

**OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010****Track and Field****University of Windsor Stadium****Performance List****Event 1 Women 100 Meter Midget Prelims****Saturday 29/05/2010 - 9:30 AM**

Name	School	Seed Time
1 4 Tegan Sauer	Forest Heigh	12.77
2 3 Amy O'Donnell	Catholic Central	12.82
3 1 Jallandra Warden	St. Joseph's	13.00
4 2 Samantha Brosseau	Catholic Cen	13.00

**Event 2 Men 100 Meter Midget Prelims****Saturday 29/05/2010 - 9:30 AM**

Name	School	Seed Time
1 5 Ricardo Rabanes	Villanova	11.86
2 8 Andrew Zamin	St. James HS	11.89
3 6 Jacob McGhee	St. Anne SS -	11.94
4 7 Brendan Woodfull	St. Anne SS -	11.96

**Event 3 Women 200 Meter Midget Prelims****Saturday 29/05/2010 - 11:00 AM**

Name	School	Seed Time
1 3 Amy O'Donnell	Catholic Central	26.38
2 2 Samantha Brosseau	Catholic Cen	26.58
3 10 Bailey Sprout	Resurrection	26.95
4 9 Madison Dalley	Belle River	27.15

**Event 4 Men 200 Meter Midget Prelims****Saturday 29/05/2010 - 11:00 AM**

Name	School	Seed Time
1 11 Anthony Ubah	Holy Names H	24.03
2 12 Breyden Miller	North Park C	24.31
3 13 Greg Cherniak	London Central	24.33
4 7 Brendan Woodfull	St. Anne SS -	24.35

**Event 5 Women 400 Meter Midget****Friday 28/05/2010 - 5:19 PM**

Name	School	Seed Time
1 16 Monica Januszek	St. Mary's High	59.75
2 14 Sierra Wolfe	Essex D H S-Es	1:00.14
3 15 Michelle Reddy	St Christoph	1:00.39
4 17 Meredith Leitch	Banting, Sir	1:01.16

**Event 6 Men 400 Meter Midget****Friday 28/05/2010 - 5:19 PM**

Name	School	Seed Time
1 19 Jordan Sherwood	Cameron Heig	52.64
2 18 Khalil Parris	Sandwich	53.31
3 21 Chase Konecny	West Elgin	53.61
4 20 Liam Wilson	Banting, Sir	54.11

**Event 7 Women 800 Meter Midget****Saturday 29/05/2010 - 3:00 PM**

Name	School	Seed Time
1 23 Jaimie Phelan	St. Mary's High	2:17.70
2 24 Cozette Collin	Assumption	2:19.30
3 22 Jennifer Rowe	Kitchener Wa	2:19.97

4 15 Michelle Reddy St Christoph 2:20.32

**Event 8 Men 800 Meter Midget****Saturday 29/05/2010 - 3:00 PM**

Name	School	Seed Time
1 20 Liam Wilson	Banting, Sir	2:02.37
2 26 Connor Musselman	Centre Dufferin	2:03.13
3 27 Paul Kealey	St. James HS	2:04.98
4 25 Michael Lozinski	Sandwich	2:05.00

**Event 9 Women 1500 Meter Midget****Friday 28/05/2010 - 5:05 PM**

Name	School	Seed Time
1 23 Jaimie Phelan	St. Mary's High	4:38.60
2 28 Hilary Stafford	St. Thomas Aq	4:47.71
3 24 Cozette Collin	Assumption	4:50.78
4 22 Jennifer Rowe	Kitchener Wa	4:51.20

**Event 10 Men 1500 Meter Midget****Friday 28/05/2010 - 5:05 PM**

Name	School	Seed Time
1 30 Ryan Sleiman	Kingsville D	4:12.89
2 32 Ben Flanagan	St. Mary's High	4:15.10
3 29 Brandon Allen	Amherst, Gen	4:17.55
4 31 Matt Bannon	Elmira Dhs	4:17.94

**Event 11 Women 3000 Meter Midget****Saturday 29/05/2010 - 4:15 PM**

Name	School	Seed Time
1 28 Hilary Stafford	St. Thomas Aq	10:38.71
2 24 Cozette Collin	Assumption	10:48.26
3 33 Jordyn Visscher	Woodland Chr	10:48.37
4 34 Mariel Flutters	Dorchester	10:52.84

**Event 12 Men 3000 Meter Midget****Saturday 29/05/2010 - 4:15 PM**

Name	School	Seed Time
1 30 Ryan Sleiman	Kingsville D	9:11.10
2 32 Ben Flanagan	St. Mary's High	9:19.08
3 29 Brandon Allen	Amherst, Gen	9:24.99
4 31 Matt Bannon	Elmira Dhs	9:25.28

**Event 13 Women 80 Meter Hurdles Midget Prelims****Friday 28/05/2010 - 4:10 PM**

Name	School	Seed Time
1 36 Nicole Setterington	Oakridge SS	11.99
2 2 Samantha Brosseau	Catholic Cen	12.55
3 35 Megan Parsons	Huron Heights S	12.71
4 37 Shelby Janmaat	St. Anne's	12.75

