

OFSSA - 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****West Region: 12.12 2002 Emily JOHNSON/J. F. Ross**

Name	School	Seed Time
1 Amy O'Donnell	Catholic Central	12.64
2 Tegan Sauer	Forest Heigh	12.69
3 Niki Paiva	Resurrection	12.78
4 Jallandra Warden	St. Joseph's W	12.92
5 Valentina Perez	Catholic Central	13.03
6 Tanisha Johnson	St. Mary's High	13.06
7 Samantha Brosseau	Catholic Cen	13.12
8 Sara Eynhoven	Ingersoll DC	13.16
9 Taylor Ross	Essex D H S-Es	13.17
10 Madeline Dailey	Pauline John	13.24
11 Madison Dalley	Belle River	13.24
12 Courtney Willock	St. James HS	13.26
13 Dimitra Lerikos	Saunders SS	13.28
14 Kasia Suski	Catholic Central	13.42
15 Shauna McPhail	Lambton Cent	13.50
16 Madison Herman	St. Joseph's W	13.59

Event 2 Men 100 Meter Midget Prelims**Saturday 29/05/2010 - 9:30 AM****West Region: 11.18 2006 Corey CRAWLEY**

Name	School	Seed Time
1 Breyden Miller	North Park C	11.68
2 Andrew Zamin	St. James HS	11.77
3 Ricardo Rabanes	Villanova	11.78
4 Adam Gray	Galt Cvi-Cam	11.82
5 Greg Cherniak	London Central	11.88
6 Brendan Woodfull	St. Anne SS -	11.91
7 Jacob Ledrew-Skinner	Banting, Sir	11.94
8 Aaron Stemmler	St David	11.96
9 Stefan Poirier	London Central	11.97
10 Michael Van Damme	Holy Cross	12.00
11 Riccardo Carranza	Regina Mundi	12.03
12 Mitchell Taveirne	Essex D H S-Es	12.05
13 Jacob McGhee	St. Anne SS -	12.11
14 Nick Parisotto	Lourdes	12.13
15 Blake Percy	Northern C I V	12.22
16 Matteo Del Brocco	Cardinal Car	12.25

Event 3 Women 200 Meter Midget Prelims**Saturday 29/05/2010 - 11:00 AM****West Region: 24.70 2002 Emily JOHNSON/J. F. Ross**

Name	School	Seed Time
1 Bailey Sprout	Resurrection	26.42
2 Samantha Brosseau	Catholic Cen	26.59
3 Taylor Ross	Essex D H S-Es	26.92
4 Madison Dalley	Belle River	26.99
5 Amy O'Donnell	Catholic Central	27.01
6 Megan Parsons	Huron Heights S	27.45
7 Shauna McPhail	Lambton Cent	27.62
8 Mikesha Bobb	Laurier, Sir	27.63

9 Kelsi Darmon	Centre Welli	27.63
10 Tina Pantic	Herman, W.F.	27.64
11 Sarah Muma	Central Elgin	27.66
12 Ellen Diemert	West Hill	27.67
13 Justine Mailloux	Belle River	28.02
14 Rheanna Butler	Preston H S-C	28.08
15 Kelsey King	Central Huron	28.24
16 Hannah Berney	Oakridge SS	28.65

Event 4 Men 200 Meter Midget Prelims**Saturday 29/05/2010 - 11:00 AM****West Region: 22.69 1993 Andrew BECKFORD /**

Name	School	Seed Time
1 Anthony Ubah	Holy Names H	23.81
2 Brendan Woodfull	St. Anne SS -	23.81
3 Breyden Miller	North Park C	23.92
4 Greg Cherniak	London Central	24.28
5 Jacob McGhee	St. Anne SS -	24.39
6 Riccardo Carranza	Regina Mundi	24.55
7 Nick Zottl	Northern C I V	24.64
8 Justin Orton	Essex D H S-Es	24.66
9 Shayne Finoro	Lourdes	24.77
10 Adam Labute	Chatham-Kent	24.97
11 Chase Konecny	West Elgin	24.97
12 Sab Huber	Elmira Dhs	24.98
13 Josh Warren	Resurrection	25.06
14 Craig Maltby	East Elgin SS	25.07
15 Jon Advincula	North Park C	25.13
16 Jordan Simpson	Saunders SS	25.38

Event 5 Women 400 Meter Midget**Friday 28/05/2010 - 5:19 PM****West Region: 57.3h 1982 Donalda DUPREY / Pt.**

Name	School	Seed Time
1 Alison Fraser	John F. Ross	59.91
2 Sierra Wolfe	Essex D H S-Es	1:00.20
3 Michelle Reddy	St Christoph	1:00.86
4 Amy O'Donnell	Catholic Central	1:01.19
5 Ellen Diemert	West Hill	1:01.67
6 Meredith Leitch	Banting, Sir	1:02.00
7 Monica Januszek	St. Mary's High	1:02.04
8 Taylor Ross	Essex D H S-Es	1:02.16
9 Sabrina Fitzgerald	Mother Teresa	1:02.43
10 Emma Bluemke	Bluevale	1:02.64
11 Maddie DeDecker	Dorchester	1:02.96
12 Katherine Marentette	St. Thomas Aq	1:03.14
13 Brianna Hofstede	Sir John A Macd	1:03.16
14 Courtney Fleming	Sandwich	1:04.41
15 Anique Daley	McGregor, Jo	1:04.48
16 Katherine Vaidya	Assumption C	1:04.69

OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010**Track and Field****University of Windsor Stadium****Performance List****Event 6 Men 400 Meter Midget****Friday 28/05/2010 - 5:19 PM****West Region: 50.91 1994 Jeff ELLIS / Orangeville**

Name	School	Seed Time
1 Khalil Parris	Sandwich	53.83
2 Jordan Sherwood	Cameron Heig	54.33
3 Liam Wilson	Banting, Sir	54.92
4 Connor Musselman	Centre Dufferin	55.06
5 Jalen Noronha	Cameron Heig	55.09
6 Adam Labute	Chatham-Kent	55.14
7 Michael Fraser	St Christoph	55.41
8 John Arboleda	Catholic Central	55.42
9 Chase Konecny	West Elgin	55.47
10 Jordan Huzevka	Northern C I V	55.53
11 Damien Shepard	St. Patrick'	55.60
12 Liam Stiles	John F. Ross	55.69
13 Jordan Simpson	Saunders SS	55.93
14 Matt Quirk	Bishop MacDo	56.29
15 Reid Wilcox	Northern C I V	56.58
16 Mac MacSorley	St. Michael	56.83

Event 7 Women 800 Meter Midget**Saturday 29/05/2010 - 3:00 PM****West Region: 2:12.68 2002 Alyson**

Name	School	Seed Time
1 Jaimie Phelan	St. Mary's High	2:17.79
2 Cozette Collin	Assumption	2:21.02
3 Jennifer Rowe	Kitchener Wa	2:23.13
4 Michelle Reddy	St Christoph	2:24.17
5 Sierra Wolfe	Essex D H S-Es	2:25.30
6 Ellen Diemert	West Hill	2:26.01
7 Carlie Trombley	Holy Names H	2:28.34
8 Nicki Parkes	St Christoph	2:28.59
9 Katherine Vaidya	Assumption C	2:28.66
10 Cassidy Mayer	Banting, Sir	2:29.24
11 Morgan Hendriks	Dorchester	2:29.59
12 Madalyn Ruby	Huron Park SS	2:29.86
13 Sabrina Fitzgerald	Mother Teresa	2:29.92
14 Marissa Ukos	Huron Park SS	2:30.20
15 Nadia Pizzolitto	Assumption C	2:32.73
16 Olivia Gains	Galt Cvi-Cam	2:33.31

Event 8 Men 800 Meter Midget**Saturday 29/05/2010 - 3:00 PM****West Region: 1:55.74 1989 Kevin Sullivan/Brantford-North**

Name	School	Seed Time
1 Liam Wilson	Banting, Sir	2:04.96
2 Paul Kealey	St. James HS	2:05.86
3 Michael Lozinski	Sandwich	2:05.98
4 Connor Musselman	Centre Dufferin	2:07.36
5 Nathan Cumber	St. Benedict	2:07.91
6 Liam Stiles	John F. Ross	2:08.13
7 Ryan Sinclair	Sandwich	2:09.45
8 Ryan Foott	Montcalm SS	2:10.31

9 Jordan Huzevka	Northern C I V	2:10.77
10 Chris Oblitas	St. Mary's High	2:11.68
11 Cameron Oliver	St. Michael	2:12.41
12 Devin Pfeister	Banting, Sir	2:12.90
13 Blake Rupert	Massey, Vinc	2:13.06
14 Alexander Rocheleau	Massey, Vinc	2:13.10
15 Henry Off	Medway HS	2:13.20
16 Evan Abma	St Christoph	2:13.22

Event 9 Women 1500 Meter Midget**Friday 28/05/2010 - 5:05 PM****West Region: 4:33.99 1997 Erin MCLURE / Waterloo CI**

Name	School	Seed Time
1 Jaimie Phelan	St. Mary's High	4:39.66
2 Hilary Stafford	St. Thomas Aq	4:57.29
3 Cozette Collin	Assumption	5:00.55
4 Jennifer Rowe	Kitchener Wa	5:03.73
5 Cassidy Mayer	Banting, Sir	5:07.75
6 Mariel Fluttert	Dorchester	5:07.90
7 Michelle Reddy	St Christoph	5:08.46
8 Beatrice Shilton	Beal, H.B. S	5:09.63
9 Jazmin Martin	Belle River	5:10.91
10 Nicki Parkes	St Christoph	5:10.96
11 Jordyn Visscher	Woodland Chr	5:13.23
12 Madalyn Ruby	Huron Park SS	5:14.54
13 Michelle Wong	Northern C I V	5:16.90
14 Nathalie Harris	St Christoph	5:20.05
15 Carlie Trombley	Holy Names H	5:21.02
16 Kelly Long	West Hill	5:26.92

Event 10 Men 1500 Meter Midget**Friday 28/05/2010 - 5:05 PM****West Region: 4:00.0h 1986 Andrew DUTZ /**

Name	School	Seed Time
1 Ryan Sleiman	Kingsville D	4:14.67
2 Brandon Allen	Amherst, Gen	4:22.33
3 Ben Flanagan	St. Mary's High	4:22.72
4 Matt Bannon	Elmira Dhs	4:23.89
5 Patrick Sullivan	Orangeville	4:24.05
6 Sameem Javeed	Saunders SS	4:24.22
7 Paul Kealey	St. James HS	4:24.44
8 Michael Lozinski	Sandwich	4:25.06
9 Derek Hick	Strathroy DC	4:25.55
10 Cael Wishart	Stratford Centr	4:26.31
11 Stefan Peters	Holy Trinity C H	4:27.17
12 Ryan Foott	Montcalm SS	4:30.16
13 Jacob McDonald	West Elgin	4:31.67
14 Evan Abma	St Christoph	4:32.81
15 Ryan Sinclair	Sandwich	4:33.73
16 Garrick Loewen	Assumption C	4:35.98

OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010

Track and Field

University of Windsor Stadium

Performance List

Event 11 Women 3000 Meter Midget**Saturday 29/05/2010 - 4:15 PM****West Region: 9:48.0h 1986****Jennifer ARMSTRONG /**

Name	School	Seed Time
1 Hilary Stafford	St. Thomas Aq	10:47.55
2 Cozette Collin	Assumption	11:12.12
3 Jordyn Visscher	Woodland Chr	11:19.05
4 Mariel Fluttert	Dorchester	11:19.73
5 Beatrice Shilton	Beal, H.B. S	11:21.07
6 Nicki Parkes	St Christoph	11:28.82
7 Jazmin Martin	Belle River	11:33.36
8 Nathalie Harris	St Christoph	11:44.12
9 Celeah Gagnon	Brennan, FJ	11:44.40
10 Michelle Wong	Northern C I V	11:46.94
11 Emma Williams	London Central	11:53.44
12 Sami McGuinness	St. Michael	11:55.91
13 Cara Shaw	Amherst, Gen	12:05.05
14 Breanne Lyons	Glenview Par	12:16.44
15 Mika Otsuka	Sir John A Macc	12:26.07
16 Anna Burns	Wellington Hts	12:30.24

Event 12 Men 3000 Meter Midget**Saturday 29/05/2010 - 4:15 PM****West Region: 8:47.3h 1979****Chris BREWSTER /**

Name	School	Seed Time
1 Ryan Sleiman	Kingsville D	8:57.61
2 Ben Flanagan	St. Mary's High	9:34.69
3 Brandon Allen	Amherst, Gen	9:38.38
4 Sameem Javeed	Saunders SS	9:40.41
5 Matt Bannon	Elmira Dhs	9:41.24
6 Derek Hick	Strathroy DC	9:45.59
7 Peter Quosai	Centennial C	9:47.59
8 Tristan Fleming	London Central	9:48.52
9 Nick Schroeder	Forest Heigh	9:49.64
10 Cael Wishart	Stratford Centr	9:52.79
11 Jacob McDonald	West Elgin	9:53.28
12 Stefan Peters	Holy Trinity C F	10:00.68
13 Garrick Loewen	Assumption C	10:01.60
14 Evan Abma	St Christoph	10:12.18
15 Nathan Verburg	Ur The Pines	10:25.02
16 Adam Charlton	Belle River	10:37.01

Event 13 Women 80 Meter Hurdles Midget Prelims**Friday 28/05/2010 - 4:10 PM****West Region: 11.52 1996****Jessica ZELINKA /**

Name	School	Seed Time
1 Nicole Settingington	Oakridge SS	12.07
2 Samantha Brosseau	Catholic Cen	12.49
3 Megan Parsons	Huron Heights S	12.70
4 Mikesha Bobb	Laurier, Sir	12.78
5 Chantal Caraher	Northern C I V	12.84
6 Ali Baker	Mother Teresa	12.85
7 Emily Bowerman	John F. Ross	13.13
8 Shelby Janmaat	St. Anne's	13.14

