

OFSAA West Regionals
Track and Field
Alumni Stadium University of Windsor - 30/05/2014 to 31/05/2014
Meet Program

Event 1 Women 100 Meter Midget**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 30/05/2014 - 3:20 PM****West Region: 12.12 2002 Emily JOHNSON/J. F. Ross**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Ally Oulds	Chatham-Kent - Chatham	
2	Lena Robinson	St. Anne's - Clinton	
3	Cheyne Hall	Vincent Massey - Windsor	
4	Erin Lucas	St. Mary's - St. Mary's	
5	Taylor Kampstra	Centennial - Guelph	
6	Katy Magoffin	Woodstock - Woodstock	
7	Sarah Hodgson	Jacob Hespeler - Cambridge	
8	Adi Traore	W. F. Herman - Windsor	
Heat 2 of 2 Prelims			
1	Laryssa Ainsworth	Blenheim - Blenheim	
2	Kayla Ens	Sir John A Macdonald SS	
3	Hannah Beaumont	Erin - Erin	
4	Kaylyn Hall	H.B. Beal - London	
5	Mary Floyd	St. Andre Bessette	
6	Savana Sarkisian	Paris - Paris	
7	Jada Jackson	W. F. Herman - Windsor	
8	Tanay Freckleton	W. F. Herman - Windsor	

Event 2 Men 100 Meter Midget**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 30/05/2014 - 3:20 PM****West Region: 11.18 2006 Corey CRAWLEY, A.B. Lucas**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	DJ Armitage Charlton	North Park - Brantford	
2	Mathew Shabow	Holy Names - Windsor	
3	Cole Barnes	St. Joseph's - St. Thomas	
4	James Cooper	Mitchell - Mitchell	
5	Devon Outerbridge	Glendale - Tillsonburg	
6	Daniel Bamgbade	Cameron Heights - Kitchener	
7	Keyshaun Jordan	Northern - Sarnia	
8	Josh Wogiren	W. F. Herman - Windsor	



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Heat 2 of 2 Prelims...(Event 2 Men 100 Meter Midget)

1	Mardin Lopez	Maranatha Christian - Windsor
2	Parker Hord	A.B. Lucas - London
3	zack McDonald	Our Lady of Lourdes - Guelph
4	Tommy Ngongo	ES L'Essor - Tecumseh
5	Owen Read	Elmira - Elmira
6	Dylan Franze	Catholic Central - London
7	Adam Lee	John F. Ross - Guelph
8	Patrick Douangchantha	Catholic Central - Windsor

Event 3 Women 200 Meter Midget**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 31/05/2014 - 10:00 AM****West Region: 24.70 2002 Emily JOHNSON/J. F. Ross**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Savannah Campbell	Elmira - Elmira	
2	Adi Traore	W. F. Herman - Windsor	
3	Ashlan Best	Centennial - Guelph	
4	Taylor Kampstra	Centennial - Guelph	
5	Stephanie Shaw	Northern - Sarnia	
6	Nana Asantey	London Central - London	
7	Lena Robinson	St. Anne's - Clinton	
8	Nia Holmes	General Amherst - Amherstburg	
Heat 2 of 2 Prelims			
1	Zoe Kerhoulas	London Central - London	
2	Sarah Hodgson	Jacob Hespeler - Cambridge	
3	Jada Jackson	W. F. Herman - Windsor	
4	Megan Beaudry	Lord Dorchester - Dorchester	
5	Jessica Hodgkin	Sandwich - Windsor	
6	Madi Jarvis	Guelph - Guelph	
7	Claire Larose	Oakridge - London	
8	Victoria Webb	Tecumseh Vista Academy A	



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Event 4 Men 200 Meter Midget**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 31/05/2014 - 10:00 AM****West Region: 22.69 1993****Andrew BECKFORD / Kitchener CI**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Andrew Bezarevic	Vincent Massey - Windsor	
2	Carter Powell	Centennial - Guelph	
3	Owen Read	Elmira - Elmira	
4	James Cooper	Mitchell - Mitchell	
5	Josh Wogiren	W. F. Herman - Windsor	
6	Emmanuel Byers	Centre Wellington - Fergus	
7	Omar Luna	St. Joseph's - Windsor	
8	Patrick Douangchantha	Catholic Central - Windsor	
Heat 2 of 2 Prelims			
1	DJ Armitage Charlton	North Park - Brantford	
2	Sam TeBokkel	Huron Park - Woodstock	
3	zack McDonald	Our Lady of Lourdes - Guelph	
4	Dan Fitzgerald	Catholic Central - London	
5	Josh Mather	Strathroy - Strathroy	
6	Laith Al-Kinani	Vincent Massey - Windsor	
7	Logan Panek	Sandwich - Windsor	
8	Cole Barnes	St. Joseph's - St. Thomas	

Event 5 Women 400 Meter Midget**Friday 30/05/2014 - 4:00 PM****West Region: 57.3h 1982****Donalda DUPREY / Pt. Elgin-Saugeen**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1	Jessie Trombley	Holy Names - Windsor	
2	Victoria Webb	Tecumseh Vista Academy A	
3	Nicole Tamming	St. Anne's - Clinton	
4	Claire Larose	Oakridge - London	
5	Savannah Campbell	Elmira - Elmira	
6	Elise MacDonald	St. Mary's - Kitchener	
7	Julia Stephens	Chatham-Kent - Chatham	
8	Jessica Hodgkin	Sandwich - Windsor	



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Section 2 of 2 Timed Finals...(Event 5 Women 400 Meter Midget)

1	Lucia McElwain	Essex - Essex
2	Tiarra Davis	Holy Names - Windsor
3	Ashlan Best	Centennial - Guelph
4	Madi Jarvis	Guelph - Guelph
5	Megan Dunn	Lord Dorchester - Dorchester
6	Megan Beaudry	Lord Dorchester - Dorchester
7	Camryn Steckel	Oakridge - London
8	Kaitlynn Meier-Ross	Centennial - Guelph

Event 6 Men 400 Meter Midget

Friday 30/05/2014 - 4:00 PM

West Region: 50.91 1994

Jeff ELLIS / Orangeville

Lane	Name	School	Seed Time
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Section 1 of 2 Timed Finals

1	Austin McQuiggan	Chatham-Kent - Chatham
2	Cameron Dufault	Ursuline College - Chatham
3	Samson Scholten	St. Mary's H S - Woodstock
4	Blair Jenkins	Guelph - Guelph
5	Brad Parsons	Bluevale - Waterloo
6	Eric Gareau	Mgsr. Bruyere E S
7	Adam Pys	Mgsr. E.A. Doyle - Cambridge
8	Damola Adenitan	Vincent Massey - Windsor

Section 2 of 2 Timed Finals

1	Jacob Shackell	Guelph - Guelph
2	Tyler Arndt	A.B. Lucas - London
3	Sam TeBokkel	Huron Park - Woodstock
4	Josh Wogiren	W. F. Herman - Windsor
5	William McBride	W. F. Herman - Windsor
6	John Fish	Sir John A Macdonald SS
7	Josh Mather	Strathroy - Strathroy
8	Omar Luna	St. Joseph's - Windsor



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Event 7 Women 800 Meter Midget

Saturday 31/05/2014 - 1:45 PM

West Region: 2:10.69 02/06/2012 Kailee Sawyer, Bluevale

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
3-1A	Madi Jarvis	Guelph - Guelph	
7-1B	Cassidy Sollen	North Lambton - Forest	
11-1C	Sarah Scott	Northern - Sarnia	
15-1D	Alanna Budden	Belle River - Belle River	
1-2A	Camryn Steckel	Oakridge - London	
5-2B	Elizabeth Teasel	Centre Wellington - Fergus	
9-2C	Anna Ulicny	St. Anne - Windsor	
13-2D	Nicole Tamming	St. Anne's - Clinton	
2-3A	Christine Laurie	Kitchener Waterloo - Kitchener	
6-3B	Shannon Fehr	Leamington - Leamington	
10-3C	Emilly Hrudka	St. Anne's - Clinton	
14-3D	Amanda Washington	Bluevale - Waterloo	
4-4A	Tiarra Davis	Holy Names - Windsor	
8-4B	Lola Jung	John Diefenbaker - Hanover	
12-4C	Joelle Wood	Sir Frederick Banting - London	
16-4D	Martina Tait	St. Anne's - Clinton	

Event 8 Men 800 Meter Midget

Saturday 31/05/2014 - 1:45 PM

West Region: 1:55.74 1989

Kevin Sullivan/Brantford-North Park

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
3-1A	Tyler Arndt	A.B. Lucas - London	
7-1B	Austin McQuiggan	Chatham-Kent - Chatham	
11-1C	John Fish	Sir John A Macdonald SS	
15-1D	Franklin Marshall	F. E. Madill - Wingham	
1-2A	Braydon Clarke	Erin - Erin	
5-2B	Patrick Quinland	W. F. Herman - Windsor	
9-2C	Cameron Dufault	Ursuline College - Chatham	
13-2D	Austin Ernst-Finnie	Huron Heights - Kitchener	
2-3A	Brendan Simone	Holy Names - Windsor	
6-3B	Brad O'Neil	Sandwich - Windsor	
10-3C	Eric Gareau	Mgsr. Bruyere E S	
14-3D	Tyler Williams	Holy Cross - Strathroy	
4-4A	William McBride	W. F. Herman - Windsor	
8-4B	Gavin Hughes	St. James - Guelph	
12-4C	Nathan Rowe	Grand River - Kitchener	
16-4D	Robert Adams	A.B. Lucas - London	



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Event 9 Women 1500 Meter Midget

Friday 30/05/2014 - 6:20 PM

West Region: 4:33.99 1997

Erin MCLURE / Waterloo CI

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
1	Emma Helms	A.B. Lucas - London	
2	Martina Tait	St. Anne's - Clinton	
3	Elizabeth Teasell	Centre Wellington - Fergus	
4	Cassidy Sollen	North Lambton - Forest	
5	Sarah Scott	Northern - Sarnia	
6	Corina Simpson	Oakridge - London	
7	Sevanne Ghazarian	St. Benedict - Cambridge	
8	Christine Laurie	Kitchener Waterloo - Kitchener	
9	Juliette Davies	Cameron Heights - Kitchener	
10	Lola Jung	John Diefenbaker - Hanover	
11	Madison Burnham	Tecumseh Vista Academy A	
12	Katie Barwitzki	Northern - Sarnia	
13	Shannon Fehr	Leamington - Leamington	
14	Paighton Fieldhouse	Sir Wilfrid Laurier - London	
15	Anna Ulicny	St. Anne - Windsor	
16	Laura Parkinson	Catholic Central - London	

Event 10 Men 1500 Meter Midget

Friday 30/05/2014 - 6:20 PM

West Region: 4:01.00 1989

Kevin Sullivan/Brantford-North Park

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
1	Gavin Hughes	St. James - Guelph	
2	Levi Shimer-Whitehead	London Central - London	
3	Brendan Simone	Holy Names - Windsor	
4	Brandon Sellers	Huron Heights - Kitchener	
5	Connor MacRobbie	Lambton Central - Petrolia	
6	Billy Dortmans	North Lambton - Forest	
7	Wes Collins	St. Clair - Sarnia	
8	Braydon Clarke	Erin - Erin	
9	Elijah Williams	Riverside - Windsor	
10	Jacob Lave	Medway - Arva	
11	Jason Holmes	Waterloo-Oxford - Baden	
12	Harison Mcleland	A.B. Lucas - London	
13	Ben Pot	St. Anne's - Clinton	
14	Brad O'Neil	Sandwich - Windsor	
15	Benton Hayes	Resurrection - Kitchener	
16	Nahor Tekle	London Central - London	



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Event 11 Women 3000 Meter Midget

Saturday 31/05/2014 - 3:00 PM

West Region: 9:48.0h 1986

Jennifer ARMSTRONG / London-South

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
7-1A	Corina Simpson	Oakridge - London	
8-1B	Cassidy Sollen	North Lambton - Forest	
9-1C	Shannon Fehr	Leamington - Leamington	
10-1D	Kennedy Bourque	St. David - Waterloo	
11-1E	Daniella Papac	Assumption College - Windsor	
12-1F	Natalie Verschoor	Assumption College - Brantford	
13-1G	Katie Barwitzki	Northern - Sarnia	
14-1H	Holly Doneff	Oakridge - London	
15-1I	Emma Davis	Woodstock - Woodstock	
16-1J	Ainsley McNamara	Chatham Christian - Chatham	
1-2A	Sevanne Ghazarian	St. Benedict - Cambridge	
2-2B	Madison Burnham	Tecumseh Vista Academy A	
3-2C	Juliette Davies	Cameron Heights - Kitchener	
4-2D	Emma Helms	A.B. Lucas - London	
5-2E	Elizabeth Teasell	Centre Wellington - Fergus	
6-2F	Laura Parkinson	Catholic Central - London	

Event 12 Men 3000 Meter Midget

Saturday 31/05/2014 - 3:00 PM

West Region: 8:47.3h 1979

Chris BREWSTER / London-Cath. Cen.

