

Licensed to Niagara Secondary School Hy-Tek's Meet Manager 10/05/2005 10:21 PM
 2005 ZONE II & III T&F CHAMPIONSHIP MEET - 10/05/2005
 10/05/2005
 Results

Women 100 Meter Dash Midget

```

=====
Zone III: R 13.06 11/05/2004 Lindsey Jones, Crossley
Pre 2004: R 12.16 2001 J. Liebau-Crossley
Name Year School Prelims H#
=====

```

Preliminaries

1	Stesha Conway	Jean Vanier	13.95Q	4
2	Ellyn Duva	St. Paul HS	14.84Q	1
3	Sheppard Kelli	Notre Dame C	14.86Q	3
4	Amanda Fazzaralli	Jean Vanier	15.09Q	2
5	Natasha Joseph	St. Paul HS	14.46q	4
6	Aimee Price	St. Michael	14.98q	3
6	Melissa Miller	Crossley	14.98q	1
8	Roxana Larrondo-Gonzalez	St. Paul HS	15.11q	3
9	Carleigh Maxwell	Myer, A.N.	15.12	2
10	Ferris Stone	Lakeshore CH	15.27	4
11	Karlene Argenta	St. Michael	15.29	2
12	Michaela Carriere	Jean Vanier	15.31	3
13	Eliza Lohead	Port Colborn	15.33	1
14	Lambert Vanessa	Notre Dame C	15.49	1
15	Michelle Dascenzo	St. Michael	15.52	1
16	Alyshia Ellison	Lakeshore CH	15.55	3
17	Emily Wikston	Port Colborn	15.65	4
18	Halley Croteau	St. Paul HS	15.69	2
19	Stacy Bass	Port Colborn	15.73	3
20	Heidi Goertzen	Lakeshore CH	15.96	1
21	Katey Minor	Ridge-Cr HS	16.13	4
22	Robyn Moretton	Myer, A.N.	16.30	1
23	Amanda Boutin	Confederatio	16.56	4
24	Jackie Wood	Stamford Cvi	16.63	4
25	Amy Hollingsworth	Confederatio	16.87	2
26	Melissa Cloutier	Confederatio	17.48	3
--	Nicole Passmore	Dunnville SS	DNS	3
--	Jessica CuvIELLO	St. Paul HS	DNS	2
--	Amanda Weaver	Centennial S	DNS	2
--	Michelle MacDonald	Dunnville SS	DNS	1

Women 100 Meter Dash Midget

```

=====
Zone III: R 13.06 11/05/2004 Lindsey Jones, Crossley
Pre 2004: R 12.16 2001 J. Liebau-Crossley

```

Name	Year School	Finals	Points
=====			
Finals			
1 Stesha Conway	Jean Vanier	14.13	6
2 Ellyn Duva	St. Paul HS	14.51	4
3 Natasha Joseph	St. Paul HS	14.57	3
4 Melissa Miller	Crossley	14.83	2
5 Roxana Larrondo-Gonzalez	St. Paul HS	14.99	1
6 Aimee Price	St. Michael	15.00	
7 Amanda Fazzaralli	Jean Vanier	15.06	
8 Sheppard Kelli	Notre Dame C	15.10	

Women 200 Meter Dash Midget

=====					
Zone III: R 28.24 11/05/2004 Rebecca Douglas, Stamford CVI					
Pre 2004: R 27.20 1992 A. Billyard-Crossley					
Name	Year School	Finals	H#	Points	
=====					
1 Stesha Conway	Jean Vanier	29.48	1	6	
2 Melissa Miller	Crossley	30.45	1	4	
3 Carleigh Maxwell	Myer, A.N.	30.50	2	3	
4 Keilah Brown	Crossley	31.17	2	2	
5 Eliza Lohead	Port Colborn	31.30	2	1	
6 Emily Wikston	Port Colborn	31.56	1		
7 Meagen Krawchuk	Ridge-Cr HS	31.65	2		
8 Tasha Moerman	Cayuga Ss-Ca	31.77	1		
9 Taylor Williams	St. Michael	32.07	1		
10 Roxana Larrondo-Gonzalez	St. Paul HS	32.18	2		
11 Amanda Fazzaralli	Jean Vanier	33.07	2		
12 Becky Downie	Crossley	33.53	1		
13 Heidi Goertzen	Lakeshore CH	40.41	2		
-- Sabina Ross	Stamford Cvi	DNS	2		
-- Jackie Wood	Stamford Cvi	DNS	1		

Women 400 Meter Dash Midget

=====					
Zone III: R 1:08.14 11/05/2004 Elizabeth Gooderham, Ridge-Cr HS					
Pre 2004: R 1:00.25 13/05/2003 Lexie Knox, Myer, A.N.					
Name	Year School	Finals	H#	Points	
=====					
1 Amber Webb	Crossley	1:06.37R	2	6	
2 Felicia Dracz	Notre Dame C	1:07.77R	1	4	
3 Keilah Brown	Crossley	1:08.69	2	3	
4 Meagan MacSweyn	Ridge-Cr HS	1:08.72	2	2	
5 Hailey Gullett	Crossley	1:08.78	1	1	
6 Taylor Williams	St. Michael	1:09.49	2		
7 Melanie Viger	Confederatio	1:10.01	2		
8 Eliza Lohead	Port Colborn	1:12.80	2		

9	Erin Dempsey	Myer, A.N.	1:18.18	1
10	Lee Ann Fajta	Jean Vanier	1:24.09	1
11	Jackie Wood	Stamford Cvi	1:38.14	1
--	Sabina Ross	Stamford Cvi	DNF	2
--	Lindsay Kenny	Port Colborn	DNF	1
--	Heidi Goertzen	Lakeshore CH	DNS	2
--	Anna Mazzarelli	St. Paul HS	DNS	1

Women 800 Meter Run Midget

=====
 Zone III: R 2:43.11 11/05/2004 Alyssa Clarke, Fort Erie SS
 Pre 2004: R 2:30.60 1992 C. Wright-Crossley

Name	Year	School	Finals	Points
1	Adelaine	Nohara	Notre Dame C	2:36.35R 6
2	Pam	Gorham	Ridge-Cr HS	2:45.76 4
3	Amber	Webb	Crossley	2:46.50 3
4	Rebecca	Piett	Ridge-Cr HS	2:50.51 2
5	Kelsey	Kurgan	Crossley	2:55.44 1
6	Susie	Freeman	Crossley	2:57.17
7	Erin	Dempsey	Myer, A.N.	2:58.49
8	Melanie	Viger	Confederatio	2:58.56
9	Jennifer	Gearing	Crossley	3:04.31
10	Katie	Hale	Confederatio	3:07.37
--	Stephanie	Durk	Myer, A.N.	DNF
--	Meghan	Callahan	Stamford Cvi	DNS

Women 1500 Meter Run Midget

=====
 Zone III: R 5:39.94 11/05/2004 Alyssa Clarke, Fort Erie SS
 Pre 2004: R 4:57.10 1986 B. Gras-A.N. Myer

Name	Year	School	Finals	Points
1	Julie	Falsetti	Crossley	5:29.05R 6
2	Rebecca	Piett	Ridge-Cr HS	5:30.00R 4
3	Jaid	Newstead	Port Colborn	5:31.00R 3
4	Jennifer	Gearing	Crossley	5:32.00R 2
5	Stephanie	Durk	Myer, A.N.	5:33.00R 1
6	Megan	Black	Crossley	5:34.00R
7	Kelsey	Kurgan	Crossley	5:35.00R
--	Katie	Hale	Confederatio	DNF

Women 3000 Meter Run Midget

=====
 Zone III: R 13:15.74 11/05/2004 Alyssa Clarke, Fort Erie SS
 Pre 2004: R 10:46.00 1986 B. Gras-A.N. Myer

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1	Julie Falsetti	Crossley	12:16.42R	6
2	Megan Black	Crossley	13:14.75R	4
3	Stephanie Durk	Myer, A.N.	15:12.91	3

Women 80 Meter Hurdles Midget

```

=====
Zone III: R 17.84 11/05/2004 Sarah Mallen, Crossley
Pre 2004: R 12.90 1985 K. Sandulac-Niagara Falls Cvi
Name Year School Finals Points
=====
1 Nichelle Venturini Ridge-Cr HS 15.93R 6
2 Melissa Miller Crossley 16.10R 4
3 Carlie Austen Hagersville 16.23R 3
4 Tasha Moerman Cayuga Ss-Ca 16.33R 2
5 Katey Minor Ridge-Cr HS 16.67R 1
6 Samantha Tremmel Cayuga Ss-Ca 17.46R

```

Women 300 Meter Hurdles Midget

```

=====
Zone III: R 54.80 11/05/2004 Angela Dawdy, Ridge-Cr HS
Pre 2004: R 52.68 13/05/2003 Sara Jakobs, Crossley
Name Year School Finals Points
=====
1 Pam Gorham Ridge-Cr HS 53.11R 6
2 Meagen Krawchuk Ridge-Cr HS 54.33R 4
3 Nichelle Venturinni Ridge-Cr HS 55.07 3
4 Hailey Gullett Crossley 56.23 2
5 Meagan MacSweyn Ridge-Cr HS 57.77 1
6 Susie Freeman Crossley 1:00.22

```

Women 4x100 Meter Relay Midget

```

=====
Zone III: R 55.00 11/05/2004 Ridgeway-Crystal Beach, Ridge-Cr HS
E Gooderham, M Michael, T Pacheco, C Beach
Pre 2004: R 53.30 1992 Crossley
School Finals Points
=====
1 St. Paul H S 'A' 57.06 6
   1) Natasha Joseph 2) Roxana Gonzalez
   3) Ellyn Duva 4) Halley Croteau
2 E. L. Crossley S S 'A' 57.22 4
3 Ridgeway-Crystal Beach 'A' 57.60 3
   1) Pam Gorham 2) Nichelle Venturinni
   3) Meagan Krawchuk 4) Katey Minor
4 St. Michael H S 'A' 58.42 2
   1) Taylor Williams 2) Aimee Price
   3) Karlene Argenta 4) Michelle Dascenzo
5 Port Colborne H S 'A' 58.51 1

```

1) Emily Wikston	2) Jaid Newstead	
3) Eliza Lohead	4) Stacy Bass	
6 Lakeshore C H S 'A'		59.22
1) Ferris Stone	2) Shane Furgal	
3) Greta Rebstock	4) Heidi Goertzen	
7 Jean Vanier E S 'A'		59.26
1) Michaela Carriere	2) Kristina Lavoie	
3) Megan Clutterbuck	4) Rachel Sellan	

Women High Jump Midget

```
=====
```

Zone III: R 1.43m	11/05/2004	Miranda Boon, Centennial S		
Pre 2004: R 1.68m	1999	S. Burch-Centennial		
Name	Year	School	Finals	Points
=====				
1 Jaid Newstead		Port Colborn	J1.40m	6
2 Samantha Tremmel		Cayuga Ss-Ca	J1.40m	4
3 Rachel Sellan		Jean Vanier	J1.40m	3
4 Laura Lambie		Port Colborn	J1.40m	2
5 Shannon McIvor		Crossley	J1.35m	1
6 Emily Wikston		Port Colborn	J1.35m	
7 Liz Doyle		Notre Dame C	1.30m	
7 Amanda Boutin		Confederatio	1.30m	
7 Meghan Evans		Myer, A.N.	1.30m	
7 Allison Jackson		Centennial S	1.30m	
7 Amanda Weaver		Centennial S	1.30m	
12 Halley Croteau		St. Paul HS	1.25m	
12 Lisa Fulbrook		Crossley	1.25m	
12 Amy Hollingsworth		Confederatio	1.25m	
12 Jodi Mackeil		Notre Dame C	1.25m	
12 Katie Davis		Lakeshore CH	1.25m	
12 Michaela Carriere		Jean Vanier	1.25m	
12 Melanie Morrisson		Jean Vanier	1.25m	
19 Anna Mazzarelli		St. Paul HS	1.20m	
20 Cassey Sumbler		Jean Vanier	1.15m	
-- Natasha Joseph		St. Paul HS	FAIL	
-- Roxana Larrondo-Gonzalez		St. Paul HS	FAIL	
-- Lindsay Kenny		Port Colborn	SCR	

Women Long Jump Midget

```
=====
```

Zone III: R 4.07m	11/05/2004	Pearl Leung, Westlane		
Pre 2004: R 5.25m	1970	W. Teal-Ridgeway-Crystal Beach		
Name	Year	School	Finals	Points
=====				
1 Liz Doyle		Notre Dame C	4.32mR	6
2 Maggie Hetherington		Crossley	4.20mR	4
3 Amber Webb		Crossley	4.13mR	3

4	Sheppard Kelli	Notre Dame C	4.02m	2
5	Michelle MacDonald	Dunnville SS	3.91m	1
6	Carlie Austen	Hagersville	3.90m	
7	Greta Rebstock	Lakeshore CH	3.86m	
8	Rachel Sellan	Jean Vanier	3.79m	
9	Shannon McIvor	Crossley	3.71m	
10	Michelle Dascenzo	St. Michael	3.66m	
10	Meghan Evans	Myer, A.N.	3.66m	
12	Stacy Bass	Port Colborn	3.64m	
13	Samantha Middleton	Dunnville SS	3.57m	
14	Melissa Cloutier	Confederatio	3.53m	
15	Lee Ann Fajta	Jean Vanier	3.52m	
15	Niwali Sumary	Myer, A.N.	3.52m	
17	Melanie Viger	Confederatio	3.51m	
18	Cassey Sumbler	Jean Vanier	3.50m	
19	Natasha Joseph	St. Paul HS	3.46m	
20	Nicole Passmore	Dunnville SS	3.42m	
21	Robyn Moretton	Myer, A.N.	3.32m	
22	Allison Jackson	Centennial S	3.31m	
23	Becky Downie	Crossley	3.06m	
24	Dyanne Swanson	Port Colborn	2.36m	
--	Sabina Ross	Stamford Cvi	DNS	
--	Anna Mazzarelli	St. Paul HS	DNS	
--	Alyshia Ellison	Lakeshore CH	DNS	
--	Rachel Bick	Cayuga Ss-Ca	DNS	

