

# GOLDEN HORSESHOE PREP MEET

## Final Schedule

### TRACK EVENTS

- 9:45 am      Girls 2000 m Steeplechase, 30"  
1. Sylvia Nyakundi  
2. Alexandra Nickel  
3. Innez Galley  
4. Claire Moran
- Boys 2000 m Steeplechase, 36" [Note: AO specs is 33" but this is being offered at high school specs]  
1. Fenway Breckels  
2. Hayden Molnar  
3. Sebastian Glaser  
4. Noel Huinink
- 10:05 am      80 m Hurdles ROUND 1  
30" Hurdles, 12 and 8 m spacing, black track marks  
1. Tola Adewumi  
2. Emma Gregory  
3. Kyjiah Slowley  
4. Morgan Shaw  
5. Reece Dunne  
6.
- 24" Scissor Hurdles, 11.5 and 7 m spacing, needs to be measured and marked on track  
7. Madison Kwofie  
8. Connor Shaw
- 10:15 am      100 m Hurdles ROUND 1  
30" Hurdles, 13 and 8.5 m spacing, yellow track marks  
1.  
2. Alex Harmer  
3. Kate Fenwick  
4.  
33" Hurdles, 13 and 8.5 m spacing, yellow track marks  
5.  
6. Katie Jelaca  
7. Christian Springett  
8.
- 10:25 am      110 m Hurdles ROUND 1  
36" Hurdles, blue marks on track  
1.  
2. Braeden Brouwer  
39" Hurdles, blue marks on track  
3.  
4. Jackson Mackay  
42" Hurdles, blue marks on track  
5.  
6. Zaid Al Awamleh  
7. Nathaneal Taffese  
8.

*Note: All Hurdlers will have the opportunity to run again in the second round*

10:35 am      Girls 800 m Heat 1      WATERFALL START

1. Emilee Bruschelers
2. Abby Martin
3. Clare Dunn
4. Layla Gallant
5. Haiden Robb
6. Claire Horn
7. Lucy Dunn
8. Meena Van Grieken
9. Sabrina Guglielmi
10. Avalea Simpson

Boys 800 m Heat 1      WATERFALL START

1. Nick Deschamps
2. Taha Hamada
3. Cam Jackson
4. Justin Martens
5. Dante Pietrangelo
6. Ethan Martens
7. Tyler Atkinson

Boys 800 m Heat 2      WATERFALL START

1. Shamiso Sikaneta
2. Parker Huitema
3. Cecil Jenkins
4. Mohammad Hamada
5. Christian Jarosz
6. Caius Bajor
7. Deagen Hallett
8. Evan Blake
9. Chase Larsen
10. Emmett Karim
11. Lucas Andres

10:50 am      Girls 200 m Heat 1

1. Avalea Simpson
2. Aszlyn Weaver
3. Olivia Baker
4. Madison Kwofie
5. Sanaa Chesney
6. Sabrina Guglielmi
7. Lynlee Jager
8. Claire Green Kopeck

Girls 200 m Heat 2

1. Kelly Shea
2. Esti Maltman
3. Omotola Adewumi
4. Amelia Dodds
5. Faith Dyck
6. Sabrina Milne
7. Sophia Tzvetkov
8. Eden Mllne

11:00 am

Boys 200 m Heat 1

- 1.
2. Connor Shaw
3. Jacob Millen
4. Neithan Vanegas
5. Atticus Bajor
6. Antonio Pasquini
- 7.
- 8.

Boys 200 m Heat 2

- 1.
2. Sean Lawson
3. Vincenzo De Simone
4. Jalen Law
5. Joshua Boisvert
6. Zaid Al Awamleh
7. Chase Larsen
- 8.

11:25 am

110 m Hurdles ROUND 2

36" Hurdles, blue marks on track

- 1.
  2. Braeden Brouwer
- 39" Hurdles, blue marks on track
- 3.
  4. Jackson Mackay
- 42" Hurdles, blue marks on track
- 5.
  6. Zaid Al Awamleh
  7. Nathaneal Taffese
  - 8.

11:35 am

100 m Hurdles ROUND 2

30" Hurdles, 13 and 8.5 m spacing, yellow track marks

- 1.
  2. Alex Harmer
  3. Kate Fenwick
  - 4.
- 33" Hurdles, 13 and 8.5 m spacing, yellow track marks
- 5.
  6. Katie Jelaca
  7. Christian Springett
  - 8.

11:45 am

80 m Hurdles ROUND 2

30" Hurdles, 12 and 8 m spacing, black track marks

1. Tola Adewumi
2. Emma Gregory
3. Kyjiah Slowley
4. Morgan Shaw
5. Reece Dunne
- 6.

24" Scissor Hurdles, 11.5 and 7.5 m spacing, needs to be measured and marked on track

