

**Zone 3 Championship Meet - 2024-05-14
Results**

Event 1 Women 100 Meter Dash Novice

Name	Year	School	Prelims	H#
Z3: 12.91	2013-05-14	Alexis Brenzil, Centennial SS		
Preliminaries				
1 Dyck, Faith		PCHS,Port Colborne	13.33q	1
2 Aka, Malaury		ESJB,Welland	13.73q	1
3 Coull, Lindsay		WSS,Niagara Falls	14.10q	1
4 Powell, MoriYah		NCC,Fort Erie	14.60q	2
5 Levasseur-Robins, Madeli		ELCSS,Fonthill	14.84q	2
6 Fiddes, Rylee		ELCSS,Fonthill	14.88q	1
7 Houghton, Noa		ELCSS,Fonthill	15.11q	2
8 Ijaodola, Dara		Centennial,Welland	15.15q	2
9 Voynovich, Mabel		Centennial,Welland	15.25	1
10 Fawkes, Emily		ELCSS,Fonthill	15.80	1
11 Edwards, Anna		ANMSS,Niagara Falls	16.52	1

Event 1 Women 100 Meter Dash Novice

Name	Year	School	Finals
Z3: 12.91	2013-05-14	Alexis Brenzil, Centennial SS	
Finals			
1 Dyck, Faith		PCHS,Port Colborne	13.12
2 Aka, Malaury		ESJB,Welland	13.52
3 Coull, Lindsay		WSS,Niagara Falls	13.82
4 Powell, MoriYah		NCC,Fort Erie	14.33
5 Levasseur-Robins, Madeli		ELCSS,Fonthill	14.40
6 Fiddes, Rylee		ELCSS,Fonthill	14.64
7 Houghton, Noa		ELCSS,Fonthill	14.92
8 Ijaodola, Dara		Centennial,Welland	15.22

Event 2 Men 100 Meter Dash Novice

Name	Year	School	Prelims	H#
Z3: 11.65	2015-05-14	Ethan Pasco, St.Paul HS		
Preliminaries				
1 Sraku-Antwi, Lemuel		ANMSS,Niagara Falls	11.66q	2
2 Proudlock, Reed		WSS,Niagara Falls	12.52q	1
3 Kotsis, Matthew		ELCSS,Fonthill	12.61q	2
4 Kaba, Mahmoud		ESFN,Welland	12.64q	1
5 Roszell, Taylor		Centennial,Welland	12.85q	1
6 Kolodziejczak, Ben		ANMSS,Niagara Falls	13.11q	2
7 Seehagel, Malaki		ELCSS,Fonthill	13.23q	1
8 Verne, Shoney		NCC,Fort Erie	13.25q	2
9 Mollicone, Jonathan		GFESS,Fort Erie	13.50	1
10 Li, John		GFESS,Fort Erie	13.56	2
11 Chambers, Jazeel		GFESS,Fort Erie	13.60	1
12 Kaple-Perez, Adrian		ANMSS,Niagara Falls	13.81	1
13 Chen, Mark		WSS,Niagara Falls	14.03	2
14 Serri, Annis		ESFN,Welland	14.85	2
15 Tindall, Samuel		ESJB,Welland	15.12	1

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Event 2 Men 100 Meter Dash Novice

Name	Year	School	Finals
Z3: 11.65	2015-05-14	Ethan Pasco, St.Paul HS	

Finals

1	Sraku-Antwi, Lemuel	ANMSS,Niagara Falls	11.55
2	Kaba, Mahmoud	ESFN,Welland	12.05
3	Proudlock, Reed	WSS,Niagara Falls	12.17
4	Kotsis, Matthew	ELCSS,Fonthill	12.31
5	Roszell, Taylor	Centennial,Welland	12.70
6	Seehagel, Malaki	ELCSS,Fonthill	12.82
7	Kolodziejczak, Ben	ANMSS,Niagara Falls	13.09
8	Verne, Shoney	NCC,Fort Erie	13.40

Event 3 Women 200 Meter Dash Novice

Name	Year	School	Finals
Z3: 27.11	2011-05-10	Nicole Luciano, A.N.Myer	

1	Dyck, Faith	PCHS,Port Colborne	27.52
2	Scipio, Maeva	ESFN,Welland	28.64
3	Coull, Lindsay	WSS,Niagara Falls	30.34
4	Fiddes, Rylee	ELCSS,Fonthill	30.66
5	Schmidt, Ariya	NCC,Fort Erie	31.71
6	Farrag, Lamar	ANMSS,Niagara Falls	32.19
7	Edwards, Anna	ANMSS,Niagara Falls	35.86
8	Jellema, Charlotte	SC,Niagara Falls	40.30

Event 4 Men 200 Meter Dash Novice

Name	Year	School	Finals	H#
Z3: 23.90	2007-05-15	Jahmal Loungs, Westlane		

1	Sraku-Antwi, Lemuel	ANMSS,Niagara Falls	24.65	1
2	Kaba, Mahmoud	ESFN,Welland	25.14	3
3	Proudlock, Reed	WSS,Niagara Falls	26.08	3
4	Seehagel, Malaki	ELCSS,Fonthill	26.69	2
5	Roszell, Taylor	Centennial,Welland	26.88	3
6	Kolodziejczak, Ben	ANMSS,Niagara Falls	27.25	1
7	Verne, Shoney	NCC,Fort Erie	27.80	2
8	Harrold, Evan	WSS,Niagara Falls	27.84	2
9	Gravelle, Kobe	PCHS,Port Colborne	27.97	1
10	Li, John	GFESS,Fort Erie	28.47	3
11	Kaple-Perez, Adrian	ANMSS,Niagara Falls	28.76	2
12	Maffei, TJ	GFESS,Fort Erie	29.32	2
13	Chambers, Jazeel	GFESS,Fort Erie	29.59	1
14	Chen, Mark	WSS,Niagara Falls	30.24	1
15	Serri, Annis	ESFN,Welland	30.27	1
16	Tindall, Samuel	ESJB,Welland	30.34	2
17	Thakor, Krish	Eastdale,Welland	32.15	3

Event 5 Women 400 Meter Dash Novice

Name	Year	School	Finals
Z3: 1:02.37	2015-05-14	Jessie Fennell, ELCROSSLEY	

1	Jellema, Charlotte	SC,Niagara Falls	1:34.39
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**Zone 3 Championship Meet - 2024-05-14
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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	H#
1 Kaba, Mahmoud		ESFN,Welland	58.30	1
2 Harrold, Evan		WSS,Niagara Falls	1:00.15	2
3 Lee, Alex		Centennial,Welland	1:01.73	2
4 Fournier, Beckett		Centennial,Welland	1:02.14	1
5 Gravelle, Kobe		PCHS,Port Colborne	1:03.13	2
6 Tonnies, Jackson		PCHS,Port Colborne	1:03.24	1
7 Smith, Aydan		PCHS,Port Colborne	1:04.39	1
8 Nykolaychuk, Alex		ELCSS,Fonthill	1:06.61	2
9 Mollicone, Jonathan		ELCSS,Fort Erie	1:08.64	1
10 Maffei, TJ		GFESS,Fort Erie	1:08.88	2
11 Serri, Annis		ESFN,Welland	1:12.81	2
12 Thakor, Krish		Eastdale,Welland	1:14.23	1

