

West Conference 2024
Terry Fox Athletic Facility
Results

Women 100 Meter Dash Novice

Name	School	Prelims
Preliminaries		
1 Erica Thorne	Esc Paul-Des	13.65q -1.5
2 Kadidja Kone	Holy Trinity	13.74q -0.2
3 Sloane Southcombe	West Carleto	13.79q -1.5
4 Cecily Kirkwood	Woodroffe H.	14.03q -1.5
5 Lia Ferguson	Esc Paul-Des	14.05q -0.5
6 Teagan Casselman	Holy Trinity	14.09q -1.5
7 Addy Fracker	West Carleto	14.15q -0.5
8 Snylene Demostherne	Notre Dame H	14.16q -1.5
9 Marlowe Fabi	NC St. Paul	14.19q -0.2
10 Leni Frasca	Nepean High	14.27q -1.3
11 Maya Ileleji	Pierre Savar	14.29q -0.5
12 Abigail Carbonetto	Sacred Heart	14.41q -0.5
13 Andie Kershaw	John McCrae	14.41q -0.2
14 Quinn McKenna	John McCrae	14.45q -1.3
15 Mckenna Cameron	John McCrae	14.56q -0.2
16 Bethany Vautour	Mother Teres	14.58q -1.5
17 Sarah Poirier	Pierre Savar	14.60 -1.5
18 Rylee Baxter	St. Mark	14.62 -1.5
19 Brooke Laroda	Sacred Heart	14.63 -1.5
20 Gabriella Goldmaker	St. Pius X C	14.73 -0.5
21 Melia Humeniuk	Nepean High	14.73 -0.2
22 Amrita Parmar	Pierre-de-Bl	14.93 -0.2
23 Isaisha Munroe	NC St. Paul	15.01 -1.8
24 Amilia Vanderwall	Woodroffe H.	15.02 -1.5
25 Isabella Montpetit	Pierre-de-Bl	15.03 -0.5
26 Amelie Lapierre	Merivale HS	15.04 -1.5
27 Sadie Akins	NC St. Paul	15.25 -0.2
28 Ann Existe	Holy Trinity	15.28 -1.5
29 Coralie Bastien	Esc Paul-Des	15.35 -1.3
30 Jennifer Laku	St. Joseph C	15.37 -0.2
31 Yin Yin Wang	Longfields D	15.39 -1.8
32 Sophia McLaughlin	Merivale HS	15.41 -1.3
33 Gracia Mbam Mbam	Pierre Savar	15.42 -1.8
34 Hannah Lilly	Sacred Heart	15.45 -0.5
35 Fiyinfoluwa Sodipo	Mother Teres	15.47 -1.3
36 Victoria Crozier	St. Mark	15.51 -0.2
37 Amelie Chui	Mother Teres	15.68 -1.5
38 Zoey Mayo	Kanata Monte	15.77 -0.5
39 Efimer Ogban	St. Joseph C	15.79 -1.5
40 Olivia Shanley	Sir Robert B	15.86 -1.5
41 Aniya Musa Ataib	Merivale HS	16.02 -1.8
42 Riley Keeling	West Carleto	16.03 -0.5
43 Natalie Lapierre	Notre Dame H	16.14 -1.3
44 Elle Dubois	Kanata Monte	16.16 -0.2
45 Natalie Hollingsworth	South Carlet	16.27 -1.3
46 Ella Gutoske	St. Joseph C	16.33 -1.5
47 Paula Irusta Garcia	Longfields D	16.50 -0.5
48 Jamilah Elsabagh	Pierre-de-Bl	16.55 -0.2
49 Rosie Jaecques	AY Jackson	16.68 -0.5
50 Michelle Cao	Longfields D	16.79 -0.5
51 Isabella West	Kanata Monte	16.89 -0.2
52 Aliya Ferguson Goodluck	Nepean High	17.39 -0.5

Women 100 Meter Dash Novice

Name	School	Finals
Finals		
1 Kadidja Kone	Holy Trinity	13.37 10
2 Sloane Southcombe	West Carleto	13.46 8
3 Teagan Casselman	Holy Trinity	13.68 6
4 Marlowe Fabi	NC St. Paul	13.68 5
5 Erica Thorne	Esc Paul-Des	13.71 4
6 Leni Frasca	Nepean High	13.89 3
7 Addy Fracker	West Carleto	13.90 2
8 Cecily Kirkwood	Woodroffe H.	13.92 1
9 Snylene Demostherne	Notre Dame H	13.96 -0.6
10 Lia Ferguson	Esc Paul-Des	13.97 -0.6
11 Mckenna Cameron	John McCrae	14.11 1.0
12 Abigail Carbonetto	Sacred Heart	14.26 1.0
13 Maya Ileleji	Pierre Savar	14.32 1.0
14 Andie Kershaw	John McCrae	14.35 1.0
15 Bethany Vautour	Mother Teres	14.36 1.0
16 Quinn McKenna	John McCrae	14.38 1.0

Women 200 Meter Dash Novice

Name	School	Prelims
Preliminaries		
1 Kadidja Kone	Holy Trinity	27.77q NWI
2 Norah Nitta Mackay	Holy Trinity	28.07q NWI
3 Erica Thorne	Esc Paul-Des	28.63q NWI
4 Céline Léger	Franco-Ouest	28.97q NWI
5 Marlowe Fabi	NC St. Paul	29.41q NWI
6 Melia Humeniuk	Nepean High	29.76q NWI
7 Andie Kershaw	John McCrae	29.91q -2.4
8 Sarah Poirier	Pierre Savar	29.93q NWI
9 Mckenna Cameron	John McCrae	30.04q -2.4
10 Amelie Lapierre	Merivale HS	30.05q -1.6
11 Amrita Parmar	Pierre-de-Bl	30.44q NWI
12 Isabella Montpetit	Pierre-de-Bl	30.46q -2.4
13 Jennifer Laku	St. Joseph C	30.91q NWI
14 Avery Kemp	West Carleto	31.15q -1.6
15 Quinn McKenna	John McCrae	31.45q NWI
16 Kallista Harrison-Comtois	Pierre Savar	31.50q NWI
17 Olivia Shanley	Sir Robert B	31.67 NWI
18 Annabelle Tasset-Scherer	Franco-Ouest	31.84 NWI
19 Jordyn Baxter	West Carleto	31.84 -2.4
20 Amelie Chui	Mother Teres	31.92 -2.4
21 Coralie Bastien	Esc Paul-Des	32.08 NWI
22 Adia Smith	Sacred Heart	32.16 -1.6
23 Riley McQuillan	Esc Paul-Des	32.67 -1.6
24 Olivia Nightingale	AY Jackson	32.82 NWI
25 Janahje Williams	St. Pius X C	33.04 -1.6
26 Amani Nagra	Merivale HS	33.06 -1.6
27 Efimer Ogban	St. Joseph C	33.23 NWI
28 Sawyer Ramierez-Gutierrez	Mother Teres	33.63 -2.4
29 Isabella Courchene	Bell H.S - O	33.69 NWI
30 Natalie Hollingsworth	South Carlet	34.05 -1.6
31 Rosie Jaecques	AY Jackson	35.23 -2.4
32 Clare Varty	NC St. Paul	35.32 -2.4

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Preliminaries ... (Women 200 Meter Dash Novice)

Name	School	Prelims	
33 Margaret MacGillivray	NC St. Paul	35.91	NWI
34 Ella Buechler	Earl of Marc	36.12	-1.6
35 Istahil Abib-Nour	Woodroffe H.	47.54	NWI

Women 200 Meter Dash Novice

Name	School	Finals	
Finals			
1 Norah Nitta Mackay	Holy Trinity	27.93	10
2 Kadidja Kone	Holy Trinity	28.16	8
3 Erica Thorne	Esc Paul-Des	28.39	6
4 Céline Léger	Franco-Ouest	28.46	5
5 Mckenna Cameron	John McCrae	29.48	4
6 Marlowe Fabi	NC St. Paul	29.82	3
7 Andie Kershaw	John McCrae	29.87	2
8 Amelie Lapierre	Merivale HS	30.01	1
9 Amrita Parmar	Pierre-de-Bl	30.39	-1.6
10 Sarah Poirier	Pierre Savar	30.51	-2.4
11 Isabella Montpetit	Pierre-de-Bl	30.63	-1.6
12 Jennifer Laku	St. Joseph C	31.12	-1.6
13 Quinn McKenna	John McCrae	31.30	-1.6
14 Avery Kemp	West Carleto	31.32	-1.6
15 Kallista Harrison-Comtois	Pierre Savar	32.47	-1.6

Women 400 Meter Dash Novice

Name	School	Finals	
Finals			
1 Céline Léger	Franco-Ouest	1:03.60	10
2 Vivian Harvey	Merivale HS	1:05.96	8
3 Norah Nitta Mackay	Holy Trinity	1:06.37	6
4 Erica Thorne	Esc Paul-Des	1:07.46	5
5 Hannah Snelson	Longfields D	1:07.96	4
6 Sydney Renfroe	Nepean High	1:08.05	3
7 Zoe Hatfield	West Carleto	1:09.52	2
8 Sophie Renton	Pierre Savar	1:10.06	1
9 Natasha Ives	Holy Trinity	1:10.27	
10 Annabelle Tasset-Scherer	Franco-Ouest	1:11.42	
11 Valeria Pazdniakou	John McCrae	1:11.72	
12 Sophie Henri	Merivale HS	1:12.30	
13 Margot Sunderland	Pierre Savar	1:12.46	
14 Alivia Bonden	John McCrae	1:12.51	
15 Gracia Mbam Mbam	Pierre Savar	1:14.20	
16 Madeleine Massicotte	Franco-Ouest	1:15.21	
17 Amelie Chui	Mother Teres	1:15.42	
18 Amani Nagra	Merivale HS	1:15.69	
19 Sawyer Ramirez-Gutierrez	Mother Teres	1:16.30	
20 Olivia Moore	St. Mark	1:16.52	
21 Rachel Plaunt	Longfields D	1:19.24	
22 Jomi Aribo	St. Joseph C	1:21.16	
23 Emily Ashworth	AY Jackson	1:22.65	
24 Marissa Richard	Esc Paul-Des	1:23.26	
25 Aya Ikejiani	Pierre-de-Bl	1:25.37	
26 Shayma Ben Hamida	Pierre-de-Bl	1:25.86	
27 Jamilah Elsabagh	Pierre-de-Bl	1:27.00	
28 Abigaël Jean-Louis	Esc Paul-Des	1:29.76	

29 June Xie	AY Jackson	1:29.82
30 Natalia Delgado	St. Joseph C	1:30.54

Women 800 Meter Run Novice

Name	School	Finals	
Finals			
1 Dahlia Loreti	Pierre Savar	2:37.98	10
2 Nora Clarke	Sir Robert B	2:45.88	8
3 Zoe Hatfield	West Carleto	2:48.67	6
4 Audrey Dean	West Carleto	2:51.04	5
5 Sophie Renton	Pierre Savar	2:51.89	4
6 Vivian Harvey	Merivale HS	2:52.27	3
7 Madeleine Massicotte	Franco-Ouest	2:52.46	2
8 Margot Sunderland	Pierre Savar	2:53.28	1
9 Sofia Yurack	St. Mark	2:54.11	
10 Sally Roberts	Woodroffe H.	3:01.93	
11 Mariella March	Notre Dame H	3:04.13	
12 Rachel Plaunt	Longfields D	3:10.64	
13 Olivia Nightingale	AY Jackson	3:12.63	
14 Jomi Aribo	St. Joseph C	3:26.91	
15 Emily Ashworth	AY Jackson	3:38.55	
16 June Xie	AY Jackson	4:02.72	

Women 1500 Meter Run Novice

Name	School	Finals	
Finals			
1 Dahlia Loreti	Pierre Savar	5:19.74	10
2 Myla Carleton	Franco-Ouest	5:21.86	8
3 Brynn Blackadder	South Carlet	5:23.78	6
4 Abbie Begbie	Earl of Marc	5:32.85	5
5 Beatrice Ward	Nepean High	5:46.41	4
6 Addy York	West Carleto	5:46.54	3
7 Audrey Dean	West Carleto	5:46.58	2
8 Sofia Cesario	St. Pius X C	5:46.63	1
9 Caroline Chadwick	Nepean High	5:49.37	
10 Nora Clarke	Sir Robert B	5:55.22	
11 Isabelle Downey	Earl of Marc	6:03.77	
12 Emma Snider	Earl of Marc	6:04.09	
13 Isla Bilcock	Nepean High	6:05.77	
14 Samantha McAneney	St. Mark	6:12.39	
15 Emma Stordy	Pierre Savar	6:12.86	
16 Sally Roberts	Woodroffe H.	6:14.26	
17 Mariella March	Notre Dame H	6:15.28	
18 Vivian Wang	Merivale HS	6:15.61	
19 Ella Semeniuk	St. Pius X C	6:21.86	
20 Gabrielle Bourdon	Pierre Savar	6:29.51	
21 Gloria Chunga	Woodroffe H.	6:52.22	
22 Emily Ashworth	AY Jackson	7:06.44	

Women 3000 Meter Run Novice

Name	School	Finals	
Finals			
1 Myla Carleton	Franco-Ouest	12:09.56	10
2 Abbie Begbie	Earl of Marc	12:11.19	8
3 Brynn Blackadder	South Carlet	12:31.01	6
4 Addy York	West Carleto	12:44.09	5

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Finals ... (Women 3000 Meter Run Novice)

Name	School	Finals	
5 Sofia Cesario	St. Pius X C	13:00.52	4
6 Emma Snider	Earl of Marc	13:00.80	3
7 Isabelle Downey	Earl of Marc	13:11.79	2
8 Emma Stordy	Pierre Savar	13:47.08	1
9 Gloria Chunga	Woodroffe H.	14:24.57	
10 Gabrielle Bourdon	Pierre Savar	14:41.87	
11 June Xie	AY Jackson	17:05.86	

Women 80 Meter Hurdles Novice

Name	School	Finals	
1 Teagan Casselman	Holy Trinity	14.29	10
2 Roxy Gardiner	Sir Robert B	15.14	8
3 Hannah Snelson	Longfields D	15.29	6
4 Sophia McLaughlin	Merivale HS	16.08	5
5 Chelsea O'Gorman	Esc Paul-Des	16.39	4
6 Charleaz Morin-Chenier	West Carleto	16.52	3
7 Isaisha Munroe	NC St. Paul	16.63	2
8 Shivahn McCullough	Pierre Savar	16.81	1
9 Sadie Akins	NC St. Paul	16.94	-0.1
10 Maya Caceros	Esc Paul-Des	17.10	-0.1
11 Amelie Lapierre	Merivale HS	17.42	-0.4
12 Mila Deiaco	West Carleto	17.64	-0.4
13 Valeria Pazdniakou	John McCrae	19.05	-0.1

Women 300 Meter Hurdles Novice

Name	School	Finals	
1 Vivian Harvey	Merivale HS	52.56	10
2 Adia Smith	Sacred Heart	52.84	8
3 Hannah Snelson	Longfields D	53.87	6
4 Sophia McLaughlin	Merivale HS	57.02	5
5 Chelsea O'Gorman	Esc Paul-Des	57.27	4
6 Sophie Henri	Merivale HS	57.35	3
7 Isaisha Munroe	NC St. Paul	57.75	2
8 Hannah Lilly	Sacred Heart	1:00.03	1
9 Maya Caceros	Esc Paul-Des	1:10.28	

Women 4x100 Meter Relay Novice

Team	Relay	Finals	
1 Holy Trinity		53.20	10
2 West Carleto		53.71	8
3 Mother Teres		56.62	6
4 Pierre Savard		56.77	5
5 John McCrae		57.15	4
6 Esc Paul-Des		57.39	3
7 Franco-Ouest		57.47	2
8 Merivale HS - Ottawa		57.71	1
9 Sacred Heart - Ottawa		57.88	
10 St. Mark		58.77	
11 Pierre-de-Blois		58.98	
12 St. Joseph C		59.74	
13 NC St. Paul		1:00.00	

14 Longfields D	1:01.66
15 AY Jackson	1:04.74

Women High Jump Novice

Name	School	Finals	
1 Roxy Gardiner	Sir Robert B	1.50m	10
2 Sage Royce	West Carleto	1.40m	8
3 Lily Champoux	Franco-Ouest	J1.40m	6
4 Katherine Luchtenberg	Franco-Ouest	1.35m	5
5 Isabelle Petrova	Pierre Savar	J1.35m	4
6 Vivian Wang	Merivale HS	1.25m	3
7 Jordyn Baxter	West Carleto	1.20m	2
8 Sadie Akins	NC St. Paul	J1.20m	1
9 Reese McLaughlin	Sacred Heart	J1.20m	
10 Victoria Crozier	St. Mark	J1.20m	
--- Haven Csizmadi	Pierre Savar	NH	
--- Clare Varty	NC St. Paul	NH	
--- Olivia Moore	St. Mark	NH	

Women Pole Vault Novice

Name	School	Finals	
1 Lia Ferguson	Esc Paul-Des	1.50m	10

Women Long Jump Novice

Name	School	Finals	
1 Tessa Romaine	AY Jackson	4.55m	10
2 Lia Ferguson	Esc Paul-Des	4.23m	8
3 Shivahn McCullough	Pierre Savar	4.22m	6
4 Leni Frasca	Nepean High	4.19m	5
5 Rachel Xian	Earl of Marc	4.15m	4
6 Hannah Lilly	Sacred Heart	4.09m	3
7 Maggie Hughson	Merivale HS	4.07m	1.5
7 Cecily Kirkwood	Woodroffe H.	4.07m	1.5
9 Beatrice Ward	Nepean High	3.88m	NWI
10 Zoey Mayo	Kanata Monte	3.78m	NWI
11 Aryanna Javaheri	South Carlet	3.73m	NWI
11 Amilia Vanderwall	Woodroffe H.	3.73m	NWI
13 Lilly Duong	Holy Trinity	3.72m	NWI
13 Efimer Ogban	St. Joseph C	3.72m	NWI
15 Sophie Henri	Merivale HS	3.67m	NWI
16 Gabriella Goldmaker	St. Pius X C	3.66m	NWI
17 Afaleh Aryee	Longfields D	3.56m	NWI
18 Cara Ranger	Holy Trinity	3.51m	NWI
19 Jomi Aribo	St. Joseph C	3.40m	NWI
20 Marissa Richard	Esc Paul-Des	3.36m	NWI
21 Olivia Shanley	Sir Robert B	3.34m	NWI
22 Daria Miller	West Carleto	3.26m	NWI
23 Janahje Williams	St. Pius X C	3.25m	NWI
24 Diya Senthil Kumar	Longfields D	3.08m	NWI
24 Dani Lilius Burpee	Merivale HS	3.08m	NWI
26 Clare Varty	NC St. Paul	2.96m	NWI
27 Isabella West	Kanata Monte	2.74m	NWI
28 Marlowe Fabi	NC St. Paul	2.21m	NWI

