

# HAMILTON PUMA CANADA DAY TWILIGHT

Hamilton, ON  
McMaster University  
July 1, 2023



OFFICIAL MEET REPORT  
printed: 2023-07-02 8:07 AM

## RESULTS

### #1 Men's 100 Meters

(Top 64 advance)

#### Prelims

| Pl | Name                      | Team                         | Time          | H(Pl) |
|----|---------------------------|------------------------------|---------------|-------|
| 1  | PALMER, Isaiah            | Unattached                   | 10.71q (+0.6) | 8(1)  |
| 2  | UGOH, Oluchi              | Flying Angels - North York   | 10.72q (+0.6) | 8(2)  |
| 3  | BARENDILLA, Malachi       | Unattached Ontario           | 10.73q (+0.6) | 8(3)  |
| 4  | BAH, Abdoulaye            | Hamilton Olympic Club        | 10.75q (+0.9) | 7(1)  |
| 5  | IROBUN, Justin            | Mississauga T.f.c.           | 10.82q (+0.9) | 7(2)  |
| 6  | DE LA CRUZ, Addison       | York University Track & Fiel | 10.86q (+0.9) | 7(3)  |
| 7  | JONES, Logan              | Centro Scuola T.f.c.         | 10.90q (+0.6) | 8(4)  |
| 8  | JACKSON, Kejean           | Unattached                   | 10.96q (+0.9) | 7(4)  |
| 9  | ROSE, Jalon               | Golden Eagle Track Club      | 10.97q (+0.6) | 8(5)  |
| 10 | MANOUCHEHR, Dominik       | Unattached Ontario           | 11.01q (+0.9) | 7(5)  |
| 11 | ROSE, Jadon               | Golden Eagles Track Club     | 11.04q (+0.6) | 8(6)  |
| 12 | OGUNRINDE, Oluwapelumi    | York University Track & Fiel | 11.07q (+0.9) | 7(6)  |
| 13 | LAW, Jalen                | Extreme Velocity Track Clu   | 11.15q (+0.6) | 8(7)  |
| 14 | BROOKS, Syelis            | Windsor Legion T.f.c.        | 11.23q (+0.7) | 6(1)  |
| 15 | ASEMOTA, David            | York University Track & Fiel | 11.24q (+0.9) | 7(7)  |
| 16 | STEINKE, Finn             | Royal City Athletics Club    | 11.33q (+0.7) | 6(2)  |
| 17 | HIPOLITO, John            | Mississauga T.f.c.           | 11.41q (+0.7) | 6(3)  |
| 18 | SMIKLE, Tyrell            | Unattached                   | 11.42q (+0.7) | 6(4)  |
| 19 | ALVARADO, Mateo           | York University Track & Fiel | 11.43q (+0.7) | 6(5)  |
| 20 | COXSON, Silas             | Laurel Creek T.f.c.          | 11.43q (+0.7) | 6(6)  |
| 21 | CARSON-PEDRI, Nicholas    | Laurel Creek T.f.c.          | 11.44q (+1.0) | 5(1)  |
| 22 | KRAUSKOPF, Wilhelm        | Laurel Creek T.f.c.          | 11.49q (+1.3) | 3(1)  |
| 23 | KING, Malcolm             | Centro Scuola Track          | 11.49q (+0.6) | 8(8)  |
| 24 | EBERT, Zack               | Brantford T.f.c.             | 11.60q (+1.0) | 5(2)  |
| 25 | PARKINS, Aiden            | Unattached Ontario           | 11.63q (+1.0) | 5(3)  |
| 26 | WAGNER, Damon             | Royal City Athletics Club    | 11.64q (+1.3) | 3(2)  |
| 27 | TUMANAN, Andrew Diaz      | Mississauga T.f.c.           | 11.66q (+0.7) | 4(1)  |
| 28 | LOWING, Christopher       | Unattached Ontario           | 11.70q (+1.0) | 5(4)  |
| 29 | COWAN, Michael            | Athletics Niagara            | 11.73q (+0.7) | 6(7)  |
| 30 | ANASTASIADES, Christopher | Mississauga T.f.c.           | 11.74q (+1.0) | 5(5)  |
| 31 | DAFOE, Matthew            | Eclipse Track & Field Inc    | 11.75q (+0.7) | 4(2)  |
| 32 | MU, Steven                | Laurel Creek T.f.c.          | 11.77q (+1.0) | 5(6)  |
| 33 | MAGA, Pascal              | Time Bandits                 | 11.78q (+0.7) | 4(3)  |
| 34 | GANE, Jameel              | Mississauga T.f.c.           | 11.79q (+0.7) | 4(4)  |
| 35 | SANTARELLA, Colton        | Laurel Creek T.f.c.          | 11.83q (+0.7) | 4(5)  |
| 36 | JOHN, Oluwaseyi           | Hamilton Olympic Club        | 11.84q (+0.7) | 4(6)  |
| 37 | KADMON SHACHOR, Yarden    | York University Track & Fiel | 11.91q (+1.3) | 3(3)  |
| 38 | SINGH, Aabjosh            | Laurel Creek T.f.c.          | 11.92q (+1.3) | 3(4)  |
| 39 | TONTODONATI, Matthew      | Unattached Ontario           | 11.95q (+0.7) | 4(7)  |
| 40 | ANDOH, Kofi               | Unattached Ontario           | 11.95q (+0.7) | 6(8)  |
| 41 | ALVAREZ, Christian        | Mississauga T.f.c.           | 11.99q (+1.3) | 3(5)  |
| 42 | EDWARDS, Darius           | Laurel Creek T.f.c.          | 12.02q (+1.3) | 3(6)  |
| 43 | HAMILTON, Jaden           | Niagara Olympic Club         | 12.08q (+0.7) | 2(1)  |
| 44 | CHAREST, Jake             | Laurel Creek T.f.c.          | 12.16q (+0.6) | 1(1)  |

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### #1 Men's 100 Meters (cont'd)

(Top 64 advance)

#### Prelims

| PI Name                | Team                        | Time          | H(PI) |
|------------------------|-----------------------------|---------------|-------|
| 45 MOYER, Christopher  | Unattached                  | 12.20q (+0.7) | 2(2)  |
| 46 PAULO-TAYLOR, Storm | Mississauga TFC             | 12.24q (+0.7) | 2(3)  |
| 47 WAGNER, Christopher | Unattached                  | 12.29q (+0.7) | 2(4)  |
| 48 LE, Vinh            | Unattached Ontario          | 12.32q (+1.0) | 5(7)  |
| 49 MIRCO, Sheldon      | Brantford TFC               | 12.34q (+0.6) | 1(2)  |
| 50 MESSINA, Philip     | Unattached Ontario          | 12.40q (+0.7) | 2(5)  |
| 51 MCGARR, Mitch       | Brock Badgers               | 12.40q (+1.3) | 3(7)  |
| 52 BAHADUR, Dominik    | Laurel Creek T.f.c.         | 12.46q (+0.9) | 7(8)  |
| 53 GRANDE, Aiden       | Niagara Olympic Club        | 12.65q (+0.7) | 2(6)  |
| 54 HUI, Tit (Jonathan) | Unattached                  | 12.72q (+0.6) | 1(3)  |
| 54 MONDONEDO, Karl     | Centro Scuola Track         | 12.72q (+0.7) | 2(7)  |
| 56 BERARDI, John       | Thorold Elite Track Club    | 12.76q (+0.7) | 4(8)  |
| 57 TONG, Xuhung        | Mississauga T.f.c.          | 12.80q (+0.6) | 1(4)  |
| 58 REYNOLDS, Rick      | Unattached                  | 12.92q (+0.6) | 1(5)  |
| 59 KUDO, Ken           | Unattached Ontario          | 13.31q (+0.6) | 1(6)  |
| 60 CHOW, Joshua        | Unattached                  | 13.88q (+0.6) | 1(7)  |
| 61 NJAI, Kebba         | Toronto Racers Athletic Clu | 13.95q (+0.6) | 1(8)  |

### #2 Women's 100 Meters

(Top 32 advance)

#### Prelims

| PI Name                 | Team                         | Time          | H(PI) |
|-------------------------|------------------------------|---------------|-------|
| 1 SUCHOWIECKA, Paula    | Unattached Ontario           | 11.76q (+0.9) | 4(1)  |
| 2 VIEUX, Kayla          | C.a.n.i. Athletics           | 11.94q (+0.9) | 4(2)  |
| 3 MILLER, Trinity       | Golden Eagles Track Club     | 12.11q (+0.9) | 4(3)  |
| 4 HIUSER, Baylie        | Laurel Creek T.f.c.          | 12.72q (+0.9) | 4(4)  |
| 5 HUI, Joanna           | Unattached                   | 12.81q (+0.1) | 1(1)  |
| 6 FERNANDEZ, Brielle    | Unattached Ontario           | 12.83q (+0.9) | 4(5)  |
| 7 AKERELE, Crystal      | Oakville Renegades Track     | 12.85q (+0.9) | 4(6)  |
| 8 KERR, Alannah         | York University Track & Fiel | 12.89q (+0.9) | 4(7)  |
| 9 DASS, Cassidy         | Mississauga T.f.c.           | 12.90q (+0.8) | 3(1)  |
| 10 GRAVESANDE, Simone   | Hamilton Olympic Club        | 12.99q (+0.8) | 3(2)  |
| 11 SINGH, Nevaeh        | Unattached Ontario           | 13.03q (+0.9) | 4(8)  |
| 12 SEILING, Brooklyn    | Laurel Creek T.f.c.          | 13.04q (+0.8) | 3(3)  |
| 13 DUCHENE, Ava         | Unattached Ontario           | 13.13q (+0.8) | 2(1)  |
| 14 CHUN, Audrey         | Mississauga T.f.c.           | 13.14q (+0.8) | 3(4)  |
| 15 SOUSA, Sadie         | Laurel Creek T.f.c.          | 13.32q (+0.8) | 3(5)  |
| 16 KUDO, Catrina        | Royal City Athletics Club    | 13.36q (+0.8) | 3(6)  |
| 17 OYEBOLA, Chloe       | Hamilton Olympic Club        | 13.51q (+0.1) | 1(2)  |
| 18 REITER, Elyssa       | Laurel Creek T.f.c.          | 13.61q (+0.8) | 2(2)  |
| 19 HUTCHESON, Mackenzie | Laurel Creek T.f.c.          | 13.63q (+0.8) | 2(3)  |
| 20 BERARDI, Amalynn     | Thorold Elite Track Club     | 13.73q (+0.8) | 2(4)  |
| 21 SMITH, Hayley        | Laurel Creek T.f.c.          | 13.76q (+0.8) | 3(7)  |
| 22 SCIPIO, Maeva        | Thorold Elite Track Club     | 13.82q (+0.8) | 2(5)  |

