

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 1 Women 100 Meter Dash Novice**

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Willow Burnette	North Grenville Dhs	13.71q	NWI	2
2 Alexandra Cosentino	Thousand Islands SS	14.02q	NWI	4
3 Rylee Warner	North Grenville Dhs	14.16q	NWI	2
4 Maya Emery	Thousand Islands SS	14.17q	NWI	1
5 Lizzy Mussett	Thousand Islands SS	14.19q	NWI	4
6 Teagan Spear	North Grenville Dhs	14.25q	NWI	2
7 Maddie Huffman	North Grenville Dhs	14.42q	NWI	4
8 Hailiegh Brown	North Grenville Dhs	14.46q	NWI	1
9 Rachel Poyner	St. Mikes	14.49	NWI	5
10 Hailey Mitchell-Massey	North Grenville Dhs	14.78	NWI	5
11 Austyn Gebhart	North Grenville Dhs	14.86	NWI	5
12 Anna Bimm	North Grenville Dhs	15.23	NWI	3
13 Naomi Waldron	St. Mikes	15.24	NWI	4
14 Mairin McConnell	Gss	15.30	NWI	3
15 Morgan Coleman	Athens Dhs	15.47	NWI	1
16 Shawna Ashley	Bci	15.49	NWI	5
17 Cameron Finlayson	North Grenville Dhs	15.73	NWI	4
18 Anika Healey- Van Dyk	Thousand Islands SS	15.75	NWI	4
19 Gabriel Longtin	St. Mikes	15.76	NWI	2
20 Marissa Longtin	St Mary's	15.83	NWI	2
21 Gabrielle Perry	South Grenville	16.12	NWI	3
22 Hannah Bennett	Thousand Islands SS	16.48	NWI	5
23 Tessa Reimersma	Bci	16.55	NWI	1
24 Abigail Haes	Bci	16.60	NWI	4
25 Savannah Vandine	Bci	16.64	NWI	5
26 Alexis Loughren	South Grenville	16.74	NWI	1
27 Lydia Zylstra	Athens Dhs	16.92	NWI	1
28 Christina McLenaghan-Coo	South Grenville	17.42	NWI	2
29 Sophia Roberts	South Grenville	18.05	NWI	2
30 Tabitha Cassibo	Bci	19.02	NWI	5

Event 1 Women 100 Meter Dash Novice

Name	Year School	Finals	Wind	Points
Finals				
1 Willow Burnette	North Grenville Dhs	13.52	NWI	10
2 Lizzy Mussett	Thousand Islands SS	13.86	NWI	8
3 Alexandra Cosentino	Thousand Islands SS	13.88	NWI	6
4 Rylee Warner	North Grenville Dhs	13.95	NWI	5
5 Teagan Spear	North Grenville Dhs	14.02	NWI	4
6 Maddie Huffman	North Grenville Dhs	14.26	NWI	3
7 Hailiegh Brown	North Grenville Dhs	14.39	NWI	2
8 Maya Emery	Thousand Islands SS	14.40	NWI	1

Event 2 Men 100 Meter Dash Novice

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Mackie Holmes	Bci	12.30q	NWI	1
2 Liam Saumure	Thousand Islands SS	12.31q	NWI	2

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3	Jamie Miekke	St. Mikes	12.56q	NWI	2
4	Baron Gleason	Thousand Islands SS	12.69q	NWI	1
5	Nate Curson	Thousand Islands SS	12.70q	NWI	2
6	Riley Simpson	Gss	12.72q	NWI	2
7	Rylan Miller	St Mary's	12.76q	NWI	1
8	Jake Watkins	North Grenville Dhs	12.93q	NWI	3
9	Max Buelow	Thousand Islands SS	13.15	NWI	2
10	Jack Priestman	St. Mikes	13.26	NWI	3
11	Ethan Mallette	St Mary's	13.37	NWI	3
12	James Scharf	North Grenville Dhs	13.51	NWI	1
13	John Houldcroft	Athens Dhs	13.55	NWI	1
14	Bennett Wasylko	St. Mikes	13.57	NWI	2
14	Peter Karras	EORD	13.57	NWI	3
16	William Beckett	North Grenville Dhs	13.71	NWI	1
17	Matt Lohnes	North Grenville Dhs	14.19	NWI	2
18	Kelman Hugh	EORD	14.23	NWI	2
19	Noah DeVisser	South Grenville	14.86	NWI	3
20	Jack Davison	Bci	17.31	NWI	3

Event 2 Men 100 Meter Dash Novice

Name	Year School	Finals	Wind	Points
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Finals

1	Liam Saumure	Thousand Islands SS	12.16	NWI	10
2	Mackie Holmes	Bci	12.29	NWI	8
3	Jamie Miekke	St. Mikes	12.43	NWI	6
4	Baron Gleason	Thousand Islands SS	12.55	NWI	5
5	Nate Curson	Thousand Islands SS	12.64	NWI	4
6	Rylan Miller	St Mary's	12.67	NWI	3
7	Riley Simpson	Gss	12.68	NWI	2
8	Jake Watkins	North Grenville Dhs	12.69	NWI	1

Event 3 Women 200 Meter Dash Novice

Name	Year School	Prelims	Wind	H#
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Preliminaries

1	Sarina Dhanoa	Thousand Islands SS	28.57q	NWI	3
2	Maddie Huffman	North Grenville Dhs	30.14q	NWI	2
3	Maya Emery	Thousand Islands SS	30.14q	NWI	1
4	Hailey Mitchell-Massey	North Grenville Dhs	30.26q	NWI	3
5	Teagan Spear	North Grenville Dhs	30.32q	NWI	2
6	Naomi Waldron	St. Mikes	32.71q	NWI	2
7	Mairin McConnell	Gss	32.88q	NWI	1
8	Gabriel Longtin	St. Mikes	34.02q	NWI	1
9	Gabrielle Perry	South Grenville	34.18	NWI	3
10	Alexis Loughren	South Grenville	36.57	NWI	1
11	Christina McLenaghan-Coo	South Grenville	37.16	NWI	2

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 3 Women 200 Meter Dash Novice**

Name	Year	School	Finals	Wind	Points
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Finals

1	Sarina Dhanoa	Thousand Islands SS	28.58	NWI	10
2	Maya Emery	Thousand Islands SS	29.85	NWI	8
3	Hailey Mitchell-Massey	North Grenville Dhs	29.97	NWI	6
4	Maddie Huffman	North Grenville Dhs	30.12	NWI	5
5	Teagan Spear	North Grenville Dhs	30.44	NWI	4
6	Mairin McConnell	Gss	32.28	NWI	3
7	Naomi Waldron	St. Mikes	33.29	NWI	2
8	Gabriel Longtin	St. Mikes	34.05	NWI	1

Event 4 Men 200 Meter Dash Novice

Name	Year	School	Prelims	Wind	H#
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Preliminaries

1	Jory Leakey	Thousand Islands SS	25.95q	NWI	1
2	Liam Saumure	Thousand Islands SS	26.12q	NWI	3
3	Jake Watkins	North Grenville Dhs	26.13q	NWI	3
4	Nate Curson	Thousand Islands SS	26.47q	NWI	2
5	Rylan Miller	St Mary's	27.09q	NWI	1
6	Jamie Miekke	St. Mikes	27.30q	NWI	3
7	Jack Priestman	St. Mikes	27.72q	NWI	2
8	Rian McFadden	Thousand Islands SS	28.00q	NWI	2
9	James Scharf	North Grenville Dhs	28.18	NWI	1
10	Benjamin Smid	Athens Dhs	28.65	NWI	3
11	Eric Mellaney	North Grenville Dhs	29.18	NWI	3
12	Matt Lohnes	North Grenville Dhs	29.42	NWI	1
13	Kelman Hugh	EORD	29.80	NWI	2
14	Noah DeVisser	South Grenville	32.77	NWI	2
15	William Beckett	North Grenville Dhs	34.72	NWI	3
16	Michael Daley	Athens Dhs	38.89	NWI	2

Event 4 Men 200 Meter Dash Novice

Name	Year	School	Finals	Wind	Points
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Finals

1	Liam Saumure	Thousand Islands SS	25.45	NWI	10
2	Jory Leakey	Thousand Islands SS	25.55	NWI	8
3	Jake Watkins	North Grenville Dhs	25.73	NWI	6
4	Nate Curson	Thousand Islands SS	25.87	NWI	5
5	Rylan Miller	St Mary's	26.69	NWI	4
6	Jamie Miekke	St. Mikes	27.17	NWI	3
7	Rian McFadden	Thousand Islands SS	27.48	NWI	2
8	Jack Priestman	St. Mikes	27.92	NWI	1

Event 5 Women 400 Meter Dash Novice

Name	Year	School	Finals	H#	Points
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1	Willow Burnette	North Grenville Dhs	1:07.42	2	10
2	Celia Giroux	Thousand Islands SS	1:07.68	2	8
3	Rachel Poyner	St. Mikes	1:09.57	1	6

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4	Tori Morin	Thousand Islands SS	1:10.27	2	5
5	Brynn Johnson	North Grenville Dhs	1:11.43	2	4
6	Austyn Gebhart	North Grenville Dhs	1:13.13	2	3
7	Grace Ferguson	EORD	1:14.09	1	2
8	Hailey Mitchell-Massey	North Grenville Dhs	1:14.34	2	1
9	Jordan Myers	St. Mikes	1:16.73	1	
10	Tessa Reimersma	Bci	1:24.91	1	
11	Maddie Richens	St. Mikes	1:25.33	1	
12	Mandy Ejaife	Fulford Academy	1:26.80	2	

