

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 1 Women 100 Meter Dash Novice**

NOSSA: 12.68 2016 Christina Robert  
 OFSAA: 12.00 2015 Alyssa Marsh

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Doyle-Moran,	NOSH	14.09
2 Reaume, Madi	NOSJ	14.95
3 Donovan, Chlc	NOND	14.50
4 Auger, Amberl	NOAL	14.59
5 Daoust, Marie-	NOVF	15.04
6 Gagnon, Bryce	NOSM	13.85
7 Maluorno, Han	NOWP	14.11
8 O'malley, Mar	NOBE	13.63
<b>Heat 2 of 2 Prelims</b>		
1 Shand, Madiso	NOEL	14.30
2 Cresswell, Kyn	NOAC	13.96
3 Oke, Alyna	NOLK	14.35
4 Lang, Kaylee	NOSJ	14.89
5 Bruni, Matea	NOKO	13.86
6 McGinley, Jorc	NOAL	15.29
7 Bridgeman, Sa	NOMI	14.87
8 Kulik, Milena	NOLO	13.46

**Event 2 Men 100 Meter Dash Novice**

NOSSA: 11.59 2006 David Fournier-St Jo  
 OFSAA: 10.89 1981 Keith Dormond

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Culin, Kalen	NOWF	12.89
2 Igiehon, King l	NOCF	12.96
3 Mador, Alexan	NOSM	13.12
4 Aurthurs, Rhyi	NOMI	11.87
5 Drake, Hunter	NOEA	13.60
6 Lacroix, Owen	NOWF	12.49
7 Oliver, Ethan	NOLO	12.49
8 Beaton, Elijah	NOSH	13.04
<b>Heat 2 of 2 Prelims</b>		
1 Guizzetti, Nath	NOKO	12.11
2 Sayers, Will	NOSH	13.37
3 Small, Ryan	NOWF	12.68
4 Brisebois, Evar	NOEL	13.31
5 van Drunen, C	NOLK	12.94
6 Audette, Coltoi	NOCF	12.97
7 Corbeil, Nicola	NOWF	12.73
8 Bechard, Nich	NOND	12.38

**Event 3 Women 200 Meter Dash Novice**

NOSSA: 26.60 2004 Rebecca Johnston-L  
 OFSAA: 24.32 2010 Christian Brennan

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Fabris, Enza	NOVF	32.60
2 Oke, Alyna	NOLK	28.66
3 Lang, Kaylee	NOSJ	30.97
4 Shand, Madiso	NOEL	31.63
5 O'malley, Mar	NOBE	27.95
6 Wardell, Talia	NOSM	32.19
7 Moore, Sophia	NOCW	30.99
<b>Heat 2 of 2 Prelims</b>		
1 Reaume, Madi	NOSJ	31.26
2 Bridgeman, Sa	NOMI	31.03
3 Kurylo, Kloe	NOSM	30.29
4 Gignac, Hanna	NOSJ	29.73
5 Bowden, Maiy	NOSM	32.44
6 Bateman, Emil	NOKO	31.73
7 Kulik, Milena	NOLO	27.40

**Event 4 Men 200 Meter Dash Novice**

NOSSA: 23.83 2016 Lyric Loranger  
 OFSAA: 22.28 2017 Marcus Renford

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Bechard, Nich	NOND	25.30
2 Berube, Mathic	NOAL	26.79
3 Small, Ryan	NOWF	26.82
4 Lacroix, Owen	NOWF	26.12
5 Dickenson, Hu	NOKO	27.59
6 Aurthurs, Rhyi	NOMI	27.91
7 Urso, Adam	NOSC	25.94
<b>Heat 2 of 2 Prelims</b>		
1 Mackey, Will	NOLS	27.43
2 Guizzetti, Nath	NOKO	25.53
3 Brisebois, Evar	NOEL	29.23
4 Cooper, Andre	NOMI	30.23
5 Higham, Natha	NOKO	26.28
6 Oliver, Ethan	NOLO	25.69
7 Culin, Kalen	NOWF	26.48
8 Slack, Malachi	NOAC	27.50

**Event 5 Women 400 Meter Dash Novice**

NOSSA: 58.69 2004 Rebecca Johnston-L  
 OFSAA: 54.63 2013 Kyra Constantine

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
2 Ball, Olivia	NOLO	1:12.06
3 Berry-Singeise	NOEL	1:18.25
4 Roy, Carleigh	NOWF	1:07.98
5 Bowden, Maiy	NOSM	1:15.37
6 Lebel-Schneide	NOAL	1:12.90
7 Massimiliano,	NOMM	1:10.58
<b>Heat 2 of 2 Prelims</b>		
1 Bouchard, Vict	NOVF	1:19.32
2 Thompson-Mc	NOKO	1:18.52
3 Dale, Gracie	NOLO	1:08.07
4 Daoust, Marie-	NOVF	1:13.59
5 Jaremko, Abig	NOSM	1:10.35
6 Gignac, Hanna	NOSJ	1:07.31
7 Polischuk, Kat	NOMM	1:13.70

**Event 6 Men 400 Meter Dash Novice**

NOSSA: 52.47 2010 Mitchell Mazzuca  
 OFSAA: 49.14 2019 Christopher Morales

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Culin, Kalen	NOWF	1:06.40
2 MacDonald, Ia	NOLI	1:02.88
3 Stocks, Evan	NOSM	1:01.52
4 Smith, Becket	NOMC	1:03.22
5 Currie, Sam	NORE	1:08.97
6 Jones-McDona	NOSH	1:01.46
7 Urso, Adam	NOSC	59.35
8 Higham, Natha	NOKO	59.49
<b>Heat 2 of 2 Prelims</b>		
1 Stevenson, Josl	NOEL	1:02.10
2 Lacroix, Owen	NOWF	58.30
3 Beaton, Elijah	NOSH	1:01.35
4 Antram, Dylan	NOWF	1:09.29
5 Cooper, Andre	NOMI	1:04.11
6 Sauve, Shiloh	NOLO	1:01.00
7 Michenko, Kay	NOWF	1:03.75
8 Nadeau, Natha	NOCF	1:02.77

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 7 Women 800 Meter Run Novice**

NOSSA: 2:22.27 2015 Jady Pettenuzzo  
 OFSAA: 2:09.58 2012 Kailee Sawyer

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1A Massimiliano, N	NOMM	2:47.72
1B Corbiere, Morg	NOSJ	3:06.91
1C Campbell, Juli	NOCA	3:11.44
2A Roy, Carleigh	NOWF	2:49.72
2B Barbeau, Rhiar	NOKO	3:00.16
2C Davy, Autumn	NOMI	3:12.74
2D Hiscock, Oliv	NOWP	3:01.91
3A Dale, Gracie	NOLO	2:35.41
3B Bouchard, Vict	NOVF	3:17.79
3C Bowden, Maiy	NOSM	3:07.79
3D Sullivan, Hann	NOND	2:52.36
4A Wardell, Talia	NOSM	2:58.68
4B Nener, Maija	NOLO	2:46.69
4C Salmaso, Lucia	NOMM	2:32.27

**Event 8 Men 800 Meter Run Novice**

NOSSA: 2:07.00 2014 Reuben Du Rand  
 OFSAA: 1:53.24 1989 Kevin Sullivan

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1A Daniw, Jesse	NOWF	2:28.44
1B Sauve, Shiloh	NOLO	2:19.93
1C Wainio, Chase	NOCF	2:36.58
2A Nadeau, Natha	NOCF	2:35.88
2B Cooke, Brenda	NOCA	2:47.86
2C Gartshore, Pete	NOSH	2:24.42
2D Labrecque, Nic	NOLO	2:15.92
3A Jones-McDona	NOSH	2:34.09
3B Mara, Xavier	NOMI	2:29.20
3C Bell, Coulson	NOKO	2:24.51
3D Blair, Nixon	NOKO	2:28.97
4A Portelance, Ma	NOND	2:27.53
4B Culin, Jackson	NOSJ	2:38.15
4C Stevenson, Josl	NOEL	2:29.08

**Event 9 Women 1500 Meter Run Novice**

NOSSA: 5:03.72 2010 Marissa Lobert  
 OFSAA: 4:28.41

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Bain, Logan	NOWF	6:03.53
2 Oberthier, Ann	NOMM	6:28.90
3 Luomaranta, A	NOKO	6:21.00
4 Macmichael, L	NOSH	6:15.00
5 Corbiere, Morg	NOSJ	6:18.59
6 Gervais, Sam	NOWF	5:44.19
7 Salmaso, Lucia	NOMM	5:38.28
8 Campbell, Juli	NOCA	6:24.83
9 Toms, Tru	NOSM	6:03.00
10 Nootchta, Tia	NOLK	6:18.42
11 Kawa, Audry	NOLO	6:19.63
12 Daoust, Marie-	NOVF	6:24.22
13 Byman, Elora	NOCA	6:51.22
14 Berlingieri, Ke	NOSM	6:22.00
15 Nener, Maija	NOLO	5:57.43

**Event 10 Men 1500 Meter Run Novice**

NOSSA: 4:22.77 2005 Dominik Graf-Sir J  
 OFSAA: 3:54.31 1989 Kevin Sullivan

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Labrecque, Nic	NOLO	4:38.63
2 Daniw, Jesse	NOWF	4:57.99
3 Nadeau, Natha	NOCF	5:20.47
4 Gartshore, Pete	NOSH	4:57.00
5 Parsons, Theo	NOEL	5:29.63
6 Agawa, Ethan	NOSM	4:59.00
7 Stevenson, Josl	NOEL	5:05.81
8 Buell, Wesley	NOWF	4:58.56
9 Thomson, Garc	NOLS	5:21.22
10 Mara, Xavier	NOMI	5:00.05
11 Blair, Nixon	NOKO	4:56.00
12 Gauthier, Math	NOSJ	5:31.98
13 Giddens, Liam	NOSJ	5:32.76
14 Hann, Sam	NOLO	5:18.22
15 Turco, Tate	NOKO	5:27.00
16 Wainio, Chase	NOCF	5:21.35

**Event 11 Women 3000 Meter Run Novice**

NOSSA: 11:04.24 2010 Emily Marcolini  
 OFSAA: 9:43.59 2016 Cameron Ormond

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Bain, Logan	NOWF	13:28.16
2 Nener, Maija	NOLO	12:31.04
3 Luomaranta, A	NOKO	14:40.00
4 Vaillancourt, V	NOSA	13:48.90
5 Oberthier, Ann	NOMM	14:47.82
6 Macmichael, L	NOSH	14:39.00
7 Kawa, Audry	NOLO	13:53.65
8 Campbell, Juli	NOCA	15:31.10
9 Gervais, Sam	NOWF	12:36.29
10 Salmaso, Lucia	NOMM	12:15.15

**Event 12 Men 3000 Meter Run Novice**

NOSSA: 9:38.00 2004 Matt Walters-West F  
 OFSAA: 8:47.94 2015 Thomas Witkowitz

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Turco, Tate	NOKO	12:35.00
2 Parsons, Theo	NOEL	11:44.76
3 Labrecque, Nic	NOLO	10:36.54
4 Gauthier, Zach	NOSJ	11:57.25
5 Toupin, Pierre	NOMC	13:06.79
6 Neron, Zachary	NOSA	11:51.92
7 Agawa, Ethan	NOSM	11:04.00
8 Mara, Xavier	NOMI	10:54.62
9 Sauve, Shiloh	NOLO	10:50.43
10 Buell, Wesley	NOWF	11:07.00
11 Giddens, Liam	NOSJ	12:02.90
12 Blair, Nixon	NOKO	10:58.00
13 Rondeau, Zach	NOMC	11:54.64
14 Gauthier, Math	NOSJ	14:42.84

**Event 13 Women 80 Meter Hurdles Novice**

NOSSA: 11.80 2007 Serena SanCartier  
 OFSAA: 11.29 1996 Jessica Zelinka

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 McGinley, Jorc	NOAL	17.65
2 Skrobot, Sidne	NOLO	14.95
3 Zwolak, Vanes	NOAL	17.73
4 McGill, Bethar	NOAL	18.97
5 Avery, Ocean	NOLS	15.10
6 Pedlar, Sadie	NOKO	16.50
7 McKechnie, Sa	NOLK	16.18
<b>Heat 2 of 2 Prelims</b>		
2 Kurylo, Kloe	NOSM	16.98
3 Korczak, Eliza	NOLO	15.38
4 Jaremko, Abig	NOSM	15.31
5 Smith-Pilon, Je	NOEA	18.53
6 Merrylees, Tess	NOMI	18.52
7 Jones, Shelby	NOLS	15.68
8 McNally, Mad	NOKO	14.51

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 14 Men 100 Meter Hurdles Novice**

