

Licensed to Upper Ottawa Valley HS Athl. Assoc Champ

Hy-Tek's Meet Manager 5/21/2008

UOVHSAA - 5/14/2008

Track and Field 2008

5/14/2008

Results

Women 100 Meter Dash Midget

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Name                      Year School                      Prelims  Wind H#
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Preliminaries

1	Alicia Pan	Adhs - Arnprior	13.50Q	NWI	1
2	Morgan Cameron	Adhs - Arnprior	13.66Q	NWI	4
3	Vanessa Sears	Mhs - Deep River	13.98Q	NWI	3
4	Renee Audet	Esjl - Pembroke	14.25Q	NWI	2
5	Leanne Rumleskie	Mvdhs-Barry'Sbay	13.90q	NWI	4
6	Cassie Jessup	Ohs - Douglas	14.16q	NWI	1
7	Madison Wren	Sjchs - Renfrew	14.33	NWI	2
7	Sarah Corcoran	Sjchs - Renfrew	14.33	NWI	4
9	Kaitlyn Walsh	Mvdhs-Barry'Sbay	14.98	NWI	1
10	Jessica McMillian	Ohs - Douglas	14.99	NWI	4
11	Janet Zohr	Sjchs - Renfrew	15.10	NWI	3
12	Serena Stavenjord	Gphs - Petawawa	15.26	NWI	2
13	Mariah McGaugh	Rci - Renfrew	15.44	NWI	1
14	Jordann Hass	Rci - Renfrew	15.50	NWI	4
15	Katie Gibbons	Rci - Renfrew	15.65	NWI	2
16	Caroline Boucher	Esjl - Pembroke	16.00	NWI	4
17	Audrey Menard	Esjl - Pembroke	16.90	NWI	3

Women 100 Meter Dash Midget

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Name                      Year School                      Finals  Wind
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Finals

1	Alicia Pan	Adhs - Arnprior	13.24	NWI
2	Morgan Cameron	Adhs - Arnprior	13.69	NWI
3	Vanessa Sears	Mhs - Deep River	13.78	NWI
4	Cassie Jessup	Ohs - Douglas	13.91	NWI
5	Renee Audet	Esjl - Pembroke	14.02	NWI
6	Leanne Rumleskie	Mvdhs-Barry'Sbay	14.50	NWI

Women 200 Meter Dash Midget

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=====
Name                      Year School                      Prelims  Wind H#
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Preliminaries

1	Brianna Yolkowskie	Rci - Renfrew	28.86Q	NWI	1
2	Mae Donohue	Rci - Renfrew	29.72Q	NWI	2
3	Jordann Hass	Rci - Renfrew	31.46Q	NWI	3
4	Cassie Jessup	Ohs - Douglas	30.30q	NWI	1
5	Renee Audet	Esjl - Pembroke	31.04q	NWI	1
6	Madison Wren	Sjchs - Renfrew	31.41q	NWI	2
7	Jessica McMillian	Ohs - Douglas	31.47	NWI	2
8	Leanne Rumleskie	Mvdhs-Barry'Sbay	31.59	NWI	3
9	Sarah Corcoran	Sjchs - Renfrew	31.60	NWI	1
10	Serena Stavenjord	Gphs - Petawawa	31.69	NWI	3
11	Vanessa Sears	Mhs - Deep River	31.75	NWI	2
12	Abby Bourgoin	Adhs - Arnprior	31.99	NWI	1
13	Shelby Postma	Adhs - Arnprior	32.00	NWI	3
14	Danielle Begin	Esjl - Pembroke	32.88	NWI	2
15	Caroline Boucher	Esjl - Pembroke	33.10	NWI	3
16	Kaitlyn Walsh	Mvdhs-Barry'Sbay	34.00	NWI	1

Women 200 Meter Dash Midget

Name	Year School	Finals	Wind
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Finals

1	Brianna Yolkowskie	Rci - Renfrew	29.53	NWI
2	Mae Donohue	Rci - Renfrew	29.61	NWI
3	Cassie Jessup	Ohs - Douglas	30.10	NWI
4	Renee Audet	Esjl - Pembroke	30.41	NWI
5	Madison Wren	Sjchs - Renfrew	31.15	NWI
6	Jordann Hass	Rci - Renfrew	31.49	NWI

Women 400 Meter Dash Midget

Name	Year School	Finals	H#
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1	Hillary MacMillan	Rci - Renfrew	1:05.31	1
2	Vanessa Sears	Mhs - Deep River	1:09.78	1
3	Cassie Jessup	Ohs - Douglas	1:09.98	2
4	Serena Stavenjord	Gphs - Petawawa	1:10.21	1
5	Julie Ethier	Fhs - Pembroke	1:10.57	1
6	Rachel Cashin	Fhs - Pembroke	1:10.66	2
7	Erin Hicke	Adhs - Arnprior	1:10.85	1
8	Sheena Berry	Rci - Renfrew	1:12.70	2
9	Jessica Cobus	Rci - Renfrew	1:13.75	2

Women 800 Meter Run Midget

Name	Year School	Finals
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1	Hillary MacMillan	Rci - Renfrew	2:40.85
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2	Tawni Davis	Adhs - Arnprior	2:54.59
3	Kayla Collins	Adhs - Arnprior	3:00.36
4	Jenna Tracy	Gphs - Petawawa	3:08.88
--	Danielle Valiquette-Clar	Rci - Renfrew	NT
--	Erin Hicke	Adhs - Arnprior	NT
--	Jessica Cobus	Rci - Renfrew	DQ
--	Caitlin Grose	Rci - Renfrew	DQ

Women 1500 Meter Run Midget

Name	Year School	Finals
1	Caitlin Grose	Rci - Renfrew 5:38.49
2	Sheena Berry	Rci - Renfrew 5:46.69
3	Danielle Valiquette-Clar	Rci - Renfrew 5:48.50
4	Kelsey Serviss	Gphs - Petawawa 5:52.23
5	Tawni Davis	Adhs - Arnprior 6:17.34
6	Jenna Tracy	Gphs - Petawawa 6:20.00

Women 3000 Meter Run Midget

Name	Year School	Finals
1	Sheena Berry	Rci - Renfrew 12:51.48
1	Caitlin Grose	Rci - Renfrew 12:51.48
3	Danielle Valiquette-Clar	Rci - Renfrew 12:55.08
4	Kelsey Serviss	Gphs - Petawawa 13:46.03

Women 80 Meter Hurdles Midget

Name	Year School	Finals	Wind	H#
1	Morgan Cameron	Adhs - Arnprior 14.08	NWI	3
2	Calley Mosley	Adhs - Arnprior 15.43	NWI	1
3	Jenny McKeen	Adhs - Arnprior 15.69	NWI	2
4	Shamisa Shroeder	Mvdhs-Barry'Sbay 16.22	NWI	1
5	Jordann Hass	Rci - Renfrew 16.75	NWI	2
6	Madeline Mills	Esjl - Pembroke 16.90	NWI	2
7	Danielle Begin	Esjl - Pembroke 17.40	NWI	1
8	Becky Dunne	Mvdhs-Barry'Sbay 17.73	NWI	2
9	Jacqueline Haden-Pawlows	Mvdhs-Barry'Sbay 18.13	NWI	3
10	Mariah McGaugh	Rci - Renfrew 18.15	NWI	3
11	Katie Gibbons	Rci - Renfrew 18.18	NWI	1
12	Audrey Menard	Esjl - Pembroke 20.58	NWI	3

Women 300 Meter Hurdles Midget

Name	Year School	Finals
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=====			
1	Hillary MacMillan	Rci - Renfrew	51.32
2	Janie Kauffeldt	Rci - Renfrew	54.58
3	Erin Hicke	Adhs - Arnprior	55.25
4	Jacinta Cowan	Mvdhs-Barry'Sbay	56.41
5	Calley Mosley	Adhs - Arnprior	57.13
6	Katie Gibbons	Rci - Renfrew	58.81

Women 4x100 Meter Relay Midget

=====			
School		Finals	H#
=====			
1	Arnprior - Arnprior 'A'	55.35	2
2	Renfrew - Renfrew 'A'	56.45	1
3	Opeongo - Douglas 'A'	1:00.47	1
4	Madawaska Valley - Barry's Bay 'A'	1:01.03	2
5	St. Joseph's - Renfrew 'A'	1:01.20	2
6	General Panet - Petawawa 'A'	1:03.27	1
--	ES Jeanne Lajoie - Pembroke 'A'	DQ	1