Women Triple Jump Midget

=====
 Zone III: R 9.25m 11/05/2004 Christa O'Howe, Westlane

Pre 2004: R 10.04m 1994 A Luey-Crossley

Name	Year	School	Finals	Points
------	------	--------	--------	--------

=====

1	Felicia Dracz	Notre Dame C	9.46mR	6
2	Nichelle Venturinni	Ridge-Cr HS	9.31mR	4
3	Tasha Moerman	Cayuga Ss-Ca	9.25mR	3
4	Maggie Hetherington	Crossley	8.80m	2
5	Rachel Sellan	Jean Vanier	8.55m	1
6	Adelaine Nohara	Notre Dame C	8.33m	
7	Lisa Fulbrook	Crossley	8.27m	
8	Meghan Evans	Myer, A.N.	8.14m	
9	Robyn Moretton	Myer, A.N.	7.60m	
10	Cassey Sumbler	Jean Vanier	7.53m	
11	Melissa Cloutier	Confederatio	7.50m	
12	Allison Jackson	Centennial S	7.43m	
13	Katie Hale	Confederatio	7.42m	
14	Nicole Passmore	Dunnville SS	7.33m	
15	Amy Hollingsworth	Confederatio	7.02m	
16	Marcella Dilonardo	St. Paul HS	6.89m	

-- Tamara Speth	St. Paul HS	FOUL
-- Shannon McIvor	Crossley	DNS
-- Meghan Callahan	Stamford Cvi	DNS
-- Sorina Laplante	Port Colborn	DNS
-- Rachel Bick	Cayuga Ss-Ca	DNS

Women Shot Put Midget

Zone III: R 8.73m 11/05/2004 Samantha Skewes, Stamford CVI

Pre 2004: R 10.33m 1981 J. LaForest-Notre Dame

Name	Year School	Finals	Points
------	-------------	--------	--------

1 Lauren Freeman	Notre Dame C	8.92mR	6
2 Jessica Wichman	Notre Dame C	8.55m	4
3 Danielle Nesbitt	Crossley	6.90m	3
4 Dyanne Swanson	Port Colborn	6.77m	2
5 Kristyn Gillespe	Ridge-Cr HS	6.68m	1
6 Felicia Simone	St. Paul HS	5.84m	
6 Amanda Coombes	St. Paul HS	5.84m	
8 Samantha Middleton	Dunnville SS	5.38m	
-- Meghan Callahan	Stamford Cvi	DNS	

Women Discus Throw Midget

Zone III: R 19.45m 11/05/2004 Carlie Beach, Ridge-Cr HS

Pre 2004: R 34.34m 1998 J. Ruddell-A.N. Myer

Name	Year School	Finals	Points
------	-------------	--------	--------

1 Danielle Nesbitt	Crossley	19.80mR	6
2 Jessica Wichman	Notre Dame C	18.30m	4
3 Amanda Boutin	Confederatio	17.67m	3
-- Dyanne Swanson	Port Colborn	DNS	

Women Javelin Throw Midget

Zone III: R 20.27m 11/05/2004 Emily Rotella, St. Paul HS

Pre 2004: R 30.07m 15/05/2002 Jill Dominey, Crossley

Name	Year School	Finals	Points
------	-------------	--------	--------

1 Jodi Mackeil	Notre Dame C	21.28mR	6
2 Danielle Nesbitt	Crossley	19.90m	4
3 Jessica Tarnawski	Ridge-Cr HS	15.50m	3
4 Felicia Simone	St. Paul HS	13.83m	2
5 Amanda Coombes	St. Paul HS	11.93m	1
-- Dyanne Swanson	Port Colborn	DNS	
-- Kristyn Gillespe	Ridge-Cr HS	DNS	

Women 100 Meter Dash Junior

```

=====
Zone III: R 13.15 11/05/2004 Valerie Kozina, St. Paul HS
Pre 2004: R 12.68 15/05/2002 Ovalyn McDonald, Westlane
Name Year School Prelims H#
=====

```

Preliminaries

1	Kaysea Toy	St. Michael	13.73Q	4
2	Sarah Mallen	Notre Dame C	14.09Q	3
3	Brittany Sammutt	Lakeshore CH	14.30Q	1
4	Alexa Fraser	Crossley	14.37Q	2
5	Ashley Rosetto	Notre Dame C	14.23q	3
6	Michelle Michael	Ridge-Cr HS	14.75q	2
7	Felicia Sibbald	Lakeshore CH	14.94q	2
8	Aly Stewart	Myer, A.N.	15.10q	4
9	Anastazie Dagenais	Westlane	15.13	3
10	Claudia Flacco	Lakeshore CH	15.30	4
11	Diana Park	Westlane	15.44	2
12	Breanne Mueller	Notre Dame C	15.45	1
13	Katy Smart	Crossley	15.50	4
13	Amanda Catherwood	Cayuga Ss-Ca	15.50	1
15	Tricia Daw	Crossley	15.81	3
16	Katie Dundas	Ridge-Cr HS	15.88	3
17	Brianna Dayball	Lakeshore CH	15.90	3
18	Holly Lovell	Myer, A.N.	15.94	2
19	Lise Kiefer	Cayuga Ss-Ca	15.96	4
20	Courtney Chartrand	Jean Vanier	16.10	4
21	Melanie Kerr	Notre Dame C	17.31	2
22	Toma Kourbanova	Westlane	43.25	4
--	Rebecca Douglas	Stamford Cvi	DNS	1
--	Kristen Thompson	St. Paul HS	DNS	1
--	Christine Higham	Westlane	DNS	1

Women 100 Meter Dash Junior

```

=====
Zone III: R 13.15 11/05/2004 Valerie Kozina, St. Paul HS
Pre 2004: R 12.68 15/05/2002 Ovalyn McDonald, Westlane
Name Year School Finals Points
=====

```

Finals

1	Kaysea Toy	St. Michael	13.58	6
2	Alexa Fraser	Crossley	13.90	4
3	Sarah Mallen	Notre Dame C	14.02	3
4	Ashley Rosetto	Notre Dame C	14.10	2
5	Brittany Sammutt	Lakeshore CH	14.38	1
6	Michelle Michael	Ridge-Cr HS	14.40	
7	Aly Stewart	Myer, A.N.	14.91	
8	Felicia Sibbald	Lakeshore CH	15.03	

Women 200 Meter Dash Junior

=====
 Zone III: R 25.30 11/05/2004 Cara Marcantonio, Eastdale SS
 Pre 2004: R 26.80 1988 C. Perron-Confederation

Name	Year	School	Finals	H#	Points
1 Rebecca Douglas		Stamford Cvi	28.54	1	6
2 Alexa Fraser		Crossley	28.93	2	4
3 Liz Gooderham		Ridge-Cr HS	30.25	2	3
4 Aly Stewart		Myer, A.N.	31.39	1	2
5 Katy Smart		Crossley	32.54	1	1
6 Amanda Catherwood		Cayuga Ss-Ca	33.13	1	
7 Lise Kiefer		Cayuga Ss-Ca	34.30	2	
-- Hali Levinski		Centennial S	DNS	2	
-- Katelin McKenzie		St. Paul HS	SCR		

Women 400 Meter Dash Junior

=====
 Zone III: R 1:05.13 11/05/2004 Shannon Quinn, Notre Dame C
 Pre 2004: R 1:02.70 1975 N. Hurst-Crossley

Name	Year	School	Finals	Points
1 Jolene John		Lakeshore CH	1:09.62	6
2 Felicia Sibbald		Lakeshore CH	1:12.02	4
3 Tricia Daw		Crossley	1:13.52	3
4 Katie Dundas		Ridge-Cr HS	1:13.60	2
5 Holly Lovell		Myer, A.N.	1:17.27	1
-- Katelin McKenzie		St. Paul HS	SCR	

Women 800 Meter Run Junior

=====
 Zone III: R 2:34.74 11/05/2004 Shannon Quinn, Notre Dame C
 Pre 2004: R 2:22.80 1989 B. Gras-A.N. Myer

Name	Year	School	Finals	Points
1 Alyssa Clarke		Fort Erie SS	2:38.59	6
2 Marlaina Meinzinger		Centennial S	2:45.73	4
3 Melanie Esposito		Notre Dame C	2:51.11	3
4 Jolene John		Lakeshore CH	2:52.57	2
5 Diana Park		Westlane	3:07.43	1
6 Amanda Wilson		Lakeshore CH	3:13.38	

Women 1500 Meter Run Junior

=====
 Zone III: R 5:25.09 11/05/2004 Tracy Carreau, Notre Dame C
 Pre 2004: R 4:51.00 1996 M. Sexsmith-Ridgeway-Crystal Beach

Name	Year	School	Finals	Points

=====

1	Alyssa Clarke	Fort Erie SS	5:26.16	6
2	Chelsey Nicholas	Hagersville	5:27.31	4
3	Marlaina Meinzinger	Centennial S	5:34.00	3
4	Anik Garand	Notre Dame C	5:59.63	2
5	Athena Giannopoulos	Lakeshore CH	7:17.28	1
--	Jessica Guadagno	Lakeshore CH	DNS	

Women 3000 Meter Run Junior

Zone III: R 11:54.51 11/05/2004 Tracy Carreau, Notre Dame C

Pre 2004: R 10:28.60 1989 B. Gras-A.N. Myer

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1	Chelsey Nicholas	Hagersville	12:40.55	6
---	------------------	-------------	----------	---

Women 80 Meter Hurdles Junior

Zone III: R 12.44 11/05/2004 Valerie Kozina, St. Paul HS

Pre 2004: R 12.20 1991 S. Ruston-Port Colborne High

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1	Janine Wassenaar	Crossley	16.33	6
2	Alexa Fraser	Crossley	16.74	4
3	Lise Kiefer	Cayuga Ss-Ca	17.15	3
4	Jessica Kompf	Ridge-Cr HS	17.22	2

Women 300 Meter Hurdles Junior

Zone III: R 57.91 11/05/2004 Karley Blair, Crossley

Pre 2004: R 50.00 1998 C. Scott-A.N. Myer

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1	Liz Gooderham	Ridge-Cr HS	55.10R	6
2	Marcie Hoover	Hagersville	57.40R	4
3	Angela Dawdy	Ridge-Cr HS	1:00.80	3
4	Michelle Michael	Ridge-Cr HS	1:01.86	2

Women 4x100 Meter Relay Junior

Zone III: R 53.91 11/05/2004 E. L. Crossley S S, Crossley

A Grosz, K Brown, R Mikkelsaar, A Lymburner

Pre 2004: R 50.10 1995 Lakeshore Catholic

School	Finals	Points
--------	--------	--------

1	E. L. Crossley S S 'A'	56.80	6
2	Westlane S S 'A'	57.20	4
	1) Pearl Leung	2) Christa Ohowe	
	3) Anastazie Dagenais	4) Diana Park	

3	St. Paul H S 'A'		57.22	3
	1) Shannon Perugino	2) Kyla Schneider		
	3) Alicia Vazzari	4) Katelin McKenzie		
4	Ridgeway-Crystal Beach 'A'		57.40	2
	1) Michelle Micheal	2) Anglea Dawdy		
	3) Liz Gooderham	4) Katie Dundas		
5	Lakeshore C H S 'A'		57.57	1
	1) Lindsay Armstrong	2) Jolene John		
	3) Brittany Sammutt	4) Amanda Wilson		
6	A.N. Myer S S 'A'		58.95	
	1) Aly Stewart	2) Holly Lovell		
	3) Carleigh Maxwell	4) Robyn Moretton		
7	Cayuga S S 'A'		59.89	
	1) Lise Kiefer	2) Samantha Tremmel		
	3) Tasha Moerman	4) Amanda Catherwood		

Women High Jump Junior

=====				
Zone III: R 1.55m 11/05/2004 Abbie Lymburner, Crossley				
Pre 2004: R 1.65m 15/05/2002 Stefanie Burch, Centennial S				
Name	Year	School	Finals	Points
=====				
1	Chelsey Nicholas	Hagersville	1.50m	5
1	Kaysea Toy	St. Michael	1.50m	5
3	Samantha Skewes	Stamford Cvi	1.45m	2.5
3	Holly Lovell	Myer, A.N.	1.45m	2.5
5	Ashley Rosetto	Notre Dame C	1.35m	1
6	Miranda Boon	Centennial S	1.30m	
--	Stephanie Letourneau	Confederatio	SCR	

Women Pole Vault Midget / Junior

=====				
Zone III: R 2.30m 11/05/2004 Karley Blair, Crossley				
Name	Year	School	Finals	Points
=====				
1	Marlee Wurster	Ridge-Cr HS	2.15m	6
2	Meagan Krawchuk	Ridge-Cr HS	2.00m	4
3	Susie Freeman	Crossley	1.65m	2.5
3	Jennifer Gearing	Crossley	1.65m	2.5
--	Kelsey Kurgan	Crossley	FAIL	
--	Megan Black	Crossley	FAIL	
--	Pam Gorham	Ridge-Cr HS	FAIL	

Women Long Jump Junior

=====				
Zone III: R 4.60m 11/05/2004 Cara Marcantonio, Eastdale SS				
Pre 2004: R 5.36m 1962 P. Teachout-Welland High & V S				
Name	Year	School	Finals	Points

1	Pearl Leung	Westlane	4.50m	6
2	Christa Ohowe	Westlane	4.26m	4
3	Claudia Flacco	Lakeshore CH	4.05m	3
4	Lindsay Armstrong	Lakeshore CH	4.04m	2
5	Brittany Sammutt	Lakeshore CH	4.00m	1
6	Amanda Wilson	Lakeshore CH	3.99m	
7	Aubertin Lindsey	Notre Dame C	3.90m	
8	Brittany Keskinen	Notre Dame C	3.89m	
9	Katy Smart	Crossley	3.78m	
9	Janine Wassenaar	Crossley	3.78m	
11	Courtney Chartrand	Jean Vanier	3.70m	
12	Candace Swanson	Eastdale SS	3.64m	
13	Amanda Catherwood	Cayuga Ss-Ca	3.60m	
13	Breanne Mueller	Notre Dame C	3.60m	
15	Sorina Laplante	Port Colborn	3.54m	
16	Sara Norman	Port Colborn	3.53m	
17	Kathleen Butko	Notre Dame C	3.49m	
18	Dana Sault	Lakeshore CH	3.44m	
19	Shannon Crown	Ridge-Cr HS	3.33m	
20	Katie Dundas	Ridge-Cr HS	3.26m	
--	Hali Levinski	Centennial S	DNS	
--	Toma Kourbanova	Westlane	DNS	
--	Kristen Thompson	St. Paul HS	DNS	
--	Becky Magee	Crossley	DNS	

