

Event 1 Women 100 Meter Dash Midget

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Abbi Finnan	Rnd - Kingston	12.60	14.61Q	2
2 Kathryn Morrison	Bci - Brockville	13.69	15.11Q	1
3 Samantha Gourdier	Hccss - Brockville	12.80	15.30Q	3
4 Kayla Bristow	Smiths Falls	13.30	14.87Q	2
5 Victoria Bourdon-Patenau	Bishop Smith	14.06	15.36Q	1
6 Alyssa Jodoin	St. Joseph's	14.12	15.81Q	3
7 Rachel Bennett	Tiss- Brockville	14.02	15.47q	1
8 Megan Misztal	Ngdhs-Kemptville	13.81	15.52q	1
9 Chantal Earle	Notre Dame	14.00	15.54	2
10 Annabelle Austin	Jeanne Lajoie ES	14.07	15.55	2
11 Casey Havekes	Smchs-Kemptville	13.91	15.58	2
12 Katie Brady	St John's	14.00	15.83	3
13 Valerie Goodman	Almonte	14.10	15.87	3
14 Candice Hanniman	Arnrior Dhs	14.00	15.97	3
15 Shannon Power	Arnrior Dhs	14.16	16.01	2
16 Coralie Viau-Aubry	St. Francis	14.97	16.25	1
17 Jenna Warren	North Dundas	15.03	16.79	1
18 Hannah Cortes-Kaplan	L'Heritage E	15.09	17.32	2
19 Kelsey Poitras	General Vani	15.59	17.61	3
20 Jazzmin Major	Rockland D.H	15.72	17.71	3

Event 1 Women 100 Meter Dash Midget

Name	Year School	Prelims	Finals
Finals			
1 Abbi Finnan	Rnd - Kingston	14.61	13.37
2 Kayla Bristow	Smiths Falls	14.87	13.64
3 Samantha Gourdier	Hccss - Kingston	15.30	13.91
4 Kathryn Morrison	Bci - Brockville	15.11	14.01
5 Victoria Bourdon-Patenau	Bishop Smith	15.36	14.05
6 Alyssa Jodoin	St. Joseph's	15.81	14.15
7 Megan Misztal	Ngdhs-Kemptville	15.52	14.17
8 Rachel Bennett	Tiss- Brockville	15.47	14.27

Event 2 Men 100 Meter Dash Midget

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Jamie Ashton	Tiss- Brockville	12.10	12.25Q	1
2 Braedon Gwalchmai	Arnrior Dhs	11.87	12.43Q	3
3 Tarek Sanger	Smchs-Kemptville	12.14	12.50Q	2
4 Vincent Paul	L'Heritage E	11.94	12.32Q	1
5 Stanley Lodge	Smchs-Brockville	12.15	12.53Q	3
6 Cody Murphy	Opeongo HS	11.93	12.75Q	2
7 Jacob Legault	Notre Dame	12.40	12.49q	1
8 Alex McCurdy	Perth	12.60	12.75q	3 (12.742)
9 Kian Shadzik	Rockland D.H	13.02	12.75	3 (12.748)
10 Tristan Hurford	Tiss- Brockville	12.40	12.79	1
11 Lawson MacDonald	St. Joseph's	12.15	12.85	3
12 Cole VanLeeuwen	Shs - Sydenham	12.70	12.89	1
13 Guillaume Lacroix	Le Sommet	13.06	12.90	3
14 Branden Lewis	Shs - Sydenham	12.60	13.07	3
15 Ryan Fox	Rnd - Kingston	12.70	13.13	1
16 Andy Bassett	Almonte	13.10	13.30	2
17 Anthony Whan-Corkham	Slhs - Sharbot L	12.80	13.31	2
18 Riley Panke	Opeongo HS	12.41	13.34	2
19 Adam Seip	Perth	13.20	13.60	1
20 Joël Beauchesne	Casselman E.S.C.	13.29	13.65	2
21 Darby Wheeler	St. Joseph's	13.13	13.73	1
22 Matt Nightingale	Russell HS	13.84	13.87	3

Event 2 Men 100 Meter Dash Midget

Name	Year School	Prelims	Finals
Finals			
1 Jamie Ashton	Tiss- Brockville	12.25	12.02

2	Tarek Sanger	Smchs-Kemptville	12.50	12.08
3	Vincent Paul	L'Heritage E	12.32	12.14
4	Stanley Lodge	Smchs-Brockville	12.53	12.16
5	Cody Murphy	Opeongo HS	12.75	12.23
6	Braedon Gwalchmai	Arnprior Dhs	12.43	12.27
7	Jacob Legault	Notre Dame	12.49	12.50
8	Alex McCurdy	Perth	12.75	12.57

Event 3 Women 200 Meter Dash Midget

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Kayla Bristow	Smiths Falls	27.70	27.20Q	2
2	Alyssa Frankland	Lsss - Kingston	28.20	28.28Q	1
3	Erica Bulanda	Tiss- Brockville	27.94	28.34Q	3
4	Kathryn Morrison	Bci - Brockville	27.13	28.57Q	1
5	Alex Moore	Hccss - Kingston	28.00	28.77Q	3
6	Casey Havekes	Smchs-Kemptville	28.06	28.85Q	2
7	Courtney Heyman	Rnd - Kingston	28.60	28.85q	1
8	Annabelle Austin	Jeanne Lajoie ES	29.95	29.18q	1
9	Kayla Wilson	Fss - Kingston	28.70	29.48	2
10	Shannon Power	Arnprior Dhs	29.49	29.50	3
11	Valerie Goodman	Almonte	30.20	29.54	3
12	Bailey Smith	Almonte	29.70	29.58	2
13	Alyssa Jodoin	St. Joseph's	29.56	29.82	3
14	Coralie Viau-Aubry	St. Francis	30.46	29.84	3
15	Candice Hanniman	Arnprior Dhs	30.03	30.03	1
16	Jade Ferguson	Almonte	30.60	30.23	1
17	Carly McHenry	Renfrew CI	31.06	30.37	1
18	Brianna Jacobs	St. Joseph's	31.97	30.64	2
19	Zoe Dillon	Adhs - Athens	30.13	30.65	2
20	Emma Ridal	St. Joseph's	30.57	31.02	2
--	Jazzmin Major	Rockland D.H	33.74	DQ	3

Event 3 Women 200 Meter Dash Midget

Name	Year	School	Prelims	Finals
Finals				
1	Kayla Bristow	Smiths Falls	27.20	27.28
2	Erica Bulanda	Tiss- Brockville	28.34	28.49
3	Casey Havekes	Smchs-Kemptville	28.85	28.51
4	Alyssa Frankland	Lsss - Kingston	28.28	28.53
5	Kathryn Morrison	Bci - Brockville	28.57	28.59
6	Alex Moore	Hccss - Kingston	28.77	28.72
7	Annabelle Austin	Jeanne Lajoie ES	29.18	29.21
8	Courtney Heyman	Rnd - Kingston	28.85	29.25

Event 4 Men 200 Meter Dash Midget

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Tarek Sanger	Smchs-Kemptville	24.17	24.81Q	3
2	Stanley Lodge	Smchs-Brockville	24.65	25.41Q	2
3	Cody Murphy	Opeongo HS	25.45	25.56Q	1
4	Colin Leeflang	Perth	25.60	25.44Q	2
5	Graydon Rothwell	Carleton Place	25.50	25.47Q	3
6	Jacob Legault	Notre Dame	24.60	25.57Q	1
7	Cole VanLeeuwen	Shs - Sydenham	25.50	25.66q	3
8	Lawson MacDonald	St. Joseph's	25.97	25.83q	1
9	Tristan Hurford	Tiss- Brockville	24.99	26.01	2
10	Conner Heinbuch	Rockland D.H	27.77	26.01	1
11	Kevin Richards	Sgdhs - Prescott	25.56	26.05	1
12	Benoit Dodd	Le Sommet	27.08	26.55	1
13	Nicholas Gill	Renfrew CI	26.35	26.57	3
14	Josh Mastin	Shs - Sydenham	26.90	26.73	2
15	Riley Panke	Opeongo HS	26.66	27.01	3
16	Anthony Whan-Corkham	Slhs - Sharbot L	27.40	27.17	3
17	Brendon Guay	Le Relais	27.84	27.20	2
18	Scott Leeman	Kcvi - Kingston	27.00	27.34	2
19	Derick Cormier	Holy Trinity	28.28	27.64	2
20	Logan Goulette	Renfrew CI	26.75	27.74	1
21	Darcy Findlay	Russell HS	27.18	27.92	3
22	Nicholas Bryck	General Vani	28.75	29.23	1

Event 4 Men 200 Meter Dash Midget

Name	Year	School	Prelims	Finals
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Finals

1	Tarek Sanger	Smchs-Kemptville	24.81	24.65
2	Stanley Lodge	Smchs-Brockville	25.41	25.03
3	Graydon Rothwell	Carleton Place	25.47	25.11
4	Cody Murphy	Opeongo HS	25.56	25.28
5	Jacob Legault	Notre Dame	25.57	25.35
6	Colin Leeflang	Perth	25.44	25.40
7	Cole VanLeeuwen	Shs - Sydenham	25.66	25.62
8	Lawson MacDonald	St. Joseph's	25.83	25.83

Event 5 Women 400 Meter Dash Midget

Name	Year	School	Seed	Finals	H#
1	Alyssa Frankland	Lsss - Kingston	1:02.60	1:02.35	3
2	Emma Selleck	Tiss- Brockville	1:03.63	1:03.02	3
3	Rachel Bennett	Tiss- Brockville	1:04.22	1:03.17	3
4	Brianna Bradley	Fss - Kingston	1:02.80	1:03.76	3
5	Alex Moore	Hccss - Kingston	1:02.70	1:04.58	3
6	Jessica Anderson	General Panet HS	1:09.49	1:05.48	2
7	Taya Oconner	Almonte	1:08.70	1:06.29	2
8	Sarah Sanford	Ndss - Napanee	1:03.10	1:07.07	3
9	Chantal Earle	Notre Dame	1:05.10	1:07.60	3
10	Lindsay Lowe	Ngdhs-Kemptville	1:08.50	1:08.66	3
11	Emily Graham	Rothwell Osn	1:10.47	1:09.50	2
12	Rebekah Beattie	Smchs-Brockville	1:10.00	1:09.92	2
13	Claire Luesink	General Panet HS	1:14.39	1:11.15	1
14	Tanner Robitaille	Arnprior Dhs	1:14.08	1:11.55	2
15	Shelby McLean	General Vani	1:12.31	1:11.60	2
16	Carly McHenry	Renfrew CI	1:09.93	1:12.81	2
17	Amanda Pinsonneault	Rockland D.H	1:29.25	1:16.04	1
18	Melanie Winiger	North Dundas	1:38.29	1:31.85	1

Event 6 Men 400 Meter Dash Midget

Name	Year	School	Seed	Finals	H#
1	Ben Trickey	Shs - Sydenham	57.40	53.91	3
2	Colin Leeflang	Perth	55.80	54.83	3
3	Jacob Legault	Notre Dame	56.10	55.26	3
4	Tristan Hurford	Tiss- Brockville	58.05	56.14	3
5	Cole VanLeeuwen	Shs - Sydenham	57.30	56.68	3
6	Lawson MacDonald	St. Joseph's	59.00	57.00	2
7	Scott Mills	General Panet HS	58.68	57.87	3
8	Ryan Harper	Tiss- Brockville	58.69	58.00	3
9	Josh Mastin	Shs - Sydenham	59.80	58.36	2
10	Conner Heinbuch	Rockland D.H	1:04.50	58.42	1
11	Steve Beckett	Gss - Gananoque	58.16	58.83	3
12	Nicholas Gill	Renfrew CI	1:00.38	58.97	2
13	Riley Hennessy	Opeongo HS	1:00.87	59.15	2
14	Garrett Closs	Smiths Falls	1:00.90	59.50	2
15	Tim Ostiguy	Kcvi - Kingston	59.90	59.81	2
16	Roch Goulet	General Panet HS	1:00.61	1:02.04	2
17	Lachlan Brown	Carleton Place	1:02.60	1:02.93	1
18	Spencer Marfurt-Breakenr	Tagwi S S-Avo	1:05.57	1:04.83	1
19	Guillaume Lacroix	Le Sommet	1:06.41	1:04.93	1
20	Nawaz Sani	General Vani	1:14.27	1:10.17	1
21	Sergio Ortiz	General Vani	1:14.16	1:11.45	1

Event 7 Women 800 Meter Run Midget

Name	Year	School	Seed	Finals
1	Jenny Casson	Kcvi - Kingston	2:28.20	2:28.53
2	Madeleine Kelly	Fellowes HS	2:35.80	2:28.82
3	Emma Selleck	Tiss- Brockville	2:33.60	2:30.73
4	Emily Baldiserra	Tiss- Brockville	2:35.91	2:31.28
5	Brianna Bradley	Fss - Kingston	2:34.30	2:32.43
6	Holly Hayball	Notre Dame	2:50.90	2:35.32
7	Hanna Sweet	Ndss - Napanee	2:37.20	2:36.91
8	Adrienne Morgan	Ess - Odessa	2:38.10	2:36.94
9	Éloïse Soroka-Lavictoire	L'Escale E.S.C.	2:53.10	2:40.22
10	Emma Baird	Arnprior Dhs	2:47.08	2:42.36
11	Lindsay Childerhose	Rothwell Osn	3:00.00	2:43.07
12	Emily MacLachlan	Char er D H	2:45.18	2:43.96
13	Shaylin Telford	Ngdhs-Kemptville	2:48.72	2:45.23
14	Evan Childerhose	Rothwell Osn	2:56.07	2:51.36
15	Brianna Harnum	Smchs-Brockville	2:50.17	2:55.81
16	Taya Oconner	Almonte	2:54.80	2:55.81
17	Stefanie Quosdorf	St.Laurent/S	3:00.97	2:57.78
18	Haley Moreau	Fellowes HS	3:04.96	2:59.13

19	Amanda Pinsoneault	Rockland D.H	3:19.13	3:08.82
20	Christine Lalonde	Rockland D.H	3:25.14	3:13.88

Event 8 Men 800 Meter Run Midget

Name	Year	School	Seed	Finals
1	Ben Trickey	Shs - Sydenham	2:16.00	2:11.69
2	Matt Courtney	Smchs-Brockville	2:22.18	2:12.88
3	Scott Mills	General Panet HS	2:20.23	2:14.00
4	Yanick Dagenais	L'Escale E.S.C.	2:27.18	2:17.03
5	Dylan Vermilyea	Ndss - Napanee	2:20.70	2:18.37
6	Josh Commadore	St. Joseph's	2:30.00	2:18.44
7	Tim Ostiguy	Kcvi - Kingston	2:19.60	2:18.49
8	Roch Goulet	General Panet HS	2:29.61	2:19.93
9	Tanner Trautrim	General Panet HS	2:30.87	2:22.56
10	Connor Beattie	Rockland D.H	2:30.19	2:24.02
11	Jasmin Payant	L'Escale E.S.C.	2:39.50	2:24.14
12	Boden Zvonarich	Arnrior Dhs	2:30.02	2:25.40
13	Trevor Young	Gss - Gananoque	2:28.30	2:26.68
14	Tommy Sommerville	Perth	2:30.30	2:27.95
15	Matt Smith	Smchs-Brockville	2:31.00	2:28.50
16	Malcolm Hamilton	Rnd - Kingston	2:31.20	2:29.38
17	Luke Carroll	Smchs-Brockville	2:32.61	2:30.47
18	Jacob Guillot	Carleton Place	2:36.90	2:34.28
19	Mark Petro	Rockland D.H	2:28.83	2:35.95
20	Parker Krol	St. Joseph's	2:35.25	2:42.33
21	Lachlan Brown	Carleton Place	2:40.20	2:43.81
22	Kirk Buegger	Tagwi S S-Avo	3:00.53	2:56.90

Event 9 Women 1500 Meter Run Midget

Name	Year	School	Seed	Finals
1	Jenny Casson	Kcvi - Kingston	5:09.60	5:03.35
2	Madeleine Kelly	Fellowes HS	5:23.18	5:12.29
3	Adrienne Morgan	Ess - Odessa	5:24.70	5:14.21
4	Emily Baldiserra	Tiss- Brockville	5:26.00	5:14.40
5	Hanna Sweet	Ndss - Napanee	5:28.90	5:23.04
6	Holly Hayball	Notre Dame	5:59.60	5:23.94
7	Samantha Martin	General Panet HS	5:40.49	5:25.66
8	Missy Schutten	Tiss- Brockville	5:44.00	5:29.64
9	Molly Steer	Mackenzie HS	5:53.81	5:41.43
10	Shaylin Telford	Ngdhs-Kemptville	5:51.38	5:42.99
11	Sarah McFadden	Shs - Sydenham	5:35.90	5:43.12
12	Éloïse Soroka-Lavictoire	L'Escale E.S.C.	6:06.22	5:45.01
13	Alex Nurse	General Vani	6:04.30	5:55.73
14	Emma Baird	Arnrior Dhs	5:50.42	5:55.80
15	Catherine Dallaire	L'Escale E.S.C.	6:12.17	5:56.17
16	Stefanie Quosdorf	St.Laurent/S	6:08.25	5:58.00
17	Rebecca Nitschmann	St John's	6:13.00	5:58.31
18	Evan Childerhose	Rothwell Osn	6:01.19	6:02.07
19	Josee Daze	St. Joseph's	6:08.60	6:27.06
20	Christine Lalonde	Rockland D.H	6:32.07	6:35.95
21	Nicole Bamber	Perth	6:56.10	6:42.60

Event 10 Men 1500 Meter Run Midget

Name	Year	School	Seed	Finals
1	Matt Courtney	Smchs-Brockville	4:48.82	4:33.14
2	Scott Mills	General Panet HS	4:53.33	4:34.43
3	Eric Wynands	Tiss- Brockville	4:42.03	4:36.02
4	Nick Belore	Shs - Sydenham	4:44.30	4:38.46
5	Yanick Dagenais	L'Escale E.S.C.	4:55.70	4:39.92
6	Ben Trickey	Shs - Sydenham	4:52.20	4:41.62
7	Nicholas Favero	L'Escale E.S.C.	4:55.98	4:45.45
8	Eric Macrow	Hccss - Kingston	4:51.70	4:45.54
9	Josh Commadore	St. Joseph's	4:45.75	4:48.86
10	Tanner Smith	Bishop Smith	5:01.02	4:52.17
11	Connor Beattie	Rockland D.H	5:10.75	4:54.10
12	Dylan Vermilyea	Ndss - Napanee	4:50.40	4:54.22
13	Tanner Trautrim	General Panet HS	5:03.62	4:56.13
14	Jasmin Payant	L'Escale E.S.C.	5:15.24	4:57.60
15	Joel Trimble	Smchs-Kemptville	4:58.94	4:59.28
16	Brandon Crabtree	General Panet HS	5:05.35	5:01.77
17	Tommy Sommerville	Perth	5:12.40	5:06.33
18	Denzil Barkley	Seaway D H S-I	5:14.88	5:09.31
19	Alphonse Ouimette	Smchs-Kemptville	4:58.28	5:09.57
20	Jaipreet Khalsa	St.Laurent/S	5:07.75	5:13.30
21	Zach Orr	Carleton Place	5:31.70	5:14.59

