

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 1 Women 100 Meter Dash Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Naomi Kerr	St. Edmund Champion-Mississaug	12.27 Q	NWI	1
2 Shadae Edwards	Denis Morris-St. Catherines	12.82 Q	NWI	2
3 Krista Hillman	Bishop Tonnos - Ancaster	12.66 Q	NWI	1
4 Khadijah Thompson	St. Edmund Champion-Mississaug	12.86 Q	NWI	2
5 Kendall Montieth	St. Marcellinus - Mississauga	12.95 Q	NWI	2
6 Carrie Reichelt	Ridgeway-Crystal - Ridgeway	12.99 Q	NWI	1
7 Rachelle Cyrus	Oakville Trafalgar - Oakville	13.31 q	NWI	1
8 Kayla Harrop	Sherwood - Hamilton	13.39 q	NWI	1
9 Maschere Powell-Francis	Lincoln Alexander- Mississauga	13.43	NWI	2
10 Caitlin Mcclurkin	Grimsby - Grimsby	13.51	NWI	2
11 Ali Montesanto	Bishop Tonnos - Ancaster	13.68	NWI	1
12 Elisha Ladeza	Cathedral - Hamilton	13.72	NWI	2
13 Rachelle Thomas	Notre Dame College - Welland	13.89	NWI	2
--- Nita Patterson-Reid	Fletcher's Meadow - Brampton	SCR	NWI	1
--- Adriana Kistic	Bishop Tonnos - Ancaster	SCR	NWI	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 1 Women 100 Meter Dash Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Naomi Kerr	St. Edmund Campion-Mississaug	12.24	NWI
2 Krista Hillman	Bishop Tonnos - Ancaster	12.61	NWI
3 Khadijah Thompson	St. Edmund Campion-Mississaug	12.84	NWI
4 Shadae Edwards	Denis Morris-St. Catherines	12.85	NWI
5 Kendall Montieth	St. Marcellinus - Mississauga	12.89	NWI
6 Carrie Reichelt	Ridgeway-Crystal - Ridgeway	12.95	NWI
7 Kayla Harrop	Sherwood - Hamilton	13.36	NWI
8 Rachelle Cyrus	Oakville Trafalgar - Oakville	13.59	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 2 Men 100 Meter Dash Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 D'Shaun Denton	Sandalwood Heights - Brampton	11.71 Q	NWI	2
2 Wes Miller	Nelson - Burlington	11.81 Q	NWI	1
3 Jerome Yumul	St. Joseph - Mississauga	11.81 Q	NWI	2
4 Colton Ambrosio	Notre Dame College - Welland	11.88 Q	NWI	1
5 Kyle Shallow	St. Thomas More - Hamilton	11.89 Q	NWI	2
6 Blake McPherson	Governor Simcoe-St. Catherines	12.00 Q	NWI	1
7 Dillando Allotey	St. Edmund Campion-Mississaug	11.92 q	NWI	2
8 Jake Reddick	Bishop Tonnos - Ancaster	12.05 q	NWI	1
9 Mike Schinkel	Ridgeway-Crystal - Ridgeway	12.11	NWI	2
10 Patrick Jones	St. Augustine - Brampton	12.15	NWI	1
11 Colin Corrigan	Bishop Tonnos - Ancaster	12.15	NWI	2
11 Taylor Sands	Westmount - Hamilton	12.15	NWI	1
13 Javier Buckley	St. Marcellinus - Mississauga	12.16	NWI	1
14 Mark Whittington	Nelson - Burlington	12.21	NWI	2
15 Daniel Domagala	Holy Cross - St. Catherines	12.29	NWI	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 2 Men 100 Meter Dash Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Colton Ambrosio	Notre Dame College - Welland	11.73	NWI
2 Jerome Yumul	St. Joseph - Mississauga	11.77	NWI
3 Wes Miller	Nelson - Burlington	11.81	NWI
4 D'Shaun Denton	Sandalwood Heights - Brampton	11.87	NWI
5 Blake McPherson	Governor Simcoe-St. Catharines	11.95	NWI
6 Kyle Shallow	St. Thomas More - Hamilton	11.96	NWI
7 Dillando Allotey	St. Edmund Campion-Mississaug	11.96	NWI
8 Jake Reddick	Bishop Tonnos - Ancaster	12.04	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 3 Women 200 Meter Dash Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Naomi Kerr	St. Edmund Champion-Mississaug	25.31 Q	NWI	1
2 Krista Hillman	Bishop Tonnos - Ancaster	25.99 Q	NWI	2
3 Nita Patterson-Reid	Fletcher's Meadow - Brampton	26.45 Q	NWI	1
4 Brittany Surette	Lorne Park - Mississauga	26.64 Q	NWI	2
5 Shadae Edwards	Denis Morris-St. Catherines	26.57 Q	NWI	1
6 Khadijah Thompson	St. Edmund Champion-Mississaug	27.08 Q	NWI	2
7 Carrie Reichelt	Ridgeway-Crystal - Ridgeway	26.81 q	NWI	1
8 Devon Bosada	Thomas A. Blakelock - Oakville	27.20 q	NWI	2
9 Mikayla Rosts	Governor Simcoe-St. Catherines	27.65	NWI	2
10 Kayla Harrop	Sherwood - Hamilton	27.90	NWI	2
11 Leah Hayward	Highland - Dundas	27.93	NWI	2
12 Maschere Powell-Francis	Lincoln Alexander- Mississauga	28.34	NWI	1
13 Marijke Juriaans	Bishop Tonnos - Ancaster	28.64	NWI	2
14 Rachel Bantleman	Assumption - Burlington	28.75	NWI	1
14 Karley Donnelly	Thomas A. Blakelock - Oakville	28.75	NWI	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 3 Women 200 Meter Dash Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Naomi Kerr	St. Edmund Campion-Mississaug	25.19	NWI
2 Krista Hillman	Bishop Tonnos - Ancaster	26.09	NWI
3 Nita Patterson-Reid	Fletcher's Meadow - Brampton	26.33	NWI
4 Shadae Edwards	Denis Morris-St. Catherines	26.34	NWI
5 Khadijah Thompson	St. Edmund Campion-Mississaug	26.82	NWI
6 Carrie Reichelt	Ridgeway-Crystal - Ridgeway	26.99	NWI
7 Brittany Surette	Lorne Park - Mississauga	27.04	NWI
8 Devon Bosada	Thomas A. Blakelock - Oakville	27.09	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 4 Men 200 Meter Dash Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Wes Miller	Nelson - Burlington	24.01 Q	NWI	1
2 Richard Ewen	Our Lady of Mount Carmel-Missi	24.24 Q	NWI	2
3 Shaquille Gordon	St. Aloysius Gonzaga-Mississau	24.52 Q	NWI	2
4 David Dobson	Fletcher's Meadow - Brampton	24.64 Q	NWI	1
5 Colin Corrigan	Bishop Tonnos - Ancaster	24.67 Q	NWI	1
6 Dillando Allotey	St. Edmund Campion-Mississaug	24.68 Q	NWI	2
7 Mike Schinkel	Ridgeway-Crystal - Ridgeway	24.82 q	NWI	2
8 Jake Reddick	Bishop Tonnos - Ancaster	24.92 q	NWI	2
9 Sharlon Pena	St. Joan of Arc - Mississauga	25.12	NWI	1
10 Andrew Krzeczkowski	Winston Churchill - St. Cather	25.17	NWI	1
11 Damon Morgan	Assumption - Burlington	25.39	NWI	1
12 Jamie Fazekas	Ridgeway-Crystal - Ridgeway	25.42	NWI	2
13 Matthew Tornifogia	Cardinal Newman - Stoney Creek	25.44	NWI	2
14 Ken Slessor	Grimsby - Grimsby	25.66	NWI	1
15 Osman Rana	Winston Churchill - St. Cather	26.15	NWI	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 4 Men 200 Meter Dash Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Wes Miller	Nelson - Burlington	24.00	NWI
2 Richard Ewen	Our Lady of Mount Carmel-Missi	24.11	NWI
3 Shaquille Gordon	St. Aloysius Gonzaga-Mississau	24.32	NWI
4 Dillando Allotey	St. Edmund Campion-Mississaug	24.33	NWI
5 David Dobson	Fletcher's Meadow - Brampton	24.44	NWI
6 Jake Reddick	Bishop Tonnos - Ancaster	24.62	NWI
7 Colin Corrigan	Bishop Tonnos - Ancaster	25.04	NWI
8 Mike Schinkel	Ridgeway-Crystal - Ridgeway	25.38	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 5 Women 400 Meter Dash Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 Dytria Ruddy	Cardinal Leger - Brampton	59.88	2
2 Mikayla Rosts	Governor Simcoe-St. Catherines	1:00.40	2
3 Jurgita Budraityte	St. Joan of Arc - Mississauga	1:00.54	2
4 Devon Bosada	Thomas A. Blakelock - Oakville	1:01.20	2
5 Karley Donnelly	Thomas A. Blakelock - Oakville	1:02.52	2
6 Leah Hayward	Highland - Dundas	1:03.26	2
7 Shakera Bridgewater	Fr Michael Goetz - Mississauga	1:03.93	1
8 Nicole Roblin	Abbey Park - Oakville	1:04.44	1
9 Marijke Juriaans	Bishop Tonnos - Ancaster	1:04.62	1
10 Sara Tonogai	Sherwood - Hamilton	1:05.22	2
11 Hailey Mc William	Laura Secord - St. Catherines	1:05.63	1
12 Carolyn Smenck	Abbey Park - Oakville	1:05.89	1
13 Jillian Young	E. L. Crossley - Fonthill	1:07.50	1
--- Reasa Bowens-Charles	Bramalea - Brampton	SCR	2
--- Monique Eagle	Clarkson - Mississauga	SCR	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 6 Men 400 Meter Dash Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 Wes Miller	Nelson - Burlington	53.59	2
2 Jeremy Haggarty	Highland - Dundas	53.82	2
3 Kurt Mclure	Assumption - Burlington	54.15	2
4 Luke Disanto	St. Joan of Arc - Mississauga	54.69	2
5 Steven Crews	Meadowvale - Mississauga	54.91	2
6 Ken Slessor	Grimsby - Grimsby	55.09	2
7 Andrew Krzeczowski	Winston Churchill - St. Cather	55.15	1
8 Eromosele Akhigbe	Brampton Christian - Brampton	55.85	1
9 Matthew Tornifoglia	Cardinal Newman - Stoney Creek	55.98	1
10 Cole McKnight	Grimsby - Grimsby	56.59	1
11 Colin Bijaoui	Georgetown - Georgetown	57.01	1
12 Tevin Wheatley	Fletcher's Meadow - Brampton	57.42	2
13 Sharlon Pena	St. Joan of Arc - Mississauga	57.65	2
14 Zack Hildebrand	Westlane - Niagara Falls	58.20	1
15 Cole Raiskums	White Oaks - Oakville	1:00.31	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 7 Women 800 Meter Run Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 Alannah MacDonald	E. L. Crossley - Fonthill	2:23.96	2
2 Shannon Labelle	Notre Dame - Burlington	2:27.12	2
3 Julie Stacey	Westdale - Hamilton	2:28.87	2
4 Claire Segeren	Iroquois Ridge - Oakville	2:30.35	2
5 Jade Kovacevic	Acton - Acton	2:32.25	2
6 Mikayla Rosts	Governor Simcoe-St. Catharines	2:33.89	2
7 Sasha Boulton	Thomas A. Blakelock - Oakville	2:35.67	1
8 Jillian Young	E. L. Crossley - Fonthill	2:38.04	2
9 Rachel Cahill	A.N. Myer - Niagara Falls	2:39.04	2
10 Melani Moylan	St. Aloysius Gonzaga-Mississau	2:39.45	1
11 Olena Olejarczyk	Fr Michael Goetz - Mississauga	2:43.07	1
12 Madison Keaney	Cardinal Leger - Brampton	2:44.81	1
13 Sarah Brennan	Abbey Park - Oakville	2:46.37	1
--- Danielle Laforest	St. Thomas Aquinas - Brampton	DNF	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 8 Men 800 Meter Run Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 Chris Hutton	Winston Churchill - St. Cather	2:03.95	2
2 Abdi Jama	Corpus Christi	2:04.97	2
3 Adam Rowles	Highland - Dundas	2:07.04	2
4 Kevin Millejours	Notre Dame College - Welland	2:08.78	2
5 Lewis Kent	MacLachlan College	2:09.35	2
6 Steven Crews	Meadowvale - Mississauga	2:09.78	1
7 Rui Xu	Westdale - Hamilton	2:10.57	2
8 Brannen McKenzie-Lefurgey	Winston Churchill - St. Cather	2:12.57	1
9 Keenan Romeo	John Fraser - Mississauga	2:12.80	2
10 Denzel Blair	Fletcher's Meadow - Brampton	2:14.37	1
11 Tyler Camilleri	St. Joseph - Mississauga	2:14.43	1
12 Colin Bijaoui	Georgetown - Georgetown	2:16.95	1
13 Matt Driedger	Georgetown - Georgetown	2:21.37	1
14 Joseph Potter	St. Thomas More - Hamilton	2:26.44	1
--- Harry Jawanda	St. Augustine - Brampton	DNF	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 9 Women 1500 Meter Run Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Alix Tier	Cawthra Park - Mississauga	4:56.28
2 Alannah MacDonald	E. L. Crossley - Fonthill	4:59.54
3 Shannon Labelle	Notre Dame - Burlington	5:02.81
4 Jessica Wallace	Winston Churchill - St. Cather	5:03.76
5 Kelly Hennessy	St. Thomas Aquinas - Oakville	5:04.35
6 Larkin Davenport-Huyer	Mayfield - Brampton	5:07.45
7 Jade Kovacevic	Acton - Acton	5:14.41
8 Lucy Plichtova	Loyola - Mississauga	5:17.41
9 Sasha Boulton	Thomas A. Blakelock - Oakville	5:18.81
10 Amanda Sheppard	St. Aloysius Gonzaga-Mississau	5:19.80
11 Jillian Young	E. L. Crossley - Fonthill	5:23.95
12 Claire Segeren	Iroquois Ridge - Oakville	5:24.26
13 Hailey Mc William	Laura Secord - St. Catherines	5:24.73
14 Karen Thompson	Highland - Dundas	5:26.37
15 Madison Keaney	Cardinal Leger - Brampton	5:30.25

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 10 Men 1500 Meter Run Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Chris Hutton	Winston Churchill - St. Cather	4:23.92
2 Adam Rowles	Highland - Dundas	4:23.97
3 Rui Xu	Westdale - Hamilton	4:24.58
4 Harry Jawanda	St. Augustine - Brampton	4:25.58
5 Lewis Kent	MacLachlan College	4:26.78
6 Kevin Millejours	Notre Dame College - Welland	4:31.88
7 Triphon Moodie	St. Joan of Arc - Mississauga	4:36.87
8 Denzel Blair	Fletcher's Meadow - Brampton	4:36.89
9 Cole McKnight	Grimsby - Grimsby	4:41.69
10 Keenan Romeo	John Fraser - Mississauga	4:42.80
11 Tomi Milos	Cardinal Newman - Stoney Creek	4:43.41
12 Stanley Lubinic	John Cabot - Mississauga	4:44.36
13 Jeffrey Tweedle	Cardinal Newman - Stoney Creek	4:48.56
14 Anthony Perodou	St. Jean de Brebeuf - Hamilton	4:50.07
--- Abdi Jama	Corpus Christi	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 11 Women 3000 Meter Run Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Alix Tier	Cawthra Park - Mississauga	10:51.09
2 Shannon Labelle	Notre Dame - Burlington	11:06.16
3 Larkin Davenport-Huyer	Mayfield - Brampton	11:10.54
4 Jessica Wallace	Winston Churchill - St. Cather	11:18.18
5 Kelly Hennessy	St. Thomas Aquinas - Oakville	11:25.45
6 Amanda Sheppard	St. Aloysius Gonzaga-Mississau	11:30.71
7 Sasha Boulton	Thomas A. Blakelock - Oakville	11:36.10
8 Karen Thompson	Highland - Dundas	11:42.69
9 Lucy Plichtova	Loyola - Mississauga	11:53.09
10 Justyna Maleszyk	Mayfield - Brampton	12:10.37
11 Claire Segeren	Iroquois Ridge - Oakville	12:14.25
12 Katelyn Vindis	South Lincoln - Smithville	12:19.77
13 Allanah Kelly	St. Jean de Brebeuf - Hamilton	12:41.61
14 MacAuley Carr	Ridgeway-Crystal - Ridgeway	13:11.48
--- Felicia Dagenais	Winston Churchill - St. Cather	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 12 Men 3000 Meter Run Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Brayden Seneca	Notre Dame College - Welland	9:48.50
2 Abdi Jama	Corpus Christi	10:00.43
3 Rob McCann	Lorne Park - Mississauga	10:02.88
4 Triphon Moodie	St. Joan of Arc - Mississauga	10:05.05
5 Orest Kowalik	John Cabot - Mississauga	10:07.23
6 Kyle Palframan	Winston Churchill - St. Cather	10:11.08
7 Stanley Lubinic	John Cabot - Mississauga	10:11.19
8 Paul Kolb	Highland - Dundas	10:15.90
9 Jeffrey Tweedle	Cardinal Newman - Stoney Creek	10:20.01
10 Tomi Milos	Cardinal Newman - Stoney Creek	10:20.06
11 Anthony Perrodou	St. Jean de Brebeuf - Hamilton	10:26.08
12 Joseph Kagumba	Erindale - Mississauga	10:48.97
13 Bryan Mostert	Hamilton Christian - Ancaster	10:52.30
14 Ryan Mecca	St. Michael - Niagara Falls	10:55.70
15 Ethan Zmenak	Robert Bateman - Burlington	11:25.81

