

#### Ontario Federation of School Athletic Associations

305 Milner Avenue, Suite 207 Toronto, Ontario M1B 3V4 Website: www.ofsaa.on.ca Phone: (416) 426-7391 Publications Mail Agreement Number: 40050378 **Executive Director** Doug Gellatly P: 416.426.7438 doug@ofsaa.on.ca **Sport Manager** Shamus Bourdon P: 416.426.7440 shamus@ofsaa.on.ca **Program Manager Denise Perrier** P: 416.426.7436 denise@ofsaa.on.ca **Communications Coordinator** Pat Park P: 416.426.7437 pat@ofsaa.on.ca beth@ofsaa.on.ca **Operations Coordinator** Beth Hubbard P: 416.426.7439 **Sport Coordinator** Peter Morris P: 905.826.0706 morrisis@sympatico.ca **Sport Coordinator** Jim Barbeau P: 613.962.0148 iim@ofsaa.on.ca **Sport Coordinator Brian Riddell** P: 416.904.6796 brian@ofsaa.on.ca **EXECUTIVE COUNCIL President** Jennifer Knox, Kenner CI P: 705.743.2181 iennifer knox@kprdsb.ca **Past President** Ian Press, Bayside SS P: 613.966.2922 ipress@hpedsb.on.ca **Vice President** Nick Rowe, York Memorial CI P: 416.394.3000 nick.rowe@tdsb.on.ca **Metro Region East Region** Kendra Read, All Saints HS P: 613.271.4254 x 5 kendra.read@ocsb.ca **West Region** Michele Van Bargen, Strathroy DCI P: 519.245.8488 m.vanbargen@tvdsb.ca **South Region** P: 905.820.3900 rob.thompson@dpcdsb.org Rob Thompson, St Aloysius Gonzaga **Central Region** P: 905.326.7994 shawn.morris@yrdsb.ca Shawn Morris, Stephen Lewis SS **North Region** P: 705.472.8240 lowet@franco-nord.ca Tim Lowe, ES Algonquin P: 519.364.5820 CODE Jamie McKinnon, Bruce-Grey CDSB jamie mckinnon@bgcdsb.org P: 519.336.1500 CODE costelji@lkdsb.net Jim Costello, Lambton-Kent DSB CODE André Blais, CSC Monavenir P: 416.397.6564 ablais@cscmonavenir.ca Member-at-Large P: 705.927.8605 lindadejeu@gmail.com Linda de Jeu Member-at-Large **Barry Mutrie** P: 519.270.4461 barry.cwossa@gmail.com **REPRESENTATIVES' COUNCIL** CISAA Fraser Bertram, Crescent School P: 416.449.2556 fbertram@crescentschool.org Ashley Willis, Toronto Montessori Schools P: 907.780.1002 awillis@tmsschool.ca COSSA Brian Poste, North Hastings DHS P: 613.332.1220 bposte@hpedsb.on.ca leslie.creeden@tldsb.on.ca Leslie Creeden, IE Weldon SS P: 705.324.3585 x 19017 **CWOSSA** Johnny Forte, Cameron Heights CI P: 519.578.8330 johnny\_forte@wrdsb.ca P: 519.426.4664 x 501240 Pamela Robinson, Simcoe Composite pamela.robinson@granderie.ca **EOSSAA** Suchetan James, Frontenac SS. P: 613.389.2130 jamess@limestone.on.ca Tammy Bovaird, Notre Dame CHS P: 613.253.4700 tammy.bovaird@cdsbeo.on.ca **GBSSA** Val Hargreaves, Eastview SS P: 705.728.1321 vhargreaves@scdsb.on.ca Steve Porter, Barrie North CI sporter@scdsb.on.ca P: 705.726.1846 **GHAC** Mark Freeman, Notre Dame CSS P: 905.335.1544 freemanm@hcdsb.ora Carolyn Mossey, St. Jean de Brebeuf SS P: 905.388.7020 mosseyc@hwcdsb.on.ca LOSSA Brad White, Ajax HS brad white@ddsb.ca P: 905.683.1610 Linda Correia, Dunbarton HS P: 905.839.1125 Linda correia@ddsb.ca NCSSAA Sean Clancy, Gloucester HS sean.clancy@ocdsb.ca P: 613.745.7176 Kendra Read, All Saints CHS P: 613.271.4254 kendra.read@ocsb.ca **NEOAA** John Elliot, Timmins HS P: 705.361.1411 john.elliott@dsb1.ca Anita Anderson, Englehart HS P: 705.544.2337 anita.anderson@dsb1.ca NOSSA Tim Lowe, ES Algonquin P: 705.472.8240 lowet@franco-nord.ca P: 705.692.3671 Kim Chezzi, Lively District SS chezzik@rainbowschools.com **NWOSSAA** David McCallum, Westgate CVI P: 807.577.4251 david mccallum@lakeheadschools.ca janine.lavoie@kpdsb.on.ca Janine Lavoie, Queen Elizabeth DHS P: 807.737.3500 **ROPSSAA** Rob Thompson, St Aloysius Gonzaga P: 905.820.3900 rob.thompson@dpcdsb.org Kelly Gouveia, Fletcher's Meadow kelly.gouveia@peelsb.com P: 905.495.2675 x 424 SOSSA Bob Gardiner, Dundas Valley SS P: 905.628.2203 rgardine@hwdsb.on.ca Jill Stiefelmeyer, Governor Simcoe SS P: 905.934.4006 jill.stiefelmeyer@dsbn.org **SWOSSAA** james.clarke@lkdsb.net James Clarke, John McGregor P: 519.354.1740 x 11655 **TBA TDCAA** Paul Solarski, Brebeuf College P: 416.393.5508 paul.solarski@tcdsb.org **TDSSAA** George Kourtis, Toronto DSB P: 416.396.6000 george.kourtis@tdsb.on.ca TBA TBA TBA WOSSAA Tim Clayton, Mother Teresa CSS P: 519.675.4433 tclayton@ldcsb.ca Michele Van Bargen, Strathroy DCI P: 519.245.8488 m.vanbaraen@tvdsb.ca **YRAA** Shawn Morris, Stephen Lewis SS P: 905.326.7994 shawn.morris@yrdsb.ca Liana Williams, Milliken Mills HS lianawilliams@yrdsb.ca P: 905.477.0072

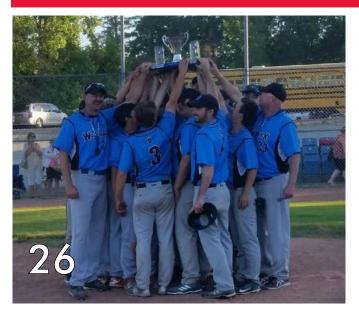
#### **ADVISORS**

**Ministry of Education Ministry of Tourism, Culture** and Sport

Jeeves Jeyadevan Marie Dannhaeuser P: 416.325.0129 P: 416.327.6141

jeeves.jeyadevan@ontario.ca marie.dannhaeuser@ontario.ca

## **Contents**





Executive Director Letter	2
OFSAA NEWS	
Age Classifications 2018-19 Transfer Appeal Meeting Dates 2018-19	3
OFSAA Social Spotlight	4
Golf Reminder	4
Save The Date DFSAA Try Day	4 5
OFSAA-Sanctioned Invitational Events School Sport Canada Online Courses	8
Coaching in Ontario Schools (CIOS) Keeping Football Safe Contest Winners Support OFSAA's School Sport Sponsors	9
Helping Students Report Injuries From A for Athletics to Z for Zimbabwe	10-11
Making Head Way 20 Reasons to Emphasize School Sport	16
SCHOLARSHIPS & AWARDS	
Brian Maxwell Memorial Scholarship	18-19

KidSport Grants 2018-19 ......20 OFSAA Team Sportsmanship Awards ......21 OFSAA Leadership in School Sport Awards ......21 2018 OFSAA Alumni Scholarship Recipients .....24

#### **FESTIVAL RESULTS** Boys' A/AA & AAA Lacrosse ......25 2018-19 OFSAA Championship Calendar ......22-23 CHAMPIONSHIP RESULTS Boys' Baseball .......26 Boys' A/AA Rugby......27 Boys' AAA Rugby......28 Girls' A/AA Rugby ......29 Girls' AAA Rugby......30 Boys' A Soccer......31 Boys' & Girls' AA Soccer ......32-33 Boys' AAA Soccer ......34 Girls' A Soccer .......35 Girls' AAA Soccer ......36

#### PHOTOGRAPHY CREDITS

Front Cover & Above Right – Ryan Pfeiffer (Metroland) Back Cover – James Mirabelli (JMP Photography)

Front Cover Athlete – Shaleah Colaire (St. Mary CSS)



Thank you to the Ontario Ministry of Tourism, Culture and Sport and Ontario the Ministry of Education for their generous contributions and support.

## A Word from Doug Gellatly, OFSAA Executive Director



Thousands of student-athletes in Ontario will benefit this school year from the work of their coaches. School sport continues to play an important role in education and volunteer coaches are clearly vital in creating athletic opportunities.

The benefits, however, don't apply only to students. In a study of Ontario high school teacher-coaches conducted by the University of Ottawa, 97.3% said that being a coach

helped them create better relationships with their students. Further, 94.5% believed their role as a coach had a positive effect on their overall job satisfaction, and 86.1% felt coaching made them a better teacher. It is therefore reasonable to conclude that coaching school sport creates strong teachers who are happier with their jobs.

We encourage teachers to get involved in coaching and OFSAA offers coach development programs to assist with training. These include the Coaching in Ontario Schools course (3 hours), and our annual two-day OFSAA Conference which will take place May 9 and 10, 2019. School Sport Canada has several online courses, some of which are sport-specific, and these can be found at schoolcoach.ca. We hope these offerings can help attract new teachers into the coaching ranks and I invite you to contact our office if you have any questions about the above noted programs.

As we head into the excitement of a brand new school year, I found this short article with some coaching advice. It was originally published in the September 1976 OFSAA Bulletin but will still have value to coaches today.

As all our interschool activities get underway this year, take time to evaluate yourself as a coach before the season begins – there is always room for improvement. Whether new or experienced, here are some thoughts to consider.

Commit yourself to doing the best coaching job you can. Even if you have been assigned to a sport you are not highly proficient at, you can be a good coach with the aid of clinics, books, and other coaches' knowledge. The basic ingredient in the making of a good coach is the desire to do well. However do not overcommit yourself at the expense of your curricular program.

organize your coaching program. Although you must adapt to the individuals with whom you are working, planned and well-run practice sessions produce better results. Organization takes time and effort but it is vital to the success of a team. Throughout the season, preparations are necessary for both home and away competitions so team members and staff are fully aware of proceedings.

Ask for assistance and advice – no coach is expected to know all there is about any activity. Make use of the expertise of other coaches and physical education teachers. Asking for help is a sign of strength in a coach.

Challenge your athletes continually – interschool activities should provide an arena of learning throughout the season for both competitor and coach. Motivate your team – vary the format of practice sessions; chart the progress of individuals; provide exhibition meets or games.

abit development begins early in the season. From the initial tryout sessions, a coach should clearly indicate what they expect from team members, spell out the consequences for breaking rules and enforce them. Producing a well-disciplined team begins in the practices and carries over to the game situation. Team spirit, enthusiasm, sportsmanship – win or lose – must be stressed and demonstrated at all times.

Thank you to all those who step forward to coach this year and I wish you all the best in 2018-19.

Doug Hellas

## Subscribe To OFSAA's E-Newsletter



Stay updated on all of our awards, key dates, programs, conferences, scholarships, recognition, sponsorships and championships. Delivered via email in January, April, June and October, the newsletter has the OFSAA brand covered. Don't miss out!

Individuals can subscribe to the newsletter through the homepage of our website: ofsaa.on.ca/node/4166

### Age Classifications for the 2018-19 School Year

For the 2018-19 school year, a Midget will be born in 2004 or later and may only compete at OFSAA in the Midget category for one year in Grade 9. A Junior will be born in 2003 or 2004 and a Senior will be born in 1999 or later.

1998 or earlier Ineligible 1999 Senior 2000 Senior 2001 Senior 2002 Senior 2003/04 Junior 2004 Midget

How old was the student on January 1, 2018?

Years of eligibility:

Coaches and students are reminded that students are eligible for no more than five consecutive years from date of entry into Grade 9. There is no appeal to this rule.

### 2018-19 Transfer Appeal **Meeting Dates**

Meeting Date	Deadline for Applications			
Thurs., Oct. 4, 2018	Mon.,	Sept.	24,	2018
Thurs., Nov. 1, 2018	Wed.,	Oct.	17,	2018
Tues., Dec. 11, 2018	Mon.,	Nov.	26,	2018
Thurs., Feb. 21, 2019	Wed.,	Feb.	6,	2019
Thurs., Apr. 18, 2019	Wed.,	Apr.	3,	2019

To appeal to an Association decision, please call the OFSAA office and give the name of the student and school, as well as the name of the principal. Please see the deadline dates posted above.

A letter will be sent to the student, c/o the principal, stating the date, time and location of the appeal hearing. The letter will outline what information the student must provide prior to the meeting date.

OFSAA will be hosting a transfer policy workshop on September 14 in the GTA. This is ideal for association transfer chairs, association executives, athletic coordinators, school athletic directors, or anyone involved with transfer policy decisions. Contact Doug Gellatly at doug@ofsaa.on.ca for more information.



## **OFSAA Social Spotlight**

Keep up to date with OFSAA news, photos, videos, championship information, scholarships, conferences, and much more, by following OFSAA on Facebook, Twitter, LinkedIn, Instagram, SnapChat and YouTube!











**OFSAA** 

**@OFSAA** 

/company/OFSAA

**@OFSAAGRAM** 

**RealOFSAA** 

Follow individual championship results with live updates from OFSAA Championship twitter accounts. Updates and pics right from the source!

@OFSAASnow	@OFSAABadmnton	@OFSAABaseball	@OFSAABasketball
@OFSAAXC	@OFSAACurling	@OFSAAGirlsFH	@OFSAALacrosse
@OFSAAFootball	@OFSAAGolf	@OFSAABoyHockey	@OFSAAGirlHockey
@OFSAABoySoccer	@OFSAAGirlSoccer	@OFSAARugby	@OFSAASwimming
@OFSAATennis	@OFSAATrack	@OFSAAVBall	@OFSAAWrestling

## **Best Wishes To Patty Johnson**

OFSAA sends congratulations and best wishes to Patty Johnson as she accepts a new teaching position at Bishop Strachan School. As a result of this change, Patty will be leaving her position on both the OFSAA Executive Council and Representatives' Council. She served as the TDCAA girls' representative on the Representatives' Council since 2009, was a member of the OFSAA Executive Council since 2012, was the chair of the Committee for Girls' Activities for a two-year term, and has also volunteered to sit on several other committees. Thank you, Patty for your service and dedication over the past nine years!

## **Gymnastics Update**

At the most recent OFSAA Executive Council meeting in June, members approved the removal of gymnastics from OFSAA jurisdiction. The sport no longer meets the championship or festival criteria in accordance with OFSAA By-Laws.

OFSAA extends sincere gratitude to the hundreds of volunteers, student-athletes, teacher-coaches and the members of the gymnastics Sports Advisory Committee over the years.

## **Golf Reminder**

Reminder to all coaches concerning the 'Open' division in OFSAA Golf for boys and girls.

Definition of an Open golfer: "A student-athlete who has competed in a provincial or national tournament within the past 12 months outside of the high school program, shall be classified as an Open participant within the individual division."

## Canadian Interscholastic Athletic Administrators Association – CIAAA



This is a joint venture between OFSAA and the Canadian Interscholastic Athletic Administrators Association that promotes, supports and trains existing and aspiring Athletic Directors/Coordinators.

3 courses (502c; Principles, Strategies and Methods, 504c; Legal Issues 1 and 602c; Creating Your Athletic Handbook) are being offered through OFSAA.

Check out the CIAAA website at www.ciaa.ca, or if you are interested in hosting a course in your area, please contact Denise Perrier at denise@ofsaa.on.ca or 416-426-7436.

## SAVE THE DATE ... SAVE THE DATE ... SAVE THE DATE



The 2019 CONFERENCE is set for May 9 & 10

Check ofsaa.on.ca and social media for more information in the coming weeks.

## TBYday 2018-19!

#### Motivation! Inclusion! Demographic changes! Budget restraints! Leadership opportunities!

Address all these issues during the 2018-19 school year by applying for an OFSAA TRY Day grant. The Ontario Ministry of Education has again provided a grant of up to \$700 for schools to enhance their athletic/activity programs and to encourage all students to get active. Build the OFSAA TRY Day program into your schedule of classroom and leadership courses, intramurals, special activity days, or fitness programs. APPLY TODAY!

#### **ELIGIBILITY?**

- 140 publicly-funded secondary schools
- Meet the minimum requirement of participants and student leaders
- Commitment to completing the program

## CRITERIA for approval for funding and reimbursement?

- Introduce a new sport or physical activity to their current physical education program
- Make activity available to students in multiple grade levels
- Include the leadership component minimum of six (6) student leaders in the planning and implementation of the TRY Day event
- Involve a minimum of sixty (60) participants (30 in schools with a student population under 500)
- Complete the TRY Day program by April 30, 2019

#### **HOW** to apply?

Applications are accepted ONLINE only (OFSAA website – Programs/Try Day/Application Form)

#### **SELECTION?**

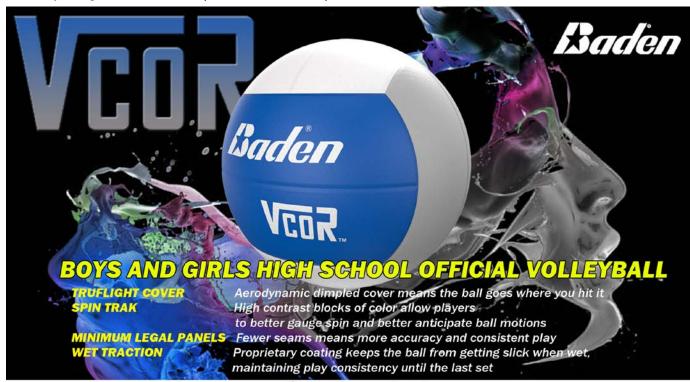
- Funds will be allocated on a first-come, firstserved basis, provided all criteria are met
- First-time applicants and rural schools will receive priority

#### **PROCESS?**

- Funding acceptance emailed
- Reporting packages emailed at the end of August or within 2 weeks after receipt of applications submitted in the fall
- Reimbursement sent within 2 weeks, if school meets all requirements, completes online reporting forms and student evaluations, and emails all reporting materials. Final deadline is May 15, 2019

#### Register ON-LINE now as funds are limited

\*\*If you do not receive an email reply within 3 weeks of submitting your application, please contact Diana Ranken, 'TRY Day' Program Coordinator (diana@ofsaa.on.ca)





## **OFSAA-SANCTIONED INVITATIONAL EVENTS**

ATTENTION TO ALL ATHLETIC DIRECTORS & PHYSICAL EDUCATION CURRICULUM LEADERS
PLEASE ENSURE THAT ALL OF YOUR COACHES ARE AWARE OF THEIR RESPONSIBILITIES AS IT APPLIES TO ATTENDING OR HOSTING SANCTIONED EVENTS.

Individual schools bear the responsibility of submitting timely and accurate requests for OFSAA Sanctioning if they wish to attend or host invitational events. Requests must be received at least 30 days prior to taking part in or hosting such an event. OFSAA Sanctioning requires that all competitors are OFSAA eligible and that supervision requirements are met by each school who wishes to take part.

APPLICATION FORMS to either host or attend invitational events are to be **completed on-line** and can be found at: **ofsaa.on.ca/events/sanctioned-events** 

**IF YOU ARE TAKING PART IN AN INTERPROVINCIAL COMPETITION**, your school must receive OFSAA
Sanctioning in order to participate. OFSAA has reciprocal agreements with the other provincial high school sport organizations that will protect the integrity of interprovincial events.

IF YOU ARE ATTENDING AN EVENT IN THE USA, your school must receive OFSAA Sanctioning for all state and National Federation of High School (NFHS) events. Since many events do not specifically indicate whether the event is sanctioned or not, it is wise to obtain OFSAA Sanctioning for all US events.

IF YOU ARE HOSTING A MEET OR TOURNAMENT, schools from the USA or other Canadian provinces must receive sanctioning from the host state or province, so it is recommended that you receive OFSAA sanctioning for your event if it involves any school(s) from outside Ontario. Failure to do so may result in a team being sanctioned by their state or province when they return home.

If you want to know if the invitational event or meet that you want to attend/host has been sanctioned by OFSAA, please go to **ofsaa.on.ca/events/sanctioned-events/approved-team-sanctions** or the NFHS site at **nfhs.org.** Any questions can be directed to Jim Barbeau at Jim@ofsaa.on.ca



## 2018 - 19 SANCTIONED INVITATIONAL HIGH SCHOOL EVENTS

#### **CROSS COUNTRY**

**Gryphon - Charger Pre- Meet** 

October 3, 2018

Michael Smith, Steve Moran

Dundas, ON

Christie Lake Conservation Area msmith@hwdsb.on.ca

morans@hdsb.ca

Pirates Invitational Boys' & Girls Meet

September 26, 2018 Randy Givogue

Brockville, ON Memorial Park

randy.givogue@ucdsb.on.ca

#### **GIRLS' FLAG FOOTBALL**

Markham Varsity Girls' Flag Invitational

September 14, 2018

Steve Hartslief

Markham, ON Markham DHS

stephen.hartslief@yrdsb.ca

**HOCKEY** 

**Gator Varsity Boys'** 

January 8 & 9, 2019 Stephen Sim

Lakeshore CHS Port Colborne Arena stephen.sim@ncdsb.com

Gator Jr. Bovs'

April 2 & 3, 2019 Stephen Sim

Lakeshore CHS Port Colborne Vale Centre stephen.sim@ncdsb.com

13th Annual Capital Boys' & Girls' Hockey Tournament

November 26 & 27, 2018 Daniel Keleman

**Holy Trinity CHS** Bell Sensplex, Kanata daniel.kelemen@ocsb.ca

35th Annual Bur Bear Varsity Boys' Hockey Tournament

February 7 - 9, 2019 Zach Hogan

Dr. Frank J. Hayden SS Burlington hoganz@hdsb.ca

**Lady Crusader Cup** 

December 4 & 5, 2018 Wendy Glover, Mike Chaney

Catholic Central HS London walover@ldcsb.ca

Boys' Crusader Cup Christmas Extravaganza

December 14 & 15, 2018 Wendy Glover, Mike Chaney Catholic Central HS London

wglover@ldcsb.ca mike.chaney@rogers.com

mike.chaney@rogers.com

**Junior Boys' & Girls' Crusader Cup** 

March 29, 2019 Catholic Central HS Wendy Glover, Mike Chaney London

wglover@ldcsb.ca

mike.chaney@rogers.com

Boys', Girls' & Co-Ed Tournaments @ York University

2-Day Events - Minimum 4 Game guarantee 1-Day Events - Minimum 3 Game guarantee

All Boys' Tournaments offer A,B, and C Divisions Various Dates

York University

416-661-5900 X251 grose@icesports.com

Senior Boys'

(All Senior Boys' tournaments, inleuding Mini Matches, will offer both CONTACT and NON CONTACT divisions, with the exception of February's Canadian Classic,

which is Contact Only.)

Early Bird Mini Matches November 9, 2018 North York Classic November 21 & 22, 2018 Early December Mini Matches December 6, 2018 Christmas Freezeout December 13 & 14, 2018 Late December Mini Matches(All) December 19, 2018 New Year's Festival January 9 & 10, 2019 **Canadian Classic** February 7 & 8, 2019

(Contact Only - longer games & 2 floods)

York University Classic February 21 & 22, 2019 Mini Matches February 27, 2019 Mini Matches March 7, 2019

Junior Bovs'

(All Junior Tournaments are CONTACT ONLY: however.coaches may also opt to

have all their specific teams' games played under Non Contact rules.) **Early Bird** November 21 & 22, 2018 Mini Matches December 6, 2018 January 9, 2019 Mini Matches Mini Matches February 13, 2019

Junior March Classic February 28 & March 1, 2019

Mini Matches March 22, 2019 **Junior Spring Classic** April 10 & 11, 2019

Girls'

(All NON-CONTACT only. Unless otherwise noted, all tournaments offer A, B, C, D & DD divisions with the same minimum game guarantees as the Boys' tournaments)

**Early Bird Mini Matches** November 20, 2018 Early December Mini Matches December 5, 2018 Christmas Classic December 11 & 12, 2018

Late December Mini Matches December 17, 2018 Mini Matches January 10, 2019 February 5 & 6, 2019 Cardinal Carter Classic (A - D only) "DD" Delight (DD only) February 5 & 6, 2019 Elite (longer games) February 11 & 12, 2019 March 6, 2019 Mini Matches Girls' Springfest April 3 & 4, 2019

CO-ED

(All Non Contact only; teams must have 2 girls on the ice as skaters at all times.)

CO-ED Christmas Jamboree December 18, 2018 CO-ED March Jamboree March 5, 2019 **CO-ED Spring Classic** April 9, 2019

**SOCCER** 

Marauder Jr & Sr Boys' Invitational

September 28, 2018 **Banting Memorial HS** Paul Andrez Alliston

pandrez@scdsb.on.ca

Colonel By SS (exhibition game) vs Halifax West HS

September 21, 2018

Pat Lacasse Colonel By SS,Ottawa pat.lacasse@ocdsb.ca

**ULTIMATE FRISBEE** 

**Festivus Invitational** 

April 18, 2019 David Suzuki SS, Brampton, ON Sanjay Lad Hershev Centre, Mississauga sanjay.lad@peelsb.com



SCHOOL SPORT CANADA SPORT SCOLAIRE CANADA

## **School Sport Canada Online Courses**

School Sport Canada currently offers a number of online courses to benefit high school coaches (some of which are offered at no cost!). All courses allow participants to work at their own pace including the ability to save work and return to the course until it is complete. Although these courses are not NCCP certified, participants will be provided a certificate of completion.

Courses can be accessed through www.schoolcoach.ca or through the OFSAA website under "Programs." The following courses are being offered:

All courses have an introductory video which provides a detailed overview of the course.

#### **Athletic Injury Management**

A course designed to give you an understanding of athletic injury management.

This course is designed to prepare you, the interscholastic teacher-coach, for all situations that participation in high-school athletics could encompass.

#### **Concussion in Sports - What You Need To Know - FREE**

Sports-related concussion in high school sports can be serious or even life-threatening situations if not managed correctly.

National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This is a FREE Course!

#### **Engaging Effectively with Parents - FREE**

Course participants learn essential and effective communication techniques and methods for interacting with parents and guardians.

#### **Fundamentals of Coaching**

\*This course is comparable to OFSAA's Coaching in Ontario Schools but does not include the Ontario specific elements and is not NCCP accredited.

A Grassroots Course Focusing on Critical Skills and Understanding Athlete Needs; a Must for All Coaches.

#### **Legal Course for Coaches -FREE**

A course designed to give you an understanding of legal issues in sports.

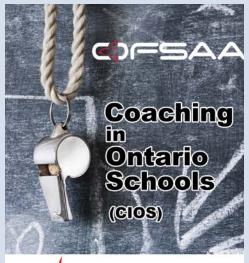
#### **Teaching & Modeling Behaviour**

A course designed to teach coaches how to proactively modify and encourage good sportsmanship.

#### Tobacco - "Be the NORM" - FREE

A course designed to give students and coaches an understanding of the negative effects of tobacco use. This is a FREE Course.

## **Coaching in Ontario Schools (CIOS)**









CIOS is a program developed by the Coaching Association of Canada and the Ontario Federation of School Athletic Associations to give teacher-coaches and community volunteers the special skill-set they need to coach effectively in the school environment.

OFSAA is looking to host "CIOS Day" and offer a workshop in each association on September 11th, 2018, from 3:30pm-7pm. This workshop is great for any OFSAA coaches or for those schools that have an increased number of community coaches and need to be aware of OFSAA policies. CIOS also provides participants with three PD points to maintain NCCP certification.

Let's look to educate more volunteers, teachers and coaches and we can do that through the CIOS! If you are interested in hosting on this CIOS Day or offering a workshop at your school (this course is offered in both English & French), please contact Denise Perrier at denise@ ofsaa.on.ca or 416-426-7436.



