

**Great Lake League #5**  
**St. Thomas Legion Track and Field Club**  
**Parkside Secondary School**

01/08/2012 - 01/08/2012

**Event # 3 BOYS Mt 200m Dash**

**RESULTS OF FINALS**

|   |                   |                   |         |       |
|---|-------------------|-------------------|---------|-------|
| 1 | Branden Lee-Hyman | UNATTACHED        | +1.0m/s | 23.85 |
|   | Jake Fraggis      | St. Thomas Legion |         | SCR   |
|   | Michael Jaworski  | UNATTACHED        |         | SCR   |

**RESULTS OF PRELIMS**

|   |                   |                   |  |       |
|---|-------------------|-------------------|--|-------|
| 1 | Branden Lee-Hyman | UNATTACHED        |  | 24.11 |
| 2 | Jake Fraggis      | St. Thomas Legion |  | 26.71 |
| 3 | Michael Jaworski  | UNATTACHED        |  | 29.93 |

**Event # 5 BOYS Yt 200m Dash**

**RESULTS OF FINALS**

|   |                  |                      |         |       |
|---|------------------|----------------------|---------|-------|
| 1 | Robert Herzog    | UNATTACHED           | +1.0m/s | 23.72 |
| 2 | Chris Langford   | Woodstock Legion     | +1.0m/s | 24.41 |
| 3 | Tom Devroomen    | London Western T&F C | +1.0m/s | 24.84 |
| 4 | MacKenzie Havter | St. Thomas Legion    | +1.0m/s | 26.39 |
|   | Kvle Webster     | London Western T&F C |         | DNS   |

**RESULTS OF PRELIMS**

|   |                  |                      |         |       |
|---|------------------|----------------------|---------|-------|
| 1 | Robert Herzog    | UNATTACHED           | -1.5m/s | 23.88 |
| 2 | Tom Devroomen    | London Western T&F C | -1.5m/s | 24.32 |
| 3 | Chris Langford   | Woodstock Legion     | -1.5m/s | 24.71 |
| 4 | Kvle Webster     | London Western T&F C | -1.5m/s | 26.41 |
| 5 | MacKenzie Havter | St. Thomas Legion    | -1.5m/s | 26.68 |

**Event # 6 GIRLS Yt 200m Dash**

**RESULTS OF FINALS**

|   |                 |                      |         |       |
|---|-----------------|----------------------|---------|-------|
| 1 | Taylor Kampstra | Guelph Track & Field | +0.0m/s | 29.00 |
| 2 | Jade Langford   | Woodstock Legion     | +0.0m/s | 32.41 |

**RESULTS OF PRELIMS**

|   |                 |                      |         |       |
|---|-----------------|----------------------|---------|-------|
| 1 | Taylor Kampstra | Guelph Track & Field | -0.1m/s | 29.44 |
| 2 | Jade Langford   | Woodstock Legion     | -0.1m/s | 31.96 |
|   | Leah Devroomen  | London Western T&F C |         | DNS   |
|   | Rachael Wolfs   | St. Thomas Legion    |         | DNS   |

**Event # 7 MENS Open 200m Dash**

**RESULTS OF FINALS**

|   |                   |                    |         |       |
|---|-------------------|--------------------|---------|-------|
| 1 | Ameer Barbara     | UNATTACHED         | -0.8m/s | 21.59 |
| 2 | Michael Puhalla   | Maximum Output     | -0.8m/s | 22.78 |
| 3 | Shane Ferth       | Upper Waterloo TFC | -0.8m/s | 22.79 |
| 4 | Shawn Beaudoin    | Windsor Legion     | -0.8m/s | 22.96 |
| 5 | Adam Neale        | Upper Waterloo TFC | -0.8m/s | 23.28 |
|   | Martin Semenowicz | UNATTACHED         |         | DNS   |

**RESULTS OF PRELIMS**

|   |                   |                      |         |       |
|---|-------------------|----------------------|---------|-------|
| 1 | Ameer Barbara     | UNATTACHED           | -0.2m/s | 21.80 |
| 2 | Michael Puhalla   | Maximum Output       | -0.7m/s | 23.01 |
| 3 | Shane Ferth       | Upper Waterloo TFC   | -0.7m/s | 23.11 |
| 4 | Shawn Beaudoin    | Windsor Legion       | -0.7m/s | 23.24 |
| 5 | Adam Neale        | Upper Waterloo TFC   | -0.2m/s | 23.50 |
| 6 | Martin Semenowicz | UNATTACHED           | -0.2m/s | 23.91 |
| 7 | Mitchell Nelson   | UNATTACHED           | -0.7m/s | 24.39 |
| 8 | Harrison Priebe   | London Western T&F C | -0.2m/s | 24.55 |

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**Event # 8 WOMENS Open 200m Dash**

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**RESULTS OF FINALS**

|   |              |                   |         |       |
|---|--------------|-------------------|---------|-------|
| 1 | Mikeisha Bob | St. Thomas Legion | +0.0m/s | 26.44 |
| 2 | Rachael Muma | St. Thomas Legion | +0.0m/s | 27.35 |
| 3 | Alex Kominek | Woodstock Legion  | +0.0m/s | 31.38 |

