

KASSAA Championships - 5/13/2010
Track and Field
Belleville
Results

Women 100 Meter Dash Midget

KASSAA: 12.40 * 5/11/2006 Jessica Keating, Bayridge S S
KASSAA 2: 12.40 " 5/14/2009 Taylor Cole, Frontenac SS

Name	School	Prelims	Wind	H#
Preliminaries				
1 Emelyn Fauvel	Sydenham - Sydenham	13.00 Q	NWI	2
2 Kelsey Smith	Frontenac - Kingston	13.60 Q	NWI	1
3 Abbi Finnan	Regiopoliis-Notre Dame	13.20 Q	NWI	2
4 Hannah VanLuven	Sydenham - Sydenham	13.70 Q	NWI	1
5 Samantha Gourdier	Holy Cross - Kingston	13.20 Q	NWI	2
6 Kayla Wilson	Frontenac - Kingston	13.80 Q	NWI	1
7 Courtney Heyman	Regiopoliis-Notre Dame	13.40 q	NWI	2
8 Alyssa Frankland	La Salle - Kingston	13.90 q	NWI	1
9 Kristen Koen	Kingston - Kingston	14.00	NWI	2
10 Heather Arthur	Frontenac - Kingston	14.10	NWI	2
11 Serena Stabile	Frontenac - Kingston	14.20	NWI	2
11 Maddie Ball	Kingston - Kingston	14.20	NWI	1
11 Sarah Sanders	Regiopoliis-Notre Dame	14.20	NWI	1

Women 100 Meter Dash Midget

KASSAA: 12.40 * 5/11/2006 Jessica Keating, Bayridge S S
KASSAA 2: 12.40 " 5/14/2009 Taylor Cole, Frontenac SS

Name	School	Finals	Wind	H#	Points
Finals					
1 Emelyn Fauvel	Sydenham - Sydenham	12.40 "	NWI		
2 Abbi Finnan	Regiopoliis-Notre Dame	12.60	NWI		
3 Samantha Gourdier	Holy Cross - Kingston	12.80	NWI		
4 Kelsey Smith	Frontenac - Kingston	13.10	NWI		
5 Kayla Wilson	Frontenac - Kingston	13.20	NWI		
6 Hannah VanLuven	Sydenham - Sydenham	J13.20	NWI		
7 Alyssa Frankland	La Salle - Kingston	13.30	NWI		
8 Courtney Heyman	Regiopoliis-Notre Dame	J13.30	NWI		

Women 200 Meter Dash Midget

KASSAA: 26.30 * 5/14/2009 Taylor Cole, Frontenac S.S.

Name	School	Prelims	Wind	H#
Preliminaries				
1 Alex Moore	Holy Cross - Kingston	28.00 Q	NWI	1
2 Krissy Berndt	Sydenham - Sydenham	29.30 Q	NWI	2
3 Alyssa Frankland	La Salle - Kingston	28.20 Q	NWI	1
4 Kayla Gibson	Sydenham - Sydenham	29.70 Q	NWI	2
5 Courtney Heyman	Regiopoliis-Notre Dame	28.60 Q	NWI	1
6 Kayla Wilson	Frontenac - Kingston	28.70 q	NWI	1
7 Hannah VanLuven	Sydenham - Sydenham	28.80 q	NWI	1
8 Kristen Koen	Kingston - Kingston	30.60 q	NWI	1

Women 200 Meter Dash Midget

KASSAA: 26.30 * 5/14/2009 Taylor Cole, Frontenac S.S.

Name	School	Finals	Wind	H#	Points
Finals					
1 Alex Moore	Holy Cross - Kingston	28.00	NWI		

Finals ... (Women 200 Meter Dash Midget)

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Name	School	Finals	Wind	H#	Points
2 Alyssa Frankland	La Salle - Kingston	28.20	NWI		
3 Courtney Heyman	Regiopolis-Notre Dame	28.60	NWI		
4 Kayla Wilson	Frontenac - Kingston	28.70	NWI		
5 Hannah VanLuven	Sydenham - Sydenham	28.80	NWI		
6 Krissy Berndt	Sydenham - Sydenham	29.30	NWI		
7 Kayla Gibson	Sydenham - Sydenham	29.70	NWI		
8 Kristen Koen	Kingston - Kingston	30.60	NWI		

Women 400 Meter Dash Midget

KASSAA: 1:02.60 * 5/14/2010 Alyssa Frankland, LSSS - Kingston

Name	School	Finals	H#	Points
1 Alyssa Frankland	La Salle - Kingston	1:02.60 *		
2 Alex Moore	Holy Cross - Kingston	1:02.70		
3 Brianna Bradley	Frontenac - Kingston	1:02.80		
4 Sarah Sanford	Napanee - Napanee	1:03.10		
5 Rachel Nelles	Sydenham - Sydenham	1:04.70		
6 Erin Villeneuve	Sydenham - Sydenham	1:04.90		

Women 800 Meter Run Midget

KASSAA: 2:27.70 * 2005 Catherine Farish, Frontenac S.S.

Name	School	Finals	H#	Points
1 Jenny Casson	Kingston - Kingston	2:28.20	1	
2 Brianna Bradley	Frontenac - Kingston	2:34.30	1	
3 Hanna Sweet	Napanee - Napanee	2:37.20	1	
4 Adrienne Morgan	Ernestown - Odessa	2:38.10	2	
5 Keira Lapierre	Holy Cross - Kingston	2:43.50	1	
6 Erin Villeneuve	Sydenham - Sydenham	2:47.50	1	
7 Sarah McFadden	Sydenham - Sydenham	2:48.40	2	
8 Danielle Galamb	Napanee - Napanee	3:00.70	2	
9 Kristen Makulawich	Kingston - Kingston	3:01.90	2	

Women 1500 Meter Run Midget

KASSAA: 5:01.60 * 5/15/2008 Cleo Boyd, FSS - Kingston

Name	School	Finals	H#	Points
1 Jenny Casson	Kingston - Kingston	5:09.60		
2 Adrienne Morgan	Ernestown - Odessa	5:24.70		
3 Hanna Sweet	Napanee - Napanee	5:28.90		
4 Sarah McFadden	Sydenham - Sydenham	5:35.90		
5 Keira Lapierre	Holy Cross - Kingston	5:36.90		
6 Erika Nolan	Frontenac - Kingston	5:37.00		
7 Shannon Wylie	Regiopolis-Notre Dame	5:46.10		
8 Rhyan Laird	Kingston - Kingston	5:47.60		
9 Danielle Galamb	Napanee - Napanee	5:58.50		
10 Kristen Makulawich	Kingston - Kingston	6:03.00		

Women 3000 Meter Run Midget

KASSAA: 10:58.80 * 5/16/2008 Nicole O'Sullivan, HCCSS - Kingston

Name	School	Finals	H#	Points
1 Jenny Casson	Kingston - Kingston	11:07.10		
2 Marissa Rostek	Regiopolis-Notre Dame	12:07.10		

(Women 3000 Meter Run Midget)

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Name	School	Finals	H#	Points
3 Hannah Ascough	Loyalist - Kingston	12:30.30		
4 Shannon Wylie	Regiopolis-Notre Dame	12:32.40		
5 Erika Nolan	Frontenac - Kingston	12:39.70		
6 Sarah McFadden	Sydenham - Sydenham	12:43.70		
7 Holly Hamilton	Regiopolis-Notre Dame	13:09.40		
8 Rhyan Laird	Kingston - Kingston	14:15.20		

Women 80 Meter Hurdles Midget

KASSAA: 12.90 * 5/11/2006 Shannon Walsh, Sydenham H S

Name	School	Prelims	Wind	H#	Points
Preliminaries					
1 Alex Moore	Holy Cross - Kingston	13.50 Q	NWI		
2 Rachel Grympa	Kingston - Kingston	13.90 Q	NWI		
3 Kayla Gibson	Sydenham - Sydenham	14.00 Q	NWI		
4 Rachel Nelles	Sydenham - Sydenham	14.60 Q	NWI		
5 Madison Lloyd	La Salle - Kingston	14.70 Q	NWI		
6 Krissy Berndt	Sydenham - Sydenham	14.80 Q	NWI		

Women 80 Meter Hurdles Midget

KASSAA: 12.90 * 5/11/2006 Shannon Walsh, Sydenham H S

Name	School	Finals	Wind	H#	Points
Finals					
1 Alex Moore	Holy Cross - Kingston	13.50	NWI		
2 Rachel Grympa	Kingston - Kingston	13.90	NWI		
3 Kayla Gibson	Sydenham - Sydenham	14.00	NWI		
4 Rachel Nelles	Sydenham - Sydenham	14.60	NWI		
5 Madison Lloyd	La Salle - Kingston	14.70	NWI		
6 Krissy Berndt	Sydenham - Sydenham	14.80	NWI		

Women 300 Meter Hurdles Midget

KASSAA: 46.40 * 5/17/2007 Kristen Mullen, Kingston C V I

Name	School	Finals	H#	Points
1 Krissy Berndt	Sydenham - Sydenham	53.10		
2 Kayla Gibson	Sydenham - Sydenham	53.70		
3 Rachel Nelles	Sydenham - Sydenham	54.20		
4 Madison Lloyd	La Salle - Kingston	54.30		
5 Rachel Grympa	Kingston - Kingston	55.50		

Women 4x100 Meter Relay Midget

KASSAA: 53.10 * 5/11/2006 Sydenham H S - eosy, Sydenham H S

Team	Relay	Finals	H#	Points
1 Sydenham - Sydenham	A	54.50		
2 Regiopolis-Notre Dame	A	55.00		
3 Frontenac - Kingston	A	57.50		
4 Kingston - Kingston	A	1:00.00		

Women High Jump Midget

KASSAA: 1.50m * 2005 Shade Makinda, Frontenac S.S.

