

**NOSSA 2023**  
**Track and Field Championships**  
**Laurentian Community Track Complex - 5/31/2023 to 6/1/2023**  
**Meet Program**

**Event 1 Women 100 Meter Dash Novice****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 6/1/2023 - 9:00 AM**

NOSSA: 12.68 5/26/2016 Christina Robert  
 OFSAA: 12.00 6/5/2015 Alyssa Marsh

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	829 Whitmell, Akilah	White Pines	13.22
2	496 Cecon, Barbara	Marymount Acade	13.81
3	673 Fata, Sophia	St. Mary's Colle	13.23
4	586 Moore, Anna	Scollard Hal	14.37
5	178 Espinosa, Sofi	Elliot Lake	14.85
6	153 Patreau, Rylee	La Renaissance	15.12
7	418 Guignard, Sarah	LEPSS-Sudbury	13.66
8	262 Capancioni, Luciana	Korah C V S	14.39
<b>Heat 2 of 2 Prelims</b>			
1	145 Coughlin, Alexandra	La Renaissance	15.25
2	664 Carota, Marisol	St. Mary's Colle	14.12
3	409 Doiron, Melina	LEPSS-Sudbury	12.90
4	793 Madigan, Fiona	West Ferris	13.48
5	572 Gravel, Madison	Scollard Hal	14.43
6	212 Wylie, Brooke	ESLH-Val Caron	13.99
7	57 Paradis, Jade	BACCSS-Hanmer	13.81
8	10 Cauvier, Lyla	Algonquin -	14.42

**Event 2 Men 100 Meter Dash Novice****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 6/1/2023 - 9:30 AM**

NOSSA: 11.59 2006 David Fournier-St Joe/Scollard  
 OFSAA: 10.89 1981 Keith Dormond

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	718 Brassard, Sebastien	SHCVS	12.42
2	679 Jackson, Hunter	St. Mary's Colle	12.21
3	611 Nelson, Dylan	SBCSS-Sudbury	12.14
4	12 Dutrisac, Olivier	Algonquin -	13.45
5	583 Lockhart, Cameron	Scollard Hal	12.74
6	170 Myles, Dillon	École second	14.09
7	807 Belanger, Damon	White Pines	12.30
8	102 Stewart, Gabe	Central Algoma	12.81
<b>Heat 2 of 2 Prelims</b>			
1	473 Case, Greyson	Manitoulin S	12.94
2	618 St. Jean, Griffin	SBCSS-Sudbury	12.67
3	379 Laframboise, Marcus	Lockerby	12.43
4	32 Ouimette, Austin	Algonquin -	12.85
5	424 Joiner, Darren	LEPSS-Sudbury	11.88
6	815 Hassane, Adam	White Pines	12.23
7	130 Blay, Owen	CSS - Val Caron	12.35
8	75 Dixon, Dante	Central Algoma	13.25

**Event 3 Women 200 Meter Dash Novice****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 6/1/2023 - 10:30 AM**

NOSSA: 26.26 5/29/2019 Jasmine Savignac  
 OFSAA: 24.32 2010 Christian Brennan

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	664 Carota, Marisol	St. Mary's Colle	31.22
2	57 Paradis, Jade	BACCSS-Hanmer	27.71
3	586 Moore, Anna	Scollard Hal	29.89
4	91 Morrison, Casey	Central Algoma	29.50
5	115 Desilets, Jada	Chippewa Sec	29.09
6	674 Foltz, Zoe	St. Mary's Colle	30.35
7	5 Beaupré, Celeste	Algonquin -	32.42
8	145 Coughlin, Alexandra	La Renaissance	31.56
<b>Heat 2 of 2 Prelims</b>			
1	51 Levesque, Ashley	BACCSS-Hanmer	29.22
2	749 Rumiel, Lillian	SHCVS	29.59
3	409 Doiron, Melina	LEPSS-Sudbury	26.64
4	385 McKinty, Sophia	Lockerby	28.89
5	496 Cecon, Barbara	Marymount Acade	27.72
6	673 Fata, Sophia	St. Mary's Colle	28.63
7	83 Kleist, Kendall	Central Algoma	31.15
8			

**Event 4 Men 200 Meter Dash Novice****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 6/1/2023 - 11:00 AM**

NOSSA: 23.83 5/26/2016 Lyric Loranger  
 OFSAA: 22.28 6/3/2017 Marcus Renford

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	765 Debassige, Alex	Eaket WC	27.15
2	647 Pitawanakwat, Ashton	SCC-Sudbury	25.61
3	789 Knutson, Chase	West Ferris	29.20
4	684 Kontulainen, Cameron	St. Mary's Colle	27.16
5	27 Meyer, Dayne	Algonquin -	25.49
6	424 Joiner, Darren	LEPSS-Sudbury	23.68
7	473 Case, Greyson	Manitoulin S	26.69
8	553 Bertoncello, Brennan	Scollard Hal	26.41
<b>Heat 2 of 2 Prelims</b>			
1	741 McLean, Kale	SHCVS	27.60
2	611 Nelson, Dylan	SBCSS-Sudbury	24.38
3	583 Lockhart, Cameron	Scollard Hal	27.00
4	815 Hassane, Adam	White Pines	26.25
5	130 Blay, Owen	CSS - Val Caron	25.43
6	102 Stewart, Gabe	Central Algoma	26.97
7	59 Patterson, Gavin	BACCSS-Hanmer	25.80
8	292 Lemaire., Braydyn	Korah C V S	26.73

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**Event 5 Women 400 Meter Dash Novice****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/31/2023 - 4:20 PM**

NOSSA: 58.69 2004 Rebecca Johnston-Lo-Ellen Park  
 OFSAA: 54.63 6/7/2013 Kyra Constantine

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	595 Siebert, Paetyn	Scollard Hal	1:08.29
2	496 Ceccon, Barbara	Marymount Acade	1:01.94
3	699 Pinelli, Celina	St. Mary's Colle	1:07.28
4	723 De Beer, Kate	SHCVS	1:07.33
5	797 Robinson, Lily	West Ferris	1:21.64
6	403 Bignucolo, Lily	LEPSS-Sudbury	1:07.76
7	91 Morrison, Casey	Central Algoma	1:08.97
8	288 Kitchen, Sydney	Korah C V S	1:11.67
<b>Heat 2 of 2 Prelims</b>			
1	57 Paradis, Jade	BACCSS-Hanmer	1:07.47
2	589 Popp, Carlie	Scollard Hal	1:05.44
3	262 Capancioni, Luciana	Korah C V S	1:09.54
4	136 Kahl, Mara	CSS - Val Caron	1:10.47
5	178 Espinosa, Sofi	Elliot Lake	1:12.50
6	458 Syncox, Amanda	LEPSS-Sudbury	1:06.92
7	95 Reed, Riley	Central Algoma	1:13.16
8	588 Norman, Laurin	Scollard Hal	1:21.42

**Event 6 Men 400 Meter Dash Novice****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/31/2023 - 4:50 PM**

NOSSA: 52.47 5/27/2010 Mitchell Mazzuca  
 OFSAA: 49.14 6/7/2019 Christopher Morales-Williams

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1			
2	305 Real, Brady	Korah C V S	1:01.44
3	553 Bertoncello, Brennan	Scollard Hal	59.60
4	740 McLean, Colton	SHCVS	1:03.76
5	76 Finlayson, Austin	Central Algoma	1:03.30
6	183 McNaught, Noah	Elliot Lake	1:07.85
7	815 Hassane, Adam	White Pines	1:01.25
8	539 Morin, Lukas	CND - Sudbury	58.90
<b>Heat 2 of 2 Prelims</b>			
1	779 Carmichael, Dave	West Ferris	1:05.11
2	200 Leduc, Nicolas	ESLH-Val Caron	1:01.10
3	806 Al Shalash, Hussein	White Pines	1:03.60
4	611 Nelson, Dylan	SBCSS-Sudbury	58.02
5	448 Paille, Jacob	LEPSS-Sudbury	1:00.30
6	102 Stewart, Gabe	Central Algoma	1:03.09
7	55 Millette, Nolan	BACCSS-Hanmer	1:02.09
8			

**Event 7 Women 800 Meter Run Novice****Thursday 6/1/2023 - 12:00 PM**

NOSSA: 2:22.27 5/28/2015 Jady Pettenuzzo  
 OFSAA: 2:09.58 6/9/2012 Kailee Sawyer

Lane	Name	School	Seed Time
<b>Section 1 of 4 Finals</b>			
1A	180 Kay, Andrea	Elliot Lake	3:09.94
2A	699 Pinelli, Celina	St. Mary's Colle	2:37.58
3A	723 De Beer, Kate	SHCVS	2:39.67
4A	443 Mende, McKenna	LEPSS-Sudbury	2:37.83
<b>Section 2 of 4 Finals</b>			
1A	403 Bignucolo, Lily	LEPSS-Sudbury	2:41.80
2A	549 Sullivan, Breeanna	CND - Sudbury	2:47.32
3A	115 Desilets, Jada	Chippewa Sec	2:45.65
4A	288 Kitchen, Sydney	Korah C V S	2:46.26
<b>Section 3 of 4 Finals</b>			
1A	508 Selby, Lilah	Marymount Acade	2:46.25
2A	91 Morrison, Casey	Central Algoma	2:46.40
3A	475 Corbiere, Ava	Manitoulin S	2:50.00
4A	114 Daly, Kiersten	Chippewa Sec	3:01.31
<b>Section 4 of 4 Finals</b>			
1A	53 Macleod, Tyla	BACCSS-Hanmer	2:36.36
2A	555 Caverly, Ava	Scollard Hal	2:45.63
3A	120 Lacombe, Audrey	Chippewa Sec	2:57.56
4A			

**Event 8 Men 800 Meter Run Novice****Thursday 6/1/2023 - 12:30 PM**

NOSSA: 2:07.00 5/29/2014 Reuben Du Rand  
 OFSAA: 1:53.24 1989 Kevin Sullivan

Lane	Name	School	Seed Time
<b>Section 1 of 4 Finals</b>			
1A	672 Escasa, Espen	St. Mary's Colle	2:25.60
2A	240 Noble, Jackson	Espanola	2:33.13
3A	539 Morin, Lukas	CND - Sudbury	2:20.55
4A	806 Al Shalash, Hussein	White Pines	2:30.05
<b>Section 2 of 4 Finals</b>			
1A	740 McLean, Colton	SHCVS	2:27.30
2A	382 Longston, Isaac	Lockerby	2:26.82
3A	464 Wiss, Callum	LEPSS-Sudbury	2:18.45
4A	670 Dupuis, Nathan	St. Mary's Colle	2:39.78
<b>Section 3 of 4 Finals</b>			
1A	800 Shore, Ryan	West Ferris	2:39.11
2A	247 Songhurst, Owen	Espanola	2:40.00
3A	616 Smith, Sullivan	SBCSS-Sudbury	2:24.64
4A	578 Kazi, Omar	Scollard Hal	2:35.48
<b>Section 4 of 4 Finals</b>			
1A	610 Mead, Caleb	SBCSS-Sudbury	2:17.17
2A	779 Carmichael, Dave	West Ferris	2:28.78
3A	101 Smith, Noah	Central Algoma	2:32.00
4A			

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**Event 9 Women 1500 Meter Run Novice****Wednesday 5/31/2023 - 5:20 PM**

NOSSA: 5:03.72 5/27/2010 Marissa Lobert  
 OFSAA: 4:28.41 6/6/2013 Jessie Fleming

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	549 Sullivan, Breeanna	CND - Sudbury	5:40.93
2	293 Leonard, Haylen	Korah C V S	7:11.23
3	574 Hewgill, Erika	Scollard Hal	5:57.87
4	275 Fraser, Lara	Korah C V S	6:49.08
5	480 Flanagan, Fia	Manitoulin S	6:18.00
6	599 Wunsch, Karli	Scollard Hal	6:14.97
7	53 Macleod, Tyla	BACCSS-Hanmer	5:28.61
8	120 Lacombe, Audrey	Chippewa Sec	6:02.97
9	697 Neison, Taylor	St. Mary's Colle	6:57.76
10	403 Bignucolo, Lily	LEPSS-Sudbury	5:32.11
11	114 Daly, Kiersten	Chippewa Sec	6:20.92
12	628 Hobson, Bryn	SCC-Sudbury	5:54.23
13	475 Corbiere, Ava	Manitoulin S	5:52.00
14	440 Maki, Lea	LEPSS-Sudbury	5:48.70
15			
16			

**Event 10 Men 1500 Meter Run Novice****Wednesday 5/31/2023 - 6:20 PM**

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

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	828 Walls, Tye	White Pines	5:20.96
2	779 Carmichael, Dave	West Ferris	5:06.83
3	247 Songhurst, Owen	Espanola	5:06.00
4	578 Kazi, Omar	Scollard Hal	5:15.47
5	584 Loya, Hunter	Scollard Hal	6:00.55
6	616 Smith, Sullivan	SBCSS-Sudbury	4:54.48
7	101 Smith, Noah	Central Algoma	5:03.00
8	809 Day, Jacob	White Pines	5:15.16
9	464 Wiss, Callum	LEPSS-Sudbury	4:51.02
10	382 Longston, Isaac	Lockerby	4:51.18
11	577 Hussell, Nathan	Scollard Hal	5:02.54
12	493 Williamson-Wright, Wyat	Manitoulin S	5:09.00
13	539 Morin, Lukas	CND - Sudbury	4:48.65
14	158 Belzile, Raphaël	ESMC	5:02.37
15			
16			

**Event 11 Women 3000 Meter Run Novice****Thursday 6/1/2023 - 3:45 PM**

NOSSA: 11:04.24 5/28/2010 Emily Marcolini  
 OFSAA: 9:43.59 6/4/2016 Cameron Ormond

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	182 McGonegal, Reilly	Elliot Lake	12:57.00
2	419 Hann, Alex	LEPSS-Sudbury	14:13.77
3	697 Neison, Taylor	St. Mary's Colle	15:32.42
4	475 Corbiere, Ava	Manitoulin S	12:46.00
5	500 Kingshott, Tia	Marymount Acade	14:30.31
6	574 Hewgill, Erika	Scollard Hal	13:32.07
7	53 Macleod, Tyla	BACCSS-Hanmer	12:23.30
8	440 Maki, Lea	LEPSS-Sudbury	13:24.68
9			
10			
11			
12			
13			
14			
15			
16			

**Event 12 Men 3000 Meter Run Novice****Thursday 6/1/2023 - 4:00 PM**

NOSSA: 9:38.00 2004 Matt Walters-West Ferris  
 OFSAA: 8:47.94 6/6/2015 Thomas Witkowicz

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	158 Belzile, Raphaël	ESMC	10:45.86
2	577 Hussell, Nathan	Scollard Hal	11:20.42
3	828 Walls, Tye	White Pines	11:52.02
4	166 Cotterall, Liam	École second	13:24.64
5	101 Smith, Noah	Central Algoma	11:27.00
6	809 Day, Jacob	White Pines	11:39.13
7	616 Smith, Sullivan	SBCSS-Sudbury	10:46.59
8	493 Williamson-Wright, Wyat	Manitoulin S	11:28.00
9	610 Mead, Caleb	SBCSS-Sudbury	9:59.80
10			
11			
12			
13			
14			
15			
16			

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**Event 13 Women 80 Meter Hurdles Novice****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/31/2023 - 3:20 PM**

NOSSA: 11.80 5/31/2007 Serena SanCartier  
 OFSAA: 11.29 1996 Jessica Zelinka

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	2 Auger, Abigail	Algonquin -	17.86
2	262 Capancioni, Luciana	Korah C V S	15.35
3	772 Pitcher, Alyna	Eaket WC	17.56
4	691 Magli, Sienna	St. Mary's Colle	13.95
5	797 Robinson, Lily	West Ferris	18.55
6	461 Veevers, Madison	LEPSS-Sudbury	15.30
7	756 Tuomela, Eva	SHCVS	14.97
8	571 Gough, Olivia	Scollard Hal	20.00

**Heat 2 of 2 Prelims**

1	265 Charron, Nala	Korah C V S	15.20
2	773 Smith, Ashton	Eaket WC	18.37
3	436 Legendre, Sophia	LEPSS-Sudbury	15.29
4	204 Nelson, Avery	ESLH-Val Caron	16.16
5	418 Guignard, Sarah	LEPSS-Sudbury	13.79
6	45 Gibbs, Addison	BACCSS-Hanmer	15.98
7	95 Reed, Riley	Central Algoma	18.35
8			

**Event 14 Men 100 Meter Hurdles Novice****Wednesday 5/31/2023 - 6:05 PM**

NOSSA: 14.86 5/27/2010 Luke Udeschini  
 OFSAA: 13.41 6/5/2015 Liam Mather

Lane	Name	School	Seed Time
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**Section 1 of 1 Finals**