Event 7 Women 800 Meter Run Novice

Z3: 2:27.97 2015-05-14 Cate Gualtieri, ELCROSSLEY			
Name	Year	School	Finals
1 Seeley, Shaelyn		GFESS,Fort Erie	3:15.23

Event 8 Men 800 Meter Run Novice

Z3: 2:10.29 2015-05-14 Brock Deba, ELCROSSLEY			
Name	Year	School	Finals
1 Smith, Aydan		PCHS,Port Colborne	2:28.13
2 Lee, Alex		Centennial,Welland	2:31.56
3 Harrold, Evan		WSS,Niagara Falls	2:45.17
4 Mohamed, Zakariya		WSS,Niagara Falls	2:48.84

Event 9 Women 1500 Meter Run Novice

Z3: 5:10.99 2009-05-12 Alannah MacDonald, ELCSS-Fo			
Name	Year	School	Finals
1 Sider, Ava		ELCSS,Fonthill	6:05.77
2 Seeley, Shaelyn		GFESS,Fort Erie	6:47.52

Event 10 Men 1500 Meter Run Novice

Z3: 4:27.42 2016-05-10 Santiago Gaitan, NDC-Wellan			
Name	Year	School	Finals
1 Tischler, Quin		Centennial,Welland	5:14.49
2 Mohamed, Zakariya		WSS,Niagara Falls	5:49.12

Event 11 Women 3000 Meter Run Novice

Z3: 11:25.06 2011-05-10 Kristen Kuhn, RCBHS-Ridgew			
Name	Year	School	Finals
1 Seeley, Shaelyn		GFESS,Fort Erie	16:09.72

**Zone 3 Championship Meet - 2024-05-14
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Event 12 Men 3000 Meter Run Novice

=====			
Z3:	9:28.01	2016-05-10	Santiago Gaitan, NDC-Wellan
Name	Year	School	Finals
=====			
1	Chen, Mark	WSS,Niagara Falls	15:12.30

Event 13 Women 80 Meter Hurdles Novice

=====			
Z3:	12.69	2016-05-10	Sarah Saldutto, NDC-Welland
Name	Year	School	Finals
=====			
1	Regala, Josée	ESJB,Welland	12.41
2	Dyck, Faith	PCHS,Port Colborne	13.24
3	Scipio, Maeva	ESFN,Welland	13.31
4	Kaur, Gurleen	Centennial,Welland	17.74

Event 14 Men 100 Meter Hurdles Novice

=====			
Z3:	15.68	2015-05-14	Mackenzie Jasinskis, Centenni
Name	Year	School	Finals
=====			
1	Jackson, Cameron	ELCSS,Fonthill	15.82

Event 15 Women 300 Meter Hurdles Novice

=====			
Z3:	50.72	2009-05-12	Taylor Zavitz, ELCSS-Fonthill
Name	Year	School	Finals
=====			
1	Scipio, Maeva	ESFN,Welland	49.87
2	Maguire, Julie	Centennial,Welland	54.77
3	van Niekerk, Hallie	ELCSS,Fonthill	54.84

Event 16 Men 300 Meter Hurdles Novice

=====			
Z3:	44.08	2008-05-13	Sam Testa, RCBHS-Ridgeway
Name	Year	School	Finals
=====			
1	Jackson, Cameron	ELCSS,Fonthill	46.83

Event 17 Women High Jump Novice

=====			
Z3:	1.70m	2012-05-15	Shyla Cardy, ELCSS-Fonthill
Name	Year	School	Finals
=====			
1	Van Krimpen, Parker	Centennial,Welland	1.45m
2	Schmidt, Ariya	NCC,Fort Erie	1.05m
2	Powell, Moriyah	NCC,Fort Erie	1.05m

Event 18 Men High Jump Novice

=====			
Z3:	1.80m	2007-05-15	Jean-Paul Lauzon, St. Paul HS
Name	Year	School	Finals
=====			
1	Kpioyo, Elijah	ELCSS,Fonthill	1.70m
2	Lee, Alex	Centennial,Welland	1.10m

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Event 19 Women Pole Vault Novice

Z3: 2.80m 2016-05-10 Maya Fetic, ANMSS-Niagara Fa			
Name	Year	School	Finals
1 van Niekerk, Hallie		ELCSS,Fonthill	2.30m
2 Sider, Ava		ELCSS,Fonthill	2.20m

Event 21 Women Long Jump Novice

Z3: 5.02m 2016-05-10 Sarah Saldutto, NDC-Welland			
Name	Year	School	Finals
1 Regala, Josée		ESJB,Welland	5.21m
2 Schmidt, Ariya		NCC,Fort Erie	3.75m
3 Powell, MoriYah		NCC,Fort Erie	3.51m
4 Moore, Amber		PCHS,Port Colborne	3.50m
5 Shin, Chaeyeon		WSS,Niagara Falls	3.29m
6 Tyler, Aspen-Rose		GFESS,Fort Erie	2.88m
7 Lettemann, Addie		GFESS,Fort Erie	2.38m

Event 22 Men Long Jump Novice

Z3: 6.14m 2007-05-15 Jean-Paul Lauzon, St. Paul HS			
Name	Year	School	Finals
1 Kpioyo, Elijah		ELCSS,Fonthill	5.21m
2 Kolodziejczak, Ben		ANMSS,Niagara Falls	4.86m
3 Della Ventura, Hunter		ESJB,Welland	4.72m
4 Beaver, Mason		Centennial,Welland	4.30m
5 Tindall, Samuel		ESJB,Welland	4.19m

Event 23 Women Triple Jump Novice

Z3: 10.87m 2012-05-15 Kylie Butler, ELCSS-Fonthill			
Name	Year	School	Finals
1 Van Krimpen, Parker		Centennial,Welland	9.65m
2 Houghton, Noa		ELCSS,Fonthill	8.14m
3 Shin, Chaeyeon		WSS,Niagara Falls	7.82m

Event 24 Men Triple Jump Novice

Z3: 11.81m 2015-05-14 Fraser Darling, ELCROSSLEY			
Name	Year	School	Finals
1 Kpioyo, Elijah		ELCSS,Fonthill	11.29m
2 Fournier, Hannam		Centennial,Welland	10.72m
3 Della Ventura, Hunter		ESJB,Welland	10.34m

Event 25 Women Shot Put Novice

Z3: 15.99m 2015-05-14 Trinity Tutti, Eastdale			
Name	Year	School	Finals
1 Goulding, Madelyn		PCHS,Port Colborne	10.13m
2 Moore, Brooke		ELCSS,Fonthill	9.09m
3 Siolkowsky, Helena		ELCSS,Fonthill	8.94m

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...Event 25 Women Shot Put Novice

4 Lacharity, Katryna	PCHS,Port Colborne	7.03m
5 Aka, Malaury	ESJB,Welland	6.73m
6 Kaur, Gursimran	ELCSS,Fonthill	5.25m
7 Jellema, Charlotte	SC,Niagara Falls	5.22m

Event 26 Men Shot Put Novice

Name	Year	School	Finals
Z3: 13.45m	2004-05-11	Nicholas Barron, Dunnville S	
1 Royer, Hayden		PCHS,Port Colborne	11.26m
2 Gelka, Seth		Eastdale,Welland	10.60m
3 Agius, Mathew		PCHS,Port Colborne	10.18m
4 Tonwe, Falcon		Robert Land,Welland	9.80m
5 Putney, Caeleb		GFESS,Fort Erie	9.18m
6 Jenkins, Pedran		Robert Land,Welland	8.83m
7 Newell, Odin		SC,Niagara Falls	7.45m

