

NOSSA 5
Track and Field Championships
Jo Forman Track - 2025-05-28 to 2025-05-29

Results

Women 100 Meter Dash Novice		
NOSSA: 12.57* 2023 Melina Doiron		
OFSAA: 12.00# 2015 Alyssa Marsh		
Lane	Name	Team Prelims
Preliminaries		
1	Richardson, Annabelle	NOLO 12.60Q
2	Pizzoferrato, Andreena	NOSJ 12.63Q
3	Sauve, Ellie	NOLO 12.94Q
4	D'amour, Rya	NOLO 13.41Q
5	Bishop, Alexandra	NOSM 13.18q
6	Linkie, McKenna	NOCW 13.46q
7	Rotondo, Myla	NOCW 13.49q
8	Ngouabe, Lisa-Marie	NOND 13.54q
9	Kelly, Jade	NOSH 13.61
10	Flammia, Aliyah	NOSM 13.85
11	Link, Madison	NOWP 13.93
12	Otosquaib, Arabella	NOMI 14.05
13	Moulton, Beatrice	NOSJ 14.16
14	McKinnon, Audrey	NOLS 14.21
15	Christenson, Eowyn	NOCA 14.45
---	Sheare, Mia	NOEL DQ

Women 100 Meter Dash Novice		
NOSSA: 12.57* 2023 Melina Doiron		
OFSAA: 12.00# 2015 Alyssa Marsh		
Name	Team	Finals
Finals		
1	Richardson, Annabelle	NOLO 12.57*
2	Pizzoferrato, Andreena	NOSJ 12.90
3	Sauve, Ellie	NOLO 13.15
4	D'amour, Rya	NOLO 13.66
5	Bishop, Alexandra	NOSM 13.70
6	Linkie, McKenna	NOCW 13.79
7	Rotondo, Myla	NOCW 13.86
8	Ngouabe, Lisa-Marie	NOND 14.19

Women 200 Meter Dash Novice		
NOSSA: 26.13* 2023 Melina Doiron		
OFSAA: 24.32# 2010 Christian Brennan		
Lane	Name	Team Prelims
Preliminaries		
1	Richardson, Annabelle	NOLO 26.88Q
2	Adler, Hannah	NOND 27.08Q
3	Pizzoferrato, Andreena	NOSJ 27.46Q
4	Frantz, Sadie	NOLO 27.86Q
5	Bishop, Alexandra	NOSM 28.27q
6	Tverdal, Naima-Bella	NOND 28.41q
7	Linkie, McKenna	NOCW 28.65q
8	Kelly, Jade	NOSH 28.73q
9	Link, Madison	NOWP 29.12
10	Oberthier, Katie	NOMM 29.15
11	Schmidt, Alana	NOSJ 30.48
12	Christenson, Eowyn	NOCA 30.62
13	Parsons, Charlotte	NOEL 31.02
14	Filice, Molly	NOKO 31.31

---	Moulton, Beatrice	NOSJ DQ
---	Sheare, Mia	NOEL DQ

Women 200 Meter Dash Novice		
NOSSA: 26.13* 2023 Melina Doiron		
OFSAA: 24.32# 2010 Christian Brennan		
Name	Team	Finals
Finals		
1	Richardson, Annabelle	NOLO 26.07*
2	Adler, Hannah	NOND 27.15
3	Pizzoferrato, Andreena	NOSJ 27.71
4	Frantz, Sadie	NOLO 27.74
5	Tverdal, Naima-Bella	NOND 28.91
6	Bishop, Alexandra	NOSM 28.94
7	Kelly, Jade	NOSH 29.18
8	Linkie, McKenna	NOCW 29.37

Women 400 Meter Dash Novice		
NOSSA: 58.69* 2004 Rebecca Johnston-Ledwell		
OFSAA: 54.63# 2013 Kyra Constantine		
Lane	Name	Team Prelims
Preliminaries		
1	Frantz, Sadie	NOLO 1:05.46Q
2	Gervais, Amélie	NOND 1:06.06Q
3	Moore, Stefanie	NOSJ 1:06.08Q
4	Sauve, Ellie	NOLO 1:06.13Q
5	Sheare, Mia	NOEL 1:07.53q
6	Pizzoferrato, Andreena	NOSJ 1:07.65q
7	Filice, Molly	NOKO 1:08.01q
8	Dunbar, Kakes	NOSM 1:09.41q
9	Stewart, Mika	NOCA 1:11.53
10	King, Sophie	NOSM 1:11.78
11	Post, Willow	NOCA 1:12.05
12	Oliver, Isabela	NOLK 1:14.01
13	Neville, Kenzie	NOAC 1:15.16
14	Ballard, Lacy	NOEO 1:16.52
15	Underwood, Chloe	NOSJ 1:17.40
---	Magli, Blake	NOSM DQ

Women 400 Meter Dash Novice		
NOSSA: 58.69* 2004 Rebecca Johnston-Ledwell		
OFSAA: 54.63# 2013 Kyra Constantine		
Name	Team	Finals
Finals		
1	Frantz, Sadie	NOLO 1:02.35
2	Pizzoferrato, Andreena	NOSJ 1:03.42
3	Sauve, Ellie	NOLO 1:03.84
4	Moore, Stefanie	NOSJ 1:06.57
5	Gervais, Amélie	NOND 1:08.30
6	Dunbar, Kakes	NOSM 1:09.40
7	Filice, Molly	NOKO 1:09.50
---	Sheare, Mia	NOEL DQ

Women 800 Meter Run Novice		
NOSSA: 2:22.27* 2015 Jadyn Pettenuzzo		
OFSAA: 2:09.58# 2012 Kailee Sawyer		
Name	Team	Finals
Finals		
1	Roy, Mackenzie	NOSC 2:32.55
2	Cameron, Tenley	NOEL 2:38.02
3	Carre, Alexie	NOAL 2:41.08
4	Denston, Amy	NOCW 2:43.52
5	Moore, Makenzie	NOLS 2:44.30
6	Adler, Hannah	NOND 2:44.45
7	Gervais, Amélie	NOND 2:44.67
8	Bolton, Kaylee	NOSJ 2:49.70
9	Moore, Stefanie	NOSJ 2:53.30
10	Stewart, Mika	NOCA 2:58.39

Women 1500 Meter Run Novice		
NOSSA: 5:03.72* 2010 Marissa Lobert		
OFSAA: 4:28.41# 2013 Jessie Fleming		
Name	Team	Finals
Finals		
1	Cameron, Tenley	NOEL 5:14.55
2	Roy, Mackenzie	NOSC 5:15.74
3	Paille, Lia	NOLO 5:21.83
4	Carre, Alexie	NOAL 5:26.11
5	Denston, Amy	NOCW 5:34.27
6	Moore, Makenzie	NOLS 5:38.45
7	Breckon, Ewa	NOLO 5:47.33
8	Gervais, Amélie	NOND 5:50.77
9	Bolton, Kaylee	NOSJ 6:13.05
10	Stewart, Mika	NOCA 6:15.64
11	Precepa, Taylor	NOKO 6:15.89
12	De Beer, Jenna	NOSH 7:09.58
---	Campbell, Lily	NOCW DQ

Women 3000 Meter Run Novice		
NOSSA: 11:04.24* 2010 Emily Marcolini		
OFSAA: 9:43.59# 2016 Cameron Ormond		
Name	Team	Finals
Finals		
1	Carre, Alexie	NOAL 11:35.61
2	Paille, Lia	NOLO 11:42.52
3	Denston, Amy	NOCW 11:54.05
4	Breckon, Ewa	NOLO 12:51.49
5	Bolton, Kaylee	NOSJ 13:25.92
6	Corriveau, Téah	NOCH 13:38.05
7	Croskery, Maya	NOLK 13:58.83
8	Precepa, Taylor	NOKO 14:40.39
9	Odjig, Mila	NOWW 15:00.27
10	Salvati, Erianna	NOLS 15:10.17
11	De Beer, Jenna	NOSH 15:30.33
---	Hussell, Megan	NOSJ DQ

NOSSA 5
Track and Field Championships
Jo Forman Track - 2025-05-28 to 2025-05-29

Results

Women 80 Meter Hurdles Novice		
NOSSA: 11.80* 2007 Serena SanCartier		
OFSAA: 11.29# 1996 Jessica Zelinka		
LaneName	Team	Prelims
Preliminaries		
1 Frood, Rowan	NOLO	12.59Q
2 Buell, Annie	NOWF	14.26Q
3 Flammia, Aliyah	NOSM	12.87Q
4 Gallo, Lia	NOLO	14.39Q
5 Gatien, Ella	NOLO	14.93q
6 Magli, Blake	NOSM	15.02q
7 Taylor, Madeline	NOLS	15.06q
8 Harvey, Keira	NOLS	15.16q
9 Parsons, Charlotte	NOEL	15.73
10 Lappalainen, Olivia	NOKO	15.78
11 Parent, Maddy	NOSM	17.06

Women 80 Meter Hurdles Novice		
NOSSA: 11.80* 2007 Serena SanCartier		
OFSAA: 11.29# 1996 Jessica Zelinka		
Name	Team	Finals
Finals		
1 Frood, Rowan	NOLO	12.48
2 Flammia, Aliyah	NOSM	13.15
3 Gallo, Lia	NOLO	14.09
4 Buell, Annie	NOWF	14.11
5 Gatien, Ella	NOLO	14.41
6 Magli, Blake	NOSM	15.02
7 Harvey, Keira	NOLS	15.22
--- Taylor, Madeline	NOLS	DQ

Women 300 Meter Hurdles Novice		
NOSSA: 47.20* 2004 Paige Leclerc-Locker		
OFSAA: 43.13# 2012 Lexi Aitken		
Name	Team	Finals
Finals		
1 Frood, Rowan	NOLO	48.09
2 D'amour, Rya	NOLO	51.79
3 Magli, Blake	NOSM	52.33
4 Stadnisky, Avery	NOKA	55.22
5 Gauvreau, Sadie	NOMM	57.81

Women 4x100 Meter Relay Novice		
NOSSA: 52.56* 2023 Lo-Ellen Park - Sudb		
OFSAA: 48.86# 2019 Father Henry Carr -		
K Allen, F Ugbogbo, E Aghedo, K Anyaogu		
LaneTeam	Relay	Finals
Finals		
1 Lo-Ellen Park - Sudbu	A	51.99*
Richardson, Annabelle	Sauve, Ellie	
D'amour, Rya	Gallo, Lia	
2 Notre Dame College -	A	52.79
Ngouabe, Lisa-Marie	Jalloh, Mariama	
Tverdal, Naima-Bella	Adler, Hannah	

3 St. Charles College - S	A	54.42
Roy, Mackenzie	Longe, Veronica	
Judd, Kahlan	Appiah-Hagan, Lois	
4 St. Mary's College S S	A	54.82
Flammia, Aliyah	Shaw, Kyla	
Dunbar, Kakes	Bishop, Alexandra	
5 Scollard Hall - North I	A	55.46
Moulton, Beatrice	Moore, Stefanie	
Bolton, Kaylee	Pizzoferrato, Andreena	
6 Chippewa Secondary S	A	56.07
Savatovsky, Mila	Rotondo, Myla	
Linkie, Mckenna	Campbell, Lily	
7 Elliot Lake S S	A	57.39
Cameron, Tenley	Fortin, Ella	
Sheare, Mia	Weller, Ally	
8 Marymount Academy	A	57.60
Oberthier, Katie	Brunetti, Ellie	
Vaillancourt, Becca	Guignard, Izabella	
9 White Pines C & V S -	A	57.78
Link, Madison	Mooney, Evelyn	
Bravener, Natalie	Laberge, Maisie	
10 Algonquin - North Bay	A	57.87
Deibel, Arianne	Horth, Ella	
Fortin, Ruka	Carre, Alexie	
11 Korah C & V S - noko	A	57.92
Jack, Jade	Lappalainen, Olivia	
O'Neill, Olivia	Spina, Mia	
--- Lasalle - Sudbury	A	DQ
Taylor, Madeline	Moore, Makenzie	
Brown, Olivia	Harvey, Keira	
--- Central Algoma S S	A	DQ
Christenson, Eowyn	Stewart, Mika	
Lee, Shelby	Post, Willow	

Women High Jump Novice		
NOSSA: 1.53m* 2007 Cassie-Fay Langlois		
OFSAA: 1.75m# 2012 Shyla Cardy		
Name	Team	Finals
Finals		
1 Tverdal, Naima-Bella	NOND	1.45m
2 Lavigne, Alivia	NOSC	J1.36m
3 Gaucher, Martine	NOAC	J1.36m
4 Melick, Ryley	NOSJ	J1.36m
5 Jack, Jade	NOKO	J1.25m
6 Bowerman, Kirsten	NOMI	J1.25m
7 Ferguson, Brooklyn	NOMI	J1.20m
8 O'Neill, Olivia	NOKO	J1.20m
9 McMillan, Sidney	NOSM	1.15m
10 Haight, Kina	NOWF	1.10m

Women Pole Vault Novice		
NOSSA: 2.31m* 2018 Isabelle Scratch		
OFSAA: 3.26m# 2009 Alysha Newman		
Name	Team	Finals
Finals		
1 Buell, Annie	NOWF	1.85m

Women Long Jump Novice		
NOSSA: 5.20m* 2007 Caroline Ehrhardt		
OFSAA: 5.76m# 1996 Jessica Zelinka		
Name	Team	Finals
Finals		
1 Shaw, Kyla	NOSM	4.21m
2 Otosquaiob, Arabella	NOMI	4.19m
3 Frawley, Mavis	NOLK	4.05m
4 Weller, Ally	NOEL	4.02m
5 Ngouabe, Lisa-Marie	NOND	J4.00m
6 Schmidt, Alana	NOSJ	J4.00m
7 Snow, Ryan	NOLO	3.98m
8 Jalloh, Mariama	NOND	3.95m
8 Rotondo, Myla	NOCW	3.95m
10 Savatovsky, Mila	NOCW	3.86m
11 Pauze, Nyah	NONG	3.85m
12 Melick, Ryley	NOSJ	3.84m
13 Kasunich, Rowyn	NOMI	3.71m
14 Mooney, Evelyn	NOWP	3.53m
15 Traynor, Maeva	NOLK	3.33m
--- Hall, Maddie	NOSH	DQ

Women Triple Jump Novice		
NOSSA: 10.69m* 2023 Fiona Madigan		
OFSAA: 11.80m# 2000 Tabia Charles		
Name	Team	Finals
Finals		
1 Gallo, Lia	NOLO	10.00m
2 Buell, Annie	NOWF	9.64m
3 McMillan, Sidney	NOSM	9.50m
4 Flammia, Aliyah	NOSM	9.37m
5 Shaw, Kyla	NOSM	J9.28m
6 Schmidt, Alana	NOSJ	J9.28m
7 Oberthier, Katie	NOMM	9.18m
8 Horth, Ella	NOAL	8.73m
9 Beljo, Mila	NOLO	8.58m
10 Lavigne, Alivia	NOSC	8.38m
11 Field, Kristen	NOEA	8.35m
12 Dunlop-Bassett, Sunny	NOLO	8.33m
13 Fisher, Lexi	NOMI	8.12m
14 Sprague, Gracie	NOEL	8.05m
15 Nelson, Elena	NOKO	8.03m
16 Karim, Norah	NOCW	8.01m