Event 6 Men 400 Meter Dash Novice

Name	Year School	Finals	H#	Points
1 Jake Watkins	North Grenville Dhs	57.73	2	10
2 Josh Wallace	Thousand Islands SS	57.99	2	8
3 Von Ballerscheff	Ange Gabriel	1:02.06	1	6
4 Vincent Huntington	Fulford Academy	1:02.90	2	5
5 Bennett Wasylo	St. Mikes	1:04.35	1	4
6 Eric Mellaney	North Grenville Dhs	1:05.20	2	3
7 Adam Foley	Gss	1:10.25	2	2
8 Kaiden West	St. Mikes	1:13.62	1	1

Event 7 Women 800 Meter Run Novice

Name	Year School	Finals	Points
1 Summer Covey	Thousand Islands SS	2:39.72	10
2 Tori Morin	Thousand Islands SS	2:44.29	8
3 Brynn Johnson	North Grenville Dhs	2:52.81	6
4 Celia Giroux	Thousand Islands SS	2:54.42	5
5 Juliana Hossie	North Grenville Dhs	3:02.51	4
6 Cameron Finlayson	North Grenville Dhs	3:16.01	3
7 Mandy Ejaife	Fulford Academy	3:55.26	2
-- Amy Collins	North Grenville Dhs	NT	

Event 8 Men 800 Meter Run Novice

Name	Year School	Finals	Points
1 Jackson Witham	St Mary's	2:15.09	10
2 Lukas Leroux	North Grenville Dhs	2:21.12	8
3 Jack Labrash	Thousand Islands SS	2:21.91	6
4 Isaac Durant	Thousand Islands SS	2:25.24	5
5 Austin Peeble	St. Mikes	2:33.29	4
6 Danny Brouwer	Thousand Islands SS	2:35.33	3
7 Kaiden West	St. Mikes	2:35.56	2
8 Eric Mellaney	North Grenville Dhs	2:35.64	1
9 Hunter Bigelow	Thousand Islands SS	2:51.39	

Event 9 Women 1500 Meter Run Novice

Name	Year School	Finals	Points
1 Summer Covey	Thousand Islands SS	5:24.28	10

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 9 Women 1500 Meter Run Novice**

2 Amy Collins	North Grenville Dhs	5:37.88	8
3 Marin Carty	EORD	6:03.83	6
4 Juliana Hossie	North Grenville Dhs	6:25.23	5
5 Cali Dunse	St. Mikes	6:38.99	4
6 Cameron Finlayson	North Grenville Dhs	6:53.57	3

Event 10 Men 1500 Meter Run Novice

Name	Year School	Finals	Points
1 Jackson Witham	St Mary's	4:44.96	10
2 Lukas Leroux	North Grenville Dhs	4:54.73	8
3 Isaac Durant	Thousand Islands SS	4:56.12	6
4 Austin Peeble	St. Mikes	5:09.09	5
5 Dominik Lemeuix	St. Mikes	5:10.36	4
6 Hunter Stevenson	North Grenville Dhs	5:22.06	3
7 Danny Brouwer	Thousand Islands SS	5:31.22	2
8 Daniel Montgomery	EORD	5:32.42	1
9 Thomas Hancock	St. Mikes	5:59.43	
10 Hunter Bigelow	Thousand Islands SS	6:01.76	
11 Elias Verburg	Athens Dhs	6:14.38	

Event 11 Women 3000 Meter Run Novice

Name	Year School	Finals	Points
1 Amy Collins	North Grenville Dhs	12:14.88	10
2 Brynn Bowman	Gss	12:57.64	8
3 Macey Grier	Gss	13:07.87	6
4 Marin Carty	EORD	13:44.15	5
5 Jordan Myers	St. Mikes	15:59.85	4

Event 12 Men 3000 Meter Run Novice

Name	Year School	Finals	Points
1 Jackson Witham	St Mary's	11:10.99	10
2 Lukas Leroux	North Grenville Dhs	11:48.51	8
3 Hunter Stevenson	North Grenville Dhs	12:10.73	6
4 Hunter Bigelow	Thousand Islands SS	14:05.18	5

Event 13 Women 80 Meter Hurdles Novice

Name	Year School	Finals	Wind	Points
1 Sarina Dhanoa	Thousand Islands SS	13.26	NWI	10
2 Rylee Warner	North Grenville Dhs	15.56	NWI	8

Event 14 Men 100 Meter Hurdles Novice

Name	Year School	Finals	Wind	Points
1 Jory Leakey	Thousand Islands SS	17.53	NWI	10

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 15 Women 300 Meter Hurdles Novice**

Name	Year School	Finals	Points
1 Willow Burnette	North Grenville Dhs	52.21	10
2 Sarina Dhanoa	Thousand Islands SS	53.66	8
3 Celia Giroux	Thousand Islands SS	1:02.63	6

Event 16 Men 300 Meter Hurdles Novice

Name	Year School	Finals	Points
1 Jory Leakey	Thousand Islands SS	48.72	10
2 Vincent Huntington	Fulford Academy	50.84	8
3 Jack Davison	Bci	1:03.51	6

Event 17 Women High Jump Novice

Name	Year School	Finals	Points
1 Ariana Cuglietta	Thousand Islands SS	1.15m	9
1 Lizzy Mussett	Thousand Islands SS	1.15m	9
-- Anika Healey- Van Dyk	Thousand Islands SS	NH	
-- Elodie Mitchell	Thousand Islands SS	NH	

Event 18 Men High Jump Novice

Name	Year School	Finals	Points
1 Vincent Huntington	Fulford Academy	1.40m	9
1 Asher Larocque	Thousand Islands SS	1.40m	9
3 Charlile Limburg	Thousand Islands SS	1.35m	6
4 Matthew Hall	St. Mikes	1.30m	5
-- Russell Mulville	St Mary's	NH	

Event 19 Girls Pole Vault Novice

Name	Year School	Finals	Points
1 Hannah Bennett	Thousand Islands SS	1.80m	10
2 Hailie Cooper	Thousand Islands SS	1.65m	8
-- Elizabeth Barkley	Thousand Islands SS	NH	

Event 21 Women Long Jump Novice

Name	Year School	Finals	Wind	Points
1 Rylee Warner	North Grenville Dhs	4.62m	NWI	10
2 Ella Hanna	Gss	4.36m	NWI	8
3 Lizzy Mussett	Thousand Islands SS	4.32m	NWI	6
4 Austyn Gebhart	North Grenville Dhs	4.28m	NWI	5
5 Maya Emery	Thousand Islands SS	3.90m	NWI	4
6 Sadie McDougall	St. Mikes	3.86m	NWI	3
7 Alexandra Cosentino	Thousand Islands SS	3.77m	NWI	2
8 Anya Crawford	St. Mikes	3.71m	NWI	1
9 Anna Bimm	North Grenville Dhs	3.70m	NWI	
10 Marissa Longtin	St Mary's	3.64m	NWI	

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 21 Women Long Jump Novice**

11	Maddie Herbison	Thousand Islands SS	3.47m	NWI
12	Payton Cory	St. Mikes	3.40m	NWI
13	Brindle Schaafsma	Thousand Islands SS	3.36m	NWI
14	Ava Topping	Bci	3.08m	NWI
15	Aidyn Soontiens	St. Mikes	3.06m	NWI
16	Abigail Haes	Bci	3.01m	NWI
17	Alexis Loughren	South Grenville	2.92m	NWI
18	Juliana Hossie	North Grenville Dhs	2.80m	NWI
--	Madeline Pankow	Thousand Islands SS	ND	NWI
--	Tabitha Cassibo	Bci	ND	NWI
--	Elodie Mitchell	Thousand Islands SS	ND	NWI
--	Ava Vanderscheer	Bci	ND	NWI
--	Mya Diotte	Bci	ND	NWI

Event 22 Men Long Jump Novice

Name	Year School	Finals	Wind	Points
1 Riley Simpson	Gss	5.94m	NWI	10
2 Josh Wallace	Thousand Islands SS	5.44m	NWI	8
3 Charlile Limburg	Thousand Islands SS	5.15m	NWI	6
4 Liam Saumure	Thousand Islands SS	5.08m	NWI	5
5 Ethan Mallette	St Mary's	4.87m	NWI	4
6 Dominik Lemeuix	St. Mikes	4.82m	NWI	3
7 Matthew Sawyer	Thousand Islands SS	4.72m	NWI	2
8 Jamie Miekke	St. Mikes	4.49m	NWI	1
9 Elias Verburg	Athens Dhs	4.29m	NWI	
10 Max Buelow	Thousand Islands SS	4.17m	NWI	
11 Daniel Montgomery	EORD	4.15m	NWI	
12 William Beckett	North Grenville Dhs	4.11m	NWI	
13 Matthew Hall	St. Mikes	3.87m	NWI	
14 Adam Foley	Gss	3.76m	NWI	
15 John Houldcroft	Athens Dhs	3.37m	NWI	
16 Jack Davison	Bci	3.33m	NWI	
17 Michael Daley	Athens Dhs	3.30m	NWI	
-- Russell Mulville	St Mary's	ND	NWI	
-- Mackie Holmes	Bci	ND	NWI	
-- Bennett Wasylko	St. Mikes	ND	NWI	
-- Liam Bruder	St Mary's	ND	NWI	

Event 23 Women Triple Jump Novice

Name	Year School	Finals	Wind	Points
1 Ella Hanna	Gss	9.26m	NWI	10
2 Mairin McConnell	Gss	8.30m	NWI	8
3 Tia McCulloch	Gss	8.13m	NWI	6
4 Payton Cory	St. Mikes	8.04m	NWI	5
5 Morgan Coleman	Athens Dhs	7.82m	NWI	4
6 Gabrielle Perry	South Grenville	7.35m	NWI	3
-- Brindle Schaafsma	Thousand Islands SS	ND	NWI	

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 24 Men Triple Jump Novice**