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
7-1A	Tyler Jones	Sandwich - Windsor	
8-1B	Brandon Sellers	Huron Heights - Kitchener	
9-1C	Connor MacRobbie	Lambton Central - Petrolia	
10-1D	Harison Mcleland	A.B. Lucas - London	
11-1E	Surien Das-Giwjno	Cameron Heights - Kitchener	
12-1F	Brady Esler	Catholic Central - London	
13-1G	Noah Harding	Northern - Sarnia	
14-1H	Billy Dortmans	North Lambton - Forest	
15-1I	Elijah Williams	Riverside - Windsor	
16-1J	Brennan McKegan	St. Patrick's - Sarnia	
1-2A	Alexander Maycock	Orangeville - Orangeville	
2-2B	Levi Shimer-Whitehead	London Central - London	
3-2C	Sam Nuesselder	Saugeen District	
4-2D	Marcel Scheele	St. Mary's - St. Mary's	
5-2E	Nahor Tekle	London Central - London	
6-2F	Alexander Tulloch	Georgian Bay Secondary School	



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Event 13 Women 80 Meter Hurdles Midget**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 30/05/2014 - 2:30 PM****West Region: 11.52 1996 Jessica ZELINKA / London-Banting**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Jocelyn Ballantyne	Stratford Central - Stratford	
2	Sarah McCormick	Lambton Central - Petrolia	
3	Alissa Melvin	St. David - Waterloo	
4	Tess Verhoeven	Oakridge - London	
5	Ashlan Best	Centennial - Guelph	
6	Cheyne Hall	Vincent Massey - Windsor	
7	Nia Holmes	General Amherst - Amherstburg	
8	Katy Magoffin	Woodstock - Woodstock	
Heat 2 of 2 Prelims			
1	Mikayla Carmichael	Cameron Heights - Kitchener	
2	Jamie Cunningham	Sandwich - Windsor	
3	Destiny Vandenberg	St. Thomas Aquinas - London	
4	Cassandra Buchan	Centennial - Guelph	
5	Kaylyn Hall	H.B. Beal - London	
6	Abbey Steeneveld	Bishop MacDonnell - Guelph	
7	Skyla Minaker	Northern - Sarnia	
8	Marissa Uzonyi	Lambton Central - Petrolia	

Event 14 Men 100 Meter Hurdles Midget**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 30/05/2014 - 2:30 PM****West Region: 13.12 1998 Paul WHITTY / London-Saunders**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Matt Pfefferkorn	Waterloo Collegiate Institute	
2	ryan Gorgi	Our Lady of Lourdes - Guelph	
3	Levi Rice	St. Mary's - St. Mary's	
4	Evan Kovach	Tecumseh Vista Academy A	
5	Tony Shi	Waterloo Collegiate Institute	
6	Jayden Knowles - Geerts	St. Patrick's - Sarnia	
7	Tyrell Mairs-Onwumere	H.B. Beal - London	
8	James Muharrem	Chatham-Kent - Chatham	



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Heat 2 of 2 Prelims...(Event 14 Men 100 Meter Hurdles Midget)

1	Adam Dougall	Sir John A Macdonald SS
2	Jaxon Gordon	St. Patrick's - Sarnia
3	Zeyan Butt	Huron Heights - Kitchener
4	Kevin Rops	St. Michael - Stratford
5	Hunter Small	Northern - Sarnia
6	Travis Kimball	Harrow - Harrow
7	Evan Krebs	St. Anne's - Clinton
8	Eric Pierce	Strathroy - Strathroy

Event 15 Women 300 Meter Hurdles Midget

Saturday 31/05/2014 - 11:15 AM

West Region: 43.59 02/06/2012 Lexi Aitken, St. Anne-Clinton

Lane	Name	School	Seed Time
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Section 1 of 2 Timed Finals

1	Elizabeth Aarts	St. Mary's - St. Mary's
2	Nia Holmes	General Amherst - Amherstburg
3	Jamie Cunningham	Sandwich - Windsor
4	Serene Barry	Sir John A Macdonald SS
5	Elise MacDonald	St. Mary's - Kitchener
6	Jessica Hodgkin	Sandwich - Windsor
7	Marissa Mara	Northern - Sarnia
8	Brittney Wouters	Parkside - St. Thomas

Section 2 of 2 Timed Finals

1	Ally Oulds	Chatham-Kent - Chatham
2	Lucia McElwain	Essex - Essex
3	Kaylyn Hall	H.B. Beal - London
4	Katie Beaudry	Lord Dorchester - Dorchester
5	Mikayla Carmichael	Cameron Heights - Kitchener
6	Megan Dunn	Lord Dorchester - Dorchester
7	Kaitlynn Meier-Ross	Centennial - Guelph
8	Abbey Steeneveld	Bishop MacDonnell - Guelph

Event 16 Men 300 Meter Hurdles Midget

Saturday 31/05/2014 - 11:15 AM

West Region: 40.41 28/05/2005 Jeremy Gibbons, Herman

Lane	Name	School	Seed Time
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Section 1 of 2 Timed Finals

1	Hunter Small	Northern - Sarnia
2	Ben Arquette-Jumel	Assumption College - Windsor
3	James Muharrem	Chatham-Kent - Chatham
4	Anthony Atkinson	John McGregor Secondary School
5	John Sergio	Catholic Central - London
6	Evan Krebs	St. Anne's - Clinton
7	Levi Rice	St. Mary's - St. Mary's
8	Evan Kovach	Tecumseh Vista Academy A



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Section 2 of 2 Timed Finals...(Event 16 Men 300 Meter Hurdles Midget)

1	Elijah Jimenez	John F. Ross - Guelph
2	Mitch Deelstra	Listowel - Listowel
3	Tyrell Mairs-Onwumere	H.B. Beal - London
4	Blaze Sportelli	Riverside - Windsor
5	Brad Parsons	Bluevale - Waterloo
6	Tony Shi	Waterloo Collegiate Institute
7	Harris Schuabel	Centennial - Guelph
8	Anthony Burgess	Cameron Heights - Kitchener

Event 17 Women High Jump Midget

Friday 30/05/2014 - 5:30 PM

Starting height 1.30 , then by 5cm to 1.50, then by 3cm

West Region: 1.73m 1984 Leanne MADILL / Guelph-Centennial

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Katie Beaudry	Lord Dorchester - Dorchester	
2	Sarah Donovan	A.B. Lucas - London	
3	Alissa Melvin	St. David - Waterloo	
4	Sophie Daly	Ursuline College - Chatham	
5	Elise McInnis	St. Patrick's - Sarnia	
6	Ashley Ritzer	Sandwich - Windsor	
7	Sydney Adams	North Park - Brantford	
8	Tess Verhoeven	Oakridge - London	
9	Marissa Mueller	Lambton Central - Petrolia	
10	Marissa Mara	Northern - Sarnia	
11	Julia Croveto	Sir John A Macdonald SS	
12	Chelsea Hayden	Medway - Arva	
13	Emily Branderhorst	London Christian - London	
14	Daphne Hibma	Northern - Sarnia	
15	Eseosa Nosakhare	Bluevale - Waterloo	



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Event 18 Men High Jump Midget

Saturday 31/05/2014 - 10:00 AM

Starting height 1.45, then by 5cm to 1.60, then by 3cm

West Region: 1.90m 02/06/2007 Branden Wilhelm, Woodstock

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Matt Pfefferkorn	Waterloo Collegiate Institute	
2	Wesley Freeman	Simcoe - Simcoe	
3	Devan Costa	St. David - Waterloo	
4	Jesse Devogelaere	St. Anne - Windsor	
5	Brandon Sellers	Huron Heights - Kitchener	
6	Isaak Tucker	St. Patrick's - Sarnia	
7	Adam Lee	John F. Ross - Guelph	
8	Aaron Charette	Sandwich - Windsor	
10	Liam Schoneveld	College Avenue S S	
11	Austin McLeod	Saunders - London	
12	Yujie Miao	Vincent Massey - Windsor	
13	Jamie Campbell	Lambton Central - Petrolia	
14	Matt MacGillivray	Catholic Central - London	
15	Ben Newell	F. E. Madill - Wingham	
16	Ethan Williams	St. Patrick's - Sarnia	

Event 19 Women Pole Vault Midget

Friday 30/05/2014 - 4:00 PM

1.20, 1.50, 1.80, then by 15cm

West Region: 2.35m 31/05/2013 Jessie Tsang, Sandwich

West Region: 2.35m 30/05/2014 Jessie Tsang, Sandwich

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Malina Mundh	Sir John A Macdonald SS	
2	Elizabeth Kamski	Sir John A Macdonald SS	
3	Larissa Baker	Stratford NW - Stratford	
4	Daria Aiton	Sandwich - Windsor	
5	Sydney Raspberry	Cameron Heights - Kitchener	
6	Maia Parris	Vincent Massey - Windsor	
7	Winnie Wong	Vincent Massey - Windsor	
8	Anna Chadwick	Sandwich - Windsor	
9	Eliza VanWeerdhuizen	St. Mary's H S - Woodstock	
10	Jordyn Riehl	Stratford NW - Stratford	
11	Jamie Lorentz	Sir John A Macdonald SS	
12	Denise Bueno	Assumption College - Windsor	
13	Naomi Henry	Brantford - Brantford	
14	Madison Bardeel	St. Anne - Windsor	
15	Tess Verhoeven	Oakridge - London	



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Event 20 Men Pole Vault Midget

Friday 30/05/2014 - 2:00 PM

2.15, 2.35, then by 15cm

West Region: 3.80m 1997

Frank KLUNDERT / Cardinal Carter

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Nick Ogram	Stratford NW - Stratford	
2	Remington Stacey	St. Anne - Windsor	
3	Brennen Sniatenchuk	Waterloo-Oxford - Baden	
4	Colin Chappus	Sandwich - Windsor	
5	William Cullen	Sir John A Macdonald SS	
6	Kyle Lewis	Delhi - Delhi	
7	Jacob English	Oakridge - London	
8	Daniel Burmaster	Jacob Hespeler - Cambridge	
9	Jesse Devogelaere	St. Anne - Windsor	
10	Tyler Weston	Stratford NW - Stratford	
11	Will Bibbings	Oakridge - London	
12	Julian Pieniasek	St. Anne - Windsor	
13	Bryan Matthieu	Sandwich - Windsor	
14	John Fish	Sir John A Macdonald SS	
15	Nojah Parker	College Avenue S S	
16	Kyle Nevill	Sandwich - Windsor	

Event 21 Women Long Jump Midget

Friday 30/05/2014 - 2:00 PM

West Region: 5.78m 1996

Jessica ZELINKA / London-Banting

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Amanda Mao	Vincent Massey - Windsor	
2	Jasmine Goulding	Walkerton - Walkerton	
3	Alison Baxter	Assumption College - Brantford	
4	Emily Sluys	A.B. Lucas - London	
5	Ally Carr	Parkside - St. Thomas	
6	Vanessa Ortelli	Stratford Central - Stratford	
7	Marissa Mueller	Lambton Central - Petrolia	
8	Laryssa Ainsworth	Blenheim - Blenheim	
9	Jamie Finlay	Orangeville - Orangeville	
10	Savannah Freeman	St. Anne's - Clinton	
11	Daniela Faienza	Bishop MacDonnell - Guelph	
12	Jada Jackson	W. F. Herman - Windsor	
13	Belle Wilson	Kincardine - Kincardine	
14	Ayla Jacobs	Chatham-Kent - Chatham	
15	Claire Larose	Oakridge - London	
16	Skylla Minaker	Northern - Sarnia	



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Event 22 Men Long Jump Midget

Friday 30/05/2014 - 3:30 PM

West Region: 6.67m 1979

Ken BERRY / London-Laurier

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Logan Smith	John F. Ross - Guelph	
2	Jaydon Fetter	Kingsville - Kingsville	
3	Seth Wenger	Waterloo-Oxford - Baden	
4	Mike Cunnington	Montcalm - London	
5	Liam Eason	Central Elgin - St. Thomas	
6	Logan Panek	Sandwich - Windsor	
7	Dawson Handy	St. Anne's - Clinton	
8	Brayden Klemens	Leamington - Leamington	
9	Logan Baer	Goderich - Goderich	
10	Alex Needs	ES L'Essor - Tecumseh	
11	Michael Gabion	St. Patrick's - Sarnia	
12	Evan Krebs	St. Anne's - Clinton	
13	Blair Jenkins	Guelph - Guelph	
14	Ethan Williams	St. Patrick's - Sarnia	
15	Adam Lee	John F. Ross - Guelph	
16	Nick Mrowca	Bishop MacDonnell - Guelph	

Event 23 Women Triple Jump Midget

Saturday 31/05/2014 - 11:30 AM

West Region: 11.53m 28/05/2011 Angela Mercurio, St.Mary's-Kitche

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Georgie Faulkner	John F. Ross - Guelph	
2	Eseosa Nosakhare	Bluevale - Waterloo	
3	Avery Wedow	St. Michael - Stratford	
4	Belle Wilson	Kincardine - Kincardine	
5	Vanessa Ortelli	Stratford Central - Stratford	
6	Sophie Daly	Ursuline College - Chatham	
7	Ayla Jacobs	Chatham-Kent - Chatham	
8	Daniela Faienza	Bishop MacDonnell - Guelph	
9	Marissa Mueller	Lambton Central - Petrolia	
10	Amanda Mao	Vincent Massey - Windsor	
11	Katy Magoffin	Woodstock - Woodstock	
12	Lucia McElwain	Essex - Essex	
13	Amy Nap	Wallaceburg D S S	
14	Erin Kuepfer	St. Michael - Stratford	
15	Kennedi Roth	Waterloo-Oxford - Baden	
16	Meridith Fisher	Central Elgin - St. Thomas	



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Event 24 Men Triple Jump Midget

Saturday 31/05/2014 - 1:30 PM

West Region: 13.78m 1994

Kriss PETERSON / LaSalle-Sandwich

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	George Okot	St. Mary's - Kitchener	
2	Inho Choi	Vincent Massey - Windsor	
3	Jordan Klassen	Belle River - Belle River	
4	Emmanuel Myles	Vincent Massey - Windsor	
5	Liam Eason	Central Elgin - St. Thomas	
6	Barrett Work	John F. Ross - Guelph	
7	Ethan Rigby	Medway - Arva	
8	Keyshaun Jordan	Northern - Sarnia	
9	Mike Cunningham	Montcalm - London	
10	Nick Mrowca	Bishop MacDonnell - Guelph	
11	Brayden Klemens	Leamington - Leamington	
12	Kenny Sitharath	Cameron Heights - Kitchener	
13	Ben Lammers	London Christian - London	
14	Michael Dekort	Medway - Arva	
15	Tolu Obisesan	St. James - Guelph	
16	Logan Panek	Sandwich - Windsor	

Event 25 Women Shot Put Midget

Friday 30/05/2014 - 3:30 PM

West Region: 12.06m 1979

Liz POLYAK / Brantford-North Park

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Abby Miller	Northern - Sarnia	
2	Elise Pinsonneault	Paincourt SS	
3	Emily Roy	Sandwich - Windsor	
4	Ashley Leu	Waterloo-Oxford - Baden	
5	Monique Theriault	Sandwich - Windsor	
6	Brenda Ruccolo	Central Huron - Clinton	
7	Hunter Smith	Central Elgin - St. Thomas	
8	Catie Terrey	St. James - Guelph	
9	Taylor Davies	Northern - Sarnia	
10	Jae-Lin Newman	Lambton Central - Petrolia	
11	Hailey Evelyn	Preston - Cambridge	
12	Emily Campbell	Saunders - London	
13	Lydia Loucks	Owen Sound - Owen Sound	
14	Avery Wedow	St. Michael - Stratford	
15	Kailee Cherewka	Brantford - Brantford	
16	Rachel Campbell	Sir Frederick Banting - London	



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Event 26 Men Shot Put Midget

