South Carleton	53.28
9 283 Thomas Fournier	Franco Cité	53.41
10 331 David Borish	Glebe CI	54.18
11 32 Dennis Anghelopoulous	Ashbury	54.19
12 328 Vincent West	Gisèle-Lalonde	54.49
13 292 Konor Barnabé	Franco Ouest CC	54.60
14 508 Akhil Edirisinghe	Longfields Dhss	55.56
--- 52 Kyle O'Hara	Ashbury	DNF
--- 197 David Mputu	Colonel By SS	DNF

Event 71 Women 800 Meter Run Senior

NCSSAA: 2:11.50 ! 1972 Glenda Reiser

Name	School	Finals
Finals		
1 294 Emma Galbraith	Franco Ouest CC	2:14.53
2 65 Shannon Walton	Ashbury	2:20.79
3 731 Tiffany Bathurst	South Carleton	2:25.55
4 213 Isabelle Weidemann	Colonel By SS	2:26.04
5 410 Kelly McDonald	Holy Trinity Chs	2:30.46
6 833 Jessica Harmsen	St.Peter	2:31.87
7 821 Stefanie Domitrovits	St. Pius X	2:33.62
8 618 Liliane Karera	Omer-Deslauriers	2:38.98
9 760 Jessica McRae	South Carleton	2:43.02

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Results

Finals ... (Event 71 Women 800 Meter Run Senior)

Name	School	Finals
10 583 Paisley Laurenzio	Merivale HS	2:44.74
11 767 Alexandra Slobodian	South Carleton	2:50.68
12 530 Jessica Fortin-Lacombe	Louis-Riel	2:56.47
13 149 Myriam Hoyeck	Canterbury	2:58.82

Event 72 Men 800 Meter Run Senior

NCSSAA: 1:52.56 ! 1989 John Bowden

Name	School	Finals
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Finals

1 205 Sebastian Saville	Colonel By SS	1:55.34
2 407 Mickey Day	Holy Trinity Chs	1:56.58
3 700 Joël Olonga	Samuel-Genest	2:02.23
4 283 Thomas Fournier	Franco Cité	2:03.26
5 582 Rubin Kataki	Merivale HS	2:03.36
6 331 David Borish	Glebe CI	2:04.16
7 668 Mohamud Haji	Ridgemont	2:04.84
8 740 Brayden Dewar	South Carleton	2:07.39
9 220 Felix Zhu	Colonel By SS	2:11.25
10 483 Andres Hamel	Lisgar CI	2:12.75
11 502 Jason Baird	Longfields Dhss	2:14.18
12 623 Sadik Yusuf	Omer-Deslauriers	2:15.10
13 616 Kieran Wilson	Nepean HS	2:15.59
14 827 Nick Therens	St. Pius X	2:20.70
15 72 James McGuire	B-Desloges	2:29.14

Event 73 Women 1500 Meter Run Senior

NCSSAA: 4:34.06 ! 5/24/2007 Danelle Woods

Name	School	Finals
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Finals

1 294 Emma Galbraith	Franco Ouest CC	4:31.34!
2 100 Erin O'Higgins	Bell HS	4:52.33
3 813 Lindsay Kary	St. Matthew	4:57.10
4 347 Charlene Rhead	Glebe CI	5:00.48
5 196 Caitlyn Morris	Colonel By SS	5:10.47
6 498 Morgan Williams	Lisgar CI	5:14.16
7 821 Stefanie Domitrovits	St. Pius X	5:16.38
8 737 Kailan Clark	South Carleton	5:27.41
9 408 Shannon Hardwick	Holy Trinity Chs	5:43.94
10 497 Bryana Van Leeuwen	Lisgar CI	5:52.60
11 305 Marianne Portelance	Garneau	5:53.19
12 380 Alana Foote	Hillcrest	5:53.76
13 583 Paisley Laurenzio	Merivale HS	6:01.24
14 530 Jessica Fortin-Lacombe	Louis-Riel	6:03.61
15 211 Crystal Tierney	Colonel By SS	6:04.20
16 274 Kyra Shearman	Earl of March SS	6:08.02

