

East Conference 2024
Terry Fox Athletic Facility
Results

Women 100 Meter Dash Novice

Name	School	Prelims
Preliminaries		
1	Tahlia Aird-Greaves	Gisèle-Lalon 12.88q -1.2
2	Livia Buffone	Glebe Colleg 13.21q -0.6
3	Carmen Hill	St. Francis 13.53q -1.3
4	Kira Charipova	Ashbury Coll 13.66q -1.4
5	Khalidah Akintoye	Immaculata - 13.75q -0.6
6	Vivian Messam	St. Matthew 13.84q -1.8
7	Esther-Matsi Longang Fot	Franco-Cite 13.85q -1.4
8	Atiya Mutombo	Louis-Riel - 13.86q -1.3
9	Lauryn Sabbagh	St-Laurent A 13.91q -1.3
10	Chloe Zogo	St. Peter H. 13.95q -0.6
11	Quinn Brydges	De La Salle 14.02q -1.8
12	Mackenzie Rennie	Sir Wilfrid 14.15q -1.2
13	Ryerson Beatty	Immaculata - 14.17q -0.6
14	Amida Nsengiyumva	Louis-Riel - 14.20q -1.4
15	Tenin Konate	Louis-Riel - 14.23q -1.2
16	Marilyse Koffi	St. Peter H. 14.37q -1.2
17	Ketsia Bompongo	Franco-Cite 14.38 -1.4
18	Rebecca Wragg	Béatrice-Des 14.47 -0.6
19	Marlene Petros-Oommen	Colonel By S 14.49 -1.4
20	Fenna Irish	Glebe Colleg 14.64 -1.3
21	Olivia Szuto	Sir Wilfrid 14.66 -0.6
22	Naomi Kavanagh	Colonel By S 14.67 -1.3
23	Olivia Greatex	St. Francis 14.73 -0.6
24	Audrey Smallman	Glebe Colleg 14.75 -1.2
25	Rosie Lee	Colonel By S 14.78 -1.3
26	Celeste Girard	Gisèle-Lalon 14.89 -0.6
27	Brooklyn Siba-Maheu	St. Matthew 14.92 -1.4
28	Lily Lima	St. Francis 15.02 -1.4
29	Brilliant Lema	St. Peter H. 15.09 -0.6
30	Kiza Mbendera	Ridgemont HS 15.12 -0.6
31	Noelle Levy	Sir Wilfrid 15.20 -1.8
32	Sophie MacInnis	Béatrice-Des 15.21 -0.6
33	Mealena Elkhairy	Canterbury H 15.46 -0.6
34	Evelyn Gendron	St. Matthew 15.51 -1.4
35	Roya Ayafor	Ridgemont HS 15.62 -1.8
36	Kaitlyn Lambert	Collège Cath 15.72 -1.2
37	Charlotte Hogan	Ridgemont HS 15.89 -0.6
38	Maggie Kluge	Osgoode 16.37 -0.6
39	Kaleigh Allen	Osgoode 16.91 -1.2
40	Noli Gideon	Osgoode 17.39 -1.8

Women 100 Meter Dash Novice

Name	School	Finals
Finals		
1	Tahlia Aird-Greaves	Gisèle-Lalon 12.81 10
2	Livia Buffone	Glebe Colleg 13.29 8
3	Carmen Hill	St. Francis 13.62 6
4	Esther-Matsi Longang Fot	Franco-Cite 13.86 5
5	Vivian Messam	St. Matthew 13.88 4
6	Kira Charipova	Ashbury Coll 13.91 3
7	Khalidah Akintoye	Immaculata - 13.93 2
8	Chloe Zogo	St. Peter H. 13.95 1

9	Lauryn Sabbagh	St-Laurent A 13.98 -2.7
10	Quinn Brydges	De La Salle 14.24 -2.7
11	Atiya Mutombo	Louis-Riel - 14.26 -2.9
12	Ryerson Beatty	Immaculata - 14.27 -2.7
13	Mackenzie Rennie	Sir Wilfrid 14.27 -2.7
14	Tenin Konate	Louis-Riel - 14.36 -2.7
15	Amida Nsengiyumva	Louis-Riel - 14.38 -2.7
16	Marilyse Koffi	St. Peter H. 14.50 -2.7

Women 200 Meter Dash Novice

Name	School	Prelims
Preliminaries		
1	Tahlia Aird-Greaves	Gisèle-Lalon 26.43q -0.7
2	Carmen Hill	St. Francis 27.80q 0.2
3	Taya Hordy	Immaculata - 29.00q -0.1
4	Quinn Brydges	De La Salle 29.31q -0.7
5	Amida Nsengiyumva	Louis-Riel - 29.32q -0.3
6	Fenna Irish	Glebe Colleg 29.62q -2.1
7	Ketsia Bompongo	Franco-Cite 29.62q -0.7
8	Khalidah Akintoye	Immaculata - 29.85q -0.7
9	Rosie Lee	Colonel By S 29.95q -2.1
10	Rebecca Clark	Glebe Colleg 30.05q -0.3
11	Sydney Campbell	St. Peter H. 30.15q -0.3
12	Celeste Girard	Gisèle-Lalon 30.18q 0.2
13	Eliana Gurd	Canterbury H 30.57q 0.2
14	Lily Lima	St. Francis 30.65q -0.1
15	Victoria Miron	Collège Cath 30.83q -2.1
16	Alexis Markey	Brookfield H 30.86q 0.2
17	Isabellla Maronese	St. Francis 31.20 0.2
18	Batoul Khalife	Colonel By S 31.32 -0.1
19	Marie-Yohana Panigo	Colonel By S 31.48 0.2
20	Brilliant Lema	St. Peter H. 31.49 -2.1
21	Sophie MacInnis	Béatrice-Des 31.72 -2.1
22	Abby Francis	Sir Wilfrid 31.81 -2.1
23	Kayla Lewis	Sir Wilfrid 31.88 0.2
24	Kaitlyn Lambert	Collège Cath 32.09 -2.1
25	Florence Haba	Glebe Colleg 32.12 -0.1
26	Julia Presta	Canterbury H 32.97 -0.1
27	Fatimah Khalaf	Hillcrest - 33.03 -0.7
28	Evelyn Gendron	St. Matthew 33.07 -0.3
29	Kayla White	St-Laurent A 33.34 -2.1
30	Kaleigh Allen	Osgoode 33.91 -0.3
31	Madeline Enright	De La Salle 34.31 -0.3
32	Maisie Troy	St. Peter H. 34.52 -0.7
33	Noli Gideon	Osgoode 36.36 -0.1

Women 200 Meter Dash Novice

Name	School	Finals
Finals		
1	Tahlia Aird-Greaves	Gisèle-Lalon 26.39 10
2	Carmen Hill	St. Francis 28.00 8
3	Taya Hordy	Immaculata - 28.88 6
4	Quinn Brydges	De La Salle 29.18 5
5	Fenna Irish	Glebe Colleg 29.53 4
6	Ketsia Bompongo	Franco-Cite 29.67 3
7	Rosie Lee	Colonel By S 29.93 2

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Women 200 Meter Dash Novice)

	Name	School	Finals	
8	Rebecca Clark	Glebe Colleg	30.09	1
9	Celeste Girard	Gisèle-Lalon	30.17	-0.6
10	Sydney Campbell	St. Peter H.	30.18	-0.6
11	Lily Lima	St. Francis	30.40	-0.6
12	Eliana Gurd	Canterbury H	30.72	-0.6
13	Victoria Miron	Collège Cath	30.78	-0.6
14	Amida Nsengiyumva	Louis-Riel -	31.38	1.1
15	Alexis Markey	Brookfield H	31.39	-0.6
16	Khalidah Akintoye	Immaculata -	31.98	1.1

Women 400 Meter Dash Novice

	Name	School	Finals	
Finals				
1	Ellie McGregor	Immaculata -	58.29	10
2	Vivian Messam	St. Matthew	1:02.48	8
3	Kyarah Pierre	Franco-Cite	1:05.48	6
4	Selena Cavé	Collège Cath	1:06.16	5
5	Ava Cooper	Lisgar C.I.	1:06.59	4
6	Olivia Gardiner	Colonel By S	1:07.12	3
7	Aoife Boocock	Sir Wilfrid	1:08.80	2
8	Sarina Yorston	Brookfield H	1:09.18	1
9	Sydney Campbell	St. Peter H.	1:09.81	
10	Alexis Markey	Brookfield H	1:10.22	
11	Marlene Petros-Oommen	Colonel By S	1:12.30	
12	Addy Hartell	Glebe Colleg	1:12.40	
13	Ketsia Bompongo	Franco-Cite	1:12.46	
14	Belle Blashko	Canterbury H	1:12.69	
15	Ella Boudreau	St. Francis	1:13.30	
16	Julia Presta	Canterbury H	1:14.24	
17	Jackie Joseph	St. Peter H.	1:15.32	
18	Maisie Troy	St. Peter H.	1:17.29	
19	Nadya Gangli	St. Francis	1:19.31	
20	Sophia Robitaille	Gisèle-Lalon	1:19.60	
21	Megan Johnson	Sir Wilfrid	1:21.76	
22	Hana Adabak	Ridgemont HS	1:26.44	

Women 800 Meter Run Novice

	Name	School	Finals	
Finals				
1	Ellie McGregor	Immaculata -	2:24.98	10
2	Bianca Arabackyj	De La Salle	2:34.55	8
3	Laila Lebel	Colonel By S	2:39.62	6
4	Olivia Gardiner	Colonel By S	2:44.43	5
5	Taylor Rennie	Sir Wilfrid	2:48.15	4
6	Gwendolynn MacEwen	Canterbury H	2:51.26	3
7	Eliana Gurd	Canterbury H	2:52.40	2
8	Addy Hartell	Glebe Colleg	2:53.04	1
9	Alexis Markey	Brookfield H	2:55.58	
10	Trinity McKenzie	Franco-Cite	3:08.53	
11	Sophia Robitaille	Gisèle-Lalon	3:11.20	
12	Olwen Enticknap-Smith	Canterbury H	3:12.35	
13	Karishma Clark	Sir Wilfrid	4:13.30	

Women 1500 Meter Run Novice

	Name	School	Finals	
Finals				
1	Bianca Arabackyj	De La Salle	4:59.93	10
2	Laila Lebel	Colonel By S	5:07.99	8
3	Riley Daniels	The Element	5:08.00	6
4	Olivia Gardiner	Colonel By S	5:08.17	5
5	Emily Munro	Hillcrest -	5:40.33	4
6	Eliana Gurd	Canterbury H	5:42.42	3
7	Jade Amberg	Colonel By S	5:45.81	2
8	Sienna Romeo	Immaculata -	5:50.79	1
9	Lucie Morgan	St-Laurent A	5:54.88	
10	Hannah Elgwailly	St. Peter H.	6:03.26	
11	Sophia Robitaille	Gisèle-Lalon	6:30.16	
12	Charlotte Nicholls	Hillcrest -	6:34.16	
13	Trinity McKenzie	Franco-Cite	6:35.98	
14	Sophie Lewchuk	Glebe Colleg	6:43.93	
15	Avery Kaine	St. Peter H.	7:04.54	

Women 3000 Meter Run Novice

	Name	School	Finals	
Finals				
1	Riley Daniels	The Element	11:18.21	10
2	Laila Lebel	Colonel By S	11:59.09	8
3	Jade Amberg	Colonel By S	13:09.62	6
4	Zola Estabrooks	Colonel By S	14:40.11	5
5	Sophie Lewchuk	Glebe Colleg	14:46.00	4
6	Charlie Matthews	Sir Wilfrid	15:49.22	3
7	Hannah Elgwailly	St. Peter H.	15:56.01	2
8	Sukana Naveed	Sir Wilfrid	18:43.71	1

Women 80 Meter Hurdles Novice

	Name	School	Finals	
Finals				
1	Tahlia Aird-Greaves	Gisèle-Lalon	12.89	10
2	Livia Buffone	Glebe Colleg	14.40	8
3	Fenna Irish	Glebe Colleg	15.35	6
4	Calixa Edwards	Canterbury H	15.45	5
5	Calia Lawrence-Whyte	Sir Wilfrid	15.46	4
6	Claire Dunlop	Glebe Colleg	15.59	3
7	Rebecca Wragg	Béatrice-Des	15.67	2
8	Roya Ayafor	Ridgemont HS	15.82	1
9	Marlene Petros-Oommen	Colonel By S	15.97	-0.7
10	Naomi Kavanagh	Colonel By S	16.30	-1.7
11	Lauren Shapardanov	Cairine Wils	16.50	-1.7
12	Belle Blashko	Canterbury H	17.00	-0.9
13	Ameera Earle	Hillcrest -	17.33	-0.7
14	Celeste Girard	Gisèle-Lalon	18.05	-0.9
15	Skyla Bedard	Sir Wilfrid	18.42	-0.9
16	Charlotte Hogan	Ridgemont HS	18.76	-0.7
17	Naomi Braimah	Sir Wilfrid	20.92	-0.7

East Conference 2024
Terry Fox Athletic Facility
Results

Women 300 Meter Hurdles Novice

Name	School	Finals
Finals		
1 Naomi Kavanagh	Colonel By S	55.24 10
2 Ava Cooper	Lisgar C.I.	55.27 8
3 Sarina Yorston	Brookfield H	55.88 6
4 Ameera Earle	Hillcrest -	56.29 5
5 Rebecca Clark	Glebe Colleg	56.31 4
6 Olwen Enticknap-Smith	Canterbury H	57.69 3
7 Claire Dunlop	Glebe Colleg	59.26 2
8 Lauren Shapardanov	Cairine Wils	1:15.76 1

Women 4x100 Meter Relay Novice

Team	Relay	Finals
Finals		
1 Louis-Riel - Ottawa		53.66 10
2 Immaculata - Ottawa		53.84 8
3 Glebe Colleg		54.38 6
4 St. Francis		54.90 5
5 Sir Wilfrid		55.92 4
6 Colonel By S		56.27 3
7 St. Peter H.		58.16 2
8 St. Matthew C.H.S.		58.20 1
9 St-Laurent Academy		1:04.97
10 Osgoode		1:06.03
--- Canterbury H		DQ

Women High Jump Novice

Name	School	Finals
Finals		
1 Sarina Yorston	Brookfield H	1.45m 10
2 Ivie Omoregie	Immaculata -	1.40m 8
3 Olivia Szuto	Sir Wilfrid	1.20m 6

Women Pole Vault Novice

Name	School	Finals
Finals		
1 Sophia Procter	Ashbury Coll	1.50m 10

Women Long Jump Novice

Name	School	Finals
Finals		
1 Tahlia Aird-Greaves	Gisèle-Lalon	4.71m 10
2 Lauryn Sabbagh	St-Laurent A	4.61m 8
3 Sephora Kasongo	Immaculata -	4.45m 5
3 Quinn Brydges	De La Salle	4.45m 5
3 Taya Hordy	Immaculata -	4.45m 5
6 Marilyse Koffi	St. Peter H.	4.43m 3
7 Olivia Szuto	Sir Wilfrid	4.40m 2
8 Alexandra Noguera	St. Francis	4.39m 1
9 Lauren Shapardanov	Cairine Wils	4.32m NWI
10 Esther-Matsi Longang Fot	Franco-Cite	4.18m NWI
11 Reem Aldaoseri	Ridgemont HS	4.05m NWI
12 Rebecca Wragg	Béatrice-Des	4.04m NWI
13 Noemie Luit-Hiridjee	Glebe Colleg	3.99m NWI
14 Olivia Greatex	St. Francis	3.89m NWI

15 Kiza Mbendera	Ridgemont HS	3.87m NWI
16 Marie-Yohana Panigo	Colonel By S	3.86m NWI
17 Batoul Khalife	Colonel By S	3.79m NWI
17 Isabellla Maronese	St. Francis	3.79m NWI
19 Annabelle Chiu	St. Peter H.	3.75m NWI
19 Noelle Levy	Sir Wilfrid	3.75m NWI
21 Audrey Smallman	Glebe Colleg	3.71m NWI
22 Sophia Procter	Ashbury Coll	3.68m NWI
22 Brilliant Lema	St. Peter H.	3.68m NWI
24 Emma Deslauriers	St. Matthew	3.67m NWI
25 Yaryna Kovaliv	Ashbury Coll	3.59m NWI
26 Florence Haba	Glebe Colleg	3.58m NWI
27 Madeline Enright	De La Salle	3.06m NWI

