

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 1 Women 100 Meter Dash Novice****Top 8 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 Armes, Callie	Westmount S.S. - HWDSB	12.75 q	2
2 Smid, Kara	Guido de Bres C.H.S - HWDSB	13.10 q	2
3 Janicas, Cassandra	Westmount S.S. - HWDSB	13.17 q	1
4 Sowunmi, Tunmise	Sherwood S.S. - HWDSB	13.63 q	2
5 Oleksiuk, Emily	Ancaster High School - HWDSB	13.88 q	6
6 Laing-Howard, Riley	Westmount S.S. - HWDSB	13.94 q	5
7 Ostermeier, Kari	Westmount S.S. - HWDSB	13.96 q	6
8 Mulder, Brynn	Hamilton District C.H.S. - HWD	14.22 q	2
9 Francis, Tanejah	Saltfleet District - HWDSB	14.27	5
10 Harding, Hannah	Nora Francis Henderson S.S. -	14.34	3
11 Sutton, Tishana	Nora Francis Henderson S.S. -	14.47	5
12 McKellar, Amaya	Sherwood S.S. - HWDSB	14.54	6
13 Kasweka, Dyanda	Guido de Bres C.H.S - HWDSB	14.61	3
14 Draca, Deana	Nora Francis Henderson S.S. -	14.66	6
15 Visser, Allison	Hamilton District C.H.S. - HWD	14.74	4
16 Mrmak, Danica	Ancaster High School - HWDSB	14.84	5
17 Aantjes, Kamryn	Guido de Bres C.H.S - HWDSB	14.88	4
18 Barrow, Ava	Sir Allan MacNab S.S. - HWDSB	15.05	2
19 Mohammed, Maryam	Waterdown District - HWDSB	15.10	3
20 Bekendam-Chang, Alexa	Hamilton District C.H.S. - HWD	15.19	5
21 Chohan, Abeer	Sir Allan MacNab S.S. - HWDSB	15.21	3
22 Buratta Correa Da Cu, Cecilia	Waterdown District - HWDSB	15.26	1
23 Dairo, Tolu	Saltfleet District - HWDSB	15.33	1
24 Willis, Jazzhara	Bernie Custis S.S. - HWDSB	15.33	4
25 Hannes, Lenie	Hamilton District C.H.S. - HWD	15.46	1
26 Biesty, Tayla	Nora Francis Henderson S.S. -	15.64	1
27 Kortman, Heidi	Ancaster High School - HWDSB	15.71	4
28 Mohammed, Mya	Waterdown District - HWDSB	15.88	5
29 Hasting-Speck, Madeline	Westdale S.S. - HWDSB	15.90	4
30 Lof, Brianna	Guido de Bres C.H.S - HWDSB	15.98	1
31 McAllister, Sarah	Waterdown District - HWDSB	16.08	2
32 Youk, Samsokunthea	Glendale S.S. - HWDSB	16.13	6
33 Neven, Julia	Hamilton District C.H.S. - HWD	16.32	6
34 Simpson, Sienna	Westmount S.S. - HWDSB	16.35	3
35 Pyke, Sabine	Sherwood S.S. - HWDSB	16.62	4
36 Griffiths-Baldwin, Arryanna	Saltfleet District - HWDSB	16.64	2
37 Blue, Taylor	Sir Winston Churchill S.S. - H	17.34	5

Event 1 Women 100 Meter Dash Novice

Name	School	Finals
Finals		
1 Armes, Callie	Westmount S.S. - HWDSB	12.82
2 Smid, Kara	Guido de Bres C.H.S - HWDSB	13.04
3 Janicas, Cassandra	Westmount S.S. - HWDSB	13.16
4 Sowunmi, Tunmise	Sherwood S.S. - HWDSB	13.62
5 Oleksiuk, Emily	Ancaster High School - HWDSB	13.63

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Name	School	Finals
6 Laing-Howard, Riley	Westmount S.S. - HWDSB	13.93
7 Ostermeier, Kari	Westmount S.S. - HWDSB	13.99
8 Mulder, Brynn	Hamilton District C.H.S. - HWD	14.05

Event 2 Men 100 Meter Dash Novice**Top 8 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 Foster, Naieem	Sherwood S.S. - HWDSB	11.87 q	2
2 Abidogun, Jola	Ancaster High School - HWDSB	12.10 q	1
3 Pilon, Ro	Dundas Valley S.S. - HWDSB	12.38 q	3
4 Pileski, Kyle	Dundas Valley S.S. - HWDSB	12.42 q	1
5 Ousso, Bachar	Sir Winston Churchill S.S. - H	12.52 q	3
6 Neary, Brody	Dundas Valley S.S. - HWDSB	12.55 q	2
7 Kingma, Logan	Guido de Bres C.H.S - HWDSB	12.55 q	1
8 Ayodele-Oni, Micheal	Hamilton District C.H.S. - HWD	12.55 q	3
9 Satheeskumar, Sachin	Sherwood S.S. - HWDSB	12.58	3
10 Malandrino, Leeland	Ancaster High School - HWDSB	12.71	2
11 DaSilva, Jonah	Westmount S.S. - HWDSB	12.73	3
12 Morley-Stockton, Dominic	Sir Winston Churchill S.S. - H	12.83	1
13 Van Groningen, Landon	Hamilton District C.H.S. - HWD	12.88	2
14 Ricketts Jr., Vincent	Sherwood S.S. - HWDSB	13.23	1
15 Edun, Abdulraqueeb	Sherwood S.S. - HWDSB	13.24	1
16 Vanderlaan, Brendan	Guido de Bres C.H.S - HWDSB	13.30	2
17 An, Jihoo	Ancaster High School - HWDSB	13.35	3
18 Reinink, Seth	Guido de Bres C.H.S - HWDSB	13.39	3
19 Huang, Kevin	Westmount S.S. - HWDSB	13.46	2
20 Diaz, Nic	Westmount S.S. - HWDSB	14.87	1
21 McKay, Logan	Saltfleet District - HWDSB	15.28	2

Event 2 Men 100 Meter Dash Novice

Name	School	Finals
Finals		
1 Foster, Naieem	Sherwood S.S. - HWDSB	11.65
2 Abidogun, Jola	Ancaster High School - HWDSB	12.04
3 Pilon, Ro	Dundas Valley S.S. - HWDSB	12.17
4 Neary, Brody	Dundas Valley S.S. - HWDSB	12.33
5 Pileski, Kyle	Dundas Valley S.S. - HWDSB	12.34
6 Ousso, Bachar	Sir Winston Churchill S.S. - H	12.42
7 Kingma, Logan	Guido de Bres C.H.S - HWDSB	12.47
8 Ayodele-Oni, Micheal	Hamilton District C.H.S. - HWD	12.60

Event 3 Women 200 Meter Dash Novice

Name	School	Finals	H#
Finals			
1 Armes, Callie	Westmount S.S. - HWDSB	26.36	5
2 Griffin, Reese	Sherwood S.S. - HWDSB	27.34	3
3 Smid, Kara	Guido de Bres C.H.S - HWDSB	27.86	5
4 St. Aubin, Maggie	Dundas Valley S.S. - HWDSB	28.37	5

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Name	School	Finals	H#
5 Janicas, Cassandra	Westmount S.S. - HWDSB	28.48	5
6 Sowunmi, Tunmise	Sherwood S.S. - HWDSB	28.56	3
7 Oleksiuk, Emily	Ancaster High School - HWDSB	28.68	5
8 Laing-Howard, Riley	Westmount S.S. - HWDSB	28.92	4
9 Wagter, Rachel	Hamilton District C.H.S. - HWD	29.29	3
10 Francis, Tanejah	Saltfleet District - HWDSB	30.10	3
11 Mulder, Brynn	Hamilton District C.H.S. - HWD	30.43	2
12 Speziale, Chloe	Westmount S.S. - HWDSB	30.86	4
13 Mrmak, Danica	Ancaster High School - HWDSB	31.02	4
14 Cleva, Alexandra	Ancaster High School - HWDSB	31.40	2
15 Haslam, Elizabeth	Sherwood S.S. - HWDSB	31.50	2
16 Vanpopta, Geneva	Guido de Bres C.H.S. - HWDSB	31.58	5
17 Tweedle, Sadie	Sherwood S.S. - HWDSB	31.60	1
18 Chohan, Abeer	Sir Allan MacNab S.S. - HWDSB	31.67	1
19 Oosterhoff, Sierra	Guido de Bres C.H.S. - HWDSB	31.76	1
20 Finlan, Noelle	Westmount S.S. - HWDSB	32.45	4
21 Lopez-Selkin, Rubi	Sir Allan MacNab S.S. - HWDSB	33.58	1
22 St. Cartier-Samms, Keyara	Hamilton District C.H.S. - HWD	33.84	3
23 Volterman, Lacey	Saltfleet District - HWDSB	34.14	3
24 Griffiths-Baldwin, Arryanna	Saltfleet District - HWDSB	34.80	4
25 Manning, Kenya	Hamilton District C.H.S. - HWD	36.59	4
26 Bird-Gould, Lily	Sir Winston Churchill S.S. - H	36.86	2
27 Blue, Taylor	Sir Winston Churchill S.S. - H	39.61	1

Event 4 Men 200 Meter Dash Novice

Name	School	Finals	H#
Finals			
1 Foster, Naieem	Sherwood S.S. - HWDSB	24.00	2
2 Abidogun, Jola	Ancaster High School - HWDSB	24.61	3
3 Alkilabi, Rashid	Westmount S.S. - HWDSB	25.83	3
4 Pilon, Ro	Dundas Valley S.S. - HWDSB	25.90	3
5 Ousso, Bachar	Sir Winston Churchill S.S. - H	26.13	2
6 Ayodele-Oni, Micheal	Hamilton District C.H.S. - HWD	26.21	2
7 Morley-Stockton, Dominic	Sir Winston Churchill S.S. - H	26.26	2
8 Tenhage, Logan	Guido de Bres C.H.S. - HWDSB	27.10	3
9 Roberts, Sebastian	Sir Winston Churchill S.S. - H	27.53	1
10 Edun, Abdulraqueeb	Sherwood S.S. - HWDSB	27.62	2
11 Schulenberg, Aaron	Guido de Bres C.H.S. - HWDSB	27.87	3
12 McCoy, Evan	Sherwood S.S. - HWDSB	28.16	1
13 Huang, Kevin	Westmount S.S. - HWDSB	28.19	3
14 An, Jihoo	Ancaster High School - HWDSB	28.57	3
15 Reinink, Seth	Guido de Bres C.H.S. - HWDSB	28.67	1
16 Hamilton, Nolan	Ancaster High School - HWDSB	30.04	3
17 McKay, Logan	Saltfleet District - HWDSB	32.14	2
18 Miller, Mason	Sir Winston Churchill S.S. - H	33.61	1

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	Name	School	Finals	H#
Finals				
1	St. Aubin, Maggie	Dundas Valley S.S. - HWDSB	1:07.69	4
2	Oleksiuk, Emily	Ancaster High School - HWDSB	1:07.97	4
3	Bennett, Evelyn	Dundas Valley S.S. - HWDSB	1:08.97	4
4	Adams, Vivienne	Dundas Valley S.S. - HWDSB	1:10.77	4
5	Kraynick, Grace	Saltfleet District - HWDSB	1:11.10	1
6	Cleva, Alexandra	Ancaster High School - HWDSB	1:11.27	4
7	Bekendam-Chang, Alexa	Hamilton District C.H.S. - HWD	1:11.91	2
8	Schulenberg, Morgan	Guido de Bres C.H.S. - HWDSB	1:12.21	2
9	Hanel, Cadence	Ancaster High School - HWDSB	1:15.91	3
10	Clarke, Mackenzie	Glendale S.S. - HWDSB	1:16.16	3
11	Sewell, Brooklynn	Nora Francis Henderson S.S. -	1:16.36	4
12	Ludwig, Morgan	Guido de Bres C.H.S. - HWDSB	1:17.43	3
13	Dufresne, Devin	Waterdown District - HWDSB	1:18.22	3
14	Lopez-Selkin, Rubi	Sir Allan MacNab S.S. - HWDSB	1:18.58	4
15	Nederveen, Jayden	Guido de Bres C.H.S. - HWDSB	1:19.61	2
16	Letchford, Kaitlyn	Sherwood S.S. - HWDSB	1:19.68	1
17	Uretsky, Liah	Waterdown District - HWDSB	1:20.79	2
18	Smith, Chloe	Nora Francis Henderson S.S. -	1:22.34	3
19	James, Olivia	Nora Francis Henderson S.S. -	1:23.23	3
20	Volterman, Lacey	Saltfleet District - HWDSB	1:30.24	1

Event 6 Men 400 Meter Dash Novice

	Name	School	Finals
Finals			
1	Alkilabi, Rashid	Westmount S.S. - HWDSB	57.81
2	Beyer, Matthew	Dundas Valley S.S. - HWDSB	58.17
3	Dejong, Nathaniel	Hamilton District C.H.S. - HWD	1:00.73
4	Vanderlaan, Brendan	Guido de Bres C.H.S. - HWDSB	1:04.01
5	Lakhanpal, Jaxon	Dundas Valley S.S. - HWDSB	1:04.50
6	Karnelia, Adnan	Sherwood S.S. - HWDSB	1:12.48

Event 7 Women 800 Meter Run Novice

	Name	School	Finals	H#
Finals				
1	Bagnall, Amelia	Ancaster High School - HWDSB	2:40.90	1
2	Mason, Isla	Dundas Valley S.S. - HWDSB	2:48.12	2
3	Lounsbury, Madelyn	Westdale S.S. - HWDSB	2:49.47	1
4	Adams, Vivienne	Dundas Valley S.S. - HWDSB	2:51.03	2
5	Sanchez-Caicedo, Gabriella	Ancaster High School - HWDSB	3:07.74	2
6	Pepper Curtain, Lily	Dundas Valley S.S. - HWDSB	3:09.41	2
7	Cucuz, Ivana	Saltfleet District - HWDSB	3:09.43	1
8	Connors, Kennedy	Nora Francis Henderson S.S. -	3:12.33	2
9	Randall, Raquel	Glendale S.S. - HWDSB	3:12.82	1
10	Clarke, Mackenzie	Glendale S.S. - HWDSB	3:13.46	2
11	Layton, Layla	Sherwood S.S. - HWDSB	3:13.66	2
12	Oosterhoff, Sierra	Guido de Bres C.H.S. - HWDSB	3:14.56	2
13	Letchford, Kaitlyn	Sherwood S.S. - HWDSB	3:15.99	1

