

**Limestone Legacy Meet 2019 - 2019-04-26**  
**Invista Track, Kingston, Ontario**  
**2019-04-26**  
**Results**

**Girls 100 Meter Dash Midget**

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Legacy: * 13.13 2017-04-21 MACKENZIE CAMPBELL, Kingston CVI
Name          Year School          Prelims H#
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Preliminaries

1	ARMITAGE, MADISON	CARLETON PLACE	13.69Q	1
2	DOWLING, JENNY	REGIOPOLIS ND	13.81Q	4
3	KNETSCH, MORGYN	ERNESTOWN SECONDARY	14.28Q	2
4	DOWDELL, MACY	FRONTENAC SS	14.57Q	3
5	GILLAN, SARAH	ERNESTOWN SECONDARY	14.12q	4
6	BEST-TAYLOR, ELLA	HOLY CROSS SS	14.26q	1
7	CARTMELL, STELLA	FRONTENAC SS	14.35q	1
8	CUMMING, KARISSA	BAYRIDGE SS	14.59q	2
9	NORMAN, JENNA	SYDENHAM HS	14.64	4
10	O'DONOHUE, KIRA	HOLY CROSS SS	14.75	3
11	NORMAN, SOPHIE	SYDENHAM HS	14.77	3
12	VERBRUGGEN, AMBER	GRANITE RIDGE EC	15.20	3
13	HEUTHORST, ERICA	ST. MARY CHS	15.23	2
14	MORRIS, SARAH	LA SALLE SS	15.30	3
15	VANDERMEER-CORBETT, KADE	THOUSAND ISLANDS SS	15.33	2
16	CABRAL, EMMA	SYDENHAM HS	15.34	2
17	CENAC, COURTNEY	FRONTENAC SS	15.45	4
18	RICE, MILAN	REGIOPOLIS ND	15.57	1
19	GUNSINGER, MADDY	GRANITE RIDGE EC	15.92	4
19	MCCOURT, PAIGE	RIDEAU DISTRICT HS	15.92	2
21	KIM, YE JIN	KINGSTON CVI	15.96	2
22	SCHACHOW, CHANTE	RIDEAU DISTRICT HS	16.15	1
23	O REILLY, ABBY	ST. MARY CHS	16.21	4
24	OWL, SHAUNA	BAYRIDGE SS	16.39	3
25	CURRIE, KRISTEN	ALMONTE DHS	16.96	3
26	TRYON, KATIE	GRANITE RIDGE EC	17.38	1
27	DARLING, EMMA	RIDEAU DISTRICT HS	17.95	4
28	GREENE-WELLMAN, KAYLI	ALMONTE DHS	18.16	4

**Girls 100 Meter Dash Midget**

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=====
Legacy: * 13.13 2017-04-21 MACKENZIE CAMPBELL, Kingston
Name          Year School          Finals
=====
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Finals

1	ARMITAGE, MADISON	CARLETON PLACE	13.78
2	DOWLING, JENNY	REGIOPOLIS ND	14.16
3	GILLAN, SARAH	ERNESTOWN SECONDARY	14.49
4	BEST-TAYLOR, ELLA	HOLY CROSS SS	14.74
5	KNETSCH, MORGYN	ERNESTOWN SECONDARY	14.87
6	CUMMING, KARISSA	BAYRIDGE SS	14.94
6	DOWDELL, MACY	FRONTENAC SS	14.94

**Girls 1500 Meter Run Midget**

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Legacy: * 4:55.48 2017-04-21 ANNA WORKMAN, Kingston CVI
Name          Year School          Finals
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1	MCSHANE, REESE	HOLY CROSS SS	5:07.49
2	KENNY, DALE	CARLETON PLACE	5:09.19

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**....Girls 1500 Meter Run Midget**

3	BRACKENBURY, CLAIRE	KINGSTON CVI	5:28.81
4	TUBMAN, GWYNETH	SOUTH CARLETON HS	5:34.07
5	RYAN, NICOLE	LA SALLE SS	5:36.70
6	ALLEN, KIRA	KINGSTON CVI	5:39.05
7	NELDER, AVERY	SYDENHAM HS	5:42.07
8	O'MEARA, TESSA	SYDENHAM HS	5:43.27
9	GILL, KRYSIA	THOUSAND ISLANDS SS	5:54.17
10	TURCOTTE, CALLIE	THOUSAND ISLANDS SS	5:54.45
11	TOFTS, MADELIENE	HOLY CROSS SS	6:03.57
12	JAMES, OLIVIA	REGIOPOLIS ND	6:04.09
13	YOUNG, TRINITY	THOUSAND ISLANDS SS	6:22.03
14	DUNN, ALAINA (ALLIE)	SOUTH CARLETON HS	6:41.45
15	LEMMON, ALAYNA	ERNESTOWN SECONDARY	6:52.03
16	ODERO, YIN	BAYRIDGE SS	7:07.47

**Girls 80 Meter Hurdles Midget**

=====  
 Legacy: \* 13.63 2014 Alex Ethier, Rideau  
 Name Year School Prelims H#  
 =====

Preliminaries

1	VANDEWAL, SIYERRA	SYDENHAM HS	15.03Q	2
1	GODBILLE-CARDONA, MARISO	E.S.C. MARIE-RIVIER	15.03Q	2
3	VANDEWAL, OLIVYA	SYDENHAM HS	15.59Q	1
4	KNUDSON, ROSE	THOUSAND ISLANDS SS	17.03Q	1
5	TEGAN, BONDI	THOUSAND ISLANDS SS	15.57Q	2
6	MARISSA, LACEY	THOUSAND ISLANDS SS	17.08Q	1
7	VERBRUGGEN, AMBER	GRANITE RIDGE EC	18.77q	2

**Girls 80 Meter Hurdles Midget**

=====  
 Legacy: \* 13.63 2014 Alex Ethier, Rideau  
 Name Year School Finals  
 =====

Finals

1	GODBILLE-CARDONA, MARISO	E.S.C. MARIE-RIVIER	14.75
2	VANDEWAL, SIYERRA	SYDENHAM HS	15.36
3	TEGAN, BONDI	THOUSAND ISLANDS SS	15.68
4	VANDEWAL, OLIVYA	SYDENHAM HS	16.39
5	MARISSA, LACEY	THOUSAND ISLANDS SS	16.69
6	KNUDSON, ROSE	THOUSAND ISLANDS SS	16.78
7	VERBRUGGEN, AMBER	GRANITE RIDGE EC	17.83

**Girls 4x100 Meter Relay Midget**

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 Legacy: \* 53.84 2017-04-21 Frontenac S.S., Frontenac SS  
 School Finals  
 =====

1	FRONTENAC SS 'A'	55.73
2	THOUSAND ISLANDS SS 'A'	57.94
3	SOUTH CARLETON HS 'A'	59.57
4	GRANITE RIDGE EC 'A'	1:02.44

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**Girls High Jump Midget**

Legacy: * 1.53m 2014 Brianna MacComish, Sydenham H			
Name	Year	School	Finals
1 VANDEWAL, SIYERRA		SYDENHAM HS	1.50m
2 VANDEWAL, OLIVYA		SYDENHAM HS	1.45m
3 NEWTON, NORAH		GRANITE RIDGE EC	1.35m

**Girls Pole Vault Midget**

Legacy: * 2.30m 2014 Emma Pasco, Char-Lan			
Name	Year	School	Finals
1 SOTIRIADIS, LEXI		KINGSTON CVI	2.05m

**Girls Long Jump Midget**

Legacy: * 4.59m 2018-04-27 Jessica Brunner, Napanee Dist			
Name	Year	School	Finals
1 GODBILLE-CARDONA, MARISO		E.S.C. MARIE-RIVIER	4.45m
2 CUMMING, KARISSA		BAYRIDGE SS	3.93m
3 HACAULT, SANDRA		E.S.C. MARIE-RIVIER	3.89m
4 LAPANTE-BRADY, MARTHE		HOLY CROSS SS	3.73m
5 ADAMS, MAYA		SOUTH CARLETON HS	3.72m
6 NIKITPOULOS, SOPHIA		HOLY CROSS SS	3.70m
7 LAMB, BRYNLYN		ST. MARY CHS	3.50m
8 TRYON, KATIE		GRANITE RIDGE EC	3.40m
9 LEWIS, JOELLE		SOUTH CARLETON HS	J3.40m
10 RICE, MILAN		REGIOPOLIS ND	3.36m
11 OWL, SHAUNA		BAYRIDGE SS	3.30m
12 LEVESQUE, AMICA		GRANITE RIDGE EC	3.12m
13 CURRIE, KRISTEN		ALMONTE DHS	3.10m
14 WALKER, SARAH		BAYRIDGE SS	2.72m
15 MOLSON, AVRIL		THOUSAND ISLANDS SS	2.52m

**Girls Triple Jump Midget**

Legacy: * 10.34m 2018-04-27 Teighan Wallace, Thousand Is			
Name	Year	School	Finals
1 SOTIRIADIS, LEXI		KINGSTON CVI	9.70m
2 GODBILLE-CARDONA, MARISO		E.S.C. MARIE-RIVIER	9.28m
3 LAMB, BRYNLYN		ST. MARY CHS	8.79m
4 HACAULT, SANDRA		E.S.C. MARIE-RIVIER	8.63m
5 HUTT, MADDY		ST. MARY CHS	8.35m
6 WEST, BRENNNA		ST. MARY CHS	8.17m
7 LAPANTE-BRADY, MARTHE		HOLY CROSS SS	8.14m
8 NIKITPOULOS, SOPHIA		HOLY CROSS SS	7.76m
9 LEVESQUE, AMICA		GRANITE RIDGE EC	7.24m

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**Girls Shot Put Midget**

Legacy: * 10.35m 2015 Hailee Banks, Rideau			
Name	Year	School	Finals
1 CRAWFORD, AMANDA		GRANITE RIDGE EC	9.26m
2 LANOIS, HANNAH		ST. MARY CHS	8.92m
3 HOWE, CASSY		ST. MARY CHS	8.76m
4 DUMOND, DARCY		ST. MARY CHS	8.35m
5 EMMA, SPICER		THOUSAND ISLANDS SS	8.22m
6 GREENE-WELLMAN, KAYLI		ALMONTE DHS	7.67m
7 DUNN, ALAINA (ALLIE)		SOUTH CARLETON HS	7.66m
8 SUNSTRUM, EMILY		SOUTH CARLETON HS	7.60m
9 KELLY, EMMA		THOUSAND ISLANDS SS	7.32m
10 LECOMPTE, DARQUISE		E.S.C. MARIE-RIVIER	6.82m