1	46 Imgrund, Tristan	BACCSS-Hanmer	21.64
2	76 Finlayson, Austin	Central Algoma	18.78
3	438 Loiselle, Hector	LEPSS-Sudbury	17.45
4	721 Chenier, Julian	SHCVS	17.54
5	267 Coccimiglio, AJ	Korah C V S	17.86
6	718 Brassard, Sebastien	SHCVS	18.44
7	296 Maurice, Michael	Korah C V S	19.50
8	538 Michaud, Finn	CND - Sudbury	20.44

**Event 15 Women 300 Meter Hurdles Novice****Thursday 6/1/2023 - 1:30 PM**

NOSSA: 47.20 2004 Paige Leclerc-Lockerby  
 OFSAA: 43.13 6/9/2012 Lexi Aitken

Lane	Name	School	Seed Time
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**Section 1 of 2 Finals**

1			
2			
3	207 Pretty, Tara	ESLH-Val Caron	1:07.55
4	411 Dunphy, Julia	LEPSS-Sudbury	1:00.58
5	95 Reed, Riley	Central Algoma	1:00.80
6	182 McGonegal, Reilly	Elliot Lake	1:04.59
7			
8			

**Section 2 of 2 Finals**

1	508 Selby, Lilah	Marymount Acade	58.46
2	265 Charron, Nala	Korah C V S	57.70
3	691 Magli, Sienna	St. Mary's Colle	53.66
4	288 Kitchen, Sydney	Korah C V S	57.36
5	589 Popp, Carlie	Scollard Hal	52.57
6	458 Syncox, Amanda	LEPSS-Sudbury	56.38
7	285 Jarrett, Lila	Korah C V S	57.03
8	461 Veevers, Madison	LEPSS-Sudbury	55.19

**Event 16 Men 300 Meter Hurdles Novice****Thursday 6/1/2023 - 2:00 PM**

NOSSA: 42.61 5/28/2010 Luke Udeschini  
 OFSAA: 39.24 6/8/2019 Ryder King

Lane	Name	School	Seed Time
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**Section 1 of 2 Finals**

1			
2			
3	731 Glimo, Joshua	SHCVS	51.12
4	297 McMaster, Charlie	Korah C V S	51.06
5	240 Noble, Jackson	Espanola	52.60
6			
7			
8			

**Section 2 of 2 Finals**

1			
2	279 Glavota, Madden	Korah C V S	49.75
3	200 Leduc, Nicolas	ESLH-Val Caron	47.95
4	448 Paille, Jacob	LEPSS-Sudbury	47.49
5	59 Patterson, Gavin	BACCSS-Hanmer	46.33
6	358 Beljo, Maks	Lockerby	48.33
7	721 Chenier, Julian	SHCVS	49.53
8			

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**Event 17 Women High Jump Novice****Thursday 6/1/2023 - 9:00 AM****Starting height: 1.10m**

NOSSA: 1.53m 6/1/2007 Cassie-Fay Langlois  
 OFSAA: 1.75m 6/7/2012 Shyla Cardy

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	552 Yule, Leah	Notre-Dame Granc	1.25m
2	285 Jarrett, Lila	Korah C V S	1.30m
3	579 Kendall, Gabi	Scollard Hal	1.26m
4	341 Baker, Ava	Lively	1.25m
5	717 McGee, Claire	SSS-Sudbury	1.30m
6	350 Lavergne, Hailee	Lively	1.25m
7	555 Caverly, Ava	Scollard Hal	1.30m
8	178 Espinosa, Sofi	Elliot Lake	1.20m
9	733 Greenwood, Avery	SHCVS	1.30m
10	480 Flanagan, Fia	Manitoulin S	1.30m
11	696 McMillan, Beatrice	St. Mary's Colle	1.34m
12	565 Fredette, Savita	Scollard Hal	1.28m
13	519 MacDonald, Mali	Northern - N	1.24m
14	418 Guignard, Sarah	LEPSS-Sudbury	1.40m
15	501 Massimiliano, Bella	Marymount Acade	1.30m
16	181 McEachern, Claire	Elliot Lake	1.15m

**Event 18 Men High Jump Novice****Thursday 6/1/2023 - 11:00 AM****Starting height: 1.30m**

NOSSA: 1.78m 5/25/2017 Kouadio Mark Koffi  
 OFSAA: 1.95m 2007 Jeff Webb

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	130 Blay, Owen	CSS - Val Caron	1.58m
2	135 Jones, Jack	CSS - Val Caron	1.58m
3	214 Danho, Chris	ESSC-Sudbury	1.50m
4	86 McAulay, Logan	Central Algoma	1.65m
5	722 Coulter, Harper	SHCVS	1.43m
6	758 Wootton, Dylan	SHCVS	1.35m
7	188 Schuurman, M.J.	Elliot Lake	1.40m
8	718 Brassard, Sebastien	SHCVS	1.58m
9	165 Tremblay, Olivier	ESMC	1.61m
10	196 Gibson, Wesley	ESLH-Val Caron	1.50m
11	494 Witty, Ethan	Manitoulin S	1.60m
12			
13			
14			
15			
16			

**Event 19 Women Pole Vault Novice****Wednesday 5/31/2023 - 5:30 PM****Starting height: 2.45m**

15cm increments until 3 competitors

10cm increments until 1 competitor

minimum 2cm increment for last competitor

NOSSA: 2.31m 5/30/2018 Isabelle Scratch  
 OFSAA: 3.26m 2009 Alysha Newman

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	589 Popp, Carlie	Scollard Hal	2.50m
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

**Event 20 Men Pole Vault Novice****Wednesday 5/31/2023 - 2:00 PM****Starting height: 1.65m**

15cm increments until 3 remain

10cm increment until 1 remains

minimum 2cm increment for last jumper

NOSSA: 2.90m 5/29/2008 John Kosar  
 OFSAA: 3.76m 6/6/2019 Mauro Comin

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	373 Hodder, Ethan	Lockerby	1.70m
2	363 Coe, Ryder	Lockerby	1.70m
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

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**Event 21 Women Long Jump Novice****Wednesday 5/31/2023 - 3:00 PM**

NOSSA: 5.20m 5/31/2007 Caroline Ehrhardt  
 OFSAA: 5.76m 1996 Jessica Zelinka

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	420 Hearst, Maya	LEPSS-Sudbury	3.91m
2	635 Lavoie, Kalina	SCC-Sudbury	4.24m
3	498 Julia, Maili	Marymount Acade	4.35m
4	595 Siebert, Paetyn	Scollard Hal	4.32m
5	156 Sokoloski, Cierra	La Renaissance	3.61m
6	793 Madigan, Fiona	West Ferris	4.86m
7	278 Gauthier, Addison	Korah C V S	3.83m
8	808 Cochrane, Lilli	White Pines	3.71m
9	519 MacDonald, Mali	Northern - N	3.94m
10	367 Diavolitsis, Misaki	Lockerby	4.22m
11	733 Greenwood, Avery	SHCVS	3.78m
12	467 Balfe, Mya	Manitoulin S	4.04m
13	579 Kendall, Gabi	Scollard Hal	3.93m
14	829 Whitmell, Akilah	White Pines	4.08m
15	204 Nelson, Avery	ESLH-Val Caron	3.84m
16	90 Miller, Cherish	Central Algoma	3.59m

**Event 22 Men Long Jump Novice****Wednesday 5/31/2023 - 5:00 PM**

NOSSA: 6.17m 5/24/2017 Kurtis Wennerstorm  
 OFSAA: 6.67m 6/2/2017 Marcus Renford

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	716 Hurley, Brogan	SSS-Sudbury	5.12m
2	684 Kontulainen, Cameron	St. Mary's Colle	5.28m
3	86 McAulay, Logan	Central Algoma	5.18m
4	165 Tremblay, Olivier	ESMC	5.11m
5	161 Lafontaine, Justin	ESMC	5.25m
6	32 Ouimette, Austin	Algonquin -	4.95m
7	706 Valente-Boateng, Amare	St. Mary's Colle	5.36m
8	12 Dutrisac, Olivier	Algonquin -	4.87m
9	135 Jones, Jack	CSS - Val Caron	5.17m
10	27 Meyer, Dayne	Algonquin -	5.40m
11	270 Cuglietta, Micah	Korah C V S	5.32m
12	87 McCracken, Quinn	Central Algoma	4.40m
13	618 St. Jean, Griffin	SBCSS-Sudbury	5.15m
14	494 Witty, Ethan	Manitoulin S	4.72m
15	292 Lemaire., Braydyn	Korah C V S	4.80m
16			

**Event 23 Women Triple Jump Novice****Thursday 6/1/2023 - 1:00 PM**

NOSSA: 10.50m 5/31/2018 Chandyn Bachiu  
 OFSAA: 11.80m 2000 Tabia Charles

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	316 Tull, Madelyn	Korah C V S	8.58m
2	793 Madigan, Fiona	West Ferris	10.49m
3	756 Tuomela, Eva	SHCVS	8.78m
4	501 Massimiliano, Bella	Marymount Acade	7.95m
5	10 Cauvier, Lyla	Algonquin -	8.88m
6	696 McMillan, Beatrice	St. Mary's Colle	8.52m
7	480 Flanagan, Fia	Manitoulin S	8.40m
8	595 Siebert, Paetyn	Scollard Hal	9.01m
9	353 McLean, Olivia	Lively	8.27m
10	582 Lefebvre, Wayve	Scollard Hal	8.97m
11	367 Diavolitsis, Misaki	Lockerby	9.05m
12	83 Kleist, Kendall	Central Algoma	8.35m
13	498 Julia, Maili	Marymount Acade	9.15m
14	433 Lamonthé, Mya	LEPSS-Sudbury	8.17m
15	467 Balfe, Mya	Manitoulin S	9.64m
16			

**Event 24 Men Triple Jump Novice****Thursday 6/1/2023 - 3:00 PM**

NOSSA: 12.58m 5/30/2013 Ryan Taylor  
 OFSAA: 13.74m 6/5/2015 Joshua Houghton

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	270 Cuglietta, Micah	Korah C V S	11.12m
2	86 McAulay, Logan	Central Algoma	11.02m
3	194 Denomme, Addison	ESLH-Val Caron	10.88m
4	438 Loiselle, Hector	LEPSS-Sudbury	10.73m
5	135 Jones, Jack	CSS - Val Caron	11.25m
6	683 Killoran, Gavin	St. Mary's Colle	9.42m
7	279 Glavota, Madden	Korah C V S	9.37m
8	75 Dixon, Dante	Central Algoma	9.47m
9	301 Murdoch, Zayn	Korah C V S	9.36m
10	494 Witty, Ethan	Manitoulin S	9.90m
11	32 Ouimette, Austin	Algonquin -	10.79m
12	12 Dutrisac, Olivier	Algonquin -	9.64m
13	449 Parent, Anderson	LEPSS-Sudbury	10.29m
14	716 Hurley, Brogan	SSS-Sudbury	10.70m
15			
16			

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**Event 25 Women Shot Put Novice****Wednesday 5/31/2023 - 5:00 PM**

NOSSA: 11.82m 5/30/2018 Lauren Fearn  
 OFSAA: 15.92m 6/6/2015 Trinity Tutti

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	615 Saari, Katriina	SBCSS-Sudbury		8.38m
2	127 Turenne, Kiersten	Chippewa Sec		8.66m
3	117 Gilbert, Lily	Chippewa Sec		9.13m
4	389 Rennie, Brooke	Lockerby		7.50m
5	176 Bower, Riley	Elliot Lake		8.00m
6	437 Leveillee, Ava	LEPSS-Sudbury		9.17m
7	387 Petrone, Ava	Lockerby		8.45m
8	586 Moore, Anna	Scollard Hal		7.99m
9	559 Culin, Emma	Scollard Hal		9.05m
10	261 Biagini, Bianca	Korah C V S		9.60m
11	152 McDougall, Kailyn	La Renaissance		7.60m
12	228 Capan, Jasmina	Espanola		7.66m
13	719 Cariati, Sarah	SHCVS		6.24m
14	660 Arbour, Emily	St. Mary's Colle		6.32m
15	505 Rolle, Safiya	Marymount Acade		8.90m
16	286 Johnson, Kaitlyn	Korah C V S		8.30m

**Event 26 Men Shot Put Novice****Wednesday 5/31/2023 - 3:00 PM**

NOSSA: 14.60m 5/29/2013 Tanner Horgan  
 OFSAA: 16.95m 2006 Jackson Gray

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	352 Maksymchuk, Evan	Lively		11.96m
2	347 Gorman, Torance	Lively		9.79m
3	449 Parent, Anderson	LEPSS-Sudbury		10.64m
4	276 Frost, Logan	Korah C V S		8.90m
5	618 St. Jean, Griffin	SBCSS-Sudbury		10.59m
6	249 Kunkel, Seth	F.J. McEllig		11.47m
7	460 Thall, Jeremy	LEPSS-Sudbury		11.50m
8	310 Strawbridge, Markeese	Korah C V S		9.90m
9	227 Brohart, Michael	Espanola		10.41m
10	177 Dumont, Tanner	Elliot Lake		10.38m
11	780 Carr, Grant	West Ferris		9.90m
12	75 Dixon, Dante	Central Algoma		10.58m
13	784 Evans, Drake	West Ferris		10.23m
14	553 Bertoncello, Brennan	Scollard Hal		10.25m
15				
16				

**Event 27 Women Discus Throw Novice****Thursday 6/1/2023 - 3:00 PM**

NOSSA: 32.79m 5/31/2018 Lauren Fearn  
 OFSAA: 43.40m 6/5/2015 Trinity Tutti

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	271 DeRosario, Kara	Korah C V S		17.20m
2	127 Turenne, Kiersten	Chippewa Sec		17.17m
3	437 Leveillee, Ava	LEPSS-Sudbury		20.73m
4	505 Rolle, Safiya	Marymount Acade		19.01m
5	261 Biagini, Bianca	Korah C V S		20.80m
6	559 Culin, Emma	Scollard Hal		26.49m
7	467 Balfe, Mya	Manitoulin S		21.14m
8	117 Gilbert, Lily	Chippewa Sec		17.38m
9	290 Lambert, Mackenzie	Korah C V S		18.29m
10	193 Briscoe, Lexi	ESLH-Val Caron		17.10m
11	491 Watson, Emery	Manitoulin S		19.67m
12	228 Capan, Jasmina	Espanola		18.13m
13	389 Rennie, Brooke	Lockerby		16.98m
14	808 Cochrane, Lilli	White Pines		17.58m
15	203 Montgomery, Sophie	ESLH-Val Caron		17.04m
16				

**Event 28 Men Discus Throw Novice****Thursday 6/1/2023 - 1:00 PM**

NOSSA: 46.45m 5/28/2010 Ryan Hunter  
 OFSAA: 58.98m 1973 Rob Town

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	784 Evans, Drake	West Ferris		27.47m
2	27 Meyer, Dayne	Algonquin -		33.18m
3	373 Hodder, Ethan	Lockerby		16.37m
4	234 Leblanc, Ethan	Espanola		29.22m
5	116 Eveson, Liam	Chippewa Sec		25.56m
6	167 Daigle, Theodore	École second		27.55m
7	139 Savage, Colton	CSS - Val Caron		24.98m
8	359 Berardelli, Thomas	Lockerby		17.33m
9	657 Wierzbicki, William	SCC-Sudbury		22.96m
10	763 Lagace, Cameron	Villa-Franca		28.86m
11	731 Glimo, Joshua	SHCVS		22.19m
12	310 Strawbridge, Markeese	Korah C V S		24.82m
13	758 Wootton, Dylan	SHCVS		28.99m
14	301 Murdoch, Zayn	Korah C V S		27.91m
15	227 Brohart, Michael	Espanola		28.90m
16	199 Kilgagnon, Andrew	ESLH-Val Caron		13.67m

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**Event 29 Women Javelin Throw Novice****Thursday 6/1/2023 - 11:00 AM**

NOSSA: 33.09m 5/30/2013 Danika Falvo  
 OFSAA: 41.52m 6/4/2015 Trinity Tutti

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	559 Culin, Emma	Scollard Hal	20.20m
2	660 Arbour, Emily	St. Mary's Colle	17.33m
3	719 Cariati, Sarah	SHCVS	16.91m
4	45 Gibbs, Addison	BACCSS-Hanmer	17.83m
5	319 Wiebe, Alysha	Korah C V S	17.99m
6	127 Turenne, Kiersten	Chippewa Sec	18.82m
7	220 Foreshew, Gabrielle	ESCC-Chelmsford	18.80m
8	489 Smith, Amy	Manitoulin S	21.94m
9	648 Polegato, Emma	SCC-Sudbury	18.09m
10	565 Fredette, Savita	Scollard Hal	18.83m
11	615 Saari, Katriina	SBCSS-Sudbury	22.53m
12	491 Watson, Emery	Manitoulin S	25.26m
13	290 Lambert, Mackenzie	Korah C V S	15.38m
14	771 Olsen, Lily	Eaket WC	19.40m
15	193 Briscoe, Lexi	ESLH-Val Caron	18.79m
16	20 Lachapelle, Emily	Algonquin -	20.46m

