

Zone 4 Championship Meet - 2024-05-16**Results****Women 100 Meter Dash Novice**

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Gayle, Amairah	St. Catharines	13.26	12.74q	NWI	3
2 VanGrieken, Amara	SWCSS		13.24q	NWI	2
3 Adewumi, Tola	Governor Simcoe	13.30	13.51q	NWI	2
4 Devries, Abby	HCS-Jordan Stati		14.20q	NWI	2
5 Purchase, Mickayla	WN - Grimsby		14.33q	NWI	3
6 Maltman, Esti	Eden	14.80	14.52q	NWI	1
7 Warnock, Rylee	SWCSS		14.62q	NWI	1
7 Kinney, Nova	WN - Grimsby		14.62q	NWI	3
9 Kemper, Lorissa	HCS-Jordan Stati		14.82	NWI	1
10 Gamarra Diaz, Camila	Thorold		15.18	NWI	3
11 Brink, Lydia	HCS-Jordan Stati		15.22	NWI	1
12 Bobie-Frimpong, Grace	WN - Grimsby		16.16	NWI	1
13 Aruna, Kareemah	Thorold		16.26	NWI	1
14 VanHuizen, Emma	HCS-Jordan Stati		16.79	NWI	3
15 Sh, Roshan	GLCHS		17.77	NWI	3

Women 100 Meter Dash Novice

Name	Year School	Prelims	Finals	Wind
Finals				
1 Gayle, Amairah	St. Catharines	12.74	13.01	+0.0
2 VanGrieken, Amara	SWCSS	13.24	13.53	+0.0
3 Adewumi, Tola	Governor Simcoe	13.51	13.55	+0.0
4 Devries, Abby	HCS-Jordan Stati	14.20	14.03	+0.0
5 Purchase, Mickayla	WN - Grimsby	14.33	14.09	+0.0
6 Maltman, Esti	Eden	14.52	14.45	+0.0
7 Warnock, Rylee	SWCSS	14.62	14.65	+0.0
8 Kinney, Nova	WN - Grimsby	14.62	14.77	+0.0

Women 200 Meter Dash Novice

Name	Year School	Seed	Finals	Wind	H#
1 Adewumi, Tola	Governor Simcoe	27.00	27.63	-0.5	2
2 VanGrieken, Amara	SWCSS		28.09	-1.2	1
3 VanGrieken, Meena	SWCSS		28.16	-0.5	2
4 Purchase, Mickayla	WN - Grimsby		29.52	-0.5	2
5 Maltman, Esti	Eden		30.18	-1.2	1
6 Warnick, Lila	Laura Secord		30.29	-0.5	2
7 Penney, Jayden	Eden		30.87	-0.5	2
8 VanHuizen, Emma	HCS-Jordan Stati		31.68	-1.2	1
9 Bobie-Frimpong, Grace	WN - Grimsby		34.53	-0.5	2
10 Sh, Roshan	GLCHS		37.25	-0.5	2

Women 400 Meter Dash Novice

Name	Year School	Seed	Finals	H#
1 Toby-Erwig, Aiyanna	WN - Grimsby		1:02.84	2
2 VanGrieken, Amara	SWCSS		1:03.16	2
3 VanGrieken, Meena	SWCSS		1:04.20	1
4 Nickason, Alivia	Eden		1:04.40	1

Zone 4 Championship Meet - 2024-05-16**Results****...Women 4x100 Meter Relay Novice**

3) Skiba, Lily	4) Warnock, Rylee		
2 West Niagara Secondary 'A'		55.00	55.05
3 Governor Simcoe 'A'			55.45
4 Eden 'A'			55.83
5 Heritage Christian-Jordan Stat 'A'			57.49

Women High Jump Novice

Name	Year School	Seed	Finals
1 Gayle, Amairah	St. Catharines	1.58m	1.60m
2 Brink, Lydia	HCS-Jordan Stati		1.37m
3 Skiba, Lily	SWCSS		1.35m
4 Wiersma, Kaylee	Smithville CHS		1.28m
5 Good, Abigail	WN - Grimsby		1.05m

Women Long Jump Novice

Name	Year School	Seed	Finals	Wind
1 Gayle, Amairah	St. Catharines		4.89m	NWI
2 Devries, Abby	HCS-Jordan Stati		4.51m	NWI
3 Nickason, Alivia	Eden		4.41m	NWI
4 Kemper, Lorissa	HCS-Jordan Stati		4.37m	NWI
5 Godin, Jillian	SWCSS		4.29m	NWI
6 Lapcevich, Jayen	WN - Grimsby		4.25m	NWI
7 Warnick, Lila	Laura Secord		4.14m	NWI
8 Xie, Ophelia	Eden	4.14m	4.08m	NWI
9 Purchase, Mickayla	WN - Grimsby		3.93m	NWI
10 Good, Abigail	WN - Grimsby		3.59m	NWI
11 Martinovs, Kayta	Eden		3.57m	NWI
12 Wiersma, Kaylee	Smithville CHS		2.96m	NWI
13 Lasek, Natalia	Eden		2.68m	NWI
14 Sh, Roshan	GLCHS		2.34m	NWI
-- Warnock, Rylee	SWCSS		DNF	NWI

Women Triple Jump Novice

Name	Year School	Seed	Finals	Wind
1 Kemper, Lorissa	HCS-Jordan Stati		9.53m	NWI
2 Lapcevich, Jayen	WN - Grimsby		9.30m	NWI
3 Devries, Abby	HCS-Jordan Stati		9.16m	NWI
4 Xie, Ophelia	Eden	9.66m	9.15m	NWI
5 Good, Abigail	WN - Grimsby		7.95m	NWI
6 Bobie-Frimpong, Grace	WN - Grimsby		7.57m	NWI
7 Gallo, Chiara	Smithville CHS		6.62m	NWI
8 Wiersma, Kaylee	Smithville CHS		6.33m	NWI
-- Blokland, Khloe	WN - Grimsby		DNF	NWI

Women Shot Put Novice

Name	Year School	Seed	Finals
1 Skiba, Lily	SWCSS		8.39m
2 Cizek, Tayla	WN - Grimsby		7.73m

Zone 4 Championship Meet - 2024-05-16

Results

...Women Shot Put Novice

3	Vanlochem, Karis	HCS-Jordan Stati	6.47m
4	Anaduaka, Chinecherem	GLCHS	5.90m
5	Godin, Jillian	SWCSS	4.72m

Women Discus Throw Novice

Name	Year	School	Seed	Finals
1	Skiba, Lily	SWCSS		20.52m
2	Anaduaka, Chinecherem	GLCHS		20.02m
3	Vanlochem, Karis	HCS-Jordan Stati		17.91m
4	Cizek, Tayla	WN - Grimsby		14.51m
5	Godin, Jillian	SWCSS		13.28m

Women Javelin Throw Novice

Name	Year	School	Seed	Finals
1	Panici, Eryn	Laura Secord		22.15m
2	Maltman, Esti	Eden		20.92m
3	Molano, Sara	SWCSS		18.38m
4	Elstone, Erica	Laura Secord		18.19m
5	Vanlochem, Karis	HCS-Jordan Stati		18.07m
6	Anaduaka, Chinecherem	GLCHS		11.90m

Women 100 Meter Dash Junior

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Hollemans, Alayna	HCS-Jordan Stati		13.61q	NWI	2
2	Brown, Daryn	DSBN Academy		14.17q	NWI	2
3	Laguerre, Mia	Thorold		14.75q	NWI	2
4	Powers, Angelea	Thorold		15.72q	NWI	1
5	Kozma, Julia	Laura Secord		15.76q	NWI	2
6	Ephrat, Sarah	SWCSS		17.42q	NWI	2
7	Lauber, Tanisha	DSBN Academy		17.86q	NWI	1
8	Sandy, Kyla	DSBN Academy		19.76q	NWI	1