## 2017-2018 **Keeping Football Safe Contest** Winners

OFSAA, in partnership with Spalding Canada, is excited to announce the winners of our Keeping Football Safe contest! Congratulations:

- St. Matthew High School (Ottawa) and Head Coach Jean Guillaume
- Lorne Park Secondary School (Mississauga) and Head Coach Ben

Thank you to all who applied and completed the courses to keep football safe on the fields at our schools!

## Please Support OFSAA's School Sport Sponsors

OFSAA is fortunate to have several companies supporting school sport in Ontario. Official equipment has been playtested and endorsed by experienced teacher-coaches. Please support these sponsors by using their products.

#### **Cross Country and Track and Field**

#### Nike

Official sponsor

#### **Badminton**

#### Yonex

- Official racquet of OFSAA:B500, B600 DF, B7000 DF+
- Official shuttlecocks of OFSAA: Mavis 350, Mavis 300, Mavis 7

#### Black Kniaht

Official badminton eyewear provider of OFSAA



#### Football

#### Baden

Official footballs of OFSAA: F7000L & F9C



#### Basketball

#### Molten

Official basketball of OFSAA: **GG-X Series** 



#### Volleyball

#### Baden

Official volleyball of OFSAA: Baden VCOR,



#### Soccer

#### Molten

Official soccer ball of OFSAA: Molten F5G 4800 official game ball



#### **Accommodations**

#### **Westmont Hospitality Group**

Official hotel partner of OFSAA



#### **Character Athlete Award**

#### Jostens

Official sponsor



#### Rugby Gilbert

Official rugby ball of OFSAA



## **Helping Students Report Injuries Without Fear of** Looking Weak By Christopher Stankovich, Ph.D., @DrStankovich



As leaders continue to actively study and understand the injury risks that student-athletes assume while playing contact sports, including the risk of concussions, a second, less-noticed psychological concern might warrant similar attention. Specifically, student-athletes who experience on-field injuries are often left in an incredibly challenging, often-confusing position: Speak up and report an injury in order to receive medical attention, or succumb to pressures relating to not being tough enough and stay in the game.

While many coaches talk in general terms to students about mental toughness as it applies to on-field success, rarely do these conversations focus specifically on the unexpected, unplanned stress that happens to those athletes when they experience injuries while competing.

As a result, most student-athletes are caught offguard when feeling the effects of an on-field hit and not knowing exactly what to do when it comes to reporting their concerns to coaches. Reporting injuries immediately prevents conditions from worsening, but is there a price student-athletes pay by looking weak when they excuse themselves from games because of injuries?

Research studies have shown a strong link between repeated head hits and brain trauma, including concussions. In response to these research findings, leagues have improved rules for on-field play, as well as directing more attention to better sport equipment options. In addition to these efforts, it is equally important that student- athletes develop the confidence needed to speak up about their injuries without fear of negative future consequences, or worry that they will look weak to their teammates.

#### No pain, no gain!

Although there has been a positive shift in the paradigm as it applies to sport safety, there are still some coaches, parents and student-athletes who ascribe to the old thinking that pain and discomfort are simply mental toughness challenges, not reasons to seek medical attention. "No pain, no gain," is a previously popular mantra that pushed athletes to fight through pain, and to only remove themselves from games when absolutely necessary.

In some instances, this way of thinking may have elevated athletes to achieve personal and team goals, but it's also shortsighted to not think many of these same athletes likely compounded and/or worsened their injuries by not getting the medical attention they needed in that moment.

Fortunately, today's way of thinking appears to be changing toward a safer, healthier way of attending to injuries by responding sooner, but this new modality has left some athletes to feel at-risk for not looking brave in fighting through their pain.

#### The stakes are too high

In the old days, an athlete who fought through a muscle cramp probably didn't risk much future permanent damage: however, with what is now known about head injuries, the stakes have become too high to allow athletes with concussions to remain in the game.

As a result, not only do coaches need to be acutely aware of signs of concussion, but they also need to talk overtly and often to their student-athletes about the importance of coming out of games when necessary. Getting a few more plays out of an injured player



simply isn't worth the long-term consequences the individual might face years down the road.

#### The next steps

As safety measures for student-athletes continue to be improved, it is equally important that more attention is given to psychology relating to how coaches and students identify and respond to sport injuries. How do coaches impress upon athletes the importance of speaking up without fear of negative future consequences, and how do these student-athletes gain the confidence needed to report injuries without worrying that they will lose their position, or be viewed as a weak athlete?

A few ideas for developing a healthy dialogue with coaches and student-athletes include the following:

- Discuss sport safety as much as X's and O's. Obviously, coaches should focus on developing sport skills and game plans to help student-athletes perform at a high level, but this doesn't have to come at the expense of having ongoing discussion about the risks that sport injuries pose, especially head injuries. It is important for coaches to talk openly about safe training measures, as well as the realities student athletes face by not listening to their bodies and ignoring obvious medical concerns.
- Be clear about protocols for studentathletes who think they might be hurt.
   Telling students about reporting injuries is one thing, but actually showing them what to do and how to do it will really drive home this lesson.
   Make sure they know signs and symptoms, methods for letting coaches and trainers know about their concerns, and options available to them if they have injury concerns.

- Assure student-athletes they won't lose their spot because of injury, or be viewed as weak for speaking up. Remember, many athletes today still ascribe to the idea that pain and injuries are simply barriers to work through, not signs that an athlete might benefit from medical attention. Student-athletes will experience far less anxiety when coaches talk directly about how it is a sign of courage and strength, not weakness, when athletes speak assertively about their concerns relating to sport injuries. This message can be strengthened by ensuring that student-athletes will not lose playing time because of an unforeseen injury a philosophy that used to be the norm in sports.
- Emphasize long-term safety over short-term game success. Student-athletes not only play below what they are capable of when injured, but they also run the risk of long-term, permanent damage when they ignore injuries that clearly warrant medical attention. Coaches can help by driving home the point that kids are not hurting the team by asking to be removed, especially if removal prevents a long-term injury.



Dr. Chris Stankovich is the founder of Advanced Human Performance Systems, an athletic counseling and human performance enhancement center. For more information, visit drstankovich.com



## THE SCHOOL SPORT

## 

A series of four short videos celebrating the positive effects of high school sport.



Dear Coach



**Dear Student** 



Dear Mom & Dad



**Success Stories** 













## From A for Athletics to Z for Zimbabwe

by Barry Mutrie, OFSAA Executive Council member

Twelve years ago I led a mission team of eight men from our church in Hanover to the Village of Hope in Zimbabwe. I had just retired after 35 years of teaching physical education and coaching at high schools in Pickering, Kapuskasing and Chesley. As we flew on British Airways to London, England and then onto Harare, Zimbabwe, flights that took us through 6 time zones and two nights struggling to get some sleep slumped in our seats, I had no idea of the transformation this trip would have on my life!

It's now twelve years later and in May I lead my 12th team to the Village of Hope in Zimbabwe - but more about the trip later. The Village of Hope is a 22 acre plot of land on the outskirts of Harare, the capitol of Zimbabwe. During the past 10 years, nine orphan homes, a primary school, secondary school, medical clinic and youth apartments have been built to meet the needs of abused and abandoned children or children who have been orphaned by the HIV/AIDS epidemic. For me, as I arrive at the gates each year, it is a deeply emotional time for I have seen an almost empty plot of land turned into a place of refuge and hope for hundreds of children who otherwise would have no hope. Our first team saw 17 children in the school and now there are 650! There were 7 children in one home and now there are more than 80 children in 9 homes. There was no medical clinic, no well for the community to use for safe water, and no sports fields and outdoor courts for basketball, netball and volleyball.

As we flew home from that first trip in 2007, our team had a layover at Heathrow airport in London and as we sat in a MacDonald's early in the morning before our final flight home, we wrestled with the question, "what do we do with the impact that the Village of Hope has had on us?" That very moment was when we decided to start the Mission Zimbabwe Project of which I have become the Team Leader. Our vision was to build a connection and partnership between our Grey/Bruce community and the people at the Village of Hope. We had three goals – organize community events to raise funds, promote sponsorship of children to go to school, and to take a mission team each year to be an encouragement to the people at the Village of Hope.

The Mission experience can be an exhausting, intense, emotionally charged time for a team and this year's team experience was no exception. My many years of experience as a high school coach and teacher of leadership courses were invaluable in preparing our team. After four months of team building and preparation, our team of eleven (ages 71 to 18 with 2 men and 9 women) flew Toronto to Paris, France to Nairobi, Kenya, to Lusaka, Zambia and finally onto Harare, Zimbabwe.

We arrive at the Mission house where we will be staying and are warmly welcomed by old friends, Ticha and Enid and their children who look after the property. One thing that has always stayed with me is how homes in Harare are surrounded by high walls topped with broken glass or razor wire and iron gates that have a security code and people are hired to provide security. Just, one of many major cultural differences! Another difference is that although some level of English is spoken by most Zimbabweans as the language of business, the everyday language is Shona so I encourage the team to learn a few phrases and to learn about the Shona culture. Our team is briefed by Mr. Chimbetete, our host and then we are left to sort out our living arrangements. Fortunately, Alex and I have experience in driving on the other side of the road, so we transport the team to a local market to buy supplies and food for our first supper.

Early the next morning we drive the 15 minutes it takes to the Village of Hope that is located just outside Harare on Good Hope Road which is a road that has more pot holes than actual road. We tour the 22 acres and see the medical clinic, church, offices, playing fields, primary and secondary school buildings, youth apartments, greenhouses and finally the children's homes at the back of the property. This Monday, the area is mostly quiet as the school term doesn't start until the next day so we meet and are greeted by staff, "Mangwanani. Mamoukase?" (Good morning. How did you sleep?). Then, the children in the homes see our team and we are inundated with hugs and the house mothers welcome us with much joy. We will spend the day helping the house mothers prepare the children for school and also playing with the children as they teach us their games. This helps us get our feet on the ground before the "real" work begins tomorrow!

What is the real work? In the morning some of our team is tasked with painting the inside of the two oldest homes. This will take all week to complete. The others,



Mission Zimbabwe 2018 team (Barry is middle back)



Volleyball game at Vimbainesu Children's Home in rural Zimbabwe

led by Alex are to do some much needed upgrades on the plumbing to as many homes as possible and to teach the maintenance staff some plumbing skills. Some of our team will assist the nurse at the medical Clinic while two of our teachers will be leading seminars in "how to get a job" (resume writing, interview skills, etc.) Unemployment is very high in Zimbabwe with estimates at between 80% and 90% so developing skills that will give one an advantage in a very difficult job market is important. Team money goes to buy paint, ladders, paint brushes, very expensive plumbing supplies, textbooks and farm equipment. In the afternoon (school ends at 1:00 pm), our team organizes a Vacation Bible School for over 100 children that includes, songs, bible stories, active games and crafts. Afternoon is also free for sports activities! So I head to the playing fields to coach volleyball and to mentor their coaches. Thanks to OFSAA and my Big Bruce Volleyball Club, I have brought volleyballs, soccer balls and basketballs that are so badly needed and are gratefully received by Mrs. Chifamba, the sports director. Unlike schools in Canada, all sports occur outside so as I coach on the two outdoor volleyball courts, there are also games of soccer, netball and basketball going on around me. In early June, the Village of Hope will hold their annual Champions of Hope Volleyball Tournament that is sponsored by Mission Zimbabwe on 12 outdoor courts (nets and volleyballs from Canada) and they will host 48 teams for a special day for the children. I have been present for the tournament during its first year (2012) and once more since and was amazed to see teams warming up with just the one ball their school possessed and I even saw one team warming up using an old soccer ball. I gave them a volleyball as a gift and was greeted with incredible joy as the ball became their most valued possession!

Each morning two of our team are assigned to go with Tete Jarare to Beta Bricks, which is a community about 5 kilometers from the Village of Hope. When we see views of third world countries on TV, that is what one sees at Beta Bricks. Thousands of families are living in one room with no sanitation and no running water and clouds of

dust coat everything due to the production nearby of sundried bricks. We go to the public school where over 2000 primary school students attend in classes of 70 or more with few desks and probably only one or two textbooks per classroom. Some children at Beta Bricks don't get to go to school because in Zimbabwe you have to pay to go to school and their parents don't have the \$23.00 US to pay for a term! The Village of Hope support a feeding program at the school which provides about 800 students a day with a bowl of fortified sadza (corn meal) porridge and also register children to be sponsored by Canadians to go to school. The school head master tells me that this meal will probably be the only meal that day for about 50% of the children. How humbling for me to interact with these children as they line up for their bowl of porridge! If our team needed a reality check about our lives and about the needs of so many African children, this is it! At our sharing time each evening, many tears are shed for these children and for the generosity of the Village of Hope for sharing their few resources with these children.

During our second week at the VOH, we spent two evenings in the children's homes eating supper with them and we bring family games and puzzles that they can do together. Each home has a house mother with 7 to 9 children. These house mothers are amazing as they commit their lives to providing love and security for these children, many of whom have seen parent's die of HIV/AIDS related illnesses or have been abused and abandoned to the streets. These evenings are always a highlight as the children perform songs and skits for our team and we get to be part of their family, even if it is only for a few hours. On one of these evenings, I had supper in house #1 and there I met a young man named Tashinga. Talk about a life transformed! Tashinga has grown up at the VOH but I remember him three years ago as an uncommunicative and depressed youth. Then Tashinga found volleyball and singing and was nurtured by the love of his house mother and he has been transformed into a thoughtful leader who is now the head boy at the secondary school.



Barry with Champions of Hope team (girls grade 8 team)

– Ball donated by OFSAA

Also during the second week, our team travels about two hours to Vimbainesu Children's Home in the Zvimba area of Zimbabwe. Mission Zimbabwe began financially supporting this rural orphanage 10 years ago. When we first visited Vimbainesu, the 27 children were not doing well and were showing symptoms of malnourishment and there were no projects to help sustain the orphanage. At present, there are over 40 children living in the rondavels (circular homes) with two house mothers and Mrs. Madzima, the manager looking after them. During the visit I meet with the Management Committee which is comprised mostly of local village chiefs. This gives me an opportunity to connect with them and get a report on how the children are doing and what is happening with the projects. We have assisted them with purchasing pigs for a piggery project and chickens for a "laying" project. These projects as well as a small farm and a grinding mill provide employment for the older children and are helping to make Vimbainesu more self-sufficient. Our team entertains the children with games and songs and they host us for a Braii (BBQ using wood). We eat roadrunner (wild chicken), peanut butter with kovo (greens), rice and sadza. One of our main tasks while visiting is to take pictures of all the children which they love us to do. One of our main focuses is education for the children and we provide a budget each year that provides for all children to attend school as well as support for some students to go on to college and university. The children love to play soccer and volleyball! I was able to leave them a volleyball net donated by Walkerton District Community School and volleyballs donated by my local volleyball club. As well we brought them two soccer balls thanks to OFSAA.

The last Friday before we depart, our team organizes a lunch for the staff at the Village of Hope. They are an amazing group of teachers, house mothers, aunties, nurses, maintenance staff, field workers and administrative staff. They show their love for the children each day and I am humbled by their dedication. I get the

opportunity after lunch to say goodbye and to let them know how much we appreciate what they are doing to bring hope for the future to the children. On the last Saturday, our team organized a Carnival for the VOH and Vimbainesu children. We had an inflatable jumping castle and all kinds of fun games with prizes and snacks. What an energy draining day as we provided this special event for over 200 children!

People often ask if we saw any lions or giraffes or elephants and the answer is, yes! We took one day away and drove to Imire which is a famous game park close to Harare. There we saw lions, jackels, wildebeest, elephants, rhinos and more. We also enjoyed a beautiful lunch overlooking an African lake with rhinos grazing below us and the splendor of Acacia and Marula trees dotting the savannah.

As I leave Zimbabwe, it is a "bittersweet" time for me. It is "bitter" to leave people I respect and love that are like family to me. It is also a "sweet" time as I am returning home to family and friends and to a culture where I am comfortable and rich beyond measure. On a personal level, I feel incredibly blessed because since my retirement from teaching, I have been able to make a connection between my passion and love of high school sport and coaching, and my passion and love for the people of Zimbabwe. Thank you OFSAA for your support of donated equipment and for the encouragement that the OFSAA volunteers provide.

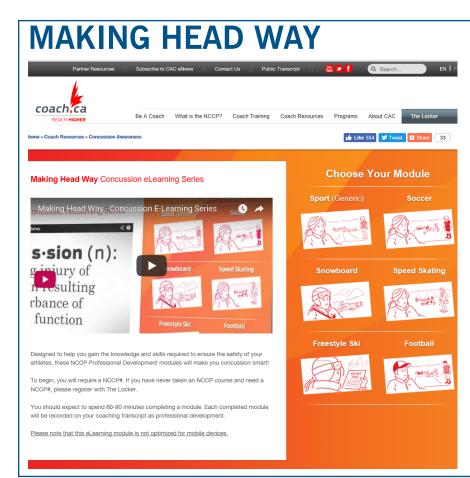
When I began teaching and coaching at Pickering High School in 1972, I would never have imagined that I would have the opportunity to coach children in Africa, run clinics for African coaches or create and sponsor the Champions of Hope Volleyball Tournament. Many of the lessons that I learned as a teacher, educational leader and athletic administrator have proved so very valuable in making the Mission Zimbabwe Project a reality. Nor would I have imagined the impact that one person can have so many thousands of kilometers away or how one trip to Zimbabwe could transform my life.

For more information about the Mission Zimbabwe Project go to www.missionzimbabwe.org

Blessings Barry Mutrie



Barry Mutrie is a retired teacher and a member of the OFSAA executive council whose involvement in school sport spans close to 50 years. Each year in May he leads a team of volunteers from his church that travels to Zimbabwe to help build homes, schools, and a better life for abused, abandoned and orphaned children in the Village of Hope.



The Coaching Association of Canada is offering free online courses (sport-specific and generic) designed to help you gain the knowledge and skills required to ensure the safety of your athletes.

These NCCP Professional
Development modules - called
Making Head Way, Concussion
eLearning Series - will make you
concussion smart!

To access the courses, please go to:

coach.ca/making-headway-concussion-elearningseries-p153487



Rowan's Law (Concussion Safety), 2018,

received Royal

Assent on March 7, 2018. The Law is intended to transform the manner in which concussions are managed in amateur competitive sport in Ontario.



## 20 REASONS WHY SCHOOLS SHOULD PLACE A LARGER EMPHASIS ON SPC



















**Improves** cognitive sleep abilities











Helps to build resilience

self esteem



fitness

obesity





respect





Teaches emotional control







Helps children learn from failure



**Improves** communication skills



**Improves** problem solving skills







tension







Stimulates growth of brain cells



Boosts immune system







## Congratulations 2018 Brian Maxwell Memorial Scholarship Winners

OFSAA and the Brian Maxwell Memorial Scholarship Fund are extremely pleased to announce the student-athlete recipients for 2018.

The scholarship fund is in memory of Brian Maxwell, a successful distance runner. Brian competed in track and field and cross country and achieved success as an OFSAA champion, and a Canadian junior, juvenile and senior champion. He also won numerous international marathons. In 1980, he was selected to the Canadian Olympic team and later became a successful entrepreneur who, with his wife, Jennifer, co-founded the nutritional supplement PowerBar. Brian was born with a defective heart valve and in 2004, at only 51 years of age, died of a heart attack.

The six recipients of The Brian Maxwell Memorial Scholarship each receive \$5,000. These three female and three male student-athletes with a track and field or cross country pedigree in high school will continue their post-secondary education at a Canadian college or university. The scholar-athletes must also display qualities of honesty, integrity, compassion and an unwavering quest to accomplish the best academically and athletically while supporting fellow team members. These were all qualities of Brian Maxwell.

OFSAA is appreciative for the opportunity to partner with the Brian Maxwell Memorial Scholarship Fund each year to support students continuing their education in Canada.

Please meet the 2018 recipients of the Brian Maxwell Memorial Scholarship:



Nicholas Bannon graduated Centre Dufferin District High School in Shelburne with an average of 96%.

Nicholas took part in OFSAA Cross Country in each year of high school and he's an accomplished runner across several competitions in the province. He also participated in basketball, volleyball, badminton, baseball and golf at his school

and he served as Athletic Council President. As a Peer Mentor, Nicholas mentored a developmentally-challenged child student in a delayed class by assisting in both academic and athletic activities. He also helped Grade 9 students transition to high school as a LINK crew leader.

Nicholas is enrolled in the University of Guelph's Bachelor of Commerce, Food and Agriculture Business.



Sandra Bojic attained a 95% average at Clarkson Secondary School in Mississauga. Sandra's leadership in her sporting pursuits was evident by being bestowed the captaincy on her volleyball, badminton, soccer, flag football, track and field and cross country teams. She was also president of student council and a member of the group in each year

of high school. Sandra takes great pride in founding the school's peer tutor program for science and mathematics.

Sandra is an extremely active member of her community. She enjoys being a swim instructor, a ski instructor, a lifeguard, a soccer convenor and a camp counselor. Fundraising is a priority that Sandra takes to heart. She has taken efforts to support Camp Oochigeas for children with cancer, charity basketball for underprivileged children, donation drives for victims of Hurricane Mara and clothing drives for immigrant and families in need of winter clothing.

Sandra will attend the University of Ottawa with the intention of earning a Bachelor of Health Sciences degree.

## **Scholarships & Awards**



Hanna Jodoin earned a 98% overall average in graduating from Korah Collegiate & Vocational School in Sault Ste. Marie.

Hanna competed in the 1,500 and 3,000 metre events at OFSAA Cross Country in grade 11 and grade 12, respectively. She also competed at OFSAA in the triple jump category in 2017 and placed second in the

competition. Hannah is a three-time city badminton champion and a four-time NOSSA medalist and she served as the captain of the school's basketball team which captured a city championship and a NOSSA championship.

Outside of school athletics, Hanna is a peer tutor for younger students in French and Mathematics. She enjoys fundraising for the United Way Fund and coaching girls soccer.

Hanna is looking forward to her next chapter in life – studying Human Kinetics at the University of Guelph.



**Erik Ohrling** compiled a 95% and is a 2018 graduate of Collingwood Collegiate Institute.

Erik took part in cross country throughout most of high school and showcased his skills in OFSAA competition on three occasions. He also managed to compete in the Nordic Ski Nationals in Thunder Bay and he was a member of his school's soccer and swim team.

Erik can often be spotted coaching and refereeing youth soccer at the Collingwood United Soccer Club and he founded the "The Tech Tutor" which assists senior citizens with electronic devices. In addition, Erik also founded the "Peer To Peer Tutor Club". Here, seniors meet with junior students to help with editing essays and preparing for exams.

The Ivey Business School (HBA) at Western University is the next stop for Erik as he continues his studies in the fall.



**Alec Purnell** graduated Dundas Valley Secondary School with an 87% average.

He has competed at OFSAA Cross Country in the 800 metre and 1500 metre races during his high school career. At Dundas Valley, Alex was a member of the badminton and swim teams and he enjoys playing the trumbone in the school band.

In the community, Alec assisted in shipping uniforms and sports equipment to Senegal while raising awareness and funds for the project called Senequip. As a Sports Fitness School Leader, Alec helps young children develop interests in track and field, soccer and wrestling. He enjoys developing reading skills for children by being a Hamilton Public Library Reading Buddy. Alec takes pride in being a sports program leader in the summer for the Dundas Baptist Church.

Alec also has his sights set on studying Human Kinetics at the University of Guelph in September.



**Chloe Walker** graduated from Vincent Massey Secondary School in Windsor with a 94% average.

Chloe's dedication to cross country, track and field (steeple chase) and middle distance events all resulted in participation in OFSAA championships every year of high school.

Chloe is a member of SPECTRA – Sun Parlour Equestrian Therapeutic Riding

Association – where she maintains stables, grooms horses and does equestrian riding with disabled children. She coached young autistic girls as part of the Spring Step Program at the Windsor Legion Track & Field Club.

Chloe is enrolled in nursing in the fall at the University of Windsor.

## KidSport Grants 2018-19



OFSAA and 'KidSport' partner to provide funding to assist high school students in Ontario overcome financial barriers that are restricting their participation in school sports. Monies are available

to cover the expenses included in student athletic fees that allow them to participate in the local leagues and meets. Promote this source of funds with your athletes whose families are struggling financially!

#### **The Application Process?**

- Application forms are available at ofsaa.on.ca and kidsportcanada.ca/ontario.
- Parents must provide comprehensive information on the family's current financial status and their reasons for need.
- An endorser, who is familiar with the student and the school sport fee structure, must clearly identify the areas which basic and sport specific fees cover.

#### **Funding Allotment?**

- Funding is divided into sport seasons, so students only apply for their sport that occurs in the specific season. Students may apply for more than one sport.
- There is a maximum amount of funding allowed per sport season, and per student for the school year.
- Monies are only approved for participation in regular league competition. This grant is not intended to cover any costs associated with exhibition matches, tournament play, or additional costs incurred from qualifying for championships.

#### **Deadline dates for applications:**

Fall sports - October 31, 2018 Winter sports - January 30, 2019 Spring sports - April 30, 2019

Check the OFSAA and KidSport websites for the details and the application forms.







Molten is the Official Ball of OFSAA

Trademarks owned by Molten Corporation or Molten USA, Inc. ©2018 Molten USA, Inc.



## **Scholarships & Awards**

## 2017-2018 OFSAA Team Sportsmanship Award Recipients

The Team Sportsmanship Award is given out at each Championship to the team that displays outstanding teamwork, positive attitude and respect for opponents.

Girls' Field Hockey Southwood SS
Girls' A Basketball Lester B. Pearson SS
Girls' AA Basketball St. Michael Catholic SS

Girls' AAA Basketball A.B. Lucas SS
Boys' A Volleyball Atikokan HS
Boys' AA Volleyball Milliken Mills HS
Boys' AAA Volleyball Bluevale CI

Girls' A Volleyball ESC E.J. Lajeunesse

Girls' AA Volleyball Lockerby Composite School

Girls' AAA Volleyball Richview CI

Boys' A Basketball Rockway Mennonite Collegiate

Boys' AA Basketball Woodroffe HS
Boys' AAA Basketball Orillia SS
Girls' Curling Bear Creek SS
Boys' Curling Medway HS
Girls' A/AA Hockey St. Mark HS
Girls' AAA Hockey John F. Ross CVI

Girls' AAA Hockey John F. Ross C Boys' A/AA Hockey Leaside HS

Boys' AAA Hockey Holy Cross Catholic SS
Girls' A/AA Rugby Blenheim District HS
Girls' AAA Rugby John F. Ross CVI
Boys' A/AA Rugby Cairine Wilson SS

Boys' AAA Rugby Salt Fleet DHS
Girls' A Soccer O'Gorman HS
Girls' AA Soccer Huntsville HS
Girls' AAA Soccer Lawrence Park CI

Boys' A Soccer Emmanual Christian HS
Boys' AA Soccer St. David Catholic SS

Boys' AAA Soccer Cobourg CI

## 2017-2018 OFSAA Leadership in School Sport Award Recipients

The OFSAA Leadership in School Sport Award is presented at each OFSAA Championship to a teacher-coach who has made a significant contribution to their educational athletic program. The recipient exemplifies the values of fair-play and sportsmanship, while promoting enjoyment, personal growth, and educational achievement through school sport.