Women Triple Jump Novice

Name	School	Finals
Finals		
1 Roya Ayafor	Ridgemont HS	8.46m 10
2 Yaryna Kovaliv	Ashbury Coll	8.23m 8
3 Noemie Luit-Hiridjee	Glebe Colleg	7.70m 6
4 Calia Lawrence-Whyte	Sir Wilfrid	7.44m 5
5 Marie-Yohana Panigo	Colonel By S	7.29m 4

Women Shot Put Novice

Name	School	Finals
Finals		
1 Zara Padmore	St-Laurent A	8.57m 10
2 Mya Grabowiec	Sir Wilfrid	8.53m 8
3 Maggie Young	Brookfield H	8.00m 6
4 Erin Dawson	Gloucester H	7.79m 5
5 Sofie Kahara	Canterbury H	7.76m 4
6 Michael Blygen	Immaculata -	7.75m 3
7 Emma McAndrew	Canterbury H	7.50m 2
8 Avery Kaine	St. Peter H.	7.22m 1
9 Evelyn Gendron	St. Matthew	7.11m
10 Ruby Buter	Osgoode	7.08m
11 Hannah Elgwailly	St. Peter H.	7.05m
12 Emma Deslauriers	St. Matthew	7.02m
13 Teresa Lin	Sir Wilfrid	6.98m
14 Maggie Kluge	Osgoode	6.96m
15 Adaja Nyorho	St. Peter H.	6.88m
16 Victoria Miron	Collège Cath	6.75m
17 Kaitlyn Lambert	Collège Cath	6.14m
18 Olivia Simiyu	Ridgemont HS	5.98m
19 Sephora Kasongo	Immaculata -	5.90m
20 Sarah Smith	Canterbury H	4.64m

Women Discus Throw Novice

Name	School	Finals
Finals		
1 Maggie Kluge	Osgoode	22.74m 10
2 Mallea McMullin	Louis-Riel -	20.83m 8
3 Sofie Kahara	Canterbury H	20.51m 6
4 Michael Blygen	Immaculata -	19.19m 5
5 Emma McAndrew	Canterbury H	17.55m 4
6 Ruby Buter	Osgoode	16.02m 3

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Women Discus Throw Novice)

Name	School	Finals
7 Mealena Elkhairy	Canterbury H	15.80m 2
8 Teresa Lin	Sir Wilfrid	15.70m 1
9 Erin Dawson	Gloucester H	14.23m

Women Javelin Throw Novice

Name	School	Finals
Finals		
1 Mallea McMullin	Louis-Riel -	31.25m 10
2 Caitlin Egan	Ashbury Coll	25.40m 8
3 Maggie Young	Brookfield H	20.44m 6
4 Rosie Lee	Colonel By S	17.73m 5
5 Adaja Nyorho	St. Peter H.	17.61m 4
6 Ameera Earle	Hillcrest -	16.83m 3
7 Mya Grabowiec	Sir Wilfrid	14.37m 2
8 Fatimah Khalaf	Hillcrest -	13.69m 1
9 Avery Kaine	St. Peter H.	13.13m
10 Charlotte Nicholls	Hillcrest -	12.86m
11 Erin Dawson	Gloucester H	12.00m
12 Jade Amberg	Colonel By S	11.36m
13 Olivia Simiyu	Ridgemont HS	11.03m
14 Annabelle Chiu	St. Peter H.	10.62m
15 Emma McAndrew	Canterbury H	9.21m
--- Batoul Khalife	Colonel By S	FOUL
--- Emma Rivers	Sir Wilfrid	FOUL

Women 100 Meter Dash Junior

Name	School	Prelims
Preliminaries		
1 Nancy Ekponon	Colonel By S	13.60q -1.5
2 Lydie Glory Boli	Louis-Riel -	13.64q -0.8
3 Lina Layadi	Colonel By S	13.93q -1.5
4 Paris Cartwright	Ashbury Coll	13.97q -0.5
5 Momore Nubi	St. Matthew	14.02q -0.7
6 Josephine-Elyse Dufour	Franco-Cite	14.10q -1.5
7 Alyssa Brûlé	Louis-Riel -	14.11q -1.1
8 Emma Bao	Ashbury Coll	14.31q -0.7
9 Renee Robertson	Colonel By S	14.33q -0.8
10 Abigail Sudaki	Ridgemont HS	14.41q -0.7
11 Taylor Hamilton	Gisèle-Lalon	14.60q -1.1
12 Juliana Drayton	Canterbury H	14.60q -1.5
13 Therese Akochi	St. Peter H.	14.65q -0.5
14 Charlotte Babin	Brookfield H	14.74q -0.7
15 Deborah Bwana	Collège Cath	14.77q -0.5
16 Madeleine Hibberd	Canterbury H	14.80q -1.5
17 Lauren Pender	Brookfield H	14.81 -1.1
18 Ungwa Mbendera	Ridgemont HS	15.01 -1.1
19 Laouratou Diallo	St. Matthew	15.01 -0.7
20 Emily Wallace	St-Laurent A	15.22 -1.5
21 Jayce Vaillancourt	St. Peter H.	15.30 -0.8
22 Lyka Esteban	Immaculata -	15.31 -0.8
23 Kai Francis	Gisèle-Lalon	15.34 -1.1
24 Kiana Zanganeh	Ashbury Coll	15.40 -0.5
25 Kaira Touray	Elmwood Scho	15.54 -1.1
26 Aimee Ndambuki	Lisgar C.I.	15.65 -0.5

27 Naomi Tremblay	De La Salle	15.71 -0.7
28 Dorothy Kipuka-Dafi	St. Peter H.	15.74 -1.5
29 Emmy Bonhomme	Béatrice-Des	15.95 -0.5
30 Molly Smith	Lisgar C.I.	16.26 -0.5
31 Olivia Peltzer	De La Salle	16.29 -1.1
32 Marvel Shabani-Amisi	Sir Wilfrid	16.33 -0.8
33 Ariana Meda	Lisgar C.I.	16.39 -1.1
34 Maple Jalali	The Element	16.68 -0.7
35 Sophie Hamann	Collège Cath	16.91 -0.8
36 Julia Kirk	Glebe Colleg	17.08 -0.7
37 Georgia Lindsay	Glebe Colleg	17.11 -0.8

Women 100 Meter Dash Junior

Name	School	Finals
Finals		
1 Lydie Glory Boli	Louis-Riel -	13.35 10
2 Nancy Ekponon	Colonel By S	13.49 8
3 Josephine-Elyse Dufour	Franco-Cite	13.94 6
4 Alyssa Brûlé	Louis-Riel -	13.95 5
5 Lina Layadi	Colonel By S	13.98 4
6 Renee Robertson	Colonel By S	14.07 3
7 Momore Nubi	St. Matthew	14.12 2
8 Abigail Sudaki	Ridgemont HS	14.22 1
9 Juliana Drayton	Canterbury H	14.39 -0.5
10 Madeleine Hibberd	Canterbury H	14.43 -0.5
11 Therese Akochi	St. Peter H.	14.45 -0.5
12 Deborah Bwana	Collège Cath	14.64 -0.5
13 Charlotte Babin	Brookfield H	14.66 -0.5
14 Paris Cartwright	Ashbury Coll	15.05 -1.0
15 Emma Bao	Ashbury Coll	19.78 -1.0

Women 200 Meter Dash Junior

Name	School	Prelims
Preliminaries		
1 Shannon Dewar	St. Francis	26.69q -1.5
2 Jana Doja	Immaculata -	27.29q -0.3
3 Lydie Glory Boli	Louis-Riel -	27.85q -0.3
4 Madyson Filion	Louis-Riel -	28.03q -1.2
5 Nancy Ekponon	Colonel By S	28.13q -1.3
6 Alyssa Brûlé	Louis-Riel -	28.75q +0.0
7 Josephine-Elyse Dufour	Franco-Cite	28.95q -1.2
8 Paris Cartwright	Ashbury Coll	29.29q -0.3
9 Noémie Mika	Béatrice-Des	29.41q -1.2
10 Anastasia Popadich	Glebe Colleg	29.44q -0.3
11 Julia Green	Colonel By S	29.60q -1.3
12 Abigail Sudaki	Ridgemont HS	29.90q +0.0
13 Juliana Drayton	Canterbury H	29.93q -0.3
14 Ema Raffoul	Franco-Cite	29.98q -1.3
15 Zoe Bennett	Glebe Colleg	30.17q +0.0
16 Renee Robertson	Colonel By S	30.26q -1.3
17 Charlotte Babin	Brookfield H	30.37 -1.3
18 Lauren Pender	Brookfield H	30.40 -1.2
19 Therese Akochi	St. Peter H.	30.54 -1.2
20 Grace Lockhart	Canterbury H	31.16 -1.5
21 Naomi Tremblay	De La Salle	31.35 -1.2
22 Anna D'Attilio	Lisgar C.I.	31.96 -1.3

East Conference 2024
Terry Fox Athletic Facility
Results

Preliminaries ... (Women 200 Meter Dash Junior)

Name	School	Prelims		
23	Joelle Ilboudo	Ashbury Coll	32.19	-1.3
24	Huntley Cronkwright	Canterbury H	32.43	-1.3
25	Nadin Mahfouz	Hillcrest -	33.23	-1.5
26	Emmy Bonhomme	Béatrice-Des	33.26	-1.5
27	Iman Disue	St. Matthew	33.98	-1.2
28	Julia Kirk	Glebe Colleg	34.39	-1.2
29	Vanessa Levesque	Collège Cath	34.48	-1.5
30	Alyssa Fratesi	Lisgar C.I.	34.76	+0.0
31	Sophie Hamann	Collège Cath	35.60	+0.0
32	Fiona Guirguis	St. Matthew	35.91	-1.5

Women 200 Meter Dash Junior

Name	School	Finals		
Finals				
1	Shannon Dewar	St. Francis	26.67	10
2	Jana Doja	Immaculata -	27.58	8
3	Nancy Ekponon	Colonel By S	27.83	6
4	Madyson Filion	Louis-Riel -	28.19	5
5	Josephine-Elyse Dufour	Franco-Cite	28.77	4
6	Lydie Glory Boli	Louis-Riel -	28.83	3
7	Alyssa Brûlé	Louis-Riel -	29.18	2
8	Julia Green	Colonel By S	29.33	1
9	Noémie Mika	Béatrice-Des	29.38	-1.5
10	Paris Cartwright	Ashbury Coll	29.58	0.5
11	Anastasia Popadich	Glebe Colleg	29.88	-1.5
12	Ema Raffoul	Franco-Cite	30.08	-1.5
13	Renee Robertson	Colonel By S	30.33	-1.5
14	Zoe Bennett	Glebe Colleg	30.56	-1.5
15	Juliana Drayton	Canterbury H	30.91	-1.5
16	Abigail Sudaki	Ridgemont HS	30.96	-1.5

Women 400 Meter Dash Junior

Name	School	Finals		
Finals				
1	Shannon Dewar	St. Francis	58.88	10
2	Jana Doja	Immaculata -	1:03.48	8
3	Sienna Jennings	Ashbury Coll	1:06.14	6
4	Charlize Pyka	Colonel By S	1:06.36	5
5	Cyana Moore	Lisgar C.I.	1:06.45	4
6	Lina Layadi	Colonel By S	1:07.73	3
7	Ema Raffoul	Franco-Cite	1:08.44	2
8	Harmony Rockley	Sir Wilfrid	1:09.37	1
9	Olivia Green	St-Laurent A	1:11.72	
10	Alyssa Fratesi	Lisgar C.I.	1:22.18	
11	Naomi Ayuk	St. Peter H.	1:31.60	

Women 800 Meter Run Junior

Name	School	Finals		
Finals				
1	Anastasia Popadich	Glebe Colleg	2:33.67	10
2	Sofia Lefavre	Louis-Riel -	2:36.87	8
3	Ella Kainz	Brookfield H	2:37.68	6
4	Kathryn Macdonald	Colonel By S	2:45.84	5
5	Annika Scrivens	Glebe Colleg	2:48.13	4

6	Charlize Pyka	Colonel By S	2:53.05	3
7	Meredith McCabe	Lisgar C.I.	2:58.74	2

Women 1500 Meter Run Junior

Name	School	Finals		
Finals				
1	Evelyn Davies	Immaculata -	5:13.72	10
2	Elissande Hutt	De La Salle	5:18.55	8
3	Julia Van Wesenbeeck	Glebe Colleg	5:18.74	6
4	Sofia Lefavre	Louis-Riel -	5:29.79	5
5	Naéma Bergevin Hemsing	De La Salle	5:46.22	4
6	Annika Scrivens	Glebe Colleg	5:51.92	3
7	Grace Lockhart	Canterbury H	5:56.89	2
8	Anna-Sofia McLaughlin	Béatrice-Des	6:04.96	1
9	Huntley Cronkwright	Canterbury H	6:10.01	
10	Kailey D'Aoust	Gloucester H	6:10.91	
11	Lauren McKay	Elmwood Scho	6:29.59	
12	Kalina Schaefer	Louis-Riel -	6:53.71	
13	Sophie Godsman	Glebe Colleg	7:19.27	

Women 3000 Meter Run Junior

Name	School	Finals		
Finals				
1	Evelyn Davies	Immaculata -	11:15.56	10
2	Julia Van Wesenbeeck	Glebe Colleg	11:49.71	8
3	Gwen Hatfield	Sir Wilfrid	12:14.75	6
4	Katherine Willis	Béatrice-Des	16:11.16	5

Women 80 Meter Hurdles Junior

Name	School	Finals		
Finals				
1	Deborah Adeleye	Ashbury Coll	12.82	10
2	Ella Robertson	Colonel By S	13.35	8
3	Julia Green	Colonel By S	13.78	6
4	Salome Kuemmerle	Brookfield H	13.92	5
5	Ainsley Brancato	Ashbury Coll	14.79	4
6	Katherine Bettle	Colonel By S	15.04	3
7	Émilie Kelly	Béatrice-Des	15.15	2
8	Kailena Allen	Glebe Colleg	15.23	1
9	Maya Launiere	Glebe Colleg	15.49	-1.0
10	Emma Horrocks	Glebe Colleg	15.78	-1.0
11	Olivia Green	St-Laurent A	17.19	-0.9
12	Kallie McClintock	Sir Wilfrid	17.51	-0.9
13	Selina Kuhn	Lisgar C.I.	18.18	-1.0
14	Nele Ruehle	Sir Wilfrid	18.92	-0.9
15	Jesmine Wiese	St-Laurent A	19.00	-0.9

Women 300 Meter Hurdles Junior

Name	School	Finals		
Finals				
1	Shannon Dewar	St. Francis	49.59	10
2	Naomi Olberg	Lisgar C.I.	50.49	8
3	Meredith McCabe	Lisgar C.I.	50.70	6
4	Kailena Allen	Glebe Colleg	51.91	5
5	Ella Robertson	Colonel By S	52.15	4
6	Charlize Pyka	Colonel By S	56.28	3

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Women 300 Meter Hurdles Junior)

Name	School	Finals	
7 Anna D'Attilio	Lisgar C.I.	57.69	2
8 Anastasia Popadich	Glebe Colleg	57.87	1
9 Kallie McClintock	Sir Wilfrid	1:04.82	
10 Penelope Stewart	Elmwood Scho	1:15.76	
11 Sophie Godsman	Glebe Colleg	1:21.61	

Women 4x100 Meter Relay Junior

Team	Relay	Finals	
Finals			
1 Louis-Riel - Ottawa		53.08	10
2 Ashbury Coll		54.61	8
3 Colonel By S		54.72	6
4 Lisgar C.I. - Ottawa		54.78	5
5 Glebe Colleg		55.62	4
6 Ridgemont HS - Ottawa		57.06	3
7 Brookfield H		57.34	2
8 Béatrice-Desloges		57.36	1
9 St. Matthew C.H.S.		57.64	
10 Canterbury H		57.81	
11 De La Salle		58.44	
12 St-Laurent Academy		58.70	
13 Sir Wilfrid		59.78	