9 Megan Baker	Mother Teresa	13.24
10 Tori Givlin	Grand River	13.37
11 Holly Thomas	Northern C I V	13.40
12 Jenna West	Holy Trinity C F	13.48
13 Olivia King	Belle River	13.59
14 Ericka Chuli	Waterford	13.62
15 Emelia Unsworth	Lambton Cent	13.63
16 Jessica Paglia	Villanova	14.09

Event 14 Men 100 Meter Hurdles Midget Prelims**Friday 28/05/2010 - 4:10 PM****West Region: 13.12 1998****Paul WHITTY /**

Name	School	Seed Time
1 Aaron Stemmler	St David	13.96
2 Jordan Sherwood	Cameron Heig	13.97
3 Luke Dailleboust	Madill, F.E.	14.19
4 Ben Craik	Saunders SS	14.37
5 Nick Parisotto	Lourdes	14.81
6 Dennis Hong	Sir John A Macc	14.86
7 Austin Kreller	Bluevale	14.91
8 Michigan Mitchell	Northern C I V	14.97
9 Will Potter	South Huron	15.06
10 Kevin Lin	Massey, Vinc	15.11
11 Cameron Geddes	Catholic Central	15.18
12 Mike Giorgi	Lambton Cent	15.42
13 Phil Janikowski	Villanova	15.48
14 Jude Manu	St. Joseph's W	15.50
15 Garrett Turner	Ur The Pines	15.55
16 Mike Frizzell	St. Thomas Aq	15.55

Event 15 Women 300 Meter Hurdles Midget**Saturday 29/05/2010 - 1:30 PM****West Region: 43.80 1997****Jessica ZELINKA /**

Name	School	Seed Time
1 Mikesha Bobb	Laurier, Sir	47.57
2 Natalia Augustyn	Sandwich	48.07
3 Sydney Barber	Saunders SS	49.27
4 Anique Daley	McGregor, Jo	49.28
5 Morgan Hendriks	Dorchester	49.41
6 Sara Grzywnowicz	Mother Teresa	49.59
7 Megan Parsons	Huron Heights S	50.20
8 Ericka Chuli	Waterford	50.49
9 Rachael Durocher	Villanova	50.56
10 Holly Thomas	Northern C I V	50.81
11 Kayla Hopkins	Oakridge SS	50.99
12 Amber Bechard	St. Anne SS -	51.04
13 Michelle Thompson	Huron Heights S	51.69
14 Tori Givlin	Grand River	51.71
15 Taryn Lee	St Christoph	51.89
16 Kim Kunkel	Pauline John	51.94

OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010**Track and Field****University of Windsor Stadium****Performance List****Event 16 Men 300 Meter Hurdles Midget****Saturday 29/05/2010 - 1:30 PM****West Region: 40.41 28/05/2005 Jeremy Gibbons**

Name	School	Seed Time
1 Khalil Parris	Sandwich	42.20
2 Jordan Sherwood	Cameron Heig	42.35
3 Phil Janikowski	Villanova	43.35
4 Aaron Stemmler	St David	43.57
5 Michigan Mitchell	Northern C I V	43.85
6 Will Potter	South Huron	43.92
7 Ben Craik	Saunders SS	44.39
8 Kevin Lin	Massey, Vinc	44.48
9 Jordan Huzevka	Northern C I V	44.89
10 Joel Mahon	St. Patrick'	45.05
11 Cameron Geddes	Catholic Central	45.44
12 Blake Evans	Central Huron	45.45
13 Sam Martinello	St. Mary's High	45.86
14 Connor Musselman	Centre Dufferin	46.13
15 Garrett Davidson	Madill, F.E.	46.15
16 Brian MiCall	Grand River	46.44

Event 17 Women High Jump Midget**Saturday 29/05/2010 - 10:00 AM****West Region: 1.73m 1984 Leanne MADILL /**

Name	School	Seed Mark
1 Ali Baker	Mother Teresa	1.59m
2 Meghan Wright	Dorchester	1.56m
3 Leah Hutchison	Madill, F.E.	1.56m
4 Celina DeCarolis	Holy Trinity C F	1.55m
5 Jess Authier	Sir John A Macc	1.55m
6 Vanessa Wahl	Westminster	1.53m
7 Carolyn Adams	Lucas, A.B.	1.53m
8 Melissa Stapleton	Centre Dufferin	1.50m
9 Ashlyn Beckman	Galt Cvi-Cam	1.50m
10 Christine Fleischer	Northern C I V	1.48m
11 Emily Dodman	Chatham-Kent	1.48m
12 Emelia Unsworth	Lambton Cent	1.45m
13 Tessa Charnuski	Elmira Dhs	1.45m
14 Elise LeBlanc	Villanova	1.42m
15 Erika Corey	Sandwich	1.37m
16 Kyla MacDougall	St. Joseph's W	1.37m

Event 18 Men High Jump Midget**Saturday 29/05/2010 - 11:30 AM****West Region: 1.90m 02/06/2007 Branden Wilhelm**

Name	School	Seed Mark
1 Trevor Way	Massey, Vinc	1.76m
2 Braden Cok	Sir John A Macc	1.75m
3 Rick Knelsen	Valley Heigh	1.70m
4 Steve Neumann	Kingsville D	1.70m
5 Tom deVroomen	Strathroy DC	1.68m
6 Derek Wagler	Stratford NW SS	1.68m
7 Alek Ruzic	London Central	1.68m
8 Connor Heslop	Northern C I V	1.67m

9 Jermaine MacDougal	Sir John A Macc	1.65m
10 Shaun Brus	London Christia	1.65m
11 Terry Pham	Guelph Cvi-G	1.65m
12 Joel Mahon	St. Patrick'	1.64m
13 Quinn Fleming	Sandwich	1.61m
14 Doug Kee	St Christoph	1.61m
15 Mike Wood	Grey Highlands	1.60m
16 Scott Goad	Mother Teresa	1.60m

Event 20 Men Pole Vault Midget**Friday 28/05/2010 - 4:00 PM****West Region: 3.80m 1997****Frank KLUNDERT / Cardinal**

Name	School	Seed Mark
1 Brian Choja	Oakridge SS	3.32m
2 Ty Hamilton	Delhi Dss-De	2.90m
3 Ashton Marlow	Oakridge SS	2.75m
4 Corey Abbruzzese	Kingsville D	2.65m
5 Connor Young	Saunders SS	2.60m
6 Braden Cok	Sir John A Macc	2.60m
7 Brian Mundt	Sir John A Macc	2.60m
8 Mke Cooper	Kingsville D	2.55m
9 Aaron Bos	Goderich Dci	2.45m
10 Trevon Mendez	Resurrection	2.40m
11 Lyndon Rey	Brantford CI	2.20m
12 Michael Rossyan	Sandwich	2.05m

Event 21 Women Long Jump Midget**Friday 28/05/2010 - 4:00 PM****West Region: 5.78m 1996****Jessica ZELINKA /**

Name	School	Seed Mark
1 Nicole Settington	Oakridge SS	5.33m
2 Celina DeCarolis	Holy Trinity C F	4.87m
3 Megan Baker	Mother Teresa	4.80m
4 Natalia Augustyn	Sandwich	4.74m
5 Emma Higgins	Resurrection	4.72m
6 Mackenzie Puklicz	St. Thomas Aq	4.71m
7 Megan Payler	St. Joseph's	4.70m
8 Mialynn Lee-Daigle	L'Essor	4.69m
9 Shelby Janmaat	St. Anne's	4.67m
10 Danielle Quinn	St Christoph	4.62m
11 Kennedy Carr	Chatham-Kent	4.62m
12 Searra Spadafora	Holy Names H	4.56m
13 Nicki Cruickshank	Southwood S S	4.52m
14 Nicole Matthews-Rose	Saugeen D S S	4.44m
15 Sarah Sandor	Valley Heigh	4.41m
16 Nicole Surdyka	St. Patrick'	4.35m

Event 22 Men Long Jump Midget**Friday 28/05/2010 - 5:30 PM****West Region: 6.67m 1979****Ken BERRY / London-Laurier**

Name	School	Seed Mark
1 Andrew Zamin	St. James HS	5.85m
2 Tyrell Smith	Madill, F.E.	5.82m
3 Phil Janikowski	Villanova	5.76m
4 Luke Dailleboust	Madill, F.E.	5.72m

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

Track and Field

University of Windsor Stadium

Performance List

Event 22 ... (Men Long Jump Midget)

Name	School	Seed Mark
5 Jalen Noronha	Cameron Heig	5.71m
6 Shaun Brus	London Christia	5.70m
7 Kyle Patrick Dennis	Resurrection	5.70m
8 Austin Kreller	Bluevale	5.65m
9 Mitchell Taveirne	Essex D H S-Es	5.63m
10 Scott Goad	Mother Teresa	5.59m
11 Destin Gardner	Massey, Vinc	5.58m
12 Jacob Taveirne	Essex D H S-Es	5.47m
13 Brendan Woodfull	St. Anne SS -	5.43m
14 Tom deVroomen	Strathroy DC	5.34m
15 Riley Flanagan	St. Mary's High	5.31m
16 Nick McMaster	Belle River	5.24m

Event 23 Women Triple Jump Midget**Saturday 29/05/2010 - 1:15 PM****West Region: 11.22m 02/06/2007 Katie Flemington**

Name	School	Seed Mark
1 Nicole Settingington	Oakridge SS	10.79m
2 Leah Hutchison	Madill, F.E.	10.75m
3 Jenna West	Holy Trinity C F	10.55m
4 Natalia Augustyn	Sandwich	10.53m
5 Searra Spadafora	Holy Names H	10.39m
6 Mialynn Lee-Daigle	L'Essor	10.33m
7 Kelsie Eadie	Madill, F.E.	10.20m
8 Megan Payler	St. Joseph's	10.15m
9 Emma Higgins	Resurrection	10.13m
10 Mackenzie Pulham	Pauline John	10.12m
11 Nicki Cruickshank	Southwood S S	10.11m
12 Nicole Matthews-Rose	Saugeen D S S	10.11m
13 Paige Henry	Stratford Centr	10.04m
14 Kennedy Carr	Chatham-Kent	9.77m
15 Jallandra Warden	St. Joseph's W	9.70m
16 Meighen Boyd	St. Anne SS -	9.65m

Event 24 Men Triple Jump Midget**Saturday 29/05/2010 - 2:45 PM****West Region: 13.78m 1994 Kriss PETERSON /**

Name	School	Seed Mark
1 Braden Cok	Sir John A Macc	12.99m
2 Austin Kreller	Bluevale	12.54m
3 Mitchell Taveirne	Essex D H S-Es	12.53m
4 Tyrell Smith	Madill, F.E.	12.15m
5 Luke Dailleboust	Madill, F.E.	12.13m
6 Kevin Maurer	Strathroy DC	12.07m
7 Scott Goad	Mother Teresa	12.07m
8 Andrew Zamin	St. James HS	11.95m
9 Jacob Taveirne	Essex D H S-Es	11.76m
10 Shaun Brus	London Christia	11.76m
11 Riley Flanagan	St. Mary's High	11.53m
12 Devon Laird	Northern C I V	11.47m
13 Andrew Bye	Grand River	11.36m
14 Nick McMaster	Belle River	11.32m
15 Quinn Fleming	Sandwich	11.11m

16 Nicholas Montigny L'Essor 11.01m

Event 25 Women Shot Put Midget**Friday 28/05/2010 - 5:30 PM****West Region: 12.06m 1979****Liz POLYAK / Brantford-North**

Name	School	Seed Mark
1 Nicole Horneman	Medway HS	11.14m
2 Kathleen Francis	London Central	10.10m
3 Brianna Quenneville	Belle River	9.39m
4 Rebecca Wynn	Amherst, Gen	9.27m
5 Brett Jutzi	Stratford NW SS	9.20m
6 Brittany Wilson	Mgsr. E.A. Doyl	9.18m
7 Karli Milmine	East Elgin SS	9.18m
8 Stacie Dobson	St Christoph	9.14m
9 Kelly Gribbons	Saugeen D S S	9.09m
10 Natalie Waren	Lucas, A.B.	9.03m
11 Mackenzie Colbran	Northern C I V	8.92m
12 Tamara Officer	Wellington Hts	8.67m
13 Emma Bluemke	Bluevale	8.66m
14 McKenzie Kearns	Lajeunesse E	8.64m
15 Joslyn Gauthier	Herman, W.F.	8.62m
16 Rachel McLay	Bpds	8.47m

Event 26 Men Shot Put Midget**Friday 28/05/2010 - 4:00 PM****West Region: 18.23m 1982****Dave CROMBEEN / Sarnia-St.**

Name	School	Seed Mark
1 Josh Vandeven	Strathroy DC	13.77m
2 Chris Cambridge	Banting, Sir	13.71m
3 Josh Shepley	Belle River	13.49m
4 James Burns	Bluevale	13.29m
5 Mac MacSorley	St. Michael	13.28m
6 Mike Collins	Belle River	13.20m
7 Dyllon Wintemute	Holy Trinity C H	13.12m
8 Matt Lencz	North Middlesex	13.06m
9 Mat VanDijk	Essex D H S-Es	12.96m
10 Alex Kirshner	West Elgin	12.94m
11 Lucas Palmer	Walkerville	12.63m
12 Tyler Winchester	Erin Dhs-Eri	12.51m
13 Liam Palmer	Walkerville	12.45m
14 Brady Crandall	Simcoe Cs-Si	12.36m
15 Austin Baggio	Lourdes	12.31m
16 Jakoby Jones	St. Anne SS -	12.14m

Event 27 Women Discus Throw Midget**Saturday 29/05/2010 - 2:45 PM****West Region: 40.46m 1979****Liz POLYAK / Brantford-North**

