

East Regional Track and Field Championships
Ottawa Lions Timing Team
Terry Fox Athletic Facility
Performance List

Event 1 Girls 100 Meter Dash Novice Prelims

Friday 2022-05-27 - 10:00 AM				
Meet Record:		12.42	2015	Michelle Ayotte
Can Inter:		11.54	2002	Ashley Purnell
Name	Yr	School	Seed	Time
1 849 Evans, Brynn		Regiopolis		12.84
2 877 Woodcock, Kaiya	07	Sacred Heart		13.13
3 672 Vilkoﬀ, Sascha	07	Merivale		13.35
4 917 Saunders, Chloe		St. John		13.36
5 667 Rong, Jiayang	07	Merivale		13.40
6 731 Burnette, Willow		North Grenville		13.42
7 1059 Hineman, Lauren		Thomas A Stewart		13.48
8 455 Cote-Wawryszyn, Olivia		Holy Cross - P		13.53
9 925 Cobus, Layla	07	St. Joseph - R		13.55
10 961 Taylor-Curtis, Naimah	07	St. Patrick		13.62
11 77 Patrick, Lecia	07	Ashbury		13.62
12 973 Serne, Rowyn	07	St. Peter - O		13.65
13 1079 Cosentino, Alexandra		Thousand Islands		13.87
14 982 Lodgins, Clare		St. Peter - P		13.88
15 32 Ellis-Ireland, Julia		Adam Scott		13.94
16 718 Crawford, Grace		Nicholson		13.98

Event 3 Girls 200 Meter Dash Novice Prelims

Thursday 2022-05-26 - 2:30 PM				
Meet Record:		24.80	2015-05-28	Lauren Gale
Can Inter:		23.34	2015	Raquel Tjernagel
Name	Yr	School	Seed	Time
1 849 Evans, Brynn		Regiopolis		27.38
2 870 Chase, Alexa	07	Sacred Heart		27.81
3 985 Murphy, Isabella		St. Peter - P		28.00
4 961 Taylor-Curtis, Naimah	07	St. Patrick		28.04
5 496 Neville, Kimara	07	Jeanne-Lajoie		28.15
6 562 Larocque, Mélina	07	L'Escale		28.29
7 1059 Hineman, Lauren		Thomas A Stewart		28.31
8 445 LeBlanc, Ella		Holy Cross - K		28.34
9 77 Patrick, Lecia	07	Ashbury		28.43
10 982 Lodgins, Clare		St. Peter - P		28.66
11 973 Serne, Rowyn	07	St. Peter - O		28.70
12 718 Crawford, Grace		Nicholson		28.82
13 669 Singh-Sharpe, Shaharazad	07	Merivale		28.90
14 780 Alexis, Katya	07	Paul-Desmarais		28.97
15 522 Noble-Duphney, Hannah		Kingston		29.15
16 978 Gouett, Julia		St. Peter - P		29.85

Event 5 Girls 400 Meter Dash Novice

Friday 2022-05-27 - 2:30 PM				
Meet Record:		54.69	2015-05-29	Lauren Gale
Can Inter:		52.52	2015	Raquel Tjernagel
Name	Yr	School	Seed	Time
1 769 Coughlin, Quinn	07	Opeongo		59.79
2 445 LeBlanc, Ella		Holy Cross - K		1:02.47
3 849 Evans, Brynn		Regiopolis		1:03.36
4 919 Morrow, Emma	07	St. Joseph - C		1:03.91
5 562 Larocque, Mélina	07	L'Escale		1:04.34

6 388 Lyons, Waverley	07	Glebe		1:04.73
7 780 Alexis, Katya	07	Paul-Desmarais		1:05.30
8 68 Balaa, Maryam	07	Ashbury		1:05.77
9 42 Carrera Di Grigoli, Ella	07	All Saints		1:05.89
10 602 Nancarrow, Ellason	07	Longfields		1:06.67
11 1000 McDonell, Ainsley	07	St. Pius X		1:06.98
12 1061 Knott, April		Thomas A Stewart		1:11.54
13 643 Dyachuk, Arisha		Marc-Garneau		1:12.34
14 980 Keast, Emalia		St. Peter - P		1:12.45
15 1011 Roach, Makennin		St. Theresa		1:12.46

Event 7 Girls 800 Meter Run Novice

Friday 2022-05-27 - 11:45 AM				
Meet Record:		2:15.40	2006-05-26	Diana Boulton
Can Inter:		2:05.94	1980	Elise Braithwaite
Name	Yr	School	Seed	Time
1 769 Coughlin, Quinn	07	Opeongo		2:30.21
2 523 Payne, Anais		Kingston		2:32.67
3 445 LeBlanc, Ella		Holy Cross - K		2:34.59
4 717 Cowling Zeljkovic, Anab		Nicholson		2:35.47
5 710 Pulsifer, Isla	07	Nepean		2:35.84
6 388 Lyons, Waverley	07	Glebe		2:36.59
7 602 Nancarrow, Ellason	07	Longfields		2:37.24
8 976 Flint, Rhaea		St. Peter - P		2:38.36
9 123 Bolduc, Camille	07	Béatrice-Desloge		2:38.51
10 472 Carroll, Lily	07	Immaculata		2:38.58
11 541 Leeder, Reece		La Salle		2:38.58
12 1081 Covey, Summer		Thousand Islands		2:40.79
13 214 Macharia, Hazina	07	Colonel By		2:43.27
14 287 Tait, Cadence		E-Northumberland		2:45.03
15 188 Potts, Mykelti	07	Central Hastings		NT

Event 9 Girls 1500 Meter Run Novice

Thursday 2022-05-26 - 4:50 PM				
Meet Record:		4:38.65	2015-05-28	Brogan MacDougall
Can Inter:		4:21.12	2018	Jocelyn Chau
Name	Yr	School	Seed	Time
1 999 Chiumera, Isabella	07	St. Pius X		4:49.28
2 769 Coughlin, Quinn	07	Opeongo		5:00.28
3 523 Payne, Anais		Kingston		5:00.70
4 670 Streek, Grace	07	Merivale		5:04.67
5 790 Villeneuve, Ciara	07	Paul-Desmarais		5:10.47
6 710 Pulsifer, Isla	07	Nepean		5:11.59
7 73 Johnston-Zemek, Kate	07	Ashbury		5:17.53
8 919 Morrow, Emma	07	St. Joseph - C		5:19.28
9 1081 Covey, Summer		Thousand Islands		5:20.90
10 711 Smith, Ella	07	Nepean		5:21.18
11 541 Leeder, Reece		La Salle		5:22.82
12 717 Cowling Zeljkovic, Anab		Nicholson		5:23.59
13 426 Hoare, Erika		Haliburton		5:24.50
14 976 Flint, Rhaea		St. Peter - P		5:34.17
15 34 Moore-Clark, Gabrielle		Adam Scott		5:36.89
16 287 Tait, Cadence		E-Northumberland		5:37.13

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Event 11 Girls 3000 Meter Run Novice**Friday 2022-05-27 - 5:00 PM****Meet Record: 9:59.58 2014-05-30 Shona McCulloch****Can Inter: 9:21.63 2018 Jocelyn Chau**

	Name	Yr	School	Seed Time
1	999 Chiumera, Isabella	07	St. Pius X	10:31.44
2	670 Streek, Grace	07	Merivale	11:16.98
3	73 Johnston-Zemek, Kate	07	Ashbury	11:38.51
4	348 Knight, Tessa	07	Franco-Cité	11:50.91
5	173 Agostini, Azzurra	07	Canterbury	11:56.61
6	717 Cowling Zeljkovic, Anab		Nicholson	12:06.17
7	733 Collins, Amy		North Grenville	12:07.43
8	426 Hoare, Erika		Haliburton	12:20.60
9	577 Betty, Helen	07	Lisgar	12:27.70
10	720 Milne, Samantha		Nicholson	12:50.96
11	858 Carty, Marin		Rideau	12:53.03
12	413 Campbell, Jada	07	Glengarry	13:00.99
13	368 Bowman, Brynn		Gananoque	13:01.01
14	370 Grier, Macey		Gananoque	13:02.95
15	287 Tait, Cadence		E-Northumberland	13:15.41
16	277 Currie, Catriona	07	E-Northumberland	NT

Event 13 Girls 80 Meter Hurdles Novice Prelims**Friday 2022-05-27 - 11:00 AM****Meet Record: 12.30 2011-05-27 Alexandra Tierney****Can Inter: 11.01 1998 Jessica Zelinka**

	Name	Yr	School	Seed Time
1	1082 Dhanoa, Sarina		Thousand Islands	13.25
2	526 Wells, Tova		Kingston	13.50
3	1010 Peck, Rachel		St. Theresa	13.60
4	66 Adeleye, Deborah	08	Ashbury	14.27
5	1019 Van Halteren, Ella		St. Thomas - L	14.61
6	516 Allen, Claire		Kingston	14.84
7	709 Humeniuk, Stella	07	Nepean	14.91
8	1028 Hennessy, Jamie		Sydenham	14.94
9	356 Mortimer, Olivia		Frontenac	15.06
10	985 Murphy, Isabella		St. Peter - P	15.28
11	263 Abirov, Carina	07	Earl of March	15.63
12	1006 Boucher, Madison		St. Theresa	15.65
13	158 Poisson, Kayla	07	Cairine Wilson	15.74
14	343 Flynn, Kayla		Ffss - Fenelon	15.75
15	666 Moreau, Ingrid	07	Merivale	15.84
16	41 Bukovcan, Maya	07	All Saints	15.94

Event 15 Girls 300 Meter Hurdles Novice**Thursday 2022-05-26 - 3:15 PM****Meet Record: 44.98 2015-05-28 Lauren Gale****Can Inter: 41.66 1994 Nadia Schmiedt**

	Name	Yr	School	Seed Time
1	919 Morrow, Emma	07	St. Joseph - C	49.56
2	731 Burnette, Willow		North Grenville	49.80
3	985 Murphy, Isabella		St. Peter - P	50.82
4	526 Wells, Tova		Kingston	50.85
5	1082 Dhanoa, Sarina		Thousand Islands	51.09

6	870 Chase, Alexa	07	Sacred Heart	52.57
7	1010 Peck, Rachel		St. Theresa	53.16
8	546 Windsor, Grace		La Salle	53.88
9	599 Dupuis, Isla	07	Longfields	54.74
10	219 Petrou, Norah	07	Colonel By	55.02
11	74 Koziakova, Sabina	07	Ashbury	55.55
12	789 Teffo, Jane	07	Paul-Desmarais	56.27
13	276 Clitherow, Abby		E-Northumberland	56.39
14	658 Carreau, Maggie	07	Merivale	56.56
15	275 Bernard, Ella		E-Northumberland	1:00.25
16	1011 Roach, Makennin		St. Theresa	1:01.13

Event 17 Girls 4x100 Meter Relay Novice**Friday 2022-05-27 - 4:00 PM****Meet Record: 52.04 2009****Louis-Riel****Can Inter: 47.60 2003****Mary Ward**

	Team	Relay	Seed Time
1	Merivale	A	53.40
	1) #667 Rong, Jiayang 07		
	2) #668 Sharpe-Singh, Sharazahad 07		
	3) #666 Moreau, Ingrid 07		
	4) #672 Vilkoff, Sascha 07		
2	Ashbury	A	54.64
	1) #66 Adeleye, Deborah 08		
	2) #77 Patrick, Lecia 07		
	3) #74 Koziakova, Sabina 07		
	4) #79 Wang, Annie 07		
	5) #68 Balaa, Maryam 07		
3	Sacred Heart	A	54.93
	1) #870 Chase, Alexa 07		
	2) #877 Woodcock, Kaiya 07		
	3) #872 Fitzsimmons, Amelia 07		
	4) #876 Lapolice, Payton 07		
	5) #871 Fan-Saschenbrecker, Lei-Li 07		
4	Frontenac	A	55.01
5	Thousand Islands	A	55.07
6	St. Peter - P	A	55.62
7	North Grenville	A	55.90
8	L'Escale	A	56.04
	1) #564 Yelle, Magalie 07		
	2) #562 Larocque, Mélina 07		
	3) #561 Chenier, Anie-Pier 07		
	4) #563 Parsons, Jordyn 07		
9	La Salle	A	56.07
10	Mother Teresa	A	56.27
	1) #685 Campbell, Courtney 06		
	2) #686 Costantini, Isabelle 06		
	3) #688 Julien, Nedjee 06		
	4) #691 Oromo, Rachel 06		
	5) #693 Ramierez, Isabella 06		
	6) #684 Benjamin, Amanda 06		
11	Thomas A Stewart	A	56.36
12	Paul-Desmarais	A	56.36
	1) #780 Alexis, Katya 07		
	2) #786 Gilbert, Sadie 07		
	3) #782 Clark, Madison 07		
	5) #789 Teffo, Jane 07		
13	Adam Scott	A	57.27
14	Colonel By	A	57.41
	1) #217 Merdian, Katharina 07		
	2) #209 Cartwright, Echo 07		
	3) #210 Chaisson, Emily 07		
	4) #223 Wong, Marie 08		
	5) #219 Petrou, Norah 07		
15	E-Northumberland	A	57.52
16	Quinte Christian	A	58.31

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Event 19 Girls High Jump Novice**Thursday 2022-05-26 - 4:00 PM****Meet Record: 1.64m 2007-06-01 Ashlea Maddex****Can Inter: 1.88m 1979 Julie White**

	Name	Yr	School	Seed Mark
1	524 Southall, Alice		Kingston	1.40m
2	353 Conley, Makayla		Frontenac	1.40m
3	179 Grégoire, Gabryella	07	Casselman	1.35m
4	133 Spence, Chelsea	07	Bell	1.35m
5	914 Nangfack, Alexandra	07	St. Francis	1.35m
6	1055 Canahm, Danika	07	Tagwi	1.30m
7	688 Julien, Nedjee	06	Mother Teresa	1.30m
8	356 Mortimer, Olivia		Frontenac	1.30m
9	284 McMurter, Hailey		E-Northumberland	1.28m
10	455 Cote-Wawryszyn, Olivia		Holy Cross - P	1.25m
11	141 Kovacs, Alexis		Brock	1.25m
12	913 Moore, Catherine	07	St. Francis	1.25m
13	503 Hill, McKenna	07	John McCrae	1.20m
14	41 Bukovcan, Maya	07	All Saints	1.20m
15	165 Rowe, Claire		Campbellford	1.20m

Event 21 Girls Pole Vault Novice**Friday 2022-05-27 - 11:00 AM****Meet Record: 2.56m 2019-05-31 Lexi Sotriadis****Can Inter: 4.06m 2012 Alysha Newman**

	Name	Yr	School	Seed Mark
1	524 Southall, Alice		Kingston	2.10m
2	1076 Bennett, Hannah		Thousand Islands	1.80m
3	1078 Cooper, Hailie		Thousand Islands	1.80m
4	192 McDonell, Layla	00	Char-Lan	1.80m
5	979 Hamilton, Leona		St. Peter - P	1.71m
6	315 Murray, Riley		Eastside	1.71m
7	987 Smith, Kayleigh		St. Peter - P	1.71m
8	312 Cranshaw, Julia		Eastside	1.71m
9	879 Martel, Ava	07	Saint Lawrence	1.35m
10	972 Scott, Alexandra	07	St. Peter - O	1.30m
11	131 Cooke, Josephine	07	Bell	1.30m
12	318 Umar, Fiza Rahimi		Eastside	1.11m

Event 23 Girls Long Jump Novice**Friday 2022-05-27 - 11:00 AM****Meet Record: 5.20m 2009 Arielle Fitzgerald****Can Inter: 6.16m 1986 Keron Hamilton**

	Name	Yr	School	Seed Mark
1	77 Patrick, Lecia	07	Ashbury	4.97m
2	877 Woodcock, Kaiya	07	Sacred Heart	4.86m
3	917 Saunders, Chloe		St. John	4.63m
4	672 Vilkoﬀ, Sascha	07	Merivale	4.51m
5	925 Cobus, Layla	07	St. Joseph - R	4.49m
6	926 Comparelli, Porsha	07	St. Joseph - R	4.43m
7	254 Veilleux, Allia	07	De La Salle	4.41m
8	443 Irving, Isla		Holy Cross - K	4.39m
9	164 Musson, Leah		Campbellford	4.35m
10	1036 Terry, Shelby		Sydenham	4.34m

11	42 Carrera Di Grigoli, Ella	07	All Saints	4.30m
12	973 Serne, Rowyn	07	St. Peter - O	4.27m
13	455 Cote-Wawryszyn, Olivia		Holy Cross - P	4.25m
14	982 Lodgins, Clare		St. Peter - P	4.18m
15	718 Crawford, Grace		Nicholson	4.11m
16	978 Gouett, Julia		St. Peter - P	3.90m

Event 25 Girls Triple Jump Novice**Friday 2022-05-27 - 2:00 PM****Meet Record: 10.92m 2016-05-27 Sydney Campbell****Can Inter: 12.78m 2010 Caroline Ehrhardt**

	Name	Yr	School	Seed Mark
1	447 Woodcock, Ashley		Holy Cross - K	9.50m
2	917 Saunders, Chloe		St. John	9.48m
3	1036 Terry, Shelby		Sydenham	9.48m
4	633 McMullen, Carolyn		Loyalist	9.31m
5	1010 Peck, Rachel		St. Theresa	9.30m
6	312 Cranshaw, Julia		Eastside	9.26m
7	761 Marchildon, Claire	07	Notre Dame - CP	9.20m
8	596 Asamoah, Abigail	07	Longfields	8.83m
9	80 Zucker, Megan	07	Ashbury	8.82m
10	283 Leger, Julia		E-Northumberland	8.78m
11	599 Dupuis, Isla	07	Longfields	8.67m
12	133 Spence, Chelsea	07	Bell	8.40m
13	744 Lawrence, Raya		North Hastings	8.34m
14	807 Duffy, Morgan	07	Pierre Savard	8.03m
15	741 Gaebel, Eliza		North Hastings	8.02m
16	476 Varty, Quinn	07	Immaculata	7.85m