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### #2 Women's 100 Meters (cont'd)

(Top 32 advance)

#### Prelims

| PI Name                 | Team                        | Time          | H(PI) |
|-------------------------|-----------------------------|---------------|-------|
| 23 SHEA, Kelly          | Unattached                  | 13.86q (+0.8) | 2(6)  |
| 24 TAYLOR, Paige        | Stratford Sabrecats Track C | 14.00q (+0.8) | 2(7)  |
| 25 JEFFERY, Rachel      | Athletics Niagara           | 14.08q (+0.1) | 1(3)  |
| 26 MATHEW, Alicia       | Unattached Ontario          | 14.12q (+0.1) | 1(4)  |
| 27 KULKER, Khloe        | Laurel Creek T.f.c.         | 14.16q (+0.8) | 2(8)  |
| 28 BROWN, Daryn         | Athletics Niagara           | 14.19q (+0.1) | 1(5)  |
| 29 MACHERZYNSKA, Renata | UTTC                        | 14.73q (+0.1) | 1(6)  |
| PILLAI, Sindhu          | Unattached                  | NT            | 1     |

### #11 Men's 1200 Meters

| PI Name   | Team                     | Time    | Pts |
|---|--------------------------|---------|-----|
| 1 BOUIUS, Eli<br>1:06.57 (1:06.57) 1:08.91 (2:15.47)    | Unattached               | 3:18.15 |     |
| 2 CHAPPLE, Cyril<br>1:06.83 (1:06.83) 1:09.00 (2:15.83) | Laurel Creek T.f.c.      | 3:20.74 | 10  |
| 3 TUCK, Dylan<br>1:07.11 (1:07.11) 1:10.76 (2:17.87)    | Burlington TFC           | 3:25.83 | 8   |
| 4 HILL, Noah<br>1:08.06 (1:08.06) 1:11.77 (2:19.82)     | Newmarket Huskies Track  | 3:27.50 | 6   |
| 5 BAYNE, Andrew<br>1:08.42 (1:08.42) 1:11.63 (2:20.04)  | Thorold Elite Track Club | 3:28.73 | 5   |
| 6 NAGY, Simon<br>1:10.49 (1:10.49) 1:14.61 (2:25.10)    | Newmarket Huskies Track  | 3:34.99 | 4   |
| 7 GUND, Gursaaaz<br>1:14.12 (1:14.12) 1:15.90 (2:30.02) | Laurel Creek T.f.c.      | 3:42.35 | 3   |

### #12 Women's 1200 Meters

| PI Name   | Team                       | Time    | Pts |
|---|----------------------------|---------|-----|
| 1 MARKOWSKA, Maya<br>1:08.74 (1:08.74) 1:14.15 (2:22.89)  | Burlington TFC             | 3:33.33 | 10  |
| 2 VOYKIN, Eleanor<br>1:08.54 (1:08.54) 1:14.74 (2:23.27)  | Blue Devils Athletics Club | 3:40.18 | 8   |
| 3 NAGY, Kate<br>1:11.21 (1:11.21) 1:17.91 (2:29.12)       | Newmarket Huskies Track    | 3:44.25 | 6   |
| 4 CHAN, Anieue<br>1:10.86 (1:10.86) 1:18.52 (2:29.38)     | Windsor Legion T.f.c.      | 3:48.42 | 5   |
| 5 DEBOER, Julie<br>1:11.93 (1:11.93) 1:18.78 (2:30.70)    | Laurel Creek T.f.c.        | 3:49.59 | 4   |
| 6 PRANTERA, Sophia<br>1:10.59 (1:10.59) 1:18.48 (2:29.07) | Windsor Legion T.f.c.      | 3:51.92 | 3   |
| 7 MALCOLM, Grace<br>1:17.54 (1:17.54) 1:21.57 (2:39.10)   | Newmarket Huskies Track    | 3:53.63 | 2   |
| 8 MALCOLM, Bridget  | Newmarket Huskies Track    | 3:55.31 | 1   |

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## RESULTS

### #12 Women's 1200 Meters (cont'd)

| Pl | Name              | Team                     | Time    | Pts |
|----|-------------------|--------------------------|---------|-----|
|    | 1:17.61 (1:17.61) | 1:21.63 (2:39.24)        |         |     |
| 9  | KINCH, Abigail    | York Region Runners Club | 3:58.39 |     |
|    | 1:17.89 (1:17.89) | 1:21.67 (2:39.56)        |         |     |
| 10 | ONTRALIGI, India  | Newmarket Huskies Track  | 4:16.63 |     |
|    | 1:22.62 (1:22.62) | 1:29.29 (2:51.90)        |         |     |

### #1 Men's 100 Meters

#### Finals

| Pl | Name                      | Team                         | Time         | H(Pl) | Pts |
|----|---------------------------|------------------------------|--------------|-------|-----|
| 1  | UGOH, Oluchi              | Flying Angels - North York   | 10.67 (+0.9) | 8(1)  | 10  |
| 2  | PALMER, Isaiah            | Unattached                   | 10.68 (+0.9) | 8(2)  |     |
| 3  | BAH, Abdoulaye            | Hamilton Olympic Club        | 10.80 (+0.9) | 8(3)  | 8   |
| 4  | DE LA CRUZ, Addison       | York University Track & Fiel | 10.81 (+0.9) | 8(4)  | 6   |
| 5  | IROBUN, Justin            | Mississauga T.f.c.           | 10.83 (+0.9) | 8(5)  | 5   |
| 6  | JACKSON, Kejean           | Unattached                   | 10.89 (+0.9) | 8(6)  |     |
| 7  | JONES, Logan              | Centro Scuola T.f.c.         | 10.90 (+0.9) | 8(7)  | 4   |
| 8  | OGUNRINDE, Oluwapelumi    | York University Track & Fiel | 10.99 (-0.7) | 7(1)  | 3   |
| 9  | BARENDILLA, Malachi       | Unattached Ontario           | 11.06 (+0.9) | 8(8)  | 2   |
| 10 | LAW, Jalen                | Extreme Velocity Track Clu   | 11.14 (-0.7) | 7(2)  | 1   |
| 11 | MANOUCHEHR, Dominik       | Unattached Ontario           | 11.24 (-0.7) | 7(3)  |     |
| 12 | ASEMOTA, David            | York University Track & Fiel | 11.27 (-0.7) | 7(4)  |     |
| 13 | KING, Malcolm             | Centro Scuola Track          | 11.34 (+0.3) | 6(1)  |     |
| 14 | HIPOLITO, John            | Mississauga T.f.c.           | 11.44 (+0.3) | 6(2)  |     |
| 15 | CARSON-PEDRI, Nicholas    | Laurel Creek T.f.c.          | 11.48 (+0.3) | 6(3)  |     |
| 16 | WAGNER, Damon             | Royal City Athletics Club    | 11.52 (-0.2) | 5(1)  |     |
| 17 | SMIKLE, Tyrell            | Unattached                   | 11.54 (+0.3) | 6(4)  |     |
| 18 | COXSON, Silas             | Laurel Creek T.f.c.          | 11.56 (+0.3) | 6(5)  |     |
| 19 | KRAUSKOPF, Wilhelm        | Laurel Creek T.f.c.          | 11.58 (+0.3) | 6(6)  |     |
| 20 | EBERT, Zack               | Brantford T.f.c.             | 11.61 (+0.3) | 6(7)  |     |
| 21 | PARKINS, Aiden            | Unattached Ontario           | 11.66 (-0.2) | 5(2)  |     |
| 22 | TUMANAN, Andrew Diaz      | Mississauga T.f.c.           | 11.67 (-0.2) | 5(3)  |     |
| 23 | COWAN, Michael            | Athletics Niagara            | 11.72 (-0.2) | 5(4)  |     |
| 24 | ANASTASIADES, Christopher | Mississauga T.f.c.           | 11.74 (-0.2) | 5(5)  |     |
| 25 | MU, Steven                | Laurel Creek T.f.c.          | 11.75 (-0.2) | 5(6)  |     |
| 26 | DAFOE, Matthew            | Eclipse Track & Field Inc    | 11.79 (-0.2) | 5(7)  |     |
| 27 | GANE, Jameel              | Mississauga T.f.c.           | 11.79 (-0.2) | 4(1)  |     |
| 28 | EDWARDS, Darius           | Laurel Creek T.f.c.          | 11.83 (+0.6) | 3(1)  |     |
| 29 | MAGA, Pascal              | Time Bandits                 | 11.84 (-0.2) | 4(2)  |     |
| 30 | SANTARELLA, Colton        | Laurel Creek T.f.c.          | 11.88 (-0.2) | 4(3)  |     |
| 31 | MOYER, Christopher        | Unattached                   | 11.99 (+0.6) | 3(2)  |     |
| 32 | ALVAREZ, Christian        | Mississauga T.f.c.           | 12.03 (+0.6) | 3(3)  |     |
| 32 | TONTODONATI, Matthew      | Unattached Ontario           | 12.03 (-0.2) | 4(4)  |     |
| 34 | KADMON SHACHOR, Yarden    | York University Track & Fiel | 12.04 (-0.2) | 4(5)  |     |
| 35 | HAMILTON, Jaden           | Niagara Olympic Club         | 12.06 (+0.6) | 3(4)  |     |
| 35 | JOHN, Oluwaseyi           | Hamilton Olympic Club        | 12.06 (-0.2) | 4(6)  |     |

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### #1 Men's 100 Meters (cont'd)