Women Shot Put Novice		
NOSSA: 11.82m* 2018 Lauren Fearn		
OFSAA: 15.92m# 2015 Trinity Tutti		
Name	Team	Finals
Finals		
1 Richard, Blair	NOLS	11.67m
2 Grenon, Malika	NOCH	10.18m
3 Wanner, Mollie	NOAL	8.98m
4 Brohart, Jada	NOES	8.85m
5 Merriman, Sophia	NOSJ	8.72m
6 Lamont, Kaliegh	NONO	8.56m

NOSSA 5
Track and Field Championships
Jo Forman Track - 2025-05-28 to 2025-05-29
Results

Finals ... (Women Shot Put Novice)		
7	Ciotti, Zoli	NOWP 8.45m
8	Mourre, Emma	NOLO 8.21m
9	Oberthier, Katie	NOMM 8.08m
10	Montgomery, Kali	NOSM 7.79m
11	Croft, Madylyn	NOES 7.70m
12	Polden, Alyssa	NOFO 7.33m
13	Guillet, Emily	NOSA 7.19m
14	Piccolo, Charlotte	NOKO 6.84m
15	Anjum, Fatima	NOKO 6.78m
16	Haight, Kina	NOWF 6.70m

Women Discus Throw Novice		
NOSSA: 32.79m* 2018 Lauren Fearn		
OFSAA: 43.40m# 2015 Trinity Tutti		
Name	Team	Finals
Finals		
1	Wanner, Mollie	NOAL 23.28m
2	Brohart, Jada	NOES J22.08m
3	Lachapelle, Leah	NOAL J22.08m
4	Swain, Harmony	NOWP 21.43m
5	Grenon, Malika	NOCH 20.35m
6	Merriman, Sophia	NOSJ 18.32m
7	Sophie, Membury	NOSA 17.78m
8	Hodkinson, Cali	NOSH 16.02m
9	Sloss, Charlee	NOES 15.28m
10	Guillet, Emily	NOSA 14.91m
11	Sharabura, Katie	NOSM 14.13m
12	Mourre, Emma	NOLO 13.73m
13	Polden, Alyssa	NOFO 13.63m
14	Konan, Emmanuela	NOAL 12.65m
15	Sharabura, Aly	NOSM 11.85m
---	Richard, Blair	NOLS DQ

Women Javelin Throw Novice		
NOSSA: 33.09m* 2013 Danika Falvo		
OFSAA: 41.52m# 2015 Trinity Tutti		
Name	Team	Finals
Finals		
1	Lachapelle, Leah	NOAL 27.66m
2	Post, Willow	NOCA 24.77m
3	Sharabura, Katie	NOSM 24.40m
4	Brohart, Jada	NOES 24.36m
5	Grenon, Malika	NOCH 22.69m
6	Sophie, Membury	NOSA 21.36m
7	Wanner, Mollie	NOAL 20.96m
8	Roszell, Megan	NOFO 19.40m
9	Mullen, Mattia	NOLO 19.25m
10	Roy, Stella	NOWF 19.04m
11	Pauze, Nyah	NONG 18.61m
12	Sharabura, Aly	NOSM 17.65m
13	Williamson, Emma	NOSH 16.47m
14	Villeneuve, Hailey	NOND 16.44m
15	Ross, Evelyn	NOCW 15.67m
16	Guillet, Emily	NOSA 15.52m

Women 100 Meter Dash Junior		
NOSSA: 12.82* 2024 Melina Doiron		
OFSAA: 11.77# 2011 Christian Brennan		
LaneName	Team	Prelims
Preliminaries		
1	McCoshen, Mina	NOMM 12.85Q
2	Perry, Isabella	NOLO 12.95Q
3	Ajueze, Joanna	NOLO 13.17Q
4	Tonkovic, Ariana	NOMC 13.18Q
5	Lappalainen, Teija	NOSM 13.25q
6	Dimma-Gyamfi, Nivea	NOKO 13.29q
7	Stewart, Dani	NOCA 13.33q
8	Desloges, Chloe	NOSJ 13.61q
9	Ahmed, Yasmine	NOLS 13.65
10	McCabe, Meris	NOSM 13.69
11	Klienboeck, Alina	NOCW 13.90
12	Boucher, Kloe	NOAL 14.09
13	Charbonneau, Sophyal	NOFO 14.20
14	Hallette, Valerie	NOSH 14.20
15	Tuinema, Emmersyn	NOAL 14.21
16	Jarmovitch, Kamdyn	NOEL 14.59

Women 100 Meter Dash Junior		
NOSSA: 12.82* 2024 Melina Doiron		
OFSAA: 11.77# 2011 Christian Brennan		
Name	Team	Finals
Finals		
1	McCoshen, Mina	NOMM 13.06
2	Dimma-Gyamfi, Nivea	NOKO 13.44
3	Perry, Isabella	NOLO 13.54
4	Stewart, Dani	NOCA 13.60
5	Tonkovic, Ariana	NOMC 13.65
6	Lappalainen, Teija	NOSM 13.87
7	Desloges, Chloe	NOSJ 14.04
---	Ajueze, Joanna	NOLO DQ

Women 200 Meter Dash Junior		
NOSSA: 25.09* 2005 Rebecca Johnston-L...		
OFSAA: 23.87# 2011 Christian Brennan		
LaneName	Team	Prelims
Preliminaries		
1	Awosika, Olaterere	NOBE 26.72Q
2	Angus, Joely	NOSC 26.98Q
3	Punkari, Sophie	NOWP 27.33Q
4	McCoshen, Mina	NOMM 28.01Q
5	Serre, Leah	NOMM 28.59q
6	Stewart, Dani	NOCA 28.81q
7	Reid, Dallas	NOSH 28.85q
8	Lappalainen, Teija	NOSM 29.22q
9	Ahmed, Yasmine	NOLS 29.36
9	McCabe, Meris	NOSM 29.36
11	Boucher, Kloe	NOAL 29.61
12	Klienboeck, Alina	NOCW 29.71
13	Goulding, Myla	NOVF 29.77
14	Beaulieu, Julie	NOAL 29.91

15	Chiasson, Alyvia	NOFO 31.44
16	Parker, Millie	NOSJ 33.38

Women 200 Meter Dash Junior		
NOSSA: 25.09* 2005 Rebecca Johnston-L...		
OFSAA: 23.87# 2011 Christian Brennan		
Name	Team	Finals
Finals		
1	Angus, Joely	NOSC 25.66
2	Awosika, Olaterere	NOBE 26.65
3	Punkari, Sophie	NOWP 27.07
4	McCoshen, Mina	NOMM 27.19
5	Stewart, Dani	NOCA 28.21
6	Reid, Dallas	NOSH 28.55
7	Lappalainen, Teija	NOSM 28.79
8	Serre, Leah	NOMM 28.92

Women 400 Meter Dash Junior		
NOSSA: 58.44* 2005 Rebecca Johnston-L...		
OFSAA: 53.66# 2011 Christian Brennan		
LaneName	Team	Prelims
Preliminaries		
1	Angus, Joely	NOSC 1:03.28Q
2	MacDonald, Nadia	NOLO 1:07.67Q
3	Parker, Millie	NOSJ 1:07.25Q
4	Schwarz, Cali	NOKO 1:08.24Q
5	Nadeau, Charlotte	NOSM 1:07.35q
6	Serre, Leah	NOMM 1:08.47q
7	Charbonneau, Ava	NOLI 1:10.15q
8	Giroux, Shayla	NOWF 1:11.52q
9	Chiasson, Alyvia	NOFO 1:11.93
10	Flanagan, Fae	NOMM 1:14.92
11	McInnis, Kiki	NOEL 1:16.05
12	Gagne, Marcia	NOAL 1:17.01
13	Kamara, Emma	NOJN 1:22.38

Women 400 Meter Dash Junior		
NOSSA: 58.44* 2005 Rebecca Johnston-L...		
OFSAA: 53.66# 2011 Christian Brennan		
Name	Team	Finals
Finals		
1	Angus, Joely	NOSC 58.57
2	MacDonald, Nadia	NOLO 58.79
3	Serre, Leah	NOMM 1:05.76
4	Nadeau, Charlotte	NOSM 1:07.46
5	Parker, Millie	NOSJ 1:07.49
6	Schwarz, Cali	NOKO 1:07.55
7	Giroux, Shayla	NOWF 1:17.65
---	Charbonneau, Ava	NOLI DQ

Women 800 Meter Run Junior		
NOSSA: 2:19.10* 2004 Kaitlyn Tallman-Ma...		
OFSAA: 2:08.22# 2013 Kailee Sawyer		
Name	Team	Finals
Finals		
1	Allen, Larkyn	NOCW 2:35.86

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Results

Finals ... (Women 800 Meter Run Junior)		
2	Pineau, Megan	NOLO 2:36.39
3	Nadeau, Charlotte	NOSM 2:42.24
4	Parker, Millie	NOSJ 2:43.27
5	Sebesta, Haley	NOSJ 2:44.02
6	Malott, Madalynne	NOAL 2:45.17
7	Fremlin, Isabella	NOCA 2:45.99
8	Osezua, Bridget	NOLO 2:47.31
9	Charbonneau, Ava	NOLI 2:49.24
10	Dabliz, Dahlia	NOLS 2:56.02
11	Sakah, Maysoon	NOLO 2:57.33

Women 1500 Meter Run Junior		
NOSSA: 5:01.65* 2009 Lynnea Lobert		
OFSAA: 4:24.58# 2016 Joceyln Chau		
Name	Team	Finals
Finals		
1	Allen, Larkyn	NOCW 5:26.39
2	Sebesta, Haley	NOSJ 5:29.27
3	Pineau, Megan	NOLO 5:33.70
4	Robertson, Grace	NOCW 5:42.05
5	Fremlin, Isabella	NOCA 5:49.30
6	Malott, Madalynne	NOAL 6:01.70
7	Broad, Myka	NOSH 6:05.49
8	Hann, Alex	NOLO 6:05.83
9	Wells, Ashley	NOLK 6:25.39
10	Hepworth, Brooklynn	NOAC 6:45.05
11	Parsons, Maiya	NOLS 7:27.00

Women 3000 Meter Run Junior		
NOSSA: 10:28.70* 2004 Kaitlyn Tallman-Ma		
OFSAA: 9:29.65# 2016 Brogan MacDougall		
Name	Team	Finals
Finals		
1	Allen, Larkyn	NOCW 12:05.61
2	Sebesta, Haley	NOSJ 12:06.83
3	Robertson, Grace	NOCW 12:16.45
4	Melo, Alessandra	NOLO 12:38.52
5	Fremlin, Isabella	NOCA 13:03.52
6	Klunder, Julia	NOSJ 13:18.74
7	Broad, Myka	NOSH 13:26.64
8	Hann, Alex	NOLO 13:54.96
9	Smith, Kiana	NOLO 13:57.58
10	Wells, Ashley	NOLK 14:01.70
11	Arjona Ochoa, Joanna	NOKO 18:55.02
---	Parsons, Maiya	NOLS DQ

Women 80 Meter Hurdles Junior		
NOSSA: 12.10* 2008 Serena SanCartier		
OFSAA: 11.24# 2015 Keira Christie-Galla		
LaneName	Team	Prelims
Preliminaries		
1	Tonkovic, Ariana	NOMC 12.99Q
2	Devries, Aspen	NOWP 13.44Q
3	Lappalainen, Teija	NOSM 13.33Q

4	Woods, Meadow	NOSH 13.61Q
5	Lyons, Nora	NOSH 14.17q
6	MacIsaac, Lily	NOLO 14.95q
7	Herranen, Brooke	NOLO 15.63q
8	Jones, Lily	NOLS 15.69q
9	Giroux, Layla	NOSJ 15.71
10	Goulding, Myla	NOVF 15.91
11	Campbell, Sophie	NOES 16.03
12	Paris, Zayda	NOLO 16.17
13	Patenaude, Adelyne	NOES 16.77

Women 80 Meter Hurdles Junior		
NOSSA: 12.10* 2008 Serena SanCartier		
OFSAA: 11.24# 2015 Keira Christie-Galla		
Name	Team	Finals
Finals		
1	Lappalainen, Teija	NOSM 13.00
2	Devries, Aspen	NOWP 13.41
3	Woods, Meadow	NOSH 13.96
4	Lyons, Nora	NOSH 14.46
5	MacIsaac, Lily	NOLO 14.48
6	Herranen, Brooke	NOLO 15.53
7	Jones, Lily	NOLS 15.65
---	Tonkovic, Ariana	NOMC DQ

Women 300 Meter Hurdles Junior		
NOSSA: 47.13* 2005 Paige Leclerc-Locker		
OFSAA: 42.46# 1997 Jessica Zelinka		
LaneName	Team	Finals
Finals		
1	MacDonald, Nadia	NOLO 48.17
2	Devries, Aspen	NOWP 51.44
3	De Geus, Marijke	NOSH 53.37
4	Woods, Meadow	NOSH 54.64
5	Flanagan, Fae	NOMM 56.26
6	Jones, Lily	NOLS 56.96
7	Goulding, Myla	NOVF 57.73
8	Paille, Savannah	NOLO 1:00.13
9	MacIsaac, Lily	NOLO 1:01.44
10	Tilston, Sloane	NOES 1:04.53
11	Giroux, Layla	NOSJ 1:08.39

Women 4x100 Meter Relay Junior		
NOSSA: 51.95* 2005 Lo-Ellen Park SS		
B. Leclair, N. Pyzik, R. Johnston, N. San Cartier		
OFSAA: 47.73# 2023 All Saints - Whitby		
K Belfon, S Thompson, K Gaynor, B Gaynor		
LaneTeam	Relay	Finals
Finals		
1	Lo-Ellen Park - Sudbu	A 52.94
	MacDonald, Nadia	Perry, Isabella
	Ajueze, Joanna	Tissot, Jacqueline
2	St. Charles College - S	A 53.61
	Ball, Chloe	Cirillo, Isla
	Provincial, Jenna	Angus, Joely