Event 74 Men 1500 Meter Run Senior

NCSSAA: 3:48.42 ! 2004 Mike Woods

Name	School	Finals
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Finals

1 352 Yves Sikubwabo	Glebe CI	3:54.44
2 861 Alex Berhe	Woodroffe HS	3:55.97
3 407 Mickey Day	Holy Trinity Chs	3:58.86
4 606 Scott Donald	Nepean HS	3:59.29

5 205 Sebastian Saville	Colonel By SS	4:10.03
6 203 Adam Richardson	Colonel By SS	4:10.88
7 582 Rubin Kataki	Merivale HS	4:27.52
8 668 Mohamud Haji	Ridgemont	4:35.21
9 740 Brayden Dewar	South Carleton	4:35.82
10 220 Felix Zhu	Colonel By SS	4:36.06
11 616 Kieran Wilson	Nepean HS	4:36.42
12 359 Robert Garcia	Gloucester	4:43.25
13 533 Noah Houlton	Louis-Riel	4:48.56
14 483 Andres Hamel	Lisgar CI	4:59.61

Event 75 Women 3000 Meter Run Senior

NCSSAA: 10:04.08 ! 2003 Janice Ashworth

Name	School	Finals
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Finals

1 100 Erin O'Higgins	Bell HS	10:32.55
2 813 Lindsay Kary	St. Matthew	10:36.66
3 347 Charlene Rhead	Glebe CI	10:37.16
4 196 Caitlyn Morris	Colonel By SS	11:05.49
5 498 Morgan Williams	Lisgar CI	11:08.56
6 821 Stefanie Domitrovits	St. Pius X	11:17.09
7 848 Holly Brown	West Carleton SS	12:38.66
8 410 Kelly McDonald	Holy Trinity Chs	12:51.86
9 305 Marianne Portelance	Garneau	12:58.21
10 274 Kyra Shearman	Earl of March SS	13:31.99
11 211 Crystal Tierney	Colonel By SS	13:32.65
12 394 Alexandra Petkoglou	Hillcrest	13:44.02
13 73 Alison Mulawyshyn	B-Desloges	14:40.35
--- 75 Winona Slater	B-Desloges	DNF

Event 76 Men 3000 Meter Run Senior

NCSSAA: 8:26.15 ! 1994 Sean Kaley

Name	School	Finals
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Finals

1 352 Yves Sikubwabo	Glebe CI	8:31.45
2 861 Alex Berhe	Woodroffe HS	9:14.75
3 606 Scott Donald	Nepean HS	9:14.85
4 203 Adam Richardson	Colonel By SS	9:15.15
5 343 Phil Marshall	Glebe CI	9:29.11
6 72 James McGuire	B-Desloges	9:58.46
7 22 Matthew O'Brien	All Saints HS	9:59.51
8 121 Connor O'Neill-Dee	Brookfield HS	10:04.14
9 301 Jean-Luc Bégin	Garneau	10:12.04
10 616 Kieran Wilson	Nepean HS	10:23.05
11 533 Noah Houlton	Louis-Riel	10:34.08
12 180 Erik Johnson	Colonel By SS	11:10.87
13 54 Kyle Pederson	Ashbury	11:37.23
--- 536 Olivier Ishimwe	Louis-Riel	DNF

Event 77 Women 100 Meter Hurdles Senior

NCSSAA: 14.07 ! 1998 Anne Lebel

Name	School	Prelims
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Preliminaries

1 291 Tania Bambi	Franco Ouest CC	14.41Q-0.2
2 705 Saran Kaba	Sir Robert B	14.99Q0.3
3 246 Charlotte Gardner	Earl of March SS	15.09Q0.3

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Results

Preliminaries ... (Event 77 Women 100 Meter Hurdles Senior)

