

**SOSSA Championship Meet
Centennial Welland
Results**

Girls 100 Meter Dash Novice

SOSSA: 12.72 2013-05-23 Victoria Vanzanten, Heritage Christian

Name	School	Prelims	H#
Preliminaries			
1 #523 Koning, Abby	Guido de Bres C.H.S - HWDSB	13.30 Q	1
2 #468 Jones, Madison	Grimsby Secondary School	13.42 Q	2
3 #207 Greene, Samantha	Sir Winston Churchill -	13.54 Q	1
4 #367 Slywka, Grace	Dundas Valley S.S. - HWDSB	13.84 Q	2
5 #674 Brown, Mya	Notre Dame Welland	13.59 Q	1
6 #910 Newcombe, Mya	Waterdown District - HWDSB	14.02 Q	2
7 #811 Quintyne, Shakayla	St. Michael Catholic Secondary	13.88 q	1
8 #296 Adeboye, Angel	Denis Morris Catholic High Sch	14.02 q	1
9 #409 Cesar, Neila	Centennial - Welland	14.08	2
10 #648 Rutledge, Elyse	Laura Secord - St. Catharines	14.12	1
11 #607 Shaw, Morgan	ES Saint-Jean-de-Brebeuf-Well	14.24	1
12 #578 Singh, Anjali	Heritage Christian-Jordan Stat	14.36	2
13 #882 Bernard, Grace	Westmount S.S. - HWDSB	14.37	2
14 #824 Moreau, Ivy	Stamford - Niagara Falls	14.52	1
15 #681 Gonzalez, Anasofia	Notre Dame Welland	14.88	2

Girls 100 Meter Dash Novice

SOSSA: 12.72 2013-05-23 Victoria Vanzanten, Heritage Christian

Name	School	Finals	
Finals			
1 #523 Koning, Abby	Guido de Bres C.H.S - HWDSB	13.48	
2 #468 Jones, Madison	Grimsby Secondary School	13.58	
3 #367 Slywka, Grace	Dundas Valley S.S. - HWDSB	13.69	
4 #674 Brown, Mya	Notre Dame Welland	13.72	
5 #207 Greene, Samantha	Sir Winston Churchill -	13.93	
6 #910 Newcombe, Mya	Waterdown District - HWDSB	13.97	
7 #811 Quintyne, Shakayla	St. Michael Catholic Secondary	14.14	
8 #296 Adeboye, Angel	Denis Morris Catholic High Sch	14.28	

Girls 200 Meter Dash Novice

SOSSA: 26.62 2013-05-23 Victoria Vanzanten, Heritage Christian

Name	School	Finals	H#
Finals			
1 #351 McCullagh, Sophia	Dundas Valley S.S. - HWDSB	27.21	2
2 #523 Koning, Abby	Guido de Bres C.H.S - HWDSB	27.74	2
3 #207 Greene, Samantha	Sir Winston Churchill -	28.00	1
4 #661 Richards, Brianna	A.N. Myer - Niagara Falls	28.30	2
5 #811 Quintyne, Shakayla	St. Michael Catholic Secondary	28.94	2
6 #607 Shaw, Morgan	ES Saint-Jean-de-Brebeuf-Well	29.14	2
7 #409 Cesar, Neila	Centennial - Welland	29.26	2
8 #648 Rutledge, Elyse	Laura Secord - St. Catharines	29.35	2
9 #367 Slywka, Grace	Dundas Valley S.S. - HWDSB	29.57	2
10 #396 Phillips, Lily	Eden High School - St. Cathari	29.65	1
11 #455 Pylypiw, Syenn	Saint Francis-St. Cath	30.09	1
12 #266 Johnstone, Callie	E. L. Crossley - Fonthill	30.50	1
13 #736 Lundy, Erika	Saint Paul Catholic High Schoo	30.68	1
14 #450 Mills, Syrah	Saint Francis-St. Cath	30.98	1

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Finals ... (Girls 200 Meter Dash Novice)

Name	School	Finals	H#
15 #647 Munoz, Olivia	Laura Secord - St. Catharines	31.56	1

Girls 400 Meter Dash Novice

SOSSA: 57.70 2013-05-23 Jenna Smith, Highland

Name	School	Finals	H#
Finals			
1 #351 McCullagh, Sophia	Dundas Valley S.S. - HWDSB	1:02.42	2
2 #130 Craig, Mackenzie	Ancaster High School - HWDSB	1:02.59	2
3 #826 Gallant, Layla	Thorold - Thorold	1:05.01	2
4 #643 Eaton, Madison	Laura Secord - St. Catharines	1:06.39	2
5 #625 Peazel, Bridget	Lakeshore Catholic Secondary	1:06.53	2
6 #460 Bruinsma, Olivia	Grimsby Secondary School	1:08.29	2
7 #362 Peaker, Audrey	Dundas Valley S.S. - HWDSB	1:10.20	2
8 #266 Johnstone, Callie	E. L. Crossley - Fonthill	1:10.33	1
9 #450 Mills, Syrah	Saint Francis-St. Cath	1:10.42	1
10 #296 Adeboye, Angel	Denis Morris Catholic High Sch	1:10.49	1
11 #856 Anderson, Tianna	Westlane - Niagara Falls	1:11.09	1
12 #334 Cameron, Chloe	Dundas Valley S.S. - HWDSB	1:11.66	1
13 #254 Brown, Teaghan	E. L. Crossley - Fonthill	1:13.67	1
14 #740 Yazaroglu, Hanna	Saint Paul Catholic High Schoo	1:14.57	1
15 #654 Gayet, Laure	A.N. Myer - Niagara Falls	1:19.85	1

Girls 800 Meter Run Novice

SOSSA: 2:19.47 2014-05-22 Fin Adams, Highland

Name	School	Finals	H#
Finals			
1 #751 Gordon, Erika	Sherwood S.S. - HWDSB	2:26.70	2
2 #693 Tremeer, Julia	Notre Dame Welland	2:30.75	2
3 #223 Quinn, Thea	Sir Winston Churchill -	2:35.29	2
4 #130 Craig, Mackenzie	Ancaster High School - HWDSB	2:37.95	2
5 #479 Stahl, Astrid	Grimsby Secondary School	2:38.61	2
6 #460 Bruinsma, Olivia	Grimsby Secondary School	2:38.67	2
7 #475 Polmanter-Gentle, Laine	Grimsby Secondary School	2:41.27	2
8 #547 Berkelaar, Mora	Hamilton District C.H.S. - HWD	2:41.38	1
9 #181 Smilsky, Emily	Blessed Trinity-Grimsby	2:45.40	1
10 #838 Fransson, Lia	Westdale S.S. - HWDSB	2:48.29	1
11 #450 Mills, Syrah	Saint Francis-St. Cath	2:51.27	1
12 #667 West, Raine	A.N. Myer - Niagara Falls	2:51.91	2
13 #254 Brown, Teaghan	E. L. Crossley - Fonthill	2:52.82	1
14 #170 Melfi, Sienna	Blessed Trinity-Grimsby	3:04.71	1
15 #877 Thiang, Rene	Westlane - Niagara Falls	3:21.41	1
16 #292 Veldhuizen, Taylor	E. L. Crossley - Fonthill	3:27.21	1

Girls 1500 Meter Run Novice

SOSSA: 4:49.63 2004-05-20 Kelsie Slater, Grimsby

Name	School	Finals
Finals		
1 #751 Gordon, Erika	Sherwood S.S. - HWDSB	5:06.62
2 #224 Quinn, Zoe	Sir Winston Churchill -	5:10.63
3 #693 Tremeer, Julia	Notre Dame Welland	5:10.95

**SOSSA Championship Meet
Centennial Welland
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Finals ... (Girls 1500 Meter Run Novice)

Name	School	Finals
4 #223 Quinn, Thea	Sir Winston Churchill -	5:18.05
5 #130 Craig, Mackenzie	Ancaster High School - HWDSB	5:22.16
6 #547 Berkelaar, Mora	Hamilton District C.H.S. - HWD	5:25.93
7 #479 Stahl, Astrid	Grimsby Secondary School	5:28.23
8 #475 Polmanter-Gentle, Laine	Grimsby Secondary School	5:30.92
9 #838 Fransson, Lia	Westdale S.S. - HWDSB	5:48.50
10 #289 Tarasuk, Sasha	E. L. Crossley - Fonthill	6:02.32
11 #181 Smilsky, Emily	Blessed Trinity-Grimsby	6:03.33
12 #667 West, Raine	A.N. Myer - Niagara Falls	6:07.08
13 #170 Melfi, Sienna	Blessed Trinity-Grimsby	6:29.89
14 #408 Burns, Mckenna	Centennial - Welland	6:53.39
15 #668 Yeung, Susanna	A.N. Myer - Niagara Falls	7:42.13

Girls 3000 Meter Run Novice

SOSSA: 10:47.87 2012-05-24 Stephanie Ryall, Westdale

Name	School	Finals
Finals		
1 #224 Quinn, Zoe	Sir Winston Churchill -	11:50.91
2 #849 Mallany, Dalia	Westdale S.S. - HWDSB	12:33.78
3 #848 Luduik-Pitkin, Stella	Westdale S.S. - HWDSB	12:42.33
4 #900 Taylor, Molly	Westmount S.S. - HWDSB	12:45.82
5 #675 Collins, Briar	Notre Dame Welland	13:20.59
6 #383 Denbak, Megan	Eden High School - St. Cathari	13:36.80
7 #123 Sobotka, Vera	Sir Allan MacNab S.S. - HWDSB	14:14.14
8 #244 Warda, Justine	ES Franco-Niagara Welland	15:32.08

Girls 80 Meter Hurdles Novice

SOSSA: 12.02 2016-05-19 Sarah Saldutto, Notre Dame

Name	School	Prelims	H#
Preliminaries			
1 #607 Shaw, Morgan	ES Saint-Jean-de-Brebeuf-Well	13.75 Q	1
2 #396 Phillips, Lily	Eden High School - St. Cathari	14.45 Q	2
3 #424 Romano, Bianca	Centennial - Welland	15.76 Q	1
4 #709 Williams, Serenity	Nora Francis Henderson S.S. -	15.80 Q	2
5 #362 Peaker, Audrey	Dundas Valley S.S. - HWDSB	15.92 Q	1
6 #702 Penny, Zoie	Nora Francis Henderson S.S. -	16.13 Q	2
7 #614 Brewster, Charlotte	Lakeshore Catholic Secondary	16.60 q	1
8 #858 Caswell, Mackenzie	Westlane - Niagara Falls	16.92 q	1
9 #208 Gregory, Emma	Sir Winston Churchill -	17.49	2
10 #598 Donaldson, Jayla	ES Saint-Jean-de-Brebeuf-Well	17.62	2
11 #357 Neiser, Caitlin	Dundas Valley S.S. - HWDSB	17.95	1
12 #643 Eaton, Madison	Laura Secord - St. Catharines	21.92	2

Girls 80 Meter Hurdles Novice

SOSSA: 12.02 2016-05-19 Sarah Saldutto, Notre Dame

Name	School	Finals
Finals		
1 #607 Shaw, Morgan	ES Saint-Jean-de-Brebeuf-Well	13.92
2 #396 Phillips, Lily	Eden High School - St. Cathari	13.99
3 #424 Romano, Bianca	Centennial - Welland	15.81

**SOSSA Championship Meet
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Finals ... (Girls 80 Meter Hurdles Novice)

Name	School	Finals
4 #362 Peaker, Audrey	Dundas Valley S.S. - HWDSB	15.82
5 #709 Williams, Serenity	Nora Francis Henderson S.S. -	15.83
6 #702 Penny, Zoie	Nora Francis Henderson S.S. -	15.96
7 #614 Brewster, Charlotte	Lakeshore Catholic Secondary	17.20
8 #858 Caswell, Mackenzie	Westlane - Niagara Falls	17.99

Girls 300 Meter Hurdles Novice

SOSSA: 47.46 2005-05-19 Ester Vermeer, Smithville Christian

Name	School	Finals	H#
Finals			
1 #625 Peazel, Bridget	Lakeshore Catholic Secondary	51.33	2
2 #643 Eaton, Madison	Laura Secord - St. Catharines	51.69	2
3 #362 Peaker, Audrey	Dundas Valley S.S. - HWDSB	54.55	2
4 #431 Blackwood, Angel	Greater Fort Erie SS	54.74	2
5 #266 Johnstone, Callie	E. L. Crossley - Fonthill	55.57	2
6 #858 Caswell, Mackenzie	Westlane - Niagara Falls	56.38	1
7 #826 Gallant, Layla	Thorold - Thorold	56.40	2
8 #705 Ryan, Makenzie	Nora Francis Henderson S.S. -	56.58	1
9 #424 Romano, Bianca	Centennial - Welland	57.17	2

Girls 4x100 Meter Relay NoviceSOSSA: 51.83 2019-05-23 Notre Dame College - Welland, NDC-Welland
T Lawson, N Picton, G DiPietro, B Sigurdson

Team	Relay	Finals	H#
Finals			
1 Dundas Valley S.S. - HWDSB		55.63	2
1) #343 Kim-Bromstein, Chloe	2) #351 McCullagh, Sophia	3) #334 Cameron, Chloe	4) #357 Neiser, Caitlin
5) #367 Slywka, Grace	6) #362 Peaker, Audrey		
2 Guido de Bres C.H.S - HWDSI		55.83	2
1) #523 Koning, Abby	2) #540 Van Raalte, Sophia	3) #525 Kuizenga, Rachel	4) #542 Vanderwal, Cara
5) #504 Beijes, Katie			
3 E. L. Crossley - Fonthill		56.21	2
1) #291 VanVliet, Karlyn	2) #266 Johnstone, Callie	3) #259 Dunn, Cherith	4) #261 Haining, Hillary
5) #288 Stolk, Abby	6) #254 Brown, Teaghan		
4 Heritage Christian-Jordan Stat		56.39	2
1) #564 Bruining, Hailey	2) #566 Burke, Mikaela	3) #578 Singh, Anjali	4) #588 Vyn, Hannah
5) #570 Hodkingson, Charlotte	6) #586 Veldhuizen, Alison		
5 Notre Dame Welland		56.89	2
1) #687 McKnight, Ava	2) #681 Gonzalez, Anasofia	3) #693 Tremeer, Julia	4) #674 Brown, Mya
6 Grimsby Secondary School		57.17	2
1) #468 Jones, Madison	2) #479 Stahl, Astrid	3) #458 Boychuk, Keira	4) #475 Polmanter-Gentle, Lain
5) #460 Bruinsma, Olivia			
7 St. Michael Catholic Secondary		58.64	2
1) #793 Brenya, Naya	2) #807 Kalonda, Gradivic	3) #811 Quintyne, Shakayla	4) #814 Suzuki, Emi
8 Nora Francis Henderson S.S. -		1:02.43	2
1) #709 Williams, Serenity	2) #696 Elsiger, Charlotte	3) #702 Penny, Zoie	4) #703 Ritter, Ava
5) #707 Slezak, Breanna	6) #699 Haalstra, Jayne		
9 ES Saint-Jean-de-Brebeuf-Well		1:03.45	1
1) #594 Bak, Ava	2) #598 Donaldson, Jayla	3) #599 fontaine, Kassidee	4) #600 Gauthier, Meryk
5) #610 Wilson, Darlene			

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Finals ... (Girls 4x100 Meter Relay Novice)

Team	Relay	Finals	H#
10 Saint Francis-St. Cath		1:04.29	1
1) #455 Pylypiw, Syenn	2) #450 Mills, Syrah	3) #452 Nazaire, Isabelle	4) #454 Penner, Taira
5) #451 Nagel, Aidyn	6) #440 Carr, Kaydence		

Girls High Jump Novice

SOSSA: 1.70m 2012-05-24 Shyla Cardy, E.L.Crossley

Name	School	Finals
Finals		
1 #690 Orr, Cassie	Notre Dame Welland	J1.44m
2 #404 Tournemille, Simone	Eden High School - St. Cathari	J1.39m
3 #620 Lovegrove, Sarah	Lakeshore Catholic Secondary	J1.35m
4 #427 Therrien, Ruby	Centennial - Welland	J1.35m
5 #553 Hill, Julianna	Hamilton District C.H.S. - HWD	J1.35m
6 #540 Van Raalte, Sophia	Guido de Bres C.H.S - HWDSB	J1.35m
7 #588 Vyn, Hannah	Heritage Christian-Jordan Stat	J1.30m
8 #498 Robinson, Cassie	Governor Simcoe-St. Catharines	J1.30m
9 #572 Jansen, Hannah	Heritage Christian-Jordan Stat	J1.25m
10 #342 Heeney, Delaney	Dundas Valley S.S. - HWDSB	J1.20m

Girls Pole Vault Novice

SOSSA: 3.05m 2016-05-19 Maya Fetic, A.N.Myer

Name	School	Finals
Finals		
1 #259 Dunn, Cherith	E. L. Crossley - Fonthill	J2.10m
2 #288 Stolk, Abby	E. L. Crossley - Fonthill	J1.80m
3 #261 Haining, Hillary	E. L. Crossley - Fonthill	J1.80m

