

Licensed to Niagara Secondary School Hy-Tek's Meet Manager 12/05/2005 11:45 PM
 2005 Zone IV T & F Championships - 12/05/2005
 12/05/2005
 Results

Women 100 Meter Dash Midget

=====
 Zone IV: R 13.37 13/05/2004 ALANA GOERTZEN, Laura Secord
 Pre 2004: R 12.20 1979 YVETTE JULES, Grantham
 Name Year School Prelims H#
 =====

Preliminaries

1	LEIGH VEERMAN	LAURA SECORD	R 13.31Q	1
2	BRITTANY KADWELL	GRIMSBY DSS	13.42Q	2
3	ELYSHA BUMA	HERITAGE CHR	13.74Q	1
4	MADDY SIUCIAK	ST. FRANCIS	13.81Q	2
5	NIINA FAUTEUX	ST. FRANCIS	13.82q	1
6	OLA OLOLADE	CHURCHILL, S	14.46q	2
7	RANDI ORMEL	HERITAGE CHR	14.57q	2
8	KAITLYN VANDERMARK	BLESSED TRIN	14.60q	1
9	KATIE OBRIEN	GOVERNOR SIM	14.71	1
10	RACHEL JOHNSTON	DENIS MORRIS	14.94	1
11	BRANDY SZOCKYJ	NIAGARA D	15.11	1
12	KAYLA TUCKWELL	LAURA SECORD	15.62	2
--	DARNELL BIRDCENEAU	DENIS MORRIS	DNS	2
--	KASIA POWAKIEWICZ	DENIS MORRIS	DNS	2

Women 100 Meter Dash Midget

=====
 Zone IV: R 13.37 13/05/2004 ALANA GOERTZEN, Laura Secord
 Pre 2004: R 12.20 1979 YVETTE JULES, Grantham
 Name Year School Finals Points
 =====

Finals

1	LEIGH VEERMAN	LAURA SECORD	12.96R	6
2	BRITTANY KADWELL	GRIMSBY DSS	12.97R	4
3	MADDY SIUCIAK	ST. FRANCIS	13.56	3
4	NIINA FAUTEUX	ST. FRANCIS	13.78	2
5	ELYSHA BUMA	HERITAGE CHR	13.79	1
6	RANDI ORMEL	HERITAGE CHR	14.38	
7	OLA OLOLADE	CHURCHILL, S	14.52	
8	KAITLYN VANDERMARK	BLESSED TRIN	14.55	

Women 200 Meter Dash Midget

=====
 Zone IV: R 28.49 13/05/2004 ALANA GOERTZEN, Laura Secord
 Pre 2004: R 25.25 1997 DIANE PEITSCH, Sir Winston Churchill

Name	Year School	Finals	H#	Points
1 LEIGH VEERMAN	LAURA SECORD	26.99R	2	6
2 BRITTANY KADWELL	GRIMSBY DSS	27.29R	2	4
3 ELYSHA BUMA	HERITAGE CHR	29.09	2	3
4 RACHEL RENNER	DENIS MORRIS	29.18	2	2
5 NIINA FAUTEUX	ST. FRANCIS	29.38	2	1
6 KAITLYN VANDERMARK	BLESSED TRIN	30.39	2	
7 OLA OLOLADE	CHURCHILL, S	30.70	2	
8 SHAWNA MCPHERSON	SOUTH LINCOL	30.86	1	
9 KAYLA TUCKWELL	LAURA SECORD	31.31	1	
10 NIKI DAVIS	BLESSED TRIN	31.78	1	
11 LEAH STRONGHILL	DENIS MORRIS	31.82	1	
12 CHRISTINE KEBALO	BLESSED TRIN	32.44	1	
-- ASHLEIGH FRIESEN	LAURA SECORD	DNS	2	
-- DARNELL BIRDCENEAU	DENIS MORRIS	DNS	1	
-- MADDY SIUCIAK	ST. FRANCIS	DNS	1	

Women 400 Meter Dash Midget

Name	Year School	Finals	H#	Points
Zone IV: R 1:03.76 13/05/2004 AMANDA LONGO, Denis Morris				
Pre 2004: R 1:01.60 1981 LORI LITTLEBOY, St Catharines Collegiate				
1 ESTHER VERMEER	SMITHVILLE D	1:01.90R	2	6
2 HEATHER KURPE	GRIMSBY DSS	1:04.22	2	4
3 EMMA TALLMAN	GREAT LAKES	1:05.29	2	3
4 SARAH BORIGHT	LAURA SECORD	1:05.70	2	2
5 LEIGH VEERMAN	LAURA SECORD	1:06.44	2	1
6 RACHEL RENNER	DENIS MORRIS	1:11.76	2	
7 MAHLER DANIELLE	DENIS MORRIS	1:14.41	2	
8 VICKY LANG	GRIMSBY DSS	1:14.67	2	
9 LEAH STRONGHILL	DENIS MORRIS	1:15.72	1	
10 LEXIE LANESE	DENIS MORRIS	1:15.79	1	
11 MEGAN ARMSTRONG	LAURA SECORD	1:16.04	1	
12 LEAH YAROMICH	BLESSED TRIN	1:16.85	1	
13 LEAH LANE	BLESSED TRIN	1:20.73	1	
-- MADELEINE SCHRIEFER	NIAGARA D	DNS	1	

Women 800 Meter Run Midget

Name	Year School	Finals	Points
Zone IV: R 2:37.22 13/05/2004 AMANDA LONGO, Denis Morris			
Pre 2004: R 2:20.50 1999 MONIKA GRABOWIECKA, Sir Winston Churchill			
1 ESTHER VERMEER	SMITHVILLE D	2:31.42R	6
2 ALANAH DRAKE	GRIMSBY DSS	2:35.12R	4
3 EMMA TALLMAN	GREAT LAKES	2:40.93	3

4	RACHEL RENNER	DENIS MORRIS	2:54.88	2
5	JOAN MC CARTHY	LAURA SECORD	3:03.38	1
6	KATE HICKS	CHURCHILL, S	3:10.25	
7	LEXIE LANESE	DENIS MORRIS	3:27.52	
8	SYDNEY BELLOWS	DENIS MORRIS	3:40.57	
--	HEATHER KURPE	GRIMSBY DSS	DNS	

Women 1500 Meter Run Midget

```

=====
Zone IV: R 4:57.78 13/05/2004 KELSIE SLATER, Grimsby DSS
Pre 2004: R 4:54.80 1999 MONIKA GRABOWIECKA, Sir Winston Churchill
Name Year School Finals Points
=====
1 EMMA TALLMAN GREAT LAKES 5:14.32 6
2 ALANAH DRAKE GRIMSBY DSS 5:14.95 4
3 ALISSON SHEEHAN DENIS MORRIS 5:35.67 3
4 EMILY HUGHES GOVERNOR SIM 5:39.81 2
5 ASHLEIGH FRIESEN LAURA SECORD 5:46.45 1
6 BRITTNEY NOTTRODT WEST PARK 5:53.99
7 ERIKA KUBIAS ST. CATHARIN 6:04.42
8 LEXIE LANESE DENIS MORRIS 6:14.97
9 MEGAN ARMSTRONG LAURA SECORD 6:20.59
10 JOAN MC CARTHY LAURA SECORD 6:26.07
11 KATE HICKS CHURCHILL, S 6:26.56
12 GWENDOLYN DEBOER SMITHVILLE D 6:43.36
13 CHELSEA MCCORMICK CHURCHILL, S 6:45.36
-- KYRA ALLEN ST. FRANCIS DNS

```

Women 3000 Meter Run Midget

```

=====
Zone IV: R 10:50.77 13/05/2004 KELSIE SLATER, Grimsby DSS
Pre 2004: R 11:03.97 2000 MONIKA GRABOWIECKA, Sir Winston Churchill
Name Year School Finals Points
=====
1 ALANAH DRAKE GRIMSBY DSS 11:16.36 6
2 ALISSON SHEEHAN DENIS MORRIS 12:07.72 4
3 EMILY HUGHES GOVERNOR SIM 12:08.92 3
4 ASHLEIGH FRIESEN LAURA SECORD 12:34.33 2
5 BRITTNEY NOTTRODT WEST PARK 12:50.84 1
6 JOAN MC CARTHY LAURA SECORD 12:57.75
7 CHELSEA MCCORMICK CHURCHILL, S 14:44.62
8 GWENDOLYN DEBOER SMITHVILLE D 15:00.03

```

Women 80 Meter Hurdles Midget

```

=====
Zone IV: R 13.76 13/05/2004 LAURA STOBBE, Grimsby DSS
Pre 2004: R 12.50 1982 SHARI ORDERS, Niagara District
Name Year School Prelims H#

```

=====
Preliminaries

1	BRITTANY KADWELL	GRIMSBY DSS	14.85Q	1
2	MAHLER DANIELLE	DENIS MORRIS	15.16Q	2
3	JESSICA HICKS	GRIMSBY DSS	15.43Q	2
4	JESSICA MIOTTO	LAURA SECORD	15.71Q	1
5	KAYLA COLLING	GRIMSBY DSS	15.90q	2
6	SHANNON THOMS	LAURA SECORD	17.27q	2
7	LEAH YAROMICH	BLESSED TRIN	17.48q	1
8	SARAH BORIGHT	LAURA SECORD	18.08q	1
--	KARLEY BEACH	GRIMSBY DSS	DNS	1
--	HILARY VAN GELDER	LAURA SECORD	SCR	

Women 80 Meter Hurdles Midget

=====
Zone IV: R 13.76 13/05/2004 LAURA STOBBE, Grimsby DSS
Pre 2004: R 12.50 1982 SHARI ORDERS, Niagara District

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

=====
Finals

1	BRITTANY KADWELL	GRIMSBY DSS	14.00	6
2	SARAH BORIGHT	LAURA SECORD	14.40	4
3	MAHLER DANIELLE	DENIS MORRIS	14.49	3
4	JESSICA HICKS	GRIMSBY DSS	14.64	2
5	JESSICA MIOTTO	LAURA SECORD	15.25	1
6	KAYLA COLLING	GRIMSBY DSS	15.32	
7	LEAH YAROMICH	BLESSED TRIN	16.89	
8	SHANNON THOMS	LAURA SECORD	17.06	

Women 300 Meter Hurdles Midget

=====
Zone IV: R 52.59 13/05/2004 ELISHA ROGAL, Beamsville D
Pre 2004: R 47.07 1997 KRISTY DEVRIES, Laura Secord Secondary

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

1	ESTHER VERMEER	SMITHVILLE D	47.23R	2	6
2	HEATHER KURPE	GRIMSBY DSS	50.11R	2	4
3	SARAH BORIGHT	LAURA SECORD	50.54R	2	3
4	MAHLER DANIELLE	DENIS MORRIS	53.33	2	2
5	VICKY LANG	GRIMSBY DSS	54.47	2	1
6	SHAWNA MCPHERSON	SOUTH LINCOL	54.75	2	
7	HILARY VAN GELDER	LAURA SECORD	58.65	1	
8	SHANNON THOMS	LAURA SECORD	1:00.46	1	
9	ALLIE ZARUK	GRIMSBY DSS	1:00.86	1	
--	KARLEY BEACH	GRIMSBY DSS	DNS	2	

Women 4x100 Meter Relay Midget

Zone IV: R 53.39 13/05/2004 LAURA SECORD S S, Laura Secord
 N Ilunga, A Goertzen, L Smith, I Norton
 Pre 2004: R 53.20 1977 , Sir Winston Churchill
 Pre 2004: R 53.20 1971 , Sir Winston Churchill

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

1 GRIMSBY D S S 'A'	55.12	6
1) KRISTIN MACLEOD	2) HEATHER KURPE	
3) VICKY LANG	4) BRITTANY KADWELL	
2 LAURA SECORD S S 'A'	56.55	4
1) SARAH BORIGHT	2) ASHLEIGH FRIESEN	
3) MEGAN ARMSTRONG	4) LEIGH VEERMAN	
3 BLESSED TRINITY H S 'A'	59.34	3
-- DENIS MORRIS H S 'A'	DQ	
-- SOUTH LINCOLN H S 'A'	DNS	

Women High Jump Midget

Zone IV: R 1.42m 13/05/2004 AMANDA SMITH, West Park
 Pre 2004: R 1.63m 1990 JANET WHEELER, Grimsby Secondary

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

1 RENATE TRACE	BEAMSVILLE D	1.51mR	6
2 KRISTIN MACLEOD	GRIMSBY DSS	1.41m	4
3 CALEY VANULAR	NIAGARA D	J1.41m	3
4 JESSICA HICKS	GRIMSBY DSS	J1.41m	2
5 BRITTANY KUZYK	CHURCHILL, S	1.36m	1
6 BRITTANY UMER	DENIS MORRIS	J1.36m	
7 SAMANTHA SAURIOL	DENIS MORRIS	J1.36m	
8 TARYN LAVACCA	CHURCHILL, S	1.26m	
9 SYDNEY BELLOWS	DENIS MORRIS	J1.26m	
-- ARIANA GILLIS	BLESSED TRIN	DNS	
-- KASIA POWAKIEWICZ	DENIS MORRIS	DNS	

Women Long Jump Midget

Zone IV: R 4.17m 13/05/2004 HOLLY WALSH, Blessed Trin
 Pre 2004: R 4.95m 1997 ROBYN AHLSTEDT, Laura Secord Secondary

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

1 MADDY SIUCIAK	ST. FRANCIS	4.49mR	6
2 RENATE TRACE	BEAMSVILLE D	4.45mR	4
3 NIINA FAUXTEUX	ST. FRANCIS	4.35mR	3
4 JESSICA MIOTTO	LAURA SECORD	3.80m	2
5 CALEY VANULAR	NIAGARA D	3.74m	1
6 RACHEL JOHNSTON	DENIS MORRIS	3.60m	
7 MADELEINE SCHRIEFER	NIAGARA D	3.46m	
8 RACHEL TENG	LAKEPORT SS	3.37m	

9	LEAH YAROMICH	BLESSED TRIN	3.22m
10	KAYLA TUCKWELL	LAURA SECORD	2.98m
11	SHELBY FLORIL	NIAGARA D	2.84m
12	SAMANTHA SAURIOL	DENIS MORRIS	2.73m
13	ERIN SPELLER	GRIMSBY DSS	2.50m
--	KASIA POWAKIEWICZ	DENIS MORRIS	DNS
--	ARIANA GILLIS	BLESSED TRIN	DNS