Women 100 Meter Dash Junior

Name	Year	School	Prelims	Finals	Wind
Finals					
1	Hollemans, Alayna	HCS-Jordan Stati	13.61	13.91	-0.8
2	Brown, Daryn	DSBN Academy	14.17	14.13	-0.8
3	Laguerre, Mia	Thorold	14.75	15.00	-0.8
4	Powers, Angelea	Thorold	15.72	15.67	-0.8
5	Kozma, Julia	Laura Secord	15.76	15.71	-0.8
6	Lauber, Tanisha	DSBN Academy	17.86	17.22	-0.8
7	Ephrat, Sarah	SWCSS	17.42	17.52	-0.8
8	Sandy, Kyla	DSBN Academy	19.76	19.87	-0.8

Zone 4 Championship Meet - 2024-05-16**Results****Women 200 Meter Dash Junior**

Name	Year	School	Seed	Finals	Wind	H#
1 Teeuwsen, Alexa		Smithville CHS		28.66	1.5	2
2 Hollemans, Alayna		HCS-Jordan Stati		28.80	1.5	2
3 Nolan, Amelia		WN - Grimsby		28.92	0.1	1
4 Brown, Daryn		DSBN Academy		29.03	1.5	2
5 Kirk, Riley		WN - Grimsby		29.64	1.5	2
6 Jovicich, Isabella-Sofia		WN - Grimsby		30.60	1.5	2
7 Kozma, Julia		Laura Secord		32.40	0.1	1
8 Powers, Angelea		Thorold		34.38	0.1	1
9 Ephrat, Sarah		SWCSS		36.36	0.1	1

Women 400 Meter Dash Junior

Name	Year	School	Seed	Finals	H#
1 Taylor, Kate		Eden	1:08.75	1:03.49	1
2 Sikkema, Rebekah		HCS-Jordan Stati		1:04.48	2
3 Hollemans, Alayna		HCS-Jordan Stati		1:07.85	2
4 Wassenaar, Tianna		HCS-Jordan Stati		1:08.13	1
5 Fletcher, Melanie		WN - Grimsby		1:11.76	2
6 Jovicich, Isabella-Sofia		WN - Grimsby		1:15.16	2
7 Nolan, Amelia		WN - Grimsby		1:17.60	1
8 MacDonald, Nevaeh		Thorold		1:37.84	1

Women 800 Meter Run Junior

Name	Year	School	Seed	Finals
1 Taylor, Kate		Eden		2:31.64
2 Jeffery, Sydney		WN - Grimsby		2:34.54
3 Ankersmit, Drew		Eden		2:37.44
4 Moran, Anna		Eden		2:38.61
5 Cavicchia, Adali		Eden		2:41.95
6 Saunders, Natalia		SWCSS		2:52.30

Women 1500 Meter Run Junior

Name	Year	School	Seed	Finals
1 Moran, Anna		Eden	5:37.03	5:25.34
2 Cavicchia, Adali		Eden	5:43.91	5:26.87
3 Ankersmit, Drew		Eden	5:55.57	5:28.75
4 Jeffery, Sydney		WN - Grimsby		5:31.09
5 Nicholls, Kaycie		WN - Grimsby		6:23.27

Women 3000 Meter Run Junior

Name	Year	School	Seed	Finals
1 Laing, Ayla		Governor Simcoe	12:30.00	14:33.27
2 Grosvenor, Tessa		SWCSS		14:33.30

Zone 4 Championship Meet - 2024-05-16**Results****Women 80 Meter Hurdles Junior**

Name	Year School	Seed	Finals	Wind
1 Kirk, Riley	WN - Grimsby		12.76	NWI
2 Fletcher, Melanie	WN - Grimsby		15.51	NWI
3 Mayner, Ketruah	WN - Grimsby		16.22	NWI

Women 300 Meter Hurdles Junior

Name	Year School	Seed	Finals
1 Sikkema, Rebekah	HCS-Jordan Stati		48.91
2 Kirk, Riley	WN - Grimsby		50.94
3 Fletcher, Melanie	WN - Grimsby		54.76
4 Mayner, Ketruah	WN - Grimsby		56.34

Women 4x100 Meter Relay Junior

School	Seed	Finals
1 West Niagara Secondary 'A'		55.17
-- Smithville Christ HS 'B'		DNF

Women High Jump Junior

Name	Year School	Seed	Finals
1 Jones, Katelyn	WN - Grimsby		1.50m
2 Wassenaar, Tianna	HCS-Jordan Stati		1.45m
3 Bylsma, Claire	Smithville CHS		1.40m
4 Jovicich, Isabella-Sofia	WN - Grimsby		1.10m
-- Nolan, Amelia	WN - Grimsby		DNF

Women Long Jump Junior

Name	Year School	Seed	Finals	Wind
1 Jones, Katelyn	WN - Grimsby		4.66m	NWI
2 Van den Bos, Jessie	Smithville CHS		4.63m	NWI
2 Burrows, Shorleigh	Eden		4.63m	NWI
4 Teeuwesen, Alexa	Smithville CHS		4.48m	NWI
5 Bylsma, Claire	Smithville CHS		4.41m	NWI
6 Laguerre, Mia	Thorold		4.20m	NWI
7 Powers, Angelea	Thorold		3.39m	NWI
8 Sandy, Kyla	DSBN Academy		2.36m	NWI

Women Triple Jump Junior

Name	Year School	Seed	Finals	Wind
1 Burrows, Shorleigh	Eden		9.78m	NWI
2 Jones, Katelyn	WN - Grimsby		9.52m	NWI
3 Bylsma, Claire	Smithville CHS		8.70m	NWI

Zone 4 Championship Meet - 2024-05-16**Results****Women Shot Put Junior**

Name	Year School	Seed	Finals
1 Vandyk, Olivia	HCS-Jordan Stati		10.36m
2 Vyn, Amelia	HCS-Jordan Stati		8.95m
3 Howe, Bridget	SWCSS		7.99m
4 Olusanya, Temilorun	GLCHS		7.13m
5 Horton, Avah	SWCSS		6.89m
6 Quesada Nepomuceno, Brun	Thorold		6.82m
7 Oni, Toluwani	GLCHS		5.18m

Women Discus Throw Junior

Name	Year School	Seed	Finals
1 Vyn, Amelia	HCS-Jordan Stati		19.93m
2 Quesada Nepomuceno, Brun	Thorold		18.74m
3 Tait, Ilona	WN - Grimsby		18.66m
4 Vandyk, Olivia	HCS-Jordan Stati		18.29m
5 Brown, Daryn	DSBN Academy		17.51m
6 Oni, Toluwani	GLCHS		16.10m
7 Howe, Bridget	SWCSS		15.22m
8 Horton, Avah	SWCSS		14.99m
9 Olusanya, Temilorun	GLCHS		10.88m
10 MacDonald, Nevaeh	Thorold		10.81m

Women Javelin Throw Junior

Name	Year School	Seed	Finals
1 Vandyk, Olivia	HCS-Jordan Stati		19.39m
2 Quesada Nepomuceno, Brun	Thorold		18.78m
3 Tait, Ilona	WN - Grimsby		18.42m
4 Vyn, Amelia	HCS-Jordan Stati		18.40m
5 Heaton, Hazel	Laura Secord		17.22m
6 MacDonald, Nevaeh	Thorold		15.51m
7 Howe, Bridget	SWCSS		14.72m
8 Robinson, Gracie	Laura Secord		13.26m
9 Horton, Avah	SWCSS		11.96m
10 Olusanya, Temilorun	GLCHS		9.03m
11 Oni, Toluwani	GLCHS		8.54m