#### Finals

| Pl | Name                | Team                        | Time         | H(Pl) | Pts |
|----|---------------------|-----------------------------|--------------|-------|-----|
| 37 | ANDOH, Kofi         | Unattached Ontario          | 12.16 (-0.2) | 4(7)  |     |
| 38 | WAGNER, Christopher | Unattached                  | 12.35 (+0.6) | 3(5)  |     |
| 39 | CHAREST, Jake       | Laurel Creek T.f.c.         | 12.37 (+0.6) | 3(6)  |     |
| 40 | LE, Vinh            | Unattached Ontario          | 12.38 (+0.6) | 3(7)  |     |
| 41 | SINGH, Aabjosh      | Laurel Creek T.f.c.         | 12.40 (-0.2) | 4(8)  |     |
| 42 | MIRCO, Sheldon      | Brantford TFC               | 12.44 (-1.3) | 2(1)  |     |
| 43 | MESSINA, Philip     | Unattached Ontario          | 12.44 (-1.3) | 2(2)  |     |
| 44 | PAULO-TAYLOR, Storm | Mississauga TFC             | 12.47 (+0.6) | 3(8)  |     |
| 45 | MCGARR, Mitch       | Brock Badgers               | 12.61 (-1.3) | 2(3)  |     |
| 46 | HUI, Tit (Jonathan) | Unattached                  | 12.82 (-1.3) | 2(4)  |     |
| 47 | GRANDE, Aiden       | Niagara Olympic Club        | 12.82 (-1.3) | 2(5)  |     |
| 48 | REYNOLDS, Rick      | Unattached                  | 12.92 (-0.4) | 1(1)  |     |
| 49 | TONG, Xuhung        | Mississauga T.f.c.          | 13.01 (-0.4) | 1(2)  |     |
| 50 | BERARDI, John       | Thorold Elite Track Club    | 13.04 (-1.3) | 2(6)  |     |
| 51 | KUDO, Ken           | Unattached Ontario          | 13.39 (-0.4) | 1(3)  |     |
| 52 | NJAI, Kebba         | Toronto Racers Athletic Clu | 13.94 (-0.4) | 1(4)  |     |
| 53 | CHOW, Joshua        | Unattached                  | 16.64 (-0.4) | 1(5)  |     |

### #2 Women's 100 Meters

#### Finals

| Pl | Name                 | Team                         | Time         | H(Pl) | Pts |
|----|----------------------|------------------------------|--------------|-------|-----|
| 1  | SUCHOWIECKA, Paula   | Unattached Ontario           | 11.79 (-0.4) | 4(1)  | 10  |
| 2  | VIEUX, Kayla         | C.a.n.i. Athletics           | 12.07 (-0.4) | 4(2)  | 8   |
| 3  | MILLER, Trinity      | Golden Eagles Track Club     | 12.07 (-0.4) | 4(3)  | 6   |
| 4  | HUI, Joanna          | Unattached                   | 12.76 (-0.4) | 4(4)  |     |
| 5  | HIUSER, Baylie       | Laurel Creek T.f.c.          | 12.77 (-0.4) | 4(5)  | 5   |
| 6  | AKERELE, Crystal     | Oakville Renegades Track     | 12.81 (-0.4) | 4(6)  | 4   |
| 7  | KERR, Alannah        | York University Track & Fiel | 12.91 (-0.4) | 4(7)  | 3   |
| 8  | FERNANDEZ, Brielle   | Unattached Ontario           | 12.92 (-0.4) | 4(8)  | 2   |
| 9  | GRAVESANDE, Simone   | Hamilton Olympic Club        | 13.02 (-0.7) | 3(1)  | 1   |
| 10 | DASS, Cassidy        | Mississauga T.f.c.           | 13.10 (-0.7) | 3(2)  |     |
| 11 | CHUN, Audrey         | Mississauga T.f.c.           | 13.17 (-0.7) | 3(3)  |     |
| 12 | SEILING, Brooklyn    | Laurel Creek T.f.c.          | 13.19 (-0.7) | 3(4)  |     |
| 13 | DUCHENE, Ava         | Unattached Ontario           | 13.20 (-0.7) | 3(5)  |     |
| 14 | SINGH, Nevaeh        | Unattached Ontario           | 13.21 (-0.7) | 3(6)  |     |
| 15 | SOUSA, Sadie         | Laurel Creek T.f.c.          | 13.63 (-0.7) | 3(7)  |     |
| 16 | KUDO, Catrina        | Royal City Athletics Club    | 13.66 (-0.7) | 3(8)  |     |
| 17 | REITER, Elyssa       | Laurel Creek T.f.c.          | 13.68 (-1.3) | 2(1)  |     |
| 18 | OYEBOLA, Chloee      | Hamilton Olympic Club        | 13.76 (-1.3) | 2(2)  |     |
| 19 | BERARDI, Amalynn     | Thorold Elite Track Club     | 13.82 (-1.3) | 2(3)  |     |
| 20 | HUTCHESON, Mackenzie | Laurel Creek T.f.c.          | 13.89 (-1.3) | 2(4)  |     |
| 21 | BROWN, Daryn         | Athletics Niagara            | 14.16 (-0.2) | 1(1)  |     |
| 22 | SHEA, Kelly          | Unattached                   | 14.23 (-1.3) | 2(5)  |     |
| 23 | SMITH, Hayley        | Laurel Creek T.f.c.          | 14.24 (-1.3) | 2(6)  |     |

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| Pl | Name                 | Team                        | Time         | H(Pl) | Pts |
|----|----------------------|-----------------------------|--------------|-------|-----|
| 24 | TAYLOR, Paige        | Stratford Sabrecats Track C | 14.26 (-1.3) | 2(7)  |     |
| 25 | SCIPIO, Maeva        | Thorold Elite Track Club    | 14.32 (-1.3) | 2(8)  |     |
| 26 | MATHEW, Alicia       | Unattached Ontario          | 14.39 (-0.2) | 1(2)  |     |
| 27 | KULKER, Khloe        | Laurel Creek T.f.c.         | 14.45 (-0.2) | 1(3)  |     |
| 28 | MACHERZYNSKA, Renata | UTTC                        | 14.95 (-0.2) | 1(4)  |     |

### #6 Women's 300 Meters

| Pl | Name                 | Team                  | Time  | Pts |
|----|----------------------|-----------------------|-------|-----|
| 1  | CHAN, Anieu          | Windsor Legion T.f.c. | 42.42 | 10  |
| 2  | IVANOVA, Michaela    | Laurel Creek T.f.c.   | 45.02 | 8   |
| 3  | HUTCHESON, Mackenzie | Laurel Creek T.f.c.   | 45.88 | 6   |
| 4  | FOX, Isobel          | Burlington TFC        | 45.96 | 5   |
| 5  | DE SOUZA, Ella       | Laurel Creek T.f.c.   | 47.84 | 4   |
| 6  | PORTO, Madeleine     | Laurel Creek T.f.c.   | 48.18 | 3   |

### #7 Men's 400 Meters

| Pl | Name                         | Team                        | Time  | H(Pl) | Pts |
|----|------------------------------|-----------------------------|-------|-------|-----|
| 1  | WARDEN, Kobie                | Windsor Legion T.f.c.       | 47.77 | 5(1)  | 10  |
| 2  | DUCKMAN, Joshua              | Toronto Racers Athletic Clu | 48.67 | 5(2)  | 8   |
| 3  | LORENTZ, Joshua              | Unattached Ontario          | 49.02 | 5(3)  | 6   |
| 4  | HEHN, Nathan                 | Unattached Ontario          | 49.40 | 5(4)  | 5   |
| 5  | BIGLER, William              | Oakville Renegades Track    | 49.53 | 5(5)  | 4   |
| 6  | SMITH, Ben                   | Unattached Ontario          | 49.63 | 5(6)  | 3   |
| 7  | PRATO, Zavio                 | Hamilton Olympic Club       | 50.79 | 5(7)  | 2   |
| 8  | BELANGER, Dylen              | St Thomas Legion Track &    | 50.82 | 4(1)  | 1   |
| 9  | ORSINI, Daniele              | Extreme Velocity Track Clu  | 51.61 | 4(2)  |     |
| 10 | GRENKE, Holden               | Kitchener Waterloo TFA      | 52.09 | 4(3)  |     |
| 11 | ALKAABY, Mohamad             | Windsor Legion T.f.c.       | 52.17 | 3(1)  |     |
| 12 | MATHER, Alexander            | Newmarket Huskies Track     | 52.18 | 3(2)  |     |
| 13 | FERTH, Shane                 | Unattached                  | 52.37 | 4(4)  |     |
| 14 | DELSAUT, Frank               | Kitchener Waterloo TFA      | 52.52 | 4(5)  |     |
| 15 | KNIGHT-LLEWELLYN, Nile       | Brampton Racers TC          | 52.62 | 4(6)  |     |
| 16 | MOORE, Vincent               | London Western T.f.c.       | 52.64 | 5(8)  |     |
| 17 | DRI, Zach                    | BOOST Athletics Club        | 53.14 | 3(3)  |     |
| 18 | XIE, Lawrence                | Unattached Ontario          | 53.53 | 4(7)  |     |
| 19 | OGUNLAJA, Daniel             | Unattached                  | 54.25 | 3(4)  |     |
| 20 | MURAVCHIK, Michael           | Newmarket Huskies Track     | 54.28 | 2(1)  |     |
| 21 | ALLEN, Chase                 | Windsor Legion T.f.c.       | 54.31 | 3(5)  |     |
| 22 | POWELL-BURGESS, Diarra James | Mississauga Olympians T&    | 54.38 | 1(1)  |     |
| 23 | SCHHEDEWITZ, Bryce           | Laurel Creek T.f.c.         | 54.53 | 2(2)  |     |
| 24 | SIDDIQI, Khaleel             | Golden Eagle Track Club     | 54.67 | 3(6)  |     |
| 25 | QASIM, Aayan                 | Brampton Racers TC          | 55.99 | 2(3)  |     |
| 26 | FUJII, Yujiro                | Unattached                  | 56.19 | 2(4)  |     |
| 27 | PALLETT, Adam                | Unattached                  | 57.39 | 2(5)  |     |

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### #7 Men's 400 Meters (cont'd)

| Pl | Name            | Team                | Time    | H(Pl) | Pts |
|----|-----------------|---------------------|---------|-------|-----|
| 28 | SMITH, William  | Unattached Ontario  | 1:01.41 | 2(6)  |     |
| 29 | MONDONEDO, Karl | Centro Scuola Track | 1:02.01 | 1(2)  |     |

