

TEN TOE N HAMILTON LAST CHANCE

Hamilton, ON
McMaster University
August 13, 2023



OFFICIAL MEET REPORT
printed: 2023-08-13 10:02 PM

RESULTS

#3 Men's 100 Meters (Open)

(Top 64 advance)

Prelims

Pl	Name	Team	Time	H(Pl)
1	SPICER, Logan	Royal City Athletics Club	10.63q (+1.2)	8(1)
2	HUGHES, Jared	Royal City Athletics Club	10.87q (+1.2)	8(2)
3	FRASER, Desmond	Speed Academy Athletics C	10.89q (+1.2)	8(3)
4	BROOKES, Zion	Unattached Ontario	10.92q (+1.2)	8(4)
5	TUCKER, James	Speed Academy Athletics C	10.95q (+0.7)	7(1)
6	POST, Liam	Peterborough Legion Track	10.99q (+0.4)	5(1)
7	BURKE, Daniel	Centro Scuola T.f.c.	11.03q (+0.7)	7(2)
8	N'DOYE, El-Hadj François	C. A. Université Laval	11.07q (+1.2)	8(5)
9	IROBUN, Justin	Mississauga T.f.c.	11.09q (+0.7)	7(3)
10	LAW, Jalen	Unattached Ontario	11.13q (+1.2)	8(6)
11	GAUTHIER, Hugo	Saint-Laurent Sélect	11.15q (+0.7)	7(4)
12	HOLMES, Ajai	Speed Academy Athletics C	11.15q (+1.2)	8(7)
13	EVULEOCHA, Uzoshina	McGill Olympic Club	11.21q (+0.7)	7(5)
14	STEINKE, Finn	Royal City Athletics Club	11.22q (+0.0)	6(1)
15	FRANK, Dominick	Speed Academy Athletics C	11.27q (+1.2)	8(8)
16	KING, Malcolm	Centro Scuola T.f.c.	11.28q (+0.4)	5(2)
17	KELLY, Aaron	Blue Devils Athletics Club	11.28q (+0.0)	6(2)
18	HOLMAN, Mason	Royal City Athletics Club	11.32q (+0.4)	5(3)
19	DISEKO, Jelani	Flying Angels Academy	11.33q (+0.0)	6(3)
20	FRANCIS, Matthew	BOOST Athletics Club	11.37q (+0.0)	6(4)
21	GORDON, Malahkai	Speed Academy Athletics C	11.41q (+0.7)	7(6)
22	KWAN, Anthony	University Of Toronto Tc	11.44q (+0.4)	5(4)
23	SPEKSNIJDER, Avery	Eclipse Track & Field Inc	11.51q (+2.3)	4(1)
24	HERNANDEZ, Amari	Maximus Performance	11.51q (+0.4)	5(5)
25	BABCOCK, Owen	Unattached Ontario	11.52q (+0.7)	7(7)
26	HIPOLITO, John	Mississauga T.f.c.	11.56q (+0.0)	6(5)
27	BELL, Joseph	Woodstock Legion Athletic	11.57q (+2.3)	4(2)
28	OSAKUE, Ian	York University Track & Fiel	11.58q (+1.8)	3(1)
29	LESLIE, Alex	Speed Academy Athletics C	11.59q (+1.8)	3(2)
30	GARRETT, Mason	Brantford T.f.c.	11.59q (+2.3)	4(3)
31	AMATO, Samuel	Royal City Athletics Club	11.61q (+1.8)	3(3)
32	DILLON, Aodhan	Speed Academy Athletics C	11.64q (+0.4)	5(6)
33	ATAFO, Jeremy	Kitchener Waterloo T.f.a.	11.65q (+1.8)	3(4)
34	OKWUOSA, Kamso	Oakville Track & Field Club	11.65q (+2.3)	4(4)
34	EDWARDS, Travis	Jamcan International Athleti	11.65q (+0.4)	5(7)
36	PARKINS, Aiden	Unattached Ontario	11.66q (+0.4)	5(8)
36	AMOROSO, Jaden	BOOST Athletics Club	11.66q (+0.0)	6(6)
38	PIDLUBNY, Jalen	Unattached	11.71q (+2.3)	4(5)
39	DAFOE, Matthew	Eclipse Track & Field Inc	11.71q (+2.3)	4(6)
40	COWAN, Michael	Athletics Niagara	11.78q (+1.8)	3(5)
41	Q., Tom	Oakville Track & Field Club	11.86q (+2.0)	2(1)
42	OMOSA, Stephen	Blue Devils Athletics Club	11.88q (+2.0)	2(2)
43	GRENKE, Holden	Kitchener Waterloo T.f.a.	11.88q (+1.8)	3(6)
44	MAHADEVAN, Maurathan	Unattached	12.01q (+2.3)	4(7)