**Event 14 Men 100 Meter Hurdles Midget Prelims****Friday 28/05/2010 - 4:10 PM**

Name	School	Seed Time
1 38 Aaron Stemmler	St David	13.96
2 19 Jordan Sherwood	Cameron Heig	13.99

## OFSSA - 2010 West Regionals - 28/05/2010 to 29/05/2010

## Track and Field

## University of Windsor Stadium

## Performance List

**Event 14 ... (Men 100 Meter Hurdles Midget Prelims)**

Name	School	Seed Time
3 40 Luke Dailleboust	Madill, F.E.	14.58
4 39 Ben Craik	Saunders SS	14.69

**Event 15 Women 300 Meter Hurdles Midget****Saturday 29/05/2010 - 1:30 PM**

Name	School	Seed Time
1 43 Mikesha Bobb	Laurier, Sir	47.46
2 42 Sydney Barber	Saunders SS	49.06
3 41 Sara Grzywnowicz	Mother Teresa	49.29
4 35 Megan Parsons	Huron Heights S	49.52

**Event 16 Men 300 Meter Hurdles Midget****Saturday 29/05/2010 - 1:30 PM**

Name	School	Seed Time
1 19 Jordan Sherwood	Cameron Heig	41.08
2 38 Aaron Stemmler	St David	41.67
3 18 Khalil Parris	Sandwich	42.59
4 44 Michigan Mitchell	Northern C I V	42.93

**Event 17 Women High Jump Midget****Saturday 29/05/2010 - 10:00 AM**

Name	School	Seed Mark
1 48 Leah Hutchison	Madill, F.E.	1.59m
2 47 Ali Baker	Mother Teresa	1.56m
3 45 Celina DeCarolis	Holy Trinity C F	1.56m
4 46 Carolyn Adams	Lucas, A.B.	1.56m

**Event 18 Men High Jump Midget****Saturday 29/05/2010 - 11:30 AM**

Name	School	Seed Mark
1 52 Rick Knelsen	Valley Heigh	1.77m
2 50 Trevor Way	Massey, Vinc	1.71m
3 49 Steve Neumann	Kingsville D	1.71m
4 51 Braden Cok	Sir John A Macc	1.68m

**Event 20 Men Pole Vault Midget****Friday 28/05/2010 - 4:00 PM**

Name	School	Seed Mark
1 58 Brian Choja	Oakridge SS	3.20m
2 59 Ashton Marlow	Oakridge SS	2.90m
3 53 Corey Abbruzzese	Kingsville D	2.80m
4 60 Connor Young	Saunders SS	2.70m
5 57 Ty Hamilton	Delhi Dss-De	2.55m
6 55 Trevon Mendez	Resurrection	2.55m
7 54 Brian Mundt	Sir John A Macc	2.55m
8 56 Lyndon Rey	Brantford CI	2.55m

**Event 21 Women Long Jump Midget****Friday 28/05/2010 - 4:00 PM**

Name	School	Seed Mark
1 36 Nicole Settingington	Oakridge SS	5.20m
2 45 Celina DeCarolis	Holy Trinity C F	5.13m
3 61 Danielle Quinn	St Christoph	4.98m

4 62 Megan Payler St. Joseph's 4.90m

**Event 22 Men Long Jump Midget****Friday 28/05/2010 - 5:30 PM**

Name	School	Seed Mark
1 65 Destin Gardner	Massey, Vinc	5.96m
2 64 Mitchell Taveirne	Essex D H S-Es	5.95m
3 66 Jalen Noronha	Cameron Heig	5.92m
4 63 Jacob Taveirne	Essex D H S-Es	5.90m

**Event 23 Women Triple Jump Midget****Saturday 29/05/2010 - 1:15 PM**

Name	School	Seed Mark
1 36 Nicole Settingington	Oakridge SS	10.88m
2 68 Jenna West	Holy Trinity C F	10.70m
3 62 Megan Payler	St. Joseph's	10.59m
4 67 Nicki Cruickshank	Southwood S S	10.55m

**Event 24 Men Triple Jump Midget****Saturday 29/05/2010 - 2:45 PM**

Name	School	Seed Mark
1 51 Braden Cok	Sir John A Macc	12.86m
2 69 Austin Kreller	Bluevale	12.77m
3 70 Tyrell Smith	Madill, F.E.	12.43m
4 64 Mitchell Taveirne	Essex D H S-Es	12.27m

**Event 25 Women Shot Put Midget****Friday 28/05/2010 - 5:30 PM**

Name	School	Seed Mark
1 74 Nicole Horneman	Medway HS	10.74m
2 72 Stacie Dobson	St Christoph	9.95m
3 71 Brianna Quenneville	Belle River	9.67m
4 73 Kathleen Francis	London Central	9.60m

**Event 26 Men Shot Put Midget****Friday 28/05/2010 - 4:00 PM**

Name	School	Seed Mark
1 76 Mike Collins	Belle River	13.97m
2 75 Josh Shepley	Belle River	13.66m
3 78 Josh Vandeven	Strathroy DC	13.52m
4 77 Chris Cambridge	Banting, Sir	13.51m