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Finals ... (Women Long Jump Novice)

Name	School	Finals
--- Abigael Jean-Louis	Esc Paul-Des	FOUL

Women Triple Jump Novice

Name	School	Finals
Finals		
1 Roxy Gardiner	Sir Robert B	10.28m 10
2 Tessa Romaine	AY Jackson	9.70m 8
3 Dani Lilius Burpee	Merivale HS	8.22m 6
4 Zoey Mayo	Kanata Monte	8.21m 5
5 Shivahn McCullough	Pierre Savar	8.15m 4
6 Ella Buechler	Earl of Marc	5.87m 3

Women Shot Put Novice

Name	School	Finals
Finals		
1 Maggie Hughson	Merivale HS	9.06m 10
2 Maya Ileleji	Pierre Savar	8.52m 8
3 Kaya Taite-Brassard	AY Jackson	8.50m 6
4 Elle Dubois	Kanata Monte	7.63m 5
5 Rylee Baxter	St. Mark	7.55m 4
6 Ava McKay	West Carleto	6.97m 3
7 Ann Existe	Holy Trinity	6.53m 2
8 Isabella West	Kanata Monte	6.05m 1
9 Snylene Demostherne	Notre Dame H	6.02m
10 Cirilla Li	Holy Trinity	5.83m
11 Savannah Leroux-Philpott	Kanata Monte	5.81m
12 Jade Mason	Woodroffe H.	5.80m
13 Isabella Courchene	Bell H.S - O	5.78m
14 Natalie Lapierre	Notre Dame H	4.70m
15 Margaret MacGillivray	NC St. Paul	3.65m
--- Amrita Parmar	Pierre-de-Bl	FOUL

Women Discus Throw Novice

Name	School	Finals
Finals		
1 Ella Gutoske	St. Joseph C	21.36m 10
2 Abby Lorz	AY Jackson	19.13m 8
3 Haven Csizmadi	Pierre Savar	18.70m 6
4 Maggie Hughson	Merivale HS	18.58m 5
5 Michelle Cao	Longfields D	17.97m 4
6 Malina Anderson	Sacred Heart	16.09m 3
7 Sally Roberts	Woodroffe H.	15.95m 2
8 Seren Keffer	South Carlet	14.03m 1
9 Ann Existe	Holy Trinity	12.87m
10 Savannah Leroux-Philpott	Kanata Monte	12.25m

Women Javelin Throw Novice

Name	School	Finals
Finals		
1 Abby Lorz	AY Jackson	24.04m 10
2 Kaya Taite-Brassard	AY Jackson	22.25m 8
3 Malina Anderson	Sacred Heart	19.81m 6
4 Ava McKay	West Carleto	17.95m 5
5 Jasmine Nea	Woodroffe H.	16.59m 4

6 Jaiden Javaheri	South Carlet	16.24m 3
7 Cara Ranger	Holy Trinity	15.69m 2
8 Maya Ileleji	Pierre Savar	14.37m 1
9 Haven Csizmadi	Pierre Savar	13.95m
10 Aryanna Javaheri	South Carlet	13.71m
11 Kat Van Der Veer	Woodroffe H.	13.65m
12 Seren Keffer	South Carlet	13.53m
13 Michelle Cao	Longfields D	12.52m
14 Aniya Musa Ataib	Merivale HS	12.30m
15 Jade Mason	Woodroffe H.	11.65m
16 Isabella Montpetit	Pierre-de-Bl	11.21m
--- Cirilla Li	Holy Trinity	FOUL

Women 100 Meter Dash Junior

Name	School	Prelims
Preliminaries		
1 Jamie Harris	Longfields D	13.69q-0.1
2 Mariam Kasim	Mother Teres	13.72q-0.1
3 Kyra Dobson Takoff	Sir Robert B	13.99q 0.2
4 Hazel Pindar	Earl of Marc	14.08q-1.9
5 Molly Hale	Nepean High	14.11q 0.2
6 Naiema Thai-Reid	Longfields D	14.12q-0.1
7 Emma Fetahu	Holy Trinity	14.14q-0.6
8 Caley Heffern	Esc Paul-Des	14.16q-0.6
9 Ava Hillier	Nepean High	14.28q-0.6
10 Londyn Pamphile	Sacred Heart	14.28q-1.9
11 Cate O'Brien	Holy Trinity	14.38q-0.5
12 Jordyn Jamer	St. Joseph C	14.40q-0.6
13 Audrey Sirkik	Sacred Heart	14.52q 0.2
14 Elly Barton	Bell H.S - O	14.60q-0.8
15 Divina Romesh	Longfields D	14.64q-0.8
16 Charlotte Rockburne	John McCrae	14.78q-0.1
17 Alyssa Duncan	Mother Teres	14.88 -1.9
18 Reganne Abel	West Carleto	14.89 -1.9
19 Danika Thomas	Esc Paul-Des	14.90 -0.6
20 Alexandra Cyr-Letemplier	Pierre Savar	15.02 -0.6
21 Kyra Scott	Sir Robert B	15.12 -1.9
22 Kiki Holmes	John McCrae	15.14 -0.5
23 Qiawna Grant	St. Joseph C	15.16 -0.1
24 Claire Calder	Earl of Marc	15.17 -0.5
25 Maeva Soro	All Saints -	15.18 -0.1
26 Sierra Sullivan	St. Pius X C	15.19 -0.6
27 Ava Telfer	West Carleto	15.21 -1.9
28 Sydona Elliott	Kanata Monte	15.31 -0.8
29 Annwyn Carter	Earl of Marc	15.34 -0.5
30 Sagu Eke	St. Joseph C	15.36 -0.6
31 Kaitlyn Flint	South Carlet	15.36 -0.8
32 Isabel Hammell	Merivale HS	15.37 -0.6
33 Grace Samuel	John McCrae	15.39 -1.9
34 Olivia Shankar	AY Jackson	15.42 -0.1
35 Anna Fewer	St. Pius X C	15.46 -0.6
36 Kaitlyn Lees	NC St. Paul	15.48 -0.8
37 Maya Scott	Sacred Heart	15.58 -0.8
38 Ruby Vianello	Sir Robert B	15.73 -0.5
39 Fajr Akbari	Ottawa-Carle	15.91 -0.6
40 Genelia Bolambao	NC St. Paul	16.13 -0.6

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Preliminaries ... (Women 100 Meter Dash Junior)

Name	School	Prelims
41 Mahevah Gerome	Bell H.S - O	16.19 0.2
42 Kerri Madden	AY Jackson	16.20 -0.8
43 Lilya El Alaoui	Pierre-de-Bl	16.56 0.2
44 Payton Moffatt	South Carlet	16.72 0.2
45 Charley Joyce	AY Jackson	17.05 0.2
46 Rory Kirtz	All Saints -	17.16 0.2
47 Sierra Coté	All Saints -	18.00 -0.6
48 Sarah Kebeissi	Mother Teres	18.63 -0.1
--- Antonique Murray	NC St. Paul	DQ -0.6

Women 100 Meter Dash Junior

Name	School	Finals
Finals		
1 Jamie Harris	Longfields D	13.38 10
2 Mariam Kasim	Mother Teres	13.50 8
3 Molly Hale	Nepean High	13.67 6
4 Kyra Dobson Takoff	Sir Robert B	13.80 5
5 Emma Fetahu	Holy Trinity	14.00 4
6 Naiema Thai-Reid	Longfields D	14.02 3
7 Hazel Pindar	Earl of Marc	14.08 2
8 Caley Heffern	Esc Paul-Des	14.10 1
9 Cate O'Brien	Holy Trinity	14.16 -2.3
10 Ava Hillier	Nepean High	14.27 -2.3
11 Jordyn Jamer	St. Joseph C	14.31 -2.3
12 Londyn Pamphile	Sacred Heart	14.36 -2.3
13 Audrey Sirknik	Sacred Heart	14.66 -2.3
14 Charlotte Rockburne	John McCrae	14.77 -2.3
15 Elly Barton	Bell H.S - O	14.80 -2.3
16 Divina Romesh	Longfields D	14.91 -2.3

Women 200 Meter Dash Junior

Name	School	Prelims
Preliminaries		
1 Mariam Kasim	Mother Teres	28.06q -0.3
2 Odelia Niangoran	Holy Trinity	28.66q -0.2
3 Londyn Pamphile	Sacred Heart	29.12q -0.7
4 Molly Hale	Nepean High	29.23q -0.3
5 Caley Heffern	Esc Paul-Des	29.96q -0.7
6 Isabelle Hyson	Sir Robert B	30.02q -0.2
7 Ava Pope	Sacred Heart	30.03q -1.4
8 Reganne Abel	West Carleto	30.19q -0.7
9 Charlotte Rockburne	John McCrae	30.33q -0.7
10 Malaika Bukasa Modeste	Holy Trinity	30.37q -0.3
11 Chelsea Cameron	Holy Trinity	30.37q -0.7
12 Asya Kabemba	All Saints -	30.38q -0.2
13 Alexandra Carter	Mother Teres	30.48q -1.4
14 Charlotte Sanders	Mother Teres	30.90q NWI
15 Ava Heath	Sacred Heart	31.00q -1.4
16 Ava Telfer	West Carleto	31.11q NWI
17 Rukiya Bamadh	St. Joseph C	31.21 NWI
18 Isabel Hammell	Merivale HS	31.68 NWI
19 Maeva Soro	All Saints -	31.75 -0.3
20 Danika Thomas	Esc Paul-Des	31.77 -1.4
21 Annwyn Carter	Earl of Marc	32.13 -0.7

22 Kaitlyn Flint	South Carlet	32.56 -1.4
23 Abby Innes	Earl of Marc	32.62 NWI
24 Eveline Wakeman	Sir Robert B	32.84 -0.3
25 Genelia Bolambao	NC St. Paul	33.09 NWI
26 Yasmine Shimoon	Franco-Ouest	33.14 NWI
27 Sophia Brantz	Sir Robert B	33.24 -0.7
28 Fajr Akbari	Ottawa-Carle	33.59 -0.2
29 Kerri Madden	AY Jackson	33.67 -1.4
30 Marishka Dumay	Notre Dame H	35.78 -0.3
31 Mhairi Boyce	Earl of Marc	36.11 -0.2

Women 200 Meter Dash Junior

Name	School	Finals
Finals		
1 Mariam Kasim	Mother Teres	27.88 10
2 Londyn Pamphile	Sacred Heart	28.88 8
3 Molly Hale	Nepean High	29.17 6
4 Odelia Niangoran	Holy Trinity	29.40 5
5 Ava Pope	Sacred Heart	29.78 4
6 Asya Kabemba	All Saints -	29.81 3
7 Caley Heffern	Esc Paul-Des	29.91 2
8 Reganne Abel	West Carleto	30.04 1
9 Isabelle Hyson	Sir Robert B	30.19 -0.4
10 Ava Telfer	West Carleto	30.38 0.3
11 Malaika Bukasa Modeste	Holy Trinity	30.48 0.3
12 Alexandra Carter	Mother Teres	30.50 0.3
13 Chelsea Cameron	Holy Trinity	30.79 0.3
14 Charlotte Rockburne	John McCrae	30.83 0.3
15 Ava Heath	Sacred Heart	30.89 0.3
16 Charlotte Sanders	Mother Teres	31.87 0.3

Women 400 Meter Dash Junior

Name	School	Finals
Finals		
1 Abigail Conduah	Holy Trinity	1:02.45 10
2 Gabrielle Forestier	Nepean High	1:04.48 8
3 Hannah Brown	Holy Trinity	1:06.18 6
4 Maeve MacLeod	AY Jackson	1:06.47 5
5 Anna Lee	Esc Paul-Des	1:06.73 4
6 Alexandra Cyr-Letemplier	Pierre Savar	1:06.80 3
7 Han-Ni Tran-Au	West Carleto	1:06.92 2
8 Ingrid Andersen	Holy Trinity	1:07.41 1
9 Reganne Abel	West Carleto	1:08.37
10 Charlotte Sanders	Mother Teres	1:10.28
11 Alyssa St. John	St. Mark	1:13.70
12 Yasmine Moos	Pierre Savar	1:13.86
13 Asya Kabemba	All Saints -	1:14.95
14 Maya Scott	Sacred Heart	1:15.34
15 Naina Srivastava	Longfields D	1:21.38
16 Mhairi Boyce	Earl of Marc	1:22.26

Women 800 Meter Run Junior

Name	School	Finals
Finals		
1 Gabrielle Forestier	Nepean High	2:32.08 10
2 Maya Allibon	John McCrae	2:33.20 8

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Finals ... (Women 800 Meter Run Junior)

Name	School	Finals	
3 Ella Peters	Sir Robert B	2:37.33	6
4 Abigail Conduah	Holy Trinity	2:37.83	5
5 Emilia Engelke	Franco-Ouest	2:42.88	4
6 Anna Lee	Esc Paul-Des	2:43.33	3
7 Caitlyn Gourlie	Sacred Heart	2:45.95	2
8 Ramneek Dhaliwal	Merivale HS	2:47.50	1
9 Catherine Benish	Earl of Marc	2:49.84	
10 Sophia Ballafini	Merivale HS	2:53.08	
11 Zoe Flanders	South Carlet	3:01.16	
12 Alyssa St. John	St. Mark	3:03.46	
13 Naina Srivastava	Longfields D	3:05.44	
14 Abby Thompson	John McCrae	3:05.91	
15 Olivia Devine	South Carlet	3:07.51	
16 Yasmine Shimoon	Franco-Ouest	3:18.12	
17 Charley Joyce	AY Jackson	3:21.87	
18 Karina Simanovych	South Carlet	3:21.89	
--- Abigail Pooler	St. Joseph C	SCR	

Women 1500 Meter Run Junior

Name	School	Finals	
1 Maya Allibon	John McCrae	5:18.25	10
2 Edie Petrescu-Comnene	Nepean High	5:30.87	8
3 Lily Collins	Longfields D	5:31.27	6
4 Claire Stynes	Sir Robert B	5:33.74	5
5 Sharmila Taft	AY Jackson	5:37.38	4
6 Caitlyn Gourlie	Sacred Heart	5:39.37	3
7 Ramneek Dhaliwal	Merivale HS	5:39.72	2
8 Sophia Ballafini	Merivale HS	5:39.93	1
9 Allison Niedre	South Carlet	5:43.54	
10 Veronica Rumscheidt	St. Pius X C	5:52.22	
11 Eva Doucette	Esc Paul-Des	5:54.84	
12 Vivian Nguyen	Holy Trinity	5:56.91	
13 Zoe Flanders	South Carlet	5:58.38	
14 Clara Tyman	Mother Teres	6:03.63	
15 Avery McLellan	John McCrae	6:06.61	
16 Abigail Pooler	St. Joseph C	6:18.18	
17 Abigail Murphy	Sir Robert B	6:18.85	
18 Abby Snider	Earl of Marc	6:48.40	
19 Leah Hitchcock	Mother Teres	7:08.47	
20 Madeline Hall	AY Jackson	7:36.92	
21 Lilly Baxter	Earl of Marc	7:44.41	
22 Cassandra Stasuik	AY Jackson	8:35.07	
23 Brook Forsyth	South Carlet	9:35.46	

Women 3000 Meter Run Junior

Name	School	Finals	
1 Edie Petrescu-Comnene	Nepean High	11:42.76	10
2 Claire Stynes	Sir Robert B	12:09.40	8
3 Sharmila Taft	AY Jackson	12:14.07	6
4 Lily Collins	Longfields D	12:20.53	5
5 Vivian Nguyen	Holy Trinity	12:38.73	4
6 Sophia Ballafini	Merivale HS	12:44.00	3

7 Allison Niedre	South Carlet	12:45.39	2
8 Catherine Benish	Earl of Marc	13:43.33	1

Women 80 Meter Hurdles Junior

Name	School	Finals	
1 Naomi Koschade	South Carlet	13.73	10
2 Norah Lepine	Merivale HS	14.46	8
3 Ella Peters	Sir Robert B	14.81	6
4 Elly Barton	Bell H.S - O	16.26	5
5 Payton Bowie	West Carleto	16.36	4
6 Ava Pope	Sacred Heart	16.62	3
7 Macyn Driver	Sacred Heart	16.67	2
8 Paige Townsend	John McCrae	17.10	1
9 Ava Heath	Sacred Heart	17.28	-0.5
10 Claire Calder	Earl of Marc	17.58	-0.6
11 Olivia Voros	Nepean High	17.64	-1.6
12 Mahevah Gerome	Bell H.S - O	17.66	-0.6
13 Kyra Scott	Sir Robert B	18.44	-0.6
14 Julia Bradley	South Carlet	19.13	-0.6
15 Mhairi Boyce	Earl of Marc	19.18	-0.5
16 Payton Moffatt	South Carlet	19.46	-1.6
17 Ruby Vianello	Sir Robert B	19.54	-0.5