Name	School	Prelims
4 190 Alannah McBride	Colonel By SS	16.92Q-0.2
5 122 Clara Phillips	Brookfield HS	15.67Q0.3
6 67 Marie Eve Dahms	B-Desloges	17.28Q-0.2
7 615 Tanya Motsi	Nepean HS	16.53q 0.3
8 412 Brianna Morrison	Holy Trinity Chs	17.84q -0.2
9 154 Carolyn Oddy	Canterbury	18.23 0.3
10 868 Cheryl Mielke	Woodroffe HS	18.71 -0.2
11 181 Paulina Karwowski	Colonel By SS	19.95 0.3
12 491 Sonja Li	Lisgar CI	20.28 -0.2
13 376 Megan Cruickshank	Hillcrest	21.02 0.3

Event 77 Women 100 Meter Hurdles Senior

NCSSAA: 14.07 ! 1998 Anne Lebel

Name	School	Finals
Finals		
1 291 Tania Bambi	Franco Ouest CC	14.36 0.3
2 705 Saran Kaba	Sir Robert B	15.02 0.3
3 122 Clara Phillips	Brookfield HS	15.58 0.3
4 246 Charlotte Gardner	Earl of March SS	15.65 0.3
5 190 Alannah McBride	Colonel By SS	16.24 0.3
6 615 Tanya Motsi	Nepean HS	16.57 0.3
7 67 Marie Eve Dahms	B-Desloges	17.43 0.3
8 412 Brianna Morrison	Holy Trinity Chs	17.46 0.3

Event 78 Men 110 Meter Hurdles Senior

NCSSAA: 13.68 ! 5/21/2009 Oluwasegun Makinde

Name	School	Finals
Finals		
1 136 Kevin Nault	Cairine Wilson	15.13 -0.6
2 577 Daniel Desgroseilliers	Merivale HS	15.81 -0.6
3 808 Field Justin	St. Mark	16.79 -0.6
4 163 Marc Bitar	Colonel By SS	17.39 -0.6
5 714 Nabil Ahmed	Sir Wilfrid	20.14 -0.6
6 111 Cole Williams	Bell HS	20.58 -0.6

Event 79 Women 400 Meter Hurdles Senior

NCSSAA: 1:03.10 ! 1991 Michelle Patterson

Name	School	Finals
Finals		
1 795 Vanessa MacMillan	St-Joseph	1:06.02
2 596 Bridget Hayes	Mother Teresa HS	1:06.17
3 190 Alannah McBride	Colonel By SS	1:06.30
4 67 Marie Eve Dahms	B-Desloges	1:08.59
5 146 Tracey Edwards	Canterbury	1:10.87
6 77 Nikita Azor-Gagne	Bell HS	1:11.41
7 341 Elyssa Loewen	Glebe CI	1:15.97
8 154 Carolyn Oddy	Canterbury	1:16.25
9 682 Jesse Davis	Sacred Heart HS	1:19.77
10 868 Cheryl Mielke	Woodroffe HS	1:20.58
11 10 Megan Watt	A Y Jackson	1:21.44
12 495 Karen Richards	Lisgar CI	1:28.10
13 812 Anick Karerangabo	St. Matthew	1:32.53

Event 80 Men 400 Meter Hurdles Senior

NCSSAA: 52.76 ! 1987 Phillip Hughes

Name	School	Finals
Finals		
1 362 Isaiah Moses	Gloucester	55.79
2 577 Daniel Desgroseilliers	Merivale HS	56.10
3 654 Matt Johnson	Redeemer Chs	1:00.50
4 810 Nicholas Smallwood	St. Mark	1:01.08
5 69 Teddy Dumont	B-Desloges	1:05.13
6 571 Kasra Afkham	Merivale HS	1:06.42
7 484 Jake Helms	Lisgar CI	1:06.65
8 180 Erik Johnson	Colonel By SS	1:07.68
9 81 Emad Chokor	Bell HS	1:12.76
10 111 Cole Williams	Bell HS	1:16.79