Name	School	Finals	H#	Points
1 Rachel Grympa	Kingston - Kingston	1.45m		

(Women High Jump Midget)

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Name	School	Finals	H#	Points	
2 Sarah Sanders	Regiopolis-Notre Dame	1.35m			
2 Madison Lloyd	La Salle - Kingston	1.35m			
4 Lucy Newman-Hogan	Kingston - Kingston	1.30m			
Women Long Jump Midget					
KASSAA: 4.78m * 5/15/2007 Morgan Young, Sydenham H S					
Name	School	Finals	Wind	H#	Points
1 Sarah Sanford	Napanee - Napanee	4.53m	NWI		
2 Kelly DeHoop	Kingston - Kingston	4.51m	NWI		
3 Emelyn Fauvel	Sydenham - Sydenham	4.46m	NWI		
4 Courtney Heyman	Regiopolis-Notre Dame	4.19m	NWI		
5 Serena Stabile	Frontenac - Kingston	4.01m	NWI		
6 Alicia McMullen	Sydenham - Sydenham	3.97m	NWI		
7 Nicolle Gaudet	La Salle - Kingston	3.86m	NWI		
8 Victoria Kennedy-Webster	Sharbot Lake - Sharbot Lake	3.40m	NWI		
9 Natalie Smith	Regiopolis-Notre Dame	2.91m	NWI		
10 Hollie Miller	Sharbot Lake - Sharbot Lake	2.69m	NWI		
Women Triple Jump Midget					
KASSAA: 10.12m * 5/16/2008 Portia Worthy, FSS - Kingston					
Name	School	Finals	Wind	H#	Points
1 Kelly DeHoop	Kingston - Kingston	9.71m	NWI		
2 Alicia McMullen	Sydenham - Sydenham	9.33m	NWI		
3 Heather Arthur	Frontenac - Kingston	9.25m	NWI		
4 Emelyn Fauvel	Sydenham - Sydenham	9.15m	NWI		
5 Kristen Koen	Kingston - Kingston	8.66m	NWI		
6 Serena Stabile	Frontenac - Kingston	8.56m	NWI		
--- Nicolle Gaudet	La Salle - Kingston	FOUL	NWI		
--- Emily Rowsell	Regiopolis-Notre Dame	FOUL	NWI		
Women Shot Put Midget					
KASSAA: 10.38m * 5/11/2006 Julie Sleeth, Sydenham H S					
Name	School	Finals	H#	Points	
1 Natalie Kennedy	Sydenham - Sydenham	8.73m			
2 Cariston Fawcett	Holy Cross - Kingston	7.84m			
3 Kate Schenk	Holy Cross - Kingston	7.76m			
4 Victoria Kennedy-Webster	Sharbot Lake - Sharbot Lake	7.52m			
5 Keighan Chadwick	Sydenham - Sydenham	7.44m			
6 Elettia Brazeau	Regiopolis-Notre Dame	6.77m			
7 Hollie Miller	Sharbot Lake - Sharbot Lake	5.53m			
Women Discus Throw Midget					
KASSAA: 27.35m * 5/17/2007 Ashley Windmont, Frontenac S S					
Name	School	Finals	H#	Points	
1 Cariston Fawcett	Holy Cross - Kingston	24.01m			
2 Kate Schenk	Holy Cross - Kingston	21.23m			
3 Natalie Kennedy	Sydenham - Sydenham	19.44m			
4 Keighan Chadwick	Sydenham - Sydenham	19.34m			

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Women Javelin Throw Midget

KASSAA: 31.29m * 5/11/2006

Meredith Papps, Ernestown S S

Name	School	Finals	H#	Points
1 Nicolle Gaudet	La Salle - Kingston	27.12m		
2 Natalie Kennedy	Sydenham - Sydenham	22.56m		
3 Kate Schenk	Holy Cross - Kingston	21.10m		
4 Elettia Brazeau	Regiopolis-Notre Dame	18.70m		
5 Cariston Fawcett	Holy Cross - Kingston	18.16m		
6 Victoria Kennedy-Webster	Sharbot Lake - Sharbot Lake	17.15m		
7 Keighan Chadwick	Sydenham - Sydenham	17.13m		

Women 100 Meter Dash Junior

KASSAA: 12.43 * 2004

Amy Blaser, Frontenac S.S.

Name	School	Prelims	Wind	H#
Preliminaries				
1 Taylor Cole	Frontenac - Kingston	12.80 Q	NWI	1
2 Sydney Smith	Holy Cross - Kingston	13.50 Q	NWI	2
3 Brooke Maschi	Holy Cross - Kingston	13.20 Q	NWI	1
4 Ashley VanLuven	Sydenham - Sydenham	13.50 Q	NWI	2
5 Mary MacDonald	Regiopolis-Notre Dame	13.20 Q	NWI	1
6 Rachel Burgman	Holy Cross - Kingston	13.80 Q	NWI	2
7 Katrina Boyles	Frontenac - Kingston	13.90 q	NWI	2
8 Amanda Tibbutt	Sydenham - Sydenham	14.00 q	NWI	1
9 Uvi Usuanlele	Regiopolis-Notre Dame	14.10	NWI	1
9 Charlotte Ryder-Burbidge	Frontenac - Kingston	14.10	NWI	1
9 Emily Arthur	Frontenac - Kingston	14.10	NWI	1

Women 100 Meter Dash Junior

KASSAA: 12.43 * 2004

Amy Blaser, Frontenac S.S.

Name	School	Finals	Wind	H#	Points
Finals					
1 Taylor Cole	Frontenac - Kingston	12.60	NWI		
2 Brooke Maschi	Holy Cross - Kingston	13.00	NWI		
3 Mary MacDonald	Regiopolis-Notre Dame	13.20	NWI		
4 Sydney Smith	Holy Cross - Kingston	J13.20	NWI		
5 Ashley VanLuven	Sydenham - Sydenham	13.70	NWI		
6 Rachel Burgman	Holy Cross - Kingston	13.90	NWI		
7 Katrina Boyles	Frontenac - Kingston	14.00	NWI		
8 Amanda Tibbutt	Sydenham - Sydenham	J14.00	NWI		

Women 200 Meter Dash Junior

KASSAA: 26.20 * 5/15/2010

Taylor Cole, FSS - Kingston

Name	School	Prelims	Wind	H#
Preliminaries				
1 Taylor Cole	Frontenac - Kingston	* 26.20 Q	NWI	2
2 Brooke Maschi	Holy Cross - Kingston	27.70 Q	NWI	1
3 Sydney Smith	Holy Cross - Kingston	27.40 Q	NWI	2
4 Ashley VanLuven	Sydenham - Sydenham	28.20 Q	NWI	1
5 Rachel Burgman	Holy Cross - Kingston	28.50 Q	NWI	1
6 Caitlyn Lyons	Frontenac - Kingston	29.90 Q	NWI	2
7 Katrina Boyles	Frontenac - Kingston	29.60 q	NWI	1

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Name	School	Prelims	Wind	H#
8 Emily Arthur	Frontenac - Kingston	29.90 q	NWI	2
9 Amanda Tibbutt	Sydenham - Sydenham	30.90	NWI	1
10 Sydney Asselstine	Sydenham - Sydenham	32.00	NWI	2

Women 200 Meter Dash Junior
KASSAA: 26.20 * 5/15/2010 Taylor Cole, FSS - Kingston

Name	School	Finals	Wind	H#	Points
Finals					
1 Taylor Cole	Frontenac - Kingston	26.40	NWI		
2 Brooke Maschi	Holy Cross - Kingston	27.40	NWI		
3 Sydney Smith	Holy Cross - Kingston	28.20	NWI		
4 Ashley VanLuven	Sydenham - Sydenham	28.50	NWI		
5 Rachel Burgman	Holy Cross - Kingston	28.70	NWI		
6 Katrina Boyles	Frontenac - Kingston	30.00	NWI		
7 Caitlyn Lyons	Frontenac - Kingston	30.00	NWI		
8 Emily Arthur	Frontenac - Kingston	30.60	NWI		

Women 400 Meter Dash Junior
KASSAA: 59.40 * 5/11/2006 Catherine Farish, Frontenac S S

Name	School	Finals	H#	Points
1 Rebecca Jaros	La Salle - Kingston	1:02.00	2	
2 Sarah Besselink	Holy Cross - Kingston	1:02.30	2	
3 Kiercy Latimer	Sydenham - Sydenham	1:04.70	1	
4 Caitlyn Lyons	Frontenac - Kingston	1:09.10	1	
5 Danika Dupuis	Frontenac - Kingston	1:09.70	2	
6 Sydney Asselstine	Sydenham - Sydenham	1:13.00	2	
7 Mikaela Henderson	Frontenac - Kingston	1:13.20	1	

Women 800 Meter Run Junior
KASSAA: 2:22.20 * 5/15/2010 Rebecca Jaros, LSSS - Kingston

Name	School	Finals	H#	Points
1 Rebecca Jaros	La Salle - Kingston	2:22.20 *		
2 Sarah Besselink	Holy Cross - Kingston	2:26.20		
3 Clara Langley	Regiopolis-Notre Dame	2:26.80		
4 Olivia Reyers	Holy Cross - Kingston	2:33.10		
5 Jessica Brown	Kingston - Kingston	2:43.70		
6 Paola Vega	Kingston - Kingston	3:02.80		

Women 1500 Meter Run Junior
KASSAA: 4:49.10 * 5/14/2010 Clara Langley, RND - Kingston

Name	School	Finals	H#	Points
1 Clara Langley	Regiopolis-Notre Dame	4:49.10 *		
2 Olivia Reyers	Holy Cross - Kingston	5:13.20		
3 Jessica Brown	Kingston - Kingston	5:43.90		
4 Lindsay Chapman	Ernestown - Odessa	6:02.40		
5 Paola Vega	Kingston - Kingston	6:10.10		

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Women 3000 Meter Run Junior

KASSAA: 10:34.90 * 5/15/2010

Clara Langley, RND - Kingston

Name	School	Finals	H#	Points
1 Clara Langley	Regiopolis-Notre Dame	10:34.90 *		
2 Lindsay Chapman	Ernestown - Odessa	13:48.90		

Women 80 Meter Hurdles Junior

KASSAA: 12.80 * 5/11/2006

Hannah Bagnall, Kingston C V I

KASSAA 2: 12.80 " 2008

Shannon Walsh, Sydenham

Name	School	Prelims	Wind	H#
Preliminaries				
1 Richenda Grazette	Loyalist - Kingston	13.80 Q	NWI	
2 Karley Heyman	Sydenham - Sydenham	J13.80 Q	NWI	
3 Deanna Walker	Loyalist - Kingston	13.90 Q	NWI	
4 Jayme Kielo	Frontenac - Kingston	14.60 Q	NWI	
5 Charlotte Ryder-Burbidge	Frontenac - Kingston	14.70 Q	NWI	
6 Merideth Dendy	Frontenac - Kingston	15.10 Q	NWI	
7 Nicole Monk	Regiopolis-Notre Dame	16.00 Q	NWI	
8 Tanis Worthy	Frontenac - Kingston	16.90 Q	NWI	

Women 80 Meter Hurdles Junior

KASSAA: 12.80 * 5/11/2006

Hannah Bagnall, Kingston C V I

KASSAA 2: 12.80 " 2008

Shannon Walsh, Sydenham

Name	School	Finals	Wind	H#	Points
Finals					
1 Richenda Grazette	Loyalist - Kingston	13.80	NWI		
2 Karley Heyman	Sydenham - Sydenham	J13.80	NWI		
3 Deanna Walker	Loyalist - Kingston	13.90	NWI		
4 Jayme Kielo	Frontenac - Kingston	14.60	NWI		
5 Charlotte Ryder-Burbidge	Frontenac - Kingston	14.70	NWI		
6 Merideth Dendy	Frontenac - Kingston	15.10	NWI		
7 Nicole Monk	Regiopolis-Notre Dame	16.00	NWI		
8 Tanis Worthy	Frontenac - Kingston	16.90	NWI		

