

LGSSAA Track & Field Championship 2025
Thousand Islands Secondary School
Results

Women 100 Meter Dash Novice

OFSAA:	12.00	2015-06-05	Alyssa Marsh, Notre Dame CSS				
Can Inter:	11.54	2002	Ashley Purnell - St. Mark				
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1 Brianna Dean		North Grenvi		14.42q	NWI	2	
2 Sadie Turcotte		Gananoque SS		14.54q	NWI	2	
3 Ella Coates		Thousand Islands SS	14.05	14.82q	NWI	1	
4 Chloe Luscombe		Rideau Distr		15.06q	NWI	3	
5 Caelyn Cratchley		North Grenvi		15.15q	NWI	3	
6 Shyla Bertrend-Martel		Thousand Islands SS	15.25	15.30q	NWI	2	
7 Phoebe Noseworthy		Thousand Islands SS		15.95q	NWI	1	
8 Olivia Campos-Hugueney		Athens Distr		16.00q	NWI	3	
9 Lucy Bezaire		Ange Gabriel		16.06	NWI	1	
10 Madison Fowler		Thousand Islands SS	16.29	16.10	NWI	3	
11 Amelia Worden		Ange Gabriel		16.14	NWI	2	
12 Ava Couturier		St. Michael		16.83	NWI	1	
13 Kaiyah Saunders		Thousand Islands SS	16.03	16.88	NWI	3	
14 Lexi Belanger		South Grenville Dhs		17.32	NWI	1	
15 Rita Kuepfer		North Grenvi		19.52	NWI	2	

Women 100 Meter Dash Novice

OFSAA:	12.00	2015-06-05	Alyssa Marsh, Notre Dame CSS				
Can Inter:	11.54	2002	Ashley Purnell - St. Mark				
Name	Year	School	Prelims	Finals	Wind	Points	
Finals							
1 Brianna Dean		North Grenvi	14.42	14.31	NWI	10	
2 Sadie Turcotte		Gananoque SS	14.54	14.34	NWI	8	
3 Ella Coates		Thousand Islands SS	14.82	14.60	NWI	6	
4 Chloe Luscombe		Rideau Distr	15.06	14.72	NWI	5	
5 Caelyn Cratchley		North Grenvi	15.15	15.10	NWI	4	
6 Shyla Bertrend-Martel		Thousand Islands SS	15.30	15.14	NWI	3	
7 Phoebe Noseworthy		Thousand Islands SS	15.95	15.31	NWI	2	

Women 200 Meter Dash Novice

OFSAA:	24.32	2010	Christian Brennan, St. Mary CSS				
Can Inter:	23.34	2015	Raquel Tjernagel - New Westminster SS				
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1 Beth Farndon		Gananoque SS		27.91q	NWI	1	
2 Alia Curran		St. Michael		28.87q	NWI	3	
3 Shelby Vanwesterop		St. Mary Chs		28.96q	NWI	1	
4 Hannah Reilly		St. Mary Chs		29.25q	NWI	2	
5 Reanne Dwyre		Rideau Distr		30.39q	NWI	4	
6 Ella Coates		Thousand Islands SS	30.00	30.44q	NWI	4	
7 Annie Tremblay		Ange Gabriel		30.45q	NWI	1	
8 Brianna Dean		North Grenvi		30.60q	NWI	2	
9 Olivia Campos-Hugueney		Athens Distr		31.72	NWI	2	
10 Shyla Bertrend-Martel		Thousand Islands SS	31.00	31.80	NWI	4	
11 Denise Needham		Rideau Distr		32.16	NWI	4	
12 Lilly Steacy		Rideau Distr		32.46	NWI	1	

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....Women 200 Meter Dash Novice

13 Lucy Bezaire	Ange Gabriel		32.51	NWI	3
14 Phoebe Noseworthy	Thousand Islands SS		32.92	NWI	2
15 Madison Fowler	Thousand Islands SS	31.00	34.47	NWI	4
16 Freya Jackson	North Grenvi		35.22	NWI	1
17 Hailey Jenner	Rideau Distr		37.52	NWI	3
18 Rita Kuepfer	North Grenvi		42.70	NWI	2

Women 200 Meter Dash Novice

OFSAA:	24.32	2010	Christian Brennan, St. Mary CSS				
Can Inter:	23.34	2015	Raquel Tjernagel - New Westminster SS				
Name		Year	School	Prelims	Finals	Wind	Points

Finals

1 Beth Farndon	Gananoque SS		27.91	27.91	NWI	10
2 Alia Curran	St. Michael		28.87	28.87	NWI	8
3 Shelby Vanwesterop	St. Mary Chs		28.96	28.96	NWI	6
4 Hannah Reilly	St. Mary Chs		29.25	29.25	NWI	5
5 Reanne Dwyre	Rideau Distr		30.39	30.39	NWI	4
6 Ella Coates	Thousand Islands SS		30.44	30.44	NWI	3
7 Annie Tremblay	Ange Gabriel		30.45	30.45	NWI	2
8 Brianna Dean	North Grenvi		30.60	30.60	NWI	1

Women 400 Meter Dash Novice

OFSAA:	54.63	2013-06-07	Kyra Constantine, St Roch CSS				
Can Inter:	52.52	2015	Raquel Tjernagel - New Westminster SS				
Name		Year	School	Seed	Finals	H#	Points

1 Lilah Kinch	Thousand Islands SS	1:00.00		59.89	2	10
2 Sam Read	Rideau Distr			1:05.69	1	8
3 Annie Tremblay	Ange Gabriel			1:06.59	1	6
4 Beth Farndon	Gananoque SS			1:07.12	2	5
5 Lily Finbow	North Grenvi	1:09.00		1:08.53	2	4
6 Reanne Dwyre	Rideau Distr			1:09.96	1	3
7 Brianna Dean	North Grenvi			1:11.42	2	2
8 Lilly Steacy	Rideau Distr			1:15.13	1	1
9 Freya Jackson	North Grenvi			1:22.37	2	

Women 800 Meter Run Novice

OFSAA:	2:09.58	2012-06-09	Kailee Sawyer, Bluevale CI				
Can Inter:	2:05.94	1980	Elise Braithwaite-Elmwood Sch				
Name		Year	School	Seed	Finals	Points	

1 Lilah Kinch	Thousand Islands SS	2:20.00		2:24.63	10	
2 Lily Finbow	North Grenvi	2:43.00		2:41.53	8	
3 Sam Read	Rideau Distr			2:43.68	6	
4 Samantha McMurray Wallac	North Grenvi			2:45.99	5	
5 Julia North	St. Mary Chs			2:56.38	4	
6 Denise Needham	Rideau Distr			2:58.98	3	
7 Alexis Snowdon	North Grenvi			3:15.74	2	
8 Vaida Watkins	Gananoque SS			3:27.31	1	

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****Women 1500 Meter Run Novice**

OFSAA:	4:28.41	2013-06-06	Jessie Fleming, London Central			
Can Inter:	4:21.12	2018	Jocelyn Chau, De La Salle College			
Name	Year	School	Seed	Finals	Points	
1 Lilah Kinch		Thousand Islands SS	5:00.00	5:01.65	10	
2 Lily Finbow		North Grenvi	5:30.00	5:26.66	8	
3 Samantha McMurray Wallac		North Grenvi		5:36.44	6	
4 Sam Read		Rideau Distr		5:51.91	5	
5 Julia North		St. Mary Chs		5:54.36	4	
6 Maddie West		St. Michael		6:05.52	3	
7 Emma Graham		Gananoque SS		6:29.18	2	
8 Adele Spencer		Athens Distr		7:19.73	1	

Women 3000 Meter Run Novice

OFSAA:	9:43.59	2016-06-04	Cameron Ormond, Aurora HS			
Can Inter:	9:21.68	2018	Jocelyn Chau, De La Salle College			
Name	Year	School	Seed	Finals	Points	
1 Samantha McMurray Wallac		North Grenvi		12:28.86	10	
2 Kate Jackson		St. Mary Chs		13:20.39	8	

Women 80 Meter Hurdles Novice

OFSAA:	11.29	1996	Jessica Zelinka, Sir Frederick Banting CI			
Can Inter:	11.01	1998	Jessica Zelinka - Sir Frederic			
Name	Year	School	Seed	Finals	Wind	Points
1 Rubie Lynn		Rideau Distr		14.82	NWI	10
2 Reanne Dwyre		Rideau Distr		16.05	NWI	8
3 Lilly Steacy		Rideau Distr		16.92	NWI	6
4 Caelyn Cratchley		North Grenvi		17.49	NWI	5
5 Alexis Snowdon		North Grenvi		17.86	NWI	4

Women 300 Meter Hurdles Novice

OFSAA:	43.13	2012-06-09	Lexi Aitken, St. Anne's CSS			
Can Inter:	41.66	1994	Nadia Schmiedt - John Paul II			
Name	Year	School	Seed	Finals	Points	
1 Alia Curran		St. Michael		49.33	10	
2 Hannah Reilly		St. Mary Chs		52.40	8	
3 Danica Dutkewich		South Grenville Dhs	55.00	55.52	6	
4 Erica Cindric		St. Mary Chs		56.04	5	
5 Alexis Snowdon		North Grenvi		1:02.27	4	

Women 4x100 Meter Relay Novice

OFSAA:	48.86	2019-06-07	Father Henry Carr - Rexdale, Henry Carr - Rex			
			K Allen, F Ugbogbo, E Aghedo, K Anyaogu			
Can Inter:	47.60	2003	Mary Ward Catholic			
			O Ugiagbe, Z Gill, L Gonsalves, L Wilson			
School	Year	School	Seed	Finals	Points	
1 St. Mary Chs - Brockville				55.36	10	

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****....Women 4x100 Meter Relay Novice**

1) Shelby Vanwesterop	2) Erica Cindric			
3) Hannah Reilly	4) Renee Cook			
2 Rideau District HS - Elgin		59.08	8	
3 Ange Gabriel		59.83	6	
1) Lucy Bezaire	2) Shelby Bernard			
3) Amelia Worden	4) Annie Tremblay			
4 Thousand Islands SS	59.00	59.84	5	
5 North Grenville Dhs - Kemptvil		1:01.41	4	
6 Brockville CI - Brockville		1:01.59	3	
1) Averie Merkley	2) Brooklyn Harding			
3) Jasmine Bhatt	4) Lauren Synnott			
-- St. Michael - Kemptville			DQ	
1) Brooklyn Dunn	2) Ryleigh Schafer			
3) Kiera Ashie	4) Ava Couturier			

Women High Jump Novice

OFSAA:	1.75m	2012-06-07	Shyla Cardy, E.L. Crossley SS			
Can Inter:	1.88m	1979	Julie White - Brampton Centenn			
Name	Year	School	Seed	Finals	Points	
1 Rubie Lynn		Rideau Distr		1.45m	10	
2 Emma Opalka		Thousand Islands SS		1.25m	8	