**RESULTS OF PRELIMS**

|   |              |                   |         |       |
|---|--------------|-------------------|---------|-------|
| 1 | Mikeisha Bob | St. Thomas Legion | -1.3m/s | 26.67 |
| 2 | Rachael Muma | St. Thomas Legion | -1.3m/s | 27.45 |
| 3 | Alex Kominek | Woodstock Legion  | -1.3m/s | 31.29 |

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**Event # 9 MENS Open 800m Run**

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|---|--------------------|----------------------|--|---------|
| 1 | Mark Emode         | Windsor Legion       |  | 2:01.52 |
| 2 | Trevor Salmon      | Upper Waterloo TFC   |  | 2:08.80 |
| 3 | Matt Sheeler       | London Western T&F C |  | 2:13.62 |
| 4 | Justvn McOuillegan | St. Thomas Legion    |  | 2:45.64 |
|   | Kevin Farr         | UniversitvofTorontoM |  | DNS     |

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**Event # 10 WOMENS Open 800m Run**

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|   |                  |                    |  |         |
|---|------------------|--------------------|--|---------|
| 1 | Chantel Pilon    | Upper Waterloo TFC |  | 2:29.12 |
| 2 | Jillian Jaworski | Speed River TFC    |  | 2:41.15 |

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**Event # 11 MENS Open 400m Hurdles**

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|   |                 |                   |  |         |
|---|-----------------|-------------------|--|---------|
| 1 | Daniel Liu      | St. Thomas Legion |  | 58.34   |
| 2 | Grahame McNevin | Windsor Legion    |  | 1:08.82 |

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**Event # 12 WOMENS Open 400m Hurdles**

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|   |               |                   |  |         |
|---|---------------|-------------------|--|---------|
| 1 | Allv Gonzalez | St. Thomas Legion |  | 1:03.45 |
|---|---------------|-------------------|--|---------|

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**Event # 15 WOMENS Open Triple Jump**

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|---|-------------------------|----------------------|--|--------|
| 1 | Heather Grandv          | London Western T&F C |  | 10.66m |
| 2 | Ashlev Schwartzentruber | Woodstock Legion     |  | 9.35m  |
|   | Marissa Bevnen          | Woodstock Legion     |  | NM     |

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**Event # 16 MENS Open Triple Jump**

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|---|----------------|----------------------|--|--------|
| 1 | Myron Byrnes   | Bramptm Elite        |  | 13.55m |
| 2 | Scott Billings | London Western T&F C |  | 11.83m |
|   | Jeremy Bevnen  | Woodstock Legion     |  | DNS    |
|   | Riley Bell     | St. Thomas Legion    |  | DNS    |

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**Event # 17 WOMENS 1kg Discus Throw**

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|   |                 |                      |  |        |
|---|-----------------|----------------------|--|--------|
| 1 | Alanna Kovacs   | South Simco Dufferin |  | 47.76m |
| 2 | Kelly Gribbons  | Saugeen TFC          |  | 38.93m |
| 3 | Quinn Conlon    | Windsor Legion       |  | 35.86m |
| 4 | Hannah Pollock  | South Simco Dufferin |  | 34.26m |
| 5 | Samantha Irwin  | South Simco Dufferin |  | 33.87m |
| 6 | Brooke Hoxar    | London Western T&F C |  | 33.83m |
| 7 | Brett Jutzi     | London Western T&F C |  | 33.35m |
| 8 | Alexis Bedard   | London Western T&F C |  | 32.86m |
| 9 | Nicole Horneman | London Western T&F C |  | 31.99m |

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|    |                   |                      |        |
|----|-------------------|----------------------|--------|
| 10 | Stephanie Shepard | Woodstock Legion     | 31.07m |
| 11 | Cara Marcantonio  | London Western T&F C | 30.87m |
| 12 | Natalie Warren    | London Western T&F C | 29.85m |
| 13 | Lauren Bohn       | Windsor Legion       | 26.37m |
| 14 | Miranda Boone     | London Western T&F C | 21.00m |
| 15 | Stephanie Gibson  | London Western T&F C | 19.94m |
| 16 | Kim Shebard       | Woodstock Legion     | 19.54m |
| 17 | Alex Kominek      | Woodstock Legion     | 18.83m |
|    | Brianna Ouenville | Windsor Legion       | FOUL   |
|    | Alex Covle        | Sarnia Athletics     | FOUL   |

**Event # 23 MENS 6kg Hammer Throw**

|   |                 |                   |        |
|---|-----------------|-------------------|--------|
| 1 | Charles Ngeuen  | St. Thomas Legion | 62.30m |
| 2 | Andrew Vermette | Windsor Legion    | 22.67m |

**Event # 24 MENS 4kg Hammer Throw**

|   |              |                   |        |
|---|--------------|-------------------|--------|
| 1 | Noah Rolph   | St. Thomas Legion | 48.30m |
| 2 | Jake Fraggis | St. Thomas Legion | 38.68m |