Friday 30/05/2014 - 2:00 PM

West Region: 18.23m 1982

Dave CROMBEEN / Sarnia-St. Patrick's

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Tony Elliott	Sacred Heart - Walkerton	
2	Parker Morris	Holy Trinity - Simcoe	
3	Emmanuel Ituara	Catholic Central - London	
4	Scott Williams	St. Mary's - St. Mary's	
5	Spencer Vanderlaan	Maranatha Christian - Windsor	
6	Zion Webb	St. Patrick's - Sarnia	
7	Josh Barraclough	St. Patrick's - Sarnia	
8	Marlow Carter	Holy Cross - Strathroy	
9	Brandon Wilson	St. Mary's - Owen Sound	
10	Brandon Ferigo	Guelph - Guelph	
11	Gavin Karley	Bluevale - Waterloo	
12	Blain Wallace	Vincent Massey - Windsor	
13	Casey Ward	F. E. Madill - Wingham	
14	Robbie Reese	Hon. W.C. Kennedy - Windsor	
15	Tyrel Pierce	London South - London	
16	Anthony Atkinson	John McGregor Secondary School	

Event 27 Women Discus Throw Midget

Saturday 31/05/2014 - 1:30 PM

West Region: 40.46m 1979

Liz POLYAK / Brantford-North Park

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Camilla Marangelli	Tecumseh Vista Academy A	
2	Erica Forshaw	ES L'Essor - Tecumseh	
3	Megan Wismer	General Amherst - Amherstburg	
4	Jordyn Faiczak	Bluevale - Waterloo	
5	Justine Broersma	Emmanuel Christian High School	
6	Lindsay Kleuskens	Saunders - London	
7	Avery Wedow	St. Michael - Stratford	
8	Amber Howald	Kincardine - Kincardine	
9	Elise Pinsonneault	Paincourt SS	
10	Rachel Burningham	Erin - Erin	
12	Alexis Coxon	Assumption College - Windsor	
13	Sydney Wightman	F. E. Madill - Wingham	
14	Catie Terrey	St. James - Guelph	
15	Rachel Campbell	Sir Frederick Banting - London	
16	Skylar Crook	Oakridge - London	



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Event 28 Men Discus Throw Midget

Saturday 31/05/2014 - 11:30 AM

West Region: 55.14m 2002

Joe POCOCK/Windsor

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Bennett VanBerlo	St.Thomas Aquinas - London	
2	Ben Newell	F. E. Madill - Wingham	
3	Luke Wilkinson	Strathroy - Strathroy	
4	William Layman	Tecumseh Vista Academy A	
5	Dan Taylor	Medway - Arva	
6	Drew Ferguson	Bluevale - Waterloo	
7	Alessandro Kerr	Assumption College - Windsor	
8	Blain Wallace	Vincent Massey - Windsor	
9	Tony Elliott	Sacred Heart - Walkerton	
10	Philip Hafemann	Waterloo-Oxford - Baden	
11	Owen Matthews	Assumption College - Brantford	
12	Anthony Atkinson	John McGregor Secondary School	
13	Youssef El-Nasser	Vincent Massey - Windsor	
14	Josh Moorhouse	Medway - Arva	
15	Collin Burrowes	Northern - Sarnia	
16	Gavin Karley	Bluevale - Waterloo	

Event 29 Women Javelin Throw Midget

Saturday 31/05/2014 - 10:00 AM

West Region: 39.25m 2009

Brooke ROWLAND, Westside

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Jordyn Faiczak	Bluevale - Waterloo	
2	Hailey Evelyn	Preston - Cambridge	
3	Emily Roy	Sandwich - Windsor	
4	Emily Campbell	Saunders - London	
5	Sydney Wightman	F. E. Madill - Wingham	
6	Marissa Horenberg	St. Michael - Stratford	
7	Katie Oberle	St. David - Waterloo	
8	Katherine Gatto	Our Lady of Lourdes - Guelph	
9	Jana Kucera	Chatham-Kent - Chatham	
10	Noelle Allen	St. Patrick's - Sarnia	
11	Justine Broersma	Emmanuel Christian High School	
12	Jaedyn Chalmers	Lambton Central - Petrolia	
13	Alyssa Puskaric	Tecumseh Vista Academy A	
14	Carleigh Labelle	W. F. Herman - Windsor	
15	Tessa Deighton	Stratford NW - Stratford	
16	Ansley Acton	St. Andre Bessette	



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Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Andrew Rieger	Bluevale - Waterloo	
2	Dakota Loosemore	Bluevale - Waterloo	
3	Josh Mather	Strathroy - Strathroy	
4	Nevin Novacco	Belle River - Belle River	
5	Shayne Purdy	General Amherst - Amherstburg	
6	Josh Moorhouse	Medway - Arva	
7	Marlow Carter	Holy Cross - Strathroy	
8	William Layman	Tecumseh Vista Academy A	
9	Harry Couling	Centre Wellington - Fergus	
10	Inho Choi	Vincent Massey - Windsor	
11	Isaak Tucker	St. Patrick's - Sarnia	
12	Carter May	Simcoe - Simcoe	
13	Ben Newell	F. E. Madill - Wingham	
14	Kyle Kush	Guelph - Guelph	
15	Cailean Schaller	St. Patrick's - Sarnia	
16	Mitch Ward	F. E. Madill - Wingham	

Event 31 Women 4x100 Meter Relay Midget**Friday 30/05/2014 - 7:15 PM****West Region: 50.00 1996****LONDON - BANTING**

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Elmira - Elmira	A	
2	A.B. Lucas - London	A	
3	Bluevale - Waterloo	A	
4	Northern - Sarnia	A	
5	Vincent Massey - Windsor	A	
6	St. Michael - Stratford	A	
7	Leamington - Leamington	A	
8	Cameron Heights - Kitchener	A	
Section 2 of 2 Timed Finals			
1	Catholic Central - London	A	
2	Oakridge - London	A	
3	Lord Dorchester - Dorchester	A	
4	W. F. Herman - Windsor	A	
5	Sir John A Macdonald SS	A	
6	Resurrection - Kitchener	A	
7	Lambton Central - Petrolia	A	
8	North Lambton - Forest	A	



OFSAA West Regionals**Track and Field****Alumni Stadium University of Windsor - 30/05/2014 to 31/05/2014****Meet Program****Event 32 Men 4x100 Meter Relay Midget****Friday 30/05/2014 - 7:15 PM****West Region: 45.37 2002 LASALLE-VILLANOVA**

Lane	Team	Relay	Seed Time
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Section 1 of 2 Timed Finals

1	London Central - London	A
2	H.B. Beal - London	A
3	Cameron Heights - Kitchener	A
4	Northern - Sarnia	A
5	Waterloo-Oxford - Baden	A
6	St. Patrick's - Sarnia	A
7	St. Mary's H S - Woodstock	A
8	Medway - Arva	A

Section 2 of 2 Timed Finals

1	John F. Ross - Guelph	A
2	Guelph - Guelph	A
3	Holy Names - Windsor	A
4	Kingsville - Kingsville	A
5	W. F. Herman - Windsor	A
6	Vincent Massey - Windsor	A
7	Catholic Central - London	A
8	Huron Heights - Kitchener	A

Event 33 Women 100 Meter Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 30/05/2014 - 3:20 PM****West Region: 11.89 1995 Margaret FOX / Guelph-Bishop Mac.**

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	Melanie Jubenville	St. Joseph's - Windsor
2	Lauren Cole	Glendale - Tillsonburg
3	Kelly Hodgins	Northern - Sarnia
4	Pantea Saboni	Saunders - London
5	Princess Benson	Eastwood C I
6	Erin Young	Chatham-Kent - Chatham
7	Tessa Hamilton	Delhi - Delhi
8	Madison Kennedy	Resurrection - Kitchener



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Heat 2 of 2 Prelims...(Event 33 Women 100 Meter Junior)

1	Kyla Sovran	St. Anne - Windsor
2	Vanessa Small	St. James - Guelph
3	Isabelle Gibney	Sir Frederick Banting - London
4	Aaliyah Rodgers	Grand River - Kitchener
5	Erika Jansen	Central Elgin - St. Thomas
6	Andrea Tyschenko	Sir Wilfrid Laurier - London
7	Shelby Thomas	Sandwich - Windsor
8	Cheyann Labadie	Walkerville S S-Windsor

Event 34 Men 100 Meter Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 30/05/2014 - 3:20 PM****West Region: 10.60 2002 Rhoan STERLING/Galt**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Mitch Damchuk	St. Patrick's - Sarnia	
2	Malcolm Mussa	Blenheim - Blenheim	
3	Reuban Balfour	Sir Wilfrid Laurier - London	
4	Adam Bosnjak	St. Andre Bessette	
5	Jared Capaldi	General Amherst - Amherstburg	
6	Austin Ritchie	F.J. Brennan - Windsor	
7	Daniel Panetta	Holy Names - Windsor	
8	Owen Sullivan	Holy Trinity - Simcoe	
Heat 2 of 2 Prelims			
1	Isaac Rigby	London Central - London	
2	Patrick Bunko	St. James - Guelph	
3	Ben Trimble	Centennial - Guelph	
4	Brandon Metz	Jacob Hespeler - Cambridge	
5	Shay Williams	Regina Mundi College - London	
6	Derek Aubin	Catholic Central - London	
7	Joey Daniels	Cameron Heights - Kitchener	
8	Jared Brothers	F.J. Brennan - Windsor	



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Event 35 Women 200 Meter Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 31/05/2014 - 10:00 AM****West Region: 24.13 1995****Margaret FOX / Guelph-Bishop Mac.**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Janieka Droog	St. Michael - Stratford	
2	Princess Benson	Eastwood C I	
3	Alyssa Biersteker	St. John's College	
4	Natalie Topp	St. Mary's - St. Mary's	
5	Tessa Hamilton	Delhi - Delhi	
6	Kyla Sovran	St. Anne - Windsor	
7	Pantea Saboni	Saunders - London	
8	Isabelle Gibney	Sir Frederick Banting - London	
Heat 2 of 2 Prelims			
1	Jaiden Mulder	General Amherst - Amherstburg	
2	Vanessa Small	St. James - Guelph	
3	Lauren Shaw	Northern - Sarnia	
4	Melanie Jubenville	St. Joseph's - Windsor	
5	Kristy Hodgins	Northern - Sarnia	
6	Madison Kennedy	Resurrection - Kitchener	
7	Aryana Cirino	St Thomas of Villanova-Lasalle	
8	Kylie Paliani	Medway - Arva	

Event 36 Men 200 Meter Junior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 31/05/2014 - 10:00 AM****West Region: 21.67 1993****Chris ROBINSON / Cambridge-Hespeler**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Adnan Hafiz-Zadeh	Brantford - Brantford	
2	Cody Pauli	Mitchell - Mitchell	
3	Jared Brothers	F.J. Brennan - Windsor	
4	Dean Todd	Kitchener Waterloo - Kitchener	
5	Shay Williams	Regina Mundi College - London	
6	Brandon Adams	Sir Frederick Banting - London	
7	Sam Medeiros	St. Thomas Aquinas - London	
8	Austin Ritchie	F.J. Brennan - Windsor	



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Heat 2 of 2 Prelims...(Event 36 Men 200 Meter Junior)

1	Jacob Bechard	Tecumseh Vista Academy A
2	Brayden Houle	E.J. Lajeunesse
3	Jordan Nichols	St. John's College
4	Ben Trimble	Centennial - Guelph
5	Daniel Panetta	Holy Names - Windsor
6	T.J. Taylor	Montcalm - London
7	Misho Galic	Simcoe - Simcoe
8	Jared Capaldi	General Amherst - Amherstburg

Event 37 Women 400 Meter Junior

Friday 30/05/2014 - 4:00 PM

West Region: 54.56 1994

Nadia SCHMEIDT / London-John Paul II

Lane	Name	School	Seed Time
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Section 1 of 2 Timed Finals

1	Kristin Looby	St. Michael - Stratford
2	Joanne Marshall	Stratford NW - Stratford
3	Sydney Collins	St. Mary's - Kitchener
4	Katelyn Holliday	Harrow - Harrow
5	Shaelynn Reaume	Catholic Central - Windsor
6	Megan Prsa	Vincent Massey - Windsor
7	Stephanie Benninger	Our Lady of Lourdes - Guelph
8	Michelle Lefave	Lord Dorchester - Dorchester

Section 2 of 2 Timed Finals

1	Aryana Cirino	St Thomas of Villanova-Lasalle
2	Alyssa Biersteker	St. John's College
3	Tatiana Desender	Saunders - London
4	Hannah Drkulec	St. Anne - Windsor
5	Vanessa Small	St. James - Guelph
6	Natalie Topp	St. Mary's - St. Mary's
7	Princess Benson	Eastwood C I
8	Kate Boycott	W. F. Herman - Windsor

Event 38 Men 400 Meter Junior

Friday 30/05/2014 - 4:00 PM

West Region: 47.94 1997

Liam CARD / Port Elgin-Saugeen

Lane	Name	School	Seed Time
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Section 1 of 2 Timed Finals

2	Jackson Wright	Our Lady of Lourdes - Guelph
3	Nathaniel Aliga	Catholic Central - London
4	Josh Ralph	Chatham-Kent - Chatham
5	Tyler Butler	Delhi - Delhi
6	Brayden Houle	E.J. Lajeunesse
7	Teejay Syrie	Northern - Sarnia
8	Luke Hannam	St. James - Guelph



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Section 2 of 2 Timed Finals...(Event 38 Men 400 Meter Junior)

1	T.J. Taylor	Montcalm - London
2	Liam LeClair	F.J. Brennan - Windsor
3	Cody Pauli	Mitchell - Mitchell
4	Graeme Fisher	Vincent Massey - Windsor
5	Liam Wilson	Orangeville - Orangeville
6	Cameron Hoggarth	Goderich - Goderich
7	Devaughn Channer	St. Benedict - Cambridge
8	Brandon Adams	Sir Frederick Banting - London

Event 39 Women 800 Meter Junior

Saturday 31/05/2014 - 1:45 PM

West Region: 2:08.52 02/06/2007 Jessica Parry, C. C. London

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
3-1A	Kate Boycott	W. F. Herman - Windsor	
7-1B	Anna Mackenzie	Bluevale - Waterloo	
11-1C	Francesca Maltais	St. James - Guelph	
15-1D	Kristin Looby	St. Michael - Stratford	
1-2A	Natalie Topp	St. Mary's - St. Mary's	
5-2B	Emma Murray	Holy Names - Windsor	
9-2C	Julia DeWeerd	Woodland Christian - Breslau	
13-2D	Joanne Diemert	West Hill - Owen Sound	
2-3A	Chelsea Salter	Cardinal Carter - Leamington	
6-3B	Dana Earhart	Lord Dorchester - Dorchester	
10-3C	Kennedy Snively	Sandwich - Windsor	
14-3D	Claire VandenEynde	Lambton Central - Petrolia	
4-4A	Maya Day	Grand River - Kitchener	
8-4B	Joanne Marshall	Stratford NW - Stratford	
12-4C	Nicole Cesca	Vincent Massey - Windsor	
16-4D	Emily Lerch	Catholic Central - London	