22 Stephane Contant La Citadelle 5:17.76 5:22.29

Event 11 Women 3000 Meter Run Midget

Name	Year	School	Seed	Finals
1 Jenny Casson		Kcvi - Kingston	11:07.10	11:09.02
2 Emily Baldiserra		Tiss- Brockville	12:02.82	11:35.35
3 Marissa Rostek		Rnd - Kingston	12:07.10	11:43.29
4 Molly Steer		Mackenzie HS	13:23.46	11:56.96
5 Samantha Martin		General Panet HS	13:10.74	12:04.63
6 Missy Schutten		Tiss- Brockville	12:29.25	12:15.86
7 Emily MacLachlan		Char er D H	12:50.66	12:30.50
8 Alex Nurse		General Vani	13:25.77	13:01.08
9 Samantha Coreau		Arnprior Dhs	13:34.45	13:08.04
10 Catherine Dallaire		L'Escale E.S.C.	14:04.55	13:12.04
11 Krista Pelton		Ngdhs-Kemptville	13:40.00	13:53.47
12 Jenna Cluettt		Renfrew CI	15:26.43	13:59.87
13 Nicole Bamber		Perth	15:17.00	14:29.34
14 Amanda Templeton		Casselman E.S.C.	14:58.32	14:33.64
15 Shannon Wylie		Rnd - Kingston	12:32.40	14:47.13
16 Annie Fergusson		Carleton Place	15:45.00	16:15.07

Event 12 Men 3000 Meter Run Midget

Name	Year	School	Seed	Finals
1 Eric Wynands		Tiss- Brockville	9:42.85	9:55.53
2 Nick Belore		Shs - Sydenham	10:09.50	10:11.29
3 Nicholas Favero		L'Escale E.S.C.	10:57.06	10:13.38
4 Eric Macrow		Hccss - Kingston	10:30.70	10:28.56
5 Kyle Martinat		General Panet HS	11:06.36	10:35.41
6 Matt Eliot		Fss - Kingston	10:54.40	10:35.44
7 Kade Brazeau		Tiss- Brockville	10:54.00	10:43.25
8 Brandon Crabtree		General Panet HS	11:06.12	10:48.57
9 Joel Trimble		Smchs-Kemptville	11:03.00	10:49.05
10 Tanner Smith		Bishop Smith	11:22.30	10:52.79
11 Logan Barr		Kcvi - Kingston	11:21.50	10:53.79
12 Jacob Banks		Ngdhs-Kemptville	11:05.98	11:04.93
13 Stephane Contant		La Citadelle	11:15.90	11:14.68
14 Denzil Barkley		Seaway D H S-I	11:25.97	11:21.48
15 Alexandre Dupuis		Le Sommet	12:16.92	11:36.25
16 Aidan Solar		St Josephs High	11:25.88	11:46.06
17 Zach Orr		Carleton Place	12:05.20	11:53.25
18 Dillon Drover		Smiths Falls	12:49.10	12:31.66
-- Tommy Sommerville		Perth	11:20.00	DNF

Event 13 Women 80 Meter Hurdles Midget

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Gillian Beaston		Seaway D H S-I	14.68	13.58Q	2
2 Rachel Grympa		Kcvi - Kingston	13.90	14.03Q	1
3 Valerie Goodman		Almonte	14.20	15.10Q	3
4 Alex Moore		Hccss - Kingston	13.50	13.69Q	2
5 Kianna Mahmoud		Notre Dame	14.30	14.71Q	1
6 Janine Steyn		Bci - Brockville	14.83	15.54Q	3
7 Rachel Nelles		Shs - Sydenham	14.60	14.73q	2
8 Katrina Wright		Perth	15.00	14.94q	1
9 Victoria Bourdon-Patenau		Bishop Smith	15.40	15.58	2
10 Kayla Gibson		Shs - Sydenham	14.00	15.75	3
11 Shade Felix		Fellowes HS	16.09	15.97	2
12 Allison Hudson		Arnprior Dhs	16.46	16.19	3
13 Tegan Tate		Rothwell Osn	16.36	16.62	3
14 Mikala Murray		Rdhs - Elgin	16.80	16.84	2
15 Michelle Chevrier		St. Joseph's	17.38	17.14	2
16 Teran Nieman		Fellowes HS	16.30	17.15	1
17 Brittney Granger		L'Heritage E	20.22	18.41	1

Event 13 Women 80 Meter Hurdles Midget

Name	Year	School	Prelims	Finals
Finals				
1 Gillian Beaston		Seaway D H S-I	13.58	13.17
2 Alex Moore		Hccss - Kingston	13.69	13.55
3 Rachel Grympa		Kcvi - Kingston	14.03	13.59
4 Valerie Goodman		Almonte	15.10	14.21
5 Kianna Mahmoud		Notre Dame	14.71	14.62
6 Janine Steyn		Bci - Brockville	15.54	14.82

7	Katrina Wright	Perth	14.94	15.00
8	Rachel Nelles	Shs - Sydenham	14.73	15.65

Event 14 Men 100 Meter Hurdles Midget

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Liam Widdowfield	Ngdhs-Kemptville	15.23	15.88Q	2
2	Taha Piepers	Carleton Place	15.40	15.99Q	1
3	Jacob Plunkett	Arnrior Dhs	14.65	16.17Q	3
4	Dane Sauve	Rdhs - Elgin	16.71	16.99Q	3
5	David Reavie	Bci - Brockville	15.41	17.62Q	1
6	James Tennant	Lcvi -kingston	16.80	17.68Q	2
7	Eamon Colvin	Russell HS	18.48	17.86q	2
8	Zacharie Bergeron	L'Heritage E	18.57	17.87q	1
9	Graydon Rothwell	Carleton Place	16.60	17.87	3
10	Jacob Riley-Janzen	Lcvi -kingston	17.70	17.92	1
11	Cole Dorma	Smchs-Kemptville	17.83	17.96	2
12	Zach Orr	Carleton Place	18.10	18.33	3
13	Ryan Patrick	Arnrior Dhs	18.40	18.47	3
14	Jackson Watt-Bowers	Lcvi -kingston	17.10	18.57	1
15	William Kohlsmith	Fellowes HS	19.24	18.93	2
16	Eddie Running-Adams	Slhs - Sharbot L	18.50	18.96	1

Event 14 Men 100 Meter Hurdles Midget

Name	Year	School	Prelims	Finals
Finals				
1	Jacob Plunkett	Arnrior Dhs	16.17	15.62
2	Liam Widdowfield	Ngdhs-Kemptville	15.88	15.70
3	Taha Piepers	Carleton Place	15.99	15.74
4	James Tennant	Lcvi -kingston	17.68	16.74 (16.731)
5	Dane Sauve	Rdhs - Elgin	16.99	16.74 (16.736)
6	Zacharie Bergeron	L'Heritage E	17.87	17.18
7	David Reavie	Bci - Brockville	17.62	17.38
8	Eamon Colvin	Russell HS	17.86	18.43

Event 15 Women 300 Meter Hurdles Midget

Name	Year	School	Seed	Finals	H#
1	Krissy Berndt	Shs - Sydenham	53.10	51.90	2
2	Brooklyn Ramsay	Perth	53.50	52.22	2
3	Rachel Nelles	Shs - Sydenham	54.20	52.68	2
4	Alexis Lough	Arnrior Dhs	52.56	52.71	2
5	Madison Lloyd	Lsss - Kingston	54.30	52.73	2
6	Kayla Gibson	Shs - Sydenham	53.70	52.85	2
7	Taya Oconner	Almonte	54.30	53.35	2
8	Bryanna Desarmia	Arnrior Dhs	59.53	55.79	1
9	Allison Hudson	Arnrior Dhs	1:01.62	56.81	1
10	Shelby McLean	General Vani	59.47	58.64	1
11	Meghan Strickland	Carleton Place	1:01.90	59.17	1
12	Lineah Groskleg	Jeanne Lajoie ES	1:02.28	59.29	1
13	Alyson Waldroff	Rothwell Oni	1:03.40	1:01.25	1
14	Kelsey Poitras	General Vani	1:05.41	1:01.90	1

Event 16 Men 300 Meter Hurdles Midget

Name	Year	School	Seed	Finals	H#
1	Liam Widdowfield	Ngdhs-Kemptville	46.99	43.80	3
2	Taha Piepers	Carleton Place	46.40	44.34	3
3	Jason Eyre	Tiss- Brockville	44.64	44.78	3
4	Ryan Harper	Tiss- Brockville	47.60	46.28	3
5	James Tennant	Lcvi -kingston	47.40	46.87	3
6	Andy Bassett	Almonte	47.80	47.33	3
7	Nicholas Gill	Renfrew CI	48.11	47.44	2
8	Ryan Walsh	Rnd - Kingston	47.90	48.29	2
9	Kian Shadzik	Rockland D.H	52.23	48.31	2
10	Jackson Watt-Bowers	Lcvi -kingston	49.00	48.72	2
11	David Reavie	Bci - Brockville	48.80	49.05	2
12	Ryan Patrick	Arnrior Dhs	50.40	50.46	2
13	Jacob Riley-Janzen	Lcvi -kingston	52.30	51.78	2
14	Joe Grady	General Vani	54.50	52.51	1
15	Nawaz Sani	General Vani	1:04.47	59.67	1
--	Michael Hook	Arnrior Dhs	45.69	DNF	3
--	Jacob Plunkett	Arnrior Dhs	45.09	DNF	3

Event 17 Women High Jump Midget

Name	Year	School	Seed	Finals
1 Laura Craig		Arnprior Dhs	1.40m	1.50m
2 Kayla Jones		Ngdhs-Kemptville	1.35m	J1.50m
3 Lindsay Abercrombie		Carleton Place	1.45m	1.45m
3 Sarah Sanders		Rnd - Kingston	1.35m	1.45m
3 Taylor Jordan		St John's	1.45m	1.45m
6 Rachel Grympa		Kcvi - Kingston	1.45m	J1.45m
7 Emma Baird		Arnprior Dhs	1.40m	1.40m
8 Jenna O'Reilly		Bci - Brockville	1.35m	J1.40m
9 Taya Heldens		Smchs-Brockville	1.25m	1.35m
10 Madison Lloyd		Lsss - Kingston	1.35m	1.30m
11 Sarah Kelly		Fellowes HS	1.30m	J1.30m
12 Lucy Newman-Hogan		Kcvi - Kingston	1.30m	1.25m
12 Tegan Tate		Rothwell Osn	1.25m	1.25m
14 Megan Hollingsworth		General Vani	1.20m	1.20m
-- Lauren Alguire		Rothwell Osn	1.15m	NH
-- Simone Donders		Mackenzie HS	1.40m	NH

Event 18 Men High Jump Midget

Name	Year	School	Seed	Finals
1 Cody Moore		Arnprior Dhs	1.75m	1.70m
2 Pat Purcell		Smchs-Brockville	1.75m	J1.70m
3 Paco Peladeau		Adhs - Athens	1.70m	1.65m
4 Taha Piepers		Carleton Place	1.65m	J1.65m
5 Dakota Henry		St John's	1.55m	1.60m
6 Justin Laforest		Almonte	1.60m	J1.60m
7 Bailey Malyon		Char er D H	1.55m	1.55m
8 David Wallond		Rdhs - Elgin	1.60m	J1.55m
9 Ryan Walsh		Rnd - Kingston	1.40m	J1.55m
10 Jim Pearson		Carleton Place	1.55m	1.50m
10 Brandon Hole		Slhs - Sharbot L	1.50m	1.50m
12 Daesun Park		Fellowes HS	1.50m	J1.50m
13 Luke Severson		Smchs-Brockville	1.55m	1.45m
14 Luke Roach		Rothwell Osn	1.45m	J1.45m
14 Samuel Morin		Casselman E.S.C.	1.40m	J1.45m
16 Joe Grady		General Vani	1.50m	1.40m
16 Braxton Duggan		Rothwell Osn	1.50m	1.40m
-- Jacob Bell		Ess - Odessa	1.40m	NH

Event 20 Men Pole Vault Midget

Name	Year	School	Seed	Finals
1 Edwin Kuipers		Char er D H	2.60m	3.00m
2 Graydon Rothwell		Carleton Place	2.45m	2.85m
3 Duncan McNaughton		Carleton Place	2.55m	J2.85m
4 Lawson MacDougall		Char er D H	2.75m	2.70m
5 Jordan Rhude		Tiss- Brockville	1.50m	J2.70m
6 Cole Zanchetta		Tiss- Brockville	2.25m	2.55m
7 Jackson Ford		Carleton Place	2.45m	J2.55m
8 Jason Fourney		Char er D H	2.50m	2.25m
9 Liam Viapond		Char er D H	2.50m	2.10m
10 Jamie Roddick		Tiss- Brockville	1.65m	1.95m

Event 21 Women Long Jump Midget

Name	Year	School	Seed	Finals
1 Gillian Beaston		Seaway D H S-I	4.58m	4.91m
2 Emma Mattice		Rdhs - Elgin	4.28m	4.44m
3 Sarah Sanford		Ndss - Napanee	4.53m	4.43m
4 Kelly DeHoop		Kcvi - Kingston	4.51m	4.42m
5 Emelyn Fauvel		Shs - Sydenham	4.46m	J4.42m
6 Katie Brady		St John's	4.58m	4.39m
7 Laura DeJong		Tiss- Brockville	4.30m	4.32m
8 Victoria Bourdon-Patenau		Bishop Smith	3.92m	4.28m
9 Courtney Heyman		Rnd - Kingston	4.19m	4.13m
10 Erica Bulanda		Tiss- Brockville	4.63m	4.12m
11 Lindsay Abercrombie		Carleton Place	4.03m	4.11m
12 Kaitlyn Jensen		Tiss- Brockville	4.21m	4.02m
13 Alexis Lough		Arnprior Dhs	4.02m	3.98m
14 Bailey Hanna		Smiths Falls	3.99m	3.97m
15 Brianna Jacobs		St. Joseph's	4.02m	3.81m
16 Brianne Mason		L'Heritage E	3.93m	3.80m
17 Coralie Viau-Aubry		St. Francis	3.23m	3.57m
18 Michelle Chevrier		St. Joseph's	3.97m	3.42m
19 Erin Gardiner		Notre Dame	3.98m	J3.42m

Event 22 Men Long Jump Midget

Name	Year	School	Seed	Finals
1 Dylan Thompson		Gss - Gananoque	5.42m	5.52m
2 Dustin Blanchard		Tiss- Brockville	5.31m	5.48m
3 Benoit Dodd		Le Sommet	4.98m	5.38m
4 Jacob Plunkett		Arnprior Dhs	5.19m	5.34m
5 Tarek Sanger		Smchs-Kemptville	5.70m	5.33m
6 Tim Ashby		North Dundas	5.28m	5.20m
7 Cody Moore		Arnprior Dhs	4.99m	5.16m
8 Alain Charbonneau		Notre Dame	5.25m	5.13m
9 Scott Boileau		Tiss- Brockville	4.91m	5.01m
10 Eric Harvey		Shs - Sydenham	4.93m	4.96m
11 Luke Kilpatrick		Rnd - Kingston	5.17m	4.93m
12 Jacob Bell		Ess - Odessa	5.35m	4.82m
13 Kenneth Shires		Opeongo HS	5.06m	4.78m
14 Philippe Fauvel		Shs - Sydenham	5.42m	4.75m
15 Justin Laforest		Almonte	5.00m	4.73m
16 Peter Neathway		Notre Dame	4.72m	4.64m
17 Joël Beauchesne		Casselman E.S.C.	4.55m	4.53m
18 Darby Wheeler		St. Joseph's	4.78m	4.49m
19 William Kohlsmith		Fellowes HS	4.74m	4.41m
20 Darcy Findlay		Russell HS	4.19m	4.24m
-- Jim Pearson		Carleton Place	5.30m	FOUL

Event 23 Women Triple Jump Midget

Name	Year	School	Seed	Finals
1 Kelly DeHoop		Kcvi - Kingston	9.71m	10.00m
2 Laura DeJong		Tiss- Brockville	9.48m	9.79m
3 Gillian Beaston		Seaway D H S-I	9.06m	9.61m
4 Rachel Bennett		Tiss- Brockville	9.31m	9.53m
5 Dayna Snowdon		Ngdhs-Kemptville	9.24m	9.30m
6 Erica Bulanda		Tiss- Brockville	9.39m	9.28m
6 Kayla Bristow		Smiths Falls	9.24m	9.28m
8 Laura Craig		Arnprior Dhs	9.10m	9.19m
9 Alicia McMullen		Shs - Sydenham	9.33m	9.12m
10 Alexis Lough		Arnprior Dhs	9.24m	8.96m
11 Emelyn Fauvel		Shs - Sydenham	9.15m	8.87m
12 Josee Daze		St. Joseph's	7.90m	8.68m
13 Simone Donders		Mackenzie HS	7.40m	8.48m
14 Bailey Hanna		Smiths Falls	8.34m	7.88m
15 Erin Gardiner		Notre Dame	8.44m	7.79m
16 Jessica Rutley		Tagwi S S-Avo	7.58m	7.43m
17 Breigh Whalen		St Josephs High	7.92m	7.41m

Event 24 Men Triple Jump Midget

Name	Year	School	Seed	Finals
1 Dylan Thompson		Gss - Gananoque	11.98m	11.56m
2 Tim Ashby		North Dundas	11.10m	11.43m
3 Dane Sauve		Rdhs - Elgin	10.83m	11.20m
4 Ryan Fox		Rnd - Kingston	10.67m	11.06m
5 Eric Harvey		Shs - Sydenham	11.03m	10.96m
6 Luke Kilpatrick		Rnd - Kingston	10.84m	10.92m
7 Philippe Fauvel		Shs - Sydenham	11.03m	10.72m
8 Ryan Lefebvre		Tiss- Brockville	10.50m	10.69m
9 Jim Pearson		Carleton Place	10.18m	10.59m
10 Benoit Dodd		Le Sommet	10.31m	10.43m
11 Darby Wheeler		St. Joseph's	9.91m	10.10m
12 Kenneth Shires		Opeongo HS	10.71m	10.05m
13 Peter Neathway		Notre Dame	9.20m	9.55m
14 Alain Charbonneau		Notre Dame	9.04m	9.34m
15 Bruce Cole		Renfrew CI	9.33m	9.11m
16 Joe Grady		General Vani	9.26m	8.85m