Women 300 Meter Hurdles Junior

KASSAA: 46.90 * 5/10/2006

Catherine Farish, Frontenac S S

Name	School	Finals	H#	Points
1 Deanna Walker	Loyalist - Kingston	49.30		
2 Kiercy Latimer	Sydenham - Sydenham	51.00		
3 Karley Heyman	Sydenham - Sydenham	53.00		
4 Richenda Grazette	Loyalist - Kingston	56.20		
5 Danika Dupuis	Frontenac - Kingston	56.40		
6 Krissy Jones	Loyalist - Kingston	1:02.50		
7 Mikaela Henderson	Frontenac - Kingston	1:03.60		

Women 4x100 Meter Relay Junior

KASSAA: 52.30 * 5/16/2007

Sydenham H S - eosy, Sydenham H S

Team	Relay	Finals	H#	Points
1 Sydenham - Sydenham	A	53.90		
2 Holy Cross - Kingston	A	J53.90		
3 Frontenac - Kingston	A	55.30		

(Women 4x100 Meter Relay Junior)

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Team	Relay	Finals	H#	Points	
--- Regiopolis-Notre Dame	A	DQ			
Women High Jump Junior					
KASSAA: 1.62m * 5/16/2008	Portia Ball, LSSS - Kingston				
Name	School	Finals	H#	Points	
1 Deanna Walker	Loyalist - Kingston	1.35m			
2 Merideth Dendy	Frontenac - Kingston	1.25m			
3 Emily Arthur	Frontenac - Kingston	J1.25m			
Women Long Jump Junior					
KASSAA: 5.07m * 2004	Janelle Taylor, Holy Cross S.S.				
Name	School	Finals	Wind	H#	Points
1 Kiercy Latimer	Sydenham - Sydenham	4.40m	NWI		
2 Jean Smillie	Frontenac - Kingston	4.17m	NWI		
3 Carlye Brash	Bayridge - Kingston	4.04m	NWI		
4 Maddy Wright	Loyalist - Kingston	J4.04m	NWI		
5 Jayme Kielo	Frontenac - Kingston	4.02m	NWI		
6 Jordan Whalen	Napanee - Napanee	4.01m	NWI		
7 Marise Meiklejohn	Holy Cross - Kingston	3.94m	NWI		
8 Mary Allward	Regiopolis-Notre Dame	3.87m	NWI		
9 Kate Pinchin	Kingston - Kingston	3.71m	NWI		
10 Holly Cave	Frontenac - Kingston	3.69m	NWI		
11 Jennifer Bernicky	Holy Cross - Kingston	J3.69m	NWI		
12 Jenny Henderson	Regiopolis-Notre Dame	3.41m	NWI		
13 Brittany Pentland	Frontenac - Kingston	3.18m	NWI		
Women Triple Jump Junior					
KASSAA: 10.41m * 5/14/2009	Portia Worthy, FSS - Kingston				
Name	School	Finals	Wind	H#	Points
1 Ashley VanLuven	Sydenham - Sydenham	9.80m	NWI		
2 Jennifer Bernicky	Holy Cross - Kingston	9.79m	NWI		
3 Amanda Tibbutt	Sydenham - Sydenham	J9.79m	NWI		
4 Jean Smillie	Frontenac - Kingston	9.57m	NWI		
5 Merideth Dendy	Frontenac - Kingston	9.22m	NWI		
6 Maddy Wright	Loyalist - Kingston	8.90m	NWI		
7 Kate Pinchin	Kingston - Kingston	8.56m	NWI		
8 Charlotte Ryder-Burbidge	Frontenac - Kingston	8.44m	NWI		
9 Jordan Whalen	Napanee - Napanee	8.19m	NWI		
10 Marise Meiklejohn	Holy Cross - Kingston	8.18m	NWI		
11 Brittany Pentland	Frontenac - Kingston	7.72m	NWI		
--- Jenny Henderson	Regiopolis-Notre Dame	FOUL	NWI		
Women Shot Put Junior					
KASSAA: 11.20m * 5/15/2007	Julie Sleeth, Sydenham H S				
Name	School	Finals	H#	Points	
1 Brittany MacComish	Sydenham - Sydenham	8.87m			
2 Cia Myles-Gonzalez	Sydenham - Sydenham	7.76m			
3 Haleigh MacDonald	La Salle - Kingston	7.09m			
4 Savannah Raeburn	Frontenac - Kingston	6.57m			
5 Taylor Herrington	Sydenham - Sydenham	6.08m			

(Women Shot Put Junior)

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Name	School	Finals	H#	Points
6 Saria Laroque	Sydenham - Sydenham	5.78m		
--- Carlye Brash	Bayridge - Kingston	FOUL		

Women Discus Throw Junior

KASSAA: 32.90m * 5/17/2007 Julie Sleeth, Sydenham H S

Name	School	Finals	H#	Points
1 Cia Myles-Gonzalez	Sydenham - Sydenham	23.17m		
2 Nicole Kendrick	Sydenham - Sydenham	22.68m		
3 Brittany MacComish	Sydenham - Sydenham	21.08m		
4 Taylor Herrington	Sydenham - Sydenham	17.30m		

Women Javelin Throw Junior

KASSAA: 36.18m * 5/16/2007 Meredith Papps, Ernestown S S

Name	School	Finals	H#	Points
1 Brittany MacComish	Sydenham - Sydenham	25.58m		
2 Cia Myles-Gonzalez	Sydenham - Sydenham	24.88m		
3 Savannah Raeburn	Frontenac - Kingston	22.84m		
4 Karley Heyman	Sydenham - Sydenham	22.81m		
5 Taylor Herrington	Sydenham - Sydenham	20.65m		
6 Krissy Jones	Loyalist - Kingston	18.67m		
7 Tanis Worthv	Frontenac - Kingston	15.93m		

Women 100 Meter Dash Senior

KASSAA: 11.90 * 5/16/2007 Veronica Catry, Regiopolis

Name	School	Prelims	Wind	H#
Preliminaries				
1 Morgan Young	Sydenham - Sydenham	13.00 Q	NWI	2
2 Alyssa Young	Frontenac - Kingston	13.10 Q	NWI	1
3 Keagan Davis-Burns	Kingston - Kingston	13.00 Q	NWI	2
4 Haley Gourdier	Holy Cross - Kingston	13.20 Q	NWI	1
5 Melanie Robb	Regiopolis-Notre Dame	13.30 Q	NWI	1
6 Ellie Clark	Kingston - Kingston	13.70 Q	NWI	2
7 Meagan Petrie	Sydenham - Sydenham	13.30 q	NWI	1
8 Natasha Urbancic	Kingston - Kingston	13.40 q	NWI	1
9 Taylor Morgan	Regiopolis-Notre Dame	13.50	NWI	1
10 Sarah Hobbs	Frontenac - Kingston	13.70	NWI	2
11 Avery Michels	Regiopolis-Notre Dame	13.80	NWI	2
12 Nicole Stoyles	Frontenac - Kingston	14.30	NWI	2
13 Bria Wannamaker	Frontenac - Kingston	14.40	NWI	2
14 Ashley Sheridan	Ernestown - Odessa	15.00	NWI	2

Women 100 Meter Dash Senior

KASSAA: 11.90 * 5/16/2007 Veronica Catry, Regiopolis

Name	School	Finals	Wind	H#	Points
Finals					
1 Morgan Young	Sydenham - Sydenham	12.60	NWI		
2 Keagan Davis-Burns	Kingston - Kingston	12.70	NWI		
3 Alyssa Young	Frontenac - Kingston	12.70	NWI		
4 Haley Gourdier	Holy Cross - Kingston	12.80	NWI		
5 Meagan Petrie	Sydenham - Sydenham	12.90	NWI		

Finals ... (Women 100 Meter Dash Senior)

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Name	School	Finals	Wind	H#	Points
6 Melanie Robb	Regiopolis-Notre Dame	13.10	NWI		
7 Natasha Urbancic	Kingston - Kingston	13.40	NWI		
8 Ellie Clark	Kingston - Kingston	J13.40	NWI		

Women 200 Meter Dash Senior

KASSAA: 25.50 * 2001

Kim Laverty, Holy Cross S.S.

Name	School	Prelims	Wind	H#	Points
Preliminaries					
1 Morgan Young	Sydenham - Sydenham	27.20 Q	NWI	2	
2 Nicole Stoyles	Frontenac - Kingston	28.50 Q	NWI	1	
3 Alyssa Young	Frontenac - Kingston	27.80 Q	NWI	2	
4 Mia Kilborn	Sydenham - Sydenham	29.20 Q	NWI	1	
5 Katie Gordanier	La Salle - Kingston	28.40 Q	NWI	2	
6 Meagan Petrie	Sydenham - Sydenham	29.30 Q	NWI	1	
7 Ellie Clark	Kingston - Kingston	28.50 q	NWI	2	
8 Natasha Urbancic	Kingston - Kingston	29.70 q	NWI	2	
9 Tara Worthy	Frontenac - Kingston	31.60	NWI	2	
10 Lorie Tibbutt	Frontenac - Kingston	33.90	NWI	1	
10 Ashley Sheridan	Ernestown - Odessa	33.90	NWI	1	
--- Mallory Hart	Sydenham - Sydenham	X28.90	NWI	1	

Women 200 Meter Dash Senior

KASSAA: 25.50 * 2001

Kim Laverty, Holy Cross S.S.

Name	School	Finals	Wind	H#	Points
Finals					
1 Morgan Young	Sydenham - Sydenham	27.10	NWI		
2 Alyssa Young	Frontenac - Kingston	27.90	NWI		
3 Nicole Stoyles	Frontenac - Kingston	28.50	NWI		
4 Meagan Petrie	Sydenham - Sydenham	28.60	NWI		
5 Katie Gordanier	La Salle - Kingston	J28.60	NWI		
6 Ellie Clark	Kingston - Kingston	29.20	NWI		
7 Natasha Urbancic	Kingston - Kingston	29.30	NWI		
8 Mia Kilborn	Sydenham - Sydenham	29.40	NWI		

Women 400 Meter Dash Senior

KASSAA: 57.70 * 1984

Cheryl Thibedeau, Frontenac S.S.

Name	School	Finals	H#	Points
1 Avery Michels	Regiopolis-Notre Dame	1:02.70		
2 Beth Farnell	Kingston - Kingston	1:04.00		
3 Michela Gossage	Sydenham - Sydenham	1:04.90		
4 Brianna Jeffrey	Sydenham - Sydenham	1:06.30		
5 Brooke Blaskie	Holy Cross - Kingston	J1:06.30		
6 Sarah Valentino	Holy Cross - Kingston	1:07.20		
7 Lorie Tibbutt	Frontenac - Kingston	1:10.80		

Women 800 Meter Run Senior

KASSAA: 2:18.60 * 1995

Alison Forrest, Frontenac S.S.