Boys' Golf Girls' Field Hockey Cross Country

Girls' A Basketball Girls' AA Basketball Girls' AAA Basketball Boys' A Volleyball Boys' AA Volleyball Boys' AAA Volleyball Alpine Skiing **Nordic Skiing Swimming** Wrestling Girls' A Volleyball Girls' AA Volleyball Girls' AAA Volleyball Boys' A Basketball Boys' AA Basketball Boys' AAA Basketball Curling

Curling
Girls' A/AA Hockey
Girls' AAA Hockey
Boys' A/AA Hockey
Boys' AAA Hockey
Badminton
Tennis

Girls' A/AA Rugby Girls' AAA Rugby Boys' A/AA Rugby Boys' AAA Rugby Girls' A Soccer

Girls' AA Soccer Girls' AAA Soccer Boys' A Soccer Boys' AA Soccer

Boys' AA Soccer Boys' AAA Soccer Track & Field Aaron Martin
Ashley Stephenson
Gary Serviss &
Karen Kennedy
Cathy Beard
Susan Fawcett
Jeff Brubacher
William Groot

Kevin Devaney Frank Leung Patrick Burchat Louis Roberge Todd Funston John Burke Thomas Couvillion

Heidi Kroes Michele Van Bargen

Rob Carlisle Phil Moore Jim MacDougall John Gibson

John Gibson
Jean St. Jean
David Jaeger
Jason Boose
Craig Bell
Mike Kainz
Larry Laughlin
Ryan Clancy
Mark Yanchus

Ryan Kimmerly Michele Mommersteeg Cathleen Mulvey

Pete Hercus

Aldo Bertucci Marty Edwards Jacques Carrier Steve Kranyak Sue Deighan & Craig McLaughlin

## 2018-19 OFSAA Chai

#### **Boys' Golf (LOSSA)**

Oct. 10-11, 2018, Oshawa Glenn Ross, R.S. McLaughlin CVI 905-728-9407 glenn.ross@ddsb.ca Entry Deadline: Oct. 4, 2018

#### Girls' Golf (SWOSSAA)

Oct. 10-11, 2018, Windsor Joe Amicarelli, Essex DHS 519-776-7344 joe.amicarelli@publicboard.ca **Entry Deadline: Oct. 4, 2018** 

#### **Girls' Field Hockey (GHAC)**

Nov. 1-3, 2018, Burlington Steve Clark, Nelson HS 905-637-3825 clarkst@hdsb.ca

Entry Deadline: Oct. 27, 2018

#### **Cross Country (SOSSA/GHAC)**

Nov. 3, 2018, Dundas Mike Smith/Steve Moran, Dundas Valley/Garth Webb 905-628-2203 msmith@hwdsb.on.ca Entry Deadline: Oct. 30, 2018

#### **Boys' A Volleyball (COSSA)**

Nov. 22-24, 2018, Bancroft Brian Poste, North Hastings HS 613-332-1220 bposte@hpedsb.on.ca Entry Deadline: Nov. 17, 2018

#### **Boys' AA Volleyball (EOSSAA)**

Nov. 22-24, 2018, Sydenham Bryan English, Sydenham HS 613-376-3612 englishb@limestone.on.ca Entry Deadline: Nov. 17, 2018

#### **Boys' AAA Volleyball (SWOSSAA)**

Nov. 22-24, 2018, Windsor Pat Osborne, Kennedy Collegiate 519-245-6475 patrick.osborne@publicboard.ca Entry Deadline: Nov. 17, 2018

#### Girls' A Basketball (NOSSA)

Nov. 22-24, 2018, North Bay Lisa Hotte, ÉSC Algonquin 705-472-8240 hottel@franco-nord.ca Entry Deadline: Nov. 17, 2018

#### Girls' AA Basketball (WOSSAA)

Nov. 22-24, 2018, London Pete Lambert, John Paul II HS 519-675-4432 cyopete@gmail.com Entry Deadline: Nov. 17, 2018

#### Girls' AAA Basketball (WOSSAA)

Nov. 22-24, 2018, London Kris Potter, A.B. Lucas SS 519-452-2600 k.potter@tvdsb.on.ca **Entry Deadline: Nov. 17, 2018** 

#### Football Bowls (NCSSAA)

Nov. 26-28, 2018, Ottawa Jim Barbeau, OFSAA jim@ofsaa.on.ca **Entry Deadline: Nov. 20, 2018** 

#### **Nordic Skiing (GBSSA)**

Feb. 28-Mar. 1, 2019, Duntroon Bill Hewitt, Collingwood Collegiate 705-445-3161 bhewitt@scdsb.on.ca Entry Deadline: Feb. 23, 2019

#### **Alpine Skiing (GBSSA)**

Feb. 25-26, 2019, Collingwood Kevin Gosselin, Jean Vanier CHS 705-445-2043 kgosselin@smcdsb.on.ca Entry Deadline: Feb. 19, 2019

#### **Snowboarding (YRAA)**

Feb. 28, 2019, Toronto Adrienne Chong, Markville SS 905-940-8840 adrienne.chong@yrdsb.ca Entry Deadline: Feb. 23, 2019

#### **Swimming (TDSSAA)**

Mar. 5-6, 2019, Toronto Rick Mahoney, York Mills CI 416-395-3340 rick.mahoney@tdsb.on.ca Entry Deadline: Feb. 27, 2019

#### Wrestling (NCSSAA)

Mar. 4-6, 2019, Ottawa Guy MacDougall, Carine Wilson SS 613-824-4411 guy.macdougall@ocdsb.ca Entry Deadline: Feb. 21, 2019

#### Boys' A Basketball (WOSSAA)

Mar. 4-6, 2019, London Brett Fliesser, ÉSC Mgr. Bruyère 519-673-4223 fliebret@cscprovidence.ca Entry Deadline: Feb. 26, 2019

#### Boys' AA Basketball (NEOAA)

Mar. 4-6, 2019, Timmins
Peter Graham, Timmins High & VS
705-360-1411
peter.graham@dsb1.ca
Entry Deadline: Feb. 26, 2019

#### Boys' AAA Basketball (SOSSA)

Mar. 4-6, 2019, Stoney Creek Dave Ormerod, Saltfleet HS 905-573-3000 dormerod@hwdsb.on.ca Entry Deadline: Feb. 26, 2019

#### Girls' A Volleyball (NWOSSAA)

Mar. 4-6, 2019, Kenora Megan Derouard, St. Thomas Aquinas HS 807-548-8282 mderouard@kcdsb.on.ca

#### Entry Deadline: Feb. 26, 2019

Girls' AA Volleyball (SWOSSAA)

Mar. 4-6, 2019, Amherstburg

Jeff Miller, General Amherst DHS
519-736-2149

jeff.miller@publicboard.ca

Entry Deadline: Feb. 26, 2019

#### Girls' AAA Volleyball (GHAC)

Mar. 4-6, 2019, Burlington Mike Skeoch, Dr. Frank J. Hayden SS 905-332-5235 skeochmi@hdsb.ca **Entry Deadline: Feb. 26, 2019** 

#### Girls' A&AA/AAA Hockey (GBSSA)

Mar. 19-21, 2019, Midland Dan Pellarin, St. Theresa's HS 705-526-1311 dlpellarin@smcdsb.on.ca A/AA Entry Deadline: Mar. 6, 2019 AAA Entry Deadline: Mar. 7, 2019

## mpionship Calendar

#### **Boys' A&AA Hockey (CWOSSA)**

Mar. 19-21, 2019, Kincardine Peter Wolfe, Kincardine DSS 519-396-9151 wolfe.peter9@gmail.com **Entry Deadline: Mar. 6, 2019** 

#### **Boys' AAA Hockey (GBSSA)**

Mar. 20-22, 2019, Barrie Tim Hasenack, St. Joan of Arc SS 705-721-0398 thasenack@smcdsb.on.ca Entry Deadline: Mar. 7, 2019

#### **Curling (NOSSA)**

Mar. 20-23, 2019, North Bay Danny Coutu, Chippewa SS 705-475-2341 daniel.coutu@nearnorthschools.ca Entry Deadline: Mar. 7, 2019

#### **Badminton (NOSSA)**

May 2-4, 2019, North Bay Raymond Ouellette, É.S. l'Odyssée 705-474-5500 raymond.ouellette@cspne.ca Entry Deadline: Apr. 27, 2019

#### **Tennis (TDSSAA)**

June 3-5, 2019, Toronto Larry Laughlin, Stephen Leacock CI 416-396-8000 larry.laughlin@tdsb.on.ca Entry Deadline: May 28, 2019

#### Girls' Rugby (LOSSA)

June 3-5, 2019, Courtice David Chatten, Courtice SS 905-436-2074 david\_chatten@kprdsb.ca Entry Deadline: May 28, 2019

#### **Bovs' Rugby (LOSSA)**

June 6-8, 2019, Brooklin George Burford, Brooklin HS 905-655-2015 george.burford@ddsb.ca Entry Deadline: June 1, 2019

#### **Boys' A&AA Lacrosse (COSSA)**

June 3-4, 2019, Peterborough Wade Wiggins, Crestwood SS wade\_wiggins@kprdsb.ca Entry Deadline: May 28, 2019

#### **Boys' AAA Lacrosse (CWOSSA)**

June 4-6, 2019, Owen Sound Paul Stewart, Owen Sound DSS 519-376-6050 paul\_stewart@bwdsb.on.ca Entry Deadline: May 28, 2019

#### Girls' & Boys' A Soccer (SOSSA)

June 6-8, 2019, Ancaster Brad Heidbuurt, Hamilton District Christian HS 905-648-6655 bheidbuurt@hdch.org Entry Deadline: June 1, 2019

#### Girls' AA Soccer (SWOSSAA)

June 6-8, 2019, Belle River Frank Graziano, Belle River DHS 519-728-1212 frank.graziano@publicboard.ca **Entry Deadline: June 1, 2019** 

#### Girls' AAA Soccer (GBSSA)

June 6-8, 2019, Alliston Jeff Northrop, Banting Memorial HS 705-435-6288 inorthrop@scdsb.on.ca Entry Deadline: June 1, 2019

#### **Boys' AA Soccer (NOSSA)**

June 6-8, 2019, North Bay Sean Mullan, Widdifield SS 705-472-5711 sean.mullan@nearnorthschools.ca Entry Deadline: June 1, 2019

#### **Boys' AAA Soccer (SWOSSAA)**

June 6-8, 2019, Sarnia Richard Prudom, St. Patrick's HS 519-332-3976 richard.prudom@sccdsb.net Entry Deadline: June 1, 2019

#### Track & Field (OFSAA)

June 6-8, 2019, Guelph Rich Tremain, Guelph CVI 519-824-9800 richard.tremain@ugdsb.on.ca Entry Deadline: June 1, 2019

#### **Baseball Regionals (LOSSA)**

June 5-6, 2019, Whitby Geoff Whent, Sinclair SS 905-666-5400 geoffrey@durham.edu.on.ca Entry Deadline: May 31, 2019

#### **Baseball Final (OFSAA)**

June 12, 2019, London Brian Riddell, OFSAA brian@ofsaa.on.ca

23

## 2018 OFSAA Alumni Scholarship Recipients

This year OFSAA's Alumni Scholarship Association is awarding two \$500 scholarships to deserving students from this year's eligible Associations (CISAA, GHAC, NCSSAA & NWOSSAA). The Alumni Scholarship Association Selection Committee is pleased to announce that Sarah Martin from Redeemer Christian HS in Ottawa (NCSSAA) and Ben Zwolak from Cardinal Newman CSS in Stoney Creek (GHAC) are this year's recipients.

#### **Sarah Martin**

Sarah is a grade 12 student and is a six sport athlete at Redeemer Christian who participated in basketball, volleyball, golf, badminton, soccer and track & field during her high school career. She was also heavily involved in Student Council, Intramurals, Chapel and Girls' Bible Study Activities as well as



community events like the Metro Hoops Basketball Camp and the Ugandan Mile Fundraising campaign that raised \$20,000 for homeless boys' this year alone. In her personal statement Sarah stated that "it has been through the support of my dedicated parents, teachers and friends that I have been able to achieve so much and receiving this award would be for them too." Sarah is an 85% + student as well and will be studying Nursing at the University of Ottawa in the fall.

#### **Ben Zwolak**

Also a grade 12 student at Cardinal Newman, Ben is an excellent student as well, achieving an 87% average in his Grade 12 courses. Ben will be studying Education at McGill University in the fall and will be a welcome addition to the teaching profession when he is done. A five sport athlete who played football, basketball,



touch football, baseball and badminton, Ben used his significant organizational skills to be involved in many community related events as well. Activities like Newman feeder school basketball, Special Olympics, OFSAA Soccer, and Newman Youth Basketball, are just a few of the many volunteer roles that Ben undertook during his time at Cardinal Newman. During both the 2016 and 2017 school years, Ben was also part of a group that travelled to the Dominican Republic to build homes for citizens in need.

For more information on the criteria for selection and application requirements, please go to: ofsaa.on.ca/programs/scholarships/ofsaa-alumni



### OFSAA Boys' A/AA & AAA Lacrosse Festival

Ottawa June 4-6, 2018

#### 2018 A/AA Festival

Brett Lyle of South Carleton High School (NCSSAA) took on the difficult task of hosting both OFSAA Lacrosse festivals in 2018. Using Twin Elm Rugby Park in Ottawa proved to be the perfect venue and spectators were treated to high quality high school lacrosse during the three days of competition. In A/AA, McKinnon Park Secondary School (SOSSA) once again captured gold, this time defeating association rival Holy Cross Catholic Secondary School (SOSSA) by a score of 8-6.

Congratulations to Tyler Anstett, Reid Bomberry, Martin Burning-Bomberry, Sean Chisolm, Alexander Diebel, Andrew Fitzhenry, Hayden Hill, Jaxon Longboat, Adam Martin, Colby Martin, Jackson Miller, Matthew Miller, Riley Miller, Imani Mitten, Lennox Mitten, Lukas Montour, Vaughn Montour, Cole Powless, Marshall Powless, Dustin Skye, Isaac Stephian, Dalton Thomas, Damonie Thomas, Ely Thomas, Harley VanEvery, Kia VanSickle, Izaiah Whitlow and coaches Jason Johnson, Brad McPherson and Dave Robertson.

Partic	ipat	ing '	<b>Teams</b>

Holy Cross CSS **COSSA** St. Mary's HS **CWOSSA** Patrick Fogarty SS **GBSSA Nelson HS GHAC Notre Dame CSS GHAC Holy Trinity SS LOSSA** A.Y Jackson SS **NCSSAA** É.S.C Franco Cité **NCSSAA** Holy Cross CSS **SOSSA** McKinnon Park SS **SOSSA** Birchmount Park CI **TDSSAA** Sutton DHS YRAA



# Semi Finals Holy Cross CSS def. Holy Trinity SS 7-6 McKinnon Park SS def. Patrick Fogarty SS 11-9 Bronze Medal Match Patrick Fogarty SS def. Holy Trinity SS 9-7 Gold Medal Match McKinnon Park SS def. Holy Cross CSS 8-6

#### **2018 AAA Festival**

In the AAA competition, St. Michael's College (CISAA) completed the three-peat and won gold for the third consecutive year. The gold medal match was won convincingly 15-3 over St. Peter's Secondary School (COSSA).

Congratulations to Anthony Ametrano, Matteo Ametrano, Carter Begley, Cristian Cugini, Andrew Dalton, Liam Ferris, Liam Foran, Rory Graham, Brendan Hofffman, Sam Kinsella, Damien Lisi, Matthew Marino, Daniel May, Connor McBroom, Thomas McConvey, Christopher McIntosh, James Maxwell Naysmith, Steven Pelliccione, Jonathan Peshko, Jakson Raposo, Mark Sinclair, Marc Smorenburg, Hudson Thomson and coaches Angus Dineley, Brennan Donville, Cory Lance, Matthew Pagano and Justin Woods.

A huge thank you to Brett Lyle and the organizing committee from NCSSAA for providing a positive experience to all participants in both OFSAA Lacrosse Festivals in 2018.



#### **Participating Teams**

St. Michael's College CISAA St. Peter's SS COSSA **CWOSSA Assumption College School** Abbev Park HS **GHAC** Donald A. Wilson SS **LOSSA** Maxwell Heights SS **LOSSA** St. Mother Teresa CHS **NCSSAA** John McCrae SS **NCSSAA** South Carleton HS NCSSAA **Humberview SS ROPSSAA** Mayfield SS **ROPSSAA** Notre Dame College **SOSSA** Neil McNeil HS **TDCAA** Humberside CI **TDSSAA** Aurora HS **YRAA** Sir William Mulock SS YRAA

#### **Semi Finals**

St. Peter's SS def. Donald A. Wilson SS 9-7
St. Michael's College def. Abbey Park HS 16-4

#### **Bronze Medal Match**

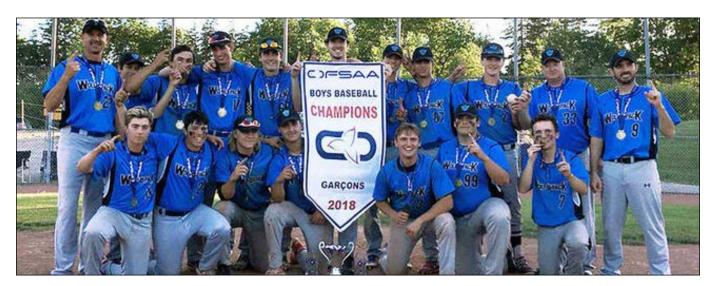
Abbey Park HS def. Donald A. Wilson SS 10-9

#### **Gold Medal Match**

St. Michael's College def. St. Peter's SS 15-3

### **OFSAA Boys' Baseball**

Durham June 6-7, 2018 London June 13, 2018



For the first time, all 18 teams from across the province gathered in one area to compete in the OFSAA baseball regionals. Geoff Whent and his LOSSA committee organized a great OFSAA experience for the student-athletes from across the province. Nine different diamonds in Scarborough, Ajax, Pickering and Oshawa played host to some great baseball to determine the four semi-finalists.

Under beautiful weather conditions, the two semi-finals were played during the morning a week later in London. However the weather did not hold up for the afternoon as a downpour flooded the diamond causing a two and a half hour rain delay in the bronze medal game. With time and permits being an issue, the gold medal

#### **Participating Teams**

#### **WEST REGIONALS**

1. Vincent Massey	SWOSSAA
2. St. Marcellinus	ROPSSAA
3. Pickering	LOSSA
4. Christ The King	GHAC
5. Medway	WOSSAA
6. St. Elizabeth	YRAA
7. Waterdown	SOSSA
8. St. Mother Teresa	NCSSAA
9. Holy Trinity	EOSSAA

#### **EAST REGIONALS**

LASI RECIONALS	
1. Sinclair S.S	LOSSA
2. Great Lakes S.S.	SWOSSAA
3. Sir Oliver Mowat	TDSSAA
4. Bishop Allen	TDCAA
5. Paris D.S.S	CWOSSA
6. St. Michael's College	CISAA
7. Bishop Alexander Carter	NOSSA
8. St. Peter's	GBSSA
9. Fenelon Falls	COSSA

game was moved to St Mary's Canadian Baseball Hall of Fame Diamond.

OFSAA sends a special thank you to Taylor Jones in London for his help not only in London but also in making arrangements for our move to St Mary's.

When all the rain had stopped and play resumed the team from Great Lakes Secondary School in Sarnia defeated Sinclair Secondary School in Whitby to win the OFSAA Championship and the Prentice Cup.

Congratulations to: Brett Allardyce, Alonzo Alves, Blake Butler, Travis Conrad, Logan Gardner, Steele Harris, Blake Howard, Ryan Janjatovic, Kristofer Lotz, Zachary Moore, Jake Prudhom, Dylan Scheffer, Tyler Steeves, Jakeb Taylor, Kaymond Turner and their coaches Brian Coleman, Paul Frayne and Barry Vale.

At the Banquet in Oshawa, Scott Robinson from Pickering High School was awarded the Leadership in School Sport Award for his great contribution to high school baseball. Congratulations Scott!

OFSAA also recognizes the support from Kahunaverse Sports and the Toronto Blue Jays for the 2018 baseball championship.

#### **Semi Final**

Sinclair def. Pickering	5-4 (8 innings)
Great Lakes def. St. Marcellinus	8-3

#### **Bronze Medal Match**

St. Marcellinus def. Pickerina	22-12
--------------------------------	-------

#### **Gold Medal Match**

Great Lakes def. Sinclair 16-9

## OFSAA Boys' A/AA Rugby

Belleville

June 7-9, 2018





Quinte Secondary School (COSSA) hosted the Boys' A/AA Rugby Championship and provided a truly memorable experience for all of the players, coaches and spectators involved. Convenor Pete Hercus of the host school did an excellent job to deliver a first-class event to the participants with help from his fantastic organizing committee. In addition, Pete was awarded the Leadership in School Sport award for everything he does for rugby and high school sport. Congratulations Pete!

Once the games got going, the action was fast and furious and the high level of skill and talent on display was very impressive. But in the end, the two top ranked teams played in the championship final with the number one ranked St. Mary CSS playing some great

**Participating Teams** 

St. Mary CSS **COSSA** La Salle SS **EOSSAA Denison SS** YRAA Napanee DSS **GBSSA** Ashbury College **NCSSAA Crescent School CISSA** St. Michael CSS **WOSSAA** Streetsville SS **ROPSSAA** St. Thomas Aquinas SS **GBSSA** Cairine Wilson SS **NCSSAA** Leaside HS **TDSSAA Holy Trinity CSS CWOSSAA** Eden HS **SOSSA** Quinte SS **COSSA** Courtice SS LOSSA Nelson HS **GHAC** 

rugby culminating in a tense 26-19 victory over second ranked La Salle SS.

After the final games were finished, the organizing committee selected the team from Cairine Wilson SS (NCSSAA) as the Team Sportsmanship Award winner for their great character and spirit throughout the event. Congratulations boys!

Congratulations to St. Mary CSS (COSSA) players and coaches on their A/AA Championship victory: Joshua Barss, Matthew Bazinet, Brendyn Beck, Liam Boyle, Dylan Bryans, Noah Butchart, Zachary Carman, Brent Clemmer, John Corkery, Caleb Enns, Mason Flesch, Zaine Hunt, Isaac Kelly, Joshua Littlechild, Bryce MacDonald, Adam McNee, Curtis Mullin, Lewis Odurny, Caleb Quemby, Jared Quemby, Cameron Rae-White, Keagan Read, Ryan Campbell, Tristan Shaw, Carson Shuttleworth, Jacob Tinney, Joshua Tinney, Dawson Williams, Colton Winters, Tyler Woodland and coaches Greg Conway, Ray Heffernan, Tim Linehan and Drew Quemby.

#### **Semi Finals**

St. Mary CSS def. Ashbury College 55-5 La Salle def. Crescent 28-10

#### **Consolation Final**

Leaside def. Holy Trinity 25-22 (on kicks)

#### **Bronze Medal Match**

Crescent def. Ashbury College 17-14

#### **Gold Medal Match**

St. Mary CSS def. La Salle 26-19

### **OFSAA Boys' AAA Rugby**

London

June 7-9, 2018





The Boys' AAA Rugby Championship was in London this year and hosted by Medway High School (WOSSAA). Convenor Ryan Kimmerly put on a tremendous championship with a number of excellent touches that made the event a great experience for all involved.

After day one of competition, the banquet was held at Fanshawe College, and offered the boys a chance to unwind and enjoy a good meal and some excellent speeches. Ryan was also awarded the Leadership in School Sport award for his dedication to school sport. Thank you Ryan for your continued dedication to OFSAA and school sport.

The tournament was exciting from start to finish with some exemplary displays of skill and great play. Defending champions Oakville Trafalgar looked like they might have had a chance to be repeat from the year before but the host team, Medway had other

ideas. They played some great rugby winning in front of their home crowd in an entertaining final over St. John's (CWOSSA).

Saltfleet (SOSSA) was awarded the Team Sportsmanship Award by the organizing committee for their excellent attitude throughout the entirety of the championship. Congratulations to the players, coaches and school!

Congratulations to Medway HS (WOSSAA) players and coaches on their AAA Championship victory: Cameron Amos, Jacob Amos, Ian Bennett, Adam Boyd, Nathan Campbell, Noah Coleman, Matthew Finkbeiner, Brant Galbraith, Carrick Galibrath, Cole Gilders, Cooper Grau, Jacob Howard, Kole Hunter, Keaghan Jenney, Kane Johnson, Tye Johnson, Dilan Lee, Liam Marshall, Liam McDonald, Curtis Mutter, Kurtis Nakashima, Logan Neable, Drew Neely, Devon Ollson, Robert Reiners, Lucas Rempel, Trevor Simms, Collin Smibert, Colton Tompkins, Ben Vandenberg, Alistair Wotherspoon and coaches Ryan Kimmerly and Dan Smuck.

#### **Participating Teams**

Thomas A Stewart	COSSA
St. John's	CWOSSA
Regiopolis Notre Dame	EOSSAA
Banting HS	GBSSA
Oakville Trafalgar	GHAC
T.A. Blakelock	GHAC
Dunbarton	LOSSA
St. Peter	NCSSAA
Lorne Park	ROPSSAA
Saltfleet	SOSSA
Sarnia Northern	SWOSSAA
Senator O'Connor	TDCAA
Northern (Toronto)	TDSSAA
Medway	WOSSAA
A.B. Lucas	WOSSAA
St. Maximilian Kolbe	YRAA

#### **Semi Finals**

Medway def. Oakville Trafalgar	20-0
St. John's def. Regiopolis	10-8

#### **Consolation Final**

Northern (Toronto) def. Senator O'Connor 17-0

#### **Bronze Medal Match**

Oakville Trafalgar def. Regiopolis 23-17

#### **Gold Medal Match**

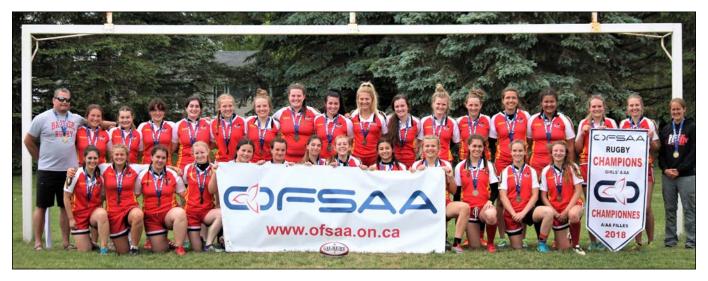
Medway def. St. John's 31-12

### OFSAA Girls' A/AA Rugby

Stratford

June 4-6, 2018





The A/AA Championship took place at the Stratford Education & Recreation Centre, located at Stratford Northwestern Secondary School (WOSSAA). Convenor Tony Roes and his dedicated organizing committee, worked tirelessly to put on a tremendous event for participants and spectators alike.

The Leadership in School Sport Award was given to Ryan Clancy from St. Anne's CSS (WOSSA) for his dedication and involvement in high school sport. Congratulations Ryan!

The event provided spectators with some exceptional action over the three days of competition. Some lopsided scores and some nail-biting contests highlighted the championship, but in the end, the top-ranked team, Bayside SS, emerged from the field of 16 with a victory over La Salle SS.

**Participating Teams** 

**Bayside SS COSSA** Blenheim DHS **SWOSSAA** Courtice SS **LOSAA** Dr. J.M. Denison SS YRAA **Erin District HS CWOSSA Grey Highlands SS CWOSSA** La Salle SS **EOSSAA** Leaside SS **TDSSAA Notre Dame CSS GHAC** Nottawasaga Pines SS **GBSSA EOSSAA** Smiths Falls DCI St. Michael HS SOSSA St. Michael CSS **WOSSAA** Stratford Northwestern SS WOSSAA Streetsville SS **ROPSSAA** Trenton HS **COSSA** 

The Team Sportsmanship Award was given to Blenheim DHS (SWOSSA) for their great display of sportsmanship and their great attitude throughout the championship. Congratulations!

Congratulations to Bayside SS (COSSA) players and coaches on their well-deserved A/AA Championship victory: Sophia Barnes, Luisa Bollack, Sandrine Charron, Ella Cheung, Aleighsha Comeau, Erica Corbett, Kirstin Derrett, Amy Dirks, Jayden Eggleton, Samantha Eggleton, Hanna Fitzgerald, Avery Frederick, Madeline Hill-Dolan, Madisson Horvath, Caitlyn Isles, Addy Hutchinson, Dayne Hynes, Taylor Lapierre, Abigail Munroe, Paige O'Gorman, Sydney Parkinson, Alexis Porter, Alexandra Roberto, Emma Ross, Vivian Sakellis, Payton Smith, Kaitlyn Sponagle, Nadia Stinson, Darby Uens, Eleni Zavos and coaches Scott Dewar, JoAnne Robinson and Dusty Tibbs.