Women Triple Jump Midget

```

=====
Zone IV: R 9.27m 13/05/2004 ALICIA ARMSTRONG, Niagara D
Pre 2004: R 10.00m 2001 HEIDI BENCH, Laura Secord Secondary
Name Year School Finals Points
=====
1 RENATE TRACE BEAMSVILLE D 10.07mR 6
2 RANDI ORMEL HERITAGE CHR 9.21m 4
3 CALEY VANULAR NIAGARA D 9.19m 3
4 JESSICA MIOTTO LAURA SECORD 9.03m 2
5 RACHEL TENG LAKEPORT SS 8.77m 1
6 ASHLEY VOROS LAKEPORT SS 8.29m
7 SHELBY FLORIL NIAGARA D 7.89m
8 NICOLE HANSON BLESSED TRIN 7.85m
9 BRITTNEY NOTTRODT WEST PARK 7.82m
10 SHAWNA MCPHERSON SOUTH LINCOL 7.36m
11 SARAH CONNERS WEST PARK 7.34m
-- KARLEY BEACH GRIMSBY DSS DNS
=====

```

Women Shot Put Midget

```

=====
Zone IV: R 7.87m 13/05/2004 AUBRIE SMITH, Niagara D
Pre 2004: R 10.50m 1973 LAURA READ, Niagara District
Name Year School Finals Points
=====
1 SARAH BIEGA CHURCHILL, S 9.07mR 6
2 STEPH COSTIFF GRIMSBY DSS 8.08mR 4
3 AMANDA VOORBERG GRIMSBY DSS 7.98mR 3
4 BRITTANY KUZYK CHURCHILL, S 7.73m 2
5 SAMANTHA SAURIOL DENIS MORRIS 7.19m 1
6 TARYN LAVACCA CHURCHILL, S 6.99m
7 ERIN SPELLER GRIMSBY DSS 6.74m
8 AMANDA DAVIDSON GRIMSBY DSS 6.43m
9 BRITTANY UMER DENIS MORRIS 5.80m
10 ALEXANDRIA CIRONE ST. FRANCIS 5.71m
=====

```

Women Discus Throw Midget

```

=====
Zone IV: R 24.50m 13/05/2004 DANA BEE, Grimsby DSS
Pre 2004: R 30.50m 1975 GAYLE WRIGHT, Grantham
=====

```

Name	Year School	Finals	Points
1 BRITTANY KUZYK	CHURCHILL, S	23.49m	6
2 SARAH BIEGA	CHURCHILL, S	22.13m	4
3 AMANDA DAVIDSON	GRIMSBY DSS	22.02m	3
4 NICOLE HANSON	BLESSED TRIN	21.12m	2
5 ERIN SPELLER	GRIMSBY DSS	20.41m	1
6 TARYN LAVACCA	CHURCHILL, S	20.39m	
7 KATE BOOK	ST. FRANCIS	16.81m	

Women Javelin Throw Midget

Zone IV: R 27.28m 13/05/2004 HEATHER EYMAN, Churchill, S			
Pre 2004: R 32.80m 1999 SARAH KISH, St. Francis			
Name	Year School	Finals	Points
1 STEPH COSTIFF	GRIMSBY DSS	25.93m	6
2 SARAH BIEGA	CHURCHILL, S	24.34m	4
3 BRANDY SZOCKYJ	NIAGARA D	22.95m	3
4 TRACY WATTS	GRIMSBY DSS	22.82m	2
5 KATE BOOK	ST. FRANCIS	22.38m	1
6 AMANDA VOORBERG	GRIMSBY DSS	19.28m	
7 NICOLE HANSON	BLESSED TRIN	17.32m	
8 LAUREN BUMA	GRIMSBY DSS	17.22m	

Women 100 Meter Dash Junior

Zone IV: R 13.06 13/05/2004 BETHANY MOES, Eden High Sc			
Pre 2004: R 12.18 2000 CATHARINE OKIWINSKY, St. Francis			
Name	Year School	Prelims	H#

Preliminaries

1 NATASHA BONK	ST. FRANCIS	13.60Q	1
2 ALLEY PUHACH	WEST PARK	13.77Q	2
3 KIRSTEN JANSEN	EDEN HIGH SC	13.77Q	1
4 ALANA GOERTZEN	LAURA SECORD	13.86Q	2
5 ILYSE NORTON	LAURA SECORD	13.99q	2
6 AMANDA SMITH	WEST PARK	14.11q	2
7 MEGAN PURDY	BEAMSVILLE D	14.34q	1
8 KATIE WIERENGA	SMITHVILLE D	14.44q	1
9 KATIE JORRITSMA	SMITHVILLE D	14.64	1
10 ALEDA EVANGELISTO	BLESSED TRIN	14.71	1
11 HEATHER DOWD	LAURA SECORD	14.72	2
12 JOELLE KUPSCH	CHURCHILL, S	14.89	1
13 JULIA HOWE	HOLY CROSS H	14.97	2
14 BRITTANY NORRIS	BLESSED TRIN	15.20	1

Women 100 Meter Dash Junior

```

=====
Zone IV: R 13.06 13/05/2004 BETHANY MOES, Eden High Sc
Pre 2004: R 12.18 2000 CATHARINE OKIWINSKY, St. Francis
Name Year School Finals Points
=====

```

Finals

```

1 NATASHA BONK ST. FRANCIS 13.40 6
2 KIRSTEN JANSEN EDEN HIGH SC 13.64 4
3 ALLEY PUHACH WEST PARK 13.78 3
4 AMANDA SMITH WEST PARK 13.87 2
5 ILYSE NORTON LAURA SECORD 13.95 1
6 ALANA GOERTZEN LAURA SECORD 13.96
7 KATIE WIERENGA SMITHVILLE D 14.35
-- MEGAN PURDY BEAMSVILLE D DQ

```

Women 200 Meter Dash Junior

```

=====
Zone IV: R 27.88 13/05/2004 AMANDA MCMURTRIE, South Lincol
Pre 2004: R 25.55 1998 DIANNE PEITSCH, Sir Winston Churchill
Name Year School Finals H# Points
=====

```

```

1 KATIE WERNER GRIMSBY DSS 27.54R 2 6
2 NATASHA BONK ST. FRANCIS 27.74R 2 4
3 BRYANNA KELLY BEAMSVILLE D 27.75R 2 3
4 ALANA GOERTZEN LAURA SECORD 28.90 2 1.5
4 BRITTANY NORRIS BLESSED TRIN 28.90 2 1.5
6 HEATHER DOWD LAURA SECORD 30.04 2
7 JOELLE KUPSCH CHURCHILL, S 30.44 1
8 ALEDA EVANGELISTO BLESSED TRIN 30.48 2
9 BRENDA HENRY GRIMSBY DSS 30.83 1
10 BERRIT PAGE DENIS MORRIS 31.07 1
11 HEATHER STRUYK SMITHVILLE D 31.61 1
12 SANDRA KURDZIEL DENIS MORRIS 32.69 1
13 DENELLE KENNEDY DENIS MORRIS 33.40 2

```

Women 400 Meter Dash Junior

```

=====
Zone IV: R 1:00.77 13/05/2004 AMANDA MCMURTRIE, South Lincol
Pre 2004: R 59.60 1986 PATTY HIEBERT, Eden High School
Name Year School Finals H# Points
=====

```

```

1 AMANDA LONGO DENIS MORRIS 1:05.39 2 6
2 RACHEL NATELE ST. FRANCIS 1:07.09 2 4
3 DENELLE KENNEDY DENIS MORRIS 1:10.51 2 3
4 BECKY SHANTZ LAURA SECORD 1:11.81 2 2
5 KAILA GAGNIER BLESSED TRIN 1:11.86 2 1
6 BRITNEY ELLIS ST. FRANCIS 1:12.79 2
7 ALLISON VNADERZALM HOLY CROSS H 1:13.82 2

```

8	ALEDA EVANGELISTO	BLESSED TRIN	1:15.23	1
9	LIZ THOMAS	NIAGARA D	1:16.67	1

Women 800 Meter Run Junior

```

=====
Zone IV: R 2:39.59 13/05/2004 SAMANTHA DILLMAN, Holy Cross H
Pre 2004: R 2:25.20 2002 CAITLIN PAULS, Sir Winston Churchill
Name Year School Finals H# Points
=====
1 KELSIE SLATER GRIMSBY DSS 2:23.17R 2 6
2 LINDSAY MOORADIAN WEST PARK 2:36.74R 2 4
3 AMANDA LONGO DENIS MORRIS 2:37.03R 2 3
4 LAUREL SISLER CHURCHILL, S 2:43.37 2 2
5 EMMA SMALLEY GRIMSBY DSS 2:46.55 2 1
6 KAILA GAGNIER BLESSED TRIN 2:48.43 2
7 ELIZABETH KING ST. FRANCIS 2:49.05 2
8 RACHEL NATELE ST. FRANCIS 2:49.83 2
9 ALICIA BEYNON SOUTH LINCOL 2:51.93 1
10 BECKY SHANTZ LAURA SECORD 3:00.89 1
11 ALLISON VNADERZALM HOLY CROSS H 3:01.30 1
12 DENELLE KENNEDY DENIS MORRIS 3:02.46 1
13 JOURDAN BIRD CHURCHILL, S 3:02.69 1
14 TRISHA HOWARD ST. FRANCIS 3:31.12 1
15 JENNIFER HOWARD ST. FRANCIS 3:31.14 1

```

Women 1500 Meter Run Junior

```

=====
Zone IV: R 5:25.71 13/05/2004 CARLY DRAKE, Grimsby DSS
Pre 2004: R 4:56.00 1991 KRISTIE OTTO, Lakeport
Name Year School Finals Points
=====
1 KELSIE SLATER GRIMSBY DSS 4:58.43R 6
2 LINDSAY MOORADIAN WEST PARK 5:24.52R 4
3 REBECCA TALLMAN GREAT LAKES 5:35.54 3
4 LAUREL SISLER CHURCHILL, S 5:36.42 2
5 BRITNEY ELLIS ST. FRANCIS 5:40.87 1
6 ALICIA BEYNON SOUTH LINCOL 5:44.28
7 MICHELLE HONSBERGER DENIS MORRIS 5:46.09
8 EMMA SMALLEY GRIMSBY DSS 5:50.39
9 AMANDA LONGO DENIS MORRIS 5:59.90
10 NAHIELLY FERNANDEZ CHURCHILL, S 6:22.35
-- JOURDAN BIRD CHURCHILL, S DNS
-- LAURA COWAL DENIS MORRIS DNS
-- ELLEN SCHOLL CHURCHILL, S DNS

```

Women 3000 Meter Run Junior

```

=====
Zone IV: R 11:59.18 13/05/2004 CARLY DRAKE, Grimsby DSS

```

Pre 2004: R 10:39.60 1991 KRISTIE OTTO, Lakeport

Name	Year	School	Finals	Points
1 LINDSAY MOORADIAN		WEST PARK	11:24.85R	6
2 LAUREL SISLER		CHURCHILL, S	12:28.17	4
3 MICHELLE HONSBERGER		DENIS MORRIS	12:31.37	3
4 REBECCA TALLMAN		GREAT LAKES	12:45.18	2
5 ALICIA BEYNON		SOUTH LINCOL	13:47.09	1
6 NAHIELLY FERNANDEZ		CHURCHILL, S	13:58.68	
-- ELLEN SCHOLL		CHURCHILL, S	DNF	

Women 80 Meter Hurdles Junior

Zone IV: R 15.30 13/05/2004 KATRINA PIETSCH, Holy Cross H

Pre 2004: R 12.00 1998 SARAH MILLER, St. Francis

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

Preliminaries

1 KATIE WERNER		GRIMSBY DSS	R 12.90Q	1
2 LAURA STOBBE		GRIMSBY DSS	R 13.91Q	2
3 JANINE YAROMICH		BLESSED TRIN	R 14.72Q	1
4 KYLA BELLISARIO		GRIMSBY DSS	15.51Q	2
5 ILYSE NORTON		LAURA SECORD	R 14.82q	1
6 TRISHA HOWARD		ST. FRANCIS	15.51q	1
7 JULIA HOWE		HOLY CROSS H	15.84q	2
8 JENNIFER HOWARD		ST. FRANCIS	15.98q	2
9 VICTORIA MARTINDALE		BEAMSVILLE D	16.39	1
10 HEATHER DOWD		LAURA SECORD	17.03	2
11 HEATHER STRUYK		SMITHVILLE D	17.67	2
12 CASSIE SMITH		GRIMSBY DSS	17.71	2
13 JOSCELYN DYKSTRA		BEAMSVILLE D	18.15	1

Women 80 Meter Hurdles Junior

Zone IV: R 15.30 13/05/2004 KATRINA PIETSCH, Holy Cross H

Pre 2004: R 12.00 1998 SARAH MILLER, St. Francis

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

Finals

1 KATIE WERNER		GRIMSBY DSS	12.85R	6
2 LAURA STOBBE		GRIMSBY DSS	14.13R	4
3 JANINE YAROMICH		BLESSED TRIN	14.86R	3
4 ILYSE NORTON		LAURA SECORD	15.12R	2
5 KYLA BELLISARIO		GRIMSBY DSS	15.33	1
6 TRISHA HOWARD		ST. FRANCIS	15.54	
7 JENNIFER HOWARD		ST. FRANCIS	15.61	
8 JULIA HOWE		HOLY CROSS H	15.72	

Women 300 Meter Hurdles Junior

=====					
Zone IV: R 48.11		13/05/2004	AMANDA MCMURTRIE, South Lincol		
Pre 2004: R 46.00		1998	KRISTY DEVRIES, Laura Secord Secondary		
Name	Year	School	Finals	H#	Points
=====					
1	KATIE WERNER	GRIMSBY DSS	49.28	2	6
2	ILYSE NORTON	LAURA SECORD	53.43	2	4
3	JANINE YAROMICH	BLESSED TRIN	54.14	2	3
4	CARLY ROGAL	BEAMSVILLE D	54.72	2	2
5	LAURA STOBBE	GRIMSBY DSS	55.30	2	1
6	VICTORIA MARTINDALE	BEAMSVILLE D	56.59	2	
7	ELISHA ROGAL	BEAMSVILLE D	56.80	2	
8	LIZ THOMAS	NIAGARA D	57.39	2	
--	JOSCELYN DYKSTRA	BEAMSVILLE D	DNS	1	

