

KASSAA Track & Field Championship 2011 - 5/12/2011
Belleville, ON
Results

Event 1 Women 100 Meter Dash

Name	School	Finals	H#	Points
			H#	
			H#	

Finals

1	Isabelle Froom	Loyalist - Kingston	13.10	
2	Kenya Costa-Dookhan	Holy Cross - Kingston	13.50	
3	Melanie Martin	Sydenham - Sydenham	13.50	
4	Celina Grey	Sydenham - Sydenham	13.60	

Event 2 Men 100 Meter Dash

Name	School	Finals	H#	Points
			H#	
			H#	

Finals

1	Allan Down	Kingston - Kingston	12.10	
2	Jake Gurnsey	Holy Cross - Kingston	12.40	
2	Deion Richardson	Frontenac - Kingston	12.40	
4	Jack Fenlong	Sydenham - Sydenham	12.60	

Event 3 Women 200 Meter Dash

Name	School	Finals	H#	Points
			H#	
			H#	

Finals

1	Isabelle Froom	Loyalist - Kingston	27.20	
2	Kenya Costa-Dookhan	Holy Cross - Kingston	28.50	
3	Melanie Martin	Sydenham - Sydenham	29.30	
4	Erin Young	Frontenac - Kingston	29.70	

Event 4 Men 200 Meter Dash

Name	School	Finals	H#	Points
			H#	
			H#	

Finals

1	Allan Down	Kingston - Kingston	24.30	
2	Jack Fenlong	Sydenham - Sydenham	26.40	
3	Deion Richardson	Frontenac - Kingston	26.50	
4	Christian Howes	Napanee - Napanee	28.40	

Event 5 Women 400 Meter Dash

Name	School	Finals	H#	Points
			H#	
			H#	

Finals

1	Nicole Armstrong	Sydenham - Sydenham	59.60	1
2	Emily Drouin	Regiopolis-Notre Dame	1:08.40	1
3	Melanie Simourd	Holy Cross - Kingston	1:12.00	2
4	Jasmyn Castilloux	Loyalist - Kingston	1:13.00	1

Event 6 Men 400 Meter Dash

Name	School	Finals	H#	Points
			H#	
			H#	

Finals

1	Chad McInnes	Sydenham - Sydenham	57.90	
2	Ben Gossage	Sydenham - Sydenham	58.50	
3	Allan Down	Kingston - Kingston	59.10	
4	Mark Lappan	Kingston - Kingston	1:59.10	

Event 7 Women 800 Meter Run

Name	School	Finals	H#	Points
			H#	
			H#	

Finals

1	Nicole Armstrong	Sydenham - Sydenham	2:25.30	1
2	Emily Drouin	Regiopolis-Notre Dame	2:36.20	2
3	Danae Morris	Frontenac - Kingston	2:37.00	1
4	Noa Amson	Kingston - Kingston	2:42.60	2

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Event 8 Men 800 Meter Run

Name	School	Finals	H#	Points
1 Cole Burns	La Salle - Kingston	2:24.30		
2 Thomas Minnie	Sydenham - Sydenham	2:26.00		
3 Abram Braithwaite	Kingston - Kingston	2:27.90		
4 Chris Adams	Sydenham - Sydenham	2:28.50		

Event 9 Women 1500 Meter Run

Name	School	Finals	H#	Points
1 Nicole Armstrong	Sydenham - Sydenham	5:05.80		
2 Danae Morris	Frontenac - Kingston	5:26.80		
3 Jessie Heyman	Sydenham - Sydenham	5:38.10		
4 Amanda Shenfield	Kingston - Kingston	5:41.10		

Event 10 Men 1500 Meter Run

Name	School	Finals	H#	Points
1 Kevin Bates	Regiopolis-Notre Dame	4:52.30		
2 Joey Moser	Sydenham - Sydenham	4:58.60		
3 Cole Burns	La Salle - Kingston	4:59.10		
4 Mac Campbell	Bayridge - Kingston	4:59.40		

Event 11 Women 3000 Meter Run

Name	School	Finals	H#	Points
1 Amanda Shenfield	Kingston - Kingston	13:15.90		
2 Noa Amson	Kingston - Kingston	13:17.30		
3 Megan DeSasio	Regiopolis-Notre Dame	13:22.40		