Event 27 Women Discus Throw Novice

Name	Year	School	Finals
Z3: 41.93m	2015-05-14	Trinity Tutti, Eastdale	
1 Dodridge, Jess		Centennial,Welland	28.48m
2 Jacobi, Faith		Centennial,Welland	25.14m
3 Goulding, Madelyn		PCHS,Port Colborne	24.43m
4 Moore, Brooke		ELCSS,Fonthill	23.70m
5 Lacharity, Katryna		PCHS,Port Colborne	17.70m
6 Kaur, Gursimran		ELCSS,Fonthill	15.79m
7 Tyler, Aspen-Rose		GFESS,Fort Erie	12.31m

Event 28 Men Discus Throw Novice

Name	Year	School	Finals
Z3: 42.66m	2023-05-16	Jaden Davis, SOCE	
1 Royer, Hayden		PCHS,Port Colborne	36.29m
2 Jenkins, Pedran		Robert Land,Welland	35.60m
3 Tonwe, Falcon		Robert Land,Welland	33.02m
4 Gelka, Seth		Eastdale,Welland	31.85m
5 Agius, Mathew		PCHS,Port Colborne	29.62m
6 Putney, Caeleb		GFESS,Fort Erie	26.72m
7 Thakor, Krish		Eastdale,Welland	23.52m
8 Davis, William		ELCSS,Fonthill	22.98m
9 Gibson, Andrew		ELCSS,Fonthill	21.28m
10 Goleff, Hudson		ELCSS,Fonthill	19.60m

Event 29 Women Javelin Throw Novice

Name	Year	School	Finals
Z3: 35.44m	2015-05-14	Trinity Tutti, Eastdale	
1 Dodridge, Jess		Centennial,Welland	22.93m
2 Moore, Brooke		ELCSS,Fonthill	20.53m
3 Maguire, Julie		Centennial,Welland	17.56m
4 Voynovich, Mabel		Centennial,Welland	17.03m

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...Event 29 Women Javelin Throw Novice

5 Siolkowsky, Helena	ELCSS,Fonthill	16.71m
6 Tyler, Aspen-Rose	GFESS,Fort Erie	12.47m
7 Kaur, Gursimran	ELCSS,Fonthill	11.36m

Event 30 Men Javelin Throw Novice

Name	Year	School	Finals
Z3: 48.21m	2008-05-13	Dylan Niece, Centennial SS	
1 Myers, Jacob		ELCSS,Fonthill	36.55m
2 Beaver, Mason		Centennial,Welland	32.16m
3 Jackson, Cameron		ELCSS,Fonthill	30.48m
4 Putney, Caeleb		GFESS,Fort Erie	26.68m
5 Gelka, Seth		Eastdale,Welland	26.59m
6 Davis, William		ELCSS,Fonthill	26.02m
7 Kotsis, Matthew		ELCSS,Fonthill	20.25m

Event 31 Women 4x100 Meter Relay Novice

School	Finals
Z3: 53.14	2008-05-13 E. L. Crossley S S, ELCSS-Fon E Gearing, K Kalchman, M Kohli, H Reid
1 E. L. Crossley	57.57
2 Centennial	59.71

Event 32 Men 4x100 Meter Relay Novice

School	Finals
Z3: 48.53	2007-05-15 St. Paul HS, RCBHS-Ridgeway S Oreskovich, J Cardamone, M Greco, J Cardwell
1 E. L. Crossley	49.08

Event 33 Women 100 Meter Dash Junior

Name	Year	School	Prelims	H#
Z3: 12.82	2015-05-14	Kendra Leger, Notre Dame		
Preliminaries				
1 Morgan, Julianne		ELCSS,Fonthill	13.95q	2
2 Bodner, Madeleine		Centennial,Welland	14.00q	1
3 Waselovich, Leah		ELCSS,Fonthill	14.01q	2
4 Kirlilova, Reni		ANMSS,Niagara Falls	14.31q	2
5 Breadner, Claire		ELCSS,Fonthill	14.34q	1
6 Duthie, Kylie		ESJB,Welland	14.63q	2
7 Williams, Ilya		ANMSS,Niagara Falls	14.70q	1
8 Mous, Hayley		PCHS,Port Colborne	14.81q	2
9 McTaggart, Valerie		ELCSS,Fonthill	15.37	1
10 Lambert, Kaylee		ESJB,Welland	15.79	1

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Event 33 Women 100 Meter Dash Junior

Name	Year	School	Finals
Z3: 12.82	2015-05-14	Kendra Leger, Notre Dame	

Finals

1 Morgan, Julianne	ELCSS,Fonthill	13.68
2 Waselovich, Leah	ELCSS,Fonthill	13.80
3 Bodner, Madeleine	Centennial,Welland	13.92
4 Breadner, Claire	ELCSS,Fonthill	14.15
5 Kirlilova, Reni	ANMSS,Niagara Falls	14.38
5 Duthie, Kylie	ESJB,Welland	14.38
7 Mous, Hayley	PCHS,Port Colborne	14.58
8 Williams, Ilya	ANMSS,Niagara Falls	14.63

Event 34 Men 100 Meter Dash Junior

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

Preliminaries

1 Fyfe, William	WSS,Niagara Falls	11.86q	3
2 Nicoletta, Andrew	NCC,Fort Erie	12.36q	1
3 Ajiboye, Imisi	NCC,Fort Erie	12.37q	2
4 MaGee, Jason	ANMSS,Niagara Falls	12.38q	3
5 Oslsanwo, Dara	Centennial,Welland	12.56q	1
6 Idoww, Farhan	Centennial,Welland	12.58q	2
7 Grande, Aiden	ESJB,Welland	12.68q	3
8 Kasozi, Jesse	Centennial,Welland	12.73q	3
9 Rowan, Gavin	Centennial,Welland	12.79	2
10 Coley, Amani	GFESS,Fort Erie	12.94	1
11 Andrei-Pick, Cruz	ANMSS,Niagara Falls	13.02	1
12 Gilatra, Suvan	ANMSS,Niagara Falls	13.13	2
13 Annett, Phoenix	ELCSS,Fonthill	13.19	3
14 Nkaya, William	ESJB,Welland	13.45	2
15 Edwards, Adonis	WSS,Niagara Falls	14.03	2
16 Charbonneau, Xavier	ANMSS,Niagara Falls	14.47	1

Event 34 Men 100 Meter Dash Junior

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

Finals

1 Fyfe, William	WSS,Niagara Falls	11.58
2 Nicoletta, Andrew	NCC,Fort Erie	12.11
3 Ajiboye, Imisi	NCC,Fort Erie	12.19
4 MaGee, Jason	ANMSS,Niagara Falls	12.26
5 Oslsanwo, Dara	Centennial,Welland	12.45
5 Grande, Aiden	ESJB,Welland	12.45
7 Idoww, Farhan	Centennial,Welland	12.48
8 Kasozi, Jesse	Centennial,Welland	12.65

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Event 35 Women 200 Meter Dash Junior