Name	Year	School	Finals	Wind	Points
1 Josh Wallace		Thousand Islands SS	11.38m	NWI	10
2 Rylan Miller		St Mary's	10.34m	NWI	8
3 Roman Hache		Thousand Islands SS	10.18m	NWI	6
4 Riley Simpson		Gss	10.05m	NWI	5
5 Ethan Mallette		St Mary's	9.80m	NWI	4
6 Charlile Limburg		Thousand Islands SS	9.71m	NWI	3
7 Adam Foley		Gss	9.09m	NWI	2
-- Mackie Holmes		Bci	ND	NWI	
-- Max Buelow		Thousand Islands SS	ND	NWI	
-- Matthew Sawyer		Thousand Islands SS	ND	NWI	
-- Liam Bruder		St Mary's	ND	NWI	

Event 25 Women Shot Put Novice

Name	Year	School	Finals	Points
1 Camryn Brown		Thousand Islands SS	8.65m	10
2 Sophia Roberts		South Grenville	7.33m	8
3 MacKenzie Graham		St. Mikes	7.21m	6
4 Kaylee Gigacz		St. Mikes	6.76m	5
5 Jade Hart		Gss	6.75m	4
6 Willow Honsinger		Gss	6.51m	3
7 Payton Cory		St. Mikes	6.32m	2
8 Hailie Cooper		Thousand Islands SS	6.08m	1
9 Tessa Reimersma		Bci	6.06m	
10 Ava Higgs		EORD	5.91m	
11 Shawna Ashley		Bci	4.65m	
12 Anya Crawford		St. Mikes	4.58m	
13 Christina McLenaghan-Coo		South Grenville	4.46m	
-- Ava Vanderscheer		Bci	ND	

Event 26 Men Shot Put Novice

Name	Year	School	Finals	Points
1 Josh Dion		Gss	12.25m	10
2 Drew Hunter		St. Mikes	11.74m	8
3 Kayden Buller		St. Mikes	11.47m	6
4 Brandon Taylor		St. Mikes	11.33m	5
5 Jack Labrash		Thousand Islands SS	10.85m	4
6 Jude Williams		South Grenville	9.63m	3
7 Matt Lohnes		North Grenville Dhs	8.40m	2
-- Carter O'Brien		St. Mikes	ND	
-- Owen Traynor		St. Mikes	ND	

Event 27 Women Discus Throw Novice

Name	Year	School	Finals	Points
1 Grace Ferguson		EORD	17.25m	10
2 Ava Higgs		EORD	17.03m	8
3 Annika Squires		Thousand Islands SS	14.73m	6
-- Elodie Mitchell		Thousand Islands SS	ND	

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 28 Men Discus Throw Novice**

Name	Year School	Finals	Points
1 Ryan Crotty	Thousand Islands SS	33.25m	10
2 Jack Labrash	Thousand Islands SS	30.77m	8
3 Jude Williams	South Grenville	30.43m	6
4 Niko Besignano	Thousand Islands SS	29.22m	5
5 Josh Dion	Gss	21.77m	4
6 Ethan Ross	EORD	19.30m	3

Event 29 Women Javelin Throw Novice

Name	Year School	Finals	Points
1 Jaylynn Whitehead	Gss	21.50m	10
2 Tia McCulloch	Gss	19.68m	8
3 Madeline Pankow	Thousand Islands SS	18.67m	6
4 Olivia Jenkins	Thousand Islands SS	18.30m	5
5 Hailie Cooper	Thousand Islands SS	14.36m	4
6 Payton Cory	St. Mikes	12.74m	3
7 Willow Honsinger	Gss	12.69m	2
8 Ava Higgs	EORD	12.54m	1
9 Elizabeth Barkley	Thousand Islands SS	9.07m	
10 Jade Hart	Gss	8.80m	
11 Kaylee Gigacz	St. Mikes	7.57m	
-- Isabelle Chagnon	St. Mikes	ND	
-- Anya Crawford	St. Mikes	ND	
-- MacKenzie Graham	St. Mikes	ND	
-- Savannah Vandine	Bci	ND	
-- Sadie McDougall	St. Mikes	ND	

Event 30 Men Javelin Throw Novice

Name	Year School	Finals	Points
1 Matthew Sawyer	Thousand Islands SS	38.00m	10
2 Jacob Beattie	St Mary's	36.06m	8
3 Ryan Crotty	Thousand Islands SS	35.54m	6
4 Jack Broniszeski	St Mary's	32.48m	5
5 Peter Karras	EORD	28.06m	4
6 Hudson Lee	St Mary's	23.13m	3
7 Andrew Purvis	Thousand Islands SS	21.05m	2
8 Kaiden West	St. Mikes	15.55m	1
-- Matthew Hall	St. Mikes	ND	
-- Jude Williams	South Grenville	ND	
-- Ethan Ross	EORD	ND	
-- Niko Besignano	Thousand Islands SS	ND	

Event 31 Women 4x100 Meter Relay Novice

School	Finals	Points
1 Thousand Islands SS	55.46	10
2 North Grenville Dhs 'B'	59.26	8
3 Thousand Islands SS 'B'	1:02.09	6
4 Gananoque Secondary School	1:06.45	5

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 31 Women 4x100 Meter Relay Novice**

5 South Grenville District High	1:07.66	4
6 North Grenville Dhs	1:10.56	3

Event 32 Men 4x100 Meter Relay Novice

School	Finals	Points
1 Thousand Islands SS	49.12	10
2 St.Michael Catholic High Schoo	52.38	8
3 North Grenville Dhs	52.51	6
4 Rideau District High School	58.51	5

Event 33 Women 100 Meter Dash Junior

LGSSAA: ! 12.33 2008 Sarah Glenn (St.Michael)					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Reese McCann		Thousand Islands SS	13.74q	NWI	3
2 Nawel Belhis		Ange Gabriel	13.86q	NWI	3
3 Kadyann Morrison		South Grenville	14.16q	NWI	1
4 Avery Price		Thousand Islands SS	14.19q	NWI	1
5 Teaghann Fitzpatrick		North Grenville Dhs	14.21q	NWI	3
6 Lera Horsfall		EORD	14.35q	NWI	2
7 Trinity Morrice		North Grenville Dhs	14.55q	NWI	1
8 Asha Scheuermann		EORD	14.78q	NWI	1
9 Elizabeth Nielsen		Athens Dhs	14.96	NWI	1
10 Samoya Morrison		South Grenville	15.31	NWI	3
11 Megan Johns		South Grenville	15.37	NWI	2
12 Megan Gatenby		EORD	15.87	NWI	3
13 Sarah Cranton		North Grenville Dhs	15.90	NWI	2

Event 33 Women 100 Meter Dash Junior

LGSSAA: ! 12.33 2008 Sarah Glenn (St.Michael)					
Name	Year	School	Finals	Wind	Points
Finals					
1 Reese McCann		Thousand Islands SS	13.61	NWI	10
2 Nawel Belhis		Ange Gabriel	13.66	NWI	8
3 Avery Price		Thousand Islands SS	13.90	NWI	6
4 Teaghann Fitzpatrick		North Grenville Dhs	14.01	NWI	5
5 Lera Horsfall		EORD	14.07	NWI	4
6 Kadyann Morrison		South Grenville	14.19	NWI	3
7 Trinity Morrice		North Grenville Dhs	14.30	NWI	2
8 Asha Scheuermann		EORD	14.85	NWI	1

Event 34 Men 100 Meter Dash Junior

LGSSAA: ! 11.27 2008 Matthew Pennner (ST Mike's)					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 John McGowan		St. Mikes	11.70q	NWI	3
2 Andon Gill		Bci	12.19q	NWI	2

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 34 Men 100 Meter Dash Junior**

3	Andrew Plaschka	Thousand Islands SS	12.23q	NWI	2
4	Sunyi Zou	St Mary's	12.66q	NWI	2
5	Maddox St. Louis	Bci	12.75q	NWI	2
6	Gabriel Lane	Thousand Islands SS	12.75q	NWI	3
7	Isaiah Beckstead	Thousand Islands SS	12.88q	NWI	1
8	Cohen Chitty	Gss	12.89q	NWI	3
9	Rowen Barton	Thousand Islands SS	12.95	NWI	2
10	Timothy Williams	Thousand Islands SS	13.07	NWI	1
11	Braden Noseworthy	Gss	13.16	NWI	3
12	Jameson MacAllister	EORD	13.23	NWI	1
13	Dawson Lemay	South Grenville	13.32	NWI	1
14	Riley Heffernan	Bci	13.61	NWI	3
15	Bronson Findlay	Athens Dhs	13.94	NWI	1
16	Colton Leger	EORD	14.45	NWI	3
17	Carter Denomme	Bci	14.48	NWI	3

Event 34 Men 100 Meter Dash Junior

=====					
LGSSAA: ! 11.27 2008		Matthew Pennner (ST Mike's)			
Name	Year	School	Finals	Wind	Points
=====					

Finals

1	John McGowan	St. Mikes	11.57	NWI	10
2	Andon Gill	Bci	12.05	NWI	8
3	Andrew Plaschka	Thousand Islands SS	12.22	NWI	6
4	Sunyi Zou	St Mary's	12.44	NWI	5
5	Isaiah Beckstead	Thousand Islands SS	12.60	NWI	4
6	Maddox St. Louis	Bci	12.61	NWI	3
7	Gabriel Lane	Thousand Islands SS	12.63	NWI	2
8	Cohen Chitty	Gss	12.80	NWI	1

Event 35 Women 200 Meter Dash Junior

=====					
LGSSAA: ! 26.26 2008		Chelsea Deschamps (S. Grenville)			
Name	Year	School	Prelims	Wind	H#
=====					

