

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON
Mona Campbell Track, McMaster University
July 21, 2023

MEET OFFICIALS

Meet Director:
Paula Schnurr
Timing:
SportMadeSimple



OFFICIAL MEET REPORT
printed: 2023-07-21 10:37 PM

RESULTS

#1 Men's 100 Meters

(Top 48 advance)

Prelims

Pl	Name	Team	Time	H(Pl)
1	FRASER, Jayden Nathaniel	Centro Scuola T.f.c.	10.75q (+0.4)	6(1)
2	FRASER, Brayden	Centro Scuola T.f.c.	10.76q (+0.4)	6(2)
3	ONYEMAH, Immanuel	Unattached Ontario	10.76q (+0.4)	6(3)
4	BARENDILLA, Malachi	Unattached Ontario	10.85q (+0.4)	6(4)
5	LONG, Parker	Oakville Renegades Track	10.90q (+0.4)	6(5)
6	QUAYSON, Tyriq	Unattached Ontario	11.02q (+0.0)	5(1)
7	LEMON, Ben	Unattached Ontario	11.05q (+1.1)	4(1)
8	ELLISON, Jelani	Speed Academy Athletics C	11.06q (+0.0)	5(2)
9	AKINDOLIRE, Ayo	Centro Scuola T.f.c.	11.06q (+0.0)	5(3)
10	ATER, Abraham	Centro Scuola T.f.c.	11.09q (+0.4)	6(6)
11	NELSON, Quintin	Hamilton Olympic Club	11.12q (+0.4)	6(7)
12	KERR, James	Oakville Renegades Track	11.12q (+0.0)	5(4)
13	BABALOLA, Dami	Speed Academy Athletics C	11.16q (+0.0)	5(5)
14	MOORE, Niall	Royal City Athletics Club	11.17q (+1.1)	4(2)
15	ALLEN, Kymani	Speed Academy Athletics C	11.21q (+0.0)	5(6)
16	BARNES, Jeshua	Golden Eagles Track Club	11.24q (+0.0)	5(7)
16	MANOUCHEHR, Dominik	Unattached Ontario	11.24q (+0.4)	6(8)
18	COXSON, Silas	Laurel Creek T.f.c.	11.38q (+1.1)	4(3)
19	WILSON, Cole	Invictus Athletics Club	11.47q (+0.0)	5(8)
20	KRAUSKOPF, Wilhelm	Laurel Creek T.f.c.	11.48q (+1.1)	4(4)
21	ALLEN, Chase	Windsor Legion T.f.c.	11.49q (+1.1)	4(5)
22	PIDLUBNY, Jalen	Unattached	11.50q (+1.1)	4(6)
23	SEXTON-JONES, Preston	Windsor Legion T.f.c.	11.64q (+1.1)	4(7)
24	ATAFO, Jeremy	Kitchener Waterloo T.f.a.	11.67q (+0.9)	3(1)
25	GRENKE, Holden	Kitchener Waterloo T.f.a.	11.74q (+0.9)	3(2)
26	WELTZ, Brodyn	Sarnia Athletics Sou	11.82q (+0.2)	2(1)
27	CAMPBELL, Luke	Unattached Ontario	11.84q (+0.9)	3(3)
28	MAGA, Pascal	Time Bandits	11.88q (+0.9)	3(4)
29	COWAN, Michael	Athletics Niagara	12.05q (+1.1)	4(8)
30	DELSAUT, Frank	Kitchener Waterloo T.f.a.	12.05q (+0.9)	3(5)
31	GEORGES, Kendry	Hamilton Olympic Club	12.06q (+0.9)	3(6)
32	LEZON, Michael	Hamilton Olympic Club	12.06q (+0.2)	2(2)
33	CORREIA, Emanuel	Unattached Ontario	12.14q (+0.2)	2(3)
34	VICENTE, Cody	Unattached	12.14q (+0.9)	3(7)
35	VEBER, Jack	Unattached	12.19q (+0.2)	2(4)
36	WAGNER, Christopher	Unattached Ontario	12.33q (+0.2)	2(5)
37	XIE, Lawrence	Unattached Ontario	12.33q (+0.2)	2(6)
38	MIRCO, Sheldon	Brantford T.f.c.	12.42q (+0.2)	2(7)
39	BERARDI, John	Thorold Elite Track Club	12.63q (+0.2)	2(8)
40	VAUGHAN, Jackson	Athletics Niagara	12.77q (-0.4)	1(1)
41	JANUS, Leo	Time Bandits	13.25q (-0.4)	1(2)
42	MURRAY, Trevor	Unattached Ontario	13.34q (-0.4)	1(3)
43	KUCHEMANN, Erik	Athletics Niagara	14.17q (-0.4)	1(4)
	VICENTE, Kyle	Unattached	NT	3

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON
Mona Campbell Track, McMaster University
July 21, 2023

MEET OFFICIALS

Meet Director:
Paula Schnurr
Timing:
SportMadeSimple



OFFICIAL MEET REPORT
printed: 2023-07-21 10:37 PM

RESULTS

#2 Women's 100 Meters

(Top 24 advance)

Prelims

Pl	Name	Team	Time	H(Pl)
1	MINOTT, Victoria	Unattached	12.36q (-0.7)	3(1)
2	DASS, Cassidy	Mississauga T.f.c.	12.83q (-0.7)	3(2)
3	BANTON-LINDSAY, Kennedy	Ottawa Lions T.f.c.	12.98q (-0.7)	3(3)
4	MARLES, Cali	Windsor Legion T.f.c.	13.11q (-0.7)	3(4)
5	DUCHENE, Ava	Unattached Ontario	13.12q (-0.7)	3(5)
6	MATENDA, Davinence	Windsor Legion T.f.c.	13.19q (-0.7)	3(6)
7	TRA LOU, Grace	Hamilton Olympic Club	13.26q (+0.9)	1(1)
8	PUSHPANATHAN, Anjali	Speed Academy Athletics C	13.28q (-0.7)	3(7)
9	AMBEAU, Taylor	Laurel Creek T.f.c.	13.34q (-0.7)	2(1)
10	SOUSA, Sadie	Laurel Creek T.f.c.	13.45q (-0.7)	2(2)
11	SMART, Taylor	Laurel Creek T.f.c.	13.46q (-0.7)	2(3)
12	GITTENS, Justine	Speed Academy Athletics C	13.50q (+0.9)	1(2)
13	REITER, Elyssa	Laurel Creek T.f.c.	13.61q (-0.7)	2(4)
14	ALJOURMI, Sofia	Thorold Elite Track Club	13.75q (-0.7)	2(5)
15	SHIRLEY, Techea	Speed Academy Athletics C	13.85q (-0.7)	2(6)
16	JEFFERY, Rachel	Athletics Niagara	14.04q (-0.7)	2(7)
17	PLACIDI, Isabella	Unattached Ontario	14.29q (+0.9)	1(3)
18	KULKER, Khloe	Laurel Creek T.f.c.	14.43q (+0.9)	1(4)
19	PILLAI, Sindhu	Variety Village Athletic Club	14.72q (+0.9)	1(5)
20	MACHERZYNSKA, Renata	University Of Toronto Tc	14.73q (+0.9)	1(6)
21	MAGYAR, Faith	Hamilton Olympic Club	17.84q (+0.9)	1(7)