Z3: 25.30 2004-05-11 Cara Marcantonio, Eastdale SS			
Name	Year	School	Finals
1 Waselovich, Leah		ELCSS,Fonthill	29.68
2 MacKay, Chloe		ESJB,Welland	30.52
3 Duthie, Kylie		ESJB,Welland	30.79
4 Mous, Hayley		PCHS,Port Colborne	31.12
5 Williams, Ilya		ANMSS,Niagara Falls	34.09
6 Lambert, Kaylee		ESJB,Welland	34.79

Event 36 Men 200 Meter Dash Junior

Z3: 23.03 2016-05-10 Ethan Pasco, SPHS-Niagara Fal				
Name	Year	School	Finals	H#
1 Fyfe, William		WSS,Niagara Falls	23.99	3
2 Ogunlaja, Daniel		NCC,Fort Erie	24.41	2
3 MacDonald, Graeme		ELCSS,Fonthill	24.86	3
4 Idoww, Farhan		Centennial,Welland	26.06	3
5 Kasozi, Jesse		Centennial,Welland	26.44	1
6 Annett, Phoenix		ELCSS,Fonthill	26.71	1
7 MaGee, Jason		ANMSS,Niagara Falls	26.73	3
8 Coley, Amani		GFESS,Fort Erie	26.89	1
9 Tremblay, Ethan		WSS,Niagara Falls	27.00	2
10 Oslsanwo, Dara		Centennial,Welland	27.45	3
11 Gilatra, Suvan		ANMSS,Niagara Falls	27.51	1
12 Rowan, Gavin		Centennial,Welland	27.65	2
13 Andrei-Pick, Cruz		ANMSS,Niagara Falls	28.21	2
14 Nkaya, William		ESJB,Welland	30.07	1

Event 37 Women 400 Meter Dash Junior

Z3: 1:01.99 2016-05-10 Jessie Fennell, ELCSS-Fonth			
Name	Year	School	Finals
1 MacKay, Chloe		ESJB,Welland	1:14.60
2 Bhandari, Mansi		ANMSS,Niagara Falls	1:29.83

Event 38 Men 400 Meter Dash Junior

Z3: 53.32 2012-05-15 Jordan Fortin, Westlane				
Name	Year	School	Finals	H#
1 Ogunlaja, Daniel		NCC,Fort Erie	53.39	1
2 Ryan, Jack		ELCSS,Fonthill	57.37	2
3 Geissler, Hayden		WSS,Niagara Falls	58.10	2
4 Tremblay, Ethan		WSS,Niagara Falls	59.74	1
5 Gilatra, Suvan		ANMSS,Niagara Falls	1:04.40	1
6 Annett, Phoenix		ELCSS,Fonthill	1:04.60	1
7 Fisher, Hudson		ANMSS,Niagara Falls	1:08.86	2

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Event 39 Women 800 Meter Run Junior

Z3: 2:24.62 2009-05-12 Karley Rempel, ELCSS-Fonthi			
Name	Year	School	Finals
1 Jeffery, Lydia		ELCSS,Fonthill	2:27.12

Event 40 Men 800 Meter Run Junior

Z3: 2:05.55 2016-05-10 Brock Deba, ELCSS-Fonthill			
Name	Year	School	Finals
1 Geissler, Hayden		WSS,Niagara Falls	2:17.45
2 Gosnek, Liam		WSS,Niagara Falls	2:20.83
3 Constantini, Preston		ANMSS,Niagara Falls	2:39.12
4 Wells, Dalton		ANMSS,Niagara Falls	3:09.84

Event 41 Women 1500 Meter Run Junior

Z3: 4:54.51 2013-05-14 Simone Waller, St. Michael			
Name	Year	School	Finals
1 Jeffery, Lydia		ELCSS,Fonthill	5:54.77
2 Saddler, Jacklyn		ANMSS,Niagara Falls	6:22.83

Event 42 Men 1500 Meter Run Junior

Z3: 4:15.53 2010-05-11 Brayden Seneca, Notre Dame			
Name	Year	School	Finals
1 MacRae, Logan		ELCSS,Fonthill	4:43.56
2 Eller, Griffin		ELCSS,Fonthill	4:59.93
3 Gosnek, Liam		WSS,Niagara Falls	5:06.39
4 Kenna, Anderson		GFESS,Fort Erie	5:13.59
5 Constantini, Preston		ANMSS,Niagara Falls	5:18.13
6 Wells, Dalton		ANMSS,Niagara Falls	6:27.95

Event 43 Women 3000 Meter Run Junior

Z3: 11:18.92 2012-05-15 Kristen Kuhn, RCBHS-Ridgew			
Name	Year	School	Finals
1 Saddler, Jacklyn		ANMSS,Niagara Falls	14:07.45

Event 44 Men 3000 Meter Run Junior

Z3: 9:34.67 2007-05-15 Jeremy Rae, Lakeshore CHS			
Name	Year	School	Finals
1 MacRae, Logan		ELCSS,Fonthill	10:23.40
2 Eller, Griffin		ELCSS,Fonthill	11:40.63
3 Gosnek, Liam		WSS,Niagara Falls	12:09.64
4 Kenna, Anderson		GFESS,Fort Erie	12:12.83

**Zone 3 Championship Meet - 2024-05-14
Results**

Event 45 Women 80 Meter Hurdles Junior

Name	Z3:	Year	School	Finals
	12.44	2004-05-11	Valerie Kozina, St. Paul HS	
1 Bodner, Madeleine			Centennial,Welland	15.03
2 Romano, Arianna			Centennial,Welland	15.07

Event 46 Men 100 Meter Hurdles Junior

Name	Z3:	Year	School	Finals
	14.93	2010-05-11	Nicolas Katulic-Ducharme, Cen	
1 Nicoletta, Andrew			NCC, Fort Erie	21.65
2 Kus, Brayden			ESJB, Welland	21.90

Event 47 Women 300 Meter Hurdles Junior

Name	Z3:	Year	School	Finals
	47.70	2014-05-13	Makiah Hunt, St. Michael HS-	
1 Bodner, Madeleine			Centennial,Welland	56.36
2 Jeffery, Rachel			ELCSS, Fonthill	58.84

Event 48 Men 300 Meter Hurdles Junior

Name	Z3:	Year	School	Finals
	38.57	2004-05-11	Jake Gibson, RCBHS-Ridgeway	
1 Freure, Adam			ELCSS, Fonthill	42.75
2 Anderson, Connor			ELCSS, Fonthill	49.89
3 Tremblay, Ethan			WSS, Niagara Falls	50.57
4 Alzobody, DayDay			ANMSS, Niagara Falls	54.47

Event 50 Men High Jump Junior

Name	Z3:	Year	School	Finals
	1.85m	2008-05-13	Jean-Paul Lauzon, St. Paul HS	
1 Kroeker, Braden			Centennial,Welland	1.55m
2 Grande, Aiden			ESJB, Welland	1.45m

Event 51 Women Pole Vault Junior

Name	Z3:	Year	School	Finals
	3.30m	2014-05-13	Makiah Hunt, SMHS-Niagara Fal	
1 Jeffery, Lydia			ELCSS, Fonthill	2.30m
2 Bernardi, Evangelene			ELCSS, Fonthill	2.10m
3 Breadner, Claire			ELCSS, Fonthill	1.50m

Event 52 Men Pole Vault Junior

Name	Z3:	Year	School	Finals
	3.80m	2005-05-10	Kyle Tomasello, RCBHS-Ridgewa	
1 Freure, Adam			ELCSS, Fonthill	4.00m
2 Owen, Chase			Centennial, Welland	2.80m