Girls Long Jump Novice

SOSSA: 5.38m 2016-05-19 Sarah Saldutto, Notre Dame

Name	School	Finals
Finals		
1 #412 Fournier, Easton	Centennial - Welland	4.34m
2 #588 Vyn, Hannah	Heritage Christian-Jordan Stat	4.32m
3 #417 Kporwodu, Ella	Centennial - Welland	4.29m
4 #455 Pylypiw, Syenn	Saint Francis-St. Cath	4.23m
4 #674 Brown, Mya	Notre Dame Welland	4.23m
6 #572 Jansen, Hannah	Heritage Christian-Jordan Stat	4.22m
7 #707 Slezak, Breanna	Nora Francis Henderson S.S. -	4.13m
8 #553 Hill, Julianna	Hamilton District C.H.S. - HWD	4.10m
9 #620 Lovegrove, Sarah	Lakeshore Catholic Secondary	3.99m
9 #435 Rungi-Ruston, Ksenia	Greater Fort Erie SS	3.99m
11 #416 Joseph, Adriana	Centennial - Welland	3.90m
12 #144 Croft-Porter, Janayah	Bernie Custis S.S. - HWDSB	3.79m
13 #586 Veldhuizen, Alison	Heritage Christian-Jordan Stat	3.58m
14 #732 De Gonia, Olivia	Saint Paul Catholic High Schoo	3.43m

Girls Triple Jump Novice

SOSSA: 11.14m 2015-05-21 Caitlyn Hamm, Ridgeway Crystal Beach

Name	School	Finals
Finals		
1 #588 Vyn, Hannah	Heritage Christian-Jordan Stat	9.76m

**SOSSA Championship Meet
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Finals ... (Girls Triple Jump Novice)

	Name	School	Finals
2	#412 Fournier, Easton	Centennial - Welland	9.42m
3	#572 Jansen, Hannah	Heritage Christian-Jordan Stat	9.18m
4	#553 Hill, Julianna	Hamilton District C.H.S. - HWD	9.13m
5	#404 Tournemille, Simone	Eden High School - St. Cathari	8.99m
6	#824 Moreau, Ivy	Stamford - Niagara Falls	8.68m
7	#519 Jonker, Janaye	Guido de Bres C.H.S - HWDSB	8.54m
8	#620 Lovegrove, Sarah	Lakeshore Catholic Secondary	8.47m
9	#435 Rungi-Ruston, Ksenia	Greater Fort Erie SS	8.22m
10	#614 Brewster, Charlotte	Lakeshore Catholic Secondary	7.93m
11	#454 Penner, Taira	Saint Francis-St. Cath	7.31m

Girls Shot Put Novice

SOSSA: 15.22m 2015-05-21 Triinity Tutti, Eastdale

	Name	School	Finals
Finals			
1	#481 Van Nynatten, Coco	Grimsby Secondary School	12.04m
2	#690 Orr, Cassie	Notre Dame Welland	9.57m
3	#535 Smid, Maria	Guido de Bres C.H.S - HWDSB	9.25m
4	#153 Hribljan, Jasmine	Beamsville - Beamsville	8.47m
5	#504 Beijes, Katie	Guido de Bres C.H.S - HWDSB	7.75m
6	#521 Kasweka, Nyansha	Guido de Bres C.H.S - HWDSB	7.57m
7	#623 Mueller, Kierstin	Lakeshore Catholic Secondary	7.41m
8	#657 Liao, Angela	A.N. Myer - Niagara Falls	7.30m
9	#741 Blaj, Samantha	Saltfleet District - HWDSB	7.02m
10	#924 Schaefer, Alysaa	Grimsby Secondary School	6.69m
11	#923 MacCormack, McKenna	Thorold - Thorold	6.62m
12	#454 Penner, Taira	Saint Francis-St. Cath	5.88m
13	#611 Adamson, Sage	Lakeshore Catholic Secondary	5.65m

Girls Discus Throw Novice

SOSSA: 40.81m 2015-05-21 Triinity Tutti, Eastdale

	Name	School	Finals
Finals			
1	#481 Van Nynatten, Coco	Grimsby Secondary School	35.09m
2	#412 Fournier, Easton	Centennial - Welland	22.77m
3	#230 Short, Shannen	Sir Winston Churchill -	20.27m
4	#385 Di Bacco, Mattea	Eden High School - St. Cathari	19.31m
5	#828 Hales, Kaydence	Thorold - Thorold	19.11m
6	#611 Adamson, Sage	Lakeshore Catholic Secondary	16.91m
7	#521 Kasweka, Nyansha	Guido de Bres C.H.S - HWDSB	16.72m
8	#535 Smid, Maria	Guido de Bres C.H.S - HWDSB	15.95m
9	#562 Whitton, Moriah	Hamilton District C.H.S. - HWD	15.89m
10	#326 Arnold, Charlie	Dundas Valley S.S. - HWDSB	13.95m
11	#623 Mueller, Kierstin	Lakeshore Catholic Secondary	13.69m

Girls Javelin Throw Novice

SOSSA: 36.64m 2015-05-21 Trinity Tutti, Eastdale

	Name	School	Finals
Finals			
1	#690 Orr, Cassie	Notre Dame Welland	34.94m

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Finals ... (Girls Javelin Throw Novice)

	Name	School	Finals
2	#481 Van Nynatten, Coco	Grimsby Secondary School	29.27m
3	#498 Robinson, Cassie	Governor Simcoe-St. Catharines	25.30m
4	#385 Di Bacco, Mattea	Eden High School - St. Cathari	25.03m
5	#435 Rungi-Ruston, Ksenia	Greater Fort Erie SS	21.76m
6	#828 Hales, Kaydence	Thorold - Thorold	21.54m
7	#427 Therrien, Ruby	Centennial - Welland	21.19m
8	#904 Warby, Grace	Westmount S.S. - HWDSB	20.34m
9	#380 Zimmerman, Taryn	Dundas Valley S.S. - HWDSB	19.73m
10	#535 Smid, Maria	Guido de Bres C.H.S - HWDSB	19.53m
11	#291 VanVliet, Karlyn	E. L. Crossley - Fonthill	19.27m
12	#623 Mueller, Kierstin	Lakeshore Catholic Secondary	17.24m
13	#292 Veldhuizen, Taylor	E. L. Crossley - Fonthill	16.59m
14	#611 Adamson, Sage	Lakeshore Catholic Secondary	15.70m
15	#732 De Gonia, Olivia	Saint Paul Catholic High Schoo	9.77m

Girls 100 Meter Dash Junior

SOSSA: 12.55 2016-05-19 Cree Bell, Sir Allan McNab

	Name	School	Prelims	H#
Preliminaries				
1	#612 Annunziata, Gianna	Lakeshore Catholic Secondary	13.51 Q	1
2	#330 Bill, Izabella	Dundas Valley S.S. - HWDSB	13.93 Q	2
3	#804 Fehr, Ashlyn	St. Michael Catholic Secondary	13.80 Q	1
4	#781 Munnings, Grace	Smithville Christ HS -Smithvil	14.19 Q	2
5	#626 Spooner, Joseah	Lakeshore Catholic Secondary	14.04 Q	1
6	#320 Coulson, Journey	DSBN Academy - St. Catharines	14.20 Q	2
7	#609 Stifter-Schaeffer, Harmor	ES Saint-Jean-de-Brebeuf-Well	14.27 q	1
8	#865 Massoom, Victoria	Westlane - Niagara Falls	14.36 q	2
9	#329 Bauer, Nora	Dundas Valley S.S. - HWDSB	14.42	2
10	#718 Gonazalez, Maria	Port Colborne HS	14.78	2
11	#122 Millington, Katie	Sir Allan MacNab S.S. - HWDSB	14.80	1
11	#871 Patel, Krisha	Westlane - Niagara Falls	14.80	2
13	#495 Melnychuk, Taisa	Governor Simcoe-St. Catharines	14.89	1
14	#737 McAlpine, Charlotte	Saint Paul Catholic High Schoo	14.99	1

Girls 100 Meter Dash Junior

SOSSA: 12.55 2016-05-19 Cree Bell, Sir Allan McNab

	Name	School	Finals
Finals			
1	#612 Annunziata, Gianna	Lakeshore Catholic Secondary	13.39
2	#804 Fehr, Ashlyn	St. Michael Catholic Secondary	13.68
3	#330 Bill, Izabella	Dundas Valley S.S. - HWDSB	13.79
4	#865 Massoom, Victoria	Westlane - Niagara Falls	14.03
5	#626 Spooner, Joseah	Lakeshore Catholic Secondary	14.20
6	#781 Munnings, Grace	Smithville Christ HS -Smithvil	14.22
7	#320 Coulson, Journey	DSBN Academy - St. Catharines	14.27
8	#609 Stifter-Schaeffer, Harmor	ES Saint-Jean-de-Brebeuf-Well	19.11

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Girls 200 Meter Dash Junior

SOSSA: 25.70 2016-05-19 Cree Bell, Sir Alan McNab

Name	School	Finals	H#
Finals			
1 #184 Thomas, Lauren	Blessed Trinity-Grimsby	26.11	2
2 #612 Annunziata, Gianna	Lakeshore Catholic Secondary	28.13	2
3 #781 Munnings, Grace	Smithville Christ HS -Smithvil	28.61	2
4 #330 Bill, Izabella	Dundas Valley S.S. - HWDSB	28.65	2
5 #804 Fehr, Ashlyn	St. Michael Catholic Secondary	28.87	1
6 #906 Giffen, Iris	Waterdown District - HWDSB	29.35	1
7 #656 Ivri, Michaiah	A.N. Myer - Niagara Falls	29.36	1
8 #903 Turcott, Jessie	Westmount S.S. - HWDSB	29.90	2
9 #718 Gonazalez, Maria	Port Colborne HS	29.93	1
10 #584 VanVliet, Julia	Heritage Christian-Jordan Stat	29.95	2
11 #116 Breukelman, Eva	Great Lakes Christian High	30.11	1
12 #395 Nieuwets, Alyssa	Eden High School - St. Cathari	30.54	1
13 #122 Millington, Katie	Sir Allan MacNab S.S. - HWDSB	30.78	2
14 #267 Jones, Olivia	E. L. Crossley - Fonthill	30.81	1
15 #670 Bankole, Naomi	Notre Dame Welland	31.80	1

Girls 400 Meter Dash Junior

SOSSA: 58.22 2014-05-22 Jenna Smith, Highland

Name	School	Finals	H#
Finals			
1 #184 Thomas, Lauren	Blessed Trinity-Grimsby	1:02.10	2
2 #584 VanVliet, Julia	Heritage Christian-Jordan Stat	1:08.21	2
3 #613 Basilio, Alyssa	Lakeshore Catholic Secondary	1:08.82	2
4 #706 Sewell, Ainjel	Nora Francis Henderson S.S. -	1:09.14	1
5 #585 VanZanten, Annemiek	Heritage Christian-Jordan Stat	1:09.24	2
6 #876 Sarfraz, Shahnoor	Westlane - Niagara Falls	1:09.58	2
7 #759 Thorsen-Cavers, Zoe	Sherwood S.S. - HWDSB	1:10.44	1
8 #420 Nguyen, Izzy	Centennial - Welland	1:10.97	2
9 #903 Turcott, Jessie	Westmount S.S. - HWDSB	1:11.34	2
10 #539 Van Raalte, Abigail	Guido de Bres C.H.S - HWDSB	1:12.07	1
10 #116 Breukelman, Eva	Great Lakes Christian High	1:12.07	2
12 #414 Gichard, Megan	Centennial - Welland	1:13.72	1
13 #497 Radimer, Elinore	Governor Simcoe-St. Catharines	1:14.73	1
14 #800 Dever, Peyton	St. Michael Catholic Secondary	1:18.17	1

Girls 800 Meter Run Junior

SOSSA: 2:19.68 2010-05-20 Allannah MacDonald, E.L.Crossley

Name	School	Finals	H#
Finals			
1 #616 Buri, Carolyn	Lakeshore Catholic Secondary	2:26.40	2
2 #652 Etezadi, Kristina	A.N. Myer - Niagara Falls	2:28.71	2
3 #134 Giannou, Vanessa	Ancaster High School - HWDSB	2:33.07	2
4 #195 Brendzy, Abigail	Sir Winston Churchill -	2:38.08	2
5 #394 Moran, Claire	Eden High School - St. Cathari	2:38.15	1
6 #127 Bekdache, Shirine	Ancaster High School - HWDSB	2:39.95	2
7 #360 Nyakundi, Sylvia	Dundas Valley S.S. - HWDSB	2:44.50	2
8 #286 Stacey, Sarah	E. L. Crossley - Fonthill	2:44.72	2

**SOSSA Championship Meet
Centennial Welland
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Finals ... (Girls 800 Meter Run Junior)

Name	School	Finals	H#
9 #585 VanZanten, Annemiek	Heritage Christian-Jordan Stat	2:51.66	1
10 #256 Collins, Alexis	E. L. Crossley - Fonthill	3:06.25	1
11 #212 Li, Lulu	Sir Winston Churchill -	3:09.30	1

Girls 1500 Meter Run Junior

SOSSA: 4:46.01 2005-05-19 Kelsey Slater, Grimsby

Name	School	Finals
Finals		
1 #158 Cino, Sophia	Blessed Trinity-Grimsby	4:55.42
2 #652 Etezadi, Kristina	A.N. Myer - Niagara Falls	5:01.37
3 #616 Buri, Carolyn	Lakeshore Catholic Secondary	5:01.99
4 #386 Dilalla, Chloe	Eden High School - St. Cathari	5:06.62
5 #134 Giannou, Vanessa	Ancaster High School - HWDSB	5:12.84
6 #195 Brendzy, Abigail	Sir Winston Churchill -	5:33.99
7 #127 Bekdache, Shirine	Ancaster High School - HWDSB	5:34.79
8 #360 Nyakundi, Sylvia	Dundas Valley S.S. - HWDSB	5:39.27
9 #286 Stacey, Sarah	E. L. Crossley - Fonthill	5:41.72
10 #651 Douma, Madison	A.N. Myer - Niagara Falls	5:43.25
11 #397 Rigby, Annika	Eden High School - St. Cathari	5:53.17
12 #213 Maredia, Anna	Sir Winston Churchill -	5:59.56
13 #905 Duncan, Stella	Waterdown District - HWDSB	6:04.48
14 #595 Bremner, Addison	ES Saint-Jean-de-Brebeuf-Well	6:24.65
15 #815 Tries, Diana	St. Michael Catholic Secondary	6:37.35

Girls 3000 Meter Run Junior

SOSSA: 10:38.76 2011-05-19 Phoebe Cseresnyes, Westdale

Name	School	Finals
Finals		
1 #158 Cino, Sophia	Blessed Trinity-Grimsby	11:34.68
2 #386 Dilalla, Chloe	Eden High School - St. Cathari	11:52.14
3 #213 Maredia, Anna	Sir Winston Churchill -	13:36.44
4 #229 Scott, Keira	Sir Winston Churchill -	13:49.63

Girls 80 Meter Hurdles Junior

SOSSA: 11.77 2017-05-18 Sarah Saldutto, Notre Dame

Name	School	Finals
Finals		
1 #865 Massoom, Victoria	Westlane - Niagara Falls	13.15
2 #345 Kosempel, Megan	Dundas Valley S.S. - HWDSB	16.24
3 #263 Hildebrandt, Regan	E. L. Crossley - Fonthill	16.26
4 #531 Schenkel, Rebecca	Guido de Bres C.H.S - HWDSB	16.43
5 #626 Spooner, Joseah	Lakeshore Catholic Secondary	16.69
6 #895 Major, Noella	Westmount S.S. - HWDSB	16.82

Girls 300 Meter Hurdles Junior

SOSSA: 46.00 2011-05-19 Mary Ollier, Grimsby

Name	School	Finals	H#
Finals			
1 #192 Berner, Charlotte	Sir Winston Churchill -	51.44	2
2 #612 Annunziata, Gianna	Lakeshore Catholic Secondary	53.61	2
3 #263 Hildebrandt, Regan	E. L. Crossley - Fonthill	55.08	2

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Girls 300 Meter Hurdles Junior)

Name	School	Finals	H#
4 #394 Moran, Claire	Eden High School - St. Cathari	56.13	2
5 #345 Kosempel, Megan	Dundas Valley S.S. - HWDSB	59.81	1
6 #448 Kilty, Jordyn	Saint Francis-St. Cath	59.82	2
7 #895 Major, Noella	Westmount S.S. - HWDSB	1:02.60	1
8 #355 Murphy, Leah	Dundas Valley S.S. - HWDSB	1:06.98	1