Women 100 Meter Dash Senior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Jones, Maddy	WN - Grimsby		13.41q	0.6	3
2 Rutledge, Elyse	Laura Secord		13.54q	0.2	1
3 Singh, Anjali	HCS-Jordan Stati		14.00q	0.6	3
4 VanVliet, Julia	HCS-Jordan Stati		14.05q	0.2	1
5 Bredin, Aiyauna	SWCSS		14.10q	-0.2	2
6 Kizito, Ella	GLCHS		14.32q	0.2	1
7 Rowland, Charlee	Thorold		14.47q	0.2	1
8 Melnychuk, Taisa	Governor Simcoe	14.50	14.51q	-0.2	2
9 Droppert, Emily	Smithville CHS		14.69	0.2	1
10 Boychuk, Keira	WN - Grimsby		14.82	-0.2	2

Zone 4 Championship Meet - 2024-05-16

Results

...Women 100 Meter Dash Senior

11	Hoggan, Hannah	Governor Simcoe	14.50	15.20	0.6	3
12	Alexis, Sarah	SWCSS		15.33	0.6	3
13	Campanino, Alice	SWCSS		15.39	0.2	1
14	Okatahi, Jothame	SWCSS		15.49	-0.2	2
15	Friesen, Abby	Thorold		15.54	-0.2	2
16	Franklin, Jamie	Thorold		15.86	0.6	3
17	Chandler, Eddie	DSBN Academy		16.38	-0.2	2
18	Smith, Venessa	Governor Simcoe	14.50	16.55	0.2	1
19	Wilson, Taylor	St. Catharines	16.71	16.94	0.6	3

Women 100 Meter Dash Senior

Name	Year School	Prelims	Finals	Wind
Finals				
1	Rutledge, Elyse	Laura Secord	13.54	13.30 0.5
2	Jones, Maddy	WN - Grimsby	13.41	13.37 0.5
3	VanVliet, Julia	HCS-Jordan Stati	14.05	14.01 0.5
4	Singh, Anjali	HCS-Jordan Stati	14.00	14.02 0.5
5	Bredin, Aiyauna	SWCSS	14.10	14.06 0.5
6	Kizito, Ella	GLCHS	14.32	14.17 0.5
7	Melnychuk, Taisa	Governor Simcoe	14.51	14.46 0.5
8	Rowland, Charlee	Thorold	14.47	14.60 0.5

Women 200 Meter Dash Senior

Name	Year School	Seed	Finals	Wind H#
1	Aljourmi, Sofia	SWCSS	27.10	-1.8 2
2	Rutledge, Elyse	Laura Secord	27.72	-1.4 1
3	Watts, Portia	Thorold	28.71	-1.4 1
4	Bredin, Aiyauna	SWCSS	29.42	-1.8 2
5	VanVliet, Julia	HCS-Jordan Stati	29.44	-1.4 1
6	Breukelman, Eva	GLCHS	29.71	-1.8 2
7	Gallant, Layla	Thorold	29.93	-1.8 2
8	Melnychuk, Taisa	Governor Simcoe	30.00	-1.8 2
9	Rowland, Charlee	Thorold	30.73	-1.4 1
10	Boychuk, Keira	WN - Grimsby	30.81	-1.4 1
11	Hoggan, Hannah	Governor Simcoe	30.00	-1.8 2
12	Friesen, Abby	Thorold	32.71	-1.8 2
13	Okatahi, Jothame	SWCSS	35.24	-1.4 1
14	Linebaugh, Julilanna	SWCSS	38.17	-1.4 1

Women 400 Meter Dash Senior

Name	Year School	Seed	Finals
1	Burke, Mikaela	HCS-Jordan Stati	59.68
2	Aljourmi, Sofia	SWCSS	1:01.10
3	Watts, Portia	Thorold	1:05.00
4	Bogusat, Holly	Governor Simcoe	1:05.31
5	Gallant, Layla	Thorold	1:07.00
6	VanZanten, Annemiek	HCS-Jordan Stati	1:08.53

Zone 4 Championship Meet - 2024-05-16**Results****Women 800 Meter Run Senior**

Name	Year School	Seed	Finals
1 Eaton, Madison	Laura Secord		2:31.41
2 Polmanter-Gentle, Laine	WN - Grimsby		2:37.71
3 Taubeneck, Hailey	SWCSS		2:38.02
4 Stahl, Astrid	WN - Grimsby		2:39.36
5 VanZanten, Annemiek	HCS-Jordan Stati		2:44.46
6 Krause, Kennedy	SWCSS		2:52.89
7 Wilson, Tesia	SWCSS		3:02.46

Women 1500 Meter Run Senior

Name	Year School	Seed	Finals
1 DiLalla, Chloe	Eden		5:10.03
2 Denbak, Megan	Eden	5:30.75	5:26.16
3 Bruinsma, Olivia	WN - Grimsby		5:28.71
4 Stahl, Astrid	WN - Grimsby		5:33.59
5 MacDonnell, Kate	WN - Grimsby		5:35.32
6 Polmanter-Gentle, Laine	WN - Grimsby		5:37.31
7 Taubeneck, Hailey	SWCSS		5:41.34
8 Trujillo Gamboa, Sofia	GLCHS		6:55.06

Women 3000 Meter Run Senior

Name	Year School	Seed	Finals
1 DiLalla, Chloe	Eden		11:19.07
2 Quinn, Zoe	SWCSS		11:31.85
3 Quinn, Thea	SWCSS		11:45.58
4 Clark, Jolanta	SWCSS		12:03.01
5 Denbak, Megan	Eden		12:17.57
6 Bruinsma, Olivia	WN - Grimsby		12:33.36
7 MacDonnell, Kate	WN - Grimsby		13:22.54

Women 100 Meter Hurdles Senior

Name	Year School	Seed	Finals	Wind
1 Phillips, Lily	Eden		14.97	0.6
2 McCready, Sheridan	Governor Simcoe	16.50	16.22	0.6
3 Jones, Maddy	WN - Grimsby		16.56	0.6
4 Wilson, Taylor	St. Catharines	25.22	22.77	0.6

Women 400 Meter Hurdles Senior

Name	Year School	Seed	Finals
1 Phillips, Lily	Eden		1:04.62
2 McCready, Sheridan	Governor Simcoe	1:06.00	1:06.07
3 Burke, Mikaela	HCS-Jordan Stati		1:10.99
4 Berner, Charlotte	SWCSS		1:12.16
5 Jones, Maddy	WN - Grimsby		1:12.73
6 Gallant, Layla	Thorold		1:19.39

Zone 4 Championship Meet - 2024-05-16**Results****Women 4x100 Meter Relay Senior**

School	Seed	Finals
1 Heritage Christian-Jordan Stat 'A'		52.62
2 Sir Winston Churchill 'A'		53.78
1) Pupek, Mya	2) Aljourmi, Sofia	
3) Berner, Charlotte	4) Bredin, Aiyana	
3 Governor Simcoe 'A'	55.00	58.24
4 Great Lakes Christian High 'A'		1:01.01
5 St. Catharines 'C'		1:16.92

Women High Jump Senior

Name	Year School	Seed	Finals
1 Jones, Aalisha	WN - Grimsby		J1.55m
2 Neumann, Ava	Governor Simcoe		J1.48m
3 Forrest, Bailey	WN - Grimsby		J1.48m
4 Ankersmit, Reese	Eden		J1.48m
5 DeHaan, Sarah	Smithville CHS		J1.44m
6 Harmsworth, Anna	Eden		J1.35m
7 Jansen, Hannah	HCS-Jordan Stati		J1.30m