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 13 Women 80 Meter Hurdles Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Mireille Musca	Blessed Trinity - Grimsby	12.89 Q	NWI	1
2 Sally Lin	Laura Secord - St. Catherines	14.01 Q	NWI	2
3 Altonia Taylor	St. Marcellinus - Mississauga	13.47 Q	NWI	1
4 Erin Greenly	Nelson - Burlington	14.40 Q	NWI	2
5 Jessie Heckel	A.N. Myer - Niagara Falls	14.10 Q	NWI	1
6 Taylor Walker	Christ the King - Georgetown	14.41 Q	NWI	2
7 Ali Montesanto	Bishop Tonnos - Ancaster	14.32 q	NWI	1
8 Monica Wiercigroch	Philip Pocock - Mississauga	14.88 q	NWI	1
9 Antya Elliott	The Woodlands - Mississauga	14.99	NWI	1
10 Courtney Meadows	Cayuga - Cayuga	15.04	NWI	2
11 Nicole Maylor	Philip Pocock - Mississauga	15.37	NWI	1
12 Stephanie Silva	Cardinal Leger - Brampton	15.40	NWI	2
13 Jessica Silva	Holy Trinity - Oakville	15.81	NWI	2
--- Sarah Graham	Bishop Tonnos - Ancaster	DNF	NWI	2
--- Taylor Zavitz	E. L. Crossley - Fonthill	SCR	NWI	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 13 Women 80 Meter Hurdles Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Mireille Musca	Blessed Trinity - Grimsby	13.03	NWI
2 Sally Lin	Laura Secord - St. Catherines	13.55	NWI
3 Altonia Taylor	St. Marcellinus - Mississauga	13.80	NWI
4 Erin Greenly	Nelson - Burlington	13.92	NWI
5 Jessie Heckel	A.N. Myer - Niagara Falls	14.09	NWI
6 Ali Montesanto	Bishop Tonnos - Ancaster	14.28	NWI
7 Taylor Walker	Christ the King - Georgetown	14.51	NWI
8 Monica Wiercigroch	Philip Pocock - Mississauga	14.87	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 14 Men 100 Meter Hurdles Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Nicolas Katulik-Ducharme	Centennial - Welland	15.10 Q	NWI	2
2 Patrick French	Hamilton Christian - Ancaster	16.01 Q	NWI	1
3 Phillip Giardino	Bishop Ryan - Hamilton	16.06 Q	NWI	2
4 Ricardo Boscan	St. Joan of Arc - Mississauga	16.23 Q	NWI	1
5 Tanieve Dennis	Fletcher's Meadow - Brampton	16.67 Q	NWI	1
6 Phil Hill	St. Marcellinus - Mississauga	16.80 Q	NWI	2
7 Jose Dominguez	St. Joan of Arc - Mississauga	16.86 q	NWI	2
8 Victor Falvo	Laura Secord - St. Catharines	16.87 q	NWI	1
9 Sam Nero	Centennial - Welland	17.24	NWI	2
10 Will Van Wyck	Blessed Trinity - Grimsby	17.46	NWI	1
11 Jireh Mateo	Holy Trinity - Oakville	18.49	NWI	2
12 Basil Violin	Cathedral - Hamilton	18.74	NWI	1
13 James Martyn	Notre Dame - Burlington	21.06	NWI	1
14 Tito Camacho	Notre Dame - Burlington	21.34	NWI	1
--- Alexander Pothemont	St. Joan of Arc - Mississauga	SCR	NWI	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 14 Men 100 Meter Hurdles Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Nicolas Katulik-Ducharme	Centennial - Welland	14.67	NWI
2 Phillip Giardino	Bishop Ryan - Hamilton	15.37	NWI
3 Patrick French	Hamilton Christian - Ancaster	15.49	NWI
4 Phil Hill	St. Marcellinus - Mississauga	15.87	NWI
5 Ricardo Boscan	St. Joan of Arc - Mississauga	15.90	NWI
6 Victor Falvo	Laura Secord - St. Catherines	15.96	NWI
7 Tanieve Dennis	Fletcher's Meadow - Brampton	16.20	NWI
8 Jose Dominguez	St. Joan of Arc - Mississauga	16.43	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 15 Women 300 Meter Hurdles Midget**

Name	Team	Finals	H#
<b>Finals</b>			
1 Jurgita Budraityte	St. Joan of Arc - Mississauga	48.87	2
2 Carrie Reichelt	Ridgeway-Crystal - Ridgeway	49.46	2
3 Joanna Rego	Fr Michael Goetz - Mississauga	50.48	2
4 Jamie Skimming	Humberview - Bolton	50.54	2
5 Taylor Zavitz	E. L. Crossley - Fonthill	51.32	2
6 Adrienne Thiessen	Laura Secord - St. Catharines	53.16	1
7 Chloe Simpson	Laura Secord - St. Catharines	53.23	2
7 Karley Gatta	Centennial - Welland	53.23	2
9 Erin Luke	Fr Michael Goetz - Mississauga	53.89	2
10 Sam Coon	Nelson - Burlington	56.46	1
11 Chelsea MacIntyre	Notre Dame - Burlington	57.61	1
12 Mariah Mammolletti	Bishop Tonnos - Ancaster	1:00.87	1
--- Jessica Savona	St. Martin's - Mississauga	SCR	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 16 Men 300 Meter Hurdles Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 Ken Slessor	Grimsby - Grimsby	44.06	2
2 Jose Dominguez	St. Joan of Arc - Mississauga	45.37	2
3 Nicolas Katulik-Ducharme	Centennial - Welland	45.55	2
4 Jamie Fazekas	Ridgeway-Crystal - Ridgeway	46.68	2
5 Phil Hill	St. Marcellinus - Mississauga	47.06	2
6 Yankees Nguyen	Fr Michael Goetz - Mississauga	47.25	2
7 Evan Dunlop	Highland - Dundas	47.92	2
8 Ian Whitehall	E. L. Crossley - Fonthill	49.21	2
9 Khalid Animashum	Erindale - Mississauga	49.46	1
10 Daniel Berdusco	St. Martin's - Mississauga	51.44	1
11 Elliot Ormond	Cathedral - Hamilton	51.84	1
12 Tito Camacho	Notre Dame - Burlington	53.83	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 17 Women High Jump Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Crystal Elmers	Smithville District-Smithville	1.55m
2 Michelle VanderMeer	Hamilton Christian - Ancaster	1.50m
3 Mackenzie Kranics	Lakeshore - Port Colborne	J1.50m
4 Jodene Williams	Ascension of Our Lord-Mississa	J1.50m
5 Mackenzie Leigh	St. Paul - Niagara Falls	1.45m
6 Amanda Muzzin	St. Joseph - Mississauga	J1.45m
7 Shakera Bridgewater	Fr Michael Goetz - Mississauga	1.40m
8 Marle Pretorius	White Oaks - Oakville	J1.40m
9 Devon Bosada	Thomas A. Blakelock - Oakville	J1.40m
10 Dominica Bednarczyk	John Cabot - Mississauga	J1.40m
11 Jessica Silva	Holy Trinity - Oakville	1.35m
11 Laura Chechalk	St. Jean de Brebeuf - Hamilton	1.35m
13 Jen Doraty	Acton - Acton	J1.35m
14 Melanie Bajic	Grimsby - Grimsby	J1.35m
--- Maschere Powell-Francis	Lincoln Alexander- Mississauga	NH

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 18 Men High Jump Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Austin Dick	Eden - St. Catherines	1.70m
2 Hwang Lee	Westdale - Hamilton	J1.70m
3 Matthew Fontanna	Brampton Christian - Brampton	J1.70m
4 Redi Meto	Philip Pocock - Mississauga	1.65m
5 Nick Zylstra	Dunnville- Dunnville	1.60m
6 Derek Hewitt	Cayuga - Cayuga	J1.60m
7 Dimitri Punnett	Fr Michael Goetz - Mississauga	J1.60m
8 Thomas Jongsma	Guido De Bres - Hamilton	1.55m
8 Alan Stag	White Oaks - Oakville	1.55m
10 Zac Wolf	Bishop Tonnos - Ancaster	J1.55m
11 Josh Williams	St. Marcellinus - Mississauga	1.50m
12 Evan Kwan	White Oaks - Oakville	J1.50m
13 Jakob Macpherson	Acton - Acton	1.45m
14 Justin Corbett	Acton - Acton	J1.45m
--- David Armolaran	St. Edmund Campion-Mississaug	DNF

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 20 Men Pole Vault Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Calvin Diep	St. Marcellinus - Mississauga	2.60m
2 Andrew Michalak	Notre Dame College - Welland	J2.60m
3 Jordan Betzold	Ridgeway-Crystal - Ridgeway	2.45m
4 Joel Cornelius	E. L. Crossley - Fonthill	2.30m
5 Cameron Blakely	Notre Dame College - Welland	J2.30m
6 Jack Davis	Ridgeway-Crystal - Ridgeway	2.00m

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 21 Women Long Jump Midget**

Name	Team	Finals	Wind
<b>Finals</b>			
1 Jodene Williams	Ascension of Our Lord-Mississa	5.09m	NWI
2 Caitlin Mcclurkin	Grimsby - Grimsby	4.88m	NWI
3 Crystal Elmers	Smithville District-Smithville	4.79m	NWI
4 Michelle VanderMeer	Hamilton Christian - Ancaster	4.66m	NWI
5 Jessie Heckel	A.N. Myer - Niagara Falls	4.46m	NWI
6 Stacey Trifunovic	South Lincoln - Smithville	4.44m	NWI
7 Jade Kovacevic	Acton - Acton	4.40m	NWI
8 Julia Colwell	Iroquois Ridge - Oakville	4.39m	NWI
9 Monique Eagle	Clarkson - Mississauga	4.32m	NWI
10 Elliot Kulach	Lorne Park - Mississauga	4.31m	NWI
11 Christina Hryc	Bishop Ryan - Hamilton	4.30m	NWI
12 Anda Chitescu	Applewood Hts - Mississauga	4.28m	NWI
12 Maggie Kwiecien	Port Credit - Mississauga	4.28m	NWI
14 Caitlyn Lynch	Corpus Christi	4.10m	NWI
15 alysha carusi	Milton - Milton	3.90m	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 22 Men Long Jump Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Tevin Wheatley	Fletcher's Meadow - Brampton	5.62m	NWI
2 Jesse Stirtzinger	Grimsby - Grimsby	5.58m	NWI
3 Josh Williams	St. Marcellinus - Mississauga	5.54m	NWI
4 Blake McPherson	Governor Simcoe-St. Catharines	5.49m	NWI
5 Nick Zylstra	Dunnville- Dunnville	5.47m	NWI
6 Jerome Yumul	St. Joseph - Mississauga	5.30m	NWI
7 Kyle Ward	St. Aloysius Gonzaga-Mississau	5.29m	NWI
8 Ryan Chia	Governor Simcoe-St. Catharines	5.21m	NWI
9 Javier Buckley	St. Marcellinus - Mississauga	5.20m	NWI
10 Taylor Rivando	ES Jean Vanier - Welland	5.10m	NWI
11 Garth Duncan	Iroquois Ridge - Oakville	5.00m	NWI
12 Jason Field	Acton - Acton	4.99m	NWI
13 Ryan Ofei	Bishop P.F. Reding - Milton	4.89m	NWI
14 Jireh Mateo	Holy Trinity - Oakville	4.84m	NWI
15 Cole Raiskums	White Oaks - Oakville	4.61m	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 23 Women Triple Jump Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Michelle VanderMeer	Hamilton Christian - Ancaster	10.54m	NWI
2 Elliot Kulach	Lorne Park - Mississauga	10.52m	NWI
3 Cassidy MacKay	Winston Churchill - St. Cather	10.36m	NWI
4 Dominica Bednarczyk	John Cabot - Mississauga	10.35m	NWI
5 Carly Dunbar	West Park - St. Catherines	10.24m	NWI
6 Caitlin Mcclurkin	Grimsby - Grimsby	10.19m	NWI
7 Jade Kovacevic	Acton - Acton	9.93m	NWI
8 Stacey Trifunovic	South Lincoln - Smithville	9.82m	NWI
9 Rebecca Lim	St. Joan of Arc - Mississauga	9.72m	NWI
10 Rachelle Cyrus	Oakville Trafalgar - Oakville	9.37m	NWI
11 Luba Sulypka	St. Paul's - Mississauga	9.33m	NWI
12 Simran Saggu	Robert Bateman - Burlington	8.47m	NWI
13 Cadence Baker	White Oaks - Oakville	8.37m	NWI
--- Maggie Kwicien	Port Credit - Mississauga	FOUL	
--- Erin Greenly	Nelson - Burlington	DNF	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 24 Men Triple Jump Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Matthew Fontanna	Brampton Christian - Brampton	12.47m	NWI
2 Josh Williams	St. Marcellinus - Mississauga	12.34m	NWI
3 Eromosele Akhigbe	Brampton Christian - Brampton	12.16m	NWI
4 Blake McPherson	Governor Simcoe-St. Catharines	12.04m	NWI
5 Ken Hunter	A.N. Myer - Niagara Falls	11.93m	NWI
6 Ishmael Kotey	St. Joan of Arc - Mississauga	11.64m	NWI
7 Jonathan Boddie	Clarkson - Mississauga	11.43m	NWI
8 Taylor Rivando	ES Jean Vanier - Welland	11.34m	NWI
9 Matthew Veldman	Smithville District-Smithville	11.05m	NWI
10 Jesse Stirtzinger	Grimsby - Grimsby	10.80m	NWI
11 Mason Federovich	Iroquois Ridge - Oakville	10.28m	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 25 Women Shot Put Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Sarah Moss	Notre Dame College - Welland	10.69m
2 Andrea Picco	St. Marcellinus - Mississauga	10.34m
3 Kirsten Johnson	St. Edmund Campion-Mississaug	9.63m
4 Mackenzie Croft	Notre Dame College - Welland	9.18m
5 Veneice Hurditt	Mississauga - Mississauga	9.17m
6 Alyssa DiCesare	Westmount - Hamilton	9.03m
7 Monica Heng	Sandalwood Heights - Brampton	8.60m
8 Joanna Stasicki	Fr Michael Goetz - Mississauga	J8.60m
9 Mary Ellen Campbell	Cayuga - Cayuga	7.42m
10 Courtney Groom	Georgetown - Georgetown	7.16m
11 Jeneice Spencer	Cathedral - Hamilton	6.97m
12 Karri Malcolm	Georgetown - Georgetown	6.74m
13 Marina Curak	Holy Trinity - Oakville	6.39m
14 Emma Harris	White Oaks - Oakville	6.33m
--- Samantha MacLeod	Sherwood - Hamilton	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 26 Men Shot Put Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Shalmar Walters	St. Aloysius Gonzaga-Mississau	13.69m
2 Tyler Renton	Christ the King - Georgetown	13.26m
3 Billy Patterson	Fort Erie - Fort Erie	12.90m
4 Imraj Sidhu	Sandalwood Heights - Brampton	12.65m
5 John Krzyszkowski	Port Credit - Mississauga	12.52m
6 Kyle Shallow	St. Thomas More - Hamilton	11.89m
7 Nicholas Firlit	M. M. Robinson - Burlington	11.77m
8 Kent Wardell	Cayuga - Cayuga	11.69m
9 Kyle Marr	Dunnville- Dunnville	11.59m
10 Rob Osborn	Ridgeway-Crystal - Ridgeway	11.29m
11 Jakob Macpherson	Acton - Acton	11.25m
12 Michael Ogin	St. Augustine - Brampton	11.17m
13 David Mainse	Blessed Trinity - Grimsby	11.15m
14 Mitch Atkinson	Holy Trinity - Oakville	10.49m
--- Karvall Thompson	St. Marcellinus - Mississauga	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 27 Women Discus Throw Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Andrea Picco	St. Marcellinus - Mississauga	29.83m
2 Sarah Moss	Notre Dame College - Welland	29.19m
3 Megan Pratt	Humberview - Bolton	28.18m
4 Alyssa DiCesare	Westmount - Hamilton	27.08m
5 Caroline Woehl	Ridgeway-Crystal - Ridgeway	26.74m
6 Veneice Hurditt	Mississauga - Mississauga	26.44m
7 Deidra Wilson	Bramalea - Brampton	23.62m
8 Carleigh Bailey	Assumption - Burlington	22.88m
9 Joanna Stasicki	Fr Michael Goetz - Mississauga	22.20m
10 Kassidy Veenstra	Georgetown - Georgetown	21.69m
11 Mackenzie Croft	Notre Dame College - Welland	20.18m
12 Jamie Miotto	Laura Secord - St. Catherines	18.88m
13 Jacinta McAndrew	Assumption - Burlington	18.54m
14 Kayla Huckerby	St. Jean de Brebeuf - Hamilton	18.49m
15 Betty Li	White Oaks - Oakville	18.23m