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 8 Men 800 Meter Run Novice**

Name	School	Finals
Finals		
1 Ortwein, Jackson	Dundas Valley S.S. - HWDSB	2:11.07
2 Craddock, Owen	Dundas Valley S.S. - HWDSB	2:16.74
3 Jegede, Samuel	Sir Allan MacNab S.S. - HWDSB	2:25.61
4 Afonso-Jongeling, Ryker	Sherwood S.S. - HWDSB	2:27.18
5 Lakhapal, Jaxon	Dundas Valley S.S. - HWDSB	2:33.24
6 McDuffee, Jax	Ancaster High School - HWDSB	2:34.21
7 Bennett, Loch	Ancaster High School - HWDSB	2:42.21

Event 9 Women 1500 Meter Run Novice

Name	School	Finals
Finals		
1 Mason, Isla	Dundas Valley S.S. - HWDSB	5:50.91
2 Thomas, Elaine	Westmount S.S. - HWDSB	6:00.55
3 Dykema, Brenna	Guido de Bres C.H.S - HWDSB	6:02.18
4 Sanchez-Caicedo, Gabriella	Ancaster High School - HWDSB	6:16.69
5 Connors, Kennedy	Nora Francis Henderson S.S. -	6:19.37
6 Sidi Amar, Manar	Glendale S.S. - HWDSB	6:33.97
7 Uretsky, Liah	Waterdown District - HWDSB	6:44.31
8 Pepper Curtain, Lily	Dundas Valley S.S. - HWDSB	6:45.00
9 Ballantine, Ammelia	Dundas Valley S.S. - HWDSB	6:56.01
10 Fasakin, Folasade	Hamilton District C.H.S. - HWD	7:25.10
11 Okimi Atencio, Raquel	Hamilton District C.H.S. - HWD	7:43.24
12 Youk, Samsokunthea	Glendale S.S. - HWDSB	10:02.66

Event 10 Men 1500 Meter Run Novice

Name	School	Finals
Finals		
1 Ortwein, Jackson	Dundas Valley S.S. - HWDSB	4:23.06
2 Craddock, Owen	Dundas Valley S.S. - HWDSB	4:27.02
3 Jegede, Samuel	Sir Allan MacNab S.S. - HWDSB	5:03.01
4 Zdravkovic, Aleksandar	Ancaster High School - HWDSB	5:05.60
5 Oosterhoff, Tanner	Guido de Bres C.H.S - HWDSB	5:18.03
6 Elliott, Jackson	Sherwood S.S. - HWDSB	5:19.40
7 McDuffee, Jax	Ancaster High School - HWDSB	5:34.59
8 Sikma, Clarence	Guido de Bres C.H.S - HWDSB	5:55.43

Event 11 Women 3000 Meter Run Novice

Name	School	Finals
Finals		
1 Bagnall, Amelia	Ancaster High School - HWDSB	11:56.82
2 Thomas, Elaine	Westmount S.S. - HWDSB	12:08.77
3 Dykema, Brenna	Guido de Bres C.H.S - HWDSB	13:10.99
4 Dufresne, Devin	Waterdown District - HWDSB	15:06.24
5 Ballantine, Ammelia	Dundas Valley S.S. - HWDSB	15:17.01

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Name	School	Finals
Finals		
1 Ortwein, Jackson	Dundas Valley S.S. - HWDSB	9:39.78
2 Craddock, Owen	Dundas Valley S.S. - HWDSB	10:07.60
3 Zdravkovic, Aleksandar	Ancaster High School - HWDSB	11:32.22
4 Oosterhoff, Tanner	Guido de Bres C.H.S - HWDSB	11:33.35
5 Weingartner, Noah	Dundas Valley S.S. - HWDSB	12:10.74
6 Sikma, Clarence	Guido de Bres C.H.S - HWDSB	12:12.11
7 Afonso-Jongeling, Ryker	Sherwood S.S. - HWDSB	13:30.10

Event 13 Women 80 Meter Hurdles Novice

Name	School	Finals	H#
Finals			
1 Metham, Parker	Dundas Valley S.S. - HWDSB	13.66	2
2 Lane, Abigail	Westmount S.S. - HWDSB	15.04	2
3 Speziale, Chloe	Westmount S.S. - HWDSB	15.06	2
4 Cucuz, Ivana	Saltfleet District - HWDSB	15.57	1
5 Vanderzwaag, Isabel	Hamilton District C.H.S. - HWD	16.04	1
6 Vanbrederode, Jenna	Guido de Bres C.H.S - HWDSB	16.18	2
7 Ludwig, Morgan	Guido de Bres C.H.S - HWDSB	16.44	1
8 Aantjes, Kamryn	Guido de Bres C.H.S - HWDSB	17.26	2
9 Islam, Sarina	Westmount S.S. - HWDSB	18.29	2
10 Williams, Sulieka	Sherwood S.S. - HWDSB	28.28	2
11 Okimi Atencio, Raquel	Hamilton District C.H.S. - HWD	33.45	1

Event 14 Men 100 Meter Hurdles Novice

Name	School	Finals	H#
Finals			
1 Foster, Naieem	Sherwood S.S. - HWDSB	16.05	2
2 Jaffar, Abdallah	Sir Winston Churchill S.S. - H	16.70	1
3 Satheeskumar, Sachin	Sherwood S.S. - HWDSB	17.56	1
4 Schulenberg, Aaron	Guido de Bres C.H.S - HWDSB	17.68	2
5 Zahid, Usman	Sherwood S.S. - HWDSB	18.94	1
6 Tejuoso, Adebare	Sir Winston Churchill S.S. - H	19.14	2
7 Zahid, Ali	Sherwood S.S. - HWDSB	19.41	1
8 Neary, Brody	Dundas Valley S.S. - HWDSB	19.57	2
9 Alkilabi, Rashid	Westmount S.S. - HWDSB	20.02	2

Event 15 Women 300 Meter Hurdles Novice

Name	School	Finals	H#
Finals			
1 Metham, Parker	Dundas Valley S.S. - HWDSB	52.33	2
2 Cucuz, Ivana	Saltfleet District - HWDSB	53.62	1
3 Lane, Abigail	Westmount S.S. - HWDSB	56.85	1
4 Vanbrederode, Jenna	Guido de Bres C.H.S - HWDSB	58.79	1
5 Lof, Brianna	Guido de Bres C.H.S - HWDSB	1:04.64	2

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Name	School	Finals
Finals		
1 Jaffar, Abdallah	Sir Winston Churchill S.S. - H	46.43
2 Beyer, Matthew	Dundas Valley S.S. - HWDSB	47.04
3 Zahid, Usman	Sherwood S.S. - HWDSB	50.68
4 Tejuoso, Adebare	Sir Winston Churchill S.S. - H	51.46
5 Neary, Brody	Dundas Valley S.S. - HWDSB	52.24
6 Raymond, Thomas	Sir Winston Churchill S.S. - H	54.55

Event 17 Women High Jump Novice

Name	School	Finals
Finals		
1 Visser, Allison	Hamilton District C.H.S. - HWD	1.40m
2 Peaker, Isla	Dundas Valley S.S. - HWDSB	1.30m

Event 18 Men High Jump Novice

Name	School	Finals
Finals		
1 Tenhage, Logan	Guido de Bres C.H.S - HWDSB	1.65m
2 Mulder, Deacon	Hamilton District C.H.S. - HWD	1.60m
3 Zahid, Ali	Sherwood S.S. - HWDSB	1.55m
4 Satheeskumar, Sachin	Sherwood S.S. - HWDSB	1.52m
5 Ricketts Jr., Vincent	Sherwood S.S. - HWDSB	1.50m
6 Zahid, Usman	Sherwood S.S. - HWDSB	1.45m

Event 19 Women Pole Vault Novice

Name	School	Finals
Finals		
1 DeVries, Maya	Dundas Valley S.S. - HWDSB	1.80m
1 Belmore, Scarlett	Dundas Valley S.S. - HWDSB	1.80m
3 Andree, Jordyn	Dundas Valley S.S. - HWDSB	1.60m

Event 21 Women Long Jump Novice

Name	School	Finals
Finals		
1 Wagter, Rachel	Hamilton District C.H.S. - HWD	4.41m
2 Bennett, Evelyn	Dundas Valley S.S. - HWDSB	4.07m
3 McKellar, Amaya	Sherwood S.S. - HWDSB	3.97m
4 Belmore, Scarlett	Dundas Valley S.S. - HWDSB	3.71m
5 Peaker, Isla	Dundas Valley S.S. - HWDSB	3.70m
6 Phillips, Abby	Saltfleet District - HWDSB	3.54m
7 Schulenberg, Morgan	Guido de Bres C.H.S - HWDSB	3.43m
8 Hannes, Lenie	Hamilton District C.H.S. - HWD	3.24m
9 Burt, Payton	Waterdown District - HWDSB	3.19m
10 Reid, Ava	Sherwood S.S. - HWDSB	3.18m
11 Naseem, Nabiham	Waterdown District - HWDSB	3.04m
12 Isaacs, Finn	Nora Francis Henderson S.S. -	2.79m
13 Neven, Julia	Hamilton District C.H.S. - HWD	2.77m
14 Stooke, Isobel	Westmount S.S. - HWDSB	2.74m
15 Zhang, Jessica	Waterdown District - HWDSB	2.71m

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Name	School	Finals
16 Alaraj, Salma	Waterdown District - HWDSB	2.67m
17 Thompson, Evelyn	Westdale S.S. - HWDSB	2.62m
18 Al-Obeidi, Rose	Westmount S.S. - HWDSB	2.55m

Event 22 Men Long Jump Novice

Name	School	Finals
Finals		
1 Van Groningen, Landon	Hamilton District C.H.S. - HWD	5.31m
2 Kingma, Logan	Guido de Bres C.H.S - HWDSB	5.21m
3 Dejager, Eli	Guido de Bres C.H.S - HWDSB	5.17m
4 Mulder, Deacon	Hamilton District C.H.S. - HWD	5.09m
5 Pileski, Kyle	Dundas Valley S.S. - HWDSB	5.04m
6 Karnelia, Adnan	Sherwood S.S. - HWDSB	4.16m
7 Traore, Ismael	Sherwood S.S. - HWDSB	3.61m

Event 23 Women Triple Jump Novice

Name	School	Finals
Finals		
1 Lane, Abigail	Westmount S.S. - HWDSB	9.38m
2 Wagter, Rachel	Hamilton District C.H.S. - HWD	9.16m
3 Belmore, Scarlett	Dundas Valley S.S. - HWDSB	8.98m
4 Bennett, Evelyn	Dundas Valley S.S. - HWDSB	8.47m
5 DeVries, Maya	Dundas Valley S.S. - HWDSB	8.37m
6 Peaker, Isla	Dundas Valley S.S. - HWDSB	8.00m
7 Hannes, Lenie	Hamilton District C.H.S. - HWD	7.65m
8 Vanderzwaag, Isabel	Hamilton District C.H.S. - HWD	7.44m
9 Thai, Annie	Westmount S.S. - HWDSB	6.52m
10 Sidi Amar, Manar	Glendale S.S. - HWDSB	6.50m
11 Al-Obeidi, Rose	Westmount S.S. - HWDSB	6.41m

Event 24 Men Triple Jump Novice

Name	School	Finals
Finals		
1 Dejager, Eli	Guido de Bres C.H.S - HWDSB	11.62m
2 Pileski, Kyle	Dundas Valley S.S. - HWDSB	11.47m
3 Kingma, Logan	Guido de Bres C.H.S - HWDSB	10.77m
4 Vreugdenhil, Cole	Hamilton District C.H.S. - HWD	10.68m
5 Mulder, Deacon	Hamilton District C.H.S. - HWD	10.55m
6 Van Groningen, Landon	Hamilton District C.H.S. - HWD	10.45m
7 Tenhage, Logan	Guido de Bres C.H.S - HWDSB	10.39m

Event 25 Women Shot Put Novice

Name	School	Finals
Finals		
1 McCulloch, Olivia	Dundas Valley S.S. - HWDSB	8.22m
2 Blain, Sophie	Waterdown District - HWDSB	8.15m
3 estey-McPherson, Nylanna	Sir Winston Churchill S.S. - H	7.91m
4 Phillips, Abby	Saltfleet District - HWDSB	7.84m
5 McKinney, Raegan	Saltfleet District - HWDSB	7.54m
6 Bird-Gould, Lily	Sir Winston Churchill S.S. - H	7.44m

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Event 25 Women Shot Put Novice)**

Name	School	Finals
7 Mutamba, Justine	Westdale S.S. - HWDSB	7.39m
8 Kasweka, Dyanda	Guido de Bres C.H.S - HWDSB	7.33m
9 Nederveen, Jayden	Guido de Bres C.H.S - HWDSB	7.23m
10 Pyke, Sabine	Sherwood S.S. - HWDSB	6.84m
11 Gonnering, Jessica	Hamilton District C.H.S. - HWD	6.19m
12 Jagt, Mira	Guido de Bres C.H.S - HWDSB	6.17m
13 Williams, Nyiah	Sherwood S.S. - HWDSB	6.16m
14 Leman, Evyn	Dundas Valley S.S. - HWDSB	5.51m
15 Dairo, Tolu	Saltfleet District - HWDSB	5.11m
16 Laursen, Norah	Sherwood S.S. - HWDSB	4.69m
17 Shad, Muneeba	Sherwood S.S. - HWDSB	4.49m
18 Willis, Jazzhara	Bernie Custis S.S. - HWDSB	4.31m