Event 27 Girls Shot Put Novice**Thursday 2022-05-26 - 2:00 PM****Meet Record: 12.04m 2016-05-27 Madison Grant**

	Name	Yr	School	Seed Mark
1	786 Gilbert, Sadie	07	Paul-Desmarais	10.68m
2	13 Lewis, Madilyn		Carleton Place	10.11m
3	335 Lacroix, Amélie	07	Embrun	9.92m
4	24 Dezan, Marissa		Perth	9.74m
5	827 Spencer, Drew		Prince Edward	9.36m
6	641 Stephenson, Piper	07	Mackenzie	9.13m
7	253 Racicot, Amelia	07	De La Salle	9.05m
8	1077 Brown, Camryn		Thousand Islands	8.88m
9	143 Totton, Grace		Brock	8.48m
10	986 Musclow, Annalise		St. Peter - P	8.21m
11	575 McEachern, Danika		Lindsay	8.11m
12	664 Mangena-Jellema, Thabis	07	Merivale	7.95m
13	249 Wilson, Margot		Crestwood	7.92m
14	218 Muhammed, Esma	07	Colonel By	7.75m
15	660 Fallen, Brianna	07	Merivale	7.66m
16	809 Nehme, Mia	07	Pierre Savard	7.51m

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Event 29 Girls Discus Throw Novice**Friday 2022-05-27 - 12:30 PM**

Meet Record: 32.71m 2009 Eilish MacDonald
Can Inter: 52.52m 1986 Michelle Brotherton

	Name	Yr	School	Seed	Mark
1	943 Brysdon, Aurora		St. Mary - C		27.93m
2	13 Lewis, Madilyn		Carleton Place		25.02m
3	433 Lapierre, Alexanne	07	Hawkesbury		22.00m
4	441 Douglas, Ella		Holy Cross - K		21.38m
5	446 Scully, Marianne		Holy Cross - K		21.07m
6	499 Amri, Sarah	07	John McCrae		20.84m
7	855 Barter, Keira	07	Renfrew		20.52m
8	80 Zucker, Megan	07	Ashbury		19.33m
9	459 Urie, Isabelle		Holy Cross - P		18.89m
10	664 Mangena-Jellema, Thabis	07	Merivale		18.72m
11	141 Kovacs, Alexis		Brock		18.29m
12	280 Goddard, Lina		E-Northumberland		18.26m
13	1007 Lauthenbach, Tori		St. Theresa		17.21m
14	508 Oba De Mesquita Samp, l	07	John McCrae		17.13m
15	817 Zaragoza Solis, Ghalia	07	Pierre-de-Blois		16.84m
16	809 Nehme, Mia	07	Pierre Savard		16.05m

Event 31 Girls Javelin Throw Novice**Friday 2022-05-27 - 9:30 AM**

Meet Record: 34.71m 2008 Brittney Mumby
Can Inter: 51.94m 1984 Cheryl Coker

	Name	Yr	School	Seed	Mark
1	943 Brysdon, Aurora		St. Mary - C		30.15m
2	771 Nizaha, Aliah	07	Opeongo		29.20m
3	60 Sheldrick, Molly	07	Arnprior		26.58m
4	335 Lacroix, Amélie	07	Embrun		26.17m
5	641 Stephenson, Piper	07	Mackenzie		24.83m
6	371 Whitehead, Jaylynn		Gananoque		24.45m
7	459 Urie, Isabelle		Holy Cross - P		23.67m
8	436 Conroy, Ava	07	Hillcrest		22.70m
9	142 Tesoro, Tiana		Brock		20.83m
10	281 Jouvstra, Annabelle		E-Northumberland		20.70m
11	80 Zucker, Megan	07	Ashbury		18.98m
12	827 Spencer, Drew		Prince Edward		18.15m
13	664 Mangena-Jellema, Thabis	07	Merivale		17.46m
14	473 Castillo, Elena	07	Immaculata		17.29m
15	876 Lapolice, Payton	07	Sacred Heart		14.96m
16	218 Muhammed, Esma	07	Colonel By		14.48m

Event 33 Girls 100 Meter Dash Junior Prelims**Friday 2022-05-27 - 10:00 AM**

Meet Record: 12.35 2014-05-30 Colle Thompson
Can Inter: 11.54 2002 Ashley Purnell

	Name	Yr	School	Seed	Time
1	17 Weir, Findlay		Carleton Place		12.87
2	543 Southward-watkins, Sadd		La Salle		13.09
3	977 Freeman, Chloe		St. Peter - P		13.36
4	620 Mulvihill, Danica	06	Louis-Riel		13.38
5	1033 Olvet, Silka		Sydenham		13.46

6	58 Hirst, Anna	06	Arnprior		13.52
7	1090 Price, Avery		Thousand Islands		13.55
8	888 Katsube, Elise	06	SirRobert Borden		13.71
9	970 Cobby, Frankie	06	St. Peter - O		13.73
10	289 Woodcock, Sydney		E-Northumberland		13.77
11	1133 Eljaji, Meerah	06	West Carleton		13.81
12	1001 Viduka, Jenna	06	St. Pius X		13.83
13	566 Grey, Abigail	06	Lester B Pearson		13.86
14	983 Lu, Sophia		St. Peter - P		13.93
15	200 Galanter, Zoe		Cobourg		14.04
16	944 Cerna, Natalie		St. Mary - C		14.23

Event 35 Girls 200 Meter Dash Junior Prelims**Thursday 2022-05-26 - 2:30 PM**

Meet Record: 24.94 2011-05-26 Shelani Fernando
Can Inter: 23.34 2015 Raquel Tjernagel

	Name	Yr	School	Seed	Time
1	543 Southward-watkins, Sadd		La Salle		27.57
2	977 Freeman, Chloe		St. Peter - P		27.60
3	617 Charron, Chloé	06	Louis-Riel		28.10
4	58 Hirst, Anna	06	Arnprior		28.43
5	44 Lambley, Rachel	06	All Saints		28.57
6	1 Brunette, Carlyn	06	Bishop Smith		28.63
7	505 McQuinn, Shayla	06	John McCrae		28.65
8	289 Woodcock, Sydney		E-Northumberland		28.70
9	55 Belhis, Nawel		Ange Gabriel		28.75
10	944 Cerna, Natalie		St. Mary - C		28.76
11	1084 Healey, Taylor		Thousand Islands		28.81
12	1001 Viduka, Jenna	06	St. Pius X		28.92
13	657 Boiselle, Roasalie	06	Merivale		28.95
14	211 Credico, Anika	06	Colonel By		29.08
15	983 Lu, Sophia		St. Peter - P		29.14
16	826 Spencer, Brooke		Prince Edward		29.37

Event 37 Girls 400 Meter Dash Junior**Friday 2022-05-27 - 2:30 PM**

Meet Record: 57.57 2004 Melissa Bishop
Can Inter: 52.52 2016 Raquel Tjernagel

	Name	Yr	School	Seed	Time
1	525 Wang, Andrea		Kingston		1:03.71
2	869 Cadieux, Molly	06	Sacred Heart		1:03.87
3	544 Vrana, Alexis		La Salle		1:04.48
4	542 Schaule, Reene		La Salle		1:04.48
5	783 Di Lello, Nina	06	Paul-Desmarais		1:05.06
6	44 Lambley, Rachel	06	All Saints		1:05.19
7	1086 Leblanc, Lia		Thousand Islands		1:05.20
8	657 Boiselle, Roasalie	06	Merivale		1:05.29
9	505 McQuinn, Shayla	06	John McCrae		1:05.54
10	654 St-Pierre, Emily	06	Mer Bleue		1:06.01
11	826 Spencer, Brooke		Prince Edward		1:06.35
12	243 Garside, Samantha		Crestwood		1:06.80
13	560 Côté-Clemens, Summer	06	L'Équinoxe		1:07.49
14	742 Hickey, Kayla		North Hastings		1:07.81
15	200 Galanter, Zoe		Cobourg		1:08.17
16	983 Lu, Sophia		St. Peter - P		1:08.62

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Event 39 Girls 800 Meter Run Junior**Friday 2022-05-27 - 11:45 AM****Meet Record: 2:11.76 2018-06-01 Anna Workman****Can Inter: 2:05.94 1980 Elise Braithwaite**

	Name	Yr	School	Seed Time
1	378 Alexander, Lauren	06	Glebe	2:24.51
2	252 Lemon-Yukes, Bianca	06	De La Salle	2:25.81
3	869 Cadieux, Molly	06	Sacred Heart	2:26.58
4	62 Yach, Koree	06	Arnprior	2:28.23
5	23 Ambal, Julie		Perth	2:29.83
6	202 Linton, Maria		Cobourg	2:32.06
7	783 Di Lello, Nina	06	Paul-Desmarais	2:33.54
8	768 McKay, Morgane	06	Omer-Deslauriers	2:34.22
9	705 Brousseau, Merielle	06	Nepean	2:34.27
10	354 Davis, Sara		Frontenac	2:36.16
11	243 Garside, Samantha		Crestwood	2:37.80
12	1080 Covey, Mercedes		Thousand Islands	2:38.30
13	1087 Lunman, Victoria		Thousand Islands	2:38.87
14	826 Spencer, Brooke		Prince Edward	2:39.71
15	110 Davidson, Lily		Bayside	2:44.52
16	988 Strano, Emma		St. Peter - P	2:44.59

Event 41 Girls 1500 Meter Run Junior**Thursday 2022-05-26 - 4:50 PM****Meet Record: 4:31.04 2016-05-26 Brogan MacDougall****Can Inter: 4:21.12 2018 Jocelyn Chau**

	Name	Yr	School	Seed Time
1	378 Alexander, Lauren	06	Glebe	4:50.49
2	35 Thomson, Poppy		Adam Scott	5:03.70
3	465 Giannotti, Jocelyn	06	Holy Trinity - O	5:04.21
4	62 Yach, Koree	06	Arnprior	5:07.54
5	202 Linton, Maria		Cobourg	5:08.91
6	23 Ambal, Julie		Perth	5:09.44
7	1075 Bennett, Aryka		Thousand Islands	5:11.42
8	208 Cabasson, Mathilde	06	Colonel By	5:19.85
9	768 McKay, Morgane	06	Omer-Deslauriers	5:20.63
10	1139 Sarai, Simran	06	West Carleton	5:20.75
11	1080 Covey, Mercedes		Thousand Islands	5:21.23
12	264 Dustin, Kaitlin	06	Earl of March	5:24.02
13	840 Wyngaarden, Kaylee		Quinte Christian	5:26.85
14	560 Côté-Clemens, Summer	06	L'Équinoxe	5:28.39
15	646 Parent, Sara		Marc-Garneau	5:38.06
16	344 Kaloudas, Sohpie		Ffss - Fenelon	5:53.58

Event 43 Girls 3000 Meter Run Junior**Friday 2022-05-27 - 3:30 PM****Meet Record: 9:46.96 2016-05-27 Brogan MacDougall****Can Inter: 9:21.63 2018 Jocelyn Chau**

	Name	Yr	School	Seed Time
1	35 Thomson, Poppy		Adam Scott	10:56.35
2	465 Giannotti, Jocelyn	06	Holy Trinity - O	11:07.18
3	252 Lemon-Yukes, Bianca	06	De La Salle	11:13.26
4	202 Linton, Maria		Cobourg	11:25.49
5	1139 Sarai, Simran	06	West Carleton	11:31.75

6	1075 Bennett, Aryka		Thousand Islands	11:34.33
7	603 Soler, Allison	06	Longfields	12:12.01
8	352 Attwood, Lyla		Frontenac	12:19.93
9	646 Parent, Sara		Marc-Garneau	12:23.35
10	152 Winters, Morgan		Brockville	12:38.19
11	94 Dominguez de Vidaurr, Lu		Athens	12:45.82
12	559 Corriveau, Emmi	06	L'Équinoxe	12:58.30
13	132 McCormack, Emily	06	Bell	13:00.93
14	97 Jaz, Monica	06	AY Jackson	13:03.52
15	975 Bowley, Noelle		St. Peter - P	13:18.77
16	278 Deluca, Elena		E-Northumberland	15:19.80

Event 45 Girls 80 Meter Hurdles Junior Prelims**Friday 2022-05-27 - 11:00 AM****Meet Record: 11.39 2015-05-29 Keira Christie-Galloway****Can Inter: 11.01 1998 Jessica Zelinka**

	Name	Yr	School	Seed Time
1	1033 Olvet, Silka		Sydenham	12.58
2	17 Weir, Findlay		Carleton Place	12.87
3	111 Klauke, Amelie		Bayside	13.14
4	282 Lay, Hailey		E-Northumberland	13.87
5	620 Mulvihill, Danica	06	Louis-Riel	13.98
6	1088 Mooney, Isabel		Thousand Islands	14.07
7	440 Biller, Christa		Holy Cross - K	14.55
8	521 Haberer, Emily		Kingston	14.58
9	981 Kuyvenhoven, Corina		St. Peter - P	14.69
10	43 Doherty, Rachel	06	All Saints	15.00
11	1018 Bons, Sannerike		St. Thomas - L	15.01
12	274 Allanson, Ava		E-Northumberland	15.20
13	383 Diverty, Julia	06	Glebe	15.28
14	506 Morin, Alexis	06	John McCrae	15.79
15	500 Baker, Grace	06	John McCrae	16.21
16	265 Hicks, Shannon	06	Earl of March	16.33

Event 47 Girls 300 Meter Hurdles Junior**Thursday 2022-05-26 - 3:15 PM****Meet Record: 44.60 2014-05-29 Sarah Jackson****Can Inter: 41.66 1994 Nadia Schmiedt**

	Name	Yr	School	Seed Time
1	1086 Leblanc, Lia		Thousand Islands	48.39
2	111 Klauke, Amelie		Bayside	49.29
3	62 Yach, Koree	06	Arnprior	49.55
4	17 Weir, Findlay		Carleton Place	49.71
5	1084 Healey, Taylor		Thousand Islands	49.73
6	525 Wang, Andrea		Kingston	51.60
7	505 McQuinn, Shayla	06	John McCrae	51.61
8	208 Cabasson, Mathilde	06	Colonel By	52.39
9	467 Salim, Rafie	06	Holy Trinity - O	53.19
10	378 Alexander, Lauren	06	Glebe	53.23
11	742 Hickey, Kayla		North Hastings	53.35
12	1008 Naylor, Hannah		St. Theresa	55.57
13	427 Manning, Lily		Haliburton	57.28
14	387 Kinahan, G	06	Glebe	57.47
15	832 DenOuden, Charlotte		Quinte Christian	57.59
16	175 Carsjens, Amelie	06	Canterbury	58.56

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Event 49 Girls 4x100 Meter Relay Junior**Friday 2022-05-27 - 4:00 PM**

Meet Record: 50.16 2019-05-31 Carleton Place
Can Inter: 47.60 2003 Mary Ward

	Team	Relay	Seed Time
1	Louis-Riel	A	54.41
	1) #620 Mulvihill, Danica 06	2) #619 Joly, Chloé 07	
	3) #616 Barry, Aissata 06	4) #617 Charron, Chloé 06	
	5) #621 Poirier, Lilianne 07		
2	La Salle	A	54.46
3	Thousand Islands	A	54.82
4	West Carleton	A	55.02
	1) #1133 Eljaji, Meerah 06	2) #1136 Luckett, Meghan 06	
	3) #1135 Levy, Jordan 06	4) #1130 Chow, Niki 06	
	5) #1128 Abdullahi, Aisha 06		
5	Arnprior	A	55.10
6	St. Peter - P	A	55.12
7	St. Peter - O	A	55.41
8	North Grenville	A	55.62
9	John McCrae	A	55.69
10	E-Northumberland	A	55.95
11	Sydenham	A	56.10
12	Colonel By	A	56.57
	1) #208 Cabasson, Mathilde 06	2) #212 Eran, Selin 06	
	3) #211 Credico, Anika 06	4) #222 Tang, Blair 06	
	5) #214 Macharia, Hazina 07		
13	Bayside	A	57.13
14	Glebe	A	57.63
	1) #383 Diverty, Julia 06	2) #378 Alexander, Lauren 06	
	3) #386 Janssen, Samantha 06	4) #380 Audet-Welke, Simone 06	
	5) #398 Welburn, Georgia 06	6) #387 Kinahan, G 06	
15	North Hastings	A	57.73
16	Crestwood	B	57.87

Event 51 Girls High Jump Junior**Friday 2022-05-27 - 9:30 AM**

Meet Record: 1.70m 2008 Portia Ball
Can Inter: 1.88m 1979 Julie White

	Name	Yr	School	Seed Mark
1	1086 Leblanc, Lia		Thousand Islands	1.50m
2	1029 Kenney, Lola		Sydenham	1.50m
3	971 Courteau, Jaida	06	St. Peter - O	1.45m
4	58 Hirst, Anna	06	Arnprior	1.40m
5	597 Brian, Katherine	06	Longfields	1.35m
6	865 Maxwell, Lauren	06	Russell	1.35m
7	763 Kuony, Seayang	06	Notre Dame - O	1.35m
8	383 Diverty, Julia	06	Glebe	1.30m
9	122 Albert-Béland, Maïka	06	Béatrice-Desloge	1.30m
10	653 Rémy, Férida	06	Mer Bleue	1.30m
11	837 Vanberkel, Monique		Quinte Christian	1.30m
12	274 Allanson, Ava		E-Northumberland	1.30m
13	56 Davidson, Amber	06	Arnprior	1.30m
14	644 Ekpelibe, Chinenye		Marc-Garneau	1.20m
15	1111 Culp, Payton	06	Trenton	1.15m