Event 12 Men 3000 Meter Run

Name	School	Finals	H#	Points
1 Kevin Bates	Regiopolis-Notre Dame	10:49.50		
2 Joey Moser	Sydenham - Sydenham	12:06.80		

Event 13 Women 80 Meter Hurdles

Name	School	Finals	H#	Points
Finals				
1 Jazmine Battle	Kingston - Kingston	13.90		
2 Amanda Ho	Holy Cross - Kingston	14.30		
3 Michelle Walsh	Sydenham - Sydenham	14.50		
4 Alex Leggett	Bayridge - Kingston	15.50		

Event 14 Men 100 Meter Hurdles

Name	School	Finals	H#	Points
1 David Scott	Sharbot Lake - Sharbot Lake	19.00		

Event 15 Women 300 Meter Hurdles

Name	School	Finals	H#	Points
1 Michelle Walsh	Sydenham - Sydenham	52.20		
2 Hillary Howes	Sharbot Lake - Sharbot Lake	57.40		
3 Amanda Ho	Holy Cross - Kingston	58.20		
4 Kristina Walker	Loyalist - Kingston	1:58.20		

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Event 16 Men 300 Meter Hurdles

Name	School	Finals	H#	Points
1 Justin Kellermann-Thompson	Regiopolis-Notre Dame	47.80		
2 Chad McInnes	Sydenham - Sydenham	47.90		
3 Mac Campbell	Bayridge - Kingston	51.10		
4 David Scott	Sharbot Lake - Sharbot Lake	53.50		

Event 17 Women High Jump

Name	School	Finals	H#	Points
1 Norah Lloyd-Ellis	Regiopolis-Notre Dame	1.45m		
2 Mickayla Green-Meadus	Sydenham - Sydenham	1.30m		
3 Lindsay Obress	Napanee - Napanee	1.25m		

Event 18 Men High Jump

Name	School	Finals	H#	Points
1 Mark Lappan	Kingston - Kingston	1.55m		
2 Stewart Casement	Frontenac - Kingston	1.45m		

Event 21 Women Long Jump

Name	School	Finals	H#	Points
1 Celina Grey	Sydenham - Sydenham	4.82m		
2 Jasmyn Castilloux	Loyalist - Kingston	4.77m		
3 Kenya Costa-Dookhan	Holy Cross - Kingston	4.60m		
4 Ebony Hopper-Hilton	Napanee - Napanee	J4.60m		

Event 22 Men Long Jump

Name	School	Finals	H#	Points
1 Jake Gurnsey	Holy Cross - Kingston	5.53m		
2 Mark Lappan	Kingston - Kingston	5.23m		
3 Chad McInnes	Sydenham - Sydenham	5.17m		
4 Stewart Casement	Frontenac - Kingston	5.05m		

Event 23 Women Triple Jump

Name	School	Finals	H#	Points
1 Celina Grey	Sydenham - Sydenham	10.29m		
2 JJ Dennis	Napanee - Napanee	10.22m		
3 Carley Gordon	Kingston - Kingston	9.62m		
4 Alex Leggett	Bayridge - Kingston	9.61m		

Event 24 Men Triple Jump

Name	School	Finals	H#	Points
1 Casey Erkan	Ernestown - Odessa	10.90m		
2 Jake Gurnsey	Holy Cross - Kingston	10.85m		
3 Keith Prytulka	Frontenac - Kingston	10.31m		
4 Travis Tyson	Sharbot Lake - Sharbot Lake	10.20m		

Event 25 Women Shot Put

Name	School	Finals	H#	Points
1 Jessica Hole	Sharbot Lake - Sharbot Lake	8.35m		
2 Brealyn Amodeo	Regiopolis-Notre Dame	7.86m		
3 Jessica Milligan	Sydenham - Sydenham	7.85m		
4 Hillary Howes	Sharbot Lake - Sharbot Lake	7.61m		

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Event 26 Men Shot Put

Name	School	Finals	H#	Points
1 Justin Dillabough	Napanee - Napanee	11.03m		
2 Charlie Fairhome	Sydenham - Sydenham	7.81m		