#### **Semi Finals**

Bayside SS def. Smith Falls DCI 19-15 La Salle SS def. Trenton HS 24-0

#### **Consolation Final**

Streetsville SS def. St. Michael CSS 20-0

#### **Bronze Medal Match**

Smith Falls DCI def. Trenton HS 32-10

#### **Gold Medal Match**

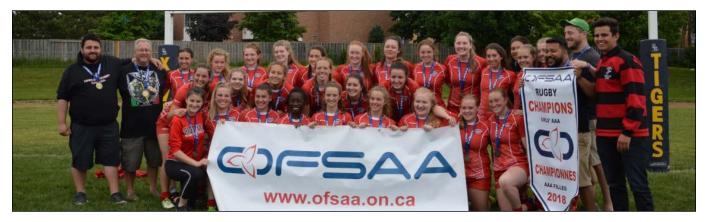
Bayside SS def. La Salle SS 12-5

### **OFSAA Girls' AAA Rugby**

Mississauga

June 4-6, 2018





The 2018 OFSAA Girls' AAA Rugby Championship was held in Mississauga and was highly competitive and exciting. Convenor Jason Cormier of St. Francis Xavier SS (ROPSSAA) and his organizing committee did a great job in putting together a well-run championship and should be congratulated for a job well done!

The Apollo Convention Centre was an excellent venue for the banquet. The girls were treated to inspiring words from Brittany Kassil, current Canada Women's Senior National Team player, and her story in becoming an elite national rugby player. As well, Colette McAuley, Assistant Coach, Canada Women's Senior National Team and Head Rugby Coach with Guelph University inspired the girls to play hard and to cherish these moments.

A surprised and overwhelmed Mark Yanchus from John F. Ross SS (CWOSSA) was presented with the Leadership in School Sport Award for his years of service and dedication to school sport. In addition,

#### **Participating Teams**

Oakville Trafalgar HS	GHAC
John F. Ross CVI	CWOSSA
Uxbridge SS	LOSAA
Mayfield SS	ROPSSAA
Glebe CI	NCSSAA
St. Roch CSS	ROPSSAA
Arnprior DHS	EOSSAA
Blessed Cardinal Newman CHS	TDCAA
Thomas A. Stewart	COSSA
Bear Creek SS	GBSSA
Lakeshore CHS	SOSSA
Stouffville DSS	YRAA
Medway HS	WOSSAA
David & Mary Thomson CI	TDSSAA
Georgetown DHS	GHAC
Northern CI & VS	SWOSSAA

John F. Ross received the Team Sportsmanship Award for their great show of respect and fair play throughout the championship.

The AAA Championship split the first two days between St. Francis Xavier CSS and Streetsville SS, finishing at St. Francis for the final day of the championship. The number one seed Oakville Trafalgar HS team was a force as they did not allow a team to score a try on them throughout the three days! They capped off their amazing season by beating the number two seeded John F. Ross in the gold medal game to take their third title in four years!

Congratulations to Oakville Trafalgar HS (GHAC) players and coaches on their much-deserved AAA Championship victory: Taylor Black, Kristin Calder, Sydney Campbell, Megan Carson, Kennedy Cooper, Sarah Coulter, Caileigh De Jonge, Anja de Vries, Emilie Demers, Olivia Gardiner, Ryley Gould, Gillian Groth, Kelly Hubbs, Jessika Hurd, Robyn Jeffries, Alex Kinkartz, Amy Lockbaum, Isabella Marchetti, Kate Medd, Alexis Morrison, Paige Murray, Sarah Penman, Bridget Peros, Julija Rego, Katie Reilly, Ella Roy, Jaden Walker, coaches David Schaffler, James Wood, Dan Stephenson and Ryan Perera.

<b>Semi Finals</b> Oakville Trafalgar HS def. Mayfield John F. Ross def. Uxbridge	33-0 17-12	
Consolation Final Thomas A. Stewart def. Arnprior	31-24	
Bronze Medal Match Uxbridge def. Mayfield	39-19	
Gold Medal Match Oakville Trafalgar HS def. John F. Ross	71-0	

## OFSAA Boys' A Soccer

Fort Erie June 7-9, 2018



OFSAA Boys' A Soccer made a rare appearance in Fort Erie, Ontario. First-time Convenor James Kryger from Niagara Christian Collegiate (SOSSA) and his organizing committee not only put on a first class event but also provided a memorable experience for all participants. Using the pitches at both Optimist Park and Patrick Cummings Memorial Sports Complex participants the opportunity to explore and appreciate the southern portion of the Niagara region.



In the end, Guido de Bres High School (SOSSA) retained OFSAA champion status, winning the school's fifth gold medal in the past 10 years and back-to-back championships. Congratulations to Luke Blokker, Kenneth Breukelman, Calvin Buikema, Landon Buikema, Andrea D'Addazio, Lynden Degelder, Brandon Hofsink, Noah Holtvluwer, Jacob Jager, Jack Jans, Mitchell Jans, Jacob Jansema, Edward Lof, Kyle Nordeman, Cole Spoelstra, Dustin Spoelstra, Trevor VanAmerongen, Luke VanderVelde, Reuben VanVeen, Titus VanVeen, Reuben VanWoudenberg, Benjamin Vis, Nathan Wanders, Joel Werkman and coaches James Lof and Timothy Wildeboer.

As is often the tradition for OFSAA championships, athletes and coaches were treated to a spectacular banquet, this time at a first class facility at John Michael's – Banquet and Conference Centre in Thorold, On. The Leadership in School Sport Award was presented to long time teacher-coach Marty Edwards at E.L. Crossley Secondary School (SOSSA). Marty has been committed to student-athlete success during his career and has coached many sports at the school. Thanks for everything you do for students!

Congratulations must also be extended to Emmanual Christian High School (CWOSSA) for being presented with the Team Sportsmanship Banner. Thank you again to James Kryger and the organizing committee from NCC for providing an outstanding event.

#### **Participating Teams**

**CISAA** Ridley College De La Salle College **CISAA** Nicholson Catholic College **COSSA Emmanual Christian High School CWOSSA** Mackenzie Community School **EOSSAA** Jean Vanier Catholic **GBSSA** Lester B. Pearson SS **GHAC Ecole Ronald Marion LOSSA** École secondaire publique Louis-Riel **NCSSAA** Timmins High & Vocational School **NEOAA** Collège Notre-Dame **NOSSA** Marathon HS **NWOSSAA** St. Paul SS **ROPSSAA** Guido de Bres Christian HS **SOSSA SOSSA** Niagara Christian Collegiate John McGregor SS **SWOSSAA University of Toronto Schools TDCAA** Ursula Franklin Academy **TDSSAA** Holy Cross CHS **WOSSAA** ÉSC Renaissance YRAA

#### **Quarter Finals**

Guido de Bres def. Lester B. Pearson 3-1 ÉSC Renaissance def. Ronald Marion 1-0 Holy Cross def. Ursula Franklin 3-1 Collège Notre Dame def. St. Paul 3-2 (PK)

#### **Semi Final**

Guido de Bres def. Collège Notre Dame 3-1 Holy Cross def. ÉSC Renaissance 2-0

#### **Bronze Medal Match**

ÉSC Renaissance def. Collège Notre Dame 1-0 (PK)

#### **Gold Medal Match**

Guido de Bres def. Holy Cross 2-1

## OFSAA Girls' & Boys' AA Soccer

#### Tecumseh

June 7-9, 2018



Tecumseh was filled with a flurry of soccer activity as the community played host to not one but two OFSAA AA Soccer Championships. First time convenor Jean-Paul Cayen of École secondaire L'Essor (SWOSSAA) and his team of volunteers were well prepared to give the student-athletes and teacher-coaches a true championship experience. The task of hosting two provincial championships at once is not easy, however with great support from the school and community you would have never known. Pitches at both L'Essor and McHugh Park proved to be great venues for the matches and all participants were treated to great soccer facilities.

The action on the field provided some nail-biting matches and also heartbreaking losses with Parkside Collegiate Institute (WOSSAA) capturing the gold medal in the girls' event and Silverthorn Collegiate Institute (TDSSAA) winning gold in the boys' championship.

Congratulations to both Jacques Carrier and Cathleen Mulvey who were awarded the Leadership in School Sport Awards. These teacher-coaches at É.S.C L'Essor have forty years of combined experience and have dedicated many volunteer hours to the soccer programs at the school.

The 2018 Team Sportsmanship Awards were presented to St. David Catholic Secondary School (CWOSSA) in the boys' competition and Huntsville High School (GBSSA) in the girls' championship. Both teams demonstrated great sportsmanship throughout the championship. Thanks again to JP Cayen and all of the volunteers for hosting two OFSAA events.





#### **Boys' AA Soccer Results**

Congratulations to the following student-athletes from Silverthorn CI: Dini Ali, Aleksandar Babic, Nikola Bursac, Izhan Chaudhary, Nikola Cvetkovik, Stefan Dragnjevic, Santiago Echeverri, Daniel Garcia-Bryce, Milos Grubac, Arham

#### **Participating Teams**

Adam Scott C&VI **COSSA** St. David CSS **CWOSSA** Kingston C & VI **EOSSAA Holy Trinity HS GBSSA** Corpus Christi CSS **GHAC** King's Christian Collegiate **GHAC** Monsignor Paul Dwyer CHS LOSSA É.S.C. Franco Cité **NCSSAA** É.S.C. Thériault **NEOAA** St. Joseph-Scollard Hall CSS **NOSSA** Fort Frances H.S. **NWOSSAA** Gordon Graydon Memorial SS ROPSSAA Iona Catholic SS **ROPSSAA Holy Cross CSS SOSSA** É.S.C. L'ESSOR **SWOSSAA SWOSSAA** Essex DHS Monsignor Percy Johnson **TDCAA** Silverthorn CI **TDSSAA** Mother Teresa CSS **WOSSAA** Father Bressani CHS YRAA

Hasan, Dimitar Jordanovski, Viktor Krstevski, Ezekiel Leones, Andrej Marinkovic, Spencer McKee, Ethan Millington-Clarke, Anas Mohamed, Andrew Mok, Ivan Nikolic, Petar Rapaic, Boris Samardzic, Daniel Soos, Elias Theodoratos, Ognje Viciknez, Marko Vrljes, MJ Walsh and coaches Emanuel Arduini and Sean King.

Quarter Finals	
Silverthorn CI def. É.S.C L'Essor	4-1
Mother Teresa CSS def. Holy Cross CSS	3-1
St. David CSS def. Essex DHS	3-1
Iona CSS def. Kingston C&VI	2-1
Semi Finals	
Silverthorn CI def. Iona CSS	2-1
Mother Teresa CSS def. St. David CSS	1-0
Bronze Medal Match	
St. David CSS def. Iona CSS	1-0
Gold Medal Match	
Silverthorn CI def. Mother Teresa CSS	2-0

#### **Girls' AA Soccer Results**

Congratulations to the following student-athletes/coaches from Parkside CI: Nicole Carnegie, Gracie Clinton, Kailey Dennis, Chloe Ellery, Kaitlin Ellery, Aviva Fournie, Taylor Goodhue, Haley Gordon, Presley Gruener, Zoe Gubinczki,

#### **Participating Teams**

Holy Cross CSS **COSSA** St. David CSS **CWOSSA** Frontenac SS **EOSSAA Holy Trinity HS GBSSA** Huntsville HS **GBSSA** Corpus Christi CSS **GHAC** Notre Dame CSS **GHAC** Monsignor Paul Dwyer CHS **LOSSA** Cairine Wilson SS **NCSSAA** É.S.C. Thériault **NEOAA** Superior Heights C&VS **NOSSA** Dryden HS **NWOSSAA** Clarkson SS **ROPSSAA** St. Michael HS **SOSSA** É.S.C L'ESSOR **SWOSSAA** Sandwich SS **SWOSSAA** Francis Libermann **TDCAA** Leaside HS **TDSSAA** Parkside CI **WOSSAA** Father Bressani CHS **YRAA** 

Kendra Hulst, Tiffany Johnston, Lattanzio Klara, Renee Lammiman, Amber Safadi, Petra Salin, Cameryn Sanders, Halle Szabo, Ashley Watson, Marin Williams, Jaylin Wismer, Macy Wismer and coaches Curtis Langley and Gerry Safadi.

#### **Ouarter Finals**

Quarter Finais	
St. Michael HS def. Father Bressani CHS	4-0
Holy Trinity HS def. Corpus Christi CSS	3-2
Parkside CI def. Clarkson SS	5-0
Monsignor Paul Dwyer CHS def. Sandwich SS	5-2
Semi Final	
St. Michael HS def. Monsignor Paul Dwyer CHS	4-3
Parkside CI def. Corpus Christi CSS	2-1
Bronze Medal Match	
Corpus Christi CSS def. Monsignor Paul Dwyer CHS	2-1
co.pos cimos cos cos monagnos raci payor cirio	- '
Gold Medal Match	
Parkside CI def. St. Michael HS	2-1















Molten is the Official Ball of OFSAA

Trademarks owned by Molten Corporation or Molten USA, Inc. ©2018 Molten USA, Inc.



### **OFSAA Boys' AAA Soccer**

Thunder Bay

June 7-9, 2018





St. Joan of Arc Catholic Secondary School (ROPSSAA) captured the gold medal at the OFSAA Boys' AAA Soccer Championship in Thunder Bay. This year's champions were talented both offensively and defensively, winning each of their playoff matches in decisive fashion.

In the gold medal game, St. Joan of Arc faced a strong opponent from Dunbarton High School (LOSSA). As was the case in most of their matches, St. Joan of Arc jumped out to an early lead before prevailing by a 4-1 score. Congratulations to team members Praise Adeyemi, Lukas Budraitis, Kristian Camber, Daniel Castiblanco, Evan Dekker, Matthew Drlje, Elias Goritsas, Bassem Henry, Joshua Jagdeo, Tanitoluwa Oluwaseyi, Ryan Omrani, Devyn Pettinella-Walters, Zen Sharifabadi, Anthony Stolar, Daniel Stolar, Stefano Trentin, Samuel Vera, and Rashaun Walters, and coaches Michael Leonardi, Jerry Radice, and Genevieve Wong.

#### **Participating Teams**

Cobourg CI	COSSA
Cameron Heights CI	CWOSSA
Regiopolis-Notre Dame CHS	EOSSAA
St. Joan of Arc SS	GBSSA
St. Jean de Brebeuf HS	GHAC
St. Thomas More CSS	GHAC
Dunbarton HS	LOSSA
Glebe CI	NCSSAA
St. Mary's College	NOSSA
Churchill HS	NWOSSAA
Hammarsjkold HS	NWOSSAA
St. Ignatius HS	NWOSSAA
St. Patrick HS	NWOSSAA
Cardinal Ambrozic CSS	ROPSSAA
St. Joan of Arc CSS	ROPSSAA
A. N. Myer SS	SOSSA
Holy Names CHS	SWOSSAA
West Humber CI	TDSSAA
Catholic Central HS	WOSSAA
St. Theresa of Lisieux CHS	YRAA

Thank you to this year's championship convenor Tony Colistro. Tony and his host committee put on an outstanding championship for the competitors. The teams were fortunate to hear from two guest speakers at the banquet: Paul Heffer, a former player with West Ham United, and Katie Weatherston, a former member of Canada's national U19 women's soccer team and a gold medalist in women's hockey at the 2006 Olympics.

This year's deserving winner of the Leadership in School Sport Award was Steve Kranyak of St. Patrick High

School (NWOSSAA) in Thunder Bay. Steve started his teaching career in 1989, and has coached teams at the school every year since, including five teams in a single school year. He has also personally funded a scholarship for student-athletes that is presented at the St. Patrick High School graduation. Congratulations, Steve and we wish you all the best as you head into retirement!

Congratulations as well to Cobourg Collegiate Institute, winners of this year's Team Sportsmanship Award for their impressive conduct both on and off the field. The team is led by coaches Kees Beekers, Justin Kerr and Scott Parr.

We also acknowledge the teams from St. Basil-the-Great College School and Dante Alighieri Academy, both of the TDCAA. These teams were travelling together to Thunder Bay when their bus broke down and they unfortunately were not able to attend the championship. Convenor Tony Colistro was able to quickly secure two local schools, Churchill High School and Hammarsjkold High School, to fill the spots on short notice.

#### **Ouarter Finals** St. Joan of Arc (ROPSAA) def. St. Joan of Arc (GBSSA) 5-1 Holy Names def. St. Theresa 2-0 Dunbarton def. Regiopolis Notre Dame 5-1 St. Ignatius def. Cardinal Ambrozic 2-1 **Semi Finals** St. Joan of Arc def. Holy Names 6-1 Dunbarton def. St. Ignatius 3-0 **Bronze Medal Match** St. Ignatius def. Holy Names 3-2 **Gold Medal Match** St. Joan of Arc def. Dunbarton 4-1

### **OFSAA Girls' A Soccer**

Pain Court

June 7-9, 2018





Experienced host École secondaire catholique de Pain Court (SWOSSAA), once again led by convenor Mike Schinkelshoek offered athletes, coaches and spectators an event to remember. High level soccer could be seen at all venues as participants watched the tournament unfold.

The 2018 champion from Woodland Christian High School (CWOSSA) exemplified teamwork throughout the event and overcame a strong side from St. Michael Catholic High School (EOSSAA) 1-0 in the gold medal game. Congratulations to; Brittney Dirkse, Sarah Dirkse, Jenna Duimering, Erin Ensing, Naomi Fast, Elissa Gibson, Aria Groot, Harmony Groot, Nicole Hellinga, Cassie Hobbs, Alyssa Hogeveen, Jaime

#### **Participating Teams**

Villanova College **CISAA** Nicholson Catholic College **COSSA Woodland Christian HS CWOSSA** É.S.C. La Citadelle **EOSSAA** St. Michael CHS **EOSSAA** Jean Vanier CHS **GBSSA** Lester B. Pearson SS **GHAC** Clarke HS **LOSSA** É.S. Publique Louis-Riel **NCSSAA** O'Gorman HS **NEOAA Marymount Academy NOSSA** St. Thomas Aquinas **NWOSSAA** St. Paul SS **ROPSSAA** Smithville District Christian HS **SOSSA** É.S. Pain Court **SWOSSAA** É.S.C. É.J. Lajeunese **SWOSSAA University of Toronto Schools TDCAA** Ursula Franklin Academy **TDSSAA** Lord Dorchester SS WOSSAA Toronto District Christian HS YRAA

Koetsier, Anika Koops, Rachel Oudman, Alanna Parker, Katelyn Reitsma, Priscila Reyes, Raquel Reyes, Emily Tigchelaar, Sydney VanderHoef, Larissa Zomer and coaches Scott Kooy and Veronica Reyes.

The Leadership in School Sport Award was presented to Michele Mommersteeg from Ursuline College (SWOSSAA) for her commitment to athletics at the local and SWOSSAA level. Michele has for the past 21 years contributed to the development of soccer both at the school and within the community of Chatham.

The OFSAA Team Sportsmanship Award was given to O'Gorman High School (NEOAA/AANEO) who brought their positive attitude and enthusiasm from over 10 hours away in Timmins.

Thank you to the organizing committee for putting on a first-class event!

#### **Ouarter Finals**

ÉS La Citadelle def. Lord Dorchester

Smithville Christian def. Jean Vanier

Woodland Christian def. ÉS Louis-Riel

St. Michael def. Toronto District Christian

5-4 (ET)

### **Semi Final**

St. Michael def. Smithville Christian 1-0 Woodland Christian def. ÉS La Citadelle 2-0

#### **Bronze Medal Match**

Smithville Christian def. ÉS La Citadelle 2-1

#### **Gold Medal Match**

Woodland Christian def. St. Michael 1-0

### **OFSAA Girls' AAA Soccer**

Windsor

June 7-9, 2018





Lawrence Park Collegiate Institute (TDSSAA) used timely goals and a "shutdown defense" to capture the Girls AAA Soccer Championship at the University of Windsor. A 1-0 win over A.B. Lucas (WOSSAA) in their semi final game was followed by a hard-fought 2-0 victory over Dr. Frank J Hayden Secondary School (GHAC) in the rainy gold medal game. The silver medalists from Burlington defeated rival Cardinal Newman CSS 2-0 in an exciting semi final match.

Co-convenors Stacey Ditchfield and Mike McKittrick orchestrated another successful OFSAA championship with the tournament play based at the Vollmer Complex in

#### **Participating Teams**

St. Martin CSS	ROPSSAA
St. Anne SS	SWOSSAA
Regiopolis-Notre Dame	EOSSAA
A.B. Lucas SS	WOSSAA
Thomas A. Stewart SS	COSSA
St. Mother Teresa HS	NCSSAA
Dr. Frank J Hayden SS	GHAC
St. Patrick HS	NWOSSAA
Senator O'Connor College	TDCAA
St. Peter's SS	GBSSA
Cardinal Newman CSS	GHAC
Emily Carr SS	YRAA
Lawrence Park CI	TDSSAA
Earl of March SS	NCSSAA
St. Thomas Aquinas	ROPSSAA
Waterdown DHS	SOSSA
St. Mary's HS	CWOSSA
Chatham-Kent SS	SWOSSAA
St. Mary's College	NOSSA
Donald A. Wilson SS	LOSSA

LaSalle. Participating teams were treated to a first-class banquet at the Caboto Club in Windsor. Giulia Barile, a former captain of the Windsor Lancers women's soccer team, expressed inspirational words to the captive audience at the banquet.

the Congratulations to members of the championship team: Beatrice Ahmad, Ariana Bill, Emily Carew, Sarah Clegg, Jamie Dorovenis, Sydney Dvck, Sofia Girling, Quinn Danielle Konig, Johnston, Claudia Kuzmich. Emma Mazzei, Arden Parker, Zoe Peres, Alyson Reeves, Grace Reszetnik, Olivia Rizakos.

Jamie Samson, Maddy Skinner, Breah Tanner, Paige Weidner, Lauren Yoshida and coaches Doug Hunnisett and Karen Daigle.

In addition to capturing the championship, Lawrence Park C.I. was also the recipient of the Team Sportsmanship Award given their overall demonstration of respect towards their opponents and game officials.

Aldo Bertucci of St. Anne's Catholic High School (WECSSAA/SWOSSAA) was the winner of the OFSAA Leadership in School Sport Award at the 2018 Girls' AAA Soccer Championship. Aldo has been a coach of girls' and boys' soccer, wrestling and cheerleading during his career and he's been an active member of the community at St. Anne's, Assumption and St. Joe's. Congratulations on this well-deserved recognition, Aldo!

5-3
1-0
3-2
2-1
2-0
1-0
4-0
. •
2-0

### **OFSAA Tennis**

Toronto June 4-6, 2018



For the third consecutive year, the York Region Athletic Association hosted the OFSAA Tennis Championship at the University of Toronto – Scarborough, L'Amoreaux Tennis Centre and Mayfair Racquet Club. Convenors Shawn Morris, Suzanne Lachner, and Ryan Neale, along with their site assistants and a very capable group of student volunteers, delivered another high-quality event to the 394 athletes representing 180 schools in 10 different divisions. With next year's Championship being hosted by TDSSAA, OFSAA would like to thank Shawn and his group for their efforts on behalf of all of the student-athletes and teacher-coaches that had the opportunity to participate in the Championship over the last three years.

Larry Laughlin from Marc Garneau CI (TDSSAA) is this year's recipient of the Leadership in School Sport Award. A very deserving winner, Larry has been deeply involved in tennis and basketball in the Toronto area for many years. Larry has also volunteered to head up the committee from the TDSSAA that is going to host the OFSAA Tennis Championship next year and will no doubt do a great job leading his committee and putting on a first-rate event.

Congratulations and thank you for your continued dedication to high school sport in Ontario, Larry!

RESULTS: HIGH SCHOOL BOYS' SINGLES GOLD SILVER BRONZE	Erick Ortega	(WOSSAA)	A.B. Lucas SS
	Campbell Burgess	(CISAA)	Upper Canada College
	Dylan Christensen	(WOSSAA)	Medway HS
ANTIQUE BRONZE	Kerem Ersozoglu	(TDSSAA)	York Mills CI
HIGH SCHOOL GIRLS' SINGLES GOLD SILVER BRONZE ANTIQUE BRONZE	Paige Baynham	(WOSSAA)	H.B. Beal SS
	Madeleine Alexander	(WOSSAA)	Mother Teresa CSS
	Kiana Nikbakht	(TDCAA)	Bishop Allen Academy
	Nicole Clarke	(YRAA)	Dr. J.M. Denison SS
HIGH SCHOOL BOYS' DOUBLES GOLD SILVER BRONZE ANTIQUE BRONZE	Charlie Dunbar/James Flynn	(CISAA)	Upper Canada College
	Chris Kluzczynski/Ryan Kluzczynski	(GBSSA)	St. Peter's CSS
	Evan Kernaghan/Nathan Sousa	(SOSSA)	Notre Dame CS
	Benjamin Li/Andy Lin	(YRAA)	Pierre Elliott Trudeau HS
HIGH SCHOOL GIRLS' DOUBLES GOLD SILVER BRONZE ANTIQUE BRONZE	Charee Botha/Catherine Fanous	(COSSA)	Mother Teresa CSS
	Sophia Lindy/Aly Lowry	(TDSSAA)	Lawrence Park Cl
	Lucia Commisso/Dakota Walker	(CISAA)	Appleby College
	Sarah Birch/Brooke Crawford	(WOSSAA)	Medway HS
HIGH SCHOOL MIXED DOUBLES GOLD SILVER BRONZE ANTIQUE BRONZE	Camila Trujillo/Sebastian Trujillo	(CWOSSA)	Bishop Macdonell CHS
	Andrea Douglas/Adam Douglas	(NCSSAA)	Ashbury College
	Megan Killeen/Harry Wood	(TDSSAA)	Lawrence Park Cl
	Jovana Spasojevic/Slavko Glumicic	(TDSSAA)	Silverthorn Cl

**OPEN GIRLS' SINGLES** 

Jada Bui (LOSSA) Pickering HS **GOLD** SILVER Natasha Sengphrachanh (TDSSAA) Northview CI **BRONZE** St. Clement's School Tilly Rigby (CISAA) **ANTIQUE BRONZE** Julia Kuszynski (YRAA) St. Brother Andre CHS

**OPEN BOYS' SINGLES** 

**GOLD** (ROPSSAA) Lorne Park SS Ryan Navarro SILVER Peter Kuszynski (YRAA) St. Brother Andre CHS (ROPSSAA) **BRONZE** Neil Kandhai Castlebrooke SS **ANTIQUE BRONZE** Glenn Brisbois (CISAA) The Country Day School

**OPEN GIRLS' DOUBLES** 

Kristen Borland/Sydney Peters (CISAA) Havergal College **GOLD** (SWOSSAA) SILVER Mia Macera/Kristina Marrocco Holy Names CHS **BRONZE** Kristen Riis/Sadie Sider-Echenberg (NCSSAA) Glebe CI **ANTIQUE BRONZE** Brooke Auger/Tiana Milijusevic (NCSSAA) Nepean HS

**OPEN BOYS' DOUBLES** 

**GOLD** Pavel Badaiants/David Gauberg (YRAA) Vaughan SS SILVER Andrew Rezaev/Aidan Sarnese (TDSSAA) Richview CI Unionville HS **BRONZE** Stephen Chung/Bill Zeng (YRAA) **ANTIQUE BRONZE** Tuder Lungu/Guillaume Williams (NCSSAA) Colonel By SS

**OPEN MIXED DOUBLES** 

Kate Currie/Giron Findlay Lawrence Park CI GOLD (TDSSAA) SILVER Elizabeth Rozin/Eitan Rozin (TDSSAA) Lawrence Park CI **BRONZE** Eva Goncharov/Alex Cristiano (YRAA) St. Theresa of Lisieux ANTIQUE BRONZE Jovana Paramentic/ Nicholas Murdaca (SOSSA) A.N. Myer SS

**SPORTS** 

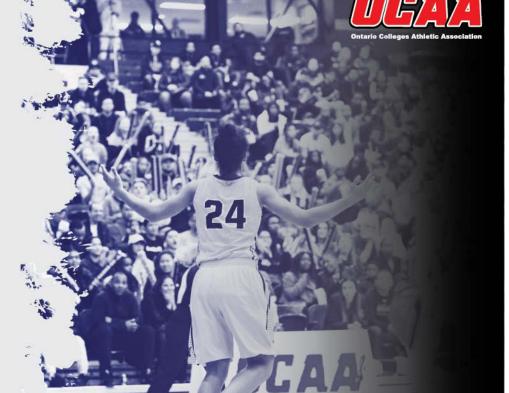
STUDENT-ATHLETES TODAY. LEADERS TOMORROW.

