

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 1 Women 100 Meter Dash Novice Prelims**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 12.32 2023-05-25 Celeste Lugogo, Mother Teresa

WOSSAA OLD: 11.90 1997 Jessica Zelinka Banting

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Fiona Kalaiwo	St. Thomas Aquinas S S	13.05
2	Viviana Del Vasto	St. Thomas Aquinas S S	13.09
3	Georgia Chevalier	Oakridge S S	13.14
4	Evan McConnell	Catholic Central	13.20
5	Carly Lightfoot	Medway H S	13.20
6	Addyson Brosnan	St. Thomas Aquinas S S	13.27
7	Sophia Moussa	A.B. Lucas S S	13.29
8	Lily Rutherford	Saunders S S	13.32
9	Zoé Morin	Mgsr. Bruyere E S	13.34
10	Taylor Hawrelak	Medway H S	13.38
11	Kennedy Brooks	Listowel D S S	13.76
12	Halle MacVicar	St. Anne's C S S	13.78
13	Ainsley Berendsen	St. Michael C S S	13.87
14	Caleigh Grubb	F.E. Madill S S	14.54
15	Brianna McNichol	F.E. Madill S S	14.89
16	Myah Bos	St. Anne's C S S	15.03

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**Event 2 Men 100 Meter Dash Novice Prelims**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 11.25 2023-05-25 Nagil Asamoah, London Central

WOSSAA OLD: 11.30 1988 Frank Torti St. Pat's

	<u>Name</u>	<u>School</u>	<u>Seed Time</u>
1	Tunji Olaseinde	St. Thomas Aquinas S S	11.62
2	Zane Akanihu	London Central S S	11.81
3	Michael Fadiya	St. Andre Bessette	11.93
4	Billy Adebowale	Holy Cross	11.94
5	Wooseong Lee	Catholic Central	11.98
6	Nathan Halls	St. Thomas Aquinas S S	12.28
7	Paris Nwoko	Regina Mundi College	12.31
8	Cole Summers	Catholic Central	12.36
9	Ramakrishnan Kasinathan	London Central S S	12.46
10	Izaiah Moxley	London South S S	12.46
11	Seamus Dowler	St. Thomas Aquinas S S	12.47
12	Ben Wynja	Central Huron S S	12.78
13	Caden Ollson	Stratford District S S	12.88
14	Kane Dobben	F.E. Madill S S	12.93
15	Dylan Cudmore	Goderich D C I	13.08
16	Dustin Burton	Central Huron S S	13.27

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**Event 3 Women 200 Meter Dash Novice Prelims**

Friday 2024-05-24 - 10:45 AM

WOSSAA: 25.30 2017-05-19 Olivia Gee, Strathroy DC

WOSSAA OLD: 25.60 1997 Victoria Bendle Banting

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Anyang Tiel	Sir Wilfrid Laurier	27.42
2	Georgia Chevalier	Oakridge S S	27.49
3	Fiona Kalaiwo	St. Thomas Aquinas S S	27.55
4	Kennedy Brooks	Listowel D S S	27.64
5	Carly Lightfoot	Medway H S	27.94
6	Chloe Froese	Medway H S	27.98
7	Olivia Silliker	Glendale H S	28.01
8	Halle MacVicar	St. Anne's C S S	28.03
9	Sophia Moussa	A.B. Lucas S S	28.03
10	Savannah Vannoord	St. Joseph's H S	28.15
11	Avery Thomsen	Medway H S	28.16
12	Krista McMahan	Stratford District S S	29.61
13	Alicia Weaver	Catholic Central	29.93
14	Cora Weber	St. Marys D C & V I	30.33
15	Xanthe Marchanton	Stratford District S S	31.70
16	Jane Arthur	St. Marys D C & V I	33.26

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**Event 4 Men 200 Meter Dash Novice Prelims**

Friday 2024-05-24 - 10:45 AM

WOSSAA: 23.42 2023-05-26 Khaleel Miller, Banting, Sir  
 WOSSAA OLD: 23.00 1988 Frank Torti St. Pat's

	Name	School	Seed Time
1	Zane Akanihu	London Central S S	24.30
2	Coleson Gray	Catholic Central	24.35
3	Enoch Adegboyega	St. Andre Bessette	24.81
4	Darren Prentice	F.E. Madill S S	25.07
5	Riisyn Al Faiadhi	Parkside C I	25.14
6	Ramakrishman Kasinathan	London Central S S	25.31
7	Julian Alfaro	Catholic Central	25.41
8	Caden Ollson	Stratford District S S	25.58
9	Rohn Cowan	Huron Park S S	25.59
10	Noah Reis	Mother Teresa C S S	25.60
11	Demarco Maitland	St. Joseph's H S	25.63
12	Brandon Morcillo	Mother Teresa C S S	25.76
13	Dylan Cudmore	Goderich D C I	26.06
14	Nolan Tryssenaar	Stratford District S S	26.09
15	Kane Dobben	F.E. Madill S S	26.31
16	Zachary Clarke	Stratford District S S	26.71

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**Event 5 Women 400 Meter Dash Novice**

Thursday 2024-05-23 - 10:40 AM

WOSSAA: 58.64 2004

Julia Tousaw, St. Anne's

WOSSAA OLD: 57.40 1997

Victoria Bendle Banting

	Name	School	Seed Time
1	Anyang Tiel	Sir Wilfrid Laurier	1:00.68
2	Lilienne Mitchell	Sir Frederick Banting S S	1:01.71
3	Avery Thomsen	Medway H S	1:03.42
4	Addyson Brosnan	St. Thomas Aquinas S S	1:03.51
5	Kaitlyn Nadeau	St. Thomas Aquinas S S	1:03.68
6	Lily Rutherford	Saunders S S	1:04.23
7	Willa Schaufele	Sir Frederick Banting S S	1:04.93
8	Julia Reid	A.B. Lucas S S	1:05.11
9	Alicia Weaver	Catholic Central	1:05.80
10	Marley Barrell	St. Thomas Aquinas S S	1:06.91
11	Leah Milligan	Medway H S	1:07.03
12	Rylen Mount	Oakridge S S	1:07.50
13	Emma Van Maanen	South Huron D H S	1:07.77
14	Ava Harmer	Mitchell D H S	1:09.86
15	Maeve Moss	St. Michael C S S	1:11.62
16	Sydney Smith	St. Michael C S S	1:28.67

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**Event 6 Men 400 Meter Dash Novice**

Thursday 2024-05-23 - 10:40 AM

WOSSAA: 52.15 2022-05-19 Francis Hinnah, Banting, Sir

WOSSAA OLD: 51.14 1999 Alex Alva Regina Mundi

	Name	School	Seed Time
1	Coleson Gray	Catholic Central	54.21
2	Caleb Johnson	Medway H S	54.39
3	Julian Alfaro	Catholic Central	55.45
4	Michael Walsh	A.B. Lucas S S	56.10
5	Riisyn Al Faiadhi	Parkside C I	56.23
6	Ben Wynja	Central Huron S S	56.36
7	Hayden Craig	Parkside C I	57.02
8	Parker Zimmerman	Oakridge S S	57.50
9	Cash Flannery	Medway H S	57.79
10	Abe Bender	St. Marys D C & V I	58.05
11	Maksim Tomicevic	St. Thomas Aquinas S S	58.35
12	Dylan Cudmore	Goderich D C I	58.50
13	Namar Dhawan	Medway H S	58.73
14	Trace Pettit	Lord Dorchester S S	58.84
15	Hudson Imrie	Listowel D S S	59.30
16	Dallas McDougall	F.E. Madill S S	1:11.57

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**Event 7 Women 800 Meter Run Novice**

Friday 2024-05-24 - 11:30 AM

WOSSAA: 2:16.68 2012-05-25 Mackenzie Mayers, Banting, Sir

WOSSAA OLD: 2:17.60 1986 Julie Armstrong South

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Willa Schaufele	Sir Frederick Banting S S	2:27.68
2	Kaitlyn Nadeau	St. Thomas Aquinas S S	2:27.85
3	Jaydin Askey	Mother Teresa C S S	2:32.85
4	Megan Jean	St. Thomas Aquinas S S	2:34.00
5	Makena Evangelinos	St. Joseph's H S	2:41.15
6	Ella Chesney	Huron Park S S	2:41.56
7	Charlotte Richardson	St. Marys D C & V I	2:43.71
8	Hannah Dalton	Central Huron S S	2:44.11
9	Naomi Campbell	F.E. Madill S S	2:44.82
10	Hayden Hodge	South Huron D H S	2:46.25
11	Emma Van Maanen	South Huron D H S	2:46.45
12	Lauren Tuckey	St. Anne's C S S	2:46.60
13	Carly Day	London South S S	2:47.69
14	Lexy Strathdee	Medway H S	2:49.48
15	Emma Osmond	Strathroy D C I	2:53.41
16	Gloria Garang	Mother Teresa C S S	2:53.59

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**Event 8 Men 800 Meter Run Novice**

Friday 2024-05-24 - 11:30 AM

WOSSAA: 2:00.87 2023-05-26 Ryan Georgeson, Medway HS

WOSSAA OLD: 2:01.20 1990 Damien Walsh R.M.C.

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Abe Bender	St. Marys D C & V I	2:12.49
2	Sebastian Voros	St. Michael C S S	2:14.10
3	Michael Walsh	A.B. Lucas S S	2:15.79
4	Caleb Johnson	Medway H S	2:16.18
5	Hayden Craig	Parkside C I	2:18.05
6	Parker Zimmerman	Oakridge S S	2:19.14
7	Gavin Mills	Sir Frederick Banting S S	2:21.14
8	Alex Wilson	Clarke Road S S	2:23.46
9	Gabriel Loveday	Sir Wilfrid Laurier	2:24.13
10	Benji Gould	East Elgin S S	2:24.95
11	Alex Szucsko	Lord Dorchester S S	2:27.08
12	Chase Bouffard	Saunders S S	2:27.92
13	Carter Statema	Saunders S S	2:29.26
14	Asmerom Berhe	Montcalm S S	2:29.69
15	Zach Matheson	St. Marys D C & V I	2:29.72



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**Event 9 Women 1500 Meter Run Novice**

Thursday 2024-05-23 - 2:45 PM

WOSSAA: 4:42.82 2006-05-16 Jessica Parry, Catholic Cen

WOSSAA OLD: 4:39.10 1986 Julie Armstrong South

	Name	School	Seed Time
1	Leah Milligan	Medway H S	5:14.49
2	Asha Nazarewicz	London Central S S	5:15.25
3	Charlotte Bothwell	St. Thomas Aquinas S S	5:19.27
4	Meredith Dwyer	London Central S S	5:19.50
5	Megan Jean	St. Thomas Aquinas S S	5:19.60
6	Izzy Downing	London Central S S	5:19.82
7	Avery Van Will	Strathroy D C I	5:20.54
8	Jaydin Askey	Mother Teresa C S S	5:21.16
9	Charlotte Richardson	St. Marys D C & V I	5:39.90
10	Jayda Houben	St. Michael C S S	5:40.22
11	Hannah Dalton	Central Huron S S	5:42.18
12	Grace Bach	Mitchell D H S	5:44.09
13	Hayden Hodge	South Huron D H S	5:45.48
14	Carly Day	London South S S	5:47.21
15	Grace Auld	Strathroy D C I	5:48.70
16	Naomi Campbell	F.E. Madill S S	5:57.16

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**Event 10 Men 1500 Meter Run Novice**

Thursday 2024-05-23 - 1:45 PM

WOSSAA: 4:09.81 2016-05-19 Kyle Koyanagi, Laurier, Sir

WOSSAA OLD: 4:09.00 1979 Chris Brewster C.C.H.

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Ryan Galloway	Oakridge S S	4:43.98
2	Charlie Bender	St. Marys D C & V I	4:46.92
3	Nic Brintnell	St. Marys D C & V I	4:48.24
4	Joel Gates	Stratford District S S	4:49.14
5	Gabriel Loveday	Sir Wilfrid Laurier	4:53.75
6	Luke Vergeer	St. Andre Bessette	4:58.54
7	Benji Gould	East Elgin S S	4:59.02
8	Bryan Xie	London Central S S	5:00.76
9	Carter Fleming	Medway H S	5:00.99
10	Sam Stinson	Strathroy D C I	5:01.91
11	Jesse Martin	Mother Teresa C S S	5:02.89
12	Asmerom Berhe	Montcalm S S	5:04.39
13	Alex Szucsko	Lord Dorchester S S	5:06.67
14	Mathieu Khosla-Vucko	Sir Frederick Banting S S	5:06.94
15	Mason Denison	Sir Frederick Banting S S	5:08.01
16	Zach Matheson	St. Marys D C & V I	5:13.84

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**Event 11 Women 3000 Meter Run Novice**

Friday 2024-05-24 - 10:15 AM

WOSSAA: 10:05.93 2013-05-24 Jessie Fleming, London Central

WOSSAA OLD: 9:59.70 1986 Jennifer Armstrong South

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Asha Nazarewicz	London Central S S	11:08.90
2	Izzy Downing	London Central S S	11:37.00
3	Charlotte Bothwell	St. Thomas Aquinas S S	11:43.25
4	Avery Van Will	Strathroy D C I	11:45.11
5	Meredith Dwyer	London Central S S	11:45.63
6	Jaydin Askey	Mother Teresa C S S	12:01.44
7	Carly Day	London South S S	13:04.08
8	Kyla Vording	St. Thomas Aquinas S S	13:38.39
9	Emily Cifuentes	Catholic Central	13:54.75
10	Sophie Hanchiruk	Huron Park S S	14:07.20
11	Emily Dix	Woodstock Collegiate Institute	14:07.53
12	Julia Diggins	Catholic Central	14:18.25
13	Grace Bach	Mitchell D H S	14:31.63
14	Jayda Houben	St. Michael C S S	14:37.47
15	Avery Toll	F.E. Madill S S	15:16.63
16	Emily Overholt	Goderich D C I	16:44.28

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**Event 12 Men 3000 Meter Run Novice**

Friday 2024-05-24 - 10:15 AM

WOSSAA: 9:06.06 2016-05-20 Josh Zelek, Stratford Centr

WOSSAA OLD: 8:51.40 1979 Christ Brewster C.C.H.