### #8 Women's 400 Meters

| Pl | Name                  | Team                         | Time    | H(Pl) | Pts |
|----|-----------------------|------------------------------|---------|-------|-----|
| 1  | COLLINS, Sydney       | Laurel Creek T.f.c.          | 57.43   | 2(1)  | 10  |
| 2  | ESTABROOKS, Alexandra | York University Track & Fiel | 58.08   | 2(2)  | 8   |
| 3  | SMITH, Gracy          | Royal City Athletics Club    | 59.87   | 2(3)  | 6   |
| 4  | BICKLE-FERTH, Kate    | Unattached Ontario           | 1:00.11 | 2(4)  | 5   |
| 5  | SHILLINGFORD, Naomi   | Etobicoke Huskies-Striders   | 1:00.78 | 1(1)  | 4   |
| 6  | FOX, Katherine        | Hamilton Olympic Club        | 1:01.00 | 1(2)  | 3   |
| 7  | MYLES, Sophie         | University of Toronto Track  | 1:02.65 | 2(5)  | 2   |
| 8  | WARE, Aimee           | Newmarket Huskies Track      | 1:03.22 | 1(3)  | 1   |
| 9  | LOWE, Alanna          | Etobicoke Huskies-Striders   | 1:03.34 | 1(4)  |     |
| 10 | CASTILLO, Karen       | Hamilton Olympic Club        | 1:04.07 | 2(6)  |     |
| 11 | VAN GAALEN, Imani     | Kitchener Waterloo TFA       | 1:05.43 | 2(7)  |     |
| 12 | ROPP, Anna            | Stratford Sabrecats Track C  | 1:05.86 | 1(5)  |     |
| 13 | MILANI, Nadia         | Royal City Athletics Club    | 1:09.86 | 1(6)  |     |

### #9 Men's 800 Meters

| Pl | Name                                | Team                        | Time    | H(Pl) | Pts |
|----|-------------------------------------|-----------------------------|---------|-------|-----|
| 1  | ROSEN, Daniel<br>55.85 (55.85)      | Royal City Athletics Club   | 1:51.97 | 4(1)  | 10  |
| 2  | KOYANAGI, Kyle<br>56.07 (56.07)     | London Western T.f.c.       | 1:52.58 | 4(2)  | 8   |
| 3  | BOERS, Tom<br>56.96 (56.96)         | Unattached                  | 1:53.42 | 4(3)  |     |
| 4  | GAGE, Henry<br>55.61 (55.61)        | Harbour Track - Hamilton    | 1:53.49 | 4(4)  | 6   |
| 5  | MCALLISTER, Heath<br>57.20 (57.20)  | Unattached                  | 1:55.51 | 4(5)  |     |
| 6  | RACHNER, Christian<br>55.58 (55.58) | Royal City Athletics Club   | 1:55.52 | 4(6)  | 5   |
| 7  | FINLEY, Gustav                      | Harbour Track - Hamilton    | 1:56.20 | 3(1)  | 4   |
| 8  | XIE, Nick<br>57.34 (57.34)          | Monarch Athletics Club      | 1:56.92 | 4(7)  | 3   |
| 9  | MATOS, Matthew<br>56.64 (56.64)     | Windsor Legion T.f.c.       | 1:57.67 | 4(8)  | 2   |
| 10 | CALLAGHAN, Ciaran<br>57.03 (57.03)  | Newmarket Huskies Track     | 1:58.31 | 4(9)  | 1   |
| 11 | MCALLISTER, Ian                     | Unattached                  | 1:59.42 | 3(2)  |     |
| 12 | FELTHAM, Luke                       | Stratford Sabrecats Track C | 1:59.69 | 3(3)  |     |
| 13 | ARULANANTHAN, Ajandan               | UTTC                        | 1:59.98 | 3(4)  |     |
| 14 | REUTER, Landon                      | Laurel Creek T.f.c.         | 2:00.85 | 3(5)  |     |
| 15 | YU, Aaron                           | Newmarket Huskies Track     | 2:02.19 | 3(6)  |     |



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### #9 Men's 800 Meters (cont'd)

| Pl | Name                                   | Team                        | Time    | H(Pl) | Pts |
|----|--|-----------------------------|---------|-------|-----|
| 16 | PREKAJSKI, Andrej                      | UTTC                        | 2:02.88 | 3(7)  |     |
| 17 | CASEY, Benjamin<br>1:02.72 (1:02.72)   | Hamilton Olympic Club       | 2:05.42 | 2(1)  |     |
| 18 | CROWE, Oliver<br>1:01.32 (1:01.32)     | Unattached                  | 2:05.89 | 2(2)  |     |
| 19 | BENJAMIN, Justin                       | Unattached-Manitoba         | 2:06.21 | 3(8)  |     |
| 20 | MCINTOSH, Jackson<br>1:01.91 (1:01.91) | Unattached                  | 2:06.23 | 2(3)  |     |
| 21 | CHAPMAN, Simon<br>1:02.24 (1:02.24)    | Blue Devils Athletics Club  | 2:06.51 | 2(4)  |     |
| 22 | PARKES, Nathan<br>1:02.03 (1:02.03)    | Burlington TFC              | 2:06.64 | 2(5)  |     |
| 23 | LINKERT, Dennis<br>1:02.73 (1:02.73)   | Hamilton Olympic Club       | 2:06.73 | 2(6)  |     |
| 24 | STAFFORD, Nicholas                     | University of Toronto Track | 2:07.36 | 3(9)  |     |
| 25 | WARD, Ryan<br>1:01.69 (1:01.69)        | Newmarket Huskies Track     | 2:07.45 | 2(7)  |     |
| 26 | DAMPIER, Adam<br>1:03.49 (1:03.49)     | Burlington TFC              | 2:07.49 | 1(1)  |     |
| 27 | CONLON, Justin<br>1:00.43 (1:00.43)    | Unattached                  | 2:08.78 | 1(2)  |     |
| 28 | MCGILL, Robert<br>1:02.50 (1:02.50)    | Dundas Valley Track Club    | 2:11.37 | 1(3)  |     |
| 29 | BURT, Jacob<br>1:04.45 (1:04.45)       | Kitchener Waterloo TFA      | 2:15.80 | 1(4)  |     |
| 30 | FULTON, Benjamin<br>1:05.73 (1:05.73)  | Hamilton Olympic Club       | 2:16.31 | 1(5)  |     |
| 31 | GILES, Andrew<br>1:13.93 (1:13.93)     | Burlington TFC              | 2:38.67 | 1(6)  |     |

### #10 Women's 800 Meters

| Pl | Name                                    | Team                       | Time    | H(Pl) | Pts |
|----|---|----------------------------|---------|-------|-----|
| 1  | COUTTS, Chloe<br>1:02.75 (1:02.75)      | London Western T.f.c.      | 2:08.15 | 3(1)  | 10  |
| 2  | COUTTS, Sophie<br>1:02.53 (1:02.53)     | London Western T.f.c.      | 2:09.00 | 3(2)  | 8   |
| 3  | HEWITT, Chloe<br>1:02.88 (1:02.88)      | Unattached                 | 2:09.13 | 3(3)  |     |
| 4  | RUGGERI, Gabriella<br>1:01.36 (1:01.36) | Etobicoke Huskies-Striders | 2:12.52 | 3(4)  | 6   |
| 5  | ETEZADI, Kristina<br>1:03.77 (1:03.77)  | Athletics Niagara          | 2:14.89 | 3(5)  | 5   |
| 6  | JAMES, Jenna<br>1:02.26 (1:02.26)       | Golden Eagle Track Club    | 2:15.74 | 3(6)  | 4   |
| 7  | HANSEN, Alison                          | London Western T.f.c.      | 2:16.76 | 3(7)  | 3   |



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### #10 Women's 800 Meters (cont'd)

| Pl | Name                       | Team                     | Time    | H(Pl) | Pts |
|----|----------------------------|--------------------------|---------|-------|-----|
|    | 1:04.82 (1:04.82)          |                          |         |       |     |
| 8  | KELLER, Florina            | Hamilton Olympic Club    | 2:17.24 | 2(1)  | 2   |
|    | 1:09.63 (1:09.63)          |                          |         |       |     |
| 9  | HEREDI, Ella               | Windsor Legion T.f.c.    | 2:18.55 | 3(8)  | 1   |
|    | 1:05.56 (1:05.56)          |                          |         |       |     |
| 10 | KOYANAGI, Kaitlyn          | London Western T.f.c.    | 2:18.61 | 2(2)  |     |
|    | 1:09.57 (1:09.57)          |                          |         |       |     |
| 11 | ZINN, Alyssa               | Hamilton Olympic Club    | 2:20.37 | 2(3)  |     |
|    | 1:10.34 (1:10.34)          |                          |         |       |     |
| 12 | TREMAIN, Acadia            | Unattached               | 2:22.52 | 2(4)  |     |
|    | 1:10.16 (1:10.16)          |                          |         |       |     |
| 13 | OVERHOLT, Kayla            | Harbour Track - Hamilton | 2:22.89 | 2(5)  |     |
|    | 1:10.54 (1:10.54)          |                          |         |       |     |
| 14 | SCHINDLER, Nicole          | Stridewise Running       | 2:23.75 | 2(6)  |     |
|    | 1:10.17 (1:10.17)          |                          |         |       |     |
| 15 | LUDVIKS-PITKIN, Stella     | Hamilton Olympic Club    | 2:25.79 | 1(1)  |     |
|    | 1:10.21 (1:10.21)          |                          |         |       |     |
| 16 | NORMAN, Kyla               | London Western T.f.c.    | 2:25.99 | 2(7)  |     |
|    | 1:10.03 (1:10.03)          |                          |         |       |     |
| 17 | REISE, Ella                | Burlington TFC           | 2:28.42 | 1(2)  |     |
|    | 1:10.60 (1:10.60)          |                          |         |       |     |
| 18 | RODRIGUEZ-VALTIERRA, Sarah | Laurel Creek T.f.c.      | 2:32.65 | 1(3)  |     |
|    | 1:13.55 (1:13.55)          |                          |         |       |     |
| 19 | MORAN, Claire              | Niagara Olympic Club     | 2:32.83 | 1(4)  |     |
|    | 1:12.81 (1:12.81)          |                          |         |       |     |
| 20 | RYAN, Kate                 | Unattached               | 2:37.34 | 1(5)  |     |
|    | 1:13.29 (1:13.29)          |                          |         |       |     |
| 21 | VASIN, Sierra              | Laurel Creek T.f.c.      | 2:37.37 | 1(6)  |     |
|    | 1:13.36 (1:13.36)          |                          |         |       |     |
| 22 | WOODS, Brynley             | Burlington TFC           | 3:01.19 | 1(7)  |     |
|    | 1:24.46 (1:24.46)          |                          |         |       |     |