3	Superior Heights C & De Geus, Marijke	A	53.88
	Reid, Dallas	Woods, Meadow	
4	Marymount Academy	A	54.66
	Flanagan, Fae	Serre, Leah	
	Carlson, Sophia	McCoshen, Mina	
5	St. Mary's College S S	A	55.26
	Williams, Reese	McCabe, Meris	
	Magli, Blake	Lappalainen, Teija	
6	Lasalle - Sudbury	A	55.56
	Ahmed, Yasmine	Jones, Lily	
	Belland, Amelia	Brouce, Lucy	
7	Scollard Hall - North I	A	55.63
	Hummel, Rosie	Beachey, Avery	
	Parker, Millie	Desloges, Chloe	
8	Algonquin - North Bay	A	56.12
	Tuinema, Emmersyn	Akomah, Anne	
	Beaulieu, Julie	Boucher, Kloe	
9	Korah C & V S - noko	A	56.99
	Dimma-Gyamfi, Nivea	Drolet, Natashaia	
	Gauthier, Molly	Whalen, Gabrielle	
10	Confederation - Val C	A	57.00
	O'dell, Lex	Lynds, Elizabeth	
	Villeneuve, Chloe	MacMillan, Jacqueline	
11	Central Algoma S S	A	58.46
	Stewart, Dani	Nicholson, Charlotte	
	Lythm, Ella	Vine, Abby	
12	Espanola H S	A	1:01.33
	Patenaude, Adelyne	Sloss, Charlee	
	Campbell, Sophie	Tilston, Sloane	

Women High Jump Junior		
NOSSA: 1.54m* 2014 Kiara Hamilton		
OFSAA: 1.76m# 2017 Autumn Bigger		
Name	Team	Finals
Finals		
1	Carrier, Chloe	NOLZ 1.50m
2	Punkari, Sophie	NOWP 1.48m
3	Thomson, Lila	NOLK J1.43m
4	Tuinema, Emmersyn	NOAL J1.43m
5	Whalen, Gabrielle	NOKO J1.43m
6	MacLean, Marissa	NOCH J1.40m
7	Crittenden, Sarah	NOMC J1.40m
8	Dedman, Morgan	NOMI J1.35m
9	King, Harlyn	NOSM J1.35m
10	Akomah, Anne	NOAL J1.30m
11	McLaughin, Joslyn	NOLS J1.30m
12	Maree, Amore	NOSH J1.30m
13	Mudge, Abbi	NOSJ 1.25m

Women Pole Vault Junior		
NOSSA: 2.85m* 2010 Alison Fung		
OFSAA: 3.75m# 2010 Alysha Newman		
Name	Team	Finals
Finals		
1	Giroux, Layla	NOSJ 1.75m

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Women Long Jump Junior		
NOSSA: 5.12m* 2008 Caroline Ehrhardt		
OFSAA: 6.08m# 2022 Trinity Shadd-Ceres		
Name	Team	Finals
Finals		
1 MacDonald, Nadia	NOLO	4.95m
2 Devries, Aspen	NOWP	4.69m
3 Thomson, Lila	NOLK	4.61m
4 Stewart, Dani	NOCA	4.56m
5 Tonkovic, Ariana	NOMC	4.49m
6 Tuinema, Emmersyn	NOAL	4.21m
7 Currie, Ava	NOFO	4.08m
8 McCoshen, Mina	NOMM	4.02m
9 Akomah, Anne	NOAL	3.85m
10 Hummel, Rosie	NOSJ	3.83m
11 Charbonneau, Sophyal	NOFO	3.81m
11 Carrier, Chloe	NOLZ	3.81m
13 Drolet, Natashaia	NOKO	3.75m
14 Beachey, Avery	NOSJ	3.69m
15 McPherson, Charlee	NOSM	3.64m

Women Triple Jump Junior		
NOSSA: 11.66m* 2008 Caroline Ehrhardt		
OFSAA: 12.19m# 2018 Busola Akinduro		
Name	Team	Finals
Finals		
1 Akomah, Anne	NOAL	10.16m
2 Lynds, Elizabeth	NOCF	9.66m
3 Perry, Isabella	NOLO	9.34m
4 Currie, Ava	NOFO	9.10m
5 Tissot, Jacqueline	NOLO	9.03m
6 Carrier, Chloe	NOLZ	8.92m
7 Gauthier, Molly	NOKO	8.56m
8 King, Harlyn	NOSM	8.54m
9 De Geus, Marijke	NOSH	8.46m
10 Kim, Faith	NOLO	8.28m
11 Dedman, Morgan	NOMI	8.14m
12 Nelson, Hayley	NOSH	7.98m
13 Mudge, Abbi	NOSJ	7.97m
14 Nicholson, Charlotte	NOCA	7.94m
15 Beachey, Avery	NOSJ	7.86m
16 Gauthier, Hailey	NOSJ	7.08m

Women Shot Put Junior		
NOSSA: 12.15m* 2016 Taylor Elliott		
OFSAA: 16.00m# 2016 Trinity Tutti		
Name	Team	Finals
Finals		
1 Vine, Abby	NOCA	9.89m
2 Packard, Emma	NOEL	9.22m
3 Léveillé, Sophie	NOCH	9.04m
4 Vienneau, Caitlyn	NOEL	8.99m
5 Skraba, Elayna	NOMM	8.93m
6 Maree, Amore	NOSH	8.87m
7 Seguin, Hayden	NOSJ	8.60m

8 Predum, Jorgia	NOKO	8.22m
9 Reid, Brie	NOSH	8.17m
10 Lanovaz, Brooke	NOLI	7.99m
11 Polischuk, Maggie	NOLK	7.97m
12 Vaughan, Madison	NOKO	7.06m
--- Ajueze, Joanna	NOLO	DQ

Women Discus Throw Junior		
NOSSA: 37.62m* 2019 Lauren Fearn		
OFSAA: 53.43m# 2022 Julia Tunks		
Name	Team	Finals
Finals		
1 Woods, Meadow	NOSH	30.89m
2 Vienneau, Caitlyn	NOEL	28.39m
3 Packard, Emma	NOEL	22.45m
4 Julien, Vanessa	NOSA	22.11m
5 Vine, Abby	NOCA	22.08m
6 Polischuk, Maggie	NOLK	20.70m
7 Woodstock, Willow	NOHA	20.62m
8 Seguin, Hayden	NOSJ	20.37m
9 Dunwell, Adonia	NOMM	20.01m
10 Visser, Temike	NOMM	19.97m
11 Agawa, Shelbee	NOKO	16.74m
12 Gauthier, Hailey	NOSJ	16.47m
13 Vaughan, Madison	NOKO	16.18m
14 Predum, Jorgia	NOKO	12.92m

Women Javelin Throw Junior		
NOSSA: 38.20m* 2014 Danika Falvo		
OFSAA: 43.98m# 2018 Alexandria Webb		
Name	Team	Finals
Finals		
1 Devoe, Brooke	NOSH	28.89m
2 Desloges, Chloe	NOSJ	28.69m
3 Agawa, Shelbee	NOKO	27.54m
4 Packard, Emma	NOEL	27.05m
5 Lythm, Ella	NOCA	26.47m
6 Tissot, Jacqueline	NOLO	24.30m
7 Vine, Abby	NOCA	23.96m
8 Julien, Vanessa	NOSA	23.12m
9 King, Harlyn	NOSM	22.79m
10 Polischuk, Maggie	NOLK	21.13m
11 McCabe, Meris	NOSM	21.01m
12 Seguin, Hayden	NOSJ	20.45m
13 Marsh, Taylor	NOSJ	18.34m
14 Léveillé, Sophie	NOCH	17.92m
15 Herranen, Brooke	NOLO	17.43m
16 Gauthier, Hailey	NOSJ	14.99m

Women 100 Meter Dash Senior		
NOSSA: 12.21* 2012 Ashley Huard		
OFSAA: 11.54# 2002 Ashley Purnell		
LaneName	Team	Prelims
Preliminaries		
1 Doiron, Mélina	NOLO	12.24Q
2 Moran, Lauren	NOSH	12.59Q

3 Madigan, Fiona	NOWF	12.70Q
4 Fortin, Kiana	NOAL	13.04Q
5 MacDonald, Jaya	NOLO	12.78q
6 Wylie, Brooke	NOLZ	13.06q
7 Bruni, Matea	NOKO	13.17q
8 Gagnon, Bryce	NOSM	13.18q
9 Rodgers, Mila	NOLS	13.19
10 Tschanz, Alexie	NOSJ	13.43
11 Chilleli, Sophie	NOSH	13.53
12 Schryer, Karina	NOND	13.54
13 Shand, Madison	NOEL	13.66
14 Tulloch-Chiblow, Ella	NOEA	13.94
15 Moore, Ayla	NOSJ	14.15
16 Drake, Sierra	NOEA	15.58

Women 100 Meter Dash Senior		
NOSSA: 12.21* 2012 Ashley Huard		
OFSAA: 11.54# 2002 Ashley Purnell		
Name	Team	Finals
Finals		
1 Doiron, Mélina	NOLO	12.09*
2 Madigan, Fiona	NOWF	12.43
3 Moran, Lauren	NOSH	13.06
4 Fortin, Kiana	NOAL	13.28
5 MacDonald, Jaya	NOLO	13.39
6 Wylie, Brooke	NOLZ	13.43
7 Gagnon, Bryce	NOSM	13.50
--- Bruni, Matea	NOKO	DQ

Women 200 Meter Dash Senior		
NOSSA: 24.81* 2006 Rebecca Johnston-L		
OFSAA: 23.69# 2012 Khamica Bingham		
LaneName	Team	Prelims
Preliminaries		
1 Doiron, Mélina	NOLO	26.47Q
2 Kulik, Milena	NOLO	27.00Q
3 MacDonald, Jaya	NOLO	27.04Q
4 Moran, Lauren	NOSH	27.21Q
5 Wozney, Taryn	NOWF	27.44q
6 Fortin, Kiana	NOAL	27.67q
7 Rumiel, Lillian	NOSH	28.03q
8 Rodgers, Mila	NOLS	28.41q
9 Tschanz, Alexie	NOSJ	28.59
10 Magli, Sienna	NOSM	28.73
11 Bridgeman, Sadie	NOMI	29.00
12 Shand, Madison	NOEL	29.02
13 Chapman, Sara	NOWP	29.66
14 Roy, Carleigh	NOWF	29.70
--- Tulloch-Chiblow, Ella	NOEA	DQ
--- Landry, Jillian	NOAC	DQ

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Women 200 Meter Dash Senior		
NOSSA: 24.81* 2006 Rebecca Johnston-L		
OFSAA: 23.69# 2012 Khamica Bingham		
Name	Team	Finals
Finals		
1 Doiron, Mélina	NOLO	25.03
2 Kulik, Milena	NOLO	26.49
3 Fortin, Kiana	NOAL	26.86
4 Moran, Lauren	NOSH	26.87
5 MacDonald, Jaya	NOLO	27.21
6 Wozney, Taryn	NOWF	27.46
7 Rodgers, Mila	NOLS	27.67
8 Rumiel, Lillian	NOSH	28.67

Women 400 Meter Dash Senior		
NOSSA: 57.85* 2006 Rebecca Johnston-L		
OFSAA: 53.32# 1980 Charmaine Crooks		
LaneName	Team	Prelims
Preliminaries		
1 Diavolitsis, Misaki	NOLK	1:03.61Q
2 Kulik, Milena	NOLO	1:06.26Q
3 Syncox, Amanda	NOLO	1:03.83Q
4 Siebert, Paetyn	NOSJ	1:07.11Q
5 Fortin, Kiana	NOAL	1:06.02q
6 Ceccon, Barbara	NOLO	1:07.17q
7 Wozney, Taryn	NOWF	1:07.62q
8 Capancioni, Luciana	NOKO	1:07.90q
9 Campbell, Julia	NOKO	1:09.26
10 Roy, Carleigh	NOWF	1:09.38
11 Daoust, Marie-Laure	NOVF	1:09.46
12 Chapman, Sara	NOWP	1:10.43
13 Sokoloski, Payton	NOES	1:13.83
14 Sokoloski, Ciera	NOES	1:16.65
--- Landry, Jillian	NOAC	DQ

Women 400 Meter Dash Senior		
NOSSA: 57.85* 2006 Rebecca Johnston-L		
OFSAA: 53.32# 1980 Charmaine Crooks		
Name	Team	Finals
Finals		
1 Syncox, Amanda	NOLO	59.66
2 Kulik, Milena	NOLO	59.79
3 Diavolitsis, Misaki	NOLK	1:00.68
4 Fortin, Kiana	NOAL	1:00.72
5 Ceccon, Barbara	NOLO	1:01.91
6 Siebert, Paetyn	NOSJ	1:04.72
7 Capancioni, Luciana	NOKO	1:07.04
8 Wozney, Taryn	NOWF	1:07.51

Women 800 Meter Run Senior		
NOSSA: 2:18.15* 2015 Lydia Heimonen		
OFSAA: 2:05.94# 1984 Elise Braithwaite		
Name	Team	Finals
Finals		
1 De Beer, Kate	NOSH	2:27.08

2 Ceccon, Barbara	NOLO	2:27.33
3 Dale, Gracie	NOLO	2:28.05
4 Diavolitsis, Misaki	NOLK	2:28.77
5 Siebert, Paetyn	NOSJ	2:40.39
6 Salmaso, Lucia	NOMM	2:41.64
7 MacLeod, Tyla	NOAC	2:42.55
8 Davy, Autumn	NOMI	2:44.14
9 Larose, Farrah	NOSJ	2:44.95
10 Fabris, Enza	NOVF	2:46.64
11 Campbell, Julia	NOKO	2:48.95
12 Lewicki, Sophia	NOAL	2:49.55
13 Beaulieu, Michelle	NOAL	3:15.70
--- Wilson-Zegil, Alexand	NOMI	DQ

Women 1500 Meter Run Senior		
NOSSA: 4:52.07* 2008 Emma Tallman		
OFSAA: 4:21.72# 2017 Laura Parkinson		
Name	Team	Finals
Finals		
1 Vaillancourt, Valérie	NOSA	5:05.02
2 Bignucolo, Lily	NOLO	5:16.74
3 Hewgill, Erika	NOSJ	5:21.30
4 Reed, Riley	NOCA	5:23.33
5 De Beer, Kate	NOSH	5:26.55
6 Maki, Lea	NOLO	5:29.61
7 Nener, Maija	NOLO	5:37.39
8 Larose, Farrah	NOSJ	5:40.42
9 Hiscock, Olivia	NOWP	5:40.74
10 Davy, Autumn	NOMI	5:42.45
11 Oberthier, Anna	NOMM	5:47.99
12 Lewicki, Sophia	NOAL	5:50.42
13 Lacombe, Audrey	NOCW	5:57.61
14 Prior, Ava	NOES	6:07.64
15 Luomaranta, Aili	NOKO	6:31.86
16 Nieson, Taylor	NOSM	6:55.05

Women 3000 Meter Run Senior		
NOSSA: 10:40.92* 2013 Emily Marcolini		
OFSAA: 9:21.63# 2018 Jocelyn Chau		
Name	Team	Finals
Finals		
1 Vaillancourt, Valérie	NOSA	11:13.92
2 Bignucolo, Lily	NOLO	11:42.74
3 Hewgill, Erika	NOSJ	11:53.36
4 Reed, Riley	NOCA	11:54.95
5 Maki, Lea	NOLO	12:14.17
6 Hiscock, Olivia	NOWP	12:21.30
7 Salvati, Elena	NOLS	12:39.70
8 Nener, Maija	NOLO	12:57.42
9 Vacon, Charlotte	NOSJ	12:59.24
9 Luomaranta, Aili	NOKO	12:59.24
11 Davy, Autumn	NOMI	13:18.95
12 Prior, Ava	NOES	14:06.61
13 Corbiere, Morgan	NOSJ	14:30.74
14 Nieson, Taylor	NOSM	15:25.99

