24th Annual York University Holiday Open - 2026-11-28

Toronto Track & Field Centre

Results

Event 1 Women 60 Meter Dash OPEN

Top 16 Advance by Time

Meet Rec:: * 7.46 2004-12-11 Daniella Vega, York University T

	Name	Year	Team	Prelims	H#
Preliminaries					
1	Sleath, Kyla		York Lions	7.78q	2
2	MacDonald, Jaya		Laurentian V	7.79q	5
3	Abiodun, Nike		Royal City A	7.88q	4
4	Oluwasikun, Happy		Guelph Gryphons	7.89q	3
5	Whyte, Aliyah		York Lions	7.91q	4
5	Saldutto, Sarah		Brock Badgers	7.91q	1
7	Lapierre, Eva		Brock Badgers	7.94q	6
8	Ra-Akbar, Kaia		Flying Angel	7.97q	5
9	Rye, Neve		Laurier Gold	8.01q	2
10	Aljourmi, Sofia		Brock Badgers	8.02q	4
11	Joseph, Makenzie		Guelph Gryphons	8.03q	3
12	Acheampong, Enoyaa		Pinnacle Spe	8.07q	6
13	Hughes, Julia		Waterloo Warriors	8.11q	4
13	Chand, Ewa		Toronto Vars	8.11q	5
15	Close, Penelope		Laurier Gold	8.12q	5
15	Kulik, Milena		Laurentian V	8.12q	6
17	McPherson, Sarai		Laurier Gold	8.13	6
18	Cuza, Finlay		Laurentian V	8.14	1
19	McNaught, Anya		Guelph Gryphons	8.18	1
20	Adrien, Renee		Laurel Creek T.F.C	8.21	4
21	Fedy, Chelsea		Blue Devils	8.22	3
22	Chan, Kyra		Waterloo Warriors	8.23	2
23	Schifitto, Angelyssa		York Lions	8.24	1
24	Cassidy, Claire		Waterloo Warriors	8.31	6
25	Knight, Jelissa		York Lions	8.32	3
25	Diavolitsis, Alissa		Laurentian V	8.32	2
27	Podaru, Madi		Laurier Gold	8.34	5
28	Huxtable, Isabella		Flying Angel	8.37	5
29	Tino, Alessia		Laurier Gold	8.39	6
30	Kapinga, Victoria		York Lions	8.43	3
31	Nwosu, Munachimso		Flying Angel	8.46	1
31	Delange, Mieka		Blue Devils	8.46	4
33	Kekovole, Thando		Waterloo Warriors	8.47	1
34	Arakgi, Vivienne		Flying Angel	8.49	2
35	Mupesse, Kaylinda		Waterloo Warriors	8.59	1
36	Boateng, Clara		Flying Angel	8.63	3
37	Green Kopeck, Claire		Laurier Gold	8.67	2
38	Lovett, Hannah		Brock Badgers	8.70	2
39	Alexander, Akayla		Toronto Metro Bold	8.74	4
40	Wadhwa, Chandi		Waterloo Warriors	8.97	5
41	Mellis, Lee-Anne		York Lions	9.01	3
42	Olstrom, Lea		Laurier Gold	9.08	3
43	Hughes, Nicole		Waterloo Warriors	9.17	6
44	Satheesh, Swaathi		Blue Devils	9.20	4

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	Name	Year	Team	Finals	H#
Finals					
1	Sleath, Kyla		York Lions	7.75	2
2	MacDonald, Jaya		Laurentian V	7.78	2
3	Abiodun, Nike		Royal City A	7.90	2
3	Whyte, Aliyah		York Lions	7.90	2
5	Saldutto, Sarah		Brock Badgers	7.93	2
6	Oluwasikun, Happy		Guelph Gryphons	7.95	2
7	Lapierre, Eva		Brock Badgers	7.96	2
7	Ra-Akbar, Kaia		Flying Angel	7.96	2
9	Aljourmi, Sofia		Brock Badgers	7.97	1
10	Chand, Ewa		Toronto Vars	8.03	1
11	Joseph, Makenzie		Guelph Gryphons	8.06	1
12	Kulik, Milena		Laurentian V	8.07	1
13	Acheampong, Enoyaa		Pinnacle Spe	8.08	1
14	Hughes, Julia		Waterloo Warriors	8.11	1

Event 2 Men 60 Meter Dash OPEN

Top 16 Advance by Time

Meet Rec:: * 6.68 2007-12-15 Shannon King, Mississauga TFC

	Name	Year	Team	Prelims	H#
Preliminaries					
1	Gairy, Christian		Waterloo Warriors	6.90q	11
2	Di Frangia-Bennett, Decl		Laurier Gold	6.98q	1
3	Campbell-Cole, Makhai		York Lions	7.05q	12
4	Raji, Maliq		Oakville Renegad	7.06q	9
5	Kim, Joshua		Laurentian V	7.07q	11
5	Appau, Prince		Brock Badgers	7.07q	10
7	Tessier, Ayden		Brock Badgers	7.09q	12
7	Pinceau, Samuel		York Lions	7.09q	2
7	Igbekoyi, Dami		Unattached Ontario	7.09q	3
7	Aroloye, Sise		Laurier Gold	7.09q	5
11	Couto, Logan		Laurier Gold	7.11q	6
11	Coxson, Silas		Waterloo Warriors	7.11q	7
13	Douglas, Mattheo		Toronto Vars	7.12q	10
14	Tivig, Daniel		Waterloo Warriors	7.13q	7
14	Grant-Smith, Charles		Unattached Ontario	7.13q	1
14	Abiodun, Abdul		Laurentian V	7.13q	8
17	Allen, Kymani		Laurier Gold	7.14	9
18	Ilesanmi, Divine		Laurier Gold	7.15	4
19	Hodgins, Christian		Laurentian V	7.17	1
19	Spencer, Colton		Unattached Ontario	7.17	4
21	Ma, Brendon		Brock Badgers	7.18	5
21	Kulisek, Kristian		University O	7.18	6
23	Ricketts, Nolan		Waterloo Warriors	7.19	2
24	Okeyinka, Damilare		Unattached Ontario	7.20	2
25	Srivatsa, Nandan		Waterloo Warriors	7.21	7
25	Slegtenhorst, Isaiah		Brock Badgers	7.21	12
27	Alabi, David		Waterloo Warriors	7.23	4
28	Saraiva, Jason		Toronto Metro Bold	7.24	5
28	Mordel, Eli		York Lions	7.24	7

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....Event 2 Men 60 Meter Dash OPEN

28	De Simone, Vincenzo	Brock Badgers	7.24	9
28	Ragutharan, Gamshikan	Waterloo Warriors	7.24	8
32	Kosmajac, Gabriel	Laurentian V	7.25	7
32	Lyder-Sealy, Rashim	Brock Badgers	7.25	5
34	Scott, Kaleb	Waterloo Warriors	7.26	11
34	Dandie, Anthony	Unattached Ontario	7.26	8
36	Carne, Everett	Brock Badgers	7.28	9
36	Okwuosa, Kamso	Laurier Gold	7.28	3
38	Bazunu, Oghenefego	Flying Angel	7.30	12
39	Allen, Russell	Laurier Gold	7.31	10
39	Ojukwu, Ugo	York Univers	7.31	2
39	Samuels, Mahreon	York Lions	7.31	2
42	Pearson, Braydon	Laurier Gold	7.33	6
43	Sivarajah, Yathusan	York Univers	7.34	1
44	Lewis, Liam	Toronto Metro Bold	7.35	9
45	Suthananthan, Thivvian	York Lions	7.37	1
46	Garcia Martens, Nicolas	Waterloo Warriors	7.38	4
46	Gauvreau, Gabe	Laurentian V	7.38	8
48	Kachuta, Farai	Brock Badgers	7.39	3
49	Walker, Ray	Brock Badgers	7.42	8
49	Emokpae, Ross	Laurier Gold	7.42	5
49	DeGuzman, Rhylly	University O	7.42	12
52	MacLellan, Alex	York Lions	7.43	11
53	Williams-Barnes, Evan	Laurier Gold	7.44	12
54	Campbell, Luke	Laurier Gold	7.48	12
54	Wang, Kaizhe	Brock Badgers	7.48	1
56	Kulisek, Sebastian	University O	7.49	4
57	Colangelo, Leo	Brock Badgers	7.53	6
57	Karp, Jordan	York Lions	7.53	7
57	Busog, Jheo	Unattached Ontario	7.53	10
60	Shoval, Daniel	York Univers	7.54	3
61	Gill, Andon	Laurentian V	7.57	11
62	Sisman, Brennan	Flying Angel	7.61	11
63	Mittler, Julian	University O	7.63	4
64	Rivard, Izaiah	Flying Angel	7.64	12
65	Mancini, Nick	Unattached Ontario	7.68	6
66	Farnan, Nicholas	Flying Angel	7.72	10
67	Uche, Augustine	Brock Badgers	7.73	10
68	Makitu, Divone	M.B. Track Club	7.77	9
69	Anthony, Ethan	Flying Angel	7.78	2
70	Stewart-Bozzo, Adrian	York Univers	7.82	5
71	Vittini, Franly	Flying Angel	7.84	3
72	Sereguine, Anton	Toronto Metro Bold	7.90	6
73	Thompson, Chad-Anthony	Flying Angel	7.93	9
74	Barrozo, Liam	Toronto Metro Bold	8.04	7
75	Zhang, Eason	York Univers	8.12	4
76	Orteras, Dave	Toronto Metro Bold	8.33	11
77	Chan, Nathan	M.B. Track Club	8.40	5
78	Alam, Ilan	Flying Angel	8.46	8
79	Jeremie, Elyas	Flying Angel	8.60	8
80	Morley, Robert	Unattached Ontario	9.18	6
--	Armanio, Giorgio	Toronto Metro Bold	FS	3