Women Triple Jump Junior

Zone III: R 8.88m 11/05/2004 Lindsay Armstrong, Lakeshore CH

Pre 2004: R 10.19m 1996 K. Knutson-Fort Erie

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1	Christa Ohowe	Westlane	9.40mR	6
2	Pearl Leung	Westlane	9.29mR	4
3	Lindsay Armstrong	Lakeshore CH	9.04mR	3
4	Alyssa Clarke	Fort Erie SS	8.82m	2
5	Marcie Hoover	Hagersville	8.81m	1
6	Michelle Michael	Ridge-Cr HS	8.57m	
7	Angela Dawdy	Ridge-Cr HS	8.22m	
8	Diana Park	Westlane	8.20m	
9	Brittany Keskinen	Notre Dame C	8.03m	
10	Amanda Wilson	Lakeshore CH	8.02m	
11	Aubertin Lindsey	Notre Dame C	7.72m	
12	Maggie Kerr	Crossley	7.66m	
13	Sara Norman	Port Colborn	7.50m	
14	Courtney Chartrand	Jean Vanier	7.49m	
15	Janelle deWaard	Niagara Coll	7.39m	
16	Claire Chartrand	Notre Dame C	7.36m	

17	Barbara Rowe	Crossley	7.11m
18	Shannon Crown	Ridge-Cr HS	6.03m
19	Kaitlin MacLeod	Crossley	5.38m
--	Miranda Boon	Centennial S	DNS
--	Kathleen Butko	Notre Dame C	DNS
--	Becky Magee	Crossley	DNS
--	Sorina Laplante	Port Colborn	DNS

Women Shot Put Junior

=====
 Zone III: R 8.49m 11/05/2004 Erin Varga, Stamford CVI

Pre 2004: R 10.60m 1982 J. LaForest-Notre Dame

Name	Year	School	Finals	Points
1	Lindsey	Plugers Notre Dame C	8.36m	6
2	Samantha	Skewes Stamford Cvi	8.24m	4
3	Sara	Norman Port Colborn	7.87m	3
4	Carli	Beach Ridge-Cr HS	7.03m	2
5	Brittany	Carovillano Notre Dame C	6.91m	1
6	Anam	Siddiqui Eastdale SS	6.37m	
7	Candace	Swanson Eastdale SS	6.18m	
8	Robbilyn	Parker Crossley	5.85m	
9	Shelbi	Robson Crossley	5.74m	
10	Kaitlin	MacLeod Crossley	5.57m	
11	Maggie	Kerr Crossley	5.55m	

Women Discus Throw Junior

=====
 Zone III: R 25.75m 11/05/2004 Erin Varga, Stamford CVI

Pre 2004: R 36.63m 1995 S. Fletcher-Ridgeway-Crystal Beach

Name	Year	School	Finals	Points
1	Carli	Beach Ridge-Cr HS	20.03m	6
2	Jessica	Guadagno Lakeshore CH	18.78m	4
3	Richelle	Curtis Ridge-Cr HS	17.38m	3
4	Robbilyn	Parker Crossley	17.24m	2
5	Shelbi	Robson Crossley	17.23m	1
6	Keena	Sceppacerqua Centennial S	15.93m	
7	Brittany	Carovillano Notre Dame C	15.31m	
8	Jessica	Kompf Ridge-Cr HS	15.00m	
9	Samantha	Zandvliet Lakeshore CH	14.72m	
10	Samantha	Skewes Stamford Cvi	13.33m	
11	Kaitlin	MacLeod Crossley	10.50m	
--	Anam	Siddiqui Eastdale SS	FOUL	

Women Javelin Throw Junior

=====
 Zone III: R 26.48m 11/05/2004 Stephanie Webb, Crossley

Pre 2004: R 30.38m 15/05/2002 Lorraine Lepere, St. Paul HS

Name	Year School	Finals	Points
------	-------------	--------	--------

1 Sarah Mallen	Notre Dame C	23.22m	6
2 Emily Rotella	St. Paul HS	21.11m	4
3 Melanie Esposito	Notre Dame C	20.41m	3
4 Robbilyn Parker	Crossley	17.11m	2
5 Janelle deWaard	Niagara Coll	16.99m	1
6 Anam Siddiqui	Eastdale SS	16.52m	
7 Kristen Thompson	St. Paul HS	15.94m	
8 Shelbi Robson	Crossley	15.42m	
9 Keena Sceppacerqua	Centennial S	14.76m	
-- Becky Magee	Crossley	DNS	

Women 100 Meter Dash Senior

Zone III: R 13.17 11/05/2004 Bailey Sensabaugh, Notre Dame C

Pre 2004: R 12.50 1975 P. Matthews-Stamford

Name	Year School	Prelims	H#
------	-------------	---------	----

Preliminaries

1 Valerie Kozina	St. Paul HS	13.34Q	2
2 Cara Marcantonio	Eastdale SS	13.61Q	1
3 Stefanie Cruickshank	Cayuga Ss-Ca	13.81q	2
4 Bailey Sensabaugh	Notre Dame C	13.87q	2
5 stacey thompson	McKinnon Par	13.96q	2
6 Lexie Knox	Myer, A.N.	14.14q	1
6 Jessica Giallonardo	Notre Dame C	14.14q	1
8 Riisa Mikkelsaar	Crossley	14.26q	2
9 Alex Orosz	Crossley	14.31	1
10 Katy Brown	Crossley	14.77	2
11 Katelynn Pasquino	Myer, A.N.	14.85	2
12 PJ Bannerman	Port Colborn	15.35	1
13 Jennie Rorison	Ridge-Cr HS	15.65	1
14 Lindsay Boyd	Ridge-Cr HS	17.23	2
-- Brianna Sauve	Confederatio	DNS	1
-- Katie Hodgson	Centennial S	DNS	1

Women 100 Meter Dash Senior

Zone III: R 13.17 11/05/2004 Bailey Sensabaugh, Notre Dame C

Pre 2004: R 12.50 1975 P. Matthews-Stamford

Name	Year School	Finals	Points
------	-------------	--------	--------

Finals

1 Valerie Kozina	St. Paul HS	13.28	6
2 Cara Marcantonio	Eastdale SS	13.58	4
3 Bailey Sensabaugh	Notre Dame C	13.77	3

4	Stefanie Cruickshank	Cayuga Ss-Ca	13.78	2
5	stacey thompson	McKinnon Par	13.98	1
6	Jessica Giallonardo	Notre Dame C	14.21	
7	Riisa Mikkelsaar	Crossley	14.29	
8	Lexie Knox	Myer, A.N.	14.50	

Women 200 Meter Dash Senior

=====					
Zone III: R 27.82		11/05/2004	Bailey Sensabaugh, Notre Dame C		
Pre 2004: R 26.90		1977	C. Perron-Confederation		
Name	Year	School	Finals	H#	Points
=====					
1	Stephanie Webb	Crossley	28.79	2	6
2	stacey thompson	McKinnon Par	29.15	2	4
3	Sara Jakobs	Crossley	30.16	1	3
4	Alex Orosz	Crossley	31.25	2	2
5	Kellie Halligan	Myer, A.N.	31.87	1	1
6	Jill Veldhuizen	Crossley	31.91	1	
7	Katelin McKenzie	St. Paul HS	33.08	1	
8	Rachel Atkinson	Myer, A.N.	33.25	2	
--	Lindsay Boyd	Ridge-Cr HS	DNS	1	
--	Kristy Mackiel	Notre Dame C	DNS	2	

Women 400 Meter Dash Senior

=====					
Zone III: R 1:09.15		11/05/2004	Hailey Tufts, Ridge-Cr HS		
Pre 2004: R 1:01.20		1975	C. Timms-Crossley		
Name	Year	School	Finals	H#	Points
=====					
1	Vanessa Rumsby	Crossley	1:09.46	2	6
2	Jill Veldhuizen	Crossley	1:09.67	2	4
3	Lexie Knox	Myer, A.N.	1:09.93	2	3
4	Alex Orosz	Crossley	1:11.09	1	2
5	Hailey Tufts	Ridge-Cr HS	1:11.48	2	1
6	Kellie Halligan	Myer, A.N.	1:12.03	1	
7	Sara Jakobs	Crossley	1:16.12	1	
8	Rachel Atkinson	Myer, A.N.	1:19.41	1	
9	Jessica Ives	Westlane	1:22.82	2	
--	Callie Stirling	Centennial S	DNS	1	

Women 800 Meter Run Senior

=====					
Zone III: R 2:45.30		11/05/2004	Rebecca Stewart, Westlane		
Pre 2004: R 2:23.70		1990	B. Gras-A.N. Myer		
Name	Year	School	Finals	Points	
=====					
1	Misty Hanlon	Hagersville	2:45.99	6	
2	Kate Szabo	Centennial S	2:48.29	4	

3	adele carty	McKinnon Par	2:48.55	3
4	Rebecca Stewart	Westlane	2:55.88	2
5	Justine Townsend	Westlane	2:57.02	1
6	Kayli Jacobs	Ridge-Cr HS	3:00.00	
--	Meghan Eberly	Ridge-Cr HS	DNF	

Women 1500 Meter Run Senior

=====
 Zone III: R 5:34.25 11/05/2004 Chelsea Rodriguez, Crossley
 Pre 2004: R 4:47.60 1990 B. Gras-A.N. Myer

Name	Year School	Finals	Points
1 Misty Hanlon	Hagersville	5:33.75R	6
2 Justine Townsend	Westlane	6:00.92	4
3 adele carty	McKinnon Par	6:04.27	3
4 Sandra Cook	Ridge-Cr HS	6:20.45	2
5 Rebecca Stewart	Westlane	6:28.48	1
6 Chantelle Otterman	Cayuga Ss-Ca	7:12.29	
-- Crystal Adams	Confederatio	DNS	

Women 3000 Meter Run Senior

=====
 Zone III: R 11:48.27 11/05/2004 Chelsea Rodriguez, Crossley
 Pre 2004: R 10:22.30 1990 B. Gras-A.N. Myer

Name	Year School	Finals	Points
1 Tracey Carreau	Notre Dame C	12:29.08	6
2 Lisa Grierson	Westlane	12:53.00	4
3 Misty Hanlon	Hagersville	13:24.96	3
4 Sandra Cook	Ridge-Cr HS	14:45.52	2

Women 100 Meter Hurdles Senior

=====
 Zone III: R 17.97 11/05/2004 Vanessa Rumsby, Crossley
 Pre 2004: R 15.80 1996 J. Galambos-Centennial

Name	Year School	Prelims	H#
------	-------------	---------	----

Preliminaries

1	Valerie Kozina	St. Paul HS	R 15.75Q	2
2	Riisa Mikkelsaar	Crossley	R 17.37Q	1
3	Abbie Lymburner	Crossley	R 16.47q	2
4	Kristy Mackiel	Notre Dame C	R 17.20q	2
5	Stefanie Cruickshank	Cayuga Ss-Ca	18.52q	2
6	Vanessa Rumsby	Crossley	18.57q	2
7	Stephanie Harris	Cayuga Ss-Ca	19.13q	1
8	Karley Blair	Crossley	19.78q	1
9	Jennie Rorison	Ridge-Cr HS	19.96	1
10	Jamie Willett	Westlane	22.72	2

11 Rachael McKellar Cayuga Ss-Ca 22.75 1

Women 100 Meter Hurdles Senior

Zone III: R 17.97 11/05/2004 Vanessa Rumsby, Crossley

Pre 2004: R 15.80 1996 J. Galambos-Centennial

Name	Year	School	Finals	Points
------	------	--------	--------	--------

Finals

1	Kristy Mackiel	Notre Dame C	16.12R	6
2	Valerie Kozina	St. Paul HS	16.17R	4
3	Abbie Lymburner	Crossley	16.18R	3
4	Riisa Mikkelsaar	Crossley	17.02R	2
5	Vanessa Rumsby	Crossley	18.43	1
6	Stefanie Cruickshank	Cayuga Ss-Ca	18.80	
7	Stephanie Harris	Cayuga Ss-Ca	18.88	
8	Karley Blair	Crossley	19.74	

Women 400 Meter Hurdles Senior

Zone III: R 1:15.19 11/05/2004 Hailey Tufts, Ridge-Cr HS

Pre 2004: R 1:09.10 1985 L. Weaver-Niagara Falls Cvi

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1	Lisa Grierson	Westlane	1:13.90R	6
2	Vanessa Rumsby	Crossley	1:23.55	4
3	Meghan Eberly	Ridge-Cr HS	1:27.04	3
4	Eleshya Ethier	Eastdale SS	1:31.01	2
5	Robin Barnes	Westlane	1:39.92	1
6	Jessica Ives	Westlane	1:40.53	
--	Hailey Tufts	Ridge-Cr HS	DNS	

Women 4x100 Meter Relay Senior

Zone III: R 52.25 11/05/2004 Notre Dame College, Notre Dame C

T Elliot, B Sensabaugh, K Mackiel, J Gallianoardo

Pre 2004: R 52.60 1996 Crossley

School	Finals	Points
--------	--------	--------

1	Notre Dame College 'A'	53.37	6
2	E. L. Crossley S S 'A'	53.77	4
3	Jean Vanier E S 'A'	55.65	3
	1) Stesha Conway	2) Amanda Fazzaralli	
	3) Line Moncion	4) Leanne Pare	
4	Cayuga S S 'A'	56.63	2
	1) Candice Kragtten	2) Rachael McKellar	
	3) Stephanie Harris	4) Stefanie Cruickshank	
5	Ridgeway-Crystal Beach 'A'	56.68	1

- 1) Jennie Rorison
- 3) Jessica Cairns

- 2) Kaylie Venturinni
- 4) Spencer Tomasello

Women High Jump Senior

Zone III: R 1.73m 11/05/2004 Leanne Pare, Jean Vanier

Pre 2004: R 1.60m 1986 M. Pellerin-Westlane

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1	Leanne Pare	Jean Vanier	1.73mR	6
2	Abbie Lymburner	Crossley	1.60mR	4
3	Jen Lamb	Ridge-Cr HS	1.35m	3
4	Katie Molnar	St. Paul HS	1.30m	2
5	Callie Stirling	Centennial S	1.25m	0.5
5	Katie Schell	Ridge-Cr HS	1.25m	0.5
7	Sarah Szenasi	St. Michael	1.15m	

Women Pole Vault Senior

Zone III: R 1.80m 11/05/2004 Jenny Visser, Ridge-Cr HS

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1	Kayla Venturini	Ridge-Cr HS	2.15mR	6
2	Ashley Werner	Hagersville	2.00mR	4
3	Karley Blair	Crossley	J2.00mR	3