Event 25 Women Shot Put Midget

Name	Year	School	Seed	Finals
1 Addi Halladay		Tiss- Brockville	9.45m	9.34m
2 Colleen Fleury		Renfrew CI	8.88m	9.27m
3 Katie Klatt		Fellowes HS	8.44m	9.15m
4 Celiyah Dale		Rdhs - Elgin	8.50m	9.10m
5 Alison Martin		Renfrew CI	8.21m	8.47m
6 Cariston Fawcett		Hccss - Kingston	7.84m	8.03m
7 Natalie Kennedy		Shs - Sydenham	8.73m	7.98m

8	Kate Schenk	Hccss - Kingston	7.76m	7.77m
9	Sydney Mazurek	Smchs-Brockville	8.24m	7.73m
10	Aiden Henry	Madawaska Dhs	7.51m	7.71m
11	Halina Olmstead	Perth	8.51m	7.60m
12	Haley Tessier	L'Heritage E	7.89m	7.38m
13	Brittany Carkner	Tiss- Brockville	7.68m	7.21m
14	Rachel VanWoezik	Almonte	8.13m	7.14m
15	Annie Fergusson	Carleton Place	8.58m	6.93m
16	Laneika Lodge	Tagwi S S-Avo	7.07m	6.91m
17	Victoria Kennedy-Webster	Slhs - Sharbot L	7.52m	6.80m
18	Jenna Warren	North Dundas	7.78m	6.75m
19	Melaine Mills	St. Francis	7.30m	6.73m
20	Cassidy Fraser	Carleton Place	7.04m	6.44m
21	Alyson Waldroff	Rothwell Osn	6.77m	6.10m

Event 26 Men Shot Put Midget

Name	Year	School	Seed	Finals
1	Mark Darrah	Tiss- Brockville	12.31m	13.24m
2	Mike Holden	Ndss - Napanee	11.82m	13.20m
3	Jesse Laramee	General Vani	12.62m	12.95m
4	Darby Charkavi	Bishop Smith	12.22m	12.26m
5	Mark Petro	Rockland D.H	11.95m	12.20m
6	Scott Seguin	Notre Dame	12.19m	11.49m
7	Brett David	Opeongo HS	11.00m	11.46m
8	Scott Leeman	Kcvi - Kingston	11.10m	11.29m
9	William Gurnsey	Ndss - Napanee	11.46m	11.24m
10	Roddy Freeman	Smchs-Brockville	11.85m	11.08m
11	Wes Schmidtke	North Dundas	12.80m	10.62m
12	Clinton Davis	Smchs-Kemptville	10.84m	10.59m
13	Aaron Burns	North Dundas	12.03m	10.45m
14	Zac Chénier	Le Relais	10.57m	10.05m
15	Travis DeJong	Rothwell Osn	9.53m	9.82m
16	Alex Carnduff	Ngdhs-Kemptville	10.35m	9.49m
17	Eric Peeters	Le Relais	10.89m	9.01m
18	Brandon Simard	Rockland D.H	9.06m	8.58m
19	Freddie Kehoe	Slhs - Sharbot L	9.43m	8.54m

Event 27 Women Discus Throw Midget

Name	Year	School	Seed	Finals
1	Colleen Fleury	Renfrew CI	27.72m	27.68m
2	Cariston Fawcett	Hccss - Kingston	24.01m	25.85m
3	Brooke Winkenweder	Rothwell Osn	23.15m	25.67m
4	Addi Halladay	Tiss- Brockville	23.55m	25.64m
5	Sami Brown	Ngdhs-Kemptville	22.50m	24.03m
6	Haley Tessier	L'Heritage E	20.47m	22.92m
7	Kate Schenk	Hccss - Kingston	21.23m	22.50m
8	Tegan Tate	Rothwell Osn	21.25m	21.88m
9	Shannon Chardonbonneau	St Josephs High	23.47m	21.55m
10	Alison Martin	Renfrew CI	25.36m	20.57m
11	Natalie Kennedy	Shs - Sydenham	19.44m	19.65m
12	Rachel VanWoezik	Almonte	19.88m	19.54m
13	Laneika Lodge	Tagwi S S-Avo	19.11m	19.50m
14	Keighan Chadwick	Shs - Sydenham	19.34m	19.10m
15	Leanna Bush	Ngdhs-Kemptville	18.83m	18.71m
16	Shenda Harrison	Sgdhs - Prescott	18.48m	17.80m
17	Annie Fergusson	Carleton Place	15.86m	16.00m

Event 28 Men Discus Throw Midget

Name	Year	School	Seed	Finals
1	Darby Charkavi	Bishop Smith	46.80m	50.09m
2	Brad Switzer	Bishop Smith	40.19m	42.52m
3	Wesley Souliere	Bishop Smith	41.04m	41.31m
4	Mike Holden	Ndss - Napanee	38.60m	39.49m
5	Brett David	Opeongo HS	37.43m	38.36m
6	Luke Roach	Rothwell Osn	35.29m	35.57m
7	Harrison Olajos	Smchs-Brockville	38.75m	32.27m
8	Braxton Duggan	Rothwell Osn	33.62m	31.92m
9	Mark Darrah	Tiss- Brockville	32.55m	30.13m
10	Zack Smith	Shs - Sydenham	29.77m	28.71m
11	Jarius Ham	Ndss - Napanee	24.89m	28.31m
12	Clinton Davis	Smchs-Kemptville	24.16m	28.07m
13	Dylan Rourke	Rothwell Osn	28.16m	25.13m
14	Wes Schmidtke	North Dundas	27.34m	24.85m
15	Ben Kealy	Almonte	28.38m	24.83m
16	Alex Carnduff	Ngdhs-Kemptville	25.72m	22.35m

17	Scott Seguin	Notre Dame	27.40m	21.79m
18	William Gurnsey	Ndss - Napanee	27.74m	21.11m
19	Brandon Simard	Rockland D.H	23.90m	18.66m
--	Connor McRae	Casselman E.S.C.	16.80m	FOUL

Event 29 Women Javelin Throw Midget

Name	Year	School	Seed	Finals
1		Melissa Verch	20.94m	28.40m
2		Shannon Greer	23.73m	26.80m
3		Rachel VanWoezik	26.55m	25.15m
4		Shenda Harrison	23.56m	24.97m
5		Aiden Henry	23.01m	23.24m
6		Brittney Granger	21.17m	21.69m
7		Sydney Mazurek	21.78m	21.01m
8		Jenna O'Reilly	22.71m	20.78m
9		Alison Martin	23.73m	20.72m
10		Melissa Logan	22.15m	20.57m
11		Kelsey Brady	21.82m	J20.57m
12		Hannah Cortes-Kaplan	22.39m	20.24m
13		Natalie Kennedy	22.56m	19.86m
14		Cortney Whyte	18.64m	19.43m
15		Elettia Brazeau	18.70m	19.32m
16		Kate Schenk	21.10m	19.22m
17		Halina Olmstead	21.00m	19.19m
18		Jazzmin Major	20.27m	18.21m

Event 30 Men Javelin Throw Midget

Name	Year	School	Seed	Finals
1		Dylan Lecuyer	42.79m	44.17m
2		Parker Krol	37.97m	43.80m
3		Vincent Paul	33.63m	41.44m
4		Russell Sloat	39.23m	41.20m
5		Brad Switzer	36.89m	40.65m
6		Luke Roach	37.40m	40.54m
7		Dustin Blanchard	38.10m	40.07m
8		Jamie Ashton	39.09m	38.94m
9		Mike Holden	39.55m	36.91m
10		Clinton Davis	38.53m	36.76m
11		Nolan Rook	36.66m	35.67m
12		Mark Petro	39.50m	35.32m
13		Brett David	34.34m	32.35m
14		Jackson Ford	32.37m	31.13m
15		William Gurnsey	29.23m	30.44m
16		Conner Heinbuch	27.22m	30.26m
17		Brandon Simard	21.31m	30.05m
18		Tim Ostiguy	32.90m	29.61m
19		Scott Seguin	33.78m	27.68m
20		Cole Mackey	34.90m	25.06m
21		Skyler Howes	25.35m	20.83m
22		Zac Chénier	19.47m	19.48m

Event 31 Women 4x100 Meter Relay Midget

School	Seed	Finals	H#
1	Sydenham - Sydenham 'A'	54.50	52.99 2
2	Regiopolis-Notre Dame-Kingston 'A'	55.00	53.97 2
3	Thousand Islands - Brockville 'A'	54.68	54.29 2
4	Arnprior Dhs 'A'	55.87	54.58 2
5	Almonte District High School 'A'	55.70	54.62 2
6	Notre Dame Catholic High School 'A'	56.40	56.32 2
7	North Grenville - Kemptville 'A'	56.20	56.67 2
8	Brockville - Brockville 'A'	55.88	57.69 2
9	St. Joseph's C H S - eosj 'A'	58.91	57.94 1
10	Rothwell-Osnabruck - eoro 'A'	59.62	59.13 1
11	Perth & District Coll. Inst. 'A'	58.40	1:01.29 1
12	St Josephs Chs 'A'	1:02.99	1:03.87 1
--	Frontenac - Kingston 'A'	57.50	DQ 1

Event 32 Men 4x100 Meter Relay Midget

School	Seed	Finals	H#
1	Arnprior Dhs 'A'	47.56	47.51 2
2	Thousand Islands - Brockville 'A'	48.90	47.61 2
3	Carleton Place High School 'A'	48.80	48.22 2
4	Sydenham - Sydenham 'A'	50.00	50.27 2

5	General Panet HS 'A'	51.78	50.67	2
6	St. Mary's - Brockville 'A'	51.00	51.03	2
7	Rockland D.H.S. 'A'	53.62	51.56	1
8	Notre Dame Catholic High School 'A'	52.10	53.03	2
9	General Vanier I S - eogv 'A'	1:01.30	57.96	1
--	Sharbot Lake - Sharbot Lake 'A'	52.60	DQ	1
--	Le Relais 'A'	55.87	DQ	1
--	St. Joseph's C H S - eosj 'A'	55.28	DQ	1
--	Perth & District Coll. Inst. 'A'	49.90	DQ	2
--	North Grenville - Kemptville 'A'	58.00	DQ	1

Event 33 Women 100 Meter Dash Junior

Name	Year School	Seed	Prelims	H#	
Preliminaries					
1	Taylor Cole	Fss - Kingston	12.60	14.36Q	2
2	Brooke Maschi	Hccss - Kingston	13.00	14.77Q	1
3	Mary MacDonald	Rnd - Kingston	13.20	15.17Q	3
4	Breanna Smith	Tiss- Brockville	13.57	15.05Q	1
5	Morgan Hurtubise	Casselman E.S.C.	13.61	15.13Q	2
6	Hillary Blair	Rdhs - Elgin	13.85	15.49Q	3
7	Amélie Pilon	Hawkesbury	13.58	15.22q	2
8	Sara Young	Arnrior Dhs	13.78	15.40q	1
9	Alicia Rochette	Tagwi S S-Avo	13.91	15.61	2
10	Carolyn Stewart	Rockland D.H	14.18	15.63	1
11	Sage Marquardt	Madawaska Dhs	13.85	15.67	1
12	Kristina Roesner	Opeongo HS	14.00	15.72	3
13	Emily Bacon	St John's	13.80	15.74	3
14	Kiley O'Connor	Almonte	14.00	15.76	1
15	Tegan Kilpatrick	Bci - Brockville	13.94	15.82	2
16	Ashley Sherman	Smchs-Kemptville	14.28	15.83	1
17	Karyanne Poulin	Hawkesbury	14.36	16.05	3
18	Morgan DeVries	Smiths Falls	14.20	16.06	2
19	Natalie Quathamer	Arnrior Dhs	14.16	16.13	3
20	Caitlyn Royer	Holy Trinity	14.32	16.36	3
21	Sarah Ratayczak	Holy Trinity	14.54	16.64	2

Event 33 Women 100 Meter Dash Junior

Name	Year School	Prelims	Finals	
Finals				
1	Taylor Cole	Fss - Kingston	14.36	12.83
2	Brooke Maschi	Hccss - Kingston	14.77	13.32
3	Morgan Hurtubise	Casselman E.S.C.	15.13	13.53
4	Mary MacDonald	Rnd - Kingston	15.17	13.59
5	Breanna Smith	Tiss- Brockville	15.05	13.61
6	Sara Young	Arnrior Dhs	15.40	13.69
7	Amélie Pilon	Hawkesbury	15.22	13.73
8	Hillary Blair	Rdhs - Elgin	15.49	14.03

Event 34 Men 100 Meter Dash Junior

Name	Year School	Seed	Prelims	H#	
Preliminaries					
1	Patrice Wren	Opeongo HS	11.69	11.87Q	3
2	Damonick Thomas	Notre Dame	11.50	11.99Q	1
3	Ryan Dorey	Gss - Gananoque	11.91	12.20Q	2
4	Brett Babcock	Rnd - Kingston	11.40	11.92Q	3
5	Sam Catry	Rnd - Kingston	11.60	12.23Q	2
6	Jeremy Siegel	Carleton Place	11.60	12.26Q	1
7	Michael Suenaga	Kcvi - Kingston	11.70	12.17q	3
8	Hayden Goltz	Perth	12.20	12.29q	1
9	Chris McDonald	St. Francis	12.35	12.31	2
10	Andrew MacAuley	Arnrior Dhs	11.78	12.35	2
11	Michael Murphy	St John's	11.60	12.36	2
12	Nick Hewitt	Smchs-Brockville	12.12	12.37	3
13	Ben Catry	Rnd - Kingston	11.70	12.46	1
14	Stephen Baylis	Arnrior Dhs	12.03	12.59	1
15	Zachary Brault	Holy Trinity	12.25	12.65	2
16	Jacob White	Tiss- Brockville	12.43	12.70	3
17	Ryan Kargus	Arnrior Dhs	12.40	12.73	1
18	Vince Paquette	Rockland D.H	12.95	12.75	2
19	Mathieu Belanger	La Citadelle	12.07	12.98	3
20	Ryan Lesveque	Gss - Gananoque	12.65	13.04	2
21	Ryan Ward	St. Joseph's	12.65	13.14	1
22	Devion Lamothe	St. Francis	13.44	13.30	1
23	Gaétan St-Jean	Le Sommet	14.06	14.47	3

Event 34 Men 100 Meter Dash Junior

Name	Year School	Prelims	Finals
Finals			
1 Patrice Wren	Opeongo HS	11.87	11.83
2 Brett Babcock	Rnd - Kingston	11.92	11.87
3 Damonick Thomas	Notre Dame	11.99	11.90
4 Hayden Goltz	Perth	12.29	12.06
5 Jeremy Siegel	Carleton Place	12.26	12.08
6 Michael Suenaga	Kcvi - Kingston	12.17	12.18
7 Sam Catry	Rnd - Kingston	12.23	12.22 (12.213)
8 Ryan Dorey	Gss - Gananoque	12.20	12.22 (12.216)

Event 35 Women 200 Meter Dash Junior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Taylor Cole	Fss - Kingston	26.40	26.95Q	3
2 Brooke Maschi	Hccss - Kingston	27.40	28.10Q	1
3 Kim McDougall	Almonte	28.40	28.18Q	2
4 Janessa Byers	Tagwi S S-Avo	27.66	28.44Q	2
5 Morgan Hurtubise	Casselman E.S.C.	28.05	28.86Q	3
6 Amélie Pilon	Hawkesbury	28.26	28.99Q	1
7 Breanna Smith	Tiss- Brockville	27.62	28.57q	2
8 Emily Bacon	St John's	29.40	28.90q	2
9 Jillian Hughes	Smchs-Kemptville	29.85	29.12	3
10 Ashley VanLuven	Shs - Sydenham	28.50	29.27	1
11 Abby Shearman	Almonte	29.20	29.34	3
12 Carolyn Stewart	Rockland D.H	30.44	29.42	2
13 Sara Young	Arnprior Dhs	29.27	29.73	1
14 Nikyla Croney	St. Joseph's	28.45	29.80	2
15 Danielle Giroux	Fellowes HS	29.97	29.86	3
16 Holly Kendall	Ngdhs-Kemptville	29.80	30.06	1
17 Jenna Larabie	Smchs-Kemptville	29.34	30.08	2
18 Morgan DeVries	Smiths Falls	30.40	30.45	2
19 Joanie Pilon	Hawkesbury	30.12	30.55	1
20 Baillie Jones	Fellowes HS	31.72	31.75	1
21 Olivia Wouters	North Dundas	34.60	34.74	3

Event 35 Women 200 Meter Dash Junior

Name	Year School	Prelims	Finals
Finals			
1 Taylor Cole	Fss - Kingston	26.95	26.56
2 Brooke Maschi	Hccss - Kingston	28.10	27.38
3 Kim McDougall	Almonte	28.18	27.83
4 Morgan Hurtubise	Casselman E.S.C.	28.86	28.16
5 Amélie Pilon	Hawkesbury	28.99	28.21
6 Janessa Byers	Tagwi S S-Avo	28.44	28.59
7 Breanna Smith	Tiss- Brockville	28.57	28.82
8 Emily Bacon	St John's	28.90	29.24

Event 36 Men 200 Meter Dash Junior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Pascal Dirocco	Hccss - Kingston	23.70	24.35Q	2
2 Damonick Thomas	Notre Dame	23.10	24.61Q	1
3 Patrice Wren	Opeongo HS	23.86	25.05Q	3
4 Ty Whitelock	Arnprior Dhs	23.93	24.49Q	2
5 Michael Suenaga	Kcvi - Kingston	24.20	24.78Q	1
6 Zack Hong	Bci - Brockville	24.59	26.04Q	3
7 Hayden Goltz	Perth	24.40	24.55q	2
8 Chris McDonald	St. Francis	26.29	24.85q	2
9 Wade Embury	Shs - Sydenham	24.60	25.23	2
10 Jeremy Siegel	Carleton Place	24.00	25.38	1
11 Ryan Kargus	Arnprior Dhs	24.60	25.41	1
12 Eric Lachapelle	Jeanne Lajoie ES	25.06	25.44	2
13 Jacob White	Tiss- Brockville	24.99	25.71	1
14 Zachary Brault	Holy Trinity	26.24	25.96	1
15 Ryan Lesveque	Gss - Gananoque	25.28	26.19	3
16 Michael Murphy	St John's	24.40	26.21	3
17 Mathieu Belanger	La Citadelle	25.21	26.36	3
18 Justin Proulx	La Citadelle	25.72	26.70	1
19 Thomas Porter	Rdhs - Elgin	25.40	26.89	2
20 Nick Gauthier	St. Francis	28.38	28.59	3

Event 36 Men 200 Meter Dash Junior

Name	Year School	Prelims	Finals
1 Damonick Thomas	Notre Dame	24.61	24.17
2 Patrice Wren	Opeongo HS	25.05	24.36
3 Pascal Dirocco	Hccss - Kingston	24.35	24.38
4 Ty Whitelock	Arnrior Dhs	24.49	24.62
5 Michael Suenaga	Kcvi - Kingston	24.78	24.90
6 Chris McDonald	St. Francis	24.85	25.19
7 Hayden Goltz	Perth	24.55	25.35