Girls 4x100 Meter Relay Junior

SOSSA: 51.08 2015-05-21 Notre Dame College, Niagara Falls

Team	Relay	Finals	H#
Finals			
1 E. L. Crossley - Fonthill		55.16	2
1) #267 Jones, Olivia	2) #253 Brenzil, Izzy	3) #256 Collins, Alexis	4) #285 Simmonds, L'Jayah
5) #263 Hildebrandt, Regan	6) #291 VanVliet, Karlyn		
2 A.N. Myer - Niagara Falls		56.17	2
1) #167 Bell, Jaleena	2) #654 Gayet, Laure	3) #656 Ivri, Michaiah	4) #661 Richards, Brianna
5) #667 West, Raine			
3 Dundas Valley S.S. - HWDSB		56.21	2
1) #328 Baker, Peyton	2) #330 Bill, Izabella	3) #329 Bauer, Nora	4) #345 Kosempel, Megan
5) #360 Nyakundi, Sylvia	6) #357 Neiser, Caitlin		
4 Westmount S.S. - HWDSB		57.17	2
1) #896 Marsden, Ella	2) #898 Miller, Alexis	3) #891 Hoath, Madeline	4) #903 Turcott, Jessie
5) #882 Bernard, Grace	6) #881 Bernal, Sofia		
5 Westlane - Niagara Falls		57.25	2
1) #876 Sarfraz, Shahnoor	2) #859 Cebic, Katarina	3) #871 Patel, Krisha	4) #865 Massoom, Victoria
5) #858 Caswell, Mackenzie			
6 Eden High School - St. Cathari		57.98	2
1) #397 Rigby, Annika	2) #381 Ankersmit, Reese	3) #395 Nieuwets, Alyssa	4) #394 Moran, Claire
7 Waterdown District - HWDSB		58.45	1
1) #920 Hunter, Ashley	2) #911 Nicholason, Alex	3) #906 Giffen, Iris	4) #908 Maxwell, Jadyne
8 Centennial - Welland		58.65	2
1) #409 Cesar, Neila	2) #420 Nguyen, Izzy	3) #917 Bednar, Laura	4) #918 Brereton, Brianna
5) #427 Therrien, Ruby			
9 Bernie Custis S.S. - HWDSB		59.16	1
1) #144 Croft-Porter, Janayah	2) #146 Iaguerve, Nelphenise	3) #148 Samuel, Shanya	4) #147 Russell, Kate
10 Governor Simcoe-St. Catharine		59.48	1
1) #484 Black, Allison	2) #490 Gowling, Hannah	3) #493 McCready, Sheridan	4) #495 Melnychuk, Taisa
5) #496 Neumann, Ava	6) #497 Radimer, Elinore		
11 Sir Winston Churchill -		1:00.70	1
1) #187 Aljourmi, Aya	2) #188 Aljourmi, Sofia	3) #192 Berner, Charlotte	4) #199 Derksen, Bella
5) #227 Sappleton, Alynah			
12 Great Lakes Christian High		1:00.89	1
1) #116 Breukelman, Eva	2) #120 Wu, Fiona	3) #118 Richards, Arianna	4) #117 Kizito, Ella
5) #119 Trujillo, Sofia			
13 Notre Dame Welland		1:02.47	1
1) #682 Imotsikene, Stacey	2) #673 Bonello, Karen	3) #688 Miscalin, Anneisha	4) #670 Bankole, Naomi

Girls High Jump Junior

SOSSA: 1.70m 2017-05-18 Autumn Biggar, Beamsville DSS

Name	School	Finals
Finals		
1 #496 Neumann, Ava	Governor Simcoe-St. Catharines	J1.44m
2 #397 Rigby, Annika	Eden High School - St. Cathari	J1.40m
2 #511 Dejager, Emily	Guido de Bres C.H.S - HWDSB	J1.40m

**SOSSA Championship Meet
Centennial Welland
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Finals ... (Girls High Jump Junior)

Name	School	Finals
4 #463 Forrest, Bailey	Grimsby Secondary School	J1.40m
5 #531 Schenkel, Rebecca	Guido de Bres C.H.S - HWDSB	J1.35m
6 #768 Gerryts, Esther	Smithville Christ HS -Smithvil	J1.25m
7 #794 Carruthers, Caitlyn	St. Michael Catholic Secondary	J1.30m

Girls Pole Vault Junior

SOSSA: 3.30m 2014-05-22 Makiah Hunt, St. Michael

Name	School	Finals
Finals		
1 #192 Berner, Charlotte	Sir Winston Churchill -	J2.40m
2 #267 Jones, Olivia	E. L. Crossley - Fonthill	J2.20m
3 #256 Collins, Alexis	E. L. Crossley - Fonthill	J2.00m
4 #349 Lowe, Sophia	Dundas Valley S.S. - HWDSB	J1.80m
4 #263 Hildebrandt, Regan	E. L. Crossley - Fonthill	J1.80m
6 #347 Lawson, Eileen	Dundas Valley S.S. - HWDSB	J1.80m

Girls Long Jump Junior

SOSSA: 5.33m 2014-05-22 Brittany Stenekes, Highland

Name	School	Finals
Finals		
1 #253 Brenzil, Izzy	E. L. Crossley - Fonthill	5.01m
2 #320 Coulson, Journey	DSBN Academy - St. Catharines	4.84m
3 #865 Massoom, Victoria	Westlane - Niagara Falls	4.38m
4 #626 Spooner, Joseah	Lakeshore Catholic Secondary	4.36m
5 #651 Douma, Madison	A.N. Myer - Niagara Falls	4.30m
6 #116 Breukelman, Eva	Great Lakes Christian High	4.27m
7 #804 Fehr, Ashlyn	St. Michael Catholic Secondary	4.11m
8 #463 Forrest, Bailey	Grimsby Secondary School	4.03m
9 #493 McCready, Sheridan	Governor Simcoe-St. Catharines	3.99m
10 #908 Maxwell, Jady	Waterdown District - HWDSB	3.82m
11 #546 Witten, Ava	Guido de Bres C.H.S - HWDSB	3.75m
12 #347 Lawson, Eileen	Dundas Valley S.S. - HWDSB	3.61m
13 #806 Hainstock, Alana	St. Michael Catholic Secondary	3.44m
14 #808 Lococo, Lily	St. Michael Catholic Secondary	3.04m
15 #349 Lowe, Sophia	Dundas Valley S.S. - HWDSB	2.94m

Girls Triple Jump Junior

SOSSA: 11.09m 2010-05-20 Mireille Musca, Blessed Trinity

Name	School	Finals
Finals		
1 #320 Coulson, Journey	DSBN Academy - St. Catharines	10.43m
2 #192 Berner, Charlotte	Sir Winston Churchill -	10.06m
3 #381 Ankersmit, Reese	Eden High School - St. Cathari	9.45m
4 #448 Kilty, Jordyn	Saint Francis-St. Cath	9.43m
5 #906 Giffen, Iris	Waterdown District - HWDSB	9.39m
6 #493 McCready, Sheridan	Governor Simcoe-St. Catharines	9.08m
7 #267 Jones, Olivia	E. L. Crossley - Fonthill	8.90m
8 #651 Douma, Madison	A.N. Myer - Niagara Falls	8.76m
9 #347 Lawson, Eileen	Dundas Valley S.S. - HWDSB	8.59m
10 #419 Maguire, Sarah	Centennial - Welland	8.52m

**SOSSA Championship Meet
Centennial Welland
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Finals ... (Girls Triple Jump Junior)

Name	School	Finals
11 #349 Lowe, Sophia	Dundas Valley S.S. - HWDSB	8.34m
--- #511 Dejager, Emily	Guido de Bres C.H.S - HWDSB	DQ

Girls Shot Put Junior

SOSSA: 16.18m 2016-05-19 Trinity Tutti, Eastdale

Name	School	Finals
Finals		
1 #253 Brenzil, Izzy	E. L. Crossley - Fonthill	10.67m
2 #915 Woo, Katie	Waterdown District - HWDSB	9.28m
3 #410 Clark, Lauren	Centennial - Welland	8.92m
4 #524 Kuizenga, Courtney	Guido de Bres C.H.S - HWDSB	8.76m
5 #189 Alsahli, Isra	Sir Winston Churchill -	8.59m
6 #808 Lococo, Lily	St. Michael Catholic Secondary	8.42m
7 #670 Bankole, Naomi	Notre Dame Welland	8.39m
8 #743 Bennie, Faith	Sherwood S.S. - HWDSB	8.15m
9 #246 Ambersle, Kendra	E. L. Crossley - Fonthill	7.35m
10 #794 Carruthers, Caitlyn	St. Michael Catholic Secondary	7.23m
11 #729 Plamandon, Emma	St. Catharines Collegiate	7.20m
12 #682 Imotsikene, Stacey	Notre Dame Welland	7.09m
13 #293 Whiteley, Hailey	E. L. Crossley - Fonthill	6.33m
14 #322 Aicken, Bella	Dundas Valley S.S. - HWDSB	6.10m
15 #499 Shaw, Kairi	Governor Simcoe-St. Catharines	5.22m

Girls Discus Throw Junior

SOSSA: 45.72m 2015-05-21 Grace Tennent, South Lincoln Smithville

Name	School	Finals
Finals		
1 #294 Young, Ava	E. L. Crossley - Fonthill	24.96m
2 #410 Clark, Lauren	Centennial - Welland	23.06m
3 #531 Schenkel, Rebecca	Guido de Bres C.H.S - HWDSB	20.34m
4 #524 Kuizenga, Courtney	Guido de Bres C.H.S - HWDSB	19.78m
5 #246 Ambersle, Kendra	E. L. Crossley - Fonthill	19.26m
6 #808 Lococo, Lily	St. Michael Catholic Secondary	17.95m
7 #293 Whiteley, Hailey	E. L. Crossley - Fonthill	17.47m
8 #189 Alsahli, Isra	Sir Winston Churchill -	16.77m
9 #499 Shaw, Kairi	Governor Simcoe-St. Catharines	13.16m

Girls Javelin Throw Junior

SOSSA: 38.84m 2014-05-22 Alexis Brenzil, Centennial - Welland

Name	School	Finals
Finals		
1 #294 Young, Ava	E. L. Crossley - Fonthill	32.16m
2 #903 Turcott, Jessie	Westmount S.S. - HWDSB	28.22m
3 #322 Aicken, Bella	Dundas Valley S.S. - HWDSB	24.61m
4 #524 Kuizenga, Courtney	Guido de Bres C.H.S - HWDSB	22.50m
5 #448 Kilty, Jordyn	Saint Francis-St. Cath	21.23m
6 #253 Brenzil, Izzy	E. L. Crossley - Fonthill	21.18m
7 #729 Plamandon, Emma	St. Catharines Collegiate	21.03m
8 #389 Harmsworth, Anna	Eden High School - St. Cathari	19.44m
9 #419 Maguire, Sarah	Centennial - Welland	16.94m

**SOSSA Championship Meet
Centennial Welland
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Finals ... (Girls Javelin Throw Junior)

	Name	School	Finals
10	#189 Alsahli, Isra	Sir Winston Churchill -	16.31m
11	#293 Whiteley, Hailey	E. L. Crossley - Fonthill	14.95m
12	#499 Shaw, Kairi	Governor Simcoe-St. Catharines	11.94m

Girls 100 Meter Dash Senior

SOSSA: 12.30 2017-05-18 Kendra Leger, Notre Dame

	Name	School	Prelims	H#
Preliminaries				
1	#143 Vincic, Kristina	Ancaster High School - HWDSB	12.54 Q	2
2	#262 Hall, Kennedy	E. L. Crossley - Fonthill	13.14 Q	1
3	#899 Ogunyemi, Michelle	Westmount S.S. - HWDSB	13.25 Q	2
4	#809 Manlow, Jaime	St. Michael Catholic Secondary	13.35 Q	1
5	#589 Wagter, Emily	Heritage Christian-Jordan Stat	13.49 Q	1
6	#914 Watkins, Katelyn	Waterdown District - HWDSB	13.62 Q	2
7	#436 Soso, Doniyah	Greater Fort Erie SS	13.72 q	2
8	#704 Robertson, Ashanti	Nora Francis Henderson S.S. -	13.81 q	2
9	#280 Rice, Sarah	E. L. Crossley - Fonthill	13.92	1
10	#605 Philome, Rose-Arielle	ES Saint-Jean-de-Brebeuf-Well	14.02	1
11	#796 Croxen, Heavynn-Liegh	St. Michael Catholic Secondary	14.46	2
12	#569 Heiberg, Lillian	Heritage Christian-Jordan Stat	14.54	1
13	#400 Thiessen, Hannah	Eden High School - St. Cathari	14.60	2
14	#678 Gill, Danysha	Notre Dame Welland	14.64	1
15	#795 Cavalleri, Callasandra	St. Michael Catholic Secondary	15.40	1
16	#233 Tang, Leah	Sir Winston Churchill -	15.73	2

Girls 100 Meter Dash Senior

SOSSA: 12.30 2017-05-18 Kendra Leger, Notre Dame

	Name	School	Finals
Finals			
1	#143 Vincic, Kristina	Ancaster High School - HWDSB	12.67
2	#262 Hall, Kennedy	E. L. Crossley - Fonthill	13.31
3	#809 Manlow, Jaime	St. Michael Catholic Secondary	13.40
4	#899 Ogunyemi, Michelle	Westmount S.S. - HWDSB	13.61
5	#589 Wagter, Emily	Heritage Christian-Jordan Stat	13.71
6	#436 Soso, Doniyah	Greater Fort Erie SS	13.79
7	#704 Robertson, Ashanti	Nora Francis Henderson S.S. -	14.10

Girls 200 Meter Dash Senior

SOSSA: 25.20 2016-05-19 Jenna Smith, Dundas Valley

	Name	School	Finals	H#
Finals				
1	#143 Vincic, Kristina	Ancaster High School - HWDSB	25.12	2
2	#758 Sutherland-Case, Maeve	Sherwood S.S. - HWDSB	26.72	2
3	#262 Hall, Kennedy	E. L. Crossley - Fonthill	27.19	2
4	#532 Scholtens, Ava	Guido de Bres C.H.S - HWDSB	27.26	2
5	#809 Manlow, Jaime	St. Michael Catholic Secondary	27.37	2
6	#644 Kugler, Grace	Laura Secord - St. Catharines	27.66	2
7	#436 Soso, Doniyah	Greater Fort Erie SS	27.67	1
8	#778 May, Mikayla	Smithville Christ HS -Smithvil	27.87	2
9	#280 Rice, Sarah	E. L. Crossley - Fonthill	28.24	1

**SOSSA Championship Meet
Centennial Welland
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Finals ... (Girls 200 Meter Dash Senior)

Name	School	Finals	H#
10 #589 Wagter, Emily	Heritage Christian-Jordan Stat	28.37	1
11 #191 Belanger, Alissa	Sir Winston Churchill -	29.45	1
12 #665 Thomson, Payton	A.N. Myer - Niagara Falls	29.80	1
13 #615 Brewster, Haley	Lakeshore Catholic Secondary	29.81	1
14 #795 Cavalleri, Callasandra	St. Michael Catholic Secondary	31.27	1
15 #677 Foote, Ai-Jah	Notre Dame Welland	32.77	1

Girls 400 Meter Dash Senior

SOSSA: 57.05 2016-05-19 Jenna Smith, Dundas Valley

Name	School	Finals	H#
Finals			
1 #205 Goveia, Isabella	Sir Winston Churchill -	1:00.04	2
2 #914 Watkins, Katelyn	Waterdown District - HWDSB	1:01.50	2
3 #863 Jackson, Abby	Westlane - Niagara Falls	1:01.77	2
4 #758 Sutherland-Case, Maeve	Sherwood S.S. - HWDSB	1:02.03	2
5 #836 Erin, Lou	Westdale S.S. - HWDSB	1:04.57	2
6 #907 Hood, Hailey	Waterdown District - HWDSB	1:07.53	2
7 #665 Thomson, Payton	A.N. Myer - Niagara Falls	1:07.91	1
8 #816 Watson, Avary	St. Michael Catholic Secondary	1:08.65	1
9 #473 Morrison, Hannah	Grimsby Secondary School	1:08.92	1
10 #635 Abusaleemeh, Lamar	Laura Secord - St. Catharines	1:14.89	1
11 #183 Stancati, Mya	Blessed Trinity-Grimsby	1:17.42	1
12 #297 Adeboye, Christable	Denis Morris Catholic High Sch	1:21.12	1
13 #606 Savoury, Seanna	ES Saint-Jean-de-Brebeuf-Well	1:26.81	1
--- #456 Steiger, Adeline	Saint Francis-St. Cath	DNF	2

Girls 800 Meter Run Senior

SOSSA: 2:14.76 2010-05-20 Michelle Molodynia, An Myer

Name	School	Finals	H#
Finals			
1 #205 Goveia, Isabella	Sir Winston Churchill -	2:19.12	2
2 #843 Keller, Florina	Westdale S.S. - HWDSB	2:20.53	2
3 #462 Clark, Lexi	Grimsby Secondary School	2:24.89	2
4 #818 Boisvert, Jade	Stamford - Niagara Falls	2:28.17	2
5 #456 Steiger, Adeline	Saint Francis-St. Cath	2:37.09	2
6 #554 Jonker, Hayley	Hamilton District C.H.S. - HWD	2:38.62	2
7 #816 Watson, Avary	St. Michael Catholic Secondary	2:39.40	2
8 #387 Esau, Emma	Eden High School - St. Cathari	2:39.98	1
9 #834 Castillo, Karen	Westdale S.S. - HWDSB	2:41.06	1
10 #138 Myles, Sophie	Ancaster High School - HWDSB	2:41.60	1
11 #606 Savoury, Seanna	ES Saint-Jean-de-Brebeuf-Well	2:54.14	1
12 #821 Kelly, Hannah	Stamford - Niagara Falls	3:08.95	1
13 #798 D'Aiuto, Olivia	St. Michael Catholic Secondary	3:26.61	1
--- #231 Summers, Sarah	Sir Winston Churchill -	DNF	1

Girls 1500 Meter Run Senior

SOSSA: 4:41.60 2007-05-24 Jillian Wyman, Westdale

Name	School	Finals	H#
Finals			
1 #843 Keller, Florina	Westdale S.S. - HWDSB	4:53.95	

**SOSSA Championship Meet
Centennial Welland
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Finals ... (Girls 1500 Meter Run Senior)