Women High Jump Junior

Name	School	Finals	
Finals			
1 Salome Kuemmerle	Brookfield H	1.45m	10
2 Josephine-Elyse Dufour	Franco-Cite	1.40m	7
2 Neriah Ouedraogo	Sir Wilfrid	1.40m	7
4 Naomi Gascho	Immaculata -	1.30m	4.5
4 Lina Layadi	Colonel By S	1.30m	4.5
6 Selina Kuhn	Lisgar C.I.	J1.30m	3
7 Evie Snow	Immaculata -	J1.30m	2
8 Ava Cameron	Sir Wilfrid	1.25m	0.5
8 Kailey D'Aoust	Gloucester H	1.25m	0.5
10 Precious Carvey	Gloucester H	1.20m	
11 Marvel Shabani-Amisi	Sir Wilfrid	1.15m	
--- Juliet Plamondon	Lisgar C.I.	NH	
--- Rhiannon Bambrick	Collège Cath	NH	
--- Holly Young	Colonel By S	NH	

Women Pole Vault Junior

Name	School	Finals	
Finals			
1 Ainsley Brancato	Ashbury Coll	1.50m	9
1 Kailena Allen	Glebe Colleg	1.50m	9

Women Long Jump Junior

Name	School	Finals	
Finals			
1 Deborah Adeleye	Ashbury Coll	5.34m	10
2 Emma Bao	Ashbury Coll	4.79m	8
3 Naomi Olberg	Lisgar C.I.	4.67m	6
4 Sienna Jennings	Ashbury Coll	4.59m	5

5 Émilie Kelly	Béatrice-Des	4.55m	4
6 Katherine Bettle	Colonel By S	4.51m	3
7 Julia Green	Colonel By S	4.48m	2
8 Ella Robertson	Colonel By S	4.45m	1
9 Madyson Fillion	Louis-Riel -	4.36m	NWI
10 Jana Doja	Immaculata -	4.33m	NWI
11 Salome Kuemmerle	Brookfield H	4.30m	NWI
12 Charlotte Babin	Brookfield H	4.26m	NWI
13 Therese Akochi	St. Peter H.	4.11m	NWI
14 Neriah Ouedraogo	Sir Wilfrid	3.94m	NWI
15 Kailey D'Aoust	Gloucester H	3.87m	NWI
16 Ungwa Mbendera	Ridgemont HS	3.85m	NWI
17 Isla Cooper	Immaculata -	3.78m	NWI
18 Hala Al Khalaf	Sir Wilfrid	3.77m	NWI
19 Madeleine Hibberd	Canterbury H	3.67m	NWI
19 Anna-Sofia McLaughlin	Béatrice-Des	3.67m	NWI
21 Cyana Moore	Lisgar C.I.	3.65m	NWI
22 Emma Horrocks	Glebe Colleg	3.55m	NWI
23 Aliya Cooper	Glebe Colleg	3.44m	NWI
24 Kai Francis	Gisèle-Lalon	3.35m	NWI
25 Aimee Ndambuki	Lisgar C.I.	3.30m	NWI
26 Georgia Lindsay	Glebe Colleg	2.91m	NWI
27 Havana Prisada-Bridle	St-Laurent A	2.88m	NWI
--- Zainab Abid	Sir Wilfrid	FOUL	

Women Triple Jump Junior

Name	School	Finals	
Finals			
1 Deborah Adeleye	Ashbury Coll	11.01m	10
2 Naomi Olberg	Lisgar C.I.	9.47m	8
3 Emma Bao	Ashbury Coll	9.25m	6
4 Kathryn Macdonald	Colonel By S	8.71m	5
5 Annika Scrivens	Glebe Colleg	8.65m	4
6 Nancy Ekponon	Colonel By S	8.49m	3
7 Emma Horrocks	Glebe Colleg	8.42m	2
8 Evie Snow	Immaculata -	8.32m	1
9 Talea Stoeger	Canterbury H	8.09m	NWI
10 Adele Mason	De La Salle	7.95m	NWI
11 Olivia Peltzer	De La Salle	7.93m	NWI
12 Adrienne Tiessen-Weetma	Immaculata -	7.87m	NWI
13 Cyana Moore	Lisgar C.I.	7.82m	NWI
14 Molly Smith	Lisgar C.I.	7.58m	NWI
15 Aliya Cooper	Glebe Colleg	7.44m	NWI
16 Ella Marshall	Immaculata -	7.29m	NWI
17 Zainab Abid	Sir Wilfrid	5.61m	NWI

Women Shot Put Junior

Name	School	Finals	
Finals			
1 Deborah Bwana	Collège Cath	9.88m	10
2 Malya Gagnon	Louis-Riel -	9.63m	8
3 Mary Ofili	St. Francis	8.56m	6
4 Summer Lacroix	Lisgar C.I.	8.39m	5
5 Rhiannon Bambrick	Collège Cath	8.25m	4
6 Emma Broome	Immaculata -	8.24m	3
7 Jazmine Miller	Lisgar C.I.	7.94m	2

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Women Shot Put Junior)

Name	School	Finals	
8 Imra Allaoui	Béatrice-Des	7.55m	1
9 Julia Sampaio	Canterbury H	7.51m	
10 Kaira Touray	Elmwood Scho	7.47m	
11 Ariana Meda	Lisgar C.I.	7.28m	
12 Precious Carvey	Gloucester H	7.24m	
13 Kathryn Macdonald	Colonel By S	7.13m	
14 Jane Maksymiuk Iraheta	Ashbury Coll	7.06m	
15 Kiana Zanganeh	Ashbury Coll	6.62m	
16 Amy Roberts	Sir Wilfrid	6.28m	
17 Georgia Lindsay	Glebe Colleg	6.18m	
18 Maddy Jacanin	Ashbury Coll	5.98m	
19 Penelope Stewart	Elmwood Scho	5.85m	
20 Julie-Anne Deslauriers	Colonel By S	5.57m	
21 Rishika Chander	St-Laurent A	5.55m	

Women Discus Throw Junior

Name	School	Finals	
1 Amy Roberts	Sir Wilfrid	21.64m	10
2 Mary Ofili	St. Francis	20.93m	8
3 Talea Stoeger	Canterbury H	20.25m	6
4 Julie-Anne Deslauriers	Colonel By S	19.31m	5
5 Grace Lockhart	Canterbury H	19.17m	4
6 Huntley Cronkwright	Canterbury H	19.16m	3
7 Summer Lacroix	Lisgar C.I.	18.81m	2
8 Malya Gagnon	Louis-Riel -	16.93m	1
9 Luma Eche-Socola Flynn	De La Salle	16.34m	
10 Precious Carvey	Gloucester H	16.01m	
11 Jayce Vaillancourt	St. Peter H.	14.34m	
12 Jane Maksymiuk Iraheta	Ashbury Coll	13.42m	
13 Holly Young	Colonel By S	13.18m	
14 Sophie Poulin	Lisgar C.I.	11.80m	
15 Alyssa Fratesi	Lisgar C.I.	10.61m	
16 Naomi Ayuk	St. Peter H.	10.57m	

Women Javelin Throw Junior

Name	School	Finals	
1 Delyth Tenthorey	Gloucester H	25.52m	10
2 Sienna Jennings	Ashbury Coll	24.68m	8
3 Julia Sampaio	Canterbury H	20.89m	6
4 Talea Stoeger	Canterbury H	20.72m	5
5 Lola Girvan	Lisgar C.I.	20.07m	4
6 Amy Roberts	Sir Wilfrid	19.49m	3
7 Imra Allaoui	Béatrice-Des	18.70m	2
8 Maya Launiere	Glebe Colleg	17.07m	1
9 Ashanti Hebert	Sir Wilfrid	14.79m	
10 Holly Young	Colonel By S	14.78m	
11 Ava Cameron	Sir Wilfrid	14.49m	
12 Sophie Poulin	Lisgar C.I.	13.49m	
13 Julie-Anne Deslauriers	Colonel By S	13.14m	
14 Nora Turner	Ashbury Coll	12.14m	
15 Jazmine Miller	Lisgar C.I.	12.09m	
16 Luma Eche-Socola Flynn	De La Salle	12.05m	

17 Sophie Godsman	Glebe Colleg	11.43m
18 Nadin Mahfouz	Hillcrest -	9.70m
--- Aliya Cooper	Glebe Colleg	FOUL

Women 100 Meter Dash Senior

Name	School	Prelims
Preliminaries		
1 Amy LeBlanc	St. Francis	12.87q-0.2
2 Lecia Patrick	Ashbury Coll	12.94q-0.4
3 Franckie Cobby	St. Peter H.	13.21q-0.6
4 Amy Zhang	Sir Wilfrid	13.35q-1.3
5 Danica Mulvihill	Louis-Riel -	13.71q-0.2
6 Penelope Close	De La Salle	13.93q-1.3
7 Madilyn Nichol	St. Peter H.	14.00q-1.3
8 Courtney Kershaw	Canterbury H	14.08q-0.6
9 Camille Bergevin	De La Salle	14.10q-0.6
10 Danika Timothee	St. Peter H.	14.20q-1.3
11 Victoria Kapinga	Gisèle-Lalon	14.25q-0.6
12 Marie Polkinghome	Glebe Colleg	14.29q-0.6
13 Dorcas Atimango	Immaculata -	14.29q-1.0
14 Shantie Albert	De La Salle	14.54q-1.0
15 Madéline Petit	Elmwood Scho	14.76q-1.0
16 Ashlee Delaney	St. Francis	14.85q-0.4
17 Olivia Mlikan	Ashbury Coll	14.88 -0.6
18 Elsa Smolyneec	Canterbury H	15.01 -1.3
19 Ava Minnes	Elmwood Scho	15.01 -1.0
20 Lisa Sugihara	Ashbury Coll	15.14 -0.6
21 Lily Corke	Glebe Colleg	15.22 -0.2
21 Alexandra Sierra	Ridgemont HS	15.22 -1.0
23 Elizabeth Bernardi	Collège Cath	15.54 -1.3
24 Benedicte Tshiland-Tshunz	Gloucester H	15.89 -0.4
25 Julia Lam	Canterbury H	16.12 -1.3
26 Maya Barclay-Genio	Lisgar C.I.	16.28 -1.0
27 Grace Ayekoe	Collège Cath	16.52 -0.2
28 Rebqa Gebremichael	Lisgar C.I.	17.74 -1.0
29 Maesie Rawn	Ridgemont HS	20.34 -0.2
30 Annabelle Lecomte	Louis-Riel -	20.84 -0.4

Women 100 Meter Dash Senior

Name	School	Finals
Finals		
1 Lecia Patrick	Ashbury Coll	12.68 10
2 Amy LeBlanc	St. Francis	12.73 8
3 Danica Mulvihill	Louis-Riel -	13.00 6
4 Franckie Cobby	St. Peter H.	13.28 5
5 Amy Zhang	Sir Wilfrid	13.32 4
6 Penelope Close	De La Salle	13.53 3
7 Danika Timothee	St. Peter H.	13.56 2
8 Camille Bergevin	De La Salle	13.68 1
9 Dorcas Atimango	Immaculata -	13.88 -0.2
10 Madilyn Nichol	St. Peter H.	14.00 -1.2
11 Courtney Kershaw	Canterbury H	14.07 -1.2
12 Victoria Kapinga	Gisèle-Lalon	14.08 -0.2
13 Shantie Albert	De La Salle	14.16 -0.2
14 Marie Polkinghome	Glebe Colleg	14.17 -0.2
15 Madéline Petit	Elmwood Scho	14.52 -0.2

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Women 100 Meter Dash Senior)

Name	School	Finals
16 Ashlee Delaney	St. Francis	14.75 -0.2

Women 200 Meter Dash Senior

Name	School	Prelims
Preliminaries		
1 Lecia Patrick	Ashbury Coll	26.34q-0.1
2 Amy LeBlanc	St. Francis	27.45q-1.4
3 Rowyn Serne	St. Peter H.	27.89q-1.0
4 Sophia McIntyre	St. Francis	27.91q-2.8
5 Chloé Charron	Louis-Riel -	28.01q-2.8
6 Danica Mulvihill	Louis-Riel -	29.14q-2.8
7 Victoria Kapinga	Gisèle-Lalon	29.31q-0.1
8 Madeline Close	De La Salle	29.32q-2.8
9 Danika Timothee	St. Peter H.	29.93q-1.0
10 Dorcas Atimango	Immaculata -	30.03q-0.1
11 Marie Polkinghome	Glebe Colleg	30.11q-1.0
12 Courtney Kershaw	Canterbury H	30.40q-2.8
13 Mila Awad	De La Salle	30.43q-0.1
14 Madéline Petit	Elmwood Scho	30.53q-1.4
15 Farjoe Cobby	St. Peter H.	30.63q-1.0
16 Ashlee Delaney	St. Francis	30.81q-1.0
17 Lia Ivanova	Ashbury Coll	30.89 -1.4
18 Rita Sabha	Franco-Cite	31.26 -1.0
19 Gwendolyn Smiderle	De La Salle	31.27 -1.4
20 Benedicte Tshiland-Tshunz	Gloucester H	32.12 -1.4
21 Caralee Duguay	Collège Cath	32.32 -0.1
22 Gabby Kinahan	Glebe Colleg	33.66 -1.0
23 Meah Gilbert	Béatrice-Des	35.48 -1.4
24 Grace Ayekoe	Collège Cath	37.52 -1.4
25 Maya Barclay-Genio	Lisgar C.I.	37.94 -2.8

Women 200 Meter Dash Senior

Name	School	Finals
Finals		
1 Lecia Patrick	Ashbury Coll	25.65 10
2 Amy LeBlanc	St. Francis	25.94 8
3 Rowyn Serne	St. Peter H.	26.88 6
4 Chloé Charron	Louis-Riel -	27.26 5
5 Danica Mulvihill	Louis-Riel -	27.41 4
6 Madeline Close	De La Salle	28.45 3
7 Sophia McIntyre	St. Francis	28.62 2
8 Danika Timothee	St. Peter H.	28.65 1
9 Victoria Kapinga	Gisèle-Lalon	29.30 0.4
10 Courtney Kershaw	Canterbury H	29.53 -0.7
11 Dorcas Atimango	Immaculata -	29.53 -0.7
12 Marie Polkinghome	Glebe Colleg	29.99 -0.7
13 Madéline Petit	Elmwood Scho	30.61 -0.7
14 Mila Awad	De La Salle	30.87 -0.7
15 Farjoe Cobby	St. Peter H.	31.01 -0.7
16 Ashlee Delaney	St. Francis	32.05 -0.7

Women 400 Meter Dash Senior

Name	School	Finals
Finals		
1 Sophia McIntyre	St. Francis	1:00.71 10
2 Rowyn Serne	St. Peter H.	1:03.73 8
3 Camille Bolduc	Béatrice-Des	1:04.00 6
4 Maryam Balaa	Ashbury Coll	1:04.01 5
5 Madeline Close	De La Salle	1:05.09 4
6 Alexandra Parvin	St. Matthew	1:09.55 3
7 Rita Sabha	Franco-Cite	1:09.72 2
8 Hannah Mason	De La Salle	1:10.65 1
9 Gwendolyn Smiderle	De La Salle	1:10.79
10 Kristen Handler	St. Francis	1:11.98
11 Maya Barclay-Genio	Lisgar C.I.	1:22.28
12 Sophia Walker	Elmwood Scho	1:27.93

Women 800 Meter Run Senior

Name	School	Finals
Finals		
1 Lauren Alexander	Glebe Colleg	2:25.48 10
2 Sophia McIntyre	St. Francis	2:32.97 8
3 Helen Betty	Lisgar C.I.	2:36.15 6
4 Camille Bolduc	Béatrice-Des	2:42.07 5
5 Alexandra Parvin	St. Matthew	2:47.90 4
6 Chloé Joly	Louis-Riel -	2:48.42 3
7 Jennifer Desbarats	De La Salle	2:48.74 2
8 Allia Bradt	Sir Wilfrid	2:58.95 1
9 Emilie Wallace	Franco-Cite	3:04.40
10 Sophie Edwards	Colonel By S	3:04.93
11 Amandine Church	Franco-Cite	3:09.18
12 Émilie Willis	Béatrice-Des	3:28.85

Women 1500 Meter Run Senior

Name	School	Finals
Finals		
1 Lauren Alexander	Glebe Colleg	4:55.38 10
2 Kate Johnston-Zemek	Ashbury Coll	5:11.04 8
3 Maasa Izumikawa	Ashbury Coll	5:13.09 6
4 Bianca Lemon-Yukes	De La Salle	5:23.89 5
5 Winnie Unsworth	Canterbury H	5:28.86 4
6 Helen Betty	Lisgar C.I.	5:40.88 3
7 Emily Chaisson	Colonel By S	5:44.30 2
8 Norah Petrou	Colonel By S	5:50.36 1
9 Sadie Johnstone	Canterbury H	6:03.32
10 Lia Ivanova	Ashbury Coll	6:16.53
11 Emma Nash	De La Salle	6:24.90
12 Allia Bradt	Sir Wilfrid	6:38.07
13 Grace Brazeau	Sir Wilfrid	6:51.29
14 Émilie Willis	Béatrice-Des	7:12.41
15 Rose Stratford	Canterbury H	7:27.63