Women 100 Meter Hurdles Senior		
NOSSA: 14.30* 2007 Natasia SanCartier		
OFSAA: 13.33# 2016 Kiera Christie-Gallo		
LaneName	Team	Prelims
Preliminaries		
1 Guinard, Sarah	NOLO	16.00Q
2 Popp, Carlie	NOSJ	16.14Q
3 Magli, Sienna	NOSM	16.62Q
4 Veevers, Madison	NOLO	16.80Q
5 Avery, Ocean	NOLS	16.94q
6 Whitmell, Akilah	NOWP	17.74q
7 Perhonen, Madison	NOSM	17.84q
8 Jaremko, Abigail	NOSM	17.88q
9 Korczak, Elizabeth	NOLO	18.09
10 Espinosa, Sofi	NOEL	19.44
11 Drake, Sierra	NOEA	19.46
12 Sokoloski, Andi	NOES	19.65
13 Vaillancourt, Kaylee	NOLS	19.72

Women 100 Meter Hurdles Senior		
NOSSA: 14.30* 2007 Natasia SanCartier		
OFSAA: 13.33# 2016 Kiera Christie-Gallo		
Name	Team	Finals
Finals		
1 Popp, Carlie	NOSJ	15.42
2 Guinard, Sarah	NOLO	16.05
3 Magli, Sienna	NOSM	16.31
4 Veevers, Madison	NOLO	16.52
5 Jaremko, Abigail	NOSM	16.78
6 Whitmell, Akilah	NOWP	17.32
7 Avery, Ocean	NOLS	17.49
8 Perhonen, Madison	NOSM	18.21

Women 400 Meter Hurdles Senior		
NOSSA: 1:05.44* 2011 Alannah MacLean		
OFSAA: 58.38# 2014 Mariam Abdul-Rashid		
LaneName	Team	Finals
Finals		
1 Syncox, Amanda	NOLO	1:07.78
2 Popp, Carlie	NOSJ	1:07.89
3 Dale, Gracie	NOLO	1:11.24
4 Magli, Sienna	NOSM	1:12.76
5 Jaremko, Abigail	NOSM	1:14.47
6 Perhonen, Madison	NOSM	1:18.28
7 Morrison, Casey	NOCA	1:19.24
8 Veevers, Madison	NOLO	1:20.03
9 Williamson, Reese	NOAC	1:20.85
10 Sokoloski, Andi	NOES	1:21.25
11 St. Amour, Maddyn	NOLK	1:22.57
--- Daynard, Abby	NOCA	DQ
--- Capancioni, Luciana	NOKO	DQ
--- Wozney, Taryn	NOWF	DQ

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Women 4x100 Meter Relay Senior		
NOSSA: 51.01* 2016 St. Mary's College S		
E Calibani, O Orazietti, A Gibbs, T Lamorie		
OFSAA: 47.60# 2003 Mary Ward CSS		
O. Ugiagbe, Z. Gill, L. Gonsalves, L. Wilson		
Lane	Team	Relay Finals
Finals		
1	Lo-Ellen Park - Sudbu	A 50.49*
	Doiron, Mélina	Kulik, Milena
	Syncox, Amanda	MacDonald, Jaya
2	West Ferris Secondary	A 52.88
	Roy, Carleigh	Buell, Annie
	Wozney, Taryn	Madigan, Fiona
3	St. Mary's College S S	A 53.41
	Jaremko, Abigail	Toms, Tru
	Heika, Julia	Gagnon, Bryce
4	Superior Heights C &	A 53.65
	Chilelli, Sophie	Ferguson, Mya
	Moran, Lauren	Rumiel, Lillian
5	Scollard Hall - North I	A 53.80
	Moore, Anna	Popp, Carlie
	Moore, Ayla	Tschanz, Alexie
6	Bish Alexander Carter	A 54.21
	Troscinski, Caedene	Paradis, Jade
	Cresswell, Kynlee	Landry, Jillian
7	Korah C & V S - noko	A 54.56
	Bateman, Emily	Capancioni, Luciana
	Gordon, Miila	Rasaiah, Priya
8	Lasalle - Sudbury	A 55.27
	Clement, Kali	Rodgers, Mila
	Jones, Shelby	Sharma, Kriti
9	Notre Dame College -	A 55.58
	Baba, Leila	Sullivan, Hannah
	Donovan, Chloé	Schryer, Karina
10	Algonquin - North Bay	A 55.97
	Fortin, Kiana	Koch, Milah
	Lewicki, Sophia	Zwolak, Vanessa
11	Espanola H S	A 57.58
	Sokoloski, Ciera	Sokoloski, Andi
	Sokoloski, Payton	Patreau, Rylee
12	Sudbury - Sudbury	A 57.71
	Tchuente Simo, Sophie	Coutu, Sophie
	Beange, Grace	Walsh, Hailey
13	Elliot Lake S S	A 57.96
	Bower, Riley	Espinosa, Sofi
	McEachern, Claire	Shand, Madison
14	Central Algoma S S	A 58.37
	Daynard, Abby	Morrison, Casey
	Khari, Macey	Kleist, Kendall

Women High Jump Senior		
NOSSA: 1.67m* 2017 Caliegh Porter		
OFSAA: 1.88m# 1979 Julie White		
Name	Team	Finals
Finals		
1	Bateman, Emily	NOKO 1.60m
2	Skrobot, Sidney	NOLO 1.45m
2	Guinard, Sarah	NOLO 1.45m
4	Clement, Kali	NOLS J1.40m
5	McMillan, Beatrice	NOSM J1.40m
5	Flanagan, Fia	NOMI J1.40m
7	Zack, Avery	NOKO J1.40m
8	Yule, Leah	NONG J1.35m
9	Bain, Logan	NOSJ J1.35m
10	Zwolak, Vanessa	NOAL J1.30m
10	Kleist, Kendall	NOCA J1.30m
12	McGee, Claire	NOSU J1.30m
13	Rodgers-Wilkie, Lea	NOWF J1.30m
14	Roy, Carleigh	NOWF 1.25m
---	Espinosa, Sofi	NOEL DQ

Women Pole Vault Senior		
NOSSA: 3.35m* 2011 Sarah Swain		
OFSAA: 4.06m# 2012 Alysha Newman		
Name	Team	Finals
Finals		
1	Popp, Carlie	NOSJ 3.00m
2	Anderson, Kiersten	NOLK 2.05m
3	McKechnie, Sarah	NOLK 1.75m

Women Long Jump Senior		
NOSSA: 5.72m* 2010 Caroline Ehrhardt		
OFSAA: 6.19m# 2023 Trinity Shadd-Ceres		
Name	Team	Finals
Finals		
1	Bridgeman, Sadie	NOMI 5.17m
2	Bateman, Emily	NOKO 4.81m
3	Madigan, Fiona	NOWF 4.73m
4	Beange, Grace	NOSU 4.67m
5	MacDonald, Jaya	NOLO 4.61m
6	Balfé, Mya	NOMI 4.53m
7	Heika, Julia	NOSM 4.49m
8	Wylie, Brooke	NOLZ 4.25m
9	Koch, Milah	NOAL 4.20m
10	Tripp, Michaela	NOLO 4.17m
11	Gordon, Miila	NOKO 4.09m
12	Troscinski, Caedene	NOAC 3.97m
13	Fabris, Enza	NOVF 3.85m
14	Daly, Kiersten	NOCW 3.46m
15	Rodgers-Wilkie, Lea	NOWF 3.41m

Women Triple Jump Senior		
NOSSA: 12.40m* 2009 Caroline Ehrhardt		
OFSAA: 13.06m# 2019 Mahalia Mitchell		
Name	Team	Finals
Finals		
1	Bateman, Emily	NOKO 10.75m
2	Madigan, Fiona	NOWF 10.31m
3	Balfé, Mya	NOMI 10.13m
4	Toms, Tru	NOSM 9.78m
5	McMillan, Beatrice	NOSM 9.70m
6	Koch, Milah	NOAL 9.55m
7	Marolt, Alaina Rae	NOND 9.54m
8	O'daiskey, Cameron	NOAC 9.51m
9	Diavolitsis, Misaki	NOLK 9.08m
10	Tripp, Michaela	NOLO 8.93m
11	Kleist, Kendall	NOCA 8.81m
12	Nelson, Avery	NOLZ 8.80m
13	Bain, Logan	NOSJ 8.32m
14	Daly, Kiersten	NOCW 8.20m
15	Yule, Leah	NONG 7.88m
---	Tulloch-Chiblow, Ella	NOEA DQ

Women Shot Put Senior		
NOSSA: 12.49m* 2016 Emily Good		
OFSAA: 15.24m# 2018 Trinity Tutti		
Name	Team	Finals
Finals		
1	Thomas, Kayiesha	NOMM 9.89m
2	Leveillee, Ava	NOLO 9.70m
3	Culin, Emma	NOSJ 9.44m
4	O'daiskey, Cameron	NOAC 9.23m
5	Huron, Rhianna	NOEA 8.16m
6	Robinson, Nyah	NOSC 8.13m
7	Bower, Riley	NOEL 7.78m
8	Mandigo, Sari	NOFO 7.73m
9	Petramale, Riley	NOSH 7.65m
10	Day, Journey	NOWP 7.22m
11	Johnson, Kaitlyn	NOKO 6.73m
12	Troscinski, Caedene	NOAC 6.66m
13	Arbour, Emily	NOSM 6.61m
14	O'Connor, Neeve	NOAL 6.30m
15	Shank, Nadia	NOAL 6.03m

Women Discus Throw Senior		
NOSSA: 36.59m* 2016 Emily Good		
OFSAA: 55.62m# 2023 Julia Tunks		
Name	Team	Finals
Finals		
1	Culin, Emma	NOSJ 32.68m
2	Robinson, Nyah	NOSC 32.53m
3	Balfé, Mya	NOMI 32.04m
4	Day, Journey	NOWP 27.01m
5	O'daiskey, Cameron	NOAC 26.78m
6	Huron, Rhianna	NOEA 25.61m
7	Thomas, Kayiesha	NOMM 25.45m

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Finals ... (Women Discus Throw Senior)

8	Johnstone, Alana	NOSH	23.21m
9	Murray, Kaizly	NOWP	23.08m
10	Ferguson, Mya	NOSH	22.58m
11	Leveillee, Ava	NOLO	22.52m
12	O'Connor, Neeve	NOAL	22.47m
13	McVey, Alexis	NOMI	18.12m
14	Clement, Kali	NOLS	17.54m
15	Lachapelle, Emily	NOAL	16.19m

Women Javelin Throw Senior

NOSSA: 42.49m* 2019 Jenna Fleming

OFSAA: 49.48m# 1986 Louise Perrault

Name	Team	Finals
Finals		
1	Thomas, Kayiesha	NOMM 31.98m
2	Robinson, Nyah	NOSC 30.35m
3	Day, Journey	NOWP 30.09m
4	Presley, Maddie	NOES 26.94m
5	Watson, Emery	NOMI 26.80m
6	Culin, Emma	NOSJ 26.77m
7	Gutierrez, Emilia	NOSH 26.38m
8	Lachapelle, Emily	NOAL 24.83m
9	Guinard, Sarah	NOLO 23.63m
10	Bouchard, Victoria	NOEL 22.40m
11	Murray, Kaizly	NOWP 21.82m
12	Meade, Cecilia	NOSH 21.77m
13	Gibbs, Addison	NOAC 21.30m
14	Shank, Nadia	NOAL 20.51m
15	Saari, Katriina	NOBE 20.16m
16	O'Connor, Neeve	NOAL 18.47m

Women 2000 Meter Steeplechase Open

NOSSA: 7:31.42* 2024 Lauren Pineau

OFSAA: 6:52.19# 2022 Elizabeth Vroom

Name	Team	Finals
Finals		
1	De Geus, Marijke	NOSH 8:11.86
2	Reed, Riley	NOCA 8:14.02
3	Hiscock, Olivia	NOWP 8:15.55
4	Pineau, Megan	NOLO 8:28.58
5	Melo, Alessandra	NOLO 8:40.55
6	Lacombe, Audrey	NOCW 8:55.55
7	Fabris, Enza	NOVF 9:07.89
8	Salvati, Elena	NOLS 9:28.70
9	Corbiere, Morgan	NOSJ 9:38.30
10	Patreau, Rylee	NOES 9:47.89
11	Rodgers, Norah	NOLS 10:17.38
---	MacLeod, Tyla	NOAC DQ

Women 4x400 Meter Relay Open

NOSSA: 4:10.93* 2014 Lasalle SS - Sudbury

K Cashmore, K Marcotte, K Hellstrom, L Graham

OFSAA: 3:47.35# 2002 Mary Ward CSS

L. Wilson, D. Abraham, Z. Gill, O. Ugiagbe

Lane	Team	Relay	Finals
Finals			
1	Lo-Ellen Park - Sudbu	A	4:14.85
	Kulik, Milena	Syncox, Amanda	
	Cecon, Barbara	MacDonald, Nadia	
2	Scollard Hall - North I	A	4:25.12
	Pizzoferrato, Andreena	Siebert, Paetyn	
	Moore, Stefanie	Popp, Carlie	
3	Marymount Academy	A	4:29.74
	Serre, Leah	Massimiliano, Mya	
	Oberthier, Katie	Salmaso, Lucia	
4	Lockerby Composite S	A	4:33.62
	Diavolitsis, Misaki	St. Amour, Maddyn	
	Frawley, Mavis	George, Rebecca	
5	Korah C & V S - noko	A	4:41.24
	Filice, Molly	Bateman, Emily	
	Capancioni, Luciana	Campbell, Julia	
6	Bish Alexander Carter	A	4:42.21
	Troschinski, Caedene	O'daiskey, Cameron	
	Levesque, Ashley	Landry, Jillian	
7	Central Algoma S S	A	4:43.61
	Morrison, Casey	Reed, Riley	
	Stewart, Mika	Khari, Macey	
8	Algonquin - North Bay	A	4:45.37
	Malott, Madalynne	Fortin, Kiana	
	Carre, Alexie	Lewicki, Sophia	
9	St. Mary's College S S	A	4:45.56
	Nadeau, Charlotte	Perhonen, Madison	
	Toms, Tru	Jaremko, Abigail	
10	Chippewa Secondary S	A	4:48.29
	Allen, Larkyn	Campbell, Lily	
	Denston, Amy	Linkie, Mckenna	
11	West Ferris Secondary	A	4:49.50
	Roy, Carleigh	Wozney, Taryn	
	Giroux, Shayla	Madigan, Fiona	
12	Superior Heights C &	A	4:51.87
	De Geus, Marijke	Broad, Myka	
	Nelson, Hayley	De Beer, Kate	
13	Lasalle - Sudbury	A	5:00.00
	Rodgers, Norah	Parsons, Maiya	
	Salvati, Elena	Taylor, Madeline	
14	Espanola H S	A	5:03.21
	Sokoloski, Andi	Sokoloski, Ciera	
	Sokoloski, Payton	Prior, Ava	