Women Long Jump Novice

OFSAA:	5.76m	1996	Jessica Zelinka, Sir Frederick Banting CI			
Can Inter:	6.16m	1986	Keron Hamilton - Burlington Ce			
Name	Year	School	Seed	Finals	Wind	Points
1 Lauren Synnott		Brockville C		J4.33m	NWI	10
2 Shelby Vanwesterop		St. Mary Chs		J4.18m	NWI	8
3 Kiarra Proper		Heritage Chr		J4.18m	NWI	6
4 Chloe Luscombe		Rideau Distr		J4.18m	NWI	5
5 Sadie Turcotte		Gananoque SS		3.94m	NWI	4
6 Danica Dutkewich		South Grenville Dhs		3.80m	NWI	3
7 Jasmine Bhatt		Brockville C		3.73m	NWI	2
8 Vaeda Graham		Gananoque SS		3.67m	NWI	1
9 Phoebe Noseworthy		Thousand Islands SS		3.31m	NWI	
10 Lexi Belanger		South Grenville Dhs		3.11m	NWI	
11 Kate Jackson		St. Mary Chs		3.09m	NWI	
12 Adele Spencer		Athens Distr		3.00m	NWI	
13 Jenevra Auger		Brockville C		2.81m	NWI	

Women Triple Jump Novice

OFSAA:	11.80m	2000	Tabia Charles, Pine Ridge SS			
Can Inter:	13.06m	2019-06-07	Mahalia Mitchell, Marguerite d'Youville			
Name	Year	School	Seed	Finals	Wind	Points
1 Beth Farndon		Gananoque SS		10.43m	NWI	10
2 Shelby Vanwesterop		St. Mary Chs		9.45m	NWI	8
3 Chloe Luscombe		Rideau Distr		9.14m	NWI	6
4 Rowan Bruyere		Rideau Distr		8.89m	NWI	5
5 Danica Dutkewich		South Grenville Dhs		8.82m	NWI	4

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6 Kiarra Proper	Heritage Chr	8.60m	NWI	3
7 Jasmine Bhatt	Brockville C	8.27m	NWI	2
8 Vaeda Graham	Gananoque SS	8.05m	NWI	1
9 Lexi Belanger	South Grenville Dhs	7.27m	NWI	

Women Shot Put Novice

=====					
OFSAA:	15.92m	2015-06-06	Trinity Tutti, Eastdale SS - so		
Can Inter:	14.86m	2012-06-08	Brittany Crew, Birchmount Park CI		
Name		Year School	Seed	Finals	Points
=====					
1 Rowan Bruyere		Rideau Distr		8.82m	10
2 Grace Elliott		St. Mary Chs		8.06m	8
3 Aliya Hubbert		Gananoque SS		7.61m	6
4 Ella Verkerk		Rideau Distr		7.59m	5
5 Naomi Hartley		Rideau Distr		7.34m	4
6 Isabel Caldwell		Gananoque SS		7.00m	3
7 Lexi Keyes		Gananoque SS		6.81m	2

Women Discus Throw Novice

=====					
OFSAA:	43.40m	2015-06-05	Trinity Tutti, Eastdale SS - so		
Can Inter:	53.72m	2022	Julia Tunks - Oakridge SS - London		
Name		Year School	Seed	Finals	Points
=====					
1 Ava Deryaw		Gananoque SS		19.99m	10
2 Aliya Hubbert		Gananoque SS		19.59m	8
3 Cara Kean		North Grenvi		19.33m	6
4 Addison Lawrence		St. Mary Chs		19.27m	5
5 Ella Verkerk		Rideau Distr		13.97m	4
6 Kiarra Proper		Heritage Chr		13.45m	3
7 Rya Handley		Rideau Distr		12.86m	2

Women Javelin Throw Novice

=====					
OFSAA:	41.52m	2015-06-04	Trinity Tutti, Eastdale SS - so		
Can Inter:	51.94m	1984	Cheryl Coker - Carleton Place		
Name		Year School	Seed	Finals	Points
=====					
1 Naomi Hartley		Rideau Distr		29.87m	10
2 Annie Tremblay		Ange Gabriel		23.91m	8
3 Emma Opalka		Thousand Islands SS		18.79m	6
4 Addison Lawrence		St. Mary Chs		18.67m	5
5 Rya Handley		Rideau Distr		18.12m	4
6 Cara Kean		North Grenvi		17.41m	2.50
6 Rowan Bruyere		Rideau Distr		17.41m	2.50
8 Kennedy Markus		Gananoque SS		15.94m	1

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Women 100 Meter Dash Junior

OFSAA:	11.77	2011-06-03	Christian Brennan, St. Mary CSS			
Can Inter:	11.54	2002	Ashley Purnell - St. Mark			
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Isobel Orji		Thousand Islands SS	12.02	12.52q	NWI	1
2 Georgia Priestman		St. Michael		12.92q	NWI	3
3 Emily Griffiths		St. Mary Chs		14.18q	NWI	2
4 Isla Speck		Ange Gabriel		14.26q	NWI	1
5 Bella Touchbourne		Rideau Distr		14.43q	NWI	3
6 Emily Heffernan		St. Mary Chs		15.15q	NWI	1
7 Hazel Provost		South Grenville Dhs		15.28q	NWI	2
8 Kailey Robertson		Rideau Distr		15.66q	NWI	2
9 Jillian Reeds		Rideau Distr		16.11	NWI	1
10 Lilly Scott		Athens Distr		16.12	NWI	3
11 Anni Verburg		Athens Distr		16.58	NWI	1
12 Presley Fernwalt-Boychuk		South Grenville Dhs		16.65	NWI	1

Women 100 Meter Dash Junior

OFSAA:	11.77	2011-06-03	Christian Brennan, St. Mary CSS			
Can Inter:	11.54	2002	Ashley Purnell - St. Mark			
Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Isobel Orji		Thousand Islands SS	12.52	12.34	NWI	10
2 Georgia Priestman		St. Michael	12.92	12.93	NWI	8
3 Isla Speck		Ange Gabriel	14.26	14.10	NWI	6
4 Emily Griffiths		St. Mary Chs	14.18	14.11	NWI	5
5 Bella Touchbourne		Rideau Distr	14.43	14.44	NWI	4
6 Emily Heffernan		St. Mary Chs	15.15	14.93	NWI	3
7 Hazel Provost		South Grenville Dhs	15.28	15.16	NWI	2

Women 200 Meter Dash Junior

OFSAA:	23.87	2011-06-04	Christian Brennan, St. Mary CSS			
Can Inter:	23.34	2015	Raquel Tjernagel - New Westminster SS			
Name	Year	School	Seed	Prelims	Wind	
Preliminaries						
1 Isobel Orji		Thousand Islands SS	25.09	26.07q	NWI	
2 Emily Griffiths		St. Mary Chs		29.38q	NWI	
3 Lily Merkley		South Grenville Dhs		31.04q	NWI	
4 Emily Heffernan		St. Mary Chs		31.67q	NWI	
5 Jillian Reeds		Rideau Distr		34.19q	NWI	
6 Stella Daigle		South Grenville Dhs	31.00	36.02q	NWI	

Women 200 Meter Dash Junior

OFSAA:	23.87	2011-06-04	Christian Brennan, St. Mary CSS			
Can Inter:	23.34	2015	Raquel Tjernagel - New Westminster SS			
Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Isobel Orji		Thousand Islands SS	26.07	26.07	NWI	10

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2	Emily Griffiths	St. Mary Chs	29.38	29.38	NWI	8
3	Lily Merkley	South Grenville Dhs	31.04	31.04	NWI	6
4	Emily Heffernan	St. Mary Chs	31.67	31.67	NWI	5
5	Jillian Reeds	Rideau Distr	34.19	34.19	NWI	4
6	Stella Daigle	South Grenville Dhs	36.02	36.02	NWI	3

Women 400 Meter Dash Junior

=====						
	OFSAA:	53.66	2011-06-03	Christian Brennan, St. Mary CSS		
	Can Inter:	52.52	2016	Raquel Tjernagel - New Westminster SS		
	Name		Year School	Seed	Finals	Points
=====						
1	Lily Merkley		South Grenville Dhs	1:07.00	1:10.91	10

Women 800 Meter Run Junior

=====						
	OFSAA:	2:08.22	2013-06-08	Kailee Sawyer, Bluevale CI		
	Can Inter:	2:05.94	1980	Elise Braithwaite-Elmwood Sch		
	Name		Year School	Seed	Finals	Points
=====						
1	Arabel Major		Thousand Islands SS	2:28.00	2:35.38	10
2	Lexi Ward		North Grenvi	2:34.00	2:44.01	8
3	Lara Dufour		Thousand Islands SS	2:48.00	2:53.17	6
--	Lily Merkley		South Grenville Dhs	2:47.00	DNF	

Women 1500 Meter Run Junior

=====						
	OFSAA:	4:24.58	2016-06-03	Joceyln Chau, De La Salle Coll		
	Can Inter:	4:21.12	2018	Jocelyn Chau, De La Salle College		
	Name		Year School	Seed	Finals	Points
=====						
1	Eve Brewin		Thousand Islands SS	5:13.00	5:19.19	10
2	Arabel Major		Thousand Islands SS	5:07.00	5:19.23	8
3	Lexi Ward		North Grenvi	5:11.00	5:19.63	6
4	Lara Dufour		Thousand Islands SS	5:48.00	5:54.98	5

Women 3000 Meter Run Junior

=====						
	OFSAA:	9:29.65	2016-06-04	Brogan MacDougall, Regiopolis-N. D		
	Can Inter:	9:21.68	2018	Jocelyn Chau, De La Salle College		
	Name		Year School	Seed	Finals	Points
=====						
1	Arabel Major		Thousand Islands SS	10:48.00	11:41.44	10
2	Lexi Ward		North Grenvi		11:53.59	8
3	Eve Brewin		Thousand Islands SS	11:20.00	11:58.75	6

Women 80 Meter Hurdles Junior

=====						
	OFSAA:	11.24	2015-06-05	Keira Christie-Gallaway, St Matthew -Orle		
	Can Inter:	11.01	1998	Jessica Zelinka - Sir Frederic		
	Name		Year School	Seed	Finals	Wind Points
=====						
1	Georgia Priestman		St. Michael		14.00	NWI 10
2	Trinity Donovan		St. Mary Chs		14.02	NWI 8
3	Ava Andress		Thousand Islands SS	15.09	15.05	NWI 6

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....Women 80 Meter Hurdles Junior

4 Stella Daigle	South Grenville Dhs	18.34	NWI	5
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Women 300 Meter Hurdles Junior

OFSAA:	42.46	1997	Jessica Zelinka, Sir Frederick Banting CI		
Can Inter:	41.66	1994	Nadia Schmiedt - John Paul II		
Name	Year	School	Seed	Finals	Points
1 Ava Andress		Thousand Islands SS	50.00	51.25	10
2 Neve Crossman		North Grenvi		56.09	8

Women 4x100 Meter Relay Junior

OFSAA:	48.34	2013-06-07	David Suzuki SS, 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		
School			Seed	Finals	Points
1 St. Michael - Kemptville				55.62	10
1) Ainsley Holmes			2) Cicely McCleery		
3) Chloe Ault			4) Georgia Priestman		
2 St. Mary Chs - Brockville				56.37	8
1) Emily Heffernan			2) Emily Griffiths		
3) Trinity Donovan			4) Sophia Perera		
3 Rideau District HS - Elgin				59.31	6
4 South Grenville Dhs				1:00.30	5
5 Athens District High School			1:04.92	1:00.48	4
1) Samantha Miles			2) Olivia Campos-Hugueney		
3) Lilly Scott			4) Anni Verburg		