**Event 27 Women Discus Throw Midget****Saturday 29/05/2010 - 2:45 PM**

Name	School	Seed Mark
1 81 Schuyler Young	St. Joseph's	30.38m
2 80 Kelly Gribbons	Saugeen D S S	29.13m
3 79 Quinn Conlon	Assumption C	28.94m
4 73 Kathleen Francis	London Central	28.94m

**Event 28 Men Discus Throw Midget****Saturday 29/05/2010 - 1:15 PM**

Name	School	Seed Mark
1 78 Josh Vandeven	Strathroy DC	42.89m
2 84 Mitchell Fitzmorris	Ingersoll DC	36.66m

## OFSSA - 2010 West Regionals - 28/05/2010 to 29/05/2010

## Track and Field

## University of Windsor Stadium

## Performance List

**Event 28 ... (Men Discus Throw Midget)**

Name	School	Seed Mark
3 82 JJ Innes	McGregor, Jo	36.51m
4 83 Montana Strong	Belle River	35.75m

**Event 29 Women Javelin Throw Midget**

Saturday 29/05/2010 - 11:30 AM

Name	School	Seed Mark
1 86 Victoria Smith	Belle River	36.53m
2 85 Rachael Durocher	Villanova	31.59m
3 88 Jordan Henry	St Christoph	31.06m
4 87 Mackenzie Sleaford	Lambton Cent	30.32m

**Event 30 Men Javelin Throw Midget**

Saturday 29/05/2010 - 10:00 AM

Name	School	Seed Mark
1 75 Josh Shepley	Belle River	54.01m
2 90 Cole Jordan	Oakridge SS	49.45m
3 76 Mike Collins	Belle River	46.29m
4 89 Ryan Smith	Massey, Vinc	45.52m

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

Friday 28/05/2010 - 7:20 PM

Team	Relay	Seed Time
1 Resurrection	A	50.14
2 Catholic Central	A	50.91
3 St. Mary's High	A	50.92
4 St. Joseph's	A	51.30

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

Friday 28/05/2010 - 7:20 PM

Team	Relay	Seed Time
1 Sir John A Macdo	A	46.85
2 Villanova	A	46.94
3 Resurrection	A	47.20
4 Lourdes	A	47.32

**Event 33 Women 100 Meter Junior Prelims**

Saturday 29/05/2010 - 9:30 AM

Name	School	Seed Time
1 129 McKenzie Johnson	Laurier, Sir	12.64
2 127 Emily Omahen	St. Anne SS -	12.89
3 128 Jenny Carrique	Grand River	12.95
4 130 Sara Costa	St. Thomas Aq	13.01

**Event 34 Men 100 Meter Junior Prelims**

Saturday 29/05/2010 - 9:30 AM

Name	School	Seed Time
1 131 Drelan Bramwell	Northern C I V	11.30
2 134 Justin Kobarda	Regina Mundi	11.53
3 133 Jermaine Stephenson	St. James HS	11.59
4 132 Dustin Nguyen-Black	Grand River	11.65

**Event 35 Women 200 Meter Junior Prelims**

Saturday 29/05/2010 - 11:00 AM

Name	School	Seed Time
1 127 Emily Omahen	St. Anne SS -	25.86
2 136 Hannah Pearsall	Lourdes	26.16
3 130 Sara Costa	St. Thomas Aq	26.28
4 135 Marissa Kurtimah	Guelph Cvi-G	26.50

**Event 36 Men 200 Meter Junior Prelims**

Saturday 29/05/2010 - 11:00 AM

Name	School	Seed Time
1 137 Nienkel Paljola	Forest Heigh	22.72
2 131 Drelan Bramwell	Northern C I V	23.11
3 134 Justin Kobarda	Regina Mundi	23.20
4 138 Keegan Calder	Waterloo	23.35

**Event 37 Women 400 Meter Junior**

Friday 28/05/2010 - 5:19 PM

Name	School	Seed Time
1 139 Taylor Farquhar	London Central	58.50
2 141 Ally Gonzalez	Regina Mundi	59.79
3 140 Mikaela	Medway HS	1:00.46
4 142 Katie Parry	St. Thomas Aq	1:00.79

**Event 38 Men 400 Meter Junior**

Friday 28/05/2010 - 5:19 PM

Name	School	Seed Time
1 143 Brandon McBride	Herman, W.F.	48.65
2 137 Nienkel Paljola	Forest Heigh	50.19
3 133 Jermaine Stephenson	St. James HS	50.30
4 138 Keegan Calder	Waterloo	51.43

**Event 39 Women 800 Meter Junior**

Saturday 29/05/2010 - 3:00 PM

Name	School	Seed Time
1 145 Cheyenne Hunter	Kincardine	2:17.40
2 146 Jessica Bujouves	Saunders SS	2:18.41
3 144 Aliya Roga	St David	2:19.08
4 142 Katie Parry	St. Thomas Aq	2:24.25

**Event 40 Men 800 Meter Junior**

Saturday 29/05/2010 - 3:00 PM

Name	School	Seed Time
1 150 Shawn Master	Northern C I V	1:57.11
2 148 Corey Bellemore	Riverside S S	1:57.84
3 147 Jerry Colaluca	Catholic Cen	1:57.98
4 149 Jake Clement	Brennan, F.J	1:58.68

