

**2018 ZONE 4 Championship Meet**  
**Niagara Olympic Club**  
**Results**

**Women 100 Meter Dash Midget**

Zone4: 12.87 2016-05-12Mackenzie Barnard

Name	School	Prelims
<b>Preliminaries</b>		
1 Natajah Selman	Dmhs-St. Cath	13.22Q
2 Teresa Spedaliere	Sfss-St. Cath	14.11Q
3 Ella Krushelnic	Blessed Trin	13.73Q
4 Emily Rintjema	Gdss-Grimsby	14.36Q
5 Hannah Wolfort	Heritage Christi	14.14Q
6 Drew Smith	Blessed Trin	14.41Q
7 Aeryn Mac Isaac	Blessed Trin	14.67q
8 Linsy Kester	Hcss-St. Cath	14.76q
9 Kaia Schilte	Blessed Trin	15.03
10 Hope Willey	Tss-Thorold	15.14
11 Melissa Coleman	Dmhs-St. Cath	15.72

**Women 100 Meter Dash Midget**

Zone4: 12.87 2016-05-12Mackenzie Barnard

Name	School	Finals
<b>Finals</b>		
1 Natajah Selman	Dmhs-St. Cath	12.98
2 Ella Krushelnic	Blessed Trin	13.67
3 Teresa Spedaliere	Sfss-St. Cath	13.84
4 Hannah Wolfort	Heritage Christi	14.02
5 Drew Smith	Blessed Trin	14.11
6 Emily Rintjema	Gdss-Grimsby	14.15
7 Aeryn Mac Isaac	Blessed Trin	14.33
8 Linsy Kester	Hcss-St. Cath	14.55

**Women 200 Meter Dash Midget**

Zone4: 26.59 2012-05-17Savanah Allen

Name	School	Finals
<b>Finals</b>		
1 Natajah Selman	Dmhs-St. Cath	28.04
2 Ella Krushelnic	Blessed Trin	28.29
3 Anastasia Droppert	Smithville Chs	29.66
4 Teresa Spedaliere	Sfss-St. Cath	29.94
5 Kiera Alderson	Blessed Trin	30.31
6 Nicole Speller	Gdss-Grimsby	30.89
7 Meredith Deroos	Swcss-St. Cath	32.10
8 Melissa Coleman	Dmhs-St. Cath	33.01

**Women 400 Meter Dash Midget**

Zone4: 1:01.66 2010-05-12Madison Clarke

Name	School	Finals
<b>Finals</b>		
1 Drew Smith	Blessed Trin	1:06.07
2 Emma Dinning	Tss-Thorold	1:08.31
3 Sadie Braun	Swcss-St. Cath	1:10.23
4 Aeryn Mac Isaac	Blessed Trin	1:11.36
5 Olympia Myers	Blessed Trin	1:11.99
6 Meredith Deroos	Swcss-St. Cath	1:12.40

**Women 800 Meter Run Midget**

Zone4: 2:23.55 2012-05-17Tracey Myers

Name	School	Finals
<b>Finals</b>		
1 Aria Heil	Gdss-Grimsby	2:34.28
2 Demi Maroudas	Ehs-St. Cath	2:34.50
3 Lydia Stares	Heritage Christi	2:40.63
4 Ella Muraca	Blessed Trin	2:41.61
5 Mikayla Scaglione	Swcss-St. Cath	2:42.57
6 Emma Dinning	Tss-Thorold	2:46.65
7 Alexandra Moran	Ehs-St. Cath	2:48.98
8 Zoe Thibault	Gichs	2:51.78
9 Kaia Schilte	Blessed Trin	3:04.18
10 Kylie Doyle	Ehs-St. Cath	3:05.11
--- Sadie Braun	Swcss-St. Cath	DNF

**Women 1500 Meter Run Midget**

Zone4: 4:57.78 2004-05-13Kelsie Slater

Name	School	Finals
<b>Finals</b>		
1 Shayla Kuzyk	Swcss-St. Cath	5:23.23
2 Demi Maroudas	Ehs-St. Cath	5:23.26
3 Aria Heil	Gdss-Grimsby	5:32.53
4 Ella Muraca	Blessed Trin	5:41.37
5 Kiera Alderson	Blessed Trin	5:43.33
6 Lydia Stares	Heritage Christi	5:52.53
7 Olympia Myers	Blessed Trin	5:57.32
8 Alexandra Philips	Blessed Trin	6:01.96
9 Camryn Bylsma	Gichs	6:02.82
10 Kaia Schilte	Blessed Trin	6:09.01
11 Zoe Thibault	Gichs	6:09.47
12 Carmen Garcia Baamonde	Blessed Trin	6:11.04
13 Kylie Doyle	Ehs-St. Cath	6:11.10

**Women 3000 Meter Run Midget**

Zone4: 10:39.44 2010-05-13Courtney Falardeau

Name	School	Finals
<b>Finals</b>		
1 Amy Baggs	Ehs-St. Cath	11:38.65
2 Shayla Kuzyk	Swcss-St. Cath	12:02.08
3 Lydia Stares	Heritage Christi	12:52.03
4 Camryn Bylsma	Gichs	13:03.49
5 Alexandra Moran	Ehs-St. Cath	13:48.68

**Women 80 Meter Hurdles Midget**

Zone4: 13.10 2010-05-13Mary Ollier

Name	School	Prelims
<b>Preliminaries</b>		
1 Allison Addy	Gsss-St. Cath	13.65Q
2 Hannah Wolfort	Heritage Christi	15.08Q
3 Nadia Parhizgar	Gsss-St. Cath	13.76Q
4 Laura White	Swcss-St. Cath	15.86Q
5 Lauren Vanecko	Swcss-St. Cath	14.56Q
6 Carmen Garcia Baamonde	Blessed Trin	15.97Q
7 Joylynn Haymes	Swcss-St. Cath	14.85q

**2018 ZONE 4 Championship Meet**  
**Niagara Olympic Club**

**Results**

**Preliminaries ... (Women 80 Meter Hurdles Midget)**

Name	School	Prelims
8 Drew Smith	Blessed Trin	16.28q
9 Mckenna Geoffery	Swcss-St. Cath	16.57
10 Grace Leonard	Tss-Thorold	17.25
11 Mya Conway	Tss-Thorold	21.27

**Women 80 Meter Hurdles Midget**

**Zone4: 13.10 2010-05-13Mary Ollier**

Name	School	Finals
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**Finals**

1 Nadia Parhizgar	Gsss-St. Cath	13.24
2 Allison Addy	Gsss-St. Cath	13.51
3 Joylynn Haymes	Swcss-St. Cath	14.02
4 Laura White	Swcss-St. Cath	14.19
5 Lauren Vanecko	Swcss-St. Cath	14.22
6 Hannah Wolfort	Heritage Christi	14.46
7 Carmen Garcia Baamonde	Blessed Trin	16.06
8 Drew Smith	Blessed Trin	17.14

**Women 300 Meter Hurdles Midget**

**Zone4: 47.23 2005-05-13Esther Vermeer**

Name	School	Finals
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**Finals**

1 Joylynn Haymes	Swcss-St. Cath	54.16
2 Lauren Vanecko	Swcss-St. Cath	55.46
3 Nadia Parhizgar	Gsss-St. Cath	56.03
4 Kiera Alderson	Blessed Trin	57.14
5 Mckenna Geoffery	Swcss-St. Cath	58.35
6 Mya Conway	Tss-Thorold	59.51
7 Hannah Wolfort	Heritage Christi	1:00.89
8 Hope Willey	Tss-Thorold	1:03.22
9 Grace Leonard	Tss-Thorold	1:07.46

**Women 4x100 Meter Relay Midget**

**Zone4: 54.54 2018-05-16Sir Winston Churchill**

Team	Relay	Finals
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**Finals**

1 Swcss-St. Cath		54.54
2 Blessed Trinity H S		57.06
3 Thorold - Thorold		59.98
1) Hope Willey	2) Mya Conway	
3) Grace Leonard	4) Emma Dinning	

**Women High Jump Midget**

**Zone4: 1.64m 2016-05-12Bigger Autumn**

Name	School	Finals
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**Finals**

1 Hope Willey	Tss-Thorold	1.35m
2 Allison Addy	Gsss-St. Cath	1.35m

**Women Long Jump Midget**

**Zone4: 4.74m 2006-05-11Chelsea Duncan**

Name	School	Finals
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**Finals**

1 Teresa Spedalieri	Sfss-St. Cath	4.51m
2 Emily Rintjema	Gdss-Grimsby	4.35m

3 Anastasia Droppert	Smithville Chs	4.26m
4 Jana DeKlerk	Smithville Chs	4.14m
5 Hannah Fowler	Swcss-St. Cath	4.09m
6 Tess Roberts Ramos	Hcss-St. Cath	3.94m
7 Samantha Enns	Ehs-St. Cath	3.88m
8 Sarah Gowan	Lsss-St. Cath	3.86m
9 Rachael Othman	Ehs-St. Cath	3.70m

**Women Triple Jump Midget**

**Zone4: 10.86m 2014-05-15Rowan Thomas**

Name	School	Finals
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**Finals**

1 Emily Rintjema	Gdss-Grimsby	10.36m
2 Anastasia Droppert	Smithville Chs	9.84m
3 Hannah Fowler	Swcss-St. Cath	9.37m
4 Allison Addy	Gsss-St. Cath	9.25m
5 Nadia Parhizgar	Gsss-St. Cath	8.99m
6 Jana DeKlerk	Smithville Chs	8.65m
7 Samantha Enns	Ehs-St. Cath	8.56m
8 Sarah Gowan	Lsss-St. Cath	8.08m
9 Emily Zapke	Swcss-St. Cath	6.64m
--- Brooke Bruegeman	Lsss-St. Cath	DQ