NOSSA: 14.86 2010 Luke Udeschini  
 OFSAA: 13.41 2015 Liam Mather

Lane	Name	School	Seed	Time
<b>Heat 1 of 2 Prelims</b>				
2	Christie, Eden	NOKO		20.89
3	Mannella, Log	NOLS		16.00
4	Caron, Corbin	NOLK		19.44
5	Lamming, Josh	NOSM		20.54
6	Mador, Alexan	NOSM		18.98
<b>Heat 2 of 2 Prelims</b>				
3	Wilding, Nolar	NOSM		19.57
4	Arnold, Max	NOLO		17.38
5	Ietswaard, Owe	NOLO		19.67
6	Lacroix, Corey	NOLO		16.51

**Event 15 Women 300 Meter Hurdles Novice**

NOSSA: 47.20 2004 Paige Leclerc-Locker  
 OFSAA: 43.13 2012 Lexi Aitken

Lane	Name	School	Seed	Time
<b>Section 1 of 2 Finals</b>				
3	Zwolak, Vanes	NOAL		1:01.15
4	Carota, Vaness	NOSM		1:00.05
5	Young, Ava	NOVF		1:00.17
6	McGill, Bethar	NOAL		1:02.17
<b>Section 2 of 2 Finals</b>				
1	St Amour, Mac	NOLK		59.35
2	Polischuk, Kat	NOMM		58.11
3	Ball, Olivia	NOLO		56.26
4	Jaremko, Abig	NOSM		53.94
5	Kurylo, Kloe	NOSM		55.49
6	Sullivan, Hann	NOND		56.96
7	Gordon, Miila	NOKO		58.12
8	Skrobot, Hann:	NOLO		1:00.04

**Event 16 Men 300 Meter Hurdles Novice**

NOSSA: 42.61 2010 Luke Udeschini  
 OFSAA: 39.24 2019 Ryder King

Lane	Name	School	Seed	Time
<b>Section 1 of 2 Finals</b>				
3	Gasperas, Dam	NOSH		59.13
4	Lamming, Josh	NOSM		56.11
5	Kane, Nathan	NOLK		56.96
<b>Section 2 of 2 Finals</b>				
2	Caron, Corbin	NOLK		52.46
3	Ietswaard, Owe	NOLO		51.00
4	Lacroix, Corey	NOLO		47.59
5	van Drunen, C	NOLK		50.16
6	Wilding, Nolar	NOSM		51.55
7	Christie, Eden	NOKO		55.60

**Event 17 Women High Jump Novice**

NOSSA: 1.53m 2007 Cassie-Fay Langlois  
 OFSAA: 1.75m 2012 Shyla Cardy

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Withers, Sarah	NOLI		1.29m
2	Gibson, Taya	NOLO		1.29m
3	St. Pierre, Kayl	NOCF		1.32m
4	Peltier, Deea	NOWA		1.23m
5	Skrobot, Sidne	NOLO		1.45m
6	Clement, Kali	NOLS		1.35m

**Event 18 Men High Jump Novice**

NOSSA: 1.78m 2017 Kouadio Mark Koffi  
 OFSAA: 1.95m 2007 Jeff Webb

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Christie, Eden	NOKO		1.30m
2	LeClair, Evan	NOMC		1.51m
3	McLennan, Tyl	NOES		1.40m
4	Fauteux, Aiden	NOLI		1.57m
5	Burns, Ronan	NOCA		1.52m
6	Burnett, Ian	NOSC		1.57m
7	Fouceault, Dee	NORE		1.40m
8	Graffi, Riley	NOLO		1.60m
9	Bradley, Jacob	NOLI		1.45m

**Event 19 Women Pole Vault Novice**

NOSSA: 2.31m 2018 Isabelle Scratch  
 OFSAA: 3.26m 2009 Alysha Newman

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Holloway, Eve	NOLK		1.90m

**Event 21 Women Long Jump Novice**

NOSSA: 5.20m 2007 Caroline Ehrhardt  
 OFSAA: 5.76m 1996 Jessica Zelinka

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Bruni, Matea	NOKO		3.73m
2	Mirfield, Isabel	NOAL		4.03m
3	St. Pierre, Kayl	NOCF		3.91m
4	Fabris, Enza	NOVF		3.95m
5	Bridgeman, Sa	NOMI		3.94m
6	Bellaire, Kahla	NOMC		4.09m
7	Wozney, Taryn	NOWF		4.44m
8	Heika, Julia	NOSM		4.20m
9	McGinley, Jorc	NOAL		4.01m
10	Maluorno, Han	NOWP		3.61m
11	Wagemann, Al	NOMM		4.05m
12	Gibson, Gracie	NORE		3.56m
13	Troscinski, Cat	NOAC		4.00m
14	Clement, Kali	NOLS		4.12m
15	Shields, Lexi	NOKO		3.68m
16	Moore, Sophia	NOCW		4.38m

**Event 22 Men Long Jump Novice**

NOSSA: 6.17m 2017 Kurtis Wennerstorm  
 OFSAA: 6.67m 2017 Marcus Renford

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Small, Ryan	NOWF		5.01m
2	Higham, Natha	NOKO		5.01m
3	Mackey, Will	NOLS		5.19m
4	Duchene, Cash	NOMI		4.82m
5	Berube, Mathis	NOAL		4.78m
6	Michenko, Kay	NOWF		4.67m
7	Gauvreau, Gab	NOLS		4.92m
8	Bechard, Nich	NOND		5.49m
9	Aurthurs, Rhyi	NOMI		4.58m
10	Denis, Corben	NOWF		4.75m
11	Guizzetti, Nath	NOKO		5.00m
12	Burns, Ronan	NOCA		5.08m
13	Lamming, Josh	NOSM		4.02m
14	Fauteux, Aider	NOLI		4.89m
15	Bell, Coulson	NOKO		5.16m
16	Makasoff, Cart	NOAC		4.94m

**Event 23 Women Triple Jump Novice**

NOSSA: 10.50m 2018 Chandyn Bachiu  
 OFSAA: 11.80m 2000 Tabia Charles

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Villneff, Isabel	NOWF		7.54m
2	Polischuk, Kat	NOMM		7.87m
3	Wozney, Taryn	NOWF		9.45m
4	Pedlar, Sadie	NOKO		8.65m
5	Moore, Sophia	NOCW		9.57m
6	Clement, Kali	NOLS		9.35m
7	Byman, Elora	NOCA		7.20m
8	Gibson, Gracie	NORE		7.41m
9	Toms, Tru	NOSM		8.86m
10	Skrobot, Sidne	NOLO		8.35m
11	Merrylees, Tes:	NOMI		7.58m
12	Odaiskey, Carr	NOAC		8.41m
13	Macmichael, L	NOSH		7.75m
14	Walker, Jane	NOLO		8.06m
15	Bateman, Emil	NOKO		8.90m

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 24 Men Triple Jump Novice**

NOSSA: 12.58m 2013 Ryan Taylor  
 OFSAA: 13.74m 2015 Joshua Haughton

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Smith, Trent	NOCW		8.37m
2	Gauvreau, Gab	NOLS		10.32m
4	Dollar, Austin	NOCF		9.49m
5	Seabrook, Odir	NOEA		8.47m
6	Radey, Nathan	NOLS		10.06m
7	Brown, Oliver	NOSM		8.43m
8	Burns, Ronan	NOCA		10.35m
9	Duchene, Cash	NOMI		9.95m
10	Berube, Mathic	NOAL		9.62m
11	Mackey, Will	NOLS		10.81m

**Event 25 Women Shot Put Novice**

NOSSA: 11.82m 2018 Lauren Fearn  
 OFSAA: 15.92m 2015 Trinity Tutti

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Thomas, Kayie	NOMM		9.82m
2	Richard, Keenæ	NOLK		8.09m
3	Troscinski, Ca	NOAC		8.34m
4	Dagenais, Kyli	NOSJ		8.97m
5	Rainville, Chlc	NOVF		7.24m
6	Day, Journey	NOWP		7.97m
7	Nebre, Mya	NOMM		7.89m
8	McDonald, Fel	NOSM		7.24m
9	Nouh, Joudy	NOKO		7.32m
10	Pietramale, Ril	NOSH		8.52m
11	Hind, Katelyn	NOSJ		6.01m
12	Withers, Rowy	NOES		7.15m
13	Huron, Rhiann	NOEA		6.87m
14	Odaiskey, Carr	NOAC		8.42m

**Event 26 Men Shot Put Novice**

NOSSA: 14.60m 2013 Tanner Horgan  
 OFSAA: 16.95m 2006 Jackson Gray

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Riley, Paul	NOEA		7.47m
2	Wierzbicki, Wi	NOSC		9.35m
3	Bertrand, Bray	NOSA		10.16m
4	Charette, Jacks	NOSJ		8.06m
5	Leblance, Kent	NOSM		9.94m
6	White, Zachary	NOCF		9.55m
7	Paul, Braiden	NORE		7.87m
8	Jeanveau, Isaac	NOAC		10.72m
9	Drake, Hunter	NOEA		8.68m
10	Serrao, Ethan	NOKO		8.59m
11	Purvis, Owen	NOCF		10.03m
12	Culin, Jackson	NOSJ		12.36m
13	Luczinski, Cod	NOSM		7.84m
14	Fava, Will	NOSJ		8.36m

**Event 27 Women Discus Throw Novice**

NOSSA: 32.79m 2018 Lauren Fearn  
 OFSAA: 43.40m 2015 Trinity Tutti

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Thomas, Kayie	NOMM		20.39m
2	Rainville, Chlo	NOVF		22.75m
3	McDonald, Fel	NOSM		20.02m
4	Hind, Katelyn	NOSJ		14.87m
5	Elwgren, Julia	NOSM		12.14m
6	Richard, Keenæ	NOLK		17.90m
7	Nebre, Mya	NOMM		14.51m
8	Dagenais, Kyli	NOSJ		16.66m
9	Walker, Emma	NOSM		18.48m
10	Pietramale, Ril	NOSH		16.83m
11	Withers, Rowy	NOES		17.70m
12	Gibson, Gracie	NORE		18.15m

**Event 28 Men Discus Throw Novice**

NOSSA: 46.45m 2010 Ryan Hunter  
 OFSAA: 58.98m 1973 Rob Town

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Luczinski, Cod	NOSM		29.09m
2	Gibson, Tanner	NOLO		22.99m
3	Fava, Will	NOSJ		20.00m
4	Riley, Paul	NOEA		25.25m
5	Bertrand, Bray	NOSA		22.46m
6	Leblance, Kent	NOSM		31.39m
7	White, Zachary	NOCF		20.76m
8	Fouceault, Dee	NORE		28.29m
9	Culin, Jackson	NOSJ		30.00m
10	Kirkey, Camde	NOLO		27.20m
11	Drake, Hunter	NOEA		26.04m
12	Gatchell, Ower	NOCF		24.17m
13	Taillefer, Porte	NOSJ		22.00m
14	Tremblay, Kolt	NOSH		30.32m

**Event 29 Women Javelin Throw Novice**

NOSSA: 33.09m 2013 Danika Falvo  
 OFSAA: 41.52m 2015 Trinity Tutti

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Auger, Amberl	NOAL		17.17m
2	McDonald, Fel	NOSM		16.26m
3	Watts, Ashlyn	NOWF		15.49m
4	Brouillette, Lir	NOLK		20.40m
5	Attwell, Kaitly	NOSM		17.06m
6	Ferguson, Mya	NOSH		23.88m
7	Faraci, Nora	NOSJ		16.60m
8	Huron, Rhiann	NOEA		15.43m
9	Richard, Keenæ	NOLK		19.23m
10	Smith-Pilon, Je	NOEA		18.25m
11	Nebre, Mya	NOMM		17.25m
12	Dagenais, Kyli	NOSJ		13.93m
13	Tilston, Lilly	NOES		17.14m
14	Troscinski, Ca	NOAC		17.91m
15	Nouh, Joudy	NOKO		18.33m
16	Thomas, Kayie	NOMM		19.82m

**Event 30 Men Javelin Throw Novice**

NOSSA: 50.64m 2006 Mathieu Charbonneau  
 OFSAA: 57.95m 2007 Ray Dykstra

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Heimonen, Eth	NOSH		26.63m
2	Jeanveau, Isaac	NOAC		25.83m
3	Smith, Becket	NOMC		28.80m
4	Bergeron, Kaye	NOSJ		25.09m
5	Parsons, Theo	NOEL		27.65m
6	Walters, Aiden	NOCF		25.86m
7	Tremblay, Kolt	NOSH		37.05m
8	Williams, Ian	NOWF		23.97m
9	Leblance, Kent	NOSM		33.27m
10	McLennan, Tyl	NOES		24.04m
11	Paul, Braiden	NORE		24.76m
12	Charette, Jacks	NOSJ		28.39m
13	Bertrand, Bray	NOSA		34.57m
14	Fava, Will	NOSJ		21.31m
15	Wierzbicki, Wi	NOSC		27.19m
16	O'Neill, Cando	NOSM		37.34m

