

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Women 100 Meter Dash Novice****Z4: 12.87 5-2016****MacKenzie Barnard, Grimsby DSS**

Name	School	Prelims	H#
Preliminaries			
1 #414 Jones, Madison	Grimsby Secondary School,Grim:	13.79 q	2
2 #303 Greene, Samantha	SWC-St. Cath,St. Catharine	14.02 q	2
3 #422 Polmanter-Gentle, Laine	Grimsby Secondary School,Grim:	14.37 q	3
4 #513 Rutledge, Elyse	LSSS-St. Cath,St. Catharin	14.51 q	3
5 #473 Singh, Anjali	HCS-Jordan Stati,Jordan	14.61 q	3
6 #397 Tournemille, Simone	EHS-St. Cath,St. Catharine	14.62 q	3
7 #304 Gregory, Emma	SWC-St. Cath,St. Catharine	14.78 q	1
8 #509 Munoz, Olivia	LSSS-St. Cath,St. Catharin	14.88 q	2
9 #458 Bruining, Hailey	HCS-Jordan Stati,Jordan	15.16	1
10 #530 Bennett-Chamberlain, Lu	Smithville CHS,Cayuga	15.17	1
10 #349 Hines, Shonaci	DSBNA-St. Cath,St. Cathari	15.17	3
12 #580 McDowell, Megan	Thorold - Thorold,Thorold	15.32	1
13 #465 Hodkinson, Charlotte	HCS-Jordan Stati,Jordan	15.35	3
13 #483 Veldhuizen, Alison	HCS-Jordan Stati,Jordan	15.35	2
15 #429 Stahl, Astrid	Grimsby Secondary School,Grim:	15.40	1
16 #574 Hales, Kaydence	Thorold - Thorold,Thorold	16.02	3
17 #570 Friesen, Abby	Thorold - Thorold,Thorold	16.28	2
18 #269 Arnold, Avary	Beamsville - Beamsville,Beamsvi	16.37	2
19 #520 Keeso, Sam	SCCI,St. Catharines	17.70	2
20 #529 Augustine, Alex	Smithville CHS,Cayuga	17.73	2
21 #564 Bilal, Sara	Thorold - Thorold,Thorold	17.86	1
22 #308 Hollo, Meena	SWC-St. Cath,St. Catharine	18.17	3

Women 100 Meter Dash Novice**Z4: 12.87 5-2016****MacKenzie Barnard, Grimsby DSS**

Name	School	Finals	
Finals			
1 #414 Jones, Madison	Grimsby Secondary School,Grim:	13.41	
2 #303 Greene, Samantha	SWC-St. Cath,St. Catharine	13.58	
3 #513 Rutledge, Elyse	LSSS-St. Cath,St. Catharin	14.08	
4 #473 Singh, Anjali	HCS-Jordan Stati,Jordan	14.47	
5 #397 Tournemille, Simone	EHS-St. Cath,St. Catharine	14.52	
6 #422 Polmanter-Gentle, Laine	Grimsby Secondary School,Grim:	14.58	
7 #509 Munoz, Olivia	LSSS-St. Cath,St. Catharin	14.62	
8 #304 Gregory, Emma	SWC-St. Cath,St. Catharine	14.68	

Women 200 Meter Dash Novice**Z4: 26.59 5-2012****Savanah Allen, Denis Morris**

Name	School	Finals	H#
Finals			
1 #513 Rutledge, Elyse	LSSS-St. Cath,St. Catharin	29.89	3
2 #303 Greene, Samantha	SWC-St. Cath,St. Catharine	30.05	2
3 #386 Phillips, Lily	EHS-St. Cath,St. Catharine	30.30	1
4 #509 Munoz, Olivia	LSSS-St. Cath,St. Catharin	32.00	1
5 #458 Bruining, Hailey	HCS-Jordan Stati,Jordan	32.53	3
6 #571 Gallant, Layla	Thorold - Thorold,Thorold	32.56	2

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Finals ... (Women 200 Meter Dash Novice)**

	Name	School	Finals	H#
7	#483 Veldhuizen, Alison	HCS-Jordan Stati,Jordan	33.32	1
8	#402 Boychuk, Keira	Grimsby Secondary School,Grim	33.65	3
9	#530 Bennett-Chamberlain, Lu	Smithville CHS,Cayuga	33.80	2
10	#465 Hodkingson, Charlotte	HCS-Jordan Stati,Jordan	35.45	2
11	#519 Iriarte Alvarez, Angelica	SCCI,St. Catharines	40.19	1
12	#520 Keeso, Sam	SCCI,St. Catharines	45.35	2

Women 400 Meter Dash Novice**Z4: 1:01.66****5-2010****Madison Clarke, West Park**

	Name	School	Finals	H#
Finals				
1	#571 Gallant, Layla	Thorold - Thorold,Thorold	1:05.35	1
2	#500 Eaton, Madison	LSSS-St. Cath,St. Catharin	1:05.81	2
3	#288 Boles, Erica	SWC-St. Cath,St. Catharine	1:07.31	1
4	#414 Jones, Madison	Grimsby Secondary School,Grim	1:08.38	1
5	#404 Bruinsma, Olivia	Grimsby Secondary School,Grim	1:08.57	2
6	#289 Bolibruck, Reese	SWC-St. Cath,St. Catharine	1:09.57	2
7	#446 Massicotte, Avril	GSSS-St. Catheri,St. Catha	1:09.84	2
8	#465 Hodkingson, Charlotte	HCS-Jordan Stati,Jordan	1:12.39	1
9	#458 Bruining, Hailey	HCS-Jordan Stati,Jordan	1:14.63	2
10	#269 Arnold, Avarly	Beamsville - Beamsville,Beamsvi	1:20.67	1

Women 800 Meter Run Novice**Z4: 2:23.55****5-2012****Tracey Myers, Blessed Trinity**

	Name	School	Finals	H#
Finals				
1	#324 Quinn, Thea	SWC-St. Cath,St. Catharine	2:40.57	1
2	#404 Bruinsma, Olivia	Grimsby Secondary School,Grim	2:42.04	1
3	#422 Polmanter-Gentle, Laine	Grimsby Secondary School,Grim	2:42.37	2
4	#429 Stahl, Astrid	Grimsby Secondary School,Grim	2:42.64	1
5	#446 Massicotte, Avril	GSSS-St. Catheri,St. Catha	2:46.97	2
6	#342 Wilson, Tesia	SWC-St. Cath,St. Catharine	2:50.48	1
7	#364 Denbak, Megan	EHS-St. Cath,St. Catharine	2:57.12	1
8	#526 Walton, Madison	SCCI,St. Catharines	3:10.89	2
9	#318 Murray, Georgia	SWC-St. Cath,St. Catharine	3:17.75	2

Women 1500 Meter Run Novice**Z4: 4:57.78****5-2004****Kelsey Slater, Grimsby DSS**

	Name	School	Finals
Finals			
1	#325 Quinn, Zoe	SWC-St. Cath,St. Catharine	5:28.69
2	#324 Quinn, Thea	SWC-St. Cath,St. Catharine	5:32.56
3	#422 Polmanter-Gentle, Laine	Grimsby Secondary School,Grim	5:35.86
4	#429 Stahl, Astrid	Grimsby Secondary School,Grim	5:38.37
5	#342 Wilson, Tesia	SWC-St. Cath,St. Catharine	5:48.15
6	#526 Walton, Madison	SCCI,St. Catharines	6:41.64

Zone 4 Championship Meet - 2022-05-12
SOSSA Qualifier Meet
Welland Centennial
Results

Women 3000 Meter Run Novice**Z4: 10:39.44 5-2010****Courtney Falardeau, Gov.Simcoe**

Name	School	Finals
Finals		
1 #325 Quinn, Zoe	SWC-St. Cath,St. Catharine	12:51.67
2 #364 Denbak, Megan	EHS-St. Cath,St. Catharine	14:37.36

Women 80 Meter Hurdles Novice**Z4: 13.10 5-2010****Mary Ollier, Grimsby DSS**

Name	School	Finals
Finals		
1 #304 Gregory, Emma	SWC-St. Cath,St. Catharine	14.38
2 #386 Phillips, Lily	EHS-St. Cath,St. Catharine	15.10
3 #500 Eaton, Madison	LSSS-St. Cath,St. Catharin	15.49

Women 300 Meter Hurdles Novice**Z4: 47.23 5-2005****Esther Vermeer, Smithville DCHS**

Name	School	Finals
Finals		
1 #500 Eaton, Madison	LSSS-St. Cath,St. Catharin	53.30
2 #571 Gallant, Layla	Thorold - Thorold,Thorold	58.07
3 #289 Bolibruck, Reese	SWC-St. Cath,St. Catharine	1:00.60

Women 4x100 Meter Relay Novice**Z4: 54.54 5-2018****Sir Wiinston Churchill SS
L. Vanecko, L. White, J. Haymes, S. Braun**

Team	Relay	Finals
Finals		
1 Grimsby Secondary School	A	57.88
1) #414 Jones, Madison	2) #429 Stahl, Astrid	3) #402 Boychuk, Keira
5) #404 Bruinsma, Olivia		4) #422 Polmanter-Gentle, Lain
2 Heritage Christian-Jordan Stat	A	57.97
1) #458 Bruining, Hailey	2) #460 Burke, Mikaela	3) #473 Singh, Anjali
5) #465 Hodkingson, Charlotte	6) #483 Veldhuizen, Alison	4) #484 Vyn, Hannah
3 Sir Winston Churchill -	A	1:02.42
1) #289 Bolibruck, Reese	2) #303 Greene, Samantha	3) #304 Gregory, Emma
		4) #308 Hollo, Meena

Women High Jump Novice**Z4: 1.64m 5-2016****Autumn Biggar, Beamsville DSS**

Name	School	Finals
Finals		
1 #466 Jansen, Hannah	HCS-Jordan Stati,Jordan	J1.38m
2 #484 Vyn, Hannah	HCS-Jordan Stati,Jordan	J1.38m
3 #397 Tournemille, Simone	EHS-St. Cath,St. Catharine	J1.38m
4 #454 Robinson, Cassie	GSSS-St. Catheri,St. Catha	J1.30m
5 #402 Boychuk, Keira	Grimsby Secondary School,Grim	J1.30m
6 #529 Augustine, Alex	Smithville CHS,Cayuga	J1.25m

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Women Long Jump Novice****Z4: 4.74m 5-2006****Chelsea Duncan, SW Churchill**