Women 4x100 Meter Relay Junior

=====					
Zone IV: R 55.87		13/05/2004	SOUTH LINCOLN H S, South Lincol		
Pre 2004: R 51.40		1978	J Comley, L Comley, A Comley, A McMurtrie		
School	Year	School	Finals	Points	
=====					
1	ST. FRANCIS S S 'A'		54.17R	6	
2	BEAMSVILLE D S S 'A'		54.81R	4	
3	WEST PARK S S 'A'		56.44	3	
	1) AMANDA SMITH	2) ALLEY PUHACH			
	3) ERIN BELLOWS	4) JESSIE RIVE			
4	LAURA SECORD S S 'A'		57.13	2	
	1) ILYSE NORTON	2) ALANA GORTZEN			
	3) KRISTA CAPELLA	4) HEATHER DOWD			
5	SMITHVILLE DISTRICT C H S 'A'		58.31	1	
	1) KATIE JORRITSMA	2) KATIE WIERENGA			
	3) ANNELIE BREUGEM	4) HEATHER STRUYK			
6	GRIMSBY D S S 'A'		58.63		
	1) CASSIE SMITH	2) LAURA STOBBE			
	3) BRENDA HENRY	4) KATIE WERNER			
7	EDEN HIGH SCHOOL 'A'		1:01.47		
	1) GRACE CERIMINARA	2) KIRSTEN JANSEN			
	3) DAYNA LEGGE	4) KAYLEY PREECE			
--	BLESSED TRINITY H S 'A'		DNS		
	1) KAYLA GAGNIER	2)			
	3) AGATHA WOJEIK	4) ALEDA EVANGELISTO			

Women High Jump Junior

=====					
Zone IV: R 1.42m		13/05/2004	KATRINA PIETSCH, Holy Cross H		
Pre 2004: R 1.70m		1992	WANITA DYKSTRA, Beacon Christian		

Name	Year School	Finals	Points
1 AMANDA BRUTON	ST. FRANCIS	1.47mR	6
2 KATIE WIERENGA	SMITHVILLE D	1.42mR	4
3 MEGAN PURDY	BEAMSVILLE D	J1.42mR	3
4 ALLEY PUHACH	WEST PARK	1.37m	2
5 AMANDA SMITH	WEST PARK	J1.37m	1
6 KATIE JORRITSMA	SMITHVILLE D	J1.37m	
7 ERIN BELLOWS	WEST PARK	J1.37m	
8 RACHEL FLYNN	DENIS MORRIS	1.32m	
9 SANDRA KURDZIEL	DENIS MORRIS	J1.32m	
10 AMY MITCHELL	LAURA SECORD	1.22m	

Women Pole Vault Midget / Junior

Zone IV: R 2.10m 13/05/2004 BRYANNA KELLY, Beamsville D

Name	Year School	Finals	Points
1 ELISHA ROGAL	BEAMSVILLE D	2.22mR	
1 LINDSAY MARTIN	BEAMSVILLE D	2.22mR	
1 BRYANNA KELLY	BEAMSVILLE D	2.22mR	

Women Long Jump Junior

Zone IV: R 4.62m 13/05/2004 BETHANY MOES, Eden High Sc

Pre 2004: R 5.05m 1967 SHIELA FLOWERS, Laura Secord Secondary

Name	Year School	Finals	Points
1 LAUREN OROSZ	BEAMSVILLE D	4.18m	6
2 ALANA GOERTZEN	LAURA SECORD	4.12m	4
3 TIFFANY SMITH	GREAT LAKES	3.85m	3
4 KATIE WIERENGA	SMITHVILLE D	3.84m	2
5 ERICA MOSSOP	BLESSED TRIN	3.73m	1
6 SANDRA KURDZIEL	DENIS MORRIS	3.39m	
7 KRISTA CATELLA	LAURA SECORD	3.29m	
8 JOELLE KUPSCH	CHURCHILL, S	3.02m	
9 BRITTANY BERGMAN	SMITHVILLE D	2.94m	
10 JENNI LEES	LAKEPORT SS	2.88m	
11 AMY MITCHELL	LAURA SECORD	2.67m	
12 BERRIT PAGE	DENIS MORRIS	2.33m	
-- LAURA COWAL	DENIS MORRIS	DNS	
-- ALICIA ARMSTRONG	NIAGARA D	DNS	

Women Triple Jump Junior

Zone IV: R 10.20m 13/05/2004 SHAWNA HANSON, Blessed Trin

Pre 2004: R 10.94m 1992 WANITA DYKSTRA, Beacon Christian

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

1	LAUREN OROSZ	BEAMSVILLE D	8.80m	6
2	LIZ THOMAS	NIAGARA D	8.44m	4
3	CARLY ROGAL	BEAMSVILLE D	8.30m	3
4	ELISHA ROGAL	BEAMSVILLE D	8.28m	2
5	JOURDAN BIRD	CHURCHILL, S	7.91m	1
6	GRACE CERIMINARA	EDEN HIGH SC	7.79m	
7	ERICA MOSSOP	BLESSED TRIN	7.75m	
8	BRANDI PAPINEAU	WEST PARK	7.58m	
9	KRISTA CAPELLA	LAURA SECORD	7.31m	
10	ELLEN SCHOLL	CHURCHILL, S	6.82m	
11	AMY MITCHELL	LAURA SECORD	6.55m	
12	ALEXANDRA FARROW	LAURA SECORD	5.29m	
--	ALICIA ARMSTRONG	NIAGARA D	DNS	

Women Shot Put Junior

Zone IV: R 9.25m 13/05/2004 KATHLEEN WILSON, Governor Sim				
Pre 2004: R 10.86m 1979 HOLLY QUIRING, Lakeport				
Name	Year	School	Finals	Points
1	JESSIE RIVE	WEST PARK	8.83m	6
2	AUBRIE SMITH	NIAGARA D	8.77m	4
3	JENNA LANSKY	GRIMSBY DSS	8.34m	3
4	HEATHER EYMAN	CHURCHILL, S	7.72m	2
5	KAILEY PREECE	EDEN HIGH SC	7.64m	1
6	RACHEL ANTONIO	ST. FRANCIS	7.09m	
7	BRITTANY MITCHELL	BLESSED TRIN	6.90m	
8	KAYLA WALSH	BLESSED TRIN	6.72m	
9	MICHELLE HONSBERGER	DENIS MORRIS	5.69m	
10	BERRIT PAGE	DENIS MORRIS	5.39m	
11	KAYLA LOGAN	GRIMSBY DSS	4.78m	
12	ANNELIE BREUGEM	SMITHVILLE D	3.85m	
--	CHANTALE ANDREE	SMITHVILLE D	DNS	

Women Discus Throw Junior

Zone IV: R 30.37m 13/05/2004 KATHLEEN WILSON, Governor Sim				
Pre 2004: R 35.54m 1979 NANCY MATHER, Grantham				
Name	Year	School	Finals	Points
1	DANA BEE	GRIMSBY DSS	28.20m	6
2	MAGGIE SCULL	GOVERNOR SIM	23.34m	4
3	KAILEY PREECE	EDEN HIGH SC	23.19m	3
4	HEATHER EYMAN	CHURCHILL, S	21.31m	2
5	BRITTANY MITCHELL	BLESSED TRIN	21.13m	1
6	AUBRIE SMITH	NIAGARA D	21.11m	
7	KAYLA WALSH	BLESSED TRIN	17.30m	

8	DAYNA LEGGE	EDEN HIGH SC	14.64m
9	BAILEY VANRAVENSWAAY	EDEN HIGH SC	11.05m
10	SIOBAHN MOELLER	LAKEPORT SS	9.27m
11	ANNELIE BREUGEM	SMITHVILLE D	6.67m
--	CHANTALE ANDREE	SMITHVILLE D	DNS

Women Javelin Throw Junior

```

=====
Zone IV: R 31.84m 13/05/2004 JENNIFER BAUER, St. Francis
Pre 2004: R 36.30m 2001 SARAH KISH, St. Francis
Name Year School Finals Points
=====
1 MAGGIE SCULL GOVERNOR SIM 33.05mR 6
2 HEATHER EYMAN CHURCHILL, S 26.74m 4
3 DANA BEE GRIMSBY DSS 26.25m 3
4 KRISTA CAPELLA LAURA SECORD 24.02m 2
5 CASSIE SMITH GRIMSBY DSS 23.57m 1
6 AUBRIE SMITH NIAGARA D 22.44m
7 LAUREN OROSZ BEAMSVILLE D 20.82m
8 LINDSAY MARTIN BEAMSVILLE D 17.21m
9 JENNA LANSKY GRIMSBY DSS 16.45m
10 RACHEL ANTONIO ST. FRANCIS 16.07m
11 BAILEY VANRAVENSWAAY EDEN HIGH SC 15.87m
12 DAYNA LEGGE EDEN HIGH SC 14.00m
13 ANNELIE BREUGEM SMITHVILLE D 11.55m
14 SIOBAHN MOELLER LAKEPORT SS 10.37m
-- BRITTANY MITCHELL BLESSED TRIN FOUL
=====

```

Women 100 Meter Dash Senior

```

=====
Zone IV: R 12.43 13/05/2004 STEPHANIE FORESTELL, Beamsville D
Pre 2004: R 12.50 1980 MARTHA MERRITT, Sir Winston Churchill
Pre 2004: R 12.50 1979 DONNA WOODWARD, Sir Winston Churchill
Name Year School Finals Points
=====
1 BETHANY MOES EDEN HIGH SC 13.24 6
2 STEPHANIE FORESTELL BEAMSVILLE D 13.43 4
3 DIANA AGULAR ST. FRANCIS 13.69 3
4 MARY ANN LEHMAN HOLY CROSS H 13.96 2
5 JENNI WIERENGA SMITHVILLE D 14.09 1
6 MEGHAN HOAR LAURA SECORD 14.32
7 LEAHAAN MACDONALD DENIS MORRIS 15.30
8 KATLIN TROMANHAUSR ST. FRANCIS 15.46
=====

```

Women 200 Meter Dash Senior

```

=====
Zone IV: R 27.14 13/05/2004 STEPHANIE FORESTELL, Beamsville D
Pre 2004: R 25.40 1991 NSENGA BANSFIELD, Niagara District
=====

```

Name	Year School	Finals	H#	Points
1 STEPHANIE FORESTELL	BEAMSVILLE D	27.40	2	6
2 ALISON MUIR	GRIMSBY DSS	27.80	2	4
3 DIANA AGULAR	ST. FRANCIS	28.09	2	3
4 SONYA VANGAMEREN	HERITAGE CHR	28.27	2	2
5 JENNI WIERENGA	SMITHVILLE D	28.52	2	1
6 MEGHAN HOAR	LAURA SECORD	29.00	2	
7 KARINA BAKKER	SMITHVILLE D	29.32	2	
8 KENDRA REEDS	ST. FRANCIS	30.00	1	
9 DELIA CAUGHLIN	HOLY CROSS H	31.44	2	
10 KATLIN TROMANHAUSR	ST. FRANCIS	32.35	1	
11 MICHELLE GROSSKURTH	DENIS MORRIS	32.69	1	
12 LISA FERRATO	DENIS MORRIS	33.80	1	
-- SHIRIN PILAKKA	DENIS MORRIS	DNF	1	

Women 400 Meter Dash Senior

Name	Year School	Finals	Points
Zone IV: R 1:00.10 13/05/2004 MEGAN STEWART, Governor Sim			
Pre 2004: R 57.50 1991 NSENGA BANSFIELD, Niagara District			
1 AMANDA MCMURTRIE	SOUTH LINCOL	1:03.87	6
2 MEGHAN HOAR	LAURA SECORD	1:07.84	4
3 ALISON MUIR	GRIMSBY DSS	1:08.75	3
4 SAMANTHA DILLMAN	HOLY CROSS H	1:11.25	2
5 STEPHANIE FORESTELL	BEAMSVILLE D	1:11.43	1
6 MICHELLE GROSSKURTH	DENIS MORRIS	1:20.94	
7 KORINNA BOWLER	GREAT LAKES	1:27.44	
-- SHIRIN PILAKKA	DENIS MORRIS	NT	

Women 800 Meter Run Senior

Name	Year School	Finals	Points
Zone IV: R 2:20.33 13/05/2004 MEGAN STEWART, Governor Sim			
Pre 2004: R 2:21.30 1990 KRISSY LOCKYER, Ridley College			
1 KAITLYN TALLMAN	GREAT LAKES	2:21.92	6
2 MEGAN STEWART	GOVERNOR SIM	2:31.13	4
3 AMANDA MCMURTRIE	SOUTH LINCOL	2:37.72	3
4 JESSICA SHANTZ	EDEN HIGH SC	2:41.19	2
5 CATHERINE SUKKAU	CHURCHILL, S	2:47.00	1
6 KRISTEN KIT	CHURCHILL, S	2:51.44	
7 SAMANTHA DILLMAN	HOLY CROSS H	2:59.38	
8 JULIA SISLER	CHURCHILL, S	3:04.77	
9 MICHELLE MOONEY	DENIS MORRIS	3:18.96	
-- LINDSAY CORMAN	LAKEPORT SS	DNS	
-- NICOLE REMIGIO	NIAGARA D	DNS	

Women 1500 Meter Run Senior

```

=====
Zone IV: R 5:05.60 13/05/2004 LAURA ECKER, Beamsville D
Pre 2004: R 4:53.40 2003 MONIKA GRABOWIECKA, Sir Winston Churchill
Name Year School Finals Points
=====
1 KAITLYN TALLMAN GREAT LAKES 4:59.37R 6
2 CATHERINE SUKKAU CHURCHILL, S 5:36.66 4
3 JESSICA SHANTZ EDEN HIGH SC 5:48.67 3
4 JULIA SISLER CHURCHILL, S 5:58.13 2
5 KRISTEN KIT CHURCHILL, S 6:00.94 1
6 AMY JOHNSON BEAMSVILLE D 6:11.36
7 MICHELLE MOONEY DENIS MORRIS 7:10.75
-- LINDSAY CORMAN LAKEPORT SS DNS
=====

```

Women 3000 Meter Run Senior

```

=====
Zone IV: R 11:30.26 13/05/2004 BARBRA PHELAN, Churchill, S
Pre 2004: R 10:48.30 1988 MARCI AITKEN, Denis Morris
Name Year School Finals Points
=====
1 KAITLYN TALLMAN GREAT LAKES 10:49.11R 6
2 CARLY DRAKE GRIMSBY DSS 11:18.13R 4
3 LAURA ECKER BEAMSVILLE D 11:58.07 3
4 CATHERINE SUKKAU CHURCHILL, S 12:17.50 2
5 JULIA SISLER CHURCHILL, S 13:22.11 1
6 AMY JOHNSON BEAMSVILLE D 14:00.00
7 KRISTEN KIT CHURCHILL, S 14:00.01
=====