Women High Jump Junior

OFSAA:	1.76m	2017-06-03	Autumn Bigger, Beamsville DSS		
Can Inter:	1.88m	1979	Julie White - Brampton Centenn		
Name	Year	School	Seed	Finals	Points
1 Ava Andress		Thousand Islands SS	1.00m	1.25m	10

Women Long Jump Junior

OFSAA:	6.08m	2022-06-02	Trinity Shadd-Ceres, Cameron Heights				
Can Inter:	6.16m	1986	Keron Hamilton - Burlington Ce				
Name		Year	School	Seed	Finals	Wind	Points
1	Trinity Donovan		St. Mary Chs		4.51m	NWI	10
2	Isla Speck		Ange Gabriel		4.30m	NWI	8
3	Hazel Provost		South Grenville Dhs		4.00m	NWI	6
4	Falak Khan		Rideau Distr		3.76m	NWI	5
5	Samantha Miles		Athens Distr		3.69m	NWI	4
6	Emily Griffiths		St. Mary Chs		3.60m	NWI	3
7	Renee Codling		Rideau Distr		3.48m	NWI	2
8	Sophia Perera		St. Mary Chs		3.33m	NWI	1
9	Cora Laverance		North Grenvi		3.25m	NWI	
10	Ella Hyndman		North Grenvi		3.24m	NWI	

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11 Elisabeth Dolan	St. Mary Chs	3.20m	NWI
12 Presley Fernwalt-Boychuk	South Grenville Dhs	3.10m	NWI
13 Maisie Heath	Thousand Islands SS	2.87m	NWI
14 Tammy Sands	South Grenville Dhs	2.40m	NWI

Women Triple Jump Junior

OFSAA:	12.19m	2018-06-07	Busola Akinduro, North Albion - R				
Can Inter:	13.06m	2019-06-07	Mahalia Mitchell, Marguerite d'Youville				
Name	Year	School	Seed	Finals	Wind	Points	
1 Trinity Donovan		St. Mary Chs		10.30m	NWI	10	
2 Isla Speck		Ange Gabriel		9.93m	NWI	8	
3 Bella Touchbourne		Rideau Distr		9.05m	NWI	6	
4 Hazel Provost		South Grenville Dhs		8.32m	NWI	5	
5 Ella Hyndman		North Grenvi		7.77m	NWI	4	
6 Presley Fernwalt-Boychuk		South Grenville Dhs		7.69m	NWI	3	
7 Maisie Heath		Thousand Islands SS		5.64m	NWI	2	

Women Shot Put Junior

OFSAA:	16.00m	2016-06-03	Trinity Tutti, Eastdale SS - so				
Can Inter:	14.86m	2012	Brittany Crew - Birchmount Park				
Name	Year	School	Seed	Finals	Points		
1 Azlyn Belles		Gananoque SS		8.67m	10		
2 Elizabeth Hernandez		South Grenville Dhs		8.07m	8		
3 Jayden Vander Velde		South Grenville Dhs		7.56m	6		
4 Ryleigh Goguen		Thousand Islands SS	6.00m	7.00m	5		
-- Arayia Rylands		St. Mary Chs		ND			

Women Discus Throw Junior

OFSAA:	53.43m	2022-06-02	Julia Tunks, Oakridge				
Can Inter:	53.72m	2022	Julia Tunks - Oakridge SS - London				
Name	Year	School	Seed	Finals	Points		
1 Azlyn Belles		Gananoque SS		24.87m	10		
2 Arayia Rylands		St. Mary Chs		22.17m	8		
3 Elizabeth Hernandez		South Grenville Dhs		22.15m	6		
4 Casey Raison		Thousand Islands SS	18.00m	19.15m	5		
5 Jayden Vander Velde		South Grenville Dhs		18.06m	4		
6 Brynn Brunke		Thousand Islands SS		13.98m	3		
7 Farrah Kendall		Rideau Distr		12.63m	2		

Women Javelin Throw Junior

OFSAA:	43.98m	2018-06-09	Alexandria Webb, St. Benedict				
Can Inter:	51.94m	1984	Cheryl Coker - Carleton Place				
Name	Year	School	Seed	Finals	Points		
1 Bella Touchbourne		Rideau Distr		29.92m	10		
2 Brynn Brunke		Thousand Islands SS		28.12m	8		
3 Farrah Kendall		Rideau Distr		26.97m	6		
4 Gracie Mallette		St. Mary Chs		26.79m	5		

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****....Women Javelin Throw Junior**

5	Casey Raison	Thousand Islands SS	16.00m	21.82m	4
6	Jayden Vander Velde	South Grenville Dhs		17.26m	3
7	Kaylee Mitchell	Athens Distr		13.53m	2
8	Kailey Robertson	Rideau Distr		13.18m	1
--	Carleigh Taylor	St. Michael		ND	
--	Chanel Lefebvre	Brockville C		ND	

Women 100 Meter Dash Senior

OFSAA:	11.54	2002	Ashley Purnell, St. Mark HS				
Can Inter:	11.54	2002	Ashley Purnell - St. Mark				
Name		Year	School	Seed	Prelims	Wind	H#

Preliminaries

1	Olivia St. Pierre	Thousand Islands SS	12.07	13.17q	NWI	2
2	Emma Nandoo	St. Mary Chs		13.29q	NWI	1
3	Sophie Walpot	Gananoque SS		13.69q	NWI	2
4	Logan Robertson	St. Michael		13.81q	NWI	1
5	Shivahn McCullough	North Grenvi		14.21q	NWI	1
6	Eriann Box	North Grenvi		14.30q	NWI	2
7	Grace Mack	South Grenville Dhs		16.22q	NWI	2
8	Kira Doyle	South Grenville Dhs		16.94q	NWI	1
9	Zoey Baker	South Grenville Dhs		16.99	NWI	1

Women 100 Meter Dash Senior

OFSAA:	11.54	2002	Ashley Purnell, St. Mark HS				
Can Inter:	11.54	2002	Ashley Purnell - St. Mark				
Name		Year	School	Prelims	Finals	Wind	Points

Finals

1	Olivia St. Pierre	Thousand Islands SS	13.17	12.90	NWI	10
2	Emma Nandoo	St. Mary Chs	13.29	13.05	NWI	8
3	Sophie Walpot	Gananoque SS	13.69	13.68	NWI	6
4	Logan Robertson	St. Michael	13.81	13.79	NWI	5
5	Shivahn McCullough	North Grenvi	14.21	14.12	NWI	4
6	Eriann Box	North Grenvi	14.30	14.33	NWI	3

Women 200 Meter Dash Senior

OFSAA:	23.69	2012-06-09	Khamica Bingham, Heart Lake SS				
Can Inter:	23.34	2015	Raquel Tjernagel - New Westminster SS				
Name		Year	School	Seed	Prelims	Wind	

Preliminaries

1	Emma St. Pierre	Thousand Islands SS	26.05	26.21q	NWI	
2	Olivia St. Pierre	Thousand Islands SS	26.05	26.37q	NWI	
3	Emma Nandoo	St. Mary Chs		27.52q	NWI	
4	Lauren Givogue	Thousand Islands SS	27.00	27.61q	NWI	
5	Maria Pino Aguilera	North Grenvi		32.58q	NWI	
6	Kennedy Wiwchar	Ange Gabriel		34.56q	NWI	
7	Aylin Hernandez Ramos	North Grenvi		36.91q	NWI	

LGSSAA Track & Field Championship 2025
Thousand Islands Secondary School
Results

Women 200 Meter Dash Senior

OFSAA:	23.69	2012-06-09	Khamica Bingham, Heart Lake SS				
Can Inter:	23.34	2015	Raquel Tjernagel - New Westminster SS				
Name	Year	School	Prelims	Finals	Wind	Points	
Finals							
1 Emma St. Pierre		Thousand Islands SS	26.21	26.21	NWI	10	
2 Olivia St. Pierre		Thousand Islands SS	26.37	26.37	NWI	8	
3 Emma Nandoo		St. Mary Chs	27.52	27.52	NWI	6	
4 Lauren Givogue		Thousand Islands SS	27.61	27.61	NWI	5	
5 Maria Pino Aguilera		North Grenvi	32.58	32.58	NWI	4	
6 Kennedy Wiwchar		Ange Gabriel	34.56	34.56	NWI	3	
7 Aylin Hernandez Ramos		North Grenvi	36.91	36.91	NWI	2	

Women 400 Meter Dash Senior

OFSAA:	53.32	1980	Charmaine Crooks, West Toronto SS				
Can Inter:	52.52	2015	Raquel Tjernagel - New Westminster SS				
Name	Year	School	Seed	Finals	H#	Points	
1 Emma St. Pierre		Thousand Islands SS	1:01.00	1:01.13	2	10	
2 Aimee Galbraith		St. Michael		1:05.09	1	8	
3 Lauren Givogue		Thousand Islands SS	1:06.00	1:07.24	2	6	
4 Marieve Galbraith		St. Michael		1:07.51	1	5	
5 Elizabeth Wheeler		St. Mary Chs		1:07.56	1	4	
6 Maria Pino Aguilera		North Grenvi		1:16.17	2	3	
7 Aylin Hernandez Ramos		North Grenvi		1:25.56	2	2	

Women 800 Meter Run Senior

OFSAA:	2:05.94	1984	Elise Braithwaite, Elmwood School for Girls				
Can Inter:	2:05.94	1980	Elise Braithwaite-Elmwood Sch				
Name	Year	School	Seed	Finals	Points		
1 Avalea Simpson		Thousand Islands SS	2:22.00	2:21.36	10		
2 Chloe Casselman		South Grenville Dhs	2:44.00	2:36.12	8		
3 Codah Turcotte		Athens Distr		2:40.23	6		
4 Elizabeth Wheeler		St. Mary Chs		2:40.52	5		
5 Marieve Galbraith		St. Michael		2:44.90	4		
6 Katie Casselman		South Grenville Dhs	2:50.00	3:00.34	3		

Women 1500 Meter Run Senior

OFSAA:	4:21.72	2017-06-02	Laura Parkinson, C.C.H. - London				
Can Inter:	4:21.72	2017-06-02	Laura Parkinson, Catholic Central London				
Name	Year	School	Seed	Finals	Points		
1 Avalea Simpson		Thousand Islands SS	4:59.00	4:54.75	10		
2 Chloe Casselman		South Grenville Dhs	5:19.00	5:15.57	8		
3 Addy Lekx-Toniolo		North Grenvi		5:29.79	6		
4 Katie Casselman		South Grenville Dhs	5:44.00	5:29.89	5		
5 Abigail Jackson		St. Mary Chs		5:36.98	4		
6 Codah Turcotte		Athens Distr		5:44.96	3		
7 Natalie Labelle		Ange Gabriel		5:49.66	2		
8 Blake Ralph		North Grenvi		6:29.00	1		

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****Women 3000 Meter Run Senior**

