

HAMILTON SEASON OPENER TWILIGHT

Hamilton, ON

McMaster

May 18, 2025

MEET OFFICIALS

Timing:

SportMadeSimple



OFFICIAL MEET REPORT

printed: 2025-05-20 11:21 AM

RESULTS

#22 Men's 100 Meters (Wheelchair)

4:00 PM:

Prelims

Wind: (+1.3)

Pl	Name	Team	Time
1	Tai Young	CRUI - CRUISERS SPORT	18.34q
2	Shay Parreira	CRUI - CRUISERS SPORT	18.91q

#23 Women's 100 Meters (Wheelchair)

4:02 PM:

Prelims

Wind: (+5.1)

Pl	Name	Team	Time
1	Isabella Vujicic	CRUI - CRUISERS SPORT	22.05q
2	Lauren Redwood	CRUI - CRUISERS SPORT	22.53q

#1 Men's 100 Meters (Open)

4:05 PM:

Prelims

Pl	Name	Team	Time	H(Pl)
1	Roxroy Cato	Lyfestyle	11.05q (+0.7)	2(1)
2	Nathaniel Somerville	MOCA - Motown Athletics C	11.08q (+0.7)	2(2)
3	Jack Banfield	OHOC - Hamilton Olympic	11.11q (+2.8)	1(1)
4	Justin Irobun	UNON - Unattached Ontari	11.32q (+2.8)	1(2)
5	Noah Smith	MOCA - Motown Athletics C	11.55q (+2.8)	1(3)
6	Jayden Laing	RCAO - Royal City Athletics	11.55q (+0.7)	2(3)
7	Liam Lewis	Unattached	11.66q (+2.8)	1(4)
8	Drew Clark	OHOC - Hamilton Olympic	11.66q (+2.8)	1(5)
9	Chris Mote	UNON - Unattached Ontari	11.88q (+0.7)	2(4)
10	Hiro Zhang	Lyfestyle	12.11q (+0.7)	2(5)
11	Thomas Ong	Unattached	12.17q (+0.7)	2(6)
12	Ali Ghadghoni	Unattached	12.37q (+0.7)	2(7)
13	Joshua Roberto	TRAC - Toronto Racers Ath	12.69q (+2.8)	1(6)
14	Kazuki Hamase	UNON - Unattached Ontari	12.76q (+0.7)	2(8)
15	Kebba Njai	TRAC - Toronto Racers Ath	14.97q (+2.8)	1(7)

#2 Women's 100 Meters (Open)

4:15 PM:

Prelims

Wind: (+2.3)

Pl	Name	Team	Time
1	Arianna Malcolm	MOCA - Motown Athletics C	12.72q
2	Chiagozie Robert-Maduekwe	UNON - Unattached Ontari	13.35q
3	Sheridan McCready	LRUN - Lakehead Running	13.43q
4	Jayda Moore	CCCX - 310 Running	14.32q
5	Kendra Leger	UNON - Unattached Ontari	1:00.00q

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#24 Men's 400 Meters (Wheelchair)

4:20 PM:

Pl	Name	Team	Time
1	Tai Young	CRUI - CRUISERS SPORT	1:04.88
2	Shay Parreira	CRUI - CRUISERS SPORT	1:10.24

#25 Women's 400 Meters (Wheelchair)

4:23 PM:

Pl	Name	Team	Time
1	Lauren Redwood	CRUI - CRUISERS SPORT	1:22.18
2	Isabella Vujicic	CRUI - CRUISERS SPORT	1:32.41

#3 Men's 400 Meters (Open)

4:25 PM:

Pl	Name	Team	Time	H(Pl)
1	Nathan Hehn	UWTC - Waterloo Track Clu	49.61	2(1)
2	Joshua Lorentz	UWTC - Waterloo Track Clu	49.91	2(2)
3	William Bigler	OOAK - Oakville Renegade	50.56	2(3)
4	Shae Mark	MOCA - Motown Athletics C	50.80	2(4)
5	Amari Hernandez	Maximus Performance	50.90	2(5)
6	Eugene Kang	FLYA - Flying Angels Acad	53.33	1(1)
7	Joshua Roberto	TRAC - Toronto Racers Ath	58.59	1(2)
8	Jason Smith	Unattached	58.68	1(3)

#4 Women's 400 Meters (Open)

4:30 PM:

Pl	Name	Team	Time
1	Tiffany Sabado-Worrell	MOCA - Motown Athletics C	56.80
2	Kelly Mantel	BRNT - Brantford T.F.C.	59.37
3	Mckkenzi Scott Frazier	Lyfestyle	1:02.28
4	Bronwyn Blessing	MOCA - Motown Athletics C	1:02.99
5	Vaishnavi Yogarajah	Unattached	1:06.38

#22 Men's 100 Meters (Wheelchair)

4:40 PM:

Finals

Wind: (+2.0)

Pl	Name	Team	Time
1	Tai Young	CRUI - CRUISERS SPORT	18.21
2	Shay Parreira	CRUI - CRUISERS SPORT	19.10

#23 Women's 100 Meters (Wheelchair)

4:42 PM:

Finals

Wind: (+1.0)

Pl	Name	Team	Time
1	Isabella Vujicic	CRUI - CRUISERS SPORT	23.04
2	Lauren Redwood	CRUI - CRUISERS SPORT	23.61

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#1 Men's 100 Meters (Open)

4:44 PM:

Finals

Pl	Name	Team	Time	H(Pl)
1	Roxroy Cato	Lyfestyle	10.89 (+1.2)	2(1)
2	Nathaniel Somerville	MOCA - Motown Athletics C	11.02 (+1.2)	2(2)
3	Jack Banfield	OHOC - Hamilton Olympic	11.08 (+1.2)	2(3)
4	Justin Irobun	UNON - Unattached Ontari	11.35 (+1.2)	2(4)
5	Noah Smith	MOCA - Motown Athletics C	11.37 (+1.2)	2(5)
6	Jayden Laing	RCAO - Royal City Athletics	11.46 (+1.2)	2(6)
7	Drew Clark	OHOC - Hamilton Olympic	11.67 (+1.2)	2(7)
8	Liam Lewis	Unattached	11.73 (+1.2)	2(8)
9	Chris Mote	UNON - Unattached Ontari	11.80 (+1.8)	1(1)
10	Hiro Zhang	Lyfestyle	11.82 (+1.8)	1(2)
11	Ali Ghadghoni	Unattached	12.18 (+1.8)	1(3)
12	Thomas Ong	Unattached	12.19 (+1.8)	1(4)
13	Kazuki Hamase	UNON - Unattached Ontari	12.60 (+1.8)	1(5)
14	Joshua Roberto	TRAC - Toronto Racers Ath	12.66 (+1.8)	1(6)
15	Kebba Njai	TRAC - Toronto Racers Ath	14.72 (+1.8)	1(7)
	Ibrahim Adam Gamboa-Pasha	EDGE - Edge Sport Track	NT	1

#2 Women's 100 Meters (Open)

4:50 PM:

Finals

Wind: (+1.7)

Pl	Name	Team	Time
1	Arianna Malcolm	MOCA - Motown Athletics C	12.84
2	Chiagozie Robert-Maduekwe	UNON - Unattached Ontari	13.48
3	Sheridan McCready	LRUN - Lakehead Running	13.66
4	Jayda Moore	CCCX - 310 Running	14.43

#5 Men's 800 Meters (Open)

5:00 PM:

Pl	Name	Team	Time	H(Pl)
1	Aiden Coles 54.29	UNON - Unattached Ontari	1:50.61	4(1)
2	Dean Constantine 54.65	MOCA - Motown Athletics C	1:53.91	4(2)
3	Andrej Prekajski 56.52	UTTC - University of Toront	1:54.58	4(3)
4	Matt Viveiros 56.80	UNON - Unattached Ontari	1:55.93	4(4)
5	Robert McCann 58.06	UNON - Unattached Ontari	1:56.84	3(1)
6	Xavier Gordon 55.55	MOCA - Motown Athletics C	1:57.00	4(5)
7	Brandon Radey 57.44	TNOR - Track North Athleti	1:57.44	3(2)

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

5:00 PM:

Pl	Name	Team	Time	H(Pl)
8	Jaden O'Driscoll 57.63	RCAO - Royal City Athletics	1:57.69	4(6)
9	Eli Bouius 58.25	SAUG - Saugeen Track & F	1:57.80	3(3)
10	Ethan Rashid-Cocker 56.83	UNON - Unattached Ontari	1:57.85	4(7)
11	Ian McCosham 59.84	BLEG - Brockville Legion Tr	1:58.49	3(4)
12	Logan Klomps 58.94	UNON - Unattached Ontari	1:59.66	3(5)
13	Tolu Adebajo 58.26	UNON - Unattached Ontari	1:59.96	3(6)
14	Christian Lebar 59.63	TOWA - Toronto West Athle	2:00.64	3(7)
15	Perry Smith 1:00.87	SAUG - Saugeen Track & F	2:01.67	2(1)
16	Cecil Jenkins 57.01	GMTC - Glen Manor Track	2:01.81	4(8)
17	Andre Larocque 59.26	UNON - Unattached Ontari	2:02.20	3(8)
18	James Wheeler 1:01.11	SAUG - Saugeen Track & F	2:02.31	2(2)
19	Logan Kelly 1:01.29	SJTC - Saint John Reds Tr	2:04.14	2(3)
20	Matias Tessel 1:02.08	UNON - Unattached Ontari	2:05.01	3(9)
21	Patrick Leroux 1:01.62	TNOR - Track North Athleti	2:05.62	2(4)
22	Myles Clinton 1:02.17	UNON - Unattached Ontari	2:06.14	2(5)
23	Connor Hickling 1:01.84	UWTC - Waterloo Track Clu	2:06.34	2(6)
24	Nathan Philippon 1:04.11	UWTC - Waterloo Track Clu	2:09.44	2(7)
25	Micah Griffiths 1:04.42	UWTC - Waterloo Track Clu	2:09.45	2(8)
26	John Centritto 1:05.56	MOCA - Motown Athletics C	2:10.34	1(1)
27	Neiladri Mahalanobis 1:04.82	TNOR - Track North Athleti	2:11.37	1(2)
28	Suhayb Ahmedani 1:05.88	TOWA - Toronto West Athle	2:11.69	1(3)
29	Fred Sun 1:03.83	UWTC - Waterloo Track Clu	2:11.81	2(9)
30	Jonathan Wardle	PGNL - PEARLGATE TRA	2:13.34	1(4)

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

5:00 PM:

Pl	Name	Team	Time	H(Pl)
	1:05.60			
31	Travis Annett	TNOR - Track North Athleti	2:16.08	1(5)
	1:05.65			
32	Niccolo Anile	MOCA - Motown Athletics C	2:16.41	1(6)
	1:05.32			
33	Ivars Hanisco	Unattached	2:20.19	1(7)
	1:06.12			
34	Louis Byrne	OTOC - Toronto Olympic Tr	2:43.00	1(8)
	1:15.10			

#6 Women's 800 Meters (Open)

5:20 PM:

Pl	Name	Team	Time	H(Pl)
1	Ava Moric	SAUG - Saugeen Track & F	2:12.57	2(1)
	1:03.62			
2	Lauren Closs	UTTC - University of Toront	2:15.17	2(2)
	1:05.98			
3	Olivia Hendrikx	UNON - Unattached Ontari	2:16.67	2(3)
	1:08.43			
4	Caleigh Pribaz	UNON - Unattached Ontari	2:16.70	2(4)
	1:08.21			
5	Alexandra Smith	TOWA - Toronto West Athle	2:18.84	2(5)
	1:08.27			
6	Gillian Porter	UNON - Unattached Ontari	2:18.96	2(6)
	1:08.74			
7	Nicole Schindler	UWTC - Waterloo Track Clu	2:19.19	2(7)
	1:08.68			
8	Anne Voss	MCTC - Monte Cristo Track	2:23.44	2(8)
	1:08.51			
9	Daria Klufas	TOWA - Toronto West Athle	2:25.66	2(9)
	1:10.19			
10	Avery Martindale	SAUG - Saugeen Track & F	2:25.79	1(1)
	1:13.24			
11	Gillian Clarke	SAUG - Saugeen Track & F	2:28.75	1(2)
	1:13.34			
12	Ava Luong	TOWA - Toronto West Athle	2:28.82	1(3)
	1:13.70			
13	Abby Lanteigne	TNOR - Track North Athleti	2:29.78	1(4)
	1:12.78			
14	Ella Lukasko	OHOC - Hamilton Olympic	2:34.52	1(5)
	1:14.64			
15	Grace Murphy	UNON - Unattached Ontari	2:35.99	1(6)
	1:13.20			
16	Angela Kalopisis	LWTF - London Western T.	2:42.57	1(7)
	1:16.82			



