

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Women 100 Meter Dash Novice**

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

Women 100 Meter Dash Novice

Name	Year School	Finals	Points
Finals			
1 Armes, Callie	Westmount S.	12.82	6
2 Smid, Kara	Guido de Bre	13.04	4
3 Janicas, Cassandra	Westmount S.	13.16	3
4 Sowunmi, Tunmise	Sherwood S.S	13.62	2
5 Oleksiuk, Emily	Ancaster Hig	13.63	1
6 Laing-Howard, Riley	Westmount S.	13.93	
7 Ostermeier, Kari	Westmount S.	13.99	
8 Mulder, Brynn	Hamilton Dis	14.05	

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Name	Year School	Finals	H#	Points
1 Armes, Callie	Westmount S.	26.36	5	6
2 Griffin, Reese	Sherwood S.S	27.34	3	4
3 Smid, Kara	Guido de Bre	27.86	5	3
4 St. Aubin, Maggie	Dundas Valle	28.37	5	2
5 Janicas, Cassandra	Westmount S.	28.48	5	1
6 Sowunmi, Tunmise	Sherwood S.S	28.56	3	
7 Oleksiuk, Emily	Ancaster Hig	28.68	5	
8 Laing-Howard, Riley	Westmount S.	28.92	4	
9 Wagter, Rachel	Hamilton Dis	29.29	3	
10 Francis, Tanejah	Saltfleet Di	30.10	3	
11 Mulder, Brynn	Hamilton Dis	30.43	2	
12 Speziale, Chloe	Westmount S.	30.86	4	
13 Mrmak, Danica	Ancaster Hig	31.02	4	
14 Cleva, Alexandra	Ancaster Hig	31.40	2	
15 Haslam, Elizabeth	Sherwood S.S	31.50	2	
16 Vanpopta, Geneva	Guido de Bre	31.58	5	
17 Tweedle, Sadie	Sherwood S.S	31.60	1	
18 Chohan, Abeer	Sir Allan Ma	31.67	1	
19 Oosterhoff, Sierra	Guido de Bre	31.76	1	
20 Finlan, Noelle	Westmount S.	32.45	4	
21 Lopez-Selkin, Rubi	Sir Allan Ma	33.58	1	
22 St. Cartier-Samms, Keyar	Hamilton Dis	33.84	3	
23 Volterman, Lacey	Saltfleet Di	34.14	3	
24 Griffiths-Baldwin, Arrya	Saltfleet Di	34.80	4	
25 Manning, Kenya	Hamilton Dis	36.59	4	
26 Bird-Gould, Lily	Sir Winston	36.86	2	
27 Blue, Taylor	Sir Winston	39.61	1	

Women 400 Meter Dash Novice

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

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Women 800 Meter Run Novice**

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

Women 1500 Meter Run Novice

Name	Year School	Finals	Points
1 Mason, Isla	Dundas Valle	5:50.91	6
2 Thomas, Elaine	Westmount S.	6:00.55	4
3 Dykema, Brenna	Guido de Bre	6:02.18	3
4 Sanchez-Caicedo, Gabriel	Ancaster Hig	6:16.69	2
5 Connors, Kennedy	Nora Francis	6:19.37	1
6 Sidi Amar, Manar	Glendale S.S	6:33.97	
7 Uretsky, Liah	Waterdown Di	6:44.31	
8 Pepper Curtain, Lily	Dundas Valle	6:45.00	
9 Ballantine, Ammelia	Dundas Valle	6:56.01	
10 Fasakin, Folasade	Hamilton Dis	7:25.10	
11 Okimi Atencio, Raquel	Hamilton Dis	7:43.24	
12 Youk, Samsokunthea	Glendale S.S	10:02.66	

Women 3000 Meter Run Novice

Name	Year School	Finals	Points
1 Bagnall, Amelia	Ancaster Hig	11:56.82	6
2 Thomas, Elaine	Westmount S.	12:08.77	4
3 Dykema, Brenna	Guido de Bre	13:10.99	3
4 Dufresne, Devin	Waterdown Di	15:06.24	2
5 Ballantine, Ammelia	Dundas Valle	15:17.01	1

Women 80 Meter Hurdles Novice

Name	Year School	Finals	H#	Points
1 Metham, Parker	Dundas Valle	13.66	2	6
2 Lane, Abigail	Westmount S.	15.04	2	4
3 Speziale, Chloe	Westmount S.	15.06	2	3
4 Cucuz, Ivana	Saltfleet Di	15.57	1	2
5 Vanderzwaag, Isabel	Hamilton Dis	16.04	1	1
6 Vanbrederode, Jenna	Guido de Bre	16.18	2	
7 Ludwig, Morgan	Guido de Bre	16.44	1	

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8 Aantjes, Kamryn	Guido de Bre	17.26	2
9 Islam, Sarina	Westmount S.	18.29	2
10 Williams, Sulieka	Sherwood S.S	28.28	2
11 Okimi Atencio, Raquel	Hamilton Dis	33.45	1

Women 300 Meter Hurdles Novice

Name	Year School	Finals	H#	Points
1 Metham, Parker	Dundas Valle	52.33	2	6
2 Cucuz, Ivana	Saltfleet Di	53.62	1	4
3 Lane, Abigail	Westmount S.	56.85	1	3
4 Vanbrederode, Jenna	Guido de Bre	58.79	1	2
5 Lof, Brianna	Guido de Bre	1:04.64	2	1

Women 4x100 Meter Relay Novice

School	Finals	Points
1 Westmount S.S. - HWDSB 'A'	52.64	6
1) Ostermeier, Kari		
2) Janicas, Cassandra		
3) Laing-Howard, Riley		
4) Armes, Callie		
2 Dundas Valley S.S. - HWDSB 'A'	55.78	4
1) St. Aubin, Maggie		
2) Bennett, Evelyn		
3) Peaker, Isla		
4) Metham, Parker		
3 Sherwood S.S. - HWDSB 'A'	56.58	1
4 Guido de Bres C.H.S - HWDSB 'A'	57.44	2
5 Hamilton District C.H.S. - HWD 'A'	57.56	3
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	

Women High Jump Novice

Name	Year School	Finals	Points
1 Visser, Allison	Hamilton Dis	1.40m	6
2 Peaker, Isla	Dundas Valle	1.30m	4

Women Pole Vault Novice

Name	Year School	Finals	Points
1 DeVries, Maya	Dundas Valle	1.80m	5
1 Belmore, Scarlett	Dundas Valle	1.80m	5
3 Andree, Jordyn	Dundas Valle	1.60m	3

Women Long Jump Novice

Name	Year School	Finals	Points
1 Wagter, Rachel	Hamilton Dis	4.41m	6

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2	Bennett, Evelyn	Dundas Valle	4.07m	4
3	McKellar, Amaya	Sherwood S.S	3.97m	3
4	Belmore, Scarlett	Dundas Valle	3.71m	2
5	Peaker, Isla	Dundas Valle	3.70m	1
6	Phillips, Abby	Saltfleet Di	3.54m	
7	Schulenberg, Morgan	Guido de Bre	3.43m	
8	Hannes, Lenie	Hamilton Dis	3.24m	
9	Burt, Payton	Waterdown Di	3.19m	
10	Reid, Ava	Sherwood S.S	3.18m	
11	Naseem, Nabiham	Waterdown Di	3.04m	
12	Isaacs, Finn	Nora Francis	2.79m	
13	Neven, Julia	Hamilton Dis	2.77m	
14	Stooke, Isobel	Westmount S.	2.74m	
15	Zhang, Jessica	Waterdown Di	2.71m	
16	Alaraj, Salma	Waterdown Di	2.67m	
17	Thompson, Evelyn	Westdale S.S	2.62m	
18	Al-Obeidi, Rose	Westmount S.	2.55m	

