

## Pre Nats Tune-up - 28/06/2016

U of T  
Results

## Women 100 Meter Dash

Name	Year Team	Seed	Prelims	Wind	H#
Preliminaries					
1	Mayers, Patricia	Unattached -	12.78	12.71q	-0.3 2
2	Reynolds, Maya	The Speed AC	12.12	12.74q	-1.4 1
3	Kulczynska, Agata	Supreme Athletics	12.94	13.22q	-1.4 1
4	Lee, Jennifer	York Univers	13.25	13.52q	-1.4 1
5	Bautista, Kathryn	University O	13.44	13.72q	-0.3 2
6	Skipp, Emma	University O	14.00	13.80q	-0.3 2
7	Garfunkel, Violeta	University O	13.63	13.81q	-0.3 2
8	Beckerman, Olivia	University O	14.00	13.91q	-1.4 1

## Women 100 Meter Dash

Name	Year Team	Prelims	Finals	Wind
Finals				
1	Reynolds, Maya	The Speed AC	12.74	12.76 -1.4
2	Mayers, Patricia	Unattached -	12.71	12.83 -1.4
3	Kulczynska, Agata	Supreme Athletics	13.22	13.33 -1.4
4	Garfunkel, Violeta	University O	13.81	14.17 -1.4

## Women 400 Meter Dash

Name	Year Team	Seed	Finals
1	Sharpe, Taylor	The Speed AC	53.50
2	Geiger, Natalie	University O	55.80
3	Doyle, Paige	310 Running	57.50
4	Armstrong, Maddy	Unattached	1:02.00
5	3 Solek, Carolyn	University O	1:02.95
6	Chilton, Ella	Central Onta	1:02.00
7	O'Hagan, Heather	University O	1:12.00

## Women 800 Meter Run

Name	Year Team	Seed	Finals
1	Glenn, Caileigh	Newmarket HU	2:10.20
2	Nock, Paige	Durham Drago	2:11.52
3	Bronzovich, Rachel	Waterloo Track Club	2:16.00
4	Goertz, Avery	Niagara Olym	2:19.50
5	Boutin, Julia	University O	2:28.00
6	Hendriks, Tori	Niagara Olym	2:19.50
7	Hesch, Hannah	Niagara Olym	2:37.00
8	Johncox, Erica	Durham Drago	2:39.00
9	Kobayashi, Lynn	University O	3:05.00
--	Pilon, Chantel	Waterloo Track Club	2:16.00
--	Freeman, Jenna	Unattached -	2:13.00
--	Murphy, Katelyn	Durham Drago	2:11.53

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## Women 1200 Meter Run

Name	Year Team	Seed	Finals
1	Carruthers, Anna	Central Onta	3:48.00 3:57.88
2	Cadieux, Olivia	310 Running	4:10.00 4:11.28
3	Raso, Megan	Newmarket HU	4:17.83 4:11.57
4	McIntosh, Abigail	University O	4:15.00 4:12.05
5	Fox, Madeline	University O	4:15.00 4:15.12
6	Kulchyski, Devon	University O	4:15.00 4:16.04
7	Rock, Emily	Newmarket HU	4:25.00 4:24.34
8	Webster, Siobhan	University O	4:15.00 4:30.80
9	Wang, Jennifer	University O	4:25.00 4:47.94

## Women 1500 Meter Run

Name	Year Team	Seed	Finals
1	Kelly, Madeleine	University O	4:20.00 4:24.51
2	Hawthorn, Natalia	Newmarket HU	4:25.74 4:32.44
3	Thomson, Kennedy	Monte Cristo	4:35.00 4:44.00
4	Thompson, Miranda	Central Toro	4:39.00 4:45.71
5	Ford, Samantha	University O	4:55.00 4:55.98
6	Ceddic, Joana	University O	4:55.00 5:01.00
7	Rodrigues, Shania	Durham Drago	4:55.00 5:04.55
8	Mesfin, Ida	Niagara Olym	5:10.00 5:11.40
9	Krekora, Ania	University O	4:55.00 5:14.09
10	Anderson, Sarah	Central Toro	5:05.00 5:18.08
11	Ballon, Amy	University O	5:15.00 5:20.70

## Women 400 Meter Hurdles

Name	Year Team	Seed	Finals
1	Huggins, Dallyssa	Unattached -	1:00.43 1:02.78

## Women High Jump

Name	Year Team	Seed	Finals
1	Huggins, Dallyssa	Unattached -	1.78m 1.70m
2	Laurie, Shaelyn	University O	1.60m 1.60m
3	Lesurf, Jennifer	University O	1.60m 1.55m
3	Fair, Victoria	Niagara Regi	1.55m 1.55m
3	Follis, Katherine	University O	1.60m 1.55m
6	4 Hiscott, Sarah	University O	1.50m 1.45m
7	Gurley, Rasheeda	York Univers	1.50m 1.40m
8	Beckerman, Olivia	University O	1.40m 1.35m
8	Skipp, Emma	University O	1.40m 1.35m