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 28 Men Discus Throw Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Rob Osborn	Ridgeway-Crystal - Ridgeway	48.39m
2 Imraj Sidhu	Sandalwood Heights - Brampton	41.10m
3 Matt Martz	Ridgeway-Crystal - Ridgeway	40.21m
4 Tim Upshall	Niagara - Niagara on the Lake	38.50m
5 Ben Bradford	Governor Simcoe-St. Catherines	37.88m
6 Kevin Kiezun	Philip Pocock - Mississauga	35.89m
7 Tyler Renton	Christ the King - Georgetown	34.64m
8 Kyle Shallow	St. Thomas More - Hamilton	33.87m
9 Spencer Dawson	St. Jean de Brebeuf - Hamilton	32.74m
10 Omung Bhardwaj	Brampton Christian - Brampton	32.60m
11 Marcus Wedderburn	Sandalwood Heights - Brampton	31.46m
12 Ben Fillmore	Cayuga - Cayuga	29.72m
13 Chris Kuczera	Christ the King - Georgetown	27.31m
14 Anthony Sangiovanni	Iroquois Ridge - Oakville	27.21m
--- Karvall Thompson	St. Marcellinus - Mississauga	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 29 Women Javelin Throw Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Alyssa DiCesare	Westmount - Hamilton	31.60m
2 Cassidy Veenstra	Georgetown - Georgetown	27.23m
3 Stephanie Deepnarine	St. Jean de Brebeuf - Hamilton	27.07m
4 Mackenzie Croft	Notre Dame College - Welland	26.20m
5 Claire Feiertag	Ridgeway-Crystal - Ridgeway	25.31m
6 Kenisha Ross	St. Marcellinus - Mississauga	25.28m
7 Amanda Sawickyj	Meadowvale - Mississauga	23.92m
8 Hailey Slamka	Holy Cross - St. Catherines	23.25m
9 Betty Li	White Oaks - Oakville	21.45m
10 Jacinta McAndrew	Assumption - Burlington	20.55m
11 Kelsey Rogers	Denis Morris-St. Catherines	20.04m
12 Altonia Taylor	St. Marcellinus - Mississauga	19.90m
13 Stephanie Baptista	St. Augustine - Brampton	19.06m
14 Joanna Stasicki	Fr Michael Goetz - Mississauga	17.21m
15 Courtney Groom	Georgetown - Georgetown	16.94m

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 30 Men Javelin Throw Midget**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 John Krzyszkowski	Port Credit - Mississauga	50.25m
2 Tyler Renton	Christ the King - Georgetown	49.09m
3 Patrick Maziarz	St. Martin's - Mississauga	40.66m
4 Jarret Glancie	Laura Secord - St. Catharines	38.68m
5 Patrick Badawika	John Cabot - Mississauga	36.36m
6 Jade Cameron	St. Joan of Arc - Mississauga	35.98m
7 Ben Fillmore	Cayuga - Cayuga	33.72m
8 Joe Blackborow	Blessed Trinity - Grimsby	32.70m
9 Nick Bride	Winston Churchill - St. Cather	30.49m
10 Emmitt Tanner	Robert Bateman - Burlington	27.44m
11 Chris Kuczera	Christ the King - Georgetown	26.98m
12 David Kong	White Oaks - Oakville	20.69m
13 Justin Murfitt	White Oaks - Oakville	19.15m
--- Kevin Flynt	A.N. Myer - Niagara Falls	FOUL
--- Baljyot Judge	Sandalwood Heights - Brampton	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 31 Women 4x100 Meter Relay Midget**

<b>Team</b>	<b>Relay</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 St. Edmund Campion-Mississa	A	51.42	2
1) Moni Ogunsuyi	2) Naomi Kerr	3) Khadijah Thompson	4) Kirsten Johnson
2 Fletcher's Meadow - Brampton	A	51.97	1
1) Chauntae Asafu-Adjaye	2) Tiffany Davidson	3) Danielle Knight	4) Nita Patterson-Reid
3 Bishop Tonnos - Ancaster	B	53.34	2
1) Ali Montesanto	2) Krista Hillman	3) Adriana Kisic	4) Marijke Juriaans
4 Fr Michael Goetz - Mississaug	A	53.73	2
1) Julianna Ferendzer	2) Shakera Bridgewater	3) Erin Luke	4) Joanna Rego
5 Laura Secord - St. Catherines	A	54.09	2
1) Chloe Simpson	2) Sally Lin	3) Hailey Mc William	4) Annika Mazzarella
6 Sherwood - Hamilton	A	54.18	2
1) Danielle Smarkala	2) Sara Tonogai	3) Allie Henderson	4) Kayla Harrop
7 A.N. Myer - Niagara Falls	A	54.21	2
1) Cassidy Kidd	2) Jessie Heckel	3) Skye Nagy	4) Rachel Cahill
8 Abbey Park - Oakville	A	54.55	1
1) Jocelyn Carabott	2) Maria Devine	3) Carolyn Smenck	4) Nicole Roblin
9 Thomas A. Blakelock - Oakvill	A	54.56	1
1) Karley Donnelly	2) Devon Bosada	3) Caitlyn Stewart	4) Sasha Boulton
10 Highland - Dundas	A	54.95	2
1) Leah Hayward	2) Alison Mitro	3) Ashley Ligas	4) Melissa Woolfson
11 Clarkson - Mississauga	A	55.47	1
1) Jenn Zies	2) Thyana Chung	3) Disha Patel	4) Monique Eagle
12 E. L. Crossley - Fonthill	A	55.72	2
1) Taylor Zavitz	2) Sarah Andrews	3) Sydnie Dixon	4) Tamara Nieuwold
13 Cathedral - Hamilton	A	55.81	1
1) Sandra Dasilva	2) Jeneice Spencer	3) Natasha Gibson	4) Elisha Ladeza
14 Loyola - Mississauga	A	56.17	1
1) Michelle Gagliano	2) Amanda Posella	3) Katherine Tobin	4) Gabriella Swiadek
15 Assumption - Burlington	A	56.58	1
1) Carleigh Bailey	2) Rachel Bantelman	3) Vanessa Barker	4) Alexandra Kohczarek

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 32 Men 4x100 Meter Relay Midget**

<b>Team</b>	<b>Relay</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 Notre Dame College - Welland	A	47.13	2
1) Colton Ambrosio	2) Matt Mancuso	3) Ryan Dyck	4) Zach Macdonald
2 Fletcher's Meadow - Brampton	A	47.27	2
1) Tanieve Dennis	2) David Dobson	3) Tevin Wheatley	4) Shadeem Archer
3 St. Aloysius Gonzaga-Mississa	A	47.59	2
1) Shaquille Gordon	2) Shalmar Walters	3) Kyle Ward	4) Reshayne Thomas
4 St. Joan of Arc - Mississauga	A	47.95	2
1) Jose Dominguez	2) Sharlon Pena	3) Luke Disanto	4) Ricardo Boscan
5 St. Thomas More - Hamilton	A	48.10	2
1) Jonathan Assante	2) Jeremie Javauni	3) Thains Bennett	4) Kyle Shallow
6 St. Marcellinus - Mississauga	A	48.12	2
1) Roger Baconga	2) Phil Hill	3) Erwin Ebrada	4) Javier Buckley
7 Bishop Tonnos - Ancaster	A	48.15	2
1) Jarrett Lambert	2) Jake Reddick	3) Jaysen Morales	4) Collin Corrigan
8 Ridgeway-Crystal - Ridgeway	A	48.97	1
1) Jamie Fazekas	2) Mike Schinkel	3) Jack Davis	4) Mike Wright
9 Winston Churchill - St. Cather	A	49.77	1
1) Brett Saxton	2) Nick Bride	3) Osman Rana	4) Andrew Krzeczkowski
10 Centennial - Welland	A	50.12	1
1) Nicolas Katulik-Ducharme	2) Sam Nero	3) Brett Murray	4) Darion Gilbert
11 Iroquois Ridge - Oakville	A	55.55	1
1) Azan Ashai	2) Liam MacNeil	3) Matt Trapnell	4) Danyal Younus
--- Highland - Dundas	A	DQ	1
1) Christian Gould	2) Jeremy Haggarty	3) Deion Radcliff	4) Alex Bylsma
--- Bishop P.F. Reding - Milton	A	DQ	1
1) Ryan Ofei	2) Luke Brandreth	3) Bradley Timothy	4) Glody Mwambi

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 33 Women 100 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Cassandra Pascal	St. Marcellinus - Mississauga	12.43 Q	NWI	1
2 Sade Lewis	St. Thomas Aquinas - Brampton	12.47 Q	NWI	2
3 Maryann Dike	St. Marguerite D'Youville-Bramp	12.82 Q	NWI	1
4 Sheniel Brown-Nelson	Ascension of Our Lord-Mississa	12.97 Q	NWI	2
5 Emma Suiciak	E. L. Crossley - Fonthill	13.14 Q	NWI	1
6 Melissa Kohli	E. L. Crossley - Fonthill	13.26 Q	NWI	2
7 Lavinia Primpeh	St. Thomas Aquinas - Oakville	13.16 q	NWI	1
8 Jenel Ulman	Westmount - Hamilton	13.18 q	NWI	1
9 Valerie Vanderwoude	Guido De Bres - Hamilton	13.40	NWI	2
10 Monique Genard	St. Marcellinus - Mississauga	13.42	NWI	2
11 Katrina Petrella	Assumption - Burlington	13.53	NWI	2
12 Telma Domingues	Cathedral - Hamilton	13.57	NWI	1
13 Lauren Barnes	Notre Dame College - Welland	13.85	NWI	2
14 Alexia Edwards	White Oaks - Oakville	14.08	NWI	2
15 Vanessah-Rose Sears-Duru	Abbey Park - Oakville	14.47	NWI	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 33 Women 100 Meter Dash Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Cassandra Pascal	St. Marcellinus - Mississauga	12.15	NWI
2 Sade Lewis	St. Thomas Aquinas - Brampton	12.42	NWI
3 Maryann Dike	St.Marguerite D'Youville-Bramp	12.67	NWI
4 Sheniel Brown-Nelson	Ascension of Our Lord-Mississa	12.71	NWI
5 Jenel Ulman	Westmount - Hamilton	13.07	NWI
6 Lavinia Primpeh	St. Thomas Aquinas - Oakville	13.20	NWI
7 Emma Suiciak	E. L. Crossley - Fonthill	13.37	NWI
8 Melissa Kohli	E. L. Crossley - Fonthill	13.37	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 34 Men 100 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Ike Omoruna	St. Augustine - Brampton	11.19 Q	NWI	2
2 Calvin Johnson	St.Marguerite D'Youville-Bramp	11.32 Q	NWI	1
3 Sheldon Allen	Ascension of Our Lord-Mississa	11.47 Q	NWI	1
4 Christian Fearon	Brampton Christian - Brampton	11.57 Q	NWI	2
5 Zac Rewi	Bishop Tonnos - Ancaster	11.56 Q	NWI	1
6 Kristian Ferreira	Westdale - Hamilton	11.65 Q	NWI	2
7 Daniel Gayle	Barton - Hamilton	11.66 q	NWI	2
8 Ryan Nieuwesteeg	St. Paul - Niagara Falls	11.70 q	NWI	1
9 Mike Boucher	Nelson - Burlington	11.76	NWI	2
10 Josh Forester	Blessed Trinity - Grimsby	11.77	NWI	1
11 Jake Cussen	Iroquois Ridge - Oakville	11.87	NWI	1
12 Deon Watts	Fletcher's Meadow - Brampton	12.10	NWI	2
13 Matthew Buraczynski	Holy Trinity - Oakville	12.19	NWI	1
14 Marco Digiacinto	St. Jean de Brebeuf - Hamilton	12.21	NWI	1
--- Lucas Schinkel	Lakeshore - Port Colborne	SCR	NWI	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 34 Men 100 Meter Dash Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Ike Omoruna	St. Augustine - Brampton	11.05	NWI
2 Calvin Johnson	St.Marguerite D'Youville-Bramp	11.33	NWI
3 Christian Fearon	Brampton Christian - Brampton	11.46	NWI
4 Zac Rewi	Bishop Tonnos - Ancaster	11.48	NWI
5 Sheldon Allen	Ascension of Our Lord-Mississa	11.53	NWI
6 Ryan Nieuwesteeg	St. Paul - Niagara Falls	11.64	NWI
7 Daniel Gayle	Barton - Hamilton	11.69	NWI
8 Kristian Ferreira	Westdale - Hamilton	11.73	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 35 Women 200 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Sade Lewis	St. Thomas Aquinas - Brampton	25.75 Q	NWI	1
2 Cassandra Pascal	St. Marcellinus - Mississauga	26.78 Q	NWI	2
3 Chrisena Whyte	St. Augustine - Brampton	26.68 Q	NWI	1
4 Maryann Dike	St.Marguerite D'Youville-Bramp	27.25 Q	NWI	2
5 Sarah Edney	Our Lady of Mount Carmel-Missi	26.75 Q	NWI	1
6 Marti Killeen	St Ignatius of Loyola-Oakville	27.86 Q	NWI	2
7 Jenel Ulman	Westmount - Hamilton	27.93 q	NWI	2
8 Hilary Reid	E. L. Crossley - Fonthill	27.94 q	NWI	1
9 Telma Domingues	Cathedral - Hamilton	27.97	NWI	1
10 Erin Queenan	Kings Christian - Oakville	28.15	NWI	2
11 Lavinia Primpeh	St. Thomas Aquinas - Oakville	28.18	NWI	2
12 Melissa Kohli	E. L. Crossley - Fonthill	28.19	NWI	1
13 Kelly Gadoury	McKinnon Park - Caledonia	28.82	NWI	1
14 Vanessah-Rose Sears-Duru	Abbey Park - Oakville	29.77	NWI	1
--- Jacque Holmes	Highland - Dundas	SCR	NWI	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 35 Women 200 Meter Dash Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Cassandra Pascal	St. Marcellinus - Mississauga	25.18	NWI
2 Sade Lewis	St. Thomas Aquinas - Brampton	25.44	NWI
3 Chrisena Whyte	St. Augustine - Brampton	26.55	NWI
4 Sarah Edney	Our Lady of Mount Carmel-Missi	26.58	NWI
5 Maryann Dike	St.Marguerite D'Youville-Bramp	26.95	NWI
6 Marti Killeen	St Ignatius of Loyola-Oakville	27.84	NWI
7 Jenel Ulman	Westmount - Hamilton	27.87	NWI
8 Hilary Reid	E. L. Crossley - Fonthill	28.11	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 36 Men 200 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Kyle Bennett	St. Augustine - Brampton	23.01 Q	NWI	2
2 Ike Omoruna	St. Augustine - Brampton	23.44 Q	NWI	1
3 Steven Murray	Nelson - Burlington	23.71 Q	NWI	2
4 Zac Rewi	Bishop Tonnos - Ancaster	24.15 Q	NWI	1
5 Josh Forester	Blessed Trinity - Grimsby	23.95 Q	NWI	2
6 Jordan Lynch-Roach	St.Marguerite D'Youville-Bramp	24.16 Q	NWI	1
7 Sheldon Allen	Ascension of Our Lord-Mississa	24.38 q	NWI	2
8 Kristian Ferreira	Westdale - Hamilton	24.62 q	NWI	2
9 Tyler Moss	St. Francis - St. Catherines	25.08	NWI	2
10 Patrick Queenan	Kings Christian - Oakville	25.36	NWI	1
11 Carson Docherty	St Ignatius of Loyola-Oakville	25.43	NWI	2
--- Stephen Boyko	White Oaks - Oakville	SCR	NWI	1
--- Kristopher Birch	Sir Allan MacNab - Hamilton	SCR	NWI	2
--- Lucas Schinkel	Lakeshore - Port Colborne	SCR	NWI	1
--- Daniel Simpson	St. Edmund Champion-Mississaug	SCR	NWI	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 36 Men 200 Meter Dash Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Kyle Bennett	St. Augustine - Brampton	22.44	NWI
2 Ike Omoruna	St. Augustine - Brampton	22.49	NWI
3 Steven Murray	Nelson - Burlington	23.25	NWI
4 Sheldon Allen	Ascension of Our Lord-Mississa	23.41	NWI
5 Josh Forester	Blessed Trinity - Grimsby	23.50	NWI
6 Zac Rewi	Bishop Tonnos - Ancaster	23.61	NWI
7 Jordan Lynch-Roach	St.Marguerite D'Youville-Bramp	23.71	NWI
8 Kristian Ferreira	Westdale - Hamilton	24.39	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 37 Women 400 Meter Dash Junior**