FOR MORE INFORMATION, PLEASE VISIT WWW.OCAA.COM









### **OFSAA Track & Field**

### York University - Toronto

June 7-9, 2018



Preparations for the 2018 OFSAA Track & Field Championships were extremely stressful for Chris and Sue Deighan in hoping to showcase the Pan Am site to athletes around the province. The strike at York University had the potential to cancel the meet or move the meet to another location because of the picket lines that had been set up at all entrances. Thanks to the hard work of the three teacher federations and CUPE, pickets were removed and the 2018 OFSAA Championships were able to continue as planned.

Conditions for all three days were ideal for allowing a strong competition for all events.

Chris Deighan (Sacred Heart CHS) and Sue Deighan (St. Maximilian Kolbe CHS) provided the leadership and inspiration for the many volunteers and committee members from the Central Region to ensure the success of the championships for 2,344 participants (1,135 females and 1,209 males) and their coaches from 526 schools across Ontario.

OFSAA would like to thank the organizing committee, the adult officials, and the student volunteers who made the 2018 championships a great success. The organizing committee would also like to thank the many sponsors who also contributed to the success of these championships.

OFSAA would also like to thank NIKE for its contribution to the event. The athlete village was a constant hub for everyone.



OFSAA congratulates Sue Deighan and Craig McLaughlin (Holy Trinity CHS) for being the recipients of the OFSAA Leadership In School Sport Award. Of interest, Craig's dad, Bob, was the recipient of the Leadership In School Sport Award at Girls' AAA Basketball in 1991-92. Both Sue and Craig have made a significant contribution to high school sport in YRAA and to their respective schools for many years. The central region has been the real benefactor of their leadership.

The championships are about athletes and they did not disappoint the enthusiastic crowds that filled the stands at the Pan AM facility for the three days.

#### Congratulations to the following athletes who were triple gold medal winners:

#### **Junior Women**

Lucca Agate (Loretto Abbey — Toronto)

#### **Junior Men**

Ryan Jacklin (F.E. Madill — Wingham)

#### Senior Mei

Miles Misener — Daley (Westdale SS — Hamilton)

#### Congratulations to the following athletes who were double gold medal winners:

#### Midget Women

Isabella Goudros (Leaside HS – Toronto)

#### Midget Men

Pau Herbaig- Bajona (UTS — Toronto) Mark Skerl (Cardinal Newman)

#### Junior Women

Anna Workman (Kingston CVI)
Alexandria Webb (St. Benedict — Cambridge)

#### lunior Men

Marcus Renford (Tommy Douglas SS) Abdullahi Hassan (Birchmount Park — Toronto) Jean-Luc Foudy (Neil McNeil — Toronto)

#### **Senior Women**

Mackenzie Pierre-Webster (All Saints — Whitby) Sharelle Samuel (Ashbury College — Ottawa) Jocelyn Chau (De La Salle — Toronto) Trinity Tutti (Eastdale SS — Welland)

#### Senior Men

Marcus Kemp (St. Mary's — Kitchener) Lucas Woodhall (Thousand Islands SS — Brockville)

#### Para Mei

Zach Gingras (Bill Crothers SS — Unionville)
Owen Konkle (Beamsville DSS)

### The following OFSAA records were broken during the 2018 Championships:

Midaet Women 4 x 100m Relay

Father Henry Carr (Toronto) — 49. 08

Midget Men 300 Hurdles

Mark Skerl (Cardinal Newman - Hamilton) - 39.79

Midget Men 4 x 100m Relay

Our Lady of Mount Carmel (Mississauga) - 43.90

Junior Men 800m

Abdullahi Hassan (Birchmount Park)-1.53.54

Junior Men 4 x 100M Relay

Country Day School (King City) - 43.26

**Junior Women Triple Jump** 

Busola Akinduro (North Albion) - 12.19m

**Junior Women Javelin** 

Alexandria Webb (St. Benedict) — 43.98m

Senior Men 400m

Myles Misener - Daley (Westdale SS) - 45.99

Senior Women 3000m

Jocelyn Chau (De La Salle) - 9.21.63

**Senior Women Shot Put** 

Trinity Tutti (Eastdale SS) - 15.24m

**Senior Women Discus** 

Trinity Tutti (Eastdale SS) - 52.77m

Para Men 100m Ambulatory

Zach Gingras (Bill Crothers) - 12.31

Para Men 800m Ambulatory

Zach Gingras (Bill Crothers) - 2.08.15

100m Visually Impaired

Austin Ingram (Valour - Petawawa) - 11.65

Para Women 100m Intellectual Impaired

Lola Morgan (Eastview SS) - 13.27

Para Women 800m Visually Impaired

Kat Grgic (Gonzaga) — 2.25.30

Para Women 800m Ambulatory

Sarah Gillies (Orangeville) — 2.41.11

Para Men 800m Intellectual Impaired Owen Konkle (Beamsville DSS) - 2.15.82

Midaet Women 4 x 100m Relay

Father Henry Carr (Toronto) - 49.08

Midget Men 4 x 100m Relay Our Lady of Mt. Carmel (Mississauga) -43.90

Junior Men 4 x 100m Relay

Country Day School (King City) — 43.26

### The following Canadian Interscholastic records were broken during the 2018 Championships:

Senior Men 400m

Myles Misener- Daley (Westdale SS) - 45.99

Senior Women 3000m

Jocelyn Chau (De La Salle) - 9.21.63

**Senior Women Discus** 

Trinity Tutti (Eastdale SS) - 52.71m

**Senior Women Shot Put** 

Trinity Tutti (Eastdale SS) - 15.24m

### Congratulations to the following schools for capturing the Division Championships:

Midget Women

Leaside HS - Toronto

Midget Men

Our Lady of Mt. Carmel - Mississauga

**Junior Women** 

Loretto Abbey - Toronto

Junior Men

Thousand Islands SS - Brockville

**Senior Women** 

Sandwich SS - Windsor

**Senior Men** 

Thousand Islands SS - Brockville

**Overall Women** 

Sandwich SS - Windsor

**Overall Men** 

Thousand Islands SS - Brockville

#### We look forward to Guelph University hosting the 2019 OFSAA Championships.

#### **OFSAA Track & Field Results 2018**

#### **York University**

! Indicates New OFSAA Record

\* Indicates New Canadian Interscholastic Record

1 Emma Pegg 2.13.18 Chatham - Kent 2 Sophie Coutts Leaside - Toronto 2.14.99 3 Hallee Knelson East Elgin - Aylmer 2.16.07 Macy Turcotte **ESC Theriault - Timmins** 2.18.07 5 Elissa Frielink Unity Christian - Barrie 2.18.66 6 Kate Botha St. Clement's School - Toronto 2.18.82

## 300m Hurdles

1 Madison St. Louis 45.38 Pickering - Ajax 2 Nyechuor Dang John Paul II - London 46.29 3 Jaelyn Cole Northern - Sarnia 46.46 Kristen Mrozewski Lo-Ellen Park Sudbury 46.58 5 Alissa Mete Notre Dame - Welland 46.86 6 Hannah Hubert Renfrew (1 47.30

11.64

12.17

12.27

12.35

12.58

12.61

High Jump 1 Annika Jozin Michipicoten - Wawa 1.63m 2 Abigail Jegede Bill Crothers - Unionville 1.60m Alexis Monsen Bear Creek - Barrie 1.60m Karah Bannon Greater Fort Erie 1.55m Jaden Mullings Bishop Tonnos - Ancaster 1.55m 4 Gwen Cudmore E.L. Crossley - Fonthill 1.55m

### **MIDGET WOMEN** R.S. McLaughlin - Oshawa

2 Isabella Goudros	Leaside - Toronto	12.22
3 Jillian Catton	Notre Dame - Brampton	12.34
4 Ariana Cabezas	Father Henry Carr - Toronto	12.45
5 Ashlynn Gilhula	Stratford Central	12.49
6 Dylana Williams	Maxwell Heights - Oshawa	12.71
200m		
1 Isabella Goudros	Leaside - Toronto	24.59
2 Nicole McKenzie	St. Marcellinus- Mississauga	24.71
3 Jillian Catton	Notre Dame - Brampton	24.87

4 Trinity Miller

5 Ariana Cabezas

100M

1 Trinity Miller

6	Taya Keast	St. Peter CSS - Peterborough	26. 16
4	00m		
1	Nicole McKenzie	St. Marcellinus - Mississauga	55.75
2	Jenna James	Craig Kielburger - Milton	57.09
3	Emma Pegg	Chatham - Kent	57.24
4	Andriana Erotocritou	Father Leo Austin - Whitby	58.01
5	Ainslie Bratus	Holy Cross - Kingston	58.60
6	Mattson Strickler	St. Joseph's CHS- Barrhaven	58.79

R. S. McLaughlin - Oshawa

Father Henry Carr - Toronto

1

2

3

4

5

6

2

3

4

5

6

12.07

22

25.01

25.70

500m		
Abby Ylipahkala	Sir Wiliam Mulock - Newmarket	4.41.86
Sophie Coutts	Leaside - Toronto	4.44.10
Sophia Lucki	Bishop Allen Academy	4.45.61
Taylor Campeau	Essex	4.46.36
Emily Bryce	Suageen District	4.46.41
Kate Botha	St.Clement's School - Toronto	4.47.37
000m		
F 1 D	C D	10.00.10

#### 3 1

000m	C D:	10.00.15
Emily Bryce	Saugeen District	10.29.15
Abby Ylipahkala	Sir William Mulock - Newmarket	10.30.30
Molly Strain	Adam Scott - Peterborough	10.34.37
Jayden Keeler	Innisdale SS - Barrie	10.36.15
Jordyn Bartolomucci	ESC Theriault - Timmins	10.39.85
Tessa Jeffery	E.L. Crossley - Fonthill	10.41.62

#### 8 1

80m Hurdies	
1 Isabella Goudros	Leaside - Toronto
2 Olivia Stock	St. Mary - Hamilton
3 Sierra Baltzer	Sandwich SS - Windsor
4 Tayah De Sousa	Central Elgin - St. Thomas
5 Alika Elliott	St. Michael - Niagara Falls
6 Jaelyn Cole	Northern - Sarnia

Pole Vault		
1 Isabelle Hill	Humberside - Toronto	3.15m
2 Phoebe Skipp	Northern - Toronto	2.90m
3 Alexandra Godbout	College Francois - Toronto	2.80m
4 Jennifer Elizarov	JA Macdonald - Waterloo	2.70m
5 Amelia Wojtyk	Lisgar CI - Ottawa	2.70m
6 Mia Colaner	ES L'Essor - Tecumseh	2.70m
Long Jump		
1 Jaden Mullings	Bishop Tonnos - Ancaster	5.24m
2 Natalie Freeman	Clarington Central	5.20m

Lo	ong Jump		
1	Jaden Mullings	Bishop Tonnos - Ancaster	5.24m
2	Natalie Freeman	Clarington Central	5.20m
3	Christiana Collins	St. Patrick - Thunder Bay	5.18m
4	Tayah De Sousa	Central Elgin - St. Thomas	5.17m
5	Shagika Sureshwaran	Pickering - Ajax	5.10m
6	Nyechuor Dang	John Paul II - London	5.00m

## Championship Results

Triple Jump			1500m					
1 Jillian Catton	Notre Dame - Brantford	11.62m	1 Pau Illerbaig-Bajona	UTS - Toronto	4.07.88			
2 Ella Stowe	Paris	11.37m	2 Eric Campbell	Winston Churchill - St.Catharines	4.08.21	Discus		
3 Natalie Freeman	Clarington Central	11.15m	3 Max Davies	Northern - Toronto	4.09.95	1 Arthur J. Stanat	Parkside - St. Thomas	47.81m
4 Alex Harris	St. Patrick's - Sarnia	11.06m	4 Roman Mironov	Father John Redmond - Toronto	4.11.90	2 Michael Tetenych	Philip Pocock - Mississauga	46.60m
5 Abigail Jegede	Bill Crothers- Unionville	11.02m	5 Matthew Milic	St. Michael's College - Toronto	4.14.84	3 Cory Schoenherr 4 Blake Foster	Bluevale - Waterloo Northern - Sarnia	45.23m
6 Olivia Muhn	Dr. Frank j. Hayden	10.96m	6 Rudy Saal	Jeanne-Lajoie- Pembroke	4.17.76	5 Braden Roberts	Sacred Heart - Newmarket	43.37m 43.03m
Shot Put			3000m			6 Ryan Latour	St. Joseph's - Barrie	43.03m 41.89m
1 Sierra Skotniski	Centennial -Welland	13.01m	1 Max Davies	Northern - Toronto	8.57.74	o kyun Luloui	Si. Josephi s - Dullie	T1.0/III
2 Nicole Hunter	Dunbarton DHS - Pickering	12.90m	2 Roman Mironov	Father John Redmond - Toronto	9.06.63	Javelin		
3 Alexa Windle	Brantford	12.83m	3 Rudy Saal	Jeanne- Lajoie - Pembroke	9.06.64	1 Brent Couchie	Northern-Sturgeon Falls	44.94m
4 Bailey Oakes	Bill Crothers- Unionville	12.75m	4 Aidan James	Northern - Sarnia	9.07.99	2 Reuel Thomas	Ajax HS	43.42m
5 Corrine Abouem	Gloucester SS	11.90m	5 Ethan Belanger	Notre Dame - Burlington	9.15.42	3 Marty Vanreenen	St. Patrick's - Sarnia	42.70m
6 Lauren Fearn	Lo-Ellen Park - Sudbury	11.89m	6 Tennessee Tremain	Guelph	9.16.36	4 Evan Jacob	Lakeshore CHS- Port Colborne	42.34m
Diama.			100m Hurdles			5 Godfrey Kwan 6 Malik Donaghy-Tum	Dr. Norman Bethune - Toronto Mother Teresa - London	42.13m 41.90m
Discus 1 Alexa Windle	Brantford	39.88m	1 Mark Skerl	Cardinal Newman	13.72	o Mulik Dollagily- Iulii	MOINEL IELESA - LOHAOH	41.70111
2 Lauren Fearn	Lo-Ellen Park- Sudbury	36.75m	2 Josh Bailey	Holy Names - Windsor	14.44	4 x 100m Relay		
3 Sierra Skotniski	Centennial SS - Welland	34.39m	3 Trent Frede	Waterloo Cl	14.49	1 Our Lady of Mt. Carmel	- Mississauga	43.90!
4 Nicole Hunter	Dunbarton DHS - Pickering	31.22m	4 Cale Timuik	Essex	14.56	2 Francis Libermann - Tor		45.00
5 Malorey Lambert	Renfrew CI	30.42m	5 Alex Park	Chatham- Kent	15.05	3 Father Henry Carr - Toro		45.55
6 Emily Swaine	Bayridge SS - Kingston	29.47m	6 Daniel Kreft	Russell HS - Russell	15.32	4 Sacred Heart - Newmar	ket	45.58
•	, , ,					5 Essex		45.63
Javelin		00.01	300m Hurdles	6 h 10	00.70.1	6 Sacred Heart - Walkerto	n	46.31
1 Amy Schmit	Medway - Arva	33.91m	1 Mark Skerl	Cardinal Newman	39.79!		JUNIOR WOMEN ———	
2 Kira Juodikis	Sandwich SS- Windsor	32.95m	2 Jaheim Ferguson	Pickering - Ajax	40.10			
3 Christina Zeng	Dr. Norman Bethune - Toronto St. Ignatius HS - Thunder Bay	32.28m 32.12m	3 Caden Deery 4 Francis Manujibeya	St. Paul SS Emery - Toronto	41.86 42.66	100m		
4 Maija Niemi 5 Jadyn Weltz	O'Gorman HS - Timmins	30.86m	5 Keito Newman	Glebe - Ottawa	42.73	1 Lucca Agate	Loretto Abbey - Toronto	12.45
6 Kieran Raymo	Kingston CVI	30.66m	6 Josh Ramirez	Francis Libermann - Toronto	42.73 43.12	2 Ashantai Bollers	Unionville HS	12.49
•	rangsion evi	JU.UUIII	U JOSH NAMINICZ	Trunus Libermunin - Ioronio	10.1Z	3 Brianna Gayle	Fr. Leo Austin - Whitby	12.66
4 x 100m Relay			High Jump			4 Ivana Atem	Monsignor de Charbonnel - Toronto	12.80
1 Father Henry Carr - Toro	nto	49.08!	1 Tawsif Kamal	Silverthorn - Toronto	1.85m	5 Soriyah Dakin	Loyola CSS - Mississauga	12.89
2 Sandwich SS-Windsor		50.40	2 Corbin Deblois	Timmins HVS	1.80m	6 Patrice Temush	Dundas Valley	12.94
3 Pickering HS		50.85	2 Aidan Henry	Thousand Islands SS - Brockville	1.80m	200m		
4 St. Andre Bessette		51.08	4 Jacob Schweyer	Lo - Ellen Park - Sudbury	1.80m	1 Lucca Agate	Loretto Abbey - Toronto	24.91
5 Glebe CI - Ottawa	•	51.56	5 Nick Telfer	AY Jackson - Kanata	1.80m	2 Ashantai Bollers	Unionville HS	25. 20
6 King's Christian - Oakvil	le	51.68	6 Gavin Bebingh	St. Patrick's - Sarnia	1.75m	3 Ivana Atem	Monsignor de Charbonnel	25.81
	MIDGET MEN ———		Pole Vault			4 Sydney White	St. Ignatius - Thunder Bay	26.01
			1 Bradley Murphy	St. Anne - Windsor	3.45m	5 Krystalann Bechard	Vista Academy - Tecumseh	26.16
100m			2 William Jacobs	Lawrence Park - Toronto	3.30m	6 Danielle Wahrhaftig	Bill Crothers - Unionville	26.29
1 Jalon Rose	Our Lady of Mt. Carmel - Mississauga		3 Dylan Farina	Sandwich SS - Windsor	3.20m	400m		
2 Jadon Rose	Our Lady of Mt. Carmel - Mississauga		3 Bennett Woods	Georgian Bay SS - Penetang	3.10m	1 Lucca Agate	Loretto Abbey - Toronto	56.45
3 Noah Dayton	R.H. King Academy - Toronto	11.41	5 Liam Knoll	Georgian Bay SS - Penetang	3.00m	2 Zoe Phillips	Eden HS - St. Catharines	56.96
4 Sammy Lapps	Guelph Cl	11.48	6 Brandon Levack	St. Anne - Windsor	2.90m	3 Julia Agostinelli	St. Thomas Aquinas - London	57. 20
5 Jacob Grainger	St. Anne - Windsor Cardinal Carter-Toronto	11.49 11.53	Laur lumn			4 Krystalann Bechard	Vista Academy - Tecumseh	57.22
6 Benjamin Jonah	Caramar Carlet- Ioronio	11.33	<b>Long Jump</b> 1 Jamar Nolan	Silverthorn - Toronto	6.31m	5 Cassandra Williamson	Dunbarton HS- Pickering	57.65
200m			2 Mark Skerl	Cardinal Newman	6.27m	6 Doyin Ogunremi	Redeemer Christian - Ottawa	59. 20
1 Teondre Anderson	Weston CI - Toronto	23.09	3 Joshua Seepersad	Uxbridge	6.06m	800m		
2 Jalon Rose	Our Lady of Mt. Carmel- Mississauga		4 Markeiths Flannigan	Glenview Park - Cambridge	6.04m	1 Anna Workman	Kingston CVI	2.08.55
3 Domenic Barresi	McKinnon Park - Caledonia	23.35	5 James Wilson	Crescent School - Toronto	5.93m	2 Tegan Morrison	JA Macdonald - Waterloo	2.16.15
4 Daniel Reader	Westmount - Hamilton	23.38	6 Domenic Barresi	McKinnon Park - Caledonia	5.90m	3 Haley Davis	John F Ross - Guelph	2.18.43
5 Benjamin Jonah	Cardinal Carter - Toronto	23.65	****			4 Cassandra Williamson	Dunbarton HS - Pickering	2. 20. 00
6 Jacob Grainger	St. Anne - Windsor	23.79	Triple Jump	Ecrov	12 20	5 Kara Fitzgerald	ESC Marie River - Kingston	2.21.39
400m			1 Milan Lobana 2 Joshua Seepersad	Essex Uxbridge	13.38m 13.13m	6 Lauren Jacobs	St. Martin SS - Mississauga	2.22.51
1 Noah Dayton	R.H. King - Toronto	49.99	3 Markeiths Flannigan	Oxbriage Glenview Park - Cambridge	13.13111 12.67m		J	
2 Daniel Reader	Westmount - Hamilton	50.59	4 Elijah Manchester	Donald A. Wilson - Whitby	12.73m	1500m	V OII	400 ′′
3 Mackenzie Phillips	St. Peter's - Barrie	50.87	5 Michael Ivanov	A.N. Myer - Niagara Falls	12.31m	1 Anna Workman	Kingston CVI	4.32.66
4 Daniel Hurst Jr.	St. Marcellinus - Mississauga	50.92	6 Jared Milligan	East Northumberland	12.23m	2 Petal Palmer	Mother Teresa - Toronto	4.39.49
5 Aiden Webster	C.W. Jefferys - Toronto	51.82	· ·			3 Emma Betty 4 Haley Davis	Lisgar CI - Ottawa John F Ross - Guelph	4.41.29 4.42.73
6 Dylan Yzenbrandt	Saunders SS - London	52.16	Shot Put	61 1/ 5 :	15.05	5 Sarah-Rose-Sullivan	Orangeville	4.42.73 4.43.78
800m			1 Ryan Latour	St. Joseph's - Barrie	15.35m	6 Emma Graham	Senator O'Connor - Toronto	4.45.21
1 Pau Herbaig - Bajona	UTS - Toronto	1.57.95	2 Blake Foster	Northern - Sarnia	15.05m		January Common Infollio	i. i.J.£ l
2 Eric Campbell	Winston Churchill- St. Catharines	1.58.02	3 Arthur J. Stanat	Parkside - St. Thomas	14.99m	3000m		
3 Aiden Webster	C.W. Jefferys - Toronto	1.58.91	4 Sebastian Parsalidis 5 Christopher Dixon	Chaminade College - Toronto Central Tech - Toronto	14.89m 14.72m	1 Emma Betty	Kingston CVI	10.15.21
4 Justin Jelaca	Humberview - Bolton	2.00.24	6 Braden Roberts	Central lech - loronto Sacred Heart - Newmarket	14.72m 14.71m	2 Samara Quanz	Saugeen District	10.17.18
5 Connor Hayes-Laverdiere	Novelle Alliance - Barrie	2.02.87	O DIUGGII NODEIIS	Judeu Heurr - Newmurker	17./ 1111	3 Clarissa Sladek	Medway - Arva	10.18.58
6 Aaron Abogado	Western Technical-Toronto	2.03.05				4 Katie Newlove	St. Peter HS - Ottawa	10.25.45
						5 EJ Boston	St. Maximillian Kolbe-Aurora	10.34.69
						6 Emma Everett	Mayfield SS - Brampton	10.35.66