**Event 30 Men Javelin Throw Novice****Thursday 6/1/2023 - 9:00 AM**

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

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	791 Lamorie, Kyle	West Ferris	21.19m
2	657 Wierzbicki, William	SCC-Sudbury	32.55m
3	301 Murdoch, Zayn	Korah C V S	23.26m
4	198 Jameus, Nolan	ESLH-Val Caron	27.57m
5	736 Keough, Thomas	SHCVS	27.48m
6	168 Giroux, Marc	École second	19.90m
7	313 Thorkilson, Hunter	Korah C V S	33.69m
8	650 Remeikis, Logan	SCC-Sudbury	30.99m
9	765 Debassige, Alex	Eaket WC	32.20m
10	227 Brohart, Michael	Espanola	31.76m
11	758 Wootton, Dylan	SHCVS	29.41m
12	347 Gorman, Torance	Lively	32.78m
13	780 Carr, Grant	West Ferris	24.54m
14	449 Parent, Anderson	LEPSS-Sudbury	29.91m
15	177 Dumont, Tanner	Elliot Lake	35.54m
16	249 Kunkel, Seth	F.J. McEllig	22.28m

**Event 31 Women 4x100 Meter Relay Novice****Thursday 6/1/2023 - 4:15 PM**

NOSSA: 52.84 2004 Sir James Dunn  
 OFSAA: 48.86 6/7/2019 Father Henry Carr - Rexdale

Lane	Team	Relay	Seed Time
<b>K Allen, F Ugbogbo, E Aghedo, K Anyaogu</b>			
<b>Section 1 of 2 Finals</b>			
1			
2			
3	Central Algoma	A	59.72
	1) #67 Alton, Olivia	2) #90 Miller, Cherish	
	3) #91 Morrison, Casey	4) #83 Kleist, Kendall	
	5) #74 Daynard, Abby		
4	BACCSS-Hanmer	A	59.72
	1) #45 Gibbs, Addison	2) #49 Leduc, Chloe	
	3) #66 Williamson, Reese	4) #57 Paradis, Jade	
	5) #39 Balfe, Myra	6) #53 Macleod, Tyla	
5	Eaket WC	A	1:01.00
	1) #772 Pitcher, Alyna	2) #773 Smith, Ashton	
	3) #774 Tulloch, Ella	4) #766 Drake, Sierra	
	5) #771 Olsen, Lily		
6			
7			
8			
<b>Section 2 of 2 Finals</b>			
1	La Renaissance	A	59.10
	1) #153 Patreau, Rylee	2) #156 Sokoloski, Cierra	
	3) #157 Sokoloski, Payton	4) #152 McDougall, Kailyn	
2	Korah C V S	A	57.16
	1) #275 Fraser, Lara	2) #316 Tull, Madelyn	
	3) #285 Jarrett, Lila	4) #262 Capancioni, Luciana	
3	SCC-Sudbury	A	56.92
	1) #649 Redmond, Lindsey	2) #628 Hobson, Bryn	
	3) #635 Lavoie, Kalina	4) #639 Martin, Chloe	
	5) #623 Egers, Avery	6) #620 Aube, Nina	
4	St. Mary's Colle	A	56.01
	1) #664 Carota, Marisol	2) #691 Magli, Sienna	
	3) #696 McMillan, Beatrice	4) #673 Fata, Sophia	
5	LEPSS-Sudbury	A	52.76
	1) #461 Veevers, Madison	2) #436 Legendre, Sophia	
	3) #458 Syncox, Amanda	4) #409 Doiron, Melina	
	5) #418 Guignard, Sarah	6) #420 Hearst, Maya	
6	Marymount Academ	A	56.29
	1) #498 Julia, Maili	2) #503 Nowe, Ella	
	3) #507 Sasseville, Taya	4) #496 Ceccon, Barbara	
7	Scollard Hal	A	56.01
	1) #572 Gravel, Madison	2) #586 Moore, Anna	
	3) #582 Lefebvre, Wayve	4) #589 Popp, Carlie	
8	Lockerby	A	56.69
	1) #367 Diavolitsis, Misaki	2) #380 Lanteigne, Izzy	
	3) #376 Iginoba, Joy	4) #385 McKinty, Sophia	
	5) #372 Hayes, Olivia		



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**Event 32 Men 4x100 Meter Relay Novice****Thursday 6/1/2023 - 4:30 PM**

NOSSA: 47.35 6/1/2007 Sir James Dunn C &amp; V S

D Carter, G Hunt, B Babic, J Vernelli

OFSAA: 43.90 6/8/2018 Our Lady Mt Carmel SS -Mississ

J Rose, J Rose, J Amoroso, A Magdziak

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	CSS - Val Caron	A	52.15
	1) #130 Blay, Owen	2) #132 Doyle, Evan	
	3) #133 Duguay, Meeka	4) #141 Vitali, Tyson	
	5) #135 Jones, Jack		
2	Central Algoma	A	51.82
	1) #102 Stewart, Gabe	2) #75 Dixon, Dante	
	3) #76 Finlayson, Austin	4) #87 McCracken, Quinn	
	5) #86 McAulay, Logan		
3	SBCSS-Sudbury	A	50.55
	1) #601 Adeleye, Ahmeed	2) #605 Githegi Munyua, Donald	
	3) #603 Boamah, Emmanuel	4) #600 Adair, Keegan	
	5) #618 St. Jean, Griffin		
4	Lockerby	A	50.34
	1) #358 Beljo, Maks	2) #379 Laframboise, Marcus	
	3) #363 Coe, Ryder	4) #365 Coulombe, Alexandros	
	5) #378 Koekemoer, Rico	6) #397 Young, Mac	
5	LEPSS-Sudbury	A	49.49
	1) #413 Gauld, Keir	2) #448 Paille, Jacob	
	3) #464 Wiss, Callum	4) #424 Joiner, Darren	
	5) #444 Mongeon, James	6) #449 Parent, Anderson	
6	St. Mary's Colle	A	50.77
	1) #706 Valente-Boateng, Amare	2) #663 Carmenante-Garcia, Diego	
	3) #684 Kontulainen, Cameron	4) #679 Jackson, Hunter	
7	Korah C V S	A	51.90
	1) #267 Coccimiglio, AJ	2) #292 Lemaire., Braydyn	
	3) #279 Glavota, Madden	4) #299 Melchiorre, Payton	
8	SCC-Sudbury	A	50.48
	1) #656 Walker, Mason	2) #638 Maretto, Alessandro	
	3) #627 Gouchie, Karson	4) #647 Pitawanakwat, Ashton	
	5) #650 Remeikis, Logan	6) #631 Judd, Liam	

**Event 33 Women 100 Meter Dash Junior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 6/1/2023 - 9:10 AM**

NOSSA: 12.85 5/25/2017 Christina Robert

OFSAA: 11.77 6/3/2011 Christian Brennan

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	821 Maluorno, Hannah	White Pines	13.93
2	831 Dokum, Janelle	Wikwemikong	15.66
3	429 Kulik, Milena	LEPSS-Sudbury	12.87
4	189 Shand, Madison	Elliot Lake	14.44
5	761 Daoust, Marie-Laure	Villa-Franca	14.85
6	675 Gagnon, Bryce	St. Mary's Colle	13.66
7	573 Hepfner, Valentina	Scollard Hal	14.99
8	208 Ranger, Tessa	ESLH-Val Caron	14.00
<b>Heat 2 of 2 Prelims</b>			
1	300 Miskiw, Laila	Korah C V S	13.95
2	581 Lang, Kaylee	Scollard Hal	14.51
3	48 Landry, Jillian	BACCSS-Hammer	13.07
4	640 Massimiliano, Ava	SCC-Sudbury	13.94
5	3 Auger, Amberly	Algonquin -	14.53
6	678 Heika, Julia	St. Mary's Colle	14.72
7	401 Ball, Olivia	LEPSS-Sudbury	13.37
8	250 Wunsch, Hannah	F.J. McEllig	15.66
<b>Event 34 Men 100 Meter Dash Junior</b>			
<b>8 Advance: Top 2 Each Heat plus Next 4 Best Times</b>			
<b>Thursday 6/1/2023 - 9:40 AM</b>			
NOSSA: 11.31 5/29/2019		Logan Spicer	
OFSAA: 10.53 6/3/2011		Andre Ford-Azonwanna	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	399 Arnold, Max	LEPSS-Sudbury	12.15
2	6 Berube, Mathieu	Algonquin -	12.76
3	801 Small, Ryan	West Ferris	11.93
4	814 Frayn, Tyler	White Pines	11.94
5	523 Bechard, Nicholas	CND - Sudbury	11.80
6	751 Sayers, Will	SHCVS	12.60
7	478 Duchene, Cash	Manitoulin S	12.31
8	105 Wells, Hayden	Central Algoma	14.12
<b>Heat 2 of 2 Prelims</b>			
1	790 Lacroix, Owen	West Ferris	12.38
2	748 Richard, Brayden	SHCVS	12.49
3	644 Navarro, Kyle	SCC-Sudbury	11.95
4	447 Oliver, Ethan	LEPSS-Sudbury	11.80
5	465 Arthurs, Rhyis	Manitoulin S	12.16
6	54 Makasoff, Carter	BACCSS-Hammer	11.84
7	753 Shillingford, Max	SHCVS	12.99
8	782 Culin, Kalen	West Ferris	12.91

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**Event 35 Women 200 Meter Dash Junior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 6/1/2023 - 10:40 AM**

NOSSA: 25.09 2005 Rebecca Johnston-Lo Ellen Park  
 OFSAA: 23.87 6/4/2011 Christian Brennan

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	747 Rasiah, Priya	SHCVS	29.98
2	799 Roy, Carleigh	West Ferris	28.60
3	189 Shand, Madison	Elliot Lake	30.78
4	573 Hepfner, Valentina	Scollard Hal	29.93
5	762 Fabris, Enza	Villa-Franca	30.97
6	429 Kulik, Milena	LEPSS-Sudbury	26.85
7	300 Miskiw, Laila	Korah C V S	28.90
8			
<b>Heat 2 of 2 Prelims</b>			
1	254 Houle, Madison	ES Jeunesse	32.85
2	502 Massimiliano, Mya	Marymount Acade	30.69
3	401 Ball, Olivia	LEPSS-Sudbury	28.40
4	386 Oke, Alyna	Lockerby	28.90
5	581 Lang, Kaylee	Scollard Hal	29.13
6	685 Kurylo, Kloe	St. Mary's Colle	30.77
7	48 Landry, Jillian	BACCSS-Hanmer	26.89
8	22 Lebel-Schneider, Amelie	Algonquin -	31.09

**Event 36 Men 200 Meter Dash Junior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 6/1/2023 - 11:10 AM**

NOSSA: 22.97 5/25/2017 Zachari Mainville  
 OFSAA: 21.40 6/4/2011 Andre Ford-Azonwanna

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	81 Kirby, Ben	Central Algoma	28.47
2	814 Frayn, Tyler	White Pines	25.04
3	781 Corbeil, Nicolas	West Ferris	24.62
4	523 Bechard, Nicholas	CND - Sudbury	23.97
5	399 Arnold, Max	LEPSS-Sudbury	24.71
6	282 Higham, Nathan	Korah C V S	24.82
7	585 Michenko, Kayden	Scollard Hal	27.90
8	790 Lacroix, Owen	West Ferris	27.02
<b>Heat 2 of 2 Prelims</b>			
1			
2	822 McCorkell, Ethan	White Pines	26.62
3	338 Radey, Nathan	LSS-Sudbury	24.70
4	137 Nadeau, Nathan	CSS - Val Caron	24.60
5	447 Oliver, Ethan	LEPSS-Sudbury	24.05
6	465 Arthurs, Rhyis	Manitoulin S	25.40
7	272 Dickenson, Hunter	Korah C V S	28.26
8	782 Culin, Kalen	West Ferris	26.28

**Event 37 Women 400 Meter Dash Junior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/31/2023 - 4:30 PM**

NOSSA: 58.44 2005 Rebecca Johnston-Lo-Ellen Park  
 OFSAA: 53.66 6/3/2011 Christian Brennan

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1			
2	455 Skrobot, Sidney	LEPSS-Sudbury	1:09.16
3	761 Daoust, Marie-Laure	Villa-Franca	1:07.78
4	799 Roy, Carleigh	West Ferris	1:07.00
5	429 Kulik, Milena	LEPSS-Sudbury	1:01.97
6	570 Gignac, Hannah	Scollard Hal	1:08.42
7	312 Thompson-McGuire, Ade	Korah C V S	1:15.71
8			
<b>Heat 2 of 2 Prelims</b>			
1			
2	314 Tripp, Caitlin	Korah C V S	1:14.80
3	407 Dale, Gracie	LEPSS-Sudbury	1:07.37
4	502 Massimiliano, Mya	Marymount Acade	1:10.95
5	506 Salmaso, Lucia	Marymount Acade	1:03.29
6	680 Jaremko, Abigail	St. Mary's Colle	1:07.99
7	22 Lebel-Schneider, Amelie	Algonquin -	1:13.60
8			

**Event 38 Men 400 Meter Dash Junior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/31/2023 - 5:00 PM**

NOSSA: 50.06 5/31/2007 Richard MacLennan  
 OFSAA: 48.46 6/5/2015 Nathan FrigINETTE

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	659 Agawa, Ethan	St. Mary's Colle	1:00.75
2	282 Higham, Nathan	Korah C V S	56.06
3	790 Lacroix, Owen	West Ferris	56.92
4	338 Radey, Nathan	LSS-Sudbury	57.94
5	62 Slack, Malachi	BACCSS-Hanmer	57.97
6	802 Summers, Rowan	West Ferris	1:05.66
7	474 Cooper, Andrew	Manitoulin S	1:01.25
8	81 Kirby, Ben	Central Algoma	1:03.28
<b>Heat 2 of 2 Prelims</b>			
1	567 Gauthier, Mathew	Scollard Hal	1:02.50
2	782 Culin, Kalen	West Ferris	1:01.76
3	137 Nadeau, Nathan	CSS - Val Caron	57.48
4	655 Urso, Adam	SCC-Sudbury	54.23
5	534 Lacasse, Mathieu	CND - Sudbury	58.42
6	260 Bell, Coulson	Korah C V S	57.51
7	703 Stocks, Evan	St. Mary's Colle	59.32
8			

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**Event 39 Women 800 Meter Run Junior****Thursday 6/1/2023 - 12:10 PM**

NOSSA: 2:19.10 2004 Kaitlyn Tallman-Manitoulin  
 OFSAA: 2:08.22 6/8/2013 Kailee Sawyer

Lane	Name	School	Seed Time
<b>Section 1 of 4 Finals</b>			
1A	502 Massimiliano, Mya	Marymount Acade	2:54.22
2A	556 Corbiere, Morgan	Scollard Hal	2:56.53
3A	124 Robertson, Molly	Chippewa Sec	3:00.05
4A	550 Sullivan, Hannah	CND - Sudbury	2:59.16
<b>Section 2 of 4 Finals</b>			
1A	506 Salmaso, Lucia	Marymount Acade	2:35.38
2A	71 Campbell, Julia	Central Algoma	2:47.72
3A	704 Toms, Tru	St. Mary's Colle	2:55.64
4A	762 Fabris, Enza	Villa-Franca	2:48.56
<b>Section 3 of 4 Finals</b>			
1A	570 Gignac, Hannah	Scollard Hal	2:46.48
2A	258 Barbeau, Rhiannon	Korah C V S	2:57.60
3A	129 Autio, Maija	CSS - Val Caron	3:04.47
4A			
<b>Section 4 of 4 Finals</b>			
1A	476 Davy, Autumn	Manitoulin S	2:45.19
2A	737 Macmichael, Lisa	SHCVS	2:56.39
3A	407 Dale, Gracie	LEPSS-Sudbury	2:37.45
4A			

**Event 40 Men 800 Meter Run Junior****Thursday 6/1/2023 - 12:40 PM**

NOSSA: 2:01.94 5/29/2014 Brendan Costello  
 OFSAA: 1:53.54 6/9/2018 Abdullahi Hassan

Lane	Name	School	Seed Time
<b>Section 1 of 4 Finals</b>			
1A	567 Gauthier, Mathew	Scollard Hal	2:30.50
2A	546 Portelance, Max	CND - Sudbury	2:19.02
3A	146 Currie, Samuel	La Renaissance	2:34.40
4A	783 Daniw, Jesse	West Ferris	2:22.06
<b>Section 2 of 4 Finals</b>			
1A	231 Houle, Regan	Espanola	2:20.00
2A	142 Wainio, Chase	CSS - Val Caron	2:21.42
3A	185 Parsons, Theo	Elliot Lake	2:24.27
4A	264 Cartwright, Alec	Korah C V S	2:32.77
<b>Section 3 of 4 Finals</b>			
1A	727 Gartshore, Peter	SHCVS	2:20.25
2A	655 Urso, Adam	SCC-Sudbury	2:14.32
3A	781 Corbeil, Nicolas	West Ferris	2:22.59
4A	659 Agawa, Ethan	St. Mary's Colle	2:22.34
<b>Section 4 of 4 Finals</b>			
1A	452 Sauve, Shiloh	LEPSS-Sudbury	2:15.61
2A	735 Heimonen, Ethan	SHCVS	2:42.30
3A	802 Summers, Rowan	West Ferris	2:32.55
4A			