Name	Team	Finals	H#
<b>Finals</b>			
1 Chrisena Whyte	St. Augustine - Brampton	58.66	2
2 Natasha DiCienzo	St. Paul - Niagara Falls	1:00.05	2
3 Danielle Des Tombe	Nelson - Burlington	1:00.17	2
4 Jacquie Holmes	Highland - Dundas	1:00.18	2
5 Catherine Howell	Westdale - Hamilton	1:01.12	1
6 Meg Inman	Westdale - Hamilton	1:01.13	2
7 Marti Killeen	St Ignatius of Loyola-Oakville	1:01.57	2
8 Erin Queenan	Kings Christian - Oakville	1:03.20	2
9 Chanel Nembhard	St. Edmund Campion-Mississaug	1:03.35	1
10 Hilary Reid	E. L. Crossley - Fonthill	1:03.51	2
11 Kaitlyn Forde	Cardinal Leger - Brampton	1:04.46	1
12 Jurrene Liburd	St.Marguerite D'Youville-Bramp	1:04.94	1
13 Joshuelle Solomon	St. Joseph - Mississauga	1:05.54	1
14 Maggie Mahon	Georgetown - Georgetown	1:05.91	1
15 Christynna Cyrus	Oakville Trafalgar - Oakville	1:06.52	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 38 Men 400 Meter Dash Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 Steven Murray	Nelson - Burlington	51.22	2
2 Kyle Bennett	St. Augustine - Brampton	51.61	2
3 Jonathan Settembri	Mayfield - Brampton	51.65	2
4 Daniel Simpson	St. Edmund Campion-Mississaug	52.48	2
5 Mike Moseley	Meadowvale - Mississauga	52.55	1
6 Kristopher Birch	Sir Allan MacNab - Hamilton	52.90	2
7 Mitchell Delle Monache	E. L. Crossley - Fonthill	53.51	2
8 Connor Mabbott	Abbey Park - Oakville	53.92	2
9 Stuart Hunter	Highland - Dundas	54.18	1
10 Marco Digiacinto	St. Jean de Brebeuf - Hamilton	54.20	1
11 Cole Castellarin	St. Joan of Arc - Mississauga	54.34	2
12 Carson Docherty	St Ignatius of Loyola-Oakville	54.59	1
13 Stephen Boyko	White Oaks - Oakville	54.68	1
14 Ben Savoy	St. Paul - Niagara Falls	55.11	1
--- Tyler Johnson	West Park - St. Catherines	SCR	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 39 Women 800 Meter Run Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 Karley Rempel	E. L. Crossley - Fonthill	2:16.91	2
2 Chelsea MacKinnon	Westdale - Hamilton	2:17.81	2
3 Michelle Molodynia	A.N. Myer - Niagara Falls	2:18.59	2
4 Meg Inman	Westdale - Hamilton	2:23.85	2
5 Laura Sinclair	Cardinal Leger - Brampton	2:27.58	2
6 melissa gabel	Milton - Milton	2:30.48	2
7 Natasha DiCienzo	St. Paul - Niagara Falls	2:31.03	2
8 Ashley Deonarain	Turner-Fenton - Brampton	2:33.33	1
9 Allison Newton	Mayfield - Brampton	2:38.16	1
10 Isabella Cina	Mentor College - Mississauga	2:39.29	1
11 Charissa Vogt	Turner-Fenton - Brampton	2:43.27	1
12 Sarah Steeves	Iroquois Ridge - Oakville	2:43.36	1
13 Laura Pilmoor	White Oaks - Oakville	2:43.86	1
14 Lisa Wainman	Nelson - Burlington	2:44.80	2
15 Erin Champion	St Ignatius of Loyola-Oakville	2:45.90	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 40 Men 800 Meter Run Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 Jonathan Settembri	Mayfield - Brampton	2:00.90	2
2 Dan Mathie	Abbey Park - Oakville	2:03.40	2
3 Aaron Furtado	St. Edmund Campion-Mississaug	2:03.93	2
4 Austen Forbes	Highland - Dundas	2:04.65	2
5 Mike Moseley	Meadowvale - Mississauga	2:05.93	1
6 Trevor Janssen	Eden - St. Catherines	2:06.97	2
7 Cam Giles	Eden - St. Catherines	2:08.14	2
8 Ben Savoy	St. Paul - Niagara Falls	2:09.16	1
9 Badel Khalif	Sir John MacDonald - Hamilton	2:09.88	1
10 Karun Tandon	Abbey Park - Oakville	2:14.91	1
11 Alex Russell	Bishop Tonnos - Ancaster	2:15.62	1
12 Mackenzie Morrison	Acton - Acton	2:17.79	1
13 Heston Tobias	St. Jean de Brebeuf - Hamilton	2:18.57	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 41 Women 1500 Meter Run Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Karley Rempel	E. L. Crossley - Fonthill	4:44.40
2 Michelle Molodynia	A.N. Myer - Niagara Falls	4:45.05
3 Chelsea MacKinnon	Westdale - Hamilton	4:47.89
4 Laura Sinclair	Cardinal Leger - Brampton	5:05.10
5 Emily Dulhanty	Loyola - Mississauga	5:10.37
6 melissa gabel	Milton - Milton	5:15.29
7 Jenna Leask	Winston Churchill - St. Cather	5:23.93
8 Cathleen Joya	St. Marcellinus - Mississauga	5:24.25
9 Ashley Deonarain	Turner-Fenton - Brampton	5:28.59
10 Lisa Wainman	Nelson - Burlington	5:29.06
11 Emily McGaugh	Notre Dame - Brampton	5:31.58
12 Alicia Attema	South Lincoln - Smithville	5:41.75
13 Erin Champion	St Ignatius of Loyola-Oakville	5:46.00
14 laura armstrong	Lester B. Pearson - Burlington	6:02.58
--- Isabel Ormond	Cathedral - Hamilton	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 42 Men 1500 Meter Run Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Dan Mathie	Abbey Park - Oakville	4:12.52
2 Taylor Forbes	Highland - Dundas	4:12.61
3 Austen Forbes	Highland - Dundas	4:13.00
4 Jake Wanuch	Glenforest - Mississauga	4:13.09
5 Trevor Janssen	Eden - St. Catharines	4:14.33
6 Phillippe Parrot-Migas	St. Aloysius Gonzaga-Mississau	4:14.67
7 Ryan Albanese	Centennial - Welland	4:20.29
8 Derek Hambley	Ancaster High	4:23.74
9 Anthony Figueroa	St. Augustine - Brampton	4:31.78
10 Kamil Jackson	Fr Michael Goetz - Mississauga	4:31.98
11 Ian Hamilton	Cardinal Leger - Brampton	4:32.45
12 Alex Russell	Bishop Tonnos - Ancaster	4:32.93
13 Karun Tandon	Abbey Park - Oakville	4:34.72
14 Brandon Hazineh	Abbey Park - Oakville	4:34.93
15 Jason Buckle	St. Jean de Brebeuf - Hamilton	4:54.93

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 43 Women 3000 Meter Run Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Jessica Witt	Westdale - Hamilton	11:15.34
2 Emily Dulhanty	Loyola - Mississauga	11:21.98
3 Laura Mooradian	Denis Morris-St. Catharines	11:25.01
4 Cathleen Joya	St. Marcellinus - Mississauga	11:40.80
5 Emily McGaugh	Notre Dame - Brampton	11:42.44
6 Erin Champion	St Ignatius of Loyola-Oakville	12:13.72
7 Meaghan Mechler	Meadowvale - Mississauga	12:32.54
8 Jamie Sikkema	Brampton Centennial - Brampton	12:40.59
9 Melanie Thompson	Highland - Dundas	13:15.73
10 Katelyn Swenor	Westmount - Hamilton	13:26.26
11 Michelle St.Pierre	Highland - Dundas	13:52.10
--- Alex Jarvis	Georgetown - Georgetown	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 44 Men 3000 Meter Run Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Phillippe Parrot-Migas	St. Aloysius Gonzaga-Mississau	9:16.99
2 Jake Wanuch	Glenforest - Mississauga	9:29.90
3 Derek Hambley	Ancaster High	9:35.44
4 Phil Hering	E. L. Crossley - Fonthill	9:35.44
5 Taylor Forbes	Highland - Dundas	9:39.59
6 Ibrahim Ahmed	St. Francis - St. Catherines	9:42.96
7 David Mackie	Highland - Dundas	9:51.38
8 Kamil Jackson	Fr Michael Goetz - Mississauga	10:02.48
9 Kemal Ahmed	St. Francis Xavier-Mississauga	10:10.19
10 Brandon Hazineh	Abbey Park - Oakville	10:17.68
11 Derek Van Sheppen	Port Credit - Mississauga	10:25.91
12 Kevin Westermann	Corpus Christi	10:29.05
13 Karun Tandon	Abbey Park - Oakville	10:29.44
14 Jason Buckle	St. Jean de Brebeuf - Hamilton	10:31.83
15 Tyler Gaudet	St. Jean de Brebeuf - Hamilton	10:54.17

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 45 Women 80 Meter Hurdles Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Emma Suiciak	E. L. Crossley - Fonthill	12.55 Q	NWI	1
2 Breanna Atkinson	Robert F. Hall - Caledon East	12.81 Q	NWI	2
3 Trayl Bharath	St. Marcellinus - Mississauga	12.56 Q	NWI	1
4 Lindsay Wallace	Nelson - Burlington	13.08 Q	NWI	2
5 Hillary Beattie	Grimsby - Grimsby	13.28 Q	NWI	2
6 Katie Kalchman	E. L. Crossley - Fonthill	13.42 Q	NWI	1
7 Samantha Green	Christ the King - Georgetown	13.36 q	NWI	2
8 Shaniqua Knowles	Our Lady of Mount Carmel-Missi	13.58 q	NWI	2
9 Jennifer Weir	Centennial - Welland	14.10	NWI	1
10 Kelsea Walker	John Fraser - Mississauga	14.12	NWI	2
11 Olivia Vaughan	Grimsby - Grimsby	14.12	NWI	1
12 Chelsea Meek	Bishop Ryan - Hamilton	14.57	NWI	2
13 Toshoya McEwan	Cardinal Leger - Brampton	14.63	NWI	1
14 Tori Cadman	Nelson - Burlington	15.30	NWI	1
15 Rose Schmidt	Christ the King - Georgetown	15.40	NWI	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 45 Women 80 Meter Hurdles Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Trayl Bharath	St. Marcellinus - Mississauga	12.65	NWI
2 Emma Suiciak	E. L. Crossley - Fonthill	12.87	NWI
3 Breanna Atkinson	Robert F. Hall - Caledon East	12.91	NWI
4 Lindsay Wallace	Nelson - Burlington	12.92	NWI
5 Katie Kalchman	E. L. Crossley - Fonthill	13.02	NWI
6 Hillary Beattie	Grimsby - Grimsby	13.16	NWI
7 Shaniqua Knowles	Our Lady of Mount Carmel-Missi	13.48	NWI
8 Samantha Green	Christ the King - Georgetown	21.84	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 46 Men 100 Meter Hurdles Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Josh Forester	Blessed Trinity - Grimsby	15.15 Q	NWI	1
2 Marty Richardson	Centennial - Welland	15.29 Q	NWI	2
3 Shawn Pellizari	ES Jean Vanier - Welland	15.19 Q	NWI	1
4 Jerdaine Foster	St. Augustine - Brampton	15.53 Q	NWI	2
5 Daniel Bar	Christ the King - Georgetown	15.41 Q	NWI	1
6 Jake Budarick	Nelson - Burlington	15.90 Q	NWI	2
7 Julian Johnson	Brampton Centennial - Brampton	16.07 q	NWI	1
8 Vinh Lee	Holy Cross - St. Catherines	16.11 q	NWI	1
9 Sam Testa	Ridgeway-Crystal - Ridgeway	16.24	NWI	2
10 Dejaun Smith	St. Marcellinus - Mississauga	16.64	NWI	2
11 Zaniel Gilbert	Cathedral - Hamilton	16.72	NWI	1
12 Julius Samuel	Cathedral - Hamilton	16.79	NWI	1
13 Artur Draus	St. Joseph - Mississauga	16.81	NWI	2
14 Ryan Buhdoo	Fr Michael Goetz - Mississauga	17.32	NWI	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 46 Men 100 Meter Hurdles Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Shawn Pellizari	ES Jean Vanier - Welland	14.71	NWI
2 Marty Richardson	Centennial - Welland	15.09	NWI
3 Jerdaine Foster	St. Augustine - Brampton	15.10	NWI
4 Daniel Bar	Christ the King - Georgetown	15.20	NWI
5 Josh Forester	Blessed Trinity - Grimsby	15.29	NWI
6 Jake Budarick	Nelson - Burlington	15.62	NWI
7 Julian Johnson	Brampton Centennial - Brampton	15.71	NWI
8 Vinh Lee	Holy Cross - St. Catherines	16.13	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 47 Women 300 Meter Hurdles Junior**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>				
1	Lindsay Wallace	Nelson - Burlington	48.08	2
2	Katie Kalchman	E. L. Crossley - Fonthill	48.50	2
3	Hillary Beattie	Grimsby - Grimsby	49.39	2
4	Samantha Green	Christ the King - Georgetown	50.35	1
5	Kelsea Walker	John Fraser - Mississauga	50.50	1
6	Jennifer Weir	Centennial - Welland	50.56	2
7	Kesia Correia	Mayfield - Brampton	50.93	2
8	Ashley Schipani	St. Marcellinus - Mississauga	51.59	1
9	Lindsay Dynes	Highland - Dundas	51.75	2
10	Teri-Lee Harley	Sir John MacDonald - Hamilton	51.95	1
11	Aleks Budarick	Nelson - Burlington	52.27	1
12	Diane Bernard	St. Edmund Campion-Mississaug	52.85	2
13	Maggie Mahon	Georgetown - Georgetown	56.31	1
---	Trayl Bharath	St. Marcellinus - Mississauga	SCR	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 48 Men 300 Meter Hurdles Junior**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>				
1	Sam Testa	Ridgeway-Crystal - Ridgeway	41.30	2
2	Mitchell Delle Monache	E. L. Crossley - Fonthill	42.27	2
3	Daniel Simpson	St. Edmund Campion-Mississaug	42.93	2
4	Marty Richardson	Centennial - Welland	43.06	2
5	Jake Budarick	Nelson - Burlington	44.22	1
6	Christiaan Collarile	St. Marcellinus - Mississauga	44.79	2
7	Mohnish Ramdonee	Turner-Fenton - Brampton	44.85	1
8	Ryan Buhdoo	Fr Michael Goetz - Mississauga	44.92	1
9	Daniel Bar	Christ the King - Georgetown	45.43	2
10	Sam Edwardes	Nelson - Burlington	48.88	1
11	Connor Mabbott	Abbey Park - Oakville	50.05	2
12	Alex Gysel	Georgetown - Georgetown	51.94	1
---	Beven Chiweshe	St. Edmund Campion-Mississaug	DNF	2
---	Stuart Hunter	Highland - Dundas	SCR	1
---	Tyler Fazekas	Ridgeway-Crystal - Ridgeway	SCR	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 49 Women High Jump Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Emma Suiciak	E. L. Crossley - Fonthill	1.60m
2 Dayva Regnerus	Hamilton Christian - Ancaster	1.50m
3 Rachael Klunder	South Lincoln - Smithville	1.45m
4 Brisebois Taylor	Humberview - Bolton	1.40m
5 Justine Fram	St. Thomas Aquinas - Oakville	1.35m
5 Katelynn Folkerts	Smithville District-Smithville	1.35m
5 Teri-Lee Harley	Sir John MacDonald - Hamilton	1.35m
8 Laura Pilmoor	White Oaks - Oakville	J1.35m
9 Sudeen Maylor	Applewood Hts - Mississauga	J1.35m
9 Belanie De Gracia	Philip Pocock - Mississauga	J1.35m
11 Rebekah Allen	Applewood Hts - Mississauga	1.30m
12 Valerie Bertolo	Burlington Central- Burlington	J1.30m
13 emily hulley	Lester B. Pearson - Burlington	1.25m
--- Ellie Hannaford	White Oaks - Oakville	NH
--- Melissa Soon	Turner-Fenton - Brampton	NH

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 50 Men High Jump Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Shaquille Keith	Fletcher's Meadow - Brampton	1.88m
2 Rakeeb Nalado	St.Marguerite D'Youville-Bramp	1.80m
3 Shawn Pellizari	ES Jean Vanier - Welland	1.70m
4 Alex McGowan	Stamford - Niagara Falls	J1.70m
5 Wassi Wahidi	Orchard Park - Stoney Creek	1.65m
6 Keegan Lodder	Guido De Bres - Hamilton	J1.65m
6 Carson Docherty	St Ignatius of Loyola-Oakville	J1.65m
8 Denzel Ewan-Webb	St. Augustine - Brampton	J1.65m
8 Khadeem Antoine	Notre Dame College - Welland	J1.65m
10 Julian Johnson	Brampton Centennial - Brampton	1.60m
11 Aaron Manning	Corpus Christi	1.55m
12 alex dimitrijevic	Milton - Milton	1.50m
--- Adam Halbert	Bishop Ryan - Hamilton	NH
--- David Restrepo	St. Jean de Brebeuf - Hamilton	SCR
--- Artur Draus	St. Joseph - Mississauga	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 51 Women Pole Vault Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Kendall Darnay	St. Michael - Niagara Falls	2.65m
2 Kimmy Au	St. Paul - Niagara Falls	2.25m
3 April Looije	St. Marcellinus - Mississauga	J2.25m
4 Nicole Dow	St. Marcellinus - Mississauga	2.10m
5 Victoria Kalenuik	Ridgeway-Crystal - Ridgeway	J2.10m
6 Heike Tomaino	Notre Dame College - Welland	1.80m
7 Shannon Lafontaine	Laura Secord - St. Catherines	J1.80m
--- Andrea Picco	St. Marcellinus - Mississauga	NH

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 52 Men Pole Vault Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Justin Pepper	Hagersville - Hagersville	3.00m
2 Brendan Keeping	Ridgeway-Crystal - Ridgeway	2.85m
3 Darren Periera	Ridgeway-Crystal - Ridgeway	J2.85m
4 Chad Reece	E. L. Crossley - Fonthill	2.55m
5 Jon Derksen	Ridgeway-Crystal - Ridgeway	J2.55m