Event 37 Women 400 Meter Dash Junior

Name	Year School	Seed	Finals	H#
1 Rebecca Jaros	Lsss - Kingston	1:02.00	1:01.42	3
2 Michelle Wheeler	Arnrior Dhs	1:03.33	1:02.07	3
3 Sarah Besselink	Hccss - Kingston	1:02.30	1:02.08	3
4 Abby Shearman	Almonte	1:07.70	1:04.18	2
5 Janessa Byers	Tagwi S S-Avo	1:04.62	1:04.32	3
6 Kiercy Latimer	Shs - Sydenham	1:04.70	1:05.16	3
7 Erika Jenkins	Renfrew CI	1:05.17	1:06.16	3
8 Nikyla Croney	St. Joseph's	1:05.54	1:06.94	3
9 Candace St. Peter	St. Joseph's	1:10.87	1:07.07	2
10 Joanie Pilon	Hawkesbury	1:10.43	1:07.75	2
11 Caitlyn Lyons	Fss - Kingston	1:09.10	1:08.28	2
12 MacKenzie Schmidt	Opeongo HS	1:07.09	1:08.49	3
13 Myranda Ruel	Ngdhs-Kemptville	1:09.93	1:09.02	2
14 Holly Kendall	Ngdhs-Kemptville	1:13.25	1:09.22	2
15 Jennesa Compton	St. Francis	1:19.17	1:14.47	1
16 Valérie Potvin	L'Escafe E.S.C.	1:20.41	1:15.61	1
17 Michelle Soucy	General Vani	1:17.81	1:17.64	1

Event 38 Men 400 Meter Dash Junior

Name	Year School	Seed	Finals	H#
1 Wade Embury	Shs - Sydenham	54.50	53.54	3
2 Ryan Jaros	Rnd - Kingston	55.10	53.97	3
3 Ty Lebnanister	General Panet HS	54.91	54.24	3
4 Ryan Dorey	Gss - Gananoque	55.08	54.62	3
5 Will Rogers	Arnrior Dhs	55.96	54.88	3
6 Will Twardek	Arnrior Dhs	56.18	55.53	3
7 Connor Primeau	L'Heritage E	58.36	55.63	2
8 Jack Glover	Carleton Place	57.40	55.79	2
9 Jared Kurish	Fss - Kingston	57.00	57.00	2
10 Trevor Moore	Sgdhs - Prescott	56.80	57.16	2
11 Eric Depater	Smchs-Kemptville	56.39	57.38	3
12 Thomas Porter	Rdhs - Elgin	56.81	57.51	2
13 Jay Smith	Almonte	1:00.10	59.44	2
14 Gabriel Stone	L'Escafe E.S.C.	1:02.39	1:01.01	1
15 Nick Gauthier	St. Francis	1:05.80	1:03.43	1
16 Liam Sinclair-Dempster	St. Joseph's	1:04.07	1:04.48	1
17 Jesse Chorazy	General Vani	1:10.87	1:13.05	1
18 Dylan Buckshot-Savard	General Vani	1:04.06	1:22.12	1

Event 39 Women 800 Meter Run Junior

Name	Year School	Seed	Finals
1 Rebecca Jaros	Lsss - Kingston	2:22.20	2:21.91
2 Shleby Kent	Tiss- Brockville	2:24.78	2:22.46
3 Sarah Besselink	Hccss - Kingston	2:26.20	2:26.75
4 Olivia Reyers	Hccss - Kingston	2:33.10	2:30.48
5 Jillian Marquardt	Fellowes HS	2:44.41	2:30.81
6 Tilly Greenfield	Mackenzie HS	2:35.74	2:30.82
7 Kailash Heron	Opeongo HS	2:50.84	2:39.27
8 Christine Gemmell	Tiss- Brockville	2:38.00	2:39.41
9 Lauren Parcher	Madawaska Dhs	3:01.22	2:49.18
10 Kristen Stewart	St. Joseph's	2:52.25	2:50.70
11 Candace St. Peter	St. Joseph's	2:59.63	2:52.73
12 Myranda Ruel	Ngdhs-Kemptville	2:48.25	2:53.24
13 Emily Watt	Perth	3:10.10	3:01.51
14 Brianna Campbell	Rockland D.H	3:10.55	3:01.58
15 Michelle Soucy	General Vani	3:22.18	3:08.55

Event 40 Men 800 Meter Run Junior

Name	Year School	Seed	Finals
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1	Ty Lebannister	General Panet HS	2:09.02	2:07.17
2	Karl Larrivière	L'Escale E.S.C.	2:17.37	2:07.42
3	Ryan Jaros	Rnd - Kingston	2:11.90	2:10.79
4	Scott DeJong	Tiss- Brockville	2:13.91	2:11.33
5	Sébastien Lévesque	L'Escale E.S.C.	2:18.61	2:11.88
6	Adrien Noble	Kcvi - Kingston	2:12.50	2:11.99
7	Will Twardek	Arnprior Dhs	2:17.18	2:12.60
8	Frederik Hupé	L'Escale E.S.C.	2:23.09	2:12.75
9	Cole Merrill	Mackenzie HS	2:21.55	2:12.81
10	Kieren Ward	Carleton Place	2:24.30	2:16.19
11	Connor Hickling	Aag - Brockville	2:15.29	2:17.08
12	Blake Rennick	St. Francis	2:27.29	2:17.15
13	Alex Wilkie	Notre Dame	2:25.70	2:18.04
14	Taylor Boileau	Holy Trinity	2:21.83	2:19.13
15	Andrew Heaslip	Renfrew CI	2:17.55	2:19.21
16	Kyle Lister	La Citadelle	2:22.34	2:20.58
17	Liam Chaussi	Holy Trinity	2:23.03	2:27.02
18	Brandon Samson	La Citadelle	2:33.30	2:27.66
19	Eamon Hillis	Shs - Sydenham	2:29.70	2:30.11

Event 41 Women 1500 Meter Run Junior

Name	Year	School	Seed	Finals
1	Clara Langley	Rnd - Kingston	4:49.10	4:53.59
2	Shleby Kent	Tiss- Brockville	5:09.00	4:56.39
3	Tilly Greenfield	Mackenzie HS	5:11.83	5:03.76
4	Olivia Reyers	Hccss - Kingston	5:13.20	5:07.15
5	Jasmine Taulu	Almonte	5:33.70	5:13.72
6	Mikaela Barnes	Renfrew CI	5:28.11	5:23.07
7	Christine Gemmell	Tiss- Brockville	5:24.00	5:23.12
8	Jillian Marquardt	Fellowes HS	5:38.27	5:35.24
9	Jessica Brown	Kcvi - Kingston	5:43.90	5:38.86
10	Kailash Heron	Opeongo HS	5:47.30	5:41.79
11	Shannon Timbrell	Rothwell Osn	5:55.13	5:43.87
12	Mackenzie Carr	Tiss- Brockville	5:55.40	5:47.98
13	Emily Watt	Perth	6:07.80	5:52.26
14	Lucy Weissflog	Smchs-Kemptville	5:56.00	5:56.30
15	Kendra Button	Carleton Place	6:15.60	5:58.26
16	Lindsay Chapman	Ess - Odessa	6:02.40	6:05.59
17	Julia Kelly	Carleton Place	6:27.40	6:21.11
18	Brianna Campbell	Rockland D.H	6:32.06	6:22.07
19	Michelle Soucy	General Vani	6:52.03	6:35.21
20	Ganeesha Kaaneshan	General Vani	7:34.94	7:11.00

Event 42 Men 1500 Meter Run Junior

Name	Year	School	Seed	Finals
1	Thomas Kellar	Renfrew CI	4:27.99	4:20.43
2	Garrett Rodley	Tiss- Brockville	4:31.60	4:24.30
3	Stuart MacPherson	Fellowes HS	4:39.45	4:25.56
4	Alex Wilkie	Notre Dame	4:48.20	4:26.09
5	Ty Lebannister	General Panet HS	4:45.59	4:26.39
6	Kyle Lister	La Citadelle	4:46.78	4:26.66
7	Cody Crane	Notre Dame	4:47.50	4:26.72
8	Connor Hickling	Aag - Brockville	4:44.93	4:28.55
9	Davis Sawyer	Rnd - Kingston	4:40.10	4:35.17
10	Luke Kenny	Hccss - Kingston	4:38.40	4:35.92
11	Karl Larrivière	L'Escale E.S.C.	4:49.64	4:36.91
12	Patrick Vanderholst	Shs - Sydenham	4:32.60	4:41.20
13	Sébastien Lévesque	L'Escale E.S.C.	4:51.06	4:42.83
14	Frederik Hupé	L'Escale E.S.C.	4:54.59	4:49.44
15	Kieren Ward	Carleton Place	4:52.80	4:53.53
16	Ben Grandmaison	Jeanne Lajoie ES	5:01.19	4:54.66
17	Taylor Boileau	Holy Trinity	4:59.66	4:56.87
18	Jason Camm	Rockland D.H	5:12.58	4:58.64
19	Liam Chaussi	Holy Trinity	4:54.44	4:59.44
20	Alex Hodgins	Perth	4:55.60	5:07.52
21	Daniel Tibben	Seaway D H S-I	5:05.20	5:18.53

Event 43 Women 3000 Meter Run Junior

Name	Year	School	Seed	Finals
1	Clara Langley	Rnd - Kingston	10:34.90	10:26.77
2	Tilly Greenfield	Mackenzie HS	12:08.30	11:16.15
3	Mikaela Barnes	Renfrew CI	12:34.31	11:43.19
4	Jasmine Taulu	Almonte	12:11.30	11:54.14
5	Shannon Timbrell	Rothwell Osn	11:58.22	11:57.87

6	Kristen Stewart	St. Joseph's	12:04.53	12:16.92
7	Lucy Weissflog	Smchs-Kemptville	12:45.31	12:53.00
8	Maureen Freemark	Arnrior Dhs	13:29.00	13:15.98
9	Lindsay Chapman	Ess - Odessa	13:48.90	13:20.48
10	Emily Watt	Perth	13:40.60	13:20.51
11	Julia Kelly	Carleton Place	14:04.60	13:36.17
12	Rachel Blair	Renfrew CI	14:51.46	14:13.08
13	Ganeesha Kaaneshan	General Vani	16:20.37	16:38.74

Event 44 Men 3000 Meter Run Junior

Name	Year	School	Seed	Finals
1	Thomas Kellar	Renfrew CI	9:30.52	9:26.46
2	Garrett Rodley	Tiss- Brockville	9:54.88	9:42.73
3	Alex Wilkie	Notre Dame	10:12.00	9:46.53
4	Kyle Lister	La Citadelle	10:14.69	9:53.07
5	Stuart MacPherson	Fellowes HS	10:12.86	10:01.80
6	Luke Kenny	Hccss - Kingston	10:10.70	10:04.63
7	Marc-Alexandre Fitzgerald	L'Escale E.S.C.	10:37.34	10:11.62
8	Davis Sawyer	Rnd - Kingston	10:46.20	10:14.69
9	Connor Hickling	Aag - Brockville	10:28.00	10:19.87
10	Cody Crane	Notre Dame	10:09.50	10:24.53
11	Andrew Heaslip	Renfrew CI	10:59.77	10:27.99
12	Ben Grandmaison	Jeanne Lajoie ES	11:09.86	10:29.44
13	Jaden Tout	Notre Dame	10:10.00	10:36.69
14	Adam Brett	Hccss - Kingston	11:04.10	10:46.25
15	Eric Henry	Ngdhs-Kemptville	10:47.00	10:47.91
16	Alex Hodgins	Perth	10:25.30	10:48.53
17	Patrick Russell	Shs - Sydenham	10:52.80	10:51.77
18	Liam Chaussi	Holy Trinity	10:51.36	10:53.91
19	Joey Talbot	L'Escale E.S.C.	11:46.16	11:05.38
20	Shawn van Loon	Tagwi S S-Avo	10:49.99	11:09.20
21	Jason Camm	Rockland D.H	11:36.41	11:22.36
22	Daniel Tibben	Seaway D H S-I	11:00.63	11:32.49
23	Philippe Andreev	St. Francis	13:13.22	12:18.53

Event 45 Women 80 Meter Hurdles Junior

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Christina Charbonneau	Rockland D.H	13.59	13.18Q	2
2	Ashlynn Sullivan	Arnrior Dhs	13.71	13.66Q	3
3	Marla Corney	Tiss- Brockville	12.66	13.87Q	1
4	Karley Heyman	Shs - Sydenham	13.80	13.70Q	2
5	Richenda Grazette	Lcvi -kingston	13.80	14.00Q	3
6	Deanna Walker	Lcvi -kingston	13.90	14.09Q	1
7	Chanelle Fortin	Arnrior Dhs	14.31	13.76q	2
8	Kiley O'Connor	Almonte	13.90	14.24q	1
9	Jessica Thompson	Seaway D H S-I	14.28	14.58	3
10	Marissa Boivin	Carleton Place	14.70	14.70	1
11	Leicy Dtimar	Renfrew CI	15.24	14.72	3
12	Kim McDougall	Almonte	14.20	14.73	3
13	Hillary Morgan	Renfrew CI	14.83	15.36	3
14	Jayme Kielo	Fss - Kingston	14.60	15.37	1
15	Katie Mellor	Carleton Place	14.00	15.51	2
16	Michaela Halladay	Rdhs - Elgin	15.68	16.19	1
17	Rhianna Jackson-Kelso	Rdhs - Elgin	15.47	16.32	2
18	Meika Johnston	Russell HS	17.80	17.82	1

Event 45 Women 80 Meter Hurdles Junior

Name	Year	School	Seed	Prelims	Finals
Finals					
1	Christina Charbonneau	Rockland D.H	13.18		13.24
2	Marla Corney	Tiss- Brockville	13.87		13.56
3	Richenda Grazette	Lcvi -kingston	14.00		13.65
4	Ashlynn Sullivan	Arnrior Dhs	13.66		13.72
5	Chanelle Fortin	Arnrior Dhs	13.76		13.92
6	Karley Heyman	Shs - Sydenham	13.70		14.04
7	Deanna Walker	Lcvi -kingston	14.09		14.06
8	Kiley O'Connor	Almonte	14.24		14.08

Event 46 Men 100 Meter Hurdles Junior

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Brett Babcock	Rnd - Kingston	14.80	15.06Q	2

2	Zack Fedora	Lcvi -kingston	14.90	15.17Q	1	
3	Drew Jennet	Russell HS	17.53	15.71Q	1	
4	Jeremy Siegel	Carleton Place	15.20	16.03Q	2	
5	Zack Hong	Bci - Brockville	14.91	15.73Q	1	(15.721)
6	Andrew MacAuley	Arnrior Dhs	15.34	16.19Q	2	
7	Symon Stowe	Almonte	15.90	15.73q	1	(15.723)
8	Tyler Leindecker	Carleton Place	15.80	15.92q	1	
9	Harry Hayes	Almonte	16.00	16.80	2	
10	Kian Nazerally	Rockland D.H	18.53	17.29	2	
11	Yohan Laffitte	L'Escale E.S.C.	19.38	18.72	1	
12	Josh Leafloor	Arnrior Dhs	18.28	18.85	1	
13	Carl-Lavictoire Joumma	L'Escale E.S.C.	21.04	20.62	2	
14	Colin Bright	St. Joseph's	21.02	21.15	1	
15	Jolin Bouchard	Jeanne Lajoie ES	18.59	23.05	2	

Event 46 Men 100 Meter Hurdles Junior

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Name	Year	School	Prelims	Finals
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Finals

1	Brett Babcock	Rnd - Kingston	15.06	14.82
2	Zack Fedora	Lcvi -kingston	15.17	15.26
3	Jeremy Siegel	Carleton Place	16.03	15.45
4	Symon Stowe	Almonte	15.73	15.56
5	Zack Hong	Bci - Brockville	15.73	15.65
6	Drew Jennet	Russell HS	15.71	15.73
7	Andrew MacAuley	Arnrior Dhs	16.19	15.79
8	Tyler Leindecker	Carleton Place	15.92	15.90

Event 47 Women 300 Meter Hurdles Junior

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Name	Year	School	Seed	Finals	H#
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1	Christina Charbonneau	Rockland D.H	53.02	48.85	3	
2	Michelle Wheeler	Arnrior Dhs	51.37	48.91	3	(48.903)
3	Kiercy Latimer	Shs - Sydenham	51.00	48.91	3	(48.907)
4	Karley Heyman	Shs - Sydenham	53.00	49.05	3	
5	Kim McDougall	Almonte	52.70	49.10	3	
6	Jessica Thompson	Seaway D H S-I	50.68	49.45	3	
7	Holly Kendall	Ngdhs-Kemptville	54.81	52.29	2	
8	Nikyla Croney	St. Joseph's	54.31	52.48	2	
9	Deanna Walker	Lcvi -kingston	49.30	52.53	3	
10	Abby Shearman	Almonte	53.90	52.68	2	
11	Chanelle Fortin	Arnrior Dhs	51.94	53.91	3	
12	Hillary Morgan	Renfrew CI	54.59	54.24	2	
13	Katie Mellor	Carleton Place	56.50	54.47	2	
14	Ashlynn Sullivan	Arnrior Dhs	53.96	54.63	2	
15	Richenda Grazette	Lcvi -kingston	56.20	55.49	2	
16	Kendra Button	Carleton Place	59.10	57.51	1	
17	Cody Acton	Rdhs - Elgin	1:01.75	57.66	1	
18	Meika Johnston	Russell HS	1:09.58	1:02.19	1	
19	Kim Paquet	Rockland D.H	1:06.61	1:02.65	1	

Event 48 Men 300 Meter Hurdles Junior

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Name	Year	School	Seed	Finals	H#
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1	Ty Whitelock	Arnrior Dhs	42.94	42.14	3	
2	Andrew MacAuley	Arnrior Dhs	42.62	42.43	3	
3	Symon Stowe	Almonte	43.80	42.74	3	
4	Zack Fedora	Lcvi -kingston	43.50	43.08	3	
5	Drew Jennet	Russell HS	47.03	44.45	2	
6	Zack Hong	Bci - Brockville	43.82	44.78	3	
6	Scott Lackey	Carleton Place	46.50	44.78	2	
8	John Addison	Shs - Sydenham	46.80	44.94	2	
9	Kian Nazerally	Rockland D.H	46.92	45.02	2	
10	Brandon Mack	Tiss- Brockville	45.89	45.18	3	
11	Eric Depater	Smchs-Kemptville	45.75	45.79	3	
12	Michael Gencarelli	Hccss - Kingston	46.10	45.95	2	
13	Richard Shikatani	Renfrew CI	47.41	46.17	2	
14	Cole Merrill	Mackenzie HS	46.43	46.36	2	
15	Trevor Moore	Sgdhs - Prescott	44.56	46.44	3	
16	Konor Poulin	Carleton Place	48.10	47.40	1	
17	Sam Menard	Lcvi -kingston	48.00	48.04	1	
18	Yohan Laffitte	L'Escale E.S.C.	53.45	51.08	1	
19	Dylan Buckshot-Savard	General Vani	1:03.32	52.26	1	
20	Brandon Samson	La Citadelle	54.97	52.64	1	
21	Colin Bright	St. Joseph's	56.50	55.58	1	