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Event 40 Men 800 Meter Junior

Saturday 31/05/2014 - 1:45 PM

West Region: 1:50.90 2000

Nathan BRANNEN / Preston HS

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
3-1A	Devaughn Channer	St. Benedict - Cambridge	
7-1B	Liam Wilson	Orangeville - Orangeville	
11-1C	Peter Dobson	St. Thomas Aquinas - London	
15-1D	Jack Albert	Catholic Central - London	
1-2A	Graeme Fisher	Vincent Massey - Windsor	
5-2B	Cameron Hoggarth	Goderich - Goderich	
9-2C	Ryan Bell	Lambton Central - Petrolia	
13-2D	Andrew Shepherd	Cameron Heights - Kitchener	
2-3A	Sandy Freeland	Bluevale - Waterloo	
6-3B	Adam Sghaier	Vincent Massey - Windsor	
10-3C	Jacob Ennis	St. Patrick's - Sarnia	
14-3D	Jackson Mayers	Sir Frederick Banting - London	
4-4A	Caleb Main	Preston - Cambridge	
8-4B	Brendan McCarthy	Holy Names - Windsor	
12-4C	DJ Hall	St Thomas of Villanova-Lasalle	
16-4D	Aaron Friesen	East Elgin - Aylmer	

Event 41 Women 1500 Meter Junior

Friday 30/05/2014 - 6:20 PM

West Region: 4:28.35 01/06/2007 Jessica Parry, C. C. London

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
1	Emma Murray	Holy Names - Windsor	
2	Maya Day	Grand River - Kitchener	
3	Zoe Sawchuk	Belle River - Belle River	
4	Lauren Adam	Northern - Sarnia	
5	Carissa Gobbi	Our Lady of Lourdes - Guelph	
6	Cassandra Hinz	Mitchell - Mitchell	
7	Britney O'Brien	Sir Wilfrid Laurier - London	
8	Jessie Fleming	London Central - London	
9	Lauren Harris	Sandwich - Windsor	
10	Maddy Rivelis	Tecumseh Vista Academy A	
11	Sydney Pattison	John F. Ross - Guelph	
12	Holly Hicks	Vincent Massey - Windsor	
13	Emily Drake	St. Michael - Stratford	
14	Dana Earhart	Lord Dorchester - Dorchester	
15	Martina Nadjiwan	Pennisula Shores DS	
16	Francesca Maltais	St. James - Guelph	



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Event 42 Men 1500 Meter Junior

Friday 30/05/2014 - 6:20 PM

West Region: 3:49.3h 1994

Jay CANTIN / Sarnia-St. Clair

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
1	Justin Attfield	East Elgin - Aylmer	
2	Jackson Mayers	Sir Frederick Banting - London	
3	Caleb Main	Preston - Cambridge	
4	Sandy Freeland	Bluevale - Waterloo	
5	Noah Defreyne	Simcoe - Simcoe	
6	Kyle Madden	Paris - Paris	
7	Sean Ibbott	Sir Frederick Banting - London	
8	Quinn Cannella	Chatham-Kent - Chatham	
9	Brendan McCarthy	Holy Names - Windsor	
10	Mitchell Ubene	Tecumseh Vista Academy A	
11	Micheal Coccia	Guelph - Guelph	
12	Brad Sheeler	Holy Cross - Strathroy	
13	Shawn Acrey	St Thomas of Villanova-Lasalle	
14	Ryan Bell	Lambton Central - Petrolia	
15	Sean Luke	London Central - London	
16	Adam Sghaier	Vincent Massey - Windsor	

Event 43 Women 3000 Meter Junior

Saturday 31/05/2014 - 1:15 PM

West Region: 9:50.02 2001

Amy KOHLMEIER /Sarnia-St.Patrick's

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
7-1A	Martina Nadjiwan	Pennisula Shores DS	
8-1B	Zoe Sawchuk	Belle River - Belle River	
9-1C	Holly Hicks	Vincent Massey - Windsor	
10-1D	Dominique Baillargeon	Sandwich - Windsor	
11-1E	Hannah Cirino	St Thomas of Villanova-Lasalle	
12-1F	Cassandra Hinz	Mitchell - Mitchell	
13-1G	Rosalie Brakke	Emmanuel Christian High School	
14-1H	Emily Drake	St. Michael - Stratford	
15-1I	Jessica Borgers	Waterloo Collegiate Institute	
16-1J	Brooke Mulder	Woodland Christian - Breslau	
1-2A	Jessie Fleming	London Central - London	
2-2B	Carissa Gobbi	Our Lady of Lourdes - Guelph	
3-2C	Lauren Harris	Sandwich - Windsor	
4-2D	Megan Dale	St. Michael - Stratford	
5-2E	Emily Ashby	Lord Dorchester - Dorchester	
6-2F	Maddy Rivelis	Tecumseh Vista Academy A	



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Event 44 Men 3000 Meter Junior
Saturday 31/05/2014 - 1:15 PM

West Region: 8:35.46 2001

Adam HORTIAN / Bluevale

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
7-1A	Brad Sheeler	Holy Cross - Strathroy	
8-1B	Addison Derhak	Bluevale - Waterloo	
9-1C	Sean Luke	London Central - London	
10-1D	Justin Attfield	East Elgin - Aylmer	
11-1E	Shawn Acrey	St Thomas of Villanova-Lasalle	
12-1F	Mitch Heyink	St. Anne's - Clinton	
13-1G	Brendan Heikkinen	W. F. Herman - Windsor	
14-1H	Sean Ibbott	Sir Frederick Banting - London	
15-1I	Ryan Bell	Lambton Central - Petrolia	
16-1J	Eli Esco	Walkerville S S-Windsor	
1-2A	Quinn Cannella	Chatham-Kent - Chatham	
2-2B	Andrew Shepherd	Cameron Heights - Kitchener	
3-2C	Kyle Madden	Paris - Paris	
4-2D	Micheal Coccia	Guelph - Guelph	
5-2E	Mitchell Ubene	Tecumseh Vista Academy A	
6-2F	Noah Defreyne	Simcoe - Simcoe	

Event 45 Women 80 Meter Hurdles Junior

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Friday 30/05/2014 - 2:30 PM

West Region: 11.01 1998

Jessica ZELINKA / London-Banting

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Jaiden Mulder	General Amherst - Amherstburg	
2	Brin Kreuger	Our Lady of Lourdes - Guelph	
3	Aaliyah Rodgers	Grand River - Kitchener	
4	Ali Giffen	Holy Cross - Strathroy	
5	Kylie Paliani	Medway - Arva	
6	Cynthia Lawson	Sir Frederick Banting - London	
7	Phorntip Chanthovong	Cameron Heights - Kitchener	
8	Carlin MacDonald-Gannon	Holy Names - Windsor	
Heat 2 of 2 Prelims			
1	Rayne Kellier	Chatham-Kent - Chatham	
2	Kelly Hodgins	Northern - Sarnia	
3	Leah Hesman	Sandwich - Windsor	
4	Alyssa Moore	Oakridge - London	
5	Megan Paddock	Centennial - Guelph	
6	Tatiana Desender	Saunders - London	
7	Alyssa Jansen	Waterloo Collegiate Institute	
8	Kristy Hodgins	Northern - Sarnia	



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Event 46 Men 100 Meter Hurdles Junior

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Friday 30/05/2014 - 2:30 PM

West Region: 13.42 27/05/2011 Jordan Sherwood, Cameron Heights

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Joey Daniels	Cameron Heights - Kitchener	
2	Jared Misener	Delhi - Delhi	
3	David Collins	Tecumseh Vista Academy A	
4	Cristian Agostini	St. Joseph's - Windsor	
5	Kayne Hearn	Essex - Essex	
6	Ryan Dooley	Resurrection - Kitchener	
7	Noah Leschyna	Belle River - Belle River	
8	Aaron Mendonca	Catholic Central - London	
Heat 2 of 2 Prelims			
1	Austin Demelo	Medway - Arva	
2	Luis Neves	St. Thomas Aquinas - London	
3	Noah McEwan	Northern - Sarnia	
4	Marcus Friedel	Waterloo Collegiate Institute	
5	Felix Marchand	Chatham-Kent - Chatham	
6	Jack Kys	St. Thomas Aquinas - London	
7	Lyndon Smith	F. E. Madill - Wingham	
8	Brendan Forde	Preston - Cambridge	

Event 47 Women 300 Meter Hurdles Junior

Saturday 31/05/2014 - 11:15 AM

West Region: 41.78 1994 Nadia SCHMEIDT / London-John Paul II

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1	Cynthia Lawson	Sir Frederick Banting - London	
2	Natasha Ahuja	Sir John A Macdonald SS	
3	Shaelynn Reaume	Catholic Central - Windsor	
4	Brianne Brix	East Elgin - Aylmer	
5	Katelyn Holliday	Harrow - Harrow	
6	Sydney Collins	St. Mary's - Kitchener	
7	Carlin MacDonald-Gannon	Holy Names - Windsor	
8	Alyssa Enns	Strathroy - Strathroy	



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Section 2 of 2 Timed Finals...(Event 47 Women 300 Meter Hurdles Junior)

1	Kelly Hodgins	Northern - Sarnia
2	Jaiden Mulder	General Amherst - Amherstburg
3	Aaliyah Rodgers	Grand River - Kitchener
4	Kristy Hodgins	Northern - Sarnia
5	Kylie Paliani	Medway - Arva
6	Tatiana Desender	Saunders - London
7	Alyssa Jansen	Waterloo Collegiate Institute
8	Brin Kreuger	Our Lady of Lourdes - Guelph

Event 48 Men 300 Meter Hurdles Junior**Saturday 31/05/2014 - 11:15 AM****West Region: 38.11 1996****Jeff ELLIS/Orangeville**

Lane	Name	School	Seed Time
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Section 1 of 2 Timed Finals

1	Nathan Lomascolo	F.J. Brennan - Windsor
2	Cristian Agostini	St. Joseph's - Windsor
3	Noah Leschyna	Belle River - Belle River
4	Alexei Halliday	St.Thomas Aquinas - London
5	Luis Neves	St.Thomas Aquinas - London
6	Jacob Radcliffe	Medway - Arva
7	Felix Marchand	Chatham-Kent - Chatham
8	Kayne Hearn	Essex - Essex

Section 2 of 2 Timed Finals

1	David Collins	Tecumseh Vista Academy A
2	Adam Lane-Sturkenboom	Erin - Erin
3	Greg Spangenberg	Parkside - St. Thomas
4	Carter Armstrong	Cameron Heights - Kitchener
5	Cody Pauli	Mitchell - Mitchell
6	Joey Daniels	Cameron Heights - Kitchener
7	Brendan Forde	Preston - Cambridge
8	Luke Hannam	St. James - Guelph



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Event 49 Women High Jump Junior

Saturday 31/05/2014 - 11:30 AM

Starting height 1.35, then by 5cm to 1.50, then by 3cm

West Region: 1.77m 1985 Catherine BOND / Woodstock CI

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Hannah Kusner	Oakridge - London	
2	Alessia Fontana	St Thomas of Villanova-Lasalle	
3	Jessalynn Mulder	Woodland Christian - Breslau	
4	Amy Koomans	Chatham Christian - Chatham	
5	Lexie Hext	Lambton Central - Petrolia	
6	Anna Jacob	A.B. Lucas - London	
7	Arabella Alton	Valley Heights - Langton	
8	Megan Hamilton	North Middlesex - Parkhill	
9	Maya Kelly	London Central - London	
10	Kirsten Campana	Sandwich - Windsor	
11	Rayne Kellier	Chatham-Kent - Chatham	
12	Rachelle Clayton	Guelph - Guelph	
13	Tiana Wilson	North Lambton - Forest	
14	Lindsay Harttrup	Cameron Heights - Kitchener	
15	Sara Lussier	John F. Ross - Guelph	
16	Ali Giffen	Holy Cross - Strathroy	

Event 50 Men High Jump Junior

Saturday 31/05/2014 - 1:30 PM

Starting height 1.55 m, then by 5cm to 1.70, then by 3cm

West Region: 2.01m 1984 Andrew MCLEAN / Arva-Medway

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	James Tyler	North Lambton - Forest	
2	Sebastian Smith	Northern - Sarnia	
3	Hunter Beaudry	Holy Cross - Strathroy	
4	Jeff Norrie	Regina Mundi College - London	
5	Marcus Cooper	Holy Names - Windsor	
6	Malik Khan	Saugeen District	
7	Jacob Farquharson	Strathroy - Strathroy	
8	Jack Kys	St.Thomas Aquinas - London	
9	David Okot	Kitchener Waterloo - Kitchener	
10	Aidan Whiteye	Northern - Sarnia	
11	Alex McClure	Brantford - Brantford	
12	Nolan Armstrong	Assumption College - Brantford	
13	Erik Erickson	Hon. W.C. Kennedy - Windsor	
14	Jacob Radcliffe	Medway - Arva	
15	Dallas Akins	Sandwich - Windsor	
16	Scott Springer	St. David - Waterloo	



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Event 51 Women Pole Vault Junior

Saturday 31/05/2014 - 9:30 AM

1.65, 1.85, 2.05, then by 15 cm

West Region: 3.70m 28/05/2010 Alysha Newman, Mother Teresa

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Lindsay Harttrup	Cameron Heights - Kitchener	
2	Marg Hill	Sir Frederick Banting - London	
3	Leah Hesman	Sandwich - Windsor	
4	Diamond Braithwaite	Cameron Heights - Kitchener	
5	Emma Anderson	Mother Teresa - London	
6	Olivia Sanders	Sandwich - Windsor	
7	Tessa Hamilton	Delhi - Delhi	
8	Maggie McCullough	Oakridge - London	
9	Ashlynn Ballantyne	Saunders - London	
10	Marina Valente	St. Anne - Windsor	
11	Abby Woods	John F. Ross - Guelph	
12	Laura Sutton	Medway - Arva	
13	Jessie Tsang	Sandwich - Windsor	
14	Kyla Sovran	St. Anne - Windsor	
15	Emily Authier	Sir John A Macdonald SS	

Event 52 Men Pole Vault Junior

Friday 30/05/2014 - 6:00 PM

2.15, 2.35, 2.55, 2.75, then by 15cm.