Women 300 Meter Hurdles Junior

Name	School	Finals	
1 Naomi Koschade	South Carlet	50.12	10
2 Norah Lepine	Merivale HS	51.45	8
3 Hannah Brown	Holy Trinity	51.93	6
4 Chloe Seibert	Earl of Marc	54.60	5
5 Maddie Perley	West Carleto	56.44	4
6 Charlotte Sanders	Mother Teres	58.58	3
7 Elly Barton	Bell H.S - O	59.38	2
8 Macyn Driver	Sacred Heart	1:00.79	1
9 Paige Townsend	John McCrae	1:01.34	
10 Sarah Bowes	Earl of Marc	1:02.24	
11 Olivia Devine	South Carlet	1:02.41	
12 Brooke Ingraham	Sacred Heart	1:07.82	
13 Cindy Cheng	Earl of Marc	1:13.17	

Women 4x100 Meter Relay Junior

Team	Relay	Finals	
1 Holy Trinity		54.74	10
2 Sir Robert B		55.81	8
3 Nepean High School		55.93	6
4 St. Joseph C		56.66	5
5 AY Jackson		56.74	4
6 Mother Teres		56.80	3
7 West Carleto		57.16	2
8 Sacred Heart - Ottawa		57.39	1
9 John McCrae		57.42	
10 Esc Paul-Des		58.16	
11 Pierre Savard		58.89	
12 South Carlet		1:00.31	

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Finals ... (Women 4x100 Meter Relay Junior)

Team	Relay	Finals
13	Earl of Marc	1:00.59

Women High Jump Junior

Name	School	Finals
Finals		
1	Serenity Stewart	Sir Robert B 1.35m 10
2	Baraka Panda	Pierre Savar J1.35m 8
3	Sarah Griffiths	South Carlet 1.25m 6
4	Olivia Devine	South Carlet J1.25m 5
5	Emilia Engelke	Franco-Ouest 1.20m 4
6	Payton Moffatt	South Carlet 1.15m 3

Women Pole Vault Junior

Name	School	Finals
Finals		
1	Isabelle Hyson	Sir Robert B 1.50m 9
1	Kyra Dobson Takoff	Sir Robert B 1.50m 9

Women Long Jump Junior

Name	School	Finals
Finals		
1	Naomi Koschade	South Carlet 4.79m 10
2	Naiema Thai-Reid	Longfields D 4.50m 8
3	Jamie Harris	Longfields D 4.46m 6
4	Charlotte Rockburne	John McCrae 4.42m 5
5	Maeve MacLeod	AY Jackson 4.39m 4
6	Serenity Stewart	Sir Robert B 4.34m 3
7	Norah Lepine	Merivale HS 4.23m 2
8	Emma Fetahu	Holy Trinity 4.20m 1
9	Isabelle Hyson	Sir Robert B 4.16m NWI
9	Maddie Perley	West Carleto 4.16m NWI
11	Audrey Sirnik	Sacred Heart 4.03m NWI
12	Nella Posteraro	Mother Teres 4.00m NWI
13	Bria Lennox	AY Jackson 3.96m NWI
13	Sage Verheul	Mother Teres 3.96m NWI
15	Hannah Brown	Holy Trinity 3.94m NWI
16	Kaitlyn Lees	NC St. Paul 3.92m NWI
17	Isabel Hammell	Merivale HS 3.91m NWI
18	Eva Doucette	Esc Paul-Des 3.85m NWI
19	Ava Heath	Sacred Heart 3.80m NWI
20	Jessica Pham	West Carleto 3.74m NWI
21	Kylie Hollingsworth	Nepean High 3.71m NWI
22	Faye Chayka	West Carleto 3.69m NWI
23	Mahevah Gerome	Bell H.S - O 3.59m NWI
24	Lily Morin	John McCrae 3.44m NWI
25	Genelia Bolambao	NC St. Paul 3.42m NWI
26	Stéphanie Hamilton	Maurice Lapo 3.38m NWI
27	Anna Hayes	South Carlet 3.37m NWI
27	Janelle Lessard	Esc Paul-Des 3.37m NWI
29	Claire Greenough	John McCrae 3.36m NWI
30	Sadie Ashford	St. Joseph C 3.19m NWI
30	Isabella Pickett	St. Pius X C 3.19m NWI
32	Cindy Cheng	Earl of Marc 3.13m NWI
33	Victoria Chu	South Carlet 3.05m NWI

34	Brooke Ingraham	Sacred Heart 3.04m NWI
35	Antonique Murray	NC St. Paul 2.97m NWI
36	Sarah Aly	AY Jackson 2.82m NWI
37	Joyce Tsao	Earl of Marc 2.49m NWI
---	Odelia Niangoran	Holy Trinity FOUL

Women Triple Jump Junior

Name	School	Finals
Finals		
1	Ella Peters	Sir Robert B 9.96m 10
2	Kyra Dobson Takoff	Sir Robert B 9.43m 8
3	Audrey Sirnik	Sacred Heart 9.30m 6
4	Serenity Stewart	Sir Robert B 9.29m 5
5	Molly Hale	Nepean High 9.11m 4
6	Bria Lennox	AY Jackson 8.76m 3
7	Maddie Perley	West Carleto 8.42m 2
8	Chloe Seibert	Earl of Marc 8.30m 1
9	Victoria Chu	South Carlet 7.64m NWI
10	Abby Thompson	John McCrae 7.37m NWI
11	Jessica Pham	West Carleto 7.21m NWI
12	Anna Hayes	South Carlet 6.96m NWI
13	Faye Chayka	West Carleto 6.77m NWI
14	Maya Buechler	Earl of Marc 6.53m NWI
---	Junxi Yang	Earl of Marc FOUL

Women Shot Put Junior

Name	School	Finals
Finals		
1	Inioluwa Ola	John McCrae 10.17m 10
2	Jordan Blondin	Franco-Ouest 9.47m 8
3	Serena Shields	South Carlet 7.95m 6
4	Sarah Griffiths	South Carlet 7.80m 5
5	Kylie Hollingsworth	Nepean High 7.75m 3.5
5	Mallorie Gauthier	Longfields D 7.75m 3.5
7	Sydonia Elliott	Kanata Monte 7.43m 2
8	Fajr Akbari	Ottawa-Carle 7.10m 1
9	Alisha Bruce	South Carlet 6.96m
10	Janelle Lessard	Esc Paul-Des 6.94m
11	Meredith Boissoneault	AY Jackson 6.91m
12	Gracie Cairns	AY Jackson 6.89m
13	Katie Roberts	John McCrae 6.29m
14	Idil Magan	Longfields D 6.15m
15	Stéphanie Hamilton	Maurice Lapo 5.71m
16	Joyce Tsao	Earl of Marc 5.67m
17	Ramneek Dhaliwal	Merivale HS 5.35m
18	Brooke Sloan	Sacred Heart 5.10m
19	Marishka Dumay	Notre Dame H 4.16m
20	Sarah Kebeissi	Mother Teres 3.85m

Women Discus Throw Junior

Name	School	Finals
Finals		
1	Mallorie Gauthier	Longfields D 25.08m 10
2	Abby Innes	Earl of Marc 21.68m 8
3	Inioluwa Ola	John McCrae 20.29m 6
4	Sarah Plourde	South Carlet 19.58m 5

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Finals ... (Women Discus Throw Junior)

Name	School	Finals
5 Alisha Bruce	South Carlet	18.99m 4
6 Sydona Elliott	Kanata Monte	17.81m 3
7 Idil Magan	Longfields D	15.94m 2
8 Janelle Lessard	Esc Paul-Des	15.42m 1
9 Paige Townsend	John McCrae	14.91m
10 Abby Snider	Earl of Marc	14.80m
11 Maya Buechler	Earl of Marc	14.46m
12 Naeema Abdullahi	Sir Robert B	14.11m
13 Emilia Engelke	Franco-Ouest	13.59m
14 Isabel McAllister	AY Jackson	13.56m
15 Lily Morin	John McCrae	13.45m
16 Kitara Sultan	West Carleto	13.06m
17 Amara Manubata	Mother Teres	12.76m
18 Sophia Brantz	Sir Robert B	12.46m
19 Anna Hayes	South Carlet	11.65m
--- Madeline Siolek	Sacred Heart	FOUL
--- Brooke Sloan	Sacred Heart	FOUL

Women Javelin Throw Junior

Name	School	Finals
1 Jordan Blondin	Franco-Ouest	27.86m 10
2 Serena Shields	South Carlet	26.50m 8
3 Tillie Pender	Nepean High	26.39m 6
4 Zy Moussignac	Longfields D	25.69m 5
5 Macyn Driver	Sacred Heart	22.53m 4
6 Lucy Rowan-Legg	Nepean High	20.99m 3
7 Sarah Gomez	St. Joseph C	18.06m 2
8 Sarah Bowes	Earl of Marc	17.04m 1
9 Mallorie Gauthier	Longfields D	15.84m
10 Alisha Bruce	South Carlet	15.09m
11 Meredith Boissoneault	AY Jackson	14.71m
12 Inioluwa Ola	John McCrae	14.58m
13 Brooke Sloan	Sacred Heart	14.28m
14 Sarah Griffiths	South Carlet	14.10m
15 Joyce Tsao	Earl of Marc	13.97m
16 Naeema Abdullahi	Sir Robert B	13.91m
17 Brooke Ingraham	Sacred Heart	13.77m
18 Rhoda Felix	NC St. Paul	13.72m
19 Lilya El Alaoui	Pierre-de-Bl	13.00m
20 Eveline Wakeman	Sir Robert B	12.75m
21 Claire Greenough	John McCrae	12.51m
22 Amara Manubata	Mother Teres	12.50m
23 Isabel McAllister	AY Jackson	11.96m
24 Annwyn Carter	Earl of Marc	11.70m
25 Kitara Sultan	West Carleto	11.34m
26 Katie Roberts	John McCrae	10.32m
27 Sarah Kebeissi	Mother Teres	8.80m
--- Sydney Leeson	AY Jackson	FOUL

Women 100 Meter Dash Senior

Name	School	Prelims
1 Fega Eruotor	Merivale HS	12.61q NWI

2 Kaiya Woodcock	Sacred Heart	12.78q NWI
3 Kierra McGillivray	West Carleto	13.57q -0.6
4 Jedidah Oppong-Nketiah	Pierre-de-Bl	13.74q NWI
5 Elise Katsube	Sir Robert B	13.78q -0.6
6 Meghan Lockett	West Carleto	13.79q -1.0
7 Lauren Kuhn	All Saints -	14.02q NWI
8 Meerah Eljaji	West Carleto	14.10q -1.5
9 Shaharazad Singh-Sharpe	Merivale HS	14.15q -1.5
10 Jiayang Rong	Merivale HS	14.19q NWI
11 Cassandra Ferrante	Holy Trinity	14.21q -1.0
12 Éliisa Séguin	Esc Paul-Des	14.29q -0.6
13 Catherine Peterson	Bell H.S - O	14.29q NWI
14 Matilda Opaleye	St. Joseph C	14.56q -0.6
15 Mayanne Chiponski Keller	Kanata Monte	14.66q -1.0
16 Brooke Gnaedinger	Sacred Heart	14.70q NWI
17 Amy-Anne Clinch	South Carlet	14.73 NWI
18 Skylar Bradley	Longfields D	14.78 -0.6
19 Sophie Berry	St. Joseph C	14.78 -1.5
20 Safiya Ghadban	Pierre-de-Bl	14.83 -0.6
21 Kate Moskalyuk	Esc Paul-Des	14.84 NWI
22 Valérie House	Franco-Ouest	14.87 NWI
23 Deborah Akomolafe	Mother Teres	14.92 NWI
24 Nedjee Julien	Mother Teres	15.09 -1.0
25 Nyandea Lansana	Sacred Heart	15.13 -1.0
26 Abigaël Mukendi	Pierre Savar	15.22 -1.5
27 Emmy Taylor	AY Jackson	15.27 NWI
28 Husniyah Akbari	Ottawa-Carle	15.52 -1.0
29 Alicia Peters	St. Joseph C	15.52 NWI
30 Jada Ostapyk	South Carlet	15.61 -1.0
31 Ruth-Lynne Civil	Woodroffe H.	15.70 -1.5
32 Kaelyn Landry	Maurice Lapo	16.17 -0.6
33 Fiona Kelm	Nepean High	16.90 NWI
34 Alexis Van Delst	Sir Robert B	17.04 -1.5
35 Dana Weischedel	John McCrae	17.25 NWI
36 Zahava Colman	Sir Robert B	17.53 NWI
37 Dieko Dare-Adeyemi	All Saints -	17.93 NWI
38 Sabiha Fahim	AY Jackson	18.84 -1.5

Women 100 Meter Dash Senior

Name	School	Finals
1 Kaiya Woodcock	Sacred Heart	12.35 10
2 Fega Eruotor	Merivale HS	12.36 8
3 Kierra McGillivray	West Carleto	13.27 6
4 Meghan Lockett	West Carleto	13.57 5
5 Meerah Eljaji	West Carleto	13.65 4
6 Elise Katsube	Sir Robert B	13.73 3
7 Jedidah Oppong-Nketiah	Pierre-de-Bl	13.77 2
8 Shaharazad Singh-Sharpe	Merivale HS	13.80 1
9 Jiayang Rong	Merivale HS	13.90 -0.7
10 Lauren Kuhn	All Saints -	14.08 -1.3
11 Cassandra Ferrante	Holy Trinity	14.19 -0.7
12 Matilda Opaleye	St. Joseph C	14.33 -0.7
13 Mayanne Chiponski Keller	Kanata Monte	14.53 -0.7
14 Brooke Gnaedinger	Sacred Heart	14.73 -0.7
15 Catherine Peterson	Bell H.S - O	14.76 -0.7

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Name	School	Prelims
Preliminaries		
1 Fega Eruotor	Merivale HS	25.26q -0.6
2 Meerah Eljaji	West Carleto	27.84q -0.7
3 Rachel Hertz	John McCrae	27.89q -0.6
4 Elise Katsube	Sir Robert B	27.97q -0.4
5 Kierra McGillivray	West Carleto	28.16q -0.6
6 Meghan Luckett	West Carleto	28.23q -0.9
7 Stella Humeniuk	Nepean High	28.26q -0.7
8 Jenna Viduka	St. Pius X C	28.80q -0.7
9 Lauren Latulippe	St. Joseph C	28.85q -0.4
10 Rosalie Boiselle	Merivale HS	28.90q -0.4
11 Emmanuella Chukwu	Notre Dame H	28.97q -0.6
12 Ingrid Moreau	Merivale HS	29.08q 0.1
13 Jane Teffo	Esc Paul-Des	29.15q -0.4
14 Valérie House	Franco-Ouest	29.41q 0.1
15 Lauren Kuhn	All Saints -	29.41q -0.6
16 Sophie Berry	St. Joseph C	29.57q -0.4
17 Amy-Anne Clinch	South Carlet	29.86 -0.9
18 Nina Di Lello	Esc Paul-Des	30.11 -0.4
19 Rowan McKenna	John McCrae	30.36 -0.6
20 Abigaël Mukendi	Pierre Savar	30.45 -0.4
21 Charlotte Anderson	Nepean High	30.54 -0.9
22 Calla Bezaire	Longfields D	30.86 -0.4
23 Husniyah Akbari	Ottawa-Carle	31.07 0.1
24 Emmy Taylor	AY Jackson	31.10 -0.4
25 Brooke Gnaedinger	Sacred Heart	31.13 -0.7
26 Nyandea Lansana	Sacred Heart	31.32 -0.4
27 Nedjee Julien	Mother Teres	31.38 -0.4
28 Jada Ostapuk	South Carlet	31.42 -0.9
29 Kate Moskalyuk	Esc Paul-Des	31.83 0.1
30 Sydney Smith	Holy Trinity	31.92 -0.9
31 Nola Stojdl	Nepean High	31.93 0.1
32 Julia Marks	South Carlet	32.29 0.1
33 Dieko Dare-Adeyemi	All Saints -	35.43 0.1
34 Sarauniya Noma Bawa	Pierre-de-Bl	37.25 -0.4
35 Evelyn Asselstine	Sir Robert B	37.39 -0.7
36 Sabiha Fahim	AY Jackson	42.53 -0.9

Women 200 Meter Dash Senior

Name	School	Finals
Finals		
1 Fega Eruotor	Merivale HS	25.29 10
2 Meerah Eljaji	West Carleto	27.63 8
3 Elise Katsube	Sir Robert B	27.82 6
4 Kierra McGillivray	West Carleto	27.83 5
5 Rachel Hertz	John McCrae	27.95 4
6 Stella Humeniuk	Nepean High	28.27 3
7 Lauren Latulippe	St. Joseph C	28.45 2
8 Meghan Luckett	West Carleto	28.51 1
9 Rosalie Boiselle	Merivale HS	28.70 -1.2
10 Emmanuella Chukwu	Notre Dame H	28.78 -1.2
11 Jenna Viduka	St. Pius X C	28.81 -0.2
12 Jane Teffo	Esc Paul-Des	29.28 -1.2

13 Valérie House	Franco-Ouest	29.31 -1.2
14 Lauren Kuhn	All Saints -	29.39 -1.2
15 Sophie Berry	St. Joseph C	29.57 -1.2
16 Ingrid Moreau	Merivale HS	29.88 -1.2

Women 400 Meter Dash Senior

Name	School	Finals
Finals		
1 Isabelle Martel	Nepean High	1:04.04 10
2 Ella Carrera	All Saints -	1:04.11 8
3 Charlotte Watchorn	Nepean High	1:04.66 6
4 Rosalie Boiselle	Merivale HS	1:04.79 5
5 Lauren Latulippe	St. Joseph C	1:05.83 4
6 Jenna Viduka	St. Pius X C	1:06.06 3
7 Paige Jennings	John McCrae	1:07.02 2
8 Emma Hong	Merivale HS	1:07.11 1
9 Riley Fournier	West Carleto	1:09.38
10 Charlotte Brooks	John McCrae	1:09.96
11 Olivia Di Labio	Nepean High	1:10.69
12 Nina Di Lello	Esc Paul-Des	1:11.60
13 Ainsley McDonell	St. Pius X C	1:12.29
14 Sydney Smith	Holy Trinity	1:14.59
15 Clare Ogbondu	Holy Trinity	1:17.74
16 Laura Danes	Merivale HS	1:18.82
17 Julia Marks	South Carlet	1:19.05
18 Laurianne Dallaire	Pierre Savar	1:19.26
19 Melania Smiley	Sir Robert B	1:19.74
20 Alex Harrison	AY Jackson	1:20.15
21 Dana Weischedel	John McCrae	1:24.60
22 Sarauniya Noma Bawa	Pierre-de-Bl	1:26.26
23 Maya Tilton	AY Jackson	1:32.10