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 31 Women 4x100 Meter Relay Novice**

NOSSA: 52.84 2004 Sir James Dunn  
 OFSAA: 48.86 2019 Father Henry Carr -

K Allen, F Ugbogbo, E Aghedo, K Anyaogu

**LaneTeam Relay Seed Time**

**Section 1 of 2 Finals**

3	NOMC	A	1:03.48
	1) #195 Demers, Gabrie	#197 Labelle, Emilie	
	#193 Belanger, Danika	#200 Tremblay, Rh?ann	
4	NOWP	A	1:00.98
	1) #723 Day, Journey	#727 Maluorno, Hannah	
	#730 Sarrasin, Ulannah	#728 O'Reilly, Ryan	
5	NOMM	A	1:02.25
	1) #493 Landry, Ava	#497 Polischuk, Katie	
	#501 Thomas, Kayiesha	#502 Wagemann, Alexy	
6	NOEL	A	1:04.00
	1) #154 Beaulieu, Kend	#155 Berry-Singeisen, E	
	#159 Rouillard, Manon	#160 Shand, Madison	

**Section 2 of 2 Finals**

1	NOND	A	59.56
	1) #112 Sullivan, Hann	#103 Boucher, Sophie	
	#106 Donovan, Chloe	#110 Neely, Karissa	
2	NOSJ	A	58.91
	1) #521 Lang, Kaylee	#516 Gignac, Hannah	
	#511 Corbiere, Morgan	#526 Reaume, Madilyn	
3	NOLK	A	57.28
	1) #369 Nootchtaï, Tia	#367 McKechnie, Sarah	
	#370 Oke, Alyna	#374 St Amour, Maddy	
4	NOSM	A	56.39
	1) #593 Jaremko, Abiga	#592 Heika, Julia	
	#596 Kurylo, Kloe	#590 Gagnon, Bryce	
5	NOLO	A	56.65
	1) #405 Ball, Olivia	#419 Korczak, Elizabeth	
	#417 Kaltianinen, Kaija	#421 Kulik, Milena	
6	NOKO	A	57.36
	1) #255 Gordon, Miila	#265 MacFarlane, Katie	
	#268 McNally, Madelyn	#249 Bruni, Matea	
7	NOAL	A	59.48
	1) #1 Auger, Amberly	#9 Lebel-Schneider, Am	
	#11 McGinley, Jordyn	#10 McGill, Bethany	
8	NOVF	A	59.75
	1) #677 Bouchard, Vict	#678 Daoust, Marie-Lau	
	#679 Fabris, Enza	#681 Young, Ava	

**Event 32 Men 4x100 Meter Relay Novice**

NOSSA: 47.35 2007 Sir James Dunn C &  
 D Carter, G Hunt, B Babic, J Vernelli

OFSA: 43.90 2018 Our Lady Mt Carmel

J Rose, J Rose, J Amoroso, A Magdziak

**LaneTeam Relay Seed Time**

**Section 1 of 2 Finals**

3	NOCF	A	NT
	1) #129 Audette, Colton	#136 Nadeau, Nathan	
	#131 Dollar, Austin	#135 Igiehon, King Dav	
4	NOEL	A	53.61
	1) #163 Brisebois, Evan	#165 Desbiens, Lawrenc	
	#169 Parsons, Theo	#172 Stevenson, Josh	
5	NOWP	A	53.84
	1) #737 Frayn, Tyler	#739 Hamilton, Ethan	
	#741 McCorkell, Ethan	#743 Smith, Spencer	

**Section 2 of 2 Finals**

1	NOLK	A	53.25
	1) #385 Caron, Corbin	#402 van Drunen, Clark	
	#399 Sagle, Robert	#388 Dufour, Connor	
2	NOWF	A	53.17
	1) #715 Lacroix, Owen	#710 Culin, Kalen	
	#716 Michenko, Kayder	#709 Corbeil, Nicolas	
3	NOLS	A	52.29
	1) #327 Mackey, Will	#329 Mannella, Logan	
	#323 Gauvreau, Gabe	#334 Radey, Nathan	
4	NOLO	A	50.02
	1) #437 Arnold, Max	#451 Lacroix, Corey	
	#445 Ietswaard, Owen	#459 Oliver, Ethan	
5	NOKO	A	51.32
	1) #285 Campagna, Dec	#294 Higham, Nathan	
	#290 Dickenson, Hunter	#293 Guizzetti, Nathan	
6	NOSM	A	52.36
	1) #623 Mador, Alexan	#609 Agawa, Ethan	
	#610 Alinsub, Peter	#629 O'Neill, Candon	
7	NOSH	A	53.23
	1) #666 Jones-McDonal	#667 Lambert, Nathan	
	#659 Beaton, Elijah	#673 Sayers, Will	

**Event 33 Women 100 Meter Dash Junior**

NOSSA: 12.85 2017 Christina Robert  
 OFSAA: 11.77 2011 Christian Brennan

**LaneName School Seed Time**

**Heat 1 of 2 Prelims**

1	Jeffery, Brooke	NOCA	14.79
2	Dennis, LaSha	NOWP	15.23
3	Gibeault, Broo	NOMI	14.08
4	Fata, Isabella	NOSM	13.79
5	Richardson, Si	NOCW	15.31
6	Roe, Kayleigh	NOCA	14.37
7	Dugas, Brooke	NOLZ	13.84
8	Tschanz, Alexi	NOSJ	14.42

**Heat 2 of 2 Prelims**

1	Magli, Payton	NOSM	14.91
2	Glavota, Matea	NOKO	15.14
3	Sullivan, Maev	NOLK	14.05
4	Remillard, Ain	NOAC	13.56
5	Hallett, Grace	NOLI	14.41
6	Chateauvert, E	NOLO	14.08
7	Smith, Mary	NOCW	14.37
8	Maxwell, Tara	NOME	16.07

**Event 34 Men 100 Meter Dash Junior**

NOSSA: 11.31 2019 Logan Spicer

OFSA: 10.53 2011 Andre Ford-Azonwan

**LaneName School Seed Time**

**Heat 1 of 2 Prelims**

1	Dewar, Jarett	NOKO	12.96
2	Harris, Quantir	NOCF	12.69
3	Kehoe, Isaiah	NOCA	11.00
4	Spadafora, Ale	NOSM	12.70
5	Potvin, Gavan	NOAC	12.13
6	Yan, Haowen	NOEA	11.00
7	Barney, Jacob	NOLO	12.18
8	Couvrette, Bra	NOCW	12.86

**Heat 2 of 2 Prelims**

1	Posteraro, Ryar	NOSM	12.89
2	Allen, Zidain	NOLS	12.60
3	Carruthers, Lia	NOCW	11.83
4	McCauley, Cal	NOSM	12.50
5	Legg, Devin	NOMI	11.00
6	Sinclair, Nate	NOCW	12.00
7	Fisher, Alexan	NOAL	12.85

**Event 35 Women 200 Meter Dash Junior**

NOSSA: 25.09 2005 Rebecca Johnston-L

OFSA: 23.87 2011 Christian Brennan

**LaneName School Seed Time**

**Heat 1 of 2 Prelims**

2	Solomon, Shan	NOSM	31.83
3	Schmidt, Clair	NOLO	28.51
4	Kero, Karly	NOBE	29.58
5	Roe, Kayleigh	NOCA	30.95
6	Sullivan, Maev	NOLK	29.07
7	Dugas, Brooke	NOLZ	29.30

**Heat 2 of 2 Prelims**

1	Potvin, Maija	NOLO	28.66
2	Szoke, Milla	NONG	35.31
3	Smith, Fischer	NOCA	32.00
4	Fata, Isabella	NOSM	28.36
5	Tschanz, Alexi	NOSJ	30.60
6	Gibeault, Broo	NOMI	29.81
7	Robinson, Jelic	NOWF	29.03

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 36 Men 200 Meter Dash Junior**

NOSSA: 22.97 2017 Zachari Mainville  
 OFSAA: 21.40 2011 Andre Ford-Azonwanwa

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Kehoe, Isaiah	NOCA	27.29
2 Spadafora, Ale	NOSM	26.01
3 Gray, Liam	NORE	29.02
4 Posteraro, Ryar	NOSM	26.80
5 Hernandez Dia	NOBE	27.44
6 Harris, Quantir	NOCF	26.26
7 Perry, Ty	NOLK	27.00
8 Carruthers, Lia	NOCW	25.11
<b>Heat 2 of 2 Prelims</b>		
1 Yan, Haowen	NOEA	27.60
2 Merigioli, Dyl	NOLZ	26.39
3 Allen, Zidain	NOLS	26.37
4 Fisher, Alexan	NOAL	26.09
5 McCauley, Cal	NOSM	25.29
6 Silva, Inuka	NOCW	27.25
7 Hamilton, Ray	NOWF	27.19
8 Whitfield-Hurl	NOSH	27.59

**Event 37 Women 400 Meter Dash Junior**

NOSSA: 58.44 2005 Rebecca Johnston-L  
 OFSAA: 53.66 2011 Christian Brennan

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Thomas, Isabel	NOSJ	1:16.50
2 Rivet, Julia	NOCW	1:13.47
3 Fabbro, Mikay	NOLO	1:13.38
4 Balfe, Annie	NOMI	1:09.09
5 Carbone, Tori	NOSM	1:12.07
6 Popp, Chloe	NOSJ	1:05.93
7 Nelson, Shayla	NOKO	1:19.43
<b>Heat 2 of 2 Prelims</b>		
1 Hallett, Grace	NOLI	1:20.14
2 Green, Morgan	NOMI	1:12.79
3 Williams, Broc	NOMM	1:14.08
4 Smith, Fischer	NOCA	1:12.56
5 Kero, Karly	NOBE	1:06.29
6 Pelletier, Madi	NOKO	1:14.52
7 Cuza, Finlay	NOLO	1:06.22

**Event 38 Men 400 Meter Dash Junior**

NOSSA: 50.06 2007 Richard MacLennan  
 OFSAA: 48.46 2015 Nathan FrigINETTE

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Wyslocky, Rov	NOWP	1:02.21
2 Kelly, Holden	NOCA	1:03.31
3 Carruthers, Lia	NOCW	57.69
4 Kelly, Kevin	NOLO	1:00.53
5 Petroski, Jonas	NOBE	1:00.95
6 Landriaul, Tris	NOAL	1:02.17
7 Duguay, Aleks	NOLK	1:05.16
<b>Heat 2 of 2 Prelims</b>		
1 Perry, Ty	NOLK	1:06.02
2 Wardell, Harley	NOSM	59.43
3 Jacques, Mical	NOES	1:01.48
4 Thususka, Atoi	NOLK	58.47
5 Silva, Inuka	NOCW	1:05.06
6 Decchenes, Da	NOMI	1:01.85
7 Currie, Jack	NOWP	1:02.44

**Event 39 Women 800 Meter Run Junior**

NOSSA: 2:19.10 2004 Kaitlyn Tallman-Mar  
 OFSAA: 2:08.22 2013 Kailee Sawyer

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1A Popp, Chloe	NOSJ	2:41.91
1B Rivet, Julia	NOCW	2:58.94
1C Pelletier, Madi	NOKO	2:48.14
1D Jones, Bay	NOLK	2:48.07
2A Fabbro, Mikay	NOLO	2:44.18
2B Green, Macken	NOMI	2:51.61
2C Kasunich, Mar	NOMI	2:36.28
2D Phelps, Sarah	NOSJ	2:53.83
3A Schulte-Hosted	NOLK	2:49.91
3B Cuza, Finlay	NOLO	2:31.62
3C Martineau, Ell	NOCA	3:04.64
3D Carbone, Tori	NOSM	2:46.95
4A Ranger, Isabell	NOAL	3:11.16
4B Schoahs, Heler	NOSH	3:05.66
4C Pineau, Lauren	NOLK	2:31.71

**Event 40 Men 800 Meter Run Junior**

NOSSA: 2:01.94 2014 Brendan Costello  
 OFSAA: 1:53.54 2018 Abdullahi Hassan

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1A St-Jean, S?bast	NOCH	2:33.90
1B Joiner, Russell	NOLO	2:21.19
2A Gray, Liam	NORE	2:27.78
2B Jacques, Mical	NOES	2:29.49
3A Petroski, Jonas	NOBE	2:22.52
3B Norbo, Ben	NOSM	2:54.73
4A Dobson, Owen	NOLO	2:16.26
4B Pennie, Brodie	NOMI	2:22.51