**Event 41 Women 1500 Meter Run Junior****Wednesday 5/31/2023 - 5:30 PM**

NOSSA: 5:01.65 5/28/2009 Lynnea Lobert  
 OFSAA: 4:24.58 6/3/2016 Joceyln Chau

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	294 Luomaranta, Aili	Korah C V S	6:09.40
2	446 Nener, Maija	LEPSS-Sudbury	5:30.95
3	816 Hiscock, Olivia	White Pines	5:54.10
4	547 Raymond, Bailey	CND - Sudbury	6:05.15
5	506 Salmaso, Lucia	Marymount Acade	5:28.54
6	258 Barbeau, Rhiannon	Korah C V S	6:04.53
7	593 Rose, Justice	Scollard Hal	7:28.92
8	217 Vaillancourt, Valerie	ESSC-Sudbury	5:48.98
9	476 Davy, Autumn	Manitoulin S	5:47.00
10	556 Corbiere, Morgan	Scollard Hal	6:05.36
11	737 Macmichael, Lisa	SHCVS	5:54.67
12	786 Gervais, Sam	West Ferris	5:31.01
13	526 Bouffard, Sasha	CND - Sudbury	6:02.00
14			
15			
16			

**Event 42 Men 1500 Meter Run Junior****Wednesday 5/31/2023 - 6:30 PM**

NOSSA: 4:09.87 5/25/2011 Graham Hansel  
 OFSAA: 3:55.38 2009 Robert Denault

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	735 Heimonen, Ethan	SHCVS	5:29.90
2	452 Sauve, Shiloh	LEPSS-Sudbury	4:34.88
3	21 Landriault, Tristan	Algonquin -	4:36.21
4	783 Daniw, Jesse	West Ferris	4:54.78
5	231 Houle, Regan	Espanola	4:55.00
6	727 Gartshore, Peter	SHCVS	4:58.12
7	687 Lamming, Joshua	St. Mary's Colle	5:36.55
8	185 Parsons, Theo	Elliot Lake	5:03.00
9	485 Mara, Xavi	Manitoulin S	4:56.00
10	318 Turco, Tate	Korah C V S	5:34.58
11	714 Ellis, Jack	SSS-Sudbury	4:51.17
12	430 Labrecque, Nicho	LEPSS-Sudbury	4:34.64
13	142 Wainio, Chase	CSS - Val Caron	4:53.75
14	569 Giddens, Liam	Scollard Hal	5:04.63
15	778 Buell, Wesley	West Ferris	4:39.10
16	546 Portelance, Max	CND - Sudbury	4:40.05

**NOSSA 2023**  
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**Laurentian Community Track Complex - 5/31/2023 to 6/1/2023**  
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**Event 43 Women 3000 Meter Run Junior****Thursday 6/1/2023 - 2:45 PM**

NOSSA: 10:28.70 2004 Kaitlyn Tallman-Manitoulin  
 OFSAA: 9:29.65 6/4/2016 Brogan MacDougall

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	71 Campbell, Julia	Central Algoma	13:52.00
2	786 Gervais, Sam	West Ferris	12:22.92
3	602 Alberton, Kaylee	SBCSS-Sudbury	13:34.43
4	556 Corbiere, Morgan	Scollard Hal	13:16.64
5	294 Luomaranta, Aili	Korah C V S	13:40.74
6	476 Davy, Autumn	Manitoulin S	12:36.00
7	777 Bain, Logan	West Ferris	13:47.96
8	217 Vaillancourt, Valerie	ESSC-Sudbury	12:26.61
9	737 Macmichael, Lisa	SHCVS	14:45.09
10	816 Hiscock, Olivia	White Pines	13:23.25
11	526 Bouffard, Sasha	CND - Sudbury	12:59.01
12	701 Robinson, Olivia	St. Mary's Colle	13:19.61
13	446 Nener, Maija	LEPSS-Sudbury	12:12.27
14	547 Raymond, Bailey	CND - Sudbury	13:39.49
15			
16			

**Event 44 Men 3000 Meter Run Junior****Thursday 6/1/2023 - 3:00 PM**

NOSSA: 9:06.88 5/26/2011 Graham Hansel  
 OFSAA: 8:33.65 2007 John Paul Malette

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	727 Gartshore, Peter	SHCVS	11:16.25
2	405 Crowder, Hudson	LEPSS-Sudbury	11:00.90
3	485 Mara, Xavi	Manitoulin S	11:12.00
4	185 Parsons, Theo	Elliot Lake	11:12.00
5	216 Neron, Zachary	ESSC-Sudbury	11:36.45
6	546 Portelance, Max	CND - Sudbury	10:23.93
7	569 Giddens, Liam	Scollard Hal	11:27.66
8	735 Heimonen, Ethan	SHCVS	12:19.92
9	714 Ellis, Jack	SSS-Sudbury	10:26.65
10	778 Buell, Wesley	West Ferris	10:20.15
11	318 Turco, Tate	Korah C V S	12:07.02
12	568 Gauthier, Zach	Scollard Hal	11:27.67
13	430 Labrecque, Nicho	LEPSS-Sudbury	10:21.73
14			
15			
16			

**Event 45 Women 80 Meter Hurdles Junior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/31/2023 - 3:30 PM**

NOSSA: 12.10 5/29/2008 Serena SanCartier  
 OFSAA: 11.24 6/5/2015 Keira Christie-Galloway

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1			
2	788 Henstridge, Jaelan	West Ferris	18.11
3	434 Lascelle, Olivia	LEPSS-Sudbury	15.44
4	303 Pedlar, Sadie	Korah C V S	15.87
5	323 Avery, Ocean	LSS-Sudbury	14.52
6	805 Wozney, Taryn	West Ferris	14.73
7	309 Shields, Lexi	Korah C V S	17.29
8			
<b>Heat 2 of 2 Prelims</b>			
1	795 Phillips, Kaija	West Ferris	20.10
2	384 McKechnie, Sarah	Lockerby	16.06
3	455 Skrobot, Sidney	LEPSS-Sudbury	14.40
4	298 McNally, Madelyn	Korah C V S	15.35
5	685 Kurylo, Kloe	St. Mary's Colle	15.94
6	427 Korczak, Elizabeth	LEPSS-Sudbury	14.87
7	798 Rodgers-Wilkie, Lea	West Ferris	18.31
8			

**Event 46 Men 100 Meter Hurdles Junior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/31/2023 - 3:00 PM**

NOSSA: 14.87 5/25/2011 Luke Udeschini  
 OFSAA: 12.95 6/7/2019 Mark Skerl

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1			
2	710 Wilding, Nolan	St. Mary's Colle	19.24
3	431 Lacroix, Corey	LEPSS-Sudbury	15.31
4	368 Dufour, Connor	Lockerby	17.74
5	105 Wells, Hayden	Central Algoma	23.15
6	423 Ietswaard, Owen	LEPSS-Sudbury	26.26
7			
8			
<b>Heat 2 of 2 Prelims</b>			
1			
2	728 Gasperas, Damian	SHCVS	20.76
3	333 Mannela, Logan	LSS-Sudbury	15.36
4	362 Caron, Corbin	Lockerby	17.23
5	794 McFarlane, Grayden	West Ferris	20.39
6			
7			
8			

**NOSSA 2023**  
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**Meet Program**

**Event 47 Women 300 Meter Hurdles Junior****Thursday 6/1/2023 - 1:40 PM**

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

Lane	Name	School	Seed Time
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**Section 1 of 2 Finals**

1			
2	760 Bouchard, Victoria	Villa-Franca	1:03.12
3	303 Pedlar, Sadie	Korah C V S	59.06
4	685 Kurylo, Kloe	St. Mary's Colle	54.34
5	392 St. Amour, Maddyn	Lockerby	56.21
6	504 Polischuk, Katie	Marymount Acade	54.31
7	788 Henstridge, Jaelan	West Ferris	1:08.55
8			

**Section 2 of 2 Finals**

1	795 Phillips, Kaija	West Ferris	1:20.23
2	537 Marolt, Alaina Rae	CND - Sudbury	54.21
3	427 Korczak, Elizabeth	LEPSS-Sudbury	51.90
4	323 Avery, Ocean	LSS-Sudbury	53.38
5	680 Jaremko, Abigail	St. Mary's Colle	50.87
6	298 McNally, Madelyn	Korah C V S	55.32
7	762 Fabris, Enza	Villa-Franca	53.30
8	777 Bain, Logan	West Ferris	1:04.13

**Event 48 Men 300 Meter Hurdles Junior****Thursday 6/1/2023 - 2:10 PM**

NOSSA: 41.00 2004 Justin Digiglio-St Joe/Scollard Hall  
 OFSAA: 37.86 6/4/2016 Liam Foudy

Lane	Name	School	Seed Time
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**Section 1 of 2 Finals**

1			
2			
3	592 Renette, Evan	Scollard Hal	51.21
4	368 Dufour, Connor	Lockerby	49.62
5	535 Langlois, Aiden	CND - Sudbury	50.99
6	822 McCorkell, Ethan	White Pines	47.09
7	728 Gasperas, Damian	SHCVS	52.05
8			

**Section 2 of 2 Finals**

1	21 Landriaul, Tristan	Algonquin -	49.06
2	362 Caron, Corbin	Lockerby	48.23
3	231 Houle, Regan	Espanola	46.90
4	820 Louttit, Nick	White Pines	46.78
5	431 Lacroix, Corey	LEPSS-Sudbury	43.84
6	333 Mannela, Logan	LSS-Sudbury	47.30
7	396 van Drunen, Clark	Lockerby	48.68
8	710 Wilding, Nolan	St. Mary's Colle	48.12

**Event 49 Women High Jump Junior****Thursday 6/1/2023 - 1:00 PM**

Starting height: 1.05m

NOSSA: 1.54m 5/29/2014 Kiara Hamilton  
 OFSAA: 1.76m 6/3/2017 Autumn Bigger

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	320 Zack, Avery	Korah C V S	1.35m
2	259 Bateman, Emily	Korah C V S	1.48m
3	325 Clement, Kali	LSS-Sudbury	1.39m
4	434 Lascelle, Olivia	LEPSS-Sudbury	1.25m
5	734 Gutierrez, Emilia	SHCVS	1.10m
6	190 Young, Ava	Elliot Lake	1.15m
7	416 Gibson, Taya	LEPSS-Sudbury	1.33m
8	140 St. Pierre, Kaylee	CSS - Val Caron	1.30m
9	206 Paparo, Mattea	ESLH-Val Caron	1.25m
10	455 Skrobot, Sidney	LEPSS-Sudbury	1.39m
11			
12			
13			
14			
15			
16			

**Event 50 Men High Jump Junior****Thursday 6/1/2023 - 3:00 PM**

Starting height: 1.35m

NOSSA: 1.96m 5/29/2019 Logan Spicer  
 OFSAA: 2.04m 1995 Michael Ponikvar

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	342 Bradley, Jacob	Lively	1.55m
2	268 Corral-Lara, Fernando	Korah C V S	1.50m
3	748 Richard, Brayden	SHCVS	1.50m
4	753 Shillingford, Max	SHCVS	1.57m
5	162 Lamoureux, Dax	ESMC	1.55m
6	237 McLennan, Tyler	Espanola	1.40m
7	7 Bérubé, Olivier	Algonquin -	1.55m
8	21 Landriaul, Tristan	Algonquin -	1.58m
9	160 Blais, RJ	ESMC	1.60m
10	302 Nixon-Holmes, Benjamin	Korah C V S	1.55m
11	69 Burns, Ronan	Central Algoma	1.45m
12	417 Graffi, Riley	LEPSS-Sudbury	1.65m
13	332 MacKinnon, Davis	LSS-Sudbury	1.60m
14	520 Taillefer, Nicholas	Northern - N	1.40m
15			
16			

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**Event 51 Women Pole Vault Junior****Wednesday 5/31/2023 - 5:30 PM**

Starting height: 1.88m

NOSSA: 2.85m 5/27/2010 Alison Fung  
 OFSAA: 3.75m 2010 Alysha Newman

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	374 Holloway, Evelyn	Lockerby	1.93m
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

**Event 52 Men Pole Vault Junior****Wednesday 5/31/2023 - 2:00 PM**

Starting height: 1.91m

15cm increments until 3 remain

10cm increment until 1 remains

minimum 2cm increment for last jumper

NOSSA: 3.52m 6/1/2007 Erik Faucon  
 OFSAA: 4.45m 1992 Drew Barrett

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	362 Caron, Corbin	Lockerby	2.16m
2	560 Culin, Jackson	Scollard Hal	2.45m
3	361 Buckley, Gavan	Lockerby	1.96m
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

**Event 53 Women Long Jump Junior****Thursday 6/1/2023 - 9:00 AM**

NOSSA: 5.12m 5/30/2008 Caroline Ehrhardt  
 OFSAA: 6.08m 6/2/2022 Trinity Shadd-Ceres

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	122 Moore, Sophia	Chippewa Sec	4.57m
2	805 Wozney, Taryn	West Ferris	4.22m
3	747 Rasiah, Priya	SHCVS	4.18m
4	798 Rodgers-Wilkie, Lea	West Ferris	4.34m
5	537 Marolt, Alaina Rae	CND - Sudbury	4.40m
6	300 Miskiw, Laila	Korah C V S	3.91m
7	241 Presley, Madeline	Espanola	3.38m
8	218 Bellaire, Kahlan	ESCC-Chelmsford	4.03m
9	607 Klatt, Abigail	SBCSS-Sudbury	4.19m
10	29 Mirfield, Isabelle	Algonquin -	4.31m
11	678 Heika, Julia	St. Mary's Colle	4.31m
12	325 Clement, Kali	LSS-Sudbury	4.12m
13	64 Troscinski, Caedene	BACCSS-Hanmer	3.99m
14	187 Sams, Katelynn	Elliot Lake	3.33m
15	99 Size, Sofie	Central Algoma	3.37m
16	309 Shields, Lexi	Korah C V S	3.88m

**Event 54 Men Long Jump Junior****Thursday 6/1/2023 - 11:00 AM**

NOSSA: 6.34m 6/1/2007 Matt Glibota  
 OFSAA: 7.09m 2010 Mitch O'Donnell

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	338 Radey, Nathan	LSS-Sudbury	4.90m
2	331 MacKey, Will	LSS-Sudbury	5.34m
3	328 Gauvreau, Gabe	LSS-Sudbury	5.15m
4	490 Thorpe, Noah	Manitoulin S	4.30m
5	523 Bechard, Nicholas	CND - Sudbury	5.23m
6	585 Michenko, Kayden	Scollard Hal	4.95m
7	260 Bell, Coulson	Korah C V S	5.31m
8	659 Agawa, Ethan	St. Mary's Colle	4.41m
9	486 McCauley, Ian	Manitoulin S	4.52m
10	162 Lamoureux, Dax	ESMC	5.08m
11	6 Berube, Mathieu	Algonquin -	5.14m
12	820 Louttit, Nick	White Pines	4.94m
13	516 Duke, Andrew	Northern - N	4.58m
14	69 Burns, Ronan	Central Algoma	4.92m
15	268 Corral-Lara, Fernando	Korah C V S	4.72m
16	801 Small, Ryan	West Ferris	5.14m

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**Event 55 Women Triple Jump Junior****Wednesday 5/31/2023 - 3:00 PM**

NOSSA: 11.66m 5/29/2008 Caroline Ehrhardt  
 OFSAA: 12.19m 6/7/2018 Busola Akinduro

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	56 O'Daiskey, Cameron	BACCSS-Hanmer	9.35m
2	805 Wozney, Taryn	West Ferris	8.91m
3	241 Presley, Madeline	Espanola	7.90m
4	29 Mirfield, Isabelle	Algonquin -	9.03m
5	439 Macdonald, Jaya	LEPSS-Sudbury	8.49m
6	798 Rodgers-Wilkie, Lea	West Ferris	8.91m
7	122 Moore, Sophia	Chippewa Sec	9.44m
8	187 Sams, Katelynn	Elliot Lake	7.50m
9	504 Polischuk, Katie	Marymount Acade	8.36m
10	306 Rimmer, Jaeden	Korah C V S	8.27m
11	223 Beckerton, Kalan	Espanola	8.57m
12	259 Bateman, Emily	Korah C V S	9.64m
13	522 Beaulne, Ilianna	CND - Sudbury	7.66m
14	704 Toms, Tru	St. Mary's Colle	9.48m
15	325 Clement, Kali	LSS-Sudbury	8.92m
16	303 Pedlar, Sadie	Korah C V S	8.92m