#1 Men's 100 Meters

Finals

Pl	Name	Team	Time	H(Pl)
1	ONYEMAH, Immanuel	Unattached Ontario	10.65 (+1.8)	6(1)
2	FRASER, Brayden	Centro Scuola T.f.c.	10.72 (+1.8)	6(2)
3	FRASER, Jayden Nathaniel	Centro Scuola T.f.c.	10.76 (+1.8)	6(3)
4	BARENDILLA, Malachi	Unattached Ontario	10.84 (+1.8)	6(4)
5	LONG, Parker	Oakville Renegades Track	10.91 (+1.8)	6(5)
6	AKINDOLIRE, Ayo	Centro Scuola T.f.c.	10.97 (+1.8)	6(6)
7	ATER, Abraham	Centro Scuola T.f.c.	11.01 (+1.1)	5(1)
8	ELLISON, Jelani	Speed Academy Athletics C	11.03 (+1.1)	5(2)
9	QUAYSON, Tyriq	Unattached Ontario	11.04 (+1.8)	6(7)
10	BABALOLA, Dami	Speed Academy Athletics C	11.17 (+1.1)	5(3)
11	ALLEN, Kymani	Speed Academy Athletics C	11.20 (+1.1)	5(4)
12	BARNES, Jeshua	Golden Eagles Track Club	11.30 (+1.1)	5(5)
13	LEMON, Ben	Unattached Ontario	11.39 (+1.8)	6(8)
14	WILSON, Cole	Invictus Athletics Club	11.53 (+0.0)	4(1)
15	COXSON, Silas	Laurel Creek T.f.c.	11.53 (+0.0)	4(2)
16	COWAN, Michael	Athletics Niagara	11.70 (+1.4)	3(1)
17	ATAFO, Jeremy	Kitchener Waterloo T.f.a.	11.70 (+0.0)	4(3)
18	KRAUSKOPF, Wilhelm	Laurel Creek T.f.c.	11.71 (+0.0)	4(4)

HAMILTON PUMA PRE-NATIONALS TWILIGHT

HAMILTON, ON
Mona Campbell Track, McMaster University
July 21, 2023

MEET OFFICIALS

Meet Director:
Paula Schnurr
Timing:
SportMadeSimple



OFFICIAL MEET REPORT
printed: 2023-07-21 10:37 PM

RESULTS

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

Finals

Pl	Name	Team	Time	H(Pl)
19	GRENKE, Holden	Kitchener Waterloo T.f.a.	11.73 (+1.4)	3(2)
20	ALLEN, Chase	Windsor Legion T.f.c.	11.79 (+0.0)	4(5)
21	MAGA, Pascal	Time Bandits	11.83 (+1.4)	3(3)
22	CAMPBELL, Luke	Unattached Ontario	11.85 (+1.4)	3(4)
23	GEORGES, Kendry	Hamilton Olympic Club	11.91 (+1.4)	3(5)
24	DELSAUT, Frank	Kitchener Waterloo T.f.a.	11.93 (+1.4)	3(6)
25	WELTZ, Brodyn	Sarnia Athletics Sou	11.97 (+1.4)	3(7)
26	VEBER, Jack	Unattached	12.05 (+1.0)	2(1)
27	LEZON, Michael	Hamilton Olympic Club	12.11 (+1.4)	3(8)
28	CORREIA, Emanuel	Unattached Ontario	12.21 (+1.0)	2(2)
29	WAGNER, Christopher	Unattached Ontario	12.41 (+1.0)	2(3)
30	XIE, Lawrence	Unattached Ontario	12.42 (+1.0)	2(4)
31	MIRCO, Sheldon	Brantford T.f.c.	12.51 (+1.0)	2(5)
32	BERARDI, John	Thorold Elite Track Club	12.51 (+1.0)	2(6)
33	VAUGHAN, Jackson	Athletics Niagara	12.76 (+1.0)	2(7)
34	JANUS, Leo	Time Bandits	13.21 (+0.9)	1(1)
35	MURRAY, Trevor	Unattached Ontario	13.32 (+0.9)	1(2)
36	KUCHEMANN, Erik	Athletics Niagara	14.06 (+0.9)	1(3)
	MOORE, Niall	Royal City Athletics Club	DQ	5

#2 Women's 100 Meters

Finals

Pl	Name	Team	Time	H(Pl)
1	MINOTT, Victoria	Unattached	12.17 (+1.9)	3(1)
2	DASS, Cassidy	Mississauga T.f.c.	12.66 (+1.9)	3(2)
3	BANTON-LINDSAY, Kennedy	Ottawa Lions T.f.c.	12.91 (+1.9)	3(3)
4	MATENDA, Davinence	Windsor Legion T.f.c.	13.08 (+1.9)	3(4)
5	MARLES, Cali	Windsor Legion T.f.c.	13.13 (+1.9)	3(5)
6	DUCHENE, Ava	Unattached Ontario	13.15 (+1.9)	3(6)
7	SMART, Taylor	Laurel Creek T.f.c.	13.29 (+1.2)	2(1)
8	AMBEAU, Taylor	Laurel Creek T.f.c.	13.35 (+1.2)	2(2)
9	PUSHPANATHAN, Anjali	Speed Academy Athletics C	13.36 (+1.9)	3(7)
10	SOUSA, Sadie	Laurel Creek T.f.c.	13.39 (+1.2)	2(3)
11	TRA LOU, Grace	Hamilton Olympic Club	13.49 (+1.9)	3(8)
12	REITER, Elyssa	Laurel Creek T.f.c.	13.55 (+1.2)	2(4)
13	GITTENS, Justine	Speed Academy Athletics C	13.56 (+1.2)	2(5)
14	ALJOURMI, Sofia	Thorold Elite Track Club	13.61 (+1.2)	2(6)
15	SHIRLEY, Techea	Speed Academy Athletics C	13.79 (+1.2)	2(7)
16	JEFFERY, Rachel	Athletics Niagara	14.10 (+1.2)	2(8)
17	KULKER, Khloe	Laurel Creek T.f.c.	14.23 (+1.7)	1(1)
18	PLACIDI, Isabella	Unattached Ontario	14.34 (+1.7)	1(2)
19	PILLAI, Sindhu	Variety Village Athletic Club	14.65 (+1.7)	1(3)
20	MAGYAR, Faith	Hamilton Olympic Club	17.53 (+1.7)	1(4)

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON
Mona Campbell Track, McMaster University
July 21, 2023