Women Pole Vault Senior

Name	Year School	Seed	Finals
1 Berner, Charlotte	SWCSS		2.60m

Women Long Jump Senior

Name	Year School	Seed	Finals	Wind
1 Coulson, Journey	DSBN Academy		5.34m	NWI
2 Vyn, Hannah	HCS-Jordan Stati		5.00m	NWI
3 Ankersmit, Reese	Eden		4.86m	NWI
4 Singh, Anjali	HCS-Jordan Stati		4.71m	NWI
5 Breukelman, Eva	GLCHS		4.70m	NWI
6 Jones, Aalisha	WN - Grimsby		4.67m	NWI
7 Jansen, Hannah	HCS-Jordan Stati		4.54m	NWI
8 Droppert, Marlie	Smithville CHS		4.22m	NWI
9 Franklin, Jamie	Thorold		4.13m	NWI
10 Kizito, Ella	GLCHS		4.10m	NWI
11 DeHaan, Sarah	Smithville CHS		3.86m	NWI
12 Wilson, Taylor	St. Catharines		3.31m	NWI
13 Hardie, Athena	Smithville CHS		3.05m	NWI
14 Youngblut, Shaylene	St. Catharines		2.68m	NWI
-- VanHerwynen, Sydney	Smithville CHS		DNF	NWI

Women Triple Jump Senior

Name	Year School	Seed	Finals	Wind
1 Vyn, Hannah	HCS-Jordan Stati		10.48m	NWI
2 Ankersmit, Reese	Eden		10.24m	NWI
3 Droppert, Marlie	Smithville CHS		9.92m	NWI
4 Breukelman, Eva	GLCHS		9.74m	NWI

Zone 4 Championship Meet - 2024-05-16**Results****...Women Triple Jump Senior**

5	Jansen, Hannah	HCS-Jordan Stati	9.55m	NWI
6	Singh, Anjali	HCS-Jordan Stati	9.53m	NWI
7	VanHerwynen, Sydney	Smithville CHS	9.08m	NWI
8	DeHaan, Sarah	Smithville CHS	8.03m	NWI
9	Hardie, Athena	Smithville CHS	6.95m	NWI
--	Coulson, Journey	DSBN Academy	DNF	NWI

Women Shot Put Senior

Name	Year	School	Seed	Finals
1	Van Nynatten, Coco	WN - Grimsby		11.09m
2	Froese, Ava	Smithville CHS		8.75m
3	Ascencio, Lucia	DSBN Academy		8.06m
4	Shaw, Kairi	Governor Simcoe		7.72m
5	Tallman, Jorja	GLCHS		7.35m
6	Barker, Nacura	Laura Secord		6.97m
7	Youngblut, Shaylene	St. Catharines		6.53m
8	MacCormack, Makenna	Thorold		6.49m
8	Kizito, Ella	GLCHS		6.49m
10	Ahmed, Zenab	St. Catharines		5.65m
11	Onwubuya, Anne-Marie	GLCHS		5.44m
12	Ejesi, Ugochi	GLCHS		4.39m
--	Plamondon, Emma	St. Catharines	6.48m	DNF

Women Discus Throw Senior

Name	Year	School	Seed	Finals
1	Shaw, Kairi	Governor Simcoe		38.55m
2	Tallman, Jorja	GLCHS		24.60m
3	Ejesi, Ugochi	GLCHS		22.62m
4	Teske, Keira	Governor Simcoe		20.53m
5	Van Nynatten, Coco	WN - Grimsby		17.30m
6	Hales, Kaydence	Thorold		9.87m

Women Javelin Throw Senior

Name	Year	School	Seed	Finals
1	Van Nynatten, Coco	WN - Grimsby		33.95m
2	Vyn, Hannah	HCS-Jordan Stati		29.53m
3	Barker, Nacura	Laura Secord		24.80m
4	Harmsworth, Anna	Eden		22.34m
5	Hales, Kaydence	Thorold		22.24m
6	Tallman, Jorja	GLCHS		19.74m
7	Teske, Keira	Governor Simcoe		19.72m
8	Vandenberg, Addison	Smithville CHS		18.34m
9	Youngblut, Shaylene	St. Catharines		15.88m
10	Ahmed, Zenab	St. Catharines	12.24m	14.68m
11	Onwubuya, Anne-Marie	GLCHS		12.27m
12	Ejesi, Ugochi	GLCHS		10.21m
--	Plamondon, Emma	St. Catharines	21.53m	DNF

Zone 4 Championship Meet - 2024-05-16**Results****Women 2000 Meter Steeplechase Open**

Name	Year	School	Seed	Finals
1 Eaton, Madison		Laura Secord		7:44.91
2 Quinn, Zoe		SWCSS		7:52.02
3 Jeffery, Sydney		WN - Grimsby		7:58.17
4 Quinn, Thea		SWCSS		8:07.49
5 Laing, Ayla		Governor Simcoe	8:00.00	8:24.56
6 Nicholls, Kaycie		WN - Grimsby		9:29.64

Women 4x400 Meter Relay Open

School	Seed	Finals
1 Sir Winston Churchill 'A'		4:25.83
1) Berner, Charlotte	2) Aljourmi, Sofia	
3) Quinn, Thea	4) Quinn, Zoe	
2 Heritage Christian-Jordan Stat 'A'		4:29.09
3 West Niagara Secondary 'A'		4:29.99
4 Eden 'A'		4:33.07

Women Shot Put Intellectually Imp.

Name	Year	School	Seed	Finals
1 Gayle, Ziyah		St. Catharines		4.45m

Men 100 Meter Dash Novice

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Wilson, Evan		Eden		12.01q	NWI	1
2 Elue, Benedict		Eden		12.08q	NWI	1
3 Parent, Max		Eden	12.77	12.43q	NWI	1
4 Tait, Justyce		Governor Simcoe	12.00	12.71q	0.7	2
5 Vanderwyk, Noel		WN - Grimsby		13.13q	0.7	2
6 Ajomiwe, Divine-Wisdom		St. Catharines	13.86	13.57q	NWI	1
7 Zavadovskyi, Vadym		Thorold		13.76q	0.7	2
8 Mitchell, Ian		Eden	14.08	13.92q	0.7	2
9 Moore, Calum		Governor Simcoe	13.00	13.93	0.7	2
10 MacDonald, Callum		Governor Simcoe	13.50	14.00	0.7	2

Men 100 Meter Dash Novice

Name	Year	School	Prelims	Finals	Wind
Finals					
1 Wilson, Evan		Eden	12.01	11.82	-0.3
2 Elue, Benedict		Eden	12.08	12.00	-0.3
3 Tait, Justyce		Governor Simcoe	12.71	12.30	-0.3
4 Parent, Max		Eden	12.43	12.39	-0.3
5 Ajomiwe, Divine-Wisdom		St. Catharines	13.57	13.56	-0.3
6 Zavadovskyi, Vadym		Thorold	13.76	13.61	-0.3
7 Vanderwyk, Noel		WN - Grimsby	13.13	13.78	-0.3
8 Mitchell, Ian		Eden	13.92	14.09	-0.3