Event 26 Men Shot Put Novice

Name	School	Finals
Finals		
1 Vreugdenhil, Cole	Hamilton District C.H.S. - HWD	12.14m
2 Fennema, Drew	Dundas Valley S.S. - HWDSB	11.96m
3 Ong, Tristan	Westmount S.S. - HWDSB	10.76m
4 Schinkel, Keagan	Hamilton District C.H.S. - HWD	8.60m
5 Hinchcliffe, Ethan	Sir Winston Churchill S.S. - H	8.56m
6 Raymond, Thomas	Sir Winston Churchill S.S. - H	8.47m
7 McKay, Logan	Saltfleet District - HWDSB	7.43m
8 McNeil, Justin	Guido de Bres C.H.S - HWDSB	6.28m

Event 27 Women Discus Throw Novice

Name	School	Finals
Finals		
1 Barnard, Katelyn	Hamilton District C.H.S. - HWD	20.29m
2 Kasweka, Dyanda	Guido de Bres C.H.S - HWDSB	18.89m
3 Jagt, Mira	Guido de Bres C.H.S - HWDSB	18.25m
4 Mutamba, Justine	Westdale S.S. - HWDSB	17.36m
5 Leman, Evyn	Dundas Valley S.S. - HWDSB	16.09m
6 Majernik, Jennika	Ancaster High School - HWDSB	16.00m
7 Myers, Madison	Dundas Valley S.S. - HWDSB	14.55m
8 Laursen, Norah	Sherwood S.S. - HWDSB	14.16m

Event 28 Men Discus Throw Novice

Name	School	Finals
Finals		
1 Vreugdenhil, Cole	Hamilton District C.H.S. - HWD	34.85m
2 Fennema, Drew	Dundas Valley S.S. - HWDSB	28.96m
3 Nguyen, Tue	Nora Francis Henderson S.S. -	27.52m
4 Ong, Tristan	Westmount S.S. - HWDSB	27.46m
5 Doyle, Deaglan	Ancaster High School - HWDSB	25.83m
6 McNeil, Justin	Guido de Bres C.H.S - HWDSB	18.77m
7 Zahid, Umer	Sherwood S.S. - HWDSB	17.71m

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 29 Women Javelin Throw Novice**

Name	School	Finals
Finals		
1 McCulloch, Olivia	Dundas Valley S.S. - HWDSB	28.75m
2 Phillips, Abby	Saltfleet District - HWDSB	25.75m
3 Myers, Madison	Dundas Valley S.S. - HWDSB	25.12m
4 Majernik, Jennika	Ancaster High School - HWDSB	23.89m
5 Leman, Evyn	Dundas Valley S.S. - HWDSB	21.04m
6 DeVries, Maya	Dundas Valley S.S. - HWDSB	20.63m
7 Barnard, Katelyn	Hamilton District C.H.S. - HWD	20.55m
8 Vanpopta, Geneva	Guido de Bres C.H.S - HWDSB	19.53m
9 Mutamba, Justine	Westdale S.S. - HWDSB	18.71m
10 Vanderzwaag, Isabel	Hamilton District C.H.S. - HWD	17.77m
11 McKinney, Raegan	Saltfleet District - HWDSB	17.02m
12 Vandenbeukel, Sara	Guido de Bres C.H.S - HWDSB	16.17m
13 Jagt, Mira	Guido de Bres C.H.S - HWDSB	15.79m
14 James, Olivia	Nora Francis Henderson S.S. -	13.60m
15 Smith, Chloe	Nora Francis Henderson S.S. -	12.24m
16 Hasting-Speck, Madeline	Westdale S.S. - HWDSB	11.94m
17 Gonnering, Jessica	Hamilton District C.H.S. - HWD	11.05m

Event 30 Men Javelin Throw Novice

Name	School	Finals
Finals		
1 Doyle, Deaglan	Ancaster High School - HWDSB	37.75m
2 Fennema, Drew	Dundas Valley S.S. - HWDSB	37.46m
3 Schulenberg, Aaron	Guido de Bres C.H.S - HWDSB	37.10m
4 Dejager, Eli	Guido de Bres C.H.S - HWDSB	35.13m
5 Weingartner, Noah	Dundas Valley S.S. - HWDSB	33.96m
6 Roberts, Sebastian	Sir Winston Churchill S.S. - H	30.92m
7 Hinchcliffe, Ethan	Sir Winston Churchill S.S. - H	23.56m
8 McNeil, Justin	Guido de Bres C.H.S - HWDSB	21.78m

Event 31 Women 4x100 Meter Relay Novice

Team	Relay	Finals	
Finals			
1 Westmount S.S. - HWDSB	A	52.64	
1) Ostermeier, Kari	2) Janicas, Cassandra	3) Laing-Howard, Riley	4) Armes, Callie
2 Dundas Valley S.S. - HWDSB	A	55.78	
1) St. Aubin, Maggie	2) Bennett, Evelyn	3) Peaker, Isla	4) Metham, Parker
3 Sherwood S.S. - HWDSB	A	56.58	
4 Guido de Bres C.H.S - HWDSB	A	57.44	
5 Hamilton District C.H.S. - HWD	A	57.56	
1) Mulder, Brynn	2) Wagter, Rachel	3) Visser, Allison	4) Bekendam-Chang, Alexa
6 Nora Francis Henderson S.S. -	A	58.31	
7 Ancaster High School - HWDSB	A	59.23	
8 Saltfleet District - HWDSB	A	1:01.45	

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 32 Men 4x100 Meter Relay Novice**

Team	Relay	Finals
Finals		
1 Sherwood S.S. - HWDSB	A	49.79
2 Ancaster High School - HWDSB	A	50.15
3 Dundas Valley S.S. - HWDSB	A	50.50
4 Sir Winston Churchill S.S. - H	A	50.98
5 Hamilton District C.H.S. - HWD	A	51.33
1) Van Groningen, Landon 2) Ayodele-Oni, Micheal 3) Dejong, Nathaniel 4) Schinkel, Keagan		
6 Guido de Bres C.H.S - HWDSB	A	51.92
7 Westmount S.S. - HWDSB	A	52.36

Event 33 Women 100 Meter Dash Junior**Top 8 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 Kent, Hannah	Saltfleet District - HWDSB	13.16 q	4
2 Stevens, Ellie	Westdale S.S. - HWDSB	13.54 q	3
3 Bekendam, Analise	Hamilton District C.H.S. - HWD	13.68 q	3
4 Brukker, Gabrielle	Dundas Valley S.S. - HWDSB	13.76 q	1
5 Placidi, Isabella	Ancaster High School - HWDSB	13.85 q	3
6 Wieske, Vera	Guido de Bres C.H.S - HWDSB	13.96 q	1
7 Rioux, Faith	Dundas Valley S.S. - HWDSB	13.98 q	3
8 Thompson, Ashley	Sherwood S.S. - HWDSB	14.02 q	5
9 Hauser, Estella	Westdale S.S. - HWDSB	14.35	5
10 McKenzie, Abigail	Saltfleet District - HWDSB	14.35	1
11 McMillan, Abi	Westmount S.S. - HWDSB	14.53	4
12 Schulenberg, Peyton	Guido de Bres C.H.S - HWDSB	14.59	5
13 Jans, Vivian	Guido de Bres C.H.S - HWDSB	14.59	2
14 Galer, Cheyenne	Dundas Valley S.S. - HWDSB	14.62	5
15 Bramwell, Alexa	Westdale S.S. - HWDSB	14.67	1
16 Marshall, Olivia	Sir Winston Churchill S.S. - H	14.78	1
17 Ward, Riley	Nora Francis Henderson S.S. -	14.93	4
18 Folkens, Claudia	Westmount S.S. - HWDSB	14.96	5
19 Ritchie, Evie	Westmount S.S. - HWDSB	15.08	2
20 Game, Erica	Hamilton District C.H.S. - HWD	15.23	4
21 Graham, Briana	Glendale S.S. - HWDSB	15.27	3
22 Smolenaars, Abby	Waterdown District - HWDSB	15.31	1
23 Usmani, Leena	Saltfleet District - HWDSB	15.46	2
24 Burt, Payton	Waterdown District - HWDSB	15.46	3
25 Wilcox, Ivory	Saltfleet District - HWDSB	15.50	5
26 Tappenden, Maleah	Saltfleet District - HWDSB	15.67	3
27 Brown, Bronwyn	Sir Allan MacNab S.S. - HWDSB	15.83	2
28 Lew, Jamoiah	Glendale S.S. - HWDSB	16.13	1
29 Spears, Amy	Waterdown District - HWDSB	16.68	4
30 Howarth, Amber	Nora Francis Henderson S.S. -	16.76	1
31 Lubin, Naika	Sherwood S.S. - HWDSB	17.30	3
32 Kinnaird, Ashlan	Ancaster High School - HWDSB	17.94	4

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 33 Women 100 Meter Dash Junior**

Name	School	Finals
Finals		
1 Kent, Hannah	Saltfleet District - HWDSB	13.01
2 Stevens, Ellie	Westdale S.S. - HWDSB	13.33
3 Brukker, Gabrielle	Dundas Valley S.S. - HWDSB	13.53
4 Rioux, Faith	Dundas Valley S.S. - HWDSB	13.69
5 Placidi, Isabella	Ancaster High School - HWDSB	13.74
6 Thompson, Ashley	Sherwood S.S. - HWDSB	13.84
7 Wieske, Vera	Guido de Bres C.H.S - HWDSB	13.90
8 Bekendam, Analise	Hamilton District C.H.S. - HWD	13.98

Event 34 Men 100 Meter Dash Junior**Top 8 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 Ristov, Marko	Nora Francis Henderson S.S. -	11.35 q	4
2 Pearsonwheat, Tristan	Dundas Valley S.S. - HWDSB	11.50 q	2
3 Maga, Pascal	Westmount S.S. - HWDSB	11.60 q	1
4 McVittie, Isaac	Westmount S.S. - HWDSB	11.60 q	2
5 Marcellin, Sheziah	Nora Francis Henderson S.S. -	12.16 q	1
6 Sedkowski, Gabriel	Saltfleet District - HWDSB	12.18 q	3
7 Sepper, Nathan	Nora Francis Henderson S.S. -	12.20 q	2
8 Linde, Christian	Guido de Bres C.H.S - HWDSB	12.30 q	2
9 Wallace, Blake	Sherwood S.S. - HWDSB	12.35	4
10 Oeur, Kennedy	Glendale S.S. - HWDSB	12.39	1
11 Coates, Payton	Sir Winston Churchill S.S. - H	12.50	2
12 Hunter, Nate	Sherwood S.S. - HWDSB	12.57	1
13 Luwamo, Jacob	Nora Francis Henderson S.S. -	12.57	4
14 Manuel, Wilson	Sir Winston Churchill S.S. - H	12.83	3
15 Hastings, Damian	Sir Winston Churchill S.S. - H	12.98	4
16 Dennis, Cooper	Bernie Custis S.S. - HWDSB	13.02	4
17 Howarth, Noah	Nora Francis Henderson S.S. -	13.14	3
18 Dawes, Dauntley	Bernie Custis S.S. - HWDSB	13.45	1
19 Stevenson, Conall	Guido de Bres C.H.S - HWDSB	13.46	3
20 Gay, Say	Bernie Custis S.S. - HWDSB	13.50	2
21 Said, Rowan	Dundas Valley S.S. - HWDSB	13.51	3
22 Nelson, Jermaine	Glendale S.S. - HWDSB	13.60	2
23 Kelly, Caleb	Guido de Bres C.H.S - HWDSB	13.62	4
24 Awan, Ibrahim	Orchard Park S.S. - HWDSB	14.48	3
25 Fitzpatrick, Logan	Sherwood S.S. - HWDSB	14.54	3

Event 34 Men 100 Meter Dash Junior

Name	School	Finals
Finals		
1 Ristov, Marko	Nora Francis Henderson S.S. -	10.96
2 Maga, Pascal	Westmount S.S. - HWDSB	11.52
3 Pearsonwheat, Tristan	Dundas Valley S.S. - HWDSB	11.64
4 Marcellin, Sheziah	Nora Francis Henderson S.S. -	11.78
5 McVittie, Isaac	Westmount S.S. - HWDSB	11.91

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Event 34 Men 100 Meter Dash Junior)**

Name	School	Finals
6 Sedkowski, Gabriel	Saltfleet District - HWDSB	12.10
7 Sepper, Nathan	Nora Francis Henderson S.S. -	12.34
8 Linde, Christian	Guido de Bres C.H.S - HWDSB	12.74

Event 35 Women 200 Meter Dash Junior

Name	School	Finals	H#
Finals			
1 Gravesande, Simone	Westdale S.S. - HWDSB	26.23	4
2 Kent, Hannah	Saltfleet District - HWDSB	27.07	3
3 Van Doorn, Holly	Orchard Park S.S. - HWDSB	27.58	1
4 Lazenby, Lauren	Ancaster High School - HWDSB	28.50	4
5 Stevens, Ellie	Westdale S.S. - HWDSB	28.56	2
6 Placidi, Isabella	Ancaster High School - HWDSB	28.63	4
7 Brukker, Gabrielle	Dundas Valley S.S. - HWDSB	29.57	4
8 Rioux, Faith	Dundas Valley S.S. - HWDSB	29.63	4
9 Wieske, Vera	Guido de Bres C.H.S - HWDSB	29.66	1
10 Jans, Vivian	Guido de Bres C.H.S - HWDSB	30.06	2
11 lamjock-D'Arrigo, Chol	Nora Francis Henderson S.S. -	30.11	4
12 Galer, Cheyenne	Dundas Valley S.S. - HWDSB	30.29	4
13 Bramwell, Alexa	Westdale S.S. - HWDSB	30.29	2
14 Bernal, Tayanna	Westmount S.S. - HWDSB	30.37	3
15 Bekendam, Analise	Hamilton District C.H.S. - HWD	30.72	3
16 Folkens, Claudia	Westmount S.S. - HWDSB	31.08	3
17 Schulenberg, Peyton	Guido de Bres C.H.S - HWDSB	32.80	2
18 Lavoie, Makenna	Sir Winston Churchill S.S. - H	33.28	1
19 Tappenden, Maleah	Saltfleet District - HWDSB	33.71	3
20 McCarroll, Mia	Westmount S.S. - HWDSB	35.57	3
21 Davies, Lexis	Sir Winston Churchill S.S. - H	39.96	1
22 Pratt, Emily	Sir Winston Churchill S.S. - H	47.11	2