Women Triple Jump Novice

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

Women Shot Put Novice

Name	Year School	Finals	Points
1	McCulloch, Olivia	Dundas Valle	8.22m 6
2	Blain, Sophie	Waterdown Di	8.15m 4
3	estey-McPherson, Nylanna	Sir Winston	7.91m 3
4	Phillips, Abby	Saltfleet Di	7.84m 2
5	McKinney, Raegan	Saltfleet Di	7.54m 1
6	Bird-Gould, Lily	Sir Winston	7.44m
7	Mutamba, Justine	Westdale S.S	7.39m
8	Kasweka, Dyanda	Guido de Bre	7.33m
9	Nederveen, Jayden	Guido de Bre	7.23m
10	Pyke, Sabine	Sherwood S.S	6.84m
11	Gonnering, Jessica	Hamilton Dis	6.19m
12	Jagt, Mira	Guido de Bre	6.17m
13	Williams, Nyiah	Sherwood S.S	6.16m
14	Leman, Evyn	Dundas Valle	5.51m
15	Dairo, Tolu	Saltfleet Di	5.11m
16	Laursen, Norah	Sherwood S.S	4.69m

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17 Shad, Muneeba	Sherwood S.S	4.49m
18 Willis, Jazzhara	Bernie Custi	4.31m

Women Discus Throw Novice

Name	Year School	Finals	Points
1 Barnard, Katelyn	Hamilton Dis	20.29m	6
2 Kasweka, Dyanda	Guido de Bre	18.89m	4
3 Jagt, Mira	Guido de Bre	18.25m	3
4 Mutamba, Justine	Westdale S.S	17.36m	2
5 Leman, Evyn	Dundas Valle	16.09m	1
6 Majernik, Jennika	Ancaster Hig	16.00m	
7 Myers, Madison	Dundas Valle	14.55m	
8 Laursen, Norah	Sherwood S.S	14.16m	

Women Javelin Throw Novice

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

Women 100 Meter Dash Junior

Name	Year School	Prelims	H#
Preliminaries			
1 Kent, Hannah	Saltfleet Di	13.16q	4
2 Stevens, Ellie	Westdale S.S	13.54q	3
3 Bekendam, Analise	Hamilton Dis	13.68q	3
4 Brukker, Gabrielle	Dundas Valle	13.76q	1
5 Placidi, Isabella	Ancaster Hig	13.85q	3
6 Wieske, Vera	Guido de Bre	13.96q	1
7 Rioux, Faith	Dundas Valle	13.98q	3
8 Thompson, Ashley	Sherwood S.S	14.02q	5
9 Hauser, Estella	Westdale S.S	14.35	5
10 McKenzie, Abigail	Saltfleet Di	14.35	1
11 McMillan, Abi	Westmount S.	14.53	4

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12	Schulenberg, Peyton	Guido de Bre	14.59	5
13	Jans, Vivian	Guido de Bre	14.59	2
14	Galer, Cheyenne	Dundas Valle	14.62	5
15	Bramwell, Alexa	Westdale S.S	14.67	1
16	Marshall, Olivia	Sir Winston	14.78	1
17	Ward, Riley	Nora Francis	14.93	4
18	Folkens, Claudia	Westmount S.	14.96	5
19	Ritchie, Evie	Westmount S.	15.08	2
20	Game, Erica	Hamilton Dis	15.23	4
21	Graham, Briana	Glendale S.S	15.27	3
22	Smolenaars, Abby	Waterdown Di	15.31	1
23	Usmani, Leena	Saltfleet Di	15.46	2
24	Burt, Payton	Waterdown Di	15.46	3
25	Wilcox, Ivory	Saltfleet Di	15.50	5
26	Tappenden, Maleah	Saltfleet Di	15.67	3
27	Brown, Bronwyn	Sir Allan Ma	15.83	2
28	Lew, Jamoiah	Glendale S.S	16.13	1
29	Spears, Amy	Waterdown Di	16.68	4
30	Howarth, Amber	Nora Francis	16.76	1
31	Lubin, Naika	Sherwood S.S	17.30	3
32	Kinnaird, Ashlan	Ancaster Hig	17.94	4

Women 100 Meter Dash Junior

Name	Year	School	Finals	Points
Finals				
1	Kent, Hannah	Saltfleet Di	13.01	6
2	Stevens, Ellie	Westdale S.S	13.33	4
3	Brukker, Gabrielle	Dundas Valle	13.53	3
4	Rioux, Faith	Dundas Valle	13.69	2
5	Placidi, Isabella	Ancaster Hig	13.74	1
6	Thompson, Ashley	Sherwood S.S	13.84	
7	Wieske, Vera	Guido de Bre	13.90	
8	Bekendam, Analise	Hamilton Dis	13.98	

Women 200 Meter Dash Junior

Name	Year	School	Finals	H#	Points
1	Gravesande, Simone	Westdale S.S	26.23	4	6
2	Kent, Hannah	Saltfleet Di	27.07	3	4
3	Van Doorn, Holly	Orchard Park	27.58	1	3
4	Lazenby, Lauren	Ancaster Hig	28.50	4	2
5	Stevens, Ellie	Westdale S.S	28.56	2	1
6	Placidi, Isabella	Ancaster Hig	28.63	4	
7	Brukker, Gabrielle	Dundas Valle	29.57	4	
8	Rioux, Faith	Dundas Valle	29.63	4	
9	Wieske, Vera	Guido de Bre	29.66	1	
10	Jans, Vivian	Guido de Bre	30.06	2	
11	Iamjock-D'Arrigo, Chol	Nora Francis	30.11	4	
12	Galer, Cheyenne	Dundas Valle	30.29	4	
13	Bramwell, Alexa	Westdale S.S	30.29	2	
14	Bernal, Tayanna	Westmount S.	30.37	3	

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15 Bekendam, Analise	Hamilton Dis	30.72	3
16 Folkens, Claudia	Westmount S.	31.08	3
17 Schulenberg, Peyton	Guido de Bre	32.80	2
18 Lavoie, Makenna	Sir Winston	33.28	1
19 Tappenden, Maleah	Saltfleet Di	33.71	3
20 McCarroll, Mia	Westmount S.	35.57	3
21 Davies, Lexis	Sir Winston	39.96	1
22 Pratt, Emily	Sir Winston	47.11	2

Women 400 Meter Dash Junior

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

Women 800 Meter Run Junior

Name	Year School	Finals	H#	Points
1 Lanting, Hannah	Guido de Bre	2:35.85	2	6
2 Berkelaar, Mora	Hamilton Dis	2:43.12	1	4
3 Needham Robbins, Ellie	Westmount S.	2:46.17	2	3
4 Griffiths, Claire	Ancaster Hig	2:46.31	2	2
5 Plas, Mya	Ancaster Hig	2:46.66	1	0.50
5 Masse, Kaitlyn	Ancaster Hig	2:46.66	1	0.50
7 Piecuch, Mya	Dundas Valle	2:48.36	2	
8 Baltzer, Abbie	Westmount S.	2:53.90	2	
9 Mills, Quinn	Dundas Valle	2:55.50	2	
10 Weekes, Arwynne	Glendale S.S	2:57.20	1	
11 Game, Erica	Hamilton Dis	3:11.34	1	
12 Berisha, Lorita	Nora Francis	3:12.06	2	
13 Cameron, Abigail	Bernie Custi	3:13.02	1	