## Women Pole Vault

Name	Year Team	Seed	Finals
1	Bone, Robin	London Weste	4.20m 3.90m
1	Parker, Karleigh	Unattached -	4.20m 3.90m
3	Li, Emma	Unattached -	3.60m 3.50m

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Results****....Women Pole Vault**

4	Sherif, Amina	University O	3.65m	3.40m
5	Petkovic, Zoe	University O	2.65m	2.80m
6	Moore, Kathryn	University O	2.50m	2.50m
7	Barber, Gemma	University O	2.50m	2.35m

**Women Triple Jump**

Name	Year Team	Seed	Finals	Wind
1	Stille, Julia	Unattached	11.99m	3.0
2	Spadzinski, Jacque	Niagara Regi	11.15m	2.0
3	Francis, Bailey	Unattached N	11.00m	2.2
4	Hamm, Caitlyn	Niagara Regi	10.82m	2.2
5	Follis, Madeleine	University O	10.46m	4.1
6	Terebiznik, Lucian	University O	10.05m	4.0

**Women Discus Throw**

Name	Year Team	Seed	Finals
1	Crew, Brittany	York Univers	51.64m

**Women Hammer Throw**

Name	Year Team	Seed	Finals
1	Crew, Brittany	York Univers	52.82m
2	Badley-Castello, J	York Univers	49.45m
3	Cassell, Cyerra	Unattached	48.38m

**Boys 400 Meter Hurdles**

Name	Year Team	Seed	Finals
1	Zomparelli, Alex	York Univers	1:06.58

**Men 100 Meter Dash**

Name	Year Team	Seed	Prelims	Wind	H#
Preliminaries					
1	Asemota, Duan	The Speed AC	11.01q	-3.6	1
2	Yassin, Mo	Waterloo Track Club	11.19q	-1.1	2
3	Gallaughner, Robbie	BC Athletics	11.19q	-0.4	4
4	Lau, Alexander	University O	11.23q	-0.4	4
5	Bailey, Chafari	Unattached	11.28q	-1.1	2
6	Kwarko-Fosu, Kofi	Waterloo Track Club	11.00	11.35q	NWI 3
7	Henry-Morrison, Jo	House of Roots	11.05	11.45q	-1.1 2
8	Agada, Emeka	Unattached -	10.90	11.50q	NWI 3
9	Orsini, Daniel	York Univers	11.29	11.51	-0.4 4
10	Hylton, Sanjade	The Speed AC	11.20	11.59	-0.4 4
11	Kayeye, Armel	Unattached	11.40	11.68	NWI 3
12	Quarcoo, George	I BE Fast TR	11.59	11.87	-1.1 2
13	Gonzales, Daniel	York Univers	11.09	12.23	-3.6 1
14	Reid, Nathan	Unattached -	12.10	12.33	-1.1 2

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## ...Men 100 Meter Dash

15	Briones, Jason	Unattached -	12.21	12.40	-0.4	4
16	Wilks, Newton	York Univers	12.14	12.42	NWI	3
17	Ranxha, Martinos	York Univers	12.03	12.46	-3.6	1
18	Dunn, Salim	I BE Fast TR	11.20	12.53	NWI	3
19	Zomparelli, Alex	York Univers	13.00	12.60	-1.1	2
20	Pasquini, Nicholas	York Univers	12.98	13.12	NWI	3

## Men 100 Meter Dash

Name	Year	Team	Prelims	Finals	Wind
Finals					
1		Asemota, Duan	The Speed AC	11.01	11.03 -0.3
2		Yassin, Mo	Waterloo Track Club	11.19	11.14 -0.3
3		Kwarko-Fosu, Kofi	Waterloo Track Club	11.35	11.27 -0.3
4		Gallaughher, Robbie	BC Athletics	11.19	11.27 -0.3
5		Bailey, Chafari	Unattached	11.28	11.30 -0.3
6		Henry-Morrison, Jo	House of Roots	11.45	11.46 -0.3
7		Agada, Emeka	Unattached -	11.50	12.07 -0.3