Women 800 Meter Run Senior

Name	School	Finals
Finals		
1 Jocelyn Giannotti	Holy Trinity	2:23.17 10
2 Ciara Villeneuve	Esc Paul-Des	2:23.92 8
3 Morgane McKay	É.S.P.Omer-D	2:31.05 6
4 Isabelle Martel	Nepean High	2:34.57 5
5 Charlotte Watchorn	Nepean High	2:35.42 4
6 Juliette Murchison	Mother Teres	2:36.00 3
7 Alexandra Hart	Mother Teres	2:36.33 2
8 Amilia Lutes	Woodroffe H.	2:36.87 1
9 Amélie Olivier-Fortier	Esc Paul-Des	2:41.75
10 Hannah Gregory	Sir Robert B	2:42.69
11 Erin Ferry-Reid	St. Joseph C	2:47.49
12 Melanie Munro	Sir Robert B	2:49.81
13 Akayla Sealy	É.S.P.Omer-D	2:52.58
14 Olivia Di Labio	Nepean High	2:56.01
15 Marissa Gilchrist	South Carlet	2:57.60
16 Natasha Oliveira	St. Joseph C	3:00.22
17 Cadence Shehan	Sir Robert B	3:03.80
18 Sarauniya Noma Bawa	Pierre-de-Bl	3:20.03
19 Laurianne Dallaire	Pierre Savar	3:24.40
20 Alex Harrison	AY Jackson	3:26.87

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Women 1500 Meter Run Senior

Name	School	Finals		
Finals				
1	Grace Streek	Peak Centre	4:49.04	10
2	Jocelyn Giannotti	Holy Trinity	4:51.10	8
3	Ciara Villeneuve	Esc Paul-Des	4:57.64	6
4	Morgane McKay	É.S.P.Omer-D	5:11.15	5
5	Juliette Murchison	Mother Teres	5:23.73	4
6	Charlotte Anderson	Nepean High	5:33.07	3
7	Melanie Munro	Sir Robert B	5:34.49	2
8	Alexandra Hart	Mother Teres	5:34.70	1
9	Katarina Loder	John McCrae	5:39.00	
10	Simran Sarai	West Carleto	5:39.12	
11	Emily McCormack	Bell H.S - O	5:41.38	
12	Kaitlin Dustin	Earl of Marc	5:47.42	
13	Hannah Gregory	Sir Robert B	5:48.30	
14	Amélie Olivier-Fortier	Esc Paul-Des	5:51.71	
15	Elsie Hawkes	Nepean High	5:52.55	
16	Aria Olszewski	Esc Paul-Des	6:02.97	
17	Christina Wang	Nepean High	6:09.17	
18	Marissa Gilchrist	South Carlet	6:13.82	
19	Rachel Lloyd	Bell H.S - O	6:19.69	
20	Cadence Shehan	Sir Robert B	6:20.97	
21	Dana Weischedel	John McCrae	6:38.86	

Women 3000 Meter Run Senior

Name	School	Finals		
Finals				
1	Grace Streek	Peak Centre	10:40.06	10
2	Allison Soler	Longfields D	11:09.01	8
3	Bronwyn O'Ray	Esc Paul-Des	11:58.11	6
4	Simran Sarai	West Carleto	12:15.82	5
5	Emily McCormack	Bell H.S - O	12:30.83	4
6	Katarina Loder	John McCrae	12:36.92	3
7	Charlotte Brooks	John McCrae	12:42.17	2
8	Miina Wallner	Nepean High	12:52.94	1
9	Aria Olszewski	Esc Paul-Des	12:56.98	
10	Brooke Chatterley	Earl of Marc	14:48.52	
11	Molly Prevost	Woodroffe H.	15:23.21	

Women 100 Meter Hurdles Senior

Name	School	Finals		
Finals				
1	Stella Humeniuk	Nepean High	17.09	10
2	Jacqueline Aubin	Mother Teres	18.33	8
3	Emma Hong	Merivale HS	18.43	6
4	Alexis Morin	John McCrae	18.45	5
5	Kierra McGillivray	West Carleto	18.57	4
6	Taelyn Lecuyer	West Carleto	18.81	3
7	Catherine Peterson	Bell H.S - O	19.12	2
8	Grace Baker	John McCrae	19.18	1
9	Jedidah Oppong-Nketiah	Pierre-de-BI	19.26	-0.8
10	Payton Lapolice	Sacred Heart	19.50	-0.5
11	Skylar Bradley	Longfields D	19.83	-0.5
12	Fatena Aldaqqaq	Longfields D	19.93	-0.9

13	Mélany Hamilton	Maurice Lapo	20.02	-0.8
14	Carina Abirov	Earl of Marc	20.99	-0.5
15	Katherine Brian	Longfields D	21.66	-0.8
16	Shyla Harper	AY Jackson	21.82	-0.9
17	Emma Watson	Bell H.S - O	25.11	-0.9

Women 400 Meter Hurdles Senior

Name	School	Finals		
Finals				
1	Jacqueline Aubin	Mother Teres	1:16.02	10
2	Rosalie Boiselle	Merivale HS	1:18.23	8
3	Isabelle Martel	Nepean High	1:20.61	6
4	Payton Lapolice	Sacred Heart	1:22.63	5
5	Annika Dubeau	Bell H.S - O	1:22.95	4
6	Skylar Bradley	Longfields D	1:24.13	3
7	Mélany Hamilton	Maurice Lapo	1:24.27	2
8	Shyla Harper	AY Jackson	1:28.20	1
9	Carina Abirov	Earl of Marc	1:29.84	
10	Catherine Peterson	Bell H.S - O	1:32.28	

Women 4x100 Meter Relay Senior

Team	Relay	Finals		
Finals				
1	Merivale HS - Ottawa		51.16	10
2	West Carleto		53.35	8
3	John McCrae		53.52	6
4	Nepean High School		55.29	5
5	Pierre-de-Blois		55.99	4
6	Esc Paul-Des		56.10	3
7	St. Joseph C		56.66	2
8	Franco-Ouest		57.13	1
9	Longfields D		57.15	
10	Holy Trinity		57.86	
11	South Carlet		58.33	
12	Woodroffe H.		58.77	
13	Mother Teres		58.78	
14	Pierre Savard		59.25	
15	Sir Robert B		1:00.34	
16	Bell H.S - Ottawa		1:00.35	
17	Sacred Heart - Ottawa		1:01.27	
18	Earl of Marc		1:02.96	

Women High Jump Senior

Name	School	Finals		
Finals				
1	Katherine Brian	Longfields D	1.45m	10
2	Maya Bukovcan	All Saints -	1.40m	8
3	Chelsea Spence	Merivale HS	1.35m	6
4	Caroline Wang	Merivale HS	1.30m	4.5
4	Nedjee Julien	Mother Teres	1.30m	4.5
6	Emmy Taylor	AY Jackson	J1.30m	3
7	Payton Lapolice	Sacred Heart	1.25m	2
8	Lei-Lei Fan-Saschenbreck	Sacred Heart	1.20m	1

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Women Pole Vault Senior

Name	School	Finals
Finals		
1 Alexis Morin	John McCrae	1.50m 8
1 Caroline Wang	Merivale HS	1.50m 8
1 Jacqueline Aubin	Mother Teres	1.50m 8

Women Long Jump Senior

Name	School	Finals
Finals		
1 Kaiya Woodcock	Sacred Heart	5.35m 10
2 Paige Jennings	John McCrae	4.78m 8
3 Rachel Hertz	John McCrae	4.76m 6
4 Ella Carrera	All Saints -	4.59m 5
5 Angy Sidjeck	Esc Paul-Des	4.58m 4
6 Ingrid Moreau	Merivale HS	4.54m 3
7 Erin Ferry-Reid	St. Joseph C	4.50m 2
8 Jane Teffo	Esc Paul-Des	4.36m 1
9 Ambre Gateau	Pierre-de-Bl	4.24m NWI
10 Leonna Pierce	Woodroffe H.	4.15m NWI
11 Alexis Morin	John McCrae	4.14m NWI
12 Lauren Latulippe	St. Joseph C	4.13m NWI
13 Katherine Brian	Longfields D	4.03m NWI
14 Alyson Cheng	Holy Trinity	3.92m NWI
14 Olivia Banks	Bell H.S - O	3.92m NWI
16 Mathilde Gagnon	É.S.P.Omer-D	3.90m NWI
17 Melania Smiley	Sir Robert B	3.88m NWI
18 Laura Danes	Merivale HS	3.85m NWI
19 Mélany Hamilton	Maurice Lapo	3.83m NWI
20 Victoria Caminiti	Franco-Ouest	3.78m NWI
21 Isabelle Gonsalves	Holy Trinity	3.74m NWI
22 Jasmira Lall	Longfields D	3.70m NWI
23 Ainsley McDonell	St. Pius X C	3.63m NWI
24 Ruth-Lynne Civil	Woodroffe H.	3.61m NWI
25 Kaelyn Landry	Maurice Lapo	3.51m NWI
26 Aissata Maiga	Sir Robert B	3.44m NWI
27 Zawadi Kasemire	Woodroffe H.	3.39m NWI
28 Tiyana Lewis	Franco-Ouest	3.35m NWI
29 Radia Sohail	West Carleto	3.01m NWI
30 Evelyn Asselstine	Sir Robert B	2.63m NWI

Women Triple Jump Senior

Name	School	Finals
Finals		
1 Angy Sidjeck	Esc Paul-Des	9.64m 10
2 Jane Teffo	Esc Paul-Des	9.53m 8
3 Lei-Lei Fan-Saschenbreck	Sacred Heart	9.23m 6
4 Rachel Hertz	John McCrae	9.20m 5
5 Caroline Wang	Merivale HS	9.10m 4
6 Chelsea Spence	Merivale HS	8.92m 3
7 Olivia Banks	Bell H.S - O	8.35m 2
8 Laura Danes	Merivale HS	8.15m 1

Women Shot Put Senior

Name	School	Finals
Finals		
1 Sadie Gilbert	Esc Paul-Des	10.42m 10
2 Chloe Plante	Mother Teres	8.43m 8
3 Paige Willett	John McCrae	7.99m 6
4 Katie Johnson	South Carlet	7.69m 5
5 Nicole Topper	Sir Robert B	7.51m 4
6 Madelaine Selig	Esc Paul-Des	7.49m 3
7 Olivia Lloyd-Jones	John McCrae	7.46m 2
8 Maya Bukovcan	All Saints -	7.21m 1
9 Talia Black	Nepean High	7.15m
10 Mayanne Chiponski Keller	Kanata Monte	7.11m
11 Kaelyn Landry	Maurice Lapo	6.75m
12 Emmanuella Chukwu	Notre Dame H	6.20m
13 Ghalia Zaragoza Solis	Pierre-de-Bl	6.13m
14 Destiny Santoro	St. Joseph C	6.10m
15 Melania Smiley	Sir Robert B	6.09m
16 Samantha Laliberte	Bell H.S - O	5.76m
17 Kenya Logan	Mother Teres	5.45m
18 Mckenna Hill	John McCrae	5.02m
19 Sophia El-Khoury	All Saints -	4.99m
20 Cristina Possamai	St. Joseph C	4.12m
21 Elsie Hawkes	Nepean High	3.98m
22 Nola Stojdl	Nepean High	3.84m
23 Julia Al-Ajami	Pierre-de-Bl	3.78m

Women Discus Throw Senior

Name	School	Finals
Finals		
1 Gillian Keogh	Holy Trinity	26.85m 10
2 Maya Bukovcan	All Saints -	26.08m 8
3 Ghalia Zaragoza Solis	Pierre-de-Bl	24.86m 6
4 Chloe Plante	Mother Teres	23.09m 5
5 Katie Johnson	South Carlet	22.10m 4
6 Megan Davis	Earl of Marc	21.09m 3
7 Lauren Kuhn	All Saints -	20.16m 2
8 Vivian Davies	Bell H.S - O	18.44m 1
9 Isabelle Gonsalves	Holy Trinity	18.10m
10 Samantha Laliberte	Bell H.S - O	17.26m
11 Chelsea Spence	Merivale HS	16.25m
12 Nicole Topper	Sir Robert B	15.73m
13 Rahima Al-Yafie	Pierre-de-Bl	14.64m
14 Andrea Stacey	AY Jackson	14.54m
15 Olivia Lloyd-Jones	John McCrae	14.53m
16 Una Zoranovic	Earl of Marc	14.27m
17 Mackenzie Brown	Sir Robert B	14.13m
18 Emma Watson	Bell H.S - O	13.42m
19 Zahava Colman	Sir Robert B	13.01m
20 Rowan McKenna	John McCrae	12.39m
21 Julia Al-Ajami	Pierre-de-Bl	12.27m
22 Alyssa Brûlé	Esc Paul-Des	12.21m
23 Lamar Fathalla	Sacred Heart	10.92m
24 Carina Abirov	Earl of Marc	0.15m

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Women Javelin Throw Senior

Name	School	Finals
Finals		
1	Elise Katsube	Sir Robert B 34.88m 10
2	Megan Davis	Earl of Marc 28.90m 8
3	Gillian Keogh	Holy Trinity 26.92m 6
4	Grace Baker	John McCrae 25.10m 5
5	Olivia Banks	Bell H.S - O 23.37m 4
6	Isabelle Gonsalves	Holy Trinity 21.56m 3
7	Gabrielle Rusch	Sacred Heart 21.12m 2
8	Chloe Plante	Mother Teres 20.65m 1
9	Nicole Topper	Sir Robert B 18.75m
10	Olivia Lloyd-Jones	John McCrae 18.56m
11	Calla Bezaire	Longfields D 18.05m
12	Vivian Davies	Bell H.S - O 17.63m
13	Katie Johnson	South Carlet 17.53m
14	Deborah Akomolafe	Mother Teres 17.22m
15	Talia Black	Nepean High 16.77m
16	Peyton Smith	All Saints - 16.14m
17	Alyssa Brûlé	Esc Paul-Des 16.06m
18	Cristina Possamai	St. Joseph C 14.86m
19	Destiny Santoro	St. Joseph C 14.76m
20	Samantha Laliberte	Bell H.S - O 14.26m
21	Kenya Logan	Mother Teres 14.02m
22	Jessica Dhaliwal	St. Joseph C 13.36m
23	Kate Rusch	Sacred Heart 12.24m
24	Maya Tilton	AY Jackson 12.06m
25	Talise Blais	Pierre Savar 10.10m
26	Lamar Fathalla	Sacred Heart 9.18m
27	Rahima Al-Yafie	Pierre-de-Bl 8.40m
---	Aissata Maiga	Sir Robert B FOUL
---	Paige Willett	John McCrae FOUL
---	Una Zoranovic	Earl of Marc FOUL

Women 2000 Meter Steeplechase Open

Name	School	Finals
Finals		
1	Grace Streek	Peak Centre 7:20.25 10
2	Paige Jennings	John McCrae 8:06.91 8
3	Allison Soler	Longfields D 8:07.63 6
4	Tillie Pender	Nepean High 8:09.70 5
5	Edie Petrescu-Commene	Nepean High 8:19.61 4
6	Bronwyn O'Ray	Esc Paul-Des 8:24.27 3
7	Charlotte Brooks	John McCrae 8:47.30 2
8	Renee Hegan	Nepean High 8:49.52 1
9	Simran Sarai	West Carleto 8:58.04
10	Chloe Seibert	Earl of Marc 9:08.91
11	Nora Clarke	Sir Robert B 9:09.28
12	Ainsley McDonell	St. Pius X C 9:24.08
13	Sarah Rumscheidt	St. Pius X C 9:30.49
14	Jaiden Javaheri	South Carlet 9:49.46
15	Ella Semeniuk	St. Pius X C 9:57.29
16	Sarah Bowes	Earl of Marc 10:03.05
17	Gloria Chunga	Woodroffe H. 10:23.71
18	Brooke Chatterley	Earl of Marc 10:50.66

19	Molly Prevost	Woodroffe H.	11:03.25
20	Sarah Plourde	South Carlet	11:40.39

Women 4x400 Meter Relay Open

Team	Relay	Finals
Finals		
1	Holy Trinity	4:18.24 10
2	Merivale HS - Ottawa	4:27.32 8
3	John McCrae	4:32.49 6
4	Esc Paul-Des	4:36.69 5
5	Sir Robert B	4:42.46 4
6	West Carleto	4:48.31 3
7	AY Jackson	4:50.18 2
8	Pierre Savard	4:56.33 1
9	South Carlet	5:12.03
10	Earl of Marc	5:24.04

Women 100 Meter Dash Visually Imp.