Women 1500 Meter Run Junior

Name	Year School	Finals	Points
1 Kekic, Melisa	Saltfleet Di	5:11.51	6
2 Pribyl, Abiella	Westdale S.S	5:13.29	4
3 Lanting, Hannah	Guido de Bre	5:13.64	3
4 Hargreave, Marley	Westdale S.S	5:15.75	2
5 Gupta, Julia	Dundas Valle	5:17.70	1
6 Berkelaar, Mora	Hamilton Dis	5:52.04	

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7 Mills, Quinn	Dundas Valle	5:58.38
8 Hauser, Estella	Westdale S.S	6:15.91
9 Palmer, Nevaeh	Sherwood S.S	6:16.42
10 Burak, Emily	Westdale S.S	6:31.49
11 Cameron, Abigail	Bernie Custi	6:32.29
12 Washington, Penelope	Hamilton Dis	6:54.51
13 Alnatour, Shahad	Bernie Custi	7:01.65
14 Kamwar Meraj, Sumaia	Glendale S.S	8:00.80

Women 3000 Meter Run Junior

Name	Year School	Finals	Points
1 Pribyl, Abiella	Westdale S.S	11:19.67	6
2 Gupta, Julia	Dundas Valle	11:23.99	4
3 Lanting, Hannah	Guido de Bre	11:37.44	3
4 Deklerk, Morgan	Guido de Bre	12:07.47	2
5 Plas, Mya	Ancaster Hig	13:00.98	1
6 Masse, Kaitlyn	Ancaster Hig	13:10.58	
7 Chichakian, Silvana	Westdale S.S	13:24.66	
8 Griffiths, Claire	Ancaster Hig	13:53.48	
9 Alnatour, Shahad	Bernie Custi	15:25.14	

Women 80 Meter Hurdles Junior

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

Women 300 Meter Hurdles Junior

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

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Women 4x100 Meter Relay Junior**

School	Finals	Points
1 Saltfleet District - HWDSB 'A'	53.66	6
2 Dundas Valley S.S. - HWDSB 'A'	53.70	4
1) Mohart, Gabrielle	2) Brukker, Gabrielle	
3) Rioux, Faith	4) Fairley, Annika	
3 Waterdown District - HWDSB 'A'	54.48	3
4 Guido de Bres C.H.S - HWDSB 'A'	55.41	2
5 Westmount S.S. - HWDSB 'A'	57.19	1
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	

Women High Jump Junior

Name	Year School	Finals	Points
1 Vanraalte, Sophia	Guido de Bre	1.60m	6
2 Fairley, Annika	Dundas Valle	1.45m	4
3 Bartels, Kenzie	Guido de Bre	1.30m	3
-- Marshall, Olivia	Sir Winston	DNF	
-- Onland, Denia	Guido de Bre	DNF	

Women Pole Vault Junior

Name	Year School	Finals	Points
1 Bauer, Alma	Dundas Valle	2.30m	6

Women Long Jump Junior

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

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Women Triple Jump Junior**

Name	Year School	Finals	Points
1 Vanraalte, Sophia	Guido de Bre	10.46m	6
2 Verrips, Marissa	Hamilton Dis	9.01m	4
3 Bauer, Alma	Dundas Valle	8.47m	3
4 Strating, Jaylen	Guido de Bre	8.23m	2

Women Shot Put Junior

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

Women Discus Throw Junior

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

Women Javelin Throw Junior

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

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Women 100 Meter Dash Senior**

Name	Year School	Prelims	H#
Preliminaries			
1 Slywka, Grace	Dundas Valle	12.99q	3
2 Koning, Abby	Guido de Bre	13.11q	1
3 McCulloch, Sophia	Dundas Valle	13.22q	4
4 Hoath, Madeline	Westmount S.	13.47q	1
5 Burgess, Madeline	Sherwood S.S	13.52q	1
6 Sewell, Ainjel	Nora Francis	13.57q	2
7 Janayah, Croft-Porter	Bernie Custi	13.66q	3
8 Ritter, Ava	Nora Francis	14.00q	3
9 Kuizenga, Rachel	Guido de Bre	14.11	4
10 Patel, Shailee	Ancaster Hig	14.39	1
11 Crichton, Karina	Waterdown Di	14.44	5
12 Bernal, Sofia	Westmount S.	14.84	2
13 Kim-Bromstein, Chloe	Ancaster Hig	14.87	4
14 Cave, Olivia	Sir Allan Ma	14.89	3
15 Linares-Martinez, Valeri	Sherwood S.S	14.91	3
16 Davoodian, Elizabeth	Westmount S.	14.93	4
17 Robinson, Amora	Sherwood S.S	15.02	5
18 Le, Michelle	Westdale S.S	15.06	4
19 Bassink, Ilsa	Waterdown Di	15.11	5
20 Millington, Katie	Sir Allan Ma	15.19	4
21 Hendrikse, Lucy	Westmount S.	15.26	5
22 Macey, Jasmine	Ancaster Hig	15.35	2
23 Thai, Angel	Westmount S.	15.58	3
24 McDonald, Rachel	Sir Allan Ma	15.71	2
25 Swire-Hannis, Madison	Ancaster Hig	16.38	4
26 Repa-Rogers, Abby	Saltfleet Di	16.49	5
27 O'Brien, Olivia	Sir Winston	16.68	2
28 Smith, Bridget	Bernie Custi	19.49	1

Women 100 Meter Dash Senior

Name	Year School	Finals	Points
Finals			
1 Slywka, Grace	Dundas Valle	12.77	6
2 McCulloch, Sophia	Dundas Valle	13.01	4
3 Koning, Abby	Guido de Bre	13.02	3
4 Sewell, Ainjel	Nora Francis	13.39	2
5 Burgess, Madeline	Sherwood S.S	13.51	1
6 Hoath, Madeline	Westmount S.	13.63	
7 Janayah, Croft-Porter	Bernie Custi	13.79	
8 Ritter, Ava	Nora Francis	14.08	

Women 200 Meter Dash Senior

Name	Year School	Finals	H#	Points
1 McCulloch, Sophia	Dundas Valle	26.63	3	6
2 Koning, Abby	Guido de Bre	26.78	3	4
3 Slywka, Grace	Dundas Valle	27.04	3	3
4 Sewell, Ainjel	Nora Francis	27.93	3	2

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****...Women 200 Meter Dash Senior**

5	Burgess, Madeline	Sherwood S.S	28.07	1	1
6	Cunliffe, Georgia	Westmount S.	28.22	2	
7	Janayah, Croft-Porter	Bernie Custi	28.31	2	
8	Hoath, Madeline	Westmount S.	28.68	3	
9	Cameron, Chloe	Dundas Valle	28.83	3	
10	Kuizenga, Rachel	Guido de Bre	29.10	2	
11	Sehl, Haven	Westdale S.S	29.32	2	
12	Cubitt, Ashley	Westmount S.	29.43	2	
13	Turcott, Jessie	Westmount S.	29.84	2	
14	Patel, Shailee	Ancaster Hig	30.34	2	
15	Kovac, Beatrice	Westdale S.S	30.39	1	
16	Kim-Bromstein, Chloe	Ancaster Hig	30.72	2	
17	Macey, Jasmine	Ancaster Hig	31.89	1	
18	Hughes, Ashley	Sir Allan Ma	34.17	1	