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#3 Men's 100 Meters (Open) (cont'd)

(Top 64 advance)

Prelims

Pl	Name	Team	Time	H(Pl)
45	ANDOH, Kofi	Unattached Ontario	12.04q (+2.3)	4(8)
46	TONTODONATI, Matthew	Unattached Ontario	12.06q (+1.8)	3(7)
47	ALVAREZ, Christian	Mississauga T.f.c.	12.15q (+1.8)	3(8)
48	HAJDU, Nathan	Brantford T.f.c.	12.17q (+2.0)	2(3)
49	LUO, Kyler	Unattached Ontario	12.17q (+2.0)	2(4)
50	VEBER, Jack	Brantford T.f.c.	12.19q (+2.0)	2(5)
51	WILSON, Evan	Thorold Elite Track Club	12.20q (+2.0)	2(6)
52	HUI, Tit (Jonathan)	Jamcan International Athleti	12.61q (+1.1)	1(1)
53	NTEGE, Joseph	Unattached	12.62q (+2.0)	2(7)
54	ANYIMADU, Joshua	Vainqueurs Plus	12.75q (+1.1)	1(2)
55	PERNA, Giovanni	Unattached Ontario	13.22q (+1.1)	1(3)
56	ASHMEADE, Milton	Jamcan International Athleti	13.53q (+1.1)	1(4)
57	HAZEN, Ward	Laurel Creek T.f.c.	13.81q (+1.1)	1(5)
58	BARANOSKI, Lucas	Unattached Ontario	14.32q (+0.7)	7(8)
	SASIKUMAR, Mark Meshroff	Phoenix Athletics Assoc. Of	DNF	6
	LEMON, Ben	Unattached Ontario	DQ	6
	AKIN, Brendon	Phoenix Athletics Assoc. Of	NT	1
	MILLAGE, Jamie	Unattached Ontario	NT	2
	BROWN, Shavaughn	Unattached Ontario	NT	1

#4 Women's 100 Meters (Open)

(Top 16 advance)

Prelims

Pl	Name	Team	Time	H(Pl)
1	HUI, Joanna	Unattached Ontario	12.96q (-0.8)	1(1)
2	BROWN, Ashleigh	Unattached Ontario	13.28q (-0.6)	2(1)
3	CAMERON, Morgan	Royal City Athletics Club	13.37q (-0.6)	2(2)
4	ROBERT-MADUEKWE, Chiagozie	Unattached Ontario	13.67q (-0.6)	2(3)
5	HARRYLAL, Rachel	Eclipse Track & Field Inc	14.01q (-0.6)	2(4)
6	DAURIA, Maraya	Kitchener Waterloo T.f.a.	14.29q (-0.8)	1(2)
7	MALTMAN, Esti	Thorold Elite Track Club	14.39q (-0.6)	2(5)
8	DAURIA, Maya	Kitchener Waterloo T.f.a.	14.42q (-0.8)	1(3)
9	MACHERZYNSKA, Renata	University Of Toronto Tc	14.96q (-0.8)	1(4)

#7 Men's 400 Meters (Open)

Pl	Name	Team	Time	H(Pl)
1	CATO, Roxroy	Unattached Ontario	48.00	3(1)
2	BABCOCK, Owen	Unattached Ontario	49.14	3(2)
3	HEHN, Nathan	Unattached Ontario	49.35	3(3)
4	GHADGHONI, Ali	Newmarket Huskies Track	50.20	3(4)
5	KELLY, Aaron	Blue Devils Athletics Club	50.43	3(5)
6	LEMON, Ben	Unattached Ontario	50.46	3(6)
7	MAURICETTE, Elliot	Speed Academy Athletics C	50.56	3(7)