Women 100 Meter Dash Ambulatory

NOSSA: 24.59* 2011 Alissa Langman

OFSAA: 14.61# 2015 Madison Wilson-Wal

Name	Team	Finals
Finals		
1	Carlson, Sophia	NOMM 15.10*

Women 800 Meter Dash Ambulatory

OFSAA: 2:39.79# 2019 Cassie Kemp

Name	Team	Finals
Finals		
1	Carlson, Sophia	NOMM 3:05.11

Men 100 Meter Dash Novice

NOSSA: 11.59* 2006 David Fournier-St Jo

OFSAA: 10.89# 1981 Keith Dormond

Lane	Name	Team	Prelims
Preliminaries			
1	Blouin, Levi	NOLO	11.98Q
2	Guinard, Gilles	NOLO	12.10Q
3	Peltier, Koda	NOSC	12.14Q
4	Weldon, Kurtis	NOSJ	12.17Q
5	Ringrose, Ethan	NOAC	12.32q
6	Clark, Colton	NOCA	12.44q
7	Roberts, Sam	NOKO	12.61q
8	McGill, Tristan	NOEA	12.62q
9	Perry, Jax	NOLK	12.80
10	Mazzuca, Mason	NOSM	12.82
11	Drake, Jack	NOEA	12.84
12	Coccimiglio, Martino	NOKO	12.97
13	Hayne, Hunter	NOCW	13.00
14	Pierman, Jack	NOKO	13.14
15	Van Soelen, Carel	NOSJ	13.76
---	Villneff, Alexander	NOWF	DQ

Men 100 Meter Dash Novice

NOSSA: 11.59* 2006 David Fournier-St Jo

OFSAA: 10.89# 1981 Keith Dormond

Name	Team	Finals
Finals		
1	Blouin, Levi	NOLO 11.62
2	Weldon, Kurtis	NOSJ 11.95
3	Peltier, Koda	NOSC 12.03
4	Guinard, Gilles	NOLO 12.31
5	Ringrose, Ethan	NOAC 12.35
6	McGill, Tristan	NOEA 12.37
7	Clark, Colton	NOCA 12.40
8	Roberts, Sam	NOKO 12.91

Men 200 Meter Dash Novice

NOSSA: 23.75* 2023 Darren Joiner

OFSAA: 22.07# 2023 Jahleel Haley

Lane	Name	Team	Prelims
Preliminaries			
1	Leinala, Mikko	NOLO	24.68Q

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Preliminaries ... (Men 200 Meter Dash Novice)		
2	Guinard, Gilles	NOLO 24.94Q
3	Weldon, Kurtis	NOSJ 24.98Q
4	Clark, Colton	NOCA 25.46Q
5	Ringrose, Ethan	NOAC 25.47q
6	Coudert, Nolan	NOKO 25.74q
7	Perry, Jax	NOLK 26.04q
8	Mazzuca, Mason	NOSM 26.21q
9	Davies, Isaiah	NOSH 26.37
10	Pitawanakwat, Kingste	NOSC 26.59
11	Drake, Jack	NOEA 26.66
12	Ryan, Tommy	NOES 26.77
13	Mier, Sebastian	NOSJ 27.33
14	Pierman, Jack	NOKO 27.45
15	Tagliamonte, Nicholas	NOSJ 27.50
16	Taccogna, Sebastyan	NOCW 28.73

Men 200 Meter Dash Novice		
NOSSA: 23.75* 2023 Darren Joiner		
OFSAA: 22.07# 2023 Jahleel Haley		
Name	Team	Finals
Finals		
1	Leinala, Mikko	NOLO 24.20
2	Guinard, Gilles	NOLO 24.60
3	Weldon, Kurtis	NOSJ 24.61
4	Coudert, Nolan	NOKO 25.53
5	Perry, Jax	NOLK 25.69
6	Ringrose, Ethan	NOAC 25.70
7	Clark, Colton	NOCA 26.02
8	Mazzuca, Mason	NOSM 26.32

Men 400 Meter Dash Novice		
NOSSA: 52.47* 2010 Mitchell Mazzuca		
OFSAA: 49.14# 2019 Christopher Morales		
LaneName	Team	Prelims
Preliminaries		
1	Pitawanakwat, Kingste	NOSC 57.90Q
2	Ryan, Tommy	NOES 57.94Q
3	Coudert, Nolan	NOKO 58.44Q
4	Weldon, Kurtis	NOSJ 58.56Q
5	Villneff, Alexander	NOWF 58.51q
6	Crawford, Jake	NOLS 58.64q
7	Farquharson, Ethan	NOLK 58.68q
8	Spadafora, Matteo	NOLO 59.36q
9	Mier, Sebastian	NOSJ 59.64
10	Reed, Aydan	NOCA 1:00.15
11	Pagnutti, Peter	NOLZ 1:01.82
12	Sharpe, Cameron	NOWP 1:04.97
13	Tagliamonte, Nicholas	NOSJ 1:04.99
14	Dokum, Jesse	NOWW 1:05.70
15	Murray, Lennox	NOKO 1:06.70

Men 400 Meter Dash Novice		
NOSSA: 52.47* 2010 Mitchell Mazzuca		
OFSAA: 49.14# 2019 Christopher Morales		
Name	Team	Finals
Finals		
1	Pitawanakwat, Kingste	NOSC 57.03
2	Crawford, Jake	NOLS 57.69
3	Weldon, Kurtis	NOSJ 58.41
4	Ryan, Tommy	NOES 58.78
5	Villneff, Alexander	NOWF 59.05
6	Spadafora, Matteo	NOLO 1:00.12
7	Farquharson, Ethan	NOLK 1:00.28
---	Coudert, Nolan	NOKO DQ

Men 800 Meter Run Novice		
NOSSA: 2:07.00* 2014 Reuben Du Rand		
OFSAA: 1:53.24# 1989 Kevin Sullivan		
Name	Team	Finals
Finals		
1	Luoma, Julian	NOLO 2:12.61
2	Eady, Bradley	NOLS 2:14.92
3	Daoust, Guillaume	NOVF 2:17.33
4	Marsh, Ethan	NOWP 2:19.58
5	Pagnutti, Peter	NOLZ 2:20.67
6	Jyhla, Noah	NOSM 2:27.77
7	Spadafora, Matteo	NOLO 2:28.42
8	Carroll, Jakson	NOSM 2:29.08
9	Goodfellow, Collin	NOMI 2:29.61
10	Parr, Ethan	NOSM 2:30.58
11	Landriault, Blake	NOEL 2:35.58
12	Paul, Zacharie	NOND 2:40.02

Men 1500 Meter Run Novice		
NOSSA: 4:22.77* 2005 Dominik Graf-Sir Ja		
OFSAA: 3:54.31# 1989 Kevin Sullivan		
Name	Team	Finals
Finals		
1	Belzile, Maxime	NOMC 4:25.80
2	Luoma, Julian	NOLO 4:26.14
3	Eady, Bradley	NOLS 4:41.24
4	Daoust, Guillaume	NOVF 4:43.58
5	Marsh, Ethan	NOWP 4:45.49
6	Dunne, Zach	NOSH 5:09.33
7	Reid, Emmitt	NOAL 5:15.86
8	Abols, Eden	NOLK 5:17.36
9	Simon, Jordan	NOLZ 5:19.11
10	Kirby, Jacob	NOCA 5:19.80
11	Peredun, Owen	NOWP 5:20.24
12	Murray, Ty	NOKO 5:24.27
13	Dokum, Jesse	NOWW 5:29.99
14	Webb, Felix	NOEO 5:42.08
15	Cotterall, Joel	NOEO 5:51.86
16	Taillefer, Noah	NONO 6:14.11

Men 3000 Meter Run Novice		
NOSSA: 9:38.00* 2004 Matt Walters-West F		
OFSAA: 8:47.94# 2015 Thomas Witkowicz		
Name	Team	Finals
Finals		
1	Belzile, Maxime	NOMC 9:49.95
2	Luoma, Julian	NOLO 9:52.27
3	Daoust, Guillaume	NOVF 10:29.77
4	Kaidi, Karim	NOHA 11:10.95
5	Pagnutti, Peter	NOLZ 11:11.00
6	Dunne, Zach	NOSH 11:13.33
7	Abols, Eden	NOLK 11:16.95
8	Reid, Emmitt	NOAL 11:45.14
9	Vine, Paxdon	NOCA 11:52.02
10	Peredun, Owen	NOWP 11:54.29
11	Zembal, Sean	NOMI 12:13.24
12	Taillefer, Noah	NONO 13:40.02
13	Kelly, Leland	NOAL 15:31.86

Men 100 Meter Hurdles Novice		
NOSSA: 14.86* 2010 Luke Udeschini		
OFSAA: 13.41# 2015 Liam Mather		
LaneName	Team	Prelims
Preliminaries		
1	Blouin, Levi	NOLO 14.93Q
2	Leinala, Mikko	NOLO 15.44Q
3	Woloshyn, Ryland	NOLK 17.01Q
4	Crawford, Jake	NOLS 18.32Q
5	Mannella, Cael	NOLS 17.11q
6	Paquin, Ethan	NOSH 18.14q
7	George, Nathaniel	NOEL 19.05q
8	Noble, Oliver	NOES 19.11q
9	Seabrook, Kash	NOCA 19.26
10	Gordon, Reid	NOKO 19.78

Men 100 Meter Hurdles Novice		
NOSSA: 14.86* 2010 Luke Udeschini		
OFSAA: 13.41# 2015 Liam Mather		
Name	Team	Finals
Finals		
1	Blouin, Levi	NOLO 14.88
2	Leinala, Mikko	NOLO 15.01
3	Woloshyn, Ryland	NOLK 16.52
4	Crawford, Jake	NOLS 16.64
5	Mannella, Cael	NOLS 18.33
6	George, Nathaniel	NOEL 18.96
---	Paquin, Ethan	NOSH DQ
---	Noble, Oliver	NOES DQ

Men 300 Meter Hurdles Novice		
NOSSA: 42.61* 2010 Luke Udeschini		
OFSAA: 39.24# 2019 Ryder King		
Name	Team	Finals
Finals		
1	Blouin, Levi	NOLO 43.23

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Finals ... (Men 300 Meter Hurdles Novice)		
2	Leinala, Mikko	NOLO 43.43
3	Crawford, Jake	NOLS 47.79
4	Clark, Colton	NOCA 51.84
5	Landriault, Blake	NOEL 52.49
6	Seabrook, Kash	NOCA 52.90

Men 4x100 Meter Relay Novice		
NOSSA: 46.91* 2024 Lo-Ellen Park - Sudb		
F Mallory, J Fransen, N Shukla, T Dubreuil		
OFSAA: 43.90# 2018 Our Lady Mt Carme		
J Rose, J Rose, J Amoroso, A Magdziak		
Lane	Team	Relay
Finals		

1	St. Charles College - S	A	49.36
	Peltier, Koda	Pitawanakwat, Kingsten	
	Baronette, Chase	Baronette, Brayden	
2	Korah C & V S - noko	A	49.58
	Pierman, Jack	Roberts, Sam	
	McGaughey, Damian	Coudert, Nolan	
3	St. Mary's College S S	A	50.41
	Wesselius, Jack	Jyhla, Noah	
	Carroll, Jakson	Mazzuca, Mason	
4	Scollard Hall - North I	A	50.50
	Van Soelen, Carel	Tagliamonte, Nicholas	
	Mier, Sebastian	Weldon, Kurtis	
5	Lockerby Composite S	A	50.67
	Perry, Jax	Millett, Xander	
	Abols, Eden	Farquharson, Ethan	
6	Chippewa Secondary :	A	51.73
	Hayne, Hunter	Samuel, Kyle	
	Hanna, Kingston	Taccogna, Sebastyan	
7	Superior Heights C &	A	52.25
	Burch, Noah	Davies, Isaiah	
	Gonneville, Keith	Paquin, Ethan	
8	Bish Alexander Carter	A	52.31
	Ringrose, Ethan	Therrien, Lennox	
	Lawson, Finn	Lingenfelter, Matteo	
9	ES L/Horizon - Val Ca	A	52.65
	Leveille, Jackson	Renaud, Méri	
	Pagnutti, Peter	Simon, Jordan	
10	Central Algoma S S	A	52.97
	Clark, Colton	Kirby, Jacob	
	Amelotte, Noah	Reed, Aydan	
11	Algonquin - North Bay	A	53.58
	Kelly, Leland	Reid, Emmitt	
	Meyer, Drayden	Morley-Hotte, Merik	

Men High Jump Novice		
NOSSA: 1.78m* 2017 Kouadio Mark Koffi		
OFSAA: 1.95m# 2007 Jeff Webb		
Name	Team	Finals

Finals		
1	Yule, James	NOKO 1.65m
2	Alexander-Laporte, W	NOSC 1.63m

3	Aubertin, Xavier	NOMC	J1.58m
4	Dickie, Travis	NOLS	J1.58m
5	Carroll, Jakson	NOSM	J1.58m
6	Joseph, Nikhil	NOSH	1.55m
7	Gauthier, Miguel	NOMC	J1.50m
8	Rajotte, Cohen	NOES	J1.50m
9	Plastino, Prestyn	NOCA	J1.50m
10	Laalo, Harley	NOLO	J1.40m
11	Deschenes, Roen	NOMI	J1.40m
---	Giallonardo, John	NOSM	DQ
---	Schulman, Phineas	NOSJ	DQ

Men Long Jump Novice		
NOSSA: 6.17m* 2017 Kurtis Wennerstorm		
OFSAA: 6.67m# 2017 Marcus Renford		
Name	Team	Finals

Finals		
1	McGill, Tristan	NOEA 5.34m
2	Guinard, Gilles	NOLO 5.28m
3	Baronette, Brayden	NOSC 5.15m
4	Sabourin, Noah	NOND 5.06m
5	Meyer, Drayden	NOAL J4.85m
6	Tuckett, Kaiden	NOWF J4.85m
7	Joseph, Nikhil	NOSH 4.84m
8	McGaughey, Damian	NOKO 4.79m
9	Carroll, Jakson	NOSM 4.67m
10	Hepburn, Ethan	NOCW 4.60m
11	Perry, Jax	NOLK 4.57m
12	Rajotte, Cohen	NOES 4.49m
---	Melcher, Coleton	NOCA DQ

Men Triple Jump Novice		
NOSSA: 12.58m* 2013 Ryan Taylor		
OFSAA: 13.74m# 2015 Joshua Hanghton		
Name	Team	Finals