Women 400 Meter Dash Senior

Name	Year School	Finals	H#	Points	
1	Sewell, Ainjel	Nora Francis	1:08.05	2	6
2	Peaker, Audrey	Dundas Valle	1:08.88	2	4
3	Cameron, Chloe	Dundas Valle	1:09.08	2	3
4	Sehl, Haven	Westdale S.S	1:09.38	1	2
5	Campanaro, Mylana	Westmount S.	1:09.73	2	1
6	Kovac, Beatrice	Westdale S.S	1:11.01	1	
7	Crichton, Karina	Waterdown Di	1:13.37	1	
8	LeDonne, Natalie	Orchard Park	1:14.83	2	
9	Bacani, Marielle	Nora Francis	1:15.87	2	
10	Ried-Diaz, Violeta	Westdale S.S	1:17.89	1	
11	Okun, Weyinmi	Sherwood S.S	1:20.22	1	
12	Buchanan, Alina	Dundas Valle	1:20.40	1	
13	Danis, Zayah	Waterdown Di	1:26.11	1	

Women 800 Meter Run Senior

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

Women 1500 Meter Run Senior

Name	Year School	Finals	Points	
1	Gordon, Erika	Ancaster Hig	5:08.65	6
2	Giannou, Vanessa	Ancaster Hig	5:17.36	4

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****...Women 1500 Meter Run Senior**

3 Taylor, Molly	Westmount S.	5:32.47	3
4 Mallany, Dalia	Westdale S.S	5:34.11	2
5 Ludviks-Pitkin, Stella	Westdale S.S	5:35.61	1
6 Kirk, Emily	Guido de Bre	6:10.95	
7 Cruz, Deborah	Westmount S.	6:49.05	
8 Blokker, Violet	Guido de Bre	7:08.05	

Women 3000 Meter Run Senior

Name	Year School	Finals	Points
1 Gordon, Erika	Ancaster Hig	11:07.40	6
2 Giannou, Vanessa	Ancaster Hig	11:37.44	4
3 Taylor, Molly	Westmount S.	11:39.68	3

Women 100 Meter Hurdles Senior

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

Women 400 Meter Hurdles Senior

Name	Year School	Finals	Points
1 Peaker, Audrey	Dundas Valle	1:20.55	6
2 Kosempel, Megan	Dundas Valle	1:29.42	4
3 Elliott, Marissa	Sherwood S.S	1:31.05	3
4 LeDonne, Natalie	Orchard Park	1:45.17	2

Women 4x100 Meter Relay Senior

School	Finals	Points
1 Guido de Bres C.H.S - HWDSB 'A'	51.70	6
2 Dundas Valley S.S. - HWDSB 'A'	52.56	4
3 Westmount S.S. - HWDSB 'A'	55.84	3
1) Campanaro, Mylana	2) Turcott, Jessie	
3) Cunliffe, Georgia	4) Hoath, Madeline	
4 Nora Francis Henderson S.S. - 'A'	56.25	2
5 Ancaster High School - HWDSB 'A'	57.33	1

Women High Jump Senior

Name	Year School	Finals	Points
1 Schenkel, Rebecca	Guido de Bre	1.40m	6

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Women Pole Vault Senior**

Name	Year School	Finals	Points
1 Lowe, Sophia	Dundas Valle	2.20m	6
2 Lawson, Eileen	Dundas Valle	1.60m	4

Women Long Jump Senior

Name	Year School	Finals	Points
1 Slezak, Breanna	Nora Francis	4.90m	6
2 Beijes, Mya	Guido de Bre	4.89m	4
3 Schenkel, Rebecca	Guido de Bre	4.81m	3
4 Janayah, Croft-Porter	Bernie Custi	4.45m	2
5 Lawson, Eileen	Dundas Valle	4.31m	1
6 Williams, Serenity	Nora Francis	4.11m	
7 Kuizenga, Rachel	Guido de Bre	3.90m	
8 Usichenko, Anastasia	Ancaster Hig	3.81m	
9 Repa-Rogers, Abby	Saltfleet Di	3.51m	
10 Gonnering, Gabriella	Hamilton Dis	2.97m	
11 Botten, Dallas	Sir Allan Ma	2.51m	
12 Le, Keira	Saltfleet Di	2.10m	

Women Triple Jump Senior

Name	Year School	Finals	Points
1 Slezak, Breanna	Nora Francis	9.07m	6
2 Lawson, Eileen	Dundas Valle	8.60m	4
3 Ali, Layla	Ancaster Hig	8.44m	3
4 Beijes, Mya	Guido de Bre	8.37m	2
5 Lowe, Sophia	Dundas Valle	7.78m	1
6 Le, Keira	Saltfleet Di	5.26m	

Women Shot Put Senior

Name	Year School	Finals	Points
1 Jans, Chayse	Guido de Bre	9.27m	6
2 Smid, Maria	Guido de Bre	8.33m	4
3 Want, Jana	Orchard Park	7.65m	3
4 Muis, Raven	Guido de Bre	7.59m	2
5 White, Nicole	Dundas Valle	7.43m	1
6 Mutamba, Priscilla	Westdale S.S	7.39m	
7 Whitton, Moriah	Hamilton Dis	7.18m	
8 Ducharme-Boyd, Madelyn	Westmount S.	6.69m	
9 Fennema, Jillian	Dundas Valle	6.68m	
10 Belrose, Olivia	Sherwood S.S	6.60m	
11 Warby, Grace	Westmount S.	6.43m	
12 Gonnering, Gabriella	Hamilton Dis	6.01m	
13 Botting, Chloe	Westmount S.	5.98m	
14 Arnold, Charlie	Dundas Valle	5.76m	
15 Repa-Rogers, Abby	Saltfleet Di	5.68m	
16 Lanting, Theresa	Guido de Bre	5.55m	
17 Ngok, Genevieve	Orchard Park	5.29m	

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****...Women Shot Put Senior**

18 Smith, Bridget	Bernie Custi	5.26m
19 Pellizzari, Sienna	Hamilton Dis	4.02m

Women Discus Throw Senior

Name	Year School	Finals	Points
1 Arnold, Charlie	Dundas Valle	23.09m	6
2 Ali, Layla	Ancaster Hig	22.89m	4
3 Smid, Maria	Guido de Bre	22.06m	3
4 Fennema, Jillian	Dundas Valle	21.86m	2
5 Lanting, Theresa	Guido de Bre	21.02m	1
6 White, Nicole	Dundas Valle	20.76m	
7 Pearce, Keira	Ancaster Hig	20.03m	
8 Belrose, Olivia	Sherwood S.S	18.57m	
9 Usichenko, Anastasia	Ancaster Hig	17.44m	
10 Muis, Raven	Guido de Bre	17.39m	
11 Mutamba, Priscilla	Westdale S.S	16.67m	
12 Botting, Chloe	Westmount S.	16.26m	
13 Ducharme-Boyd, Madelyn	Westmount S.	15.76m	
14 Jans, Chayse	Guido de Bre	15.61m	
15 Warby, Grace	Westmount S.	15.41m	
16 Lanting, Sophia	Guido de Bre	15.37m	