Event 27 Women Discus Throw

Name	School	Finals	H#	Points
1 Genny Fawcett	Frontenac - Kingston	21.91m		
2 Jessica Milligan	Sydenham - Sydenham	21.70m		
3 Sarah Cadman	Kingston - Kingston	19.74m		
4 Carley Gordon	Kingston - Kingston	18.04m		

Event 28 Men Discus Throw

Name	School	Finals	H#	Points
1 Charlie Fairhome	Sydenham - Sydenham	25.52m		
2 Chris Sparks	Frontenac - Kingston	23.32m		
3 Justin Dillabough	Napanee - Napanee	22.76m		

Event 29 Women Javelin Throw

Name	School	Finals	H#	Points
1 Carley Gordon	Kingston - Kingston	23.45m		
2 Jessica Milligan	Sydenham - Sydenham	20.92m		
3 Kylie Chase	La Salle - Kingston	18.47m		
4 Genny Fawcett	Frontenac - Kingston	18.28m		

Event 30 Men Javelin Throw

Name	School	Finals	H#	Points
1 Duncan Lambert	Regiopolis-Notre Dame	33.64m		
2 Chris Sparks	Frontenac - Kingston	28.30m		
3 Charlie Fairhome	Sydenham - Sydenham	25.77m		
4 Justin Dillabough	Napanee - Napanee	20.54m		

Event 31 Women 4x100 Meter Relay

Team	Relay	Finals	H#	Points
1 Sydenham - Sydenham		55.30		
2 Holy Cross - Kingston		55.40		
3 Regiopolis-Notre Dame		58.80		
4 Frontenac - Kingston		59.10		

Event 32 Men 4x100 Meter Relay

Team	Relay	Finals	H#	Points
1 Sydenham - Sydenham		50.60		
2 Frontenac - Kingston		54.80		

Event 33 Women 100 Meter Dash

Name	School	Finals	H#	Points
Finals				
1 Emelyn Fauvel	Sydenham - Sydenham	12.80		
2 Abbi Finnan	Regiopolis-Notre Dame	12.90		
3 Paige Ingram	Regiopolis-Notre Dame	13.10		
4 Caitlin Newell-Bell	Bayridge - Kingston	13.50		

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Event 34 Men 100 Meter Dash

Name	School	Finals	H#	Points
Finals				
1 Ryan Fox	Regiopolis-Notre Dame	12.30		
2 Anthony Whan-Corkum	Sharbot Lake - Sharbot Lake	J12.30		
3 Darien Leblanc	Holy Cross - Kingston	12.40		
4 Brent Fallis	Ernestown - Odessa	12.50		

Event 35 Women 200 Meter Dash

Name	School	Finals	H#	Points
1 Paige Ingram	Regiopolis-Notre Dame	27.60		
2 Alyssa Frankland	La Salle - Kingston	28.30		
3 Marissa Rostek	Regiopolis-Notre Dame	28.50		
4 Courtney Heyman	Regiopolis-Notre Dame	J28.50		

Event 36 Men 200 Meter Dash

Name	School	Finals	H#	Points
Finals				
1 Cole Van Leeuwen	Sydenham - Sydenham	24.70		
2 Philippe Fauvel	Sydenham - Sydenham	25.50		
3 Brent Fallis	Ernestown - Odessa	25.90		
4 Josh Chevarie	Holy Cross - Kingston	26.20		

Event 37 Women 400 Meter Dash

Name	School	Finals	H#	Points
1 Alyssa Frankland	La Salle - Kingston	1:02.40		
2 Rachel Nelles	Sydenham - Sydenham	1:08.80		

Event 38 Men 400 Meter Dash

Name	School	Finals	H#	Points
1 Ben Trickey	Sydenham - Sydenham	53.70		
2 Cole Van Leeuwen	Sydenham - Sydenham	55.30		
3 Nick Cotnam	Sydenham - Sydenham	57.90		
4 Chris Monnier	Sydenham - Sydenham	58.50		