Zone 4 Championship Meet - 2024-05-16**Results****Men 200 Meter Dash Novice**

Name	Year	School	Seed	Finals	Wind	H#
1 Wilson, Evan		Eden		23.91	-0.2	1
2 Theodore, Jase		SWCSS		24.29	2.3	2
3 Tait, Justyce		Governor Simcoe	25.00	24.31	2.3	2
4 Elue, Benedict		Eden		24.50	-0.2	1
5 Friesen, Jared		Governor Simcoe	25.00	24.56	-0.2	1
6 Parent, Max		Eden		25.50	2.3	2
7 Vanderwyk, Noel		WN - Grimsby		26.78	-0.2	1
8 Uwaifo, Nosakhare		Eden		27.22	2.3	2
9 VanderKolk, Ethan		Smithville CHS		27.37	-0.2	1
10 Temacini, Nabil		Governor Simcoe	26.00	27.66	-0.2	1
11 MacDonald, Callum		Governor Simcoe		28.25	2.3	2
12 Barrett, Cliff		WN - Grimsby		33.00	2.3	2

Men 400 Meter Dash Novice

Name	Year	School	Seed	Finals	H#
1 Theodore, Jase		SWCSS		54.84	1
2 Friesen, Jared		Governor Simcoe	59.00	55.77	1
3 Larsen, Chase		WN - Grimsby		56.11	2
4 Temacini, Nabil		Governor Simcoe	1:00.00	1:02.66	2
5 Tomori, Alistair		Eden	1:04.06	1:04.22	2
6 Zavadovskyi, Vadym		Thorold		1:07.57	1
7 Barrett, Cliff		WN - Grimsby		1:17.96	1

Men 800 Meter Run Novice

Name	Year	School	Seed	Finals
1 Sacco, Lucas		SWCSS		2:10.57
2 Jansen, Jonathan		HCS-Jordan Stati		2:37.28
3 VanVliet, Seth		HCS-Jordan Stati		2:41.46

Men 1500 Meter Run Novice

Name	Year	School	Seed	Finals
1 Sacco, Lucas		SWCSS		4:35.57
2 Shuker, Rocco		WN - Grimsby		4:43.99
3 Clarke, Trent		WN - Grimsby		4:49.42
4 McKie, Callum		Eden	5:10.97	5:04.38
5 Bayne, Joshua		Eden	5:28.85	5:22.07
6 Jansen, Jonathan		HCS-Jordan Stati		5:24.25
7 VanVliet, Seth		HCS-Jordan Stati		5:54.93
8 Powell, Holden		Laura Secord		6:03.85

Men 3000 Meter Run Novice

Name	Year	School	Seed	Finals
1 Clark, Keegan		SWCSS		10:05.90
2 Shuker, Rocco		WN - Grimsby		10:13.37
3 Clarke, Trent		WN - Grimsby		10:47.54
4 Bayne, Joshua		Eden		12:11.07

Zone 4 Championship Meet - 2024-05-16**Results****...Men 3000 Meter Run Novice**

5 Powell, Holden Laura Secord 12:51.36

Men 100 Meter Hurdles Novice

Name	Year	School	Seed	Finals	Wind
1 McCready, Caven		Governor Simcoe	17.00	17.24	NWI
2 Duncan, Zac		WN - Grimsby		17.72	NWI
3 Ajomiwe, Divine-Wisdom		St. Catharines	18.97	26.72	NWI

Men 300 Meter Hurdles Novice

Name	Year	School	Seed	Finals
1 Larsen, Chase		WN - Grimsby		46.43
2 Duncan, Zac		WN - Grimsby		48.45
3 McCready, Caven		Governor Simcoe	52.00	48.95

Men 4x100 Meter Relay Novice

School	Seed	Finals
1 West Niagara Secondary 'A'		49.10
2 Governor Simcoe 'A'	50.00	50.73
3 Eden 'A'		51.94

Men High Jump Novice

Name	Year	School	Seed	Finals
1 Griffith, Xavier		SWCSS		1.80m
2 Tzellos, Joey		Smithville CHS		1.55m
-- Uwaifo, Nosakhare		Eden		DNF
-- Elue, Benedict		Eden		DNF

Men Pole Vault Novice

Name	Year	School	Seed	Finals
1 Coleman, Cameron		Governor Simcoe		J2.10m
2 Moore, Calum		Governor Simcoe		J2.10m
3 Shaw, Owen		Governor Simcoe		J2.10m

Men Long Jump Novice

Name	Year	School	Seed	Finals	Wind
1 Smith, Sutter		WN - Grimsby		5.35m	NWI
2 VanderKolk, Ethan		Smithville CHS		5.08m	NWI
3 Duncan, Zac		WN - Grimsby		4.94m	NWI
4 Jiang, Shuhan		Eden		3.68m	NWI
-- Busch, Noah		Eden		DNF	NWI
-- Raynor, Kieran		Governor Simcoe		DNF	NWI
-- Zavadovskyi, Vadym		Thorold		DNF	NWI

Zone 4 Championship Meet - 2024-05-16**Results****Men Triple Jump Novice**

Name	Year School	Seed	Finals	Wind
1 Griffith, Xavier	SWCSS		11.42m	NWI
2 Smith, Sutter	WN - Grimsby		11.21m	NWI
3 Tzellos, Joey	Smithville CHS		10.16m	NWI
4 VanderKolk, Ethan	Smithville CHS		9.80m	NWI
-- Busch, Noah	Eden		DNF	NWI
-- Raynor, Kieran	Governor Simcoe		DNF	NWI

Men Shot Put Novice

Name	Year School	Seed	Finals
1 Pullar, Mackenzie	SWCSS		11.48m
2 Friesen, Jared	Governor Simcoe		11.00m
3 Aljafra, Amr	SWCSS		10.78m
4 Fournier-Phillips, Kaidy	Thorold		10.77m
5 Mohammadyar, Emrah	SWCSS		10.44m
6 Vandenberg, Nathaniel	HCS-Jordan Stati		10.11m
7 Marino, Ben	WN - Grimsby		8.30m
-- Raynor, Kieran	Governor Simcoe		DNF

Men Discus Throw Novice

Name	Year School	Seed	Finals
1 Fournier-Phillips, Kaidy	Thorold		31.24m
2 Marino, Ben	WN - Grimsby		28.96m
3 Vandenberg, Nathaniel	HCS-Jordan Stati		27.07m
4 Pullar, Mackenzie	SWCSS		25.62m
5 Aljafra, Amr	SWCSS		18.58m

Men Javelin Throw Novice

Name	Year School	Seed	Finals
1 Aljafra, Amr	SWCSS		27.37m
2 Vandenberg, Nathaniel	HCS-Jordan Stati		27.11m

Men 100 Meter Dash Junior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Wurgler, Alexander	SWCSS		11.61q	NWI	1
2 Lampman, Tyler	Thorold		12.28q	NWI	1
3 Day, Andrew	Laura Secord		12.33q	NWI	1
4 Malcolm, Tiago	WN - Grimsby		12.34q	NWI	2
5 Abakar, Sougui	Thorold		12.48q	0.4	3
5 Payne, Brody	Eden	12.70	12.48q	NWI	1
7 Taylor Moody, Colby	Governor Simcoe	12.00	12.54q	NWI	2
8 Less, Cordell	Laura Secord		12.65q	0.4	3
9 McDonough, Adonis	WN - Grimsby		12.78	NWI	1
10 Thorp, Nolan	WN - Grimsby		13.10	NWI	1
11 Khatri, Sonim	Thorold		13.23	NWI	1
12 Epp, Ethan	Laura Secord		13.43	NWI	2

Zone 4 Championship Meet - 2024-05-16**Results****...Men 100 Meter Dash Junior**

13	Aruna, Mujeeb	Thorold		13.50	NWI	2
14	Unger, Logan	Governor Simcoe	13.50	13.51	0.4	3
15	Swinson, Wayne	DSBN Academy		13.56	0.4	3
16	Heikoop, Aiden	HCS-Jordan Stati		13.67	NWI	2
17	Supsupin, Marqui	St. Catharines		14.12	NWI	2
18	Lacroix, Cameron	GLCHS		14.69	0.4	3

