

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Women 100 Meter Dash Midget**

EOSSAA: ! 12.31 21/05/2009 Taylor Cole, Frontenac S S					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Kasey Andrews		Th. Islands S.S.	13.43Q	1.7	1
2 Petra Patasi		Smiths Falls D.C.I.	13.51Q	0.8	2
3 Shelby Towell		Th. Islands S.S.	13.78Q	0.3	3
4 Melissa Harvie		Carleton Place	13.58Q	1.7	1
5 Sophia Skorenky		Marie Rivier Esc	13.62Q	0.8	2
6 Kathryn David		Opeongo HS	13.83Q	0.3	3
7 Meara Deary		Th. Islands S.S.	13.71q	0.8	2
8 Alex Earle		Notre Dame C.H.S	13.87q	0.3	3
9 Brittney Patterson		Sydenham - Sydenham	13.88	0.3	3
10 Riley-Ann Schmidt		Opeongo HS	13.98	0.8	2
11 Christine Nyentap		St.Francis X Chs	14.04	0.8	2
12 Yanik Rozon		L'Heritage E.S.	14.11	0.8	2
13 Madison Turner		Holy Cross SS	14.13	0.3	3
14 Shawna McNulty		Arnrior Dhs	14.21	1.7	1
15 Odera Ekeh		St. Mary's C.H.S	14.33	1.7	1
15 Tosha Burns		CharLan Dhs	14.33	0.3	3
17 Gabrielle Campeau		St.Francis X Chs	14.41	1.7	1
18 Emily Schnob		Arnrior Dhs	14.64	0.3	3
19 Kelsey Boyles		Bayridge - Kingston	14.66	1.7	1
20 Megan Lackey		Notre Dame C.H.S	14.68	1.7	1
21 Tori Corkery		North Dundas D.H.S.	14.69	0.8	2
22 Danika Lalonde		La Citadelle E.S.	15.27	0.8	2
23 Tatiana G�lineau		Le Sommet E.S.P.	15.51	0.3	3

Women 100 Meter Dash Midget

EOSSAA: ! 12.31 21/05/2009 Taylor Cole, Frontenac S S				
Name	Year	School	Finals	Wind
Finals				
1 Kasey Andrews		Th. Islands S.S.	13.15	0.9
2 Petra Patasi		Smiths Falls D.C.I.	13.29	0.9
3 Melissa Harvie		Carleton Place	13.42	0.9
4 Sophia Skorenky		Marie Rivier Esc	13.48	0.9
5 Meara Deary		Th. Islands S.S.	13.68	0.9
6 Kathryn David		Opeongo HS	13.77	0.9
7 Shelby Towell		Th. Islands S.S.	13.82	0.9
8 Alex Earle		Notre Dame C.H.S	13.99	0.9

Women 200 Meter Dash Midget

EOSSAA: ! 25.87 21/05/2009 Taylor Cole, Frontenac S S				
Name	Year	School	Prelims	Wind H#
Preliminaries				
1 Hayley Whalen		Th. Islands S.S.	27.07Q	2.1 3
2 Petra Patasi		Smiths Falls D.C.I.	27.37Q	2.2 2
3 Lacey Latimer		La Salle SS	28.24Q	2.7 1
4 Sophia Skorenky		Marie Rivier Esc	27.88Q	2.1 3
5 Megan McGrath		Arnrior Dhs	28.36Q	2.7 1

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****...Women 200 Meter Dash Midget**

6	Jazmine Wood	Frontenac SS	28.37Q	2.2	2
7	Brittney Patterson	Sydenham - Sydenham	28.24q	2.1	3
8	Christine Nyentap	St.Francis X Chs	28.31q	2.1	3
9	Gabrielle Campeau	St.Francis X Chs	28.53	2.7	1
10	Shelby Towell	Th. Islands S.S.	28.59	2.2	2
11	Odera Ekeh	St. Mary's C.H.S	28.75	2.7	1
12	Emilie Lamarche	Rothwell-Osnabruck	28.82	2.1	3
13	Julianna Barvestal	General Panet HS	28.96	2.7	1
14	Emma Porter	Rideau - Elgin	29.43	2.2	2
15	Ashley Purdey	Perth D.C.I	29.64	2.7	1
16	Jennifer Martin	General Panet HS	29.72	2.1	3
17	Emily Schnob	Arnprior Dhs	29.76	2.1	3
18	Megan Lackey	Notre Dame C.H.S	29.78	2.2	2
19	Tori Corkery	North Dundas D.H.S.	30.73	2.2	2
20	Tatiana G�lineau	Le Sommet E.S.P.	31.94	2.1	3
21	Jenna Herault	CharLan Dhs	31.95	2.2	2
22	Kate Schwartz	CharLan Dhs	32.03	2.7	1

Women 200 Meter Dash Midget

=====					
EOSSAA: ! 25.87 21/05/2009 Taylor Cole, Frontenac S S					
Name	Year	School	Finals	Wind	
=====					

Finals

1	Hayley Whalen	Th. Islands S.S.	26.61	3.4
2	Petra Patasi	Smiths Falls D.C.I.	27.04	3.4
3	Sophia Skorenky	Marie Rivier Esc	27.64	3.4
4	Brittney Patterson	Sydenham - Sydenham	27.93	3.4
5	Jazmine Wood	Frontenac SS	28.08	3.4
6	Megan McGrath	Arnprior Dhs	28.15	3.4
7	Christine Nyentap	St.Francis X Chs	28.20	3.4
8	Lacey Latimer	La Salle SS	28.76	3.4

Women 400 Meter Dash Midget

=====					
EOSSAA: ! 59.44 20/05/2011 Nicole Armstrong, SHS - Sydenham					
Name	Year	School	Finals	H#	
=====					