Preliminaries

1	Taylor Healey	Thousand Islands SS	28.79q	NWI	2
2	Nawel Belhis	Ange Gabriel	29.33q	NWI	1
3	Avery Price	Thousand Islands SS	29.59q	NWI	1
4	Ella Cavanagh	North Grenville Dhs	29.86q	NWI	2
5	Lera Horsfall	EORD	30.19q	NWI	2
6	Trinity Morrice	North Grenville Dhs	31.07q	NWI	1
7	Teaghann Fitzpatrick	North Grenville Dhs	31.10q	NWI	2
8	Megan Johns	South Grenville	32.90q	NWI	1
9	Hailey Pelehos	South Grenville	34.24	NWI	2

Event 35 Women 200 Meter Dash Junior

=====					
LGSSAA: ! 26.26 2008		Chelsea Deschamps (S. Grenville)			
Name	Year	School	Finals	Wind	Points
=====					

Finals

1	Taylor Healey	Thousand Islands SS	28.51	NWI	10
2	Nawel Belhis	Ange Gabriel	28.83	NWI	8

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 35 Women 200 Meter Dash Junior**

3	Avery Price	Thousand Islands SS	29.44	NWI	6
4	Ella Cavanagh	North Grenville Dhs	29.73	NWI	5
5	Lera Horsfall	EORD	29.86	NWI	4
6	Teaghann Fitzpatrick	North Grenville Dhs	31.02	NWI	3
7	Trinity Morrice	North Grenville Dhs	31.34	NWI	2
8	Megan Johns	South Grenville	33.36	NWI	1

Event 36 Men 200 Meter Dash Junior

=====					
LGSSAA: ! 22.32		2004	Justin Daigle (TISS)		
Name	Year	School	Prelims	Wind	H#
=====					

Preliminaries

1	Jameson MacAllister	EORD	! 10.10q	NWI	1
2	Cohen Chitty	Gss	! 11.11q	NWI	1
3	Sunyi Zou	St Mary's	! 12.12q	NWI	1
4	Bronson Findlay	Athens Dhs	! 13.13q	NWI	1
5	Dawson Lemay	South Grenville	! 14.14q	NWI	1
6	Isaiah Beckstead	Thousand Islands SS	! 15.15q	NWI	2
7	Simon Fournier	South Grenville	! 16.16q	NWI	2
8	Ronnie Fox	St Mary's	! 17.17q	NWI	2
9	Rowen Barton	Thousand Islands SS	! 18.18	NWI	2

Event 36 Men 200 Meter Dash Junior

=====					
LGSSAA: ! 22.32		2004	Justin Daigle (TISS)		
Name	Year	School	Finals	Wind	Points
=====					

Finals

1	Isaiah Beckstead	Thousand Islands SS	25.44	NWI	10
2	Cohen Chitty	Gss	26.10	NWI	8
3	Rowen Barton	Thousand Islands SS	26.69	NWI	6
4	Jameson MacAllister	EORD	26.73	NWI	5
5	Simon Fournier	South Grenville	27.76	NWI	4
6	Sunyi Zou	St Mary's	27.85	NWI	3
7	Dawson Lemay	South Grenville	27.94	NWI	2
8	Bronson Findlay	Athens Dhs	28.14	NWI	1

Event 37 Women 400 Meter Dash Junior

=====					
LGSSAA: ! 1:01.66		2017	Claire Cushing (TISS)		
Name	Year	School	Finals	Points	
=====					
1	Lia Leblanc	Thousand Islands SS	1:06.57	10	
2	Claire Warren	Gss	1:08.32	8	
3	Lera Horsfall	EORD	1:11.12	6	
4	Hannah Lavery	Thousand Islands SS	1:13.58	5	
5	Shannon O'Dair	Thousand Islands SS	1:17.65	4	

Event 38 Men 400 Meter Dash Junior

=====					
LGSSAA: ! 49.62		2004	Greg Hayes - St.Mary's SS Hamilton		
Name	Year	School	Finals	Points	
=====					
1	Kaeden Leakey	Thousand Islands SS	58.45	10	

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 38 Men 400 Meter Dash Junior**

2	Gabriel Lane	Thousand Islands SS	59.38	8
3	Dawson Lemay	South Grenville	1:10.69	6
--	Ronnie Fox	St Mary's	NT	
--	Wyatt Last	Thousand Islands SS	NT	
--	Jet Vanderlinde	St. Mikes	NT	
--	Gavin Clarke	Bci	NT	

Event 39 Women 800 Meter Run Junior

=====				
LGSSAA: ! 2:24.80 2012 Shelby Kent (TISS)				
Name	Year	School	Finals	Points
=====				
1	Mercedes Covey	Thousand Islands SS	2:37.80	10
2	Victoria Lunman	Thousand Islands SS	2:41.20	8
3	Claire Warren	Gss	2:47.47	6

Event 40 Men 800 Meter Run Junior

=====				
LGSSAA: ! 2:01.92 2006 Kyle Milks (TISS)				
Name	Year	School	Finals	Points
=====				
1	Alex Plant	Thousand Islands SS	2:22.36	10
2	Thomas McLean	EORD	2:37.30	8

Event 41 Women 1500 Meter Run Junior

=====				
LGSSAA: ! 5:01.73 2009 Emma Norman (TISS)				
Name	Year	School	Finals	Points
=====				
1	Aryka Bennett	Thousand Islands SS	5:19.85	10
2	Mercedes Covey	Thousand Islands SS	5:30.37	8
3	Victoria Lunman	Thousand Islands SS	5:33.46	6
4	Sarah Davison	Bci	6:01.24	5
5	Lucia Dominguez de Vidau	Athens Dhs	6:04.02	4

Event 42 Men 1500 Meter Run Junior

=====				
LGSSAA: ! 4:01.10 2006 Kyle Milks - Thousand Islands				
Name	Year	School	Finals	Points
=====				
1	Travis Gaffney	St Mary's	4:12.20	10
2	Alex Plant	Thousand Islands SS	4:51.31	8
3	Thomas McLean	EORD	5:19.93	6
4	Braden Noseworthy	Gss	5:21.69	5
5	Aidan Taylor	Gss	5:38.68	4
--	Jet Vanderlinde	St. Mikes	NT	

Event 43 Women 3000 Meter Run Junior

=====				
LGSSAA: ! 11:02.50 2009 Emma Norman (TISS)				
Name	Year	School	Finals	Points
=====				
1	Aryka Bennett	Thousand Islands SS	12:15.84	10
2	Morgan Winters	Bci	12:51.32	8
3	Lucia Dominguez de Vidau	Athens Dhs	13:07.33	6

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 43 Women 3000 Meter Run Junior**

4 Ella Niedre	St. Mikes	13:08.10	5
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Event 44 Men 3000 Meter Run Junior

=====				
LGSSAA: ! 9:01.26 2006 Jacob Smith (TISS)				
Name	Year	School	Finals	Points
=====				
1 Travis Gaffney		St Mary's	8:48.74!	10
2 Gavin Clarke		Bci	11:54.26	8
3 Aidan Taylor		Gss	12:43.95	6

Event 45 Women 80 Meter Hurdles Junior

=====					
LGSSAA: ! 12.66 2010 Marla Corney (TISS)					
Name	Year	School	Finals	Wind	Points
=====					
1 Isabel Mooney		Thousand Islands SS	14.86	NWI	10
2 Asha Scheuermann		EORD	15.38	NWI	8

Event 46 Men 100 Meter Hurdles Junior

=====					
LGSSAA: ! 14.83 2012 Matthew Bedard (St Mike's)					
Name	Year	School	Finals	Wind	Points
=====					
1 Kaeden Leakey		Thousand Islands SS	16.43	NWI	10
2 Chad Carroll		EORD	16.96	NWI	8
3 Timothy Williams		Thousand Islands SS	18.04	NWI	6

Event 47 Women 300 Meter Hurdles Junior

=====				
LGSSAA: ! 47.68 2014 Tory Gowland-Wood (TISS)				
Name	Year	School	Finals	Points
=====				
1 Taylor Healey		Thousand Islands SS	50.84	10
2 Lia Leblanc		Thousand Islands SS	51.08	8

Event 49 Women High Jump Junior

=====				
LGSSAA: ! 1.60m 2006 Liz Schuler (TISS)				
Name	Year	School	Finals	Points
=====				
1 Lia Leblanc		Thousand Islands SS	1.45m	10

Event 50 Men High Jump Junior

=====				
LGSSAA: ! 1.87m 2007 Taylor Corney (TISS)				
Name	Year	School	Finals	Points
=====				
1 Andrew Plaschka		Thousand Islands SS	1.75m	10
2 Russell Mulville		St Mary's	1.55m	7
2 Chad Carroll		EORD	1.55m	7
4 Logan Delaney		Thousand Islands SS	1.50m	5

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 51 Women Pole Vault Junior**

=====				
LGSSAA: ! 2.75m 2010 Sarah Perry (TISS)				
Name	Year	School	Finals	Points
=====				
1 Isabel Mooney		Thousand Islands SS	2.10m	10
2 Petra Heath		Thousand Islands SS	1.95m	8

Event 52 Men Pole Vault Junior

=====				
LGSSAA: ! 3.65m 2013 Keegan Elliott (TISS)				
Name	Year	School	Finals	Points
=====				
1 David Mooney		Thousand Islands SS	2.40m	10
2 Timothy Williams		Thousand Islands SS	2.10m	8