Women 3000 Meter Run Senior

Name	School	Finals
Finals		
1 Bridget Jeffrey	St. Francis	11:01.00 10

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Women 3000 Meter Run Senior)

Name	School	Finals
2 Maasa Izumikawa	Ashbury Coll	11:06.57 8
3 Tessa Knight	Franco-Cite	11:17.33 6
4 Kate Johnston-Zemek	Ashbury Coll	11:29.12 5
5 Winnie Unsworth	Canterbury H	12:28.75 4
6 Emily Chaisson	Colonel By S	12:34.10 3
7 Sadie Johnstone	Canterbury H	12:57.92 2
8 Emma Nash	De La Salle	13:35.99 1
9 Emilie Wallace	Franco-Cite	14:33.05
10 Grace Brazeau	Sir Wilfrid	14:39.14
11 Sarah Bruce	Ashbury Coll	14:45.93
12 Anna Top Christensen	Lisgar C.I.	14:50.15
13 Marika Holan-Stutz	Ottawa Tech	15:57.09

Women 100 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Danica Mulvihill	Louis-Riel -	15.88 10
2 Amy LeBlanc	St. Francis	16.52 8
3 Waverley Lyons	Glebe Colleg	17.59 6
4 Balqis Chouikhi	Sir Wilfrid	17.98 5
5 Madilyn Nichol	St. Peter H.	18.10 4
6 Kayla Poisson	Cairine Wils	19.24 3
7 Elsa Smolynec	Canterbury H	19.84 2
8 Gabby Kinahan	Glebe Colleg	20.37 1
9 Danika Timothee	St. Peter H.	20.88 -1.1
10 Sophie Edwards	Colonel By S	21.05 -1.1
11 Raguiatou Bah	Gisèle-Lalon	21.44 -1.2
12 Lexie Hogan	Ridgemont HS	21.81 -1.2
13 Nora Whatley	Glebe Colleg	23.58 -1.1

Women 400 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Waverley Lyons	Glebe Colleg	1:09.51 10
2 Maryam Balaa	Ashbury Coll	1:12.72 8
3 Lily Carroll	Immaculata -	1:17.36 6
4 Mathilde Cabasson	Colonel By S	1:19.35 5
5 Norah Petrou	Colonel By S	1:19.47 4
6 Hannah Vermeij	Elmwood Scho	1:27.33 3
7 Kayla Poisson	Cairine Wils	1:34.34 2

Women 4x100 Meter Relay Senior

Team	Relay	Finals
Finals		
1 St. Peter H.		51.95 10
2 Ashbury Coll		52.00 8
3 De La Salle		52.97 6
4 St. Francis		55.08 5
5 Glebe Colleg		55.49 4
6 Sir Wilfrid		56.33 3
7 Colonel By S		57.39 2
8 Canterbury H		57.73 1
9 Elmwood Scho		58.82
--- Louis-Riel - Ottawa		DQ

Women High Jump Senior

Name	School	Finals
Finals		
1 Waverley Lyons	Glebe Colleg	1.50m 10
2 Andromeda Bromwich	Colonel By S	1.45m 8
3 Maïka Albert-Béland	Béatrice-Des	1.40m 6
4 Cailee Ariss	St. Francis	1.35m 5
5 Mila Awad	De La Salle	1.30m 4
6 Kaela Dykstra	Glebe Colleg	1.15m 3
7 Gabrielle Draper	Collège Cath	J1.15m 2
8 Mariah Robinson	Collège Cath	1.10m 1

Women Pole Vault Senior

Name	School	Finals
Finals		
1 Zoé Babb	Louis-Riel -	1.50m 8
1 Kaela Dykstra	Glebe Colleg	1.50m 8
1 Balqis Chouikhi	Sir Wilfrid	1.50m 8

Women Long Jump Senior

Name	School	Finals
Finals		
1 Lecia Patrick	Ashbury Coll	5.36m 10
2 Chloé Charron	Louis-Riel -	5.29m 8
3 Camille Bergevin	De La Salle	4.96m 6
4 Amy Zhang	Sir Wilfrid	4.86m 5
5 Frankie Cobby	St. Peter H.	4.82m 4
6 Madeline Close	De La Salle	4.61m 3
7 Penelope Close	De La Salle	4.58m 2
8 Cailee Ariss	St. Francis	4.40m 1
9 Molly Roberts	Immaculata -	4.39m NWI
10 Elsa Smolynec	Canterbury H	4.33m NWI
11 Mathilde Cabasson	Colonel By S	4.24m NWI
12 Hannah Britton	Canterbury H	4.17m NWI
13 Alexandra Sierra	Ridgemont HS	4.00m NWI
14 Anna Prokopiak	Gloucester H	3.96m NWI
14 Lexie Hogan	Ridgemont HS	3.96m NWI
16 Maesie Rawn	Ridgemont HS	3.94m NWI
17 Farjoe Cobby	St. Peter H.	3.91m NWI
18 Sophie Edwards	Colonel By S	3.89m NWI
19 Kristen Handler	St. Francis	3.69m NWI
20 Nora Whatley	Glebe Colleg	2.87m NWI
--- Rita Sabha	Franco-Cite	DNF NWI
--- Renee Robertson	Colonel By S	DNF NWI

Women Triple Jump Senior

Name	School	Finals
Finals		
1 Frankie Cobby	St. Peter H.	10.50m 10
2 Molly Roberts	Immaculata -	10.10m 8
3 Hannah Britton	Canterbury H	9.37m 6
4 Amy Zhang	Sir Wilfrid	9.34m 5
5 Mila Awad	De La Salle	9.23m 4
6 Anna Prokopiak	Gloucester H	8.96m 3
7 Kiera Albert	Cairine Wils	8.88m 2

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Women Triple Jump Senior)

Name	School	Finals
8 Lexie Hogan	Ridgemont HS	8.23m 1
9 Jordyn Lee	De La Salle	8.12m NWI
10 Farjoe Cobby	St. Peter H.	7.79m NWI
11 Alicia Prud'Homme	De La Salle	7.24m NWI
12 Alexa Ikkers	Canterbury H	6.78m NWI

Women Shot Put Senior

Name	School	Finals
Finals		
1 Katie Purves	Franco-Cite	9.87m 10
2 Manassée Bwana	Collège Cath	9.66m 8
3 Avery Condrad	Ashbury Coll	8.58m 6
4 Megan Zucker	Ashbury Coll	8.12m 5
5 Aude Pongang	Louis-Riel -	7.95m 4
6 Audrey Komon Mougang	Gloucester H	7.49m 3
7 Sara Acharya	Ashbury Coll	7.36m 2
8 Yesua Korka-Waadah	Immaculata -	7.29m 1
9 Brianna Sabbagh	St-Laurent A	6.69m
9 Wordna Choisi	De La Salle	6.69m
11 Joyce Dérival	Louis-Riel -	6.68m
12 Izabella Salioski	Gloucester H	6.67m
13 Ulie Okolocha	St. Peter H.	6.47m
14 Keira Mills-Murray	Lisgar C.I.	6.30m
15 Ligna Petit Frère	De La Salle	6.10m
16 Lucie Chalifour-Johnson	St-Laurent A	6.08m
17 Alexandra Sierra	Ridgemont HS	5.94m
18 Sophie Wiley	Osgoode	5.87m
19 Leoni Crowell	Sir Wilfrid	5.85m
20 Julia McRae	Canterbury H	5.82m
21 Liza Vasylevych	Gloucester H	5.60m
21 Miracle Nwachukwu	Lisgar C.I.	5.60m
23 Mariah Robinson	Collège Cath	5.18m
24 Maesie Rawn	Ridgemont HS	4.83m

Women Discus Throw Senior

Name	School	Finals
Finals		
1 Megan Zucker	Ashbury Coll	28.79m 10
2 Yesua Korka-Waadah	Immaculata -	25.32m 8
3 Audrey Komon Mougang	Gloucester H	23.80m 6
4 Katie Purves	Franco-Cite	21.29m 5
5 Leoni Crowell	Sir Wilfrid	19.57m 4
6 Alexa Ikkers	Canterbury H	19.52m 3
7 Keira Mills-Murray	Lisgar C.I.	19.19m 2
8 Taisia Sova	Ashbury Coll	19.12m 1
9 Kelsey Warren	Osgoode	18.57m
10 Avery Condrad	Ashbury Coll	17.95m
11 Jordyn Lee	De La Salle	17.68m
12 Sophie Wiley	Osgoode	17.26m
13 Wordna Choisi	De La Salle	17.16m
14 Anna Prokopiak	Gloucester H	16.94m
15 Julia McRae	Canterbury H	14.71m
16 Isabellla Campisi	St. Francis	14.37m
17 Liza Vasylevych	Gloucester H	10.93m

18 Brooke Beauchesne	St. Francis	10.89m
--- Aude Pongang	Louis-Riel -	FOUL
--- Mahek Arora	St. Francis	FOUL

Women Javelin Throw Senior

Name	School	Finals
Finals		
1 Katie Purves	Franco-Cite	26.55m 10
2 Kelsey Warren	Osgoode	24.16m 8
3 Yesua Korka-Waadah	Immaculata -	23.43m 6
4 Hannah Britton	Canterbury H	23.14m 5
5 Megan Zucker	Ashbury Coll	22.29m 4
6 Maika Albert-Béland	Béatrice-Des	22.18m 3
7 Sophie Campbell	Ashbury Coll	21.60m 2
8 Gabby Kinahan	Glebe Colleg	20.35m 1
9 Izabella Salioski	Gloucester H	19.43m
10 Sophie Wiley	Osgoode	18.57m
11 Kacla Dykstra	Glebe Colleg	18.36m
12 Mathilde Cabasson	Colonel By S	17.67m
13 Elena Castillo	Immaculata -	17.52m
14 Amy Guo	Ashbury Coll	17.16m
15 Meah Gilbert	Béatrice-Des	16.74m
16 Jennifer Desbarats	De La Salle	14.63m
17 Ulie Okolocha	St. Peter H.	14.02m
18 Wordna Choisi	De La Salle	13.79m
19 Keira Mills-Murray	Lisgar C.I.	13.74m
20 Brooke Beauchesne	St. Francis	13.71m
21 Mahek Arora	St. Francis	12.68m
22 Leoni Crowell	Sir Wilfrid	12.63m
23 Alexa Ikkers	Canterbury H	10.11m
24 Julia McRae	Canterbury H	9.27m
--- Isabellla Campisi	St. Francis	FOUL
--- Miracle Nwachukwu	Lisgar C.I.	FOUL

Women 2000 Meter Steeplechase Open

Name	School	Finals
Finals		
1 Tessa Knight	Franco-Cite	8:05.14 10
2 Gwen Hatfield	Sir Wilfrid	8:25.85 8
3 Norah Petrou	Colonel By S	8:32.61 6
4 Ella Kainz	Brookfield H	8:36.20 5
5 Olwen Enticknap-Smith	Canterbury H	9:32.58 4
6 Dana Walker	Canterbury H	9:32.78 3
7 Lauren McKay	Elmwood Scho	9:39.00 2
8 Zola Estabrooks	Colonel By S	9:57.79 1
9 Charlotte Nicholls	Hillcrest -	10:22.98
10 Ava Minnes	Elmwood Scho	11:12.28

Women 4x400 Meter Relay Open

Team	Relay	Finals
Finals		
1 St. Francis		4:17.19 10
2 Lisgar C.I. - Ottawa		4:18.09 8
3 Immaculata - Ottawa		4:18.89 6
4 Ashbury Coll		4:22.58 5
5 Glebe Colleg		4:26.81 4

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Women 4x400 Meter Relay Open)

Team	Relay	Finals	
6 De La Salle	B	4:30.10	3
7 Louis-Riel - Ottawa		4:33.84	2
8 Colonel By S		4:36.59	1

Women 800 Meter Run Intellectually Imp.

Name	School	Finals	
1 Marika Holan-Stutz	Ottawa Tech	3:39.84	10

Women Shot Put Intellectually Imp.

Name	School	Finals	
1 Marika Holan-Stutz	Ottawa Tech	3.67m	10
2 Hailey Fallon	Ottawa Tech	3.66m	8

Men 100 Meter Dash Novice

Name	School	Prelims	
------	--------	---------	--

Preliminaries

1 Stephen Blais	Collège Cath	11.84q	-1.2
2 Daniel Pilkington	St. Francis	11.96q	-0.8
3 Jonathan Katshiez	Immaculata -	12.27q	-0.8
4 Lucas Alves	St. Matthew	12.30q	-1.1
5 Garven Luberrisse	St. Peter H.	12.34q	-1.1
6 Izayah Mapp	Ridgemont HS	12.48q	-0.8
7 Gabriel Schaefer	Louis-Riel -	12.53q	-1.1
8 Alex Brousseau	Franco-Cite	12.55q	-1.1
9 Gavin Poirier	Collège Cath	12.56q	-0.8
10 Jacob Bader	Franco-Cite	12.59q	-1.2
11 Justin Zhao	Colonel By S	12.67q	-0.8
12 Musa Coker	Immaculata -	12.77q	-1.1
13 Keagan Goosen	Louis-Riel -	12.79q	-1.2
14 Josias Attrait Kouakou	Franco-Cite	12.81q	-1.2
15 Nathan Melsness	Sir Wilfrid	12.98q	-1.1
16 Mazen Nousseir	Ridgemont HS	13.11q	-1.1
17 Albert Eke	St. Francis	13.23	-0.8
18 Zain Alhalabi	St. Matthew	13.26	-1.1
19 Colton Peddie	Osgoode	13.27	-0.8
20 Liam Beaudoin	Colonel By S	13.28	-1.2
21 Cohen Manuel	Osgoode	13.29	-0.8
22 Cédric Duclair	Béatrice-Des	13.30	-0.8
23 Anis Benallegue	Gisèle-Lalon	13.39	-1.1
24 Sheick Camara	Louis-Riel -	13.39	-1.1
25 Levi Gosselin	St-Laurent A	13.45	-1.1
26 Grayson Collins	Brookfield H	13.48	-1.1
27 Erik Nelson	Sir Wilfrid	13.54	-1.2
28 Wyatt Toreja	St. Matthew	13.64	-1.1
29 Christopher Bearsto	Cairine Wils	13.68	-1.1
30 Thomas Gottfried	Colonel By S	13.68	-0.8
31 Max Ceppi	St-Laurent A	13.77	-0.8
32 Angelo Tawa	St. Peter H.	13.97	-1.1
33 Jacob Hardy	Sir Wilfrid	14.00	-1.1
34 Jeremy Kessie	St. Francis	14.22	-1.1
35 Richard Havor-Nutogo	Brookfield H	14.31	-1.1
36 Drew Hamilton	Gisèle-Lalon	14.56	-1.1

37 Finn Christie	The Element	14.74	-1.1
38 Cheick Kaghembea	Collège Cath	15.31	-1.2

Men 100 Meter Dash Novice

Name	School	Finals	
------	--------	--------	--

Finals

1 Daniel Pilkington	St. Francis	11.84	10
2 Stephen Blais	Collège Cath	11.89	8
3 Lucas Alves	St. Matthew	12.12	6
4 Garven Luberrisse	St. Peter H.	12.15	5
5 Jonathan Katshiez	Immaculata -	12.22	4
6 Alex Brousseau	Franco-Cite	12.37	3
7 Gabriel Schaefer	Louis-Riel -	12.45	2
8 Izayah Mapp	Ridgemont HS	12.53	1
9 Jacob Bader	Franco-Cite	12.53	-0.5
10 Gavin Poirier	Collège Cath	12.60	-0.5
11 Justin Zhao	Colonel By S	12.71	-0.5
12 Musa Coker	Immaculata -	12.76	-0.5
13 Keagan Goosen	Louis-Riel -	12.83	-0.5
14 Josias Attrait Kouakou	Franco-Cite	12.89	-0.5
15 Nathan Melsness	Sir Wilfrid	12.94	-0.5
16 Mazen Nousseir	Ridgemont HS	13.07	-0.5