Event 53 Girls Pole Vault Junior**Friday 2022-05-27 - 3:00 PM**

Meet Record: 3.20m 2019-05-30 Amelia Wojtyk
Can Inter: 4.06m 2012 Alysha Newman

	Name	Yr	School	Seed Mark
1	316 Schwartz, Greta		Eastside	2.50m
2	1088 Mooney, Isabel		Thousand Islands	2.30m
3	702 Miller, Meg		Napanee	2.20m
4	521 Haberer, Emily		Kingston	2.10m
5	1085 Heath, Petra		Thousand Islands	1.95m
6	320 Webster, Julia		Eastside	1.95m
7	1063 McLean, Norah		Thomas A Stewart	1.95m
8	319 Voss, Marion		Eastside	1.95m
9	1066 Traynor, Maeve		Thomas A Stewart	1.80m

Event 55 Girls Long Jump Junior**Thursday 2022-05-26 - 2:00 PM**

Meet Record: 5.71m 2015-05-29 Keira Christie-Galloway
Can Inter: 6.16m 1986 Keron Hamilton

	Name	Yr	School	Seed Mark
1	111 Klauke, Amelie		Bayside	4.80m
2	1027 Whynot, Reagan	06	St. Thomas - R	4.75m
3	440 Biller, Christa		Holy Cross - K	4.65m
4	110 Davidson, Lily		Bayside	4.64m
5	502 Hertz, Rachel	06	John McCrae	4.54m
6	732 Cavanagh, Ella		North Grenville	4.51m
7	1 Brunette, Carlyn	06	Bishop Smith	4.47m
8	833 deVilliers, Marinda		Quinte Christian	4.47m
9	952 Lotshaka, Bernice	06	St. Matthew	4.42m
10	248 Topjar, Saldon		Crestwood	4.41m
11	734 Fitzpatrick, Teaghann		North Grenville	4.38m
12	897 Zhang, Amy	06	Sir Wilfrid	4.37m
13	506 Morin, Alexis	06	John McCrae	4.36m
14	970 Cobby, Frankie	06	St. Peter - O	4.36m
15	890 Perosevic, Mila	06	SirRobert Borden	4.25m
16	247 Mark, Savannah		Crestwood	4.16m

Event 57 Girls Triple Jump Junior**Friday 2022-05-27 - 12:30 PM**

Meet Record: 11.33m 2019-05-30 Jessie Brunner
Can Inter: 12.78m 2010 Caroline Ehrhardt

	Name	Yr	School	Seed Mark
1	543 Southward-watkins, Sadd		La Salle	10.39m
2	634 Xu, Naomi		Loyalist	10.27m
3	110 Davidson, Lily		Bayside	9.70m
4	1029 Kenney, Lola		Sydenham	9.59m
5	1135 Levy, Jordan	06	West Carleton	9.34m
6	970 Cobby, Frankie	06	St. Peter - O	9.24m
7	1120 Epp, Mackenzie	06	Valour	9.23m
8	444 Jeffs, Hannah		Holy Cross - K	9.21m
9	247 Mark, Savannah		Crestwood	9.19m
10	282 Lay, Hailey		E-Northumberland	9.08m
11	722 Shakell, Evelyn		Nicholson	9.03m
12	897 Zhang, Amy	06	Sir Wilfrid	8.99m

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Event 57 ... (Girls Triple Jump Junior)

	Name	Yr	School	Seed Mark
13	673 Wang, Caroline	06	Merivale	8.83m
14	69 Benloulou, Alys	07	Ashbury	8.70m
15	740 Armstrong, Peyton		North Hastings	8.67m
16	130 Banks, Olivia	06	Bell	8.59m

Event 59 Girls Shot Put Junior

Friday 2022-05-27 - 2:00 PM				
Meet Record:		12.92m	2018-06-01	Heather Humphrey
Can Inter:		14.86m	2012	Brittany Crew
	Name	Yr	School	Seed Mark
1	245 Jenkins, Brynn		Crestwood	10.73m
2	652 Millaire, Maxine	06	Mer Bleue	10.41m
3	25 Goebel, Bryn		Perth	9.97m
4	736 Miller, Nora		North Grenville	9.86m
5	651 Bwana, Manassée	06	Mer Bleue	9.84m
6	434 Perreault, Sabrina	06	Hawkesbury	9.76m
7	944 Cerna, Natalie		St. Mary - C	9.62m
8	163 Masters, Jocelyn		Campbellford	9.54m
9	694 Woods, Reegan	06	Mother Teresa	9.43m
10	439 Besselink, Abbey		Holy Cross - K	9.41m
11	415 Macintosh, Cassie	06	Glengarry	9.24m
12	933 Tagne-Djom, Steffy	07	St. Mark	9.17m
13	644 Ekpelibe, Chinenye		Marc-Garneau	9.01m
14	692 Plante, Chloe	06	Mother Teresa	8.53m
15	901 Johnson, Katie	06	South Carleton	8.24m

Event 61 Girls Discus Throw Junior

Thursday 2022-05-26 - 4:00 PM				
Meet Record:		36.20m	2019-05-31	Malorey Lambert
Can Inter:		52.52m	1986	Michelle Brotherton
	Name	Yr	School	Seed Mark
1	2 Colligan, Jayden	06	Bishop Smith	26.00m
2	245 Jenkins, Brynn		Crestwood	23.53m
3	466 Keough, Gillian	06	Holy Trinity - O	23.42m
4	439 Besselink, Abbey		Holy Cross - K	22.87m
5	736 Miller, Nora		North Grenville	22.78m
6	434 Perreault, Sabrina	06	Hawkesbury	22.49m
7	193 Rombough, Paige	06	Char-Lan	21.41m
8	752 Murray, Amber		Norwood	21.10m
9	456 Elliott, Shannon		Holy Cross - P	20.17m
10	279 Flatt, Brecken		E-Northumberland	19.61m
11	285 Runions, Paige		E-Northumberland	19.59m
12	887 Faubert, Phoebe	06	SirRobert Borden	19.02m
13	475 Odwa, Jasmine	06	Immaculata	18.44m
14	583 Mills-Murray, Keira	06	Lisgar	18.32m
15	176 Ikkers, Alexa	06	Canterbury	18.15m
16	692 Plante, Chloe	06	Mother Teresa	17.56m

Event 63 Girls Javelin Throw Junior

Friday 2022-05-27 - 11:00 AM				
Meet Record:		40.01m	2008	Brooke McCurdy
Can Inter:		51.94m	1984	Cheryl Coker
	Name	Yr	School	Seed Mark
1	330 Bélanger, Sarah-Maude	06	Embrun	31.97m
2	694 Woods, Reegan	06	Mother Teresa	26.88m
3	456 Elliott, Shannon		Holy Cross - P	26.13m
4	888 Katsube, Elise	06	SirRobert Borden	25.63m
5	316 Schwartz, Greta		Eastside	24.70m
6	927 Welch, Avery	06	St. Joseph - R	23.67m
7	439 Besselink, Abbey		Holy Cross - K	23.08m
8	163 Masters, Jocelyn		Campbellford	22.55m
9	736 Miller, Nora		North Grenville	22.03m
10	245 Jenkins, Brynn		Crestwood	21.63m
11	553 Rainey, Emma-Rose	06	Le Sommet	20.68m
12	70 Campbell, Sophie	06	Ashbury	20.65m
13	751 Menzies, Kiera		Norwood	20.57m
14	466 Keough, Gillian	06	Holy Trinity - O	20.56m
15	663 Huang, Tian	06	Merivale	20.13m
16	692 Plante, Chloe	06	Mother Teresa	18.95m

Event 65 Girls 100 Meter Dash Senior Prelims

Friday 2022-05-27 - 10:00 AM				
Meet Record:		11.59	2002	Ashley Purnell
Can Inter:		11.54	2002	Ashley Purnell
	Name	Yr	School	Seed Time
1	1091 Reeve, Morgan		Thousand Islands	12.39
2	1092 Reeve, Olivia		Thousand Islands	12.63
3	339 Cowan, Anna	04	Fellowes	12.65
4	438 Asuncion, Jessica		Holy Cross - K	13.11
5	464 Cameron, Millie	04	Holy Trinity - C	13.27
6	689 Murchison, Charlotte	04	Mother Teresa	13.27
7	565 Emile-Folly, Florence	04	Lester B Pearson	13.28
8	425 Gallant, Liah		Haliburton	13.42
9	604 Thar-Reid, Milan	05	Longfields	13.48
10	67 Aldous, Noelle	05	Ashbury	13.49
11	891 Stefani, Angelica	05	SirRobert Borden	13.64
12	220 Robblee, Halle	05	Colonel By	13.69
13	313 Findlater, Alexandra		Eastside	13.71
14	820 Watson, Sydney		Port Hope	13.94
15	1060 Hineman, Olivia		Thomas A Stewart	14.01
16	838 Vanberkel, Tara		Quinte Christian	14.02

Event 67 Girls 200 Meter Dash Senior Prelims

Thursday 2022-05-26 - 2:30 PM				
Meet Record:		23.95	2002	Ashley Purnell
Can Inter:		23.34	2015	Raquel Tjernagel
	Name	Yr	School	Seed Time
1	1091 Reeve, Morgan		Thousand Islands	26.45
2	339 Cowan, Anna	04	Fellowes	26.47
3	504 McQuinn, Cora	04	John McCrae	26.96
4	1092 Reeve, Olivia		Thousand Islands	26.99
5	689 Murchison, Charlotte	04	Mother Teresa	27.10

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Event 67 ... (Girls 200 Meter Dash Senior Prelims)

	Name	Yr	School	Seed Time
6	438 Asuncion, Jessica		Holy Cross - K	27.44
7	912 Dewar, Allison	05	St. Francis	27.78
8	946 Jenkins, Grace		St. Mary - C	27.84
9	425 Gallant, Liah		Haliburton	28.04
10	772 Rieger, Kylie	04	Opeongo	28.12
11	565 Emile-Folly, Florence	04	Lester B Pearson	28.13
12	67 Aldous, Noelle	05	Ashbury	28.19
13	288 Woodcock, Halle		E-Northumberland	28.45
14	471 Brown, Ella	05	Immaculata	28.51
15	313 Findlater, Alexandra		Eastside	28.65
16	841 Wyngaarden, Taylor		Quinte Christian	29.59

Event 69 Girls 400 Meter Dash Senior**Friday 2022-05-27 - 2:30 PM**

Meet Record: 54.59 2018-06-01 **Sharelle Samuel**
Can Inter: 52.52 2015 **Raquel Tjernagel**

	Name	Yr	School	Seed Time
1	868 Brennan, Emily	04	Sacred Heart	1:00.91
2	504 McQuinn, Cora	04	John McCrae	1:01.16
3	1138 Munro, Grace	04	West Carleton	1:01.33
4	689 Murchison, Charlotte	04	Mother Teresa	1:01.94
5	501 Harris, Andie	05	John McCrae	1:02.45
6	567 Johnson, Julia	05	Lester B Pearson	1:02.63
7	946 Jenkins, Grace		St. Mary - C	1:03.55
8	428 Stover, Brooke		Haliburton	1:03.82
9	772 Rieger, Kylie	04	Opeongo	1:04.10
10	57 Hennessy, Jill	05	Arnprior	1:04.67
11	242 Armstrong, Kelsie		Crestwood	1:05.12
12	288 Woodcock, Halle		E-Northumberland	1:05.27
13	1083 Edgley, Chloe		Thousand Islands	1:05.65
14	1032 Norman, Jenna		Sydenham	1:05.68
15	721 Paul, Sarah		Nicholson	1:05.77
16	180 Véronique, Trottier	04	Casselman	1:05.95

Event 71 Girls 800 Meter Run Senior**Friday 2022-05-27 - 11:45 AM**

Meet Record: 2:11.00 2010-05-28 **Samantha Murphy**
Can Inter: 2:05.94 1980 **Elise Braithwaite**

	Name	Yr	School	Seed Time
1	519 Campbell, Alex		Kingston	2:19.51
2	349 Porter, Gillian	04	Franco-Cité	2:21.58
3	1138 Munro, Grace	04	West Carleton	2:26.89
4	385 Hurst, Freya	04	Glebe	2:27.72
5	545 Whitney, Teagan		La Salle	2:29.48
6	618 Ella, Duguay	05	Louis-Riel	2:30.70
7	392 McColgan, Abbey	05	Glebe	2:31.14
8	1137 McCulligh, Helen	04	West Carleton	2:31.14
9	340 Hugli, Heidi	04	Fellowes	2:32.39
10	518 Brackenbury, Claire		Kingston	2:34.47
11	201 Johnson, Hilary		Cobourg	2:34.54
12	414 Campbell, Mya	05	Glengarry	2:34.97
13	112 Singaraja, Tamara		Bayside	2:37.36
14	242 Armstrong, Kelsie		Crestwood	2:37.43

15	719 McGillen, Leah	Nicholson	2:37.94
16	244 Griffin, Haley	Crestwood	2:37.96

Event 73 Girls 1500 Meter Run Senior**Thursday 2022-05-26 - 4:50 PM**

Meet Record: 4:26.81 2014-05-29 **Heather Jaros**
Can Inter: 4:21.12 2018 **Jocelyn Chau**

	Name	Yr	School	Seed Time
1	266 Van Brabant, Amelia	05	Earl of March	4:38.83
2	519 Campbell, Alex		Kingston	4:41.03
3	15 Seaby, Maddie		Carleton Place	4:42.51
4	896 Vroom, Elizabeth	04	Sir Wilfrid	4:53.01
5	349 Porter, Gillian	04	Franco-Cité	4:54.05
6	520 Fraser, Haley		Kingston	4:54.34
7	389 MacDonald, Cara	04	Glebe	4:58.01
8	545 Whitney, Teagan		La Salle	5:06.56
9	385 Hurst, Freya	04	Glebe	5:09.87
10	517 Allen, Kira		Kingston	5:12.77
11	778 Quinn, Paige	04	Osgoode	5:18.08
12	201 Johnson, Hilary		Cobourg	5:21.95
13	244 Griffin, Haley		Crestwood	5:23.46
14	112 Singaraja, Tamara		Bayside	5:23.88
15	719 McGillen, Leah		Nicholson	5:27.91
16	984 Murphy, Grace		St. Peter - P	5:30.31

Event 75 Girls 3000 Meter Run Senior**Friday 2022-05-27 - 2:00 PM**

Meet Record: 9:33.52 2016-05-27 **Shona McCulloch**
Can Inter: 9:21.63 2018 **Jocelyn Chau**

	Name	Yr	School	Seed Time
1	266 Van Brabant, Amelia	05	Earl of March	9:59.01
2	15 Seaby, Maddie		Carleton Place	10:19.46
3	896 Vroom, Elizabeth	04	Sir Wilfrid	10:29.68
4	61 Stonham, Louise	05	Arnprior	10:34.36
5	389 MacDonald, Cara	04	Glebe	10:40.98
6	708 Hegan, Clara	05	Nepean	11:08.46
7	520 Fraser, Haley		Kingston	11:08.48
8	1137 McCulligh, Helen	04	West Carleton	11:34.49
9	1062 May, Anna		Thomas A Stewart	11:38.16
10	598 Concettini, Alice	05	Longfields	11:41.06
11	984 Murphy, Grace		St. Peter - P	11:48.72
12	33 Macleod, Clementine		Adam Scott	11:53.70
13	442 Hamilton, Claire		Holy Cross - K	11:55.75
14	1026 Greer, Rebecca	04	St. Thomas - R	12:04.19
15	314 Lavender, Vanessa		Eastside	12:54.98
16	723 Walsh, Anna		Nicholson	13:14.90

Event 77 Girls 100 Meter Hurdles Senior Prelims**Friday 2022-05-27 - 11:00 AM**

Meet Record: 13.55 2016-05-27 **Kiera Christie-Galloway**
Can Inter: 13.15 2000 **Jessica Zelinka**

	Name	Yr	School	Seed Time
1	661 Goddard, Audrey	04	Merivale	14.73
2	382 Collins, Lara	05	Glebe	16.22
3	464 Cameron, Millie	04	Holy Trinity - C	16.34

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Event 77 ... (Girls 100 Meter Hurdles Senior Prelims)

	Name	Yr	School	Seed Time
4	639 Jefferson, Eden	05	Mackenzie	17.04
5	246 Jenkins, Lexi		Crestwood	17.08
6	47 Guthrie, Jessica		Almonte	17.14
7	1017 Alisha, Byrne		St. Thomas - L	17.24
8	787 Leclec, Mia	05	Paul-Desmarais	17.54
9	12 Cain, Avery		Carleton Place	17.56
10	770 McGrath, Emma	04	Opeongo	17.88
11	129 Banks, Keira	04	Bell	17.89
12	286 Schmoll, Sophia		E-Northumberland	17.89
13	788 Splinter, Valérie	04	Paul-Desmarais	17.94
14	1060 Hineman, Olivia		Thomas A Stewart	18.01
15	1131 Dawson, Rachel	05	West Carleton	18.14
16	1058 Glover, Jorja		Thomas A Stewart	18.45

Event 79 Girls 400 Meter Hurdles Senior**Thursday 2022-05-26 - 3:15 PM****Meet Record: 1:00.09 2018-05-31 Sharelle Samuel****Can Inter: 58.03 1995 Nadia Schmiedt**

