

LGSSAA Track & Field Championship 2023
Thousand Islands Secondary School

Results

Event 1 Women 100 Meter Dash Novice

OFSAA:		12.00	2015-06-05	Alyssa Marsh
Can Inter:		11.54	2002	Ashley Purnell - St. Mark
Name		School		Prelims
Preliminaries				
1	Olivia St Pierre	Thousand Islands		13.00q NWI
2	Gwen Kelly	St. Michael		13.71q NWI
3	Tiawna Anderson	Thousand Islands		14.09q NWI
4	Kaitlin Massey	Brockville C		14.18q NWI
5	Grace Jardine	Brockville C		14.23q NWI
6	Jillian Montgomery	Gananoque		14.24q NWI
7	Elizabeth Wheeler	St. Mary - B		14.27q NWI
8	Dahlia Jacques	Brockville C		14.36q NWI
9	Marieve Galbraith	St. Michael		14.36 NWI
10	Samantha LeBlanc	Ange-Gabriel		14.48 NWI
11	Sarah Trotman	Athens		14.59 NWI
12	Teagyn Veley	Gananoque		15.00 NWI
13	Reena Gibbs	Ange-Gabriel		15.04 NWI
14	Devyn Kingsley	Ange-Gabriel		15.43 NWI
15	Tatianna Roach	St. Mary - B		15.62 NWI
16	Ro Vogelzang	Brockville C		15.64 NWI
17	Nora-Jane Mulrooney	St. Mary - B		15.87 NWI
18	Isabelle Wilson	Thousand Islands		15.95 NWI
19	Veronique Moori	Ange-Gabriel		16.19 NWI
20	Keira Snider	St. Mary - B		16.21 NWI
21	Gabrielle Madden	Ange-Gabriel		16.36 NWI
22	Layla McWilliams	South Grenvi		16.46 NWI
23	Ainsley Otoole	St. Mary - B		16.55 NWI
24	Macy Prosser	South Grenvi		16.62 NWI
25	Brooklyn Urquhart	St. Michael		17.26 NWI

Event 1 Women 100 Meter Dash Novice

OFSAA:		12.00	2015-06-05	Alyssa Marsh	
Can Inter:		11.54	2002	Ashley Purnell - St. Mark	
Name		School		Finals	
Finals					
1	Olivia St Pierre	Thousand Islands		12.88	10
2	Gwen Kelly	St. Michael		13.56	8
3	Tiawna Anderson	Thousand Islands		13.82	6
4	Elizabeth Wheeler	St. Mary - B		13.96	5
5	Jillian Montgomery	Gananoque		13.97	4
6	Grace Jardine	Brockville C		14.14	3
7	Kaitlin Massey	Brockville C		14.40	2
8	Dahlia Jacques	Brockville C		14.57	1

Event 2 Men 100 Meter Dash Novice

OFSAA:	10.89	1981	Keith Dormond
Can Inter:	10.41	1994	Carlton Chambers-Assention of our
Name	School		Prelims
Preliminaries			
1	Cooper Hedderson	Gananoque	12.35q NWI
2	Dax Fontaine	Thousand Islands	12.70q NWI
3	Jesse Rabuka	St. Michael	12.82q NWI
4	Aidan Read	Thousand Islands	12.83q NWI
5	David Hopkins	St. Michael	12.86q NWI

6	Nolan Tym	North Grenville	12.89q NWI
7	Cody Earl	Gananoque	13.10q NWI
8	Drake Sled	Thousand Islands	13.10q NWI
9	Finnley Panciuk	St. Michael	13.15 NWI
10	Owen Cook	South Grenvi	13.29 NWI
11	Owen Miles	Athens	13.31 NWI
12	Landon Armstrong	South Grenvi	13.65 NWI
13	Nolan Kennelly	St. Michael	13.78 NWI
14	Jack Bangma	St. Mary - B	13.81 NWI
15	Braxton Herbison	Thousand Islands	13.86 NWI
16	Ethan Kirby	St. Mary - B	13.91 NWI
17	Logan Hoger	St. Michael	13.93 NWI
18	Andrew Leeder	St. Mary - B	14.14 NWI
19	Cameron Cumpson	Rideau	14.18 NWI
20	Wyatt Nolan	St. Michael	14.26 NWI
21	Merrick Lawrence	St. Mary - B	14.48 NWI
22	Callum Smith	South Grenvi	14.91 NWI

Event 2 Men 100 Meter Dash Novice

OFSAA:		10.89	1981	Keith Dormond	
Can Inter:		10.41	1994	Carlton Chambers-Assention of our	
Name		School		Finals	
Finals					
1	Cooper Hedderson	Gananoque		12.03	10
2	Dax Fontaine	Thousand Islands		12.34	8
3	Jesse Rabuka	St. Michael		12.55	6
4	Nolan Tym	North Grenville		12.61	5
5	Aidan Read	Thousand Islands		12.77	4
6	David Hopkins	St. Michael		12.78	3
7	Cody Earl	Gananoque		12.86	2
8	Drake Sled	Thousand Islands		12.94	1

Event 3 Women 200 Meter Dash Novice

OFSAA:		24.32	2010	Christian Brennan	
Can Inter:		23.34	2015	Raquel Tjernagel - New Westminst	
Name		School		Prelims	
Preliminaries					
1	Emma St Pierre	Thousand Islands		27.42q NWI	
2	Olivia St Pierre	Thousand Islands		27.57q NWI	
3	Victoria Ford	Thousand Islands		28.72q NWI	
4	Emma Smallgagne	Rideau		29.18q NWI	
5	Tiawna Anderson	Thousand Islands		29.78q NWI	
6	Samantha LeBlanc	Ange-Gabriel		30.01q NWI	
7	Aimee Galbraith	St. Michael		30.30q NWI	
8	Elizabeth Wheeler	St. Mary - B		30.34q NWI	
9	Vivian Codling	Rideau		30.92 NWI	
10	Dahlia Jacques	Brockville C		31.20 NWI	
11	Kaitlin Massey	Brockville C		31.46 NWI	
12	Cheyenne Macpherson	Rideau		32.41 NWI	
13	Ro Vogelzang	Brockville C		33.06 NWI	
14	Nora-Jane Mulrooney	St. Mary - B		33.70 NWI	
15	Reese Prevost	Rideau		34.17 NWI	
16	Ryann Martin	North Grenville		35.27 NWI	

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Thousand Islands Secondary School

Results

Event 3 Women 200 Meter Dash Novice

OFSAA: 24.32 2010 Christian Brennan
 Can Inter: 23.34 2015 Raquel Tjernagel - New Westminster

Name	School	Finals
Finals		
1 Olivia St Pierre	Thousand Islands	26.74 10
2 Victoria Ford	Thousand Islands	27.25 8
3 Emma St Pierre	Thousand Islands	27.42 6
4 Emma Smallgagne	Rideau	28.68 5
5 Aimee Galbraith	St. Michael	29.39 4
6 Samantha LeBlanc	Ange-Gabriel	29.82 3
7 Elizabeth Wheeler	St. Mary - B	29.91 2
8 Tiawna Anderson	Thousand Islands	30.70 1

Event 4 Men 200 Meter Dash Novice

OFSAA: 22.28 2017-06-03 Marcus Renford
 Can Inter: 20.95 1984 Atlee Mahorn - Central Technic

Name	School	Prelims
Preliminaries		
1 Cohen Gill	Thousand Islands	25.10q NWI
2 Dax Fontaine	Thousand Islands	25.76q NWI
3 Donovan Constable-Laurier	Rideau	25.78q NWI
4 Larkin Richards	Thousand Islands	25.83q NWI
5 Nolan Tym	North Grenville	26.38q NWI
6 David Hopkins	St. Michael	26.46q NWI
7 Dominick Lane	Thousand Islands	27.19q NWI
8 Cody Earl	Gananoque	27.30q NWI
9 Owen Cook	South Grenvi	27.68 NWI
10 Marlo Kelln	St. Michael	27.78 NWI
11 Andrew Leeder	St. Mary - B	29.33 NWI
12 Landon Armstrong	South Grenvi	29.44 NWI
13 Hayden Payne	Thousand Islands	29.95 NWI
14 Ethan Kirby	St. Mary - B	30.10 NWI
15 Merrick Lawrence	St. Mary - B	31.17 NWI

Event 4 Men 200 Meter Dash Novice

OFSAA: 22.28 2017-06-03 Marcus Renford
 Can Inter: 20.95 1984 Atlee Mahorn - Central Technic

Name	School	Finals
Finals		
1 Cohen Gill	Thousand Islands	25.00 10
2 Dax Fontaine	Thousand Islands	25.22 8
3 Donovan Constable-Laurier	Rideau	25.89 6
4 Larkin Richards	Thousand Islands	26.15 5
5 Nolan Tym	North Grenville	26.48 4
6 David Hopkins	St. Michael	26.55 3
7 Cody Earl	Gananoque	27.11 2
8 Dominick Lane	Thousand Islands	27.37 1

Event 5 Women 400 Meter Dash Novice

OFSAA: 54.63 2013-06-07 Kyra Constantine
 Can Inter: 52.52 2015 Raquel Tjernagel - New Westminster

Name	School	Finals
Finals		
1 Victoria Ford	Thousand Islands	1:01.67 10

2 Emma St Pierre	Thousand Islands	1:02.15 8
3 Emma Smallgagne	Rideau	1:06.60 6
4 Aimee Galbraith	St. Michael	1:08.43 5

Event 6 Men 400 Meter Dash Novice

OFSAA: 49.14 2019-06-07 Christopher Morales-Williams
 Can Inter: 45.71 2019-06-07 Miles Misener Daley

Name	School	Finals
Finals		
1 Jonah Hawes	Thousand Islands	55.57 10
2 Cohen Gill	Thousand Islands	57.26 8
3 Larkin Richards	Thousand Islands	59.16 6
4 Owen Cook	South Grenvi	1:02.62 5
5 Hayden Payne	Thousand Islands	1:06.16 4
6 Wyatt Moodie	Athens	1:06.34 3