Women High Jump Midget

=====			
Name	Year School	Finals	
=====			
1	Julie Ethier	Fhs - Pembroke	1.45m
2	Janie Kauffeldt	Rci - Renfrew	1.40m
3	Rachel Cashin	Fhs - Pembroke	J1.40m
4	Sierra Huyer	Adhs - Arnprior	1.35m
5	Paige Nicks	Mvdhs-Barry'Sbay	J1.35m
5	Magali Luneau	Esjl - Pembroke	J1.35m
5	Shamisa Shroeder	Mvdhs-Barry'Sbay	J1.35m
8	Kim Eady	Rci - Renfrew	1.30m
9	Madeline Mills	Esjl - Pembroke	J1.30m
9	Shanice Ly	Rci - Renfrew	J1.30m
11	Becky Dunne	Mvdhs-Barry'Sbay	1.25m
12	Audrey McMann	Sjchs - Renfrew	1.15m

Women Long Jump Midget

=====				
Name	Year School	Finals	Wind	
=====				
1	Alicia Pan	Adhs - Arnprior	4.42m	NWI
2	Sierra Huyer	Adhs - Arnprior	4.30m	NWI
3	Brianna Yolkowskie	Rci - Renfrew	4.20m	NWI
4	Abby Bourgoin	Adhs - Arnprior	3.86m	NWI
5	Shanice Ly	Rci - Renfrew	3.70m	NWI
6	Janet Zohr	Sjchs - Renfrew	3.47m	NWI
7	Cara Lemkay	Fhs - Pembroke	3.45m	NWI

8	Jessica McMillian	Ohs - Douglas	3.37m	NWI
9	Kaitlyn Walsh	Mvdhs-Barry'Sbay	3.29m	NWI
10	Selina Piekarski	Mvdhs-Barry'Sbay	3.25m	NWI
11	Victoria Clark	Gphs - Petawawa	3.16m	NWI
12	Charmaine Mearns	Ohs - Douglas	2.84m	NWI
--	Mae Donohue	Rci - Renfrew	DQ	NWI

Women Triple Jump Midget

Name	Year School	Finals	Wind	
1	Mae Donohue	Rci - Renfrew	9.04m	NWI
2	Shamisa Shroeder	Mvdhs-Barry'Sbay	8.93m	NWI
3	Brianna Yolkowskie	Rci - Renfrew	8.90m	NWI
4	Sierra Huyer	Adhs - Arnprior	8.87m	NWI
5	Janie Kauffeldt	Rci - Renfrew	8.49m	NWI
6	Abby Bourgoin	Adhs - Arnprior	8.32m	NWI
7	Janet Zohr	Sjchs - Renfrew	7.80m	NWI
8	Rachel Cashin	Fhs - Pembroke	7.43m	NWI
9	Shelby Postma	Adhs - Arnprior	7.30m	NWI
10	Selina Piekarski	Mvdhs-Barry'Sbay	6.08m	NWI

Women Shot Put Midget

Name	Year School	Finals	
1	Jacinta Cowan	Mvdhs-Barry'Sbay	9.32m
2	Carly McNulty	Sjchs - Renfrew	7.61m
3	Morgan Cameron	Adhs - Arnprior	7.52m
4	Juletta Cull	Ohs - Douglas	7.07m
5	Paige Nicks	Mvdhs-Barry'Sbay	7.00m
6	Rebecca Barr	Rci - Renfrew	6.21m
7	Renee-Claude Carriere	Esjl - Pembroke	6.05m
8	Jenny McKeen	Adhs - Arnprior	5.69m
9	Amber Gillan	Rci - Renfrew	5.43m
10	Kim Bilson	Sjchs - Renfrew	5.06m
11	Sarah Bell	Ohs - Douglas	5.03m

Women Discus Throw Midget

Name	Year School	Finals	
1	Amber Gillan	Rci - Renfrew	25.59m
2	Carly McNulty	Sjchs - Renfrew	24.15m
3	Sarah Bell	Ohs - Douglas	21.16m
4	Kim Bilson	Sjchs - Renfrew	21.02m
5	Victoria Clark	Gphs - Petawawa	18.98m
6	Juletta Cull	Ohs - Douglas	17.96m

7	Rebecca Barr	Rci - Renfrew	14.69m
8	Kayla Collins	Adhs - Arnprior	13.24m
9	Amanda Milne	Adhs - Arnprior	12.08m
10	Tawni Davis	Adhs - Arnprior	10.69m

Women Javelin Throw Midget

Name	Year School	Finals
1 Amber Gillan	Rci - Renfrew	21.92m
2 Victoria Clark	Gphs - Petawawa	21.68m
3 Cara Lemkay	Fhs - Pembroke	21.30m
4 Jacinta Cowan	Mvdhs-Barry'Sbay	19.87m
5 Rebecca Barr	Rci - Renfrew	19.75m
6 Sarah Bell	Ohs - Douglas	19.11m
7 Juletta Cull	Ohs - Douglas	18.11m
8 Carly McNulty	Sjchs - Renfrew	15.68m
9 Madison Wren	Sjchs - Renfrew	15.63m
10 Amanda Milne	Adhs - Arnprior	13.44m
11 Kim Bilson	Sjchs - Renfrew	13.31m

Women 100 Meter Dash Junior

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Randa Teschner	Bschs - Pembroke	13.88Q	NWI	2
2 Kaitlyn Zilney	Mvdhs-Barry'Sbay	13.89Q	NWI	1
3 Kate-Lynn Versosa	Adhs - Arnprior	14.06Q	NWI	2
4 Saranthia Katsaras	Mhs - Deep River	14.22Q	NWI	1
5 Holly Pringe	Bschs - Pembroke	14.33q	NWI	1
6 Corinne Clarke	Fhs - Pembroke	14.57q	NWI	2
7 Courtney Mastine	Bschs - Pembroke	14.65	NWI	1
8 Kara Pecoskie	Mvdhs-Barry'Sbay	14.94	NWI	2
9 Jessica Schonnop	Rci - Renfrew	16.37	NWI	1
10 Kristie MacMillan	Gphs - Petawawa	16.50	NWI	1

Women 100 Meter Dash Junior

Name	Year School	Finals	Wind
Finals			
1 Kaitlyn Zilney	Mvdhs-Barry'Sbay	13.30	NWI
2 Randa Teschner	Bschs - Pembroke	13.82	NWI
3 Saranthia Katsaras	Mhs - Deep River	13.97	NWI
4 Kate-Lynn Versosa	Adhs - Arnprior	14.37	NWI
5 Holly Pringe	Bschs - Pembroke	14.72	NWI
6 Corinne Clarke	Fhs - Pembroke	14.78	NWI

Women 200 Meter Dash Junior

Name	Year School	Finals	Wind
1 Sabrina Guyea	Rci - Renfrew	28.11	NWI
2 Randa Teschner	Bschs - Pembroke	29.64	NWI
3 Katie Campbell	Rci - Renfrew	32.30	NWI
4 Jessica Schonnop	Rci - Renfrew	32.84	NWI

Women 400 Meter Dash Junior

Name	Year School	Finals
1 Rebekah Folkema	Rci - Renfrew	1:03.04
2 Chelsea Turpin	Adhs - Arnprior	1:07.90
3 Jessica Schonnop	Rci - Renfrew	1:13.70
4 Paige Lee	Bschs - Pembroke	1:20.89

Women 800 Meter Run Junior

Name	Year School	Finals
1 Rebekah Folkema	Rci - Renfrew	2:36.65
2 Alex Fraser	Rci - Renfrew	2:40.59
3 Loreena Dobson	Ohs - Douglas	2:42.48
4 Heather Boersma	Adhs - Arnprior	2:42.69
5 Mairead Rodgers	Mhs - Deep River	3:06.61
-- Kassandra Tremblay	Bschs - Pembroke	NT

Women 1500 Meter Run Junior

Name	Year School	Finals
1 Melissa Jones	Fhs - Pembroke	5:13.74
2 Rachel Folkema	Rci - Renfrew	5:15.83
3 Alex Fraser	Rci - Renfrew	5:42.99
4 Melissa Farmer	Adhs - Arnprior	6:07.71
5 Kassandra Tremblay	Bschs - Pembroke	6:16.47
6 Mairead Rodgers	Mhs - Deep River	6:20.00