	Name	Yr	School	Seed Time
1	661 Goddard, Audrey	04	Merivale	1:08.18
2	868 Brennan, Emily	04	Sacred Heart	1:09.61
3	912 Dewar, Allison	05	St. Francis	1:10.99
4	47 Guthrie, Jessica		Almonte	1:11.53
5	659 Cross, Laura	04	Merivale	1:11.67
6	382 Collins, Lara	05	Glebe	1:11.83
7	341 Summers, Grace	04	Fellowes	1:12.98
8	850 Matheson, Sienna		Regiopolis	1:13.84
9	729 Porteous, Cassidy	04	North Dundas	1:13.86
10	246 Jenkins, Lexi		Crestwood	1:15.43
11	785 Farris, Gabrielle	04	Paul-Desmarais	1:16.04
12	495 Desjardins, Cecelia	05	Jeanne-Lajoie	1:17.38
13	1020 Van Halteren, Madelyn		St. Thomas - L	1:19.15
14	1064 Payne, Mya		Thomas A Stewart	1:20.04
15	1065 Postma, Robyn		Thomas A Stewart	1:21.47
16	166 Scott, Autumn		Campbellford	1:25.99

Event 81 Girls 4x100 Meter Relay Senior**Friday 2022-05-27 - 4:00 PM****Meet Record: 48.48 2015-05-29 Glebe****Can Inter: 47.60 2003 Mary Ward**

	Team	Relay	Seed Time
1	Thousand Islands	A	50.88
2	Holy Cross - K	A	52.34
3	Merivale	A	53.56
	1) #662 Haroun, Sohaila 05	2) #659 Cross, Laura 04	
	3) #661 Goddard, Audrey 04	4) #665 McDonald, Mady 05	
4	Embrun	A	53.86
	1) #334 Kigeme, Altessa 04	2) #332 Gregory, Jesse 04	
	3) #333 Jimmo, Elizabeth 04	4) #331 Gingras-Gareau, Alysha 04	
5	Carleton Place	A	53.98
	1) #11 Armitage, Sydney	2) #12 Cain, Avery	
	3) #16 Stanton, Sarah	4) #17 Weir, Findlay	
	5) #14 Olvera, Angelica		

6	Lester B Pearson	A	54.32
	1) #571 Padou, Rebecca 03	2) #567 Johnson, Julia 05	
	3) #568 Maddalena, Francesca 04	4) #565 Emile-Folly, Florence 04	
	5) #569 Mapendano, Karen 05		
7	Haliburton	A	54.46
8	St. Thomas - L	A	54.60
9	Ashbury	A	54.75
	1) #76 Onuoha, Aniela 05	2) #67 Aldous, Noelle 05	
	3) #75 Mee, Sasha 05	4) #78 Staples, Eva 05	
	5) #72 Foster, Keimah 05	6) #71 Feberova, Natalie 05	
10	Colonel By	A	54.92
	1) #213 Hill, Lauren 04	2) #216 McDonald, Mia 05	
	3) #220 Robblee, Halle 05	4) #207 Cabasson, Laure 05	
	5) #215 Macharia, Imani 05		
11	Sydenham	A	54.94
12	Glebe	A	55.06
	1) #396 Torgunrud, Naomi 04	2) #382 Collins, Lara 05	
	3) #397 Trott, Sophie 05	4) #379 Allen, Elysia 05	
	5) #391 McCabe, Isla 05	6) #393 Nguyen, Mae 05	
13	West Carleton	A	55.10
	1) #1138 Munro, Grace 04	2) #1131 Dawson, Rachel 05	
	3) #1141 Schriener, Samantha 05	4) #1140 Schriener, Natalie 05	
	5) #1129 Boswell, Rylee 05	6) #1134 Hamilton, Kate 05	
14	Quinte Christian	A	55.35
15	E-Northumberland	A	55.81
16	St. Peter - P	A	57.54

Event 83 Girls High Jump Senior**Friday 2022-05-27 - 11:00 AM****Meet Record: 1.73m 1983 Cathy Murphy****Can Inter: 1.88m 1979 Julie White**

	Name	Yr	School	Seed Mark
1	645 McAlpine, Abigail		Marc-Garneau	1.52m
2	1037 Vanderwal, Olivya		Sydenham	1.50m
3	945 Hayes, Pyper		St. Mary - C	1.49m
4	820 Watson, Sydney		Port Hope	1.46m
5	1038 Vanderwal, Siyerra		Sydenham	1.45m
6	639 Jefferson, Eden	05	Mackenzie	1.45m
7	774 Verch, Brittney	03	Opeongo	1.45m
8	139 Barraclogh, Hannah		Brock	1.40m
9	661 Goddard, Audrey	04	Merivale	1.40m
10	151 Reimann, Paige		Brockville	1.40m
11	1065 Postma, Robyn		Thomas A Stewart	1.40m
12	690 Oromo, Benita	05	Mother Teresa	1.35m
13	99 Ticlea, Andrea	04	AY Jackson	1.35m
14	390 Mbonjo, Alisson	05	Glebe	1.35m
15	808 Mukendi, Yossefa	05	Pierre Savard	1.30m
16	76 Onuoha, Aniela	05	Ashbury	1.25m

Event 85 Girls Pole Vault Senior**Thursday 2022-05-26 - 3:30 PM****Meet Record: 3.50m 2018-05-31 Caroline Poirier****Can Inter: 4.06m 2012 Alysha Newman**

	Name	Yr	School	Seed Mark
1	648 Hacaault, Sandra		Marie-Rivier	2.50m

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Event 85 ...(Girls Pole Vault Senior)

	Name	Yr	School	Seed Mark
2	191 Eamer, Grace	04	Char-Lan	2.40m
3	781 Blanchet, Emma	04	Paul-Desmarais	2.25m
4	1017 Alisha, Byrne		St. Thomas - L	2.15m
5	424 Tryon, Katie		Granite Ridge	2.10m
6	1020 Van Halteren, Madelyn		St. Thomas - L	2.00m
7	889 Lim-Huynh, Trinity	04	SirRobert Borden	1.95m
8	878 Bellefeuille, Ava	05	Saint Lawrence	1.95m
9	78 Staples, Eva	05	Ashbury	1.95m
10	423 Gunsinger, Maddy		Granite Ridge	1.95m
11	1056 Auchterlonie, Kaitlyn		Thomas A Stewart	1.85m
12	1057 French, Clare		Thomas A Stewart	1.85m
13	1067 Wilson, Emma		Thomas A Stewart	1.85m
14	788 Splinter, Valérie	04	Paul-Desmarais	1.80m
15	390 Mbonjo, Alisson	05	Glebe	1.80m
16	395 Rudin-Brown, Lene	04	Glebe	1.80m

Event 87 Girls Long Jump Senior

Friday 2022-05-27 - 2:00 PM				
Meet Record:		6.14m	1982	Karen Nelson
Can Inter:		6.16m	1986	Keron Hamilton
	Name	Yr	School	Seed Mark
1	932 Wallace, Sara	05	St. Laurent	5.05m
2	98 MacLeod, Adelle	05	AY Jackson	5.00m
3	735 Fleming, Lyndsay		North Grenville	4.94m
4	189 Stoltz, Delaney		Central Hastings	4.77m
5	923 Ferry-Reid, Claire	04	St. Joseph - O	4.74m
6	648 Hacault, Sandra		Marie-Rivier	4.66m
7	393 Nguyen, Mae	05	Glebe	4.62m
8	186 Kezar, Natalie		Central Hastings	4.58m
9	604 Thar-Reid, Milan	05	Longfields	4.56m
10	1118 Adeshida, Yulia	04	Valour	4.55m
11	425 Gallant, Liah		Haliburton	4.54m
12	1009 Peck, Julia		St. Theresa	4.54m
13	934 Peiris, Hamali		St. Mary - B	4.52m
14	1031 Nicholson, Sam		Sydenham	4.49m
15	683 Carr, Stella		MonseigneurJamot	4.49m
16	418 Gregoire, Melanie	04	Gloucester	4.43m

Event 89 Girls Triple Jump Senior

Thursday 2022-05-26 - 4:00 PM				
Meet Record:		11.88m	2008	Mila Simulik
Can Inter:		12.78m	2010	Caroline Ehrhardt
	Name	Yr	School	Seed Mark
1	98 MacLeod, Adelle	05	AY Jackson	10.91m
2	735 Fleming, Lyndsay		North Grenville	10.38m
3	648 Hacault, Sandra		Marie-Rivier	10.30m
4	912 Dewar, Allison	05	St. Francis	10.24m
5	820 Watson, Sydney		Port Hope	10.09m
6	1009 Peck, Julia		St. Theresa	10.08m
7	189 Stoltz, Delaney		Central Hastings	10.02m
8	934 Peiris, Hamali		St. Mary - B	10.02m
9	920 Mudde, Olivia	04	St. Joseph - C	9.93m
10	706 Durno, Ella	05	Nepean	9.81m

11	1030 Melo, Olivia		Sydenham	9.77m
12	671 Tsarouhas, Andrea	05	Merivale	9.59m
13	186 Kezar, Natalie		Central Hastings	9.58m
14	286 Schmoll, Sophia		E-Northumberland	9.51m
15	507 Nixon, Caroline	05	John McCrae	9.50m
16	417 Clark, Grace	04	Gloucester	9.44m

Event 91 Girls Shot Put Senior

Friday 2022-05-27 - 12:30 PM				
Meet Record:		14.61m	2003	Sultana Frizell
Can Inter:		14.86m	2012	Brittany Crew
	Name	Yr	School	Seed Mark
1	773 Swant, Julia	04	Opeongo	10.19m
2	355 Dean-Savage, Jessie		Frontenac	10.14m
3	48 Holt, Nova		Almonte	9.93m
4	1089 Nordin, Rheann		Thousand Islands	9.92m
5	458 Stone, Riley		Holy Cross - P	9.38m
6	26 Hermer, Emma		Perth	9.25m
7	839 Vreugdenhil, Talia		Quinte Christian	9.11m
8	174 Brulotte, Kara	05	Canterbury	8.95m
9	777 Bickmore, Callia	05	Osgoode	8.95m
10	834 deWal, Rachel		Quinte Christian	8.83m
11	375 Cane, Melina	04	Gisèle-Lalonde	8.54m
12	601 Junek, Annika	05	Longfields	8.50m
13	687 Iyoha, Britney	05	Mother Teresa	8.49m
14	728 Cuddy, Julia		North Addington	8.49m
15	140 Guy, Vanessa		Brock	8.11m
16	784 Djerbib, Tinah	04	Paul-Desmarais	8.09m

Event 93 Girls Discus Throw Senior

Friday 2022-05-27 - 9:30 AM				
Meet Record:		44.35m	2003	Sultana Frizell
Can Inter:		52.52m	1986	Michelle Brotherton
	Name	Yr	School	Seed Mark
1	743 Ives, Elyse		North Hastings	31.33m
2	574 Peachy, Alexandra	04	L'Hertiage	31.05m
3	355 Dean-Savage, Jessie		Frontenac	30.22m
4	59 Ogilvie, Kylie	03	Arnprior	29.12m
5	839 Vreugdenhil, Talia		Quinte Christian	27.66m
6	836 Lake, Ruth		Quinte Christian	27.28m
7	150 Kizell, Kathryn		Brockville	26.94m
8	1119 Crouzat, Skye	04	Valour	25.54m
9	458 Stone, Riley		Holy Cross - P	24.22m
10	777 Bickmore, Callia	05	Osgoode	24.12m
11	834 deWal, Rachel		Quinte Christian	23.88m
12	874 Gareau, Gabrielle	04	Sacred Heart	23.49m
13	902 Sunstrum, Emily	04	South Carleton	23.25m
14	900 Bal, Maaika	06	South Carleton	23.20m
15	600 Grakist, Ashlyn	04	Longfields	23.20m
16	474 Coleman, Nadia	04	Immaculata	22.87m

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Event 95 Girls Javelin Throw Senior**Thursday 2022-05-26 - 2:00 PM****Meet Record: 50.54m 1984 Cheryl Coker****Can Inter: 51.94m 1984 Cheryl Coker**

	Name	Yr	School	Seed	Mark
1	369 Clark, Kaylee		Gananoque	42.96m	
2	743 Ives, Elyse		North Hastings	31.80m	
3	457 Glasbergen, Ainsley		Holy Cross - P	29.90m	
4	3 Edmonds, Claire	04	Bishop Smith	29.48m	
5	187 Phillips, Anna		Central Hastings	29.05m	
6	640 Stephenson, Jorja	05	Mackenzie	27.90m	
7	1089 Nordin, Rheann		Thousand Islands	26.42m	
8	779 Whalen, Grace	05	Osgoode	25.80m	
9	1038 Vanderwal, Siyerra		Sydenham	25.46m	
10	1132 Derby, Lillian	05	West Carleton	23.82m	
11	886 Dal Farra, Haley	05	SirRobert Borden	23.65m	
12	570 Nadege, Prisca	05	Lester B Pearson	23.56m	
13	186 Kezar, Natalie		Central Hastings	23.50m	
14	129 Banks, Keira	04	Bell	23.28m	
15	199 Crawford, Micah		Cobourg	22.92m	
16	875 Guillemette, Chloe	05	Sacred Heart	22.13m	

Event 97 Girls 2000 Meter Steeplechase Open**Friday 2022-05-27 - 9:30 AM****Meet Record: 7:12.00 2019-05-31 Molly Strain**

	Name	Yr	School	Seed	Time
1	896 Vroom, Elizabeth	04	Sir Wilfrid	7:13.57	
2	61 Stonham, Louise	05	Arnprior	7:21.13	
3	349 Porter, Gillian	04	Franco-Cité	7:28.48	
4	1137 McCulligh, Helen	04	West Carleton	7:57.70	
5	477 Walker, Meredith	05	Immaculata	8:01.04	
6	707 Gruson, Karina	03	Nepean	8:05.85	
7	518 Brackenbury, Claire		Kingston	8:06.97	
8	840 Wyngaarden, Kaylee		Quinte Christian	8:07.61	
9	381 Black, Rebecca	04	Glebe	8:09.77	
10	536 Lalonde, Isabella	04	La Citadelle	8:14.25	
11	368 Bowman, Brynn		Gananoque	8:15.76	
12	1062 May, Anna		Thomas A Stewart	8:19.51	
13	850 Matheson, Sienna		Regiopolis	8:20.58	
14	1019 Van Halteren, Ella		St. Thomas - L	8:45.74	
15	190 Winterburn, Sapphire		Central Hastings	9:04.55	
16	643 Dyachuk, Arisha		Marc-Garneau	9:16.53	

Event 99 Girls 4x400 Meter Relay Open**Friday 2022-05-27 - 5:45 PM****Meet Record: 3:59.55 2013-05-31 Glebe****Can Inter: 3:47.35 2002 Mary Ward**

	Team	Relay	Seed	Time
1	John McCrae	A	4:16.73	
2	La Salle	A	4:19.59	
3	Arnprior	A	4:19.69	
4	Louis-Riel	A	4:19.95	
	1) #622 Shannon, Lilianne 05	2) #618 Ella, Duguay 05		
	3) #619 Joly, Chloé 07	4) #617 Charron, Chloé 06		

5	Glebe	A	4:22.88
	1) #382 Collins, Lara 05	2) #384 Girgis, Kenzie 04	
	3) #388 Lyons, Waverley 07	4) #378 Alexander, Lauren 06	
	5) #385 Hurst, Freya 04	6) #394 Nowlan, Maddy 04	
6	Crestwood	B	4:23.48
7	Thousand Islands	A	4:23.93
8	Bayside	A	4:26.19
9	Holy Trinity - O	A	4:28.61
10	Colonel By	A	4:30.69
	1) #214 Macharia, Hazina 07	2) #215 Macharia, Imani 05	
	3) #211 Credico, Anika 06	4) #217 Meridian, Katharina 07	
	5) #208 Cabasson, Mathilde 06	6) #207 Cabasson, Laure 05	
11	Lisgar	A	4:32.24
	1) #584 Schulz, Leonie 05	2) #582 Gualini, Linda 04	
	3) #578 Betty, Maria 04	4) #581 Gruner, Skyler 05	
	5) #579 Brennan, Mikayla 04	6) #580 Fernandez, Leyre 04	
12	Sydenham	A	4:36.28
13	Opeongo	A	4:36.81
14	E-Northumberland	A	4:39.31
15	Haliburton	A	4:40.63
16	St. Peter - P	A	4:45.26

Event 105 Girls 100 Meter Dash Intellectual Prelims**Friday 2022-05-27 - 10:00 AM****Meet Record: 14.36 2013 Alicia Tustin**

	Name	Yr	School	Seed	Time
1	873 Francispillai, Carolyn	02	Sacred Heart	17.18	
2	966 George, Michelle		St. Paul - T	17.45	
3	1034 Sears, Skyler		Sydenham	17.93	
4	835 Kuipers, Grace		Quinte Christian	19.71	
5	182 Davidson, Ellen		Centennial	21.89	
6	1035 Sears, Summer		Sydenham	22.00	
7	317 Thirlwall, Gabby		Eastside	24.67	

Event 115 Girls 800 Meter Run Intellectual**Friday 2022-05-27 - 11:45 AM****Meet Record: 3:15.27 2019-05-31 Paige Heffernan**

	Name	Yr	School	Seed	Time
1	966 George, Michelle		St. Paul - T	4:06.33	
2	182 Davidson, Ellen		Centennial	4:22.80	
3	1034 Sears, Skyler		Sydenham	4:24.68	
4	1035 Sears, Summer		Sydenham	5:39.37	