Event 53 Women Long Jump Junior

=====					
LGSSAA: ! 5.10m 2005 Erika Kamenz (S. Grenville)					
Name	Year	School	Finals	Wind	Points
=====					
1 Ella Cavanagh		North Grenville Dhs	4.36m	NWI	10
2 Teaghann Fitzpatrick		North Grenville Dhs	4.26m	NWI	8
3 Trinity Morrice		North Grenville Dhs	4.16m	NWI	6
4 Kadyann Morrison		South Grenville	4.01m	NWI	5
5 Megan Johns		South Grenville	3.93m	NWI	4
6 Kayden Moorhead		Gss	3.79m	NWI	3
7 Jenna Whiteland		South Grenville	3.78m	NWI	2
8 Rebecca Barkley		South Grenville	3.74m	NWI	1
9 Carrieanna Mitchell		Bci	3.37m	NWI	
10 Olivia Cook		South Grenville	3.30m	NWI	
11 Megan Gatenby		EORD	3.23m	NWI	
12 Jaden Morasse		South Grenville	2.79m	NWI	
-- Shelby DeRose		St Mary's	ND	NWI	
-- Amelia Adams		St Mary's	ND	NWI	
-- Grace Wolsey		St Mary's	ND	NWI	

Event 54 Men Long Jump Junior

=====					
LGSSAA: ! 6.06m 2012 Michael Murray (St Mary)					
Name	Year	School	Finals	Wind	Points
=====					
1 Maddox St. Louis		Bci	5.83m	NWI	10
2 Wyatt Last		Thousand Islands SS	5.57m	NWI	8
3 Shamus Munro		Ange Gabriel	5.51m	NWI	6
4 Andrew DeJong		Athens Dhs	5.40m	NWI	5
5 Nolan Campbell		Gss	5.12m	NWI	4
6 Colby Davis		Gss	5.02m	NWI	3
7 Carter Denomme		Bci	3.87m	NWI	2
8 Ewan Roberts		South Grenville	3.23m	NWI	1
-- Merrik Van Eik		Thousand Islands SS	ND	NWI	
-- Sunyi Zou		St Mary's	ND	NWI	
-- Jaiden Carreon		St Mary's	ND	NWI	
-- Riley Heffernan		Bci	ND	NWI	
-- Isaiah Beckstead		Thousand Islands SS	ND	NWI	

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 55 Women Triple Jump Junior**

=====					
LGSSAA: ! 10.63m 2007 Carley Fox(T), Elyse Gorrell (N. Gren.)					
Name	Year	School	Finals	Wind	Points
=====					
1 Kadyann Morrison		South Grenville	8.53m	NWI	10
2 Shannon O'Dair		Thousand Islands SS	7.72m	NWI	8
3 Kayden Moorhead		Gss	7.62m	NWI	6
-- Amelia Adams		St Mary's	ND	NWI	
-- Claire Warren		Gss	ND	NWI	

Event 56 Men Triple Jump Junior

=====					
LGSSAA: ! 12.50m 2009 Trent Corney (TISS)					
Name	Year	School	Finals	Wind	Points
=====					
1 Wyatt Last		Thousand Islands SS	11.46m	NWI	10
2 Shamus Munro		Ange Gabriel	10.88m	NWI	8
3 Nolan Campbell		Gss	10.41m	NWI	6
4 Ryan Bruce		Bci	10.04m	NWI	5
5 Colby Davis		Gss	10.03m	NWI	4
6 Braden Noseworthy		Gss	9.80m	NWI	3
7 Ewan Roberts		South Grenville	7.40m	NWI	2
8 Carter Denomme		Bci	7.03m	NWI	1
-- Merrik Van Eik		Thousand Islands SS	ND	NWI	
-- Andon Gill		Bci	ND	NWI	

Event 57 Women Shot Put Junior

=====				
LGSSAA: ! 11.79m 2016 Hailee Banks (RDHS)				
Name	Year	School	Finals	Points
=====				
1 Nora Miller		North Grenville Dhs	9.60m	10
2 Bella Nappo		Gss	8.11m	8
3 Petra Heath		Thousand Islands SS	8.06m	6
4 Hannah Steele		EORD	7.81m	5
5 Alex Pakeman		Bci	7.47m	4
6 Jenna Whiteland		South Grenville	7.23m	3
7 Ines Rubio		South Grenville	6.41m	2
8 Miranda Mullen		South Grenville	6.27m	1

Event 58 Men Shot Put Junior

=====				
LGSSAA: ! 19.72m 2006 Tim Nedow (TISS)				
Name	Year	School	Finals	Points
=====				
1 Memphis Scharfe		Athens Dhs	13.00m	10
2 Abe Pepper		EORD	12.54m	8
3 Ezekiel Pepper		EORD	12.29m	6
4 Bronson Findlay		Athens Dhs	11.33m	5
5 Will Brown		EORD	10.84m	4
6 Rowen Barton		Thousand Islands SS	9.78m	3
7 Caden Fodey		Bci	9.71m	2
8 Ewan Roberts		South Grenville	8.81m	1
-- Jaiden Carreon		St Mary's	ND	

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 59 Women Discus Throw Junior**

=====				
LGSSAA: ! 32.60m		2011	Addi Halladay (TISS)	
Name	Year	School	Finals	Points
=====				
1 Christina Fyckes		Bci	22.35m	10
2 Nora Miller		North Grenville Dhs	20.94m	8
3 Hannah Steele		EORD	18.64m	6
4 Bella Nappo		Gss	17.98m	5
5 Ines Rubio		South Grenville	12.27m	4

Event 60 Men Discus Throw Junior

=====				
LGSSAA: ! 59.27m		2017	Lucas Woodhall (TISS)	
Name	Year	School	Finals	Points
=====				
1 Will Brown		EORD	32.82m	10
2 Noah Rabuka		St. Mikes	23.95m	8
3 Caden Fodey		Bci	23.57m	6
4 Abe Pepper		EORD	20.05m	5
5 Ezekiel Pepper		EORD	16.42m	4
-- Colton Leger		EORD	ND	

Event 61 Women Javelin Throw Junior

=====				
LGSSAA: ! 35.84m		2008	Tegan Kilpatrick (TISS)	
Name	Year	School	Finals	Points
=====				
1 Nora Miller		North Grenville Dhs	21.69m	10
2 Olivia Cook		South Grenville	19.99m	8
3 Grace Wolsey		St Mary's	19.14m	6
4 Hannah Steele		EORD	19.12m	5
5 Elizabeth Nielsen		Athens Dhs	15.20m	4
6 Jaden Morasse		South Grenville	14.42m	3
7 Ines Rubio		South Grenville	14.27m	2
8 Alex Pakeman		Bci	11.30m	1
9 Christina Fyckes		Bci	11.14m	
-- Miranda Mullen		South Grenville	ND	

Event 62 Men Javelin Throw Junior

=====				
LGSSAA: ! 61.12m		2009	Taylor Corney (TISS)	
Name	Year	School	Finals	Points
=====				
1 Nolan Campbell		Gss	40.12m	10
2 Chad Carroll		EORD	35.09m	8
3 Cohen Chitty		Gss	33.23m	6
4 Will Brown		EORD	28.52m	5
5 Colby Davis		Gss	28.36m	4
6 Nate Galbraith		Bci	25.47m	3
7 Caden Fodey		Bci	21.45m	2
8 Noah Rabuka		St. Mikes	21.17m	1
-- Colton Leger		EORD	ND	

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 63 Women 4x100 Meter Relay Junior**

=====			
LGSSAA: ! 52.73	2009	TISS	
School		Finals	Points
=====			
1 Thousand Islands SS		54.19	10
2 North Grenville Dhs		57.24	8
3 South Grenville District High		59.53	6
4 Rideau District High School		59.63	5

Event 64 Men 4x100 Meter Relay Junior

=====			
LGSSAA: ! 45.09	2013	TISS	
School		Finals	Points
=====			
1 Brockville Collegiate Institut		48.51	10
2 Thousand Islands SS		49.65	8
3 Thousand Islands SS 'B'		50.02	6
4 Gananoque Secondary School		50.20	5
5 Rideau District High School		53.36	4
6 South Grenville District High		57.97	3

Event 65 Women 100 Meter Dash Senior

=====					
LGSSAA: ! 12.76	2015	Kasey Andrews (TISS)			
Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1 Morgan Reeve		Thousand Islands SS	! 12.43q	NWI	3
2 Olivia Reeve		Thousand Islands SS	! 12.65q	NWI	1
3 Lyndsay Fleming		North Grenville Dhs	13.52q	NWI	1
4 Elsie Post		Thousand Islands SS	14.16q	NWI	1
5 Taylor Fry		North Grenville Dhs	14.34q	NWI	2
6 Ashley Mather		North Grenville Dhs	14.44q	NWI	3
7 Candace Martin		Thousand Islands SS	14.54q	NWI	2
8 Sarah Kilby		EORD	14.62q	NWI	2
9 Teresa Carty		EORD	14.72	NWI	3
10 Stella Howard		North Grenville Dhs	14.80	NWI	3
11 Jordan McNulty		North Grenville Dhs	14.88	NWI	2
12 Rin Temmo		Fulford Academy	15.22	NWI	3
13 Amina Sembene		North Grenville Dhs	15.38	NWI	1
14 Maya Reinhart		North Grenville Dhs	15.53	NWI	1
15 Paige McCourt		EORD	15.85	NWI	2
16 Ayva Verburg		Athens Dhs	17.03	NWI	1
17 Anna Agazzi		Athens Dhs	18.08	NWI	2

Event 65 Women 100 Meter Dash Senior

=====					
LGSSAA: ! 12.76	2015	Kasey Andrews (TISS)			
Name	Year	School	Finals	Wind	Points
=====					
Finals					
1 Morgan Reeve		Thousand Islands SS	12.48!	NWI	10
2 Olivia Reeve		Thousand Islands SS	12.58!	NWI	8
3 Lyndsay Fleming		North Grenville Dhs	13.33	NWI	6
4 Elsie Post		Thousand Islands SS	14.12	NWI	5
5 Taylor Fry		North Grenville Dhs	14.16	NWI	4

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 65 Women 100 Meter Dash Senior**

6 Ashley Mather	North Grenville Dhs	14.49	NWI	3
7 Candace Martin	Thousand Islands SS	14.60	NWI	2
8 Sarah Kilby	EORD	14.66	NWI	1