**Zone 3 Championship Meet - 2024-05-14
Results**

...Event 52 Men Pole Vault Junior

3 Anderson, Connor	ELCSS,Fonthill	2.50m
4 MacRae, Logan	ELCSS,Fonthill	2.35m

Event 53 Women Long Jump Junior

Z3: 4.98m 2012-05-15 Lauren Hines, Dunnville SS

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

1 Jeffery, Rachel	ELCSS,Fonthill	4.73m
2 Morgan, Julianne	ELCSS,Fonthill	4.47m
3 Romano, Arianna	Centennial,Welland	4.38m
4 Brewster, Halle	GFESS,Fort Erie	3.97m
5 Allard, Sarah	WSS,Niagara Falls	3.65m
6 Elijah, Marissa	GFESS,Fort Erie	3.48m

Event 54 Men Long Jump Junior

Z3: 6.17m 2008-05-13 Jean-Paul Lauzon, St. Paul HS

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

1 MacDonald, Graeme	ELCSS,Fonthill	5.92m
2 Grande, Aiden	ESJB,Welland	5.79m
3 Burella, Porter	PCHS,Port Colborne	5.35m
4 Delva, Guylar	Robert Land,Welland	5.24m
5 Nicoletta, Andrew	NCC,Fort Erie	4.61m
6 Edwards, Adonis	WSS,Niagara Falls	4.12m

Event 55 Women Triple Jump Junior

Z3: 11.00m 2012-05-15 Lauren Hines, Dunnville SS

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

1 Kirlilova, Reni	ANMSS,Niagara Falls	8.80m
2 MacKay, Chloe	ESJB,Welland	8.77m
3 Mcreynolds, Alynia	Centennial,Welland	8.52m
4 Brewster, Halle	GFESS,Fort Erie	8.40m
5 Bhandari, Mansi	ANMSS,Niagara Falls	8.16m
6 Allard, Sarah	WSS,Niagara Falls	7.51m
7 Elijah, Marissa	GFESS,Fort Erie	7.14m

Event 56 Men Triple Jump Junior

Z3: 12.36m 2014-05-13 Solomon Awobem, NCC-NF

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

1 MacDonald, Graeme	ELCSS,Fonthill	12.00m
2 Ryan, Jack	ELCSS,Fonthill	10.48m
3 Kus, Brayden	ESJB,Welland	9.72m

Event 57 Women Shot Put Junior

Z3: 16.10m 2016-05-10 Trinity Tutti, ESS-Welland

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

1 Dales, Bronwyn	ELCSS,Fonthill	8.75m
2 McArthur, Vanessa	SC,Niagara Falls	7.66m

**Zone 3 Championship Meet - 2024-05-14
Results**

Event 58 Men Shot Put Junior

Z3: 15.92m 2023-05-16 Owen Robins, PCHS-Port Colbo			
Name	Year	School	Finals
1 Davis, Jayden		Centennial,Welland	13.51m
2 Flavien, Jonathan		Robert Land,Welland	12.80m
3 Davies, Brian		Robert Land,Welland	12.46m
4 Rivard, Ben		ESFN,Welland	10.12m
5 Cobrand, Nathaniel		Robert Land,Welland	10.01m
6 Norris, Edward		WSS,Niagara Falls	8.24m
7 Tessier, Austin		ESFN,Welland	6.57m

Event 59 Women Discus Throw Junior

Z3: 45.27m 2016-05-10 Trinity Tutti, ESS-Welland			
Name	Year	School	Finals
1 Dales, Bronwyn		ELCSS,Fonthill	25.10m
2 Gibbons, Alexa		GFESS,Fort Erie	14.44m
3 Mason, Jacklyn		GFESS,Fort Erie	13.82m
4 Pronik, Hannah		GFESS,Fort Erie	13.10m

Event 60 Men Discus Throw Junior

Z3: 51.94m 2023-05-16 Owen Robins, PCHS-Port Colbo			
Name	Year	School	Finals
1 Davis, Jayden		Centennial,Welland	46.87m
2 Davies, Brian		Robert Land,Welland	45.81m
3 Flavien, Jonathan		Robert Land,Welland	43.94m
4 Wellard, Noah		Centennial,Welland	40.16m
5 Kroeker, Braden		Centennial,Welland	36.63m
6 Cobrand, Nathaniel		Robert Land,Welland	32.39m
7 Delva, Guylar		Robert Land,Welland	30.64m
8 Ryu, Wono		Centennial,Welland	27.05m
9 Prejza, Evan		ANMSS,Niagara Falls	21.74m

Event 61 Women Javelin Throw Junior

Z3: 37.22m 2014-05-13 Alexis Brenzil, Centennial S			
Name	Year	School	Finals
1 Waselovich, Leah		ELCSS,Fonthill	20.59m
2 Jeffery, Rachel		ELCSS,Fonthill	20.08m
3 Pronik, Hannah		GFESS,Fort Erie	12.81m
4 Gibbons, Alexa		GFESS,Fort Erie	11.31m
5 Mason, Jacklyn		GFESS,Fort Erie	10.97m

Event 62 Men Javelin Throw Junior

Z3: 49.21m 2009-05-12 Shawn Pellizari, E.S. Jean V			
Name	Year	School	Finals
1 Freure, Adam		ELCSS,Fonthill	51.62m
2 Dunn, Cameron		ELCSS,Fonthill	38.09m
3 Wellard, Noah		Centennial,Welland	36.01m
4 Ryu, Wono		Centennial,Welland	33.48m

**Zone 3 Championship Meet - 2024-05-14
Results**

....Event 62 Men Javelin Throw Junior

5 Kus, Brayden	ESJB,Welland	29.04m
6 McGaghey, Malcolm	NCC,Fort Erie	28.32m
7 Rivard, Ben	ESFN,Welland	25.71m
8 Prejza, Evan	ANMSS,Niagara Falls	19.65m
9 Tessier, Austin	ESFN,Welland	11.53m

Event 63 Women 4x100 Meter Relay Junior

Z3: 51.83 2015-05-14 Notre Dame College - Welland,
K Sadlo, C Obdeyn, L Frasca, K Leger

School Finals

1 E. L. Crossley 54.73

Event 64 Men 4x100 Meter Relay Junior

Z3: 46.71 2014-05-13 A.N. Myer - Niagara Falls, A.
C Parlevliet, M Burns, T Ford, T Ford

School Finals

1 Westlane		48.56
1) Tremblay, Ethan	2) Geissler, Hayden	
3) Proudlock, Reed	4) Fyfe, William	
2 E. L. Crossley		48.74
3 Niagara Christian Collegiate		49.62
1) Ajiboye, Imisi	2) Ogunlaja, Daniel	
3) Nicoletta, Andrew	4) McGaghey, Malcolm	
4 A.N. Myer		49.86
5 Centennial		50.03

Event 65 Women 100 Meter Dash Senior

Z3: 12.50 2016-05-10 Kendra Leger, NDC-Welland

Name Year School Prelims H#

Preliminaries

1 Johnstone, Callie	ELCSS,Fonthill	13.89q	1
2 Bell, Jaleena	ANMSS,Niagara Falls	13.92q	2
3 Lambrechts, Kaya	Centennial,Welland	14.09q	1
4 Patel, Krishna	WSS,Niagara Falls	14.43q	1
5 Collins, Alexis	ELCSS,Fonthill	14.50q	2
6 Peters, Shayla	SC,Niagara Falls	14.53q	2
7 Donaldson, Jayla	ESJB,Welland	14.90q	2