	Name	School	Seed Time
1	Charlie Bender	St. Marys D C & V I	10:03.43
2	Nic Brintnell	St. Marys D C & V I	10:15.04
3	Joel Gates	Stratford District S S	10:24.55
4	Benji Gould	East Elgin S S	10:38.58
5	Tyler Lafleur	Woodstock Collegiate Institute	10:49.63
6	Alex Wilson	Clarke Road S S	10:51.17
7	Luke Vergeer	St. Andre Bessette	10:54.38
8	Carter Fleming	Medway H S	10:57.35
9	Bryan Xie	London Central S S	10:58.27
10	Mathieu Khosla-Vucko	Sir Frederick Banting S S	11:01.40
11	Lucas Victoriano	St. Andre Bessette	11:01.89
12	Mason Denison	Sir Frederick Banting S S	11:02.44
13	Lincoln Hogan	Oakridge S S	11:02.59
14	Joseph Myette	Oakridge S S	11:20.70
15	Zach Matheson	St. Marys D C & V I	11:21.98
16	Robert Woolford	Oakridge S S	11:27.10

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**Event 13 Women 80 Meter Hurdles Novice Prelims**

Thursday 2024-05-23 - 9:50 AM

WOSSAA: 11.75 2014-05-22 Tess Verhoeven, Oakridge SS

WOSSAA OLD: 11.50 1996 Jessica Zelinka Banting

	Name	School	Seed Time
1	Isabella Mills	St. Michael C S S	12.72
2	Isabella Froese	Medway H S	13.53
3	Violet Humble	Catholic Central	13.67
4	Brooke Forret	St. Thomas Aquinas S S	13.77
5	Savannah Vannoord	St. Joseph's H S	13.82
6	Lauren Kleinknecht	Sir Frederick Banting S S	13.87
7	Shonique Bertram	Huron Park S S	13.93
8	Chloe Froese	Medway H S	14.09
9	Abigayle VanBakel	St. Michael C S S	14.19
10	Addison Forcey	Mother Teresa C S S	14.32
11	Alex Jones	Glendale H S	15.10
12	Ella Otterbein	St. Thomas Aquinas S S	15.24
13	Holly Black	St. Marys D C & V I	15.33
14	Cora Weber	St. Marys D C & V I	15.62
15	Krista McMahan	Stratford District S S	16.07
16	Jordan Boersma	St. Anne's C S S	17.05

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**Event 14 Men 100 Meter Hurdles Novice Prelims**

Thursday 2024-05-23 - 10:05 AM

WOSSAA: 13.55 2014-05-22 Tyrell Mairs-Onwumere, Beal, H.B. S

WOSSAA OLD: 13.90 2000 Dan Sharpe St Anne's

	Name	School	Seed Time
1	Brandon Morcillo	Mother Teresa C S S	15.26
2	Will Downing	Lord Dorchester S S	15.33
3	Zenon Groch	Mother Teresa C S S	15.77
4	Enoch Adegboyega	St. Andre Bessette	15.87
5	Vaughn Barr	St. Marys D C & V I	15.98
6	Liam Alvarado-Barker	London Central S S	16.20
7	Folahan Epemolu	Sir Wilfrid Laurier	16.66
8	Zach Larmer	St. Marys D C & V I	17.00
9	Landon Dodsley	Glendale H S	17.22
10	Malcom Beckles	John Paul II S S	17.30
11	Quintin Vollmer	St. Michael C S S	17.63
12	Davis Mooney	Holy Cross	18.45
13	Praise Soewu	Catholic Central	18.84
14	Leart Zeneli	St. Andre Bessette	18.90
15	Kian Schindler	Lord Dorchester S S	23.47

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**Event 15 Women 300 Meter Hurdles Novice**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 44.29 2012-05-25 Lexi Aitken, St. Anne's

WOSSAA OLD: 43.90 1997 Jessica Zelinka Banting

	Name	School	Seed Time
1	Isabella Mills	St. Michael C S S	50.14
2	Savannah Vannoord	St. Joseph's H S	50.25
3	Chloe Froese	Medway H S	50.44
4	Charlotte Richardson	St. Marys D C & V I	50.76
5	Lilienne Mitchell	Sir Frederick Banting S S	51.01
6	Isabella Froese	Medway H S	51.68
7	Brooke Forret	St. Thomas Aquinas S S	53.37
8	Holly Black	St. Marys D C & V I	53.45
9	Aisha Medina	Lord Dorchester S S	55.36
10	Maeve Moss	St. Michael C S S	55.36
11	Paighton Smith	Catholic Central	56.56
12	Alicia Weaver	Catholic Central	57.30
13	Yasmine Smith	Woodstock Collegiate Institute	59.79
14	Bridget MacKinnon	Catholic Central	1:01.65
15	Kaydin Gold	Strathroy D C I	1:04.44
16	Daniele Cripps	Goderich D C I	1:17.98

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**Event 16 Men 300 Meter Hurdles Novice**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 41.57 2012-05-25 Davis Edward, Oakridge SS

WOSSAA OLD: 40.80 1998 Carl Hayes Parkside

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Zenon Groch	Mother Teresa C S S	43.88
2	Will Downing	Lord Dorchester S S	44.64
3	Ethan Atkinson	St. Joseph's H S	45.74
4	Zane Akanihu	London Central S S	46.99
5	Malcom Beckles	John Paul II S S	47.63
6	Quintin Vollmer	St. Michael C S S	48.28
7	Praise Soewu	Catholic Central	51.35



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**Event 17 Women High Jump Novice**

Thursday 2024-05-23 - 11:00 AM

WOSSAA: 1.63m 2005-05-17 Katie Kaiser, Saunders SS

WOSSAA OLD: 1.69m 1983 Lisa Devries Lucas

	Name	School	Seed Mark
1	Stella Blundell	Strathroy D C I	1.51m
2	Hailey McQueen	Holy Cross	1.48m
3	Alex Jones	Glendale H S	1.48m
4	Cadence Glanville	Holy Cross	1.45m
5	Audrey Townsend	London Central S S	1.45m
6	Michelle Okeke	St. Andre Bessette	1.40m
7	Alexis McKenzie	London Central S S	1.40m
8	Lilli Taylor	Woodstock Collegiate Institute	1.35m
9	Paighton Smith	Catholic Central	1.35m
10	Averi Amaral	Saunders S S	1.30m
11	Julia Livingston	Mother Teresa C S S	1.30m
12	Larissa Van Niekerk	F.E. Madill S S	1.30m
13	Rachael Bourdeau	Mother Teresa C S S	1.30m
14	Jaelyn Emery	Saunders S S	1.25m
15	Sophie Smith	Stratford District S S	1.25m
16	Lucy Brook	London Central S S	1.25m
17	Jordan Boersma	St. Anne's C S S	1.20m

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**Event 18 Men High Jump Novice**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 1.91m 2007-05-24 Branden Wilhelm, Woodstock

WOSSAA OLD: 1.89m 2003 Sander Ratsep Saunders SS

	Name	School	Seed Mark
1	Desmond Dufton	London South S S	1.70m
2	Billy Adebowale	Holy Cross	1.63m
3	Yoyo Yu	London Central S S	1.60m
4	Kypton Lofthouse	Glendale H S	1.60m
5	Ethan Atkinson	St. Joseph's H S	1.60m
6	Quinn Yanga	Sir Wilfrid Laurier	1.55m
7	Malcolm Maxwell	Sir Wilfrid Laurier	1.55m
8	Praise Soewu	Catholic Central	1.55m
9	Liam Alvarado-Barker	London Central S S	1.55m
10	Victor Uzosike	Mother Teresa C S S	1.55m
11	Jayden Southern	Strathroy D C I	1.55m
12	Ashton Maxwell	Stratford District S S	1.45m
13	Folahan Epemolu	Sir Wilfrid Laurier	1.45m

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**Event 19 Women Pole Vault Novice**

Friday 2024-05-24 - 1:00 PM

WOSSAA: 2.87m 2017-05-19 Monica Grigore, Oakridge SS

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Layna Hare	Oakridge S S	2.50m
2	Georgia Chevalier	Oakridge S S	2.20m
3	Rylen Mount	Oakridge S S	2.20m
4	Agam Sidhu	Medway H S	2.05m
5	Taylor Hawrelak	Medway H S	2.05m
6	Ella Chesney	Huron Park S S	2.05m
7	Aisha Medina	Lord Dorchester S S	2.05m
8	Holly Black	St. Marys D C & V I	1.95m
9	Katie Winfield	St. Thomas Aquinas S S	1.90m
10	Ella Haight	Medway H S	1.90m

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Event 20 Men Pole Vault Novice**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 3.32m 2010-05-21 Brian Choja, Oakridge SS

WOSSAA OLD: 3.80m 1982 Don Martynowski Medway

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Vaughn Barr	St. Marys D C & V I	2.75m
2	Charles Cousins	Oakridge S S	2.70m
3	Ethan Atkinson	St. Joseph's H S	2.70m
4	Zach Larmer	St. Marys D C & V I	2.55m
5	Gage Harmer	Woodstock Collegiate Institute	2.20m
6	Ethan Henderson	St. Marys D C & V I	1.95m

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**Performance List**

**Event 21 Women Long Jump Novice**

Thursday 2024-05-23 - 9:30 AM

WOSSAA: 5.33m 2010-05-20 Nicole Settingington, Oakridge SS

WOSSAA OLD: 5.59m 1978 Sherri Klauka East Lambton

	Name	School	Seed Mark
1	Isabella Mills	St. Michael C S S	5.17m
2	Audrey Townsend	London Central S S	4.74m
3	Halle MacVicar	St. Anne's C S S	4.54m
4	Viviana Del Vasto	St. Thomas Aquinas S S	4.43m
5	Kiersten Kent	East Elgin S S	4.43m
6	Brianna McNichol	F.E. Madill S S	4.32m
7	Alyssa Gare	Catholic Central	4.31m
8	Olivia Silliker	Glendale H S	4.28m
9	Eve Sinke	London Christian	4.24m
10	Sophia Pereira	St. Michael C S S	4.23m
11	Sophie Smith	Stratford District S S	4.20m
12	Selena Lopez Reyes	Esc Gabriel-Dumont	4.09m
13	Elizabeth Hajjar	Mother Teresa C S S	4.08m
14	Hailey McQueen	Holy Cross	4.06m
15	Shonique Bertram	Huron Park S S	4.02m
16	Emma Van Maanen	South Huron D H S	4.00m

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**Event 22 Men Long Jump Novice**

Thursday 2024-05-23 - 11:00 AM

WOSSAA: 6.17m 2023-05-25 Nagil Asamoah, London Central  
 WOSSAA: 6.17m 2017-05-18 McKenzie Stevens, Central Huron  
 WOSSAA OLD: 6.57m 1980 Ken Berry Laurier

	Name	School	Seed Mark
1	Wooseong Lee	Catholic Central	5.86m
2	Tunji Olaseinde	St. Thomas Aquinas S S	5.73m
3	Darren Prentice	F.E. Madill S S	5.67m
4	Yoyo Yu	London Central S S	5.64m
5	Morgan Gleason	St. Thomas Aquinas S S	5.44m
6	Julian Alfaro	Catholic Central	5.27m
7	Zach Larmer	St. Marys D C & V I	5.26m
8	Thor Dizon	St. Andre Bessette	5.16m
9	Izaiah Moxley	London South S S	5.15m
10	Zachary Clarke	Stratford District S S	5.10m
11	Evan Young	Mgsr. Bruyere E S	5.10m
12	Aduot Kuol	Regina Mundi College	5.09m
13	Gavin Wernham	Glendale H S	5.03m
14	Sebastian Voros	St. Michael C S S	4.96m
15	Dustin Burton	Central Huron S S	4.91m
16	Anadi Mishra	Stratford District S S	4.91m

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**Event 23 Women Triple Jump Novice**

Friday 2024-05-24 - 11:00 AM

WOSSAA: 11.05m 2016-05-20 Ireland Crowther, Beal, H.B. S

WOSSAA OLD: 11.09m 1989 Kubet Weston Tillsonburg

	Name	School	Seed Mark
1	Ainsley Berendsen	St. Michael C S S	9.90m
2	Julia Reid	A.B. Lucas S S	9.90m
3	Vivienne Kouwenberg	Stratford District S S	9.48m
4	Brianna McNichol	F.E. Madill S S	9.44m
5	Larissa Van Niekerk	F.E. Madill S S	9.33m
6	Lillianna Larivee	Mitchell D H S	9.27m
7	Sophia Pereira	St. Michael C S S	9.25m
8	Maddie Mills	Oakridge S S	9.23m
9	Rylen Mount	Oakridge S S	9.11m
10	Ella Otterbein	St. Thomas Aquinas S S	9.02m
11	Mackenzie Nixon	Medway H S	8.94m
12	Eve Sinke	London Christian	8.82m
13	Katie Legg	Medway H S	8.76m
14	Saskia Garside	Medway H S	8.71m
15	Claire McCutchen	Glendale H S	8.64m
16	Brooke Hamilton	St. Thomas Aquinas S S	8.59m

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**Event 24 Men Triple Jump Novice**

Friday 2024-05-24 - 1:00 PM

WOSSAA: 12.49m 2013-05-24 Joe Soukphachanh, Stratford Centr

WOSSAA OLD: 13.10m 1980 Jason Laur Arthur Voaden

	Name	School	Seed Mark
1	Darren Prentice	F.E. Madill S S	11.75m
2	Thor Dizon	St. Andre Bessette	11.49m
3	Cole Summers	Catholic Central	11.26m
4	Zenon Groch	Mother Teresa C S S	11.23m
5	Seamus Dowler	St. Thomas Aquinas S S	11.18m
6	Tunji Olaseinde	St. Thomas Aquinas S S	10.94m
7	Yoyo Yu	London Central S S	10.86m
8	Gavin Wernham	Glendale H S	10.75m
9	Dustin Burton	Central Huron S S	10.44m
10	Landon Dodsley	Glendale H S	10.36m
11	Chayse Clarke	Strathroy D C I	10.18m
12	Evan Chen	London Central S S	10.10m
13	Landon VanBakel	St. Michael C S S	10.05m
14	Jackson Kriz	A.B. Lucas S S	10.02m
15	Carson Brown	Mitchell D H S	9.99m
16	Kayden Pittao	Glendale H S	9.97m



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**Event 25 Women Shot Put Novice**

Thursday 2024-05-23 - 11:00 AM

WOSSAA: 12.50m 2015-05-21 Adele St. John, Banting, Sir  
 WOSSAA OLD: 10.86m 1994 Mary Lisle Madill  
 WOSSAA 4kg: 11.14m 2010-05-20 Nicole Horneman, Medway HS

	Name	School	Seed Mark
1	Jenna Tunks	Oakridge S S	13.76m
2	Elizabeth Hajjar	Mother Teresa C S S	10.24m
3	Myah Bos	St. Anne's C S S	9.96m
4	Alexa Tout	F.E. Madill S S	9.70m
5	Aliyah Baron	Mother Teresa C S S	9.46m
6	Tara Gharehcheloo	St. Anne's C S S	9.37m
7	Riley Puddicombe	Sir Frederick Banting S S	9.26m
8	Regina Martinez	St. Andre Bessette	9.12m
9	Larissa Van Niekerk	F.E. Madill S S	9.06m
10	Bronwyn Soward	Esc Notre Dame - Woodstock	8.78m
11	Camryn Medhurst	Mitchell D H S	8.49m
12	Ava Stahle	Lord Dorchester S S	8.23m
13	Cadence Glanville	Holy Cross	8.03m
14	Ava Adzija	St. Joseph's H S	7.97m
15	Memphis Lindsay	St. Michael C S S	7.95m
16	Claudia Cornish	Sir Frederick Banting S S	7.45m

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**Event 26 Men Shot Put Novice**

Thursday 2024-05-23 - 9:30 AM

WOSSAA: 17.15m 2017-05-18 Ryan Jacklin, Madill, F.E.