1	Hayley Whalen	Th. Islands S.S.	1:01.71	3
2	Madison McLeod	Holy Trinity	1:02.60	3
3	Kathryn David	Opeongo HS	1:05.08	3
4	Maddy McLintock	Th. Islands S.S.	1:05.34	3
5	Zoe Johnston	Fellowes HS	1:06.88	3
6	Mickeala Sigouin	L'Escale E.S.C.	1:06.92	3
7	Skylee Ryan	Holy Cross SS	1:07.98	3
8	Jenna Shoniker	Holy Cross SS	1:08.92	2
9	Amanda Behrens	Carleton Place	1:09.44	2
10	Frieda Hodgins	Perth D.C.I	1:09.91	2
11	Danika Lalonde	La Citadelle E.S.	1:10.30	2
12	Ashley Purdey	Perth D.C.I	1:10.80	3
13	Jacqueline Gauvreau	Renfrew CI	1:11.06	2
14	Tatiana G�lineau	Le Sommet E.S.P.	1:11.69	1
15	Jennifer Martin	General Panet HS	1:11.83	2
16	Tia Stewart	Perth D.C.I	1:12.14	2

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Women 400 Meter Dash Midget**

17 Jenna Herault	CharLan Dhs	1:15.07	2
18 Hannah Avery	Frontenac SS	1:15.54	1
19 Mylène Simoneau	Le Relais E.S.C.	1:16.20	1
20 Cassidy Kerr	CharLan Dhs	1:19.18	1
21 Barbara Nesbitt	St.Francis X Chs	1:21.42	1

Women 800 Meter Run Midget

=====			
EOSSAA: ! 2:22.68	2005	Catherine Farish,	Frontenac
Name	Year	School	Finals
=====			
1 Emily Carmicheal		Th. Islands S.S.	2:20.48!
2 Heather Jaros		La Salle SS	2:21.58!
3 Rachel Villalta		Kingston C.V.I.	2:26.98
4 Alyssa Stowe		Almonte D.H.S.	2:33.79
5 Maddy McLintock		Th. Islands S.S.	2:34.46
6 Colleen Jenkins		Th. Islands S.S.	2:35.07
7 Christina Papadakis		Holy Cross SS	2:36.16
8 Ali VanHoof		Seaway D.H.S.	2:36.95
9 Marika Vogelzang		Sydenham - Sydenham	2:37.25
10 Jenna Hickey		Notre Dame C.H.S	2:37.63
11 Zoe Johnston		Fellowes HS	2:37.88
12 Abby McDonald		Fellowes HS	2:40.11
13 Teagan Simpson		Carleton Place	2:42.07
14 Katrina Yantha		Madawaska Dhs	2:45.84
15 Stella MacDonald		Perth D.C.I	2:47.41
16 Karine Lecuyer		L'Heritage E.S.	2:50.09
17 Chelsea Wood		Rideau - Elgin	2:52.01
18 Kathryn David		Opeongo HS	2:52.75
19 Émilie Laniel		Le Sommet E.S.P.	2:55.55
-- Barbara Nesbitt		St.Francis X Chs	DNF

Women 1500 Meter Run Midget

=====			
EOSSAA: ! 4:54.20	19/05/2011	Nicole Armstrong,	SHS - Syd
Name	Year	School	Finals
=====			
1 Emily Carmicheal		Th. Islands S.S.	4:50.54!
2 Heather Jaros		La Salle SS	4:53.05!
3 Rachel Villalta		Kingston C.V.I.	5:08.29
4 Paige Morin		Th. Islands S.S.	5:11.22
5 Joah Wiltse		Th. Islands S.S.	5:14.41
6 Madison McLeod		Holy Trinity	5:17.54
7 Christina Papadakis		Holy Cross SS	5:22.01
8 Jenna Hickey		Notre Dame C.H.S	5:24.14
9 Teagan Simpson		Carleton Place	5:24.78
10 Abby McDonald		Fellowes HS	5:29.65
11 Zoe Johnston		Fellowes HS	5:30.10
12 Marika Vogelzang		Sydenham - Sydenham	5:31.72
13 Hannah Adair		Notre Dame C.H.S	5:43.36
14 Katrina Yantha		Madawaska Dhs	5:49.73
15 Alex McKie-Brown		General Panet HS	5:50.24
16 Myriam Berry		Le Relais E.S.C.	6:25.72

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Women 3000 Meter Run Midget**

EOSSAA: ! 10:46.89 22/05/2008 Nicole O'Sullivan, Holy Cr			
Name	Year	School	Finals
1 Paige Morin		Th. Islands S.S.	11:20.84
2 Christina Papadakis		Holy Cross SS	11:36.38
3 Joah Wiltse		Th. Islands S.S.	11:48.35
4 Emilie Contant		La Citadelle E.S.	11:50.16
5 Jenna Hickey		Notre Dame C.H.S	11:56.05
6 Teagan Simpson		Carleton Place	12:13.69
7 Dana Hibberd		N. Grenville Dhs	12:30.76
8 Kaitlin Casey		St. Michael Chs	12:37.75
9 Sydney Gen		General Panet HS	12:43.66
10 Alex McKie-Brown		General Panet HS	12:47.36
11 Giselle Groskleg		ES Jeanne Lajoie	13:17.85
12 Victoria Smodis-McCune		CharLan Dhs	13:44.77
13 Olivia(Aqui) Ivanic		Notre Dame C.H.S	14:52.35

Women 80 Meter Hurdles Midget

EOSSAA: ! 12.38 24/05/2007 Ashlea Maddex, Rockland D H S					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Shayla Moore		Holy Cross SS	13.79Q	0.7	3
2 Makenzie Curran		Regiopolis N.D.	13.80Q	0.9	1
3 Brittney Patterson		Sydenham - Sydenham	14.03Q	+0.0	2
4 Camille Pearson		La Salle SS	14.60Q	0.9	1
5 Meara Deary		Th. Islands S.S.	14.67Q	0.7	3
6 Darby O'Connor		Almonte D.H.S.	14.74Q	+0.0	2
7 Natalie Mosley		Almonte D.H.S.	14.73q	0.7	3
8 Grace Cavanagh		Arnrior Dhs	14.91q	+0.0	2
9 Chelsea Wood		Rideau - Elgin	15.03	+0.0	2
10 Shawna McNulty		Arnrior Dhs	15.17	0.9	1
11 Sabrina Gill		Renfrew CI	15.20	0.9	1
12 Emilie Lamarche		Rothwell-Osnabruck	15.22	+0.0	2
13 Lauren Stroud		Carleton Place	15.26	0.7	3
14 Morgen Davis		N. Grenville Dhs	15.29	+0.0	2
15 Raegan Bolton		Almonte D.H.S.	15.44	0.9	1
16 Maeve McCreary		Rideau - Elgin	15.46	0.9	1
17 Keisha Clark		Arnrior Dhs	15.87	0.7	3
18 Kathleen Reiche		Russell High School	16.95	0.7	3
19 Marie Prieur		Rothwell-Osnabruck	17.53	0.7	3
20 Ashley Johnson		North Dundas D.H.S.	17.80	+0.0	2

