

Zone 3 Championship Meet - 2023-05-16
Results

Event 1 Women 100 Meter Dash Novice

=====				
Z3:	12.91	2013-05-14	Alexis Brenzil, Centennial SS	
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Jeffery, Rachel	ELCSS-Fonthill	13.80Q	1
2	Adesina, Majeedah	GFESS	14.60Q	2
3	Bodner, Maddie	Centennial-Welland	14.02Q	1
4	Savoury, Saniya	ESJB-Welland	14.71Q	2
5	Mous, Haley	Port Colborne HS	14.28Q	1
6	Haraszti, Breanna	GFESS	14.82Q	2
7	Boyer, Ann Corinne	ESJB-Welland	15.14q	1
8	Duthie, Kylie	ESJB-Welland	15.48q	2
9	Morin, Shanelle	ESJB-Welland	15.86	1
10	Kaur, Gurmanna	ELCSS-Fonthill	16.23	2
11	Gemeiner, Ella	A.N. Myer	16.29	1
12	Nakonechna, Yeva	A.N. Myer	17.74	2

Event 1 Women 100 Meter Dash Novice

=====				
Z3:	12.91	2013-05-14	Alexis Brenzil, Centennial SS	
Name	Year	School	Finals	Points
=====				
Finals				
1	Jeffery, Rachel	ELCSS-Fonthill	13.71	6
2	Bodner, Maddie	Centennial-Welland	14.07	4
3	Adesina, Majeedah	GFESS	14.18	3
4	Mous, Haley	Port Colborne HS	14.31	2
5	Savoury, Saniya	ESJB-Welland	14.52	1
6	Boyer, Ann Corinne	ESJB-Welland	14.97	
7	Haraszti, Breanna	GFESS	15.01	
8	Duthie, Kylie	ESJB-Welland	15.06	

Event 2 Men 100 Meter Dash Novice

=====				
Z3:	11.65	2015-05-14	Ethan Pasco, St.Paul HS	
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Macdonald, Graeme	ELCSS-Fonthill	12.29Q	3
2	Nicoletta, Andrew	Niagara Coll	12.42Q	1
3	Ajiboye, Imisi	Niagara Coll	12.49Q	2
4	MaGee, Jason	A.N. Myer	12.64Q	3
5	Rowan, Gavin	Centennial-Welland	12.79Q	2
6	Idowu, Farhan	Centennial-Welland	12.81Q	1
7	Mamadou, Chrys	ESJB-Welland	12.87q	3
8	Grande, Aiden	ESJB-Welland	12.90q	2
9	Mguyi, Ezekiel	ELCSS-Fonthill	13.24	2
10	Annett, Phoenix	ELCSS-Fonthill	13.36	1
11	Trembley, Ethan	Westlane S.S.	13.40	1
12	LeGresley, Joshua	ESJB-Welland	13.47	1
13	Mulley, Julian	Port Colborne HS	13.48	1
14	Burella, Porter	Port Colborne HS	13.55	2
15	Kasozi, Jesse	Centennial-Welland	13.61	3
16	Tippu, Auon	ELCSS-Fonthill	13.76	1
17	Youyoute, Bervensky	Eastdale - Welland	13.85	3
18	Suresh, Sri Ram	Westlane S.S.	14.41	3

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...Event 2 Men 100 Meter Dash Novice

19 McGaghey, Malcolm	Niagara Coll	14.59	3
20 Andrei-Piekare, Cruz	A.N. Myer	16.97	1

Event 2 Men 100 Meter Dash Novice

Z3: 11.65 2015-05-14 Ethan Pasco, St.Paul HS

Name	Year School	Finals	Points
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Finals

1 Ajiboye, Imisi	Niagara Coll	12.30	6
2 MaGee, Jason	A.N. Myer	12.37	4
3 Macdonald, Graeme	ELCSS-Fonthill	12.38	3
4 Rowan, Gavin	Centennial-Welland	12.60	2
5 Nicoletta, Andrew	Niagara Coll	12.61	1
6 Grande, Aiden	ESJB-Welland	12.78	
7 Mamadou, Chrys	ESJB-Welland	14.98	

Event 3 Women 200 Meter Dash Novice

Z3: 27.11 2011-05-10 Nicole Luciano, A.N.Myer

Name	Year School	Finals	Points
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1 Savoury, Saniya	ESJB-Welland	30.26	6
2 Boyer, Ann Corinne	ESJB-Welland	31.20	4
3 Adesina, Majeedah	GFESS	31.99	3
4 Duthie, Kylie	ESJB-Welland	32.57	2
5 Lambert, Kaylee	ESJB-Welland	32.68	1
6 Kaur, Gurmarnat	ELCSS-Fonthill	35.01	

Event 4 Men 200 Meter Dash Novice

Z3: 23.90 2007-05-15 Jahmal Loungs, Westlane

Name	Year School	Finals	H#	Points
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1 Ogunlaja, Daniel	Niagara Coll	24.36	2	6
2 Ajiboye, Imisi	Niagara Coll	25.98	1	4
3 MaGee, Jason	A.N. Myer	26.06	2	3
4 Idowu, Farhan	Centennial-Welland	26.40	2	2
5 Annett, Phoenix	ELCSS-Fonthill	27.61	2	1
6 Trembley, Ethan	Westlane S.S.	28.13	2	
7 Shin, Hae Sung	Westlane S.S.	28.15	1	
8 Burella, Porter	Port Colborne HS	28.26	2	
9 Kasozi, Jesse	Centennial-Welland	28.40	1	
10 Mulley, Julian	Port Colborne HS	28.70	1	
11 Suresh, Sri Ram	Westlane S.S.	31.57	1	
12 Andrei-Piekare, Cruz	A.N. Myer	34.22	1	

Event 5 Women 400 Meter Dash Novice

Z3: 1:02.37 2015-05-14 Jessie Fennell, ELCROSSLEY

Name	Year School	Finals	Points
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1 Smith, Keira	ELCSS-Fonthill	1:12.31	6
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Event 6 Men 400 Meter Dash Novice

Z3: 55.56 2012-05-15 Sam Fennell, ELCSS-Fonthill				
Name	Year	School	Finals	Points
1 Ogunlaja, Daniel		Niagara Coll	56.46	6
2 LeGresley, Joshua		ESJB-Welland	1:04.86	4
3 Trembley, Ethan		Westlane S.S.	1:05.60	3
4 Shin, Hae Sung		Westlane S.S.	1:06.52	2

Event 7 Women 800 Meter Run Novice

Z3: 2:27.97 2015-05-14 Cate Gualtieri, ELCROSSLEY				
Name	Year	School	Finals	Points
1 Smith, Keira		ELCSS-Fonthill	3:04.34	6

Event 8 Men 800 Meter Run Novice

Z3: 2:10.29 2015-05-14 Brock Deba, ELCROSSLEY					
Name	Year	School	Finals	H#	Points
1 Owen, Chase		Centennial-Welland	2:21.33	2	6
2 Eller, Griffin		ELCSS-Fonthill	2:22.72	2	4
3 Macrae, Logan		ELCSS-Fonthill	2:29.23	2	3
4 Gosnek, Liam		Westlane S.S.	2:33.19	2	2
5 Kroeker, Braden		Centennial-Welland	2:35.11	2	1
6 Fisher, Hudson		A.N. Myer	2:40.73	2	

Event 9 Women 1500 Meter Run Novice

Z3: 5:10.99 2009-05-12 Alannah MacDonald, ELCSS-Fonthill				
Name	Year	School	Finals	Points
1 Jeffery, Lydia		ELCSS-Fonthill	5:40.01	6

Event 10 Men 1500 Meter Run Novice

Z3: 4:27.42 2016-05-10 Santiago Gaitan, NDC-Welland				
Name	Year	School	Finals	Points
1 Owen, Chase		Centennial-Welland	4:50.15	6
2 Eller, Griffin		ELCSS-Fonthill	4:51.84	4
3 Macrae, Logan		ELCSS-Fonthill	4:53.71	3
4 Gosnek, Liam		Westlane S.S.	5:20.49	2
5 Tessier, Austin		Franco-Niagara	7:13.68	1