West Region: 4.40m 1991 Mike NOLAN / Lord Dorchester

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Ruan Smit	Kingsville - Kingsville	
2	Matthew Brockman	St. Anne - Windsor	
3	Eric McQueen	Jacob Hespeler - Cambridge	
4	Brett Page	Saunders - London	
5	Adam Skinner	Stratford NW - Stratford	
6	Patrick Matthew	St. Anne - Windsor	
7	Brian Anderson	Oakridge - London	
8	Aric Aiton	Sandwich - Windsor	
9	Nick Christopher	St. Thomas Aquinas - London	
10	Jack Carere	Resurrection - Kitchener	
11	Andrew Dureno	Sandwich - Windsor	
12	Sam Knechtel	Stratford NW - Stratford	
13	Han Xie	Cameron Heights - Kitchener	
14	Jordan Lupas	St. Anne - Windsor	
15	Christopher Wahl	Jacob Hespeler - Cambridge	
16	Devlin Macpherson	Cameron Heights - Kitchener	



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Event 53 Women Long Jump Junior

Friday 30/05/2014 - 5:30 PM

West Region: 5.76m 1981

Tina LETOURNEAU / Windsor-Brennan

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Sarah De Los Santos	Forest Heights - Kitchener	
2	Ashley Cunningham	Bishop MacDonnell - Guelph	
3	Cheyann Labadie	Walkerville S S-Windsor	
4	Erin Young	Chatham-Kent - Chatham	
5	Lynton Lam	London Central - London	
6	Adeolu Banjoko	Waterloo Collegiate Institute	
7	Amy Koomans	Chatham Christian - Chatham	
8	Youmi Dickson	Sir Frederick Banting - London	
9	Keely Gibb	General Amherst - Amherstburg	
10	Jillian Jones	Medway - Arva	
11	Rachel Vanheule	Ursuline College - Chatham	
12	Brianne Brix	East Elgin - Aylmer	
13	Kaitlyn Maskell	John Diefenbaker - Hanover	
14	Krissy Brooks	Chatham Christian - Chatham	
15	Lauren Cole	Glendale - Tillsonburg	
16	Taylor McLean	John F. Ross - Guelph	

Event 54 Men Long Jump Junior

Saturday 31/05/2014 - 10:00 AM

West Region: 7.18m 1999

Paul WHITTY / London-Saunders

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Nicholas Cook	Medway - Arva	
2	Sebastian Smith	Northern - Sarnia	
3	Rylee Preston	Sir Wilfrid Laurier - London	
4	Ethan Richards	Sir John A Macdonald SS	
5	Isaac Gamble	Wallaceburg D S S	
6	Taimoor Ali	Vincent Massey - Windsor	
7	Marcus Cooper	Holy Names - Windsor	
8	Nick Christopher	St.Thomas Aquinas - London	
9	Nicholas McKellar	Centre Wellington - Fergus	
10	Ryan Esler	Lord Dorchester - Dorchester	
11	Lyndon Smith	F. E. Madill - Wingham	
12	Jackson Wright	Our Lady of Lourdes - Guelph	
13	James Tyler	North Lambton - Forest	
14	Patrick Bunko	St. James - Guelph	
15	Patrick Stegner	Sir John A Macdonald SS	
16	Mitch Damchuk	St. Patrick's - Sarnia	



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Event 55 Women Triple Jump Junior

Friday 30/05/2014 - 2:00 PM

West Region: 11.94m 1995

Monique HAAN / London Christian

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Amy Koomans	Chatham Christian - Chatham	
2	Abby Woods	John F. Ross - Guelph	
3	Natasha Banks	Walkerville S S-Windsor	
4	Rylee Roster	Glenview Park - Cambridge	
5	Keely Gibb	General Amherst - Amherstburg	
6	Rachel Vanheule	Ursuline College - Chatham	
7	Youmi Dickson	Sir Frederick Banting - London	
8	Julie Mutis	Northern - Sarnia	
9	Jillian Jones	Medway - Arva	
10	Ashley Cunningham	Bishop MacDonnell - Guelph	
11	Taylor McLean	John F. Ross - Guelph	
12	Erin Ingoldsby	St. Michael - Stratford	
13	Emma Thomson	London South - London	
14	Krissy Brooks	Chatham Christian - Chatham	
15	Lynton Lam	London Central - London	
16	Sarah De Los Santos	Forest Heights - Kitchener	

Event 56 Men Triple Jump Junior

Friday 30/05/2014 - 3:30 PM

West Region: 15.22m 2000

Kenen SHADD / Kitchner-Grand River CI

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	James Tyler	North Lambton - Forest	
2	Sam Cokes	St. Clair - Sarnia	
3	Casey McGee	Wallaceburg D S S	
4	Taimoor Ali	Vincent Massey - Windsor	
5	Ryan Esler	Lord Dorchester - Dorchester	
6	Patrick Stegner	Sir John A Macdonald SS	
7	Kalique Dzidah	Regina Mundi College - London	
8	Theo Giesen	London South - London	
9	Sebastian Smith	Northern - Sarnia	
10	Marcus Cooper	Holy Names - Windsor	
11	Michael Beeler	South Huron - Exeter	
12	Jon Placid	Montcalm - London	
13	Nicholas McKellar	Centre Wellington - Fergus	
14	David Okot	Kitchener Waterloo - Kitchener	
15	Ethan Richards	Sir John A Macdonald SS	
16	Erman Dinsel	Huron Heights - Kitchener	



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Event 57 Women Shot Put Junior
Saturday 31/05/2014 - 10:00 AM
West Region: 13.30m 1981

Liz POLYAK / Brantford - North Park

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Rachel Morrison	Oakridge - London	
2	Melissa Ballantyne	Chatham-Kent - Chatham	
3	Holly Taylor	Assumption College - Brantford	
4	Maranda Klaver	St. Michael - Stratford	
5	Nicole Vis	Emmanuel Christian High School	
6	Rachel Winchester	Erin - Erin	
7	Aleah Boersma	Northern - Sarnia	
8	Hannah Diebold	Walkerton - Walkerton	
9	Kelly Drescher	Grand River - Kitchener	
10	Dana Rosaasen	St Thomas of Villanova-Lasalle	
11	Shelby Thomas	Sandwich - Windsor	
12	Erica Ten Hove	Listowel - Listowel	
13	Aliya Dizdarevic	Tecumseh Vista Academy A	
14	Nicole Pettit	Central Elgin - St. Thomas	
15	Morgan Desjardins	Paincourt SS	
16	Rebecca Chouinard	St. Joseph's - St. Thomas	

Event 58 Men Shot Put Junior
Friday 30/05/2014 - 5:30 PM
West Region: 17.41m 2009

Jordan YOUNG, St.Joseph St.Thomas

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Adam Kohlsmith	Strathroy - Strathroy	
2	Collin Hedges	Harrow - Harrow	
3	Hayden Gould	Lambton Central - Petrolia	
4	Nick Jung	Mitchell - Mitchell	
5	Mike Potton	Erin - Erin	
6	Devon Steckle	South Huron - Exeter	
7	Fletcher Smith	Belle River - Belle River	
8	Kendel Hutchinson-Cotoc	Huron Heights - Kitchener	
9	Ethan Carleton	St. Joseph's - Windsor	
10	Braedyn Aubin	Woodstock - Woodstock	
11	Aaron Gebhardt	Walkerton - Walkerton	
12	Mark Bujnowski	Holy Cross - Strathroy	
13	Owen Jones	Kincardine - Kincardine	
14	Kaine Stevenson	W. F. Herman - Windsor	
15	Isaac McLean	Lambton Central - Petrolia	
16	Henry Fehr	Valley Heights - Langton	



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Event 59 Women Discus Throw Junior

Friday 30/05/2014 - 3:30 PM

West Region: 44.24m 1981

Liz POLYAK / Brantford-North Park

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Taylor Broughton	Stratford NW - Stratford	
2	Holly Taylor	Assumption College - Brantford	
3	Rebecca Chouinard	St. Joseph's - St. Thomas	
4	Kenzie Stevenson	Cameron Heights - Kitchener	
5	Jessica Venhuizen	Oakridge - London	
6	Ella Lassaline	Lambton Central - Petrolia	
7	Adele Davis	John McGregor Secondary School	
8	Hannah Diebold	Walkerton - Walkerton	
9	Melissa Ballantyne	Chatham-Kent - Chatham	
10	Madeleine Myers	Paincourt SS	
11	Rachel Winchester	Erin - Erin	
12	Aliya Dizdarevic	Tecumseh Vista Academy A	
13	Morgan Desjardins	Paincourt SS	
14	Karissa Schiestel	F. E. Madill - Wingham	
15	Taylor Murray	Erin - Erin	
16	Alyson Kearnan-Leitch	Sir Frederick Banting - London	

Event 60 Men Discus Throw Junior

Friday 30/05/2014 - 2:00 PM

West Region: 61.26m 2009

Jordan YOUNG, St. Joseph St. Thomas

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Braedyn Aubin	Woodstock - Woodstock	
2	Amandeep Sehmbi	Tecumseh Vista Academy A	
3	Hayden Gould	Lambton Central - Petrolia	
4	Mark Bujnowski	Holy Cross - Strathroy	
5	Devon Steckle	South Huron - Exeter	
6	Aaron Gebhardt	Walkerton - Walkerton	
7	George Vitsenzatos	A.B. Lucas - London	
8	Ethan Carleton	St. Joseph's - Windsor	
9	Austin Doyle	Tecumseh Vista Academy A	
10	Mike Potton	Erin - Erin	
11	Colin Westrik	Emmanuel Christian High School	
12	Zach Riddell	General Amherst - Amherstburg	
13	Fletcher Smith	Belle River - Belle River	
14	Nathan Tales	Strathroy - Strathroy	
15	Ben Drummond	Bluevale - Waterloo	
16	Kogan Shantz	Waterloo-Oxford - Baden	



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Event 61 Women Javelin Throw Junior

Saturday 31/05/2014 - 1:30 PM

West Region: 48.84m 1989

Margaret GRIFFITHS / Windsor-Brennan

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Tiara Catherwood	Simcoe - Simcoe	
2	Nyasha Mombeshara	Grand River - Kitchener	
3	Jenna Hillman	Tecumseh Vista Academy A	
4	Maya Kelly	London Central - London	
5	Kennady Hopkins	Parkside - St. Thomas	
6	Kim Shepard	Huron Park - Woodstock	
7	Holly Taylor	Assumption College - Brantford	
8	Taylor Murray	Erin - Erin	
9	Katie Proctor	Lambton Central - Petrolia	
10	Reanna Reisch	Sandwich - Windsor	
11	Katelynn Peters	F.J. Brennan - Windsor	
12	Lauren Dubie	A.B. Lucas - London	
13	Hayley Pearce	Vincent Massey - Windsor	
14	Jessica Venhuizen	Oakridge - London	
15	Emily Willms	Elmira - Elmira	
16	Morgan Campbell	St. Clair - Sarnia	

Event 62 Men Javelin Throw Junior

Saturday 31/05/2014 - 11:30 AM

West Region: 61.10m 2009

Tyler WITHERS, Northern

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Grant Fraser	Preston - Cambridge	
2	Daniel McLenon	Strathroy - Strathroy	
3	Fletcher Smith	Belle River - Belle River	
4	Max Ewart	Strathroy - Strathroy	
5	Joel McPherson	St. James - Guelph	
6	Noah Redfern-Lount	Stratford NW - Stratford	
7	Brad Thibert	Belle River - Belle River	
8	Nic Day	Northern - Sarnia	
9	Pierce Johnson	Chatham-Kent - Chatham	
10	Andrew Ryan	St. Mary's - Owen Sound	
11	Allen Cai	Vincent Massey - Windsor	
12	Jack Kys	St. Thomas Aquinas - London	
13	Gordon McGinn	Galt - Cambridge	
14	William Statham	Strathroy - Strathroy	
15	Andrew Clark	Belle River - Belle River	
16	Spencer LeGrand	St. James - Guelph	



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Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Harrow - Harrow	A	
2	Riverside - Windsor	A	
3	St. Anne - Windsor	A	
4	Sir Frederick Banting - London	A	
5	Mother Teresa - London	A	
6	St Thomas of Villanova-Lasalle	A	
7	St. Michael - Stratford	A	
8	Saunders - London	A	
Section 2 of 2 Timed Finals			
1	Resurrection - Kitchener	A	
2	Sandwich - Windsor	A	
3	Medway - Arva	A	
4	Our Lady of Lourdes - Guelph	A	
5	Northern - Sarnia	A	
6	Cameron Heights - Kitchener	A	
7	Grand River - Kitchener	A	
8	St. James - Guelph	A	

Event 64 Men 4x100 Meter Relay Junior**Friday 30/05/2014 - 7:15 PM****West Region: 43.15 2002****LONDON-CATHOLIC CENTRAL**

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Mitchell - Mitchell	A	
2	Grand River - Kitchener	A	
3	St.Thomas Aquinas - London	A	
4	General Amherst - Amherstburg	A	
5	W. F. Herman - Windsor	A	
6	St. Patrick's - Sarnia	A	
7	Catholic Central - London	A	
8	Regina Mundi College - London	A	



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Section 2 of 2 Timed Finals...(Event 64 Men 4x100 Meter Relay Junior)

1	Medway - Arva	A
2	Brantford - Brantford	A
3	St. Joseph's - Windsor	A
4	F.J. Brennan - Windsor	A
5	Centennial - Guelph	A
6	St. Benedict - Cambridge	A
7	Sir John A Macdonald SS	A
8	Chatham-Kent - Chatham	A

Event 65 Women 100 Meter Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 30/05/2014 - 3:20 PM****West Region: 11.89 27/05/2011 Jellisa Westney, St. Benedict**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Tiffany Hannam	Sir Frederick Banting - London	
2	Sydney Fisher	London Central - London	
3	Agata Kulczynska	St. Mary's - Kitchener	
4	Stacey Henshaw	Lord Dorchester - Dorchester	
5	McKayla Eves	Lambton Central - Petrolia	
6	Katie Sieling	Sir John A Macdonald SS	
7	Allie Kennedy	Central Elgin - St. Thomas	
8	Nicole Smith	Galt - Cambridge	
Heat 2 of 2 Prelims			
1	Jada Akins	Sandwich - Windsor	
2	Jade Griffiths	Maranatha Christian - Windsor	
3	Madeline McCloskey	Essex - Essex	
4	Dashel Serieux	St. Mary's - Kitchener	
5	Leka Sodade	Holy Names - Windsor	
6	Elise DeDecker	Catholic Central - London	
7	Ali Meyerink	Orangeville - Orangeville	
8	Natalie Coughlin	Sandwich - Windsor	