Men 200 Meter Dash Novice

Name	School	Prelims	
------	--------	---------	--

Preliminaries

1 Garven Luberrisse	St. Peter H.	24.52q	0.3
2 Daniel Pilkington	St. Francis	24.73q	-2.2
3 Allan Bordovsky	Colonel By S	25.18q	-1.8
4 Izayah Mapp	Ridgemont HS	25.21q	-0.2
5 Jonathan Katshiez	Immaculata -	25.35q	-0.2
6 Aiko Coyo	Franco-Cite	25.60q	0.3
7 Israël Mufuta	Collège Cath	25.85q	0.3
8 Gabriel Schaefer	Louis-Riel -	25.89q	-1.8
9 Jacob Bader	Franco-Cite	25.95q	-0.2
10 Raphaël Kankonde	Collège Cath	26.06q	0.3
11 Josias Attrait Kouakou	Franco-Cite	26.22q	-0.2
12 Musa Coker	Immaculata -	26.25q	-1.8
13 Colton Peddie	Osgoode	26.40q	-1.8
14 Nathanyel McKay	Collège Cath	26.51q	-0.2
15 Hadi Matrouf	Sir Wilfrid	26.54q	-0.2
16 Cohen Manuel	Osgoode	26.64q	-0.2
17 Liam Beaudoin	Colonel By S	26.93	0.3
18 Joel Doku	St. Francis	27.10	-0.2
19 Ali Al-Bahadi	St. Peter H.	27.20	-0.2
20 Cédric Duclair	Béatrice-Des	27.53	-2.2
21 Anis Benallegue	Gisèle-Lalon	27.66	-2.2
22 Erik Nelson	Sir Wilfrid	27.90	-0.2
23 William Pollett	Ashbury Coll	28.43	-1.8
24 Jacob Hardy	Sir Wilfrid	28.54	-2.2
25 Sebastien Coulombe	Colonel By S	29.05	-1.8
26 Levi Gosselin	St-Laurent A	29.16	-2.2
27 Yaphet Asfaha	Canterbury H	29.39	-2.2
28 Njihia Myers	St-Laurent A	30.26	-2.2
29 Richard Havor-Nutogo	Brookfield H	30.54	0.3
30 Billy Bjornson	Ashbury Coll	31.41	-0.2

East Conference 2024
Terry Fox Athletic Facility
Results

Men 200 Meter Dash Novice

Name	School	Finals
Finals		
1 Daniel Pilkington	St. Francis	24.53 10
2 Garven Luberisse	St. Peter H.	24.61 8
3 Israël Mufuta	Collège Cath	25.20 6
4 Allan Bordovsky	Colonel By S	25.35 5
5 Gabriel Schaefer	Louis-Riel -	25.38 4
6 Izayah Mapp	Ridgemont HS	25.48 3
7 Jonathan Katshiez	Immaculata -	25.57 2
8 Jacob Bader	Franco-Cite	26.19 1
9 Colton Peddie	Osgoode	26.54 -0.8
10 Musa Coker	Immaculata -	26.61 -0.8
11 Nathaniel McKay	Collège Cath	26.71 -0.8
12 Cohen Manuel	Osgoode	26.89 -0.8
13 Raphaël Kankonde	Collège Cath	26.97 -0.8
14 Josias Attrait Kouakou	Franco-Cite	27.09 -0.8
15 Aiko Coyo	Franco-Cite	27.45 -0.4
16 Hadi Matroud	Sir Wilfrid	27.51 -0.8

Men 400 Meter Dash Novice

Name	School	Finals
Finals		
1 Vincent Anderson	Collège Cath	55.06 10
2 Maxime Lanca	Immaculata -	56.81 8
3 Allan Bordovsky	Colonel By S	56.90 6
4 Mitch Skelton	Immaculata -	56.94 5
5 Alex Brousseau	Franco-Cite	58.04 4
6 Nathaniel McKay	Collège Cath	58.19 3
7 Hadi Matroud	Sir Wilfrid	59.22 2
8 Cohen Manuel	Osgoode	59.30 1
9 Mikhael Atonfo	St. Peter H.	59.51
10 Aiden Quenneville	Sir Wilfrid	59.79
11 Justin Zhao	Colonel By S	59.80
12 Bryden Tandou	Collège Cath	1:00.20
13 Sebastien Coulombe	Colonel By S	1:01.11
14 Kole Drahovzal	Glebe Colleg	1:01.86
15 Axel Alldowell	St. Matthew	1:03.64
16 Callum Kropp	Hillcrest -	1:04.57
17 Yaphet Asfaha	Canterbury H	1:05.03
18 Njihia Myers	St-Laurent A	1:06.97
19 Silas Harding	St. Matthew	1:07.51
20 Adam Ali	St. Francis	1:11.13

Men 800 Meter Run Novice

Name	School	Finals
Finals		
1 Caleb Dulude	Collège Cath	2:15.26 10
2 Aiko Coyo	Franco-Cite	2:18.48 8
3 Maxime Lanca	Immaculata -	2:20.15 6
4 Steve Long	Canterbury H	2:21.09 5
5 Aidan Savka	Brookfield H	2:21.21 4
6 Xavier Rose-Royo	St. Francis	2:22.66 3
7 Aiden Quenneville	Sir Wilfrid	2:23.11 2
8 Bryden Tandou	Collège Cath	2:24.19 1

9 Noah Ikura	Sir Wilfrid	2:33.96
10 Julian Fung	De La Salle	2:34.16
11 Raphael Pons	Glebe Colleg	2:37.18
12 Kieran McStravick	Sir Wilfrid	2:37.87
13 Kole Drahovzal	Glebe Colleg	2:39.36
14 Owen Gottfried	Colonel By S	2:39.53
15 Silas Harding	St. Matthew	2:43.75
16 Jack MacKinnon	St. Francis	2:45.27
17 Sebastian Gomez-Mendoz	St. Matthew	2:47.31

Men 1500 Meter Run Novice

Name	School	Finals
Finals		
1 Xavier Rose-Royo	St. Francis	4:45.40 10
2 Jaiden Lodha	Ashbury Coll	4:47.45 8
3 Raphael Pons	Glebe Colleg	4:49.28 6
4 Aidan Savka	Brookfield H	4:58.19 5
5 Louis Picton	Louis-Riel -	4:59.11 4
6 Benjamin Smith	Immaculata -	4:59.30 3
7 Sebastien French	Ashbury Coll	5:00.92 2
8 Justin Rioux	Immaculata -	5:02.20 1
9 Steve Long	Canterbury H	5:17.85
10 Xavier Johnson	St-Laurent A	5:18.36
11 Julian Fung	De La Salle	5:20.49
12 Dominique Church	Franco-Cite	5:38.19
13 Ben Finn	Hillcrest -	5:38.87
14 Sebastian Gomez-Mendoz	St. Matthew	5:57.77
15 Sullivan Boer	The Element	6:02.97
--- Silas Harding	St. Matthew	SCR

Men 3000 Meter Run Novice

Name	School	Finals
Finals		
1 Mitch Skelton	Immaculata -	10:36.80 10
2 Jaiden Lodha	Ashbury Coll	10:43.86 8
3 Sebastien French	Ashbury Coll	11:00.35 6
4 Benjamin Smith	Immaculata -	11:01.34 5
5 Moussa Cisse	Ridgemont HS	11:12.86 4
6 Aiko Coyo	Franco-Cite	11:16.27 3
7 Dominique Church	Franco-Cite	11:39.99 2
8 Xavier Johnson	St-Laurent A	11:48.76 1
9 Adam Wilson	Sir Wilfrid	12:11.10
10 Jake Moskau	Sir Wilfrid	12:26.31
11 Coley Tataryn	Hillcrest -	12:27.06
12 Zade Hakeem	Lisgar C.I.	13:31.48
13 Silas Harding	St. Matthew	13:39.31

Men 100 Meter Hurdles Novice

Name	School	Finals
Finals		
1 Daniel Pilkington	St. Francis	15.45 10
2 Gavin Brennan	Colonel By S	19.10 8
3 Callum Kropp	Hillcrest -	19.89 6
4 Theo Dupuy	Sir Wilfrid	20.55 5
5 Aren Reynolds	Colonel By S	20.80 4
6 Jonah Ng-A-Fook	Colonel By S	22.26 3

East Conference 2024
Terry Fox Athletic Facility
Results

Men 300 Meter Hurdles Novice

Name	School	Finals		
Finals				
1	Maxime Chartrand	Louis-Riel -	46.34	10
2	Mikhael Atonfo	St. Peter H.	49.80	8
3	Callum Kropp	Hillcrest -	54.01	6
4	Gavin Brennan	Colonel By S	54.62	5
5	Zade Hakeem	Lisgar C.I.	54.79	4
6	Sebastien Coulombe	Colonel By S	57.74	3
7	Theo Dupuy	Sir Wilfrid	1:01.13	2

Men 4x100 Meter Relay Novice

Team	Relay	Finals		
Finals				
1	Immaculata - Ottawa		48.67	10
2	Louis-Riel - Ottawa		48.72	8
3	Franco-Cite - Ottawa		49.04	6
4	Colonel By S		50.40	5
5	St. Peter H.		50.81	4
6	Sir Wilfrid		52.17	3
7	St. Francis		54.42	2

Men High Jump Novice

Name	School	Finals		
Finals				
1	Kage Bastien	Gisèle-Lalon	1.60m	9
1	Max Baets	St-Laurent A	1.60m	9
3	Albert Eke	St. Francis	J1.60m	6
4	Nathan Melsness	Sir Wilfrid	J1.60m	5
5	Raphaël Kankonde	Collège Cath	1.55m	4
6	Aren Reynolds	Colonel By S	J1.55m	3
7	Ian Belanger	Brookfield H	J1.55m	2
8	Gavin Brennan	Colonel By S	1.50m	1
9	Chase Alexander	Louis-Riel -	J1.50m	
10	Zakaria Farah	Sir Wilfrid	J1.50m	
11	Allan Mouafo	Béatrice-Des	1.40m	
11	Vincent Anderson	Collège Cath	1.40m	
11	Jayden Albert-Béland	Béatrice-Des	1.40m	
14	Cédric Duclair	Béatrice-Des	1.30m	
---	Sadman Samir	Colonel By S	NH	
---	Colens Désardouin	Collège Cath	NH	

Men Pole Vault Novice

Name	School	Finals		
Finals				
1	Keagan Goosen	Louis-Riel -	2.00m	8
1	Chase Alexander	Louis-Riel -	2.00m	8
1	Maxime Chartrand	Louis-Riel -	2.00m	8

Men Long Jump Novice

Name	School	Finals		
Finals				
1	Allan Bordovsky	Colonel By S	5.59m	10
2	Conal Deegan	Ashbury Coll	5.55m	8
3	Moussa Cisse	Ridgemont HS	5.52m	6
4	Aidan Reynoso	Glebe Colleg	5.18m	5

5	Wyatt Toreja	St. Matthew	5.13m	4
6	Keagan Goosen	Louis-Riel -	5.08m	3
7	Albert Eke	St. Francis	5.05m	2
8	Justin Zhao	Colonel By S	5.01m	1
9	Nathan Melsness	Sir Wilfrid	4.96m	NWI
10	Chase Alexander	Louis-Riel -	4.93m	NWI
11	Aidan Savka	Brookfield H	4.91m	NWI
12	Angelo Tawa	St. Peter H.	4.83m	NWI
13	Mikhael Atonfo	St. Peter H.	4.81m	NWI
14	Josue Sidol	St. Matthew	4.76m	NWI
14	Christopher Beirsto	Cairine Wils	4.76m	NWI
16	Logan Fennimore	Glebe Colleg	4.74m	NWI
17	Armaan Habib	Ridgemont HS	4.69m	NWI
18	David Udodong	Ashbury Coll	4.65m	NWI
19	Somto Okolocha	St. Peter H.	4.59m	NWI
20	Grayson Collins	Brookfield H	4.55m	NWI
21	Ian Belanger	Brookfield H	4.53m	NWI
21	Arnav Mansur	Colonel By S	4.53m	NWI
23	Allan Mouafo	Béatrice-Des	4.50m	NWI
24	Joel Doku	St. Francis	4.48m	NWI
25	Simon Wilson	Glebe Colleg	4.38m	NWI
26	Billy Bjornson	Ashbury Coll	4.30m	NWI
27	Cody Paneak	Cairine Wils	4.26m	NWI
28	Noah Ikura	Sir Wilfrid	4.25m	NWI
29	Finn Christie	The Element	4.22m	NWI
30	Theo Dupuy	Sir Wilfrid	4.16m	NWI
31	Max Ceppi	St-Laurent A	3.99m	NWI
32	Njihia Myers	St-Laurent A	3.87m	NWI
33	Julian Fung	De La Salle	3.83m	NWI
34	Colton Gardner	Ridgemont HS	3.55m	NWI
---	Max Baets	St-Laurent A	FOUL	

Men Triple Jump Novice

Name	School	Finals		
Finals				
1	Conal Deegan	Ashbury Coll	11.28m	10
2	Aidan Reynoso	Glebe Colleg	10.68m	8
3	Simon Wilson	Glebe Colleg	9.61m	6
4	Arnav Mansur	Colonel By S	9.03m	5
5	Sadman Samir	Colonel By S	8.72m	4

Men Shot Put Novice

Name	School	Finals		
Finals				
1	Colens Désardouin	Collège Cath	12.16m	10
2	Marcus Kunstadt-Landon	Ashbury Coll	11.25m	8
3	Jonas Garcia	St-Laurent A	11.21m	6
4	Noah Parsons	Glebe Colleg	10.55m	5
5	Colton Peddie	Osgoode	10.54m	4
6	Kage Bastien	Gisèle-Lalon	10.18m	3
7	Jonah Ng-A-Fook	Colonel By S	9.82m	2
8	Ian Macnab	The Element	9.78m	1
9	Jacob Fauteux	Béatrice-Des	9.67m	
10	Ali Al-Bahadi	St. Peter H.	9.44m	
11	Ange Teguum	Collège Cath	8.84m	
12	Sabih Mohammad	Sir Wilfrid	8.70m	

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Men Shot Put Novice)

	Name	School	Finals
13	Cheick Kaghembega	Collège Cath	8.08m
14	Steve Long	Canterbury H	7.89m
15	Thomas Gottfried	Colonel By S	7.80m
16	Julien Miller	Colonel By S	7.11m

Men Discus Throw Novice

	Name	School	Finals
Finals			
1	Joey DiPasquale	St-Laurent A	34.20m 10
2	Marcus Kunstadt-Landon	Ashbury Coll	34.14m 8
3	William Blacker	Sir Wilfrid	31.22m 6
4	Conal Deegan	Ashbury Coll	28.27m 5
5	Cody Paneak	Cairine Wils	27.89m 4
6	Jonah Ng-A-Fook	Colonel By S	26.89m 3
7	Sabih Mohammad	Sir Wilfrid	24.23m 2
8	Jacob Fauteux	Béatrice-Des	23.14m 1
9	Noah Parsons	Glebe Colleg	21.99m
10	Somto Okolocha	St. Peter H.	21.95m
11	Angelo Tawa	St. Peter H.	21.36m
12	Patrick O'Donnell	St-Laurent A	18.97m
13	Drew Hamilton	Gisèle-Lalon	15.78m

Men Javelin Throw Novice

	Name	School	Finals
Finals			
1	Marcus Kunstadt-Landon	Ashbury Coll	40.27m 10
2	William Blacker	Sir Wilfrid	36.00m 8
3	Joey DiPasquale	St-Laurent A	31.73m 6
4	Cody Paneak	Cairine Wils	30.02m 5
5	Maxime Chartrand	Louis-Riel -	28.72m 4
6	Sadman Samir	Colonel By S	28.52m 3
7	Noah Parsons	Glebe Colleg	25.81m 2
8	Ali Al-Bahadi	St. Peter H.	16.51m 1
9	Jayden Albert-Béland	Béatrice-Des	15.57m
10	Patrick O'Donnell	St-Laurent A	15.00m
11	Coley Tataryn	Hillcrest -	5.93m
---	Jonas Garcia	St-Laurent A	FOUL
---	Thomas Gottfried	Colonel By S	FOUL
---	Jonah Ng-A-Fook	Colonel By S	SCR