Event 49 Women High Jump Junior

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Name	Year	School	Seed	Finals
1 Kelsey Fontaine		Tagwi S S-Avo	1.50m	1.53m
2 Breanna Smith		Tiss- Brockville	1.40m	1.50m
3 Krista Fontaine		Tagwi S S-Avo	1.40m	1.40m
4 Cassie Parker		Fellowes HS	1.40m	J1.40m
5 Taylor Williamson		Ngdhs-Kemptville	1.48m	1.35m
6 Christina Charbonneau		Rockland D.H	1.30m	J1.35m
7 Hillary Blair		Rdhs - Elgin	1.40m	J1.35m
7 Chanelle Fortin		Arnrior Dhs	1.30m	J1.35m
9 Emma Pardy		Jeanne Lajoie ES	1.35m	1.30m
10 Deanna Walker		Lcvi -kingston	1.35m	J1.30m
11 Michelline Emond		Almonte	1.25m	1.25m
11 Hannah White		Carleton Place	1.20m	1.25m

Event 50 Men High Jump Junior

Name	Year	School	Seed	Finals
1 Brayden Murphy		St John's	1.70m	1.82m
2 Justin Cameron		Arnrior Dhs	1.66m	1.75m
3 Tylor Boileau		Holy Trinity	1.68m	J1.75m
4 Jordan Gravesande		Fss - Kingston	1.75m	J1.75m
5 Jeremy Locke		Aag - Brockville	1.70m	1.72m
6 Pascal Dirocco		Hccss - Kingston	1.75m	1.70m
7 Isaac Desousa		Hccss - Kingston	1.65m	1.65m
8 Symon Stowe		Almonte	1.65m	1.60m
8 Josh Hudson		Renfrew CI	1.60m	1.60m
10 Brandon Wylie		St. Joseph's	1.55m	J1.60m
10 Brad Harper		Adhs - Athens	1.60m	J1.60m
12 Blake Rennick		St. Francis	1.60m	1.55m
13 Matthew Bourassa		L'Heritage E	1.65m	1.50m
13 Alex Grout		Bci - Brockville	1.55m	1.50m
-- Josh Toltesi		St. Joseph's	1.55m	NH

Event 51 Women Pole Vault Junior

Name	Year	School	Seed	Finals
1 Sarah Perry		Tiss- Brockville	2.75m	2.85m
2 Emma Fraser		Char er D H	2.00m	1.95m
3 Sarah Seguin		Char er D H	2.00m	1.80m
4 Emily MacLachlan		Char er D H	2.00m	1.51m

Event 52 Men Pole Vault Junior

Name	Year	School	Seed	Finals
1 Harrison Daly		Carleton Place	2.90m	3.00m
2 William Lecky		Char er D H	2.85m	2.85m
3 Ryan Robertson		Char er D H	3.00m	2.70m
4 Riley Drummond		Carleton Place	2.60m	J2.70m
5 Spencer Redman		Almonte	2.75m	2.55m
6 Keeden Wellington		Tiss- Brockville	2.40m	2.40m
-- Tyler Leindecker		Carleton Place	3.05m	NH

Event 53 Women Long Jump Junior

Name	Year	School	Seed	Finals
1 Camille Ferland		Le Sommet	4.19m	4.80m
2 Taylor Williamson		Ngdhs-Kemptville	4.53m	4.58m
3 Tegan Kilpatrick		Bci - Brockville	4.82m	4.52m
4 Sage Marquardt		Madawaska Dhs	4.24m	4.50m
5 Kiercy Latimer		Shs - Sydenham	4.40m	4.45m
6 Ashley Sherman		Smchs-Kemptville	4.62m	4.38m
7 Jessica Ryan		Arnrior Dhs	4.10m	4.29m
8 Amie Currie		Almonte	4.20m	4.28m
9 Marla Corney		Tiss- Brockville	4.30m	4.23m
10 Carlye Brash		Bss - Kingston	4.04m	4.19m
10 Jean Smillie		Fss - Kingston	4.17m	4.19m
12 Kristine Millar		Renfrew CI	4.06m	4.08m
13 Matti Peterson		Notre Dame	4.06m	4.03m
14 Karyanne Poulin		Hawkesbury	3.75m	3.98m
15 Maddy Wright		Lcvi -kingston	4.04m	3.95m
16 Krista Chaddock		Char er D H	3.97m	3.85m
17 Genevieve Borris		Hawkesbury	3.44m	3.82m
18 Karly Ziebarth		Opeongo HS	3.95m	3.78m
19 Kate Stoddard		Notre Dame	3.97m	3.62m
20 Caitlyn Royer		Holy Trinity	3.82m	3.46m
21 Ally Armstrong		St.Laurent/S	3.63m	3.45m

22 Sabrina Van Schyndel	Carleton Place	3.88m	3.42m
23 Bailey McBride	Tagwi S S-Avo	3.69m	3.19m

Event 54 Men Long Jump Junior

Name	Year School	Seed	Finals
1 Jeremy Locke	Aag - Brockville	5.56m	5.82m
2 Jack Glover	Carleton Place	5.73m	5.75m
3 Alex Thompson	Tiss- Brockville	5.36m	5.50m
4 Spencer Redman	Almonte	5.60m	5.48m
5 Sam Menard	Lcvi -kingston	5.18m	5.47m
6 Alex Cornelisse	Tiss- Brockville	5.47m	5.46m
7 Scott Gibbons	Renfrew CI	5.02m	5.36m
8 Matthew Bourassa	L'Heritage E	5.28m	5.28m
9 Vadim Ignatov	Rnd - Kingston	5.42m	5.10m
10 Devion Lamothe	St. Francis	4.98m	5.03m
11 Austin Tomasini	Madawaska Dhs	5.20m	5.02m
12 Adam Bisson	St.Laurent/S	5.00m	4.96m
13 Damonick Thomas	Notre Dame	5.74m	4.94m
14 Harrison Daly	Carleton Place	5.17m	4.93m
15 Josh Toltesi	St. Joseph's	4.96m	4.76m
16 Darcy Chasse	Mackenzie HS	4.84m	4.68m
17 Vince Paquette	Rockland D.H	4.78m	4.58m
18 Craig Wilson	Mackenzie HS	4.69m	4.27m

Event 55 Women Triple Jump Junior

Name	Year School	Seed	Finals
1 Janessa Byers	Tagwi S S-Avo	10.07m	10.36m
2 Erika Jenkins	Renfrew CI	9.78m	10.11m
3 Amanda Tibbutt	Shs - Sydenham	9.79m	10.07m
4 Jessica Thompson	Seaway D H S-I	9.25m	10.00m
5 Kristine Millar	Renfrew CI	9.31m	9.97m
6 Ashley VanLuven	Shs - Sydenham	9.80m	9.89m
7 Emily Seguin	Smchs-Kemptville	9.54m	9.78m
8 Jennifer Bernicky	Hccss - Kingston	9.79m	9.48m
9 Camille Ferland	Le Sommet	8.28m	9.47m
10 Jean Smillie	Fss - Kingston	9.57m	9.23m
11 Marla Corney	Tiss- Brockville	9.51m	9.16m
12 Taylor Williamson	Ngdhs-Kemptville	9.62m	8.99m
13 Matti Peterson	Notre Dame	8.86m	8.97m
14 Brooke Carpenter	Gss - Gananoque	9.06m	8.87m
15 Amie Currie	Almonte	8.70m	8.64m
16 Jessica Ryan	Arnprior Dhs	8.73m	8.60m
17 Miranda Voldock	Madawaska Dhs		8.37m
18 Caitlyn Royer	Holy Trinity	8.37m	8.18m
18 Alicia Purdy	Notre Dame	8.03m	8.18m
20 Taylor Brown	General Vani	7.65m	8.04m
21 Kim Paquet	Rockland D.H	7.10m	7.38m

Event 56 Men Triple Jump Junior

Name	Year School	Seed	Finals
1 Alex Cornelisse	Tiss- Brockville	11.71m	12.15m
2 Vadim Ignatov	Rnd - Kingston	11.76m	12.12m
3 Ryan Dorey	Gss - Gananoque	11.94m	11.96m
4 Dakota Knowlton	Rdhs - Elgin	11.51m	11.58m
5 Sam Menard	Lcvi -kingston	11.43m	11.55m
6 Stephane Prior	Marie Rivier Esc	10.71m	11.48m
7 Jeremy Locke	Aag - Brockville	11.46m	11.36m
8 Patrick Drouin	Marie Rivier Esc	10.26m	11.11m
9 Spencer Redman	Almonte	10.66m	10.96m
10 Justin Cameron	Arnprior Dhs	10.13m	10.89m
11 Jacob Séguin	Casselman E.S.C.	10.51m	10.52m
12 Alex Morton	Carleton Place	10.44m	10.24m
13 Anthony Burton	Renfrew CI	10.38m	10.14m
14 Danick Dumesnil	Char er D H	9.37m	9.83m
15 Adam Bisson	St.Laurent/S	9.68m	9.50m
16 Alexandre Sigouin	L'Escale E.S.C.	9.14m	J9.50m
17 Sam Sweeney	Almonte	9.21m	J9.50m

Event 57 Women Shot Put Junior

Name	Year School	Seed	Finals
1 Alexane Bergevin	Casselman E.S.C.	8.80m	10.02m
2 Sabrina Van Schyndel	Carleton Place	9.16m	9.58m
3 Ashley Connell	Sgdhs - Prescott	9.48m	J9.58m

4	Jamie Brown	Arnprior Dhs	8.64m	8.82m
5	Madessa Giff	Perth	8.04m	8.51m
6	Noora Kassab	General Vani	8.24m	8.36m
7	Brittany MacComish	Shs - Sydenham	8.87m	J8.36m
8	Katya Desormeaux	Ngdhs-Kemptville	8.21m	8.21m
9	Nicole Behnke	Fellowes HS	8.05m	8.13m
10	Madeleine Kubeseski	Renfrew CI	7.94m	8.00m
11	Chantal Lariviere	Smchs-Kemptville	7.86m	7.91m
12	Desiree Koggel	Char er D H	7.95m	7.59m
13	Ashley Mercer-Robinson	Bishop Smith	7.42m	7.46m
13	Cia Myles-Gonzalez	Shs - Sydenham	7.76m	7.46m
15	Olivia Wouters	North Dundas	8.13m	7.45m
16	Robin Green	Almonte	7.49m	7.18m
17	Taylor Aitken	Ngdhs-Kemptville	7.33m	7.06m
18	Haleigh MacDonald	Lsss - Kingston	7.09m	6.92m
19	Kaitlin Little	Carleton Place	7.10m	6.80m
20	Savannah Raeburn	Fss - Kingston	6.57m	6.51m
21	Megan Hannan	St. Joseph's	7.81m	6.26m
22	Alice Leroux	Hawkesbury	6.60m	6.22m

Event 58 Men Shot Put Junior

Name	Year	School	Seed	Finals
1	Brandon Deslauriers	Ndss - Napanee	15.57m	16.74m
2	Josh Connah	Carleton Place	14.02m	14.84m
3	Clint Ryan	Sgdhs - Prescott	13.18m	14.49m
4	Alex Fillipoff	Perth	14.20m	14.02m
5	Nathaniel Quinn	L'Escale E.S.C.	13.20m	13.88m
6	TC Fraser	Renfrew CI	13.53m	13.85m
7	Chance Spencer	Sgdhs - Prescott	12.62m	13.30m
8	Liam Schreiter	Arnprior Dhs	12.52m	13.21m
9	Tyrone Marsolais	Rothwell Osn	12.40m	13.09m
10	John Vinkle	Slhs - Sharbot L	12.89m	12.71m
11	Jamie Truelove	Perth	12.64m	12.68m
12	Evan Veryard	Kcvi - Kingston	12.58m	12.67m
13	Curtis Nolan	Tiss- Brockville	13.03m	12.28m
14	Jonah Firth	L'Heritage E	12.09m	12.15m
15	Eric Burt	Ndss - Napanee	12.42m	11.96m
16	Kevin Medicraft	Russell HS	11.90m	11.92m
17	Brad Kasaboski	Arnprior Dhs	11.92m	11.48m
17	Kirkland Jordan	St John's	12.67m	11.48m
19	Adam Lefebvre	Char er D H	12.02m	11.07m
20	Gaétan St-Jean	Le Sommet	10.50m	10.81m
21	Nathan Collins	Rothwell Osn	11.14m	10.21m

Event 59 Women Discus Throw Junior

Name	Year	School	Seed	Finals
1	Sabrina Van Schyndel	Carleton Place	25.04m	29.36m
2	Alexane Bergevin	Casselman E.S.C.	19.70m	29.24m
3	Sarah Trautrim	Fellowes HS	22.86m	26.74m
4	Nicole Kendrick	Shs - Sydenham	22.68m	24.79m
5	Jenna Barr	Opeongo HS	25.06m	24.64m
6	Madeleine Kubeseski	Renfrew CI	24.86m	23.89m
7	Amber Mayers	Almonte	25.44m	23.76m
8	Annie Gambill	Rothwell Osn	22.70m	23.01m
9	Ashley Mercer-Robinson	Bishop Smith	25.84m	22.76m
10	Brittany MacComish	Shs - Sydenham	21.08m	22.45m
11	Cia Myles-Gonzalez	Shs - Sydenham	23.17m	22.32m
12	Aleisha Bates	Smchs-Brockville	18.72m	21.93m
13	Ashley Connell	Sgdhs - Prescott	28.91m	21.23m
14	Alice Leroux	Hawkesbury	18.00m	21.02m
15	Kaitlin Little	Carleton Place	21.13m	20.67m
16	Noora Kassab	General Vani	19.60m	18.78m
17	Alexanne Lafrance	Casselman E.S.C.	19.00m	18.25m
18	Brittany Schumacher	Almonte	20.28m	17.98m
19	Taylor Aitken	Ngdhs-Kemptville	19.54m	17.22m
20	Emma Rudolf	Ngdhs-Kemptville	17.45m	16.47m
21	Krista Howes	Rothwell Osn	19.70m	16.42m
22	Taylor Herrington	Shs - Sydenham	17.30m	16.18m

Event 60 Men Discus Throw Junior

Name	Year	School	Seed	Finals
1	Brandon Deslauriers	Ndss - Napanee	49.11m	58.33m
2	Jesse Campbell	Carleton Place	43.57m	44.41m
3	Jonah Firth	L'Heritage E	37.88m	41.42m
3	Brad Kasaboski	Arnprior Dhs	42.48m	41.42m

5	TC Fraser	Renfrew CI	47.82m	41.07m
6	Clint Ryan	Sgdhs - Prescott	41.58m	40.13m
7	Kyle Francis	Carleton Place	35.43m	38.36m
8	Jacob Séguin	Casselman E.S.C.	35.10m	36.55m
9	Taylor Wilson	Renfrew CI	41.18m	35.12m
10	Nathaniel Quinn	L'Escale E.S.C.	31.80m	34.93m
11	Owen Stevens	St. Joseph's	37.20m	33.77m
12	Brandon Thompson	Ess - Odessa	31.36m	33.52m
13	Jordan Landon	Smchs-Brockville	34.40m	32.59m
14	Chance Spencer	Sgdhs - Prescott	35.10m	32.33m
15	Jamie Truelove	Perth	37.75m	32.25m
16	Jordan Moke	Rothwell Osn	36.99m	31.85m
17	Evan Morey-Lynch	Ndss - Napanee	35.57m	31.42m
18	Jay Dearborn	Shs - Sydenham	31.30m	31.34m
19	Mackenzie Krueger	Opeongo HS	32.14m	31.04m
20	Kevin Medicraft	Russell HS	36.10m	29.25m
21	Dakota Knowlton	Rdhs - Elgin	31.77m	27.91m
22	Dawson Houle	Carleton Place	36.17m	26.45m
23	Terry Winters	Rothwell Osn	32.25m	23.48m

Event 61 Women Javelin Throw Junior

Name	Year School	Seed	Finals	
1	Tegan Kilpatrick	Bci - Brockville	35.84m	35.07m
2	Michelle Rozon	L'Heritage E	30.22m	29.62m
3	Bailey Shields	Opeongo HS	28.00m	29.58m
4	Amy Felhaber	Opeongo HS	24.60m	27.08m
5	Cia Myles-Gonzalez	Shs - Sydenham	24.88m	26.76m
6	Alina Williamson	Tiss- Brockville	25.13m	25.95m
7	Karley Heyman	Shs - Sydenham	22.81m	25.68m
8	Kate Stoddard	Notre Dame	25.51m	25.31m
9	Brittany MacComish	Shs - Sydenham	25.58m	24.75m
10	Natalie Quathammer	Arnprior Dhs	24.44m	22.47m
11	Chantal Lariviere	Smchs-Kemptville	23.97m	22.07m
12	Jenna Barr	Opeongo HS	28.66m	21.73m
13	Megan Hannan	St. Joseph's	21.26m	21.23m
14	Amber Mayers	Almonte	22.87m	21.09m
15	Jessica Cadman	Notre Dame	22.60m	20.81m
16	Brittany Schumacher	Almonte	23.08m	20.79m
17	Ashley Connell	Sgdhs - Prescott	23.38m	20.64m
18	Alexanne Lafrance	Casselman E.S.C.	15.57m	20.53m
19	Alexane Bergevin	Casselman E.S.C.	21.56m	18.84m
20	Savannah Raeburn	Fss - Kingston	22.84m	17.75m
21	Noora Kassab	General Vani	21.40m	16.21m
22	Alice Leroux	Hawkesbury	10.62m	13.93m

Event 62 Men Javelin Throw Junior

Name	Year School	Seed	Finals	
1	Tyler Murphy	Carleton Place	44.84m	48.71m
2	Colin Goodman	Mackenzie HS	45.00m	46.70m
3	Jay Dearborn	Shs - Sydenham	38.00m	44.27m
4	Eric Burt	Ndss - Napanee	40.38m	42.62m
5	Steven Dorsch	St John's	41.16m	42.30m
6	TC Fraser	Renfrew CI	44.66m	42.23m
7	Kirkland Jordan	St John's	37.95m	41.70m
8	Brodie Dryden	Rdhs - Elgin	38.84m	40.85m
9	Dakota Knowlton	Rdhs - Elgin	39.32m	40.72m
10	John Addison	Shs - Sydenham	41.61m	40.39m
11	Brandon Thompson	Ess - Odessa	32.41m	39.14m
12	Scot Bowden	Almonte	40.56m	38.70m
13	Alexandre Juneau	L'Heritage E	35.48m	38.59m
14	Gabriel Stone	L'Escale E.S.C.	34.38m	38.48m
15	Alexandre Sigouin	L'Escale E.S.C.	36.75m	38.27m
16	Alex Grout	Bci - Brockville	38.21m	38.24m
17	Josh Toltesi	St. Joseph's	35.75m	37.68m
18	Nick Hewitt	Smchs-Brockville	37.50m	37.51m
19	Derek Gray	Arnprior Dhs	36.14m	34.53m
20	Connor Primeau	L'Heritage E	36.62m	33.75m
21	Jeff Golden	St Josephs High	37.24m	33.13m
22	Owen Stevens	St. Joseph's	34.00m	23.30m