Men 100 Meter Dash Junior

Name	Year	School	Prelims	Finals	Wind
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Finals

1	Wurgler, Alexander	SWCSS	11.61	11.83	-1.2
2	Less, Cordell	Laura Secord	12.65	12.47	-1.2
2	Malcolm, Tiago	WN - Grimsby	12.34	12.47	-1.2
4	Day, Andrew	Laura Secord	12.33	12.53	-1.2
5	Abakar, Sougui	Thorold	12.48	12.54	-1.2
6	Lampman, Tyler	Thorold	12.28	12.55	-1.2
7	Payne, Brody	Eden	12.48	12.60	-1.2
8	Taylor Moody, Colby	Governor Simcoe	12.54	14.27	-1.2

Men 200 Meter Dash Junior

Name	Year	School	Seed	Finals	Wind	H#
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1	Wurgler, Alexander	SWCSS		23.75	0.3	1
2	Payne, Brody	Eden		25.17	1.5	2
3	McDonough, Adonis	WN - Grimsby		25.96	0.3	1
4	Pouliot-Bekkering, Marek	Governor Simcoe	25.00	26.37	1.5	2
5	Kotapuri, Ruslan	WN - Grimsby		26.71	1.5	2
6	Stewart-Spink, Keiran	Governor Simcoe	27.00	27.15	0.3	1
7	Mussell, Jacob	St. Catharines		27.42	0.3	1
8	Epp, Ethan	Laura Secord		27.56	1.5	2
9	Lacroix, Cameron	GLCHS		29.62	1.5	2
10	Scott, Josiah	GLCHS		30.52	0.3	1

Men 400 Meter Dash Junior

Name	Year	School	Seed	Finals	H#
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1	Walker, Barron	SWCSS		52.75	2
2	Simpson, Graydon	Smithville CHS		59.01	1
3	Pouliot-Bekkering, Marek	Governor Simcoe	59.00	1:00.30	2
4	Olajumoke, Teni	Thorold		1:00.97	1
5	Mussell, Jacob	St. Catharines	1:05.72	1:01.54	1
6	Kotapuri, Ruslan	WN - Grimsby		1:03.86	1
7	Kaija, Logan	WN - Grimsby		1:06.90	2
8	Scott, Josiah	GLCHS		1:06.99	2
9	Ajomiwe, Amblessed	St. Catharines	1:13.90	1:09.38	1

Men 800 Meter Run Junior

Name	Year	School	Seed	Finals
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1	Walker, Barron	SWCSS		2:09.70
2	Bayne, Andrew	Eden		2:11.18

Zone 4 Championship Meet - 2024-05-16**Results****...Men 800 Meter Run Junior**

3	Bertrand, Damien	SWCSS		2:22.90
4	Gunn, Caelan	WN - Grimsby		2:29.38
5	Simpson, Graydon	Smithville CHS		2:36.28
6	Banta, Jude	GLCHS	2:40.00	2:39.92

Men 1500 Meter Run Junior

Name	Year	School	Seed	Finals
1	Bertrand, Damien	SWCSS		4:47.37
2	Walker, Barron	SWCSS		5:10.05
3	Bayne, Andrew	Eden		5:10.11
4	Banta, Jude	GLCHS	5:20.00	5:14.36
5	Gunn, Caelan	WN - Grimsby		5:16.31
6	Richardson, Cameron	Smithville CHS		5:29.91
7	White, Gavin	St. Catharines		5:31.39

Men 3000 Meter Run Junior

Name	Year	School	Seed	Finals
1	Dobrovoiski, Simon	SWCSS		9:19.65
2	Cirasuolo, Julian	SWCSS		10:19.73
3	Mead, Jackson	SWCSS		10:24.55
4	Richardson, Cameron	Smithville CHS		12:47.50

Men 100 Meter Hurdles Junior

Name	Year	School	Seed	Finals	Wind
1	Malcolm, Tiago	WN - Grimsby		16.07	NWI
2	Szczepanski, Isaac	WN - Grimsby		17.35	NWI
3	Stewart-Spink, Keiran	Governor Simcoe	19.00	19.51	NWI
4	Tadas, Frances	Governor Simcoe	20.00	21.30	NWI
5	Supsupin, Marqui	St. Catharines		22.63	NWI
6	White, Gavin	St. Catharines	23.48	23.47	NWI

Men 300 Meter Hurdles Junior

Name	Year	School	Seed	Finals
1	Malcolm, Tiago	WN - Grimsby		48.40
2	Kaija, Logan	WN - Grimsby		1:00.44

Men 4x100 Meter Relay Junior

School	Seed	Finals
1 West Niagara Secondary 'A'		48.52
2 Governor Simcoe 'A'	52.00	50.11
3 Smithville Christ HS 'A'		51.01
4 St. Catharines 'A'		53.37

Zone 4 Championship Meet - 2024-05-16**Results****Men High Jump Junior**

Name	Year School	Seed	Finals
1 Olajumoke, Teni	Thorold		1.60m

Men Pole Vault Junior

Name	Year School	Seed	Finals
1 Wainio, Ryder	Governor Simcoe		J2.10m
2 Miller, Jack	Governor Simcoe		J2.10m
3 Huot-Moodie, Sebastian	Governor Simcoe		J2.10m

Men Long Jump Junior

Name	Year School	Seed	Finals	Wind
1 Wojciechowski, Austin	Governor Simcoe		6.11m	NWI
2 Less, Cordell	Laura Secord		5.57m	NWI
3 Heikoop, Aiden	HCS-Jordan Stati		5.26m	NWI
4 Szczepanski, Isaac	WN - Grimsby		5.08m	NWI
5 Glasbergen, Hunter	HCS-Jordan Stati		4.94m	NWI
6 Aruna, Mujeeb	Thorold		4.86m	NWI
7 Ajomiwe, Amblessed	St. Catharines	3.84m	4.74m	NWI
8 Wiersma, Adam	Smithville CHS		4.54m	NWI
9 Swinson, Wayne	DSBN Academy		4.48m	NWI
10 Kok, David	Smithville CHS		4.38m	NWI
11 Supsupin, Marqui	St. Catharines		4.17m	NWI
12 Abakar, Sougui	Thorold		4.14m	NWI
13 Scott, Josiah	GLCHS		4.11m	NWI
14 Lacroix, Cameron	GLCHS		2.67m	NWI

Men Triple Jump Junior

Name	Year School	Seed	Finals	Wind
1 Wojciechowski, Austin	Governor Simcoe		12.31m	NWI
2 Heikoop, Aiden	HCS-Jordan Stati		11.13m	NWI
3 Szczepanski, Isaac	WN - Grimsby		11.02m	NWI
4 Glasbergen, Hunter	HCS-Jordan Stati		10.69m	NWI
5 Kok, David	Smithville CHS		10.65m	NWI
-- Nero, Daniel	Thorold		DNF	NWI
-- Khatri, Sonim	Thorold		DNF	NWI

Men Shot Put Junior

Name	Year School	Seed	Finals
1 Aljafra, Mohammad	SWCSS		13.19m
2 Haight, Nathan	WN - Grimsby		11.09m
3 Julian, Cole	Eden		11.07m
4 Kotze, Kevin	DSBN Academy		10.78m
5 McDonough, Adonis	WN - Grimsby		10.57m
6 Parisi, Blake	DSBN Academy		10.36m
7 Batainen, Mustafa	SWCSS		10.18m
8 Veldhuizen, Austin	Smithville CHS		9.94m
9 Vandenberg, Evan	Smithville CHS		8.62m