Name	School	Seed Mark
1 Quinn Conlon	Assumption C	27.87m
2 Michelle Hunter	Belle River	27.53m
3 Rebecca Wynn	Amherst, Gen	26.81m
4 Alex Coyle	Sarnia C I T S	26.74m
5 Kelly Gribbons	Saugeen D S S	26.63m
6 Maggie Forshaw	L'Essor	26.40m
7 Kathleen Francis	London Central	26.30m

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

Track and Field

University of Windsor Stadium

Performance List

Event 27 ... (Women Discus Throw Midget)

Name	School	Seed Mark
8 Schuyler Young	St. Joseph's	26.15m
9 Stacie Dobson	St Christoph	25.74m
10 Stephanie Shepard	Huron Park SS	25.08m
11 Mercedes VanSloun	Delhi Dss-De	24.54m
12 Jessica Wilson	Centre Welli	24.29m
13 Nicole Horneman	Medway HS	23.59m
14 Delaney Vanderburg	Banting, Sir	23.18m
15 Brianna Atto	North Park C	21.51m
16 Tanja Velickovic	Saugeen D S S	21.25m

Event 28 Men Discus Throw Midget**Saturday 29/05/2010 - 1:15 PM****West Region: 55.14m 2002****Joe POCOCK/Windsor**

Name	School	Seed Mark
1 Josh Vandeven	Strathroy DC	43.50m
2 Tyler Winchester	Erin Dhs-Eri	42.94m
3 Nick Zottl	Northern C I V	40.64m
4 Josh Shepley	Belle River	38.61m
5 Mitchell Fitzmorris	Ingersoll DC	38.12m
6 James Burns	Bluevale	37.66m
7 Zachary Sauer	Southwood S S	36.81m
8 Aaron Bos	Goderich Dei	36.58m
9 mitch McConnel	Medway HS	36.52m
10 Kellen LeClair	Brennan, F.J	35.65m
11 Montana Strong	Belle River	34.94m
12 JJ Innes	McGregor, Jo	34.14m
13 Hudson Bruin	Delhi Dss-De	33.83m
14 Noah Benko	Kennedy, Hon	33.03m
15 Colin Robertson	Georgian Bay	32.69m
16 Luke Alexander	South Huron	32.49m

Event 29 Women Javelin Throw Midget**Saturday 29/05/2010 - 11:30 AM****West Region: 39.25m 2009****Brooke ROWLAND**

Name	School	Seed Mark
1 Victoria Smith	Belle River	34.47m
2 Jordan Henry	St Christoph	34.06m
3 Nicole Horneman	Medway HS	30.83m
4 Stephanie Shepard	Huron Park SS	30.73m
5 Laura Vermeire	Mother Teresa	30.03m
6 Natalie Waren	Lucas, A.B.	29.30m
7 Abby Roberts	Northern C I V	29.26m
8 Rachael Durocher	Villanova	29.14m
9 Jaime Moon	Ingersoll DC	28.29m
10 Paige Coyne	Pain Court E S	28.08m
11 Mackenzie Sleaford	Lambton Cent	28.00m
12 Kelly Gribbons	Saugeen D S S	27.44m
13 Melanie Schwartztruber	Elmira Dhs	26.61m
14 Brittany Wilson	Mgsr. E.A. Doyl	25.39m
15 Cortney Van Allen	Mgsr. E.A. Doyl	25.22m
16 Julia Frey	Elmira Dhs	22.94m

Event 30 Men Javelin Throw Midget**Saturday 29/05/2010 - 10:00 AM****West Region: 61.70m 1982****Dave CROMBEEN / Sarnia-St.**

Name	School	Seed Mark
1 Josh Shepley	Belle River	52.59m
2 Cole Jordan	Oakridge SS	48.04m
3 Will Chesney	Huron Park SS	45.16m
4 D'Sean Thelwell	Regina Mundi	42.17m
5 Kellen LeClair	Brennan, F.J	41.27m
6 Zach Read	West Elgin	40.68m
7 Mike Collins	Belle River	40.43m
8 Jacob Hennin	Massey, Vinc	40.03m
9 Ryan Smith	Massey, Vinc	39.97m
10 Mike Duddy	St. Michael	39.84m
11 Shayne Finoro	Lourdes	37.81m
12 Evan Redka	Glenview Par	37.60m
13 Caleb Crewson	Lourdes	37.04m
14 Adam Waller	St. Clair S S	35.41m
15 Matt Coates	Galt Cvi-Cam	35.28m
16 Andrew Tovey	Kincardine	35.08m

Event 31 Women 4x100 Meter Relay Midget**Friday 28/05/2010 - 7:20 PM****West Region: 50.00 1996****LONDON - BANTING**

Team	Relay	Seed Time
1 Resurrection	A	50.64
2 St. Joseph's W	A	51.54
3 St. Mary's High	A	51.59
4 Catholic Central	A	51.73
5 Madill, F.E.	A	52.52
6 Oakridge SS	A	52.65
7 Villanova	A	53.12
8 Northern C I V	A	53.29
9 St. Thomas Aq	A	53.61
10 Sandwich	A	53.61
11 Southwood S S	A	53.88
12 Assumption	A	53.90
13 Dorchester	A	54.00
14 Essex D H S-Es	A	54.04
15 Lambton Cent	A	54.48
16 Pauline John	A	54.87

Event 32 Men 4x100 Meter Relay Midget**Friday 28/05/2010 - 7:20 PM****West Region: 45.37 2002****LASALLE-VILLANOVA**

Team	Relay	Seed Time
1 Villanova	A	47.30
2 Madill, F.E.	A	47.57
3 Northern C I V	A	47.80
4 Resurrection	A	47.88
5 Holy Names H	A	48.05
6 Sandwich	A	48.08
7 Lourdes	A	48.21
8 Cameron Heig	A	48.22

OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010

Track and Field

University of Windsor Stadium

Performance List

Event 32 ... (Men 4x100 Meter Relay Midget)

Team	Relay	Seed Time
9 St Christoph	A	48.32
10 London Central	A	48.42
11 St. Mary's High	A	48.49
12 Saunders SS	A	48.78
13 Massey, Vinc	A	48.91
14 Sir John A Macdo	A	48.95
15 St. Thomas Aq	A	49.52
16 Medway HS	A	49.63

Event 33 Women 100 Meter Junior Prelims

Saturday 29/05/2010 - 9:30 AM

West Region: 11.89 1995 Margaret FOX / Guelph-Bishop

Name	School	Seed Time
1 McKenzie Johnson	Laurier, Sir	12.40
2 Sara Costa	St. Thomas Aq	12.67
3 Jenny Carrique	Grand River	12.71
4 Emily Omahen	St. Anne SS -	12.86
5 Laura VanBommel	St. Joseph's	12.90
6 Hannah Reardon	Holy Trinity C F	12.91
7 Bailey Hutt	North Lambto	12.99
8 Taylor Campbell	Glendale HS	13.14
9 Kelsey Smith	St. Anne's	13.29
10 Janessa Laureano	St. Patrick'	13.30
11 Kayla Cooke	Brantford CI	13.33
12 Emma Sandrock	Resurrection	13.39
13 Anisha MacLean	Chatham-Kent	13.45
14 Danielle Holder	Brantford CI	13.48
15 Carley Horvath	Ur The Pines	13.52
16 Jillian Rops	Lambton Cent	13.61

Event 34 Men 100 Meter Junior Prelims

Saturday 29/05/2010 - 9:30 AM

West Region: 10.60 2002 Rhoan STERLING/Galt

Name	School	Seed Time
1 Jermaine Stephenson	St. James HS	11.24
2 Morgan Walls	North Park C	11.27
3 Justin Kobarda	Regina Mundi	11.33
4 Drelan Bramwell	Northern C I V	11.40
5 Chris Green	Cameron Heig	11.41
6 Dustin Nguyen-Black	Grand River	11.50
7 Emerson Petri	Galt Cvi-Cam	11.54
8 Alex Morgan	Parkside CI	11.55
9 Bashar Neema	Catholic Central	11.63
10 Jaydon Gauthier	Herman, W.F.	11.64
11 Connor Hogg	St. Thomas Aq	11.67
12 Devon Lucan	Parkside CI	11.71
13 Jacob Francis-Taylor	Holy Names H	11.79
14 Mitchell Nelson	Sandwich	11.84
15 Ben Kelly	Sarnia C I T S	11.93
16 Cody Brown	Herman, W.F.	11.96

Event 35 Women 200 Meter Junior Prelims

Saturday 29/05/2010 - 11:00 AM

West Region: 24.13 1995 Margaret FOX / Guelph-Bishop

Name	School	Seed Time
1 Emily Omahen	St. Anne SS -	25.96
2 McKenzie Johnson	Laurier, Sir	26.02
3 Christine MacNeill	London Central	26.33
4 Hannah Pearsall	Lourdes	26.47
5 Marissa Kurtimah	Guelph Cvi-G	26.70
6 Sara Costa	St. Thomas Aq	26.84
7 Janessa Laureano	St. Patrick'	27.04
8 Jillian Rops	Lambton Cent	27.40
9 Hannah Reardon	Holy Trinity C F	27.41
10 Jenny Carrique	Grand River	27.50
11 Nadine Otten	St. Anne's	27.51
12 Alyssa Medeiros	Catholic Central	27.78
13 Samantha Ireland	Bluevale	27.79
14 Anisha MacLean	Chatham-Kent	27.87
15 Michelle Chauvin	L'Essor	27.88
16 Andrea Pumphrey	North Lambto	28.02

Event 36 Men 200 Meter Junior Prelims

Saturday 29/05/2010 - 11:00 AM

West Region: 21.67 1993 Chris ROBINSON /

Name	School	Seed Time
1 Brandon McBride	Herman, W.F.	22.11
2 Nienkel Paljola	Forest Heigh	22.70
3 Jermaine Stephenson	St. James HS	22.91
4 Drelan Bramwell	Northern C I V	22.94
5 Keegan Calder	Waterloo	22.97
6 Justin Kobarda	Regina Mundi	23.40
7 Morgan Walls	North Park C	23.53
8 Dustin Nguyen-Black	Grand River	23.73
9 Cody Brown	Herman, W.F.	23.74
10 Broderick Webster	Northern C I V	23.80
11 Dylan Lambert	Central Huron	23.96
12 Devyn McGlocklin	Dorchester	23.97
13 Jacob Francis-Taylor	Holy Names H	24.06
14 Mitchell Nelson	Sandwich	24.13
15 Nathan Hartwig	Medway HS	24.25
16 Caleb Papineau	St. Thomas Aq	24.39

Event 37 Women 400 Meter Junior

Friday 28/05/2010 - 5:19 PM

West Region: 54.56 1994 Nadia SCHMEIDT /

Name	School	Seed Time
1 Taylor Farquhar	London Central	58.86
2 Katie Parry	St. Thomas Aq	59.77
3 McKenzie Johnson	Laurier, Sir	1:00.47
4 Mikaela Vandenheuvel	Medway HS	1:00.74
5 Marissa Kurtimah	Guelph Cvi-G	1:01.30
6 Breanne Nicholas	Blenheim D H S	1:01.95
7 Kaitlyn Schenck	St. Mary's High	1:02.09
8 Siobhan Smith	Northern C I V	1:02.11

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

Track and Field

University of Windsor Stadium

Performance List

Event 37 ... (Women 400 Meter Junior)

Name	School	Seed Time
9 Rachel Costa	Lourdes	1:02.14
10 Ally Gonzalez	Regina Mundi	1:02.34
11 Charlotte Clarke	Centennial C	1:03.20
12 Angelica Campigotto	Holy Names H	1:03.28
13 Samantha Ireland	Bluevale	1:03.30
14 Jillian Rops	Lambton Cent	1:04.34
15 Amanda Desjardins	Essex D H S-Es	1:04.86
16 Lauren Dann	Northern C I V	1:05.65

Event 38 Men 400 Meter Junior**Friday 28/05/2010 - 5:19 PM****West Region: 47.94 1997****Liam CARD / Port**

Name	School	Seed Time
1 Brandon McBride	Herman, W.F.	49.09
2 Nienkel Paljola	Forest Heigh	50.76
3 Jermaine Stephenson	St. James HS	51.25
4 Keegan Calder	Waterloo	51.57
5 Scott Buttinger	Resurrection	52.24
6 Broderick Webster	Northern C I V	52.67
7 Drelan Bramwell	Northern C I V	53.16
8 Shawn Beaudoin	Sandwich	53.22
9 Dylan Lambert	Central Huron	53.32
10 Micah Hesman	Sandwich	53.81
11 Peter Harris	London Central	53.92
12 Jake Clement	Brennan, F.J	54.20
13 Devyn McGlocklin	Dorchester	54.54
14 Corey Squires	Parkside CI	54.80
15 Alex Dufault	Strathroy DC	54.88
16 Brady Johnston	St. John's Colle	54.92

Event 39 Women 800 Meter Junior**Saturday 29/05/2010 - 3:00 PM****West Region: 2:08.52 02/06/2007 Jessica Parry**

Name	School	Seed Time
1 Cheyenne Hunter	Kincardine	2:18.64
2 Aliya Roga	St David	2:20.70
3 Katie Parry	St. Thomas Aq	2:23.54
4 Jessica Bujouves	Saunders SS	2:23.82
5 Siobhan Smith	Northern C I V	2:24.14
6 Darian Limb	Lambton Cent	2:25.70
7 Elora Beitz	Bishop MacDo	2:27.44
8 Angelica Campigotto	Holy Names H	2:29.16
9 Samantha Ireland	Bluevale	2:29.55
10 Spottiswood Sarah	Laurier, Sir	2:30.49
11 Reo Roland	North Park C	2:30.77
12 Madeline Yungblut	Madill, F.E.	2:31.16
13 Jacey Steen	St. Anne SS -	2:31.66
14 Amanda Hancock	Parkside CI	2:31.68
15 Haley Hetzel	Essex D H S-Es	2:36.43
16 Mel Boissonneault	Essex D H S-Es	2:39.00