Event 117 Girls Shot Put Intellectual**Friday 2022-05-27 - 5:00 PM**

	Name	Yr	School	Seed	Mark
1	1034 Sears, Skyler		Sydenham	6.26m	
2	1035 Sears, Summer		Sydenham	5.59m	
3	317 Thirlwall, Gabby		Eastside	4.45m	
4	632 Easton, Kelsy		Loyalist	4.08m	

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Event 2 Boys 100 Meter Dash Novice Prelims**Friday 2022-05-27 - 10:00 AM**

Meet Record: 11.25 2013 Dorbor Kollie
Can Inter: 10.41 1994 Carlton Chambers

	Name	Yr	School	Seed Time
1	92 Schwarz, Preston	07	Ashbury	11.62
2	1143 Batley, Will	07	West Carleton	11.70
3	362 Moses, Cameron		Frontenac	11.74
4	624 Domiati, Ibrahim	07	Louis-Riel	12.01
5	1054 Sheppard, Ian		Sydenham	12.03
6	756 MacDonald, Kaleb		Norwood	12.06
7	198 Tyo, Owen	07	Char-Lan	12.08
8	649 Ouellet, Léo		Marie-Rivier	12.14
9	170 Kellogg, Edan		Campbellford	12.14
10	1106 Saumure, Liam		Thousand Islands	12.28
11	816 Wright, Nicolas	07	Pierre Savard	12.31
12	767 Yout, Deng	07	Notre Dame - O	12.34
13	346 McNelly, David		Ffss - Fenelon	12.35
14	226 Brennan, Mason	07	Colonel By	12.38
15	1073 Messervey, Riley		Thomas A Stewart	12.50
16	828 Colby, Rowan		Prince Edward	12.51

Event 4 Boys 200 Meter Dash Novice Prelims**Thursday 2022-05-26 - 2:30 PM**

Meet Record: 22.77 2013 Dorbor Kollie
Can Inter: 20.95 1984 Atlee Mahorn

	Name	Yr	School	Seed Time
1	1143 Batley, Will	07	West Carleton	23.78
2	92 Schwarz, Preston	07	Ashbury	24.06
3	624 Domiati, Ibrahim	07	Louis-Riel	24.35
4	362 Moses, Cameron		Frontenac	24.44
5	1054 Sheppard, Ian		Sydenham	24.66
6	649 Ouellet, Léo		Marie-Rivier	24.88
7	146 Thomson, Austin		Brock	24.91
8	435 Dion, Mathias	07	Hawkesbury	24.96
9	636 Girard, Jacob		Loyalist	25.22
10	170 Kellogg, Edan		Campbellford	25.38
11	1073 Messervey, Riley		Thomas A Stewart	25.41
12	108 Westbury, Parker	07	AY Jackson	25.60
13	995 Surinskis, Logan		St. Peter - P	25.73
14	812 Malheiro, Mateo	07	Pierre Savard	25.95
15	159 Constanzo, Jesse	07	Cairine Wilson	26.05
16	992 Ngouepo, Titus		St. Peter - P	26.64

Event 6 Boys 400 Meter Dash Novice**Friday 2022-05-27 - 2:30 PM**

Meet Record: 49.66 2017-05-26 Dillon Landon
Can Inter: 45.71 2019 Myles Misener-Daley

	Name	Yr	School	Seed Time
1	624 Domiati, Ibrahim	07	Louis-Riel	53.24
2	627 Jeggo, Zachary	07	Louis-Riel	53.49
3	489 Mikwete, Daniel	07	Immaculata	55.71
4	739 Watkins, Jake		North Grenville	55.94
5	1073 Messervey, Riley		Thomas A Stewart	56.23

6	776 Recoskie, Gavin	07	Opeongo	56.50
7	1126 Walsh, Noah	06	Valour	56.71
8	86 Gillespie, Chase	07	Ashbury	56.94
9	930 Rebertz, Bryce	07	St. Joseph - R	57.51
10	1109 Wallace, Josh		Thousand Islands	57.71
11	606 Dahiya, Robin	07	Longfields	57.90
12	170 Kellogg, Edan		Campbellford	57.96
13	462 Newman, Ethan		Holy Cross - P	59.13
14	227 Cameron, Charlie	07	Colonel By	59.26
15	727 Stewart, Lennox		Nicholson	59.65
16	430 Hamilton, Cole		Haliburton	1:00.17

Event 8 Boys 800 Meter Run Novice**Friday 2022-05-27 - 11:45 AM**

Meet Record: 2:01.92 2017-05-26 Joe Fast
Can Inter: 1:47.14 2012 Brandon McBride

	Name	Yr	School	Seed Time
1	8 Kenny, Malachi	07	Bishop Smith	2:04.13
2	37 Dennis-Helmer, Emery		Adam Scott	2:14.50
3	627 Jeggo, Zachary	07	Louis-Riel	2:16.06
4	727 Stewart, Lennox		Nicholson	2:16.17
5	941 Witham, Jackson		St. Mary - B	2:17.01
6	1040 Fleming, Tommy		Sydenham	2:17.25
7	492 Smith, Noah	07	Immaculata	2:18.10
8	267 Adamson, William	07	Earl of March	2:18.27
9	853 Mckeown, Willem		Regiopolis	2:18.47
10	487 McGregor, Will	07	Immaculata	2:19.14
11	1126 Walsh, Noah	06	Valour	2:20.25
12	325 Lavender, Theo		Eastside	2:21.13
13	178 Stratford, Hugh	07	Canterbury	2:21.65
14	488 Meehan, Aleksander	07	Immaculata	2:22.16
15	183 Bulmer, Logan		Centennial	2:23.02

Event 10 Boys 1500 Meter Run Novice**Thursday 2022-05-26 - 4:50 PM**

Meet Record: 4:10.26 2008 Tristan Woodfine
Can Inter: 3:42.33 1993 Kevin Sullivan

	Name	Yr	School	Seed Time
1	8 Kenny, Malachi	07	Bishop Smith	4:21.42
2	623 Cova, Daniel	07	Louis-Riel	4:25.30
3	408 Taler, Saul	07	Glebe	4:29.12
4	941 Witham, Jackson		St. Mary - B	4:31.08
5	403 Heins, Russell	07	Glebe	4:36.28
6	698 Mikolajczak, Jakub	07	Mother Teresa	4:38.68
7	531 Hopkins, Garret		Kingston	4:42.41
8	738 Leroux, Lukas		North Grenville	4:42.72
9	492 Smith, Noah	07	Immaculata	4:42.87
10	1040 Fleming, Tommy		Sydenham	4:43.05
11	36 Coupland, Griffith		Adam Scott	4:43.72
12	325 Lavender, Theo		Eastside	4:44.64
13	37 Dennis-Helmer, Emery		Adam Scott	4:45.68
14	422 McAteer, Blake	07	Gloucester	4:47.38
15	968 Fellows, Ethan		St. Paul - T	4:52.71
16	300 Miklos, Ethan		E-Northumberland	4:53.45

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Event 12 Boys 3000 Meter Run Novice**Friday 2022-05-27 - 5:00 PM****Meet Record: 8:57.37 2008-05-31 Tristan Woodfine****Can Inter: 8:00.2h 1987 Greg Anderson**

	Name	Yr	School	Seed Time
1	623 Cova, Daniel	07	Louis-Riel	9:53.53
2	941 Witham, Jackson		St. Mary - B	10:18.29
3	531 Hopkins, Garret		Kingston	10:22.21
4	551 Leeder, Hayden		La Salle	10:23.59
5	530 Hendry, Adam		Kingston	10:28.18
6	738 Leroux, Lukas		North Grenville	10:29.44
7	36 Coupland, Griffith		Adam Scott	10:37.13
8	681 Thompson, Blue	07	Merivale	10:40.65
9	892 Goold, Barrett	07	SirRobert Borden	10:42.71
10	713 Daniels, Robin	07	Nepean	11:03.06
11	400 Carney, Misha	07	Glebe	11:05.28
12	206 Urbach, William		Cobourg	11:07.94
13	963 Joshua, Haire	07	St. Paul - O	11:09.93
14	300 Miklos, Ethan		E-Northumberland	11:24.56
15	306 Rivard, Logan		E-Northumberland	13:10.44
16	251 Hoeksma, Valen		Crestwood	14:05.35

Event 14 Boys 100 Meter Hurdles Novice Prelims**Friday 2022-05-27 - 11:00 AM****Meet Record: 13.84 2019-05-31 Luca Nicoletti****Can Inter: 37.06 1992 Troy Langevine**

	Name	Yr	School	Seed Time
1	993 Plumbe, Finnley		St. Peter - P	15.52
2	376 Atonfo, Timeo	07	Gisèle-Lalonde	15.79
3	1099 Leakey, Jory		Thousand Islands	15.93
4	273 Worthing, Nicholas	07	Earl of March	16.28
5	347 Suggitt, Michael		Ffss - Fenelon	16.65
6	1054 Sheppard, Ian		Sydenham	16.85
7	226 Brennan, Mason	07	Colonel By	16.86
8	854 Medd, Braeden		Regiopolis	17.41
9	610 Gibson, Kai	07	Longfields	17.50
10	915 James, Samuel	07	St. Francis	17.77
11	997 Watson, Josh		St. Peter - P	17.77
12	678 Mendeloff, Jonas	07	Merivale	17.81
13	746 Dunford, Trent		North Hastings	17.82
14	1074 Nobes, Devon		Thomas A Stewart	17.83
15	703 Hayes, Isaac		Napanee	18.52
16	63 Clouthier, Jordan	07	Arnprior	20.26

Event 16 Boys 300 Meter Hurdles Novice**Thursday 2022-05-26 - 3:15 PM****Meet Record: 41.09 2019-05-30 Luca Nicoletti****Can Inter: 37.06 1992 Troy Langevine**

	Name	Yr	School	Seed Time
1	376 Atonfo, Timeo	07	Gisèle-Lalonde	44.51
2	1099 Leakey, Jory		Thousand Islands	45.46
3	309 Wamboldt, Jacob		E-Northumberland	46.96
4	898 London, Kyle	07	Sir Wilfrid	47.51
5	539 Gratton, Jonah	01	La Citadelle	47.83
6	844 Vanderspruit, Nathan		Quinte Christian	48.14

7	367 Huntington, Vincent		Fulford	48.27
8	857 Daber, Owen	07	Renfrew	48.39
9	762 Salisbury, Simon	07	Notre Dame - CP	48.43
10	747 Gillis, Jaxsyn		North Hastings	48.58
11	745 Brownell, Benjamin		North Hastings	48.87
12	136 Lukassen, Austin	07	Bell	50.31
13	295 Fulford, Jacob		E-Northumberland	51.59
14	607 Dupuis, Rory	07	Longfields	52.50
15	137 Sache, Joseph	07	Bell	53.49
16	589 Letts, Jared	07	Lisgar	56.26

Event 18 Boys 4x100 Meter Relay Novice**Friday 2022-05-27 - 4:00 PM****Meet Record: 46.14 2005 Thousand Islands****Can Inter: 41.28 1988 George Harvey**

	Team	Relay	Seed Time
1	Thousand Islands	A	48.50
2	St. Joseph - R	A	48.67
3	Louis-Riel	A	48.99
	1) #630 Vigne, Eden 07	2) #631 Vilson, Bradley 07	
	3) #628 Jehovania, Joshua 07	4) #624 Domiati, Ibrahim 07	
	5) #625 Gagou, Ibrahim 07		
4	Colonel By	A	49.51
	1) #232 Khaida, Aleem 07	2) #227 Cameron, Charlie 07	
	3) #235 Ng-A-Fook, Ezra 07	4) #226 Brennan, Mason 07	
	5) #238 Qiu, Andrew 07		
5	Holy Cross - K	A	49.85
6	Immaculata	A	50.38
	1) #489 Mikwete, Daniel 07	2) #483 Goneau, Zak 07	
	3) #484 Houghton, Joshua 07	4) #494 Timpson, Tayte 07	
7	AY Jackson	A	50.46
	1) #108 Westbury, Parker 07	2) #103 Hicks, Matthew 07	
	3) #102 Forrest, Liam 07	4) #101 Flieler, Kurt 07	
	5) #107 Tu, Dylan 07		
8	E-Northumberland	A	50.63
9	La Salle	A	50.77
10	Ernestown	A	50.89
11	De La Salle	A	50.91
	1) #255 Aquillina, Sydney 07	2) #261 Smith, Cedric 07	
	3) #258 Malara, Xavier 07	4) #262 Van Der Werf, Nicolas 07	
	5) #260 Morehouse, Evan 07		
12	St. Peter - P	A	51.16
13	Thomas A Stewart	A	51.41
14	Earl of March	A	51.75
	1) #267 Adamson, William 07	2) #268 Aksu, Batu 07	
	3) #272 Simser, Oliver 07	4) #271 Saikali, Vincent 07	
15	North Hastings	A	51.94
16	Bayside	A	52.35

Event 20 Boys High Jump Novice**Thursday 2022-05-26 - 2:00 PM****Meet Record: 1.88m 2016-05-27 Bailey Maracle****Can Inter: 2.24m 1998 Michael Ponikvar**

	Name	Yr	School	Seed Mark
1	610 Gibson, Kai	07	Longfields	1.75m

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Event 20 ... (Boys High Jump Novice)

	Name	Yr	School	Seed Mark
2	92 Schwarz, Preston	07	Ashbury	1.70m
3	226 Brennan, Mason	07	Colonel By	1.65m
4	549 Huneault, Alex		La Salle	1.65m
5	552 Piatkowski, Leif		La Salle	1.65m
6	336 Bourbonnais, Nicolas	07	Embrun	1.60m
7	881 Esolwe, Rashid	07	Saint Lawrence	1.60m
8	146 Thomson, Austin		Brock	1.60m
9	915 James, Samuel	07	St. Francis	1.55m
10	647 Belchevski, Lukas		Marc-Garneau	1.55m
11	144 Barfoot, Andrew		Brock	1.55m
12	64 Lamontagne, Zach	07	Arnprior	1.55m
13	1117 Valentiate, Denzel	07	Trenton	1.55m
14	607 Dupuis, Rory	07	Longfields	1.50m
15	351 Rahal, Patrick	07	Franco-Ouest	1.50m
16	298 Lay, Braeden		E-Northumberland	1.45m

Event 22 Boys Pole Vault Novice**Friday 2022-05-27 - 1:00 PM**

Meet Record: 3.35m 2014-05-30 **Brennan Seguin**
Can Inter: 5.10m 1985 **Doug Wood**

	Name	Yr	School	Seed Mark
1	198 Tyo, Owen	07	Char-Lan	2.60m
2	1021 Connell, Joshua		St. Thomas - L	2.16m
3	1024 Patterson, Daniel		St. Thomas - L	1.86m
4	885 Sauve, Caleb	07	Saint Lawrence	1.80m
5	535 Strand, Ben		Kingston	1.65m

Event 24 Boys Long Jump Novice**Friday 2022-05-27 - 12:30 PM**

Meet Record: 6.19m 2014-05-30 **Scott Peel**
Can Inter: 7.75m 1990 **Brian Thomas**

	Name	Yr	School	Seed Mark
1	376 Atonfo, Timeo	07	Gisèle-Lalonde	6.05m
2	232 Khaida, Aleem	07	Colonel By	5.64m
3	1109 Wallace, Josh		Thousand Islands	5.49m
4	494 Timpson, Tayte	07	Immaculata	5.43m
5	610 Gibson, Kai	07	Longfields	5.42m
6	493 Talvitie, Parker	07	Immaculata	5.35m
7	4 Edmonds, Charlie	07	Bishop Smith	5.28m
8	1101 Limburg, Charlile		Thousand Islands	5.23m
9	146 Thomson, Austin		Brock	5.20m
10	346 McNelly, David		Ffss - Fenelon	5.19m
11	909 Sammon, Wyatt	07	South Carleton	5.16m
12	1015 Mawer, Daniel		St. Theresa	5.14m
13	746 Dunford, Trent		North Hastings	5.06m
14	345 Fader-Felker, Johnathen		Ffss - Fenelon	5.03m
15	928 Heideman, Logan	07	St. Joseph - R	5.02m
16	109 Vandermeer, Zac		Bayridge	4.94m

Event 26 Boys Triple Jump Novice**Friday 2022-05-27 - 9:30 AM**

Meet Record: 13.13m 2014-05-30 **Scott Peel**
Can Inter: 15.76m 1982 **George Wright**

	Name	Yr	School	Seed Mark
1	232 Khaida, Aleem	07	Colonel By	11.72m
2	1109 Wallace, Josh		Thousand Islands	11.68m
3	756 MacDonald, Kaleb		Norwood	11.06m
4	647 Belchevski, Lukas		Marc-Garneau	10.97m
5	1096 Hache, Roman		Thousand Islands	10.72m
6	181 Harvey, Jacob	07	Casselman	10.57m
7	1048 McShane, Iain		Sydenham	10.55m
8	1014 Kim, Antonio		St. Theresa	10.44m
9	273 Worthing, Nicholas	07	Earl of March	10.44m
10	346 McNelly, David		Ffss - Fenelon	10.38m
11	1015 Mawer, Daniel		St. Theresa	10.38m
12	109 Vandermeer, Zac		Bayridge	10.30m
13	487 McGregor, Will	07	Immaculata	9.57m
14	493 Talvitie, Parker	07	Immaculata	9.34m
15	1005 Smith, Callum	07	St. Pius X	9.01m
16	899 Thapa, Sanskar	07	Sir Wilfrid	8.90m