Women Javelin Throw Senior

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

Women 2000 Meter Steeplechase Open

Name	Year School	Finals	Points
1 Fransson, Lia	Westdale S.S	8:11.70	6
2 Berkelaar, Mora	Hamilton Dis	8:22.22	4
3 Mallany, Dalia	Westdale S.S	8:28.95	3
4 Taylor, Molly	Westmount S.	8:58.37	2

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****....Women 2000 Meter Steeplechase Open**

5 Palmer, Nevaeh	Sherwood S.S	9:46.46	1
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Women 4x400 Meter Relay Open

School		Finals	Points
1 Ancaster High School - HWDSB 'A'		4:23.39	6
2 Westdale S.S. - HWDSB 'A'		4:32.84	4
1) Stevens, Ellie	2) Pribyl, Abiella		
3) Gravesande, Simone	4) Hargreave, Marley		
3 Guido de Bres C.H.S - HWDSB 'A'		4:43.18	3
4 Dundas Valley S.S. - HWDSB 'A'		4:56.16	2
1) Fairley, Annika	2) Mohart, Gabrielle		
3) Peaker, Audrey	4) St. Aubin, Maggie		
5 Westmount S.S. - HWDSB 'A'		5:13.80	1
1) Baltzer, Abbie	2) Campanaro, Mylana		
3) Cubitt, Ashley	4) McCarroll, Mia		

Women 100 Meter Dash Ambulatory

Name	Year School	Finals	Points
1 Hudgins, Lilly	Westdale S.S	17.54	6

Women 100 Meter Dash Intellectually Imp

Name	Year School	Finals	Points
1 Hughes, Ashley	Sir Allan Ma	15.81	6
2 Daylor, Sierra	Sir Winston	20.40	4

Women Shot Put Ambulatory Intellectually Imp

Name	Year School	Finals	Points
1 Daylor, Sierra	Sir Winston	4.79m	6

Men 100 Meter Dash Novice

Name	Year School	Prelims	H#
Preliminaries			
1 Foster, Naieem	Sherwood S.S	11.87q	2
2 Abidogun, Jola	Ancaster Hig	12.10q	1
3 Pilon, Ro	Dundas Valle	12.38q	3
4 Pileski, Kyle	Dundas Valle	12.42q	1
5 Ousso, Bachar	Sir Winston	12.52q	3
6 Neary, Brody	Dundas Valle	12.55q	2
7 Kingma, Logan	Guido de Bre	12.55q	1
8 Ayodele-Oni, Micheal	Hamilton Dis	12.55q	3
9 Satheeskumar, Sachin	Sherwood S.S	12.58	3
10 Malandrino, Leeland	Ancaster Hig	12.71	2
11 DaSilva, Jonah	Westmount S.	12.73	3
12 Morley-Stockton, Dominic	Sir Winston	12.83	1

HWIAC - Track and Field Meet - 2024-05-15

SOSSA Qualifier Meet

Ray Lewis T&F Facility

Results

....Men 100 Meter Dash Novice

13	Van Groningen, Landon	Hamilton Dis	12.88	2
14	Ricketts Jr., Vincent	Sherwood S.S	13.23	1
15	Edun, Abdulraqueeb	Sherwood S.S	13.24	1
16	Vanderlaan, Brendan	Guido de Bre	13.30	2
17	An, Jihoo	Ancaster Hig	13.35	3
18	Reinink, Seth	Guido de Bre	13.39	3
19	Huang, Kevin	Westmount S.	13.46	2
20	Diaz, Nic	Westmount S.	14.87	1
21	McKay, Logan	Saltfleet Di	15.28	2

Men 100 Meter Dash Novice

Name	Year School	Finals	Points
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Finals

1	Foster, Naieem	Sherwood S.S	11.65	6
2	Abidogun, Jola	Ancaster Hig	12.04	4
3	Pilon, Ro	Dundas Valle	12.17	3
4	Neary, Brody	Dundas Valle	12.33	2
5	Pileski, Kyle	Dundas Valle	12.34	1
6	Ousso, Bachar	Sir Winston	12.42	
7	Kingma, Logan	Guido de Bre	12.47	
8	Ayodele-Oni, Micheal	Hamilton Dis	12.60	

Men 200 Meter Dash Novice

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

Men 400 Meter Dash Novice

Name	Year School	Finals	Points
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1	Alkilabi, Rashid	Westmount S.	57.81	6
2	Beyer, Matthew	Dundas Valle	58.17	4
3	Dejong, Nathaniel	Hamilton Dis	1:00.73	3

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****....Men 400 Meter Dash Novice**

4 Vanderlaan, Brendan	Guido de Bre	1:04.01	2
5 Lakhanpal, Jaxon	Dundas Valle	1:04.50	1
6 Karnelia, Adnan	Sherwood S.S	1:12.48	

Men 800 Meter Run Novice

Name	Year School	Finals	Points
1 Ortwein, Jackson	Dundas Valle	2:11.07	6
2 Craddock, Owen	Dundas Valle	2:16.74	4
3 Jegede, Samuel	Sir Allan Ma	2:25.61	3
4 Afonso-Jongeling, Ryker	Sherwood S.S	2:27.18	2
5 Lakhanpal, Jaxon	Dundas Valle	2:33.24	1
6 McDuffee, Jax	Ancaster Hig	2:34.21	
7 Bennett, Loch	Ancaster Hig	2:42.21	

Men 1500 Meter Run Novice

Name	Year School	Finals	Points
1 Ortwein, Jackson	Dundas Valle	4:23.06	6
2 Craddock, Owen	Dundas Valle	4:27.02	4
3 Jegede, Samuel	Sir Allan Ma	5:03.01	3
4 Zdravkovic, Aleksandar	Ancaster Hig	5:05.60	2
5 Oosterhoff, Tanner	Guido de Bre	5:18.03	1
6 Elliott, Jackson	Sherwood S.S	5:19.40	
7 McDuffee, Jax	Ancaster Hig	5:34.59	
8 Sikma, Clarence	Guido de Bre	5:55.43	

Men 3000 Meter Run Novice

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

Men 100 Meter Hurdles Novice

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

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 300 Meter Hurdles Novice**

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

Men 4x100 Meter Relay Novice

School	Finals	Points
1 Sherwood S.S. - HWDSB 'A'	49.79	6
2 Ancaster High School - HWDSB 'A'	50.15	4
3 Dundas Valley S.S. - HWDSB 'A'	50.50	3
4 Sir Winston Churchill S.S. - H 'A'	50.98	2
5 Hamilton District C.H.S. - HWD 'A'	51.33	1
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	

Men High Jump Novice

Name	Year School	Finals	Points
1 Tenhage, Logan	Guido de Bre	1.65m	6
2 Mulder, Deacon	Hamilton Dis	1.60m	4
3 Zahid, Ali	Sherwood S.S	1.55m	3
4 Satheeskumar, Sachin	Sherwood S.S	1.52m	2
5 Ricketts Jr., Vincent	Sherwood S.S	1.50m	1
6 Zahid, Usman	Sherwood S.S	1.45m	