Event 39 Women 800 Meter Run

Name	School	Finals	H#	Points
1 Brianna Bradley	Frontenac - Kingston	2:28.60		
2 Alyssa Frankland	La Salle - Kingston	2:35.40		
3 Hannah Mulligan	La Salle - Kingston	2:55.70		

Event 40 Men 800 Meter Run

Name	School	Finals	H#	Points
1 Ben Trickey	Sydenham - Sydenham	2:11.70	2	
2 Eric Macrow	Holy Cross - Kingston	2:16.90	2	
3 Davis Sawyer	Regiopolis-Notre Dame	J2:16.90	2	
4 Chris Monnier	Sydenham - Sydenham	2:20.50	1	

Event 41 Women 1500 Meter Run

Name	School	Finals	H#	Points
1 Brianna Bradley	Frontenac - Kingston	5:08.30		
2 Hannah Coates	Ernestown - Odessa	5:17.70		
3 Adrienne Morgan	Ernestown - Odessa	5:24.40		

(Event 41 Women 1500 Meter Run)

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Name	School	Finals	H#	Points
4 Sarah McFadden	Sydenham - Sydenham	5:31.50		
Event 42 Men 1500 Meter Run				
Name	School	Finals	H#	Points
1 Nick Belore	Sydenham - Sydenham	4:34.80		
2 Eric Macrow	Holy Cross - Kingston	4:35.10		
3 Davis Sawyer	Regiopolis-Notre Dame	4:45.30		
4 Eliot Matt	Frontenac - Kingston	4:58.00		
Event 43 Women 3000 Meter Run				
Name	School	Finals	H#	Points
1 Adrienne Morgan	Ernestown - Odessa	11:33.50		
2 Hannah Coates	Ernestown - Odessa	11:43.60		
3 Hanna Ascough	Loyalist - Kingston	12:26.70		
4 Sarah McFadden	Sydenham - Sydenham	12:35.20		
Event 44 Men 3000 Meter Run				
Name	School	Finals	H#	Points
1 Nick Belore	Sydenham - Sydenham	10:27.80		
2 Logan Barr	Kingston - Kingston	10:51.90		
3 Eliot Matt	Frontenac - Kingston	10:58.50		
4 Skyler Howes	Sharbot Lake - Sharbot Lake	11:29.00		
Event 45 Women 80 Meter Hurdles				
Name	School	Finals	H#	Points
1 Alex Moore	Holy Cross - Kingston	13.10		
2 Abbi Finnan	Regiopolis-Notre Dame	13.30		
3 Rachel Grympa	Kingston - Kingston	14.10		
4 Kayla Gibson	Sydenham - Sydenham	14.20		
Event 46 Men 100 Meter Hurdles				
Name	School	Finals	H#	Points
1 Philippe Fauvel	Sydenham - Sydenham	15.70		
Event 47 Women 300 Meter Hurdles				
Name	School	Finals	H#	Points
1 Alex Moore	Holy Cross - Kingston	48.20		
2 Kayla Gibson	Sydenham - Sydenham	52.60		
3 Marissa Rostek	Regiopolis-Notre Dame	53.80		
4 Krissy Berndt	Sydenham - Sydenham	55.30		
Event 48 Men 300 Meter Hurdles				
Name	School	Finals	H#	Points
1 Ben Trickey	Sydenham - Sydenham	46.20		
2 Ryan Walsh	Regiopolis-Notre Dame	47.90		
Event 49 Women High Jump				
Name	School	Finals	H#	Points
1 Rachel Grympa	Kingston - Kingston	1.45m		
2 Maddie Lloyd	La Salle - Kingston	1.30m		

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Event 50 Men High Jump

Name	School	Finals	H#	Points
1 Jared Whan	Sharbot Lake - Sharbot Lake	1.60m		
2 Eric Harvey	Sydenham - Sydenham	J1.60m		
2 Branden Hole	Sharbot Lake - Sharbot Lake	J1.60m		
4 Branden Lewis	Sydenham - Sydenham	1.50m		

Event 53 Women Long Jump

Name	School	Finals	H#	Points
1 Kelly deHoop	Kingston - Kingston	4.50m		
2 Kayla Gibson	Sydenham - Sydenham	4.31m		
3 Hannah Van Luven	Sydenham - Sydenham	4.30m		
4 Alicia McMullen	Sydenham - Sydenham	4.06m		