Women 3000 Meter Run Junior

Name	Year School	Finals
1 Melissa Jones	Fhs - Pembroke	11:22.78
2 Rachel Folkema	Rci - Renfrew	11:27.01

3	Alex Fraser	Rci - Renfrew	12:33.95
4	Melissa Farmer	Adhs - Arnprior	13:14.89

Women 80 Meter Hurdles Junior

Name	Year School	Finals	Wind
1 Sabrina Guyea	Rci - Renfrew	13.04	NWI
2 Melanie Plante	Esjl - Pembroke	19.41	NWI

Women 300 Meter Hurdles Junior

Name	Year School	Finals
1 Sabrina Guyea	Rci - Renfrew	50.76
2 Heather Boersma	Adhs - Arnprior	54.33
3 Melissa Farmer	Adhs - Arnprior	59.85
4 Melanie Plante	Esjl - Pembroke	1:06.25

Women 4x100 Meter Relay Junior

School	Finals
1 Renfrew - Renfrew 'A'	54.05
2 Arnprior - Arnprior 'A'	56.65
3 Bishop Smith - Pembroke 'A'	57.56
4 Madawaska Valley - Barry's Bay 'A'	59.19

Women High Jump Junior

Name	Year School	Finals
1 Loreena Dobson	OhS - Douglas	1.40m
2 Shannon Leveck	Rci - Renfrew	1.35m
3 Kasia Trautrim	Gphs - Petawawa	1.30m
3 Saranthia Katsaras	Mhs - Deep River	1.30m
5 Corinne Clarke	Fhs - Pembroke	J1.30m
6 Courtney Gendron	Mhs - Deep River	J1.30m
-- Brittany Lamont	Fhs - Pembroke	NH
-- Kristie MacMillan	Gphs - Petawawa	NH

Women Long Jump Junior

Name	Year School	Finals	Wind
1 Kate-Lynn Versosa	Adhs - Arnprior	4.42m	NWI
2 Hanna Quathamier	Adhs - Arnprior	4.33m	NWI

3	Courtney Gendron	Mhs - Deep River	4.20m	NWI
4	Katie Campbell	Rci - Renfrew	4.19m	NWI
5	Shannon Leveck	Rci - Renfrew	3.91m	NWI
6	Kasia Trautrim	Gphs - Petawawa	J3.91m	NWI
7	Holly Pringe	Bschs - Pembroke	3.89m	NWI
8	Sarantia Katsaras	Mhs - Deep River	3.77m	NWI
9	Courtney Mastine	Bschs - Pembroke	3.68m	NWI
10	Kaitlyn Zilney	Mvdhs-Barry'Sbay	3.59m	NWI
10	Rebekah Folkema	Rci - Renfrew	3.59m	NWI
12	Alicia Lloyd	Fhs - Pembroke	3.34m	NWI
13	Kristie MacMillan	Gphs - Petawawa	3.23m	NWI

Women Triple Jump Junior

Name	Year School	Finals	Wind
1	Kate-Lynn Versosa	Adhs - Arnprior	9.33m NWI
2	Rachel Folkema	Rci - Renfrew	9.15m NWI
3	Chelsea Turpin	Adhs - Arnprior	8.80m NWI
4	Shannon Leveck	Rci - Renfrew	8.77m NWI
5	Holly Pringe	Bschs - Pembroke	8.18m NWI
6	Katie Campbell	Rci - Renfrew	7.68m NWI
7	Anna Bloskie	Mvdhs-Barry'Sbay	7.56m NWI
8	Courtney Mastine	Bschs - Pembroke	7.30m NWI

Women Shot Put Junior

Name	Year School	Finals
1	Kara Blackburn	Adhs - Arnprior 8.18m
2	Caitlin Dougherty	Rci - Renfrew 7.37m
3	Morgan Brodofske	Mvdhs-Barry'Sbay 7.33m
4	Emily Olmstead	Rci - Renfrew 7.24m
5	Kelsey Paplinskie	Mvdhs-Barry'Sbay 6.66m
6	Zabrina Rekowski	Rci - Renfrew 6.51m

Women Discus Throw Junior

Name	Year School	Finals
1	Kara Blackburn	Adhs - Arnprior 28.78m
2	Hanna Quathammer	Adhs - Arnprior 27.53m
3	Caitlin Dougherty	Rci - Renfrew 25.68m
4	Sarah Dougherty	Rci - Renfrew 24.86m
5	Kelsey Paplinskie	Mvdhs-Barry'Sbay 22.32m
6	Emily Olmstead	Rci - Renfrew 21.69m

Women Javelin Throw Junior

Name	Year School	Finals
1 Sarah Dougherty	Rci - Renfrew	25.61m
2 Courtney Gendron	Mhs - Deep River	23.09m
3 Hanna Quathamer	Adhs - Arnprior	22.32m
4 Zabrina Rekowski	Rci - Renfrew	21.72m
5 Kara Blackburn	Adhs - Arnprior	20.42m
6 Morgan Brodofske	Mvdhs-Barry'Sbay	20.27m
7 Paige Lee	Bschs - Pembroke	20.15m

Women 100 Meter Dash Senior

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Emma Dobson	Ohs - Douglas	12.99Q	NWI	2
2 Kailey Benoit	Adhs - Arnprior	13.71Q	NWI	1
3 Shalyn Ferdinand	Adhs - Arnprior	13.25Q	NWI	2
4 Erinn Baptiste	Ohs - Douglas	13.73Q	NWI	1
5 Sarah Eades	Adhs - Arnprior	14.12q	NWI	1
6 Leah Laporte	Mhs - Deep River	15.08q	NWI	1
7 Elicia Rowe	Gphs - Petawawa	15.18	NWI	2
8 Kristen Biggs	Bschs - Pembroke	15.25	NWI	1

Women 100 Meter Dash Senior

Name	Year School	Finals	Wind
Finals			
1 Emma Dobson	Ohs - Douglas	12.81	NWI
2 Shalyn Ferdinand	Adhs - Arnprior	13.51	NWI
3 Kailey Benoit	Adhs - Arnprior	13.57	NWI
4 Erinn Baptiste	Ohs - Douglas	14.00	NWI
5 Sarah Eades	Adhs - Arnprior	14.35	NWI
6 Leah Laporte	Mhs - Deep River	14.69	NWI

Women 200 Meter Dash Senior

Name	Year School	Finals	Wind
1 Kailey Benoit	Adhs - Arnprior	29.11	NWI
2 Erinn Baptiste	Ohs - Douglas	29.20	NWI
3 Shalyn Ferdinand	Adhs - Arnprior	30.58	NWI
4 Karly Millar	Rci - Renfrew	31.97	NWI
5 Elicia Rowe	Gphs - Petawawa	33.08	NWI

Women 400 Meter Dash Senior

Name	Year School	Finals
1 Erinn Baptiste	Ohs - Douglas	1:06.65
2 Karly Millar	Rci - Renfrew	1:09.21
3 Elicia Rowe	Gphs - Petawawa	1:16.85
-- Kimberley Kallio	Rci - Renfrew	DQ

Women 800 Meter Run Senior

Name	Year School	Finals
1 Kimberley Kallio	Rci - Renfrew	2:28.63
2 Caitlin Corbett	Mhs - Deep River	3:00.32
3 Julia Lesway	Adhs - Arnprior	3:05.62
4 Delia Leblanc	Adhs - Arnprior	3:09.56
5 Beth Pilgrim	Rci - Renfrew	3:09.78
6 Stefanie Boucher-Bouchar	Esjl - Pembroke	3:24.43

Women 1500 Meter Run Senior

Name	Year School	Finals
1 Kimberley Kallio	Rci - Renfrew	5:42.79
2 Ingrid Hagberg	Mhs - Deep River	5:57.35
3 Caitlin Corbett	Mhs - Deep River	6:15.17
4 Sonia Menard	Esjl - Pembroke	6:25.00
5 Beth Pilgrim	Rci - Renfrew	6:34.38
6 Katie Kowalski	Esjl - Pembroke	6:45.00
-- Emma Dickson	Rci - Renfrew	NT

Women 3000 Meter Run Senior

Name	Year School	Finals
1 Ingrid Hagberg	Mhs - Deep River	12:24.81
2 Beth Pilgrim	Rci - Renfrew	14:22.17
-- Sarah Foohey	Rci - Renfrew	DQ