**Girls Javelin Throw Midget**

Legacy: * 21.56m 2019-04-26 SIYERRA VANDEWAL, Sydenham HS				
Name	Year	School	Finals	H#
1 VANDEWAL, SIYERRA		SYDENHAM HS	21.56m*	1
2 LECOMPTE, DARQUISE		E.S.C. MARIE-RIVIER	21.38m	1
3 DREW, PAIGE		SYDENHAM HS	20.88m	1
4 SCHACHOW, CHANTE		RIDEAU DISTRICT HS	20.47m	1
5 JONES, MAKENZI		FRONTENAC SS	19.57m	2
6 BYRNE, JASMINE		GANANOQUE SS	18.26m	1
7 VANDEWAL, OLIVYA		SYDENHAM HS	18.22m	1
8 LANOIS, HANNAH		ST. MARY CHS	17.36m	1
9 NIKITOPOULOS, SOPHIA		HOLY CROSS SS	16.39m	1
9 GREENE-WELLMAN, KAYLI		ALMONTE DHS	16.39m	1
11 HOWE, CASSY		ST. MARY CHS	16.14m	1
12 WOLSEY, HAILEY		ST. MARY CHS	11.44m	1
13 KELLY, EMMA		THOUSAND ISLANDS SS	10.58m	1
-- EMMA, SPICER		THOUSAND ISLANDS SS	FOUL	1

**Girls 100 Meter Dash Junior**

Legacy: * 13.37 2016-04-22 Sarah Bell, Kingston CVI				
Name	Year	School	Prelims	H#
<b>Preliminaries</b>				
1 WALLACE, TEIGHAN		THOUSAND ISLANDS SS	13.40Q	1
2 CAMPBELL, SKYLA		CARLETON PLACE	14.03Q	2
3 GRABE, MOLLIE		CARLETON PLACE	14.28Q	3
4 BRATUS, AINSLIE		HOLY CROSS SS	13.81Q	1
5 MCDONALD, SARAH		ST. MARY CHS	14.59Q	2
6 CURTIS, BROOKE		THOUSAND ISLANDS SS	14.77Q	3
7 MCCREARY, FIONA		RIDEAU DISTRICT HS	13.86q	1
8 ROUMANIS, ELLIE		E.S.C. MARIE-RIVIER	14.66q	2
9 FUCHS, BAILEY		LA SALLE SS	14.68	1
10 DOWLING, SYDNEY		REGIOPOLIS ND	15.01	3
11 RUSSELL, JESSICA		GANANOQUE SS	15.14	1
12 ANDERSON, REBECCA		SOUTH CARLETON HS	15.19	2
13 DONALDSON, ALI		RIDEAU DISTRICT HS	15.30	2
14 CATTELIER, BREANNA		THOUSAND ISLANDS SS	15.61	2

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**....Girls 100 Meter Dash Junior**

15	PINCH, DARA	REGIOPOLIS ND	15.75	1
16	WORLE, ISABELLA	LOYALIST CVI	16.56	3
17	SMART, NICOLE	SOUTH CARLETON HS	17.23	1
18	MILLER, ZOE	LA SALLE SS	18.37	3

**Girls 100 Meter Dash Junior**

=====				
Legacy: * 13.37 2016-04-22 Sarah Bell, Kingston CVI				
Name	Year	School	Finals	
=====				

Finals

1	WALLACE, TEIGHAN	THOUSAND ISLANDS SS	13.70
2	BRATUS, AINSLIE	HOLY CROSS SS	14.25
3	GRABE, MOLLIE	CARLETON PLACE	14.31
4	CAMPBELL, SKYLA	CARLETON PLACE	14.35
5	MCCREARY, FIONA	RIDEAU DISTRICT HS	14.48
6	MCDONALD, SARAH	ST. MARY CHS	14.92
7	ROUMANIS, ELLIE	E.S.C. MARIE-RIVIER	15.18

**Girls 1500 Meter Run Junior**

=====				
Legacy: * 4:58.31 2018-04-27 Kara Fitzgerald, E.S.C. Mari				
Name	Year	School	Finals	
=====				

1	DJOMO, SEPHORA	REGIOPOLIS ND	5:32.32
2	ALKERTON, ALYSHIA	ST. MARY CHS	5:33.00
3	FRYMIRE, CLARE	KINGSTON CVI	5:45.38
4	HILL, GRACE	ALMONTE DHS	5:46.39
5	HACKETT, JAYNE	LOYALIST CVI	5:46.52
6	JAMES, ALEXIS	REGIOPOLIS ND	5:59.98
7	AIKEN, JUNO	MILLE-ÎLES	6:08.39
8	CAMPBELL, ANIA	KINGSTON CVI	6:11.87
9	MEYERS, MACKENZIE	BAYRIDGE SS	6:23.05
10	MILLOTTE, JAZMIN	KINGSTON CVI	6:44.53
11	CONTOIS, EMMA	HOLY CROSS SS	6:59.37
12	RATKOWSKI, ABBY	LA SALLE SS	7:06.68
13	SMART, NICOLE	SOUTH CARLETON HS	7:13.17
14	GIFFORD, ASHLEY	LA SALLE SS	7:52.28

**Girls 80 Meter Hurdles Junior**

=====				
Legacy: * 12.68 2015 Claire Millard, Loyalist				
Name	Year	School	Prelims	H#
=====				

Preliminaries

1	JACKSON, LILLY	CARLETON PLACE	13.93Q	1
2	MCPARLAND, PAIGE	SYDENHAM HS	15.65Q	2
3	MCCREARY, FIONA	RIDEAU DISTRICT HS	15.04Q	1
4	MCNEELY, HAILEY	SYDENHAM HS	16.01Q	2
5	MARSHALL, SAM	THOUSAND ISLANDS SS	16.31Q	2
6	LAST, THAREN	THOUSAND ISLANDS SS	16.83Q	1
7	SCOTT, LEILANI	KINGSTON CVI	16.96q	1
8	SHILLINGTON, ABBY	SYDENHAM HS	17.05q	1
9	FUCHS, BAILEY	LA SALLE SS	17.42	2

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**....Girls 80 Meter Hurdles Junior**

10 LANDRY, ABBY LA SALLE SS 18.68 1

**Girls 80 Meter Hurdles Junior**

=====			
Name	Year	School	Finals
=====			

Legacy: \* 12.68 2015 Claire Millard, Loyalist

**Finals**

1 JACKSON, LILLY	CARLETON PLACE	13.72
2 MCCREARY, FIONA	RIDEAU DISTRICT HS	14.78
3 MCNEELY, HAILEY	SYDENHAM HS	15.15
4 MCPARLAND, PAIGE	SYDENHAM HS	15.54
5 SHILLINGTON, ABBY	SYDENHAM HS	15.87
6 MARSHALL, SAM	THOUSAND ISLANDS SS	16.62
7 SCOTT, LEILANI	KINGSTON CVI	16.82

**Girls 4x100 Meter Relay Junior**

=====			
School	Year	Finals	H#
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Legacy: \* 52.93 2018-04-27 Frontenac S.S., Frontenac S.S.

1 CARLETON PLACE 'A'	53.36	1
2 LA SALLE SS 'A'	56.50	1
3 REGIOPOLIS NOTRE DAME 'A'	57.53	1
4 RIDEAU DISTRICT HS 'A'	59.97	1
5 SOUTH CARLETON HS 'A'	1:01.47	1
6 RIDEAU DISTRICT HS 'B'	1:03.09	2
7 ALMONTE DHS 'A'	1:09.23	2
-- THOUSAND ISLANDS SS 'B'	DQ	1

**Girls High Jump Junior**

=====			
Name	Year	School	Finals
=====			

Legacy: \* 1.50m 2018-04-27 Abby Jones, Thousand Isl

1 MCDONALD, SARAH	ST. MARY CHS	1.40m
2 LANDRY, ABBY	LA SALLE SS	1.35m
3 COX, KEELEY	GRANITE RIDGE EC	1.30m
3 WATSON, ALEXIS	GANANOQUE SS	1.30m
5 CRAWFORD, SHELBY	ALMONTE DHS	1.20m

**Girls Pole Vault Junior**

=====			
Name	Year	School	Finals
=====			

Legacy: \* 2.40m 2016-04-22 Danielle Adam, Kingston CVI

1 LAST, THAREN	THOUSAND ISLANDS SS	2.05m
1 LANDRY, ABBY	LA SALLE SS	2.05m
-- MCDONALD, SARAH	ST. MARY CHS	NH
-- MARSHALL, SAM	THOUSAND ISLANDS SS	NH

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**Girls Long Jump Junior**

Legacy: * 4.91m 2019-04-26 LILLY JACKSON, Carleton Place			
Name	Year	School	Finals
1 JACKSON, LILLY		CARLETON PLACE	4.91m*
2 CLARK, KAYLEE		GANANOQUE SS	4.69m
3 TERPSTRA, MARISSA		HOLY CROSS SS	4.58m
4 PINCH, DARA		REGIOPOLIS ND	4.22m
5 SCOTT, LEILANI		KINGSTON CVI	3.98m
6 KENNEY, GRACE		RIDEAU DISTRICT HS	3.94m
7 WATSON, ALEXIS		GANANOQUE SS	3.87m
8 RUSSELL, JESSICA		GANANOQUE SS	3.63m
9 PHIN, JERSEY		SYDENHAM HS	3.35m
10 COX, KEELEY		GRANITE RIDGE EC	3.33m
11 DONNELLY, AALIYAH		REGIOPOLIS ND	3.01m