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Results

Event 2 Men 60 Meter Dash OPEN

Meet Rec:: * 6.68 2007-12-15 Shannon King, Mississauga TFC

	Name	Year	Team	Finals	H#
Finals					
1	Gairy, Christian		Waterloo Warriors	6.86	2
2	Di Frangia-Bennett, Decl		Laurier Gold	6.91	2
3	Kim, Joshua		Laurentian V	6.97	2
4	Pinceau, Samuel		York Lions	7.01	2
5	Douglas, Mattheo		Toronto Vars	7.03	1
6	Appau, Prince		Brock Badgers	7.04	2
7	Igbekoyi, Dami		Unattached Ontario	7.06	1
7	Raji, Maliq		Oakville Renegad	7.06	2
9	Tessier, Ayden		Brock Badgers	7.10	2
10	Coxson, Silas		Waterloo Warriors	7.13	1
10	Tivig, Daniel		Waterloo Warriors	7.13	1
10	Abiodun, Abdul		Laurentian V	7.13	1
13	Grant-Smith, Charles		Unattached Ontario	7.14	1
14	Aroloye, Sise		Laurier Gold	7.18	1
15	Couto, Logan		Laurier Gold	7.28	1

Event 3 Women 300 Meter Dash OPEN

Meet Rec:: * 38.15 2019-11-30 Zoe Sherar, Guelph Gryphons

	Name	Year	Team	Finals	H#
1	Esisi, Mofe		Laurel Creek T.F.C	40.81	4
2	Oluwasikun, Happy		Guelph Gryphons	41.13	1
3	Geddes, Gabrielle		York Lions	41.31	2
4	Kulik, Milena		Laurentian V	41.93	1
5	Diavolitsis, Alissa		Laurentian V	42.12	2
6	Byers, Abby		Laurier Gold	42.20	1
7	Van Nooten, Philly		Toronto Metro Bold	42.45	6
8	Cuza, Finlay		Laurentian V	42.48	2
9	Adrien, Renee		Laurel Creek T.F.C	42.52	3
10	Bissett, Mia		Laurel Creek T.F.C	42.54	5
11	Aljourmi, Sofia		Brock Badgers	42.71	4
12	Cheam, Jordan		Laurel Creek T.F.C	42.85	2
13	Joseph, Makenzie		Guelph Gryphons	42.90	3
14	Kudo, Catrina		Brock Badgers	43.14	6
15	Creary, I-Keela		York Lions	43.37	3
16	Fedy, Chelsea		Blue Devils	43.52	5
17	Clifton, Ciara		Brock Badgers	43.57	4
18	McNaught, Anya		Guelph Gryphons	43.60	3
19	Cassidy, Claire		Waterloo Warriors	43.90	9
20	Paul, Mayghan		Waterloo Warriors	43.93	7
21	McPherson, Sarai		Laurier Gold	44.16	7
22	Salmaso, Lucia		Laurentian V	44.38	4
23	Niemy, Julia		Unattached Ontario	44.76	6
24	Jacob, Caren		Waterloo Warriors	44.78	8
25	Chan, Kyra		Waterloo Warriors	45.09	8
26	Tino, Alessia		Laurier Gold	45.14	7
27	Bateman, Kennedy		York Lions	45.82	8
28	Blake, Maeve		Laurentian V	45.96	7
29	Knight, Jelissa		York Lions	46.22	8
30	McCootie, Tia		Toronto Metro Bold	46.59	10

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....Event 3 Women 300 Meter Dash OPEN

31	Arakgi, Vivienne	Flying Angel	46.66	10
32	Lapierre, Eva	Brock Badgers	46.92	9
33	Chand, Ewa	Toronto Vars	47.17	6
34	Wadhwa, Chandi	Waterloo Warriors	48.15	9

Event 4 Men 300 Meter Dash OPEN

Meet Rec:: * 33.72 2018-12-01 Philip Osei, Guelph Gryphons

	Name	Year	Team	Finals	H#
1	Fordham, Trace		Etobicoke Track	35.59	3
2	Tivig, Daniel		Waterloo Warriors	35.72	7
3	Douglas, Mattheo		Toronto Vars	35.82	2
4	Gulas, Miles		Laurier Gold	36.03	1
5	Tapodi, William		Toronto Vars	36.05	2
6	Santarella, Colton		Brock Badgers	36.19	4
7	Moore, Killian		Laurier Gold	36.20	6
8	Siebert, Raymond		Waterloo Warriors	36.23	4
9	Karp, Jordan		York Lions	36.32	6
10	Theakston, Will		Brock Badgers	36.34	3
11	Ragutharan, Gamshikan		Waterloo Warriors	36.41	2
12	Gahlot, Manvit		Toronto Vars	36.44	1
13	Goodwin, Owen		Waterloo Warriors	36.57	4
14	Van Dalfsen, Mark		Brock Badgers	36.86	8
15	Humphrey, William		Etobicoke Track	36.89	6
16	Black, Brian Thomas		Waterloo Warriors	36.99	7
17	MacLellan, Alex		York Lions	37.00	6
18	Abdul, Isaiah		York Lions	37.03	5
19	Colangelo, Leo		Brock Badgers	37.06	8
20	Lacroix, Corey		Laurentian V	37.08	3
21	Campbell-Cole, Makhai		York Lions	37.11	1
22	Ma, Brendon		Brock Badgers	37.30	4
23	Urso, Adam		Laurentian V	37.32	1
24	Bistretzan, Tobias		Waterloo Warriors	37.34	2
25	Feldman, Max		York Univers	37.45	8
26	Mboma, Jacques		Brock Badgers	37.59	7
27	Samuels, Mahreon		York Lions	37.61	7
28	De Simone, Vincenzo		Brock Badgers	37.69	13
29	Malcolm-Gay, Kevaun		Laurier Gold	37.72	5
30	Cua, Stefan		Brock Badgers	37.83	11
31	Lyder-Sealy, Rashim		Brock Badgers	37.87	12
32	Goho, Emmanuel		Laurier Gold	37.92	8
33	Okwuosa, Kamso		Laurier Gold	37.98	9
34	Doctor-Jardine, Elijah		York Lions	38.31	10
35	Liu, Kevin		Waterloo Warriors	38.78	12
36	Wang, Kaizhe		Brock Badgers	39.15	13
37	Myers, Malakai		Flying Angel	39.17	16
38	Adebajo, Toluwani		York Lions	39.20	11
39	Nicolas, Cedric		Brock Badgers	39.57	11
40	Walker, Ray		Brock Badgers	39.64	14
41	Busog, Jheo		Unattached Ontario	39.73	11
42	Slegtenhorst, Isaiah		Brock Badgers	39.95	13
43	Thompson, Chad-Anthony		Flying Angel	40.33	17
44	Makitu, Divone		M.B. Track Club	40.36	15
45	Mocevic, Pavle		Laurel Creek T.F.C	40.46	13