Name	School	Finals
2 #604 Nickel, Alexandra	ES Saint-Jean-de-Brebeuf-Well	5:01.20
3 #818 Boisvert, Jade	Stamford - Niagara Falls	5:12.46
4 #456 Steiger, Adeline	Saint Francis-St. Cath	5:23.22
5 #520 Kampen, Taylor	Guido de Bres C.H.S - HWDSB	5:23.95
6 #554 Jonker, Hayley	Hamilton District C.H.S. - HWD	5:25.20
7 #387 Esau, Emma	Eden High School - St. Cathari	5:25.70
8 #121 Dietrich, Hannah	Sir Allan MacNab S.S. - HWDSB	5:27.32
9 #176 Pogoda, Laura	Blessed Trinity-Grimsby	5:56.60
10 #606 Savoury, Seanna	ES Saint-Jean-de-Brebeuf-Well	5:57.87
11 #791 Woodland, Hannah	Smithville Christ HS -Smithvil	5:57.89
12 #639 Cirusuolo, Angelina	Laura Secord - St. Catharines	6:09.10
13 #300 Bagozzi, Emma	Denis Morris Catholic High Sch	6:36.31
--- #231 Summers, Sarah	Sir Winston Churchill -	DNF

Girls 3000 Meter Run Senior

SOSSA: 10:19.95 2014-05-22 Laura Korsmit, Holy Cross

Name	School	Finals
Finals		
1 #379 Zalepa, Hildy	Dundas Valley S.S. - HWDSB	11:21.40
2 #364 Rotsaert-Smith, Quincy	Dundas Valley S.S. - HWDSB	11:47.70
3 #902 Till, Mia	Westmount S.S. - HWDSB	12:19.70
4 #237 Vermue, Brianna	Sir Winston Churchill -	12:43.40
5 #791 Woodland, Hannah	Smithville Christ HS -Smithvil	12:45.30
6 #639 Cirusuolo, Angelina	Laura Secord - St. Catharines	13:05.00
7 #176 Pogoda, Laura	Blessed Trinity-Grimsby	13:39.00
8 #398 Rigby, Ellise	Eden High School - St. Cathari	13:43.80
9 #798 D'Aiuto, Olivia	St. Michael Catholic Secondary	14:29.40

Girls 100 Meter Hurdles Senior

SOSSA: 13.87 2016-05-19 Brittany Stenekes, Dundas Valley

Name	School	Prelims	H#
Preliminaries			
1 #802 Elliot, Kalista	St. Michael Catholic Secondary	15.47 Q	2
2 #644 Kugler, Grace	Laura Secord - St. Catharines	15.97 Q	1
3 #316 Smith, Mychena	Denis Morris Catholic High Sch	16.86 Q	1
4 #615 Brewster, Haley	Lakeshore Catholic Secondary	19.06 Q	2
5 #436 Soso, Doniyah	Greater Fort Erie SS	19.22 Q	2
6 #569 Heiberg, Lillian	Heritage Christian-Jordan Stat	20.02 Q	1
7 #899 Ogunyemi, Michelle	Westmount S.S. - HWDSB	19.28 q	2
8 #346 Kreuger, Payton	Dundas Valley S.S. - HWDSB	20.06 q	1
9 #565 Bultje, Gloria	Heritage Christian-Jordan Stat	20.28	1
10 #264 Holmes, Hannah	E. L. Crossley - Fonthill	21.36	2
11 #413 Gibson, Jessica	Centennial - Welland	21.96	1
12 #522 Knegt, Meah	Guido de Bres C.H.S - HWDSB	22.57	2
13 #513 Dekker, Jenna	Guido de Bres C.H.S - HWDSB	22.64	2

**SOSSA Championship Meet
Centennial Welland
Results**

Girls 100 Meter Hurdles Senior

SOSSA: 13.87 2016-05-19 Brittany Stenekes, Dundas Valley

Name	School	Finals
Finals		
1 #802 Elliot, Kalista	St. Michael Catholic Secondary	15.39
2 #644 Kugler, Grace	Laura Secord - St. Catharines	16.01
3 #316 Smith, Mychena	Denis Morris Catholic High Sch	17.26
4 #899 Ogunyemi, Michelle	Westmount S.S. - HWDSB	18.34
5 #615 Brewster, Haley	Lakeshore Catholic Secondary	19.27
6 #436 Soso, Doniyah	Greater Fort Erie SS	19.33
7 #346 Kreuger, Payton	Dundas Valley S.S. - HWDSB	19.91
8 #569 Heiberg, Lillian	Heritage Christian-Jordan Stat	20.39

Girls 400 Meter Hurdles Senior

SOSSA: 1:05.28 2018-05-24 Sienna Lalonde, Grimsby

Name	School	Finals	H#
Finals			
1 #316 Smith, Mychena	Denis Morris Catholic High Sch	1:14.24	2
2 #136 Lazenby, Sydney	Ancaster High School - HWDSB	1:16.15	2
3 #902 Till, Mia	Westmount S.S. - HWDSB	1:18.68	2
4 #264 Holmes, Hannah	E. L. Crossley - Fonthill	1:23.40	2
5 #359 Norris, Emma	Dundas Valley S.S. - HWDSB	1:23.67	2
6 #204 Fowler, Olajiire	Sir Winston Churchill -	1:26.37	2
7 #126 Beale, Kylah	Ancaster High School - HWDSB	1:27.90	1
8 #434 John, Tatiana	Greater Fort Erie SS	1:34.19	1
9 #413 Gibson, Jessica	Centennial - Welland	1:34.74	1
10 #769 Graham, Laurel	Smithville Christ HS -Smithvil	1:35.18	2

Girls 4x100 Meter Relay Senior

SOSSA: 49.83 2016-05-19 Dundas Valley, Dundas

Team	Relay	Finals	H#
Finals			
1 Westmount S.S. - HWDSB		53.55	2
1) #889 Hayter, Vivien	2) #897 Martin, Madeline	3) #884 Clark, Sydney	4) #899 Ogunyemi, Michelle
5) #888 Gershkovich, Ester			
2 E. L. Crossley - Fonthill		54.33	2
1) #262 Hall, Kennedy	2) #280 Rice, Sarah	3) #251 Bolibruck, Maiya	4) #283 Shepherd, Jinja
5) #264 Holmes, Hannah	6) #266 Johnstone, Callie		
3 Smithville Christ HS -Smithvil		56.10	2
1) #778 May, Mikayla	2) #764 Breukelman, Alia	3) #779 McMullin, Kaitlyn	4) #781 Munnings, Grace
5) #789 VanStaalduinen, Morga	6) #763 Bennett-Chamberlain, :		
4 Heritage Christian-Jordan Stat		56.56	1
1) #589 Wagter, Emily	2) #565 Bultje, Gloria	3) #584 VanVliet, Julia	4) #569 Heiberg, Lillian
5) #593 Ybema, Kate	6) #585 VanZanten, Annemiek		
5 Guido de Bres C.H.S - HWDSB		56.69	2
1) #517 Helder, Emmalyne	2) #529 Lof, Marissa	3) #532 Scholtens, Ava	4) #507 Buitenhuis, Jamee
5) #522 Knegt, Meah			
6 Niagara Christian Collegiate		57.54	2
1) #106 Udoh, Itoro	2) #105 Osorio, Alexa	3) #101 Blue, Marley	4) #104 Omigie, Osarieme
5) #922 Chan, Zoe			
7 Westdale S.S. - HWDSB		57.83	2
1) #846 Lou, Erin	2) #837 Fox, Kate	3) #844 Lee, Maya	4) #834 Castillo, Karen
5) #845 Lesiuk, Laura	6) #835 Diaz-Ruiz, Maya		

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Girls 4x100 Meter Relay Senior)

Team	Relay	Finals	H#
8 A.N. Myer - Niagara Falls		58.50	2
1) #916 Bowman, Ainsley	2) #652 Etezadi, Kristina	3) #653 Fedak, Sylvia	4) #665 Thomson, Payton
9 Denis Morris Catholic High Sc		59.94	1
1) #297 Adeboye, Christable	2) #296 Adeboye, Angel	3) #316 Smith, Mychena	4) #299 Ayoola, Haliyat
5) #317 Taylor, Angela	6) #300 Bagozzi, Emma		
10 Sir Winston Churchill -		1:00.87	1
1) #191 Belanger, Alissa	2) #196 Chan, Sarah	3) #204 Fowler, Olajiire	4) #216 Millin, Kennedy
5) #232 Taj, Maryam	6) #233 Tang, Leah		

Girls High Jump Senior

SOSSA: 1.72m 2010-05-20 Emma Siuciak, EL Crossley

Name	School	Finals
Finals		
1 #763 Bennett-Chamberlain, Sa	Smithville Christ HS -Smithvil	1.45m
2 #382 Davidson, Olivia	Eden High School - St. Cathari	1.40m
3 #605 Philome, Rose-Arielle	ES Saint-Jean-de-Brebeuf-Well	1.35m
4 #830 Rowland, Sami	Thorold - Thorold	1.15m

Girls Pole Vault Senior

SOSSA: 3.30m 2015-05-21 Makiah Hunt, St. Michael

Name	School	Finals
Finals		
1 #251 Bolibruck, Maiya	E. L. Crossley - Fonthill	2.40m
2 #340 Galer, Shelby	Dundas Valley S.S. - HWDSB	2.10m
3 #354 Merry, Sarah	Dundas Valley S.S. - HWDSB	1.80m

Girls Long Jump Senior

SOSSA: 5.62m 2016-05-19 Brittany Stenekes, Dundas Valley

Name	School	Finals
Finals		
1 #802 Elliot, Kalista	St. Michael Catholic Secondary	5.23m
2 #143 Vincic, Kristina	Ancaster High School - HWDSB	5.10m
3 #889 Hayter, Vivien	Westmount S.S. - HWDSB	5.05m
4 #605 Philome, Rose-Arielle	ES Saint-Jean-de-Brebeuf-Well	4.93m
5 #551 Haan, Isabelle	Hamilton District C.H.S. - HWD	4.82m
6 #262 Hall, Kennedy	E. L. Crossley - Fonthill	4.76m
7 #589 Wagter, Emily	Heritage Christian-Jordan Stat	4.58m
8 #778 May, Mikayla	Smithville Christ HS -Smithvil	4.52m
9 #796 Croxen, Heavynn-Liegh	St. Michael Catholic Secondary	4.31m
10 #474 Nasby, Charlise	Grimsby Secondary School	4.29m
11 #446 Jones, Emma	Saint Francis-St. Cath	4.17m
12 #792 Zondag, Daniella	Smithville Christ HS -Smithvil	4.10m
13 #283 Shepherd, Jinja	E. L. Crossley - Fonthill	3.89m

Girls Triple Jump Senior

SOSSA: 11.60m 2015-05-21 Sara Kovac, Eden HS

Name	School	Finals
Finals		
1 #802 Elliot, Kalista	St. Michael Catholic Secondary	10.96m
2 #778 May, Mikayla	Smithville Christ HS -Smithvil	10.39m
3 #551 Haan, Isabelle	Hamilton District C.H.S. - HWD	9.33m

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Girls Triple Jump Senior)

	Name	School	Finals
4	#792 Zondag, Daniella	Smithville Christ HS -Smithvil	8.81m
5	#769 Graham, Laurel	Smithville Christ HS -Smithvil	7.04m

Girls Shot Put Senior

SOSSA: 14.39m 2018-05-24 Trinity Tutti, Eastdale

	Name	School	Finals
Finals			
1	#723 Sneek, Sheridan	Port Colborne HS	9.58m
2	#365 Rounq, Serena	Dundas Valley S.S. - HWDSB	9.44m
3	#382 Davidson, Olivia	Eden High School - St. Cathari	8.88m
4	#809 Manlow, Jaime	St. Michael Catholic Secondary	8.75m
5	#617 Carvalho, Madison	Lakeshore Catholic Secondary	8.46m
6	#756 Speziale, Charlotte	Sherwood S.S. - HWDSB	8.16m
7	#513 Dekker, Jenna	Guido de Bres C.H.S - HWDSB	8.07m
8	#247 Andrew, Ella	E. L. Crossley - Fonthill	7.93m
9	#248 Belding, Mackenna	E. L. Crossley - Fonthill	7.82m
10	#508 Datema, Renata	Guido de Bres C.H.S - HWDSB	7.61m

Girls Discus Throw Senior

SOSSA: 51.04m 2017-05-18 Trinity Tutti, Eastdale

	Name	School	Finals
Finals			
1	#430 Wright, Alexis	Centennial - Welland	28.27m
2	#439 Atkinson, Hailey	Saint Francis-St. Cath	27.60m
3	#365 Rounq, Serena	Dundas Valley S.S. - HWDSB	26.70m
4	#352 McDonald, Tyler	Dundas Valley S.S. - HWDSB	26.42m
5	#248 Belding, Mackenna	E. L. Crossley - Fonthill	25.33m
6	#413 Gibson, Jessica	Centennial - Welland	23.17m
7	#617 Carvalho, Madison	Lakeshore Catholic Secondary	21.86m
8	#513 Dekker, Jenna	Guido de Bres C.H.S - HWDSB	21.85m
9	#247 Andrew, Ella	E. L. Crossley - Fonthill	19.79m
10	#376 Wildeman, Katie	Dundas Valley S.S. - HWDSB	19.29m
11	#235 Thanasse, Leah	Sir Winston Churchill -	16.36m
12	#779 McMullin, Kaitlyn	Smithville Christ HS -Smithvil	14.60m

Girls Javelin Throw Senior

SOSSA: 41.25m 2016-05-19 Kambrie Luciani, Centennial - Welland

	Name	School	Finals
Finals			
1	#382 Davidson, Olivia	Eden High School - St. Cathari	29.90m
2	#446 Jones, Emma	Saint Francis-St. Cath	28.80m
3	#365 Rounq, Serena	Dundas Valley S.S. - HWDSB	27.70m
4	#509 Deboer, Leanne	Guido de Bres C.H.S - HWDSB	26.33m
5	#653 Fedak, Sylvia	A.N. Myer - Niagara Falls	26.26m
6	#346 Kreuger, Payton	Dundas Valley S.S. - HWDSB	26.05m
7	#925 Ben Omrane, Sarah	Sir Winston Churchill -	25.78m
8	#439 Atkinson, Hailey	Saint Francis-St. Cath	25.06m
9	#617 Carvalho, Madison	Lakeshore Catholic Secondary	23.30m
10	#735 Harrold, Lily	Saint Paul Catholic High Schoo	18.32m
11	#243 Nahli, Noha	ES Franco-Niagara Welland	17.52m

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Girls Javelin Throw Senior)

Name	School	Finals
12 #926 McTague, Ashlee	Laura Secord - St. Catharines	16.94m
13 #247 Andrew, Ella	E. L. Crossley - Fonthill	13.09m

Girls 2000 Meter Steeplechase Open

SOSSA: 7:30.73 2019-05-22 Kate Knafelc, ELCSS-Fonthill

Name	School	Finals
Finals		
1 #604 Nickel, Alexandra	ES Saint-Jean-de-Brebeuf-Well	7:09.80
2 #462 Clark, Lexi	Grimsby Secondary School	7:57.54
3 #379 Zalepa, Hildy	Dundas Valley S.S. - HWDSB	8:01.27
4 #902 Till, Mia	Westmount S.S. - HWDSB	8:33.16
5 #364 Rotsaert-Smith, Quincy	Dundas Valley S.S. - HWDSB	8:37.25
6 #289 Tarasuk, Sasha	E. L. Crossley - Fonthill	9:21.12
7 #359 Norris, Emma	Dundas Valley S.S. - HWDSB	9:32.25

Girls 4x400 Meter Relay Open

SOSSA: 4:00.00 2019-05-23 E. L. Crossley - Fonthill, ELCSS-Fonthill

T Mitchell, K Knafelc, T Jeffery, S Labricciosa

Team	Relay	Finals	H#
Finals			
1 Westdale S.S. - HWDSB		4:20.25	2
1) #846 Lou, Erin	2) #843 Keller, Florina	3) #834 Castillo, Karen	4) #837 Fox, Kate
5) #847 Luduik-Pikin, Stella	6) #849 Mallany, Dalia		
2 Sir Winston Churchill -		4:21.83	2
1) #192 Berner, Charlotte	2) #193 Boles, Erica	3) #194 Bolibruck, Reese	4) #205 Goveia, Isabella
5) #223 Quinn, Thea	6) #224 Quinn, Zoe		
3 Heritage Christian-Jordan Stat		4:26.72	2
1) #585 VanZanten, Annemiek	2) #584 VanVliet, Julia	3) #570 Hodkingson, Charlotte	4) #566 Burke, Mikaela
5) #593 Ybema, Kate			
4 Dundas Valley S.S. - HWDSB		4:29.81	2
1) #360 Nyakundi, Sylvia	2) #351 McCullagh, Sophia	3) #334 Cameron, Chloe	4) #364 Rotsaert-Smith, Quincy
5) #345 Kosempel, Megan	6) #362 Peaker, Audrey		
5 Sherwood S.S. - HWDSB		4:32.57	2
1) #751 Gordon, Erika	2) #753 Jarrett, Gwenyth	3) #748 Faulkner, Moira	4) #758 Sutherland-Case, Maev
5) #759 Thorsen-Cavers, Zoe			
6 E. L. Crossley - Fonthill		4:35.55	2
1) #262 Hall, Kennedy	2) #253 Brenzil, Izzy	3) #263 Hildebrandt, Regan	4) #286 Stacey, Sarah
5) #254 Brown, Teaghan	6) #266 Johnstone, Callie		
7 Saint Francis-St. Cath		4:48.43	1
1) #456 Steiger, Adeline	2) #450 Mills, Syrah	3) #455 Pylypiw, Syenn	4) #448 Kilty, Jordyn
5) #452 Nazaire, Isabelle			
8 Nora Francis Henderson S.S. -		4:55.06	1
1) #698 Guimaraes, Maria	2) #699 Haalstra, Jayne	3) #705 Ryan, Makenzie	4) #707 Slezak, Breanna
5) #706 Sewell, Ainjel			