	Name	School	Finals
Finals			
1	#484 Vyn, Hannah	HCS-Jordan Stati,Jordan	4.36m
2	#466 Jansen, Hannah	HCS-Jordan Stati,Jordan	4.22m
3	#288 Boles, Erica	SWC-St. Cath,St. Catharine	4.20m
4	#483 Veldhuizen, Alison	HCS-Jordan Stati,Jordan	3.80m
5	#473 Singh, Anjali	HCS-Jordan Stati,Jordan	3.74m
6	#310 Krause, Kennedy	SWC-St. Cath,St. Catharine	3.70m
7	#306 Hoff, Norah	SWC-St. Cath,St. Catharine	3.69m
8	#307 Hollingshead, Ava	SWC-St. Cath,St. Catharine	3.50m
9	#529 Augustine, Alex	Smithville CHS,Cayuga	3.10m
10	#564 Bilal, Sara	Thorold - Thorold,Thorold	1.75m

Women Triple Jump Novice**Z4: 10.86m 5-2014****Rowan Thomas, Gov. Simcoe**

	Name	School	Finals
Finals			
1	#484 Vyn, Hannah	HCS-Jordan Stati,Jordan	9.75m
2	#288 Boles, Erica	SWC-St. Cath,St. Catharine	9.33m
3	#397 Tournemille, Simone	EHS-St. Cath,St. Catharine	9.06m
4	#466 Jansen, Hannah	HCS-Jordan Stati,Jordan	8.70m
5	#473 Singh, Anjali	HCS-Jordan Stati,Jordan	8.59m
6	#306 Hoff, Norah	SWC-St. Cath,St. Catharine	8.38m
7	#310 Krause, Kennedy	SWC-St. Cath,St. Catharine	7.92m
8	#307 Hollingshead, Ava	SWC-St. Cath,St. Catharine	7.58m

Women Shot Put Novice**Z4: 11.60m 2022-05-12 Coco Van Nynatten, GDSS-Grimsby**

	Name	School	Finals
Finals			
1	#431 Van Nynatten, Coco	Grimsby Secondary School,Grim:	11.60m
2	#331 Short, Shannen	SWC-St. Cath,St. Catharine	8.55m
3	#276 Hribljan, Jasmine	Beamsville - Beamsville,Beamsvi	8.29m
4	#274 Genovese, Lily	Beamsville - Beamsville,Beamsvi	7.60m
5	#425 Schaefer, Alyssa	Grimsby Secondary School,Grim:	7.18m
6	#577 MacCormack, Makenna	Thorold - Thorold,Thorold	7.15m
7	#579 McCooye, Kylee	Thorold - Thorold,Thorold	6.10m
8	#583 Robichaud, Sarah	Thorold - Thorold,Thorold	6.06m

Women Discus Throw Novice**Z4: 36.62m 5-2014****Grace Tennant, South Lincoln**

	Name	School	Finals
Finals			
1	#431 Van Nynatten, Coco	Grimsby Secondary School,Grim:	34.98m
2	#574 Hales, Kaydence	Thorold - Thorold,Thorold	17.58m
3	#331 Short, Shannen	SWC-St. Cath,St. Catharine	17.56m
4	#366 Di Bacco, Mattea	EHS-St. Cath,St. Catharine	17.55m
5	#579 McCooye, Kylee	Thorold - Thorold,Thorold	14.69m

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Women Javelin Throw Novice****Z4: 32.08m 5-2014****Grace Tennant, South Lincoln**

Name	School	Finals
Finals		
1 #431 Van Nynatten, Coco	Grimsby Secondary School,Grimsby	29.61m
2 #366 Di Bacco, Mattea	EHS-St. Cath,St. Catharines	24.37m
3 #574 Hales, Kaydence	Thorold - Thorold,Thorold	22.08m
4 #454 Robinson, Cassie	GSSS-St. Catharines,St. Catharines	21.19m
5 #425 Schaefer, Alyssa	Grimsby Secondary School,Grimsby	17.05m
6 #331 Short, Shannen	SWC-St. Cath,St. Catharines	15.65m
7 #570 Friesen, Abby	Thorold - Thorold,Thorold	13.83m
8 #579 McCooye, Kylee	Thorold - Thorold,Thorold	11.66m
9 #583 Robichaud, Sarah	Thorold - Thorold,Thorold	8.64m

Women 100 Meter Dash Junior**Z4: 12.87 5-2017****MacKenzie Barnard, Grimsby DSS**

Name	School	Prelims	H#
Preliminaries			
1 #551 Munnings, Grace	Smithville CHS,Cayuga	14.18 q	2
2 #348 Coulson, Journey	DSBNA-St. Cath,St. Catharines	14.19 q	2
3 #383 Nieuwets, Alyssa	EHS-St. Cath,St. Catharines	14.56 q	3
4 #453 Radimer, Elinore	GSSS-St. Catharines,St. Catharines	14.69 q	3
5 #450 Melnychuk, Taisa	GSSS-St. Catharines,St. Catharines	14.71 q	1
6 #575 Hammond, Anna	Thorold - Thorold,Thorold	14.97 q	1
7 #328 Sappleton, Alynah	SWC-St. Cath,St. Catharines	15.07 q	1
8 #282 Aljourmi, Sofia	SWC-St. Cath,St. Catharines	15.18 q	3
9 #452 Neumann, Ava	GSSS-St. Catharines,St. Catharines	15.24	2
10 #265 Kizito, Ella	GLCHS,Beamsville	15.31	1
11 #347 Chandler, Eddie	DSBNA-St. Cath,St. Catharines	15.42	3
12 #408 Forrest, Bailey	Grimsby Secondary School,Grimsby	15.75	1
13 #281 Aljourmi, Aya	SWC-St. Cath,St. Catharines	15.92	3
14 #268 Wu, Fiona	GLCHS,Beamsville	16.11	2
15 #266 Richards, Arianna	GLCHS,Beamsville	16.16	3
16 #581 Neang, Marly	Thorold - Thorold,Thorold	16.39	3
17 #352 McFadden, Michaela	DSBNA-St. Cath,St. Catharines	16.70	1
18 #527 Wilson, Taylor	SCCI,St. Catharines	17.12	2
19 #518 Giroux, Larissa	SCCI,St. Catharines	17.49	2

Women 100 Meter Dash Junior**Z4: 12.87 5-2017****MacKenzie Barnard, Grimsby DSS**

Name	School	Finals
Finals		
1 #551 Munnings, Grace	Smithville CHS,Cayuga	14.06
2 #348 Coulson, Journey	DSBNA-St. Cath,St. Catharines	14.41
3 #383 Nieuwets, Alyssa	EHS-St. Cath,St. Catharines	14.65
4 #450 Melnychuk, Taisa	GSSS-St. Catharines,St. Catharines	14.93
5 #282 Aljourmi, Sofia	SWC-St. Cath,St. Catharines	15.00
6 #328 Sappleton, Alynah	SWC-St. Cath,St. Catharines	15.26
7 #575 Hammond, Anna	Thorold - Thorold,Thorold	15.42

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Women 200 Meter Dash Junior****Z4: 26.48 5-2017****Zoe Phillips, Eden HS**

Name	School	Finals	H#
Finals			
1 #551 Munnings, Grace	Smithville CHS,Cayuga	29.08	1
2 #481 VanVliet, Julia	HCS-Jordan Stati,Jordan	30.20	3
3 #264 Breukelman, Eva	GLCHS,Beamsville	30.93	2
4 #383 Nieuwets, Alyssa	EHS-St. Cath,St. Catharine	31.24	2
5 #450 Melnychuk, Taisa	GSSS-St. Catheri,St. Catha	31.49	2
6 #435 Black, Allison	GSSS-St. Catheri,St. Catha	31.72	1
7 #282 Aljourmi, Sofia	SWC-St. Cath,St. Catharine	32.26	3
8 #281 Aljourmi, Aya	SWC-St. Cath,St. Catharine	33.13	1
9 #347 Chandler, Eddie	DSBNA-St. Cath,St. Cathari	33.30	3
10 #428 Slavin, Genevieve	Grimsby Secondary School,Grim	33.39	1
11 #266 Richards, Arianna	GLCHS,Beamsville	33.67	1
12 #268 Wu, Fiona	GLCHS,Beamsville	33.72	2
13 #294 Derksen, Bella	SWC-St. Cath,St. Catharine	33.78	2
14 #265 Kizito, Ella	GLCHS,Beamsville	34.09	3
15 #328 Sappleton, Alynah	SWC-St. Cath,St. Catharine	35.33	2
16 #442 Gowling, Hannah	GSSS-St. Catheri,St. Catha	35.90	3
17 #352 McFadden, Michaela	DSBNA-St. Cath,St. Cathari	36.27	1
18 #518 Giroux, Larissa	SCCI,St. Catharines	40.39	3

Women 400 Meter Dash Junior**Z4: 1:00.77 5-2004****Amanda McMurtrie, South Lincoln**

Name	School	Finals
Finals		
1 #481 VanVliet, Julia	HCS-Jordan Stati,Jordan	1:09.73
2 #482 VanZanten, Annemiek	HCS-Jordan Stati,Jordan	1:10.56
3 #264 Breukelman, Eva	GLCHS,Beamsville	1:10.71
4 #453 Radimer, Elinore	GSSS-St. Catheri,St. Catha	1:12.28
5 #357 Piper, Mackenzie	DSBNA-St. Cath,St. Cathari	1:16.05
6 #294 Derksen, Bella	SWC-St. Cath,St. Catharine	1:17.66
7 #428 Slavin, Genevieve	Grimsby Secondary School,Grim	1:20.28
8 #268 Wu, Fiona	GLCHS,Beamsville	1:21.45

Women 800 Meter Run Junior**Z4: 2:23.17 5-2005****Kelsie Slater, Grimsby DSS**

Name	School	Finals
Finals		
1 #290 Brendzy, Abigail	SWC-St. Cath,St. Catharine	2:47.04
2 #380 Moran, Claire	EHS-St. Cath,St. Catharine	2:51.35
3 #482 VanZanten, Annemiek	HCS-Jordan Stati,Jordan	2:59.79
4 #312 Li, Lulu	SWC-St. Cath,St. Catharine	3:02.57
5 #357 Piper, Mackenzie	DSBNA-St. Cath,St. Cathari	3:10.01

Women 1500 Meter Run Junior**Z4: 4:51.92 5-2015****Avery Goertz, Gov.Simcoe**

Name	School	Finals
Finals		
1 #368 Dilalla, Chloe	EHS-St. Cath,St. Catharine	5:30.53

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Finals ... (Women 1500 Meter Run Junior)**

Name	School	Finals
2 #290 Brendzy, Abigail	SWC-St. Cath,St. Catharine	5:55.95
3 #388 Rigby, Annika	EHS-St. Cath,St. Catharine	6:02.52
4 #313 Maredia, Anna	SWC-St. Cath,St. Catharine	6:05.78
5 #586 Shaw, Sophia	Thorold - Thorold,Thorold	6:14.04
6 #312 Li, Lulu	SWC-St. Cath,St. Catharine	6:42.84
7 #357 Piper, Mackenzie	DSBNA-St. Cath,St. Cathari	6:47.41