Name	School	Finals	H#	Points
1 Cleo Boyd	Frontenac - Kingston	2:24.10		
2 Michela Gossage	Sydenham - Sydenham	2:27.60		

(Women 800 Meter Run Senior)

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Name	School	Finals	H#	Points
3 Beth Farnell	Kingston - Kingston	2:38.10		
4 Avery Michels	Regiopolis-Notre Dame	2:38.60		
5 Lacey Tryon	Sydenham - Sydenham	2:39.90		
6 Lauren Rowe	Holy Cross - Kingston	2:58.10		

Women 1500 Meter Run Senior

KASSAA: 4:37.40 * 1999

Emily Tallen, Frontenac S.S.

Name	School	Finals	H#	Points
1 Cleo Boyd	Frontenac - Kingston	4:55.80		
2 Taylor Sills	Ernestown - Odessa	5:13.90		
3 Brianna Lapierre	Holy Cross - Kingston	5:30.10		
4 Michela Gossage	Sydenham - Sydenham	5:32.30		
5 Nicole O'Sullivan	Holy Cross - Kingston	5:34.80		
6 Corrine Finizio	Regiopolis-Notre Dame	5:46.50		
7 Lauren Rowe	Holy Cross - Kingston	6:09.50		
8 Lauren Taylor	Frontenac - Kingston	6:22.20		

Women 3000 Meter Run Senior

KASSAA: 9:57.60 * 1999

Emily Tallen, Frontenac S.S.

Name	School	Finals	H#	Points
1 Taylor Sills	Ernestown - Odessa	11:01.60		
2 Cleo Boyd	Frontenac - Kingston	11:05.60		
3 Lacey Tryon	Sydenham - Sydenham	11:30.00		
4 Brianna Lapierre	Holy Cross - Kingston	11:40.50		
5 Nicole O'Sullivan	Holy Cross - Kingston	12:03.90		
6 Jaky Kueper	Regiopolis-Notre Dame	12:59.90		
7 Lauren Taylor	Frontenac - Kingston	13:31.40		

Women 100 Meter Hurdles Senior

KASSAA: 15.10 * 1992

Tracy Higgs, Loyalist C.V.I.

KASSAA 2: 15.10 " 2008

Veronica Catry, Regiopolis-Notre Dame

Name	School	Prelims	Wind	H#
Preliminaries				
1 Mia Kilborn	Sydenham - Sydenham	16.50 Q	NWI	
1 Taylor Morgan	Regiopolis-Notre Dame	16.50 Q	NWI	
3 Mallory Hart	Sydenham - Sydenham	17.10 Q	NWI	
4 Portia Ball	La Salle - Kingston	17.80 Q	NWI	
5 Alyssa DeHoop	Frontenac - Kingston	17.90 Q	NWI	
6 Tara Worthy	Frontenac - Kingston	18.00 Q	NWI	

Women 100 Meter Hurdles Senior

KASSAA: 15.10 * 1992

Tracy Higgs, Loyalist C.V.I.

KASSAA 2: 15.10 " 2008

Veronica Catry, Regiopolis-Notre Dame

Name	School	Finals	Wind	H#	Points
Finals					
1 Taylor Morgan	Regiopolis-Notre Dame	16.50	NWI		
2 Mia Kilborn	Sydenham - Sydenham	16.50	NWI		
3 Mallory Hart	Sydenham - Sydenham	17.10	NWI		
4 Portia Ball	La Salle - Kingston	17.80	NWI		
5 Alyssa DeHoop	Frontenac - Kingston	17.90	NWI		

Finals ... (Women 100 Meter Hurdles Senior)

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Name	School	Finals	Wind	H#	Points
6 Tara Worthy	Frontenac - Kingston	18.00	NWI		
Women 400 Meter Hurdles Senior					
KASSAA: 1:06.10 * 5/16/2008		Catherine Farish, FSS - Kingston			
Name	School	Finals		H#	Points
1 Beth Farnell	Kingston - Kingston	1:11.20			
2 Brianna Jeffrey	Sydenham - Sydenham	1:16.40			
3 Mia Kilborn	Sydenham - Sydenham	1:17.10			
4 Tara Worthy	Frontenac - Kingston	1:18.30			
Women 4x100 Meter Relay Senior					
KASSAA: 49.40 * 1993		Loyalist C.V.I., Loyalist C.V.I.			
Team	Relay	Finals		H#	Points
1 Sydenham - Sydenham	A	52.30			
2 Frontenac - Kingston	A	53.40			
3 Kingston - Kingston	A	53.50			
4 Holy Cross - Kingston	A	54.30			
5 Regiopolis-Notre Dame	A	54.70			
Women High Jump Senior					
KASSAA: 1.77m * 1987		Susan Campbell, Loyalist C.V.I.			
Name	School	Finals		H#	Points
1 Portia Ball	La Salle - Kingston	1.70m			
2 Alison Zilstra	Loyalist - Kingston	1.35m			
Women Long Jump Senior					
KASSAA: 5.40m * 1994		Danielle Froese, Loyalist C.V.I.			
Name	School	Finals	Wind	H#	Points
1 Morgan Young	Sydenham - Sydenham	4.84m	NWI		
2 Katie Gordanier	La Salle - Kingston	4.76m	NWI		
3 Melanie Robb	Regiopolis-Notre Dame	4.63m	NWI		
4 Sarah Hobbs	Frontenac - Kingston	4.44m	NWI		
5 Mackenzie Lemmon	Kingston - Kingston	4.30m	NWI		
6 Bria Wannamaker	Frontenac - Kingston	4.22m	NWI		
7 Vicky Lewis	Kingston - Kingston	4.18m	NWI		
8 Stephanie Benton	Holy Cross - Kingston	4.04m	NWI		
9 Ashley Sheridan	Ernestown - Odessa	3.88m	NWI		
Women Triple Jump Senior					
KASSAA: 10.93m * 1992		Lesley Hughes, Ernestown S.S.			
Name	School	Finals	Wind	H#	Points
1 Melanie Robb	Regiopolis-Notre Dame	10.16m	NWI		
2 Katie Gordanier	La Salle - Kingston	10.12m	NWI		
3 Sarah Hobbs	Frontenac - Kingston	9.79m	NWI		
4 Natasha Urbancic	Kingston - Kingston	9.49m	NWI		
5 Stephanie Benton	Holy Cross - Kingston	9.00m	NWI		
6 Alyssa DeHoop	Frontenac - Kingston	8.70m	NWI		
7 Bria Wannamaker	Frontenac - Kingston	8.32m	NWI		

KASSAA Championships - 5/13/2010
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Women Shot Put Senior

KASSAA: 13.22m * 1998

Nicole Clarke, LaSalle S.S.

Name	School	Finals	H#	Points
1 Julie Sleeth	Sydenham - Sydenham	10.43m		
2 Ashley Widmont	Frontenac - Kingston	9.92m		
3 Brittany Nash	Sydenham - Sydenham	9.19m		
4 Samantha Demers	Regiopolis-Notre Dame	8.90m		
5 Atissa Cronk	Queen Elizabeth - Kingston	8.69m		
6 Sarah McCullough	Sharbot Lake - Sharbot Lake	8.53m		
7 Blaire Coffey	Frontenac - Kingston	8.08m		
8 Stencell Sami	Sharbot Lake - Sharbot Lake	7.62m		
9 Kayla Clinton	Sydenham - Sydenham	7.36m		
10 Lindsay Harrison	Frontenac - Kingston	6.90m		

Women Discus Throw Senior

KASSAA: 41.40m * 1998

Erin Sepic, Regiopolis N.D.C.H.S.

Name	School	Finals	H#	Points
1 Ashley Widmont	Frontenac - Kingston	34.38m		
2 Julie Sleeth	Sydenham - Sydenham	32.55m		
3 Brittany Nash	Sydenham - Sydenham	29.73m		
4 Kayla Clinton	Sydenham - Sydenham	24.76m		
5 Atissa Cronk	Queen Elizabeth - Kingston	24.48m		
6 Marissa Loh	Kingston - Kingston	23.58m		
7 Emily Niles	Regiopolis-Notre Dame	21.70m		
8 Katie Glass	Sydenham - Sydenham	20.98m		
9 Blaire Coffey	Frontenac - Kingston	17.06m		
10 Samantha Demers	Regiopolis-Notre Dame	16.68m		

Women Javelin Throw Senior

KASSAA: 38.41m * 5/14/2010

Ashley Widmont, FSS - Kingston

Name	School	Finals	H#	Points
1 Ashley Widmont	Frontenac - Kingston	38.41m *		
2 Stencell Sami	Sharbot Lake - Sharbot Lake	30.97m		
3 Portia Ball	La Salle - Kingston	30.67m		
4 Katie Glass	Sydenham - Sydenham	30.02m		
5 Atissa Cronk	Queen Elizabeth - Kingston	29.10m		
6 Blaire Coffey	Frontenac - Kingston	26.74m		
7 Sarah McCullough	Sharbot Lake - Sharbot Lake	23.97m		
8 Marissa Loh	Kingston - Kingston	23.59m		
9 Lindsay Harrison	Frontenac - Kingston	16.85m		

Women 1500 Meter Steeplechase Open

KASSAA: 5:34.10 * 5/14/2010

Lacey Tryon, SHS - Sydenham

Name	School	Finals	H#	Points
1 Lacey Tryon	Sydenham - Sydenham	5:34.10 *		
2 Brianna Jeffrey	Sydenham - Sydenham	6:03.90		
3 Marissa Rostek	Regiopolis-Notre Dame	6:09.50		

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Women 4x400 Meter Relay Open

KASSAA: 4:08.60 * 1992

Loyalist C.V.I., Loyalist C.V.I.