Event 11 Women 3000 Meter Run Novice

Z3: 11:25.06 2011-05-10 Kristen Kuhn, RCBHS-Ridgeway				
Name	Year	School	Finals	Points
1 Jeffery, Lydia		ELCSS-Fonthill	12:26.58	6

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Event 12 Men 3000 Meter Run Novice

Z3: 9:28.01 2016-05-10 Santiago Gaitan, NDC-Welland				
Name	Year	School	Finals	Points
1 Eller, Griffin		ELCSS-Fonthill	10:56.73	6
2 Macrae, Logan		ELCSS-Fonthill	10:58.65	4

Event 13 Women 80 Meter Hurdles Novice

Z3: 12.69 2016-05-10 Sarah Saldutto, NDC-Welland				
Name	Year	School	Prelims	
Preliminaries				
1 Bodner, Maddie		Centennial-Welland	15.06q	

Event 13 Women 80 Meter Hurdles Novice

Z3: 12.69 2016-05-10 Sarah Saldutto, NDC-Welland				
Name	Year	School	Finals	Points
Finals				
1 Bodner, Maddie		Centennial-Welland	15.06	6

Event 15 Women 300 Meter Hurdles Novice

Z3: 50.72 2009-05-12 Taylor Zavitz, ELCSS-Fonthill				
Name	Year	School	Finals	Points
1 Bodner, Maddie		Centennial-Welland	55.10	6
2 Eden, Jamie-Lynn		ELCSS-Fonthill	1:04.62	4

Event 18 Men High Jump Novice

Z3: 1.80m 2007-05-15 Jean-Paul Lauzon, St. Paul HS - NF				
Name	Year	School	Finals	Points
1 Tippu, Auon		ELCSS-Fonthill	J1.38m	6
2 Grande, Aiden		ESJB-Welland	J1.38m	4

Event 19 Women Pole Vault Novice

Z3: 2.80m 2016-05-10 Maya Fetic, ANMSS-Niagara Fa				
Name	Year	School	Finals	Points
1 Jeffery, Lydia		ELCSS-Fonthill	1.80m	6
2 Johnstone, Sydney		ELCSS-Fonthill	1.70m	4

Event 20 Men Pole Vault Novice

Z3: 3.33m 2012-05-15 Joel Mueller, RCBHS-Ridgeway				
Name	Year	School	Finals	Points
1 Freure, Adam		ELCSS-Fonthill	2.75m	6
2 Owen, Chase		Centennial-Welland	1.70m	4

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Event 21 Women Long Jump Novice

Z3: 5.02m 2016-05-10 Sarah Saldutto, NDC-Welland				
Name	Year	School	Finals	Points
1 Jeffery, Rachel		ELCSS-Fonthill	4.36m	6
2 Day, Kristina		GFESS	4.16m	4
3 Haraszti, Breanna		GFESS	3.96m	3
4 Brewster, Halle		GFESS	3.79m	2
5 Allard, Sarah		Westlane S.S.	3.58m	1
6 Morin, Shanelle		ESJB-Welland	3.39m	
7 Montreuil, Andrea		ESJB-Welland	3.38m	
8 Gemeiner, Ella		A.N. Myer	3.18m	
9 Duthie, Kylie		ESJB-Welland	2.97m	
10 Nakonechna, Yeva		A.N. Myer	2.91m	
11 Lambert, Kaylee		ESJB-Welland	2.88m	

Event 22 Men Long Jump Novice

Z3: 6.14m 2007-05-15 Jean-Paul Lauzon, St. Paul HS - NF				
Name	Year	School	Finals	Points
1 Macdonald, Graeme		ELCSS-Fonthill	5.23m	6
2 Grande, Aiden		ESJB-Welland	5.22m	4
3 LeGresley, Joshua		ESJB-Welland	5.19m	3
4 Mguyi, Ezekiel		ELCSS-Fonthill	5.13m	2
5 Davies, Bryan		Robert Land Academy	4.98m	1
6 Mamadou, Chrys		ESJB-Welland	4.81m	
7 Ogunlaja, Daniel		Niagara Coll	4.77m	
8 Youyoute, Bervensky		Eastdale - Welland	4.60m	
9 Pietrangelo, Remy		A.N. Myer	4.38m	
10 Nicoletta, Andrew		Niagara Coll	4.34m	
11 Annett, Phoenix		ELCSS-Fonthill	4.20m	
12 Rowan, Gavin		Centennial-Welland	4.19m	
13 Tippu, Auon		ELCSS-Fonthill	4.00m	

Event 23 Women Triple Jump Novice

Z3: 10.87m 2012-05-15 Kylie Butler, ELCSS-Fonthill				
Name	Year	School	Finals	Points
1 Brewster, Halle		GFESS	8.21m	6
2 Haraszti, Breanna		GFESS	7.98m	4
3 Allard, Sarah		Westlane S.S.	7.68m	3
4 Montreuil, Andrea		ESJB-Welland	6.90m	2

Event 24 Men Triple Jump Novice

Z3: 11.81m 2015-05-14 Fraser Darling, ELCROSSLEY				
Name	Year	School	Finals	Points
1 Macdonald, Graeme		ELCSS-Fonthill	10.80m	6
2 Burella, Porter		Port Colborne HS	9.65m	4
3 Youyoute, Bervensky		Eastdale - Welland	9.55m	3

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Event 25 Women Shot Put Novice

Z3: 15.99m 2015-05-14 Trinity Tutti, Eastdale				
Name	Year	School	Finals	Points
1 Dales, Bronwyn		ELCSS-Fonthill	7.47m	6

Event 26 Men Shot Put Novice

Z3: 13.45m 2004-05-11 Nicholas Barron, Dunnville SS				
Name	Year	School	Finals	Points
1 Davies, Bryan		Robert Land Academy	9.58m	6

Event 27 Women Discus Throw Novice

Z3: 41.93m 2015-05-14 Trinity Tutti, Eastdale				
Name	Year	School	Finals	Points
1 Dales, Bronwyn		ELCSS-Fonthill	24.18m	6

Event 28 Men Discus Throw Novice

Z3: 42.66m 2023-05-16 Jaden Davis, SOCE				
Name	Year	School	Finals	Points
1 Davis, Jaden		Centennial-Welland	42.66m	6
2 Davies, Bryan		Robert Land Academy	35.03m	4
3 Wellard, Noah		Centennial-Welland	34.12m	3
4 Kroeker, Braden		Centennial-Welland	32.59m	2
5 Ryu, Wono		Centennial-Welland	29.11m	1
6 Benner, Henry		GFESS	24.83m	

Event 29 Women Javelin Throw Novice

Z3: 35.44m 2015-05-14 Trinity Tutti, Eastdale				
Name	Year	School	Finals	Points
1 Jeffery, Rachel		ELCSS-Fonthill	19.83m	6
2 Adesina, Majeedah		GFESS	13.16m	4

Event 30 Men Javelin Throw Novice

Z3: 48.21m 2008-05-13 Dylan Niece, Centennial SS				
Name	Year	School	Finals	Points
1 Wellard, Noah		Centennial-Welland	32.85m	6
2 Ryu, Wono		Centennial-Welland	28.34m	4
3 Rochon, Reid		ELCSS-Fonthill	19.58m	3
4 Tessier, Austin		Franco-Niagara	13.47m	2
-- Benner, Henry		GFESS	DQ	

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Event 31 Women 4x100 Meter Relay Novice

Z3: 53.14 2008-05-13 E. L. Crossley S S, ELCSS-Fonthill E Gearing, K Kalchman, M Kohli, H Reid			
School		Finals	Points
1 Greater Fort Erie Secondary Sc 'A'		58.71	6
1) Adesina, Majeedah	2) Brewster, Halle		
3) Campbell, Kayleigh	4) Day, Kristina		
2 E. L. Crossley - Fonthill 'A'		1:00.04	4
1) Kaur, Gurmanna	2) Jeffery, Rachel		
3) Johnstone, Sydney	4) Jeffery, Lydia		
3 ECS Saint-Jean-de-Brebeuf- Wel 'A'		1:01.12	3
1) Boyer, Ann Corinne	2) Duthie, Kylie		
3) Lambert, Kaylee	4) Montreuil, Andrea		