Women 3000 Meter Run Junior**Z4: 10:37.15****5-2008****Deanna Brasz, Heritage CHS**

Name	School	Finals
Finals		
1 #368 Dilalla, Chloe	EHS-St. Cath,St. Catharine	12:46.77
2 #330 Scott, Keira	SWC-St. Cath,St. Catharine	13:28.04
3 #292 Clark, Jolanta	SWC-St. Cath,St. Catharine	13:32.56
4 #313 Maredia, Anna	SWC-St. Cath,St. Catharine	14:20.18
5 #388 Rigby, Annika	EHS-St. Cath,St. Catharine	14:28.27
6 #586 Shaw, Sophia	Thorold - Thorold,Thorold	14:34.30

Women 300 Meter Hurdles Junior**Z4: 47.13****5-2006****Brittany Kadwell, Grimsby DSS**

Name	School	Finals
Finals		
1 #287 Berner, Charlotte	SWC-St. Cath,St. Catharine	53.14
2 #380 Moran, Claire	EHS-St. Cath,St. Catharine	58.11

Women 4x100 Meter Relay Junior**Z4: 53.14****5-2018****Governor Simcoe**

Team	Relay	Finals
Finals		
1 Eden High School - St. Cathari	A	58.71
2 Great Lakes Christian High	A	59.41
1) #264 Breukelman, Eva	2) #268 Wu, Fiona	3) #266 Richards, Arianna
5) #267 Trujillo, Sofia		4) #265 Kizito, Ella
3 Sir Winston Churchill -	A	59.54
1) #281 Aljourmi, Aya	2) #282 Aljourmi, Sofia	3) #287 Berner, Charlotte
5) #328 Sappleton, Alynah		4) #294 Derksen, Bella
4 Governor Simcoe-St. Catharine	A	1:01.24

Women High Jump Junior**Z4: 1.71m****5-2017****Autumn Biggar, Beamsville DSS**

Name	School	Finals
Finals		
1 #452 Neumann, Ava	GSSS-St. Catheri,St. Catha	J1.40m
2 #408 Forrest, Bailey	Grimsby Secondary School,Grim:	J1.40m
3 #537 Gerryts, Esther	Smithville CHS,Cayuga	J1.35m
4 #388 Rigby, Annika	EHS-St. Cath,St. Catharine	J1.35m
5 #372 Harmsworth, Anna	EHS-St. Cath,St. Catharine	J1.35m
6 #360 Ankersmit, Reese	EHS-St. Cath,St. Catharine	J1.35m
7 #353 Melnyk, Reese	DSBNA-St. Cath,St. Cathari	J1.35m
8 #575 Hammond, Anna	Thorold - Thorold,Thorold	J1.30m

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Finals ... (Women High Jump Junior)**

Name	School	Finals
9 #447 McCready, Sheridan	GSSS-St. Catheri,St. Catha	J1.30m
--- #435 Black, Allison	GSSS-St. Catheri,St. Catha	DQ
--- #442 Gowling, Hannah	GSSS-St. Catheri,St. Catha	DQ

Women Pole Vault Junior**Z4: 2.71m 5-2008 Avery Thomas, Grimsby DSS**

Name	School	Finals
1 #287 Berner, Charlotte	SWC-St. Cath,St. Catharine	1.85m

Women Long Jump Junior**Z4: 5.05m 2022-05-12 Journey Coulson, DSBNA-St. Cath**

Name	School	Finals
Finals		
1 #348 Coulson, Journey	DSBNA-St. Cath,St. Cathari	5.05m
2 #408 Forrest, Bailey	Grimsby Secondary School,Grim:	4.41m
3 #264 Breukelman, Eva	GLCHS,Beamsville	4.16m
4 #447 McCready, Sheridan	GSSS-St. Catheri,St. Catha	4.02m
5 #537 Gerrys, Esther	Smithville CHS,Cayuga	3.84m
5 #265 Kizito, Ella	GLCHS,Beamsville	3.84m
7 #575 Hammond, Anna	Thorold - Thorold,Thorold	3.39m
8 #527 Wilson, Taylor	SCCI,St. Catharines	3.31m
9 #266 Richards, Arianna	GLCHS,Beamsville	2.89m

Women Triple Jump Junior**Z4: 10.81m 5-2015 Rowan Thomas, Gov. Simcoe**

Name	School	Finals
Finals		
1 #287 Berner, Charlotte	SWC-St. Cath,St. Catharine	10.01m
2 #348 Coulson, Journey	DSBNA-St. Cath,St. Cathari	9.99m
3 #447 McCready, Sheridan	GSSS-St. Catheri,St. Catha	9.28m
4 #360 Ankersmit, Reese	EHS-St. Cath,St. Catharine	9.22m
5 #383 Nieuwets, Alyssa	EHS-St. Cath,St. Catharine	8.51m
--- #523 Plamandon, Emma	SCCI,St. Catharines	DQ

Women Shot Put Junior**Z4: 14.38m 5-2015 Grace Tennant, South Lincoln**

Name	School	Finals
Finals		
1 #344 Ascencio, Lucia	DSBNA-St. Cath,St. Cathari	9.00m
2 #283 Alsahli, Isra	SWC-St. Cath,St. Catharine	8.09m
3 #523 Plamandon, Emma	SCCI,St. Catharines	7.45m
4 #456 Shaw, Kairi	GSSS-St. Catheri,St. Catha	5.91m

Women Discus Throw Junior**Z4: 44.27m 5-2015 Grace Tennant, South Lincoln**

Name	School	Finals
Finals		
1 #283 Alsahli, Isra	SWC-St. Cath,St. Catharine	15.15m
2 #456 Shaw, Kairi	GSSS-St. Catheri,St. Catha	14.63m

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Women Javelin Throw Junior****Z4: 38.49m 5-2015****Grace Tennant, South Lincoln**

Name	School	Finals
Finals		
1 #372 Harmsworth, Anna	EHS-St. Cath,St. Catharine	20.71m
2 #523 Plamandon, Emma	SCCI,St. Catharines	20.38m
3 #283 Alsahli, Isra	SWC-St. Cath,St. Catharine	17.03m
4 #456 Shaw, Kairi	GSSS-St. Catheri,St. Catha	13.51m
5 #380 Moran, Claire	EHS-St. Cath,St. Catharine	12.60m
6 #581 Neang, Marly	Thorold - Thorold,Thorold	10.19m

Women 100 Meter Dash Senior**Z4: 12.43 5-2004****Stephanie Forestell, Beamsville DSS**

Name	School	Prelims	H#
Preliminaries			
1 #485 Wagter, Emily	HCS-Jordan Stati,Jordan	13.66 q	2
2 #285 Belanger, Alissa	SWC-St. Cath,St. Catharine	14.20 q	1
3 #393 Thiessen, Hannah	EHS-St. Cath,St. Catharine	14.88 q	2
4 #463 Heiberg, Lillian	HCS-Jordan Stati,Jordan	14.92 q	1
5 #334 Tang, Leah	SWC-St. Cath,St. Catharine	15.44 q	2
6 #584 Rowland, Sami	Thorold - Thorold,Thorold	15.84 q	1
7 #490 Abusaleemeh, Lamar	LSSS-St. Cath,St. Catharin	15.93 q	2
8 #495 Biro-Valvasori, Hannah	LSSS-St. Cath,St. Catharin	15.95 q	1
9 #524 Stona, Shanae	SCCI,St. Catharines	15.98	2
10 #516 Adesokan, Latifat	SCCI,St. Catharines	16.14	1

Women 100 Meter Dash Senior**Z4: 12.43 5-2004****Stephanie Forestell, Beamsville DSS**

Name	School	Finals
Finals		
1 #485 Wagter, Emily	HCS-Jordan Stati,Jordan	13.66
2 #463 Heiberg, Lillian	HCS-Jordan Stati,Jordan	14.99
3 #393 Thiessen, Hannah	EHS-St. Cath,St. Catharine	15.18
4 #334 Tang, Leah	SWC-St. Cath,St. Catharine	15.63
5 #495 Biro-Valvasori, Hannah	LSSS-St. Cath,St. Catharin	15.68
6 #584 Rowland, Sami	Thorold - Thorold,Thorold	15.83
7 #490 Abusaleemeh, Lamar	LSSS-St. Cath,St. Catharin	16.18
--- #285 Belanger, Alissa	SWC-St. Cath,St. Catharine	DQ

Women 200 Meter Dash Senior**Z4: 25.77 2019-05-14****Zoe Phillips, EHS-St. Catherin**

Name	School	Finals	H#
Finals			
1 #503 Kugler, Grace	LSSS-St. Cath,St. Catharin	26.92	1
2 #548 May, Mikayla	Smithville CHS,Cayuga	28.20	2
3 #485 Wagter, Emily	HCS-Jordan Stati,Jordan	29.13	1
4 #285 Belanger, Alissa	SWC-St. Cath,St. Catharine	29.61	2
5 #421 Nasby, Charlise	Grimsby Secondary School,Grim	29.62	1
6 #420 Morrison, Hannah	Grimsby Secondary School,Grim	29.79	2
7 #549 McMullin, Kaitlyn	Smithville CHS,Cayuga	31.10	1
8 #393 Thiessen, Hannah	EHS-St. Cath,St. Catharine	31.90	2

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Finals ... (Women 200 Meter Dash Senior)**

Name	School	Finals	H#
9 #463 Heiberg, Lillian	HCS-Jordan Stati,Jordan	31.99	1
10 #291 Chan, Sarah	SWC-St. Cath,St. Catharine	32.02	1
11 #459 Bultje, Gloria	HCS-Jordan Stati,Jordan	32.13	2
12 #493 Backus, Natalie	LSSS-St. Cath,St. Catharin	32.50	2

Women 400 Meter Dash Senior**Z4: 57.60 2019-05-14 Zoe Phillips, EHS-St. Catherin**

Name	School	Finals
Finals		
1 #301 Goveia, Isabella	SWC-St. Cath,St. Catharine	1:00.48
2 #532 Breukelman, Alia	Smithville CHS,Cayuga	1:06.71
3 #420 Morrison, Hannah	Grimsby Secondary School,Grim:	1:07.31
4 #490 Abusaleemeh, Lamar	LSSS-St. Cath,St. Catharin	1:13.97
5 #291 Chan, Sarah	SWC-St. Cath,St. Catharine	1:14.63
6 #515 Acevedos, Quinn	SCCI,St. Catharines	1:39.21

Women 800 Meter Run Senior**Z4: 2:19.50 2022-05-12 Isabella Goveia, SWC-St. Cath**