Men 100 Meter Dash Junior

	Name	School	Prelims
Preliminaries			
1	Rafael Obiang Ntutumu Ay	Hillcrest -	11.89q -0.3
2	Christopher Craig	Brookfield H	12.07q -0.9
3	Isiah Wallace	Louis-Riel -	12.17q -0.3
4	Nathaniel Ellis-Vilson	St. Peter H.	12.35q -1.3
5	Felix Spring	Immaculata -	12.37q -1.3
6	Rain Ahmed	Sir Wilfrid	12.42q -0.3
7	Elijah Nguem Nguem	Colonel By S	12.45q -2.0
8	Casey Sheftel	Louis-Riel -	12.47q -0.3
9	Marvyn Larozar	St. Matthew	12.52q -0.9
10	Vincent Badhwar	Sir Wilfrid	12.53q -0.9
11	Konrad Tabay	Colonel By S	12.58q -2.0

12	William Ross	Colonel By S	12.76q -1.3
13	Charles Nwadike Dim	St. Matthew	12.77q -0.2
14	Iwinosa Idusuyi	St. Francis	12.91q -0.9
15	Oli Onwuachi	Sir Wilfrid	12.94q -0.3
15	Cuthbert Jjuuko	St-Laurent A	12.94q -0.2
17	Ithry Haboudane	The Element	12.95 -0.3
18	Connor Valiant	St-Laurent A	12.97 -0.2
19	Adrian Iordache	Franco-Cite	13.01 -0.3
20	Brent Pariag	Brookfield H	13.10 -2.0
21	Nicholas Lecavalier	Gisèle-Lalon	13.16 -0.9
22	Chris Andy Tadie	Gisèle-Lalon	13.20 -0.2
23	Cédrick Lubin	Béatrice-Des	13.33 -1.3
24	Timothe Azebaze	St. Peter H.	13.37 -0.2
25	Adam Klepaczek	Lisgar C.I.	13.46 -0.2
26	Afjin Adeyemi	Brookfield H	13.49 -2.0
27	Jonathan Régimbald	Gisèle-Lalon	13.51 -2.0
28	Coltrane Hughes	Ashbury Coll	13.54 -0.2
29	Fiji Kusa	St. Peter H.	13.59 -2.0
30	Keith Cobb	Osgoode	13.77 -1.3
31	Uyioghosa Idusuyi	St. Francis	15.16 -0.2

Men 100 Meter Dash Junior

	Name	School	Finals
Finals			
1	Rafael Obiang Ntutumu Ay	Hillcrest -	12.02 10
2	Rain Ahmed	Sir Wilfrid	12.20 8
3	Nathaniel Ellis-Vilson	St. Peter H.	12.24 6
4	Christopher Craig	Brookfield H	12.26 5
5	Konrad Tabay	Colonel By S	12.30 4
6	Elijah Nguem Nguem	Colonel By S	12.32 3
7	Isiah Wallace	Louis-Riel -	12.43 2
8	Marvyn Larozar	St. Matthew	12.44 1
9	Vincent Badhwar	Sir Wilfrid	12.50 -1.0
10	Felix Spring	Immaculata -	12.52 -2.2
11	Charles Nwadike Dim	St. Matthew	12.58 -1.0
12	Casey Sheftel	Louis-Riel -	12.63 -2.2
13	Cuthbert Jjuuko	St-Laurent A	12.76 -1.0
14	Iwinosa Idusuyi	St. Francis	13.18 -1.0
15	William Ross	Colonel By S	16.36 -1.0

Men 200 Meter Dash Junior

	Name	School	Prelims
Preliminaries			
1	Miguel Van Arruda	Hillcrest -	23.69q +0.0
2	Rafael Obiang Ntutumu Ay	Hillcrest -	24.01q +0.0
3	Elijah Nguem Nguem	Colonel By S	24.05q +0.0
4	Christopher Craig	Brookfield H	24.19q 0.3
5	Sosthene Odoka	Louis-Riel -	24.73q -1.3
6	Vincent Badhwar	Sir Wilfrid	24.81q +0.0
7	Dylan Nelson	St. Peter H.	24.84q -1.3
8	Konrad Tabay	Colonel By S	24.98q +0.0
9	Casey Sheftel	Louis-Riel -	25.31q -0.2
10	Logan Perrault	St. Peter H.	25.37q +0.0
11	Félix Solomon	De La Salle	25.42q 0.3
12	Felix Spring	Immaculata -	25.54q -0.2
13	Ewan Vickers	Glebe Colleg	25.57q 0.3

East Conference 2024
Terry Fox Athletic Facility
Results

Preliminaries ... (Men 200 Meter Dash Junior)

Name	School	Prelims
14 Riley Surman	Sir Wilfrid	25.87q 0.3
15 Michael Wielowieyski	Colonel By S	26.22q -0.2
16 Ithry Haboudane	The Element	26.33q 0.3
17 Timothe Azebaze	St. Peter H.	26.53 -0.2
18 Iwinosa Idusuyi	St. Francis	26.88 0.3
19 Brent Pariag	Brookfield H	27.00 -1.3
20 Adam Klepzaczek	Lisgar C.I.	27.08 -1.3
21 Patrick Sell	Canterbury H	27.17 -0.2
22 Uyioghosa Idusuyi	St. Francis	27.55 -0.2
23 Keith Cobb	Osgoode	28.04 0.3

Men 200 Meter Dash Junior

Name	School	Finals
Finals		
1 Miguel Van Arruda	Hillcrest -	23.99 10
2 Rafael Obiang Ntutumu Ay	Hillcrest -	24.50 8
3 Elijah Nguem Nguem	Colonel By S	24.52 6
4 Christopher Craig	Brookfield H	24.63 5
5 Dylan Nelson	St. Peter H.	25.12 4
6 Vincent Badhwar	Sir Wilfrid	25.33 3
7 Konrad Tabay	Colonel By S	25.38 2
8 Logan Perrault	St. Peter H.	25.42 1
9 Ewan Vickers	Glebe Colleg	25.50 -0.7
10 Casey Sheftel	Louis-Riel -	25.72 -0.7
11 Felix Spring	Immaculata -	25.74 -0.7
12 Félix Solomon	De La Salle	26.40 -0.7
13 Michael Wielowieyski	Colonel By S	26.51 -0.7
14 Sosthene Odoka	Louis-Riel -	27.06 -1.2

Men 400 Meter Dash Junior

Name	School	Finals
Finals		
1 Ayoub Shangai	Louis-Riel -	50.97 10
2 Miguel Van Arruda	Hillcrest -	52.99 8
3 Taisei Tan	Béatrice-Des	53.06 6
4 Austin Walker	Colonel By S	54.76 5
5 Griffin Brennan	Immaculata -	55.44 4
6 Nathan Cox	Brookfield H	56.03 3
7 Durgadas Roy	Lisgar C.I.	56.17 2
8 Kiran O'Hare	Glebe Colleg	56.64 1
9 Logan Perrault	St. Peter H.	57.01
10 Connor Valiant	St-Laurent A	1:00.13
11 Oliver Eaton	Glebe Colleg	1:00.18
12 Tyler Sugrim	Sir Wilfrid	1:00.80
13 William Ross	Colonel By S	1:01.35
14 Christian Tegum	Collège Cath	1:01.37
15 Gustav Ruehle	Sir Wilfrid	1:03.85
16 Samuel Khosla	Colonel By S	1:05.08
17 Billy Burkom	Lisgar C.I.	1:13.55
18 Aariz Feroz	Sir Wilfrid	1:15.16

Men 800 Meter Run Junior

Name	School	Finals
Finals		
1 Austin Walker	Colonel By S	2:09.66 10
2 Griffin Brennan	Immaculata -	2:11.99 8
3 Owen McNally	Lisgar C.I.	2:12.00 6
4 Finlay Spratt	Ashbury Coll	2:15.57 5
5 Adem Walid Chelghoum	Gisèle-Lalon	2:15.67 4
6 William Ross	Colonel By S	2:16.77 3
7 Kiran O'Hare	Glebe Colleg	2:18.01 2
8 Marcus Carter	Immaculata -	2:20.45 1
9 Nathan Cox	Brookfield H	2:20.89
10 Félix Solomon	De La Salle	2:21.03
11 Preston Kenny	Cairine Wils	2:23.72
12 Chassy Jones	Lisgar C.I.	2:27.23
13 Oliver Eaton	Glebe Colleg	2:28.20
14 Matthew Sawchak	Colonel By S	2:35.62
15 Emileo Ghie	Franco-Cite	2:36.63
16 Matéo Merizzi	Franco-Cite	2:37.53
17 Ibrahim Yussuf	Hillcrest -	2:38.69
18 Jack Paterek	Cairine Wils	2:43.93
19 Ethan Ghali	Lisgar C.I.	2:54.57
20 Emmanuel Gebremarian	St. Peter H.	2:55.53

Men 1500 Meter Run Junior

Name	School	Finals
Finals		
1 Charlie Mortimer	Hillcrest -	4:14.96 10
2 Austin Walker	Colonel By S	4:21.42 8
3 Oscar Gorall	Glebe Colleg	4:28.22 6
4 Owen Siderius	Colonel By S	4:31.82 5
5 Adem Walid Chelghoum	Gisèle-Lalon	4:40.85 4
6 Conlin Burnett	Lisgar C.I.	4:42.40 3
7 Lluc Bou	Glebe Colleg	4:44.51 2
8 Finlay Spratt	Ashbury Coll	4:48.43 1
9 Neil Dawson	Gloucester H	4:57.22
10 Marcus Carter	Immaculata -	5:07.48
11 Chassy Jones	Lisgar C.I.	5:09.85
12 Eyob Reddin	Immaculata -	5:10.01
13 Emileo Ghie	Franco-Cite	5:11.78
14 Jack Turcotte	Immaculata -	5:16.67
15 Ibrahim Yussuf	Hillcrest -	5:21.89
16 Jack Paterek	Cairine Wils	5:25.11
17 Takumi Takamura	Colonel By S	5:27.45
18 Matthew Thero	Gloucester H	5:31.39
19 Nathan Boisseau	Béatrice-Des	5:40.18
20 Hayden Bell	Sir Wilfrid	5:42.71
21 Maaz Malik	Sir Wilfrid	5:44.53
22 Emmanuel Gebremarian	St. Peter H.	6:01.75
23 Musa Rauf	Sir Wilfrid	6:06.27
24 Ash Maltais	St-Laurent A	7:24.48

East Conference 2024
Terry Fox Athletic Facility
Results

Men 3000 Meter Run Junior

Name	School	Finals
Finals		
1 Charlie Mortimer	Hillcrest -	9:43.01 10
2 Owen Siderius	Colonel By S	9:43.78 8
3 Evan James Rebane	Louis-Riel -	9:44.13 6
4 Oscar Gorall	Glebe Colleg	9:51.59 5
5 Conlin Burnett	Lisgar C.I.	9:54.39 4
6 Sami Ghozlani	Lisgar C.I.	9:57.15 3
7 Owen McNally	Lisgar C.I.	10:49.77 2
8 Lluç Bou	Glebe Colleg	10:51.42 1
9 Noah Hickey	Sir Wilfrid	10:52.01
10 Jack Johnston	Glebe Colleg	11:09.50
11 Eyob Reddin	Immaculata -	11:18.71
12 Takumi Takamura	Colonel By S	12:11.48
13 Jack Paterek	Cairine Wils	12:37.90

Men 100 Meter Hurdles Junior

Name	School	Finals
Finals		
1 Taisei Tan	Béatrice-Des	14.58 10
2 Ryan Scott	Hillcrest -	15.97 8
3 Sosthene Odoka	Louis-Riel -	16.94 6
4 Linus Riedl	Hillcrest -	17.42 5
5 Coltrane Hughes	Ashbury Coll	19.00 4
6 Loïc Cleveland	Louis-Riel -	19.13 3
7 Chris Andy Tadie	Gisèle-Lalon	21.11 2

Men 300 Meter Hurdles Junior

Name	School	Finals
Finals		
1 Taisei Tan	Béatrice-Des	41.66 10
2 Konrad Tabay	Colonel By S	46.73 8
3 Linus Riedl	Hillcrest -	46.91 6
4 Kolby Moore	Hillcrest -	48.35 5
5 Samuel Khosla	Colonel By S	52.48 4
6 Matthew Sawchak	Colonel By S	53.30 3
7 Ryan Scott	Hillcrest -	1:01.63 2

Men 4x100 Meter Relay Junior

Team	Relay	Finals
Finals		
1	Louis-Riel - Ottawa	46.79 10
2	Hillcrest - Ottawa	47.97 8
3	St. Peter H.	48.11 6
4	Colonel By S	48.51 5
5	Glebe Colleg	48.51 4
6	St-Laurent Academy	49.60 3
7	Brookfield H	50.18 2
8	Ashbury Coll	50.25 1
9	Sir Wilfrid	50.72
10	Lisgar C.I. - Ottawa	51.91
11	Cairine Wils	55.38

Men High Jump Junior

Name	School	Finals
Finals		
1 Beni Nkongolo	Immaculata -	1.80m 10
2 Adrian Iordache	Franco-Cite	1.75m 8
3 Eric Lapner	Ashbury Coll	J1.75m 6
4 Emmanuel Tsimi	Immaculata -	1.70m 5
5 Jonathan Régimbald	Gisèle-Lalon	1.55m 3.5
5 Christian Tegouim	Collège Cath	1.55m 3.5
7 Andreas Balteanu	Lisgar C.I.	1.50m 2
8 Bijan Menafi	Immaculata -	1.45m 1
9 Kadir Alpay	Lisgar C.I.	1.35m
10 Sosthene Odoka	Louis-Riel -	1.30m
11 Salaheddin Mohamed	Lisgar C.I.	J1.30m
---	Cédric Lubin	Béatrice-Des NH

Men Pole Vault Junior

Name	School	Finals
Finals		
1 Guillermo Guijarro Penas	Glebe Colleg	2.00m 10
---	Chase Alexander	Louis-Riel - SCR

Men Long Jump Junior

Name	School	Finals
Finals		
1 Rain Ahmed	Sir Wilfrid	5.78m 10
2 Julian Aytona	Immaculata -	5.61m 8
3 Kiran O'Hare	Glebe Colleg	5.40m 5.5
3 Adrian Iordache	Franco-Cite	5.40m 5.5
5 Fiji Kusa	St. Peter H.	5.36m 4
6 Eric Lapner	Ashbury Coll	5.32m 3
7 Isiah Wallace	Louis-Riel -	5.30m 1.5
7 Mikael Whissell	Louis-Riel -	5.30m 1.5
9 Noah Cimon-Kassen	Glebe Colleg	5.27m NWI
9 Nathan Cox	Brookfield H	5.27m NWI
11 William Martin	Ashbury Coll	5.21m NWI
12 Ancel Harry	St. Peter H.	5.16m NWI
13 Finlay Talvitie	Immaculata -	5.15m NWI
14 Durgadas Roy	Lisgar C.I.	5.11m NWI
14 Loïc Cleveland	Louis-Riel -	5.11m NWI
16 Nile Bogale	Lisgar C.I.	4.75m NWI
17 Coltrane Hughes	Ashbury Coll	4.59m NWI
18 Nathan Boisseau	Béatrice-Des	4.57m NWI
19 Keith Cobb	Osgoode	4.26m NWI
20 Chris Andy Tadie	Gisèle-Lalon	4.13m NWI
21 Samuel Khosla	Colonel By S	3.93m NWI
22 Isaac Arsenaault	Glebe Colleg	3.86m NWI
23 Jordan Stenjajeva	Lisgar C.I.	3.84m NWI
---	Nico Bradley	Immaculata - FOUL

Men Triple Jump Junior

Name	School	Finals
Finals		
1 Fiji Kusa	St. Peter H.	11.65m 10
2 Julian Aytona	Immaculata -	11.33m 8

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Men Triple Jump Junior)

Name	School	Finals	
3 Noah Cimon-Kassen	Glebe Colleg	11.04m	6
4 Nico Bradley	Immaculata -	10.85m	5
5 Finlay Talvitie	Immaculata -	10.76m	3.5
5 Eric Lapner	Ashbury Coll	10.76m	3.5
7 Michael Zhang	Ashbury Coll	10.37m	2
8 Isaac Arseneault	Glebe Colleg	9.69m	1
9 Simon Cass	Glebe Colleg	9.38m	NWI
10 Nile Bogale	Lisgar C.I.	8.87m	NWI
11 Salaheddin Mohamed	Lisgar C.I.	8.40m	NWI