Event 54 Men Long Jump

Name	School	Finals	H#	Points
1 Philippe Fauvel	Sydenham - Sydenham	5.93m		
2 Jake Veley	Sydenham - Sydenham	5.44m		
3 Keegan Leroux	Holy Cross - Kingston	J5.44m		
4 Jacob Bell	Ernestown - Odessa	5.40m		

Event 55 Women Triple Jump

Name	School	Finals	H#	Points
1 Kelly deHoop	Kingston - Kingston	10.05m		
2 Alicia McMullen	Sydenham - Sydenham	9.16m		
3 Kristen Koen	Kingston - Kingston	8.89m		
4 Eleanor McAuley	Ernestown - Odessa	8.86m		

Event 56 Men Triple Jump

Name	School	Finals	H#	Points
1 Ryan Fox	Regiopolis-Notre Dame	11.39m		
2 Brent Fallis	Ernestown - Odessa	10.80m		
3 Jacob Bell	Ernestown - Odessa	10.64m		
4 Eric Harvey	Sydenham - Sydenham	10.41m		

Event 57 Women Shot Put

Name	School	Finals	H#	Points
1 Kate Schenk	Holy Cross - Kingston	8.48m		
2 Cariston Fawcett	Holy Cross - Kingston	8.23m		
3 Elletia Brazeau	Regiopolis-Notre Dame	7.21m		
4 Emma Stott	Sydenham - Sydenham	6.02m		

Event 58 Men Shot Put

Name	School	Finals	H#	Points
1 Mike Holden	Napanee - Napanee	13.38m		
2 Will Gurnsey	Napanee - Napanee	12.39m		
3 Steven Leber	Esc Marie Rivier - Kingston	10.81m		
4 Chris Rogalsky	Napanee - Napanee	10.21m		

Event 59 Women Discus Throw

Name	School	Finals	H#	Points
1 Cariston Fawcett	Holy Cross - Kingston	30.67m		
2 Kate Schenk	Holy Cross - Kingston	25.78m		

(Event 59 Women Discus Throw)

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Name	School	Finals	H#	Points
3 Emma Stott	Sydenham - Sydenham	14.32m		
4 Nicole Gaudet	La Salle - Kingston	13.43m		
Event 60 Men Discus Throw				
Name	School	Finals	H#	Points
1 Mike Holden	Napanee - Napanee	46.51m		
2 Chris Rogalsky	Napanee - Napanee	41.61m		
3 Jaius Ham	Napanee - Napanee	35.12m		
4 Zach Smith	Sydenham - Sydenham	32.06m		
Event 61 Women Javelin Throw				
Name	School	Finals	H#	Points
1 Nicole Gaudet	La Salle - Kingston	26.32m		
2 Kate Schenk	Holy Cross - Kingston	26.03m		
3 Cariston Fawcett	Holy Cross - Kingston	22.87m		
4 Elletia Brazeau	Regiopolis-Notre Dame	21.40m		
Event 62 Men Javelin Throw				
Name	School	Finals	H#	Points
1 Dustin Kelly	Sharbot Lake - Sharbot Lake	39.05m		
2 Mike Holden	Napanee - Napanee	36.78m		
3 Chris Rogalsky	Napanee - Napanee	31.35m		
4 Brett Webb	Napanee - Napanee	31.27m		
Event 63 Women 4x100 Meter Relay				
Team	Relay	Finals	H#	Points
1 Sydenham - Sydenham		54.90		
2 Regiopolis-Notre Dame		55.10		
3 Kingston - Kingston		1:01.20		
Event 64 Men 4x100 Meter Relay				
Team	Relay	Finals	H#	Points
1 Sydenham - Sydenham		48.20		
2 Holy Cross - Kingston		49.30		
3 Sharbot Lake - Sharbot Lake		51.90		
4 Regiopolis-Notre Dame		56.93		
Event 65 Women 100 Meter Dash				
Name	School	Finals	H#	Points
Finals				
1 Keagan Davis-Burns	Kingston - Kingston	13.00		
2 Hayley Gourdier	Holy Cross - Kingston	13.10		
3 Meagan Petrie	Sydenham - Sydenham	13.20		
4 Taylor Cole	Frontenac - Kingston	J13.20		
Event 66 Men 100 Meter Dash				
Name	School	Finals	H#	Points
Finals				
1 Ben Von Stransky	Frontenac - Kingston	11.30		
2 Martin Ko	Kingston - Kingston	11.40		
3 Ben Fisher	Sydenham - Sydenham	J11.40		
4 Rob Carnegie	Frontenac - Kingston	J11.40		