WOSSAA OLD: 17.51m 1998 Fraser Clarke Aquinas

	Name	School	Seed Mark
1	Donovan McGregor	St. Marys D C & V I	12.96m
2	Finne O'Leary	Sir Frederick Banting S S	12.55m
3	Rex Onasanya	Mother Teresa C S S	11.91m
4	Jacob Schaefer	F.E. Madill S S	11.79m
5	Ashton Walz	Sir Frederick Banting S S	11.51m
6	Ben Wynja	Central Huron S S	11.21m
7	Cole Stevens	Oakridge S S	10.64m
8	Maddox Anderson	Stratford District S S	10.53m
9	Tyler Burns	F.E. Madill S S	10.42m
10	Kypton Lofthouse	Glendale H S	10.15m
11	Kiefer Hager	St. Mary's H S - Woodstock	10.15m
12	Leart Zeneli	St. Andre Bessette	10.12m
13	Sieger Koostra	Central Huron S S	10.03m
14	Brahm Johnson	Holy Cross	9.91m
15	Aden Butts	Westminster S S	9.77m
16	Nicholas Oudekerk	Sir Frederick Banting S S	9.42m

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**Event 27 Women Discus Throw Novice**

Friday 2024-05-24 - 1:00 PM

WOSSAA: 31.34m 2006-05-17 Jessi Pilling, Banting, Sir

WOSSAA OLD: 36.98m 1986 Anna Sakasov Madill

	Name	School	Seed Mark
1	Jenna Tunks	Oakridge S S	42.44m
2	Abigayle VanBakel	St. Michael C S S	22.86m
3	Alexa Tout	F.E. Madill S S	21.30m
4	Kylin Wilson	Central Huron S S	20.78m
5	Macy Kollman	St. Michael C S S	20.47m
6	Grace Rotermann	Sir Frederick Banting S S	19.89m
7	Riley Puddicombe	Sir Frederick Banting S S	19.33m
8	Summer Kollman	St. Michael C S S	18.83m
9	Ava Adzija	St. Joseph's H S	17.65m
10	Ava Stahle	Lord Dorchester S S	16.80m
11	Jaycee Fallowfield	Woodstock Collegiate Institute	15.65m
12	Claudia Cornish	Sir Frederick Banting S S	15.61m
13	Taleen Aladham	Mother Teresa C S S	13.44m
14	Elora Baker	College Avenue S S	10.31m

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**Event 28 Men Discus Throw Novice**

Friday 2024-05-24 - 11:00 AM

WOSSAA: 50.51m 2008-05-23 Jordan Young, St. Joseph's

WOSSAA OLD: 51.36m 1984 Todd Jeffery Goderich

	Name	School	Seed Mark
1	Tyler Burns	F.E. Madill S S	44.08m
2	Maddox Anderson	Stratford District S S	38.29m
3	Ashton Walz	Sir Frederick Banting S S	36.17m
4	Cole Stevens	Oakridge S S	34.93m
5	Kypton Lofthouse	Glendale H S	34.60m
6	Kian Schindler	Lord Dorchester S S	34.25m
7	Nicholas Oudekerk	Sir Frederick Banting S S	33.12m
8	Donovan McGregor	St. Marys D C & V I	29.90m
9	Luca Hogger	St. Michael C S S	28.88m
10	Kiefer Hager	St. Mary's H S - Woodstock	28.72m
11	Jacob Schaefer	F.E. Madill S S	28.62m
12	Finne O'Leary	Sir Frederick Banting S S	28.33m
13	Rex Onasanya	Mother Teresa C S S	27.62m
14	Brian Spacek	St. Anne's C S S	25.41m
15	Landon Dodsley	Glendale H S	22.57m
16	Aden Butts	Westminster S S	20.32m

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**Event 29 Women Javelin Throw Novice**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 33.72m 2007-05-24 Karleigh Parker, College Aven

WOSSAA OLD: 38.70m 1978 Martha Hart Oakridge

	Name	School	Seed Mark
1	Abigayle VanBakel	St. Michael C S S	34.14m
2	Summer Kollman	St. Michael C S S	24.86m
3	Jordin Stevens	Lord Dorchester S S	24.70m
4	Alexa Tout	F.E. Madill S S	24.52m
5	Eden Fraser	Woodstock Collegiate Institute	24.43m
6	Clara Steller	Lord Dorchester S S	23.81m
7	Tiffany Letkemann	Strathroy D C I	23.73m
8	Macy Kollman	St. Michael C S S	21.63m
9	Kylin Wilson	Central Huron S S	21.54m
10	Gracie Radke	Stratford District S S	20.57m
11	Grace Rotermann	Sir Frederick Banting S S	19.35m
12	Layla Rajadurai	Sir Frederick Banting S S	17.52m
13	Katelyn Janssens	London Christian	17.51m
14	Emily Muir	London Central S S	17.45m
15	Aliyah Baron	Mother Teresa C S S	16.10m
16	Emmalee Heggie	Sir Frederick Banting S S	16.07m

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**Event 30 Men Javelin Throw Novice**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 50.62m 2017-05-18 Ryan Jacklin, Madill, F.E.

WOSSAA OLD: 58.84m 1976 Tom Gawinski Sarnia Northern

	Name	School	Seed Mark
1	Landon VanBakel	St. Michael C S S	42.72m
2	Maksim Tomicevic	St. Thomas Aquinas S S	37.93m
3	Finne O'Leary	Sir Frederick Banting S S	37.05m
4	Carson Brown	Mitchell D H S	35.72m
5	Cole Stevens	Oakridge S S	35.57m
6	Nicholas Oudekerk	Sir Frederick Banting S S	34.99m
7	Chase Bouffard	Saunders S S	32.06m
8	Tyler Burns	F.E. Madill S S	31.80m
9	Hudson Imrie	Listowel D S S	31.57m
10	Donovan McGregor	St. Marys D C & V I	31.51m
11	Jacob Schaefer	F.E. Madill S S	31.50m
12	Morgan Gleason	St. Thomas Aquinas S S	31.31m
13	Max Gaspar	St. Joseph's H S	29.00m
14	Henry Kim	Oakridge S S	28.01m
15	Lucas Van Gorp	St. Joseph's H S	27.41m
16	Kayden Pittao	Glendale H S	26.49m

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**Event 31 Women 4x100 Meter Relay Novice**

**Thursday 2024-05-23 - 3:30 PM**

**WOSSAA: 50.90 2023-05-25 A.B. Lucas S S, Lucas, A.B.  
 A Wolfe, B Smith, R Barker, S Jaquith**

<b>WOSSAA OLD:</b>	<b>49.90</b>	<b>1996</b>	<b>Banting</b>	<b>Relay</b>	<b>Seed Time</b>
1	Medway H S			A	51.29
2	St. Thomas Aquinas S S			A	52.01
3	Catholic Central			A	53.95
4	Sir Frederick Banting S S			A	55.14
5	Glendale H S			A	55.76
6	St. Joseph's H S			A	56.09
7	St. Thomas Aquinas S S			B	56.46
8	St. Michael C S S			A	56.46
9	F.E. Madill S S			A	56.51
10	Mother Teresa C S S			A	56.58
11	Medway H S			B	56.85
12	Lord Dorchester S S			A	56.89
13	St. Marys D C & V I			A	57.13
14	South Huron D H S			A	57.46
15	Stratford District S S			A	58.62
16	Goderich D C I			A	59.86

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**Event 32 Men 4x100 Meter Relay Novice**

**Thursday 2024-05-23 - 3:30 PM**

**WOSSAA: 46.38 2017-05-18 Mother Teresa C S S, Mother Teresa  
 G Kazadi, G Kazadi, T Wright, K Timmerman**

**WOSSAA OLD: 45.50 2000 Catholic Central**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	St. Thomas Aquinas S S	A	47.38
2	Catholic Central	A	47.43
3	London Central S S	A	48.01
4	Regina Mundi College	A	48.06
5	St. Andre Bessette	A	49.29
6	A.B. Lucas S S	A	49.37
7	St. Joseph's H S	A	50.15
8	Stratford District S S	A	50.20
9	Holy Cross	A	50.38
10	F.E. Madill S S	A	50.44
11	Glendale H S	A	51.17
12	St. Marys D C & V I	A	51.19
13	Oakridge S S	A	51.98
14	Sir Wilfrid Laurier	A	52.59



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**Event 33 Women 100 Meter Dash Junior Prelims**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 12.32 2016-05-19 Jessie Forcey, Mother Teresa

WOSSAA OLD: 12.20 1994 C. Ellenor SN 1978 C. Lenz Luc

	Name	School	Seed Time
1	Celeste Lugugo	Mother Teresa C S S	12.43
2	Britney Wright	Catholic Central	12.67
3	Sydney Freeman	Mother Teresa C S S	12.77
4	Elliott Nash	St. Thomas Aquinas S S	12.78
5	Breanne Smith	A.B. Lucas S S	13.00
6	Emmalyn Isabel	Medway H S	13.19
7	Tessa Burdett	St. Michael C S S	13.28
8	Maggie Alcock	Medway H S	13.34
9	Teniola Epemolu	Sir Wilfrid Laurier	13.37
10	Julia Hrywkiw	Catholic Central	13.41
11	Allie Wolfe	A.B. Lucas S S	13.50
12	Danielle Harmer	Mitchell D H S	13.90
13	Ailsa Raleigh	Stratford District S S	14.66
14	Ellie Newcastle	Goderich D C I	14.72
15	Adeline Todd	F.E. Madill S S	14.85
16	Sabrina McIlwaine	Goderich D C I	15.32

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**Event 34 Men 100 Meter Dash Junior Prelims**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 10.89 2015-05-21 Cole Barnes, St. Joseph's

WOSSAA OLD: 10.70 1997 K. Muise 1994 R.M.C. A. Stern

	Name	School	Seed Time
1	Khaleel Miller	Sir Frederick Banting S S	11.29
2	Henry Scott	East Elgin S S	11.30
3	Nagil Asamoah	Mother Teresa C S S	11.41
4	Obed Arueyingho	Regina Mundi College	11.57
5	Jaazaniah Oyedele	Clarke Road S S	11.58
6	Toluwalase Onafusi	Catholic Central	11.72
7	Sam Espiritu	Mother Teresa C S S	11.81
8	Michael Demelo	St. Andre Bessette	11.84
9	Bj Idowu-Hundeyin	Holy Cross	11.85
10	Noah Carter	Mother Teresa C S S	11.89
11	Danny Switzer	St. Marys D C & V I	12.23
12	Anthony Oladoja	St. Michael C S S	12.79
13	MJ White	Stratford District S S	12.83
14	Landon Barlow	St. Anne's C S S	13.11
15	Liam Hoy	St. Anne's C S S	13.22
16	Tristin Langille	St. Marys D C & V I	13.24

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**Event 35 Women 200 Meter Dash Junior Prelims**

Friday 2024-05-24 - 10:45 AM

WOSSAA: 25.50 2014-05-23 Natalie Topp, St. Mary's  
 WOSSAA OLD: 24.90 1989 Vivienne Stephens Central Hur

	Name	School	Seed Time
1	Celeste Lugugo	Mother Teresa C S S	26.30
2	Elliott Nash	St. Thomas Aquinas S S	26.69
3	Tessa Burdett	St. Michael C S S	26.90
4	Sydney Freeman	Mother Teresa C S S	27.08
5	Julia Hrywkiw	Catholic Central	27.43
6	Isobel Bentley	Sir Frederick Banting S S	28.27
7	Danielle Harmer	Mitchell D H S	28.30
8	Taliyah Tucker	Clarke Road S S	28.37
9	Nicole McLeod	Catholic Central	28.53
10	Allie Giroux	A.B. Lucas S S	28.87
11	Flourish Babasola	St. Andre Bessette	29.01
12	Rachel Bosley	Medway H S	29.01
13	Hanah Vink	Mitchell D H S	29.07
14	Demi Aitken	St. Anne's C S S	29.85
15	Lyla Straus	St. Michael C S S	29.92
16	Ailsa Raleigh	Stratford District S S	30.61

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**Event 36 Men 200 Meter Dash Junior Prelims**

Friday 2024-05-24 - 10:45 AM

WOSSAA: 22.59 2013-05-24 Davis Edward, Oakridge SS

WOSSAA OLD: 21.90 1982 D'arcy Kay Saunders

	Name	School	Seed Time
1	Khaleel Miller	Sir Frederick Banting S S	22.87
2	Henry Scott	East Elgin S S	23.14
3	Obed Arueyingho	Regina Mundi College	23.69
4	Ibrahim Hamou	Sir Frederick Banting S S	23.95
5	Sam Espiritu	Mother Teresa C S S	23.99
6	Jaazaniah Oyedele	Clarke Road S S	24.35
7	Liam Austin	Mgsr. Bruyere E S	24.39
8	Jasper Fullo	John Paul II S S	24.50
9	Morgan Siemens	East Elgin S S	24.56
10	Danny Switzer	St. Marys D C & V I	24.68
11	Noah Laxamana	Sir Wilfrid Laurier	24.70
12	Juan -david Usma	Oakridge S S	24.81
13	MJ White	Stratford District S S	25.11
14	Landon Barlow	St. Anne's C S S	25.78
15	Braydon Curran	Goderich D C I	26.44
16	Matthew Menheere	St. Michael C S S	26.63

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**Event 37 Women 400 Meter Dash Junior**

Thursday 2024-05-23 - 10:40 AM

WOSSAA: 57.81 2014-05-22 Natalie Topp, St. Mary's

WOSSAA OLD: 56.60 1998 N. Schmiedt 1994 JP II P. Mclau

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Sarah Jaquith	A.B. Lucas S S	59.91
2	Isobel Bentley	Sir Frederick Banting S S	1:02.73
3	Flourish Nmor	St. Joseph's H S	1:03.56
4	Rhianan (Ray) Loosemore	St. Andre Bessette	1:04.08
5	Hanah Vink	Mitchell D H S	1:04.64
6	Olivia Jackson	St. Thomas Aquinas S S	1:04.95
7	Livy Martin	Mother Teresa C S S	1:05.11
8	Hannah Greenfield	London Central S S	1:05.36
9	Kyla Norman	Sir Frederick Banting S S	1:05.43
10	Sophie Nagelhout	East Elgin S S	1:05.58
11	Sophia Silliker	Glendale H S	1:06.18
12	Allie Giroux	A.B. Lucas S S	1:06.50
13	Demi Aitken	St. Anne's C S S	1:08.86
14	Lyla Straus	St. Michael C S S	1:11.64
15	Adeline Todd	F.E. Madill S S	1:15.06
16	Maeve Thornrose	Stratford District S S	1:15.76

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**Event 38 Men 400 Meter Dash Junior**

Thursday 2024-05-23 - 10:40 AM

WOSSAA: 50.72 2019-05-23 Dylan Yzenbrandt, Saunders SS

WOSSAA OLD: 49.30 2000 Alex Alva Regina Mundi

	Name	School	Seed Time
1	Ryan Georgeson	Medway H S	51.40
2	Ryan Vacante	Sir Frederick Banting S S	52.90
3	Sam Espiritu	Mother Teresa C S S	53.58
4	Noah Laxamana	Sir Wilfrid Laurier	54.20
5	Oran Park	St. Thomas Aquinas S S	54.40
6	Jacob Jones	Oakridge S S	54.82
7	Kolton Gallagher	Sir Frederick Banting S S	55.28
8	Gavin Laing	Catholic Central	55.49
9	Alexander Kamicka	Sir Wilfrid Laurier	55.72
10	MJ White	Stratford District S S	55.77
11	William Wright	Sir Frederick Banting S S	56.38
12	Matthew Menheere	St. Michael C S S	56.95
13	Justin Boucher	Listowel D S S	57.29
14	Braydon Curran	Goderich D C I	57.55
15	Dylan Keyes	South Huron D H S	1:00.88

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Performance List**

**Event 39 Women 800 Meter Run Junior**

Friday 2024-05-24 - 11:30 AM

WOSSAA: 2:11.56 2007-05-24 Jessica Parry, Catholic Cen

WOSSAA OLD: 2:14.80 1986 Connie Beukeboom C.C.H.