**Girls Triple Jump Junior**

Legacy: * 10.45m 2017-04-21 SYDNEY CAMPBELL, Kingston CV			
Name	Year	School	Finals
1 EGIDIO-CLUETT, EGIDIO-CL		REGIOPOLIS ND	9.18m
2 TERPSTRA, MARISSA		HOLY CROSS SS	9.12m
3 SCOTT, LEILANI		KINGSTON CVI	8.86m
4 KENNEY, GRACE		RIDEAU DISTRICT HS	8.59m
5 PINCH, DARA		REGIOPOLIS ND	8.36m
6 DONALDSON, ALI		RIDEAU DISTRICT HS	8.21m
7 MCNEELY, HAILEY		SYDENHAM HS	8.06m
8 LALONDE, JESSICA		SOUTH CARLETON HS	7.69m
9 COX, KEELEY		GRANITE RIDGE EC	7.66m
10 AIRHART, EMILY		REGIOPOLIS ND	7.61m
-- SPROULE, MADISON		HOLY CROSS SS	FOUL

**Girls Shot Put Junior**

Legacy: * 12.66m 2015 Braiden Nichols, Perth			
Name	Year	School	Finals
1 SWAINE, EMILY		BAYRIDGE SS	9.70m
2 WALLACE, KALEIGH		THOUSAND ISLANDS SS	9.23m
3 GUIGUE, GRACE		GRANITE RIDGE EC	9.05m
4 SALTER, MORGAN		LA SALLE SS	8.77m
5 TURCOTTE, CHELSEA		REGIOPOLIS ND	8.66m
6 FERGUSON, AUTUMN		RIDEAU DISTRICT HS	8.58m
7 VAN HUMBECK, MACKIE		REGIOPOLIS ND	8.16m
8 ROGERS, ANNA		LOYALIST CVI	8.15m
9 TRTIK, NIKYLA		ALMONTE DHS	7.91m
10 CINNAMON, KEENA		SOUTH CARLETON HS	7.16m
11 SPROULE, MADISON		HOLY CROSS SS	6.92m
12 BANKS, KAYLEIGH		LOYALIST CVI	6.14m
13 DONNELLY, AALIYAH		REGIOPOLIS ND	5.42m
14 HANLEY, CLARE		ERNESTOWN SECONDARY	5.06m
15 PRATT VALLIER, SYDNEY		LA SALLE SS	4.66m

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**Girls Javelin Throw Junior**

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Legacy: * 34.39m 2019-04-26 KAYLEE CLARK, Gananoque SS			
Name	Year	School	Finals
=====			
1	CLARK, KAYLEE	GANANOQUE SS	34.39m*
2	RAYMO, KIERAN	KINGSTON CVI	28.84m
3	BELEZA, BROOKE	FRONTENAC SS	27.30m
4	SALTER, MORGAN	LA SALLE SS	26.88m
5	PHIN, JERSEY	SYDENHAM HS	26.03m
6	GUIGUE, GRACE	GRANITE RIDGE EC	24.39m
7	CINNAMON, KEENA	SOUTH CARLETON HS	22.08m
8	WALLACE, KALEIGH	THOUSAND ISLANDS SS	21.08m
9	PUTNAM, ANNIKA	GRANITE RIDGE EC	21.07m
10	CATTELIER, BREANNA	THOUSAND ISLANDS SS	20.70m
11	LAVERTY, MIYRA	SOUTH CARLETON HS	19.89m
12	JACKSON, MAIRINA	GRANITE RIDGE EC	19.00m
13	LYONS, ABBY	RIDEAU DISTRICT HS	14.35m
14	TURCOTTE, CHELSEA	REGIOPOLIS ND	12.85m
15	HANLEY, CLARE	ERNESTOWN SECONDARY	9.09m
16	SMART, NICOLE	SOUTH CARLETON HS	8.53m
--	KARRAS, MARGO	RIDEAU DISTRICT HS	FOUL

**Girls 100 Meter Dash Senior**

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Legacy: * 12.54 2015 Sophia Skorenky, Marie-Rivier				
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	RICHMOND, DACEY	HOLY CROSS SS	12.97Q	3
2	DUNDON, MEGHAN	ERNESTOWN SECONDARY	13.36Q	1
3	BATHURST, REGAN	THOUSAND ISLANDS SS	13.68Q	4
4	YOUNG, EMMA	FRONTENAC SS	13.93Q	2
5	AGYEI, MEGAN	FRONTENAC SS	13.38q	1
6	VAN SPRIEL, MARIEKE	ST. MARY CHS	13.73q	1
7	VAN HAL, GRACE	LOYALIST CVI	13.84q	4
8	BLUETHNER, MAIA	ALMONTE DHS	13.88q	4
9	ELLIOT, OLIVIA	LA SALLE SS	13.98	3
10	PAYNE, CALISTA	REGIOPOLIS ND	14.32	3
11	BATLER, KAYLA	SYDENHAM HS	14.34	3
12	YOUNG, FALAN	ALMONTE DHS	14.56	2
12	JULIA, PATTERSON	REGIOPOLIS ND	14.56	4
14	MASHAMBA, DEBORAH	REGIOPOLIS ND	14.57	2
15	HOWES, MORGAN	GRANITE RIDGE EC	14.60	2
16	WILLEMSE, JODIE	REGIOPOLIS ND	14.61	1
17	SILVA, LISA	GRANITE RIDGE EC	15.00	1
18	IONSON, SKY	ST. MARY CHS	15.02	2
19	PANETTA, SIERRA	KINGSTON CVI	15.28	4
20	LISTON, MALAYSIA	LA SALLE SS	15.46	4
21	JEFFRIES, TAYLOR	LA SALLE SS	15.55	1
22	VASQUEZ, PILAR	KINGSTON CVI	15.88	3
23	PLUMLEY, TAYLOR	THOUSAND ISLANDS SS	17.71	2



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**Girls 100 Meter Dash Senior**

=====			
Legacy: * 12.54	2015	Sophia Skorenky, Marie-Rivier	
Name	Year	School	Finals
=====			

Finals			
1	RICHMOND, DACEY	HOLY CROSS SS	13.08
2	DUNDON, MEGHAN	ERNESTOWN SECONDARY	13.37
3	AGYEI, MEGAN	FRONTENAC SS	13.59
4	BLUETHNER, MAIA	ALMONTE DHS	13.80
4	VAN SPRIEL, MARIEKE	ST. MARY CHS	13.80
6	YOUNG, EMMA	FRONTENAC SS	14.00
6	VAN HAL, GRACE	LOYALIST CVI	14.00
8	BATHURST, REGAN	THOUSAND ISLANDS SS	14.20

**Girls 1500 Meter Run Senior**

=====			
Legacy: * 4:56.38	2019-04-26	CLAIRE CUSHING, Thousand Is	
Name	Year	School	Finals
=====			

1	CUSHING, CLAIRE	THOUSAND ISLANDS SS	4:56.38*
2	FITZGERALD, KARA	E.S.C. MARIE-RIVIER	5:02.07
3	STOWE, CAITLYN	ALMONTE DHS	5:26.85
4	REYNOLDS, BRYN	LA SALLE SS	5:41.10
5	O'SULLIVAN, MACKENZIE	SYDENHAM HS	5:53.49
6	ROJAS, DANIELA	REGIOPOLIS ND	5:58.94
7	CAIRD, ALEASHA	GANANOQUE SS	6:06.69
8	IRWIN, CATHERINE	HOLY CROSS SS	6:12.70
9	KELLAR, ABBEY	GANANOQUE SS	6:17.49
10	HEFFERNAN, PAIGE	SYDENHAM HS	6:20.08

**Girls 100 Meter Hurdles Senior**

=====				
Legacy: * 15.31	2016-04-22	Blaire Dunn, Frontenac Se		
Name	Year	School	Prelims	H#
=====				

Preliminaries				
1	BATHURST, REGAN	THOUSAND ISLANDS SS	16.72Q	2
2	CAMPBELL, SYDNEY	KINGSTON CVI	16.80Q	1
3	COOPER, RACHEL	KINGSTON CVI	17.74Q	1
4	VAN SPRIEL, MARIEKE	ST. MARY CHS	18.00Q	2
5	GOSS, CHLOE	REGIOPOLIS ND	18.02Q	2
6	STONNESS, HANNAH	KINGSTON CVI	18.39Q	1
7	HILL, EMMA	ALMONTE DHS	18.20q	2
8	OCONNOR, MEREDITH	THOUSAND ISLANDS SS	18.80q	1
9	JONES, ABBY	THOUSAND ISLANDS SS	18.88	1
10	LAVOIE, SARAH	KINGSTON CVI	22.38	2

**Girls 100 Meter Hurdles Senior**

=====			
Legacy: * 15.31	2016-04-22	Blaire Dunn, Frontenac Se	
Name	Year	School	Finals
=====			

Finals			
1	COOPER, RACHEL	KINGSTON CVI	17.22
2	BATHURST, REGAN	THOUSAND ISLANDS SS	17.42

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**....Girls 100 Meter Hurdles Senior**

3	CAMPBELL, SYDNEY	KINGSTON CVI	17.43
4	STONNESS, HANNAH	KINGSTON CVI	18.11
5	GOSS, CHLOE	REGIOPOLIS ND	18.18
6	HILL, EMMA	ALMONTE DHS	18.77
7	OCONNOR, MEREDITH	THOUSAND ISLANDS SS	19.20
8	VAN SPRIEL, MARIEKE	ST. MARY CHS	19.70

**Girls 4x100 Meter Relay Senior**

=====			
	Legacy: *	Year	School
	53.25	2019-04-26	Thousand Islands SS, Thousand School
=====			
		Year	School
1			THOUSAND ISLANDS SS 'A'
2			ERNESTOWN SECONDARY 'A'
3			ALMONTE DHS 'A'
4			KINGSTON CVI 'A'
			Finals
	53.25*		
	55.87		
	56.42		
	1:03.42		

**Girls Pole Vault Senior**

=====			
	Legacy: *	Year	School
	2.50m	2019-04-26	GRACE MCKENNA, Bayridge SS
=====			
		Year	School
1			MCKENNA, GRACE
2			HOWES, MORGAN
			Finals
	2.50m*		
	2.05m		