Event 36 Men 200 Meter Dash Junior

Name	School	Finals	H#
Finals			
1 Ristov, Marko	Nora Francis Henderson S.S. -	22.48	4
2 Maga, Pascal	Westmount S.S. - HWDSB	23.47	4
3 Dales, Noah	Ancaster High School - HWDSB	24.45	4
4 Delucia, Francesco	Westmount S.S. - HWDSB	24.59	4
5 Marcellin, Sheziah	Nora Francis Henderson S.S. -	24.64	4
6 Wallace, Blake	Sherwood S.S. - HWDSB	25.36	3
7 Hunter, Nate	Sherwood S.S. - HWDSB	25.56	3
8 Maga, Luke	Dundas Valley S.S. - HWDSB	25.67	1
9 Luwamo, Jacob	Nora Francis Henderson S.S. -	26.05	4
10 Oeur, Kennedy	Glendale S.S. - HWDSB	26.34	3
11 Coates, Payton	Sir Winston Churchill S.S. - H	26.40	1
12 Manuel, Wilson	Sir Winston Churchill S.S. - H	26.40	3
13 Vanderwoude, Russell	Guido de Bres C.H.S - HWDSB	26.71	2
14 White, Randy	Sir Winston Churchill S.S. - H	27.56	1
15 Said, Rowan	Dundas Valley S.S. - HWDSB	27.80	2
16 Linde, Christian	Guido de Bres C.H.S - HWDSB	28.57	3

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Event 36 Men 200 Meter Dash Junior)**

Name	School	Finals	H#
17 Stevenson, Conall	Guido de Bres C.H.S - HWDSB	28.58	1
18 Nelson, Jermaine	Glendale S.S. - HWDSB	29.12	2
19 Fitzpatrick, Logan	Sherwood S.S. - HWDSB	29.63	1

Event 37 Women 400 Meter Dash Junior

Name	School	Finals	H#
Finals			
1 Kekic, Melisa	Saltfleet District - HWDSB	1:01.09	1
2 Gravesande, Simone	Westdale S.S. - HWDSB	1:01.20	2
3 Bower, Olivia	Ancaster High School - HWDSB	1:03.26	2
4 Fairley, Annika	Dundas Valley S.S. - HWDSB	1:04.64	2
5 Lazenby, Lauren	Ancaster High School - HWDSB	1:07.21	2
6 Piecuch, Mya	Dundas Valley S.S. - HWDSB	1:09.26	2
7 Bekendam, Analise	Hamilton District C.H.S. - HWD	1:10.28	1
8 Baltzer, Abbie	Westmount S.S. - HWDSB	1:11.61	2
9 Roche, Kendra	Dundas Valley S.S. - HWDSB	1:18.06	2
10 Strating, Jaylen	Guido de Bres C.H.S - HWDSB	1:18.51	1
11 Berisha, Lorita	Nora Francis Henderson S.S. -	1:20.95	1
12 McCarroll, Mia	Westmount S.S. - HWDSB	1:23.73	2

Event 38 Men 400 Meter Dash Junior

Name	School	Finals	H#
Finals			
1 Maga, Pascal	Westmount S.S. - HWDSB	55.30	2
2 Dales, Noah	Ancaster High School - HWDSB	56.47	2
3 Delucia, Francesco	Westmount S.S. - HWDSB	58.20	2
4 Sedkowski, Gabriel	Saltfleet District - HWDSB	1:00.07	1
5 Vreugdenhil, Seth	Hamilton District C.H.S. - HWD	1:00.26	1
6 Manuel, Wilson	Sir Winston Churchill S.S. - H	1:01.75	1
7 Kelly, Caleb	Guido de Bres C.H.S - HWDSB	1:04.89	1

Event 39 Women 800 Meter Run Junior

Name	School	Finals	H#
Finals			
1 Lanting, Hannah	Guido de Bres C.H.S - HWDSB	2:35.85	2
2 Berkelaar, Mora	Hamilton District C.H.S. - HWD	2:43.12	1
3 Needham Robbins, Ellie	Westmount S.S. - HWDSB	2:46.17	2
4 Griffiths, Claire	Ancaster High School - HWDSB	2:46.31	2
5 Plas, Mya	Ancaster High School - HWDSB	2:46.66	1
5 Masse, Kaitlyn	Ancaster High School - HWDSB	2:46.66	1
7 Piecuch, Mya	Dundas Valley S.S. - HWDSB	2:48.36	2
8 Baltzer, Abbie	Westmount S.S. - HWDSB	2:53.90	2
9 Mills, Quinn	Dundas Valley S.S. - HWDSB	2:55.50	2
10 Weekes, Arwynne	Glendale S.S. - HWDSB	2:57.20	1
11 Game, Erica	Hamilton District C.H.S. - HWD	3:11.34	1
12 Berisha, Lorita	Nora Francis Henderson S.S. -	3:12.06	2
13 Cameron, Abigail	Bernie Custis S.S. - HWDSB	3:13.02	1

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 40 Men 800 Meter Run Junior**

Name	School	Finals
Finals		
1 Reidy, Zachary	Saltfleet District - HWDSB	2:21.24
2 Vreugdenhil, Seth	Hamilton District C.H.S. - HWD	2:21.71
3 Shakir, Saleh	Bernie Custis S.S. - HWDSB	2:24.36
4 Wardell, Zach	Westmount S.S. - HWDSB	2:25.45
5 Al Khalid, Abdul	Bernie Custis S.S. - HWDSB	2:32.81

Event 41 Women 1500 Meter Run Junior

Name	School	Finals
Finals		
1 Kekic, Melisa	Saltfleet District - HWDSB	5:11.51
2 Pribyl, Abiella	Westdale S.S. - HWDSB	5:13.29
3 Lanting, Hannah	Guido de Bres C.H.S - HWDSB	5:13.64
4 Hargreave, Marley	Westdale S.S. - HWDSB	5:15.75
5 Gupta, Julia	Dundas Valley S.S. - HWDSB	5:17.70
6 Berkelaar, Mora	Hamilton District C.H.S. - HWD	5:52.04
7 Mills, Quinn	Dundas Valley S.S. - HWDSB	5:58.38
8 Hauser, Estella	Westdale S.S. - HWDSB	6:15.91
9 Palmer, Nevaeh	Sherwood S.S. - HWDSB	6:16.42
10 Burak, Emily	Westdale S.S. - HWDSB	6:31.49
11 Cameron, Abigail	Bernie Custis S.S. - HWDSB	6:32.29
12 Washington, Penelope	Hamilton District C.H.S. - HWD	6:54.51
13 Alnatour, Shahad	Bernie Custis S.S. - HWDSB	7:01.65
14 Kamwar Meraj, Sumaia	Glendale S.S. - HWDSB	8:00.80

Event 42 Men 1500 Meter Run Junior

Name	School	Finals
Finals		
1 Takatsu, Yuji	Orchard Park S.S. - HWDSB	4:43.19
2 Shakir, Saleh	Bernie Custis S.S. - HWDSB	4:49.97
3 Dejager, Shane	Guido de Bres C.H.S - HWDSB	4:50.56
4 Reidy, Zachary	Saltfleet District - HWDSB	4:52.24
5 Serwa, Sanjay	Orchard Park S.S. - HWDSB	5:02.09
6 Al Khalid, Abdul	Bernie Custis S.S. - HWDSB	5:04.27
7 Jongsma, Jack	Westdale S.S. - HWDSB	5:05.51
8 Sheculski, Cayden	Sherwood S.S. - HWDSB	5:23.90
9 Vandenberg, Ben	Guido de Bres C.H.S - HWDSB	5:26.28
10 Jagersma, Rowan	Guido de Bres C.H.S - HWDSB	5:33.16

Event 43 Women 3000 Meter Run Junior

Name	School	Finals
Finals		
1 Pribyl, Abiella	Westdale S.S. - HWDSB	11:19.67
2 Gupta, Julia	Dundas Valley S.S. - HWDSB	11:23.99
3 Lanting, Hannah	Guido de Bres C.H.S - HWDSB	11:37.44
4 Deklerk, Morgan	Guido de Bres C.H.S - HWDSB	12:07.47
5 Plas, Mya	Ancaster High School - HWDSB	13:00.98
6 Masse, Kaitlyn	Ancaster High School - HWDSB	13:10.58
7 Chichakian, Silvana	Westdale S.S. - HWDSB	13:24.66

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Event 43 Women 3000 Meter Run Junior)**

Name	School	Finals
8 Griffiths, Claire	Ancaster High School - HWDSB	13:53.48
9 Alnatour, Shahad	Bernie Custis S.S. - HWDSB	15:25.14

Event 44 Men 3000 Meter Run Junior

Name	School	Finals
Finals		
1 Scott, Michael	Westdale S.S. - HWDSB	10:13.66
2 Takatsu, Yuji	Orchard Park S.S. - HWDSB	10:15.08
3 Shakir, Saleh	Bernie Custis S.S. - HWDSB	10:31.31
4 Jongsma, Jack	Westdale S.S. - HWDSB	10:40.83
5 Serwa, Sanjay	Orchard Park S.S. - HWDSB	10:41.22
6 Vandenberg, Ben	Guido de Bres C.H.S - HWDSB	11:56.25

Event 45 Women 80 Meter Hurdles Junior

Name	School	Finals	H#
Finals			
1 Mohart, Gabrielle	Dundas Valley S.S. - HWDSB	12.57	2
2 Van Doorn, Holly	Orchard Park S.S. - HWDSB	12.80	2
3 Thompson, Ashley	Sherwood S.S. - HWDSB	13.73	1
4 Folkens, Claudia	Westmount S.S. - HWDSB	14.06	2
5 Gyuro, Siena	Westmount S.S. - HWDSB	14.14	2
6 McKenzie, Abigail	Saltfleet District - HWDSB	15.24	2
7 Bartels, Kenzie	Guido de Bres C.H.S - HWDSB	15.40	2
8 MacNeil, Jane	Nora Francis Henderson S.S. -	16.00	2
9 Marshall, Olivia	Sir Winston Churchill S.S. - H	16.17	1
10 Game, Erica	Hamilton District C.H.S. - HWD	16.58	1
11 Milligan, Haley	Sir Winston Churchill S.S. - H	17.04	1

Event 46 Men 100 Meter Hurdles Junior

Name	School	Finals
Finals		
1 Pearsonwheat, Tristan	Dundas Valley S.S. - HWDSB	14.89
2 Marcellin, Sheziah	Nora Francis Henderson S.S. -	15.38
3 Shilbi, Deandar	Westmount S.S. - HWDSB	21.49
4 White, Randy	Sir Winston Churchill S.S. - H	23.20

Event 47 Women 300 Meter Hurdles Junior

Name	School	Finals	H#
Finals			
1 Bower, Olivia	Ancaster High School - HWDSB	47.74	2
2 Thompson, Ashley	Sherwood S.S. - HWDSB	49.99	2
3 Mohart, Gabrielle	Dundas Valley S.S. - HWDSB	50.68	2
4 McKenzie, Abigail	Saltfleet District - HWDSB	55.25	1
5 Van Doorn, Holly	Orchard Park S.S. - HWDSB	55.29	2
6 Galer, Cheyenne	Dundas Valley S.S. - HWDSB	55.58	2
7 Gyuro, Siena	Westmount S.S. - HWDSB	57.80	2
8 MacNeil, Jane	Nora Francis Henderson S.S. -	59.34	2
9 Strating, Jaylen	Guido de Bres C.H.S - HWDSB	1:00.39	1
10 Milligan, Haley	Sir Winston Churchill S.S. - H	1:00.47	1
11 Roche, Kendra	Dundas Valley S.S. - HWDSB	1:02.13	2

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 48 Men 300 Meter Hurdles Junior**

Name	School	Finals
Finals		
1 Pearsonwheat, Tristan	Dundas Valley S.S. - HWDSB	43.46
2 Reidy, Zachary	Saltfleet District - HWDSB	47.94
3 Vanderwoude, Russell	Guido de Bres C.H.S - HWDSB	48.60

Event 49 Women High Jump Junior

Name	School	Finals
Finals		
1 Vanraalte, Sophia	Guido de Bres C.H.S - HWDSB	1.60m
2 Fairley, Annika	Dundas Valley S.S. - HWDSB	1.45m
3 Bartels, Kenzie	Guido de Bres C.H.S - HWDSB	1.30m
--- Marshall, Olivia	Sir Winston Churchill S.S. - H	DNF
--- Onland, Denia	Guido de Bres C.H.S - HWDSB	DNF

Event 50 Men High Jump Junior

Name	School	Finals
Finals		
1 Dejager, Shane	Guido de Bres C.H.S - HWDSB	1.70m
2 Vanderwoude, Russell	Guido de Bres C.H.S - HWDSB	1.60m
3 Vandam, Jake	Guido de Bres C.H.S - HWDSB	1.55m
--- Davis, Bradley	Dundas Valley S.S. - HWDSB	DNF

Event 51 Women Pole Vault Junior

Name	School	Finals
Finals		
1 Bauer, Alma	Dundas Valley S.S. - HWDSB	2.30m

Event 53 Women Long Jump Junior

Name	School	Finals
Finals		
1 Kekic, Melisa	Saltfleet District - HWDSB	5.20m
2 Vanraalte, Sophia	Guido de Bres C.H.S - HWDSB	4.84m
3 Fairley, Annika	Dundas Valley S.S. - HWDSB	4.47m
4 Verrips, Marissa	Hamilton District C.H.S. - HWD	4.40m
5 lamjock-D'Arrigo, Chol	Nora Francis Henderson S.S. -	4.37m
6 Bartels, Kenzie	Guido de Bres C.H.S - HWDSB	4.13m
7 Brown, Bronwyn	Sir Allan MacNab S.S. - HWDSB	3.80m
8 Washington, Penelope	Hamilton District C.H.S. - HWD	3.39m
9 MacIntyre, Mattea	Saltfleet District - HWDSB	2.95m
10 Weekes, Arwynne	Glendale S.S. - HWDSB	2.91m
11 Danis, Zayah	Waterdown District - HWDSB	2.85m
12 Woods, Taylor	Westdale S.S. - HWDSB	2.82m
13 Lew, Jamoiah	Glendale S.S. - HWDSB	1.93m
14 Zimic, Naomi	Nora Francis Henderson S.S. -	1.84m