**Event 56 Men Triple Jump Junior****Wednesday 5/31/2023 - 5:00 PM**

NOSSA: 12.99m 5/28/2014 Ryan Taylor  
 OFSAA: 14.34m 2010 Mitch O'Donnell

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	644 Navarro, Kyle	SCC-Sudbury	11.08m
2	328 Gauvreau, Gabe	LSS-Sudbury	10.62m
3	63 Smith, Rowan	BACCSS-Hanmer	9.73m
4	753 Shillingford, Max	SHCVS	10.54m
5	6 Berube, Mathieu	Algonquin -	10.22m
6	486 McCauley, Ian	Manitoulin S	10.30m
7	332 MacKinnon, Davis	LSS-Sudbury	10.24m
8	260 Bell, Coulson	Korah C V S	11.26m
9	282 Higham, Nathan	Korah C V S	11.41m
10	592 Renette, Evan	Scollard Hal	9.20m
11	69 Burns, Ronan	Central Algoma	10.42m
12	331 MacKey, Will	LSS-Sudbury	11.18m
13			
14			
15			
16			

**Event 57 Women Shot Put Junior****Thursday 6/1/2023 - 11:00 AM**

NOSSA: 12.15m 5/26/2016 Taylor Elliott  
 OFSAA: 16.00m 6/3/2016 Trinity Tutti

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	745 Pietramale, Riley	SHCVS	8.54m
2	64 Troscinski, Caedene	BACCSS-Hanmer	8.21m
3	487 McVey, Alexis	Manitoulin S	7.75m
4	512 Thomas, Kayiesha	Marymount Acade	10.86m
5	30 O'Connor, Neeve	Algonquin -	8.27m
6	400 Baldelli, Jennifer	LEPSS-Sudbury	8.21m
7	761 Daoust, Marie-Laure	Villa-Franca	8.01m
8	25 McGinley, Jordyn	Algonquin -	7.74m
9	767 Huron, Rhianna	Eaket WC	9.02m
10	694 MacDonald, Felisity	St. Mary's Colle	7.77m
11	810 Day, Journey	White Pines	7.65m
12	561 Dagenais, Kylie	Scollard Hal	8.84m
13	56 O'Daiskey, Cameron	BACCSS-Hanmer	9.86m
14	708 Walker, Emma	St. Mary's Colle	8.05m
15	344 Dormer, Lileigh	Lively	8.05m
16	112 Bruner, Sydney	Chippewa Sec	7.67m

**Event 58 Men Shot Put Junior****Thursday 6/1/2023 - 9:00 AM**

NOSSA: 14.68m 6/1/2007 James Robertson  
 OFSAA: 19.72m 2006 Tim Nedow

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	17 Kinuthia, Paul	Algonquin -	10.45m
2	248 Vanier, Eric	Espanola	10.32m
3	686 Lablance, Kent	St. Mary's Colle	10.46m
4	72 Cooke, Brendan	Central Algoma	10.02m
5	598 Weber, Nathan	Scollard Hal	12.27m
6	108 Wheatley, Ethan	CVDCS-Chelmsfo	10.08m
7	803 Weland, Caleb	West Ferris	11.06m
8	542 Ouimet, Loïc	CND - Sudbury	9.80m
9	47 Jeanveau, Isaac	BACCSS-Hanmer	11.80m
10	754 Staniforth, Keegan	SHCVS	10.97m
11	738 Maneiro, Grayson	SHCVS	11.89m
12	213 Bertrand, Brayden	ESSC-Sudbury	10.96m
13	560 Culin, Jackson	Scollard Hal	12.33m
14	143 Wiebe, Crawford	CSS - Val Caron	9.58m
15	89 Merling, Dawson	Central Algoma	10.23m
16	824 Pine, Garrin	White Pines	11.44m

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**Event 59 Women Discus Throw Junior****Wednesday 5/31/2023 - 5:00 PM**

NOSSA: 37.62m 5/28/2019 Lauren Fearn  
 OFSAA: 53.43m 6/2/2022 Julia Tunks

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	576 Hind, Katelyn	Scollard Hal	16.55m
2	726 Ferguson, Mya	SHCVS	22.03m
3	708 Walker, Emma	St. Mary's Colle	20.62m
4	817 Hopkins, Addison	White Pines	19.40m
5	512 Thomas, Kayiesha	Marymount Acade	22.64m
6	563 Faraci, Nora	Scollard Hal	20.84m
7	384 McKechnie, Sarah	Lockerby	20.22m
8	694 McDonald, Felisity	St. Mary's Colle	18.98m
9	151 Mandigo, Sari	La Renaissance	19.09m
10	767 Huron, Rhianna	Eaket WC	20.63m
11	30 O'Connor, Neeve	Algonquin -	17.96m
12	764 Rainville, Chloe	Villa-Franca	18.56m
13	400 Baldelli, Jennifer	LEPSS-Sudbury	18.75m
14	25 McGinley, Jordyn	Algonquin -	25.64m
15	344 Dormer, Lileigh	Lively	20.74m
16	215 Gaudin-Blanchette, Mace	ESSC-Sudbury	18.93m

**Event 60 Men Discus Throw Junior****Wednesday 5/31/2023 - 3:00 PM**

NOSSA: 49.31m 5/25/2011 Ryan Hunter  
 OFSAA: 70.79m 2009 Jordan Young

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	346 Fauteux, Aiden	Lively	32.83m
2	529 Gauthier, Nicholas	CND - Sudbury	35.16m
3	415 Gibson, Tanner	LEPSS-Sudbury	28.18m
4	213 Bertrand, Brayden	ESSC-Sudbury	29.98m
5	89 Merling, Dawson	Central Algoma	31.40m
6	560 Culin, Jackson	Scollard Hal	42.08m
7	689 Luczinski, Cody	St. Mary's Colle	31.53m
8	738 Maneiro, Grayson	SHCVS	31.40m
9	17 Kinuthia, Paul	Algonquin -	28.15m
10	755 Tremblay, Kolton	SHCVS	33.17m
11	490 Thorpe, Noah	Manitoulin S	30.54m
12	229 Foucault, Deegan	Espanola	30.50m
13	598 Weber, Nathan	Scollard Hal	38.21m
14	686 Lablance, Kent	St. Mary's Colle	32.86m
15	785 Flichel, Jack	West Ferris	28.30m
16	134 Gatchell, Owen	CSS - Val Caron	28.95m

**Event 61 Women Javelin Throw Junior****Thursday 6/1/2023 - 3:00 PM**

NOSSA: 38.20m 5/29/2014 Danika Falvo  
 OFSAA: 43.98m 6/9/2018 Alexandria Webb

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	767 Huron, Rhianna	Eaket WC	17.62m
2	3 Auger, Amberly	Algonquin -	18.51m
3	30 O'Connor, Neeve	Algonquin -	18.45m
4	400 Baldelli, Jennifer	LEPSS-Sudbury	19.56m
5	694 McDonald, Felisity	St. Mary's Colle	21.86m
6	810 Day, Journey	White Pines	22.63m
7	708 Walker, Emma	St. Mary's Colle	21.87m
8	64 Troscinski, Caedene	BACCSS-Hammer	17.76m
9	25 McGinley, Jordyn	Algonquin -	22.15m
10	241 Presley, Madeline	Espanola	18.40m
11	760 Bouchard, Victoria	Villa-Franca	20.07m
12	112 Bruner, Sydney	Chippewa Sec	19.31m
13	215 Gaudin-Blanchette, Mace	ESSC-Sudbury	20.06m
14	499 King, Emma	Marymount Acade	18.10m
15	734 Gutierrez, Emilia	SHCVS	20.76m
16	512 Thomas, Kayiesha	Marymount Acade	29.41m

**Event 62 Men Javelin Throw Junior****Thursday 6/1/2023 - 1:00 PM**

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

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	755 Tremblay, Kolton	SHCVS	39.14m
2	89 Merling, Dawson	Central Algoma	36.08m
3	598 Weber, Nathan	Scollard Hal	32.03m
4	394 Thompson, Oliver	Lockerby	35.66m
5	669 Dubois, Liam	St. Mary's Colle	42.69m
6	98 Shaughnessy, Stone	Central Algoma	33.15m
7	490 Thorpe, Noah	Manitoulin S	35.27m
8	744 Nelson, Jacob	SHCVS	36.30m
9	803 Weland, Caleb	West Ferris	30.07m
10	213 Bertrand, Brayden	ESSC-Sudbury	38.52m
11	529 Gauthier, Nicholas	CND - Sudbury	38.31m
12	742 Middaugh, Will	SHCVS	34.11m
13	794 McFarlane, Grayden	West Ferris	31.31m
14	450 Passi, Soham	LEPSS-Sudbury	33.70m
15	164 Smith, Beckett	ESMC	34.94m
16	785 Flichel, Jack	West Ferris	31.31m



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**Event 63 Women 4x100 Meter Relay Junior****Thursday 6/1/2023 - 4:20 PM**

NOSSA: 51.95 2005 Lo-Ellen Park SS

B. Leclair, N. Pyzik, R. Johnston, N. San Cartier

OFSAA: 48.34 6/7/2013 David Suzuki SS

A Sebastian, N McDonald, C Wilson, S Hunnighan

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

1			
2	ES Jeunesse	A	1:01.35
	1) #253 Burling, Josee-Anne	2) #254 Houle, Madison	
	3) #255 Thibodeau, Oceanne	4) #256 Wilkins, Gracie	
3	CND - Sudbury	A	57.94
	1) #537 Marolt, Alaina Rae	2) #527 Donovan, Chloé	
	3) #524 Begic, Natalia	4) #525 Boucher, Sophie	
	5) #548 Schryer, Karina		
4	Scollard Hal	A	58.71
	1) #570 Gignac, Hannah	2) #593 Rose, Justice	
	3) #573 Hepfner, Valentina	4) #581 Lang, Kaylee	
	5) #574 Hewgill, Erika	6) #565 Fredette, Savita	
5	Espanola	A	1:04.34
	1) #236 Mailloux, Leah	2) #225 Bowles, Kylie	
	3) #241 Presley, Madeline	4) #223 Beckerton, Kalan	
6			
7			
8			

**Section 2 of 2 Finals**

1	West Ferris	A	56.90
	1) #799 Roy, Carleigh	2) #804 Wolfe, Lillian	
	3) #793 Madigan, Fiona	4) #805 Wozney, Taryn	
2	Marymount Academ	A	57.14
	1) #502 Massimiliano, Mya	2) #504 Polischuk, Katie	
	3) #512 Thomas, Kayiesha	4) #506 Salmaso, Lucia	
3	BACCSS-Hanmer	A	53.46
	1) #64 Troscinski, Caedene	2) #56 O'Daiskey, Cameron	
	3) #44 Cresswell, Kynlee	4) #48 Landry, Jillian	
4	LEPSS-Sudbury	A	53.30
	1) #401 Ball, Olivia	2) #427 Korczak, Elizabeth	
	3) #434 Lascelle, Olivia	4) #429 Kulik, Milena	
	5) #455 Skrobot, Sidney	6) #407 Dale, Gracie	
5	Lockerby	A	57.22
	1) #381 Lemieux, Lea	2) #384 McKechnie, Sarah	
	3) #386 Oke, Alyna	4) #392 St. Amour, Maddyn	
6	St. Mary's Colle	A	55.00
	1) #680 Jaremko, Abigail	2) #704 Toms, Tru	
	3) #678 Heika, Julia	4) #675 Gagnon, Bryce	
7	Algonquin -	A	57.92
	1) #3 Auger, Amberly	2) #10 Cauvier, Lyla	
	3) #29 Mirfield, Isabelle	4) #22 Lebel-Schneider, Amelie	
8	Korah C V S	A	57.50
	1) #300 Miskiw, Laila	2) #309 Shields, Lexi	
	3) #259 Bateman, Emily	4) #298 McNally, Madelyn	

**Event 64 Men 4x100 Meter Relay Junior****Thursday 6/1/2023 - 4:35 PM**

NOSSA: 45.80 5/30/2008 Sir James Dunn - SS Marie

E Bogensberger, M Auger, G Hunt, J Vernelli

OFSAA: 42.75 6/7/2019 Our Lady Mt Carmel SS -Mississ

J Rose, J Rose, J Lindup-Amoroso, A Magdziak

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

1			
2			
3	SHCVS	A	50.22
	1) #753 Shillingford, Max	2) #748 Richard, Brayden	
	3) #742 Middaugh, Will	4) #751 Sayers, Will	
4	Algonquin -	A	50.45
	1) #6 Berube, Mathieu	2) #27 Meyer, Dayne	
	3) #32 Ouimette, Austin	4) #12 Dutrisac, Olivier	
	5) #21 Landriaul, Tristan		
5	Scollard Hal	A	52.57
	1) #553 Bertoncello, Brennan	2) #583 Lockhart, Cameron	
	3) #577 Hussell, Nathan	4) #592 Renette, Evan	
	5) #560 Culin, Jackson	6) #585 Michenko, Kayden	
6			
7			
8			

**Section 2 of 2 Finals**

1	CSS - Val Caron	A	49.41
	1) #128 Audette, Colton	2) #137 Nadeau, Nathan	
	3) #131 Dollar, Austin	4) #142 Wainio, Chase	
2	LEPSS-Sudbury	A	47.45
	1) #399 Arnold, Max	2) #431 Lacroix, Corey	
	3) #435 Legendre, Brayden	4) #447 Oliver, Ethan	
	5) #423 Ietswaard, Owen		
3	SCC-Sudbury	A	47.29
	1) #632 Kydd, Keynan	2) #644 Navarro, Kyle	
	3) #622 Corriveau, Nolan	4) #655 Urso, Adam	
	5) #625 Galipeau, Aidan	6) #652 Rosener, Cole	
4	West Ferris	A	48.85
	1) #790 Lacroix, Owen	2) #781 Corbeil, Nicolas	
	3) #801 Small, Ryan	4) #782 Culin, Kalen	
5	Manitoulin S	A	49.55
	1) #465 Arthurs, Rhyis	2) #478 Duchene, Cash	
	3) #486 McCauley, Ian	4) #470 Carter, Jack	
	5) #473 Case, Greyson		
6	BACCSS-Hanmer	A	49.55
	1) #62 Slack, Malachi	2) #65 Vehkala, Cameron	
	3) #40 Bertrand, Anthony	4) #54 Makasoff, Carter	
	5) #59 Patterson, Gavin	6) #63 Smith, Rowan	
7	CND - Sudbury	A	48.37
	1) #543 Paquette, Connor	2) #534 Lacasse, Mathieu	
	3) #523 Bechard, Nicholas	4) #546 Portelance, Max	
8	Korah C V S	A	50.00
	1) #272 Dickenson, Hunter	2) #260 Bell, Coulson	
	3) #268 Corral-Lara, Fernando	4) #282 Higham, Nathan	

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**Event 65 Women 100 Meter Dash Senior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 6/1/2023 - 9:20 AM**

NOSSA: 12.21 5/31/2012 Ashley Huard  
 OFSAA: 11.54 2002 Ashley Purnell

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	93 Parker, Kaitlyn	Central Algoma	14.44
2	96 Roe, Kayleigh	Central Algoma	14.69
3	60 Remillard, Aimie	BACCSS-Hanmer	13.42
4	398 Arnold, Julia	LEPSS-Sudbury	13.52
5	393 Sullivan, Maeva	Lockerby	13.39
6	283 Howe, Haley	Korah C V S	13.79
7	118 Gravelle, Bree	Chippewa Sec	14.34
8	15 Humphrey, Kloe	Algonquin -	14.32
<b>Heat 2 of 2 Prelims</b>			
1	274 Elliott, Grace	Korah C V S	14.31
2	682 Killoran, Berlyn	St. Mary's Colle	13.81
3	42 Boyuk, Sierra	BACCSS-Hanmer	13.49
4	11 Dumouchel, Melina	Algonquin -	13.99
5	195 Dugas, Brooke	ESLH-Val Caron	13.29
6	315 Tull, Katelyn	Korah C V S	13.51
7	562 Dale, Samantha	Scollard Hal	14.06
8	78 Jeffery, Brooke	Central Algoma	15.16

**Event 66 Men 100 Meter Dash Senior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 6/1/2023 - 9:50 AM**

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

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	402 Barney, Jacob	LEPSS-Sudbury	12.11
2	80 Kehoe, Isaiah	Central Algoma	12.75
3	126 Sinclair, Nate	Chippewa Sec	11.93
4	37 Tooley, Quinn	Algonquin -	11.81
5	121 Lampkin, Mike	Chippewa Sec	11.94
6	629 Hobson, Liam	SCC-Sudbury	11.96
7	693 McAuley, Callum	St. Mary's Colle	11.89
8	776 Yan, Haowen	Eaket WC	12.90
<b>Heat 2 of 2 Prelims</b>			
1	94 Quenville, Tyler	Central Algoma	13.22
2	712 Abiodun, Abdul	SSS-Sudbury	12.17
3	702 Spadafora, Alexander	St. Mary's Colle	12.04
4	426 Kim, Josh	LEPSS-Sudbury	11.94
5	334 McKay, Josh	LSS-Sudbury	12.03
6	677 Guzzo, Daniel	St. Mary's Colle	12.08
7	113 Carruthers, Liam	Chippewa Sec	11.68
8	724 DesChene, Brady	SHCVS	12.28