Women 100 Meter Hurdles Senior

Name	Year School	Finals	Wind
1 Shalyn Ferdinand	Adhs - Arnprior	17.29	NWI
2 Sarah Eades	Adhs - Arnprior	18.35	NWI
3 Savannah Bishop	Ohs - Douglas	18.42	NWI
4 Mackenzie Kinney	Bschs - Pembroke	19.52	NWI

5 Stefanie Boucher-Bouchar Esjl - Pembroke 22.57 NWI

Women 400 Meter Hurdles Senior

Name	Year School	Finals
1 Sarah Foohey	Rci - Renfrew	1:18.52
-- Stefanie Boucher-Bouchar	Esjl - Pembroke	DQ

Women 4x100 Meter Relay Senior

School	Finals
1 Opeongo - Douglas 'A'	54.12
2 Arnprior - Arnprior 'A'	54.50
3 Renfrew - Renfrew 'A'	56.24
4 MacKenzie - Deep River 'A'	57.03

Women High Jump Senior

Name	Year School	Finals
1 Mandy O'Meara	Fhs - Pembroke	1.40m
2 Karly Millar	Rci - Renfrew	1.35m
2 Kaylee Sheppard	Gphs - Petawawa	1.35m
4 Cassie Kube	Rci - Renfrew	1.25m
4 Savannah Bishop	Ohs - Douglas	1.25m

Women Long Jump Senior

Name	Year School	Finals	Wind
1 Emma Dobson	Ohs - Douglas	5.19m	NWI
2 Amanda Brydges	Rci - Renfrew	5.16m	NWI
3 Delia Leblanc	Adhs - Arnprior	3.94m	NWI
4 Sabrina Snaglewski	Bschs - Pembroke	3.63m	NWI
5 Mackenzie Kinney	Bschs - Pembroke	3.59m	NWI
6 Cassie Kube	Rci - Renfrew	3.45m	NWI
7 Kaylee Sheppard	Gphs - Petawawa	3.39m	NWI
8 Jasmine Shewchuck	Mhs - Deep River	3.38m	NWI
9 Kristen Biggs	Bschs - Pembroke	3.07m	NWI

Women Triple Jump Senior

Name	Year School	Finals	Wind
1 Emma Dobson	Ohs - Douglas	10.83m	NWI

2	Amanda Brydges	Rci - Renfrew	10.70m	NWI
3	Alanna Holz	Rci - Renfrew	8.43m	NWI
4	Caitlin Corbett	Mhs - Deep River	8.34m	NWI
5	Cassie Kube	Rci - Renfrew	8.03m	NWI
6	Jasmine Shewchuck	Mhs - Deep River	7.76m	NWI
7	Sabrina Snaglewski	Bschs - Pembroke	7.28m	NWI

Women Shot Put Senior

Name	Year School	Finals
1 Caitlin Vandodewaard	Rci - Renfrew	12.79m
2 Kelsey Jessup	Rci - Renfrew	9.78m
3 Zoe Scharf	Rci - Renfrew	9.18m
4 Jessica McNulty	Sjchs - Renfrew	8.66m
5 Shannon Spurrell	Ohs - Douglas	7.93m
6 Virginia Robinson	Fhs - Pembroke	6.94m
7 Carolyn Hill	Ohs - Douglas	6.57m

Women Discus Throw Senior

Name	Year School	Finals
1 Caitlin Vandodewaard	Rci - Renfrew	46.13m
2 Lindsay Sinclair	Ohs - Douglas	31.84m
3 Carolyn Hill	Ohs - Douglas	31.22m
4 Zoe Scharf	Rci - Renfrew	31.19m
5 Shannon Spurrell	Ohs - Douglas	30.01m
6 Kelsey Jessup	Rci - Renfrew	28.05m
7 Jessica McNulty	Sjchs - Renfrew	25.36m
8 Virginia Robinson	Fhs - Pembroke	22.93m

Women Javelin Throw Senior

Name	Year School	Finals
1 Alix Mullin	Mvdhs-Barry'Sbay	34.70m
2 Shannon Spurrell	Ohs - Douglas	29.42m
3 Jasmine Shewchuck	Mhs - Deep River	26.74m
4 Lindsay Sinclair	Ohs - Douglas	25.97m
5 Emma Dickson	Rci - Renfrew	17.57m
6 Sierra Stinson	Ohs - Douglas	16.67m
7 Leah Laporte	Mhs - Deep River	16.12m
8 Julia Lesway	Adhs - Arnprior	15.83m
-- Caitlin Vandodewaard	Rci - Renfrew	DQ
-- Virginia Robinson	Fhs - Pembroke	DQ

Women 1500 Meter Steeplechase Open

Name	Year School	Finals
1 Sarah Foohey	Rci - Renfrew	5:31.29
2 Loreena Dobson	Ohs - Douglas	5:48.19
3 Ingrid Hagberg	Mhs - Deep River	5:54.90
4 Heather Boersma	Adhs - Arnprior	5:59.66
5 Kassandra Tremblay	Bschs - Pembroke	6:24.20
6 Calley Mosley	Adhs - Arnprior	6:30.00

Women 4x400 Meter Relay Open

School	Finals
1 Renfrew - Renfrew 'A'	4:26.73
2 Arnprior - Arnprior 'A'	5:00.94
3 MacKenzie - Deep River 'A'	5:18.40

Men 100 Meter Dash Midget

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Jamie Moore	Bschs - Pembroke	12.22Q	NWI	1
2 Phillip Murphy	Adhs - Arnprior	12.55Q	NWI	2
3 Cameron Shields	Rci - Renfrew	12.69Q	NWI	3
4 Evan Wilson	Adhs - Arnprior	12.66q	NWI	2
5 Aleck Charkavi	Bschs - Pembroke	12.77q	NWI	3
6 Steven Bradford	Rci - Renfrew	12.85q	NWI	2
7 Alex Brittle	Adhs - Arnprior	12.93	NWI	3
8 Matthew Peca	Esjl - Pembroke	13.04	NWI	1
9 David Pilgrim	Rci - Renfrew	13.19	NWI	1
10 Stewart Parisien	Fhs - Pembroke	13.31	NWI	3
11 Matthew Cowan	Mvdhs-Barry'Sbay	13.56	NWI	3
12 Mark McNaney	Bschs - Pembroke	14.03	NWI	2
13 Aaron Brotton	Mvdhs-Barry'Sbay	14.13	NWI	2
14 Jordan Barber	Ohs - Douglas	14.38	NWI	1

Men 100 Meter Dash Midget

Name	Year School	Finals	Wind
Finals			
1 Jamie Moore	Bschs - Pembroke	11.79	NWI
2 Phillip Murphy	Adhs - Arnprior	12.39	NWI
3 Evan Wilson	Adhs - Arnprior	12.46	NWI
4 Cameron Shields	Rci - Renfrew	12.50	NWI
5 Aleck Charkavi	Bschs - Pembroke	12.96	NWI

6 Steven Bradford Rci - Renfrew 13.08 NWI

Men 200 Meter Dash Midget

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Jamie Moore	Bschs - Pembroke	25.30Q	NWI	3
2 Evan Wilson	Adhs - Arnprior	25.77Q	NWI	2
3 Alex Brittle	Adhs - Arnprior	27.56Q	NWI	1
4 Phillip Murphy	Adhs - Arnprior	26.33q	NWI	3
5 Bradley Schofied	Ohs - Douglas	26.67q	NWI	2
6 Caleb Hall	Fhs - Pembroke	26.95q	NWI	2
7 Aleck Charkavi	Bschs - Pembroke	27.68	NWI	2
8 Joshua Grandy	Bschs - Pembroke	28.34	NWI	1
9 Steven Bradford	Rci - Renfrew	28.45	NWI	3
10 Taylor Turcotte	Gphs - Petawawa	28.75	NWI	3
11 Jordan Barber	Ohs - Douglas	30.94	NWI	1

Men 200 Meter Dash Midget

Name	Year School	Finals	Wind
Finals			
1 Jamie Moore	Bschs - Pembroke	24.78	NWI
2 Evan Wilson	Adhs - Arnprior	25.40	NWI
3 Phillip Murphy	Adhs - Arnprior	26.30	NWI
4 Caleb Hall	Fhs - Pembroke	26.36	NWI
5 Alex Brittle	Adhs - Arnprior	26.81	NWI
6 Bradley Schofied	Ohs - Douglas	27.05	NWI