Event 7 Women 800 Meter Run Novice

OFSAA: 2:09.58 2012-06-09 Kailee Sawyer
 Can Inter: 2:05.94 1980 Elise Braithwaite-Elmwood Sch

Name	School	Finals
Finals		
1 Charlotte Monteith	Thousand Islands	2:41.00 10
2 Isabelle Guenette	Ange-Gabriel	2:44.37 8
3 Marieve Galbraith	St. Michael	2:48.10 6
4 Carlene Knight	Rideau	2:50.05 5
5 Claire Ferguson	Rideau	3:10.89 4
6 Ryann Martin	North Grenville	3:21.79 3

Event 8 Men 800 Meter Run Novice

OFSAA: 1:53.24 1989 Kevin Sullivan
 Can Inter: 1:47.14 2012 Brandon McBride - WF Herman Sch

Name	School	Finals
Finals		
1 Rayane Link	Thousand Islands	2:07.69 10
2 Jonah Hawes	Thousand Islands	2:12.12 8
3 Rowan Dean	North Grenville	2:21.84 6
4 Chesney Yee	Thousand Islands	2:26.84 5
5 Cohen Merkle	Thousand Islands	2:35.95 4
6 Carter Armstrong	St. Michael	2:42.56 3
7 Rory Shanks	Rideau	2:46.11 2

Event 9 Women 1500 Meter Run Novice

OFSAA: 4:28.41 2013-06-06 Jessie Fleming
 Can Inter: 4:21.12 2018 Jocelyn Chau

Name	School	Finals
Finals		
1 Isabelle Guenette	Ange-Gabriel	5:38.55 10
2 Charlotte Monteith	Thousand Islands	5:39.65 8
3 Marieve Galbraith	St. Michael	5:45.48 6
4 Abby Webster	Gananoque	5:57.31 5
5 Abigail Jackson	St. Mary - B	6:09.93 4
6 Claire Ferguson	Rideau	6:18.89 3

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Event 10 Men 1500 Meter Run Novice

OFSAA: 3:54.31 1989 Kevin Sullivan

Can Inter: 3:42.33 1993 Kevin Sullivan - North Park C&

Name	School	Finals
Finals		
1 Rayane Link	Thousand Islands	4:20.91 10
2 Rowan Dean	North Grenville	4:46.43 8
3 Peter Ford	Thousand Islands	4:55.29 6
4 Cohen Merkley	Thousand Islands	5:20.74 5
5 Owen Miles	Athens	5:36.81 4
6 Ayden Belles	Gananoque	5:55.81 3

Event 11 Women 3000 Meter Run Novice

OFSAA: 9:43.59 2016-06-04 Cameron Ormond

Can Inter: 9:21.68 2018 Jocelyn Chau

Name	School	Finals
Finals		
1 Charlotte Monteith	Thousand Islands	12:39.89 10
2 Abigail Jackson	St. Mary - B	13:56.53 8

Event 12 Men 3000 Meter Run Novice

OFSAA: 8:47.94 2015-06-06 Thomas Witkowicz

Can Inter: 8:00.2h 1987 Greg Anderson - Parkside HS

Name	School	Finals
Finals		
1 Rowan Dean	North Grenville	10:38.23 10
2 Peter Ford	Thousand Islands	10:58.15 8
3 Rory Shanks	Rideau	11:58.73 6
4 Chesney Yee	Thousand Islands	13:23.82 5
5 Ayden Belles	Gananoque	14:18.37 4

Event 13 Women 80 Meter Hurdles Novice

OFSAA: 11.29 1996 Jessica Zelinka

Can Inter: 11.01 1998 Jessica Zelinka - Sir Frederic

Name	School	Finals
Finals		
1 Rebecca Don	Rideau	14.70 10
2 Emma Smallgagne	Rideau	15.05 8
3 Macy Sled	Thousand Islands	15.93 6
4 Claire Merkley	Thousand Islands	16.71 5

Event 14 Men 100 Meter Hurdles Novice

OFSAA: 13.41 2015-06-05 Liam Mather

Name	School	Finals
Finals		
1 Cameron Cumpson	Rideau	16.83 10
2 Alastair Hudson	Gananoque	18.03 8
3 Cody Earl	Gananoque	19.47 6

Event 15 Women 300 Meter Hurdles Novice

OFSAA: 43.13 2012-06-09 Lexi Aitken

Can Inter: 41.66 1994 Nadia Schmiedt - John Paul II

Name	School	Finals
Finals		
1 Victoria Ford	Thousand Islands	49.16 10

Event 16 Men 300 Meter Hurdles Novice

OFSAA: 39.24 2019-06-08 Ryder King

Can Inter: 37.06 1992 Troy Langevine - Agincourt CI

Name	School	Finals
Finals		
1 Marlo Kelln	St. Michael	50.27 10
2 Andrew Leeder	St. Mary - B	54.29 8
3 Chase Culbert	St. Michael	55.15 6
4 Chesney Yee	Thousand Islands	1:04.06 5

Event 17 Women High Jump Novice

OFSAA: 1.75m 2012-06-07 Shyla Cardy

Can Inter: 1.88m 1979 Julie White - Brampton Centenn

Name	School	Finals
Finals		
1 Cheyanne Macpherson	Rideau	1.30m 10
2 Jillian Montgomery	Gananoque	1.25m 8

Event 18 Men High Jump Novice

OFSAA: 1.95m 2007 Jeff Webb

Can Inter: 2.24m 1998 Michael Ponikvar - Denis Morri

Name	School	Finals
Finals		
1 Nolan Morrow	Rideau	1.65m 10
2 Zach Campbell	Gananoque	1.60m 8
3 Trent Doran	Thousand Islands	1.45m 6
4 Hayden Payne	Thousand Islands	1.30m 5

Event 21 Women Long Jump Novice

OFSAA: 5.76m 1996 Jessica Zelinka

Can Inter: 6.16m 1986 Keron Hamilton - Burlington Ce

Name	School	Finals
Finals		
1 Grace Jardine	Brockville C	4.28m 10
2 Isabelle Carson	Ange-Gabriel	4.27m 8
3 Capri Munro	Ange-Gabriel	4.13m 6
4 Gwen Kelly	St. Michael	3.99m 5
5 Kaitlin Massey	Brockville C	3.92m 4
6 Teagyn Vele	Gananoque	3.90m 3
7 Jillian Montgomery	Gananoque	3.87m 2
8 Vivian Codling	Rideau	3.55m 1
9 Maddy Pepper	Rideau	3.29m NWI
10 Layla McWilliams	South Grenvi	3.24m NWI
11 Carlene Knight	Rideau	3.17m NWI
12 Cameron Dubreil	South Grenvi	2.69m NWI
--- Addyson Kiser	Thousand Islands	ND NWI

Event 22 Men Long Jump Novice

OFSAA: 6.67m 2017-06-02 Marcus Renford

Can Inter: 7.75m 1990 Brian Thomas - Central Technic

Name	School	Finals
Finals		
1 Zach Campbell	Gananoque	5.14m 10
2 Owen Miles	Athens	5.07m 8
3 Donovan Constable-Laurier	Rideau	4.93m 6
4 Cooper Hedderson	Gananoque	4.90m 5

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Finals ... (Event 22 Men Long Jump Novice)

	Name	School	Finals	
5	Nolan Tym	North Grenville	4.74m	4
6	Marlo Kelln	St. Michael	4.62m	3
7	Braxton Herbison	Thousand Islands	4.61m	2
8	Wyatt Moodie	Athens	4.41m	1
9	Jesse Rabuka	St. Michael	4.15m	NWI
10	Wyatt Nolan	St. Michael	4.13m	NWI
11	Trent Doran	Thousand Islands	3.90m	NWI
12	Walker Fry	North Grenville	3.80m	NWI
13	Landon Armstrong	South Grenvi	3.41m	NWI

Event 23 Women Triple Jump Novice

OFSAA: 11.80m 2000 Tabia Charles

Can Inter: 13.06m 2019-06-07 Mahalia Mitchell

	Name	School	Finals	
1	Isabelle Carson	Ange-Gabriel	9.31m	10
2	Grace Jardine	Brockville C	9.12m	8
3	Capri Munro	Ange-Gabriel	8.67m	6
4	Gwen Kelly	St. Michael	8.50m	5
5	Samantha LeBlanc	Ange-Gabriel	8.05m	4

Event 24 Men Triple Jump Novice

OFSAA: 13.74m 2015-06-05 Joshua Hanghton

Can Inter: 15.76m 1982 George Wright - Vaughan Road C

	Name	School	Finals	
1	Zach Campbell	Gananoque	11.39m	10
2	Dax Fontaine	Thousand Islands	10.57m	8
3	Braxton Herbison	Thousand Islands	10.17m	6
4	Trent Doran	Thousand Islands	9.60m	5
5	Wyatt Moodie	Athens	9.57m	4
6	Walker Fry	North Grenville	9.01m	3
7	Wyatt Nolan	St. Michael	8.47m	2
---	Alastair Hudson	Gananoque	ND	NWI

Event 25 Women Shot Put Novice

OFSAA: 15.92m 2015-06-06 Trinity Tutti

Can Inter: 14.86m 2012-06-08 Brittany Crew

	Name	School	Finals	
1	Addyson Kiser	Thousand Islands	8.89m	10
2	Praise Majemite	Brockville C	8.27m	8
3	Macy Prosser	South Grenvi	7.53m	6
4	Camryn Stefura	Ange-Gabriel	7.45m	5
5	Maddy Pepper	Rideau	7.20m	4
6	Shelley Johnstone	Brockville C	6.85m	3
7	Brooklyn Urquhart	St. Michael	6.15m	2
8	Savanna Kastner	Brockville C	5.98m	1