MEET OFFICIALS

Meet Director:
Paula Schnurr
Timing:
SportMadeSimple



OFFICIAL MEET REPORT
printed: 2023-07-21 10:37 PM

RESULTS

#7 Men's 800 Meters

Pl	Name	Team	Time	H(Pl)
1	SCHMIDT, Adam 54.59 (54.59)	Royal City Athletics Club	1:51.35	6(1)
2	ALI, Abdiaziz 55.04 (55.04)	York University Track & Fiel	1:51.36	6(2)
3	GAGE, Henry 54.84 (54.84)	Harbour Track - Hamilton	1:51.62	6(3)
4	COSTA, Philip 55.41 (55.41)	Unattached Ontario	1:53.40	6(4)
5	O'REILLY, John 55.96 (55.96)	University Of Toronto Tc	1:54.17	5(1)
6	RACHNER, Christian 55.98 (55.98)	Royal City Athletics Club	1:55.21	6(5)
7	BENNETT, Cameron 57.45 (57.45)	310 Running	1:55.34	5(2)
8	AIDOO, Moses 54.76 (54.76)	University Of Toronto Tc	1:55.65	6(6)
9	TYRRELL, Ryan 56.74 (56.74)	Harbour Track - Hamilton	1:55.86	5(3)
10	LAKHANPAL, Porter 56.94 (56.94)	Unattached Ontario	1:55.91	4(1)
11	ABDULLAHI, Abdullahi 57.01 (57.01)	Blue Devils Athletics Club	1:55.94	5(4)
12	MIKKELSEN, Carter 56.79 (56.79)	Royal City Athletics Club	1:56.02	5(5)
13	XIE, Nick 57.28 (57.28)	Monarch Athletics Club	1:56.53	5(6)
14	CALLAGHAN, Ciaran 56.10 (56.10)	Newmarket Huskies Track	1:56.56	6(7)
15	HORTON, Ryder 57.06 (57.06)	Royal City Athletics Club	1:56.84	5(7)
16	REUTER, Landon 58.54 (58.54)	Laurel Creek T.f.c.	1:56.93	4(2)
17	CANTELON, Theo 58.81 (58.81)	University Of Toronto Tc	1:57.49	4(3)
18	GORDON, Xavier 58.65 (58.65)	University Of Toronto Tc	1:57.75	4(4)
19	CHIENGJIEK, James 56.66 (56.66)	Etobicoke Huskies-Striders	1:57.82	4(5)
20	LUONG, Kai 1:00.17 (1:00.17)	Blue Devils Athletics Club	1:58.17	3(1)
21	MARCHANT, David 57.73 (57.73)	Harbour Track - Hamilton	1:58.31	5(8)
22	LUKE, Matthew 59.90 (59.90)	Burlington Track & Field Clu	1:58.39	3(2)
23	DE LANGE, Elliot 59.43 (59.43)	London Western T.f.c.	1:59.64	3(3)

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON

Mona Campbell Track, McMaster University

July 21, 2023

MEET OFFICIALS**Meet Director:**

Paula Schnurr

Timing:

SportMadeSimple

**OFFICIAL MEET REPORT**

printed: 2023-07-21 10:37 PM

RESULTS**#7 Men's 800 Meters (cont'd)**

Pl	Name	Team	Time	H(Pl)
24	ASHRAF, Saad 59.30 (59.30)	Athletics Niagara	2:00.20	4(6)
25	DI FELICE, Marco 58.94 (58.94)	Runners Edge Track Club	2:00.43	4(7)
26	GIN, Eric 1:00.74 (1:00.74)	Windsor Legion T.f.c.	2:02.13	3(4)
27	CHAPPLE, Cyril 1:01.38 (1:01.38)	Laurel Creek T.f.c.	2:03.43	3(5)
28	BLAIR REYNOSO, Sebastian 1:01.08 (1:01.08)	Newmarket Huskies Track	2:03.63	2(1)
29	HOUSTON, Zachary 1:01.39 (1:01.39)	Niagara Olympic Club	2:03.70	2(2)
30	TUCK, Dylan 1:00.82 (1:00.82)	Burlington Track & Field Clu	2:04.72	2(3)
31	LINKERT, Dennis 1:01.28 (1:01.28)	Hamilton Olympic Club	2:04.85	2(4)
32	CLARKE, Devon 1:01.83 (1:01.83)	310 Running	2:05.48	2(5)
33	HARVEY, Damian 1:01.57 (1:01.57)	Newmarket Huskies Track	2:05.60	2(6)
34	PARKES, Nathan 1:00.68 (1:00.68)	Burlington Track & Field Clu	2:05.96	2(7)
35	BENJAMIN, Justin 1:01.04 (1:01.04)	Unattached-Manitoba	2:06.52	3(6)
36	TONNIES, Sammy 1:00.52 (1:00.52)	Thorold Elite Track Club	2:07.21	3(7)
37	MCGREGOR, Nolan 1:01.39 (1:01.39)	Burlington Track & Field Clu	2:07.31	1(1)
38	MONTEITH, Andrew 1:01.73 (1:01.73)	London Legion T.f. Alliance	2:08.80	3(8)
39	CONLON, Justin 1:01.72 (1:01.72)	Unattached Ontario	2:09.22	1(2)
40	MALLORY, Nolan 1:05.58 (1:05.58)	Windsor Legion T.f.c.	2:12.50	1(3)
41	WATERS, Noah 1:04.66 (1:04.66)	Burlington Track & Field Clu	2:16.31	1(4)
42	THERRIEN-TOMAS, Keenan 1:10.64 (1:10.64)	Athletics Niagara	2:24.71	1(5)
43	BYRNE, Louis 1:11.36 (1:11.36)	Toronto Olympic Track & Fi	2:32.40	1(6)
	TRIEU, Nickolas	Blue Devils Athletics Club	DNF	5

#8 Women's 800 Meters

Pl	Name	Team	Time	H(Pl)
1	GASKIN, Sonia	York University Track & Fiel	2:05.25	5(1)

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON
Mona Campbell Track, McMaster University
July 21, 2023

MEET OFFICIALS

Meet Director:
Paula Schnurr
Timing:
SportMadeSimple



OFFICIAL MEET REPORT
printed: 2023-07-21 10:37 PM

RESULTS

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

Pl	Name	Team	Time	H(Pl)
	59.23 (59.23)			
2	COLLINS, Sydney 1:03.16 (1:03.16)	Laurel Creek T.f.c.	2:10.01	5(2)
3	BERUBE BOUTIN, Julia 1:02.42 (1:02.42)	Monarch Athletics Club	2:10.79	5(3)
4	HENDRIKX, Juliana 1:02.86 (1:02.86)	London Western T.f.c.	2:11.01	5(4)
5	BANHARA, Gabriella 1:02.63 (1:02.63)	Monarch Athletics Club	2:11.48	5(5)
6	CHAN, Anieu 1:01.91 (1:01.91)	Windsor Legion T.f.c.	2:12.36	5(6)
7	RANDS, Claire 1:05.64 (1:05.64)	Saugeen Track & Field Ass	2:13.82	4(1)
8	HANSEN, Alison 1:05.76 (1:05.76)	London Western T.f.c.	2:14.01	4(2)
9	DOUMA, Anna 1:06.92 (1:06.92)	Laurel Creek T.f.c.	2:14.73	4(3)
10	SMAILBEOVIC, Ena 1:07.17 (1:07.17)	University Of Toronto Tc	2:15.38	4(4)
11	MATONOVICH, Raiya 1:02.22 (1:02.22)	Kamloops Track & Field Clu	2:17.10	5(7)
12	BOISVERT, Jade 1:07.50 (1:07.50)	Athletics Niagara	2:17.28	4(5)
13	SAWYER, Elise 1:06.03 (1:06.03)	Monte Cristo Track Club	2:17.45	3(1)
14	CALDER, Madison 1:07.58 (1:07.58)	South Simcoe Dufferin T.f.c	2:17.66	4(6)
15	CRAIG, Mackenzie 1:07.13 (1:07.13)	Hamilton Olympic Club	2:17.77	3(2)
16	HEREDI, Ella 1:04.20 (1:04.20)	Windsor Legion T.f.c.	2:17.89	5(8)
17	GIANNOU, Vanessa 1:07.40 (1:07.40)	Hamilton Olympic Club	2:18.69	3(3)
18	SEILER, Chloe 1:07.41 (1:07.41)	Hamilton Olympic Club	2:19.06	3(4)
19	BLACQUIER, Melissa 1:06.64 (1:06.64)	Blue Devils Athletics Club	2:19.68	4(7)
20	DAVIS, Haley 1:08.31 (1:08.31)	Royal City Athletics Club	2:19.73	4(8)
21	GORDON, Erika 1:07.19 (1:07.19)	Hamilton Olympic Club	2:20.13	3(5)
22	WARE, Aimee 1:06.64 (1:06.64)	Newmarket Huskies Track	2:20.62	3(6)
23	CHIEDUCH, Juliet 1:10.44 (1:10.44)	Newmarket Huskies Track	2:22.09	2(1)
24	RUZHYNISKY, Alisa	Newmarket Huskies Track	2:23.19	2(2)