80m Hurdles			4 x 100m Relay			High Jump		
1 Mig Frieson	Governor Simcoe SS - St. Catharines	11 92	1 Loretto Abbey - Toronto		49.05	1 Callum Parkinson	St. David - Waterloo	1.93m
2 Camille Blain	Chatham - Kent	11.95	2 JA Macdonald - Waterlo	n	49.83	2 Anthony Bianchet	Kingston CVI	1.90m
3 Hanna Schroeder	Maranatha Christian - Windsor	12.26	3 St. Mary CSS - Hamilton		49.87	3 Noah Dommasch	Sir Winston Churchill - St. Catharines	
4 Luiza Lena	Bishop Allen Academy - Toronto	12.38	4 Francis Libermann - Tor		49.89	4 John Vuckovic	St. Theresa - Miland	1.80m
5 Emma Hendrikson	Holy Cross - Strathroy	12.38	5 Frontenac SS - Kingston		50.22	5 Ethan Finch	L'Equinoxe - Pembroke	1.80m
6 Rachel Cooper	Kingston CVI	12.41	6 St. Edmund Campion -		51.09	6 Ayden Dorschner	Dunnville SS	1.80m
	rangsion evi	12.11	o Si. Edinolia Campion	·	51.07	,	DUMINING 33	1.00111
300m Hurdles	al v.	44.03		JUNIOR MEN ———		Pole Vault	A 146 I	400
1 Camille Blain	Chatham Kent	44.21	100m			1 Dane Quinn	Assumption - Windsor	4.00m
2 Aaliyah Edwards	Frontenac SS - Kingston	44.73	1 Marcus Renford	Tommy Douglas SS	11.07	2 Leo Aragao	Lawrence Park - Toronto	3.75m
3 Alexandria Verbanac	Dunbarton HS - Pickering	44.73	2 Zion Brookes	J.Clarke Richardson - Ajax	11.22	3 Owen McDonald	Strathroy HS	3.60m
4 Rachel Watson	St. Mary CSS - Hamilton	44.84	3 Duwardo Cain	W.F. Herman - Windsor	11.38	4 Chris Caruso	Oakridge SS - London	3.60m
5 Emma Zammitt	Catholic Central - London	45. 97	4 Destiny Eriamiatoe	Marquerite D'Youville - Brampton	11.40	5 Noah Nimer	John A. Macdonald - Waterloo	3.45m
6 Danielle Wahrhaftig	Bill Crothers - Unionville	46.00	5 Maxx Railton	Country Day School - King City	11.50	6 Ty Evans	Northern SS - Toronto	3.45m
High Jump			6 Carter Teal	EL Crossley - Fonthill	11.60	Long Jump		
1 Emma Lemieux	Kitchener Waterloo	1.66m	o carior rour	LE Clossoy Tollinin	11.00	1 McKenzie Stevens	Central Huron - Clinton	6.57m
2 Emma Dale	St. Clement's School - Toronto	1.63m	200m			2 Marcus Renford	Tommy Douglas SS - Woodbridge	6.55m
3 Emma Hendriksen	Holy Cross - Strathroy	1.63m	1 Marcus Renford	Tommy Douglas SS	21.67	3 Kurtis Wennerstrom	Lo-Ellen Park SS - Sudbury	6.54m
4 Michellle Ludwig	Smithville Christian HS	1.60m	2 Nifaiya Robinson	Cathedral - Hamilton	22.30	4 Liam Holloway	Senator O'Connor - Toronto	6.47m
5 Amy Connelly	Confederation SS - Val Caron	1.55m	3 Zion Brookes	J. Clarke Richardson - Ajax	22. 47	5 Ben Mollink	Grand River CI - Kitchener	6.34m
6 Tori Tees	Trenton	1.55m	4 Zach Bowness	St. Michael HS - Kemptville	22.77	6 Zion Lim	Glebe CI - Ottawa	6.29m
6 Asaia Hamilton	St. Edmund Campion - Brampton	1.55m	5 Maxx Railton	Country Day School - King City	22.98			
			6 Matthew Richards	Birchmount Park - Toronto	23.18	Triple Jump		
Pole Vault			400m			1 Joshua Foster	Longfields Davidson Heights	13.76m
1 Megan Langhorn	Oakridge SS - London	3.30m		Birchmount Park - Toronto	40.40	2 Kenneth West	St. Augustine SS - Brampton	13.63m
2 Justine Hodson	Kitchener Waterloo	3.20m	1 Abdullahi Hassan	Cathedral - Hamilton	48.63	3 Noah Dommasch	Sir Winston Churchill - St. Catharines	13.49m
3 Kate O'Hare	Lawrence Park - Toronto	3.20m	Nifaiya Robinson     Jordan Blanchard		49.21	4 Theo Kempffer	St. Thomas of Villanova - La Salle	13.39m
4 Monica Grigore	Oakridge SS - London	3.20m	4 Matt Larkin	Thousand Islands SS - Brockville Bracebridge & Muskoka	49.52 49.52	5 Nikens Charlot	North Albion CI - Toronto	13.29m
4 Elyse Myskohlid	Etobicoke Scool of Arts - Toronto	3.20m	5 Zach Bowness	St. Michael's HS - Kemptville	49.62	6 Kurtis Wennnerstrom	Lo-Ellen Park SS - Sudbury	13.21m
6 Marly Verhoeve	John A Macdonald - Waterloo	3.00m	6 Marcus Geiger	St. Michael's College - Toronto	51.04	Shot Put		
6 Paige Hughes	Humberview - Bolton	3.00m	o Murtus Gerger	31. Milataer 3 College - Toronto	J1.0 <del>4</del>	1 Ryan Jacklin	F.E. Madill - Wingham	17.65m
Long Jump			800m			2 Jeremy Elliott	Sacred Heart - Walkerton	17.03m
1 Mylenne Habash	Pere Rene - de - Galinee	5.73m	1 Abdullahi Hassan	Birchmount Park - Toronto	1.53.54!	3 Callan Saldutto	Notre Dame - Welland	16.36m
2 Mahalia Mitchell	Marguerite D'Youville - Brampton	5.55m	2 Matt Larkin	Bracebridge & Muskoka	1.55.70	4 Jaylen John	Chaminade College - Toronto	15.98m
3 Maia Rodrique	Grand River CI - Kitchener	5.37m	3 Mason Jones	Thousand Islands SS - Brockville	1.58.28	5 Thomas Matsell	Saltfleet DHS - Stoney Creek	15.94m
4 Emma Hendriksen	Holy Cross - Strathroy	5.17m	4 Christopher Stamadiado	os York Mills - Toronto	1.58.69	6 Nate Gonzalez	Chaminade College - Toronto	15.05m
5 Sommer Newton	EL Crossley - Fonthill	5. 00m	5 Evan Dodd	Grand River - Kitchener	1.58.77	O Nuie Gorizulez	Chaminade College - Ioronio	IJ.WIII
6 ChiChi Aginam	Dunbarton HS - Pickering	4.99m	6 Zachary Meredith	De La Salle - Ottawa	2.02.07	Discus		
o diidii Agiildiii	Dolibulion 115 - Likeling	7.//!!!				1 Ryan Jacklin	F.E. Madill - Wingham	65.13m *
Triple Jump			1500m			2 Callan Saldutto	Notre Dame - Welland	57.45m
1 Busola Akinduro	North Albion CI - Toronto	12.19m!	1 Joe Fast	Ridgemount HS - Ottawa	4.01.37	3 Jeremy Elliott	Sacred Heart - Walkerton	55.61m
2 Aaliyah Edwards	Frontenac SS - Kingston	11.90m	2 Mason Jones	Thousand Islands SS - Brockville	4.05.27	4 Jordan Gluck	Richview CI - Toronto	51.88m
3 Maia Rodrique	Grand River CI - Kitchener	11.44m	3 Matthew Lampard	Crescent School - Toronto	4.05.39	5 Max Laur	St. Patrick's - Sarnia	48.31m
4 Grace Kemper	Hillfield-Strathallen - Hamilton	11.35m	4 Max Fazecash	Vincent Massey - Windsor	4.06.62	6 Nathan D'Costa	Governor Simcoe SS - St. Catharines	44.92m
5 Jaidyn Nyhoff	Vista Academy - Tecumseh	11.28m	5 Jackson Bull	Orangeville DSS	4.06.91			
6 Mylenne Habash	Pere Rene - de - Galinee	11.06m	6 Benjamin Miske	Port Credit SS - Mississauga	4.08.21	Javelin	FF 14 1011 1400 1	(0.04
cl . n .			3000m			1 Ryan Jacklin	F.E. Madill - Wingham	60.94m
Shot Put	C. D	10.00	1 Dakota Goguen	Sir William Mulock - Newmarket	8.56.07	2 Nathan D'Costa	Governor Simcoe SS - St. Catharines	
1 Alexandria Webb	St. Benedict - Cambridge	13.02m	2 Joe Fast	Ridaemount HS - Ottawa	8.56.09	3 Callan Saldutto	Notre Dame - Welland	55.39m
2 Olivia Onuah	St. Theresa - Belleville	12.74m	3 Max Fazecash	Vincent Massey - Windsor	8.59.35	4 Matt Locking	Sandwich SS - Windsor	53.28m
3 Heather Humphrey	Adam Scott - Peterborough	12.61m	4 Rory McGarvey	Nicholson Catholic College - Belleville		5 Toren Burr	Pauline Johnson - Brantford	52.60m
4 Omonye Osezua	Thistletown - Toronto	12.44m	5 Ali Rai Muhammad	W.A Porter - Toronto	9.03.80	6 Jeremy Elliott	Sacred Heart - Walkerton	51.81m
5 Erin Sweeney	Opeongo HS - Douglas	12.36m	6 Benjamin Miske	Port Credit SS - Mississauga	9.04.75	4 x 100m Relay		
6 Jacqueline Turner	Vincent Massey SS - Windsor	12.20m	•			1 Country Day School - Ki	na Citv	43.26#
Discus			100m Hurdles			2 J.Clarke Richardson - Aj		43.75
1 Hanna Van Stuyvenberg	a F.E. Madill - Winaham	40.24m	1 Jean - Luc Foudy	Neil McNeil - Toronto	13.81	3 St. Roch CSS - Brampton		43.79
2 Lucy Tesseyman	Sir. F. Banting - London	34.68m	2 Judson Moorhouse	Medway HS - Arva	14.04	4 Holy Names - Windsor		43.83
3 Emily Alty	Brooklin HS	33.27m	3 David Adeleye	Ashbury College - Ottawa	14.17	5 St. Patrick's - Sarnia		44.50
4 Abigail Samuels	Brampton Centennial SS	33.22m	4 Matej Krapez	Neil McNeil - Toronto	14.32	6 Neil McNeil - Toronto		45.29
5 Lydia Fearon	Elmvale DHS	33.01m	5 Zaid Al Awamleh	John Fraser SS - Mississauga	14.35			
6 Omonye Osezua	Thistletown - Toronto	32.77m	6 Ryan Boldy	Anderson CVI - Whitby	14.42		SENIOR WOMEN ———	
Involin			300m Hurdles			100m		
Javelin	Ca Danadta Constitution	40 00 <sub>m</sub> - 1	1 Jean - Luc Foudy	Neil McNeil - Toronto	39.07	1 Mackenzie Pierre-Webs	ter All Saints - Whithv	12.12
1 Alexandria Webb	St. Benedict - Cambridge	43.98m!	2 Jordan Blanchard	Thousand Islands SS - Brockville	39.64	2 Sydonie Merrick	Mother Teresa - Toronto	12.12
2 Ashley Spain	Delhi Samatanal NIM	42.36m	3 Judson Moorhouse	Medway HS - Arva	39.81	3 Alyssa Marsh	Notre Dame - Ajax	12.35
3 Makayla Roy	Stratford NW	39.51m	4 Nic Legaspi	St. Ignatius of Loyola - Oakville	39.92	4 Kayla Vieux	Louis Riel - Gloucester	12.42
4 Taylor Powers-Luketic	Humberside - Toronto	33.24m	5 Alexander Collins	Glebe CI - Ottawa	40.76	5 Tomi Bamigbade	Cameron Heights - Kitchener	12.43
5 Brooke Brohart 6 Brittany Renaud	Espanola HS St. Mary - Brockville	32.43m 32.28m	6 Edwin Mooney	Thousand Islands SS - Brockville	40.81	5 Nnenna lbe	Cardinal Ambrozic CSS - Brampton	12.44
o billiully reliuuu	Si. Muly - Diouxville	JZ.ZUIII	,					•