**Women Shot Put Midget**

**Zone4: 11.33m 2014-05-15Grace Tennant**

Name	School	Finals
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**Finals**

1 Janee Harrison	Swcss-St. Cath	10.88m
2 Mackenzie Tomins	Swcss-St. Cath	8.91m
3 Danielle Meissner	Dsbn Academy	8.78m
4 Brooke Bruegeman	Lsss-St. Cath	8.33m
5 Devon Garrah	Swcss-St. Cath	7.28m
6 Kaley De Sousa Mackay	Hcss-St. Cath	6.61m
7 Kaila Watson	Tss-Thorold	6.34m

**Women Discus Throw Midget**

**Zone4: 36.62m 2014-05-15Grace Tennant**

Name	School	Finals
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**Finals**

1 Mackenzie Tomins	Swcss-St. Cath	23.73m
2 Hally Hildreth	Tss-Thorold	23.63m
3 Janee Harrison	Swcss-St. Cath	23.20m
4 Hanna Jones	Blessed Trin	21.73m
5 Jenna Pollock	Swcss-St. Cath	19.87m
6 Alexis Cunningham	Tss-Thorold	15.78m
7 Kaila Watson	Tss-Thorold	15.52m
8 Chantel Dionne	Tss-Thorold	13.04m
--- Nicole Speller	Gdss-Grimsby	DQ

**Women Javelin Throw Midget**

**Zone4: 32.08m 2014-05-15Grace Tennant**

Name	School	Finals
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**Finals**

1 Janee Harrison	Swcss-St. Cath	24.09m
2 Brooke Bruegeman	Lsss-St. Cath	22.37m
3 Rachael Othman	Ehs-St. Cath	22.03m

**2018 ZONE 4 Championship Meet**  
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**Results**

**Finals ... (Women Javelin Throw Midget)**

Name	School	Finals
4 Jana DeKlerk	Smithville Chs	21.88m
5 Nicole Speller	Gdss-Grimsby	21.16m
6 Mya Conway	Tss-Thorold	21.00m
7 Jenna Pollock	Swcss-St. Cath	20.72m
8 Hanna Jones	Blessed Trin	19.78m
9 Mackenzie Tomins	Swcss-St. Cath	19.67m
10 Sarah Gowan	Lsss-St. Cath	19.49m
11 Amelia Thanase	Swcss-St. Cath	18.25m
12 Hally Hildreth	Tss-Thorold	18.17m

**Women 100 Meter Dash Junior**

Zone4: 12.87 2017-05-11Mackenzie Barnard

Name	School	Prelims
<b>Preliminaries</b>		
1 Mia Friesen	Gsss-St. Cath	13.16Q
2 Chidera Onyegbule	Hcss-St. Cath	13.30Q
3 Kristy-Lei Thom	Blessed Trin	14.03Q
4 Devon Fiander	Dsbn Academy	14.13Q
5 Lauren Beaulieu	Gdss-Grimsby	14.21Q
6 Natasha Willett	Blessed Trin	14.68Q
7 Alyssa Leonard	Blessed Trin	15.05q
8 Alyssa Stirpe	Blessed Trin	15.39q
9 Olivia Hendriks	Blessed Trin	15.55
10 Elizabeth Pirmitano	Sfss-St. Cath	15.69
11 Lea Formicuccia	Sfss-St. Cath	16.07
12 Nadine Kryzanowski	Sfss-St. Cath	22.53

**Women 100 Meter Dash Junior**

Zone4: 12.87 2017-05-11Mackenzie Barnard

Name	School	Finals
<b>Finals</b>		
1 Mia Friesen	Gsss-St. Cath	12.94
2 Chidera Onyegbule	Hcss-St. Cath	13.16
3 Kristy-Lei Thom	Blessed Trin	14.00
4 Lauren Beaulieu	Gdss-Grimsby	14.15
5 Natasha Willett	Blessed Trin	14.80
6 Alyssa Stirpe	Blessed Trin	15.22
7 Alyssa Leonard	Blessed Trin	16.08

**Women 200 Meter Dash Junior**

Zone4: 26.48 2017-05-11Zoe Phillips

Name	School	Finals
<b>Finals</b>		
1 Zoe Phillips	Ehs-St. Cath	26.85
2 Sierra Dykstra	Gsss-St. Cath	27.46
3 Izirouwa Usuanlele	Hcss-St. Cath	29.89
4 Lauren Beaulieu	Gdss-Grimsby	30.18
5 Erika Aguilera	Dmhs-St. Cath	30.32
6 Brooklyn Brown	Tss-Thorold	30.82
7 Tamlyn Kingsley	Ehs-St. Cath	30.94
8 Maya Lacasse	Blessed Trin	32.53
9 Emma Currie	Hcss-St. Cath	33.96
10 Alyssa Stirpe	Blessed Trin	34.30

**Women 400 Meter Dash Junior**

Zone4: 1:00.77 2004-05-13Amanda McMurtrie

Name	School	Finals
<b>Finals</b>		
1 Zoe Phillips	Ehs-St. Cath	1:02.70
2 Victoria Scott	Gdss-Grimsby	1:07.29
3 Jaden De Lima	Dmhs-St. Cath	1:07.92
4 Nicole Beach	Blessed Trin	1:09.89
5 Tamlyn Kingsley	Ehs-St. Cath	1:10.88
6 Bella McInnis	Swcss-St. Cath	1:11.11
7 Marissa Hagopian	Sfss-St. Cath	1:12.59
8 Izirouwa Usuanlele	Hcss-St. Cath	1:13.19
9 Brooklyn Brown	Tss-Thorold	1:13.67
10 Stefanie Franciosa	Blessed Trin	1:15.94
11 Katie Wilcox	Blessed Trin	1:18.63
12 Makayla Morrison	Swcss-St. Cath	1:22.93
13 Emma Currie	Hcss-St. Cath	1:22.97
14 Victoria Mabika	Dmhs-St. Cath	1:33.27

**Women 800 Meter Run Junior**

Zone4: 2:23.17 2005-05-13Kelsie Slater

Name	School	Finals
<b>Finals</b>		
1 Nicole Beach	Blessed Trin	2:42.29
2 Annie Sterenberg	Glchs	2:44.30
3 Victoria Scott	Gdss-Grimsby	2:49.39
4 Bella McInnis	Swcss-St. Cath	2:52.99
5 Jaden De Lima	Dmhs-St. Cath	2:53.67
6 Marissa Hagopian	Sfss-St. Cath	2:57.57
7 Makayla Morrison	Swcss-St. Cath	3:18.72
8 Stefanie Franciosa	Blessed Trin	3:23.16
9 Tana Ogbor	Lsss-St. Cath	3:31.64

**Women 1500 Meter Run Junior**

Zone4: 4:51.92 2015-05-14Avery Goertz

Name	School	Finals
<b>Finals</b>		
1 Annie Sterenberg	Glchs	5:52.84
2 Halle Zachar	Blessed Trin	6:08.39
3 Madeline Deboer	Blessed Trin	6:11.30
4 Marissa Hagopian	Sfss-St. Cath	6:17.14
5 Makayla Morrison	Swcss-St. Cath	6:37.97
6 Tana Ogbor	Lsss-St. Cath	7:08.39

**Women 3000 Meter Run Junior**

Zone4: 10:37.15 2008-05-15Deanna Brasz

Name	School	Finals
<b>Finals</b>		
1 Annie Sterenberg	Glchs	12:55.61

**Women 80 Meter Hurdles Junior**

Zone4: 12.29 2011-05-12Mary Ollier

Name	School	Finals
<b>Finals</b>		
1 Mia Friesen	Gsss-St. Cath	12.42
2 Sierra Dykstra	Gsss-St. Cath	13.65

**2018 ZONE 4 Championship Meet**  
**Niagara Olympic Club**

**Results**

**Finals ... (Women 80 Meter Hurdles Junior)**

Name	School	Finals
3 Charolette Chan	Swcss-St. Cath	13.88
4 Kristy-Lei Thom	Blessed Trin	14.89

**Women 300 Meter Hurdles Junior**

**Zone4: 47.13 2006-05-11Brittany Kadwell**

Name	School	Finals
1 Sierra Dykstra	Gsss-St. Cath	49.54
2 Devon Fiander	Dsbn Academy	51.49
3 Charolette Chan	Swcss-St. Cath	55.77
4 Maya Lacasse	Blessed Trin	57.25
5 Olivia Hendriks	Blessed Trin	57.34
6 Erica Sumbler	Swcss-St. Cath	57.56
7 Halle Zachar	Blessed Trin	1:02.75

**Women 4x100 Meter Relay Junior**

**Zone4: 53.14 2018-05-16Governor Simcoe**

Team	Relay	Finals
1 Gsss-St. Cath		53.14
1) Allison Addy	2) Sierra Dykstra	
3) Mia Friesen	4) Nadia Parhizgar	
2 Blessed Trinity H S		57.80
3 Holy Cross - St. Cath		1:01.30
1) Emma Currie	2) Angelique Merrill	
3) Linsy Kester	4) Kaley De Sousa Mackay	
4 Swcss-St. Cath		1:02.81

**Women High Jump Junior**

**Zone4: 1.71m 2017-05-11Autumn Biggar**

Name	School	Finals
1 Michelle Ludwig	Smithville Chs	1.45m
2 Felicia Bouaban	Dsbn Academy	1.40m
3 Erica Sumbler	Swcss-St. Cath	1.35m
4 Charolette Chan	Swcss-St. Cath	1.20m