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON
Mona Campbell Track, McMaster University
July 21, 2023

MEET OFFICIALS

Meet Director:
Paula Schnurr
Timing:
SportMadeSimple



OFFICIAL MEET REPORT
printed: 2023-07-21 10:37 PM

RESULTS

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

Pl	Name	Team	Time	H(Pl)
	1:08.91 (1:08.91)			
25	PARKINS, Kara 1:09.75 (1:09.75)	Laurel Creek T.f.c.	2:23.28	2(3)
26	QUINN, Thea 1:09.50 (1:09.50)	Niagara Olympic Club	2:24.01	2(4)
27	QUINN, Zoe 1:10.05 (1:10.05)	Niagara Olympic Club	2:25.38	2(5)
28	DOUMA, Madison 1:10.91 (1:10.91)	Athletics Niagara	2:25.86	2(6)
29	FAVA, Clara 1:10.37 (1:10.37)	Hamilton Olympic Club	2:26.04	2(7)
30	CARPENTER, Tegan 1:07.74 (1:07.74)	Blue Devils Athletics Club	2:26.79	3(7)
31	GIN, Juliet 1:10.77 (1:10.77)	Windsor Legion T.f.c.	2:28.22	2(8)
32	REISE, Ella 1:14.20 (1:14.20)	Burlington Track & Field Clu	2:28.35	1(1)
33	BÃ©RUBÃ© BOUTIN, Marie 1:10.11 (1:10.11)	Monarch Athletics Club	2:28.82	2(9)
34	BANHARA, Paula 1:07.87 (1:07.87)	Monarch Athletics Club	2:29.88	4(9)
35	JEFFERY, Lydia	Athletics Niagara	2:31.66	1(2)
36	WATSON, Avary 1:16.78 (1:16.78)	Athletics Niagara	2:35.13	1(3)
37	MORAN, Claire	Niagara Olympic Club	2:35.69	1(4)
38	BRUINSMA, Olivia 1:16.81 (1:16.81)	Athletics Niagara	2:42.43	1(5)
39	COTTEE, Paige 1:24.20 (1:24.20)	Niagara Olympic Club	2:59.19	1(6)

#3 Men's 200 Meters

Pl	Name	Team	Time	H(Pl)
1	FRASER, Jayden Nathaniel	Centro Scuola T.f.c.	21.59 (+0.8)	5(1)
2	FRASER, Brayden	Centro Scuola T.f.c.	21.63 (+0.8)	5(2)
3	HUGHES, Jared	Royal City Athletics Club	22.16 (+0.8)	5(3)
4	QUAYSON, Tyriq	Unattached Ontario	22.26 (+0.5)	4(1)
5	AKINDOLIRE, Ayo	Centro Scuola T.f.c.	22.28 (+0.8)	5(4)
6	MOORE, Niall	Royal City Athletics Club	22.56 (+0.5)	4(2)
7	ROOKWOOD, Marqus	Extreme Velocity Track Clu	22.76 (NW)	3(1)
8	ALLEN, Chase	Windsor Legion T.f.c.	23.07 (NW)	3(2)
9	CARSON-PEDRI, Nicholas	Laurel Creek T.f.c.	23.31 (+0.5)	4(3)
10	POWELL-BURGESS, Diarra James	Mississauga Olympians T&	23.35 (+0.5)	4(4)
11	FERTH, Shane	Unattached Ontario	23.36 (+0.5)	4(5)
12	GRENKE, Holden	Kitchener Waterloo T.f.a.	23.45 (NW)	3(3)
13	GARRETT, Mason	Brantford T.f.c.	23.46 (+0.5)	4(6)

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON
Mona Campbell Track, McMaster University
July 21, 2023

MEET OFFICIALS

Meet Director:
Paula Schnurr
Timing:
SportMadeSimple



OFFICIAL MEET REPORT
printed: 2023-07-21 10:37 PM

RESULTS

#3 Men's 200 Meters (cont'd)

Pl	Name	Team	Time	H(Pl)
14	KRAUSKOPF, Wilhelm	Laurel Creek T.f.c.	23.47 (+0.3)	2(1)
15	PIDLUBNY, Jalen	Unattached	23.51 (NW)	3(4)
16	SEXTON-JONES, Preston	Windsor Legion T.f.c.	23.69 (NW)	3(5)
17	ATAFO, Jeremy	Kitchener Waterloo T.f.a.	23.94 (NW)	3(6)
18	DELSAUT, Frank	Kitchener Waterloo T.f.a.	23.98 (NW)	3(7)
19	WILMOT, Jamal	Speed Academy Athletics C	24.26 (NW)	3(8)
20	WELTZ, Brodyn	Sarnia Athletics Sou	24.29 (+1.5)	1(1)
21	VEBER, Jack	Unattached	24.57 (+0.3)	2(2)
22	QASIM, Aayan	Brampton Racers Track & F	24.71 (+0.3)	2(3)
23	KANHAI, Martin	Laurel Creek T.f.c.	25.18 (+0.3)	2(4)
24	WAGNER, Christopher	Unattached Ontario	25.40 (+1.5)	1(2)
25	MORRIS, Elijah	Oakville Renegades Track	25.62 (+1.5)	1(3)
26	CAPRETTA, Daniel	Monte Cristo Track Club	25.68 (+0.3)	2(5)
27	VAUGHAN, Jackson	Athletics Niagara	26.47 (+1.5)	1(4)
28	KUCHEMANN, Erik	Athletics Niagara	30.26 (+1.5)	1(5)

#4 Women's 200 Meters

Pl	Name	Team	Time	H(Pl)
1	MINOTT, Victoria	Unattached	25.58 (+0.4)	4(1)
2	JAMES, Jenna	Golden Eagles Track Club	25.65 (+0.4)	4(2)
3	ISAAC, Sa-Nya	Speed Academy Athletics C	26.22 (+0.4)	4(3)
4	BICKLE-FERTH, Kate	Unattached Ontario	26.88 (+0.4)	4(4)
5	SINGH, Nevaeh	Project Athletics Track And	26.90 (+0.4)	4(5)
6	MADIA, Marissa	Windsor Legion T.f.c.	26.91 (+0.4)	4(6)
7	MARLES, Cali	Windsor Legion T.f.c.	27.00 (+1.6)	3(1)
8	SEILING, Brooklyn	Laurel Creek T.f.c.	27.14 (+0.4)	4(7)
9	AMBEAU, Taylor	Laurel Creek T.f.c.	27.16 (+1.6)	3(2)
10	GUAY, Samantha	Hamilton Olympic Club	27.49 (+1.6)	3(3)
11	DUCHENE, Ava	Unattached Ontario	27.50 (+1.6)	3(4)
12	VAN GAALEN, Imani	Kitchener Waterloo T.f.a.	27.64 (+1.6)	3(5)
13	SMART, Taylor	Laurel Creek T.f.c.	27.73 (+1.6)	3(6)
14	ST. AUBIN, Maggie	Hamilton Olympic Club	27.87 (+1.2)	2(1)
15	SLYWKA, Grace	Hamilton Olympic Club	27.93 (+1.2)	2(2)
16	TICHY, Maryn	310 Running	27.96 (+1.6)	3(7)
17	REITER, Elyssa	Laurel Creek T.f.c.	28.02 (+1.2)	2(3)
18	GITTENS, Justine	Speed Academy Athletics C	28.26 (+1.2)	2(4)
19	SEWELL, Ainjel	Hamilton Olympic Club	28.44 (+1.0)	1(1)
20	SMITH, Hayley	Laurel Creek T.f.c.	28.68 (+1.2)	2(5)
21	SHIRLEY, Techea	Speed Academy Athletics C	28.76 (+1.2)	2(6)
22	WHITE, Rylan	Hamilton Olympic Club	28.87 (+1.0)	1(2)
23	MILANI, Nadia	Royal City Athletics Club	29.01 (+1.2)	2(7)
24	BART, Mya	Windsor Legion T.f.c.	29.50 (+1.0)	1(3)
25	DURNAN, Caryss	Laurel Creek T.f.c.	29.61 (+1.0)	1(4)
26	KULKER, Khloe	Laurel Creek T.f.c.	29.85 (+1.0)	1(5)
27	DE SOUZA, Ella	Laurel Creek T.f.c.	30.24 (+1.0)	1(6)