Event 81 Women High Jump Senior

NCSSAA: 1.79m ! 1983 Cathy Murphy

Name	School	Finals
Finals		
1 6 Davine Reid	A Y Jackson	1.58m
2 581 Madison Hayes-Crook	Merivale HS	1.50m
3 172 Caroline Foody	Colonel By SS	1.45m
4 572 Victoria Beales	Merivale HS	J1.45m
5 133 Jaimee Loh	Cairine Wilson	1.40m
6 135 Leah Mills	Cairine Wilson	J1.40m
7 615 Tanya Motsi	Nepean HS	1.35m
7 300 Frédérique Beaulne-Ségui	Garneau	1.35m
9 77 Nikita Azor-Gagne	Bell HS	J1.35m
10 852 Sarah Elliot	West Carleton SS	J1.35m
--- 846 Alexandra Benedeczeky	West Carleton SS	NH
--- 31 Sabrina Alsaffar	Ashbury	NH
--- 487 Fiona King	Lisgar CI	NH
--- 59 Cecilia Scoles	Ashbury	SCR

Event 82 Men High Jump Senior

NCSSAA: 2.10m ! 1984 Brian Marshall

Name	School	Finals
Finals		
1 13 Leeson Guay	All Saints HS	1.90m
2 12 Philip Dapaah	All Saints HS	1.70m
2 47 Caleb Mousseau	Ashbury	1.70m
2 9 Dylan Tombs-Koscinski	A Y Jackson	1.70m
5 477 Northrop Blackmore	Lisgar CI	1.65m
6 176 Jeff Graham	Colonel By SS	1.60m
7 335 Craig Galbraith	Glebe CI	J1.60m
8 330 Andreas Besemann	Glebe CI	J1.60m
9 753 Ryan Labelle	South Carleton	1.50m
--- 29 Jeremy Acland	Ashbury	NH
--- 179 Al Itani	Colonel By SS	NH

Event 83 Women Pole Vault Senior

NCSSAA: 2.75m ! 5/19/2010 Bailey Arnott

Name	School	Finals
Finals		
1 376 Megan Cruickshank	Hillcrest	2.30m

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Results

Finals ... (Event 83 Women Pole Vault Senior)

Name	School	Finals
2 520 Julianna Tebrake	Longfields Dhss	1.10m

Event 84 Men Pole Vault Senior

NCSSAA: 4.70m ! 1984 Rob Lindsay

Name	School	Finals
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Finals

1 654 Matt Johnson	Redeemer Chs	3.80m
2 549 Eric Stewart	Louis-Riel	3.65m
3 201 Josh Rector	Colonel By SS	2.60m
4 193 Trevor Melcher	Colonel By SS	2.45m

Event 85 Women Long Jump Senior

NCSSAA: 5.58m ! 5/19/2010 Devyani Biswal

Name	School	Finals
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Finals

1 291 Tania Bambi	Franco Ouest CC	5.26m NWI
2 520 Julianna Tebrake	Longfields Dhss	5.19m NWI
3 543 Asha Mohiddin	Louis-Riel	5.18m NWI
4 711 Kelsey Won	Sir Robert B	5.10m NWI
5 6 Davine Reid	A Y Jackson	J5.10m NWI
6 125 Nitaya Southphanh	Brookfield HS	4.88m NWI
7 133 Jaimee Loh	Cairine Wilson	4.70m NWI
8 656 Janessa Pol	Redeemer Chs	4.64m NWI
9 514 Tamara Lankagi	Longfields Dhss	4.56m NWI
10 879 Carolyn Brown	West Carleton SS	4.45m NWI
11 300 Frédérique Beaulne-Séguin	Garneau	4.32m NWI
12 232 Kelly McCleary	De La Salle	4.27m NWI
13 482 Daphne Grant	Lisgar CI	4.23m NWI
14 231 Yolene Louiseize	De La Salle	4.13m NWI
15 491 Sonja Li	Lisgar CI	4.11m NWI
16 255 Marta Kierkus	Earl of March SS	4.08m NWI
17 875 Victoria Klausen	St. Mark	3.90m NWI
18 876 Benda Rattavong	St. Pius X	3.83m NWI
19 127 Yasmine Chaouni	Cairine Wilson	3.73m NWI
--- Cora Sinclair	Lisgar CI	SCR NWI

