

Great Lake League #4
Woodstock Legion Track and Field Club
College Ave. Secondary School

18/07/2012 - 18/07/2012

Event # 1 BOYS Bt 80m Dash

RESULTS OF FINALS

	Liam Henderson	Guelph T&F Club	SCR
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RESULTS OF PRELIMS

1	Liam Henderson	Guelph T&F Club	-0.1m/s 12.44
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Event # 2 GIRLS Bt 80m Dash

RESULTS OF FINALS

1	Arielle Tessier	York University T&FC	-0.1m/s 10.76
2	Taylor Kampstra	Guelph T&F Club	-0.1m/s 10.94

RESULTS OF PRELIMS

1	Arielle Tessier	York University T&FC	-0.1m/s 10.80
2	Taylor Kampstra	Guelph T&F Club	-0.1m/s 11.13

Event # 3 BOYS Mt 100m Dash

RESULTS OF FINALS

1	Ildarmaro Ponnambalam	Laurel Creek	+1.1m/s 11.94
2	Slade Simmons	Woodstock Legion T&F	+1.1m/s 12.83
3	Kevin Holden	Woodstock Legion T&F	+1.1m/s 13.15
4	Clayton Darlington	Woodstock Legion T&F	+1.1m/s 14.26
	Jake Fraegis	St Thomas Legion	DNS

RESULTS OF PRELIMS

1	Ildarmaro Ponnambalam	Laurel Creek	-1.0m/s 11.91
2	Jake Fraegis	St Thomas Legion	-1.0m/s 12.74
3	Slade Simmons	Woodstock Legion T&F	-1.0m/s 12.78
4	Kevin Holden	Woodstock Legion T&F	-1.0m/s 13.31
5	Clayton Darlington	Woodstock Legion T&F	-1.0m/s 14.25

Event # 4 GIRLS Mt 100m Dash

RESULTS OF FINALS

1	Zahra Sepahi	Laurel Creek	+1.3m/s 13.84
2	Tava Ambrose	Kitchener-Waterloo	+1.3m/s 13.96
3	Emily Slegers	London Western T&FC	+1.3m/s 14.08
4	Gabby Hankins	Kitchener-Waterloo	+1.3m/s 14.14
5	Claire Scott	Kitchener-Waterloo	+1.3m/s 14.19
	Gabrielle Marton	Bramford TFC	SCR

RESULTS OF PRELIMS

1	Gabrielle Marton	Bramford TFC	-1.4m/s 14.04
2	Zahra Sepahi	Laurel Creek	+0.0m/s 14.05
3	Tava Ambrose	Kitchener-Waterloo	-1.4m/s 14.14
4	Gabby Hankins	Kitchener-Waterloo	+0.0m/s 14.20
5	Emily Slegers	London Western T&FC	-1.4m/s 14.50
6	Claire Scott	Kitchener-Waterloo	-1.4m/s 14.54
7	Kirsten Pendlebury	Kitchener-Waterloo	+0.0m/s 14.60
7	Stephanie Benninger	Guelph T&F Club	-1.4m/s 14.60
9	Marissa Bevnen	Woodstock Legion T&F	+0.0m/s 14.92
10	Jade Langford	Woodstock Legion T&F	+0.0m/s 15.01
11	Kameka Hunter	Sarnia Athletics	+0.0m/s 15.75
12	Maddi Wilson-Walker	London Western T&FC	+0.0m/s 17.85
	Laura Sutton	London Western T&FC	DNS

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Event # 5 BOYS Yt 100m Dash

RESULTS OF FINALS

1	Mike Giorgi	Sarnia Athletics	+0.6m/s	11.27
2	Robert Herzog	Windsor Legion	+0.6m/s	11.29
3	Jeremv Bevnen	Woodstock Legion T&F	+0.6m/s	11.64
4	Dave Mohan	Laurel Creek	+0.6m/s	11.76
5	Chris Langford	Woodstock Legion T&F	+0.6m/s	12.07
6	Kaeden Walls	Windsor Legion	+0.6m/s	12.18

RESULTS OF PRELIMS

1	Robert Herzog	Windsor Legion	-2.5m/s	11.67
1	Mike Giorgi	Sarnia Athletics	-2.5m/s	11.67
3	Dave Mohan	Laurel Creek	-2.5m/s	12.17
4	Jeremv Bevnen	Woodstock Legion T&F	-3.5m/s	12.31
5	Chris Langford	Woodstock Legion T&F	-3.5m/s	12.47
6	Kaeden Walls	Windsor Legion	-3.5m/s	12.53
7	Thomas Darlington	Woodstock Legion T&F	-3.5m/s	13.03
8	MacKenzie Havter	St Thomas Legion	-2.5m/s	13.22

Event # 6 GIRLS Yt 100m Dash

RESULTS OF FINALS

1	Katie Sieling	Laurel Creek	+2.0m/s	12.88
2	Roslyn Mainland	Laurel Creek	+2.0m/s	13.25
3	Pennv Welch	Laurel Creek	+2.0m/s	14.35