```

Women 100 Meter Hurdles Senior

```

=====
Zone IV: R 15.35 13/05/2004 LINDSAY WILLIAMSON, Grimsby DSS
Pre 2004: R 15.53 2000 SARAH MILLER, St. Francis
Name Year School Prelims H#
=====

```

Preliminaries

```

1 KARINA BAKKER SMITHVILLE D 16.40Q 2
2 ALISON MUIR GRIMSBY DSS 18.01Q 1
3 KALEY STUART GRIMSBY DSS 18.13Q 1
4 DELIA CAUGHLIN HOLY CROSS H 19.02Q 2
5 KENDRA REEDS ST. FRANCIS 19.48q 1
6 NATALIE STONE EDEN HIGH SC 19.52q 2
7 ARLENE SINCLAIR LAKEPORT SS 20.36q 1
8 KATRINA PIETSCH HOLY CROSS H 20.70q 2
9 ROBYN HEYDER LAURA SECORD 21.16 1
10 TIANA DESROCHES ST. FRANCIS 22.25 1
-- MARA DI MAURIZIO ST. FRANCIS DNS 2
=====

```

Women 100 Meter Hurdles Senior

```

=====
Zone IV: R 15.35 13/05/2004 LINDSAY WILLIAMSON, Grimsby DSS
Pre 2004: R 15.53 2000 SARAH MILLER, St. Francis
Name Year School Finals Points
=====
Finals
1 KARINA BAKKER SMITHVILLE D 16.16 6
2 ALISON MUIR GRIMSBY DSS 18.07 4
3 KALEY STUART GRIMSBY DSS 18.28 3
4 NATALIE STONE EDEN HIGH SC 18.97 2
5 DELIA CAUGHLIN HOLY CROSS H 19.13 1
6 KENDRA REEDS ST. FRANCIS 19.77
7 ARLENE SINCLAIR LAKEPORT SS 20.12
8 KATRINA PIETSCH HOLY CROSS H 20.79

```

Women 400 Meter Hurdles Senior

```

=====
Zone IV: R 1:07.28 13/05/2004 LAURA ECKER, Beamsville D
Pre 2004: R 1:06.45 2000 KRISTY DEVRIES, Laura Secord Secondary
Name Year School Finals Points
=====
1 LAURA ECKER BEAMSVILLE D 1:10.26 6
2 AMANDA MCMURTRIE SOUTH LINCOL 1:13.22 4
3 MEGAN VANKEULEN GRIMSBY DSS 1:22.78 3
4 MICHELLE VANDERZALM HOLY CROSS H 1:29.90 2
-- ARLENE SINCLAIR LAKEPORT SS DNS

```

Women 4x100 Meter Relay Senior

```

=====
Zone IV: R 54.08 13/05/2004 LAURA SECORD S S, Laura Secord
A van Reenen, M Hoar, E Hanson, D Lovell
Pre 2004: R 51.60 1979 , Sir Winston Churchill
School Finals Points
=====
1 BLESSED TRINITY H S 'A' 56.36 6
1) SHAUNA HANSON 2) KAYLA KUTCHARUK
3) MEGAN HUTCHINSON 4) JANINE YAROMICH
2 GRIMSBY D S S 'A' 57.27 4
1) DANA SHAW 2) KALEY STUART
3) MEGAN VANKEULEN 4) ALLISON MUIR
3 SIR WINSTON CHURCHILL S S 'A' 57.33 3
1) OLA OLOLADE 2) JOELLE KUPSCH
3) SARAH KUPSCH 4) JENNA MARINO
4 SMITHVILLE DISTRICT C H S 'A' 58.40 2
1) KARINA BAKKER 2) JENNI WIERENGA
3) DEANNA ZANTINGH 4) LIZ KIKKERT

```

5	LAURA SECORD S S 'A'	58.97	1
	1) EMILY HANSON		
	2) MEGHAN HOAR		
	3) ROBYN HEYDER		
	4)		
6	ST. FRANCIS S S 'A'	59.29	
7	HOLY CROSS H S 'A'	59.52	
8	DENIS MORRIS H S 'A'	1:03.48	

Women High Jump Senior

=====				
Pre 2004: R 1.80m 1993		WANITA DYKSTRA, Beacon Christian		
Name	Year	School	Finals	Points
=====				
1	SAMANTHA MROZCEK	HOLY CROSS H	1.52m	6
2	KARINA BAKKER	SMITHVILLE D	1.47m	4
3	MICHELLE VANDERZALM	HOLY CROSS H	1.37m	3
4	DANIELLE MCKEEN	SOUTH LINCOL	J1.37m	2
5	KATRINA PIETSCH	HOLY CROSS H	J1.37m	1
6	DEANNA ZANTINGH	SMITHVILLE D	1.32m	

Women Pole Vault Senior

=====				
Zone IV: R 2.10m 13/05/2004		KRISTIN DAVOLI, Grimsby DSS		
Name	Year	School	Finals	Points
=====				
1	EMILY HANSON	LAURA SECORD	2.22mR	
1	KRISTIN DAVOLI	GRIMSBY DSS	2.22mR	

Women Long Jump Senior

=====				
Zone IV: R 4.47m 13/05/2004		LINDSEY NORRIS, Blessed Trin		
Pre 2004: R 5.38m 1993		WANITA DYKSTRA, Beacon Christian		
Name	Year	School	Finals	Points
=====				
1	SHAWNA HANSON	BLESSED TRIN	4.77mR	6
2	BETHANY MOES	EDEN HIGH SC	4.74mR	4
3	SONYA VANGAMEREN	HERITAGE CHR	4.62mR	3
4	EMILY HANSON	LAURA SECORD	4.46m	2
5	MARY ANN LEHMAN	HOLY CROSS H	4.31m	1
6	JENNI WIERENGA	SMITHVILLE D	4.27m	
7	MEAGAN HUTCHINSON	BLESSED TRIN	4.18m	
8	JENNA MARINO	CHURCHILL, S	3.96m	
9	KAYLA KUCHARUK	BLESSED TRIN	3.93m	
10	SAMANTHA MROZCEK	HOLY CROSS H	3.88m	
11	LIZ KIKKERT	SMITHVILLE D	3.79m	
12	LEAHAAN MACDONALD	DENIS MORRIS	3.49m	
13	PAM LUGG	LAKEPORT SS	3.41m	
14	DELIA CAUGHLIN	HOLY CROSS H	3.35m	
15	JULIE VANBERGEN	NIAGARA D	3.07m	

Women Triple Jump Senior

```

=====
Zone IV: R 10.51m 13/05/2004 LINDSAY WILLIAMSON, Grimsby DSS
Pre 2004: R 10.85m 1993 JODY MONRO, Governor Simcoe
Name Year School Finals Points
=====
1 SHAWNA HANSON BLESSED TRIN 10.55mR 6
2 SONYA VANGAMEREN HERITAGE CHR 9.76m 4
3 MARY ANN LEHMAN HOLY CROSS H 9.67m 3
4 EMILY HANSON LAURA SECORD 9.63m 2
5 SAMANTHA DILLMAN HOLY CROSS H 9.29m 1
6 JAMIE RYLANDS NIAGARA D 9.23m
7 JENNA MARINO CHURCHILL, S 8.65m
8 LIZ KIKKERT SMITHVILLE D 8.17m
9 PAM LUGG LAKEPORT SS 7.73m
10 SARAH KUPSCH CHURCHILL, S 7.43m
11 DANIELLE MCKEEN SOUTH LINCOL 7.13m
12 JULIE VANBERGEN NIAGARA D 7.06m
=====

```

Women Shot Put Senior

```

=====
Zone IV: R 9.19m 13/05/2004 AMELIA RUPSYS, Grimsby DSS
Pre 2004: R 12.00m 1982 LAURANN COL, Merritton High
Name Year School Finals Points
=====
1 AMELIA ROUSE GRIMSBY DSS 9.69mR 6
2 KATIE WILSON GOVERNOR SIM 8.78m 4
3 ANGELA WIERSMA GRIMSBY DSS 8.20m 3
4 MEGAN VANKEULEN GRIMSBY DSS 7.63m 2
5 JORDYNN PAULS CHURCHILL, S 7.52m 1
6 ASHLEY EIKELENBOOM SOUTH LINCOL 7.11m
7 LEAHAAN MACDONALD DENIS MORRIS 7.00m
8 SARA PICKERSGILL GRIMSBY DSS 6.64m
9 DEANNA ZANTINGH SMITHVILLE D 6.23m
10 MARA DI MAURIZIO ST. FRANCIS 5.86m
11 KATE MUNROE SOUTH LINCOL 5.08m
-- EMMA DICK NIAGARA D DNS
-- CHRISTALYNN MCCOLLUM SOUTH LINCOL DNS
=====

```

Women Discus Throw Senior

```

=====
Zone IV: R 30.56m 13/05/2004 MARY CHESNEY, Grimsby DSS
Pre 2004: R 39.30m 2000 ANGELA MACHAJ, Denis Morris
Name Year School Finals Points
=====
1 KATIE WILSON GOVERNOR SIM 27.64m 6
2 ANGELA WIERSMA GRIMSBY DSS 22.77m 4
=====

```

3	LINDSAY DRUERY	SOUTH LINCOL	22.40m	3
4	JORDYNN PAULS	CHURCHILL, S	20.20m	2
5	SARAH KUPSCH	CHURCHILL, S	19.53m	1
6	DEANNA ZANTINGH	SMITHVILLE D	16.64m	
7	KATE MUNROE	SOUTH LINCOL	13.37m	
--	KATELYN GIESBRECHT	EDEN HIGH SC	DNS	
--	STEPHANIE RYLANDS	NIAGARA D	DNS	
--	EMMA DICK	NIAGARA D	DNS	

Women Javelin Throw Senior

```

=====
Zone IV: R 27.01m 13/05/2004 MEGAN MACPHERESON, Niagara D
Pre 2004: R 37.98m 2003 SARAH KISH, St. Francis
Name Year School Finals Points
=====
1 JENNIFER BAUER ST. FRANCIS 30.23mR 6
2 KATELYN GIESBRECHT EDEN HIGH SC 27.32mR 4
3 JORDYNN PAULS CHURCHILL, S 26.33m 3
4 MEGAN VANKEULEN GRIMSBY DSS 25.69m 2
5 LARISSA SCHUDLO ST. FRANCIS 25.03m 1
6 STEPHANIE RYLANDS NIAGARA D 21.45m
7 ANGELA WIERSMA GRIMSBY DSS 20.42m
8 SARA PICKERSGILL GRIMSBY DSS 16.89m
9 SARAH KUPSCH CHURCHILL, S 16.83m
10 LINDSAY DRUERY SOUTH LINCOL 16.72m
-- CHRISTALYNN MCCOLLUM SOUTH LINCOL FOUL
-- ASHLEY EIKELENBOOM SOUTH LINCOL FOUL
=====

```

Women 1500 Meter Steeplechase Open

```

=====
Zone IV: R 5:32.34 13/05/2004 MIRANDA GALLOWAY, Governor Sim
Name Year School Finals Points
=====
1 LAURA ECKER BEAMSVILLE D 5:56.00 6
2 CARLY DRAKE GRIMSBY DSS 6:07.00 4
3 LEANNE STUIVE EDEN HIGH SC 6:37.00 3
4 AMY JOHNSON BEAMSVILLE D 6:38.00 2
-- KATELYN GIESBRECHT EDEN HIGH SC DNF
=====

```

Women 4x400 Meter Relay Open

```

=====
Zone IV: R 4:22.57 13/05/2004 GRIMSBY D S S, Grimsby DSS
L Capron, C Drake, K Slater, L Williamson
Pre 2004: R 4:10.00 1980 , Grimsby Secondary
School Finals Points
=====
1 GRIMSBY D S S 'A' 4:19.39R 6
1) KELSIE SLATER 2) HEATHER KURPE
=====

```

3) KATIE WERNER	4) ALANAH DRAKE		
2 LAURA SECORD S S 'A'		4:25.58	4
1) LEIGH VEERMAN	2) EMILY HANSON		
3) ASHLEIGH FRIESEN	4) SARAH BORIGHT		
3 DENIS MORRIS H S 'A'		4:54.84	3

Men 100 Meter Dash Midget

```

=====
Zone IV: R 12.15 13/05/2004 TANNER GOODE, St. Francis
Pre 2004: R 11.40 1970 TED DIDMUS, West Park
Name Year School Prelims H#
=====

```

Preliminaries

1 SEAN FAST	EDEN HIGH SC	12.29Q	1
2 BEN DICKSON	CHURCHILL, S	12.37Q	2
3 JONATHAN DEMETRIADES	CHURCHILL, S	12.39Q	2
4 OSCAR ANDERSON-SHORT	NIAGARA D	12.50Q	1
5 TOM MINARD	GRIMSBY DSS	12.55q	1
6 ZAC BARLOW	CHURCHILL, S	12.61q	1
7 CHRIS MARSHALL	SOUTH LINCOL	12.63q	1
8 CALEB SCOTT	DENIS MORRIS	12.79q	2
9 DAVID GEREMIA	ST. FRANCIS	12.91	2
10 JORDAN HUIZENGA	HERITAGE CHR	13.15	2
11 GIANMARCO RAIMONDO	ST. FRANCIS	13.57	1
12 DEAN NISSON	LAKEPORT SS	13.75	1
13 CASEY NEWHOUSE	LAKEPORT SS	13.96	2
14 DENIS GUILBAULT	ST. FRANCIS	14.08	2
15 TUAN TRAN	CHURCHILL, S	14.37	2
-- KYLE VANDERHEIDE	SMITHVILLE D	DNS	1

Men 100 Meter Dash Midget

```

=====
Zone IV: R 12.15 13/05/2004 TANNER GOODE, St. Francis
Pre 2004: R 11.40 1970 TED DIDMUS, West Park
Name Year School Finals Points
=====

```

Finals

1 BEN DICKSON	CHURCHILL, S	12.39	6
2 JONATHAN DEMETRIADES	CHURCHILL, S	12.43	4
3 SEAN FAST	EDEN HIGH SC	12.45	3
4 OSCAR ANDERSON-SHORT	NIAGARA D	12.61	2
5 TOM MINARD	GRIMSBY DSS	12.73	1
6 CHRIS MARSHALL	SOUTH LINCOL	12.85	
7 ZAC BARLOW	CHURCHILL, S	12.86	
8 CALEB SCOTT	DENIS MORRIS	12.98	