Event 86 Men Long Jump Senior

NCSSAA: 7.12m ! 1986 Glenroy Gilbert

Name	School	Finals
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Finals

1 575 Kevin Chung	Merivale HS	6.37m NWI
2 136 Kevin Nault	Cairine Wilson	6.20m NWI
3 457 Bryson Patterson	John McCrae SS	6.14m NWI
4 654 Matt Johnson	Redeemer Chs	5.99m NWI
5 661 Stephen Veenema	Redeemer Chs	5.83m NWI
6 221 Etienne Auguste	De La Salle	5.67m NWI
7 296 Alexandre Laviolette	Franco Ouest CC	5.57m NWI
8 421 Lucas Ghosn	Immaculata	5.56m NWI
9 12 Philip Dapaah	All Saints HS	5.44m NWI
10 665 Hersi Mohamed	Rideau HS	5.17m NWI
11 811 Trevor Thompson	St. Mark	5.11m NWI
12 47 Caleb Mousseau	Ashbury	4.99m NWI
13 477 Northrop Blackmore	Lisgar CI	4.91m NWI
14 452 Jeordie Moss	John McCrae SS	4.86m NWI

--- 179 Al Itani	Colonel By SS	SCR NWI
--- 526 Justin Bourgeois	Louis-Riel	SCR NWI

Event 87 Women Triple Jump Senior

NCSSAA: 11.63m ! 2011 Julia Stille

Name	School	Finals
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Finals

1 133 Jaimee Loh	Cairine Wilson	10.69m NWI
2 543 Asha Mohiddin	Louis-Riel	10.63m NWI
3 122 Clara Phillips	Brookfield HS	10.59m NWI
4 711 Kelsey Won	Sir Robert B	10.52m NWI
5 656 Janessa Pol	Redeemer Chs	10.37m NWI
6 439 Shayna Asgill	John McCrae SS	9.95m NWI
7 514 Tamara Lankagi	Longfields Dhss	9.90m NWI
8 448 Paige Johnston	John McCrae SS	9.77m NWI
9 255 Marta Kierkus	Earl of March SS	9.49m NWI
10 482 Daphne Grant	Lisgar CI	9.33m NWI
11 500 Leah Zhao	Lisgar CI	8.88m NWI
12 181 Paulina Karwowski	Colonel By SS	8.72m NWI
13 852 Sarah Elliot	West Carleton SS	8.67m NWI
14 398 Tanyss Sharp	Hillcrest	8.64m NWI
15 400 Rachel Spencer	Hillcrest	7.87m NWI

Event 88 Men Triple Jump Senior

NCSSAA: 15.22m ! 1987 Glenroy Gilbert

Name	School	Finals
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Finals

1 575 Kevin Chung	Merivale HS	14.20m NWI
2 179 Al Itani	Colonel By SS	13.18m NWI
3 12 Philip Dapaah	All Saints HS	12.89m NWI
4 661 Stephen Veenema	Redeemer Chs	12.76m NWI
5 457 Bryson Patterson	John McCrae SS	12.48m NWI
6 421 Lucas Ghosn	Immaculata	11.86m NWI
7 257 Arun Kumar	Earl of March SS	11.41m NWI
8 206 Tom Schlossmacher	Colonel By SS	11.30m NWI
9 665 Hersi Mohamed	Rideau HS	10.76m NWI
10 549 Eric Stewart	Louis-Riel	10.57m NWI
11 774 Baies Haqani	St. Francis X	10.23m NWI
12 857 Mike Simpson	West Carleton SS	9.51m NWI
13 632 Jacob Landeau	Ottawa Jewish	8.00m NWI

Event 89 Women Shot Put Senior

NCSSAA: 12.89m ! 1985 Judi Gitzi

Name	School	Finals
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Finals

1 822 Leanna Garcia	St. Pius X	11.18m
2 856 Chuting Liusun	West Carleton SS	10.24m
3 231 Yolene Louiseize	De La Salle	10.16m
4 717 Sarah Collie	Sir Wilfrid	9.66m
5 240 Taylor Baird	Earl of March SS	9.23m
6 427 Ingrid Krausbar	Immaculata	8.97m
7 423 Mackenzie Irvine	Immaculata	8.88m
8 74 Kylee Official	B-Desloges	8.50m
9 809 Melissa Murphy	St. Mark	7.46m
10 567 Renelle Sib	Lycée Claudel	7.44m
11 112 Chelsea Wilson	Bell HS	7.11m