Men Long Jump Novice

Name	Year School	Finals	Points
1 Van Groningen, Landon	Hamilton Dis	5.31m	6
2 Kingma, Logan	Guido de Bre	5.21m	4
3 Dejager, Eli	Guido de Bre	5.17m	3
4 Mulder, Deacon	Hamilton Dis	5.09m	2
5 Pileski, Kyle	Dundas Valle	5.04m	1
6 Karnelia, Adnan	Sherwood S.S	4.16m	
7 Traore, Ismael	Sherwood S.S	3.61m	

Men Triple Jump Novice

Name	Year School	Finals	Points
1 Dejager, Eli	Guido de Bre	11.62m	6
2 Pileski, Kyle	Dundas Valle	11.47m	4
3 Kingma, Logan	Guido de Bre	10.77m	3
4 Vreugdenhil, Cole	Hamilton Dis	10.68m	2

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****....Men Triple Jump Novice**

5 Mulder, Deacon	Hamilton Dis	10.55m	1
6 Van Groningen, Landon	Hamilton Dis	10.45m	
7 Tenhage, Logan	Guido de Bre	10.39m	

Men Shot Put Novice

Name	Year School	Finals	Points
1 Vreugdenhil, Cole	Hamilton Dis	12.14m	6
2 Fennema, Drew	Dundas Valle	11.96m	4
3 Ong, Tristan	Westmount S.	10.76m	3
4 Schinkel, Keagan	Hamilton Dis	8.60m	2
5 Hinchcliffe, Ethan	Sir Winston	8.56m	1
6 Raymond, Thomas	Sir Winston	8.47m	
7 McKay, Logan	Saltfleet Di	7.43m	
8 McNeil, Justin	Guido de Bre	6.28m	

Men Discus Throw Novice

Name	Year School	Finals	Points
1 Vreugdenhil, Cole	Hamilton Dis	34.85m	6
2 Fennema, Drew	Dundas Valle	28.96m	4
3 Nguyen, Tue	Nora Francis	27.52m	3
4 Ong, Tristan	Westmount S.	27.46m	2
5 Doyle, Deaglan	Ancaster Hig	25.83m	1
6 McNeil, Justin	Guido de Bre	18.77m	
7 Zahid, Umer	Sherwood S.S	17.71m	

Men Javelin Throw Novice

Name	Year School	Finals	Points
1 Doyle, Deaglan	Ancaster Hig	37.75m	6
2 Fennema, Drew	Dundas Valle	37.46m	4
3 Schulenberg, Aaron	Guido de Bre	37.10m	3
4 Dejager, Eli	Guido de Bre	35.13m	2
5 Weingartner, Noah	Dundas Valle	33.96m	1
6 Roberts, Sebastian	Sir Winston	30.92m	
7 Hinchcliffe, Ethan	Sir Winston	23.56m	
8 McNeil, Justin	Guido de Bre	21.78m	

Men 100 Meter Dash Junior

Name	Year School	Prelims	H#
Preliminaries			
1 Ristov, Marko	Nora Francis	11.35q	4
2 Pearsonwhear, Tristan	Dundas Valle	11.50q	2
3 Maga, Pascal	Westmount S.	11.60q	1
4 McVittie, Isaac	Westmount S.	11.60q	2
5 Marcellin, Sheziah	Nora Francis	12.16q	1
6 Sedkowski, Gabriel	Saltfleet Di	12.18q	3
7 Sepper, Nathan	Nora Francis	12.20q	2

HWIAC - Track and Field Meet - 2024-05-15

SOSSA Qualifier Meet

Ray Lewis T&F Facility

Results

....Men 100 Meter Dash Junior

8	Linde, Christian	Guido de Bre	12.30q	2
9	Wallace, Blake	Sherwood S.S	12.35	4
10	Oeur, Kennedy	Glendale S.S	12.39	1
11	Coates, Payton	Sir Winston	12.50	2
12	Hunter, Nate	Sherwood S.S	12.57	1
13	Luwamo, Jacob	Nora Francis	12.57	4
14	Manuel, Wilson	Sir Winston	12.83	3
15	Hastings, Damian	Sir Winston	12.98	4
16	Dennis, Cooper	Bernie Custi	13.02	4
17	Howarth, Noah	Nora Francis	13.14	3
18	Dawes, Dauntley	Bernie Custi	13.45	1
19	Stevenson, Conall	Guido de Bre	13.46	3
20	Gay, Say	Bernie Custi	13.50	2
21	Said, Rowan	Dundas Valle	13.51	3
22	Nelson, Jermaine	Glendale S.S	13.60	2
23	Kelly, Caleb	Guido de Bre	13.62	4
24	Awan, Ibrahim	Orchard Park	14.48	3
25	Fitzpatrick, Logan	Sherwood S.S	14.54	3

Men 100 Meter Dash Junior

Name	Year School	Finals	Points
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Finals

1	Ristov, Marko	Nora Francis	10.96	6
2	Maga, Pascal	Westmount S.	11.52	4
3	Pearsonwhear, Tristan	Dundas Valle	11.64	3
4	Marcellin, Sheziah	Nora Francis	11.78	2
5	McVittie, Isaac	Westmount S.	11.91	1
6	Sedkowski, Gabriel	Saltfleet Di	12.10	
7	Sepper, Nathan	Nora Francis	12.34	
8	Linde, Christian	Guido de Bre	12.74	

Men 200 Meter Dash Junior

Name	Year School	Finals	H#	Points
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1	Ristov, Marko	Nora Francis	22.48	4	6
2	Maga, Pascal	Westmount S.	23.47	4	4
3	Dales, Noah	Ancaster Hig	24.45	4	3
4	Delucia, Francesco	Westmount S.	24.59	4	2
5	Marcellin, Sheziah	Nora Francis	24.64	4	1
6	Wallace, Blake	Sherwood S.S	25.36	3	
7	Hunter, Nate	Sherwood S.S	25.56	3	
8	Maga, Luke	Dundas Valle	25.67	1	
9	Luwamo, Jacob	Nora Francis	26.05	4	
10	Oeur, Kennedy	Glendale S.S	26.34	3	
11	Coates, Payton	Sir Winston	26.40	1	
12	Manuel, Wilson	Sir Winston	26.40	3	
13	Vanderwoude, Russell	Guido de Bre	26.71	2	
14	White, Randy	Sir Winston	27.56	1	
15	Said, Rowan	Dundas Valle	27.80	2	
16	Linde, Christian	Guido de Bre	28.57	3	
17	Stevenson, Conall	Guido de Bre	28.58	1	

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****....Men 200 Meter Dash Junior**

18 Nelson, Jermaine	Glendale S.S	29.12	2
19 Fitzpatrick, Logan	Sherwood S.S	29.63	1

Men 400 Meter Dash Junior

Name	Year School	Finals	H#	Points
1 Maga, Pascal	Westmount S.	55.30	2	6
2 Dales, Noah	Ancaster Hig	56.47	2	4
3 Delucia, Francesco	Westmount S.	58.20	2	3
4 Sedkowski, Gabriel	Saltfleet Di	1:00.07	1	2
5 Vreugdenhil, Seth	Hamilton Dis	1:00.26	1	1
6 Manuel, Wilson	Sir Winston	1:01.75	1	
7 Kelly, Caleb	Guido de Bre	1:04.89	1	