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON

Mona Campbell Track, McMaster University

July 21, 2023

MEET OFFICIALS

Meet Director:

Paula Schnurr

Timing:

SportMadeSimple



OFFICIAL MEET REPORT

printed: 2023-07-21 10:37 PM

RESULTS

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

Pl	Name	Team	Time	H(Pl)
28	PILLAI, Sindhu	Variety Village Athletic Club	31.41 (+1.0)	1(7)
29	MACHERZYNSKA, Renata	University Of Toronto Tc	31.74 (+1.0)	1(8)
30	SOUSA, Sadie	Laurel Creek T.f.c.	54.84 (+1.6)	3(8)

#9 Men's 1500 Meters

Pl	Name	Team	Time	H(Pl)
1	DAVENPORT, Ethan	University Of Toronto Tc	3:48.61	4(1)
	44.26 (44.26) 1:01.03 (1:45.28) 1:01.60 (2:46.87)			
2	RICHARDSON, Ben	Newmarket Huskies Track	3:49.66	4(2)
	44.02 (44.02) 1:00.59 (1:44.60) 1:02.02 (2:46.62)			
3	KANKO, Robert	Physi-Kult	3:49.93	4(3)
	45.84 (45.84) 1:01.98 (1:47.81) 1:01.78 (2:49.59)			
4	DE LANGE, Mitch	Physi-Kult	3:50.16	4(4)
	45.34 (45.34) 1:01.00 (1:46.34) 1:01.18 (2:47.52)			
5	RASHID-COCKER, Ethan	University Of Toronto Tc	3:50.59	4(5)
	45.68 (45.68) 1:02.63 (1:48.31) 1:02.79 (2:51.09)			
6	WEIST, William	Durham Dragons Athletics	3:52.44	4(6)
	45.50 (45.50) 1:02.03 (1:47.52) 1:02.31 (2:49.83)			
7	STAMADIANOS, Christopher	Monarch Athletics Club	3:54.13	4(7)
	44.87 (44.87) 1:02.09 (1:46.95) 1:04.49 (2:51.44)			
8	BRAR, Dilan	Royal City Athletics Club	3:54.30	4(8)
	45.13 (45.13) 1:02.02 (1:47.14) 1:03.84 (2:50.98)			
9	CHAPPLE, Brendan	Laurel Creek T.f.c.	3:55.23	4(9)
	46.01 (46.01) 1:02.57 (1:48.58) 1:02.78 (2:51.36)			
10	GRIFFITH, Saed	Monarch Athletics Club	3:55.50	4(10)
	44.65 (44.65) 1:01.09 (1:45.73) 1:03.20 (2:48.93)			
11	SMALLEY, Brent	Newmarket Huskies Track	3:56.72	3(1)
	45.55 (45.55) 1:03.74 (1:49.28) 1:04.57 (2:53.84)			
12	CHAPPLE, Devin	Monarch Athletics Club	3:56.90	3(2)
	46.06 (46.06) 1:04.57 (1:50.63) 1:05.18 (2:55.80)			
13	SMITH, Aaron	University Of Toronto Tc	3:57.51	3(3)
	46.69 (46.69) 2:09.24 (2:55.92)			
14	BRAR, Kamran	University Of Toronto Tc	3:58.17	3(4)
	46.17 (46.17) 1:03.98 (1:50.15) .74 (1:50.89) 1:04.42 (2:55.30)			
15	COUPAL, Cole	Durham Dragons Athletics	4:00.95	3(5)
	46.40 (46.40) 1:04.24 (1:50.64) 1:05.01 (2:55.65)			
16	NOBLE, Marcus	Laurel Creek T.f.c.	4:01.77	3(6)
	47.35 (47.35) 1:03.80 (1:51.14) 1:05.09 (2:56.23)			
17	SKINNER, Angus	Physi-Kult	4:02.41	3(7)
	48.85 (48.85) 1:05.20 (1:54.05) 1:05.89 (2:59.93)			
18	ROHR, Samuel	Laurel Creek T.f.c.	4:02.80	3(8)
	47.19 (47.19) 1:06.10 (1:53.29) 1:05.94 (2:59.22)			
19	AAGAARD, Josh	Laurel Creek T.f.c.	4:03.78	3(9)
	48.53 (48.53) 1:05.75 (1:54.27) 1:05.18 (2:59.45)			
20	DE GOOYER, Willem	University Of Toronto Tc	4:05.30	3(10)

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON

Mona Campbell Track, McMaster University

July 21, 2023

MEET OFFICIALS

Meet Director:

Paula Schnurr

Timing:

SportMadeSimple



OFFICIAL MEET REPORT

printed: 2023-07-21 10:37 PM

RESULTS

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

Pl	Name		Team	Time	H(Pl)
	48.00 (48.00)	1:05.75 (1:53.74)	1:06.67 (3:00.41)		
21	DANBY, Owen		Physi-Kult	4:06.19	2(1)
	49.76 (49.76)	1:06.29 (1:56.05)	1:05.88 (3:01.92)		
22	MACBETH, Alexander		Unattached	4:06.19	2(2)
	49.88 (49.88)	1:07.18 (1:57.06)	1:05.98 (3:03.04)		
23	PAUL, Jacob		Laurel Creek T.f.c.	4:07.63	3(11)
	48.29 (48.29)	1:05.17 (1:53.46)	1:06.31 (2:59.76)		
24	CORBEIL, Andrew		Laurel Creek T.f.c.	4:07.68	3(12)
	48.67 (48.67)	1:05.35 (1:54.02)	1:08.02 (3:02.03)		
25	BENTLEY, Gavin		Unattached	4:08.07	2(3)
	49.82 (49.82)	1:07.98 (1:57.80)	1:07.13 (3:04.92)		
26	GARFIN-UDASKIN, Eitan		University Of Toronto Tc	4:08.69	2(4)
	49.38 (49.38)	1:07.12 (1:56.50)	1:06.37 (3:02.86)		
27	NAGY, Noah		Newmarket Huskies Track	4:09.50	2(5)
	49.61 (49.61)	1:07.37 (1:56.98)	1:07.09 (3:04.07)		
28	GLASER, Sebastian		Thorold Elite Track Club	4:09.56	2(6)
	50.42 (50.42)	1:07.90 (1:58.32)	1:08.06 (3:06.37)		
29	VOLPI, Marco		Newmarket Huskies Track	4:11.86	3(13)
	47.71 (47.71)	1:05.36 (1:53.07)	1:08.47 (3:01.53)		
30	LARIVIERE, Jonah		London Western T.f.c.	4:13.86	2(7)
	50.08 (50.08)	1:07.30 (1:57.37)	1:07.97 (3:05.34)		
31	CAMPBELL, Kade		U Windsor Athletic Club	4:15.90	2(8)
	49.69 (49.69)	1:08.02 (1:57.70)	1:08.51 (3:06.20)		
32	MARKS, Luca		Toronto West Athletics	4:18.19	2(9)
	49.81 (49.81)	1:08.64 (1:58.45)	1:10.16 (3:08.61)		
33	STUMPF, Isaiah		Laurel Creek T.f.c.	4:18.30	2(10)
	50.91 (50.91)	1:08.56 (1:59.47)	1:10.09 (3:09.56)		
34	HALLMAN, Kirk		Unattached Ontario	4:19.44	2(11)
	49.49 (49.49)	1:08.00 (1:57.48)	1:09.89 (3:07.37)		
35	HARDEMAN, Jeremy		Unattached Ontario	4:27.69	1(1)
	51.40 (51.40)	1:14.90 (2:06.29)	1:11.57 (3:17.85)		
36	GIN, Alex		Windsor Legion T.f.c.	4:28.03	1(2)
	51.77 (51.77)	1:14.81 (2:06.58)	1:14.68 (3:21.25)		
37	GALBRAITH, Mario		Thorold Elite Track Club	4:28.49	2(12)
	53.89 (53.89)	1:12.00 (2:05.89)	1:14.19 (3:20.08)		
38	PFOHL, Jacob		Laurel Creek T.f.c.	4:29.88	1(3)
	51.89 (51.89)	1:14.91 (2:06.80)	1:15.47 (3:22.27)		
39	KANG, Eugene		Burlington Track & Field Clu	4:30.84	1(4)
	51.53 (51.53)	1:14.64 (2:06.17)	1:14.81 (3:20.97)		
40	GRIFFITHS, Micah		Laurel Creek T.f.c.	4:31.81	2(13)
	50.72 (50.72)	1:10.04 (2:00.75)	1:15.42 (3:16.17)		
41	YU, Marcus		Newmarket Huskies Track	4:33.91	1(5)
	51.22 (51.22)	1:15.33 (2:06.54)	1:16.15 (3:22.69)		
42	CRADDOCK, Owen		Hamilton Olympic Club	4:34.17	1(6)
	52.61 (52.61)	1:14.54 (2:07.15)	1:15.59 (3:22.74) (3:22.74)		
43	MARCUZZI, Daniel		Toronto West Athletics	4:38.01	1(7)

HAMILTON PUMA PRE-NATIONALS TWILIGHT

HAMILTON, ON
Mona Campbell Track, McMaster University
July 21, 2023

MEET OFFICIALS

Meet Director:
Paula Schnurr
Timing:
SportMadeSimple



OFFICIAL MEET REPORT
printed: 2023-07-21 10:37 PM

RESULTS

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

Pl	Name		Team	Time	H(Pl)
	53.03 (53.03)	1:14.72 (2:07.74)	1:16.59 (3:24.32)		
44	FELIX, Paul		Dundas Valley Track Club	4:39.13	1(8)
	54.40 (54.40)	1:16.11 (2:10.51)	1:16.82 (3:27.33)		
45	MODOLO, Jack		Laurel Creek T.f.c.	4:42.08	1(9)
	53.74 (53.74)	1:17.41 (2:11.14)	1:18.65 (3:29.79)		
46	MYERS, Christian		Newmarket Huskies Track	4:49.95	1(10)
	52.44 (52.44)	1:15.83 (2:08.27)	1:20.34 (3:28.61)		
47	DEIGHAN, Chris		Newmarket Huskies Track	4:57.66	1(11)
	56.76 (56.76)	1:20.01 (2:16.77)	1:21.10 (3:37.87)		
	NICOL-SAMUEL, Delohnni		Unattached Ontario	DNF	4
	DEVITO, Ben		Blue Devils Athletics Club	DNF	4

#10 Women's 1500 Meters

Pl	Name		Team	Time	H(Pl)
1	BRENNAN, Becca		Monarch Athletics Club	4:25.70	3(1)
	51.49 (51.49)	1:13.00 (2:04.48)	1:12.17 (3:16.64)		
2	GHAZARIAN, Sevanne		Laurel Creek T.f.c.	4:26.56	3(2)
	51.24 (51.24)	1:13.06 (2:04.29)	1:12.01 (3:16.29)		
3	ESPOSITO, Christina		Monarch Athletics Club	4:27.50	3(3)
	51.73 (51.73)	1:12.93 (2:04.65)	1:12.27 (3:16.92)		
4	MCINTOSH, Abby		Monarch Athletics Club	4:35.57	3(4)
	52.43 (52.43)	1:14.14 (2:06.56)	1:16.35 (3:22.90)		
5	ETEZADI, Kristina		Athletics Niagara	4:37.98	3(5)
	51.98 (51.98)	1:14.13 (2:06.11)	1:17.08 (3:23.18)		
6	LARUE, Nicole		Windsor Legion T.f.c.	4:38.96	3(6)
	52.38 (52.38)	1:14.07 (2:06.44)	1:16.53 (3:22.97)		
7	LOVSHIN, Muriel		Toronto Olympic Track & Fi	4:41.59	3(7)
	53.58 (53.58)	1:14.58 (2:08.16)	1:17.09 (3:25.24)		
8	KUSZAJ, Laura		Royal City Athletics Club	4:45.62	3(8)
	53.03 (53.03)	1:15.26 (2:08.28)	1:17.09 (3:25.37)		
9	BEACH, Nicole		Hamilton Olympic Club	4:49.53	2(1)
	56.64 (56.64)	1:20.07 (2:16.70)	1:18.67 (3:35.36)		
10	KELLER, Florina		Hamilton Olympic Club	4:51.70	3(9)
	53.96 (53.96)	1:18.53 (2:12.48)	1:22.22 (3:34.70)		
11	RASHID-COCKER, Ana		Monarch Athletics Club	4:51.94	3(10)
	52.85 (52.85)	1:15.75 (2:08.60)	1:19.71 (3:28.30)		
12	TREMAIN, Acadia		Unattached Ontario	4:53.26	2(2)
	56.73 (56.73)	1:20.06 (2:16.78)	1:21.22 (3:38.00)		
13	SMITH, Alexandra		Toronto West Athletics	4:54.32	2(3)
	56.07 (56.07)	1:18.66 (2:14.73)	1:20.08 (3:34.81)		
14	ZINN, Alyssa		Hamilton Olympic Club	4:54.36	2(4)
	56.96 (56.96)	1:20.42 (2:17.38)	1:21.35 (3:38.73)		
15	KLUFAS, Daria		Toronto West Athletics	4:56.80	2(5)
	56.54 (56.54)	1:20.61 (2:17.15)	1:22.49 (3:39.64)		
16	VERNON-POPE, Claire		Hamilton Olympic Club	4:57.41	2(6)

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON

Mona Campbell Track, McMaster University

July 21, 2023

MEET OFFICIALS

Meet Director:

Paula Schnurr

Timing:

SportMadeSimple



OFFICIAL MEET REPORT

printed: 2023-07-21 10:37 PM

RESULTS

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

Pl	Name	Team	Time	H(Pl)
	57.23 (57.23)	1:20.48 (2:17.70)	1:21.39 (3:39.09)	
17	CINO, Sophia	Runners Edge Track Club	4:57.79	1(1)
	1:00.06 (1:00.06)	1:19.34 (2:19.39)	1:21.51 (3:40.90)	
18	PETERS, Laura	Toronto West Athletics	4:58.05	2(7)
	56.82 (56.82)	1:20.80 (2:17.62)	1:22.33 (3:39.94)	
19	ARCHER, Casey	Laurel Creek T.f.c.	4:59.43	2(8)
	56.27 (56.27)	1:20.53 (2:16.80)	1:22.23 (3:39.03)	
20	KIROVA, Anastasia	Newmarket Huskies Track	5:00.24	1(2)
	59.70 (59.70)	1:19.05 (2:18.75)	1:21.81 (3:40.55)	
21	LINARES, Flavia	Toronto West Athletics	5:02.08	2(9)
	56.46 (56.46)	1:20.59 (2:17.04)	1:22.77 (3:39.81)	
22	HEWITT, Mikayla	Hamilton Olympic Club	5:02.37	2(10)
	57.04 (57.04)	1:20.80 (2:17.84)	1:22.61 (3:40.44)	
23	WANG, Yiru	University Of Toronto Tc	5:04.85	1(3)
	59.63 (59.63)	1:19.41 (2:19.03)	1:21.75 (3:40.78)	
24	CLYDE, Emily	Newmarket Huskies Track	5:08.35	1(4)
	1:01.33 (1:01.33)	1:21.83 (2:23.15)	1:26.34 (3:49.49)	
25	CASTILLO, Karen	Hamilton Olympic Club	5:16.61	1(5)
	1:00.42 (1:00.42)	1:20.50 (2:20.92)	1:26.21 (3:47.12)	
26	BOGDANI, Grace	Toronto West Athletics	5:39.49	1(6)
	1:02.04 (1:02.04)	1:30.49 (2:32.52)	1:39.05 (4:11.57)	
27	HURLEY, Lydia	Royal City Athletics Club	5:47.95	1(7)
	1:06.42 (1:06.42)	1:37.70 (2:44.11)	1:34.49 (4:18.59)	
	HARNACK, Hope	Harbour Track - Hamilton	DNF	3

#5 Men's 400 Meters

Pl	Name	Team	Time	H(Pl)
1	WARDEN, Kobie	Windsor Legion T.f.c.	47.58	3(1)
2	DAVIS, Jâ€™noy	Extreme Velocity Track Clu	50.33	3(2)
3	GHADGHONI, Ali	Newmarket Huskies Track	50.63	3(3)
4	FERTH, Shane	Unattached Ontario	51.72	3(4)
5	CARSON-PEDRI, Nicholas	Laurel Creek T.f.c.	52.19	3(5)
6	ALKAABY, Mohamad	Windsor Legion T.f.c.	52.27	3(6)
7	SCHEDEWITZ, Bryce	Laurel Creek T.f.c.	54.29	2(1)
8	BURT, Jacob	Kitchener Waterloo T.f.a.	55.18	1(1)
9	WALTERS, Graham	Athletics Niagara	55.42	2(2)
10	QASIM, Aayan	Brampton Racers Track & F	55.78	1(2)
11	MORRIS, Elijah	Oakville Renegades Track	56.11	1(3)
12	PALLETT, Adam	Unattached Ontario	56.81	1(4)
13	WILMOT, Jamal	Speed Academy Athletics C	56.98	2(3)
14	KANHAI, Martin	Laurel Creek T.f.c.	57.50	1(5)

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON

Mona Campbell Track, McMaster University

July 21, 2023

MEET OFFICIALS**Meet Director:**

Paula Schnurr

Timing:

SportMadeSimple

**OFFICIAL MEET REPORT**

printed: 2023-07-21 10:37 PM

RESULTS**#6 Women's 400 Meters**

Pl	Name	Team	Time	H(Pl)
1	LEALESS, Erika	London Western T.f.c.	55.26	3(1)
2	BICKLE-FERTH, Kate	Unattached Ontario	59.56	3(2)
3	FOX, Katherine	Hamilton Olympic Club	1:01.62	2(1)
4	SEILING, Brooklyn	Laurel Creek T.f.c.	1:01.79	2(2)
5	TORRANCE, Megan	Blue Devils Athletics Club	1:01.91	3(3)
6	VAN NOOTEN, Philly	Brantford T.f.c.	1:02.87	2(3)
7	SCHINDLER, Nicole	Stridewise Running	1:03.96	3(4)
8	SMITH, Hayley	Laurel Creek T.f.c.	1:06.15	2(4)
9	PUSHPANATHAN, Anjali	Speed Academy Athletics C	1:06.67	1(1)
10	MURILLO, Natalia	Hamilton Olympic Club	1:06.91	1(2)
11	MOORE, Jayda	310 Running	1:07.03	2(5)
12	DURNAN, Caryss	Laurel Creek T.f.c.	1:08.00	1(3)
13	HARNETT, Annalicia	Speed Academy Athletics C	1:08.33	1(4)
14	DE SOUZA, Ella	Laurel Creek T.f.c.	1:08.70	1(5)

#11 Men's 3000 Meters

Pl	Name	Team	Time	H(Pl)		
1	LOKORO, Paulo	Etobicoke Huskies-Striders	8:25.79	2(1)		
	34.39 (34.39)	1:12.47 (1:46.86)	1:09.07 (2:55.93)	1:06.39 (4:02.32)	1:06.41 (5:08.72)	1:08.17 (6:16.89)
	1:07.68 (7:24.56)					
2	KELLER, Benjamin	Hamilton Olympic Club	8:26.49	2(2)		
	34.20 (34.20)	1:11.92 (1:46.12)	1:09.56 (2:55.68)	1:06.36 (4:02.03)	1:06.80 (5:08.83)	1:08.41 (6:17.23)
	1:07.66 (7:24.89)					
3	ROSEN, Daniel	Royal City Athletics Club	8:29.81	2(3)		
	32.60 (32.60)	1:12.98 (1:45.57)	1:09.55 (2:55.12)	1:06.20 (4:01.32)	1:07.10 (5:08.42)	1:08.27 (6:16.68)
	1:08.49 (7:25.17)					
4	THOMSON, Iain	Monte Cristo Track Club	8:40.08	2(4)		
	34.13 (34.13)	1.13 (35.26)	1:12.00 (1:47.25)	1:09.38 (2:56.63)	1:06.63 (4:03.26)	1:06.01 (5:09.26)
	1:09.20 (6:18.46)	1:12.30 (7:30.75)				
5	MILLS, Charlie	Blue Devils Athletics Club	8:44.71	2(5)		
	33.72 (33.72)	1:12.70 (1:46.42)	1:09.78 (2:56.19)	1:06.49 (4:02.67)	1:08.92 (5:11.58)	1:14.21 (6:25.79)
	1:10.90 (7:36.68)					
6	MCGOEY, Austin	Durham Dragons Athletics	8:46.46	2(6)		
	33.99 (33.99)	1:12.60 (1:46.59)	1:09.83 (2:56.41)	1:06.74 (4:03.15)	1:10.24 (5:13.39)	1:13.84 (6:27.23)
	1:12.20 (7:39.42)					
7	GILL, Satveer	London Western T.f.c.	8:47.86	2(7)		
	34.17 (34.17)	1:12.87 (1:47.03)	1:09.79 (2:56.82)	1:09.87 (4:06.69)	1:11.65 (5:18.33)	1:10.80 (6:29.12)
	1:11.10 (7:40.22)					
8	MCANENEY, Lucas	Unattached	8:48.63	2(8)		
	35.64 (35.64)	1:11.92 (1:47.56)	1:09.79 (2:57.35)	1:10.37 (4:07.71)	1:10.92 (5:18.62)	1:10.79 (6:29.40)
	1:11.12 (7:40.52)					
9	LEIGHNINGER, Nathaniel	Unattached Ontario	8:55.59	2(9)		
	33.10 (33.10)	1:12.77 (1:45.86)	1:09.56 (2:55.42)	1:06.42 (4:01.84)	1:09.42 (5:11.25)	1:14.32 (6:25.57)
	1:15.87 (7:41.43)					
10	RINGLER, Kinnon	Toronto West Athletics	8:59.87	2(10)		