Event 28 Boys Shot Put Novice**Thursday 2022-05-26 - 4:00 PM**

Meet Record: 15.60m 2005 **Tim Nedow**

	Name	Yr	School	Seed Mark
1	679 Neuspiel, Henrik	07	Merivale	13.01m
2	363 Perot, Phil		Frontenac	12.70m
3	323 Crawford, Aiden		Eastside	12.17m
4	959 Hunter, Drew		St. Michael	12.13m
5	373 Dion, Josh		Gananoque	12.09m
6	842 Brooks, Trevor		Quinte Christian	12.02m
7	149 Warren, Beau		Brock	11.84m
8	958 Buller, Kayden		St. Michael	11.83m
9	5 Gowers, Austin	07	Bishop Smith	11.82m
10	461 Moore, Connor		Holy Cross - P	11.42m
11	830 McGill, Josh		Prince Edward	11.37m
12	964 Oraziotti, Nathan	07	St. Paul - O	11.26m
13	406 Phillips, Oliver	07	Glebe	11.02m
14	793 Clattenburg, Benjamin	07	Paul-Desmarais	10.98m
15	811 Lévesque, Xavier	07	Pierre Savard	10.97m
16	814 Pinard, Mathieu	07	Pierre Savard	10.85m

Event 30 Boys Discus Throw Novice**Friday 2022-05-27 - 11:00 AM**

Meet Record: 48.96m 2010 **Darby Charkavi**

	Name	Yr	School	Seed Mark
1	844 Vanderspruit, Nathan		Quinte Christian	37.45m
2	197 Mines, Jack	07	Char-Lan	36.73m
3	149 Warren, Beau		Brock	36.33m
4	842 Brooks, Trevor		Quinte Christian	35.19m
5	1093 Crotty, Ryan		Thousand Islands	33.36m
6	323 Crawford, Aiden		Eastside	32.84m
7	747 Gillis, Jaxsyn		North Hastings	32.59m

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Event 30 ... (Boys Discus Throw Novice)

	Name	Yr	School	Seed	Mark
8	911 Williams, Jude		South Grenville		31.68m
9	964 Oraziotti, Nathan	07	St. Paul - O		30.85m
10	1123 Haggarty-LeBlanc, Fion	07	Valour		30.78m
11	815 Saikali, Marcous	07	Pierre Savard		30.53m
12	481 Fraser, Brody	07	Immaculata		30.37m
13	1097 Labrash, Jack		Thousand Islands		30.22m
14	411 Whike, Owen	07	Glebe		30.21m
15	793 Clattenburg, Benjamin	07	Paul-Desmarais		27.95m
16	406 Phillips, Oliver	07	Glebe		26.72m

Event 32 Boys Javelin Throw Novice**Friday 2022-05-27 - 2:00 PM****Meet Record: 53.67m 2004****Braedon Lafreniere**

	Name	Yr	School	Seed	Mark
1	549 Huneault, Alex		La Salle		38.73m
2	935 Beattie, Jacob		St. Mary - B		37.71m
3	323 Crawford, Aiden		Eastside		37.01m
4	1107 Sawyer, Matthew		Thousand Islands		36.77m
5	359 Gibson, Jimmy		Frontenac		36.44m
6	6 Harrington, James	07	Bishop Smith		35.07m
7	308 Soules, Nathan		E-Northumberland		33.00m
8	134 Aguilar, David	07	Bell		31.67m
9	747 Gillis, Jaxsyn		North Hastings		31.60m
10	45 Madge, Owen	07	All Saints		31.51m
11	1072 May, Graham		Thomas A Stewart		30.34m
12	750 Zmenak, Andrew		North Hastings		29.88m
13	793 Clattenburg, Benjamin	07	Paul-Desmarais		28.91m
14	420 Grant, Luke	07	Gloucester		27.90m
15	481 Fraser, Brody	07	Immaculata		27.59m
16	819 Willemen, Maxim	07	Pierre-de-Blois		25.56m

Event 34 Boys 100 Meter Dash Junior Prelims**Friday 2022-05-27 - 10:00 AM****Meet Record: 10.97 2007-06-01****Segun Makinde****Can Inter: 10.41 1994****Carlton Chambers**

	Name	Yr	School	Seed	Time
1	350 Richer, Damien	06	Franco-Cité		11.40
2	960 McGowan, John		St. Michael		11.45
3	116 Donnelly, Nolan		Bayside		11.75
4	548 Ferguson, Cutter		La Salle		11.78
5	626 Gauthier, Jahim	06	Louis-Riel		11.80
6	225 Assogba, Janssen	06	Colonel By		11.81
7	534 Stevens, Noah		Kingston		11.82
8	237 Ogunmekan, Ladi	06	Colonel By		11.90
9	910 Wilson, Devonte	06	South Carleton		12.00
10	893 Lee, Justin	06	SirRobert Borden		12.02
11	120 Salaudeen, Kevin		Bayside		12.04
12	292 Clark, Brayden		E-Northumberland		12.05
13	448 Algieri, Mateo		Holy Cross - K		12.09
14	311 Wedderburn-Harper, Zaid		E-Northumberland		12.09
15	154 Gill, Andon		Brockville		12.10
16	328 Shaver, Ripken		Eastside		12.36

Event 36 Boys 200 Meter Dash Junior Prelims**Thursday 2022-05-26 - 2:30 PM****Meet Record: 22.03 2010****Segun Makinde****Can Inter: 20.95 1984****Atlee Mahorn**

	Name	Yr	School	Seed	Time
1	116 Donnelly, Nolan		Bayside		24.00
2	311 Wedderburn-Harper, Zaid		E-Northumberland		24.09
3	674 Cheung, Aaron	06	Merivale		24.34
4	225 Assogba, Janssen	06	Colonel By		24.69
5	534 Stevens, Noah		Kingston		24.74
6	893 Lee, Justin	06	SirRobert Borden		24.75
7	586 Espina, Jordan	06	Lisgar		24.78
8	910 Wilson, Devonte	06	South Carleton		24.85
9	361 Kreick, Ryan		Frontenac		24.96
10	469 Rennalls, Matt	06	Holy Trinity - O		24.98
11	1116 Reid, Liam	06	Trenton		25.06
12	337 Chesley-Vandekemp, Zac	06	Embrun		25.26
13	775 Copeland, Liam	06	Opeongo		25.29
14	922 Warner, Wyatt	06	St. Joseph - C		25.32
15	460 Hepburn, Josh		Holy Cross - P		25.42
16	292 Clark, Brayden		E-Northumberland		25.62

Event 38 Boys 400 Meter Dash Junior**Friday 2022-05-27 - 2:30 PM****Meet Record: 50.39 2005****Mike Robertson****Can Inter: 45.71 2019****Myles Misener-Daley**

	Name	Yr	School	Seed	Time
1	701 Sanders, William	06	Mother Teresa		51.63
2	257 El Mansari, Safwan	06	De La Salle		54.18
3	157 Zielonka, Eric	06	Brookfield		55.28
4	337 Chesley-Vandekemp, Zac	06	Embrun		55.84
5	1012 Dunlop, Kaden		St. Theresa		56.06
6	128 Ring, William	06	Béatrice-Desloge		56.11
7	905 Kosloski, Hudson	06	South Carleton		56.89
8	538 Bulloch, Mason	06	La Citadelle		56.96
9	1003 Raia, Peter	06	St. Pius X		57.07
10	929 Lavictoire, Ethan	06	St. Joseph - R		57.15
11	775 Copeland, Liam	06	Opeongo		57.19
12	296 Geens, Carter		E-Northumberland		57.26
13	1052 Reade, Beau		Sydenham		57.64
14	326 Maracle, Rodney		Eastside		58.04
15	1013 Kay, Carson		St. Theresa		58.86
16	38 Fallahzadeh, Liam		Adam Scott		59.38

Event 40 Boys 800 Meter Run Junior**Friday 2022-05-27 - 11:45 AM****Meet Record: 1:55.59 2015-05-29****Nick Bauerschmit****Can Inter: 1:47.14 2012****Brandon McBride**

	Name	Yr	School	Seed	Time
1	701 Sanders, William	06	Mother Teresa		2:02.82
2	31 Turcotte, Caden		Smiths Falls		2:04.48
3	360 Huddleston, Jordan		Frontenac		2:10.07
4	257 El Mansari, Safwan	06	De La Salle		2:10.63
5	28 Levac, Parker		Smiths Falls		2:10.72

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Event 40 ... (Boys 800 Meter Run Junior)

	Name	Yr	School	Seed Time
6	533 Rider, Nolan		Kingston	2:13.42
7	1104 Plant, Alex		Thousand Islands	2:14.47
8	326 Maracle, Rodney		Eastside	2:15.77
9	515 Jones, Evan		Kenner	2:18.29
10	676 Kapoor, Rahul	06	Merivale	2:18.47
11	1146 Rodriguez, Cal	06	West Carleton	2:18.57
12	594 Puvan, Jacob	06	Lisgar	2:19.48
13	296 Geens, Carter		E-Northumberland	2:19.72
14	402 Good, Ari	06	Glebe	2:20.32
15	307 Sharma, Krish		E-Northumberland	2:24.46
16	998 Watton-Dow, Zander		St. Peter - P	2:27.42

Event 42 Boys 1500 Meter Run Junior**Thursday 2022-05-26 - 4:50 PM**

Meet Record: 4:04.29 2006-05-25 Kyle Milks
Can Inter: 3:42.33 1993 Kevin Sullivan

	Name	Yr	School	Seed Time
1	937 Gaffney, Travis		St. Mary - B	4:01.07
2	31 Turcotte, Caden		Smiths Falls	4:17.35
3	701 Sanders, William	06	Mother Teresa	4:18.05
4	407 Strachan, Derek	06	Glebe	4:18.21
5	360 Huddleston, Jordan		Frontenac	4:30.19
6	533 Rider, Nolan		Kingston	4:31.60
7	852 Kyle, Brady		Regiopolis	4:33.59
8	515 Jones, Evan		Kenner	4:42.70
9	404 Melinz Dupuis, Kiefer	06	Glebe	4:43.60
10	259 Mongrain, Alexander	06	De La Salle	4:50.09
11	1016 McCarrell, Daniel		St. Theresa	4:52.59
12	302 Noreau, Dominic		E-Northumberland	4:53.12
13	905 Kosloski, Hudson	06	South Carleton	4:55.16
14	39 Hart, Owen		Adam Scott	4:56.59
15	594 Puvan, Jacob	06	Lisgar	4:56.67
16	969 Haddinnott, Noah		St. Paul - T	4:56.70

Event 44 Boys 3000 Meter Run Junior**Friday 2022-05-27 - 3:30 PM**

Meet Record: 8:27.69 2009-05-26 Tristan Woodfine
Can Inter: 8:11.49 1982 Dave Reid

	Name	Yr	School	Seed Time
1	937 Gaffney, Travis		St. Mary - B	9:27.59
2	1112 Dyer, Darren	06	Trenton	10:21.97
3	407 Strachan, Derek	06	Glebe	10:22.32
4	121 Walmsley, Nathan		Bayside	10:24.96
5	404 Melinz Dupuis, Kiefer	06	Glebe	10:32.02
6	714 Downes, Liam	06	Nepean	10:38.41
7	537 Bombardier, Tristan	06	La Citadelle	10:45.76
8	852 Kyle, Brady		Regiopolis	10:49.27
9	259 Mongrain, Alexander	06	De La Salle	10:57.26
10	895 Smith, Hayden	06	SirRobert Borden	10:58.89
11	1149 Swartz, Ben	06	Woodroffe	10:59.08
12	532 King, Edward		Kingston	11:09.32
13	1124 Knockleby, Wyatt	06	Valour	11:11.08
14	969 Haddinnott, Noah		St. Paul - T	11:12.60

15	302 Noreau, Dominic	E-Northumberland	11:17.28
16	204 Garnett, Noah	Cobourg	11:24.32

Event 46 Boys 100 Meter Hurdles Junior Prelims**Friday 2022-05-27 - 11:00 AM****Meet Record:** 13.91 2014-05-30 Mathew Ferguson

	Name	Yr	School	Seed Time
1	1100 Leakey, Kaeden		Thousand Islands	15.95
2	860 Carroll, Chad		Rideau	16.04
3	239 Raji, Mukhtar	06	Colonel By	17.05
4	117 Douha, Haissam		Bayside	17.23
5	821 Cahill, Owen		Port Hope	17.45
6	231 Kalkas, Ali	06	Colonel By	17.46
7	126 Gamache, Jérémy	06	Béatrice-Desloge	17.66
8	301 Molenhuis, Aidan		E-Northumberland	17.68
9	1110 Williams, Timothy		Thousand Islands	17.86
10	9 McKenna, Samuel	06	Bishop Smith	17.88
11	512 Lamensa, Michael	06	John McCrae	18.36
12	931 Rennie, Connor	06	St. Joseph - R	18.84
13	794 Gagné, Yerlan	06	Paul-Desmarais	19.02
14	675 Jantzi, Brendan	06	Merivale	19.08

Event 48 Boys 300 Meter Hurdles Junior**Thursday 2022-05-26 - 3:15 PM**

Meet Record: 39.37 2011-05-26 Jacob Plunkett
Can Inter: 37.06 1992 Troy Langevine

	Name	Yr	School	Seed Time
1	231 Kalkas, Ali	06	Colonel By	46.13
2	117 Douha, Haissam		Bayside	46.49
3	802 Pratt, Nathan	06	Paul-Desmarais	46.79
4	291 Brown, Evan		E-Northumberland	47.31
5	726 Rogers, Nicholas		Nicholson	47.55
6	377 Nonez, Anthony	06	Gisèle-Lalonde	47.60
7	301 Molenhuis, Aidan		E-Northumberland	47.64
8	437 Rodriguez, Diego	06	Hillcrest	48.46
9	991 Cornell, Ronan		St. Peter - P	48.72
10	794 Gagné, Yerlan	06	Paul-Desmarais	50.30
11	241 Zhang, Thomas	06	Colonel By	51.85
12	497 Gagnon, Xavier	06	Jeanne-Lajoie	56.82

Event 50 Boys 4x100 Meter Relay Junior**Friday 2022-05-27 - 4:00 PM**

Meet Record: 45.08 2013-05-31 Thousand Islands
Can Inter: 41.28 1988 George Harvey

	Team	Relay	Seed Time
1	Colonel By	A	46.96
	1) #225 Assogba, Janssen 06	2) #237 Ogunmekan, Ladi 06	
	3) #239 Raji, Mukhtar 06	4) #236 Ngo-Minh Rusimovic, Jon	
	5) #231 Kalkas, Ali 06		
2	Brockville	A	47.65
3	Holy Cross - K	A	47.90
4	Ashbury	A	47.95
	1) #92 Schwarz, Preston 07	2) #87 Liu, Yilin 06	
	3) #90 Newbury, Rémi 06	4) #86 Gillespie, Chase 07	
	5) #85 Farinha, Alexander 06	6) #93 Sorger, Laith 06	

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Event 50 ... (Boys 4x100 Meter Relay Junior)

	Team	Relay	Seed Time
5	Paul-Desmarais	A	48.16
	1) #795 Jerome, Jefferson 06	2) #804 St.jule, Maxime 06	
	3) #801 O'Ray, Daniel 06	4) #796 Kane, Nael 06	
	5) #794 Gagné, Yerlan 06		
6	West Carleton	A	48.24
	1) #1143 Batley, Will 07	2) #1148 Tapp, Beckham 06	
	3) #1147 Sly, Coleman 06	4) #1145 Larue, Cole 06	
	5) #1144 Ireland, Matthew 06	6) #1142 Anderson, Charles 06	
7	Thousand Islands	A	48.33
8	North Hastings	A	48.96
9	Mother Teresa	A	49.01
	1) #697 Debruyn, Lucas 06	2) #695 Ayakawa, Joshua 06	
	3) #700 Rowe, Justin 06	4) #701 Sanders, William 06	
	5) #696 Camargo, Daniel 06		
10	La Salle	A	49.22
11	Lisgar	A	49.36
	1) #585 D'attilio, Joey 06	2) #586 Espina, Jordan 06	
	3) #587 Henkelman, Adam 06	4) #593 Orr, Riley 06	
	5) #592 O'Connor, Rian 06		
12	Le Sommet	A	49.39
	1) #556 Jeaurond, William 06	2) #554 Constantineau, Mikaël 06	
	3) #558 Remenda, Franco-Roman 0	4) #555 Fader, Thomas 06	
13	St. Theresa	A	49.93
14	Norwood	A	50.60
15	Trenton	A	51.32
16	E-Northumberland	B	52.31

Event 52 Boys High Jump Junior**Friday 2022-05-27 - 2:00 PM**

Meet Record: 2.00m 2016-05-27 Sam Hall
Can Inter: 2.24m 1998 Michael Ponikvar

	Name	Yr	School	Seed Mark
1	167 Britton, Michael		Campbellford	1.70m
2	301 Molenhuis, Aidan		E-Northumberland	1.65m
3	361 Kreick, Ryan		Frontenac	1.65m
4	114 Bartlett, Wesley		Bayside	1.65m
5	766 Moke-English, Heaven	06	Notre Dame - O	1.60m
6	700 Rowe, Justin	06	Mother Teresa	1.60m
7	642 Facina, Peter	06	Mackenzie	1.60m
8	1115 McCauley, Seth	06	Trenton	1.60m
9	486 Lobetti, Pj	06	Immaculata	1.55m
10	939 Mulville, Russell		St. Mary - B	1.55m
11	712 Bonenfant, Noah	06	Nepean	1.55m
12	299 McCue, Aussie		E-Northumberland	1.55m
13	1127 Yellisyevev, Yaro	06	Valour	1.50m
14	54 Stewart, Matthew		Almonte	1.50m
15	419 Finlaystone, Jambo	06	Gloucester	1.50m
16	127 Napoléon, Anthony	06	Béatrice-Desloge	1.50m