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Finals ... (Event 89 Women Shot Put Senior)

Name	School	Finals
12 400 Rachel Spencer	Hillcrest	6.95m
13 415 Erika Barisa	Immaculata	6.53m
14 509 Alexandria Ellis	Longfields Dhss	6.42m
15 443 Natalie Ferland	John McCrae SS	6.28m
16 829 Danika Fu	St.Paul Chs	6.09m

Event 90 Men Shot Put Senior

NCSSAA: 17.26m ! 1994

Greg Jack

Name	School	Finals
Finals		
1 635 Dylan Stuckless	Ottawa Tech	13.96m
2 161 Brandon Belding	Colonel By SS	13.44m
3 381 Vincent Gionet	Hillcrest	12.99m
4 11 Christopher Bumstead	All Saints HS	12.06m
5 774 Baies Haqani	St. Francis X	11.06m
6 862 Kody Bradley	Woodroffe HS	11.02m
7 193 Trevor Melcher	Colonel By SS	10.58m
8 624 Jordan Downs	Osgoode	10.58m
9 544 Patrick Mondor	Louis-Riel	10.56m
10 223 Aidan Côté-Lapointe	De La Salle	10.36m
11 870 George Petrov	Woodroffe HS	10.16m
12 874 Gan Zhuang	Woodroffe HS	10.14m
13 857 Mike Simpson	West Carleton SS	10.09m
--- 14 Christopher Inkoom	All Saints HS	SCR
--- 670 Ravez Jinjikhadze	Ridgemont	SCR
--- 605 Curtis Dalrymple	Nepean HS	SCR

Event 91 Women Discus Throw Senior

NCSSAA: 35.86m ! 5/23/2012 Leanna Garcia

NCSSAA: 35.86m ! 5/23/2012 Leanna Garcia

NCSSAA: 35.86m ! 5/23/2012 Leanna Garcia

Name	School	Finals
Finals		
1 822 Leanna Garcia	St. Pius X	35.86m!
2 856 Chuting Liusun	West Carleton SS	30.84m
3 423 Mackenzie Irvine	Immaculata	29.11m
4 717 Sarah Collie	Sir Wilfrid	27.78m
5 520 Julianna Tebrake	Longfields Dhss	26.92m
6 427 Ingrid Krausbar	Immaculata	24.43m
7 172 Caroline Foody	Colonel By SS	22.53m
8 112 Chelsea Wilson	Bell HS	21.96m
9 74 Kylee Official	B-Desloges	21.82m
10 681 Becca Davis	Sacred Heart HS	21.59m
11 41 Jacqueline Good	Ashbury	19.95m
12 269 Shannon Pappas	Earl of March SS	19.79m
13 57 Michelle Robinson	Ashbury	18.74m
14 611 Kayla Jones	Nepean HS	17.17m
15 415 Erika Barisa	Immaculata	17.14m
16 278 Fiona Wilson	Earl of March SS	17.07m

Event 92 Men Discus Throw Senior

NCSSAA: 55.20m ! 1991

Michael Reichert

Name	School	Finals
Finals		
1 635 Dylan Stuckless	Ottawa Tech	40.84m
2 381 Vincent Gionet	Hillcrest	36.92m
3 658 Daniel Scholman	Redeemer Chs	32.60m
4 161 Brandon Belding	Colonel By SS	31.21m
5 99 Tysun McFarland	Bell HS	27.81m
6 624 Jordan Downs	Osgoode	27.04m
7 584 Colin MacPhee	Merivale HS	26.68m
8 193 Trevor Melcher	Colonel By SS	26.20m
9 870 George Petrov	Woodroffe HS	25.73m
10 806 Drew Briscoe	St. Mark	25.59m
11 58 Julien Sasseville	Ashbury	25.48m
12 11 Christopher Bumstead	All Saints HS	24.13m
13 544 Patrick Mondor	Louis-Riel	22.81m
14 864 Jeff Gagnon	Woodroffe HS	22.61m
15 726 Michael Morin	Sir Wilfrid	21.95m
--- 862 Kody Bradley	Woodroffe HS	ND