**Event 41 Women 1500 Meter Junior**

Friday 28/05/2010 - 6:07 PM

Name	School	Seed Time
1 145 Cheyenne Hunter	Kincardine	4:49.31
2 146 Jessica Bujouves	Saunders SS	4:49.83
3 144 Aliya Roga	St David	4:51.35

## OFSSA - 2010 West Regionals - 28/05/2010 to 29/05/2010

## Track and Field

## University of Windsor Stadium

## Performance List

**Event 41 ... (Women 1500 Meter Junior)**

Name	School	Seed Time
4 151 Jaclyn White	Mother Teresa	4:53.86

**Event 42 Men 1500 Meter Junior****Friday 28/05/2010 - 6:07 PM**

Name	School	Seed Time
1 150 Shawn Master	Northern C I V	4:07.05
2 148 Corey Bellemore	Riverside S S	4:07.61
3 152 Sam Baxter	St. Mary's High	4:08.30
4 147 Jerry Colaluca	Catholic Cen	4:08.87

**Event 43 Women 3000 Meter Junior****Saturday 29/05/2010 - 2:30 PM**

Name	School	Seed Time
1 151 Jaclyn White	Mother Teresa	10:38.49
2 156 Stephanie Rigg	London Central	10:39.06
3 155 Vanessa Linton	Guelph Cvi-G	10:39.30
4 153 Paige Odegard	Northern C I V	10:59.52
5 154 Taylor Martin	Cameron Heig	11:02.11

**Event 44 Men 3000 Meter Junior****Saturday 29/05/2010 - 2:30 PM**

Name	School	Seed Time
1 159 James Milton	St David	9:18.62
2 160 Patrick Deane	Dorchester	9:22.80
3 157 Devon Elijah	Massey, Vinc	9:25.99
4 158 Sayf Al-Khazraji	Massey, Vinc	9:26.23

**Event 45 Women 80 Meter Hurdles Junior Prelims****Friday 28/05/2010 - 4:10 PM**

Name	School	Seed Time
1 163 Christine MacNeill	London Central	11.75
2 164 Alysha Newman	Mother Teresa	11.76
3 162 Helena Reinfels	Centennial C	12.37
4 165 Nadine Otten	St. Anne's	12.48
5 161 Courtney Rivait	Kingsville D	12.48

**Event 46 Men 100 Meter Hurdles Junior Prelims****Friday 28/05/2010 - 4:10 PM**

Name	School	Seed Time
1 168 Mitch O'Donnell	Forest Heigh	13.55
2 167 Brandon Gow	Belle River	13.83
3 169 Chris Green	Cameron Heig	14.47
4 166 Mitchell Long	Harrow D H S	14.70

**Event 47 Women 300 Meter Hurdles Junior****Saturday 29/05/2010 - 1:30 PM**

Name	School	Seed Time
1 162 Helena Reinfels	Centennial C	44.67
2 139 Taylor Farquhar	London Central	45.73
3 141 Ally Gonzalez	Regina Mundi	46.25
4 163 Christine MacNeill	London Central	46.75

**Event 48 Men 300 Meter Hurdles Junior****Saturday 29/05/2010 - 1:30 PM**

Name	School	Seed Time
1 143 Brandon McBride	Herman, W.F.	38.35
2 170 Shawn Beaudoin	Sandwich	40.41
3 167 Brandon Gow	Belle River	40.78
4 171 Micah Hesman	Sandwich	41.34

**Event 49 Women High Jump Junior****Saturday 29/05/2010 - 1:15 PM**

Name	School	Seed Mark
1 172 Avrya Janke	Kitchener Wa	1.65m
2 175 Alyssa Bickle	Woodstock	1.62m
3 173 Brooke Rowland	Westside Sec	1.62m
4 174 Julie-Ann Milling	Ingersoll DC	1.53m

**Event 50 Men High Jump Junior****Saturday 29/05/2010 - 2:45 PM**

Name	School	Seed Mark
1 177 Scott Campbell	Lambton Cent	1.90m
2 180 Sean Callaghan	Strathroy DC	1.81m
3 176 Tyler Storey	Herman, W.F.	1.81m
4 179 David Nightingale	Woodland Chr	1.78m
5 178 Jake Williams	Northern C I V	1.78m

**Event 51 Women Pole Vault Junior****Friday 28/05/2010 - 6:00 PM**

Name	School	Seed Mark
1 164 Alysha Newman	Mother Teresa	3.70m
2 184 Abbie McLellan	Cameron Heig	2.70m
3 185 Sophie Bauer	Saunders SS	2.60m
4 182 Rachel Brandner	Kingsville D	2.60m
5 181 Laura Sauro	Assumption C	2.45m
6 183 Tori Larocque	St. Anne SS -	2.45m

**Event 52 Men Pole Vault Junior****Saturday 29/05/2010 - 10:00 PM**

Name	School	Seed Mark
1 186 Nik Hoediono	Sir John A Macd	4.20m
2 187 Emil Larsson	Sir John A Macd	3.50m
3 189 Matt Hartley	Saunders SS	3.50m
4 171 Micah Hesman	Sandwich	3.40m
5 188 Brad Kuiack	Oakridge SS	3.30m