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Kaitlyn Haygarth	Oakridge S S	2:26.88
2	Mia Crawford	A.B. Lucas S S	2:29.76
3	Norah Benson	Oakridge S S	2:33.97
4	Kyla Norman	Sir Frederick Banting S S	2:33.99
5	Flourish Nmor	St. Joseph's H S	2:37.02
6	Peyton Cake	A.B. Lucas S S	2:38.10
7	Rhianan (Ray) Loosemore	St. Andre Bessette	2:40.63
8	Olivia Jackson	St. Thomas Aquinas S S	2:41.17
9	April Kelly	Sir Frederick Banting S S	2:41.60
10	Chloe Dick	St. Andre Bessette	2:41.74
11	Sophie Nagelhout	East Elgin S S	2:41.92
12	Raina Park	A.B. Lucas S S	2:46.49
13	Eva Piedade	St. Thomas Aquinas S S	2:47.13
14	Lindsea Vernaleken	Saunders S S	2:51.50
15	Amy Schroeder	Stratford District S S	2:51.72
16	Alaina Scheurwater	F.E. Madill S S	2:53.32

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Western Alumni Stadium**  
**Performance List**

**Event 40 Men 800 Meter Run Junior**

Friday 2024-05-24 - 11:30 AM

WOSSAA: 1:58.75 2017-05-19 Kyle Koyanagi, Laurier, Sir

WOSSAA OLD: 1:52.70 1994 Jay Cantin St. Clair

	Name	School	Seed Time
1	Ryan Georgeson	Medway H S	1:58.16
2	Jacob Jansen	St. Thomas Aquinas S S	2:02.45
3	Linden Spence	Saunders S S	2:03.09
4	Kirk Hallman	Lord Dorchester S S	2:03.32
5	Ryan Vacante	Sir Frederick Banting S S	2:07.60
6	Logan Klomps	St. Anne's C S S	2:09.37
7	Kolton Gallagher	Sir Frederick Banting S S	2:10.31
8	Landon Skoretz	Oakridge S S	2:10.89
9	William Wright	Sir Frederick Banting S S	2:11.86
10	Duol Deng	John Paul II S S	2:12.23
11	Oren Dababneh	St. Andre Bessette	2:12.30
12	Justin Boucher	Listowel D S S	2:14.32
13	Tyler Ryan	Mitchell D H S	2:32.74
14	Dylan Keyes	South Huron D H S	2:36.00
15	Luke Dalrymple	South Huron D H S	2:36.33
16	Jackson O'Reilly	St. Anne's C S S	3:05.84



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**Performance List**

**Event 41 Women 1500 Meter Run Junior**

Thursday 2024-05-23 - 2:45 PM

WOSSAA: 4:34.77 2007-05-23 Jessica Parry, Catholic Cen

WOSSAA OLD: 4:37.20 1982 Jill Purola Huron Park

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Kaitlyn Haygarth	Oakridge S S	4:59.45
2	Mia Crawford	A.B. Lucas S S	5:06.86
3	Norah Benson	Oakridge S S	5:08.40
4	Korrina Kublinskas	Saunders S S	5:11.14
5	Flourish Nmor	St. Joseph's H S	5:30.02
6	Catharine Robinson	Sir Wilfrid Laurier	5:32.83
7	Lucy Waite	Woodstock Collegiate Institute	5:37.88
8	Jaylin Reissner	College Avenue S S	5:38.78
9	Bronwyn Hawkins	St. Marys D C & V I	5:41.65
10	Claire Caslick	St. Joseph's H S	5:47.98
11	Eva Piedade	St. Thomas Aquinas S S	5:49.84
12	Autumn Anderson	Goderich D C I	5:54.55
13	Chrissy Rupert	Stratford District S S	5:59.31
14	Amy Schroeder	Stratford District S S	6:06.31
15	Rachel Gingerich	South Huron D H S	6:27.08
16	Mercedes Prout	South Huron D H S	6:49.84

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**Western Alumni Stadium**  
**Performance List**

**Event 42 Men 1500 Meter Run Junior**

Thursday 2024-05-23 - 1:45 PM

WOSSAA: 4:08.15 2013-05-23 Muhumed Sirage, Montcalm SS

WOSSAA OLD: 3:59.90 1975 Peter Butler Sarnia Northern

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Kirk Hallman	Lord Dorchester S S	4:17.24
2	Ryan Georgeson	Medway H S	4:17.43
3	Linden Spence	Saunders S S	4:20.33
4	Jacob Jansen	St. Thomas Aquinas S S	4:20.99
5	Spencer Keen	St. Thomas Aquinas S S	4:28.10
6	Noah Cann	Ingersoll D C I	4:28.43
7	Duol Deng	John Paul II S S	4:33.66
8	Braden Eltervoog	Huron Park S S	4:37.89
9	Logan Klomps	St. Anne's C S S	4:38.32
10	Kaleb Dingman	St. Marys D C & V I	4:40.34
11	Noah Feltham	Stratford District S S	4:40.55
12	Landon Skoretz	Oakridge S S	4:42.81
13	Luke McKillop	St. Joseph's H S	4:49.10
14	Brady McIntyre	A.B. Lucas S S	4:56.87
15	Jordan Wharton-Lyons	Clarke Road S S	4:58.00
16	Jackson O'Reilly	St. Anne's C S S	6:30.89

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Performance List**

**Event 43 Women 3000 Meter Run Junior**

Friday 2024-05-24 - 1:30 PM

WOSSAA: 10:04.08 2013-05-24 Charlotte Prouse, London Central

WOSSAA OLD: 9:55.50 1988 Jennifer Armstrong Saunders

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Mia Crawford	A.B. Lucas S S	11:22.70
2	Korrina Kublinskas	Saunders S S	11:24.54
3	Catharine Robinson	Sir Wilfrid Laurier	12:01.68
4	Lucy Waite	Woodstock Collegiate Institute	12:15.09
5	Jaylin Reissner	College Avenue S S	12:19.02
6	Emilie Ormston-Lamarche	London South S S	12:37.67
7	Lydia Norton	St. Thomas Aquinas S S	13:00.79
8	Sigourney Marsh-Lansard	Oakridge S S	13:05.15
9	Leah Roy	College Avenue S S	13:20.48
10	Sadie Sheppard	Sir Wilfrid Laurier	13:30.19
11	Bronwyn Hawkins	St. Marys D C & V I	14:25.68
12	Chrissy Rupert	Stratford District S S	14:35.56
13	Madie Costello	Stratford District S S	14:42.00
14	Amy Schroeder	Stratford District S S	14:44.46
15	Rachel Gingerich	South Huron D H S	15:44.82
16	Mercedes Prout	South Huron D H S	16:26.14

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**Western Alumni Stadium**  
**Performance List**

**Event 44 Men 3000 Meter Run Junior**

Friday 2024-05-24 - 1:30 PM

WOSSAA: 8:41.54 2017-05-19 Josh Zelek, Stratford Centr

WOSSAA OLD: 8:26.90 1981 Chris Brewster C.C.H.

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Kirk Hallman	Lord Dorchester S S	9:11.90
2	Jacob Jansen	St. Thomas Aquinas S S	9:17.57
3	Noah Cann	Ingersoll D C I	9:34.86
4	Spencer Keen	St. Thomas Aquinas S S	9:53.94
5	Simon Rastogi	Sir Frederick Banting S S	10:00.17
6	Kaleb Dingman	St. Marys D C & V I	10:02.41
7	Noah Feltham	Stratford District S S	10:03.44
8	Braden Eltervoog	Huron Park S S	10:14.34
9	Oren Dababneh	St. Andre Bessette	10:19.17
10	Luke McKillop	St. Joseph's H S	10:34.32
11	Jason Strong	Saunders S S	10:48.18
12	William Lean	Sir Frederick Banting S S	10:53.84
13	Michael Webster	St. Andre Bessette	10:55.10
14	Camdon Norris	Woodstock Collegiate Institute	10:57.37
15	Will Bond	Medway H S	10:57.43
16	Luke Dalrymple	South Huron D H S	12:09.22

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**Performance List**

**Event 45 Women 80 Meter Hurdles Junior Prelims**

Thursday 2024-05-23 - 9:50 AM

WOSSAA: 11.80 2010-05-20 Alysha Newman, Mother Teresa

WOSSAA OLD: 11.60 1994 H. Carnahan'80 Saunders J. Rob

	Name	School	Seed Time
1	Sarah Jaquith	A.B. Lucas S S	12.24
2	Avery Dickenson	Oakridge S S	12.57
3	Tessa Burdett	St. Michael C S S	12.67
4	Sofia Morgan	St. Thomas Aquinas S S	12.91
5	Abbey Dogar	Mother Teresa C S S	13.12
6	Aiyana John	London South S S	13.36
7	Lucie Panschow	Glendale H S	13.85
8	Reese Hill	Strathroy D C I	13.88
9	Teniola Epemolu	Sir Wilfrid Laurier	14.20
10	Saphie Marsh	St. Thomas Aquinas S S	14.53
11	Alysia Graves	Westminster S S	14.60
12	Lyla Straus	St. Michael C S S	16.18
13	Piper Broughton	Stratford District S S	17.22
14	Nicole Verhoef	Stratford District S S	18.14
15	Maeve Thornrose	Stratford District S S	18.38

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**Event 46 Men 100 Meter Hurdles Junior Prelims**

Thursday 2024-05-23 - 10:05 AM

WOSSAA: 13.22 2008-05-22 Gregory MacNeill, Mother Teresa

WOSSAA OLD: 13.85 1999 Paul Whitty Saunders

	Name	School	Seed Time
1	Kailer Jenney	Medway H S	14.78
2	Sacha Larsen	St. Thomas Aquinas S S	14.81
3	Ibrahim Hamou	Sir Frederick Banting S S	15.88
4	Nicholas Votta	Mother Teresa C S S	16.14
5	Connor McEvoy	Sir Wilfrid Laurier	16.61
6	Michael Kayode-Ojo	John Paul II S S	17.39
7	Ryan Poole	Sir Wilfrid Laurier	18.05
8	Eli Willoughby	Sir Frederick Banting S S	18.06
9	Ben Floris	Oakridge S S	18.06
10	Cole Otten	Stratford District S S	18.86
11	Soban Farrukh	Oakridge S S	19.87
12	Carter Jones	St. Thomas Aquinas S S	19.89
13	Lucas Mueller	Stratford District S S	20.20
14	Athony Thawe	St. Andre Bessette	20.61

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Event 47 Women 300 Meter Hurdles Junior**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 44.62 2015-05-22 Claire Larose, Oakridge SS

WOSSAA OLD: 42.70 1994 Nadia Schmiedt John Paul II

	Name	School	Seed Time
1	Sarah Jaquith	A.B. Lucas S S	45.52
2	Sofia Morgan	St. Thomas Aquinas S S	48.44
3	Rhianan (Ray) Loosemore	St. Andre Bessette	50.21
4	Saphie Marsh	St. Thomas Aquinas S S	51.90
5	Demi Aitken	St. Anne's C S S	52.40
6	Kaiden Martin	Woodstock Collegiate Institute	53.95
7	Alexis Lealess	St. Michael C S S	56.03
8	Kathleen McCreery	Woodstock Collegiate Institute	56.74
9	Reese Hill	Strathroy D C I	57.43
10	Lacey Heibein	F.E. Madill S S	57.85
11	Anna McDonald-Lee	Goderich D C I	58.04
12	Piper Broughton	Stratford District S S	58.24
13	Aoife Cogliano	Sir Frederick Banting S S	59.02
14	Claire Caslick	St. Joseph's H S	59.86
15	Nicole Verhoef	Stratford District S S	1:00.49

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**Performance List**

**Event 48 Men 300 Meter Hurdles Junior**

Friday 2024-05-24 - 9:30 AM

**WOSSAA:** 39.00 2008-05-23 Gregory MacNeill, Mother Teresa  
**WOSSAA OLD:** 38.80 1996 Jaime Hollingsworth Parkside

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Kailer Jenney	Medway H S	41.21
2	Ryan Vacante	Sir Frederick Banting S S	43.59
3	Sacha Larsen	St. Thomas Aquinas S S	43.90
4	Said Elshawish	Westminster S S	45.63
5	Owen Chambers	Stratford District S S	45.77
6	Edwin Maslen	Sir Frederick Banting S S	46.09
7	Nicholas Votta	Mother Teresa C S S	46.27
8	Eli Willoughby	Sir Frederick Banting S S	46.33
9	Marc Mara	John Paul II S S	47.84
10	Garrett Romano	Medway H S	48.32
11	Michael Kayode-Ojo	John Paul II S S	48.49
12	William Njumbe Kome	John Paul II S S	50.04
13	Soban Farrukh	Oakridge S S	51.49
14	Emmanuel Ehumadu	Catholic Central	51.72



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**Event 49 Women High Jump Junior**

Friday 2024-05-24 - 1:00 PM

WOSSAA: 1.65m 2012-05-25 Erin Katerberg, Listowel DSS

WOSSAA: 1.65m 2011-05-20 Ali Baker, Mother Teresa

WOSSAA OLD: 1.67m 1985 C. Bond W.C.I. L. Devries Luc

	Name	School	Seed Mark
1	Aiyana John	London South S S	1.58m
2	Breanna Sloetjes	Strathroy D C I	1.58m
3	Britney Wright	Catholic Central	1.49m
4	Sarah Foley	St. Joseph's H S	1.35m
5	Anne Simpson	South Huron D H S	1.35m
6	Sierra Duncan	Montcalm S S	1.30m
7	Ava Petropoulos	St. Thomas Aquinas S S	1.30m
8	Sierra Edmunds-Hertlein	St. Thomas Aquinas S S	1.30m
9	Lacey Heibein	F.E. Madill S S	1.30m
10	Jocelyn Davidson	Listowel D S S	1.30m
11	Alexis Lealess	St. Michael C S S	1.30m
12	Emily Blackhall	St. Joseph's H S	1.30m
13	Mylee Hagedorn	Huron Park S S	1.25m
14	Gabriella Onabanjo	St. Andre Bessette	1.25m
15	Peyton Barclay	Stratford District S S	1.15m

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**Performance List**

**Event 50 Men High Jump Junior**

Friday 2024-05-24 - 11:00 AM

WOSSAA: 2.08m 2008-05-23 Branden Wilhelm, Woodstock

WOSSAA OLD: 2.06m 1981 Al Hough Montcalm

	Name	School	Seed Mark
1	Jackson Macgillavary	Mother Teresa C S S	1.76m
2	Noah Campbell	North Middlesex D H S	1.76m
3	Shawn Okorhi	St. Joseph's H S	1.60m
4	Devin Baker	College Avenue S S	1.60m
5	Oliver Cirelli	Oakridge S S	1.60m
6	Jasper Fullo	John Paul II S S	1.60m
7	Malaki Bascombe	Central Elgin C I	1.60m
8	Dylan Keyes	South Huron D H S	1.60m
9	Fletcher Taylor	Central Elgin C I	1.55m
10	Bryden Pow	A.B. Lucas S S	1.55m
11	Ryan Poole	Sir Wilfrid Laurier	1.50m
12	Oumar Sheriff	Sir Wilfrid Laurier	1.50m
13	Josh Rwangombwa	Mother Teresa C S S	1.50m
14	Nishant Sharma	Oakridge S S	1.45m
15	Zachary Antoine	College Avenue S S	1.45m