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

Pl	Name	Team	Time	H(Pl)
8	HERNANDEZ, Amari	Maximus Performance	50.61	3(8)
9	POST, Liam	Peterborough Legion Track	51.17	2(1)
10	ALKAABY, Mohamad	Windsor Legion T.f.c.	51.71	2(2)
11	BLACKBURN, Michael	Blue Devils Athletics Club	52.60	2(3)
12	WHITE, Jack	Blue Devils Athletics Club	52.80	2(4)
13	KNIGHT-LLEWELLYN, Nile	Brampton Racers Track & F	53.29	2(5)
14	SAID, Sebi	Windsor Legion T.f.c.	53.50	2(6)
15	XIE, Lawrence	Unattached Ontario	53.82	2(7)
16	SCHHEDEWITZ, Bryce	Laurel Creek T.f.c.	54.14	1(1)
17	GRANT, Markus	Monte Cristo Track Club	54.69	2(8)
18	MURAVCHIK, Michael	Newmarket Huskies Track	54.97	1(2)
19	CHAKRAVARTY, Josh	Athletiques International	55.97	1(3)
20	CONLON, Justin	Unattached Ontario	56.18	1(4)
21	QASIM, Aayan	Brampton Racers Track & F	56.57	1(5)
22	BLAIR REYNOSO, David	Newmarket Huskies Track	57.59	1(6)
23	PALLETT, Adam	Unattached Ontario	59.20	1(7)
24	TERRIEN-TOMAS, Keenan	Athletics Niagara	1:01.72	1(8)

#8 Women's 400 Meters (Open)

Pl	Name	Team	Time	H(Pl)
1	LEWIS, Jazmyn	Speed Academy Athletics C	55.66	2(1)
2	GREEN, Riana	Speed Academy Athletics C	57.12	2(2)
3	COLLINS, Sydney	Laurel Creek T.f.c.	57.96	2(3)
4	FRASER, Charlize	Speed Academy Athletics C	58.72	2(4)
5	BICKLE-FERTH, Kate	Unattached Ontario	59.96	2(5)
6	DANIELS, Sydney	Blue Devils Athletics Club	1:02.31	1(1)
7	FOWLER, Olajire	Thorold Elite Track Club	1:02.40	1(2)
8	THANGARASA, Devika	Unattached Ontario	1:03.25	1(3)
9	LOWE, Alanna	Etobicoke Huskies-Striders	1:03.35	1(4)
10	VASIN, Sierra	Laurel Creek T.f.c.	1:06.92	1(5)
11	SMITH, Mychena	Unattached	1:07.09	1(6)

#3 Men's 100 Meters (Open)

Finals

Pl	Name	Team	Time	H(Pl)
1	SPICER, Logan	Royal City Athletics Club	10.59 (+1.1)	7(1)
2	FRASER, Desmond	Speed Academy Athletics C	10.79 (+1.1)	7(2)
3	BURKE, Daniel	Centro Scuola T.f.c.	10.96 (+1.1)	7(3)
4	BROOKES, Zion	Unattached Ontario	10.98 (+1.1)	7(4)
5	TUCKER, James	Speed Academy Athletics C	10.99 (+1.1)	7(5)
6	N'DOYE, El-Hadj François	C. A. Université Laval	11.01 (+1.1)	7(6)
7	FRANK, Dominick	Speed Academy Athletics C	11.05 (+0.1)	6(1)
8	LAW, Jalen	Unattached Ontario	11.06 (+0.1)	6(2)
9	EVULEOCHA, Uzoshina	McGill Olympic Club	11.21 (+0.1)	6(3)
10	IROBUN, Justin	Mississauga T.f.c.	11.21 (+0.1)	6(4)

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#3 Men's 100 Meters (Open) (cont'd)