Name	School	Finals
Finals		
1	Liên Nhân	Consortium C 15.93 10
2	Daniella Malemo	Consortium C 19.96 8

Men 100 Meter Dash Novice

Name	School	Prelims
Preliminaries		
1	Andrew Kohlert	John McCrae 12.23q -0.4
2	Daniel Wu	Merivale HS 12.27q -0.5
3	Matthew Durocher	Pierre Savar 12.28q +0.0
4	Vuk Bilcar	Pierre Savar 12.29q -0.5
5	Alex Forzley	Sir Robert B 12.30q +0.0
6	Payton Woodcock	South Carlet 12.37q +0.0
7	Zachary Benfaida	Merivale HS 12.49q -0.7
8	Goodluck Olaleye	All Saints - 12.50q -0.4
9	Nate Mossman	AY Jackson 12.70q -0.7
10	Jean-Christ Kabran	Mother Teres 12.75q -0.7
11	Aiden Pryor	Holy Trinity 12.76q +0.0
11	Evan Gregory	South Carlet 12.76q +0.0
13	Patrice Murat	Holy Trinity 12.77q -0.4
14	Iann Tanori	Esc Paul-Des 12.78q +0.0
15	Youssef Meliji	Longfields D 12.79q -0.8
16	Dixon Isaacs	John McCrae 12.86q +0.0
17	Stephen Mang-Benza	Esc Paul-Des 12.87 -0.8
18	Trent Ostapyk	St. Mark 12.95 -0.4
19	Adam Thach	AY Jackson 12.98 -0.5
20	Nolan Oraziatti	NC St. Paul 12.98 -0.7
21	Logan Madore	Sacred Heart 13.11 -0.8
22	Toan Tran	Earl of Marc 13.18 -0.4
23	Ossen El Ahmar	West Carleto 13.18 +0.0
24	Jaafar Al-Shaikhli	Bell H.S - O 13.23 +0.0
25	Sadra Hemmati	Earl of Marc 13.29 -0.7
26	Alex Michalski	Bell H.S - O 13.29 -0.7
27	Jake Omusi	John McCrae 13.35 -0.5
28	Elton Van	Longfields D 13.37 -0.7
29	George Jin	Kanata Monte 13.40 -0.8
30	Shilo Kimbekete	Pierre Savar 13.44 -0.5

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Preliminaries ... (Men 100 Meter Dash Novice)

Name	School	Prelims
31 Andrew Paul	Pierre-de-Bl	13.47 +0.0
32 Kingsley Obasuyi	St. Joseph C	13.56 -0.7
33 Luc Nama	Pierre-de-Bl	13.59 -0.4
34 Ireoluwa Oladele	NC St. Paul	13.77 +0.0
35 Maxwell Ehioba	St. Pius X C	13.79 -0.7
36 Victor Brinskelle	St. Pius X C	13.91 -0.7
37 Liam Ray	West Carleto	14.03 -0.7
38 Eyad Mattar	Earl of Marc	14.19 -0.4
39 Jacob Lebonte	Sacred Heart	14.24 -0.5
40 Malik Ibrahim	NC St. Paul	14.49 -0.5
41 Oliver Chatfield	Woodroffe H.	14.92 -0.8
42 Samuel Roy	Esc Paul-Des	15.22 +0.0
43 Husain Hasak	Ottawa-Carle	15.36 +0.0
44 Arjun Srinivasan	Kanata Monte	15.52 -0.8

Men 100 Meter Dash Novice

Name	School	Finals
Finals		
1 Alex Forzley	Sir Robert B	11.92 10
2 Daniel Wu	Merivale HS	12.11 8
3 Andrew Kohlert	John McCrae	12.17 6
4 Zachary Benfaida	Merivale HS	12.30 5
5 Matthew Durocher	Pierre Savar	12.30 4
6 Vuk Bilcar	Pierre Savar	12.35 3
7 Goodluck Olaleye	All Saints -	12.37 2
8 Payton Woodcock	South Carlet	12.47 1
9 Aiden Pryor	Holy Trinity	12.61 -1.1
10 Iann Tanori	Esc Paul-Des	12.65 -1.1
11 Youssef Meliji	Longfields D	12.65 -1.1
12 Jean-Christ Kabran	Mother Teres	12.65 -1.1
13 Patrice Murat	Holy Trinity	12.72 -1.1
14 Evan Gregory	South Carlet	12.76 -1.1
15 Nate Mossman	AY Jackson	12.77 -1.1
16 Dixon Isaacs	John McCrae	12.87 -1.1

Men 200 Meter Dash Novice

Name	School	Prelims
Preliminaries		
1 Andrew Kohlert	John McCrae	24.74q -1.4
2 Daniel Wu	Merivale HS	24.84q NWI
3 Alex Forzley	Sir Robert B	25.41q NWI
4 Youssef Meliji	Longfields D	25.41q -0.7
5 Aiden Pryor	Holy Trinity	25.52q -0.3
6 William House	Franco-Ouest	25.58q -0.3
7 Andrew Paul	Pierre-de-Bl	25.64q -0.3
8 Evan Gregory	South Carlet	25.74q -0.7
9 Goodluck Olaleye	All Saints -	25.87q NWI
10 Stephen Mang-Benza	Esc Paul-Des	26.15q -0.7
11 Logan Madore	Sacred Heart	26.16q NWI
12 Trent Ostapyk	St. Mark	26.35q -1.4
13 Sadra Hemmati	Earl of Marc	26.67q -1.4
14 Toan Tran	Earl of Marc	26.91q -0.7
15 Luc Nama	Pierre-de-Bl	27.07q -0.7
16 Shilo Kimbekete	Pierre Savar	27.12q -1.4

17 Maxwell Ehioba	St. Pius X C	27.60 -1.4
18 Yaqob Veldhuis	Earl of Marc	27.91 NWI
19 Walter Diduch	Nepean High	28.29 NWI
20 Samuel Roy	Esc Paul-Des	28.66 -1.4
21 Oliver Chatfield	Woodroffe H.	29.39 -0.3
22 Sadek Djamal Daher	Pierre-de-Bl	30.26 NWI
23 Jackson Telka	Nepean High	30.86 -0.3
24 Thomas Fenton	Merivale HS	31.41 -0.7
25 Arjun Srinivasan	Kanata Monte	31.63 -0.7
26 Adel Bakour	Pierre Savar	32.58 -1.4

Men 200 Meter Dash Novice

Name	School	Finals
Finals		
1 Daniel Wu	Merivale HS	24.76 10
2 Andrew Kohlert	John McCrae	24.79 8
3 Alex Forzley	Sir Robert B	24.82 6
4 Youssef Meliji	Longfields D	25.44 5
5 Andrew Paul	Pierre-de-Bl	25.53 4
6 William House	Franco-Ouest	25.53 3
7 Aiden Pryor	Holy Trinity	25.55 2
8 Goodluck Olaleye	All Saints -	25.95 1
9 Evan Gregory	South Carlet	26.01 -1.9
10 Stephen Mang-Benza	Esc Paul-Des	26.09 -2.1
11 Trent Ostapyk	St. Mark	26.09 -2.1
12 Sadra Hemmati	Earl of Marc	26.46 -2.1
13 Toan Tran	Earl of Marc	26.55 -2.1
14 Logan Madore	Sacred Heart	26.89 -2.1
15 Shilo Kimbekete	Pierre Savar	28.25 -2.1

Men 400 Meter Dash Novice

Name	School	Finals
Finals		
1 Eric Badour	Bell H.S - O	57.26 10
2 Michael Gilmour	West Carleto	57.53 8
3 Ethan Faller	West Carleto	58.61 6
4 Dalton Hoang	Esc Paul-Des	1:00.04 5
5 William House	Franco-Ouest	1:00.08 4
6 Samuel Roy	Esc Paul-Des	1:01.61 3
7 Amitoj Attal	Holy Trinity	1:01.76 2
8 Fredrick Martel	Merivale HS	1:02.84 1
9 Hawksley Byrne	St. Joseph C	1:04.58
10 Evan Nichols	Kanata Monte	1:05.36
11 James Trimble	Bell H.S - O	1:06.39
12 Ronald Short	Earl of Marc	1:06.99
13 Thomas McLean	Maurice Lapo	1:07.04
14 Shubhan Rampur	Earl of Marc	1:07.25
15 Domenico Zagaria	St. Mark	1:07.71
16 Michael Shi	Merivale HS	1:09.19
17 James Jarabek	Bell H.S - O	1:09.25
18 Eyad Mattar	Earl of Marc	1:09.55
19 Thomas Fenton	Merivale HS	1:12.29
20 Adel Bakour	Pierre Savar	1:15.48
21 Gavin Westbury	AY Jackson	1:15.67

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Men 800 Meter Run Novice

Name	School	Finals		
Finals				
1	Luke Van Brabant	Earl of Marc	2:12.88	10
2	Yusuf Elmasry	John McCrae	2:13.78	8
3	Arik Bonilla	Holy Trinity	2:13.99	6
4	Ossen El Ahmar	West Carleto	2:24.00	5
5	Sinan Rahman	Holy Trinity	2:24.17	4
6	Ethan Faller	West Carleto	2:24.58	3
7	Adam Ginn	Merivale HS	2:25.07	2
8	Dalton Hoang	Esc Paul-Des	2:25.23	1
9	Eddie Wang	Merivale HS	2:29.16	
10	Franciszek Golebiewski	Longfields D	2:33.18	
11	Jack Smaglinski	Sir Robert B	2:35.52	
12	Domenico Zagaria	St. Mark	2:37.18	
13	Yahya Ben Tahar	Pierre-de-Bl	2:38.35	
14	Jackson Telka	Nepean High	2:42.37	
15	Rayan Maskaoui	Pierre-de-Bl	2:44.04	
16	Grey Nunas	Bell H.S - O	2:45.99	
17	James Jarabek	Bell H.S - O	2:47.44	
18	Ronald Short	Earl of Marc	2:48.41	
19	Sadek Djamel Daher	Pierre-de-Bl	2:49.37	
20	Evan Newport	É.S.P.Omer-D	2:51.18	
21	Michael Shi	Merivale HS	2:51.30	
22	Shubhan Rampur	Earl of Marc	2:51.37	
23	Thomas McLean	Maurice Lapo	3:00.57	
24	Gavin Westbury	AY Jackson	3:10.33	

Men 1500 Meter Run Novice

Name	School	Finals		
Finals				
1	Luke Van Brabant	Earl of Marc	4:40.13	10
2	Carter Deveer	Merivale HS	4:45.82	8
3	Toby Bettez	Pierre Savar	4:48.25	6
4	Algasesm Zabarah	Earl of Marc	4:51.41	5
5	Arik Bonilla	Holy Trinity	4:52.48	4
6	Adam Ginn	Merivale HS	4:53.79	3
7	Sinan Rahman	Holy Trinity	5:00.34	2
8	Domenico Zagaria	St. Mark	5:07.59	1
9	Yahya Ben Tahar	Pierre-de-Bl	5:07.62	
10	Everette Kurlikie	Sacred Heart	5:12.58	
11	Nahar Trehan	Earl of Marc	5:15.10	
12	Rayan Maskaoui	Pierre-de-Bl	5:17.94	
13	Benyang Fu	Merivale HS	5:19.61	
14	Jack Smaglinski	Sir Robert B	5:20.41	
15	Owen Kotowski	Sir Robert B	5:21.03	
16	Isaac M Pellerin	Pierre Savar	5:23.96	
17	Jaden Dhami	West Carleto	5:26.47	
18	Adel Bakour	Pierre Savar	5:41.36	

Men 3000 Meter Run Novice

Name	School	Finals		
Finals				
1	Carter Deveer	Merivale HS	10:23.42	10
2	Algasesm Zabarah	Earl of Marc	10:57.13	8

3	Michael Gilmour	West Carleto	11:13.88	6
4	Hawksley Byrne	St. Joseph C	11:15.87	5
5	Everette Kurlikie	Sacred Heart	11:18.79	4
6	Yahya Ben Tahar	Pierre-de-Bl	11:20.49	3
7	Rayan Maskaoui	Pierre-de-Bl	11:26.53	2
8	Adam Wagner	Earl of Marc	11:28.66	1
9	Linden Russell	Merivale HS	11:31.13	
10	Isaac M Pellerin	Pierre Savar	11:31.60	
11	Eddie Wang	Merivale HS	12:14.24	

Men 100 Meter Hurdles Novice

Name	School	Finals		
Finals				
1	Iann Tanori	Esc Paul-Des	17.05	10
2	Eric Badour	Bell H.S - O	17.06	8
3	Jean-Christ Kabran	Mother Teres	17.54	6
4	Zachary Benfaida	Merivale HS	17.95	5
5	Sunny Chen	Earl of Marc	20.37	4
6	Liam Carusi	AY Jackson	20.64	3
7	Brody Hughes	Earl of Marc	21.03	2
8	James Jarabek	Bell H.S - O	21.63	1
9	Kian Wirtanen	Earl of Marc	22.29	-0.6
10	Eric Huertas-Yepez	Esc Paul-Des	22.99	-0.6
11	Killian Doran	AY Jackson	24.97	-0.6
12	Nicholas Villeneuve	NC St. Paul	26.69	-0.3

Men 300 Meter Hurdles Novice

Name	School	Finals		
Finals				
1	Eric Badour	Bell H.S - O	47.28	10
2	Ethan Faller	West Carleto	47.33	8
3	Zachary Benfaida	Merivale HS	47.76	6
4	Adam Ginn	Merivale HS	49.11	5
5	Ronald Short	Earl of Marc	55.31	4
6	Thomas Fenton	Merivale HS	56.27	3
7	Kian Wirtanen	Earl of Marc	56.91	2
8	Nahar Trehan	Earl of Marc	57.41	1
9	James Trimble	Bell H.S - O	57.81	
10	Eric Huertas-Yepez	Esc Paul-Des	1:01.54	

Men 4x100 Meter Relay Novice

Team	Relay	Finals		
Finals				
1	Pierre Savard		48.11	10
2	John McCrae		48.58	8
3	Holy Trinity		49.62	6
4	Esc Paul-Des		49.98	5
5	West Carleto		50.68	4
6	Longfields D		52.43	3
7	Earl of Marc		53.35	2
8	Bell H.S - Ottawa		53.57	1
---	Pierre-de-Blois		SCR	
---	Merivale HS - Ottawa		SCR	
---	NC St. Paul		SCR	

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Men High Jump Novice

Name	School	Finals
Finals		
1 Nicolas Cuillierier	Maurice Lapo	1.62m 10
2 Yusuf Elmasry	John McCrae	1.55m 7
2 Ronald Madogo	Franco-Ouest	1.55m 7
4 Nolan Oraziatti	NC St. Paul	J1.55m 5
5 Jean-Christ Kabran	Mother Teres	1.50m 4
6 Ireoluwa Oladele	NC St. Paul	1.45m 2
6 Grey Nunas	Bell H.S - O	1.45m 2
6 Bo Elliott	St. Mark	1.45m 2
9 Jaafar Al-Shaikhli	Bell H.S - O	J1.45m
10 André Tymowski	Franco-Ouest	J1.45m
--- Luc Nama	Pierre-de-BI	NH

Men Long Jump Novice

Name	School	Finals
Finals		
1 Patrice Murat	Holy Trinity	5.56m 10
2 Vuk Bilcar	Pierre Savar	5.42m 8
3 Jake Omusi	John McCrae	5.33m 6
4 Payton Woodcock	South Carlet	5.31m 5
5 George Jin	Kanata Monte	5.25m 4
6 Yaqob Veldhuis	Earl of Marc	5.13m 3
7 Adam Thach	AY Jackson	5.07m 2
8 Ireoluwa Oladele	NC St. Paul	5.06m 1
9 Michael Shi	Merivale HS	4.98m NWI
10 Fredrick Martel	Merivale HS	4.80m NWI
11 Bo Elliott	St. Mark	4.76m NWI
12 Adam Wagner	Earl of Marc	4.68m NWI
13 Nicolas Cuillierier	Maurice Lapo	4.67m NWI
14 Ethan Plager	West Carleto	4.64m NWI
15 Walter Diduch	Nepean High	4.58m NWI
16 Grey Nunas	Bell H.S - O	4.48m NWI
17 Joey Brown	Sir Robert B	4.28m NWI
18 Rhett Rajotte	West Carleto	4.02m NWI
19 Liam Carusi	AY Jackson	3.94m NWI
20 Eyad Mattar	Earl of Marc	3.75m NWI

Men Triple Jump Novice

Name	School	Finals
Finals		
1 Jake Omusi	John McCrae	11.39m 10
2 Adam Thach	AY Jackson	10.94m 8
3 Sunny Chen	Earl of Marc	10.28m 6
4 Ronald Madogo	Franco-Ouest	10.11m 5
5 Ethan Plager	West Carleto	9.49m 4
6 Bo Elliott	St. Mark	9.11m 3
7 Rhett Rajotte	West Carleto	7.97m 2
8 Brody Hughes	Earl of Marc	7.59m 1

Men Shot Put Novice

Name	School	Finals
Finals		
1 Shaheer Jamshidi	Woodroffe H.	11.00m 10

2 Caleb Oehlke	Holy Trinity	10.91m 8
3 Ben Gribanov	AY Jackson	10.89m 6
4 Trent Ostapyk	St. Mark	10.79m 5
5 Tate Nicholson	West Carleto	10.39m 4
6 Loic Njeuga	Pierre Savar	9.96m 3
7 Zeyad Hossameldien	Earl of Marc	9.53m 2
8 Shize Zhang	Earl of Marc	9.29m 1
9 Nicolas Cuillierier	Maurice Lapo	9.08m
10 André Tymowski	Franco-Ouest	8.93m
11 George Jin	Kanata Monte	8.73m
12 Fox Gunderson-Lord	Woodroffe H.	8.70m
13 Evan Nichols	Kanata Monte	8.49m
13 Arjun Srinivasan	Kanata Monte	8.49m
15 Husain Hasak	Ottawa-Carle	8.17m
16 Jack Keddy	Woodroffe H.	6.85m

Men Discus Throw Novice

Name	School	Finals
Finals		
1 Parker Baetz	Holy Trinity	34.91m 10
2 Jaafar Al-Shaikhli	Bell H.S - O	30.09m 8
3 Caleb Oehlke	Holy Trinity	29.55m 6
4 Shize Zhang	Earl of Marc	27.28m 5
5 Mason Good	John McCrae	25.09m 4
6 Zeyad Hossameldien	Earl of Marc	23.48m 3
7 Evan Newport	É.S.P.Omer-D	21.88m 2
8 James Trimble	Bell H.S - O	18.95m 1
9 Ben Gribanov	AY Jackson	18.19m
10 Loic Njeuga	Pierre Savar	18.12m
--- Alex Michalski	Bell H.S - O	FOUL