## Men 400 Meter Dash

Name	Year	Team	Seed	Finals	H#
1		Abdulahi, Ramzi	Nemean Lions	47.84	48.30 1
2	1	Leliever, Matthew	The Speed AC	48.00	48.58 1
3		Xie, Lawrence	University O	50.50	52.06 1
4		Liberto, Michael	York Univers	53.00	52.65 1
5		Deep, Liam	York Univers	52.91	53.34 1
6		Sherar, Michael	University O	53.86	54.49 1
7		Mehta, Ryley	Crescent School	54.50	55.22 2
8		Wilks, Newton	York Univers	56.00	55.29 2
9		Graenert, Mirco	Newmarket HU	54.00	56.80 1
--		Greenshields, Dunc	University O	1:13.55	DNF 2

## Men 800 Meter Run

Name	Year	Team	Seed	Finals	H#
1		Smith, Kyle	Blue Devils	1:51.00	1:53.54 1
2		Vitums, Adam	Central Onta	1:54.60	1:55.06 1
3		Quann, Simon	310 Running	1:54.00	1:55.08 1
4		White, Tyler	Newmarket HU	1:56.00	1:57.56 2
5		Desouza, Jonathan	Newmarket HU	1:56.00	1:57.63 2
6		Crocket, Liam	Newmarket HU	1:58.00	1:59.04 2
7		Ali, Hassan	Toronto Olym	1:59.19	1:59.27 3
8		Kochals, Cade	Central Toro	1:58.45	1:59.35 3
9		Mota, Nicholas	Newmarket HU	1:58.00	1:59.91 3
10	2	Leliever, Mitchell	The Speed AC	1:53.00	2:00.37 1
11		McQuaid, Aaron	Newmarket HU	1:58.00	2:00.58 2
12		Aubry, Marcel	University O	1:58.00	2:00.78 2
13		Dean, Cameron	Durham Drago	2:02.99	2:02.69 3
14		Ghadghoni, Ali	Newmarket HU	1:56.00	2:03.01 2
15		Tepper, Dave	Newmarket HU	2:01.00	2:04.23 3
16		Duff, Joel	University O	2:02.90	2:05.20 3

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## ...Men 800 Meter Run

17	Bridger, Adam	Durham Drago	2:03.00	2:05.74	4
18	McIntosh, Ryan	Newmarket HU	2:03.00	2:06.10	4
19	Brecher, Jay	University O	2:02.00	2:06.85	3
20	Wells, Bill	University O	2:06.00	2:09.65	4
21	Graenert, Justin	Newmarket HU	1:57.00	2:10.87	2
22	George, Taytum	Newmarket HU	2:09.00	2:12.42	4
23	Bari, Asad	Phoenix Athl	2:00.00	2:12.82	3
24	D'Oliveira, Armand	University O	2:16.00	2:19.18	4
--	Davenport, Ethan	University O	1:52.01	DNF	1
--	Egzaw, Simon	University O	1:52.00	DNF	1
--	Byrne, Louis	Toronto Olym	2:10.00	DNF	4

## Men 1200 Meter Run

Name	Year Team	Seed	Finals
1	Graenert, Maurice	Newmarket HU	3:29.00 3:24.27
2	Hickey, Emmett	University O	3:36.00 3:26.07
3	Free, Derian	Niagara Olym	3:27.00 3:27.20
4	Jean, Aiden	Newmarket HU	3:29.00 3:30.03
5	Bardwell, James	University O	3:35.00 3:36.24
6	Lupton, Chase	Niagara Olym	3:28.00 3:36.85
7	Fernandez, Ivan	Niagara Olym	3:30.00 3:42.96
8	Dean, Patrick	Durham Drago	3:44.00 3:49.58
9	Lavoie, Caleb	Niagara Olym	3:30.00 3:50.86
10	Garibay, Sebastian	University O	4:00.00 3:52.35
11	Meier, Jacob	University O	4:00.00 3:54.32
12	Carter Duran, Toma	University O	3:55.00 3:57.64
13	Warren, Alex	University O	4:00.00 4:06.80
14	McRae, Johnny	University O	4:00.00 4:08.25
15	Nagy, Nikolas	University O	4:00.00 4:11.57
16	Boland, James	University O	4:00.00 4:20.80