**Event 41 Women 1500 Meter Run Junior**

NOSSA: 5:01.65 2009 Lynnea Lobert  
 OFSAA: 4:24.58 2016 Joceyln Chau

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Kasunich, Mar	NOMI	5:05.50
2 Goymer, Rhian	NOEL	5:52.65
3 Schoahs, Heler	NOSH	6:18.00
4 Hodgins, Ava	NOLS	5:34.00
5 Blake, Maeve	NOSJ	6:00.30
6 Schulte-Hosted	NOLK	5:52.73
7 Lepage, Georgi	NOBE	5:26.31
8 Withers-Cott, S	NOSM	6:08.00
9 Phelps, Sarah	NOSJ	6:00.18
10 Lyons, Hannah	NOWF	6:43.37
11 Ranger, Isabell	NOAL	6:50.41
12 McKague, Isab	NOLO	5:53.61
13 Green, Macker	NOMI	5:47.88
14 Towle, Anna	NOSH	6:46.00
15 Pineau, Lauren	NOLK	5:24.34

**Event 42 Men 1500 Meter Run Junior**

NOSSA: 4:09.87 2011 Graham Hansel  
 OFSAA: 3:55.38 2009 Robert Denault

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Pennie, Brodie	NOMI	4:50.63
2 Joiner, Russell	NOLO	4:58.33
3 Roberts, Jake	NOEA	5:29.55
4 Binks, Liam	NOLK	4:44.67
5 Brochu, Migue	NOAL	5:28.37
6 Kuhlberg, Nol	NOLO	4:40.78
7 Warwick, Kenr	NOCA	5:29.13
8 Norbo, Ben	NOSM	5:58.00
9 Uta'naaq, Clou	NOSJ	6:27.64
10 Rice, Sam	NOLO	4:34.57
11 Sutton, Caden	NOLS	5:11.94

**Event 43 Women 3000 Meter Run Junior**

NOSSA: 10:28.70 2004 Kaitlyn Tallman-Mar  
 OFSAA: 9:29.65 2016 Brogan MacDougall

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Lepage, Georgi	NOBE	11:53.63
2 Kasunich, Mar	NOMI	10:59.75
3 Benson, Alban	NOCW	14:08.38
4 Towle, Anna	NOSH	15:31.00
5 Bourget, Bree	NOLO	12:34.05
6 Goymer, Rhian	NOEL	13:25.03
7 Blake, Maeve	NOSJ	13:51.25
8 Lyons, Hannah	NOWF	14:58.87
9 Green, Macker	NOMI	12:46.46
10 McKague, Isab	NOLO	13:28.48
11 Hodgins, Ava	NOLS	12:37.97
12 De Poli, Kately	NOBE	14:02.07

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 44 Men 3000 Meter Run Junior**

NOSSA: 9:06.88 2011 Graham Hansel  
 OFSAA: 8:33.65 2007 John Paul Malette

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Rice, Sam	NOLO	9:43.02
2	Binks, Liam	NOLK	10:42.46
3	Juma, Kiran	NOSM	11:53.00
4	Kuhlberg, Nole	NOLO	10:12.89
5	Sutton, Caden	NOLS	11:14.80
6	Hamilton, Ray	NOWF	11:23.49
7	Joiner, Russell	NOLO	11:15.22
8	Pennie, Brodie	NOMI	10:53.02

**Event 45 Women 80 Meter Hurdles Junior**

NOSSA: 12.10 2008 Serena SanCartier  
 OFSAA: 11.24 2015 Keira Christie-Gallav

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
2	Magli, Payton	NOSM	16.09
3	Remillard, Air	NOAC	13.87
4	Diavolitsis, Ali	NOLK	15.19
5	Lane, Mollie	NOKO	16.01
6	Elliott, Delaney	NOKO	15.05
<b>Heat 2 of 2 Prelims</b>			
2	Ietswaard, Jenr	NOLO	15.22
3	Glavota, Matea	NOKO	14.93
4	Wilson, Georgi	NOCF	14.17
5	Roe, Kayleigh	NOCA	16.72
6	Uguccioni, Eli	NOLK	15.51

**Event 46 Men 100 Meter Hurdles Junior**

NOSSA: 14.87 2011 Luke Udeschini  
 OFSAA: 12.95 2019 Mark Skerl

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
3	Wardell, Harley	NOSM	19.18
4	Lalonde, Caleb	NOCH	17.04
5	Kehoe, Isaiah	NOCA	18.21

**Event 47 Women 300 Meter Hurdles Junior**

NOSSA: 47.13 2005 Paige Leclerc-Locker  
 OFSAA: 42.46 1997 Jessica Zelinka

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
3	Smith, Fischer	NOCA	1:03.70
4	Schulte-Hostec	NOLK	1:01.54
5	Ferguson, Alex	NOLK	1:03.45
<b>Section 2 of 2 Finals</b>			
1	Guse, Tara	NOMM	57.67
2	Magli, Payton	NOSM	55.29
3	Glavota, Matea	NOKO	54.31
4	Elliott, Delaney	NOKO	52.34
5	Cuza, Finlay	NOLO	53.25
6	Gill, Hailee	NOKO	55.20
7	Basso, Brookly	NOLK	55.73

**Event 48 Men 300 Meter Hurdles Junior**

NOSSA: 41.00 2004 Justin Digiglio-St Joe  
 OFSAA: 37.86 2016 Liam Foudy

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Spacek, William	NONG	1:04.35
2	Wardell, Harley	NOSM	52.23
3	Warwick, Kenr	NOCA	51.01
4	Barney, Jacob	NOLO	46.84
5	Dobson, Owen	NOLO	48.03
6	Landriaul, Tris	NOAL	51.12
7	McCauley, Cal	NOSM	52.65

**Event 49 Women High Jump Junior**

NOSSA: 1.54m 2014 Kiara Hamilton  
 OFSAA: 1.76m 2017 Autumn Bigger

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Boissonneau, M	NOKO	1.33m
2	Green, Morgan	NOMI	1.25m
3	Solomon, Shan	NOSM	1.25m
4	Gill, Hailee	NOKO	1.30m
5	Pardy, CJ	NOAC	1.34m
6	Diavolitsis, Ali	NOLK	1.37m
7	De Poli, Kately	NOBE	1.31m
8	Edgar, Emily	NOSM	1.35m
9	Buzila, Tianna	NOME	1.35m
10	Ligi, Kameryn	NOES	1.25m
11	Jeffery, Brooke	NOCA	1.25m

**Event 50 Men High Jump Junior**

NOSSA: 1.96m 2019 Logan Spicer  
 OFSAA: 2.04m 1995 Michael Ponikvar

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Rimes, Braxtor	NOEB	1.45m
2	Decchenes, Da	NOMI	1.60m
3	Scott, Adam	NOLO	1.75m
4	Njari, Matthew	NOSM	1.57m
5	Graham, Carter	NOES	1.40m
6	Houle, Jonatha	NOCH	1.50m
7	Legg, Devin	NOMI	1.50m
8	Cowan, Jaiden	NOKO	1.50m

**Event 51 Women Pole Vault Junior**

NOSSA: 2.85m 2010 Alison Fung  
 OFSAA: 3.75m 2010 Alysha Newman

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Innis, Avani	NOLK	1.80m
2	Morrissey, Nor	NOLK	1.70m

**Event 52 Men Pole Vault Junior**

NOSSA: 3.52m 2007 Erik Faucon  
 OFSAA: 4.45m 1992 Drew Barrett

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Appleby, Corb	NOLK	2.00m

**Event 53 Women Long Jump Junior**

NOSSA: 5.12m 2008 Caroline Ehrhardt  
 OFSAA: 5.84m 2017 Sarah Saldutto

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Way-White, Gr	NOSJ	3.75m
2	Eshkawkogan,	NOMI	4.34m
3	Richardson, Si	NOCW	3.80m
4	Nelson, Shayla	NOKO	3.95m
5	Gibeault, Broo	NOMI	4.45m
6	Gavey, Elizabe	NOSM	4.41m
7	Robinson, Jelic	NOWF	4.42m
8	Demontigny, L	NOLS	3.93m
9	Balfe, Annie	NOMI	4.49m
10	Sullivan, Maev	NOLK	4.87m
11	Drover, Sydney	NOSM	3.75m
12	Guillemette, N	NOSA	4.09m
13	Ietswaard, Jenr	NOLO	4.61m
14	Wilson, Georgi	NOCF	4.46m
15	Thomas, Isabel	NOSJ	3.91m
16	Edgar, Emily	NOSM	4.07m

**Event 54 Men Long Jump Junior**

NOSSA: 6.34m 2007 Matt Glibota  
 OFSAA: 7.09m 2010 Mitch O'Donnell

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Allen, Zidain	NOLS	5.81m
2	Gray, Liam	NORE	4.87m
3	Murphy, Hayd	NOPO	4.57m
4	Albury, Domin	NOWP	4.25m
5	Tremblay, Noa	NOBY	4.54m
6	MacAuley, Col	NOCA	4.87m
7	Thususka, Atoi	NOLK	5.62m
8	Sinclair, Nate	NOCW	5.31m
9	Mathieu, Jo-Ze	NOPO	4.45m
10	Njari, Matthew	NOSM	4.78m
11	Carbone, Ethar	NOKO	5.14m
12	Harris, Quantir	NOCF	5.59m
13	Juma, Kiran	NOSM	5.05m
14	Merigioli, Dyle	NOLZ	5.22m
15	Legg, Devin	NOMI	4.93m
16	Lalonde, Caleb	NOCH	5.29m

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 55 Women Triple Jump Junior**

NOSSA: 11.66m 2008 Caroline Ehrhardt  
 OFSAA: 12.19m 2018 Busola Akinduro

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Chateauvert, E	NOLO		8.95m
2	Basso, Brookly	NOLK		8.62m
3	Way-White, Gr	NOSJ		8.47m
4	Eshkawkogan,	NOMI		9.38m
5	Edgar, Emily	NOSM		8.59m
6	De Poli, Kately	NOBE		8.22m
7	Martin, Jeana	NOES		8.48m
8	Wilson, Georgi	NOCF		9.20m
9	Balfe, Annie	NOMI		9.52m
10	Gavey, Elizabe	NOSM		9.16m
11	Benson, Alban	NOCW		8.29m
12	Robinson, Jelic	NOWF		9.41m
13	Elliott, Delaney	NOKO		9.05m
14	Remillard, Ain	NOAC		9.94m
15	Drover, Sydney	NOSM		8.65m
16	Richardson, Si	NOCW		9.20m

**Event 56 Men Triple Jump Junior**

NOSSA: 12.99m 2014 Ryan Taylor  
 OFSAA: 14.34m 2010 Mitch O'Donnell

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Abel, Evan	NOLI		11.33m
2	MacAuley, Col	NOCA		9.92m
3	Scott, Adam	NOLO		11.54m
4	Bradley, Grays	NOCW		8.19m
5	Mackey, Curtis	NOLS		10.16m
6	Post, Jesse	NOKO		8.37m
7	Ducharme, Bo	NOLI		11.17m
8	Carbone, Ethar	NOKO		10.73m
9	Yan, Haowen	NOEA		1.00m
10	Baron, Callum	NOLK		10.71m
11	Juma, Kiran	NOSM		10.42m

**Event 57 Women Shot Put Junior**

NOSSA: 12.15m 2016 Taylor Elliott  
 OFSAA: 16.00m 2016 Trinity Tutti

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Lachance, Ava	NOAL		8.31m
2	Cooke, Darcy	NOCA		7.97m
3	Nono Ganyo, C	NOHA		9.84m
4	Pine, Lexi	NOWP		9.30m
5	Radey, Adasyn	NOLS		8.35m
6	Labonté-Girou:	NOAL		9.26m
7	Watson, Molly	NOKO		8.43m
8	Brisson, Lisa	NOCA		7.81m
9	Boissonneau, M	NOKO		7.90m
10	Rinaldi, Chloe	NOLZ		10.44m
11	Jarbeau, Abiga	NOWF		9.41m
12	Ramsay, Camr	NORE		7.69m
13	Breton-Depatie	NOHA		8.86m
14	Sobiera, Carley	NOLI		8.30m
15	Mason, Abbey	NOSJ		7.76m
16	Sawchyn, Lillia	NOKO		8.62m