**Event 53 Women Long Jump Junior****Saturday 29/05/2010 - 10:00 AM**

Name	School	Seed Mark
1 127 Emily Omahen	St. Anne SS -	5.39m
2 140 Mikaela	Medway HS	5.15m
3 191 Laura VanBommel	St. Joseph's	5.10m
4 190 Briawna Taylor	Oakridge SS	5.07m

## OFSSA - 2010 West Regionals - 28/05/2010 to 29/05/2010

## Track and Field

## University of Windsor Stadium

## Performance List

**Event 54 Men Long Jump Junior****Saturday 29/05/2010 - 11:30 AM**

Name	School	Seed Mark
1 168 Mitch O'Donnell	Forest Heigh	6.59m
2 193 Austin Lanteigne	St. Patrick'	6.45m
3 194 Danny Richards	Centennial C	6.33m
4 192 Austin Crumb	Harrow D H S	6.30m

**Event 55 Women Triple Jump Junior****Friday 28/05/2010 - 4:00 PM**

Name	School	Seed Mark
1 173 Brooke Rowland	Westside Sec	11.46m
2 197 Emily Ersman	Bluevale	11.36m
3 195 Leah de los Santos	Cameron Heig	10.81m
4 196 Danielle Gunsch	Huron Heights S	10.80m

**Event 56 Men Triple Jump Junior****Friday 28/05/2010 - 5:30 PM**

Name	School	Seed Mark
1 199 Mike Ascot	Herman, W.F.	13.70m
2 168 Mitch O'Donnell	Forest Heigh	13.22m
3 200 Jaydon Gauthier	Herman, W.F.	13.09m
4 198 Damion Lacroix	Holy Names H	12.67m

**Event 57 Women Shot Put Junior****Saturday 29/05/2010 - 11:30 AM**

Name	School	Seed Mark
1 203 Brindley Jantzi	Stratford Centr	10.86m
2 201 Suzanna Lam	Forster, Joh	10.79m
3 202 Bailey Hutt	North Lambto	10.53m
4 139 Taylor Farquhar	London Central	9.97m

**Event 58 Men Shot Put Junior****Saturday 29/05/2010 - 10:00 AM**

Name	School	Seed Mark
1 207 Zach Mallough	Mother Teresa	16.55m
2 206 Josh Dame	Essex D H S-Es	15.76m
3 205 Brett Boersma	Northern C I V	15.45m
4 204 Corey Wortley	Massey, Vinc	15.19m

**Event 59 Women Discus Throw Junior****Friday 28/05/2010 - 5:30 PM**

Name	School	Seed Mark
1 209 Alex Forshaw	L'Essor	30.91m
2 208 Mary Coughlin	Villanova	29.55m
3 210 Katie Costello	Oakridge SS	28.96m
4 203 Brindley Jantzi	Stratford Centr	28.92m

**Event 60 Men Discus Throw Junior****Friday 28/05/2010 - 4:00 PM**

Name	School	Seed Mark
1 206 Josh Dame	Essex D H S-Es	54.26m
2 213 Charles Nguyen	St. Joseph's	49.91m
3 212 Thomas Godwin	Saugeen D S S	48.74m

4 211 Daniel Medel Riverside S S 48.02m

**Event 61 Women Javelin Throw Junior****Saturday 29/05/2010 - 2:45 PM**

Name	School	Seed Mark
1 173 Brooke Rowland	Westside Sec	43.93m
2 215 Jasmine Wilson	Elmira Dhs	35.66m
3 216 Breanne Hutchings	Mgsr. E.A. Doyl	35.22m
4 214 Samantha Bondy	Herman, W.F.	34.62m

**Event 62 Men Javelin Throw Junior****Saturday 29/05/2010 - 1:15 PM**

Name	School	Seed Mark
1 178 Jake Williams	Northern C I V	54.16m
2 219 Taylor Kreitzer	Belle River	54.01m
3 217 Aaron Hackney	Sandwich	53.22m
4 218 Richard Chan	Sandwich	53.10m

**Event 63 Women 4x100 Meter Relay Junior****Friday 28/05/2010 - 7:20 PM**

Team	Relay	Seed Time
1 London Central	A	51.42
2 Northern C I V	A	51.54
3 Catholic Central	A	52.19
4 Lambton Cent	A	52.39
5 L'Essor	A	52.76

**Event 64 Men 4x100 Meter Relay Junior****Friday 28/05/2010 - 7:20 PM**

Team	Relay	Seed Time
1 Herman, W.F.	A	43.70
2 Sandwich	A	44.61
3 Northern C I V	A	45.00
4 Holy Names H	A	45.03

**Event 65 Women 100 Meter Senior Prelims****Saturday 29/05/2010 - 9:30 AM**

Name	School	Seed Time
1 260 Kayla Smith	Madill, F.E.	12.67
2 258 Karry-Ann Cornwall	John F. Ross	12.68
3 257 Tia Semplonius	St. Benedict	12.70
4 259 Lauren Jespersen	London Central	12.80