### #3 Men's 200 Meters

| Pl | Name              | Team                         | Time         | H(Pl) | Pts |
|----|-------------------|------------------------------|--------------|-------|-----|
| 1  | UGOH, Oluchi      | Flying Angels - North York   | 21.41 (+0.5) | 8(1)  | 10  |
| 2  | WARDEN, Kobie     | Windsor Legion T.f.c.        | 21.86 (+0.5) | 8(2)  | 8   |
| 3  | PALMER, Isaiah    | Unattached                   | 21.86 (+0.5) | 8(3)  |     |
| 4  | JACKSON, Kejean   | Unattached                   | 21.93 (+0.5) | 8(4)  |     |
| 5  | BROOKS, Syelis    | Windsor Legion T.f.c.        | 22.21 (+0.3) | 7(1)  | 6   |
| 6  | RICHARDS, Matthew | York University Track & Fiel | 22.42 (+0.3) | 7(2)  | 5   |
| 7  | SMITH, Ben        | Unattached Ontario           | 22.44 (+0.3) | 7(3)  | 4   |
| 8  | KERR, Michael     | Hamilton Olympic Club        | 22.50 (+0.3) | 6(1)  | 3   |
| 9  | HEHN, Nathan      | Unattached Ontario           | 22.51 (+0.5) | 8(5)  | 2   |
| 10 | IROBUN, Justin    | Mississauga T.f.c.           | 22.54 (+0.3) | 6(2)  | 1   |
| 11 | NELSON, Quintin   | Hamilton Olympic Club        | 22.56 (+0.3) | 7(4)  |     |

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| Pl | Name                         | Team                         | Time         | H(Pl) | Pts |
|----|------------------------------|------------------------------|--------------|-------|-----|
| 12 | LAW, Jalen                   | Extreme Velocity Track Clu   | 22.61 (+0.5) | 8(6)  |     |
| 13 | MOUSTAFA, Ibrahim            | York University Track & Fiel | 22.80 (+0.3) | 7(5)  |     |
| 14 | STECHEY, Joseph              | Hamilton Olympic Club        | 22.87 (+0.1) | 5(1)  |     |
| 15 | AMOO, Deon                   | Hamilton Olympic Club        | 22.96 (+0.1) | 5(2)  |     |
| 16 | BELANGER, Dylen              | St Thomas Legion Track &     | 23.03 (+0.3) | 6(3)  |     |
| 17 | CARSON-PEDRI, Nicholas       | Laurel Creek T.f.c.          | 23.15 (+0.1) | 5(3)  |     |
| 18 | HIPOLITO, John               | Mississauga T.f.c.           | 23.19 (+0.3) | 3(1)  |     |
| 19 | ALLEN, Chase                 | Windsor Legion T.f.c.        | 23.22 (+0.1) | 5(4)  |     |
| 20 | SMIKLE, Tyrell               | Unattached                   | 23.23 (+0.3) | 6(4)  |     |
| 21 | MANOUCHEHR, Dominik          | Unattached Ontario           | 23.32 (+0.3) | 7(6)  |     |
| 22 | KNIGHT-LLEWELLYN, Nile       | Brampton Racers TC           | 23.53 (+0.3) | 6(5)  |     |
| 23 | STEINKE, Finn                | Royal City Athletics Club    | 23.59 (+0.1) | 5(5)  |     |
| 24 | COXSON, Silas                | Laurel Creek T.f.c.          | 23.68 (-0.3) | 4(1)  |     |
| 25 | LOWING, Christopher          | Unattached Ontario           | 23.68 (+0.3) | 6(6)  |     |
| 26 | EBERT, Zack                  | Brantford T.f.c.             | 23.72 (-0.3) | 4(2)  |     |
| 27 | FERTH, Shane                 | Unattached                   | 23.77 (+0.1) | 5(6)  |     |
| 28 | WAGNER, Damon                | Royal City Athletics Club    | 23.78 (+0.0) | 1(1)  |     |
| 29 | BARRETT, Joshua              | Hamilton Olympic Club        | 23.81 (-0.3) | 4(3)  |     |
| 30 | POWELL-BURGESS, Diarra James | Mississauga Olympians T&     | 23.92 (+0.0) | 1(2)  |     |
| 31 | TONTODONATI, Matthew         | Unattached Ontario           | 24.03 (+0.1) | 5(7)  |     |
| 32 | GANE, Jameel                 | Mississauga T.f.c.           | 24.12 (+0.4) | 2(1)  |     |
| 33 | TUMANAN, Andrew Diaz         | Mississauga T.f.c.           | 24.16 (-0.3) | 4(4)  |     |
| 34 | ALVAREZ, Christian           | Mississauga T.f.c.           | 24.33 (+0.3) | 3(2)  |     |
| 35 | MOYER, Christopher           | Unattached                   | 24.39 (+0.3) | 3(3)  |     |
| 36 | XIE, Lawrence                | Unattached Ontario           | 24.39 (+0.3) | 3(4)  |     |
| 37 | EDWARDS, Darius              | Laurel Creek T.f.c.          | 24.53 (+0.3) | 3(5)  |     |
| 38 | LEZON, Michael               | Hamilton Olympic Club        | 24.71 (+0.3) | 3(6)  |     |
| 39 | QASIM, Aayan                 | Brampton Racers TC           | 24.77 (+0.4) | 2(2)  |     |
| 40 | KANHAI, Martin               | Laurel Creek T.f.c.          | 24.80 (+0.4) | 2(3)  |     |
| 41 | MESSINA, Philip              | Unattached Ontario           | 24.98 (+0.3) | 3(7)  |     |
| 42 | ANDOH, Kofi                  | Unattached Ontario           | 25.04 (+0.1) | 5(8)  |     |
| 43 | CONLON, Justin               | Unattached                   | 25.26 (+0.4) | 2(4)  |     |
| 44 | PAULO-TAYLOR, Storm          | Mississauga TFC              | 25.36 (+0.0) | 1(3)  |     |
| 45 | WAGNER, Christopher          | Unattached                   | 25.67 (+0.4) | 2(5)  |     |
| 46 | BERARDI, John                | Thorold Elite Track Club     | 26.18 (+0.3) | 3(8)  |     |
| 47 | KADMON SHACHOR, Yarden       | York University Track & Fiel | 26.69 (-0.3) | 4(5)  |     |
| 48 | SMITH, William               | Unattached Ontario           | 28.23 (+0.0) | 1(4)  |     |
|    | ALVARADO, Mateo              | York University Track & Fiel | DNF          | 6     |     |
|    | ORSINI, Daniele              | Extreme Velocity Track Clu   | DNF          | 6     |     |

### #4 Women's 200 Meters

| Pl | Name                | Team                         | Time       | H(Pl) | Pts |
|----|---------------------|------------------------------|------------|-------|-----|
| 1  | OJO, Hillary        | York University Track & Fiel | 25.84 (NW) | 4(1)  | 10  |
| 2  | ZOLATURIU, Victoria | Hamilton Olympic Club        | 26.21 (NW) | 4(2)  | 8   |
| 3  | AKERELE, Crystal    | Oakville Renegades Track     | 26.27 (NW) | 4(3)  | 6   |

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### #4 Women's 200 Meters (cont'd)

| Pl | Name                   | Team                         | Time         | H(Pl) | Pts |
|----|------------------------|------------------------------|--------------|-------|-----|
| 4  | SHILLINGFORD, Naomi    | Etobicoke Huskies-Striders   | 26.39 (NW)   | 4(4)  | 5   |
| 5  | HEATH, Jasmine         | York University Track & Fiel | 26.64 (NW)   | 3(1)  | 4   |
| 6  | SINGH, Nevaeh          | Unattached Ontario           | 26.72 (NW)   | 4(5)  | 3   |
| 7  | SEILING, Brooklyn      | Laurel Creek T.f.c.          | 26.80 (NW)   | 4(6)  | 2   |
| 8  | BICKLE-FERTH, Kate     | Unattached Ontario           | 26.91 (NW)   | 3(2)  | 1   |
| 9  | PHILOME, Rose-Arielle  | Niagara Olympic Club         | 27.35 (NW)   | 4(7)  |     |
| 10 | AMBEAU, Taylor         | Laurel Creek T.f.c.          | 27.41 (NW)   | 3(3)  |     |
| 11 | CHUN, Audrey           | Mississauga T.f.c.           | 27.69 (NW)   | 3(4)  |     |
| 12 | POWELL BURGESS, Dorian | Mississauga Olympians T&     | 27.90 (+0.0) | 1(1)  |     |
| 13 | SOUSA, Sadie           | Laurel Creek T.f.c.          | 28.00 (NW)   | 2(1)  |     |
| 14 | IVANOVA, Michaela      | Laurel Creek T.f.c.          | 28.05 (NW)   | 3(5)  |     |
| 15 | REITER, Elyssa         | Laurel Creek T.f.c.          | 28.08 (NW)   | 2(2)  |     |
| 16 | SMITH, Hayley          | Laurel Creek T.f.c.          | 28.88 (NW)   | 2(3)  |     |
| 17 | SCIPIO, Maeva          | Thorold Elite Track Club     | 28.94 (NW)   | 2(4)  |     |
| 18 | DURNAN, Caryss         | Laurel Creek T.f.c.          | 29.39 (NW)   | 2(5)  |     |
| 19 | MILANI, Nadia          | Royal City Athletics Club    | 29.60 (NW)   | 2(6)  |     |
| 20 | KULKER, Khloe          | Laurel Creek T.f.c.          | 29.61 (NW)   | 2(7)  |     |
| 21 | PORTO, Madeleine       | Laurel Creek T.f.c.          | 30.22 (+0.0) | 1(2)  |     |
| 22 | DE SOUZA, Ella         | Laurel Creek T.f.c.          | 30.47 (+0.0) | 1(3)  |     |
| 23 | MACHERZYNSKA, Renata   | UTTC                         | 32.05 (+0.0) | 1(4)  |     |
|    | BERARDI, Amalynn       | Thorold Elite Track Club     | NT           | 2     |     |
|    | HIUSER, Baylie         | Laurel Creek T.f.c.          | NT           | 3     |     |
|    | PUSHPANATHAN, Anjali   | Unattached                   | NT           | 3     |     |
|    | DASS, Cassidy          | Mississauga T.f.c.           | NT           | 3     |     |