Event 66 Men 100 Meter Dash Senior

=====				
LGSSAA: ! 10.70 1985		Scott Doughty (TISS)		
Name	Year School	Prelims	Wind	H#
=====				
Preliminaries				
1 Will Huffman	North Grenville Dhs	11.62q	NWI	2
2 Owen Tyo	Thousand Islands SS	11.99q	NWI	3
3 Rielly Nowlan	Thousand Islands SS	11.99q	NWI	1
4 Connor Guttin	North Grenville Dhs	12.11q	NWI	3
5 Ahmad Sembene	North Grenville Dhs	12.27q	NWI	1
6 Chris Brennan	Thousand Islands SS	12.28q	NWI	2
7 Alaa Erhayel	North Grenville Dhs	12.38q	NWI	3
8 Kaleb Warren	Gss	12.41q	NWI	2
9 Camden Ringer	Thousand Islands SS	12.70	NWI	3
10 Andrew Poyner	St. Mikes	13.07	NWI	1
11 Jacob Greig	Ange Gabriel	13.10	NWI	1
12 Seth Getz	North Grenville Dhs	13.18	NWI	1
13 Brodie Christie	St. Mikes	13.30	NWI	2
14 Mitchell Van't Hoff	St Mary's	13.34	NWI	3
15 Charlie Halliday	St. Mikes	13.43	NWI	2
16 Amadeo Boza	Fulford Academy	13.55	NWI	1
17 Federico Petrolo	Athens Dhs	14.26	NWI	2

Event 66 Men 100 Meter Dash Senior

=====				
LGSSAA: ! 10.70 1985		Scott Doughty (TISS)		
Name	Year School	Finals	Wind	Points
=====				
Finals				
1 Owen Tyo	Thousand Islands SS	11.56	NWI	10
2 Will Huffman	North Grenville Dhs	11.62	NWI	8
3 Ahmad Sembene	North Grenville Dhs	12.29	NWI	6
4 Connor Guttin	North Grenville Dhs	12.31	NWI	5
5 Rielly Nowlan	Thousand Islands SS	12.39	NWI	4
6 Kaleb Warren	Gss	12.49	NWI	3
7 Chris Brennan	Thousand Islands SS	12.69	NWI	2
8 Alaa Erhayel	North Grenville Dhs	12.80	NWI	1

Event 67 Women 200 Meter Dash Senior

=====				
LGSSAA: ! 26.04 2004		Brittany Gendron (TISS)		
Name	Year School	Prelims	Wind	H#
=====				
Preliminaries				
1 Morgan Reeve	Thousand Islands SS	26.94q	NWI	1
2 Olivia Reeve	Thousand Islands SS	27.30q	NWI	2
3 Ashley Mather	North Grenville Dhs	30.67q	NWI	2
4 Sarah Kilby	EORD	31.12q	NWI	1
5 Teresa Carty	EORD	31.41q	NWI	1
6 Stella Howard	North Grenville Dhs	31.60q	NWI	2

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 67 Women 200 Meter Dash Senior**

7 Candace Martin	Thousand Islands SS	31.66q	NWI	1
8 Maya Reinhart	North Grenville Dhs	33.55q	NWI	2
9 Paige McCourt	EORD	33.81	NWI	1

Event 67 Women 200 Meter Dash Senior

=====				
LGSSAA: ! 26.04	2004	Brittany Gendron (TISS)		
Name	Year	School	Finals	Wind Points
=====				

Finals

1 Morgan Reeve	Thousand Islands SS	27.41	NWI	10
2 Olivia Reeve	Thousand Islands SS	27.44	NWI	8
3 Ashley Mather	North Grenville Dhs	29.91	NWI	6
4 Sarah Kilby	EORD	30.20	NWI	5
5 Teresa Carty	EORD	30.94	NWI	4
6 Stella Howard	North Grenville Dhs	31.35	NWI	3
7 Candace Martin	Thousand Islands SS	31.36	NWI	2
8 Maya Reinhart	North Grenville Dhs	33.28	NWI	1

Event 68 Men 200 Meter Dash Senior

=====				
LGSSAA: ! 21.80	1977	Kim Wade (GCC)		
Name	Year	School	Prelims	Wind H#
=====				

Preliminaries

1 Vincent D'Angelo	St. Mikes	! 10.10q	NWI	1
2 Will Huffman	North Grenville Dhs	! 11.11q	NWI	1
3 Owen Tyo	Thousand Islands SS	! 12.12q	NWI	1
4 Seth Getz	North Grenville Dhs	! 13.13q	NWI	1
5 Camden Ringer	Thousand Islands SS	! 14.13q	NWI	1
6 Ahmad Sembene	North Grenville Dhs	! 15.14q	NWI	2
7 Amadeo Boza	Fulford Academy	! 16.16q	NWI	2
8 Alaa Erhayel	North Grenville Dhs	! 17.17q	NWI	2
-- Michael Igwenagu	North Grenville Dhs	NT	NWI	2
-- Braden Whalen	Thousand Islands SS	NT	NWI	2

Event 68 Men 200 Meter Dash Senior

=====				
LGSSAA: ! 21.80	1977	Kim Wade (GCC)		
Name	Year	School	Finals	Wind Points
=====				

Finals

1 Owen Tyo	Thousand Islands SS	23.64	NWI	10
2 Will Huffman	North Grenville Dhs	23.65	NWI	8
3 Ahmad Sembene	North Grenville Dhs	25.25	NWI	6
4 Camden Ringer	Thousand Islands SS	25.49	NWI	5
5 Vincent D'Angelo	St. Mikes	26.16	NWI	4
6 Alaa Erhayel	North Grenville Dhs	26.64	NWI	3
7 Seth Getz	North Grenville Dhs	27.27	NWI	2
8 Amadeo Boza	Fulford Academy	28.10	NWI	1

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 69 Women 400 Meter Dash Senior**

=====				
LGSSAA: ! 59.41 2008 Carley Fox (TISS)				
Name	Year	School	Finals	Points
=====				
1 Sam Hauk		Thousand Islands SS	1:05.73	10
2 Chloe Edgley		Thousand Islands SS	1:07.23	8
3 Sarah Kilby		EORD	1:08.33	6
4 Candace Martin		Thousand Islands SS	1:18.39	5
5 Teagan Blad		North Grenville Dhs	1:21.72	4

Event 70 Men 400 Meter Dash Senior

=====					
LGSSAA: ! 47.82 2006 Greg Hayes - St. Mary's					
Name	Year	School	Finals	H#	Points
=====					
1 Dylan Popejoy		St Mary's	51.46	2	10
2 Nathan Plant		Thousand Islands SS	58.26	2	8
3 Camden Ringer		Thousand Islands SS	58.88	2	6
4 Connor Guttin		North Grenville Dhs	59.45	1	5
5 Vincent D'Angelo		St. Mikes	59.75	1	4
6 Rielly Nowlan		Thousand Islands SS	1:00.65	2	3
7 Aiden Wilkens		Gss	1:01.25	1	2
8 Braden Whalen		Thousand Islands SS	1:04.35	1	1
9 Jacob Greig		Ange Gabriel	1:06.17	2	
10 Neil MacKay		North Grenville Dhs	1:12.38	2	
11 Charlie Halliday		St. Mikes	1:18.31	2	

Event 71 Women 800 Meter Run Senior

=====				
LGSSAA: ! 2:19.61 2015 Maria Castellanos (TISS)				
Name	Year	School	Finals	Points
=====				
1 Emma Wormald		North Grenville Dhs	2:49.73	10
2 Sam Hauk		Thousand Islands SS	2:50.55	8
3 kate Wright		Bci	3:12.26	6
4 Anna Agazzi		Athens Dhs	3:18.68	5
5 Teagan Blad		North Grenville Dhs	3:19.09	4
-- Hope Denomme		Bci	NT	

Event 72 Men 800 Meter Run Senior

=====				
LGSSAA: ! 1:55.61 2008 Clay Patterson (Rideau)				
Name	Year	School	Finals	Points
=====				
1 Shan Dhanoa		Thousand Islands SS	2:00.39	10
2 Dylan Popejoy		St Mary's	2:00.79	8
3 Nathan Plant		Thousand Islands SS	2:22.86	6
4 Sebastian Freidrich-Yap		North Grenville Dhs	2:23.48	5
5 Vincent D'Angelo		St. Mikes	2:24.76	4
6 Harrison Pringle		EORD	2:27.81	3
7 Aiden Wilkens		Gss	2:34.06	2
8 Jacob Greig		Ange Gabriel	2:42.66	1
9 Andrew Poyner		St. Mikes	2:56.52	
10 Neil MacKay		North Grenville Dhs	2:58.45	

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 73 Women 1500 Meter Run Senior**

=====				
LGSSAA: ! 4:39.66 2018-05-18 Lily Meek, TISS				
Name	Year	School	Finals	Points
=====				
1 Camryn Crawford		St. Mikes	5:37.37	10
2 kate Wright		Bci	6:09.78	8
3 Emma Wormald		North Grenville Dhs	6:10.67	6
4 Raya McLean		North Grenville Dhs	6:20.19	5
5 Megan Parks		St. Mikes	6:31.63	4
6 Trinity Young		Thousand Islands SS	7:09.86	3
7 Sanaa Moursli		Thousand Islands SS	7:11.53	2

Event 74 Men 1500 Meter Run Senior

=====				
LGSSAA: ! 3:52.83 2007 Matt Leeder (TISS)				
Name	Year	School	Finals	Points
=====				
1 Shan Dhanoa		Thousand Islands SS	4:22.98	10
2 Nathan Plant		Thousand Islands SS	4:45.52	8
3 Sebastian Freidrich-Yap		North Grenville Dhs	5:08.69	6
4 Justin Fluit		North Grenville Dhs	5:44.06	5
5 Neil MacKay		North Grenville Dhs	5:55.06	4