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 53 Women Long Jump Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Lindsay Wallace	Nelson - Burlington	4.71m	NWI
2 Nicole Thompson	Our Lady of Mount Carmel-Missi	4.69m	NWI
3 Maddie Bannock	Georgetown - Georgetown	4.68m	NWI
4 Shaniqua Knowles	Our Lady of Mount Carmel-Missi	4.67m	NWI
5 Emily Gearing	E. L. Crossley - Fonthill	4.59m	NWI
6 Jordan Allison	Cardinal Newman - Stoney Creek	4.58m	NWI
7 Dayva Regnerus	Hamilton Christian - Ancaster	4.55m	NWI
8 Janelle Theissen	Eden - St. Catherines	4.53m	NWI
9 Giovanna Canini	Robert F. Hall - Caledon East	4.40m	NWI
9 Skye Soobramanie	Beamsville - Beamsville	4.40m	NWI
11 Samantha Machado	Brampton Christian - Brampton	4.39m	NWI
12 Rebecca Barnfield	Grimsby - Grimsby	4.21m	NWI
13 Shenese Sterling	Applewood Hts - Mississauga	4.18m	NWI
14 Logan Allison	Cardinal Newman - Stoney Creek	4.17m	NWI
15 Katrina Harding	Acton - Acton	4.14m	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 54 Men Long Jump Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Daniel Gayle	Barton - Hamilton	5.93m	NWI
2 Rakeeb Nalado	St.Marguerite D'Youville-Bramp	5.77m	NWI
3 Triston Brookes	St. Martin's - Mississauga	5.76m	NWI
4 Vinh Lee	Holy Cross - St. Catherines	5.75m	NWI
5 John Ngeleka	St. Thomas More - Hamilton	5.72m	NWI
6 Doug Corby	Nelson - Burlington	5.70m	NWI
7 Alex McGowan	Stamford - Niagara Falls	5.69m	NWI
8 Clay Grant	Ridgeway-Crystal - Ridgeway	5.56m	NWI
9 Dejaun Smith	St. Marcellinus - Mississauga	5.38m	NWI
10 Dylan McAndrews	West Park - St. Catherines	5.35m	NWI
11 Lamar Bar	St. Thomas More - Hamilton	5.04m	NWI
12 Farouk Musa	St. Augustine - Brampton	4.98m	NWI
13 alex dimitrijevic	Milton - Milton	4.97m	NWI
--- Christian Fearon	Brampton Christian - Brampton	FOUL	
--- Taylor Young	Iroquois Ridge - Oakville	SCR	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 55 Women Triple Jump Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Rebecca Barnfield	Grimsby - Grimsby	10.33m	NWI
2 Melissa Kohli	E. L. Crossley - Fonthill	10.20m	NWI
3 Samantha Green	Christ the King - Georgetown	10.15m	NWI
4 Jessica Bagnulo	A.N. Myer - Niagara Falls	9.90m	NWI
5 Maddie Bannock	Georgetown - Georgetown	9.86m	NWI
6 Samantha Machado	Brampton Christian - Brampton	9.84m	NWI
7 Jordan Isenor	Niagara - Niagara on the Lake	9.70m	NWI
8 Skye Soobramanie	Beamsville - Beamsville	9.61m	NWI
9 Aleks Budarick	Nelson - Burlington	9.30m	NWI
10 Michaela Reesor	Mayfield - Brampton	9.19m	NWI
11 Jordan Allison	Cardinal Newman - Stoney Creek	9.13m	NWI
12 Vanessa Davis	St. Jean de Brebeuf - Hamilton	8.91m	NWI
13 Ruta Rekus	Fr Michael Goetz - Mississauga	8.63m	NWI
14 Vanessa Jaque-Weisser	Our Lady of Mount Carmel-Missi	8.54m	NWI
--- Bianca Burns	St. Martin's - Mississauga	SCR	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 56 Men Triple Jump Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Jahlani Malcolm-Joseph	Erindale - Mississauga	12.50m	NWI
2 Dejaun Smith	St. Marcellinus - Mississauga	12.47m	NWI
3 Clay Grant	Ridgeway-Crystal - Ridgeway	12.38m	NWI
4 Christiaan Collarile	St. Marcellinus - Mississauga	J12.38m	NWI
5 Craig Asiamah-Yeboah	St.Marguerite D'Youville-Bramp	12.32m	NWI
6 Daniel Gayle	Barton - Hamilton	12.29m	NWI
7 Michael Kryszajtys	St. Paul's - Mississauga	12.19m	NWI
8 Steven Murray	Nelson - Burlington	12.12m	NWI
9 Adam Schmidt	Georgetown - Georgetown	11.60m	NWI
10 Lamar Bar	St. Thomas More - Hamilton	11.58m	NWI
11 Jake Fiorucci	St. Paul - Niagara Falls	11.35m	NWI
12 Kyle Phibbs	Hagersville - Hagersville	11.18m	NWI
13 alex dimitrijevic	Milton - Milton	10.98m	NWI
14 Martin Cho	Kings Christian - Oakville	10.95m	NWI
--- Vinh Lee	Holy Cross - St. Catherines	FOUL	

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 57 Women Shot Put Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Taneisha McAdam	Denis Morris-St. Catherines	9.69m
2 Megan Climenhage	E. L. Crossley - Fonthill	8.97m
3 Jamie Evans	Hagersville - Hagersville	8.81m
4 Keyauna King	St. Joseph - Mississauga	8.69m
5 Alexia Edwards	White Oaks - Oakville	8.67m
6 Auriel Bott	Clarkson - Mississauga	8.57m
7 Cassie Robins	Port Colborne - Port Colborne	8.39m
8 Joycelyn Nortei	Brampton Centennial - Brampton	8.17m
9 Tyanna Williams	Westdale - Hamilton	8.10m
10 Erika Giovannetti	Lorne Park - Mississauga	7.72m
11 Kaminda Musumbulwa	White Oaks - Oakville	7.31m
12 Chanel Martin	Cathedral - Hamilton	7.05m
13 Nancy Jabr	Brampton Centennial - Brampton	6.98m
14 lorelei stolpmann	Milton - Milton	6.39m
15 Victoria Mangiapane	Notre Dame - Burlington	6.36m

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 58 Men Shot Put Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Brandon Jozwiak	Hagersville - Hagersville	14.33m
2 Nico Scott	West Park - St. Catharines	13.67m
3 Gabe Todd	Ridgeway-Crystal - Ridgeway	13.53m
4 Kelvin Muamba	Our Lady of Mount Carmel-Missi	13.52m
5 Travis Eman	St.Marguerite D'Youville-Bramp	13.37m
6 Tyler Reeves	Nelson - Burlington	13.22m
7 OJ Gray	St. Marcellinus - Mississauga	13.21m
8 Patrick Gruca	Philip Pocock - Mississauga	12.99m
9 Jason Lee	Bramalea - Brampton	12.25m
10 Liam Flagg	Ridgeway-Crystal - Ridgeway	12.08m
11 Angelo Meograssi	Acton - Acton	11.95m
12 Frank Nemeth	St. Michael - Niagara Falls	11.46m
13 James West	Burlington Central- Burlington	11.37m
14 Josh Woodbyrne	Cardinal Newman - Stoney Creek	11.03m
15 Roberto Rodriques	St. Thomas More - Hamilton	10.94m

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 59 Women Discus Throw Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 April Looije	St. Marcellinus - Mississauga	30.61m
2 Laura Doepping-Schumacher	Ridgeway-Crystal - Ridgeway	27.16m
3 Ruta Rekus	Fr Michael Goetz - Mississauga	27.11m
4 Megan Climenhage	E. L. Crossley - Fonthill	26.35m
5 Julie Hoffman	Assumption - Burlington	25.99m
6 lorelei stolpmann	Milton - Milton	25.78m
7 Kristy Mlakar	St. Paul's - Mississauga	25.16m
8 Katrina Patrella	Assumption - Burlington	22.42m
9 Tess Betz	Grimsby - Grimsby	22.02m
10 Hilary Cosmo	Christ the King - Georgetown	21.45m
11 Samantha Houston	Saltfleet - Stoney Creek	20.85m
12 Aime Hua	Fr Michael Goetz - Mississauga	20.07m
13 Katie Spadoni	St. Thomas More - Hamilton	19.17m
14 Ashley Schipani	St. Marcellinus - Mississauga	18.84m
--- Shelby Martin	E. L. Crossley - Fonthill	FOUL

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 60 Men Discus Throw Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Ben Ibrahim	St. Marcellinus - Mississauga	43.36m
2 Steven Arbuthnot	Philip Pocock - Mississauga	41.86m
3 Christian Ruiz	Philip Pocock - Mississauga	40.96m
4 Samuel Appiah-Mends	Sandalwood Heights - Brampton	39.03m
5 Lenny Evans	Ridgeway-Crystal - Ridgeway	37.11m
6 Cody Collard	Centennial - Welland	35.50m
7 James West	Burlington Central- Burlington	34.88m
8 Gabe Todd	Ridgeway-Crystal - Ridgeway	34.74m
9 Harry Gaebler	Humberview - Bolton	34.15m
10 Brandon Kuknta	Blessed Trinity - Grimsby	33.41m
11 Jeremy Kyei	St. Jean de Brebeuf - Hamilton	32.27m
12 Jordan Coccimiglio	Corpus Christi	30.15m
13 Dominik Kaukinen	Assumption - Burlington	29.92m
14 Roberto Rodriques	St. Thomas More - Hamilton	29.76m
15 Chad Hogeveen	Smithville District-Smithville	29.03m

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 61 Women Javelin Throw Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 April Looije	St. Marcellinus - Mississauga	31.87m
2 Megan Climenhage	E. L. Crossley - Fonthill	30.36m
3 Cassandra Barbosa	St. Joseph - Mississauga	30.10m
4 Ashley Schipani	St. Marcellinus - Mississauga	30.08m
5 Molly Higenell	E. L. Crossley - Fonthill	29.19m
6 Kristy Mlakar	St. Paul's - Mississauga	28.90m
7 Christine Murphy	Denis Morris-St. Catharines	28.85m
8 Samantha Houston	Saltfleet - Stoney Creek	27.07m
9 Jamie Hutchison	Bishop Tonnos - Ancaster	26.24m
10 Katie Spadoni	St. Thomas More - Hamilton	23.89m
11 Jamie Evans	Hagersville - Hagersville	23.67m
12 Melanie Walsh	Assumption - Burlington	22.68m
13 Erika Giovannetti	Lorne Park - Mississauga	21.99m
14 Nicole Arthurs	Georgetown - Georgetown	21.30m
15 Rose Schmidt	Christ the King - Georgetown	18.70m

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 62 Men Javelin Throw Junior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Jeff Heartwell	Clarkson - Mississauga	49.85m
2 Shawn Pellizari	ES Jean Vanier - Welland	47.10m
3 Mitchell Delle Monache	E. L. Crossley - Fonthill	46.63m
4 Marco Digiacinto	St. Jean de Brebeuf - Hamilton	46.30m
5 Kris Baily	Philip Pocock - Mississauga	46.14m
6 Nick VanderMeer	Smithville District-Smithville	43.29m
7 Colin Babb	Grimsby - Grimsby	41.84m
8 Jeremy Kyei	St. Jean de Brebeuf - Hamilton	40.20m
9 Patrick Litvinskis	St. Paul's - Mississauga	38.45m
10 Josh Purich	Meadowvale - Mississauga	37.11m
11 Corey Brioschi	Humberview - Bolton	37.06m
12 Kevin Westermann	Corpus Christi	33.80m
13 Cody Herbert	St. Jean de Brebeuf - Hamilton	33.45m
14 Chris Franko	St. Thomas Aquinas - Oakville	30.71m
--- Derek Smith	Highland - Dundas	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 63 Women 4x100 Meter Relay Junior**

<b>Team</b>	<b>Relay</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 St. Marcellinus - Mississauga	A	51.20	2
1) Ashley Schipani	2) Monique Genard	3) Trayl Bharath	4) Cassandra Pascal
2 E. L. Crossley - Fonthill	A	51.52	2
1) Katie Kalchman	2) Melissa Kohli	3) Hilary Reid	4) Emma Suiciak
3 Our Lady of Mount Carmel-Mis	A	52.59	2
1) Stephanie Davis	2) Nicole Thompson	3) Shaniqua Knowles	4) Sarah Edney
4 St. Edmund Campion-Mississa	A	53.95	2
1) Kadijah Tulloch	2) Diane Bernard	3) Chanel Nembhard	4) Carilee Bryant
5 St. Augustine - Brampton	A	54.20	2
1) Tamika Emmanuel	2) Alicia Maynard	3) Shardae Barclay	4) Casey Bonsu
6 Centennial - Welland	A	54.23	2
1) Melissa Borowski	2) Jennifer Weir	3) Karley Gatta	4) Anna Ionson
7 Grimsby - Grimsby	A	54.26	2
1) Rebecca Barnfield	2) Hillary Beattie	3) Haley Crouse	4) Morgan Beach
8 Cardinal Leger - Brampton	A	54.90	2
1) Jenelle Richards	2) Starr Walker	3) Janiegh Jackson	4) Shanise Plummer
9 St Ignatius of Loyola-Oakville	A	54.91	1
1) Marti Killeen	2) Olivia Butty	3) Taylor Brown	4) Megan Sutton
10 St. Thomas More - Hamilton	A	54.95	1
1) Jessica Erkelens	2) Sarah Hines	3) Jessica Zaccaria	4) Patricia Bugangu
11 Westdale - Hamilton	A	55.88	1
1) Deniqua Alexander	2) Lauren Brooks	3) Emily Samek	4) Taneisha Brown
12 Bishop Ryan - Hamilton	A	56.06	1
13 Lakeshore - Port Colborne	A	56.06	1
1) Lauren Andrews	2) Jaci Carver	3) Alex Fairegrieve	4) Kate Yallin
14 Burlington Central- Burlington	A	56.26	1
1) Valerie Bertolo	2) Stephanie Sutcliffe	3) Mackenzie Lyster	4) Alicia Baxter
15 Assumption - Burlington	A	56.36	1
1) Samantha Martin	2) Katrina Petrella	3) Erin Houle	4) Christine McNulty

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 64 Men 4x100 Meter Relay Junior**

Team	Relay	Finals	H#
<b>Finals</b>			
1 St. Augustine - Brampton	A	44.72	2
1) Kwasi Gyamfi	2) Kyle Bennett	3) Jerdaine Foster	4) Ike Omoruna
2 St. Marguerite D'Youville-Bra	A	45.34	2
1) Calvin Johnson	2) Michael Nelson	3) Jordan Lynch-Roach	4) Travis Eman
3 Nelson - Burlington	A	45.68	2
1) Mike Walker	2) Wes Miller	3) Steven Murray	4) Mike Boucher
4 St. Jean de Brebeuf - Hamilton	A	47.34	1
1) Don Ramos	2) Adrian Swist	3) Marco Digiacinto	4) Levy Palacios
5 Fletcher's Meadow - Brampton	A	47.69	2
1) Jermaine Stephenson	2) Deon Watts	3) Chris Williams	4) Kwame Pephrah
6 Brampton Centennial - Brampt	A	47.97	2
1) Julian Johnson	2) Dermain Robinson	3) Brandon Cunningham	4) Chadwin Allotey
7 St. Marcellinus - Mississauga	A	48.08	2
1) Dejaun Smith	2) Christiaan Collarile	3) Brandon Tartaglia	4) Lester Ross
8 Governor Simcoe-St. Catherine	A	48.10	1
1) Ryan Chia	2) Blake McPherson	3) Ben Bradford	4) Travis McAlpine
9 Waterdown - Waterdown	A	48.42	2
1) Jordan Chin	2) Kurtis Lord	3) Adam Kuncz	4) James Parry
10 Grimsby - Grimsby	A	49.09	1
1) Jake Boeck	2) Jake Turl	3) Nathanyl Awram	4) Lucas Spagnuolo
11 Cathedral - Hamilton	A	49.44	1
1) Julius Samuel	2) Zaniel Gilbert	3) Denroy Bartley	4) Yannick Kabisoso
12 Barton - Hamilton	A	49.50	1
1) Cameron Jang	2) Budd Parker	3) Eddie Lartey	4) Daniel Gayle
13 Assumption - Burlington	A	49.58	1
1) Brendan Farrell	2) Matthew McDonald	3) Blase Wasser	4) Damon Morgan
14 Ridgeway-Crystal - Ridgeway	A	49.96	2
1) Nick Tibollo	2) Tyler Fazekas	3) Sam Testa	4) Clay Grant
--- Abbey Park - Oakville	A	DNF	1
1) Brian Tieu	2) Alex Almer	3) Karun Tandon	4) Jinweon Seo