Women 80 Meter Hurdles Midget

EOSSAA: ! 12.38 24/05/2007 Ashlea Maddex, Rockland D H S				
Name	Year	School	Finals	Wind
Finals				
1 Brittney Patterson		Sydenham - Sydenham	13.54	-0.5
2 Shayla Moore		Holy Cross SS	13.66	-0.5
3 Makenzie Curran		Regiopolis N.D.	13.85	-0.5
4 Meara Deary		Th. Islands S.S.	14.04	-0.5

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Women 80 Meter Hurdles Midget**

5	Camille Pearson	La Salle SS	14.14	-0.5
6	Natalie Mosley	Almonte D.H.S.	14.32	-0.5
7	Grace Cavanagh	Arnprior Dhs	15.04	-0.5
8	Darby O'Connor	Almonte D.H.S.	33.36	-0.5

Women 300 Meter Hurdles Midget

=====				
	EOSSAA: ! 47.49	2007	Kristen Mullen, KCVI	
Name	Year	School	Finals	H#
=====				
1	Jazmine Wood	Frontenac SS	49.11	3
2	Shayla Moore	Holy Cross SS	50.80	2
3	Hayley Whalen	Th. Islands S.S.	50.99	3
4	Gabrielle Bergeron	L'Heritage E.S.	51.24	3
5	Alyssa Stowe	Almonte D.H.S.	51.83	3
6	Breanna Reid	Carleton Place	52.06	3
7	Emilie Lamarche	Rothwell-Osnabruck	52.51	3
8	Emma Porter	Rideau - Elgin	52.53	3
9	Maeve McCreary	Rideau - Elgin	52.71	3
10	Ali VanHoof	Seaway D.H.S.	52.88	2
11	Natalie Mosley	Almonte D.H.S.	52.99	2
12	Chelsea Van Camp	La Salle SS	54.45	2
13	Morgen Davis	N. Grenville Dhs	54.78	2
14	Camille Pearson	La Salle SS	54.92	2
15	Karine Lecuyer	L'Heritage E.S.	55.70	1
16	Giselle Groskleg	ES Jeanne Lajoie	55.76	2
17	Heather Findlay	Carleton Place	56.35	2
18	Keisha Clark	Arnprior Dhs	56.37	1

Women 4x100 Meter Relay Midget

=====				
	EOSSAA: ! 52.74	2006	, Sydenham	
School	Year	School	Finals	H#
=====				
1	Thousand Islands - Brockville	'A'	51.54!	2
2	Carleton Place High School	'A'	54.00	2
3	Arnprior Dhs	'A'	54.95	2
4	Notre Dame Catholic High School	'A'	55.11	2
5	La Salle - Kingston	'A'	55.18	2
6	L'Heritage E.S.	'A'	55.27	2
7	Sydenham - Sydenham	'A'	56.48	2
8	Opeongo HS	'A'	56.67	2
9	Almonte District High School	'A'	57.58	1
--	Bayridge - Kingston	'A'	DQ	1 Rule 170.14
--	Rideau - Elgin	'A'	DQ	1 Rule 170.14
--	North Grenville - Kemptville	'A'	DQ	1 Rule 170.14

Women High Jump Midget

=====				
	EOSSAA: ! 1.55m	22/05/2008	Tosha Weston, Thousand Isl	
Name	Year	School	Finals	H#
=====				
1	Lillie Dixon	La Salle SS	1.58m!	
2	Gemma Rod	Notre Dame C.H.S	1.53m	

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Women High Jump Midget**

3	Rachel Surowiak	N. Grenville Dhs	1.45m
4	Claire Bushby	Mackenzie CS	1.35m
5	Kennedy Rodriguez	CharLan Dhs	J1.35m
6	Kendra Tackabeery	N. Grenville Dhs	1.30m
7	Kirsten Johnson	Th. Islands S.S.	J1.30m
8	Larissa Cameron	Arnprior Dhs	J1.30m
9	Madison McLeod	Holy Trinity	J1.30m
10	Kate Schwartz	CharLan Dhs	J1.30m
11	Kaylie Lacourse	St Josephs Chs	1.25m
12	Gabby Wrona	N. Grenville Dhs	1.20m
--	Ashley Johnson	North Dundas D.H.S.	NH

Women Long Jump Midget

=====				
EOSSAA: ! 5.04m 20/05/2011 Celina Grey, SHS - Sydenham				
Name	Year	School	Finals	Wind
=====				
1	Gemma Rod	Notre Dame C.H.S	4.79m	NWI
2	Kasey Andrews	Th. Islands S.S.	4.65m	NWI
3	Yanik Rozon	L'Heritage E.S.	4.55m	NWI
4	Alex Earle	Notre Dame C.H.S	J4.55m	NWI
5	Julianna Barvestal	General Panet HS	4.44m	NWI
6	Rachel Surowiak	N. Grenville Dhs	4.42m	NWI
7	Sylvia McDermott	Kingston C.V.I.	4.36m	NWI
8	Darby O'Connor	Almonte D.H.S.	4.32m	NWI
9	Riley-Ann Schmidt	Opeongo HS	4.12m	NWI
10	Odera Ekeh	St. Mary's C.H.S	4.04m	NWI
11	Renee Fretz	Ernestown - Odessa	3.99m	NWI
12	Larissa Cameron	Arnprior Dhs	3.94m	NWI
13	Kennedy Rodriguez	CharLan Dhs	3.93m	NWI
14	Sabrina Heideman	Opeongo HS	3.92m	NWI
15	Carley-Ann Atkinson	St. Michael Chs	3.80m	NWI
16	Emily Stenson	Ernestown - Odessa	3.75m	NWI
17	Jillian Larkin	Almonte D.H.S.	3.66m	NWI
17	Émilie Laniel	Le Sommet E.S.P.	3.66m	NWI
19	Kate Schwartz	CharLan Dhs	3.62m	NWI
20	Marie-Pierre Pasquier	Casselman E.S.C.	3.49m	NWI
21	Molly Roach	Rothwell-Osnabruck	3.47m	NWI
22	Karelle Pilon	Casselman E.S.C.	3.27m	NWI