## Championship Results

Age   According   According   Age   Age   According   Age   Age   According   Age   Age   Age   According   Age	000			and the second			000		
2 About benomination of the Company of Combournel Common (April)   200   201	200m	All C + Missi	0400	Long Jump	C I : I CC Wr I	504	200m	W . I I CC II . 15	01.17
Algorithm   Aller Demo-Age   25.02   3   Emeric Gelmont   1995   5   Filter   1995   5   1995   5   1995   5   1995   5   1995   5   1995   5   1995   5   1995		,							
4		•		, ,				11 / 0	
5 for Bergingdock   Generom Highe- Redment   2-56   5 Obbe Force   2-56   5 Obbe Forc	•	•			•		3 Eliezer Adjibi		
	4 Olivia Gee		25.27	4 Ashley Langelier	Cornwall CSV	5.49m			
	5 Tomi Bamigbade	Cameron Heights - Kitchener	25.45	5 Chloe Knox	A.B. Lucas - London	5.48m	5 Isaiah Palmer	St.Edmund Campion - Brampton	22. 10
Symbol Symbol   Ashbur Glage, Ottom   \$3.77   Michah Weber   Region   \$4.70   \$2.75   \$2.75   \$2.75   \$3. Any Seh   Mannangel (HF) - Thorse   \$9. \$5. \$6   \$3. Area   \$5. \$6. \$0. \$1. Any Seh   Sheeper   Sheeper   \$1.95   \$3. \$1. \$1. \$1. \$1. \$1. \$1. \$1. \$1. \$1. \$1	6 Anesi Anyia	St. Peter HS - Ottawa	25.46	6 Jada Meecham	Pine Ridge SS - Pidkering	5.43m	6 Emmanuel Ajiroba	St. Augustine SS - Brampton	22. 17
Symbol   Sharper Sharper   Sharper	•				0		•		
2. Ayao Mosh Amy More Damis-Ages — 96/67 2 Meyel Meller Meller Meller Memoralysish 15-March 1995 5 64.0 4 Marco Meller Me	400m						400m		
3 Amy Shin   Hammuraghidi S. Thurder Bay S. Seb.   5 Amy Shines	<ol> <li>Sharelle Samuel</li> </ol>	Ashbury College - Ottawa	53.77	<ol> <li>Mikeisha Welcome</li> </ol>	Blessed Cardinal Newman - Toronto	12.53m	1 Myles Misener - Daley	Westdale SS - Hamilton	45.99!*
4 Seman Chardook   Grindey SS   56,09   4 Immore Centeron   50,000   11   150   1	2 Alyssa Marsh	Notre Dame - Ajax	54.67	2 Myesha Nott	Pine Ridge SS - Pidkering	12.13m	2 William McBride	W.F. Herman - Windsor	47. 20
4 Seman Chardook   Grindey SS   56,09   4 Immore Centeron   50,000   11   150   1	3 Amy Stieh	Hammarskjold HS - Thunder Bay	55.96	3 Anna Obi	St. Augustine SS - Brampton	11.90m	3 Ethan Smith	St. Mary - Pickerina	47.74
Some new Name   Congright (Particular)   So. Some   South (Particular)   Some   South (Particular)   Some   South (Particular)	•		56, 40	4 Tamara Grahovac			4 Alanzo Rvan		48.04
6 Alberg Haldens		,					,	· ·	
Solution   Comment   Com									
Trans Librature   Scheme - Castely   Scheme	o Alcoyu Holullis	Dombarion 113 - Flacing	30.30	U CHICE KHOX	A.D. LUCUS - LUIUUII	11.33111	U LIIIIIGII DIUVUKIS	noiy cross - Kingsion	7/.2/
Tomo Losformor   15.74m   1.54m   1.	800m			Shot Put			800m		
2 Holy Wilder   Moderne Water)	1 Tiana LoStracco	St. James - Guelph	2.08.18		Fastdale SS - Welland	15.24m !		Sir F Bantina - London	1.51.78
3 Aber   March   Carper   March   Carper   Car		•		,				•	
Abery Hutchins	,						,		
5   Harrich Bussel    Pert Party   S   214-94   5   Brissma Alazman   Harrich Fill Party   S   1500m   1.5397   1.500m	•							•	
	,	· ·							
1 Joseph Cloud   Det Det Scille Gollege   424-118   Timpy Int   Estade SS: Welland   277m1   1 Marcus Kamp   St. Mary's - Kitchener   3.907   3.918   4.918   2.00   5.0		,							
2 Cameron Change  Aurora   15	O EIRIYS KAUIIUK-DUNN	Deeb Kiver	Z.14.54	6 Audrey O'Connor	E) Lajeunesse	11.29m	6 Brock Deba	EL Crossley - Fonthill	1.56./6
2 Control Charles	1500			Diam.			1500		
2 Content from commond   Anorest   426.52   2 Cent Denauth   Fellower, Pentholic   40,00 m   3 Ling   30,00 m   3 Ling   30,0		De La Calla Callana	49410		E ALLOS WILLI	F0.77 1*		C. H. / 16:1	0.50.71
3   Aleis No.   Aleis   Alei		·		,			•		
A Som Ford   U.S. Fronton   431.44   A Bloom Supplems   Contron - Feet   370.11m   4 Alex Parmell   Dunder-Valley   334.55   5 forces Methody   Pelatring   IS   43.31   5 Group Methodwille   Schedub   Sch								•	
Section Medicary   Color Logly of Mr. Carmel-Mississuage 434.6    5   6 rous Michanoulle   S.A. Alpanquin-North Boy   35.60m   5   Foster Mollack   5   5   Mary's - Kindhener   35.515	,						•		
300m	4 Sam Ford			4 Alison Stephens		37.01m	4 Alec Purnell	Dundas Valley	3.54.45
	5 Kansas MacKay	Pickering HS	4.34.31	5 Grace Michauville	ESC Algonquin - North Bay	35.68m	5 Foster Malleck	St. Mary's - Kitchener	3.55.95
Cameron Omonal Aurora HS	6 Jessica Kellar	Our Lady of Mt. Carmel - Mississaugo	4.34.61	6 Paloma Ducre	Sandwich SS - Windsor	35.62m	6 Eric Gareau	Monsignor Bruyere	3.56.19
Cameron Omonal Aurora HS									
2 Carener Ommond Aurom LS 3 Sam Ford UIS-Toronto 3 93/24 4 Lilly Touk Por Pearly 16 4 North Monogram Vincent Micesy SX- Windoor V									
3 Som Ford  UITS - Toronto  9.39/24  3 Sophie Barber  6 Lilly Tude  1 Lilly Tude  1 Douand Islands SS- Brookville  9.49/17  5 Marky Brommen  9.32/3  6 Mary Brommen  100m Hurdles  1 Mary Brommen  9.32/3  6 Mary Brommen  1 M	1 Jocelyn Chau			1 Madison McLean	St. Pius X CHS	41.16m	1 Marcus Kemp	St. Mary's - Kitchener	8.26.32
4   Mary Brune   94663   4   Marry Brune   5. Thomas of Villanova - Lo Sale   38.7m   5   Mick Moto   1.0   Mick Moto	2 Cameron Ormond	Aurora HS	9.26.16	2 Jenna Fleming	Central Algoma SS - Desbarats	40.67m	2 Evan Burke	London South	8.26.76
5   May Hornogon   Nosumal klorads SS- Brookville   949.17   5   Adhley Assom   Brampton Christian   38.42m   5   Campbell Lee   Holy Cross-St. Carbonines   8.30.64   6   Maya Hammagan   Nosumal klorads SS- Brookville   949.17   5   Adhley Assom   Brampton Christian   4   Maya Hammagan   4   Maya Hammag							0 1 1 0 0	H + DAY +II D .	0.07.07
5   1   1   1   1   1   1   1   1   1	3 Sam Ford	UTS - Toronto	9.39.24	3 Sophie Barber	Gloucester HS	39.62m	3 Joshua DeSouza	Marguerite D'Youville - Brampton	0.27.30
10m Hurdles   1 kmm   1407   1 Proteining IS - Agar   4x 10m Relay   1 Lom Morther   1 Lom M								•	
10m Hurdles	4 Lilly Tuck	Port Perry HS	9.46.63	4 Mandy Brunet	St. Thomas of Villanova - La Salle	38.57m	4 Nick Mota	Newmarket HS	8.29.47
Norlyn Holl   HB Beal - London   14.07   Pidering HS - Ajax   48.20   1 Liam Mather   London Central   13.69	4 Lilly Tuck 5 Lily Meek	Port Perry HS Thousand Islands SS- Brockville	9.46.63 9.49.17	4 Mandy Brunet 5 Ashley Assam	St. Thomas of Villanova - La Salle Brampton Christian	38.57m 38.42m	4 Nick Mota 5 Campbell Lee	Newmarket HS Holy Cross- St. Catharines	8.29.47 8.30.64
1 Korlyn Holl	4 Lilly Tuck 5 Lily Meek	Port Perry HS Thousand Islands SS- Brockville	9.46.63 9.49.17	4 Mandy Brunet 5 Ashley Assam	St. Thomas of Villanova - La Salle Brampton Christian	38.57m 38.42m	4 Nick Mota 5 Campbell Lee	Newmarket HS Holy Cross- St. Catharines	8.29.47 8.30.64
2 Karlie Moore Sandwich SS- Windsor   14.15   2 Louis Rêl - Glouester   48.25   2 Mart MacNeill   AB Lucus - London   13.94   3 Jusmine Scott-Kilgo Sandwich SS- Windsor   14.15   3 S. Edmund Campion - Brampton   48.34   3 Adom Euley   Resurretion - Kitchener   14.15   5 Olivia Gee   Strathroy   14.32   5 S. Roch CSS - Brampton   48.91   4 Gardt Williams   Pt. Michael McGivney - Markham   14.46   5 Olivia Gee   Strathroy   14.32   5 S. Roch CSS - Brampton   48.91   4 Gardt Williams   Pt. Michael McGivney - Markham   14.46   6 Shaleah Cadirie   St. Mary - Pickering   15.00   6 Newtonbrooke - Toronto   49.09   6 Liam Clark   S. Loseph's - St. Thomas   14.69    400m Hurdles   1 Sometie Samuel   Ashbury Callege - Ottowa   59.64   1 Kate Kradek   EL crossley - Foorthill   503.85   1 Nate St. Romain   Newtonbrook - Toronto   10.211   2 Chloe Walker   Vincent Massey SS - Windsor   5.04.34   2 Nathon Hostetter   Medway - Avan   Medway - Avan   4 Brooke Overholt   St. Midnel - Stratford   10.221   4 Lucren Perkins   Northern - Samia   50.442   4 Marcus Mandle   St. Thomas Aquinus - Osloville   53.37   5 Senan Lalonde   Grimsty SS   10.282   5 Alson White   Greenwood College - Foronto   5.08.59   5 Cameron Brue   Gobourg C   Gobourg	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan	Port Perry HS Thousand Islands SS- Brockville	9.46.63 9.49.17	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk	St. Thomas of Villanova - La Salle Brampton Christian	38.57m 38.42m	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero	Newmarket HS Holy Cross- St. Catharines	8.29.47 8.30.64
3 Jasmine Scott-Kilgo 4 Anna Witherspoon Federing HS- Ajax 14.17 4 Sandwich SS. Windsor 48.64 4 Cameron Bruce Gobourg G Gobourg G Gobourg G H4.19 5 Olivia Gee Strathray 14.27 5 Si. Roba (Cols: Berunpton 48.34 4 Sad Madam Esley Resurrection - Kitchener 14.15 Cobourg G Gobourg G H4.17 4 Sandwich SS. Windsor 48.64 4 Cameron Bruce Gobourg G Gobourg G Gobourg G H4.17 4 Sondwich SS. Windsor 48.69 4 Comeron Bruce Gobourg G Gobourg G H4.10 4 Gord Williams 1 H. Michael Mickinney - Marchan 14.41 5 Olivia Gee Strathray 1 H4.17 4 Sandwich SS. Windsor 4 B8.91 4 Gord Williams 1 H4.16 6 Shaleeh Colaire St. Mary - Pidering 1 5.00 6 Newtorbrooke - Toronto 48.91 4 Gord Williams 1 H4.69  400m Hurdles 1 St. Mary - Pidering 2 Colore World 2 North Mark - Remain 2 Colore World 2 North Mark - Remain 2 St. Mary - Pidering 3 St. Mary - Pidering 4 North Albion - Toronto 4 St. Mary - Pidering 4 X 400m Releav 5 St. Mary - Pidering 5 St. Ma	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor	9.46.63 9.49.17 9.53.53	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay	St. Thomas of Villanova - La Salle Brampton Christian	38.57m 38.42m 37.98m	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles	Newmarket HS Holy Cross- St. Catharines Notre Dame - Welland	8.29.47 8.30.64 8.33.61
Anna Witherspoon   Pidering HS - Ajax   14.17   4 Sandwich SS Windsor   48.64   4 Cameron Bruce   Cobourg G   14.41   5 Olivia Gee   Strathroy   14.32   5 St. Roch (SS- Brampton   48.91   4 Carrib Williams   H. Michael MiGhrey - Markham   14.46   14.69	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor H B Beal - London	9.46.63 9.49.17 9.53.53	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax	St. Thomas of Villanova - La Salle Brampton Christian	38.57m 38.42m 37.98m	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather	Newmarket HS Holy Cross- St. Cathorines Notre Dame - Welland London Central	8.29.47 8.30.64 8.33.61 13.69
5 Olivia Gee Strathroy 14.32 5 St. Roch (CSS - Brampton 48.91 4 Garth Williams St. Joseph's - St. Thomas 14.46 6 Shalech Colorire St. Mary - Pickering 15.00 6 Newtonbrooke - Foronto 14.69    400m Hurdles 1 Sharelle Samuel Ashbury College - Ottowa 59.64 1 Kate Knafels EL Crossley - Fonthill 5.03.85 1 Nate St. Romain Newtonbrook - Foronto 10.211 2 Chloe Waller Vincent Massey SS - Windsor 5.04.32 2 Nathan Hostetler Markey SS - St. Marker St. Marker St. St	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor H B Beal - London Sandwich SS - Windsor	9.46.63 9.49.17 9.53.53 14.07 14.15	4 Mindy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock	38.57m 38.42m 37.98m 48. 20 48.25	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill	Newmarket HS Holy Cross- St. Cathorines Notre Dame - Welland  London Central A B Lucas - London	8.29.47 8.30.64 8.33.61 13.69 13.94
6 Shaleah Colaire  5 Many- Pickering  15.00  6 Newtonbrooke - Foronto  49.09  6 Liam Clark  5 Loseph's - St. Thomas  14.69  400m Hurdles  1 Sharelle Samuel  Ashbury College - Ottawa  59.64  1 Kate Knofek  EL Crossley - Fonthill  5.03.85  1 Nate St. Romain  Nicholson Catholic College - Belleville  52.94  2 Neifora Cunningham  Newtonbrook - Toronto  1.0211  2 Chole Walker  Vincent Massey SS - Windsor  5.04.37  3 Eden Senior  Northern - Sarnio  5.04.42  4 Maraus Nandlal  5 t. Thomas Aquinas - Oakville  55.37  5 Sienna Lalonde  6 Georgetown DSS  1.02.82  5 Alison White  Geenwood College - Toronto  5.04.42  4 Maraus Nandlal  5 t. Thomas Aquinas - Oakville  55.37  5 Sienna Lalonde  6 Renelle Briggs  5 Sindoir SS - Whitby  5.11.69  6 Marthew MacNeill  AB. Lucas - London  5.62.1  High Jump  1 Robin Clark  Thomhill SS  1.74m  1 Dunbarton - Pickering  2 Autumn Bigger  2 Autumn Bigger  2 Autumn Bigger  3 Alexandra Sikema  5 Kelly Wo  5 Laugustine-Markham  1.60m  6 EL Crossley - Fonthill  5.03.85  1 Nate St. Romain  Nicholosn Catholic College - Belleville  52.94  4 Narraw Nandlal  5 t. Thomas Aquinas - Oakville  5 5.37  5 Sienna Lalonde  6 Renelle Briggs  5 Sindoir SS - Whitby  5.11.69  6 Marthew MacNeill  AB. Lucas - London  5 6.21  High Jump  1 Robin Clark  1 North Albion - Toronto  2 Odm  3 Minia Mwolwanda  3 Alexandra Sikema  5 Kelly Wo  5 Laugustine-Markham  1.60m  6 EL Crossley - Fonthill  1 Myes Misener- Daley  4 Mina Rodney  Malvern - Toronto  3 Silverthorn - Toronto  3 Silverthorn - Toronto  3 Som  3 Annobelle Googne  Louis Riel - Glouester  3 Alondone  4 Mina Rodney  Malvern - Toronto  3 Som  4 Mina Rodney  Malvern - Toronto  3 Som  5 Chrishy Rizzo  5 Sounders SS - London  3 Alona  5 Elezer Adjibi  Louis Riel - Glouester  3 Schole - Honribon  5 Libonom Bluevale - Water Cornoto  3 Som  1 Myles Misener- Daley  5 Linomas More - Homilton  10.09  5 Chely Pennings  5 Linomas Aquinas - St. Thomas More - Homilton  10.09  6 Caleb Timm  Blueval	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion -	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock Brampton	38.57m 38.42m 37.98m 48. 20 48.25 48.34	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley	Newmarket HS Holy Cross- St. Catharines Notre Dame - Welland London Central A B Lucas - London Resurrection - Kirchener	8.29.47 8.30.64 8.33.61 13.69 13.94 14.15
Adding State   Addi	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott-Kilgo 4 Anna Witherspoon	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SS _ Windsor	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock Brampton	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kirthener Cobourg CI	8.29.47 8.30.64 8.33.61 13.69 13.94 14.15 14.41
1 Sharelle Samuel Ashbury College - Ottowa 59.64 1 Kate Knafelc 2 Keirar Gunningham Newtonbrook - Toronto 1.02.11 2 Chice Walker Vincent Massey SS - Windoor 5.04.34 2 Nathan Hostettler Medway - Arva 54.21 3 Eden Senior Maryfield SS - Brampton 1.02.50 3 Molly Strain Adam Scott - Peterborough 5.04.34 2 Nathan Hostettler Medway - Arva 54.21 4 Brooke Overholt St. Michael - Strafford 1.02.21 4 Louren Perkins Northern - Samia 5.04.37 3 Liam Clark St. Joseph's - St. Thomas 54.37 5 Sienna Lalonde Grimsby SS 1.02.82 5 Alison White Greenwood College - Toronto 5.08.59 5 Cameron Bruce Cobourg Closurg Closurg Cobourg Closurg Cobourg Closurg Cl	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan  100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott-Kilgo 4 Anna Witherspoon 5 Olivia Gee	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 Sandwich SSWindsor 5 St. Roch CSS - Bramptor	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock Brampton	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Extey 4 Cameron Bruce 4 Garth Williams	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Ft. Michael McGivney - Markham	8.29.47 8.30.64 8.33.61 13.69 13.94 14.15 14.41 14.46
1 Sharelle Samuel Ashbury College - Ottowa 59.64 1 Kate Knafelc 2 Keirar Gunningham Newtonbrook - Toronto 1.02.11 2 Chice Walker Vincent Massey SS - Windoor 5.04.34 2 Nathan Hostettler Medway - Arva 54.21 3 Eden Senior Maryfield SS - Brampton 1.02.50 3 Molly Strain Adam Scott - Peterborough 5.04.34 2 Nathan Hostettler Medway - Arva 54.21 4 Brooke Overholt St. Michael - Strafford 1.02.21 4 Louren Perkins Northern - Samia 5.04.37 3 Liam Clark St. Joseph's - St. Thomas 54.37 5 Sienna Lalonde Grimsby SS 1.02.82 5 Alison White Greenwood College - Toronto 5.08.59 5 Cameron Bruce Cobourg Closurg Closurg Cobourg Closurg Cobourg Closurg Cl	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan  100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott-Kilgo 4 Anna Witherspoon 5 Olivia Gee	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 Sandwich SSWindsor 5 St. Roch CSS - Bramptor	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock Brampton	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Extey 4 Cameron Bruce 4 Garth Williams	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Ft. Michael McGivney - Markham	8.29.47 8.30.64 8.33.61 13.69 13.94 14.15 14.41 14.46
2 Keiara Cunningham Aughled SS- Brampton 1,0250 3 Molly Stroin Adam Scott - Feterborough 5,04,37 3 Liam Gark St. Joseph's - St. Thomas 54,37 5 Sienna Lalonde Grimsby SS 1,0282 5 Alison White Gereenwood College - Toronto 5,08,59 6 Savanna Kent - Korell Georgetown DSS 1,03,18 6 Renelle Briggs Sindair SS - Whitby 5,11,69 6 Matthew MacNeill AB. Lucas - London 56,21  High Jump 1 Robin Clark Thomhill SS 1,74m 1 Dunbarton - Pickering 2 Auturn Bigger Beamsville DSS 1,74m 2 Chothom- Kent 3,33,01 3 Matin Mwhanda 3 Matin Mwhanda 3 Alexandra Sikkema Emmanuel Christian HS 1,60m 5 Kelly Wu 5 K. Augustine - Markham 1,60m 5 Glebe GI - Ottawa 6 EL Grossley - Fonthill 1 Myles Misener- Daley 4 Mia Rodney 4 Mia Rodney 5 Christy Rizzo 5 Sunders SS - London 3,30m 4 Ming Rodney Malvern - Toronto 3,30m 5 Thomas Aquinas - Lindsay 5 K. Augustines - Lindsay 5 K. Augustines - Siventhom - Toronto 3,30m 4 Ming Rodney 5 Christy Rizzo 5 Sunders SS - London 3,30m 4 Doquan Berry 5 Emmanuel Ajiroba 5 K. Augustines - Knorthom 1,098 5 Christy Rizzo 5 Sunders SS - London 3,30m 4 Doquan Berry 5 Emmanuel Ajiroba 5 K. Augustines - Lindsay 5 St. Thomas Aquinas - Lindsay 5 St. Augustines - Lindsay 5 St. Thomas Aquinas - Lindsay 5 St. Augustines - Siventhom - Toronto 3,30m 1,00m 3,00m 3,00	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - I 4 Sandwich SS _ Windson 5 St. Roch CSS - Brampton 6 Newtonbrooke - Toront	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock Brampton	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Ft. Michael McGivney - Markham	8.29.47 8.30.64 8.33.61 13.69 13.94 14.15 14.41 14.46
3 Eden Senior Moyfield SS - Brampton 1.02.50 3 Molly Strain Adam Scott - Peterborough 5.04.37 3 Liam Clark St. Joseph's - St. Thomas 54.37 4 Brooke Overholt St. Michael - Stratford 1.02.21 4 Lauren Perkins Northern - Sarnia 5.04.42 4 Marcus Nandial St. Thomas Aquinas - Oakville 55.37 5 Sienna Lalonde Grimsby SS 1.02.82 5 Alison White Greenwood College - Toronto 5.08.59 5 Cameron Bruce Cobourg G 55.42 6 Savanna Kent - Korell Georgetown DSS 1.03.18 6 Renelle Briggs Sindair SS - Whithy 5.11.69 6 Matthew MacNeill A.B. Lucas - London 56.21	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - I 4 Sandwich SS _ Windson 5 St. Roch CSS - Brampton 6 Newtonbrooke - Toront 1500m Steeplechas	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock Brampton	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MadNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles	Newmarket HS Holy Cross- St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kirchener Cobourg Cl Ft. Michael McGivney - Markham St. Joseph's - St. Thomas	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69
4 Brooke Overholt St. Michael - Stratford Grimsby SS 1,02.82 5 Alison White Greenwood College - Toronto 5,08.59 5 Cameron Bruze Cobourg CI 55.42 6 Savanna Kent - Korell Georgetown DSS 1,03.18 6 Renelle Briggs Sindair SS - Whitby 5,11.69 6 Marthew MacNeill A.B. Lucas - London 56.21    High Jump	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 1 4 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  C  E  EL Crossley - Fonthill	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09 5.03.85	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain	Newmarket HS Holy Cross- St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kirchener Cobourg Cl Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69
5 Sienna Lalonde Grimsby SS 1.02.82 5 Alison White Greenwood College - Toronto 5.08.59 5 Cameron Bruce Cobourg CI 55.42 6 Savanna Kent - Korell Georgetown DSS 1.03.18 6 Renelle Briggs Sindair SS - Whitby 5.11.69 6 Matthew MacNeill AB. Lucas - London 56.21  High Jump	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk  4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront  1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Co  E  EL Crossley - Fonthill Vincent Massey SS - Windsor	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69
High Jump 1 Robin Clark Thornhill SS 1.74m 1 Dunbarton - Pickering 2 Autumn Bigger Beamsville DSS 1.71m 2 Charham - Kent 3 32.03 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 Kaugustine - Markham 1 Louis Riel - Glouester 3 A60m 2 Caroline Poirier 1 Alex Throndson 2 Caroline Poirier 1 Alex Throndson 2 Caroline Poirier 1 Alex Throndson 2 Caroline Poirier 3 Caroline Poirier 4 x 400m Relay 4 x 400m Relay 4 x 400m Relay 4 x 400m Relay 5 Induke 5 Christy Rizzo 5 Christy Rizzo 5 Christy Rizzo 5 Christy Rizzo 5 Saunders SS - London 3 J. Aexandra Sikhema 5 Christy Rizzo 5 Christy Rizzo 5 Saunders SS - London 3 J. Aexandra Sikhema 5 Reliz Jonusauskas 0 Alexandra Sikhema 1 Louis Riel - Glouester 3 Louis Riel - Glouester 3 Louis Riel - Glouester 3 J. Om 3 Alexandra Sikhema 5 Christy Rizzo 5 Christy Rizzo 5 Saunders SS - London 3 J. Aexandra Sikhema 5 Christy Rizzo 5 Christy Rizzo 5 Saunders SS - London 3 J. Aexandra Sikhema 5 Louis Riel - Glouester 3 J. Om 4 Daquan Berry 8 Bill Crothers - Unionville 1 Louis Riel - Glouester 1 Louis Riel - Glouester 3 J. Om 4 Daquan Berry 8 Bill Crothers - Unionville 1 Louis Riel - Glouester 1 Louis Riel - Glouester 3 J. Om 4 Daquan Berry 8 Bill Crothers - Unionville 1 Louis Riel - Glouester 1 Louis Riel - Glouester 3 J. Om 8 J. High Jump 1 Sam Hall East Northumberland 2 Louis Riel 5 Louis Riel 5 Louis Riel 5 Louis Riel 5 Louis Riel 6 Caleb Timm 8 Usevale 8 Lucas - London 5 A.B. Lucas - London 5 La.B. Lucas - London 5 Candon 5 A.B. Lucas - London 5 La.B. Lucas - London 5 Candon 5 A.B. Lucas - London 5 Candon 5 Caroline Scala River 8 J. Sam Hall 8 Louis Hall 8 Louis Riel 8 Louis	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Color    E Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37
High Jump 1 Robin Clark Thomhill SS 1.74m 2 Autumn Bigger Beamsville DSS 1.71m 2 Chatham - Fictering 3 Maia Mwalwanda 3 Maia Mwalwanda 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 K. Augustine - Markham 1.60m 5 Glebe CI - Ottawa 5 Tia Luke Harold Brathwaite - Brampton 1.60m 6 EL Crossley - Fonthill  SENIOR MEN  SENIOR MEN  SENIOR MEN  Pole Vault 1 Alex Throndson 3 Kile - Gloucester 3 Annabelle Gagne 4 Malvern - Toronto 3 3.50m 3 Mile Rodney 4 Malvern - Toronto 3 3.50m 5 Christy Rizzo 5 Caunders SS - London 3 3.00m 6 Holly Pennings 5 Ti Thomas Aquinas - Lindsay 3 3.00m 6 Holly Pennings 5 Ti Thomas More - Hamilton 5 Emmanuel Ajiroba 5 Emmanuel Ajiroba 5 Emmanuel Ajiroba 5 Emmanuel Ajiroba 5 Laugustine - Markham 1 Losh Potevalt 1 Brennan Sequin 1 Char-Lan DHS- Williamstown 4.40m 2 Nojah Parker College Avenue SS 4.40m 4.30m 4.30m 5 Christy Rizzo 5 Saunders SS - London 3 Alom 3 Eliezer Adijibi 1 Louis Riel - Gloucester 5 Emmanuel Ajiroba 5 Emmanuel Ajiroba 5 St. Augustine SS - Brampton 10.98	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan  100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire  400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Color    Color	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Luras - London Resurrection - Kitchener Cobourg CI Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37
1 Robin Clark Thornhill SS 1.74m 1 Dunbarton - Pickering 2 Autumn Bigger Beamsville DSS 1.71m 2 Chatham - Kent 3.52.03 3 Maia Mwalwanda 3 Maia Mwalwanda 3 Mata Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 K. Augustine - Markham 1.60m 5 Glebe CI - Orttowa 5 Tia Luke 1 Alex Throndson 2 Caroline Poirier 1 Alex Throndson 2 Caroline Poirier 1 Alex Throndson 3 Silverthom - Toronto 3 3.50m 3 Molter Pfefferkorn 3 Mata Myalwanda 3 Alexandra Sikkema 5 Christy Rizzo 5 Christy Rizzo 5 Christy Rizzo 5 Canders SS - London 3 Alexandra Sikkema 1.60m 1.60m 5 Glebe CI - Orttowa 4 Bishop Allen Academy - Toronto 4 Bishop Allen Academy - Toronto 5 Glebe CI - Orttowa 4 Moz.19 5 Emmanuel Otong 6 EL Crossley - Fonthill 4 Moz.49 4 Armand Malumalu 5 Pole Vault 1 Brennan Sequin 1 Dom 2 Nojah Parker College Avenue SS 4.40m 4.30m 4 Malvern - Toronto 3.50m 2 Vincent Irobun 5 Christy Rizzo 5 Canders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 1 Oguan Berry 3 Bill Crothers - Unionville 1 0.98 6 Caleb Timm 8 Bluevale - Waterloo 3 850m 8 Caleb Timm 8 Bluevale - Waterloo 3 850m 8 Delhi 8 Caleb Timm 8 Bluevale - Waterloo 3 850m 8 Delhi 8 Devente Pork - Toronto 9 Alexandra Sikema 9 St. Thomas Aquinas - Lindsay 9 St. Thomas Aquinas - Lindsay 9 St. Augustine SS - Brampton 10.98	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan  100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire  400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 Sandwich SSWindsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Color    Color	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42
1 Robin Clark Thornhill SS 1.74m 1 Dunbarton - Pickering 2 Autumn Bigger Beamsville DSS 1.71m 2 Chatham - Kent 3.52.03 3 Maia Mwalwanda 3 Maia Mwalwanda 3 Mata Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 K. Augustine - Markham 1.60m 5 Glebe CI - Orttowa 5 Tia Luke 1 Alex Throndson 2 Caroline Poirier 1 Alex Throndson 2 Caroline Poirier 1 Alex Throndson 3 Silverthom - Toronto 3 3.50m 3 Molter Pfefferkorn 3 Mata Myalwanda 3 Alexandra Sikkema 5 Christy Rizzo 5 Christy Rizzo 5 Christy Rizzo 5 Canders SS - London 3 Alexandra Sikkema 1.60m 1.60m 5 Glebe CI - Orttowa 4 Bishop Allen Academy - Toronto 5 Glebe CI - Orttowa 4 Moltern 4 Moltern 5 Glebe CI - Orttowa 4 Moltern 5 Glebe CI - Orttowa 4 Moltern 5 Emmanuel Orton 5 Glever Fonthill 5 SENIOR MEN	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan  100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott-Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire  400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 Sandwich SSWindsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  C  E  EL Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarria Greenwood College - Toronto	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42
2 Autumn Bigger Beamsville DSS 1.71m 2 Chatham - Kent 3.53.01 2 Femi Akindro North Albion - Toronto 2.00m 3 Maia Mwalwanda JA Macdonald - Waterloo 1.60m 3 Pickering HS - Ajax 3.55.06 3 Matt Pfefferkorn Waterloo Cl 1.95m 3.55.06 3 Methodology of the Macdonald - Waterloo Cl 1.95m 3.55.06 3 Methodology of the Macdonald - Waterloo Cl 1.95m 3.57.74 3 Feliz Janusauskas Oakwood Cl - Toronto 1.95m 5 Kelly Wu St. Augustine - Markham 1.60m 5 Glebe Cl - Ortowa 4.02.19 5 Emanuel Otong Glerview Park - Cambridge 1.95m 5 Tia Luke Harold Brathwaite - Brampton 1.60m 6 EL Crossley - Fonthill 4.02.49 4 Armand Malumalu 5t. Patrick's CHS 1.90m Pole Vault 1 Alex Throndson Silverthom - Toronto 3.85m 2 Caroline Poirier Louis Riel - Gloucester 3.60m 1 Myles Misener - Daley Westdale SS - Hamilton 10.75 3 Kyle Lewis Delhi 4.30m 4.30m 4 Malvern - Toronto 3.50m 2 Vincent Irobun St. Thomas More - Hamilton 10.89 4 Aidan Anger Almaquin Highlands-South River 4.30m 5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 10.98 5 Liam McRae Lawrence Park - Toronto 3.95m 6 Caleb Timm Bluevale - Waterloo 3.80m	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - I 4 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toronte 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  C  E  EL Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarria Greenwood College - Toronto	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42
3 Maia Mwalwanda JA Macdonald - Waterloo 1.60m 3 Pidering HS - Ajax 3.55.06 3 Matt Pfefferkorn Waterloo Cl 1.95m 3 Alexandra Sikkema Emmanuel Christian HS 1.60m 4 Bishop Allen Academy - Toronto 3.57.74 3 Feliz Janusauskas Oakwood Cl - Toronto 1.95m 5 Kelly Wu 5t. Augustine - Markham 1.60m 5 Glebe Cl - Ottawa 4.02.19 5 Emanuel Otong Glenview Park - Cambridge 1.95m 5 Tia Luke Harold Brathwaite - Brampton 1.60m 6 EL Crossley - Fonthill 4.02.49 4 Armand Malumalu 5t. Patrick's CHS 1.90m Pole Vault 1 Alex Throndson Silverthorn - Toronto 3.85m 2 Caroline Poirier Louis Riel - Gloucester 3.60m 1 Myles Misener- Daley 2 Caroline Poirier Louis Riel - Gloucester 3.50m 1 Myles Misener- Daley Westdale SS - Hamilton 10.75 3 Kyle Lewis Delhi 4.30m 4 Mia Rodney Malvern - Toronto 3.50m 2 Vincent Irobun St. Thomas More - Hamilton 10.89 4 Aidan Anger Almaquin Highlands- South River 4.30m 5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 10.93 5 Liam McRoe Lawrence Park - Toronto 3.95m 6 Holly Pennings St. Thomas Aquinas - Lindsay 3.30m 4 Daquan Berry Bill Crothers - Unionville 10.98 6 Caleb Timm Bluevale - Waterloo 3.80m	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 1 4 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  C  E  EL Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarria Greenwood College - Toronto	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg Cl Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg Cl A.B. Lucas - London	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21
3 Alexandra Sikkema Emmanuel Christian HS 1.60m 4 Bishop Allen Aademy-Toronto 3.57.74 3 Feliz Janusauskas Oakwood CI - Toronto 1.95m 5 Kelly Wu 5t. Augustine - Markham 1.60m 5 Glebe CI - Ottawa 4.02.19 5 Emanuel Otong Glenview Park - Cambridge 1.95m 5 Tia Luke Harold Brathwaite - Brampton 1.60m 6 EL Crossley - Fonthill 4.02.49 4 Armand Malumalu 5t. Patrick's CHS 1.90m Pole Vault 1 Alex Throndson Silverthom - Toronto 3.85m 2 Caroline Poirier Louis Riel - Gloucester 3.60m 1 Myles Misener- Daley Westdale SS - Hamilton 10.75 3 Kyle Lewis Delhi 4.30m 2 Vincent Irobun 5t. Thomas More - Hamilton 10.89 4 Aidan Anger Almaquin Highlands- South River 4.30m 5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 10.93 5 Liam McRae Lawrence Park - Toronto 3.95m 6 Holly Pennings 5t. Thomas Aquinas - Lindsay 3.30m 4 Daquan Berry Bill Crothers - Unionville 10.98 6 Caleb Timm Bluevale - Waterloo 3.80m	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  C  E  EL Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarria Greenwood College - Toronto	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Hall	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21
3 Alexandra Sikkema Emmanuel Christian HS 1.60m 4 Bishop Ällen Academy - Toronto 3.57.74 3 Feliz Janusauskas Oakwood Cl - Toronto 1.95m 5 Kelly Wu 5t. Augustine - Markham 1.60m 5 Glebe Cl - Ottawa 4.02.19 5 Emanuel Otong Glenview Park - Cambridge 1.95m 5 Tia Luke Harold Brathwaite - Brampton 1.60m 6 EL Crossley - Fonthill 4.02.49 4 Armand Malumalu 5t. Patrick's CHS 1.90m Pole Vault 1 Alex Throndson Silverthorn - Toronto 3.85m 2 Caroline Poirier Louis Riel - Gloucester 3.60m 1 Myles Misener- Daley 2 Caroline Poirier Louis Riel - Gloucester 3.50m 1 Myles Misener- Daley Westdale SS - Hamilton 10.75 3 Kyle Lewis Delhi 4.30m 4 Mia Rodney Malvern - Toronto 3.50m 2 Vincent Irobun St. Thomas More - Hamilton 10.89 4 Aidan Anger Almaquin Highlands- South River 4.30m 5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 10.93 5 Liam McRae Lawrence Park - Toronto 3.95m 6 Holly Pennings St. Thomas Aquinas - Lindsay 3.30m 4 Daquan Berry Bill Crothers - Unionville 10.98 6 Caleb Timm Bluevale - Waterloo 3.80m	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  C  E  EL Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarria Greenwood College - Toronto	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Hall 2 Femi Akindro	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland North Albion - Toronto	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m
5 Kelly Wu St. Augustine - Markham 1.60m 5 Glebe CI - Ottawa 4.02.19 5 Emanuel Otong 4.02.49 4 Armand Malumalu St. Patrick's CHS 1.90m  Pole Vault 1 Alex Throndson Silverthom - Toronto 3.85m 2 Caroline Poirier Louis Riel - Gloucester 3.50m 1 Myles Misener- Daley 4 Min Rodney Malvern - Toronto 3.50m 2 Vincent Irobun St. Thomas More - Hamilton 10.75 3 Kyle Lewis Delhi 4.30m 4.40m 10.89 4 Aidan Anger Almaquin Highlands- South River 4.30m 5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 10.93 5 Liam McRoe Lawrence Park - Toronto 3.95m 6 Holly Pennings St. Thomas Aquinas - Lindsay 3.30m 4 Daquan Berry 5 Emmanuel Ajiroba St. Augustine SS - Brampton 10.98	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 1 4 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Chatham - Kent	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  C  E  EL Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarria Greenwood College - Toronto	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Holl 2 Femi Akindro 3 Matt Pfefferkom	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland North Albion - Toronto	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m
Fole Vault  Alex Throndson  Silverthorn - Toronto  Senior  Sen	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.71m 1.60m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Charlam - Kent 3 Pickering HS - Ajax	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Color    E Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarnia Greenwood College - Toronto Sindair SS - Whitby	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Holl 2 Femi Akindro 3 Matt Pfefferkom	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Luras - London Resurrection - Kitchener Cobourg CI Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Luras - London  East Northumberland North Albion - Toronto Waterloo CI	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m
Pole Vault  1 Alex Throndson Silverthorn - Toronto 3.85m 2 Caroline Poirier Louis Riel - Gloucester 3.60m 100m 2 Nojeh Parker College Avenue SS 4.40m 3 Annabelle Gagne Louis Riel - Gloucester 3.50m 1 Myles Misener-Daley Malvern - Toronto 3.50m 2 Vincent Irobun St. Thomas More - Hamilton 10.75 3 Kyle Lewis Delhi 4.30m 4 Mia Rodney Malvern - Toronto 3.50m 2 Vincent Irobun St. Thomas More - Hamilton 10.89 4 Aidan Anger Almaquin Highlands- South River 4.30m 5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adijibi Louis Riel - Gloucester 10.93 5 Liam McRae Lawrence Park - Toronto 3.95m 6 Holly Pennings St. Thomas Aquinas - Lindsay 3.30m 4 Daquan Berry Bill Crothers - Unionville 10.98 6 Caleb Timm Bluevale - Waterloo 3.80m	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott-Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.71m 1.60m 1.60m 1.60m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Charlham - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy -	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Color    E Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarnia Greenwood College - Toronto Sindair SS - Whitby	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Holl 2 Femi Akindro 3 Matt Pfefferkom 3 Feliz Janusauskas	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central AB Lucas - London Resurrection - Kitchener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI AB. Lucas - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m
1 Alex Throndson Silverthorn - Toronto 3.85m 2 Caroline Poirier Louis Riel - Gloucester 3.60m 100m 2 Vincent Irobun St. Thomas Aquinas - Lindsay 5 Emmanuel Ajiroba St. Augustine SS - Brampton 10.98 1 Brennan Sequin Char-Lan DHS- Williamstown 4.40m 2 Nojah Parker College Avenue SS 4.40m 2 Nojah Parker College Avenue SS 4.40m 3 Annabelle Gagne Louis Riel - Gloucester 3.50m 1 Myles Misener- Daley Westdale SS - Hamilton 10.75 3 Kyle Lewis Delhi 4.30m 4.30m 4.30m 5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 10.93 5 Liam McRae Lawrence Park - Toronto 3.95m 6 Caleb Timm Bluevale - Waterloo 3.80m	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott-Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS St. Augustine - Markham	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.71m 1.60m 1.60m 1.60m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SSWindsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Charham - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy - 5 Glebe CI - Ottawa	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Color    E Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarnia Greenwood College - Toronto Sindair SS - Whitby	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74 4.02.19	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Holl 2 Femi Akindro 3 Matt Pfefferkom 3 Feliz Janusauskas 5 Emanuel Otong	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central AB Lucas - London Resurrection - Kitchener Cobourg CI Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto Glenview Park - Cambridge	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m
1 Alex Throndson Silverthorn - Toronto 3.85m 2 Caroline Poirier Louis Riel - Gloucester 3.60m 100m 2 Nojah Parker College Avenue SS 4.40m 2 Nojah Parker College Avenue SS 4.40m 3 Annabelle Gagne Louis Riel - Gloucester 3.50m 1 Myles Misener- Daley Westdale SS - Hamilton 10.75 3 Kyle Lewis Delhi 4.30m 4.30m 4 Mia Rodney Malvern - Toronto 3.50m 2 Vincent Irobun St. Thomas More - Hamilton 10.89 4 Aidan Anger Almaquin Highlands- South River 4.30m 5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 10.93 5 Liam McRae Lawrence Park - Toronto 3.95m 6 Holly Pennings St. Thomas Aquinas - Lindsay 3.30m 4 Daquan Berry Bill Crothers - Unionville 10.98 6 Caleb Timm Bluevale - Waterloo 3.80m	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott-Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS St. Augustine - Markham	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.71m 1.60m 1.60m 1.60m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SSWindsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Charham - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy - 5 Glebe CI - Ottawa	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Brampton  Co  E EL Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarnia Greenwood College - Toronto Sindair SS - Whitby	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74 4.02.19	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Hall 2 Femi Akindro 3 Mett Pfefferkorn 3 Feliz Janusauskas 5 Emanuel Otong 4 Armand Malumalu	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central AB Lucas - London Resurrection - Kitchener Cobourg CI Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto Glenview Park - Cambridge	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m
2 Caroline Poirier Louis Riel - Gloucester 3.60m 100m 2 Nojah Parker College Avenue SS 4.40m 3 Annabelle Gagne Louis Riel - Gloucester 3.50m 1 Myles Misener- Daley Westdale SS - Hamilton 10.75 3 Kyle Lewis Delhi 4.30m 4.30m 4 Mia Rodney Malvern - Toronto 3.50m 2 Vincent Irobun St. Thomas More - Hamilton 10.89 4 Aidan Anger Almaquin Highlands- South River 4.30m 5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 10.93 5 Liam McRae Lawrence Park - Toronto 3.95m 6 Holly Pennings St. Thomas Aquinas - Lindsay 3.30m 4 Daquan Berry Bill Crothers - Unionville 10.98 6 Caleb Timm Bluevale - Waterloo 3.80m	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 Tia Luke	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS St. Augustine - Markham	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.71m 1.60m 1.60m 1.60m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SSWindsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Charham - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy - 5 Glebe CI - Ottawa	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Brampton  Co  E EL Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarnia Greenwood College - Toronto Sindair SS - Whitby	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74 4.02.19	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Hall 2 Femi Akindro 3 Matt Pfefferkorn 3 Feliz Janusauskas 5 Emanuel Otong 4 Armand Malumalu Pole Vault	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto Glenview Park - Cambridge St. Patrick's CHS	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m
3 Annabelle Gagne Louis Riel - Gloucester 3.50m 1 Myles Misener- Daley Westdale SS - Hamilton 10.75 3 Kyle Lewis Delhi 4.30m 4 Mia Rodney Malvern - Toronto 3.50m 2 Vincent Irobun St. Thomas More - Hamilton 10.89 4 Aidan Anger Almaquin Highlands- South River 4.30m 5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 10.93 5 Liam McRae Lawrence Park - Toronto 3.95m 6 Holly Pennings St. Thomas Aquinas - Lindsay 3.30m 4 Daquan Berry Bill Crothers - Unionville 10.98 6 Caleb Timm Bluevale - Waterloo 3.80m	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 Tia Luke	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS St. Augustine - Markham Harold Brathwaite - Brampton	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.71m 1.60m 1.60m 1.60m 1.60m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Charlham - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy - 5 Glebe CI - Ottawa 6 EL Crossley - Fonthill	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Brampton  Co  E EL Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarnia Greenwood College - Toronto Sindair SS - Whitby	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74 4.02.19	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Hall 2 Femi Akindro 3 Matt Pfefferkorn 3 Feliz Janusauskas 5 Emanuel Otong 4 Armand Malumalu Pole Vault	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto Glenview Park - Cambridge St. Patrick's CHS	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m 1.95m
4 Mia Rodney Malvern - Toronto 3.50m 2 Vincent Irobun St. Thomas More - Hamilton 10.89 4 Aidan Anger Almaquin Highlands- South River 4.30m 5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 10.93 5 Liam McRae Lawrence Park - Toronto 3.95m 6 Holly Pennings St. Thomas Aquinas - Lindsay 3.30m 4 Daquan Berry Bill Crothers - Unionville 10.98 6 Caleb Timm Bluevale - Waterloo 3.80m 5 Emmanuel Ajiroba St. Augustine SS - Brampton 10.98	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 Tia Luke Pole Vault 1 Alex Throndson	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS St. Augustine - Markham Harold Brathwaite - Brampton	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.71m 1.60m 1.60m 1.60m 1.60m 1.60m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Charlham - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy - 5 Glebe CI - Ottawa 6 EL Crossley - Fonthill	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Brampton  Co  E EL Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarnia Greenwood College - Toronto Sindair SS - Whitby	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74 4.02.19	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Hall 2 Femi Akindro 3 Matt Pfefferkorn 3 Feliz Janusauskas 5 Emanuel Otong 4 Armand Malumalu Pole Vault 1 Brennan Sequin	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kitchener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto Glenview Park - Cambridge St. Patrick's CHS  Char-Lan DHS- Williamstown	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m 1.95m 1.90m
5 Christy Rizzo Saunders SS - London 3.40m 3 Eliezer Adjibi Louis Riel - Gloucester 10.93 5 Liam McKae Lawrence Park - Toronto 3.95m 6 Holly Pennings St. Thomas Aquinas - Lindsay 3.30m 4 Daquan Berry Bill Crothers - Unionville 10.98 6 Caleb Timm Bluevale - Waterloo 3.80m 5 Emmanuel Ajiroba St. Augustine SS - Brampton 10.98	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 Tia Luke Pole Vault 1 Alex Throndson 2 Caroline Poirier	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS St. Augustine - Markham Harold Brathwaite - Brampton  Silverthorn - Toronto Louis Riel - Gloucester	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.71m 1.60m 1.60m 1.60m 1.60m 1.60m 1.60m 1.60m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 5 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Charhom - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy - 5 Glebe Cl - Ottawa 6 EL Crossley - Fonthill	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Ce EL Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarria Greenwood College - Toronto Sindair SS - Whitby  Toronto	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74 4.02.19 4.02.49	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Hall 2 Femi Akindro 3 Matt Pfefferkorn 3 Feliz Janusauskas 5 Emanuel Otong 4 Armand Malumalu Pole Vault 1 Brennan Sequin 2 Nojah Parker	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central A B Luras - London Resurrection - Kirchener Cobourg CI Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Luras - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto Glenview Park - Cambridge St. Patrick's CHS  Char-Lan DHS- Williamstown College Avenue SS	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m 1.95m 1.90m
6 Holly Pennings St. Thomas Aquinas - Lindsay 3.30m 4 Daquan Berry Bill Crothers - Unionville 10.98 6 Caleb Timm Bluevale - Waterloo 3.80m 5 Emmanuel Ajiroba St. Augustine SS - Brampton 10.98	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott- Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 Tia Luke Pole Vault 1 Alex Throndson 2 Caroline Poirier 3 Annabelle Gagne	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS St. Augustine - Markham Harold Brathwaite - Brampton  Silverthorn - Toronto Louis Riel - Gloucester Louis Riel - Gloucester	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.71m 1.60m 1.60m 1.60m 1.60m 1.60m 3.85m 3.60m 3.50m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 4 Sandwich SSWindsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Charham - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy - 5 Glebe Cl - Ottawa 6 EL Crossley - Fonthill 100m 1 Myles Misener- Daley	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Brampton  Color	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74 4.02.19 4.02.49	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Northan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Holl 2 Femi Akindro 3 Matt Pfefferkom 3 Feliz Janusauskas 5 Emanuel Otong 4 Armand Malumalu Pole Vault 1 Brennan Sequin 2 Nojah Parker 3 Kyle Lewis	Newmarket HS Holy Cross-St. Catharines Notre Dame - Welland  London Central AB Luras - London Resurrection - Kitchener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Luras - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto Glenview Park - Cambridge St. Patrick's CHS  Char-Lan DHS- Williamstown College Avenue SS Delhi	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m 1.95m 1.95m 1.90m
5 Emmanuel Ajiroba St. Augustine SS - Brampton 10.98	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott-Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 Tia Luke Pole Vault 1 Alex Throndson 2 Caroline Poirier 3 Annabelle Gagne 4 Mia Rodney	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS St. Augustine - Markham Harold Brathwaite - Brampton  Silverthorn - Toronto Louis Riel - Gloucester Louis Riel - Gloucester Malvern - Toronto	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.71m 1.60m 1.60m 1.60m 1.60m 3.85m 3.60m 3.50m 3.50m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - I 4 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toronte 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Charlhom - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy - Glebe Cl - Ottawa 6 EL Crossley - Fonthill 100m 1 Myles Misener- Daley 2 Vincent Irobun	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Brampton  Color	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74 4.02.19 4.02.49	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Sam Holl 2 Femi Akindro 3 Matt Pfefferkom 3 Feliz Janusauskas 5 Emanuel Otong 4 Armand Malumalu Pole Vault 1 Brennan Sequin 2 Nojah Parker 3 Kyle Lewis 4 Aidan Anger	Newmarket HS Holy Cross- St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kirchener Cobourg CI Ft. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto Glenview Park - Cambridge St. Patridc's CHS  Char-Lan DHS - Williamstown College Avenue SS Delhi Almaquin Highlands - South River	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m 1.95m 1.90m 4.40m 4.30m 4.30m
· · · · · · · · · · · · · · · · · · ·	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott-Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 Tia Luke Pole Vault 1 Alex Throndson 2 Caroline Poirier 3 Annabelle Gagne 4 Mia Rodney 5 Christy Rizzo	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS St. Augustine - Markham Harold Brathwaite - Brampton  Silverthorn - Toronto Louis Riel - Gloucester Louis Riel - Gloucester Malvern - Toronto Saunders SS - London	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.60m 1.60m 1.60m 1.60m 3.85m 3.60m 3.50m 3.50m 3.40m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - I 4 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Charthom - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy - Glebe Cl - Ottawa 6 EL Crossley - Fonthill 100m 1 Myles Misener- Daley 2 Vincent Irobun 3 Eliezer Adjibi	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  St. Crossley - Fonthill Vincent Massey SS - Windsor Adam Scott - Peterborough Northern - Sarnia Greenwood College - Toronto Sindair SS - Whitby  Toronto  SENIOR MEN  Westdale SS - Hamilton St. Thomas More - Hamilton Louis Riel - Gloucester	38.57m 38.42m 37.98m 48. 20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74 4.02.19 4.02.49	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Som Holl 2 Femi Akindro 3 Matt Pfefferkorn 3 Feliz Janusauskas 5 Emanuel Otong 4 Armand Malumalu Pole Vault 1 Brennan Sequin 2 Nojah Parker 3 Kyle Lewis 4 Aidan Anger 5 Liam McRae	Newmarket HS Holy Cross- St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kirthener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas  St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto Glenview Park - Cambridge St. Patrick's CHS  Char-Lan DHS - Williamstown College Avenue SS Delhi Almaquin Highlands - South River Lawrence Park - Toronto	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m 1.90m 4.40m 4.30m 4.30m 4.30m 3.95m
O DAING DOING CONTROL TOTAL	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott-Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 Tia Luke Pole Vault 1 Alex Throndson 2 Caroline Poirier 3 Annabelle Gagne 4 Mia Rodney 5 Christy Rizzo	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS St. Augustine - Markham Harold Brathwaite - Brampton  Silverthorn - Toronto Louis Riel - Gloucester Louis Riel - Gloucester Malvern - Toronto Saunders SS - London	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.60m 1.60m 1.60m 1.60m 3.85m 3.60m 3.50m 3.50m 3.40m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - I 4 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Chatham - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy - Glebe Cl - Ottawa 6 EL Crossley - Fonthill 100m 1 Myles Misener- Daley 2 Vincent Irobun 3 Eliezer Adjibi 4 Daquan Berry	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Brampton	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74 4.02.19 4.02.49 10.75 10.89 10.93 10.98	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Som Holl 2 Femi Akindro 3 Matt Pfefferkorn 3 Feliz Janusauskas 5 Emanuel Otong 4 Armand Malumalu Pole Vault 1 Brennan Sequin 2 Nojah Parker 3 Kyle Lewis 4 Aidan Anger 5 Liam McRae	Newmarket HS Holy Cross- St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kirthener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas  St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto Glenview Park - Cambridge St. Patrick's CHS  Char-Lan DHS - Williamstown College Avenue SS Delhi Almaquin Highlands - South River Lawrence Park - Toronto	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m 1.90m 4.40m 4.30m 4.30m 4.30m 3.95m
	4 Lilly Tuck 5 Lily Meek 6 Maya Hannagan 100m Hurdles 1 Kaylyn Hall 2 Karlie Moore 3 Jasmine Scott-Kilgo 4 Anna Witherspoon 5 Olivia Gee 6 Shaleah Colaire 400m Hurdles 1 Sharelle Samuel 2 Keiara Cunningham 3 Eden Senior 4 Brooke Overholt 5 Sienna Lalonde 6 Savanna Kent - Korell High Jump 1 Robin Clark 2 Autumn Bigger 3 Maia Mwalwanda 3 Alexandra Sikkema 5 Kelly Wu 5 Tia Luke Pole Vault 1 Alex Throndson 2 Caroline Poirier 3 Annabelle Gagne 4 Mia Rodney 5 Christy Rizzo	Port Perry HS Thousand Islands SS- Brodville Vincent Massey SS - Windsor  H B Beal - London Sandwich SS - Windsor Sandwich SS - Windsor Pickering HS - Ajax Strathroy St. Mary - Pickering  Ashbury College - Ottawa Newtonbrook - Toronto Mayfield SS - Brampton St. Michael - Stratford Grimsby SS Georgetown DSS  Thornhill SS Beamsville DSS JA Macdonald - Waterloo Emmanuel Christian HS St. Augustine - Markham Harold Brathwaite - Brampton  Silverthorn - Toronto Louis Riel - Gloucester Louis Riel - Gloucester Malvern - Toronto Saunders SS - London	9.46.63 9.49.17 9.53.53 14.07 14.15 14.15 14.17 14.32 15.00 59.64 1.02.11 1.02.50 1.02.21 1.02.82 1.03.18 1.74m 1.60m 1.60m 1.60m 1.60m 3.85m 3.60m 3.50m 3.50m 3.40m	4 Mandy Brunet 5 Ashley Assam 6 Holly Hanchiruk 4 x 100m Relay 1 Pickering HS - Ajax 2 Louis Riel - Glouester 3 St. Edmund Campion - 1 4 Sandwich SS _ Windsor 5 St. Roch CSS - Bramptor 6 Newtonbrooke - Toront 1500m Steeplechas 1 Kate Knafelc 2 Chloe Walker 3 Molly Strain 4 Lauren Perkins 5 Alison White 6 Renelle Briggs 4 x 400m Relay 1 Dunbarton - Pickering 2 Chatham - Kent 3 Pickering HS - Ajax 4 Bishop Allen Academy - 5 Glebe Cl - Ottawa 6 EL Crossley - Fonthill 100m 1 Myles Misener- Daley 2 Vincent Irobun 3 Eliezer Adjibi 4 Daquan Berry 5 Emmanuel Ajiroba	St. Thomas of Villanova - La Salle Brampton Christian Huron Park - Woodstock  Brampton  Brampton  Brampton  Brampton  Color	38.57m 38.42m 37.98m 48.20 48.25 48.34 48.64 48.91 49.09 5.03.85 5.04.34 5.04.37 5.04.42 5.08.59 5.11.69 3.52.03 3.53.01 3.55.06 3.57.74 4.02.19 4.02.49 10.75 10.89 10.98 10.98	4 Nick Mota 5 Campbell Lee 6 Santiago Gaitan-Caballero 110m Hurdles 1 Liam Mather 2 Matt MacNeill 3 Adam Exley 4 Cameron Bruce 4 Garth Williams 6 Liam Clark 400m Hurdles 1 Nate St. Romain 2 Nathan Hostettler 3 Liam Clark 4 Marcus Nandlal 5 Cameron Bruce 6 Matthew MacNeill High Jump 1 Som Holl 2 Femi Akindro 3 Matt Pfefferkorn 3 Feliz Janusauskas 5 Emanuel Otong 4 Armand Malumalu Pole Vault 1 Brennan Sequin 2 Nojah Parker 3 Kyle Lewis 4 Aidan Anger 5 Liam McRae	Newmarket HS Holy Cross- St. Catharines Notre Dame - Welland  London Central A B Lucas - London Resurrection - Kirchener Cobourg CI Pt. Michael McGivney - Markham St. Joseph's - St. Thomas  Nicholson Catholic College - Belleville Medway - Arva St. Joseph's - St. Thomas  St. Thomas Aquinas - Oakville Cobourg CI A.B. Lucas - London  East Northumberland North Albion - Toronto Waterloo CI Oakwood CI - Toronto Glenview Park - Cambridge St. Patrick's CHS  Char-Lan DHS - Williamstown College Avenue SS Delhi Almaquin Highlands - South River Lawrence Park - Toronto	829.47 830.64 833.61 13.69 13.94 14.15 14.41 14.46 14.69 52.94 54.21 54.37 55.37 55.42 56.21 2.09m 2.00m 1.95m 1.95m 1.90m 4.40m 4.30m 4.30m 4.30m 3.95m