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 65 Women 100 Meter Dash Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Simone Martin	St. Thomas Aquinas - Brampton	12.34 Q	NWI	1
2 T'Keyah Dumoy	St. Joseph - Mississauga	12.35 Q	NWI	2
3 Jonelle Bell Spence	Bramalea - Brampton	12.38 Q	NWI	2
4 Daniela Anane-Bediakoh	St.Marguerite D'Youville-Bramp	12.77 Q	NWI	1
5 Megan O'Neill	St Ignatius of Loyola-Oakville	12.84 Q	NWI	1
6 Monique Rodney	Cathedral - Hamilton	13.03 Q	NWI	2
7 Kaylee Kearns	Acton - Acton	13.11 q	NWI	1
8 Fatima Jammeh	Brampton Centennial - Brampton	13.22 q	NWI	1
9 Kadaija Blackwood	Westlane - Niagara Falls	13.29	NWI	1
10 Larissa Bruzesse	Notre Dame College - Welland	13.29	NWI	2
11 Deanna Rose Smith	South Lincoln - Smithville	13.30	NWI	2
12 Victoria Smith	A.N. Myer - Niagara Falls	13.37	NWI	1
13 Leighanne Neilson	Georgetown - Georgetown	13.53	NWI	2
14 Sarah Mooney	White Oaks - Oakville	13.61	NWI	2
--- Dawn Elmers	Smithville District-Smithville	SCR	NWI	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 65 Women 100 Meter Dash Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Simone Martin	St. Thomas Aquinas - Brampton	12.07	NWI
2 T'Keyah Dumoy	St. Joseph - Mississauga	12.14	NWI
3 Jonelle Bell Spence	Bramalea - Brampton	12.38	NWI
4 Daniela Anane-Bediakoh	St.Marguerite D'Youville-Bramp	12.64	NWI
5 Monique Rodney	Cathedral - Hamilton	13.03	NWI
6 Megan O'Neill	St Ignatius of Loyola-Oakville	13.03	NWI
7 Fatima Jammeh	Brampton Centennial - Brampton	13.17	NWI
8 Kaylee Kearns	Acton - Acton	13.24	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 66 Men 100 Meter Dash Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Wayndale Bennett	Bishop P.F. Reding - Milton	10.75 Q	NWI	2
2 Phillip Hayle	St. Edmund Campion-Mississaug	10.90 Q	NWI	1
3 Bruno Hortelano	Assumption - Burlington	10.85 Q	NWI	2
4 Carlisle Stanford	St. Marcellinus - Mississauga	11.06 Q	NWI	1
5 Leo Nichol	Applewood Hts - Mississauga	11.12 Q	NWI	2
6 Carlin McLean	Orchard Park - Stoney Creek	11.29 Q	NWI	1
7 Isaac Ofofu	Orchard Park - Stoney Creek	11.29 q	NWI	2
8 Nathan Merritt	Ridgeway-Crystal - Ridgeway	11.34 q	NWI	1
9 Aaron Johnson	St. Augustine - Brampton	11.36	NWI	1
10 Mike Masonovich	St. Paul - Niagara Falls	11.37	NWI	2
11 Brendon Rodney	St. Augustine - Brampton	11.39	NWI	1
12 Roy Duodu-Sarpong	Christ the King - Georgetown	11.44	NWI	2
13 KJ Lukas	Burlington Central- Burlington	11.51	NWI	2
14 David Griem	Ridgeway-Crystal - Ridgeway	11.53	NWI	1
15 Marcus Murray	Cathedral - Hamilton	11.63	NWI	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 66 Men 100 Meter Dash Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Wayndale Bennett	Bishop P.F. Reding - Milton	10.77	NWI
2 Bruno Hortelano	Assumption - Burlington	10.80	NWI
3 Phillip Hayle	St. Edmund Campion-Mississaug	10.89	NWI
4 Leo Nichol	Applewood Hts - Mississauga	10.91	NWI
5 Isaac Ofosu	Orchard Park - Stoney Creek	11.33	NWI
6 Carlin McLean	Orchard Park - Stoney Creek	11.40	NWI
7 Nathan Merritt	Ridgeway-Crystal - Ridgeway	11.45	NWI
--- Carlisle Stanford	St. Marcellinus - Mississauga	SCR	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 67 Women 200 Meter Dash Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 T'Keyah Dumoy	St. Joseph - Mississauga	25.47 Q	NWI	1
2 Simone Martin	St. Thomas Aquinas - Brampton	26.47 Q	NWI	2
3 Jonelle Bell Spence	Bramalea - Brampton	26.27 Q	NWI	1
4 Daniela Anane-Bediakoh	St.Marguerite D'Youville-Bramp	26.57 Q	NWI	2
5 Corinne Smith	Abbey Park - Oakville	27.00 Q	NWI	2
6 Brittany Kerr	St. Edmund Champion-Mississaug	27.18 Q	NWI	1
7 Ashara Cadogan	St Ignatius of Loyola-Oakville	27.39 q	NWI	1
8 Kaylee Kearns	Acton - Acton	27.88 q	NWI	2
9 Hillary Finch	Burlington Central- Burlington	28.06	NWI	1
10 Lorette Kasamba	Denis Morris-St. Catherines	28.28	NWI	1
11 Melissa Bethlehem	Guido De Bres - Hamilton	28.52	NWI	1
12 Victoria Smith	A.N. Myer - Niagara Falls	28.68	NWI	1
--- Alex Giles	Governor Simcoe-St. Catherines	SCR	NWI	2
--- Dawn Elmers	Smithville District-Smithville	SCR	NWI	2
--- Jessica Tat	Abbey Park - Oakville	SCR	NWI	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 67 Women 200 Meter Dash Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Simone Martin	St. Thomas Aquinas - Brampton	24.71	NWI
2 T'Keyah Dumoy	St. Joseph - Mississauga	24.78	NWI
3 Jonelle Bell Spence	Bramalea - Brampton	25.10	NWI
4 Daniela Anane-Bediakoh	St.Marguerite D'Youville-Bramp	25.85	NWI
5 Brittany Kerr	St. Edmund Campion-Mississaug	26.54	NWI
6 Corinne Smith	Abbey Park - Oakville	26.89	NWI
7 Ashara Cadogan	St Ignatius of Loyola-Oakville	26.97	NWI
8 Kaylee Kearns	Acton - Acton	28.00	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 68 Men 200 Meter Dash Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Wayndale Bennett	Bishop P.F. Reding - Milton	22.23 Q	NWI	2
2 Michael Trnkus	Abbey Park - Oakville	22.34 Q	NWI	1
3 Alistair Moona	Erindale - Mississauga	22.43 Q	NWI	2
4 Carlisle Stanford	St. Marcellinus - Mississauga	22.88 Q	NWI	1
5 Brendon Rodney	St. Augustine - Brampton	23.09 Q	NWI	1
6 Nicholas Chiarot	Notre Dame - Brampton	23.17 Q	NWI	2
7 Mike Masonovich	St. Paul - Niagara Falls	23.29 q	NWI	1
8 Duwayne Letts	St.Marguerite D'Youville-Bramp	23.46 q	NWI	1
9 David Griem	Ridgeway-Crystal - Ridgeway	23.78	NWI	1
10 Nathan Merritt	Ridgeway-Crystal - Ridgeway	23.84	NWI	1
11 KJ Lukas	Burlington Central- Burlington	23.96	NWI	2
12 Stefan Scione	Bishop Tonnos - Ancaster	24.02	NWI	2
13 Jabari Selman	Laura Secord - St. Catherines	24.09	NWI	2
--- Marcus Murray	Cathedral - Hamilton	SCR	NWI	2
--- Doug Easterbrook	Grimsby - Grimsby	SCR	NWI	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 68 Men 200 Meter Dash Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Wayndale Bennett	Bishop P.F. Reding - Milton	21.93	NWI
2 Michael Trnkus	Abbey Park - Oakville	22.04	NWI
3 Alistair Moona	Erindale - Mississauga	22.21	NWI
4 Carlisle Stanford	St. Marcellinus - Mississauga	22.46	NWI
5 Nicholas Chiarot	Notre Dame - Brampton	22.80	NWI
6 Brendon Rodney	St. Augustine - Brampton	22.85	NWI
--- Mike Masonovich	St. Paul - Niagara Falls	SCR	NWI
--- Duwayne Letts	St.Marguerite D'Youville-Bramp	SCR	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 69 Women 400 Meter Dash Senior**

Name	Team	Finals	H#
<b>Finals</b>			
1 Corinne Smith	Abbey Park - Oakville	59.44	2
2 Megan O'Neill	St Ignatius of Loyola-Oakville	59.77	2
3 Mariah Kelly	St. Michael - Niagara Falls	59.86	2
4 Olivia Creary	Our Lady of Mount Carmel-Missi	59.95	2
5 Brittany Kerr	St. Edmund Campion-Mississaug	1:00.67	2
6 Victoria Smith	A.N. Myer - Niagara Falls	1:00.95	2
7 Ali McCart	St. Augustine - Brampton	1:01.92	2
8 Jessica Tat	Abbey Park - Oakville	1:01.94	2
9 Alex Giles	Governor Simcoe-St. Catherines	1:02.40	1
10 Rebecca Gray	John Fraser - Mississauga	1:02.72	1
11 Jade Johnson	Abbey Park - Oakville	1:03.19	1
12 Ashara Cadogan	St Ignatius of Loyola-Oakville	1:03.48	1
13 Lisa Belbeck	John Fraser - Mississauga	1:04.99	1
14 Lindsay Szota	Ancaster High	1:05.47	1
--- Emily Shing	Highland - Dundas	SCR	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 70 Men 400 Meter Dash Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 Alistair Moona	Erindale - Mississauga	48.56	2
2 Michael Trnkus	Abbey Park - Oakville	48.94	2
3 Anthony Romaniw	St. Thomas More - Hamilton	49.60	2
4 Domenic Greco	St. Edmund Campion-Mississaug	50.33	2
5 Joseph Triumbari	St.Marguerite D'Youville-Bramp	50.54	2
6 Matt MacDonald	St. Francis - St. Catherines	50.66	2
7 Doug Easterbrook	Grimsby - Grimsby	51.79	2
8 Marco Venne	Notre Dame - Burlington	53.21	1
9 Blaise Kambu	St. Jean de Brebeuf - Hamilton	53.80	1
10 Lee Mori	Denis Morris-St. Catherines	53.84	1
11 Kyle Varley	Westlane - Niagara Falls	54.17	1
12 Donovan Kerry	Denis Morris-St. Catherines	54.19	1
13 Marc Williams	St. Paul's - Mississauga	55.06	1
14 Scott Dunford	Abbey Park - Oakville	55.32	1
--- Ray Cadeau	Our Lady of Mount Carmel-Missi	SCR	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 71 Women 800 Meter Run Senior**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>				
1	Mariah Kelly	St. Michael - Niagara Falls	2:18.73	2
2	Carise Thompson	Highland - Dundas	2:20.37	2
3	Aimee Castro	St. Jean de Brebeuf - Hamilton	2:21.25	2
4	Emily Driedger	Georgetown - Georgetown	2:24.86	2
5	Shelby Dunbar	West Park - St. Catharines	2:26.47	1
6	Paris Adams	Blessed Trinity - Grimsby	2:27.25	2
7	Madeline Hill	Mayfield - Brampton	2:29.16	1
8	Paulina Maher	St Ignatius of Loyola-Oakville	2:30.49	2
9	Courtney Patterson	Highland - Dundas	2:32.88	2
10	Deborah Koh	White Oaks - Oakville	2:39.04	1
11	Jonni Graham	Nelson - Burlington	2:40.67	1
12	Natsha Sheppard	Fr Michael Goetz - Mississauga	2:41.49	1
13	Madeline Leon	Port Credit - Mississauga	2:42.88	1
14	Justine Sun Dela Cruz	John Fraser - Mississauga	2:44.25	1
---	Yolen Bollo-Kamara	St. Edmund Campion-Mississaug	DNF	2

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 72 Men 800 Meter Run Senior**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>				
1	Jeremy Rae	Lakeshore - Port Colborne	1:50.52	2
2	Anthony Romaniw	St. Thomas More - Hamilton	1:50.82	2
3	Chris Miedema	Lakeshore - Port Colborne	1:54.08	2
4	Doug Easterbrook	Grimsby - Grimsby	1:57.47	1
5	Julien Rousseau	Winston Churchill - St. Cather	1:57.94	2
6	Evan Stevens	Lorne Park - Mississauga	1:59.81	2
7	Matt MacDonald	St. Francis - St. Catherines	2:00.03	1
8	Dantae Chance	Cardinal Leger - Brampton	2:00.49	2
9	Marco Venne	Notre Dame - Burlington	2:01.52	1
10	Tashan Brown	Loyola - Mississauga	2:01.58	2
11	Kevin Wright	Lorne Park - Mississauga	2:03.14	1
12	Jeff Stone	Turner-Fenton - Brampton	2:03.41	2
13	David Bak	St. Thomas More - Hamilton	2:08.24	1
14	Adam Maybee	Abbey Park - Oakville	2:08.85	1
15	Patrick O'Hara	Notre Dame - Burlington	2:10.54	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 73 Women 1500 Meter Run Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Colleen Hennessy	St. Thomas Aquinas - Oakville	4:44.51
2 Aimee Castro	St. Jean de Brebeuf - Hamilton	4:46.04
3 Emily Driedger	Georgetown - Georgetown	4:46.35
4 Carise Thompson	Highland - Dundas	4:46.93
5 Heather Stuve	Eden - St. Catharines	4:52.36
6 Karina Sils	Oakville Trafalgar - Oakville	4:55.82
7 Alicia Knox	St Ignatius of Loyola-Oakville	5:00.75
8 Sarah Crammer-Byng	Loyola - Mississauga	5:01.37
9 Paris Adams	Blessed Trinity - Grimsby	5:03.20
10 Julie Hamblton	Grimsby - Grimsby	5:06.13
11 Meghan Reidy	Cardinal Leger - Brampton	5:18.28
12 Madeline Hill	Mayfield - Brampton	5:19.50
13 Navneet Aujla	Turner-Fenton - Brampton	5:22.33
14 Hannah McCurdy-Adams	The Woodlands - Mississauga	5:39.70
15 Monique Stuve	Eden - St. Catharines	5:40.13

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 74 Men 1500 Meter Run Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Jeremy Rae	Lakeshore - Port Colborne	3:51.05
2 Mohammed Ahmed	St. Catharines - St. Catherine	3:53.49
3 Chris Miedema	Lakeshore - Port Colborne	4:03.22
4 Julien Rousseau	Winston Churchill - St. Cather	4:04.59
5 Nathaniel Green	Abbey Park - Oakville	4:06.87
6 Kevin Wright	Lorne Park - Mississauga	4:07.53
7 Jeff Stone	Turner-Fenton - Brampton	4:08.77
8 Jason LaPorta	Notre Dame - Burlington	4:13.17
9 Simon Moriello	St. Paul - Niagara Falls	4:14.87
10 Luca Geiser	John Cabot - Mississauga	4:20.56
11 Scott Dermott	Bishop P.F. Reding - Milton	4:24.09
12 Adam Maybee	Abbey Park - Oakville	4:26.14
13 Taylor Reid	Mayfield - Brampton	4:26.74
14 Juan Arango	Notre Dame - Burlington	4:33.54
--- Evan Stevens	Lorne Park - Mississauga	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 75 Women 3000 Meter Run Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Heather Stuiwe	Eden - St. Catherines	10:24.56
2 Colleen Hennessy	St. Thomas Aquinas - Oakville	10:36.96
3 Karina Sils	Oakville Trafalgar - Oakville	10:43.19
4 Alicia Knox	St Ignatius of Loyola-Oakville	10:45.14
5 Alexandra Gatzka	Assumption - Burlington	11:09.79
6 Meghan Reidy	Cardinal Leger - Brampton	11:15.80
7 Colleen Wilson	Ancaster High	11:24.19
8 Julia Friesen	Abbey Park - Oakville	11:26.98
9 Pauline Skowron	Robert F. Hall - Caledon East	11:32.30
10 Brittany Hamblton	Grimsby - Grimsby	11:32.99
11 Hannah McCurdy-Adams	The Woodlands - Mississauga	11:35.35
12 Lyndsay Gabel	Erindale - Mississauga	11:43.85
13 Sarah Rasmussen	Ancaster High	11:59.27
14 Monique Stuiwe	Eden - St. Catherines	12:16.42

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 76 Men 3000 Meter Run Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Mohammed Ahmed	St. Catharines - St. Catherine	8:25.62
2 Nathan Wanuch	Glenforest - Mississauga	8:57.60
3 Taylor Reid	Mayfield - Brampton	8:58.44
4 Nathaniel Green	Abbey Park - Oakville	8:58.97
5 Chris Dulhanty	Loyola - Mississauga	9:02.34
6 Tom McRae	St. Paul - Niagara Falls	9:14.14
7 Kevin Azocar	Iona Catholic - Mississauga	9:21.48
8 Juan Arango	Notre Dame - Burlington	9:22.13
9 Duke Lloyd	Highland - Dundas	9:22.16
10 Jason LaPorta	Notre Dame - Burlington	9:26.70
11 Simon Moriello	St. Paul - Niagara Falls	9:35.86
12 Cameron Shortt	Acton - Acton	9:46.12
13 Jesse Wilcox	Westmount - Hamilton	9:49.59
14 Scott Dermott	Bishop P.F. Reding - Milton	9:57.38
--- Luca Geiser	John Cabot - Mississauga	DNF