Event 40 Men 800 Meter Junior**Saturday 29/05/2010 - 3:00 PM****West Region: 1:50.90 2000****Nathan BRANNEN / Preston HS**

Name	School	Seed Time
1 Corey Bellemore	Riverside S S	1:57.36
2 Shawn Master	Northern C I V	1:57.46
3 Jerry Colaluca	Catholic Cen	1:58.77
4 Jake Clement	Brennan, F.J	1:59.47
5 Scott Buttinger	Resurrection	2:00.31
6 Sam Baxter	St. Mary's High	2:00.61
7 Cory Simard	Kennedy, Hon	2:00.96
8 Alex Dufault	Strathroy DC	2:04.33
9 Brad Carroll	Herman, W.F.	2:05.27
10 Chris Taylor	St. Joseph's	2:05.68
11 Mike Gunn	Oakridge SS	2:05.70
12 Andrew Moser	Dorchester	2:07.71
13 Curtis D'Hollander	Catholic Central	2:08.10
14 Usama Ikram	Waterloo	2:11.33
15 Jake Moore	North Park C	2:11.76
16 Brendan Clark	Lourdes	2:12.04

Event 41 Women 1500 Meter Junior**Friday 28/05/2010 - 6:07 PM****West Region: 4:28.35 01/06/2007 Jessica Parry**

Name	School	Seed Time
1 Cheyenne Hunter	Kincardine	4:53.38
2 Jessica Bujouves	Saunders SS	4:57.81
3 Jaclyn White	Mother Teresa	5:00.00
4 Darian Limb	Lambton Cent	5:01.38
5 Aliya Roga	St David	5:01.63
6 Stephanie Rigg	London Central	5:03.49
7 Vanessa Linton	Guelph Cvi-G	5:04.30
8 Maggie MacDonald	Erin Dhs-Eri	5:04.52
9 Chantal Bourassa	St Christoph	5:08.98
10 Andrea Kiss	St. Anne SS -	5:10.64
11 Ashley Bracci	Essex D H S-Es	5:10.98
12 Elora Beitz	Bishop MacDo	5:11.27
13 Jacey Steen	St. Anne SS -	5:12.03
14 Spottiswood Sarah	Laurier, Sir	5:12.46
15 Paige Odegard	Northern C I V	5:12.94
16 Madeline Yungblut	Madill, F.E.	5:13.55

Event 42 Men 1500 Meter Junior**Friday 28/05/2010 - 6:07 PM****West Region: 3:49.3h 1994****Jay CANTIN / Sarnia-St. Clair**

Name	School	Seed Time
1 Shawn Master	Northern C I V	4:08.63
2 Corey Bellemore	Riverside S S	4:09.20
3 Sam Baxter	St. Mary's High	4:12.87
4 Ryan McNamara	Chatham Chri	4:15.01
5 Jerry Colaluca	Catholic Cen	4:15.19
6 Cory Simard	Kennedy, Hon	4:18.29
7 Logan Chappell	Saugeen D S S	4:22.86
8 Olivier Asselin	Northern C I V	4:23.02

OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010**Track and Field****University of Windsor Stadium****Performance List****Event 42 ... (Men 1500 Meter Junior)**

	Name	School	Seed Time
9	Usama Ikram	Waterloo	4:23.52
10	James Milton	St David	4:24.89
11	Patrick Deane	Dorchester	4:25.00
12	Tyler Natywary	St. Michael	4:25.40
13	Tyler VanLeewen	St. John's Colle	4:27.14
14	Paul Wunder	St. Michael	4:27.48
15	Mike Gunn	Oakridge SS	4:31.44
16	Mate Magdic	Central Elgin	4:35.18

Event 43 Women 3000 Meter Junior**Saturday 29/05/2010 - 2:30 PM****West Region: 9:50.02 2001****Amy KOHLMEIER**

	Name	School	Seed Time
1	Jaclyn White	Mother Teresa	10:35.18
2	Stephanie Rigg	London Central	10:38.05
3	Vanessa Linton	Guelph Cvi-G	11:02.39
4	Taylor Martin	Cameron Heig	11:16.88
5	Darian Limb	Lambton Cent	11:27.61
6	Paige Odegard	Northern C I V	11:29.61
7	Maggie MacDonald	Erin Dhs-Eri	11:29.85
8	Tiana Beharriell	Strathroy DC	11:32.22
9	Hanne Roelen	Regina Mundi	11:32.72
10	Chantal Bourassa	St Christoph	11:33.75
11	Ashley Bracci	Essex D H S-Es	11:36.58
12	Nicole McMullen-Cook	Bluevale	11:37.29
13	Marina Drygala	Bluevale	11:38.98
14	Melissa Jameson	Northern C I V	11:40.20
15	Madi MacDonald	London Central	11:47.30
16	Stephanie Jarison	Riverside S S	12:21.67

Event 44 Men 3000 Meter Junior**Saturday 29/05/2010 - 2:30 PM****West Region: 8:35.46 2001****Adam HORTIAN / Bluevale**

	Name	School	Seed Time
1	Matt Ward-Trymbulak	Amherst, Gen	9:31.40
2	Ryan McNamara	Chatham Chri	9:34.50
3	Tyler Natywary	St. Michael	9:35.69
4	James Milton	St David	9:37.75
5	Logan Chappell	Saugeen D S S	9:39.02
6	Sayf Al-Khazraji	Massey, Vinc	9:39.95
7	Patrick Deane	Dorchester	9:41.63
8	Paul Wunder	St. Michael	9:43.07
9	Devon Ellijah	Massey, Vinc	9:49.98
10	Joel Webster	Southwood S S	9:50.96
11	Tyler VanLeewen	St. John's Colle	9:52.12
12	Colton MacDonald	Saunders SS	9:52.29
13	Brandon Miner	Holy Names H	9:58.50
14	Mate Magdic	Central Elgin	9:58.56
15	Patrick Carrique	Grand River	10:01.41
16	Pablo Mendoza	Northern C I V	10:10.39

Event 45 Women 80 Meter Hurdles Junior Prelims**Friday 28/05/2010 - 4:10 PM****West Region: 11.01 1998****Jessica ZELINKA /**

	Name	School	Seed Time
1	Alysha Newman	Mother Teresa	11.80
2	Christine MacNeill	London Central	11.84
3	Helena Reinfels	Centennial C	12.43
4	Cheryse Mitton	St. Mary's High	12.59
5	Courtney Rivait	Kingsville D	12.74
6	Nadine Otten	St. Anne's	12.74
7	Leah de los Santos	Cameron Heig	12.82
8	Elisa Wright	Harrow D H S	12.90
9	Kaitlyn Schenck	St. Mary's High	12.97
10	Nicole Do	Grand River	12.99
11	Ally Gonzalez	Regina Mundi	13.05
12	Jilleen VanLeerzem	Lambton Cent	13.11
13	Laura Pineault	Riverside S S	13.17
14	Hanna Molzan	Lambton Cent	13.23
15	Brogan Probert	Belle River	13.24
16	Adrienne Wise	Central Huron	13.63

Event 46 Men 100 Meter Hurdles Junior Prelims**Friday 28/05/2010 - 4:10 PM****West Region: 13.49 2009****Gregory MACNEILL**

	Name	School	Seed Time
1	Brandon Gow	Belle River	14.19
2	Chris Green	Cameron Heig	14.23
3	Mitch O'Donnell	Forest Heigh	14.31
4	Mike Mallender	Amherst, Gen	14.87
5	Mitchell Long	Harrow D H S	14.88
6	Michael Gray	Lambton Cent	14.95
7	Matt Klaudi	Northern C I V	15.52
8	Tom McCormick	Amherst, Gen	15.67
9	Connor Hogg	St. Thomas Aq	15.69
10	Shawn Wu	John F. Ross	15.78
11	Jevon Bisschop	East Elgin SS	15.85
12	Ian McGregor	Centre Welli	15.88
13	Matt Cober	Huron Heights S	16.19
14	Steven Buckley	Huron Park SS	16.57
15	Zak Jukna	Central Elgin	16.82
16	Garrick Byers	Ingersoll DC	17.14

Event 47 Women 300 Meter Hurdles Junior**Saturday 29/05/2010 - 1:30 PM****West Region: 41.78 1994****Nadia SCHMEIDT /**

	Name	School	Seed Time
1	Taylor Farquhar	London Central	44.88
2	Christine MacNeill	London Central	45.88
3	Helena Reinfels	Centennial C	46.04
4	Ally Gonzalez	Regina Mundi	47.28
5	Courtney Rivait	Kingsville D	47.34
6	Sam Murray	Cameron Heig	48.26
7	Siobhan Smith	Northern C I V	48.28
8	Jilleen VanLeerzem	Lambton Cent	48.53

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

Track and Field

University of Windsor Stadium

Performance List

Event 47 ... (Women 300 Meter Hurdles Junior)

Name	School	Seed Time
9 Nadine Otten	St. Anne's	48.85
10 Kaitlyn Schenck	St. Mary's High	48.88
11 Marlowe Pecora	Northern C I V	49.04
12 Cheryse Mitton	St. Mary's High	49.30
13 Leah de los Santos	Cameron Heig	49.45
14 Laura Pineault	Riverside S S	50.16
15 Kaitlyn Donison	L'Essor	50.63
16 Kaylin Cornelius	Oakridge SS	50.75

Event 48 Men 300 Meter Hurdles Junior**Saturday 29/05/2010 - 1:30 PM****West Region: 38.11 1996 Jeff ELLIS/Orangeville**

Name	School	Seed Time
1 Brandon McBride	Herman, W.F.	39.22
2 Brandon Gow	Belle River	40.04
3 Shawn Beaudoin	Sandwich	40.15
4 Micah Hesman	Sandwich	41.43
5 Michael Gray	Lambton Cent	42.50
6 Corey Squires	Parkside CI	42.53
7 Mike Ascot	Herman, W.F.	42.89
8 Matt Cober	Huron Heights S	43.24
9 Dylan Lambert	Central Huron	43.64
10 Jacob Scarfone	St. Thomas Aq	43.85
11 Andrew Moser	Dorchester	44.06
12 Mark Muehmer	Medway HS	44.53
13 Brady Kelly	Lourdes	45.14
14 Zac Bandura	St. Mary's High	46.13
15 Ian McGregor	Centre Welli	46.21
16 Jeff Mah	John F. Ross	46.82

Event 49 Women High Jump Junior**Saturday 29/05/2010 - 1:15 PM****West Region: 1.77m 1985 Catherine BOND / Woodstock**

Name	School	Seed Mark
1 Brooke Rowland	Westside Sec	1.60m
2 Alyssa Bickle	Woodstock	1.60m
3 Leah VanBarneveld	Northern C I V	1.53m
4 Bryar Hind	Galt Cvi-Cam	1.50m
5 Avrya Janke	Kitchener Wa	1.50m
6 Julie-Ann Milling	Ingersoll DC	1.48m
7 Jennifer Christie	Saunders SS	1.48m
8 Sarah Backes	Saunders SS	1.48m
9 Rachel Neves	Strathroy DC	1.48m
10 Karleigh Davidson	Mgsr. E.A. Doyl	1.45m
11 Caitlin Hughes	Sir John A Macd	1.45m
12 Alexandra Wolting	Ur The Pines	1.43m
13 Leah Caravan	Northern C I V	1.40m
14 Veronica Uras	Massey, Vinc	1.40m
15 Alexis Lockstadt	Sandwich	1.40m
16 Jessica Mong	Riverside S S	1.35m

Event 50 Men High Jump Junior**Saturday 29/05/2010 - 2:45 PM****West Region: 2.01m 1984 Andrew MCLEAN /**

Name	School	Seed Mark
1 Jake Williams	Northern C I V	1.95m
2 Mychal Mulder	Catholic Cen	1.83m
3 Scott Campbell	Lambton Cent	1.80m
4 David Nightingale	Woodland Chr	1.80m
5 Keegan Calder	Waterloo	1.80m
6 Quinton Eaton	Listowel Dss	1.78m
7 Sean Callaghan	Strathroy DC	1.78m
8 Mark Boles	Catholic Central	1.75m
9 Jordan Spain	Delhi Dss-De	1.75m
10 Conner Hodgins-Depont	St. Joseph's	1.75m
11 Mark Muehmer	Medway HS	1.75m
12 Shawn Beaudoin	Sandwich	1.71m
13 Jordan Moore	Elmira Dhs	1.70m
14 Robin Petrie	St. Benedict	1.70m
15 Demetrius Kah	Herman, W.F.	1.68m
16 Tyler Storey	Herman, W.F.	1.68m

Event 51 Women Pole Vault Junior**Friday 28/05/2010 - 6:00 PM****West Region: 3.05m 27/05/2005 Jenn House**

Name	School	Seed Mark
1 Alysha Newman	Mother Teresa	3.89m
2 Sophie Bauer	Saunders SS	2.55m
3 Rachel Brandner	Kingsville D	2.50m
4 Larrissa Jerome	Woodstock	2.40m
5 Jennifer Christie	Saunders SS	2.40m
6 Kaylie Crawford	Kingsville D	2.40m
7 Syndey Murdoch	Oakridge SS	2.40m
8 Tori Larocque	St. Anne SS -	2.40m
9 Kaitlyn Pinch	Leamington D	2.30m
10 Laura Sauro	Assumption C	2.30m
11 Abbie McLellan	Cameron Heig	2.30m
12 Angela Taylor	St. Anne SS -	2.10m
13 Tracey Scanling	Sir John A Macd	1.90m
14 Alyssa Fiedler	Grand River	1.90m
15 Hannah Becket	Brantford CI	1.90m
16 anna maria radu	Resurrection	1.70m

Event 52 Men Pole Vault Junior**Saturday 29/05/2010 - 10:00 PM****West Region: 4.40m 1991 Mike NOLAN / Lord Dorchester**