**Women Long Jump Junior**

**Zone4: 4.94m 2007-05-17Chelsea Duncan**

Name	School	Finals
1 Raiya Millin	Gsss-St. Cath	4.59m
2 Victoria Scott	Gdss-Grimsby	4.56m
3 Esther DeHaan	Smithville Chs	4.25m
4 Felicia Bouaban	Dsbn Academy	4.23m
5 Elana Smit	Smithville Chs	4.08m
6 Jordyn Britton	Dmhs-St. Cath	4.05m
7 Allyson Heida	Ehs-St. Cath	4.02m
8 Alyssa Leonard	Blessed Trin	3.78m
9 Elizabeth Pirnitano	Sfss-St. Cath	3.60m
10 Halle Zachar	Blessed Trin	3.59m
11 Annalise Spratt	Blessed Trin	3.53m
12 Erica Sumbler	Swcss-St. Cath	3.46m
13 Haiven Gray	Swcss-St. Cath	3.45m

14 Victoria Balassone	Blessed Trin	3.25m
--- Erika Aguilera	Dmhs-St. Cath	DQ

**Women Triple Jump Junior**

**Zone4: 10.81m 2015-05-14Rowan Thomas**

Name	School	Finals
1 Mia Friesen	Gsss-St. Cath	10.34m
2 Bleona Dimiri	Dmhs-St. Cath	9.32m
3 Raiya Millin	Gsss-St. Cath	9.28m
4 Katrina Meinders	Smithville Chs	8.81m
5 Victoria Balassone	Blessed Trin	8.80m
6 Allyson Heida	Ehs-St. Cath	8.17m
7 Elana Smit	Smithville Chs	8.15m

**Women Shot Put Junior**

**Zone4: 14.38m 2015-05-14Grace Tennant**

Name	School	Finals
1 Lea Formicuccia	Sfss-St. Cath	9.65m
2 Ashley Harris	Swcss-St. Cath	8.75m
3 Desiny Plamondon	Lsss-St. Cath	8.57m
4 Esther DeHaan	Smithville Chs	8.21m
5 Belle Tostik	Smithville Chs	8.02m
6 Anna Emond	Dmhs-St. Cath	7.89m
7 Janelle Buist	Smithville Chs	6.71m
8 Sydney Alexander	Tss-Thorold	6.69m
9 Shannon Swinson	Bdss-Beamsville	6.29m
10 Angelique Merrill	Hcss-St. Cath	6.19m
11 Morgan Buchan	Swcss-St. Cath	6.08m
12 Alyssa Mozzoni	Swcss-St. Cath	5.97m

**Women Discus Throw Junior**

**Zone4: 44.27m 2015-05-14Grace Tennant**

Name	School	Finals
1 Desiny Plamondon	Lsss-St. Cath	22.40m
2 Olivia Vasko	Gsss-St. Cath	20.51m
3 Anna Emond	Dmhs-St. Cath	20.37m
4 Belle Tostik	Smithville Chs	19.67m
5 Michelle Ludwig	Smithville Chs	18.50m
6 Sydney Alexander	Tss-Thorold	18.26m
7 Brooke Sittler	Tss-Thorold	17.93m
8 Ashley Harris	Swcss-St. Cath	16.54m
9 Sophie McMullin	Smithville Chs	15.33m
10 Morgan Buchan	Swcss-St. Cath	15.24m
11 Alyssa Mozzoni	Swcss-St. Cath	13.65m

**Women Javelin Throw Junior**

**Zone4: 38.49m 2015-05-14Grace Tennant**

Name	School	Finals
1 Anna Emond	Dmhs-St. Cath	25.26m
2 Katrina Meinders	Smithville Chs	25.05m
3 Lauren Beaulieu	Gdss-Grimsby	24.05m
4 Jordyn Britton	Dmhs-St. Cath	24.02m

**2018 ZONE 4 Championship Meet**  
**Niagara Olympic Club**

**Results**

**Finals ... (Women Javelin Throw Junior)**

Name	School	Finals
5 Desiny Plamondon	Lsss-St. Cath	23.73m
6 Raiya Millin	Gsss-St. Cath	23.70m
7 Bleona Dimiri	Dmhs-St. Cath	22.84m
8 Esther DeHaan	Smithville Chs	20.94m
9 Ashley Harris	Swcss-St. Cath	19.01m
10 Felicia Bouaban	Dsbn Academy	16.32m
11 Morgan Buchan	Swcss-St. Cath	15.04m
12 Alyssa Mozzoni	Swcss-St. Cath	13.75m
13 Lea Formicuccia	Sfss-St. Cath	13.49m

**Women 100 Meter Dash Senior**

**Zone4: 12.43 2004-05-13Stephanie Forestell**

Name	School	Prelims
1 Mackenzie Barnard	Gdss-Grimsby	12.77Q
2 Kaelyn Emslie	Lsss-St. Cath	13.08Q
3 Iiena Ricker-Singh	Blessed Trin	13.54Q
4 Lauren Adamson	Dmhs-St. Cath	13.90Q
5 Shawn Carr	Gsss-St. Cath	14.11Q
6 Ama Asuzu	Glchs	14.57Q
7 Kate LaFleur	Lsss-St. Cath	14.42q
8 Lindsey Deptuck	Blessed Trin	14.54q
9 Ifeoluwa Soji	Sfss-St. Cath	14.93
10 Brianna Monterosso	Sfss-St. Cath	15.10
11 Amber Marino	Scivvs-St. Cath	15.16
12 Victoria Wass	Blessed Trin	15.55
13 Rahshonah Hines	Hess-St. Cath	15.56

**Women 100 Meter Dash Senior**

**Zone4: 12.43 2004-05-13Stephanie Forestell**

Name	School	Finals
1 Mackenzie Barnard	Gdss-Grimsby	12.73
2 Kaelyn Emslie	Lsss-St. Cath	12.95
3 Iiena Ricker-Singh	Blessed Trin	13.45
4 Lauren Adamson	Dmhs-St. Cath	13.95
5 Shawn Carr	Gsss-St. Cath	14.20
6 Kate LaFleur	Lsss-St. Cath	14.42
7 Lindsey Deptuck	Blessed Trin	14.75
8 Ama Asuzu	Glchs	14.83

**Women 200 Meter Dash Senior**

**Zone4: 25.82 2008-05-15Chelsea Duncan**

Name	School	Finals
1 Mackenzie Barnard	Gdss-Grimsby	27.15
2 Kaelyn Emslie	Lsss-St. Cath	27.81
3 Abigail McDonald	Bdss-Beamsville	28.17
4 Iiena Ricker-Singh	Blessed Trin	28.39
5 Lauren Adamson	Dmhs-St. Cath	29.39
6 Nicole Moses	Hess-St. Cath	30.43
7 Ama Asuzu	Glchs	31.12
8 Amber Marino	Scivvs-St. Cath	32.05
9 Rahshonah Hines	Hess-St. Cath	34.32

10 Myranda Amendola Scivvs-St. Cath 36.59

**Women 400 Meter Dash Senior**

**Zone4: 58.53 2018-05-16Sienna Lalonde**

Name	School	Finals
1 Sienna Lalonde	Gdss-Grimsby	58.53
2 Charlize Breukelman	Glchs	1:02.04
3 Victoria Hendriks	Blessed Trin	1:04.49
4 Kaelyn Emslie	Lsss-St. Cath	1:06.02
5 Payton Smith	Dsbn Academy	1:06.85
6 Breanna Kulberg	Dsbn Academy	1:08.39
7 Jennika DeKorte	Heritage Christi	1:09.80
8 Ava Ricker-Singh	Blessed Trin	11:59:54.75
9 Elizabeth Sharron	Dmhs-St. Cath	12:00:00.95
10 Lindsey Deptuck	Blessed Trin	12:00:01.02
11 Hannah Crowder	Sfss-St. Cath	12:00:12.71

**Women 800 Meter Run Senior**

**Zone4: 2:20.33 2004-05-13Megan Stewart**

Name	School	Finals
1 Charlize Breukelman	Glchs	2:28.60
2 Victoria Hendriks	Blessed Trin	2:34.30
3 Payton Smith	Dsbn Academy	2:41.72
4 Andrea Miotto	Dmhs-St. Cath	2:46.86
5 Abigal Greenough	Swcss-St. Cath	2:48.25
6 Leah Klassen	Lsss-St. Cath	2:57.43

**Women 1500 Meter Run Senior**

**Zone4: 4:49.33 2015-05-14Kennedy Thomson**

Name	School	Finals
1 Jenna Coles	Swcss-St. Cath	5:27.60
2 Mackenzie Damiano	Lsss-St. Cath	5:29.83
3 Madalyn Noonan	Gsss-St. Cath	5:31.12
4 Andrea Miotto	Dmhs-St. Cath	5:31.13
5 Leah Klassen	Lsss-St. Cath	5:50.73
6 Monica DeBoer	Smithville Chs	5:56.64
7 Abigal Greenough	Swcss-St. Cath	6:04.91
8 Payton Peters	Gdss-Grimsby	6:24.41

**Women 3000 Meter Run Senior**

**Zone4: 10:03.77 2010-05-13Deanna Brasz**

Name	School	Finals
1 Madalyn Noonan	Gsss-St. Cath	12:01.26
2 Mackenzie Damiano	Lsss-St. Cath	12:07.41
3 Jenna Coles	Swcss-St. Cath	12:21.45
4 Monica DeBoer	Smithville Chs	14:05.57

**Women 100 Meter Hurdles Senior**

**Zone4: 15.35 2004-05-13Lindsay Williamson**

Name	School	Finals
1 Abigail McDonald	Bdss-Beamsville	16.52
2 Alyssa Scott	Gdss-Grimsby	17.72

## 2018 ZONE 4 Championship Meet

## Niagara Olympic Club

## Results

**Finals ... (Women 100 Meter Hurdles Senior)**

Name	School	Finals
3 Shawn Carr	Gsss-St. Cath	19.95

**Women 400 Meter Hurdles Senior**

Zone4: 1:05.42 2018-05-16Sienna Lalonde

Name	School	Finals
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**Finals**