Event 32 Men 4x100 Meter Relay Novice

Z3: 48.53 2007-05-15 St. Paul HS, RCBHS-Ridgeway S Oreskovich, J Cardamone, M Greco, J Cardwell			
School		Finals	Points
1 Niagara Christian Collegiate 'A'		51.97	6
1) Ajiboye, Imisi	2) McGaghey, Malcolm		
3) Nicoletta, Andrew	4) Ogunlaja, Daniel		
2 E. L. Crossley - Fonthill 'A'		53.19	4
1) Annett, Phoenix	2) Mgyui, Ezekiel		
3) Eller, Griffin	4) Macdonald, Graeme		
3 Westlane S.S. 'A'		55.95	3

Event 33 Women 100 Meter Dash Junior

Z3: 12.82 2015-05-14 Kendra Leger, Notre Dame			
Name	Year School	Prelims	
Preliminaries			
1 Van Vliet, Karlyn	ELCSS-Fonthill	13.34q	
2 Cesar, Neila	Centennial-Welland	13.85q	
3 Boswell Blackwood, Angel	GFESS	14.18q	
4 Katshunga, Divine	ESJB-Welland	15.37q	
5 Vamplew, Presley	GFESS	15.55q	
6 Veltman, Julia	GFESS	16.05q	

Event 33 Women 100 Meter Dash Junior

Z3: 12.82 2015-05-14 Kendra Leger, Notre Dame			
Name	Year School	Finals	Points
Finals			
1 Van Vliet, Karlyn	ELCSS-Fonthill	13.34	6
2 Cesar, Neila	Centennial-Welland	13.85	4
3 Boswell Blackwood, Angel	GFESS	14.18	3
4 Katshunga, Divine	ESJB-Welland	15.37	2
5 Vamplew, Presley	GFESS	15.55	1
6 Veltman, Julia	GFESS	16.05	

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Event 34 Men 100 Meter Dash Junior

Name	Year	School	Prelims
Z3: 11.27	2016-05-10	Ethan Pasco, SPHS-Niagara Fal	

Preliminaries

1 Darling, Keon	ELCSS-Fonthill	11.93q
2 Aka, Enzo	ESJB-Welland	12.58q
3 Seehagel, Albino	ELCSS-Fonthill	12.89q
4 Ivri, Ezekiel	A.N. Myer	12.97q
5 Murawiec, Isaiah	Eastdale - Welland	13.08q
6 bin Nomin, Abdullah	Eastdale - Welland	13.84q
7 Nguyen, Erik	Westlane S.S.	13.90q

Event 34 Men 100 Meter Dash Junior

Name	Year	School	Finals	Points
Z3: 11.27	2016-05-10	Ethan Pasco, SPHS-Niagara Fal		

Finals

1 Darling, Keon	ELCSS-Fonthill	11.93	6
2 Aka, Enzo	ESJB-Welland	12.58	4
3 Seehagel, Albino	ELCSS-Fonthill	12.89	3
4 Ivri, Ezekiel	A.N. Myer	12.97	2
5 Murawiec, Isaiah	Eastdale - Welland	13.08	1
6 bin Nomin, Abdullah	Eastdale - Welland	13.84	
7 Nguyen, Erik	Westlane S.S.	13.90	

Event 35 Women 200 Meter Dash Junior

Name	Year	School	Finals	Points
Z3: 25.30	2004-05-11	Cara Marcantonio, Eastdale SS		

1 Van Vliet, Karlyn	ELCSS-Fonthill	27.61	6
2 Piekny, Claire	ELCSS-Fonthill	30.07	4
3 Durdan, Chiara	ELCSS-Fonthill	30.60	3
4 Katshunga, Divine	ESJB-Welland	33.53	2
5 Steele, Sydney	GFESS	34.07	1
6 Gauthier, Meryk	ESJB-Welland	34.77	

Event 36 Men 200 Meter Dash Junior

Name	Year	School	Finals	Points
Z3: 23.03	2016-05-10	Ethan Pasco, SPHS-Niagara Fal		

1 Aka, Enzo	ESJB-Welland	26.59	6
2 Ramsaroop, Nirvaan	Eastdale - Welland	26.74	4
3 Ivri, Ezekiel	A.N. Myer	27.05	3
4 Murawiec, Isaiah	Eastdale - Welland	27.88	2
5 Ocegueara, Oscar	Robert Land Academy	28.99	1
6 Skaf, Elie	ELCSS-Fonthill	29.57	

Event 37 Women 400 Meter Dash Junior

Name	Year	School	Finals	Points
Z3: 1:01.99	2016-05-10	Jessie Fennell, ELCSS-Fonthill		

1 Piekny, Claire	ELCSS-Fonthill	1:09.75	6
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...Event 37 Women 400 Meter Dash Junior

2	Johnstone, Callie	ELCSS-Fonthill	1:09.85	4
3	Thiang, Rene	Westlane S.S.	1:19.87	3
4	Kong, Chi Wai	Niagara Coll	1:20.16	2
5	Steele, Sydney	GFESS	1:22.68	1

Event 38 Men 400 Meter Dash Junior

=====				
Z3: 53.32 2012-05-15 Jordan Fortin, Westlane				
Name	Year	School	Finals	Points
=====				
1	Sider, Jackson	ELCSS-Fonthill	55.70	6
2	Stark, Ronan	ESJB-Welland	59.06	4
3	Ivri, Ezekiel	A.N. Myer	1:01.66	3
4	Murawiec, Isaiah	Eastdale - Welland	1:02.21	2
5	Skaf, Elie	ELCSS-Fonthill	1:08.96	1

Event 39 Women 800 Meter Run Junior

=====				
Z3: 2:24.62 2009-05-12 Karley Rempel, ELCSS-Fonthill				
Name	Year	School	Finals	Points
=====				
1	Lam, Tsz Yuet	Niagara Coll	3:12.32	6
2	Kong, Chi Wai	Niagara Coll	3:15.53	4
3	Thiang, Rene	Westlane S.S.	3:16.63	3
4	Veldhuizen, Taylor	ELCSS-Fonthill	3:17.46	2

Event 40 Men 800 Meter Run Junior

=====				
Z3: 2:05.55 2016-05-10 Brock Deba, ELCSS-Fonthill				
Name	Year	School	Finals	Points
=====				
1	Sider, Jackson	ELCSS-Fonthill	2:11.85	6
2	Beauregard, Ryder	ESJB-Welland	2:32.69	4
3	Deschamps, Nicholas	Franco-Niagara	2:34.23	3
4	Schnitthen, Sklar	GFESS	2:59.48	2

Event 41 Women 1500 Meter Run Junior

=====				
Z3: 4:54.51 2013-05-14 Simone Waller, St. Michael HS- NF				
Name	Year	School	Finals	Points
=====				
1	Tarasuk, Sasha	ELCSS-Fonthill	6:06.45	6
2	Lam, Tsz Yuet	Niagara Coll	6:23.80	4
3	Smith, Sarah	Port Colborne HS	6:37.57	3
4	Burns, McKenna	Centennial-Welland	7:25.71	2

Event 42 Men 1500 Meter Run Junior

=====				
Z3: 4:15.53 2010-05-11 Brayden Seneca, Notre Dame C				
Name	Year	School	Finals	Points
=====				
1	Myers, Max	ELCSS-Fonthill	4:41.78	6
2	Beauregard, Ryder	ESJB-Welland	5:17.42	4
3	Robinson, Gavin	ELCSS-Fonthill	5:28.87	3
4	Bhetcsi, Fazal	ELCSS-Fonthill	5:29.63	2
5	Schnitthen, Sklar	GFESS	6:01.37	1

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Event 44 Men 3000 Meter Run Junior

=====				
Z3:	9:34.67	2007-05-15	Jeremy Rae, Lakeshore CHS	
Name	Year	School	Finals	Points
=====				
1	Deschamps, Nicholas	Franco-Niagara	10:56.97	6
2	Bhetcsi, Fazal	ELCSS-Fonthill	12:49.08	4
3	Robinson, Gavin	ELCSS-Fonthill	13:12.94	3