Finals		
1	McGill, Tristan	NOEA 11.84m
2	Aubertin, Xavier	NOMC 11.39m
3	Coudert, Nolan	NOKO 11.06m
4	Rancourt, Sebastein	NOLS 10.97m
5	Coccimiglio, Martino	NOKO 10.66m
6	Rajotte, Cohen	NOES 10.54m
7	Peltier, Koda	NOSC 10.33m
8	England-Preston, Gavi	NOCF 10.01m
9	Gauthier, Miguel	NOMC 9.88m
10	Lawrence, Sebastian	NOWF 9.82m
11	Plastino, Prestyn	NOCA 9.33m
12	Schulman, Phineas	NOSJ 7.78m

Men Shot Put Novice		
NOSSA: 14.60m* 2013 Tanner Horgan		
OFSAA: 16.95m# 2006 Jackson Gray		
Name	Team	Finals

Finals		
1	King, Max	NOLI 13.20m
2	Baronette, Brayden	NOSC 12.69m

3	Mailloux, Dexter	NOSC	11.48m
4	Hamilton, Mathieu	NOHA	10.78m
5	Filice, Amedeo	NOKO	10.28m
6	Lawson, Finn	NOAC	10.13m
7	Skippen, Charles	NOMI	9.63m
8	Wesselius, Jack	NOSM	9.41m
9	Kent, Elijah	NOCA	8.93m
10	Bouillon, Brody	NOJN	8.82m
11	Mareno, Cruz	NOKO	8.73m
---	Sayers, Lain	NOWP	DQ
---	Diorio, Dante	NOCW	DQ

Men Discus Throw Novice		
NOSSA: 50.20m* 2024 Raine Bradley		
OFSAA: 58.98m# 1973 Rob Town		
Name	Team	Finals

Finals		
1	Mailloux, Dexter	NOSC 35.14m
2	Skippen, Charles	NOMI 32.75m
3	Baronette, Chase	NOSC 31.10m
4	Doucette, Nicholas	NOSH 27.29m
5	Morley-Hotte, Merik	NOAL 26.45m
6	MacIntyre, Noah	NOND 25.86m
7	Gauthier, Miguel	NOMC 24.23m
8	Cochrane, Shamus	NOWP 21.80m
9	Deschamps, Dalton	NOES 21.31m
10	Hayne, Ben	NOCW 20.26m
11	Wesselius, Jack	NOSM 19.64m
12	Dickison, Elliot	NOLK J18.78m
13	Lawrence, Sebastian	NOWF J18.78m
---	Sayers, Lain	NOWP DQ
---	Bouillon, Brody	NOJN DQ

Men Javelin Throw Novice		
NOSSA: 50.64m* 2006 Mathieu Charbonneau		
OFSAA: 57.95m# 2007 Ray Dykstra		
Name	Team	Finals

Finals		
1	Parent, Lincoln	NOLO 37.02m
2	Cochrane, Shamus	NOWP 35.94m
3	Kirby, Jacob	NOCA 35.93m
4	Renaud, Méri	NOLZ 35.05m
5	Paul, Zacharie	NOND 31.11m
6	Doucette, Nicholas	NOSH 29.80m
7	Meyer, Drayden	NOAL 29.60m
8	Lawrence, Sebastian	NOWF 29.57m
9	Morley-Hotte, Merik	NOAL 28.41m
10	Bouillon, Brody	NOJN 28.08m
11	Kent, Elijah	NOCA 27.02m
12	Wesselius, Jack	NOSM 26.77m
13	Sauve, Leon	NOSC 23.18m
14	Sanglinetti Juras, Trist	NOSM 23.15m
15	Dickison, Elliot	NOLK 16.81m

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Men 100 Meter Dash Junior			
NOSSA: 11.31* 2019 Logan Spicer			
OFSAA: 10.53# 2011 Andre Ford-Azonwa			
Lane	Name	Team	Prelims
Preliminaries			
1	Currie, Hunter	NOLI	11.39Q
2	Mallory, Francis	NOLO	11.69Q
3	Nadeau, Teodor	NOSJ	11.60Q
4	Piette, Sam	NOLO	11.92Q
5	Edwards, Blake	NOSM	11.97q
6	Fredricks, Dante	NOCW	11.98q
7	Foltz-Sikorski, Syran	NOKO	12.07q
8	Paquette, JC	NOES	12.09q
9	Ryan, Loic	NOAL	12.14
10	McIntyre, Chase	NOSH	12.30
11	Latimer, Bennett	NOWF	12.36
12	Fransen, Janssen	NOLO	12.53
13	Juma, Aaron	NOSM	12.68
14	Alimole, Kamsi	NOCA	12.72
14	Edralin, Aaven	NOMI	12.72

Men 100 Meter Dash Junior			
NOSSA: 11.31* 2019 Logan Spicer			
OFSAA: 10.53# 2011 Andre Ford-Azonwa			
Name	Team	Finals	
Finals			
1	Mallory, Francis	NOLO	11.33
2	Nadeau, Teodor	NOSJ	11.40
3	Currie, Hunter	NOLI	11.69
4	Piette, Sam	NOLO	12.25
5	Edwards, Blake	NOSM	12.28
6	Paquette, JC	NOES	12.30
7	Foltz-Sikorski, Syran	NOKO	12.36
8	Fredricks, Dante	NOCW	12.65

Men 200 Meter Dash Junior			
NOSSA: 22.97* 2017 Zachari Mainville			
OFSAA: 21.40# 2011 Andre Ford-Azonwa			
Lane	Name	Team	Prelims
Preliminaries			
1	Fransen, Janssen	NOLO	24.03Q
2	Corsi, Tomas	NOLK	24.83Q
3	Nadeau, Teodor	NOSJ	24.65Q
4	Ferguson-Whitely, Jar	NOLK	25.25Q
5	Clark, Liam	NOKO	25.40q
6	Fredricks, Dante	NOCW	25.48q
7	Dutrisac, Parker	NOLK	25.53q
8	Ryan, Loic	NOAL	25.68q
9	Papke-Cousineau, Nic	NONO	26.22
10	Alabi, Dede	NOWP	26.25
11	Alimole, Kamsi	NOCA	27.27
12	Wesselius, Liam	NOSM	27.41
13	Apinah, Michael	NOSM	28.25
14	Elmore, Trent	NOJN	28.34

Men 200 Meter Dash Junior			
NOSSA: 22.97* 2017 Zachari Mainville			
OFSAA: 21.40# 2011 Andre Ford-Azonwa			
Name	Team	Finals	
Finals			
1	Nadeau, Teodor	NOSJ	23.00
2	Fransen, Janssen	NOLO	23.49
3	Corsi, Tomas	NOLK	24.00
4	Ferguson-Whitely, Jar	NOLK	24.10
5	Dutrisac, Parker	NOLK	25.15
6	Clark, Liam	NOKO	25.68
7	Ryan, Loic	NOAL	35.33
8	Fredricks, Dante	NOCW	37.29

Men 400 Meter Dash Junior			
NOSSA: 50.06* 2007 Richard MacLennan			
OFSAA: 48.46# 2015 Nathan Friginette			
Lane	Name	Team	Prelims
Preliminaries			
1	Shukla, Narayan	NOLO	58.59Q
2	Dubreuil, Ty	NOLO	58.95Q
3	Oliver, Owen	NOLS	58.62Q
4	Dale, Grady	NOLO	59.58Q
5	Lees, Elliot	NOLK	59.68q
6	Baranyai, Xavier	NOEA	1:00.29q
7	Ryan, Loic	NOAL	1:00.56q
8	Elmore, Trent	NOJN	1:02.73q
9	Myles, Kailen	NOEO	1:08.26
10	Kanasawe, Tryton	NOWW	1:10.76
11	Tourigny, Troy	NONO	1:10.84
12	Benac, Oliver	NOKO	1:13.58
13	Golden, Noah	NOSM	1:13.99
---	Verberne, Isaac	NOSJ	DQ

Men 400 Meter Dash Junior			
NOSSA: 50.06* 2007 Richard MacLennan			
OFSAA: 48.46# 2015 Nathan Friginette			
Name	Team	Finals	
Finals			
1	Dubreuil, Ty	NOLO	52.92
2	Shukla, Narayan	NOLO	54.14
3	Oliver, Owen	NOLS	54.33
4	Dale, Grady	NOLO	56.11
5	Baranyai, Xavier	NOEA	58.74
6	Ryan, Loic	NOAL	59.65
7	Elmore, Trent	NOJN	1:01.79
8	Lees, Elliot	NOLK	1:05.18

Men 800 Meter Run Junior			
NOSSA: 2:01.94* 2014 Brendan Costello			
OFSAA: 1:53.54# 2018 Abdullahi Hassan			
Name	Team	Finals	
Finals			
1	Shukla, Narayan	NOLO	2:08.45
2	Oliver, Owen	NOLS	2:10.36

3	O'Connor, Gantry	NOCW	2:11.08
4	Brown, Kyle	NOSH	2:13.39
5	Baranyai, Xavier	NOEA	2:15.99
6	Dale, Grady	NOLO	2:16.49
7	Leclair, Liam	NOES	2:17.77
8	Murphy, Wyatt	NOSJ	2:18.39
9	Escasa, Finley	NOSM	2:18.89
10	Chenier, Blake	NOLZ	2:22.77
11	Raymer, Will	NOCW	2:24.48
12	Acuna-Munitas, Migu	NOLO	2:24.95
13	Dubytz, Felix	NOAL	2:27.33
14	Elmore, Trent	NOJN	2:28.49
15	Li, Andrew	NOKO	2:28.99
16	Adams, Gavin	NOWP	2:29.70

Men 1500 Meter Run Junior			
NOSSA: 4:09.87* 2011 Graham Hansel			
OFSAA: 3:55.38# 2009 Robert Denault			
Name	Team	Finals	
Finals			
1	Jewitt, Carson	NOLO	4:37.39
2	Ceccon, Matteo	NOLK	4:38.58
3	Young, Cameron	NOLK	4:41.58
4	Raymer, Will	NOCW	4:42.33
5	Brown, Kyle	NOSH	4:42.80
6	Duncan, Ewan	NOLK	4:43.58
7	Leclair, Liam	NOES	4:46.94
8	Lamarche, Ben	NOLO	4:48.77
9	Murphy, Wyatt	NOSJ	4:50.39
10	Elgie, Ryan	NOKO	4:54.11
11	Dubytz, Felix	NOAL	5:07.21
12	Li, Andrew	NOKO	5:10.77
13	Mara, Sebastian	NOMI	5:23.33
14	Miknevicus, Nathanic	NOES	5:25.52
15	Bizon-Lermite, Gaspar	NOCW	5:27.05

Men 3000 Meter Run Junior			
NOSSA: 9:06.88* 2011 Graham Hansel			
OFSAA: 8:33.65# 2007 John Paul Malette			
Name	Team	Finals	
Finals			
1	Ceccon, Matteo	NOLK	10:05.52
2	Duncan, Ewan	NOLK	10:09.52
3	Young, Cameron	NOLK	10:23.52
4	Lamarche, Ben	NOLO	10:35.05
5	Elgie, Ryan	NOKO	10:41.05
6	Campbell, Alex	NOLI	11:08.00
7	Brown, Kyle	NOSH	11:24.30
8	Dubytz, Felix	NOAL	11:39.11
9	Miknevicus, Nathanic	NOES	12:01.36
10	Quackenbush, Isaac	NOMI	12:07.08
11	Alborough, Thomas	NOWF	13:59.77
---	Fera, Sebastian	NOSM	DQ
---	Li, Andrew	NOKO	DQ
---	Mara, Sebastian	NOMI	DQ

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Results

Men 100 Meter Hurdles Junior		
NOSSA: 14.87* 2011 Luke Udeschini		
OFSAA: 12.95# 2019 Mark Skerl		
Lane	Name	Team Prelims
Preliminaries		
1	Nadeau, Teodor	NOSJ 14.97Q
2	Jacques, Gideon	NOES 15.49Q
3	Houle, Liam	NOES 15.81Q
4	Abbasy, Yehya	NOKO 16.05Q
5	Goymer, Bill	NOEL 16.18q
6	Ferguson-Whitely, Jan	NOLK 16.21q
7	Booth, Milo	NOSA 17.14q
8	Barker, Emeric	NOSM 17.76q
9	Graham, Lucas	NOLO 18.77
10	Jalo, Faiz	NOSU 18.83
11	Bates, Dylan	NOLS 18.94
12	Cistaro, Sebastian	NOSM 19.05
13	Young, Brady	NOSM 20.27

Men 100 Meter Hurdles Junior		
NOSSA: 14.87* 2011 Luke Udeschini		
OFSAA: 12.95# 2019 Mark Skerl		
Name	Team	Finals
Finals		
1	Nadeau, Teodor	NOSJ 14.98
2	Jacques, Gideon	NOES 15.45
3	Houle, Liam	NOES 15.99
4	Abbasy, Yehya	NOKO 16.09
5	Ferguson-Whitely, Jan	NOLK 16.31
6	Goymer, Bill	NOEL 16.57
7	Booth, Milo	NOSA 16.82
---	Barker, Emeric	NOSM DQ

Men 300 Meter Hurdles Junior		
NOSSA: 41.00* 2004 Justin Digiglio-St Joe		
OFSAA: 37.86# 2016 Liam Foudy		
Lane	Name	Team Finals
Finals		
1	Jewitt, Carson	NOLO 42.84
2	Houle, Liam	NOES 42.96
3	Ferguson-Whitely, Jan	NOLK 43.82
4	Piette, Sam	NOLO 43.91
5	Jacques, Gideon	NOES 44.62
6	Goymer, Bill	NOEL 44.66
7	Abbasy, Yehya	NOKO 46.39
8	Pannell, Lucas	NOAL 46.52
9	Graham, Lucas	NOLO 49.03
10	Wesselius, Liam	NOSM 49.22
11	Young, Brady	NOSM 51.57
12	Bates, Dylan	NOLS 54.26
---	Apinah, Michael	NOSM DQ

Men 4x100 Meter Relay Junior		
NOSSA: 45.80* 2008 Sir James Dunn - SS		
E Bogensberger, M Auger, G Hunt, J Vernelli		
OFSAA: 42.75# 2019 Our Lady Mt Carme		
J Rose, J Rose, J Lindup-Amoroso, A Magdziak		
Lane	Team	Relay Finals
Finals		
1	Lo-Ellen Park - Sudbu	A 45.01*
	Mallory, Francis	Fransen, Janssen
	Dubreuil, Ty	Shukla, Narayan
2	St. Charles College - S	A 46.74
	Paris, Connor	Lake, Landen
	Carriere, Brady	Croome, Emmett
3	Bish Alexander Carter	A 47.59
	Houle, Ethan	Ellsworth, Carter
	O'daiskey, Gillis	Crick, Benjamin
4	Lockerby Composite S	A 47.70
	Ferguson-Whitely, Jared	Corsi, Tomas
	Dutrisac, Parker	Lees, Elliot
5	Espanola H S	A 48.15
	Paquette, JC	Mullen, Carter
	Houle, Liam	McLennan, Carter
6	St. Mary's College S S	A 48.43
	Juma, Aaron	Carbone, A.J.
	Barker, Emeric	Edwards, Blake
7	Korah C & V S - noko	A 49.80
	Abbasy, Yehya	Clark, Liam
	Li, Andrew	Foltz-Sikorski, Syran
8	Scollard Hall - North I	A 50.16
	Verberne, Isaac	Murphy, Wyatt
	Pritchkyo, James	Green, Noah
9	W. C. Eaket S S	A 50.49
	Drake, Jack	McGill, Tristan
	Baranyai, Xavier	Mitchell, Nash
---	Northern - North Bay	A DQ
	Papke-Cousineau, Nich	Tourigny, Troy
	Malette, Dorian	Moore, Myles