Men 200 Meter Dash Midget

Zone IV: R 25.62 13/05/2004 CODY BOYD, Churchill, S
 Pre 2004: R 24.00 1979 RICK WILSON, Grantham

Name	Year	School	Finals	H#	Points
1	JORDAN	GLANCIE	LAURA SECORD	24.63R	2 6
2	JONATHAN	DEMETRIADES	CHURCHILL, S	25.50R	2 4
3	TOM	MINARD	GRIMSBY DSS	25.62R	2 3
4	MATTHEW	MCDONALD	ST. FRANCIS	25.72	2 2
5	JORDAN	HUIZENGA	HERITAGE CHR	26.47	1 1
6	MACKENZIE	BENARD	LAURA SECORD	26.52	2
7	DAVID	GEREMIA	ST. FRANCIS	26.62	2
8	CALEB	SCOTT	DENIS MORRIS	27.18	1
9	ZAC	BARLOW	CHURCHILL, S	28.00	1
10	BHARAT	BHAGA	GRIMSBY DSS	28.22	1
11	BRAD	TANNER	LAURA SECORD	28.23	2
12	LUCAS	DAROCHE	BLESSED TRIN	30.16	1
13	PABLO	RODAS	HOLY CROSS H	30.74	1
14	CASEY	NEWHOUSE	LAKEPORT SS	32.18	1
--	DEAN	NISSON	LAKEPORT SS	DNS	1
--	TAYLOR	BOYLE	CHURCHILL, S	DNS	2

Men 400 Meter Dash Midget

Zone IV: R 55.48 13/05/2004 JORDAN HECKMAN, Churchill, S
 Pre 2004: R 53.90 1982 TODD ANDERSON, Lakeport

Name	Year	School	Finals	H#	Points
1	LEE	MORI	DENIS MORRIS	57.12	2 6
2	JOHNATHAN	STORM	BEAMSVILLE D	59.53	2 4
3	MATTHEW	MCDONALD	ST. FRANCIS	1:00.01	1 3
4	JOHN	WILLIAMSON	DENIS MORRIS	1:00.96	2 2
5	JOE	BRADY	ST. CATHARIN	1:01.20	2 1
6	BRYAN	ROSE	LAURA SECORD	1:01.46	2
7	BRAD	TANNER	LAURA SECORD	1:01.57	2
8	OLIVER	BUSH	CHURCHILL, S	1:01.75	2
9	MARTIN	LABANAWICZ	HOLY CROSS H	1:01.91	2
10	MICHAEL	KIT	CHURCHILL, S	1:08.72	1
11	PABLO	RODAS	HOLY CROSS H	1:12.81	1
--	TREVOR	HICKS	LAKEPORT SS	DNS	1

Men 800 Meter Run Midget

Zone IV: R 2:08.51 13/05/2004 DUSTIN DEMOE, Denis Morris
 Pre 2004: R 2:08.20 1994 NEIL O'REILLY, Sir Winston Churchill

Name	Year	School	Finals	H#	Points
1	TAYLOR	SIMPSON	LAURA SECORD	2:17.54	2 6
2	MACKENZIE	BENARD	LAURA SECORD	2:19.73	2 4

3	LEE MORI	DENIS MORRIS	2:23.50	2	3
4	CODY GODFREY	BEAMSVILLE D	2:23.81	2	2
5	AARON LUKASIK	ST. FRANCIS	2:24.28	2	1
6	COREY CHEROPITA	WEST PARK	2:25.28	2	
7	TOM CLARK	GRIMSBY DSS	2:30.83	2	
8	JOHN WILLIAMSON	DENIS MORRIS	2:32.13	1	
9	MATT FRIESEN	EDEN HIGH SC	2:35.87	2	
10	MICHAEL KIT	CHURCHILL, S	2:40.39	1	
11	OLIVER BUSH	CHURCHILL, S	2:41.56	1	
12	BRAD TANNER	LAURA SECORD	2:43.05	1	
--	JOE BRADY	ST. CATHARIN	DNS	1	
--	TIM JONES	LAURA SECORD	DNS	1	

Men 1500 Meter Run Midget

=====
 Zone IV: R 4:20.74 13/05/2004 KEVIN MOORE, Churchill, S

Pre 2004: R 4:17.10 1981 MIKE SMITH, Lakeport

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

1	MACKENZIE BENARD	LAURA SECORD	4:50.74	6
2	CODY GODFREY	BEAMSVILLE D	4:52.39	4
3	TOM CLARK	GRIMSBY DSS	5:04.63	3
4	MATT FRIESEN	EDEN HIGH SC	5:08.90	2
5	AARON LUKASIK	ST. FRANCIS	5:11.25	1
6	SHAUN WHITEHEAD	GREAT LAKES	5:11.68	
7	JESSE DEKKER	WEST PARK	5:26.75	
8	NATHAN ALBLAS	GRIMSBY DSS	5:52.51	
9	DYLAN BRAUN	DENIS MORRIS	5:55.43	

Men 3000 Meter Run Midget

=====
 Zone IV: R 10:11.18 13/05/2004 DEREK MOORE, Churchill, S

Pre 2004: R 9:21.20 1981 MIKE SMITH, Lakeport

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

1	TAYLOR SIMPSON	LAURA SECORD	10:36.48	6
2	CODY GODFREY	BEAMSVILLE D	10:52.34	4
3	MATT FRIESEN	EDEN HIGH SC	10:58.52	3
4	SHAUN WHITEHEAD	GREAT LAKES	11:53.24	2
5	NATHAN ALBLAS	GRIMSBY DSS	12:35.65	1
6	LUCAS DAROCHE	BLESSED TRIN	12:55.24	

Men 100 Meter Hurdles Midget

=====
 Zone IV: R 17.68 13/05/2004 SPENCER BURNISTON, Blessed Trin

Pre 2004: R 14.50 2001 TAI SPENCER-YAP, Laura Secord Secondary

Pre 2004: R 14.50 1975 LEON ARENDSE, Laura Secord Secondary

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

1	JORDAN GLANCIE	LAURA SECORD	16.21R	6
2	VICTOR BIBBY	GRIMSBY DSS	19.13	4

Men 300 Meter Hurdles Midget

Zone IV: R 46.92 13/05/2004 KYLE HERSICS, Grimsby DSS				
Pre 2004: R 42.49 2001 TAI SPENCER-YAP, Laura Secord Secondary				
Name	Year	School	Finals	Points
1	JORDAN GLANCIE	LAURA SECORD	43.95R	6
2	JOHNATHAN STORM	BEAMSVILLE D	48.89	4
3	VICTOR BIBBY	GRIMSBY DSS	49.59	3

Men 4x100 Meter Relay Midget

Zone IV: R 48.88 13/05/2004 ST. FRANCIS S S, St. Francis				
M Mckenna, T Goode, J Amadio, A Meyer				
Pre 2004: R 47.60 1979 , Denis Morris				
School	Year	School	Finals	Points
1	LAURA SECORD S S 'A'		51.74	6
	1) BRAD TANNER	2) MACKENZIE BENARD		
	3) BRYAN ROSE	4) TAYLOR SIMPSON		
2	ST. FRANCIS S S 'A'		52.50	4
3	DENIS MORRIS H S 'A'		52.77	3
4	GRIMSBY D S S 'A'		55.65	2
	1) BRENT WILLIAMS	2) TOM MINARD		
	3) VICTOR BIBBY	4) NATHAN ALBLAS		
5	SIR WINSTON CHURCHILL S S 'A'		56.00	1
	1) ZAC BARLOW	2) MICHAEL KIT		
	3) OLIVER BUSH	4) BEN DICKSON		
--	LAKEPORT S S 'A'		DNS	
	1) DEAN NISSON	2) CASEY NEWHOUSE		
	3) TREVOR HICKS	4) JEFF VONGPHAKDY		

Men High Jump Midget

Zone IV: R 1.72m 13/05/2004 NICK GLOVER, Beamsville D				
Pre 2004: R 1.87m 1995 MIKE PONIKVAR, Denis Morris				
Name	Year	School	Finals	Points
1	TAYLOR BOYLE	CHURCHILL, S	1.67m	6
2	BRYAN ROSE	LAURA SECORD	1.62m	4
3	JOHN WILLIAMSON	DENIS MORRIS	J1.62m	3
4	JESSE DEKKER	WEST PARK	1.57m	2
5	MARTIN LABANAWICZ	HOLY CROSS H	J1.57m	1
6	CHRIS MARSHALL	SOUTH LINCOL	1.52m	

7	JEANMARC GERONIMO	ST. FRANCIS	J1.52m
8	BRENT WILLIAMS	GRIMSBY DSS	J1.52m
9	MITCHEL MACPHERSON	ST. FRANCIS	J1.52m
10	COREY CHEROPITA	WEST PARK	1.42m
10	LEE MORI	DENIS MORRIS	1.42m
12	NATHAN ALBLAS	GRIMSBY DSS	J1.42m
12	MATTHEW VAN	LAURA SECORD	J1.42m
--	RYAN WEBB	WEST PARK	DNS
--	RAUL ROJAS	HOLY CROSS H	DNS

Men Pole Vault Midget

```

=====
Pre 2004: R 3.26m 1986 MARK WIKABRADO, West Park
Name Year School Finals Points
=====
1 BRYAN ROSE LAURA SECORD 2.44m
=====

```

Men Long Jump Midget

```

=====
Zone IV: R 5.45m 13/05/2004 THOMAS GLASBERGEN, Heritage Chr
Pre 2004: R 6.20m 1982 GREG BRISKIN, Lakeport
Name Year School Finals Points
=====
1 BEN DICKSON CHURCHILL, S 5.09m 6
2 CHRIS MARSHALL SOUTH LINCOL 4.99m 4
3 OSCAR ANDERSON-SHORT NIAGARA D J4.99m 3
4 JEANMARC GERONIMO ST. FRANCIS 4.84m 2
5 TOM CLARK GRIMSBY DSS J4.84m 1
6 JEFF VONGPHAKDY LAKEPORT SS J4.84m
7 BRENT WILLIAMS GRIMSBY DSS 4.67m
8 JOE BRADY ST. CATHARIN 4.59m
9 MARTIN LABANAWICZ HOLY CROSS H 4.33m
10 TAYLOR BOYLE CHURCHILL, S 4.27m
11 SUNG SOHN DENIS MORRIS 4.26m
12 TUAN TRAN CHURCHILL, S 3.93m
13 MATTHEW VAN LAURA SECORD 3.50m
14 TAYLOR SIMPSON LAURA SECORD 3.46m
-- RAUL ROJAS HOLY CROSS H DNS
=====

```

Men Triple Jump Midget

```

=====
Zone IV: R 11.51m 13/05/2004 THOMAS GLASBERGEN, Heritage Chr
Pre 2004: R 12.73m 1984 ANDY RYMSHA, Governor Simcoe
Name Year School Finals Points
=====
1 BEN DICKSON CHURCHILL, S 11.15m 6
2 COREY CHEROPITA WEST PARK 10.74m 4
3 OSCAR ANDERSON-SHORT NIAGARA D 10.73m 3
=====

```

4	JEFF VONGPHAKDY	LAKEPORT SS	10.69m	2
5	BRENT WILLIAMS	GRIMSBY DSS	10.50m	1
6	JESSE DEKKER	WEST PARK	10.04m	
7	ADAM SHEWCHUK	WEST PARK	9.82m	
8	MATTHEW VAN	LAURA SECORD	9.39m	
9	TUAN TRAN	CHURCHILL, S	9.14m	
10	MITCHEL MACPHERSON	ST. FRANCIS	8.58m	
11	WES KOVACH	GRIMSBY DSS	8.27m	
--	KODI HOLLINGSWORTH	LAKEPORT SS	DNS	

Men Shot Put Midget

```
=====
```

Zone IV: R 13.74m 13/05/2004 JOSH MOES, Heritage Chr
Pre 2004: R 14.88m 1981 JOHN WILLMS, Eden High School

Name	Year	School	Finals	Points
1	ROB FADER	BLESSED TRIN	11.60m	6
2	CAMERON GOERTZEN	NIAGARA D	11.22m	4
3	ROBERT ETHERINGTON	CHURCHILL, S	11.05m	3
4	JOSH HIPPERSON	DENIS MORRIS	10.97m	2
5	BLAKE KIERLING	ST. FRANCIS	9.80m	1
6	KEVIN WASSILL	CHURCHILL, S	9.69m	
7	TIM JONES	LAURA SECORD	9.30m	
8	BOBBY VANDERZALM	ST. FRANCIS	8.98m	
9	SHAWN NOAMAN	WEST PARK	7.83m	

Men Discus Throw Midget

```
=====
```

Zone IV: R 37.08m 13/05/2004 JOSH MOES, Heritage Chr
Pre 2004: R 49.92m 2001 JOHNNIE AHLSTEDT, Laura Secord Secondary

Name	Year	School	Finals	Points
1	ROB FADER	BLESSED TRIN	31.18m	6
2	ROBERT ETHERINGTON	CHURCHILL, S	29.55m	4
3	KEVIN WASSILL	CHURCHILL, S	27.77m	3
4	CAMERON GOERTZEN	NIAGARA D	25.48m	2

Men Javelin Throw Midget

```
=====
```

Zone IV: R 40.15m 13/05/2004 CAM KRAJCIK, Grimsby DSS
Pre 2004: R 49.32m 2003 SHAWN BENCH, Laura Secord Secondary

Name	Year	School	Finals	Points
1	BLAKE KIERLING	ST. FRANCIS	39.68m	6
2	BOBBY VANDERZALM	ST. FRANCIS	38.87m	4
3	ROB FADER	BLESSED TRIN	35.60m	3
4	TIM JONES	LAURA SECORD	35.19m	2
5	GIANMARCO RAIMONDO	ST. FRANCIS	29.88m	1

6	CAMERON GOERTZEN	NIAGARA D	J29.88m
7	KIERAN MONTALBAN	ST. FRANCIS	29.42m
8	ROBERT ETHERINGTON	CHURCHILL, S	28.68m

Men 100 Meter Dash Junior

=====
 Zone IV: R 11.90 13/05/2004 JERIMY HIPPERSON, Denis Morris
 Pre 2004: R 11.04 2003 DIRK HOFMANN, S.W.C.