Event 65 Women 100 Meter Dash Senior

Z3: 12.50 2016-05-10 Kendra Leger, NDC-Welland

Name Year School Finals

Finals

1 Bell, Jaleena	ANMSS,Niagara Falls	13.54
2 Johnstone, Callie	ELCSS,Fonthill	13.74
3 Collins, Alexis	ELCSS,Fonthill	13.99
4 Lambrechts, Kaya	Centennial,Welland	14.03
5 Patel, Krishna	WSS,Niagara Falls	14.18
6 Donaldson, Jayla	ESJB,Welland	14.53

**Zone 3 Championship Meet - 2024-05-14
Results**

Event 66 Men 100 Meter Dash Senior

Z3: 11.16 2016-05-10 Toye Odusanya, Niagara Coll				
Name	Year	School	Prelims	H#
Preliminaries				
1	Marks, Kyle	Eastdale,Welland	12.12q	1
2	Aka, Enzo	ESJB,Welland	12.21q	2
3	Gmoser, Noah	GFESS,Fort Erie	12.22q	1
4	Seehagel, Albino	ELCSS,Fonthill	12.28q	3
5	Kennedy, Maddox	GFESS,Fort Erie	12.48q	3
6	Ba, Mouhamadou	ESFN,Welland	12.52q	1
7	Tritchew, Alexei	GFESS,Fort Erie	12.65q	2
8	Buchanan, Kyle	Centennial,Welland	12.75q	2
9	Zunik, Tom	Robert Land,Welland	12.84	1
10	Stegner, Cole	ELCSS,Fonthill	12.96	1
11	Higgs, Owen	Eastdale,Welland	12.99	3
12	Hamour, Ahmed	ANMSS,Niagara Falls	13.06	2
13	Larmer, Duncan	Robert Land,Welland	13.38	2
14	Japalai, Heicken	WSS,Niagara Falls	13.47	3
15	Ranger, Anthony	Eastdale,Welland	13.97	2
16	Noel, Elijah	ESJB,Welland	14.16	1

Event 66 Men 100 Meter Dash Senior

Z3: 11.16 2016-05-10 Toye Odusanya, Niagara Coll				
Name	Year	School	Finals	H#
Finals				
1	Aka, Enzo	ESJB,Welland	12.01	
2	Tritchew, Alexei	GFESS,Fort Erie	12.12	
3	Kennedy, Maddox	GFESS,Fort Erie	12.23	
4	Gmoser, Noah	GFESS,Fort Erie	12.26	
5	Marks, Kyle	Eastdale,Welland	12.29	
6	Ba, Mouhamadou	ESFN,Welland	12.55	
7	Buchanan, Kyle	Centennial,Welland	12.91	

Event 67 Women 200 Meter Dash Senior

Z3: 25.43 2016-05-10 Kendra Leger, NDC-Welland				
Name	Year	School	Finals	H#
1	Johnstone, Callie	ELCSS,Fonthill	29.26	2
2	Collins, Alexis	ELCSS,Fonthill	29.52	1
3	Lambrechts, Kaya	Centennial,Welland	29.66	2
4	Patel, Krishna	WSS,Niagara Falls	30.24	1
5	Donaldson, Jayla	ESJB,Welland	31.45	1
6	Katshunga, Divine	ESJB,Welland	31.56	2
7	Gauthier, Méryk	ESJB,Welland	34.09	1

Event 68 Men 200 Meter Dash Senior

Z3: 22.21 2016-05-10 Tre Ford, ANMSS-Niagara Fa				
Name	Year	School	Finals	H#
1	Walters, Graham	ANMSS,Niagara Falls	23.58	3
2	Norman, Connor	ELCSS,Fonthill	24.45	3
3	Ba, Mouhamadou	ESFN,Welland	25.25	3

Zone 3 Championship Meet - 2024-05-14
Results

....Event 68 Men 200 Meter Dash Senior

4	Aka, Enzo	ESJB,Welland	25.41	2
5	Ivri, Ezekiel	ANMSS,Niagara Falls	25.77	2
6	Stark, Ronan	ESJB,Welland	25.99	1
7	Zunik, Tom	Robert Land,Welland	26.27	3
8	Larmer, Duncan	Robert Land,Welland	28.41	1
9	Ranger, Anthony	Eastdale,Welland	29.86	1
9	Narang, Avi	Centennial,Welland	29.86	3
11	Skaf, Elie	ELCSS,Fonthill	30.30	1

Event 69 Women 400 Meter Dash Senior

Z3: 59.91 2009-05-12 Mariah Kelly, St. Michael HS-			
Name	Year	School	Finals
1	Steele, Sydney	GFESS, Fort Erie	1:30.59

Event 70 Men 400 Meter Dash Senior

Z3: 48.79 2012-05-15 Dylan Brennand, ELCSS-Fonthill				
Name	Year	School	Finals	H#
1	Walters, Graham	ANMSS,Niagara Falls	54.27	2
2	Norman, Connor	ELCSS,Fonthill	55.47	2
3	denHollander, Lucas	PCHS,Port Colborne	56.13	2
4	Snack, Zachary	Centennial,Welland	56.39	2
5	Tonnies, Samuel	PCHS,Port Colborne	57.85	1
6	Bray, Alex	Centennial,Welland	59.18	1
7	Marks, Kyle	Eastdale,Welland	59.52	1
8	Christopher, Culmer	Eastdale,Welland	1:00.09	2
9	Ivri, Ezekiel	ANMSS,Niagara Falls	1:00.83	2
10	Desales, Areil	Centennial,Welland	1:01.57	2
11	Higgs, Owen	Eastdale,Welland	1:09.05	2
12	Skaf, Elie	ELCSS,Fonthill	1:10.42	1

Event 71 Women 800 Meter Run Senior

Z3: 2:17.43 2010-05-11 Mariah Kelly, St. Michael H			
Name	Year	School	Finals
1	Etezadi, Kristina	ANMSS,Niagara Falls	2:21.45
2	Douma, Madison	ANMSS,Niagara Falls	2:36.94

Event 72 Men 800 Meter Run Senior

Z3: 1:54.24 2009-05-12 Jeremy Rae, Lakeshore CHS			
Name	Year	School	Finals
1	Sider, Jackson	ELCSS,Fonthill	2:01.05
2	Shaw, Kaden	ANMSS,Niagara Falls	2:05.39
3	Tonnies, Samuel	PCHS,Port Colborne	2:17.69
4	Pronik, Lucas	GFESS, Fort Erie	2:18.90
5	Snack, Zachary	Centennial,Welland	2:20.96
6	Triano, Merek	ELCSS,Fonthill	2:29.50
7	Christopher, Culmer	Eastdale,Welland	2:47.10
8	Schnitchen, Skylar	GFESS, Fort Erie	3:02.53

**Zone 3 Championship Meet - 2024-05-14
Results**

Event 73 Women 1500 Meter Run Senior

Z3: 4:55.31 2010-05-11 Michelle Molodynia, A. N. M			
Name	Year	School	Finals
1 Etezadi, Kristina		ANMSS, Niagara Falls	4:54.68
2 Douma, Madison		ANMSS, Niagara Falls	5:17.83
3 Tarasuk, Sasha		ELCSS, Fonthill	5:59.88
4 Goertz, Nicki		Centennial, Welland	7:28.14