Name	School	Seed Mark
1 Nik Hoediono	Sir John A Macd	4.12m
2 Emil Larsson	Sir John A Macd	3.40m
3 Brad Kuiack	Oakridge SS	3.35m
4 Micah Hesman	Sandwich	3.20m
5 Kaelan Masse	Sandwich	3.10m
6 Beau Burroughs	Delhi Dss-De	3.00m
7 Matt Hartley	Saunders SS	2.95m
8 Jacob Scarfone	St. Thomas Aq	2.95m

OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010

Track and Field

University of Windsor Stadium

Performance List

Event 52 ... (Men Pole Vault Junior)

Name	School	Seed Mark
9 Sam Ferguson	Banting, Sir	2.80m
10 Mike Lavdas	Banting, Sir	2.65m
11 Harvey Xu	Sir John A Macc	2.60m
12 Reid Hayes	Sir John A Macc	2.60m
13 Josh Purdy	Leamington D	2.50m
14 Jay Meyer	St. Anne SS -	2.30m

Event 53 Women Long Jump Junior**Saturday 29/05/2010 - 10:00 AM****West Region: 5.76m 1981****Tina LETOURNEAU /**

Name	School	Seed Mark
1 Laura VanBommel	St. Joseph's	5.26m
2 Briawna Taylor	Oakridge SS	5.06m
3 Emily Omahen	St. Anne SS -	5.04m
4 Mikaela Vandenheuvel	Medway HS	5.04m
5 Pheobe Sampey	Ingersoll DC	4.94m
6 Emily Lesouder	Stratford Centr	4.90m
7 Breanne Nicholas	Blenheim D H S	4.85m
8 Jessica Clancy	Waterloo	4.84m
9 Hannah Pearsall	Lourdes	4.81m
10 Carley Horvath	Ur The Pines	4.70m
11 Hanna Molzan	Lambton Cent	4.61m
12 Alexis Lockstadt	Sandwich	4.52m
13 Katrina Corrado	Resurrection	4.47m
14 Mia Cuffaro	Villanova	4.44m
15 Lauren Smith	Orangeville	4.43m
16 Devin Crandall	Centre Dufferin	4.38m

Event 54 Men Long Jump Junior**Saturday 29/05/2010 - 11:30 AM****West Region: 7.18m 1999****Paul WHITTY /**

Name	School	Seed Mark
1 Mike Ascot	Herman, W.F.	6.30m
2 Austin Lanteigne	St. Patrick'	6.27m
3 Conner Hodgins-Depont	St. Joseph's	6.21m
4 Nick Vanin	Catholic Central	6.07m
5 Danny Richards	Centennial C	6.05m
6 Mitch O'Donnell	Forest Heigh	6.05m
7 Khalil Jones	Herman, W.F.	6.04m
8 Austin Crumb	Harrow D H S	6.01m
9 Devon Lucan	Parkside CI	5.85m
10 Salah Kanu	Eastwood	5.79m
11 Brandon Meginnis	St. Joseph's	5.77m
12 Mitchell Long	Harrow D H S	5.76m
13 Colin Black	Sacred Heart	5.76m
14 Lukas Jeffery	Lambton Cent	5.69m
15 Jormnap Chhorn	Montcalm SS	5.58m
16 Robin Petrie	St. Benedict	5.55m

Event 55 Women Triple Jump Junior**Friday 28/05/2010 - 4:00 PM****West Region: 11.94m 1995****Monique HAAN / London**

Name	School	Seed Mark
1 Emily Ersman	Bluevale	11.17m
2 Brooke Rowland	Westside Sec	11.08m
3 Leah de los Santos	Cameron Heig	10.98m
4 Danielle Gunsch	Huron Heights S	10.84m
5 Mikaela Vandenheuvel	Medway HS	10.46m
6 Mia Cuffaro	Villanova	10.37m
7 Nancy Yu	Kingsville D	10.36m
8 Breanne Nicholas	Blenheim D H S	10.07m
9 Katrina Kok	Lourdes	10.07m
10 Alexis Lockstadt	Sandwich	10.06m
11 Valerie Wahl	Westminster	10.04m
12 Cayla Smith	Glendale HS	9.96m
13 Kendra Stirling	Oakridge SS	9.91m
14 Leanne Holdaway	Northern C I V	9.88m
15 Carley Horvath	Ur The Pines	9.86m
16 Danielle Prapavessis	Lucas, A.B.	9.80m

Event 56 Men Triple Jump Junior**Friday 28/05/2010 - 5:30 PM****West Region: 15.22m 2000****Kenen SHADD /**

Name	School	Seed Mark
1 Nienkel Paljola	Forest Heigh	12.95m
2 Jaydon Gauthier	Herman, W.F.	12.76m
3 Mike Ascot	Herman, W.F.	12.75m
4 Mitch O'Donnell	Forest Heigh	12.68m
5 Steven Riosa	London Christian	12.63m
6 Damion Lacroix Smith	Holy Names H	12.63m
7 Chris Green	Cameron Heig	12.51m
8 Casey Barvinek	Jacob Hesples	12.24m
9 Riley Crean	Westside Sec	12.20m
10 Ryan Wells	Huron Park SS	12.13m
11 Lukas Jeffery	Lambton Cent	12.01m
12 Ethan McCarroll	St. Michael	11.85m
13 Steven Buckley	Huron Park SS	11.85m
14 Jevon Bisschop	East Elgin SS	11.80m
15 Derek Blonsky	Lambton Cent	11.73m
16 Evan Dierickse	Essex D H S-Es	11.63m

Event 57 Women Shot Put Junior**Saturday 29/05/2010 - 11:30 AM****West Region: 13.30m 1981****Liz POLYAK / Brantford -**

Name	School	Seed Mark
1 Brindley Jantzi	Stratford Centr	10.46m
2 Suzanna Lam	Forster, Joh	10.24m
3 Breanne Hutchings	Mgsr. E.A. Doyl	9.89m
4 Bailey Hutt	North Lambto	9.80m
5 Emily Brooks	Delhi Dss-De	9.72m
6 Taylor Farquhar	London Central	9.53m
7 Emily Charlton	West Hill	9.47m
8 Nicole Morse	Essex D H S-Es	9.43m

OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010

Track and Field

University of Windsor Stadium

Performance List

Event 57 ... (Women Shot Put Junior)

Name	School	Seed Mark
9 Chelsea Masson	Herman, W.F.	9.34m
10 Christie Robertson	Saugeen D S S	9.22m
11 Alisha Arthurs	Northern C I V	9.04m
12 Alex Forshaw	L'Essor	8.87m
13 Patti Blake	Listowel Dss	8.84m
14 Mara Rumble	Woodstock	8.75m
15 Heather Grandy	Catholic Central	8.74m
16 Michelle Hudyn	Eastwood	8.63m

Event 58 Men Shot Put Junior**Saturday 29/05/2010 - 10:00 AM****West Region: 17.41m 2009****Jordan YOUNG**

Name	School	Seed Mark
1 Josh Dame	Essex D H S-Es	16.86m
2 Zach Mallough	Mother Teresa	16.39m
3 Brett Boersma	Northern C I V	15.18m
4 Corey Wortley	Massey, Vinc	14.70m
5 Jake Williams	Northern C I V	14.68m
6 Garrett Heming	Montcalm SS	14.56m
7 Taylor Kreitzer	Belle River	14.34m
8 Austin Lanteigne	St. Patrick'	14.32m
9 Charles Nguyen	St. Joseph's	13.91m
10 Mark Wheatley	London South	13.73m
11 Matt Dobbin	Stratford NW SS	13.66m
12 Braeden Wepler	West Hill	13.51m
13 Jake Francis	Resurrection	13.13m
14 Lance Hazlett	Cameron Heig	12.93m
15 Jake Dougherty	Delhi Dss-De	12.80m
16 Grevon Marston	Bluevale	12.39m

Event 59 Women Discus Throw Junior**Friday 28/05/2010 - 5:30 PM****West Region: 44.24m 1981****Liz POLYAK / Brantford-North**

Name	School	Seed Mark
1 Alex Forshaw	L'Essor	31.11m
2 Brindley Jantzi	Stratford Centr	29.97m
3 Mary Coughlin	Villanova	29.78m
4 Katie Costello	Oakridge SS	27.97m
5 Sierra Stoffelson	Tollgate	27.56m
6 Kelsey MacSorley	St. Michael	26.54m
7 Amber Nicholas	Blenheim D H S	26.01m
8 Nikki Ross	Cameron Heig	25.84m
9 Emily Charlton	West Hill	25.40m
10 Michelle Hudyn	Eastwood	25.36m
11 Veronica Carpani	St. Clair S S	25.21m
12 Emily Brooks	Delhi Dss-De	24.80m
13 Katie Tracey	St. Anne SS -	24.60m
14 Kate Turner	Lambton Cent	24.34m
15 Patti Blake	Listowel Dss	23.77m
16 Mara Rumble	Woodstock	23.72m

Event 60 Men Discus Throw Junior**Friday 28/05/2010 - 4:00 PM****West Region: 61.26m 2009****Jordan YOUNG**

Name	School	Seed Mark
1 Josh Dame	Essex D H S-Es	50.19m
2 Charles Nguyen	St. Joseph's	49.17m
3 Garrett Heming	Montcalm SS	46.18m
4 Daniel Medel	Riverside S S	45.30m
5 Mark Wheatley	London South	44.52m
6 Bronson Smart	Holy Cross	44.36m
7 Michael Rocca	St Christoph	44.14m
8 Thomas Godwin	Saugeen D S S	43.59m
9 Lance Freer	Strathroy DC	42.91m
10 Taylor Kreitzer	Belle River	42.26m
11 Ben Sayles	North Park C	41.81m
12 Jayce Dunlop	Saugeen D S S	41.50m
13 Grevon Marston	Bluevale	41.37m
14 Andrew Scott	Walkerton	40.18m
15 Carter Noll	Lambton Cent	38.46m
16 Anthony Spanic	Amherst, Gen	37.38m

Event 61 Women Javelin Throw Junior**Saturday 29/05/2010 - 2:45 PM****West Region: 48.84m 1989****Margaret GRIFFITHS /**

Name	School	Seed Mark
1 Brooke Rowland	Westside Sec	43.33m
2 Breanne Hutchings	Mgsr. E.A. Doyl	36.72m
3 Jasmine Wilson	Elmira Dhs	35.92m
4 Samantha Bondy	Herman, W.F.	32.62m
5 Lexie Hanly	St. Clair S S	32.44m
6 Leah Burress	Holy Names H	32.31m
7 Rachel Woolley	Waterloo-Oxf	31.25m
8 Katrina Jeromkin	Strathroy DC	30.98m
9 Karli Clark	Brennan, F.J	30.77m
10 Hayley Stewart	Kincardine	29.77m
11 Sophie Bauer	Saunders SS	29.74m
12 Jessica Lomazzo	Sandwich	29.73m
13 Deanna Ritchie	Northern C I V	28.86m
14 Mara Rumble	Woodstock	28.58m
15 Laura VanBommel	St. Joseph's	28.36m
16 Jasmine Crosby	Strathroy DC	28.26m

Event 62 Men Javelin Throw Junior**Saturday 29/05/2010 - 1:15 PM****West Region: 61.10m 2009****Tyler WITHERS**

Name	School	Seed Mark
1 Taylor Kreitzer	Belle River	58.86m
2 Richard Chan	Sandwich	58.04m
3 Aaron Hackney	Sandwich	56.60m
4 Austin Lanteigne	St. Patrick'	54.31m
5 Nolan Anderson	Mother Teresa	51.65m
6 Jake Williams	Northern C I V	49.14m
7 Eliot Handy	Northern C I V	48.43m
8 Thomas Godwin	Saugeen D S S	47.55m

OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010

Track and Field

University of Windsor Stadium

Performance List

Event 62 ... (Men Javelin Throw Junior)

Name	School	Seed Mark
9 Wilson Kabutangana	Banting, Sir	45.64m
10 Mitch Kuik	Madill, F.E.	45.32m
11 Cody Wuytenberg	Holy Cross	44.99m
12 Kyle Kinsey	Erin Dhs-Eri	44.78m
13 Russell MacMillan	Saugeen D S S	44.39m
14 Mitch Green	Assumption	41.22m
15 Riley Ward	Central Huron	40.87m
16 Brian Gilbert	Waterford	40.80m

Event 63 Women 4x100 Meter Relay Junior

Friday 28/05/2010 - 7:20 PM

West Region: 49.80 2006 LONDON - BANTING

K. Law, M. Harris, B. Rausch, S. Malek

Team	Relay	Seed Time
1 London Central	A	51.93
2 Northern C I V	A	52.40
3 Catholic Central	A	52.72
4 St. Anne's	A	52.72
5 Lambton Cent	A	53.01
6 Resurrection	A	53.19
7 St. Mary's High	A	53.23
8 St. Anne SS -	A	53.50
9 Strathroy DC	A	53.64
10 Cameron Heig	A	53.86
11 Guelph Cvi-G	A	53.94
12 Madill, F.E.	A	54.04
13 Brantford CI	A	54.36
14 Kingsville D	A	54.46
15 L'Essor	A	54.51
16 Belle River	A	54.99

Event 64 Men 4x100 Meter Relay Junior

Friday 28/05/2010 - 7:20 PM

West Region: 43.15 2002 LONDON-CATHOLIC

Team	Relay	Seed Time
1 Holy Names H	A	44.56
2 Herman, W.F.	A	44.78
3 Northern C I V	A	45.28
4 Sandwich	A	45.52
5 Grand River	A	46.01
6 Resurrection	A	46.31
7 Parkside CI	A	46.36
8 Centennial C	A	46.95
9 Catholic Central	A	47.15
10 St. Thomas Aq	A	47.16
11 Lambton Cent	A	47.18
12 Medway HS	A	47.26
13 Huron Park SS	A	47.31
14 Lourdes	A	47.36
15 Essex D H S-Es	A	47.43
16 North Park C	A	47.58

Event 65 Women 100 Meter Senior Prelims

Saturday 29/05/2010 - 9:30 AM

West Region: 12.08 2004 Emily JOHNSON/Guelph-J. F.