1 Sienna Lalonde	Gdss-Grimsby	1:05.42
2 Charlize Breukelman	Glchs	1:12.84
3 Ava Ricker-Singh	Blessed Trin	1:15.06

**Women 4x100 Meter Relay Senior**

Zone4: 51.99 2012-05-17Grimsby D S S

L Paduano, R Ross, C McClurkin, M Ollier

Team	Relay	Finals
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**Finals**

1 Grimsby - Grimsby		54.16
2 Dmhs-St. Cath		55.81
1) Lauren Adamson	2) Erika Aguilera	
3) Bleona Dimiri	4) Natajah Selman	
3 Holy Cross - St. Cath		56.49
1) Chidera Onyegbule	2) Izirouwa Usuanlele	
3) Nicole Moses	4) Rahshonah Hines	
4 Blessed Trinity H S		56.95
5 Lsss-St. Cath		57.81
1) Heloise Blais	2) Kaelyn Emslie	
3) Kate LaFleur	4) Leah Klassen	

**Women High Jump Senior**

Zone4: 1.65m 2018-05-16Autumn Bigger

Name	School	Finals
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**Finals**

1 Autumn Bigger	Bdss-Beamsville	1.65m
2 Shannon teBrake	Smithville Chs	1.50m
2 Marissa Talsma	Smithville Chs	1.50m

**Women Long Jump Senior**

Zone4: 5.23m 2008-05-15Chelsea Duncan

Name	School	Finals
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**Finals**

1 Mackenzie Barnard	Gdss-Grimsby	4.80m
2 Mikayla Veldman	Smithville Chs	4.72m
3 Katia Matveev	Ehs-St. Cath	4.59m
4 Alexandra McDonald	Bdss-Beamsville	4.47m
5 Shawn Carr	Gsss-St. Cath	4.40m
6 Payton Peters	Gdss-Grimsby	4.35m
7 Victoria Archer	Ehs-St. Cath	4.15m
8 Ifeoluwa Soji	Sfss-St. Cath	4.03m
9 Elizabeth Sharron	Dmhs-St. Cath	3.98m
10 Nicole Moses	Hcss-St. Cath	3.75m
11 Keanna Schuster	Scivvs-St. Cath	3.44m
12 Victoria Wass	Blessed Trin	2.89m

**Women Triple Jump Senior**

Zone4: 11.03m 2015-05-14Sara Kovac

Name	School	Finals
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**Finals**

1 Mikayla Veldman	Smithville Chs	10.21m
2 Katia Matveev	Ehs-St. Cath	10.07m
3 Alyssa Scott	Gdss-Grimsby	9.88m
4 Alexandra McDonald	Bdss-Beamsville	9.06m
5 Payton Peters	Gdss-Grimsby	8.64m
6 Nicole Moses	Hcss-St. Cath	8.37m

**Women Shot Put Senior**

Zone4: 12.67m 2017-05-11Grace Tennant

Name	School	Finals
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**Finals**

1 Cierra Perron	Swcss-St. Cath	9.64m
2 Maggie Bernier	Dsbn Academy	9.46m
3 Raechelle Farray	Hcss-St. Cath	9.18m
4 Logan Ciancio	Dmhs-St. Cath	8.69m
5 Lia Rahmoun	Dsbn Academy	8.36m
6 Emily Lacey	Ehs-St. Cath	7.80m
7 Brianna Monterosso	Sfss-St. Cath	7.69m
8 Tia Rahmoun	Dsbn Academy	7.42m
9 Taylor Meechan	Swcss-St. Cath	7.22m
10 Jenny Connell	Swcss-St. Cath	7.10m
11 Jamie Irish	Swcss-St. Cath	6.19m
12 Alexandria Plue	Lsss-St. Cath	5.50m
13 Margret Akinlosote	Sfss-St. Cath	5.01m

**Women Discus Throw Senior**

Zone4: 42.65m 2016-05-12Grace Tennant

Name	School	Finals
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**Finals**

1 Cierra Perron	Swcss-St. Cath	28.95m
2 Tia Rahmoun	Dsbn Academy	23.72m
3 Logan Ciancio	Dmhs-St. Cath	22.60m
4 Colby Paterson	Blessed Trin	22.40m
5 Katie Kathiresan	Swcss-St. Cath	21.60m
6 Dakota McCrae	Dsbn Academy	20.66m
7 Maggie Bernier	Dsbn Academy	19.74m
8 Emily White	Dmhs-St. Cath	18.91m
9 Alexandria Plue	Lsss-St. Cath	17.29m
10 Claire Hallsworth	Swcss-St. Cath	15.93m
11 Jamie Irish	Swcss-St. Cath	15.50m
12 Heloise Blais	Lsss-St. Cath	15.35m
13 Margret Akinlosote	Sfss-St. Cath	14.85m

**Women Javelin Throw Senior**

Zone4: 40.40m 2017-05-11Grace Tennant

Name	School	Finals
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**Finals**

1 Emma McDougall	Gsss-St. Cath	38.38m
2 Cierra Perron	Swcss-St. Cath	33.28m
3 Sadie Dick	Gsss-St. Cath	31.60m
4 Colby Paterson	Blessed Trin	27.96m

**2018 ZONE 4 Championship Meet**  
**Niagara Olympic Club**

**Results**

**Finals ... (Women Javelin Throw Senior)**

Name	School	Finals
5 Katie Kathiresan	Swcss-St. Cath	27.64m
6 Kate LaFleur	Lsss-St. Cath	24.06m
7 Lia Rahmoun	Dsbn Academy	23.15m
8 Claire Hallsworth	Swcss-St. Cath	22.91m
9 Jeniah Wiens	Ehs-St. Cath	20.97m
10 Emily White	Dmhs-St. Cath	20.90m
11 Ama Asuzu	Glchs	19.97m
12 Logan Ciancio	Dmhs-St. Cath	19.05m
13 Jenny Connell	Swcss-St. Cath	18.07m
14 Hannah Crowder	Sfss-St. Cath	17.88m
15 Brianna Monterosso	Sfss-St. Cath	15.61m
16 Heloise Blais	Lsss-St. Cath	15.39m
17 Alexandria Plue	Lsss-St. Cath	15.20m

**Women 1500 Meter Steeplechase Open**

**Zone4: 5:17.69 2006-05-11Kelsie Slater**

Name	School	Finals
1 Shayla Kuzyk	Swcss-St. Cath	6:14.95
2 Mikayla Scaglione	Swcss-St. Cath	6:14.96
3 Jenna Coles	Swcss-St. Cath	6:15.04
4 Camryn Bylsma	Glchs	6:22.60
5 Zoe Thibault	Glchs	6:23.51
6 Sophie McMullin	Smithville Chs	6:23.60
7 Madeline Deboer	Blessed Trin	6:32.08
8 Janelle Buist	Smithville Chs	6:37.85

**Women 4x400 Meter Relay Open**

**Zone4: 4:16.91 2006-05-11Grimsby D S S**

**H Kurpe, A Drake, B Kadwell, K Slater**

Team	Relay	Finals
1 Grimsby - Grimsby		4:46.37
2 Lsss-St. Cath		5:07.25
1) Mackenzie Damiano	2) Kaelyn Emslie	
3) Tana Ogor	4) Leah Klassen	

**Women 200 Meter Dash Wheelchair Wheelchair**

**Zone4: 1:41.07 2018-05-16Kanice McLean**

Name	School	Finals
1 Kanice McLean	Gsss-St. Cath	1:41.07

**Women 100 Meter Dash Intellectual**

**Zone4: 15.66 2018-05-16Shannon Swinson**

Name	School	Finals
1 Shannon Swinson	Bdss-Beamsville	15.66
2 Cassandra Kemp	Scsvs-St. Cath	15.81

**Women 800 Meter Run Intellectual**

**Zone4: 3:13.36 2018-05-16Cassandra Kemp**

Name	School	Finals
1 Cassandra Kemp	Scsvs-St. Cath	3:13.36

2 Shannon Swinson Bdss-Beamsville 3:42.17

**Women Shot Put Para Shot Pu Intellectual**

**Zone4: 6.29m 2018-05-16Shannon Swinson**

Name	School	Finals
1 Shannon Swinson	Bdss-Beamsville	6.29m

**Men 100 Meter Dash Midget**

**Zone4: 11.71 2015-05-14Chase Osinga**

Name	School	Prelims
1 Oneich Samuels	Lsss-St. Cath	12.11Q
2 James Hilton	Blessed Trin	12.77Q
3 Jason Friesen	Sfss-St. Cath	12.81Q
4 Nick VanderWier	Smithville Chs	13.00Q
5 Jaxon Pingol	Hcss-St. Cath	13.24Q
6 Jared Atkinson	Sfss-St. Cath	13.25Q
7 Dapo Babajipe	Tss-Thorold	13.10q
8 Jeremy Agayre	Tss-Thorold	13.44q
9 Drew VanDyke	Heritage Christi	13.61
10 Chris Idzenga	Sfss-St. Cath	13.76
11 Ketean Bailey-Passe	Sfss-St. Cath	14.85

**Men 100 Meter Dash Midget**

**Zone4: 11.71 2015-05-14Chase Osinga**

Name	School	Finals
1 Oneich Samuels	Lsss-St. Cath	11.90
2 Jason Friesen	Sfss-St. Cath	12.49
3 James Hilton	Blessed Trin	12.51
4 Nick VanderWier	Smithville Chs	12.95
5 Jared Atkinson	Sfss-St. Cath	12.99
6 Jeremy Agayre	Tss-Thorold	13.10
7 Jaxon Pingol	Hcss-St. Cath	13.15
8 Dapo Babajipe	Tss-Thorold	13.36