Event 54 Men Long Jump Junior

Name	School	Finals
Finals		
1 Ristov, Marko	Nora Francis Henderson S.S. -	5.97m

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Event 54 Men Long Jump Junior)**

Name	School	Finals
2 Dejager, Shane	Guido de Bres C.H.S - HWDSB	5.38m
3 Vandam, Jake	Guido de Bres C.H.S - HWDSB	5.37m
4 Ho, Hayden	Nora Francis Henderson S.S. -	5.18m
5 McVittie, Isaac	Westmount S.S. - HWDSB	5.05m
6 Davis, Bradley	Dundas Valley S.S. - HWDSB	4.85m
7 Shukla, Divyansh	Orchard Park S.S. - HWDSB	4.65m
7 Shilbi, Deandar	Westmount S.S. - HWDSB	4.65m
9 Oeur, Kennedy	Glendale S.S. - HWDSB	4.59m
10 White, Randy	Sir Winston Churchill S.S. - H	4.51m
11 Linde, Christian	Guido de Bres C.H.S - HWDSB	4.41m
12 Vanvleet, Philip	Guido de Bres C.H.S - HWDSB	4.21m

Event 55 Women Triple Jump Junior

Name	School	Finals
Finals		
1 Vanraalte, Sophia	Guido de Bres C.H.S - HWDSB	10.46m
2 Verrips, Marissa	Hamilton District C.H.S. - HWD	9.01m
3 Bauer, Alma	Dundas Valley S.S. - HWDSB	8.47m
4 Strating, Jaylen	Guido de Bres C.H.S - HWDSB	8.23m

Event 56 Men Triple Jump Junior

Name	School	Finals
Finals		
1 Vreugdenhil, Seth	Hamilton District C.H.S. - HWD	11.07m
2 Vandam, Jake	Guido de Bres C.H.S - HWDSB	11.04m
3 McVittie, Isaac	Westmount S.S. - HWDSB	10.84m
4 Shukla, Divyansh	Orchard Park S.S. - HWDSB	10.62m
5 Davis, Bradley	Dundas Valley S.S. - HWDSB	10.53m
6 Lenting, Jacob	Guido de Bres C.H.S - HWDSB	10.49m
7 Denhollander, Gabe	Guido de Bres C.H.S - HWDSB	10.41m

Event 57 Women Shot Put Junior

Name	School	Finals
Finals		
1 Fennema, Hailey	Orchard Park S.S. - HWDSB	10.14m
2 McNeil, Brennan	Guido de Bres C.H.S - HWDSB	9.55m
3 Verrips, Marissa	Hamilton District C.H.S. - HWD	9.48m
4 McNeil, Ashley	Guido de Bres C.H.S - HWDSB	8.47m
5 D'Addazio, Kelty	Guido de Bres C.H.S - HWDSB	8.24m
6 Vuong, Celina	Westmount S.S. - HWDSB	7.68m
7 estey-McPherson, Glenna	Sir Winston Churchill S.S. - H	7.50m
8 Fabac, Sofia	Westmount S.S. - HWDSB	7.36m
9 Smolenaars, Abby	Waterdown District - HWDSB	6.80m
10 Kirk, Ruby	Guido de Bres C.H.S - HWDSB	6.69m
11 MacIntyre, Mattea	Saltfleet District - HWDSB	6.23m
12 Brenn, Addy	Dundas Valley S.S. - HWDSB	5.97m
13 Boyington, Makaylah	Dundas Valley S.S. - HWDSB	5.74m

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 58 Men Shot Put Junior**

Name	School	Finals
Finals		
1 Dawes, Dauntley	Bernie Custis S.S. - HWDSB	12.56m
2 Lenting, Jacob	Guido de Bres C.H.S - HWDSB	11.22m
3 Coates, Payton	Sir Winston Churchill S.S. - H	11.20m
4 Sedkowski, Gabriel	Saltfleet District - HWDSB	10.85m
5 Vanderwoude, Kenton	Guido de Bres C.H.S - HWDSB	10.52m
6 Channel, Paul	Dundas Valley S.S. - HWDSB	10.25m
7 McAdoo, Joel	Westmount S.S. - HWDSB	10.18m
8 Vanvleet, Philip	Guido de Bres C.H.S - HWDSB	9.41m

Event 59 Women Discus Throw Junior

Name	School	Finals
Finals		
1 McNeil, Brennan	Guido de Bres C.H.S - HWDSB	25.42m
2 D'Addazio, Kelty	Guido de Bres C.H.S - HWDSB	22.61m
3 McNeil, Ashley	Guido de Bres C.H.S - HWDSB	20.06m
4 Fabac, Sofia	Westmount S.S. - HWDSB	18.08m
5 Topolinsky, Taylor	Dundas Valley S.S. - HWDSB	17.57m
6 DeBoer, Teagan	Guido de Bres C.H.S - HWDSB	16.43m
7 Kirk, Ruby	Guido de Bres C.H.S - HWDSB	16.10m
8 Brenn, Addy	Dundas Valley S.S. - HWDSB	14.51m
9 Vuong, Celina	Westmount S.S. - HWDSB	14.17m
10 Boyington, Makaylah	Dundas Valley S.S. - HWDSB	11.80m

Event 60 Men Discus Throw Junior

Name	School	Finals
Finals		
1 Schutten, Silas	Guido de Bres C.H.S - HWDSB	37.30m
2 Denhollander, Gabe	Guido de Bres C.H.S - HWDSB	28.44m
3 Jans, Blake	Guido de Bres C.H.S - HWDSB	27.71m
4 Channel, Paul	Dundas Valley S.S. - HWDSB	26.69m
5 Vanderwoude, Kenton	Guido de Bres C.H.S - HWDSB	23.12m
6 McAdoo, Joel	Westmount S.S. - HWDSB	21.24m
7 Alkhani, Yosef	Sherwood S.S. - HWDSB	20.89m
8 Ahmed, Maaz	Sherwood S.S. - HWDSB	20.33m

Event 61 Women Javelin Throw Junior

Name	School	Finals
Finals		
1 McNeil, Brennan	Guido de Bres C.H.S - HWDSB	34.69m
2 Fennema, Hailey	Orchard Park S.S. - HWDSB	28.27m
3 McNeil, Ashley	Guido de Bres C.H.S - HWDSB	24.22m
4 Vuong, Celina	Westmount S.S. - HWDSB	21.84m
5 Woods, Taylor	Westdale S.S. - HWDSB	21.09m
6 Topolinsky, Taylor	Dundas Valley S.S. - HWDSB	19.83m
7 Lake, Lorelei	Dundas Valley S.S. - HWDSB	18.33m
8 D'Addazio, Kelty	Guido de Bres C.H.S - HWDSB	17.81m
9 Fabac, Sofia	Westmount S.S. - HWDSB	17.02m
10 Zimic, Naomi	Nora Francis Henderson S.S. -	5.45m

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 62 Men Javelin Throw Junior**

Name	School	Finals
Finals		
1 Lenting, Jacob	Guido de Bres C.H.S - HWDSB	38.63m
2 Jans, Blake	Guido de Bres C.H.S - HWDSB	35.47m
3 Jonker, Owen	Guido de Bres C.H.S - HWDSB	35.09m
4 Dawes, Dauntley	Bernie Custis S.S. - HWDSB	32.40m
5 Channel, Paul	Dundas Valley S.S. - HWDSB	29.61m
6 McAdoo, Joel	Westmount S.S. - HWDSB	18.73m

Event 63 Women 4x100 Meter Relay Junior

Team	Relay	Finals	
Finals			
1 Saltfleet District - HWDSB	A	53.66	
2 Dundas Valley S.S. - HWDSB	A	53.70	
1) Mohart, Gabrielle	2) Brukker, Gabrielle	3) Rioux, Faith	4) Fairley, Annika
3 Waterdown District - HWDSB	A	54.48	
4 Guido de Bres C.H.S - HWDSB	A	55.41	
5 Westmount S.S. - HWDSB	A	57.19	
1) Ritchie, Evie	2) Folkens, Claudia	3) Bernal, Tayanna	4) Gyuro, Siena
6 Nora Francis Henderson S.S. -	A	1:00.63	
7 Glendale S.S. - HWDSB	A	1:02.86	
1) Kamwar Meraj, Sumaia	2) Graham, Briana	3) Lew, Jamoiah	4) Weekes, Arwynne

Event 64 Men 4x100 Meter Relay Junior

Team	Relay	Finals	
Finals			
1 Nora Francis Henderson S.S. -	A	46.76	
2 Westmount S.S. - HWDSB	A	47.41	
3 Dundas Valley S.S. - HWDSB	A	49.19	
4 Sir Winston Churchill S.S. - H	A	50.99	
5 Guido de Bres C.H.S - HWDSB	A	51.92	
6 Sherwood S.S. - HWDSB	A	52.55	
7 Bernie Custis S.S. - HWDSB	A	53.51	
1) Al Khalid, Abdul	2) Dennis, Cooper	3) Dawes, Dauntley	4) Gay, Say

Event 65 Women 100 Meter Dash Senior**Top 8 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 Slywka, Grace	Dundas Valley S.S. - HWDSB	12.99 q	3
2 Koning, Abby	Guido de Bres C.H.S - HWDSB	13.11 q	1
3 McCulloch, Sophia	Dundas Valley S.S. - HWDSB	13.22 q	4
4 Hoath, Madeline	Westmount S.S. - HWDSB	13.47 q	1
5 Burgess, Madeline	Sherwood S.S. - HWDSB	13.52 q	1
6 Sewell, Ainjel	Nora Francis Henderson S.S. -	13.57 q	2
7 Janayah, Croft-Porter	Bernie Custis S.S. - HWDSB	13.66 q	3
8 Ritter, Ava	Nora Francis Henderson S.S. -	14.00 q	3
9 Kuizenga, Rachel	Guido de Bres C.H.S - HWDSB	14.11	4
10 Patel, Shailee	Ancaster High School - HWDSB	14.39	1
11 Crichton, Karina	Waterdown District - HWDSB	14.44	5

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Preliminaries ... (Event 65 Women 100 Meter Dash Senior)**

Name	School	Prelims	H#
12 Bernal, Sofia	Westmount S.S. - HWDSB	14.84	2
13 Kim-Bromstein, Chloe	Ancaster High School - HWDSB	14.87	4
14 Cave, Olivia	Sir Allan MacNab S.S. - HWDSB	14.89	3
15 Linares-Martinez, Valerie	Sherwood S.S. - HWDSB	14.91	3
16 Davoodian, Elizabeth	Westmount S.S. - HWDSB	14.93	4
17 Robinson, Amora	Sherwood S.S. - HWDSB	15.02	5
18 Le, Michelle	Westdale S.S. - HWDSB	15.06	4
19 Bassink, Ilsa	Waterdown District - HWDSB	15.11	5
20 Millington, Katie	Sir Allan MacNab S.S. - HWDSB	15.19	4
21 Hendrikse, Lucy	Westmount S.S. - HWDSB	15.26	5
22 Macey, Jasmine	Ancaster High School - HWDSB	15.35	2
23 Thai, Angel	Westmount S.S. - HWDSB	15.58	3
24 McDonald, Rachel	Sir Allan MacNab S.S. - HWDSB	15.71	2
25 Swire-Hannis, Madison	Ancaster High School - HWDSB	16.38	4
26 Repa-Rogers, Abby	Saltfleet District - HWDSB	16.49	5
27 O'Brien, Olivia	Sir Winston Churchill S.S. - H	16.68	2
28 Smith, Bridget	Bernie Custis S.S. - HWDSB	19.49	1

Event 65 Women 100 Meter Dash Senior

Name	School	Finals
Finals		
1 Slywka, Grace	Dundas Valley S.S. - HWDSB	12.77
2 McCulloch, Sophia	Dundas Valley S.S. - HWDSB	13.01
3 Koning, Abby	Guido de Bres C.H.S - HWDSB	13.02
4 Sewell, Ainjel	Nora Francis Henderson S.S. -	13.39
5 Burgess, Madeline	Sherwood S.S. - HWDSB	13.51
6 Hoath, Madeline	Westmount S.S. - HWDSB	13.63
7 Janayah, Croft-Porter	Bernie Custis S.S. - HWDSB	13.79
8 Ritter, Ava	Nora Francis Henderson S.S. -	14.08

Event 66 Men 100 Meter Dash Senior**Top 8 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 Banfield, Jack	Westmount S.S. - HWDSB	10.92 q	6
2 Demirci, Darius	Ancaster High School - HWDSB	11.28 q	4
3 Clark, Drew	Westmount S.S. - HWDSB	11.39 q	3
4 Stephian, Ryan	Sherwood S.S. - HWDSB	11.59 q	3
5 Pietrantonio, Jacob	Westmount S.S. - HWDSB	11.61 q	5
6 Heron, Mario	Glendale S.S. - HWDSB	11.61 q	1
7 Guerrero, Edward	Nora Francis Henderson S.S. -	11.65 q	2
8 Philippe-Daniel, Brock	Westmount S.S. - HWDSB	11.68 q	2
9 Divincenzo, Alex	Dundas Valley S.S. - HWDSB	11.77	3
10 Lieu, Gary	Saltfleet District - HWDSB	11.84	1
11 Paddy, Shamar	Nora Francis Henderson S.S. -	11.89	1
12 Bolanos-Bonilla, Martin	Sherwood S.S. - HWDSB	11.90	5
13 Holland, Jimmy	Westdale S.S. - HWDSB	11.93	4
14 Alabi, Emmanuel	Saltfleet District - HWDSB	12.02	5
15 Mutamba, Charly	Westdale S.S. - HWDSB	12.12	1

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Preliminaries ... (Event 66 Men 100 Meter Dash Senior)**