Name	School	Finals
Finals		
1 #301 Goveia, Isabella	SWC-St. Cath,St. Catharine	2:19.50
2 #406 Clark, Lexi	Grimsby Secondary School,Grim:	2:28.00
3 #369 Esau, Emma	EHS-St. Cath,St. Catharine	2:47.07
4 #332 Summers, Sarah	SWC-St. Cath,St. Catharine	2:55.03
5 #333 Taj, Maryam	SWC-St. Cath,St. Catharine	3:14.25

Women 1500 Meter Run Senior**Z4: 4:49.33 5-2015 Kennedy Thompson, Sir W Churchill**

Name	School	Finals
Finals		
1 #369 Esau, Emma	EHS-St. Cath,St. Catharine	5:47.97
2 #332 Summers, Sarah	SWC-St. Cath,St. Catharine	5:48.11
3 #562 Woodland, Hannah	Smithville CHS,Cayuga	6:08.00
4 #496 Cirusuolo, Angelina	LSSS-St. Cath,St. Catharin	6:15.51
5 #389 Rigby, Ellise	EHS-St. Cath,St. Catharine	6:27.29
6 #507 Mctague, Ashlee	LSSS-St. Cath,St. Catharin	6:40.77
7 #538 Graham, Laurel	Smithville CHS,Cayuga	6:52.91

Women 3000 Meter Run Senior**Z4: 10:03.77 5-2010 Deanna Brasz, Heritage Christian**

Name	School	Finals
Finals		
1 #338 Vermue, Brianna	SWC-St. Cath,St. Catharine	13:25.77
2 #496 Cirusuolo, Angelina	LSSS-St. Cath,St. Catharin	14:10.19
3 #389 Rigby, Ellise	EHS-St. Cath,St. Catharine	14:41.50
4 #562 Woodland, Hannah	Smithville CHS,Cayuga	15:21.01

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Women 100 Meter Hurdles Senior****Z4: 15.33 2019-05-14 Abi McDonald, BDSS-Beamsville**

Name	School	Finals
Finals		
1 #503 Kugler, Grace	LSSS-St. Cath,St. Catharin	16.16
2 #459 Bultje, Gloria	HCS-Jordan Stati,Jordan	20.44
3 #463 Heiberg, Lillian	HCS-Jordan Stati,Jordan	21.02

Women 400 Meter Hurdles Senior**Z4: 1:05.42 5-2018 Sienna Lalonde, Grimsby DSS**

Name	School	Finals
Finals		
1 #300 Fowler, Olajiire	SWC-St. Cath,St. Catharine	1:27.30
2 #538 Graham, Laurel	Smithville CHS,Cayuga	1:28.31

Women 4x100 Meter Relay Senior**Z4: 51.99 5-2012 Grimsby District SS
L.Paduano, R.Ross, C McClurkin, M.Ollier**

Team	Relay	Finals
Finals		
1 Smithville Christ HS -Smithvil	A	59.12
1) #548 May, Mikayla	2) #532 Breukelman, Alia	3) #549 McMullin, Kaitlyn
5) #560 VanStaalduinen, Morga	6) #531 Bennett-Chamberlain, '	
2 Heritage Christian-Jordan Stat	A	1:00.25
1) #485 Wagter, Emily	2) #459 Bultje, Gloria	3) #481 VanVliet, Julia
5) #489 Ybema, Kate	6) #482 VanZanten, Annemiek	4) #463 Heiberg, Lillian
3 Sir Winston Churchill -	A	1:01.32
1) #285 Belanger, Alissa	2) #291 Chan, Sarah	3) #300 Fowler, Olajiire
5) #333 Taj, Maryam	6) #334 Tang, Leah	4) #316 Millin, Kennedy

Women High Jump Senior**Z4: 1.65m 5-2018 Autumn Biggar, Beamsville DSS**

Name	School	Finals
Finals		
1 #531 Bennett-Chamberlain, Sa	Smithville CHS,Cayuga	1.45m
2 #362 Davidson, Olivia	EHS-St. Cath,St. Catharine	1.40m
2 #532 Breukelman, Alia	Smithville CHS,Cayuga	1.40m
4 #584 Rowland, Sami	Thorold - Thorold,Thorold	1.15m

Women Long Jump Senior**Z4: 5.23m 5-2008 Chelsea Duncan, Sir W Churchill**

Name	School	Finals
Finals		
1 #548 May, Mikayla	Smithville CHS,Cayuga	J4.63m
2 #485 Wagter, Emily	HCS-Jordan Stati,Jordan	J4.63m
3 #421 Nasby, Charlise	Grimsby Secondary School,Grim	J4.27m
4 #563 Zondag, Daniella	Smithville CHS,Cayuga	J4.10m
5 #531 Bennett-Chamberlain, Sa	Smithville CHS,Cayuga	J4.08m
6 #459 Bultje, Gloria	HCS-Jordan Stati,Jordan	J3.82m
7 #516 Adesokan, Latifat	SCCI,St. Catharines	J3.46m
8 #507 Mctague, Ashlee	LSSS-St. Cath,St. Catharin	J3.30m
9 #524 Stona, Shanae	SCCI,St. Catharines	J3.28m

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Women Triple Jump Senior****Z4: 11.03m 5-2015****Sara Kovac, Eden HS**

Name	School	Finals
Finals		
1 #548 May, Mikayla	Smithville CHS,Cayuga	10.99m
2 #563 Zondag, Daniella	Smithville CHS,Cayuga	9.31m
3 #538 Graham, Laurel	Smithville CHS,Cayuga	8.02m
4 #337 Trout, Olivia	SWC-St. Cath,St. Catharine	7.87m

Women Shot Put Senior**Z4: 12.67m 5-2017****Grace Tennant, South Lincoln**

Name	School	Finals
Finals		
1 #284 Barker, Megan	SWC-St. Cath,St. Catharine	9.50m
2 #316 Millin, Kennedy	SWC-St. Cath,St. Catharine	9.22m
3 #362 Davidson, Olivia	EHS-St. Cath,St. Catharine	9.21m

Women Discus Throw Senior**Z4: 42.65m 5-2016****Grace Tennant, South Lincoln**

Name	School	Finals
Finals		
1 #497 Clark, Cassie	LSSS-St. Cath,St. Catharin	24.08m
2 #284 Barker, Megan	SWC-St. Cath,St. Catharine	21.66m
3 #549 McMullin, Kaitlyn	Smithville CHS,Cayuga	15.36m
4 #336 Thanasse, Leah	SWC-St. Cath,St. Catharine	13.37m

Women Javelin Throw Senior**Z4: 40.40m 5-2017****Grace Tennant, South Lincoln**

Name	School	Finals
Finals		
1 #362 Davidson, Olivia	EHS-St. Cath,St. Catharine	29.53m
2 #284 Barker, Megan	SWC-St. Cath,St. Catharine	26.00m
3 #316 Millin, Kennedy	SWC-St. Cath,St. Catharine	25.79m
4 #493 Backus, Natalie	LSSS-St. Cath,St. Catharin	25.63m
5 #286 Ben Omrane, Sarah	SWC-St. Cath,St. Catharine	24.27m
6 #507 Mctague, Ashlee	LSSS-St. Cath,St. Catharin	21.04m
7 #495 Biro-Valvasori, Hannah	LSSS-St. Cath,St. Catharin	19.87m
8 #502 Hatrick, Madeline	LSSS-St. Cath,St. Catharin	17.51m
9 #336 Thanasse, Leah	SWC-St. Cath,St. Catharine	15.59m

Women 2000 Meter Steeplechase Open**Z4: 8:09.60 2022-05-12****Lexi Clark, GDSS-Grimsby**

Name	School	Finals
Finals		
1 #406 Clark, Lexi	Grimsby Secondary School,Grim	8:09.60

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Women 4x400 Meter Relay Open****Z4: 4:16.91 5-2006****Grimsby DSS****H Kurpe, A Drake, B Kadwell, K Slater**

Team	Relay	Finals
Finals		
1 Sir Winston Churchill -	A	4:43.21
1) #287 Berner, Charlotte	2) #288 Boles, Erica	3) #289 Bolibruck, Reese
5) #324 Quinn, Thea	6) #325 Quinn, Zoe	4) #301 Goveia, Isabella
2 Heritage Christian-Jordan Stat	A	4:57.37
1) #482 VanZanten, Annemiek	2) #481 VanVliet, Julia	3) #465 Hodgkinson, Charlotte
5) #489 Ybema, Kate		4) #460 Burke, Mikaela

Men 100 Meter Dash Novice**Z4: 11.71 5-2015****Chase Osinga, SW Churchill**

Name	School	Prelims	H#
Preliminaries			
1 #322 Ojo, Adetunji	SWC-St. Cath,St. Catharine	12.18 q	3
2 #343 Witter, Cory	SWC-St. Cath,St. Catharine	12.22 q	2
3 #365 Deng, Kevin	EHS-St. Cath,St. Catharine	12.85 q	3
4 #491 Al Khateeb, Ali	LSSS-St. Cath,St. Catharin	12.95 q	2
5 #280 Phillip, Jaleel	Beamsville - Beamsville,Beamsvi	13.28 q	2
6 #320 Naziry, Peroz	SWC-St. Cath,St. Catharine	13.35 q	1
7 #367 Dick, Joel	EHS-St. Cath,St. Catharine	13.46 q	1
8 #510 Perrault, Colin	LSSS-St. Cath,St. Catharin	13.60 q	3
9 #457 Bosma, Lucas	HCS-Jordan Stati,Jordan	13.65	1
10 #418 McIntyre, Thaddeus	Grimsby Secondary School,Grim	13.66	3
11 #543 Kok, Jacob	Smithville CHS,Cayuga	13.84	1
12 #487 Westerveld, Matt	HCS-Jordan Stati,Jordan	13.86	3
13 #576 Hipwell, Carsen	Thorold - Thorold,Thorold	13.89	2
14 #419 Mercuri Day, Spencer	Grimsby Secondary School,Grim	14.02	1
15 #472 Post, Landon	HCS-Jordan Stati,Jordan	14.06	2

Men 100 Meter Dash Novice**Z4: 11.71 5-2015****Chase Osinga, SW Churchill**

Name	School	Finals
Finals		
1 #343 Witter, Cory	SWC-St. Cath,St. Catharine	12.03
2 #322 Ojo, Adetunji	SWC-St. Cath,St. Catharine	12.03
3 #491 Al Khateeb, Ali	LSSS-St. Cath,St. Catharin	12.76
4 #280 Phillip, Jaleel	Beamsville - Beamsville,Beamsvi	12.96
5 #365 Deng, Kevin	EHS-St. Cath,St. Catharine	13.03
6 #320 Naziry, Peroz	SWC-St. Cath,St. Catharine	13.22
7 #367 Dick, Joel	EHS-St. Cath,St. Catharine	13.61
8 #510 Perrault, Colin	LSSS-St. Cath,St. Catharin	13.62