Men High Jump Junior		
NOSSA: 1.96m* 2019 Logan Spicer		
OFSAA: 2.04m# 1995 Michael Ponikvar		
Name	Team	Finals
Finals		
1	Skrobot, Noah	NOLO 1.78m
2	Goymer, Bill	NOEL 1.70m
3	Brownlee, Carter	NOLO J1.65m
4	McLennan, Carter	NOES J1.65m
5	Zapcic, Ethan	NOSJ J1.60m
6	Pannell, Lucas	NOAL J1.60m
7	Guenette, Félix	NOSA J1.55m
8	Roy, Blake	NOLZ J1.55m
9	Gauthier, Logan	NOAC J1.50m
10	O'Halloran, Thatcher	NOSJ J1.50m
11	Abbasy, Yehya	NOKO 1.45m
12	Watts, Nathan	NOSM J1.40m

13	Alabi, Dede	NOWP J1.40m
---	Barker, Emeric	NOSM DQ
---	Latimer, Bennett	NOWF DQ

Men Pole Vault Junior		
NOSSA: 3.52m* 2007 Erik Faucon		
OFSAA: 4.45m# 1992 Drew Barrett		
Name	Team	Finals
Finals		
1	Young, Cameron	NOLK 2.82m
2	Hulisz, Evan	NOLK 2.40m
3	Farrell, Gord	NOLK 2.30m

Men Long Jump Junior		
NOSSA: 6.34m* 2007 Matt Glibota		
OFSAA: 7.17m# 2023 Sayanthan Arulrajan		
Name	Team	Finals
Finals		
1	Mallory, Francis	NOLO 5.98m
2	Pannell, Lucas	NOAL 5.66m
3	Fransen, Janssen	NOLO 5.41m
4	Carbone, A.J.	NOSM 5.17m
5	Green, Noah	NOSJ 5.16m
6	Croome, Emmett	NOSC 5.14m
7	Sonoc, Bryan	NOSM 5.13m
8	Currie, Hunter	NOLI 5.03m
9	Paquette, JC	NOES 4.96m
10	Mullen, Carter	NOES 4.58m
11	Zapcic, Ethan	NOSJ 4.44m
12	O'Halloran, Thatcher	NOSJ 4.22m
13	Gravelle, Medrik	NOAC 3.99m
---	Njini, Musa	NOCA DQ
---	Edwards, Blake	NOSM DQ

Men Triple Jump Junior		
NOSSA: 12.99m* 2014 Ryan Taylor		
OFSAA: 14.34m# 2010 Mitch O'Donnell		
Name	Team	Finals
Finals		
1	Mallory, Francis	NOLO 11.52m
2	Foltz-Sikorski, Syran	NOKO 11.44m
3	O'daiskey, Gillis	NOAC 11.42m
4	Croome, Emmett	NOSC J11.35m
5	Carbone, A.J.	NOSM J11.35m
6	Edralin, Aaven	NOMI 10.38m
7	Green, Noah	NOSJ 10.35m
8	Sonoc, Bryan	NOSM 10.33m
9	O'Halloran, Thatcher	NOSJ 10.10m
10	Gravelle, Medrik	NOAC 10.01m
11	Mullen, Carter	NOES 9.98m
12	Embrack, Cash	NOCW 9.86m
13	Papke-Cousineau, Nic	NONO 9.70m
14	Mantha, Gage	NOLZ 9.46m
15	McLennan, Carter	NOES 8.44m

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Results

Men Shot Put Junior
NOSSA: 14.68m* 2007 James Robertson
OFSAA: 19.72m# 2006 Tim Nedow

Name	Team	Finals
Finals		
1 Ense, Ethan	NOMI	13.51m
2 Weisner, Dominic	NOMC	12.98m
3 Montreuil, Cedar	NOSJ	12.69m
4 Boissoneau, Dreyon	NOWP	11.89m
5 Monahan, Connor	NOLO	11.80m
6 Mitchell, Nash	NOEA	11.77m
7 Grant, Rowan	NOAL	11.65m
8 McIntee, Brennan	NOCA	11.53m
9 Bradley, Raine	NOCW	11.06m
10 Lavallée, Zacharie	NOLZ	10.88m
11 Pritchkyo, James	NOSJ	10.43m
12 Cistaro, Sebastian	NOSM	9.56m
13 Marshall, Tresean	NOSM	7.91m
--- Vilijoen, Reitte	NOLO	DQ

Men Discus Throw Junior
NOSSA: 49.31m* 2011 Ryan Hunter
OFSAA: 70.79m# 2009 Jordan Young

Name	Team	Finals
Finals		
1 Bradley, Raine	NOCW	54.31m*
2 Boissoneau, Dreyon	NOWP	41.86m
3 McIntee, Brennan	NOCA	41.52m
4 O'daiskey, Gillis	NOAC	41.31m
5 Ibrahim, Mickahel	NOMC	39.85m
6 Balfe, Jonah	NOMI	35.89m
7 Grant, Rowan	NOAL	35.33m
8 Sauve, Hector	NOSC	31.75m
9 Frappier, Elliot	NOSC	31.11m
10 Van de Ligt, Markus	NOMC	29.81m
11 Hargin, Jonah	NOSH	26.33m
12 Pritchkyo, James	NOSJ	26.27m
13 Marshall, Tresean	NOSM	19.16m
14 Cistaro, Sebastian	NOSM	18.88m
--- Taylor, Chase	NOMI	DQ
--- Polzer, Ethan	NOSJ	DQ

Men Javelin Throw Junior
NOSSA: 55.99m* 2004 James Bergamin-Sir
OFSAA: 69.28m# 2009 Trent Corney

Name	Team	Finals
Finals		
1 Boissoneau, Dreyon	NOWP	48.50m
2 McIntee, Brennan	NOCA	44.00m
3 Balfe, Jonah	NOMI	43.03m
4 Provost, Keagan	NOEL	34.87m
5 Bradley, Raine	NOCW	33.49m
6 Monahan, Connor	NOLO	33.38m
7 Juma, Aaron	NOSM	32.74m
8 Rienguette, Brett	NOSC	32.41m

9 Booth, Milo	NOSA	31.97m
10 Clouthier, Wesley	NOSJ	30.66m
11 Montreuil, Cedar	NOSJ	30.63m
12 Goodwin, Chesley	NOLO	29.63m
13 Charbonneau, Noah	NOMC	28.33m
14 Hargin, Jonah	NOSH	25.78m
15 Marshall, Tresean	NOSM	22.04m
--- Polzer, Ethan	NOSJ	DQ

Men 100 Meter Dash Senior
NOSSA: 10.89* 2005 Adam Newton-West
OFSAA: 10.41# 1994 Carlton Chambers

LaneName	Team	Prelims
Preliminaries		
1 Guizzetti, Nathan	NOKO	10.95Q
2 Blay, Owen	NOCF	11.45Q
3 Navarro, Kyle	NOSC	11.20Q
4 Carbone, Ethan	NOKO	11.56Q
5 Arnold, Max	NOLO	11.42q
5 Asare-Corbiere, Sylas	NOLS	11.42q
7 Jalbert, Grady	NOSC	11.51q
8 Arthurs, Rhyis	NOMI	11.56q
9 Brassard, Sebastien	NOSH	11.75
10 Small, Ryan	NOWF	11.94
11 Bertoncello, Brennan	NOSJ	12.03
12 Carter, Jack	NOMI	12.62
13 Lagace, Cameron	NOVF	12.74
--- Lockhart, Cameron	NOSJ	DQ
--- Jackson, Cooper	NOCW	DQ

Men 100 Meter Dash Senior
NOSSA: 10.89* 2005 Adam Newton-West
OFSAA: 10.41# 1994 Carlton Chambers

Name	Team	Finals
Finals		
1 Guizzetti, Nathan	NOKO	10.98
2 Navarro, Kyle	NOSC	11.09
3 Carbone, Ethan	NOKO	11.48
4 Blay, Owen	NOCF	11.50
5 Arnold, Max	NOLO	11.52
6 Jalbert, Grady	NOSC	11.63
7 Asare-Corbiere, Sylas	NOLS	11.93
8 Arthurs, Rhyis	NOMI	12.15

Men 200 Meter Dash Senior
NOSSA: 22.00* 2004 Adam Newton-West
OFSAA: 20.99# 2009 Oluwasegun Makind

LaneName	Team	Prelims
Preliminaries		
1 Guizzetti, Nathan	NOKO	22.79Q
2 Paille, Jacob	NOLO	23.44Q
3 Hodgins, Christian	NOLS	23.57Q
4 Cooper, Andrew	NOMI	24.47Q
5 Lockhart, Cameron	NOSJ	24.19q
6 Oliver, Ethan	NOLO	24.21q
7 Suarez, Daniel	NOWP	24.62q

8 Case, Greyson	NOMI	24.73q
9 Saunders, Mitchell	NOSJ	25.56
10 Carter, Jack	NOMI	26.18
11 Vert, Logan	NOKO	26.53
12 Michenko, Kayden	NOSJ	27.40
13 Blay, Owen	NOCF	30.13
14 Arnold, Max	NOLO	30.18
--- Jackson, Cooper	NOCW	DQ

Men 200 Meter Dash Senior
NOSSA: 22.00* 2004 Adam Newton-West
OFSAA: 20.99# 2009 Oluwasegun Makind

Name	Team	Finals
Finals		
1 Guizzetti, Nathan	NOKO	22.47
2 Paille, Jacob	NOLO	22.91
3 Hodgins, Christian	NOLS	23.55
4 Oliver, Ethan	NOLO	23.92
5 Lockhart, Cameron	NOSJ	23.95
6 Cooper, Andrew	NOMI	23.96
7 Case, Greyson	NOMI	24.23
8 Suarez, Daniel	NOWP	24.82

Men 400 Meter Dash Senior
NOSSA: 49.83* 2011 Brandon Shirk
OFSAA: 45.71# 2019 Myles Misener Daley

LaneName	Team	Prelims
Preliminaries		
1 Paille, Jacob	NOLO	53.68Q
2 Cooper, Andrew	NOMI	54.51Q
3 Hodgins, Christian	NOLS	53.84Q
4 Urso, Adam	NOSC	54.68Q
5 Hassane, Adam	NOWP	55.43q
6 Culin, Kalen	NOWF	55.48q
7 Lockhart, Cameron	NOSJ	55.69q
8 Stewart, Gabe	NOCA	56.38q
9 Mckinnon, Ethan	NOLS	56.42
10 Saunders, Mitchell	NOSJ	56.52
11 Bell, Coulson	NOKO	56.87
12 Suarez, Daniel	NOWP	57.84
13 Radey, Nathan	NOLS	58.39
14 Kirby, Ben	NOCA	1:00.40
--- Jackson, Cooper	NOCW	DQ

Men 400 Meter Dash Senior
NOSSA: 49.83* 2011 Brandon Shirk
OFSAA: 45.71# 2019 Myles Misener Daley

Name	Team	Finals
Finals		
1 Urso, Adam	NOSC	50.88
2 Paille, Jacob	NOLO	51.13
3 Hodgins, Christian	NOLS	52.47
4 Cooper, Andrew	NOMI	52.85
5 Lockhart, Cameron	NOSJ	54.71
6 Culin, Kalen	NOWF	55.11
7 Stewart, Gabe	NOCA	57.62

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Results

Finals ... (Men 400 Meter Dash Senior)		
8	Hassane, Adam	NOWP 58.89

Men 800 Meter Run Senior		
NOSSA: 1:56.72* 2016 Brendan Costello		
OFSAA: 1:48.26# 2007 Andrew Heaney		
Name	Team	Finals

Finals		
1	Sauve, Shiloh	NOLO 2:02.64
2	Belanger, Damon	NOWP 2:06.24
3	Urso, Adam	NOSC 2:09.42
4	Williamson-Wright, W	NOMI 2:15.33
5	Brereton, Ryan	NOCW 2:17.99
6	Morin, Lukas	NOND 2:18.67
7	Finlayson, Austin	NOCA 2:19.11
8	Hoffe, Alex	NONG 2:19.61
9	Portelance, Max	NOND 2:20.30
10	Stewart, Gabe	NOCA 2:21.17
11	Keough, Thomas	NOSH 2:22.49
12	Wiss, Callum	NOLO 2:23.74
13	Escasa, Espen	NOSM 2:28.05

Men 1500 Meter Run Senior		
NOSSA: 3:57.05* 2010 Ross Proudfoot		
OFSAA: 3:42.33# 1993 Kevin Sullivan		
Name	Team	Finals

Finals		
1	Sauve, Shiloh	NOLO 4:18.39
2	Mara, Xavier	NOMI 4:20.21
3	Longston, Isaac	NOLK 4:24.74
4	Ellis, Jack	NOSU 4:43.58
5	Ivorra, Mateo	NOSH 4:45.49
6	Brereton, Ryan	NOCW 4:59.61
7	Walls, Tye	NOWP 5:00.55
8	Zawacki, Jake	NOEA 5:06.80
9	Currie, Samuel	NOFO 5:30.27
10	Hodge, Jayden	NOSJ 5:49.49
---	Portelance, Max	NOND DQ
---	Kalalo, Kian	NOSM DQ
---	Hussell, Nathan	NOSJ DQ

Men 3000 Meter Run Senior		
NOSSA: 8:36.62* 2010 Ross Proudfoot		
OFSAA: 8:00.2h# 1987 Greg Anderson		
Name	Team	Finals

Finals		
1	Mara, Xavier	NOMI 9:38.17
2	Belzile, Raphaël	NOMC 9:40.14
3	Longston, Isaac	NOLK 9:42.83
4	Buell, Wes	NOWF 9:51.83
5	Songhurst, Owen	NOES 9:54.39
6	Ellis, Jack	NOSU 10:20.74
7	Gauthier, Mathew	NOSJ 10:37.79
8	Ivorra, Mateo	NOSH 10:43.21
9	Walls, Tye	NOWP 10:59.92

10	Andrew, Jonathan	NOSH 11:12.42
11	Leduc, Nicolas	NOLZ 11:23.53
12	Phippen, Alex	NOWP 11:53.74
13	Currie, Samuel	NOFO 12:15.05
14	Lemieux, Jacob	NOLZ 12:19.77
15	Hall, Brayden	NOME 13:13.64
---	Berger, Brady	NOWF DQ

Men 110 Meter Hurdles Senior		
NOSSA: 14.00* 2007 Jamie Stamler		
OFSAA: 13.33# 2010 Gregory MacNeill		
LaneName	Team	Prelims