Girls 100 Meter Dash Intellectually Imp

SOSSA: 15.14 2019-05-22 Shannon Swinson, BDSS-Beamsville

Name	School	Finals
Finals		
1 #841 Hudgins, Lillyanne	Westdale S.S. - HWDSB	18.74
2 #312 Northeast, Jade	Denis Morris Catholic High Sch	23.46

**SOSSA Championship Meet
Centennial Welland
Results**

Girls Shot Put Intellectually Imp

SOSSA: 8.58m 2019-05-22 Deanna Donnelly, PCHS-Port Colbor

Name	School	Finals
Finals		
1 #312 Northeast, Jade	Denis Morris Catholic High Sch	3.53m

Boys 100 Meter Dash Novice

SOSSA: 11.32 2016-05-19 Myles Misener-Daley, Westdale

Name	School	Prelims	H#
Preliminaries			
1 #275 Nuziato, Lucas	E. L. Crossley - Fonthill	11.63 Q	1
2 #561 Wagter, Brad	Hamilton District C.H.S. - HWD	11.96 Q	2
3 #734 Gbenyo, Ayomide	Saint Paul Catholic High School	11.98 Q	1
4 #323 Alsop, Ian	Dundas Valley S.S. - HWDSB	12.16 Q	2
5 #145 Granger, Joshua	Bernie Custis S.S. - HWDSB	12.19 Q	2
6 #241 Witter, Cory	Sir Winston Churchill -	12.23 Q	1
7 #221 Ojo, Adetunji	Sir Winston Churchill -	12.27 q	2
8 #636 Al Khateeb, Ali	Laura Secord - St. Catharines	12.32 q	2
9 #757 Stephian, Ryan	Sherwood S.S. - HWDSB	12.39	1
10 #257 Darling, Keon	E. L. Crossley - Fonthill	12.45	1
11 #303 Dela Paz, Adriel	Denis Morris Catholic High Sch	12.55	2
12 #155 Phillip, Jaleel	Beamsville - Beamsville	13.09	2
13 #182 Smukavic, Ryan	Blessed Trinity-Grimsby	13.11	1
14 #276 Paquin, Noah	E. L. Crossley - Fonthill	13.23	2
15 #822 Lea-Potter, Logan	Stamford - Niagara Falls	13.39	1
16 #676 DiMario, Dante	Notre Dame Welland	13.57	1

Boys 100 Meter Dash Novice

SOSSA: 11.32 2016-05-19 Myles Misener-Daley, Westdale

Name	School	Finals
Finals		
1 #275 Nuziato, Lucas	E. L. Crossley - Fonthill	11.71
2 #734 Gbenyo, Ayomide	Saint Paul Catholic High School	11.81
3 #561 Wagter, Brad	Hamilton District C.H.S. - HWD	12.15
4 #241 Witter, Cory	Sir Winston Churchill -	12.21
5 #323 Alsop, Ian	Dundas Valley S.S. - HWDSB	12.36
6 #145 Granger, Joshua	Bernie Custis S.S. - HWDSB	12.52
7 #221 Ojo, Adetunji	Sir Winston Churchill -	12.54
8 #636 Al Khateeb, Ali	Laura Secord - St. Catharines	12.60

Boys 200 Meter Dash Novice

SOSSA: 22.99 2016-05-19 Myles Misener-Daley, Westdale

Name	School	Finals	H#
Finals			
1 #734 Gbenyo, Ayomide	Saint Paul Catholic High School	24.93	2
2 #275 Nuziato, Lucas	E. L. Crossley - Fonthill	24.95	1
2 #636 Al Khateeb, Ali	Laura Secord - St. Catharines	24.95	2
4 #145 Granger, Joshua	Bernie Custis S.S. - HWDSB	24.98	2
5 #323 Alsop, Ian	Dundas Valley S.S. - HWDSB	25.05	2
6 #257 Darling, Keon	E. L. Crossley - Fonthill	25.82	1
7 #556 Morris, Elijah	Hamilton District C.H.S. - HWD	26.00	2
8 #303 Dela Paz, Adriel	Denis Morris Catholic High Sch	26.10	2

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Boys 200 Meter Dash Novice)

Name	School	Finals	H#
9 #592 Ybema, Cam	Heritage Christian-Jordan Stat	26.51	1
10 #527 Lanting, John	Guido de Bres C.H.S - HWDSB	26.55	2
11 #161 Fabina, Joshua	Blessed Trinity-Grimbsy	26.90	2
12 #563 Bosma, Lucas	Heritage Christian-Jordan Stat	27.54	1
13 #276 Paquin, Noah	E. L. Crossley - Fonthill	27.64	1
14 #281 Seehagel, Albino	E. L. Crossley - Fonthill	27.90	1
15 #621 McCormack, Jack	Lakeshore Catholic Secondary	29.94	1

Boys 400 Meter Dash Novice

SOSSA: 52.13 2018-05-24 Daniel Reader, Westmount

Name	School	Finals	H#
Finals			
1 #694 Amoo, Deon	Nora Francis Henderson S.S. -	55.87	2
2 #449 Mason, Lucas	Saint Francis-St. Cath	57.50	2
3 #125 Friesen, Josiah	Sir Allan MacNab S.S. - HWDSB	59.05	2
4 #377 Xu, William	Dundas Valley S.S. - HWDSB	59.29	2
5 #457 Tichband, Kester	Saint Francis-St. Cath	59.97	1
6 #442 Fralick, Dryden	Saint Francis-St. Cath	1:00.30	1
7 #488 Forrest, Zachary	Governor Simcoe-St. Catharines	1:00.62	2
8 #478 Schaefer, Tyler	Grimbsy Secondary School	1:00.71	1
9 #776 Koole, Riley	Smithville Christ HS -Smithvil	1:00.85	2
10 #303 Dela Paz, Adriel	Denis Morris Catholic High Sch	1:01.27	2
11 #275 Nuziato, Lucas	E. L. Crossley - Fonthill	1:01.83	1
12 #384 Deng, Kevin	Eden High School - St. Cathari	1:02.06	1
13 #860 Crumblehulme, J.J.	Westlane - Niagara Falls	1:02.91	1
14 #873 Peng, Jamie	Westlane - Niagara Falls	1:07.04	1

Boys 800 Meter Run Novice

SOSSA: 2:02.40 2018-05-24 Eric Campbell, SWC St. Catharines

Name	School	Finals	H#
Finals			
1 #284 Sider, Jackson	E. L. Crossley - Fonthill	2:15.39	2
2 #274 Myers, Max	E. L. Crossley - Fonthill	2:18.61	2
3 #371 Topp, Kyle	Dundas Valley S.S. - HWDSB	2:20.81	2
4 #402 Tomori, Graham	Eden High School - St. Cathari	2:21.46	2
5 #823 Miller, Levi	Stamford - Niagara Falls	2:24.71	2
6 #350 Maga, Tyrus	Dundas Valley S.S. - HWDSB	2:28.82	2
7 #488 Forrest, Zachary	Governor Simcoe-St. Catharines	2:29.52	1
8 #777 May, Connor	Smithville Christ HS -Smithvil	2:33.77	2
9 #685 Markovich, Matthew	Notre Dame Welland	2:36.00	1
10 #739 Therrien-Tomas, Keenan	Saint Paul Catholic High Schoo	2:37.57	1
11 #220 Nixon, Lucas	Sir Winston Churchill -	2:37.99	1
12 #242 Deschamps, Nicolas	ES Franco-Niagara Welland	2:42.65	1
13 #304 Forget, Jordan	Denis Morris Catholic High Sch	3:01.07	1

Boys 1500 Meter Run Novice

SOSSA: 4:16.06 2018-05-24 Eric Campbell, SWC St. Catharines

Name	School	Finals
Finals		
1 #402 Tomori, Graham	Eden High School - St. Cathari	4:43.14

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Boys 1500 Meter Run Novice)

	Name	School	Finals
2	#274 Myers, Max	E. L. Crossley - Fonthill	4:43.27
3	#284 Sider, Jackson	E. L. Crossley - Fonthill	4:43.36
4	#214 Masterson, Owen	Sir Winston Churchill -	4:45.30
5	#552 Hagen, Isaac	Hamilton District C.H.S. - HWD	4:46.31
6	#608 Stark, Ronan	ES Saint-Jean-de-Brebeuf-Well	4:49.45
7	#486 Crowe, Oliver	Governor Simcoe-St. Catharines	4:49.96
8	#350 Maga, Tyrus	Dundas Valley S.S. - HWDSB	4:55.55
9	#901 Thomas, Luke	Westmount S.S. - HWDSB	4:59.07
10	#471 McIntosh, Jackson	Grimsby Secondary School	4:59.59
11	#619 Fraelic, Joseph	Lakeshore Catholic Secondary	5:21.68
12	#823 Miller, Levi	Stamford - Niagara Falls	5:26.16
13	#739 Therrien-Tomas, Keenan	Saint Paul Catholic High Schoo	5:43.45

Boys 3000 Meter Run Novice

SOSSA: 9:27.55 2006-05-18 Mohammed Ahmed, St.Catharines C.I.

	Name	School	Finals
Finals			
1	#214 Masterson, Owen	Sir Winston Churchill -	10:22.44
2	#486 Crowe, Oliver	Governor Simcoe-St. Catharines	10:26.09
3	#198 Dellalian, Samuel	Sir Winston Churchill -	10:26.68
4	#901 Thomas, Luke	Westmount S.S. - HWDSB	10:43.16
5	#471 McIntosh, Jackson	Grimsby Secondary School	11:08.68
6	#832 Aird, Alec	Westdale S.S. - HWDSB	11:36.73
7	#131 Davidson, Justin	Ancaster High School - HWDSB	11:41.02
8	#619 Fraelic, Joseph	Lakeshore Catholic Secondary	11:48.82
9	#132 Desai, Saagar	Ancaster High School - HWDSB	12:16.43
10	#632 Jolly-Blackned, Jeremiah	Robert Land Academy	12:28.32
11	#308 Lawr, Curtis	Denis Morris Catholic High Sch	15:46.21

Boys 100 Meter Hurdles Novice

SOSSA: 14.98 2009-05-21 Nicholas Katulic-Ducharme, Centennial Welland

	Name	School	Finals
Finals			
1	#887 Frketich, Nate	Westmount S.S. - HWDSB	16.89
2	#482 Adam, Maddix	Governor Simcoe-St. Catharines	17.71
3	#252 Bradbury, Ryan	E. L. Crossley - Fonthill	18.99
4	#287 Stegner, Cole	E. L. Crossley - Fonthill	19.92
5	#583 Vanlochem, Quinn	Heritage Christian-Jordan Stat	20.74
6	#878 Vu, Long	Westlane - Niagara Falls	20.94
7	#278 Pasma, Max	E. L. Crossley - Fonthill	22.63

Boys 300 Meter Hurdles Novice

SOSSA: 43.03 2004-05-20 Adam Simpson, Ridgeway Crystal Beach

	Name	School	Finals
Finals			
1	#482 Adam, Maddix	Governor Simcoe-St. Catharines	49.88
2	#287 Stegner, Cole	E. L. Crossley - Fonthill	51.51
3	#591 Westerveld, Matt	Heritage Christian-Jordan Stat	51.55
4	#423 Ried, Lao	Centennial - Welland	51.71
5	#583 Vanlochem, Quinn	Heritage Christian-Jordan Stat	52.46

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Boys 300 Meter Hurdles Novice)

Name	School	Finals
6 #252 Bradbury, Ryan	E. L. Crossley - Fonthill	52.60

Boys 4x100 Meter Relay Novice

SOSSA: 47.42 2010-05-20 Sir Winston Churchill, SWC - St.Catharines

Team	Relay	Finals	H#
Finals			
1 E. L. Crossley - Fonthill		48.40	2
1) #275 Nuziato, Lucas	2) #257 Darling, Keon	3) #276 Paquin, Noah	4) #284 Sider, Jackson
5) #252 Bradbury, Ryan	6) #281 Seehagel, Albino		
2 Sir Winston Churchill -		48.82	2
1) #219 Naziry, Peroz	2) #220 Nixon, Lucas	3) #221 Ojo, Adetunji	4) #241 Witter, Cory
3 Hamilton District C.H.S. - HW		49.95	2
1) #556 Morris, Elijah	2) #559 Schuit, Judah	3) #561 Wagter, Brad	4) #552 Hagen, Isaac
4 Grimsby Secondary School		52.26	2
1) #470 Lavender, Isaak	2) #465 Hobbs, Andrew	3) #472 McIntyre, Thaddeus	4) #478 Schaefer, Tyler
5) #467 Jackson, Aaron			
5 Heritage Christian-Jordan Stat		52.45	2
1) #583 Vanlochem, Quinn	2) #592 Ybema, Cam	3) #577 Post, Landon	4) #563 Bosma, Lucas
5) #591 Westerveld, Matt			
6 Smithville Christ HS -Smithvil		52.99	2
1) #776 Koole, Riley	2) #774 Kok, Jacob	3) #777 May, Connor	4) #790 Wiersma, Cole
5) #772 Janssen, Aren			
7 Guido de Bres C.H.S - HWDSI		53.48	1
1) #527 Lanting, John	2) #515 Harsevoort, Isaiah	3) #543 Vanderwoude, Carson	4) #530 Ludwig, Zack
5) #537 Tenhage, Davis			
8 Westlane - Niagara Falls		57.99	1
1) #862 Doucet, Ransom	2) #868 Nguyen, Erik	3) #873 Peng, Jamie	4) #878 Vu, Long
--- Saint Francis-St. Cath		DQ	1
1) #442 Fralick, Dryden	2) #444 Gamboa-Pasha, Adam	3) #447 Jones, Isaac	4) #457 Tichband, Kester

Boys High Jump Novice

SOSSA: 1.95m 2007-05-24 Jeff Webb, Eden HS

Name	School	Finals
Finals		
1 #790 Wiersma, Cole	Smithville Christ HS -Smithvil	J1.71m
2 #295 Zucco, Ryan	E. L. Crossley - Fonthill	J1.68m
3 #608 Stark, Ronan	ES Saint-Jean-de-Brebeuf-Well	J1.68m
4 #145 Granger, Joshua	Bernie Custis S.S. - HWDSB	J1.61m
5 #530 Ludwig, Zack	Guido de Bres C.H.S - HWDSB	J1.50m
6 #592 Ybema, Cam	Heritage Christian-Jordan Stat	J1.50m
7 #543 Vanderwoude, Carson	Guido de Bres C.H.S - HWDSB	J1.45m
8 #388 Han, Ethan	Eden High School - St. Cathari	J1.45m
9 #550 Elgersma, Bryce	Hamilton District C.H.S. - HWD	J1.40m
--- #622 Morrissey, Micah	Lakeshore Catholic Secondary	DQ
--- #563 Bosma, Lucas	Heritage Christian-Jordan Stat	DQ

Boys Pole Vault Novice

SOSSA: 3.65m 2012-05-24 Joel Mueller, Ridgeway Crystal Beach

Name	School	Finals
Finals		
1 #271 Knafelc, Henry	E. L. Crossley - Fonthill	J2.60m
2 #332 Brittain, Thomas	Dundas Valley S.S. - HWDSB	J2.00m

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Boys Pole Vault Novice)

Name	School	Finals
3 #492 Lawrence, Baxter	Governor Simcoe-St. Catharines	J1.80m
4 #278 Pasma, Max	E. L. Crossley - Fonthill	J1.80m

Boys Long Jump Novice

SOSSA: 6.10m

2007-05-24

Jean-Paul Lauzon, St. Paul HS

Name	School	Finals
Finals		
1 #323 Alsop, Ian	Dundas Valley S.S. - HWDSB	5.96m
2 #478 Schaefer, Tyler	Grimsby Secondary School	5.16m
3 #152 Henry, JoJo	Beamsville - Beamsville	5.11m
4 #592 Ybema, Cam	Heritage Christian-Jordan Stat	5.06m
5 #608 Stark, Ronan	ES Saint-Jean-de-Brebeuf-Well	5.02m
6 #560 Vanberkel, Ethan	Hamilton District C.H.S. - HWD	4.84m
7 #388 Han, Ethan	Eden High School - St. Cathari	4.79m
8 #752 Hedden, Nicholas	Sherwood S.S. - HWDSB	4.68m
9 #447 Jones, Isaac	Saint Francis-St. Cath	4.64m
10 #559 Schuit, Judah	Hamilton District C.H.S. - HWD	4.58m
11 #429 Venema, Samual	Centennial - Welland	4.56m
12 #304 Forget, Jordan	Denis Morris Catholic High Sch	4.31m
13 #676 DiMario, Dante	Notre Dame Welland	4.05m
14 #868 Nguyen, Erik	Westlane - Niagara Falls	3.52m

Boys Triple Jump Novice

SOSSA: 12.27m

2010-05-20

Nathan Merritt, Ridgeway Crystal Beach

Name	School	Finals
Finals		
1 #561 Wagter, Brad	Hamilton District C.H.S. - HWD	11.12m
2 #790 Wiersma, Cole	Smithville Christ HS -Smithvil	10.72m
3 #482 Adam, Maddix	Governor Simcoe-St. Catharines	10.36m
4 #777 May, Connor	Smithville Christ HS -Smithvil	10.35m
5 #429 Venema, Samual	Centennial - Welland	9.98m
6 #559 Schuit, Judah	Hamilton District C.H.S. - HWD	9.89m
7 #774 Kok, Jacob	Smithville Christ HS -Smithvil	9.71m
8 #868 Nguyen, Erik	Westlane - Niagara Falls	8.18m
9 #555 Miller, Isaac	Hamilton District C.H.S. - HWD	7.57m