Women Long Jump Senior

Zone III: R 4.53m 11/05/2004 Tara Elliot, Notre Dame C

Pre 2004: R 5.55m 1996 J. Galambos-Centennial

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1	Abbie Lymburner	Crossley	4.91mR	6
2	Kristy MacKeil	Notre Dame C	4.63mR	4
3	Cara Marcantonio	Eastdale SS	4.34m	3
4	Katy Brown	Crossley	4.13m	2
5	Kate Szabo	Centennial S	4.12m	1
6	Stephanie Harris	Cayuga Ss-Ca	4.02m	
7	Sara Jakobs	Crossley	3.93m	
8	Kyla Michael	Notre Dame C	3.90m	
9	PJ Bannerman	Port Colborn	3.89m	
10	Sarah Szenasi	St. Michael	3.87m	
10	Michelle Brisson	Confederatio	3.87m	
10	Katelynn Pasquino	Myer, A.N.	3.87m	
13	Andrea Bacon	Confederatio	3.65m	
14	Jessica West	Centennial S	3.47m	
15	Angella Lee	Myer, A.N.	3.34m	
16	Kaitlin Best	Port Colborn	3.13m	

17 Phyllis Kwong	Niagara Coll	3.10m
-- Stephanie Webb	Crossley	DNS
-- Kayla Miller	Myer, A.N.	DNS

Women Triple Jump Senior

=====
 Zone III: R 9.44m 11/05/2004 Sara Flowers, Eastdale SS

Pre 2004: R 10.78m 15/05/2002 Julie Noyes, Lakeshore CH

Name	Year School	Finals	Points
------	-------------	--------	--------

=====

1 Candice Kragten	Cayuga Ss-Ca	9.78mR	6
2 Melissa Steers	Crossley	8.93m	4
3 Ashley Werner	Hagersville	8.88m	2.5
3 Stefanie Cruickshank	Cayuga Ss-Ca	8.88m	2.5
5 Stephanie Harris	Cayuga Ss-Ca	8.70m	1
6 Jessica Giallonardo	Notre Dame C	8.51m	
7 Karley Blair	Crossley	8.31m	
8 Tawnya Marissen	Crossley	7.96m	
9 Grace Martin-Lizotte	St. Michael	7.90m	
10 Sarah Szenasi	St. Michael	7.88m	
11 Jill Veldhuizen	Crossley	7.80m	
12 PJ Bannerman	Port Colborn	7.66m	
13 Katelynn Pasquino	Myer, A.N.	7.50m	
14 Jamie Willett	Westlane	7.40m	
15 Brianna Sauve	Confederatio	7.26m	
16 Robin Barnes	Westlane	7.22m	
17 denise elliott	McKinnon Par	7.19m	
18 Callie Stirling	Centennial S	7.18m	
19 Jessica Ives	Westlane	7.10m	
20 Dayna Sceppacerqua	Centennial S	6.96m	
21 Chelsea Johnstone	Notre Dame C	6.90m	
-- Kayla Miller	Myer, A.N.	DNS	

Women Shot Put Senior

=====
 Zone III: R 8.38m 11/05/2004 Camille Pelerin, Jean Vanier

Pre 2004: R 12.69m 1968 J. Haist-Pelham High

Name	Year School	Finals	Points
------	-------------	--------	--------

=====

1 Erin Varga	Stamford Cvi	9.09mR	6
2 Liz McKenney	Eastdale SS	8.85mR	4
3 Candice Kragten	Cayuga Ss-Ca	8.62mR	3
4 Eillen Ritenburg	Ridge-Cr HS	7.90m	2
5 Carolyn Booker	Dunnville SS	7.68m	1
6 Chantelle Betzold	Ridge-Cr HS	7.53m	
7 Vanessa Ventresca	Notre Dame C	7.28m	
8 Andrea Bacon	Confederatio	6.92m	
9 Amy Vottero	Crossley	6.84m	

10	Kaitlin Best	Port Colborn	6.26m
11	Sarah Collicutt	Crossley	6.22m
12	Erica Hilborn	Crossley	6.16m
13	Kyla Ciszek	Niagara Coll	6.06m
14	Kyla Michael	Notre Dame C	5.90m
--	Lisa Grierson	Westlane	SCR

Women Discus Throw Senior

=====
 Zone III: R 24.65m 11/05/2004 Amanda Huggins, Eastdale SS

Pre 2004: R 41.58m 1967 J. Haist-Pelham High

Name	Year	School	Finals	Points
1	Erin Varga	Stamford Cvi	31.91mR	6
2	Brianna Wright	Eastdale SS	23.89m	4
3	Sarah Collicutt	Crossley	23.21m	3
4	Cara Marcantonio	Eastdale SS	21.51m	2
5	Eleshya Ethier	Eastdale SS	17.62m	1
6	Jessica West	Centennial S	17.30m	
7	Rachael McKellar	Cayuga Ss-Ca	15.81m	
8	Erica Hilborn	Crossley	15.52m	
9	Candice Kragten	Cayuga Ss-Ca	15.22m	
10	Chantelle Otterman	Cayuga Ss-Ca	15.09m	
11	denise elliott	McKinnon Par	14.28m	
12	Amy Vottero	Crossley	12.79m	

Women Javelin Throw Senior

=====
 Zone III: R 26.71m 11/05/2004 Jillian Dominey, Crossley

Pre 2004: R 32.19m 2001 C. Thomas-Port Colborne High

Name	Year	School	Finals	Points
1	Jill Dominey	Crossley	31.52mR	6
2	Jessica Cairns	Ridge-Cr HS	26.78mR	4
3	Stephanie Webb	Crossley	26.20m	3
4	Eleshya Ethier	Eastdale SS	22.91m	2
5	Brianna Wright	Eastdale SS	22.83m	1
6	Hailey Tufts	Ridge-Cr HS	21.90m	
7	Kaitlin Best	Port Colborn	20.65m	
8	Jessica West	Centennial S	20.48m	
9	Riisa Mikkelsaar	Crossley	19.31m	
10	Vanessa Ventresca	Notre Dame C	19.00m	
11	Chelsea Johnston	Notre Dame C	18.47m	
12	Amy Vottero	Crossley	18.46m	
13	Kyla Ciszek	Niagara Coll	16.03m	
14	Michelle Brisson	Confederatio	15.16m	
15	Callie Sterling	Centennial S	11.89m	
16	denise elliott	McKinnon Par	10.15m	

17 Dayna Sceppacerqua	Centennial S	8.16m
-- Katie Hodgson	Centennial S	DNS

Women 1500 Meter Steeplechase Open

```

=====
Zone III: R 5:45.00 11/05/2004 Chelsea Rodriguez, Crossley
Name Year School Finals Points
=====
1 Lisa Grierson Westlane 6:30.00

```

Women 4x400 Meter Relay Open

```

=====
Zone III: R 4:38.18 11/05/2004 E. L. Crossley S S, Crossley
C Rodriguez, R Vanderzwet, M Magee, S Jakobs
Pre 2004: R 4:23.00 1981 Crossley
School Finals Points
=====
1 E. L. Crossley S S 'A' 4:36.08R 6
2 Westlane S S 'A' 5:00.05 4
   1) Lisa Grierson 2) Rebecca Stewart
   3) Justine Townsend 4) Diana Park
3 A.N. Myer S S 'A' 5:29.90 3
   1) Lexie Knox 2) Stephanie Durk
   3) Rachel Atkinson 4) Kellie Halligan
-- Ridgeway-Crystal Beach 'A' DNS
   1) Marlee Wurster 2) Michelle Michael
   3) Liz Gooderham 4) Anglea Dawdy

```

Men 100 Meter Dash Midget

```

=====
Zone III: R 12.34 11/05/2004 David Webb, Notre Dame C
Pre 2004: R 11.70 1987 C. Fazzalari-Eastdale
Name Year School Prelims H#
=====

```

Preliminaries

1	Matt Culver	Dunnville SS	12.48Q	2
2	Mike La Croix	Lakeshore CH	12.65Q	4
3	Jeff Kranyak	Crossley	12.79Q	3
4	Adam McChesney	Lakeshore CH	13.39Q	1
5	Andrew Danielson	Cayuga Ss-Ca	12.84q	3
6	David Griem	Ridge-Cr HS	12.96q	2
7	Derek Maurice	Jean Vanier	13.14q	4
8	Alex Marrazzo	Lakeshore CH	13.20q	4
9	Daniel Stewart	Stamford Cvi	13.41	4
10	Patrick Martin	Jean Vanier	13.45	2
11	Cody Truax	Ridge-Cr HS	13.55	3
12	Dan Zappitelli	St. Michael	13.60	2
13	Christopher Kazmir	Jean Vanier	13.61	1

13	Josh Daradick	Notre Dame C	13.61	1
15	Corey Davidson	Lakeshore CH	13.66	3
16	Chris Packham	Dunnville SS	13.68	3
17	Atkinson Dustin	St. Paul HS	13.73	3
18	JD McLarty	Ridge-Cr HS	13.74	4
18	Mike German	St. Paul HS	13.74	2
20	Dan Ianniello	Myer, A.N.	13.85	1
21	Chris Higgs	Ridge-Cr HS	13.98	1
22	Nicholas Oreskovich	St. Paul HS	14.02	1
23	Paul Harris	Stamford Cvi	14.50	2
24	Brock Murphy	Crossley	14.76	2
25	Matthew Levenne	St. Michael	14.98	4
--	Jesse Wiseman	Land, Robert	DNS	1
--	Justin Benard	Confederatio	DNS	4
--	Joey Lenahan	Notre Dame C	DNS	3
--	Justin Redden	Ridge-Cr HS	SCR	

Men 100 Meter Dash Midget

=====
 Zone III: R 12.34 11/05/2004 David Webb, Notre Dame C
 Pre 2004: R 11.70 1987 C. Fazzalari-Eastdale

Name	Year	School	Finals	Points
------	------	--------	--------	--------

=====

Finals

1	Matt Culver	Dunnville SS	12.32R	6
2	Mike La Croix	Lakeshore CH	12.42	4
3	Jeff Kranyak	Crossley	12.71	3
4	David Griem	Ridge-Cr HS	12.91	2
5	Andrew Danielson	Cayuga Ss-Ca	13.05	1
6	Alex Marrazzo	Lakeshore CH	13.15	
7	Derek Maurice	Jean Vanier	13.21	
8	Adam McChesney	Lakeshore CH	13.46	

Men 200 Meter Dash Midget

=====
 Zone III: R 26.18 11/05/2004 Adam Simpson, Ridge-Cr HS
 Pre 2004: R 24.10 1985 M. Repar-Notre Dame
 Pre 2004: R 24.10 1980 G. Battaglini-Notre Dame

Name	Year	School	Finals	H#	Points
------	------	--------	--------	----	--------

=====

1	Taylor Woodburn	Westlane	25.43R	2	6
2	Mike La Croix	Lakeshore CH	26.08R	1	4
3	Jeff Kranyak	Crossley	26.98	1	3
4	Adam McChesney	Lakeshore CH	27.21	2	2
5	Kyler Campeau	Crossley	27.46	2	1
6	Colin Mills	Crossley	27.50	2	
7	Atkinson Dustin	St. Paul HS	27.52	2	
8	Jason Kirkey	Myer, A.N.	27.58	2	

9	Matt Flagg	Crossley	28.13	1
10	Daniel Stewart	Stamford Cvi	28.14	2
11	Sebastian Correa	St. Michael	28.47	1
12	Matthew Levenne	St. Michael	29.37	2
--	Zach Augustine	Ridge-Cr HS	DNS	1
--	Matt Groenveld	Notre Dame C	DNS	1
--	Nikhil Wachwa	Confederatio	DNS	1
--	Derek Maurice	Jean Vanier	DNS	1

Men 400 Meter Dash Midget

=====
 Zone III: R 56.15 11/05/2004 David Webb, Notre Dame C

Pre 2004: R 54.30 1985 C. Robertson-Westlane

=====
 Name Year School Finals H# Points

1	Dan McLeod	Ridge-Cr HS	58.72	3	6
2	Kyler Campeau	Crossley	59.21	3	4
3	Robb Caporicci	St. Paul HS	59.37	3	3
4	Matthew Jackson	St. Michael	1:00.11	2	2
5	Greg Mason	Crossley	1:00.46	1	1
6	Josh Daradick	Notre Dame C	1:00.97	1	
7	Jason Kirkey	Myer, A.N.	1:01.37	1	
8	Matt Flagg	Crossley	1:02.04	2	
9	Adam Lumsden	Westlane	1:02.09	3	
10	Colin Mills	Crossley	1:02.42	2	
11	Corey Davidson	Lakeshore CH	1:03.53	3	
12	Adam Boyd	Ridge-Cr HS	1:03.59	2	
13	Patrick Martin	Jean Vanier	1:04.85	1	
14	Sebastian Correa	St. Michael	1:05.18	3	
15	Nikhil Wachwa	Confederatio	1:09.65	1	
16	Josh Lamb	Dunnville SS	1:16.43	2	
--	Zach Augustine	Ridge-Cr HS	DNS	1	
--	Chris Paley	Confederatio	DNS	2	

Men 800 Meter Run Midget

=====
 Zone III: R 2:25.28 11/05/2004 Corey Gillies, Myer, A.N.