Event 26 Men Shot Put Novice

OFSAA: 16.95m 2006 Jackson Gray

	Name	School	Finals	
1	Blake Edwards	St. Mary - B	11.80m	10

2	Jack Johnson	North Grenville	11.30m	8
3	Tanner Rodgers	St. Michael	10.82m	6
4	Cohen Smith	Gananoque	10.35m	5
5	Bryce Handley	Rideau	10.32m	4
6	Nolan Kennelly	St. Michael	10.20m	3
7	Callum Smith	South Grenvi	9.97m	2
8	Ronan Sloan	South Grenvi	9.94m	1
9	Matt Morrison	Thousand Islands	8.84m	
10	Ethan Kirby	St. Mary - B	8.69m	
11	Theo Pedherney	Rideau	8.09m	
12	Jace O'Neil	Thousand Islands	7.76m	
---	Aaron Smid	Athens	ND	
---	Nick Moore	Thousand Islands	ND	

Event 27 Women Discus Throw Novice

OFSAA: 43.40m 2015-06-05 Trinity Tutti

Can Inter: 53.72m 2022 Julia Tunks - Oakridge SS - London

	Name	School	Finals	
1	Isabelle Carson	Ange-Gabriel	19.64m	10
2	Addyson Kiser	Thousand Islands	19.05m	8
3	Camryn Stefura	Ange-Gabriel	18.38m	6
4	Vanessa Weidenaar	Thousand Islands	17.92m	5

Event 28 Men Discus Throw Novice

OFSAA: 58.98m 1973 Rob Town

	Name	School	Finals	
1	Bryce Handley	Rideau	34.63m	10
2	Tanner Rodgers	St. Michael	32.05m	8
3	Cohen Smith	Gananoque	29.09m	6
4	Jack Johnson	North Grenville	26.98m	5
5	Matt Morrison	Thousand Islands	26.85m	4
6	Logan Hoger	St. Michael	23.68m	3
7	Walker Fry	North Grenville	23.10m	2
8	Dylan Garrett	Gananoque	20.48m	1
9	Nolan Kennelly	St. Michael	16.93m	

Event 29 Women Javelin Throw Novice

OFSAA: 41.52m 2015-06-04 Trinity Tutti

Can Inter: 51.94m 1984 Cheryl Coker - Carleton Place

	Name	School	Finals	
1	Rebecca Don	Rideau	26.19m	10
2	Sarah Trotman	Athens	20.98m	8
3	Vanessa Weidenaar	Thousand Islands	19.96m	6
4	Hannah Opalka	Thousand Islands	19.58m	5
5	Gabrielle Madden	Ange-Gabriel	18.93m	4
6	Addie Perrin	Brockville C	17.61m	3
7	Praise Majemite	Brockville C	17.50m	2
8	Keira Snider	St. Mary - B	16.98m	1
9	Shelley Johnstone	Brockville C	13.70m	
10	Ryann Martin	North Grenville	8.62m	
---	Aimee Galbraith	St. Michael	ND	

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Event 30 Men Javelin Throw Novice				
OFSAA: 57.95m 2007			Ray Dykstra	
Name		School	Finals	
Finals				
1	Nolan Morrow	Rideau	42.12m	10
2	Dylan Garrett	Gananoque	38.44m	8
3	Tanner Rodgers	St. Michael	36.39m	6
4	Theo Pedherney	Rideau	33.72m	5
5	River Irvine	Brockville C	30.27m	4
6	Jack Johnson	North Grenville	27.57m	3
7	Jace O'Neil	Thousand Islands	25.91m	2
8	Aaron Smid	Athens	25.80m	1
9	Jack Bangma	St. Mary - B	24.26m	
10	Matt Morrison	Thousand Islands	20.55m	
11	Logan Hoger	St. Michael	20.03m	

Event 31 Women 4x100 Meter Relay Novice				
OFSAA:		48.86	2019-06-07	Father Henry Carr - Rexdale
K Allen, F Ugboibo, E Aghedo, K Anyaogu				
Can Inter:		47.60	2003	Mary Ward Catholic
O Ugiagbe, Z Gill, L Gonsalves, L Wilson				
Team		Relay		Finals
Finals				
1	Thousand Islands			52.55 10
2	Brockville C			56.64 8
3	Ange-Gabriel			57.31 6
4	Thousand Islands B			57.98 5
5	Rideau - Elgin			59.59 4
6	St. Mary - Brockville			1:01.13 3

Event 32 Men 4x100 Meter Relay Novice				
OFSAA:		43.90	2018-06-08	Our Lady Mt Carmel SS -Mississ
J Rose, J Rose, J Amoroso, A Magdziak				
Can Inter:		41.28	1988	George Harvey SS - York
W Charles, I Hilton, D Gill, C James				
Team		Relay		Finals
Finals				
1	Thousand Islands			49.00 10
2	Gananoque - Gananoque			50.30 8
3	St. Michael			50.94 6
4	Rideau - Elgin			54.59 5
5	St. Mary - Brockville			54.73 4

Event 33 Women 100 Meter Dash Junior			
OFSAA:	11.77	2011-06-03	Christian Brennan
Can Inter:	11.54	2002	Ashley Purnell - St. Mark
Name		School	Prelims
Preliminaries			
1	Willow Burnette	North Grenville	13.54q NWI
2	Alex Cosentino	Thousand Islands	13.72q NWI
3	Teagan Spear	North Grenville	13.88q NWI
4	Mackenzie Hall	Gananoque	13.91q NWI
5	Hailey Mitchell-Massey	North Grenville	14.46q NWI
6	Morgan Coleman	Athens	14.65q NWI
7	Maddie Huffman	North Grenville	14.71q NWI

8	Cameron Finlayson	North Grenville	15.04q NWI
9	Mairin McConnell	Gananoque	15.51 NWI
10	Annika Healey Van Dyk	Thousand Islands	15.62 NWI
11	France Stewart	St. Mary - B	15.84 NWI
12	Shaelan Sheridan	Fulford Acad	15.87 NWI
13	Gaby Longtin	St. Michael	15.90 NWI
14	Alexis O'Connor	Gananoque	16.28 NWI
15	Ivy Paull	Thousand Islands	16.67 NWI
16	Bethany Latourell	North Grenville	21.02 NWI

Event 33 Women 100 Meter Dash Junior				
OFSAA:		11.77	2011-06-03	Christian Brennan
Can Inter:		11.54	2002	Ashley Purnell - St. Mark
Name		School		Finals
Finals				
1	Willow Burnette	North Grenville		13.53 10
2	Mackenzie Hall	Gananoque		13.88 8
3	Alex Cosentino	Thousand Islands		14.02 6
4	Teagan Spear	North Grenville		14.04 5
5	Hailey Mitchell-Massey	North Grenville		14.63 4
6	Maddie Huffman	North Grenville		14.73 3
7	Morgan Coleman	Athens		14.77 2
8	Cameron Finlayson	North Grenville		15.26 1

Event 34 Men 100 Meter Dash Junior			
OFSAA:	10.53	2011-06-03	Andre Ford-Azonwanna
Can Inter:	10.41	1994	Carlton Chambers-Assention of ou
Name		School	Prelims
Preliminaries			
1	Liam Saumure	Thousand Islands	11.69q NWI
2	Jamie Meikle	St. Michael	11.87q NWI
3	Cameron McNulty	North Grenville	11.99q NWI
4	Jack Priestman	St. Michael	12.37q NWI
5	Ryder Minion	St. Michael	12.88q NWI
6	Isaac David	North Grenville	13.09q NWI
7	Nolan Dulmage	North Grenville	13.10q NWI
8	Blake Sheridan	St. Mary - B	13.11q NWI
9	Liam Ryan	St. Michael	13.19 NWI
10	Luke Gerein	North Grenville	13.25 NWI
11	Benjamin Smid	Athens	13.76 NWI
12	John Houldcroft	Athens	13.84 NWI
13	Jack Davison	Brockville C	14.29 NWI
14	Gage Pelehos	South Grenvi	14.42 NWI
15	Brayden Parkinson	Rideau	15.03 NWI

Event 34 Men 100 Meter Dash Junior					
OFSAA:		10.53	2011-06-03	Andre Ford-Azonwanna	
Can Inter:		10.41	1994	Carlton Chambers-Assention of ou	
Name		School		Finals	
Finals					
1	Liam Saumure	Thousand Islands		11.64	10
2	Cameron McNulty	North Grenville		11.72	8
3	Jamie Meikle	St. Michael		11.95	6
4	Jack Priestman	St. Michael		12.40	5
5	Ryder Minion	St. Michael		12.70	4
6	Nolan Dulmage	North Grenville		12.87	3

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Finals ... (Event 34 Men 100 Meter Dash Junior)

Name	School	Finals
7 Isaac David	North Grenville	12.89 2
8 Blake Sheridan	St. Mary - B	13.04 1

Event 35 Women 200 Meter Dash Junior

OFSAA: 23.87 2011-06-04 Christian Brennan
 Can Inter: 23.34 2015 Raquel Tjernagel - New Westminstr

Name	School	Prelims
Preliminaries		
1 Willow Burnette	North Grenville	27.64q NWI
2 Mackenzie Hall	Gananoque	28.71q NWI
3 Alex Cosentino	Thousand Islands	29.68q NWI
4 Hailey Mitchell-Massey	North Grenville	29.88q NWI
5 Teagan Spear	North Grenville	29.95q NWI
6 Brynn Johnson	North Grenville	30.58q NWI
7 Maddie Huffman	North Grenville	30.68q NWI
8 Grace Ferguson	Rideau	31.00q NWI
9 Rachel Poyner	St. Michael	31.02 NWI
10 Cameron Finlayson	North Grenville	31.84 NWI
11 Mairin McConnell	Gananoque	32.61 NWI
12 Gaby Longtin	St. Michael	34.78 NWI
13 Josselyn Hastings	St. Michael	36.73 NWI

Event 35 Women 200 Meter Dash Junior

OFSAA: 23.87 2011-06-04 Christian Brennan
 Can Inter: 23.34 2015 Raquel Tjernagel - New Westminstr