**Men 200 Meter Dash Midget**

**Zone4: 24.17 2017-05-11Dante Kellar**

Name	School	Finals
1 Oneich Samuels	Lsss-St. Cath	24.80
2 Jonnathon Berisha	Dsbn Academy	25.22
3 Jason Friesen	Sfss-St. Cath	25.66
4 James Hilton	Blessed Trin	26.21
5 Jeremy Agayre	Tss-Thorold	26.96
6 Dapo Babajipe	Tss-Thorold	27.59
7 Nick VanderWier	Smithville Chs	27.89
8 Jared Atkinson	Sfss-St. Cath	28.57
9 Chris Idzenga	Sfss-St. Cath	29.23
10 Erik Terlouw	Heritage Christi	29.27
11 Ketean Bailey-Passe	Sfss-St. Cath	30.85

**2018 ZONE 4 Championship Meet**  
**Niagara Olympic Club**  
**Results**

**Men 400 Meter Dash Midget**

Zone4: 55.48 2004-05-13 Jordan Heckman

Name	School	Finals
<b>Finals</b>		
1 Jonnathon Berisha	Dsbn Academy	56.38
2 Isaak Siemens	Swcss-St. Cath	59.05
3 Jeremiah Bondoc	Gsss-St. Cath	59.89
4 Nicholas Siena	Blessed Trin	1:01.78
5 Ethan Moodie	Sfss-St. Cath	1:02.22
6 Will Lepage	Tss-Thorold	1:02.57
7 Sean Acero	Dmhs-St. Cath	1:04.13
8 Michael Petropoulo	Blessed Trin	1:07.74

**Men 800 Meter Run Midget**

Zone4: 2:04.47 2016-05-12 Nicholas Young

Name	School	Finals
<b>Finals</b>		
1 Eric Campbell	Swcss-St. Cath	2:14.94
2 Dawson Abrahams	Ehs-St. Cath	2:16.79
3 Jack Chios	Sfss-St. Cath	2:17.16
4 Jeremiah Bondoc	Gsss-St. Cath	2:20.98
5 Trent Thorpe	Ehs-St. Cath	2:21.40
6 Isaak Siemens	Swcss-St. Cath	2:21.43
7 Nicholas Siena	Blessed Trin	2:23.58
8 Ethan Moodie	Sfss-St. Cath	2:28.11
9 Eesa Huq	Sfss-St. Cath	2:28.69
10 Michael Petropoulo	Blessed Trin	2:38.81
11 Michael Setrak	Sfss-St. Cath	2:46.10
12 Alex Barnard	Gdss-Grimsby	2:53.88
13 Wyatt Paugh	Lsss-St. Cath	2:54.13
14 Rocky Pepe	Hcss-St. Cath	2:59.97

**Men 1500 Meter Run Midget**

Zone4: 4:16.97 2018-05-16 Eric Campbell

Name	School	Finals
<b>Finals</b>		
1 Eric Campbell	Swcss-St. Cath	4:16.97
2 Owen Lockyer	Ehs-St. Cath	4:22.84
3 Tyler Woodland	Smithville Chs	4:37.53
4 Riley Coles	Swcss-St. Cath	4:37.95
5 Jack Chios	Sfss-St. Cath	4:38.60
6 Dawson Abrahams	Ehs-St. Cath	4:40.78
7 Eesa Huq	Sfss-St. Cath	5:06.48
8 Brenden Damiano	Lsss-St. Cath	5:12.32
9 Ryan Beauregard	Gsss-St. Cath	5:14.69
10 Connor Schuman	Tss-Thorold	5:32.06
11 Luke Etherington	Hcss-St. Cath	5:33.36
12 Michael Setrak	Sfss-St. Cath	5:52.69
13 Wyatt Paugh	Lsss-St. Cath	5:56.29
14 Alex Barnard	Gdss-Grimsby	6:03.21
15 Rocky Pepe	Hcss-St. Cath	6:06.85

**Men 3000 Meter Run Midget**

Zone4: 9:27.14 2018-05-16 Owen Lockyer

Name	School	Finals
<b>Finals</b>		
1 Owen Lockyer	Ehs-St. Cath	9:27.14
2 Tyler Woodland	Smithville Chs	10:03.00
3 Riley Coles	Swcss-St. Cath	10:43.12
4 Brenden Damiano	Lsss-St. Cath	11:25.26
5 Ryan Beauregard	Gsss-St. Cath	11:33.22

**Men 100 Meter Hurdles Midget**

Zone4: 15.62 2018-05-16 Denis Tzvetkov

Name	School	Finals
<b>Finals</b>		
1 Denis Tzvetkov	Gsss-St. Cath	15.62
2 Oneich Samuels	Lsss-St. Cath	16.77

**Men 300 Meter Hurdles Midget**

Zone4: 43.95 2005-05-13 Jordan Glancie

Name	School	Finals
<b>Finals</b>		
1 Connor Schuman	Tss-Thorold	57.07

**Men 4x100 Meter Relay Midget**

Zone4: 48.46 2012-05-17 Denis Morris H S

Team	Relay	Finals
<b>Finals</b>		
1 Thorold - Thorold		51.35
	1) Jeremy Agayre	2) Dylan Maltby
	3) Will Lepage	4) Dapo Babajipe
2 Blessed Trinity H S		54.31
3 Lsss-St. Cath		57.36
	1) Oneich Samuels	2) Connor Emslie
	3) Wyatt Paugh	4) Brenden Damiano

**Men High Jump Midget**

Zone4: 1.85m 2007-05-17 Jeff Webb

Name	School	Finals
<b>Finals</b>		
1 Drew VanDyke	Heritage Christi	1.70m
2 Trent Thorpe	Ehs-St. Cath	J1.70m
3 Hayden Paterson	Dsbn Academy	1.60m
4 Dylan Maltby	Tss-Thorold	1.55m
4 Denis Tzvetkov	Gsss-St. Cath	1.55m
6 Benjamin Stewart	Lsss-St. Cath	J1.55m
7 Dylan Rivett	Ehs-St. Cath	1.50m

**Men Long Jump Midget**

Zone4: 5.70m 2012-05-17 Alvin Fortaleza

Name	School	Finals
<b>Finals</b>		
1 Jacob Cieien-Gough	Swcss-St. Cath	5.48m
2 Drew VanDyke	Heritage Christi	5.10m
3 Ryan Bos	Smithville Chs	4.99m
4 Jayden Cruz	Dmhs-St. Cath	4.98m



**2018 ZONE 4 Championship Meet**  
**Niagara Olympic Club**

**Results**

**Finals ... (Men Long Jump Midget)**

Name	School	Finals
5 Noah Crawford	Swcss-St. Cath	4.97m
6 Dapo Babajipe	Tss-Thorold	4.69m
7 Erik Terlouw	Heritage Christi	4.63m
8 Jeremy Agayre	Tss-Thorold	4.51m
9 Evan Fortino	Sfss-St. Cath	4.45m
10 Dylan Maltby	Tss-Thorold	4.23m
11 Aidan Lopinski	Gsss-St. Cath	4.21m
12 Luke Schrompf	Ehs-St. Cath	4.19m
13 Isaiah Fearon	Ehs-St. Cath	4.03m
14 Braydon Turner	Tss-Thorold	3.51m
15 Nikolai Bluzmans	Ehs-St. Cath	3.42m
16 Isaac McLaughlin	Hcss-St. Cath	3.33m
--- Hayden Paterson	Dsbn Academy	DQ
--- Ryan Beauregard	Gsss-St. Cath	DQ

**Men Triple Jump Midget**

**Zone4: 12.08m 2012-05-17Edvin Miller**

Name	School	Finals
1 Jacob Cieien-Gough	Swcss-St. Cath	11.63m
2 Hayden Zeppetella	Gsss-St. Cath	10.58m
3 Noah Crawford	Swcss-St. Cath	10.28m
4 Isaiah Fearon	Ehs-St. Cath	9.99m
5 Aidan Lopinski	Gsss-St. Cath	9.70m
6 Dylan Maltby	Tss-Thorold	9.64m

**Men Shot Put Midget**

**Zone4: 14.24m 2007-05-17Stefan Palios**

Name	School	Finals
1 Malcolm Graves	Hcss-St. Cath	12.37m
2 Ravi Hollo	Swcss-St. Cath	11.80m
3 Benjamin Stewart	Lsss-St. Cath	10.14m
4 Ryan Cormier	Swcss-St. Cath	9.92m
5 Matthew Varley	Gsss-St. Cath	8.07m
6 Dev Shaw	Dmhs-St. Cath	6.48m

**Men Discus Throw Midget**

**Zone4: 50.52m 2007-05-17Stefan Palios**

Name	School	Finals
1 Ravi Hollo	Swcss-St. Cath	31.26m
2 Ryan Cormier	Swcss-St. Cath	26.50m
3 Matthew Varley	Gsss-St. Cath	24.50m
4 Connor Emslie	Lsss-St. Cath	24.14m
5 Aidan Zeglinski	Ehs-St. Cath	23.11m
--- Hayden Zeppetella	Gsss-St. Cath	DQ

**Men Javelin Throw Midget**

**Zone4: 47.47m 2007-05-17Ray Dykstra**

Name	School	Finals
1 Ryan Cormier	Swcss-St. Cath	36.13m
2 Benjamin Stewart	Lsss-St. Cath	35.68m