Men 800 Meter Run Junior

Name	Year School	Finals	Points
1 Reidy, Zachary	Saltfleet Di	2:21.24	6
2 Vreugdenhil, Seth	Hamilton Dis	2:21.71	4
3 Shakir, Saleh	Bernie Custi	2:24.36	3
4 Wardell, Zach	Westmount S.	2:25.45	2
5 Al Khalid, Abdul	Bernie Custi	2:32.81	1

Men 1500 Meter Run Junior

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

Men 3000 Meter Run Junior

Name	Year School	Finals	Points
1 Scott, Michael	Westdale S.S	10:13.66	6
2 Takatsu, Yuji	Orchard Park	10:15.08	4
3 Shakir, Saleh	Bernie Custi	10:31.31	3
4 Jongsma, Jack	Westdale S.S	10:40.83	2
5 Serwa, Sanjay	Orchard Park	10:41.22	1
6 Vandenberg, Ben	Guido de Bre	11:56.25	

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 100 Meter Hurdles Junior**

Name	Year School	Finals	Points
1 Pearsonwhear, Tristan	Dundas Valle	14.89	6
2 Marcellin, Sheziah	Nora Francis	15.38	4
3 Shilbi, Deandar	Westmount S.	21.49	3
4 White, Randy	Sir Winston	23.20	2

Men 300 Meter Hurdles Junior

Name	Year School	Finals	Points
1 Pearsonwhear, Tristan	Dundas Valle	43.46	6
2 Reidy, Zachary	Saltfleet Di	47.94	4
3 Vanderwoude, Russell	Guido de Bre	48.60	3

Men 4x100 Meter Relay Junior

School	Finals	Points
1 Nora Francis Henderson S.S. - 'A'	46.76	6
2 Westmount S.S. - HWDSB 'A'	47.41	4
3 Dundas Valley S.S. - HWDSB 'A'	49.19	3
4 Sir Winston Churchill S.S. - H 'A'	50.99	2
5 Guido de Bres C.H.S - HWDSB 'A'	51.92	1
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	

Men High Jump Junior

Name	Year School	Finals	Points
1 Dejager, Shane	Guido de Bre	1.70m	6
2 Vanderwoude, Russell	Guido de Bre	1.60m	4
3 Vandam, Jake	Guido de Bre	1.55m	3
-- Davis, Bradley	Dundas Valle	DNF	

Men Long Jump Junior

Name	Year School	Finals	Points
1 Ristov, Marko	Nora Francis	5.97m	6
2 Dejager, Shane	Guido de Bre	5.38m	4
3 Vandam, Jake	Guido de Bre	5.37m	3
4 Ho, Hayden	Nora Francis	5.18m	2
5 McVittie, Isaac	Westmount S.	5.05m	1
6 Davis, Bradley	Dundas Valle	4.85m	
7 Shukla, Divyansh	Orchard Park	4.65m	
7 Shilbi, Deandar	Westmount S.	4.65m	
9 Oeur, Kennedy	Glendale S.S	4.59m	
10 White, Randy	Sir Winston	4.51m	
11 Linde, Christian	Guido de Bre	4.41m	
12 Vanvleet, Philip	Guido de Bre	4.21m	

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men Triple Jump Junior**

Name	Year School	Finals	Points
1 Vreugdenhil, Seth	Hamilton Dis	11.07m	6
2 Vandam, Jake	Guido de Bre	11.04m	4
3 McVittie, Isaac	Westmount S.	10.84m	3
4 Shukla, Divyansh	Orchard Park	10.62m	2
5 Davis, Bradley	Dundas Valle	10.53m	1
6 Lenting, Jacob	Guido de Bre	10.49m	
7 Denhollander, Gabe	Guido de Bre	10.41m	

Men Shot Put Junior

Name	Year School	Finals	Points
1 Dawes, Dauntley	Bernie Custi	12.56m	6
2 Lenting, Jacob	Guido de Bre	11.22m	4
3 Coates, Payton	Sir Winston	11.20m	3
4 Sedkowski, Gabriel	Saltfleet Di	10.85m	2
5 Vanderwoude, Kenton	Guido de Bre	10.52m	1
6 Channel, Paul	Dundas Valle	10.25m	
7 McAdoo, Joel	Westmount S.	10.18m	
8 Vanvleet, Philip	Guido de Bre	9.41m	

Men Discus Throw Junior

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

Men Javelin Throw Junior

Name	Year School	Finals	Points
1 Lenting, Jacob	Guido de Bre	38.63m	6
2 Jans, Blake	Guido de Bre	35.47m	4
3 Jonker, Owen	Guido de Bre	35.09m	3
4 Dawes, Dauntley	Bernie Custi	32.40m	2
5 Channel, Paul	Dundas Valle	29.61m	1
6 McAdoo, Joel	Westmount S.	18.73m	

Men 100 Meter Dash Senior

Name	Year School	Prelims	H#
Preliminaries			
1 Banfield, Jack	Westmount S.	10.92q	6
2 Demirci, Darius	Ancaster Hig	11.28q	4

HWIAC - Track and Field Meet - 2024-05-15

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Ray Lewis T&F Facility

Results

....Men 100 Meter Dash Senior

3	Clark, Drew	Westmount S.	11.39q	3
4	Stephian, Ryan	Sherwood S.S	11.59q	3
5	Pietrantonio, Jacob	Westmount S.	11.61q	5
6	Heron, Mario	Glendale S.S	11.61q	1
7	Guerrero, Edward	Nora Francis	11.65q	2
8	Philippe-Daniel, Brock	Westmount S.	11.68q	2
9	Divincenzio, Alex	Dundas Valle	11.77	3
10	Lieu, Gary	Saltfleet Di	11.84	1
11	Paddy, Shamar	Nora Francis	11.89	1
12	Bolanos-Bonilla, Martin	Sherwood S.S	11.90	5
13	Holland, Jimmy	Westdale S.S	11.93	4
14	Alabi, Emmanuel	Saltfleet Di	12.02	5
15	Mutamba, Charly	Westdale S.S	12.12	1
16	Boorman, Samual	Westdale S.S	12.13	5
17	Kuik, Noah	Guido de Bre	12.17	1
18	Kent, Nathan	Saltfleet Di	12.21	3
19	Philpot, Leo	Westdale S.S	12.22	2
20	Hassel, Zane	Dundas Valle	12.23	4
21	Whyte, Dashawn	Sherwood S.S	12.25	1
22	Harris, Garry	Nora Francis	12.25	6
23	Wylie, Owen	Nora Francis	12.30	5
24	Mentore-Martin, Tyrell	Bernie Custi	12.36	3
25	Alexander, Daniel	Ancaster Hig	12.39	3
26	Aleshinyole, Anu	Sir Winston	12.40	5
27	Greene, Radian	Westdale S.S	12.48	3
28	Pabs-Garnon, Roniel	Saltfleet Di	12.51	2
29	Merchant, Elijah	Ancaster Hig	12.52	2
30	Deligeorgis, Dean	Sir Allan Ma	12.56	4
31	Jackson, Randy	Sir Winston	12.58	4
32	Francis, Tyshaun	Saltfleet Di	12.70	4
33	Jack, Hayden	Ancaster Hig	12.80	6
34	Zajac, Nicholas	Sir Allan Ma	12.89	6
35	Politi, Anthonyc	Bernie Custi	12.97	6
36	Husseini, Tyler	Glendale S.S	13.69	2
37	Lubula, James	Sherwood S.S	14.09	4
38	Tejuosho, Ademola	Sir Winston	14.83	6