Men Shot Put Junior

Name	School	Finals	
1 Shea Sampson	Lisgar C.I.	12.43m	10
2 Alexander Purves	Franco-Cite	12.17m	8
3 Nicholas Lecavalier	Gisèle-Lalon	11.64m	6
4 Henry Chernoff	Glebe Colleg	11.57m	5
5 Nico Kokkaliaris	St-Laurent A	11.20m	4
6 Mikael Whissell	Louis-Riel -	10.86m	3
7 Corbin Sinclair	Osgoode	10.51m	2
8 Sameer Mangal	Sir Wilfrid	10.05m	1
9 Michael Zhang	Ashbury Coll	9.87m	
10 Michael Wielowieyski	Colonel By S	9.64m	
11 Jerick Li	Lisgar C.I.	9.60m	
11 Diego Vigil Escalera	Ashbury Coll	9.60m	
13 Keon E	Lisgar C.I.	9.58m	
14 Jamie Lem	Glebe Colleg	9.20m	
15 Ewan Vickers	Glebe Colleg	7.95m	
16 Divyanshu Singh	Sir Wilfrid	7.65m	

Men Discus Throw Junior

Name	School	Finals	
1 Alexander Purves	Franco-Cite	43.58m	10
2 Shea Sampson	Lisgar C.I.	38.43m	8
3 Michael Zhang	Ashbury Coll	31.13m	6
4 Kolby Moore	Hillcrest -	30.72m	5
5 Henry Chernoff	Glebe Colleg	28.46m	4
6 Sameer Mangal	Sir Wilfrid	27.15m	3
7 Nate Leckie	Glebe Colleg	26.57m	2
8 Jerick Li	Lisgar C.I.	25.70m	1
9 Keon E	Lisgar C.I.	24.71m	
10 Divyanshu Singh	Sir Wilfrid	22.31m	
11 Jamie Lem	Glebe Colleg	20.88m	
--- Ibrahim Yussuf	Hillcrest -	FOUL	
--- Azam Adam	Sir Wilfrid	FOUL	

Men Javelin Throw Junior

Name	School	Finals	
1 William Martin	Ashbury Coll	54.43m	10
2 Jerick Li	Lisgar C.I.	42.09m	8
3 Billy Burkom	Lisgar C.I.	34.60m	6
4 Jaxon Busbridge	Sir Wilfrid	34.03m	5

5 Kolby Moore	Hillcrest -	33.26m	4
6 Corbin Sinclair	Osgoode	30.56m	3
7 Henry Chernoff	Glebe Colleg	29.26m	2
8 Ryan Scott	Hillcrest -	27.55m	1
9 Rylan Bédard	Louis-Riel -	27.19m	
10 Finlay Talvitie	Immaculata -	26.93m	
11 Nate Leckie	Glebe Colleg	26.20m	
12 Noah Hickey	Sir Wilfrid	25.76m	
13 Félix Solomon	De La Salle	25.61m	
14 Alexander Purves	Franco-Cite	24.53m	
15 Jon Whitten	St-Laurent A	23.41m	
16 Michael Wielowieyski	Colonel By S	23.24m	
17 Sam Horner	Osgoode	22.75m	
18 Jamie Lem	Glebe Colleg	17.78m	
--- Cédrick Lubin	Béatrice-Des	FOUL	

Men 100 Meter Dash Senior

Name	School	Prelims
Preliminaries		
1 Damien Richer-Mugford	Franco-Cite	11.44q-0.4
2 Mukhtar Raji	Colonel By S	11.61q-0.2
3 Jarrell Bussey	Ridgemont HS	11.61q-0.1
4 Owen McNaught	Sir Wilfrid	11.63q-0.4
5 Ladi Ogunmekan	Colonel By S	11.64q-0.4
6 Alpha Barry	Louis-Riel -	11.64q-0.9
7 Jesse Costanza	Cairine Wils	11.66q-0.9
8 Joshua Haughton	Immaculata -	11.85q-0.6
9 Emmett Pindar	Ashbury Coll	11.88q-1.0
10 Ramsay Dalbah	Gisèle-Lalon	11.89q-1.0
11 Mason Brennan	Colonel By S	11.89q-0.9
12 Noah Tsala	St. Peter H.	11.98q-0.1
13 Mathis Sylla	Collège Cath	11.99q+0.0
14 Ludovic Bernard	Louis-Riel -	12.02q-0.4
15 Harun Uras	De La Salle	12.07q-0.4
16 Shawn Pierre-Louis	Gisèle-Lalon	12.09q-0.2
17 Artem Kvitka	Glebe Colleg	12.14 -0.9
18 Riley Orr	Lisgar C.I.	12.15 +0.0
19 Darryl Achy	Collège Cath	12.17 -0.1
20 Ashton Chartrand	St. Peter H.	12.20 -1.0
21 Jeff Tchakote	St. Matthew	12.33 -0.6
22 Noah Toope	De La Salle	12.33 -0.1
23 Yilin Liu	Ashbury Coll	12.37 -1.0
24 Anthony Korutowski	Lisgar C.I.	12.38 -0.1
25 Gloire Bujigijigi	Gloucester H	12.43 -1.0
26 Jack Howell	Osgoode	12.45 +0.0
27 Dylan Nonkoh	St. Francis	12.50 -0.6
28 Clive Richard	De La Salle	12.59 -0.2
29 Jean Emmanuel Kouao	Béatrice-Des	12.61 +0.0
30 Eder Bélizaire	Gisèle-Lalon	12.61 -1.0
31 Christopher Harris	Ridgemont HS	12.69 -0.2
32 Evan Hajjar	St. Peter H.	12.71 -0.9
33 Jacian Ayettey	Sir Wilfrid	12.75 +0.0
34 Jacob Charbonneau	Collège Cath	12.76 -0.6
35 Didier Molisho Sadi	Franco-Cite	12.83 -0.1
36 Olakunle Fagebo	Brookfield H	13.08 -0.2
37 Owen Whike	Glebe Colleg	13.09 -1.0

East Conference 2024
Terry Fox Athletic Facility

Results

Preliminaries ... (Men 100 Meter Dash Senior)

Name	School	Prelims
38 David Ojudu	St. Francis	13.09 -0.4
39 Nicolas Gauthier	Béatrice-Des	13.20 -0.6
40 Sebastian Sell	Canterbury H	13.27 -0.2
41 Hedi Mestiri	Gloucester H	13.32 -0.9
42 Josh Curley	Urban Aborig	13.78 NWI
43 Preston Schwarz	Ashbury Coll	14.14 -0.6
44 Jassim Nait Zerrad	The Element	15.57 +0.0
45 Hazem Koumi	The Element	16.47 NWI

Men 100 Meter Dash Senior

Name	School	Finals
Finals		
1 Damien Richer-Mugford	Franco-Cite	11.09 10
2 Ladi Ogunmekan	Colonel By S	11.34 8
3 Mukhtar Raji	Colonel By S	11.61 6
4 Jesse Costanza	Cairine Wils	11.68 5
5 Alpha Barry	Louis-Riel -	11.70 4
6 Owen McNaught	Sir Wilfrid	11.71 3
7 Jarrell Bussey	Ridgemont HS	11.72 2
8 Joshua Haughton	Immaculata -	11.90 1
9 Mason Brennan	Colonel By S	11.98 -1.8
10 Ramsay Dalbah	Gisèle-Lalon	11.99 -1.8
11 Emmett Pindar	Ashbury Coll	12.04 -1.8
12 Ludovic Bernard	Louis-Riel -	12.09 -1.8
13 Noah Tsala	St. Peter H.	12.10 -1.8
14 Mathis Sylla	Collège Cath	12.18 -1.8
15 Shawn Pierre-Louis	Gisèle-Lalon	12.33 -1.8
16 Harun Uras	De La Salle	12.35 -1.8

Men 200 Meter Dash Senior

Name	School	Prelims
Preliminaries		
1 Zachary Jeggo	Louis-Riel -	22.43q -1.3
2 Stephan Balson	Lisgar C.I.	22.78q -0.4
3 Damien Richer-Mugford	Franco-Cite	22.94q -1.1
4 Joshua Haughton	Immaculata -	23.37q -0.7
5 Owen McNaught	Sir Wilfrid	23.42q -0.4
6 Mukhtar Raji	Colonel By S	23.72q -0.8
7 Jesse Costanza	Cairine Wils	23.72q -1.0
8 Jarrell Bussey	Ridgemont HS	23.93q -1.7
9 Jordan Espina	Lisgar C.I.	23.94q -0.8
10 Ramsay Dalbah	Gisèle-Lalon	23.99q -0.8
11 Artem Kvitka	Glebe Colleg	24.16q -1.1
12 Shahan Bedrosyan	Ashbury Coll	24.34q -1.1
13 Noah Harnish	Louis-Riel -	24.53q -1.0
14 Mathis Sylla	Collège Cath	24.63q -0.7
15 Naoto Williams	Colonel By S	24.74q -1.7
16 Dyllan Katako	St. Matthew	24.96q -0.7
17 Augustine Uche	St. Peter H.	25.02 -0.7
18 Noah Toope	De La Salle	25.10 -1.7
19 Jeremy Close	De La Salle	25.28 -1.0
20 Darryl Achy	Collège Cath	25.49 -1.3
21 Jack Howell	Osgoode	25.52 -1.3
22 Michael Azebaze	St. Peter H.	25.69 -0.8

23 Dylan Nonkoh	St. Francis	25.75 -1.3
24 Jacob Charbonneau	Collège Cath	25.90 -1.7
25 Ethan DesRosiers	Franco-Cite	25.91 -1.0
26 Evan Hajjar	St. Peter H.	25.95 -1.7
27 David Ojudu	St. Francis	26.02 -0.8
28 Gloire Bujigijigi	Gloucester H	26.31 -1.7
29 Jean Emmanuel Kouao	Béatrice-Des	26.40 -0.8
30 Aden Thomas	Béatrice-Des	26.68 -0.4
31 Misha Carney	Glebe Colleg	26.86 -0.7
32 Evan Morehouse	De La Salle	27.01 -0.7
33 Josh Curley	Urban Aborig	27.25 -1.3
34 Orion Charbonneau	Glebe Colleg	27.62 -1.3
35 Yassin Abdelgawad	Ridgemont HS	27.96 -0.4
36 Gabriel Oguntoyinbo	Colonel By S	28.15 -1.3
37 Olakunle Fagebo	Brookfield H	29.11 -0.4
38 Jassim Nait Zerrad	The Element	32.03 -0.8

Men 200 Meter Dash Senior

Name	School	Finals
Finals		
1 Damien Richer-Mugford	Franco-Cite	22.00 10
2 Stephan Balson	Lisgar C.I.	22.24 8
3 Zachary Jeggo	Louis-Riel -	22.29 6
4 Jesse Costanza	Cairine Wils	23.43 5
5 Joshua Haughton	Immaculata -	23.71 4
6 Owen McNaught	Sir Wilfrid	23.85 3
7 Mukhtar Raji	Colonel By S	23.91 2
8 Jarrell Bussey	Ridgemont HS	23.92 1
9 Jordan Espina	Lisgar C.I.	24.02 -0.5
10 Shahan Bedrosyan	Ashbury Coll	24.22 -0.5
11 Artem Kvitka	Glebe Colleg	24.40 -0.5
12 Naoto Williams	Colonel By S	24.42 -0.5
13 Ramsay Dalbah	Gisèle-Lalon	24.43 -0.5
14 Noah Harnish	Louis-Riel -	25.12 -0.5
15 Mathis Sylla	Collège Cath	26.23 -0.5
16 Dyllan Katako	St. Matthew	27.57 -0.5

Men 400 Meter Dash Senior

Name	School	Finals
Finals		
1 Zachary Jeggo	Louis-Riel -	48.73 10
2 Stephan Balson	Lisgar C.I.	49.80 8
3 Safwan El Mansari	De La Salle	50.94 6
4 Eric Zielonka	Brookfield H	52.26 5
5 Jordan Espina	Lisgar C.I.	52.76 4
6 Naoto Williams	Colonel By S	52.78 3
7 Jeremy Close	De La Salle	52.89 2
8 Dan Mikwete	Immaculata -	53.10 1
9 Brady Brown	Immaculata -	53.35
10 Chase Gillespie	Ashbury Coll	53.71
11 Shahan Bedrosyan	Ashbury Coll	54.02
12 Carter Clark	Collège Cath	54.63
13 Abdoul Sorné	Louis-Riel -	55.42
14 Ethan DesRosiers	Franco-Cite	58.04
15 Jack Howell	Osgoode	58.73
16 Ethan Silvestre	Collège Cath	59.02

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Men 400 Meter Dash Senior)

Name	School	Finals
17 Didier Molisho Sadi	Franco-Cite	59.13
18 Alexandre Holub	Béatrice-Des	59.46
19 Dylan Brett	Glebe Colleg	59.72
20 Rian O'Connor	Lisgar C.I.	1:00.05
21 Cédrik Benson	Béatrice-Des	1:03.30
22 Xavier Gilchrist	De La Salle	1:03.87
23 Amadou Diane	St. Peter H.	1:04.65
24 Eric Zhang	Colonel By S	1:08.12
25 Jassim Nait Zerrad	The Element	1:15.29

Men 800 Meter Run Senior

Name	School	Finals
Finals		
1 Saul Taler	Glebe Colleg	1:57.15 10
2 Safwan El Mansari	De La Salle	1:57.88 8
3 Russell Heins	Glebe Colleg	2:02.73 6
4 Jacob Puvan	Lisgar C.I.	2:03.25 5
5 Brady Brown	Immaculata -	2:07.25 4
6 Kiefer Melinz Dupuis	Glebe Colleg	2:08.22 3
7 Carter Clark	Collège Cath	2:14.81 2
8 Will McGregor	Immaculata -	2:15.37 1
9 Ethan DesRosiers	Franco-Cite	2:15.76
10 Matteo Lam	De La Salle	2:23.12
11 Julian Procter	Ashbury Coll	2:25.25
12 Antoine Couture	Gisèle-Lalon	2:25.75
13 Oliver Gamble	Colonel By S	2:27.08
14 Kiran Smith	Colonel By S	2:27.25
15 Jared Letts	Lisgar C.I.	2:27.50
16 Cédrik Benson	Béatrice-Des	2:29.52
17 Samuel Roxburgh	Lisgar C.I.	2:53.50

Men 1500 Meter Run Senior

Name	School	Finals
Finals		
1 Saul Taler	Glebe Colleg	4:01.33 10
2 Daniel Cova	Louis-Riel -	4:02.46 8
3 Noah Smith	Immaculata -	4:15.93 6
4 Russell Heins	Glebe Colleg	4:18.40 5
5 Ayham Eltayeb	Lisgar C.I.	4:28.11 4
6 Jacob Puvan	Lisgar C.I.	4:29.82 3
7 Sebastian Oleskevich	Immaculata -	4:37.30 2
8 Ben Santucci	St. Francis	4:44.81 1
9 Alexander Mongrain	De La Salle	4:44.83
10 Alex Pollock	Ashbury Coll	4:47.34
11 Remy Skelton	Immaculata -	4:53.55
12 Hugh Stratford	Canterbury H	4:55.14
13 Antoine Couture	Gisèle-Lalon	4:55.78
14 Kiran Sahajpal	Ashbury Coll	4:55.86
15 Lucas Carriere	De La Salle	5:03.21
16 Jacob Sawchak	Colonel By S	5:20.30
17 Luca Andriescu	Cairine Wils	5:25.19
18 Jared Letts	Lisgar C.I.	5:27.68
19 Jahvon Flowers	St. Peter H.	6:30.87
20 Colby Lacroix	St. Peter H.	7:05.20

Men 3000 Meter Run Senior

Name	School	Finals
Finals		
1 Noah Smith	Immaculata -	9:12.30 10
2 Daniel Cova	Louis-Riel -	9:12.70 8
3 Derek Strachan	Glebe Colleg	9:37.65 6
4 Saul Taler	Glebe Colleg	9:37.68 5
5 Nicholas Johnston-Zemek	Ashbury Coll	9:37.79 4
6 Jacob Puvan	Lisgar C.I.	9:57.57 3
7 Matteo Padoin-Castillo	Immaculata -	10:06.25 2
8 Sebastian Oleskevich	Immaculata -	10:10.95 1
9 Alexander Mongrain	De La Salle	10:35.47
10 Ben Santucci	St. Francis	10:39.91
11 Hugh Stratford	Canterbury H	10:46.30
12 Antoine Couture	Gisèle-Lalon	10:56.66
13 Lucas Carriere	De La Salle	11:23.07
14 Jacob Sawchak	Colonel By S	11:36.00
15 Elliot Tomlinson	Canterbury H	11:36.41
16 Luca Andriescu	Cairine Wils	11:42.75
17 Zaki Yousaf	Gloucester H	11:51.36
18 Ethan Jodooin	Brookfield H	13:15.09
19 Noah Allard	Collège Cath	13:56.22