Team	Relay	Finals	H#	Points
1 Sydenham - Sydenham	A	4:20.20		
2 Kingston - Kingston	A	4:26.30		
3 Holy Cross - Kingston	A	4:28.30		
4 Regiopolis-Notre Dame	A	4:29.90		
5 La Salle - Kingston	A	4:30.70		

Men 100 Meter Dash Midget

KASSAA: 11.40 * 5/11/2006

Jonathon Ramirez, Frontenac S S

Name	School	Prelims	Wind	H#
Preliminaries				
1 Branden Lewis	Sydenham - Sydenham	12.60 Q	NWI	2
2 Ryan Fox	Regiopolis-Notre Dame	J12.70 Q	NWI	2
3 Cole VanLeeuwen	Sydenham - Sydenham	J12.70 Q	NWI	1
4 Anthony Whan-Corkham	Sharbot Lake - Sharbot Lake	12.80 Q	NWI	1
5 Philippe Fauvel	Sydenham - Sydenham	13.20 Q	NWI	2
6 Brandon Hole	Sharbot Lake - Sharbot Lake	J13.20 Q	NWI	1

Men 100 Meter Dash Midget

KASSAA: 11.40 * 5/11/2006

Jonathon Ramirez, Frontenac S S

Name	School	Finals	Wind	H#	Points
Finals					
1 Branden Lewis	Sydenham - Sydenham	12.60	NWI		
2 Ryan Fox	Regiopolis-Notre Dame	12.70	NWI		
3 Cole VanLeeuwen	Sydenham - Sydenham	J12.70	NWI		
4 Anthony Whan-Corkham	Sharbot Lake - Sharbot Lake	12.80	NWI		
5 Philippe Fauvel	Sydenham - Sydenham	13.20	NWI		
6 Brandon Hole	Sharbot Lake - Sharbot Lake	J13.20	NWI		

Men 200 Meter Dash Midget

KASSAA: 24.40 * 5/11/2006

Jonathon Ramirez, Frontenac S S

KASSAA 2: 24.40 " 5/14/2009

Brett Babcock, Regiopolis-Notre Dame

Name	School	Prelims	Wind	H#
Preliminaries				
1 Cole VanLeeuwen	Sydenham - Sydenham	25.50 Q	NWI	
2 Josh Mastin	Sydenham - Sydenham	26.90 Q	NWI	
3 Scott Leeman	Kingston - Kingston	27.00 Q	NWI	
4 Anthony Whan-Corkham	Sharbot Lake - Sharbot Lake	27.40 Q	NWI	
5 Josh Chevarie	Holy Cross - Kingston	27.60 Q	NWI	
6 Steven Asselstine	Sydenham - Sydenham	28.10 Q	NWI	

Men 200 Meter Dash Midget

KASSAA: 24.40 * 5/11/2006

Jonathon Ramirez, Frontenac S S

KASSAA 2: 24.40 " 5/14/2009

Brett Babcock, Regiopolis-Notre Dame

Name	School	Finals	Wind	H#	Points
Finals					
1 Cole VanLeeuwen	Sydenham - Sydenham	25.50	NWI		
2 Josh Mastin	Sydenham - Sydenham	26.90	NWI		
3 Scott Leeman	Kingston - Kingston	27.00	NWI		

Finals ... (Men 200 Meter Dash Midget)

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Name	School	Finals	Wind	H#	Points
4 Anthony Whan-Corkham	Sharbot Lake - Sharbot Lake	27.40	NWI		
5 Josh Chevarie	Holy Cross - Kingston	27.60	NWI		
6 Steven Asselstine	Sydenham - Sydenham	28.10	NWI		

Men 400 Meter Dash Midget

KASSAA: 54.80 * 2004 Jermaine Edwards, Holy Cross S.S.

Name	School	Finals	H#	Points
1 Cole VanLeeuwen	Sydenham - Sydenham	57.30	1	
2 Ben Trickey	Sydenham - Sydenham	57.40	1	
3 Josh Mastin	Sydenham - Sydenham	59.80	2	
4 Tim Ostiguy	Kingston - Kingston	59.90	1	
5 Josh Chevarie	Holy Cross - Kingston	1:01.40	2	
6 Ryan Walsh	Regiopolis-Notre Dame	1:01.80	2	
7 Logan Jordan	Regiopolis-Notre Dame	1:01.90	2	
8 Steven Asselstine	Sydenham - Sydenham	J1:01.90	2	
9 Jamie Kennedy	Queen Elizabeth - Kingston	1:02.40	1	
10 Malcolm Hamilton	Regiopolis-Notre Dame	1:02.50	1	

Men 800 Meter Run Midget

KASSAA: 2:08.30 * 5/16/2008 Kyle Mckellar, FSS - Kingston

Name	School	Finals	H#	Points
1 Ben Trickey	Sydenham - Sydenham	2:16.00		
2 Tim Ostiguy	Kingston - Kingston	2:19.60		
3 Dylan Vermilyea	Napanee - Napanee	2:20.70		
4 Malcolm Hamilton	Regiopolis-Notre Dame	2:31.20		

Men 1500 Meter Run Midget

KASSAA: 4:26.30 * 5/15/2008 Kyle Mckellar, FSS - Kingston

Name	School	Finals	H#	Points
1 Nick Belore	Sydenham - Sydenham	4:44.30		
2 Dylan Vermilyea	Napanee - Napanee	4:50.40		
3 Eric Macrow	Holy Cross - Kingston	4:51.70		
4 Ben Trickey	Sydenham - Sydenham	4:52.20		
5 Matt Eliot	Frontenac - Kingston	4:52.50		
6 Logan Barr	Kingston - Kingston	5:02.90		
7 Cody Steeves	Sharbot Lake - Sharbot Lake	5:12.20		

Men 3000 Meter Run Midget

KASSAA: 9:37.00 * 2005 Nick McGraw, Frontenac S.S.

Name	School	Finals	H#	Points
1 Nick Belore	Sydenham - Sydenham	10:09.50		
2 Eric Macrow	Holy Cross - Kingston	10:30.70		
3 Matt Eliot	Frontenac - Kingston	10:54.40		
4 Logan Barr	Kingston - Kingston	11:21.50		

Men 100 Meter Hurdles Midget

KASSAA: 15.40 * 5/15/2009 Brett Babcock, RND - Kingston

Name	School	Prelims	Wind	H#
Preliminaries				
1 James Tennant	Loyalist - Kingston	16.80 Q	NWI	

Preliminaries ... (Men 100 Meter Hurdles Midget)

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Name	School	Prelims	Wind	H#
2 Jackson Watt-Bowers	Loyalist - Kingston	17.10 Q	NWI	
3 Jacob Riley-Janzen	Loyalist - Kingston	17.70 Q	NWI	
4 Eddie Running-Adams	Sharbot Lake - Sharbot Lake	18.50 Q	NWI	
5 Cody Steeves	Sharbot Lake - Sharbot Lake	18.70 Q	NWI	

Men 100 Meter Hurdles Midget
KASSAA: 15.40 * 5/15/2009 Brett Babcock, RND - Kingston

Name	School	Finals	Wind	H#	Points
Finals					
1 James Tennant	Loyalist - Kingston	16.80	NWI		
2 Jackson Watt-Bowers	Loyalist - Kingston	17.10	NWI		
3 Jacob Riley-Janzen	Loyalist - Kingston	17.70	NWI		
4 Eddie Running-Adams	Sharbot Lake - Sharbot Lake	18.50	NWI		
5 Cody Steeves	Sharbot Lake - Sharbot Lake	18.70	NWI		

Men 300 Meter Hurdles Midget
KASSAA: 43.80 * 5/17/2007 Matt Fouzie, Sydenham H S

Name	School	Finals	H#	Points
1 James Tennant	Loyalist - Kingston	47.40		
2 Ryan Walsh	Regiopolis-Notre Dame	47.90		
3 Jackson Watt-Bowers	Loyalist - Kingston	49.00		
4 Jacob Riley-Janzen	Loyalist - Kingston	52.30		
5 Eddie Running-Adams	Sharbot Lake - Sharbot Lake	53.80		

Men 4x100 Meter Relay Midget
KASSAA: 47.60 * 5/15/2008 Sydenham - Sydenham, SHS - Sydenham

Team	Relay	Finals	H#	Points
1 Sydenham - Sydenham	A	50.00		
2 Sharbot Lake - Sharbot Lake	A	52.60		

Men High Jump Midget
KASSAA: 1.76m * 5/17/2007 Matt McEathron, Frontenac S S

Name	School	Finals	H#	Points
1 Brandon Hole	Sharbot Lake - Sharbot Lake	1.50m		
2 Jacob Bell	Ernestown - Odessa	1.40m		
3 Ryan Walsh	Regiopolis-Notre Dame	J1.40m		

Men Long Jump Midget
KASSAA: 5.63m * 5/16/2007 Brandon McIntosh, Frontenac S S

Name	School	Finals	Wind	H#	Points
1 Philippe Fauvel	Sydenham - Sydenham	5.42m	NWI		
2 Jacob Bell	Ernestown - Odessa	5.35m	NWI		
3 Luke Kilpatrick	Regiopolis-Notre Dame	5.17m	NWI		
4 Eric Harvey	Sydenham - Sydenham	4.93m	NWI		
5 Anthony Whan-Corkham	Sharbot Lake - Sharbot Lake	4.67m	NWI		
6 Ryan Fox	Regiopolis-Notre Dame	4.50m	NWI		
7 Branden Lewis	Sydenham - Sydenham	4.49m	NWI		
8 Brandon Hole	Sharbot Lake - Sharbot Lake	4.34m	NWI		
9 Eddie Running-Adams	Sharbot Lake - Sharbot Lake	4.15m	NWI		
10 Skyler Howes	Sharbot Lake - Sharbot Lake	3.93m	NWI		

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Men Triple Jump Midget

KASSAA: 11.70m * 2005

Brendan Perry, Holy Cross S.S.

Name	School	Finals	Wind	H#	Points
1 Philippe Fauvel	Sydenham - Sydenham	11.03m	NWI		
2 Eric Harvey	Sydenham - Sydenham	J11.03m	NWI		
3 Luke Kilpatrick	Regiopolis-Notre Dame	10.84m	NWI		
4 Ryan Fox	Regiopolis-Notre Dame	10.67m	NWI		
5 Jacob Bell	Ernestown - Odessa	10.52m	NWI		
6 Skyler Howes	Sharbot Lake - Sharbot Lake	8.79m	NWI		
7 Branden Lewis	Sydenham - Sydenham	8.59m	NWI		

Men Shot Put Midget

KASSAA: 15.23m * 5/15/2008

Gavin Davis-Young, SHS - Sydenham

Name	School	Finals	H#	Points
1 Mike Holden	Napanee - Napanee	11.82m		
2 William Gurnsey	Napanee - Napanee	11.46m		
3 Scott Leeman	Kingston - Kingston	11.10m		
4 Freddie Kehoe	Sharbot Lake - Sharbot Lake	9.43m		
5 Ryan Casey	Bayridge - Kingston	9.39m		
6 Caleb Shatraw	Bayridge - Kingston	9.14m		
7 Zack Smith	Sydenham - Sydenham	8.65m		
8 Matt Ouellet	Napanee - Napanee	5.47m		

Men Discus Throw Midget

KASSAA: 38.60m * 5/14/2010

Mike Holden, NDSS - Napanee

Name	School	Finals	H#	Points
1 Mike Holden	Napanee - Napanee	38.60m *		
2 Zack Smith	Sydenham - Sydenham	29.77m		
3 William Gurnsey	Napanee - Napanee	27.74m		
4 Jarius Ham	Napanee - Napanee	24.89m		
5 Ryan Casey	Bayridge - Kingston	20.94m		
6 Caleb Shatraw	Bayridge - Kingston	19.42m		
7 Huntter Hart	Bayridge - Kingston	18.84m		

Men Javelin Throw Midget

KASSAA: 42.98m * 2005

Travis Wowk, Kingston C.V.I.