Men 400 Meter Dash Midget

Name	Year School	Finals	H#
1 Jamie Moore	Bschs - Pembroke	55.25	2
2 Evan Wilson	Adhs - Arnprior	56.44	3
3 Bradley Schofied	Ohs - Douglas	59.18	3
4 Mike Cheslock	Adhs - Arnprior	59.61	2
5 Sean Dey	Adhs - Arnprior	59.77	1
6 Riley Johnson	Fhs - Pembroke	59.90	3
7 Alistair Hugli	Fhs - Pembroke	1:00.80	1
8 Joshua Grandy	Bschs - Pembroke	1:01.63	3
9 Cole Carswell	Rci - Renfrew	1:02.36	2
10 Steven Bradford	Rci - Renfrew	1:02.90	1
11 Matt Quinlan	Gphs - Petawawa	1:07.75	2
12 Matthew Straathoff	Bschs - Pembroke	1:07.95	1
13 Jordan Barber	Ohs - Douglas	1:08.19	2

14 Matthew Cowan Mvdhs-Barry'Sbay 1:09.50 3

Men 800 Meter Run Midget

Name	Year School	Finals
1 Tristan Woodfine	Ohs - Douglas	2:08.52
2 Ewan Craig	Mhs - Deep River	2:19.97
3 Alistair Hugli	Fhs - Pembroke	2:21.59
4 Cole Carswell	Rci - Renfrew	2:26.27
5 Mike Cheslock	Adhs - Arnprior	2:26.57
6 Joshua Grandy	Bschs - Pembroke	2:33.72
-- Blake McHenry	Rci - Renfrew	NT
-- Matt Quinlan	Gphs - Petawawa	NT
-- David Story	Gphs - Petawawa	NT

Men 1500 Meter Run Midget

Name	Year School	Finals
1 Tristan Woodfine	Ohs - Douglas	4:16.19
2 Riley Johnson	Fhs - Pembroke	4:51.34
3 Matt Boudens	Bschs - Pembroke	4:52.50
4 Francis Pecoskie	Bschs - Pembroke	4:53.83
5 Ewan Craig	Mhs - Deep River	4:54.11
6 David Cashin	Fhs - Pembroke	4:55.15

Men 3000 Meter Run Midget

Name	Year School	Finals
1 Tristan Woodfine	Ohs - Douglas	9:09.71
2 David Cashin	Fhs - Pembroke	10:36.35
3 Francis Pecoskie	Bschs - Pembroke	10:52.26
4 Stuart Kellar	Rci - Renfrew	11:21.56
5 Dan Charbonneau	Sjchs - Renfrew	11:24.62
6 Bradley Oattes	Rci - Renfrew	11:37.95

Men 100 Meter Hurdles Midget

Name	Year School	Finals	Wind
1 Justin Benoit	Bschs - Pembroke	18.13	NWI
2 David Pilgrim	Rci - Renfrew	18.16	NWI
3 Michael Gavin	Rci - Renfrew	18.96	NWI
4 Michael Olstad	Gphs - Petawawa	19.43	NWI
5 Mark McNanney	Bschs - Pembroke	27.82	NWI

Men 300 Meter Hurdles Midget

Name	Year School	Finals
1 David Pilgrim	Rci - Renfrew	50.54
2 Michael Gavin	Rci - Renfrew	52.90
3 Michael Olstad	Gphs - Petawawa	53.17
4 Bradley Oattes	Rci - Renfrew	53.78
5 Tanner Stein	Gphs - Petawawa	54.75
6 Mark McNanney	Bschs - Pembroke	57.72

Men 4x100 Meter Relay Midget

School	Finals
1 Renfrew - Renfrew 'A'	50.61
2 Arnprior - Arnprior 'A'	51.03
3 Bishop Smith - Pembroke 'A'	51.73
4 General Panet - Petawawa 'A'	57.88

Men High Jump Midget

Name	Year School	Finals
1 Abe Ellement	Rci - Renfrew	1.55m
2 Bradley Schofied	Ohs - Douglas	J1.55m
3 Taylor Turcotte	Gphs - Petawawa	1.50m
4 Caleb Hall	Fhs - Pembroke	J1.50m
5 Tyler Harris	Rci - Renfrew	1.45m
6 Aaron Brotton	Mvdhs-Barry'Sbay	1.35m
7 Justin Benoit	Bschs - Pembroke	1.30m
7 Michael Olstad	Gphs - Petawawa	1.30m
-- Philip Mullin	Mvdhs-Barry'Sbay	NH

Men Long Jump Midget

Name	Year School	Finals	Wind
1 Stewart Parisien	Fhs - Pembroke	5.26m	NWI
2 Phillip Murphy	Adhs - Arnprior	5.03m	NWI
3 Caleb Hall	Fhs - Pembroke	4.98m	NWI
4 Matthew Peca	Esjl - Pembroke	4.84m	NWI
5 Sean Dey	Adhs - Arnprior	4.54m	NWI
6 Alex Brittle	Adhs - Arnprior	4.37m	NWI
7 Tanner Stein	Gphs - Petawawa	4.24m	NWI
8 Dan Feltham	Gphs - Petawawa	4.18m	NWI
9 Justin Benoit	Bschs - Pembroke	J4.18m	NWI

10 Taylor Turcotte Gphs - Petawawa 3.36m NWI

Men Triple Jump Midget

Name	Year School	Finals	Wind
1 Cameron Shields	Rci - Renfrew	10.57m	NWI
2 Tyler Harris	Rci - Renfrew	10.27m	NWI
3 Abe Ellement	Rci - Renfrew	10.02m	NWI
4 James Burchat	Bschs - Pembroke	9.96m	NWI
5 Ewan Craig	Mhs - Deep River	9.35m	NWI
6 Matthew Straathoff	Bschs - Pembroke	8.68m	NWI
7 Mike Cheslock	Adhs - Arnprior	8.65m	NWI
8 Alex Mitchell	Bschs - Pembroke	6.21m	NWI

Men Shot Put Midget

Name	Year School	Finals
1 Roger Wilhelm	Adhs - Arnprior	11.65m
2 Curtis Murdock	Rci - Renfrew	11.06m
3 Ryan St. Louis	Bschs - Pembroke	10.81m
4 Joel Corbin	Rci - Renfrew	10.68m
5 Alex Maves	Ohs - Douglas	10.57m
6 William Wright	Ohs - Douglas	10.29m
7 Andrew Lesk	Adhs - Arnprior	9.73m
8 Mitchill Lett	Ohs - Douglas	9.51m
9 Richard Barr	Rci - Renfrew	9.38m

Men Discus Throw Midget

Name	Year School	Finals
1 Abe Ellement	Rci - Renfrew	36.60m
2 Ryan St. Louis	Bschs - Pembroke	35.85m
3 Curtis Murdock	Rci - Renfrew	33.15m
4 Mitchill Lett	Ohs - Douglas	30.89m
5 William Wright	Ohs - Douglas	30.83m
6 Joel Corbin	Rci - Renfrew	29.28m
7 Roger Wilhelm	Adhs - Arnprior	28.36m
8 Alex Maves	Ohs - Douglas	27.09m
9 Dayle Penney	Gphs - Petawawa	22.01m
10 Blaire Parsons	Gphs - Petawawa	19.73m
11 Philip Mullin	Mvdhs-Barry'Sbay	18.30m
12 Alex Mitchell	Bschs - Pembroke	17.99m
13 Mark Belaire	Bschs - Pembroke	17.30m

Men Javelin Throw Midget

Name	Year School	Finals
1 Jacob Hemsworth	Fhs - Pembroke	37.98m
2 William Wright	Ohs - Douglas	36.68m
3 Andrew Lesk	Adhs - Arnprior	32.42m
4 Philip Mullin	Mvdhs-Barry'Sbay	30.98m
5 Sean Dey	Adhs - Arnprior	29.86m
6 Mitchill Lett	Ohs - Douglas	28.74m
7 Aleck Charkavi	Bschs - Pembroke	27.18m
8 Joel Corbin	Rci - Renfrew	26.22m
9 Matthew Straathoff	Bschs - Pembroke	23.77m
10 Richard Barr	Rci - Renfrew	23.12m
11 Mark Belaie	Bschs - Pembroke	22.47m
12 Roger Wilhelm	Adhs - Arnprior	22.24m
13 Dan Feltham	Gphs - Petawawa	21.58m
14 Dayle Penney	Gphs - Petawawa	19.89m
-- Blaire Parsons	Gphs - Petawawa	ND