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**Performance List**

**Event 51 Women Pole Vault Junior**

Thursday 2024-05-23 - 11:00 AM

WOSSAA: 3.89m 2010-05-20 Alysha Newman, Mother Teresa

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Avery Dickenson	Oakridge S S	2.85m
2	Emmalyn Isabel	Medway H S	2.85m
3	Peyton Barclay	Stratford District S S	2.25m
4	Bronwyn Hawkins	St. Marys D C & V I	2.15m
5	Abbey Dogar	Mother Teresa C S S	2.10m
6	Annika Beaton	Woodstock Collegiate Institute	2.10m
7	Megan Grosse	Stratford District S S	2.05m
8	Paige Taylor	Stratford District S S	2.05m
9	Nevie Baker	Huron Park S S	1.50m
10	Kathleen McCreery	Woodstock Collegiate Institute	1.50m

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**Performance List**

**Event 52 Men Pole Vault Junior**  
**Thursday 2024-05-23 - 9:30 AM**

**WOSSAA: 4.00m 2015-05-21 Nojah Parker, College Avenue**

**WOSSAA OLD: 4.16m 2003 Josh Kirkpatrick, Saunders SS**

	<b>Name</b>		<b>School</b>	<b>Seed Mark</b>
1	Caden Diehl		Stratford District S S	3.76m
2	Zack Molinaro		Woodstock Collegiate Institute	3.00m
3	Cole Otten		Stratford District S S	2.65m
4	Ben Floris		Oakridge S S	2.55m
5	Daniel Bean		Stratford District S S	2.55m
6	Owen Collings		St. Marys D C & V I	2.55m

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**Performance List**

**Event 53 Women Long Jump Junior**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 5.60m 2008-05-22 Kristen Bujnowski, Holy Cross

WOSSAA OLD: 5.79m 1979 Ruth Pugh Dorchester

	Name	School	Seed Mark
1	Joanna Wang	London Central S S	5.32m
2	Breanna Sloetjes	Strathroy D C I	5.18m
3	Ana Stojanovic	Oakridge S S	4.84m
4	Sydney Freeman	Mother Teresa C S S	4.75m
5	Elyse Meinen	London Christian	4.55m
6	Celeste Lugugo	Mother Teresa C S S	4.50m
7	Viola Foster	St. Andre Bessette	4.45m
8	Ellie Newcastle	Goderich D C I	4.37m
9	Sierra Duncan	Montcalm S S	4.34m
10	Lucie Panschow	Glendale H S	4.31m
11	Sophia Silliker	Glendale H S	4.31m
12	Jocelyn Davidson	Listowel D S S	4.24m
13	Hanah Vink	Mitchell D H S	4.23m
14	Lacey Heibein	F.E. Madill S S	4.15m
15	Ailsa Raleigh	Stratford District S S	3.89m
16	Mya Desroches-Touch	Mitchell D H S	3.87m

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**Western Alumni Stadium**  
**Performance List**

**Event 54 Men Long Jump Junior**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 6.77m 2008-05-23 Cole Pellett, Madill, F.E.

WOSSAA OLD: 6.90m 1989 Jason Laur Arthur Voaden

	Name	School	Seed Mark
1	Nagil Asamoah	Mother Teresa C S S	6.05m
2	Jackson Macgillavary	Mother Teresa C S S	5.88m
3	Caden Diehl	Stratford District S S	5.85m
4	Mason Bothwell	St. Thomas Aquinas S S	5.64m
5	Kieran Drouin	Oakridge S S	5.51m
6	Cash Lefebvre	Sir Frederick Banting S S	5.49m
7	Mackenzie Romer	A.B. Lucas S S	5.46m
8	Fletcher Taylor	Central Elgin C I	5.45m
9	Devin Baker	College Avenue S S	5.44m
10	Alex Winger	St. Thomas Aquinas S S	5.40m
11	Malaki Bascombe	Central Elgin C I	5.32m
12	Jaazaniah Oyedele	Clarke Road S S	5.31m
13	Tyler Ryan	Mitchell D H S	4.77m
14	Beckett Carlyle-Dewys	South Huron D H S	4.27m
15	Joshua Lariviere	St. Michael C S S	4.05m
16	Max Campbell	Stratford District S S	4.03m

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**Western Alumni Stadium**  
**Performance List**

**Event 55 Women Triple Jump Junior**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 11.27m 2007-05-23 Emily Goad, Mother Teres

WOSSAA OLD: 11.61m 1992 Tawnya Gurchin Strathroy

	Name	School	Seed Mark
1	Breanna Sloetjes	Strathroy D C I	11.05m
2	Joanna Wang	London Central S S	10.88m
3	Sofia Morgan	St. Thomas Aquinas S S	10.08m
4	Kate Mathieu	Oakridge S S	10.04m
5	Elyse Meinen	London Christian	9.75m
6	Viola Foster	St. Andre Bessette	9.72m
7	Ellie Newcastle	Goderich D C I	9.63m
8	Nadia Adams	Saunders S S	9.44m
9	Allie Wolfe	A.B. Lucas S S	9.34m
10	Grace Milne	A.B. Lucas S S	9.31m
11	Jocelyn Davidson	Listowel D S S	9.07m
12	Anne Simpson	South Huron D H S	8.59m
13	Alaina Scheurwater	F.E. Madill S S	8.35m
14	Nicole Verhoef	Stratford District S S	8.23m
15	Peyton Thompson	South Huron D H S	8.18m

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**Performance List**

**Event 56 Men Triple Jump Junior**

Thursday 2024-05-23 - 11:00 AM

WOSSAA: 13.65m 2007-05-23 Taylor Stewart, Regina Mundi

WOSSAA OLD: 13.92m 1977 Greg Campbell Sarnia Northern

	Name	School	Seed Mark
1	Caden Diehl	Stratford District S S	11.91m
2	Kieran Drouin	Oakridge S S	11.83m
3	Raunaq Sharma	Oakridge S S	11.80m
4	Alex Vasquez	Regina Mundi College	11.52m
5	Lucas Van Steensel	Medway H S	11.51m
6	River Neveu	Lord Dorchester S S	11.45m
7	Blake Lalande	Medway H S	11.26m
8	Mackenzie Romer	A.B. Lucas S S	11.15m
9	Mason Bothwell	St. Thomas Aquinas S S	10.96m
10	Logan Dewar	Listowel D S S	10.89m
11	Kielan Santor	A.B. Lucas S S	10.85m
12	Toluwalase Onafusi	Catholic Central	10.83m
13	Brody Moir	Goderich D C I	10.80m
14	Chase Kristensen	St. Thomas Aquinas S S	10.78m
15	Lucas Mueller	Stratford District S S	10.47m
16	Tyler Ryan	Mitchell D H S	10.17m



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**Event 57 Women Shot Put Junior**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 13.94m 2022-05-20 Julia Tunks, Oakridge SS  
 WOSSAA OLD: 13.11m 2003 Meghan Weaver - LucasA.B.  
 WOSSAA 4kg: 11.90m 2011-05-20 Nicole Horneman, Medway HS

	Name	School	Seed Mark
1	Daniela Johnson	Sir Frederick Banting S S	10.53m
2	Payton Blight	St. Marys D C & V I	9.86m
3	Izabela Butryn	Mother Teresa C S S	9.77m
4	Madeline Mullin	Oakridge S S	9.52m
5	Rachael Barber	Stratford District S S	9.34m
6	Lauren Stewart	Mother Teresa C S S	9.05m
7	Sofia Kluz	St. Anne's C S S	9.05m
8	Sophie Tweddell	Saunders S S	9.02m
9	Fanenter Akende	Mother Teresa C S S	8.89m
10	Ashlyn Hills	F.E. Madill S S	8.65m
11	Sophia Beley Camara	Mgsr. Bruyere E S	8.62m
12	Katelynn McMahan	Stratford District S S	8.59m
13	Giuby Brulé	Sir Frederick Banting S S	8.53m
14	Zoe Spilka	Sir Frederick Banting S S	8.44m
15	Briella Campbell	F.E. Madill S S	8.01m
16	Natalie Siviero	St. Joseph's H S	7.95m

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Performance List**

**Event 58 Men Shot Put Junior**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 17.63m 2018-05-24 Ryan Jacklin, Madill, F.E.

WOSSAA OLD: 17.56m 1998 Fraser Clarke St. Thomas Aquinas

	Name	School	Seed Mark
1	Andrew Urquhart	Lord Dorchester S S	17.87m
2	Noah Mitoraj	St. Thomas Aquinas S S	17.40m
3	Jashan Singh	Stratford District S S	13.79m
4	Colton Stanley	St. Thomas Aquinas S S	13.70m
5	Marley Asuncion	Catholic Central	13.33m
6	Maddox Sullivan	Oakridge S S	13.21m
7	Dollan Brown	Central Elgin C I	13.02m
8	Trae Nielsen	Mitchell D H S	12.64m
9	Karim Alary	Esc Gabriel-Dumont	12.51m
10	Emmitt Brown	Mother Teresa C S S	12.41m
11	Lyam Santos-Zwambag	Oakridge S S	11.67m
12	Damien Lukings	Sir Frederick Banting S S	11.62m
13	Joel Hogger	St. Michael C S S	11.49m
14	Theo Brubacher	Listowel D S S	10.95m
15	Ryan Klumper	St. Michael C S S	10.66m
16	Logan Verberne	Mitchell D H S	10.51m

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**Western Alumni Stadium**  
**Performance List**

**Event 59 Women Discus Throw Junior**

Thursday 2024-05-23 - 11:00 AM

WOSSAA: 51.26m 2022-05-19 Julia Tunks, Oakridge SS

WOSSAA OLD: 40.70m 1994 Julie Lisle Madill

	Name	School	Seed Mark
1	Payton Blight	St. Marys D C & V I	31.09m
2	Selena Will	Medway H S	30.50m
3	Madeline Mullin	Oakridge S S	29.91m
4	Giuby Brulé	Sir Frederick Banting S S	25.28m
5	Izabela Butryn	Mother Teresa C S S	24.68m
6	Daniela Johnson	Sir Frederick Banting S S	24.06m
7	Lauren Stewart	Mother Teresa C S S	23.86m
8	Olivia Elias	Huron Park S S	23.26m
9	Briella Campbell	F.E. Madill S S	22.47m
10	Sofia Kluz	St. Anne's C S S	21.53m
11	Katie Heath	Sir Frederick Banting S S	21.32m
12	Marta Rintoul	St. Michael C S S	21.31m
13	Devyn Willie	F.E. Madill S S	21.30m
14	Adrianna Hollestelle Black	St. Marys D C & V I	21.22m
15	Moira McMahon	Mother Teresa C S S	21.20m
16	Jaymini Sharma	F.E. Madill S S	20.73m

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**Western Alumni Stadium**  
**Performance List**

**Event 60 Men Discus Throw Junior**

Thursday 2024-05-23 - 9:30 AM

WOSSAA: 62.03m 2018-05-24 Ryan Jacklin, Madill, F.E.

WOSSAA OLD: 53.64m 1992 Jason Tunks Banting

	Name	School	Seed Mark
1	Noah Mitoraj	St. Thomas Aquinas S S	57.47m
2	Jashan Singh	Stratford District S S	47.56m
3	Nate Travis	Mother Teresa C S S	45.27m
4	Andrew Urquhart	Lord Dorchester S S	44.95m
5	Colton Stanley	St. Thomas Aquinas S S	42.48m
6	Dollan Brown	Central Elgin C I	39.85m
7	Marley Asuncion	Catholic Central	38.41m
8	Damien Lukings	Sir Frederick Banting S S	38.08m
9	Hendrix Zupancic	Lord Dorchester S S	36.34m
10	Lyam Santos-Zwambag	Oakridge S S	35.98m
11	Cole Surmacz	Parkside C I	35.69m
12	Rylan Gates	Oakridge S S	35.19m
13	Joel Hogger	St. Michael C S S	29.59m
14	Logan Verberne	Mitchell D H S	29.43m
15	Theo Brubacher	Listowel D S S	28.74m
16	Dean Murray	Mitchell D H S	20.25m

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Performance List**

**Event 61 Women Javelin Throw Junior**

Friday 2024-05-24 - 1:00 PM

WOSSAA: 39.40m 2023-05-26 Taylor Kana, East Elgin SS

WOSSAA OLD: 47.10m 1980 Martha Hart Saunders

	Name	School	Seed Mark
1	Olivia Elias	Huron Park S S	30.55m
2	Payton Blight	St. Marys D C & V I	29.62m
3	Sophia Beley Camara	Mgsr. Bruyere E S	28.87m
4	Lucie Panschow	Glendale H S	27.61m
5	Bea Wolters	Sir Frederick Banting S S	26.34m
6	Marlie Gregory	Strathroy D C I	26.08m
7	Jamieson Goertz	Strathroy D C I	25.70m
8	Maggie Proulx	Medway H S	25.16m
9	Daniela Johnson	Sir Frederick Banting S S	24.88m
10	Rachael Barber	Stratford District S S	23.83m
11	Madeline Mullin	Oakridge S S	23.60m
12	Selena Will	Medway H S	22.84m
13	Adrianna Hollestelle Black	St. Marys D C & V I	20.32m
14	Sofia Kluz	St. Anne's C S S	19.96m
15	Peyton Thompson	South Huron D H S	18.76m
16	Devyn Willie	F.E. Madill S S	16.42m

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**Performance List**

**Event 62 Men Javelin Throw Junior**

Friday 2024-05-24 - 11:00 AM

WOSSAA: 55.38m 2015-05-22 Josh Mather, Strathroy DC

WOSSAA OLD: 61.08m 1976 Tom Gawinski Sarnia Northern

	Name	School	Seed Mark
1	Owen Chambers	Stratford District S S	50.39m
2	Zack Molinaro	Woodstock Collegiate Institute	45.76m
3	Aj Davis	Catholic Central	44.17m
4	Maddox Sullivan	Oakridge S S	40.53m
5	Matthew Menheere	St. Michael C S S	38.97m
6	Andre Molett	St. Michael C S S	38.81m
7	Aiden Smith	Sir Wilfrid Laurier	37.96m
8	Mason Vandenberg	Holy Cross	37.95m
9	Nolan Miller	St. Michael C S S	36.91m
10	Karim Alary	Esc Gabriel-Dumont	35.68m
11	William Wright	Sir Frederick Banting S S	34.57m
12	Avery Skinner	Central Huron S S	34.13m
13	Logan Dewar	Listowel D S S	33.96m
14	Ryan Pranger	Lord Dorchester S S	33.12m
15	Noah Baran	Glencoe D H S	29.16m
16	Austin Pollock	Sir Frederick Banting S S	28.86m