**Girls Long Jump Senior**

=====				
	Legacy: *	Year	School	
	5.40m	2019-04-26	MEGHAN DUNDON, Ernestown SS	
=====				
	OlderLegacy: +	Year	School	
	5.40m	2017-04-21	Ashley Langelier, Cornwall CVI	
=====				
		Year	School	Finals H#
1			DUNDON, MEGHAN	5.40m* 1
2			CAMPBELL, SYDNEY	4.72m 1
3			READ, ELAINA	4.58m 1
4			STONNESS, HANNAH	4.51m 1
5			VAN HAL, GRACE	4.45m 1
6			HEMSLEY, DANIELLE	4.29m 1
7			VANDENENGEL, LYDIA	4.20m 1
8			ARSENAULT, ALLE	4.19m 1
9			MCKENZIE, CAELYN	4.12m 1
10			MASHAMBA, DEBORAH	4.02m 1
11			ROCHON, THEORY	3.90m 2
12			IONSON, SKY	3.83m 1
13			SILVA, LISA	3.71m 1
14			JEFFRIES, TAYLOR	3.48m 1
15			BOUGH, KYRA	3.44m 1
16			FREEMAN, MCKAYLA	3.37m 1

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**Girls Triple Jump Senior**

=====			
Legacy: *	10.57m	2019-04-26	Sydney Campbell, Kingston CV
OlderLegacy: +	10.57m	2018-04-27	Sydney Campbell, Kingston CV
Name	Year	School	Finals
=====			
1	CAMPBELL, SYDNEY	KINGSTON CVI	10.57m*
2	READ, ELAINA	CORNWALL CVS	9.93m
3	LAMONT, MADELINE	SOUTH CARLETON HS	9.87m
4	JESSE, HALE	HOLY CROSS SS	9.75m
5	ARSENAULT, ALLE	HOLY CROSS SS	9.60m
6	VANDENENGEL, LYDIA	SYDENHAM HS	9.28m
7	REYNOLDS, KAYLYN	BAYRIDGE SS	8.79m
8	BOUGH, KYRA	REGIOPOLIS ND	8.41m
9	FREEMAN, MCKAYLA	REGIOPOLIS ND	8.04m
10	JEFFRIES, TAYLOR	LA SALLE SS	7.38m

**Girls Shot Put Senior**

=====			
Legacy: *	11.72m	2016-04-22	Hailey Wolfgram, Regiopolis-
Name	Year	School	Finals
=====			
1	FRASER, JADYN	CARLETON PLACE	9.31m
2	SCOTT, DESTINY	REGIOPOLIS ND	8.80m
3	BEDARD, SOPHIE	BAYRIDGE SS	7.54m
4	MUNRO, OLIVIA	ALMONTE DHS	6.99m
5	COX, TEAGAN	GRANITE RIDGE EC	6.78m
6	BROWN, MILLY	RIDEAU DISTRICT HS	5.87m
7	SNIDER, JILLIAN	RIDEAU DISTRICT HS	5.73m
8	MILLIGAN, GRACE	ALMONTE DHS	5.46m

**Girls Javelin Throw Senior**

=====				
Legacy: *	31.68m	2019-04-26	MAGGIE FORD, Carleton Place	
Name	Year	School	Finals	H#
=====				
1	FORD, MAGGIE	CARLETON PLACE	31.68m*	1
2	BURGRAFF, AUDREY	BAYRIDGE SS	29.82m	1
3	RENAUD, BRITTANY	ST. MARY CHS	28.98m	1
4	COTNAM, CAILEY	SYDENHAM HS	27.28m	1
5	FRASER, JADYN	CARLETON PLACE	27.24m	1
6	SKORENKY, NADIA	E.S.C. MARIE-RIVIER	26.74m	1
7	CALLERY, EMILY	CARLETON PLACE	24.75m	1
8	HOWES, TANGIE	GRANITE RIDGE EC	24.52m	1
9	COX, TEAGAN	GRANITE RIDGE EC	21.80m	1
10	RYAN, DELANEY	SYDENHAM HS	19.56m	1
11	DWANE, ABBY	BAYRIDGE SS	19.30m	1
12	DUMOND, MAKINLEY	ST. MARY CHS	17.68m	1
13	GARLOUGH, JENNA	ST. MARY CHS	17.10m	1
14	GABRIELLE, COENS	SYDENHAM HS	16.90m	1
15	PUSKAS, ADDI	ST. MARY CHS	16.79m	1
16	FERGUSON, JESSIE MAE	GRANITE RIDGE EC	16.47m	1
17	HICKEY, KAYLEE	RIDEAU DISTRICT HS	14.53m	1
18	BEDARD, SOPHIE	BAYRIDGE SS	14.38m	2
19	ANNABLE, MARISSA	ST. MARY CHS	12.63m	1
20	SCHLATTER, MARCELLA	BAYRIDGE SS	12.49m	1

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**....Girls Javelin Throw Senior**

21 MORI, URARA	ST. MARY CHS	7.10m	1
22 BROWN, MILLY	RIDEAU DISTRICT HS	6.59m	1
-- MCEWEN, OLIVIA	LA SALLE SS	FOUL	1

**Girls 100 Meter Dash Intellectual Open**

=====  
 Legacy: \* 16.38 2018-04-27 Brianna Clow, Sydenham H.S.  
 Name Year School Prelims  
 =====

Preliminaries

1 PRATT VALLIER, SYDNEY	LA SALLE SS	17.34Q
2 SEARS, SKYLER	SYDENHAM HS	17.84Q
3 HEFFERNAN, PAIGE	SYDENHAM HS	18.43Q
4 CLARK, JORDAN	LA SALLE SS	26.30Q

**Girls 100 Meter Dash Intellectual Open**

=====  
 Legacy: \* 16.38 2018-04-27 Brianna Clow, Sydenham H.S.  
 Name Year School Finals  
 =====

Finals

1 PRATT VALLIER, SYDNEY	LA SALLE SS	17.34
2 SEARS, SKYLER	SYDENHAM HS	17.84
3 HEFFERNAN, PAIGE	SYDENHAM HS	18.43
4 CLARK, JORDAN	LA SALLE SS	26.30

**Girls 2000 Meter Steeplechase Open**

=====  
 Legacy: \* 8:03.24 2019-04-26 CAITLYN STOWE, Almonte DHS  
 Name Year School Finals  
 =====

1 STOWE, CAITLYN	ALMONTE DHS	8:03.24*
2 REYNOLDS, BRYN	LA SALLE SS	8:23.85
3 MATTHIAS, BRIGETTE	HOLY CROSS SS	9:03.39
4 ROJAS, DANIELA	REGIOPOLIS ND	9:22.25
5 LAPPAN, DARCIE	SYDENHAM HS	9:51.37
6 SMITH, OLIVIA	RIDEAU DISTRICT HS	9:59.96
7 HILLIS, REBECCA	SYDENHAM HS	10:27.28

**Girls Distance Medley Open**

=====  
 Legacy: \* 5:43.53 2015 Thousand Islands S.S., Thousan  
 School Finals H#  
 =====

1 THOUSAND ISLANDS SS 'A'	5:47.45	1
2 HOLY CROSS SS 'A'	5:50.59	1
3 ALMONTE DHS 'A'	6:21.45	1
4 THOUSAND ISLANDS SS 'B'	6:31.29	2
5 REGIOPOLIS NOTRE DAME 'A'	6:31.75	1
6 REGIOPOLIS NOTRE DAME 'B'	6:54.33	2
7 SYDENHAM HS 'A'	7:00.23	1
8 RIDEAU DISTRICT HS 'A'	7:34.47	2
9 ALMONTE DHS 'B'	8:18.90	2

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**Boys 100 Meter Dash Midget**

=====				
Legacy: * 11.45	2015	Cole Horsman, Frontenac SS		
Name	Year	School	Prelims	H#
=====				
<b>Preliminaries</b>				
1	PODGERS, CALEB	FRONTENAC SS	12.60Q	3
2	TYO, OWEN	THOUSAND ISLANDS SS	12.82Q	2
3	MCDONNELL, IAN	HOLY CROSS SS	12.92Q	4
3	BRITTON, JAMIESON	FRONTENAC SS	12.92Q	1
5	BOTTING, ANDREW	HOLY CROSS SS	12.99q	2
6	DHANO, SHAN	THOUSAND ISLANDS SS	13.05q	4
7	SLOSS, SAMUEL	FRONTENAC SS	13.31q	2
8	BURNS, JESSE	SYDENHAM HS	13.35q	1
9	NOWLAN, REILLY	THOUSAND ISLANDS SS	13.42	1
10	HOBIN, CONNOR	HOLY CROSS SS	13.50	3
11	BROWN, JAGGER	FRONTENAC SS	13.56	2
12	GWIN, EVAN	SOUTH CARLETON HS	13.69	3
13	RICHARDSON, OWEN	SYDENHAM HS	13.71	4
14	COURCY, DONNY	ALMONTE DHS	13.79	3
15	BURNS, TEAGAN	FRONTENAC SS	13.80	4
16	BOILEAU, KALEB	THOUSAND ISLANDS SS	13.86	4
17	CROSBY, NATHAN	REGIOPOLIS ND	13.97	3
17	LAFLEUR, DANIEL	E.S.C. MARIE-RIVIER	13.97	2
19	WYLIE, RHYS	ERNESTOWN SECONDARY	14.01	3
20	WOOD, DOMINIC	GANANOQUE SS	14.08	2
21	HALL, JOSEPH	FRONTENAC SS	14.15	4
22	RAY, RYAN	ERNESTOWN SECONDARY	14.61	1
23	CHARLES, BRODY	BAYRIDGE SS	15.05	1
24	CARROLL, EVAN	RIDEAU DISTRICT HS	15.15	2
25	SARGENT, WILL	GRANITE RIDGE EC	15.43	3
26	STANIFORTH, LIAM	GRANITE RIDGE EC	15.49	2
27	MASHADI, IBRAHIM	SOUTH CARLETON HS	15.73	4

**Boys 100 Meter Dash Midget**

=====				
Legacy: * 11.45	2015	Cole Horsman, Frontenac SS		
Name	Year	School	Finals	
=====				
<b>Finals</b>				
1	PODGERS, CALEB	FRONTENAC SS	12.71	
2	TYO, OWEN	THOUSAND ISLANDS SS	12.87	
3	BOTTING, ANDREW	HOLY CROSS SS	12.90	
4	BRITTON, JAMIESON	FRONTENAC SS	13.05	
5	MCDONNELL, IAN	HOLY CROSS SS	13.08	
6	DHANO, SHAN	THOUSAND ISLANDS SS	13.26	
7	BURNS, JESSE	SYDENHAM HS	13.46	