=====					
OFSAA:	9:21.63	2018-06-09	Jocelyn Chau, De La Salle Coll		
Can Inter:	9:25.86	2018	Cameron Ormond - Aurora		
Name		Year School	Seed	Finals	Points
=====					
1	Avalea Simpson	Thousand Islands SS	10:48.00	10:50.07	10
2	Brynn Bowman	Gananoque SS		11:06.52	8
3	Chloe Casselman	South Grenville Dhs	11:30.00	11:07.87	6
4	Abigail Jackson	St. Mary Chs		12:17.20	5
5	Katie Casselman	South Grenville Dhs	13:00.00	12:21.98	4
6	Natalie Labelle	Ange Gabriel		12:50.17	3
7	Blake Ralph	North Grenvi		14:21.38	2

Women 100 Meter Hurdles Senior

=====					
OFSAA:	13.33	2016-06-03	Kiera Christie-Galloway, St Matthew -Orle		
Can Inter:	13.15	2000	Jessica Zelinka - Sir Frederic		
Name		Year School	Seed	Finals	Wind Points
=====					
1	Tiawna Anderson	Thousand Islands SS	15.09	15.78	NWI 10
2	Bella MacDonald	Thousand Islands SS	18.02	18.06	NWI 8
3	Leah Biemond	St. Michael		20.51	NWI 6

Women 400 Meter Hurdles Senior

=====					
OFSAA:	58.38	2014-06-07	Mariam Abdul-Rashid, Eastdale CVI -lo		
Can Inter:	58.03	1995	Nadia Schmiedt - John Paul II		
Name		Year School	Seed	Finals	Points
=====					
1	Victoria Ford	Thousand Islands SS	1:04.05	1:03.40	10
2	Aimee Galbraith	St. Michael		1:12.03	8
3	Sophie Walpot	Gananoque SS		1:14.83	6
4	Raea Burrill	North Grenvi		1:37.22	5

Women 4x100 Meter Relay Senior

=====					
OFSAA:	47.60	2003	Mary Ward CSS, Mary Ward CSS		
			O. Ugiagbe, Z. Gill, L. Gonsalves, L. Wilson		
Can Inter:	47.60	2003	Mary Ward CSS - Scarborough		
School			Seed	Finals	H# Points
=====					
1	Thousand Islands SS		49.03	47.98	2 10
2	St. Mary Chs - Brockville			53.29	1 8
	1) Emma Nandoo	2) Elizabeth Wheeler			
	3) Madison Johnson	4) Avery Johnston			
3	St. Michael - Kemptville			53.53	2 6
	1) Angelina Polegato	2) Aimee Galbraith			
	3) Marieve Galbraith	4) Gwen Kelly			
4	St. Michael - Kemptville 'B'			53.87	1 5
	1) Georgia Priestman	2) Leah Biemond			
	3) Alia Curran	4) Logan Robertson			
5	North Grenville Dhs - Kemptvil			59.99	1 4
6	Ange Gabriel			1:00.37	2 3
	1) Kennedy Wiwchar	2) Natalie Labelle			
	3) Sophie Henry	4) Isal Speck			
7	Brockville CI - Brockville			1:03.98	2 2

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****Women High Jump Senior**

OFSAA:	1.88m	1979	Julie White, Brampton Centennial SS			
Can Inter:	1.88m	1979	Julie White - Brampton Centenn			
Name	Year	School	Seed	Finals	Points	
1 Grey Pankow		Thousand Islands SS		1.40m	10	
2 Madison Johnson		St. Mary Chs		1.30m	8	

Women Long Jump Senior

OFSAA:	6.16m	1986	Keron Hamilton, Burlington Central HS			
Can Inter:	6.16m	1986	Keron Hamilton - Burlington Ce			
Name	Year	School	Seed	Finals	Wind	Points
1 Shivahn McCullough		North Grenvi		4.96m	NWI	10
2 Gwen Kelly		St. Michael		4.59m	NWI	8
3 Sophie Walpot		Gananoque SS		4.52m	NWI	6
4 Madison Johnson		St. Mary Chs		4.31m	NWI	5
5 Avery Johnston		St. Mary Chs		4.06m	NWI	4
6 Sophie Hartley		Rideau Distr		4.00m	NWI	3
7 Kira Doyle		South Grenville Dhs		3.17m	NWI	2
8 Pin Nakwarin		Athens Distr		2.76m	NWI	1
-- Kennedy Wiwchar		Ange Gabriel		ND	NWI	
-- Gabriella Lowe		Thousand Islands SS		ND	NWI	
-- Zoey Baker		South Grenville Dhs		ND	NWI	

Women Triple Jump Senior

OFSAA:	13.06m	2019-06-07	Mahalia Mitchell, Marguerite d'You			
Can Inter:	13.06m	2019-06-07	Mahalia Mitchell, Marguerite d'You			
Name	Year	School	Seed	Finals	Wind	Points
1 Skylar Bickerton		Gananoque SS		6.63m	NWI	10

Women Shot Put Senior

OFSAA:	15.24m	2018-06-09	Trinity Tutti, Eastdale SS - so			
Can Inter:	14.86m	2012	Brittany Crew - Birchmount Park			
Name	Year	School	Seed	Finals	Points	
1 Quinn Toll		St. Mary Chs		10.15m	10	
2 Chaselyn Roth		Brockville C		9.22m	8	
3 Praise Majemite		Brockville C		9.15m	6	
4 Harlie Brewer		South Grenville Dhs		8.33m	5	
5 Maddy Pepper		Rideau Distr		7.65m	4	
6 Hailey Forbes		Gananoque SS		7.55m	3	
7 Peyton Trafford		Gananoque SS		7.51m	2	
8 Grace Mack		South Grenville Dhs		7.29m	1	
9 Macy Prosser		South Grenville Dhs		6.43m		
10 Skylar Nichols		North Grenvi		6.33m		
11 Nat Demchuk		Gananoque SS		6.13m		
12 Skylar Bickerton		Gananoque SS		5.08m		
-- Lily Payne		Thousand Islands SS		ND		
-- Emily Raymond		Gananoque SS		ND		

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****Women Discus Throw Senior**

=====					
OFSSAA:		52.77m	2018-06-08	Trinity Tutti, Eastdale SS - so	
Can Inter:		53.72m	2022	Julia Tunks - Oakridge SS- Lindon	
Name	Year	School	Seed	Finals	Points
=====					
1	Quinn Toll	St. Mary Chs		26.17m	10
2	Emily Raymond	Gananoque SS		24.39m	8
3	Brianna Morrell	Gananoque SS		19.67m	6
4	Skylar Nichols	North Grenvi		18.05m	5
5	Macy Prosser	South Grenville Dhs		17.32m	4
6	Skylar Bickerton	Gananoque SS		17.01m	3
7	Maddy Pepper	Rideau Distr		16.25m	2
8	Katherine Pattemore	Athens Distr		15.66m	1
9	Bella MacDonald	Thousand Islands SS		14.17m	
10	Praise Majemite	Brockville C		13.68m	
--	Sydney Cameron	Rideau Distr		ND	
--	Hailey Forbes	Gananoque SS		ND	

Women Javelin Throw Senior

=====					
OFSSAA:		49.48m	1986	Louise Perrault, Arnprior DHS	
Name	Year	School	Seed	Finals	Points
=====					
1	Quinn Toll	St. Mary Chs		34.99m	10
2	Jaylynn Whitehead	Gananoque SS		31.23m	8
3	Sophie Hartley	Rideau Distr		31.08m	6
4	Hannah Opalka	Thousand Islands SS	30.00m	30.59m	5
5	Brianna Morrell	Gananoque SS		24.13m	4
6	Grey Pankow	Thousand Islands SS		24.04m	3
7	Danica Murray	Gananoque SS		21.33m	2
8	Abigail Garrah	Gananoque SS		20.47m	1
9	Gabrielle Madden	Ange Gabriel		17.45m	
10	Danilee Repmann	Athens Distr		16.08m	
11	Pin Nakwarin	Athens Distr		13.46m	
--	Peyton Trafford	Gananoque SS		ND	
--	Haven Smith Hientz	South Grenville Dhs		ND	
--	Abby Duperron-Roach	North Grenvi		ND	

Women 2000 Meter Steeplechase Open

=====					
OFSSAA:		6:52.19	2022-06-03	Elizabeth Vroom, Sir Wilfrid	
Can Inter:		6:52.19	2022	Elizabeth Vroom - Sir Wilfres Laurier	
Name	Year	School	Seed	Finals	Points
=====					
1	Brynn Bowman	Gananoque SS		7:36.11	10
2	Eve Brewin	Thousand Islands SS	7:47.00	8:04.81	8
3	Addy Lekx-Toniolo	North Grenvi		8:33.33	6

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****Women 4x400 Meter Relay Open**

OFSSAA:	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			
School			Seed	Finals	Points	
1 Thousand Islands SS			4:09.00	4:00.61	10	
2 Rideau District HS - Elgin				4:45.63	8	
3 Gananoque SS - Gananoque				4:52.70	6	
4 St. Mary Chs - Brockville				5:02.19	5	
1) Madison Johnson			2) Avery Johnston			
3) Elizabeth Wheeler			4) Abigail Jackson			

Women 100 Meter Dash Ambulatory

OFSSAA:	14.61	2015-06-05	Madison Wilson-Walker, Lord Dorchester			
Name		Year School	Seed	Finals	Wind	Points
1 Alicia Davies-Johnston		Thousand Islands SS		19.42	NWI	10

Women Shot Put Ambulatory

OFSSAA:	5.70m	2019-06-08	Charlotte Bolton F40,41, Glendale HS			
Can Inter:	5.70m	2019-06-08	Charlotte Bolton F40,41, Glendale HS			
Name		Year School	Seed	Finals	Points	
1 Alicia Davies-Johnston		Thousand Islands SS	4.00m	4.90m	10	

Women 100 Meter Dash Intellectually Imp.

OFSSAA:	13.27	2018-06-08	Lola Morgan, ESS - Barrie			
Name		Year School	Seed	Prelims	Wind	
Preliminaries						
1 Honoria Wilson		Thousand Islands SS		23.60q	NWI	

Women Shot Put Intellectually Imp.