Men 100 Meter Dash Junior

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Jesse Nadobny	Rci - Renfrew	11.80Q	NWI	1
2 Justin Farrow	Rci - Renfrew	12.40Q	NWI	3
3 Tait Van Wyk	Adhs - Arnprior	12.68Q	NWI	2
4 Robert Van Gemeren	Gphs - Petawawa	12.55q	NWI	1
5 Matt Sharpe	Rci - Renfrew	13.12q	NWI	3
6 Tyrone Rowe	Gphs - Petawawa	13.63q	NWI	2
7 Joel Orr	Gphs - Petawawa	13.64	NWI	3
8 Mark Luloff	Fhs - Pembroke	13.74	NWI	1
9 Samuel Lavoie-Commanda	Esjl - Pembroke	13.78	NWI	2
10 Phillip Nieman	Gphs - Petawawa	14.01	NWI	2
11 Saketh Gubbala	Mhs - Deep River	14.97	NWI	3

Men 100 Meter Dash Junior

Name	Year School	Finals	Wind
Finals			
1 Jesse Nadobny	Rci - Renfrew	12.21	NWI
2 Justin Farrow	Rci - Renfrew	12.55	NWI
3 Robert Van Gemeren	Gphs - Petawawa	12.64	NWI
4 Tait Van Wyk	Adhs - Arnprior	12.91	NWI
5 Matt Sharpe	Rci - Renfrew	12.95	NWI

Men 200 Meter Dash Junior

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Zander Shea	Adhs - Arnprior	25.07Q	NWI	3
2 Jesse Nadobny	Rci - Renfrew	25.14Q	NWI	1
3 Justin Farrow	Rci - Renfrew	26.25Q	NWI	2
4 Robin Park	Gphs - Petawawa	26.28q	NWI	3
5 Matthew Kennedy	Ohs - Douglas	26.66q	NWI	1
6 Matt Sharpe	Rci - Renfrew	27.07q	NWI	3
7 Shae Larocque	Esjl - Pembroke	27.13	NWI	2
8 Robert Van Gemeren	Gphs - Petawawa	27.49	NWI	2
9 Sam Whalen	Ohs - Douglas	27.82	NWI	2
10 Mark Luloff	Fhs - Pembroke	28.62	NWI	2
11 Andrew Stein	Gphs - Petawawa	32.52	NWI	1

Men 200 Meter Dash Junior

Name	Year School	Finals	Wind
Finals			
1 Jesse Nadobny	Rci - Renfrew	24.92	NWI
2 Zander Shea	Adhs - Arnprior	25.19	NWI
3 Robin Park	Gphs - Petawawa	25.77	NWI
4 Matthew Kennedy	Ohs - Douglas	26.35	NWI
5 Matt Sharpe	Rci - Renfrew	26.38	NWI
6 Justin Farrow	Rci - Renfrew	31.24	NWI

Men 400 Meter Dash Junior

Name	Year School	Finals	H#
1 Jesse Nadobny	Rci - Renfrew	57.03	2
2 Tait Van Wyk	Adhs - Arnprior	58.10	1
3 Nick Sparling	Rci - Renfrew	58.44	1
4 Justin Farrow	Rci - Renfrew	58.48	1
5 Matthew Kennedy	Ohs - Douglas	59.83	2
6 Robert Van Gemeren	Gphs - Petawawa	1:01.70	1
7 Sam Whalen	Ohs - Douglas	1:03.10	1
8 Gavin Marquardt	Fhs - Pembroke	1:04.00	1
9 Donal O'Grady	Bschs - Pembroke	1:06.15	2
10 Andrew Stein	Gphs - Petawawa	1:10.22	2
11 Phillip Nieman	Gphs - Petawawa	1:10.79	2

Men 800 Meter Run Junior

Name	Year School	Finals
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1	Shawn Walters	Rci - Renfrew	2:09.17
2	Nick Sparling	Rci - Renfrew	2:24.17
3	John McDonald	Gphs - Petawawa	2:35.99
--	Aaron Parcher	Mvdhs-Barry'Sbay	DQ

Men 1500 Meter Run Junior

Name	Year School	Finals	
1	Shawn Walters	Rci - Renfrew	4:28.82
2	Ben Jones	Fhs - Pembroke	4:35.79
3	Darce Dick	Bschs - Pembroke	4:49.89
4	Travis Bennett	Ohs - Douglas	4:58.05
5	Alex Kubiseskie	Ohs - Douglas	4:58.91
6	Gabriel Quenneville	Gphs - Petawawa	5:43.00
--	Gavin Marquardt	Fhs - Pembroke	NT
--	Robbie Lepine	Mvdhs-Barry'Sbay	NT
--	John McDonald	Gphs - Petawawa	NT
--	Kyle Barron	Mhs - Deep River	NT
--	Matt Burgess	Gphs - Petawawa	NT

Men 3000 Meter Run Junior

Name	Year School	Finals	
1	Shawn Walters	Rci - Renfrew	9:51.33
2	Ben Jones	Fhs - Pembroke	10:30.73
3	Darce Dick	Bschs - Pembroke	10:37.56
4	Travis Bennett	Ohs - Douglas	10:57.08
5	Gabriel Quenneville	Gphs - Petawawa	11:03.37
6	Gavin Marquardt	Fhs - Pembroke	11:57.98

Men 100 Meter Hurdles Junior

Name	Year School	Finals	Wind
1	Mitchell Edwards	Rci - Renfrew	16.86 NWI
2	Donal O'Grady	Bschs - Pembroke	18.23 NWI

Men 300 Meter Hurdles Junior

Name	Year School	Finals	
1	Mitchell Edwards	Rci - Renfrew	47.66
2	Donal O'Grady	Bschs - Pembroke	50.33

Men 4x100 Meter Relay Junior

School	Finals
1 Renfrew - Renfrew 'A'	49.62
2 General Panet - Petawawa 'A'	52.87
3 Opeongo - Douglas 'A'	54.41
4 Arnprior - Arnprior 'A'	1:04.02

Men High Jump Junior

Name	Year School	Finals
1 Joel Doupe	Gphs - Petawawa	1.65m
2 Chris McConnell	Fhs - Pembroke	1.60m
3 Matt Fleming	Rci - Renfrew	J1.60m
4 Ryan Leslie	Mvdhs-Barry'Sbay	1.55m
5 Leo Walsh	Fhs - Pembroke	1.50m
6 Eric Root	Mhs - Deep River	J1.50m
6 Erik McManus	Fhs - Pembroke	J1.50m
6 Kenny Selcuk	Rci - Renfrew	J1.50m
9 Tyrone Rowe	Gphs - Petawawa	1.45m
10 Jeffrey Summers	Mvdhs-Barry'Sbay	J1.45m
10 Jarret Wegner	Gphs - Petawawa	J1.45m
11 Thomas Coombes	L'Equinoxe	J1.40m

Men Long Jump Junior

Name	Year School	Finals	Wind
1 Matt Fleming	Rci - Renfrew	5.38m	NWI
2 Zander Shea	Adhs - Arnprior	5.28m	NWI
3 Matt Sharpe	Rci - Renfrew	5.13m	NWI
4 Joel Doupe	Gphs - Petawawa	5.06m	NWI
5 Tait Van Wyk	Adhs - Arnprior	4.95m	NWI
6 Kenny Selcuk	Rci - Renfrew	4.82m	NWI
7 Leo Walsh	Fhs - Pembroke	4.76m	NWI
8 Caleb Storie	Mhs - Deep River	4.14m	NWI
9 Saketh Gubbala	Mhs - Deep River	4.03m	NWI
10 Danny Merritt	Gphs - Petawawa	3.82m	NWI

Men Triple Jump Junior

Name	Year School	Finals	Wind
1 Matt Fleming	Rci - Renfrew	11.18m	NWI
2 Zander Shea	Adhs - Arnprior	10.77m	NWI
3 Eric Root	Mhs - Deep River	10.60m	NWI

4	Kenny Selcuk	Rci - Renfrew	9.93m	NWI
5	Mitchell Edwards	Rci - Renfrew	9.69m	NWI
6	Danny Merritt	Gphs - Petawawa	8.79m	NWI