Finals

Pl	Name	Team	Time	H(Pl)
11	STEINKE, Finn	Royal City Athletics Club	11.22 (+0.1)	6(5)
12	GAUTHIER, Hugo	Saint-Laurent Sélect	11.25 (+0.1)	6(6)
13	GORDON, Malahkai	Speed Academy Athletics C	11.31 (+0.0)	5(1)
14	HOLMES, Ajai	Speed Academy Athletics C	11.31 (+0.1)	6(7)
15	DISEKO, Jelani	Flying Angels Academy	11.31 (+0.0)	5(2)
16	FRANCIS, Matthew	BOOST Athletics Club	11.34 (+0.0)	5(3)
17	KING, Malcolm	Centro Scuola T.f.c.	11.37 (+0.1)	6(8)
18	HOLMAN, Mason	Royal City Athletics Club	11.37 (+0.0)	5(4)
19	HIPOLITO, John	Mississauga T.f.c.	11.53 (+0.4)	4(1)
20	BELL, Joseph	Woodstock Legion Athletic	11.56 (+0.4)	4(2)
21	BABCOCK, Owen	Unattached Ontario	11.58 (+0.4)	4(3)
22	DILLON, Aodhan	Speed Academy Athletics C	11.59 (+0.4)	4(4)
23	AMOROSO, Jaden	BOOST Athletics Club	11.60 (-0.3)	3(1)
24	KWAN, Anthony	University Of Toronto Tc	11.66 (+0.0)	5(5)
25	EDWARDS, Travis	Jamcan International Athleti	11.69 (-0.3)	3(2)
26	KELLY, Aaron	Blue Devils Athletics Club	11.70 (+0.0)	5(6)
27	LEMON, Ben	Unattached Ontario	11.75 (+0.3)	1(1)
28	LESLIE, Alex	Speed Academy Athletics C	11.79 (+0.4)	4(5)
29	GRENKE, Holden	Kitchener Waterloo T.f.a.	11.80 (+1.2)	2(1)
30	ATAFO, Jeremy	Kitchener Waterloo T.f.a.	11.81 (-0.3)	3(3)
31	PIDLUBNY, Jalen	Unattached	11.82 (-0.3)	3(4)
32	SPEKSNIJDER, Avery	Eclipse Track & Field Inc	11.84 (+0.0)	5(7)
33	PARKINS, Aiden	Unattached Ontario	11.84 (-0.3)	3(5)
34	OKWUOSA, Kamso	Oakville Track & Field Club	11.86 (-0.3)	3(6)
35	DAFOE, Matthew	Eclipse Track & Field Inc	11.87 (-0.3)	3(7)
36	Q., Tom	Oakville Track & Field Club	11.90 (+1.2)	2(2)
37	OMOSA, Stephen	Blue Devils Athletics Club	12.00 (+1.2)	2(3)
38	ANDOH, Kofi	Unattached Ontario	12.01 (+1.2)	2(4)
39	LUO, Kyler	Unattached Ontario	12.05 (+0.3)	1(2)
40	MAHADEVAN, Maurathan	Unattached	12.07 (+1.2)	2(5)
41	COWAN, Michael	Athletics Niagara	12.08 (-0.3)	3(8)
42	MILLAGE, Jamie	Unattached Ontario	12.12 (+0.3)	1(3)
43	ALVAREZ, Christian	Mississauga T.f.c.	12.14 (+0.0)	5(8)
44	TONTODONATI, Matthew	Unattached Ontario	12.16 (+1.2)	2(6)
45	HAJDU, Nathan	Brantford T.f.c.	12.32 (+0.3)	1(4)
46	VEBER, Jack	Brantford T.f.c.	12.33 (+0.3)	1(5)
47	HUI, Tit (Jonathan)	Jamcan International Athleti	12.58 (+1.2)	2(7)
48	NTEGE, Joseph	Unattached	13.09 (+0.3)	1(6)
49	POST, Liam	Peterborough Legion Track	13.14 (+1.1)	7(7)
50	PERNA, Giovanni	Unattached Ontario	13.36 (+0.2)	8(1)
51	ASHMEADE, Milton	Jamcan International Athleti	13.78 (+0.2)	8(2)
52	HAZEN, Ward	Laurel Creek T.f.c.	13.88 (+0.2)	8(3)
	BARANOSKI, Lucas	Unattached Ontario	NT	8
	ANYIMADU, Joshua	Vainqueurs Plus	NT	8
	HUGHES, Jared	Royal City Athletics Club	NT	7

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#3 Men's 100 Meters (Open) (cont'd)

Finals

Pl Name	Team	Time	H(Pl)
SASIKUMAR, Mark Meshroff	Phoenix Athletics Assoc. Of	NT	8
BROWN, Shavaughn	Unattached Ontario	NT	8