### #13 Men's 1500 Meters

| Pl | Name  | Team                     | Time    | H(Pl) | Pts |
|----|---|--------------------------|---------|-------|-----|
| 1  | TYRRELL, Ryan                                     | Harbour Track - Hamilton | 3:50.52 | 4(1)  | 10  |
|    | 44.84 (44.84) 1:01.73 (1:46.56) 1:01.76 (2:48.32) |                          |         |       |     |
| 2  | TIESSEN, Jacques                                  | Unattached               | 3:52.56 | 4(2)  |     |
|    | 45.91 (45.91) 1:03.00 (1:48.91) 1:02.93 (2:51.83) |                          |         |       |     |
| 3  | WEIST, William                                    | Durham Dragons Athletics | 3:52.60 | 4(3)  | 8   |
|    | 46.24 (46.24) 1:03.41 (1:49.65) 1:02.32 (2:51.97) |                          |         |       |     |
| 4  | MULKEWICH, Noah                                   | Harbour Track - Hamilton | 3:54.34 | 4(4)  | 6   |
|    | 46.59 (46.59) 1:02.83 (1:49.42) 1:03.50 (2:52.91) |                          |         |       |     |
| 5  | MARTINEAU, Logan                                  | Unattached               | 3:54.60 | 4(5)  |     |
|    | 45.50 (45.50) 1:03.27 (1:48.76) 1:03.84 (2:52.60) |                          |         |       |     |
| 6  | MARCHANT, David                                   | Harbour Track - Hamilton | 3:54.84 | 4(6)  | 5   |
|    | 46.40 (46.40) 1:02.69 (1:49.09) 1:03.39 (2:52.47) |                          |         |       |     |
| 7  | COSTA, Noah                                       | Windsor Legion T.f.c.    | 3:55.55 | 4(7)  | 4   |
|    | 45.71 (45.71) 2:06.65 (2:52.35)                   |                          |         |       |     |
| 8  | FARRUGGIA, Giancarlo                              | Harbour Track - Hamilton | 3:56.01 | 4(8)  | 3   |
|    | 46.79 (46.79) 1:03.25 (1:50.03) 1:03.62 (2:53.64) |                          |         |       |     |
| 9  | BOUIUS, Tristan                                   | Unattached               | 3:56.67 | 4(9)  |     |
|    | 46.10 (46.10) 1:03.05 (1:49.14) 1:04.33 (2:53.46) |                          |         |       |     |

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### #13 Men's 1500 Meters (cont'd)

| Pl | Name              |                   | Team                      | Time    | H(Pl) | Pts |
|----|-------------------|-------------------|---------------------------|---------|-------|-----|
| 10 | SMITH, Liam       |                   | London Western T.f.c.     | 3:56.93 | 4(10) | 2   |
|    | 45.16 (45.16)     | 1:02.23 (1:47.38) | 1.17 (1:48.54)            |         |       |     |
| 11 | BLACK, Connor     |                   | Harbour Track - Hamilton  | 3:57.09 | 4(11) | 1   |
|    | 46.58 (46.58)     | 1:03.25 (1:49.82) |                           |         |       |     |
| 12 | HURAS, Adam       |                   | Stridewise Running        | 3:57.43 | 4(12) |     |
|    | 47.03 (47.03)     | 1:03.56 (1:50.58) | 1:04.20 (2:54.78)         |         |       |     |
| 13 | CHAPPLE, Brendan  |                   | Laurel Creek T.f.c.       | 3:58.87 | 3(1)  |     |
|    | 47.18 (47.18)     | 1:06.43 (1:53.61) | 1:04.02 (2:57.62)         |         |       |     |
| 14 | PRALAT, Adam      |                   | UTTC                      | 3:59.14 | 4(13) |     |
|    | 44.98 (44.98)     | 1:01.91 (1:46.89) | 1:04.10 (2:50.98)         |         |       |     |
| 15 | BREEDON, Ty       |                   | London Western T.f.c.     | 3:59.69 | 3(2)  |     |
|    | 47.35 (47.35)     | 1:06.00 (1:53.35) | 1:06.22 (2:59.57)         |         |       |     |
| 16 | SCHMALZ, Michael  |                   | Hamilton Olympic Club     | 4:00.22 | 3(3)  |     |
|    | 46.60 (46.60)     | 1:06.36 (1:52.96) | 1:06.01 (2:58.97)         |         |       |     |
| 17 | BRAR, Dilan       |                   | Royal City Athletics Club | 4:00.33 | 4(14) |     |
|    | 47.16 (47.16)     | 1:04.16 (1:51.32) |                           |         |       |     |
| 18 | DEAN, Cameron     |                   | Stridewise Running        | 4:00.94 | 4(15) |     |
|    | 47.31 (47.31)     | 1:03.03 (1:50.33) | 1:04.02 (2:54.35)         |         |       |     |
| 19 | RINGLER, Kinnon   |                   | Toronto West Athletics    | 4:00.95 | 3(4)  |     |
|    | 46.86 (46.86)     | 1:06.28 (1:53.13) | 1:05.57 (2:58.69)         |         |       |     |
| 20 | MCGOEY, Austin    |                   | Durham Dragons Athletics  | 4:01.86 | 3(5)  |     |
|    | 47.12 (47.12)     | 1:06.28 (1:53.40) | 1:05.54 (2:58.94)         |         |       |     |
| 21 | KLEINSMITH, Adam  |                   | Stridewise Running        | 4:01.90 | 3(6)  |     |
|    | 47.59 (47.59)     | 1:06.32 (1:53.91) | 1:05.31 (2:59.21)         |         |       |     |
| 22 | DI CIOCCO, Matteo |                   | London Western T.f.c.     | 4:02.09 | 3(7)  |     |
|    | 46.96 (46.96)     | 1:06.21 (1:53.17) | 1:05.59 (2:58.75)         |         |       |     |
| 23 | PARKES, Owen      |                   | Burlington TFC            | 4:02.32 | 3(8)  |     |
|    | 46.84 (46.84)     | 1:06.55 (1:53.38) | 1:04.82 (2:58.19)         |         |       |     |
| 24 | LIGTENBERG, Chris |                   | Runners Edge Track Club   | 4:02.84 | 3(9)  |     |
|    | 46.72 (46.72)     | 1:06.26 (1:52.98) | 1:06.30 (2:59.28)         |         |       |     |
| 25 | LEINWEBER, Alex   |                   | London Western T.f.c.     | 4:04.88 | 2(1)  |     |
|    | 49.81 (49.81)     | 1:07.60 (1:57.40) | 1:05.93 (3:03.33)         |         |       |     |
| 26 | MEGAS, Alexander  |                   | Harbour Track - Hamilton  | 4:05.54 | 3(10) |     |
|    | 47.55 (47.55)     | 1:06.11 (1:53.65) | 1:04.75 (2:58.40)         |         |       |     |
| 27 | BRECKELS, Fenway  |                   | Thorold Elite Track Club  | 4:05.57 | 2(2)  |     |
|    | 49.60 (49.60)     | 1:07.64 (1:57.24) | 1:05.91 (3:03.14)         |         |       |     |
| 28 | BUIE, Nolan       |                   | Durham Dragons Athletics  | 4:05.75 | 2(3)  |     |
|    | 49.45 (49.45)     | 1:07.58 (1:57.02) | 1:05.88 (3:02.90)         |         |       |     |
| 29 | ROHR, Samuel      |                   | Laurel Creek T.f.c.       | 4:06.44 | 3(11) |     |
|    | 47.99 (47.99)     | 1:08.13 (1:56.11) | 1:07.67 (3:03.78)         |         |       |     |
| 30 | NOBLE, Marcus     |                   | Laurel Creek T.f.c.       | 4:07.70 | 3(12) |     |
|    | 48.10 (48.10)     | 1:08.08 (1:56.17) | 1:07.68 (3:03.85)         |         |       |     |
| 31 | PAUL, Jacob       |                   | Laurel Creek T.f.c.       | 4:08.44 | 2(4)  |     |
|    | 49.99 (49.99)     | 1:07.68 (1:57.67) | 1:05.98 (3:03.65)         |         |       |     |
| 32 | KELLER, Benjamin  |                   | Hamilton Olympic Club     | 4:09.24 | 3(13) |     |
|    | 46.39 (46.39)     | 1:06.24 (1:52.63) | 1:07.19 (2:59.82)         |         |       |     |

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| Pl | Name                  | Team                      | Time              | H(Pl)             | Pts |
|----|-----------------------|---------------------------|-------------------|-------------------|-----|
| 33 | LEDGER, Cohen         | Hamilton Olympic Club     | 4:09.56           | 2(5)              |     |
|    | 50.05 (50.05)         | 1:07.24 (1:57.28)         | 1.26 (1:58.54)    | 1:05.04 (3:03.57) |     |
| 34 | DICK, Joseph          | Unattached                | 4:09.59           | 3(14)             |     |
|    | 47.31 (47.31)         | 1:05.58 (1:52.89)         | 1:05.58 (2:58.46) |                   |     |
| 35 | KHAN, Muhammad Fawwaz | Toronto West Athletics    | 4:11.75           | 2(6)              |     |
|    | 50.45 (50.45)         | 1:08.50 (1:58.95)         | 1:08.51 (3:07.46) |                   |     |
| 36 | MARKS, Luca           | Toronto West Athletics    | 4:11.98           | 2(7)              |     |
|    | 50.77 (50.77)         | 1:07.78 (1:58.54)         | 1:07.54 (3:06.07) |                   |     |
| 37 | LARIVIERE, Jonah      | London Western T.f.c.     | 4:14.02           | 2(8)              |     |
|    | 50.81 (50.81)         | 1:07.77 (1:58.58)         | 1:08.92 (3:07.49) |                   |     |
| 38 | PAUL, Nathan          | Laurel Creek T.f.c.       | 4:16.02           | 2(9)              |     |
|    | 50.17 (50.17)         | 1:07.95 (1:58.12)         | 1:08.80 (3:06.91) |                   |     |
| 39 | NERI, Nicholas        | U Windsor Athletic Club   | 4:16.56           | 2(10)             |     |
|    | 50.51 (50.51)         | 1:08.58 (1:59.09)         | 1:10.11 (3:09.19) |                   |     |
| 40 | KHAN MOHAMMED, Nasir  | Laurel Creek T.f.c.       | 4:17.62           | 2(11)             |     |
|    | 50.36 (50.36)         | 1:08.48 (1:58.84)         | 1:11.49 (3:10.33) |                   |     |
| 41 | STUMPF, Isaiah        | Laurel Creek T.f.c.       | 4:21.89           | 1(1)              |     |
|    | 53.73 (53.73)         | 1:10.86 (2:04.59)         | 1:08.19 (3:12.78) |                   |     |
| 42 | HIBBARD, Nathan       | Durham Dragons Athletics  | 4:22.15           | 2(12)             |     |
|    | 49.56 (49.56)         | 1:09.06 (1:58.61)         | 1:12.74 (3:11.35) |                   |     |
| 43 | GRIFFITHS, Micah      | Laurel Creek T.f.c.       | 4:25.66           | 1(2)              |     |
|    | 52.70 (52.70)         | 1:12.74 (2:05.44)         | 1:12.04 (3:17.47) |                   |     |
| 44 | CARRIQUE, Jeffrey     | UTTC                      | 4:32.76           | 1(3)              |     |
|    | 53.30 (53.30)         | 1:14.45 (2:07.75)         | 1:15.34 (3:23.08) |                   |     |
| 45 | COOKE-BITHREY, Landyn | Burlington TFC            | 4:33.94           | 1(4)              |     |
|    | 53.95 (53.95)         | 1:11.48 (2:05.42)         | 1:14.02 (3:19.44) |                   |     |
| 46 | MARTIN, Eli           | Laurel Creek T.f.c.       | 4:34.39           | 1(5)              |     |
|    | 54.10 (54.10)         | 1:15.13 (2:09.23)         | 1:17.25 (3:26.47) |                   |     |
| 47 | RICE RACIOPPO, Joshua | Burlington TFC            | 4:34.54           | 1(6)              |     |
|    | 52.40 (52.40)         | 1:12.75 (2:05.14)         | 1:14.76 (3:19.90) |                   |     |
| 48 | TOWNSEND, Rocko       | Royal City Athletics Club | 4:36.06           | 1(7)              |     |
|    | 53.05 (53.05)         | 1:14.85 (2:07.89)         | 1:19.52 (3:27.40) |                   |     |
| 49 | RINGLER, Warren       | Toronto West Athletics    | 4:39.39           | 1(8)              |     |
|    | 54.89 (54.89)         | 1:16.95 (2:11.83)         | 1:16.05 (3:27.88) |                   |     |
| 50 | MARCUZZI, Daniel      | Toronto West Athletics    | 4:42.44           | 1(9)              |     |
|    | 55.32 (55.32)         | 1:16.67 (2:11.99)         | 1:16.81 (3:28.80) |                   |     |
| 51 | MODOLO, Jack          | Laurel Creek T.f.c.       | 4:46.22           | 1(10)             |     |
|    | 55.68 (55.68)         | 1:16.84 (2:12.51)         | 1:19.25 (3:31.76) |                   |     |
| 52 | BROWN, Jack           | Laurel Creek T.f.c.       | 4:52.31           | 1(11)             |     |
|    | 55.50 (55.50)         | 1:16.90 (2:12.39)         | 1:19.68 (3:32.06) |                   |     |