7. Madison Kwofie
8. Connor Shaw

- 12:00 pm LUNCH BREAK
- 12:30 pm 200 m Hurdles
- 1.
  - 2.
  3. Aszlyn Weaver – 24" Scissor Hurdles
  4. Evan Blake – 30"
  5. Avalea Simpson – 27" Scissor Hurdles
  6. Madison Kwofie – 24" Scissor Hurdles
  - 7.
  - 8.
- 12:40 pm 300 m Hurdles
1. Ayla Laing – 30"
  2. Sophia Fontenelle – 30"
  3. Samuel McClelland – 33"
  4. Morgan Shaw – 30"
  5. Christian Springett – 33"
  6. Layla Gallant – 30"
  7. Claire Green Kopeck – 30"
  8. Steve Baldamus – 30"
- 12:50 pm 400 m Hurdles
- 1.
  2. Kate Fenwick – 30"
  3. Alex Harmer – 30"
  4. Katie Jelaca – 30"
  - 5.
  6. Markus Grant – 36"
  7. Nathanael Taffese – 36"
  - 8.
- 1:00 pm Girls 100 m Heat 1 ROUND 1
1. Olivia Baker
  2. Sanaa Chesney
  3. Esti Maltman
  4. Emma Gregory
  5. Kelly Shea
  6. Madison Kwofie
  7. Sophia Fontenelle
  8. Lynlee Jager
- Girls 100 m Heat 2 ROUND 1
1. Sophia Tzvetkv
  2. Omotola Adewumi
  3. Jada Campbell
  4. Maria Sofia Duque Correa
  5. Laila Hampson
  6. Faith Dyck
  7. Eden Milne
  - 8.

1:10 pm Boys 100 m Heat 1 ROUND 1

1. Trevor Murray
2. Neithan Vanegas
3. Marko Ristov
4. Gabriel De Simone
5. Vincenzo De Simone
6. Brendon Akin
7. Steve Baldamus
8. Nick Bragg

Boys 100 m Heat 2 ROUND 1

1. Oluwaseyi John
2. Owen McDonald
3. Braeden Brouwer
4. Jalen Law
5. Roman Campanaro
6. Mark Meshroff Sasikumar
7. Joshua Boisvert
8. Mason Garrett

1:20 pm 2000 m WATERFALL START

1. Jacob Millen
2. Dominic Keksi
3. Amara Van Grieken
4. Parker Van Krimpen

1:30 pm 3000 m WATERFALL START

1. Travis Gaffney
2. Shakir Saleh
3. Deagen Hallett
4. Nick Deschamps
5. Innez Galle
6. Anna Laidley
7. Ayla Laing

1:45 pm Girls 300 m

- 1.
- 2.
3. Sanaa Chesney
4. Eden Milne
5. Layla Gallant
- 6.
- 7.
- 8.

Boys 300 m

- 1.
2. Cam Jackson
3. Atticus Bajor
4. Tyler Doornbos
5. Jaden Dunlop
6. Antonio Pasquini
- 7.
- 8.

1:55 pm

Girls 400 m Heat 1

- 1.
2. Avalea Simpson
3. Lucy Dunn
4. Meena Van Grieken
5. Haiden Robb
6. Sabrina Guglielmi
- 7.
- 8.

Girls 400 m Heat 2

1. Clare Dunn
2. Olajire Fowler
3. Claire Horn
4. Amelia Dodds
5. Kate Fenwick
6. Angel Adeboye
7. Sabrina Milne
- 8.

2:05 pm

Boys 400 m Heat 1

1. Ethan Martens
2. Dominic Keksi
3. Emmett Karim
4. Sean Lawson
5. Neithan Vanegas
6. Jacob Millen
7. Justin Martens
8. Dante Pietrangelo

Boys 400 m Heat 2

1. Caius Bajor
2. Lucas Andres
3. Markus Grant
4. Sammy Tonnies
5. Lawrence Xie
6. Daniel Capretta
7. Cecil Jenkins
8. Chase Larsen

2:15 pm

Girls 100 m ROUND 2

2:25 pm

Boys 100 m ROUND 2

*Will be seeded based on results of the first round*

## FIELD EVENTS

Time	Cage Throws	Javelin	Jumps	Pole vault
8:45 am	Registration/ facility opens for initial warm-ups except for Hammer athletes (Hammer athletes may enter prior to 8:30)			
9:00 am	<b>All Hammer [4]</b> Boys [1] Girls [3] Tommy Dallman Coco Van Nynatten Sophia Saldutto Sydney Johnson			
9:15 am				
9:30 am				
9:45 am				
10:00 am				<b>All Pole Vault [6]</b> Boys [5] Girls [1] Owen Macdonald Samuel McClelland Chase Owen Thomas Brittain Simon Bolhous Reece Dunne  <i>*Warm up is included in this. Be aware of javelin</i>
10:15 am		<b>All Javelin [7]</b>	<b>Long jump 1 [8]</b>	
10:30 am		Boys [4]	Sophia Tzvetkov	
10:45 am		Girls [3]	Faith Dyck	
11:00 am		Ethan Martens	Aszlyn Weaver	
		Zander Van Nynatten	Kyjiah Slowley	
		Justin Martens	Sydney Robb	
		Matt Beechey	Marko Ristov	
		Coco Van Nynatten	Mark Skerl	
		Alexandria Webb	Matt McDowall	
		Sophia Saldutto		
11:15 am			<b>Long jump 2 [7]</b>	
11:30 am			Evan Blake	
11:45 am			Ethan Martens	
12:00 pm			Justin Martens	
			Jackson Mackay	
			Stephane Nzapa	
			Parker Van Krimpen	
			Angel Adeboye	
12:15 pm	<b>All Discus</b> Boys [7] Girls [1] Zander Van Nynatten Tommy Dallman Sameer Somani Mark Skerl Mike Ransky Matt McDowall Matt Beechey Coco Van Nynatten			
12:30 pm				
12:45 pm				
1:00 pm				
1:15 pm				
1:30 pm			<b>All High Jump</b>	
1:45 pm			Boys [1]	
2:00 pm			Girls [2]	
			Chase Owen	
			Parker Van Krimpen	
			Aimee Dubeau	
2:15 pm	Approximate conclusion of meet			