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Performance List**

**Event 63 Women 4x100 Meter Relay Junior**

Thursday 2024-05-23 - 3:30 PM

WOSSAA: 49.51 2009-05-21 Mother Teresa C S S, Mother Teresa

WOSSAA OLD: 49.00 1998 Banting

	Team	Relay	Seed Time
1	A.B. Lucas S S	A	50.50
2	St. Thomas Aquinas S S	A	50.90
3	Mother Teresa C S S	A	52.15
4	Sir Wilfrid Laurier	A	53.78
5	London Central S S	A	54.23
6	A.B. Lucas S S	B	54.67
7	Huron Park S S	A	54.92
8	St. Thomas Aquinas S S	B	55.11
9	St. Anne's C S S	A	55.41
10	Medway H S	A	55.51
11	Mitchell D H S	A	56.44
12	Glendale H S	A	56.51
13	St. Joseph's H S	A	57.23
14	Goderich D C I	A	58.45
15	F.E. Madill S S	A	59.55
16	Stratford District S S	A	59.77

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**Event 64 Men 4x100 Meter Relay Junior**

Thursday 2024-05-23 - 3:30 PM

**WOSSAA: 44.22 2016-05-19 London South S S, London South  
 E Martin, C Brown, S Brown, J Beadle**

**WOSSAA OLD: 43.80 1976****Oakridge**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Sir Frederick Banting S S	A	44.70
2	Mother Teresa C S S	A	45.21
3	Catholic Central	A	45.95
4	East Elgin S S	A	46.74
5	Regina Mundi College	A	47.00
6	St. Thomas Aquinas S S	A	47.38
7	Medway H S	A	47.51
8	John Paul II S S	A	47.56
9	Sir Wilfrid Laurier	A	47.73
10	Oakridge S S	A	48.07
11	St. Marys D C & V I	A	48.56
12	St. Thomas Aquinas S S	B	48.83
13	Westminster S S	A	49.25
14	Stratford District S S	A	50.95
15	St. Anne's C S S	A	52.61
16	Goderich D C I	A	55.19



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**Event 65 Women 100 Meter Dash Senior Prelims**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 11.80 1994

Sue Seymour Listowel

	Name	School	Seed Time
1	Maya Chande	St. Andre Bessette	12.52
2	Perri Kelly	Saunders S S	12.82
3	Danielle Heard	Medway H S	12.92
4	Cristal Liu	Oakridge S S	13.12
5	Madison White	Catholic Central	13.20
6	Giuliana Marra	Medway H S	13.26
7	Chloe Bechard	St. Thomas Aquinas S S	13.30
8	Alyssa Gordon	Parkside C I	13.34
9	Madison Hannan	A.B. Lucas S S	13.46
10	Sophia Bryenton	Oakridge S S	13.47
11	Tamara Mulder	St. Michael C S S	13.51
12	Lila Corby	St. Marys D C & V I	13.80
13	Kiara McGregor	St. Marys D C & V I	13.86
14	Siobhan Kleuskens	Goderich D C I	13.88
15	Macey Adams	St. Anne's C S S	13.91
16	Avery Jennings	St. Marys D C & V I	14.43

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**Performance List**

**Event 66 Men 100 Meter Dash Senior Prelims**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 10.50 1994

Craig Vandeweghe St. Pat's

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Ty Wilson	Catholic Central	11.13
2	Kymani Harris	Sir Wilfrid Laurier	11.38
3	Brett Beazley	St. Thomas Aquinas S S	11.42
4	Noah Chevalier	Oakridge S S	11.42
5	Tyler Cabral	Catholic Central	11.44
6	Connor McLeod	Catholic Central	11.46
7	Thomson Silcox	A.B. Lucas S S	11.47
8	Tumi Komolafe	St. Thomas Aquinas S S	11.48
9	Chiebuka Egbuna	St. Andre Bessette	11.57
10	Francis Hinnah	Sir Frederick Banting S S	11.62
11	Jack kusiar	St. Michael C S S	12.05
12	Linc Perrie	Mitchell D H S	12.18
13	Josh French	St. Michael C S S	12.22
14	Michael Gregus	South Huron D H S	12.35
15	Gabe Emms	Stratford District S S	12.51
16	Joel Feeney	St. Anne's C S S	12.65

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**Event 67 Women 200 Meter Dash Senior Prelims**

Friday 2024-05-24 - 10:45 AM

WOSSAA: 24.39 1999

Jessica Zelinka Banting

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Naomi Byam	St. Andre Bessette	24.96
2	Erika Lealess	St. Michael C S S	26.17
3	Danielle Heard	Medway H S	26.58
4	Alex Harmer	Huron Park S S	26.77
5	Perri Kelly	Saunders S S	26.81
6	Maya Chande	St. Andre Bessette	26.93
7	Tamara Mulder	St. Michael C S S	26.93
8	Giuliana Marra	Medway H S	27.03
9	Olivia Mark	Stratford District S S	27.18
10	Jayda Bowlin	Sir Wilfrid Laurier	27.76
11	Madison Hannan	A.B. Lucas S S	27.91
12	Alexis Gray	Parkside C I	27.96
13	Kiara McGregor	St. Marys D C & V I	28.11
14	Sophie Claveau	Saunders S S	28.62
15	Sriya Sharma	Oakridge S S	29.13

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**Event 68 Men 200 Meter Dash Senior Prelims**

Friday 2024-05-24 - 10:45 AM

WOSSAA: 21.70 1997 C. Heffernan S.T.A.

	Name	School	Seed Time
1	Tyrese Morgan	College Avenue S S	22.67
2	Brett Beazley	St. Thomas Aquinas S S	22.73
3	Ty Wilson	Catholic Central	22.76
4	Noah Chevalier	Oakridge S S	23.00
5	Sam Willsie	Lord Dorchester S S	23.21
6	Vincent Perreira	Montcalm S S	23.70
7	Francis Hinnah	Sir Frederick Banting S S	23.70
8	Jack kusiar	St. Michael C S S	23.73
9	Majock Gur	St. Andre Bessette	23.83
10	Adrian Druzcz	Oakridge S S	23.88
11	Zachary Dossantos	Lord Dorchester S S	23.91
12	Tumi Komolafe	St. Thomas Aquinas S S	24.05
13	Gabe Emms	Stratford District S S	25.26
14	Sam Huettlin	Mitchell D H S	25.63
15	Dustin Krahn	Stratford District S S	27.36
16	Joel Feeney	St. Anne's C S S	27.69

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**Event 69 Women 400 Meter Dash Senior**

Thursday 2024-05-23 - 10:40 AM

WOSSAA: 54.92 1995

Nadia Schmiedt John Paul II

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Erika Lealess	St. Michael C S S	58.93
2	Giuliana Marra	Medway H S	1:01.23
3	Fehrman, Sidney	Catholic Central	1:01.32
4	Alexis Gray	Parkside C I	1:02.33
5	Ainslie Muscat	Catholic Central	1:03.03
6	Tamara Mulder	St. Michael C S S	1:03.11
7	Abbey Jean	St. Thomas Aquinas S S	1:03.67
8	Reese Robichaud	Sir Wilfrid Laurier	1:04.64
9	Jayda Bowlin	Sir Wilfrid Laurier	1:04.97
10	Valeria Jaimes-Castillo	Catholic Central	1:05.56
11	Lauren Coome	A.B. Lucas S S	1:05.68
12	Olivia Sutton	Parkside C I	1:05.98
13	Melana Ibrahim	St. Andre Bessette	1:06.75
14	Nicole Williamson	St. Joseph's H S	1:06.95
15	Megan Todd	Goderich D C I	1:11.60
16	Amelia Bissett	Goderich D C I	1:14.64

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**Event 70 Men 400 Meter Dash Senior**

Thursday 2024-05-23 - 10:40 AM

WOSSAA: 47.70 1988

Brian Dicker St. Pats

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Tyrese Morgan	College Avenue S S	49.20
2	Emmett Charles	Sir Frederick Banting S S	49.42
3	Francis Hinnah	Sir Frederick Banting S S	50.36
4	Noah Chevalier	Oakridge S S	50.65
5	Sam Willsie	Lord Dorchester S S	50.83
6	Nathan Janicki	St. Andre Bessette	51.83
7	Anthony Greene	A.B. Lucas S S	52.54
8	Jonah Lariviere	St. Michael C S S	52.67
9	Dylan Johnson	Sir Frederick Banting S S	52.84
10	Jacob Koteles	Strathroy D C I	53.13
11	Will Willson	Clarke Road S S	53.24
12	Rory Wilkins	St. Andre Bessette	53.43
13	Sam Howard	Goderich D C I	55.06
14	Carter Masse	St. Anne's C S S	56.24
15	Dustin Krahn	Stratford District S S	56.76
16	Sean Woods	Stratford District S S	58.86

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**Event 71 Women 800 Meter Run Senior**

Friday 2024-05-24 - 11:30 AM

WOSSAA: 2:08.37 2009-05-22 Jessica Parry, Catholic Central

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Haley Haskett	Medway H S	2:23.90
2	Kaitlyn Koyanagi	London South S S	2:26.33
3	Kate Ryan	Oakridge S S	2:26.97
4	Addison Imrie	Listowel D S S	2:28.42
5	Abbey Jean	St. Thomas Aquinas S S	2:32.62
6	Olivia Sutton	Parkside C I	2:35.06
7	Pola Turowski	Regina Mundi College	2:35.48
8	Ainslie Muscat	Catholic Central	2:38.92
9	Emma Westbrooke	Central Elgin C I	2:39.56
10	Lauren Coome	A.B. Lucas S S	2:40.79
11	Sarah Boyd	St. Thomas Aquinas S S	2:45.00
12	Ally Riegling	St. Anne's C S S	2:49.21
13	Addison Sage	Listowel D S S	2:54.37
14	Khallee Eisler	Mitchell D H S	3:01.65
15	Sloan Puska	St. Anne's C S S	3:02.85
16	Danyka Schlotzhauer	South Huron D H S	3:09.90

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**Event 72 Men 800 Meter Run Senior**

Friday 2024-05-24 - 11:30 AM

WOSSAA: 1:51.99 2016-05-20 Ruach Padhal, John Paul II

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Matteo Di Ciocco	St. Andre Bessette	2:01.10
2	Quinten Marsh-Lansard	Oakridge S S	2:01.67
3	Richard Latham	Sir Frederick Banting S S	2:04.70
4	Jonah Lariviere	St. Michael C S S	2:04.83
5	Andrew Monteith	Parkside C I	2:05.64
6	Fowler Little	St. Joseph's H S	2:06.89
7	Jacob Koteles	Strathroy D C I	2:06.92
8	Alec Bruin	Oakridge S S	2:08.36
9	Sam Howard	Goderich D C I	2:08.42
10	Massimo Del Guercio	St. Thomas Aquinas S S	2:09.31
11	Rory Wilkins	St. Andre Bessette	2:09.96
12	Mj Newport-Hamilton	Mother Teresa C S S	2:10.62
13	Wilson Young	St. Michael C S S	2:10.99
14	Parker Huiema	Ingersoll D C I	2:11.88
15	Carter Masse	St. Anne's C S S	2:12.00
16	Oliver Black	St. Marys D C & V I	2:19.40



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**Event 73 Women 1500 Meter Run Senior****Thursday 2024-05-23 - 2:45 PM****WOSSAA: 4:31.62 2008-05-22 Jessica Parry, Catholic Central**

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Kaitlyn Koyanagi	London South S S	5:07.92
2	Haley Haskett	Medway H S	5:09.98
3	Charlotte Piscione	Woodstock Collegiate Institute	5:13.13
4	Helena Roth	Strathroy D C I	5:15.39
5	Pola Turowski	Regina Mundi College	5:23.77
6	Kate Ryan	Oakridge S S	5:25.56
7	Addison Imrie	Listowel D S S	5:28.55
8	Valeria Jaimes-Castillo	Catholic Central	5:28.98
9	Abby Hanan	London Central S S	5:30.94
10	Kate Klassen	Medway H S	5:31.44
11	Brooklyn Ralph	Medway H S	5:32.71
12	Mckenzie Parsons	Stratford District S S	5:53.72
13	Ally Riegling	St. Anne's C S S	5:58.07
14	Hayden Uniac	St. Michael C S S	6:00.47
15	Claire McCorkindale	St. Michael C S S	6:12.92
16	Bailey Ross	St. Marys D C & V I	6:14.15

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**Event 74 Men 1500 Meter Run Senior****Thursday 2024-05-23 - 1:45 PM****WOSSAA: 3:50.50 1996****Jay Cantin St. Clair**

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Liam Smith	Regina Mundi College	4:10.28
2	Ian McAllister	London Central S S	4:11.00
3	Luke Feltham	Stratford District S S	4:14.10
4	Daniel Ogilvie	Stratford District S S	4:17.46
5	Alex Leinweber	Mother Teresa C S S	4:17.51
6	Quinten Marsh-Lansard	Oakridge S S	4:18.53
7	Matteo Di Ciocco	St. Andre Bessette	4:23.14
8	Fowler Little	St. Joseph's H S	4:23.70
9	Kevin Chen	London Central S S	4:23.78
10	Alec Bruin	Oakridge S S	4:25.96
11	Pierce Howard	Catholic Central	4:26.98
12	Naod Ghebrehiwet	Montcalm S S	4:29.94
13	Jonah Lariviere	St. Michael C S S	4:36.82
14	Bryce Otten	St. Michael C S S	4:48.82
15	Jacob Watson	Goderich D C I	4:55.39
16	Oliver Black	St. Marys D C & V I	4:55.59

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**Track and Field Championship**  
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**Performance List**

**Event 75 Women 3000 Meter Run Senior**

Friday 2024-05-24 - 1:30 PM

WOSSAA: 9:48.19 1995

Julie Froud St. Mary's SCVI

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Charlotte Piscione	Woodstock Collegiate Institute	11:13.65
2	Helena Roth	Strathroy D C I	11:19.56
3	Charlotte Clinton	St. Marys D C & V I	11:29.12
4	Abby Hanan	London Central S S	11:47.19
5	Sarah Philippon	Sir Wilfrid Laurier	11:52.54
6	Kate Klassen	Medway H S	11:54.35
7	Madeleine Wood	Saunders S S	11:56.85
8	Brooklyn Ralph	Medway H S	11:58.02
9	Keeley Van Horne	Lord Dorchester S S	12:08.23
10	Mireya Bartoch	Sir Frederick Banting S S	12:10.73
11	Holly Pedlow	Medway H S	12:14.43
12	Mckenzie Parsons	Stratford District S S	12:46.91
13	Hayden Uniac	St. Michael C S S	12:58.42
14	Bailey Ross	St. Marys D C & V I	13:55.93
15	Sarah Spacek	St. Anne's C S S	14:07.84
16	Divani Salome-Rubesam	Goderich D C I	17:28.54

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 76 Men 3000 Meter Run Senior**

Friday 2024-05-24 - 1:30 PM

WOSSAA: 8:13.00 1982

Chris Brewster C.C.H.