Name	School	Finals
Finals		
1 Willow Burnette	North Grenville	27.68 10
2 Mackenzie Hall	Gananoque	29.18 8
3 Hailey Mitchell-Massey	North Grenville	29.73 6
4 Alex Cosentino	Thousand Islands	29.82 5
5 Teagan Spear	North Grenville	30.00 4
6 Brynn Johnson	North Grenville	30.68 3
7 Maddie Huffman	North Grenville	30.84 2
8 Grace Ferguson	Rideau	31.45 1

Event 36 Men 200 Meter Dash Junior

OFSAA: 21.40 2011-06-04 Andre Ford-Azonwanna
 Can Inter: 20.95 1984 Atlee Mahorn - Central Technic

Name	School	Prelims
Preliminaries		
1 Cameron McNulty	North Grenville	24.30q NWI
2 Jamie Meikle	St. Michael	25.05q NWI
3 Jack Priestman	St. Michael	26.05q NWI
4 Rylan Miller	St. Mary - B	26.32q NWI
5 Ethan Mallette	St. Mary - B	26.39q NWI
6 Peter Karras	Rideau	26.64q NWI
7 Ryder Minion	St. Michael	26.71q NWI
8 Nolan Dulmage	North Grenville	26.83q NWI
9 Luke Gerein	North Grenville	27.39 NWI
10 Elias Verburg	Athens	27.64 NWI
11 Benjamin Smid	Athens	27.65 NWI
12 David Moore	North Grenville	28.39 NWI
13 John Houldcroft	Athens	29.84 NWI

14 Brayden Parkinson Rideau 32.06 NWI

Event 36 Men 200 Meter Dash Junior

OFSAA: 21.40 2011-06-04 Andre Ford-Azonwanna
 Can Inter: 20.95 1984 Atlee Mahorn - Central Technic

Name	School	Finals
Finals		
1 Cameron McNulty	North Grenville	24.42 10
2 Jamie Meikle	St. Michael	25.35 8
3 Rylan Miller	St. Mary - B	25.55 6
4 Jack Priestman	St. Michael	25.67 5
5 Peter Karras	Rideau	26.38 4
6 Nolan Dulmage	North Grenville	26.52 3
7 Ethan Mallette	St. Mary - B	26.54 2
8 Ryder Minion	St. Michael	26.60 1

Event 37 Women 400 Meter Dash Junior

OFSAA: 53.66 2011-06-03 Christian Brennan
 Can Inter: 52.52 2016 Raquel Tjernagel - New Westminstr

Name	School	Finals
Finals		
1 Celia Giroux	Thousand Islands	1:07.41 10
2 Grace Ferguson	Rideau	1:10.56 8
3 Brynn Johnson	North Grenville	1:11.11 6
4 Rachel Poyner	St. Michael	1:11.96 5
5 Issy Williams	North Grenville	1:12.99 4

Event 38 Men 400 Meter Dash Junior

OFSAA: 48.46 2015-06-05 Nathan Friginette
 Can Inter: 45.71 2019-06-07 Miles Misener Daley

Name	School	Finals
Finals		
1 Dominik Lemieux	St. Michael	57.63 10
2 Rylan Miller	St. Mary - B	59.11 8
3 David Moore	North Grenville	1:01.38 6
4 Elias Verburg	Athens	1:03.37 5
5 Noah Devisser	South Grenvi	1:06.97 4

Event 39 Women 800 Meter Run Junior

OFSAA: 2:08.22 2013-06-08 Kailee Sawyer
 Can Inter: 2:05.94 1980 Elise Braithwaite-Elmwood Sch

Name	School	Finals
Finals		
1 Summer Covey	Thousand Islands	2:40.64 10
2 Tori Morin	Thousand Islands	2:48.52 8
3 Marin Carty	Rideau	3:03.62 6
4 Josselyn Hastings	St. Michael	3:05.74 5
5 Brynn Johnson	North Grenville	3:06.63 4
6 Rachel Poyner	St. Michael	3:10.58 3
7 Issy Williams	North Grenville	3:12.89 2
8 Daron Donovan	St. Mary - B	3:15.83 1
9 Juliana Hossie	North Grenville	3:25.00

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Event 40 Men 800 Meter Run Junior

OFSAA: 1:53.54 2018-06-09 Abdullahi Hassan

Can Inter: 1:47.14 2012 Brandon McBride - WF Herman S

Name	School	Finals
Finals		
1 Lukas Leroux	North Grenville	2:17.01 10
2 Dominik Lemeux	St. Michael	2:22.26 8
3 Zander Pittman	St. Mary - B	2:24.18 6
4 Evan MacKenzie	North Grenville	2:24.39 5
5 Liam Cochrane	North Grenville	2:24.87 4
6 David Moore	North Grenville	2:29.66 3
7 Daniel Montgomery	Rideau	2:30.69 2
8 Noah Devisser	South Grenvi	2:42.55 1

Event 41 Women 1500 Meter Run Junior

OFSAA: 4:24.58 2016-06-03 Joceyln Chau

Can Inter: 4:21.12 2018 Jocelyn Chau

Name	School	Finals
Finals		
1 Brynn Bowman	Gananoque	5:13.02 10
2 Summer Covey	Thousand Islands	5:24.01 8
3 Tori Morin	Thousand Islands	5:37.71 6
4 Marin Carty	Rideau	6:06.81 5
5 Issy Williams	North Grenville	6:23.86 4
6 Juliana Hossie	North Grenville	6:24.86 3

Event 42 Men 1500 Meter Run Junior

OFSAA: 3:55.38 2009 Robert Denault

Can Inter: 3:42.33 1993 Kevin Sullivan - North Park C&

Name	School	Finals
Finals		
1 Jackson Whitham	St. Mary - B	4:06.17 10
2 Lukas Leroux	North Grenville	4:43.49 8
3 Ashton Lalonde	North Grenville	4:56.17 6
4 Liam Cochrane	North Grenville	5:01.62 5
5 Daniel Montgomery	Rideau	5:03.30 4
6 Cam Scott	Thousand Islands	5:18.29 3

Event 43 Women 3000 Meter Run Junior

OFSAA: 9:29.65 2016-06-04 Brogan MacDougall

Can Inter: 9:21.68 2018 Jocelyn Chau

Name	School	Finals
Finals		
1 Brynn Bowman	Gananoque	11:05.59 10
2 Amy Collins	North Grenville	11:29.37 8
3 Summer Covey	Thousand Islands	11:38.43 6
4 Macey Grier	Gananoque	12:37.22 5
5 Marin Carty	Rideau	14:12.85 4

Event 44 Men 3000 Meter Run Junior

OFSAA: 8:33.65 2007 John Paul Malette

Can Inter: 8:11.49 1982 Dave Reid - West Humber CI

Name	School	Finals
Finals		
1 Jackson Whitham	St. Mary - B	9:05.25 10
2 Lukas Leroux	North Grenville	11:35.71 8

Event 45 Women 80 Meter Hurdles Junior

OFSAA: 11.24 2015-06-05 Keira Christie-Galloway

Can Inter: 11.01 1998 Jessica Zelinka - Sir Frederic

Name	School	Finals
Finals		
1 Sarina Dhanoa	Thousand Islands	13.35 10
2 Payton Cory	St. Michael	16.20 8
3 Elise Needham	St. Mary - B	17.14 6

Event 46 Men 100 Meter Hurdles Junior

OFSAA: 12.95 2019-06-07 Mark Skerl

Name	School	Finals
Finals		
1 Jory Leakey	Thousand Islands	15.38 10
2 Liam Saumure	Thousand Islands	16.27 8
3 Wyatt Woodcock	St. Mary - B	20.80 6
4 Jack Davison	Brockville C	23.06 5

Event 47 Women 300 Meter Hurdles Junior

OFSAA: 42.46 1997 Jessica Zelinka

Can Inter: 41.66 1994 Nadia Schmiedt - John Paul II

Name	School	Finals
Finals		
1 Willow Burnette	North Grenville	48.96 10
2 Sarina Dhanoa	Thousand Islands	52.37 8
3 Celia Giroux	Thousand Islands	54.35 6
4 Payton Cory	St. Michael	57.92 5

Event 48 Men 300 Meter Hurdles Junior

OFSAA: 37.86 2016-06-04 Liam Foudy

Can Inter: 37.06 1992 Troy Langevine - Agincourt CI

Name	School	Finals
Finals		
1 Jory Leakey	Thousand Islands	44.38 10
2 Vincent Huntington	Fulford Acad	47.78 8
3 Evan MacKenzie	North Grenville	50.50 6
4 Jack Davison	Brockville C	53.65 5
5 Wyatt Woodcock	St. Mary - B	55.67 4

Event 49 Women High Jump Junior

OFSAA: 1.76m 2017-06-03 Autumn Bigger

Can Inter: 1.88m 1979 Julie White - Brampton Centenn

Name	School	Finals
Finals		
1 Tia Zufelt-McCulloch	Gananoque	J1.30m 10
2 Elise Needham	St. Mary - B	J1.30m 8
3 Brindle Schaafsma	Thousand Islands	J1.20m 6
4 Annika Healey Van Dyk	Thousand Islands	J1.18m 5
5 France Stewart	St. Mary - B	J1.15m 4
---	Ivy Paull	Thousand Islands NH

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Event 50 Men High Jump Junior

OFSAA: 2.04m 1995

Michael Ponikvar

Can Inter: 2.24m 1998

Michael Ponikvar - Denis Morri

Name	School	Finals
Finals		
1 Riley Simpson	Gananoque	J1.55m 10
2 Vincent Huntington	Fulford Acad	J1.50m 8
3 Niko Besignano	Thousand Islands	J1.45m 6
4 Adam Foley	Gananoque	J1.40m 5
5 Matthew Hall	St. Michael	J1.40m 4

Event 51 Women Pole Vault Junior

OFSAA: 3.75m 2010

Alysha Newman

Can Inter: 4.06m 2012

Alysha Newman - Mother Teresa

Name	School	Finals
Finals		
1 Hanah Bennett	Thousand Islands	2.10m 10
2 Hailie Cooper	Thousand Islands	1.80m 8