**Event 67 Women 200 Meter Dash Senior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 6/1/2023 - 10:50 AM**

NOSSA: 24.81 2006 Rebecca Johnston-Lo-Ellen  
 OFSAA: 23.69 6/9/2012 Khamica Bingham

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	606 Kero, Karly	SBCSS-Sudbury	28.19
2	118 Gravelle, Bree	Chippewa Sec	29.35
3	195 Dugas, Brooke	ESLH-Val Caron	27.58
4	96 Roe, Kayleigh	Central Algoma	30.63
5	698 Noble, Ashlyn	St. Mary's Colle	29.53
6	398 Arnold, Julia	LEPSS-Sudbury	27.67
7	796 Robinson, Jelicia	West Ferris	28.69
8	291 Lane, Mollie	Korah C V S	31.85
<b>Heat 2 of 2 Prelims</b>			
1	315 Tull, Katelyn	Korah C V S	27.71
2	518 Goulard, Ella	Northern - N	31.10
3	93 Parker, Kaitlyn	Central Algoma	30.40
4	637 MacNeill, Erika	SCC-Sudbury	28.99
5	42 Boyuk, Sierra	BACCSS-Hanmer	27.31
6	554 Blake, Maeve	Scollard Hal	28.93
7	682 Killoran, Berlyn	St. Mary's Colle	28.05
8	466 Balfe, Annie	Manitoulin S	29.63

**Event 68 Men 200 Meter Dash Senior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 6/1/2023 - 11:20 AM**

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

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	702 Spadafora, Alexander	St. Mary's Colle	25.66
2	37 Tooley, Quinn	Algonquin -	24.72
3	705 Trudeau, Jaidan	St. Mary's Colle	24.74
4	329 Hodgins, Christian	LSS-Sudbury	24.12
5	544 Pharend, Alex	CND - Sudbury	24.10
6	724 DesChene, Brady	SHCVS	25.61
7	80 Kehoe, Isaiah	Central Algoma	26.10
8	580 Kotsopoulos, Samuel	Scollard Hal	26.57
<b>Heat 2 of 2 Prelims</b>			
1	355 Anderson, Jack	Lockerby	25.14
2	468 Bredin, Mathis	Manitoulin S	25.19
3	700 Posteraro, Ryan	St. Mary's Colle	25.93
4	629 Hobson, Liam	SCC-Sudbury	24.36
5	113 Carruthers, Liam	Chippewa Sec	23.97
6	564 Faraci, Peter	Scollard Hal	24.77
7	426 Kim, Josh	LEPSS-Sudbury	24.22
8	224 Berthelot, Brody	Espanola	28.93

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**Event 69 Women 400 Meter Dash Senior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/31/2023 - 3:00 PM**

NOSSA: 57.85 2006 Rebecca Johnston-Lo-Ellen  
 OFSAA: 53.32 1980 Charmaine Crooks

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	587 Moore, Sara	Scollard Hal	1:26.42
2	304 Pelletier, Madison	Korah C V S	1:11.93
3	283 Howe, Haley	Korah C V S	1:05.85
4	554 Blake, Maeve	Scollard Hal	1:04.68
5	366 Diavolitsis, Alissa	Lockerby	1:04.75
6	637 MacNeill, Erika	SCC-Sudbury	1:06.83
7	406 Cuza, Finlay	LEPSS-Sudbury	1:07.59
8	100 Smith, Fischer	Central Algoma	1:09.25
<b>Heat 2 of 2 Prelims</b>			
1	97 Sayers, Patrina	Central Algoma	1:10.34
2	698 Noble, Ashlyn	St. Mary's Colle	1:07.07
3	590 Popp, Chloe	Scollard Hal	1:04.64
4	388 Pineau, Lauren	Lockerby	1:05.43
5	606 Kero, Karly	SBCSS-Sudbury	1:05.43
6	466 Balfe, Annie	Manitoulin S	1:07.28
7	557 Craft, Carys	Scollard Hal	1:17.21
8			

**Event 70 Men 400 Meter Dash Senior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/31/2023 - 5:10 PM**

NOSSA: 49.83 5/25/2011 Brandon Shirk  
 OFSAA: 45.71 6/7/2019 Myles Misener Daley

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	681 Juma, Kiran	St. Mary's Colle	57.61
2	121 Lampkin, Mike	Chippewa Sec	56.29
3	425 Joiner, Russell	LEPSS-Sudbury	56.62
4	693 McAuley, Callum	St. Mary's Colle	55.24
5	244 Ricker, Theo	Espanola	59.25
6	329 Hodgins, Christian	LSS-Sudbury	55.11
7	184 Parsons, Owen	Elliot Lake	58.47
8	8 Breadmore, Brody	Algonquin -	1:00.89
<b>Heat 2 of 2 Prelims</b>			
1	492 Wilkin, Alan	Manitoulin S	55.56
2	456 Smith, Ben	LEPSS-Sudbury	57.53
3	641 McGee, Nicholas	SCC-Sudbury	55.93
4	746 Rains, Grant	SHCVS	56.92
5	709 Wardell, Harley	St. Mary's Colle	59.21
6	432 Lacroix, Liam	LEPSS-Sudbury	52.12
7	123 Pradeepan, Shyam	Chippewa Sec	1:07.15
8	24 McDonald, Maxime	Algonquin -	1:02.41

**Event 71 Women 800 Meter Run Senior****Thursday 6/1/2023 - 12:20 PM**

NOSSA: 2:18.15 5/28/2015 Lydia Heimonen  
 OFSAA: 2:05.94 1984 Elise Braithwaite

Lane	Name	School	Seed Time
<b>Section 1 of 4 Finals</b>			
1A	715 Grenier, Charlotte	SSS-Sudbury	2:46.72
2A	608 LePage, Georgia	SBCSS-Sudbury	2:33.85
3A	590 Popp, Chloe	Scollard Hal	2:45.16
4A	469 Bridgeman, Delaney	Manitoulin S	2:50.24
<b>Section 2 of 4 Finals</b>			
1A	624 Fukushima, Minori	SCC-Sudbury	2:40.75
2A			
3A	289 Lafrance, Lucy	Korah C V S	2:39.07
4A	604 De Poli, Katelyn	SBCSS-Sudbury	2:36.17
<b>Section 3 of 4 Finals</b>			
1A	752 Schoahs, Helena	SHCVS	2:56.09
2A	481 Green, Mackenzie	Manitoulin S	2:43.00
3A	100 Smith, Fischer	Central Algoma	2:49.00
4A			
<b>Section 4 of 4 Finals</b>			
1A	388 Pineau, Lauren	Lockerby	2:33.88
2A	662 Carbone, Tori	St. Mary's Colle	2:41.99
3A	304 Pelletier, Madison	Korah C V S	2:44.75
4A			

**Event 72 Men 800 Meter Run Senior****Thursday 6/1/2023 - 12:50 PM**

NOSSA: 1:56.72 5/26/2016 Brendan Costello  
 OFSAA: 1:48.26 2007 Andrew Heaney

Lane	Name	School	Seed Time
<b>Section 1 of 4 Finals</b>			
1A	681 Juma, Kiran	St. Mary's Colle	2:20.08
2A	252 Rousseau, Justin	Franco-Cité	2:35.80
3A	425 Joiner, Russell	LEPSS-Sudbury	2:15.93
4A	428 Kuhlberg, Nolan	LEPSS-Sudbury	2:08.22
<b>Section 2 of 4 Finals</b>			
1A	492 Wilkin, Alan	Manitoulin S	2:17.65
2A	811 Devries, Alder	White Pines	2:18.72
3A	743 Missere, Noah	SHCVS	2:28.27
4A	70 Byman, Micah	Central Algoma	2:12.50
<b>Section 3 of 4 Finals</b>			
1A	613 Petroski, Jonas	SBCSS-Sudbury	2:18.41
2A	24 McDonald, Maxime	Algonquin -	2:42.65
3A	432 Lacroix, Liam	LEPSS-Sudbury	2:05.88
4A			
<b>Section 4 of 4 Finals</b>			
1A	594 Scott, Preston	Scollard Hal	2:27.20
2A	107 Campbell, Shayden	CVDCS-Chelmsfo	2:13.68
3A	488 Pennie, Brodie	Manitoulin S	2:05.60
4A			

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**Event 73 Women 1500 Meter Run Senior****Wednesday 5/31/2023 - 5:40 PM**

NOSSA: 4:52.07 5/29/2008 Emma Tallman  
 OFSAA: 4:21.72 6/2/2017 Laura Parkinson

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	827 Stewart, Callaway	White Pines	7:44.16
2	711 Withers-Cott, Sydney	St. Mary's Colle	6:11.05
3	792 Lyons, Hannah	West Ferris	6:13.03
4	483 Kasunich, Maren	Manitoulin S	5:14.00
5	752 Schoahs, Helena	SHCVS	6:13.83
6	251 Pilon, Michelle	Franco-Cité	5:44.79
7	481 Green, Mackenzie	Manitoulin S	5:33.00
8	715 Grenier, Charlotte	SSS-Sudbury	5:33.51
9	604 De Poli, Katelyn	SBCSS-Sudbury	5:21.89
10	591 Redmond, Sydnee	Scollard Hal	7:08.96
11	179 Goymer, Rhianna	Elliot Lake	5:42.00
12	377 Jones, Bay	Lockerby	5:48.52
13	441 Mckague, Isabel	LEPSS-Sudbury	6:03.44
14	608 LePage, Georgia	SBCSS-Sudbury	5:10.77
15	289 Lafrance, Lucy	Korah C V S	5:49.88
16			

**Event 74 Men 1500 Meter Run Senior****Wednesday 5/31/2023 - 6:40 PM**

NOSSA: 3:57.05 5/27/2010 Ross Proudfoot  
 OFSAA: 3:42.33 1993 Kevin Sullivan

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	339 Sutton, Caden	LSS-Sudbury	4:55.05
2	825 Pine, Grayson	White Pines	5:31.50
3	104 Warwick, Kenny	Central Algoma	5:11.00
4	451 Rice, Sam	LEPSS-Sudbury	4:28.07
5	488 Pennie, Brodie	Manitoulin S	4:16.06
6	107 Campbell, Shayden	CVDCS-Chelmsfo	4:37.01
7	119 Hora, David	Chippewa Sec	5:21.16
8	428 Kuhlberg, Nolan	LEPSS-Sudbury	4:25.58
9	9 Brochu, Miguel	Algonquin -	5:05.27
10	277 Garson, Dylan	Korah C V S	5:03.71
11	252 Rousseau, Justin	Franco-Cité	5:13.55
12	390 Roney, Owen	Lockerby	4:53.68
13	743 Missere, Noah	SHCVS	5:17.93
14	594 Scott, Preston	Scollard Hal	4:59.11
15	769 McLean, Jackson	Eaket WC	5:38.00
16	819 Kirk, David	White Pines	5:10.78

**Event 75 Women 3000 Meter Run Senior****Thursday 6/1/2023 - 10:00 AM**

NOSSA: 10:40.92 5/30/2013 Emily Marcolini  
 OFSAA: 9:21.63 6/9/2018 Jocelyn Chau

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	179 Goymer, Rhianna	Elliot Lake	12:06.30
2	481 Green, Mackenzie	Manitoulin S	12:05.09
3	792 Lyons, Hannah	West Ferris	13:31.03
4	608 LePage, Georgia	SBCSS-Sudbury	11:55.48
5	349 Kruger, Indigo	Lively	12:09.24
6	251 Pilon, Michelle	Franco-Cité	12:34.03
7	483 Kasunich, Maren	Manitoulin S	11:07.00
8	715 Grenier, Charlotte	SSS-Sudbury	12:05.56
9	281 Haas, Ella	Korah C V S	13:02.08
10			
11			
12			
13			
14			
15			
16			

**Event 76 Men 3000 Meter Run Senior****Thursday 6/1/2023 - 10:15 AM**

NOSSA: 8:36.62 5/28/2010 Ross Proudfoot  
 OFSAA: 8:00.2h 1987 Greg Anderson

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	84 Lawrence, Ethan	Central Algoma	10:55.00
2	658 Zegara, Renato	SCC-Sudbury	10:52.44
3	818 Hutchens, Damien	White Pines	12:21.10
4	119 Hora, David	Chippewa Sec	13:25.63
5	390 Roney, Owen	Lockerby	10:49.15
6	82 Kirby, Isaac	Central Algoma	12:01.00
7	360 Binks, Liam	Lockerby	9:52.90
8	277 Garson, Dylan	Korah C V S	10:37.29
9	488 Pennie, Brodie	Manitoulin S	9:35.00
10	665 DiCerbo, Marcus	St. Mary's Colle	12:15.97
11	451 Rice, Sam	LEPSS-Sudbury	9:33.55
12	812 Devries, Linden	White Pines	10:39.93
13	463 Ward, Kaeden	LEPSS-Sudbury	9:29.47
14			
15			
16			

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**Event 77 Women 100 Meter Hurdles Senior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/31/2023 - 3:40 PM**

NOSSA: 14.30 5/31/2007 Natasia SanCartier  
 OFSAA: 13.33 6/3/2016 Kiera Christie-Galloway

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1	739 Marcil-Kyle, Anika	SHCVS	18.07
2	497 Guse, Tara	Marymount Acade	19.17
3	688 Laming, Keira	St. Mary's Colle	17.72
4	230 Hawkins, Faith	Espanola	20.70
5	96 Roe, Kayleigh	Central Algoma	19.90
6	15 Humphrey, Kloe	Algonquin -	19.68
7	414 Gibeault, Brooke	LEPSS-Sudbury	18.38
8	197 Hinich, Olivia	ESLH-Val Caron	18.64

**Heat 2 of 2 Prelims**

1	144 Wilson, Georgia	CSS - Val Caron	17.60
2	690 Magli, Peyton	St. Mary's Colle	18.26
3	395 Uguccione, Elizabeth	Lockerby	19.14
4	11 Dumouchel, Melina	Algonquin -	21.30
5	93 Parker, Kaitlyn	Central Algoma	19.05
6	16 Humphrey, Reanna	Algonquin -	20.02
7	562 Dale, Samantha	Scollard Hal	20.06
8	280 Glavota, Matea	Korah C V S	18.32

**Event 78 Men 110 Meter Hurdles Senior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/31/2023 - 3:00 PM**

NOSSA: 14.00 5/31/2007 Jamie Stamler  
 OFSAA: 13.33 2010 Gregory MacNeill

Lane	Name	School	Seed Time
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**Heat 1 of 2 Prelims**

1			
2	375 Igbinoba, Emmanuel	Lockerby	19.96
3	13 Fisher, Alexandre	Algonquin -	23.02
4	52 Mackey, Joshua	BACCSS-Hanmer	20.51
5	172 Guignon, Burt	Elisabeth-Br	21.80
6	221 Lalonde, Caleb	ESCC-Chelmsford	17.23
7	462 Vrbanic, Luke	LEPSS-Sudbury	16.76
8			

**Heat 2 of 2 Prelims**

1	4 Beaudet, Marc-André	Algonquin -	21.18
2	80 Kehoe, Isaiah	Central Algoma	18.10
3	730 Germain, Nicholas	SHCVS	24.62
4	709 Wardell, Harley	St. Mary's Colle	19.74
5	37 Tooley, Quinn	Algonquin -	20.92
6	412 Fabbro, Caden	LEPSS-Sudbury	16.76
7	775 Workman, Brendan	Eaket WC	26.35
8			

**Event 79 Women 400 Meter Hurdles Senior****Thursday 6/1/2023 - 1:50 PM**

NOSSA: 1:05.44 5/26/2011 Alannah MacLean  
 OFSAA: 58.38 6/7/2014 Mariam Abdul-Rashid

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

**Section 1 of 2 Finals**

1			
2			
3	562 Dale, Samantha	Scollard Hal	1:23.21
4	239 Noble, Amelia	Espanola	1:27.40
5	274 Elliott, Grace	Korah C V S	1:26.00
6			
7			
8			

**Section 2 of 2 Finals**

1	273 Elliott, Delaney	Korah C V S	1:20.10
2	497 Guse, Tara	Marymount Acade	1:15.54
3	366 Diavolitsis, Alissa	Lockerby	1:19.80
4	406 Cuza, Finlay	LEPSS-Sudbury	1:15.45
5	395 Uguccione, Elizabeth	Lockerby	1:21.41
6	205 Nordquist, Allison	ESLH-Val Caron	1:20.14
7	100 Smith, Fischer	Central Algoma	1:19.72
8			

**Event 80 Men 400 Meter Hurdles Senior****Thursday 6/1/2023 - 2:20 PM**

NOSSA: 57.76 5/29/2019 Liam Morassut  
 OFSAA: 51.68 1985 Phillip Hughes

Lane	Name	School	Seed Time
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**Section 1 of 2 Finals**