Name		Year School	Seed	Finals	Points	
Finals						
1 Honoria Wilson		Thousand Islands SS		2.47m	10	

Men 100 Meter Dash Novice

OFSSAA:	10.89	1981	Keith Dormond, Graham B. Warren JHS			
Can Inter:	10.41	1994	Carlton Chambers-Assention of our Lord			
Name		Year School	Seed	Prelims	Wind	H#
Preliminaries						
1 Taydm Wallace		North Grenvi		12.39q	NWI	3
2 Bryce Toll		St. Mary Chs		12.62q	NWI	2
3 Everett Greaves		Thousand Islands SS	12.48	12.68q	NWI	2
4 Cole Brown		St. Michael		12.87q	NWI	1
5 Christophe MacLean		North Grenvi		12.91q	NWI	2

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****....Men 100 Meter Dash Novice**

6	Zach Steacy	Rideau Distr		13.03q	NWI	3
7	Nathan Pickard	Thousand Islands SS	13.03	13.05q	NWI	3
8	Everett Beauvais	St. Mary Chs		13.08q	NWI	1
9	David Ederaro	St. Mary Chs		13.19	NWI	2
10	Liam Evoy	Rideau Distr		13.53	NWI	2
11	Evan Imadojemu	Thousand Islands SS		13.70	NWI	2
12	Lachlan Boyle	Thousand Islands SS	13.00	13.77	NWI	1
13	Conor Deakin	Heritage Chr		14.66	NWI	3
14	Yanis Tehoua	St. Mary Chs		14.68	NWI	1
15	Liam Sylvester	Ange Gabriel		14.80	NWI	3
16	Joseph Potts	Rideau Distr		14.94	NWI	2
17	Jayce Sands	South Grenville Dhs		15.62	NWI	1

Men 100 Meter Dash Novice

OFSSAA:	10.89	1981	Keith Dormond, Graham B. Warren JHS				
Can Inter:	10.41	1994	Carlton Chambers-Assention of our Lord				
Name		Year School	Prelims	Finals	Wind	Points	

Finals

1	Taydm Wallace	North Grenvi	12.39	12.05	NWI	10
2	Everett Greaves	Thousand Islands SS	12.68	12.25	NWI	8
3	Bryce Toll	St. Mary Chs	12.62	12.39	NWI	6
4	Christophe MacLean	North Grenvi	12.91	12.60	NWI	5
5	Nathan Pickard	Thousand Islands SS	13.05	12.75	NWI	4
6	Zach Steacy	Rideau Distr	13.03	12.85	NWI	3
7	Cole Brown	St. Michael	12.87	13.10	NWI	2

Men 200 Meter Dash Novice

OFSSAA:	22.28	2017-06-03	Marcus Renford, Tommy Douglas				
Can Inter:	20.95	1984	Atlee Mahorn - Central Technic				
Name		Year School	Seed	Prelims	Wind	H#	

Preliminaries

1	Everett Greaves	Thousand Islands SS	25.56	24.77q	NWI	2
2	Taydm Wallace	North Grenvi		24.89q	NWI	2
3	David Ederaro	St. Mary Chs		25.79q	NWI	1
4	Nathan Pickard	Thousand Islands SS	26.06	26.37q	NWI	1
5	Cole Brown	St. Michael		26.88q	NWI	2
6	Liam Evoy	Rideau Distr		28.23q	NWI	2
7	Karsyn Kippen	Thousand Islands SS		34.10q	NWI	2

Men 200 Meter Dash Novice

OFSSAA:	22.28	2017-06-03	Marcus Renford, Tommy Douglas				
Can Inter:	20.95	1984	Atlee Mahorn - Central Technic				
Name		Year School	Prelims	Finals	Wind	Points	

Finals

1	Everett Greaves	Thousand Islands SS	24.77	24.77	NWI	10
2	Taydm Wallace	North Grenvi	24.89	24.89	NWI	8
3	David Ederaro	St. Mary Chs	25.79	25.79	NWI	6
4	Nathan Pickard	Thousand Islands SS	26.37	26.37	NWI	5
5	Cole Brown	St. Michael	26.88	26.88	NWI	4

LGSSAA Track & Field Championship 2025
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Results

....Men 200 Meter Dash Novice

6 Liam Evoy	Rideau Distr	28.23	28.23	NWI	3
7 Karsyn Kippen	Thousand Islands SS	34.10	34.10	NWI	2

Men 400 Meter Dash Novice

OFSAA:	49.14	2019-06-07	Christopher Morales-Williams, SECHS-	Thornhill		
Can Inter:	45.71	2019-06-07	Miles Misener Daley, Westdale	SS		
Name	Year	School	Seed	Finals	H#	Points
1 Joel Eng		North Grenvi	57.36	56.26	2	10
2 Charlie Priestman		St. Michael		57.43	2	8
3 Everett Greaves		Thousand Islands SS		58.50	2	6
4 Hudson Wright		Rideau Distr		1:03.23	1	5
5 Mbaria Kamuri		St. Mary Chs		1:04.46	1	4
6 David Ederaro		St. Mary Chs		1:05.54	1	3
7 Wyatt Walker		South Grenville Dhs		1:05.75	2	2
8 Zephyr Copp		Gananoque SS		1:06.04	1	1
9 Jon Clarke		South Grenville Dhs		1:23.08	2	

Men 800 Meter Run Novice

OFSAA:	1:53.24	1989	Kevin Sullivan, North Park C & VS			
Can Inter:	1:47.14	2012	Brandon McBride - WF Herman	SS		
Name	Year	School	Seed	Finals	Points	
1 Tyson Young		Thousand Islands SS	2:13.00	2:13.58	10	
2 Joel Eng		North Grenvi	2:17.00	2:13.69	8	
3 Kellan Jones		North Grenvi		2:22.60	6	
4 Canyon Turcotte		Athens Distr		2:26.69	5	
5 Mbaria Kamuri		St. Mary Chs		2:52.26	4	
6 Hartley Jackson		Athens Distr		2:57.97	3	
7 Austin Armstrong		South Grenville Dhs		3:03.44	2	

Men 1500 Meter Run Novice

OFSAA:	3:54.31	1989	Kevin Sullivan, North Park C & VS			
Can Inter:	3:42.33	1993	Kevin Sullivan - North Park C&			
Name	Year	School	Seed	Finals	Points	
1 Gabriel Molomaya		St. Michael		4:35.48	10	
2 Tyson Young		Thousand Islands SS	4:31.00	4:35.96	8	
3 Canyon Turcotte		Athens Distr		4:36.65	6	
4 Cullen Ralph		North Grenvi		5:11.24	5	
5 Hartley Jackson		Athens Distr		6:03.74	4	
6 Mbaria Kamuri		St. Mary Chs		6:09.56	3	
7 Austin Armstrong		South Grenville Dhs		6:13.97	2	

Men 3000 Meter Run Novice

OFSAA:	8:47.94	2015-06-06	Thomas Witkowicz, All Saints	CSS		
Can Inter:	8:00.2h	1987	Greg Anderson - Parkside	HS		
Name	Year	School	Seed	Finals	Points	
1 Tyson Young		Thousand Islands SS	9:50.00	9:56.25	10	
2 Kellan Jones		North Grenvi		11:04.63	8	

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****....Men 3000 Meter Run Novice**

3 Jon Clarke	South Grenville Dhs	12:46.78	6
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Men 100 Meter Hurdles Novice

=====						
OFSAA:	13.41	2015-06-05	Liam Mather, London Central			
Name	Year	School	Seed	Finals	Wind	Points
=====						
1 Samuel Leakey		Thousand Islands SS	16.18	16.65	NWI	10
2 Evan Imadojemu		Thousand Islands SS	18.02	19.08	NWI	8

Men 300 Meter Hurdles Novice

=====						
OFSAA:	39.24	2019-06-08	Ryder King, Ursula Franklin			
Can Inter:	37.06	1992	Troy Langevine - Agincourt CI			
Name	Year	School	Seed	Finals	Points	
=====						
1 Samuel Leakey		Thousand Islands SS	46.00	46.18		10

Men 4x100 Meter Relay Novice

=====						
OFSAA:	43.90	2018-06-08	Our Lady Mt Carmel SS -Mississ, Our Lady Mt C			
			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			
School			Seed	Finals	Points	
=====						
1 Thousand Islands SS			49.00	49.66		10
2 St. Mary Chs - Brockville				51.38		8
1) Bryce Toll			2) David Ederaro			
3) Everett Beauvais			4) Yanis Tehoua			
3 Thousand Islands SS 'B'				55.04		6
4 Brockville CI - Brockville				55.11		5
1) Deklon Frizzell			2) Liam Birtch			
3) Shayaan Imran			4)			

Men High Jump Novice

=====						
OFSAA:	1.95m	2007	Jeff Webb, Eden HS			
Can Inter:	2.24m	1998	Michael Ponikvar - Denis Morri			
Name	Year	School	Seed	Finals	Points	
=====						
1 Everett Beauvais		St. Mary Chs		1.45m		10
2 Zach Steacy		Rideau Distr		1.35m		8

Men Long Jump Novice

=====						
OFSAA:	6.67m	2017-06-02	Marcus Renford, Tommy Douglas			
Can Inter:	7.75m	1990	Brian Thomas - Central Technic			
Name	Year	School	Seed	Finals	Wind	Points
=====						
1 Conlan Scott		Gananoque SS		5.00m	NWI	10
2 Simon Langlois		Ange Gabriel		4.46m	NWI	8
3 Conor Deakin		Heritage Chr		4.27m	NWI	6
4 Jack Mead		St. Michael		4.24m	NWI	5
5 Xavier Primeau		Thousand Islands SS		4.14m	NWI	4

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6 Max McBride	St. Mary Chs	3.62m	NWI	3
7 Jayce Sands	South Grenville Dhs	3.51m	NWI	2
8 Karsyn Kippen	Thousand Islands SS	3.16m	NWI	1

Men Triple Jump Novice

OFSAA:	13.74m	2015-06-05	Joshua Hanghton, Marguerite d'You		
Can Inter:	15.76m	1982	George Wright - Vaughan Road C		
Name	Year	School	Seed	Finals	Wind Points
1 Zephyr Copp		Gananoque SS		8.79m	NWI 10

Men Shot Put Novice

OFSAA:	16.95m	2006	Jackson Gray, Sarnia CI &TS		
Name	Year	School	Seed	Finals	Points
1 Dane Spencer		St. Mary Chs		12.84m	10
2 Desmond Anderson		Thousand Islands SS	13.00m	12.83m	8
3 Noah Hartnett		Brockville C		12.06m	6
4 Keegan Hoogenraad		Thousand Islands SS		10.87m	5
5 Liam Sylvester		Ange Gabriel		10.70m	4
6 Bryson Lord		St. Michael		8.92m	3
7 John Phillips		Athens Distr		8.07m	2
8 Finn Conway		Brockville C		7.81m	1
9 Brock Freeman		Heritage Chr		7.18m	
10 Anden Vretteas		Gananoque SS		6.05m	

Men Discus Throw Novice

OFSAA:	58.98m	1973	Rob Town, Orillia District CVI		
Name	Year	School	Seed	Finals	Points
1 Jack Mead		St. Michael		32.83m	10
2 Keegan Hoogenraad		Thousand Islands SS		30.36m	8
3 Noah Hartnett		Brockville C		29.11m	6
4 Brock Freeman		Heritage Chr		19.53m	5
5 Conor Deakin		Heritage Chr		19.14m	4
6 Anden Vretteas		Gananoque SS		17.65m	3
7 Jayden Callegari		St. Mary Chs		17.50m	2
-- Robert Sivers		Brockville C		ND	
-- Bryson Lord		St. Michael		ND	
-- Wyatt Walker		South Grenville Dhs		ND	

Men Javelin Throw Novice

OFSAA:	57.95m	2007	Ray Dykstra, Grimsby DSS		
Name	Year	School	Seed	Finals	Points
1 Grasen Burns		Thousand Islands SS		40.69m	10
2 Conlan Scott		Gananoque SS		37.07m	8
3 Hudson Wright		Rideau Distr		36.40m	6
4 Keegan Hoogenraad		Thousand Islands SS		33.85m	5
5 Dane Spencer		St. Mary Chs		31.78m	4
6 Jack Mead		St. Michael		31.12m	3