RESULTS OF PRELIMS

1	Katie Sieling	Laurel Creek	-1.6m/s	13.18
2	Roslyn Mainland	Laurel Creek	-1.6m/s	13.56
3	Pennv Welch	Laurel Creek	-1.6m/s	14.20

Event # 7 MENS Open 100m Dash

RESULTS OF FINALS

1	Kofi Kwarko-Fosu	Upper-Waterloo TC	+1.1m/s	11.02
2	Willv Siemens	UNATTACHED	+1.1m/s	11.30
3	Chris Wagner	UNATTACHED	+1.1m/s	11.73
	Tvler Annett	Sarnia Athletics		DNS
	Codv Salomons	London Western T&FC		DNS

RESULTS OF PRELIMS

1	Tvler Annett	Sarnia Athletics	-1.9m/s	11.25
2	Kofi Kwarko-Fosu	Upper-Waterloo TC	-1.9m/s	11.26
3	Willv Siemens	UNATTACHED	-1.9m/s	11.74
4	Chris Wagner	UNATTACHED	-1.9m/s	12.41
5	Codv Salomons	London Western T&FC	-1.9m/s	13.95

Event # 8 WOMENS Open 100m Dash

RESULTS OF FINALS

1	Jennv Carrique	Laurel Creek	+3.0m/s	13.26
2	Alex Kominek	Woodstock Legion T&F	+3.0m/s	14.71

RESULTS OF PRELIMS

1	Jennv Carrique	Laurel Creek	-2.3m/s	13.29
2	Alex Kominek	Woodstock Legion T&F	-2.3m/s	15.28
	Nicole Courtnev	St Thomas Legion		DNS
	Mina Griffiths	Pheonix T&F Club		DNS

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Event # 11 GIRLS Mt 0.762 80m Hurdles

RESULTS OF FINALS

1	Emilv Campbell	Sarnia Athletics	+1.2m/s	13.60
2	Jade Langford	Woodstock Legion T&F	+1.2m/s	16.04
3	Leah Foster	Woodstock Legion T&F	+1.2m/s	16.35
4	Marissa Bevnen	Woodstock Legion T&F	+1.2m/s	16.62

RESULTS OF PRELIMS

1	Emilv Campbell	Sarnia Athletics	-2.3m/s	14.20
2	Jade Langford	Woodstock Legion T&F	-2.3m/s	16.49
3	Marissa Bevnen	Woodstock Legion T&F	-2.3m/s	16.54
4	Leah Foster	Woodstock Legion T&F	-2.3m/s	16.58

Event # 12 GIRLS Yt 0.762 100m Hurdles

RESULTS OF FINALS

1	Emilv Bowerman	Guelph T&F Club	+1.3m/s	15.67
	Rachael Wolfs	St Thomas Legion		SCR

RESULTS OF PRELIMS

1	Emilv Bowerman	Guelph T&F Club	-1.2m/s	15.45
2	Rachael Wolfs	St Thomas Legion	-1.2m/s	16.23

Event # 14 WOMENS Open 0.840 100m Hurdles

RESULTS OF PRELIMS

1	Mikeisha Bobb	St Thomas Legion	-1.2m/s	15.13
	Alvssa Bickle	Woodstock Legion T&F		DNS
	Rebecca Postma	UNATTACHED		DNS

Event # 20 BOYS Mt 300m Dash

1	Ildarmaro Ponnambalam	Laurel Creek		37.76
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Event # 21 GIRLS Mt 300m Dash

1	Zahra Sebahi	Laurel Creek		46.79
2	Stephanie Benninger	Guelph T&F Club		48.76
3	Emilv Horsfall	Guelph T&F Club		49.69

Event # 22 MENS Open 400m Dash

1	Ben Wyman	Harbour Track Club		51.96
2	Lawrance Xie	Upper-Waterloo TC		52.04
3	Adam Neale	Upper-Waterloo TC		52.15
4	Sean Black	Guelph T&F Club		52.44
5	Chance Newell	Kitchener-Waterloo		54.43
6	Everett Sun	Guelph T&F Club		55.59
	Scott Gillan	Guelph T&F Club		DNS
	MacKenzie Havter	St Thomas Legion		DNS

Event # 23 WOMENS Open 400m Dash

1	Alison Fraser	Guelph T&F Club		57.29
2	Chantel Pilon	Upper-Waterloo TC		58.91
3	Shauna Malek	St Thomas Legion		59.96
4	Jenny Carrique	Laurel Creek		1:00.68
5	Katie Sieling	Laurel Creek		1:02.83

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6	Roslvn Mainland	Laurel Creek	1:02.89
7	Tava Ambrose	Kitchener-Waterloo	1:03.29
8	Jessica Witt	Hamilton Olymbic	1:05.11
9	Kirsten Pendleburv	Kitchener-Waterloo	1:06.37
10	Claire Scott	Kitchener-Waterloo	1:07.59
11	Gabbv Hankins	Kitchener-Waterloo	1:08.06
	Stephanie Benninger	Guelbh T&F Club	DNS
	Vada Nickel	Guelbh T&F Club	DNS
	Stephanie Shaw	Guelbh T&F Club	DNS