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....Event 4 Men 300 Meter Dash OPEN

46	Castro, Adrien	Flying Angel	40.50	16	
47	Rivard, Izaiah	Flying Angel	40.67	15	
48	Edwards, Tristan	York Univers	40.96	9	
49	Lisk, Declan	Laurel Creek T.F.C	41.07	12	
50	Williams-Barnes, Evan	Laurier Gold	41.08	10	
51	Xie, William	Flying Angel	41.40	16	
52	Elkarid, Amin	Flying Angel	41.49	15	
53	Uche, Augustine	Brock Badgers	42.16	14	
54	Barrozo, Liam	Toronto Metro Bold	42.49	14	
55	Chan, Nathan	M.B. Track Club	43.66	14	
56	Farnan, Nicholas	Flying Angel	44.29	17	
--	Perreira, Vincent	Laurentian V	FS	5	

Event 5 Women 600 Meter Run OPEN

Meet Rec:: * 1:36.06 2021-12-04 Jade Lenton, Toronto Varsit

	Name	Year	Team	Finals
1	Malone, Ciahan		Laurier Gold	1:36.12
	32.17 (32.17)	1:05.63 (33.46)	1:36.12 (30.49)	
2	Ibrahim, Jenna		York Lions	1:39.85
	31.92 (31.92)	1:05.60 (33.68)	1:39.85 (34.26)	
3	Salmaso, Lucia		Laurentian V	1:45.55
	32.99 (32.99)	1:08.60 (35.61)	1:45.55 (36.96)	
--	Martin, Abby		Brock Badgers	DQ cut in early
	33.48 (33.48)	1:09.40 (35.93)	1:46.66 (37.27)	
--	Horn, Claire		Laurier Gold	DQ cut in early
	33.16 (33.16)	1:09.28 (36.12)	1:49.03 (39.75)	
--	Blake, Maeve		Laurentian V	DQ cut in early
	34.03 (34.03)	1:08.75 (34.73)	1:44.54 (35.79)	
--	Coolman, Sydney		Brock Badgers	DQ cut in early
	33.33 (33.33)	1:08.16 (34.83)	1:43.38 (35.23)	

Event 6 Men 600 Meter Run OPEN

Meet Rec:: * 1:22.75 2018-12-01 Levar Russell, York Lions

	Name	Year	Team	Finals	H#
1	Hehn, Nathan		Laurier Gold	1:21.08*	2
	24.82 (24.82)	51.39 (26.57)	1:21.08 (29.69)		
2	Stefanchuk, Kevin		Brock Badgers	1:23.02	2
	27.29 (27.29)	54.45 (27.17)	1:23.02 (28.57)		
3	Santarella, Colton		Brock Badgers	1:23.41	2
	26.81 (26.81)	54.66 (27.85)	1:23.41 (28.75)		
4	Moore, Finn		Laurier Gold	1:23.71	2
	26.14 (26.14)	53.84 (27.70)	1:23.71 (29.88)		
5	Morgan, Pj		Brock Badgers	1:24.18	2
	26.58 (26.58)	54.47 (27.90)	1:24.18 (29.72)		
6	Duncan, Ezra		York Lions	1:24.86	2
	27.84 (27.84)	55.72 (27.89)	1:24.86 (29.15)		
7	Urso, Adam		Laurentian V	1:25.12	2
	26.35 (26.35)	54.23 (27.89)	1:25.12 (30.90)		
8	Casey, Ben		Brock Badgers	1:27.21	2
	27.64 (27.64)	56.08 (28.45)	1:27.21 (31.13)		

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....Event 6 Men 600 Meter Run OPEN

9	Feldman, Max	York Univers	1:27.37	1
	28.64 (28.64)	57.86 (29.22)	1:27.37 (29.52)	
10	Cua, Stefan	Brock Badgers	1:27.78	1
	28.26 (28.26)	57.76 (29.51)	1:27.78 (30.02)	
11	Doctor-Jardine, Elijah	York Lions	1:28.23	1
	26.40 (26.40)	55.76 (29.36)	1:28.23 (32.47)	
12	Nicolas, Cedric	Brock Badgers	1:28.50	1
	27.90 (27.90)	57.11 (29.22)	1:28.50 (31.39)	
13	Rohr, Jonas	Laurier Gold	1:28.86	1
	27.52 (27.52)	57.30 (29.79)	1:28.86 (31.56)	
14	Gu, Shougan	Waterloo Warriors	1:29.65	1
	28.42 (28.42)	57.36 (28.94)	1:29.65 (32.29)	

Event 7 Women 1000 Meter Run OPEN

Meet Rec:: * 2:59.3h 2017-12-02 Sonia Gaskin, York Universi

	Name	Year	Team	Finals
1	Steiger, Adeline		Brock Badgers	3:19.05
	38.19 (38.19)	1:17.62 (39.43)	1:57.92 (40.31)	2:38.46 (40.54)
	3:19.05 (40.60)			
2	Clark, Jolanta		Brock Badgers	3:20.67
	38.62 (38.62)	1:17.89 (39.28)	1:58.41 (40.52)	2:40.13 (41.72)
	3:20.67 (40.55)			
3	Matthews, Evelyn		Brock Badgers	3:22.93
	38.60 (38.60)	1:18.46 (39.86)	1:59.24 (40.78)	2:42.58 (43.35)
	3:22.93 (40.35)			
4	Colameco, Morgan		Brock Badgers	3:28.73
	38.82 (38.82)	1:18.75 (39.93)	2:00.17 (41.42)	2:44.26 (44.10)
	3:28.73 (44.48)			
5	Brendzy, Abby		Brock Badgers	3:39.41
	39.14 (39.14)	1:19.35 (40.22)	2:03.10 (43.75)	2:50.67 (47.57)
	3:39.41 (48.75)			
--	Masse, Hailee		Brock Badgers	DNF

Event 8 Men 1000 Meter Run OPEN

Meet Rec:: * 2:26.09 2021-12-04 Stephan Evans, Ottawa Lions

	Name	Year	Team	Finals	H#
1	Damiano, Brenden		Runners Edge	2:35.27	2
	29.48 (29.48)		59.95 (30.47)	1:32.83 (32.89)	2:04.73 (31.90)
	2:35.27 (30.55)				
2	Kuhlberg, Nolan		Laurier Gold	2:35.35	2
	29.96 (29.96)	1:00.11 (30.15)		1:32.50 (32.39)	2:04.45 (31.96)
	2:35.35 (30.90)				
3	Olivo, Karl		Unattached Ontario	2:35.52	2
	29.69 (29.69)	1:00.25 (30.56)		1:33.12 (32.88)	2:05.77 (32.65)
	2:35.52 (29.75)				
4	Sayewich, Jack		Brock Badgers	2:36.71	2
	29.20 (29.20)		59.62 (30.43)	1:32.68 (33.06)	2:05.97 (33.29)
	2:36.71 (30.75)				
5	Galbraith, Mario		Brock Badgers	2:37.55	2
	30.31 (30.31)	1:00.80 (30.50)		1:33.28 (32.48)	2:06.19 (32.92)
	2:37.55 (31.36)				

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....Event 8 Men 1000 Meter Run OPEN

6 Thorpe, Chad Laurier Gold 2:41.13 2
30.17 (30.17) 1:00.53 (30.36) 1:33.07 (32.54) 2:07.03 (33.97)
2:41.13 (34.10)

7 Kaloudas, Clarence Brock Badgers 2:48.25 1
29.73 (29.73) 1:01.97 (32.24) 1:36.54 (34.58) 2:11.73 (35.19)
2:48.25 (36.52)

8 Murphy, Prestyn Laurier Gold 2:49.83 1
28.17 (28.17) 59.89 (31.73) 1:36.13 (36.24) 2:14.81 (38.69)
2:49.83 (35.03)

9 Deschamps, Nick Brock Badgers 2:56.58 1
29.41 (29.41) 1:02.23 (32.83) 1:39.52 (37.30) 2:19.13 (39.61)
2:56.58 (37.45)

Event 11 Women 1500 Meter Run OPEN

Meet Rec:: * 4:34.95 2001-12-15 Sasha Gollish, Varsity Blue

Name	Year	Team	Finals

1 Masse, Hailee Brock Badgers 4:50.05
19.62 (19.62) 57.49 (37.87) 1:36.54 (39.05) 2:16.51 (39.98)
2:56.39 (39.88) 3:35.46 (39.08) 4:14.21 (38.75) 4:50.05 (35.84)