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****....Men Javelin Throw Novice**

7	Liam Sylvester	Ange Gabriel	30.38m	2
8	Simon Langlois	Ange Gabriel	30.05m	1
9	Lucas Kirkby	St. Mary Chs	28.82m	
10	Joseph Potts	Rideau Distr	28.52m	
11	Brock Freeman	Heritage Chr	22.55m	
12	Finn Conway	Brockville C	21.77m	
13	Wyatt Walker	South Grenville Dhs	21.33m	
14	Anden Vretteas	Gananoque SS	17.39m	

Men 100 Meter Dash Junior

OFSAA:	10.53	2011-06-03	Andre Ford-Azonwanna, J. Cardinal McGuigan CHS
Can Inter:	10.41	1994	Carlton Chambers-Assention of our Lord
Name	Year	School	Seed Prelims Wind H#

Preliminaries

1	Aydin Hitchen	Thousand Islands SS	12.33	12.01q	NWI	2
2	Darius Gaskell	Thousand Islands SS	11.99	12.12q	NWI	1
3	Reed Pruner	St. Mary Chs		12.14q	NWI	1
4	Joey Conklin	Thousand Islands SS	11.99	12.42q	NWI	2
5	Reid Jolette-Aultman	Thousand Islands SS	12.85	12.51q	NWI	1
6	Tobias Kearnan	Thousand Islands SS	12.66	12.58q	NWI	1
7	Ashton Gavin	Thousand Islands SS		12.95q	NWI	2
8	Rowan Hull	North Grenvi		13.51q	NWI	1
9	Logan Hull	North Grenvi		13.61	NWI	2
10	Bryson Longtin	St. Mary Chs		13.69	NWI	1
11	Ethan Brennan	St. Michael		14.38	NWI	1

Men 100 Meter Dash Junior

OFSAA:	10.53	2011-06-03	Andre Ford-Azonwanna, J. Cardinal McGuigan CHS
Can Inter:	10.41	1994	Carlton Chambers-Assention of our Lord
Name	Year	School	Prelims Finals Wind Points

Finals

1	Darius Gaskell	Thousand Islands SS	12.12	12.03	NWI	10
2	Reed Pruner	St. Mary Chs	12.14	12.08	NWI	8
3	Aydin Hitchen	Thousand Islands SS	12.01	12.15	NWI	6
4	Joey Conklin	Thousand Islands SS	12.42	12.42	NWI	5
5	Reid Jolette-Aultman	Thousand Islands SS	12.51	12.48	NWI	4
6	Tobias Kearnan	Thousand Islands SS	12.58	12.54	NWI	3
7	Ashton Gavin	Thousand Islands SS	12.95	12.93	NWI	2

Men 200 Meter Dash Junior

OFSAA:	21.40	2011-06-04	Andre Ford-Azonwanna, J. Cardinal McGuigan
Can Inter:	20.95	1984	Atlee Mahorn - Central Technic
Name	Year	School	Seed Prelims Wind

Preliminaries

1	Jacob Hanna	Thousand Islands SS	23.08	23.79q	NWI
2	Lukus Doak	Thousand Islands SS	24.87	24.52q	NWI
3	Darius Gaskell	Thousand Islands SS	25.14	24.92q	NWI
4	Reed Pruner	St. Mary Chs		25.18q	NWI
5	Jade O'Neil	South Grenville Dhs	25.00	25.74q	NWI

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....Men 200 Meter Dash Junior

6 Tobias Kearnan	Thousand Islands SS	26.02	25.79q	NWI
7 Ethan Brennan	St. Michael		29.69q	NWI

Men 200 Meter Dash Junior

OFSAA:	21.40	2011-06-04	Andre Ford-Azonwanna, J. Cardinal McGuigan CHS			
Can Inter:	20.95	1984	Atlee Mahorn - Central Technic			
Name		Year	School	Prelims	Finals	Wind Points

Finals

1 Jacob Hanna	Thousand Islands SS	23.79	23.79	NWI	10
2 Lukus Doak	Thousand Islands SS	24.52	24.52	NWI	8
3 Darius Gaskell	Thousand Islands SS	24.92	24.92	NWI	6
4 Reed Pruner	St. Mary Chs	25.18	25.18	NWI	5
5 Jade O'Neil	South Grenville Dhs	25.74	25.74	NWI	4
6 Tobias Kearnan	Thousand Islands SS	25.79	25.79	NWI	3
7 Ethan Brennan	St. Michael	29.69	29.69	NWI	2

Men 400 Meter Dash Junior

OFSAA:	48.46	2015-06-05	Nathan Friginette, St. John Paul II			
Can Inter:	45.71	2019-06-07	Miles Misener Daley, Westdale SS			
Name		Year	School	Seed	Finals	Points
1 Jacob Hanna			Thousand Islands SS	53.00	54.71	10
2 Lukus Doak			Thousand Islands SS	57.08	55.90	8
3 Daniel Bos			Athens Distr		56.90	6

Men 800 Meter Run Junior

OFSAA:	1:53.54	2018-06-09	Abdullahi Hassan, Birchmount Park			
Can Inter:	1:47.14	2012	Brandon McBride - WF Herman SS			
Name		Year	School	Seed	Finals	Points
1	Grant Emmell		South Grenville Dhs	2:10.00	2:09.70	10
2	Cehlden Turcotte		Athens Distr		2:13.61	8
3	Tom Giroux		Thousand Islands SS	2:12.00	2:14.51	6
4	Zander Cassol-Snyman		North Grenvi	2:15.00	2:19.68	5
5	Ethan Ferguson		St. Mary Chs		2:23.73	4

Men 1500 Meter Run Junior

OFSAA:	3:55.38	2009	Robert Denault, Aurora HS			
Can Inter:	3:42.33	1993	Kevin Sullivan - North Park C&			
Name		Year	School	Seed	Finals	Points
1 Cehlden Turcotte			Athens Distr		4:32.59	10
2 Grant Emmell			South Grenville Dhs	4:40.00	4:33.45	8
3 Zander Cassol-Snyman			North Grenvi	4:39.00	4:37.43	6
4 Benjamin Winters			Thousand Islands SS	4:49.00	4:44.65	5
5 Asher Perry			Thousand Islands SS		6:16.06	4

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OFSAA:	8:33.65	2007	John Paul Malette, Assumption College		
Can Inter:	8:11.49	1982	Dave Reid - West Humber CI		
Name	Year	School	Seed	Finals	Points
1 Grant Emmell		South Grenville Dhs	10:15.00	9:51.82	10
2 Zander Cassol-Snyman		North Grenvi		10:04.57	8
3 Benjamin Winters		Thousand Islands SS	9:50.00	10:19.63	6

Men 100 Meter Hurdles Junior

OFSAA:	12.95	2019-06-07	Mark Skerl, Cardinal New		
Name	Year	School	Seed	Finals	Wind Points
1 Ronan Cholette		St. Mary Chs		15.76	NWI 10
2 Ashton Gavin		Thousand Islands SS		21.41	NWI 8

Men 300 Meter Hurdles Junior

OFSAA:	37.86	2016-06-04	Liam Foudy, Neil McNeil - To		
Can Inter:	37.06	1992	Troy Langevine - Agincourt CI		
Name	Year	School	Seed	Finals	Points
1 Jacob Hanna		Thousand Islands SS	44.00	43.16	10

Men 4x100 Meter Relay Junior

OFSAA:	42.75	2019-06-07	Our Lady Mt Carmel SS -Mississ, Our Lady Mt C		
			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		
School			Seed	Finals	Points
1 Thousand Islands SS			46.00	46.46	10
2 St. Mary Chs - Brockville				48.53	8
1) Ronan Cholette		2) Reed Pruner			
3) Bryson Longtin		4) Ewan Zhao			
3 Thousand Islands SS 'B'				49.34	6
4 North Grenville Dhs - Kemptvil				50.52	5
5 St. Michael - Kemptville				51.09	4

Men High Jump Junior

OFSAA:	2.04m	1995	Michael Ponikvar, Denis Morris HS		
Can Inter:	2.24m	1998	Michael Ponikvar - Denis Morri		
Name	Year	School	Seed	Finals	Points
1 Ronan Cholette		St. Mary Chs		J1.70m	10
2 Luca Meyer		Thousand Islands SS		J1.55m	8
3 Preston zufelt-McCulloch		Gananoque SS		J1.50m	5.50
3 Ewan Zhao		St. Mary Chs		J1.50m	5.50
5 Noah Pengelly		Gananoque SS		J1.50m	3.50
5 Kolten Davis		Thousand Islands SS	1.00m	J1.50m	3.50
7 Reid Jolette-Aultman		Thousand Islands SS		J1.45m	2
8 Bryson Longtin		St. Mary Chs		J1.45m	1
9 Owen Woodcock		St. Mary Chs		J1.45m	

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10 Caleb Empey St. Mary Chs J1.40m

Men Pole Vault Junior

OFSAA:	4.45m	1992	Drew Barrett, King City SS		
Can Inter:	5.10m	1985	Doug Wood - F.E. Madill SS		
Name	Year	School	Seed	Finals	Points
1 Joey Conklin		Thousand Islands SS	3.00m	3.40m	10
2 Tom Giroux		Thousand Islands SS	2.00m	2.85m	8

Men Long Jump Junior

OFSAA:	7.09m	2010	Mitch O'Donnell, Forest Heights CI				
Can Inter:	7.75m	1990	Brian Thomas - Central Technic				
Name		Year	School	Seed	Finals	Wind	Points
1	Kolten Davis		Thousand Islands SS		4.84m	NWI	10
2	Jackson Seaman		Rideau Distr		4.80m	NWI	8
3	Logan Hull		North Grenvi		4.78m	NWI	6
4	Noah Pengelly		Gananoque SS		4.45m	NWI	5
5	Kellen McKeown		St. Mary Chs		4.40m	NWI	4
6	Nate Ballantyne		St. Mary Chs		3.88m	NWI	3
7	Joshua Hortinela		St. Mary Chs		3.59m	NWI	2

Men Triple Jump Junior

OFSAA:	14.34m	2010	Mitch O'Donnell, Forest Heights CI				
Can Inter:	15.76m	1982	George Wright - Vaughan Road C				
Name		Year	School	Seed	Finals	Wind	Points
1 Ewan Zhao			St. Mary Chs		11.13m	NWI	10
2 Rowan Hull			North Grenvi		10.48m	NWI	8
3 Nathan Marcotte			Rideau Distr		10.38m	NWI	6
4 Noah Pengelly			Gananoque SS		10.31m	NWI	5
5 Leland Hartin			Rideau Distr		9.61m	NWI	4