**Event 66 Men 100 Meter Senior Prelims****Saturday 29/05/2010 - 9:30 AM**

Name	School	Seed Time
1 261 Tyler MacLeod	Sandwich	11.05
2 264 Taylor Stewart	Regina Mundi	11.09
3 263 Emeka Agada	Elmira Dhs	11.10
4 262 Tyler Annett	Northern C I V	11.11

**Event 67 Women 200 Meter Senior Prelims****Saturday 29/05/2010 - 11:00 AM**

Name	School	Seed Time
1 265 Nathana Griffiths	Maranatha	25.93

**OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010****Track and Field****University of Windsor Stadium****Performance List****Event 67 ... (Women 200 Meter Senior Prelims)**

	Name	School	Seed Time
2	267 Amy Grzywnowicz	Mother Teresa	25.95
3	257 Tia Semplonius	St. Benedict	26.02

**Event 68 Men 200 Meter Senior Prelims****Saturday 29/05/2010 - 11:00 AM**

	Name	School	Seed Time
1	269 Greg MacNeill	Mother Teresa	21.43
2	261 Tyler MacLeod	Sandwich	22.17
3	268 Mathew McKeegan	Holy Names H	22.32
4	262 Tyler Annett	Northern C I V	22.55

**Event 69 Women 400 Meter Senior****Friday 28/05/2010 - 5:19 PM**

	Name	School	Seed Time
1	270 Kelsey Balkwill	Essex D H S-Es	56.05
2	266 Brittany Lewis	St. Clair S S	56.51
3	271 Jennifer Barbon	Mother Teresa	57.74
4	267 Amy Grzywnowicz	Mother Teresa	57.83

**Event 70 Men 400 Meter Senior****Friday 28/05/2010 - 5:19 PM**

	Name	School	Seed Time
1	272 Arjen Colquhoun	Herman, W.F.	49.32
2	273 Charles Johnson	Herman, W.F.	50.41
3	268 Mathew McKeegan	Holy Names H	50.48
4	274 Evan Porter	Saugeen D S S	50.60

**Event 71 Women 800 Meter Senior****Saturday 29/05/2010 - 3:00 PM**

	Name	School	Seed Time
1	279 Laura Morrison	Catholic Central	2:16.86
2	276 Katie Fleischer	Northern C I V	2:17.29
3	278 Katie Phelan	St. Mary's High	2:17.44
4	275 Samantha Kellam	Amherst, Gen	2:17.92
5	277 Simonne Tomasovic	Cameron Heig	2:19.88

**Event 72 Men 800 Meter Senior****Saturday 29/05/2010 - 3:00 PM**

	Name	School	Seed Time
1	282 Paul LaMarra	Catholic Central	1:53.61
2	281 Adam Sawatzky	Northern C I V	1:53.83
3	280 Paul Janikowski	Villanova	1:54.22
4	274 Evan Porter	Saugeen D S S	1:54.37

**Event 73 Women 1500 Meter Senior****Friday 28/05/2010 - 6:55 PM**

	Name	School	Seed Time
1	276 Katie Fleischer	Northern C I V	4:43.47
2	279 Laura Morrison	Catholic Central	4:44.44
3	283 Francis Bernard	Massey, Vinc	4:44.59
4	284 Meaghan Marton	Amherst, Gen	4:45.58

**Event 74 Men 1500 Meter Senior****Friday 28/05/2010 - 6:55 PM**

	Name	School	Seed Time
1	287 Aaron Hendrixx	North Middlesex	3:57.45
2	280 Paul Janikowski	Villanova	3:57.92
3	286 Mackay Wilson	Stratford Centr	3:58.24
4	285 David Meloche	Massey, Vinc	3:59.88

**Event 75 Women 3000 Meter Senior****Saturday 29/05/2010 - 10:00 AM**

	Name	School	Seed Time
1	289 Caleigh Smith	Lourdes	10:29.25
2	288 Zeinab Baydoun	Massey, Vinc	10:32.58
3	290 Kirsten Allen	Saunders SS	10:39.76
4	283 Francis Bernard	Massey, Vinc	10:41.00

**Event 76 Men 3000 Meter Senior****Saturday 29/05/2010 - 10:00 AM**

	Name	School	Seed Time
1	292 Andrew Kowalsky	Massey, Vinc	8:37.51
2	293 Abdu Zaghlol	Jacob Hesple	8:38.88
3	291 Daryl Smith	Massey, Vinc	8:41.27
4	287 Aaron Hendrixx	North Middlesex	8:44.51

**Event 77 Women 100 Meter Hurdles Senior Prelims****Friday 28/05/2010 - 4:10 PM**

	Name	School	Seed Time
1	295 Rita Rudell	Penninsula Shor	14.27
2	297 Caitlyn Evered	Banting, Sir	14.37
3	294 Madeline Charnuski	Elmira Dhs	15.04
4	296 Caitlyn MacMillan	Saugeen D S S	15.08

**Event 78 Men 110 Meter Hurdles Senior Prelims****Friday 28/05/2010 - 4:10 PM**

	Name	School	Seed Time
1	269 Greg MacNeill	Mother Teresa	13.46
2	299 Gabe Tesfaye	Oakridge SS	14.59
3	298 Calvin Arsenault	St. Mary's High	14.76
4	300 Grant Sparling	St. Anne's	15.05