1			
2			
3	337 Radey, Hayden	LSS-Sudbury	1:14.47
4	667 Doucette, Carter	St. Mary's Colle	1:14.34
5	830 Wyslocky, Rowan	White Pines	1:25.40
6			
7			
8			

**Section 2 of 2 Finals**

1			
2	92 Moss, Tait	Central Algoma	1:08.75
3	233 Jacques, Micah	Espanola	1:06.25
4	408 Dobson, Owen	LEPSS-Sudbury	1:06.03
5	540 Munch, Christian	CND - Sudbury	1:04.23
6	402 Barney, Jacob	LEPSS-Sudbury	1:02.53
7	356 Baron, Callum	Lockerby	1:08.73
8	709 Wardell, Harley	St. Mary's Colle	1:10.24

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**Event 81 Women High Jump Senior****Wednesday 5/31/2023 - 3:00 PM****Starting height: 1.05m**

NOSSA: 1.67m 5/24/2017 Caliegh Porter  
 OFSAA: 1.88m 1979 Julie White

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	393 Sullivan, Maeva	Lockerby	1.48m
2	482 Green, Morgan	Manitoulin S	1.40m
3	11 Dumouchel, Melina	Algonquin -	1.20m
4	354 Vildis, Jordyn	Lively	1.35m
5	671 Edgar, Emily	St. Mary's Colle	1.35m
6	232 Jacques, Isabella	Espanola	1.25m
7	575 Hind, Emily	Scollard Hal	1.15m
8	617 Spicer, Grace	SBCSS-Sudbury	1.41m
9	58 Pardy, CJ	BACCSS-Hanmer	1.30m
10	421 Herold, Charlie	LEPSS-Sudbury	1.35m
11	725 Erkkila, Eden	SHCVS	1.40m
12	518 Goulard, Ella	Northern - N	1.10m
13	688 Laming, Keira	St. Mary's Colle	1.53m
14	201 Lemaire, Kayley	ESLH-Val Caron	1.30m
15	235 Ligi, Kameryn	Espanola	1.30m
16			

**Event 82 Men High Jump Senior****Wednesday 5/31/2023 - 5:00 PM****Starting height: 1.50m**

NOSSA: 1.97m 5/25/2016 Ryley Bene  
 OFSAA: 2.24m 1998 Michael Ponikvar

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	221 Lalonde, Caleb	ESCC-Chelmsford	1.65m
2	23 McDonald, Logan	Algonquin -	1.75m
3	707 Vecchio, Nikolas	St. Mary's Colle	1.65m
4	530 Gionet, Dominic	CND - Sudbury	1.70m
5	746 Rains, Grant	SHCVS	1.72m
6	477 Deschenes, Davin	Manitoulin S	1.65m
7	222 LeBlanc, Zacharie	ESCC-Chelmsford	1.70m
8	174 Rimes, Braxton	Elisabeth-Br	1.60m
9	370 Graffi, Luca	Lockerby	1.75m
10	540 Munch, Christian	CND - Sudbury	1.70m
11	233 Jacques, Micah	Espanola	1.55m
12	269 Cowan, Jaiden	Korah C V S	1.60m
13	521 Tremblay, Noah	Northern - N	1.60m
14	705 Trudeau, Jaidan	St. Mary's Colle	1.70m
15	125 Sefton, Thomas	Chippewa Sec	1.73m
16			

**Event 83 Women Pole Vault Senior****Wednesday 5/31/2023 - 5:30 PM****Starting height: 1.73m**

15cm increments until 3 remain

10cm increments until 1 remains

Minimum 2cm increment for last jumper

NOSSA: 3.35m 5/25/2011 Sarah Swain  
 OFSAA: 4.06m 6/8/2012 Alysha Newman

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	357 Beljo, Kaja	Lockerby	1.93m
2	383 Managhan, Abby	Lockerby	1.78m
3	590 Popp, Chloe	Scollard Hal	2.10m
4	364 Coe, Sydney	Lockerby	2.26m
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

**Event 84 Men Pole Vault Senior****Wednesday 5/31/2023 - 2:00 PM****Starting height: 1.75m**

15 cm increments until 3 remain

10 cm increments until 1 remains

Minimum 2 cm increment for last jumper

NOSSA: 4.10m 5/28/2010 Erik Faucon  
 OFSAA: 4.87m 1984 Rob Lindsay

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	391 Rubinstein, Yaron	Lockerby	1.96m
2	369 Farrell, Joe	Lockerby	1.80m
3	370 Graffi, Luca	Lockerby	2.16m
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

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**Event 85 Women Long Jump Senior****Thursday 6/1/2023 - 1:00 PM**

NOSSA: 5.72m 5/28/2010 Caroline Ehrhardt  
 OFSAA: 6.16m 1986 Keron Hamilton

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	414 Gibeault, Brooke	LEPSS-Sudbury	4.78m
2	393 Sullivan, Maeva	Lockerby	4.90m
3	38 Tripodi, Tessa	Algonquin -	4.71m
4	713 Beange, Grace	SSS-Sudbury	4.62m
5	280 Glavota, Matea	Korah C V S	4.21m
6	671 Edgar, Emily	St. Mary's Colle	4.42m
7	15 Humphrey, Kloe	Algonquin -	4.42m
8	422 Ietswaard, Jennifer	LEPSS-Sudbury	4.49m
9	77 Herrington, Makayla	Central Algoma	3.97m
10	479 Eshkawkogan, Saraya	Manitoulin S	4.17m
11	676 Gavey, Elizabeth	St. Mary's Colle	4.47m
12	796 Robinson, Jelicia	West Ferris	4.42m
13	60 Remillard, Aimie	BACCSS-Hanmer	4.54m
14	668 Drover, Sydney	St. Mary's Colle	4.07m
15	103 Thomas, Samantha	Central Algoma	4.50m
16	787 Henderson, Alyx	West Ferris	4.36m

**Event 86 Men Long Jump Senior****Thursday 6/1/2023 - 3:00 PM**

NOSSA: 6.67m 5/29/2019 Kurtis Wennerstrom  
 OFSAA: 7.73m 2010 Taylor Stewart

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	330 MacKey, Curtis	LSS-Sudbury	5.59m
2	125 Sefton, Thomas	Chippewa Sec	5.75m
3	263 Carbone, Ethan	Korah C V S	5.34m
4	564 Faraci, Peter	Scollard Hal	5.14m
5	1 Amyotte, Joshua	Algonquin -	5.10m
6	174 Rimes, Braxton	Elisabeth-Br	5.63m
7	530 Gionet, Dominic	CND - Sudbury	5.77m
8	477 Deschenes, Davin	Manitoulin S	4.95m
9	661 Cameron, Ben	St. Mary's Colle	4.96m
10	148 Gray, Liam	La Renaissance	4.88m
11	705 Trudeau, Jaidan	St. Mary's Colle	5.61m
12	340 Abel, Evan	Lively	5.75m
13	371 Hayes, Jake	Lockerby	5.97m
14	163 Plante, Jesse	ESMC	5.63m
15	184 Parsons, Owen	Elliot Lake	4.98m
16	257 Barbeau, Cole	Korah C V S	4.63m

**Event 87 Women Triple Jump Senior****Thursday 6/1/2023 - 9:00 AM**

NOSSA: 12.40m 5/29/2009 Caroline Ehrhardt  
 OFSAA: 13.06m 6/7/2019 Mahalia Mitchell

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	144 Wilson, Georgia	CSS - Val Caron	9.85m
2	513 Valle, Daniella	Marymount Acade	8.98m
3	596 Thomas, Isabelle	Scollard Hal	7.64m
4	587 Moore, Sara	Scollard Hal	7.81m
5	315 Tull, Katelyn	Korah C V S	10.26m
6	357 Beljo, Kaja	Lockerby	9.07m
7	466 Balfe, Annie	Manitoulin S	9.70m
8	725 Erkkila, Eden	SHCVS	9.24m
9	103 Thomas, Samantha	Central Algoma	9.59m
10	566 Gaudreau, Paige	Scollard Hal	7.25m
11	796 Robinson, Jelicia	West Ferris	10.39m
12	479 Eshkawkogan, Saraya	Manitoulin S	9.20m
13	60 Remillard, Aimie	BACCSS-Hanmer	9.67m
14	668 Drover, Sydney	St. Mary's Colle	9.61m
15	422 Ietswaard, Jennifer	LEPSS-Sudbury	9.73m
16			

**Event 88 Men Triple Jump Senior****Thursday 6/1/2023 - 11:00 AM**

NOSSA: 14.08m 5/28/2015 Jacob Cruise  
 OFSAA: 15.76m 1982 George Wright

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	184 Parsons, Owen	Elliot Lake	10.59m
2	345 Ducharme, Bosco	Lively	11.49m
3	776 Yan, Haowen	Eaket WC	10.16m
4	477 Deschenes, Davin	Manitoulin S	10.41m
5	750 Rumiel, Ray	SHCVS	10.89m
6	23 Mcdonald, Logan	Algonquin -	10.88m
7	169 Murphy, Hayden	École second	10.19m
8	356 Baron, Callum	Lockerby	10.65m
9	732 Greco, Tyler	SHCVS	11.13m
10	707 Vecchio, Nikolas	St. Mary's Colle	11.54m
11	4 Beaudet, Marc-André	Algonquin -	10.15m
12	125 Sefton, Thomas	Chippewa Sec	11.40m
13	340 Abel, Evan	Lively	11.23m
14	263 Carbone, Ethan	Korah C V S	11.73m
15	322 Asare-Corbiere, Syllas	LSS-Sudbury	11.92m
16	371 Hayes, Jake	Lockerby	11.40m

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**Event 89 Women Shot Put Senior****Thursday 6/1/2023 - 3:00 PM**

NOSSA: 12.49m 5/26/2016 Emily Good

OFSAA: 15.24m 6/9/2018 Trinity Tutti

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	517 Frederick, Sara	Northern - N	8.20m
2	695 McDonald, Sienna	St. Mary's Colle	8.41m
3	18 Labonté-Giroux, Samina	Algonquin -	8.13m
4	154 Ramsay, Camryn	La Renaissance	7.22m
5	826 Pine, Lexi	White Pines	8.95m
6	348 Kennedy, Paige	Lively	8.42m
7	454 Shanks, Kendra	LEPSS-Sudbury	8.82m
8	273 Elliott, Delaney	Korah C V S	7.60m
9	226 Brohart, Hope	Espanola	9.01m
10	19 Lachance, Ava	Algonquin -	7.60m
11	558 Crewson, Abbie	Scollard Hal	9.52m
12	308 Sawchyn, Lilliana	Korah C V S	7.84m
13	414 Gibeault, Brooke	LEPSS-Sudbury	9.30m
14	209 Rinaldi, Chloe	ESLH-Val Caron	9.00m
15	73 Cooke, Darcy	Central Algoma	7.48m
16	410 Dulaney, Charlie	LEPSS-Sudbury	9.03m

**Event 90 Men Shot Put Senior****Thursday 6/1/2023 - 1:00 PM**

NOSSA: 14.93m 2004 Dan Kennedy-Sir James Dunn

OFSAA: 20.09m 2005 Mike Barnes

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	757 Whitfield-Hurley, Easton	SHCVS	11.00m
2	110 Bradley, Grayson	Chippewa Sec	11.32m
3	159 Bissonnette, Matteo	ESMC	10.88m
4	634 Lavallee, Rory	SCC-Sudbury	9.92m
5	88 McIntee, Isaiah	Central Algoma	9.97m
6	311 Thibideau, Kaylob	Korah C V S	10.47m
7	33 Pannell, Samuel	Algonquin -	11.70m
8	823 Mioduszewski, Noah	White Pines	10.25m
9	666 DiValentin, Noah	St. Mary's Colle	11.61m
10	219 Bradley, Eric	ESCC-Chelmsford	9.92m
11	246 Shipton, Tyler	Espanola	9.77m
12	351 MacDonald, Owen	Lively	12.73m
13	34 Rickard, Logan	Algonquin -	9.91m
14	14 Grant, Wyatt	Algonquin -	10.92m
15	459 Teddy, Malcolm	LEPSS-Sudbury	11.13m
16	768 Lees, CJ	Eaket WC	11.18m

**Event 91 Women Discus Throw Senior****Thursday 6/1/2023 - 11:00 AM**

NOSSA: 36.59m 5/26/2016 Emily Good

OFSAA: 52.77m 6/8/2018 Trinity Tutti

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	226 Brohart, Hope	Espanola	27.53m
2	19 Lachance, Ava	Algonquin -	24.71m
3	454 Shanks, Kendra	LEPSS-Sudbury	24.23m
4	348 Kennedy, Paige	Lively	21.13m
5	68 Brisson, Lisa	Central Algoma	24.75m
6	209 Rinaldi, Chloe	ESLH-Val Caron	24.08m
7	295 Luomaranta, Miia	Korah C V S	22.71m
8	36 Sawyer, Katie	Algonquin -	21.44m
9	175 Booth, Emma	Elliot Lake	21.37m
10	28 Michauville, Faith	Algonquin -	27.30m
11	18 Labonté-Giroux, Samina	Algonquin -	22.76m
12	191 Bellefeuille, Kennedy	ESLH-Val Caron	20.02m
13	826 Pine, Lexi	White Pines	21.38m
14	445 Mongeon, Veronica	LEPSS-Sudbury	21.92m
15	287 Kennedy, Chelsea	Korah C V S	24.42m
16	308 Sawchyn, Lilliana	Korah C V S	27.83m

**Event 92 Men Discus Throw Senior****Thursday 6/1/2023 - 9:00 AM**

NOSSA: 44.02m 5/26/2016 Chris Moutsatsos

OFSAA: 62.58m 1995 Jason Tunks

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	532 Kouassi, Kenan Eliel	CND - Sudbury	29.03m
2	823 Mioduszewski, Noah	White Pines	27.04m
3	307 Sawchyn, Ashton	Korah C V S	25.51m
4	34 Rickard, Logan	Algonquin -	27.52m
5	219 Bradley, Eric	ESCC-Chelmsford	26.66m
6	14 Grant, Wyatt	Algonquin -	28.42m
7	109 Wheatley, Noah	CVDCS-Chelmsfo	24.81m
8	472 Case, Aiden	Manitoulin S	25.55m
9	459 Teddy, Malcolm	LEPSS-Sudbury	26.54m
10	813 Fournier, Gabe	White Pines	25.23m
11	88 McIntee, Isaiah	Central Algoma	27.77m
12	759 Wootton, Ethan	SHCVS	27.60m
13	33 Pannell, Samuel	Algonquin -	27.98m
14	246 Shipton, Tyler	Espanola	26.66m
15	528 Gauthier, Alexandre	CND - Sudbury	23.69m
16	111 Bradley, Heath	Chippewa Sec	36.71m



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**Event 93 Women Javelin Throw Senior**

**Wednesday 5/31/2023 - 5:00 PM**

**NOSSA: 42.49m 5/28/2019 Jenna Fleming**  
**OFSAA: 49.48m 1986 Louise Perrault**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	826 Pine, Lexi	White Pines	19.33m
2	26 McLean, Chloé	Algonquin -	24.89m
3	284 Hunter, Jaden	Korah C V S	22.21m
4	274 Elliott, Grace	Korah C V S	25.20m
5	226 Brohart, Hope	Espanola	30.41m
6	186 Patterson, Hanna	Elliot Lake	23.82m
7	35 Roberts, Madison	Algonquin -	22.61m
8	36 Sawyer, Katie	Algonquin -	20.98m
9	28 Michauville, Faith	Algonquin -	23.15m
10	138 Ruddick, Ashley	CSS - Val Caron	30.06m
11	531 Hodak, Hannah	CND - Sudbury	21.68m
12	720 Cartwright, Ffiona	SHCVS	19.03m
13	454 Shanks, Kendra	LEPSS-Sudbury	25.69m
14	336 Radey, Adasyn	LSS-Sudbury	21.33m
15	147 Gardiner, Brinly	La Renaissance	23.62m
16	41 Bertrand, Makayla	BACCSS-Hanmer	21.22m

**Event 94 Men Javelin Throw Senior**

**Wednesday 5/31/2023 - 3:00 PM**

**NOSSA: 55.05m 5/28/2009 Bradley Piper**  
**OFSAA: 71.22m 2000 Trevor Snyder**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	484 Lindner, Colin	Manitoulin S	40.79m
2	343 Campbell, Hugh	Lively	35.45m
3	88 McIntee, Isaiah	Central Algoma	33.51m
4	677 Guzzo, Daniel	St. Mary's Colle	34.38m
5	692 Masse, Cole	St. Mary's Colle	33.37m
6	269 Cowan, Jaiden	Korah C V S	34.50m
7	459 Teddy, Malcolm	LEPSS-Sudbury	39.56m
8	545 Phillips, Alexander	CND - Sudbury	37.53m
9	580 Kotsopoulos, Samuel	Scollard Hal	29.27m
10	34 Rickard, Logan	Algonquin -	32.55m
11	9 Brochu, Miguel	Algonquin -	30.01m
12	729 Gauthier-Long, Daikaden	SHCVS	35.52m
13	515 Crawford, Jacob	Northern - N	31.10m
14	544 Pharand, Alex	CND - Sudbury	35.67m
15	472 Case, Aiden	Manitoulin S	34.79m
16	340 Abel, Evan	Lively	33.86m