Men Javelin Throw Novice

Name	School	Finals
Finals		
1 Parker Baetz	Holy Trinity	41.44m 10
2 Evan Gregory	South Carlet	36.12m 8
3 Mason Good	John McCrae	35.02m 6
4 Aaron Davidson	Woodroffe H.	31.42m 5
5 Ben Gribanov	AY Jackson	29.90m 4
6 Michael Gilmour	West Carleto	27.18m 3
7 Tate Nicholson	West Carleto	26.19m 2
8 Loic Njeuga	Pierre Savar	25.41m 1
9 Aran Jeevagan	Longfields D	24.71m
10 Kian Wirtanen	Earl of Marc	19.02m
11 Fox Gunderson-Lord	Woodroffe H.	17.14m
12 Sunny Chen	Earl of Marc	14.64m
13 Evan Nichols	Kanata Monte	14.15m
--- Malik Ibrahim	NC St. Paul	FOUL

Men 100 Meter Dash Junior

Name	School	Prelims
Preliminaries		
1 Ange-Mathis Kramo	Esc Paul-Des	11.55q-1.0
2 Quinn Vanneste	All Saints -	11.71q-1.0
3 Anderson Alexandre	Franco-Ouest	11.77q-1.2
4 Vincent Onana	Franco-Ouest	11.89q-1.2

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Preliminaries ... (Men 100 Meter Dash Junior)

Name	School	Prelims
5 Xavier Placid	John McCrae	11.92q -1.0
6 Dexter Dunlop	All Saints -	12.05q -0.4
7 Xavier Jeglic	St. Pius X C	12.17q -0.8
8 Nicholas Rabbets	Esc Paul-Des	12.18q -1.0
9 Mandela Logan	Mother Teres	12.34q 0.6
10 William Peterson	Bell H.S - O	12.41q -1.0
11 Nathaniel Alagakone	All Saints -	12.53q -1.0
12 Sébastien Frigon	Esc Paul-Des	12.61q -0.5
13 Carnegie Cineas	Pierre Savar	12.63q -0.5
14 Ray Xu	Merivale HS	12.63q 0.6
15 Isaac McMillan	Merivale HS	12.65q -0.4
16 Braden Sherman	Nepean High	12.66q -0.5
17 Favour Obazee	Notre Dame H	12.68 -1.0
18 Aarav Athreya	West Carleto	12.71 -0.5
19 Thomas Filus	Longfields D	12.75 -1.2
20 Emmanuel DescLOUDS	St. Joseph C	12.80 -1.0
21 Daniel Madge	West Carleto	12.84 -0.4
22 Matthew Mines	Sacred Heart	12.85 -1.0
23 Logesh Mahendran	West Carleto	12.87 0.6
24 Jaafar Jaber	St. Joseph C	12.91 -1.2
25 Edward Toothill	Earl of Marc	13.01 -0.5
26 Benigne Masaku	Bell H.S - O	13.14 -0.4
27 Ben Marshall	Earl of Marc	13.19 -0.4
28 Aidan Farquhar	AY Jackson	13.20 -0.8
29 Anshpreet Pelia	Holy Trinity	13.21 -0.4
30 Rafael Menyah	St. Joseph C	13.33 -1.0
31 Neil Macdonald	Woodroffe H.	13.35 0.6
32 Rylan Shonsky	Maurice Lapo	13.46 -0.5
33 Adam Calvert	AY Jackson	13.50 -1.0
34 Alhassan Souit	Holy Trinity	13.51 -1.0
35 Saksham Sharma	Earl of Marc	13.52 -1.0
36 Massimo Digaetano	St. Mark	13.72 -0.8
37 Luka Olson	Longfields D	13.84 -1.2
38 Brendan Farhat	Pierre Savar	13.87 -1.2
39 Samuel Bonin	Holy Trinity	13.95 -0.8
40 Jaxon Sabourin	AY Jackson	14.09 -1.2
41 Snyder Demostherne	Notre Dame H	14.30 -1.2
42 Milan Vansh	Kanata Monte	14.39 -0.5
43 Gabriel Saenz	Kanata Monte	14.74 -0.4
44 Terry Kosma	Pierre-de-Bl	15.54 -1.0
45 Daniel Power	Kanata Monte	15.63 -1.0

Men 100 Meter Dash Junior

Name	School	Finals
Finals		
1 Ange-Mathis Kramo	Esc Paul-Des	11.25 10
2 Quinn Vanneste	All Saints -	11.64 8
3 Xavier Placid	John McCrae	11.66 6
4 Vincent Onana	Franco-Ouest	11.72 5
5 Anderson Alexandre	Franco-Ouest	11.80 4
6 Nicholas Rabbets	Esc Paul-Des	11.92 3
7 Xavier Jeglic	St. Pius X C	11.93 2
8 Dexter Dunlop	All Saints -	11.96 1
9 Nathaniel Alagakone	All Saints -	12.20 -0.4

10 Mandela Logan	Mother Teres	12.29 -0.4
11 William Peterson	Bell H.S - O	12.30 -0.4
12 Carnegie Cineas	Pierre Savar	12.38 -0.4
13 Sébastien Frigon	Esc Paul-Des	12.42 -0.4
14 Ray Xu	Merivale HS	12.51 -0.4
15 Isaac McMillan	Merivale HS	12.52 -0.4
16 Braden Sherman	Nepean High	12.59 -0.4

Men 200 Meter Dash Junior

Name	School	Prelims
Preliminaries		
1 Ange-Mathis Kramo	Esc Paul-Des	22.40q NWI
2 Quinn Vanneste	All Saints -	23.18q NWI
3 Xavier Placid	John McCrae	23.43q -1.0
4 Anderson Alexandre	Franco-Ouest	23.56q -0.8
5 Vincent Onana	Franco-Ouest	23.73q -1.0
6 Xavier Jeglic	St. Pius X C	23.86q -1.0
7 Nicholas Rabbets	Esc Paul-Des	24.55q -1.0
8 Kaleb Pugi	Nepean High	24.86q NWI
9 William Peterson	Bell H.S - O	24.89q -0.8
10 Tafadzwa Manyeza	All Saints -	25.03q NWI
11 Ray Xu	Merivale HS	25.15q NWI
12 Edward Toothill	Earl of Marc	25.20q NWI
13 Luc Forget	Earl of Marc	25.22q -0.8
14 Nathaniel Alagakone	All Saints -	25.41q NWI
15 Sébastien Frigon	Esc Paul-Des	25.56q -0.8
16 Bedouin Bullock	Pierre Savar	25.60q NWI
17 Isaac McMillan	Merivale HS	25.66 -0.8
18 Aarav Athreya	West Carleto	25.67 NWI
19 Logesh Mahendran	West Carleto	25.74 -1.0
20 Ethan Archer	Earl of Marc	26.23 -0.8
21 Noah Casseus	Holy Trinity	26.42 -0.8
22 Bradly Jeune	Maurice Lapo	26.46 NWI
23 Anshpreet Pelia	Holy Trinity	26.75 -0.8
24 Jacob Lwow-Phillips	Longfields D	27.07 -1.0
25 Michael Onuoha	St. Joseph C	27.09 NWI
26 Adam Calvert	AY Jackson	27.38 -1.0
27 Ethan Welner	AY Jackson	27.46 -0.8
28 Dylan Doherty	St. Joseph C	27.91 -0.8
29 Luke Shea	St. Joseph C	28.87 -0.8
30 Yannick Dunn	Maurice Lapo	29.36 NWI

Men 200 Meter Dash Junior

Name	School	Finals
Finals		
1 Ange-Mathis Kramo	Esc Paul-Des	22.98 10
2 Quinn Vanneste	All Saints -	23.26 8
3 Xavier Placid	John McCrae	23.43 6
4 Anderson Alexandre	Franco-Ouest	23.46 5
5 Xavier Jeglic	St. Pius X C	24.19 4
6 Vincent Onana	Franco-Ouest	24.36 3
7 Nicholas Rabbets	Esc Paul-Des	24.74 2
8 Kaleb Pugi	Nepean High	24.87 1
9 William Peterson	Bell H.S - O	25.03 -1.2
10 Edward Toothill	Earl of Marc	25.33 -1.2
11 Luc Forget	Earl of Marc	25.46 -1.2

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Finals ... (Men 200 Meter Dash Junior)

Name	School	Finals
12 Tafadzwa Manyeza	All Saints -	25.61 -1.2
13 Nathaniel Alagakone	All Saints -	25.69 -1.2
14 Sébastien Frigon	Esc Paul-Des	25.95 -1.2
15 Bedouin Bullock	Pierre Savar	26.07 -1.2

Men 400 Meter Dash Junior

Name	School	Finals
Finals		
1 Ange-Mathis Kramo	Esc Paul-Des	52.13 10
2 Kaleb Pugi	Nepean High	55.28 8
3 Dexter Dunlop	All Saints -	55.47 6
4 Ray Xu	Merivale HS	55.49 5
5 Connor McIntyre	West Carleto	55.78 4
6 Jonah Warner	Kanata Monte	55.85 3
7 Cohen Pinto	John McCrae	57.57 2
8 Bedouin Bullock	Pierre Savar	57.69 1
9 David Kelly	St. Mark	57.76
10 Luc Forget	Earl of Marc	58.10
11 Xavier Maragh	Franco-Ouest	59.22
12 Isaac McMillan	Merivale HS	59.26
13 Nolan Burchett	Pierre Savar	59.39
14 Adam Saari	Merivale HS	59.58
15 Owen Bicereza	Esc Paul-Des	59.73
16 Adam Yakimchuk	John McCrae	59.88
17 Sebastien Janish	Esc Paul-Des	59.95
18 Ethan Welner	AY Jackson	1:03.00
19 Aydin Ibrahim-Qayyum	Earl of Marc	1:04.56
20 Luke Shea	St. Joseph C	1:05.19
21 Michael Peres	Holy Trinity	1:07.30
22 Ian Lenci	South Carlet	1:09.58

Men 800 Meter Run Junior

Name	School	Finals
Finals		
1 Brennan Lee	Mother Teres	2:07.75 10
2 Brandon Mizuno	All Saints -	2:15.76 8
3 Wesley Bartlett	John McCrae	2:15.88 6
4 Sean Dunn	South Carlet	2:17.25 5
5 Junior Bayekula	Notre Dame H	2:19.17 4
6 Owen Bicereza	Esc Paul-Des	2:19.25 3
7 Adam Saari	Merivale HS	2:21.39 2
8 Elliot Contant	South Carlet	2:23.24 1
9 Cole Mullins	South Carlet	2:23.76
10 Jacob Lwow-Phillips	Longfields D	2:23.80
11 Adam Lin	John McCrae	2:25.04
12 Bradly Jeune	Maurice Lapo	2:27.62
13 Aydin Ibrahim-Qayyum	Earl of Marc	2:28.07
14 Xavier Maragh	Franco-Ouest	2:28.99
15 Louis Kearley	Esc Paul-Des	2:35.16
16 Sebastien Janish	Esc Paul-Des	2:39.33
17 Stanley Liu	Holy Trinity	2:43.07
18 Jaxon Sabourin	AY Jackson	2:56.67

Men 1500 Meter Run Junior

Name	School	Finals
Finals		
1 Brennan Lee	Mother Teres	4:30.98 10
2 James Fee	Nepean High	4:34.56 8
3 Jamie Charlebois	Sacred Heart	4:36.65 6
4 Brandon Mizuno	All Saints -	4:39.08 5
5 Owen Recoskie	St. Joseph C	4:42.82 4
6 Aidan Snow	Esc Paul-Des	4:44.93 3
7 Mateo Harris	John McCrae	4:46.88 2
8 Cole Mullins	South Carlet	4:48.23 1
9 Matteo Sarazin	Esc Paul-Des	4:49.72
10 Elliot Contant	South Carlet	4:53.72
11 Adam Lin	John McCrae	4:58.75
12 Adam Vanderzon	West Carleto	5:05.61
13 Aydin Ibrahim-Qayyum	Earl of Marc	5:10.03
14 Timothy Riddolls	Merivale HS	5:10.95
15 Viggo Eberhard	South Carlet	5:31.62
16 Adam El-Bast	St. Mark	5:34.15
17 Winston Derby	West Carleto	5:34.53
18 Yannick Dunn	Maurice Lapo	5:34.73
19 Andrei Hovorka	Nepean High	5:37.26
20 Stanley Liu	Holy Trinity	5:39.16
21 Luke Darras	Maurice Lapo	5:40.97
22 Samuel Ola	St. Mark	5:50.11
23 Kaiden Bowen	AY Jackson	6:07.92

Men 3000 Meter Run Junior

Name	School	Finals
Finals		
1 Jackson McKercher	John McCrae	9:55.73 10
2 Jamie Charlebois	Sacred Heart	10:00.22 8
3 Owen Recoskie	St. Joseph C	10:05.08 6
4 Cole Gimby	South Carlet	10:19.78 5
5 Aidan Snow	Esc Paul-Des	10:22.33 4
6 Matteo Sarazin	Esc Paul-Des	10:39.39 3
7 Adam Lin	John McCrae	10:41.81 2
8 Gavin Turner	John McCrae	10:45.61 1
9 Adam Vanderzon	West Carleto	10:50.83
10 Lucas Canas	St. Joseph C	11:56.15
11 Adam Schlosser	St. Pius X C	11:59.08
12 Winston Derby	West Carleto	12:03.76

Men 100 Meter Hurdles Junior

Name	School	Finals
Finals		
1 Eli Mordel	Sir Robert B	14.66 10
2 Xavier Placid	John McCrae	15.14 8
3 Cohen Pinto	John McCrae	16.31 6
4 Tafadzwa Manyeza	All Saints -	16.75 5
5 Aidan Farquhar	AY Jackson	18.52 4
6 Luc Forget	Earl of Marc	19.20 3
7 Ethan Brown	Earl of Marc	19.42 2
8 Zachary Tory	Holy Trinity	20.47 1
9 Christian Ticlea	AY Jackson	20.61 -0.3

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Finals ... (Men 100 Meter Hurdles Junior)

Name	School	Finals
10 Ben Marshall	Earl of Marc	26.56 0.4

Men 300 Meter Hurdles Junior

Name	School	Finals
Finals		
1 Eli Mordel	Sir Robert B	43.18 10
2 James Fee	Nepean High	47.29 8
3 David Kelly	St. Mark	47.91 6
4 Sean Dunn	South Carlet	48.81 5
5 Benigne Masaku	Bell H.S - O	49.63 4
6 Zachary Tory	Holy Trinity	51.14 3
7 James Palmer	Bell H.S - O	51.47 2
8 Yusuf Ahmed	Ottawa-Carle	51.69 1
9 Michael Zhang	Earl of Marc	51.73

Men 4x100 Meter Relay Junior

Team	Relay	Finals
Finals		
1 All Saints - Ottawa		45.83 10
2 Franco-Ouest		46.83 8
3 Merivale HS - Ottawa		47.46 6
4 West Carleto		48.07 5
5 John McCrae		48.22 4
6 Earl of Marc		49.04 3
7 St. Joseph C		49.27 2
8 Holy Trinity		51.22 1
9 Esc Paul-Des		51.40
10 Longfields D		51.42

Men High Jump Junior

Name	School	Finals
Finals		
1 Jayden Foote	Mother Teres	1.70m 10
2 Sean Dunn	South Carlet	1.55m 8
3 Stephan Gaillard	Maurice Lapo	J1.55m 6
4 Michael Akinwumi	NC St. Paul	J1.55m 5
5 Samuel Ola	St. Mark	1.50m 4
6 David Kelly	St. Mark	1.45m 3
7 Ethan Welner	AY Jackson	J1.45m 2
8 Christian Ticlea	AY Jackson	J1.45m 1

Men Pole Vault Junior

Name	School	Finals
Finals		
1 Eli Mordel	Sir Robert B	2.00m 10

Men Long Jump Junior

Name	School	Finals
Finals		
1 Matthew Mines	Sacred Heart	5.61m 10
2 Cohen Pinto	John McCrae	5.48m 8
3 Favour Obazee	Notre Dame H	5.32m 6
4 Colton Froome	AY Jackson	5.30m 5
5 Thomas Filus	Longfields D	J5.30m 4
6 Edward Toothill	Earl of Marc	5.20m 3

7 Dexter Dunlop	All Saints -	J5.20m 2
8 Aidan Farquhar	AY Jackson	5.18m 1
9 Rylan Shonsky	Maurice Lapo	J5.18m NWI
10 Junior Bayekula	Notre Dame H	5.13m NWI
11 Andrii Volyk	John McCrae	5.12m NWI
12 Michael Akinwumi	NC St. Paul	5.03m NWI
13 Christian Ticlea	AY Jackson	4.97m NWI
14 Ethan Brownlee	West Carleto	4.89m NWI
14 Ethan Brown	Earl of Marc	4.89m NWI
16 Austin Gowan	West Carleto	4.88m NWI
17 Dylan Doherty	St. Joseph C	4.84m NWI
18 Neil Macdonald	Woodroffe H.	4.83m NWI
19 Adam Saari	Merivale HS	4.82m NWI
20 Seth Willet	John McCrae	4.80m NWI
21 Massimo Digaetano	St. Mark	4.65m NWI
22 Bradly Jeune	Maurice Lapo	4.62m NWI
23 Luka Olson	Longfields D	4.48m NWI
23 Samuel Ola	St. Mark	4.48m NWI
25 Snyder Demostherne	Notre Dame H	4.44m NWI
26 Milan Vansh	Kanata Monte	4.39m NWI
27 Collin Quach	Holy Trinity	4.38m NWI
28 Hugo Duchesne	West Carleto	4.29m NWI
29 Oliver Mansell	All Saints -	4.14m NWI
30 Anderson Alexandre	Franco-Ouest	4.07m NWI
31 Yannick Dunn	Maurice Lapo	3.95m NWI
32 Xavier Gareau	Sacred Heart	3.92m NWI
--- Daniel Power	Kanata Monte	FOUL

Men Triple Jump Junior

Name	School	Finals
Finals		
1 Junior Bayekula	Notre Dame H	11.48m 10
2 Ethan Brownlee	West Carleto	10.75m 8
3 Ethan Brown	Earl of Marc	10.51m 6
4 Colton Froome	AY Jackson	10.03m 5
5 Ethan Archer	Earl of Marc	9.86m 4
6 Saksham Sharma	Earl of Marc	9.78m 3
7 Oliver Mansell	All Saints -	9.35m 2
8 Brady Pascal	Nepean High	9.32m 1