Event 52 Men Pole Vault Junior

OFSAA: 4.45m 1992

Drew Barrett

Can Inter: 5.10m 1985

Doug Wood - F.E. Madill SS

Name	School	Finals
Finals		
1 Charlie Limburg	Thousand Islands	2.70m 10

Event 53 Women Long Jump Junior

OFSAA: 6.08m 2022-06-02

Trinity Shadd-Ceres

Can Inter: 6.16m 1986

Keron Hamilton - Burlington Ce

Name	School	Finals
Finals		
1 Ella Hanna	Gananoque	4.24m 10
2 Morgan Coleman	Athens	3.97m 8
3 Brindle Schaafsma	Thousand Islands	3.82m 6
4 Maddie Herbison	Thousand Islands	3.71m 5
5 Alexis O'Connor	Gananoque	3.52m 4
6 Olivia Bos	St. Mary - B	3.29m 3
7 Shaelan Sheridan	Fulford Acad	3.06m 2

Event 54 Men Long Jump Junior

OFSAA: 7.09m 2010

Mitch O'Donnell

Can Inter: 7.75m 1990

Brian Thomas - Central Technic

Name	School	Finals
Finals		
1 Riley Simpson	Gananoque	5.70m 10
2 Roman Hache	Thousand Islands	5.50m 8
3 Ethan Mallette	St. Mary - B	5.36m 6
4 Dominik Lemeux	St. Michael	5.14m 5
5 Charlie Limburg	Thousand Islands	5.10m 4
6 Elias Verburg	Athens	4.98m 3
7 Isaac David	North Grenville	4.97m 2
8 Adam Foley	Gananoque	4.31m 1
9 John Houldcroft	Athens	3.75m NWI
10 Gage Pelehos	South Grenvi	3.32m NWI

Event 55 Women Triple Jump Junior

OFSAA: 12.19m

2018-06-07 Busola Akinduro

Can Inter: 13.06m

2019-06-07 Mahalia Mitchell

Name	School	Finals
Finals		
1 Ella Hanna	Gananoque	9.59m 10
2 Courtney Hoekstra	Rideau	9.07m 8
3 Brindle Schaafsma	Thousand Islands	8.87m 6
4 Tia Zufelt-McCulloch	Gananoque	8.85m 5
5 Mairin McConnell	Gananoque	8.68m 4
6 Morgan Coleman	Athens	7.83m 3
7 Olivia Bos	St. Mary - B	7.77m 2
8 Elissa Dioguardi	St. Mary - B	7.61m 1

Event 56 Men Triple Jump Junior

OFSAA: 14.34m 2010

Mitch O'Donnell

Can Inter: 15.76m 1982

George Wright - Vaughan Road C

Name	School	Finals
Finals		
1 Roman Hache	Thousand Islands	11.55m 10
2 Rylan Miller	St. Mary - B	10.38m 8
3 Conleigh Brown	Rideau	9.96m 6
4 Adam Foley	Gananoque	9.83m 5

Event 57 Women Shot Put Junior

OFSAA: 16.00m

2016-06-03 Trinity Tutti

Can Inter: 14.86m 2012

Brittany Crew - Birchmount Park

Name	School	Finals
Finals		
1 Courtney Hoekstra	Rideau	9.76m 10
2 Camryn Brown	Thousand Islands	9.06m 8
3 Sophie Knapp	Athens	8.38m 6
4 Jade Hart	Gananoque	7.34m 5
5 Mackenzie Graham	St. Michael	7.14m 4
6 Ava Higgs	Rideau	7.11m 3
7 Jordan Pickard	St. Michael	6.94m 2
8 Sophia Roberts	South Grenvi	6.80m 1
9 Willow Honsinger	Gananoque	6.15m
10 Sarah Green	St. Mary - B	6.04m
11 Hailie Cooper	Thousand Islands	5.57m
12 Bethany Latourell	North Grenville	4.25m

Event 58 Men Shot Put Junior

OFSAA: 19.72m

2006 Tim Nedow

Can Inter: 20.78m

1995 Brad Snyder - St Joseph's HS,

Name	School	Finals
Finals		
1 Isaac Huntington	Fulford Acad	13.31m 10
2 Josh Dion	Gananoque	12.50m 8
3 Russell Watson	North Grenville	11.61m 6
4 Jeremie Ashie	St. Michael	11.52m 5
5 Alister Rylands	St. Mary - B	11.48m 4
6 Jude Williams	South Grenvi	10.80m 3
7 Liam Heffernan	St. Mary - B	10.65m 2
8 Karter Meikle	North Grenville	10.25m 1

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Finals ... (Event 58 Men Shot Put Junior)

Name	School	Finals
9 Isaac Johns	South Grenvi	9.09m
10 Matthew Johns	South Grenvi	7.96m
11 Kolton Bell	Rideau	7.53m

Event 59 Women Discus Throw Junior

OFSAA: 53.43m 2022-06-02 Julia Tunks

Can Inter: 53.72m 2022 Julia Tunks - Oakridge SS - London

Name	School	Finals
Finals		
1 Courtney Hoekstra	Rideau	22.77m 10
2 Grace Ferguson	Rideau	21.35m 8
3 Brooklyn Stacey	Gananoque	21.19m 6
4 Ava Higgs	Rideau	17.89m 5
5 Autumn Verkerk	Rideau	16.13m 4
6 Bethany Latourell	North Grenville	14.97m 3
7 Sarah Green	St. Mary - B	11.25m 2

Event 60 Men Discus Throw Junior

OFSAA: 70.79m 2009 Jordan Young

Can Inter: 64.94m 1995 Jason Tunks - Sir Frederick Ba

Name	School	Finals
Finals		
1 Niko Besignano	Thousand Islands	40.79m 10
2 Isaac Huntington	Fulford Acad	36.92m 8
3 Jude Williams	South Grenvi	34.68m 6
4 Ryan Crotty	Thousand Islands	33.37m 5
5 Jeremie Ashie	St. Michael	31.95m 4
6 Alister Rylands	St. Mary - B	30.54m 3
7 Rowan Murphy	St. Michael	29.85m 2
8 Hudson Lee	St. Mary - B	29.59m 1
9 Russell Watson	North Grenville	28.23m
10 Jacob Beatty	St. Mary - B	25.24m
11 Josh Dion	Gananoque	22.42m
12 Carter Seeley	St. Michael	21.67m
13 Jack Broniszeski	St. Mary - B	21.04m
14 Kolton Bell	Rideau	18.78m
15 Sean Pert	St. Mary - B	17.36m
--- Matthew Johns	South Grenvi	ND

Event 61 Women Javelin Throw Junior

OFSAA: 43.98m 2018-06-09 Alexandria Webb

Can Inter: 51.94m 1984 Cheryl Coker - Carleton Place

Name	School	Finals
Finals		
1 Abby Post	Thousand Islands	29.96m 10
2 Jaylynn Whitehead	Gananoque	29.46m 8
3 Jordan Pickard	St. Michael	22.49m 6
4 Tia Zufelt-McCulloch	Gananoque	21.04m 5
5 Sophie Knapp	Athens	20.28m 4
6 Olivia Jenkins	Thousand Islands	20.12m 3
7 Kaylea Chiasson	Gananoque	19.84m 2
8 Daron Donovan	St. Mary - B	19.28m 1
9 Hailie Cooper	Thousand Islands	16.37m
10 Ava Higgs	Rideau	15.26m

11	Tabitha Cassibo	Brockville C	14.50m
12	Willow Honsinger	Gananoque	12.21m
13	Jade Hart	Gananoque	7.89m

Event 62 Men Javelin Throw Junior

OFSAA: 69.28m 2009 Trent Corney

Can Inter: 73.76m 2001 Trevor Snyder - St. Joseph's

Name	School	Finals
Finals		
1 Jacob Beatty	St. Mary - B	45.84m 10
2 Conleigh Brown	Rideau	43.81m 8
3 Jack Broniszeski	St. Mary - B	42.74m 6
4 Ryan Crotty	Thousand Islands	40.12m 5
5 Sean Pert	St. Mary - B	37.22m 4
6 Peter Karras	Rideau	36.08m 3
7 Rowan Murphy	St. Michael	34.41m 2
8 Hudson Lee	St. Mary - B	33.82m 1
9 Jeremie Ashie	St. Michael	32.31m
10 Russell Watson	North Grenville	31.99m
11 Carter Seeley	St. Michael	23.97m
12 Karter Meikle	North Grenville	23.49m
13 Connor Groulx	Brockville C	19.07m

Event 63 Women 4x100 Meter Relay Junior

OFSAA: 48.34 2013-06-07 David Suzuki SS

A Sebastian, N McDonald, C Wilson, S Hunnighan

Can Inter: 47.60 2003 Mary Ward SS

O Ugiagbe, Z Gill, L Gonsalves, L Wilson

Team	Relay	Finals
Finals		
1 Thousand Islands		55.44 10
2 North Grenville		55.84 8
3 St. Michael		57.51 6
4 Gananoque - Gananoque		57.68 5
5 Rideau - Elgin		1:01.93 4
6 St. Mary - Brockville		1:05.20 3

Event 64 Men 4x100 Meter Relay Junior

OFSAA: 42.75 2019-06-07 Our Lady Mt Carmel SS -Mississ

J Rose, J Rose, J Lindup-Amoroso, A Magdziak

Can Inter: 41.28 1988 George Harvey SS - York

W Charles, I Hilton, D Gill, C James

Team	Relay	Finals
Finals		
1 Thousand Islands		46.55 10
2 St. Michael		48.40 8
3 North Grenville		49.17 6
4 St. Mary - Brockville		49.99 5
5 North Grenville	B	52.42 4
6 Athens - Athens		53.66 3
7 Rideau - Elgin		54.68 2

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Event 65 Women 100 Meter Dash Senior