3 Matthew Varley	Gsss-St. Cath	31.18m
4 Josh Miedema	Heritage Christi	30.80m
5 Mathijs De Graaf	Blessed Trin	30.21m
6 Denis Tzvetkov	Gsss-St. Cath	29.53m
7 Ravi Hollo	Swcss-St. Cath	27.15m
8 Dev Shaw	Dmhs-St. Cath	25.28m
9 Nikolai Bluzmans	Ehs-St. Cath	23.45m
10 Connor Emslie	Lsss-St. Cath	20.81m
11 Eesa Huq	Sfss-St. Cath	15.08m

**Men 100 Meter Dash Junior**

**Zone4: 11.42 2015-05-14Jovan Griffiths**

Name	School	Prelims
1 John Serrano	Hcss-St. Cath	12.18Q
2 Kikudi Kasamba	Dmhs-St. Cath	12.24Q
3 Christian Bradley	Dmhs-St. Cath	12.30Q
4 Ryan Daniel	Swcss-St. Cath	12.41Q
5 Lucas Trimarchi	Gsss-St. Cath	12.59Q
6 Robbie Stewart	Gsss-St. Cath	12.72Q
7 Isaac McDonald	Dmhs-St. Cath	12.70q
8 Jesse Van De Laar	Hcss-St. Cath	12.82q
9 Ethan Zamora	Dmhs-St. Cath	12.97
10 Joseph Waterman	Scivvs-St. Cath	12.99
11 Matthew York	Tss-Thorold	13.50
12 Owen Murray	Lsss-St. Cath	14.73
13 Sidney Mkeyenge	Hcss-St. Cath	14.95

**Men 100 Meter Dash Junior**

**Zone4: 11.42 2015-05-14Jovan Griffiths**

Name	School	Finals
1 John Serrano	Hcss-St. Cath	11.93
2 Kikudi Kasamba	Dmhs-St. Cath	12.22
3 Ryan Daniel	Swcss-St. Cath	12.28
4 Christian Bradley	Dmhs-St. Cath	12.33
5 Lucas Trimarchi	Gsss-St. Cath	12.48
6 Robbie Stewart	Gsss-St. Cath	12.49
7 Isaac McDonald	Dmhs-St. Cath	12.66
8 Jesse Van De Laar	Hcss-St. Cath	12.82

**Men 200 Meter Dash Junior**

**Zone4: 23.54 2008-05-15Dylan Granger**

Name	School	Finals
1 Dante Kellar	Gsss-St. Cath	23.67
2 Samuel Woodland	Smithville Chs	25.33
3 John Serrano	Hcss-St. Cath	25.40
4 Ryan Daniel	Swcss-St. Cath	25.93
5 Jesse Van De Laar	Hcss-St. Cath	26.13
6 Joseph Waterman	Scivvs-St. Cath	26.67
7 Ayden Ross	Lsss-St. Cath	26.97
8 Matthew York	Tss-Thorold	28.19
9 Jonas Hurd	Ehs-St. Cath	29.83
10 Owen Murray	Lsss-St. Cath	30.96
--- Benjamin Yarnell	Tss-Thorold	DQ

**2018 ZONE 4 Championship Meet**  
**Niagara Olympic Club**  
**Results**

**Men 400 Meter Dash Junior**

Zone4: 53.86 2006-05-11Lee Mori

Name	School	Finals
<b>Finals</b>		
1 Dante Kellar	Gsss-St. Cath	54.56
2 Ryan Daniel	Swcss-St. Cath	57.61
3 Joseph Waterman	Secivs-St. Cath	57.90
4 David Picard	Sfss-St. Cath	1:00.72
5 Jake Baker	Gdss-Grimsby	1:02.71
6 Jonas Hurd	Ehs-St. Cath	1:10.20

**Men 800 Meter Run Junior**

Zone4: 2:01.11 2010-05-13Chris Hutton

Name	School	Finals
<b>Finals</b>		
1 Sam Nolan	Sfss-St. Cath	2:07.68
2 Noah Lavoie	Hcss-St. Cath	2:07.69
3 Carter McMaster	Ehs-St. Cath	2:09.20
4 Joshua Bezanson	Swcss-St. Cath	2:14.93
5 Josh Hopman	Gdss-Grimsby	2:19.20
6 David Picard	Sfss-St. Cath	2:20.52
7 Carter Coman	Gsss-St. Cath	2:22.87
8 Riley Lamont	Gsss-St. Cath	2:26.40
9 Seth Lymburner	Gdss-Grimsby	2:26.52
10 Brenden Clark	Lsss-St. Cath	2:26.76
11 Ethan Lockless	Gdss-Grimsby	2:28.60
12 Jonathan Clark	Swcss-St. Cath	2:31.12
13 Adam Holstein	Bdss-Beamsville	2:36.36
14 Liam Arnott	Bdss-Beamsville	2:56.08

**Men 1500 Meter Run Junior**

Zone4: 4:12.38 2011-05-12Troy Smith

Name	School	Finals
<b>Finals</b>		
1 Noah Lavoie	Hcss-St. Cath	4:33.38
2 Carter McMaster	Ehs-St. Cath	4:33.48
3 Joshua Bezanson	Swcss-St. Cath	4:37.68
4 Sam Nolan	Sfss-St. Cath	4:40.63
5 Evan Stewart	Ehs-St. Cath	4:41.20
6 Thomas Gualtieri	Dmhs-St. Cath	4:52.71
7 Hunter Willis	Ehs-St. Cath	4:54.20
8 Josh Hopman	Gdss-Grimsby	4:56.45
9 Seth Lymburner	Gdss-Grimsby	4:59.88
10 Riley Lamont	Gsss-St. Cath	5:00.88
11 Carter Coman	Gsss-St. Cath	5:01.91
12 Ethan Lockless	Gdss-Grimsby	5:12.18
13 Adam Holstein	Bdss-Beamsville	5:15.66
14 Jonathan Clark	Swcss-St. Cath	5:16.75
15 Cole Salierno	Swcss-St. Cath	5:17.01
16 Liam Arnott	Bdss-Beamsville	6:08.86

**Men 3000 Meter Run Junior**

Zone4: 9:15.44 2007-05-17Mohammed Ahmed

Name	School	Finals
<b>Finals</b>		
1 Joshua Bezanson	Swcss-St. Cath	10:19.18
2 Evan Stewart	Ehs-St. Cath	10:37.80
3 Cameron Burgess	Gsss-St. Cath	10:45.19
4 Cole Arnold	Blessed Trin	10:45.72
5 Hunter Willis	Ehs-St. Cath	10:49.12
6 Justin VanGeest	Smithville Chs	11:49.56
7 Cole Salierno	Swcss-St. Cath	11:55.17
8 Braden DeHaan	Smithville Chs	12:16.34

**Men 100 Meter Hurdles Junior**

Zone4: 14.51 2007-05-17Townsend Benard

Name	School	Finals
<b>Finals</b>		
1 Lucas Trimarchi	Gsss-St. Cath	16.73
2 Robbie Stewart	Gsss-St. Cath	16.74

**Men 300 Meter Hurdles Junior**

Zone4: 42.31 2015-05-14Tristan Vermolen

Name	School	Finals
<b>Finals</b>		
1 Noah Dommasch	Swcss-St. Cath	42.95
2 Oreoluwa Fowler	Swcss-St. Cath	45.80
3 Brenden Clark	Lsss-St. Cath	48.20
4 Jake Baker	Gdss-Grimsby	48.40

**Men 4x100 Meter Relay Junior**

Zone4: 46.35 2016-05-12Winston Churchill

C Osinga, M Nichols, N Sneath, D Ruiz

Team	Relay	Finals
<b>Finals</b>		
1 Swcss-St. Cath		47.16
2 Dmhs-St. Cath		48.67
3 Holy Cross - St. Cath	1) Isaac McDonald 2) Christian Bradley 3) Thomas Gualtieri 4) Kikudi Kasamba	52.98
4 Lsss-St. Cath	1) John Serrano 2) Jesse Van De Laar 3) Sidney Mkeyenge 4) Luke Etherington	54.74
	1) Benjamin Stewart 2) Brenden Clark 3) Owen Murray 4) Ayden Ross	

**Men High Jump Junior**

Zone4: 1.88m 2004-05-13James Brodhagen

Name	School	Finals
<b>Finals</b>		
1 Noah Dommasch	Swcss-St. Cath	1.80m
2 Nate Shirton	Smithville Chs	1.65m
3 Lucas Trimarchi	Gsss-St. Cath	J1.65m
4 Ayden Ross	Lsss-St. Cath	1.50m
5 Joseph Carpenter	Dsbn Academy	1.45m
--- Owen Murray	Lsss-St. Cath	DQ

**2018 ZONE 4 Championship Meet**  
**Niagara Olympic Club**

**Results**

**Men Pole Vault Junior**

**Zone4: 3.30m 2007-05-17Townsend Benard**

Name	School	Finals
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**Finals**

1	Cameron Burgess	Gsss-St. Cath	3.00m
2	Cameron Krulik	Ehs-St. Cath	2.75m

**Men Long Jump Junior**

**Zone4: 6.11m 2016-05-12Tyler Broderick**

Name	School	Finals
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**Finals**

1	Jayden Talsma	Smithville Chs	5.76m
2	Isaac McDonald	Dmhs-St. Cath	5.40m
3	Jesse Van De Laar	Hcss-St. Cath	5.37m
4	Cameron Krulik	Ehs-St. Cath	5.34m
5	Maxwell Grant	Dmhs-St. Cath	5.17m
6	Ethan Zamora	Dmhs-St. Cath	5.03m
7	Luke Huinink	Smithville Chs	4.98m
8	Amari Allen	Dmhs-St. Cath	4.67m
9	Matthew Schrompf	Ehs-St. Cath	4.21m
10	Joseph Carpenter	Dsbn Academy	4.08m
---	Ethan Leroux	Dmhs-St. Cath	DQ
---	John Serrano	Hess-St. Cath	DQ
---	Kikudi Kasamba	Dmhs-St. Cath	DQ