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Ian McAllister	London Central S S	8:31.95
2	Liam Smith	Regina Mundi College	8:34.20
3	Alex Leinweber	Mother Teresa C S S	9:07.00
4	Luke Feltham	Stratford District S S	9:18.25
5	Daniel Ogilvie	Stratford District S S	9:20.76
6	Ryan Johnson	Lord Dorchester S S	9:22.75
7	Naod Ghebrehiwet	Montcalm S S	9:43.09
8	Ty Emre	St. Joseph's H S	9:46.61
9	Daniel Barnes	West Elgin S S	9:53.46
10	Pierce Howard	Catholic Central	9:58.29
11	Keeran Scott	Montcalm S S	10:04.31
12	Jacob Vanderhoek	Mother Teresa C S S	10:15.53
13	Reid Palser	Oakridge S S	10:16.83
14	Bryce Otten	St. Michael C S S	10:28.82
15	Jacob Watson	Goderich D C I	11:18.12
16	Brandon Mohr	St. Michael C S S	11:46.38

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 77 Women 100 Meter Hurdles Senior Prelims****Thursday 2024-05-23 - 9:50 AM****WOSSAA: 13.10 2000****Jessica Zelinka Banting**

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Naomi Byam	St. Andre Bessette	14.03
2	Alex Harmer	Huron Park S S	15.48
3	Perri Kelly	Saunders S S	15.55
4	Sarah McKie	St. Thomas Aquinas S S	15.89
5	Mara Kemmerling	St. Joseph's H S	16.38
6	Ariella Robinson	Montcalm S S	16.40
7	Anna Ropp	St. Marys D C & V I	16.44
8	Anne Vogt	Sir Frederick Banting S S	16.82
9	Mya Steller	Lord Dorchester S S	17.16
10	Taryn Steinmann	St. Anne's C S S	17.46
11	Ava Provost	Medway H S	17.57
12	Sophie Claveau	Saunders S S	18.03
13	Laura Van Nes	St. Anne's C S S	18.20
14	Rebecca Sleeper	St. Marys D C & V I	18.32
15	Avery Jennings	St. Marys D C & V I	19.36
16	Ksenia Wagemans	St. Michael C S S	23.52

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 78 Men 110 Meter Hurdles Senior Prelims**

Thursday 2024-05-23 - 10:05 AM

WOSSAA: 13.21 2010-05-20 Greg MacNeill, Mother Teresa

WOSSAA OLD: 14.30 1997 Jon Cohen Lucas

	Name	School	Seed Time
1	Jackson Mackay	Sir Frederick Banting S S	14.76
2	Emmett Charles	Sir Frederick Banting S S	14.84
3	Matthew Piekny	St. Joseph's H S	15.73
4	Amaan Hassan	St. Thomas Aquinas S S	15.74
5	Vincent Perreira	Montcalm S S	15.79
6	Daniel Gaede	Saunders S S	16.11
7	Eljay Browne	Sir Wilfrid Laurier	16.71
8	Antoni Chojnicki	Sir Wilfrid Laurier	16.92
9	Tyler McGowan	Sir Frederick Banting S S	16.94
10	Owen Atcheson	London Central S S	17.31
11	Cameron Breddy	Glendale H S	17.40
12	Grant Hallman	Lord Dorchester S S	17.42
13	Ryan Middegaal	St. Michael C S S	17.76
14	Greyson Turner	Lord Dorchester S S	18.20
15	Trevor Aarts	St. Marys D C & V I	19.29
16	Andrew Groothuis	Goderich D C I	20.82

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 79 Women 400 Meter Hurdles Senior**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 59.54 1994

Nadia Schmiedt John Paul II

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Erika Lealess	St. Michael C S S	1:04.23
2	Alex Harmer	Huron Park S S	1:08.93
3	Sophie Claveau	Saunders S S	1:11.58
4	Taryn Steinmann	St. Anne's C S S	1:13.28
5	Mya Steller	Lord Dorchester S S	1:15.05
6	Ariella Robinson	Montcalm S S	1:15.31
7	Jennifer Weeks	Strathroy D C I	1:16.23
8	Carys Jenkyn	A.B. Lucas S S	1:18.23
9	Adelaide Nash	St. Thomas Aquinas S S	1:19.30
10	Laryssa Schipper	Strathroy D C I	1:19.77
11	Suriaya Shinde	Saunders S S	1:22.53
12	Anne Vogt	Sir Frederick Banting S S	1:23.53
13	Chloe Bechard	St. Thomas Aquinas S S	1:24.18
14	Rachael Young	Sir Wilfrid Laurier	1:26.36

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 80 Men 400 Meter Hurdles Senior**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 54.10 1980

Jeff Glass Saunders

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Tyrese Morgan	College Avenue S S	59.26
2	Amaan Hassan	St. Thomas Aquinas S S	1:00.95
3	Sam Willsie	Lord Dorchester S S	1:01.00
4	Connor McLeod	Catholic Central	1:01.02
5	Preston Collins	Medway H S	1:01.18
6	Sam Howard	Goderich D C I	1:01.21
7	Charles Black	St. Marys D C & V I	1:01.26
8	Mason Figliomeni	St. Thomas Aquinas S S	1:01.41
9	Daniel Gaede	Saunders S S	1:01.76
10	Vincent Perreira	Montcalm S S	1:02.36
11	Massimo Del Guercio	St. Thomas Aquinas S S	1:03.09
12	Daniel Csinos	Catholic Central	1:05.70
13	John Gallo	Sir Frederick Banting S S	1:07.28
14	Trevor Richardson	St. Marys D C & V I	1:07.32
15	Devan Lucas	Lord Dorchester S S	1:08.40
16	Grant Hallman	Lord Dorchester S S	1:08.60



**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Performance List**

**Event 81 Women High Jump Senior**

Thursday 2024-05-23 - 9:30 AM

WOSSAA: 1.70m 2017-05-18 Emily Branderhorst, London Christian

WOSSAA: 1.70m 1999 Jessica Zelinka Banting

	Name	School	Seed Mark
1	Caralee Schipper	Strathroy D C I	1.57m
2	Laura Van Nes	St. Anne's C S S	1.55m
3	Alyssa Gordon	Parkside C I	1.54m
4	Haylie Ketchabaw	Glendale H S	1.51m
5	Raquel Scratch	St. Andre Bessette	1.48m
6	Marissa Bastiaansen	Regina Mundi College	1.45m
7	Aurora House	Woodstock Collegiate Institute	1.45m
8	Samantha Guzzo	Catholic Central	1.40m
9	Julia Devine	Lord Dorchester S S	1.40m
10	Maya Minielly	Parkside C I	1.40m
11	Laura Boere	Saunders S S	1.40m
12	Charlotte Corscadden	London Central S S	1.35m
13	Megan McDonald	Listowel D S S	1.30m
14	Madison Bernard	F.E. Madill S S	1.30m
15	Addison Sage	Listowel D S S	1.30m
16	Raella Brodhagen	St. Marys D C & V I	1.25m

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 82 Men High Jump Senior**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 2.16m 2011-05-19 Branden Wilhelm, Woodstock

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Lucas Sandham	Glendale H S	1.85m
2	Owen Atcheson	London Central S S	1.85m
3	Ageh Jones	Sir Wilfrid Laurier	1.85m
4	Gabriel Alviar	London Central S S	1.80m
5	Cameron Breddy	Glendale H S	1.80m
6	Orlando Hemerling	Regina Mundi College	1.80m
7	Makai Gale	Clarke Road S S	1.80m
8	Matthew Clarke	St. Andre Bessette	1.75m
9	Luke Bradish	Lord Dorchester S S	1.75m
10	Clayton Henhawke	Woodstock Collegiate Institute	1.75m
11	Carson Shaw	Strathroy D C I	1.75m
12	Nicolas Martin	Montcalm S S	1.75m
13	Johnny Kemp	Glencoe D H S	1.75m
14	Viktor Iuditskii	Oakridge S S	1.75m
15	Nick Koteles	Strathroy D C I	1.70m
16	Elliot Hindle	A.B. Lucas S S	1.70m
17	Logan Heffer	F.E. Madill S S	1.42m

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 83 Women Pole Vault Senior**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 3.90m 2012-05-24 Alysha Newman, Mother Teresa

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Sophia Bryenton	Oakridge S S	3.70m
2	Libby McCurdy	St. Joseph's H S	3.40m
3	Promise Atkinson	St. Joseph's H S	3.40m
4	Amelia Wild	Sir Frederick Banting S S	3.30m
5	Peyton Barron	Woodstock Collegiate Institute	3.00m
6	Abbey Blais	St. Thomas Aquinas S S	3.00m
7	Hazel Craig	Woodstock Collegiate Institute	2.10m
8	Claire White	Lord Dorchester S S	2.10m
9	Chloe Knoll	Woodstock Collegiate Institute	2.10m
10	Katelyn Bond	Medway H S	1.50m

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 84 Men Pole Vault Senior**

Friday 2024-05-24 - 11:00 AM

WOSSAA: 4.80m 1985

Doug Wood Madill

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Matthew Piekny	St. Joseph's H S	4.60m
2	Jackson MacKenzie	Oakridge S S	3.60m
3	Evan Stevens	Lord Dorchester S S	3.45m
4	Viktor Iuditskii	Oakridge S S	3.15m
5	John Gallo	Sir Frederick Banting S S	3.15m
6	Colton Hawkins	St. Marys D C & V I	3.00m
7	Charles Black	St. Marys D C & V I	3.00m
8	Oliver Black	St. Marys D C & V I	2.85m
9	Jackson Mackay	Sir Frederick Banting S S	2.40m
10	Amaan Hassan	St. Thomas Aquinas S S	2.40m
11	Lucas Caruso	Oakridge S S	2.40m
12	Duncan McIsaac	Stratford District S S	2.35m
13	William Schlachta	Medway H S	2.20m
14	Tiernan Marcou	Medway H S	2.20m
15	Ewan Mann	Stratford District S S	1.95m

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 85 Women Long Jump Senior**

Friday 2024-05-24 - 11:00 AM

WOSSAA: 5.71m 2019-05-24 Chloe Knox, Lucas, A.B.

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Promise Atkinson	St. Joseph's H S	4.85m
2	Sarah McKie	St. Thomas Aquinas S S	4.79m
3	Anna Ropp	St. Marys D C & V I	4.77m
4	Siobhan Kleuskens	Goderich D C I	4.67m
5	Phoebe Sinke	London Christian	4.67m
6	Libby McCurdy	St. Joseph's H S	4.67m
7	Abbey Blais	St. Thomas Aquinas S S	4.60m
8	Olivia Mark	Stratford District S S	4.57m
9	Peyton Malacaria	Sir Frederick Banting S S	4.57m
10	Sarah Boughner	Sir Frederick Banting S S	4.49m
11	Keira Whyte	A.B. Lucas S S	4.47m
12	Alyssa Gordon	Parkside C I	4.46m
13	Taylor Blue	St. Michael C S S	4.46m
14	Taryn Steinmann	St. Anne's C S S	4.46m
15	Madison Bernard	F.E. Madill S S	4.46m
16	Natasha Denney	Strathroy D C I	4.41m

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Event 86 Men Long Jump Senior**

Friday 2024-05-24 - 1:00 PM

WOSSAA: 7.36m 2008-05-23 Damian Warner, Montcalm SS

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Jackson Mackay	Sir Frederick Banting S S	6.74m
2	Nicholas Vandeloo	St. Thomas Aquinas S S	6.45m
3	Tumi Komolafe	St. Thomas Aquinas S S	6.10m
4	Dylan Johnson	Sir Frederick Banting S S	6.05m
5	Asher Meinen	London Christian	5.89m
6	Adrian Druzcz	Oakridge S S	5.87m
7	Nicolas Martin	Montcalm S S	5.85m
8	Nathan Brallet	F.E. Madill S S	5.83m
9	Elliot Hindle	A.B. Lucas S S	5.80m
10	Linc Perrie	Mitchell D H S	5.74m
11	Carson Shaw	Strathroy D C I	5.70m
12	Jack kusiar	St. Michael C S S	5.69m
13	Adit Mishra	Stratford District S S	5.69m
14	Gabriel Alviar	London Central S S	5.66m
15	Nathan Yoseph	London Central S S	5.57m
16	Jarrett VanBakel	St. Michael C S S	5.51m

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Performance List**

**Event 87 Women Triple Jump Senior**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 12.28m 1992

Kim Dyxhooren East Elgin SS

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Phoebe Sinke	London Christian	10.68m
2	Roxanne McDonald	Glendale H S	10.56m
3	Caralee Schipper	Strathroy D C I	10.50m
4	Olivia Mark	Stratford District S S	10.35m
5	Laryssa Schipper	Strathroy D C I	10.08m
6	Siobhan Kleuskens	Goderich D C I	10.01m
7	Jillian Alexander	Listowel D S S	9.97m
8	Emily Devine	Lord Dorchester S S	9.89m
9	Maggie Wark	North Middlesex D H S	9.83m
10	Madison Bernard	F.E. Madill S S	9.73m
11	Taylor Blue	St. Michael C S S	9.72m
12	Julia Devine	Lord Dorchester S S	9.69m
13	Laura Boere	Saunders S S	9.59m
14	Ivy Dudzic	London South S S	9.55m
15	Farida Babalola	St. Andre Bessette	9.50m
16	Parker Riley	Regina Mundi College	9.38m
17	Megan McDonald	Listowel D S S	9.16m

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**Performance List**

**Event 88 Men Triple Jump Senior**

Thursday 2024-05-23 - 9:30 AM

WOSSAA: 14.31m 2008-05-23 Taylor Stewart, Regina Mundi

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Nicholas Vandello	St. Thomas Aquinas S S	12.95m
2	Linc Perrie	Mitchell D H S	12.63m
3	Jarrett VanBakel	St. Michael C S S	12.55m
4	Jackson MacKenzie	Oakridge S S	12.43m
5	Brayden Smith	Lord Dorchester S S	12.39m
6	Steven Chung	Oakridge S S	12.38m
7	Kymani Harris	Sir Wilfrid Laurier	12.35m
8	Nicolas Martin	Montcalm S S	12.26m
9	Carson Shaw	Strathroy D C I	12.09m
10	Lucas Sandham	Glendale H S	12.04m
11	Davonte Doey	Montcalm S S	11.92m
12	Asher Meinen	London Christian	11.82m
13	Sam Huettlin	Mitchell D H S	11.59m
14	Nathan Brallet	F.E. Madill S S	11.55m
15	Alex Mueller	Stratford District S S	11.50m
16	Preston Baillie	Stratford District S S	10.57m



**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Event 89 Women Shot Put Senior**

Friday 2024-05-24 - 1:00 PM

WOSSAA: 13.96m 2023-05-26 Julia Tunks, Oakridge SS

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Julia Tunks	Oakridge S S	15.53m
2	Lexi Stanat	Parkside C I	10.74m
3	Molly Anderson	Catholic Central	9.46m
4	Sydney Bromley	F.E. Madill S S	8.94m
5	Abbie Wright	Sir Frederick Banting S S	8.93m
6	Anna Ropp	St. Marys D C & V I	8.90m
7	Davyne Buehler	Sir Frederick Banting S S	8.80m
8	Sarah McKie	St. Thomas Aquinas S S	8.71m
9	Dorie Tesseyman	Saunders S S	8.62m
10	Emma Westbrooke	Central Elgin C I	8.25m
11	Taylor Van Hooydonk	North Middlesex D H S	8.22m
12	Brooke Wilhelm	St. Michael C S S	7.58m
13	Katie Shand	Sir Frederick Banting S S	7.56m
14	Emma Martin-Ndungutse	St. Michael C S S	7.48m
15	Hailee Phelan	Stratford District S S	7.03m
16	Deirdre Parsons	Stratford District S S	6.82m