Event 45 Women 80 Meter Hurdles Junior

=====				
Z3:	12.44	2004-05-11	Valerie Kozina, St. Paul HS -	
Name	Year	School	Prelims	
=====				

Preliminaries

1	Shaw, Morgan	ESJB-Welland	13.08q	
2	Dunne, Reece	A.N. Myer	14.10q	
3	Boswell Blackwood, Angel	GFESS	15.13q	
4	Romano, Bianca	Centennial-Welland	16.06q	
5	Biddulph, London	ELCSS-Fonthill	19.89q	

Event 45 Women 80 Meter Hurdles Junior

=====				
Z3:	12.44	2004-05-11	Valerie Kozina, St. Paul HS - NF	
Name	Year	School	Finals	Points
=====				

Finals

1	Shaw, Morgan	ESJB-Welland	13.08	6
2	Dunne, Reece	A.N. Myer	14.10	4
3	Boswell Blackwood, Angel	GFESS	15.13	3
4	Romano, Bianca	Centennial-Welland	16.06	2
5	Biddulph, London	ELCSS-Fonthill	19.89	1

Event 46 Men 100 Meter Hurdles Junior

=====				
Z3:	14.93	2010-05-11	Nicolas Katulic-Ducharme, Cen	
Name	Year	School	Prelims	
=====				

Preliminaries

1	Beauregard, Ryder	ESJB-Welland	18.71q	
2	Bradbury, Ryan	ELCSS-Fonthill	19.10q	
3	bin Nomin, Abdullah	Eastdale - Welland	19.90q	
4	Stegner, Cole	ELCSS-Fonthill	19.93q	

Event 46 Men 100 Meter Hurdles Junior

=====				
Z3:	14.93	2010-05-11	Nicolas Katulic-Ducharme, Centennial	
Name	Year	School	Finals	Points
=====				

Finals

1	Beauregard, Ryder	ESJB-Welland	18.71	6
2	Bradbury, Ryan	ELCSS-Fonthill	19.10	4
3	bin Nomin, Abdullah	Eastdale - Welland	19.90	3
4	Stegner, Cole	ELCSS-Fonthill	19.93	2

Zone 3 Championship Meet - 2023-05-16
Results

Event 47 Women 300 Meter Hurdles Junior

Z3: 47.70 2014-05-13 Makiah Hunt, St. Michael HS- NF				
Name	Year	School	Finals	Points
1 Shaw, Morgan		ESJB-Welland	52.49	6
2 Boswell Blackwood, Angel		GFESS	55.56	4
3 Johnstone, Callie		ELCSS-Fonthill	58.20	3
4 Brown, Teaghan		ELCSS-Fonthill	59.08	2

Event 48 Men 300 Meter Hurdles Junior

Z3: 38.57 2004-05-11 Jake Gibson, RCBHS-Ridgeway				
Name	Year	School	Finals	Points
1 Myers, Max		ELCSS-Fonthill	48.78	6
2 Bradbury, Ryan		ELCSS-Fonthill	49.39	4
3 Ramsaroop, Nirvaan		Eastdale - Welland	49.71	3
4 Stegner, Cole		ELCSS-Fonthill	56.00	2

Event 49 Women High Jump Junior

Z3: 1.65m 2013-05-14 Shyla Cardy, ELCSS-Fonthill				
Name	Year	School	Finals	Points
1 Dunne, Reece		A.N. Myer	1.00m	6

Event 50 Men High Jump Junior

Z3: 1.85m 2008-05-13 Jean-Paul Lauzon, St. Paul HS - NF				
Name	Year	School	Finals	Points
1 Zucco, Ryan		ELCSS-Fonthill	J1.75m	6
2 Stark, Ronan		ESJB-Welland	J1.65m	4
3 Perna, Nate		Centennial-Welland	J1.60m	3
4 bin Nomin, Abdullah		Eastdale - Welland	J1.35m	2
5 Ramsaroop, Nirvaan		Eastdale - Welland	J1.35m	1

Event 51 Women Pole Vault Junior

Z3: 3.30m 2014-05-13 Makiah Hunt, SMHS-Niagara Fal				
Name	Year	School	Finals	Points
1 Dunn, Cherith		ELCSS-Fonthill	J2.20m	6
2 Haining, Hillary		ELCSS-Fonthill	J1.90m	4
3 Veldhuizen, Taylor		ELCSS-Fonthill	J1.80m	3
4 Stolk, Abby		ELCSS-Fonthill	J1.80m	2
5 Dunne, Reece		A.N. Myer	J1.80m	1

Event 52 Men Pole Vault Junior

Z3: 3.80m 2005-05-10 Kyle Tomasello, RCBHS-Ridgeway				
Name	Year	School	Finals	Points
1 Knafelc, Henry		ELCSS-Fonthill	2.80m	6
2 Zucco, Ryan		ELCSS-Fonthill	2.60m	4
3 Schoenmaker, Benjamin		ELCSS-Fonthill	2.40m	3
4 Skaf, Elie		ELCSS-Fonthill	2.20m	2

Zone 3 Championship Meet - 2023-05-16
Results

Event 53 Women Long Jump Junior

Z3: 4.98m 2012-05-15 Lauren Hines, Dunnville SS				
Name	Year	School	Finals	Points
1 Rungi-Ruston, Ksenia		GFESS	4.70m	6
2 Johnstone, Callie		ELCSS-Fonthill	4.39m	4
3 Joseph, Adriana		Centennial-Welland	4.36m	3
4 Romano, Bianca		Centennial-Welland	4.19m	2
5 Durdan, Chiara		ELCSS-Fonthill	3.88m	1
6 Baxter, Anais		GFESS	3.36m	
7 Biddulph, London		ELCSS-Fonthill	2.95m	

Event 54 Men Long Jump Junior

Z3: 6.17m 2008-05-13 Jean-Paul Lauzon, St. Paul HS - NF				
Name	Year	School	Finals	Points
1 Darling, Keon		ELCSS-Fonthill	5.30m	6
2 Lee, Ugyeons		Centennial-Welland	5.10m	4
3 Perna, Nate		Centennial-Welland	5.07m	3
4 Seehagel, Albino		ELCSS-Fonthill	4.87m	2
5 Bradbury, Ryan		ELCSS-Fonthill	4.73m	1
6 Ocegueara, Oscar		Robert Land Academy	4.68m	
7 Nguyen, Erik		Westlane S.S.	4.19m	

Event 55 Women Triple Jump Junior

Z3: 11.00m 2012-05-15 Lauren Hines, Dunnville SS				
Name	Year	School	Finals	Points
1 Fournier, Eaton		Centennial-Welland	9.22m	6
2 Joseph, Adriana		Centennial-Welland	8.34m	4

Event 56 Men Triple Jump Junior

Z3: 12.36m 2014-05-13 Solomon Awobem, NCC-NF				
Name	Year	School	Finals	Points
1 Nguyen, Erik		Westlane S.S.	9.17m	6

Event 57 Women Shot Put Junior

Z3: 16.10m 2016-05-10 Trinity Tutti, ESS-Welland				
Name	Year	School	Finals	Points
1 Siokowsky, Amelia		ELCSS-Fonthill	8.94m	6
2 Colquhoun, Danica		Centennial-Welland	8.73m	4
3 Brown, Teaghan		ELCSS-Fonthill	7.51m	3

Event 58 Men Shot Put Junior

Z3: 15.92m 2023-05-16 Owen Robins, PCHS-Port Colbor				
Name	Year	School	Finals	Points
1 Robins, Owen		Port Colborne HS	15.92m	6
2 Lariviere, Santino		Port Colborne HS	14.25m	4
3 Wilson, Austin		ELCSS-Fonthill	11.05m	3

Zone 3 Championship Meet - 2023-05-16
Results

...Event 58 Men Shot Put Junior

4	OGO, BRYANT	Robert Land Academy	10.45m	2
5	de Roos, Caleb	ELCSS-Fonthill	8.40m	1
6	Birrell, Coleson	ELCSS-Fonthill	8.04m	