Women Triple Jump Midget

=====				
EOSSAA: ! 10.73m 2006 Emma Dobson, Opeongo				
Name	Year	School	Finals	Wind
=====				
1	Kasey Andrews	Th. Islands S.S.	10.15m	NWI
2	Rachel Wills	Brockville C.I.	10.04m	NWI
3	Taigan Ardern	Napanee - Napanee	9.49m	NWI
4	Jillian Larkin	Almonte D.H.S.	9.42m	NWI
5	Evie Streight	Kingston C.V.I.	9.41m	NWI
6	Renee Fretz	Ernestown - Odessa	9.39m	NWI
7	Larissa Cameron	Arnprior Dhs	J9.39m	NWI
8	Gemma Rod	Notre Dame C.H.S	9.37m	NWI
9	Darby O'Connor	Almonte D.H.S.	9.09m	NWI

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Women Triple Jump Midget**

10	Ali VanHoof	Seaway D.H.S.	8.98m	NWI
11	Laura Troutman	St Josephs Chs	8.67m	NWI
12	Riley-Ann Schmidt	Opeongo HS	8.65m	NWI
13	Emily Hube	Arnrior Dhs	8.63m	NWI
14	Angela Flipsen	CharLan Dhs	8.30m	NWI
15	Kennedy Rodriguez	CharLan Dhs	8.21m	NWI
16	Tosha Burns	CharLan Dhs	8.18m	NWI
17	Avery Thompson	Carleton Place	7.73m	NWI
18	Samantha Benson	Th. Islands S.S.	7.48m	NWI
19	Karelle Pilon	Casselman E.S.C.	7.42m	NWI

Women Shot Put Midget

=====			
EOSSAA: ! 10.61m		2006	Julie Sleeth, Sydenham
Name	Year	School	Finals
=====			
1	Morgan Gravelle	CharLan Dhs	9.47m
2	Leah Hill	Napanee - Napanee	9.14m
3	Carter King	St. Mary's C.H.S	8.85m
4	Mickeala Sigouin	L'Escale E.S.C.	8.62m
5	Jasmine Acres	Ange-Gabriel A.	8.41m
6	Caroline Derepentigny	L'Heritage E.S.	8.12m
7	Hanna Stratton	Th. Islands S.S.	8.03m
8	Shania Kuehl	Fellowes HS	7.97m
9	Caitlin Watson	Madawaska Dhs	7.93m
10	Stephanie McCullough	Madawaska Dhs	7.74m
11	Molly Roach	Rothwell-Osnabruck	7.71m
12	Cassidy Trueman	Sydenham - Sydenham	7.70m
13	Gabrielle Bergeron	L'Heritage E.S.	7.58m
14	Kali Robinson	Bishop Smith Chs	7.43m
15	Jordan Balson	Napanee - Napanee	7.32m
16	Monica Rintoul	Notre Dame C.H.S	7.12m
17	Kathleen Reiche	Russell High School	7.08m
18	Michelle Lavallée	L'Escale E.S.C.	7.07m
19	Jessica Rintoul	Notre Dame C.H.S	6.93m
20	Allie Kilpatrick	Rideau - Elgin	6.62m
21	Sarah Balson	Napanee - Napanee	6.42m
22	Adriana Clyne	Perth D.C.I	5.46m

Women Discus Throw Midget

=====			
EOSSAA: ! 30.54m		2005	Zoe Scharf, Renfrew C.I.
Name	Year	School	Finals
=====			
1	Leah Hill	Napanee - Napanee	26.85m
2	Rachel Weisenberg	Fellowes HS	26.42m
3	Carter King	St. Mary's C.H.S	25.64m
4	Michelle Lavallée	L'Escale E.S.C.	24.31m
5	Gabrielle Bergeron	L'Heritage E.S.	23.82m
6	Carly McPhail	Rothwell-Osnabruck	23.62m
7	Allison Doucette	Renfrew CI	23.54m
8	Raegan Bolton	Almonte D.H.S.	20.85m
9	Caroline Derepentigny	L'Heritage E.S.	20.84m
10	Hanna Stratton	Th. Islands S.S.	20.82m

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****...Women Discus Throw Midget**

11	Meegan Couturier	Bishop Smith Chs	20.74m
12	Mickeala Sigouin	L'Escale E.S.C.	20.00m
13	Vicki Kubiseski	Opeongo HS	18.54m
14	Meagan Andre	Rothwell-Osnabruck	17.41m
15	Erika Thompson	Th. Islands S.S.	17.22m
16	Jordan Balson	Napanee - Napanee	16.81m
17	Jessica Rintoul	Notre Dame C.H.S	16.42m
18	Mykayla Wilson	Sydenham - Sydenham	15.40m
19	Taylor Connell	S. Grenville Dhs	14.43m
20	Sarah Balson	Napanee - Napanee	12.75m

Women Javelin Throw Midget

=====			
	EOSSAA: ! 31.80m	2006	Lindsay Balance, Ernestown
Name	Year	School	Finals
=====			
1	Yanik Rozon	L'Heritage E.S.	28.02m
2	Jasmine Zahra	Regiopolis N.D.	25.39m
3	Jessica Rintoul	Notre Dame C.H.S	25.02m
4	Ashley McDonald	Fellowes HS	24.22m
5	Monica Rintoul	Notre Dame C.H.S	23.98m
6	Kali Robinson	Bishop Smith Chs	23.89m
7	Stephanie McCullough	Madawaska Dhs	23.58m
8	Molly Roach	Rothwell-Osnabruck	22.84m
9	Caroline Derepentigny	L'Heritage E.S.	21.75m
10	Katie McNichols	Sydenham - Sydenham	20.76m
11	Jenna Maclean	Frontenac SS	20.54m
12	Leah Hill	Napanee - Napanee	19.47m
13	Melanie Leger	La Citadelle E.S.	19.41m
14	Megan Lackey	Notre Dame C.H.S	19.20m
15	Bryony Schonewille	Brockville C.I.	17.41m
16	Emma Pettigrew	Arnprior Dhs	16.65m
17	kayla Stewart	St.Francis X Chs	16.03m
18	Taylor Connell	S. Grenville Dhs	13.21m
19	Kathleen Reiche	Russell High School	12.65m
--	Erika Thompson	Th. Islands S.S.	FOUL