### #14 Women's 1500 Meters

| Pl | Name          | Team                   | Time              | H(Pl) | Pts |
|----|---------------|------------------------|-------------------|-------|-----|
| 1  | CHAU, Jocelyn | Monarch Athletics Club | 4:29.70           | 3(1)  | 10  |
|    | 52.90 (52.90) | 1:10.47 (2:03.36)      | 1:13.36 (3:16.72) |       |     |

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### #14 Women's 1500 Meters (cont'd)

| Pl | Name               |                   | Team                         | Time    | H(Pl) | Pts |
|----|--------------------|-------------------|------------------------------|---------|-------|-----|
| 2  | SCHULZ, Jenna      |                   | Unattached                   | 4:30.48 | 3(2)  |     |
|    | 53.11 (53.11)      | 1:10.80 (2:03.91) | 1:13.88 (3:17.78)            |         |       |     |
| 3  | MORIC, Ava         |                   | Saugeen TFC                  | 4:34.02 | 3(3)  | 8   |
|    | 53.93 (53.93)      | 1:12.58 (2:06.50) | 1:16.42 (3:22.92)            |         |       |     |
| 4  | ELLIOTT, Emma      |                   | Unattached                   | 4:34.90 | 3(4)  |     |
|    | 54.21 (54.21)      | 1:12.95 (2:07.15) | 1:16.32 (3:23.46)            |         |       |     |
| 5  | LAMB, Victoria     |                   | London Western T.f.c.        | 4:35.41 | 2(1)  | 6   |
|    | 53.09 (53.09)      | 1:17.92 (2:11.01) | 1:14.23 (3:25.23)            |         |       |     |
| 6  | MORARIU, Ana       |                   | Harbour Track - Hamilton     | 4:36.22 | 3(5)  | 5   |
|    | 53.86 (53.86)      | 1:13.12 (2:06.98) | 1:16.62 (3:23.60)            |         |       |     |
| 7  | BATTAMS, Mikayla   |                   | Harbour Track - Hamilton     | 4:37.33 | 3(6)  | 4   |
|    | 53.69 (53.69)      | 1:13.13 (2:06.82) | 1:16.39 (3:23.21)            |         |       |     |
| 8  | MCINTOSH, Abby     |                   | Monarch Athletics Club       | 4:37.78 | 2(2)  | 3   |
|    | 51.66 (51.66)      | 1:18.83 (2:10.49) | 1:14.95 (3:25.44)            |         |       |     |
| 9  | MARMURA, Hana      |                   | London Western T.f.c.        | 4:38.58 | 3(7)  | 2   |
|    | 54.44 (54.44)      | 1:13.74 (2:08.17) | 1:15.72 (3:23.89)            |         |       |     |
| 10 | HARTNELL, Nicole   |                   | Toronto West Athletics       | 4:38.94 | 3(8)  | 1   |
|    | 53.49 (53.49)      | 1:13.90 (2:07.39) | 1:16.84 (3:24.23)            |         |       |     |
| 11 | LA-ROSE, Arden     |                   | Central Toronto Athletic Clu | 4:40.34 | 3(9)  |     |
|    | 53.41 (53.41)      | 1:13.11 (2:06.52) | 1:17.48 (3:24.00)            |         |       |     |
| 12 | CORREALE, Olivia   |                   | Toronto West Athletics       | 4:41.61 | 3(10) |     |
|    | 54.05 (54.05)      | 1:12.66 (2:06.70) | 1:16.93 (3:23.63)            |         |       |     |
| 13 | HENDRIKX, Juliana  |                   | London Western T.f.c.        | 4:42.64 | 2(3)  |     |
|    | 52.17 (52.17)      | 1:18.63 (2:10.79) | 1:18.77 (3:29.55)            |         |       |     |
| 14 | WHEELER, Grace     |                   | Saugeen Track & Field Ass    | 4:43.08 | 2(4)  |     |
|    | 51.45 (51.45)      | 1:18.92 (2:10.36) | 1:18.98 (3:29.34)            |         |       |     |
| 15 | PTASZEK, Anna      |                   | Hamilton Olympic Club        | 4:43.43 | 2(5)  |     |
|    | 52.51 (52.51)      | 1:18.41 (2:10.91) | 1:16.46 (3:27.36)            |         |       |     |
| 16 | POWER, Brooke      |                   | Windsor Legion T.f.c.        | 4:43.82 | 3(11) |     |
|    | 54.28 (54.28)      | 1:14.24 (2:08.51) | 1:19.37 (3:27.88)            |         |       |     |
| 17 | RANDS, Claire      |                   | Saugeen TFC                  | 4:44.03 | 2(6)  |     |
|    | 51.88 (51.88)      | 1:18.76 (2:10.63) | 1:19.07 (3:29.70)            |         |       |     |
| 18 | MASSE, Layla       |                   | Windsor Legion T.f.c.        | 4:44.96 | 2(7)  |     |
|    | 51.19 (51.19)      | 1:18.97 (2:10.15) | 1:19.03 (3:29.18)            |         |       |     |
| 19 | RASHID-COCKER, Ana |                   | Monarch Athletics Club       | 4:47.44 | 2(8)  |     |
|    | 53.14 (53.14)      | 1:18.33 (2:11.46) | 1:19.33 (3:30.78)            |         |       |     |
| 20 | GAUNT, Keegan      |                   | Royal City Athletics Club    | 4:48.54 | 2(9)  |     |
|    | 53.34 (53.34)      | 1:18.82 (2:12.16) | 1:19.11 (3:31.26)            |         |       |     |
| 21 | SEILER, Chloe      |                   | Hamilton Olympic Club        | 4:49.83 | 2(10) |     |
|    | 52.94 (52.94)      | 1:18.52 (2:11.46) | 1:18.09 (3:29.55)            |         |       |     |
| 22 | SMITH, Alexandra   |                   | Toronto West Athletics       | 4:51.20 | 1(1)  |     |
|    | 54.59 (54.59)      | 1:18.76 (2:13.35) | 1:23.22 (3:36.56)            |         |       |     |
| 23 | HICKEY, Claire     |                   | Burlington TFC               | 4:51.48 | 1(2)  |     |
|    | 53.76 (53.76)      | 1:19.36 (2:13.12) | 1:23.63 (3:36.75)            |         |       |     |
| 24 | SYMON, Ella        |                   | Stridewise Running           | 5:00.17 | 1(3)  |     |
|    | 58.41 (58.41)      | 1:22.56 (2:20.97) | 1:22.81 (3:43.77)            |         |       |     |

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### #14 Women's 1500 Meters (cont'd)

| Pl | Name               | Team                   | Time              | H(Pl) | Pts |
|----|--------------------|------------------------|-------------------|-------|-----|
| 25 | ROCHELEAU, Ainsley | Windsor Legion T.f.c.  | 5:00.79           | 1(4)  |     |
|    | 54.96 (54.96)      | 1:19.59 (2:14.54)      | 1:23.16 (3:37.69) |       |     |
| 26 | EYS, Lena          | Laurel Creek T.f.c.    | 5:00.95           | 2(11) |     |
|    | 52.83 (52.83)      | 1:18.44 (2:11.27)      | 1:21.25 (3:32.51) |       |     |
| 27 | GORDON, Erika      | Hamilton Olympic Club  | 5:03.91           | 2(12) |     |
|    | 52.75 (52.75)      | 1:20.70 (2:13.45)      | 1:22.83 (3:36.28) |       |     |
| 28 | LINARES, Flavia    | Toronto West Athletics | 5:07.53           | 1(5)  |     |
|    | 58.28 (58.28)      | 1:23.04 (2:21.32)      | 1:24.90 (3:46.21) |       |     |
| 29 | GUPTA, Julia       | Hamilton Olympic Club  | 5:09.69           | 1(6)  |     |
|    | 58.90 (58.90)      | 1:23.70 (2:22.60)      | 1:27.26 (3:49.86) |       |     |
| 30 | ESAU, Emma         | Niagara Olympic Club   | 5:10.07           | 1(7)  |     |
|    | 57.91 (57.91)      | 1:23.67 (2:21.58)      | 1:27.53 (3:49.11) |       |     |
| 31 | PETERS, Laura      | Toronto West Athletics | 5:11.01           | 1(8)  |     |
|    | 57.61 (57.61)      | 1:23.76 (2:21.36)      | 1:25.43 (3:46.78) |       |     |
| 32 | HARTNELL, Jennifer | Toronto West Athletics | 5:13.44           | 1(9)  |     |
|    | 58.64 (58.64)      | 1:23.09 (2:21.72)      | 1:26.70 (3:48.41) |       |     |
| 33 | RINGLER, Jocelyn   | Toronto West Athletics | 5:13.47           | 1(10) |     |
|    | 58.60 (58.60)      | 1:23.38 (2:21.98)      | 1:26.55 (3:48.52) |       |     |
| 34 | HEER, Ashlin       | Toronto West Athletics | 5:28.98           | 1(11) |     |
|    | 59.16 (59.16)      | 1:25.58 (2:24.74)      | 1:32.19 (3:56.92) |       |     |
| 35 | MCFARLING, Mazy    | Toronto West Athletics | 5:35.70           | 1(12) |     |
|    | 59.27 (59.27)      | 1:27.48 (2:26.74)      | 1:35.17 (4:01.91) |       |     |