Boys Shot Put Novice

SOSSA: 14.80m

2004-05-20

Josh Moes, Heritage Christian

Name	School	Finals
Finals		
1 #720 Lariviere, Santino	Port Colborne HS	11.74m
2 #467 Jackson, Aaron	Grimsby Secondary School	10.93m
3 #321 Moritt, Jacob	DSBN Academy - St. Catharines	10.54m
4 #533 Schulenberg, Jonas	Guido de Bres C.H.S - HWDSB	10.44m
5 #722 Robins, Owen	Port Colborne HS	10.04m
6 #202 Flook, Dylan	Sir Winston Churchill -	9.77m
7 #510 Degelder, Landen	Guido de Bres C.H.S - HWDSB	9.76m
8 #757 Stephian, Ryan	Sherwood S.S. - HWDSB	9.65m
9 #154 Larsen, Quinn	Beamsville - Beamsville	9.16m
10 #761 Thomson-Barwell, Drake	Sir Winston Churchill S.S. - H	8.62m

**SOSSA Championship Meet
Centennial Welland
Results**

Boys Discus Throw Novice

SOSSA: 58.48m 2017-05-18 Callan Saldutto, Notre Dame

Name	School	Finals
Finals		
1 #722 Robins, Owen	Port Colborne HS	36.94m
2 #720 Lariviere, Santino	Port Colborne HS	33.70m
3 #202 Flook, Dylan	Sir Winston Churchill -	31.74m
4 #255 Brownlee, Jack	E. L. Crossley - Fonthill	31.62m
5 #622 Morrissey, Micah	Lakeshore Catholic Secondary	30.32m
6 #225 Ralph, Lincoln	Sir Winston Churchill -	30.20m
7 #331 Boyington, Tyler	Dundas Valley S.S. - HWDSB	30.10m
8 #325 Andree, Cameron	Dundas Valley S.S. - HWDSB	29.58m
9 #533 Schulenberg, Jonas	Guido de Bres C.H.S - HWDSB	28.20m
10 #582 VanHengstum, Kaden	Heritage Christian-Jordan Stat	26.19m
11 #423 Ried, Lao	Centennial - Welland	25.45m
12 #487 Dilts, Isaac	Governor Simcoe-St. Catharines	24.57m
13 #366 Schoeman, Travis	Dundas Valley S.S. - HWDSB	22.69m

Boys Javelin Throw Novice

SOSSA: 47.72m 2008-05-22 Alex McGowan, Stamford

Name	School	Finals
Finals		
1 #255 Brownlee, Jack	E. L. Crossley - Fonthill	39.39m
2 #274 Myers, Max	E. L. Crossley - Fonthill	37.30m
3 #325 Andree, Cameron	Dundas Valley S.S. - HWDSB	37.14m
4 #366 Schoeman, Travis	Dundas Valley S.S. - HWDSB	36.73m
5 #492 Lawrence, Baxter	Governor Simcoe-St. Catharines	36.30m
6 #527 Lanting, John	Guido de Bres C.H.S - HWDSB	34.83m
7 #361 Ortwein, Rowan	Dundas Valley S.S. - HWDSB	31.22m
8 #622 Morrissey, Micah	Lakeshore Catholic Secondary	28.40m
9 #642 Dulak, Angelo	Laura Secord - St. Catharines	27.17m
9 #202 Flook, Dylan	Sir Winston Churchill -	27.17m
11 #582 VanHengstum, Kaden	Heritage Christian-Jordan Stat	25.70m
12 #862 Doucet, Ransom	Westlane - Niagara Falls	23.63m

Boys 100 Meter Dash Junior

SOSSA: 11.02 2014-05-22 Trent Snyder, Grimsby

Name	School	Prelims	H#
Preliminaries			
1 #746 Demirci, Darius	Sherwood S.S. - HWDSB	11.73 Q	2
2 #827 Gibson, Tyrese	Thorold - Thorold	12.00 Q	1
3 #421 Rae, Arik	Centennial - Welland	12.03 Q	1
3 #477 Reid, Khmal	Grimsby Secondary School	12.03 Q	2
5 #459 Brouwer, Braeden	Grimsby Secondary School	12.07 Q	1
6 #337 Divincenzo, Alex	Dundas Valley S.S. - HWDSB	12.27 Q	2
7 #218 Naziry, Dawod	Sir Winston Churchill -	12.43 q	2
8 #113 Omodu, David	Niagara Christian Collegiate	12.48 q	1
9 #405 Cichocki, Gordon	Eastdale - Welland	12.53	2
10 #437 Abraham, Jersiah	Saint Francis-St. Cath	12.57	2
11 #733 Fuccillo, Anthony	Saint Paul Catholic High Schoo	12.73	1
12 #820 Johnson, Tayshawn	Stamford - Niagara Falls	12.76	1

**SOSSA Championship Meet
Centennial Welland
Results**

Preliminaries ... (Boys 100 Meter Dash Junior)

Name	School	Prelims	H#
13 #375 Cowell, Austin	Ancaster High School - HWDSB	12.87	1
14 #306 Imenwanmhin, Gracious	Denis Morris Catholic High Sch	12.95	2
15 #373 Tutt, Sean	Dundas Valley S.S. - HWDSB	13.04	2

Boys 100 Meter Dash Junior

SOSSA: 11.02 2014-05-22 Trent Snyder, Griimsby

Name	School	Finals	H#
Finals			
1 #746 Demirci, Darius	Sherwood S.S. - HWDSB	11.68	
2 #827 Gibson, Tyrese	Thorold - Thorold	11.96	
3 #477 Reid, Khamal	Grimby Secondary School	12.01	
4 #337 Divincenzo, Alex	Dundas Valley S.S. - HWDSB	12.12	
5 #421 Rae, Arik	Centennial - Welland	12.13	
6 #459 Brouwer, Braeden	Grimby Secondary School	12.23	
7 #113 Omodu, David	Niagara Christian Collegiate	12.47	
8 #218 Naziry, Dawod	Sir Winston Churchill -	12.61	

Boys 200 Meter Dash Junior

SOSSA: 22.95 2019-05-23 Domenic Barresi, McKinnon Par

Name	School	Finals	H#
Finals			
1 #746 Demirci, Darius	Sherwood S.S. - HWDSB	23.36	2
2 #483 Adams, Tijjani	Governor Simcoe-St. Catharines	23.66	2
3 #827 Gibson, Tyrese	Thorold - Thorold	23.88	2
4 #666 Walters, Graham	A.N. Myer - Niagara Falls	24.43	1
5 #477 Reid, Khamal	Grimby Secondary School	24.50	2
6 #337 Divincenzo, Alex	Dundas Valley S.S. - HWDSB	24.64	2
7 #421 Rae, Arik	Centennial - Welland	24.67	2
8 #713 den Hollander, Lucas	Port Colborne HS	24.84	1
9 #747 Elhag, Nasir	Sherwood S.S. - HWDSB	25.01	1
10 #218 Naziry, Dawod	Sir Winston Churchill -	25.23	2
11 #113 Omodu, David	Niagara Christian Collegiate	25.63	2
12 #680 Glaser, Austin	Notre Dame Welland	25.99	1
13 #443 Friesen Aguayo, Gary	Saint Francis-St. Cath	26.01	1
14 #374 Vandenheuvel, Martin	Dundas Valley S.S. - HWDSB	26.34	1
15 #817 Weng, Austin	St. Michael Catholic Secondary	26.49	1

Boys 400 Meter Dash Junior

SOSSA: 51.73 2016-05-19 Alec Purnell, Dundas Valley

Name	School	Finals	H#
Finals			
1 #786 Talsma, Jeremy	Smithville Christ HS -Smithvil	53.69	2
2 #725 Tonnies, Samuel	Port Colborne HS	53.97	2
3 #684 Lee, Aaron	Notre Dame Welland	54.77	2
4 #666 Walters, Graham	A.N. Myer - Niagara Falls	55.33	2
5 #238 Walker, Brayden	Sir Winston Churchill -	56.07	2
6 #580 Snyder, Nick	Heritage Christian-Jordan Stat	56.77	2
7 #433 Gmoser, Noah	Greater Fort Erie SS	57.26	1
8 #680 Glaser, Austin	Notre Dame Welland	57.97	2
9 #369 Sulentic, Kai	Dundas Valley S.S. - HWDSB	58.78	2

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Boys 400 Meter Dash Junior)

Name	School	Finals	H#
10 #425 Sider, Carter	Centennial - Welland	59.54	1
11 #797 Cukierski, Jonah	St. Michael Catholic Secondary	1:00.57	1
12 #222 Perron, Giuseppe	Sir Winston Churchill -	1:00.84	1
13 #374 Vandenheuvel, Martin	Dundas Valley S.S. - HWDSB	1:01.21	1
14 #817 Weng, Austin	St. Michael Catholic Secondary	1:02.60	1
15 #363 Rapson, Wyatt	Dundas Valley S.S. - HWDSB	1:03.12	1
16 #335 Clarke, Brennan	Dundas Valley S.S. - HWDSB	1:04.07	1

Boys 800 Meter Run Junior

SOSSA: 1:57.60 2019-05-23 Eric Campbell, SWCSS-St. Cather

Name	School	Finals	H#
Finals			
1 #725 Tonnies, Samuel	Port Colborne HS	2:06.60	2
2 #663 Shaw, Kaden	A.N. Myer - Niagara Falls	2:06.95	2
3 #270 Kleinsmith, Matt	E. L. Crossley - Fonthill	2:09.08	2
4 #348 Ledger, Cohen	Dundas Valley S.S. - HWDSB	2:10.68	2
5 #684 Lee, Aaron	Notre Dame Welland	2:10.83	2
6 #765 Breukelman, Silas	Smithville Christ HS -Smithvil	2:16.67	1
7 #425 Sider, Carter	Centennial - Welland	2:17.54	2
8 #466 Houston, Zachary	Grimsby Secondary School	2:20.01	1
9 #238 Walker, Brayden	Sir Winston Churchill -	2:20.13	2
10 #557 Rust, James	Hamilton District C.H.S. - HWD	2:20.87	2
11 #558 Rust, Paul	Hamilton District C.H.S. - HWD	2:23.20	1
12 #211 Lewis, Owen	Sir Winston Churchill -	2:23.88	1
13 #618 Dilse, Joseph	Lakeshore Catholic Secondary	2:48.21	1

Boys 1500 Meter Run Junior

SOSSA: 4:06.21 2007-05-24 Mohammed Ahmed, St.Catharines C.I.

Name	School	Finals
Finals		
1 #403 Tonnos, Matteo	Eden High School - St. Cathari	4:09.90
2 #240 Wilson, Rian	Sir Winston Churchill -	4:12.25
3 #485 Breckles, Fenway	Governor Simcoe-St. Catharines	4:16.39
4 #663 Shaw, Kaden	A.N. Myer - Niagara Falls	4:16.70
5 #370 Thompson, Iain	Dundas Valley S.S. - HWDSB	4:16.98
6 #270 Kleinsmith, Matt	E. L. Crossley - Fonthill	4:21.18
7 #348 Ledger, Cohen	Dundas Valley S.S. - HWDSB	4:27.13
8 #913 Spring, Thomas	Waterdown District - HWDSB	4:44.86
9 #557 Rust, James	Hamilton District C.H.S. - HWD	4:47.01
10 #245 Alexander, Keagan	E. L. Crossley - Fonthill	4:48.76
11 #489 Glaser, Sebastian	Governor Simcoe-St. Catharines	4:50.81
12 #107 Bayne, Elijah	Niagara Christian Collegiate	4:52.16
13 #803 Eninas Gomez, Felix	St. Michael Catholic Secondary	6:11.83
--- #164 Hendriks, Anthony	Blessed Trinity-Grimsby	DNF

Boys 3000 Meter Run Junior

SOSSA: 9:08.95 2007-05-24 Mohammed Ahmed, St.Catharines C.I.

Name	School	Finals
Finals		
1 #403 Tonnos, Matteo	Eden High School - St. Cathari	9:07.45

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Boys 3000 Meter Run Junior)

Name	School	Finals
2 #240 Wilson, Rian	Sir Winston Churchill -	9:13.66
3 #370 Thompson, Iain	Dundas Valley S.S. - HWDSB	9:31.46
4 #485 Breckles, Fenway	Governor Simcoe-St. Catharines	9:35.13
5 #107 Bayne, Elijah	Niagara Christian Collegiate	10:26.00
6 #489 Glaser, Sebastian	Governor Simcoe-St. Catharines	10:29.00
7 #142 Stoddart, Holden	Ancaster High School - HWDSB	11:08.96
8 #745 Chrysler, Owen	Sherwood S.S. - HWDSB	13:06.14

Boys 100 Meter Hurdles Junior

SOSSA: 14.38 2007-05-24 Townsend Benard, Laura Secord

Name	School	Finals
Finals		
1 #483 Adams, Tijjani	Governor Simcoe-St. Catharines	15.47
2 #433 Gmoser, Noah	Greater Fort Erie SS	17.29
3 #432 Coopman, Jake	Greater Fort Erie SS	18.13
4 #290 Van Niekerk, Ethan	E. L. Crossley - Fonthill	18.98
5 #341 Hassel, Zane	Dundas Valley S.S. - HWDSB	19.12

Boys 300 Meter Hurdles Junior

SOSSA: 41.46 2018-05-24 Noah Dommasch, SWC St. Catharines

Name	School	Finals
Finals		
1 #483 Adams, Tijjani	Governor Simcoe-St. Catharines	44.65
2 #666 Walters, Graham	A.N. Myer - Niagara Falls	44.77
3 #536 Strating, Ashton	Guido de Bres C.H.S - HWDSB	48.33
4 #335 Clarke, Brennan	Dundas Valley S.S. - HWDSB	48.93
5 #142 Stoddart, Holden	Ancaster High School - HWDSB	50.46

Boys 4x100 Meter Relay JuniorSOSSA: 45.29 2019-05-23 Westmount, Westmount
J Dezoete, A Benkandil, L Diamond, D Reader

Team	Relay	Finals	H#
Finals			
1 Grimsby Secondary School		47.68	2
1) #476 Radtke-Harris, Luca	2) #477 Reid, Khamal	3) #464 Gill, James	4) #459 Brouwer, Braeden
5) #469 Kennedy, Kaleb			
2 Dundas Valley S.S. - HWDSB		48.33	2
1) #337 Divincenzo, Alex	3) #373 Tutt, Sean	4) #341 Hassel, Zane	
5) #374 Vandenheuvel, Martin	6) #323 Alsop, Ian		
3 Sherwood S.S. - HWDSB		48.74	2
1) #746 Demirci, Darius	2) #760 Whyte, Dashawn	3) #747 Elhag, Nasir	4) #757 Stephian, Ryan
5) #755 Smith, Fisher			
4 Heritage Christian-Jordan Stat		49.42	2
1) #567 Douma, Jesse	2) #576 Olij, Adam	3) #581 Vandenbrink, Seth	4) #580 Snyder, Nick
5) #568 Glasbergen, Ethan			
5 Smithville Christ HS -Smithvil		50.16	2
1) #765 Breukelman, Silas	2) #787 Teeuwesen, Corey	3) #786 Talsma, Jeremy	4) #776 Koole, Riley
5) #762 Attia, Joseph	6) #777 May, Connor		
6 Saint Francis-St. Cath		51.23	2
1) #437 Abraham, Jersiah	2) #449 Mason, Lucas	3) #441 Chahoud, Andrew	4) #443 Friesen Aguayo, Gary
5) #438 Allyn, Bekele			

SOSSA Championship Meet
Centennial Welland
Results

Finals ... (Boys 4x100 Meter Relay Junior)

Team	Relay	Finals	H#
7 Guido de Bres C.H.S - HWDSI		51.36	2
1) #536 Strating, Ashton	2) #505 Blokker, Robert	3) #516 Harsevoort, Jonah	4) #541 Vandaaselar, Ben
5) #514 Devries, Eli			
8 E. L. Crossley - Fonthill		52.69	1
1) #268 Kartal, Yusuf	2) #290 Van Niekerk, Ethan	3) #249 Bernardi, Brandon	4) #281 Seehagel, Albino
5) #279 Pigeon, Dylan	6) #270 Kleinsmith, Matt		
9 ES Saint-Jean-de-Brebeuf-Well		52.70	1
1) #608 Stark, Ronan	2) #597 Charest, Daniel	3) #601 Klutse, Giovanni	4) #602 Mantha, Paul

Boys High Jump Junior

SOSSA: 1.95m 2008-05-22 Jeff Webb, Eden HS

Name	School	Finals
Finals		
1 #390 Klassen, Ty	Eden High School - St. Cathari	J1.70m
2 #576 Olij, Adam	Heritage Christian-Jordan Stat	J1.65m
3 #415 Ijaodola, Timi	Centennial - Welland	J1.65m
4 #393 Midgley, Luke	Eden High School - St. Cathari	J1.60m
5 #755 Smith, Fisher	Sherwood S.S. - HWDSB	J1.60m
6 #505 Blokker, Robert	Guido de Bres C.H.S - HWDSB	1.55m
7 #541 Vandaaselar, Ben	Guido de Bres C.H.S - HWDSB	1.50m
7 #249 Bernardi, Brandon	E. L. Crossley - Fonthill	1.50m
7 #765 Breukelman, Silas	Smithville Christ HS -Smithvil	1.50m