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 77 Women 100 Meter Hurdles Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Fatima Jammeh	Brampton Centennial - Brampton	15.32 Q	NWI	1
2 Jasmine Patterson	St. Marcellinus - Mississauga	15.52 Q	NWI	2
3 Jessica May	Saltfleet - Stoney Creek	15.64 Q	NWI	2
4 Vanessa Sarjeant	Orchard Park - Stoney Creek	16.49 Q	NWI	1
5 Jessica Miotto	Laura Secord - St. Catharines	16.08 Q	NWI	2
6 Shelby Bordi	Highland - Dundas	16.68 Q	NWI	1
7 Sarah Mooney	White Oaks - Oakville	16.87 q	NWI	1
8 Chantelle Robbertse	Corpus Christi	16.99 q	NWI	2
9 Hillary Finch	Burlington Central- Burlington	17.02	NWI	2
10 Chloe Williams	St. Francis Xavier-Mississauga	17.26	NWI	2
11 Lisa Belbeck	John Fraser - Mississauga	17.41	NWI	2
12 Alex Benko	Cathedral - Hamilton	17.42	NWI	1
13 Kaitlyn Bennett	Mentor College - Mississauga	17.56	NWI	1
14 kesia alexander	Milton - Milton	18.24	NWI	2
--- Dawn Elmers	Smithville District-Smithville	SCR	NWI	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 77 Women 100 Meter Hurdles Senior**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>				
1	Fatima Jammeh	Brampton Centennial - Brampton	14.84	NWI
2	Jasmine Patterson	St. Marcellinus - Mississauga	15.27	NWI
3	Jessica May	Saltfleet - Stoney Creek	15.29	NWI
4	Jessica Miotto	Laura Secord - St. Catharines	15.68	NWI
5	Vanessa Sarjeant	Orchard Park - Stoney Creek	15.87	NWI
6	Chantelle Robbertse	Corpus Christi	16.26	NWI
7	Shelby Bordi	Highland - Dundas	16.46	NWI
8	Sarah Mooney	White Oaks - Oakville	16.84	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 78 Men 110 Meter Hurdles Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Name	Team	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Townsend Benard	Laura Secord - St. Catherines	14.20 Q	NWI	1
2 Connor Fanning	Highland - Dundas	14.61 Q	NWI	2
3 Leo Nichol	Applewood Hts - Mississauga	14.64 Q	NWI	2
4 Jabari Selman	Laura Secord - St. Catherines	15.45 Q	NWI	1
5 Jermaine Simpson	St. Edmund Champion-Mississaug	15.45 Q	NWI	2
6 Jeffrey Renaud	Loyola - Mississauga	15.56 Q	NWI	1
7 Rob Ferman	Cayuga - Cayuga	16.06 q	NWI	2
8 Nick Buhdoo	Fr Michael Goetz - Mississauga	16.14 q	NWI	2
9 Micheal Walters	Fletcher's Meadow - Brampton	16.15	NWI	1
10 Cameron Damota	Christ the King - Georgetown	16.19	NWI	2
11 Jimmy Davis	Cathedral - Hamilton	17.04	NWI	1
12 Spencer Finch	Burlington Central- Burlington	18.49	NWI	1
13 brandon adamson	Milton - Milton	19.32	NWI	2
14 Melvin Bolanos	Holy Trinity - Oakville	21.17	NWI	2
--- Steve Kisaka	Saltfleet - Stoney Creek	SCR	NWI	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 78 Men 110 Meter Hurdles Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Townsend Benard	Laura Secord - St. Catherines	13.87	NWI
2 Leo Nichol	Applewood Hts - Mississauga	14.15	NWI
3 Connor Fanning	Highland - Dundas	14.59	NWI
4 Jermaine Simpson	St. Edmund Campion-Mississaug	14.93	NWI
5 Jabari Selman	Laura Secord - St. Catherines	15.41	NWI
6 Rob Ferman	Cayuga - Cayuga	15.77	NWI
7 Nick Buhdoo	Fr Michael Goetz - Mississauga	15.83	NWI
8 Jeffrey Renaud	Loyola - Mississauga	16.35	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 79 Women 400 Meter Hurdles Senior**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>				
1	Chantelle Robbertse	Corpus Christi	1:08.00	2
2	Rebecca Gray	John Fraser - Mississauga	1:08.54	2
3	Leah Marie Ramalho	Cardinal Leger - Brampton	1:09.28	2
4	Jessica May	Saltfleet - Stoney Creek	1:09.45	2
5	Madeline Hill	Mayfield - Brampton	1:10.88	2
6	Lisa Belbeck	John Fraser - Mississauga	1:11.52	1
7	Halee Lymburner	E. L. Crossley - Fonthill	1:12.18	1
8	Emily Schoppmann	Blessed Trinity - Grimsby	1:12.86	2
9	Lauren Sokolowski	Georgetown - Georgetown	1:12.93	2
10	Lianne Girard	Thomas A. Blakelock - Oakville	1:13.48	1
11	Courtney Heffernan	St Ignatius of Loyola-Oakville	1:14.30	1
12	Hillary Finch	Burlington Central- Burlington	1:15.94	2
13	Megan Carter	Turner-Fenton - Brampton	1:18.25	1
14	Charlene Hartwick	E. L. Crossley - Fonthill	1:18.42	1
15	Shelby Bordi	Highland - Dundas	1:19.93	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 80 Men 400 Meter Hurdles Senior**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>				
1	Connor Fanning	Highland - Dundas	57.06	2
2	Jason Diston	St. Paul - Niagara Falls	58.53	2
3	Ulysses Mendoza	Fr Michael Goetz - Mississauga	58.93	2
4	Cameron Damota	Christ the King - Georgetown	1:00.19	2
5	Anif Freckleton	John Cabot - Mississauga	1:00.22	2
6	Everald Smeikle	St. Augustine - Brampton	1:01.28	1
7	Danny MacLeod	Ridgeway-Crystal - Ridgeway	1:01.43	2
8	Thibault Lebon	North Park - Brampton	1:02.10	2
9	Jimmy Davis	Cathedral - Hamilton	1:04.26	1
10	Geoff Burnside	Notre Dame - Burlington	1:05.52	1
---	Jermaine Simpson	St. Edmund Campion-Mississaug	DNF	2
---	Steve Tripp	Ridgeway-Crystal - Ridgeway	SCR	1
---	Eric Press	Highland - Dundas	SCR	1
---	Nic Yantzi	Burlington Central- Burlington	SCR	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 81 Women High Jump Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Courtney Olah	St. Paul - Niagara Falls	1.65m
2 Cynthia Adereti	St.Marguerite D'Youville-Bramp	1.55m
3 Heather Hicks	Grimsby - Grimsby	J1.55m
4 Sophie Macrae	Humberview - Bolton	1.50m
5 Chantelle Robbertse	Corpus Christi	J1.50m
6 Shamelia King	Lincoln Alexander- Mississauga	J1.50m
7 Emily McClure	Brampton Christian - Brampton	J1.50m
8 Caprice Aiello	St. Michael - Niagara Falls	J1.50m
9 Melanie Enright	St. Thomas Aquinas - Oakville	1.45m
10 Jasmine Patterson	St. Marcellinus - Mississauga	J1.45m
11 Amanda John	Highland - Dundas	J1.45m
--- Lauren Sokolowski	Georgetown - Georgetown	NH
--- Megan Condognotto	St. Jean de Brebeuf - Hamilton	NH
--- Rachel Amirault	Acton - Acton	NH
--- Courtney Yole	Blessed Trinity - Grimsby	NH

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 82 Men High Jump Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Charles Akomolafe	Harold M Brathwaite - Brampton	2.00m
2 Jharyl Bowery	St. Edmund Campion-Mississaug	J2.00m
3 Jason Diston	St. Paul - Niagara Falls	1.95m
4 Jonathan Graham	Rick Hansen - Mississauga	1.90m
5 Jean Paul Lauzon	St. Paul - Niagara Falls	J1.90m
6 Eric Fram	St. Thomas Aquinas - Oakville	1.85m
7 Albert Ko	Our Lady of Mount Carmel-Missi	J1.85m
8 Satar Wahidi	Orchard Park - Stoney Creek	J1.85m
9 Jonathon Armstrong	Niagara Christian - Fort Erie	1.80m
10 Victor Kopylets	John Cabot - Mississauga	J1.80m
11 Kyle Ritchie	Cathedral - Hamilton	1.75m
--- Cody Wright	Orchard Park - Stoney Creek	NH
--- Dan Thompson	Thomas A. Blakelock - Oakville	NH
--- Brendon Wilson	Nelson - Burlington	NH
--- Jesse Walczak	St. Jean de Brebeuf - Hamilton	NH

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 83 Women Pole Vault Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Sharon Michalak	Notre Dame College - Welland	2.95m
2 Whitney Nicholas	Hagersville - Hagersville	2.60m
3 Alison Stark	E. L. Crossley - Fonthill	2.30m
4 Jennifer Gearing	E. L. Crossley - Fonthill	2.15m
5 Ellen Warkholdt	Laura Secord - St. Catherines	2.00m

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 84 Men Pole Vault Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Townsend Benard	Laura Secord - St. Catherines	3.60m
2 Mikey Maljkovic	Ridgeway-Crystal - Ridgeway	J3.60m
3 Matthew Diston	St. Paul - Niagara Falls	J3.60m
4 Brandon Talbot	St. Marcellinus - Mississauga	J3.60m
5 Drew Hampel	Ridgeway-Crystal - Ridgeway	3.00m
6 Danny Maljkovic	Ridgeway-Crystal - Ridgeway	J3.00m
7 Daniel Picco	St. Marcellinus - Mississauga	J3.00m
8 David Fil	St. Marcellinus - Mississauga	2.70m
--- Nick Cartaginese	St. Marcellinus - Mississauga	SCR
--- Ben Romanchych	St. Marcellinus - Mississauga	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 85 Women Long Jump Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Kara Griffiths	Mentor College - Mississauga	5.17m	NWI
2 Andrea Farkas	St. Thomas Aquinas - Brampton	5.06m	NWI
3 Kirsten Danquah	St.Marguerite D'Youville-Bramp	4.91m	NWI
3 Jessica Miotto	Laura Secord - St. Catherines	4.91m	NWI
3 Gesthika Kaltsidis	Nelson - Burlington	4.91m	NWI
6 Monique Rodney	Cathedral - Hamilton	4.78m	NWI
7 Shyrell Gough	West Park - St. Catherines	4.76m	NWI
8 Bora Orumwense	Ascension of Our Lord-Mississa	4.69m	NWI
9 Taylor Macleod	Grimsby - Grimsby	4.64m	NWI
10 Courtney Olah	St. Paul - Niagara Falls	4.56m	NWI
11 Jacklyn Whey	St. Aloysius Gonzaga-Mississau	4.55m	NWI
12 Olivia Cook	Ridgeway-Crystal - Ridgeway	4.45m	NWI
13 kesia alexander	Milton - Milton	4.23m	NWI
14 renata lindop	Lester B. Pearson - Burlington	4.13m	NWI
15 Tory McCracken	Georgetown - Georgetown	3.94m	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 86 Men Long Jump Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Jharyl Bowery	St. Edmund Campion-Mississaug	6.99m	NWI
2 Charles Akomolafe	Harold M Brathwaite - Brampton	6.63m	NWI
3 Carlin McLean	Orchard Park - Stoney Creek	6.58m	NWI
4 Victor Kopylets	John Cabot - Mississauga	6.35m	NWI
5 Shawn Hind	Holy Cross - St. Catherines	6.17m	NWI
6 Addae Nurse	Port Credit - Mississauga	6.04m	NWI
7 Emmanuel Tayi	Iroquois Ridge - Oakville	5.96m	NWI
8 Cam Atkinson	Grimsby - Grimsby	5.95m	NWI
9 craig duvall	Lester B. Pearson - Burlington	5.85m	NWI
10 Dennis Butcher	St. Marcellinus - Mississauga	5.82m	NWI
11 Colin Liberty	Thomas A. Blakelock - Oakville	5.44m	NWI
12 Nick Chin	Iroquois Ridge - Oakville	5.42m	NWI
13 Brandon Clarke	Holy Trinity - Oakville	4.94m	NWI
--- Sam Rashid	Westdale - Hamilton	FOUL	
--- Jean Paul Lauzon	St. Paul - Niagara Falls	FOUL	

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 87 Women Triple Jump Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Courtney Olah	St. Paul - Niagara Falls	11.35m	NWI
2 Jessica Miotto	Laura Secord - St. Catherines	11.11m	NWI
3 Andrea Farkas	St. Thomas Aquinas - Brampton	11.07m	NWI
4 Lola Ogunsuyi	St. Edmund Campion-Mississaug	10.96m	NWI
5 Gesthika Kaltsidis	Nelson - Burlington	10.80m	NWI
6 Olivia Cook	Ridgeway-Crystal - Ridgeway	10.44m	NWI
7 Devon Glodziak	Grimsby - Grimsby	10.31m	NWI
8 Rhianna Malcolm	Georgetown - Georgetown	10.13m	NWI
9 Lauren Jansa	St. Paul's - Mississauga	10.12m	NWI
10 Osato Imasuen	St. Augustine - Brampton	9.97m	NWI
11 Kirsten Oakes	A.N. Myer - Niagara Falls	9.82m	NWI
12 Kirsten Danquah	St.Marguerite D'Youville-Bramp	9.55m	NWI
13 kesia alexander	Milton - Milton	9.45m	NWI
14 Alex Benko	Cathedral - Hamilton	9.20m	NWI
--- Ashley Macpherson	Acton - Acton	ND	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 88 Men Triple Jump Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 Charles Akomolafe	Harold M Brathwaite - Brampton	14.31m	NWI
2 Joseph Ndububa	St. Augustine - Brampton	13.58m	NWI
3 Dennis Butcher	St. Marcellinus - Mississauga	13.22m	NWI
4 Ulysses Mendoza	Fr Michael Goetz - Mississauga	12.84m	NWI
4 Cam Atkinson	Grimsby - Grimsby	12.84m	NWI
6 Colin Liberty	Thomas A. Blakelock - Oakville	12.60m	NWI
7 Wilbens Desrosiers	Cardinal Newman - Stoney Creek	12.48m	NWI
8 Victor Kopylets	John Cabot - Mississauga	12.26m	NWI
9 Carlin McLean	Orchard Park - Stoney Creek	12.14m	NWI
10 Tyler Beatty	Parkside - Dundas	11.93m	NWI
11 Garrett Wassenaar	E. L. Crossley - Fonthill	11.69m	NWI
12 Emmanuel Tayi	Iroquois Ridge - Oakville	11.36m	NWI
13 Kevin Smith	M. M. Robinson - Burlington	11.32m	NWI
14 Nick Chin	Iroquois Ridge - Oakville	11.31m	NWI
--- Isaac Ofosu	Orchard Park - Stoney Creek	FOUL	

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 89 Women Shot Put Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Jonelle Bell Spence	Bramalea - Brampton	11.01m
2 Kristina Smolovic	Barton - Hamilton	10.95m
3 Eulleasha Thompson	St. Edmund Campion-Mississaug	10.79m
4 Sam Middleton	Dunnville- Dunnville	10.35m
5 Shanice Gouldbourne	St. Edmund Campion-Mississaug	9.79m
6 Tenyka Francique	St. Augustine - Brampton	9.69m
7 Kimi MacKay	Winston Churchill - St. Cather	9.64m
8 Kimone Williams	St. Jean de Brebeuf - Hamilton	9.27m
9 Doreen Bonsu	Holy Trinity - Oakville	9.20m
10 Kortney Koroll	Governor Simcoe-St. Catherines	9.19m
11 Morgan Miller	Our Lady of Mount Carmel-Missi	8.92m
12 Melissa Ott	Fort Erie - Fort Erie	8.44m
13 Kalsey Smith	Acton - Acton	8.33m
14 Natalie St. Clair	Notre Dame - Burlington	7.94m
--- Dalia Hageboke	Cathedral - Hamilton	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 90 Men Shot Put Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Stefan Palios	Grimsby - Grimsby	15.21m
2 Eric Brathwaite	Heart Lake - Brampton	14.25m
3 Zack Duguay	Denis Morris-St. Catharines	14.12m
4 Ray Dykstra	Grimsby - Grimsby	13.89m
5 Mike Montecalvo	St. Marcellinus - Mississauga	13.28m
6 Shane McGilly	St. Paul - Niagara Falls	13.00m
7 Addison Marks	M. M. Robinson - Burlington	12.99m
8 Adrian Clarke	Fr Michael Goetz - Mississauga	12.71m
9 J.P. Flores	St. Joseph - Mississauga	12.65m
10 Tyreek Phillips	St.Marguerite D'Youville-Bramp	12.37m
11 Mark Korchynski	St. Mary's - Hamilton	12.32m
12 Josh McAndrew	Assumption - Burlington	12.01m
13 Keith Lagace	Notre Dame - Burlington	11.88m
14 Colin Liberty	Thomas A. Blakelock - Oakville	11.18m
--- Scott DeGraaf	Hagersville - Hagersville	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 91 Women Discus Throw Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Katie Klodnicki	Grimsby - Grimsby	34.60m
2 Sarah Krapez	Brampton Christian - Brampton	33.42m
3 Karie Alderman	Grimsby - Grimsby	31.31m
4 Trish Shurrie	Humberview - Bolton	30.42m
5 Sam Middleton	Dunnville- Dunnville	29.94m
6 Nikki Miller	Saltfleet - Stoney Creek	29.50m
7 Brittany Hicks	Saltfleet - Stoney Creek	28.55m
8 Samantha Pinto	John Cabot - Mississauga	27.86m
9 Kimone Williams	St. Jean de Brebeuf - Hamilton	24.36m
10 Natalie Fisher	Assumption - Burlington	24.22m
11 Natalie St. Clair	Notre Dame - Burlington	24.11m
12 silke hynes	Milton - Milton	24.09m
13 Chian Perkins	Bramalea - Brampton	21.97m
--- Sarah Nadler	Humberview - Bolton	FOUL
--- Kaylee Kearns	Acton - Acton	FOUL