### #15 Men's 3000 Meters

| Pl | Name              | Team                     | Time              | Pts               |                   |                   |
|----|-------------------|--------------------------|-------------------|-------------------|-------------------|-------------------|
| 1  | DAVIES, Andrew    | Harbour Track - Hamilton | 8:04.73           | 10                |                   |                   |
|    | 32.73 (32.73)     | 1:04.53 (1:37.26)        | 1:04.78 (2:42.03) | 1:05.96 (3:47.99) | 1:04.07 (4:52.06) | 1:04.08 (5:56.13) |
|    | 1:04.06 (7:00.18) |                          |                   |                   |                   |                   |
| 2  | TUREK, Max        | Harbour Track - Hamilton | 8:07.19           | 8                 |                   |                   |
|    | 32.98 (32.98)     | 1:04.52 (1:37.50)        | 1:04.74 (2:42.24) | 1:05.99 (3:48.23) | 1:04.36 (4:52.58) | 1:04.46 (5:57.04) |
|    | 1:06.08 (7:03.12) |                          |                   |                   |                   |                   |
| 3  | AVALOS, Miles     | Toronto West Athletics   | 8:29.72           | 6                 |                   |                   |
|    | 33.58 (33.58)     | 1:05.72 (1:39.30)        | 1:06.67 (2:45.96) | 1:08.25 (3:54.21) | 1:08.38 (5:02.59) | 1:10.19 (6:12.77) |
|    | 1:12.32 (7:25.09) |                          |                   |                   |                   |                   |
| 4  | LOWRIE, Jason     | Harbour Track - Hamilton | 8:35.15           | 5                 |                   |                   |
|    | 34.08 (34.08)     | 1:08.01 (1:42.08)        | 1:09.03 (2:51.11) | 1:09.36 (4:00.47) | 1:08.77 (5:09.24) | 1:08.25 (6:17.49) |
|    | 1:08.82 (7:26.31) |                          |                   |                   |                   |                   |
| 5  | LAKHANPAL, Porter | Unattached               | 8:48.82           |                   |                   |                   |
|    | 34.67 (34.67)     | 1:07.91 (1:42.57)        | 1:09.04 (2:51.61) | 1:11.29 (4:02.90) | 1:12.80 (5:15.70) | 1:14.54 (6:30.23) |
|    | 1:10.60 (7:40.83) |                          |                   |                   |                   |                   |
| 6  | MCINTYRE, Joseph  | Laurel Creek T.f.c.      | 9:02.24           | 4                 |                   |                   |
|    | 34.89 (34.89)     | 1:07.97 (1:42.86)        | 1:09.05 (2:51.91) | 1:11.23 (4:03.13) | 1:12.25 (5:15.38) | 1:15.19 (6:30.57) |
|    | 1:15.71 (7:46.27) |                          |                   |                   |                   |                   |
| 7  | ORMSBY, Jack      | Harbour Track - Hamilton | 9:11.06           | 3                 |                   |                   |



# HAMILTON PUMA CANADA DAY TWILIGHT

Hamilton, ON  
McMaster University  
July 1, 2023



OFFICIAL MEET REPORT  
printed: 2023-07-02 8:07 AM

## RESULTS

### #15 Men's 3000 Meters (cont'd)

| Pl | Name                   | Team                      | Time              | Pts               |                   |                   |  |
|----|------------------------|---------------------------|-------------------|-------------------|-------------------|-------------------|--|
|    | 35.19 (35.19)          | 1:10.81 (1:46.00)         | 1:13.02 (2:59.01) | 1:13.36 (4:12.37) | 1:15.49 (5:27.85) | 1:14.20 (6:42.04) |  |
|    | 1:16.38 (7:58.42)      |                           |                   |                   |                   |                   |  |
| 8  | TRACEY-ELCOMBE, Haiden | Laurel Creek T.f.c.       | 9:13.04           | 2                 |                   |                   |  |
|    | 35.83 (35.83)          | 1:11.71 (1:47.54)         | 1:14.07 (3:01.60) | 2:32.23 (5:33.83) | 1:15.24 (6:49.06) | 1:14.88 (8:03.94) |  |
| 9  | HARRINGTON, Emmett     | South Simcoe Dufferin TFC | 9:16.56           | 1                 |                   |                   |  |
|    | 34.97 (34.97)          | 1:11.57 (1:46.53)         | 1:13.77 (3:00.29) | 1:14.77 (4:15.06) | 1:15.98 (5:31.04) | 1:17.28 (6:48.32) |  |
|    | 1:16.01 (8:04.32)      |                           |                   |                   |                   |                   |  |
| 10 | RAOUX, Andrew          | Windsor Legion T.f.c.     | 9:25.98           |                   |                   |                   |  |
|    | 35.30 (35.30)          | 1:11.56 (1:46.85)         | 1:12.60 (2:59.44) | 1:13.34 (4:12.78) | 1:16.84 (5:29.62) | 1:19.72 (6:49.33) |  |
|    | 1:20.58 (8:09.91)      |                           |                   |                   |                   |                   |  |
| 11 | PORTO, James           | Laurel Creek T.f.c.       | 9:54.07           |                   |                   |                   |  |
|    | 35.85 (35.85)          | 1:12.51 (1:48.36)         | 1:13.79 (3:02.14) | 1:19.82 (4:21.95) | 1:21.87 (5:43.82) | 1:23.97 (7:07.79) |  |
|    | 1:26.33 (8:34.12)      |                           |                   |                   |                   |                   |  |
| 12 | HACKSHAW, Derek        | Newmarket Huskies Track   | 10:14.02          |                   |                   |                   |  |
|    | 37.91 (37.91)          | 1:19.61 (1:57.51)         | 1:22.13 (3:19.63) | 1:23.34 (4:42.96) | 1:22.26 (6:05.21) | 1:23.21 (7:28.42) |  |
|    | 1:23.88 (8:52.29)      |                           |                   |                   |                   |                   |  |

### #16 Women's 3000 Meters

| Pl | Name               | Team                     | Time              | Pts               |                   |                   |  |
|----|--------------------|--------------------------|-------------------|-------------------|-------------------|-------------------|--|
| 1  | GHAZARIAN, Sevanne | Laurel Creek T.f.c.      | 9:31.22           | 10                |                   |                   |  |
|    | 39.45 (39.45)      | 1:17.18 (1:56.63)        | 1:17.26 (3:13.88) | 1:16.50 (4:30.37) | 1:16.88 (5:47.25) | 1:18.11 (7:05.36) |  |
|    | 1:16.65 (8:22.01)  |                          |                   |                   |                   |                   |  |
| 2  | MAWHINNEY, Erin    | Harbour Track - Hamilton | 9:37.31           | 8                 |                   |                   |  |
|    | 38.98 (38.98)      | 1:12.11 (1:51.09)        | 1:15.13 (3:06.22) | 1:17.29 (4:23.50) | 1:18.25 (5:41.75) | 1:18.93 (7:00.68) |  |
|    | 1:19.45 (8:20.13)  |                          |                   |                   |                   |                   |  |
| 3  | BRENNAN, Becca     | Monarch Athletics Club   | 9:50.30           | 6                 |                   |                   |  |
|    | 39.72 (39.72)      | 1:17.17 (1:56.88)        | 1:17.18 (3:14.06) | 1:16.54 (4:30.60) | 1:16.87 (5:47.46) | 1:18.21 (7:05.67) |  |
|    | 1:20.72 (8:26.38)  |                          |                   |                   |                   |                   |  |
| 4  | DOUMA, Anna        | Laurel Creek T.f.c.      | 10:24.47          | 5                 |                   |                   |  |
|    | 40.04 (40.04)      | 1:21.62 (2:01.66)        | 1:24.29 (3:25.94) | 1:27.14 (4:53.08) | 1:27.69 (6:20.77) | 1:27.58 (7:48.34) |  |
|    | 1:25.34 (9:13.68)  |                          |                   |                   |                   |                   |  |
| 5  | HANNAGAN, Maya     | Windsor Legion T.f.c.    | 10:51.92          | 4                 |                   |                   |  |
|    | 40.47 (40.47)      | 1:22.54 (2:03.01)        | 1:24.61 (3:27.61) | 1:27.22 (4:54.83) | 1:27.88 (6:22.71) | 1:30.11 (7:52.81) |  |
|    | 1:31.11 (9:23.91)  |                          |                   |                   |                   |                   |  |
| 6  | SCARROW, Julia     | Windsor Legion T.f.c.    | 10:52.69          | 3                 |                   |                   |  |
|    | 40.62 (40.62)      | 1:22.67 (2:03.28)        | 1:23.79 (3:27.06) | 1:27.94 (4:55.00) | 1:32.71 (6:27.71) | 1:33.80 (8:01.51) |  |
|    | 1:30.12 (9:31.62)  |                          |                   |                   |                   |                   |  |
| 7  | HOOD, Hayley       | Unattached               | 11:22.73          |                   |                   |                   |  |
|    | 41.21 (41.21)      | 1:24.02 (2:05.22)        | 1:29.29 (3:34.51) | 1:33.43 (5:07.94) | 1:35.83 (6:43.77) | 1:39.43 (8:23.19) |  |
|    | 1:36.22 (9:59.41)  |                          |                   |                   |                   |                   |  |
| 8  | ROSS, Sylvia       | Windsor Legion T.f.c.    | 11:23.41          | 2                 |                   |                   |  |
|    | 40.90 (40.90)      | 1:23.85 (2:04.75)        | 1:29.44 (3:34.18) | 1:33.41 (5:07.59) | 1:35.84 (6:43.42) | 1:38.93 (8:22.35) |  |
|    | 1:37.66 (10:00.00) |                          |                   |                   |                   |                   |  |