Event 54 Boys Pole Vault Junior**Friday 2022-05-27 - 9:00 AM**

Meet Record: 3.81m 2015-05-29 Brennan Seguin
Can Inter: 5.10m 1985 Doug Wood

	Name	Yr	School	Seed Mark
1	1103 Mooney, David		Thousand Islands	2.70m
2	194 Lauzon, Colby	06	Char-Lan	2.60m
3	1110 Williams, Timothy		Thousand Islands	2.40m
4	327 Matho, Dorjee		Eastside	2.25m
5	195 MacDonald, Austin	06	Char-Lan	2.25m
6	882 Gadbois, Jack	06	Saint Lawrence	2.10m

Event 56 Boys Long Jump Junior**Thursday 2022-05-26 - 4:00 PM**

Meet Record: 6.99m 2015-05-29 Eric Mitchell
Can Inter: 7.75m 1990 Brian Thomas

	Name	Yr	School	Seed Mark
1	120 Salaudeen, Kevin		Bayside	5.87m
2	10 Pilatzke, Ryan	06	Bishop Smith	5.84m
3	237 Ogunmekan, Ladi	06	Colonel By	5.82m
4	87 Liu, Yilin	06	Ashbury	5.78m
5	155 St. Louis, Maddox		Brockville	5.71m
6	449 Borges, Noah		Holy Cross - K	5.71m
7	1046 McDougall, Noah		Sydenham	5.69m
8	642 Facina, Peter	06	Mackenzie	5.68m
9	1004 Shibata, Kyle	06	St. Pius X	5.67m
10	486 Lobetti, Pj	06	Immaculata	5.66m
11	292 Clark, Brayden		E-Northumberland	5.64m
12	437 Rodriguez, Diego	06	Hillcrest	5.63m
13	864 Culhane, Malone	06	Ridgemont	5.63m
14	1070 Emmenegger, Emiliano		Thomas A Stewart	5.54m
15	1114 Lovering, Lucas	06	Trenton	5.46m
16	321 Aidam, Jonathan		Eastside	5.06m

Event 58 Boys Triple Jump Junior**Friday 2022-05-27 - 11:00 AM**

Meet Record: 13.65m 2018-06-01 Joshua Foster
Can Inter: 15.76m 1982 George Wright

	Name	Yr	School	Seed Mark
1	1098 Last, Wyatt		Thousand Islands	12.04m
2	120 Salaudeen, Kevin		Bayside	11.97m
3	10 Pilatzke, Ryan	06	Bishop Smith	11.78m
4	328 Shaver, Ripken		Eastside	11.52m
5	486 Lobetti, Pj	06	Immaculata	11.42m
6	449 Borges, Noah		Holy Cross - K	11.39m
7	453 Myers, Aidan		Holy Cross - K	11.24m
8	1046 McDougall, Noah		Sydenham	11.21m
9	87 Liu, Yilin	06	Ashbury	11.03m
10	1114 Lovering, Lucas	06	Trenton	11.03m
11	903 Griffiths, Thomas	06	South Carleton	10.82m
12	119 Pringle, Reade		Bayside	10.73m
13	205 Melendro, Daniel		Cobourg	10.68m
14	764 Demostherne, Kenley	06	Notre Dame - O	10.19m
15	46 McIntaggart, Declan	06	All Saints	10.04m

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Event 58...(Boys Triple Jump Junior)

Name	Yr	School	Seed	Mark
16 716 Legault, Matthew	06	Nepean		9.97m

Event 60 Boys Shot Put Junior

Friday 2022-05-27 - 9:30 AM				
Meet Record:	18.58m	2006-05-26	Tim Nedow	
Can Inter:	20.78m	1995	Brad Snyder	
Name	Yr	School	Seed	Mark
1 1113 Evan, Fray	06	Trenton		12.58m
2 96 Scharfe, Memphis		Athens		12.57m
3 196 McDonell, Fraser	06	Char-Lan		12.41m
4 846 Vreugdenhil, Ben		Quinte Christian		12.19m
5 293 Cocek, Trey		E-Northumberland		12.13m
6 228 Coldrey, Dustin	06	Colonel By		12.13m
7 861 Pepper, Abe		Rideau		12.10m
8 290 Bird, Tyler		E-Northumberland		11.99m
9 862 Pepper, Ezekiel		Rideau		11.82m
10 903 Griffiths, Thomas	06	South Carleton		11.72m
11 95 Findlay, Bronson		Athens		11.65m
12 813 Pholo, Etison	06	Pierre Savard		11.60m
13 758 Stewart, Rowan		Norwood		11.43m
14 798 Laporte, Jonathan	06	Paul-Desmarais		11.26m
15 573 Sheffield-McGoey, Aidan	06	Lester B Pearson		10.77m
16 677 Lavoie, Simon	06	Merivale		10.71m

Event 62 Boys Discus Throw Junior

Thursday 2022-05-26 - 2:00 PM				
Meet Record:	59.64m	2014-05-29	Tom Nedow	
Can Inter:	64.94m	1995	Jason Tunks	
Name	Yr	School	Seed	Mark
1 749 Renshaw, Rielan		North Hastings		39.83m
2 846 Vreugdenhil, Ben		Quinte Christian		38.83m
3 753 Beavis, Tanner		Norwood		36.92m
4 650 Poirier-De Guzman, Care		Marie-Rivier		36.84m
5 856 Crozier, Wyatt	06	Renfrew		36.32m
6 859 Brown, Will		Rideau		36.18m
7 1053 Redmond, Dylan		Sydenham		34.74m
8 228 Coldrey, Dustin	06	Colonel By		33.77m
9 635 Biddlestone, Luke		Loyalist		32.95m
10 290 Bird, Tyler		E-Northumberland		31.84m
11 148 Umphrey, Ryan		Brock		31.63m
12 405 Phillips, Evan	06	Glebe		31.24m
13 818 Rivard, Jérémy	06	Pierre-de-Blois		30.42m
14 138 Toker, Yigit	06	Bell		29.72m
15 573 Sheffield-McGoey, Aidan	06	Lester B Pearson		28.01m
16 904 Kemp, Mason	06	South Carleton		27.91m

Event 64 Boys Javelin Throw Junior

Friday 2022-05-27 - 12:30 PM				
Meet Record:	62.27m	2009	Trent Corney	
Can Inter:	73.76m	2001	Trevor Snyder	
Name	Yr	School	Seed	Mark
1 1113 Evan, Fray	06	Trenton		42.78m
2 749 Renshaw, Rielan		North Hastings		41.35m

3 1044 Joynt, Mason		Sydenham		40.82m
4 1049 Norman, Lane		Sydenham		39.77m
5 372 Campbell, Nolan		Gananoque		39.67m
6 557 LeBlanc, Zachary	06	Le Sommet		38.68m
7 860 Carroll, Chad		Rideau		36.92m
8 1012 Dunlop, Kaden		St. Theresa		36.88m
9 759 Walsh, Gordon		Norwood		35.94m
10 228 Coldrey, Dustin	06	Colonel By		35.51m
11 990 Clark, Jarrett		St. Peter - P		35.30m
12 924 Penner, Andrew	06	St. Joseph - O		34.34m
13 675 Jantzi, Brendan	06	Merivale		32.47m
14 903 Griffiths, Thomas	06	South Carleton		30.48m
15 765 Jean-Baptiste, Emmadson	06	Notre Dame - O		30.30m
16 803 Sauvé, Oliver	06	Paul-Desmarais		29.64m

Event 66 Boys 100 Meter Dash Senior Prelims

Friday 2022-05-27 - 10:00 AM				
Meet Record:	10.47	2009	Segun Makinde	
Can Inter:	10.41	1994	Carlton Chambers	
Name	Yr	School	Seed	Time
1 994 Post, Liam		St. Peter - P		11.37
2 1108 Tyo, Owen		Thousand Islands		11.44
3 463 Shepstone, Jacob		Holy Cross - P		11.45
4 52 Lowry, Nathaniel		Almonte		11.47
5 791 Boissette, Ribensly	04	Paul-Desmarais		11.50
6 51 Leonard, Dylan		Almonte		11.52
7 480 Fadael, Christian	04	Immaculata		11.53
8 950 McKinlay, Dryden		St. Mary - C		11.57
9 996 Watchorn, Spencer		St. Peter - P		11.58
10 737 Huffman, Will		North Grenville		11.58
11 470 Scatliffe, Joshua	05	Holy Trinity - O		11.65
12 682 Walker, Carter	05	Merivale		11.66
13 1002 Monroe, Tyson	04	St. Pius X		11.73
14 450 Carroll, Danny		Holy Cross - K		11.74
15 848 Whittle, Malcolm		Quinte Christian		11.77
16 907 Nelson, Kaleb	05	South Carleton		11.78

Event 68 Boys 200 Meter Dash Senior Prelims

Thursday 2022-05-26 - 2:30 PM				
Meet Record:	21.27	2009	Segun Makinde	
Can Inter:	20.95	1984	Atlee Mahorn	
Name	Yr	School	Seed	Time
1 800 Nicoletti, Luca	04	Paul-Desmarais		22.74
2 52 Lowry, Nathaniel		Almonte		23.12
3 994 Post, Liam		St. Peter - P		23.20
4 950 McKinlay, Dryden		St. Mary - C		23.20
5 451 George, Quinten		Holy Cross - K		23.59
6 463 Shepstone, Jacob		Holy Cross - P		23.66
7 1108 Tyo, Owen		Thousand Islands		23.71
8 737 Huffman, Will		North Grenville		23.71
9 412 Yetman, Jay	05	Glebe		23.82
10 791 Boissette, Ribensly	04	Paul-Desmarais		23.89
11 715 Kukla-Colby, Thomas	04	Nepean		23.89
12 432 Wilson, Jackson		Haliburton		23.94
13 366 Westcott, Zaidan		Frontenac		24.26

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Event 68 ... (Boys 200 Meter Dash Senior Prelims)

	Name	Yr	School	Seed Time
14	955 Joseph, Stephane	04	St. Matthew	24.30
15	185 Salmon, Mike		Centennial	24.43
16	410 Weber, Eric	04	Glebe	24.48

Event 70 Boys 400 Meter Dash Senior**Friday 2022-05-27 - 2:30 PM****Meet Record: 48.16 2002****Ryan Therrien****Can Inter: 45.71 2019****Myles Misener-Daley**

	Name	Yr	School	Seed Time
1	513 Legare, Nolan	05	John McCrae	49.86
2	715 Kukla-Colby, Thomas	04	Nepean	50.37
3	940 Popejoy, Dylan		St. Mary - B	52.13
4	680 Reid, Logan	05	Merivale	52.58
5	590 Moore, Isaac	04	Lisgar	53.15
6	303 Parker, Matthew		E-Northumberland	53.85
7	511 Harris, William	05	John McCrae	54.07
8	297 Gibson, Josh		E-Northumberland	54.13
9	106 Peck, Logan	05	AY Jackson	54.16
10	1043 Jarvis, Evan		Sydenham	54.24
11	498 Larouche, Marc-Antoine	04	Jeanne-Lajoie	54.57
12	304 Patrick, Michael		E-Northumberland	55.05
13	432 Wilson, Jackson		Haliburton	55.24
14	540 Nimene, Jacob	04	La Citadelle	55.42
15	1105 Plant, Nathan		Thousand Islands	55.76

Event 72 Boys 800 Meter Run Senior**Friday 2022-05-27 - 11:45 AM****Meet Record: 1:52.91 2011-05-27****Sebastian Saville****Can Inter: 1:47.14 2012****Brandon McBride**

	Name	Yr	School	Seed Time
1	1094 Dhanoa, Shan		Thousand Islands	1:57.95
2	940 Popejoy, Dylan		St. Mary - B	1:59.45
3	513 Legare, Nolan	05	John McCrae	2:00.30
4	115 Daoust, Tristan		Bayside	2:05.68
5	590 Moore, Isaac	04	Lisgar	2:05.69
6	399 Barrett, Elijah	04	Glebe	2:05.96
7	118 Lupenette, Andrew		Bayside	2:06.05
8	409 Waddington, Oliver	04	Glebe	2:06.23
9	454 Saganowich, Jack		Holy Cross - K	2:08.43
10	799 Ledain, Eric	05	Paul-Desmarais	2:08.49
11	304 Patrick, Michael		E-Northumberland	2:08.97
12	510 De Alwis, Hasith	05	John McCrae	2:09.04
13	547 Ebrahim, Grayson		La Salle	2:09.12
14	7 Kenny, Jesse	05	Bishop Smith	2:10.75
15	305 Price, Simon		E-Northumberland	2:14.36

Event 74 Boys 1500 Meter Run Senior**Thursday 2022-05-26 - 4:50 PM****Meet Record: 3:50.38 2011-05-26****Yves Sikubwabo****Can Inter: 3:42.33 1993****Kevin Sullivan**

	Name	Yr	School	Seed Time
1	40 Unger, Erik		Adam Scott	4:03.44
2	1094 Dhanoa, Shan		Thousand Islands	4:10.91

3	365 Skinner, Angus		Frontenac	4:11.89
4	29 McLean, Jacob		Smiths Falls	4:13.20
5	918 Benda, Max		St. John	4:13.20
6	894 Porter, Kyle	04	SirRobert Borden	4:15.08
7	965 Sikka, Zachary	04	St. Paul - O	4:15.54
8	921 McCosham, Ian	05	St. Joseph - C	4:18.46
9	177 Belan, Nicolas	05	Canterbury	4:18.89
10	115 Daoust, Tristan		Bayside	4:19.48
11	576 Graves, Ethan		Lindsay	4:20.20
12	409 Waddington, Oliver	04	Glebe	4:20.24
13	118 Lupenette, Andrew		Bayside	4:21.55
14	399 Barrett, Elijah	04	Glebe	4:24.47
15	89 McDaniel, Kieran	05	Ashbury	4:24.54
16	304 Patrick, Michael		E-Northumberland	4:36.47

Event 76 Boys 3000 Meter Run Senior**Friday 2022-05-27 - 2:00 PM****Meet Record: 8:18.76 2011-05-27****Yves Sikubwabo****Can Inter: 8:00.2h 1987****Greg Anderson**

	Name	Yr	School	Seed Time
1	40 Unger, Erik		Adam Scott	9:03.69
2	365 Skinner, Angus		Frontenac	9:08.72
3	918 Benda, Max		St. John	9:16.18
4	29 McLean, Jacob		Smiths Falls	9:21.40
5	358 Booth, Noah		Frontenac	9:22.79
6	730 Link, Jack	04	North Dundas	9:23.69
7	894 Porter, Kyle	04	SirRobert Borden	9:24.26
8	177 Belan, Nicolas	05	Canterbury	9:25.33
9	89 McDaniel, Kieran	05	Ashbury	9:26.94
10	576 Graves, Ethan		Lindsay	9:27.57
11	115 Daoust, Tristan		Bayside	9:30.10
12	908 Niedre, Russel	04	South Carleton	9:32.58
13	965 Sikka, Zachary	04	St. Paul - O	9:32.86
14	118 Lupenette, Andrew		Bayside	9:41.87
15	135 Kushner, Zachary	05	Bell	9:46.67
16	947 Barrie, Emanuel		St. Mary - C	10:24.65

Event 78 Boys 110 Meter Hurdles Senior Prelims**Friday 2022-05-27 - 11:00 AM****Meet Record: 13.51 2009****Segun Makinde****Can Inter: 13.33 2010****Gregory MacNeill**

	Name	Yr	School	Seed Time
1	800 Nicoletti, Luca	04	Paul-Desmarais	14.81
2	88 Mabaleka, Andile	04	Ashbury	15.04
3	916 Wallner, Leo	03	St. Francis	15.10
4	18 Dolliver, Kyle		Carleton Place	15.88
5	1047 McNeeley, Kieran		Sydenham	16.15
6	22 Scott, Carter		Carleton Place	16.25
7	364 Podgers, Caleb		Frontenac	16.43
8	169 Herfst, Jonah		Campbellford	16.73
9	938 Haller, Frankie		St. Mary - B	16.85
10	100 Carusi, Bryce	04	AY Jackson	16.91
11	994 Post, Liam		St. Peter - P	16.92
12	322 Bakker, Ryan		Eastside	17.10
13	429 Gervais, Corin		Haliburton	17.93

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Event 78 ... (Boys 110 Meter Hurdles Senior Prelims)

	Name	Yr	School	Seed Time
14	614 Onabajo, Jonathan	05	Longfields	18.08
15	1068 Barker, Noah		Thomas A Stewart	18.11
16	509 Carter, Drew	05	John McCrae	18.54

Event 80 Boys 400 Meter Hurdles Senior**Thursday 2022-05-26 - 3:15 PM****Meet Record: 53.11 2008 Stuart Pearson****Can Inter: 51.68 1985 Phillip Hughes**

	Name	Yr	School	Seed Time
1	800 Nicoletti, Luca	04	Paul-Desmarais	55.64
2	715 Kukla-Colby, Thomas	04	Nepean	59.66
3	1047 McNeeley, Kieran		Sydenham	1:00.87
4	364 Podgers, Caleb		Frontenac	1:01.20
5	88 Mabaleka, Andile	04	Ashbury	1:01.86
6	169 Herfst, Jonah		Campbellford	1:02.30
7	974 McNeil, Nathaniel	05	St. Peter - O	1:02.85
8	613 McDonald, Evan	04	Longfields	1:02.92
9	429 Gervais, Corin		Haliburton	1:03.87
10	843 Prinzen, Dylan		Quinte Christian	1:04.25
11	310 Warner, Josh		E-Northumberland	1:04.32
12	65 Scobie, Craig	04	Arnprior	1:04.85
13	1025 Walton, Ryan		St. Thomas - L	1:05.94
14	509 Carter, Drew	05	John McCrae	1:06.05
15	866 Johnson, Owen	04	Russell	1:06.30
16	452 McAllister, Kieran		Holy Cross - K	1:10.05