Pre 2004: R 2:10.10 1985 B. Urchik-Westlane

=====
 Name Year School Finals Points

1	Matt Wakulich	Crossley	2:27.86	6
2	Matthew Jackson	St. Michael	2:28.57	4
3	Greg Mason	Crossley	2:28.73	3
4	Nick Janssen	Crossley	2:32.01	2
5	Tom Abbott	St. Michael	2:35.08	1
6	Adam Lumsden	Westlane	2:36.63	
7	Chris Paley	Confederatio	2:41.13	
8	Luke Aleksiejuk	Jean Vanier	2:42.85	

-- Jason Kirkey	Myer, A.N.	DNF
-- Adam Boyd	Ridge-Cr HS	DNF
-- Peter Dychtiar	Myer, A.N.	DNS

Men 1500 Meter Run Midget

=====
 Zone III: R 4:47.40 11/05/2004 Ben Cooper, St. Paul HS

Pre 2004: R 4:28.25 15/05/2002 Tim Serre, St. Paul HS

Name	Year School	Finals	Points
1 Ben Merritt	Centennial S	4:48.50	6
2 Robb Caporicci	St. Paul HS	4:56.38	4
3 Matt Wakulich	Crossley	4:59.23	3
4 Nick Janssen	Crossley	5:06.69	2
5 Matt Dimarcantonio	Notre Dame C	5:09.74	1
6 Steven Roy	Notre Dame C	5:11.25	
7 Justin Bath	Crossley	5:14.04	
8 mitchell beck	McKinnon Par	5:14.93	
9 Tom Abbott	St. Michael	5:17.69	
10 Joseph Andres	Westlane	5:21.20	
11 Zach Hargraves	Centennial S	5:27.86	
12 Luke Aleksiejuk	Jean Vanier	5:29.94	
13 Mike Davis	Westlane	5:30.54	
14 Mike Hogg	Niagara Coll	5:31.97	
15 Jason Diston	St. Paul HS	5:41.58	
16 Isaac Junkin	Crossley	5:56.47	
-- Mark Diosy	Land, Robert	DNS	
-- Peter Dychtiar	Myer, A.N.	DNS	
-- Noel Pagotto	Jean Vanier	DNS	
-- Jesse Wiseman	Land, Robert	DNS	

Men 3000 Meter Run Midget

=====
 Zone III: R 10:29.33 11/05/2004 Ben Cooper, St. Paul HS

Pre 2004: R 9:52.00 1982 J. D'Addio-A.N. Myer

Name	Year School	Finals	Points
1 Nick Janssen	Crossley	11:54.89	6
2 Joseph Andres	Westlane	13:03.47	4
3 Josh Lamb	Dunnville SS	13:17.43	3
4 Mike Davis	Westlane	13:17.45	2
5 mitchell beck	McKinnon Par	13:25.47	1
6 Isaac Junkin	Crossley	13:31.88	
7 Justin Bath	Crossley	13:45.66	
-- Noel Pagotto	Jean Vanier	DNS	
-- Will Bobig	Crossley	DNS	
-- Mark Diosy	Land, Robert	DNS	
-- Matt Dimarcantonio	Notre Dame C	DNS	

Men 100 Meter Hurdles Midget

Zone III: R 17.04 11/05/2004 Zach Fisher, Crossley

Pre 2004: R 14.50 1977 A. Spisak-Westlane

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1 Dan McLeod		Ridge-Cr HS	17.18	6
2 Jeff Kranyak		Crossley	22.68	4

Men 300 Meter Hurdles Midget

Zone III: R 47.38 11/05/2004 Adam Simpson, Ridge-Cr HS

Pre 2004: R 46.00 2000 J. Wurster-Ridgeway-Crystal Beach

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1 Dan McLeod		Ridge-Cr HS	49.65	6
2 Adam Boyd		Ridge-Cr HS	51.02	4
3 Matt Flagg		Crossley	51.47	3
4 Colin Mills		Crossley	51.64	2
5 Tim Betzold		Ridge-Cr HS	52.99	1
6 Joseph Andres		Westlane	55.86	
7 Mike Davis		Westlane	58.06	

Men 4x100 Meter Relay Midget

Zone III: R 50.61 11/05/2004 Ridgeway-Crystal Beach, Ridge-Cr HS

A Simpson, K Tomasello, S Chambers, G Middleton

Pre 2004: R 48.30 1978 A.N. Myer

School	Finals	Points
--------	--------	--------

1 Lakeshore C H S 'A'	50.02R	6
1) Adam Mc Chesney		
2) Mike La Croix		
3) Corey Davidson		
4) Matt Marazzo		
2 E. L. Crossley S S 'A'	51.15	4
3 Jean Vanier E S 'A'	51.29	3
4 St. Paul H S 'A'	51.80	2
1) Dustin Atkinson		
2) Nick Oreskovich		
3) Robb Caporicci		
4) Shane Garrison		
5 St. Michael H S 'A'	52.39	1
6 Ridgeway-Crystal Beach 'A'	52.76	
1) Dan McLeod		
2) Justin Redden		
3) Chris Higgs		
4) JD McLarty		

Men High Jump Midget

Zone III: R 1.64m 11/05/2004 Dave Canavan, St. Paul HS

Pre 2004: R 1.92m 1977 J. Zareski-Notre Dame

Name	Year	School	Finals	Points
1 Eric Schwoob		Dunnville SS	1.70mR	6
2 Addi Bousfield		Cayuga Ss-Ca	1.65mR	4
3 Shane Garrison		St. Paul HS	J1.65mR	3
4 Mike Zoric		Crossley	1.60m	2
5 Elisha deWaard		Niagara Coll	1.55m	0.5
5 Wade Smith		Crossley	1.55m	0.5
6 Andrew Ghaly		St. Paul HS	J1.55m	
8 Mark Kiers		Crossley	1.50m	
8 Jason Diston		St. Paul HS	1.50m	
8 Jai Koabel		Ridge-Cr HS	1.50m	
8 Anthony Zavarella		Notre Dame C	1.50m	
12 Pawlik Joey		Notre Dame C	1.40m	
-- Steven Roy		Notre Dame C	FAIL	
-- Zach Augustine		Ridge-Cr HS	SCR	

Men Pole Vault Midget

Name	Year	School	Finals	Points
1 Tim Betzold		Ridge-Cr HS	2.90mR	6
2 Justin Bath		Crossley	2.45m	4
3 Josh Franck		Ridge-Cr HS	2.30m	3

Men Long Jump Midget

Name	Year	School	Finals	Points
1 Ben Merritt		Centennial S	5.55mR	6
2 Eric Schwoob		Dunnville SS	5.45mR	4
3 Taylor Woodburn		Westlane	5.43mR	3
4 Isaac Dell		Stamford Cvi	5.16m	2
5 David Griem		Ridge-Cr HS	5.10m	1
6 Mike Zoric		Crossley	4.97m	
7 Andrew Danielson		Cayuga Ss-Ca	4.94m	
8 Danny Luu		Westlane	4.80m	
9 Daniel Stewart		Stamford Cvi	4.66m	
10 Jai Koabel		Ridge-Cr HS	4.58m	
11 Mike German		St. Paul HS	4.57m	
12 Mark Kiers		Crossley	4.56m	
13 Zach Hargraves		Centennial S	4.50m	
14 Paul Harris		Stamford Cvi	4.34m	
15 Josh Lamb		Dunnville SS	4.24m	

15	Kyler Campeau	Crossley	4.24m
17	Nicholas Oreskovich	St. Paul HS	3.90m
18	Robert Biller	Niagara Coll	3.83m
19	Chris Paley	Confederatio	3.70m
19	Bryant Douglas	Myer, A.N.	3.70m
--	Anthony Zavarella	Notre Dame C	FOUL
--	Pawlik Joey	Notre Dame C	FOUL
--	Justin Benard	Confederatio	DNS
--	P.J. Sharp	Confederatio	DNS
--	Joey Lenahan	Notre Dame C	DNS

Men Triple Jump Midget

=====
 Zone III: R 10.62m 11/05/2004 Dave Canavan, St. Paul HS

Pre 2004: R 12.50m 1975 J. Perri-Thorold High

Name	Year	School	Finals	Points
------	------	--------	--------	--------

=====

1	Taylor Woodburn	Westlane	11.70mR	6
2	Eric Schwoob	Dunnville SS	10.99mR	4
3	David Griem	Ridge-Cr HS	10.78mR	3
4	Ben Merritt	Centennial S	10.62mR	2
5	Danny Luu	Westlane	10.42m	1
6	Dan Zappitelli	St. Michael	10.32m	
7	Andrew Danielson	Cayuga Ss-Ca	10.01m	
8	Elisha deWaard	Niagara Coll	10.00m	
9	Zach Hargraves	Centennial S	9.95m	
9	Patrick Martin	Jean Vanier	9.95m	
11	Anthony Zavarella	Notre Dame C	9.86m	
12	Matt Culver	Dunnville SS	9.76m	
13	Jai Koabel	Ridge-Cr HS	9.75m	
14	Mark Kiers	Crossley	9.68m	
15	Chris Packham	Dunnville SS	9.65m	
16	Matt Groenveld	Notre Dame C	9.60m	
17	JD McLarty	Ridge-Cr HS	9.54m	
18	Matthew Jackson	St. Michael	9.29m	
19	Cody Truax	Ridge-Cr HS	8.97m	
20	Nikhil Wachwa	Confederatio	8.70m	
21	Bryant Douglas	Myer, A.N.	8.56m	
22	Wade Smith	Crossley	8.37m	
23	Pawlik Joey	Notre Dame C	8.20m	
24	Brock Murphy	Crossley	6.90m	
--	Shane Garrison	St. Paul HS	ND	
--	Joey Lenahan	Notre Dame C	DNS	

Men Shot Put Midget

=====
 Zone III: R 13.45m 11/05/2004 Nicholas Barron, Centennial S

Pre 2004: R 15.07m 1991 M. Johnson-Crossley

Name	Year School	Finals	Points
1 Alex Marrazzo	Lakeshore CH	13.27m	6
2 Eric Knisley	Jean Vanier	11.68m	4
3 Phil Brown	Dunnville SS	11.47m	3
4 Cody Conway	Ridge-Cr HS	11.10m	2
5 Mike Smith	Ridge-Cr HS	10.82m	1
6 Wade Smith	Crossley	10.72m	
7 Joe Wormald	Notre Dame C	10.41m	
8 Tom Fisher	Crossley	9.67m	
9 Luke Aleksiejuk	Jean Vanier	9.30m	
10 Ricky Robert	Notre Dame C	4.59m	
-- Robert Olsen	Land, Robert	DNS	

Men Discus Throw Midget

Name	Year School	Finals	Points
Zone III: R 31.19m 11/05/2004 Nathan Ellis, Notre Dame C			
Pre 2004: R 46.73m 1991 M. Johnson-Crossley			
1 Cody Truax	Ridge-Cr HS	34.19mR	6
2 Phil Brown	Dunnville SS	29.30m	4
3 Michael Haist	Confederatio	23.98m	3
4 Joe Wormald	Notre Dame C	23.53m	2
5 Tim Betzold	Ridge-Cr HS	21.56m	1
6 Tom Fisher	Crossley	18.61m	
-- Robert Olsen	Land, Robert	DNS	

Men Javelin Throw Midget

Name	Year School	Finals	Points
Zone III: R 35.03m 11/05/2004 Coty-Lee Robins, Centennial S			
Pre 2004: R 51.29m 1999 P. Kennedy-Port Colborne High			
1 Nicholas Oreskovich	St. Paul HS	41.05mR	6
2 Tom Fisher	Crossley	34.67m	4
3 JD McLarty	Ridge-Cr HS	34.23m	3
4 Michael Haist	Confederatio	29.40m	2
5 Robert Biller	Niagara Coll	28.03m	1
6 Chris Higgs	Ridge-Cr HS	27.18m	
7 Matt Groenveld	Notre Dame C	27.15m	
8 Elisha deWaard	Niagara Coll	20.91m	
9 Mike Hogg	Niagara Coll	20.06m	
-- Eric Knisley	Jean Vanier	FOUL	
-- Robert Olsen	Land, Robert	DNS	
-- P.J. Sharp	Confederatio	DNS	

Men 100 Meter Dash Junior

```

=====
Zone III: R 11.65 11/05/2004 Tristan Woodburn, Westlane
Pre 2004: R 11.10 1992 J. Martindale-Crossley
Name Year School Prelims H#
=====

```

Preliminaries

1	Everett Bokma	Crossley	12.06Q	1
2	Jason Peng	Stamford Cvi	12.48Q	2
3	Dapo Odutayo	Myer, A.N.	12.57Q	3
4	Justin Bartlett	Lakeshore CH	12.59q	1
5	Devon Wilson	Cayuga Ss-Ca	12.80q	2
5	Scott Cole	Lakeshore CH	12.80q	1
7	Gord Middleton	Ridge-Cr HS	12.85q	3
8	Kyle Wegelin	St. Paul HS	12.93q	1
9	Blair Holinaty	Crossley	13.13	2
10	Nathan Desjardins	Confederatio	13.18	3
11	Chris Winger	Crossley	13.21	3
12	Jesse Williams	Lakeshore CH	13.24	3
13	Adam Nie	Fort Erie SS	13.46	1
14	Stephen Bennett	Stamford Cvi	13.49	1
15	David Hendricks	Lakeshore CH	13.55	2
16	Eric Kline	Cayuga Ss-Ca	13.68	3
17	Garett Rollins	Westlane	13.71	3
18	Justin Trasmundi	St. Michael	13.89	2
19	Jordan Jewel	Fort Erie SS	13.90	3
20	Raymond Deschamps	Confederatio	13.93	2
21	Adam Fyfe	Myer, A.N.	13.98	2
22	Colin McCowell	Fort Erie SS	14.04	2
23	Roy Chung	Land, Robert	14.31	1
--	Peter Chen	Niagara Coll	DNS	1

Men 100 Meter Dash Junior

```

=====
Zone III: R 11.65 11/05/2004 Tristan Woodburn, Westlane
Pre 2004: R 11.10 1992 J. Martindale-Crossley
Name Year School Finals Points
=====

```

Finals

1	Everett Bokma	Crossley	11.95	6
2	Jason Peng	Stamford Cvi	12.14	4
3	Justin Bartlett	Lakeshore CH	12.21	3
4	Dapo Odutayo	Myer, A.N.	12.33	2
5	Devon Wilson	Cayuga Ss-Ca	12.58	1
6	Gord Middleton	Ridge-Cr HS	12.59	
7	Scott Cole	Lakeshore CH	12.84	
8	Kyle Wegelin	St. Paul HS	12.92	

Men 200 Meter Dash Junior

```

=====
Zone III: R 24.67 11/05/2004 Andrew Flagg, Crossley
Pre 2004: R 22.50 1985 C. Candella-Fort Erie High
Name Year School Finals H# Points
=====
1 Everett Bokma Crossley 24.52R 2 6
2 Dave Webb Notre Dame C 24.82 2 4
3 Gord Middleton Ridge-Cr HS 25.32 2 3
4 Dapo Odutayo Myer, A.N. 25.50 1 2
5 tom lambert McKinnon Par 26.11 2 1
6 Chris Winger Crossley 26.97 2
7 Brad Crumb Crossley 27.67 1
8 Justin Weikman Lakeshore CH 27.79 2
9 Akwasi Bonsu Niagara Coll 27.92 1
10 Adam Fyfe Myer, A.N. 28.27 2
-- Jordan Jewel Fort Erie SS DNS 1
-- Mike Vallee Centennial S DNS 1
-- Peter Chen Niagara Coll DNS 1