Men 200 Meter Dash Novice**Z4: 24.17 5-2017****Dante Kellar, Gov.Simcoe**

Name	School	Finals	H#
Finals			
1 #491 Al Khateeb, Ali	LSSS-St. Cath,St. Catharin	26.34	1
2 #488 Ybema, Cam	HCS-Jordan Stati,Jordan	27.23	2

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Finals ... (Men 200 Meter Dash Novice)**

	Name	School	Finals	H#
3	#320 Naziry, Peroz	SWC-St. Cath,St. Catharine	27.54	2
4	#457 Bosma, Lucas	HCS-Jordan Stati,Jordan	27.94	1
5	#426 Schaefer, Tyler	Grimsby Secondary School,Grim:	28.01	3
6	#365 Deng, Kevin	EHS-St. Cath,St. Catharine	28.08	3
7	#275 Henry, JoJo	Beamsville - Beamsville,Beamsvi	28.33	1
8	#367 Dick, Joel	EHS-St. Cath,St. Catharine	28.57	1
9	#545 Koole, Riley	Smithville CHS,Cayuga	28.61	3
10	#472 Post, Landon	HCS-Jordan Stati,Jordan	29.23	2
11	#410 Hobbs, Andrew	Grimsby Secondary School,Grim:	29.45	2
12	#416 Lavender, Isaak	Grimsby Secondary School,Grim:	29.75	3
13	#419 Mercuri Day, Spencer	Grimsby Secondary School,Grim:	30.07	1
14	#494 Bakhit, Walid	LSSS-St. Cath,St. Catharin	30.24	2
15	#487 Westerveld, Matt	HCS-Jordan Stati,Jordan	30.48	3
16	#354 Moritt, Jacob	DSBNA-St. Cath,St. Cathari	31.88	1
17	#277 Larsen, Quinn	Beamsville - Beamsville,Beamsvi	34.53	3

Men 400 Meter Dash Novice**Z4: 55.48****5-2004****Jordan Heckman, SW Churchill**

	Name	School	Finals	H#
Finals				
1	#440 Forrest, Zachary	GSSS-St. Catheri,St. Catha	1:00.78	2
2	#545 Koole, Riley	Smithville CHS,Cayuga	1:01.63	1
3	#365 Deng, Kevin	EHS-St. Cath,St. Catharine	1:02.24	2
4	#426 Schaefer, Tyler	Grimsby Secondary School,Grim:	1:03.39	2
5	#321 Nixon, Lucas	SWC-St. Cath,St. Catharine	1:03.92	1
6	#410 Hobbs, Andrew	Grimsby Secondary School,Grim:	1:05.61	1
7	#472 Post, Landon	HCS-Jordan Stati,Jordan	1:06.40	2
8	#416 Lavender, Isaak	Grimsby Secondary School,Grim:	1:06.88	1
9	#412 Jackson, Aaron	Grimsby Secondary School,Grim:	1:07.19	2
10	#576 Hipwell, Carsen	Thorold - Thorold,Thorold	1:11.46	2
11	#277 Larsen, Quinn	Beamsville - Beamsville,Beamsvi	1:25.15	1

Men 800 Meter Run Novice**Z4: 2:04.47****5-2016****Nicholas Young, St. Francis**

	Name	School	Finals
Finals			
1	#395 Tomori, Graham	EHS-St. Cath,St. Catharine	2:26.00
2	#547 May, Connor	Smithville CHS,Cayuga	2:34.46
3	#440 Forrest, Zachary	GSSS-St. Catheri,St. Catha	2:36.56
4	#321 Nixon, Lucas	SWC-St. Cath,St. Catharine	2:38.22
5	#499 Dulak, Angelo	LSSS-St. Cath,St. Catharin	2:51.73
6	#505 Lang, Nathan	LSSS-St. Cath,St. Catharin	2:53.85

Men 1500 Meter Run Novice**Z4: 4:16.97****5-2018****Eric Campbell, SW Churchill**

	Name	School	Finals
Finals			
1	#395 Tomori, Graham	EHS-St. Cath,St. Catharine	4:42.44
2	#314 Masterson, Owen	SWC-St. Cath,St. Catharine	4:42.45

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Finals ... (Men 1500 Meter Run Novice)**

Name	School	Finals
3 #438 Crowe, Oliver	GSSS-St. Catheri,St. Catha	4:52.27
4 #417 McIntosh, Jackson	Grimsby Secondary School,Grim:	4:54.17
5 #293 Dellalian, Samuel	SWC-St. Cath,St. Catharine	4:55.91
6 #517 Casey, Cash	SCCI,St. Catharines	5:02.41
7 #432 Watson, Kael	Grimsby Secondary School,Grim:	5:32.25
8 #505 Lang, Nathan	LSSS-St. Cath,St. Catharin	5:38.27

Men 3000 Meter Run Novice**Z4: 9:27.14****5-2018****Owen Lockyer, Eden HS**

Name	School	Finals
Finals		
1 #314 Masterson, Owen	SWC-St. Cath,St. Catharine	10:41.95
2 #293 Dellalian, Samuel	SWC-St. Cath,St. Catharine	10:53.57
3 #417 McIntosh, Jackson	Grimsby Secondary School,Grim:	11:49.93
4 #438 Crowe, Oliver	GSSS-St. Catheri,St. Catha	13:35.03

Men 100 Meter Hurdles Novice**Z4: 15.62****5-2018****Denis Tsvetkov, Gov.Simcoe**

Name	School	Finals
Finals		
1 #433 Adam, Maddix	GSSS-St. Catheri,St. Catha	18.70
2 #480 Vanlochem, Quinn	HCS-Jordan Stati,Jordan	21.49

Men 300 Meter Hurdles Novice**Z4: 43.95****5-2005****Jordan Glancie, Laura Secord**

Name	School	Finals
Finals		
1 #433 Adam, Maddix	GSSS-St. Catheri,St. Catha	51.81
2 #480 Vanlochem, Quinn	HCS-Jordan Stati,Jordan	52.74
3 #487 Westerveld, Matt	HCS-Jordan Stati,Jordan	52.93

Men 4x100 Meter Relay Novice**Z4: 48.46****5-2012****Denis Morris HS****J.Chambers, V.Cojocari, J.Selman, A. Wilson**

Team	Relay	Finals
Finals		
1 Sir Winston Churchill - 1) #320 Naziry, Peroz	A 2) #321 Nixon, Lucas	48.84 3) #322 Ojo, Adetunji 4) #343 Witter, Cory
2 Grimsby Secondary School 1) #416 Lavender, Isaak 5) #412 Jackson, Aaron	A 2) #410 Hobbs, Andrew	52.72 3) #418 McIntyre, Thaddeus 4) #426 Schaefer, Tyler
3 Heritage Christian-Jordan Stat 1) #461 Douma, Jesse 5) #462 Glasbergen, Ethan	A 2) #471 Olij, Adam	53.74 3) #478 Vandenbrink, Seth 4) #475 Snyder, Nick
4 Smithville Christ HS -Smithvil 1) #545 Koole, Riley 5) #541 Janssen, Aren	A 2) #543 Kok, Jacob	54.01 3) #547 May, Connor 4) #561 Wiersma, Cole
5 Laura Secord - St. Catharines	A	54.54

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Men High Jump Novice****Z4: 1.85m****5-2007****Jeff Webb, Eden HS**

Name	School	Finals
Finals		
1 #561 Wiersma, Cole	Smithville CHS,Cayuga	J1.58m
2 #488 Ybema, Cam	HCS-Jordan Stati,Jordan	J1.58m
3 #371 Han, Ethan	EHS-St. Cath,St. Catharine	J1.50m
4 #457 Bosma, Lucas	HCS-Jordan Stati,Jordan	J1.50m

Men Pole Vault Novice**Z4: 2.50m****5-2017****Cameron Burgess, Gov.Simcoe**

Name	School	Finals
Finals		
1 #444 Lawrence, Baxter	GSSS-St. Catheri,St. Catha	1.40m

Men Long Jump Novice**Z4: 5.70m****5-2012****Alvin Fortaleza, SW Churchill**

Name	School	Finals
Finals		
1 #488 Ybema, Cam	HCS-Jordan Stati,Jordan	5.48m
2 #275 Henry, JoJo	Beamsville - Beamsville,Beamsvi	5.16m
3 #426 Schaefer, Tyler	Grimsby Secondary School,Grim:	4.96m
4 #371 Han, Ethan	EHS-St. Cath,St. Catharine	4.89m
5 #545 Koole, Riley	Smithville CHS,Cayuga	4.80m
6 #412 Jackson, Aaron	Grimsby Secondary School,Grim:	4.78m
7 #510 Perrault, Colin	LSSS-St. Cath,St. Catharin	4.75m
8 #399 Younker, Xavy	EHS-St. Cath,St. Catharine	4.59m
9 #543 Kok, Jacob	Smithville CHS,Cayuga	4.29m
9 #280 Phillip, Jaleel	Beamsville - Beamsville,Beamsvi	4.29m
11 #480 Vanlochem, Quinn	HCS-Jordan Stati,Jordan	4.26m
12 #541 Janssen, Aren	Smithville CHS,Cayuga	4.25m
13 #398 Uwaifo, Osasumwen	EHS-St. Cath,St. Catharine	4.14m
14 #536 Gerryts, Eli	Smithville CHS,Cayuga	4.06m
15 #354 Moritt, Jacob	DSBNA-St. Cath,St. Cathari	3.99m
15 #576 Hipwell, Carsen	Thorold - Thorold,Thorold	3.99m
17 #418 McIntyre, Thaddeus	Grimsby Secondary School,Grim:	3.82m

Men Triple Jump Novice**Z4: 12.08m****5-2012****Edvin Miller**

Name	School	Finals
Finals		
1 #543 Kok, Jacob	Smithville CHS,Cayuga	9.05m
2 #547 May, Connor	Smithville CHS,Cayuga	9.04m
3 #561 Wiersma, Cole	Smithville CHS,Cayuga	9.03m
4 #433 Adam, Maddix	GSSS-St. Catheri,St. Catha	9.02m
5 #536 Gerryts, Eli	Smithville CHS,Cayuga	9.01m
6 #371 Han, Ethan	EHS-St. Cath,St. Catharine	9.00m

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Men Shot Put Novice****Z4: 14.24m****5-2007****Stefan Pallios, Grimsby DSS**