RESULTS

#6 Women's 800 Meters (Open) (cont'd)

5:20 PM:

Pl	Name	Team	Time	H(Pl)
17	Micah Abbott 1:15.40	Unattached	2:43.38	1(8)
18	Megan Stewart 1:14.33	Niagara Olympic Club	2:46.33	1(9)
19	Devika Thangarasa 1:16.36	Lyfestyle	2:53.67	1(10)

#12 Men's 200 Meters (Open)

5:40 PM:

Pl	Name	Team	Time		H(Pl)
1	Roxroy Cato	Lyfestyle	21.91	(+0.9)	2(1)
2	Noah Smith	MOCA - Motown Athletics C	22.81	(+0.9)	2(2)
3	Nathaniel Somerville	MOCA - Motown Athletics C	22.84	(+0.9)	2(3)
4	Joshua Lorentz	UWTC - Waterloo Track Clu	23.04	(+0.9)	2(4)
5	Drew Clark	OHOC - Hamilton Olympic	23.57	(+3.0)	1(1)
6	Jayden Laing	RCAO - Royal City Athletics	23.64	(+0.9)	2(5)
7	Ali Ghadghoni	Unattached	24.22	(+0.9)	2(6)
8	Chris Mote	UNON - Unattached Ontari	24.36	(+3.0)	1(2)
9	Hiro Zhang	Lyfestyle	24.38	(+3.0)	1(3)
10	Mikhail Dwyer	UNON - Unattached Ontari	24.68	(+0.9)	2(7)
11	Thomas Ong	Unattached	25.08	(+3.0)	1(4)

#13 Women's 200 Meters (Open)

5:45 PM:

Wind: (+1.4)

Pl	Name	Team	Time
1	Arianna Malcolm	MOCA - Motown Athletics C	26.99
2	Jayda Moore	CCCX - 310 Running	31.06
3	Angela Kalopisis	LWTF - London Western T.	31.68

#7 Men's 3000 Meters (Open)

5:50 PM:

Pl	Name	Team	Time	H(Pl)
1	Tanner Hueglin 31.22 1:07.04 (1:38.26) 1:05.73 (2:43.98) 1:06.09 (3:50.07) 1:06.91 (4:56.97) 1:07.25 (6:04.22) 1:06.92 (7:11.13)	NMKT - Newmarket Huskie	8:13.90	3(1)
2	Jack Lehto 31.02 1:06.99 (1:38.00) 1:05.65 (2:43.65) 1:06.15 (3:49.80) 1:06.94 (4:56.73) 1:07.22 (6:03.95) 1:07.17 (7:11.11)	RCAO - Royal City Athletics	8:15.46	3(2)
3	Samuel Patrick 32.00 1:07.79 (1:39.78) 1:08.96 (2:48.74) 1:08.81 (3:57.54) 1:07.88 (5:05.42) 1:06.24 (6:11.66) 1:05.94 (7:17.59)	HARB - Harbour Track - Ha	8:19.43	3(3)
4	Melika Ghali 31.30 1:07.19 (1:38.48) 1:06.01 (2:44.48) 1:07.62 (3:52.10) 1:09.57 (5:01.67) 1:10.28 (6:11.94) 1:07.62 (7:19.56)	TOWA - Toronto West Athle	8:27.45	3(4)



RESULTS

#7 Men's 3000 Meters (Open) (cont'd)

5:50 PM:

Pl	Name	Team					Time	H(Pl)
5	Liam Smith	LWTF - London Western T.					8:31.56	3(5)
	31.55	1:07.23 (1:38.78)	1:06.13 (2:44.90)	1:10.59 (3:55.48)	1:10.56 (5:06.04)	1:11.64 (6:17.67)		
	1:10.15 (7:27.82)							
6	Angus Skinner	UNON - Unattached Ontari					8:35.33	2(1)
	34.91	1:10.12 (1:45.02)	1:09.14 (2:54.16)	1:08.38 (4:02.54)	1:09.82 (5:12.36)	1:10.86 (6:23.21)		
	1:08.60 (7:31.81)							
7	Matt Viveiros	UNON - Unattached Ontari					8:36.43	3(6)
	33.03	1:07.92 (1:40.95)	1:09.58 (2:50.52)	1:09.28 (3:59.79)	1:09.73 (5:09.52)	1:10.06 (6:19.58)		
	1:09.41 (7:28.98)							
8	Abdullahi Abdullahi	BDAC - Blue Devils Athletic					8:36.97	2(2)
	34.94	1:10.79 (1:45.72)	1:08.76 (2:54.47)	1:08.35 (4:02.82)	1:08.86 (5:11.68)	1:10.61 (6:22.28)		
	1:10.14 (7:32.42)							
9	Charlie Mills	BDAC - Blue Devils Athletic					8:38.28	2(3)
	35.18	1:10.35 (1:45.53)	1:08.74 (2:54.26)	1:08.65 (4:02.91)	1:08.96 (5:11.87)	1:10.34 (6:22.20)		
	1:10.02 (7:32.21)							
10	Miles Brackenbury	UNON - Unattached Ontari					8:39.58	3(7)
	32.26	1:07.78 (1:40.03)	1:08.97 (2:49.00)	1:08.81 (3:57.80)	1:07.97 (5:05.76)	1:11.64 (6:17.40)		
	1:13.58 (7:30.98)							
11	Joey Stel	NMKT - Newmarket Huskie					8:39.59	2(4)
	35.80	2:16.85 (2:52.65)	1:06.67 (3:59.32)	1:10.79 (5:10.11)	1:12.67 (6:22.77)	1:09.06 (7:31.83)		
12	Benjamin Keller	HARB - Harbour Track - Ha					8:40.49	2(5)
	35.75	1:09.57 (1:45.31)	1:09.30 (2:54.60)	1:09.28 (4:03.88)	1:11.12 (5:15.00)	1:11.36 (6:26.35)		
	1:11.33 (7:37.68)							
13	Matthew Markson	HARB - Harbour Track - Ha					8:40.98	2(6)
	34.40	1:10.59 (1:44.99)	1:08.01 (2:52.99)	1:06.45 (3:59.43)	1:09.10 (5:08.53)	1:11.55 (6:20.08)		
	1:12.98 (7:33.05)							
14	Parker Levac	Unattached					8:41.41	2(7)
	35.06	1:09.41 (1:44.47)	1:07.84 (2:52.30)	1:06.29 (3:58.59)	1:08.53 (5:07.12)	1:11.28 (6:18.40)		
	1:11.97 (7:30.36)							
15	Charlie Shaw	RCAO - Royal City Athletics					8:48.24	2(8)
	35.37	1:10.08 (1:45.44)	1:09.37 (2:54.81)	1:07.45 (4:02.25)	1:10.14 (5:12.39)	1:10.46 (6:22.84)		
	1:12.83 (7:35.66)							
16	Willem De Gooyer	UTTC - University of Toront					8:50.44	2(9)
	34.13	1:10.67 (1:44.80)	.42 (1:45.21)	1:08.66 (2:53.87)	1:08.60 (4:02.47)	1:10.37 (5:12.84)		
	1:10.72 (6:23.55)	1:14.15 (7:37.70)						
17	Adam Pralat	UTTC - University of Toront					8:51.12	2(10)
	35.49	1:10.56 (1:46.05)	1:09.32 (2:55.37)	1:09.30 (4:04.67)	1:11.17 (5:15.83)	1:13.51 (6:29.33)		
	1:14.26 (7:43.58)							
18	Cameron Bennett	UNON - Unattached Ontari					8:51.38	2(11)
	33.85	1:10.77 (1:44.61)	1:08.82 (2:53.43)	1:09.72 (4:03.14)	1:11.44 (5:14.58)	1:13.02 (6:27.60)		
	1:14.45 (7:42.04)							
19	Owen Parkes	HARB - Harbour Track - Ha					8:54.22	2(12)
	33.69	1:10.86 (1:44.55)	1:09.09 (2:53.63)	1:08.93 (4:02.56)	1:11.20 (5:13.75)	1:13.45 (6:27.20)		
	1:15.56 (7:42.76)							
20	Joshua Varley	NMKT - Newmarket Huskie					8:57.08	1(1)



RESULTS

#7 Men's 3000 Meters (Open) (cont'd)

5:50 PM:

Pl	Name	Team					Time	H(Pl)
	34.80	1:11.23 (1:46.02)	1:12.38 (2:58.40)	1:12.17 (4:10.56)	1:12.47 (5:23.02)	1:12.45 (6:35.47)		
	1:12.14 (7:47.60)							
21	Brandon Cidade	BDAC - Blue Devils Athletic					8:58.51	2(13)
	33.41	1:10.87 (1:44.27)	1:08.94 (2:53.21)	1:09.47 (4:02.67)	1:11.62 (5:14.29)	1:13.99 (6:28.27)		
	1:14.76 (7:43.03)							
22	Isaac Iannarelli	Kinplus					8:59.17	1(2)
	34.00	1:10.59 (1:44.58)	1:13.13 (2:57.71)	1:11.91 (4:09.62)	1:13.36 (5:22.97)	1:13.22 (6:36.19)		
	1:14.11 (7:50.29)							
23	Nick Trieu	BDAC - Blue Devils Athletic					8:59.45	1(3)
	33.81	1:11.88 (1:45.69)	1:13.25 (2:58.93)	1:11.91 (4:10.83)	1:12.41 (5:23.24)	1:13.37 (6:36.60)		
	1:13.20 (7:49.80)							
24	Jacob McLean	UNON - Unattached Ontari					9:00.35	2(14)
	34.68	1:10.78 (1:45.46)	1:09.53 (2:54.99)	1:09.91 (4:04.89)	1:14.06 (5:18.95)	1:16.06 (6:35.00)		
	1:16.63 (7:51.63)							
25	Tristan Bouius	SAUG - Saugeen Track & F					9:00.40	2(15)
	34.14	1:10.66 (1:44.79)	1:08.83 (2:53.62)	1:08.67 (4:02.28)	1:11.17 (5:13.45)	1:14.59 (6:28.03)		
	1:16.95 (7:44.98)							
26	Frédéric Rivard	Unattached					9:00.91	1(4)
	34.48	1:10.52 (1:45.00)	1:12.95 (2:57.94)	1:12.37 (4:10.31)	1:13.01 (5:23.31)	1:13.58 (6:36.89)		
	1:14.45 (7:51.33)							
27	Jack Sacilotto	UNON - Unattached Ontari					9:02.28	1(5)
	35.07	1:11.36 (1:46.42)	1:12.81 (2:59.22)	1:11.96 (4:11.18)	1:12.37 (5:23.54)	1:12.19 (6:35.72)		
	1:11.99 (7:47.71)							
28	Emile Zanuttini	UNON - Unattached Ontari					9:07.03	2(16)
	35.57	1:10.31 (1:45.88)	1:09.31 (2:55.19)	1:10.32 (4:05.51)	1:14.96 (5:20.47)	1:16.02 (6:36.48)		
	1:15.90 (7:52.37)							
29	Aidan Chan-Smith	ETOB - Etobicoke Huskies-					9:10.00	1(6)
	33.62	1:11.10 (1:44.72)	1:12.76 (2:57.48)	1:12.53 (4:09.99)	1:12.79 (5:22.79)	1:13.35 (6:36.13)		
	1:14.80 (7:50.92)							
30	Seth Sommerfreund	LWTF - London Western T.					9:16.42	1(7)
	34.91	1:12.04 (1:46.95)	1:13.52 (3:00.46)	1:13.01 (4:13.46)	1:14.46 (5:27.92)	1:15.26 (6:43.18)		
	1:17.04 (8:00.22)							
31	Daniel Marcuzzi	TOWA - Toronto West Athle					9:23.74	1(8)
	34.31	1:11.98 (1:46.28)	1:13.74 (3:00.01)	1:15.12 (4:15.12)	1:17.53 (5:32.65)	1:17.55 (6:50.19)		
	1:19.26 (8:09.45)							
32	Max Elinson	Monarch Athletics Club					9:27.32	1(9)
	34.74	1:11.80 (1:46.54)	1:13.82 (3:00.36)	1:12.92 (4:13.28)	1:14.48 (5:27.75)	1:17.92 (6:45.67)		
	1:20.97 (8:06.64)							
33	Tom Voss	Unattached					9:36.23	1(10)
	35.16	1:12.03 (1:47.19)	1:15.11 (3:02.29)	1:15.80 (4:18.09)	1:18.37 (5:36.45)	1:17.22 (6:53.67)		
	1:20.11 (8:13.78)							
34	Andrew Hicks	UTTC - University of Toront					9:38.95	1(11)
	34.88	1:12.06 (1:46.93)	1:15.08 (3:02.01)	1:15.81 (4:17.82)	1:18.41 (5:36.22)	1:20.21 (6:56.42)		
	1:23.16 (8:19.58)							
35	Fawwaz Khan	TOWA - Toronto West Athle					9:47.32	1(12)