Women 100 Meter Dash Junior

=====					
	EOSSAA: ! 12.74	2005	Catherine Lalonde, E.S.C.R. Hawkesbur		
Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Katie Zohorsky	Bayridge - Kingston	13.26Q	+0.0	1
2	Isabelle Froom	Loyalist - Kingston	13.28Q	1.9	2
3	Kenya Costa-Dookhan	Holy Cross SS	13.53Q	1.5	3
4	Lindsey Lowry	Almonte D.H.S.	13.62Q	1.9	2
5	Pam Pyke	Mackenzie CS	13.65Q	1.5	3
6	Judline Wren	Opeongo HS	13.69Q	+0.0	1
7	Melanie Martin	Sydenham - Sydenham	13.72q	1.5	3
8	Meaghan Hart	Brockville C.I.	13.76q	+0.0	1
9	Nathalie Senn	Hawkesbury E.S.C.R.	13.85	1.9	2
10	Audrey Wilson	Perth D.C.I	13.87	+0.0	1
11	Emma Cavanagh	Arnprior Dhs	14.04	+0.0	1

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****...Women 100 Meter Dash Junior**

12	Kara Jones	St. Mary's C.H.S	14.07	1.5	3
13	Caitlin Kubiseski	Almonte D.H.S.	14.24	+0.0	1
14	Shayla Seguin	CharLan Dhs	14.41	1.5	3
15	Macy Ballantyne	Th. Islands S.S.	14.45	1.9	2
16	Terron James	Notre Dame C.H.S	14.50	1.5	3
17	Jocelyn Gutz	Madawaska Dhs	14.51	1.9	2
18	Lydia Distefano	CharLan Dhs	14.54	1.9	2
19	Alex Holmes	Brockville C.I.	14.73	1.9	2
20	Chantelle Saucier	La Citadelle E.S.	14.89	+0.0	1
21	Emilie Dubuc	Casselman E.S.C.	15.00	1.9	2
22	Valérie Simoneau	L'Escale E.S.C.	15.29	1.5	3
23	Kim Ford	La Citadelle E.S.	15.34	1.5	3
24	Stéphanie Fauvelle	L'Escale E.S.C.	15.64	+0.0	1

Women 100 Meter Dash Junior

=====					
EOSSAA: ! 12.74		2005	Catherine Lalonde, E.S.C.R. Hawkes		
Name	Year	School	Finals	Wind	
=====					
Finals					
1	Katie Zohorsky	Bayridge - Kingston	13.05	+0.0	
2	Isabelle Froom	Loyalist - Kingston	13.17	+0.0	
3	Kenya Costa-Dookhan	Holy Cross SS	13.30	+0.0	
4	Pam Pyke	Mackenzie CS	13.50	+0.0	
5	Lindsey Lowry	Almonte D.H.S.	13.57	+0.0	
6	Melanie Martin	Sydenham - Sydenham	13.65	+0.0	
7	Judline Wren	Opeongo HS	13.66	+0.0	
8	Meaghan Hart	Brockville C.I.	14.24	+0.0	

Women 200 Meter Dash Junior

=====					
EOSSAA: ! 26.25		22/05/2008	Ashlea Maddex, Rockland D H S		
Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Isabelle Froom	Loyalist - Kingston	27.63Q	0.9	2
2	Nathalie Senn	Hawkesbury E.S.C.R.	27.89Q	1.0	3
3	Tori Welk	Almonte D.H.S.	27.95Q	0.9	1
4	Lindsey Lowry	Almonte D.H.S.	28.20Q	1.0	3
5	Audrey Wilson	Perth D.C.I	28.24Q	0.9	1
6	Melanie Martin	Sydenham - Sydenham	28.55Q	0.9	2
7	Terron James	Notre Dame C.H.S	28.60q	0.9	1
8	Judline Wren	Opeongo HS	28.90q	0.9	2
9	Erin Young	Frontenac SS	28.94	0.9	1
10	Meaghan Hart	Brockville C.I.	29.29	0.9	2
11	Brianna Faghali	St. Michael Chs	30.74	0.9	1
12	Lydia Distefano	CharLan Dhs	30.83	0.9	2
13	Kylie Alford	CharLan Dhs	31.07	1.0	3
14	Kim Ford	La Citadelle E.S.	31.88	0.9	2

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Women 200 Meter Dash Junior**

=====				
EOSSAA: ! 26.25 22/05/2008 Ashlea Maddex, Rockland D H S				
Name	Year	School	Finals	Wind
=====				
Finals				
1		Isabelle Froom	Loyalist - Kingston	27.14 1.5
2		Nathalie Senn	Hawkesbury E.S.C.R.	27.58 1.5
3		Tori Welk	Almonte D.H.S.	27.83 1.5
4		Audrey Wilson	Perth D.C.I	28.26 1.5
5		Lindsey Lowry	Almonte D.H.S.	28.37 1.5
6		Melanie Martin	Sydenham - Sydenham	28.45 1.5
7		Judline Wren	Opeongo HS	28.55 1.5
8		Terron James	Notre Dame C.H.S	28.69 1.5