Men 100 Meter Dash Senior

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

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 200 Meter Dash Senior**

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

Men 400 Meter Dash Senior

Name	Year School	Finals	H#	Points
1 Demirci, Darius	Ancaster Hig	53.89	3	6
2 Rapson, Wyatt	Dundas Valle	54.86	3	4
3 Clark, Drew	Westmount S.	55.47	3	3
4 Van Koughnett, Samson	Westdale S.S	57.07	1	2
5 Singh, Coltrane	Westdale S.S	58.14	1	1
6 Amoo, Deon	Nora Francis	58.22	3	
7 Bolanos-Bonilla, Martin	Sherwood S.S	58.33	2	
8 Ortwein, Rowan	Dundas Valle	58.87	3	
9 Hodgson, Henrik	Westdale S.S	1:01.08	1	
10 Kerr, William	Ancaster Hig	1:01.59	2	
11 Cochrane, William	Sir Allan Ma	1:01.98	1	
12 Hanisco, Robert	Dundas Valle	1:02.57	3	
13 Musgrave-Spence, Neiko	Sherwood S.S	1:03.28	1	
14 Silvera, Jayden	Sir Allan Ma	1:05.09	1	
15 Smith Balkissoon, Aidan	Westmount S.	1:05.63	2	
16 Denis, Jack	Saltfleet Di	1:07.45	1	

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17 Manning, Kenrick	Hamilton Dis	1:11.78	2
18 Joysun, Rain	Glendale S.S	1:24.52	2

Men 800 Meter Run Senior

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

Men 1500 Meter Run Senior

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

Men 3000 Meter Run Senior

Name	Year School	Finals	Points
1 Thomson, Iain	Dundas Valle	9:39.73	6
2 Ledger, Cohen	Dundas Valle	9:48.08	4
3 Aird, Alec	Westdale S.S	10:07.65	3
4 Vandam, Josh	Guido de Bre	10:11.06	2
5 Maga, Tyrus	Dundas Valle	10:22.05	1
6 Cieslak, Luke	Westmount S.	10:42.53	
7 Bourenane, Yassine	Ancaster Hig	11:31.26	
8 Desai, Saagar	Ancaster Hig	12:05.47	

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****....Men 3000 Meter Run Senior**

9	Walsom, Nathaniel	Westdale S.S	12:11.65
10	Wang, Kevin	Ancaster Hig	13:09.43

Men 110 Meter Hurdles Senior

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

Men 400 Meter Hurdles Senior

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

Men 4x100 Meter Relay Senior

School	Finals	H#	Points
1 Westmount S.S. - HWDSB 'A'	45.44	1	6
2 Sherwood S.S. - HWDSB 'A'	45.82	1	4
3 Westdale S.S. - HWDSB 'A'	46.27	2	3
1) Greene, Radian			
3) Holland, Jimmy			
2) Mutamba, Charly			
4) Boorman, Samual			
4 Saltfleet District - HWDSB 'A'	47.41	2	2
5 Ancaster High School - HWDSB 'A'	47.55	2	1
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			
3) Hussein, Tyler			
2) Heron, Mario			
4) Cover, Nicolas			

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men High Jump Senior**

Name	Year School	Finals	Points
1 Ludwig, Zach	Guido de Bre	1.84m	6
2 Smith, Fisher	Sherwood S.S	1.70m	4

Men Pole Vault Senior

Name	Year School	Finals	Points
1 Brittain, Thomas	Dundas Valle	3.70m	6

Men Long Jump Senior

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

Men Triple Jump Senior

Name	Year School	Finals	Points
1 Verschoor, Joshua	Dundas Valle	12.75m	6
2 Finucan, Zachary	Westdale S.S	12.35m	4
3 Merchant, Elijah	Ancaster Hig	11.70m	3
4 Duyar, Kaya	Saltfleet Di	10.45m	2
5 Ludwig, Zach	Guido de Bre	10.28m	1
6 Katzirz, Noah	Sir Allan Ma	10.09m	

Men Shot Put Senior

Name	Year School	Finals	Points
1 Simmons, Shea	Dundas Valle	10.94m	6
2 Kent, Nathan	Saltfleet Di	10.23m	4
3 Fairley, Grant	Dundas Valle	9.96m	3
4 Boyd, Joshua	Ancaster Hig	9.80m	2
5 Nguyen, Theo	Sherwood S.S	9.72m	1

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****....Men Shot Put Senior**

6	Schoeman, Travis	Dundas Valle	9.68m
7	Andree, Cameron	Dundas Valle	9.66m
8	Gauthier, Austin	Westmount S.	8.79m
9	Duyar, Kaya	Saltfleet Di	8.58m
10	Vanderzwaag, Noah	Hamilton Dis	8.55m
11	Sim, Jamie	Westmount S.	8.03m
12	Aldawi, Moonie	Ancaster Hig	8.02m
13	Reitsma, Joshua	Hamilton Dis	7.82m
14	Rush, Will	Nora Francis	7.77m
15	McDonald, Malcolm	Westmount S.	6.67m
16	Denis, Jack	Saltfleet Di	6.06m

Men Discus Throw Senior

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

Men Javelin Throw Senior

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

HWIAC - Track and Field Meet - 2024-05-15**SOSSA Qualifier Meet****Ray Lewis T&F Facility****Results****Men 2000 Meter Steeplechase Open**

Name	Year School	Finals	Points
1 Scott, Michael	Westdale S.S	6:59.79	6
2 Aird, Alec	Westdale S.S	7:03.53	4
3 Hagen, Isaac	Hamilton Dis	7:06.37	3
4 Mason, Cameron	Dundas Valle	7:22.88	2
5 Scholman, Peter	Sherwood S.S	9:22.65	1

Men 4x400 Meter Relay Open

School	Finals	Points
1 Dundas Valley S.S. - HWDSB 'A' 1) Thomson, Iain 3) Verschoor, Joshua	3:43.21	6
2 Ancaster High School - HWDSB 'A' 2) Rapson, Wyatt 4) Pearsonwhear, Tristan	3:48.46	4
3 Westmount S.S. - HWDSB 'A' 1) Delucia, Francesco 3) Wardell, Zach	4:09.67	3
4 Saltfleet District - HWDSB 'A' 2) Clark, Drew 4) Alkilabi, Rashid	4:25.73	2

Men 100 Meter Dash Intellectually Imp

Name	Year School	Finals	H#	Points
1 Burke, Carter	Nora Francis	14.57	1	6
2 Gill, Jacob	Westdale S.S	15.22	2	4
3 Feeney, Ty	Westdale S.S	15.53	2	3
4 Sha, Nashwan Kamran	Dundas Valle	16.74	1	2
5 Ploughman-Crowe, Brandan	Westdale S.S	17.60	2	1
6 Oeun, Justin	Westdale S.S	17.64	2	
6 Mohammad, Ali	Bernie Custi	17.64	1	
8 Curtis, Liam	Dundas Valle	17.93	1	
9 Diriye, Abdifatah	Westdale S.S	18.86	2	
10 Chiocchio, Jagur	Westdale S.S	27.13	2	

Men 800 Meter Run Intellectually Imp

Name	Year School	Finals	Points
1 Curtis, Liam	Dundas Valle	3:32.94	6
2 Burke, Carter	Nora Francis	3:52.74	4
3 Sha, Nashwan Kamran	Dundas Valle	3:59.79	3