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Event 67 Women 200 Meter Dash

Name	School	Finals	H#	Points
1 Brooke Maschi	Holy Cross - Kingston	27.10		
2 Keagan Davis-Burns	Kingston - Kingston	27.40		
3 Alyssa Young	Frontenac - Kingston	28.00		
4 Hayley Gourdier	Holy Cross - Kingston	28.20		

Event 68 Men 200 Meter Dash

Name	School	Finals	H#	Points
Finals				
1 Wade Embury	Sydenham - Sydenham	22.90		
2 Alex Batson	Holy Cross - Kingston	23.20		
3 Matt Fouzie	Sydenham - Sydenham	23.40		
4 Rob Carnegie	Frontenac - Kingston	23.60		

Event 69 Women 400 Meter Dash

Name	School	Finals	H#	Points
1 Rebecca Jaros	La Salle - Kingston	1:00.50	1	
2 Kiercy Latimer	Sydenham - Sydenham	1:02.20	2	
3 Alyssa Young	Frontenac - Kingston	1:02.30	1	
4 Michela Gossage	Sydenham - Sydenham	1:02.50	1	

Event 70 Men 400 Meter Dash

Name	School	Finals	H#	Points
1 Hayden Peters	Sydenham - Sydenham	51.20	2	
2 Kieran Doyle	Sydenham - Sydenham	51.30	2	
3 Matt Fouzie	Sydenham - Sydenham	51.40	2	
3 Wade Embury	Sydenham - Sydenham	51.40	2	

Event 71 Women 800 Meter Run

Name	School	Finals	H#	Points
1 Rebecca Jaros	La Salle - Kingston	2:26.50		
2 Michela Gossage	Sydenham - Sydenham	2:31.60		
3 Sarah Besselink	Holy Cross - Kingston	2:32.60		
4 Mary MacDonald	Regiopolis-Notre Dame	2:37.60		

Event 72 Men 800 Meter Run

Name	School	Finals	H#	Points
1 Kieran Doyle	Sydenham - Sydenham	2:01.70	2	
2 Kyle McKellar	Frontenac - Kingston	2:03.70	1	
3 Dylan O'Sullivan	Sydenham - Sydenham	2:05.70	1	
4 Hunter Andrin	Kingston - Kingston	2:08.80	2	

Event 73 Women 1500 Meter Run

Name	School	Finals	H#	Points
1 Rebecca Jaros	La Salle - Kingston	4:55.40		
2 Cleo Boyd	Frontenac - Kingston	4:58.20		
3 Mary MacDonald	Regiopolis-Notre Dame	5:34.50		
4 Olivia Reyers	Holy Cross - Kingston	6:01.20		

Event 74 Men 1500 Meter Run

Name	School	Finals	H#	Points
1 Dylan O'Sullivan	Sydenham - Sydenham	4:15.30		

(Event 74 Men 1500 Meter Run)