Event 59 Women Discus Throw Junior

Z3: 45.27m 2016-05-10 Trinity Tutti, ESS-Welland

Name	Year	School	Finals	Points
1	Fournier, Eaton	Centennial-Welland	28.99m	6
2	Rungi-Ruston, Ksenia	GFESS	28.00m	4
3	Colquhoun, Danica	Centennial-Welland	27.65m	3
4	Cesar, Neila	Centennial-Welland	25.95m	2
5	Siokowsky, Amelia	ELCSS-Fonthill	21.50m	1
6	Brown, Teaghan	ELCSS-Fonthill	19.40m	
7	Biddulph, London	ELCSS-Fonthill	15.82m	

Event 60 Men Discus Throw Junior

Z3: 51.94m 2023-05-16 Owen Robins, PCHS-Port Colbor

Name	Year	School	Finals	Points
1	Robins, Owen	Port Colborne HS	51.94m	6
2	Lariviere, Santino	Port Colborne HS	47.59m	4
3	Brownlee, Jack	ELCSS-Fonthill	32.77m	3
4	Lepage, Tyrus	Centennial-Welland	32.57m	2
5	OGO, BRYANT	Robert Land Academy	31.60m	1
6	Zucco, Ryan	ELCSS-Fonthill	30.08m	
7	Wilson, Austin	ELCSS-Fonthill	26.76m	
8	de Roos, Caleb	ELCSS-Fonthill	26.36m	
9	Ocegueara, Oscar	Robert Land Academy	26.04m	
10	Hicken, Kaiden	GFESS	23.13m	

Event 61 Women Javelin Throw Junior

Z3: 37.22m 2014-05-13 Alexis Brenzil, Centennial SS

Name	Year	School	Finals	Points
1	Rungi-Ruston, Ksenia	GFESS	22.92m	6
2	Dunn, Cherith	ELCSS-Fonthill	20.27m	4
3	Siokowsky, Amelia	ELCSS-Fonthill	20.06m	3
4	Veldhuizen, Taylor	ELCSS-Fonthill	17.38m	2
5	Stolk, Abby	ELCSS-Fonthill	16.19m	1

Event 62 Men Javelin Throw Junior

Z3: 49.21m 2009-05-12 Shawn Pellizari, E.S. Jean Vanier

Name	Year	School	Finals	Points
1	Brownlee, Jack	ELCSS-Fonthill	44.86m	6
2	Wilson, Austin	ELCSS-Fonthill	43.76m	4
3	Myers, Max	ELCSS-Fonthill	42.09m	3
4	Lee, Ugyeons	Centennial-Welland	35.44m	2
5	Lepage, Tyrus	Centennial-Welland	23.38m	1
6	Birrell, Coleson	ELCSS-Fonthill	21.46m	

Zone 3 Championship Meet - 2023-05-16
Results

Event 63 Women 4x100 Meter Relay Junior

Z3: 51.83 2015-05-14 Notre Dame College - Welland, Notre K Sadlo, C Obdeyn, L Frasca, K Leger			
School		Finals	Points
1 E. L. Crossley - Fonthill 'A'		55.34	6
1) Durdan, Chiara	2) Van Vliet, Karlyn		
3) Johnstone, Callie	4) Piekny, Claire		
2 Greater Fort Erie Secondary Sc 'A'		1:04.64	4
1) Baxter, Anais	2) Rungi-Ruston, Ksenia		
3) Boswell Blackwood, Angel	4) Steele, Sydney		

Event 64 Men 4x100 Meter Relay Junior

Z3: 46.71 2014-05-13 A.N. Myer - Niagara Falls, A.N.Myer C Parlevliet, M Burns, T Ford, T Ford			
School		Finals	Points
1 E. L. Crossley - Fonthill 'A'		51.43	6
1) Seehagel, Albino	2) Sider, Jackson		
3) Stegner, Cole	4) Bradbury, Ryan		

Event 65 Women 100 Meter Dash Senior

Z3: 12.50 2016-05-10 Kendra Leger, NDC-Welland			
Name	Year School	Prelims	H#
Preliminaries			
1 Oriaku, Amara	Niagara Coll	12.98Q	3
1 Warkentin, Siera	A.N. Myer	12.98Q	2
3 Rice, Sarah	ELCSS-Fonthill	13.53Q	1
4 Hall, Kennedy	ELCSS-Fonthill	13.07Q	2
5 Gonzalez, Maria	Port Colborne HS	13.62Q	1
6 Bell, Jaleena	A.N. Myer	14.15Q	3
7 Thomson, Payton	A.N. Myer	13.77q	2
8 Ivri, Micaiah	A.N. Myer	13.89q	1
9 Patel, Krishna	Westlane S.S.	14.20	3
10 Cebic, Katarina	Westlane S.S.	14.47	1
11 Shepherd, Jinja	ELCSS-Fonthill	14.48	3
12 Lambrechts, Kaya	Centennial-Welland	14.50	2
13 Brereton, Brianna	Centennial-Welland	14.72	1
14 Simmonds, l'Jayah	ELCSS-Fonthill	14.75	2
15 laszlok, emma	SC-Niagara Falls	15.35	2
16 Porga, Chelsea	ESJB-Welland	16.41	3
17 McCreedy, Sarah	GFESS	18.59	1

Event 65 Women 100 Meter Dash Senior

Z3: 12.50 2016-05-10 Kendra Leger, NDC-Welland			
Name	Year School	Finals	Points
Finals			
1 Warkentin, Siera	A.N. Myer	12.93	6
2 Hall, Kennedy	ELCSS-Fonthill	12.96	4
3 Oriaku, Amara	Niagara Coll	13.09	3
4 Rice, Sarah	ELCSS-Fonthill	13.38	2
5 Gonzalez, Maria	Port Colborne HS	13.58	1

Zone 3 Championship Meet - 2023-05-16
Results

...Event 65 Women 100 Meter Dash Senior

6 Thomson, Payton	A.N. Myer	13.77
7 Ivri, Micaiah	A.N. Myer	13.99
8 Bell, Jaleena	A.N. Myer	14.25

Event 66 Men 100 Meter Dash Senior

Name	Year	School	Prelims	H#
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Preliminaries

-- Ranger, Antoine	Eastdale - Welland	SCR	2
-- Jenkins, Dafydd	Robert Land Academy	SCR	2
1 Dunlop, Jaden	Port Colborne HS	11.55Q	4
2 Rae, Arik	Centennial-Welland	11.57Q	1
3 Okene, Michael	Niagara Coll	J11.59Q	1
4 McEachern, Brady	A.N. Myer	J11.62Q	3
4 Ba, Mouhamadou	Franco-Niagara	12.91Q	2
5 McEachern, Connor	A.N. Myer	J11.66Q	4
6 McPhee, Mahkai	Eastdale - Welland	J11.70q	1
7 Oluwa, Dammy	Niagara Coll	11.82Q	3
8 Repar, Adam	ELCSS-Fonthill	J11.88q	3
10 denHollander, Lucas	Port Colborne HS	11.89	3
11 Szabo, Kylan	Port Colborne HS	12.11	1
12 Torres, Ramiro	Robert Land Academy	12.36	3
13 Omodu, David	Niagara Coll	12.43	4
14 Paquin, Tyler	ELCSS-Fonthill	12.45	1
15 Santillan, Eric	GFESS	12.62	3
16 Smith, Jake	Centennial-Welland	12.66	4
17 Diallo, Abdoul	Franco-Niagara	12.87	1
18 Owens, Cole	Robert Land Academy	12.97	4
19 Misener, Hayden	Westlane S.S.	12.98	3
20 Osaro Akaroh, Aaron	GFESS	13.33	1
21 Liao, Elliot	Westlane S.S.	13.45	4
22 Van Graan, Zaiden	GFESS	13.88	4