**Men Triple Jump Junior**

**Zone4: 12.89m 2005-05-13David Tebbutt**

Name	School	Finals
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**Finals**

1	Noah Dommasch	Swcss-St. Cath	12.72m
2	Jayden Talsma	Smithville Chs	11.62m
3	Amari Allen	Dmhs-St. Cath	10.95m
4	Mackenzie Levesque	Scivvs-St. Cath	10.52m
5	Spencer Gregson	Swcss-St. Cath	10.12m
6	Leonardo Razon	Glchs	10.00m
7	Robbie Stewart	Gsss-St. Cath	9.93m
8	Nate Butler	Swcss-St. Cath	9.43m
9	Immanuel Estrella	Glchs	8.39m
---	Luke Huinink	Smithville Chs	DQ

**Men Shot Put Junior**

**Zone4: 16.35m 2008-05-15Stefan Palios**

Name	School	Finals
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**Finals**

1	Christian Bradley	Dmhs-St. Cath	12.92m
2	Matt Jeffery	Swcss-St. Cath	12.33m
3	Nathan D'Costa	Gsss-St. Cath	11.99m
4	Jackson Scholtens	Gsss-St. Cath	11.49m
5	Jayden Talsma	Smithville Chs	11.47m
6	Nathan Kuhl	Bdss-Beamsville	11.44m
7	De Shaun Forde	Dmhs-St. Cath	11.11m
8	Raymond Lin	Gsss-St. Cath	10.67m
9	Kyle Duong	Dmhs-St. Cath	10.42m
10	Louie Miles	Dmhs-St. Cath	10.31m
11	Zachary Bechard	Hcss-St. Cath	9.85m

12	Matthew Mulder	Heritage Christi	9.43m
13	Justin VanGeest	Smithville Chs	8.77m
14	Ryan Roelfsema	Smithville Chs	8.02m

**Men Discus Throw Junior**

**Zone4: 54.43m 2008-05-15Stefan Palios**

Name	School	Finals
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**Finals**

1	Nathan D'Costa	Gsss-St. Cath	41.11m
2	Brenden Clark	Lsss-St. Cath	33.83m
3	Kyle Duong	Dmhs-St. Cath	30.85m
4	Spencer Zondag	Smithville Chs	29.91m
5	Jackson Scholtens	Gsss-St. Cath	29.83m
6	Mackenzie Levesque	Scivvs-St. Cath	28.91m
7	Nate Shirton	Smithville Chs	27.66m
8	Allan Toussaint	Dmhs-St. Cath	27.55m
9	Raymond Lin	Gsss-St. Cath	26.35m
10	Luke Huinink	Smithville Chs	24.01m
11	Matthew Mulder	Heritage Christi	23.73m
12	Maxwell Grant	Dmhs-St. Cath	23.44m
13	Tyler Lambert	Tss-Thorold	22.46m
14	Kikudi Kasamba	Dmhs-St. Cath	20.00m
15	Braden DeHaan	Smithville Chs	18.55m

**Men Javelin Throw Junior**

**Zone4: 55.45m 2008-05-15Ray Dykstra**

Name	School	Finals
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**Finals**

1	Nathan D'Costa	Gsss-St. Cath	47.87m
2	Corbin Paterson	Blessed Trin	39.40m
3	David Picard	Sfss-St. Cath	34.24m
4	Ayden Ross	Lsss-St. Cath	32.08m
5	Kerwin Felsbourg	Bdss-Beamsville	31.33m
6	Cameron Krulik	Ehs-St. Cath	30.63m
7	De Shaun Forde	Dmhs-St. Cath	29.66m
8	Louie Miles	Dmhs-St. Cath	29.48m
9	Matthew Mulder	Heritage Christi	26.78m
10	Justin VanGeest	Smithville Chs	25.27m
11	Kyle Duong	Dmhs-St. Cath	25.16m
12	Ethan Leroux	Dmhs-St. Cath	24.42m
13	Ryan Roelfsema	Smithville Chs	22.33m
14	Braden DeHaan	Smithville Chs	21.94m
15	Spencer Zondag	Smithville Chs	21.06m

**Men 100 Meter Dash Senior**

**Zone4: 10.97 2015-05-14Shane Decker**

Name	School	Prelims
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**Preliminaries**

1	Jason Mannella	Blessed Trin	11.96Q
2	Chris Ceide	Scivvs-St. Cath	12.00Q
3	Ali Rajguru	Scivvs-St. Cath	13.06Q
4	Adam McMaster	Bdss-Beamsville	12.03Q
5	Ade Laraiyetan	Glchs	12.11Q
6	Jordan Hamilton	Blessed Trin	13.21Q
7	Jimmy Carbonel	Hcss-St. Cath	12.44q
8	Daniel Visser	Swcss-St. Cath	12.69q

## 2018 ZONE 4 Championship Meet

## Niagara Olympic Club

## Results

**Preliminaries ... (Men 100 Meter Dash Senior)**

Name	School	Prelims
9 Chris Loum	Gdss-Grimsby	12.76
10 Tony VanRys	Smithville Chs	13.06
11 George Willis	Sfss-St. Cath	13.07
12 Chamsie Loum	Gdss-Grimsby	13.08
13 Sheldon Brown	Secivs-St. Cath	13.20
14 Nick Balyk	Gsss-St. Cath	13.49
15 Omar Sono	Lsss-St. Cath	13.93
--- Adam Denece	Smithville Chs	DNF

**Men 100 Meter Dash Senior**

Zone4: 10.97 2015-05-14Shane Decker

Name	School	Finals
1 Jason Mannella	Blessed Trin	11.79
2 Adam McMaster	Bdss-Beamsville	11.85
3 Chris Ceide	Secivs-St. Cath	11.87
4 Ade Laraiyetan	Glchs	11.95
5 Jimmy Carbonel	Hcss-St. Cath	12.26
6 Daniel Visser	Swcss-St. Cath	12.45
7 Ali Rajguru	Secivs-St. Cath	12.92
8 Jordan Hamilton	Blessed Trin	13.25

**Men 200 Meter Dash Senior**

Zone4: 22.25 2007-05-17Cody Boyd

Name	School	Finals
1 Tristan Christie	Tss-Thorold	24.72
2 Jason Mannella	Blessed Trin	24.74
3 Jonny Othman	Gsss-St. Cath	25.06
4 Ade Laraiyetan	Glchs	25.31
5 Daryl Donato	Blessed Trin	25.79
6 Jimmy Carbonel	Hcss-St. Cath	25.92
7 George Willis	Sfss-St. Cath	27.50
8 Hunter Carpenter	Gdss-Grimsby	28.86
9 Gabriel Murray	Hcss-St. Cath	30.12
10 Bill Tat	Secivs-St. Cath	31.32

**Men 400 Meter Dash Senior**

Zone4: 49.81 2007-05-17Cody Boyd

Name	School	Finals
1 Tristan Christie	Tss-Thorold	53.90
2 Eric Bell	Bdss-Beamsville	54.72
3 Ethan Girard	Swcss-St. Cath	55.40
4 Samuel Unruh	Gsss-St. Cath	56.82
5 Issa Hatu	Bdss-Beamsville	57.16
6 Max Roberts Ramos	Hcss-St. Cath	57.34
7 Logan Toldi	Blessed Trin	58.82
8 Musa Huq	Sfss-St. Cath	1:02.40
9 Hunter Carpenter	Gdss-Grimsby	1:03.10
10 Raymond Stearns	Lsss-St. Cath	1:03.35
11 Gabriel Murray	Hcss-St. Cath	1:09.64

**Men 800 Meter Run Senior**

Zone4: 1:58.13 2012-05-17Chris Hutton

Name	School	Finals
1 Nicholas Young	Sfss-St. Cath	2:00.31
2 Ethan Girard	Swcss-St. Cath	2:08.90
3 Remy Gavanac	Gsss-St. Cath	2:20.62
4 Ali Rajguru	Secivs-St. Cath	2:21.25
5 Raymond Stearns	Lsss-St. Cath	2:27.07
6 Aidan Lawr	Dmhs-St. Cath	2:28.23
7 Hunter Carpenter	Gdss-Grimsby	2:28.27
8 Nicholas Bunting	Secivs-St. Cath	2:39.94
9 Nick Yu	Glchs	2:43.36
10 Musa Huq	Sfss-St. Cath	2:43.37
11 Bill Tat	Secivs-St. Cath	3:08.41

**Men 1500 Meter Run Senior**

Zone4: 3:55.89 2012-05-17Troy Smith

Name	School	Finals
1 Campbell Lee	Hcss-St. Cath	4:03.14
2 Nicholas Young	Sfss-St. Cath	4:05.88
3 Taylor Mowat	Swcss-St. Cath	4:15.44
4 Ivan Fernandez	Gsss-St. Cath	4:26.16
5 Owen Konkle	Bdss-Beamsville	5:07.34
6 Robert Freeman	Bdss-Beamsville	5:18.12
7 Kevin Yuan	Glchs	5:34.11
8 Musa Huq	Sfss-St. Cath	5:34.33
9 Alexander Memme	Blessed Trin	5:40.73
10 Nick Yu	Glchs	6:23.64
11 Bill Tat	Secivs-St. Cath	6:54.15

**Men 3000 Meter Run Senior**

Zone4: 8:30.12 2009-05-14Mohammed Ahmed

Name	School	Finals
1 Campbell Lee	Hcss-St. Cath	8:55.45
2 Taylor Mowat	Swcss-St. Cath	9:15.32
3 Jared Attema	Smithville Chs	9:36.46
4 Harry Lengyel	Swcss-St. Cath	9:37.79
5 Ivan Fernandez	Gsss-St. Cath	9:49.63
6 Nick Reimer	Swcss-St. Cath	10:04.51
7 Gavin McLaughlin	Ehs-St. Cath	10:43.12
8 Michael Huber	Blessed Trin	11:02.32
9 Robert Freeman	Bdss-Beamsville	11:39.94
10 Kevin Yuan	Glchs	12:47.85