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 90 Men Shot Put Senior**

Friday 2024-05-24 - 11:00 AM

WOSSAA: 19.33m 2009-05-22 Zack Russell-Ford, Banting, Sir

	Name	School	Seed Mark
1	Hassan Shami	Oakridge S S	14.12m
2	Liam Larson	Sir Frederick Banting S S	13.54m
3	David Anderson	St. Joseph's H S	13.11m
4	Lucas Wong	Oakridge S S	12.90m
5	Caleb Koch	F.E. Madill S S	12.65m
6	Daymond Kindree	Sir Frederick Banting S S	12.63m
7	Damian Wong	Oakridge S S	12.40m
8	William Hunt	Catholic Central	12.37m
9	Nate Brock	St. Thomas Aquinas S S	11.89m
10	Joel Stewart	Montcalm S S	11.79m
11	Liam McCreery	Woodstock Collegiate Institute	11.76m
12	Luke Zondag	St. Anne's C S S	11.57m
13	Ben Medhurst	Mitchell D H S	10.69m
14	Ryan Haines	St. Michael C S S	10.27m
15	Hunter Gilbert	Stratford District S S	10.17m
16	Gryffin Langis	Goderich D C I	9.35m

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 91 Women Discus Throw Senior**

Friday 2024-05-24 - 9:30 AM

WOSSAA: 54.21m 2023-05-26 Julia Tunks, Oakridge SS

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Julia Tunks	Oakridge S S	48.17m
2	Lexi Stanat	Parkside C I	34.55m
3	Gwenyth Gosnell	Oakridge S S	29.87m
4	Sydney Bromley	F.E. Madill S S	29.09m
5	Tyeisha Schroeder	London South S S	26.88m
6	Emma Kloosterman	Sir Frederick Banting S S	25.91m
7	Molly Anderson	Catholic Central	24.94m
8	Dorie Tesseyman	Saunders S S	24.61m
9	Shannon Dundas	Strathroy D C I	24.42m
10	Lia Sanders	F.E. Madill S S	24.35m
11	Abbie Wright	Sir Frederick Banting S S	24.06m
12	Brooke Wilhelm	St. Michael C S S	23.61m
13	Darah Farrow	East Elgin S S	23.45m
14	Annika Saari	F.E. Madill S S	22.47m
15	Arianna Vandorst	St. Thomas Aquinas S S	22.40m
16	Deirdre Parsons	Stratford District S S	20.35m

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 92 Men Discus Throw Senior**

Thursday 2024-05-23 - 1:00 PM

WOSSAA: 62.64m 1995

Jason Tunks Banting

	Name	School	Seed Mark
1	Liam Larson	Sir Frederick Banting S S	44.65m
2	Caleb Koch	F.E. Madill S S	38.43m
3	Liam Biesinger	St. Thomas Aquinas S S	37.97m
4	Alvi Kasmi	Mother Teresa C S S	37.07m
5	David Anderson	St. Joseph's H S	37.03m
6	Jackson Campbell	St. Michael C S S	36.91m
7	Noah Pollnow	St. Joseph's H S	35.97m
8	Romario Robinson	London Central S S	35.84m
9	Merrick Rollins	Parkside C I	34.89m
10	Lucas Wong	Oakridge S S	34.88m
11	Hayden Kirkham	Strathroy D C I	34.06m
12	Joel Stewart	Montcalm S S	33.69m
13	Luke Zondag	St. Anne's C S S	27.98m
14	Hunter Gilbert	Stratford District S S	26.57m
15	Jeremy Hamilton	Listowel D S S	25.16m
16	Sam Binns	Stratford District S S	24.75m

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
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**Performance List**

**Event 93 Women Javelin Throw Senior****Thursday 2024-05-23 - 11:00 AM****WOSSAA: 46.51m 1999****Deanna Zelinka Banting**

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Taylor Kana	East Elgin S S	37.97m
2	Sienna Gregory	Strathroy D C I	36.02m
3	Eden Sinnett	St. Marys D C & V I	33.92m
4	Darah Farrow	East Elgin S S	32.84m
5	Emma Westbrooke	Central Elgin C I	31.21m
6	Sydney Bromley	F.E. Madill S S	30.35m
7	Nicole Alexander	Listowel D S S	28.05m
8	Reece Laidlaw	East Elgin S S	27.57m
9	Judine Smith	Huron Park S S	25.58m
10	Sarah Vanvelzer	St. Joseph's H S	25.04m
11	Brooke Wilhelm	St. Michael C S S	24.80m
12	Brooklyn Hewitt	St. Joseph's H S	24.14m
13	Ella McGill	St. Thomas Aquinas S S	24.13m
14	Arianna Vandorst	St. Thomas Aquinas S S	23.80m
15	Hailee Phelan	Stratford District S S	23.70m
16	Ally McMann	St. Michael C S S	21.01m

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
**Western Alumni Stadium**  
**Performance List**

**Event 94 Men Javelin Throw Senior**

Thursday 2024-05-23 - 9:30 AM

WOSSAA: 65.82m 1979

R. Dowswell Sarnia Central

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Carter Froggett	Medway H S	50.26m
2	Merrick Rollins	Parkside C I	48.95m
3	James Hipple	Strathroy D C I	47.81m
4	DJ Fonti	Sir Wilfrid Laurier	44.82m
5	Evan Stevens	Lord Dorchester S S	44.41m
6	Jarrett VanBakel	St. Michael C S S	43.46m
7	Trevor Richardson	St. Marys D C & V I	42.27m
8	Aaron Pranger	Lord Dorchester S S	41.35m
9	Joel Feeney	St. Anne's C S S	41.01m
10	William Mijares	Regina Mundi College	40.89m
11	Robbie Brown	Sir Frederick Banting S S	39.65m
12	Joel Stewart	Montcalm S S	38.83m
13	Jeremy Hamilton	Listowel D S S	38.72m
14	Jackson Campbell	St. Michael C S S	36.80m
15	Alex Mueller	Stratford District S S	36.50m

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Western Alumni Stadium**  
**Performance List**

**Event 95 Women 4x100 Meter Relay Senior****Thursday 2024-05-23 - 3:30 PM****WOSSAA: 48.84 1999****Banting**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Catholic Central	A	50.76
2	Medway H S	A	51.00
3	Oakridge S S	A	51.59
4	St. Marys D C & V I	A	51.71
5	Saunders S S	A	52.01
6	St. Michael C S S	A	52.57
7	St. Thomas Aquinas S S	A	53.05
8	Strathroy D C I	A	53.24
9	Parkside C I	A	53.40
10	Sir Frederick Banting S S	A	53.71
11	London Central S S	A	53.80
12	St. Anne's C S S	A	54.03
13	A.B. Lucas S S	A	54.34
14	Montcalm S S	A	54.82
15	Listowel D S S	A	56.13
16	Goderich D C I	A	56.66
17	Mitchell D H S	A	1:01.51

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**Performance List**

**Event 96 Men 4x100 Meter Relay Senior****Thursday 2024-05-23 - 3:30 PM****WOSSAA: 43.03 2012-05-24 F.E. Madill S S, Madill, F.E.**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Catholic Central	A	43.19
2	Sir Frederick Banting S S	A	43.81
3	Sir Wilfrid Laurier	A	44.68
4	St. Andre Bessette	A	44.76
5	A.B. Lucas S S	A	44.82
6	London Central S S	A	44.89
7	St. Thomas Aquinas S S	A	44.99
8	Oakridge S S	A	45.05
9	Catholic Central	B	45.07
10	Lord Dorchester S S	A	45.16
11	St. Michael C S S	A	47.85
12	Stratford District S S	A	48.28
13	Central Huron S S	A	49.42
14	St. Anne's C S S	A	49.46
15	Stratford District S S	B	50.75
16	St. Marys D C & V I	A	52.87



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**Event 97 Women 2000 Meter Steeplechase Open**

Thursday 2024-05-23 - 9:30 AM

WOSSAA: 7:23.79 2019-05-23 Elysse Fleming, London Central

WOSSAA1500SC: 4:52.89 2015-05-21 Charlotte Prouse, London Central

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Charlotte Clinton	St. Marys D C & V I	7:44.31
2	Charlotte Piscione	Woodstock Collegiate Institute	7:48.68
3	Sarah Philippon	Sir Wilfrid Laurier	8:25.51
4	Madeleine Wood	Saunders S S	8:46.88
5	Autumn Anderson	Goderich D C I	8:48.50
6	Nicole Flesher	St. Thomas Aquinas S S	8:49.81
7	Alaina Scheurwater	F.E. Madill S S	8:51.54
8	Emilie Ormston-Lamarche	London South S S	8:55.26
9	Peyton Cake	A.B. Lucas S S	8:55.30
10	Avery Toll	F.E. Madill S S	9:01.54
11	Abby Wynja	London Christian	9:03.26
12	Julianna Mohr	Mother Teresa C S S	9:08.60
13	Audrey Ferguson	Parkside C I	9:13.35
14	Nevie Baker	Huron Park S S	9:15.71
15	Mercedes Prout	South Huron D H S	9:47.17

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**Performance List**

**Event 98 Men 2000 Meter Steeplechase Open**

Thursday 2024-05-23 - 10:20 AM

WOSSAA: 5:53.00 2016-05-19 Muhumed Sirage, Catholic Central

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Alec Royce	London Central S S	6:29.40
2	Ryan Johnson	Lord Dorchester S S	6:40.15
3	Ezra Bender	St. Marys D C & V I	6:49.39
4	Myles Clinton	St. Marys D C & V I	6:53.43
5	Wilson Young	St. Michael C S S	6:53.74
6	Myles Nazarewicz	London Central S S	6:53.98
7	Linden Spence	Saunders S S	6:58.06
8	Massimo Del Guercio	St. Thomas Aquinas S S	7:05.44
9	Daniel Barnes	West Elgin S S	7:18.87
10	Jacob Watson	Goderich D C I	7:23.76
11	Louis Pinho	Goderich D C I	7:25.40
12	Kane Dobben	F.E. Madill S S	7:26.54
13	Jacob Vanderhoek	Mother Teresa C S S	7:27.33
14	Simon Rastogi	Sir Frederick Banting S S	7:27.92
15	Jett Bouffard	Saunders S S	7:39.20
16	Darren Hagerty	Parkside C I	7:46.22

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Event 99 Women 4x400 Meter Relay Open**

Friday 2024-05-24 - 2:30 PM

WOSSAA: 3:58.04 2016-05-20 Lord Dorchester S S, Dorchester

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Catholic Central	A	4:20.10
2	St. Thomas Aquinas S S	A	4:20.98
3	Sir Wilfrid Laurier	A	4:24.76
4	Medway H S	A	4:25.66
5	St. Michael C S S	A	4:27.02
6	Oakridge S S	A	4:28.25
7	St. Andre Bessette	A	4:32.25
8	St. Thomas Aquinas S S	B	4:33.09
9	St. Thomas Aquinas S S	C	4:34.68
10	London Central S S	A	4:34.75
11	Woodstock Collegiate Institute	A	4:35.37
12	Catholic Central	B	4:35.65
13	St. Marys D C & V I	A	4:37.71
14	St. Anne's C S S	A	4:41.87
15	South Huron D H S	A	4:44.86
16	St. Marys D C & V I	B	4:52.61

**WOSSAA - 2024-05-23 to 2024-05-24**  
**Track and Field Championship**  
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**Performance List**

**Event 100 Men 4x400 Meter Relay Open**

Friday 2024-05-24 - 2:30 PM

WOSSAA: 3:21.90 1979

Saunders

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Sir Frederick Banting S S	A	3:24.50
2	St. Andre Bessette	A	3:34.87
3	Sir Frederick Banting S S	B	3:35.88
4	Catholic Central	A	3:41.00
5	Sir Wilfrid Laurier	A	3:43.84
6	St. Thomas Aquinas S S	A	3:44.64
7	Strathroy D C I	A	3:44.92
8	Lord Dorchester S S	A	3:45.71
9	St. Anne's C S S	A	3:46.34
10	Mother Teresa C S S	A	3:46.50
11	St. Joseph's H S	A	3:47.49
12	London Central S S	A	3:48.02
13	Stratford District S S	A	3:52.99
14	St. Michael C S S	A	3:53.27
15	St. Marys D C & V I	A	3:57.72
16	F.E. Madill S S	A	3:58.80

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Event 102 Men 100 Meter Dash Ambulatory****Thursday 2024-05-23 - 2:15 PM****WOSSAA: 12.48 2006-05-16 Deric Kruse, Madill, F.E.**

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Tony Rodriguez	Sir Frederick Banting S S	16.12
2	Ben VanLoon	St. Michael C S S	18.18

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Event 105 Women 100 Meter Dash Intellectually Imp.**

**Thursday 2024-05-23 - 2:15 PM**

**WOSSAA: 13.44 2018-05-24 Kyla Rodrigue, Woodstock**

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Zoey Shantz	Woodstock Collegiate Institute	15.44
2	Serenity Scott	Woodstock Collegiate Institute	16.58
3	Shayla Smith	H.B. Beal S S	18.58
4	Victoria Regier	Clarke Road S S	18.68

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**Event 106 Men 100 Meter Dash Intellectually Imp.****Thursday 2024-05-23 - 2:15 PM****WOSSAA: 13.12 2018-05-24 Austin Cornish, College Avenue****WOSSAA: 12.57 2023-05-25 Cameron Banerjee, Banting, Sir**

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Ezekiel Kerr	Clarke Road S S	12.97
2	Soloman Fadlmula	Catholic Central	13.18
3	Noah Haddad	Sir Frederick Banting S S	13.61
4	Kohlton Scott	Woodstock Collegiate Institute	14.53
5	Adam Mensah	Saunders S S	14.58
6	Mick McIntosh	St. Mary's H S - Woodstock	15.00
7	Joseph Kalala	St. Andre Bessette	15.31
8	Diego Alban-Gasca	St. Joseph's H S	16.27
9	Fareed Ahmad	Clarke Road S S	17.36
10	Ryan Gillis	Saunders S S	18.04
11	Griffin Stevenson	Saunders S S	20.18

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**Event 115 Women 800 Meter Run Intellectually Imp.**

**Friday 2024-05-24 - 11:30 AM**

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Zoey Shantz	Woodstock Collegiate Institute	3:17.67
2	Serenity Scott	Woodstock Collegiate Institute	4:00.34



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**Event 116 Men 800 Meter Run Intellectually Imp.**

Friday 2024-05-24 - 11:30 AM

WOSSAA: 2:44.35 2018-05-25 Diego Echeverria, St. A. Bessette

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Noah Haddad	Sir Frederick Banting S S	2:37.33
2	Mick McIntosh	St. Mary's H S - Woodstock	2:43.14
3	Kohlton Scott	Woodstock Collegiate Institute	2:49.92
4	Keigan Armstrong	Strathroy D C I	3:16.23

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Event 122 Men Shot Put Ambulatory**  
**Thursday 2024-05-23 - 9:30 AM**

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Ben VanLoon	St. Michael C S S	5.79m

**WOSSAA - 2024-05-23 to 2024-05-24**  
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**Performance List**

**Event 124 Men Shot Put Intellectually Imp.**

**Thursday 2024-05-23 - 9:30 AM**

**WOSSAA: 11.21m 2023-05-25 Cameron Banerjee, Banting, Sir**

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
1	Matthew Prestwich	Oakridge S S	8.20m
2	Ethan Buchanan	Westminster S S	6.24m
3	Joseph Kalala	St. Andre Bessette	5.68m