RESULTS

#7 Men's 3000 Meters (Open) (cont'd)

5:50 PM:						
Pl	Name	Team				Time H(Pl)
	35.58	1:14.33 (1:49.91)	1:16.32 (3:06.23)	1:18.75 (4:24.97)	1:20.17 (5:45.14)	1:22.25 (7:07.38)
	1:21.74 (8:29.12)					
36	Lisandro Linares	TOWA - Toronto West Athle				9:49.88 1(13)
	35.68	1:14.55 (1:50.22)	1:16.43 (3:06.65)	1:17.86 (4:24.51)	1:21.18 (5:45.68)	1:23.41 (7:09.09)
	1:24.34 (8:33.42)					
37	Emerson Smith	SAUG - Saugeen Track & F				10:15.46 1(14)
	34.76	1:17.91 (1:52.67)	1:24.43 (3:17.09)	1:26.39 (4:43.47)	1:25.48 (6:08.95)	1:25.55 (7:34.49)
	1:26.51 (9:01.00)					
38	Silas Garside	SAUG - Saugeen Track & F				10:16.84 1(15)
	35.92	1:17.14 (1:53.06)	1:24.33 (3:17.38)	1:26.48 (4:43.85)	1:25.39 (6:09.24)	1:25.60 (7:34.83)
	1:26.51 (9:01.33)					
	Nicholas D'Alessandro	HARB - Harbour Track - Ha				DNF 3
	Christian Rachner	RCAO - Royal City Athletics				DNF 2
	Max Davies	RCAO - Royal City Athletics				DNF 3

#8 Women's 3000 Meters (Open)

6:20 PM:						
Pl	Name	Team				Time H(Pl)
1	Waverley Mulligan	UNON - Unattached Ontari				9:34.71 2(1)
	37.12	1:18.93 (1:56.04)	1:20.82 (3:16.85)	1:17.19 (4:34.04)	1:17.02 (5:51.05)	1:17.12 (7:08.17)
	1:14.45 (8:22.61)					
2	Alexandra McDougall	RCAO - Royal City Athletics				9:45.14 2(2)
	38.44	1:18.37 (1:56.80)	1:20.65 (3:17.45)	1:18.39 (4:35.83)	1:19.57 (5:55.40)	1:18.74 (7:14.14)
	1:16.18 (8:30.32)					
3	Ana Morariu	HARB - Harbour Track - Ha				9:46.15 2(3)
	37.37	1:18.84 (1:56.20)	1:20.22 (3:16.42)	1:15.11 (4:31.52)	1:16.78 (5:48.30)	1:19.91 (7:08.21)
	1:21.21 (8:29.41)					
4	Hannah Goodjohn	UNON - Unattached Ontari				9:49.48 2(4)
	37.68	1:18.72 (1:56.39)	1:20.67 (3:17.06)	1:17.23 (4:34.28)	1:18.24 (5:52.52)	1:20.60 (7:13.12)
	1:17.41 (8:30.52)					
5	Michelle Gray	RCAO - Royal City Athletics				9:55.97 2(5)
	38.63	1:18.38 (1:57.01)	1:20.67 (3:17.67)	1:18.68 (4:36.34)	1:19.28 (5:55.61)	1:19.86 (7:15.47)
	1:21.33 (8:36.79)					
6	Kaylee White	HARB - Harbour Track - Ha				9:56.87 2(6)
	37.93	1:18.62 (1:56.54)	1:20.64 (3:17.18)	1:18.18 (4:35.36)	1:20.47 (5:55.82)	1:21.15 (7:16.97)
	1:23.62 (8:40.58)					
7	Lauren Macsai	Kinplus				10:02.36 1(1)
	38.50	1:20.32 (1:58.82)	1:19.51 (3:18.32)	1:21.61 (4:39.93)	1:22.32 (6:02.24)	1:22.48 (7:24.71)
	1:20.98 (8:45.69)					
8	Sawyer Nicholson	DURA - Durham Dragons A				10:02.96 2(7)
	37.39	1:18.66 (1:56.05)	1:20.28 (3:16.32)	1:18.23 (4:34.55)	1:21.45 (5:55.99)	1:22.25 (7:18.24)
	1:24.13 (8:42.36)					
9	Jessica Yemen	HARB - Harbour Track - Ha				10:04.45 2(8)
	38.42	1:20.17 (1:58.59)	1:22.10 (3:20.69)	1:20.72 (4:41.41)	1:20.99 (6:02.40)	1:23.05 (7:25.45)
	1:23.50 (8:48.94)					