2 Zinn, Alyssa Laurier Gold 4:50.44
19.98 (19.98) 57.94 (37.96) 1:36.95 (39.01) 2:16.92 (39.97)
2:56.52 (39.61) 3:35.68 (39.16) 4:14.39 (38.72) 4:50.44 (36.06)

3 Thompson, Rosalind Laurier Gold 4:57.04
20.25 (20.25) 58.13 (37.88) 1:37.16 (39.03) 2:17.24 (40.09)
2:57.52 (40.29) 3:37.94 (40.42) 4:18.56 (40.62) 4:57.04 (38.48)

4 Steiger, Adeline Brock Badgers 4:59.35
19.86 (19.86) 57.76 (37.90) 1:36.83 (39.08) 2:16.80 (39.97)
2:56.79 (40.00) 3:37.06 (40.27) 4:19.20 (42.15) 4:59.35 (40.15)

5 Gupta, Julia Brock Badgers 5:11.07
20.81 (20.81) 59.74 (38.93) 1:39.55 (39.81) 2:20.71 (41.17)
3:03.38 (42.68) 3:46.87 (43.49) 4:30.77 (43.91) 5:11.07 (40.31)

6 Clark, Jolanta Brock Badgers 5:11.42
20.59 (20.59) 59.38 (38.79) 1:39.17 (39.80) 2:21.39 (42.22)
3:04.23 (42.84) 3:47.27 (43.04) 4:31.19 (43.93) 5:11.42 (40.23)

7 Rands, Claire Unattached Ontario 5:29.64
20.33 (20.33) 59.46 (39.13) 1:40.27 (40.81) 2:23.55 (43.29)
3:08.20 (44.65) 3:55.14 (46.94) 4:42.42 (47.28) 5:29.64 (47.23)

8 Boronka, Skyla Laurier Gold 5:46.93
21.17 (21.17) 1:01.38 (40.22) 1:44.94 (43.56) 2:33.54 (48.61)
3:23.05 (49.51) 4:12.90 (49.85) 5:01.44 (48.54) 5:46.93 (45.50)

-- LaFayette, Piper Laurier Gold DNF
21.15 (21.15) 1:00.60 (39.45) 1:42.21 (41.62) 2:26.04 (43.84)

Event 12 Men 1500 Meter Run OPEN

Meet Rec:: * 3:54.81 2011-12-03 Tommy Lecours, Guelph

Name	Year	Team	Finals

1 Dobrovolski, Simon Brock Badgers 4:07.76
15.71 (15.71) 48.14 (32.43) 1:21.77 (33.64) 1:55.51 (33.74)
2:29.13 (33.62) 3:03.20 (34.08) 3:36.29 (33.09) 4:07.76 (31.48)

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....Event 12 Men 1500 Meter Run OPEN

2	Klazek, Tyler	Laurier Gold	4:08.76	
	16.61 (16.61)	49.08 (32.47)	1:22.76 (33.68)	1:56.66 (33.91)
	2:29.44 (32.78)	3:03.49 (34.05)	3:35.85 (32.37)	4:08.76 (32.91)
3	Maxwell, Redding	Brock Badgers	4:15.51	
	15.98 (15.98)	48.58 (32.60)	1:22.53 (33.95)	1:57.06 (34.53)
	2:32.33 (35.28)	3:07.53 (35.20)	3:41.78 (34.25)	4:15.51 (33.73)
4	Brito-Villamar, Adrian	York Univers	4:18.29	
	16.88 (16.88)	49.63 (32.75)	1:23.30 (33.68)	1:57.45 (34.15)
	2:32.07 (34.63)	3:07.90 (35.83)	3:44.55 (36.66)	4:18.29 (33.75)
5	Edwards, Mattias	York Univers	4:18.40	
	16.76 (16.76)	49.42 (32.66)	1:23.67 (34.26)	1:57.81 (34.14)
	2:32.37 (34.57)	3:08.24 (35.87)	3:44.50 (36.27)	4:18.40 (33.91)
6	Lemire, Nathan	Laurier Gold	4:19.03	
	16.95 (16.95)	49.84 (32.89)	1:23.16 (33.32)	1:58.51 (35.36)
	2:32.71 (34.20)	3:07.18 (34.48)	3:43.13 (35.95)	4:19.03 (35.90)
7	Deschamps, Nick	Brock Badgers	4:23.12	
	17.15 (17.15)	49.79 (32.64)	1:23.97 (34.18)	1:58.15 (34.19)
	2:34.44 (36.30)	3:11.32 (36.88)	3:48.65 (37.34)	4:23.12 (34.47)
8	Hardeman, Jeremy	Laurier Gold	4:29.32	
	16.24 (16.24)	48.82 (32.59)	1:22.33 (33.52)	1:57.46 (35.13)
	2:34.24 (36.79)	3:11.99 (37.75)	3:51.83 (39.85)	4:29.32 (37.49)
9	Lamont, Holden	Laurier Gold	4:32.52	
	17.45 (17.45)	50.11 (32.67)	1:23.53 (33.42)	1:59.04 (35.52)
	2:35.82 (36.78)	3:14.76 (38.95)	3:54.42 (39.66)	4:32.52 (38.10)
10	Geer, Logan	Laurier Gold	4:37.20	
	17.41 (17.41)	50.51 (33.10)	1:24.57 (34.06)	2:00.73 (36.17)
	2:38.40 (37.67)	3:18.05 (39.66)	3:58.25 (40.20)	4:37.20 (38.96)

Event 13 Women 3000 Meter Run OPEN

Meet Rec:: * 9:17.53 2002-12-14 Megan Metcalfe, Unattached

	Name	Year	Team	Finals		
1	Gupta, Julia		Brock Badgers	11:10.31		
	43.06 (43.06)		1:27.20 (44.14)	2:10.47 (43.28)	2:53.96 (43.49)	
	3:37.17 (43.22)		4:21.09 (43.93)	5:05.15 (44.06)	5:49.71 (44.57)	
	6:34.79 (45.09)		7:20.29 (45.50)	8:06.84 (46.55)	8:55.69 (48.85)	
	9:43.07 (47.38)		10:28.70 (45.64)	11:10.31 (41.61)		
2	Ralph, Brooklyn		Laurier Gold	11:13.28		
	43.73 (43.73)		1:29.70 (45.98)	2:15.54 (45.84)	3:01.43 (45.90)	
	3:45.05 (43.62)		4:28.16 (43.11)	5:11.26 (43.11)	5:55.76 (44.51)	
	6:39.78 (44.03)		7:24.43 (44.66)	8:09.43 (45.00)	8:56.90 (47.48)	
	9:44.16 (47.26)		10:30.69 (46.54)	11:13.28 (42.60)		
3	Roy, Alice		Laurier Gold	11:46.74		
	44.07 (44.07)		1:30.03 (45.97)	2:15.85 (45.82)	3:01.75 (45.90)	
	3:45.38 (43.64)		4:28.51 (43.14)	5:12.90 (44.40)	6:01.15 (48.25)	
	6:49.90 (48.75)		7:39.40 (49.51)	8:29.21 (49.81)	9:21.38 (52.18)	
	10:14.13 (52.75)		11:03.79 (49.67)	11:46.74 (42.96)		
4	Darminio, Ava		Laurier Gold	11:59.63		
	44.34 (44.34)		1:30.37 (46.03)	2:16.06 (45.70)	3:02.03 (45.97)	
	3:45.71 (43.68)		4:29.49 (43.79)	5:15.24 (45.75)	6:02.97 (47.74)	
	6:51.66 (48.69)		7:41.52 (49.86)	8:32.82 (51.30)	9:25.60 (52.79)	
	10:19.16 (53.57)		11:10.84 (51.69)	11:59.63 (48.79)		

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....Event 13 Women 3000 Meter Run OPEN

-- LaFayette, Piper	Laurier Gold	DNF		
43.44 (43.44)	1:29.41 (45.98)	2:15.19 (45.79)	3:01.10 (45.91)	
3:44.76 (43.66)	4:27.87 (43.11)	5:10.99 (43.12)	5:56.66 (45.68)	