Name	School	Prelims	H#
16 Boorman, Samual	Westdale S.S. - HWDSB	12.13	5
17 Kuik, Noah	Guido de Bres C.H.S - HWDSB	12.17	1
18 Kent, Nathan	Saltfleet District - HWDSB	12.21	3
19 Philpot, Leo	Westdale S.S. - HWDSB	12.22	2
20 Hassel, Zane	Dundas Valley S.S. - HWDSB	12.23	4
21 Whyte, Dashawn	Sherwood S.S. - HWDSB	12.25	1
22 Harris, Garry	Nora Francis Henderson S.S. -	12.25	6
23 Wylie, Owen	Nora Francis Henderson S.S. -	12.30	5
24 Mentore-Martin, Tyrell	Bernie Custis S.S. - HWDSB	12.36	3
25 Alexander, Daniel	Ancaster High School - HWDSB	12.39	3
26 Aleshinyole, Anu	Sir Winston Churchill S.S. - H	12.40	5
27 Greene, Radian	Westdale S.S. - HWDSB	12.48	3
28 Pabs-Garnon, Roniel	Saltfleet District - HWDSB	12.51	2
29 Merchant, Elijah	Ancaster High School - HWDSB	12.52	2
30 Deligeorgis, Dean	Sir Allan MacNab S.S. - HWDSB	12.56	4
31 Jackson, Randy	Sir Winston Churchill S.S. - H	12.58	4
32 Francis, Tyshaun	Saltfleet District - HWDSB	12.70	4
33 Jack, Hayden	Ancaster High School - HWDSB	12.80	6
34 Zajac, Nicholas	Sir Allan MacNab S.S. - HWDSB	12.89	6
35 Politi, Anthonyc	Bernie Custis S.S. - HWDSB	12.97	6
36 Hussein, Tyler	Glendale S.S. - HWDSB	13.69	2
37 Lubula, James	Sherwood S.S. - HWDSB	14.09	4
38 Tejuosho, Ademola	Sir Winston Churchill S.S. - H	14.83	6

Event 66 Men 100 Meter Dash Senior

Name	School	Finals
Finals		
1 Banfield, Jack	Westmount S.S. - HWDSB	10.69
2 Demirci, Darius	Ancaster High School - HWDSB	11.12
3 Heron, Mario	Glendale S.S. - HWDSB	11.42
4 Guerrero, Edward	Nora Francis Henderson S.S. -	11.44
5 Pietrantonio, Jacob	Westmount S.S. - HWDSB	11.46
6 Stephan, Ryan	Sherwood S.S. - HWDSB	11.48
7 Philippe-Daniel, Brock	Westmount S.S. - HWDSB	11.50
8 Clark, Drew	Westmount S.S. - HWDSB	11.51

Event 67 Women 200 Meter Dash Senior

Name	School	Finals	H#
Finals			
1 McCulloch, Sophia	Dundas Valley S.S. - HWDSB	26.63	3
2 Koning, Abby	Guido de Bres C.H.S - HWDSB	26.78	3
3 Slywka, Grace	Dundas Valley S.S. - HWDSB	27.04	3
4 Sewell, Ainjel	Nora Francis Henderson S.S. -	27.93	3
5 Burgess, Madeline	Sherwood S.S. - HWDSB	28.07	1
6 Cunliffe, Georgia	Westmount S.S. - HWDSB	28.22	2
7 Janayah, Croft-Porter	Bernie Custis S.S. - HWDSB	28.31	2
8 Hoath, Madeline	Westmount S.S. - HWDSB	28.68	3
9 Cameron, Chloe	Dundas Valley S.S. - HWDSB	28.83	3
10 Kuizenga, Rachel	Guido de Bres C.H.S - HWDSB	29.10	2

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Event 67 Women 200 Meter Dash Senior)**

Name	School	Finals	H#
11 Sehl, Haven	Westdale S.S. - HWDSB	29.32	2
12 Cubitt, Ashley	Westmount S.S. - HWDSB	29.43	2
13 Turcott, Jessie	Westmount S.S. - HWDSB	29.84	2
14 Patel, Shailee	Ancaster High School - HWDSB	30.34	2
15 Kovac, Beatrice	Westdale S.S. - HWDSB	30.39	1
16 Kim-Bromstein, Chloe	Ancaster High School - HWDSB	30.72	2
17 Macey, Jasmine	Ancaster High School - HWDSB	31.89	1
18 Hughes, Ashley	Sir Allan MacNab S.S. - HWDSB	34.17	1

Event 68 Men 200 Meter Dash Senior

Name	School	Finals	H#
Finals			
1 Banfield, Jack	Westmount S.S. - HWDSB	22.18	5
2 Clark, Drew	Westmount S.S. - HWDSB	23.28	5
3 Stephian, Ryan	Sherwood S.S. - HWDSB	23.49	3
4 Lieu, Gary	Saltfleet District - HWDSB	23.74	1
5 Guerrero, Edward	Nora Francis Henderson S.S. -	23.83	5
6 Philippe-Daniel, Brock	Westmount S.S. - HWDSB	23.85	5
7 Paddy, Shamar	Nora Francis Henderson S.S. -	24.30	5
8 Kuik, Noah	Guido de Bres C.H.S. - HWDSB	24.32	1
9 Elhag, Nasir	Sherwood S.S. - HWDSB	24.56	3
10 Heron, Mario	Glendale S.S. - HWDSB	24.58	2
11 Harris, Garry	Nora Francis Henderson S.S. -	24.72	4
12 Philpot, Leo	Westdale S.S. - HWDSB	24.76	1
13 Kott, Ryan	Westdale S.S. - HWDSB	24.89	1
14 Merchant, Elijah	Ancaster High School - HWDSB	24.99	4
15 Aleshinyole, Anu	Sir Winston Churchill S.S. - H	25.05	3
16 Wylie, Owen	Nora Francis Henderson S.S. -	25.07	5
17 Kerr, William	Ancaster High School - HWDSB	25.63	4
18 Jackson, Randy	Sir Winston Churchill S.S. - H	25.83	1
19 Alexander, Daniel	Ancaster High School - HWDSB	26.34	4
20 Zajac, Nicholas	Sir Allan MacNab S.S. - HWDSB	26.35	2
21 Hanisco, Robert	Dundas Valley S.S. - HWDSB	26.53	3
22 Thompson, Jack	Ancaster High School - HWDSB	26.79	2
23 Rapson, Wyatt	Dundas Valley S.S. - HWDSB	26.98	4
24 Hodgson, Henrik	Westdale S.S. - HWDSB	27.16	3
25 Politi, Anthonyc	Bernie Custis S.S. - HWDSB	27.17	1
26 Francis, Tyshaun	Saltfleet District - HWDSB	27.33	2
27 Bozikis, Alex	Sherwood S.S. - HWDSB	28.06	1
28 Duyar, Kaya	Saltfleet District - HWDSB	28.24	4
29 Manning, Kenrick	Hamilton District C.H.S. - HWD	28.68	4
30 Chang, Richard	Westdale S.S. - HWDSB	28.94	2
31 Hussein, Tyler	Glendale S.S. - HWDSB	29.03	2

Event 69 Women 400 Meter Dash Senior

Name	School	Finals	H#
Finals			
1 Sewell, Ainjel	Nora Francis Henderson S.S. -	1:08.05	2
2 Peaker, Audrey	Dundas Valley S.S. - HWDSB	1:08.88	2

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Event 69 Women 400 Meter Dash Senior)**

Name	School	Finals	H#
3 Cameron, Chloe	Dundas Valley S.S. - HWDSB	1:09.08	2
4 Sehl, Haven	Westdale S.S. - HWDSB	1:09.38	1
5 Campanaro, Mylana	Westmount S.S. - HWDSB	1:09.73	2
6 Kovac, Beatrice	Westdale S.S. - HWDSB	1:11.01	1
7 Crichton, Karina	Waterdown District - HWDSB	1:13.37	1
8 LeDonne, Natalie	Orchard Park S.S. - HWDSB	1:14.83	2
9 Bacani, Marielle	Nora Francis Henderson S.S. -	1:15.87	2
10 Ried-Diaz, Violeta	Westdale S.S. - HWDSB	1:17.89	1
11 Okun, Weyinmi	Sherwood S.S. - HWDSB	1:20.22	1
12 Buchanan, Alina	Dundas Valley S.S. - HWDSB	1:20.40	1
13 Danis, Zayah	Waterdown District - HWDSB	1:26.11	1

Event 70 Men 400 Meter Dash Senior

Name	School	Finals	H#
Finals			
1 Demirci, Darius	Ancaster High School - HWDSB	53.89	3
2 Rapson, Wyatt	Dundas Valley S.S. - HWDSB	54.86	3
3 Clark, Drew	Westmount S.S. - HWDSB	55.47	3
4 Van Koughnett, Samson	Westdale S.S. - HWDSB	57.07	1
5 Singh, Coltrane	Westdale S.S. - HWDSB	58.14	1
6 Amoo, Deon	Nora Francis Henderson S.S. -	58.22	3
7 Bolanos-Bonilla, Martin	Sherwood S.S. - HWDSB	58.33	2
8 Ortwein, Rowan	Dundas Valley S.S. - HWDSB	58.87	3
9 Hodgson, Henrik	Westdale S.S. - HWDSB	1:01.08	1
10 Kerr, William	Ancaster High School - HWDSB	1:01.59	2
11 Cochrane, William	Sir Allan MacNab S.S. - HWDSB	1:01.98	1
12 Hanisco, Robert	Dundas Valley S.S. - HWDSB	1:02.57	3
13 Musgrave-Spence, Neiko	Sherwood S.S. - HWDSB	1:03.28	1
14 Silvera, Jayden	Sir Allan MacNab S.S. - HWDSB	1:05.09	1
15 Smith Balkissoon, Aidan	Westmount S.S. - HWDSB	1:05.63	2
16 Denis, Jack	Saltfleet District - HWDSB	1:07.45	1
17 Manning, Kenrick	Hamilton District C.H.S. - HWD	1:11.78	2
18 Joysun, Rain	Glendale S.S. - HWDSB	1:24.52	2

Event 71 Women 800 Meter Run Senior

Name	School	Finals
Finals		
1 Craig, Mackenzie	Ancaster High School - HWDSB	2:22.03
2 Fransson, Lia	Westdale S.S. - HWDSB	2:39.48
3 Ludviks-Pitkin, Stella	Westdale S.S. - HWDSB	2:44.55
4 Cubitt, Ashley	Westmount S.S. - HWDSB	2:52.59
5 Shakeshaft, Allie	Westmount S.S. - HWDSB	2:54.55
6 Kirk, Emily	Guido de Bres C.H.S - HWDSB	3:00.42
7 Ried-Diaz, Violeta	Westdale S.S. - HWDSB	3:02.67
8 Buchanan, Alina	Dundas Valley S.S. - HWDSB	3:09.42
9 Lanting, Sophia	Guido de Bres C.H.S - HWDSB	3:12.64
10 Blokker, Violet	Guido de Bres C.H.S - HWDSB	3:16.60

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 72 Men 800 Meter Run Senior**

Name	School	Finals	H#
Finals			
1 Thomson, Iain	Dundas Valley S.S. - HWDSB	2:05.81	2
2 Morgan, P.j.	Ancaster High School - HWDSB	2:07.21	2
3 Hagen, Isaac	Hamilton District C.H.S. - HWD	2:09.72	1
4 Bolanos-Bonilla, Martin	Sherwood S.S. - HWDSB	2:12.08	2
5 Prashad, London	Ancaster High School - HWDSB	2:16.87	1
6 Hamada, Mohammad	Bernie Custis S.S. - HWDSB	2:19.99	2
7 Singh, Coltrane	Westdale S.S. - HWDSB	2:20.93	2
8 Tsyrranny, Greg	Dundas Valley S.S. - HWDSB	2:23.26	1
9 Davidson, Justin	Ancaster High School - HWDSB	2:24.28	1
10 Silvera, Jayden	Sir Allan MacNab S.S. - HWDSB	2:28.53	1
11 Kiruri, Karl	Glendale S.S. - HWDSB	2:34.38	1
12 Haider, Isa	Sherwood S.S. - HWDSB	2:38.61	1
13 Joysun, Rain	Glendale S.S. - HWDSB	3:27.69	1

Event 73 Women 1500 Meter Run Senior

Name	School	Finals
Finals		
1 Gordon, Erika	Ancaster High School - HWDSB	5:08.65
2 Giannou, Vanessa	Ancaster High School - HWDSB	5:17.36
3 Taylor, Molly	Westmount S.S. - HWDSB	5:32.47
4 Mallany, Dalia	Westdale S.S. - HWDSB	5:34.11
5 Ludviks-Pitkin, Stella	Westdale S.S. - HWDSB	5:35.61
6 Kirk, Emily	Guido de Bres C.H.S - HWDSB	6:10.95
7 Cruz, Deborah	Westmount S.S. - HWDSB	6:49.05
8 Blokker, Violet	Guido de Bres C.H.S - HWDSB	7:08.05

Event 74 Men 1500 Meter Run Senior

Name	School	Finals
Finals		
1 Thomson, Iain	Dundas Valley S.S. - HWDSB	4:20.30
2 Ledger, Cohen	Dundas Valley S.S. - HWDSB	4:26.22
3 Hagen, Isaac	Hamilton District C.H.S. - HWD	4:30.11
4 Morgan, P.j.	Ancaster High School - HWDSB	4:41.67
5 Vandam, Josh	Guido de Bres C.H.S - HWDSB	4:43.55
6 Hamada, Mohammad	Bernie Custis S.S. - HWDSB	4:51.79
7 Prashad, London	Ancaster High School - HWDSB	4:53.72
8 Cieslak, Luke	Westmount S.S. - HWDSB	4:56.12
9 Maga, Tyrus	Dundas Valley S.S. - HWDSB	5:02.02
10 Davidson, Justin	Ancaster High School - HWDSB	5:02.03
11 Stoddart, Holden	Ancaster High School - HWDSB	5:15.68
12 Walsom, Nathaniel	Westdale S.S. - HWDSB	5:17.55
13 Moon, William	Sherwood S.S. - HWDSB	5:20.57
14 Kiruri, Karl	Glendale S.S. - HWDSB	5:20.84
15 Murati, Dardan	Nora Francis Henderson S.S. -	5:23.47
16 Lane, Carter	Saltfleet District - HWDSB	5:52.59