```

Men 400 Meter Dash Junior

```

=====
Zone III: R 56.06 11/05/2004 Jake Gibson, Ridge-Cr HS
Pre 2004: R 52.40 1991 J. Leavens-Crossley
Name Year School Finals H# Points
=====
1 Dave Webb Notre Dame C 55.29R 2 6
2 Jesse Fraser Niagara Coll 57.19 1 4
3 Brad Crumb Crossley 57.72 1 3
4 Adam Simpson Ridge-Cr HS 57.74 3 2
5 tom lambert McKinnon Par 59.87 3 1
6 Justin MacDonald Lakeshore CH 1:01.01 1
7 Ryan Rewutzsky Cayuga Ss-Ca 1:01.79 3
8 Chris Dilts Crossley 1:02.78 2
9 Stephen Bennett Stamford Cvi 1:02.84 1
10 Mike Vallee Centennial S 1:04.72 2
11 Rob Dimmers Lakeshore CH 1:04.83 3
12 Justin Trasmundi St. Michael 1:12.30 2
13 Chris Okoto Niagara Coll 1:12.66 3
-- Dapo Odutayo Myer, A.N. DNF 3
-- Justin Doucet Confederatio DNS 2
-- Raymond Deschamps Confederatio DNS 1
-- D.J. Warkentin Niagara Coll DNS 2

```

Men 800 Meter Run Junior

```

=====
Zone III: R 2:17.62 11/05/2004 Darcy Roy, Ridge-Cr HS
Pre 2004: R 2:00.70 1987 S. Lavell-Notre Dame
Name Year School Finals Points
=====

```

```

=====
1 tim nanticoke           McKinnon Par           2:18.26           6
2 Corey Gillies          Myer, A.N.            2:26.07           4
3 Brad Crumb             Crossley              2:28.26           3
4 Peter Jackiewicz      Myer, A.N.            2:28.81           2
5 Rob Dimmers           Lakeshore CH          2:29.38           1
6 Chris Dilts           Crossley              2:30.35
7 Steve Chambers        Ridge-Cr HS           2:36.32
8 Chris Okoto           Niagara Coll          2:42.08
9 Dave Kanters          Myer, A.N.            2:53.92
10 Justin MacDonald     Lakeshore CH          3:00.00
-- Joe Humber           Lakeshore CH           DNS
-- Stephen Bennett     Stamford Cvi          DNS
-- Jason Even           Confederatio          DNS
=====

```

Men 1500 Meter Run Junior

```

=====
Zone III: R 4:44.08  11/05/2004  Darcy Roy, Ridge-Cr HS
Pre 2004: R 4:08.90  1994      S. Bognar-Confederatio n
Name                Year School                Finals  Points
=====
1 Ben Cooper        St. Paul HS                4:37.06R  6
2 tim nanticoke    McKinnon Par              4:53.49   4
3 Luke Delle Rose  Lakeshore CH              5:03.88   3
4 Corey Gillies    Myer, A.N.                5:06.57   2
5 Cam Hawrylenko  Lakeshore CH              5:06.72   1
6 Steve Chambers  Ridge-Cr HS              5:08.10
7 Peter Jackiewicz Myer, A.N.                5:12.44
8 Joe Wunder       Lakeshore CH              5:13.08
9 Mike McRae       St. Paul HS              5:17.32
10 Bill Szolga     Myer, A.N.                5:18.85
11 Chris Dilts     Crossley                  5:20.24
12 Dan Ammendolia  Notre Dame C             5:28.18
13 Jason Even      Confederatio              5:39.19
14 Dave Kanters    Myer, A.N.                5:53.01
-- Adam Briggs     Jean Vanier               DQ
-- Joe Humber      Lakeshore CH              DNS
-- Landon Phillips Land, Robert              DNS
-- Marcin Chmura   Notre Dame C             DNS
=====

```

Men 3000 Meter Run Junior

```

=====
Zone III: R 10:57.93  11/05/2004  Jon Hallett, Myer, A.N.
Pre 2004: R 9:13.50  1994      J. Burdon-A.N. Myer
Name                Year School                Finals  Points
=====
1 Ben Cooper        St. Paul HS              10:17.06R  6
2 Mike McRae       St. Paul HS              11:21.04   4
=====

```

3	Bill Szolga	Myer, A.N.	11:57.72	3
4	Peter Jackiewicz	Myer, A.N.	12:00.05	2
5	Joe Wunder	Lakeshore CH	13:04.45	1
--	Adam Briggs	Jean Vanier	DNS	
--	tim nanticoke	McKinnon Par	DNS	
--	Landon Phillips	Land, Robert	DNS	

Men 100 Meter Hurdles Junior

```
=====
```

Zone III: R 15.71 11/05/2004 Jake Gibson, Ridge-Cr HS				
Pre 2004: R 15.60 1982 G. Battaglioni-Notre Dame				
Name	Year	School	Finals	Points
=====				
1	Zach Fisher	Crossley	16.47	6
2	Chris Winger	Crossley	19.47	4

Men 300 Meter Hurdles Junior

```
=====
```

Zone III: R 38.57 11/05/2004 Jake Gibson, Ridge-Cr HS				
Pre 2004: R 42.40 1990 I. Archer-St. Paul				
Name	Year	School	Finals	Points
=====				
1	Zach Fisher	Crossley	46.79	6
2	Kyle Tomasello	Ridge-Cr HS	48.07	4
3	Adam Simpson	Ridge-Cr HS	48.10	3
4	Joe Humber	Lakeshore CH	51.85	2
5	Dylan Cadenhead	Ridge-Cr HS	54.53	1

Men 4x100 Meter Relay Junior

```
=====
```

Zone III: R 47.86 11/05/2004 E. L. Crossley S S, Crossley				
A Flagg, G Denyes, A Nesbitt, J Tempest				
Pre 2004: R 46.00 1981 Westlane				
School	Year	School	Finals	Points
=====				
1	Ridgeway-Crystal Beach	'A'	48.18	6
	1) Gordon Middleton		2) Steve Chambers	
	3) Adam Simpson		4) Klye Tomasello	
2	E. L. Crossley S S	'A'	48.28	4
3	Lakeshore C H S	'A'	49.41	3
	1) Justin Bartlett		2) Luke Delle Rose	
	3) Jesse Williams		4) Scott Cole	
4	Cayuga S S	'A'	50.35	2
	1) Eric Kline		2) Ryan Rewutzsky	
	3) Andrew Danielson		4) Devon Wilson	
--	Jean Vanier E S	'A'	DQ	
	1) Randy Poulin		2) Adam Briggs	
	3) Zachary Pringle		4) Derek Sutherland	

-- Niagara Christian College 'A' DNS
 1) D.J Warkentin 2) Jesse Fraser
 3) Chris Okoto 4) Akwasi Bonsu

Men High Jump Junior

=====
 Zone III: R 1.76m 11/05/2004 Matt Burlak, Myer, A.N.

Pre 2004: R 2.00m 1978 J. Zareski-Notre Dame

Name	Year	School	Finals	Points
1	Derek	Sutherland	Jean Vanier	1.70m 6
2	Brad	Atkinson	Crossley	1.65m 4
3	Devon	Wilson	Cayuga Ss-Ca	J1.65m 3
4	Jordan	Jewel	Fort Erie SS	1.60m 2
5	Greg	Golonia	St. Paul HS	J1.60m 1
6	David	Canavan	St. Paul HS	1.55m
6	Garrett	Frost	Dunnville SS	1.55m
6	Nicholas	Barron	Centennial S	1.55m
9	Justin	Barnes	Niagara Coll	1.50m
9	Justin	Trasmundi	St. Michael	1.50m
9	Colin	McCowell	Fort Erie SS	1.50m
12	Nik	Coutinho	Crossley	1.45m
12	Steve	Walker	Cayuga Ss-Ca	1.45m
--	Jesse	Fraser	Niagara Coll	FAIL
--	Jason	Even	Confederatio	SCR

Men Pole Vault Junior

=====
 Zone III: R 2.90m 11/05/2004 Matt Singleton, Ridge-Cr HS

Pre 2004: R 4.80m 1985 S. Struger-Ridgeway-Crystal Beach

Name	Year	School	Finals	Points
1	Kyle	Tomasello	Ridge-Cr HS	3.80mR 6
2	Jake	Stallwood	Hagersville	2.70m 3
2	Dan	Ammendolia	Notre Dame C	2.70m 3
2	Caleb	MacKenzie	Ridge-Cr HS	2.70m 3
5	Nik	Coutinho	Crossley	2.25m 0.5
5	Graham	Hay	Crossley	2.25m 0.5

Men Long Jump Junior

=====
 Zone III: R 5.35m 11/05/2004 Konrad Fasulo, St. Paul HS

Pre 2004: R 6.42m 1995 T. Brown-A.N. Myer

Name	Year	School	Finals	Points
1	Derek	Sutherland	Jean Vanier	5.65mR 6
2	Jason	Peng	Stamford Cvi	5.54mR 4
3	Alan	Calder	Centennial S	5.42mR 3

4	tom lambert	McKinnon Par	5.31m	2
5	Devon Wilson	Cayuga Ss-Ca	5.23m	1
6	Steve Walker	Cayuga Ss-Ca	5.19m	
7	Zachary Pringle	Jean Vanier	5.15m	
8	Blair Holinaty	Crossley	5.13m	
9	Mike Sieber	Lakeshore CH	5.09m	
10	Ryan Sellan	Jean Vanier	5.05m	
11	James Ho	Stamford Cvi	4.89m	
12	David Henricks	Lakeshore CH	4.88m	
13	Randy Poulin	Jean Vanier	4.83m	
14	Brad Atkinson	Crossley	4.81m	
15	Kyle Wegelin	St. Paul HS	4.80m	
16	Vinh Ha	St. Michael	4.55m	
17	Adam Fyfe	Myer, A.N.	4.47m	
18	Graham Hay	Crossley	4.43m	
19	Corey Bourton	St. Michael	4.35m	
20	Garett Rollins	Westlane	4.31m	
21	Nik Coutinho	Crossley	2.39m	
--	Scott Cole	Lakeshore CH	FOUL	
--	Nathan Desjardins	Confederatio	DNS	
--	Justin Doucet	Confederatio	DNS	
--	Roy Chung	Land, Robert	DNS	
--	Mike Vallee	Centennial S	DNS	
--	Dave Webb	Notre Dame C	DNS	
--	Adam Nie	Fort Erie SS	DNS	
--	Jack Lin	Niagara Coll	DNS	

Men Triple Jump Junior

=====
 Zone III: R 11.74m 11/05/2004 Tristan Woodburn, Westlane

Pre 2004: R 13.60m 1976 T. Rigg-A.N. Myer

Name	Year	School	Finals	Points
------	------	--------	--------	--------

=====

1	Jason Peng	Stamford Cvi	11.82mR	6
2	Derek Sutherland	Jean Vanier	11.53m	4
3	Steve Walker	Cayuga Ss-Ca	11.13m	3
4	Everett Bokma	Crossley	11.08m	2
5	David Canavan	St. Paul HS	11.02m	1
6	Zachary Pringle	Jean Vanier	10.70m	
6	Alan Calder	Centennial S	10.70m	
8	Randy Poulin	Jean Vanier	10.60m	
9	Zach Fisher	Crossley	10.51m	
10	James Ho	Stamford Cvi	10.48m	
11	Ryan Sellan	Jean Vanier	10.43m	
12	Garrett Frost	Dunnville SS	10.29m	
13	Garett Rollins	Westlane	10.17m	
14	Justin Barnes	Niagara Coll	9.95m	
15	Blair Holinaty	Crossley	9.92m	

16	Brad Atkinson	Crossley	9.86m
17	Dave Hendricks	Lakeshore CH	9.64m

Men Shot Put Junior

=====
 Zone III: R 13.45m 11/05/2004 Nick Woehl, Ridge-Cr HS

Pre 2004: R 15.95m 2001 D. Adamek-Ridgeway-Crystal Beach

=====
 Name Year School Finals Points

1	Nicholas Barron	Centennial S	13.84mR	6
2	Wesley Zuidersma	Crossley	13.25m	4
3	Bertrand John	Notre Dame C	12.57m	3
4	Matt Cole	Lakeshore CH	11.93m	2
5	Greg Kalmats	Notre Dame C	11.38m	1
6	D.J. Campagiorni	St. Michael	11.30m	
7	Giorgio DiPaola	St. Michael	10.90m	
8	Eric Ethier	Fort Erie SS	10.74m	
9	Coty Robins	Centennial S	10.51m	
10	Cory Sacco	Notre Dame C	10.46m	
11	Tyler Kiers	Crossley	10.19m	
11	Josh Habicht	Ridge-Cr HS	10.19m	
13	Adam Briggs	Jean Vanier	9.78m	
14	Shawn Maglicic	Centennial S	9.44m	
15	Corey Suthons	Centennial S	8.59m	
16	Shawn Gifford	Niagara Coll	7.86m	

Men Discus Throw Junior

=====
 Zone III: R 45.00m 11/05/2004 Troy Sider, Ridge-Cr HS

Pre 2004: R 46.93m 1976 T. Bishop-A.N. Myer

=====
 Name Year School Finals Points

1	Nathan Ellis	Notre Dame C	40.62m	6
2	Nicholas Barron	Centennial S	39.85m	4
3	Wesley Zuidersma	Crossley	34.20m	3
4	Coty Robins	Centennial S	32.96m	2
5	Ryan Reniewick	Hagersville	31.08m	1
6	Josh Habicht	Ridge-Cr HS	29.89m	
7	Greg Kalmats	Notre Dame C	29.11m	
8	Graham Hay	Crossley	25.64m	
9	Corey Suthons	Centennial S	24.87m	
10	Cliff Lagoff	Ridge-Cr HS	24.64m	
11	Corey Daniels	Cayuga Ss-Ca	22.18m	
12	Matt Cole	Lakeshore CH	20.78m	
13	Shawn Maglicic	Centennial S	18.53m	
14	Shawn Gifford	Niagara Coll	16.00m	
--	Tyler Kiers	Crossley	FOUL	