Women 400 Meter Dash Junior

=====				
EOSSAA: ! 58.04 2004 Melissa Bishop, Opeongo H.S.				
Name	Year	School	Finals	H#
=====				
1		Nicole Armstrong	Sydenham - Sydenham	58.72 3
2		Emily Drouin	Regiopolis N.D.	1:02.44 3
3		Reilly Jones	St. Michael Chs	1:03.02 3
4		Nathalie Senn	Hawkesbury E.S.C.R.	1:03.83 2
5		Saralyn Deslaurier	Renfrew CI	1:05.34 3
6		Jasmyne Castilloux	Loyalist - Kingston	1:05.76 3
7		Hailey Wheeler	Arnprior Dhs	1:06.33 3
8		Melanie Simourd	Holy Cross SS	1:06.65 3
9		Angélique St-Jean	Plantagenet E.S.C.	1:07.25 3
10		Caitlin Kubiseski	Almonte D.H.S.	1:07.73 2
11		Sam Caesar	Arnprior Dhs	1:08.92 2
12		Kathryn Jonker	St. Mary's C.H.S	1:08.96 2
13		Hilary Ireton	Perth D.C.I	1:09.35 2
14		Katryne Villeneuve	Casselman E.S.C.	1:10.91 1
15		Claudia Meloche	L'Escale E.S.C.	1:11.56 2
16		Victoria Lacasse	La Citadelle E.S.	1:16.53 1
17		Kim Ford	La Citadelle E.S.	1:17.05 1

Women 800 Meter Run Junior

=====				
EOSSAA: ! 2:17.36 2004 Melissa Bishop, Opeongo H.S				
Name	Year	School	Finals	
=====				
1		Nicole Armstrong	Sydenham - Sydenham	2:17.81
2		Danae Morris	Frontenac SS	2:24.79
3		Alanna Shearman	Almonte D.H.S.	2:24.85
4		Amanda Shenfield	Kingston C.V.I.	2:29.89
5		Reilly Jones	St. Michael Chs	2:37.52
6		Alexia Chaumont	Hawkesbury E.S.C.R.	2:39.08
7		Angélique St-Jean	Plantagenet E.S.C.	2:39.96
8		Sam Caesar	Arnprior Dhs	2:42.30
9		Toe Greenfield	Mackenzie CS	2:44.46
10		Melissa Marleau	Holy Trinity	2:45.20
11		Kauri Dahl	Renfrew CI	2:50.16
12		Sierra Kilcollins	Carleton Place	3:05.57
13		Mary McGuire	Perth D.C.I	3:09.96

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Women 800 Meter Run Junior**

14 Calla Legue	Rothwell-Osnabruck	3:12.61
15 Nicole Bouvier	St. Joseph's C.H.S.	3:36.28

Women 1500 Meter Run Junior

=====			
EOSSAA: ! 4:52.29	2004	Allison Thomas, Frontenac S	
Name	Year	School	Finals
=====			
1 Alanna Shearman		Almonte D.H.S.	4:49.40!
2 Danae Morris		Frontenac SS	4:56.40
3 Courtney Serson		Th. Islands S.S.	4:59.90
4 Chelsea Ferguson		Th. Islands S.S.	5:02.60
5 Courtney Kish		Ernestown - Odessa	5:18.60
6 Alexia Chaumont		Hawkesbury E.S.C.R.	5:20.90
7 Toe Greenfield		Mackenzie CS	5:31.80
8 Sarah McCallum		Sydenham - Sydenham	5:32.60
9 Melissa Marleau		Holy Trinity	5:36.60
10 Megan DeSasio		Regiopolis N.D.	5:38.10
11 Elenore Breslow		St. Joseph's C.H.S.	5:46.41
12 Byanka Leroux		Casselman E.S.C.	5:51.60
13 Kauri Dahl		Renfrew CI	5:55.80
14 Caitlyn Woods		St. Mary's C.H.S	6:04.47
15 Courtney Thompson		Rideau - Elgin	6:08.85
16 Ashley Schlievert		Arnprior Dhs	6:25.53
17 Shantelle Lemire		Fellowes HS	6:47.33
18 Lyanna Parent		Le Relais E.S.C.	6:57.52
19 Mary McGuire		Perth D.C.I	7:03.64
20 Sarah Batoff		Perth D.C.I	7:23.68
21 Amanda Fuchs		Russell High School	8:03.15

Women 3000 Meter Run Junior

=====			
EOSSAA: ! 10:26.77	21/05/2010	Clara Langley, RND - Kings	
Name	Year	School	Finals
=====			
1 Courtney Serson		Th. Islands S.S.	11:11.48
2 Chelsea Ferguson		Th. Islands S.S.	11:21.29
3 Courtney Kish		Ernestown - Odessa	12:08.18
4 Noa Amson		Kingston C.V.I.	12:09.62
5 Toe Greenfield		Mackenzie CS	12:10.81
6 Megan DeSasio		Regiopolis N.D.	12:29.42
7 Elizabeth Reid		Madawaska Dhs	13:03.96
8 Byanka Leroux		Casselman E.S.C.	13:10.95
9 Courtney Thompson		Rideau - Elgin	13:37.50
10 Elenore Breslow		St. Joseph's C.H.S.	13:55.18
11 Sarah Amos		Sydenham - Sydenham	14:10.11
12 Lyanna Parent		Le Relais E.S.C.	15:35.57
13 Nicole Bouvier		St. Joseph's C.H.S.	16:05.25

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Women 80 Meter Hurdles Junior**

EOSSAA: ! 12.03 22/05/2008 Ashlea Maddex, Rockland D H S					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1		Katie Zohorsky	Bayridge - Kingston	12.67Q	0.9 2
2		Alex Leggett	Bayridge - Kingston	12.96Q	0.6 3
3		Caroline Phillips	Carleton Place	13.47Q	1.6 1
4		Kelsey Payette	Th. Islands S.S.	13.43Q	0.9 2
5		Tori Welk	Almonte D.H.S.	13.62Q	0.6 3
6		Mikaela Piazzzi	La Salle SS	13.69Q	1.6 1
7		Sydney McDiarmid	Notre Dame C.H.S	13.69q	0.9 2
8		Carley Gordon	Kingston C.V.I.	13.89q	1.6 1
9		Tasha Zoryk	Arnrior Dhs	13.94	0.6 3
10		Jessica Beattie	St. Mary's C.H.S	13.99	0.6 3
11		Melissa Kargus	Arnrior Dhs	14.29	1.6 1
12		Hailey Voorand	Madawaska Dhs	14.32	1.6 1
13		Kara Jones	St. Mary's C.H.S	15.08	1.6 1
14		Andrea Reith	Perth D.C.I	15.16	0.9 2
15		Hailey Wheeler	Arnrior Dhs	15.35	0.9 2
16		Jessara Long	St. Mary's C.H.S	15.75	0.9 2
17		Victoria Lacasse	La Citadelle E.S.	16.96	0.6 3
18		Emilie Gibeault	L'Heritage E.S.	17.34	0.6 3