**Event 58 Men Shot Put Junior**

NOSSA: 14.68m 2007 James Robertson  
 OFSAA: 19.72m 2006 Tim Nedow

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Siemann, Matt	NOLK		10.70m
2	Pannell, Samue	NOAL		12.70m
3	Case, Aiden	NOMI		10.27m
4	DiValentin, No	NOSM		11.56m
5	Whitfield-Hurl	NOSH		11.54m
6	Cope, Caleb	NOLK		9.54m
7	Bradley, Heath	NOCW		12.18m
8	Shipton, Tyler	NOES		11.16m
9	Marcotte, Max	NOAL		9.69m
10	Akkanen, Ian	NOCF		10.44m
11	Lees, CJ	NOEA		13.64m
12	Thibideau, Kay	NOKO		11.54m
13	Duguay, Aleks	NOLK		9.74m
14	Bradley, Grays	NOCW		12.93m
15	Wootton, Ethar	NOSH		10.60m
16	Scott, James	NOSC		11.02m

**Event 59 Women Discus Throw Junior**

NOSSA: 37.62m 2019 Lauren Fearn  
 OFSAA: 45.16m 2015 Grace Tennant

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Lawson, Amy	NOSA		17.99m
2	Brisson, Lisa	NOCA		21.40m
3	Jarbeau, Abiga	NOWF		26.98m
4	Thomas, Grace	NOLO		18.24m
5	Hopkin, Talia	NOKO		19.46m
6	Doyle, Catheri	NOEL		17.68m
7	Shanks, Kendr	NOLO		20.37m
8	Hunter, Jaden	NOKO		18.71m
9	Labonté-Girou:	NOAL		20.36m
10	Ferguson, Ellar	NOLK		16.20m
11	Ramsay, Camr	NORE		19.99m
12	Sawchyn, Lillia	NOKO		21.03m
13	Devoe, Hailee	NOSH		20.68m
14	Lachance, Ava	NOAL		22.66m
15	Mason, Abbey	NOSJ		19.06m
16	Morrissey, Nor	NOLK		15.76m

**Event 60 Men Discus Throw Junior**

NOSSA: 49.31m 2011 Ryan Hunter  
 OFSAA: 70.79m 2009 Jordan Young

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Pannell, Samue	NOAL		36.00m
2	Bradley, Heath	NOCW		35.66m
3	Siemann, Matt	NOLK		23.00m
4	Shipton, Tyler	NOES		27.65m
5	Wootton, Ethar	NOSH		31.32m
6	Brochu, Migue	NOAL		29.99m
7	Cowan, Jaiden	NOKO		28.43m
8	Lees, CJ	NOEA		29.66m
9	Potvin, Camer	NOLS		21.13m
10	Case, Aiden	NOMI		33.20m
11	Sawchyn, Asht	NOKO		29.96m
12	Farrell, Joe	NOLK		23.15m
13	Guzzo, Daniel	NOSM		31.66m
14	Olufowobi, Ok	NOCF		24.13m
15	Bradley, Grays	NOCW		30.91m
16	Abeyratne, Dil	NOLK		19.00m



**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 61 Women Javelin Throw Junior**

NOSSA: 38.20m 2014 Danika Falvo  
 OFSAA: 43.98m 2018 Alexandria Webb

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Poyton, Jessica	NOEA		16.23m
2	Radey, Adasyn	NOLS		21.85m
3	Thorsteinson, I	NOLK		20.66m
4	Hunter, Jaden	NOKO		24.28m
5	Attwell, Alecia	NOSM		23.13m
6	Aumont, Gabri	NOAL		18.29m
7	Hodak, Hannal	NOND		21.33m
8	Boissoneau, M	NOKO		27.34m
9	Popp, Chloe	NOSJ		24.95m
10	Brisson, Lisa	NOCA		22.81m
11	Watson, Molly	NOKO		24.54m
12	Way-White, Gr	NOSJ		20.28m
13	Laginski, Ali	NORE		18.01m
14	Caissie, Ella	NOAC		17.72m
15	Ferguson, Ellar	NOLK		17.70m
16	Jarbeau, Abiga	NOWF		20.77m

**Event 62 Men Javelin Throw Junior**

NOSSA: 55.99m 2004 James Bergamin-Sir  
 OFSAA: 69.28m 2009 Trent Corney

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Guzzo, Daniel	NOSM		32.00m
2	Case, Aiden	NOMI		33.50m
3	Sheppard, Quii	NOSJ		27.00m
4	Brochu, Migue	NOAL		31.39m
5	Thibideau, Kay	NOKO		31.28m
6	Gauthier, Daik	NOSH		33.64m
7	Kelly, Kevin	NOLO		27.35m
8	Graham, Carte	NOES		30.76m
9	Sinclair, Nate	NOCW		36.36m
10	Baron, Callum	NOLK		25.56m
11	Desbois, Conn	NOEL		30.27m
12	Ambeault, Chr	NOKO		35.08m
13	Cope, Caleb	NOLK		26.98m
14	Potvin, Camer	NOLS		28.83m
15	Marcotte, Max	NOAL		27.54m
16	Scott, James	NOSC		35.70m

**Event 63 Women 4x100 Meter Relay Junior**

NOSSA: 51.95 2005 Lo-Ellen Park SS  
 B. Leclair, N. Pyzik, R. Johnston, N. San Cartier  
 OFSAA: 48.34 2013 David Suzuki SS  
 A Sebastian, N McDonald, C Wilson, S Hunnighan

Lane	Team	Relay	Seed	Time
<b>Section 1 of 2 Finals</b>				
3	NOJN	A		1:02.53
	1) #243 King, Jasmine	#242 Houle, Madison		
	#241 Chalifoux, Tiana	#240 Bond, Addison		
4	NOWF	A		1:00.33
	1) #698 Lyons, Hannah	#700 Roy, Carleigh		
	#701 Villneff, Isabelle	#704 Wozney, Taryn		
5	NORE	A		1:00.60
	1) #178 Ramsay, Camry	#177 Langlois, Lauren		
	#176 Laginski, Ali	#175 Gibson, Gracie		
6	NOAL	A		1:03.27
	1) #2 Aumont, Gabrielk	#7 Labonté-Giroux, Sam		
	#8 Lachance, Ava	#16 Ranger, Isabelle		
<b>Section 2 of 2 Finals</b>				
1	NOMM	A		59.82
	1) #503 Williams, Brool	#494 Massimiliano, My		
	#492 Guse, Tara	#498 Salmaso, Lucia		
2	NOSM	A		56.81
	1) #591 Gavey, Elizabet	#604 Solomon, Shannon		
	#598 Magli, Payton	#589 Fata, Isabella		
3	NOLK	A		56.61
	1) #375 Sullivan, Maev	#377 Uguccione, Elizabe		
	#353 Basso, Brooklyn	#359 Diavolitsis, Alissa		
4	NOLO	A		54.53
	1) #408 Chateauvert, Er	#409 Cuza, Finlay		
	#430 Schmidt, Claire	#429 Potvin, Maija		
5	NOAC	A		56.61
	1) #38 Pardy, CJ	#39 Purvis, Mackenzie		
	#41 Troscinski, Caedenc	#37 Odaiskey, Cameron		
6	NOCA	A		56.64
	1) #52 Cooke, Darcy	#56 Jeffery, Brooke		
	#57 Martineau, Ella	#60 Roe, Kayleigh		
7	NOLS	A		59.43
	1) #316 Jones, Shelby	#306 Avery, Ocean		
	#311 Demontigny, Izabe	#314 Flood, Carly		
8	NOKO	A		59.83
	1) #257 Hopkin, Talia	#254 Glavota, Matea		
	#253 Gill, Hailee	#251 Elliott, Delaney		

**Event 64 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 Carmel

Lane	Team	Relay	Seed	Time
<b>J Rose, J Rose, J Lindup-Amoroso, A Magdziak</b>				
<b>Section 1 of 2 Finals</b>				
3	NOAC	A		NT
	1) #42 Bertrand, Anthon	#48 Slack, Malachi		
	#47 Savage, Cain	#46 Potvin, Gavan		
4	NOSH	A		55.55
	1) #662 Gauthier, Daika	#675 Whitfield-Hurley,		
	#656 Albert, Keadon	#665 Hodgkinson, Brady		
5	NOEA	A		57.01
	1) #693 Yan, Haowen	#689 Lees, CJ		
	#687 Drake, Hunter	#692 Seabrook, Odin		
<b>Section 2 of 2 Finals</b>				
1	NOWP	A		53.66
	1) #732 Albury, Domini	#733 Currie, Jack		
	#740 Hutchens, Damien	#744 Wyslocky, Rowan		
2	NOLK	A		53.28
	1) #401 Thususka, Aton	#389 Duguay, Aleksand		
	#397 Perry, Ty	#400 Siemann, Matthias		
3	NOSM	A		50.66
	1) #635 Wardell, Harley	#630 Posteraro, Ryan		
	#618 Guzzo, Daniel	#625 McCauley, Callum		
4	NOCW	A		50.20
	1) #101 Sinclair, Nate	#95 Carruthers, Liam		
	#96 Casey, Hayden	#98 Couvrette, Brady		
5	NOCA	A		50.34
	1) #71 Kelly, Holden	#78 Warwick, Kenny		
	#70 Kehoe, Isaiah	#75 MacAuley, Cole		
6	NOLO	A		51.05
	1) #438 Barney, Jacob	#455 Mantle, Wilder		
	#447 Kelly, Kevin	#450 Kuhlberg, Nolan		
7	NOAL	A		53.34
	1) #20 Berube, Mathieu	#23 Fisher, Alexandre		
	#25 Landriaul, Tristan	#30 Pannell, Samuel		
8	NOKO	A		53.85
	1) #299 Post, Jesse	#286 Carbone, Ethan		
	#289 Dewar, Jarett	#288 Cowan, Jaiden		

**Event 65 Women 100 Meter Dash Senior**

NOSSA: 12.21 2012 Ashley Huard  
 OFSAA: 11.54 2002 Ashley Purnell

Lane	Name	School	Seed	Time
<b>Heat 1 of 2 Prelims</b>				
1	Huot, Dominiq	NOND		14.34
2	Massicotte, Le	NOES		14.72
3	Tull, Katelyn	NOKO		13.76
4	Lannin, Alexar	NOCW		14.55
5	Thomas, Sama	NOCA		14.39
6	Killoran, Berly	NOSM		14.07
7	Boyuk, Sierra	NOAC		13.85
8	Trottier, Jessy	NOLZ		14.06

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Heat 2 of 2 (Event 65 Women 100 Meter Dash Senior)**

1	Arnold, Julia	NOLO	13.93
2	Savoie, Macie	NOCF	14.32
3	Gravelle, Bree	NOCW	13.98
4	Parker, Kaitlyn	NOCA	13.89
5	Walton, Emma	NOSJ	14.76
6	Sartor, Kassie	NOSM	13.62
7	Elliott, Grace	NOKO	14.34
8	Tremblay, Kari	NOSJ	14.51

**Event 66 Men 100 Meter Dash Senior**

**NOSSA: 10.89 2005 Adam Newton-West**  
**OFSAA: 10.41 1994 Carlton Chambers**

**LaneName School Seed Time****Heat 1 of 2 Prelims**

1	Rojas, Raul	NOEL	12.11
2	Fallu, Michael	NOEA	12.81
3	Talvitie, Nicho	NOKO	11.94
4	Collette, Liam	NOMC	12.27
5	Ryan, Teo	NOAL	11.97
6	Vecchio, Nikol	NOSM	12.75
7	Morris, Domin	NOLO	12.24
8	Burrell, Colin	NOSC	12.10

**Heat 2 of 2 Prelims**

1	Grant, Kaleb	NOAL	11.51
2	Lane, Fischer	NOKO	13.63
3	Tooley, Quinn	NOAL	12.07
4	Fabbro, Caden	NOLO	12.19
5	Bumbacco, Da	NOSM	12.52
6	Mckay, Josh	NOLS	11.85
7	Winkfield, Bre	NOEL	12.44
8	Perry, Tristan	NOSJ	12.23

**Event 67 Women 200 Meter Dash Senior**

**NOSSA: 24.81 2006 Rebecca Johnston-L**  
**OFSAA: 23.69 2012 Khamica Bingham**

**LaneName School Seed Time****Heat 1 of 2 Prelims**

1	Caddel, Maeve	NOLK	29.90
2	Killoran, Berly	NOSM	28.99
3	Gravelle, Bree	NOCW	29.89
4	Humphrey, Re	NOAL	31.52
5	Huot, Dominiq	NOND	30.35
6	Tull, Katelyn	NOKO	28.44
7	Parker, Kaitlyn	NOCA	30.32
8	Humphrey, Kl	NOAL	31.83

**Heat 2 of 2 Prelims**

1	Thomas, Sama	NOCA	30.51
2	Lannin, Alexar	NOCW	31.13
3	Sartor, Kassie	NOSM	27.56
4	Fahey, Kirstin	NOLK	30.42
5	Clement, Mad	NOKO	29.06
6	Arnold, Julia	NOLO	29.78
7	Trottier, Jessy	NOLZ	29.92
8	Martineau, Gra	NOCA	34.68