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 75 Women 3000 Meter Run Senior**

Name	School	Finals
Finals		
1 Gordon, Erika	Ancaster High School - HWDSB	11:07.40
2 Taylor, Molly	Westmount S.S. - HWDSB	11:39.68

Event 76 Men 3000 Meter Run Senior

Name	School	Finals
Finals		
1 Thomson, Iain	Dundas Valley S.S. - HWDSB	9:39.73
2 Ledger, Cohen	Dundas Valley S.S. - HWDSB	9:48.08
3 Aird, Alec	Westdale S.S. - HWDSB	10:07.65
4 Vandam, Josh	Guido de Bres C.H.S - HWDSB	10:11.06
5 Maga, Tyrus	Dundas Valley S.S. - HWDSB	10:22.05
6 Cieslak, Luke	Westmount S.S. - HWDSB	10:42.53
7 Bourenane, Yassine	Ancaster High School - HWDSB	11:31.26
8 Desai, Saagar	Ancaster High School - HWDSB	12:05.47
9 Walsom, Nathaniel	Westdale S.S. - HWDSB	12:11.65
10 Wang, Kevin	Ancaster High School - HWDSB	13:09.43

Event 77 Women 100 Meter Hurdles Senior

Name	School	Finals	H#
Finals			
1 Peaker, Audrey	Dundas Valley S.S. - HWDSB	17.91	2
2 Kosempel, Megan	Dundas Valley S.S. - HWDSB	19.13	2
3 Schenkel, Rebecca	Guido de Bres C.H.S - HWDSB	19.14	1
4 Williams, Serenity	Nora Francis Henderson S.S. -	19.35	2
5 Madsen Baker, Lauryn	Westdale S.S. - HWDSB	20.12	1
6 Elliott, Marissa	Sherwood S.S. - HWDSB	20.91	1
7 Abdu, Nebat	Westmount S.S. - HWDSB	22.89	2
8 Le, Keira	Saltfleet District - HWDSB	23.01	1

Event 78 Men 110 Meter Hurdles Senior

Name	School	Finals	H#
Finals			
1 Finucan, Zachary	Westdale S.S. - HWDSB	16.18	1
2 Kuik, Noah	Guido de Bres C.H.S - HWDSB	17.00	2
3 Frketich, Nate	Westmount S.S. - HWDSB	17.33	2
4 Harris, Garry	Nora Francis Henderson S.S. -	17.67	2
5 Hassel, Zane	Dundas Valley S.S. - HWDSB	18.66	1
6 Pabs-Garnon, Roniel	Saltfleet District - HWDSB	18.75	2
7 Cowell, Austin	Ancaster High School - HWDSB	19.66	1
8 Clark, Brennan	Dundas Valley S.S. - HWDSB	20.05	2
9 Musgrave-Spence, Neiko	Sherwood S.S. - HWDSB	20.29	1
10 Alabi, Emmanuel	Saltfleet District - HWDSB	20.93	2
11 Kenny, Dwayne	Saltfleet District - HWDSB	24.44	1

Event 79 Women 400 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Peaker, Audrey	Dundas Valley S.S. - HWDSB	1:20.55

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Event 79 Women 400 Meter Hurdles Senior)**

Name	School	Finals
2 Kosempel, Megan	Dundas Valley S.S. - HWDSB	1:29.42
3 Elliott, Marissa	Sherwood S.S. - HWDSB	1:31.05
4 LeDonne, Natalie	Orchard Park S.S. - HWDSB	1:45.17

Event 80 Men 400 Meter Hurdles Senior

Name	School	Finals	H#
Finals			
1 Frketich, Nate	Westmount S.S. - HWDSB	1:05.14	2
2 Elhag, Nasir	Sherwood S.S. - HWDSB	1:05.96	2
3 Cowell, Austin	Ancaster High School - HWDSB	1:06.11	1
4 Pabs-Garnon, Roniel	Saltfleet District - HWDSB	1:06.17	1
5 Mills, Oskar	Ancaster High School - HWDSB	1:06.18	1
6 Smith, Fisher	Sherwood S.S. - HWDSB	1:06.36	1
7 Mason, Cameron	Dundas Valley S.S. - HWDSB	1:09.38	2
8 Ortwein, Rowan	Dundas Valley S.S. - HWDSB	1:10.76	2
9 Clark, Brennan	Dundas Valley S.S. - HWDSB	1:11.60	2
10 Thompson, Jack	Ancaster High School - HWDSB	1:14.78	2

Event 81 Women High Jump Senior

Name	School	Finals
Finals		
1 Schenkel, Rebecca	Guido de Bres C.H.S. - HWDSB	1.40m

Event 82 Men High Jump Senior

Name	School	Finals
Finals		
1 Ludwig, Zach	Guido de Bres C.H.S. - HWDSB	1.84m
2 Smith, Fisher	Sherwood S.S. - HWDSB	1.70m

Event 83 Women Pole Vault Senior

Name	School	Finals
Finals		
1 Lowe, Sophia	Dundas Valley S.S. - HWDSB	2.20m
2 Lawson, Eileen	Dundas Valley S.S. - HWDSB	1.60m

Event 84 Men Pole Vault Senior

Name	School	Finals
Finals		
1 Brittain, Thomas	Dundas Valley S.S. - HWDSB	3.70m

Event 85 Women Long Jump Senior

Name	School	Finals
Finals		
1 Slezak, Breanna	Nora Francis Henderson S.S. -	4.90m
2 Beijes, Mya	Guido de Bres C.H.S. - HWDSB	4.89m
3 Schenkel, Rebecca	Guido de Bres C.H.S. - HWDSB	4.81m
4 Janayah, Croft-Porter	Bernie Custis S.S. - HWDSB	4.45m
5 Lawson, Eileen	Dundas Valley S.S. - HWDSB	4.31m
6 Williams, Serenity	Nora Francis Henderson S.S. -	4.11m
7 Kuizenga, Rachel	Guido de Bres C.H.S. - HWDSB	3.90m

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Event 85 Women Long Jump Senior)**

Name	School	Finals
8 Usichenko, Anastasia	Ancaster High School - HWDSB	3.81m
9 Repa-Rogers, Abby	Saltfleet District - HWDSB	3.51m
10 Gonnering, Gabriella	Hamilton District C.H.S. - HWD	2.97m
11 Botten, Dallas	Sir Allan MacNab S.S. - HWDSB	2.51m
12 Le, Keira	Saltfleet District - HWDSB	2.10m

Event 86 Men Long Jump Senior

Name	School	Finals
Finals		
1 Verschoor, Joshua	Dundas Valley S.S. - HWDSB	6.26m
2 Finucan, Zachary	Westdale S.S. - HWDSB	5.86m
3 Mutamba, Charly	Westdale S.S. - HWDSB	5.71m
4 Pietrantonio, Jacob	Westmount S.S. - HWDSB	5.49m
5 Boorman, Samuel	Westdale S.S. - HWDSB	5.33m
6 Katzirz, Noah	Sir Allan MacNab S.S. - HWDSB	5.26m
7 Pain, Zach	Westmount S.S. - HWDSB	5.25m
8 Lubula, James	Sherwood S.S. - HWDSB	5.09m
9 Musgrave-Spence, Neiko	Sherwood S.S. - HWDSB	5.06m
10 Demirci, Darius	Ancaster High School - HWDSB	5.01m
11 Kent, Nathan	Saltfleet District - HWDSB	5.00m
12 Divincenzio, Evan	Dundas Valley S.S. - HWDSB	4.96m
13 Grant, Ryan	Ancaster High School - HWDSB	4.91m
14 Deligeorgis, Dean	Sir Allan MacNab S.S. - HWDSB	4.66m
14 Thompson, Jack	Ancaster High School - HWDSB	4.66m
16 Qneibi, Omar	Nora Francis Henderson S.S. -	4.29m
17 Williams, Ladi	Sherwood S.S. - HWDSB	4.03m
18 Cochrane, William	Sir Allan MacNab S.S. - HWDSB	3.05m

Event 87 Women Triple Jump Senior

Name	School	Finals
Finals		
1 Siezak, Breanna	Nora Francis Henderson S.S. -	9.07m
2 Lawson, Eileen	Dundas Valley S.S. - HWDSB	8.60m
3 Ali, Layla	Ancaster High School - HWDSB	8.44m
4 Beijes, Mya	Guido de Bres C.H.S - HWDSB	8.37m
5 Lowe, Sophia	Dundas Valley S.S. - HWDSB	7.78m
6 Le, Keira	Saltfleet District - HWDSB	5.26m

Event 88 Men Triple Jump Senior

Name	School	Finals
Finals		
1 Verschoor, Joshua	Dundas Valley S.S. - HWDSB	12.75m
2 Finucan, Zachary	Westdale S.S. - HWDSB	12.35m
3 Merchant, Elijah	Ancaster High School - HWDSB	11.70m
4 Duyar, Kaya	Saltfleet District - HWDSB	10.45m
5 Ludwig, Zach	Guido de Bres C.H.S - HWDSB	10.28m
6 Katzirz, Noah	Sir Allan MacNab S.S. - HWDSB	10.09m

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 89 Women Shot Put Senior**

Name	School	Finals
Finals		
1 Jans, Chayse	Guido de Bres C.H.S - HWDSB	9.27m
2 Smid, Maria	Guido de Bres C.H.S - HWDSB	8.33m
3 Want, Jana	Orchard Park S.S. - HWDSB	7.65m
4 Muis, Raven	Guido de Bres C.H.S - HWDSB	7.59m
5 White, Nicole	Dundas Valley S.S. - HWDSB	7.43m
6 Mutamba, Priscilla	Westdale S.S. - HWDSB	7.39m
7 Whitton, Moriah	Hamilton District C.H.S. - HWD	7.18m
8 Ducharme-Boyd, Madelyn	Westmount S.S. - HWDSB	6.69m
9 Fennema, Jillian	Dundas Valley S.S. - HWDSB	6.68m
10 Belrose, Olivia	Sherwood S.S. - HWDSB	6.60m
11 Warby, Grace	Westmount S.S. - HWDSB	6.43m
12 Gonnering, Gabriella	Hamilton District C.H.S. - HWD	6.01m
13 Botting, Chloe	Westmount S.S. - HWDSB	5.98m
14 Arnold, Charlie	Dundas Valley S.S. - HWDSB	5.76m
15 Repa-Rogers, Abby	Saltfleet District - HWDSB	5.68m
16 Lanting, Theresa	Guido de Bres C.H.S - HWDSB	5.55m
17 Ngok, Genevieve	Orchard Park S.S. - HWDSB	5.29m
18 Smith, Bridget	Bernie Custis S.S. - HWDSB	5.26m
19 Pellizzari, Sienna	Hamilton District C.H.S. - HWD	4.02m

Event 90 Men Shot Put Senior

Name	School	Finals
Finals		
1 Simmons, Shea	Dundas Valley S.S. - HWDSB	10.94m
2 Kent, Nathan	Saltfleet District - HWDSB	10.23m
3 Fairley, Grant	Dundas Valley S.S. - HWDSB	9.96m
4 Boyd, Joshua	Ancaster High School - HWDSB	9.80m
5 Nguyen, Theo	Sherwood S.S. - HWDSB	9.72m
6 Schoeman, Travis	Dundas Valley S.S. - HWDSB	9.68m
7 Andree, Cameron	Dundas Valley S.S. - HWDSB	9.66m
8 Gauthier, Austin	Westmount S.S. - HWDSB	8.79m
9 Duyar, Kaya	Saltfleet District - HWDSB	8.58m
10 Vanderzwaag, Noah	Hamilton District C.H.S. - HWD	8.55m
11 Sim, Jamie	Westmount S.S. - HWDSB	8.03m
12 Aldawi, Moonie	Ancaster High School - HWDSB	8.02m
13 Reitsma, Joshua	Hamilton District C.H.S. - HWD	7.82m
14 Rush, Will	Nora Francis Henderson S.S. -	7.77m
15 McDonald, Malcolm	Westmount S.S. - HWDSB	6.67m
16 Denis, Jack	Saltfleet District - HWDSB	6.06m

Event 91 Women Discus Throw Senior

Name	School	Finals
Finals		
1 Arnold, Charlie	Dundas Valley S.S. - HWDSB	23.09m
2 Ali, Layla	Ancaster High School - HWDSB	22.89m
3 Smid, Maria	Guido de Bres C.H.S - HWDSB	22.06m
4 Fennema, Jillian	Dundas Valley S.S. - HWDSB	21.86m

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Event 91 Women Discus Throw Senior)**

Name	School	Finals
5 Lanting, Theresa	Guido de Bres C.H.S - HWDSB	21.02m
6 White, Nicole	Dundas Valley S.S. - HWDSB	20.76m
7 Pearce, Keira	Ancaster High School - HWDSB	20.03m
8 Belrose, Olivia	Sherwood S.S. - HWDSB	18.57m
9 Usichenko, Anastasia	Ancaster High School - HWDSB	17.44m
10 Muis, Raven	Guido de Bres C.H.S - HWDSB	17.39m
11 Mutamba, Priscilla	Westdale S.S. - HWDSB	16.67m
12 Botting, Chloe	Westmount S.S. - HWDSB	16.26m
13 Ducharme-Boyd, Madelyn	Westmount S.S. - HWDSB	15.76m
14 Jans, Chayse	Guido de Bres C.H.S - HWDSB	15.61m
15 Warby, Grace	Westmount S.S. - HWDSB	15.41m
16 Lanting, Sophia	Guido de Bres C.H.S - HWDSB	15.37m