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Event 66 Men 100 Meter Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 30/05/2014 - 3:20 PM****West Region: 10.56 01/06/2012 Devon Rittinger, Forest Heights**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Jackson Mcintosh	Resurrection - Kitchener	
2	Roland Enache	Chatham-Kent - Chatham	
3	Chris Ray	Belle River - Belle River	
4	Skye Wolfe	Essex - Essex	
5	Nicolas Tugui	Hon. W.C. Kennedy - Windsor	
6	Wesley Tang	Waterloo Collegiate Institute	
7	Kyle Sinden	Glendale - Tillsonburg	
8	Cody Carde	Stratford NW - Stratford	
Heat 2 of 2 Prelims			
1	Shawn Munroe	Westminster - London	
2	Joey Eddleston	St. Patrick's - Sarnia	
3	Ben Cross	Centennial - Guelph	
4	Dominic Mazza	London Central - London	
5	Adam Turnbull	Waterloo Collegiate Institute	
6	Stan Froese	St. Mary's - St. Mary's	
7	Armel Kayeye	St. James - Guelph	
8	Brandon Lee-Hyman	Sandwich - Windsor	

Event 67 Women 200 Meter Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 31/05/2014 - 10:00 AM****West Region: 24.29 02/06/2012 Marissa Kurtimah, Guelph**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Nicole Smith	Galt - Cambridge	
2	Madeline McCloskey	Essex - Essex	
3	Mariah Wilson	Huron Park - Woodstock	
4	Alyssa Lucier	Wallaceburg D S S	
5	Dashel Serieux	St. Mary's - Kitchener	
6	Anne Gauthier	Waterloo Collegiate Institute	
7	Jada Akins	Sandwich - Windsor	
8	Sierra Wolfe	Essex - Essex	



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Heat 2 of 2 Prelims...(Event 67 Women 200 Meter Senior)

1	Tiffany Hannam	Sir Frederick Banting - London
2	Ashley Hosker	Bishop MacDonnell - Guelph
3	Elise DeDecker	Catholic Central - London
4	Elizabeth Barbon	Mother Teresa - London
5	Lexi Aitken	St. Anne's - Clinton
6	McKayla Eves	Lambton Central - Petrolia
7	Ali Meyerink	Orangeville - Orangeville
8	Jasmine Hurst	General Amherst - Amherstburg

Event 68 Men 200 Meter Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 31/05/2014 - 10:00 AM****West Region: 21.30 1995****Dave TOMLIN / Kitchener-St. Mary's**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Derek Friesen	Waterford - Waterford	
2	Kyle Hayes	College Avenue S S	
3	Noah Renaud	St Thomas of Villanova-Lasalle	
4	Shawn McKenzie	St.Thomas Aquinas - London	
5	Brandon Lee-Hyman	Sandwich - Windsor	
6	Chance Newell	St. David - Waterloo	
7	Ben McKellar	Regina Mundi College - London	
8	Shawn Munroe	Westminster - London	
Heat 2 of 2 Prelims			
1	Ty Hamilton	Delhi - Delhi	
2	Giordano LaCivita	Holy Names - Windsor	
3	Aldon Doyle	St. Mary's - Kitchener	
4	Skye Wolfe	Essex - Essex	
5	Stan Froese	St. Mary's - St. Mary's	
6	Joey Eddleston	St. Patrick's - Sarnia	
7	Nicolas Tugui	Hon. W.C. Kennedy - Windsor	
8	Juarez Stewart	Assumption College - Brantford	



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Event 69 Women 400 Meter Senior

Friday 30/05/2014 - 4:00 PM

West Region: 55.02 1985

Nadia SCHMEIDT / London-J.Paul II

Lane	Name	School	Seed Time
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Section 1 of 2 Timed Finals

1	Brittany Gill	St. Anne - Windsor	
2	Tya Ambrose	Mgsr. E.A. Doyle - Cambridge	
3	Ivy Coulis	St. David - Waterloo	
4	Shae-Lyn MacIsaac	F.J. Brennan - Windsor	
5	Roslyn Mainland	Waterloo-Oxford - Baden	
6	Mackenzie Mayers	Sir Frederick Banting - London	
7	Andrea Limburg	St.Thomas Aquinas - London	
8	Steffie Smith	Montcalm - London	

Section 2 of 2 Timed Finals

1	Elizabeth Barbon	Mother Teresa - London	
2	Stephanie Shaw	Centre Wellington - Fergus	
3	Kailee Sawyer	Bluevale - Waterloo	
4	Paiton Del Monte	Vincent Massey - Windsor	
5	Brianne Bracci	Vincent Massey - Windsor	
6	Sierra Wolfe	Essex - Essex	
7	Sarah Kwajafa	South Huron - Exeter	
8	Stephanie Scane	Hon. W.C. Kennedy - Windsor	

Event 70 Men 400 Meter Senior

Friday 30/05/2014 - 4:00 PM

West Region: 46.54 01/06/2012 Brandon McBride, Herman, W.F.

Lane	Name	School	Seed Time
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Section 1 of 2 Timed Finals

1	Andrew Moruraitis	Our Lady of Lourdes - Guelph	
2	Kingboy Douglas	St. Joseph's - Windsor	
3	Hayden Waller	St.Thomas Aquinas - London	
4	Dale Bressette	North Lambton - Forest	
5	Shawn McKenzie	St.Thomas Aquinas - London	
6	Ben Etienne	Grand River - Kitchener	
7	Ben McKellar	Regina Mundi College - London	
8	Kalvin Mercier	Vincent Massey - Windsor	

Section 2 of 2 Timed Finals

1	Kyle Hayes	College Avenue S S	
2	Ildemaro Ponnambalam	St. David - Waterloo	
3	Chance Newell	St. David - Waterloo	
4	Christian Fryer-davis	Cameron Heights - Kitchener	
5	Stan Froese	St. Mary's - St. Mary's	
6	Dylan Papak	W. F. Herman - Windsor	
7	Giordano LaCivita	Holy Names - Windsor	
8	Stephen McEwen	Maranatha Christian - Windsor	



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Event 71 Women 800 Meter Senior

Saturday 31/05/2014 - 1:45 PM

West Region: 2:09.88 2008

Jessica PARRY, Catholic Central London

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
3-1A	Jessica Martin	Saugeen District	
7-1B	Brianna Dolderman	Centre Wellington - Fergus	
11-1C	Brittany Gill	St. Anne - Windsor	
15-1D	Natalie Omahen	St. Anne - Windsor	
1-2A	Kailee Sawyer	Bluevale - Waterloo	
5-2B	Sarah Kwajafa	South Huron - Exeter	
9-2C	Morgan Hendriks	Lord Dorchester - Dorchester	
13-2D	Steffie Smith	Montcalm - London	
2-3A	Olivia Scagnetto	St. Mary's - Kitchener	
6-3B	Paiton Del Monte	Vincent Massey - Windsor	
10-3C	Mackenzie Mayers	Sir Frederick Banting - London	
14-3D	Chelsea Viselli	Tecumseh Vista Academy A	
4-4A	Brianne Bracci	Vincent Massey - Windsor	
8-4B	Roslyn Mainland	Waterloo-Oxford - Baden	
12-4C	Ally MacDonald	London Central - London	
16-4D	Caroline Kochonowski	St. Anne - Windsor	

Event 72 Men 800 Meter Senior

Saturday 31/05/2014 - 1:45 PM

West Region: 1:47.56 02/06/2012 Brandon McBride, Herman, W.F.

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
3-1A	Mark Patton	Centre Wellington - Fergus	
7-1B	Craig Klomp	St. Michael - Stratford	
11-1C	Hendrik Vermeulen	St. Patrick's - Sarnia	
15-1D	Jason Holzschere	Waterloo Collegiate Institute	
1-2A	Riley Alvarez	St. David - Waterloo	
5-2B	Ryan Foott	Montcalm - London	
9-2C	Enrique Nepomuceno	Holy Names - Windsor	
13-2D	Sheldon Budhram	Bluevale - Waterloo	
2-3A	Carter Day	Vincent Massey - Windsor	
6-3B	Kyle Denomme	Riverside - Windsor	
10-3C	Cameron Howes	London Central - London	
14-3D	Elliott Godfrey	Medway - Arva	
4-4A	Matt Napier	Erin - Erin	
8-4B	Matthew Pardo	General Amherst - Amherstburg	
12-4C	Nathan Outridge	Wallaceburg D S S	
16-4D	Ethan Gawne	Sir Wilfrid Laurier - London	



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Event 73 Women 1500 Meter Senior

Friday 30/05/2014 - 6:20 PM

West Region: 4:26.66 2008

Jessica PARRY, Catholic Cenral London

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
1	Megan Black	North Lambton - Forest	
2	Taylor Conte	St Thomas of Villanova-Lasalle	
3	Mackenzie Martin	Medway - Arva	
4	Heather Baxter	Northern - Sarnia	
5	Molly Miller	Medway - Arva	
6	Sarah VanWyk	London Christian - London	
7	Jessica Martin	Saugeen District	
8	Maddie Bak	Our Lady of Lourdes - Guelph	
9	Sarah Wismer	Centennial - Guelph	
10	Daisy Barreto	Catholic Central - Windsor	
11	Fiona Rocheleau	Vincent Massey - Windsor	
12	Sami McGuinness	St. Michael - Stratford	
13	Nicole Hessels	Norwell - Palmerston	
14	Michaeline Falla	Northern - Sarnia	
15	Charlotte Prouse	London Central - London	
16	Hannah Woodhouse	Georgian Bay Secondary School	

Event 74 Men 1500 Meter Senior

Friday 30/05/2014 - 6:20 PM

West Region: 3:45.06 1993

Kevin SULLIVAN / Brantford-North Park

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
1	Mark Schmidt	Stratford NW - Stratford	
2	Miles Matthews	Belle River - Belle River	
3	Cael Wishart	Stratford Central - Stratford	
4	Dan Hilbers	Saugeen District	
5	Matt Sheeler	Holy Cross - Strathroy	
6	Mark Patton	Centre Wellington - Fergus	
7	Alex Rocheleau	Vincent Massey - Windsor	
8	Riley Alvarez	St. David - Waterloo	
9	Craig Klomp	St. Michael - Stratford	
10	Matt Napier	Erin - Erin	
11	Carter Day	Vincent Massey - Windsor	
12	Connor Black	North Lambton - Forest	
13	Hendrik Vermeulen	St. Patrick's - Sarnia	
14	Jack Sheffar	London Central - London	
15	Rawle Groothuizen	Our Lady of Lourdes - Guelph	
16	Matthew Pardo	General Amherst - Amherstburg	



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Event 75 Women 3000 Meter Senior

Saturday 31/05/2014 - 10:40 AM

West Region: 9:39.9h 1992

Kathy BUTLER / Waterloo CI

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
7-1A	Megan Black	North Lambton - Forest	
8-1B	Sami McGuinness	St. Michael - Stratford	
9-1C	Olivia Little	Vincent Massey - Windsor	
10-1D	Sarah Hesman	London Central - London	
11-1E	Taylor Conte	St Thomas of Villanova-Lasalle	
12-1F	Sarah VanWyk	London Christian - London	
13-1G	Nancy Ulicny	St. Anne - Windsor	
14-1H	Daisy Barreto	Catholic Central - Windsor	
15-1I	Joanna Francolini	London Central - London	
16-1J	Sydney Hawkins	Riverside - Windsor	
1-2A	Charlotte Prouse	London Central - London	
2-2B	Hannah Woodhouse	Georgian Bay Secondary School	
3-2C	Nicole Hessels	Norwell - Palmerston	
4-2D	Jessie Nuesselder	Saugeen District	
5-2E	Sarah Wismer	Centennial - Guelph	
6-2F	Stephanie Johnston	Brantford - Brantford	

Event 76 Men 3000 Meter Senior

Saturday 31/05/2014 - 10:40 AM

West Region: 8:21.8h 1995

Matt KERR / Fergus - Centre Wellington

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
7-1A	Mark Schmidt	Stratford NW - Stratford	
8-1B	Cael Wishart	Stratford Central - Stratford	
9-1C	Steven Nadjiwan	Pennisula Shores DS	
10-1D	Evan Ubene	Belle River - Belle River	
11-1E	Jarod Ruest	Georgian Bay Secondary School	
12-1F	Adam Tait	South Huron - Exeter	
13-1G	Rawle Groothuizen	Our Lady of Lourdes - Guelph	
14-1H	Brandon Thomas	Paris - Paris	
15-1I	Marcus Noble	St. Benedict - Cambridge	
16-1J	Jack Sheffar	London Central - London	
1-2A	Miles Matthews	Belle River - Belle River	
2-2B	Josh Kellier	Chatham-Kent - Chatham	
3-2C	Alex Rocheleau	Vincent Massey - Windsor	
4-2D	Skylar Edwards	Vincent Massey - Windsor	
5-2E	Matt Sheeler	Holy Cross - Strathroy	
6-2F	Connor Black	North Lambton - Forest	



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Event 77 Women 100 Meter Hurdles Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 30/05/2014 - 2:30 PM****West Region: 13.15 2000 Jessica ZELINKA / London-Banting**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Emily Campbell	Lambton Central - Petrolia	
2	Cassidy Crowe	Northern - Sarnia	
3	Madeline Aarts	St. Mary's - St. Mary's	
4	Bella Efremenko	Cameron Heights - Kitchener	
5	Micaela McLean	Huron Heights - Kitchener	
6	Allison Logan	North Park - Brantford	
7	Olivia Lyons	St.Thomas Aquinas - London	
8	Jessa Buchman-pearle	Cameron Heights - Kitchener	
Heat 2 of 2 Prelims			
1	McKayla Eves	Lambton Central - Petrolia	
2	Kianna Shepley	Sandwich - Windsor	
3	Tiffany Hannam	Sir Frederick Banting - London	
4	Lexi Aitken	St. Anne's - Clinton	
5	Clare Thompson	Ursuline College - Chatham	
6	Jasmine Hurst	General Amherst - Amherstburg	
7	Ivy Coulis	St. David - Waterloo	
8	Brooke Henderson	Sir Frederick Banting - London	