#4 Women's 100 Meters (Open)

Finals

Pl Name	Team	Time	H(Pl)
1 HUI, Joanna	Unattached Ontario	12.95 (+0.2)	2(1)
2 BROWN, Ashleigh	Unattached Ontario	13.22 (+0.2)	2(2)
3 CAMERON, Morgan	Royal City Athletics Club	13.41 (+0.2)	2(3)
4 ROBERT-MADUEKWE, Chiagozie	Unattached Ontario	13.68 (+0.2)	2(4)
5 HARRYLAL, Rachel	Eclipse Track & Field Inc	13.93 (+0.2)	2(5)
6 DAURIA, Maya	Kitchener Waterloo T.f.a.	14.28 (+0.2)	2(6)
7 DAURIA, Maraya	Kitchener Waterloo T.f.a.	14.34 (+0.2)	2(7)
8 ASHMEADE, Solice	Flying Angels - Etobicoke	15.88 (+0.2)	2(8)

#9 Men's 800 Meters (Open)

Pl Name	Team	Time	H(Pl)
1 ALI, Abdiaziz 55.69 (55.69)	York University Track & Fiel	1:53.65	2(1)
2 GREEN, Nathaniel 57.68 (57.68)	Monarch Athletics Club	1:58.92	2(2)
3 CHIENGJIEK, James 56.59 (56.59)	Etobicoke Huskies-Striders	1:59.88	2(3)
4 ASHRAF, Saad 58.46 (58.46)	Athletics Niagara	2:01.13	2(4)
5 PILZ, Charlie 56.93 (56.93)	Blue Devils Athletics Club	2:01.13	2(5)
6 DICKINSON, Marley 57.30 (57.30)	Monarch Athletics Club	2:02.51	2(6)
7 GIN, Eric 1:01.25 (1:01.25)	Windsor Legion T.f.c.	2:04.18	1(1)
8 NAIR, Shayden 1:01.02 (1:01.02)	Etobicoke Huskies-Striders	2:04.59	1(2)
9 LINKERT, Dennis 1:02.34 (1:02.34)	Hamilton Olympic Club	2:06.13	1(3)
10 CAMPBELL, Luke 1:00.97 (1:00.97)	South Simcoe Dufferin T.f.c	2:06.51	1(4)
11 MAHALANOBIS, Neiladri 1:01.62 (1:01.62)	Track North Athletic Club	2:06.90	1(5)
12 WELLS, Bill 1:01.69 (1:01.69)	Monarch Athletics Club	2:08.20	1(6)
13 MYERS, Christian 1:02.20 (1:02.20)	Newmarket Huskies Track	2:12.65	1(7)

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

PI	Name	Team	Time	H(PI)
14	SOTELO, Santiago 1:09.48 (1:09.48)	Athletics Niagara	2:21.67	1(8)
15	ADNAN, Zohair 1:05.74 (1:05.74)	Mississauga T.f.c.	2:23.01	1(9)
16	THERRIEN-TOMAS, Keenan 1:14.13 (1:14.13)	Athletics Niagara	2:30.70	1(10)

#10 Women's 800 Meters (Open)

PI	Name	Team	Time
1	GASKIN, Sonia 1:01.11 (1:01.11)	York University Track & Fiel	2:08.08
2	CHAN, Anieu 1:05.43 (1:05.43)	Windsor Legion T.f.c.	2:13.59
3	ETEZADI, Kristina 1:04.25 (1:04.25)	Athletics Niagara	2:14.17
4	BOISVERT, Jade 1:07.03 (1:07.03)	Athletics Niagara	2:17.65
5	RANDS, Claire 1:06.25 (1:06.25)	Saugeen Track & Field Ass	2:19.92
6	GIN, Juliet 1:12.60 (1:12.60)	Windsor Legion T.f.c.	2:34.35
7	BOISCLAIR, Jamie 1:13.27 (1:13.27)	Monarch Athletics Club	2:35.46
8	WATSON, Avary 1:19.56 (1:19.56)	Athletics Niagara	2:41.15

#13 Men's 3000 Meters (Open)