Name		School	Finals
Finals			
1	#354 Moritt, Jacob	DSBNA-St. Cath,St. Cathari	11.19m
2	#412 Jackson, Aaron	Grimsby Secondary School,Grim:	10.82m
3	#298 Flook, Dylan	SWC-St. Cath,St. Catharine	10.45m
4	#277 Larsen, Quinn	Beamsville - Beamsville,Beamsvi	9.92m
5	#541 Janssen, Aren	Smithville CHS,Cayuga	9.62m
6	#567 Denave, Venstone	Thorold - Thorold,Thorold	9.61m
7	#479 VanHengstum, Kaden	HCS-Jordan Stati,Jordan	9.50m
8	#326 Ralph, Lincoln	SWC-St. Cath,St. Catharine	9.49m
9	#499 Dulak, Angelo	LSSS-St. Cath,St. Catharin	9.10m
10	#270 Behroozi, Dominic	Beamsville - Beamsville,Beamsvi	8.87m
11	#278 Leech, Kenton	Beamsville - Beamsville,Beamsvi	8.06m
12	#573 Gidney, Teagan	Thorold - Thorold,Thorold	7.62m

Men Discus Throw Novice**Z4: 50.52m****5-2007****Stefan Pallios, Grimsby DSS**

Name		School	Finals
Finals			
1	#326 Ralph, Lincoln	SWC-St. Cath,St. Catharine	31.03m
2	#298 Flook, Dylan	SWC-St. Cath,St. Catharine	29.61m
3	#479 VanHengstum, Kaden	HCS-Jordan Stati,Jordan	27.00m
4	#439 Dilts, Isaac	GSSS-St. Catheri,St. Catha	24.98m
5	#567 Denave, Venstone	Thorold - Thorold,Thorold	23.77m
6	#444 Lawrence, Baxter	GSSS-St. Catheri,St. Catha	21.69m
7	#573 Gidney, Teagan	Thorold - Thorold,Thorold	14.93m

Men Javelin Throw Novice**Z4: 47.47m****5-2007****Ray Dykstra, Grimsby DSS**

Name		School	Finals
Finals			
1	#499 Dulak, Angelo	LSSS-St. Cath,St. Catharin	32.18m
2	#298 Flook, Dylan	SWC-St. Cath,St. Catharine	31.97m
3	#444 Lawrence, Baxter	GSSS-St. Catheri,St. Catha	31.66m
4	#479 VanHengstum, Kaden	HCS-Jordan Stati,Jordan	30.32m
5	#561 Wiersma, Cole	Smithville CHS,Cayuga	28.82m
6	#439 Dilts, Isaac	GSSS-St. Catheri,St. Catha	27.96m
7	#541 Janssen, Aren	Smithville CHS,Cayuga	23.51m
8	#573 Gidney, Teagan	Thorold - Thorold,Thorold	22.24m
9	#326 Ralph, Lincoln	SWC-St. Cath,St. Catharine	18.69m

Men 100 Meter Dash Junior**Z4: 11.42****5-2015****Jovan Phillips, DSBN Acad.**

Name		School	Prelims	H#
Preliminaries				
1	#572 Gibson, Tyrese	Thorold - Thorold,Thorold	11.97 q	2
2	#403 Brouwer, Braeden	Grimsby Secondary School,Grim:	11.98 q	2
3	#424 Reid, Khamal	Grimsby Secondary School,Grim:	12.10 q	2
4	#319 Naziry, Dawod	SWC-St. Cath,St. Catharine	12.27 q	1

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Preliminaries ... (Men 100 Meter Dash Junior)**

Name	School	Prelims	H#
5 #423 Radtke-Harris, Luca	Grimsby Secondary School,Grimsby	12.41 q	1
6 #323 Perron, Giuseppe	SWC-St. Cath,St. Catharine	12.59 q	2
7 #461 Douma, Jesse	HCS-Jordan Stati,Jordan	12.68 q	1
8 #297 Dreifelds, Mark	SWC-St. Cath,St. Catharine	14.23 q	2
9 #522 Petten, Nolan	SCCI,St. Catharines	14.51	1

Men 100 Meter Dash Junior**Z4: 11.42 5-2015 Jovan Phillips, DSBN Acad.**

Name	School	Finals	H#
Finals			
1 #572 Gibson, Tyrese	Thorold - Thorold,Thorold	11.96	
2 #403 Brouwer, Braeden	Grimsby Secondary School,Grimsby	11.98	
3 #424 Reid, Khmal	Grimsby Secondary School,Grimsby	12.22	
4 #319 Naziry, Dawod	SWC-St. Cath,St. Catharine	12.33	
5 #423 Radtke-Harris, Luca	Grimsby Secondary School,Grimsby	12.45	
6 #323 Perron, Giuseppe	SWC-St. Cath,St. Catharine	12.71	
7 #461 Douma, Jesse	HCS-Jordan Stati,Jordan	12.73	
8 #297 Dreifelds, Mark	SWC-St. Cath,St. Catharine	13.94	

Men 200 Meter Dash Junior**Z4: 23.54 5-2008 Dylan Granger, Holy Cross**

Name	School	Finals	H#
Finals			
1 #434 Adams, Tijjani	GSSS-St. Catheri,St. Catha	24.03	3
2 #572 Gibson, Tyrese	Thorold - Thorold,Thorold	24.33	3
3 #424 Reid, Khmal	Grimsby Secondary School,Grimsby	25.17	3
4 #319 Naziry, Dawod	SWC-St. Cath,St. Catharine	25.39	3
5 #403 Brouwer, Braeden	Grimsby Secondary School,Grimsby	25.44	1
6 #423 Radtke-Harris, Luca	Grimsby Secondary School,Grimsby	25.77	2
7 #475 Snyder, Nick	HCS-Jordan Stati,Jordan	25.99	1
8 #323 Perron, Giuseppe	SWC-St. Cath,St. Catharine	26.36	1
9 #461 Douma, Jesse	HCS-Jordan Stati,Jordan	27.01	2
10 #525 Turnbull, Aiden	SCCI,St. Catharines	27.46	1
11 #317 Molloy, Jack	SWC-St. Cath,St. Catharine	27.85	2
12 #297 Dreifelds, Mark	SWC-St. Cath,St. Catharine	29.29	2
13 #522 Petten, Nolan	SCCI,St. Catharines	31.35	2

Men 400 Meter Dash Junior**Z4: 53.86 5-2006 Lee Mori, Denis Morris**

Name	School	Finals	H#
Finals			
1 #557 Talsma, Jeremy	Smithville CHS,Cayuga	55.21	2
2 #339 Walker, Brayden	SWC-St. Cath,St. Catharine	56.69	2
3 #475 Snyder, Nick	HCS-Jordan Stati,Jordan	57.96	1
4 #323 Perron, Giuseppe	SWC-St. Cath,St. Catharine	58.52	1
5 #374 Janzen, Ephram	EHS-St. Cath,St. Catharine	59.27	2
6 #317 Molloy, Jack	SWC-St. Cath,St. Catharine	1:00.09	1
7 #478 Vandenbrink, Seth	HCS-Jordan Stati,Jordan	1:01.27	2
8 #449 McGee-Baxter, Peyton	GSSS-St. Catheri,St. Catha	1:07.73	2

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Men 800 Meter Run Junior****Z4: 2:01.11****5-2010****Chris Hutton, SW Churchill**

	Name	School	Finals	H#
Finals				
1	#436 Breckles, Fenway	GSSS-St. Catheri,St. Catha	2:14.66	1
2	#339 Walker, Brayden	SWC-St. Cath,St. Catharine	2:20.24	1
3	#411 Houston, Zachary	Grimsby Secondary School,Grim	2:21.35	1
4	#533 Breukelman, Silas	Smithville CHS,Cayuga	2:22.51	2
5	#311 Lewis, Owen	SWC-St. Cath,St. Catharine	2:23.50	2
6	#427 Schneider, Gregory	Grimsby Secondary School,Grim	2:35.54	1
7	#475 Snyder, Nick	HCS-Jordan Stati,Jordan	2:35.62	2
8	#478 Vandenbrink, Seth	HCS-Jordan Stati,Jordan	2:36.82	1
9	#271 Chipman, Nicholas	Beamsville - Beamsville,Beamsvi	2:41.50	1

Men 1500 Meter Run Junior**Z4: 4:08.28****2019-05-14****Eric Campbell, SWCSS-St. Cather**

	Name	School	Finals
Finals			
1	#396 Tonnos, Matteo	EHS-St. Cath,St. Catharine	4:16.41
2	#436 Breckles, Fenway	GSSS-St. Catheri,St. Catha	4:18.63
3	#341 Wilson, Rian	SWC-St. Cath,St. Catharine	4:49.57
4	#441 Glaser, Sebastian	GSSS-St. Catheri,St. Catha	4:51.46
5	#311 Lewis, Owen	SWC-St. Cath,St. Catharine	4:52.49
6	#374 Janzen, Ephram	EHS-St. Cath,St. Catharine	4:57.79
7	#533 Breukelman, Silas	Smithville CHS,Cayuga	4:58.43
8	#585 Rowland, Tyler	Thorold - Thorold,Thorold	5:04.16
9	#271 Chipman, Nicholas	Beamsville - Beamsville,Beamsvi	5:11.54
10	#411 Houston, Zachary	Grimsby Secondary School,Grim	5:17.60
11	#427 Schneider, Gregory	Grimsby Secondary School,Grim	5:32.09
12	#387 Reimer, Isaac	EHS-St. Cath,St. Catharine	5:35.99

Men 3000 Meter Run Junior**Z4: 8:54.78****2022-05-12****Rian Wilson, SWC-St. Cath**

	Name	School	Finals
Finals			
1	#341 Wilson, Rian	SWC-St. Cath,St. Catharine	8:54.78
2	#396 Tonnos, Matteo	EHS-St. Cath,St. Catharine	8:56.37
3	#436 Breckles, Fenway	GSSS-St. Catheri,St. Catha	10:26.02
4	#441 Glaser, Sebastian	GSSS-St. Catheri,St. Catha	11:37.40
5	#387 Reimer, Isaac	EHS-St. Cath,St. Catharine	13:14.00

Men 100 Meter Hurdles Junior**Z4: 14.51****5-2007****Townsen Benard, Laura Secord**

	Name	School	Finals
Finals			
1	#434 Adams, Tijjani	GSSS-St. Catheri,St. Catha	17.34

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Men 300 Meter Hurdles Junior****Z4: 42.31 5-2015****Tristan Vermolen, Laura Secord**

Name	School	Finals
Finals		
1 #434 Adams, Tijjani	GSSS-St. Cathari, St. Catha	49.09

Men 4x100 Meter Relay Junior**Z4: 46.35 5-2016****Sir Winston Churchill
C.Osinga, M.Nichols, N Sneath, D. Ruiz**