Event 66 Men 100 Meter Dash Senior

Name	Year	School	Finals	Points
------	------	--------	--------	--------

Finals

1 Dunlop, Jaden	Port Colborne HS	11.50	6
2 Rae, Arik	Centennial-Welland	11.52	4
3 McEachern, Brady	A.N. Myer	11.54	3
4 McPhee, Mahkai	Eastdale - Welland	11.61	2
5 McEachern, Connor	A.N. Myer	11.64	1
6 Okene, Michael	Niagara Coll	11.65	
7 Repar, Adam	ELCSS-Fonthill	11.99	
8 Oluwa, Dammy	Niagara Coll	12.06	

Event 67 Women 200 Meter Dash Senior

Name	Year	School	Finals	H#	Points
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1 Hall, Kennedy	ELCSS-Fonthill	27.30	2	6
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Zone 3 Championship Meet - 2023-05-16
Results

...Event 67 Women 200 Meter Dash Senior

2	Warkentin, Siera	A.N. Myer	27.50	1	4
3	Rice, Sarah	ELCSS-Fonthill	27.77	2	3
4	Gonzalez, Maria	Port Colborne HS	28.63	2	2
5	Ivri, Micaiah	A.N. Myer	29.58	2	1
6	Bell, Jaleena	A.N. Myer	29.84	2	
7	Patel, Krishna	Westlane S.S.	30.21	1	
8	Lambrechts, Kaya	Centennial-Welland	30.55	2	
9	Shepherd, Jinja	ELCSS-Fonthill	31.18	1	
10	Savoury, Solange	ESJB-Welland	31.21	1	
11	Brereton, Brianna	Centennial-Welland	32.15	1	
12	Carpio, Diana	SC-Niagara Falls	32.22	2	
13	Porga, Chelsea	ESJB-Welland	35.32	2	

Event 68 Men 200 Meter Dash Senior

=====					
	Z3:	22.21	2016-05-10	Tre Ford, ANMSS-Niagara Fa	
Name	Year	School	Finals	H#	Points
=====					
1	Dunlop, Jaden	Port Colborne HS	J23.01	1	6
2	McEachern, Connor	A.N. Myer	J23.62	1	4
3	McPhee, Mahkai	Eastdale - Welland	J23.70	2	3
4	McEachern, Brady	A.N. Myer	J24.15	4	2
5	Walters, Graham	A.N. Myer	J24.15	2	1
6	denHollander, Lucas	Port Colborne HS	J24.27	2	
7	Rae, Arik	Centennial-Welland	J24.39	4	
8	Oluwa, Dammy	Niagara Coll	J24.63	3	
9	Omodu, David	Niagara Coll	J24.78	1	
10	Paquin, Tyler	ELCSS-Fonthill	J24.85	1	
11	Jenkins, Dafydd	Robert Land Academy	J24.88	1	
12	Charest, Daniel	ESJB-Welland	J25.27	4	
13	Okene, Michael	Niagara Coll	J25.30	4	
14	Ranger, Antoine	Eastdale - Welland	J25.70	3	
15	Norman, Connor	ELCSS-Fonthill	J25.83	4	
16	Diallo, Abdoul	Franco-Niagara	J25.87	2	
17	Santillan, Eric	GFESS	J26.17	4	
18	Ba, Mouhamadou	Franco-Niagara	J26.41	1	
19	Ekwuribe, Shaun	Niagara Coll	J26.42	2	
20	Smith, Jake	Centennial-Welland	J26.50	3	
21	Misener, Hayden	Westlane S.S.	J27.01	2	
22	Liao, Elliot	Westlane S.S.	J28.78	3	

Event 69 Women 400 Meter Dash Senior

=====					
	Z3:	59.91	2009-05-12	Mariah Kelly, St. Michael HS- NF	
Name	Year	School	Finals	Points	
=====					
1	Thomson, Payton	A.N. Myer	1:08.39	6	
2	Philips, Eniola	SC-Niagara Falls	1:10.95	4	
3	Lambrechts, Kaya	Centennial-Welland	1:11.95	3	
4	Ivri, Micaiah	A.N. Myer	1:12.76	2	
5	Sarfraz, Shahnoor	Westlane S.S.	1:16.93	1	

Zone 3 Championship Meet - 2023-05-16
Results

Event 70 Men 400 Meter Dash Senior

Z3: 48.79 2012-05-15 Dylan Brennand, ELCSS-Fonthill					
Name	Year	School	Finals	H#	Points
1	Tonnies, Samuel	Port Colborne HS	54.84	1	6
2	Ashraf, Saad	A.N. Myer	56.39	1	4
3	Walters, Graham	A.N. Myer	56.66	2	3
4	Gmoser, Noah	GFESS	56.82	3	2
5	Charest, Daniel	ESJB-Welland	58.22	2	1
6	Norman, Connor	ELCSS-Fonthill	58.93	1	
7	Alexander, Keagan	ELCSS-Fonthill	59.49	3	
8	Misener, Hayden	Westlane S.S.	1:01.32	1	
9	Ba, Mouhamadou	Franco-Niagara	1:01.87	1	
10	Owens, Cole	Robert Land Academy	1:02.60	2	
11	Petit, Vidhya	Robert Land Academy	1:03.59	3	
12	Diomande, Sidick	ESJB-Welland	1:04.66	3	
13	Triano, Merek	ELCSS-Fonthill	1:05.77	2	
14	Reyes, Marco	Centennial-Welland	1:15.03	1	

Event 71 Women 800 Meter Run Senior

Z3: 2:17.43 2010-05-11 Mariah Kelly, St. Michael HS- NF				
Name	Year	School	Finals	Points
1	Etezadi, Kristina	A.N. Myer	2:28.07	6
2	Douma, Madison	A.N. Myer	2:33.51	4
3	Boisvert, Jade	SC-Niagara Falls	2:39.51	3

Event 72 Men 800 Meter Run Senior

Z3: 1:54.24 2009-05-12 Jeremy Rae, Lakeshore CHS					
Name	Year	School	Finals	H#	Points
1	Tonnies, Samuel	Port Colborne HS	2:09.84	1	6
2	Kleinsmith, Matthew	ELCSS-Fonthill	2:11.27	2	4
3	Ashraf, Saad	A.N. Myer	2:12.59	1	3
4	Molnar, Hayden	ESJB-Welland	2:16.36	2	2
5	Pronik, Lucas	GFESS	2:28.29	2	1
6	Alexander, Keagan	ELCSS-Fonthill	2:35.14	2	
7	Petit, Vidhya	Robert Land Academy	2:42.51	1	
8	Sider, Carter	Centennial-Welland	2:46.94	1	

Event 73 Women 1500 Meter Run Senior

Z3: 4:55.31 2010-05-11 Michelle Molodynia, A. N. Myer				
Name	Year	School	Finals	Points
1	Boisvert, Jade	SC-Niagara Falls	4:59.37	6
2	Etezadi, Kristina	A.N. Myer	5:00.41	4
3	Douma, Madison	A.N. Myer	5:08.76	3

Event 74 Men 1500 Meter Run Senior

Z3: 3:59.90 2009-05-12 Jeremy Rae, Lakeshore CHS				
Name	Year	School	Finals	Points
1	Alexander, Keagan	ELCSS-Fonthill	4:58.83	6

Zone 3 Championship Meet - 2023-05-16
Results

...Event 74 Men 1500 Meter Run Senior

2	Pronik, Lucas	GFESS	5:14.17	4
3	Triano, Merek	ELCSS-Fonthill	5:22.61	3
4	Osaro Akaroh, Aaron	GFESS	5:55.78	2
5	Gravel, Christian	Robert Land Academy	6:01.20	1
6	Thaete, Wyatt	Eastdale - Welland	6:47.73	

Event 76 Men 3000 Meter Run Senior

=====				
Z3: 9:28.45 2011-05-10 Brayden Seneca, Notre Dame C				
Name	Year	School	Finals	Points
=====				
1	Romano, Matteo	Centennial-Welland	11:24.11	6
2	Gravel, Christian	Robert Land Academy	14:04.29	4
3	Thaete, Wyatt	Eastdale - Welland	15:00.80	3

Event 77 Women 100 Meter Hurdles Senior

=====				
Z3: 14.64 2015-05-14 Emma Nero, Centennial				
Name	Year	School	Prelims	
=====				
Preliminaries				
1	Massoom, Victoria	Westlane S.S.	17.37q	
2	Hildebrandt, Regan	ELCSS-Fonthill	19.34q	
3	Savoury, Solange	ESJB-Welland	20.07q	