PI	Name	Team	Time
1	TUMUTI, Dennis 35.32 (35.32) 1:09.84 (1:45.15) 1:13.59 (2:58.73) 1:09.31 (4:08.04) 1:08.29 (5:16.33) 1:09.43 (6:25.76) 1:08.98 (7:34.74) 1:18.59 (8:53.32)	Unattached	8:39.82
2	HONG, William 39.75 (39.75) 1:18.79 (1:58.54) 1:21.79 (3:20.33) 1:22.21 (4:42.53) 1:23.03 (6:05.55) 1:21.67 (7:27.22) 1:22.15 (8:49.36)	Mississauga T.f.c.	10:02.24
3	GALBRAITH, Mario 40.73 (40.73) 1:17.55 (1:58.27) 1:21.80 (3:20.07) 1:22.18 (4:42.25) 1:24.16 (6:06.41) 1:23.63 (7:30.03) 1:22.76 (8:52.79)	Thorold Elite Track Club	10:08.91
4	KIPTOO, Frankline 35.01 (35.01) 1:09.98 (1:44.99) 1:16.15 (3:01.14) 1:23.81 (4:24.94) 1:27.07 (5:52.01) 1:32.42 (7:24.43)	Unattached	10:17.97

#14 Women's 3000 Meters (Open)

PI	Name	Team	Time
1	TICHBOURNE, Kara	Saugeen Track & Field Ass	10:49.39

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#14 Women's 3000 Meters (Open) (cont'd)

Pl	Name	Team	Time
	40.13 (40.13)	1:22.77 (2:02.90)	1:24.72 (3:27.61)
		1:26.24 (4:53.85)	1:28.94 (6:22.78)
			1:32.06 (7:54.83)
	1:31.65 (9:26.48)		
2	MAY, Anna	Peterborough Legion Track	10:49.47
	39.79 (39.79)	1:22.63 (2:02.42)	1:24.89 (3:27.31)
		1:26.59 (4:53.89)	1:28.62 (6:22.50)
			1:30.20 (7:52.70)
	1:31.08 (9:23.78)		

#5 Men's 200 Meters (Open)

Pl	Name	Team	Time	H(Pl)
1	FRANK, Dominick	Speed Academy Athletics C	21.48 (+0.3)	7(1)
2	SPICER, Logan	Royal City Athletics Club	21.56 (+0.3)	7(2)
3	BURKE, Daniel	Centro Scuola T.f.c.	21.81 (+0.3)	7(3)
4	HUGHES, Jared	Royal City Athletics Club	21.96 (+0.3)	7(4)
5	FRASER, Desmond	Speed Academy Athletics C	21.96 (+0.3)	7(5)
6	TEAL, Carter	Royal City Athletics Club	22.20 (+1.6)	6(1)
7	SCARROW, Devonte	Royal City Athletics Club	22.35 (+0.3)	7(6)
8	LAW, Jalen	Unattached Ontario	22.43 (+0.3)	7(7)
9	AL AWAMLEH, Zaid	Golden Eagles Track Club	22.57 (+0.3)	1(1)
10	HOLMAN, Mason	Royal City Athletics Club	22.76 (+0.4)	5(1)
11	PRATO, Zavio	Hamilton Olympic Club	22.93 (+1.6)	6(2)
12	STEINKE, Finn	Royal City Athletics Club	22.94 (+0.9)	4(1)
13	WHITE, Jack	Blue Devils Athletics Club	23.23 (+1.6)	6(3)
14	GARRETT, Mason	Brantford T.f.c.	23.25 (+0.9)	4(2)
15	ATAFO, Jeremy	Kitchener Waterloo T.f.a.	23.38 (+0.5)	3(1)
16	DISEKO, Jelani	Flying Angels Academy	23.43 (+0.5)	3(2)
17	GRENKE, Holden	Kitchener Waterloo T.f.a.	23.50 (+0.9)	4(3)
18	OSAKUE, Ian	York University Track & Fiel	23.83 (+0.4)	5(2)
19	KNIGHT-LLEWELLYN, Nile	Brampton Racers Track & F	23.85 (+0.4)	5(3)
20	LESLIE, Alex	Speed Academy Athletics C	23.89 (+0.3)	1(2)
21	BLACKBURN, Michael	Blue Devils Athletics Club	23.89 (+0.4)	5(4)
22	DELSAUT, Frank	Kitchener Waterloo T.f.a.	23.99 (+0.9)	4(4)
23	MILLAGE, Jamie	Unattached Ontario	24.04 (+0.5)	3(3)
24	OMOSA, Stephen	Blue Devils Athletics Club	24.37 (+0.5)	3(4)
25	OKWUOSA, Kamso	Oakville Track & Field Club	24.38 (+0.4)	5(5)
26	LUO, Kyler	Unattached Ontario	24.51 (+0.8)	2(1)
27	ANDOH, Kofi	Unattached Ontario	24.52 (+0.4)	5(6)
28	QASIM, Aayan	Brampton Racers Track & F	24.72 (+0.8)	2(2)
29	VEBER, Jack	Brantford T.f.c.	24.94 (+0.8)	2(3)
30	CHAKRAVARTY, Josh	Athletiques International	24.97 (+0.8)	2(4)
31	WILSON, Evan	Thorold Elite Track Club	25.16 (+0.8)	2(5)
32	BURT, Jacob	Kitchener Waterloo T.f.a.	25.32 (+0.5)	3(5)
33	MAHADEVAN, Maurathan	Unattached	25.43 (+0.5)	3(6)
34	HAJDU, Nathan	Brantford T.f.c.	25.44 (+0.8)	2(6)
35	COLE, Ronan	Brantford T.f.c.	25.76 (+0.3)	1(3)