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

=====

Preliminaries

1	CODY BOYD	CHURCHILL, S	R 11.65Q	1
2	TANNER GOODE	ST. FRANCIS	R 11.73Q	2
3	RICH LITTLE	GOVERNOR SIM	11.97Q	2
4	ANDREW GAZZELLONE	DENIS MORRIS	12.24Q	1
5	KAMIL SIUDOWSKI	DENIS MORRIS	12.25q	1
6	TOM GLASBERGEN	HERITAGE CHR	12.27q	1
7	ANDREW MYER	ST. FRANCIS	12.30q	2
8	JOHN CARRIGAN	BEAMSVILLE D	12.33q	1
9	MATT EDMONDS	ST. CATHARIN	12.55	2
10	MIKE BELL	BLESSED TRIN	12.56	2
11	CAM MICHAUD	GRIMSBY DSS	12.58	2
12	DAVID RYPSTRA	SMITHVILLE D	12.59	1
13	MARK FABIANO	DENIS MORRIS	12.79	1
14	TRAVIS LEES	NIAGARA D	13.07	1
14	JONATHAN WILLEMS	BLESSED TRIN	13.07	2
16	CAMERON VIGNEUX	ST. FRANCIS	13.14	2

Men 100 Meter Dash Junior

=====
 Zone IV: R 11.90 13/05/2004 JERIMY HIPPERSON, Denis Morris
 Pre 2004: R 11.04 2003 DIRK HOFMANN, S.W.C.

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

=====

Finals

1	TANNER GOODE	ST. FRANCIS	11.43R	6
2	CODY BOYD	CHURCHILL, S	11.54R	4
3	RICH LITTLE	GOVERNOR SIM	11.79R	3
4	ANDREW MYER	ST. FRANCIS	12.11	2
5	KAMIL SIUDOWSKI	DENIS MORRIS	12.19	1
6	TOM GLASBERGEN	HERITAGE CHR	J12.19	
7	ANDREW GAZZELLONE	DENIS MORRIS	12.24	
--	JOHN CARRIGAN	BEAMSVILLE D	DNS	

Men 200 Meter Dash Junior

=====
 Zone IV: R 24.87 13/05/2004 STEPHEN DEMETRIADES, Churchill, S
 Pre 2004: R 23.00 1972 VIC REMPEL, Niagara District

Name	Year School	Finals	H#	Points
1 TANNER GOODE	ST. FRANCIS	23.71R	2	6
2 CODY BOYD	CHURCHILL, S	23.82R	2	4
3 DEREK BEATTIE	GRIMSBY DSS	24.50R	2	3
4 RICH LITTLE	GOVERNOR SIM	24.76R	2	2
5 SPENCER BURNSTON	BLESSED TRIN	25.48	1	1
6 JOHN KERIGAN	BEAMSVILLE D	25.49	2	
7 MATT DART	HOLY CROSS H	25.73	1	
8 ANDREW GAZZELLONE	DENIS MORRIS	25.76	2	
9 ANDREW MYER	ST. FRANCIS	25.95	2	
10 DAVID RYPSTRA	SMITHVILLE D	25.96	1	
11 MIKE BELL	BLESSED TRIN	26.29	2	
12 CONNER GRAHAM	ST. FRANCIS	26.47	1	
13 JONATHAN WILLEMS	BLESSED TRIN	27.09	1	
14 MIKE MCGOWAN	HOLY CROSS H	27.36	1	
15 AARON KIRN	BEAMSVILLE D	28.03	1	
-- JAMES WEBB	NIAGARA D	DNS	1	

Men 400 Meter Dash Junior

Name	Year School	Finals	H#	Points
Zone IV: R 55.35 13/05/2004 MATTHEW BUTTERS, Denis Morris				
Pre 2004: R 50.90 1986 BOB LYONS, Ridley College				
1 DUSTIN DEMOE	DENIS MORRIS	54.17R	2	6
2 JORDAN HECKMAN	CHURCHILL, S	57.25	2	4
3 ANTHONY HENDERSON	BLESSED TRIN	59.15	2	3
4 JORGE BARAHONA	DENIS MORRIS	59.65	2	2
5 JEFF AMADIO	ST. FRANCIS	1:00.21	2	1
6 DREW BAERG	BEAMSVILLE D	1:01.01	2	
7 KALLAHAN PARK	GRIMSBY DSS	1:03.00	1	
8 MIKE MCGOWAN	HOLY CROSS H	1:05.41	1	
9 SCOTT CHERRIE	BEAMSVILLE D	1:08.02	2	
-- JAMES WEBB	NIAGARA D	DNS	1	

Men 800 Meter Run Junior

Name	Year School	Finals	H#	Points
Zone IV: R 2:02.43 13/05/2004 MATTHEW BUTTERS, Denis Morris				
Pre 2004: R 1:58.69 1997 JEFF MALLYSH, Holy Cross				
1 JAMES PAUL	CHURCHILL, S	2:08.24	2	6
2 KEVIN MOORE	CHURCHILL, S	2:08.37	2	4
3 DEREK MOORE	CHURCHILL, S	2:08.46	2	3
4 SPENCER PRUDHOMME	WEST PARK	2:08.77	2	2
5 DUSTIN DEMOE	DENIS MORRIS	2:14.18	1	1
6 JORDAN HECKMAN	CHURCHILL, S	2:14.47	2	

7	JESSE HALS	BLESSED TRIN	2:18.26	2
8	JEFF DILL	EDEN HIGH SC	2:18.39	2
9	TERENCE ATTEMA	SMITHVILLE D	2:19.83	2
10	JORGE BARAHONA	DENIS MORRIS	2:22.98	1
11	MIKE BELL	BLESSED TRIN	2:33.11	1
12	ZACK CANO	BLESSED TRIN	2:43.89	1
--	CAMERON DIPIETRO	ST. FRANCIS	DNS	1
--	KALLAHAN PARK	GRIMSBY DSS	DNS	1
--	SCOTT CHERRIE	BEAMSVILLE D	DNS	1
--	BRAD COMFORT	SOUTH LINCOL	DNS	1

Men 1500 Meter Run Junior

```
=====
```

Zone IV: R 5:01.00 13/05/2004 MATTHEW BUTTERS, Denis Morris
Pre 2004: R 4:06.24 2002 JEFF SCULL, Beamsville Secondary

Name	Year	School	Finals	Points
1	KEVIN MOORE	CHURCHILL, S	4:24.41R	6
2	DEREK MOORE	CHURCHILL, S	4:25.35R	4
3	JAMES PAUL	CHURCHILL, S	4:25.45R	3
4	SPENCER PRUDHOMME	WEST PARK	4:25.70R	2
5	BLAINE STEVENSON	CHURCHILL, S	4:33.95R	1
6	JEFF DILL	EDEN HIGH SC	4:41.05R	
7	ANTHONY HENDERSON	BLESSED TRIN	4:51.99R	
8	TERENCE ATTEMA	SMITHVILLE D	4:54.76R	
9	PAUL WOODS	ST. FRANCIS	5:09.37	
10	JAS MOGFORD	GREAT LAKES	5:10.36	
11	KALLAHAN PARK	GRIMSBY DSS	5:16.64	
12	KEVIN WIERENGA	SMITHVILLE D	5:30.30	
13	ZACK CANO	BLESSED TRIN	5:33.72	
--	ERIC CHEMERIKA	BLESSED TRIN	DNF	
--	CORY ANELLO	BEAMSVILLE D	DNS	

Men 3000 Meter Run Junior

```
=====
```

Zone IV: R 10:06.41 13/05/2004 MATTHEW MAHLER, Denis Morris
Pre 2004: R 9:04.70 1983 MIKE SMITH, Lakeport

Name	Year	School	Finals	Points
1	DEREK MOORE	CHURCHILL, S	10:00.03R	6
2	JAMES PAUL	CHURCHILL, S	10:01.16R	4
3	BLAINE STEVENSON	CHURCHILL, S	10:01.18R	3
4	KEVIN MOORE	CHURCHILL, S	10:01.20R	2
5	TERENCE ATTEMA	SMITHVILLE D	10:22.99	1
6	PAUL WOODS	ST. FRANCIS	11:13.01	
7	JAS MOGFORD	GREAT LAKES	11:14.94	
8	KEVIN WIERENGA	SMITHVILLE D	11:36.53	
9	JASON ELDER	ST. CATHARIN	11:39.13	

10	NATHAN LANSDELL	GREAT LAKES	11:48.84
11	ZACK CANO	BLESSED TRIN	11:53.02
12	DANIEL HEERSINK	SMITHVILLE D	13:00.98
--	ERIC CHEMERIKA	BLESSED TRIN	DNS
--	ANTHONY HENDERSON	BLESSED TRIN	DNS

Men 100 Meter Hurdles Junior

```

=====
Zone IV: R 16.21 13/05/2004 STEPHEN MICHENER, Beamsville D
Pre 2004: R 14.67 2003 TAI SPENCER-YAP, Laura Secord
Name Year School Finals Points
=====
1 SPENCER BURNSTON BLESSED TRIN 15.69R 6
2 JOHN CARRIGAN BEAMSVILLE D 16.01R 4
3 JEFF AMADIO ST. FRANCIS 17.55 3
-- JOSH NEAL EDEN HIGH SC DQ

```

Men 300 Meter Hurdles Junior

```

=====
Zone IV: R 44.00 13/05/2004 TYLER ROUSE, Grimsby DSS
Pre 2004: R 42.50 2003 ROB PETERS, Grimsby
Pre 2004: R 42.50 1994 JIM CORUPE, Denis Morris
Pre 2004: R 42.50 1991 DAVE CHUCHMAN, Sir Winston Churchill
Name Year School Finals Points
=====
1 KYLE JESS-BANNON BEAMSVILLE D 45.82 6
2 AARON KIRN BEAMSVILLE D 48.09 4
3 JOSH NEAL EDEN HIGH SC 49.59 3
4 CAMERON DIPIETRO ST. FRANCIS 51.42 2
5 WES PHELPS GRIMSBY DSS 57.02 1

```

Men 4x100 Meter Relay Junior

```

=====
Zone IV: R 47.59 13/05/2004 BEAMSVILLE D S S, Beamsville D
S Michener, B Maitland, C Lemieux, R Phipps
Pre 2004: R 45.90 1980 , Grantham
School Finals Points
=====
1 ST. FRANCIS S S 'A' 49.04 6
2 DENIS MORRIS H S 'A' 49.59 4
3 GRIMSBY D S S 'A' 49.78 3
1) WES PHELPS 2) DEREK BEATTIE
3) 4) CAM MICHAUD
4 BLESSED TRINITY H S 'A' 50.19 2
1) JOHN WILLIAMS 2) JESSE HALLS
3) SPENCER BURNISTON 4) MIKE BELL
5 BEAMSVILLE D S S 'A' 50.69 1
6 LAURA SECORD S S 'A' 53.45

```

1) SHANE COOPER
3) ISHAC MUSAH

2) SEAN MARTINS
4) ROB PICKERING

Men High Jump Junior

=====
Zone IV: R 1.88m 13/05/2004 JAMES BRODHAGEN, Thorold SS-T

Pre 2004: R 2.11m 1997 MIKE PONIKVAR, Denis Morris

Name Year School Finals Points

=====
1 NICK GLOVER BEAMSVILLE D 1.87m 6
2 STEVE PRINS EDEN HIGH SC 1.72m 4
3 CAM MICHAUD GRIMSBY DSS J1.72m 3
4 JOHN BALD BLESSED TRIN 1.67m 2
5 DEREK BEATTIE GRIMSBY DSS 1.62m 1
6 ISHAC MUSAH LAURA SECORD J1.62m
7 PATRICK SUMMERS THOROLD SS-T 1.57m
7 KAMIL SIUDOWSKI DENIS MORRIS 1.57m
9 SCOTT CHERRIE BEAMSVILLE D 1.52m
10 PHIL WILLIAMSON THOROLD SS-T J1.52m
10 TRAVIS LEES NIAGARA D J1.52m
12 PAT DESHENES BLESSED TRIN 1.47m
-- JUSTIN LAUTENBACH WEST PARK FAIL
-- JOSH NEAL EDEN HIGH SC FAIL
-- KORY LAYFIELD WEST PARK FAIL
-- CONOR KEENAN BLESSED TRIN DNS

Men Pole Vault Junior

=====
Pre 2004: R 3.91m 1986 DAN PEROSSA, West Park

Name Year School Finals Points

=====
1 MATTHEW STANTON BEAMSVILLE D 2.44m
1 CAM KRAJCIK GRIMSBY DSS 2.44m
1 BENJAMIN WILSON BEAMSVILLE D 2.44m
1 KYLE JESS-BANNON BEAMSVILLE D 2.44m

Men Long Jump Junior

=====
Zone IV: R 5.58m 13/05/2004 COREY LEMIEUX, Beamsville D

Pre 2004: R 6.55m 1992 ANDREW BELL, St Catharines Collegiate

Name Year School Finals Points

=====
1 MIKE CLIMENHAGE LAKEPORT SS 5.42m 6
2 CODY BOYD CHURCHILL, S 5.41m 4
3 RICH LITTLE GOVERNOR SIM 5.33m 3
4 JONATHAN BALD BLESSED TRIN 5.30m 2
5 KAMIL SIUDOWSKI DENIS MORRIS 5.25m 1
6 MARK FABIANO DENIS MORRIS 5.24m

7	ROB PICKERING	LAURA SECORD	5.23m
8	ALEX DUECK	BEAMSVILLE D	5.03m
9	TRAVIS LEES	NIAGARA D	4.97m
10	JJ HYLAND	BLESSED TRIN	4.78m
11	JOEL RASHOTT	BLESSED TRIN	4.76m
12	ISHAC MUSAH	LAURA SECORD	4.57m
13	TYLER EMMERTON	LAURA SECORD	4.28m
14	MIKE OBRIEN	BLESSED TRIN	2.40m
--	BROCK LASCHOWSKI	NIAGARA D	DNS

Men Triple Jump Junior

=====
 Zone IV: R 11.87m 13/05/2004 COREY LEMIEUX, Beamsville D

Pre 2004: R 13.65m 2003 TUMELO MOLEKO, Ridley

Name	Year	School	Finals	Points	
1	DAVID	TEBBUTT	EDEN HIGH SC	12.89mR	6
2	SPENCER	BURNSTON	BLESSED TRIN	11.73m	4
3	MATT	EDMONDS	ST. CATHARIN	11.12m	3
4	TOM	GLASBERGEN	HERITAGE CHR	10.91m	2
5	JOHN	BALD	BLESSED TRIN	10.63m	1
6	ALEX	DUECK	BEAMSVILLE D	10.61m	
7	MARK	FABIANO	DENIS MORRIS	10.23m	
8	ANDREW	SPECK	GRIMSBY DSS	8.80m	
9	TYLER	EMMERTON	LAURA SECORD	8.76m	
--	MIKE	CLIMENHAGE	LAKEPORT SS	FOUL	
--	LUKE	HENDRICKS	BLESSED TRIN	DNS	