Event 77 Women 100 Meter Hurdles Senior

=====				
Z3: 14.64 2015-05-14 Emma Nero, Centennial				
Name	Year	School	Finals	Points
=====				
Finals				
1	Massoom, Victoria	Westlane S.S.	17.37	6
2	Hildebrandt, Regan	ELCSS-Fonthill	19.34	4
3	Savoury, Solange	ESJB-Welland	20.07	3

Event 78 Men 110 Meter Hurdles Senior

=====				
Z3: 15.24 2012-05-15 Nicolas Katulic-Ducharme, Cen				
Name	Year	School	Prelims	
=====				
Preliminaries				
1	Jeffery, Samuel	ELCSS-Fonthill	17.71q	
2	Coopman, Jake	GFESS	18.21q	
3	Soppitt, Isaac	A.N. Myer	18.56q	
4	Charest, Daniel	ESJB-Welland	19.87q	
5	Dwyer, Mikhail	Westlane S.S.	20.00q	
6	Diomande, Sidick	ESJB-Welland	23.59q	

Event 78 Men 110 Meter Hurdles Senior

=====				
Z3: 15.24 2012-05-15 Nicolas Katulic-Ducharme, Centennial				
Name	Year	School	Finals	Points
=====				
Finals				
1	Jeffery, Samuel	ELCSS-Fonthill	17.71	6
2	Coopman, Jake	GFESS	18.21	4

Zone 3 Championship Meet - 2023-05-16
Results

...Event 78 Men 110 Meter Hurdles Senior

3 Soppitt, Isaac	A.N. Myer	18.56	3
4 Charest, Daniel	ESJB-Welland	19.87	2
5 Dwyer, Mikhail	Westlane S.S.	20.00	1
6 Diomande, Sidick	ESJB-Welland	23.59	

Event 79 Women 400 Meter Hurdles Senior

=====				
Name	Year	School	Finals	Points
Z3: 1:06.73	2016-05-10	Alanna Peplinski, ELCSS-Fonthill		
1 Hildebrandt, Regan		ELCSS-Fonthill	1:23.29	6

Event 80 Men 400 Meter Hurdles Senior

=====				
Name	Year	School	Finals	Points
Z3: 58.77	2012-05-15	Zachary Hildebrand, St. Michael HS-		
1 McPhee, Mahkai		Eastdale - Welland	1:01.92	6
2 Dwyer, Mikhail		Westlane S.S.	1:05.92	4
3 Walters, Graham		A.N. Myer	1:06.59	3

Event 82 Men High Jump Senior

=====				
Name	Year	School	Finals	Points
Z3: 2.00m	2008-05-13	Jay Diston, St. Paul HS - NF		
1 Senthil, Aakash		ELCSS-Fonthill	1.70m	6
2 Sider, Carter		Centennial-Welland	1.55m	4

Event 83 Women Pole Vault Senior

=====				
Name	Year	School	Finals	Points
Z3: 3.50m	2016-05-10	Makiah Hunt, SMHS-Niagara Fal		
1 Collins, Alexis		ELCSS-Fonthill	2.20m	6

Event 84 Men Pole Vault Senior

=====				
Name	Year	School	Finals	Points
Z3: 4.45m	2007-05-15	Kyle Tomasello, RCBHS-Ridgeway		
1 Bolhous, Simon		ELCSS-Fonthill	J2.90m	6
2 Van Niekerk, Ethan		ELCSS-Fonthill	J2.70m	4
3 Eden, Eric		ELCSS-Fonthill	J2.70m	3
4 Corradetti, Luca		ELCSS-Fonthill	J2.30m	2

Event 85 Women Long Jump Senior

=====				
Name	Year	School	Finals	Points
Z3: 5.25m	2016-05-10	Victoria Fair, ELCSS-Fonthill		
1 Oriaku, Amara		Niagara Coll	4.63m	6
2 Ojeda, Luisa		A.N. Myer	4.18m	4
3 Tran, Kimmy		GFESS	3.96m	2.50
3 laszlok, emma		SC-Niagara Falls	3.96m	2.50
5 Savoury, Solange		ESJB-Welland	3.95m	1

Zone 3 Championship Meet - 2023-05-16
Results

...Event 85 Women Long Jump Senior

6	Massoom, Victoria	Westlane S.S.	3.85m
7	Delgado, Sav'hanna	Franco-Niagara	3.81m
8	Tays, Shelby	Port Colborne HS	3.45m
9	Bednar, Laura	Centennial-Welland	3.33m

Event 86 Men Long Jump Senior

=====				
Z3: 6.79m 2007-05-15 Tristan Woodburn, Westlane				
Name	Year	School	Finals	Points
=====				
1	Dwyer, Mikhail	Westlane S.S.	J6.07m	6
2	Szabo, Kylan	Port Colborne HS	J5.84m	4
3	Jeffery, Samuel	ELCSS-Fonthill	J5.79m	3
4	Diallo, Abdoul	Franco-Niagara	J5.72m	2
5	Gmoser, Noah	GFESS	J5.72m	1
6	Torres, Ramiro	Robert Land Academy	J5.70m	
7	Senthil, Aakash	ELCSS-Fonthill	J5.69m	
8	Khan, Omar	GFESS	J5.11m	
9	Soppitt, Isaac	A.N. Myer	J5.08m	
10	Waters, Quade	Centennial-Welland	J5.00m	
11	Osaro Akaroh, Aaron	GFESS	J4.75m	
12	Ranger, Antoine	Eastdale - Welland	J4.74m	
13	Van Graan, Zaiden	GFESS	J4.36m	
14	Repar, Adam	ELCSS-Fonthill	J4.03m	
--	Ekwuribe, Shaun	Niagara Coll	FOUL	
--	Hihara, Satoru	Niagara Coll	FOUL	

Event 87 Women Triple Jump Senior

=====				
Z3: 10.61m 2009-05-12 Courtney Olah, St. Paul HS - NF				
Name	Year	School	Finals	Points
=====				
1	Massoom, Victoria	Westlane S.S.	10.08m	6
2	Tran, Kimmy	GFESS	9.00m	4
3	Cebic, Katarina	Westlane S.S.	8.48m	3
4	Philips, Eniola	SC-Niagara Falls	8.28m	2
5	Nolan, Melanie	GFESS	8.23m	1
6	Tays, Shelby	Port Colborne HS	7.43m	
--	Ojeda, Luisa	A.N. Myer	DQ	

Event 88 Men Triple Jump Senior

=====				
Z3: 12.95m 2011-05-10 Troy Laguerre, Stamford CVI				
Name	Year	School	Finals	Points
=====				
1	Gmoser, Noah	GFESS	12.18m	6
2	Szabo, Kylan	Port Colborne HS	11.90m	4
3	Khan, Omar	GFESS	11.54m	3
4	Coopman, Jake	GFESS	11.18m	2

Event 89 Women Shot Put Senior

=====				
Z3: 11.28m 2012-05-15 Sarah Moss, Notre Dame C				
Name	Year	School	Finals	Points
=====				
1	Clarke, Lauen	Centennial-Welland	8.68m	6

Zone 3 Championship Meet - 2023-05-16
Results

....Event 89 Women Shot Put Senior

2 Atkins, Keira	GFESS	8.55m	4
3 Andrew, Ella	ELCSS-Fonthill	8.46m	3
4 Ambersle, Kendra	ELCSS-Fonthill	7.10m	2
5 Philips, Eniola	SC-Niagara Falls	6.55m	1
6 Carpio, Diana	SC-Niagara Falls	5.98m	
7 laszlok, emma	SC-Niagara Falls	5.41m	
8 Okeji, Sharon	ELCSS-Fonthill	5.33m	