Event 74 Men 1500 Meter Run Senior

Z3: 3:59.90 2009-05-12 Jeremy Rae, Lakeshore CHS			
Name	Year	School	Finals
1 Shaw, Kaden		ANMSS, Niagara Falls	4:25.23
2 Sider, Jackson		ELCSS, Fonthill	4:28.35
3 Pronik, Lucas		GFESS, Fort Erie	4:46.45
4 Deschamps, Nick		ESFN, Welland	4:47.51
5 Desales, Areil		Centennial, Welland	5:06.95
6 Triano, Merek		ELCSS, Fonthill	5:11.06
7 Kononyuk, Nicholas		ANMSS, Niagara Falls	5:17.01
8 Christopher, Culmer		Eastdale, Welland	5:43.26
9 Skaf, Elie		ELCSS, Fonthill	5:43.86

Event 75 Women 3000 Meter Run Senior

Z3: 10:41.83 2013-05-14 Kristen Kuhn, RCBHS-Ridgew			
Name	Year	School	Finals
1 Etezadi, Kristina		ANMSS, Niagara Falls	11:25.74

Event 76 Men 3000 Meter Run Senior

Z3: 9:28.45 2011-05-10 Brayden Seneca, Notre Dame			
Name	Year	School	Finals
1 Shaw, Kaden		ANMSS, Niagara Falls	9:42.35
2 Deschamps, Nick		ESFN, Welland	10:21.04

Event 77 Women 100 Meter Hurdles Senior

Z3: 14.64 2015-05-14 Emma Nero, Centennial			
Name	Year	School	Finals
1 Massoom, Victoria		WSS, Niagara Falls	16.09
2 Romano, Bianca		Centennial, Welland	19.17
3 Katshunga, Divine		ESJB, Welland	21.70

Event 78 Men 110 Meter Hurdles Senior

Z3: 15.24 2012-05-15 Nicolas Katulic-Ducharme, Cen			
Name	Year	School	Finals
1 Coopman, Jake		GFESS, Fort Erie	17.01
2 Gmoser, Noah		GFESS, Fort Erie	17.23
3 Kartal, Yusuf		ELCSS, Fonthill	17.65
4 Stegner, Cole		ELCSS, Fonthill	20.92

Zone 3 Championship Meet - 2024-05-14
Results

...Event 78 Men 110 Meter Hurdles Senior

5	Riesebosch, Cole	ELCSS,Fonthill	20.93
6	Noel, Elijah	ESJB,Welland	21.07

Event 79 Women 400 Meter Hurdles Senior

=====			
Name	Year	School	Finals
=====			
Z3:	1:06.73	2016-05-10	Alanna Peplinski, ELCSS-Fon
1	Maguire, Sarah	Centennial,Welland	1:22.40

Event 80 Men 400 Meter Hurdles Senior

=====			
Name	Year	School	Finals
=====			
Z3:	58.77	2012-05-15	Zachary Hildebrand, St. Micha
1	Dwyer, Mikhail	WSS,Niagara Falls	1:03.77
2	Walters, Graham	ANMSS,Niagara Falls	1:04.68
3	Kartal, Yusuf	ELCSS,Fonthill	1:05.26
4	Riesebosch, Cole	ELCSS,Fonthill	1:13.87
5	Stegner, Cole	ELCSS,Fonthill	1:14.62
6	Kononyuk, Nicholas	ANMSS,Niagara Falls	1:20.50

Event 82 Men High Jump Senior

=====			
Name	Year	School	Finals
=====			
Z3:	2.00m	2008-05-13	Jay Diston, St. Paul HS - NF
1	Zucco, Ryan	ELCSS,Fonthill	1.90m
2	Stark, Ronan	ESJB,Welland	1.70m
3	Riesebosch, Cole	ELCSS,Fonthill	1.55m

Event 83 Women Pole Vault Senior

=====			
Name	Year	School	Finals
=====			
Z3:	3.50m	2016-05-10	Makiah Hunt, SMHS-Niagara Fal
1	Veldhuizen, Taylor	ELCSS,Fonthill	2.00m

Event 84 Men Pole Vault Senior

=====			
Name	Year	School	Finals
=====			
Z3:	4.45m	2007-05-15	Kyle Tomasello, RCBHS-Ridgewa
1	Bolhous, Simon	ELCSS,Fonthill	3.60m
2	Zucco, Ryan	ELCSS,Fonthill	2.90m
2	Knafelc, Henry	ELCSS,Fonthill	2.90m

Event 85 Women Long Jump Senior

=====			
Name	Year	School	Finals
=====			
Z3:	5.25m	2016-05-10	Victoria Fair, ELCSS-Fonthill
1	Massoom, Victoria	WSS,Niagara Falls	4.93m
2	Rungi-Ruston, Ksenia	GFESS,Fort Erie	4.79m
3	Peters, Shayla	SC,Niagara Falls	4.32m
4	Johnstone, Callie	ELCSS,Fonthill	4.27m

Zone 3 Championship Meet - 2024-05-14
Results

...Event 85 Women Long Jump Senior

5	Joseph, Adriana	Centennial,Welland	4.09m
6	Romano, Bianca	Centennial,Welland	3.99m
7	Brereton, Brianna	Centennial,Welland	3.90m
8	Tays, Shelby	PCHS,Port Colborne	3.58m

Event 86 Men Long Jump Senior

Z3: 6.79m 2007-05-15 Tristan Woodburn, Westlane			
Name	Year	School	Finals
1	Dwyer, Mikhail	WSS,Niagara Falls	6.08m
2	Wangar, Jesse	Centennial,Welland	5.46m
3	Kennedy, Maddox	GFESS,Fort Erie	5.40m
4	Zunik, Tom	Robert Land,Welland	5.21m
5	Tritchew, Alexei	GFESS,Fort Erie	5.16m
6	Japalai, Heicken	WSS,Niagara Falls	4.76m
7	Narang, Avi	Centennial,Welland	4.49m
8	Seehagel, Albino	ELCSS,Fonthill	4.44m
9	Beauregard, Ryder	ESJB,Welland	4.41m
10	Nguyen, Erik	WSS,Niagara Falls	4.28m

Event 87 Women Triple Jump Senior

Z3: 10.61m 2009-05-12 Courtney Olah, St. Paul HS -			
Name	Year	School	Finals
1	Cebic, Katarina	WSS,Niagara Falls	8.90m
2	Joseph, Adriana	Centennial,Welland	8.54m
3	Tays, Shelby	PCHS,Port Colborne	7.68m

Event 88 Men Triple Jump Senior

Z3: 12.95m 2011-05-10 Troy Laguerre, Stamford CVI			
Name	Year	School	Finals
1	Gmoser, Noah	GFESS,Fort Erie	12.00m
2	Wangar, Jesse	Centennial,Welland	11.55m
3	Coopman, Jake	GFESS,Fort Erie	11.28m
4	Nguyen, Erik	WSS,Niagara Falls	9.30m