TEN TOE N HAMILTON LAST CHANCE

Hamilton, ON
McMaster University
August 13, 2023



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RESULTS

#6 Women's 200 Meters (Open)

Pl	Name	Team	Time	H(Pl)
1	LEWIS, Jazmyn	Speed Academy Athletics C	24.86 (+0.7)	2(1)
2	BOA, Diana	York University Track & Fiel	25.80 (+0.7)	2(2)
3	BROWN, Ashleigh	Unattached Ontario	27.12 (+0.7)	2(3)
4	VAN GAALEN, Imani	Kitchener Waterloo T.f.a.	27.59 (+0.7)	2(4)
5	HARRYLAL, Rachel	Eclipse Track & Field Inc	28.59 (+0.3)	1(1)
6	MOORE, Jayda	310 Running	28.77 (+0.3)	1(2)
7	DAURIA, Maraya	Kitchener Waterloo T.f.a.	29.64 (+0.3)	1(3)
8	DAURIA, Maya	Kitchener Waterloo T.f.a.	29.95 (+0.3)	1(4)
9	MALTMAN, Esti	Thorold Elite Track Club	30.07 (+0.3)	1(5)
10	MACHERZYNSKA, Renata	University Of Toronto Tc	32.10 (+0.3)	1(6)
	ROBERT-MADUEKWE, Chiagozie	Unattached Ontario	NT	1

#11 Men's 1500 Meters (Open)

Pl	Name	Team	Time
1	LOKORO, Paulo	Etobicoke Huskies-Striders	4:01.98
	48.75 (48.75) 1:04.11 (1:52.86) 1:06.72 (2:59.57)		
2	TUMUTI, Dennis	Unattached	4:03.12
	48.80 (48.80) 1:03.85 (1:52.64) 1:06.74 (2:59.38)		
3	NOBLE, Marcus	Laurel Creek T.f.c.	4:11.14
	49.05 (49.05) 1:04.04 (1:53.09) 1:06.79 (2:59.87)		
4	TROWBRIDGE, Braydon	Unattached Ontario	4:15.11
	49.89 (49.89) 1:06.44 (1:56.33) 1:09.27 (3:05.60)		
5	GRAY, Jonathan	Dundas Valley Track Club	4:24.29
	51.38 (51.38) 1:09.77 (2:01.15) 1:11.69 (3:12.83)		
6	MCGILL, Robert	Dundas Valley Track Club	4:26.92
	51.10 (51.10) 1:09.74 (2:00.84) 1:11.71 (3:12.54)		
7	LARSEN, Chase	Thorold Elite Track Club	5:02.35
	53.92 (53.92) 1:19.64 (2:13.56) 1:27.71 (3:41.26)		
8	GROSSI, Danny	Unattached Ontario	5:04.05
	55.26 (55.26) 1:21.22 (2:16.47) 1:26.82 (3:43.29)		