Event 14 Men 3000 Meter Run OPEN

Meet Rec:: * 8:41.52 2018-12-01 Sam Kinahan, Toronto Varsit

Name	Year	Team	Finals		
1 Fry, Brock		Brock Badgers	8:42.03		
34.86 (34.86)	1:08.42 (33.56)	1:43.46 (35.04)	2:18.28 (34.83)		
2:52.70 (34.43)	3:27.27 (34.57)	4:02.07 (34.81)	4:37.11 (35.04)		
5:11.50 (34.39)	5:44.77 (33.27)	6:18.93 (34.17)	6:55.26 (36.33)		
7:32.99 (37.74)	8:09.49 (36.50)	8:42.03 (32.54)			
2 Ryall, Evan		Brock Badgers	8:51.16		
36.34 (36.34)	1:12.30 (35.96)	1:47.82 (35.53)	2:23.81 (35.99)		
2:59.45 (35.64)	3:35.24 (35.80)	4:10.81 (35.58)	4:46.39 (35.58)		
5:21.95 (35.57)	5:57.42 (35.47)	6:33.62 (36.21)	7:09.16 (35.55)		
7:44.24 (35.08)	8:18.51 (34.28)	8:51.16 (32.65)			
3 McIntosh, Jackson		Brock Badgers	9:12.08		
36.66 (36.66)	1:12.63 (35.97)	1:48.13 (35.51)	2:24.14 (36.02)		
2:59.74 (35.60)	3:35.52 (35.79)	4:11.18 (35.66)	4:46.96 (35.78)		
5:23.02 (36.06)	5:59.98 (36.96)	6:38.00 (38.03)	7:16.57 (38.58)		
7:55.47 (38.90)	8:34.36 (38.89)	9:12.08 (37.72)			
4 Ferro, Vincent		Unattached Ontario	12:16.94		
42.01 (42.01)	1:25.06 (43.05)	2:11.03 (45.97)	2:59.04 (48.02)		
3:47.78 (48.74)	4:37.58 (49.80)	5:27.97 (50.39)	6:17.70 (49.74)		
7:08.52 (50.82)	8:00.97 (52.45)	8:55.28 (54.32)	9:47.48 (52.20)		
10:37.52 (50.05)	11:25.87 (48.35)	12:16.94 (51.07)			
-- Prekajski, Andrej		Unattached Ontario	DNF		
34.55 (34.55)	1:08.19 (33.64)	1:43.20 (35.02)	2:18.01 (34.81)		
2:52.47 (34.47)	3:27.06 (34.59)	4:01.82 (34.76)	4:36.80 (34.99)		
5:11.26 (34.46)	5:44.45 (33.20)				
-- Hour, Hayden		Unattached Ontario	DNF		
36.08 (36.08)	1:11.94 (35.87)	1:47.48 (35.54)	2:23.51 (36.03)		
2:59.19 (35.69)	3:35.01 (35.82)	4:10.57 (35.56)	4:46.11 (35.54)		
5:21.59 (35.49)	5:57.46 (35.88)				

Event 16 Women 60 Meter Hurdles 0.840m OPEN

Top 16 Advance by Time

Meet Rec:: * 8.44 2017-12-02 Sarah Hammond, Guelph Gryphons

Name	Year	Team	Prelims	H#
Preliminaries				
1 Goudros, Izzy		University O	8.51q	1
2 Aiyathdurai, Daniyah		United Tamil	8.91q	3
3 Bissett, Mia		Laurel Creek T.F.C	9.02q	2
4 Delange, Mieka		Blue Devils	9.17q	2
5 Cheam, Jordan		Laurel Creek T.F.C	9.30q	2
6 Jefferson, Eden		York Lions	9.37q	3
7 Bailey, Gabrielle		Waterloo Warriors	9.47q	3
8 Jacob, Caren		Waterloo Warriors	9.55q	1
9 Mathialagan, Changavi		Waterloo Warriors	9.61q	1
10 Guillou, Astree		University O	9.62q	1

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....Event 16 Women 60 Meter Hurdles 0.840m OPEN

11	Esisi, Mofe	Laurel Creek T.F.C	9.68q	2
12	Robinson, Sydney	Monte Cristo	9.70q	2
13	Robinson, Jayden	Eclipse Trac	9.73q	3
14	Green Kopeck, Claire	Laurier Gold	9.99q	3
15	Vroemen, Senna	Brock Badgers	10.00q	3
16	Ganeshamurthi, Sajini	Brock Badgers	10.11q	1

Event 16 Women 60 Meter Hurdles 0.840m OPEN

Meet Rec:: * 8.44 2017-12-02 Sarah Hammond, Guelph Gryphons

	Name	Year	Team	Finals	H#
Finals					
1	Goudros, Izzy		University O	8.34*	2
2	Aiyathdurai, Daniyah		United Tamil	8.87	2
3	Cheam, Jordan		Laurel Creek T.F.C	9.07	2
4	Bissett, Mia		Laurel Creek T.F.C	9.17	2
5	Delange, Mieka		Blue Devils	9.19	2
6	Esisi, Mofe		Laurel Creek T.F.C	9.32	1
7	Jefferson, Eden		York Lions	9.47	2
8	Robinson, Jayden		Eclipse Trac	9.58	1
9	Guillou, Astree		University O	9.65	1
10	Jacob, Caren		Waterloo Warriors	9.78	2
11	Robinson, Sydney		Monte Cristo	9.89	1
12	Vroemen, Senna		Brock Badgers	9.97	1
13	Green Kopeck, Claire		Laurier Gold	10.10	1
--	Bailey, Gabrielle		Waterloo Warriors	DNF	2
--	Mathialagan, Changavi		Waterloo Warriors	DQ	1

Event 17 Men 60 Meter Hurdles 0.990m U20

Top 8 Advance by Time

	Name	Year	Team	Prelims
Preliminaries				
1	Lisk, Declan		Laurel Creek T.F.C	9.03q

Event 17 Men 60 Meter Hurdles 0.990m U20

	Name	Year	Team	Finals
Finals				
1	Lisk, Declan		Laurel Creek T.F.C	9.06

Event 18 Men 60 Meter Hurdles 1.067m OPEN

Top 8 Advance by Time

Meet Rec:: * 8.01 2007-12-15 Massimo Bertocchi, UTTC

	Name	Year	Team	Prelims
Preliminaries				
1	Spencer, Colton		Unattached Ontario	8.40q
2	Satheesh, Seyon		Waterloo Warriors	8.68q
3	Gee, Douglas		Waterloo Warriors	9.11q
4	Uche, Augustine		Brock Badgers	9.30q

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....Event 18 Men 60 Meter Hurdles 1.067m OPEN

5	Fawehinmi, Laughter	Waterloo Warriors	9.35q
6	Black, Brian Thomas	Waterloo Warriors	9.94q

Event 18 Men 60 Meter Hurdles 1.067m OPEN

Meet Rec:: * 8.01 2007-12-15 Massimo Bertocchi, UTTC

	Name	Year	Team	Finals
Finals				
1	Spencer, Colton		Unattached Ontario	8.32
2	Satheesh, Seyon		Waterloo Warriors	8.61
3	Gee, Douglas		Waterloo Warriors	8.99
4	Fawehinmi, Laughter		Waterloo Warriors	9.16
5	Uche, Augustine		Brock Badgers	9.38
6	Black, Brian Thomas		Waterloo Warriors	10.03

Event 19 Women High Jump OPEN

Meet Rec:: * 1.75m 2007-12-15 Michelle Moody/Julia Wallace,

	Name	Year	Team	Finals
1	Gayle, Amairah		Thorold Elit	1.73m
	1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.73 1.76			
	PPP PPP PPP PPP PPP PPP PPP O XXO XXO XXX			
2	Li, Abbie		Unattached Ontario	1.60m
	1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65			
	PPP PPP PPP O O O XO XXX			
3	Westgarth, Kaylin		Thorold Elit	J1.60m
	1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65			
	PPP PPP O O O XO XXO XXX			
4	Burey, Mikayla		University O	1.55m
	1.30 1.35 1.40 1.45 1.50 1.55 1.60			
	PPP PPP PPP O XO O XXX			
5	Valcic, Ellie		University O	J1.55m
	1.30 1.35 1.40 1.45 1.50 1.55 1.60			
	PPP PPP XO O XO XXO XXX			
6	Guillou, Astree		University O	1.50m
	1.30 1.35 1.40 1.45 1.50 1.60			
	PPP PPP O XO O XXX			
7	Podaru, Madi		Laurier Gold	1.45m
	1.30 1.35 1.40 1.45 1.50			
	O O XXO XXO XXX			
8	Tasslogadottir, Arina		University O	1.40m
	1.30 1.35 1.40 1.45			
	PPP O O XXX			
9	Cadogan, Jahliyah		York Lions	J1.40m
	1.30 1.35 1.40 1.45			
	O XXO O XXX			