Men Shot Put Junior

OFSAA:	19.72m	2006	Tim Nedow, Thousand Islands SS		
Can Inter:	20.78m	1995	Brad Snyder - St Joseph's HS,		
Name	Year	School	Seed	Finals	Points
1 Zack Scale		Thousand Islands SS	11.00m	12.11m	10
2 Teddy Pepper		Rideau Distr		11.96m	8
3 Reid Vanasseldonk		St. Mary Chs		11.02m	6
4 Lucas Rockey		Thousand Islands SS		10.71m	5
5 Jayden Coligan		St. Mary Chs		10.43m	4
6 Thomas Jacques		Thousand Islands SS		10.24m	3
7 Ryan McGovern		St. Michael		9.48m	2
8 Ryerson Findlay		Thousand Islands SS		9.43m	1
-- Riley Bolden		Gananoque SS		ND	
-- Austyn Fournier		Thousand Islands SS		ND	

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OFSAA:	70.79m	2009	Jordan Young, St. Joseph's HS		
Can Inter:	64.94m	1995	Jason Tunks - Sir Frederick Ba		
Name	Year	School	Seed	Finals	Points
1 Riley Bolden		Gananoque SS		39.04m	10
2 Cain Solomon		Gananoque SS		38.18m	8
3 Caleb Empey		St. Mary Chs		36.03m	6
4 Jayden Coligan		St. Mary Chs		33.53m	5
5 Aidan Prout		Gananoque SS		30.95m	4
6 Preston zufelt-McCulloch		Gananoque SS		30.48m	3
7 Zack Scale		Thousand Islands SS		26.89m	2
8 Thomas Jacques		Thousand Islands SS	19.00m	23.70m	1
9 Ryerson Findlay		Thousand Islands SS		22.40m	
10 Logan Leclerc-Lalonde		South Grenville Dhs		16.55m	
-- Ryan McGovern		St. Michael		ND	
-- Symon Brisson		St. Mary Chs		ND	

Men Javelin Throw Junior

OFSAA:	69.28m	2009	Trent Corney, Thousand Islands SS		
Can Inter:	73.76m	2001	Trevor Snyder - St. Joseph's		
Name	Year	School	Seed	Finals	Points
1 Andrew Crotty		Thousand Islands SS	49.00m	50.60m	10
2 Preston zufelt-McCulloch		Gananoque SS		47.06m	8
3 Nathan Marcotte		Rideau Distr		41.12m	6
4 Cain Solomon		Gananoque SS		40.20m	5
5 Jayden Coligan		St. Mary Chs		39.93m	4
6 Luca Meyer		Thousand Islands SS	35.00m	31.91m	3
7 Jackson Rodgers		St. Michael		30.15m	2
8 Leland Hartin		Rideau Distr		27.21m	0.50
8 Reid Vanasseldonk		St. Mary Chs		27.21m	0.50
10 Thomas Jacques		Thousand Islands SS		26.60m	
11 Mathew Lemoyne		Ange Gabriel		25.16m	
12 Logan Leclerc-Lalonde		South Grenville Dhs		24.89m	
13 Jackson Seaman		Rideau Distr		24.22m	
14 Teddy Pepper		Rideau Distr		23.94m	
15 Nate Ballantyne		St. Mary Chs		22.24m	
16 Joshua Hortinela		St. Mary Chs		20.16m	
17 Austyn Fournier		Thousand Islands SS		16.02m	

Men 100 Meter Dash Senior

OFSAA:	10.41	1994	Carlton Chambers, Ascension of Our Lord SS		
Can Inter:	10.41	1994	Carlton Chambers-Assention of our Lord		
Name	Year	School	Seed	Prelims	Wind H#
Preliminaries					
1 Logan Morrice		St. Michael		11.44q	NWI 2
2 Jamie Meikle		St. Michael		11.47q	NWI 2
3 Carter Forman		St. Michael		11.69q	NWI 2
3 Evan Brown		Thousand Islands SS		11.69q	NWI 4
5 Qwanell Luminuku-Bembika		Thousand Islands SS	12.02	11.95q	NWI 1
6 Haruto Mano		Thousand Islands SS	11.05	11.96q	NWI 3
7 Carter Cuglietta		Thousand Islands SS	11.05	11.99q	NWI 2

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....Men 100 Meter Dash Senior

8	Mak Storr	Brockville C	12.01q	NWI	4
9	Ben Doris	South Grenville Dhs	12.34	NWI	1
10	Ryan Rigutto	Thousand Islands SS	12.37	NWI	1
11	Liam Ryan	St. Michael	12.53	NWI	4
12	Owen Cook	South Grenville Dhs	12.59	NWI	1
13	Tadhg Rudolph	North Grenvi	12.63	NWI	1
14	Owen Slattery	North Grenvi	12.69	NWI	1
15	Jasir Sayyid	Brockville C	13.01	NWI	4
16	Brady Nichol	St. Michael	13.06	NWI	3
17	Dylan Doherty	South Grenville Dhs	13.12	NWI	1
18	Lawrence Last	Rideau Distr	13.53	NWI	2
19	Matthew Reid-Godfrey	St. Mary Chs	13.61	NWI	4
20	Pak Kaneko	Brockville C	13.66	NWI	3
21	Keelan Held	St. Mary Chs	13.75	NWI	2
22	Jayden Edwards	Rideau Distr	14.52	NWI	3
23	Tyler Bradley	South Grenville Dhs	14.58	NWI	3

Men 100 Meter Dash Senior

OFSAA:	10.41	1994	Carlton Chambers, Ascension of Our Lord SS				
Can Inter:	10.41	1994	Carlton Chambers-Assention of our Lord				
Name	Year	School	Prelims	Finals	Wind	Points	
Finals							
1	Logan Morrice	St. Michael	11.44	11.36	NWI	10	
2	Jamie Meikle	St. Michael	11.47	11.37	NWI	8	
3	Carter Forman	St. Michael	11.69	11.60	NWI	6	
4	Evan Brown	Thousand Islands SS	11.69	11.62	NWI	5	
5	Carter Cuglietta	Thousand Islands SS	11.99	11.87	NWI	4	
6	Haruto Mano	Thousand Islands SS	11.96	11.92	NWI	3	
7	Qwanell Luminuku-Bembika	Thousand Islands SS	11.95	11.93	NWI	2	

Men 200 Meter Dash Senior

OFSAA:	20.99	2009	Oluwasegun Makinde, Colonel By SS				
Can Inter:	20.95	1984	Atlee Mahorn - Central Technic				
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	Evan Brown	Thousand Islands SS	23.03	22.99q	NWI	3	
2	Logan Morrice	St. Michael		23.10q	NWI	1	
3	Ethan Hood	North Grenvi		23.12q	NWI	2	
4	Roman Hache	Thousand Islands SS	23.03	23.47q	NWI	3	
5	Carter Cuglietta	Thousand Islands SS	23.07	23.94q	NWI	3	
6	Mak Storr	Brockville C		23.98q	NWI	1	
7	Haruto Mano	Thousand Islands SS	24.02	24.22q	NWI	3	
8	Qwanell Luminuku-Bembika	Thousand Islands SS	24.09	24.63q	NWI	3	
9	Maddox Dickie	North Grenvi		24.75	NWI	1	
10	Ben Doris	South Grenville Dhs	24.07	25.08	NWI	3	
11	Owen Slattery	North Grenvi		26.15	NWI	1	
12	Lawrence Last	Rideau Distr		27.03	NWI	1	
13	Alexander Dawber	St. Michael		28.01	NWI	1	
14	Jayden Edwards	Rideau Distr		30.63	NWI	2	

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Men 200 Meter Dash Senior

OFSAA:	20.99	2009	Oluwasegun Makinde, Colonel By SS				
Can Inter:	20.95	1984	Atlee Mahorn - Central Technic				
Name	Year	School	Prelims	Finals	Wind	Points	
Finals							
1 Evan Brown		Thousand Islands SS	22.99	22.99	NWI	10	
2 Logan Morrice		St. Michael	23.10	23.10	NWI	8	
3 Ethan Hood		North Grenvi	23.12	23.12	NWI	6	
4 Roman Hache		Thousand Islands SS	23.47	23.47	NWI	5	
5 Carter Cuglietta		Thousand Islands SS	23.94	23.94	NWI	4	
6 Mak Storr		Brockville C	23.98	23.98	NWI	3	
7 Haruto Mano		Thousand Islands SS	24.22	24.22	NWI	2	
8 Qwanell Luminuku-Bembika		Thousand Islands SS	24.63	24.63	NWI	1	

Men 400 Meter Dash Senior

OFSAA:	45.71	2019-06-07	Myles Misener Daley, Westdale SS				
Can Inter:	45.71	2019-06-07	Myles Misener Daley, Westdale SS				
Name	Year	School	Seed	Finals	H#	Points	
1 Ethan Hood		North Grenvi	50.95	51.04	2	10	
2 Evan Brown		Thousand Islands SS	51.06	51.51	2	8	
3 Carter Cuglietta		Thousand Islands SS	52.08	53.60	2	6	
4 Cohen Gill		Thousand Islands SS	52.05	54.42	2	5	
5 Grant Mugaas		North Grenvi		56.89	2	4	
6 Theo Pedherney		Rideau Distr		57.72	1	3	
7 Ray Pflanz		North Grenvi		58.55	1	2	
8 Declan Lemieux		St. Michael		1:01.46	1	1	
9 Alexander Dawber		St. Michael		1:03.39	1		
10 Matthew Pawlak		St. Michael		1:05.75	2		

Men 800 Meter Run Senior

OFSAA:	1:48.26	2007	Andrew Heaney, Cardinal Newman CSS				
Can Inter:	1:47.14	2012	Brandon McBride - WF Herman				
Name	Year	School	Seed	Finals	Points		
1 Rayane Link		Thousand Islands SS	1:53.00	2:04.71	10		
2 Lucas Bennett		Thousand Islands SS	1:55.00	2:04.78	8		
3 Cohen Kean		North Grenvi		2:10.63	6		
4 Jonah Hawes		Thousand Islands SS	1:55.00	2:11.44	5		
5 Grant Mugaas		North Grenvi		2:12.24	4		
6 Nathaniel Coe		Thousand Islands SS	2:15.00	2:12.71	3		
7 Ray Pflanz		North Grenvi		2:19.71	2		
8 Rhyley Tye		Rideau Distr		2:28.32	1		
9 Alexander Dawber		St. Michael		2:30.01			

Men 1500 Meter Run Senior

OFSAA:	3:42.33	1993	Kevin Sullivan, North Park C & VS				
Can Inter:	3:42.33	1993	Kevin Sullivan - North Park C&				
Name	Year	School	Seed	Finals	Points		
1 Rayane Link		Thousand Islands SS	3:56.00	4:03.53	10		
2 Lucas Bennett		Thousand Islands SS	4:10.00	4:03.92	8		

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Thousand Islands Secondary School
Results

....Men 1500 Meter Run Senior

3 Nathaniel Coe	Thousand Islands SS	4:51.00	4:56.68	6
4 Luke Phillips	Thousand Islands SS	5:06.00	5:06.10	5
5 Rhyley Tye	Rideau Distr		5:19.41	4
6 Jack Davison	Brockville C		5:23.27	3
7 Brent Munroe	North Grenvi		6:01.46	2

Men 3000 Meter Run Senior

OFSAA:	8:00.2h	1987	Greg Anderson, Parkside HS			
Can Inter:	8:00.2h	1987	Greg Anderson - Parkside HS			
Name	Year	School	Seed	Finals	Points	
1 Parker Goguen		Thousand Islands SS	9:50.00	9:41.93	10	
2 Daniel Pascual		St. Michael		10:37.39	8	
3 Jack Davison		Brockville C		11:53.60	6	
4 Brent Munroe		North Grenvi		13:38.05	5	