Zone 4 Championship Meet - 2024-05-16**Results****...Men Shot Put Junior**

10 Harmsworth, Campbell	Eden	8.56m
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Men Discus Throw Junior

Name	Year School	Seed	Finals
1 Batainen, Mustafa	SWCSS		32.96m
2 Aljafra, Mohammad	SWCSS		29.77m
3 Veldhuizen, Austin	Smithville CHS		28.00m
4 Flook, Darius	SWCSS		25.92m
5 Haight, Nathan	WN - Grimsby		25.16m
6 Kotze, Kevin	DSBN Academy		24.31m
7 Vandenberg, Evan	Smithville CHS		24.08m
8 Swinson, Wayne	DSBN Academy		21.96m
-- Aldrete, Stefan	DSBN Academy		DNF

Men Javelin Throw Junior

Name	Year School	Seed	Finals
1 Flook, Darius	SWCSS		37.25m
2 MacKay-Cotton, Liam	Laura Secord		36.44m
3 Aljafra, Mohammad	SWCSS		35.69m
4 Vandenberg, Evan	Smithville CHS		35.60m
5 Less, Cordell	Laura Secord		33.15m
6 Harmsworth, Campbell	Eden		31.21m
7 Veldhuizen, Austin	Smithville CHS		29.03m
8 Kotze, Kevin	DSBN Academy		27.56m
9 Abakar, Sougui	Thorold		24.96m
10 Wiersma, Adam	Smithville CHS		24.15m
11 Batainen, Mustafa	SWCSS		23.32m
-- Aldrete, Stefan	DSBN Academy		DNF

Men 100 Meter Dash Senior

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Brouwer, Braeden	WN - Grimsby		10.85q	0.4	1
2 Reid, Khamal	SWCSS		11.96q	-0.2	2
3 Ng, Michael	GLCHS	12.28	12.15q	0.6	3
4 Snyder, Nick	HCS-Jordan Stati		12.28q	-0.2	2
5 Jeffery, Hayden	WN - Grimsby		12.29q	0.6	3
6 Stoner, Logan	St. Catharines	14.22	12.36q	-0.2	2
7 Palani, Diyar	St. Catharines	12.85	12.56q	0.4	1
8 Goar, Holden	WN - Grimsby		12.57q	-0.2	2
9 Teeuwsen, Corey	Smithville CHS		12.68	0.6	3
10 Nixon, Lucas	SWCSS		12.85	0.4	1
11 Francis, Akeba	Thorold		12.88	0.6	3
12 Beukes, Julius	DSBN Academy		12.94	0.6	3
13 Uwaifo, Osasu	Eden		13.62	-0.2	2

Zone 4 Championship Meet - 2024-05-16

Results

Men 100 Meter Dash Senior

Name	Year School	Prelims	Finals	Wind
Finals				
1 Brouwer, Braeden	WN - Grimsby	10.85	11.46	-1.6
2 Reid, Khamal	SWCSS	11.96	11.99	-1.6
3 Snyder, Nick	HCS-Jordan Stati	12.28	12.26	-1.6
4 Ng, Michael	GLCHS	12.15	12.31	-1.6
5 Jeffery, Hayden	WN - Grimsby	12.29	12.39	-1.6
6 Goar, Holden	WN - Grimsby	12.57	12.56	-1.6
7 Palani, Diyar	St. Catharines	12.56	12.74	-1.6
8 Stoner, Logan	St. Catharines	12.36	13.25	-1.6

Men 200 Meter Dash Senior

Name	Year School	Seed	Finals	Wind	H#
1 Brouwer, Braeden	WN - Grimsby		21.89	-0.5	1
2 Talsma, Jeremy	Smithville CHS		23.67	-0.5	1
3 Reid, Khamal	SWCSS		24.01	-0.5	1
4 Tichband, Kester	SWCSS		24.34	-1.5	2
5 Jeffery, Hayden	WN - Grimsby		24.68	-1.5	2
6 Goar, Holden	WN - Grimsby		24.74	-1.5	2
6 Snyder, Nick	HCS-Jordan Stati		24.74	-0.5	1
8 Uwaifo, Osasu	Eden		25.78	-1.5	2
9 Koole, Riley	Smithville CHS		26.30	-1.5	2

Men 400 Meter Dash Senior

Name	Year School	Seed	Finals	H#
1 Adams, TJ	Governor Simcoe	50.00	51.12	2
2 Reid, Khamal	SWCSS		53.72	1
3 Breukelman, Silas	Smithville CHS		54.28	1
4 Talsma, Jeremy	Smithville CHS		55.39	2
5 Andres, Lucas	Laura Secord		56.06	1
6 Srb, Jack	SWCSS		56.51	1
7 Tichband, Kester	SWCSS		57.98	2
8 Ng, Michael	GLCHS		58.88	1
9 Forrest, Zachary	Governor Simcoe	1:00.00	58.96	2
10 Farah, Abdi	Laura Secord		59.03	1
11 Snyder, Nick	HCS-Jordan Stati		59.29	1
12 Petten, Nolan	St. Catharines		1:01.76	2
13 Perrault, Collin	Laura Secord		1:01.84	2

Men 800 Meter Run Senior

Name	Year School	Seed	Finals	H#
1 Breckels, Fenway	Governor Simcoe	2:00.00	2:00.49	2
2 Houston, Zach	WN - Grimsby		2:00.54	1
3 Glaser, Sebastian	Governor Simcoe	2:01.00	2:01.84	1
4 Masterson, Owen	SWCSS		2:05.65	1
5 Wilson, Rian	SWCSS		2:06.54	2
6 McIntosh, Jackson	WN - Grimsby		2:12.98	1
7 Breukelman, Silas	Smithville CHS		2:13.46	2
8 Knerr, Koen	Thorold		2:19.74	2

Zone 4 Championship Meet - 2024-05-16**Results****...Men 800 Meter Run Senior**

9	Andres, Lucas	Laura Secord		2:23.47	2
10	Srb, Jack	SWCSS		2:25.70	1
11	Forrest, Zachary	Governor Simcoe	2:20.00	2:36.23	2

Men 1500 Meter Run Senior

Name	Year	School	Seed	Finals
1 Tomori, Graham		Eden		4:05.75
2 Bayne, Elijah		Eden		4:10.79
3 Houston, Zach		WN - Grimsby		4:10.84
4 Crowe, Oliver		Governor Simcoe	4:20.00	4:16.72
5 Knerr, Koen		Thorold		4:57.87
6 Farah, Abdi		Laura Secord		5:09.76
7 Stefanidis, Matthew		WN - Grimsby		5:09.78
8 Lang, Nathan		Laura Secord		5:12.00
9 Dykstra, Isaiah		HCS-Jordan Stati		5:14.06
10 Casey, Cash		St. Catharines	5:26.01	5:14.35
11 Gerryts, Eli		Smithville CHS		5:46.57

Men 3000 Meter Run Senior

Name	Year	School	Seed	Finals
1 Tomori, Graham		Eden		8:59.29
2 Crowe, Oliver		Governor Simcoe	9:00.00	9:24.80
3 Dellalial, Samuel		SWCSS		9:36.96
4 Bayne, Elijah		Eden		9:38.31
5 Huinink, Noel		Smithville CHS		9:59.67
6 Casey, Cash		St. Catharines		11:32.70
7 Lang, Nathan		Laura Secord		11:50.86