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Name	School	Finals	H#	Points
2 Hunter Andrin	Kingston - Kingston	4:15.70		
3 Blair Morgan	Ernestown - Odessa	4:16.10		
4 Kyle McKellar	Frontenac - Kingston	4:17.80		
Event 75 Women 3000 Meter Run				
Name	School	Finals	H#	Points
1 Cleo Boyd	Frontenac - Kingston	10:44.60		
2 Lisa Rooke	Bayridge - Kingston	11:01.30		
3 Clara Langley	Regiopolis-Notre Dame	11:08.60		
Event 76 Men 3000 Meter Run				
Name	School	Finals	H#	Points
1 Dylan O'Sullivan	Sydenham - Sydenham	9:02.70		
2 Blair Morgan	Ernestown - Odessa	9:21.90		
3 Anthony Dionne	Frontenac - Kingston	9:46.80		
4 Cam Levac	Frontenac - Kingston	9:47.30		
Event 77 Women 100 Meter Hurdles				
Name	School	Finals	H#	Points
1 Elizabeth Hill	Sydenham - Sydenham	17.50		
2 Deanna Walker	Loyalist - Kingston	17.80		
3 Portia Worthy	Frontenac - Kingston	18.50		
4 Rachel Neadow	Sharbot Lake - Sharbot Lake	J18.50		
Event 78 Men 110 Meter Hurdles				
Name	School	Finals	H#	Points
1 Ben Fisher	Sydenham - Sydenham	15.60		
2 Trevor Reade	Holy Cross - Kingston	16.00		
3 Zack Fedora	Loyalist - Kingston	16.10		
4 Colin Thompson	Frontenac - Kingston	J16.10		
Event 79 Women 400 Meter Hurdles				
Name	School	Finals	H#	Points
1 Kiercy Latimer	Sydenham - Sydenham	1:08.30	2	
2 Karley Heyman	Sydenham - Sydenham	1:10.30	2	
3 Sarah Besselink	Holy Cross - Kingston	1:10.50	2	
4 Beth Farnell	Kingston - Kingston	J1:10.50	1	
Event 80 Men 400 Meter Hurdles				
Name	School	Finals	H#	Points
1 Matt Fouzie	Sydenham - Sydenham	58.90		
2 Hayden Peters	Sydenham - Sydenham	1:00.20		
3 John Addison	Frontenac - Kingston	1:03.50		
4 Matt Walsh	Regiopolis-Notre Dame	1:05.30		
Event 81 Women High Jump				
Name	School	Finals	H#	Points
1 Alison Zilstra	Loyalist - Kingston	1.45m		
2 Erica Cooper	Sydenham - Sydenham	1.35m		

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Event 82 Men High Jump

Name	School	Finals	H#	Points
1 Anthony Broeders	Regiopolis-Notre Dame	1.80m		
2 Kenton Greenwood	Regiopolis-Notre Dame	J1.80m		
3 Sawyer Howes	Napanee - Napanee	1.75m		
4 Graham Fox	Regiopolis-Notre Dame	1.70m		

Event 85 Women Long Jump

Name	School	Finals	H#	Points
1 Bria Wannamaker	Frontenac - Kingston	4.47m		
2 Avery Michels	Regiopolis-Notre Dame	4.39m		
3 Elizabeth Hill	Sydenham - Sydenham	4.38m		
4 Portia Worthy	Frontenac - Kingston	4.26m		

Event 86 Men Long Jump

Name	School	Finals	H#	Points
1 Anthony Broeders	Regiopolis-Notre Dame	6.34m		
2 Clement Yun	Kingston - Kingston	5.81m		
3 Kenton Greenwood	Regiopolis-Notre Dame	5.72m		
4 Fleet Brown	Sydenham - Sydenham	5.59m		

Event 87 Women Triple Jump

Name	School	Finals	H#	Points
1 Amanda Tibbutt	Sydenham - Sydenham	10.18m		
2 Portia Worthy	Frontenac - Kingston	10.16m		
3 Mary Allward	Regiopolis-Notre Dame	9.42m		
4 Charlotte Ryder-Burbidge	Frontenac - Kingston	9.39m		

Event 88 Men Triple Jump

Name	School	Finals	H#	Points
1 Colin Thompson	Frontenac - Kingston	12.37m		
2 Vadim Ignatov	Regiopolis-Notre Dame	11.86m		
3 Kenton Greenwood	Regiopolis-Notre Dame	11.63m		
4 Patrick Drouin	Esc Marie Rivier - Kingston	11.50m		

Event 89 Women Shot Put

Name	School	Finals	H#	Points
1 Brianne Garrah	Frontenac - Kingston	8.57m		
2 Blair Coffey	Frontenac - Kingston	8.41m		
3 Rachel Neadow	Sharbot Lake - Sharbot Lake	8.23m		
4 Haleigh Macdonald	La Salle - Kingston	7.94m		

