

St. Catharines Throws Meet 1 - 2021-12-29**Haig Bowl Arena****Results****Women Shot Put**

Name	Year	Team	Seed	Finals	Alternate
Finals					
1 Ezukuse, Biniosa		Project Athletic		12.45m	4k
	FOUL	12.15m 12.15m	FOUL	12.45m	FOUL
2 Van Nynatten, Coco		Thorold Elit	11.79m	12.25m	3k
	10.82m	12.19m FOUL 11.13m	11.45m	12.25m	
3 Clifford, Lauralyn		Project Athletic		11.88m	4k
	11.88m	FOUL FOUL FOUL 11.32m	11.66m		
4 Negri, Emma		UWAC	10.96m	11.75m	3k
	11.73m	11.02m FOUL FOUL	10.92m	11.75m	
5 De Buglio, Martina		Project Athletic		11.64m	4k
	FOUL	11.64m 11.28m FOUL	FOUL	11.34m	
6 Hastings, Avery		Saugeen Trac		10.89m	3k
	10.52m	10.55m FOUL 10.16m	10.89m	10.22m	
7 Francis, Janae		Project Athletic		9.38m	4k
	9.00m	9.16m 8.85m FOUL	8.80m	9.38m	
8 Ciceran, Charlotte		Thorold Elit		8.22m	2.74k
	8.22m	8.13m 7.88m 7.70m	7.92m	8.00m	
9 Sandel, Leah		Thorold Elit	6.59m	6.13m	2k
	5.84m	5.35m 5.16m 5.88m	6.13m	FOUL	

Women Weight Throw

Name	Year	Team	Seed	Finals	Alternate
1 Fray-Samuel, Zayna		Project Athletic		17.82m	9.08kg
	15.56m	17.82m 17.10m 16.44m	16.81m	15.57m	
2 Clifford, Lauralyn		Project Athletic		16.02m	9.08kg
	14.82m	14.57m 15.06m 16.02m	FOUL	14.23m	
3 Ezukuse, Biniosa		Project Athletic		15.48m	9.08kg
	14.55m	15.48m FOUL 15.38m	FOUL	FOUL	
4 Negri, Emma		UWAC	15.01m	14.97m	5.45kg
	FOUL	13.98m FOUL 14.97m	FOUL	14.75m	
5 Salduetto, Sophia		YUTC		14.26m	9.08kg
	FOUL	13.08m FOUL FOUL	FOUL	14.26m	
5 Hastings, Avery		Saugeen Trac		14.26m	9.08kg
	13.45m	13.90m 14.26m 12.26m	13.50m	12.65m	
7 De Buglio, Martina		Project Athletic		13.78m	9.08kg
	FOUL	FOUL 13.56m 13.21m	FOUL	13.78m	
8 Van Nynatten, Coco		Thorold Elit		13.71m	5.45kg
	FOUL	FOUL 11.42m 13.53m	13.00m	13.71m	
9 Francis, Janae		Project Athletic		12.28m	9.08kg
	10.85m	FOUL 11.07m 10.25m	12.23m	12.28m	
10 Green, Lucille		Athletiques Inte	7.50m	8.05m	5.45kg
	8.05m	7.35m 6.93m 7.00m	6.89m	7.23m	
11 Ciceran, Charlotte		Thorold Elit		6.61m	5.45kg
	6.13m	6.61m 5.77m 5.50m	5.68m	4.53m	

Men Shot Put

Name	Year	Team	Seed	Finals	Alternate
1 Brown, Zachary		Laurel Creek T.F.C.	14.06m	13.45m	5k
	12.54m	13.45m 13.14m 12.78m	12.66m	13.18m	

St. Catharines Throws Meet 1 - 2021-12-29**Haig Bowl Arena****Results****....Men Shot Put**

2	Dallman, Thomas	Thorold Elit							12.62m	5k
			11.63m	11.25m	FOUL	12.26m	12.12m	12.62m		
3	Arulrajan, Hasveen	United Tamil SC							12.28m	5k
			FOUL	11.35m	11.85m	11.35m	12.28m	9.93m		
4	Van Nynatten, Zander	Thorold Elit							5.98m	2k
			5.00m	5.15m	5.98m	4.86m	5.05m	5.16m		

Men Weight Throw

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Name	Year	Team	Seed	Finals	Alternate					
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1	Dallman, Thomas	Thorold Elit							15.12m	11.34kg
			14.55m	15.00m	15.12m	14.41m	FOUL	13.98m		
2	Ling, Jason	Project Athletic							12.02m	9.08kg
			11.33m	11.28m	12.02m	FOUL	11.31m	FOUL		