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON

Mona Campbell Track, McMaster University

July 21, 2023

MEET OFFICIALS

Meet Director:

Paula Schnurr

Timing:

SportMadeSimple



OFFICIAL MEET REPORT

printed: 2023-07-21 10:37 PM

RESULTS

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

Pl	Name	Team	Time	H(Pl)		
	33.48 (33.48)	1:13.27 (1:46.74)	1:09.82 (2:56.55)	1:06.38 (4:02.93)	1:10.22 (5:13.14)	1:14.61 (6:27.75)
	1:17.97 (7:45.72)					
11	SCHMALZ, Michael	Hamilton Olympic Club	9:01.11	2(11)		
	34.29 (34.29)	1:13.60 (1:47.88)	1:10.86 (2:58.74)	1:11.69 (4:10.43)	1:13.66 (5:24.08)	1:13.96 (6:38.04)
	1:13.36 (7:51.39)					
12	ORMSBY, Jack	Harbour Track - Hamilton	9:02.90	2(12)		
	35.45 (35.45)	1:13.42 (1:48.87)	1:11.90 (3:00.77)	1:10.95 (4:11.72)	1:12.16 (5:23.87)	1:13.06 (6:36.93)
	1:14.86 (7:51.78)					
13	MIRIE, Eytan	London Western T.f.c.	9:06.85	1(1)		
	36.22 (36.22)	1:15.63 (1:51.85)	1:13.29 (3:05.14)	1:14.39 (4:19.52)	1:13.56 (5:33.08)	1:11.65 (6:44.72)
	1:12.37 (7:57.08)					
14	HASKINS, Jordan	Durham Dragons Athletics	9:09.03	2(13)		
	1:48.66 (1:48.66)	1:11.82 (3:00.48)	1:12.47 (4:12.95)	1:14.56 (5:27.50)	1:15.86 (6:43.36)	1:14.30 (7:57.66)
15	PAUL, Nathan	Laurel Creek T.f.c.	9:10.25	1(2)		
	35.96 (35.96)	1:14.21 (1:50.17)	1:14.19 (3:04.36)	1:14.97 (4:19.33)	1:13.97 (5:33.29)	1:11.69 (6:44.97)
	1:12.42 (7:57.39)					
16	TRACEY-ELCOMBE, Haiden	Laurel Creek T.f.c.	9:16.09	1(3)		
	36.21 (36.21)	1:14.25 (1:50.46)	1:14.25 (3:04.70)	1:15.15 (4:19.85)	1:14.30 (5:34.14)	1:13.70 (6:47.84)
	1:15.97 (8:03.80)					
17	KHAN, Muhammad Fawwaz	Toronto West Athletics	9:16.66	1(4)		
	35.55 (35.55)	1:14.93 (1:50.47)	1:14.19 (3:04.66)	1:15.02 (4:19.67)	1:14.68 (5:34.34)	1:16.00 (6:50.34)
	1:18.15 (8:08.48)					
18	LEDGER, Cohen	Hamilton Olympic Club	9:19.84	2(14)		
	35.55 (35.55)	1:13.37 (1:48.92)	1:12.10 (3:01.01)	1:11.65 (4:12.66)	1:14.67 (5:27.33)	1:18.04 (6:45.36)
	1:20.15 (8:05.50)					
19	DOMINGUES, Zachary	Unattached	9:23.68	2(15)		
	33.87 (33.87)	1:13.99 (1:47.85)	1:12.77 (3:00.62)	1:13.31 (4:13.92)	1:16.30 (5:30.22)	1:18.19 (6:48.41)
	1:20.05 (8:08.45)					
20	MATHIESON, Gavin	Hamilton Olympic Club	9:25.61	1(5)		
	35.78 (35.78)	1:15.40 (1:51.18)	1:13.57 (3:04.75)	1:15.03 (4:19.77)	1:15.91 (5:35.68)	1:16.72 (6:52.40)
	1:18.79 (8:11.18)					
21	CHEN, Kevin	London Western T.f.c.	9:25.95	1(6)		
	35.68 (35.68)	1:16.27 (1:51.95)	1:13.60 (3:05.55)	1:14.61 (4:20.15)	1:15.57 (5:35.71)	1:17.56 (6:53.27)
	1:19.96 (8:13.22)					
22	KHAN MOHAMMED, Nasir	Laurel Creek T.f.c.	9:30.09	1(7)		
	35.92 (35.92)	1:14.53 (1:50.44)	1:14.06 (3:04.50)	1:14.94 (4:19.44)	1:15.34 (5:34.78)	1:16.98 (6:51.76)
	1:21.04 (8:12.80)					
23	STAFFORD, Gavin	Unattached	10:00.53	1(8)		
	34.96 (34.96)	1:16.67 (1:51.63)	1:16.08 (3:07.71)	1:21.93 (4:29.64)	1:24.66 (5:54.29)	1:25.53 (7:19.82)
	1:26.21 (8:46.02)					
24	COOKE-BITHREY, Landyn	Burlington Track & Field Clu	10:00.92	1(9)		
	37.82 (37.82)	1:20.86 (1:58.67)	1:20.54 (3:19.21)	1:19.94 (4:39.15)	1:20.45 (5:59.59)	1:21.42 (7:21.01)
	1:22.60 (8:43.60)					
25	KELLY, Logan	Mississauga T.f.c.	10:10.40	1(10)		
	37.58 (37.58)	1:20.55 (1:58.13)	1:20.90 (3:19.03)	1:21.87 (4:40.89)	1:24.25 (6:05.14)	1:25.45 (7:30.58)
	1:24.37 (8:54.95)					

HAMILTON PUMA PRE-NATIONALS TWILIGHT

Hamilton, ON
Mona Campbell Track, McMaster University
July 21, 2023

MEET OFFICIALS

Meet Director:
Paula Schnurr
Timing:
SportMadeSimple



OFFICIAL MEET REPORT
printed: 2023-07-21 10:37 PM

RESULTS

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

Pl	Name	Team	Time	H(Pl)		
26	HALLETT, Deagen	Thorold Elite Track Club	10:12.22	1(11)		
	37.62 (37.62)	1:20.83 (1:58.44)	1:21.24 (3:19.68)	1:21.59 (4:41.27)	1:25.54 (6:06.80)	1:27.69 (7:34.49)
	1:24.93 (8:59.41)					

#12 Women's 3000 Meters

Pl	Name	Team	Time			
1	TUCKER, Annemieke Marie	Laurel Creek T.f.c.	10:51.20			
	42.16 (42.16)	1:28.91 (2:11.06)	1:27.96 (3:39.02)	1:28.01 (5:07.03)	1:23.89 (6:30.92)	4.70 (6:35.61)
	1:27.17 (8:02.78)	1:25.72 (9:28.49)				
2	WATSON, Sarah	Burlington Track & Field Clu	10:56.47			
	41.67 (41.67)	1:25.54 (2:07.20)	1:28.57 (3:35.77)	1:27.82 (5:03.59)	1:27.58 (6:31.17)	1:29.16 (8:00.32)
	1:29.72 (9:30.04)					
3	STEWART, Samantha	Windsor Legion T.f.c.	10:59.37			
	42.32 (42.32)	1:28.92 (2:11.23)	1:28.12 (3:39.35)	1:28.01 (5:07.36)	1:28.61 (6:35.96)	1:28.80 (8:04.75)
	1:30.64 (9:35.39)					
	GHAZARIAN, Sevanne	Laurel Creek T.f.c.	DNF			