Event 90 Men Shot Put

Name	School	Finals	H#	Points
1 Brandon Deslauriers	Napanee - Napanee	16.69m		
2 Casey Murray	Sydenham - Sydenham	12.14m		
3 John Vinkle	Sharbot Lake - Sharbot Lake	11.94m		
4 Logan Rose	Sydenham - Sydenham	11.67m		

Event 91 Women Discus Throw

Name	School	Finals	H#	Points
1 Hailey Bender	Napanee - Napanee	24.22m		
2 Kayla Clinton	Sydenham - Sydenham	23.98m		

(Event 91 Women Discus Throw)

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Name	School	Finals	H#	Points
3 Blair Coffey	Frontenac - Kingston	23.17m		
4 Nicole Kendrick	Sydenham - Sydenham	22.27m		
Event 92 Men Discus Throw				
Name	School	Finals	H#	Points
1 Brandon Deslauriers	Napanee - Napanee	45.99m		
2 Logan Rose	Sydenham - Sydenham	32.81m		
3 John Vinkle	Sharbot Lake - Sharbot Lake	32.61m		
4 Mike McGinn	Sydenham - Sydenham	28.63m		
Event 93 Women Javelin Throw				
Name	School	Finals	H#	Points
1 Katie Glass	Sydenham - Sydenham	27.55m		
2 Sarah McCullough	Sharbot Lake - Sharbot Lake	23.85m		
3 Blair Coffey	Frontenac - Kingston	23.13m		
4 Hailey Desrochers	Regiopolis-Notre Dame	22.40m		
Event 94 Men Javelin Throw				
Name	School	Finals	H#	Points
1 Chris Shibley	Sydenham - Sydenham	45.92m		
2 Ben Heyman	Sydenham - Sydenham	42.65m		
3 John Addison	Frontenac - Kingston	42.53m		
4 Jay Dearborn	Sydenham - Sydenham	39.41m		
Event 95 Women 4x100 Meter Relay				
Team	Relay	Finals	H#	Points
1 Holy Cross - Kingston		52.70		
2 Sydenham - Sydenham		54.20		
3 Frontenac - Kingston		55.50		
4 La Salle - Kingston		57.20		
Event 96 Men 4x100 Meter Relay				
Team	Relay	Finals	H#	Points
1 Sydenham - Sydenham		44.60		
2 Kingston - Kingston		45.30		
3 Holy Cross - Kingston		46.00		
4 Frontenac - Kingston		1:46.00		
Event 97 Women 1500 Meter Steeplechase				
Name	School	Finals	H#	Points
1 Lacey Tryon	Sydenham - Sydenham	5:38.00		
2 Avery Michels	Regiopolis-Notre Dame	6:00.00		
3 Karley Heyman	Sydenham - Sydenham	6:04.00		
4 Marissa Rostek	Regiopolis-Notre Dame	6:10.00		
Event 98 Men 2000 Meter Steeplechase				
Name	School	Finals	H#	Points
1 Pat Vanderholst	Sydenham - Sydenham	6:47.00		
2 Nathan Jaros	La Salle - Kingston	7:33.00		
3 Matt Walsh	Regiopolis-Notre Dame	7:51.00		
4 Adam Brett	Holy Cross - Kingston	7:53.00		

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Event 99 Women 4x400 Meter Relay

Team	Relay	Finals	H#	Points
1	Sydenham - Sydenham	4:11.60		
2	Holy Cross - Kingston	4:30.00		
3	Regiopolis-Notre Dame	4:35.90		
4	La Salle - Kingston	4:44.70		

Event 100 Men 4x400 Meter Relay

Team	Relay	Finals	H#	Points
1	Sydenham - Sydenham	3:33.20		
2	Holy Cross - Kingston	3:53.20		
3	Kingston - Kingston	3:53.30		
4	Regiopolis-Notre Dame	4:00.60		

Event 102 Men 100 Meter Dash

Name	School	Finals	H#	Points
1	Garrett Fraser-Morris	14.40		
2	Michael Neff	18.30		