**Event 68 Men 200 Meter Dash Senior**

**NOSSA: 22.00 2004 Adam Newton-West**  
**OFSAA: 20.99 2009 Oluwasegun Makinde**

**LaneName School Seed Time****Heat 1 of 2 Prelims**

1	Tooley, Quinn	NOAL	25.28
2	Rojas, Raul	NOEL	25.13
3	Burrell, Colin	NOSC	24.62
4	Caputo, Tristar	NOSM	27.14
5	Conlin, Liam	NOLO	24.93
6	Talvitie, Nicho	NOKO	24.13
7	Domagalski, L	NOBE	24.14
8	Grimard, Austc	NOJN	27.04

**Heat 2 of 2 Prelims**

1	Winkfield, Bre	NOEL	26.61
2	Ryan, Teo	NOAL	24.14
3	Mckay, Josh	NOLS	24.43
4	Morgenstern, A	NOSM	26.64
5	Talvitie, Matth	NOKO	24.99
6	Kyei-Ben, Bari	NOBE	24.97
7	Grant, Kaleb	NOAL	23.60

**Event 69 Women 400 Meter Dash Senior**

**NOSSA: 57.85 2006 Rebecca Johnston-L**  
**OFSAA: 53.32 1980 Charmaine Crooks**

**LaneName School Seed Time****Heat 1 of 2 Prelims**

1	Hardy, Kristin	NOCA	1:06.64
2	Pauli, Kate	NOCW	1:13.28
3	Walker, Camry	NOWF	1:03.61
4	Young, Emma	NOEL	1:20.17
5	Smania, Janess	NOMM	1:11.31
6	Evans, Ava	NOSM	1:05.86
7	MacNeil, Erika	NOSC	1:10.00

**Heat 2 of 2 Prelims**

2	Brear, Peyton	NOLS	1:09.57
3	Caddel, Maeve	NOLK	1:11.38
4	Noble, Ashlyn	NOSM	1:05.71
5	Howe, Haley	NOKO	1:05.59
6	Dokis-Dupuis,	NOLO	1:10.00
7	Stevenson, Nic	NOEL	1:12.99

**Event 70 Men 400 Meter Dash Senior**

**NOSSA: 49.83 2011 Brandon Shirk**  
**OFSAA: 45.71 2019 Myles Misener Daley**

**LaneName School Seed Time****Heat 1 of 2 Prelims**

1	Domagalski, L	NOBE	56.08
2	Conlin, Liam	NOLO	55.89
3	Wilkin, Alan	NOMI	1:00.16
4	Morgenstern, A	NOSM	1:01.16
5	Ryan, Teo	NOAL	53.80
6	Radey, Brando	NOLS	53.73
7	Chevalier, Luk	NOWF	1:00.75
8	Grimard, Austc	NOJN	1:01.71

**Heat 2 of 2 Prelims**

1	Moss, Tait	NOCA	1:00.67
2	Suszter, Matth	NOWF	1:06.37
3	Scott, Preston	NOSJ	55.00
4	Doyle, Landon	NOCF	57.54
5	Talvitie, Matth	NOKO	55.16
6	DiCerbo, Marc	NOSM	1:00.06
7	Rains, Grant	NOSH	58.46
8	Lacroix, Liam	NOLO	53.36

**Event 71 Women 800 Meter Run Senior**

**NOSSA: 2:18.15 2015 Lydia Heimonen**  
**OFSAA: 2:05.94 1984 Elise Braithwaite**

**LaneName School Seed Time****Section 1 of 1 Finals**

1A	Caverson, Cath	NOMM	3:16.31
1B	Oommen, Sopl	NOLO	2:47.52
1C	Cooper, Avery	NOCA	3:02.05
2A	Stevenson, Nic	NOEL	2:57.39
2B	Fletcher, Linds	NOSJ	2:27.62
2C	Lafrance, Lucy	NOKO	2:40.66
2D	Henson, Belen	NOKO	2:55.48
3A	McKenzie, Ala	NOKO	2:48.82
3B	Lariviere, Roch	NOSA	2:56.69
3C	Kusnierczyk, J	NOLO	2:51.35
4A	Hardy, Kristin	NOCA	2:40.24
4B	Noble, Ashlyn	NOSM	2:45.91
4C	Walker, Camry	NOWF	2:34.57

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 72 Men 800 Meter Run Senior**

NOSSA: 1:56.72 2016 Brendan Costello  
 OFSAA: 1:48.26 2007 Andrew Heaney

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1A Dufresne-Napp	NOSJ	3:30.20
1B Missere, Noah	NOSH	2:28.62
1C Parsons, Owen	NOEL	2:25.18
1D Moreau, Cole	NOSH	2:36.45
2A Rinaldi, Thom	NOBE	2:15.18
2B Suszter, Matth	NOWF	2:34.61
2C Wilkin, Alan	NOMI	2:25.42
2D Perez, Bryan	NOSU	2:15.79
3A Ambeault, Car	NOSH	2:30.34
3B Lacroix, Liam	NOLO	2:12.86
3C Byman, Micah	NOCA	2:22.56
3D Scott, Preston	NOSJ	2:10.62
4A Devries, Alder	NOWP	2:33.30
4B Wiss, Patrick	NOLO	2:16.31
4C Doyle, Landon	NOCF	2:14.46

**Event 73 Women 1500 Meter Run Senior**

NOSSA: 4:52.07 2008 Emma Tallman  
 OFSAA: 4:21.72 2017 Laura Parkinson

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Pilon, Michelle	NOFC	5:33.37
2 McKenzie, Ala	NOKO	5:50.00
3 Auger, Ashlyn	NOSJ	5:53.92
4 Lafrance, Lucy	NOKO	5:39.00
5 Pauli, Kate	NOCW	5:57.61
6 Azzi, Sophie	NOJN	6:11.58
7 Sarazin, PaulJe	NOMM	6:25.86
8 Allard, Veronic	NOSM	6:48.00
9 Sutherland, Av	NOLO	5:37.42
10 Fletcher, Linds	NOSJ	5:10.31
11 Wiebe, Kenned	NOEA	7:35.86
12 Cooper, Avery	NOCA	6:21.50
13 Henson, Belen	NOKO	6:19.00

**Event 74 Men 1500 Meter Run Senior**

NOSSA: 3:57.05 2010 Ross Proudfoot  
 OFSAA: 3:42.33 1993 Kevin Sullivan

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Roney, Owen	NOLK	4:56.55
2 Wiss, Patrick	NOLO	4:52.76
3 Cadieux, Gabri	NOAL	4:30.00
4 Chevalier, Luk	NOWF	5:19.55
5 Zimbaro, Gabe	NOSM	5:03.00
6 Gabor, Jordan	NOKO	7:24.00
7 Lawrence, Etha	NOCA	4:48.90
8 Ward, Kaeden	NOLO	4:27.83
9 Dufresne-Napp	NOSJ	5:32.41
10 Byman, Micah	NOCA	4:45.14
11 Dayrit, Andrei	NOWP	6:19.00
12 Crane, Carson	NOCF	4:47.17
13 Devree, Ferrou	NOWF	5:18.38
14 Wilton, Troy	NOCF	4:43.17
15 Parsons, Owen	NOEL	4:48.34

**Event 75 Women 3000 Meter Run Senior**

NOSSA: 10:40.92 2013 Emily Marcolini  
 OFSAA: 9:21.63 2018 Jocelyn Chau

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Auger, Ashlyn	NOSJ	13:23.19
2 Heimonen, Hai	NOSH	12:57.00
3 Pauli, Kate	NOCW	12:48.26
4 Sarazin, PaulJe	NOMM	13:49.77
5 Oommen, Sopl	NOLO	12:35.14
6 Lariviere, Rocf	NOSA	13:21.13
7 Talbot, Jamie	NOKO	16:32.00
8 Collins, Elizab	NOSH	15:53.00
9 Schoahs, Celes	NOSH	13:43.00
10 Sutherland, Av	NOLO	12:08.95
11 Cooper, Avery	NOCA	14:16.46
12 Pilon, Michelle	NOFC	12:45.73
13 Tremblay, Mac	NOND	13:22.14
14 Wall, Jenna	NOCW	12:23.18
15 Wiebe, Kenned	NOEA	17:11.34

**Event 76 Men 3000 Meter Run Senior**

NOSSA: 8:36.62 2010 Ross Proudfoot  
 OFSAA: 8:00.2h 1987 Greg Anderson

LaneName	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Byman, Micah	NOCA	10:33.91
2 Wilton, Troy	NOCF	10:16.58
3 Missere, Noah	NOSH	11:42.00
4 Dufresne-Napp	NOSJ	13:03.91
5 Lawrence, Etha	NOCA	11:01.58
6 Ward, Kaeden	NOLO	9:36.57
7 Annett, Travis	NOLK	10:28.40
8 Raby, Taylor	NOEL	11:08.61
9 Devree, Ferrou	NOWF	12:35.66
10 Radey, Brando	NOLS	10:21.20
11 Garson, Dylan	NOKO	11:02.00
12 Roney, Owen	NOLK	10:30.91
13 Cadieux, Gabri	NOAL	10:15.84
14 Gough, Joshua	NOSJ	13:27.17

**Event 77 Women 100 Meter Hurdles Senior**

NOSSA: 14.30 2007 Natasia SanCartier  
 OFSAA: 13.33 2016 Kiera Christie-Gallo

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Kuhlberg, Carl	NOLO	18.84
2 Lannin, Alexar	NOCW	18.02
3 Alaeddine, Mo	NOLO	18.09
4 Senecal, Caitli	NOSM	20.43
5 Besserer, Arier	NOSJ	19.68
6 Smith, Danika	NOMC	21.24
7 Hawkins, Faith	NOES	19.92
8 Howe, Haley	NOKO	19.09
<b>Heat 2 of 2 Prelims</b>		
1 McKenzie, Elli	NOKO	19.11
2 Thompson, Ha	NOAL	20.32
3 Parker, Kaitlyn	NOCA	19.19
4 Hind, Emily	NOSJ	25.93
5 Moore, Sophie	NOLO	17.46
6 DosSantos, Tac	NOSH	18.98
7 Ingram, Maddi	NOCA	20.21
8 Bertrim, Halle	NOLK	18.63

**Event 78 Men 110 Meter Hurdles Senior**

NOSSA: 14.00 2007 Jamie Stamler  
 OFSAA: 13.33 2010 Gregory MacNeill

LaneName	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Fabbro, Caden	NOLO	16.97
2 Lamothe, Etha	NOES	19.74
3 Rose, Ethan	NOLS	19.75
4 Ducharme, Bra	NOLK	18.29
5 McGill, James	NOAL	17.89
6 Kirby, Isaac	NOCA	22.82
7 Doucette, Cart	NOSM	21.27

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Heat 2 of 2 (Event 78 Men 110 Meter Hurdles Senior)**

2 Moss, Tait	NOCA	20.67
3 Marano, Jacob	NOSM	19.98
4 Ferlaino, Mich	NOWP	17.69
5 Vrbanic, Luke	NOLO	17.28
6 Salami, Mubar	NOLS	19.38
7 Drumm, Eogha	NOEB	19.32

**Event 79 Women 400 Meter Hurdles Senior**

**NOSSA: 1:05.44 2011 Alannah MacLean**  
**OFSAA: 58.38 2014 Mariam Abdul-Rashi**

Lane	Name	School	Seed	Time
------	------	--------	------	------

**Section 1 of 2 Finals**

2 Besserer, Arier	NOSJ	1:45.63
3 Kusnierczyk, J	NOLO	1:22.66
4 Dokis-Dupuis,	NOLO	1:18.00
5 Gallant, Molly	NOES	1:22.44
6 Noble, Amelia	NOES	1:23.08

**Section 2 of 2 Finals**

1 Brazeau, Brool	NOSM	1:17.67
2 McKenzie, Elli	NOKO	1:16.06
3 Bertrim, Ali	NOLO	1:14.90
4 Hardy, Kristin	NOCA	1:12.41
5 Boyuk, Sierra	NOAC	1:13.98
6 Wessel, Ava-Ly	NOWP	1:15.22
7 Bertrim, Halle	NOLK	1:16.99
8 Lamming, Kei	NOSM	1:17.93