Event 63 Women 4x100 Meter Relay Junior

School	Seed	Finals	H#	
1	Thousand Islands - Brockville 'A'	54.94	53.10	2
2	Holy Cross - Kingston 'A'	53.90	53.14	2
3	Sydenham - Sydenham 'A'	53.90	53.22	2

4	Almonte District High School 'A'	56.70	53.98	2
5	Frontenac - Kingston 'A'	55.30	54.86	2
6	St. Michael - Kemptville 'A'	56.78	55.03	2
7	North Grenville - Kemptville 'A'	56.75	55.78	2
8	Carleton Place High School 'A'	56.90	55.98	1
9	Fellowes HS 'A'	56.87	57.06	1
10	Renfrew CI 'A'	57.50	58.29	1
11	St. Francis Xavier Chs 'A'	1:01.24	58.63	1
12	North Dundas D H S - eond 'A'	1:02.87	1:00.96	1
13	General Vanier I S - eogv 'A'	1:06.75	1:04.32	1
--	Opeongo HS 'A'	55.83	DQ	2

Event 64 Men 4x100 Meter Relay Junior

School	Seed	Finals	H#
1	Arnprior Dhs 'A'	46.53	46.05 2
2	Regiopolis-Notre Dame-Kingston 'A'	47.30	46.42 2
3	Gananoque - Gananoque 'A'	47.82	47.21 2
4	Holy Cross - Kingston 'A'	49.00	47.45 2
5	Notre Dame Catholic High School 'A'	47.90	47.54 2
6	Thousand Islands - Brockville 'A'	48.71	48.01 2
7	St. Francis Xavier Chs 'A'	51.16	48.73 1
8	Sydenham - Sydenham 'A'	49.00	48.90 2
9	Mackenzie HS 'A'	50.28	49.12 1
10	Frontenac - Kingston 'A'	50.20	49.49 1
11	Almonte District High School 'A'	49.10	49.52 1
12	L'Heritage E S - eolh 'A'	49.57	50.89 1
13	General Panet HS 'A'	51.30	51.85 1
--	Carleton Place High School 'A'	48.00	DNF 2
--	La Citadelle E S - eoci 'A'	52.09	DQ 1

Event 65 Women 100 Meter Dash Senior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1	Morgan Young	Shs - Sydenham	12.60	14.52Q 3
2	Chelsea Deschamps	Sgdhs - Prescott	12.89	14.75Q 2
3	Keagan Davis-Burns	Kcvi - Kingston	12.70	14.86Q 1
4	Jenny Lee	St. Joseph's	12.91	14.81Q 3
5	Alyssa Young	Fss - Kingston	12.70	14.90Q 2
6	Haley Gourdier	Hccss - Kingston	12.80	14.93Q 1
7	Alex Baylis	Arnprior Dhs	13.16	15.10q 3
8	Dani Gorrell	Ngdhs-Kemptville	13.72	15.12q 3
9	Samantha Yee	Ngdhs-Kemptville	13.18	15.14 2
10	Marie Lemelin	Jeanne Lajoie ES	13.63	15.17 1
11	Abbey Fleming	Carleton Place	13.90	15.33 3
12	Anne Berniquez	Casselman E.S.C.	14.17	15.40 1
13	Gabrielle Alexandre	Hawkesbury	14.26	15.43 2
14	Kendra Ward	Seaway D H S-I	13.63	15.92 1
15	Kristina Bromley	Russell HS	14.76	16.13 3
16	Kaela Carroll	St. Joseph's	14.12	16.25 1
17	Crystalle Charette	L'Escafe E.S.C.	16.87	18.73 3

Event 65 Women 100 Meter Dash Senior

Name	Year School	Prelims	Finals
Finals			
1	Morgan Young	Shs - Sydenham	14.52 13.04
2	Chelsea Deschamps	Sgdhs - Prescott	14.75 13.18
3	Jenny Lee	St. Joseph's	14.81 13.26
4	Haley Gourdier	Hccss - Kingston	14.93 13.39
5	Keagan Davis-Burns	Kcvi - Kingston	14.86 13.41
6	Alyssa Young	Fss - Kingston	14.90 13.52
7	Dani Gorrell	Ngdhs-Kemptville	15.12 13.65
8	Alex Baylis	Arnprior Dhs	15.10 13.69

Event 66 Men 100 Meter Dash Senior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1	Tanner Williams	Seaway D H S-I	11.12	11.45Q 3
2	Garret Richards	Sgdhs - Prescott	11.12	11.48Q 2
3	Alex Bahm	Tiss- Brockville	11.23	11.56Q 1
4	Shawn Mills	Almonte	11.50	11.53Q 3
5	Michael O'Meara	Rdhs - Elgin	11.49	11.61Q 2
6	Storm Patterson	Smiths Falls	11.50	11.75Q 1
7	Martin Ko	Kcvi - Kingston	11.40	11.64q 2

8	Rob Carnegie	Fss - Kingston	11.60	11.80q	2
9	Aaron Gazendam	Hccss - Kingston	11.60	11.82	3
10	Dylan Burns	Tiss- Brockville	11.54	11.91	1
11	Kyle Brown	Russell HS	11.82	11.98	3
12	Kevin Golding	Ess - Odessa	11.70	12.04	3
13	Jesse Andrews	Arnprior Dhs	11.25	12.07	1
14	Sean Dey	Arnprior Dhs	11.66	12.09	1
15	Andrew Deugo	Almonte	11.60	12.15	2
16	Jamie Cochrane	Russell HS	11.83	12.16	1
17	Alexandre Castonguay	Casselman E.S.C.	11.93	12.20	1
18	Neil Montgomery	Fellowes HS	11.72	12.21	2
19	Will Byker	Seaway D H S-I	11.61	12.29	1
20	Jony Corkery	North Dundas	11.59	12.29	3
21	Phil Murphy	Arnprior Dhs	11.78	12.52	2
22	David Reynolds	Rockland D.H	12.05	13.03	3

Event 66 Men 100 Meter Dash Senior

Name	Year	School	Prelims	Finals	
Finals					
1	Tanner Williams	Seaway D H S-I	11.45	11.64	
2	Shawn Mills	Almonte	11.53	11.66	
3	Storm Patterson	Smiths Falls	11.75	11.71	(11.702)
4	Alex Bahm	Tiss- Brockville	11.56	11.71	(11.707)
5	Garret Richards	Sgdhs - Prescott	11.48	11.77	
6	Michael O'Meara	Rdhs - Elgin	11.61	11.86	
7	Rob Carnegie	Fss - Kingston	11.80	11.95	
8	Martin Ko	Kcvi - Kingston	11.64	12.18	

Event 67 Women 200 Meter Dash Senior

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Evelyn Scott	Perth	27.30	26.89Q	2
2	Chelsea Deschamps	Sgdhs - Prescott	26.45	27.38Q	1
3	Morgan Young	Shs - Sydenham	27.10	27.40Q	3
4	Alyssa Young	Fss - Kingston	27.90	27.76Q	3
5	Brianna Yolkowskie	Renfrew CI	28.42	28.61Q	2
6	Abi Bush	Sgdhs - Prescott	28.00	28.76Q	1
7	Jenna Barr	Almonte	28.60	27.80q	3
8	Alex Baylis	Arnprior Dhs	28.34	28.56q	3
9	Marie Lemelin	Jeanne Lajoie ES	28.91	28.63	2
10	Jenny Lee	St. Joseph's	29.03	28.77	2
11	Hilary Lundy	Ngdhs-Kemptville	28.45	28.85	2
12	Gabrielle Alexandre	Hawkesbury	28.58	29.00	1 (28.998)
13	Meagan Petrie	Shs - Sydenham	28.60	29.00	1 (28.999)
14	Nicole Stoyles	Fss - Kingston	28.50	29.01	3
15	Kendra Ward	Seaway D H S-I	29.38	29.63	3
16	Ashley Powell	Gss - Gananoque	28.13	29.87	1
17	Dariene Wyssen	Rockland D.H	30.66	29.97	3
18	Stephanie Stewart	North Dundas	30.63	30.10	1
19	Kaela Carroll	St. Joseph's	30.25	30.24	1

Event 67 Women 200 Meter Dash Senior

Name	Year	School	Prelims	Finals	
Finals					
1	Evelyn Scott	Perth	26.89	26.74	
2	Morgan Young	Shs - Sydenham	27.40	27.06	
3	Chelsea Deschamps	Sgdhs - Prescott	27.38	27.28	
4	Alyssa Young	Fss - Kingston	27.76	28.14	
5	Jenna Barr	Almonte	27.80	28.35	
6	Alex Baylis	Arnprior Dhs	28.56	28.46	
7	Brianna Yolkowskie	Renfrew CI	28.61	29.44	
--	Abi Bush	Sgdhs - Prescott	28.76	DNF	

Event 68 Men 200 Meter Dash Senior

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Tanner Williams	Seaway D H S-I	22.81	23.09Q	3
2	Garret Richards	Sgdhs - Prescott	22.09	23.23Q	1
3	Michael O'Meara	Rdhs - Elgin	22.66	23.41Q	2
4	Matt Basler	Arnprior Dhs	22.53	23.40Q	3
5	Shawn Mills	Almonte	23.50	23.55Q	2
6	Rob Carnegie	Fss - Kingston	23.40	24.03Q	1
7	Storm Patterson	Smiths Falls	23.40	23.52q	3

8	Alex Bahm	Tiss- Brockville	22.76	23.77q	2
9	Matt Penner	Smchs-Kemptville	23.39	24.22	1
10	Alexandre Castonguay	Casselman E.S.C.	23.98	24.31	3
11	Kyle Brown	Russell HS	24.34	24.47	3
12	Jamie Cochrane	Russell HS	23.82	24.63	1
13	Colin Coon	Kcvi - Kingston	24.10	24.64	2
14	Will Byker	Seaway D H S-I	24.06	24.86	2
15	Skyler Larose	Carleton Place	25.00	25.30	3
16	Joshua Grandy	Bishop Smith	25.15	25.42	2
17	Derek Megrath	General Panet HS	25.16	25.67	2
18	Brennan Monaghan	St John's	25.70	25.67	3
19	Jesse Nadobny	Renfrew CI	24.69	26.10	1
20	Mickael Racine	Hawkesbury	26.26	26.81	1

Event 68 Men 200 Meter Dash Senior

Name	Year School	Prelims	Finals
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Finals

1	Garret Richards	Sgdhs - Prescott	23.23	22.71
2	Tanner Williams	Seaway D H S-I	23.09	22.83
3	Matt Basler	Arnrior Dhs	23.40	23.18
4	Michael O'Meara	Rdhs - Elgin	23.41	23.36
5	Storm Patterson	Smiths Falls	23.52	23.57
6	Shawn Mills	Almonte	23.55	23.65
7	Alex Bahm	Tiss- Brockville	23.77	23.67
8	Rob Carnegie	Fss - Kingston	24.03	23.96

Event 69 Women 400 Meter Dash Senior

Name	Year School	Seed	Finals	H#
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1	Samantha Murphy	St John's	57.70	57.26	3
2	Evelyn Scott	Perth	57.70	58.46	3
3	Rebekah Folkema	Renfrew CI	1:01.02	1:00.17	3
4	Jenna Barr	Almonte	1:00.70	1:01.75	3
5	Avery Michels	Rnd - Kingston	1:02.70	1:01.98	3
6	Michela Gossage	Shs - Sydenham	1:04.90	1:02.45	2
7	Tasha Vanderveen	North Dundas	1:03.97	1:02.51	3
8	Carley Todd	Ngdhs-Kemptville	1:03.54	1:03.49	3
9	Beth Farnell	Kcvi - Kingston	1:04.00	1:05.64	3
10	Brianna Jeffrey	Shs - Sydenham	1:06.30	1:05.69	2
11	Alyssa Jensen	Tiss- Brockville	1:04.86	1:06.13	2
12	Lindsay Parker	Ngdhs-Kemptville	1:06.98	1:07.18	2
13	Paige Warren	North Dundas	1:10.81	1:09.59	1
14	Brianna Redman	Tiss- Brockville	1:07.90	1:09.75	2
15	Stephanie Stewart	North Dundas	1:13.94	1:11.40	1
16	Kirby Ferrill	Carleton Place	1:13.60	1:12.54	1
17	Chelsey Garde	Rockland D.H	1:18.97	1:14.62	1
18	Christina O'Connor	North Dundas	1:16.28	1:16.12	1

Event 70 Men 400 Meter Dash Senior

Name	Year School	Seed	Finals	H#
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1	Matt Basler	Arnrior Dhs	50.64	50.09	3
2	Hayden Peters	Shs - Sydenham	51.30	51.26	3
3	Kieran Doyle	Shs - Sydenham	51.60	51.94	3
4	Craig Eamon	Rdhs - Elgin	52.96	52.30	3
5	Matt Penner	Smchs-Kemptville	54.37	52.74	3
6	Martin Ko	Kcvi - Kingston	52.30	53.31	3
7	Peter McGahey	St John's	55.40	54.51	2
8	Kyle Leafloor	Arnrior Dhs	55.43	54.75	2
9	Riyadh Nazerally	Rockland D.H	55.40	55.09	2
10	Derek Megrath	General Panet HS	55.31	55.19	2
11	Kris Quosdorf	Cornwall C V S	55.63	55.46	2
12	Josh McEvoy	Smchs-Kemptville	57.34	55.76	1
13	Matt Burns	Notre Dame	56.10	55.85	2
14	Evan Wilson	Arnrior Dhs	55.64	56.45	2
15	Garret Richards	Sgdhs - Prescott	53.44	56.74	3
16	Marcel Rancourt	St John's	57.80	56.99	1
17	Joshua Morgan	Russell HS	55.77	58.26	2
18	Brent Simms	North Dundas	57.12	58.80	1
19	Jacob Charbonneau	Rockland D.H	1:05.70	59.92	1
20	Ryan MacDonnell	Cornwall C V S	58.66	1:00.81	1

Event 71 Women 800 Meter Run Senior

Name	Year School	Seed	Finals
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1	Samantha Murphy	St John's	2:15.20	2:12.63
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2	Rebekah Folkema	Renfrew CI	2:25.36	2:20.15
3	Michela Gossage	Shs - Sydenham	2:27.60	2:21.28
4	Cleo Boyd	Fss - Kingston	2:24.10	2:23.72
5	Bronwyn Hodgins	Perth	2:34.30	2:27.58
6	Megan Graham	Tiss- Brockville	2:31.18	2:35.91
7	Jillian Harper	Tiss- Brockville	2:34.84	2:36.16
8	Aislyn Ireton	Perth	2:39.60	2:39.01
9	Avery Michels	Rnd - Kingston	2:38.60	2:39.12
10	Lisa Barton	Rockland D.H	2:49.30	2:39.58
11	Sydney Low	Notre Dame	2:43.50	2:40.45
12	Fiona Roy	La Citadelle	2:44.23	2:44.79
13	Brianna Redman	Tiss- Brockville	2:48.97	2:45.54
14	Anna Van Criekingen	Rockland D.H	2:52.77	2:49.96
15	Melanie Moise	La Citadelle	2:47.28	2:54.70
16	Michelle Moise	La Citadelle	2:46.16	2:54.98
17	Lucie Souigny	Hawkesbury	2:53.61	2:56.08
18	Brenda Puncher	Smchs-Brockville	2:57.25	3:06.61

Event 72 Men 800 Meter Run Senior

Name	Year	School	Seed	Finals	
1	Thor Stewart	Perth	2:04.30	1:59.30	(1:59.296)
2	Matt Basler	Arnprior Dhs	2:02.99	1:59.30	(1:59.299)
3	Tyler Nolan	Tiss- Brockville	2:12.38	1:59.98	
4	Kieran Doyle	Shs - Sydenham	2:05.80	2:01.36	
5	Robbie Deeks	Tiss- Brockville	2:04.12	2:02.38	
6	Hunter Andrin	Kcvi - Kingston	2:07.20	2:03.50	
7	Sam Jaspers-Fayer	Tiss- Brockville	2:06.38	2:04.71	
8	Kyle McKellar	Fss - Kingston	2:07.90	2:04.75	
9	Ben Jones	Fellowes HS	2:13.40	2:07.50	
10	Scott Perry	Tiss- Brockville	2:07.50	2:09.99	
11	Riley Johnston	Fellowes HS	2:14.93	2:11.75	
12	Brady Campbell	Carleton Place	2:12.60	2:13.73	
13	Liam Bail	Arnprior Dhs	2:14.43	2:14.64	
14	Aaron Villeneuve	Cornwall C V S	2:15.31	2:15.82	
15	Marcel Rancourt	St John's	2:16.70	2:17.10	
16	Joshua Morgan	Russell HS	2:22.25	2:17.21	
17	Brent Simms	North Dundas	2:16.38	2:17.51	

Event 73 Women 1500 Meter Run Senior

Name	Year	School	Seed	Finals
1	Rachel Folkema	Renfrew CI	5:01.17	4:49.62
2	Cleo Boyd	Fss - Kingston	4:55.80	4:50.52
3	Kelsey Serviss	General Panet HS	5:03.89	5:03.77
4	Taylor Sills	Ess - Odessa	5:13.90	5:08.11
5	Flavie Laurin	Hawkesbury	5:19.60	5:10.56
6	Lindsay Osso	Tiss- Brockville	5:22.44	5:12.34
7	Megan Graham	Tiss- Brockville	5:24.44	5:15.06
8	Bronwyn Hodgins	Perth	5:28.60	5:18.24
9	Loreena Dobson	Opeongo HS	5:40.38	5:20.35
10	Jillian Harper	Tiss- Brockville	5:30.59	5:21.39
11	Michelle Moise	La Citadelle	5:41.50	5:21.92
12	Melanie Moise	La Citadelle	5:41.74	5:30.90
13	Fiona Roy	La Citadelle	5:44.37	5:32.84
14	Brianna Lapierre	Hccss - Kingston	5:30.10	5:33.25
15	Anna Van Criekingen	Rockland D.H	5:54.22	5:36.97
16	Alex Fraser	Renfrew CI	5:32.49	5:37.36
17	Mataya Timbrell	Rothwell Osn	5:50.10	5:51.83
18	Myriam Boudreault	L'Escale E.S.C.	5:54.78	5:57.58
19	Emilie Gaudreau	L'Escale E.S.C.	6:05.41	5:58.60
20	Natasha Gray	Almonte	5:45.50	6:08.97