Preliminaries		
1	Laframboise, Marcus	NOLK 15.61Q
2	Mannella, Logan	NOLS 16.28Q
3	Lacroix, Corey	NOLO 15.83Q
4	Asare-Corbiere, Sylas	NOLS 16.35Q
5	Byers, Arlo	NOES 17.88q
6	Chenier, Julian	NOSH 18.43q
7	Louttit, Nick	NOWP 18.56q
8	Lumawag, Saymone	NOEL 18.71q
9	Beaulieu, Teagun	NOCA 20.98
10	Duran, Jerzy	NOSM 21.63
---	McLean, Kale	NOSH DQ
---	Asare-Corbiere, Rasha	NOLS DQ

Men 110 Meter Hurdles Senior		
NOSSA: 14.00* 2007 Jamie Stamler		
OFSAA: 13.33# 2010 Gregory MacNeill		
Name	Team	Finals

Finals		
1	Laframboise, Marcus	NOLK 15.19
2	Mannella, Logan	NOLS 15.28
3	Lacroix, Corey	NOLO 15.48
4	Asare-Corbiere, Sylas	NOLS 16.31
5	Chenier, Julian	NOSH 17.59
6	Lumawag, Saymone	NOEL 19.95
---	Byers, Arlo	NOES DQ
---	Louttit, Nick	NOWP DQ

Men 400 Meter Hurdles Senior		
NOSSA: 56.35* 2024 Corey Lacroix		
OFSAA: 51.68# 1985 Phillip Hughes		
LaneName	Team	Finals

Finals		
1	Lacroix, Corey	NOLO 56.74
2	Paille, Jacob	NOLO 58.57
3	Patterson, Gavin	NOAC 1:02.16
4	Brassard, Sebastien	NOSH 1:03.74
5	McCorkell, Ethan	NOWP 1:03.79
6	Smith, Vance	NOLK 1:04.89
7	Byers, Arlo	NOES 1:06.67
8	Finlayson, Austin	NOCA 1:06.80
9	Stewart, Gabe	NOCA 1:07.51
10	Hurly, Aiden	NOLS 1:07.84
---	Chenier, Julian	NOSH DQ

---	McLean, Kale	NOSH DQ
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Men 4x100 Meter Relay Senior		
NOSSA: 44.28* 2004 St Mary's		
OFSAA: 41.20# 2016 Father Henry Carr -		
V Husbands, A Hector, T Fearon, K Stewart-Baynes		
LaneTeam	Relay	Finals

Finals		
1	St. Charles College - S	A 44.38
	Gouchie, Karson	Jalbert, Grady
	Urso, Adam	Navarro, Kyle
2	Korah C & V S - noko	A 44.45
	Carbone, Ethan	Kommusaar, Mitchell
	Higham, Nathan	Guizzetti, Nathan
3	Lo-Ellen Park - Sudbu	A 44.59
	Paille, Jacob	Oliver, Ethan
	Arnold, Max	Lacroix, Corey
4	Lasalle - Sudbury	A 45.29
	Gauvreau, Gabe	Mackey, Will
	Asare-Corbiere, Sylas	Hodgins, Christian
5	Scollard Hall - North I	A 45.54
	Bertoncello, Brennan	Lockhart, Cameron
	Michenko, Kayden	Nadeau, Teodor
6	Bish Alexander Carter	A 46.04
	Vehkala, Cameron	Patterson, Gavin
	Bertrand, Anthony	Makasoff, Carter
7	White Pines C & V S -	A 46.33
	Belanger, Damon	Louttit, Nick
	McCorkell, Ethan	Wallace, Tyrese
8	Superior Heights C &	A 46.72
	Chenier, Julian	Shillingford, Max
	Wootton, Dylan	Brassard, Sebastien
9	St. Mary's College S S	A 46.83
	Garcia, Diego	Jackson, Hunter
	Kontulainen, Cameron	McPherson, Jack
10	Central Algoma S S	A 48.07
	Beaulieu, Teagun	Stewart, Gabe
	Kirby, Ben	Finlayson, Austin
11	ES L'Horizon - Val Ca	A 48.75
	Leduc, Nicolas	Denomme, Addison
	Simon, Ethan	Mantha, Gage
12	Chippewa Secondary †	A 49.92
	Bradley, Raine	Nelles, Ethan
	Fredricks, Dante	Hepburn, Ethan
---	Manitoulin S S	A DQ
	Arthurs, Rhyis	Carter, Jack
	Case, Greyson	Cooper, Andrew
---	Elliot Lake S S	A DQ
	Raby, Carson	Lumawag, Saymone
	McNaught, Noah	Goymer, Bill
---	Algonquin - North Ba	A DQ
	Meyer, Dayne	Strength-Dupuis, Wesley
	Pannell, Lucas	Ryan, Loic

NOSSA 5
Track and Field Championships
Jo Forman Track - 2025-05-28 to 2025-05-29

Results

Men High Jump Senior		
NOSSA: 1.97m* 2016 Ryley Bene		
OFSAA: 2.24m# 1998 Michael Ponikvar		
Name	Team	Finals
Finals		
1 Graffi, Riley	NOLO	1.86m
2 Meyer, Dayne	NOAL	1.83m
3 Tremblay, Olivier	NOMC	1.75m
4 Beljo, Maks	NOLK	1.67m
4 McCorkell, Ethan	NOWP	1.67m
6 Shillingford, Max	NOSH	1.62m
7 McNaught, Noah	NOEL	J1.57m
8 Bishop, Seth	NOSH	J1.57m
9 Leclair, Caleb	NOCH	J1.57m
--- Coe, Ryder	NOLK	DQ

Men Pole Vault Senior		
NOSSA: 4.10m* 2010 Erik Faucon		
OFSAA: 4.87m# 1984 Rob Lindsay		
Name	Team	Finals
Finals		
1 Hodder, Ethan	NOLK	2.70m
2 Coe, Ryder	NOLK	2.60m
3 Buckley, Gavan	NOLK	2.30m
--- Culin, Jackson	NOSJ	DQ

Men Long Jump Senior		
NOSSA: 6.67m* 2019 Kurtis Wennerstrom		
OFSAA: 7.73m# 2010 Taylor Stewart		
Name	Team	Finals
Finals		
1 Carbone, Ethan	NOKO	6.60m
2 Gauvreau, Gabe	NOLS	6.14m
3 Blay, Owen	NOCF	5.84m
4 Hurley, Brogan	NOLK	5.82m
5 Meyer, Dayne	NOAL	5.74m
6 Bell, Coulson	NOKO	5.72m
7 Kontulainen, Cameron	NOSM	5.70m
8 McCracken, Quinn	NOCA	5.47m
9 Small, Ryan	NOWF	5.44m
10 Jones, Jack	NOCF	5.18m
11 Lumawag, Saymone	NOEL	4.97m
12 Denomme, Addison	NOLZ	4.93m
13 Saunders, Mitchell	NOSJ	4.80m
14 Hall, Brayden	NOME	4.07m
--- Burns, Ronan	NOCA	DQ

Men Triple Jump Senior		
NOSSA: 14.08m* 2015 Jacob Cruise		
OFSAA: 15.76m# 1982 George Wright		
Name	Team	Finals
Finals		
1 Carbone, Ethan	NOKO	13.44m
2 Jones, Jack	NOCF	12.45m
3 Meyer, Dayne	NOAL	12.12m

4 Hurley, Brogan	NOLK	11.92m
5 Burns, Ronan	NOCA	11.85m
6 Dutrisac, Olivier	NOAL	11.66m
7 Higham, Nathan	NOKO	11.53m
8 Denomme, Addison	NOLZ	11.29m
9 McPherson, Jack	NOSM	11.03m
10 Leclair, Caleb	NOCH	10.33m
11 McNaught, Noah	NOEL	10.00m

Men Shot Put Senior		
NOSSA: 14.93m* 2004 Dan Kennedy-Sir J		
OFSAA: 20.09m# 2005 Mike Barnes		
Name	Team	Finals
Finals		
1 Pannell, Sam	NOAL	13.59m
2 Maksymchuk, Evan	NOLI	13.33m
3 Brohart, Michael	NOES	12.65m
4 Staniforth, Keegan	NOSH	12.31m
5 Kunkel, Seth	NOME	11.67m
6 Maneiro, Grayson	NOSH	11.53m
7 Lees, Ryder	NOEA	11.13m
8 Proulx, Jacob	NOEA	10.88m
9 Dubois, Liam	NOSM	10.52m
10 Bertoncello, Brennan	NOSJ	10.51m
11 Bertrand, Brayden	NOSA	9.91m
12 Linton, Jonathon	NOCV	9.84m
13 Wiebe, Crawford	NOCF	9.64m
14 Lapointe Paquette, Ste	NOLS	9.50m
15 Young, Austin	NOCW	9.16m
--- Coccimiglio, A.J.	NOKO	DQ

Men Discus Throw Senior		
NOSSA: 46.43m* 2024 Heath Bradley		
OFSAA: 62.58m# 1995 Jason Tunks		
Name	Team	Finals
Finals		
1 Bradley, Heath	NOCW	42.10m
2 Pannell, Sam	NOAL	39.71m
3 Culin, Jackson	NOSJ	38.23m
4 Gauthier, Nicholas	NOND	35.66m
5 Parent, Anderson	NOLO	35.36m
6 Brohart, Michael	NOES	33.81m
7 Audette, Caleb	NOLZ	33.14m
8 Young, Austin	NOCW	32.10m
9 Middaugh, Will	NOSH	31.72m
10 Merling, Dawson	NOCA	30.89m
11 Luczinski, Cody	NOSM	28.51m
12 Maksymchuk, Evan	NOLI	28.50m
13 Nelson, Jacob	NOSH	28.28m
14 Wootton, Dylan	NOSH	23.98m
15 Leblanc, Ethan	NOES	23.37m
--- Lapointe Paquette, Ste	NOLS	DQ

Men Javelin Throw Senior		
NOSSA: 55.05m* 2009 Bradley Piper		
OFSAA: 71.22m# 2000 Trevor Snyder		
Name	Team	Finals
Finals		
1 Thorkilson, Hunter	NOKO	52.15m
2 William, Church	NOLO	48.19m
3 Mabbott, Brody	NOSC	47.20m
4 Dubois, Liam	NOSM	45.05m
5 Bertrand, Brayden	NOSA	43.96m
6 Dumont, Tanner	NOEL	43.67m
7 Lees, Ryder	NOEA	43.44m
8 Kontulainen, Cameron	NOSM	42.68m
9 Brohart, Michael	NOES	40.24m
10 Middaugh, Will	NOSH	37.51m
11 Gibson, Wesley	NOLZ	35.89m
12 Charette, Jackson	NOSJ	34.39m
13 Gauthier, Nicholas	NOND	34.03m
14 Wieggers, Ryan	NOCW	33.77m
15 Kunkel, Seth	NOME	30.75m
--- Culin, Jackson	NOSJ	DQ

Men 2000 Meter Steeplechase Open		
NOSSA: 5:54.20* 2013 Graham Hansel		
OFSAA: 5:37.76# 1982 Alain Boucher		
Name	Team	Finals
Finals		
1 Portelance, Max	NOND	6:42.55
2 Buell, Wes	NOWF	6:46.89
3 Jewitt, Carson	NOLO	6:52.58
4 Belzile, Raphaël	NOMC	6:53.55
5 Songhurst, Owen	NOES	6:58.39
6 Williamson-Wright, W	NOMI	7:09.42
7 Gauthier, Mathew	NOSJ	7:21.67
8 Andrew, Jonathan	NOSH	7:31.05
9 Lamming, Joshua	NOSM	7:33.39
10 Hussell, Nathan	NOSJ	7:46.14
11 Cecon, Matteo	NOLK	7:55.39
12 Morin, Lukas	NOND	7:55.67
13 Kirby, Ben	NOCA	8:22.80
14 HOFFE, Alex	NONG	8:38.33
15 Hodge, Jayden	NOSJ	8:50.64
--- Kalalo, Kian	NOSM	DQ

Men 4x400 Meter Relay Open		
NOSSA: 3:29.99* 2024 Lo-Ellen Park - Sudbu		
J Paille, C Lacroix, N Kuhlberg, R Joiner		
OFSAA: 3:10.8h# 1987 Central Technical Sc		
K. O'Henhen, A. Wilson, P. Gordon, C. Folkes		
LaneTeam	Relay	Finals
Finals		
1 Lo-Ellen Park - Sudbu	A	3:33.95
Lacroix, Corey	Paille, Jacob	
Sauve, Shiloh	Dubreuil, Ty	

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Jo Forman Track - 2025-05-28 to 2025-05-29
Results

Finals ... (Men 4x400 Meter Relay Open)			
2	Lasalle - Sudbury	A	3:42.49
	Hodgins, Christian	Mackey, Will	
	McKinnon, Ethan	Oliver, Owen	
3	White Pines C & V S	A	3:43.47
	Belanger, Damon	Hassane, Adam	
	McCorkell, Ethan	Suarez, Daniel	
4	Scollard Hall - North I	A	3:48.83
	Nadeau, Teodor	Lockhart, Cameron	
	Murphy, Wyatt	Culin, Jackson	
5	Korah C & V S - noko	A	3:48.88
	Bell, Coulson	Carbone, Ethan	
	Guizzetti, Nathan	Coudert, Nolan	
6	Bish Alexander Carter	A	3:50.97
	O'daiskey, Gillis	Imgrund, Tristan	
	Slack, Malachi	Patterson, Gavin	
7	Espanola H S	A	3:53.71
	Jacques, Gideon	Leclair, Liam	
	Houle, Liam	Songhurst, Owen	
8	Lockerby Composite S	A	3:54.21
	Smith, Vance	Laframboise, Marcus	
	Beljo, Maks	Longston, Isaac	
9	Manitoulin S S	A	3:54.77
	Carter, Jack	Case, Greyson	
	Cooper, Andrew	Lock, Rylan	
10	Central Algoma S S	A	3:55.57
	Stewart, Gabe	Kirby, Ben	
	Finlayson, Austin	Clark, Colton	
11	Superior Heights C &	A	3:58.42
	Chenier, Julian	Brassard, Sebastien	
	Ivorra, Mateo	Andrew, Jonathan	
12	St. Mary's College S S	A	4:02.84
	Escasa, Finley	Escasa, Espen	
	Lamming, Joshua	Carroll, Jakson	
---	Algonquin - North Bay	A	DQ
	Strength-Dupuis, Wesley	Dutrisac, Olivier	
	Reid, Emmitt	Ryan, Loic	

Men 100 Meter Dash Intellectually Imp.			
NOSSA:		12.83*	2024 Dante Ricketts
OFSAA:		11.04#	2015 Robert Pipitone -
Name		Team	Finals
Finals			
1	Ricketts, Dante	NOLS	13.00

Men 800 Meter Run Intellectually Imp.			
NOSSA: 2:33.59*		2024	Dante Ricketts
OFSAA: 2:15.82#		2018	Owen Konkle
Name		Team	Finals
Finals			
1	Ricketts, Dante	NOLS	2:41.30