Men Shot Put Junior

=====
 Zone IV: R 15.28m 13/05/2004 SHAWN BENCH, Laura Secord

Pre 2004: R 16.03m 1990 RICK FRIESEN, Lakeport

Name	Year	School	Finals	Points	
1	JORDAN	NOLAN	ST. FRANCIS	13.62m	6
2	ADAM	BETZ	GRIMSBY DSS	12.77m	4
3	CODY	WHITFIELD	GREAT LAKES	12.22m	3
4	CHARLIE	UPWARD	BLESSED TRIN	12.00m	2
5	JOSH	ANDERSON	WEST PARK	11.86m	1
6	SEAN	MARTINS	LAURA SECORD	10.89m	
7	JOHN	CHAYKA	BEAMSVILLE D	10.59m	
8	DAN	KIRWIN	EDEN HIGH SC	10.54m	
9	CHRIS	SHORT	GRIMSBY DSS	10.31m	
10	MIKE	OBRIEN	BLESSED TRIN	10.26m	
11	ANDREW	WIENS	WEST PARK	10.19m	
12	ALEX	MARCONI	ST. FRANCIS	9.00m	
13	JOEL	RASHOTT	BLESSED TRIN	8.52m	
14	JARED	LINDEBOOM	SMITHVILLE D	8.11m	

-- JOSH MOES

HERITAGE CHR

DNS

Men Discus Throw Junior

Zone IV: R 45.28m 13/05/2004 SHAWN BENCH, Laura Secord

Pre 2004: R 45.62m 1990 RICK FRIESEN, Lakeport

Name	Year	School	Finals	Points
1 ADAM BETZ		GRIMSBY DSS	37.81m	6
2 CODY WHITFIELD		GREAT LAKES	35.65m	4
3 ROB PICKERING		LAURA SECORD	33.58m	3
4 CHRIS SHORT		GRIMSBY DSS	31.60m	2
5 ANTON STEFANAC		BLESSED TRIN	31.07m	1
6 SEAN MARTINS		LAURA SECORD	30.91m	
7 JJ HYLAND		BLESSED TRIN	30.44m	
8 MATT CONWAY		BLESSED TRIN	29.69m	
9 ANDREW MYER		ST. FRANCIS	23.33m	
10 DAVE VANDERWEIR		SMITHVILLE D	23.24m	
11 CHARLIE UPWARD		BLESSED TRIN	22.55m	
12 SHANE COOPER		LAURA SECORD	16.24m	
13 JARED LINDEBOOM		SMITHVILLE D	14.33m	
-- CONNER GRAHAM		ST. FRANCIS	FOUL	
-- JOSH MOES		HERITAGE CHR	DNS	

Men Javelin Throw Junior

Zone IV: R 49.75m 13/05/2004 SHAWN BENCH, Laura Secord

Pre 2004: R 51.16m 2003 RICKY POWELL, Laura Secord Secondary

Name	Year	School	Finals	Points
1 CAM KRAJCIK		GRIMSBY DSS	46.50m	6
2 SEAN MARTINS		LAURA SECORD	42.88m	4
3 CHRIS SHORT		GRIMSBY DSS	37.60m	3
4 ADAM BETZ		GRIMSBY DSS	35.20m	2
5 ROB PICKERING		LAURA SECORD	34.18m	1
6 JARED LINDEBOOM		SMITHVILLE D	32.93m	
7 CAMERON DIPETRO		ST. FRANCIS	32.85m	
8 ANTON STEFANAC		BLESSED TRIN	32.65m	
9 SHAUGHN REILLY		BLESSED TRIN	29.88m	
10 SHANE COOPER		LAURA SECORD	29.64m	
11 DAVE VANDERWEIR		SMITHVILLE D	29.40m	
12 JONATHAN MONSTER		SMITHVILLE D	24.22m	
13 JOHN CHAYKA		BEAMSVILLE D	18.06m	
-- CHARLIE UPWARD		BLESSED TRIN	FOUL	
-- JOSH MOES		HERITAGE CHR	DNS	

Men 100 Meter Dash Senior

Zone IV: R 11.20 13/05/2004 CHRIS GERIMIA, St. Francis
 Pre 2004: R 10.77 2003 ALWYN COX, Ridley
 Pre 2004: R 10.80 1973 VIC REMPEL, Niagara District

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

=====
 Preliminaries

1	COREY LEMIEUX	BEAMSVILLE D	11.73Q	2
2	STEPHEN DEMETRAIDES	CHURCHILL, S	11.92Q	1
3	JERIMY HIPPERSON	DENIS MORRIS	11.74Q	2
4	MARK DEBRUIN	HERITAGE CHR	12.18Q	1
5	IAN MILLER	ST. FRANCIS	12.10q	2
6	DAVID DICKSON	CHURCHILL, S	12.11q	2
7	ROB HUTCHESON	GOVERNOR SIM	12.21q	1
8	JAMES GAYDER	GOVERNOR SIM	12.43q	1
9	CAM SCHWENKER	EDEN HIGH SC	12.44	2
10	DAWSON MATTHEW	CHURCHILL, S	12.45	2
11	RYAN MACGREGOR	ST. CATHARIN	12.69	1
12	ADAM HOEKSTRA	SMITHVILLE D	12.70	2
13	ABDALLAH AWADH	ST. CATHARIN	12.81	2
--	SHANE KILGALLEN	GRIMSBY DSS	DNS	1

Men 100 Meter Dash Senior

=====
 Zone IV: R 11.20 13/05/2004 CHRIS GERIMIA, St. Francis
 Pre 2004: R 10.77 2003 ALWYN COX, Ridley
 Pre 2004: R 10.80 1973 VIC REMPEL, Niagara District

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

=====
 Finals

1	JERIMY HIPPERSON	DENIS MORRIS	11.49	6
2	COREY LEMIEUX	BEAMSVILLE D	11.62	4
3	STEPHEN DEMETRAIDES	CHURCHILL, S	11.83	3
4	IAN MILLER	ST. FRANCIS	11.85	2
5	DAVID DICKSON	CHURCHILL, S	12.02	1
6	MARK DEBRUIN	HERITAGE CHR	12.05	
7	ROB HUTCHESON	GOVERNOR SIM	12.17	
--	JAMES GAYDER	GOVERNOR SIM	DNF	

Men 200 Meter Dash Senior

=====
 Zone IV: R 23.80 13/05/2004 CHRIS GERIMIA, St. Francis
 Pre 2004: R 22.60 1991 BOB COLES, Holy Cross

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

=====

1	STEPHEN DEMETRAIDES	CHURCHILL, S	23.75R	2	6
2	RYAN PHIPPS	BEAMSVILLE D	24.45	2	4
3	JOHN WALKER	GRIMSBY DSS	24.50	2	3
4	ELLIS REIMER	EDEN HIGH SC	24.54	2	2

5	ROB HUTCHESON	GOVERNOR SIM	24.85	2	1
6	MUHANAD MUSAED	ST. CATHARIN	24.97	2	
7	JOSH KOMAR	BLESSED TRIN	26.18	1	
8	ANDREW MAHOOD	BEAMSVILLE D	26.78	1	
9	KARIM CHOCHRI	ST. CATHARIN	26.99	1	
--	JAMES GAYDER	GOVERNOR SIM	DNS	1	
--	JEFF KOMADOSKI	EDEN HIGH SC	DNS	1	
--	SHANE KILGALLEN	GRIMSBY DSS	DNS	2	
--	JOE DEANGELIS	BLESSED TRIN	DNS	1	
--	MARK DEBRUIN	HERITAGE CHR	DNS	2	
--	JOSH SORMAN	GRIMSBY DSS	DNS	1	

Men 400 Meter Dash Senior

=====
 Zone IV: R 52.25 13/05/2004 RICHARD BROUWER, Heritage Chr

Pre 2004: R 49.40 1991 BRYAN HENRY, Ridley College

Name	Year	School	Finals	H#	Points
1	RYAN PHIPPS	BEAMSVILLE D	54.79	2	6
2	JOHN WALKER	GRIMSBY DSS	54.87	2	4
3	TYLER ROUSE	GRIMSBY DSS	55.96	2	3
4	ELLIS REIMER	EDEN HIGH SC	56.34	2	2
5	MIKE MUIZELAAR	SOUTH LINCOL	56.87	2	1
6	JEFF KOMADOSKI	EDEN HIGH SC	57.22	2	
7	MUHANAD MUSAED	ST. CATHARIN	58.28	2	
8	ADAM HOEKSTRA	SMITHVILLE D	58.60	2	
9	ABDALLAH AWADH	ST. CATHARIN	1:00.20	1	
10	DARREN HOEKSTRA	SMITHVILLE D	1:01.32	1	
--	STREVE YOUNG	DENIS MORRIS	DNS	1	

Men 800 Meter Run Senior

=====
 Zone IV: R 2:01.29 13/05/2004 JEFF SCULL, Beamsville D

Pre 2004: R 1:54.00 1991 BRYAN HENRY, Ridley College

Name	Year	School	Finals	Points
1	MATT BUTTERS	DENIS MORRIS	2:03.44	6
2	STEVE POSTMA	EDEN HIGH SC	2:09.96	4
3	TROY EDWARDS	WEST PARK	2:10.24	3
4	MIKE MUIZELAAR	SOUTH LINCOL	2:15.30	2
5	SEAN O'DONNELL	HOLY CROSS H	2:18.49	1
6	RYAN PHIPPS	BEAMSVILLE D	2:23.91	
7	ALAN COMFORT	SOUTH LINCOL	2:25.12	
8	SAM ARNOLD	BLESSED TRIN	2:25.21	
9	CHRIS SEGATO	ST. FRANCIS	2:33.47	
10	LEVY BODNAR	HOLY CROSS H	2:38.03	
--	JJ CROCKETT	BLESSED TRIN	NT	
--	DARREN HOEKSTRA	SMITHVILLE D	NT	

-- TIM HALLS

GREAT LAKES

DNF

Men 1500 Meter Run Senior

 =====
 Zone IV: R 3:59.31 13/05/2004 JEFF SCULL, Beamsville D

Pre 2004: R 3:59.70 1991 JEFF LOCKYER, Sir Winston Churchill

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

 =====

1	MATT	BUTTERS	DENIS MORRIS	4:18.53	6
2	SCOTT	CAPRON	GRIMSBY DSS	4:31.92	4
3	TROY	EDWARDS	WEST PARK	4:39.94	3
4	MATTHEW	MAHLER	DENIS MORRIS	4:42.36	2
5	GREG	CRONKWRIGHT	BEAMSVILLE D	4:43.86	1
6	KARL	TRIMBLE	CHURCHILL, S	4:45.82	
7	NICK	BAKE	CHURCHILL, S	4:45.90	
8	JESSE	FREDSON	BEAMSVILLE D	4:55.28	
9	JEREMY	SMITH	BEAMSVILLE D	4:55.32	
10	MIKE	MUIZELAAR	SOUTH LINCOL	4:59.88	
11	ADAM	BARTLET	THOROLD SS-T	5:07.91	
12	ALAN	COMFORT	SOUTH LINCOL	5:08.42	
13	SHAWN	QUESNEL	ST. FRANCIS	5:17.48	
14	MARTIN	MACPHERSON	BLESSED TRIN	5:28.47	
15	JOHN	MATISZ	BLESSED TRIN	5:29.45	
--	SAM	ARNOLD	BLESSED TRIN		DNF

Men 3000 Meter Run Senior

 =====
 Zone IV: R 9:40.18 13/05/2004 BLAIR PAUL, Churchill, S

Pre 2004: R 8:40.20 1991 JEFF LOCKYER, Sir Winston Churchill

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

 =====

1	SCOTT	CAPRON	GRIMSBY DSS	9:55.53	6
2	KARL	TRIMBLE	CHURCHILL, S	10:01.58	4
3	NICK	BAKE	CHURCHILL, S	10:07.41	3
4	MATTHEW	MAHLER	DENIS MORRIS	10:11.00	2
5	MATT	BUTTERS	DENIS MORRIS	10:12.94	1
6	JEREMY	SMITH	BEAMSVILLE D	10:25.16	
7	SCOTT	THOMPSON	LAURA SECORD	10:46.13	
8	GREG	CRONKWRIGHT	BEAMSVILLE D	11:15.36	
9	JESSE	FREDSON	BEAMSVILLE D	11:16.27	
10	MATT	SMITH	BEAMSVILLE D	11:16.28	
11	SHAWN	QUESNEL	ST. FRANCIS	11:55.07	
--	MARK	BONE	GRIMSBY DSS		DNS
--	MARTIN	MACPHERSON	BLESSED TRIN		DNS
--	RANNON	STUIVE	EDEN HIGH SC		DNS
--	JJ	CROCKETT	BLESSED TRIN		DNS

Men 110 Meter Hurdles Senior

```

=====
Zone IV: R 17.14 13/05/2004 ROB PETERS, Grimsby DSS
Pre 2004: R 15.30 1988 BRAD CARROLL, Grimsby Secondary
Name Year School Finals Points
=====

```

```

1 STEVEN MICHENER BEAMSVILLE D 16.66R 6
2 JERIMY HIPPERSON DENIS MORRIS 17.25 4
3 TYLER ROUSE GRIMSBY DSS 17.54 3
4 NATHAN VOORBERG GRIMSBY DSS 20.61 2

```

Men 400 Meter Hurdles Senior

```

=====
Zone IV: R 1:00.94 13/05/2004 ROB PETERS, Grimsby DSS
Pre 2004: R 57.20 1995 JIM CORUPE, Denis Morris
Name Year School Finals Points
=====

```

```

1 TYLER ROUSE GRIMSBY DSS 1:03.87 6
2 STEVE DUMOULIN GRIMSBY DSS 1:07.06 4
3 BRETT MAITLAND BEAMSVILLE D 1:09.00 3
4 NATHAN VOORBERG GRIMSBY DSS 1:10.44 2
5 JEFF KOMADOSKI EDEN HIGH SC 1:10.60 1

```

Men 4x100 Meter Relay Senior

```

=====
Zone IV: R 45.77 13/05/2004 RIDLEY COLLEGE, Ridley Colle
M Fay, Y Sato, A Ayoade, J Robinson
Pre 2004: R 44.60 1971 , Ridley College
School Finals Points
=====