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 92 Men Discus Throw Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Stefan Palios	Grimsby - Grimsby	44.92m
2 Connor Wilson	Humberview - Bolton	39.80m
3 Keith Lagace	Notre Dame - Burlington	39.02m
4 Nick Pratt	Humberview - Bolton	38.98m
5 Cody Truax	Ridgeway-Crystal - Ridgeway	37.03m
6 Hoas Langeraaap	Lakeshore - Port Colborne	36.98m
7 Eric Brathwaite	Heart Lake - Brampton	36.88m
8 Dan Rovere	Christ the King - Georgetown	36.42m
9 Tomas Migdal	Fr Michael Goetz - Mississauga	33.81m
10 Adrian Clarke	Fr Michael Goetz - Mississauga	33.66m
11 Jesse House	Lakeshore - Port Colborne	33.27m
12 Matt Howlett	Assumption - Burlington	32.03m
13 Tom Sterling	Assumption - Burlington	27.92m
--- Daniel Harrison	St. Thomas More - Hamilton	FOUL
--- Ray Dykstra	Grimsby - Grimsby	FOUL

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 93 Women Javelin Throw Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Brittany Hicks	Saltfleet - Stoney Creek	37.54m
2 Whitney Nicholas	Hagersville - Hagersville	36.46m
3 Nicole Arrindell	Harold M Brathwaite - Brampton	35.46m
4 Diane Fonseca	St. Joan of Arc - Mississauga	34.58m
5 Callie Graham	Nelson - Burlington	32.48m
6 Victoria Ely	St. Paul - Niagara Falls	31.14m
7 Leah Urquhart	John Fraser - Mississauga	30.54m
8 Margie Boese	Niagara - Niagara on the Lake	29.87m
9 Paula Brady	Brampton Centennial - Brampton	28.79m
10 Rhianna Malcolm	Georgetown - Georgetown	28.18m
11 Kimi MacKay	Winston Churchill - St. Cather	25.19m
12 Hazel Chong	Brampton Christian - Brampton	25.03m
13 Danisha Gordon	Cathedral - Hamilton	23.61m
14 Jessica Brandt	St. Jean de Brebeuf - Hamilton	22.83m
15 Kimone Williams	St. Jean de Brebeuf - Hamilton	22.44m

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 94 Men Javelin Throw Senior**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Ray Dykstra	Grimsby - Grimsby	58.78m
2 Kenny Bradford	Eden - St. Catharines	52.12m
3 Thomas Fisher	E. L. Crossley - Fonthill	51.38m
4 Nat Brioschi	Humberview - Bolton	46.96m
5 David Griem	Ridgeway-Crystal - Ridgeway	46.57m
6 Nick Oreskovich	St. Paul - Niagara Falls	46.01m
7 Keith Lagace	Notre Dame - Burlington	41.48m
8 Travis Rumney	Humberview - Bolton	40.82m
9 Rocco Tricchillo	Fr Michael Goetz - Mississauga	40.66m
10 Paul Brodzik	Philip Pocock - Mississauga	40.45m
11 Daniel Harrison	St. Thomas More - Hamilton	38.94m
12 J.P. Flores	St. Joseph - Mississauga	38.56m
13 Josh McAndrew	Assumption - Burlington	36.25m
14 Devon Alesi	Assumption - Burlington	34.43m
--- Dan Rovere	Christ the King - Georgetown	ND

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 95 Women 4x100 Meter Relay Senior**

<b>Team</b>	<b>Relay</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 St. Augustine - Brampton	A	49.90	2
1) Chrisena Whyte	2) Samantha Spike	3) Michelle Miles	4) Ali McCart
2 St. Thomas Aquinas - Brampt	A	50.05	2
1) Rachel Singh	2) Simone Martin	3) Andrea Farkas	4) Sade Lewis
3 St. Marguerite D'Youville-Bra	A	50.70	2
1) Kirsten Danquah	2) Jurrene Liburd	3) Cynthia Adereti	4) Daniela Anane-Bediakoh
4 Cathedral - Hamilton	A	52.03	2
1) Telma Domingues	2) Shenea Cormier	3) Susana Valladares	4) Monique Rodney
5 Georgetown - Georgetown	A	52.13	1
1) Leighanne Neilson	2) Tory McCracken	3) Rhianna Malcolm	4) Maddy Bannock
6 Grimsby - Grimsby	A	52.41	2
1) Taylor Macleod	2) Heather Hicks	3) Devon Glodziak	4) Caitlin Mcclurkin
7 Abbey Park - Oakville	A	52.56	2
1) Corinne Smith	2) Jade Johnson	3) Brooke Johnston	4) Jessica Tat
8 St. Edmund Campion-Mississa	A	52.62	2
1) Lola Ogunsuyi	2) Fenise Anderson	3) Brittany Kerr	4) Davene Young
9 Fletcher's Meadow - Brampton	A	52.84	1
1) Lisa Bernard	2) Amanda Lewis	3) Christina Martin	4) Shadeen Robinson
10 Notre Dame College - Welland	A	52.90	1
1) Larissa Bruzesse	2) Sharon Michalak	3) Lauren Barnes	4) Rachelle Thomas
11 St Ignatius of Loyola-Oakville	A	53.24	1
1) Megan O'Neill	2) Ashara Cadogan	3) Paulina Maher	4) Stephanie Novielli
12 Highland - Dundas	A	53.25	1
1) Emily Shing	2) Amanda John	3) Shelby Bordi	4) Jessie Sawyers
13 Centennial - Welland	A	54.19	1
1) Carly Davies	2) Shelby Johnston	3) Ashley Fulop	4) Olenka Iwanicki
--- Guido De Bres - Hamilton	A	DQ	2
1) Valerie Vanderwoude	2) Sarah Bosscher	3) Karyn Bosscher	4) Melissa Bethlehem
--- Nelson - Burlington	A	DQ	1
1) Tori Cadman	2) Danielle Des Tombe	3) Callie Graham	4) Gesthika Kaltsidis

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 96 Men 4x100 Meter Relay Senior**

<b>Team</b>	<b>Relay</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 St. Edmund Campion-Mississa	A	43.47	2
1) Louis Mensah	2) Phillip Hayle	3) Jermaine Simpson	4) Jharyl Bowery
2 St. Augustine - Brampton	A	43.51	2
1) Brandon Tomlinson	2) Aaron Johnson	3) Sherze Lewis	4) Brendon Rodney
3 St.Marguerite D'Youville-Bra	A	44.65	2
1) Horace Finnikin	2) Joseph Triumbari	3) Terron Rhooms	4) Horatio Finnikin
4 Orchard Park - Stoney Creek	A	44.74	2
1) Carlin McLean	2) Isaac Ofosu	3) Grant Durfey	4) Mat Kit
5 Ridgeway-Crystal - Ridgeway	A	44.75	1
1) Danny MacLeod	2) Nathan Merritt	3) Steve Tripp	4) David Griem
6 Burlington Central- Burlington	A	45.10	2
1) KJ Lukas	2) Justin Landers	3) Cooper Warrington	4) Ethan Briand
7 Cathedral - Hamilton	A	45.41	1
1) Marcus Murray	2) Jimmy Davis	3) Cree Borsellino	4) Kyle Ritchie
8 Highland - Dundas	A	45.46	1
1) Eric Press	2) Tommy Lariviere	3) Connor Fanning	4) Stuart Hunter
9 Abbey Park - Oakville	A	45.63	2
1) Michael Trnkus	2) Connor Mabbott	3) Brandon Musselman	4) Scott Dunford
10 Sir Winston Churchill	A	45.79	2
1) Jordan Noble	2) Cody Lynch	3) Dalton Jay	4) Alex Bourgeois
11 Holy Trinity - Oakville	A	46.01	1
1) Jordan Catterall	2) Tim Doyley	3) Derrel Walker	4) Kadeem Walker
12 St. Paul - Niagara Falls	A	46.39	1
1) Mike Masonovich	2) Jamie Singleton	3) Kofi Opare	4) Aaron Sexton
13 St Ignatius of Loyola-Oakville	A	46.73	1
1) Steve Davitsky	2) Dan Dyrda	3) Adam Presutti	4) Orayne Bennett
14 Our Lady of Mount Carmel-Mis	A	47.01	1
1) Ray Cadeau	2) Larry Broni	3) Richard Appiah	4) Kelvin Muamba
--- St. Marcellinus - Mississauga	A	SCR	2
1) Andrew Hastings	2) Carlisle Stanford	3) Jonathan Clarke	4) Daniel Sourtzis

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 97 Women 1500 Meter Steeplechase Open**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>			
1	Courtney Patterson	Highland - Dundas	5:30.40
2	Paulina Maher	St Ignatius of Loyola-Oakville	5:33.94
3	Laura Mooradian	Denis Morris-St. Catharines	5:35.86
4	Colleen Wilson	Ancaster High	5:38.68
5	Hannah McCurdy-Adams	The Woodlands - Mississauga	5:43.39
6	Navneet Aujla	Turner-Fenton - Brampton	5:48.17
7	Jill Makins	Robert Bateman - Burlington	5:48.18
8	Brittany Hamblton	Grimsby - Grimsby	5:54.58
9	Lindsay Bryant	St Ignatius of Loyola-Oakville	5:56.77
10	Jessica Passant	Highland - Dundas	5:58.68
11	Lianne Girard	Thomas A. Blakelock - Oakville	5:59.20
12	Milda Sabiston	Applewood Hts - Mississauga	6:11.66
13	Kristen Carter	Turner-Fenton - Brampton	6:18.28
14	Meagan Robertson	Bramalea - Brampton	6:33.11
---	Alexandra Gatza	Assumption - Burlington	SCR

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 98 Men 2000 Meter Steeplechase Open**

<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>		
1 Chris Dulhanty	Loyola - Mississauga	6:12.90
2 Nathan Wanuch	Glenforest - Mississauga	6:13.95
3 Colin Lavigne	Sir Winston Churchill	6:19.45
4 Juan Arango	Notre Dame - Burlington	6:19.96
5 Dalton Rismay	Cardinal Leger - Brampton	6:21.42
6 Tom McRae	St. Paul - Niagara Falls	6:30.56
7 Bete Gulilat	St. Augustine - Brampton	6:32.73
8 Ryan Thomas	Grimsby - Grimsby	6:33.13
9 Duke Lloyd	Highland - Dundas	6:50.14
10 Josh Pitton	St. Aloysius Gonzaga-Mississau	6:55.65
11 Josh Schortemeyer	Notre Dame - Burlington	7:00.53
12 Connor Murphy	Winston Churchill - St. Cather	7:04.25
13 Eric Labelle	Holy Trinity - Oakville	7:04.31
14 Thomas Paterson	Thomas A. Blakelock - Oakville	7:09.31
15 Stephen Missiuna	Oakville Trafalgar - Oakville	7:30.00

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 99 Women 4x400 Meter Relay Open**

Team	Relay	Finals	H#
<b>Finals</b>			
1 Abbey Park - Oakville	A	4:03.05	2
1) Corinne Smith	2) Jessica Tat	3) Brooke Johnston	4) Jade Johnson
2 Highland - Dundas	A	4:08.86	2
1) Emily Shing	2) Carise Thompson	3) Jessie Sawyers	4) Jacquie Holmes
3 Cardinal Leger - Brampton	A	4:09.17	2
1) Kaitlyn Forde	2) Leah Marie Ramalho	3) Dytria Ruddy	4) Laura Sinclair
4 Westdale - Hamilton	A	4:09.27	2
1) Meg Inman	2) Catherine Howell	3) Julie Stacey	4) Chelsea MacKinnon
5 St Ignatius of Loyola-Oakville	A	4:11.12	2
1) Megan O'Neill	2) Ashara Cadogan	3) Paulina Maher	4) Marti Killeen
6 Our Lady of Mount Carmel-Mis	A	4:13.60	2
1) Sarah Edney	2) Olivia Creary	3) Kristian Shumate	4) Stephanie Davis
7 E. L. Crossley - Fonthill	A	4:19.59	1
1) Katie Kalchman	2) Hilary Reid	3) Jillian Young	4) Kristen Johnson
8 Grimsby - Grimsby	A	4:28.10	1
1) Julie Hamblton	2) Olivia Vaughan	3) Erin Kurpe	4) Hillary Beattie
9 Fr Michael Goetz - Mississaug	A	4:29.98	2
1) Olena Olejarczyk	2) Joanna Rego	3) Shakera Bridgewater	4) Natsha Sheppard
10 St. Thomas Aquinas - Brampt	A	4:31.68	1
1) Danielle Laforest	2) Kelsey Vienneau	3) Pearl Onugha	4) Ashley Mooney
11 White Oaks - Oakville	A	4:36.03	1
1) Sarah Mooney	2) Deborah Koh	3) Laura Pilmoor	4) Michelle Koh
12 Nelson - Burlington	A	4:36.51	1
1) Sasha Harris	2) Jessica Brown	3) Emily Miles	4) Aleks Budarick
13 Loyola - Mississauga	A	4:37.50	1
1) Emily Dulhanty	2) Lucy Plichtova	3) Stephanie Angeja	4) Sarah Crammer-Byng
--- Centennial - Welland	A	DQ	1
1) Jennifer Weir	2) Shelby Johnston	3) Olenka Iwanicki	4) Anna Ionson
--- Thomas A. Blakelock - Oakvill	A	SCR	2
1) Lianne Girard	2) Jenn Hyland	3) Jessica Gallaher	4) Karley Donnelly

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 100 Men 4x400 Meter Relay Open**

<b>Team</b>	<b>Relay</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>			
1 Abbey Park - Oakville	A	3:29.58	2
1) Michael Trnkus	2) Connor Mabbott	3) Scott Dunford	4) Brandon Musselman
2 Ridgeway-Crystal - Ridgeway	A	3:31.13	2
1) Danny MacLeod	2) Steve Tripp	3) Ben Merritt	4) David Griem
3 Cardinal Leger - Brampton	A	3:32.68	2
1) Dantae Chance	2) Kahmall McCabe	3) Ian Hamilton	4) Dalton Rismay
4 Denis Morris-St. Catherines	A	3:33.87	2
1) Donovan Kerry	2) Michael St. Jean	3) Lee Mori	4) Shane McDonald
5 Highland - Dundas	A	3:36.24	2
1) Eric Press	2) Tommy Lariviere	3) Austen Forbes	4) Connor Fanning
6 Fr Michael Goetz - Mississaug	A	3:37.64	2
1) Eugene Li	2) Nick Buhdoo	3) Kyle Stott	4) Ulysses Mendoza
7 St. Aloysius Gonzaga-Mississa	A	3:38.64	2
1) Matthew Coyne	2) Peter O'Connell	3) Joel Leon	4) Josh Pitton
8 St. Thomas More - Hamilton	A	3:39.81	1
1) Anthony Romaniw	2) Jacob Moore	3) Ben Hobers	4) David Bak
9 St. Marcellinus - Mississauga	A	3:41.67	1
1) Christiaan Collarile	2) Brandon Tartaglia	3) Andrew Draganjac	4) Kdee Warner
10 Loyola - Mississauga	A	3:41.98	1
1) Chris Dulhanty	2) Jamie Joseph	3) Tashan Brown	4) Jeffrey Renaud
11 Hamilton Christian - Ancaster	A	3:44.21	1
1) James Noordam	2) Aaron Vandermolen	3) Adam Voorberg	4) Hannes Louw
12 Christ the King - Georgetown	A	3:47.06	1
1) Cameron Damota	2) Brandon Edmonds	3) Brett Piva	4) Carington Lefneski
13 Notre Dame - Burlington	A	3:49.54	1
1) Marco Venne	2) Paul Grochocinski	3) Jordan Spencer	4) Geoff Burnside
--- Winston Churchill - St. Cather	A	DNF	2
1) Connor Murphy	2) Brandon Byskov	3) Julien Rousseau	4) Andrew Krzeczowski
--- White Oaks - Oakville	A	SCR	1

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 101 Women 100 Meter Dash Ambulatory**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>				
1	Sally Anderson	Bishop Tonnos - Ancaster	20.54	NWI
2	Christine Pupols	Bishop Tonnos - Ancaster	20.74	NWI
3	Rosa Ipolitto	Cathedral - Hamilton	21.28	NWI
---	Judith Inoue	Thomas A. Blakelock - Oakville	SCR	NWI
---	Daisey Mabeka	St. Thomas More - Hamilton	SCR	NWI

**South Regionals - 2009 - 5/28/2009 to 5/29/2009****Track and Field****Niagara Olympic Club, St. Catharines****Results****Event 102 Men 100 Meter Dash Ambulatory**

<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>			
1 John Barbosa	Cathedral - Hamilton	17.16	NWI
--- Jordan Doherty	Thomas A. Blakelock - Oakville	SCR	NWI
--- Kyle Whyte	Thomas A. Blakelock - Oakville	SCR	NWI
--- Adam Padley	Cathedral - Hamilton	SCR	NWI
--- Jordan Eyk	Thomas A. Blakelock - Oakville	SCR	NWI