Name	School	Seed Time
1 Kayla Smith	Madill, F.E.	12.53
2 Karry-Ann Cornwall	John F. Ross	12.57
3 Tia Semplonius	St. Benedict	12.58
4 Jennifer Barbon	Mother Teresa	12.68
5 Lauren Jespersen	London Central	12.71
6 Amy Wilson	North Lambto	12.88
7 Tori Haffner	Catholic Central	12.91
8 Rachel Muma	Central Elgin	12.93
9 Tichina Jones	Riverside S S	12.98
10 Tonya Malcolm	Bluevale	13.14
11 Saleena Wedderburn	Assumption	13.27
12 Erin Robbins	Cameron Heig	13.38
13 kristen McMahan	Belle River	13.42
14 Brittany Pillon	Villanova	13.44
15 Raegan Deschamps	Sandwich	13.52
16 Kim Ross	St. Clair S S	13.60

Event 66 Men 100 Meter Senior Prelims

Saturday 29/05/2010 - 9:30 AM

West Region: 10.57 1994 Dave TOMLIN / Kitchener-St.

Name	School	Seed Time
1 Emeka Agada	Elmira Dhs	10.91
2 Taylor Stewart	Regina Mundi	10.92
3 Gabe Tesfaye	Oakridge SS	10.93
4 Devon Rittinger	Forest Heigh	10.97
5 Cory Giroux	Elmira Dhs	11.00
6 Tyler MacLeod	Sandwich	11.04
7 Talon Guerra	Huron Heights S	11.12
8 Marqus Daniel	Assumption	11.14
9 Brandyn Martineau	Mother Teresa	11.15
10 Tyler Annett	Northern C I V	11.15
11 Brandon Stewart	Strathroy DC	11.19
12 Jordan Boutilier	London Central	11.23
13 Arjen Colquhoun	Herman, W.F.	11.28
14 Graeme Wattie	Northern C I V	11.33
15 Mathew McKeegan	Holy Names H	11.37
16 Graham Smyth	Chatham-Kent	11.54

Event 67 Women 200 Meter Senior Prelims

Saturday 29/05/2010 - 11:00 AM

West Region: 24.70 1999 Jessica ZELINKA/Banting

Name	School	Seed Time
1 Kelsey Balkwill	Essex D H S-Es	24.85
2 Brittany Lewis	St. Clair S S	25.05
3 Tia Semplonius	St. Benedict	25.90
4 Nathana Griffiths	Maranatha	25.92
5 Karry-Ann Cornwall	John F. Ross	25.94
6 Heather Rayner	John F. Ross	26.12
7 Tichina Jones	Riverside S S	26.24
8 Caitlyn Evered	Banting, Sir	26.60

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
9 Amy Grzywnowicz	Mother Teresa	26.61
10 Jennifer Barbon	Mother Teresa	26.73
11 Katie Butterwick	Parkside CI	26.81
12 Lauren Jespersen	London Central	26.88
13 Nicole Makar	St Christoph	27.39
14 Brittany Pillon	Villanova	27.48
15 Liz Phillips	Galt Cvi-Cam	27.98
16 Payton Thiel	Sir John A Macd	28.06

Event 68 Men 200 Meter Senior Prelims**Saturday 29/05/2010 - 11:00 AM****West Region: 21.30 1995 Dave TOMLIN / Kitchener-St.**

Name	School	Seed Time
1 Tyler MacLeod	Sandwich	21.74
2 Greg MacNeill	Mother Teresa	21.75
3 Mathew McKeegan	Holy Names H	21.96
4 Tyler Annett	Northern C I V	22.33
5 Brandyn Martineau	Mother Teresa	22.78
6 Devon Rittinger	Forest Heigh	22.82
7 Charles Johnson	Herman, W.F.	22.85
8 Marqus Daniel	Assumption	22.85
9 Gabe Tesfaye	Oakridge SS	22.94
10 Graeme Wattie	Northern C I V	22.99
11 Steven Strybos	St Christoph	23.07
12 Brandon Wagstaff	St. John's Colle	23.08
13 Phil O'Donnell	Forest Heigh	23.21
14 Felipe Granja	St. Thomas Aq	23.30
15 Jordan Boutilier	London Central	23.30
16 Jake Arnoldi	Galt Cvi-Cam	23.56

Event 69 Women 400 Meter Senior**Friday 28/05/2010 - 5:19 PM****West Region: 55.02 1985 Nadia SCHMEIDT /**

Name	School	Seed Time
1 Kelsey Balkwill	Essex D H S-Es	55.89
2 Brittany Lewis	St. Clair S S	56.70
3 Tori Haffner	Catholic Central	58.58
4 Amy Grzywnowicz	Mother Teresa	59.11
5 Jane Brownlee	Lourdes	59.36
6 Jennifer Barbon	Mother Teresa	59.37
7 Nathana Griffiths	Maranatha	59.51
8 Genny Cyrenne	Herman, W.F.	1:00.82
9 Rachel Rohfritsch	Stratford Centr	1:01.59
10 Madison Halls	St. Thomas Aq	1:01.73
11 Nicole Makar	St Christoph	1:01.97
12 Emily McLean	Glenview Par	1:02.52
13 Heather Rayner	John F. Ross	1:02.53
14 TJ Little	North Lambto	1:02.91
15 Emily Gordon	Centennial C	1:03.65
16 Eugenia Acosta	Cameron Heig	1:04.12

Event 70 Men 400 Meter Senior**Friday 28/05/2010 - 5:19 PM****West Region: 47.59 1999 Liam CARD / Port**

Name	School	Seed Time
1 Arjen Colquhoun	Herman, W.F.	49.71
2 Mathew McKeegan	Holy Names H	50.40
3 Charles Johnson	Herman, W.F.	50.59
4 Evan Porter	Saugeen D S S	51.08
5 Felipe Granja	St. Thomas Aq	51.24
6 Andy Fawcett	Grey Highlands	51.40
7 Dominic Pizzolitto	Assumption C	51.68
8 Charlie Sutton	John F. Ross	51.70
9 Matt Boven	St. Anne's	51.89
10 Ryan Young	Northern C I V	51.91
11 Alex Bogorin	St. Thomas Aq	52.08
12 Jeremiah Campbell	St. Michael	52.10
13 Brandon Huzevka	Northern C I V	52.19
14 Myles Rombough	Catholic Central	52.23
15 Tye Calder	Waterloo	52.28
16 Nick Batten	St David	52.30

Event 71 Women 800 Meter Senior**Saturday 29/05/2010 - 3:00 PM****West Region: 2:09.88 2008 Jessica PARRY**

Name	School	Seed Time
1 Katie Fleischer	Northern C I V	2:15.25
2 Laura Morrison	Catholic Central	2:18.41
3 Katie Phelan	St. Mary's High	2:19.13
4 Samantha Kellam	Amherst, Gen	2:19.75
5 Samantha Robbins	London Central	2:19.95
6 Simonne Tomasovic	Cameron Heig	2:20.27
7 Sarah Wilson	St. Michael	2:20.37
8 Madison Halls	St. Thomas Aq	2:21.16
9 Lyndsey Telega	Sandwich	2:22.03
10 Kodi Morgan	Riverside S S	2:22.06
11 Katie Schurr	Medway HS	2:22.41
12 Francis Bernard	Massey, Vinc	2:23.19
13 Jenn Gray	Lambton Cent	2:25.19
14 Lindsay Thompson	Guelph Cvi-G	2:25.34
15 Michelle Cress	Bluevale	2:26.40
16 Chelsea Gillies	West Hill	2:31.61

Event 72 Men 800 Meter Senior**Saturday 29/05/2010 - 3:00 PM****West Region: 1:48.69 2001 Nathan BRANNEN / Preston**

Name	School	Seed Time
1 Brandon Huzevka	Northern C I V	1:55.53
2 Adam Sawatzky	Northern C I V	1:55.85
3 David Meloche	Massey, Vinc	1:56.34
4 Dominic Pizzolitto	Assumption C	1:56.83
5 Paul LaMarra	Catholic Central	1:57.12
6 Connor Outhit	Rockway Menn	1:57.46
7 Stephan McNamara	Chatham Chri	1:58.05
8 Drew Anderson	Centennial C	1:59.46

OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010

Track and Field

University of Windsor Stadium

Performance List

Event 72 ... (Men 800 Meter Senior)

Name	School	Seed Time
9 Evan Porter	Saugeen D S S	1:59.48
10 Matt Boven	St. Anne's	2:00.03
11 Eric Barry	St. Joseph's	2:00.38
12 Austin Trapp	Centre Welli	2:01.03
13 Alexander Ullman	Bluevale	2:01.38
14 Paul Janikowski	Villanova	2:02.25
15 Ubong Umoh	Oakridge SS	2:02.90
16 Danny McKee	Catholic Central	2:03.18

Event 73 Women 1500 Meter Senior**Friday 28/05/2010 - 6:55 PM****West Region: 4:26.66 2008****Jessica PARRY**

Name	School	Seed Time
1 Katie Fleischer	Northern C I V	4:41.42
2 Laura Morrison	Catholic Central	4:51.76
3 Samantha Robbins	London Central	4:52.61
4 Meaghan Marton	Amherst, Gen	4:53.34
5 Caleigh Smith	Lourdes	4:53.64
6 Kirsten Allen	Saunders SS	4:53.76
7 Francis Bernard	Massey, Vinc	4:54.66
8 Melissa Moore	Massey, Vinc	4:55.64
9 Kristen Flanagan	St. Mary's High	4:56.79
10 Juane Odendaal	St. Thomas Aq	4:56.89
11 Sarah Wilson	St. Michael	4:57.42
12 Zeinab Baydoun	Massey, Vinc	4:58.39
13 Gabrielle Malette	Assumption C	5:01.76
14 Chelsea Gillies	West Hill	5:06.23
15 Bronwyn Stevens	Sir John A Macd	5:13.51

Event 74 Men 1500 Meter Senior**Friday 28/05/2010 - 6:55 PM****West Region: 3:45.06 1993****Kevin SULLIVAN /**

Name	School	Seed Time
1 Daryl Smith	Massey, Vinc	3:59.17
2 Aaron Hendrikx	North Middlesex	4:01.93
3 Mackay Wilson	Stratford Centr	4:03.02
4 David Meloche	Massey, Vinc	4:03.76
5 Taylor McArthur	Ur The Pines	4:07.04
6 Connor Outhit	Rockway Menn	4:08.17
7 Andrew Kowalsky	Massey, Vinc	4:08.21
8 Eric Barry	St. Joseph's	4:09.56
9 Adam Sawatzky	Northern C I V	4:09.66
10 Paul LaMarra	Catholic Central	4:09.94
11 Stephan McNamara	Chatham Chri	4:10.28
12 Matthew Travaglini	St. Thomas Aq	4:12.44
13 Jon Martin	Cameron Heig	4:13.69
14 Drew Anderson	Centennial C	4:14.15
15 Austin Trapp	Centre Welli	4:14.45
16 Jason Thornton	Jacob Hesple	4:22.87

Event 75 Women 3000 Meter Senior**Saturday 29/05/2010 - 10:00 AM****West Region: 9:39.9h 1992****Kathy BUTLER / Waterloo CI**

Name	School	Seed Time
1 Katie Fleischer	Northern C I V	10:38.95
2 Caleigh Smith	Lourdes	10:44.02
3 Zeinab Baydoun	Massey, Vinc	10:44.80
4 Melissa Moore	Massey, Vinc	10:47.62
5 Kristen Flanagan	St. Mary's High	10:57.74
6 Francis Bernard	Massey, Vinc	10:58.19
7 Kirsten Allen	Saunders SS	11:05.02
8 Sara Bowman	John F. Ross	11:06.75
9 Jennifer Roberts	St. Joseph's	11:09.52
10 Katie Komarnicky	Beal, H.B. S	11:11.66
11 Laura Walker	Goderich Dci	11:12.08
12 Emily Kruger	Ingersoll DC	11:12.20
13 Meaghan Marton	Amherst, Gen	11:12.58
14 Heather Dimond	Westside Sec	11:15.35
15 Genevieve Beals	Centre Welli	11:31.25
16 Charlotte Marcotte Toale	Assumption C	11:33.58

Event 76 Men 3000 Meter Senior**Saturday 29/05/2010 - 10:00 AM****West Region: 8:21.8h 1995****Matt KERR / Fergus - Centre**

Name	School	Seed Time
1 Daryl Smith	Massey, Vinc	8:35.54
2 Andrew Kowalsky	Massey, Vinc	8:48.25
3 David Meloche	Massey, Vinc	8:51.04
4 Aaron Hendrikx	North Middlesex	8:52.73
5 Mackay Wilson	Stratford Centr	8:53.73
6 Jordan Collison	Saugeen D S S	8:57.55
7 Taylor McArthur	Ur The Pines	9:02.89
8 Pat Hartman	St. Anne's	9:03.26
9 Abdu Zaghlol	Jacob Hesple	9:07.08
10 Matt Hall	St Christoph	9:08.08
11 Matthew Travaglini	St. Thomas Aq	9:11.69
12 Scott deBoer	Ingersoll DC	9:13.73
13 Jason Thornton	Jacob Hesple	9:17.46
14 Clint Smith	Lambton Cent	9:17.89
15 Jon Martin	Cameron Heig	9:21.56
16 Graham Blackport	Kitchener Wa	9:28.04

Event 77 Women 100 Meter Hurdles Senior Prelims**Friday 28/05/2010 - 4:10 PM****West Region: 13.15 2000****Jessica ZELINKA /**