Event 75 Women 3000 Meter Run Senior

=====				
LGSSAA: ! 10:17.50 1983 Susi Long (BCI)				
Name	Year	School	Finals	Points
=====				
1 Raya McLean		North Grenville Dhs	14:12.90	10
2 Anna Agazzi		Athens Dhs	16:12.04	8
3 Trinity Young		Thousand Islands SS	16:21.85	6

Event 76 Men 3000 Meter Run Senior

=====				
LGSSAA: ! 8:37.76 2007 Matt Leeder (TISS)				
Name	Year	School	Finals	Points
=====				
1 Wes Finner		St. Mikes	11:40.13	10
2 Justin Fluit		North Grenville Dhs	12:14.25	8
3 Jase Hodge		Thousand Islands SS	13:18.60	6

Event 77 Women 100 Meter Hurdles Senior

=====				
LGSSAA: ! 15.39 2008 Shannon Mueller (Rideau)				
Name	Year	School	Finals	Wind Points
=====				
1 Grace Russell		Gss	21.00	NWI 10
2 Paige Reimann		Bci	21.05	NWI 8

Event 78 Men 110 Meter Hurdles Senior

=====				
LGSSAA: ! 15.10 1989 Mike Player (Gananoque)				
Name	Year	School	Finals	Wind Points
=====				
1 Frankie Haller		St Mary's	17.90	NWI 10

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 80 Men 400 Meter Hurdles Senior**

=====					
LGSSAA: ! 54.79 2016 Austin White (SMCHS)					
Name	Year	School	Finals	Points	
=====					
1 Andrew Poyner		St. Mikes	1:22.93	10	
2 Dylan Popejoy		St Mary's	1:32.82	8	
3 Liam Supple		Bci	1:35.35	6	

Event 81 Women High Jump Senior

=====					
LGSSAA: ! 1.66m 1985 Jackie Rasenberg (BCI)					
Name	Year	School	Finals	Points	
=====					
1 Alexis McLarry		Thousand Islands SS	1.30m	10	
2 Hannah Wilson		Thousand Islands SS	1.25m	8	
3 Paige Reimann		Bci	1.20m	6	
-- Matilda Haenggi		Gss	NH		
-- Sanaa Moursli		Thousand Islands SS	NH		
-- Luana Ruegsegger		Gss	NH		

Event 82 Men High Jump Senior

=====					
LGSSAA: ! 1.96m 1983 Mark Wyman (SGDHS)					
Name	Year	School	Finals	Points	
=====					
1 Devon Rayner		Gss	1.75m	10	
2 Seth Goodberry		Gss	1.40m	8	
-- Oden Puskas		St Mary's	NH		

Event 83 Women Pole Vault Senior

=====					
LGSSAA: ! 2.85m 2008 Shannon Mueller (Rideau)					
Name	Year	School	Finals	Points	
=====					
1 Philine Mestwerdt		Thousand Islands SS	1.80m	10	

Event 84 Men Pole Vault Senior

=====					
LGSSAA: ! 4.05m 2014 Eric Cowan (TISS)					
Name	Year	School	Finals	Points	
=====					
1 Andy Giroux		Thousand Islands SS	2.40m	10	
2 Connor Bigelow		Thousand Islands SS	2.10m	8	

Event 85 Women Long Jump Senior

=====						
LGSSAA: ! 5.26m 1983 Pam Prophet (TISS)						
Name	Year	School	Finals	Wind	Points	
=====						
1 Lyndsay Fleming		North Grenville Dhs	5.16m	NWI	10	
2 Hamali Peiris		St Mary's	4.69m	NWI	8	
3 Grace Russell		Gss	4.55m	NWI	6	
4 Rin Temmo		Fulford Academy	4.40m	NWI	5	
5 Ava Cunningham		North Grenville Dhs	4.20m	NWI	4	
6 Kyla Perkins		North Grenville Dhs	4.18m	NWI	3	
7 Luana Ruegsegger		Gss	3.96m	NWI	2	

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 85 Women Long Jump Senior**

8	Elsie Post	Thousand Islands SS	3.92m	NWI	1
9	Brooklan Simpson	Athens Dhs	3.85m	NWI	
10	Hannah Wilson	Thousand Islands SS	3.61m	NWI	
11	Amina Sembene	North Grenville Dhs	3.55m	NWI	
12	Alexis McLarry	Thousand Islands SS	3.53m	NWI	
13	Taylor Fry	North Grenville Dhs	3.26m	NWI	
14	Jenna Lavery	St. Mikes	3.06m	NWI	
15	Ayva Verburg	Athens Dhs	2.68m	NWI	
--	Jordan McNulty	North Grenville Dhs	ND	NWI	

Event 86 Men Long Jump Senior

=====					
LGSSAA: ! 6.72m 2002		Charlie Bond(NGDHS)1995, Steve Cove (TISS)			
Name	Year	School	Finals	Wind	Points
=====					
1	Devon Rayner	Gss	6.24m	NWI	10
2	Kaleb Warren	Gss	5.69m	NWI	8
3	Ahmad Sembene	North Grenville Dhs	5.59m	NWI	6
4	Mitchell Van't Hoff	St Mary's	5.06m	NWI	5
5	Seth Goodberry	Gss	4.80m	NWI	4
6	Noah Birbeck	Bci	4.49m	NWI	3
7	Oden Puskas	St Mary's	4.33m	NWI	2
--	Daniel Dioguardi	St Mary's	ND	NWI	
--	Ben Healey	St Mary's	ND	NWI	
--	Tobias Schweizer	Athens Dhs	ND	NWI	
--	Michael Igwenagu	North Grenville Dhs	ND	NWI	
--	Haruki Yamamoto	St Mary's	ND	NWI	

Event 87 Women Triple Jump Senior

=====					
LGSSAA: ! 10.84m 2011		Dani Gorrell (NGrenville)			
Name	Year	School	Finals	Wind	Points
=====					
1	Lyndsay Fleming	North Grenville Dhs	10.05m	NWI	10
2	Hamali Peiris	St Mary's	9.75m	NWI	8
3	Annella Roney	Ange Gabriel	9.28m	NWI	6
4	Brenna West	St Mary's	8.84m	NWI	5
5	Hannah Wilson	Thousand Islands SS	7.77m	NWI	4
--	Elsie Post	Thousand Islands SS	ND	NWI	

Event 88 Men Triple Jump Senior

=====					
LGSSAA: ! 13.99m 1993		Chris Robinson (TISS)			
Name	Year	School	Finals	Wind	Points
=====					
1	Devon Rayner	Gss	12.32m	NWI	10
2	Ethan Wooller	St Mary's	11.16m	NWI	8
3	Seth Goodberry	Gss	10.01m	NWI	6
4	Ben Healey	St Mary's	9.38m	NWI	5

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 89 Women Shot Put Senior**

=====				
LGSSAA: ! 12.89m 2013 Ashely Connell (SGDHS)				
Name	Year	School	Finals	Points
=====				
1 Rheann Nordin		Thousand Islands SS	9.85m	10
2 Charlotte Morrison		Athens Dhs	8.04m	8
3 Paige Reimann		Bci	7.77m	6
4 Cassy Howe-Johnston		St Mary's	7.63m	5
5 Kyrha Sloan		St Mary's	7.19m	4
6 Ivanna Oseghale		St Mary's	6.85m	3
7 Stella Howard		North Grenville Dhs	6.82m	2
8 Patthiya Perngmark		South Grenville	5.16m	1
-- Audrey Johnston		North Grenville Dhs	ND	

Event 90 Men Shot Put Senior

=====				
LGSSAA: ! 17.54m 2018-05-18 Lucas Woodhall, TISS				
Name	Year	School	Finals	Points
=====				
1 Ben Healey		St Mary's	11.46m	10
2 Colin McLeod		Thousand Islands SS	11.20m	8
3 Augustus Curry		St Mary's	10.80m	6
4 Natan Malanka		St Mary's	10.58m	5
5 Nolan Foley		St. Mikes	9.98m	4
6 Tobias Schweizer		Athens Dhs	9.41m	3
7 Oden Puskas		St Mary's	9.21m	2
8 Thomas Powney		EORD	8.13m	1
9 Jonathon Alldridge		St. Mikes	7.78m	
-- Kai Rabuka		St. Mikes	ND	
-- Jacob Ostrander		St Mary's	ND	
-- Ashton Lake		St Mary's	ND	
-- Lasse Libbe		Thousand Islands SS	ND	

Event 91 Women Discus Throw Senior

=====				
LGSSAA: ! 38.70m 2013 Ashley Connell (SGDHS)				
Name	Year	School	Finals	Points
=====				
1 Kathryn Kizell		Bci	26.28m	10
2 Cassy Howe-Johnston		St Mary's	22.35m	8
3 Iclal Onural		Thousand Islands SS	19.49m	6
4 Grace Russell		Gss	18.68m	5
5 Alexis McLarry		Thousand Islands SS	18.05m	4
6 Ava Coon		EORD	17.68m	3
7 Audrey Johnston		North Grenville Dhs	16.98m	2
8 Patthiya Perngmark		South Grenville	15.12m	1
9 Leah Don		EORD	14.02m	
10 Sophie Eveno		Thousand Islands SS	13.75m	
-- Matilda Haenggi		Gss	ND	

Event 92 Men Discus Throw Senior

=====				
LGSSAA: ! 54.94m 2017 Lucas Woodhall (TISS)				
Name	Year	School	Finals	Points
=====				
1 Colin McLeod		Thousand Islands SS	35.32m	10

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 92 Men Discus Throw Senior**