Team	Relay	Finals
Finals		
1 Grimsby Secondary School	A	48.20
1) #423 Radtke-Harris, Luca	2) #424 Reid, Khamal	3) #409 Gill, James
5) #407 Fletcher, Evan		4) #403 Brouwer, Braeden
2 Heritage Christian-Jordan Stat	A	50.09
3 Smithville Christ HS -Smithvil	A	52.06
1) #533 Breukelman, Silas	2) #558 Teeuwssen, Corey	3) #557 Talsma, Jeremy
5) #528 Attia, Joseph	6) #547 May, Connor	4) #545 Koole, Riley

Men High Jump Junior**Z4: 1.88m 5-2004****James Brodhagen, Thorold SS**

Name	School	Finals
Finals		
1 #376 Klassen, Ty	EHS-St. Cath, St. Catharine	1.73m
2 #471 Olij, Adam	HCS-Jordan Stati, Jordan	1.70m
3 #379 Midgley, Luke	EHS-St. Cath, St. Catharine	1.60m
4 #409 Gill, James	Grimsby Secondary School, Grim:	1.55m
5 #533 Breukelman, Silas	Smithville CHS, Cayuga	1.50m
--- #540 Huinink, Noel	Smithville CHS, Cayuga	DQ
--- #525 Turnbull, Aiden	SCCI, St. Catharines	DQ

Men Long Jump Junior**Z4: 6.12m 2022-05-12****Tyrese Gibson, TSS-Thorold**

Name	School	Finals
Finals		
1 #572 Gibson, Tyrese	Thorold - Thorold, Thorold	6.12m
2 #424 Reid, Khamal	Grimsby Secondary School, Grim:	5.79m
3 #409 Gill, James	Grimsby Secondary School, Grim:	5.72m
4 #557 Talsma, Jeremy	Smithville CHS, Cayuga	5.70m
5 #471 Olij, Adam	HCS-Jordan Stati, Jordan	5.39m
6 #374 Janzen, Ephram	EHS-St. Cath, St. Catharine	5.26m
7 #462 Glasbergen, Ethan	HCS-Jordan Stati, Jordan	5.16m
8 #461 Douma, Jesse	HCS-Jordan Stati, Jordan	4.92m
9 #525 Turnbull, Aiden	SCCI, St. Catharines	4.44m
10 #379 Midgley, Luke	EHS-St. Cath, St. Catharine	4.32m
11 #522 Petten, Nolan	SCCI, St. Catharines	4.11m
12 #540 Huinink, Noel	Smithville CHS, Cayuga	4.03m

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Men Triple Jump Junior****Z4: 12.89m****5-2005****David Tebbutt, Eden HS**

Name	School	Finals
Finals		
1 #557 Talsma, Jeremy	Smithville CHS,Cayuga	12.39m
2 #376 Klassen, Ty	EHS-St. Cath,St. Catharine	11.90m
3 #471 Olij, Adam	HCS-Jordan Stati,Jordan	11.45m
4 #462 Glasbergen, Ethan	HCS-Jordan Stati,Jordan	11.36m
5 #379 Midgley, Luke	EHS-St. Cath,St. Catharine	10.54m

Men Shot Put Junior**Z4: 16.35m****5-2008****Stefan Pallios, Grimsby DSS**

Name	School	Finals
Finals		
1 #469 Miedema, Brandon	HCS-Jordan Stati,Jordan	10.80m
2 #554 Neufeld, Titus	Smithville CHS,Cayuga	9.33m
3 #578 MacDonald, Ethan	Thorold - Thorold,Thorold	7.26m

Men Discus Throw Junior**Z4: 54.43m****5-2008****Stefan Pallios, Grimsby DSS**

Name	School	Finals
Finals		
1 #554 Neufeld, Titus	Smithville CHS,Cayuga	26.67m
2 #469 Miedema, Brandon	HCS-Jordan Stati,Jordan	24.92m
3 #578 MacDonald, Ethan	Thorold - Thorold,Thorold	15.80m

Men Javelin Throw Junior**Z4: 55.45m****5-2008****Ray Dykstra, Grimsby DSS**

Name	School	Finals
Finals		
1 #415 Kennedy, Kaleb	Grimsby Secondary School,Grim:	48.17m
2 #405 Chrystian, Zachary	Grimsby Secondary School,Grim:	30.48m
3 #478 Vandenbrink, Seth	HCS-Jordan Stati,Jordan	29.40m
4 #469 Miedema, Brandon	HCS-Jordan Stati,Jordan	26.47m
5 #578 MacDonald, Ethan	Thorold - Thorold,Thorold	21.26m
6 #554 Neufeld, Titus	Smithville CHS,Cayuga	20.58m

Men 100 Meter Dash Senior**Z4: 10.97****5-2015****Shane Decker, Denis Morris**

Name	School	Prelims	H#
Preliminaries			
1 #443 Kowcun, Nathan	GSSS-St. Catheri,St. Catha	11.83 q	3
2 #340 Williams, Janal	SWC-St. Cath,St. Catharine	11.85 q	1
3 #299 Forde, DeOndre	SWC-St. Cath,St. Catharine	11.91 q	2
4 #273 Gaka, Sean	Beamsville - Beamsville,Beamsvi	12.02 q	2
5 #504 Kwon, Minsan	LSSS-St. Cath,St. Catharin	12.15 q	3
6 #385 Oweka, Martin	EHS-St. Cath,St. Catharine	12.45 q	1
7 #470 Miedema, Nick	HCS-Jordan Stati,Jordan	12.51 q	2
8 #553 Mushegera, Alex	Smithville CHS,Cayuga	12.69 q	2
9 #568 Eom, Taejin	Thorold - Thorold,Thorold	12.70	1
10 #392 Stephenson, Carlos	EHS-St. Cath,St. Catharine	12.73	2

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Preliminaries ... (Men 100 Meter Dash Senior)**

Name	School	Prelims	H#
11 #467 Kemper, Kyle	HCS-Jordan Stati,Jordan	12.92	1
12 #559 VanderWier, Colby	Smithville CHS,Cayuga	13.03	1
13 #588 Walker, Isaac	Thorold - Thorold,Thorold	13.13	2
14 #582 Randall, Billy	Thorold - Thorold,Thorold	13.29	3
15 #361 Daniels-Reid, Kalan	EHS-St. Cath,St. Catharine	13.46	3
16 #550 Mokuve, Daniel	Smithville CHS,Cayuga	13.72	3
17 #521 McCann, Kieran	SCCI,St. Catharines	15.50	1

Men 100 Meter Dash Senior**Z4: 10.97****5-2015****Shane Decker, Denis Morris**

Name	School	Finals	H#
Finals			
1 #340 Williams, Janal	SWC-St. Cath,St. Catharine	11.89	
2 #443 Kowcun, Nathan	GSSS-St. Catheri,St. Catha	11.94	
3 #273 Gaka, Sean	Beamsville - Beamsville,Beamsvi	11.99	
4 #299 Forde, DeOndre	SWC-St. Cath,St. Catharine	12.01	
5 #504 Kwon, Minsan	LSSS-St. Cath,St. Catharin	12.15	
6 #470 Miedema, Nick	HCS-Jordan Stati,Jordan	12.59	
7 #553 Mushegera, Alex	Smithville CHS,Cayuga	12.64	

Men 200 Meter Dash Senior**Z4: 22.25****5-2007****Cody Boyd, Sir W Churchill**

Name	School	Finals	H#
Finals			
1 #340 Williams, Janal	SWC-St. Cath,St. Catharine	24.15	1
2 #504 Kwon, Minsan	LSSS-St. Cath,St. Catharin	24.60	2
3 #506 Leblanc, Sonny	LSSS-St. Cath,St. Catharin	24.94	1
4 #470 Miedema, Nick	HCS-Jordan Stati,Jordan	26.10	1
5 #392 Stephenson, Carlos	EHS-St. Cath,St. Catharine	26.50	2
6 #559 VanderWier, Colby	Smithville CHS,Cayuga	27.64	2
7 #550 Mokuve, Daniel	Smithville CHS,Cayuga	28.53	1
8 #498 Davis, Jackson	LSSS-St. Cath,St. Catharin	29.06	1
9 #445 Loewen, Tywyn	GSSS-St. Catheri,St. Catha	29.34	1
10 #451 Muir, Bobby	GSSS-St. Catheri,St. Catha	31.44	2
11 #272 Duggan, Kaleb	Beamsville - Beamsville,Beamsvi	40.81	2
12 #299 Forde, DeOndre	SWC-St. Cath,St. Catharine	41.48	2

Men 400 Meter Dash Senior**Z4: 49.21****5-2007****Cody Boyd, Sir W Churchill**

Name	School	Finals	H#
Finals			
1 #340 Williams, Janal	SWC-St. Cath,St. Catharine	53.78	2
2 #394 Thorpe, Chad	EHS-St. Cath,St. Catharine	54.46	2
3 #506 Leblanc, Sonny	LSSS-St. Cath,St. Catharin	55.95	1
4 #556 Ricker, Theo	Smithville CHS,Cayuga	57.01	2
5 #378 Midgley, Graham	EHS-St. Cath,St. Catharine	58.27	2
6 #363 D'Costa, Daniel	EHS-St. Cath,St. Catharine	59.24	1
7 #272 Duggan, Kaleb	Beamsville - Beamsville,Beamsvi	1:00.68	1
8 #445 Loewen, Tywyn	GSSS-St. Catheri,St. Catha	1:05.97	2

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Finals ... (Men 400 Meter Dash Senior)**

Name	School	Finals	H#
9 #492 Ali Rizvi, Murtajiz	LSSS-St. Cath,St. Catharin	1:06.56	1

Men 800 Meter Run Senior**Z4: 1:58.13****5-2012****Chris Hutton, Sir W Churchill**

Name	School	Finals
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Finals

1 #506 Leblanc, Sonny	LSSS-St. Cath,St. Catharin	2:14.77
2 #394 Thorpe, Chad	EHS-St. Cath,St. Catharine	2:18.29
3 #315 Maxwell, Redding	SWC-St. Cath,St. Catharine	2:21.13
4 #272 Duggan, Kaleb	Beamsville - Beamsville,Beamsvi	2:21.22
5 #535 Doornbos, Tyler	Smithville CHS,Cayuga	2:21.40
6 #370 Fretz, Ethan	EHS-St. Cath,St. Catharine	2:29.85
7 #413 Jackson, Owen	Grimsby Secondary School,Grim:	3:25.55

Men 1500 Meter Run Senior**Z4: 3:55.89****5-2012****Troy Smith, Grimsby DSS**

Name	School	Finals
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Finals

1 #295 Di Felice, Marco	SWC-St. Cath,St. Catharine	4:37.46
2 #327 Rollo, Walker	SWC-St. Cath,St. Catharine	4:42.80
3 #430 Tselepakis, Thomas	Grimsby Secondary School,Grim:	4:44.98
4 #335 Taubeneck, Matt	SWC-St. Cath,St. Catharine	4:52.08
5 #315 Maxwell, Redding	SWC-St. Cath,St. Catharine	4:55.71
6 #370 Fretz, Ethan	EHS-St. Cath,St. Catharine	5:04.36
7 #521 McCann, Kieran	SCCL,St. Catharines	6:07.76
8 #413 Jackson, Owen	Grimsby Secondary School,Grim:	6:55.54