Name	School	Seed Time
1 Rita Rudell	Penninsula Shor	14.35
2 Caitlyn Evered	Banting, Sir	14.39
3 Caitlyn MacMillan	Saugeen D S S	14.64
4 Charlotte Crombeen	Mother Teresa	14.93
5 Madeline Charnuski	Elmira Dhs	14.94
6 Anna Antczak	St David	15.28
7 Eszter Nagy	Centennial C	15.36
8 Brianna Wilson	East Elgin SS	15.54

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

Track and Field

University of Windsor Stadium

Performance List

Event 77 ... (Women 100 Meter Hurdles Senior Prelims)

Name	School	Seed Time
9 Jasmine Kerr	London South	15.57
10 Sarah Harding	Northern C I V	15.79
11 Rachel Muma	Central Elgin	16.02
12 Lisa Van Espen	Sandwich	16.05
13 Elizabeth Vandeborn	Chatham-Kent	16.22
14 Meghan Reddy	St Christoph	16.56
15 Genny Cyrenne	Herman, W.F.	16.65
16 Riley Williams	St. Clair S S	16.71

Event 78 Men 110 Meter Hurdles Senior Prelims**Friday 28/05/2010 - 4:10 PM****West Region: 13.82 2000 Adam KUNKEL /Walkerton**

Name	School	Seed Time
1 Greg MacNeill	Mother Teresa	13.21
2 Gabe Tesfaye	Oakridge SS	14.31
3 Calvin Arsenault	St. Mary's High	14.42
4 Mark Stantsos	Saunders SS	14.85
5 Grant Sparling	St. Anne's	14.98
6 Trevor Zister	Waterloo-Oxf	15.08
7 Marvin Muschette	Resurrection	15.17
8 Jesse Goldglas	Erin Dhs-Eri	15.31
9 Mike Snowdon	Ste. Cecile	15.35
10 Jake Pfaff	Sandwich	15.38
11 Charl Fourie	Bluevale	15.44
12 Kyle Landry	Sandwich	15.48
13 Michael Paisley	Lambton Cent	15.62
14 Gideon Hesman	Sandwich	15.74
15 Ben Withers	Northern C I V	15.80
16 Ben Dailleboust	Madill, F.E.	15.92

Event 79 Women 400 Meter Hurdles Senior**Saturday 29/05/2010 - 1:30 PM****West Region: 58.03 1995 Nadia SCHMEIDT /**

Name	School	Seed Time
1 Kelsey Balkwill	Essex D H S-Es	1:03.13
2 Caitlyn MacMillan	Saugeen D S S	1:04.31
3 Madeline Charnuski	Elmira Dhs	1:04.39
4 Brittany Lewis	St. Clair S S	1:04.72
5 Genny Cyrenne	Herman, W.F.	1:05.47
6 Amy Grzywnowicz	Mother Teresa	1:05.92
7 Jane Brownlee	Lourdes	1:06.30
8 Lisa Van Espen	Sandwich	1:07.26
9 Elizabeth Vandeborn	Chatham-Kent	1:08.57
10 Liz Phillips	Galt Cvi-Cam	1:08.67
11 Naomi Lance	St. Mary's High	1:09.06
12 Julie-Anne Staehli	Madill, F.E.	1:09.75
13 Kendra Taylor	Parkside CI	1:12.24
14 Amy Evers	St Christoph	1:12.24
15 Alysha Matthews	Regina Mundi	1:13.36
16 Nicole Kelly	Catholic Central	1:13.68

Event 80 Men 400 Meter Hurdles Senior**Saturday 29/05/2010 - 1:30 PM****West Region: 52.37 1997 Jeff ELLIS / Orangeville**

Name	School	Seed Time
1 Ubong Umoh	Oakridge SS	56.01
2 Grant Sparling	St. Anne's	56.44
3 Calvin Arsenault	St. Mary's High	57.35
4 Brandon Huzevka	Northern C I V	57.46
5 Charlie Sutton	John F. Ross	57.78
6 Wesley Palmer	Bluevale	57.95
7 Milos Savic	Herman, W.F.	58.13
8 Andy Fawcett	Grey Highlands	58.39
9 Ben Miethig	Bluevale	58.41
10 Tayler Harris	Saunders SS	58.77
11 Ben Dailleboust	Madill, F.E.	59.62
12 Charles Johnson	Herman, W.F.	59.83
13 Colin Bokhout	Central Huron	59.95
14 Clint Smith	Lambton Cent	1:00.08
15 Jamell Van Dusen	St. Joseph's W	1:00.31
16 Kyle Landry	Sandwich	1:00.32

Event 81 Women High Jump Senior**Friday 28/05/2010 - 4:00 PM****West Region: 1.78m 1986 Catherine BOND / Woodstock**

Name	School	Seed Mark
1 Rita Rudell	Penninsula Shor	1.70m
2 Flo Peters	Grand River	1.65m
3 Kaitlin Wilhelm	Woodstock	1.62m
4 Kristin Bujnowski	Holy Cross	1.59m
5 Vanessa Dam	Lambton Cent	1.57m
6 Brianna Wilson	East Elgin SS	1.56m
7 Alex Kocher	Eastwood	1.55m
8 Tichina Jones	Riverside S S	1.54m
9 Jasmine Kerr	London South	1.53m
10 Sarah McDonald	Mother Teresa	1.53m
11 Melissa Smyth	McGregor, Jo	1.51m
12 Michelle Miller	Cameron Heig	1.50m
13 Tessa Rowe	St. John's Colle	1.50m
14 Rebecca VanKlaveren	Lambton Cent	1.48m
15 Riley Williams	St. Clair S S	1.48m
16 Blair Corey	Sandwich	1.45m

Event 82 Men High Jump Senior**Friday 28/05/2010 - 5:30 PM****West Region: 2.18m 1993 Mike CAZA / Chatham -**

Name	School	Seed Mark
1 Branden Wilhelm	Woodstock	2.12m
2 Jordan Harvey	St. Joseph's	1.90m
3 Jay Knelsen	Valley Heigh	1.90m
4 Mat West	Walkerton	1.90m
5 Ben Withers	Northern C I V	1.86m
6 Mark Stantsos	Saunders SS	1.85m
7 Erik VanDyk	Strathroy DC	1.85m
8 Jeremy Armour	College Avenue	1.85m

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

Track and Field

University of Windsor Stadium

Performance List

Event 82 ... (Men High Jump Senior)

Name	School	Seed Mark
9 Emeka Agada	Elmira Dhs	1.85m
10 Mike Lucier	North Lambto	1.83m
11 Mustafa Bastinduka	Waterloo	1.80m
12 Kevin Xu	Sandwich	1.80m
13 Mackenzie Streutker	Woodland Chr	1.80m
14 Trent Payne	Forster, Joh	1.75m
15 CJ Smith-White	St. Clair S S	1.75m
16 Tim Dyck	Kingsville D	1.75m

Event 83 Women Pole Vault Senior**Saturday 29/05/2010 - 2:45 PM****West Region: 3.55m 02/06/2007 Jen House**

Name	School	Seed Mark
1 Karleigh Parker	College Avenue	3.45m
2 Marielle Harper	Kitchener Wa	3.07m
3 Meaghan Felet	Massey, Vinc	2.80m
4 Blaire Stewart	Chatham-Kent	2.50m
5 Michelle Corbiere	St. Thomas Aq	2.40m
6 Christine Walsh	Kitchener Wa	2.30m
7 Nicole Rollins	Simcoe Cs-Si	2.30m
8 Jessica McClure	Saunders SS	2.20m
9 Jen Romaniuk	St. Anne SS -	2.20m
10 Amanda Kelly	Stratford NW SS	2.20m
11 Elisa Dorman	Cameron Heig	2.20m
12 Kayla Bondy	Assumption C	2.10m
13 Olga Lioudvinevitch	Cameron Heig	2.10m
14 Jillian McFadden	Sandwich	2.00m
15 Alex Dominato	St. Anne SS -	2.00m
16 Alanna Roy	Central Huron	2.00m

Event 84 Men Pole Vault Senior**Saturday 29/05/2010 - 12:15 PM****West Region: 5.10m 1985 Doug WOOD / Wingham-Madill**

Name	School	Seed Mark
1 Jake Pfaff	Sandwich	4.51m
2 Alex Hoediono	Sir John A Macc	4.40m
3 Paul Worndl	St. Mary's High	4.30m
4 Ruben Larsson	Sir John A Macc	4.00m
5 Dane Harwood	Chatham-Kent	3.60m
6 James Steubing	Sir John A Macc	3.60m
7 Morley Willoughby	Oakridge SS	3.55m
8 Cameron Hooker	Saunders SS	3.55m
9 Clayton Schroeder	Leamington D	3.50m
10 Harrison Connell	Oakridge SS	3.40m
11 Tyler Durst	Goderich Dci	3.40m
12 Austin Crough	St. Anne SS -	3.30m
13 Michael Lecours	Sandwich	3.20m
14 Wheaton Mouck	Leamington D	3.20m
15 Chris Waugh	Saunders SS	3.10m
16 Andrew Keller	Resurrection	2.90m

Event 85 Women Long Jump Senior**Saturday 29/05/2010 - 1:15 PM****West Region: 5.92m 1996 Laura WESSELING / Delhi**

Name	School	Seed Mark
1 Charlotte Crombeen	Mother Teresa	5.37m
2 Karlee Parent	Belle River	5.12m
3 Christy Sikkema	Chatham Chri	5.12m
4 Kim Cupid	Lourdes	5.10m
5 Nathana Griffiths	Maranatha	5.09m
6 Katie Flemington	Centennial C	5.06m
7 Caitlyn Campbell	St. Joseph's	4.96m
8 Erin Robbins	Cameron Heig	4.95m
9 Kristin Bujnowski	Holy Cross	4.94m
10 Phyllicia Pile	Essex D H S-Es	4.91m
11 Logan White	Pauline John	4.88m
12 Alexandria Pulham	Pauline John	4.87m
13 Kandice Pretty	Villanova	4.86m
14 Riley Williams	St. Clair S S	4.85m
15 Kelly Bedek	St. Joseph's	4.81m
16 Brooke Earley	Strathroy DC	4.65m

Event 86 Men Long Jump Senior**Saturday 29/05/2010 - 2:45 PM****West Region: 7.48m 2008 Damian WARNER**

Name	School	Seed Mark
1 Taylor Stewart	Regina Mundi	7.04m
2 Branden Wilhelm	Woodstock	6.99m
3 Tom Bednarik	Chatham-Kent	6.58m
4 Brandon Potter	Medway HS	6.41m
5 Cory Giroux	Elmira Dhs	6.36m
6 Eric McDonald	St Christoph	6.31m
7 Greg Lue	St Christoph	6.30m
8 Richard Veenstra	Massey, Vinc	6.26m
9 Scott Shea	Elmira Dhs	6.16m
10 Trent Payne	Forster, Joh	6.11m
11 Adam Stuck	West Hill	6.08m
12 Brandon Williams	St. Mary's High	6.04m
13 Pieter VanDipten	Orangeville	6.04m
14 Mike Slegers	Holy Cross	6.03m
15 Ben Withers	Northern C I V	6.03m
16 Jamie Diehl	Stratford NW SS	5.95m

Event 87 Women Triple Jump Senior**Saturday 29/05/2010 - 10:00 AM****West Region: 12.11m 1996 Monique HAAN / London**

Name	School	Seed Mark
1 Katie Flemington	Centennial C	11.43m
2 Alexandria Pulham	Pauline John	11.25m
3 Anna Antczak	St David	11.15m
4 Ally Krug	Kitchener Wa	11.06m
5 Christy Sikkema	Chatham Chri	10.85m
6 Kelly Bedek	St. Joseph's	10.82m
7 Emily MacLeod	Saugeen D S S	10.81m
8 Caitlyn Campbell	St. Joseph's	10.68m

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

Track and Field

University of Windsor Stadium

Performance List

Event 87 ... (Women Triple Jump Senior)

Name	School	Seed Mark
9 Laura Chittle	Essex D H S-Es	10.53m
10 Melissa Guiler	London Central	10.34m
11 Krista Sipprell	London South	10.31m
12 Phyllicia Pile	Essex D H S-Es	10.20m
13 Paula Gray	Wallaceburg	10.14m
14 Kayla Smith	Madill, F.E.	10.10m
15 Mary Stoesser	St. Patrick'	10.02m
16 Michelle Macrae	Lambton Cent	9.93m

Event 88 Men Triple Jump Senior**Saturday 29/05/2010 - 11:30 AM****West Region: 15.73m 2002 Kenen SHADD/Kitchener**

Name	School	Seed Mark
1 Tom Bednarik	Chatham-Kent	14.08m
2 Marvin Muschette	Resurrection	13.98m
3 Cole Pellett	Madill, F.E.	13.76m
4 Brandon Potter	Medway HS	13.44m
5 Richard Veenstra	Massey, Vinc	13.19m
6 Jordan Blackmore	Herman, W.F.	13.16m
7 Pieter VanDipten	Orangeville	13.08m
8 Jordon Gauthier	Herman, W.F.	12.97m
9 Michael Ballagh	Madill, F.E.	12.77m
10 Adam Stuck	West Hill	12.73m
11 Andrew Jenkins	Central Elgin	12.72m
12 Jeremy Armour	College Avenue	12.70m
13 Mitchell Roth	Waterloo	12.63m
14 Justin Wood	Valley Heigh	12.61m
15 Tyler Withers	Northern C I V	12.55m
16 Austin Crough	St. Anne SS -	12.39m

Event 89 Women Shot Put Senior**Saturday 29/05/2010 - 2:45 PM****West Region: 14.25m 1996 Liz TOMAN / Elmira**