Event 90 Men Shot Put Senior

=====

Z3: 14.79m 2005-05-10 Mark Young, ELCSS-Fonthill

Name	Year School	Finals	Points
1 Grover, Caleb	Port Colborne HS	13.49m	6
2 Lacroix, Connor	ELCSS-Fonthill	10.92m	4
3 Torres, Ramiro	Robert Land Academy	10.86m	3
4 Thomas, Alexander	A.N. Myer	10.25m	2
5 Kaba, Fode	Robert Land Academy	9.88m	0.50
5 Dickie, Logan	Port Colborne HS	9.88m	0.50
7 Ajaere, Edwin	Robert Land Academy	9.72m	
8 Motola, Lucas	ELCSS-Fonthill	9.43m	
9 Timothy, Charles	Niagara Coll	8.75m	
10 Roberts, Zeshawn	Eastdale - Welland	8.73m	
11 Lee, Matthew	Port Colborne HS	8.30m	

Event 91 Women Discus Throw Senior

=====

Z3: 42.84m 2011-05-10 Sarah Moss, Notre Dame C

Name	Year School	Finals	Points
1 Clarke, Lauen	Centennial-Welland	29.47m	6
2 Atkins, Keira	GFESS	24.37m	4
3 Young, Ava	ELCSS-Fonthill	24.29m	3
4 Andrew, Ella	ELCSS-Fonthill	22.65m	2
5 Ambersle, Kendra	ELCSS-Fonthill	22.47m	1
6 Cabrera Acevedo, Erika	GFESS	19.44m	
7 Okeji, Sharon	ELCSS-Fonthill	15.44m	

Event 92 Men Discus Throw Senior

=====

Z3: 48.39m 2005-05-10 Mark Young, ELCSS-Fonthill

Name	Year School	Finals	Points
1 Grover, Caleb	Port Colborne HS	48.06m	6
2 Kaba, Fode	Robert Land Academy	34.82m	4
3 Jenkins, Dafydd	Robert Land Academy	31.70m	3
4 Ajaere, Edwin	Robert Land Academy	31.49m	2
5 Dickie, Logan	Port Colborne HS	31.17m	1
6 Timothy, Charles	Niagara Coll	26.89m	
7 Lee, Matthew	Port Colborne HS	25.68m	
8 Waters, Quade	Centennial-Welland	23.05m	
9 Thomas, Alexander	A.N. Myer	21.39m	
10 Roberts, Zeshawn	Eastdale - Welland	17.67m	

Zone 3 Championship Meet - 2023-05-16
Results

Event 93 Women Javelin Throw Senior

Z3: 38.15m 2016-05-10 Kambrie Luciani, CSS-Welland				
Name	Year	School	Finals	Points
1 Young, Ava		ELCSS-Fonthill	29.91m	6
2 Atkins, Keira		GFESS	21.75m	4
3 Udoh, Itoro		Niagara Coll	19.62m	3
4 Simmonds, 1'Jayah		ELCSS-Fonthill	18.57m	2
5 Cabrera Acevedo, Erika		GFESS	17.88m	1
6 Ambersle, Kendra		ELCSS-Fonthill	15.19m	
7 Andrew, Ella		ELCSS-Fonthill	15.02m	
8 Orkeh, Anita		Niagara Coll	14.83m	
9 Delgado, Sav'hanna		Franco-Niagara	11.13m	

Event 94 Men Javelin Throw Senior

Z3: 54.57m 2012-05-15 Shawn Pellizari, E.S. Jean Vanier				
Name	Year	School	Finals	Points
1 Jeffery, Samuel		ELCSS-Fonthill	47.45m	6
2 Senthil, Aakash		ELCSS-Fonthill	38.55m	4
3 Van Niekerk, Ethan		ELCSS-Fonthill	37.10m	3
4 Soppitt, Isaac		A.N. Myer	35.27m	2
5 Motola, Lucas		ELCSS-Fonthill	33.85m	1
6 Hilborn, Nathan		SC-Niagara Falls	31.95m	
7 Waters, Quade		Centennial-Welland	31.13m	
8 Timothy, Charles		Niagara Coll	30.40m	

Event 95 Women 4x100 Meter Relay Senior

Z3: 51.56 2014-05-13 Centennial - Welland, CSS-Welland E Nero, K Reaker, A Brenzil, A Rodrigues				
School	Year	School	Finals	Points
1 E. L. Crossley - Fonthill	'A'		53.27	6
1) Rice, Sarah		2) Hall, Kennedy		
3) Collins, Alexis		4) Shepherd, Jinja		
2 A.N. Myer	'A'		54.63	4
3 Westlane S.S.	'A'		56.50	3
4 Centennial-Welland	'A'		57.22	2
1) Bednar, Laura		2) Brereton, Brianna		
5 Port Colborne HS	'A'		1:00.89	1
1) Coers, Kelsey		2) Gonzalez, Maria		
3) Mous, Haley		4) Smith, Sarah		
6 Greater Fort Erie Secondary Sc	'A'		1:01.00	
1) Cabrera Acevedo, Erika		2) McCready, Sarah		
3) Nolan, Melanie		4) Boswell Blackwood, Angel		

Event 96 Men 4x100 Meter Relay Senior

Z3: 44.47 2013-05-14 Notre Dame College, Notre Dame C J Augustine, K Brannigan, R Joseph, A Westin				
School	Year	School	Finals	Points
1 A.N. Myer	'A'		46.27	6
2 E. L. Crossley - Fonthill	'A'		46.84	4
1) Jeffery, Samuel		2) Senthil, Aakash		

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....Event 96 Men 4x100 Meter Relay Senior

3) Repar, Adam	4) Darling, Keon		
3 Greater Fort Erie Secondary Sc 'A'		49.98	3
1) Coopman, Jake	2) Gmoser, Noah		
3) Khan, Omar	4) Osaro Akaroh, Aaron		
4 Niagara Christian Collegiate 'A'		50.78	2
1) Dada, David	2) Okene, Michael		
3) Oluwa, Dammy	4) Omodu, David		

Event 97 Women 2000 Meter Steeplechase Open

Name	Year	School	Finals	Points
Z3:	8:57.77	2023-05-16	Sasha Tarasuk, ELCSS-Fonthill	
1 Tarasuk, Sasha		ELCSS-Fonthill	8:57.77	6
2 Eden, Jamie-Lynn		ELCSS-Fonthill	9:52.49	4

Event 98 Men 2000 Meter Steeplechase Open

Name	Year	School	Finals	Points
Z3:	6:27.80	2009-05-12	Tom McRae, St. Paul HS - NF	
1 Molnar, Hayden		ESJB-Welland	7:03.93	6
2 Romano, Matteo		Centennial-Welland	7:53.54	4
3 Pronik, Lucas		GFESS	8:40.95	3
4 Thaete, Wyatt		Eastdale - Welland	10:33.72	2

Event 99 Women 4x400 Meter Relay Open

School	Year	School	Finals	Points
Z3:	4:20.45	2009-05-12	E. L. Crossley S S, ELCSS-Fonthill K Kalchman, H Reid, J Young, A MacDonald	
1 E. L. Crossley - Fonthill 'A'			4:53.15	6
1) Hildebrandt, Regan	2) Hall, Kennedy			
3) Johnstone, Callie	4) Jeffery, Rachel			

Event 100 Men 4x400 Meter Relay Open

School	Year	School	Finals	Points
Z3:	3:35.42	2012-05-15	Ridgeway-Crystal Beach, RCBHS-Ridg	
1 Port Colborne HS 'A'			3:48.34	6
1) denHollander, Lucas	2) Dunlop, Jaden			
3) Tonnies, Samuel	4) Szabo, Kylan			
2 E. L. Crossley - Fonthill 'A'			3:52.81	4
1) Kleinsmith, Matthew	2) Myers, Max			
3) Sider, Jackson	4) Jeffery, Samuel			
3 A.N. Myer 'A'			3:57.77	3
4 Greater Fort Erie Secondary Sc 'A'			4:16.14	2
1) Coopman, Jake	2) Gmoser, Noah			
3) Khan, Omar	4) Osaro Akaroh, Aaron			

Zone 3 Championship Meet - 2023-05-16

Results

Event 124 Men Shot Put Intellectually Imp.

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	Z3:				
Name		Year	School	Finals	Points
=====					
1	Harrietha, Dalton		Port Colborne HS	8.46m	6