Event 93 Women Javelin Throw Senior

NCSSAA: 37.11m ! 2003

Cassandra Carpenter

Name	School	Finals
Finals		
1 423 Mackenzie Irvine	Immaculata	31.54m
2 513 Bailey King	Longfields Dhss	30.22m
3 856 Chuting Liusun	West Carleton SS	29.74m
4 656 Janessa Pol	Redeemer Chs	28.65m
5 112 Chelsea Wilson	Bell HS	27.75m
6 391 Salima Mulumba	Hillcrest	27.12m
7 172 Caroline Foody	Colonel By SS	26.06m
8 681 Becca Davis	Sacred Heart HS	24.51m
9 711 Kelsey Won	Sir Robert B	22.91m
10 338 Sophie Laflamme	Glebe CI	22.84m
11 567 Renelle Sib	Lycée Claudel	21.65m
12 448 Paige Johnston	John McCrae SS	21.15m
13 68 Stephanie De Hass	B-Desloges	19.76m
14 290 Anne-Sybil Yace	Franco Cité	17.97m
15 430 Sarah McCardle	Immaculata	16.47m

Event 94 Men Javelin Throw Senior

NCSSAA: 62.60m ! 1983

Dan Disipio

Name	School	Finals
Finals		
1 201 Josh Rector	Colonel By SS	45.84m
2 452 Jeordie Moss	John McCrae SS	45.71m
3 58 Julien Sasseville	Ashbury	41.95m
4 864 Jeff Gagnon	Woodroffe HS	39.56m
5 421 Lucas Ghosn	Immaculata	39.33m
6 874 Gan Zhuang	Woodroffe HS	37.48m
7 324 D'Arcy Pelletier-Lauzon	Gisèle-Lalonde	36.24m
8 454 Gilles Neve	John McCrae SS	35.96m
9 664 Eric Kabasele	Rideau HS	34.38m
10 11 Christopher Bumstead	All Saints HS	34.21m

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Finals ... (Event 94 Men Javelin Throw Senior)

Name	School	Finals
11 223 Aidan Côté-Lapointe	De La Salle	32.60m
12 714 Nabil Ahmed	Sir Wilfrid	31.65m
13 599 Jairo Naranjo	Mother Teresa HS	29.82m
14 111 Cole Williams	Bell HS	29.15m

Event 95 Women 4x100 Meter Relay Senior

NCSSAA: 49.83 ! 2011 Ashbury College

Team	Relay	Finals
Finals		
1 Ashbury College	A	49.64!
2 St. Joseph's	A	50.96
3 Longfields Dhss	A	52.90
4 Brookfield H.S.	A	53.70
5 Hillcrest	A	54.81
6 West Carleton SS	A	56.25
7 Lisgar CI	A	56.66
8 Colonel By SS	A	57.31
9 South Carleton	A	59.60
--- Sacred Heart HS	A	DQ
--- Louis-Riel	A	DQ
--- Gisèle-Lalonde Esp	A	DQ
--- Earl of March	A	DQ

Event 96 Men 4x100 Meter Relay Senior

NCSSAA: 42.81 ! 1986

Team	Relay	Finals
Finals		
1 Colonel By SS	A	43.33
2 St. Joseph's	A	45.59
3 Redeemer Christian	A	46.67
4 Bell H.S.	A	46.89
5 Earl of March	A	46.97
--- Holy Trinity C.H.S.	A	DNF
--- South Carleton	A	DQ
--- John McCrae S.S.	A	DQ
--- Ashbury College	A	DQ
--- Cairine Wilson	A	DQ
--- Merivale HS	A	DQ
--- Gisèle-Lalonde Esp	A	DQ