Event 20 Men High Jump OPEN

Meet Rec:: * 2.11m 2015-11-28 Sean Cate, University of Guel

	Name	Year	Team	Finals

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....Event 20 Men High Jump OPEN

1	Grout, Aiden	University O	2.20m*
	1.60 1.65 1.70 1.75 1.80 1.85 1.90 1.95 2.10 2.20 2.26		
	PPP PPP PPP PPP PPP PPP PPP PPP O XO XXX		
2	Scott, Eric	Unattached Ontario	1.90m
	1.60 1.65 1.70 1.75 1.80 1.85 1.90 1.95		
	PPP PPP PPP O O O XO XXX		
3	Pruchnicki, Ethan	Waterloo Warriors	1.85m
4	Miles, Owen	Brock Badgers	1.80m
	1.60 1.65 1.70 1.75 1.80 1.85		
	O O O O O XXX		
5	Landon, Darius	Waterloo Warriors	J1.80m
	1.60 1.65 1.70 1.75 1.80 1.85		
	PPP PPP O XXO O XXX		
6	Smith, Destin	Waterloo Warriors	J1.80m
	1.60 1.65 1.70 1.75 1.80 1.85		
	O O O O XXO XXX		
7	Prabakaran, Haresh	United Tamil	1.75m
	1.60 1.65 1.70 1.75 1.80		
	PPP O O XO XXX		
8	Haynes, Aidan	University O	J1.75m
	1.60 1.65 1.70 1.75 1.80		
	PPP PPP XO XXO XXX		
9	Fawehinmi, Laughter	Waterloo Warriors	1.70m
	1.60 1.65 1.70 1.75		
	PPP PPP O XXX		
9	Baker, Devin	Brock Badgers	1.70m
	1.60 1.65 1.70 1.75		
	O O O XXX		
11	Padayachee, Jaylen	Brock Badgers	J1.70m
	1.60 1.65 1.70 1.75		
	O O XO XXX		

Event 21 Women Pole Vault OPEN

Meet Rec:: * 4.41m 2005-12-10 Jennifer Stuczynski, Shur Spo

	Name	Year	Team	Finals
1	Bilenko, Alina		York Lions	3.75m
	3.05 3.20 3.35 3.45 3.55 3.65 3.75 3.85			
	PPP PPP PPP O O O XO XXX			
2	Chouikhi, Balqis		York Lions	3.20m
	3.05 3.20 3.35			
	XO O XXX			

Event 22 Men Pole Vault OPEN

Meet Rec:: * 5.00m 2000-12-16 Andy Milller, York University

	Name	Year	Team	Finals
1	Ivanov, Michael		Brock Badgers	4.70m
	4.00 4.15 4.30 4.40 4.50 4.60 4.70 4.80			
	PPP PPP PPP O O O XO XXX			

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....Event 22 Men Pole Vault OPEN

2	West, Liam	York Lions	4.40m	
	4.00 4.15 4.30 4.40 4.50			
	PPP PPP PPP XO XXX			
3	Lo, Pak Lun	York Univers	4.15m	
	4.00 4.15 4.30			
	O XO XXX			
4	Booth, Harrison	York Lions	4.00m	
	4.00 4.15			
	XO XXX			

Event 23 Women Long Jump OPEN

Meet Rec:: * 6.12m 2024-11-30 Milenne Habash, Guelph Gryphons

	Name	Year	Team	Finals	H#
1	Gayle, Amairah		Thorold Elit	5.97m	1
	5.53m FOUL FOUL 5.76m FOUL 5.97m				
2	Rye, Neve		Laurier Gold	5.26m	1
	5.15m FOUL 4.88m 5.26m 5.13m 5.26m				
3	Close, Penelope		Laurier Gold	5.22m	1
	5.22m 4.95m 5.03m 5.08m 4.92m 5.15m				
4	Eshkawkogan, Saraya		York Lions	5.17m	1
	4.99m FOUL FOUL 5.17m FOUL FOUL				
5	Burgess, Dorian		York Lions	5.14m	1
	FOUL FOUL 5.05m 5.06m 4.80m 5.14m				
6	Jefferson, Eden		York Lions	5.09m	2
	FOUL 5.09m 4.95m 4.99m 4.83m 4.74m				
7	Westray, Amalya		York Lions	4.99m	1
	FOUL 4.99m 4.95m FOUL 4.80m FOUL				
8	Geddes, Gabrielle		York Lions	4.88m	1
	FOUL 4.88m 4.78m 4.86m 4.73m 4.80m				
9	Vroemen, Senna		Brock Badgers	4.86m	1
	4.86m 4.79m 4.86m				
10	D'Cunha, Tiffany		Brock Badgers	4.68m	1
	4.68m FOUL FOUL				
11	Ramos, Faridah		Brock Badgers	4.60m	1
	4.26m 4.60m 4.48m				
12	Ganeshamurthi, Sajini		Brock Badgers	4.48m	1
	4.48m 4.44m FOUL				
13	Lovett, Hannah		Brock Badgers	4.09m	2
	3.91m 4.09m 3.75m				
14	Sterling, Margarita		York Lions	3.91m	2
	FOUL 3.91m FOUL				

Event 24 Men Long Jump OPEN

Meet Rec:: * 7.59m 2001-12-15 Clayton Laytham, Unattached

	Name	Year	Team	Finals	H#
1	Appau, Prince		Brock Badgers	7.19m	2
	FOUL 6.96m FOUL 7.19m 7.05m				
2	Damptey, Josiah		Laurier Gold	6.87m	2
	5.84m 6.22m 6.87m 6.50m				
3	Satheesh, Seyon		Waterloo Warriors	6.79m	2
	FOUL 6.79m FOUL 6.11m 6.34m				

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....Event 24 Men Long Jump OPEN

4	Aroloye, Sise	Laurier Gold	6.57m	2
	6.33m 3.16m 6.57m 6.38m 6.43m			
5	Pearson, Braydon	Laurier Gold	6.55m	2
	6.13m 6.55m 6.54m 4.01m			
6	Lim, Dominick	Laurier Gold	6.40m	2
	FOUL 6.40m FOUL 6.15m			
7	Anonyai, Jesse	Flying Angel	6.37m	1
	6.30m 6.17m 6.34m 6.05m FOUL 6.37m			
8	Baker, Devin	Brock Badgers	6.34m	1
	FOUL 6.34m 5.95m 6.22m 5.97m FOUL			
9	Carne, Everett	Brock Badgers	6.33m	1
	5.85m 6.13m 6.33m			
10	Pinceau, Samuel	York Lions	6.25m	2
	FOUL 6.25m 6.15m			
11	Salaudeen, Kevin	Waterloo Warriors	6.15m	2
	6.13m FOUL 6.15m			
12	Miles, Owen	Brock Badgers	5.92m	1
	5.92m FOUL 5.91m			
13	Prabakaran, Haresh	United Tamil	5.91m	1
	5.83m 5.83m 5.91m			
14	Mu, Steven	Waterloo Warriors	5.82m	1
	FOUL 5.82m 5.52m			
15	Padayachee, Jaylen	Brock Badgers	5.27m	1
	5.19m 5.20m 5.27m			
16	Aduwumi, Olamide	Unattached Ontario	5.02m	1
	5.02m FOUL 4.94m			
17	Orteras, Dave	Toronto Metro Bold	4.30m	1
	4.21m 4.30m 4.10m			