OFSAA: 11.54 2002 Ashley Purnell

Can Inter: 11.54 2002 Ashley Purnell - St. Mark

Name	School	Prelims
Preliminaries		
1 Avery Price	Thousand Islands	13.58q NWI
2 Candace Martin	Thousand Islands	14.29q NWI
3 Kadyann Morrison	South Grenvi	14.33q NWI
4 Sarah Kilby	Rideau	14.50q NWI
5 Fah Darathum	North Grenville	14.66q NWI
6 Asha Scheuermann	Rideau	14.75q NWI
7 Lera Horsfall	Rideau	14.83q NWI
8 Trinity Morrice	North Grenville	14.84q NWI
9 Jimena Munoz	St. Mary - B	15.00 NWI
10 Helene Donnelly	Rideau	15.32 NWI
11 Kaitlyn Dumoulin	North Grenville	15.50 NWI
12 Lara Zahn	Brockville C	16.29 NWI
13 Evie McWilliam	South Grenvi	17.18 NWI

Event 65 Women 100 Meter Dash Senior

OFSAA: 11.54 2002 Ashley Purnell

Can Inter: 11.54 2002 Ashley Purnell - St. Mark

Name	School	Finals
Finals		
1 Avery Price	Thousand Islands	13.45 10
2 Fah Darathum	North Grenville	14.18 8
3 Candace Martin	Thousand Islands	14.20 6
4 Sarah Kilby	Rideau	14.30 5
5 Kadyann Morrison	South Grenvi	14.31 4
6 Trinity Morrice	North Grenville	14.51 3
7 Asha Scheuermann	Rideau	14.53 2
8 Lera Horsfall	Rideau	14.54 1

Event 66 Men 100 Meter Dash Senior

OFSAA: 10.41 1994 Carlton Chambers

Can Inter: 10.41 1994 Carlton Chambers-Assention of our

Name	School	Prelims
Preliminaries		
1 John McGowan	St. Michael	11.30q NWI
2 Shamus Munro	Ange-Gabriel	12.02q NWI
3 Connor Guttin	North Grenville	12.08q NWI
4 Noah Deryaw	Gananoque	12.25q NWI
5 Sunyi Zau	St. Mary - B	12.28q NWI
6 Rowen Barton	Thousand Islands	12.93q NWI
7 Cohen Chitty	Gananoque	13.04q NWI
8 Sean Deir	Gananoque	13.25q NWI
9 Seth Getz	North Grenville	13.45 NWI
10 Tyler Varley	South Grenvi	13.56 NWI
11 Austyn Lacroix	Brockville C	14.04 NWI
12 Jinghao (david) Yang	Fulford Acad	14.33 NWI
13 Foxx Desmoreaux	St. Michael	14.68 NWI

Event 66 Men 100 Meter Dash Senior

OFSAA: 10.41 1994 Carlton Chambers

Can Inter: 10.41 1994 Carlton Chambers-Assention of our

Name	School	Finals
Finals		
1 John McGowan	St. Michael	11.13 10
2 Shamus Munro	Ange-Gabriel	11.81 8
3 Connor Guttin	North Grenville	12.15 6
4 Noah Deryaw	Gananoque	12.16 5
5 Sunyi Zau	St. Mary - B	12.30 4
6 Sean Deir	Gananoque	13.07 3
7 Rowen Barton	Thousand Islands	13.37 2

Event 67 Women 200 Meter Dash Senior

OFSAA: 23.69 2012-06-09 Khamica Bingham

Can Inter: 23.34 2015 Raquel Tjernagel - New Westminster

Name	School	Prelims
Preliminaries		
1 Avery Price	Thousand Islands	28.73q NWI
2 Sarah Kilby	Rideau	30.46q NWI
3 Candace Martin	Thousand Islands	30.66q NWI
4 Fabienne Winiger	Brockville C	30.74q NWI
5 Teresa Carty	Rideau	31.34q NWI
6 Fah Darathum	North Grenville	31.43q NWI
7 Lera Horsfall	Rideau	31.45q NWI
8 Jimena Munoz	St. Mary - B	31.66q NWI
9 Kloe Lewis	St. Michael	32.13 NWI
10 Helene Donnelly	Rideau	32.24 NWI
11 Kaitlyn Dumoulin	North Grenville	32.71 NWI
12 Evie McWilliam	South Grenvi	39.40 NWI

Event 67 Women 200 Meter Dash Senior

OFSAA: 23.69 2012-06-09 Khamica Bingham

Can Inter: 23.34 2015 Raquel Tjernagel - New Westminster

Name	School	Finals
Finals		
1 Avery Price	Thousand Islands	28.64 10
2 Sarah Kilby	Rideau	30.05 8
3 Fabienne Winiger	Brockville C	30.44 6
4 Candace Martin	Thousand Islands	30.86 5
5 Fah Darathum	North Grenville	30.91 4
6 Lera Horsfall	Rideau	31.06 3
7 Teresa Carty	Rideau	31.07 2
8 Jimena Munoz	St. Mary - B	31.56 1

Event 68 Men 200 Meter Dash Senior

OFSAA: 20.99 2009 Oluwasegun Makinde

Can Inter: 20.95 1984 Atlee Mahorn - Central Technic

Name	School	Prelims
Preliminaries		
1 John McGowan	St. Michael	24.14q NWI
2 Jacque Mboma	St. Mary - B	24.39q NWI
3 Shamus Munro	Ange-Gabriel	24.52q NWI
4 Matt Barkley	Thousand Islands	24.82q NWI
5 Connor Guttin	North Grenville	25.47q NWI

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Preliminaries ... (Event 68 Men 200 Meter Dash Senior)

Name	School	Prelims
6 Camden Ringer	Thousand Islands	25.80q NWI
7 Wesley Moore	Brockville C	27.13q NWI
8 Vincent D'angelo	St. Michael	27.23q NWI
9 Seth Getz	North Grenville	27.88 NWI
10 Tyler Varley	South Grenvi	28.23 NWI
11 Sunyi Zau	St. Mary - B	28.91 NWI
12 Austyn Lacroix	Brockville C	29.64 NWI
13 Jinghao (david) Yang	Fulford Acad	30.12 NWI

Event 68 Men 200 Meter Dash Senior

OFSAA: 20.99 2009 Oluwasegun Makinde
Can Inter: 20.95 1984 Atlee Mahorn - Central Technic

Name	School	Finals
Finals		
1 John McGowan	St. Michael	23.23 10
2 Jacque Mboma	St. Mary - B	23.88 8
3 Connor Guttin	North Grenville	24.41 6
4 Matt Barkley	Thousand Islands	24.47 5
5 Shamus Munro	Ange-Gabriel	24.64 4
6 Camden Ringer	Thousand Islands	25.88 3
7 Wesley Moore	Brockville C	26.95 2
8 Vincent D'angelo	St. Michael	27.17 1

Event 69 Women 400 Meter Dash Senior

OFSAA: 53.32 1980 Charmaine Crooks
Can Inter: 52.52 2015 Raquel Tjernagel - New Westminster

Name	School	Finals
Finals		
1 Taylor Healey	Thousand Islands	1:06.01 10
2 Lia LeBlanc	Thousand Islands	1:08.03 8
3 Moa Nakamura	Brockville C	1:08.79 6
4 Candace Martin	Thousand Islands	1:17.72 5

Event 70 Men 400 Meter Dash Senior

OFSAA: 45.71 2019-06-07 Myles Misener Daley
Can Inter: 45.71 2019-06-07 Myles Misener Daley

Name	School	Finals
Finals		
1 Jacque Mboma	St. Mary - B	52.87 10
2 Brian Heuthorst	St. Mary - B	56.00 8
3 Alex Plant	Thousand Islands	56.23 6
4 Camden Ringer	Thousand Islands	57.17 5
5 Wesley Finner	St. Michael	58.89 4
6 Gauthier Douxchamps	South Grenvi	59.29 3
7 Vincent D'angelo	St. Michael	59.74 2
8 Wesley Moore	Brockville C	59.94 1
9 Austyn Lacroix	Brockville C	1:07.96
10 Adam Byers	Thousand Islands	1:13.81
11 Pietro Scoffone	South Grenvi	1:14.85
12 Sean Ogston	South Grenvi	1:18.99

Event 71 Women 800 Meter Run Senior

OFSAA: 2:05.94 1984 Elise Braithwaite
Can Inter: 2:05.94 1980 Elise Braithwaite-Elmwood Sch

Name	School	Finals
Finals		
1 Camryn Crawford	St. Michael	2:34.53 10
2 Mercedes Covey	Thousand Islands	2:39.48 8
3 Victoria Lunman	Thousand Islands	2:42.59 6
4 Carmen Amanti	North Grenville	3:25.29 5

Event 72 Men 800 Meter Run Senior

OFSAA: 1:48.26 2007 Andrew Heaney
Can Inter: 1:47.14 2012 Brandon McBride - WF Herman

Name	School	Finals
Finals		
1 Nathan Plant	Thousand Islands	2:04.31 10
2 Alex Plant	Thousand Islands	2:04.90 8
3 Nick Dardano	Brockville C	2:17.02 6
4 Sebastian Friedrich Yap	North Grenville	2:22.88 5
5 Gauthier Douxchamps	South Grenvi	2:25.07 4
6 Wesley Finner	St. Michael	2:30.17 3
7 Pietro Scoffone	South Grenvi	3:01.61 2
8 Adam Byers	Thousand Islands	3:06.34 1

Event 73 Women 1500 Meter Run Senior

OFSAA: 4:21.72 2017-06-02 Laura Parkinson
Can Inter: 4:21.72 2017-06-02 Laura Parkinson

Name	School	Finals
Finals		
1 Aryka Bennett	Thousand Islands	5:06.58 10
2 Mercedes Covey	Thousand Islands	5:24.66 8
3 Camryn Crawford	St. Michael	5:25.18 6
4 Victoria Lunman	Thousand Islands	5:30.25 5
5 Megan Parks	St. Michael	6:27.67 4
6 Carmen Amanti	North Grenville	6:55.05 3