Event 74 Men 1500 Meter Run Senior

Name	Year	School	Seed	Finals
1	Robert Asselstine	Shs - Sydenham	4:11.50	4:03.97
2	Shawn Walters	Renfrew CI	4:19.27	4:06.48
3	Jacob Cameron	Glengarry E S	4:13.00	4:08.06
4	Colin Simpson	Rothwell Osn	4:12.66	4:09.36
5	Gabriel Quenneville	General Panet HS	4:21.21	4:14.00
6	Sam Jaspers-Fayer	Tiss- Brockville	4:35.19	4:14.64
7	Robbie Deeks	Tiss- Brockville	4:17.62	4:17.87
8	Blair Morgan	Ess - Odessa	4:22.10	4:19.44
9	Kyle McKellar	Fss - Kingston	4:22.60	4:19.51
10	Riley Johnston	Fellowes HS	4:21.35	4:21.27
11	Ben Jones	Fellowes HS	4:21.00	4:22.68
12	Carl Hupé	L'Escale E.S.C.	4:43.41	4:26.79

13	Daniel Elliot	Rdhs - Elgin	4:38.41	4:31.18
14	Adam Pinsoneault	Rockland D.H	4:51.54	4:31.23
15	Ryan Santos	Notre Dame	4:42.70	4:34.15
16	Stephane Levac	La Citadelle	4:39.76	4:37.48
17	Grant Taylor	Carleton Place	5:01.10	4:39.92

Event 75 Women 3000 Meter Run Senior

Name	Year	School	Seed	Finals
1	Emma Norman	Tiss- Brockville	10:34.50	10:24.84
2	Cleo Boyd	Fss - Kingston	11:05.60	10:41.66
3	Rachel Folkema	Renfrew CI	11:13.91	10:50.32
4	Taylor Sills	Ess - Odessa	11:01.60	10:55.81
5	Kelsey Serviss	General Panet HS	11:25.73	11:05.07
6	Flavie Laurin	Hawkesbury	11:42.45	11:20.90
7	Lacey Tryon	Shs - Sydenham	11:30.00	11:29.08
8	Michelle Moise	La Citadelle	12:21.00	11:38.82
9	Lindsay Osso	Tiss- Brockville	12:32.35	11:47.96
10	Melanie Moise	La Citadelle	12:22.90	11:53.26
11	Megan Smith	Smiths Falls	12:32.70	11:54.79
12	Lisa Barton	Rockland D.H	12:19.68	11:57.58
13	Fiona Roy	La Citadelle	12:27.45	12:17.18
14	Chelsey Garde	Rockland D.H	13:09.27	12:48.35
15	Sheena Berry	Renfrew CI	13:00.27	12:59.99
16	Emma Nephin	Carleton Place	14:05.00	13:34.50
17	Madeleine Capello	St John's	16:04.00	14:05.20
18	Rebecca Curtis	Tiss- Brockville	15:45.28	15:12.58
19	Caroline Boucher	Jeanne Lajoie ES	14:05.65	15:16.04
--	Myriam Boudreault	L'Escale E.S.C.	13:11.13	DQ

Event 76 Men 3000 Meter Run Senior

Name	Year	School	Seed	Finals
1	Robert Asselstine	Shs - Sydenham	8:48.30	8:45.70
2	Jeffrey Archer	Shs - Sydenham	8:57.30	8:55.98
3	John Wynands	Tiss- Brockville	10:25.72	9:06.83
4	Blair Morgan	Ess - Odessa	9:18.90	9:10.29
5	Shawn Walters	Renfrew CI	9:28.54	9:10.84
6	Will Allan	Kcvi - Kingston	9:19.40	9:13.14
7	Jacob Cameron	Glengarry E S	9:58.51	9:14.63
8	Liam Delaney	Tiss- Brockville	10:23.56	9:20.34
9	Adam McGregor	Renfrew CI	9:24.99	9:26.42
10	David Cashin	Fellowes HS	9:34.36	9:31.40
11	Scott Parsons	Arnrior Dhs	9:30.77	9:35.96
12	Carl Hupé	L'Escale E.S.C.	10:04.01	9:41.47
13	Ryan Santos	Notre Dame	10:01.70	9:54.10
14	Stuart Fergusson	Carleton Place	10:01.50	10:00.34
15	Mikaël Laplante	L'Escale E.S.C.	10:46.52	10:05.40
16	Grant Taylor	Carleton Place	11:09.00	10:07.89
17	Stephane Levac	La Citadelle	10:19.19	10:20.29
18	Emmerson Moulton	Adhs - Athens	10:44.00	10:28.51
19	Lukas Henderson	Smchs-Brockville	11:03.00	10:48.86
20	Kevin Tansey	St. Francis	11:41.49	11:22.35

Event 77 Women 100 Meter Hurdles Senior

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Ashlea Maddex	Rockland D.H	14.70	14.31Q	2
2	Taylor Morgan	Rnd - Kingston	16.50	16.69Q	3
3	Sabrina Guyea	Renfrew CI	16.81	16.73Q	1
4	Alicia Pan	Arnrior Dhs	16.93	16.89Q	2
5	Samantha Yee	Ngdhs-Kemptville	16.60	17.42Q	3
6	Mia Kilborn	Shs - Sydenham	16.50	17.43Q	1
7	Tasha Vanderveen	North Dundas	17.39	17.70q	1
8	Mallory Hart	Shs - Sydenham	17.10	17.71q	2
9	Portia Ball	Lsss - Kingston	17.80	18.08	2
10	Rebecca Perry	Smchs-Brockville	17.75	18.13	3
11	Lindsay Parker	Ngdhs-Kemptville	17.76	18.60	1
12	Kelsey Hallahan	Carleton Place	19.10	18.63	1
13	Katie LeFreniere	General Panet HS	18.53	18.91	3
14	Kristina Bromley	Russell HS	20.39	19.66	1
15	Anja Manuel	North Dundas	18.31	19.70	1
16	Cherylanne Palmer	Rdhs - Elgin	18.86	19.76	3
17	Melissa Ford	Carleton Place	20.80	20.24	3
18	Korri Gorra	Carleton Place	18.00	21.30	2

Event 77 Women 100 Meter Hurdles Senior

Name	Year School	Prelims	Finals
Finals			
1 Ashlea Maddex	Rockland D.H	14.31	14.08
2 Taylor Morgan	Rnd - Kingston	16.69	16.32
3 Alicia Pan	Arnprior Dhs	16.89	16.45
4 Sabrina Guyea	Renfrew CI	16.73	16.68
5 Samantha Yee	Ngdhs-Kemptville	17.42	16.86
6 Mallory Hart	Shs - Sydenham	17.71	17.18
7 Tasha Vanderveen	North Dundas	17.70	17.28
8 Mia Kilborn	Shs - Sydenham	17.43	17.81

Event 78 Men 110 Meter Hurdles Senior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Dylan DeJong	North Dundas	15.39	15.21Q	3
2 Codie Primeau	L'Heritage E	15.62	15.41Q	2
3 Kevin Gayton	Carleton Place	15.10	15.70Q	1
4 Matt Henson	Shs - Sydenham	16.70	15.98Q	2
5 Jamie Cochrane	Russell HS	16.47	16.01Q	1
6 Alex McCallum	Hccss - Kingston	16.20	16.43Q	3
7 Andrew Deugo	Almonte	15.70	16.67q	2
8 Colin Thompson	Fss - Kingston	16.50	16.77q	1
9 Devin Paul	Smchs-Brockville	17.92	17.00	3
10 Robert VanGemeran	General Panet HS	17.64	17.37	1
11 Jared Duffy	Tiss- Brockville	16.78	17.68	2
12 Kyle Brown	Russell HS	18.12	18.00	2
13 Mitchell Edwards	Renfrew CI	18.97	18.03	1
14 Jesse Winton	Fss - Kingston	16.50	18.38	3
15 Phil Murphy	Arnprior Dhs	17.47	18.52	1
16 Dylan Murphy	St John's	18.40	18.72	2
17 Riyadh Nazerally	Rockland D.H	18.90	19.06	3

Event 78 Men 110 Meter Hurdles Senior

Name	Year School	Prelims	Finals
Finals			
1 Dylan DeJong	North Dundas	15.21	15.07
2 Codie Primeau	L'Heritage E	15.41	15.19
3 Kevin Gayton	Carleton Place	15.70	15.76
4 Andrew Deugo	Almonte	16.67	16.09
5 Jamie Cochrane	Russell HS	16.01	16.35
6 Matt Henson	Shs - Sydenham	15.98	16.42
7 Alex McCallum	Hccss - Kingston	16.43	16.46
8 Colin Thompson	Fss - Kingston	16.77	17.35

Event 79 Women 400 Meter Hurdles Senior

Name	Year School	Seed	Finals	H#
1 Ashlea Maddex	Rockland D.H	1:12.48	1:00.93	3
2 Evelyn Scott	Perth	1:07.80	1:05.26	3
3 Tasha Vanderveen	North Dundas	1:10.41	1:07.54	3
4 Sabrina Guyea	Renfrew CI	1:14.22	1:09.12	3
5 Beth Farnell	Kcvi - Kingston	1:11.20	1:09.87	3
6 Carley Todd	Ngdhs-Kemptville	1:12.48	1:10.58	3
7 Brianna Jeffrey	Shs - Sydenham	1:16.40	1:10.71	2
8 Hillary MacMillan	Renfrew CI	1:14.28	1:12.62	3
9 Katie LeFreniere	General Panet HS	1:17.22	1:12.87	2
10 Lindsay Parker	Ngdhs-Kemptville	1:14.68	1:13.59	2
11 Aislyn Ireton	Perth	1:16.80	1:14.80	2
12 Mia Kilborn	Shs - Sydenham	1:17.10	1:17.01	2
13 Jenn Beaudette	Cornwall C V S	1:20.30	1:17.61	1
14 Alyssa McLean	General Vani	1:19.87	1:19.36	1
15 Tara Worthy	Fss - Kingston	1:18.30	1:19.54	2
16 Janie Kauffeldt	Renfrew CI	1:16.78	1:21.48	2
-- Jenna Barr	Almonte	1:14.30	DNF	3

Event 80 Men 400 Meter Hurdles Senior

Name	Year School	Seed	Finals	H#
1 Hayden Peters	Shs - Sydenham	1:01.40	57.53	3
2 Thor Stewart	Perth	58.90	57.88	3
3 Codie Primeau	L'Heritage E	1:00.66	58.65	3
4 Matt Penner	Smchs-Kemptville	1:00.35	1:00.37	3
5 Robert Jelly	Tiss- Brockville	1:06.74	1:00.51	2

6	Jared Duffy	Tiss- Brockville	1:00.82	1:01.28	3
7	Kevin Gayton	Carleton Place	1:05.40	1:02.29	3
8	Riyadh Nazerally	Rockland D.H	1:19.71	1:03.85	1
9	Phil Murphy	Arnprior Dhs	1:05.59	1:04.17	2
10	Matt Walsh	Rnd - Kingston	1:04.40	1:04.39	3
11	Eric Jelly	Tiss- Brockville	1:07.01	1:04.77	2
12	Kris Quosdorf	Cornwall C V S	1:05.47	1:05.50	2
13	Matt Henson	Shs - Sydenham	1:08.90	1:06.32	2
14	Mitchell Edwards	Renfrew CI	1:07.00	1:07.51	2
--	Kyle Leafloor	Arnprior Dhs	1:02.62	DNF	3

Event 81 Women High Jump Senior

Name	Year	School	Seed	Finals
1	Portia Ball	Lsss - Kingston	1.70m	1.70m
2	Julie Ethier	Fellowes HS	1.60m	1.55m
3	Anne Berniquez	Casselman E.S.C.	1.35m	1.50m
4	Sarah MacLaren	St Josephs High	1.55m	1.45m
4	Kaytlin Hennigar	Almonte	1.50m	1.45m
6	Alison Zilstra	Lcvi -kingston	1.35m	J1.45m
6	Janie Kauffeldt	Renfrew CI	1.50m	J1.45m
8	Tosha Weston	Tiss- Brockville	1.45m	J1.45m
9	Stephanie Mueller	Rdhs - Elgin	1.35m	J1.45m
10	Alyssa McLean	General Vani	1.40m	1.40m
10	Katie LeFreniere	General Panet HS	1.45m	1.40m
12	Olivia Mazur	Tiss- Brockville	1.25m	1.35m
13	Deborah Dittert	Cornwall C V S	1.30m	1.30m
13	Shelby Markell	Rothwell Osn	1.30m	1.30m
13	Alex Miller	Carleton Place	1.40m	1.30m
--	Alex Roach	Rothwell Osn	1.30m	NH

Event 82 Men High Jump Senior

Name	Year	School	Seed	Finals
1	Chris Cauley	Tiss- Brockville	1.80m	1.90m
2	Jeremy Paplinski	Madawaska Dhs	1.80m	1.85m
3	Francis Guibord	L'Escale E.S.C.	1.80m	1.80m
4	Scott Wilson	Rnd - Kingston	1.80m	J1.80m
5	Charlie Genge	Ess - Odessa	1.75m	J1.80m
6	Ben Keith	Rockland D.H	1.75m	J1.80m
7	George Stevenson	St John's	1.75m	1.75m
8	Jared Duffy	Tiss- Brockville	1.70m	J1.75m
8	Joel Doupe	General Panet HS	1.75m	J1.75m
10	Adam Raison	Rdhs - Elgin	1.75m	J1.75m
11	Eric McManus	Fellowes HS	1.70m	1.70m
12	Andrew Erskine	St. Francis	1.70m	J1.70m
12	Brandon Rombough	Char er D H	1.70m	J1.70m
14	Anthony Broeders	Rnd - Kingston	1.70m	J1.70m
14	Robin Kay	Ngdhs-Kemptville	1.65m	J1.70m
16	Caleb Hall	Fellowes HS	1.65m	1.65m
--	Kevin Tansey	St. Francis	1.55m	NH

Event 83 Women Pole Vault Senior

Name	Year	School	Seed	Finals
1	Jenna Hunt	Carleton Place	2.15m	2.30m
2	Leslee Brown	Carleton Place	2.00m	2.20m
3	Kelsey MacDougall	Char er D H	2.25m	1.95m

Event 84 Men Pole Vault Senior

Name	Year	School	Seed	Finals
1	Thomas Lang	Char er D H	3.65m	3.80m
2	Kane Abbis-Mills	Carleton Place	3.20m	3.65m
3	Dustin Herder	Tiss- Brockville	3.80m	J3.65m
3	Peter Karalis	Tiss- Brockville	3.65m	J3.65m
5	Nelson Cecereu	Char er D H	3.65m	J3.65m
6	Dylan Myatt	Tiss- Brockville	3.65m	3.35m
7	Jake Sanchez	Char er D H	3.35m	J3.35m
8	Kyle MacDougall	Char er D H	3.50m	3.20m
9	Chris Wengel	Carleton Place	2.45m	3.05m
10	Riley Dwyer	Carleton Place	3.05m	2.65m
11	Nick Porcari	Carleton Place	2.45m	2.45m
--	Ben Gallacher	Tiss- Brockville	3.30m	NH

Event 85 Women Long Jump Senior

Name	Year	School	Seed	Finals
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Name	Year	School	Seed	Finals
1 Ashlea Maddex		Rockland D.H	4.46m	5.44m
2 Dani Gorrell		Ngdhs-Kemptville	4.82m	5.04m
3 Morgan Young		Shs - Sydenham	4.84m	4.94m
4 Alicia Pan		Arnrior Dhs	4.82m	4.73m
5 Katie Gordanier		Lsss - Kingston	4.76m	J4.73m
6 Kate Campbell		Renfrew CI	4.42m	4.59m
7 Kaitlyn McIntyre		Tiss- Brockville	4.45m	4.57m
8 Hayleigh Koggel		Char er D H	4.77m	4.53m
9 Kirsten Milne		North Dundas	4.36m	4.45m
10 Julie Ethier		Fellowes HS	4.52m	J4.45m
11 Hilary Lundy		Ngdhs-Kemptville	4.44m	4.37m
12 Melanie Robb		Rnd - Kingston	4.63m	4.34m
13 Shamisha Schroeder		Madawaska Dhs	4.47m	4.31m
14 Olivia Mazur		Tiss- Brockville	4.36m	4.23m
15 Becky Drummond		Carleton Place	4.44m	4.20m
16 Sarah Hobbs		Fss - Kingston	4.44m	4.17m
17 Alex Orr		Carleton Place	4.40m	4.07m
18 Jen Stewart		Glengarry E S	4.16m	4.02m
19 Paige Warren		North Dundas	4.02m	4.00m
20 Kelsey Gunn		Smiths Falls	4.25m	3.88m
21 Kristina Bromley		Russell HS	3.88m	3.64m

Event 86 Men Long Jump Senior

Name	Year	School	Seed	Finals
1 Dylan Burns		Tiss- Brockville	6.26m	6.47m
2 Kevin Golding		Ess - Odessa	6.45m	6.44m
3 Jesse Andrews		Arnrior Dhs	6.04m	6.41m
4 Storm Patterson		Smiths Falls	5.94m	6.39m
5 Tyler Emmanuel		Carleton Place	5.83m	6.23m
6 Anthony Broeders		Rnd - Kingston	5.76m	6.17m
7 Sean Ho		Hccss - Kingston	6.29m	6.12m
8 Jeremy Paplinski		Madawaska Dhs	5.75m	6.09m
9 Charlie Genge		Ess - Odessa	5.94m	5.86m
10 Brandon Nolan		Bci - Brockville	5.66m	5.82m
11 Tanner Williams		Seaway D H S-I	6.02m	5.80m
12 Joel Doupe		General Panet HS	5.63m	5.71m
13 Neil Montgomery		Fellowes HS	5.67m	5.63m
14 Robin Kay		Ngdhs-Kemptville	5.23m	5.54m
15 Francis Guibord		L'Escale E.S.C.	5.61m	5.51m
16 Devlin Lalonde		Perth	5.42m	5.36m
17 Jake Pilon		Rockland D.H	5.24m	5.33m
18 David Reynolds		Rockland D.H	5.08m	5.23m
19 Mikael Laplante		L'Escale E.S.C.	5.18m	5.09m

Event 87 Women Triple Jump Senior

Name	Year	School	Seed	Finals
1 Dani Gorrell		Ngdhs-Kemptville	10.24m	10.62m
2 Becky Drummond		Carleton Place	10.29m	10.16m
3 Melanie Robb		Rnd - Kingston	10.16m	10.12m
4 Stephanie Mueller		Rdhs - Elgin	9.94m	9.96m
5 Kirsten Milne		North Dundas	9.74m	9.89m
6 Katie Gordanier		Lsss - Kingston	10.12m	9.77m
7 Natasha Urbancic		Kcvi - Kingston	9.49m	9.71m
8 Kaitlyn McIntyre		Tiss- Brockville	9.66m	9.57m
9 Sarah Hobbs		Fss - Kingston	9.79m	9.37m
10 Alicia Pan		Arnrior Dhs	9.82m	9.30m
11 Sarah MacLaren		St Josephs High	9.51m	8.98m
12 Alex Orr		Carleton Place	9.26m	8.95m
13 Jen Stewart		Glengarry E S	8.40m	8.66m
14 Tosha Weston		Tiss- Brockville	9.21m	8.65m
15 Janie Kauffeldt		Renfrew CI	9.47m	8.50m
16 Erin Merkley		St John's	8.72m	8.23m
17 Alex Lapointe		Char er D H	7.76m	7.99m