Men Javelin Throw Junior

=====
 Zone III: R 44.10m 11/05/2004 Jesse Lofthouse, Niagara Coll

Pre 2004: R 49.95m 2001 S. Groz-Crossley

Name	Year	School	Finals	Points
1	Colin	Buckborough	Stamford Cvi	41.49m 6
2	James	Ho	Stamford Cvi	39.96m 4
3	Coty	Robins	Centennial S	36.87m 3
4	Giorgio	DiPaola	St. Michael	35.90m 2
5	Bertrand	John	Notre Dame C	34.89m 1
6	Zachary	Pringle	Jean Vanier	34.07m
7	Tom	Dimartino	Stamford Cvi	34.00m
8	Nathan	Ellis	Notre Dame C	33.10m
9	Wesley	Zuidersma	Crossley	32.83m
10	Christaan	Berketo	Ridge-Cr HS	31.93m
11	Ryan	Reniewick	Hagersville	30.92m
12	Jordan	Sider	Niagara Coll	30.25m
13	Alan	Calder	Centennial S	30.12m
14	Corey	Daniels	Cayuga Ss-Ca	29.61m
15	Cory	Sacco	Notre Dame C	29.35m
16	Scott	Dutchyn	St. Paul HS	27.66m
17	Corey	Suthons	Centennial S	25.91m
18	Josh	Habicht	Ridge-Cr HS	24.20m
19	Shawn	Maglicic	Centennial S	23.50m
--	D.J.	Campagiorni	St. Michael	DNS
--	Axel	Graham	Niagara Coll	DNS

Men 100 Meter Dash Senior

=====
 Zone III: R 11.67 11/05/2004 Derek Brochu, Notre Dame C

Pre 2004: R 11.00 1992 J. Leavens-Crossley

Name	Year	School	Prelims	H#
Preliminaries				
1	Scott	Mills	Crossley	11.71Q 3
1	Tristan	Woodburn	Westlane	11.71Q 3
3	Giancarlo	Rapanaro	St. Paul HS	11.85Q 4
4	James	Savoie	St. Michael	12.18Q 2
5	Matthew	Milner	Westlane	12.19Q 1
6	Mark	Tian	Stamford Cvi	12.18q 3
7	Matt	Lukey	Crossley	12.23q 1
8	Evan	Burke	Myer, A.N.	12.24q 4
9	Conroy	Coleman	Notre Dame C	12.27 1
10	John	Leatherbarrow	Hagersville	12.28 4
11	Ryan	Maiden	Myer, A.N.	12.39 1
12	Casey	Croley	Hagersville	12.62 1
13	Ben	Peters	Myer, A.N.	12.64 2

14	Ian McCormick	Niagara Coll	12.65	2
15	Derron Johnson	Crossley	12.70	4
16	Charbel Sarkis	Notre Dame C	12.75	2
17	Paul Sonier	St. Paul HS	12.79	3
18	Max Csikos	Crossley	12.84	2
19	Brendan Horvath	Notre Dame C	13.05	1
20	Farhan Billoo	Stamford Cvi	13.19	4
21	Collin Price	St. Michael	13.49	3
22	Jonathan Levesque	Cayuga Ss-Ca	14.17	2
23	Llya Dolgopolov	Land, Robert	14.23	1
24	Jaa-Dee Moerman	Cayuga Ss-Ca	14.31	3
25	Vinh Ha	St. Michael	14.39	4
--	Brandon Maglicic	St. Paul HS	DNS	2

Men 100 Meter Dash Senior

=====
 Zone III: R 11.67 11/05/2004 Derek Brochu, Notre Dame C

Pre 2004: R 11.00 1992 J. Leavens-Crossley

Name	Year	School	Finals	Points
------	------	--------	--------	--------

=====

Finals

1	Giancarlo Rapanaro	St. Paul HS	11.56R	6
2	Tristan Woodburn	Westlane	11.66R	4
3	Scott Mills	Crossley	11.67R	3
4	Evan Burke	Myer, A.N.	11.98	2
5	Matthew Milner	Westlane	12.06	1
6	James Savoie	St. Michael	12.09	
7	Mark Tian	Stamford Cvi	12.14	
8	Matt Lukey	Crossley	12.16	

Men 200 Meter Dash Senior

=====
 Zone III: R 23.55 11/05/2004 Scott Mills, Crossley

Pre 2004: R 22.09 2000 J. Corey-A.N. Myer

Name	Year	School	Finals	H#	Points
------	------	--------	--------	----	--------

=====

1	Scott Mills	Crossley	23.52R	2	6
2	Giancarlo Rapanaro	St. Paul HS	23.58	2	4
3	Conroy Coleman	Notre Dame C	24.59	1	3
4	Andrew Flagg	Crossley	24.61	1	2
5	Ryan Maiden	Myer, A.N.	24.97	2	1
6	Matt Lukey	Crossley	24.98	3	
7	Mike Luchetta	Ridge-Cr HS	25.06	3	
8	Ian McCormick	Niagara Coll	25.87	1	
9	Charbel Sarkis	Notre Dame C	25.91	3	
10	Tyson Weaver	St. Michael	26.00	3	
11	Brendan Horvath	Notre Dame C	26.38	2	
12	Max Csikos	Crossley	26.75	3	

13	Yosef Molakandov	Cayuga Ss-Ca	28.56	3
14	Jonathan Levesque	Cayuga Ss-Ca	29.46	2
--	Collin Price	St. Michael	DNS	2
--	Andrew Coulombe	Ridge-Cr HS	DNS	1
--	Evan Burke	Myer, A.N.	DNS	3
--	Ben Peters	Myer, A.N.	DNS	1
--	Llya Dolgopolov	Land, Robert	DNS	1

Men 400 Meter Dash Senior

=====
 Zone III: R 53.56 11/05/2004 Scott Mills, Crossley

Pre 2004: R 50.10 1990 R. Knott-Westlane

=====
 Name Year School Finals H# Points

1	Jake Gibson	Ridge-Cr HS	54.03	1	6
2	Andrew Flagg	Crossley	54.95	2	4
3	Matthew Milner	Westlane	55.11	1	3
4	Derron Johnson	Crossley	56.36	2	2
5	Tyler Bradley	Centennial S	57.69	1	1
6	Max Csikos	Crossley	59.18	1	
7	Cam Minor	Dunnville SS	1:00.24	1	
8	Ryan Maiden	Myer, A.N.	1:00.94	2	
9	Jonathon Ladouceur	Westlane	1:05.17	2	
--	Mark Whipple	Notre Dame C	DNS	2	

Men 800 Meter Run Senior

=====
 Zone III: R 2:09.49 11/05/2004 Andrew West, Port Colborn

Pre 2004: R 1:54.50 1996 S. Bognar-Confederation

=====
 Name Year School Finals Points

1	Andrew West	Port Colborn	2:08.42R	6
2	Bret Meinzinger	Centennial S	2:12.38	4
3	Colin Garvey	Crossley	2:12.99	3
4	Jordan Bartol	Westlane	2:20.06	2
5	Greg Langstaff	Crossley	2:23.60	1
6	Jake Cushnie	Crossley	2:26.95	
7	Cam Minor	Dunnville SS	2:33.19	
8	Tyler Pitman	Eastdale SS	2:36.41	
9	Tyler Verge	Westlane	2:41.46	
10	James Clark	Stamford Cvi	2:52.06	
--	T.J. Prince	St. Michael	DNS	
--	John Stocker	Stamford Cvi	DNS	
--	Zach West	Fort Erie SS	DNS	
--	Jeremy Bradt	Fort Erie SS	DNS	
--	James Lamb	Dunnville SS	DNS	
--	Jaid Newstead	Port Colborn	DNS	

Men 1500 Meter Run Senior

=====
 Zone III: R 4:18.07 11/05/2004 Tim Serre, St. Paul HS
 Pre 2004: R 3:55.20 1996 S. Bognar-Confederation

Name	Year	School	Finals	Points
------	------	--------	--------	--------

=====

1	Andrew West	Port Colborn	4:35.52	6
2	Brett Meinzinger	Centennial S	4:40.36	4
3	Jonathon Hallett	Myer, A.N.	4:42.56	3
4	Greg Langstaff	Crossley	4:48.32	2
5	Philip Jacobs	Land, Robert	4:50.41	1
6	Taylor Davies	Crossley	4:53.72	
7	Jonathon Ladouceur	Westlane	4:56.32	
8	Steven Young	St. Michael	5:00.09	
9	Jonathan van der Sluis	Crossley	5:01.60	
10	Kyle Vincer	Land, Robert	5:10.53	
11	Ted Smith	Crossley	5:11.99	
12	Mike Mottola	Westlane	5:12.61	
13	Colin Avery	Eastdale SS	5:24.16	
14	Tyler Verge	Westlane	5:26.02	
15	Adam Genery	Cayuga Ss-Ca	5:28.31	
16	Devlin Shriner	Dunnville SS	5:29.32	
17	T.J. Prince	St. Michael	5:44.99	
18	Sean Styles	St. Paul HS	5:45.89	
19	Jeremy Bradt	Fort Erie SS	7:23.99	
--	Simaljit Gill	Land, Robert	DNS	
--	Joey Lieder	Fort Erie SS	DNS	
--	Logan Bray	Stamford Cvi	DNS	

Men 3000 Meter Run Senior

=====
 Zone III: R 9:54.24 11/05/2004 Matt Delisle, Myer, A.N.
 Pre 2004: R 8:51.10 1996 J. Burdon-A.N. Myer

Name	Year	School	Finals	Points
------	------	--------	--------	--------

=====

1	Bret Meinzinger	Centennial S	10:16.44	6
2	Greg Langstaff	Crossley	10:29.04	4
3	Jonathon Hallett	Myer, A.N.	10:38.74	3
4	Jonathan van der Sluis	Crossley	10:46.85	2
5	Marc Thebaud	Ridge-Cr HS	10:57.40	1
6	Andrew Spadzinski	Niagara Coll	11:01.79	
7	Taylor Davies	Crossley	11:43.54	
8	Brad Nelson	Crossley	11:45.96	
9	Devlin Shriner	Dunnville SS	11:54.52	
10	Adam Genery	Cayuga Ss-Ca	11:59.23	
--	Sean Styles	St. Paul HS	DNS	
--	Jeremy Bradt	Fort Erie SS	DNS	
--	Simaljit Gill	Land, Robert	DNS	

-- Philip Jacobs	Land, Robert	DNS
-- Tom Neale	Notre Dame C	DNS
-- Kyle Vincer	Land, Robert	DNS

Men 110 Meter Hurdles Senior

```

=====
Zone III: R 18.41 11/05/2004 Donald Moon, Ridge-Cr HS
Pre 2004: R 15.00 1985 G. Fazio-Niagara Falls Cvi
Name Year School Finals Points
=====
1 Jake Gibson Ridge-Cr HS 16.90R 6
2 Donald Moon Ridge-Cr HS 18.59 4
3 Chad Cote Eastdale SS 21.48 3
4 Drew Lint Cayuga Ss-Ca 21.63 2
-- Andrew Zimmer Centennial S DNS
-- James Newman Centennial S DNS

```

Men 400 Meter Hurdles Senior

```

=====
Zone III: R 1:05.04 11/05/2004 Jeremy Moore, Ridge-Cr HS
Pre 2004: R 57.80 1996 H. Alexander-Thorold High
Name Year School Finals H# Points
=====
1 Scott Mills Crossley 1:01.05R 1 6
2 Jake Gibson Ridge-Cr HS 1:03.79R 1 4
3 Casey Croley Hagersville 1:04.73R 1 3
4 John Leatherbarrow Hagersville 1:06.31 2 2
5 Colin Garvey Crossley 1:07.12 2 1
6 Tyler Bradley Centennial S 1:08.60 1
7 Mike Mottola Westlane 1:08.85 2
8 Chad Cote Eastdale SS 1:10.98 2
-- Jake Cushnie Crossley DQ 1
-- Donald Moon Ridge-Cr HS DNS 2

```

Men 4x100 Meter Relay Senior

```

=====
Zone III: R 46.60 11/05/2004 E. L. Crossley S S, Crossley
D Minor, G Novosel, J DeBoer, S Mills
Pre 2004: R 45.40 1997 A.N. Myer
School Finals H# Points
=====
1 E. L. Crossley S S 'A' 45.83R 2 6
2 Westlane S S 'A' 46.28R 1 4
   1) Tristan Woodburn 2) Matthew Milner
   3) Hong Dinh 4) Truong Vo
3 Ridgeway-Crystal Beach 'A' 47.02 1 3
   1) Andrew Coulombe 2) Matt Dalgety
   3) Jake Gibson 4) Corey VanDerKrann

```

4	St. Paul H S 'A'	47.45	1	2
	1) Kyle Axnix			
	2) Joe Baldinelli			
	3) Jordan Lundy			
	4) Brandon Maglicic			
5	St. Michael H S 'A'	48.97	2	1
	1) Steven Young			
	2) T.J. Prince			
	3) James Savoie			
	4) Tyson Weaver			
6	A.N. Myer S S 'A'	49.17	1	
	1) Ryan Maiden			
	2) Evan Burke			
	3) Ben Peters			
	4) Sefako Phala			
7	Cayuga S S 'A'	52.13	2	
	1) Seth Thomson			
	2) Yosef Molakandov			
	3) Alex Turnbull			
	4) Dan Kinzel			
--	Notre Dame College 'A'	DQ	2	
	1) David Webb			
	2) Brett Dutkus			
	3) Nathan Ellis			
	4) Mark Whipple			
--	Fort Erie S S 'A'	DNS	1	
	1) Mike Scott			
	2) Jage Noble			
	3) Chris Pepper			
	4) Chris Chew			
--	Eastdale S S 'A'	DNS	2	

Men High Jump Senior

=====
 Zone III: R 1.90m 11/05/2004 Nathan Bush, Ridge-Cr HS

Pre 2004: R 2.00m 1980 J. Zareski-Notre Dame

Name	Year School	Finals	Points
1 Keith Hill	Jean Vanier	1.85m	6
2 Mark Costello	Crossley	1.80m	3.5
2 Zuidersma Ricky	Crossley	1.80m	3.5
4 Mark Jaroslowski	Centennial S	1.75m	1.5
4 Kyle Earle	Ridge-Cr HS	1.75m	1.5
6 Bryan Kennedy	Crossley	1.70m	
7 Zach West	Fort Erie SS	1.65m	
7 Jesse Seely	Ridge-Cr HS	1.65m	
7 Erik Goertzen	Lakeshore CH	1.65m	
10 Paul Sonier	St. Paul HS	1.50m	
10 Joey Lieder	Fort Erie SS	1.50m	
-- Andrew Zimmer	Centennial S	FAIL	
-- steve fox	McKinnon Par	DNS	