Men 110 Meter Hurdles Senior

OFSAA:	13.33	2010	Gregory MacNeill, Mother Theresa CSS			
Can Inter:	13.33	2010	Gregory MacNeill - Mother Theresa			
Name	Year	School	Seed	Finals	Wind	Points
1 Riley Dwyre		Rideau Distr		17.24	NWI	10
2 Cameron Kelly		St. Michael		17.44	NWI	8
3 Jesse Rabuka		St. Michael		18.30	NWI	6
4 Zander Van Huis		Rideau Distr		19.20	NWI	5

Men 400 Meter Hurdles Senior

OFSAA:	51.68	1985	Phillip Hughes, Earl of March SS			
Can Inter:	51.68	1985	Phillip Hughes - Earl of March			
Name	Year	School	Seed	Finals	Points	
1 Riley Dwyre		Rideau Distr		1:06.46	10	
2 Maddox Dickie		North Grenvi		1:09.28	8	

Men 4x100 Meter Relay Senior

OFSAA:	41.20	2016-06-03	Father Henry Carr - Rexdale, Father Henry Car			
			V Husbands, A Hector, T Fearon, K Stewart-Baynes			
Can Inter:	41.1h	1987	George Harvey SS - York			
School	Year	School	Seed	Finals	H#	Points
1 Thousand Islands SS			43.00	44.08	2	10
2 St. Michael - Kemptville				44.89	2	8
1) Liam Ryan		2) Jamie Meikle				
3) Carter Forman		4) Logan Morrice				
3 North Grenville Dhs - Kemptvil			47.05	47.07	2	6
4 South Grenville Dhs				48.53	2	5
5 Athens District High School			49.89	48.68	2	4
1) Ben Smid		2) Daniel Bos				
3) Owen Miles		4) Jonathon Beck				
6 Rideau District HS - Elgin				49.61	2	3
7 North Grenville Dhs - Kemptvil		'B'		1:00.25	1	2

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****....Men 4x100 Meter Relay Senior**

-- Thousand Islands SS 'B' DQ 1

Men High Jump Senior

OFSAA:	2.24m	1998	Michael Ponikvar, Denis Morris	HS		
Can Inter:	2.24m	1998	Michael Ponikvar - Denis Morri			
Name	Year	School	Seed	Finals	Points	
1 Tao Durepos		Thousand Islands SS	1.00m	J1.70m	10	
2 Carson Field		Gananoque SS		J1.60m	8	
3 Chase Delaney		Thousand Islands SS		J1.40m	6	
4 Qwanell Luminuku-Bembika		Thousand Islands SS		J1.40m	5	
-- Zander Van Huis		Rideau Distr		NH		

Men Pole Vault Senior

OFSAA:	4.87m	1984	Rob Lindsay, South Carleton	HS		
Can Inter:	5.10m	1985	Doug Wood - F.E. Madill	SS		
Name	Year	School	Seed	Finals	Points	
1 Chase Delaney		Thousand Islands SS		3.15m	10	
2 Bo McAnerin		Thousand Islands SS		3.00m	8	
3 Rylan Paul		Thousand Islands SS		2.70m	6	
4 Luke Phillips		Thousand Islands SS		2.40m	5	

Men Long Jump Senior

OFSAA:	7.73m	2010	Taylor Stewart, Regina Mundi	College		
Can Inter:	7.75m	1990	Brian Thomas - Central Technic			
Name	Year	School	Seed	Finals	Wind	Points
1 Owen Miles		Athens Distr		5.87m	NWI	10
2 Liam West		St. Michael		5.54m	NWI	8
3 Kaleb Mackay		Thousand Islands SS		5.20m	NWI	6
4 Keelan Held		St. Mary Chs		4.96m	NWI	5
5 Tadhg Rudolph		North Grenvi		4.78m	NWI	4
6 Rylan Paul		Thousand Islands SS		4.60m	NWI	3
7 Daniel Pascual		St. Michael		4.59m	NWI	2
8 Ryan Rigutto		Thousand Islands SS		4.39m	NWI	1

Men Triple Jump Senior

OFSAA:	15.76m	1982	George Wright, Vaughan Road	CI		
Can Inter:	15.76m	1982	George Wright - Vaughan Road	C		
Name	Year	School	Seed	Finals	Wind	Points
1 Owen Miles		Athens Distr		12.10m	NWI	10
2 Liam West		St. Michael		12.00m	NWI	8

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****Men Shot Put Senior**

OFSAA:	20.09m	2005	Mike Barnes, Saltfleet DHS		
Can Inter:	20.78m	1995	Brad Snyder - St Joseph's HS,		
Name	Year	School	Seed	Finals	Points
1 Ayden Belles		Gananoque SS		13.02m	10
2 Blake Edwards		St. Mary Chs		12.46m	8
3 James Kellar		Gananoque SS		11.46m	6
4 Franklin Orji		Thousand Islands SS		11.39m	5
5 Lane Lemay		St. Michael		11.15m	4
6 Matteo Nardone		North Grenvi		10.53m	3
7 Zachary Parker		St. Michael		10.36m	2
8 Jon Whalen		South Grenville Dhs		10.35m	1
9 Tadhg Rudolph		North Grenvi		9.42m	
10 Sonny Bergin		Gananoque SS		9.17m	
11 Alex Wood		Rideau Distr		8.82m	
12 Aidan Murphy		North Grenvi		8.50m	
13 Oscar Roberts		North Grenvi		8.36m	
14 Matthew Berthelet		North Grenvi		7.69m	
15 Sawyer Knox		Athens Distr		7.42m	
16 Skyler Knudson		North Grenvi		6.60m	

Men Discus Throw Senior

OFSAA:	62.58m	1995	Jason Tunks, Sir Frederick Banting HS		
Can Inter:	64.94m	1995	Jason Tunks - Sir Frederick Ba		
Name	Year	School	Seed	Finals	Points
1 Jonathon Beck		Athens Distr		39.44m	10
2 David DeVries		Gananoque SS		35.53m	8
3 James Kellar		Gananoque SS		32.77m	6
4 Kaden Gigacz		St. Michael		32.17m	5
5 Sonny Bergin		Gananoque SS		31.60m	4
6 Ayden Belles		Gananoque SS		30.47m	3
7 Nathan Furtado		St. Mary Chs		28.06m	2
8 Cohen Kean		North Grenvi		27.00m	1
9 Aidan Murphy		North Grenvi		24.98m	
10 Matthew Berthelet		North Grenvi		19.85m	
11 Oscar Roberts		North Grenvi		19.82m	
12 Arlo Wright		North Grenvi		19.67m	
13 Bradley Dobbie		St. Michael		17.95m	
-- Nolan Morrow		Rideau Distr		ND	
-- Drew Cowan		St. Mary Chs		ND	
-- Carter Brown		Rideau Distr		ND	
-- Graeme Mellon		North Grenvi		ND	
-- Franklin Orji		Thousand Islands SS		ND	

Men Javelin Throw Senior

OFSAA:	71.22m	2000	Trevor Snyder, St. Joseph's HS		
Can Inter:	73.76m	2001	Trevor Snyder - St. Joseph		
Name	Year	School	Seed	Finals	Points
1 Hudson Kennedy		St. Michael		47.61m	10
2 Lucas Glen		Rideau Distr		46.51m	8
3 Nolan Morrow		Rideau Distr		44.35m	6

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****....Men Javelin Throw Senior**

4	Franklin Orji	Thousand Islands SS		41.97m	5
5	Alex Wood	Rideau Distr		41.73m	4
6	Drake Shepherson	Thousand Islands SS	32.00m	41.44m	3
7	Theo Pedherney	Rideau Distr		37.60m	2
8	Jon Whalen	South Grenville Dhs		35.40m	1
9	River Irvine	Brockville C		33.42m	
10	Jack Terkuc	Rideau Distr		33.36m	
11	Gauge Moore	Gananoque SS		30.64m	
12	TJ Ashby	St. Michael		30.50m	
13	Kaleb Mackay	Thousand Islands SS	26.00m	30.18m	
14	Rowen Imrie	Thousand Islands SS		27.49m	
15	Aidan Murphy	North Grenvi		20.77m	
16	Matthew Berthelet	North Grenvi		18.54m	
--	Oscar Roberts	North Grenvi		ND	
--	Carter Brown	Rideau Distr		ND	
--	Arlo Wright	North Grenvi		ND	

Men 2000 Meter Steeplechase Open

=====					
OFSAA:	5:37.76	1982	Alain Boucher, ESC Algonquin		
Can Inter:	5:37.76	1982	Alain Boucher - ES Algonquin		
Name	Year	School	Seed	Finals	Points
=====					
1	Parker Goguen	Thousand Islands SS	6:59.00	6:59.22	10
2	Gabriel Molomaya	St. Michael		7:43.80	8
3	Cullen Ralph	North Grenvi		8:20.79	6
4	Rhyley Tye	Rideau Distr		8:27.97	5
5	Riley Bolden	Gananoque SS		8:33.04	4
6	Keelan Held	St. Mary Chs		8:33.22	3
7	Zac Warren	Gananoque SS		8:52.95	2
8	Jon Clarke	South Grenville Dhs		9:22.48	1
9	Merrik Lawrence	St. Mary Chs		10:22.61	
10	Aiden Leonard	St. Mary Chs		11:29.90	
11	Owen Woodcock	St. Mary Chs		11:29.96	
--	Drew Cowan	St. Mary Chs		DQ	
--	Andrew Leeder	St. Mary Chs		DQ	

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		
School			Seed	Finals	Points
=====					
1	Thousand Islands SS		3:33.00	3:36.17	10
2	Athens District High School		3:54.00	3:55.82	8
	1) Owen Miles	2) Cehlden Turcotte			
	3) Canyon Turcotte	4) Daniel Bos			
3	North Grenville Dhs - Kemptvil			4:03.17	6
4	Rideau District HS - Elgin			4:07.07	5

LGSSAA Track & Field Championship 2025**Thousand Islands Secondary School****Results****Men 100 Meter Dash Intellectually Imp.**

=====						
OFSAA:	11.04	2015-06-05	Robert Pipitone, Huron Heights SS			
Can Inter:	12.02	2019-06-07	Andre Ferguson, Westview Freedom			
Name		Year School	Seed	Prelims	Wind	
=====						
Preliminaries						
1	Colton Hanna	Thousand Islands SS		19.12q	NWI	

Men Shot Put Intellectually Imp.

=====						
OFSAA:	11.15m	2022-06-02	Nathan Parcels, Norwood			
Name		Year School	Seed	Finals	Points	
=====						
Finals						
1	Colton Hanna	Thousand Islands SS	5.00m	5.96m	10	

Mixed 4x400 Meter Relay Open

=====						
School		Seed	Finals	Points		
=====						
1	Thousand Islands SS	4:01.00	3:57.99	10		
2	St. Michael - Kemptville		4:11.53	8		
3	North Grenville Dhs - Kemptvil		4:13.86	6		