**Boys 1500 Meter Run Midget**

=====				
Legacy: * 4:39.32	2017-04-21	RORY MCGARVEY, Nicholson CC		
Name	Year	School	Finals	
=====				
1	EBRAHIM, GRAYSON	LA SALLE SS	4:39.84	
2	FITZGERALD, KEVIN	E.S.C. MARIE-RIVIER	4:43.92	
3	PLANT, NATHAN	THOUSAND ISLANDS SS	4:49.33	

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**....Boys 1500 Meter Run Midget**

4	DHANOVA, SHAN	THOUSAND ISLANDS SS	4:49.49
5	O'BRIEN, ETHAN	REGIOPOLIS ND	4:50.35
6	LLYOD, ROWAN	LOYALIST CVI	4:53.65
7	JONAH, REYNOLDS	HOLY CROSS SS	4:53.72
8	WOLOSHIN, WALTER	THOUSAND ISLANDS SS	4:54.48
9	KINNEY, OWEN	HOLY CROSS SS	4:54.62
10	MCCULLOUGH, JACK	BAYRIDGE SS	4:57.91
11	BARKELL, ALEX	CARLETON PLACE	5:47.94

**Boys 100 Meter Hurdles Midget**

=====

Legacy: * 15.94	2014	Merik Wilcock, Sydenham HS	
Name	Year	School	Prelims H#

=====

Preliminaries

1	GILPIN, BRYSON	SYDENHAM HS	16.60Q	2
2	PODGERS, CALEB	FRONTENAC SS	17.23Q	1
3	MCNEELY, KIERAN	SYDENHAM HS	17.94Q	2
4	MAHONEY, CONRAD	CARLETON PLACE	17.97Q	1
5	LOKEN, NATE	KINGSTON CVI	18.24Q	1
6	KEAN, NICK	CARLETON PLACE	19.22Q	2
7	DONNELLY, REAGAN	RIDEAU DISTRICT HS	21.55q	2
8	WHALEN, BRADEN	THOUSAND ISLANDS SS	24.92q	2

**Boys 100 Meter Hurdles Midget**

=====

Legacy: * 15.94	2014	Merik Wilcock, Sydenham HS	
Name	Year	School	Finals

=====

Finals

1	GILPIN, BRYSON	SYDENHAM HS	17.47
2	PODGERS, CALEB	FRONTENAC SS	18.58
3	LOKEN, NATE	KINGSTON CVI	18.65
4	MAHONEY, CONRAD	CARLETON PLACE	18.88
5	MCNEELY, KIERAN	SYDENHAM HS	19.15
6	KEAN, NICK	CARLETON PLACE	19.31

**Boys 4x100 Meter Relay Midget**

=====

Legacy: * 48.49	2016-04-22	Thousand Islands SS, Thousand	
School			Finals

=====

1	THOUSAND ISLANDS SS 'A'	50.52
2	HOLY CROSS SS 'A'	50.64
3	FRONTENAC SS 'A'	51.54
4	THOUSAND ISLANDS SS 'B'	57.46
5	GRANITE RIDGE EC 'A'	57.65
6	SOUTH CARLETON HS 'A'	1:31.77
--	CARLETON PLACE 'A'	DQ

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**Boys High Jump Midget**

=====			
Legacy: * 1.75m 2018-04-27 Aidan Henry, Kingston CVI			
Name	Year	School	Finals
=====			
1	BEAUBIEN, SPENCER	FRONTENAC SS	1.60m
2	MCNEELY, MITCHELL	CARLETON PLACE	1.55m
3	CARTER, DYLAN	KINGSTON CVI	J1.55m
4	GAMBLE, FINN	CARLETON PLACE	1.50m
5	SHAN, DHANOA	THOUSAND ISLANDS SS	J1.50m
6	THOMPSON, LUCAS	GRANITE RIDGE EC	1.45m
--	SPICER, BEN	THOUSAND ISLANDS SS	NH
--	CARROLL, EVAN	RIDEAU DISTRICT HS	NH
--	HUNTER, STORM	GRANITE RIDGE EC	NH
--	PLATA, CAIUS	REGIOPOLIS ND	NH

**Boys Pole Vault Midget**

=====			
Legacy: * 2.40m 2014 Brennan Seguin, Char-Lan			
Name	Year	School	Finals
=====			
1	BEAUBIEN, SPENCER	FRONTENAC SS	2.20m
--	BROWN, CALLUM	CARLETON PLACE	NH
--	WHALEN, BRADEN	THOUSAND ISLANDS SS	NH

**Boys Long Jump Midget**

=====			
Legacy: * 5.47m 2015 Josh Grawberger, Ernestown SS			
Name	Year	School	Finals
=====			
1	GILPIN, BRYSON	SYDENHAM HS	5.29m
2	FINUCANE, BRENNAN	SYDENHAM HS	5.15m
3	CARTER, DYLAN	KINGSTON CVI	4.98m
4	MCNEELY, KIERAN	SYDENHAM HS	4.64m
5	CHARLES, BRODY	BAYRIDGE SS	3.85m
6	MOFFATT, BRAYDEN	SOUTH CARLETON HS	3.70m
--	RICHARDSON, OWEN	SYDENHAM HS	FOUL

**Boys Triple Jump Midget**

=====			
Legacy: * 11.87m 2014 Mavrick Snider, Bayridge S.S			
Name	Year	School	Finals
=====			
1	FINUCANE, BRENNAN	SYDENHAM HS	11.03m
2	BOTTING, ANDREW	HOLY CROSS SS	11.00m
3	HOBIN, CONNOR	HOLY CROSS SS	10.72m
4	GILPIN, BRYSON	SYDENHAM HS	10.61m
5	LAFLEUR, DANIEL	E.S.C. MARIE-RIVIER	10.34m
6	BURNS, TEAGAN	FRONTENAC SS	10.15m
7	MCNEELY, KIERAN	SYDENHAM HS	9.98m
8	CROSBY, NATHAN	REGIOPOLIS ND	9.86m
9	DONNELLY, REAGAN	RIDEAU DISTRICT HS	8.14m
--	RICHARDSON, OWEN	SYDENHAM HS	FOUL

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**Boys Shot Put Midget**

=====			
Legacy: * 14.54m 2016-04-22 Lucas Woodhall, Thousand Isl			
Name	Year	School	Finals
=====			
1	WHEELER, GAVIN	CARLETON PLACE	11.34m
2	HANES, ROWAN	LOYALIST CVI	9.48m
3	CARTWRIGHT, AUSTIN	GANANOQUE SS	9.29m
4	HUMBY, JOHNATHAN	SOUTH CARLETON HS	8.78m
5	SARGENT, WILL	GRANITE RIDGE EC	7.86m

**Boys Javelin Throw Midget**

=====			
Legacy: * 37.00m 2019-04-26 GAVIN WHEELER, Carleton Plac			
Name	Year	School	Finals
=====			
1	WHEELER, GAVIN	CARLETON PLACE	37.00m*
2	WOOLLER, ETHAN	ST. MARY CHS	35.11m
3	BROWN, JAGGER	FRONTENAC SS	32.92m
4	HUNTER, STORM	GRANITE RIDGE EC	32.81m
5	SIMPSON, LIAM	RIDEAU DISTRICT HS	32.40m
6	KNETCHEL, JUDAH	CARLETON PLACE	31.74m
7	SPICER, BEN	THOUSAND ISLANDS SS	29.47m
8	WHITE, MATT	THOUSAND ISLANDS SS	26.03m
9	THOMPSON, LUCAS	GRANITE RIDGE EC	23.26m
10	MORTON, WYLIE`	THOUSAND ISLANDS SS	23.01m
11	BALL, TRAVIS	LOYALIST CVI	22.29m
12	HANES, ROWAN	LOYALIST CVI	20.78m
13	LAM, JACOB	E.S.C. MARIE-RIVIER	19.68m
14	LOKEN, NATE	KINGSTON CVI	16.44m
15	LUND, DEVON	SOUTH CARLETON HS	15.27m

**Boys 100 Meter Dash Junior**

=====				
Legacy: * 11.81 2015 Thomas Lambert, Sydenham HS				
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	PRICE, HUNTER	THOUSAND ISLANDS SS	12.47Q	3
2	LOWRY, NATHANIEL	ALMONTE DHS	12.52Q	6
3	MONENEGRO, ALEX	LOYALIST CVI	12.54Q	1
4	GURNSEY, MICHAEL	FRONTENAC SS	12.66Q	4
5	DANIEL, WILL	HOLY CROSS SS	12.70Q	5
6	PETE, OWEN	FRONTENAC SS	13.31Q	2
7	DEUGO, PARKER	ALMONTE DHS	12.59q	3
8	GARGARO, JOE	HOLY CROSS SS	12.76q	6
9	RIGHETTO, GUI	FRONTENAC SS	12.81	6
10	MILLS, GREG	SYDENHAM HS	13.00	5
11	CHAPMAN, AIDAN	THOUSAND ISLANDS SS	13.02	4
12	PEDERSEN, CODY	SYDENHAM HS	13.11	1
13	BRANSCOMBE, CHAD	SYDENHAM HS	13.15	3
14	MCCALLUM, CALE	BAYRIDGE SS	13.22	3
14	GILLIS, GABRIEL	E.S.C. MARIE-RIVIER	13.22	6
14	CALVERLEY, THOMPSON	SOUTH CARLETON HS	13.22	5
14	IRELAND, SEAN	ALMONTE DHS	13.22	4
18	ANDREWS, REESE	FRONTENAC SS	13.28	5



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**....Boys 100 Meter Dash Junior**

19	POWER, CARTER	LA SALLE SS	13.42	1
20	MCELHINNEY, CALLAGHAN	FRONTENAC SS	13.44	1
21	FOX, REED	LA SALLE SS	13.47	4
22	LOGAN, STUART	BAYRIDGE SS	13.49	4
23	DIAK, CALLUM	KINGSTON CVI	13.56	6
24	NKOMO, HOPE	BAYRIDGE SS	13.58	5
25	BANTING, CONNOR	BAYRIDGE SS	13.70	1
26	MATHEWS, ZAC	BAYRIDGE SS	13.79	2
27	LEBLANC, COLIN	SYDENHAM HS	13.90	4
28	PEDLAR, GREG	LA SALLE SS	13.93	6
29	KIRKPATRICK, COLIN	GRANITE RIDGE EC	14.19	2
30	CAWTHRAY, ROAN	GANANOQUE SS	14.36	2
31	ALSONSO, MIGUEL	LA SALLE SS	14.85	3
32	CYUBAHIRO, SEDNEY	REGIOPOLIS ND	15.72	3
32	ROBERT-SCRUBB, JADEN	HOLY CROSS SS	15.72	2
34	MERCER, OSTEN	LA SALLE SS	17.43	2