Men Shot Put Junior

Name	School	Finals
Finals		
1 Brendan Farhat	Pierre Savar	13.44m 10
2 Adam Calvert	AY Jackson	12.55m 8
3 Daniel Madge	West Carleto	11.51m 6
4 Gradeane Ndimbani	St. Joseph C	10.98m 5
5 Jonah Warner	Kanata Monte	10.59m 4
6 Bryson Menard	Maurice Lapo	10.51m 3
7 Xavier St-Pierre	Esc Paul-Des	9.98m 2
8 James Palmer	Bell H.S - O	9.95m 1
9 Brodie Sorensen	Longfields D	9.58m
10 Nanakjeet Auluck	AY Jackson	9.40m
11 Alick Gallinger	AY Jackson	9.10m
12 Yusuf Ahmed	Ottawa-Carle	8.53m
13 Kian Campbell	Longfields D	7.97m

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Results

Finals ... (Men Shot Put Junior)

Name	School	Finals
14 Joshua Friesen	Longfields D	7.64m
15 Daniel Power	Kanata Monte	6.66m
--- Stephan Gaillard	Maurice Lapo	FOUL

Men Discus Throw Junior

Name	School	Finals
Finals		
1 Benigne Masaku	Bell H.S - O	38.07m 10
2 Gradeane Ndimbani	St. Joseph C	33.06m 8
3 Antoine Ziade	Pierre Savar	28.78m 6
4 Xavier Gareau	Sacred Heart	28.43m 5
5 Nanakjeet Auluck	AY Jackson	26.67m 4
6 Xavier St-Pierre	Esc Paul-Des	24.94m 3
7 Kian Campbell	Longfields D	24.50m 2
8 Brodie Sorensen	Longfields D	23.19m 1
9 Noah Bertrand	Longfields D	20.80m
10 Owen Turner	West Carleto	20.77m
11 Gabriel Saenz	Kanata Monte	20.34m
12 Milan Vansh	Kanata Monte	19.42m

Men Javelin Throw Junior

Name	School	Finals
Finals		
1 Brodie Sorensen	Longfields D	35.54m 10
2 Louis Kearley	Esc Paul-Des	34.62m 8
3 Xavier St-Pierre	Esc Paul-Des	32.34m 6
4 Xavier Gareau	Sacred Heart	31.10m 4.5
4 Jonah Warner	Kanata Monte	31.10m 4.5
6 Omar Mohamed	Longfields D	30.22m 3
7 Neil Macdonald	Woodroffe H.	28.10m 2
8 James Palmer	Bell H.S - O	27.86m 1
9 Andrii Volyk	John McCrae	26.21m
10 Zakaria Kenzi	Pierre-de-Bl	24.87m
11 Kyle Matheson	West Carleto	24.09m
12 Christian Wells	West Carleto	22.94m
13 Collin Quach	Holy Trinity	21.64m
14 Gabriel Saenz	Kanata Monte	20.03m
15 Alick Gallinger	AY Jackson	19.53m
16 Hugo Duchesne	West Carleto	19.38m
17 Joshua Friesen	Longfields D	18.38m
18 Wesley Bartlett	John McCrae	16.47m
--- Nanakjeet Auluck	AY Jackson	FOUL

Men 100 Meter Dash Senior

Name	School	Prelims
Preliminaries		
1 Will Batley	West Carleto	10.92q -1.0
2 Michael Roman	Longfields D	11.57q -1.0
3 Matteo Kozik	Mother Teres	11.78q -0.5
4 William Sanders	Mother Teres	11.81q -1.0
5 Miko Dimitrov	Merivale HS	11.85q -0.4
6 William Nagle	Esc Paul-Des	11.92q -0.5
7 Gabriel Zammar	Longfields D	11.99q -0.4
8 Beckham Tapp	West Carleto	12.02q -0.4

9 Yoel Niangoran	Esc Paul-Des	12.04q -0.7
10 Jordan Sprague	Holy Trinity	12.07q -0.7
11 Sean Joncas	South Carlet	12.15q -0.4
12 Jordan Magembe	All Saints -	12.17q -0.4
13 Daniel O'Ray	Esc Paul-Des	12.20q -1.0
14 Altan Erman	West Carleto	12.27q -1.5
15 Parker Westbury	AY Jackson	12.32q -0.5
16 Justin Lee	Sir Robert B	12.37q -0.4
17 Mateo Malheiro	Pierre Savar	12.41 -1.5
18 Matthew Hicks	AY Jackson	12.41 -1.5
19 Lucas Irvine	South Carlet	12.44 -0.4
20 Liam Calvert	AY Jackson	12.52 -1.0
21 Samuel Lucky	Longfields D	12.54 -1.0
22 Massimo Dinardo	Mother Teres	12.57 -0.5
23 Roman Melo	St. Mark	12.57 -0.4
24 Moses Mansaray	NC St. Paul	12.61 -0.4
25 Michael Lamensa	John McCrae	12.62 -1.5
26 Giovanni Tanga	St. Joseph C	12.63 -1.5
27 Tyler Hall	Sacred Heart	12.69 -0.5
28 Hakim Douale	Bell H.S - O	12.80 -0.4
29 Ivan Giwa-Amu	St. Joseph C	12.84 -1.5
30 Davis Bureau	Earl of Marc	12.94 -0.5
31 Daniel Adeniyi	NC St. Paul	12.96 -0.7
32 Tyson Zic-Bernard	St. Pius X C	12.97 -0.5
33 Declan Lawless	John McCrae	13.03 -0.5
34 Josh Courville	NC St. Paul	13.11 -0.5
35 Evan Sander	Kanata Monte	13.11 -1.0
36 Sam Kemp	Woodroffe H.	13.14 -1.0
37 Janis Arnold	John McCrae	13.15 -0.4
38 Vlad Pirusca	Notre Dame H	13.16 -0.5
39 Jeki Betote Akwa	Pierre Savar	13.19 -1.0
40 Dylan Parent	É.S.P.Omer-D	13.20 -0.4
41 Dexter Great	St. Joseph C	13.23 -1.5
42 Todd Rowley	Earl of Marc	13.26 -1.0
43 Jediah Frank-Okparume	NC St. Paul	13.34 -0.4
44 Ramiro Lucerno Lopez	Bell H.S - O	13.47 -1.0
45 Ahian Afraaz	Merivale HS	13.49 -0.4
46 Elvis Ramde	Holy Trinity	13.58 -0.5
47 Vincent Saikali	Earl of Marc	13.76 -0.4
48 Yash Arya	Kanata Monte	14.07 -0.7
49 Godwin Kimbekete	Pierre Savar	14.07 -1.0
50 Holden Mirsky	Kanata Monte	14.31 -0.5
50 Bert Kisnerman	Sacred Heart	14.31 -0.7
52 Sebastian Soare	St. Mark	14.40 -0.5
53 Gabriel Cotado	Bell H.S - O	14.60 -0.7

Men 100 Meter Dash Senior

Name	School	Finals
Finals		
1 Will Batley	West Carleto	10.97 10
2 Michael Roman	Longfields D	11.33 8
3 William Sanders	Mother Teres	11.39 6
4 Matteo Kozik	Mother Teres	11.56 5
5 William Nagle	Esc Paul-Des	11.64 4
6 Miko Dimitrov	Merivale HS	11.86 3
7 Sean Joncas	South Carlet	11.91 2

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Finals ... (Men 100 Meter Dash Senior)

	Name	School	Finals
8	Yoel Niangoran	Esc Paul-Des	11.99 1
9	Gabriel Zammar	Longfields D	12.02 -1.2
10	Daniel O'Ray	Esc Paul-Des	12.06 -1.2
11	Jordan Sprague	Holy Trinity	12.12 -1.2
12	Beckham Tapp	West Carleto	12.19 -1.2
13	Parker Westbury	AY Jackson	12.31 -1.2
14	Jordan Magembe	All Saints -	12.34 -1.2
15	Altan Erman	West Carleto	12.36 -1.2
16	Justin Lee	Sir Robert B	12.39 -1.2

Men 200 Meter Dash Senior

	Name	School	Prelims
Preliminaries			
1	Will Batley	West Carleto	22.11q -1.6
2	William Sanders	Mother Teres	22.91q -0.3
3	Matteo Kozik	Mother Teres	23.25q -0.2
4	Michael Roman	Longfields D	23.50q -0.3
5	William Nagle	Esc Paul-Des	23.79q -0.1
6	Simon Richardson	West Carleto	23.93q -0.3
7	William Cunningham	All Saints -	24.07q -0.2
8	Finn Barton	West Carleto	24.27q -1.6
9	Jordan Sprague	Holy Trinity	24.28q 0.1
10	Matthew Rennalls	Holy Trinity	24.30q -0.3
11	Daniel O'Ray	Esc Paul-Des	24.34q -0.3
12	Israel Obukonise	Longfields D	24.42q -0.1
13	Mateo Malheiro	Pierre Savar	24.44q 0.1
14	David Okafor	Nepean High	24.61q -0.2
15	Parker Westbury	AY Jackson	24.68q 0.1
16	Tyson Sweet	NC St. Paul	24.70q -0.2
17	Matthew Hicks	AY Jackson	24.96 -1.6
18	Hakim Douale	Bell H.S - O	25.09 -0.1
19	Hassan Abanur	Merivale HS	25.17 -1.6
20	Lawrence Dieudonné-Ples:	Pierre-de-BI	25.21 -0.3
21	Roman Melo	St. Mark	25.37 -0.3
22	Dexter Great	St. Joseph C	25.42 -0.2
23	Davis Bureau	Earl of Marc	25.49 -0.3
24	Frank Kalala	St. Joseph C	25.49 -0.3
25	Eze Nwaknma	St. Joseph C	25.68 0.1
26	Massimo Dinardo	Mother Teres	25.73 0.1
27	Jonas Mendeloff	Merivale HS	25.73 -0.3
28	Bernard Cameron	Sacred Heart	25.86 -0.1
29	Hamza Tokalett	É.S.P.Omer-D	25.98 0.1
30	Todd Rowley	Earl of Marc	26.06 0.1
31	Evan Brown	Holy Trinity	26.09 -1.6
32	Daniel Adeniyi	NC St. Paul	26.58 -0.1
33	Matthew Barber	St. Pius X C	26.74 -0.3
34	Ameer Al-Jebur	Longfields D	27.00 -0.3
35	Josh Courville	NC St. Paul	27.07 -0.3
36	Jeremy Bijoux	Franco-Ouest	27.16 -0.3
37	Tanner Shaw-Swettenham	St. Pius X C	27.19 -0.3
38	Jean-Marc Thompson-Des	NC St. Paul	27.37 -0.2
39	Dylan Power	AY Jackson	27.45 -0.3
40	Adam El-Bast	St. Mark	27.94 -1.6
41	Bert Kisnerman	Sacred Heart	28.12 -0.2

42	Alexander Sheppard	Kanata Monte	28.19 -0.3
43	Kousha Garjani	Kanata Monte	28.44 0.1
44	Holden Mirsky	Kanata Monte	29.16 -0.1

Men 200 Meter Dash Senior

	Name	School	Finals
Finals			
1	Will Batley	West Carleto	21.99 10
2	William Sanders	Mother Teres	22.77 8
3	Michael Roman	Longfields D	23.40 6
4	Matteo Kozik	Mother Teres	23.47 5
5	Simon Richardson	West Carleto	23.97 4
6	Matthew Rennalls	Holy Trinity	23.97 3
7	William Cunningham	All Saints -	23.98 2
8	William Nagle	Esc Paul-Des	23.98 1
9	Jordan Sprague	Holy Trinity	24.06 -0.2
10	Mateo Malheiro	Pierre Savar	24.38 -0.2
11	Finn Barton	West Carleto	24.38 -1.5
12	Israel Obukonise	Longfields D	24.41 -0.2
13	Daniel O'Ray	Esc Paul-Des	24.43 -0.2
14	David Okafor	Nepean High	24.58 -0.2
15	Tyson Sweet	NC St. Paul	24.95 -0.2
16	Parker Westbury	AY Jackson	25.11 -0.2

Men 400 Meter Dash Senior

	Name	School	Finals
Finals			
1	William Sanders	Mother Teres	50.45 10
2	William Cunningham	All Saints -	52.64 8
3	Matthew Rennalls	Holy Trinity	53.52 6
4	Simon Richardson	West Carleto	53.67 5
5	David Okafor	Nepean High	53.97 4
6	Garry Zaugg	Earl of Marc	54.02 3
7	Israel Obukonise	Longfields D	55.06 2
8	Tyson Sweet	NC St. Paul	55.84 1
9	Finn Barton	West Carleto	56.06
10	Devyn Flanders	South Carlet	56.53
11	Jacob Fraser	Esc Paul-Des	56.64
12	Roman Melo	St. Mark	57.60
13	William Wright	Woodroffe H.	57.66
14	Hassan Abanur	Merivale HS	57.67
15	Cameron Bellefeuille	All Saints -	57.78
16	Jett Tomlin	All Saints -	57.90
17	Oliver Owen	St. Joseph C	58.31
18	Frank Kalala	St. Joseph C	58.48
19	William Adamson	Earl of Marc	59.17
20	Noah Vanderzon	West Carleto	59.81
21	Sidarth Sajan	Longfields D	1:00.71
22	Patrice Tanga	St. Joseph C	1:01.07
23	Quinn Wetmore	John McCrae	1:03.42
24	Noha Ayele	Notre Dame H	1:04.47
25	Sohan Das	John McCrae	1:05.06
26	Adam El-Bast	St. Mark	1:05.36
27	William Duong	Longfields D	1:06.34
28	Jeremy Bijoux	Franco-Ouest	1:06.82
29	Henry Shi	Bell H.S - O	1:07.31

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Men 800 Meter Run Senior

Name	School	Finals
Finals		
1 Max Wilson	Woodroffe H.	1:57.44 10
2 Theo Dai	John McCrae	2:07.61 8
3 Shougan Gu	Merivale HS	2:10.54 6
4 Darcy Snyder	Sir Robert B	2:14.43 5
5 Nigel Free	Sir Robert B	2:14.44 4
6 Duncan Tong	Merivale HS	2:15.47 3
7 Cameron Bellefeuille	All Saints -	2:18.68 2
8 Mike Fan	Sir Robert B	2:19.75 1
9 Jacob Fraser	Esc Paul-Des	2:19.87
10 Owen McGinnity	All Saints -	2:20.56
11 Harrison Tesselaar	John McCrae	2:20.88
12 Altan Erman	West Carleto	2:20.98
13 Gavin Karow	Esc Paul-Des	2:21.05
14 Batu Aksu	Earl of Marc	2:21.64
15 Tyson Sweet	NC St. Paul	2:26.04
16 Samuel Lucky	Longfields D	2:26.36
17 Joshua Guttormson	Earl of Marc	2:26.86
18 Hamza Tokalett	É.S.P.Omer-D	2:27.76
19 Seth Kovacs	All Saints -	2:30.84
20 Igor Melnikov	AY Jackson	2:33.23
21 Adam Wilson	St. Joseph C	2:35.38
22 Shea Brownrigg	NC St. Paul	2:35.97
23 Sean Campbell	Longfields D	2:36.30
24 Magnus Abdelnour	Merivale HS	2:36.90
25 Henry Denis	Esc Paul-Des	2:37.99
26 Adam Turaj	St. Joseph C	2:40.69
27 Sohan Das	John McCrae	2:43.59
28 Adam Potera	NC St. Paul	2:48.05
29 Giuliano Ricciuti	St. Pius X C	2:49.57
30 Terrence Oyakhiromen	St. Joseph C	2:50.50
31 William Duong	Longfields D	2:50.78
32 Henry Shi	Bell H.S - O	2:59.14

Men 1500 Meter Run Senior

Name	School	Finals
Finals		
1 Max Wilson	Woodroffe H.	4:06.65 10
2 Liam Downes	Nepean High	4:28.18 8
3 Dean Kontogiannis	Earl of Marc	4:39.23 6
4 Theo Dai	John McCrae	4:40.95 5
5 Gavin Karow	Esc Paul-Des	4:41.72 4
6 David Okafor	Nepean High	4:43.03 3
7 Liam Calvert	AY Jackson	4:45.33 2
8 Harrison Tesselaar	John McCrae	4:46.36 1
9 Barrett Goold	Sir Robert B	4:46.63
10 Duncan Tong	Merivale HS	4:54.80
11 Jonathan Kao	Mother Teres	4:56.55
12 Robin Daniels	Nepean High	4:57.04
13 Ehsan Saad	NC St. Paul	4:59.83
14 Nathan Griezic	É.S.P.Omer-D	5:09.33
15 Percival Miller	South Carlet	5:13.80
16 Logan French	Sir Robert B	5:15.98

17 Shea Brownrigg	NC St. Paul	5:16.15
18 Shougan Gu	Merivale HS	5:17.57
19 Hector Kirsch	Esc Paul-Des	5:25.02
20 Nico Molina	St. Joseph C	5:25.26
21 Samuel Drake	Pierre Savar	5:37.79
22 Robert Vigneron	Bell H.S - O	5:40.14
23 Giuliano Ricciuti	St. Pius X C	5:42.26
24 William Newport	É.S.P.Omer-D	5:42.53
25 Giulian Loreti	Pierre Savar	5:43.04
26 Paul Neumann	John McCrae	5:45.28