**Men 110 Meter Hurdles Senior**

Zone4: 14.85 2008-05-15Townsend Benard

Name	School	Finals
1 Jonny Othman	Gsss-St. Cath	16.39
2 Osazomwanogie Usuanlele	Hcss-St. Cath	17.46
3 Tinashe Dandato	Hcss-St. Cath	19.13

## 2018 ZONE 4 Championship Meet

## Niagara Olympic Club

## Results

**Men 400 Meter Hurdles Senior**

Zone4: 59.84 2007-05-17 Tyler Rouse

Name	School	Finals
<b>Finals</b>		
1 Jonny Othman	Gsss-St. Cath	1:03.02
2 Remy Gavanac	Gsss-St. Cath	1:03.30
3 Osazomwanogie Usuanlele	Hcss-St. Cath	1:05.17
4 Logan Toldi	Blessed Trin	1:05.25
5 Kevin Diep	Lsss-St. Cath	1:18.68

**Men 4x100 Meter Relay Senior**

Zone4: 43.53 2015-05-14 Denis Morris

A Somerville, T Bell, J Selman, S Decker

Team	Relay	Finals
<b>Finals</b>		
1 Bdss-Beamsville		47.44
2 Blessed Trinity H S		48.98
3 Gsss-St. Cath		49.16
4 Holy Cross - St. Cath		49.42
5 Grimsby - Grimsby		52.69
1) Nick Balyk	2) Remy Gavanac	
3) Jonny Othman	4) Samuel Unruh	
1) Tinashe Dandato	2) Jimmy Carbonel	
3) Osazomwanogie Usuanlele	4) Max Roberts Ramos	

**Men High Jump Senior**

Zone4: 1.95m 2006-05-11 Nick Glover

Name	School	Finals
<b>Finals</b>		
1 Tyler Broderick	Tss-Thorold	1.82m
2 Chris Ceide	Scxivs-St. Cath	1.75m
3 Omar Ridgeway	Dsbn Academy	1.75m
4 Samuel Unruh	Gsss-St. Cath	1.70m
5 Owen VanHuizen	Smithville Chs	1.70m
6 Micah Nieuwets	Ehs-St. Cath	1.65m

**Men Pole Vault Senior**

Zone4: 3.60m 2009-05-14 Townsend Benard

Name	School	Finals
<b>Finals</b>		
1 Remy Gavanac	Gsss-St. Cath	3.00m

**Men Long Jump Senior**

Zone4: 6.62m 2010-05-13 Vinh Le

Name	School	Finals
<b>Finals</b>		
1 Micah Nieuwets	Ehs-St. Cath	5.87m
2 Hansley Leclair	Dmhs-St. Cath	5.80m
3 Tyler Broderick	Tss-Thorold	5.74m
3 Adam McMaster	Bdss-Beamsville	5.74m
5 Osazomwanogie Usuanlele	Hcss-St. Cath	5.58m
6 DeAndre Fournier	Tss-Thorold	5.48m
7 Jake Boeckestyn	Smithville Chs	5.38m
8 Chris Loum	Gdss-Grimsby	5.22m
9 Piotr Cojocari	Dmhs-St. Cath	5.17m
10 Chamsie Loum	Gdss-Grimsby	5.01m

11 Owen Jones	Blessed Trin	4.80m
12 Nick Balyk	Gsss-St. Cath	4.78m
13 Michael Huber	Blessed Trin	4.65m
14 Jordan Hamilton	Blessed Trin	4.54m

**Men Triple Jump Senior**

Zone4: 13.73m 2015-05-14 Jaquan Selman

Name	School	Finals
<b>Finals</b>		
1 DeAndre Fournier	Tss-Thorold	12.11m
2 Jake Boeckestyn	Smithville Chs	11.86m
3 Eric Bell	Bdss-Beamsville	11.78m
4 Chris Loum	Gdss-Grimsby	11.71m
5 Hansley Leclair	Dmhs-St. Cath	11.63m
6 Tyler Broderick	Tss-Thorold	11.59m
7 Adam McMaster	Bdss-Beamsville	11.51m
8 Sheldon Brown	Scxivs-St. Cath	11.22m
9 Piotr Cojocari	Dmhs-St. Cath	10.94m
10 Samuel Unruh	Gsss-St. Cath	10.72m
--- Ali Rajguru	Scxivs-St. Cath	DQ
--- Reuben Eshuis	Hcss-St. Cath	DQ

**Men Shot Put Senior**

Zone4: 16.26m 2010-05-13 Stefan Palios

Name	School	Finals
<b>Finals</b>		
1 Matt Johnson	Swess-St. Cath	12.41m
2 Nathan Huisman	Bdss-Beamsville	12.18m
3 Jeremy Denbok	Gichs	10.14m
4 Tinashe Dandato	Hcss-St. Cath	9.90m
5 Chris Winstanley	Ehs-St. Cath	9.56m
6 Aws Al-Jumaily	Lsss-St. Cath	9.21m
7 Max Wang	Smithville Chs	9.18m
8 Omar Sono	Lsss-St. Cath	8.95m
9 Jeffrey Sackor	Dmhs-St. Cath	8.76m
10 Shane VanWingerden	Heritage Christi	7.79m
--- James Yu	Smithville Chs	DQ

**Men Discus Throw Senior**

Zone4: 48.52m 2004-05-13 Rich Johnson

Name	School	Finals
<b>Finals</b>		
1 Owen Jones	Blessed Trin	30.69m
2 Hansley Leclair	Dmhs-St. Cath	28.79m
3 Owen VanHuizen	Smithville Chs	27.02m
4 Kiefer Keen-Sonnenberg	Lsss-St. Cath	26.86m
5 Max Wang	Smithville Chs	23.22m
6 Nathan Huisman	Bdss-Beamsville	23.07m
7 Aws Al-Jumaily	Lsss-St. Cath	21.87m
8 Jeffrey Sackor	Dmhs-St. Cath	20.49m

**Men Javelin Throw Senior**

Zone4: 69.85m 2010-05-13 Ray Dykstra

Name	School	Finals
<b>Finals</b>		
1 Liam Smith	Ehs-St. Cath	39.07m

**2018 ZONE 4 Championship Meet**  
**Niagara Olympic Club**

**Results**

**Finals ... (Men Javelin Throw Senior)**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
2	Micah Nieuwets	Ehs-St. Cath	38.92m
3	Nathan Huisman	Bdss-Beamsville	37.18m
4	Kiefer Keen-Sonnenberg	Lsss-St. Cath	34.94m
5	Raymond Stearns	Lsss-St. Cath	34.78m
6	Piotr Cojocari	Dmhs-St. Cath	34.24m
7	Tristan Christie	Tss-Thorold	33.68m
8	Jeremy Denbok	Glchs	31.68m
9	Jeffrey Sackor	Dmhs-St. Cath	27.51m
10	Omar Sono	Lsss-St. Cath	26.13m
11	Aws Al-Jumaily	Lsss-St. Cath	23.89m
12	Chamsie Loum	Gdss-Grimsby	23.55m
13	Luke Buys	Heritage Christi	23.49m
14	Shane VanWingerden	Heritage Christi	19.09m

3	Joseph Nokeo	Ehs-St. Cath	3:00.40
4	Braydon Turner	Tss-Thorold	3:05.43

**Men Shot Put Para Shot Pu Intellectual**

**Zone4: 10.94m 2018-05-16Ryan Kulikowski**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Finals</b>			
1	Ryan Kulikowski	Bdss-Beamsville	10.94m
2	Brian Knechtel	Bdss-Beamsville	9.85m

**Men 2000 Meter Steeplechase Open**

**Zone4: 6:24.17 2008-05-15Ryan Thomas**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Finals</b>			
1	Jared Attema	Smithville Chs	6:45.53
2	Gavin McLaughlin	Ehs-St. Cath	6:59.41
3	Harry Lengyel	Swcss-St. Cath	6:59.43
4	Nick Reimer	Swcss-St. Cath	7:18.80
5	Michael Huber	Blessed Trin	7:18.90
6	Kevin Diep	Lsss-St. Cath	7:59.43
7	Cole Arnold	Blessed Trin	8:05.11
8	Owen VanHuizen	Smithville Chs	8:13.12

**Men 4x400 Meter Relay Open**

**Zone4: 3:33.01 2008-05-15Grimsby D S S**

**D Easterbrook, C Short, K Park, C Michaud**

	<b>Team</b>	<b>Relay</b>	<b>Finals</b>
<b>Finals</b>			
1	Gsss-St. Cath		3:51.04
	1) Dante Kellar	2) Remy Gavanac	
	3) Jonny Othman	4) Samuel Unruh	
2	Bdss-Beamsville		4:16.49
3	Grimsby - Grimsby		4:31.22

**Men 100 Meter Run Intellectual**

**Zone4: 12.71 2018-05-16Owen Konkle**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Finals</b>			
1	Owen Konkle	Bdss-Beamsville	12.71
2	Brian Knechtel	Bdss-Beamsville	13.61
3	Ryan Kulikowski	Bdss-Beamsville	14.02
4	Joseph Nokeo	Ehs-St. Cath	14.16
5	Braydon Turner	Tss-Thorold	14.33

**Men 800 Meter Run Intellectual**

**Zone4: 2:33.64 2017-05-11Owen Konkle**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Finals</b>			
1	Owen Konkle	Bdss-Beamsville	2:40.25
2	Brian Knechtel	Bdss-Beamsville	2:43.97