```

```

1 SIR WINSTON CHURCHILL S S 'A' 46.81 6
  1) CODY BOYD 2) JORDAN HECKMAN
  3) STEPHEN DEMETRIADES 4) DAVID DICKSON
2 BEAMSVILLE D S S 'A' 47.22 4
3 GRIMSBY D S S 'A' 48.29 3
  1) TYLER ROUSE 2) JOHN WALKER
  3) JOSH SORMAN 4) SHANE KILGALLEN
4 BLESSED TRINITY H S 'A' 50.20 2
  1) MARK HENDRIKS 2) ANTHONY HENDERSON
  3) JOSH KOMAR 4) SAM ALAIMO
5 HOLY CROSS H S 'A' 50.49 1
6 LAURA SECORD S S 'A' 51.03
  1) JUSTIN HISCOCK 2) RANDY CORNER
  3) SOBONNIE MUON 4) SCOTT THOMPSON
-- NIAGARA D S S 'A' DNS
  1) OSCAR ANDERSON-SHORT 2) TRAVIS LEES
  3) JAMES WEBB 4) KENNY FELKER
-- GOVERNOR SIMCOE S S 'A' DNS
  1) ANDREW FERGUSON 2) JAMES GAYDER

```

3) ROB HUTCHESON

4) RICH LITTLE

Men High Jump Senior

Zone IV: R 1.92m 13/05/2004 DAN COUTURE, Holy Cross H

Pre 2004: R 2.07m 1998 MIKE PONIHKVAR, Denis Morris

Name	Year	School	Finals	Points
1 STEVEN MICHENER		BEAMSVILLE D	1.77m	6
2 JAMES BRODHAGEN		THOROLD SS-T	J1.77m	4
3 CORBIN OUWENDYK		EDEN HIGH SC	J1.77m	3
4 JEFF DAM		SMITHVILLE D	1.72m	2
5 CAM SCHWENKER		EDEN HIGH SC	J1.72m	1
6 ANDREW ENNS		NIAGARA D	1.67m	
7 ADAM BARTLET		THOROLD SS-T	1.57m	
8 ALEX BROUWER		HERITAGE CHR	1.52m	
-- MIKE VOLANTE		HOLY CROSS H	NH	
-- JOE DEANGELIS		BLESSED TRIN	NH	
-- KENNY FELKER		NIAGARA D	DNS	
-- MATTHEW PRICE		THOROLD SS-T	DNS	

Men Pole Vault Senior

Pre 2004: R 4.10m 1988 DAN PEROSSA, West Park

Name	Year	School	Finals	Points
1 STEVEN MICHENER		BEAMSVILLE D	2.44m	
1 ANDREW MAHOOD		BEAMSVILLE D	2.44m	

Men Long Jump Senior

Zone IV: R 6.06m 13/05/2004 DAN COUTURE, Holy Cross H

Pre 2004: R 6.75m 1992 RICH DUNCAN, St Catharines Collegiate

Name	Year	School	Finals	Points
1 COREY LEMIEUX		BEAMSVILLE D	6.11mR	6
2 DAVID DICKSON		CHURCHILL, S	5.81m	4
3 JOE DEANGELIS		BLESSED TRIN	J5.81m	3
4 ALEX BROUWER		HERITAGE CHR	5.79m	2
5 CORY GOERZEN		NIAGARA D	5.74m	1
6 ADAM BARTLET		THOROLD SS-T	5.71m	
7 CAM SCHWENKER		EDEN HIGH SC	5.69m	
8 MUHANAD MUSAED		ST. CATHARIN	5.30m	
9 JEFF DAM		SMITHVILLE D	5.19m	
10 MARK HENDRIKS		BLESSED TRIN	5.03m	
11 ANDREW ENNS		NIAGARA D	5.00m	
12 BRONSON SMITH		NIAGARA D	4.99m	
13 JAMES BRODHAGEN		THOROLD SS-T	4.98m	

14	ABDALLAH AWADH	ST. CATHARIN	4.91m
15	SIMON WOODS	GRIMSBY DSS	4.74m
--	RYAN MACGREGOR	ST. CATHARIN	FOUL

Men Triple Jump Senior

```

=====
Zone IV: R 12.25m 13/05/2004 DAN COUTURE, Holy Cross H
Pre 2004: R 13.77m 1992 RICH DUNCAN, St Catharines Collegiate
Name Year School Finals Points
=====
1 DAVID DICKSON CHURCHILL, S 11.97m 6
2 ADAM BARTLET THOROLD SS-T 11.55m 4
3 COREY LEMIEUX BEAMSVILLE D 11.47m 3
4 MIKE VOLANTE HOLY CROSS H 11.45m 2
5 BRONSON SMITH NIAGARA D 11.37m 1
6 ANDREW ENNS NIAGARA D 11.35m
7 JEFF DAM SMITHVILLE D J11.35m
8 RYAN MACGREGOR ST. CATHARIN 11.15m
9 ANDREW FERGUSON GOVERNOR SIM 10.84m
10 STEVE DUMOULIN GRIMSBY DSS 10.67m
11 JAMES BRODHAGEN THOROLD SS-T 10.42m
-- JAMES GAYDER GOVERNOR SIM DNS
-- WILLAM AUSTIN ST. FRANCIS DNS
-- ADAM SLOKI BEAMSVILLE D DNS
=====

```

Men Shot Put Senior

```

=====
Zone IV: R 14.25m 13/05/2004 RICH JOHNSON, Governor Sim
Pre 2004: R 16.92m 1991 RICK FRIESEN, Lakeport
Name Year School Finals Points
=====
1 RYAN CHOMIELEWSKI ST. FRANCIS 12.79m 6
2 DILON CLACK BLESSED TRIN 12.06m 4
3 JERIMY HIPPERSON DENIS MORRIS 11.04m 3
4 JAMES SNOOK CHURCHILL, S 10.83m 2
5 CORY DEWIT GRIMSBY DSS 10.47m 1
6 JONATHAN MARTINS SOUTH LINCOL 9.96m
6 DEVIN JANZEN EDEN HIGH SC 9.96m
8 SOBONNIE MUON LAURA SECORD 9.43m
9 JAMIE DIXON GRIMSBY DSS 8.91m
10 SAM CRISTALES LAURA SECORD 8.71m
11 PETER RIEWALD SMITHVILLE D 8.65m
12 MIKE KOOIMAN SMITHVILLE D 8.50m
13 RYAN WALTON EDEN HIGH SC 8.34m
14 JUSTIN HISCOCK LAURA SECORD 7.90m
-- CAMERON BARRY BLESSED TRIN DNS
=====

```

Men Discus Throw Senior

```

=====
Zone IV: R 48.52m 13/05/2004 RICH JOHNSON, Governor Sim
Pre 2004: R 46.86m 1987 DAVE DMYTRAS, Denis Morris
Name Year School Finals Points
=====
1 JAMES SNOOK CHURCHILL, S 33.95m 6
2 DILON CLACK BLESSED TRIN 33.43m 4
3 SOBONNIE MUON LAURA SECORD 30.42m 3
4 ANDREW FERGUSON GOVERNOR SIM 29.90m 2
5 JUSTIN HISCOCK LAURA SECORD 29.70m 1
6 CORY DEWIT GRIMSBY DSS 28.99m
7 MIKE KOOIMAN SMITHVILLE D 26.05m
8 RANDY CORNER LAURA SECORD 25.31m
9 CHRISTIAN COUTURE HOLY CROSS H 24.85m
10 ALEX BROUWER HERITAGE CHR 23.83m
11 DEAN PAPINEAU BLESSED TRIN 23.56m
12 JAMIE DIXON GRIMSBY DSS 22.64m
13 SAM CRISTALES LAURA SECORD 19.06m
-- CAMERON BARRY BLESSED TRIN DNS
-- DAVE MCAVOY BLESSED TRIN DNS
=====

```

Men Javelin Throw Senior

```

=====
Zone IV: R 53.61m 13/05/2004 RICKY POWELL, Laura Secord
Pre 2004: R 49.30m 2001 PIERRE ROBINSON, Ridley College
Name Year School Finals Points
=====
1 RICKY POWELL LAURA SECORD 44.92m 6
2 PETER RIEWALD SMITHVILLE D 39.51m 4
3 SOBONNIE MUON LAURA SECORD 38.60m 3
4 STREVE YOUNG DENIS MORRIS 38.16m 2
5 DILON CLACK BLESSED TRIN 38.15m 1
6 CORY DEWIT GRIMSBY DSS 36.71m
7 NICK DEJONGE SMITHVILLE D 36.44m
8 JAMES SNOOK CHURCHILL, S 35.89m
9 JUSTIN HISCOCK LAURA SECORD 35.21m
10 IAN MILLER ST. FRANCIS 34.76m
11 ANDREW FERGUSON GOVERNOR SIM 34.68m
12 RANDY CORNER LAURA SECORD 33.18m
13 DEAN PAPINEAU BLESSED TRIN 31.57m
14 SAM CRISTALES LAURA SECORD 30.55m
15 JAMIE DIXON GRIMSBY DSS 28.98m
16 CHRISTIAN COUTURE HOLY CROSS H 28.58m
=====

```

Men 2000 Meter Steeplechase Open

```

=====
Zone IV: R 6:47.12 13/05/2004 SCOTT CAPRON, Grimsby DSS
Pre 2004: R 6:17.40 1988 TIM MCNEIL, West Park
=====

```

Name	Year School	Finals	Points
1 SCOTT CAPRON	GRIMSBY DSS	7:00.36	6
2 MATTHEW MAHLER	DENIS MORRIS	7:13.58	4
3 BLAINE STEVENSON	CHURCHILL, S	7:19.66	3
4 MARK BONE	GRIMSBY DSS	7:25.11	2
5 ALAN COMFORT	SOUTH LINCOL	7:29.16	1
6 RANNON STUIVE	EDEN HIGH SC	8:10.31	
7 IAN MILLER	ST. FRANCIS	8:10.39	
-- JASON ELDER	ST. CATHARIN	DNF	
-- STEVE POSTMA	EDEN HIGH SC	DNS	
-- JESSE HALS	BLESSED TRIN	DNS	

Men 4x400 Meter Relay Open

School	Finals	Points
Zone IV: R 3:40.08 13/05/2004 GRIMSBY D S S, Grimsby DSS T Rouse, R Peters, S Capron, D Mucyk		
Pre 2004: R 3:31.90 1990 , Ridley College		
1 GRIMSBY D S S 'A'	3:43.06	6
1) SCOTT CAPRON	2) STEVE DUMOULIN	
3) MARK BONE	4) TOM CLARK	
2 BEAMSVILLE D S S 'A'	3:59.56	4
3 DENIS MORRIS H S 'A'	4:04.39	3
4 BLESSED TRINITY H S 'A'	4:06.88	2
1) JOHN WILLEMS	2) JESSE HALLS	
3) MIKE BELL	4) JOHN BALD	
5 LAURA SECORD S S 'A'	4:14.44	1
1) MACKENZIE BENARD	2) TAYLOR SIMPSON	
3) JORDAN GLANCIE	4) BRAD TANNER	

Women - Midget - Team Rankings - 15 Events Scored

1) Grimsby D S S	70	2) Laura Secord S S
3) Sir Winston Churchill S S	23	4) Smithville District C H S
5) Denis Morris H S	17	6) St. Francis S S
6) Beamsville D S S	16	8) Great Lakes Christian Col
9) Niagara D S S	10	10) Heritage Christian School
11) Governor Simcoe S S	5	11) Blessed Trinity H S
13) Lakeport S S	1	13) West Park S S

Women - Junior - Team Rankings - 15 Events Scored

=====			
31	1) Grimsby D S S	50	2) West Park S S
27	3) Beamsville D S S	29	4) St. Francis S S
17	5) Laura Secord S S	18.50	6) Sir Winston Churchill S S
10.50	7) Denis Morris H S	15	8) Blessed Trinity H S
8	9) Governor Simcoe S S	10	10) Niagara D S S
8	10) Eden High School	8	10) Great Lakes Christian Col
1	13) Smithville District C H S	7	14) South Lincoln H S

Women - Senior - Team Rankings - 15 Events Scored

=====			
22	1) Grimsby D S S	42	2) Holy Cross H S
21	3) Sir Winston Churchill S S	21	3) Eden High School
18	5) Beamsville D S S	20	6) South Lincoln H S
18	6) Great Lakes Christian Col	18	6) Blessed Trinity H S
14	9) Smithville District C H S	14	9) Governor Simcoe S S
9	11) St. Francis S S	13	12) Heritage Christian School
9	12) Laura Secord S S		

Women - Open - Team Rankings - 2 Events Scored

=====			
8	1) Grimsby D S S	10	2) Beamsville D S S
3	3) Laura Secord S S	4	4) Eden High School
3	4) Denis Morris H S		

Men - Midget - Team Rankings - 15 Events Scored

=====			
43	1) Laura Secord S S	52	2) Sir Winston Churchill S S

19	3) St. Francis S S	25	4) Denis Morris H S
18	4) Grimsby D S S	19	6) Beamsville D S S
14	7) Blessed Trinity H S	15	8) Niagara D S S
6	9) Eden High School	8	10) West Park S S
2	11) South Lincoln H S	4	12) Lakeport S S
1	12) Great Lakes Christian Col	2	14) St. Catharines C I & V S
1	14) Heritage Christian School	1	14) Holy Cross H S

Men - Junior - Team Rankings - 15 Events Scored

34	1) Sir Winston Churchill S S	58	2) Grimsby D S S
24	3) St. Francis S S	32	4) Blessed Trinity H S
15	5) Beamsville D S S	21	6) Denis Morris H S
8	7) Eden High School	13	8) Governor Simcoe S S
7	8) Laura Secord S S	8	10) Great Lakes Christian Col
5	11) Lakeport S S	6	12) West Park S S
2	13) St. Catharines C I & V S	3	14) Heritage Christian School
1	15) Smithville District C H S		

Men - Senior - Team Rankings - 15 Events Scored

41	1) Beamsville D S S	43	2) Sir Winston Churchill S S
32	2) Grimsby D S S	41	4) Denis Morris H S
13	5) Blessed Trinity H S	14	6) Laura Secord S S
8	6) Eden High School	13	8) Thorold S S
6	8) St. Francis S S	8	10) West Park S S
4	10) Smithville District C H S	6	12) Holy Cross H S

3	13) Governor Simcoe S S	3	13) South Lincoln H S
2	15) Niagara D S S	2	15) Heritage Christian School

Men - Open - Team Rankings - 2 Events Scored

=====

7	1) Grimsby D S S	14	2) Denis Morris H S
3	3) Beamsville D S S	4	4) Sir Winston Churchill S S
1	5) Blessed Trinity H S	2	6) Laura Secord S S
1	6) South Lincoln H S		