**Event 79 Women 400 Meter Hurdles Senior****Saturday 29/05/2010 - 1:30 PM**

	Name	School	Seed Time
1	270 Kelsey Balkwill	Essex D H S-Es	1:01.85
2	266 Brittany Lewis	St. Clair S S	1:02.33
3	296 Caitlyn MacMillan	Saugeen D S S	1:02.67
4	301 Jane Brownlee	Lourdes	1:03.40

**Event 80 Men 400 Meter Hurdles Senior****Saturday 29/05/2010 - 1:30 PM**

	Name	School	Seed Time
1	298 Calvin Arsenault	St. Mary's High	56.08
2	304 Ubong Umoh	Oakridge SS	56.43
3	303 Charlie Sutton	John F. Ross	56.49

## OFSSA - 2010 West Regionals - 28/05/2010 to 29/05/2010

## Track and Field

## University of Windsor Stadium

## Performance List

**Event 80 ... (Men 400 Meter Hurdles Senior)**

Name	School	Seed Time
4 302 Brandon Huzevka	Northern C I V	56.61

**Event 81 Women High Jump Senior**

Friday 28/05/2010 - 4:00 PM

Name	School	Seed Mark
1 295 Rita Rudell	Penninsula Shor	1.68m
2 307 Kaitlin Wilhelm	Woodstock	1.62m
3 305 Flo Peters	Grand River	1.59m
4 306 Brianna Wilson	East Elgin SS	1.56m

**Event 82 Men High Jump Senior**

Friday 28/05/2010 - 5:30 PM

Name	School	Seed Mark
1 311 Branden Wilhelm	Woodstock	2.19m
2 308 Mike Lucier	North Lambto	1.92m
3 310 Mat West	Walkerton	1.89m
4 309 Mustafa Bastinduka	Waterloo	1.86m

**Event 83 Women Pole Vault Senior**

Saturday 29/05/2010 - 2:45 PM

Name	School	Seed Mark
1 315 Karleigh Parker	College Avenue	3.30m
2 313 Marielle Harper	Kitchener Wa	3.20m
3 312 Meaghan Felet	Massey, Vinc	3.20m
4 314 Nicole Rollins	Simcoe Cs-Si	2.60m

**Event 84 Men Pole Vault Senior**

Saturday 29/05/2010 - 12:15 PM

Name	School	Seed Mark
1 316 Jake Pfaff	Sandwich	4.70m
2 318 Alex Hoediono	Sir John A Macc	4.60m
3 319 Paul Worndl	St. Mary's High	4.30m
4 317 Ruben Larsson	Sir John A Macc	4.00m

**Event 85 Women Long Jump Senior**

Saturday 29/05/2010 - 1:15 PM

Name	School	Seed Mark
1 321 Charlotte Crombeen	Mother Teresa	5.47m
2 265 Nathana Griffiths	Maranatha	5.42m
3 322 Kristin Bujnowski	Holy Cross	5.35m
4 320 Kim Cupid	Lourdes	5.32m

**Event 86 Men Long Jump Senior**

Saturday 29/05/2010 - 2:45 PM

Name	School	Seed Mark
1 264 Taylor Stewart	Regina Mundi	7.50m
2 311 Branden Wilhelm	Woodstock	7.00m
3 324 Eric McDonald	St Christoph	6.89m
4 323 Tom Bednarik	Chatham-Kent	6.66m

**Event 87 Women Triple Jump Senior**

Saturday 29/05/2010 - 10:00 AM

Name	School	Seed Mark
1 326 Katie Flemington	Centennial C	11.83m
2 327 Kelly Bedek	St. Joseph's	11.44m
3 325 Alexandria Pulham	Pauline John	11.25m
4 328 Caitlyn Campbell	St. Joseph's	11.21m

**Event 88 Men Triple Jump Senior**

Saturday 29/05/2010 - 11:30 AM

Name	School	Seed Mark
1 329 Marvin Muschette	Resurrection	13.90m
2 330 Brandon Potter	Medway HS	13.87m
3 323 Tom Bednarik	Chatham-Kent	13.31m
4 331 Cole Pellett	Madill, F.E.	13.15m

**Event 89 Women Shot Put Senior**

Saturday 29/05/2010 - 2:45 PM

Name	School	Seed Mark
1 332 Jacinta Cowan	St. Joseph's	11.88m
2 334 Ciji Service	St. Patrick'	11.84m
3 335 Sarah Vandeneynen	Strathroy DC	11.75m
4 333 Sia Athanasopoulos	St Christoph	11.38m

**Event 90 Men Shot Put Senior**

Saturday 29/05/2010 - 1:15 PM

Name	School	Seed Mark
1 336 Jordan Young	Massey, Vinc	16.77m
2 337 Darnell Girard	Herman, W.F.	16.32m
3 338 Jackson Gray	Sarnia C I T S	16.05m
4 339 Kevin Bowman	Saugeen D S S	15.45m