Women 80 Meter Hurdles Junior

EOSSAA: ! 12.03 22/05/2008 Ashlea Maddex, Rockland D H S					
Name	Year	School	Finals	Wind	
Finals					
1		Katie Zohorsky	Bayridge - Kingston	12.26	2.2
2		Alex Leggett	Bayridge - Kingston	12.76	2.2
3		Caroline Phillips	Carleton Place	12.82	2.2
4		Kelsey Payette	Th. Islands S.S.	13.26	2.2
5		Sydney McDiarmid	Notre Dame C.H.S	13.39	2.2
6		Tori Welk	Almonte D.H.S.	13.46	2.2
7		Mikaela Piazzzi	La Salle SS	13.52	2.2
8		Carley Gordon	Kingston C.V.I.	13.53	2.2

Women 300 Meter Hurdles Junior

EOSSAA: ! 46.85 2006 Catherine Farish, Frontenac S.S.					
Name	Year	School	Finals	H#	
1		Katie Zohorsky	Bayridge - Kingston	47.70	2
2		Kelsey Payette	Th. Islands S.S.	49.27	2
3		Alex Leggett	Bayridge - Kingston	49.43	2
4		Tori Welk	Almonte D.H.S.	50.37	2
5		Caitlin Kubiseski	Almonte D.H.S.	50.54	2
6		Sydney McDiarmid	Notre Dame C.H.S	50.81	2
7		Kristina Walker	Loyalist - Kingston	51.65	2
8		Jessica Beattie	St. Mary's C.H.S	52.77	1
9		Mikaela Piazzzi	La Salle SS	53.00	1
10		Saralyn Deslaurier	Renfrew CI	53.12	2
11		Hailey Wheeler	Arnrior Dhs	53.36	1

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Women 300 Meter Hurdles Junior**

12	Melissa Kargus	Arnprior Dhs	53.41	1
13	Jessara Long	St. Mary's C.H.S	1:04.83	1

Women 4x100 Meter Relay Junior

EOSSAA: ! 52.48 20/05/2011 Sydenham - Sydenham, SHS - Sydenham School Finals H#

1	Almonte District High School 'A'	52.62	2
2	Perth & District Coll. Inst. 'A'	53.58	2
3	Sydenham - Sydenham 'A'	54.09	2
4	St. Mary's - Brockville 'A'	54.57	2
5	Bayridge - Kingston 'A'	54.68	2
6	Arnprior Dhs 'A'	54.73	1
7	Thousand Islands - Brockville 'A'	54.75	2
8	Kingston C.V.I. - Kingston 'A'	56.14	1
9	Carleton Place High School 'A'	57.30	1
10	Regiopolis-Notre Dame-Kingston 'A'	57.46	2
11	Madawaska Dhs 'A'	57.46	1
12	La Citadelle E.S. 'A'	58.30	1
13	Le Sommet E.S.P. 'A'	1:00.15	1
14	L'Escale E.S.C. 'A'	1:00.32	1
--	Holy Cross - Kingston 'A'	DQ	2 Rule 170.14

Women High Jump Junior

EOSSAA: ! 1.65m 24/05/2007 Lindsay Ballance, Ernestown S

Name	Year School	Finals
1	Norah Lloyd-Ellis	Regiopolis N.D. 1.63m
2	Vanessa Gray	Perth D.C.I 1.55m
3	Olivia Robinson	Fellowes HS 1.50m
4	Annie Cameron	Perth D.C.I 1.40m
5	Sarah Watson	Sydenham - Sydenham J1.40m
6	Hilary Howes	Sharbot Lake HS 1.35m
7	Allie Zohorsky	Bayridge - Kingston 1.30m
7	Emilie Gilbert	L'Equinoxe ES 1.30m
9	Alex Holmes	Brockville C.I. J1.30m
10	Emily Bowe	Almonte D.H.S. 1.25m
11	Cathy MacNilage	N. Grenville Dhs J1.25m
--	Ashlynn Illingworth	Almonte D.H.S. NH

Women Pole Vault Junior

EOSSAA: ! 2.85m 20/05/2010 Sarah Perry, TISS- Brockville

Name	Year School	Finals
1	Meara Deary	Th. Islands S.S. 2.55m
2	Shawna Burnett	Arnprior Dhs 2.40m
3	Keltie Gardiner	Carleton Place 2.25m
4	Jamie Burnett	Arnprior Dhs J2.25m
5	Ally Lecky	CharLan Dhs 2.10m
5	Cheyenne Williams	North Dundas D.H.S. 2.10m
7	Janessa Russett	Arnprior Dhs J2.10m

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Women Pole Vault Junior**

7	Kylie Alford	CharLan Dhs	J2.10m
9	Sylvia McDermott	Kingston C.V.I.	J2.10m
10	Kaylee Carlisle	Glengarry D.H.S.	1.95m
11	Erika Thompson	Th. Islands S.S.	J1.95m
12	Jane Puxty	Kingston C.V.I.	J1.95m
13	Amanda Ho	Holy Cross SS	J1.95m
14	Caroline Phillips	Carleton Place	J1.95m
15	Jayde Campbell	Carleton Place	1.80m
16	Megan Cullen	Carleton Place	1.65m