Name	School	Seed Mark
1 Sarah Vandeneynnden	Strathroy DC	11.74m
2 Jacinta Cowan	St. Joseph's W	11.19m
3 Jill Van Damme	Bluevale	11.18m
4 Jessica Hitchcock	Sandwich	10.95m
5 Ciji Service	St. Patrick'	10.73m
6 Jill Knight	Parkside CI	10.61m
7 Sia Athanasopoulos	St Christoph	10.57m
8 Kayla Dodson	Riverside S S	10.29m
9 Jillian Rogers	Sarnia C I T S	10.29m
10 Jenn Wakefield	Central Elgin	9.98m
11 Karlee Kelly	Bpds	9.82m
12 Allyson Steutker	London Christia	9.77m
13 Jenny Howell	North Park C	9.59m
14 Erin Gilchrist	Madill, F.E.	9.54m
15 Logan White	Pauline John	9.49m
16 Sara Hudyn	Eastwood	9.29m

Event 90 Men Shot Put Senior**Saturday 29/05/2010 - 1:15 PM****West Region: 20.78m 1995 Brad SNYDER / Windsor - St.**

Name	School	Seed Mark
1 Jordan Young	Massey, Vinc	16.61m
2 Darnell Girard	Herman, W.F.	16.55m
3 Jackson Gray	Sarnia C I T S	15.47m
4 Jordon Gauthier	Herman, W.F.	15.44m
5 Alexander Welch	John Diefenbake	14.85m
6 Kevin Bowman	Saugeen D S S	14.85m
7 Coy Kulich	Goderich Dci	14.38m
8 Jeff Paulley	Sarnia C I T S	14.31m
9 Brett Thompson	St Christoph	14.28m
10 Aaron Dinich	St. Thomas Aq	14.11m
11 Drew Campbell	Glenview Par	13.95m
12 Tyler Smith	Madill, F.E.	13.48m
13 Nick Brimmer	Assumption	13.28m
14 Seb Pilon	Saugeen D S S	13.03m
15 Scott Rumble	Woodstock	12.89m
16 Michael Dyck	East Elgin SS	12.77m

Event 91 Women Discus Throw Senior**Saturday 29/05/2010 - 11:30 AM****West Region: 48.20m 1982 Liz POLYAK / Brantford-North**

Name	School	Seed Mark
1 Milica Kulidzan	Riverside S S	37.47m
2 Jodie Eadie	Madill, F.E.	36.46m
3 Jill Van Damme	Bluevale	36.12m
4 Carissa Luker	Lambton Cent	34.90m
5 Sarah Vandeneynnden	Strathroy DC	34.76m
6 Alexis Beddard	Holy Cross	33.09m
7 Jacinta Cowan	St. Joseph's W	33.06m
8 Karly Dobbin	Lambton Cent	33.01m
9 Jessica Hitchcock	Sandwich	32.53m
10 Brianna Balzer	Holy Names H	32.23m
11 Heather de Boer	Madill, F.E.	31.62m
12 Emily Weston	Banting, Sir	31.16m
13 Sara Hudyn	Eastwood	29.89m
14 Acadia Northfield	Centre Welli	29.06m
15 Karlee Kelly	Bpds	28.43m
16 Lydia Frey	Elmira Dhs	27.11m

Event 92 Men Discus Throw Senior**Saturday 29/05/2010 - 10:00 AM****West Region: 64.94m 1995 Jason TUNKS / London-Banting**

Name	School	Seed Mark
1 Jordan Young	Massey, Vinc	55.43m
2 Jackson Gray	Sarnia C I T S	49.86m
3 Alex Pilar	Saugeen D S S	48.43m
4 Jordon Gauthier	Herman, W.F.	47.93m
5 Seb Pilon	Saugeen D S S	42.65m
6 Kevin Bowman	Saugeen D S S	41.42m
7 Justin Stymest	Northern C I V	40.19m
8 Joe Rocca	St Christoph	39.10m

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

Track and Field

University of Windsor Stadium

Performance List

Event 92 ... (Men Discus Throw Senior)

Name	School	Seed Mark
9 Tracey Remeloso-Talbot	Catholic Cen	39.02m
10 Michael Dyck	East Elgin SS	38.75m
11 Rob Bartoszewicz	Lourdes	38.62m
12 Tyrone Enerio	Lourdes	38.58m
13 Scott Rumble	Woodstock	38.39m
14 Coy Kulich	Goderich Dci	38.33m
15 Jeff Grass	Saunders SS	34.11m
16 Derek Freer	Strathroy DC	32.76m

Event 93 Women Javelin Throw Senior

Friday 28/05/2010 - 5:30 PM

West Region: 47.56m 1997

Andrea BULAT /

Name	School	Seed Mark
1 Gina Murray	Madill, F.E.	39.12m
2 Milica Kulidzan	Riverside S S	38.94m
3 Jessica Hitchcock	Sandwich	37.94m
4 Karleigh Parker	College Avenue	37.64m
5 Hannah Robson	Brennan, F.J	37.06m
6 Jenn Wakefield	Central Elgin	36.28m
7 Logan White	Pauline John	36.00m
8 Hillary Lubimiv	Saugeen D S S	34.80m
9 Lydia Frey	Elmira Dhs	34.69m
10 Kelsey Henry	St Christoph	34.59m
11 Hien Ngo	Mother Teresa	33.96m
12 Brianne Belanger	Sarnia C I T S	32.73m
13 Jill Van Damme	Bluevale	32.46m
14 Lerren Ducharme	Villanova	32.42m
15 Samira Sommer	Laurier, Sir	32.00m
16 Jenn Ward	Orangeville	31.79m

Event 94 Men Javelin Throw Senior

Friday 28/05/2010 - 4:00 PM

West Region: 70.20m 2001

Trevor SNYDER /

Name	School	Seed Mark
1 Tyler Withers	Northern C I V	53.57m
2 Bryan Mitchell	Paris D H S-Pa	52.66m
3 Scott Rumble	Woodstock	52.58m
4 Evan Mascaro	Brennan, F.J	52.57m
5 Coy Kulich	Goderich Dci	51.83m
6 Brad Kreitzer	Belle River	50.20m
7 Nick Graver	Stratford NW SS	49.51m
8 Tyler Patterson	Medway HS	49.42m
9 Brandon Jordan	Oakridge SS	49.37m
10 Christian Hackney	Sandwich	49.15m
11 Michael Paisley	Lambton Cent	48.37m
12 Rob Bartoszewicz	Lourdes	47.91m
13 Jason Mota	Brennan, F.J	47.82m
14 Wesley Palmer	Bluevale	45.80m
15 Matthew Kok	Lourdes	44.98m
16 Mat West	Walkerton	44.77m

Event 95 Women 4x100 Meter Relay Senior

Friday 28/05/2010 - 7:20 PM

West Region: 48.73 2000

LONDON-BANTING

Team	Relay	Seed Time
1 Mother Teresa	A	50.29
2 John F. Ross	A	50.46
3 Lourdes	A	51.07
4 Centennial C	A	51.32
5 North Lambto	A	51.41
6 Essex D H S-Es	A	51.47
7 Cameron Heig	A	51.63
8 St. Clair S S	A	51.70
9 Medway HS	A	51.71
10 Bluevale	A	51.74
11 Madill, F.E.	A	51.86
12 Sandwich	A	51.93
13 Catholic Central	A	52.18
14 Parkside CI	A	52.24
15 Maranatha	A	52.39
16 Belle River	A	52.46

Event 96 Men 4x100 Meter Relay Senior

Friday 28/05/2010 - 7:20 PM

West Region: 42.1h 1992

WATERLOO-BLUEVALE

Team	Relay	Seed Time
1 Northern C I V	A	43.65
2 Huron Heights Se	A	43.93
3 Madill, F.E.	A	44.13
4 Sandwich	A	44.17
5 Herman, W.F.	A	44.53
6 St Christoph	A	44.79
7 Holy Cross	A	45.23
8 Assumption	A	45.38
9 Strathroy DC	A	45.62
10 Chatham-Kent	A	45.62
11 Grey Highlands	A	45.70
12 Lambton Cent	A	45.74
13 St. Thomas Aq	A	45.81
14 Catholic Central	A	45.94
15 Galt Cvi-Cam	A	46.26
16 Valley Heigh	A	46.60

Event 97 Women 1500 Meter Steeplechase Open

Friday 28/05/2010 - 3:45 PM

West Region: 5:02.59 2009

Haley CADWALLER

Name	School	Seed Time
1 Zeinab Baydoun	Massey, Vinc	5:15.63
2 Samantha Kellam	Amherst, Gen	5:19.98
3 Kodi Morgan	Riverside S S	5:20.12
4 Lindsay Thompson	Guelph Cvi-G	5:21.00
5 Simonne Tomasovic	Cameron Heig	5:26.14
6 Katie Schurr	Medway HS	5:28.68
7 Olivia Grafinger	Mgsr. E.A. Doyl	5:32.10
8 Laura Walker	Goderich Dci	5:35.27

OFSAA - 2010 West Regionals - 28/05/2010 to 29/05/2010

Track and Field

University of Windsor Stadium

Performance List

Event 97 ... (Women 1500 Meter Steeplechase Open)

Name	School	Seed Time
9 Michelle Gleason	Oakridge SS	5:35.35
10 Paige Odegard	Northern C I V	5:35.79
11 Sara Bowman	John F. Ross	5:37.30
12 Emily Yungblut	Madill, F.E.	5:37.91
13 Kayla Raniwsky	Herman, W.F.	5:38.92
14 Jennifer Roberts	St. Joseph's	5:40.37
15 Stephanie Mason	Galt Cvi-Cam	5:42.58
16 Candice Chevalier	Essex D H S-Es	5:47.56

Event 98 Men 2000 Meter Steeplechase Open**Friday 28/05/2010 - 3:45 PM****West Region: 5:56.7h 1984 Nick CIPP/Waterloo-Bluevale**

Name	School	Seed Time
1 Jordan Collison	Saugeen D S S	5:57.88
2 Daryl Smith	Massey, Vinc	6:01.54
3 Daniel Piticariu	Massey, Vinc	6:03.45
4 Clint Smith	Lambton Cent	6:10.42
5 Pat Hartman	St. Anne's	6:12.60
6 Patrick Fortune	Kennedy, Hon	6:13.78
7 Matt Krey	Massey, Vinc	6:28.01
8 Zac Brown	Northern C I V	6:28.04
9 Jason Thornton	Jacob Hesple	6:30.02
10 Jacob Marsh	Lucas, A.B.	6:32.71
11 Jeremy Hick	Strathroy DC	6:32.95
12 Alexander Ullman	Bluevale	6:39.35
13 Ben Murphy	Centre Dufferin	6:43.26
14 Alastair Thompson	St. Thomas Aq	6:43.65
15 Nathaniel Lamb	St. Thomas Aq	6:44.72
16 Dan Caudle	St. James HS	6:54.08

Event 99 Women 4x400 Meter Relay Open**Saturday 29/05/2010 - 4:45 PM****West Region: 3:54.13 2008 RESURRECTION**

Team	Relay	Seed Time
1 Lourdes	A	4:02.63
2 Catholic Central	A	4:03.13
3 Mother Teresa	A	4:04.21
4 St. Mary's High	A	4:05.38
5 Essex D H S-Es	A	4:08.21
6 St. Thomas Aq	A	4:09.09
7 Northern C I V	A	4:10.40
8 Centennial C	A	4:10.99
9 Medway HS	A	4:12.13
10 St Christoph	A	4:12.18
11 Guelph Cvi-G	A	4:14.35
12 Cameron Heig	A	4:14.55
13 Saunders SS	A	4:15.60
14 Lambton Cent	A	4:16.11
15 Sandwich	A	4:17.15
16 Riverside S S	A	4:17.51

Event 100 Men 4x400 Meter Relay Open**Saturday 29/05/2010 - 4:45 PM****West Region: 3:20.70 1996 GENERAL AMHERST**

Team	Relay	Seed Time
1 Herman, W.F.	A	3:20.19
2 Northern C I V	A	3:23.87
3 Sandwich	A	3:26.41
4 Catholic Central	A	3:30.99
5 St. Thomas Aq	A	3:31.00
6 St. Anne's	A	3:32.14
7 St Christoph	A	3:32.26
8 Bluevale	A	3:34.02
9 Massey, Vinc	A	3:34.60
10 St. Joseph's	A	3:34.87
11 Forest Heigh	A	3:35.45
12 Lambton Cent	A	3:35.86
13 Grey Highlands	A	3:36.14
14 Saunders SS	A	3:38.26
15 St. Mary's High	A	3:39.99
16 John F. Ross	A	3:40.24

Event 101 Women 100 Meter Ambulatory**Saturday 29/05/2010 - 1:00 PM****West Region: 15.29 28/05/2006 Joanna Edwards**

Name	School	Seed Time
1 Leah Robinson	Rockway Menn	15.43
2 Sylvia Crevier	St. Patrick'	16.55
3 Virginia McLachlan	Assumption C	16.70
4 Lena Worner	Listowel Dss	19.86
5 Terri-Lynn Laker	MacKenzie, A	20.07
6 Katrina Passador	Assumption C	21.20

Event 102 Men 100 Meter Ambulatory**Saturday 29/05/2010 - 1:00 PM****West Region: 12.08 01/06/2006 Deric Kruse**

Name	School	Seed Time
1 Leshon Morris	Goderich Dci	13.80
2 Brandon Wong	MacKenzie, A	13.89
3 Jaime Pollard	Madill, F.E.	14.16
4 Cody Salomons	London Christia	14.30
5 Andrew Hoskin	Stratford NW SS	16.09
6 Josh DaSilva	St. Patrick'	16.25
7 Mark Beneteau	Cardinal Car	16.36
8 Mitch Blondin	MacKenzie, A	16.54
9 Travis Hill	Lourdes	17.25
10 Myles Koke	Chatham Chri	19.23
11 Justin Koolen	MacKenzie, A	19.25

Event 104 Men 1500 Meter Wheelchair**Saturday 29/05/2010 - 10:30 AM****West Region: 4:37.13 2008 Ian Van Heteren**

Name	School	Seed Time
1 Ian VanHeteren	Strathroy DC	4:42.37