2	Braeden McMullen	Bci	31.58m	8
3	Kaleb Warren	Gss	29.65m	6
4	Jimmy Hann	Bci	23.84m	5
5	Thomas Powney	EORD	19.55m	4
6	Jonathon Alldridge	St. Mikes	17.01m	3
--	Ashton Lake	St Mary's	ND	
--	Kai Rabuka	St. Mikes	ND	

Event 93 Women Javelin Throw Senior

=====				
LGSSAA: ! 39.09m 2007 Shannon Ferguson (St Mary)				
Name	Year	School	Finals	Points
=====				
1	Kaylee Clark	Gss	43.21m!	10
2	Ava Cunningham	North Grenville Dhs	25.84m	8
3	Rheann Nordin	Thousand Islands SS	24.49m	6
4	Charlotte Morrison	Athens Dhs	24.15m	5
5	Katie O'Halloran	Ange Gabriel	23.83m	4
6	Iclal Onural	Thousand Islands SS	22.45m	3
7	Sophie Eveno	Thousand Islands SS	22.37m	2
8	Lauren MacDonald	St Mary's	21.60m	1
9	Kyrha Sloan	St Mary's	18.81m	
10	Leah Don	EORD	18.27m	
11	Ivanna Oseghale	St Mary's	17.83m	
12	Ava Coon	EORD	16.16m	
13	Patthiya Perngmark	South Grenville	8.92m	
--	Kloe Lewis	St. Mikes	ND	
--	Luana Ruegsegger	Gss	ND	
--	Audrey Johnston	North Grenville Dhs	ND	

Event 94 Men Javelin Throw Senior

=====				
LGSSAA: ! 62.85m 2010 Trent Corney (TISS)				
Name	Year	School	Finals	Points
=====				
1	Ethan Wooller	St Mary's	48.42m	10
2	Colin McLeod	Thousand Islands SS	43.49m	8
3	Augustus Curry	St Mary's	40.25m	6
4	Dylan Cox	Gss	32.76m	5
5	Charlie Halliday	St. Mikes	30.32m	4
6	Thomas Powney	EORD	27.43m	3
7	Jimmy Hann	Bci	26.58m	2
8	Alex Maines	Thousand Islands SS	13.19m	1
--	Daniel Dioguardi	St Mary's	ND	
--	Ashton Lake	St Mary's	ND	
--	Natan Malanka	St Mary's	ND	
--	Jonathon Alldridge	St. Mikes	ND	
--	Reuben De Jong	St. Mikes	ND	
--	Kai Rabuka	St. Mikes	ND	

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 95 Women 4x100 Meter Relay Senior**

=====			
LGSSAA: ! 50.84 2006		TISS	
School		Finals	Points
=====			
1 Thousand Islands SS		51.89	10
2 North Grenville Dhs		56.88	8
3 North Grenville Dhs 'B'		59.03	6
4 Ange Gabriel		1:00.82	5

Event 96 Men 4x100 Meter Relay Senior

=====			
LGSSAA: ! 43.47 2011		TISS	
School		Finals	Points
=====			
1 Thousand Islands SS		47.36	9
1 North Grenville Dhs		47.36	9

Event 97 Women 2000 Meter Steeplechase Open

=====			
LGSSAA: ! 5:25.86 2014		Courtney Serson (TISS)	
Name	Year School	Finals	Points
=====			
1 Brynn Bowman	Gss	8:36.40	10
2 Emma Wormald	North Grenville Dhs	8:41.95	8
3 Camryn Crawford	St. Mikes	8:48.99	6
4 Macey Grier	Gss	9:04.56	5
5 Raya McLean	North Grenville Dhs	9:40.92	4
6 Trinity Young	Thousand Islands SS	10:32.60	3

Event 98 Men 2000 Meter Steeplechase Open

=====			
LGSSAA: ! 6:01.40		Bill Reynolds (TISS)	
Name	Year School	Finals	Points
=====			
1 Nick Dardano	Bci	7:00.27	10
2 Sebastian Freidrich-Yap	North Grenville Dhs	7:35.56	8
3 Liam Supple	Bci	7:49.88	6
4 Harrison Pringle	EORD	7:54.18	5
5 Jase Hodge	Thousand Islands SS	8:01.29	4
6 Frankie Haller	St Mary's	8:12.50	3
7 Aidan Taylor	Gss	8:24.72	2
8 Daniel Montgomery	EORD	8:36.95	1
9 Justin Fluit	North Grenville Dhs	9:25.82	
10 Alex Maines	Thousand Islands SS	9:39.16	

Event 99 Women 4x400 Meter Relay Open

=====			
LGSSAA: ! 4:10.91 2013		TISS	
School		Finals	Points
=====			
1 Thousand Islands SS		4:25.86	10
2 Thousand Islands SS 'B'		4:45.03	8
3 Rideau District High School		4:45.32	6
4 Thousand Islands SS 'C'		4:45.39	5
5 North Grenville Dhs		4:45.97	4

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****Event 100 Men 4x400 Meter Relay Open**

LGSSAA: ! 3:27.25 2011		TISS		
School			Finals	Points
1 St Mary's - Brockville			3:50.09	10
2 Thousand Islands SS			4:05.80	8
3 Thousand Islands SS 'B'			4:10.65	6
4 St.Michael Catholic High Schoo			4:26.51	5

Women - Novice - Team Rankings - 16 Events Scored

1) Thousand Islands SS	199	2) North Grenville DHS	140
3) Gananoque Secondary School	81	4) St.Michael Catholic High	42
5) Rideau District High Schoo	32	6) South Grenville District	15
7) Athens District High Schoo	4	8) Fulford Academy	2

Women - Junior - Team Rankings - 16 Events Scored

1) Thousand Islands SS	183	2) North Grenville DHS	77
3) South Grenville District H	55	4) Rideau District High Scho	44
5) Gananoque Secondary School	36	6) Brockville Collegiate Ins	28
7) Ange Gabriel	16	8) Athens District High Scho	14
9) St Mary's - Brockville	6	10) St.Michael Catholic High	5

Women - Senior - Team Rankings - 15 Events Scored

1) Thousand Islands SS	161	2) North Grenville DHS	115
3) Brockville Collegiate Inst	44	4) St Mary's - Brockville	42
5) Gananoque Secondary School	33	6) Athens District High Scho	26
7) Rideau District High Schoo	19	8) Ange Gabriel	15
9) St.Michael Catholic High S	14	10) Fulford Academy	5
11) South Grenville District H	2		

Women - Open - Team Rankings - 2 Events Scored

1) Thousand Islands SS	26	2) North Grenville DHS	16
3) Gananoque Secondary School	15	4) St.Michael Catholic High	6
4) Rideau District High Schoo	6		

Men - Novice - Team Rankings - 15 Events Scored

1) Thousand Islands SS	209	2) St Mary's - Brockville	69
3) St.Michael Catholic High S	67	4) North Grenville DHS	62
5) Gananoque Secondary School	35	6) Fulford Academy	22
7) Brockville Collegiate Inst	14	8) Rideau District High Scho	13
9) South Grenville District H	9	10) Ange Gabriel	6

Men - Junior - Team Rankings - 15 Events Scored

1) Thousand Islands SS	148	2) Rideau District High Scho	88
3) Gananoque Secondary School	69	4) Brockville Collegiate Ins	60
5) St Mary's - Brockville	35	6) Athens District High Scho	21
7) St.Michael Catholic High S	19	7) South Grenville District	19
9) Ange Gabriel	14		

LGSSAA Track and Field Championships 2022 - 2022-05-13**Thousand Islands SS****Results****....Event 100 Men 4x400 Meter Relay Open**

===== Men - Senior - Team Rankings - 16 Events Scored =====

1) Thousand Islands SS	143	2) St Mary's - Brockville	95
3) North Grenville DHS	87	4) Gananoque Secondary Schoo	74
5) St.Michael Catholic High S	43	6) Brockville Collegiate Ins	24
7) Rideau District High Schoo	11	8) Athens District High Scho	3
9) Fulford Academy	1	9) Ange Gabriel	1

===== Men - Open - Team Rankings - 2 Events Scored =====

1) Thousand Islands SS	18	2) Brockville Collegiate Ins	16
3) St Mary's - Brockville	13	4) North Grenville DHS	8
5) Rideau District High Schoo	6	6) St.Michael Catholic High	5
7) Gananoque Secondary School	2		

===== Combined Team Scores - Novice - 31 Events Scored =====

1) Thousand Islands SS	408	2) North Grenville DHS	202
3) Gananoque Secondary School	116	4) St.Michael Catholic High	109
5) St Mary's - Brockville	69	6) Rideau District High Scho	45
7) Fulford Academy	24	7) South Grenville District	24
9) Brockville Collegiate Inst	14	10) Ange Gabriel	6
11) Athens District High Schoo	4		

===== Combined Team Scores - Junior - 31 Events Scored =====

1) Thousand Islands SS	331	2) Rideau District High Scho	132
3) Gananoque Secondary School	105	4) Brockville Collegiate Ins	88
5) North Grenville DHS	77	6) South Grenville District	74
7) St Mary's - Brockville	41	8) Athens District High Scho	35
9) Ange Gabriel	30	10) St.Michael Catholic High	24

===== Combined Team Scores - Senior - 31 Events Scored =====

1) Thousand Islands SS	304	2) North Grenville DHS	202
3) St Mary's - Brockville	137	4) Gananoque Secondary Schoo	107
5) Brockville Collegiate Inst	68	6) St.Michael Catholic High	57
7) Rideau District High Schoo	30	8) Athens District High Scho	29
9) Ange Gabriel	16	10) Fulford Academy	6
11) South Grenville District H	2		

===== Combined Team Scores - Open - 4 Events Scored =====

1) Thousand Islands SS	44	2) North Grenville DHS	24
3) Gananoque Secondary School	17	4) Brockville Collegiate Ins	16
5) St Mary's - Brockville	13	6) Rideau District High Scho	12
7) St.Michael Catholic High S	11		