**Boys 100 Meter Dash Junior**

=====			
Legacy: *	11.81	2015	Thomas Lambert, Sydenham HS
Name		Year School	Finals
=====			

Finals

1	PRICE, HUNTER	THOUSAND ISLANDS SS	12.72
2	DEUGO, PARKER	ALMONTE DHS	12.74
3	GARGARO, JOE	HOLY CROSS SS	12.75
4	MONENEGRO, ALEX	LOYALIST CVI	12.78
5	LOWRY, NATHANIEL	ALMONTE DHS	12.87
6	GURNSEY, MICHAEL	FRONTENAC SS	12.94
7	DANIEL, WILL	HOLY CROSS SS	13.18
8	PETE, OWEN	FRONTENAC SS	13.68

**Boys 1500 Meter Run Junior**

=====			
Legacy: *	4:23.54	2018-04-27	Rory McGarvey, Nicholson C.
Name		Year School	Finals
=====			

1	TULK, AIDAN	HOLY CROSS SS	4:26.84
2	WHEELER-DEE, JUDE	KINGSTON CVI	4:34.64
3	PICKARD, DAVID	SYDENHAM HS	4:34.87
4	OLMSTEAD, LUCUS	REGIOPOLIS ND	4:44.05
4	BRONSEN, GREAVES	THOUSAND ISLANDS SS	4:44.05
6	RODGERS, CIAN	SYDENHAM HS	4:49.51
7	WRIGHT, CARSON	THOUSAND ISLANDS SS	4:51.79
8	DIXON, DENZIL	LA SALLE SS	4:54.57
9	GOOBIE, JIM	BAYRIDGE SS	5:01.18
10	KOSS, NICK	BAYRIDGE SS	5:01.77
11	JOHNSON, JEFFREY	KINGSTON CVI	5:11.93
12	MCCAUGHERTY, COREY	SYDENHAM HS	5:17.67
13	DOWNEY, NOLAN	SOUTH CARLETON HS	5:24.49
14	SHARMA, EVAN	LOYALIST CVI	5:26.27
15	FINK-JENSEN, BEN	BAYRIDGE SS	5:31.31
16	DETLOR, TYLER	SYDENHAM HS	5:37.13
17	PRINGLE, HARRISON	RIDEAU DISTRICT HS	5:42.69

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**....Boys 1500 Meter Run Junior**

18 SANDOVAL, JOSE LA SALLE SS 5:49.45

**Boys 100 Meter Hurdles Junior**

```
=====
Legacy: * 15.71 2019-04-26 KYLE DOLLIVER, Carleton Place
Name Year School Prelims H#
=====
```

Preliminaries

1	DOLLIVER, KYLE	CARLETON PLACE	15.74Q	1
2	PEDERSEN, CODY	SYDENHAM HS	20.44Q	2
3	BLANCHARD, DAKOTA	THOUSAND ISLANDS SS	16.42Q	1
4	DIAK, CALLUM	KINGSTON CVI	21.09Q	2
5	GAGLIANO, TYLER	THOUSAND ISLANDS SS	17.10Q	1
6	LEBLANC, COLIN	SYDENHAM HS	22.01Q	2
7	SIGURDSON, BENJAMIN	SYDENHAM HS	19.49q	1
8	MCELHINNEY, CALLAGHAN	FRONTENAC SS	19.50q	1
9	WELSH, CRAIG	THOUSAND ISLANDS SS	24.14	2

**Boys 100 Meter Hurdles Junior**

```
=====
Legacy: * 15.71 2019-04-26 KYLE DOLLIVER, Carleton Place
Name Year School Finals
=====
```

Finals

1	DOLLIVER, KYLE	CARLETON PLACE	15.71*
2	BLANCHARD, DAKOTA	THOUSAND ISLANDS SS	16.54
3	GAGLIANO, TYLER	THOUSAND ISLANDS SS	16.91
4	DIAK, CALLUM	KINGSTON CVI	19.71
5	MCELHINNEY, CALLAGHAN	FRONTENAC SS	19.84
6	SIGURDSON, BENJAMIN	SYDENHAM HS	20.07
7	PEDERSEN, CODY	SYDENHAM HS	20.16

**Boys 4x100 Meter Relay Junior**

```
=====
Legacy: * 47.49 2015 Thousand Islands SS, Thousand Is
School Finals H#
=====
```

1	LA SALLE SS 'A'	47.65	1
2	THOUSAND ISLANDS SS 'A'	48.33	1
3	ALMONTE DHS 'A'	48.75	1
4	BAYRIDGE SS 'A'	51.74	2
5	THOUSAND ISLANDS SS 'B'	52.58	2
6	SOUTH CARLETON HS 'A'	53.43	1
7	LA SALLE SS 'B'	54.07	2
8	KINGSTON CVI 'A'	54.57	1

**Boys High Jump Junior**

```
=====
Legacy: * 1.85m 2019-04-26 AIDAN HENRY, Thousand Islands
Name Year School Finals
=====
```

1	HENRY, AIDAN	THOUSAND ISLANDS SS	1.85m*
2	BOWERS, SKYLER	KINGSTON CVI	1.60m
3	MCELHINNEY, CALLAGHAN	FRONTENAC SS	1.55m

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**....Boys High Jump Junior**

4	WOOD, MORGEN	SYDENHAM HS	J1.55m
5	RAYNER, DEVON	GANANOQUE SS	J1.55m
6	PILON, DEVAN	GANANOQUE SS	1.40m

**Boys Pole Vault Junior**

=====			
Legacy: * 3.65m		2015 Brennan Seguin, Char-Lan	
Name	Year	School	Finals
=====			
1	PRETTY, MAVERICK	CARLETON PLACE	2.80m
2	DUNHAM, BRAYDAN	GRANITE RIDGE EC	2.65m
3	BOWERS, SKYLER	KINGSTON CVI	2.50m
4	HILL, JAKE	CARLETON PLACE	2.05m

**Boys Long Jump Junior**

=====				
Legacy: * 5.82m		2019-04-26 DEVON RAYNER, Gananoque SS		
Name	Year	School	Finals	H#
=====				
1	RAYNER, DEVON	GANANOQUE SS	5.82m*	1
2	ANDREWS, REESE	FRONTENAC SS	5.43m	1
3	REID, MIKE	BAYRIDGE SS	5.22m	1
4	LOGAN, STUART	BAYRIDGE SS	4.96m	2
5	MEI, TAKOE	LOYALIST CVI	4.91m	1
6	FITZGERALD, BEN	SYDENHAM HS	4.81m	1
7	GILLIS, GABRIEL	E.S.C. MARIE-RIVIER	4.75m	1
8	SIGURDSON, BEN	SYDENHAM HS	4.71m	1
9	CHAMPAGNE, LUCAS	ST. MARY CHS	4.68m	1
10	DATTA, TRIDIB	KINGSTON CVI	4.43m	1
11	BANTING, CONNOR	BAYRIDGE SS	4.26m	1
12	YOUNG, CHARLIE	HOLY CROSS SS	4.09m	2
13	MACVICAR, COLIN	REGIOPOLIS ND	3.51m	1
14	TIMOTHY, JOHN GWYNN	REGIOPOLIS ND	2.17m	1
--	OUELLET, LOU	E.S.C. MARIE-RIVIER	FOUL	1

**Boys Triple Jump Junior**

=====				
Legacy: * 12.88m		2017-04-21 JON BRADY, Smiths Falls		
Name	Year	School	Finals	H#
=====				
1	RAYNER, DEVON	GANANOQUE SS	12.23m	1
2	LOGAN, STUART	BAYRIDGE SS	11.01m	2
3	REID, MIKE	BAYRIDGE SS	10.93m	2
4	MEI, TAKOE	LOYALIST CVI	10.49m	1
5	FITZGERALD, BEN	SYDENHAM HS	10.41m	1
6	BANTING, CONNOR	BAYRIDGE SS	9.95m	2
7	MACVICAR, COLIN	REGIOPOLIS ND	7.43m	1

**Boys Shot Put Junior**

=====			
Legacy: * 16.01m		2017-04-21 ZACH DEIR, Loyalist CVI	
Name	Year	School	Finals
=====			
1	LEWIS, SPENCER	CARLETON PLACE	15.17m

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**....Boys Shot Put Junior**

2	OSBORNE, ZAC	SYDENHAM HS	13.55m
3	ALTON, QUINTIN	SYDENHAM HS	11.65m
4	BANKS, RYLAN	RIDEAU DISTRICT HS	11.64m
5	HOOGWERF, KYLE	ST. MARY CHS	11.59m
6	LEROY, BRODIE	GANANOQUE SS	11.55m
7	MAYHEW, COLIN	GANANOQUE SS	11.35m
8	MARTIN, NEIL	ALMONTE DHS	11.00m
9	BLANCHARD, JAYDON	CARLETON PLACE	10.88m
10	SNIDER, BEN	SYDENHAM HS	10.27m
11	GRENIER, CALEB	SYDENHAM HS	9.32m
12	DAVEY, ANTHONY	GANANOQUE SS	8.34m