RESULTS

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

6:20 PM:

Pl	Name	Team					Time	H(Pl)
10	Sophie Trott	HARB - Harbour Track - Ha					10:06.35	2(9)
	38.59	1:20.12 (1:58.70)	1:22.05 (3:20.75)	1:20.69 (4:41.43)	1:20.59 (6:02.02)	1:23.13 (7:25.14)		
	1:23.07 (8:48.21)							
11	Kayla Overholt	HARB - Harbour Track - Ha					10:06.62	1(2)
	37.46	1:17.93 (1:55.38)	1:20.34 (3:15.72)	1:21.83 (4:37.55)	1:23.25 (6:00.80)	1:24.24 (7:25.03)		
	1:23.37 (8:48.40)							
12	Florina Keller	HARB - Harbour Track - Ha					10:09.91	2(10)
	38.36	1:19.97 (1:58.33)	1:21.64 (3:19.96)	1:20.86 (4:40.82)	1:22.00 (6:02.81)	1:24.21 (7:27.02)		
	1:24.99 (8:52.01)							
13	Jasmine Stokes	UNON - Unattached Ontari					10:10.79	2(11)
	38.97	1:19.76 (1:58.73)	1:21.74 (3:20.46)	1:20.70 (4:41.15)	1:20.49 (6:01.64)	1:22.99 (7:24.63)		
	1:23.41 (8:48.03)							
14	Clara Fava	OHOC - Hamilton Olympic					10:20.05	2(12)
	39.11	1:19.80 (1:58.91)	1:22.05 (3:20.95)	1:20.71 (4:41.66)	1:21.37 (6:03.02)	1:24.40 (7:27.42)		
	1:25.68 (8:53.10)							
15	Katherine Taylor	UNON - Unattached Ontari					10:25.02	2(13)
	38.85	1:19.66 (1:58.51)	1:21.78 (3:20.29)	1:20.80 (4:41.08)	1:20.17 (6:01.24)	1:24.76 (7:26.00)		
	1:29.69 (8:55.68)							
16	Hayley Hood	Unattached					10:30.94	1(3)
	38.01	1:22.46 (2:00.46)	1:27.68 (3:28.14)	1:27.61 (4:55.74)	1:26.94 (6:22.68)	1:25.60 (7:48.27)		
	1:24.33 (9:12.60)							
17	Chantal Abbott	South Simcoe Dufferin TFC					10:32.50	1(4)
	37.57	1:22.31 (1:59.88)	1:27.94 (3:27.81)	1:27.69 (4:55.50)	1:27.01 (6:22.50)	1:25.60 (7:48.10)		
	1:24.49 (9:12.58)							
18	Flavia Linares	TOWA - Toronto West Athle					10:37.44	1(5)
	38.31	1:22.14 (2:00.44)	2:54.89 (4:55.33)	1:27.11 (6:22.43)	1:25.71 (7:48.14)	1:24.92 (9:13.05)		
19	Riyaa Balakrishnan	TOWA - Toronto West Athle					10:45.28	1(6)
	38.28	1:22.06 (2:00.33)	1:27.33 (3:27.65)	1:27.92 (4:55.57)	1:27.72 (6:23.28)	1:29.99 (7:53.26)		
	1:29.80 (9:23.06)							
20	Nicole Hartnell	TOWA - Toronto West Athle					10:46.81	1(7)
	37.77	1:22.40 (2:00.17)	1:27.90 (3:28.06)	1:27.28 (4:55.34)	1:27.65 (6:22.99)	1:29.47 (7:52.45)		
	1:30.90 (9:23.35)							
21	Laura Peters	TOWA - Toronto West Athle					10:48.23	1(8)
	38.33	1:22.73 (2:01.06)	1:27.72 (3:28.78)	1:28.16 (4:56.93)	1:28.67 (6:25.60)	1:29.85 (7:55.45)		
	1:28.84 (9:24.28)							
22	Mackenzie Gallagher	ETOB - Etobicoke Huskies-					10:53.82	1(9)
	37.23	1:22.41 (1:59.63)	1:28.24 (3:27.86)	1:28.47 (4:56.33)	1:30.72 (6:27.04)	1:31.92 (7:58.96)		
	1:32.10 (9:31.05)							
23	Emily Sharik-Carreiro	UWTC - Waterloo Track Clu					11:13.42	1(10)
	39.65	1:25.15 (2:04.79)	1:30.49 (3:35.28)	1:32.61 (5:07.89)	1:32.40 (6:40.28)	1:32.74 (8:13.01)		
	1:33.99 (9:47.00)							
24	Kirstin Lukasko	Unattached					13:04.98	1(11)
	42.80	1:39.85 (2:22.65)	1:47.75 (4:10.39)	1:48.00 (5:58.39)	1:49.58 (7:47.96)	1:47.82 (9:35.78)		
	1:46.68 (11:22.46)							



RESULTS

#21 Women's 5000 Meters (Open)

6:50 PM:

Pl	Name	Team					Time
1	Maria Linton	DURA - Durham Dragons A					17:14.39
		39.04	1:22.42 (2:01.46)	1:23.94 (3:25.39)	1:20.89 (4:46.28)	1:20.08 (6:06.35)	1:20.84 (7:27.19)
		1:21.31 (8:48.49)	1:22.70 (10:11.19)	1:24.51 (11:35.70)	1:25.92 (13:01.61)	1:25.19 (14:26.80)	1:23.63 (15:50.42)
2	Eliza Jane Boston	NMKT - Newmarket Huskie					18:16.81
		40.05	1:23.93 (2:03.97)	1:25.95 (3:29.92)	1:25.73 (4:55.65)	1:26.93 (6:22.58)	1:28.88 (7:51.45)
		1:30.57 (9:22.01)	1:30.59 (10:52.60)	1:29.84 (12:22.43)	1:30.77 (13:53.19)	1:29.87 (15:23.06)	1:28.83 (16:51.88)
3	Charlotte Clinton	UNON - Unattached Ontari					18:48.34
		42.75	1:29.67 (2:12.41)	1:29.64 (3:42.05)	1:29.56 (5:11.60)	1:28.65 (6:40.25)	1:30.15 (8:10.40)
		1:30.78 (9:41.17)	1:31.22 (11:12.39)	1:32.80 (12:45.19)	1:31.78 (14:16.97)	1:33.44 (15:50.41)	1:32.85 (17:23.25)
4	Jocelyn Ringle	UNNL - UNATTACHED NE					18:54.52
		42.73	1:29.70 (2:12.42)	1:29.64 (3:42.05)	1:29.74 (5:11.79)	1:28.73 (6:40.51)	1:29.88 (8:10.39)
		1:31.17 (9:41.55)	1:32.95 (11:14.50)	1:34.36 (12:48.85)	1:33.64 (14:22.49)	1:32.11 (15:54.60)	1:31.98 (17:26.57)
5	Tiffany Newell	UNON - Unattached Ontari					19:07.13
		44.00	1:29.20 (2:13.19)	1:29.44 (3:42.63)	1:29.73 (5:12.35)	1:29.83 (6:42.17)	1:31.20 (8:13.37)
		1:30.96 (9:44.33)	1:32.64 (11:16.97)	1:33.12 (12:50.09)	1:34.44 (14:24.52)	1:34.36 (15:58.87)	1:35.37 (17:34.23)

#9 Men's 5000 Meters (Open)

7:15 PM:

Pl	Name	Team					Time
1	Max Turek	HARB - Harbour Track - Ha					14:09.82
		34.76	1:09.64 (1:44.39)	1:08.62 (2:53.01)	1:08.38 (4:01.39)	1:08.69 (5:10.07)	1:09.83 (6:19.89)
		1:09.37 (7:29.26)	1:10.22 (8:39.48)	1:08.51 (9:47.98)	1:07.89 (10:55.87)	1:06.90 (12:02.76)	1:04.52 (13:07.28)
		1:02.54 (14:09.82)					
2	Sawyer LeBlanc	PGNL - PEARLGATE TRA					14:32.20
		34.11	1:10.81 (1:44.92)	1:08.71 (2:53.62)	1:08.36 (4:01.98)	1:08.77 (5:10.74)	1:10.24 (6:20.98)
		1:10.68 (7:31.66)	1:10.66 (8:42.32)	1:09.95 (9:52.26)	1:12.78 (11:05.04)	1:11.80 (12:16.83)	1:11.38 (13:28.21)
		1:04.00 (14:32.20)					
3	Iain Thomson	HARB - Harbour Track - Ha					14:35.08
		33.63	1:10.53 (1:44.16)	1:08.64 (2:52.80)	1:08.44 (4:01.23)	1:08.59 (5:09.82)	1:09.89 (6:19.71)
		1:11.52 (7:31.23)	1:10.58 (8:41.80)	1:10.11 (9:51.90)	1:12.92 (11:04.82)	1:12.25 (12:17.06)	1:11.47 (13:28.53)
		1:06.55 (14:35.08)					
4	Dakota Goguen	NMKT - Newmarket Huskie					14:36.68
		32.84	1:11.07 (1:43.90)	1:08.60 (2:52.49)	1:08.50 (4:00.99)	1:08.58 (5:09.56)	1:09.92 (6:19.48)
		1:11.53 (7:31.00)	1:10.57 (8:41.56)	1:10.23 (9:51.79)	1:12.95 (11:04.74)	1:12.60 (12:17.33)	1:11.50 (13:28.82)
		1:07.87 (14:36.68)					
5	Austin McGoey	HARB - Harbour Track - Ha					14:43.32
		34.76	1:11.36 (1:46.12)	1:08.93 (2:55.04)	1:09.12 (4:04.16)	1:10.16 (5:14.32)	1:10.16 (6:24.47)
		1:10.76 (7:35.23)	1:12.12 (8:47.34)	1:11.17 (9:58.51)	1:12.26 (11:10.77)	1:12.14 (12:22.91)	1:10.64 (13:33.54)
		1:09.78 (14:43.32)					
6	Miles Avalos	TOWA - Toronto West Athle					14:48.56
		32.64	1:11.01 (1:43.65)	1:08.58 (2:52.23)	1:08.55 (4:00.78)	1:08.57 (5:09.34)	1:09.92 (6:19.25)
		1:11.57 (7:30.82)	1:12.22 (8:43.03)	1:13.42 (9:56.44)	1:15.90 (11:12.34)	1:13.96 (12:26.29)	1:13.57 (13:39.86)
		1:08.70 (14:48.56)					
7	Saed Griffith	Monarch Athletics Club					14:50.95

HAMILTON SEASON OPENER TWILIGHT

Hamilton, ON

McMaster

May 18, 2025

MEET OFFICIALS

Timing:

SportMadeSimple



OFFICIAL MEET REPORT

printed: 2025-05-20 11:21 AM

RESULTS

#9 Men's 5000 Meters (Open) (cont'd)

7:15 PM:

Pl	Name	Team					Time
	35.38	1:10.59 (1:45.97)	1:10.07 (2:56.03)	1:09.10 (4:05.13)	1:09.65 (5:14.77)	1:10.05 (6:24.82)	
	1:11.39 (7:36.20)	1:11.93 (8:48.12)	1:11.75 (9:59.86)	1:12.70 (11:12.56)	1:13.97 (12:26.52)	1:13.61 (13:40.12)	
	1:10.83 (14:50.95)						
8	Giancarlo Farruggia	HARB - Harbour Track - Ha					14:51.15
	33.89	1:10.76 (1:44.64)	1:08.64 (2:53.28)	1:08.30 (4:01.57)	1:08.81 (5:10.38)	1:10.99 (6:21.36)	
	1:13.67 (7:35.02)	1:12.79 (8:47.81)	1:13.38 (10:01.18)	1:16.35 (11:17.53)	1:15.07 (12:32.60)	1:12.46 (13:45.06)	
	1:06.09 (14:51.15)						
9	Jacques Tiessen	UWTC - Waterloo Track Clu					14:54.72
	35.39	1:11.51 (1:46.89)	1:09.68 (2:56.56)	1:09.81 (4:06.37)	1:11.85 (5:18.21)	1:12.97 (6:31.18)	
	1:12.49 (7:43.66)	1:12.78 (8:56.44)	1:11.71 (10:08.15)	1:13.93 (11:22.07)	1:12.23 (12:34.29)	1:11.93 (13:46.22)	
	1:08.50 (14:54.72)						
10	Satveer Gill	LWTF - London Western T.					15:03.44
	34.76	1:11.99 (1:46.75)	1:10.37 (2:57.11)	1:11.09 (4:08.20)	1:12.12 (5:20.31)	1:12.11 (6:32.42)	
	1:13.04 (7:45.45)	1:12.56 (8:58.01)	1:12.85 (10:10.85)	1:13.74 (11:24.59)	1:12.78 (12:37.37)	1:12.64 (13:50.00)	
	1:13.45 (15:03.44)						
11	Noah Patterson	BDAC - Blue Devils Athletic					15:14.67
	33.85	1:11.45 (1:45.30)	1:10.00 (2:55.29)	1:09.58 (4:04.87)	1:10.41 (5:15.27)	1:11.31 (6:26.58)	
	1:12.89 (7:39.46)	1:13.74 (8:53.19)	1:14.20 (10:07.39)	1:15.47 (11:22.85)	1:16.03 (12:38.88)	1:19.59 (13:58.46)	
	1:16.22 (15:14.67)						
12	Vincent Lam	UNON - Unattached Ontari					15:19.22
	35.13	1:10.47 (1:45.59)	1:08.52 (2:54.10)	1:10.47 (4:04.57)	1:10.74 (5:15.31)	1:10.70 (6:26.00)	
	1:13.08 (7:39.08)	1:14.79 (8:53.87)	1:15.81 (10:09.67)	1:17.33 (11:27.00)	1:18.22 (12:45.21)	1:17.28 (14:02.49)	
	1:16.74 (15:19.22)						
13	Noah Nagy	HARB - Harbour Track - Ha					15:21.71
	35.16	1:11.22 (1:46.37)	1:09.53 (2:55.90)	1:10.22 (4:06.11)	1:12.17 (5:18.28)	1:13.44 (6:31.71)	
	1:14.08 (7:45.78)	1:16.22 (9:02.00)	1:16.58 (10:18.57)	1:16.76 (11:35.32)	1:17.41 (12:52.73)	1:17.13 (14:09.86)	
	1:11.86 (15:21.71)						
14	Samuel Rohr	Laurel Creek T.f.c					15:44.82
	35.17	1:11.47 (1:46.64)	1:10.22 (2:56.86)	1:11.88 (4:08.73)	1:14.11 (5:22.84)	1:15.95 (6:38.78)	
	1:15.95 (7:54.73)	1:16.83 (9:11.56)	1:17.42 (10:28.98)	1:19.11 (11:48.09)	1:19.65 (13:07.74)	1:18.76 (14:26.49)	
	1:18.33 (15:44.82)						
15	Kaleb Dingman	UNON - Unattached Ontari					15:58.25
	37.12	1:17.93 (1:55.05)	1:18.04 (3:13.08)	1:15.03 (4:28.11)	1:15.82 (5:43.92)	1:15.99 (6:59.91)	
	1:16.16 (8:16.06)	1:16.02 (9:32.07)	1:15.99 (10:48.06)	1:18.75 (12:06.80)	1:18.99 (13:25.79)	1:19.69 (14:45.47)	
	1:12.78 (15:58.25)						
16	Shengan Li	UNON - Unattached Ontari					16:04.72
	36.62	1:16.93 (1:53.55)	1:18.17 (3:11.71)	1:16.15 (4:27.85)	1:16.50 (5:44.34)	1:15.78 (7:00.12)	
	1:16.92 (8:17.03)	1:18.56 (9:35.59)	1:18.29 (10:53.87)	1:19.21 (12:13.08)	1:19.29 (13:32.36)	1:19.28 (14:51.64)	
	1:13.09 (16:04.72)						
17	Marco Volpi	NMKT - Newmarket Huskie					16:07.12
	37.73	1:17.55 (1:55.28)	1:17.19 (3:12.46)	1:15.90 (4:28.36)	1:15.84 (5:44.20)	1:16.25 (7:00.45)	
	1:17.32 (8:17.76)	1:18.34 (9:36.10)	1:18.07 (10:54.16)	1:19.30 (12:13.46)	1:19.51 (13:32.96)	1:20.29 (14:53.25)	
	1:13.88 (16:07.12)						
18	Esteban Clavijo	NMKT - Newmarket Huskie					16:45.83

HAMILTON SEASON OPENER TWILIGHT
Hamilton, ON
McMaster
May 18, 2025

MEET OFFICIALS
Timing:
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RESULTS

#9 Men's 5000 Meters (Open) (cont'd)

7:15 PM:

Pl	Name	Team					Time
	37.78	1:16.99 (1:54.77)	1:18.08 (3:12.84)	1:18.14 (4:30.98)	1:19.49 (5:50.47)	1:20.81 (7:11.27)	
	1:22.44 (8:33.71)	1:23.85 (9:57.56)	1:22.93 (11:20.48)	1:22.72 (12:43.20)	1:23.39 (14:06.59)	1:23.39 (15:29.98)	
	1:15.86 (16:45.83)						
19	Noah Feltham	UNON - Unattached Ontari					16:45.90
	36.87	1:17.48 (1:54.34)	1:17.88 (3:12.22)	1:16.41 (4:28.62)	1:16.31 (5:44.93)	1:17.88 (7:02.80)	
	1:19.00 (8:21.79)	1:22.53 (9:44.32)	1:24.53 (11:08.85)	1:24.69 (12:33.53)	1:27.39 (14:00.92)	1:26.81 (15:27.72)	
	1:18.18 (16:45.90)						
	Ehab El-Sandali	Toronto West Athletics					DNF