Event 78 Men 110 Meter Hurdles Senior**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 30/05/2014 - 2:30 PM****West Region: 13.46 28/05/2010 Greg MacNeill, Mother Teresa**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Sinjon Crombleholme	St.Thomas Aquinas - London	
2	Nathan Taylor	St. Patrick's - Sarnia	
3	Ronnie Smith	St. Clair - Sarnia	
4	Josh Zwinkles	Holy Cross - Strathroy	
5	Nathan Hesman	Sandwich - Windsor	
6	Jordan Huzevka	Northern - Sarnia	
7	Christian Fryer-davis	Cameron Heights - Kitchener	
8	Keagan Croley	Sir Frederick Banting - London	



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Heat 2 of 2 Prelims...(Event 78 Men 110 Meter Hurdles Senior)

1	Andrew Moruraitis	Our Lady of Lourdes - Guelph
2	Abe Fischer	Walkerton - Walkerton
3	Joseph Gignac	General Amherst - Amherstburg
4	Joel Lines	North Middlesex - Parkhill
5	Locky Butcher	London Central - London
6	Matthew Ingram	St. Patrick's - Sarnia
7	Maher Akhtar	Cameron Heights - Kitchener
8	Conor Finnigan	Resurrection - Kitchener

Event 79 Women 400 Meter Hurdles Senior

Saturday 31/05/2014 - 11:15 AM

West Region: 58.03 1995

Nadia SCHMEIDT / London-John Paul II

Lane	Name	School	Seed Time
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Section 1 of 2 Timed Finals

1	Jessica Rzasa	Catholic Central - London
2	Taylor Ross	Essex - Essex
3	Jessa Buchman-pearle	Cameron Heights - Kitchener
4	Andrea Limburg	St.Thomas Aquinas - London
5	Madeline Aarts	St. Mary's - St. Mary's
6	Brianna Dolderman	Centre Wellington - Fergus
7	Kianna Shepley	Sandwich - Windsor
8	Amanda Redecop	Harrow - Harrow

Section 2 of 2 Timed Finals

1	Robyn Gruninger	Sir Frederick Banting - London
2	Shae-Lyn MacIsaac	F.J. Brennan - Windsor
3	Bella Efremenko	Cameron Heights - Kitchener
4	Stephanie Shaw	Centre Wellington - Fergus
5	Lexi Aitken	St. Anne's - Clinton
6	Stephanie Scane	Hon. W.C. Kennedy - Windsor
7	Ivy Coulis	St. David - Waterloo
8	Jasmine Hurst	General Amherst - Amherstburg

Event 80 Men 400 Meter Hurdles Senior

Saturday 31/05/2014 - 11:15 AM

West Region: 52.37 1997

Jeff ELLIS / Orangeville

Lane	Name	School	Seed Time
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Section 1 of 2 Timed Finals

1	Kyle Webster	St.Thomas Aquinas - London
2	Maher Akhtar	Cameron Heights - Kitchener
3	Dylan Caron	St. Clair - Sarnia
4	Josh Goldstein	Catholic Central - London
5	Brad Sato	Vincent Massey - Windsor
6	Jesse Fortier	F. E. Madill - Wingham
7	Keagan Croley	Sir Frederick Banting - London
8	Sinjon Crombleholme	St.Thomas Aquinas - London



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Section 2 of 2 Timed Finals...(Event 80 Men 400 Meter Hurdles Senior)

1	Ben Etienne	Grand River - Kitchener
2	Joseph Gignac	General Amherst - Amherstburg
3	Christian Fryer-davis	Cameron Heights - Kitchener
4	Nathan Hesman	Sandwich - Windsor
5	Ildemaro Ponnambalam	St. David - Waterloo
6	Stephen McEwen	Maranatha Christian - Windsor
7	Jordan Huzevka	Northern - Sarnia
8	Conor Finnigan	Resurrection - Kitchener

Event 81 Women High Jump Senior

Friday 30/05/2014 - 2:00 PM

Starting height 1.40m, then by 5cm to 1.50, then by 3cm

West Region: 1.78m 1986 Catherine BOND / Woodstock CI

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Madie Green	Chatham-Kent - Chatham	
2	Ashley Wheeler	Stratford Central - Stratford	
3	Emily Mckay	Waterloo Collegiate Institute	
4	Jessica Shaw	Northern - Sarnia	
5	Reena Francis	Vincent Massey - Windsor	
6	Emily Campbell	Lambton Central - Petrolia	
7	Alison VanderWal	London Christian - London	
8	Karina Lenartowiz	John F. Ross - Guelph	
9	Brooke Henderson	Sir Frederick Banting - London	
10	Alyssa Shiedel	Cameron Heights - Kitchener	
11	Sarah Hiscott	London Central - London	
12	Abbey Williamson	Parkside - St. Thomas	
13	Kristina VanDamme	Lambton Central - Petrolia	
14	Filipa Leitao	Holy Trinity - Simcoe	
15	Gabrielle Marton	North Park - Brantford	
16	Serena Hunt	Kingsville - Kingsville	



OFSAA West Regionals
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Event 82 Men High Jump Senior

Friday 30/05/2014 - 3:30 PM

Starting height 1.75 m, then by 5cm to 1.85, then by 3cm.

West Region: 2.19m 28/05/2010 Branden Wilhelm, Woodstock

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Marcus Gregory	Forest Heights - Kitchener	
2	Trevor Way	Vincent Massey - Windsor	
3	Justin McKague	F. E. Madill - Wingham	
4	Spencer Blake	Holy Trinity - Simcoe	
5	Matthew Ingram	St. Patrick's - Sarnia	
6	Mackenzie Crawford	South Huron - Exeter	
7	Locky Butcher	London Central - London	
8	Abe Fischer	Walkerton - Walkerton	
9	Kevin Willemse	St. Patrick's - Sarnia	
10	Simon Dobransky	London Central - London	
11	Curtis Beckett	Ingersoll - Ingersoll	
12	Joel Wilson	General Amherst - Amherstburg	
13	Cai Kellier	Chatham-Kent - Chatham	
14	Terry Pham	Guelph - Guelph	
15	Niles Crews	Northern - Sarnia	
16	Jacob Fortin	Preston - Cambridge	

Event 83 Women Pole Vault Senior

Saturday 31/05/2014 - 1:30 AM

2.15, 2.35, then by 15cm

West Region: 3.91m 28/05/2011 Alysha Newman, Mother Teresa

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Jordynn Diebold	St.Thomas Aquinas - London	
2	Jenn Lorentz	Sir John A Macdonald SS	
3	Micayla Pella	Holy Names - Windsor	
4	Anna Larsson	Sir John A Macdonald SS	
5	Aerin Venema	Sir John A Macdonald SS	
6	Ashley Stoyanovich	St.Thomas Aquinas - London	
7	Lisa Henderson	Huron Park - Woodstock	
8	Jacque Hutchings	St. Anne - Windsor	
9	Shannon Ferguson	Sandwich - Windsor	
10	Alessia Mussio	St. Anne - Windsor	
11	Allie Kennedy	Central Elgin - St. Thomas	
12	Reena Francis	Vincent Massey - Windsor	
13	Lisa Rutherford	Sir John A Macdonald SS	
14	Kaitlyn Pretli	Sandwich - Windsor	
15	Kiana Ward	Cameron Heights - Kitchener	
16	Jessica Simpson	Regina Mundi College - London	



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Event 84 Men Pole Vault Senior
Saturday 31/05/2014 - 11:30 AM
2.20, 2.50, 2.80, 3.10, then by 15cm

Pos	Name	School	Seed Mark
West Region: 5.10m 1985 Doug WOOD / Wingham-Madill			
Flight 1 of 1 Finals			
1	Kevin Holden	Huron Park - Woodstock	
2	Richard Lupas	St. Anne - Windsor	
3	Jake McGill	Sir John A Macdonald SS	
4	Andrew Dunsmore	Stratford NW - Stratford	
5	Amir Almamri	Sandwich - Windsor	
6	Brad Gyemi	St. Anne - Windsor	
7	Thomas Weigl	Jacob Hespeler - Cambridge	
8	Alex Colenutt	Cameron Heights - Kitchener	
9	Kelsey Newnham	Saunders - London	
10	Ty Hamilton	Delhi - Delhi	
11	Artem Kobelev	Sir John A Macdonald SS	
12	Brad Buckley	Huron Park - Woodstock	
13	Devan Primeau	W. F. Herman - Windsor	

Event 85 Women Long Jump Senior
Saturday 31/05/2014 - 11:30 AM
West Region: 5.92m 1996

Pos	Name	School	Seed Mark
Laura WESSELING / Delhi			
Flight 1 of 1 Finals			
1	Leka Sodade	Holy Names - Windsor	
2	Alex Morrow	Saugeen District	
3	Micaela McLean	Huron Heights - Kitchener	
4	Serena Hunt	Kingsville - Kingsville	
5	Clare Thompson	Ursuline College - Chatham	
6	Else Belfour	Glencoe - Glencoe	
7	Fatou Bangoura	Mother Teresa - London	
8	Jade Griffiths	Maranatha Christian - Windsor	
9	Allie Kennedy	Central Elgin - St. Thomas	
10	Olivia Lyons	St.Thomas Aquinas - London	
11	Nadia Pestell	Sir John A Macdonald SS	
12	Courtney Brugger	Jacob Hespeler - Cambridge	
13	Natalie Coughlin	Sandwich - Windsor	
14	Sarah France	Sir Frederick Banting - London	
15	Stephanie West	Orangeville - Orangeville	
16	Anastasia Maslak	Ursuline College - Chatham	



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Event 86 Men Long Jump Senior

Saturday 31/05/2014 - 1:30 PM

West Region: 7.50m 29/05/2010 Taylor Stewart, Regina Mundi

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Angelo Bortolin	Holy Names - Windsor	
2	Ranz Rempillo	Holy Names - Windsor	
3	Hayden Waller	St.Thomas Aquinas - London	
4	Derrick Bernath	Kincardine - Kincardine	
5	Ryan Bushfield	Stratford Central - Stratford	
6	Riley Flanagan	St. Mary's - Kitchener	
7	Skye Wolfe	Essex - Essex	
8	Derek Friesen	Waterford - Waterford	
9	Wesley Tang	Waterloo Collegiate Institute	
10	Destin Gardner	Vincent Massey - Windsor	
11	Kyle Sinden	Glendale - Tillsonburg	
12	Simon Dobransky	London Central - London	
13	Roland Enache	Chatham-Kent - Chatham	
14	Locky Butcher	London Central - London	
15	Cormac Brown	St. Patrick's - Sarnia	
16	Andy Tran	Cameron Heights - Kitchener	

Event 87 Women Triple Jump Senior

Friday 30/05/2014 - 5:30 PM

West Region: 12.11m 1996 Monique HAAN / London Christian

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Leah Panek	Sandwich - Windsor	
2	Jessica Simpson	Regina Mundi College - London	
3	Leka Sodade	Holy Names - Windsor	
4	Candice Wright	Jacob Hespeler - Cambridge	
5	Emily McCurdy	Assumption College - Brantford	
6	Fatou Bangoura	Mother Teresa - London	
7	Jenn Lorentz	Sir John A Macdonald SS	
8	Serena Hunt	Kingsville - Kingsville	
9	Carly Steer	Holy Names - Windsor	
10	Clare Thompson	Ursuline College - Chatham	
11	Ellese Belfour	Glencoe - Glencoe	
12	Ashlin Taylor	Oakridge - London	
13	Sarah France	Sir Frederick Banting - London	
14	Courtney Brugger	Jacob Hespeler - Cambridge	
15	Anastasia Maslak	Ursuline College - Chatham	
16	Jenelle Scoyne	Simcoe - Simcoe	



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Event 88 Men Triple Jump Senior

Saturday 31/05/2014 - 10:00 AM

West Region: 15.73m 2002

Kenen SHADD/Kitchener Grand River

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Brad-Lee Bulloch	W. F. Herman - Windsor	
2	Dylan Hathaway	Glencoe - Glencoe	
3	Joel Wilson	General Amherst - Amherstburg	
4	Jordan Huzevka	Northern - Sarnia	
5	Slade Simons	Delhi - Delhi	
6	Matt Baxter	Medway - Arva	
7	Augustine Soga	St. Benedict - Cambridge	
8	Christian Lippai	Stratford Central - Stratford	
9	Scott Billings	London Central - London	
10	Jason Sipkens	Providence Reformed Collegiate	
11	Jack Thomas	North Lambton - Forest	
12	Angelo Bortolin	Holy Names - Windsor	
13	Wesley Tang	Waterloo Collegiate Institute	
14	Ben Adams	Simcoe - Simcoe	
15	Madalitso Mchaina	Southwood - Cambridge	
16	Amari Jones	Riverside - Windsor	

Event 89 Women Shot Put Senior

Saturday 31/05/2014 - 1:30 PM

West Region: 14.25m 1996

Liz TOMAN / Elmira

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Christina Hertner	Lord Dorchester - Dorchester	
2	Elizabeth Houghton	Sir John A Macdonald SS	
3	Lauren Bohn	E.J. Lajeunesse	
4	savahanna Laroche	Assumption College - Brantford	
5	Achiana Okutinyang	Sandwich - Windsor	
6	Karli Milmine	East Elgin - Aylmer	
7	Natalie Warren	A.B. Lucas - London	
8	Lauren Handy	Northern - Sarnia	
9	Caroline Hummell	St. Patrick's - Sarnia	
10	Taylor Lopers	Bluevale - Waterloo	
11	Katelyn VanPraet	Mother Teresa - London	
12	Shelby Laughlin	Pauline Johnson - Brantford	
13	Alexandra Hanna	F.J. Brennan - Windsor	
14	Katie Langdon	St. Mary's - Owen Sound	
15	Baljot Deol	Tecumseh Vista Academy A	
16	Beth Kester	South Huron - Exeter	



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Event 90 Men Shot Put Senior
Saturday 31/05/2014 - 11:30 AM
West Region: 20.78m 1995

Brad SNYDER / Windsor - St. Joseph's

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Brett Duncan	Lambton Central - Petrolia	
2	Jakob Miller	Holy Trinity - Simcoe	
3	Logan Webster	Kingsville - Kingsville	
4	Evan Zimochod	Our Lady of Lourdes - Guelph	
5	Liam Graham	Mother Teresa - London	
6	Keith Carscadden	Belle River - Belle River	
7	Mackenzie Josie	Central Huron - Clinton	
8	Noah Rolph	Parkside - St. Thomas	
9	Mo Malik	Belle River - Belle River	
10	Brock Lowery	Grand River - Kitchener	
11	Jake McGill	Sir John A Macdonald SS	
12	Andrew Martin	Strathroy - Strathroy	
13	Curtis Lister	Tecumseh Vista Academy A	
14	Petar Petkovic	Grand River - Kitchener	
15	Spencer Hood	Strathroy - Strathroy	
16	Norvell McGlaun	W. F. Herman - Windsor	