Event 89 Women Shot Put Senior

Z3: 11.28m 2012-05-15 Sarah Moss, Notre Dame C			
Name	Year	School	Finals
1	Siolkowsky, Amelia	ELCSS,Fonthill	10.11m
2	Clarke, Lauren	Centennial,Welland	9.42m
3	Colquhon, Danica	Centennial,Welland	7.83m
4	Ambersle, Kendra	ELCSS,Fonthill	7.78m
5	Mueller, Kiersten	GFESS,Fort Erie	7.28m
6	Putzman, Maddison	SC,Niagara Falls	7.13m
7	Okeji, Sharon	ELCSS,Fonthill	5.74m
8	Kong, Charlotte	NCC,Fort Erie	5.51m

**Zone 3 Championship Meet - 2024-05-14
Results**

Event 90 Men Shot Put Senior

Z3: 14.79m 2005-05-10 Mark Young, ELCSS-Fonthill			
Name	Year	School	Finals
1 Robins, Owen		PCHS,Port Colborne	16.29m
2 Paterson, Stephan		Robert Land,Welland	11.12m
3 Nawaz, Arshaan		Centennial,Welland	10.07m
4 Ogoh, Ojortule		Robert Land,Welland	10.01m
5 Martin, Kade		SC,Niagara Falls	9.85m
6 Colangelo, Roman		ELCSS,Fonthill	9.76m
7 Aziri, Edi		SC,Niagara Falls	9.31m
8 Lee, Matthew		PCHS,Port Colborne	8.88m
9 Champagnie, Gavin		ESFN,Welland	8.86m

Event 91 Women Discus Throw Senior

Z3: 42.84m 2011-05-10 Sarah Moss, Notre Dame C			
Name	Year	School	Finals
1 Clarke, Lauren		Centennial,Welland	32.26m
2 Colquhon, Danica		Centennial,Welland	30.45m
3 Cesar, Neila		Centennial,Welland	29.43m
4 Rungi-Ruston, Ksenia		GFESS,Fort Erie	28.00m
5 Goertz, Nicki		Centennial,Welland	23.86m
6 Siolkowsky, Amelia		ELCSS,Fonthill	23.33m
7 Mueller, Kiersten		GFESS,Fort Erie	21.60m
8 Ambersle, Kendra		ELCSS,Fonthill	20.62m
9 Okeji, Sharon		ELCSS,Fonthill	17.09m
10 Kong, Charlotte		NCC,Fort Erie	16.22m
-- Kitchikake, Ella		GFESS,Fort Erie	ND

Event 92 Men Discus Throw Senior

Z3: 48.39m 2005-05-10 Mark Young, ELCSS-Fonthill			
Name	Year	School	Finals
1 Robins, Owen		PCHS,Port Colborne	50.94m
2 Lepage, Tyrus		Centennial,Welland	32.46m
3 Ogoh, Ojortule		Robert Land,Welland	31.37m
4 Colangelo, Roman		ELCSS,Fonthill	30.12m
5 Garner, Maddon		GFESS,Fort Erie	27.78m
6 Paterson, Stephan		Robert Land,Welland	25.86m
7 Lee, Matthew		PCHS,Port Colborne	23.13m
8 Peters, William		Robert Land,Welland	21.21m
9 Noel, Elijah		ESJB,Welland	20.19m
-- Ranger, Anthony		Eastdale,Welland	ND

Event 93 Women Javelin Throw Senior

Z3: 38.15m 2016-05-10 Kambrie Luciani, CSS-Welland			
Name	Year	School	Finals
1 Young, Ava		ELCSS,Fonthill	40.59m
2 Rungi-Ruston, Ksenia		GFESS,Fort Erie	24.24m
3 Putzman, Maddison		SC,Niagara Falls	21.93m
4 Maguire, Sarah		Centennial,Welland	21.62m
5 Mueller, Kiersten		GFESS,Fort Erie	19.05m

**Zone 3 Championship Meet - 2024-05-14
Results**

...Event 93 Women Javelin Throw Senior

6 Gauthier, Méryk	ESJB,Welland	18.68m
7 Libera, Izzy	SC,Niagara Falls	17.79m
8 Steele, Sydney	GFESS,Fort Erie	14.79m
9 Goertz, Nicki	Centennial,Welland	14.46m
10 Donaldson, Jayla	ESJB,Welland	5.71m

Event 94 Men Javelin Throw Senior

Name	Year	School	Finals
Z3:	54.57m	2012-05-15 Shawn Pellizari, E.S.	Jean V
1 Myers, Maxwell		ELCSS,Fonthill	45.87m
2 Brownlee, Jack		ELCSS,Fonthill	44.60m
3 Peters, William		Robert Land,Welland	40.68m
4 Coopman, Jake		GFESS,Fort Erie	35.78m
5 Colangelo, Roman		ELCSS,Fonthill	35.26m
6 Garner, Maddon		GFESS,Fort Erie	34.86m
7 Lee, Ugyeong		Centennial,Welland	32.79m
8 Beauregard, Ryder		ESJB,Welland	30.26m
9 Champagnie, Gavin		ESFN,Welland	25.90m
10 Pfielsticker, Owen		SC,Niagara Falls	24.51m
11 Gannon, Leelyand		SC,Niagara Falls	22.48m
12 Aziri, Edi		SC,Niagara Falls	12.26m

Event 95 Women 4x100 Meter Relay Senior

School	Year	Finals
Z3:	51.56	2014-05-13 Centennial - Welland, CSS-Wel E Nero, K Reaker, A Brenzil, A Rodrigues
1 Westlane		55.41
1) Cebic, Katarina		2) Patel, Krisha
3) Sarfraz, Shahnoor		4) Massoom, Victoria
2 E. L. Crossley		56.38
-- Centennial		DQ

Event 96 Men 4x100 Meter Relay Senior

School	Year	Finals
Z3:	44.47	2013-05-14 Notre Dame College, Notre Dam J Augustine, K Brannigan, R Joseph, A Westin
1 Centennial		50.03
2 E. L. Crossley		51.20
3 Greater Fort Erie		52.91

Event 97 Women 2000 Meter Steeplechase Open

Name	Year	School	Finals
Z3:	8:57.77	2023-05-16 Sasha Tarasuk, ELCSS-Fonthi	
1 Tarasuk, Sasha		ELCSS,Fonthill	8:45.01
2 Van Krimpen, Parker		Centennial,Welland	8:59.19

**Zone 3 Championship Meet - 2024-05-14
Results**

Event 98 Men 2000 Meter Steeplechase Open

=====			
Name	Z3:	Year School	Finals
=====			
1 Tischler, Quin	6:27.80	2009-05-12 Tom McRae, St. Paul HS - NF	8:21.74
=====			

Event 99 Women 4x400 Meter Relay Open

=====			
School	Z3:	Year School	Finals
=====			
1 E. L. Crossley	4:20.45	2009-05-12 E. L. Crossley S S, ELCSS-F K Kalchman, H Reid, J Young, A MacDonald	4:57.10
=====			

Event 100 Men 4x400 Meter Relay Open

=====			
School	Z3:	Year School	Finals
=====			
1 E. L. Crossley	3:35.42	2012-05-15 Ridgeway-Crystal Beach, RCB	3:47.66
=====			

Event 124 Men Shot Put Intellectually Imp.

=====			
Name	Z3:	Year School	Finals
=====			
1 Harrietha, Dalton	8.46m	2023-05-16 Dalton Harrietha, PCHS-Port C	8.53m
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