Men 110 Meter Hurdles Senior

Name	Year	School	Seed	Finals	Wind
1 Brouwer, Braeden		WN - Grimsby		14.70	NWI
2 Westerveld, Matt		HCS-Jordan Stati		19.05	NWI
3 Adam, Maddix		Governor Simcoe	18.00	19.22	NWI

Men 400 Meter Hurdles Senior

Name	Year	School	Seed	Finals
1 Adams, TJ		Governor Simcoe	58.26	59.75
2 Radtke-Harris, Luca		WN - Grimsby		1:00.65
3 Westerveld, Matt		HCS-Jordan Stati		1:07.91
4 Adam, Maddix		Governor Simcoe	1:10.00	1:10.21

Men 4x100 Meter Relay Senior

School	Seed	Finals
1 West Niagara Secondary 'A'		44.85
2 Sir Winston Churchill 'A'		44.92
1) Wurgler, Alexander	2) Witter, Cory	

Zone 4 Championship Meet - 2024-05-16**Results****...Men 4x100 Meter Relay Senior**

3) Reid, Khamal	4) Ojo, Adetunji	
3 Heritage Christian-Jordan Stat 'A'		48.42
4 Smithville Christ HS 'A'		49.01
5 St. Catharines 'B'		51.71
6 Great Lakes Christian High 'A'		53.95

Men High Jump Senior

Name	Year School	Seed	Finals
1 Spittal, Ben	WN - Grimsby		1.70m
2 Han, Ethan	Eden		1.65m
3 Kok, Jacob	Smithville CHS		1.55m
-- Knerr, Koen	Thorold		DNF
-- Beukes, Julius	DSBN Academy		DNF

Men Pole Vault Senior

Name	Year School	Seed	Finals
1 Radtke-Harris, Luca	WN - Grimsby		3.40m

Men Long Jump Senior

Name	Year School	Seed	Finals	Wind
1 Haywood, Owen	Thorold		6.63m	NWI
2 Perrault, Collin	Laura Secord		5.57m	NWI
3 Farah, Abdi	Laura Secord		5.46m	NWI
4 Ybema, Cam	HCS-Jordan Stati		5.44m	NWI
5 Gerryts, Eli	Smithville CHS		5.42m	NWI
6 Kemper, Trevor	HCS-Jordan Stati		5.36m	NWI
7 Palani, Diyar	St. Catharines		5.23m	NWI
8 Spittal, Ben	WN - Grimsby		5.20m	NWI
9 Koole, Riley	Smithville CHS		5.18m	NWI
10 Kok, Jacob	Smithville CHS		5.14m	NWI
11 Subhani, Soran	St. Catharines		4.63m	NWI
12 Young, Jacob	Laura Secord		4.27m	NWI
13 Burse, Patrick	St. Catharines		3.89m	NWI
-- Gibson, Tyrese	Thorold		DNF	NWI
-- DeBoer, Reuben	Smithville CHS		DNF	NWI

Men Triple Jump Senior

Name	Year School	Seed	Finals	Wind
1 Haywood, Owen	Thorold		12.80m	NWI
2 Kemper, Trevor	HCS-Jordan Stati		12.26m	NWI
3 Talsma, Jeremy	Smithville CHS		11.99m	NWI
4 Ybema, Cam	HCS-Jordan Stati		11.64m	NWI
5 Kok, Jacob	Smithville CHS		10.62m	NWI

Zone 4 Championship Meet - 2024-05-16**Results****Men Shot Put Senior**

Name	Year School	Seed	Finals
1 Ralph, Lincoln	SWCSS		11.04m
2 Miedema, Brandon	HCS-Jordan Stati		10.98m
3 Morritt, Jacob	DSBN Academy		10.47m
4 Burse, Patrick	St. Catharines		10.26m
5 Slingerland, Isaac	HCS-Jordan Stati		9.99m
6 Goertzen, Aaron	St. Catharines	9.10m	9.60m
7 Grin, Riley	HCS-Jordan Stati		9.19m
8 Overduin, Zach	HCS-Jordan Stati		9.14m
9 Addo, Kelvin	GLCHS		8.55m
10 Wood, Luke	WN - Grimsby		8.36m
11 Eziokwu, Elvis	GLCHS		8.18m

Men Discus Throw Senior

Name	Year School	Seed	Finals
1 Toulan, Yousef	Thorold		33.41m
2 Morritt, Jacob	DSBN Academy		30.39m
3 Flook, Dylan	SWCSS		30.26m
4 Miedema, Brandon	HCS-Jordan Stati		29.37m
5 Van Huizen, Evan	Smithville CHS		28.59m
6 Addo, Kelvin	GLCHS		27.46m
7 Grin, Riley	HCS-Jordan Stati		26.56m
8 Wood, Luke	WN - Grimsby		26.38m
9 Ralph, Lincoln	SWCSS		26.12m
10 Overduin, Zach	HCS-Jordan Stati		24.22m
11 Slingerland, Isaac	HCS-Jordan Stati		24.17m
12 DeBoer, Reuben	Smithville CHS		18.74m
13 Eziokwu, Elvis	GLCHS		17.52m
14 Young, Jacob	Laura Secord		10.68m

Men Javelin Throw Senior

Name	Year School	Seed	Finals
1 Kennedy, Kaleb	WN - Grimsby		51.64m
2 Radtke-Harris, Luca	WN - Grimsby		46.27m
3 Quinn, James	Laura Secord		45.30m
4 Friesen, Cole	Laura Secord		39.45m
5 Van Huizen, Evan	Smithville CHS		36.90m
6 Grin, Riley	HCS-Jordan Stati		33.89m
7 Morritt, Jacob	DSBN Academy		31.83m
8 Flook, Dylan	SWCSS		29.48m
9 Teeuwesen, Corey	Smithville CHS		27.20m
10 Ralph, Lincoln	SWCSS		26.68m
11 Slingerland, Isaac	HCS-Jordan Stati		26.45m
12 Addo, Kelvin	GLCHS		26.26m
13 Toulan, Yousef	Thorold		25.50m
14 Overduin, Zach	HCS-Jordan Stati		24.13m
15 DeBoer, Reuben	Smithville CHS		19.84m
-- Miedema, Brandon	HCS-Jordan Stati		DNF
-- Eziokwu, Elvis	GLCHS		DNF

Zone 4 Championship Meet - 2024-05-16

Results

Men 2000 Meter Steeplechase Open

Name	Year School	Seed	Finals
1 Glaser, Sebastian	Governor Simcoe	6:25.00	6:27.39
2 Breckels, Fenway	Governor Simcoe	6:20.00	6:31.64
3 Huinink, Noel	Smithville CHS		6:48.30
4 Wilson, Rian	SWCSS		7:38.46
5 Stefanidis, Matthew	WN - Grimsby		7:53.12
6 Gerryts, Eli	Smithville CHS		7:54.57
7 Schneider, Greg	WN - Grimsby		8:25.72

Men 4x400 Meter Relay Open

School	Seed	Finals
1 Governor Simcoe 'A'	3:35.00	3:37.71
2 West Niagara Secondary 'A'		3:42.45
3 Smithville Christ HS 'A'		3:45.86
4 Sir Winston Churchill 'A'		3:46.92
1) Walker, Barron	2) Masterson, Owen	
3) Bertrand, Damien	4) Sacco, Lucas	
5 Heritage Christian-Jordan Stat 'A'		4:13.02

Men 100 Meter Dash Intellectually Imp.

Name	Year School	Seed	Finals	Wind
1 Turner, Braydon	Thorold		13.83	NWI

Men Shot Put Intellectually Imp.

Name	Year School	Seed	Finals
1 Turner, Braydon	Thorold		8.97m