**Boys Javelin Throw Junior**

=====

Legacy: \* 43.91m 2019-04-26 BARRET JOYNT, Sydenham HS

Name	Year School	Finals
1	JOYNT, BARRET	SYDENHAM HS 43.91m*
2	COX, DYLAN	GANANOQUE SS 36.13m
3	KAY, DAVID	GANANOQUE SS 34.23m
4	SCOTT, BRADY	RIDEAU DISTRICT HS 31.34m
5	GIVOGUE, RYAN	THOUSAND ISLANDS SS 30.98m
6	SNIDER, BEN	SYDENHAM HS 30.88m
7	LAKE, KEEGAN	THOUSAND ISLANDS SS 30.11m
8	HOOGWERF, KYLE	ST. MARY CHS 29.42m
9	BLANCHARD, JAYDON	CARLETON PLACE 25.39m
10	BLOHM, JOACHIM	E.S.C. MARIE-RIVIER 20.41m
11	DEIR, ADAM	GANANOQUE SS 20.15m
12	OUELLET, LOU	E.S.C. MARIE-RIVIER 17.54m
13	HOUSTON, DANIEL	ST. MARY CHS 17.07m
14	LECOMPTE, VINCENT	RIDEAU DISTRICT HS 16.82m
15	DAVEY, ANTHONY	GANANOQUE SS 15.02m
--	COOK, BEN	CARLETON PLACE FOUL
--	GILLIS, GABRIEL	E.S.C. MARIE-RIVIER FOUL

**Boys 100 Meter Dash Senior**

=====

Legacy: \* 11.31 2017-04-21 COLE HORSMAN, Frontenac SS

Name	Year School	Prelims	H#
Preliminaries			
1	GURNSEY, JOEL	FRONTENAC SS	11.40Q 2
2	THOMASON, DYLAN	HOLY CROSS SS	11.56Q 1
3	HILLARY, GREG	ERNESTOWN SECONDARY	11.59Q 3
4	PIGNATEL, CORY	CARLETON PLACE	11.66Q 5
5	HIGGS, BEN	GANANOQUE SS	11.72Q 6
6	MCGRAW, NICK	FRONTENAC SS	11.75Q 4
7	BRAVAKIS, EMMETT	HOLY CROSS SS	11.52q 2
8	O'BRIEN, GENHI	FRONTENAC SS	11.61q 3
9	WYLIE, BROCK	LOYALIST CVI	11.78 3
10	REID, TYLER	ST. MARY CHS	11.81 6
11	OMAKOR, NEHEMIAH	SOUTH CARLETON HS	11.94 5
12	WHITE, DAXON	CARLETON PLACE	12.06 4
13	COSTESCU, ETHAN	SOUTH CARLETON HS	12.16 2

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**....Boys 100 Meter Dash Senior**

14	DONOVAN, MATT	GANANOQUE SS	12.17	2
15	DUVAL, KYLE	E.S.C. MARIE-RIVIER	12.20	6
16	LEINWEBER, NOAH	FRONTENAC SS	12.24	1
17	BIRTCH, MCKENDRY	HOLY CROSS SS	12.25	5
18	GRIMSHAW, BEN	HOLY CROSS SS	12.27	4
19	RICKETTS, COLIN	KINGSTON CVI	12.37	5
20	DUBEAU, MATTHEW	CORNWALL CVS	12.40	4
21	FELLOWS, DUSTIN	HOLY CROSS SS	12.49	3
21	TAYLOR, SYLAS	LA SALLE SS	12.49	4
23	PATEL, VARUN	FRONTENAC SS	12.56	6
24	LAVALLEE, LUC	FRONTENAC SS	12.73	5
25	FERNANDES, TRISTAN	REGIOPOLIS ND	12.82	2
26	ENGEN, ROWAN	KINGSTON CVI	12.93	6
27	SLOBODA, MATT	HOLY CROSS SS	13.05	6
28	KERNAGHAN, RYAN	SOUTH CARLETON HS	13.25	3
29	CARLEY, GAVIN	CARLETON PLACE	13.31	6
30	QUAST, JACOB	CARLETON PLACE	13.43	2
31	MCDONALD, CHRISTIAN	SOUTH CARLETON HS	13.68	4
32	HICKEY, JACOB	CORNWALL CVS	13.90	2
33	GARCIA, ALEJANDRO	LA SALLE SS	14.51	6
34	PASCOLI, GABRIEL	ALMONTE DHS	15.17	1

**Boys 100 Meter Dash Senior**

=====

Name	Year	School	Finals
Legacy: *	11.31	2017-04-21 COLE HORSMAN, Frontenac SS	

=====

Finals

1	GURNSEY, JOEL	FRONTENAC SS	11.54
2	THOMASON, DYLAN	HOLY CROSS SS	11.61
3	BRAVAKIS, EMMETT	HOLY CROSS SS	11.93
4	HIGGS, BEN	GANANOQUE SS	12.21
5	HILLARY, GREG	ERNESTOWN SECONDARY	12.26
6	O'BRIEN, GENHI	FRONTENAC SS	12.38
7	MCGRAW, NICK	FRONTENAC SS	12.40
8	PIGNATEL, CORY	CARLETON PLACE	12.72

**Boys 1500 Meter Run Senior**

=====

Name	Year	School	Finals
Legacy: *	4:13.41	2018-04-27 Carter Rafuse, Thousand Isl	

=====

1	JONES, MASON	THOUSAND ISLANDS SS	4:13.72
2	GILL, DAVID	THOUSAND ISLANDS SS	4:27.44
3	BRUCE, CAMERON	FRONTENAC SS	4:33.97
4	TRIPP, JOSEPH	REGIOPOLIS ND	4:41.12
5	JANSEN, NATHAN	REGIOPOLIS ND	4:49.59
6	BILTON, RYAN	RIDEAU DISTRICT HS	4:52.56
7	GIFF, RAINE	CARLETON PLACE	4:56.96
8	MORSE, DYLAN	HOLY CROSS SS	5:03.15
9	ST. GODARD, WILL	HOLY CROSS SS	5:10.15
10	LOVELACE, ZIIBI	SYDENHAM HS	5:11.62
11	GIBSON, TANNER	THOUSAND ISLANDS SS	5:13.24
12	COULTER, AIDAN	RIDEAU DISTRICT HS	5:22.50

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**....Boys 1500 Meter Run Senior**

13	MCCAUGHERTY, JAMES	SYDENHAM HS	5:28.41
14	KERNAGHAN, RYAN	SOUTH CARLETON HS	5:30.00
15	NORMAN, BROCK	SYDENHAM HS	5:38.38
16	ALEXANDER, CONRAD	ALMONTE DHS	5:40.72
17	MARKLAND, JULIAN	GANANOQUE SS	5:41.93
18	REVELL, JACK	SYDENHAM HS	5:47.44
19	PERRIARD, AJ	FRONTENAC SS	7:08.94

**Boys 110 Meter Hurdles Senior**

=====				
Legacy: *	15.07	2014	Matt Bedard, St. Michaels	
Name	Year	School	Prelims	H#
=====				

Preliminaries

1	BEAVER, LIAM	SYDENHAM HS	17.46Q	2
2	VANKOUGHNUTT, NICK	SYDENHAM HS	18.49Q	1
3	HIGGS, BEN	GANANOQUE SS	18.22Q	2
4	CARSON, GRAEME	FRONTENAC SS	18.90Q	1
5	BARE, NATHAN	CARLETON PLACE	18.38Q	2
6	ROBINSON, JACK	ALMONTE DHS	18.95Q	1
7	HAWLEY, ALEX	GRANITE RIDGE EC	19.50q	1
8	O'MEARA, OWEN	SYDENHAM HS	21.85q	1

**Boys 110 Meter Hurdles Senior**

=====				
Legacy: *	15.07	2014	Matt Bedard, St. Michaels	
Name	Year	School	Finals	
=====				

Finals

1	BARE, NATHAN	CARLETON PLACE	18.66
2	HIGGS, BEN	GANANOQUE SS	18.90
3	ROBINSON, JACK	ALMONTE DHS	19.00
4	VANKOUGHNUTT, NICK	SYDENHAM HS	19.45
5	CARSON, GRAEME	FRONTENAC SS	19.47
6	HAWLEY, ALEX	GRANITE RIDGE EC	20.17
7	BEAVER, LIAM	SYDENHAM HS	20.82

**Boys 4x100 Meter Relay Senior**

=====				
Legacy: *	45.21	2018-04-27	HOLY CROSS, HOLY CROSS	
School			Finals	H#
=====				

1	FRONTENAC SS	'A'	45.69	2
2	GANANOQUE SS	'A'	47.64	1
3	HOLY CROSS SS	'B'	47.96	2
4	CARLETON PLACE	'A'	48.84	1
5	THOUSAND ISLANDS SS	'A'	49.07	1
6	HOLY CROSS SS	'A'	49.08	1
7	KINGSTON CVI	'A'	49.40	1
8	ALMONTE DHS	'A'	51.42	1
9	SOUTH CARLETON HS	'A'	51.46	1
10	LA SALLE SS	'A'	1:02.00	1

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**Boys High Jump Senior**

Legacy: * 2.05m 2015 Leaugen Fray, Trenton			
Name	Year	School	Finals
1 OLAK, BENAYO		THOUSAND ISLANDS SS	1.90m
2 MCGREGOR, MASON		GANANOQUE SS	1.70m
3 DUBEAU, MATTHEW		CORNWALL CVS	1.40m
-- KILGORE, CONNOR		GANANOQUE SS	NH

**Boys Pole Vault Senior**

Legacy: * 4.20m 2018-04-27 Brennan Seguin, Char Lan			
Name	Year	School	Finals
1 KNAPP, WYATT		THOUSAND ISLANDS SS	3.80m
2 CHARTRAND, ANDREW		THOUSAND ISLANDS SS	3.20m
3 FORD, WESLEY		ALMONTE DHS	3.05m
4 EMMONS, JACKSON		GRANITE RIDGE EC	2.90m
5 LOWE, CAMERON		THOUSAND ISLANDS SS	2.50m
6 HOWES, WYATT		GRANITE RIDGE EC	2.35m