Event 25 Women Triple Jump OPEN

Meet Rec:: * 11.74m 2014-11-29 Holly Pitters, York Lions

	Name	Year	Team	Finals
1	Moreland, Elizabeth		Laurentian V	11.67m
	11.04m 11.34m 11.41m 11.25m 11.07m 11.67m			
3	Ng, Megan		Flying Angel	J11.41m
	FOUL 10.78m 11.00m 10.91m 10.87m 11.41m			
3	Robinson, Jayden		Eclipse Trac	11.38m
	11.00m 10.58m 10.89m 10.92m FOUL 11.38m			
4	Bissett, Mia		Laurel Creek T.F.C	10.97m
	10.78m 10.69m 10.97m 10.66m PASS 10.86m			
5	D'Cunha, Tiffany		Brock Badgers	10.69m
	10.10m 10.58m FOUL 10.48m 10.69m 10.54m			
6	Westgarth, Kaylin		Thorold Elit	10.66m
	10.66m 10.34m 10.34m PASS PASS PASS			
7	Ramos, Faridah		Brock Badgers	10.39m
	10.39m 9.74m FOUL 9.90m 10.18m FOUL			
8	May, Kaitlyn		Thorold Elit	10.21m
	10.05m 10.21m 10.11m 9.94m FOUL PASS			
9	Grabar, Leona		Waterloo Warriors	10.10m
	10.10m 10.02m 9.94m			
10	Hardjana, Mackenze		Flying Angel	9.89m
	FOUL FOUL 9.89m			

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....Event 25 Women Triple Jump OPEN

11	Chern, Penelope		Flying Angel	9.65m
	9.23m	9.65m	9.59m	
12	Krisnagopal, Elakkiyah		York Lions	9.43m
	9.41m	9.31m	9.43m	

Event 26 Men Triple Jump OPEN

Meet Rec:: * 14.19m 2014-11-29 Nick Fyffe, York Lions

	Name	Year	Team	Finals
1	Salaudeen, Kevin		Waterloo Warriors	14.27m*
	FOUL	14.27m	FOUL	13.73m PASS 14.19m
2	Kalu, Williams		York Lions	14.07m
	13.60m	14.07m	14.04m	12.22m PASS 13.89m
3	Mu, Steven		Waterloo Warriors	13.24m
	FOUL	13.24m	FOUL	12.26m 12.59m 12.73m
4	Doumbouya, Fode		Waterloo Warriors	13.10m
	FOUL	FOUL	13.10m	12.36m PASS PASS
5	Chung, Steven		Waterloo Warriors	12.95m
	FOUL	12.53m	12.95m	12.26m 12.59m 12.73m
6	Anonyai, Jesse		Flying Angel	12.83m
	FOUL	12.38m	12.83m	FOUL PASS PASS
7	Mascoe, Matao		Flying Angel	12.78m
	12.75m	FOUL	12.50m	12.53m 12.53m 12.78m
8	Wong, Isaac		Waterloo Warriors	12.74m
	12.74m	FOUL	FOUL	12.45m 12.35m 12.66m
9	Kachuta, Farai		Brock Badgers	12.65m
	12.65m	12.11m	12.24m	
10	Sisman, Brennan		Flying Angel	12.63m
	11.88m	12.13m	12.63m	
11	Williams-Neheli, Jordan		Waterloo Warriors	12.55m
	11.88m	12.33m	12.55m	
12	Minoo, Justin		Waterloo Warriors	12.52m
	12.52m	12.52m	FOUL	
13	Prabakaran, Haresh		United Tamil	12.26m
	FOUL	FOUL	12.26m	
14	Osei-Boateng, Emmanuel		York Lions	12.03m
	FOUL	11.78m	12.03m	
15	Feron, Justin		Flying Angel	11.84m
	11.84m	FOUL	11.70m	
16	Sharma, Raunaq		Waterloo Warriors	11.53m
	11.53m	FOUL	PASS	

Event 27 Women Shot Put 4.0kg U20

	Name	Year	Team	Finals
1	Turland, Adalee		Sisu Throws Club	12.87m
	11.67m	12.87m	12.09m	12.28m 12.21m 12.44m

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Event 28 Women Shot Put 4.0kg OPEN

Meet Rec:: * 17.60m 2021-12-04 Sarah Mitton, SISU Throws

	Name	Year	Team	Finals
1	Sands, Liv		Sisu Throws Club	18.38m*
	16.99m 17.49m 17.25m 17.70m 18.38m FOUL			
2	Bandeira, Eliana		Portugal	18.25m*
	17.48m 18.01m FOUL 17.71m 18.16m 18.25m			
3	Quijuka, Jayda		York Lions	11.97m
	10.40m 11.35m 11.97m FOUL FOUL FOUL			
4	Roberts, Melanie		Waterloo Warriors	11.51m
	9.63m 10.51m 11.51m 10.46m 11.17m 10.99m			
5	Gilbert, Sadie		York Lions	11.46m
	10.25m 10.88m 10.98m FOUL 11.46m FOUL			
6	Ganeshamurthi, Sajini		Brock Badgers	10.68m
	10.68m FOUL FOUL 10.04m FOUL FOUL			
7	Nwankwo, Mary		Toronto Metro Bold	10.60m
	10.60m FOUL 8.56m 9.43m 9.55m 9.11m			
8	Gnonlonfin, Mahouna (Est		York Lions	10.11m
	10.11m FOUL FOUL			
9	Podaru, Madi		Laurier Gold	9.75m
	7.57m 9.73m 9.75m			
10	Riordan, Tori		Waterloo Warriors	9.67m
	9.67m 9.32m 9.46m			
11	Bolton, Charlotte F41		Sisu Throws Club	9.37m
	8.85m 8.70m 8.97m FOUL 8.66m 9.37m			
12	Krisnagopal, Elakkiyah		York Lions	8.91m
	8.02m 8.91m FOUL			
13	McKie, Sarah		Laurier Gold	8.37m
	8.37m 8.18m 8.09m			
14	Guillou, Astree		University O	7.09m
	7.09m 6.72m FOUL			

Event 30 Men Shot Put 7.26kg OPEN

Meet Rec:: * 17.72m 2021-12-04 Mark Bujnowski, Guelph Gryph

	Name	Year	Team	Finals
1	Osborne, Zachary		York Lions	14.04m
	FOUL FOUL 13.40m 14.04m FOUL FOUL			
2	Arulrajan, Hasveen		Toronto Metro Bold	12.62m
	12.42m 12.62m FOUL FOUL FOUL 12.42m			
3	Anderson, Javon		York Lions	11.61m
	FOUL 10.27m FOUL FOUL 11.61m FOUL			
4	Kerwin, Griffin		Brock Badgers	10.73m
	10.73m 9.93m 10.00m 10.02m FOUL FOUL			
5	Troulinos, Zackary		Brock Badgers	10.39m
	10.05m 10.34m 10.35m 10.21m 10.39m FOUL			
6	Smith, Destin		Waterloo Warriors	10.38m
	9.95m 10.14m 10.38m 10.02m 10.34m 10.26m			
7	Ouellette, Remi F41		Brock Badgers	9.81m
	FOUL 9.40m FOUL 9.42m FOUL 9.81m			
--	Mackay-Cotton, Liam		Brock Badgers	FOUL
	FOUL FOUL FOUL FOUL FOUL FOUL			

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Event 31 Women Weight Throw 9.08kg U20

	Name	Year	Team	Finals	
1	Gharehcheloo, Tara		Sisu Throws Club	16.79m	20lb
	16.15m FOUL 16.79m 15.48m 16.16m 16.79m				
2	Turland, Adalee		Sisu Throws Club	12.68m	
	11.45m 12.68m 12.28m FOUL 11.81m FOUL				

Event 32 Women Weight Throw 9.08kg OPEN

Meet Rec:: * 20.06m 2017-12-02 Sultana Frizell, Ottawa Lion

	Name	Year	Team	Finals
1	Crew, Brittany		Unattached Ontario	16.67m
	FOUL 14.98m FOUL FOUL FOUL 16.67m			
2	Quijuka, Jayda		York Lions	15.81m
	FOUL FOUL 15.81m 15.71m FOUL FOUL			
3	Gilbert, Sadie		York Lions	15.60m
	12.67m 15.03m 14.37m 15.11m 15.60m FOUL			
4	Forde, Payton		Guelph Gryphons	14.69m
	FOUL FOUL 13.37m 14.13m 14.11m 14.69m			
5	Gnonlonfin, Mahouna (Est		York Lions	13.04m
	13.04m FOUL FOUL FOUL FOUL FOUL			
6	Krisnagopal, Elakkiyah		York Lions	9.81m
	9.81m FOUL 9.27m FOUL FOUL FOUL			
7	Wyczolkowski, Nadine		Throwers Club	6.40m
	FOUL 5.85m FOUL FOUL 6.40m FOUL			