Name	School	Finals	H#	Points
1 Mike Holden	Napanee - Napanee	39.55m		
2 Tim Ostiguy	Kingston - Kingston	32.90m		
3 William Gurnsey	Napanee - Napanee	29.23m		
4 Skyler Howes	Sharbot Lake - Sharbot Lake	25.35m		
5 Zack Smith	Sydenham - Sydenham	22.38m		
6 Jarius Ham	Napanee - Napanee	22.14m		
7 Ryan Casey	Bayridge - Kingston	19.20m		
8 Huntter Hart	Bayridge - Kingston	18.95m		

Men 100 Meter Dash Junior

KASSAA: 10.90 * 5/15/2007

Jason Steels, Regiopolis

Name	School	Prelims	Wind	H#
Preliminaries				
1 Brett Babcock	Regiopolis-Notre Dame	11.50 Q	NWI	2

Preliminaries ... (Men 100 Meter Dash Junior)

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Name	School	Prelims	Wind	H#
2 Sam Catry	Regiopolis-Notre Dame	11.80 Q	NWI	1
3 Michael Suenaga	Kingston - Kingston	12.00 Q	NWI	3
4 Brandon Porter	Holy Cross - Kingston	11.60 Q	NWI	2
5 Wade Embury	Sydenham - Sydenham	12.00 Q	NWI	1
5 Ben Catry	Regiopolis-Notre Dame	12.00 Q	NWI	3
7 Kyle Smallegange	La Salle - Kingston	11.60 q	NWI	2
7 Ryan O'Neil	Regiopolis-Notre Dame	11.60 q	NWI	2
9 John Vinkle	Sharbot Lake - Sharbot Lake	12.00	NWI	1
10 Jordan Gravesande	Frontenac - Kingston	12.20	NWI	1
10 Alex Batson	Holy Cross - Kingston	12.20	NWI	1
12 Isaac Desousa	Holy Cross - Kingston	12.30	NWI	3
13 Kevin Land	Sydenham - Sydenham	12.40	NWI	3
13 Matthew Satterthwaite	Esc Marie Rivier - Kingston	12.40	NWI	3
15 Greg Johnson	Frontenac - Kingston	12.70	NWI	2
16 Broeghan Carroll	Kingston - Kingston	13.00	NWI	1
16 Mike Shen	Frontenac - Kingston	13.00	NWI	3
18 Josh Lindsay	Holy Cross - Kingston	13.10	NWI	3
19 Mitchell Smith	Napanee - Napanee	13.40	NWI	2

Men 100 Meter Dash Junior

KASSAA: 10.90 * 5/15/2007 Jason Steels, Regiopolis

Name	School	Finals	Wind	H#	Points
Finals					
1 Brett Babcock	Regiopolis-Notre Dame	11.40	NWI		
2 Sam Catry	Regiopolis-Notre Dame	11.60	NWI		
3 Michael Suenaga	Kingston - Kingston	11.70	NWI		
4 Ben Catry	Regiopolis-Notre Dame	J11.70	NWI		
5 Wade Embury	Sydenham - Sydenham	12.10	NWI		
6 Brandon Porter	Holy Cross - Kingston	J12.10	NWI		
7 Ryan O'Neil	Regiopolis-Notre Dame	12.20	NWI		
8 Kyle Smallegange	La Salle - Kingston	12.50	NWI		

Men 200 Meter Dash Junior

KASSAA: 23.70 * Kevin Cooper, Regiopolis-Notre Dame

Name	School	Prelims	Wind	H#
Preliminaries				
1 Pascal Dirocco	Holy Cross - Kingston	23.80 Q	NWI	1
2 Michael Suenaga	Kingston - Kingston	24.10 Q	NWI	3
3 Sam Catry	Regiopolis-Notre Dame	24.30 Q	NWI	2
4 Brett Babcock	Regiopolis-Notre Dame	24.00 Q	NWI	1
5 Wade Embury	Sydenham - Sydenham	24.90 Q	NWI	3
6 John Vinkle	Sharbot Lake - Sharbot Lake	25.00 Q	NWI	2
7 Alex Batson	Holy Cross - Kingston	25.00 q	NWI	3
7 Ben Catry	Regiopolis-Notre Dame	25.00 q	NWI	3
9 Jared Kurish	Frontenac - Kingston	25.30	NWI	2
10 Vadim Ignatov	Regiopolis-Notre Dame	25.60	NWI	1
11 Broeghan Carroll	Kingston - Kingston	25.80	NWI	1
12 Kyle Smallegange	La Salle - Kingston	26.10	NWI	2
13 Greg Johnson	Frontenac - Kingston	27.10	NWI	3

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Name	School	Prelims	Wind	H#
14 Mike Shen	Frontenac - Kingston	27.80	NWI	1
15 Josh Lindsay	Holy Cross - Kingston	30.70	NWI	2

Men 200 Meter Dash Junior
KASSAA: 23.70 * Kevin Cooper, Regiopolis-Notre Dame

Name	School	Finals	Wind	H#	Points
Finals					
1 Pascal Dirocco	Holy Cross - Kingston	23.70 *	NWI		
2 Brett Babcock	Regiopolis-Notre Dame	23.80	NWI		
3 Michael Suenaga	Kingston - Kingston	24.20	NWI		
4 Wade Embury	Sydenham - Sydenham	24.60	NWI		
5 Sam Catry	Regiopolis-Notre Dame	J24.60	NWI		
6 Ben Catry	Regiopolis-Notre Dame	24.70	NWI		
7 John Vinkle	Sharbot Lake - Sharbot Lake	24.90	NWI		
8 Alex Batson	Holy Cross - Kingston	25.10	NWI		

Men 400 Meter Dash Junior
KASSAA: 52.70 * 5/15/2008 Kieran Doyle, SHS - Sydenham

Name	School	Finals	H#	Points
1 Wade Embury	Sydenham - Sydenham	54.50	2	
2 Ryan Jaros	Regiopolis-Notre Dame	55.10	1	
3 Jared Kurish	Frontenac - Kingston	57.00	1	
4 Patrick Vanderholst	Sydenham - Sydenham	57.10	2	
5 Matt Mombourquette	Regiopolis-Notre Dame	57.60	2	
6 John Addison	Sydenham - Sydenham	58.00	1	
7 James Mitchell	Regiopolis-Notre Dame	58.90	1	
8 Eamon Hillis	Sydenham - Sydenham	J58.90	1	
9 Charlie Tremblay	Queen Elizabeth - Kingston	59.00	1	
10 Kyle Smallegange	La Salle - Kingston	59.70	2	
11 Myles Garrett	Regiopolis-Notre Dame	59.80	2	
12 Mitchell Smith	Napanee - Napanee	1:00.80	2	
13 Tyson Dowdle	Napanee - Napanee	1:03.80	1	

Men 800 Meter Run Junior
KASSAA: 2:05.20 * 5/11/2006 Josh George, Frontenac S S

Name	School	Finals	H#	Points
1 Ryan Jaros	Regiopolis-Notre Dame	2:11.90	2	
2 Adrien Noble	Kingston - Kingston	2:12.50	2	
3 Patrick Vanderholst	Sydenham - Sydenham	2:15.90	2	
4 Eamon Hillis	Sydenham - Sydenham	2:29.70	2	
5 Tyson Dowdle	Napanee - Napanee	2:37.30	2	

Men 1500 Meter Run Junior
KASSAA: 4:10.70 * 2004 Matt Hulse, Holy Cross S.S.

Name	School	Finals	H#	Points
1 Patrick Vanderholst	Sydenham - Sydenham	4:32.60		
2 Adrien Noble	Kingston - Kingston	4:34.90		
3 Luke Kenny	Holy Cross - Kingston	4:38.40		
4 Davis Sawyer	Regiopolis-Notre Dame	4:40.10		
5 Patrick Russell	Sydenham - Sydenham	5:02.30		

(Men 1500 Meter Run Junior)

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Name	School	Finals	H#	Points	
6 Adam Brett	Holy Cross - Kingston	5:12.70			
7 Austin Soboloski	Sydenham - Sydenham	5:17.40			
8 Taylor Huisman	Frontenac - Kingston	5:17.80			
Men 3000 Meter Run Junior					
KASSAA: 9:16.00 * 5/17/2007 Alexander Hinton, Kingston C V I					
Name	School	Finals	H#	Points	
1 Luke Kenny	Holy Cross - Kingston	10:10.70			
2 Davis Sawyer	Regiopolis-Notre Dame	10:46.20			
3 Patrick Russell	Sydenham - Sydenham	10:52.80			
4 Adam Brett	Holy Cross - Kingston	11:04.10			
Men 100 Meter Hurdles Junior					
KASSAA: 14.50 * 5/11/2006 Dave McGinn, Sydenham H S					
Name	School	Prelims	Wind	H#	
Preliminaries					
1 Brett Babcock	Regiopolis-Notre Dame	14.80 Q	NWI		
2 Zack Fedora	Loyalist - Kingston	14.90 Q	NWI		
Men 100 Meter Hurdles Junior					
KASSAA: 14.50 * 5/11/2006 Dave McGinn, Sydenham H S					
Name	School	Finals	Wind	H#	Points
Finals					
1 Brett Babcock	Regiopolis-Notre Dame	14.80	NWI		
2 Zack Fedora	Loyalist - Kingston	14.90	NWI		
Men 300 Meter Hurdles Junior					
KASSAA: 41.50 * 5/10/2006 Dave McGinn, Sydenham H S					
Name	School	Finals	H#	Points	
1 Zack Fedora	Loyalist - Kingston	43.50			
2 Michael Gencarelli	Holy Cross - Kingston	46.10			
3 John Addison	Sydenham - Sydenham	46.80			
4 Sam Menard	Loyalist - Kingston	48.00			
Men 4x100 Meter Relay Junior					
KASSAA: 46.30 * 5/15/2008 Sydenham - Sydenham, SHS - Sydenham					
Team	Relay	Finals	H#	Points	
1 Regiopolis-Notre Dame	A	47.30			
2 Sydenham - Sydenham	A	49.00			
2 Holy Cross - Kingston	A	49.00			
4 Frontenac - Kingston	A	50.20			
Men High Jump Junior					
KASSAA: 1.85m * 2004 Tom Hughes, Sharbot Lake H.S.					
Name	School	Finals	H#	Points	
1 Pascal Dirocco	Holy Cross - Kingston	1.75m			
2 Jordan Gravesande	Frontenac - Kingston	J1.75m			
3 Graham Fox	Regiopolis-Notre Dame	1.70m			
4 Isaac Desousa	Holy Cross - Kingston	1.65m			
5 Michael Gencarelli	Holy Cross - Kingston	1.60m			

(Men High Jump Junior)