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

**Thursday 6/1/2023 - 4:25 PM**

**NOSSA: 51.01 5/26/2016 St. Mary's College S S - nosm**  
**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>			
1			
2			
3	Espanola	A	59.50
	1) #235 Ligi, Kameryn	2) #230 Hawkins, Faith	
	3) #239 Noble, Amelia	4) #232 Jacques, Isabella	
4	La Renaissance	A	1:01.22
	1) #155 Sokoloski, Andi	2) #154 Ramsay, Camryn	
	3) #145 Coughlin, Alexandra	4) #150 Langlois, Lauren	
	5) #149 Laginski, Ali		
5	Algonquin -	A	56.52
	1) #15 Humphrey, Kloe	2) #38 Tripodi, Tessa	
	3) #11 Dumouchel, Melina	4) #16 Humphrey, Reanna	
6	Scollard Hal	A	58.06
	1) #554 Blake, Maeve	2) #557 Craft, Carys	
	3) #562 Dale, Samantha	4) #590 Popp, Chloe	
	5) #597 Walton, Emma	6) #596 Thomas, Isabelle	
7			
8			

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**Section 2 of 2 Finals...(Event 95 Women 4x100 Meter Relay Senior)**

1	ESLH-Val Caron	A	55.02
	1) #195 Dugas, Brooke		2) #211 Winsor, Emily
	3) #208 Ranger, Tessa		4) #197 Hinich, Olivia
2	Central Algoma	A	54.84
	1) #96 Roe, Kayleigh		2) #93 Parker, Kaitlyn
	3) #78 Jeffery, Brooke		4) #103 Thomas, Samantha
	5) #100 Smith, Fischer		
3	SCC-Sudbury	A	54.78
	1) #646 Ogunleye, Victory		2) #624 Fukushima, Minori
	3) #630 Jacques, Katelynn		4) #636 Legace, Ayla
	5) #637 MacNeill, Erika		6) #643 Moore, Martina
4	LEPSS-Sudbury	A	52.73
	1) #453 Schmidt, Claire		2) #410 Dulaney, Charlie
	3) #404 Chateauvert, Emma		4) #398 Arnold, Julia
	5) #414 Gibeault, Brooke		6) #406 Cuza, Finlay
5	St. Mary's Colle	A	55.32
	1) #698 Noble, Ashlyn		2) #690 Magli, Peyton
	3) #685 Kurylo, Kloe		4) #682 Killoran, Berlyn
6	BACSSS-Hammer	A	53.40
	1) #43 Caissie, Ella		2) #41 Bertrand, Makayla
	3) #42 Boyuk, Sierra		4) #60 Remillard, Aimie
	5) #51 Levesque, Ashley		
7	Korah C V S	A	54.91
	1) #274 Elliott, Grace		2) #283 Howe, Haley
	3) #280 Glavota, Matea		4) #315 Tull, Katelyn
8	Lockerby	A	55.93
	1) #383 Managhan, Abby		2) #393 Sullivan, Maeva
	3) #366 Diavolitsis, Alissa		4) #395 Uguccioni, Elizabeth

**Event 96 Men 4x100 Meter Relay Senior**

**Thursday 6/1/2023 - 4:40 PM**

**NOSSA: 44.28 2004 St Mary's**  
**OFSAA: 41.20 6/3/2016 Father Henry Carr - Rexdale**  
**V Husbands, A Hector, T Fearon, K Stewart-Baynes**

<b>Lane</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
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**Section 1 of 2 Finals**

1			
2	Eaket WC	A	52.12
	1) #768 Lees, CJ		2) #765 Debassige, Alex
	3) #770 Mitchell, Theo		4) #776 Yan, Haowen
	5) #769 McLean, Jackson		
3	SHCVS	A	49.85
	1) #724 DesChene, Brady		2) #750 Rumiell, Ray
	3) #732 Greco, Tyler		4) #746 Rains, Grant
4	Espanola	A	49.69
	1) #233 Jacques, Micah		2) #231 Houle, Regan
	3) #242 Prior, Cooper		4) #244 Ricker, Theo
	5) #245 Ritchie, Matthew		
5	Central Algoma	A	49.85
	1) #80 Kehoe, Isaiah		2) #94 Quennville, Tyler
	3) #106 Young, Ashton		4) #88 McIntee, Isaiah
	5) #85 McAulay, Cole		
6	Elisabeth-Br	A	51.38
	1) #172 Guignon, Burt		2) #173 Guignon, Kurt
	3) #171 Gaudet, Xavier		4) #174 Rimes, Braxton
7			
8			

## NOSSA 2023

## Track and Field Championships

## Laurentian Community Track Complex - 5/31/2023 to 6/1/2023

## Meet Program

## Section 2 of 2 Finals...(Event 96 Men 4x100 Meter Relay Senior)

1	ESLH-Val Caron	A	49.61
	1) #202 Merigioli, Dylan	2) #210 Vaillancourt, Zackary	
	3) #200 Leduc, Nicolas	4) #192 Bianconi, Luca	
2	Algonquin -	B	49.23
	1) #1 Amyotte, Joshua	2) #23 Mcdonald, Logan	
	3) #13 Fisher, Alexandre	4) #37 Tooley, Quinn	
	5) #31 Orlowski, Liam		
3	LEPSS-Sudbury	A	45.87
	1) #457 Sola, Steven	2) #426 Kim, Josh	
	3) #402 Barney, Jacob	4) #412 Fabbro, Caden	
	5) #462 Vrbanic, Luke	6) #442 McKague, Simon	
4	Chippewa Sec	A	46.64
	1) #126 Sinclair, Nate	2) #113 Carruthers, Liam	
	3) #125 Sefton, Thomas	4) #121 Lampkin, Mike	
	5) #123 Pradeepan, Shyam		
5	LSS-Sudbury	A	46.87
	1) #334 McKay, Josh	2) #335 Pawluck, Owen	
	3) #322 Asare-Corbiere, Sylas	4) #327 Fiacconi-Thompson, Tyler	
	5) #329 Hodgins, Christian	6) #337 Radey, Hayden	
	7) #321 Allen, Zidain		
6	St. Mary's Colle	A	47.55
	1) #702 Spadafora, Alexander	2) #700 Posteraro, Ryan	
	3) #677 Guzzo, Daniel	4) #693 McAuley, Callum	
7	CND - Sudbury	A	46.99
	1) #544 Pharand, Alex	2) #533 Labelle-Abbott, Jake	
	3) #540 Munch, Christian	4) #536 MacIntyre, Logan	
	5) #541 N'guessan, Arnold		
8	SCC-Sudbury	A	47.50
	1) #621 Bauer, Cameron	2) #633 Lamothe, Ethan	
	3) #654 Signorile, Nicholas	4) #629 Hobson, Liam	
	5) #642 Molyneaux, Cooper	6) #645 Niquet, Carter	

## Event 97 Women 2000 Meter Steeplechase Open

## Wednesday 5/31/2023 - 3:00 PM

NOSSA: 5:16.84 5/25/2016 Erin Hansel

OFSAA: 6:52.19 6/3/2022 Elizabeth Vroom

Lane	Name	School	Seed Time
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## Section 1 of 1 Finals

1	182 McGonegal, Reilly	Elliot Lake	9:01.00
2	551 Tremblay, Madeleine	CND - Sudbury	10:02.42
3	500 Kingshott, Tia	Marymount Acade	10:42.17
4	124 Robertson, Molly	Chippewa Sec	8:44.29
5	509 Serafini, Gabby	Marymount Acade	10:51.08
6	357 Beljo, Kaja	Lockerby	9:43.38
7	179 Goymer, Rhianna	Elliot Lake	8:27.00
8	377 Jones, Bay	Lockerby	9:04.99
9	483 Kasunich, Maren	Manitoulin S	7:22.00
10			
11			
12			
13			
14			
15			
16			

## Event 98 Men 2000 Meter Steeplechase Open

## Wednesday 5/31/2023 - 3:10 PM

NOSSA: 5:54.20 5/29/2013 Graham Hansel

OFSAA: 5:37.76 1982 Alain Boucher

Lane	Name	School	Seed Time
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## Section 1 of 1 Finals

1	812 Devries, Linden	White Pines	7:51.18
2	245 Ritchie, Matthew	Espanola	8:18.66
3	665 DiCerbo, Marcus	St. Mary's Colle	8:29.37
4	651 Rosener, Blake	SCC-Sudbury	7:42.49
5	119 Hora, David	Chippewa Sec	8:06.99
6	451 Rice, Sam	LEPSS-Sudbury	6:48.26
7	485 Mara, Xavi	Manitoulin S	7:31.47
8	390 Roney, Owen	Lockerby	7:39.91
9	463 Ward, Kaeden	LEPSS-Sudbury	6:47.03
10	818 Hutchens, Damien	White Pines	8:50.85
11	70 Byman, Micah	Central Algoma	6:58.62
12	360 Binks, Liam	Lockerby	6:50.31
13	800 Shore, Ryan	West Ferris	8:53.60
14	687 Lamming, Joshua	St. Mary's Colle	8:36.52
15			
16			

**NOSSA 2023**  
**Track and Field Championships**  
**Laurentian Community Track Complex - 5/31/2023 to 6/1/2023**  
**Meet Program**

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

**Thursday 6/1/2023 - 5:00 PM**

**NOSSA: 4:10.93 5/29/2014 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	Seed Time
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**Section 1 of 2 Finals**

1			
2			
3	Scollard Hal	A	4:49.35
	1) #589 Popp, Carlie	2) #590 Popp, Chloe	
	3) #554 Blake, Maeve	4) #570 Gignac, Hannah	
	5) #595 Siebert, Paetyn	6) #555 Caverly, Ava	
4	BACCSS-Hammer	A	4:45.84
	1) #66 Williamson, Reese	2) #39 Balfe, Myra	
	3) #51 Levesque, Ashley	4) #53 Macleod, Tyla	
	5) #57 Paradis, Jade		
5	Korah C V S	A	4:46.04
	1) #304 Pelletier, Madison	2) #315 Tull, Katelyn	
	3) #289 Lafrance, Lucy	4) #283 Howe, Haley	

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7  
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**Section 2 of 2 Finals**

1	Manitoulin S	A	4:39.09
	1) #482 Green, Morgan	2) #469 Bridgeman, Delaney	
	3) #481 Green, Mackenzie	4) #466 Balfe, Annie	
	5) #475 Corbiere, Ava		
2	SBCSS-Sudbury	A	4:38.59
	1) #606 Kero, Karly	2) #604 De Poli, Katelyn	
	3) #608 LePage, Georgia	4) #612 Petroski, Aria	
	5) #617 Spicer, Grace		
3	Marymount Academ	A	4:19.42
	1) #497 Guse, Tara	2) #496 Cecon, Barbara	
	3) #510 Smania, Janessa	4) #506 Salmaso, Lucia	
	5) #502 Massimiliano, Mya	6) #504 Polischuk, Katie	
4	LEPSS-Sudbury	A	4:24.56
	1) #429 Kulik, Milena	2) #407 Dale, Gracie	
	3) #406 Cuza, Finlay	4) #455 Skrobot, Sidney	
	5) #403 Bignucolo, Lily	6) #458 Syncox, Amanda	
5	St. Mary's Colle	A	4:39.07
	1) #698 Noble, Ashlyn	2) #688 Laming, Keira	
	3) #704 Toms, Tru	4) #680 Jaremko, Abigail	
6	Central Algoma	A	4:39.19
	1) #71 Campbell, Julia	2) #100 Smith, Fischer	
	3) #79 Karhi, Ella	4) #91 Morrison, Casey	
	5) #95 Reed, Riley		
7	Lockerby	A	4:44.90
	1) #388 Pineau, Lauren	2) #377 Jones, Bay	
	3) #367 Diavolitsis, Misaki	4) #366 Diavolitsis, Alissa	

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

**Thursday 6/1/2023 - 5:15 PM**

**NOSSA: 3:30.73 5/26/2016 Espanola H S**

**L Emiry, C Lafrance, J Leale, M Leale**

**OFSAA: 3:10.8h 1987 Central Technical School**

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

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

1			
2	Korah C V S	A	4:04.27
	1) #305 Real, Brady	2) #277 Garson, Dylan	
	3) #260 Bell, Coulson	4) #282 Higham, Nathan	
3	Chippewa Sec	A	4:02.81
	1) #126 Sinclair, Nate	2) #113 Carruthers, Liam	
	3) #121 Lampkin, Mike	4) #123 Pradeepan, Shyam	
4	Espanola	A	4:02.06
	1) #231 Houle, Regan	2) #233 Jacques, Micah	
	3) #244 Ricker, Theo	4) #245 Ritchie, Matthew	
	5) #243 Renaud, Michael		
5	Scollard Hal	A	4:03.16
	1) #560 Culin, Jackson	2) #594 Scott, Preston	
	3) #553 Bertoncello, Brennan	4) #585 Michenko, Kayden	
	5) #569 Giddens, Liam	6) #567 Gauthier, Mathew	
6	Central Algoma	A	4:07.53
	1) #92 Moss, Tait	2) #104 Warwick, Kenny	
	3) #82 Kirby, Isaac	4) #76 Finlayson, Austin	
	5) #102 Stewart, Gabe		
7	Algonquin -	A	4:10.73
	1) #8 Breadmore, Brody	2) #24 McDonald, Maxime	
	3) #9 Brochu, Miguel	4) #21 Landriaul, Tristan	

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**NOSSA 2023**  
**Track and Field Championships**  
**Laurentian Community Track Complex - 5/31/2023 to 6/1/2023**  
**Meet Program**

**Section 2 of 2 Finals...(Event 100 Men 4x400 Meter Relay Open)**

1	SCC-Sudbury	A	3:59.88
	1) #647 Pitawanakwat, Ashton	2) #653 Schnarr, Austin	
	3) #641 McGee, Nicholas	4) #655 Urso, Adam	
	5) #626 Gouchie, Joseph	6) #642 Molyneaux, Cooper	
2	CND - Sudbury	A	3:55.52
	1) #544 Pharand, Alex	2) #540 Munch, Christian	
	3) #541 N`guessan, Arnold	4) #536 MacIntyre, Logan	
	5) #523 Bechard, Nicholas	6) #533 Labelle-Abbott, Jake	
3	LSS-Sudbury	A	3:52.00
	1) #329 Hodgins, Christian	2) #338 Radey, Nathan	
	3) #334 McKay, Josh	4) #337 Radey, Hayden	
	5) #339 Sutton, Caden	6) #324 Bain, Graydon	
4	LEPSS-Sudbury	A	3:43.24
	1) #463 Ward, Kaeden	2) #432 Lacroix, Liam	
	3) #428 Kuhlberg, Nolan	4) #425 Joiner, Russell	
	5) #456 Smith, Ben	6) #408 Dobson, Owen	
5	SBCSS-Sudbury	A	3:53.00
	1) #614 Rinaldi, Thomas	2) #613 Petroski, Jonas	
	3) #619 Thiessen, Drake	4) #609 Makela, Egan	
	5) #611 Nelson, Dylan	6) #610 Mead, Caleb	
6	West Ferris	A	3:55.51
	1) #790 Lacroix, Owen	2) #781 Corbeil, Nicolas	
	3) #783 Daniw, Jesse	4) #778 Buell, Wesley	
7	St. Mary's Colle	A	3:57.74
	1) #709 Wardell, Harley	2) #665 DiCerbo, Marcus	
	3) #681 Juma, Kiran	4) #693 McAuley, Callum	
8	Manitoulin S	A	3:58.87
	1) #492 Wilkin, Alan	2) #477 Deschenes, Davin	
	3) #468 Bredin, Mathis	6) #493 Williamson-Wright, Wyatt	
	5) #488 Pennie, Brodie	8) #474 Cooper, Andrew	
	7) #471 Carter-O'Hearn, Orland		

**Event 116 Men 800 Meter Run Intellectually Imp.**

<hr/>				
	<b>NOSSA:</b>	<b>2:54.58</b>	<b>5/25/2022</b>	<b>Riley Cornthwaite</b>
	<b>OFSAA:</b>	<b>2:15.82</b>	<b>2018</b>	<b>Owen Konkle</b>
<b>Lane</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>	
<hr/>				
<b>Section 1 of 1 Finals</b>				
1				
2				
3				
4	326 Cornthwaite, Riley	LSS-Sudbury	2:57.78	
5				
6				
7				
8				

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

**Thursday 6/1/2023 - 1:25 PM**

**NOSSA: 14.79 5/29/2019 Riley Cornthwaite**  
**OFSAA: 11.04 2015 Robert Pipitone -**

<b>Lane</b>	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
<hr/>			
<b>Section 1 of 1 Finals</b>			
1			
2	326 Cornthwaite, Riley	LSS-Sudbury	14.71
3			
4			
5			
6			
7			
8			