Event 34 Men Weight Throw 15.88kg OPEN

Meet Rec:: * 23.84m 2024-11-30 Ryan Johnson, USA

	Name	Year	Team	Finals
1	Osborne, Zachary		York Lions	16.22m
	15.03m 16.22m FOUL FOUL 16.13m FOUL			
2	McLean, Hunter		Brock Badgers	15.75m
	15.75m 15.70m FOUL FOUL 14.83m FOUL			
3	Mackay-Cotton, Liam		Brock Badgers	14.14m
	12.08m 12.05m FOUL 14.14m 13.83m 13.84m			
4	Troulinos, Zackary		Brock Badgers	12.56m
	11.75m 11.56m FOUL 11.69m 12.56m 10.84m			
5	Kaadan, Belal		York Lions	12.17m
	FOUL 12.17m FOUL FOUL FOUL FOUL			
6	Anderson, Javon		York Lions	11.13m
	9.75m 10.40m FOUL 10.22m 10.58m 11.13m			

Event 35 Women 4x200 Meter Relay OPEN

Meet Rec:: * 1:40.63 2023-12-02 Guelph Gryphons

	Team	Finals	H#
1	York Lions 'A'	1:43.56	1
	1) Sleath, Kyla 2) Creary, I-Keela		
	3) Whyte, Aliyah 4) Geddes, Gabrielle		
	25.44 (25.44) 52.48 (27.05) 1:18.26 (25.79)		

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....Event 35 Women 4x200 Meter Relay OPEN

2 Laurier Golden Hawks 'A' 1:45.71 1
1) McPherson, Sarai 2) Byers, Abby
3) Rye, Neve 4) Close, Penelope
25.77 (25.77) 53.17 (27.41) 1:19.90 (26.73)

3 Laurentian Voyageurs 'A' 1:45.93 1
1) Kulik, Milena 2) Cuza, Finlay
3) Diavolitsis, Alissa 4) MacDonald, Jaya
25.84 (25.84) 53.36 (27.52) 1:19.71 (26.36)

4 Waterloo Warriors 'A' 1:52.33 2
1) Bailey, Gabrielle 2) Paul, Mayghan
3) Cassidy, Claire 4) Mathialagan, Changavi
26.53 (26.53) 55.97 (29.44) 1:24.12 (28.16) 1:52.33 (28.21)

5 Laurier Golden Hawks 'B' 1:52.48 2
1) Tino, Alessia 2) Green Kopeck, Claire
3) Podaru, Madi 4) Olstrom, Lea
26.10 (26.10) 55.24 (29.14) 1:23.13 (27.89) 1:52.48 (29.36)

Event 36 Men 4x200 Meter Relay OPEN

Meet Rec:: * 1:28.91 2023-12-02 Guelph Gryphons

Team	Finals	H#

1 Laurier Golden Hawks 'A' 1:30.31 1
1) Allen, Kymani 2) Di Frangia-Bennett, Declan
3) Gulas, Miles 4) Malcolm-Gay, Kevaun
22.02 (22.02) 45.37 (23.35) 1:07.44 (22.08) 1:30.31 (22.87)

2 York Lions 'A' 1:32.17 1
1) Pinceau, Samuel 2) Abdul, Isaiah
3) Samuels, Mahreon 4) MacLellan, Alex
21.87 (21.87) 45.79 (23.92) 1:08.91 (23.13) 1:32.17 (23.27)

3 Laurentian Voyageurs 'A' 1:33.35 1
1) Kim, Joshua 2) Gill, Andon
3) Hodgins, Christian 4) Abiodun, Abdul
23.45 (23.45) 47.33 (23.88) 1:10.37 (23.05) 1:33.35 (22.98)

4 Laurentian Voyageurs 'B' 1:34.61 2
1) Lacroix, Corey 2) Perreira, Vincent
3) Gauvreau, Gabe 4) Urso, Adam
22.89 (22.89) 47.74 (24.86) 1:11.25 (23.51) 1:34.61 (23.37)

5 Laurier Golden Hawks 'B' 1:34.86 1
1) Okwuosa, Kamso 2) Ilesanmi, Divine
3) Aroloye, Sise 4) Couto, Logan
22.99 (22.99) 47.50 (24.52) 1:11.05 (23.55) 1:34.86 (23.82)

6 Laurier Golden Hawks 'C' 1:37.13 2
1) Williams-Barnes, Evan 2) Allen, Russell
3) Campbell, Luke 4) Emokpae, Ross
23.21 (23.21) 48.36 (25.15) 1:12.67 (24.32) 1:37.13 (24.46)

Event 37 Women 4x400 Meter Relay OPEN

Meet Rec:: * 4:25.88 2024-11-30 Brock Badgers

Team	Finals

1 Brock Badgers 'A' 4:17.67*

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....Event 37 Women 4x400 Meter Relay OPEN

1) Kudo, Catrina 2) Clifton, Ciara
3) Vroemen, Senna 4) Aljourmi, Sofia

30.50 (30.50) 1:04.80 (34.30) 1:35.31 (30.52) 2:08.70 (33.40)
2:39.42 (30.72) 3:15.43 (36.02) 3:45.39 (29.96) 4:17.67 (32.28)

2 Laurier Golden Hawks 'B' 4:46.84

1) Roy, Alice 2) Darminio, Ava
3) Ralph, Brooklyn 4) Boronka, Skyla

32.07 (32.07) 1:08.94 (36.88) 1:45.02 (36.08) 2:26.60 (41.59)
2:58.97 (32.38) 3:35.73 (36.76) 4:09.73 (34.00) 4:46.84 (37.11)

-- Laurier Golden Hawks 'A' DQ

1) Malone, Ciahan 2) Zinn, Alyssa
3) Horn, Claire 4) Thompson, Rosalind

28.04 (28.04) 59.22 (31.18) 1:29.07 (29.86) 2:01.51 (32.45)
2:33.11 (31.60) 3:08.18 (35.08) 3:38.94 (30.77) 4:11.82 (32.89)

Event 38 Men 4x400 Meter Relay OPEN

Meet Rec:: * 3:28.80 2021-12-04 Western Mustangs
J. Duckman, A. McLeod, A. Warren, K. Adeli

Team	Finals	H#
1 Laurier Golden Hawks 'A'	3:20.75*	1

1) Moore, Finn 2) Kuhlberg, Nolan
3) Thorpe, Chad 4) Hehn, Nathan

24.57 (24.57) 51.10 (26.54) 1:15.41 (24.31) 1:42.14 (26.74)
2:05.21 (23.07) 2:31.74 (26.53) 2:54.90 (23.16) 3:20.75 (25.86)

2 University Of Toronto Tc 'A' 3:21.92* 1

23.62 (23.62) 50.37 (26.75) 1:14.14 (23.78) 1:40.92 (26.78)
2:04.20 (23.28) 2:31.85 (27.66) 2:55.27 (23.42) 3:21.92 (26.66)

3 York Lions 'A' 3:32.02 1

1) Karp, Jordan 2) MacLellan, Alex
3) Doctor-Jardine, Elijah 4) Adebajo, Toluwani

24.69 (24.69) 52.87 (28.18) 1:17.45 (24.58) 1:45.96 (28.52)
2:10.80 (24.84) 2:39.71 (28.91) 3:04.38 (24.68) 3:32.02 (27.65)

4 Waterloo Warriors 'A' 3:34.57 1

1) Siebert, Raymond 2) Bistretzan, Tobias
3) Liu, Kevin 4) Gu, Shougan

24.77 (24.77) 52.61 (27.84) 1:17.27 (24.66) 1:45.07 (27.81)
2:10.04 (24.97) 2:39.90 (29.86) 3:05.29 (25.40) 3:34.57 (29.28)

5 Laurier Golden Hawks 'B' 3:37.73 2

1) Moore, Killian 2) Klazek, Tyler
3) Rohr, Jonas 4) Murphy, Prestyn

24.87 (24.87) 52.80 (27.93) 1:18.17 (25.37) 1:46.61 (28.45)
2:13.43 (26.82) 2:43.20 (29.78) 3:08.62 (25.43) 3:37.73 (29.11)

-- Laurier Golden Hawks 'C' DNF 2

1) Goho, Emmanuel 2) Hardeman, Jeremy
3) Geer, Logan 4) Lemire, Nathan

25.34 (25.34) 55.18 (29.84) 1:22.58 (27.41) 1:52.67 (30.09)