**Event 80 Men 400 Meter Hurdles Senior**

**NOSSA: 57.76 2019 Liam Morassut**  
**OFSAA: 51.68 1985 Phillip Hughes**

Lane	Name	School	Seed	Time
------	------	--------	------	------

**Section 1 of 2 Finals**

3 Rose, Ethan	NOLS	1:16.74
4 Doucette, Cart	NOSM	1:13.94
5 Smith, Ethan	NOCA	1:15.74
6 Morgenstern, A	NOSM	1:12.87

**Section 2 of 2 Finals**

1 Pennie, Jack	NOMI	1:10.63
2 Annett, Travis	NOLK	1:08.72
3 Moreau, Cole	NOSH	1:06.88
4 McGill, James	NOAL	1:04.43
5 Ambeault, Car	NOSH	1:06.87
6 Lamothe, Etha	NOES	1:07.96
7 Drumm, Eogha	NOEB	1:09.95

**Event 81 Women High Jump Senior**

**NOSSA: 1.67m 2017 Caliegh Porter**  
**OFSAA: 1.88m 1979 Julie White**

Pos	Name	School	Seed	Mark
-----	------	--------	------	------

**Flight 1 of 1 Finals**

1 Souliere, Madi	NOCH	1.43m
2 Erkkila, Eden	NOSH	1.36m
3 Hanselman, Ka	NOSJ	1.30m
4 Hietkamp, Sop	NOMI	1.48m
5 Tremblay, Mik	NOKO	1.42m
6 Hind, Emily	NOSJ	1.25m
7 Eberlein, Charl	NOLS	1.43m
8 Lamming, Keir	NOSM	1.39m
9 Coe, Sydney	NOLK	1.46m
10 Jacques, Isabel	NOES	1.20m
11 Walton, Emma	NOSJ	1.30m
12 Scratch, Miche	NOND	1.35m
13 Herold, Charlie	NOLO	1.35m

**Event 82 Men High Jump Senior**

**NOSSA: 1.97m 2016 Ryley Bene**  
**OFSAA: 2.24m 1998 Michael Ponikvar**

Pos	Name	School	Seed	Mark
-----	------	--------	------	------

**Flight 1 of 1 Finals**

1 Rains, Grant	NOSH	1.75m
2 Logan, Mcdon	NOAL	1.50m
3 Pierman, John	NOKO	1.65m
4 Forcier, Ryan	NOES	1.51m
5 Rubic, Ryan	NOLI	1.83m
6 Tysick, Willian	NOSJ	1.70m
7 Sauve, Eric	NOLZ	1.70m
8 Vecchio, Nikol	NOSM	1.75m
9 Lemieux, Roch	NOJN	1.35m
10 MacIntyre, Log	NOND	1.75m
11 Ambeault, Cart	NOSH	1.60m
12 Dubowski, Jak	NOBE	1.75m
13 Willoughan-Ec	NOES	1.45m
14 Graffi, Luca	NOLK	1.75m

**Event 83 Women Pole Vault Senior**

**NOSSA: 3.35m 2011 Sarah Swain**  
**OFSAA: 4.06m 2012 Alysha Newman**

Pos	Name	School	Seed	Mark
-----	------	--------	------	------

**Flight 1 of 1 Finals**

1 Beljo, Kaja	NOLK	2.00m
2 Coe, Sydney	NOLK	1.80m
3 Caddel, Maeve	NOLK	1.70m

**Event 84 Men Pole Vault Senior**

**NOSSA: 4.10m 2010 Erik Faucon**  
**OFSAA: 4.87m 1984 Rob Lindsay**

Pos	Name	School	Seed	Mark
-----	------	--------	------	------

**Flight 1 of 1 Finals**

1 Graffi, Luca	NOLK	2.80m
2 Heffern, Conn	NOLK	2.20m
3 Gerhardt, Eli	NOLK	2.40m

**Event 85 Women Long Jump Senior**

**NOSSA: 5.72m 2010 Caroline Ehrhardt**  
**OFSAA: 6.16m 1986 Keron Hamilton**

Pos	Name	School	Seed	Mark
-----	------	--------	------	------

**Flight 1 of 1 Finals**

1 Brule, Cayleigl	NOND	4.49m
2 Coe, Sydney	NOLK	4.73m
3 Heppenstall, El	NOSJ	4.06m
4 Dulaney, Charl	NOLO	4.43m
5 Clarke, Grace	NOSJ	4.18m
6 Tripodi, Tessa	NOAL	4.08m
7 Noble, Amelia	NOES	4.05m
8 Wessel, Ava-Ly	NOWP	4.41m
9 Clement, Mad	NOKO	4.34m
10 Carrier, Kyra	NOSM	3.90m
11 Dupuis, Abbyg	NOLZ	4.43m
12 Gallant, Molly	NOES	4.30m
13 Eberlein, Charl	NOLS	4.83m
14 Thompson, Ha	NOAL	3.79m
15 Brazeau, Brool	NOSM	3.94m
16 Hietkamp, Sop	NOMI	4.52m

**Event 86 Men Long Jump Senior**

**NOSSA: 6.67m 2019 Kurtis Wennerstrom**  
**OFSAA: 7.73m 2010 Taylor Stewart**

Pos	Name	School	Seed	Mark
-----	------	--------	------	------

**Flight 1 of 1 Finals**

1 Talvitie, Nicho	NOKO	5.42m
2 Rojas, Raul	NOEL	5.96m
3 Hayes, Jake	NOLK	5.45m
4 Bast, Cale	NOLS	5.53m
5 Lemieux, Roch	NOJN	5.23m
6 Spencer, Drew	NOSJ	5.20m
7 Podlatis, Griffy	NOES	5.10m
8 Bumbacco, Da	NOSM	5.74m
9 Lalonde, Tysor	NOME	5.28m
10 Tysick, Willian	NOSJ	5.94m
11 Ducharme, Bra	NOLK	5.82m
12 Cameron, Ben	NOSM	5.06m
13 Rienguette, Sc	NOSC	5.40m
14 Sloan, Jack	NOND	5.35m
15 Pierman, John	NOKO	5.59m
16 Watson, Ryan	NOSJ	5.16m

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 87 Women Triple Jump Senior**

NOSSA: 12.40m 2009 Caroline Ehrhardt  
 OFSAA: 13.06m 2019 Mahalia Mitchell

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Ruddick, Ashl	NOCF		8.55m
2	Heppenstall, E	NOSJ		9.31m
3	DosSantos, Tac	NOSH		9.58m
4	Scratch, Miche	NOND		8.47m
5	Thomas, Sama	NOCA		9.80m
6	Hietkamp, Sop	NOMI		9.75m
7	Clarke, Grace	NOSJ		8.50m
8	Beljo, Kaja	NOLK		9.46m
9	Lemay-Evans,	NOND		8.76m
10	Eberlein, Charl	NOLS		9.86m
11	Erkkila, Eden	NOSH		8.85m
12	Tull, Katelyn	NOKO		9.53m
13	Hanselman, Ka	NOSJ		8.81m
14	Noble, Amelia	NOES		9.08m
15	Wakabayashi, J	NOCW		6.76m
16	Venn, Camille	NOKO		9.29m

**Event 88 Men Triple Jump Senior**

NOSSA: 14.08m 2015 Jacob Cruise  
 OFSAA: 15.76m 1982 George Wright

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Rubic, Ryan	NOLI		12.39m
2	Bast, Cale	NOLS		11.77m
3	Hayes, Jake	NOLK		11.32m
4	Greco, Tyler	NOSH		10.55m
5	Perry, Tristan	NOSJ		10.18m
6	Talvitie, Matth	NOKO		11.44m
7	Sloan, Jack	NOND		11.84m
8	Percival, Karsc	NOWF		8.04m
9	Parsons, Owen	NOEL		10.15m
10	Cortes, Jared	NOMI		10.11m
11	Logan, Mcdon:	NOAL		9.42m
12	Pierman, John	NOKO		11.62m
13	Trecartin, Lanc	NOSM		10.59m
14	Ducharme, Bra	NOLK		13.23m
15	Lamothe, Etha	NOES		10.57m

**Event 89 Women Shot Put Senior**

NOSSA: 12.49m 2016 Emily Good  
 OFSAA: 15.24m 2018 Trinity Tutti

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Nadeau, Andri:	NOSJ		8.28m
2	Howsare, Abig	NOLK		8.55m
3	Boldt, Brianna	NOAL		9.01m
4	Levac, Lexine	NOHA		8.11m
5	Kennedy, Chel	NOKO		8.07m
6	Pilon, Katie	NOMC		8.26m
7	Luomaranta, M	NOKO		7.95m
8	Debernardi, Cl	NOCW		8.52m
9	Brohart, Hope	NOES		9.06m
10	Coutu, Emma	NOND		7.53m
11	Crewson, Abig	NOSJ		8.81m
12	McDonald, Sie	NOSM		7.89m
13	Gardiner, Brinl	NORE		6.85m
14	Kissner, Ella	NOMC		7.80m
15	VonnRoenn, Al	NOSH		8.18m
16	Prevost, Andre	NOEL		7.92m

**Event 90 Men Shot Put Senior**

NOSSA: 14.93m 2004 Dan Kennedy-Sir Jan  
 OFSAA: 20.09m 2005 Mike Barnes

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Scott, Ethan	NOLO		11.05m
2	Simon, Nico	NOND		10.32m
3	Bridges, Alasta	NOWF		10.42m
4	Cockburn, Sco	NOCW		10.63m
5	Nicoletta, Mik	NOKO		10.16m
6	Nadeau, Logan	NOES		9.90m
7	Barrow, Tyler	NOSH		9.50m
8	Koivisto, Kean	NOSJ		9.50m
9	Teddy, Malcol	NOLO		10.70m
10	Nye, Gavin	NOSH		9.20m
11	Graham, Marc	NOCA		10.64m
12	O'Grady, Devir	NOEL		10.87m
13	Lepine, Alexan	NOSJ		9.61m
14	Belleau, Konnc	NOKO		8.94m
15	Shanks, Camer	NOLO		11.75m
16	MacDonald, O	NOLI		12.59m

**Event 91 Women Discus Throw Senior**

NOSSA: 36.59m 2016 Emily Good  
 OFSAA: 52.77m 2018 Trinity Tutti

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Brohart, Hope	NOES		24.48m
2	James, Emily	NOWP		23.23m
3	Mongeon, Verc	NOLO		19.72m
4	Pilon, Katie	NOMC		24.36m
5	Prevost, Andre	NOEL		24.24m
6	Luomaranta, M	NOKO		21.04m
7	Boldt, Brianna	NOAL		22.91m
8	Hoger, Janna	NOCW		24.22m
9	Coutu, Emma	NOND		20.01m
10	Middaugh, Ch	NOEA		21.57m
11	Tiangco, Gabri	NOND		18.60m
12	Kissner, Ella	NOMC		20.76m
13	Bell, Kordell	NOWP		20.96m
14	Periard, Riley	NOAL		22.38m
15	Kennedy, Chel	NOKO		22.29m
16	Michauville, F	NOAL		26.60m

**Event 92 Men Discus Throw Senior**

NOSSA: 44.02m 2016 Chris Moutsatsos  
 OFSAA: 62.58m 1995 Jason Tunks

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Devries, Alder	NOWP		24.35m
2	Nicoletta, Mik	NOKO		24.29m
3	Scott, Ethan	NOLO		27.75m
4	Léveillé, Jacob	NOAL		25.32m
5	Nadeau, Logan	NOES		27.37m
6	Cockburn, Sco	NOCW		25.56m
7	Barrow, Tyler	NOSH		27.03m
8	Lucier, Aiden	NOSJ		29.07m
9	Wilson, Harris	NOCF		27.25m
10	Lalonde, Tysor	NOME		27.92m
11	Belleau, Konnc	NOKO		29.58m
12	O'Grady, Devir	NOEL		27.30m
13	Loiselle, Yanic	NOSC		28.25m
14	Shanks, Camer	NOLO		29.30m
15	Graham, Marc	NOCA		26.30m
16	Simon, Nico	NOND		27.55m

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 93 Women Javelin Throw Senior**

NOSSA: 42.49m 2019 Jenna Fleming  
 OFSAA: 49.48m 1986 Louise Perrault

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Elliott, Grace	NOKO		25.61m
2	Mondoux, Frar	NOFC		25.14m
3	Boyer, Emma	NOAL		22.76m
4	Hoger, Janna	NOCW		22.16m
5	Grisdale, Hann	NOSH		19.53m
6	Brohart, Hope	NOES		30.40m
7	Bowman, Elyc	NOWP		24.24m
8	Pilon, Katie	NOMC		20.00m
9	Gordon, Alexa	NOCH		25.63m
10	Cartwright, Ffi	NOSH		21.40m
11	Prevost, Andre	NOEL		26.60m
12	Solomon, Acac	NOES		22.20m
13	Kissner, Ella	NOMC		20.76m
14	Bertrand, Hayl	NOSA		23.72m
15	Ruddick, Ashk	NOCF		27.47m
16	Boldt, Brianna	NOAL		25.52m