Men 3000 Meter Run Senior

Name	School	Finals
Finals		
1 Liam Downes	Nepean High	9:57.35 10
2 Barrett Goold	Sir Robert B	10:02.48 8
3 Dean Kontogiannis	Earl of Marc	10:12.63 6
4 Noah Vanderzon	West Carleto	10:14.77 5
5 Graeme Abbott	AY Jackson	10:15.77 4
6 Robin Daniels	Nepean High	10:21.70 3
7 Ben Schwarz	Woodroffe H.	10:22.44 2
8 Nigel Free	Sir Robert B	10:25.96 1
9 Leo Langois	Woodroffe H.	10:36.32
10 Josh Haire	NC St. Paul	10:40.79
11 Sam Palmer	Bell H.S - O	10:57.44
12 Jonathan Kao	Mother Teres	11:03.08
13 Percival Miller	South Carlet	11:33.45
14 Neil Duncan	Sacred Heart	11:47.03
15 Giulian Loreti	Pierre Savar	11:55.95
16 Hector Kirsch	Esc Paul-Des	11:57.02
17 Samuel Drake	Pierre Savar	12:22.94
18 Andrew Holloway	Earl of Marc	12:38.72
19 Patrick Davidson	Nepean High	12:43.38
20 Robert Vigneron	Bell H.S - O	12:47.72
21 Igor Melnikov	AY Jackson	13:42.63

Men 110 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Brendan Jantzi	Merivale HS	17.39 10
2 Cole Larue	West Carleto	17.68 8
3 Yerlan Gagné	Esc Paul-Des	18.41 6
4 Jack Kubacki-Calendar	Mother Teres	18.51 5
5 Nathan Pratt	Esc Paul-Des	18.67 4
6 Dominick Roy	Esc Paul-Des	19.90 3
7 Evan Brown	Holy Trinity	20.32 2
8 Ian Anantram	Merivale HS	20.76 1
9 Magnus Abdelnour	Merivale HS	21.59 -0.7
10 Jediah Frank-Okparume	NC St. Paul	22.40 -0.4
11 Adam Potera	NC St. Paul	22.93 -0.4

Men 400 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Yerlan Gagné	Esc Paul-Des	1:04.05 10
2 Archer Malloch	John McCrae	1:04.22 8

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Finals ... (Men 400 Meter Hurdles Senior)				
	Name	School	Finals	
3	Nathan Pratt	Esc Paul-Des	1:04.53	6
4	Jett Tomlin	All Saints -	1:04.77	5
5	Kevin Joseph	Merivale HS	1:05.73	4
6	Jamie Koch	South Carlet	1:06.36	3
7	Finn Graham	Nepean High	1:07.23	2
8	William Adamson	Earl of Marc	1:07.88	1
9	Ian Anantram	Merivale HS	1:10.92	
10	Jonas Mendeloff	Merivale HS	1:12.20	
11	Dominick Roy	Esc Paul-Des	1:12.43	
12	Odilon Gwiza Nshuti	Esc Paul-Des	1:12.93	
13	Colin Scott	NC St. Paul	1:16.92	
14	Adam Potera	NC St. Paul	1:22.29	
15	Michael Paoletti	NC St. Paul	1:25.75	

Men 4x100 Meter Relay Senior

	Team	Relay	Finals	
Finals				
1	West Carleto		44.42	10
2	Esc Paul-Des		44.76	8
3	Notre Dame H		46.32	6
4	Holy Trinity		46.77	5
5	St. Joseph C		46.83	4
6	John McCrae		47.16	3
7	Merivale HS - Ottawa		47.45	2
8	Mother Teres		47.70	1
9	NC St. Paul		48.26	
10	Bell H.S - Ottawa		48.97	
11	AY Jackson		49.16	
12	South Carlet		49.28	
13	Earl of Marc		49.59	
14	Pierre Savard		49.86	
15	Sacred Heart - Ottawa		51.00	
---	Longfields D		DQ	
---	Sir Robert B		SCR	

Men High Jump Senior

	Name	School	Finals	
Finals				
1	Akot Akot	Notre Dame H	1.95m	10
2	Isaiah Nangoma	Mother Teres	1.90m	8
3	Kai Guevara-Gibson	Longfields D	1.85m	6
4	Kuanin Yak Dok	NC St. Paul	1.80m	5
5	Shadvantay Watt	Notre Dame H	1.75m	4
6	Brett Whiting	AY Jackson	1.70m	2.5
6	Wyatt Sammon	South Carlet	1.70m	2.5
8	Franklyn Frimpong	Mother Teres	1.65m	1
9	Jordan Magembe	All Saints -	J1.65m	
10	Jean-Marc Thompson-Des	NC St. Paul	1.55m	
11	Daniel Finnie	Sacred Heart	1.50m	
11	Mason Kemp	South Carlet	1.50m	
13	Brandon Wong	AY Jackson	J1.50m	
---	Sean Joncas	South Carlet	NH	
---	Hakim Douale	Bell H.S - O	NH	
---	Emmadson Jean-Baptiste	Notre Dame H	NH	

--- Ramiro Lucerno Lopez					Bell H.S - O	NH
Men Long Jump Senior						
	Name	School	Finals			
Finals						
1	Kai Guevara-Gibson	Longfields D	6.20m	10		
2	Wyatt Sammon	South Carlet	6.10m	8		
3	Shadontay Watt-Lewis	Notre Dame H	5.98m	6		
4	Yoel Niangoran	Esc Paul-Des	5.83m	5		
5	Archer Malloch	John McCrae	5.77m	4		
6	William Cunningham	All Saints -	5.73m	3		
7	Khan Shimizu	Woodroffe H.	5.72m	2		
8	Miko Dimitrov	Merivale HS	5.71m	1		
9	Kenley Demostherne	Notre Dame H	5.67m	NWI		
10	Finn Graham	Nepean High	5.63m	NWI		
11	David Foster	John McCrae	5.62m	NWI		
12	Grayson Rebiniczak	All Saints -	5.60m	NWI		
13	Jordan Magembe	All Saints -	5.57m	NWI		
14	Justin Lee	Sir Robert B	5.56m	NWI		
15	Dylan Wyllie	Holy Trinity	5.46m	NWI		
16	Lucas Irvine	South Carlet	5.44m	NWI		
17	Liam Calvert	AY Jackson	5.36m	NWI		
18	Davis Bureau	Earl of Marc	5.31m	NWI		
19	Dylan Parent	É.S.P.Omer-D	5.24m	NWI		
20	Cole Larue	West Carleto	5.23m	NWI		
21	Oliver Owen	St. Joseph C	5.22m	NWI		
22	Sebastian Soare	St. Mark	5.20m	NWI		
23	Elvis Tendo	Notre Dame H	5.16m	NWI		
23	Josh Courville	NC St. Paul	5.16m	NWI		
25	James Hughson	Merivale HS	5.13m	NWI		
26	Glody Kandu	Mother Teres	5.12m	NWI		
27	Odilon Gwiza Nshuti	Esc Paul-Des	5.11m	NWI		
28	Sean Joncas	South Carlet	5.10m	NWI		
29	Patrice Tanga	St. Joseph C	4.99m	NWI		
30	Bernard Cameron	Sacred Heart	4.92m	NWI		
31	Jeremy Bijoux	Franco-Ouest	4.91m	NWI		
32	Samuel Lucky	Longfields D	4.90m	NWI		
32	Evan Sander	Kanata Monte	4.90m	NWI		
34	Umar Tauhid	Bell H.S - O	4.80m	NWI		
34	Lawrence Dieudonné-Ples	Pierre-de-Bl	4.80m	NWI		
34	Darcy Snyder	Sir Robert B	4.80m	NWI		
37	Tyler Lee	Maurice Lapo	4.74m	NWI		
38	Ahian Afraaz	Merivale HS	4.69m	NWI		
39	Brandon Wong	AY Jackson	4.64m	NWI		
40	Paul Neumann	John McCrae	4.49m	NWI		
41	Ayden Beauregard	Holy Trinity	4.46m	NWI		
41	Yash Arya	Kanata Monte	4.46m	NWI		
43	Logan French	Sir Robert B	4.43m	NWI		
44	Sako El-Ahmar	West Carleto	4.39m	NWI		
45	Yaseen Mohamed	Earl of Marc	4.35m	NWI		
46	Daniel Cheah	West Carleto	4.19m	NWI		
47	Alexander Sheppard	Kanata Monte	4.14m	NWI		
48	Harrison Roach	Mother Teres	4.12m	NWI		
49	Stefano Cesario	St. Pius X C	3.80m	NWI		
50	Gavin MacIntyre	Bell H.S - O	3.78m	NWI		
---	Jedidiah Frank-Okparume	NC St. Paul	FOUL			

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Finals ... (Men Long Jump Senior)

Name	School	Finals
--- Ivan Giwa-Amu	St. Joseph C	FOUL
--- Tyler Hall	Sacred Heart	FOUL
--- Dylan Power	AY Jackson	FOUL
--- Moses Mansaray	NC St. Paul	FOUL
--- Vincent Saikali	Earl of Marc	FOUL

Men Triple Jump Senior

Name	School	Finals
Finals		
1 Wyatt Sammon	South Carlet	12.66m 10
2 David Foster	John McCrae	12.40m 8
3 Akol Tilt	Notre Dame H	11.84m 6
4 Dylan Wyllie	Holy Trinity	11.71m 5
5 James Hughson	Merivale HS	11.26m 4
6 Shadontay Watt-Lewis	Notre Dame H	11.14m 3
7 Jean-Marc Thompson-Des	NC St. Paul	10.08m 2
8 Emmadson Jean-Baptiste	Notre Dame H	10.04m 1
9 Krishna Jawale	AY Jackson	9.67m NWI
10 Odilon Gwiza Nshuti	Esc Paul-Des	9.58m NWI
11 Todd Rowley	Earl of Marc	9.29m NWI
12 Michael Paoletti	NC St. Paul	8.93m NWI
--- Sohan Das	John McCrae	FOUL

Men Shot Put Senior

Name	School	Finals
Finals		
1 Thomas Griffiths	South Carlet	11.58m 10
2 Arthur Lyu	All Saints -	11.28m 8
3 Nathan Oraziatti	NC St. Paul	10.84m 6
4 Kelechi Onuoha	St. Joseph C	10.42m 5
5 Evan Custic	Merivale HS	10.32m 4
6 Tristan Lacourcière	Esc Paul-Des	10.23m 3
7 Matthew Popa	St. Pius X C	10.15m 2
8 David François	É.S.P.Omer-D	9.87m 1
9 Jonny Guercio	St. Pius X C	9.77m
10 Titus Diceman	Mother Teres	9.69m
11 Jack Burnie	All Saints -	9.20m
12 Jason Goodger	Earl of Marc	9.17m
13 Gavin MacIntyre	Bell H.S - O	9.10m
14 Ayden Beauregard	Holy Trinity	8.80m
15 Oliver Simser	Earl of Marc	8.67m
16 William Vandeneysel	Esc Paul-Des	8.63m
17 Edres Babakarkhel	John McCrae	8.59m
18 Damien Demers	Maurice Lapo	8.52m
19 Alexander Sheppard	Kanata Monte	8.12m
19 Michael Mogilnicki	All Saints -	8.12m
21 Alec Boudreau	Esc Paul-Des	7.97m
22 Sako El-Ahmar	West Carleto	7.77m
23 Kousha Garjani	Kanata Monte	7.53m
24 Aaron Neuman	South Carlet	7.49m
25 Darius Isaacs	John McCrae	6.94m
--- Omoregbomwan Eke	St. Joseph C	FOUL

Men Discus Throw Senior

Name	School	Finals
Finals		
1 Matthew Popa	St. Pius X C	32.63m 10
2 Omoregbomwan Eke	St. Joseph C	31.31m 8
3 Arthur Lyu	All Saints -	30.96m 6
4 Nicholas Bertrand	Longfields D	29.72m 5
5 Javaii Gallimore	St. Joseph C	29.08m 4
6 Brendan Jantzi	Merivale HS	27.73m 3
7 Mason Kemp	South Carlet	26.78m 2
8 Titus Diceman	Mother Teres	26.54m 1
9 Yaseen Mohamed	Earl of Marc	25.59m
10 Jason Goodger	Earl of Marc	25.00m
11 Evan Custic	Merivale HS	24.56m
12 Daniel Finnie	Sacred Heart	24.07m
13 Ayden Beauregard	Holy Trinity	23.80m
14 Ben Zeitz	South Carlet	23.37m
15 Oliver Simser	Earl of Marc	23.24m
16 Gavin MacIntyre	Bell H.S - O	23.23m
17 Nathan Oraziatti	NC St. Paul	23.16m
18 Aaron Neuman	South Carlet	22.99m
19 Finley O'Neill	All Saints -	22.59m
20 Josh Brownlee	West Carleto	21.94m
21 Benjamin Cameron	Longfields D	20.98m
22 Jack Burnie	All Saints -	19.85m
23 David Roberts	John McCrae	19.80m
24 Michael Unorji	St. Joseph C	19.58m
25 Noah Johnson	Longfields D	17.93m
26 Tristan Lacourcière	Esc Paul-Des	17.82m
27 Sam Sharifi	Nepean High	17.25m
28 Nathan Griezic	É.S.P.Omer-D	17.21m
29 Darius Isaacs	John McCrae	13.75m
--- Holden Mirsky	Kanata Monte	FOUL

Men Javelin Throw Senior

Name	School	Finals
Finals		
1 Nicholas Bertrand	Longfields D	45.09m 10
2 Sean Campbell	Longfields D	43.09m 8
3 Matthew Popa	St. Pius X C	41.71m 6
4 Mike Fan	Sir Robert B	41.10m 5
5 Brendan Jantzi	Merivale HS	40.13m 4
6 Andrew Penner	St. Joseph C	37.59m 3
7 Vlad Pirusca	Notre Dame H	36.54m 2
8 Thomas Griffiths	South Carlet	36.05m 1
9 Grayson Rebiniczak	All Saints -	35.10m
10 Josh Brownlee	West Carleto	34.52m
11 Maxim Willemen	Pierre-de-BI	34.47m
12 Ebuka Manubata	Mother Teres	33.01m
13 Emmadson Jean-Baptiste	Notre Dame H	32.01m
14 Arthur Lyu	All Saints -	31.25m
15 Darcy Snyder	Sir Robert B	30.73m
16 Cole Larue	West Carleto	30.33m
17 Mason Kemp	South Carlet	30.20m
18 Ethan Minocha	Bell H.S - O	28.65m

West Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Men Javelin Throw Senior)			
	Name	School	Finals
19	Yerlan Gagné	Esc Paul-Des	28.53m
20	Timothy Manwell	Mother Teres	28.10m
21	Aaron Neuman	South Carlet	27.65m
22	Michael Mogilnicki	All Saints -	26.94m
23	Jayden Nguyen	Earl of Marc	26.62m
24	Titus Diceman	Mother Teres	25.58m
25	Daniel Cheah	West Carleto	24.59m
26	Elvis Tendo	Notre Dame H	24.45m
27	Kyle Milinazzo	Esc Paul-Des	24.15m
28	Colin Scott	NC St. Paul	22.90m
29	David Roberts	John McCrae	22.50m
30	Benjamin Cameron	Longfields D	20.97m
31	Ramiro Lucerno Lopez	Bell H.S - O	17.32m
32	Gabriel Cotado	Bell H.S - O	16.95m
33	Kousha Garjani	Kanata Monte	9.90m
---	Murilo Libonati	Sacred Heart	FOUL
---	Michael Paoletti	NC St. Paul	FOUL
---	Daniel Finnie	Sacred Heart	FOUL
---	Evan Sander	Kanata Monte	FOUL
---	James Hughson	Merivale HS	FOUL

Men 2000 Meter Steeplechase Open			
	Name	School	Finals
Finals			
1	James Fee	Nepean High	6:52.09 10
2	Jackson McKercher	John McCrae	6:54.90 8
3	Jamie Koch	South Carlet	6:56.33 6
4	Vlad Pirusca	Notre Dame H	7:01.32 5
5	Hayden Smith	Sir Robert B	7:05.28 4
6	Harrison Tesselaar	John McCrae	7:11.52 3
7	Mateo Harris	John McCrae	7:12.12 2
8	Barrett Goold	Sir Robert B	7:20.73 1
9	Cole Gimby	South Carlet	7:27.74
10	Nigel Free	Sir Robert B	7:35.92
11	Andrew Penner	St. Joseph C	7:49.28
12	Josh Haire	NC St. Paul	7:49.62
13	Graeme Abbott	AY Jackson	8:09.36
14	Hamza Tokalett	É.S.P.Omer-D	8:13.93
15	Toby Bettez	Pierre Savar	8:20.48
16	Benyang Fu	Merivale HS	8:22.45
17	Percival Miller	South Carlet	8:23.25
18	Linden Russell	Merivale HS	8:25.10
19	Nahar Trehan	Earl of Marc	8:27.62
20	Ethan Hopkins	St. Joseph C	8:34.26
21	Adam Schlosser	St. Pius X C	8:45.02
22	Giulian Loreti	Pierre Savar	8:50.16
23	Samuel Drake	Pierre Savar	9:05.25
24	Elvis Tendo	Notre Dame H	9:20.50
25	Colin Scott	NC St. Paul	9:21.59
26	Andrei Hovorka	Nepean High	9:23.03
27	Kaiden Bowen	AY Jackson	9:23.30
28	Josh Brownlee	West Carleto	9:31.77
29	Noha Ayele	Notre Dame H	9:53.80
30	Andrew Holloway	Earl of Marc	9:59.40

31	Killian Doran	AY Jackson	10:57.06
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Men 4x400 Meter Relay Open			
	Team	Relay	Finals
Finals			
1	West Carleto		3:40.50 10
2	Esc Paul-Des		3:46.40 8
3	Merivale HS - Ottawa		3:48.21 6
4	Holy Trinity		3:49.31 5
5	John McCrae		3:49.39 4
6	Woodroffe H.		3:50.61 3
7	All Saints - Ottawa		3:50.94 2
8	Notre Dame H		3:53.30 1
9	AY Jackson		3:53.89
10	Earl of Marc		3:54.49

Men 100 Meter Dash Visually Imp.			
	Name	School	Finals
Finals			
1	Jacob Gauthier	Consortium C	17.16 10
2	Alexandre Gaida	Consortium C	19.45 8

Men 100 Meter Dash Ambulatory			
	Name	School	Finals
Finals			
1	Kevin Yuan	West Carleto	18.07 10

Men Shot Put Ambulatory			
	Name	School	Finals
Finals			
1	Kevin Yuan	West Carleto	5.81m 10