Boys Pole Vault Junior

SOSSA: 4.00m 2013-05-23 Joel Mueller, Ridgeway Crystal Beach

Name	School	Finals
Finals		
1 #422 Reyes, Marco	Centennial - Welland	2.40m
2 #290 Van Niekerk, Ethan	E. L. Crossley - Fonthill	1.80m

Boys Long Jump Junior

SOSSA: 6.37m 2007-05-24 Carlin McLean, Orchard Park

Name	School	Finals
Finals		
1 #827 Gibson, Tyrese	Thorold - Thorold	J5.94m
2 #443 Friesen Aguayo, Gary	Saint Francis-St. Cath	J5.56m
3 #786 Talsma, Jeremy	Smithville Christ HS -Smithvil	J5.54m
4 #422 Reyes, Marco	Centennial - Welland	J5.33m
5 #801 Dwyer, Mikhail	St. Michael Catholic Secondary	J5.33m
6 #576 Olij, Adam	Heritage Christian-Jordan Stat	J5.30m
7 #477 Reid, Khamal	Grimsby Secondary School	J5.29m
8 #733 Fuccillo, Anthony	Saint Paul Catholic High Schoo	J5.27m
9 #662 Scaletta, Jacob	A.N. Myer - Niagara Falls	J5.25m
10 #306 Imenwanmhin, Gracious	Denis Morris Catholic High Sch	J4.87m
11 #505 Blokker, Robert	Guido de Bres C.H.S - HWDSB	J4.80m
12 #516 Harsevoort, Jonah	Guido de Bres C.H.S - HWDSB	J4.70m
13 #747 Elhag, Nasir	Sherwood S.S. - HWDSB	J4.56m

SOSSA Championship Meet
Centennial Welland
Results

Boys Triple Jump Junior

SOSSA: 13.00m

2013-05-23 Twanell Bell, Denis Morris

Name	School	Finals
Finals		
1 #786 Talsma, Jeremy	Smithville Christ HS -Smithvil	12.36m
2 #541 Vandaaselar, Ben	Guido de Bres C.H.S - HWDSB	11.98m
3 #390 Klassen, Ty	Eden High School - St. Cathari	11.82m
4 #576 Olij, Adam	Heritage Christian-Jordan Stat	11.55m
5 #568 Glasbergen, Ethan	Heritage Christian-Jordan Stat	11.44m
6 #801 Dwyer, Mikhail	St. Michael Catholic Secondary	11.34m
7 #536 Strating, Ashton	Guido de Bres C.H.S - HWDSB	10.36m
8 #716 Gagnon, Dylan	Port Colborne HS	10.25m
9 #717 Garner, Kaleb	Port Colborne HS	9.89m
10 #597 Charest, Daniel	ES Saint-Jean-de-Brebeuf-Well	9.86m
11 #432 Coopman, Jake	Greater Fort Erie SS	9.58m

Boys Shot Put Junior

SOSSA: 16.51m

2008-05-22 Stefan Palios, Grimsby

Name	School	Finals
Finals		
1 #799 Dallman, Thomas	St. Michael Catholic Secondary	J14.42m
2 #742 Miller, Brett	Saltfleet District - HWDSB	J13.68m
3 #421 Rae, Arik	Centennial - Welland	J11.97m
4 #373 Tutt, Sean	Dundas Valley S.S. - HWDSB	J11.43m
5 #503 Bartels, Will	Guido de Bres C.H.S - HWDSB	J11.28m
6 #649 Alexander, Thomas	A.N. Myer - Niagara Falls	J11.20m
7 #714 Dickie, Logan	Port Colborne HS	J11.13m
8 #634 Steele, Joshua	Robert Land Academy	J10.63m
9 #813 Shannon, Jacob	St. Michael Catholic Secondary	J9.62m
10 #574 Miedema, Brandon	Heritage Christian-Jordan Stat	J9.53m
11 #784 Neufeld, Titus	Smithville Christ HS -Smithvil	J8.10m
12 #810 Mitchell, David	St. Michael Catholic Secondary	J7.29m
13 #829 MacDonald, Ethan	Thorold - Thorold	J6.51m

Boys Discus Throw Junior

SOSSA: 55.23m

2010-05-20 Rob Osborn, Ridgeway Crystal Beach

Name	School	Finals
Finals		
1 #799 Dallman, Thomas	St. Michael Catholic Secondary	45.79m
2 #634 Steele, Joshua	Robert Land Academy	37.76m
3 #714 Dickie, Logan	Port Colborne HS	36.90m
4 #630 Donville, Charles	Robert Land Academy	34.53m
5 #721 Lee, Matthew	Port Colborne HS	29.84m
6 #784 Neufeld, Titus	Smithville Christ HS -Smithvil	28.79m
7 #501 Bartels, Sam	Guido de Bres C.H.S - HWDSB	27.64m
8 #574 Miedema, Brandon	Heritage Christian-Jordan Stat	22.96m
9 #503 Bartels, Will	Guido de Bres C.H.S - HWDSB	22.88m
10 #162 Goobie, Tristan	Blessed Trinity-Grimsby	21.25m
11 #829 MacDonald, Ethan	Thorold - Thorold	19.55m
12 #810 Mitchell, David	St. Michael Catholic Secondary	17.14m

**SOSSA Championship Meet
Centennial Welland
Results**

Boys Javelin Throw Junior

SOSSA: 54.90m 2008-05-22 Ray Dykstra, Grimsby

Name	School	Finals
Finals		
1 #469 Kennedy, Kaleb	Grimsby Secondary School	52.34m
2 #290 Van Niekerk, Ethan	E. L. Crossley - Fonthill	38.49m
3 #249 Bernardi, Brandon	E. L. Crossley - Fonthill	37.17m
4 #541 Vandaaselar, Ben	Guido de Bres C.H.S - HWDSB	36.85m
5 #799 Dallman, Thomas	St. Michael Catholic Secondary	35.70m
6 #581 Vandenbrink, Seth	Heritage Christian-Jordan Stat	33.80m
7 #279 Pigeon, Dylan	E. L. Crossley - Fonthill	31.54m
8 #833 Ben, Wark	Westdale S.S. - HWDSB	30.40m
9 #373 Tutt, Sean	Dundas Valley S.S. - HWDSB	30.05m
10 #461 Chrystian, Zachary	Grimsby Secondary School	28.50m
11 #501 Bartels, Sam	Guido de Bres C.H.S - HWDSB	25.15m
12 #574 Miedema, Brandon	Heritage Christian-Jordan Stat	19.85m

Boys 100 Meter Dash Senior

SOSSA: 10.85 2019-05-22 Myles Misener Daley, Westdale

Name	School	Prelims	H#
Preliminaries			
1 #880 Banfield, Jack	Westmount S.S. - HWDSB	11.24 Q	1
2 #139 Nelson, Quintin	Ancaster High School - HWDSB	11.36 Q	2
3 #697 Guerrero, Edward	Nora Francis Henderson S.S. -	11.41 Q	2
4 #406 Cowan, Michael	Eastdale - Welland	11.42 Q	1
5 #658 McEachern, Braden	A.N. Myer - Niagara Falls	11.52 Q	1
6 #239 Williams, Janal	Sir Winston Churchill -	11.69 Q	2
7 #879 Bailey, Judah	Westmount S.S. - HWDSB	11.67 q	1
8 #627 Wilsonne, Kharisma	Lakeshore Catholic Secondary	11.69 q	1
9 #491 Kowcun, Nathan	Governor Simcoe-St. Catharines	11.70	1
10 #203 Forde, De?Ondre	Sir Winston Churchill -	11.87	2
11 #671 Bennett-Francois, Jeukwa	Notre Dame Welland	11.92	2
12 #672 Bissainthe, Jack	Notre Dame Welland	12.06	2
13 #731 Costantini, Phoenix	Saint Paul Catholic High Schoo	12.20	2
14 #150 Gaka, Sean	Beamsville - Beamsville	12.30	1

Boys 100 Meter Dash Senior

SOSSA: 10.85 2019-05-22 Myles Misener Daley, Westdale

Name	School	Finals
Finals		
1 #880 Banfield, Jack	Westmount S.S. - HWDSB	11.26
2 #139 Nelson, Quintin	Ancaster High School - HWDSB	11.49
3 #406 Cowan, Michael	Eastdale - Welland	11.58
4 #658 McEachern, Braden	A.N. Myer - Niagara Falls	11.66
5 #627 Wilsonne, Kharisma	Lakeshore Catholic Secondary	11.70
6 #697 Guerrero, Edward	Nora Francis Henderson S.S. -	11.73
7 #879 Bailey, Judah	Westmount S.S. - HWDSB	12.13

**SOSSA Championship Meet
Centennial Welland
Results**

Boys 200 Meter Dash Senior

SOSSA: 21.55 2019-05-23 Myles Misener Daley, Westdale

Name	School	Finals	H#
Finals			
1 #880 Banfield, Jack	Westmount S.S. - HWDSB	22.56	2
2 #697 Guerrero, Edward	Nora Francis Henderson S.S. - Eastdale - Welland	23.04	2
3 #406 Cowan, Michael	Blessed Trinity-Grimmsby	23.16	1
4 #177 Prato, Zavio	A.N. Myer - Niagara Falls	23.34	2
5 #658 McEachern, Braden	Lakeshore Catholic Secondary	23.36	1
6 #627 Wilsonne, Kharisma	Port Colborne HS	23.37	2
7 #715 Dunlop, Jaden	Ancaster High School - HWDSB	23.48	1
8 #141 Stechey, Joseph	Sir Winston Churchill -	23.69	2
9 #239 Williams, Janal	A.N. Myer - Niagara Falls	24.00	2
10 #659 McEachern, Connor	Laura Secord - St. Catharines	24.45	1
11 #645 Kwon, Minsan	Laura Secord - St. Catharines	24.68	1
12 #646 Leblanc, Sonny	Denis Morris Catholic High Sch	24.78	1
13 #307 Klassen, Tyrae	Heritage Christian-Jordan Stat	25.62	1
14 #575 Miedema, Nick	Blessed Trinity-Grimmsby	25.70	1
15 #166 Kolenko, Nicholas		25.79	1

Boys 400 Meter Dash Senior

SOSSA: 47.16 2018-05-24 Myles Misener-Daley, Westdale

Name	School	Finals	H#
Finals			
1 #177 Prato, Zavio	Blessed Trinity-Grimmsby	51.44	2
2 #141 Stechey, Joseph	Ancaster High School - HWDSB	52.99	2
3 #401 Thorpe, Chad	Eden High School - St. Cathari	53.01	2
4 #239 Williams, Janal	Sir Winston Churchill -	54.10	2
5 #660 Penuela, Shayel	A.N. Myer - Niagara Falls	54.72	1
6 #712 Norton, Cooper	Orchard Park S.S. - HWDSB	54.75	1
6 #646 Leblanc, Sonny	Laura Secord - St. Catharines	54.75	2
8 #129 Coleman, Connor	Ancaster High School - HWDSB	55.14	2
9 #108 Mugabe, Ethan	Niagara Christian Collegiate	55.42	2
10 #411 Falardeau, Kade	Centennial - Welland	56.97	1
11 #785 Ricker, Theo	Smithville Christ HS -Smithvil	57.40	1
12 #426 Stone, Gavin	Centennial - Welland	58.91	1
13 #315 Serravalle, Kohen	Denis Morris Catholic High Sch	1:03.44	1
14 #812 Roperti, Ayden	St. Michael Catholic Secondary	1:05.21	1
15 #179 Presti, Luca	Blessed Trinity-Grimmsby	1:07.52	1

Boys 800 Meter Run Senior

SOSSA: 1:53.97 2010-05-20 Chris Meidema, Lakeshore CHS

Name	School	Finals	H#
Finals			
1 #269 Kleinsmith, Adam	E. L. Crossley - Fonthill	2:04.34	2
2 #646 Leblanc, Sonny	Laura Secord - St. Catharines	2:06.21	2
3 #892 Lackhanpal, Porter	Westmount S.S. - HWDSB	2:06.34	2
4 #401 Thorpe, Chad	Eden High School - St. Cathari	2:09.07	2
5 #712 Norton, Cooper	Orchard Park S.S. - HWDSB	2:09.78	2
6 #650 Ashraf, Saad	A.N. Myer - Niagara Falls	2:10.27	2
7 #129 Coleman, Connor	Ancaster High School - HWDSB	2:11.42	2

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Boys 800 Meter Run Senior)

Name	School	Finals	H#
8 #692 Sotelo, Santiago	Notre Dame Welland	2:17.75	1
9 #215 Maxwell, Redding	Sir Winston Churchill -	2:21.63	2
10 #149 Duggan, Kaleb	Beamsville - Beamsville	2:29.51	1
11 #686 McKee, Tyler	Notre Dame Welland	2:35.99	1

Boys 1500 Meter Run Senior

SOSSA: 3:55.18 2009-05-21 Jeremy Rae, Lakeshore CHS

Name	School	Finals
Finals		
1 #200 Di Felice, Marco	Sir Winston Churchill -	4:17.57
2 #269 Kleinsmith, Adam	E. L. Crossley - Fonthill	4:19.67
3 #842 Keller, Ben	Westdale S.S. - HWDSB	4:23.82
4 #157 Beach, Evan	Blessed Trinity-Grimsby	4:27.09
5 #603 Molnar, Hayden	ES Saint-Jean-de-Brebeuf-Well	4:29.66
6 #893 Lakhanpal, Porter	Westmount S.S. - HWDSB	4:34.33
7 #480 Tselepakis, Thomas	Grimsby Secondary School	4:34.36
8 #526 Lanting, Albert	Guido de Bres C.H.S - HWDSB	4:42.36
9 #650 Ashraf, Saad	A.N. Myer - Niagara Falls	4:45.80
10 #226 Rollo, Walker	Sir Winston Churchill -	4:47.83
11 #160 DiFlavio, Luc	Blessed Trinity-Grimsby	4:52.56
12 #692 Sotelo, Santiago	Notre Dame Welland	4:53.70
12 #137 Mills, Oskar	Ancaster High School - HWDSB	4:53.70
14 #633 Quinn, Jackson	Robert Land Academy	5:00.43
15 #171 Morrow, Maxwell	Blessed Trinity-Grimsby	5:13.05

Boys 3000 Meter Run Senior

SOSSA: 8:31.82 2009-05-21 Mohammed Ahmed, St.Catharines C.I.

Name	School	Finals
Finals		
1 #842 Keller, Ben	Westdale S.S. - HWDSB	9:16.78
2 #200 Di Felice, Marco	Sir Winston Churchill -	9:18.19
3 #782 Munnings, Owen	Smithville Christ HS -Smithvil	9:26.62
4 #156 Arnold, Reese	Blessed Trinity-Grimsby	9:35.58
5 #157 Beach, Evan	Blessed Trinity-Grimsby	9:45.54
6 #526 Lanting, Albert	Guido de Bres C.H.S - HWDSB	9:51.94
7 #336 Deighton, Foster	Dundas Valley S.S. - HWDSB	10:01.93
8 #234 Taubeneck, Matt	Sir Winston Churchill -	10:08.79
9 #160 DiFlavio, Luc	Blessed Trinity-Grimsby	10:14.23
10 #480 Tselepakis, Thomas	Grimsby Secondary School	10:14.41
11 #356 Neary, Bryce	Dundas Valley S.S. - HWDSB	10:39.58
12 #628 Barry, Calvin	Robert Land Academy	11:30.60

Boys 110 Meter Hurdles Senior

SOSSA: 14.58 2009-05-21 Townsend Benard, Laura Secord

Name	School	Prelims	H#
Preliminaries			
1 #265 Jeffery, Samuel	E. L. Crossley - Fonthill	16.19 Q	1
2 #324 Alsop, Luke	Dundas Valley S.S. - HWDSB	17.24 Q	2
3 #664 Soppitt, Isaac	A.N. Myer - Niagara Falls	17.87 Q	2
4 #228 Sawano, Daiki	Sir Winston Churchill -	18.76 Q	1

**SOSSA Championship Meet
Centennial Welland
Results**

Preliminaries ... (Boys 110 Meter Hurdles Senior)

Name	School	Prelims	H#
5 #894 Lavoie, Asher	Westmount S.S. - HWDSB	20.07 Q	1
6 #890 He, Conrad	Westmount S.S. - HWDSB	23.19 Q	2
7 #169 Mannella, Brenden	Blessed Trinity-Grimbsy	20.66 q	1
8 #857 Bilon, Aidan	Westlane - Niagara Falls	21.16 q	1

Boys 110 Meter Hurdles Senior

SOSSA: 14.58 2009-05-21 Townsend Benard, Laura Secord

Name	School	Finals
Finals		
1 #265 Jeffery, Samuel	E. L. Crossley - Fonthill	15.91
2 #664 Soppitt, Isaac	A.N. Myer - Niagara Falls	16.90
3 #324 Alsop, Luke	Dundas Valley S.S. - HWDSB	17.25
4 #228 Sawano, Daiki	Sir Winston Churchill -	17.81
5 #894 Lavoie, Asher	Westmount S.S. - HWDSB	19.72
6 #890 He, Conrad	Westmount S.S. - HWDSB	20.76
7 #857 Bilon, Aidan	Westlane - Niagara Falls	21.12