Men Shot Put Junior

Name	Year School	Finals	
1	Kurtis LeClaire	Rci - Renfrew	15.34m
2	Scott McCredie	Rci - Renfrew	12.88m
3	Ben Crilly	Rci - Renfrew	11.77m
4	Brody Godin	Esjl - Pembroke	10.51m
5	Connor Ball	Adhs - Arnprior	10.35m
6	Mark Moses	Adhs - Arnprior	10.20m
7	Jake Giuliano	Fhs - Pembroke	10.17m
8	Shae Larocque	Esjl - Pembroke	10.14m
9	Robin Park	Gphs - Petawawa	9.49m
9	Damon Souliere	Bschs - Pembroke	9.49m
11	Jeff Cull	Ohs - Douglas	9.44m
12	Isaac Gill	Mhs - Deep River	9.41m
13	Josh Parker	Gphs - Petawawa	8.97m
14	Chris Beckwith	Gphs - Petawawa	8.46m
15	John Leslie	Adhs - Arnprior	8.23m
16	Nielson Anderson	Gphs - Petawawa	8.03m
17	Jordie Walsh	Mhs - Deep River	7.80m
18	Noah McPherson	Bschs - Pembroke	7.67m
--	Brandon Luckovitch	Mvdhs-Barry'Sbay	ND
--	Dannie Beal	Mhs - Deep River	ND

Men Discus Throw Junior

Name	Year School	Finals	
1	Kurtis LeClaire	Rci - Renfrew	45.83m
2	Scott McCredie	Rci - Renfrew	43.37m
3	Ben Crilly	Rci - Renfrew	38.43m
4	Damon Souliere	Bschs - Pembroke	37.09m
5	Travis Bennett	Ohs - Douglas	36.43m
6	Samuel Lavoie-Commanda	Esjl - Pembroke	34.25m
7	Jeff Cull	Ohs - Douglas	33.22m
8	Steve Bekolay	Adhs - Arnprior	32.61m
9	Isaac Gill	Mhs - Deep River	28.28m
10	Chris Beckwith	Gphs - Petawawa	26.42m
11	Connor Ball	Adhs - Arnprior	26.17m
12	Jordie Walsh	Mhs - Deep River	25.94m
13	Ryan Milligan	Bschs - Pembroke	25.18m
14	Eric Root	Mhs - Deep River	24.16m
15	Jake Giuliano	Fhs - Pembroke	24.13m

16	Nielson Anderson	Gphs - Petawawa	23.61m
17	Mark Moses	Adhs - Arnprior	22.32m
18	Chris McConnell	Fhs - Pembroke	20.80m
19	Dannie Beal	Mhs - Deep River	19.18m

Men Javelin Throw Junior

Name	Year School	Finals
1 Steve Bekolay	Adhs - Arnprior	41.13m
2 Scott McCredie	Rci - Renfrew	40.76m
3 Aaron Parcher	Mvdhs-Barry'Sbay	36.77m
4 Connor Ball	Adhs - Arnprior	32.95m
5 Damon Souliere	Bschs - Pembroke	32.25m
6 Isaac Gill	Mhs - Deep River	31.40m
7 Ryan Milligan	Bschs - Pembroke	29.49m
8 John Leslie	Adhs - Arnprior	28.74m
9 Jordie Walsh	Mhs - Deep River	26.63m
10 Ben Crilly	Rci - Renfrew	26.50m
11 Noah McPherson	Bschs - Pembroke	25.98m
12 Nielson Anderson	Gphs - Petawawa	25.05m
13 Caleb Storie	Mhs - Deep River	23.80m
14 Chris Beckwith	Gphs - Petawawa	22.80m
15 Andrew Stein	Gphs - Petawawa	22.06m
16 Jake Giuliano	Fhs - Pembroke	21.01m
17 Saketh Gubbala	Mhs - Deep River	18.70m
18 Robin Park	Gphs - Petawawa	17.05m

Men 100 Meter Dash Senior

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Mike Adibe	Bschs - Pembroke	11.71Q	NWI	2
2 Matt Basler	Adhs - Arnprior	11.74Q	NWI	3
3 Ben Sharpe	Rci - Renfrew	11.76Q	NWI	1
4 Neil Montgomery	Fhs - Pembroke	11.78q	NWI	2
5 Brody Langlois	Rci - Renfrew	12.03q	NWI	2
6 Alec Vice	Sjchs - Renfrew	12.11q	NWI	1
7 Travis Czech	Fhs - Pembroke	12.20	NWI	2
8 Mark Belmore	Rci - Renfrew	12.23	NWI	3
9 Steve Schruder	Ohs - Douglas	12.54	NWI	1
10 Mackenzie Milton	Fhs - Pembroke	12.66	NWI	3
11 Josh Leigh-Mosley	Mvdhs-Barry'Sbay	13.57	NWI	3

Men 100 Meter Dash Senior

Name	Year School	Finals	Wind
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Finals

1	Mike Adibe	Bschs - Pembroke	11.65	NWI
2	Ben Sharpe	Rci - Renfrew	11.67	NWI
3	Alec Vice	Sjchs - Renfrew	11.75	NWI
4	Neil Montgomery	Fhs - Pembroke	11.80	NWI
5	Brody Langlois	Rci - Renfrew	11.92	NWI
--	Matt Basler	Adhs - Arnprior	DQ	NWI

Men 200 Meter Dash Senior

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Name	Year	School	Prelims	Wind	H#
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Preliminaries

1	Matt Basler	Adhs - Arnprior	23.59Q	NWI	3
2	Mike Adibe	Bschs - Pembroke	24.26Q	NWI	2
3	Alec Vice	Sjchs - Renfrew	25.26Q	NWI	1
4	Shane Pasanen	Gphs - Petawawa	23.96q	NWI	3
5	Ben Sharpe	Rci - Renfrew	24.53q	NWI	2
6	Neil Montgomery	Fhs - Pembroke	25.30q	NWI	3
7	Brody Langlois	Rci - Renfrew	25.36	NWI	3
8	Stephen Ringrose	Rci - Renfrew	25.59	NWI	1
9	Travis Czech	Fhs - Pembroke	26.04	NWI	1
10	Drew Charkavi	Bschs - Pembroke	26.14	NWI	2
11	Steve Schruder	OhS - Douglas	26.56	NWI	1
12	Brandon Dunn	Bschs - Pembroke	33.94	NWI	2

Men 200 Meter Dash Senior

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Name	Year	School	Finals	Wind
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Finals

1	Matt Basler	Adhs - Arnprior	23.45	NWI
2	Mike Adibe	Bschs - Pembroke	23.94	NWI
3	Shane Pasanen	Gphs - Petawawa	24.22	NWI
4	Alec Vice	Sjchs - Renfrew	24.71	NWI
5	Ben Sharpe	Rci - Renfrew	24.98	NWI
6	Neil Montgomery	Fhs - Pembroke	25.25	NWI

Men 400 Meter Dash Senior

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Name	Year	School	Finals	H#
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1	Matt Basler	Adhs - Arnprior	51.80	3
2	Graham Spaul	Adhs - Arnprior	53.25	1
3	Shane Pasanen	Gphs - Petawawa	54.24	3
4	Stephen Ringrose	Rci - Renfrew	56.18	3
5	Drew Charkavi	Bschs - Pembroke	56.75	2

6	Jonny Newsome	Gphs - Petawawa	59.60	1
7	Brendan Graham	Mhs - Deep River	1:02.44	2
8	Andrew MacCormick	Fhs - Pembroke	1:05.21	2
9	Dustin Lambert	Rci - Renfrew	1:07.22	1
10	Brandon Dunn	Bschs - Pembroke	1:19.71	3
--	Ben Sharpe	Rci - Renfrew	DQ	2

Men 800 Meter Run Senior

Name	Year School	Finals	H#	
1	Graham Spaul	Adhs - Arnprior	2:04.00	2
2	Brendan Graham	Mhs - Deep River	2:25.18	1
--	Adam McGregor	Rci - Renfrew	DQ	1
--	Jonny Newsome	Gphs - Petawawa	DQ	2