Event 88 Men Triple Jump Senior

Name	Year	School	Seed	Finals
1 Tyler Emmanuel		Carleton Place	12.84m	13.36m
2 Kevin Golding		Ess - Odessa	12.91m	12.71m
3 Charlie Genge		Ess - Odessa	12.96m	12.42m
4 Jedi Bowes		Perth	11.93m	12.17m
5 Matt Nolan		Tiss- Brockville	11.54m	12.11m
6 Colin Thompson		Fss - Kingston	12.07m	12.05m
7 Brandon Rombough		Char er D H	11.37m	11.99m

8	Logan Morris	Rdhs - Elgin	11.13m	11.80m
9	David Reynolds	Rockland D.H	11.07m	11.59m
10	Jesse Andrews	Arnprior Dhs	11.68m	11.58m
11	Francis Guibord	L'Escale E.S.C.	11.46m	11.41m
12	Joel Doupe	General Panet HS	11.54m	11.15m
13	Devlin Lalonde	Perth	11.59m	11.10m
14	Jeremy Paplinskie	Madawaska Dhs	11.55m	11.05m
15	Will Byker	Seaway D H S-I	11.16m	11.04m
16	Caleb Hall	Fellowes HS	11.65m	10.60m
17	Paul Coombs	Ngdhs-Kemptville	10.04m	10.51m
18	Zach Pride	Rockland D.H	10.38m	9.83m

Event 89 Women Shot Put Senior

Name	Year	School	Seed	Finals
1	Julie Sleeth	Shs - Sydenham	10.43m	11.43m
2	Ashley Widmont	Fss - Kingston	9.92m	10.81m
3	Kelsey Jessup	Renfrew CI	9.97m	10.42m
4	Melissa Thomas	Perth	10.44m	9.87m
5	Samantha Regier	Bishop Smith	9.85m	9.70m
6	Kelsey Gunn	Smiths Falls	9.36m	9.61m
7	Sarah Dougherty	Renfrew CI	8.98m	9.50m
8	Alex Danis	Notre Dame	9.05m	8.98m
9	Bethany McKay	Carleton Place	9.43m	8.93m
10	Deborah Dittert	Cornwall C V S	8.65m	8.91m
11	Karine Thibault	Hawkesbury	9.01m	8.89m
12	Samantha Demers	Rnd - Kingston	8.90m	J8.89m
13	Hanna Quathamer	Arnprior Dhs	8.63m	J8.89m
14	Katie Dods	Ngdhs-Kemptville	8.94m	8.28m
15	Brittany Nash	Shs - Sydenham	9.19m	8.27m
16	Eliza Park	Russell HS	7.37m	8.08m
17	Alex Roach	Rothwell Osn	8.97m	8.02m
18	Alyson Erwin	North Dundas	9.38m	7.86m
19	Annie Chartrand	L'Escale E.S.C.	7.77m	7.83m
20	Chelsea Thompson	Gss - Gananoque	7.58m	7.48m
21	Kaylie DeBlois	Ngdhs-Kemptville	7.64m	7.33m

Event 90 Men Shot Put Senior

Name	Year	School	Seed	Finals
1	Corey Wingate	Carleton Place	16.40m	14.86m
2	Kurtis Leclaire	Renfrew CI	14.55m	14.52m
3	Dennis Brianski	Notre Dame	14.35m	14.03m
4	Dave Savage	Tiss- Brockville	13.55m	13.82m
5	Brad Morrison	Russell HS	14.66m	13.27m
6	Brandon McIntosh	Fss - Kingston	13.11m	13.24m
7	Conner Bulley	Perth	13.76m	13.23m
8	Jason Rose	Char er D H	12.70m	12.61m
9	Alexandre Rozon	Casselman E.S.C.	12.50m	12.21m
10	Chris Lappan	Gss - Gananoque	13.27m	12.09m
11	Abe Ellement	Renfrew CI	11.62m	11.86m
12	Scott McCredie	Renfrew CI	11.90m	11.62m
13	Brandon Williams	Almonte	12.44m	11.59m
14	Matt Green	Slhs - Sharbot L	11.15m	11.55m
15	Joe Sunday	Cornwall C V S	12.20m	11.46m
15	Ryan Chapman	Rockland D.H	11.06m	11.46m
17	Jason Wovk	Kevi - Kingston	10.61m	11.42m
18	Taran L'Ecuyer	Smchs-Kemptville	11.10m	11.08m
19	Patrick Leroux	Marie Rivier Esc	11.08m	10.69m
20	Brandon Howell	Tiss- Brockville	11.65m	10.50m
21	Jacob Dawson	Holy Trinity	11.28m	10.16m
22	Brett Lalonde	Casselman E.S.C.	10.65m	9.45m

Event 91 Women Discus Throw Senior

Name	Year	School	Seed	Finals
1	Ashley Widmont	Fss - Kingston	34.38m	34.82m
2	Julie Sleeth	Shs - Sydenham	32.55m	34.08m
3	Sarah Dougherty	Renfrew CI	30.97m	33.20m
4	Hanna Quathamer	Arnprior Dhs	33.17m	32.60m
5	Katie Purcell	Tiss- Brockville	29.27m	31.55m
6	Caitlin Dougherty	Renfrew CI	31.44m	30.56m
7	Sarah Bell	Opeongo HS	31.42m	29.15m
8	Brittany Nash	Shs - Sydenham	29.73m	27.55m
9	Melissa Thomas	Perth	25.13m	24.75m
10	Kayla Clinton	Shs - Sydenham	24.76m	24.18m
11	Zoe McLellan	Almonte	22.84m	23.62m
12	Chelsea Amell	Smchs-Brockville	23.45m	22.91m

13	Eliza Park	Russell HS	19.40m	22.34m
14	Melissa Ford	Carleton Place	26.56m	21.97m
15	Karine Thibault	Hawkesbury	19.90m	20.13m
16	Kaylie DeBlois	Ngdhs-Kemptville	16.78m	17.48m
17	Shannon Loughrey	Smchs-Brockville	16.19m	17.22m
18	Annie Chartrand	L'Escale E.S.C.	17.40m	17.02m
--	Michelle Jarrett	L'Escale E.S.C.	23.60m	FOUL
--	Shannon Fowler	St John's	19.91m	FOUL

Event 92 Men Discus Throw Senior

Name	Year	School	Seed	Finals
1	Trent Corney	Tiss- Brockville	49.49m	48.77m
2	Corey Wingate	Carleton Place	47.33m	47.17m
3	Dennis Brianski	Notre Dame	48.12m	45.20m
4	Kurtis Leclaire	Renfrew CI	47.27m	44.55m
5	James Illingworth	Almonte	43.02m	J44.55m
6	Greg Pickett	Kcvi - Kingston	40.07m	40.08m
7	Brandon Howell	Tiss- Brockville	36.70m	37.64m
8	Quinton Rook	Opeongo HS	38.70m	37.26m
9	Scott McCredie	Renfrew CI	37.36m	36.73m
10	Brett Lalonde	Casselman E.S.C.	33.60m	36.61m
11	Kevin LeGoueff	Smchs-Kemptville	33.40m	36.36m
12	Mitchel Lett	Opeongo HS	36.28m	36.12m
13	Josh Moke	Rothwell Osn	38.39m	36.05m
14	Dave Savage	Tiss- Brockville	35.98m	35.02m
15	Brett Gambill	Rothwell Osn	32.09m	28.50m
16	Jacob Dawson	Holy Trinity	30.78m	28.06m
17	Damon Currie	Notre Dame	34.43m	27.83m
18	Brad Morrison	Russell HS	29.40m	27.56m
19	Joel Martineau	Hawkesbury	29.90m	26.60m
20	Brad Bedard	Rnd - Kingston	26.29m	26.22m
21	Mike McGinn	Shs - Sydenham	27.85m	25.86m
22	Alexandre Rozon	Casselman E.S.C.	27.50m	23.09m

Event 93 Women Javelin Throw Senior

Name	Year	School	Seed	Finals
1	Rebecca Perry	Smchs-Brockville	34.58m	37.46m
2	Ashley Widmont	Fss - Kingston	38.41m	36.59m
3	Shannon Spurrell	Opeongo HS	33.80m	35.07m
4	Samantha Regier	Bishop Smith	31.76m	34.29m
5	Portia Ball	Lsss - Kingston	30.67m	31.50m
6	Cara Lemkay	Fellowes HS	29.54m	29.93m
7	Alex Danis	Notre Dame	30.37m	29.68m
8	Katie Purcell	Tiss- Brockville	24.08m	29.57m
9	Nicole Laurin	L'Escale E.S.C.	25.95m	29.27m
10	Katie Glass	Shs - Sydenham	30.02m	28.24m
11	Sarah Ennett	St Josephs High	26.82m	28.07m
12	Alyson Erwin	North Dundas	28.80m	26.49m
13	Alex Roach	Rothwell Osn	24.61m	26.12m
14	Jasmine Glover	Carleton Place	28.18m	26.08m
15	Melissa Thomas	Perth	28.18m	25.07m
16	Amanda Bourassa	L'Heritage E	27.96m	24.51m
17	Leslee Brown	Carleton Place	27.75m	24.36m
18	Stencell Sami	Slhs - Sharbot L	30.97m	24.22m
19	Sarah Stratton	Tiss- Brockville	22.81m	23.93m
20	Karine Thibault	Hawkesbury	23.90m	23.02m
21	Myriam Boudreault	L'Escale E.S.C.	22.48m	20.76m

Event 94 Men Javelin Throw Senior

Name	Year	School	Seed	Finals
1	Trent Corney	Tiss- Brockville	62.85m	64.05m
2	Adam Bernicky	Rnd - Kingston	48.79m	51.89m
3	Quinton Rook	Opeongo HS	47.58m	49.26m
4	Dillon James	Notre Dame	47.39m	48.20m
5	Aaron Gazendam	Hccss - Kingston	46.50m	47.36m
6	Brandon Beaudin	Smchs-Brockville	45.38m	46.84m
7	Damon Currie	Notre Dame	44.79m	45.25m
8	Jake Marko	Carleton Place	44.41m	43.52m
9	Chris Shibley	Shs - Sydenham	40.55m	42.03m
10	James Townsend	St John's	46.52m	41.84m
11	Mikaël Laplante	L'Escale E.S.C.	42.45m	41.22m
12	Brad Morrison	Russell HS	39.22m	41.03m
13	Brett Duffy	Tiss- Brockville	43.56m	40.59m
14	Daniel Searle	Char er D H	42.05m	40.57m
15	Eric Dimillo	Arnrior Dhs	41.66m	40.39m

16	Mike McGinn	Shs - Sydenham	38.47m	36.85m
17	Mackenzie Milton	Fellowes HS	42.52m	35.76m
18	Skylar McManus	Seaway D H S-I	37.74m	35.34m
19	Duncan McDonald	Char er D H	38.26m	34.96m
20	Andrew Erskine	St. Francis	35.73m	33.60m

Event 95 Women 4x100 Meter Relay Senior

School	Seed	Finals	H#
1 Renfrew CI 'A'	52.15	51.50	2
2 Sydenham - Sydenham 'A'	52.30	51.61	2
3 Arnprior Dhs 'A'	52.21	51.77	2
4 North Grenville - Kemptville 'A'	52.32	52.00	2
5 Carleton Place High School 'A'	54.00	52.52	2
6 Kingston - Kingston 'A'	53.50	52.94	2
7 South Grenville - Prescott 'A'	54.78	53.01	1
8 North Dundas D H S - eond 'A'	56.09	53.40	1
9 Frontenac - Kingston 'A'	53.40	53.62	2
10 Holy Cross - Kingston 'A'	54.30	54.11	2
11 Perth & District Coll. Inst. 'A'	55.90	54.38	1
12 Thousand Islands - Brockville 'A'	56.37	54.93	1
13 Seaway D H S - eose 'A'	57.25	55.68	1
14 Rockland D.H.S. 'A'	59.47	55.72	1

Event 96 Men 4x100 Meter Relay Senior

School	Seed	Finals	H#
1 Thousand Islands - Brockville 'A'	44.06	43.27	2
2 Arnprior Dhs 'A'	45.47	44.68	2
3 Sydenham - Sydenham 'A'	45.50	44.97	2
4 Holy Cross - Kingston 'A'	45.10	45.10	2
5 Almonte District High School 'A'	46.40	45.69	2
6 Rideau - Elgin 'A'	46.09	46.27	2
7 Carleton Place High School 'A'	46.30	46.38	2
8 Kingston - Kingston 'A'	46.20	46.55	2
9 Perth & District Coll. Inst. 'A'	46.70	46.60	1
10 Russell HS 'A'	48.82	46.71	1
11 Seaway D H S - eose 'A'	47.65	46.87	1
12 North Dundas D H S - eond 'A'	48.69	47.08	1
13 Rockland D.H.S. 'A'	48.86	47.35	1
14 General Panet HS 'A'	48.80	47.98	1

Event 97 Women 1500 Meter Steeplechase Open

Name	Year School	Seed	Finals
1 Lacey Tryon	Shs - Sydenham	5:34.10	5:26.57
2 Erin Merkley	St John's	5:55.80	5:41.87
3 Bronwyn Hodgins	Perth	5:48.10	5:43.03
4 Hillary MacMillan	Renfrew CI	5:52.99	5:44.51
5 Brianna Jeffrey	Shs - Sydenham	6:03.90	5:47.70
6 Aislyn Ireton	Perth	6:02.00	5:48.87
7 Loreena Dobson	Opeongo HS	5:56.56	6:02.26
8 Sydney Low	Notre Dame	5:59.20	6:11.31
9 Siobhan Bell	Rdhs - Elgin	6:24.75	6:26.32
10 Maureen Freemark	Arnprior Dhs	6:30.11	6:27.55
11 Mackenzie Carr	Tiss- Brockville	6:32.00	6:31.48
12 Emily Branchard	Ngdhs-Kemptville	6:41.75	6:34.82
13 Anna Van Crieingen	Rockland D.H	6:35.21	6:37.96
14 Krista Pelton	Ngdhs-Kemptville	6:42.56	6:44.11

Event 98 Men 2000 Meter Steeplechase Open

Name	Year School	Seed	Finals
1 Jeffrey Archer	Shs - Sydenham	6:23.90	6:09.46
2 Liam Delaney	Tiss- Brockville	6:47.03	6:15.66
3 Thor Stewart	Perth	6:27.40	6:18.36
4 Colin Simpson	Rothwell Osn	6:31.71	6:20.95
5 Adam McGregor	Renfrew CI	6:26.43	6:25.92
6 John Wynands	Tiss- Brockville	7:05.07	6:29.93
7 Scott Parsons	Arnprior Dhs	6:27.11	6:37.21
8 Brady Campbell	Carleton Place	6:45.80	6:44.52
9 Ryan Santos	Notre Dame	6:49.90	6:49.71
10 David Parsons	Arnprior Dhs	6:30.29	6:53.52
11 Dale Bauder	Hccss - Kingston	7:20.00	6:53.55
12 Jaden Tout	Notre Dame	7:08.80	7:10.78
13 Zack Deschamps	Seaway D H S-I	7:30.00	7:12.66
14 Nathan Jaros	Lsss - Kingston	7:14.60	7:17.77

15	Marc-Alexandre Fitzgerald	L'Escale E.S.C.	7:09.41	7:18.93
16	Matt Walsh	Rnd - Kingston	7:27.50	7:21.74
17	Aric Henry	Ngdhs-Kemptville	7:28.19	7:37.90
18	Daniel Tibben	Seaway D H S-I	8:12.17	7:54.55
19	Joshua Morgan	Russell HS	6:45.19	7:55.24
20	Stephen Tibben	Seaway D H S-I	8:19.92	8:10.62
--	David Denomme	Rockland D.H	7:17.58	DNF

Event 99 Women 4x400 Meter Relay Open

School	Seed	Finals	H#
1 Renfrew CI 'A'	4:17.60	4:10.37	2
2 Sydenham - Sydenham 'A'	4:20.20	4:15.62	2
3 Thousand Islands - Brockville 'A'	4:23.75	4:16.82	2
4 Perth & District Coll. Inst. 'A'	4:29.10	4:20.87	2
5 Kingston - Kingston 'A'	4:26.30	4:22.45	2
6 Almonte District High School 'A'	4:40.00	4:29.87	1
7 Holy Cross - Kingston 'A'	4:28.30	4:30.80	2
8 North Dundas D H S - eond 'A'	4:44.97	4:37.40	1
9 St. Joseph's C H S - eosj 'A'	4:53.88	4:39.09	1
10 North Grenville - Kemptville 'A'	4:31.70	4:39.15	2
11 Seaway D H S - eose 'A'	4:55.59	4:43.47	1
12 Carleton Place High School 'A'	4:47.90	4:45.28	1
13 Rockland D.H.S. 'A'	5:01.93	4:45.81	1
14 L'Escale E.S.C 'A'	5:37.94	4:47.61	1

Event 100 Men 4x400 Meter Relay Open

School	Seed	Finals	H#
1 Sydenham - Sydenham 'A'	3:30.10	3:27.44	2
2 Thousand Islands - Brockville 'A'	3:32.00	3:29.59	2
3 Rideau - Elgin 'A'	3:42.28	3:36.67	2
4 Arnprior Dhs 'A'	3:44.19	3:38.38	2
5 Carleton Place High School 'A'	3:44.50	3:40.00	2
6 Notre Dame Catholic High School 'A'	3:51.00	3:43.07	1
7 Perth & District Coll. Inst. 'A'	3:47.20	3:43.10	2
8 L'Heritage E S - eolh 'A'	3:55.06	3:47.72	1
9 North Dundas D H S - eond 'A'	3:55.50	3:47.79	1
10 Regiopolis-Notre Dame-Kingston 'A'	3:50.90	3:48.36	1
11 Kingston - Kingston 'A'	3:48.90	3:50.11	2
12 Rockland D.H.S. 'A'	4:11.29	3:51.31	1
13 General Panet HS 'A'	3:50.67	3:52.13	2
14 L'Escale E.S.C 'A'	4:04.23	4:00.16	1

Event 102 Men 100 Meter Dash Ambulatory

Name	Year School	Seed	Finals
1 Cody Fawcett	Smchs-Brockville	12.93	14.59
2 Jonathon Finlayson	Sgdhs - Prescott	12.63	14.97
3 Brandon Terrell	Arnprior Dhs	13.46	15.22
4 Jordan Tackaberry	Adhs - Athens	30.72	33.72

Event 104 Men 1500 Meter Dash Wheelchair

Name	Year School	Seed	Finals
1 Samuel Graham	Jeanne Lajoie ES	10:56.40	9:18.31