Event 97 Women 1500 Meter Steeplechase Open

NCSSAA: 5:07.52 ! 5/23/2012 Erin O'Higgins

NCSSAA: 5:07.52 ! 5/23/2012 Erin O'Higgins

Name	School	Finals
Finals		
1 100 Erin O'Higgins	Bell HS	5:07.52!
2 347 Charlene Rhead	Glebe CI	5:16.48
3 306 Maggie Scheunert	Garneau	5:20.33
4 142 Lia Codrington	Canterbury	5:21.42
5 213 Isabelle Weidemann	Colonel By SS	5:26.00
6 382 Kelsey Grimes	Hillcrest	5:38.22
7 848 Holly Brown	West Carleton SS	6:05.97
8 498 Morgan Williams	Lisgar CI	6:06.99
9 416 Anna Caulfield	Immaculata	6:15.75

10 98 Chun Lien McFarland	Bell HS	6:19.57
11 849 Joanne Callow	West Carleton SS	6:22.00
12 558 Amandine Drew	Lycée Claudel	6:23.70
13 305 Marianne Portelance	Garneau	6:42.36
14 621 Simone Larose	Omer-Deslauriers	6:53.61
--- 611 Kayla Jones	Nepean HS	DNF

Event 98 Men 2000 Meter Steeplechase Open

NCSSAA: 6:01.67 ! 1991 Kevin Lee

Name	School	Finals
Finals		
1 861 Alex Berhe	Woodroffe HS	6:34.19
2 606 Scott Donald	Nepean HS	6:34.23
3 343 Phil Marshall	Glebe CI	6:35.75
4 554 Clément Boogarts	Lycée Claudel	6:55.38
5 556 Kaja Cerveny	Lycée Claudel	6:57.70
6 1 Drew Bursey	A Y Jackson	7:00.78
7 301 Jean-Luc Bégin	Garneau	7:06.59
8 869 Mohamed Mohamed	Woodroffe HS	7:12.10
9 685 Adian Horvath	Sacred Heart HS	7:15.31
10 180 Erik Johnson	Colonel By SS	7:18.97
11 663 Efrem Berhe	Rideau HS	7:19.11
12 571 Kasra Afkham	Merivale HS	7:21.01
13 536 Olivier Ishimwe	Louis-Riel	7:47.34
14 478 Chris Blakeney	Lisgar CI	7:54.33
15 628 Daniel Meister	Osgoode	7:57.77
--- 241 Alex Dawson	Earl of March SS	DNF

Event 99 Women 4x400 Meter Relay Open

NCSSAA: 4:03.60 ! 1982

Team	Relay	Finals
Finals		
1 Canterbury	A	4:07.53
2 Ashbury College	A	4:10.01
3 Colonel By SS	A	4:14.71
4 Bell H.S.	A	4:19.06
5 Merivale HS	A	4:21.04
6 St. Francis Xavier	A	4:21.93
7 South Carleton	A	4:34.20
8 Holy Trinity C.H.S.	A	4:37.64
9 Hillcrest	A	4:51.67

Event 100 Men 4x400 Meter Relay Open

NCSSAA: 3:25.71 ! 2011 Colonel By S.S.

Team	Relay	Finals
Finals		
1 Colonel By SS	A	3:31.44
2 Merivale HS	A	3:34.52
3 Lycée Claudel	A	3:37.18
4 Redeemer Christian	A	3:38.01
5 South Carleton	A	3:38.56
6 Ashbury College	A	3:44.34
7 Bell H.S.	A	3:44.49
8 Gloucester HS	A	3:46.47
9 Louis-Riel	A	3:48.54
10 Woodroffe High School	A	3:49.53

NCSSAA T&F Championships 2012 - 5/23/2012 to 5/24/2012

Ottawa, ON

Results

Finals ... (Event 100 Men 4x400 Meter Relay Open)

	Team	Relay	Finals
11	Hillcrest	A	3:55.92
12	Cairine Wilson	A	3:58.47
13	Longfields Dhss	A	4:03.30
14	St. Francis Xavier	A	4:10.20
15	St. Pius X Chs	A	4:14.82

Event 105 Women 800 Meter Wheelchair

NCSSAA: 7:02.34 ! 5/24/2007 Taylor Quarrington

	Name	School	Finals
Finals			
1	683 Lauren Farish	Sacred Heart HS	4:29.34!