Event # 24 MENS Open 1500m Run

1	Matt Sheeler	London Western T&FC	4:17.81
2	Rawle Groothuizen	Guelbh T&F Club	4:19.65
3	Adam Tait	Saugeen T&F Club	4:34.94
4	Steve Deiaeger	Saugeen T&F Club	4:36.10
5	Ken Gosleigh	Saugeen T&F Club	4:46.81
6	James Milne	Laurel Creek	5:18.26
7	Ben McKav	Laurel Creek	5:28.51
8	Justvn McOuigan	St Thomas Legion	5:30.93
9	Kvle Swwver	UNATTACHED	5:54.51
	Lawrance Xie	Upper-Waterloo TC	DNF
	Cameron Waind	Laurel Creek	DNS
	Chris Motz	Laurel Creek	DNS

Event # 25 WOMENS Open 1500m Run

1	Madison Bak	Guelbh T&F Club	5:18.76
2	Martina Tait	Saugeen T&F Club	5:25.00
3	Grace Ganv	Kitchener-Waterloo	5:26.05
4	Kvrsten Wallven	Woodstock Legion T&F	5:31.04
	Sarah Van Wvk	Saugeen T&F Club	DNS

Event # 26 MENS Open Pole Vault

1	Christopher Waugh	London Western T&FC	3.95m
2	Connor Young	London Western T&FC	3.80m
3	Kevin Holden	Woodstock Legion T&F	2.90m
4	Clayton Darlington	Woodstock Legion T&F	2.30m
5	Grant Bickle	Woodstock Legion T&F	2.00m

Event # 27 WOMENS Open Pole Vault

1	Nicole Rollins	London Western T&FC	2.90m
	Leah Foster	Woodstock Legion T&F	FOUL

Event # 32 BOYS Mt 4kg Shot Put

1	Henrv Easton	London Western T&FC	12.06m
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Event # 33 GIRLS Mt 3kg Shot Put

	Emilv Campbell	Sarnia Athletics	DNS
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Event # 34 BOYS Yt 5kg Shot Put

1	Andrew Vermette	Windsor Legion	14.78m
2	Lee Wilson	Sarnia Athletics	12.86m

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3	Kevin Strvbosch	London Western T&FC	10.87m
4	Jeremv Bevnen	Woodstock Legion T&F	9.54m
5	Chris Langford	Woodstock Legion T&F	8.37m
6	Thomas Darlington	Woodstock Legion T&F	8.32m

Event # 35 GIRLS Yr 3kg Shot Put

1	Natalie Warren	London Western T&FC	11.76m
2	Brianna Ouenville	Windsor Legion	11.30m
3	Lauren Bohn	Windsor Legion	11.19m

Event # 36 MENS Jr 6kg Shot Put

1	Kennv Trudgeon	London Western T&FC	12.76m
2	Carter Noll	Sarnia Athletics	12.65m
	Kevin Strvbosch	London Western T&FC	SCR
	Andrew Vermette	Windsor Legion	SCR

Event # 37 WOMENS Jr 4kg Shot Put

1	Alex Covle	Sarnia Athletics	10.08m
2	Alex Kominek	Woodstock Legion T&F	9.40m
3	Emilv Clancy	Sarnia Athletics	9.36m

Event # 41 GIRLS Bt. 400g Javelin Throw

1	Maddv Bowman	Kitchener-Waterloo	20.95m
2	Maddi Wilson-Walker	London Western T&FC	15.53m

Event # 42 BOYS Mt. 600g Javelin Throw

1	Jake Fraggis	St Thomas Legion	42.65m
2	Grant Bickle	Woodstock Legion T&F	25.74m

Event # 44 BOYS Yr. 700g Javelin Throw

	Andrew Vermette	Windsor Legion	DNS
	Michael Collins	Windsor Legion	DNS
	Jason Keating	Guelph T&F Club	DNS

Event # 45 GIRLS Yr. 500g Javelin Throw

1	Bailev Dell	Windsor Legion	43.48m
2	Victoria Smith	Windsor Legion	41.55m
3	Natalie Warren	London Western T&FC	35.76m
4	Stephanie Gibson	London Western T&FC	22.99m
5	Ann Jurasek	London Western T&FC	17.94m

Event # 46 MENS Jr. 800g Javelin Throw

1	Alec Raniwsky	Windsor Alumni T&FC	45.63m
2	Scott Campbell	Sarnia Athletics	44.29m

Event # 47 WOMENS Jr. 600g Javelin Throw

1	Chantel Pilon	Upper-Waterloo TC	26.66m
2	Alvssa Bickle	Woodstock Legion T&F	22.48m

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Event # 48 MENS Sr. 800g Javelin Throw

1	Christian Hacknev	Windsor Alumni T&FC	51.78m
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Event # 50 BOYS Yt 300m Dash

1	Chris Langford	Woodstock Legion T&F	38.28
2	MacKenzie Havter	St Thomas Legion	42.30

Event # 51 GIRLS Yt 300m Dash

1	Pennv Welch	Laurel Creek	45.89
2	Ashlev Bickle	Woodstock Legion T&F	46.52
	Mikeisha Bobb	St Thomas Legion	DNS
	Rachael Wolfs	St Thomas Legion	DNS