## Championship Results

Long Jump			Men - 100m Ambul	atory		Men - Shot Put - Ex	hibition	
1 Adam Lee	John F. Ross - Guelph	7.20m	1 Zach Gingras	Bill Crothers SS- Unionville	12.31 !	1 Ryan Kulikowski	Beamsville DSS	12.90m
2 Kenny Siharath	Cameron Heights - Kitchener	6.97m	2 Hudson Booth	Almaquin Highlands - South River	13.51	2 Brian Knechtel	Beamsville DSS	10.83m
3 Mayrick Snider	Bayridge SS - Kingston	6.97m	3 Josh Grondin	Alexander MacKenzie	13.75	3 Max Gunter	Humberview - Bolton	10.69m
4 Johnny Jacob	Lakeshore CHS - Port Colborne	6.94m	4 Erik Kuchemann	Notre dame - Welland	13.95	4 Hudson Booth	Almaquin Highlands SS	
5 Jared Hall	East Northumberland SS	6.68m	5 Cody Bell	Lambton Central - Petrolia	14.13		. •	
6 Nifemi Ojutalayo	Robert F. Hall - Caledon	6.62m	6 Tyler Brighton	ESC L'Escale - Rockland	16.82		TEAM RANKINGS -	
Triple Jump			Men - 100m Visual	ly Impaired		MIDGET GIRLS		POINTS
1 Femi Akindro	North Albion - Toronto	14.54m	1 Austin Ingram	Valour - Petawawa	11.65!	1 Leaside HS - Toronto		45
2 Isaac Mapp	Preston HS - Cambridge	14.34m	2 Tiago Brum	Bishop Tonnos - Ancaster	13. 96	2 Sandwich SS - Windsor		23
3 Aaron Barton	Pauline Johnson - Brantford	14.32m	Z Hugo broili	Distrop Totalios - Artusier	13. 70	3 Pickerina HS - Aiax		22
			Women - 100m Int	ellectually Impaired		3 Notre Dame - Brampto	n	22
4 Kyle Spraque	Canterbury - Ottawa	14.30m	1 Lola Morgan	Eastview SS - Barrie	13.27 !	5 Father Henry Carr - Toro		19
5 Japhet Divita	Luois Riel - Gloucester	14.25m	2 Kyla Rodrigue	Woodstock	13.53	5 Tullior Holly Cult Tolk	JIIIO	.,,
6 Benayo Olak	Thousand Islands SS - Brockville	14.01m	3 Clarista Ardiel	Almaquin Highlands - South River	14.99	JUNIOR GIRLS		
Shot Put			4 Cassandra Kemp	St. Catharines	15.32	1 Loretto Abbey - Toronto	)	40
1 Lukas Woodhall	Thousand Islands SS - Brockville	17 02m	•	Beamsvile DSS	15.50	2 Kingston CVI		25
		17.82m	5 Shannon Swinson			3 Dunbarton HS - Pickeri	nn	21
2 Dennis Adu	Marshall McLuhan - Toronto	17.69m	6 MacKenzie Donaldson	Resurrection - Kitchener	15.83	4 Frontenac SS - Kingston		20
3 Anthony Argyropolous		16.25m	Men - 100m Intelle	ctually Impaired		4 St. Benedict - Cambridg		20
4 Zach Deir	Loyalist CVI - Kingston	16.23m	1 Owen Konkle	Beamsville DSS	12.06	6 Sir John A MacDomnal		18.50
5 Zion Webb	St. Patrick's - Sarnia	16.07m				O SII JOHII A MUUDOHIIIUI	1 - MAIIGHOO	10. 30
6 Brandon Ovington	West Carleton	15.90m	2 Nathan Nowak	Regiopolis Notre Dame - Kingston	12.12	SENIOR GIRLS		
			3 Andre Ferguson	Westview Freedom Academy	12.20	1 Sandwich SS - Windsor		32
Discus			4 Conner Papp	Loyalist CVI - Kingston	12.86	2 Louis Riel - Glouester		32 29
1 Lukas Woodhall	Thousand Islands SS- Brockville	50.88m	5 Austin Cornish	College Avenue SS	13.07			29
2 Brandon Ovington	West Carleton	50.37m	6 Jacob Balan	St. Marcellinus - Mississauga	13.2	3 Pickering HS - Ajax		
3 David Peet	Forest Heights - Kitchener	48.37m	W 000 W			4 Five schools tied for 4th		20
4 Tye McSorley	St. Marcellinus - Mississauga	48. 30m	Women - 200m Wl			MIDGET BOYS		
5 Johnny Vanos	St. Patrick's - Sarnia	48.28m	1 Jessica Tinney	Greenwood College-Toronto	46.15	1 Our Lady of Mt Carmel	Mississaugga	36
6 Trevor Primegu	Eastview SS - Barrie	47.83m	<ol><li>Abbey LeBlanc</li></ol>	Alexander MacKenzie SS	1.20.98	2 Cardinal Newman	- Mississuuuyu	28
			3 Kanice Mdean	Governor Simcoe SS - St. Catharines	1.26.74			
Javelin						3 Essex		24
1 Josh Mather	Strathroy	62.26m	Men - 200m Wheel			4 Four Schools Tied for 4t	n	20
2 Terrell Webb	St. Benedict - Cambridge	59.98m	1 Connor McGowan	Christ The King SS - Georgetown	1.02.32	JUNIOR BOYS		
3 Erik Tyler	Saunders SS - London	59.94m	Waman 000m V:	waller language of		1 Thousand Islands SS - E	مالت مام ما	22
4 Caleb Lidlow	Thousand Islands SS - Brockville	56.53m	Women - 800m Vis		0.05.00.1		rockville	33
5 Blake McConville	Sandwich SS - Windsor	56.46m	1 Kat Grgic	St. Aloysius Gonzaga- Mississauaga	2.25.30!	2 F.E. Madill - Wingham		30
6 Mac Douglas	Vlaour - Petawawa	54.75m	Men - 800m Visual	ly Impaired		3 Neil McNeil-Toronto		28
o mac boogias	YIUOOI - I CIUWUWU	JT./ JIII			2.27.65	3 Thomas Douglas SS		28
4 x 100m Relay			1 Tiago Brum	Bishop Tonnos CHS- Ancaster	Z.Z1.03	5 Birchmount Park - Toro	nto	23
1 St. Thomas More CSS -	Hamilton	42.48	Women - 800m Am	ibulatory		6 J. Clarke Richardson - A	jax	22
2 East Northumberland		42.48	1 Sarah Gillies	Orangeville	2.41.11!	CENTOD DOVC		
3 St. Michael's College - To	oronto	42.52	2 Christine Cousineau	College Notre Dame - Sudbury	3.20.45	SENIOR BOYS		•
4 Father Henry Carr - Tor		42.92	3 Brittany Yurek	Twin Lakes SS - Orillia	3.36.69	1 Thousand Islands SS - E		36
5 Thousand Islands SS - E		43.05	5 Dilliully lock	IWIII LUKES 33 - OTIIIIU	3.30.07	<ol><li>Westdale SS - Hamilton</li></ol>	1	30
6 Louis - Riel - Glouester	DIOUKVIIIE	43.07	Men - 800m Ambul	atory		3 St. Mary's - Kitchener		26
0 FOOI? - VIGI - GIONEZIGI		43.0/	1 Zach Gingras	Bill Crothers SS - Unionville	2.08.15!	4 East Northumberland		22
2000m Steeplechas	Δ.		2 Max Gunter	Humberview SS - Bolton	2.26.96	5 Louis Riel - Glouester		19
1 Marcel Scheele	St. Mary's	5.52.53	3 Jack Revell	Sydenham HS	2.27.68	6 North Albion - Toronto		18
2 Andre Alie-Lamarche	Gloucester HS - Ottawa	5.55.77	4 Hudson Booth	,		6 St. Thomas More SS - H	lamilton	18
3 Noah Costa	Vincent Massey SS - Windsor	5.57.82		Almaquin Highlands SS - South Rive Alexander MacKenzie SS				
4 Nicholas Bannon	Centre Dufferin - Shelburne		5 Josh Grondin		2.43.93	OVERALL GIRLS		
5 Ethan Loucks		6.03.77	6 Cody Bell	Lambton Central - Petrolia	2.57.25	1 Sandwich SS - Windsor		58
	Eastview SS - Barrie	6.04.69	Women - 800m Int	allactually Impaired		2 Dunbarton HS - Pickeri	ng	52
6 Nico Pedersen	Merivale HS - Ottawa	6.05.26	1 Clarista Ardiel	Almaquin Highlands SS - South Rive	255 12	3 Pickering HS - Ajax		50
4 x 400m Relay						4 Leaside HS - Toronto		47
	Produilla	2 10 00	2 Cassandra Kemp	St. Catharines CVI	3.05.34	4 Chatham Kent		47
1 Thousand Islands SS - E		3.18.08	3 Paige Hefferman	Sydenham HS	3.18.65	6 Loretto Abbey - Toronto	)	40
2 W F Herman - Windsor		3.20.86	4 Cheyenne Robinson	Timiskaming DSS - New Liskeard	3.24.40	•		
3 Holy Cross SS - Kingstor		3.24.77	5 Sydney Pratt - Vallier	La Salle SS - Kingston	3.27.60	<b>OVERALL BOYS</b>		
4 St. Edmund Campion -		3.26.12	6 Shannon Swinson	Beamsville DSS	3.28.70	1 Thousand Islands SS - E	3rockville	86
5 Upper Canada College	- Ioronto	3.26.95	Mon - 000 I II	أحيثه والمراد		2 Our Lady of Mt Carmel		38
6 Notre Dame - Ajax		3.28.10	Men - 800m Intelle		0.15.00.1	3 Westdale SS - Hamilton	•	30
	DADA EVENTS		1 Owen Konkle	Beamsville DSS	2.15.82!	3 F.E. Madill - Wingham		30
	PARA EVENTS ———		2 Jacob Balan	St. Marcellinus-Mississauga	2.23.25	5 Notre Dame College - V	Welland	29
Women - 100m Am	hulatory		3 Brian Knechtel	Beamsville DSS	2.29.28	6 Three Schools Tied for 6		28
1 Brittney Yurek	Twin Lakes SS - Orillia	18.07	4 Diego Echeverria	St. Andre Bessette	2.32.39	o milocoulous ned loi d	***	20
2 Katie Rivait	Alexander MacKenzie SS	22.23	5 Issac Ellis	Kapuskasing DHS	2.37.97			
			6 Dallas Vout	Brodkville Cl	2.39.05			
3 Ella Baker-Lehnen	St. Anne's - Clinton	32.81	W et an	E 1919				
			Women - Shot Put		. 00			
			1 Laura Calouini	Notre Dame - Brantford	6.83m			
			2 Shannon Swinson	Beamsville DSS	6.65m			
			2 Institut Timmers	Constitution of College Towards	2 / 1			

3 Jessica Tinney

3.61m

Greenwood College - Toronto

### **OFSAA Committees and Chairs**

Advocacy	Barry Mutrie	P: 519.270.4461	barry.cwossa@gmail.com
Coaching	Sean Clancy, Cairine Wilson SS	P: 613.824.4411	sean.clancy@ocdsb.ca
Future Directions	Nick Rowe, York Memorial CI	P: 416.394.3000	nick.rowe@tdsb.ca
Transfers	Dave Carscadden	P: 705.726.2552	dcarscadden@scdsb.on.ca
Constitutional Review	Heather Chambers	P: 705.474.7681	0621chambers@gmail.com
Equity	TBD		
Classifications	Hugh Rowland	P: 416.394.3200	hugh.rowland@tdsb.on.ca
Championship Review	Helen Thomson, St Michael CSS	P: 519.271.0890	hthomson@hpcdsb.ca
Sanctions	Brian Poste, North Hastings DHS	P: 613.332.1220	bposte@hpedsb.on.ca
Alpine Skiing	Karen Normet, Iroquois Ridge	P: 905.845.0012	normetk@hdsb.ca
Badminton	TBD		
Baseball	Paul Solarski, Brebeuf College	P: 416.393.5508	paul.solarski@tcdsb.org
Basketball	Peter Graham, Timmins High	P: 705.360.1411	peter.graham@dsb1.edu.on.ca
Co-Chair	Jason Leili, Kingsville DHS	P: 519.733.2347	jason.leili@publicboard.ca
Cross Country Running	Kirk Dillabaugh, Glebe Cl	P: 613.239.2424	kirk.dillabaugh@ocdsb.ca
Curling	Yvonne Nieuwenhuis, Sir Robert Borden HS	P: 613.829.1287	yvonne.nieuwenhuis@ocdsb.ca
Field Hockey	Liz Rusch, John McCrae SS	P: 613.823.0367	elizabeth.rusch@ocdsb.ca
Boys' Field Lacrosse	Alex Frescura, St. Michaels College	P: 416.653.3180	frescura@smcmail.com
Football	Martin Carl, Eastview SS	P: 705.728.1321	mcarl@scdsb.on.ca
Golf	Kendra Read, All Saints CHS	P: 613.271.4254	kendra.read@ocsb.ca
Co-Chair	John Elliot, Timmins H&VS	P: 705.360.1411	john.elliot@dsb1.edu.on.ca
Hockey	TBD		
Co-Chair	TBD		
Nordic Skiing	Todd Harris, Lakefield CS	P: 705.652.3324	tharris@lcs.ca
Rugby	David Schaffler, Oakville Trafalgar HS	P: 905.845.2875	schafflerd@hdsb.on.ca
Co-Chair	Carrie Bowie, St. Patrick's HS	P: 613.733.0501	carrie.bowie@ocsb.ca
Soccer	Tony Fiorino, Neil McNeil	P: 416.393.5502	tony.fiorino@tcdsb.org
Snowboarding	Duncan Warrener, Nelson High School	P: 905.637.3825	warrenerd@hdsb.ca
Swimming	James Ball, John F Ross CVI	P: 519.822.7090	james.ball@ugdsb.on.ca
Tennis	Tami Hawkins, Tecumseh Vista Academy	P: 519.987.6200	tami.hawkins@publicboard.ca
Track & Field	Craig Cavanagh, Riverside SS	P. 519.948.4116	craig.cavanagh@gecdsb.on.ca
Volleyball	Pat Farrell, Regiopolis Notre Dame	P: 613.545.1902	farrell@alcdsb.on.ca
Co-chair	Andrea Lackovic, Westmount SS	P: 905.385.5395	alackovi@hwdsb.on.ca
Wrestling	Dave Hawkins, Tecumseh Vista Academy	P: 519.739.2189	dave.hawkins@publicboard.ca

# **Westmont Hospitality Group**

### THE OFFICIAL COCSAA HOTEL SUPPLIER

Stay at over 90 hotels managed by
Westmont Hospitality Group,
39 of which are located in Ontario.

For a complete hotel listing of all of our properties across Canada visit **WestmontHospitalityGroup.com** 

Remember to ask for the 'OFSAA Rate and Convenor Incentive' when booking!

For reservations, contact the hotel directly or contact



Saverio Gioffre

National Sales Manager 1.866.848.BOOK teambookings@whg.com

Holiday Inn <b>Barrie</b> Hotel & Conf. Centre	705-728-6191
Comfort Inn Belleville	613-966-7703
Comfort Inn Brantford	519-753-3100
Hilton Garden Inn <b>Burlington</b>	905-631-7000
Holiday Inn <b>Burlington</b> Hotel & Conf. Centre	905-639-4443
Homewood Suites <b>Burlington</b>	905-631-8300
Comfort Inn <b>Cambridge</b>	519-658-1100
Comfort Inn <b>Cobourg</b>	905-372-7007
Comfort Inn <b>Dryden</b>	807-223-3893
Holiday Inn <b>Guelph</b> Hotel & Conf. Centre	519-836-0231
Comfort Inn <b>Hamilton</b>	905-560-4500
Comfort Inn <b>Kapuskasing</b>	705-335-8583
Comfort Inn <b>Kenora</b>	807-468-8845
Comfort Inn Kingston 401	613-546-9500
Holiday Inn <b>Kingston</b> Waterfront	613-549-8400
The Park Hotel <b>London</b>	519-642-4444
Delta <b>London</b> Armouries	519-679-6111
Comfort Inn Newmarket	905-895-3355
Holiday Inn Express North Bay	705-476-7700
Comfort Inn Orillia	705-327-7744

Arc The. Hotel <b>Ottawa</b>	613-238-2888
Comfort Inn Ottawa East	613-744-2900
Comfort Inn Ottawa West	613-592-2200
Holiday Inn & Suites Ottawa Kanata	613-271-3057
Les Suites Hotel <b>Ottawa</b>	613-232-2000
Radisson Hotel <b>Ottawa</b> Parliament Hill	613-236-1133
Comfort Inn Parry Sound	705-746-6221
Comfort Inn Pembroke	613-735-1057
Holiday Inn <b>Peterborough</b> Waterfront	705-743-1144
Comfort Inn Pickering	905-831-6200
Comfort Inn Sault Ste. Marie	705-759-8000
Comfort Inn Simcoe	519-426-2611
Comfort Inn <b>Sudbury</b> Regent St	705-522-1101
Comfort Inn <b>Sudbury</b> 2 <sup>nd</sup> Ave	705-560-4502
Comfort Inn <b>Thunder Bay</b>	807-475-3155
Comfort Inn <b>Timmins</b>	705-264-9474
Holiday Inn Express <b>Toronto</b> Downtown	416-367-5555
Comfort Inn Waterloo	519-747-9400
Holiday Inn & Suites Windsor	519-966-1200



**EDUCATION THROUGH SCHOOL SPORT** 

LE SPORT SCOLAIRE : UN ENTRAINEMENT POUR LA VIE