Men 1500 Meter Run Senior

Name	Year School	Finals	
1	Will Dick	Ohs - Douglas	4:18.92
2	Adam McGregor	Rci - Renfrew	4:28.29
3	Greg Pigeon	Esjl - Pembroke	4:35.30
4	Cory Eckford	Ohs - Douglas	4:36.95
5	Dan Weller	Ohs - Douglas	4:42.19
6	Eric Henderson	Bschs - Pembroke	4:43.22
--	Devin Keenan	Gphs - Petawawa	NT
--	Brendan Graham	Mhs - Deep River	NT
--	Jaivin Dusseault	Mvdhs-Barry'Sbay	NT
--	Spencer Eady	Rci - Renfrew	NT
--	Bohden Tymchuk	Sjchs - Renfrew	NT
--	Mike Foran	Bschs - Pembroke	NT
--	Steven Walters	Sjchs - Renfrew	NT
--	Jeff Lesway	Adhs - Arnprior	NT
--	Chris Gallagher	Esjl - Pembroke	NT

Men 3000 Meter Run Senior

Name	Year School	Finals	
1	Will Dick	Ohs - Douglas	9:18.53
2	Adam McGregor	Rci - Renfrew	9:54.25
3	Eric Henderson	Bschs - Pembroke	10:13.83
4	Chris Gallagher	Esjl - Pembroke	10:26.34
5	Dan Weller	Ohs - Douglas	10:59.09
6	Bohden Tymchuk	Sjchs - Renfrew	11:30.07
--	Devin Keenan	Gphs - Petawawa	NT
--	Spencer Eady	Rci - Renfrew	NT

-- Steven Walters	Sjchs - Renfrew	NT
-- Cory Eckford	Ohs - Douglas	NT

Men 110 Meter Hurdles Senior

Name	Year School	Finals	Wind
1 Conor Kyte	Esjl - Pembroke	16.50	NWI
2 Bryan Switzer	Bschs - Pembroke	16.77	NWI
3 Mark Belmore	Rci - Renfrew	17.50	NWI
-- Chris Douglas	Rci - Renfrew	DQ	NWI

Men 400 Meter Hurdles Senior

Name	Year School	Finals
1 Conor Kyte	Esjl - Pembroke	1:02.15
2 Chris Douglas	Rci - Renfrew	1:03.06
3 Travis Nolan	Rci - Renfrew	1:09.70

Men 4x100 Meter Relay Senior

School	Finals	H#
1 Renfrew - Renfrew 'A'	47.10	2
2 ES Jeanne Lajoie - Pembroke 'A'	48.36	2
3 Bishop Smith - Pembroke 'A'	48.84	2
4 General Panet - Petawawa 'A'	50.21	1
5 Fellowes - Pembroke 'A'	50.25	1
6 St. Joseph's - Renfrew 'A'	54.32	1
-- Opeongo - Douglas 'A'	DQ	1
-- Arnprior - Arnprior 'A'	DQ	2

Men High Jump Senior

Name	Year School	Finals
1 Jeremy Paplinski	Mvdhs-Barry'Sbay	1.75m
2 Brady Windle	Rci - Renfrew	1.70m
3 Eric Parisian	Fhs - Pembroke	J1.70m
4 Tyler Schruder	Ohs - Douglas	1.65m
5 Lucas Yakabuski	Mvdhs-Barry'Sbay	J1.65m
6 Adam Buelow	Rci - Renfrew	1.60m
7 Chris Sarantos	Ohs - Douglas	J1.60m
8 Andrew MacCormick	Fhs - Pembroke	1.55m
8 Stephen Ringrose	Rci - Renfrew	1.55m
10 Harris Coleman	Gphs - Petawawa	1.50m
-- Alexandre Parise	Esjl - Pembroke	NH

Men Long Jump Senior

Name	Year School	Finals	Wind
1 Jeremy Paplinski	Mvdhs-Barry'Sbay	5.62m	NWI
2 Graham Spaul	Adhs - Arnprior	J5.62m	NWI
3 Mike Adibe	Bschs - Pembroke	5.52m	NWI
4 Brady Windle	Rci - Renfrew	5.38m	NWI
5 Mike Duffy	Adhs - Arnprior	5.33m	NWI
6 Mark Belmore	Rci - Renfrew	5.26m	NWI
7 Adam Buelow	Rci - Renfrew	5.20m	NWI
8 Brandon Kluge	Mvdhs-Barry'Sbay	5.08m	NWI
9 Steve Schruder	Ohs - Douglas	5.05m	NWI
10 Mackenzie Milton	Fhs - Pembroke	4.35m	NWI

Men Triple Jump Senior

Name	Year School	Finals	Wind
1 Mike Duffy	Adhs - Arnprior	11.58m	NWI
2 Brady Windle	Rci - Renfrew	11.13m	NWI
3 Jeremy Paplinski	Mvdhs-Barry'Sbay	11.10m	NWI
4 Adam Buelow	Rci - Renfrew	10.53m	NWI
5 Eric Mask	Rci - Renfrew	10.26m	NWI
6 Jonny Newsome	Gphs - Petawawa	9.66m	NWI
7 Jessie Burgee	Gphs - Petawawa	9.54m	NWI

Men Shot Put Senior

Name	Year School	Finals
1 Nathan Clark	Ohs - Douglas	12.25m
2 Eric Mask	Rci - Renfrew	11.71m
3 Quinten Rook	Ohs - Douglas	10.66m
4 Eric Dimillo	Adhs - Arnprior	10.32m
5 Mike Duffy	Adhs - Arnprior	J10.32m
6 Derrick Chusroski	Sjchs - Renfrew	9.77m
7 Travis Towns	Mvdhs-Barry'Sbay	9.74m
8 Connor Godin	Esjl - Pembroke	9.43m
9 Keelan Sullivan	Sjchs - Renfrew	9.32m
9 Josh Leigh-Mosley	Mvdhs-Barry'Sbay	9.32m
11 Ryan Spurrell	Ohs - Douglas	8.34m
12 Jordan Goldberg	Fhs - Pembroke	7.73m
13 Oliver Richards	Sjchs - Renfrew	7.48m
14 Andrew Lefebvre	Bschs - Pembroke	7.38m
15 Matt Brennan	Rci - Renfrew	6.75m

Men Discus Throw Senior

Name	Year School	Finals
1 Nathan Clark	Ohs - Douglas	41.37m
2 Quinten Rook	Ohs - Douglas	34.73m
3 Eric Mask	Rci - Renfrew	33.70m
4 Drew Charkavi	Bschs - Pembroke	29.05m
5 Travis Towns	Mvdhs-Barry'Sbay	28.89m
6 Ryan Spurrell	Ohs - Douglas	28.82m
7 Matt Brennan	Rci - Renfrew	28.62m
8 Bryan Switzer	Bschs - Pembroke	28.46m
9 Mike Foran	Bschs - Pembroke	26.59m
10 Derrick Chusroski	Sjchs - Renfrew	23.86m
11 Michael Lepinski	Mvdhs-Barry'Sbay	22.76m
12 Oliver Richards	Sjchs - Renfrew	22.65m
13 Eric Dimillo	Adhs - Arnprior	22.64m
14 Christian Norlock	Rci - Renfrew	20.32m

Men Javelin Throw Senior

Name	Year School	Finals
1 Quinten Rook	Ohs - Douglas	43.46m
2 Dustin Belaire	Ohs - Douglas	38.45m
3 Christian Norlock	Rci - Renfrew	37.05m
4 Mackenzie Milton	Fhs - Pembroke	34.56m
5 Eric Dimillo	Adhs - Arnprior	33.58m
6 Travis Nolan	Rci - Renfrew	32.50m
7 Andrew Lefebvre	Bschs - Pembroke	31.66m
8 Matt Brennan	Rci - Renfrew	30.25m
9 Keelan Sullivan	Sjchs - Renfrew	28.16m
10 Ryan Spurrell	Ohs - Douglas	27.37m
11 Jordan Goldberg	Fhs - Pembroke	27.25m

Men 2000 Meter Steeplechase Open

Name	Year School	Finals
1 Will Dick	Ohs - Douglas	6:20.72
2 Greg Pigeon	Esjl - Pembroke	6:55.14
3 Chris Gallagher	Esjl - Pembroke	6:58.50
4 Eric Henderson	Bschs - Pembroke	6:59.10
5 Bryan Switzer	Bschs - Pembroke	7:32.94

Men 4x400 Meter Relay Open

School	Finals	H#
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1 Arnprior - Arnprior 'A'	3:42.61	1
2 Renfrew - Renfrew 'A'	3:50.79	2
3 Bishop Smith - Pembroke 'A'	3:52.22	1
4 ES Jeanne Lajoie - Pembroke 'A'	4:07.06	1