Boys 400 Meter Hurdles Senior

SOSSA: 56.87 2009-05-21 Connor Fanning, Highland

Name	School	Finals
Finals		
1 #401 Thorpe, Chad	Eden High School - St. Cathari	1:01.70
2 #407 McPhee, Mikhai	Eastdale - Welland	1:02.51
3 #418 Larman, Cameron	Centennial - Welland	1:03.34
4 #411 Falardeau, Kade	Centennial - Welland	1:03.36
5 #660 Penuela, Shayel	A.N. Myer - Niagara Falls	1:03.87

Boys 4x100 Meter Relay Senior

SOSSA: 43.82 2016-05-19 A.N.Myer, Niagara Falls

Team	Relay	Finals	H#
Finals			
1 Westmount S.S. - HWDSB		45.71	2
1) #886 Frketich, Matthew	2) #883 Clark, Drew	3) #879 Bailey, Judah	4) #880 Banfield, Jack
5) #885 Dezoete, Justin	6) #894 Lavoie, Asher		
2 A.N. Myer - Niagara Falls		45.92	2
1) #655 Ivanov, Michael	2) #658 McEachern, Braden	3) #659 McEachern, Connor	4) #664 Soppitt, Isaac
5) #666 Walters, Graham			
3 E. L. Crossley - Fonthill		47.34	2
1) #260 Gyugyei, Kayden	2) #265 Jeffery, Samuel	3) #282 Senthil, Aakash	4) #277 Paquin, Tyler
5) #273 Motola, Lucas	6) #275 Nuziato, Lucas		
4 Guido de Bres C.H.S - HWDSB		47.40	2
1) #528 Leistra, Joel	2) #534 Schulenberg, Nate	3) #506 Bontekoe, Reuben	4) #544 Vanraalte, Daniel
5) #545 Vanraalte, Matt	6) #500 Bartels, Isaac		
5 Ancaster High School - HWDSB		47.44	2
1) #141 Stechey, Joseph	2) #135 John, Emmanuel	3) #139 Nelson, Quintin	4) #128 Caplice, Nole
5) #140 Shaughnessy, Cameron			
6 Notre Dame Welland		47.52	2
1) #671 Bennett-Francois, Jeuk	2) #679 Gill, Trysten	3) #689 Ogunkoya, Victor	4) #672 Bissainthe, Jack
7 Blessed Trinity-Grimbsy		48.16	1
1) #179 Presti, Luca	2) #174 Panaccione, Joshua	3) #166 Kolenko, Nicholas	4) #173 Olomide, Caleb

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Boys 4x100 Meter Relay Senior)

Team	Relay	Finals	H#
8 Sir Winston Churchill -		48.45	2
1) #201 Dreifelds, Mark	2) #203 Forde, De?Ondre	3) #218 Naziry, Dawod	4) #228 Sawano, Daiki
5) #238 Walker, Brayden	6) #239 Williams, Janal		
9 Centennial - Welland		48.85	2
1) #411 Falardeau, Kade	2) #418 Larman, Cameron	3) #919 Smith, Jake	4) #421 Rae, Arik
5) #428 Thompson, Camar			
10 Heritage Christian-Jordan Stat		49.42	1
1) #575 Miedema, Nick	2) #573 Kemper, Kyle	3) #579 Slingerland, Lucas	4) #571 Huizinga, Jared
5) #587 Veldhuizen, Tyson			
11 Nora Francis Henderson S.S. -		49.70	1
1) #695 Brown, Mekhai	2) #700 Hernandez, Ezequiel	3) #701 Owusu-Ansah, Omare	4) #697 Guerrero, Edward
5) #708 Tran, Kien			
12 Smithville Christ HS -Smithvil		50.30	1
1) #780 Mokyue, Daniel	2) #775 Kok, John	3) #788 VanderWier, Colby	4) #783 Mushegera, Alex
13 St. Catharines Collegiate		55.64	1
1) #730 Turnbull, Aiden	2) #728 Petten, Nolan	3) #727 McCann, Kieran	4) #726 Casey, Cash
--- Denis Morris Catholic High Sc		DQ	1
1) #310 Maltby, Dylan	2) #307 Klassen, Tyrae	3) #314 Serif, Noah	4) #309 Lee-Appiah, Daeshon
5) #306 Imenwanmhin, Graciou6) #318 Ukiomogbe, Michael			
--- Niagara Christian Collegiate		DQ	1
1) #109 Okene, Michael	2) #108 Mugabe, Ethan	3) #112 Oluwa, Oluwadamilare4) #113 Omodu, David	
5) #107 Bayne, Elijah			

Boys High Jump Senior

SOSSA: 2.00m 2017-05-18 Quimm Heimstra, St. Michael

Name	School	Finals
Finals		
1 #655 Ivanov, Michael	A.N. Myer - Niagara Falls	J1.85m
2 #206 Greene, Cameron	Sir Winston Churchill -	J1.85m
3 #282 Senthil, Aakash	E. L. Crossley - Fonthill	J1.70m
4 #549 Ciona, Alex	Hamilton District C.H.S. - HWD	J1.70m
5 #775 Kok, John	Smithville Christ HS -Smithvil	J1.65m
6 #579 Slingerland, Lucas	Heritage Christian-Jordan Stat	J1.65m
6 #770 Huinink, Ephraim	Smithville Christ HS -Smithvil	J1.65m
8 #528 Leistra, Joel	Guido de Bres C.H.S - HWDSB	J1.65m
9 #500 Bartels, Isaac	Guido de Bres C.H.S - HWDSB	J1.65m
10 #724 Szabo, Kylan	Port Colborne HS	J1.55m

Boys Pole Vault Senior

SOSSA: 4.20m 2013-05-23 Jesse Marcil, Ridgeway Crystal Beach

Name	School	Finals
Finals		
1 #655 Ivanov, Michael	A.N. Myer - Niagara Falls	J2.90m
2 #265 Jeffery, Samuel	E. L. Crossley - Fonthill	J2.80m
3 #664 Soppitt, Isaac	A.N. Myer - Niagara Falls	J2.60m
4 #250 Bolhouis, Simon	E. L. Crossley - Fonthill	J2.60m
5 #356 Neary, Bryce	Dundas Valley S.S. - HWDSB	J2.40m

**SOSSA Championship Meet
Centennial Welland
Results**

Boys Long Jump Senior

SOSSA: 6.92m

2019-05-23 Johnathan Jacob, LCHS-Port Colbou

Name	School	Finals
Finals		
1 #491 Kowcun, Nathan	Governor Simcoe-St. Catharines	J6.70m
2 #655 Ivanov, Michael	A.N. Myer - Niagara Falls	J6.63m
3 #265 Jeffery, Samuel	E. L. Crossley - Fonthill	J6.37m
4 #282 Senthil, Aakash	E. L. Crossley - Fonthill	J6.26m
5 #124 Burch, Joel	Sir Allan MacNab S.S. - HWDSB	J6.19m
6 #664 Soppitt, Isaac	A.N. Myer - Niagara Falls	J6.19m
7 #133 Finucan, Jonah	Ancaster High School - HWDSB	J5.69m
8 #399 Stephenson, Carlos	Eden High School - St. Cathari	J5.64m
9 #783 Mushegera, Alex	Smithville Christ HS -Smithvil	J5.63m
10 #672 Bissainthe, Jack	Notre Dame Welland	J5.54m
11 #573 Kemper, Kyle	Heritage Christian-Jordan Stat	J5.46m
12 #679 Gill, Trysten	Notre Dame Welland	J5.14m
13 #166 Kolenko, Nicholas	Blessed Trinity-Grimsby	J4.98m
14 #689 Ogunkoya, Victor	Notre Dame Welland	J5.37m

Boys Triple Jump Senior

SOSSA: 13.85m

2014-05-22 Jaquan Selman, Denis Morris

Name	School	Finals
Finals		
1 #528 Leistra, Joel	Guido de Bres C.H.S - HWDSB	12.66m
2 #110 Okonkwo, Greatman	Niagara Christian Collegiate	11.92m
3 #831 Walker, Isaac	Thorold - Thorold	11.76m
4 #579 Slingerland, Lucas	Heritage Christian-Jordan Stat	11.72m
5 #133 Finucan, Jonah	Ancaster High School - HWDSB	11.70m
6 #724 Szabo, Kylan	Port Colborne HS	11.61m
7 #544 Vanraalte, Daniel	Guido de Bres C.H.S - HWDSB	11.59m
8 #645 Kwon, Minsan	Laura Secord - St. Catharines	11.55m
9 #775 Kok, John	Smithville Christ HS -Smithvil	10.98m
10 #428 Thompson, Camar	Centennial - Welland	10.76m
11 #689 Ogunkoya, Victor	Notre Dame Welland	10.47m
12 #250 Bolhouis, Simon	E. L. Crossley - Fonthill	9.68m

Boys Shot Put Senior

SOSSA: 19.35m

2005-05-19 Mike Barnes, Saltfleet

Name	School	Finals
Finals		
1 #719 Grover, Caleb	Port Colborne HS	13.47m
2 #111 Okpere, Jason	Niagara Christian Collegiate	12.36m
3 #358 Newitt, Ethan	Dundas Valley S.S. - HWDSB	11.67m
4 #209 Hevessy, Tomas	Sir Winston Churchill -	11.60m
5 #175 Paterson, Rhonin	Blessed Trinity-Grimsby	11.40m
6 #502 Bartels, Tyler	Guido de Bres C.H.S - HWDSB	11.01m
7 #272 Larochelle, Josh	E. L. Crossley - Fonthill	10.91m
8 #766 Damm, Gavin	Smithville Christ HS -Smithvil	10.54m
9 #500 Bartels, Isaac	Guido de Bres C.H.S - HWDSB	10.29m
10 #825 Simmons, Caleb	Stamford - Niagara Falls	10.25m
11 #590 Wagter, Ryan	Heritage Christian-Jordan Stat	9.78m

**SOSSA Championship Meet
Centennial Welland
Results**

Finals ... (Boys Shot Put Senior)

	Name	School	Finals
12	#773 Janssen, Evan	Smithville Christ HS -Smithvil	9.18m
13	#318 Ukiomogbe, Michael	Denis Morris Catholic High Sch	9.10m
14	#683 Kapumba, Albert	Notre Dame Welland	6.35m

Boys Discus Throw Senior

SOSSA: 53.93m 2005-05-19 Mike Barnes, Saltfleet

	Name	School	Finals
Finals			
1	#719 Grover, Caleb	Port Colborne HS	J41.57m
2	#494 McDougall, Tristan	Governor Simcoe-St. Catharines	J37.40m
3	#272 Larochele, Josh	E. L. Crossley - Fonthill	J33.55m
4	#186 Wely, Aiden	Blessed Trinity-Grimsby	J31.73m
5	#111 Okpere, Jason	Niagara Christian Collegiate	J30.53m
6	#631 Hansen, Hunter	Robert Land Academy	29.55m
7	#209 Hevessy, Tomas	Sir Winston Churchill -	27.67m
8	#590 Wagter, Ryan	Heritage Christian-Jordan Stat	27.36m
9	#391 Kovac, Philip	Eden High School - St. Cathari	25.43m
10	#339 Ewen, Dylan	Dundas Valley S.S. - HWDSB	22.68m
11	#683 Kapumba, Albert	Notre Dame Welland	21.59m
12	#538 Timmerman, Gideon	Guido de Bres C.H.S - HWDSB	20.55m
13	#691 Penny, Matthew	Notre Dame Welland	14.08m

Boys Javelin Throw Senior

SOSSA: 68.38m 2010-05-20 Ray Dykstra, Grimsby

	Name	School	Finals
Finals			
1	#494 McDougall, Tristan	Governor Simcoe-St. Catharines	53.32m
2	#631 Hansen, Hunter	Robert Land Academy	43.06m
3	#502 Bartels, Tyler	Guido de Bres C.H.S - HWDSB	40.18m
4	#738 Murray, Matthew	Saint Paul Catholic High Schoo	39.09m
5	#773 Janssen, Evan	Smithville Christ HS -Smithvil	37.97m
6	#538 Timmerman, Gideon	Guido de Bres C.H.S - HWDSB	36.44m
7	#186 Wely, Aiden	Blessed Trinity-Grimsby	34.53m
8	#209 Hevessy, Tomas	Sir Winston Churchill -	34.25m
9	#282 Senthil, Aakash	E. L. Crossley - Fonthill	34.20m
10	#894 Lavoie, Asher	Westmount S.S. - HWDSB	33.76m
11	#260 Gyugyei, Kayden	E. L. Crossley - Fonthill	32.91m
12	#391 Kovac, Philip	Eden High School - St. Cathari	32.08m
13	#310 Maltby, Dylan	Denis Morris Catholic High Sch	28.85m
14	#629 Burrows, Aidan	Robert Land Academy	26.77m
15	#175 Paterson, Rhonin	Blessed Trinity-Grimsby	25.84m

Boys 2000 Meter Steeplechase Open

SOSSA: 6:15.44 2015-05-21 Cain Hassim, SWC St. Catharines

	Name	School	Finals
Finals			
1	#782 Munnings, Owen	Smithville Christ HS -Smithvil	6:40.66
2	#603 Molnar, Hayden	ES Saint-Jean-de-Brebeuf-Well	6:47.03
3	#156 Arnold, Reese	Blessed Trinity-Grimsby	6:48.26
4	#336 Deighton, Foster	Dundas Valley S.S. - HWDSB	7:01.18

SOSSA Championship Meet
Centennial Welland
Results

Finals ... (Boys 2000 Meter Steeplechase Open)

Name	School	Finals
5 #356 Neary, Bryce	Dundas Valley S.S. - HWDSB	7:26.92
6 #726 Casey, Cash	St. Catharines Collegiate	7:56.09
7 #755 Smith, Fisher	Sherwood S.S. - HWDSB	8:07.57
8 #771 Huinink, Noel	Smithville Christ HS -Smithvil	8:17.79
9 #301 Bradley, Zachary	Denis Morris Catholic High Sch	8:49.66
10 #344 Kirdimir, Aydin	Dundas Valley S.S. - HWDSB	8:49.81
11 #258 deRoos, Colin	E. L. Crossley - Fonthill	10:29.09

Boys 4x400 Meter Relay Open

SOSSA: 3:28.83 2005-05-19 Barton, Hamilton

Team	Relay	Finals	H#
Finals			
1 E. L. Crossley - Fonthill		3:40.62	2
1) #269 Kleinsmith, Adam	2) #270 Kleinsmith, Matt	3) #265 Jeffery, Samuel	4) #245 Alexander, Keagan
5) #284 Sider, Jackson	6) #274 Myers, Max		
2 Smithville Christ HS -Smithvil		3:48.42	2
1) #765 Breukelman, Silas	2) #767 Doornbos, Tyler	3) #785 Ricker, Theo	4) #786 Talsma, Jeremy
5) #777 May, Connor	6) #776 Koole, Riley		
3 Sir Winston Churchill -		3:52.59	2
1) #211 Lewis, Owen	2) #217 Molloy, Jack	3) #222 Perron, Giuseppe	4) #234 Taubeneck, Matt
5) #238 Walker, Brayden	6) #239 Williams, Janal		
4 Guido de Bres C.H.S - HWDSI		3:52.92	2
1) #526 Lanting, Albert	2) #528 Leistra, Joel	3) #544 Vanraalte, Daniel	4) #506 Bontekoe, Reuben
5) #545 Vanraalte, Matt	6) #534 Schulenberg, Nate		
5 Dundas Valley S.S. - HWDSB		3:55.79	2
1) #348 Ledger, Cohen	2) #338 Ewen, Daniel	3) #370 Thompson, Iain	4) #374 Vandenheuvel, Martin
5) #377 Xu, William	6) #369 Sulentic, Kai		
6 Westdale S.S. - HWDSB		4:04.32	1
1) #842 Keller, Ben	2) #851 Parashis, Spiro	3) #855 Pynckel, Christian	4) #840 Hto, Robbie
5) #852 Park, David	6) #853 Pasternak, Emmanuel		
7 Heritage Christian-Jordan Stat		4:08.27	2
1) #581 Vandenbrink, Seth	2) #592 Ybema, Cam	3) #577 Post, Landon	4) #580 Snyder, Nick
5) #567 Douma, Jesse			
8 Saint Francis-St. Cath		4:10.38	2
1) #443 Friesen Aguayo, Gary	2) #445 Johnsen, Lucas	3) #449 Mason, Lucas	4) #457 Tichband, Kester
5) #453 Nazaire, Marvin	6) #442 Fralick, Dryden		

Boys 100 Meter Dash Intellectually Imp

SOSSA: 12.63 2016-05-19 Owen Konkle, Beamsville DSS

Name	School	Finals
Finals		
1 #311 Michael, Stephan	Denis Morris Catholic High Sch	14.09
2 #710 Gerdingh, Parker	Orchard Park S.S. - HWDSB	15.04
3 #159 Crivea, Jude	Blessed Trinity-Grimsby	15.74
4 #839 Gill, Jacob	Westdale S.S. - HWDSB	16.11
5 #850 Omre, Jagur	Westdale S.S. - HWDSB	17.04
6 #854 Ploughman, Brandan	Westdale S.S. - HWDSB	18.37

**SOSSA Championship Meet
Centennial Welland
Results**

Boys 800 Meter Run Intellectually Imp

SOSSA: 2:32.96 2018-05-24 Owen Konkle, Beamsville DSS

	Name	School	Finals
Finals			
1	#710 Gerdingh, Parker	Orchard Park S.S. - HWDSB	3:15.99

Boys Shot Put Intellectually Imp

SOSSA: 9.95m 2017-05-24 Ryan Kulikowski, Beamsville DSS

	Name	School	Finals
Finals			
1	#311 Michael, Stephan	Denis Morris Catholic High Sch	8.81m