Men Pole Vault Senior

=====
 Zone III: R 3.70m 11/05/2004 Drew Minor, Crossley

Pre 2004: R 4.25m 13/05/2003 Jason Wurster, Ridge-Cr HS

Name	Year School	Finals	Points
1 James Kent	Ridge-Cr HS	3.75mR	6
2 Todd Krupa	Ridge-Cr HS	3.50m	4

3	Trent Minor	Crossley	3.20m	3
4	Donald Moon	Ridge-Cr HS	2.90m	2
5	Colin Garvey	Crossley	2.60m	1

Men Long Jump Senior

```

=====
Zone III: R 5.45m 11/05/2004 Rick Zuidersma, Crossley
Pre 2004: R 6.78m 1968 R. Miskloczi-Ridgeway-Crystal Beach
Name Year School Finals Points
=====

```

1	Tristan Woodburn	Westlane	6.41mR	6
2	Mark Tian	Stamford Cvi	5.95mR	4
3	john weerdenburg	McKinnon Par	5.59mR	3
4	Ben Peters	Myer, A.N.	5.54mR	2
5	Keith Hill	Jean Vanier	J5.54mR	1
6	Bryan Kennedy	Crossley	5.53mR	
7	Evan Burke	Myer, A.N.	5.45mR	
8	Matthew Ammendolia	Notre Dame C	5.24m	
9	Ian McCormick	Niagara Coll	5.18m	
10	Corey Freeman	Crossley	5.15m	
11	Matthew Milner	Westlane	5.13m	
12	Mark Jaroslowski	Centennial S	5.11m	
13	Derron Johnson	Crossley	5.06m	
14	Mark Costello	Crossley	5.01m	
15	Paul Sonier	St. Paul HS	4.89m	
16	Bobby Poulin	Eastdale SS	4.76m	
17	Charbel Sarkis	Notre Dame C	4.50m	
18	Cam Minor	Dunnville SS	4.41m	
19	Adam Mealing	Ridge-Cr HS	4.27m	
20	Justin Morris	Eastdale SS	4.26m	
21	Paul Fearnley	Cayuga Ss-Ca	3.68m	
--	Tyson Weaver	St. Michael	DNS	
--	John Stocker	Stamford Cvi	DNS	
--	steve fox	McKinnon Par	DNS	
--	Vinh Ha	St. Michael	DNS	
--	Suhail Panjwani	Myer, A.N.	DNS	
--	Conroy Coleman	Notre Dame C	DNS	
--	Andrew Zimmer	Centennial S	DNS	
--	Brandon Maglicic	St. Paul HS	DNS	
--	Zach West	Fort Erie SS	DNS	
--	Brett Dutkus	Notre Dame C	DNS	

Men Triple Jump Senior

```

=====
Zone III: R 12.23m 11/05/2004 Justin Crown, Ridge-Cr HS
Pre 2004: R 13.84m 1977 T. Rigg-A.N. Myer
Name Year School Finals Points
=====

```

1	Tristan Woodburn	Westlane	12.55mR	6
2	Keith Hill	Jean Vanier	11.65m	4
3	john weerdenburg	McKinnon Par	11.62m	3
4	Zuidersma Ricky	Crossley	11.58m	2
5	Bryan Kennedy	Crossley	11.32m	1
6	Corey Freeman	Crossley	J11.32m	
7	James Savoie	St. Michael	10.89m	
8	Dan Kinzel	Cayuga Ss-Ca	10.85m	
9	Mark Costello	Crossley	10.73m	
10	Kenny Xiao	Myer, A.N.	10.46m	
11	Matthew Ammendolia	Notre Dame C	10.37m	
12	Kyle Weidinger	Ridge-Cr HS	10.15m	
13	Mark Jaroslowski	Centennial S	9.98m	
14	Bobby Poulin	Eastdale SS	9.54m	
15	Joey Lieder	Fort Erie SS	9.15m	
--	steve fox	McKinnon Par	DNS	
--	Andrew Coulombe	Ridge-Cr HS	DNS	

Men Shot Put Senior

=====
 Zone III: R 13.86m 11/05/2004 Mark Young, Crossley

Pre 2004: R 17.65m 13/05/2003 David Adamek, Ridge-Cr HS

Name	Year	School	Finals	Points
------	------	--------	--------	--------

=====

1	Mark Young	Crossley	14.79mR	6
2	Matt Dalgety	Ridge-Cr HS	12.38m	4
3	Kyle Mater	Dunnville SS	12.17m	3
4	Spenser Bogucki	Notre Dame C	11.07m	2
5	Nick Wohel	Ridge-Cr HS	11.05m	1
6	Josh Bitner	Crossley	10.94m	
7	Ryan Warner	Eastdale SS	10.82m	
8	Ryan Warriner	Notre Dame C	10.62m	
9	Richie Bottenfield	Eastdale SS	10.04m	
10	James Newman	Centennial S	9.93m	
11	Dave Verreault	Confederatio	9.89m	
12	Josip Gojmerac	Notre Dame C	9.75m	
13	Mike Arnold	Cayuga Ss-Ca	9.67m	
14	Matt Abraham	Lakeshore CH	9.25m	
15	Scot Kiefer	Cayuga Ss-Ca	8.12m	
--	Matthew Addario	Notre Dame C	SCR	
--	Josh Gracin	Crossley	DNS	
--	Josh Malekzadeh	St. Michael	DNS	
--	Andrew Whyte	Niagara Coll	DNS	
--	Jacques Bedard	Jean Vanier	DNS	

Men Discus Throw Senior

=====
 Zone III: R 40.62m 11/05/2004 John Adamek, Ridge-Cr HS

Pre 2004: R 49.30m 13/05/2003 David Adamek, Ridge-Cr HS

Name	Year School	Finals	Points
------	-------------	--------	--------

1	Mark Young	Crossley	48.39mR	6
2	Matt Dalgety	Ridge-Cr HS	36.49m	4
3	Trent Minor	Crossley	33.90m	3
4	Troy Sider	Ridge-Cr HS	33.59m	2
5	Nick Wohel	Ridge-Cr HS	31.38m	1
6	Ryan Warriner	Notre Dame C	29.42m	
7	Adam Mealing	Ridge-Cr HS	27.00m	
8	Jordan Carbone	Notre Dame C	26.94m	
9	Matt Bodis	Lakeshore CH	25.64m	
10	Kyle Mater	Dunnville SS	24.83m	
11	Jesse Lofthouse	Niagara Coll	24.16m	
12	Matthew Addario	Notre Dame C	23.78m	
13	Richie Bottenfield	Eastdale SS	22.76m	
14	Ryan Mackness	Cayuga Ss-Ca	22.29m	
15	Alex Turnbull	Cayuga Ss-Ca	22.00m	
16	Jacques Bedard	Jean Vanier	20.68m	
17	Scot Kiefer	Cayuga Ss-Ca	20.00m	
18	Brandon Lehoux	Eastdale SS	14.00m	
19	Paul Fearnley	Cayuga Ss-Ca	13.40m	
--	Matt Abraham	Lakeshore CH	FOUL	
--	Josh Bitner	Crossley	FOUL	
--	Josh Gracin	Crossley	DNS	

Men Javelin Throw Senior

Zone III: R 48.10m 11/05/2004 John Adamek, Ridge-Cr HS

Pre 2004: R 52.50m 2000 R. Tomlinson-Crossley

Name	Year School	Finals	Points
------	-------------	--------	--------

1	John Beck	Notre Dame C	48.64mR	6
2	Brian Fortier	St. Paul HS	45.72m	4
3	Chad Arseneault	St. Paul HS	43.25m	3
4	Leo Moody	St. Paul HS	41.80m	2
5	Corey Freeman	Crossley	41.41m	1
6	Zuidersma Ricky	Crossley	41.22m	
7	Nathan Beach	Ridge-Cr HS	41.16m	
8	Jesse Lofthouse	Niagara Coll	38.46m	
9	Yosef Molakandov	Cayuga Ss-Ca	37.30m	
10	Justin Morris	Eastdale SS	36.63m	
11	Richie Bottenfield	Eastdale SS	33.91m	
12	Mike Luchetta	Ridge-Cr HS	32.81m	
13	Dan Kinzel	Cayuga Ss-Ca	32.75m	
14	Matt Beauparlant	Notre Dame C	30.65m	
15	Kyle Weidinger	Ridge-Cr HS	29.90m	
16	Jacques Bedard	Jean Vanier	29.74m	

17	Jeremy Avolio	Notre Dame C	29.00m
18	Jaa-Dee Moerman	Cayuga Ss-Ca	24.70m
19	David Bertin	Ridge-Cr HS	20.18m
--	Rainier Bustamante	St. Michael	FOUL
--	Josh Bitner	Crossley	FOUL
--	Ryan Mackness	Cayuga Ss-Ca	FOUL
--	Pat Parent	Notre Dame C	DNS
--	James Newman	Centennial S	DNS
--	Josh Malekzadeh	St. Michael	DNS
--	Josh Gracin	Crossley	DNS
--	Andrew Whyte	Niagara Coll	DNS

Men 2000 Meter Steeplechase Open

=====
 Zone III: R 7:33.00 11/05/2004 Andrew West, Port Colborn

Pre 2004: R 6:11.00 1995 B. Jesseau-Confederation

Name	Year	School	Finals	Points
------	------	--------	--------	--------

=====

1	Andrew West	Port Colborn	6:49.86R	6
2	Jonathan van der Sluis	Crossley	7:33.17	4
3	Marc Thebaud	Ridge-Cr HS	7:34.47	3
4	Mike Mottola	Westlane	7:45.10	2
5	Ted Smith	Crossley	8:19.11	1
6	Marcin Chmura	Notre Dame C	9:23.03	
--	Andrew Spadzinski	Niagara Coll	DNS	

Men 4x400 Meter Relay Open

=====
 Zone III: R 3:48.03 11/05/2004 E. L. Crossley S S, Crossley

S Mills, J DeBoer, M Young, P VanBaalen

Pre 2004: R 3:32.86 13/05/2003 E. L. Crossley S S, Crossley

S Mills, A Stokes, P Young, J Zwier

School	Finals	Points
--------	--------	--------

=====

1	E. L. Crossley S S 'A'	3:43.73R	6
2	Westlane S S 'A'	3:57.06	4
	1) Jordan Bartol	2) Matthew Milner	
	3) Mike Mottola	4) Jonathon Ladouceur	
3	Notre Dame College 'A'	4:03.91	3
	1) Brett Dutkus	2) Nathan Ellis	
	3) David Webb	4) Mark Whipple	
4	A.N. Myer S S 'A'	4:11.98	2
	1) Ben Peters	2) Ryan Maiden	
	3) Jason Kirkey	4) Jonathon Hallett	
--	Eastdale S S 'A'	DNS	

Women - Midget - Team Rankings - 15 Events Scored

=====

44	1) E. L. Crossley S S	73	2) Ridgeway-Crystal Beach
17	2) Notre Dame College	44	4) St. Paul H S
15	5) Jean Vanier E S	16	6) Port Colborne H S
7	7) Cayuga S S	9	8) A.N. Myer S S
3	9) Confederation E S	3	9) Hagersville S S
1	11) St. Michael H S	2	12) Dunnville S S

Women - Junior - Team Rankings - 16 Events Scored

38	1) Ridgeway-Crystal Beach	41	2) E. L. Crossley S S
27	3) Lakeshore C H S	28	4) Notre Dame College
20	5) Westlane S S	25	6) Hagersville S S
12.50	7) Fort Erie S S	14	8) Stamford C & V I
7	9) St. Michael H S	11	10) St. Paul H S
5.50	10) Centennial S S	7	12) A.N. Myer S S
3	13) Port Colborne H S	3	13) Cayuga S S
1	15) Niagara Christian College		

Women - Senior - Team Rankings - 16 Events Scored

25	1) E. L. Crossley S S	68	2) Notre Dame College
23	3) Ridgeway-Crystal Beach	24.50	4) Eastdale S S
19	5) Hagersville S S	21.50	6) Westlane S S
12	7) Cayuga S S	16.50	8) St. Paul H S
11	8) Stamford C & V I	12	10) McKinnon Park H S
5.50	11) Jean Vanier E S	9	12) Centennial S S
1	13) A.N. Myer S S	4	14) Dunnville S S

Women - Open - Team Rankings - 1 Events Scored

```
=====
```

	1) E. L. Crossley S S	6	2) Westlane S S
4			
	3) A.N. Myer S S		
3			

Men - Midget - Team Rankings - 16 Events Scored

```
=====
```

	1) E. L. Crossley S S	57.50	2) Ridgeway-Crystal Beach
51			
	3) Dunnville S S	30	4) Westlane S S
22			
	4) Lakeshore C H S	22	6) St. Paul H S
18			
	7) Centennial S S	14	8) St. Michael H S
8			
	9) Jean Vanier E S	7	10) Confederation E S
5			
	10) Cayuga S S	5	12) Notre Dame College
3			
	13) Stamford C & V I	2	14) Niagara Christian College
1.50			
	15) McKinnon Park H S		
1			

Men - Junior - Team Rankings - 16 Events Scored

```
=====
```

	1) E. L. Crossley S S	52	2) Ridgeway-Crystal Beach
28			
	3) Stamford C & V I	24	3) Notre Dame College
24			
	5) St. Paul H S	18	5) Centennial S S
18			
	7) A.N. Myer S S	17	8) Jean Vanier E S
16			
	8) Lakeshore C H S	16	10) McKinnon Park H S
14			
	11) Cayuga S S	10	12) Hagersville S S
4			
	12) Niagara Christian College	4	14) St. Michael H S
2			
	14) Fort Erie S S		
2			

Men - Senior - Team Rankings - 16 Events Scored

```
=====
```

49.50	1) E. L. Crossley S S	72	2) Ridgeway-Crystal Beach
21	3) Westlane S S	26	4) St. Paul H S
12	5) Centennial S S	16.50	6) Port Colborne H S
11	7) A.N. Myer S S	11	7) Jean Vanier E S
6	7) Notre Dame College	11	10) McKinnon Park H S
4	11) Hagersville S S	5	12) Stamford C & V I
3	13) Dunnville S S	3	13) Eastdale S S
1	15) Cayuga S S	2	16) St. Michael H S
1	16) Robert Land Academy		

Men - Open - Team Rankings - 2 Events Scored

=====

6	1) E. L. Crossley S S	11	2) Port Colborne H S
3	2) Westlane S S	6	4) Notre Dame College
2	4) Ridgeway-Crystal Beach	3	6) A.N. Myer S S