Event 74 Men 1500 Meter Run Senior

OFSAA: 3:42.33 1993 Kevin Sullivan
Can Inter: 3:42.33 1993 Kevin Sullivan - North Park C&

Name	School	Finals
Finals		
1 Travis Gaffney	St. Mary - B	4:00.57 10
2 Nathan Plant	Thousand Islands	4:26.01 8
3 Gauthier Douxchamps	South Grenvi	4:55.36 6
4 Aidan Taylor	Gananoque	5:35.88 5
5 Pietro Scoffone	South Grenvi	6:04.68 4
6 Adam Byers	Thousand Islands	6:35.91 3

Event 75 Women 3000 Meter Run Senior

OFSAA: 9:21.63 2018-06-09 Jocelyn Chau
Can Inter: 9:25.86 2018 Cameron Ormond - Aurora

Name	School	Finals
Finals		
1 Aryka Bennett	Thousand Islands	11:34.82 10
2 Mercedes Covey	Thousand Islands	12:55.36 8
3 Victoria Lunman	Thousand Islands	12:55.39 6

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Event 76 Men 3000 Meter Run Senior

OFSAA: 8:00.2h 1987 **Greg Anderson**
Can Inter: 8:00.2h 1987 **Greg Anderson - Parkside HS**

Name	School	Finals
Finals		
1 Travis Gaffney	St. Mary - B	8:52.79 10
2 Nathan Plant	Thousand Islands	9:36.14 8
3 Noah Simpson	North Grenville	11:35.78 6
4 Aidan Taylor	Gananoque	11:51.80 5

Event 77 Women 100 Meter Hurdles Senior

OFSAA: 13.33 2016-06-03 **Kiera Christie-Galloway**
Can Inter: 13.15 2000 **Jessica Zelinka - Sir Frederic**

Name	School	Finals
Finals		
1 Asha Scheuermann	Rideau	17.98 10
2 Teaghann Fitzpatrick	North Grenville	20.27 8
3 Lera Horsfall	Rideau	21.20 6

Event 78 Men 110 Meter Hurdles Senior

OFSAA: 13.33 2010 **Gregory MacNeill**
Can Inter: 13.33 2010 **Gregory MacNeill - Mother Theresa**

Name	School	Finals
Finals		
1 Tim Williams	Thousand Islands	16.57 10
2 Chad Carroll	Rideau	16.94 8

Event 79 Women 400 Meter Hurdles Senior

OFSAA: 58.38 2014-06-07 **Mariam Abdul-Rashid**
Can Inter: 58.03 1995 **Nadia Schmiedt - John Paul II**

Name	School	Finals
Finals		
1 Lia LeBlanc	Thousand Islands	1:13.38 10

Event 80 Men 400 Meter Hurdles Senior

OFSAA: 51.68 1985 **Phillip Hughes**
Can Inter: 51.68 1985 **Phillip Hughes - Earl of March**

Name	School	Finals
Finals		
1 Tim Williams	Thousand Islands	1:01.74 10
2 Noah Simpson	North Grenville	1:07.22 8
3 Jase Hodge	Thousand Islands	1:11.53 6
4 Andrew Poyner	St. Michael	1:12.36 5

Event 81 Women High Jump Senior

OFSAA: 1.88m 1979 **Julie White**
Can Inter: 1.88m 1979 **Julie White - Brampton Centenn**

Name	School	Finals
Finals		
1 Paige Reimann	Brockville C	1.45m 10

Event 82 Men High Jump Senior

OFSAA: 2.24m 1998 **Michael Ponikvar**
Can Inter: 2.24m 1998 **Michael Ponikvar - Denis Morri**

Name	School	Finals
Finals		
1 Russell Mulville	St. Mary - B	1.65m 10
2 Nolan Campbell	Gananoque	1.60m 8

Event 83 Women Pole Vault Senior

OFSAA: 4.06m 2012-06-08 **Alysha Newman**
Can Inter: 4.06m 2012 **Alysha Newman - Mother Theresa**

Name	School	Finals
Finals		
1 Isabel Mooney	Thousand Islands	2.25m 10

Event 84 Men Pole Vault Senior

OFSAA: 4.87m 1984 **Rob Lindsay**
Can Inter: 5.10m 1985 **Doug Wood - F.E. Madill SS**

Name	School	Finals
Finals		
1 Andy Giroux	Thousand Islands	3.40m 10
2 David Mooney	Thousand Islands	3.00m 8
3 Connor Bigelow	Thousand Islands	2.85m 6
4 Tristan Gibeau	Thousand Islands	2.55m 5
5 Wil Schaafsma	Thousand Islands	2.25m 4

Event 85 Women Long Jump Senior

OFSAA: 6.16m 1986 **Keron Hamilton**
Can Inter: 6.16m 1986 **Keron Hamilton - Burlington Ce**

Name	School	Finals
Finals		
1 Lyndsay Fleming	North Grenville	4.83m 10
2 Himali Peiris	St. Mary - B	4.32m 8
3 Trinity Morrice	North Grenville	4.31m 6
4 Teaghann Fitzpatrick	North Grenville	4.26m 5
5 Fabienne Winiger	Brockville C	4.20m 4
6 Kadyynn Morrison	South Grenvi	4.18m 3
7 Rin Temmo	Fulford Acad	3.93m 2
8 Claire Seed	Rideau	3.83m 1
9 Evie McWilliam	South Grenvi	3.43m NWI
10 Lara Zahn	Brockville C	2.97m NWI

Event 86 Men Long Jump Senior

OFSAA: 7.73m 2010 **Taylor Stewart**
Can Inter: 7.75m 1990 **Brian Thomas - Central Technic**

Name	School	Finals
Finals		
1 Wyatt Last	Thousand Islands	5.49m 10
2 Gavin McDougall	St. Michael	5.17m 8
3 Shamus Munro	Ange-Gabriel	5.10m 6
4 Noah Birbeck	Brockville C	4.73m 5
5 Wesley Miles	Athens	4.51m 4
6 Riley Heffernan	Brockville C	4.26m 3
7 Carter Denomme	Brockville C	4.17m 2
8 Foxx Desmoreaux	St. Michael	4.16m 1
9 Sean Deir	Gananoque	3.85m NWI

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Event 87 Women Triple Jump Senior

OFSAA: 13.06m 2019-06-07 Mahalia Mitchell

Can Inter: 13.06m 2019-06-07 Mahalia Mitchell

Name	School	Finals
Finals		
1 Lyndsay Fleming	North Grenville	9.72m 10
2 Himali Peiris	St. Mary - B	9.48m 8
3 Trinity Morrice	North Grenville	9.13m 6
4 Annella Roney	Ange-Gabriel	9.03m 5
5 Kadyrn Morrison	South Grenvi	8.94m 4
6 Rin Temmo	Fulford Acad	8.51m 3
7 Charlotte Smid	Athens	6.64m 2

Event 88 Men Triple Jump Senior

OFSAA: 15.76m 1982 George Wright

Can Inter: 15.76m 1982 George Wright - Vaughan Road C

Name	School	Finals
Finals		
1 Nolan Campbell	Gananoque	11.23m 10
2 Wyatt Last	Thousand Islands	10.75m 8
3 Noah Birbeck	Brockville C	9.34m 6
4 Wesley Miles	Athens	9.23m 5
5 Sean Deir	Gananoque	9.02m 4
6 Foxx Desmoreaux	St. Michael	7.90m 3

Event 89 Women Shot Put Senior

OFSAA: 15.24m 2018-06-09 Trinity Tutti

Can Inter: 14.86m 2012 Brittany Crew - Birchmount Park

Name	School	Finals
Finals		
1 Rheann Nordin	Thousand Islands	10.81m 10
2 Anna-Sophie Nassar	Ange-Gabriel	9.05m 8
3 Nora Miller	North Grenville	8.92m 6
4 Paige Reimann	Brockville C	8.43m 5
5 Charlotte Morrison	Athens	8.39m 4
6 Cassie Howe	St. Mary - B	8.25m 3
7 Kasey Carswell	Gananoque	7.67m 2
8 Hannah Steele	Rideau	7.24m 1
9 Scarlett Cunningham	North Grenville	6.49m
10 Ayva Verburg	Athens	6.04m
11 Carmen Vinagre Gonzalez	St. Michael	4.30m

Event 90 Men Shot Put Senior

OFSAA: 20.09m 2005 Mike Barnes

Can Inter: 20.78m 1995 Brad Snyder - St Joseph's HS,

Name	School	Finals
Finals		
1 Sebastian Friedrich Yap	North Grenville	12.80m 10
2 Abe Pepper	Rideau	11.88m 8
3 Colin McLeod	Thousand Islands	11.78m 6
4 Gus Curry	St. Mary - B	11.45m 5
5 Kaleb Warren	Gananoque	11.16m 4
6 Memphis Scharfe	Athens	11.05m 3
7 Ezekiel Pepper	Rideau	10.67m 2
8 Nolan Foley	St. Michael	10.47m 1

9 Nathan Gagnon	St. Michael	9.15m
10 Rowen Barton	Thousand Islands	9.07m

Event 91 Women Discus Throw Senior

OFSAA: 52.77m 2018-06-08 Trinity Tutti

Can Inter: 53.72m 2022 Julia Tunks - Oakridge SS- Linton

Name	School	Finals
Finals		
1 Kathryn Kizell	Brockville C	29.82m 10
2 Rheann Nordin	Thousand Islands	27.81m 8
3 Hannah Steele	Rideau	24.04m 6
4 Charlotte Morrison	Athens	23.06m 5
5 Anna-Sophie Nassar	Ange-Gabriel	22.93m 4
6 Cassie Howe	St. Mary - B	21.15m 3
7 Christina Fyckes	Brockville C	20.13m 2
8 Scarlett Cunningham	North Grenville	19.81m 1
9 Lauren McDonald	St. Mary - B	13.94m
10 Leah Don	Rideau	13.62m
11 Jorja Tucker	Brockville C	12.90m