Men 110 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Timeo Atonfo	Gisèle-Lalon	15.49 10
2 Mason Brennan	Colonel By S	15.56 8
3 Eric Zielonka	Brookfield H	16.86 6
4 Ali Kalkas	Osgoode	17.28 5
5 Augustine Uche	St. Peter H.	17.38 4
6 Adam Henkelman	Lisgar C.I.	17.58 3
7 Diego Rodriguez	Hillcrest -	17.63 2
8 Kyle London	Sir Wilfrid	17.83 1
9 Armando Jalili-Ticona	Ashbury Coll	18.06 -1.6
10 Tony Kliatchko	Colonel By S	18.09 -1.6
11 Moise Sebakunzi	Lisgar C.I.	18.92 -0.7
12 Ali-Youn Gueye	Lisgar C.I.	19.62 -1.6
13 Evan Gonzalez	St. Peter H.	21.95 -0.7
14 Andrew Zhao	Colonel By S	26.18 -0.7

Men 400 Meter Hurdles Senior

Name	School	Finals
Finals		
1 Zachary Jeggo	Louis-Riel -	56.32 10
2 Kyle London	Sir Wilfrid	59.18 8
3 Diego Rodriguez	Hillcrest -	59.45 6
4 Eric Zielonka	Brookfield H	1:00.18 5
5 Armando Jalili-Ticona	Ashbury Coll	1:02.71 4
6 Augustine Uche	St. Peter H.	1:03.38 3
7 Brody Fraser	Immaculata -	1:04.71 2
8 Ali Kalkas	Osgoode	1:05.64 1
9 Ali-Youn Gueye	Lisgar C.I.	1:07.55
10 Galen Beckett	Gisèle-Lalon	1:10.10
11 Kiran Smith	Colonel By S	1:13.27

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Men 400 Meter Hurdles Senior)			
	Name	School	Finals
12	Jason Li	Colonel By S	1:13.65
13	Elliot Tomlinson	Canterbury H	1:19.73
14	Martin Voloshyn	Lisgar C.I.	1:21.00

Men 4x100 Meter Relay Senior			
	Team	Relay	Finals
Finals			
1	Colonel By S		44.38 10
2	Louis-Riel - Ottawa		44.52 8
3	Immaculata - Ottawa		44.59 6
4	De La Salle		45.23 5
5	Lisgar C.I. - Ottawa		45.49 4
6	St. Peter H.		46.30 3
7	Sir Wilfrid		47.18 2
8	Glebe Colleg		47.79 1
9	Osgoode		48.85
---	Gisèle-Lalon		DQ
---	Ashbury Coll		DQ
---	St. Matthew C.H.S.		DQ

Men High Jump Senior			
	Name	School	Finals
Finals			
1	Mason Brennan	Colonel By S	1.85m 10
2	Fallo Douramodou	Immaculata -	1.80m 8
3	Shawn Pierre-Louis	Gisèle-Lalon	1.75m 6
4	Torin Kelley	Ashbury Coll	J1.75m 5
5	Kalyan Jande	Ashbury Coll	1.65m 4
6	Jody Derival	Louis-Riel -	1.60m 3
7	Ethan Grigaitis	Collège Cath	J1.60m 2
8	Abdoul Sorné	Louis-Riel -	1.50m 1
9	Aden Thomas	Béatrice-Des	1.45m
10	Hunter Turriff	Sir Wilfrid	J1.45m
11	Aiden Beatty	Sir Wilfrid	1.40m
12	Alexandre Holub	Béatrice-Des	1.35m
13	Sam El Sayed	Collège Cath	1.30m
---	Gabriel Oguntoyinbo	Colonel By S	NH

Men Pole Vault Senior			
	Name	School	Finals
Finals			
1	Owen White	Glebe Colleg	2.00m 9
1	Lucas Maynard	Louis-Riel -	2.00m 9

Men Long Jump Senior			
	Name	School	Finals
Finals			
1	Aleem Khaida	Colonel By S	6.54m 10
2	Timeo Atonfo	Gisèle-Lalon	6.17m 7
2	Tayte Timpson	Immaculata -	6.17m 7
4	Yilin Liu	Ashbury Coll	6.12m 5
5	Dan Mikwete	Immaculata -	5.91m 4
6	Obed Balishime	Louis-Riel -	5.87m 3
7	Mathieu Richer	Louis-Riel -	5.81m 2

8	Emmett Pindar	Ashbury Coll	5.79m 1
9	Jambo Finlaystone	Gloucester H	5.78m NWI
10	Jarrell Bussey	Ridgemont HS	5.72m NWI
11	Pj Lobetti	Immaculata -	5.71m NWI
12	Ludovic Bernard	Louis-Riel -	5.48m NWI
13	Andrew Wilson	Glebe Colleg	5.17m NWI
13	Shawn Pierre-Louis	Gisèle-Lalon	5.17m NWI
15	Gabriel Carty	De La Salle	5.08m NWI
16	Hiroki Nishiya	Gloucester H	5.02m NWI
17	David Ojudu	St. Francis	4.96m NWI
18	Kosei Sugita	Gloucester H	4.94m NWI
19	Jacian Ayettey	Sir Wilfrid	4.92m NWI
20	Eder Bélizaire	Gisèle-Lalon	4.83m NWI
21	Mikael Thibault	Béatrice-Des	4.81m NWI
22	Evan Hajjar	St. Peter H.	4.79m NWI
23	Griffin Richardson	Sir Wilfrid	4.78m NWI
24	Evan Morehouse	De La Salle	J4.78m NWI
25	Sidney Aquilina	De La Salle	4.69m NWI
26	Jean Emmanuel Kouao	Béatrice-Des	4.68m NWI
27	Daniel Mbelo	St. Peter H.	4.53m NWI
28	Aiden Beatty	Sir Wilfrid	4.37m NWI
28	Gabriel Oguntoyinbo	Colonel By S	4.37m NWI
30	Yassin Abdelgawad	Ridgemont HS	4.21m NWI
31	JP Tadman	St-Laurent A	4.03m NWI
32	Ethan Jodoin	Brookfield H	4.01m NWI
33	Martin Voloshyn	Lisgar C.I.	3.71m NWI

Men Triple Jump Senior			
	Name	School	Finals
Finals			
1	Pj Lobetti	Immaculata -	13.19m 10
2	Tayte Timpson	Immaculata -	12.64m 8
3	Jambo Finlaystone	Gloucester H	12.51m 6
4	Aleem Khaida	Colonel By S	12.35m 4.5
4	Timeo Atonfo	Gisèle-Lalon	12.35m 4.5
6	Gloire Bujigijigi	Gloucester H	12.09m 3
7	Emmett Pindar	Ashbury Coll	11.95m 2
8	Parker Talvitie	Immaculata -	11.89m 1
9	Yilin Liu	Ashbury Coll	11.16m NWI
10	Alexander Mongrain	De La Salle	10.85m NWI
11	Jason Li	Colonel By S	9.66m NWI
12	Jeremy Close	De La Salle	8.32m NWI
13	Rayan Moussa	Sir Wilfrid	8.11m NWI
14	Sebastian Sell	Canterbury H	7.50m NWI

Men Shot Put Senior			
	Name	School	Finals
Finals			
1	Daniel Mikwete	Immaculata -	13.81m 10
2	Sami Abu Mahfuz	Hillcrest -	11.70m 8
3	Dustin Coldrey	Colonel By S	11.61m 6
4	Mustaqeem Raji	Colonel By S	11.34m 5
5	William Ring	Béatrice-Des	11.23m 4
6	Eder Bélizaire	Gisèle-Lalon	11.22m 3
7	Ezra Ng-A-Fook	Colonel By S	11.10m 2
8	William Meldrum	Ashbury Coll	10.66m 1

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Men Shot Put Senior)

Name	School	Finals
9 Francesco Pagani	St. Francis	10.32m
10 Declan Moher	Immaculata -	9.55m
11 Misha Carney	Glebe Colleg	9.41m
12 Simon Ouellette	Lisgar C.I.	9.39m
13 Cole Pollock	De La Salle	9.35m
14 Owen Macnab	The Element	9.11m
15 Jérémy Abou-Arraj	Louis-Riel -	9.01m
15 Ryan Jocelyn	De La Salle	9.01m
17 Sebastian Monteiro	Collège Cath	8.98m
18 Arushan Prabakaran	Lisgar C.I.	8.77m
19 Joatham Kamunga	Louis-Riel -	8.68m
20 Mikey Cameron	Ashbury Coll	8.49m
21 Victor Rushatsi	Immaculata -	8.34m
22 Xavier Labrosse	Béatrice-Des	8.33m
23 Christian Nolan	Sir Wilfrid	8.19m
24 Eden Vigne	Louis-Riel -	8.18m
25 Jaxson Mallett	St. Peter H.	8.15m
26 Corey Tshiani-Levine	Sir Wilfrid	8.05m
27 Jallal Ghadie	Ridgemont HS	7.92m
28 Sebastian Sell	Canterbury H	7.83m
29 Rayan Moussa	Sir Wilfrid	5.75m
--- Frédérick Lebel	Collège Cath	FOUL

Men Discus Throw Senior

Name	School	Finals
1 Dustin Coldrey	Colonel By S	33.84m 10
2 Victor Rushatsi	Immaculata -	33.70m 8
3 Sam Fiander	Immaculata -	33.37m 6
4 Sami Abu Mahfuz	Hillcrest -	31.93m 5
5 Daniel Mikwete	Immaculata -	31.43m 4
6 William Ring	Béatrice-Des	28.13m 3
7 Ezra Ng-A-Fook	Colonel By S	27.03m 2
8 Christian Nolan	Sir Wilfrid	25.43m 1
9 Elliot Grégoire	Béatrice-Des	25.42m
10 Mikey Cameron	Ashbury Coll	25.15m
11 Xavier Labrosse	Béatrice-Des	24.63m
12 Corey Tshiani-Levine	Sir Wilfrid	24.42m
13 Jaxson Mallett	St. Peter H.	22.20m
14 Ryan Duong	Sir Wilfrid	22.00m
15 Mustaqem Raji	Colonel By S	21.30m
16 Tyler De Melo	St. Peter H.	20.87m
17 Owen Robinson	Cairine Wils	20.71m
18 Misha Carney	Glebe Colleg	20.64m
19 JP Tadman	St-Laurent A	20.07m
20 Xavier Gilchrist	De La Salle	15.94m
21 Colby Lacroix	St. Peter H.	11.28m

Men Javelin Throw Senior

Name	School	Finals
1 Noah Harnish	Louis-Riel -	42.70m 10
2 Arman E	Lisgar C.I.	41.45m 8
3 Cedric Smith	De La Salle	36.63m 6

4 Dylan Brett	Glebe Colleg	36.34m 5
5 Vincent Heyn	Louis-Riel -	36.15m 4
6 Jasper Thomson	Franco-Cite	35.15m 3
7 Andy Imanzi	Immaculata -	34.18m 2
8 Tyress Cantave	Immaculata -	33.37m 1
9 Elliot Grégoire	Béatrice-Des	32.42m
10 Nicolas Stirrup	Ridgemont HS	32.22m
11 Julian Hedley	Immaculata -	31.50m
12 Bradly Vilson	Louis-Riel -	30.66m
13 Corey Tshiani-Levine	Sir Wilfrid	30.49m
14 Niklas Neufeld	De La Salle	29.24m
15 Joey D'Attilio	Lisgar C.I.	28.76m
16 Ryan Duong	Sir Wilfrid	26.26m
17 Orion Charbonneau	Glebe Colleg	25.40m
17 Francesco Pagani	St. Francis	25.40m
19 Rian O'Connor	Lisgar C.I.	25.39m
20 Christian Nolan	Sir Wilfrid	25.30m
21 Owen Robinson	Cairine Wils	20.00m
22 Charlie Elford	St. Francis	18.85m
23 Jaxson Mallett	St. Peter H.	18.10m
24 Jahvon Flowers	St. Peter H.	16.85m
--- Tyler De Melo	St. Peter H.	FOUL
--- Christopher Harris	Ridgemont HS	FOUL
--- Evan Morehouse	De La Salle	FOUL
--- Ezra Ng-A-Fook	Colonel By S	FOUL
--- Nathaniel Steffler	Colonel By S	FOUL

Men 2000 Meter Steeplechase Open

Name	School	Finals
1 Derek Strachan	Glebe Colleg	6:10.39 10
2 Daniel Cova	Louis-Riel -	6:22.03 8
3 Owen Siderius	Colonel By S	6:27.94 6
4 Matteo Padoin-Castillo	Immaculata -	6:55.69 5
5 Kiefer Melinz Dupuis	Glebe Colleg	6:56.89 4
6 Nicholas Johnston-Zemek	Ashbury Coll	7:04.37 3
7 Alex Pollock	Ashbury Coll	7:12.38 2
8 Blake McAteer	Gloucester H	7:19.87 1
9 Kiran Smith	Colonel By S	7:22.98
10 Neil Dawson	Gloucester H	7:47.41
11 Matthew Sawchak	Colonel By S	7:57.15
12 Luca Andriescu	Cairine Wils	8:13.85
13 Elliot Tomlinson	Canterbury H	8:27.69
14 Caden Chaison	Sir Wilfrid	8:50.63
15 Ethan Jodoin	Brookfield H	9:02.65
16 Zade Hakeem	Lisgar C.I.	9:02.87
17 Coley Tataryn	Hillcrest -	9:21.39

Men 4x400 Meter Relay Open

Team	Relay	Finals
1 Louis-Riel - Ottawa		3:33.15 10
2 Immaculata - Ottawa		3:39.49 8
3 Glebe Colleg		3:40.42 6
4 Colonel By S		3:42.38 5
5 Lisgar C.I. - Ottawa		3:52.22 4

East Conference 2024
Terry Fox Athletic Facility
Results

Finals ... (Men 4x400 Meter Relay Open)

	Team	Relay	Finals	
6	Collège Cath		4:01.51	3
7	Sir Wilfrid		4:19.18	2
8	Ashbury Coll		4:20.14	1
9	St. Peter H.		4:24.08	

Men 100 Meter Dash Visually Imp.

	Name	School	Finals	
Finals				
1	Adrian Quinton	Ottawa Tech	25.36	10

Men Shot Put Visually Imp.

	Name	School	Finals	
Finals				
1	Adrian Quinton	Ottawa Tech	4.87m	10

Men 100 Meter Dash Intellectually Imp.

	Name	School	Finals	
Finals				
1	Dylan DeBoer	Osgoode	14.29	10
2	Loic Neves-Barreto	Ottawa Tech	14.49	8
3	Noah Lamoureux	Lisgar C.I.	14.73	6
4	Hayden Carioni	Ottawa Tech	15.43	5
5	Xavier Stokes	Ottawa Tech	16.20	4
6	Kaiem Lemay	Ottawa Tech	18.91	3
7	William Lauzon	Ottawa Tech	24.31	2
8	Abdul Idris	Ottawa Tech	26.19	1

Men 800 Meter Run Intellectually Imp.

	Name	School	Finals	
Finals				
1	Ryan Monette	Ottawa Tech	2:45.48	10
2	Kaiem Lemay	Ottawa Tech	2:58.92	8
3	Xavier Stokes	Ottawa Tech	3:21.34	6
4	Noah Lamoureux	Lisgar C.I.	3:34.51	5
5	Hayden Carioni	Ottawa Tech	4:03.78	4
6	Abdul Idris	Ottawa Tech	4:31.47	3

Men Shot Put Intellectually Imp.

	Name	School	Finals	
Finals				
1	Loic Neves-Barreto	Ottawa Tech	10.73m	10
2	Noah Lamoureux	Lisgar C.I.	10.53m	8
3	Kaiem Lemay	Ottawa Tech	8.18m	6
4	Ryan Monette	Ottawa Tech	7.89m	5
5	Hayden Carioni	Ottawa Tech	6.06m	4
6	Xavier Stokes	Ottawa Tech	5.99m	3
7	William Lauzon	Ottawa Tech	3.56m	2
8	Abdul Idris	Ottawa Tech	2.78m	1