**Event 91 Women Discus Throw Senior**

Saturday 29/05/2010 - 11:30 AM

Name	School	Seed Mark
1 340 Jill Van Damme	Bluevale	36.77m
2 335 Sarah Vandeneynen	Strathroy DC	36.72m
3 332 Jacinta Cowan	St. Joseph's	35.73m
4 341 Alexis Beddard	Holy Cross	32.98m

**Event 92 Men Discus Throw Senior**

Saturday 29/05/2010 - 10:00 AM

Name	School	Seed Mark
1 336 Jordan Young	Massey, Vinc	56.70m
2 342 Alex Pilar	Saugeen D S S	50.09m
3 338 Jackson Gray	Sarnia C I T S	48.07m
4 339 Kevin Bowman	Saugeen D S S	46.60m

**Event 93 Women Javelin Throw Senior**

Friday 28/05/2010 - 5:30 PM

Name	School	Seed Mark
1 343 Jessica Hitchcock	Sandwich	40.81m
2 315 Karleigh Parker	College Avenue	38.25m
3 344 Milica Kulidzan	Riverside S S	37.84m

**OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010****Track and Field****University of Windsor Stadium****Performance List****Event 93 ... (Women Javelin Throw Senior)**

Name	School	Seed Mark
4 345 Gina Murray	Madill, F.E.	37.30m

**Event 94 Men Javelin Throw Senior****Friday 28/05/2010 - 4:00 PM**

Name	School	Seed Mark
1 348 Tyler Withers	Northern C I V	57.00m
2 349 Scott Rumble	Woodstock	55.21m
3 346 Evan Mascaro	Brennan, F.J	54.01m
4 347 Michael Paisley	Lambton Cent	51.60m

**Event 95 Women 4x100 Meter Relay Senior****Friday 28/05/2010 - 7:20 PM**

Team	Relay	Seed Time
1 Mother Teresa	A	49.39
2 Lourdes	A	50.22
3 Essex D H S-Es	A	50.45
4 North Lambto	A	51.00

**Event 96 Men 4x100 Meter Relay Senior****Friday 28/05/2010 - 7:20 PM**

Team	Relay	Seed Time
1 Sandwich	A	43.10
2 Huron Heights Se	A	43.31
3 Northern C I V	A	43.41
4 Herman, W.F.	A	43.61
5 Madill, F.E.	A	43.86

**Event 97 Women 1500 Meter Steeplechase Open****Friday 28/05/2010 - 3:45 PM**

Name	School	Seed Time
1 288 Zeinab Baydoun	Massey, Vinc	5:10.64
2 275 Samantha Kellam	Amherst, Gen	5:14.69
3 384 Katie Schurr	Medway HS	5:16.44
4 383 Lindsay Thompson	Guelph Cvi-G	5:24.60

**Event 98 Men 2000 Meter Steeplechase Open****Friday 28/05/2010 - 3:45 PM**

Name	School	Seed Time
1 387 Jordan Collison	Saugeen D S S	5:57.33
2 291 Daryl Smith	Massey, Vinc	6:01.57
3 386 Patrick Fortune	Kennedy, Hon	6:01.96
4 385 Daniel Piticariu	Massey, Vinc	6:07.28

**Event 99 Women 4x400 Meter Relay Open****Saturday 29/05/2010 - 4:45 PM**

Team	Relay	Seed Time
1 Lourdes	A	3:57.16
2 Mother Teresa	A	4:00.90
3 St. Mary's High	A	4:01.02
4 Catholic Central	A	4:02.96
5 Essex D H S-Es	A	4:05.37
6 Cameron Heig	A	4:06.35
7 Centennial C	A	4:06.62

**Event 100 Men 4x400 Meter Relay Open****Saturday 29/05/2010 - 4:45 PM**

Team	Relay	Seed Time
1 Herman, W.F.	A	3:19.22
2 Northern C I V	A	3:27.05
3 Sandwich	A	3:30.82
4 St. Thomas Aq	A	3:31.36
5 Bluevale	A	3:31.43

**Event 101 Women 100 Meter Ambulatory****Saturday 29/05/2010 - 1:00 PM**

Name	School	Seed Time
1 419 Leah Robinson	Rockway Menn	15.59
2 418 Sylvia Crevier	St. Patrick'	16.73
3 416 Virginia McLachlan	Assumption C	16.94
4 420 Lena Worner	Listowel Dss	19.12
5 417 Terri-Lynn Laker	MacKenzie, A	20.23
6 415 Katrina Passador	Assumption C	21.15

**Event 102 Men 100 Meter Ambulatory****Saturday 29/05/2010 - 1:00 PM**

Name	School	Seed Time
1 424 Brandon Wong	MacKenzie, A	13.81
2 428 Leshon Morris	Goderich Dci	14.23
3 427 Jaime Pollard	Madill, F.E.	14.29
4 426 Cody Salomons	London Christia	14.45
5 425 Josh DaSilva	St. Patrick'	15.48
6 423 Mitch Blondin	MacKenzie, A	16.17
7 422 Mark Beneteau	Cardinal Car	16.20
8 421 Myles Koke	Chatham Chri	19.79

**Event 104 Men 1500 Meter Wheelchair****Saturday 29/05/2010 - 10:30 AM**

Name	School	Seed Time
1 429 Ian VanHeteren	Strathroy DC	4:45.78