**Event 94 Men Javelin Throw Senior**

NOSSA: 55.05m 2009 Bradley Piper  
 OFSAA: 71.22m 2000 Trevor Snyder

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	Scott, Ethan	NOLO		45.48m
2	Clark, Aidan	NOAC		31.96m
3	Fremlin, Dave	NOCA		35.73m
4	Teddy, Malcol	NOLO		35.02m
5	Wilson, Harris	NOCF		32.18m
6	Nicoletta, Mik	NOKO		36.71m
7	Bridges, Alast	NOWF		32.80m
8	Berry, Jayme	NOCA		35.48m
9	Pomeroy, Wes	NOKO		31.40m
10	Hatton, Scott	NOFC		43.39m
11	Sloan, Jack	NOND		36.39m
12	Graham, Marc	NOCA		32.62m
13	Greco, Tyler	NOSH		30.78m
14	Belleau, Konnc	NOKO		32.87m
15	Léveillé, Jacob	NOAL		35.85m
16	Tysick, Willian	NOSJ		37.91m

**Event 95 Women 4x100 Meter Relay Senior**

NOSSA: 51.01 2016 St. Mary's College S  
 E Calibani, O Oraziotti, A Gibbs, T Lamorie

OFSAA: 47.60 2003 Mary Ward CSS  
 O. Ugiagbe, Z. Gill, L. Gonsalves, L. Wilson

Lane	Team	Relay	Seed	Time
<b>Section 1 of 2 Finals</b>				
3	NOAL	A		59.50
1)	#5 Humphrey, Kloe	#6 Humphrey, Reanna		
	#15 Perrault, Vanessa	#18 Tripodi, Tessa		
4	NOSJ	A		57.80
1)	#517 Hanselman, Ka	#528 Tremblay, Karissa		
	#508 Besserer, Arienne	#530 Walton, Emma		
5	NOCF	A		57.88
1)	#120 Leduc, Chelsea	#124 Savoie, Macie		
	#121 Pitura, Chloe	#126 Tremblay, Morgan		
6	NOEA	A		1:01.12
1)	#686 Wiebe, Kenned	#682 Huron, Rhianna		
	#684 Poyton, Jessica	#685 Smith-Pilon, Jade		
<b>Section 2 of 2 Finals</b>				
1	NOES	A		56.80
1)	#215 Hawkins, Faith	#219 Massicotte, Leala		
	#220 Noble, Amelia	#214 Gallant, Molly		
2	NOLO	A		56.24
1)	#404 Arnold, Julia	#412 Dulaney, Charlie		
	#427 Olivier, Alexandr	#425 Moore, Sophie		
3	NOAC	A		54.20
1)	#33 Boyuk, Sierra	#34 Caissie, Ella		
	#35 Cresswell, Kynlee	#40 Remillard, Aimie		
4	NOKO	A		53.76
1)	#279 Venn, Camille	#250 Clement, Madalyn		
	#258 Howe, Haley	#278 Tull, Katelyn		
5	NOSM	A		53.80
1)	#594 Killoran, Berlyr	#588 Evans, Ava		
	#601 Noble, Ashlyn	#602 Sartor, Kassie		
6	NOCA	A		54.60
1)	#54 Hardy, Kristin	#62 Thomas, Samantha		
	#58 Martineau, Grace	#59 Parker, Kaitlyn		
7	NOLK	A		56.75
1)	#357 Caddel, Maeve	#358 Coe, Sydney		
	#360 Fahey, Kirstin	#354 Beljo, Kaja		
8	NOLS	A		56.84
1)	#313 Eberlein, Charl	#307 Brear, Hunter		
	#308 Brear, Peyton	#312 Digiglio, Samantha		

**Event 96 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

Lane	Team	Relay	Seed	Time
<b>Section 1 of 2 Finals</b>				
3	NOSH	A		51.90
1)	#664 Greco, Tyler	#669 Moreau, Cole		
	#672 Rains, Grant	#663 Germain, Nicholas		
4	NOES	A		49.20
1)	#226 Jacques, Micah	#230 Podlatis, Griffyn		
	#227 Lamothe, Ethan	#224 Forcier, Ryan		
5	NOCA	A		51.00
1)	#67 Foreman, Marcu	#68 Fremlin, Dave		
	#72 Kennedy, Gordie	#76 Moss, Tait		
<b>Section 2 of 2 Finals</b>				
1	NOLK	A		48.60
1)	#387 Ducharme, Bra	#392 Graffi, Luca		
	#379 Anderson, Jack	#393 Hayes, Jake		
2	NOEL	A		48.30
1)	#167 O'Grady, Devin	#164 D'Amato, Simon		
	#173 Winkfield, Brenda	#171 Rojas, Raul		
3	NOSC	A		47.84
1)	#567 Burrell, Colin	#570 Rienguette, Scott		
	#571 Roy, Gavin	#575 Willmott, Jordan		
4	NOLO	A		47.65
1)	#458 Morris, Domini	#448 Kim, Josh		
	#439 Conlin, Liam	#441 Fabbro, Caden		
5	NOAL	A		47.78
1)	#22 Cadieux, Gabriel	#24 Grant, Kaleb		
	#29 McGill, James	#31 Ryan, Teo		
6	NOLS	A		47.99
1)	#330 Mckay, Josh	#339 Walia, Mikaio		
	#320 Allen, Zidain	#324 Hodgins, Christi		
7	NOSM	A		48.34
1)	#634 Vecchio, Nikole	#626 Morgenstern, Adar		
	#612 Bumbacco, Daniel	#614 Caputo, Tristan		
8	NOBE	A		48.88
1)	#556 Alabi, David	#558 Domagaliski, Leon		
	#557 Clapham, Matthew	#561 Huot, Shawn		

**Event 97 Women 2000 Meter Steeplechase Open**

NOSSA: 5:16.84 2016 Erin Hansel  
 OFSAA: 6:57.89 2019 Molly Strain

Lane	Name	School	Seed	Time
<b>Section 1 of 1 Finals</b>				
1	Jones, Bay	NOLK		9:05.16
2	Oommen, Sopl	NOLO		8:48.59
3	Heimonen, Har	NOSH		8:53.00
4	Sarazin, PaulJe	NOMM		10:20.38
5	McCourt, Skye	NOCW		9:58.82
6	Beljo, Kaja	NOLK		9:57.07
7	Schoahs, Celes	NOSH		9:37.00
8	Tremblay, Mac	NOND		9:46.08
9	Wall, Jenna	NOCW		9:00.09

**NOSSA 2022**  
**Track and Field Championships**  
**Jo Forman Track Complex - 5/25/2022 to 5/26/2022**  
**Meet Program**

**Event 98 Men 2000 Meter Steeplechase Open**

NOSSA: 5:54.20 2013 Graham Hansel

OFSSA: 5:37.76 1982 Alain Boucher

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Thomson, Gare	NOLS	8:37.49
2	Cadieux, Gabri	NOAL	7:05.06
3	Foreshew, Alex	NOCH	8:19.34
4	Annett, Travis	NOLK	7:29.09
5	Spacek, William	NONG	9:44.00
6	Devree, Ferrou	NOWF	9:58.24
7	Ward, Kaeden	NOLO	7:00.29
8	DiCerbo, Marc	NOSM	8:19.00

**Event 99 Women 4x400 Meter Relay Open**

NOSSA: 4:10.93 2014 Lasalle SS - Sudbury

K Cashmore, K Marcotte, K Hellstrom, L Graham

OFSSA: 3:47.35 2002 Mary Ward CSS

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

Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
3	NOES	A	5:10.55
	1) #214 Gallant, Molly	#221 Solomon, Acadia	
	#220 Noble, Amelia	#219 Massicotte, Leala	
4	NOBE	A	4:50.88
	1) #552 De Poli, Katelyn	#555 O'malley, Marin	
	#553 Kero, Karly	#554 Lepage, Georgia	
5	NOLK	A	4:57.51
	1) #357 Caddel, Maeve	#354 Beljo, Kaja	
	#358 Coe, Sydney	#371 Pineau, Lauren	
6	NOCW	A	5:21.33
	1) #83 Lannin, Alexand	#84 McCourt, Skye	
	#86 Pauli, Kate	#89 Rivet, Julia	

**Section 2 of 2 Finals**

1	NOSJ	A	4:47.44
	1) #515 Fletcher, Lindsay	#525 Popp, Chloe	
	#509 Blake, Maeve	#516 Gignac, Hannah	
2	NOMM	A	4:39.02
	1) #500 Smania, Janessa	#492 Guse, Tara	
	#494 Massimiliano, My	#498 Salmaso, Lucia	
3	NOSM	A	4:36.00
	1) #595 Koprash, Madis	#581 Brazeau, Brooke	
	#588 Evans, Ava	#601 Noble, Ashlyn	
4	NOMI	A	4:31.53
	1) #475 Green, Morgan	#474 Green, Mackenzie	
	#477 Kasunich, Maren	#469 Balfe, Annie	
5	NOLO	A	4:33.20
	1) #428 Oommen, Soph	#406 Bertrim, Ali	
	#409 Cuza, Finlay	#410 Dale, Gracie	
6	NOKO	A	4:37.00
	1) #266 McKenzie, Alai	#267 McKenzie, Ellie	
	#258 Howe, Haley	#261 Lafrance, Lucy	
7	NOCA	A	4:47.36
	1) #52 Cooke, Darcy	#57 Martineau, Ella	
	#61 Smith, Fischer	#53 Cooper, Avery	
8	NOLS	A	4:49.26
	1) #313 Eberlein, Charl	#307 Brear, Hunter	
	#308 Brear, Peyton	#315 Hodgins, Ava	

**Event 100 Men 4x400 Meter Relay Open**

NOSSA: 3:30.73 2016 Espanola H S

L Emiry, C Lafrance, J Leale, M Leale

OFSSA: 3:10.8h 1987 Central Technical Se

K. O'Henhen, A. Wilson, P. Gordon, C. Folkes

Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
2	NOSM	A	4:19.57
	1) #615 DiCerbo, Marc	#631 Spadafora, Alexan	
	#617 Doucette, Carter	#619 Juma, Kiran	
3	NOLI	A	4:11.55
	1) #345 Campbell, Hugi	#350 Ricci, Ryan	
	#352 Spry, Marshal	#348 MacDonald, Ian	
4	NOWF	A	4:04.50
	1) #708 Chevalier, Luke	#719 Suszter, Matthew	
	#715 Lacroix, Owen	#713 Devree, Ferrous	
5	NOSH	A	4:06.39
	1) #659 Beaton, Elijah	#660 Gartshore, Peter	
	#668 Missere, Noah	#672 Rains, Grant	
6	NOWP	A	4:14.81
	1) #736 Ferlaine, Micha	#742 Pine, Gavin	
	#735 Devries, Alder	#744 Wyslocky, Rowan	
7	NOMC	A	4:27.10
	1) #204 Rondeau, Zach	#201 Blais, R.J.	
	#206 Toupin, Pierre	#205 Smith, Becket	

**Section 2 of 2 Finals**

1	NOEL	A	3:58.97
	1) #168 Parsons, Owen	#170 Raby, Taylor	
	#169 Parsons, Theo	#172 Stevenson, Josh	
2	NOMI	A	3:55.98
	1) #485 Green, TJ	#483 Decchenes, Davin	
	#488 Pennie, Brodie	#490 Wilkin, Alan	
3	NOAL	A	3:46.58
	1) #22 Cadieux, Gabriel	#24 Grant, Kaleb	
	#29 McGill, James	#31 Ryan, Teo	
4	NOLO	A	3:43.69
	1) #467 Ward, Kaeden	#468 Wiss, Patrick	
	#452 Lacroix, Liam	#439 Conlin, Liam	
5	NOLS	A	3:44.67
	1) #324 Hodgins, Christ	#332 Radey, Brandon	
	#333 Radey, Hayden	#335 Rose, Ethan	
6	NOCA	A	3:54.69
	1) #65 Byman, Micah	#74 Lawrence, Ethan	
	#76 Moss, Tait	#77 Smith, Ethan	
7	NOLK	A	3:56.92
	1) #387 Ducharme, Bra	#380 Annett, Travis	
	#398 Roney, Owen	#401 Thususka, Atom	
8	NOKO	A	4:00.92
	1) #302 Talvitie, Matthe	#294 Higham, Nathan	
	#293 Guizzetti, Nathan	#303 Talvitie, Nicholas	

**Event 106 Men 100 Meter Dash Intellectually Imp.**

NOSSA: 14.79 2019 Riley Cornthwaite

OFSSA: 11.04 2015 Robert Pipitone -

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
4	Cornthwaite, R	NOLS	15.58
5	Barber, David	NOSU	18.19