**Boys Long Jump Senior**

Legacy: * 6.53m 2017-04-21 MAVRICK SNIDER, Bayridge SS			
Name	Year	School	Finals
1 PAUL, CERWYN		KINGSTON CVI	5.76m
2 REID, TYLER		ST. MARY CHS	5.69m
3 BURGESS, AARON		ALMONTE DHS	5.64m
4 DUVAL, KYLE		E.S.C. MARIE-RIVIER	5.59m
5 MCGREGOR, MASON		GANANOQUE SS	5.57m
6 ROBINSON, JACK		ALMONTE DHS	5.51m
7 PATEL, VARUN		FRONTENAC SS	5.42m
8 ENGEN, ROWAN		KINGSTON CVI	5.21m
9 FELLOWS, DUSTIN		HOLY CROSS SS	5.17m
10 FERNANDES, TRISTAN		REGIOPOLIS ND	5.13m
11 DONOVAN, MATT		GANANOQUE SS	5.07m
12 YOUNG, NATHAN		HOLY CROSS SS	5.04m
13 HANNAFORD, BLAKE		FRONTENAC SS	5.02m
14 JIN, ANTHONY		ST. MARY CHS	4.91m
15 BAILEY, ETHAN		ST. MARY CHS	4.81m
16 MCEWEN, CARTER		ST. MARY CHS	4.57m
17 GWIN, KEIRAN		SOUTH CARLETON HS	4.02m
-- DAMON, PETERS		FRONTENAC SS	FOUL
-- RUNDLE, ISAAC		KINGSTON CVI	FOUL

**Boys Triple Jump Senior**

Legacy: * 13.69m 2019-04-26 BENAYO OLAK, Thousand Island			
Name	Year	School	Finals
1 OLAK, BENAYO		THOUSAND ISLANDS SS	13.69m*
2 DOE, MOOEH		LOYALIST CVI	11.74m
3 CLARK, BRADEN		GANANOQUE SS	11.67m
4 MCGREGOR, MASON		GANANOQUE SS	11.64m

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**....Boys Triple Jump Senior**

5 DUVAL, KYLE	E.S.C. MARIE-RIVIER	11.60m
6 KILGORE, CONNOR	GANANOQUE SS	11.58m
7 PAUL, CERWYN	KINGSTON CVI	11.57m
8 COSTESCU, ETHAN	SOUTH CARLETON HS	10.93m
9 BULITKA, NEVAN	SOUTH CARLETON HS	10.06m

**Boys Shot Put Senior**

=====			
Legacy: * 17.48m 2019-04-26 LUCAS WOODHALL, Thousand Island			
Name	Year School	Finals	H#
=====			
1 WOODHALL, LUCAS	THOUSAND ISLANDS SS	17.48m*	1
2 VREUGDENHIL, FRANK	UNA	16.24m	2
3 DEIR, ZACHARY	LOYALIST CVI	15.49m	1
4 ELLIOTT, JARED	ST. MARY CHS	13.16m	1
5 SNIDER, MAX	SYDENHAM HS	11.05m	1
6 GILES, MIKE	ALMONTE DHS	10.77m	1
7 KIRKLAND, CAM	FRONTENAC SS	10.75m	1
8 CHARTRAND, ANDREW	THOUSAND ISLANDS SS	10.25m	1
9 ROODHART, AARON	BAYRIDGE SS	9.39m	1
10 FREITAS, ANTHONY	REGIOPOLIS ND	9.32m	1
11 MORGAN, CONNOR	LOYALIST CVI	8.74m	1
12 TROYER, JORDAN	SYDENHAM HS	8.42m	1
13 O'NEILL, JONATHAN	REGIOPOLIS ND	8.23m	1
14 HENNIGAR, BRENT	FRONTENAC SS	7.67m	1
15 PROSSER, GAVIN	ST. MARY CHS	7.46m	1
15 HONSINGER, LIAM	GANANOQUE SS	7.46m	1
17 BECKER, WILLIAM	KINGSTON CVI	7.19m	1
18 WREN, DYLAN	THOUSAND ISLANDS SS	6.56m	1

**Boys Javelin Throw Senior**

=====			
Legacy: * 48.85m 2019-04-26 JARED ELLIOTT, St. Mary CHS			
Name	Year School	Finals	H#
=====			
1 ELLIOTT, JARED	ST. MARY CHS	48.85m*	1
2 RAY, WHITEHEAD	SYDENHAM HS	39.73m	1
3 VANDERVAR, COOPER	CARLETON PLACE	38.76m	2
4 CURRIE, TIERNAN	CARLETON PLACE	36.60m	1
5 DOE, MOOEH	LOYALIST CVI	34.29m	1
6 O'NEILL, JONATHAN	REGIOPOLIS ND	30.93m	1
7 PROSSER, GAVIN	ST. MARY CHS	29.09m	1
8 KNEPPERT, LOICK	KINGSTON CVI	29.06m	1
9 GINGRAS, DAWSON	CARLETON PLACE	28.85m	1
10 THOMPSON, BLAYNE	GRANITE RIDGE EC	28.34m	1
11 CARSON, GRAEME	FRONTENAC SS	27.68m	1
12 ZACK, COMMODORE	GRANITE RIDGE EC	26.43m	2
13 HENNIGAR, BRENT	FRONTENAC SS	25.96m	1
14 HANNAFORD, BLAKE	FRONTENAC SS	24.22m	1
15 MCEWEN, CARTER	ST. MARY CHS	22.70m	1
16 STREIT, KRISTOFFER	ST. MARY CHS	22.56m	1
17 DIXON, OXFORD	RIDEAU DISTRICT HS	19.55m	1
18 WREN, DYLAN	THOUSAND ISLANDS SS	15.00m	1
19 COULTER, AIDAN	RIDEAU DISTRICT HS	6.95m	1



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**Boys 100 Meter Dash Intellectual Open**

=====			
Legacy: * 12.65 2018-04-27 Nathan Nowak, Regi-Notre DHS			
Name	Year	School	Prelims
=====			
Preliminaries			
1	NOWAK, NATHAN	REGIOPOLIS ND	12.96Q
2	BRANT, ANTHONY	CORNWALL CVS	15.39Q
3	MACVICAR, COLIN	REGIOPOLIS ND	16.37Q
4	TIMOTHY, JOHN GWYNN	REGIOPOLIS ND	16.78Q
5	WILSON, MICHAEL	LOYALIST CVI	17.97Q

**Boys 100 Meter Dash Intellectual Open**

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Legacy: * 12.65 2018-04-27 Nathan Nowak, Regi-Notre DHS			
Name	Year	School	Finals
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Finals			
1	NOWAK, NATHAN	REGIOPOLIS ND	12.96
2	BRANT, ANTHONY	CORNWALL CVS	15.39
3	MACVICAR, COLIN	REGIOPOLIS ND	16.37
4	TIMOTHY, JOHN GWYNN	REGIOPOLIS ND	16.78
5	WILSON, MICHAEL	LOYALIST CVI	17.97

**Boys 2000 Meter Steeplechase Open**

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Legacy: * 6:25.18 2015 Jonathan Besselink, Holy Cr			
Name	Year	School	Finals
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1	PICKARD, DAVID	SYDENHAM HS	6:51.11
2	BRUCE, CAMERON	FRONTENAC SS	7:08.68
3	BILTON, RYAN	RIDEAU DISTRICT HS	7:24.86
4	LOVELACE, ZIIBI	SYDENHAM HS	7:37.31
5	FERGUSON, IAN	LA SALLE SS	7:48.95
6	CHARRETTE, JONATHON	CORNWALL CVS	8:07.73

**Boys Distance Medley Open**

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Legacy: * 4:39.39 2016-04-22 Holy Cross SS, Holy Cross SS				
School			Finals	H#
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1	HOLY CROSS SS	'A'	4:44.78	1
2	FRONTENAC SS	'A'	5:12.89	1
3	THOUSAND ISLANDS SS	'A'	5:29.31	1
4	E.S.C. MARIE-RIVIER	'A'	5:32.76	1
5	SYDENHAM HS	'A'	5:36.28	1
6	SYDENHAM HS	'B'	5:40.68	2
7	HOLY CROSS SS	'B'	5:42.61	2
8	RIDEAU DISTRICT HS	'A'	5:49.61	2
9	THOUSAND ISLANDS SS	'C'	5:51.03	3
10	THOUSAND ISLANDS SS	'D'	5:53.28	3
11	CARLETON PLACE	'A'	5:58.98	1
12	ALMONTE DHS	'A'	6:10.20	2
13	HOLY CROSS SS	'C'	6:12.72	3
14	SOUTH CARLETON HS	'A'	6:33.97	1

**Limestone Legacy Meet 2019 - 2019-04-26**  
**Invista Track, Kingston, Ontario**  
**2019-04-26**  
**Results**

**Mixed 4x200 Meter Relay Midget**

School	Finals	H#
1 FRONTENAC SS 'A'	1:53.11	1
2 SYDENHAM HS 'B'	1:55.04	2
3 THOUSAND ISLANDS SS 'A'	1:57.10	1
4 SYDENHAM HS 'C'	1:58.40	2
5 SYDENHAM HS 'A'	1:58.81	1
6 E.S.C. MARIE-RIVIER 'B'	2:01.15	2
7 SOUTH CARLETON HS 'A'	2:07.54	1
8 RIDEAU DISTRICT HS 'A'	2:10.53	1

**Mixed 4x200 Meter Relay Junior**

School	Finals	H#
Legacy: * 1:45.44 2018-04-27 Frontenac S.S., Frontenac S.S.		
1 THOUSAND ISLANDS SS 'A'	1:46.72	1
2 E.S.C. MARIE-RIVIER 'A'	1:48.08	2
3 HOLY CROSS SS 'A'	1:48.75	2
4 SYDENHAM HS 'A'	1:51.72	1
5 LA SALLE SS 'A'	1:55.87	1
6 HOLY CROSS SS 'B'	1:56.32	3
7 THOUSAND ISLANDS SS 'B'	1:56.60	3
8 ALMONTE DHS 'A'	1:57.22	2
9 REGIOPOLIS NOTRE DAME 'A'	1:59.30	2
10 RIDEAU DISTRICT HS 'A'	2:00.07	2
11 FRONTENAC SS 'A'	2:00.14	1
12 SOUTH CARLETON HS 'A'	2:02.04	1
13 SYDENHAM HS 'B'	2:06.65	3

**Mixed 4x200 Meter Relay Senior**

School	Finals	H#
Legacy: * 1:40.43 2018-04-27 HOLY CROSS, HOLY CROSS		
1 ERNESTOWN SECONDARY 'A'	1:47.69	1
2 THOUSAND ISLANDS SS 'A'	1:48.60	1
3 ALMONTE DHS 'B'	1:59.10	2
4 ALMONTE DHS 'A'	1:59.94	1
5 SYDENHAM HS 'A'	2:00.61	2
6 REGIOPOLIS NOTRE DAME 'A'	2:02.40	1