#12 Women's 1500 Meters (Open)

Pl	Name	Team	Time
1	GIANNOU, Vanessa	Hamilton Olympic Club	4:52.90
	57.01 (57.01) 1:19.64 (2:16.64) 1:19.39 (3:36.02)		
2	DOUMA, Madison	Athletics Niagara	5:12.58
	58.14 (58.14) 1:25.49 (2:23.63) 1:27.96 (3:51.59)		
3	JEFFERY, Lydia	Athletics Niagara	5:16.61
	59.58 (59.58) 1:28.63 (2:28.21) 1:32.01 (4:00.21)		

#15 Men's 5000 Meters (Open)

Pl	Name	Team	Time
1	MCANENEY, Lucas	Unattached Ontario	15:16.26

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Hamilton, ON
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#15 Men's 5000 Meters (Open) (cont'd)

Pl	Name	Team					Time
	34.62 (34.62)	1:11.83 (1:46.45)	1:13.24 (2:59.69)	1:12.07 (4:11.75)	1:12.90 (5:24.65)	1:13.04 (6:37.68)	
	1:13.02 (7:50.70)	1:13.36 (9:04.05)	1:14.44 (10:18.48)	1:15.17 (11:33.65)	1:17.28 (12:50.92)	1:13.42 (14:04.33)	
2	KHAN MOHAMMED, Nasir	Laurel Creek T.f.c.					17:04.52
	34.97 (34.97)	1:11.74 (1:46.71)	1:13.25 (2:59.95)	1:12.23 (4:12.17)	1:19.48 (5:31.65)	1:26.28 (6:57.92)	
	1:28.61 (8:26.53)	1:28.69 (9:55.22)	1:25.88 (11:21.09)	1:29.01 (12:50.09)	1:32.12 (14:22.21)	1:26.15 (15:48.35)	
3	WANG, Yuxuan	Unattached Ontario					17:53.92
	38.57 (38.57)	1:18.29 (1:56.86)	1:16.96 (3:13.81)	1:20.60 (4:34.41)	1:26.76 (6:01.17)	1:29.43 (7:30.59)	
	1:29.64 (9:00.23)	1:31.51 (10:31.74)	1:32.97 (12:04.70)	1:33.81 (13:38.51)	1:25.92 (15:04.43)	1:29.09 (16:33.52)	
4	CARBON, Bryce	Mississauga T.f.c.					18:36.86
	35.55 (35.55)	1:15.47 (1:51.01)	1:20.56 (3:11.56)	1:21.99 (4:33.55)	1:27.28 (6:00.82)	1:30.16 (7:30.98)	
	1:34.51 (9:05.49)	1:35.37 (10:40.85)	1:37.69 (12:18.54)	1:35.95 (13:54.49)	1:36.72 (15:31.20)	1:35.62 (17:06.82)	

#16 Women's 5000 Meters (Open)

Pl	Name	Team					Time
1	GHAZARIAN, Sevanne	Laurel Creek T.f.c.					16:29.50
	38.27 (38.27)	1:18.24 (1:56.50)	1:16.99 (3:13.49)	1:20.55 (4:34.04)	1:18.65 (5:52.68)	1:19.15 (7:11.83)	
	1:20.73 (8:32.55)	1:21.16 (9:53.71)	1:20.52 (11:14.22)	1:21.41 (12:35.63)	1:20.52 (13:56.15)	1:19.88 (15:16.03)	
2	ESAU, Emma	Niagara Olympic Club					19:54.80
	44.42 (44.42)	1:36.78 (2:21.20)	1:37.44 (3:58.63)	1:34.21 (5:32.84)	1:34.46 (7:07.29)	1:34.01 (8:41.29)	
	1:34.49 (10:15.78)	1:35.17 (11:50.95)	1:38.08 (13:29.03)	1:39.29 (15:08.32)	1:39.06 (16:47.37)	1:39.78 (18:27.15)	

#17 Men's DMR (Open)

Pl	Team	Time
1	Harbour Track - Hamilton (A)	10:21.62
2	Hamilton Olympic Club (A)	12:14.20
3	Dundas Valley Track Club (A)	12:23.62

#18 Women's DMR (Open)

Pl	Team	Time
1	Hamilton Olympic Club (A)	13:11.54