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Name	School	Finals	H#	Points	
6 Ryan O'Neil	Regiopolis-Notre Dame	1.55m			
6 Kyle English	Kingston - Kingston	1.55m			
8 Patrick Drouin	Esc Marie Rivier - Kingston	1.50m			
Men Long Jump Junior					
KASSAA: 6.59m * 2004		David Jones, Ernestown S.S.			
Name	School	Finals	Wind	H#	Points
1 Vadim Ignatov	Regiopolis-Notre Dame	5.42m	NWI		
2 Graham Fox	Regiopolis-Notre Dame	5.24m	NWI		
3 Sam Menard	Loyalist - Kingston	5.18m	NWI		
4 Stephane Prior	Esc Marie Rivier - Kingston	J5.18m	NWI		
5 Ryan O'Neil	Regiopolis-Notre Dame	5.04m	NWI		
6 Michael Gencarelli	Holy Cross - Kingston	4.85m	NWI		
7 Isaac Kim	Bayridge - Kingston	4.62m	NWI		
8 Mitchell Smith	Napanee - Napanee	4.58m	NWI		
9 Ben Jalink	Holy Cross - Kingston	4.52m	NWI		
Men Triple Jump Junior					
KASSAA: 12.93m * 2004		David Jones, Ernestown S.S.			
Name	School	Finals	Wind	H#	Points
1 Vadim Ignatov	Regiopolis-Notre Dame	11.76m	NWI		
2 Sam Menard	Loyalist - Kingston	11.43m	NWI		
3 Stephane Prior	Esc Marie Rivier - Kingston	10.71m	NWI		
4 Patrick Drouin	Esc Marie Rivier - Kingston	10.26m	NWI		
5 Ben Jalink	Holy Cross - Kingston	10.14m	NWI		
6 Isaac Kim	Bayridge - Kingston	9.47m	NWI		
--- Tyson Dowdle	Napanee - Napanee	FOUL	NWI		
Men Shot Put Junior					
KASSAA: 15.57m * 5/13/2010		Brandon Deslauriers, NDSS - Napanee			
Name	School	Finals	H#	Points	
1 Brandon Deslauriers	Napanee - Napanee	15.57m *			
2 John Vinkle	Sharbot Lake - Sharbot Lake	12.89m			
3 Evan Vervard	Kingston - Kingston	12.58m			
4 Eric Burt	Napanee - Napanee	12.42m			
5 Brandon Thompson	Ernestown - Odessa	11.53m			
6 Brock Powell	Bayridge - Kingston	11.09m			
--- Travis Wowk	Loyalist - Kingston	FOUL			
Men Discus Throw Junior					
KASSAA: 49.11m * 5/15/2010		Brandon Deslauriers, NDSS - Napanee			
Name	School	Finals	H#	Points	
1 Brandon Deslauriers	Napanee - Napanee	49.11m *			
2 Evan Morey-Lynch	Napanee - Napanee	35.57m			
3 Brandon Thompson	Ernestown - Odessa	31.36m			
4 Jay Dearborn	Sydenham - Sydenham	31.30m			
5 Evan Vervard	Kingston - Kingston	26.31m			
6 Nick Coukouyt	Bayridge - Kingston	26.16m			
7 Jake Petel	Bayridge - Kingston	23.90m			
8 Dylan Schenk	Holy Cross - Kingston	22.64m			

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Men Javelin Throw Junior

KASSAA: 48.85m * 5/15/2008 Aaron Gazendam, HCCSS - Kingston

Name	School	Finals	H#	Points
1 John Addison	Sydenham - Sydenham	41.61m		
2 Eric Burt	Napanee - Napanee	40.38m		
3 Jay Dearborn	Sydenham - Sydenham	38.00m		
4 Brandon Thompson	Ernestown - Odessa	32.41m		
5 Isaac Gazendam	Holy Cross - Kingston	30.82m		
6 Jake Petel	Bayridge - Kingston	29.10m		
7 Kyle English	Kingston - Kingston	18.16m		
8 Brandon Villeneuve	Loyalist - Kingston	14.00m		

Men 100 Meter Dash Senior

KASSAA: 10.70 * 1980 Mike Plant, Queen Elizabeth C.V.I.

Name	School	Prelims	Wind	H#
Preliminaries				
1 Kevin Golding	Ernestown - Odessa	11.60 Q	NWI	4
1 Martin Ko	Kingston - Kingston	11.60 Q	NWI	3
3 Simon Li	Holy Cross - Kingston	11.70 Q	NWI	1
4 Johnny Ramirez	Frontenac - Kingston	11.90 Q	NWI	2
5 Rob Carnegie	Frontenac - Kingston	11.60 Q	NWI	4
6 Colin Coon	Kingston - Kingston	12.00 Q	NWI	2
7 Aaron Gazendam	Holy Cross - Kingston	11.70 q	NWI	4
8 Nick Gannon	Sydenham - Sydenham	12.00 q	NWI	2
9 Stephen Vanderholst	Sydenham - Sydenham	12.10	NWI	2
10 Ben Fisher	Sydenham - Sydenham	12.30	NWI	4
11 Ryan Morris	Kingston - Kingston	12.40	NWI	4
11 Cyrus Horler	Holy Cross - Kingston	12.40	NWI	2
13 Holly Dorman	Regiopoliis-Notre Dame	12.70	NWI	2
--- Erik Lacharite	Holy Cross - Kingston	X12.20	NWI	3
--- Carson Halliwell	Bayridge - Kingston	X12.30	NWI	3
--- Liam Coon	Kingston - Kingston	X12.30	NWI	1
--- Josh VanNeidek	Sydenham - Sydenham	X12.50	NWI	3
--- Stephen Wilson	La Salle - Kingston	X12.60	NWI	1

Men 100 Meter Dash Senior

KASSAA: 10.70 * 1980 Mike Plant, Queen Elizabeth C.V.I.

Name	School	Finals	Wind	H#	Points
Finals					
1 Martin Ko	Kingston - Kingston	11.40	NWI		
2 Rob Carnegie	Frontenac - Kingston	11.60	NWI		
3 Aaron Gazendam	Holy Cross - Kingston	J11.60	NWI		
4 Kevin Golding	Ernestown - Odessa	11.70	NWI		
5 Simon Li	Holy Cross - Kingston	J11.70	NWI		
6 Colin Coon	Kingston - Kingston	11.80	NWI		
7 Johnny Ramirez	Frontenac - Kingston	11.90	NWI		
8 Nick Gannon	Sydenham - Sydenham	12.10	NWI		

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Men 200 Meter Dash Senior

KASSAA: 22.40 * 2004

Brennan Wright, Regiopolis N.D.C.H.S.

Name	School	Prelims	Wind	H#
Preliminaries				
1 Ethan Stott	Sydenham - Sydenham	24.00 Q	NWI	3
2 Rob Carnegie	Frontenac - Kingston	24.20 Q	NWI	1
3 Colin Coon	Kingston - Kingston	24.20 q	NWI	1
4 Matt Fouzie	Sydenham - Sydenham	24.40 q	NWI	3
5 Scott Belanger	Ernestown - Odessa	24.70 q	NWI	3
5 Eddy Scarpazza	Frontenac - Kingston	24.70 q	NWI	3
7 Nick Gannon	Sydenham - Sydenham	24.90 q	NWI	1
8 erik unknown	Bayridge - Kingston	25.30 q	NWI	1
9 Dane Mauer-Vakil	Kingston - Kingston	26.10	NWI	1
10 Jahmal Edwards	Holy Cross - Kingston	26.30	NWI	1
11 Ryan Morris	Kingston - Kingston	J26.30	NWI	3
12 Cole Mastin	Kingston - Kingston	26.80	NWI	3
13 Stephen Wilson	La Salle - Kingston	30.70	NWI	1

Men 200 Meter Dash Senior

KASSAA: 22.40 * 2004

Brennan Wright, Regiopolis N.D.C.H.S.

Name	School	Finals	Wind	H#	Points
Finals					
1 Rob Carnegie	Frontenac - Kingston	23.40	NWI		
2 Ethan Stott	Sydenham - Sydenham	23.70	NWI		
3 Colin Coon	Kingston - Kingston	24.10	NWI		
4 Matt Fouzie	Sydenham - Sydenham	24.40	NWI		
5 Scott Belanger	Ernestown - Odessa	24.70	NWI		
6 Eddy Scarpazza	Frontenac - Kingston	J24.70	NWI		

Men 400 Meter Dash Senior

KASSAA: 49.40 * 1993

Micah McGowan, Frontenac S.S.

Name	School	Finals	H#	Points
1 Hayden Peters	Sydenham - Sydenham	51.30	2	
2 Kieran Doyle	Sydenham - Sydenham	51.60	2	
3 Ethan Stott	Sydenham - Sydenham	51.90	2	
4 Martin Ko	Kingston - Kingston	52.30	2	
5 Matt Fouzie	Sydenham - Sydenham	53.20	2	
6 Scott Belanger	Ernestown - Odessa	54.90	2	
7 Eddy Scarpazza	Frontenac - Kingston	55.10	2	
8 Jahmal Edwards	Holy Cross - Kingston	55.70	1	
9 Hunter Andrin	Kingston - Kingston	55.80	2	
10 Josh Dorey	Holy Cross - Kingston	56.70	1	
11 Jarret Lanzo	Holy Cross - Kingston	56.80	1	
12 Colin Morey	Holy Cross - Kingston	57.00	1	
13 Kris Furuness	Frontenac - Kingston	58.10	1	
14 Dane Mauer-Vakil	Kingston - Kingston	58.70	1	

Men 800 Meter Run Senior

KASSAA: 1:52.70 * 1986

Trevor VanNest, Kingston C.V.I.

Name	School	Finals	H#	Points
1 Kieran Doyle	Sydenham - Sydenham	2:05.80	2	

(Men 800 Meter Run Senior)

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Name	School	Finals	H#	Points
2 Hunter Andrin	Kingston - Kingston	2:07.20	2	
3 Kyle McKellar	Frontenac - Kingston	2:07.90	1	
4 Stephen Vanderholst	Sydenham - Sydenham	2:08.50	1	
5 Nathan Jaros	La Salle - Kingston	2:08.80	2	
6 Cameron Levac	Frontenac - Kingston	2:19.80	2	
7 Anthony Dionne	Frontenac - Kingston	J2:19.80	1	
8 Paul Tallon	Sharbot Lake - Sharbot Lake	2:22.10	2	

Men 1500 Meter Run Senior

KASSAA: 3:55.50 * 1986

Trevor VanNest, Kingston C.V.I.

Name	School	Finals	H#	Points
1 Robert Asselstine	Sydenham - Sydenham	4:11.50		
2 Blair Morgan	Ernestown - Odessa	4:22.10		
3 Kyle McKellar	Frontenac - Kingston	4:22.60		
4 Will Allan	Kingston - Kingston	4:25.30		
5 Anthony Dionne	Frontenac - Kingston	4:37.20		
6 Nathan Jaros	La Salle - Kingston	4:41.70		
7 Jonathon Grenier	Esc Marie Rivier - Kingston	5:11.70		
8 Jacob Miller	Bavridge - Kingston	6:01.10		

Men 3000 Meter Run Senior

KASSAA: 8:42.50 * 2001

Dylan Wykes, Frontenac S.S.