Event 91 Women Discus Throw Senior
Saturday 31/05/2014 - 10:00 AM
West Region: 48.20m 1982

Liz POLYAK / Brantford-North Park

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Miranda Boone	Mother Teresa - London	
2	Rebecca Morrison	Erin - Erin	
3	Stephanie Milling	St. Joseph's - Windsor	
4	Jory Fulcher	Lambton Central - Petrolia	
5	Lauren Williams	Riverside - Windsor	
6	Shelby Hedges	Harrow - Harrow	
7	Kianna Reeve	Erin - Erin	
8	Natalie Warren	A.B. Lucas - London	
9	Claire Renaud	Harrow - Harrow	
10	Riley Wilhelm	St. Patrick's - Sarnia	
11	savahanna Laroche	Assumption College - Brantford	
12	Karli Milmine	East Elgin - Aylmer	
13	Deborah Martin-Nino	John F. Ross - Guelph	
14	Naomi van Stuyvenberg	F. E. Madill - Wingham	
15	Alicia Babbage	Sir Wilfrid Laurier - London	
16	Emily Ferguson	Bluevale - Waterloo	



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Event 92 Men Discus Throw Senior

Friday 30/05/2014 - 5:30 PM

West Region: 64.94m 1995

Jason TUNKS / London-Banting

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Andrew Martin	Strathroy - Strathroy	
2	JJ Innes	John McGregor Secondary School	
3	Brett Duncan	Lambton Central - Petrolia	
4	Noah Rolph	Parkside - St. Thomas	
5	Drew Desjarlais	Belle River - Belle River	
6	Ian McCurdy	Waterloo-Oxford - Baden	
7	Kevin Mackey	Sir Frederick Banting - London	
8	Nathaniel Mechler	Elmira - Elmira	
9	Brandon Toushan	Bluevale - Waterloo	
10	Brock Lowery	Grand River - Kitchener	
11	Jakob Miller	Holy Trinity - Simcoe	
12	Trevor Affleck	Kingsville - Kingsville	
13	Liam Graham	Mother Teresa - London	
14	Zehao Liu	Vincent Massey - Windsor	
15	Mackenzie Josie	Central Huron - Clinton	
16	Sam Ellenor	St. Patrick's - Sarnia	

Event 93 Women Javelin Throw Senior

Friday 30/05/2014 - 3:30 PM

West Region: 47.56m 1997

Andrea BULAT / Windsor-Brennan

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Christina Hertner	Lord Dorchester - Dorchester	
2	Rebecca Morrison	Erin - Erin	
3	Mandy Johnstone	F.J. Brennan - Windsor	
4	Hailey Gagnon	W. F. Herman - Windsor	
5	Kyra Ridgewell	Erin - Erin	
6	Laura Drope	Northern - Sarnia	
7	Beth Kester	South Huron - Exeter	
8	Madeline McCloskey	Essex - Essex	
9	Natalie Warren	A.B. Lucas - London	
10	Delany Bender	Clarke Road S S	
11	Tory Harshman	St. Mary's - Owen Sound	
12	Sydney Jones	Elmira - Elmira	
13	Stephanie Gibson	London Central - London	
14	Jenna Bolton	Lambton Central - Petrolia	
15	Bailey Dell	Sandwich - Windsor	
16	Courtney Townsend	Valley Heights - Langton	



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Event 94 Men Javelin Throw Senior

Friday 30/05/2014 - 2:00 PM

West Region: 70.20m 2001

Trevor SNYDER / Windsor-St.Joseph's

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Matt Withers	Northern - Sarnia	
2	Noah Rolph	Parkside - St. Thomas	
3	Josh Caley	Saugeen District	
4	Max Mariani	F.J. Brennan - Windsor	
5	Alex Keys	F.J. Brennan - Windsor	
6	Dallas Manley	Lambton Central - Petrolia	
7	Matt Zilke	Woodstock - Woodstock	
8	Matt Day	Northern - Sarnia	
9	Jason Keating	St. James - Guelph	
10	Anthony Vader	F. E. Madill - Wingham	
11	Garrett James	Stratford NW - Stratford	
12	Stephen Gade	Our Lady of Lourdes - Guelph	
13	Justin Fisher	Vincent Massey - Windsor	
14	Corey Maclean	Waterford - Waterford	
15	Isaiah Kelly	London Central - London	
16	Matt Teschke	Saugeen District	

Event 95 Women 4x100 Meter Relay Senior

Friday 30/05/2014 - 7:15 PM

West Region: 48.73 2000

LONDON-BANTING

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Saunders - London	A	
2	Cameron Heights - Kitchener	A	
3	Northern - Sarnia	A	
4	St. Mary's - Kitchener	A	
5	Sandwich - Windsor	A	
6	Sir Frederick Banting - London	A	
7	Waterloo Collegiate Institute	A	
8	St.Thomas Aquinas - London	A	
Section 2 of 2 Timed Finals			
1	Catholic Central - London	A	
2	Lambton Central - Petrolia	A	
3	Essex - Essex	A	
4	Vincent Massey - Windsor	A	
5	Centre Wellington - Fergus	A	
6	General Amherst - Amherstburg	A	
7	Sir John A Macdonald SS	A	
8	St. Anne's - Clinton	A	



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Event 96 Men 4x100 Meter Relay Senior

Friday 30/05/2014 - 7:15 PM

West Region: 42.21 2011 Northern CIVS

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Sir Frederick Banting - London	A	
2	Our Lady of Lourdes - Guelph	A	
3	Jacob Hespeler - Cambridge	A	
4	Grand River - Kitchener	A	
5	Woodstock - Woodstock	A	
6	London Central - London	A	
7	St.Thomas Aquinas - London	A	
8	Westminster - London	A	
Section 2 of 2 Timed Finals			
1	Northern - Sarnia	A	
2	Hon. W.C. Kennedy - Windsor	A	
3	St. Patrick's - Sarnia	A	
4	Cameron Heights - Kitchener	A	
5	W. F. Herman - Windsor	A	
6	Sandwich - Windsor	A	
7	St Thomas of Villanova-Lasalle	A	
8	Waterloo Collegiate Institute	A	

Event 97 Women 1500 Meter Steeplechase Open

Friday 30/05/2014 - 2:00 PM

West Region: 5:02.59 2009 Haley Cadwallader, Sarnia CI@TS

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
1	Alex Hildebrand	Elmira - Elmira	
2	Sabrina Abran	Sir Wilfrid Laurier - London	
3	Sylvie Carruthers	Père-René-De-Galinée	
4	Brianna Dolderman	Centre Wellington - Fergus	
5	Morgan Hendriks	Lord Dorchester - Dorchester	
6	Sarah Hesman	London Central - London	
7	Jessica Cuabu	Centre Wellington - Fergus	
8	Emma Helms	A.B. Lucas - London	
9	Victoria Howard-Thompson	St. Anne's - Clinton	
10	Alysaa Bolliger	Our Lady of Lourdes - Guelph	
11	Megan Black	North Lambton - Forest	
12	Ashley Jackson	John McGregor Secondary School	
13	Emily Williams	North Lambton - Forest	
14	Lauren Harris	Sandwich - Windsor	
15	Fiona Rocheleau	Vincent Massey - Windsor	
16	Nancy Ulicny	St. Anne - Windsor	



OFSAA West Regionals**Track and Field****Alumni Stadium University of Windsor - 30/05/2014 to 31/05/2014****Meet Program****Event 98 Men 2000 Meter Steeplechase Open****Friday 30/05/2014 - 2:00 PM****West Region: 5:54.94 01/06/2012 Daniel Piticariu, Vincent Massey**

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
1	Brendan Wallace	Vincent Massey - Windsor	
2	Elliott Godfrey	Medway - Arva	
3	Josh Kellier	Chatham-Kent - Chatham	
4	Simon Wells	Centennial - Guelph	
5	Brendan Masters	Resurrection - Kitchener	
6	Dylan Pust	John Diefenbaker - Hanover	
7	Ethan Gawne	Sir Wilfrid Laurier - London	
8	Ryan Foott	Montcalm - London	
9	Travis Mann	St. Mary's - St. Mary's	
10	Brendan Patton	Preston - Cambridge	
11	Kyle Maerz	Chatham Christian - Chatham	
12	Kieran Doherty	Galt - Cambridge	
13	Skylar Edwards	Vincent Massey - Windsor	
14	Mitch Salter	Essex - Essex	
15	Devin Nicholson	Glendale - Tillsonburg	
16	Kevin Dann	Northern - Sarnia	

Event 99 Women 4x400 Meter Relay Open**Saturday 31/05/2014 - 3:30 PM****West Region: 3:54.13 2008 RESURRECTION**

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	St. Michael - Stratford	A	
2	Lambton Central - Petrolia	A	
3	Sandwich - Windsor	A	
4	Lord Dorchester - Dorchester	A	
5	Northern - Sarnia	A	
6	St. Anne - Windsor	A	
7	Saunders - London	A	
8	St.Thomas Aquinas - London	A	
Section 2 of 2 Timed Finals			
1	St. Mary's - Kitchener	A	
2	Cameron Heights - Kitchener	A	
3	Essex - Essex	A	
4	Vincent Massey - Windsor	A	
5	Centennial - Guelph	A	
6	Centre Wellington - Fergus	A	
7	Guelph - Guelph	A	
8	London Central - London	A	



OFSAA West Regionals**Track and Field****Alumni Stadium University of Windsor - 30/05/2014 to 31/05/2014****Meet Program****Event 100 Men 4x400 Meter Relay Open****Saturday 31/05/2014 - 3:30 PM****West Region: 3:19.22 29/05/2010 W. F. Herman S S - swhe, Herman, W.F.****A Colquhoun, C Johnson, B McBride, M Savic**

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Sir Frederick Banting - London	A	
2	London Central - London	A	
3	Centennial - Guelph	A	
4	Cameron Heights - Kitchener	A	
5	Orangeville - Orangeville	A	
6	Our Lady of Lourdes - Guelph	A	
7	St. Mary's - St. Mary's	A	
8	Catholic Central - London	A	
Section 2 of 2 Timed Finals			
1	St. Patrick's - Sarnia	A	
2	Northern - Sarnia	A	
3	St. David - Waterloo	A	
4	Vincent Massey - Windsor	A	
5	St.Thomas Aquinas - London	A	
6	W. F. Herman - Windsor	A	
7	Sandwich - Windsor	A	
8	F.J. Brennan - Windsor	A	

Event 101 Women 100 Meter Ambulatory**Friday 30/05/2014 - 5:50 PM****West Region: 15.29 28/05/2006 Joanna Edwards, MacKenzie-Sarnia**

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
4	Sydney Ramsey	London Central - London	
5	Madison Wilson-Walker	Lord Dorchester - Dorchester	

Event 102 Men 100 Meter Ambulatory**Friday 30/05/2014 - 5:50 PM****West Region: 12.08 01/06/2006 Deric Kruse, F.E.Madill**

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
2	Jacob Ribble	St. James - Guelph	
3	Cody Salomons	London Christian - London	
4	Wyatt Lippert	General Amherst - Amherstburg	
5	Devon Newell	Central Huron - Clinton	
6	Austin McLaren	Saugeen District	
7	Brian Eaton	Grand River - Kitchener	



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Event 103 Women 100 Meter Blind

Friday 30/05/2014 - 5:50 PM

West Region: 17.45 31/05/2013 Alexis Askin-Hunter, Sarnia

West Region: 17.45 30/05/2013 Alexis Askin-Hunter, Sarnia

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
4	Alexis Askin-Hunter	Sarnia - Sarnia	
5	Paisley Blonde	Blenheim - Blenheim	

Event 104 Men 100 Meter Blind

Friday 30/05/2014 - 4:00 PM

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1	Douglas Palmer	W. Ross MacDonald - cwrn	
Section 2 of 2 Timed Finals			
1	Simon Braham	W. Ross MacDonald - cwrn	

Event 105 Women 100 Meter Intellectual

Friday 30/05/2014 - 5:50 PM

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
3	Sara Albers	St.Thomas Aquinas - London	
4	Tiffany Hillman	Alexander MacKenzie S S	
5	Nicole Gilkes	North Lambton - Forest	
6	Nicki Wood	Alexander MacKenzie S S	

Event 106 Men 100 Meter Intellectual

Friday 30/05/2014 - 5:50 PM

West Region: 12.06 31/05/2013 Peter Snider, WCI

West Region: 12.06 30/05/2014 Peter Snider, WCI

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
2	Prince Sulbani	Clarke Road S S	
3	James St.Denis	F.J. Brennan - Windsor	
4	Kenneth Lai	Century	
5	Jesse Stewart	Northern - Sarnia	
6	Sean Weshlinski	Alexander MacKenzie S S	

Event 108 Men 200 Meter Wheelchair

Friday 30/05/2014 - 1:50 PM

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
5	Cole Campbell	Alexander MacKenzie S S	



OFSAA West Regionals
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Event 110 Men 400 Meter Wheelchair
Friday 30/05/2014 - 4:00 PM

Lane	Name	School	Seed Time
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Section 1 of 1 Timed Finals

4	Cole Campbell	Alexander MacKenzie S S	
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Event 111 Women 800 Meter Blind
Saturday 31/05/2014 - 1:45 PM

Lane	Name	School	Seed Time
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Section 1 of 1 Timed Finals

4	Meghan Mahon	W. Ross MacDonald - cwrn	
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Event 112 Men 800 Meter Blind
Saturday 31/05/2014 - 1:45 PM

Lane	Name	School	Seed Time
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Section 1 of 1 Timed Finals

4	Douglas Palmer	W. Ross MacDonald - cwrn	
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Event 113 Women 800 Meter Ambulatory
Saturday 31/05/2014 - 1:45 PM

Lane	Name	School	Seed Time
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Section 1 of 1 Timed Finals

4	Madison Wilson-Walker	Lord Dorchester - Dorchester	
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Event 114 Men 800 Meter Ambulatory
Saturday 31/05/2014 - 1:45 PM

West Region: 3:04.56 01/06/2013 Dylan Eisnor, North Lambton

West Region: 3:04.56 31/05/2014 Dylan Eisnor, North Lambton

Lane	Name	School	Seed Time
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Section 1 of 1 Timed Finals

4	Wyatt Lippert	General Amherst - Amherstburg	
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5	Devon Newell	Central Huron - Clinton	
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