## Men 1500 Meter Run

Name	Year Team	Seed	Finals	H#
1	Egzaw, Simon	University O	3:49.00 4:02.88	1
2	Mather, Michael	Ottawa Lions T.F.C.	3:55.00 4:04.93	1
3	Leone, Landon	Central Onta	4:00.00 4:07.28	1
4	Deba, Brock	Niagara Olym	3:59.00 4:09.93	1
5	Lee, Campbell	Niagara Olym	4:06.00 4:11.32	1
6	Helmuth, Nicholas	Brantford T.F.C.	4:01.00 4:16.50	1
7	Leban, Yahia	Niagara Olym	4:11.00 4:17.45	1
8	Fox, Benjamin	University O	4:22.00 4:27.33	2
9	Kort, Ryan	Niagara Olym	4:16.00 4:29.18	1
10	Yohannes, Selam	University O	4:25.00 4:35.59	2
11	Nagler, Cory	University O	4:20.00 4:35.72	2
12	Rayner, Simon	University O	4:30.00 4:44.21	2
13	Jones, Zack	Durham Drago	4:50.00 4:49.10	2
14	Cunliffe, Bill	Durham Drago	4:50.00 4:50.05	2
15	Wallace, James	University O	5:02.00 5:02.93	2
16	Helliker, John	University O	5:08.00 5:03.29	2

**Pre Nats Tune-up - 28/06/2016****U of T  
Results****Men 400 Meter Hurdles**

Name	Year Team	Seed	Finals
1 Chevrette Belisle,	C. A. Univer	54.51	54.79
2 Babcock, Owen	Laurel Creek	55.00	57.53

**Men High Jump**

Name	Year Team	Seed	Finals
1 Mazzone, Lucas	Unattached	1.85m	1.85m
1 Yue, Jonathan	University O	1.96m	1.85m
3 Macon, Ishmael	Brock University	1.85m	1.80m
3 West, Jackson	University O	1.94m	1.80m
3 Bonus, Kaku	Brock University	1.90m	1.80m
6 Zowkewych, Peter	University O	1.40m	1.35m

**Men Pole Vault**

Name	Year Team	Seed	Finals
1 Lepage, Pierce	Unattached -	4.70m	4.90m
-- Lau, Alexander	University O	4.00m	NH

**Men Long Jump**

Name	Year Team	Seed	Finals	Wind
1 Young, Arren	Alliance Ath	7.50m	7.61m	2.9
2 Gallagher, Robbie	BC Athletics	7.42m	7.21m	1.0
3 Bonus, Kaku	Brock University	6.80m	6.59m	1.5

**Men Triple Jump**

Name	Year Team	Seed	Finals	Wind
1 Le, Vinh	Flying Angel	15.42m	14.69m	2.2
2 Potts, Jay	University O	13.00m	12.90m	1.6
3 Pontes, Jack	Jamcan Inter	12.00m	11.40m	1.1

**Men Discus Throw**

Name	Year Team	Seed	Finals
1 Raspanti, Jonathan	York Univers	50.96m	48.79m
2 Skeath, Jared	York Univers	48.50m	47.11m
3 Erskine, Drew	Unattached N	41.00m	41.70m
4 Zesseu, Jesse	York Univers	30.00m	28.54m

**Men Hammer Throw**

Name	Year Team	Seed	Finals
1 Preece, Chris	York Univers	59.29m	57.28m
2 Skeath, Jared	York Univers	59.00m	56.79m
3 Erskine, Drew	Unattached N	50.45m	51.90m

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4	Raspanti, Jonathan	York Univers	50.45m	51.58m
5	Reston, John	University O	43.00m	47.31m

**Mixed 300 Meter Dash Co-ed**

Name	Year	Team	Seed	Finals	H#
1	Augimeri, Alexande	M University O	36.00	35.13	1
2	Trnkus, Michael	M University O	34.75	35.24	1
3	Chan, Daniel	M University O	34.50	35.67	1
4	John, Nigel	M Jamcan Inter	35.60	37.01	1
5	Brown, Alicia	W University O	37.50	37.15	1
6	Warburton, Christo	M Nemean Lions	38.00	37.57	1
7	Powell, Micha	W University O	37.50	37.59	1
8	Lance, Naomi	W Waterloo Track Club	38.80	39.54	2
9	Omene, Eseroghene	W University O	39.00	39.84	2
10	Dywer, Courtney	W York University	40.00	40.95	2
11	Da Silva, Nathan	M Cornwall Leg	42.00	42.10	2
12	Maddocks, Beatrix	W University O	43.00	42.88	2
13	Walton, Shannon	W Unattached -	41.70	44.56	2
14	Siemens, Isaak	M Niagara Olym	45.00	45.13	3
15	Edwards, Tracey	W York University	42.00	45.25	2
16	Pascall, Keisha	W Niagara Olym	50.00	46.82	3
17	McDonald, Abi	W Niagara Olym	45.00	47.07	2
18	McKinney, Madison	W Niagara Olym	55.00	47.54	3
19	Rodrigrez, Michell	W Niagara Olym	55.00	47.96	3
20	Syvret, Brooke	W Niagara Olym	55.00	50.47	3