Name	School	Finals	H#	Points
1 Robert Asselstine	Sydenham - Sydenham	8:48.30		
2 Jeffrey Archer	Sydenham - Sydenham	8:57.30		
3 Blair Morgan	Ernestown - Odessa	9:18.90		
4 Will Allan	Kingston - Kingston	9:19.40		

Men 110 Meter Hurdles Senior

KASSAA: 14.70 * 2004

Sonny Mercer, Regiopolis N.D.C.H.S.

Name	School	Prelims	Wind	H#
Preliminaries				
1 Alex McCallum	Holy Cross - Kingston	16.20 Q	NWI	
2 Jesse Winton	Frontenac - Kingston	16.50 Q	NWI	
2 Colin Thompson	Frontenac - Kingston	16.50 Q	NWI	
4 Matt Henson	Sydenham - Sydenham	16.70 Q	NWI	
5 Sean Ho	Holy Cross - Kingston	17.90 Q	NWI	
6 Kris Furuness	Frontenac - Kingston	19.00 Q	NWI	
7 Michael Carroll	Kingston - Kingston	19.70 Q	NWI	

Men 110 Meter Hurdles Senior

KASSAA: 14.70 * 2004

Sonny Mercer, Regiopolis N.D.C.H.S.

Name	School	Finals	Wind	H#	Points
Finals					
1 Alex McCallum	Holy Cross - Kingston	16.20	NWI		
2 Colin Thompson	Frontenac - Kingston	16.50	NWI		
3 Jesse Winton	Frontenac - Kingston	J16.50	NWI		
4 Matt Henson	Sydenham - Sydenham	16.70	NWI		
5 Sean Ho	Holy Cross - Kingston	17.90	NWI		
6 Kris Furuness	Frontenac - Kingston	19.00	NWI		

Finals ... (Men 110 Meter Hurdles Senior)

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Name	School	Finals	Wind	H#	Points
7 Michael Carroll	Kingston - Kingston	19.70	NWI		
Men 400 Meter Hurdles Senior					
KASSAA:	57.30 * 1996	Steve Shragge, Frontenac S.S.			
Name	School	Finals		H#	Points
1 Hayden Peters	Sydenham - Sydenham	1:01.40			
2 Matt Walsh	Regiopolis-Notre Dame	1:04.40			
3 Matt Henson	Sydenham - Sydenham	1:08.90			
Men 4x100 Meter Relay Senior					
KASSAA:	44.00 * 1989	Kingston C.V.I., Kingston C.V.I.			
Team	Relay	Finals		H#	Points
1 Holy Cross - Kingston	A	45.10			
2 Sydenham - Sydenham	A	45.50			
3 Kingston - Kingston	A	46.20			
4 Bayridge - Kingston	A	51.00			
Men High Jump Senior					
KASSAA:	2.11m * 1987	Sanjaya Wijayakoon, Frontenac S.S.			
Name	School	Finals		H#	Points
1 Scott Wilson	Regiopolis-Notre Dame	1.80m			
2 Charlie Genge	Ernestown - Odessa	1.75m			
3 Ryland Caverhill	Kingston - Kingston	1.70m			
4 Anthony Broeders	Regiopolis-Notre Dame	J1.70m			
5 Jahmal Edwards	Holy Cross - Kingston	J1.70m			
6 Kenton Greenwood	Regiopolis-Notre Dame	1.65m			
7 Andrew Peterson	Holy Cross - Kingston	J1.65m			
8 Erik Lacharite	Holy Cross - Kingston	1.60m			
9 Jeremy Foshay	Sydenham - Sydenham	J1.60m			
10 Cole Mastin	Kingston - Kingston	1.55m			
11 Liam Coon	Kingston - Kingston	1.45m			
Men Long Jump Senior					
KASSAA:	6.75m * 1992	Ted Farndon, Frontenac S.S.			
Name	School	Finals	Wind	H#	Points
1 Kevin Golding	Ernestown - Odessa	6.45m	NWI		
2 Sean Ho	Holy Cross - Kingston	6.29m	NWI		
3 Charlie Genge	Ernestown - Odessa	5.94m	NWI		
4 Anthony Broeders	Regiopolis-Notre Dame	5.76m	NWI		
5 Ryland Caverhill	Kingston - Kingston	5.72m	NWI		
6 Nick Gannon	Sydenham - Sydenham	5.52m	NWI		
7 Bryan Kim	Bayridge - Kingston	5.09m	NWI		
8 Cole Mastin	Kingston - Kingston	J5.09m	NWI		
9 Eddy Scarpazza	Frontenac - Kingston	4.96m	NWI		
10 Justin Asselstine	Napanee - Napanee	4.88m	NWI		
11 Ryan Morris	Kingston - Kingston	4.66m	NWI		
12 Ian Gibson	Holy Cross - Kingston	4.63m	NWI		
13 Jeremy Ho	Holy Cross - Kingston	4.55m	NWI		
14 Kenton Greenwood	Regiopolis-Notre Dame	4.47m	NWI		
15 Simon Li	Holy Cross - Kingston	4.46m	NWI		

(Men Long Jump Senior)

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Name	School	Finals	Wind	H#	Points
16 Khaliq Rehman	Bayridge - Kingston	4.23m	NWI		
17 Dane Mauer-Vakil	Kingston - Kingston	3.16m	NWI		
Men Triple Jump Senior					
KASSAA: 13.82m * 1982		Roger Skepple, Frontenac S.S.			
Name	School	Finals	Wind	H#	Points
1 Charlie Genge	Ernestown - Odessa	12.96m	NWI		
2 Kevin Golding	Ernestown - Odessa	12.91m	NWI		
3 Colin Thompson	Frontenac - Kingston	12.07m	NWI		
4 Jesse Winton	Frontenac - Kingston	11.81m	NWI		
5 Sean Ho	Holy Cross - Kingston	11.80m	NWI		
6 Bryan Kim	Bayridge - Kingston	10.99m	NWI		
7 Jeremy Foshay	Sydenham - Sydenham	10.79m	NWI		
8 Ian Gibson	Holy Cross - Kingston	10.42m	NWI		
9 Cyrus Horler	Holy Cross - Kingston	10.00m	NWI		
10 Jeremy Ho	Holy Cross - Kingston	9.25m	NWI		
Men Shot Put Senior					
KASSAA: 18.28m * 1998		Corey Trudeau, Bayridge S.S.			
Name	School	Finals		H#	Points
1 Brandon McIntosh	Frontenac - Kingston	13.11m			
2 Matt Green	Sharbot Lake - Sharbot Lake	11.15m			
3 Patrick Leroux	Esc Marie Rivier - Kingston	11.08m			
4 Jason Wowk	Kingston - Kingston	10.61m			
5 Taylor Gilmour	Bayridge - Kingston	10.54m			
6 Roy Maxwell	Napanee - Napanee	10.14m			
7 Matt Thompson	Queen Elizabeth - Kingston	9.73m			
8 Dustin Hartlen	Queen Elizabeth - Kingston	9.67m			
9 Kyle Fontoura	Regiopolis-Notre Dame	9.53m			
10 Peter Miller	Bayridge - Kingston	9.43m			
11 Josh Gutoskie	Frontenac - Kingston	9.38m			
12 Braden Warwick	Regiopolis-Notre Dame	9.19m			
--- Dustin Latimer	Sydenham - Sydenham	FOUL			
Men Discus Throw Senior					
KASSAA: 51.44m * 1998		Corey Trudeau, Bayridge S.S.			
Name	School	Finals		H#	Points
1 Greg Pickett	Kingston - Kingston	40.07m			
2 Mike McGinn	Sydenham - Sydenham	27.85m			
3 Brad Bedard	Regiopolis-Notre Dame	26.29m			
4 Dustin Latimer	Sydenham - Sydenham	25.70m			
5 Roy Maxwell	Napanee - Napanee	24.49m			
6 Jason Wowk	Kingston - Kingston	24.05m			
7 Ben Fisher	Sydenham - Sydenham	23.56m			
8 Braden Warwick	Regiopolis-Notre Dame	20.37m			
--- Dustin Hartlen	Queen Elizabeth - Kingston	FOUL			

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Men Javelin Throw Senior

KASSAA: 59.32m * 2001

Matt Murdock, Frontenac S.S.

Name	School	Finals	H#	Points
1 Adam Bernicky	Regiopolis-Notre Dame	48.79m		
2 Aaron Gazendam	Holy Cross - Kingston	46.50m		
3 Chris Shibley	Sydenham - Sydenham	40.55m		
4 Mike McGinn	Sydenham - Sydenham	38.47m		
5 Ben Heyman	Sydenham - Sydenham	38.02m		
6 Matt Thompson	Queen Elizabeth - Kingston	36.79m		
7 Ben Fisher	Sydenham - Sydenham	36.73m		
8 Paul Tallon	Sharbot Lake - Sharbot Lake	35.48m		
9 Josh Gutoskie	Frontenac - Kingston	29.30m		
10 Brad Bedard	Regiopolis-Notre Dame	27.55m		
11 Kyle Fontoura	Regiopolis-Notre Dame	26.23m		
12 Colin Coon	Kingston - Kingston	25.52m		
13 Daniel Chan	Bayridge - Kingston	23.70m		
14 Gerald Dummond	La Salle - Kingston	23.59m		
15 Peter Miller	Bayridge - Kingston	20.01m		
--- Justin Asselstine	Napanee - Napanee	FOUL		
--- Andrew Carr	Regiopolis-Notre Dame	FOUL		
--- Ryland Caverhill	Kingston - Kingston	FOUL		

Men 2000 Meter Steeplechase Open

KASSAA: 6:07.70 * 2000

Brett Burns, Frontenac S.S.

Name	School	Finals	H#	Points
1 Jeffrey Archer	Sydenham - Sydenham	6:23.90		
2 Nathan Jaros	La Salle - Kingston	7:14.60		
3 Dale Bauder	Holy Cross - Kingston	7:20.00		
4 Matt Walsh	Regiopolis-Notre Dame	7:27.50		
5 Jesse Burtch	Sharbot Lake - Sharbot Lake	7:34.20		
6 Simon O'Reilly	Regiopolis-Notre Dame	7:35.40		

Men 4x400 Meter Relay Open

KASSAA: 3:30.10 * 5/15/2010

Sydenham - Sydenham, SHS - Sydenham

Team	Relay	Finals	H#	Points
1 Sydenham - Sydenham	A	3:30.10 *		
2 Kingston - Kingston	A	3:48.90		
3 Regiopolis-Notre Dame	A	3:50.90		
4 Holy Cross - Kingston	A	3:51.60		