Event 92 Men Discus Throw Senior

Name	School	Finals
Finals		
1 Andree, Cameron	Dundas Valley S.S. - HWDSB	32.16m
2 Boyd, Joshua	Ancaster High School - HWDSB	32.09m
3 Simmons, Shea	Dundas Valley S.S. - HWDSB	29.59m
4 Cornelius, Keenan	Westmount S.S. - HWDSB	27.90m
5 Nguyen, Theo	Sherwood S.S. - HWDSB	27.87m
6 Mills, Oskar	Ancaster High School - HWDSB	25.69m
7 Thomas, Luke	Westmount S.S. - HWDSB	24.88m
8 Schoeman, Travis	Dundas Valley S.S. - HWDSB	24.28m
9 Grant, Ryan	Ancaster High School - HWDSB	20.74m
10 Degelder, Landen	Guido de Bres C.H.S - HWDSB	20.42m
11 Gauthier, Austin	Westmount S.S. - HWDSB	16.71m
12 Bozikis, Alex	Sherwood S.S. - HWDSB	16.23m

Event 93 Women Javelin Throw Senior

Name	School	Finals
Finals		
1 Ljubicic, Natasa	Orchard Park S.S. - HWDSB	33.95m
2 Want, Jana	Orchard Park S.S. - HWDSB	32.45m
3 Turcott, Jessie	Westmount S.S. - HWDSB	31.45m
4 Smid, Maria	Guido de Bres C.H.S - HWDSB	24.60m
5 Botting, Chloe	Westmount S.S. - HWDSB	23.96m
6 Aicken, Bella	Dundas Valley S.S. - HWDSB	22.58m
7 Warby, Grace	Westmount S.S. - HWDSB	21.72m
8 Madsen Baker, Lauryn	Westdale S.S. - HWDSB	21.41m
9 White, Nicole	Dundas Valley S.S. - HWDSB	17.20m
10 Ali, Layla	Ancaster High School - HWDSB	17.17m
11 Mutamba, Priscilla	Westdale S.S. - HWDSB	16.88m
12 Pearce, Keira	Ancaster High School - HWDSB	16.02m
13 Usichenko, Anastasia	Ancaster High School - HWDSB	16.01m
14 Jans, Chayse	Guido de Bres C.H.S - HWDSB	16.00m
15 Whitton, Moriah	Hamilton District C.H.S. - HWD	15.32m
16 Muis, Raven	Guido de Bres C.H.S - HWDSB	15.00m
17 Gonnering, Gabriella	Hamilton District C.H.S. - HWD	12.00m

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 94 Men Javelin Throw Senior**

Name	School	Finals
Finals		
1 Andree, Cameron	Dundas Valley S.S. - HWDSB	43.19m
2 Schoeman, Travis	Dundas Valley S.S. - HWDSB	43.02m
3 Simmons, Shea	Dundas Valley S.S. - HWDSB	42.57m
4 Cornelius, Keenan	Westmount S.S. - HWDSB	35.10m
5 Thomas, Luke	Westmount S.S. - HWDSB	33.95m
6 Grant, Ryan	Ancaster High School - HWDSB	33.13m
7 Boyd, Joshua	Ancaster High School - HWDSB	33.03m
8 Mills, Oskar	Ancaster High School - HWDSB	29.20m
9 Roubos, Steven	Saltfleet District - HWDSB	29.18m
10 Gauthier, Austin	Westmount S.S. - HWDSB	28.68m
11 Denis, Jack	Saltfleet District - HWDSB	27.55m
12 Hofsink, Bryson	Guido de Bres C.H.S - HWDSB	27.15m
13 Vanderzwaag, Noah	Hamilton District C.H.S. - HWD	25.91m
14 Hodgson, Henrik	Westdale S.S. - HWDSB	25.86m
15 Roy, Tobias	Orchard Park S.S. - HWDSB	20.47m
16 Reitsma, Joshua	Hamilton District C.H.S. - HWD	18.91m
17 Degelder, Landen	Guido de Bres C.H.S - HWDSB	18.49m
18 McEachern, Xander	Nora Francis Henderson S.S. -	16.86m

Event 95 Women 4x100 Meter Relay Senior

Team	Relay	Finals	
Finals			
1 Guido de Bres C.H.S - HWDSB	A	51.70	
2 Dundas Valley S.S. - HWDSB	A	52.56	
3 Westmount S.S. - HWDSB	A	55.84	
1) Campanaro, Mylana	2) Turcott, Jessie	3) Cunliffe, Georgia	4) Hoath, Madeline
4 Nora Francis Henderson S.S. -	A	56.25	
5 Ancaster High School - HWDSB	A	57.33	

Event 96 Men 4x100 Meter Relay Senior

Team	Relay	Finals	H#
Finals			
1 Westmount S.S. - HWDSB	A	45.44	1
2 Sherwood S.S. - HWDSB	A	45.82	1
3 Westdale S.S. - HWDSB	A	46.27	2
1) Greene, Radian	2) Mutamba, Charly	3) Holland, Jimmy	4) Boorman, Samuel
4 Saltfleet District - HWDSB	A	47.41	2
5 Ancaster High School - HWDSB	A	47.55	2
6 Dundas Valley S.S. - HWDSB	A	49.99	2
7 Sir Winston Churchill S.S. - H	A	51.26	1
8 Nora Francis Henderson S.S. -	A	51.26	1
9 Glendale S.S. - HWDSB	A	52.46	2
1) Kiruri, Karl	2) Heron, Mario	3) Hussein, Tyler	4) Cover, Nicolas

Event 97 Women 2000 Meter Steeplechase Open

Name	School	Finals
Finals		
1 Fransson, Lia	Westdale S.S. - HWDSB	8:11.70

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Finals ... (Event 97 Women 2000 Meter Steeplechase Open)**

Name	School	Finals
2 Berkelaar, Mora	Hamilton District C.H.S. - HWD	8:22.22
3 Mallany, Dalia	Westdale S.S. - HWDSB	8:28.95
4 Taylor, Molly	Westmount S.S. - HWDSB	8:58.37
5 Palmer, Nevaeh	Sherwood S.S. - HWDSB	9:46.46

Event 98 Men 2000 Meter Steeplechase Open

Name	School	Finals
Finals		
1 Scott, Michael	Westdale S.S. - HWDSB	6:59.79
2 Aird, Alec	Westdale S.S. - HWDSB	7:03.53
3 Hagen, Isaac	Hamilton District C.H.S. - HWD	7:06.37
4 Mason, Cameron	Dundas Valley S.S. - HWDSB	7:22.88
5 Scholman, Peter	Sherwood S.S. - HWDSB	9:22.65

Event 99 Women 4x400 Meter Relay Open

Team	Relay	Finals	
Finals			
1 Ancaster High School - HWDSB	A	4:23.39	
2 Westdale S.S. - HWDSB	A	4:32.84	
1) Stevens, Ellie	2) Pribyl, Abiella	3) Gravesande, Simone	4) Hargreave, Marley
3 Guido de Bres C.H.S - HWDSB	A	4:43.18	
4 Dundas Valley S.S. - HWDSB	A	4:56.16	
1) Fairley, Annika	2) Mohart, Gabrielle	3) Peaker, Audrey	4) St. Aubin, Maggie
5 Westmount S.S. - HWDSB	A	5:13.80	
1) Baltzer, Abbie	2) Campanaro, Mylana	3) Cubitt, Ashley	4) McCarroll, Mia

Event 100 Men 4x400 Meter Relay Open

Team	Relay	Finals	
Finals			
1 Dundas Valley S.S. - HWDSB	A	3:43.21	
1) Thomson, Iain	2) Rapson, Wyatt	3) Verschoor, Joshua	4) Pearsonwheat, Tristan
2 Ancaster High School - HWDSB	A	3:48.46	
3 Westmount S.S. - HWDSB	A	4:09.67	
1) Delucia, Francesco	2) Clark, Drew	3) Wardell, Zach	4) Alkilabi, Rashid
4 Saltfleet District - HWDSB	A	4:25.73	

Event 103 Women 100 Meter Dash Ambulatory

Name	School	Finals
Finals		
1 Hudgins, Lilly	Westdale S.S. - HWDSB	17.54

Event 104 Men 100 Meter Dash Ambulatory

Name	School	Finals
Finals		
1 Gill, Jacob	Westdale S.S. - HWDSB	15.22
2 Feeney, Ty	Westdale S.S. - HWDSB	15.53
3 Ploughman-Crowe, Brandan	Westdale S.S. - HWDSB	17.60
4 Oeun, Justin	Westdale S.S. - HWDSB	17.64
5 Diriye, Abdifatah	Westdale S.S. - HWDSB	18.69
6 Chiocchio, Jagur	Westdale S.S. - HWDSB	27.13

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Event 105 Women 100 Meter Dash Intellectually Imp**

	Name	School	Finals
Finals			
1	Hughes, Ashley	Sir Allan MacNab S.S. - HWDSB	15.81
2	Daylor, Sierra	Sir Winston Churchill S.S. - H	20.40

Event 106 Men 100 Meter Dash Intellectually Imp

	Name	School	Finals
Finals			
1	Burke, Carter	Nora Francis Henderson S.S. -	14.57
2	Sha, Nashwan Kamran	Dundas Valley S.S. - HWDSB	16.74
3	Mohammad, Ali	Bernie Custis S.S. - HWDSB	17.64
4	Curtis, Liam	Dundas Valley S.S. - HWDSB	17.93

Event 119 Women Shot Put Ambulatory Intellectually Imp

	Name	School	Finals
Finals			
1	Daylor, Sierra	Sir Winston Churchill S.S. - H	4.79m

Women - Novice - Team Rankings - 16 Events Scored

1) Dundas Valley S.S. - HWDSB	89	2) Westmount S.S. - HWDSB	46
3) Hamilton District C.H.S. - HWD	26	4) Guido de Bres C.H.S - HWDSB	25
5) Ancaster High School - HWDSB	22	6) Saltfleet District - HWDSB	14
7) Sherwood S.S. - HWDSB	10	8) Waterdown District - HWDSB	6
9) Westdale S.S. - HWDSB	5	10) Sir Winston Churchill S.S. - H	3
11) Nora Francis Henderson S.S. -	1		

Women - Junior - Team Rankings - 15 Events Scored

1) Guido de Bres C.H.S - HWDSB	66	2) Dundas Valley S.S. - HWDSB	42
3) Saltfleet District - HWDSB	36	4) Westdale S.S. - HWDSB	28
5) Orchard Park S.S. - HWDSB	18	6) Ancaster High School - HWDSB	17
7) Hamilton District C.H.S. - HWD	13	8) Westmount S.S. - HWDSB	11
9) Sherwood S.S. - HWDSB	7	10) Waterdown District - HWDSB	3
11) Nora Francis Henderson S.S. -	1		

Women - Senior - Team Rankings - 16 Events Scored

1) Dundas Valley S.S. - HWDSB	75	2) Guido de Bres C.H.S - HWDSB	49
3) Ancaster High School - HWDSB	30	4) Nora Francis Henderson S.S. -	26
5) Westmount S.S. - HWDSB	18	6) Orchard Park S.S. - HWDSB	15
7) Westdale S.S. - HWDSB	13	8) Sherwood S.S. - HWDSB	5
9) Bernie Custis S.S. - HWDSB	2		

Women - Open - Team Rankings - 2 Events Scored

1) Westdale S.S. - HWDSB	13	2) Ancaster High School - HWDSB	6
3) Hamilton District C.H.S. - HWD	4	4) Guido de Bres C.H.S - HWDSB	3
4) Westmount S.S. - HWDSB	3	6) Dundas Valley S.S. - HWDSB	2

HWIAC - Track and Field Meet - 5/15/2024**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results**

7) Sherwood S.S. - HWDSB

1

Women - Ambulatory - Team Rankings - 1 Events Scored

1) Westdale S.S. - HWDSB

6

Women - Intellectually Imp - Team Rankings - 2 Events Scored

1) Sir Winston Churchill S.S. - H

10

2) Sir Allan MacNab S.S. - HWDSB

6

Men - Novice - Team Rankings - 15 Events Scored

1) Dundas Valley S.S. - HWDSB

71

2) Sherwood S.S. - HWDSB

39

3) Guido de Bres C.H.S - HWDSB

34

4) Hamilton District C.H.S. - HWD

33

5) Ancaster High School - HWDSB

24

6) Sir Winston Churchill S.S. - H

16

7) Westmount S.S. - HWDSB

14

8) Sir Allan MacNab S.S. - HWDSB

6

9) Nora Francis Henderson S.S. -

3

Men - Junior - Team Rankings - 15 Events Scored

1) Guido de Bres C.H.S - HWDSB

63

2) Nora Francis Henderson S.S. -

33

2) Westmount S.S. - HWDSB

33

4) Dundas Valley S.S. - HWDSB

22

5) Bernie Custis S.S. - HWDSB

19

6) Saltfleet District - HWDSB

16

7) Orchard Park S.S. - HWDSB

14

8) Hamilton District C.H.S. - HWD

11

9) Westdale S.S. - HWDSB

8

10) Sir Winston Churchill S.S. - H

7

10) Ancaster High School - HWDSB

7

Men - Senior - Team Rankings - 16 Events Scored

1) Dundas Valley S.S. - HWDSB

81

2) Westmount S.S. - HWDSB

42

3) Ancaster High School - HWDSB

31

4) Westdale S.S. - HWDSB

27

5) Sherwood S.S. - HWDSB

19

6) Guido de Bres C.H.S - HWDSB

14

7) Saltfleet District - HWDSB

12

8) Hamilton District C.H.S. - HWD

6

9) Nora Francis Henderson S.S. -

5

10) Glendale S.S. - HWDSB

3

Men - Open - Team Rankings - 2 Events Scored

1) Westdale S.S. - HWDSB

10

2) Dundas Valley S.S. - HWDSB

8

3) Ancaster High School - HWDSB

4

4) Westmount S.S. - HWDSB

3

4) Hamilton District C.H.S. - HWD

3

6) Saltfleet District - HWDSB

2

7) Sherwood S.S. - HWDSB

1

Men - Ambulatory - Team Rankings - 1 Events Scored

1) Westdale S.S. - HWDSB

16

Men - Intellectually Imp - Team Rankings - 1 Events Scored

1) Dundas Valley S.S. - HWDSB

6

1) Nora Francis Henderson S.S. -

6

3) Bernie Custis S.S. - HWDSB

3