Event 92 Men Discus Throw Senior

OFSAA: 62.58m 1995 Jason Tunks

Can Inter: 64.94m 1995 Jason Tunks - Sir Frederick Ba

Name	School	Finals
Finals		
1 Colin McLeod	Thousand Islands	42.09m 10
2 Kaleb Warren	Gananoque	35.11m 8
3 Noah Rabuka	North Grenville	24.41m 6
4 Noah Deryaw	Gananoque	23.72m 5
5 Nathan Gagnon	St. Michael	21.99m 4
6 Abe Pepper	Rideau	19.74m 3
7 Ezekiel Pepper	Rideau	14.87m 2

Event 93 Women Javelin Throw Senior

OFSAA: 49.48m 1986 Louise Perrault

Name	School	Finals
Finals		
1 Rheann Nordin	Thousand Islands	28.00m 10
2 Kloe Lewis	St. Michael	22.90m 8
3 Charlotte Morrison	Athens	22.61m 6
4 Ky O'Hallorhan	Ange-Gabriel	22.45m 5
5 Hannah Steele	Rideau	22.02m 4
6 Paige Reimann	Brockville C	21.29m 3
7 Leah Don	Rideau	18.82m 2
8 Anna-Sophie Nassar	Ange-Gabriel	17.12m 1
9 Lauren McDonald	St. Mary - B	15.51m
10 Ayva Verburg	Athens	9.24m
11 Carmen Vinagre Gonzalez	St. Michael	9.13m
--- Jorja Tucker	Brockville C	ND

Event 94 Men Javelin Throw Senior

OFSAA: 71.22m 2000 Trevor Snyder

Can Inter: 73.76m 2001 Trevor Snyder - St. Joseph

Name	School	Finals
Finals		
1 Colin McLeod	Thousand Islands	42.27m 10

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Finals ... (Event 94 Men Javelin Throw Senior)

	Name	School	Finals	
2	Gus Curry	St. Mary - B	39.70m	8
3	Chad Carroll	Rideau	37.65m	6
4	Nolan Campbell	Gananoque	36.46m	5
5	Noah Rabuka	North Grenville	24.76m	4
6	Nathan Gagnon	St. Michael	24.36m	3
7	Rowen Barton	Thousand Islands	22.69m	2
8	Andrew Poyner	St. Michael	21.33m	1

Event 95 Women 4x100 Meter Relay Senior

OFSAA: 47.60 2003 Mary Ward CSS

O. Ugiagbe, Z. Gill, L. Gonsalves, L. Wilson

Can Inter: 47.60 2003 Mary Ward CSS - Scarborough

	Team	Relay	Finals	
Finals				
1	Thousand Islands		53.76	10
2	North Grenville		55.30	8
3	Rideau - Elgin		58.58	6
4	Ange-Gabriel		58.94	5

Event 96 Men 4x100 Meter Relay Senior

OFSAA: 41.20 2016-06-03 Father Henry Carr - Rexdale

V Husbands, A Hector, T Fearon, K Stewart-Baynes

Can Inter: 41.1h 1987 George Harvey SS - York

	Team	Relay	Finals	
Finals				
1	Thousand Islands		46.90	10
2	Gananoque - Gananoque		48.35	8
3	North Grenville		49.19	6

Event 97 Women 2000 Meter Steeplechase Open

OFSAA: 6:52.19 2022-06-03 Elizabeth Vroom

Can Inter: 6:52.19 2022 Elizabeth Vroom - Sir Wilfres Laur

	Name	School	Finals	
Finals				
1	Macey Grier	Gananoque	8:58.53	10
2	Kate Wright	Brockville C	9:23.94	8

Event 98 Men 2000 Meter Steeplechase Open

OFSAA: 5:37.76 1982 Alain Boucher

Can Inter: 5:37.76 1982 Alain Boucher - ES Algonquin

	Name	School	Finals	
Finals				
1	Noah Simpson	North Grenville	6:59.76	10
2	Nick Dardano	Brockville C	7:01.13	8
3	Jase Hodge	Thousand Islands	7:31.28	6
4	Sebastian Friedrich Yap	North Grenville	7:47.61	5
5	Aidan Taylor	Gananoque	8:06.65	4
6	Ayden Belles	Gananoque	8:46.90	3

Event 99 Women 4x400 Meter Relay Open

OFSAA: 3:47.35 2002 Mary Ward CSS

L. Wilson, D. Abraham, Z. Gill, O. Ugiagbe

Can Inter: 3:47.35 2002 Mary Ward Catholic SS

L. Wilson, D. Abraham, Z. Gill, O. Ugiagbe

	Team	Relay	Finals	
Finals				
1	Thousand Islands		4:25.27	10
2	Thousand Islands	C	4:36.87	8
3	Gananoque - Gananoque		4:42.47	6
4	North Grenville		4:47.69	5
5	Rideau - Elgin		4:49.53	4
6	St. Mary - Brockville		5:32.66	3

Event 100 Men 4x400 Meter Relay Open

OFSAA: 3:10.8h 1987 Central Technical School

K. O'Henhen, A. Wilson, P. Gordon, C. Folkes

Can Inter: 3:10.8h 1987 Central Technical School - Tor

	Team	Relay	Finals	
Finals				
1	Thousand Islands		3:36.88	10
2	St. Mary - Brockville		3:38.78	8
3	North Grenville		3:49.56	6
4	Thousand Islands	B	3:51.41	5
5	North Grenville	B	4:16.98	4

Women - Novice - Team Rankings - 15 Events Scored

1)	Thousand Islands - Brockville	157
2)	Ange-Gabriel	86
3)	Rideau - Elgin	70
4)	Brockville CI - Brockville	53
5)	St. Michael - Kemptville	41
6)	St. Mary - Brockville	23
7)	Gananoque - Gananoque	22
8)	Athens - Athens	8
9)	South Grenville DHS	6
10)	North Grenville	3

Women - Junior - Team Rankings - 16 Events Scored

1)	Thousand Islands - Brockville	160
2)	Gananoque - Gananoque	115
3)	North Grenville	100
4)	Rideau - Elgin	76
5)	St. Michael - Kemptville	44
6)	St. Mary - Brockville	31
7)	Athens - Athens	23
8)	Fulford Academy	2
9)	South Grenville DHS	1

Women - Senior - Team Rankings - 16 Events Scored

1)	Thousand Islands - Brockville	173
2)	North Grenville	83
3)	Rideau - Elgin	57
4)	Brockville CI - Brockville	46

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5) St. Michael - Kemptville	28
5) Ange-Gabriel	28
7) St. Mary - Brockville	23
8) Athens - Athens	17
9) South Grenville DHS	11
10) Fulford Academy	5
11) Gananoque - Gananoque	2

Women - Open - Team Rankings - 2 Events Scored

1) Thousand Islands - Brockville	18
2) Gananoque - Gananoque	16
3) Brockville CI - Brockville	8
4) North Grenville	5
5) Rideau - Elgin	4
6) St. Mary - Brockville	3

Men - Novice - Team Rankings - 15 Events Scored

1) Thousand Islands - Brockville	179
2) Gananoque - Gananoque	96
3) Rideau - Elgin	74
4) St. Michael - Kemptville	68
5) North Grenville	58
6) St. Mary - Brockville	22
7) Athens - Athens	21
8) South Grenville DHS	8
9) Brockville CI - Brockville	4

Men - Junior - Team Rankings - 16 Events Scored

1) Thousand Islands - Brockville	109
2) North Grenville	106
3) St. Mary - Brockville	103
4) St. Michael - Kemptville	77
5) Gananoque - Gananoque	39
6) Fulford Academy	34
7) Rideau - Elgin	29
8) South Grenville DHS	14
9) Athens - Athens	11
10) Brockville CI - Brockville	10

Men - Senior - Team Rankings - 16 Events Scored

1) Thousand Islands - Brockville	174
2) St. Mary - Brockville	73
3) Gananoque - Gananoque	70
4) North Grenville	57
5) St. Michael - Kemptville	56
6) Rideau - Elgin	29
7) Brockville CI - Brockville	25
8) South Grenville DHS	19
9) Ange-Gabriel	18
10) Athens - Athens	12

Men - Open - Team Rankings - 2 Events Scored

1) North Grenville	25
2) Thousand Islands - Brockville	21
3) Brockville CI - Brockville	8
3) St. Mary - Brockville	8
5) Gananoque - Gananoque	7

LGSSAA Track & Field Championship 2023**Thousand Islands Secondary School****Results****Combined Team Scores - Novice - 30 Events Scored**

1) Thousand Islands - Brockville	336
2) Rideau - Elgin	144
3) Gananoque - Gananoque	118
4) St. Michael - Kemptville	109
5) Ange-Gabriel	86
6) North Grenville	61
7) Brockville CI - Brockville	57
8) St. Mary - Brockville	45
9) Athens - Athens	29
10) South Grenville DHS	14

Combined Team Scores - Junior - 32 Events Scored

1) Thousand Islands - Brockville	269
2) North Grenville	206
3) Gananoque - Gananoque	154
4) St. Mary - Brockville	134
5) St. Michael - Kemptville	121
6) Rideau - Elgin	105
7) Fulford Academy	36
8) Athens - Athens	34
9) South Grenville DHS	15
10) Brockville CI - Brockville	10

Combined Team Scores - Senior - 32 Events Scored

1) Thousand Islands - Brockville	347
2) North Grenville	140
3) St. Mary - Brockville	96
4) Rideau - Elgin	86
5) St. Michael - Kemptville	84
6) Gananoque - Gananoque	72
7) Brockville CI - Brockville	71
8) Ange-Gabriel	46
9) South Grenville DHS	30
10) Athens - Athens	29
11) Fulford Academy	5

Combined Team Scores - Open - 4 Events Scored

1) Thousand Islands - Brockville	39
2) North Grenville	30
3) Gananoque - Gananoque	23
4) Brockville CI - Brockville	16
5) St. Mary - Brockville	11
6) Rideau - Elgin	4