Event 82 Boys 4x100 Meter Relay Senior**Friday 2022-05-27 - 4:00 PM****Meet Record: 42.85 2018-06-01 East Northumberland****Can Inter: 41.1h 1987 George Harvey**

	Team	Relay	Seed Time
1	Holy Cross - K	A	44.76
2	St. Peter - P	A	45.36
3	Sydenham	A	45.84
4	Almonte	A	45.87
	1) #53 Robinson, Sam	2) #51 Leonard, Dylan	
	3) #49 Evans, Ayden	4) #52 Lowry, Nathaniel	
	5) #50 Lee, Griffin		
5	Frontenac	A	46.22
6	Thousand Islands	A	46.25
7	John McCrae	A	46.32
8	Ashbury	A	46.41
	1) #88 Mabaleka, Andile 04	2) #81 Adeleye, Daniel 05	
	3) #83 Doumbouya, Fodé 05	4) #82 Augustin, Kaden 04	
	5) #84 Fadare, Amir 05	6) #91 Nguyen, Tk (khang) 04	
9	St. Matthew	A	46.45
	1) #955 Joseph, Stephane 04	2) #954 Hutchinson, Cameron 04	
	3) #956 Opena, Kwabena 05	4) #957 Tercy, Marvens 05	
	5) #953 Enyeka, Jeremy 04		
10	Holy Trinity - O	A	46.52

11	Longfields	A	46.60
	1) #609 Foster, James 04	2) #614 Onabajo, Jonathan 05	
	3) #613 McDonald, Evan 04	4) #611 Lawrence, Tristan 05	
	5) #612 Macmullen, Ben 05	6) #608 Fallahi, Donyal 05	
12	E-Northumberland	A	46.98
13	Immaculata	A	47.30
	1) #490 Obiorah, Isaiah 05	2) #480 Fadael, Christian 04	
	3) #485 Kellam, Will 04	4) #478 Bradley, Michael 04	
14	Quinte Christian	A	47.33
15	Cobourg	A	47.34
16	Campbellford	A	48.03

Event 84 Boys High Jump Senior**Friday 2022-05-27 - 12:30 PM****Meet Record: 2.15m 1984****Brian Marshall****Can Inter: 2.24m 1998****Michael Ponikvar**

	Name	Yr	School	Seed Mark
1	851 Afidenyo, Delali		Regiopolis	1.85m
2	20 Hebert, Eddie		Carleton Place	1.85m
3	19 Gamble, Finn		Carleton Place	1.75m
4	421 Heredia, Quentin	04	Gloucester	1.75m
5	162 Waldrum, Kyle	05	Cairine Wilson	1.75m
6	374 Rayner, Devon		Gananoque	1.75m
7	572 Iteriteka, Aimable	05	Lester B Pearson	1.70m
8	256 Dagnogo, Aziz	04	De La Salle	1.70m
9	699 Rowe, Jeremy	04	Mother Teresa	1.70m
10	916 Wallner, Leo	03	St. Francis	1.70m
11	357 Beaubien, Spencer		Frontenac	1.70m
12	847 Walcott, Andrew		Quinte Christian	1.70m
13	113 Bartlett, Nolan		Bayside	1.65m
14	831 Smith, Ben		Prince Edward	1.65m
15	322 Bakker, Ryan		Eastside	1.60m
16	845 Vandyke, Noah		Quinte Christian	1.60m

Event 86 Boys Pole Vault Senior**Thursday 2022-05-26 - 1:30 PM****Meet Record: 4.51m 2017-05-26****Brennan Seguin****Can Inter: 5.10m 1985****Doug Wood**

	Name	Yr	School	Seed Mark
1	357 Beaubien, Spencer		Frontenac	3.60m
2	880 Chisholm, Kowen	04	Saint Lawrence	3.50m
3	1069 Booth, Harrison		Thomas A Stewart	3.40m
4	884 Rochon-Prevost, Jordon	04	Saint Lawrence	3.25m
5	322 Bakker, Ryan		Eastside	3.06m
6	1022 Connell, Nathan		St. Thomas - L	3.06m
7	1071 Harris, Mason		Thomas A Stewart	3.06m
8	1023 Gignac, Logan		St. Thomas - L	3.06m
9	883 Martel, Kason	04	Saint Lawrence	2.85m
10	1095 Giroux, Andy		Thousand Islands	2.55m
11	229 Holman, Spencer	05	Colonel By	2.40m

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Event 88 Boys Long Jump Senior**Friday 2022-05-27 - 9:30 AM****Meet Record: 7.14m 2015-05-29 Leaugen Fray****Can Inter: 7.75m 1990 Brian Thomas**

	Name	Yr	School	Seed	Mark
1	374 Rayner, Devon		Gananoque		6.35m
2	412 Yetman, Jay	05	Glebe		6.15m
3	421 Heredia, Quentin	04	Gloucester		6.10m
4	156 Carnegie, Ethan	04	Brookfield		6.01m
5	1039 Finucane, Brennan		Sydenham		5.93m
6	53 Robinson, Sam		Almonte		5.90m
7	18 Dolliver, Kyle		Carleton Place		5.87m
8	342 Hilts, Kadin	22	Fellowes		5.85m
9	967 Dolton, Michael		St. Paul - T		5.72m
10	160 Henderson, Jake	04	Cairine Wilson		5.69m
11	432 Wilson, Jackson		Haliburton		5.66m
12	847 Walcott, Andrew		Quinte Christian		5.63m
13	100 Carusi, Bryce	04	AY Jackson		5.62m
14	1069 Booth, Harrison		Thomas A Stewart		5.60m
15	514 Theodore, Zachary	05	John McCrae		5.59m
16	203 Cavanaugh, Jacob		Cobourg		5.57m

Event 90 Boys Triple Jump Senior**Thursday 2022-05-26 - 2:00 PM****Meet Record: 15.11m 1986 Glenroy Gilbert****Can Inter: 15.76m 1982 George Wright**

	Name	Yr	School	Seed	Mark
1	1039 Finucane, Brennan		Sydenham		12.72m
2	374 Rayner, Devon		Gananoque		12.46m
3	100 Carusi, Bryce	04	AY Jackson		12.39m
4	967 Dolton, Michael		St. Paul - T		12.38m
5	160 Henderson, Jake	04	Cairine Wilson		12.38m
6	27 Devries, Joel		Smiths Falls		12.02m
7	1047 McNeeley, Kieran		Sydenham		12.00m
8	421 Heredia, Quentin	04	Gloucester		12.00m
9	724 McCoy, Donovan		Nicholson		11.77m
10	91 Nguyen, Tk (khang)	04	Ashbury		11.73m
11	962 Chilima, Samuel	04	St. Paul - O		11.70m
12	942 Wooller, Ethan		St. Mary - B		11.70m
13	810 Blythe, Sean	05	Pierre Savard		11.58m
14	725 Pablo, Miguel Aaron		Nicholson		11.47m
15	951 Widdis, Nick		St. Mary - C		11.41m
16	203 Cavanaugh, Jacob		Cobourg		11.37m

Event 92 Boys Shot Put Senior**Friday 2022-05-27 - 11:00 AM****Meet Record: 18.42m 1998 Corey Trudeau****Can Inter: 20.78m 1995 Brad Snyder**

	Name	Yr	School	Seed	Mark
1	1050 Osborne, Zac		Sydenham		14.20m
2	482 Fraser, Connor	04	Immaculata		13.67m
3	240 Rempel-Facey, Jade	05	Colonel By		13.50m
4	704 Morrissey, Maxwell		Napanee		13.10m
5	30 Muoka, Josh		Smiths Falls		12.85m

6	18 Dolliver, Kyle		Carleton Place		12.37m
7	21 Redwood-Wheeler, Gavin		Carleton Place		12.23m
8	82 Augustin, Kaden	04	Ashbury		12.02m
9	172 Townsend, Lyle		Campbellford		11.84m
10	294 Flatt, Zack		E-Northumberland		11.75m
11	147 Umphrey, Mason		Brock		11.47m
12	125 Gamache, Jean-Sébastien	04	Béatrice-Desloge		11.46m
13	171 Tombs, Ethan		Campbellford		11.35m
14	145 Goard, Miller		Brock		11.20m
15	655 Baptiste, Carl	04	Mer Bleue		11.13m
16	269 Bowes, Kevin	04	Earl of March		11.08m

Event 94 Boys Discus Throw Senior**Friday 2022-05-27 - 2:00 PM****Meet Record: 55.69m 2012-06-01 Brandon Deslauriers****Can Inter: 64.94m 1995 Jason Tunks**

	Name	Yr	School	Seed	Mark
1	482 Fraser, Connor	04	Immaculata		46.86m
2	21 Redwood-Wheeler, Gavin		Carleton Place		41.91m
3	704 Morrissey, Maxwell		Napanee		38.17m
4	294 Flatt, Zack		E-Northumberland		37.12m
5	1050 Osborne, Zac		Sydenham		36.79m
6	1102 McLeod, Colin		Thousand Islands		35.22m
7	161 Slesar, Joe	04	Cairine Wilson		34.62m
8	867 Rochon, Zachary	03	Russell		34.24m
9	468 Janveau, Connor	05	Holy Trinity - O		33.42m
10	124 Boucher, William	04	Béatrice-Desloge		31.96m
11	748 Kilpatrick, Joey		North Hastings		31.48m
12	989 Bird, Kyle		St. Peter - P		31.21m
13	145 Goard, Miller		Brock		30.64m
14	863 Awad, Saif	04	Ridgemont		30.48m
15	171 Tombs, Ethan		Campbellford		30.19m
16	270 Moses, Owen	05	Earl of March		28.94m

Event 96 Boys Javelin Throw Senior**Thursday 2022-05-26 - 4:00 PM****Meet Record: 63.23m 2000 Matt Murdock****Can Inter: 73.76m 2001 Trevor Snyder**

	Name	Yr	School	Seed	Mark
1	942 Wooller, Ethan		St. Mary - B		48.85m
2	482 Fraser, Connor	04	Immaculata		44.71m
3	161 Slesar, Joe	04	Cairine Wilson		44.14m
4	1102 McLeod, Colin		Thousand Islands		43.05m
5	936 Curry, Augustus		St. Mary - B		41.95m
6	416 Nystrom, Callum	04	Glengarry		41.67m
7	234 Mallet, Carl	04	Colonel By		41.52m
8	21 Redwood-Wheeler, Gavin		Carleton Place		40.73m
9	760 Walsh, Henry		Norwood		38.57m
10	949 Mattson, Caden		St. Mary - C		38.49m
11	479 Day, Nate	05	Immaculata		37.32m
12	805 Tellier, Félix	04	Paul-Desmarais		36.92m
13	171 Tombs, Ethan		Campbellford		36.90m
14	806 Wightman, Fin	04	Paul-Desmarais		36.65m
15	1023 Gignac, Logan		St. Thomas - L		36.08m
16	829 Grimmon, Riley		Prince Edward		35.42m

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Event 98 Boys 2000 Meter Steeplechase Open**Friday 2022-05-27 - 9:30 AM****Meet Record: 5:55.55 2012-06-01 Jeremy Coughler****Can Inter: 5:37.76 1982 Alain Boucher**

	Name	Yr	School	Seed Time
1	528 Danby, Owen		Kingston	6:38.98
2	1051 Pickard, David		Sydenham	6:41.44
3	965 Sikka, Zachary	04	St. Paul - O	6:44.99
4	908 Niedre, Russel	04	South Carleton	6:47.60
5	491 Padoin-Castillo, Adriano	05	Immaculata	6:47.73
6	358 Booth, Noah		Frontenac	6:49.21
7	730 Link, Jack	04	North Dundas	6:51.57
8	401 Fairhead, Thomas	04	Glebe	6:58.06
9	153 Dardano, Nick		Brockville	7:01.13
10	513 Legare, Nolan	05	John McCrae	7:03.72
11	233 Lacasse, Sebastien	05	Colonel By	7:04.73
12	121 Walmsley, Nathan		Bayside	7:21.83
13	843 Prinzen, Dylan		Quinte Christian	7:24.27
14	168 Burn, Caleb		Campbellford	7:45.58
15	1112 Dyer, Darren	06	Trenton	7:47.75
16	431 Willis, Darian		Haliburton	7:56.92
17	615 Phung, Levi	04	Longfields	NT

Event 100 Boys 4x400 Meter Relay Open**Friday 2022-05-27 - 5:45 PM****Meet Record: 3:19.53 2017-05-26 Thousand Islands****Can Inter: 3:10.8h 1987 Central Technical**

	Team	Relay	Seed Time
1	Paul-Desmarais	A	3:35.21
	1) #800 Nicoletti, Luca 04	2) #792 Brazeau, Alec 04	
	3) #797 Koné, Amadou 05	4) #791 Boissette, Ribensly 04	
	5) #805 Tellier, Félix 04		
2	St. Mary - B	A	3:35.56
3	Sydenham	A	3:37.88
4	Thousand Islands	A	3:40.15
5	Frontenac	A	3:40.56
6	E-Northumberland	A	3:41.41
7	John McCrae	A	3:42.44
8	Bayside	A	3:43.86
9	St. Peter - P	A	3:45.59
10	Holy Cross - K	A	3:46.75
11	Lisgar	A	3:48.31
	1) #595 Torrie, Malcolm 07	2) #585 D'attilio, Joey 06	
	3) #590 Moore, Isaac 04	4) #588 Kanika, Isaiah 04	
	5) #591 Moss-McLaughlin, Jack 04		
12	Louis-Riel	A	3:48.38
	1) #627 Jeggo, Zachary 07	2) #623 Cova, Daniel 07	
	3) #628 Jehovania, Joshua 07	4) #624 Domiati, Ibrahim 07	
	5) #629 Kaye, Cohen 07		
13	Colonel By	A	3:48.61
	1) #234 Mallet, Carl 04	2) #235 Ng-A-Fook, Ezra 07	
	3) #236 Ngo-Minh Rusimovic, Jon	4) #225 Assogba, Janssen 06	
	5) #224 Ahern, Dylan 04	6) #230 Jayarathna, Kushal 06	

14 AY Jackson A 3:48.71
 1) #100 Carusi, Bryce 04 2) #106 Peck, Logan 05
 4) #104 Lo, Jacob 07

5) #105 Nixon, Mitchel 05

15 Haliburton B 3:50.35
 16 St. Paul - T A 3:52.73

Event 104 Boys 100 Meter Dash Visually Impaired Prelims**Friday 2022-05-27 - 10:00 AM****Meet Record: 11.15 2019-05-31 Austin Ingram**

	Name	Yr	School	Seed Time
1	550 Leaf, Hayen		La Salle	14.68

Event 102 Boys 100 Meter Dash Ambulatory Prelims**Friday 2022-05-27 - 10:00 AM****Meet Record: 12.72 2010 Cody Fawcett**

	Name	Yr	School	Seed Time
1	1122 Brulotte, Luca	07	Valour	18.18
2	329 Smoke-Maracle, Anden		Eastside	2:09.59

Event 106 Boys 100 Meter Dash Intellectual Prelims**Friday 2022-05-27 - 10:00 AM****Meet Record: 12.40 2019-05-31 Nathan Nowak**

	Name	Yr	School	Seed Time
1	1121 Belanger, Josh	22	Valour	12.45
2	1045 McCaugherty, Corey		Sydenham	12.79
3	948 Brown, Thomas		St. Mary - C	13.32
4	822 Cardinal, Nathaniel		Port Hope	13.35
5	184 Lebourne, Robert		Centennial	13.91
6	1042 Holman, Aidan		Sydenham	14.33
7	529 Day, Lewis		Kingston	14.55
8	1125 Magill, Quinn	04	Valour	14.84
9	755 Koets, Eric		Norwood	14.97
10	906 Lamoruex, Noah	05	South Carleton	16.63
11	324 Curtis, Abe		Eastside	17.30

Event 116 Boys 800 Meter Run Intellectual**Friday 2022-05-27 - 11:45 AM****Meet Record: 2:26.86 2017-05-26 Robert Leybourne**

	Name	Yr	School	Seed Time
1	1045 McCaugherty, Corey		Sydenham	2:21.66
2	184 Lebourne, Robert		Centennial	2:29.90
3	822 Cardinal, Nathaniel		Port Hope	2:39.38
4	1121 Belanger, Josh	22	Valour	2:46.74
5	250 Gould, Ryan		Crestwood	2:52.08
6	825 Wood, Nathan		Port Hope	3:10.05
7	324 Curtis, Abe		Eastside	3:14.24
8	1042 Holman, Aidan		Sydenham	3:18.70
9	1041 Hasselaar, Tommy		Sydenham	3:39.24
10	1125 Magill, Quinn	04	Valour	3:43.71
11	906 Lamoruex, Noah	05	South Carleton	3:43.84
12	656 Brisson, Maxime	01	Mer Bleue	4:00.11

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Event 118 Boys Shot Put Intellectual**Friday 2022-05-27 - 3:30 PM**

	Name	Yr School	Seed Mark
1	757 Parcels, Nathan	Norwood	11.01m
2	822 Cardinal, Nathaniel	Port Hope	10.31m
3	527 Becker, William	Kingston	9.21m
4	637 Summers, Johnathan	Loyalist	9.20m
5	823 Duke, Tyler	Port Hope	8.92m
6	754 Burton, Tyler	Norwood	8.51m
7	824 Stender, Curtis	Port Hope	8.28m
8	338 Young, Kai	Ernestown	7.05m
9	638 Wilson, Michael	Loyalist	6.35m