**Event # 25 WOMENS 4kg Hammer Throw**

|   |                  |                      |        |
|---|------------------|----------------------|--------|
| 1 | Kristin Obrochta | York Universitv TFC  | 59.29m |
| 2 | Cara Marcantonio | London Western T&F C | 41.48m |
| 3 | Samantha Irwin   | South Simco Dufferin | 36.63m |
| 4 | Alexis Bedard    | London Western T&F C | 34.12m |
| 5 | Lvdia Folev      | London Western T&F C | 33.91m |
| 6 | Nicole Horneman  | London Western T&F C | 29.10m |

**Event # 26 WOMENS 3kg Hammer Throw**

|   |                    |                      |        |
|---|--------------------|----------------------|--------|
| 1 | Tatiana Velickovic | Saugeen TFC          | 47.57m |
| 2 | Brett Jutzi        | London Western T&F C | 45.44m |
| 3 | Lauren Bohn        | Windsor Legion       | 31.05m |
| 4 | Brianna Ouenville  | Windsor Legion       | 28.33m |
| 5 | Miranda Boone      | London Western T&F C | 23.18m |
| 6 | Stephanie Gibson   | London Western T&F C | 21.67m |
| 7 | Quinn Conlon       | Windsor Legion       | 21.29m |
|   | Alex Covle         | Sarnia Athletics     | FOUL   |

**Event # 27 MENS 7.26kg Hammer Throw**

|   |              |                     |        |
|---|--------------|---------------------|--------|
| 1 | Daniel Novia | York Universitv TFC | 63.50m |
|---|--------------|---------------------|--------|

**Event # 28 MENS 1.75kg Discus Throw**

|   |                 |                      |        |
|---|-----------------|----------------------|--------|
| 1 | Andrew Cullen   | London Western T&F C | 48.33m |
| 2 | Jack Harkness   | UNATTACHED           | 40.45m |
| 3 | Andrew Vermette | Windsor Legion       | 39.82m |
| 4 | Andrew Martin   | London Western T&F C | 36.32m |
| 5 | Liam Graham     | London Western T&F C | 34.02m |
| 6 | Ben Smith       | London Western T&F C | 31.36m |
| 7 | Henry Easton    | London Western T&F C | 27.40m |
|   | Alex Covle      | Sarnia Athletics     | DNS    |

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| <b>Event # 29 MENS 1kg Discus Throw</b>  |                   |                      |        |
|--|-------------------|----------------------|--------|
| 1  | Noah Rolbh        | St. Thomas Legion    | 45.25m |
| 2  | Jake Fraegis      | St. Thomas Legion    | 31.84m |
| <b>Event # 30 BOYS 750g Discus Throw</b> |                   |                      |        |
| 1  | Tonv Elliott      | Saugeen TFC          | 33.56m |
| <b>Event # 31 BOYS 3kg Shot Put</b>      |                   |                      |        |
| 1  | Tonv Elliott      | Saugeen TFC          | 9.27m  |
| <b>Event # 32 BOYS 4kg Shot Put</b>      |                   |                      |        |
| 1  | Henry Easton      | London Western T&F C | 14.08m |
| <b>Event # 33 BOYS 5kg Shot Put</b>      |                   |                      |        |
| 1  | Andrew Vermette   | Windsor Legion       | 14.01m |
| 2  | Andrew Martin     | London Western T&F C | 13.63m |
| 3  | Liam Graham       | London Western T&F C | 12.46m |
| <b>Event # 34 MENS 6kg Shot Put</b>      |                   |                      |        |
| 1  | Andrew Cullen     | London Western T&F C | 12.57m |
| <b>Event # 35 GIRLS 3kg Shot Put</b>     |                   |                      |        |
| 1  | Hannah Pollock    | South Simco Dufferin | 12.79m |
| 2  | Natalie Warren    | London Western T&F C | 12.55m |
| 3  | Lauren Bohn       | Windsor Legion       | 12.52m |
| 4  | Nicole Horneman   | London Western T&F C | 12.39m |
| 5  | Kelly Gribbons    | Saugeen TFC          | 12.16m |
| 6  | Brett Jutzi       | London Western T&F C | 11.87m |
| 7  | Stephanie Shepard | Woodstock Legion     | 11.49m |
| 8  | Alex Covle        | Sarnia Athletics     | 11.41m |
| 9  | Quinn Conlon      | Windsor Legion       | 9.21m  |
| 10                                       | Kim Shepard       | Woodstock Legion     | 7.93m  |
| <b>Event # 36 WOMENS 4kg Shot Put</b>    |                   |                      |        |
| 1  | Lvdia Folev       | London Western T&F C | 12.23m |
| 2  | Jen Cotten        | London Western T&F C | 10.97m |
| 3  | Chantel Pilon     | Upper Waterloo TFC   | 10.69m |
| 4  | Brianna Ouenville | Windsor Legion       | 10.46m |
| 5  | Alex Kominek      | Woodstock Legion     | 9.02m  |