Men 3000 Meter Run Senior**Z4: 8:30.12****5-2009****Mohammed Ahmed, St. Catharines C.I.**

Name	School	Finals
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Finals

1 #295 Di Felice, Marco	SWC-St. Cath,St. Catharine	9:47.82
2 #552 Munnings, Owen	Smithville CHS,Cayuga	9:50.93
3 #335 Taubeneck, Matt	SWC-St. Cath,St. Catharine	10:51.16
4 #430 Tselepakis, Thomas	Grimsby Secondary School,Grim:	11:22.48
5 #546 Liddell, Anderson	Smithville CHS,Cayuga	12:41.22

Men 110 Meter Hurdles Senior**Z4: 14.85****5-2008****Townsen Benard, Laura Secord**

Name	School	Finals
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Finals

1 #329 Sawano, Daiki	SWC-St. Cath,St. Catharine	20.01
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Men 400 Meter Hurdles Senior**Z4: 59.84****5-2007****Tyler Rouse, Grimsby DSS**

Name	School	Finals
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Finals

1 #394 Thorpe, Chad	EHS-St. Cath,St. Catharine	1:05.22
2 #378 Midgley, Graham	EHS-St. Cath,St. Catharine	1:25.48

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Men 4x100 Meter Relay Senior****Z4: 43.53 5-2015****Denis Morris HS****A Somerville, T Bell, J Selman, S Decker**

Team	Relay	Finals
Finals		
1 Sir Winston Churchill - 1) #297 Dreifelds, Mark 5) #339 Walker, Brayden	A 2) #299 Forde, DeOndre 6) #340 Williams, Janal	47.98 4) #329 Sawano, Daiki
2 Heritage Christian-Jordan Stat 1) #470 Miedema, Nick 5) #590 Veldhuizen, Tyson	A 2) #467 Kemper, Kyle	49.45 3) #474 Slingerland, Lucas 4) #591 Huizinga, Jared
3 Smithville Christ HS -Smithvil 1) #550 Mokuye, Daniel	A 2) #544 Kok, John	51.38 3) #559 VanderWier, Colby 4) #553 Mushegera, Alex
4 St. Catharines Collegiate 1) #525 Turnbull, Aiden	A 2) #522 Petten, Nolan	55.31 3) #521 McCann, Kieran 4) #517 Casey, Cash

Men High Jump Senior**Z4: 1.95m 5-2006****Nick Glover, Beamsville DSS**

Name	School	Finals
Finals		
1 #302 Greene, Cameron	SWC-St. Cath,St. Catharine	J1.75m
2 #592 Huinink, Ephraim	Smithville CHS,Cayuga	J1.75m
3 #474 Slingerland, Lucas	HCS-Jordan Stati,Jordan	J1.70m
4 #544 Kok, John	Smithville CHS,Cayuga	J1.65m
5 #390 Rogers, Carson	EHS-St. Cath,St. Catharine	J1.65m
6 #569 Fluellon, Hunter	Thorold - Thorold,Thorold	J1.55m
7 #587 Steele, Max	Thorold - Thorold,Thorold	J1.55m
8 #451 Muir, Bobby	GSSS-St. Catheri,St. Catha	J1.50m

Men Long Jump Senior**Z4: 6.62m 5-2010****Vinh Lee, Holy Cross**

Name	School	Finals
Finals		
1 #443 Kowcun, Nathan	GSSS-St. Catheri,St. Catha	6.10m
2 #553 Mushegera, Alex	Smithville CHS,Cayuga	5.84m
3 #467 Kemper, Kyle	HCS-Jordan Stati,Jordan	5.61m
4 #392 Stephenson, Carlos	EHS-St. Cath,St. Catharine	5.58m
5 #470 Miedema, Nick	HCS-Jordan Stati,Jordan	5.42m
6 #556 Ricker, Theo	Smithville CHS,Cayuga	5.41m
7 #474 Slingerland, Lucas	HCS-Jordan Stati,Jordan	5.34m
8 #568 Eom, Taejin	Thorold - Thorold,Thorold	5.25m
9 #544 Kok, John	Smithville CHS,Cayuga	5.19m
10 #361 Daniels-Reid, Kalan	EHS-St. Cath,St. Catharine	5.15m
11 #356 Parker, Reilly	DSBNA-St. Cath,St. Cathari	5.07m
12 #296 Donato, Cameron	SWC-St. Cath,St. Catharine	4.82m
13 #535 Doornbos, Tyler	Smithville CHS,Cayuga	4.63m

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Men Triple Jump Senior****Z4: 13.73m****5-2015****Jaquan Selman, Denis Morris**

	Name	School	Finals
Finals			
1	#474 Slingerland, Lucas	HCS-Jordan Stati,Jordan	11.90m
2	#504 Kwon, Minsan	LSSS-St. Cath,St. Catharin	11.75m
3	#588 Walker, Isaac	Thorold - Thorold,Thorold	11.51m
4	#544 Kok, John	Smithville CHS,Cayuga	11.41m
5	#363 D'Costa, Daniel	EHS-St. Cath,St. Catharine	11.15m
6	#296 Donato, Cameron	SWC-St. Cath,St. Catharine	10.97m
7	#361 Daniels-Reid, Kalan	EHS-St. Cath,St. Catharine	10.92m
8	#559 VanderWier, Colby	Smithville CHS,Cayuga	10.66m
9	#568 Eom, Taejin	Thorold - Thorold,Thorold	10.40m
10	#587 Steele, Max	Thorold - Thorold,Thorold	10.29m
11	#569 Fluellon, Hunter	Thorold - Thorold,Thorold	10.14m

Men Shot Put Senior**Z4: 16.26m****5-2010****Stefan Pallios, Grimsby DSS**

	Name	School	Finals
Finals			
1	#305 Hevessy, Tomas	SWC-St. Cath,St. Catharine	11.84m
2	#486 Wagter, Ryan	HCS-Jordan Stati,Jordan	10.85m
3	#534 Damm, Gavin	Smithville CHS,Cayuga	10.27m
4	#542 Janssen, Evan	Smithville CHS,Cayuga	10.05m
5	#477 Terlouw, Levi	HCS-Jordan Stati,Jordan	9.11m
6	#508 Monteleone, Matteo	LSSS-St. Cath,St. Catharin	8.78m
7	#512 Richmond, Courjay	LSSS-St. Cath,St. Catharin	6.94m
8	#451 Muir, Bobby	GSSS-St. Catheri,St. Catha	6.74m

Men Discus Throw Senior**Z4: 48.52m****5-2004****Rich Johnson, Governor Simcoe**

	Name	School	Finals
Finals			
1	#448 McDougall, Tristan	GSSS-St. Catheri,St. Catha	40.06m
2	#486 Wagter, Ryan	HCS-Jordan Stati,Jordan	30.12m
3	#305 Hevessy, Tomas	SWC-St. Cath,St. Catharine	30.03m
4	#377 Kovac, Philip	EHS-St. Cath,St. Catharine	30.02m
5	#542 Janssen, Evan	Smithville CHS,Cayuga	29.34m
6	#464 Heikoop, Dylan	HCS-Jordan Stati,Jordan	28.49m
7	#534 Damm, Gavin	Smithville CHS,Cayuga	26.13m
8	#477 Terlouw, Levi	HCS-Jordan Stati,Jordan	25.81m

Men Javelin Throw Senior**Z4: 69.85m****5-2010****Ray Dykstra, Grimsby DSS**

	Name	School	Finals
Finals			
1	#448 McDougall, Tristan	GSSS-St. Catheri,St. Catha	49.82m
2	#542 Janssen, Evan	Smithville CHS,Cayuga	38.30m
3	#377 Kovac, Philip	EHS-St. Cath,St. Catharine	37.19m
4	#305 Hevessy, Tomas	SWC-St. Cath,St. Catharine	33.53m
5	#390 Rogers, Carson	EHS-St. Cath,St. Catharine	30.88m

Zone 4 Championship Meet - 2022-05-12**SOSSA Qualifier Meet****Welland Centennial****Results****Finals ... (Men Javelin Throw Senior)**

Name	School	Finals
6 #477 Terlouw, Levi	HCS-Jordan Stati,Jordan	29.70m
7 #553 Mushegera, Alex	Smithville CHS,Cayuga	28.75m
8 #498 Davis, Jackson	LSSS-St. Cath,St. Catharin	26.43m
9 #476 Terlouw, Justin	HCS-Jordan Stati,Jordan	25.63m
10 #512 Richmond, Courjay	LSSS-St. Cath,St. Catharin	24.39m
11 #464 Heikoop, Dylan	HCS-Jordan Stati,Jordan	23.20m
12 #345 Campbell, Josh	DSBNA-St. Cath,St. Cathari	20.99m
13 #486 Wagter, Ryan	HCS-Jordan Stati,Jordan	20.18m
14 #550 Mokuve, Daniel	Smithville CHS,Cayuga	19.54m

Men 2000 Meter Steeplechase Open**Z4: 6:24.17****5-2008****Ryan Thomas, Grimsby DSS**

Name	School	Finals
Finals		
1 #552 Munnings, Owen	Smithville CHS,Cayuga	6:42.66
2 #295 Di Felice, Marco	SWC-St. Cath,St. Catharine	7:08.85
3 #517 Casey, Cash	SCCI,St. Catharines	8:22.47
4 #540 Huinink, Noel	Smithville CHS,Cayuga	8:33.89

Men 4x400 Meter Relay Open**Z4: 3:33.01****5-2008****Grimsby DSS****D Easterbrook, C Short, K Park, C Michaud**

Team	Relay	Finals
Finals		
1 Smithville Christ HS -Smithvil	A	3:57.77
1) #533 Breukelman, Silas	2) #535 Doornbos, Tyler	3) #556 Ricker, Theo
5) #547 May, Connor	6) #545 Koole, Riley	4) #557 Talsma, Jeremy
2 Sir Winston Churchill -	A	4:02.61
1) #311 Lewis, Owen	2) #317 Molloy, Jack	3) #323 Perron, Giuseppe
5) #339 Walker, Brayden	6) #340 Williams, Janal	4) #335 Taubeneck, Matt
3 Laura Secord - St. Catharines	A	4:15.80
4 Heritage Christian-Jordan Stat	A	4:25.74
1) #478 Vandenbrink, Seth	2) #488 Ybema, Cam	3) #472 Post, Landon
5) #461 Douma, Jesse		4) #475 Snyder, Nick