Women Long Jump Junior

=====				
EOSSAA: ! 5.14m 21/05/2009 Danielle Gorrell, North Grenvi				
Name	Year	School	Finals	Wind
=====				
1	Kenya Costa-Dookhan	Holy Cross SS	4.96m	NWI
2	Celina Grey	Sydenham - Sydenham	J4.96m	NWI
3	Jasmyne Castilloux	Loyalist - Kingston	4.88m	NWI
4	Reilly Jones	St. Michael Chs	4.79m	NWI
5	Cathy MacNilage	N. Grenville Dhs	4.55m	NWI
6	Pam Pyke	Mackenzie CS	4.46m	NWI
7	Emily Jordan	Perth D.C.I	4.35m	NWI
8	Keltie Gardiner	Carleton Place	4.25m	NWI
9	Hailey Voorand	Madawaska Dhs	4.13m	NWI
10	Casey Beaudon	Arnprior Dhs	4.04m	NWI
11	Annie Cameron	Perth D.C.I	3.97m	NWI
12	Victoria Eastman	Arnprior Dhs	3.94m	NWI
12	Emily Allard	St. Mary's C.H.S	3.94m	NWI
14	Anna Noonan	Perth D.C.I	3.79m	NWI
15	Jamie Vrooman	Holy Cross SS	3.68m	NWI
16	Emilie Dubuc	Casselman E.S.C.	3.67m	NWI
17	Alex Holmes	Brockville C.I.	3.63m	NWI
18	Lydia Distefano	CharLan Dhs	3.61m	NWI
19	Katryne Villeneuve	Casselman E.S.C.	3.53m	NWI
20	Cynthia Brown	Le Sommet E.S.P.	3.34m	NWI
21	Stéphanie Fauvelle	L'Escale E.S.C.	3.01m	NWI
21	Shaylin Beauregard	St. Joseph's C.H.S.	3.01m	NWI

Women Triple Jump Junior

=====				
EOSSAA: ! 11.07m 22/05/2008 Kirsten Milne, North Dundas				
Name	Year	School	Finals	Wind
=====				
1	Celina Grey	Sydenham - Sydenham	10.64m	NWI
2	Kenya Costa-Dookhan	Holy Cross SS	10.26m	NWI
3	Pam Pyke	Mackenzie CS	10.14m	NWI
4	Jasmyne Castilloux	Loyalist - Kingston	10.09m	NWI
5	Cathy MacNilage	N. Grenville Dhs	10.05m	NWI
6	J.J. Denis	Napanee - Napanee	9.99m	NWI
7	Natasha Dennison	Brockville C.I.	9.90m	NWI
8	Emily Jordan	Perth D.C.I	9.69m	NWI
9	Keltie Gardiner	Carleton Place	9.59m	NWI
10	Hailey Voorand	Madawaska Dhs	9.37m	NWI
11	Shelby Emmanuel	Carleton Place	9.16m	NWI

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Women Triple Jump Junior**

12	Casey Beaudon	Arnprior Dhs	9.10m	NWI
13	Shayla Seguin	CharLan Dhs	9.01m	NWI
14	Anna Noonan	Perth D.C.I	9.00m	NWI
15	Virginie Carrier	L'Heritage E.S.	8.98m	NWI
16	Kathryn Jonker	St. Mary's C.H.S	8.73m	NWI
17	Emilie Dubuc	Casselman E.S.C.	8.47m	NWI
18	Katryne Villeneuve	Casselman E.S.C.	8.35m	NWI
19	Emily Allard	St. Mary's C.H.S	8.19m	NWI
20	Julia Wouters	North Dundas D.H.S.	7.61m	NWI
21	Anna Ritza	Fellowes HS	7.01m	NWI

Women Shot Put Junior

=====			
EOSSAA: ! 10.97m 24/05/2007 Julie Sleeth, Sydenham H S			
Name	Year	School	Finals
=====			
1	Dani Ferguson-Jamer	Smiths Falls D.C.I.	8.99m
2	Amanda Tubman	Renfrew CI	8.89m
3	Braelyn Amodeo	Regiopolis N.D.	8.70m
4	Billy Arland-Dubé	L'Escafe E.S.C.	8.64m
5	Halina Olmstead	Perth D.C.I	8.52m
6	Jessica Hole	Sharbot Lake HS	J8.52m
7	Kasie Murphy	St John's C.H.S.	8.34m
8	Eleanor Lipke	Madawaska Dhs	8.33m
9	Emma Dukelow	S. Grenville Dhs	8.20m
10	Emily Landon	St. Mary's C.H.S	8.07m
11	Bridget Sullivan	Smiths Falls D.C.I.	8.00m
12	Ashley Garskey	St. Mary's C.H.S	7.65m
13	Shayla Seguin	CharLan Dhs	7.51m
14	Liane Argue	Arnprior Dhs	7.44m
15	Vikki Brittle	Arnprior Dhs	6.86m
16	Genny Fawcett	Frontenac SS	6.67m
17	Emilie Gibeault	L'Heritage E.S.	6.41m
18	Faith Lalonde	St.Thomas Aquinas	6.36m
19	Marissa Boswall	St. Mary's C.H.S	6.29m
20	Alexa Ouellette	Le Relais E.S.C.	6.08m

Women Discus Throw Junior

=====			
EOSSAA: ! 33.35m 20/05/2011 Katie Klatt, Fellowes HS			
Name	Year	School	Finals
=====			
1	Amanda Tubman	Renfrew CI	29.37m
2	Genny Fawcett	Frontenac SS	26.70m
3	Ashlynn Illingworth	Almonte D.H.S.	26.17m
4	Emily Landon	St. Mary's C.H.S	26.05m
5	Maggie Dawson	Carleton Place	26.03m
6	Michaela Kuno	Opeongo HS	24.88m
7	Jessica Hole	Sharbot Lake HS	21.98m
8	Emma Dukelow	S. Grenville Dhs	21.67m
9	Sarah Beimers	Fellowes HS	20.55m
10	Braelyn Amodeo	Regiopolis N.D.	20.28m
11	Halina Olmstead	Perth D.C.I	20.23m
12	Renee Guathier	St Josephs Chs	19.94m

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****...Women Discus Throw Junior**

13	Jessica McPhail	Rothwell-Osnabruck	19.74m
14	Kasie Murphy	St John's C.H.S.	18.19m
15	Alexa Ouellette	Le Relais E.S.C.	18.03m
16	Marissa Boswall	St. Mary's C.H.S	17.42m
17	Naomi Labaree	Brockville C.I.	17.38m
18	Taylor Eby	Rothwell-Osnabruck	15.48m
19	Calla Legue	Rothwell-Osnabruck	14.84m

Women Javelin Throw Junior

=====			
EOSSAA: ! 35.07m 21/05/2010 Tegan Kilpatrick, BCI - Broc			
Name	Year	School	Finals
=====			
1	Halina Olmstead	Perth D.C.I	29.05m
2	Amanda Tubman	Renfrew CI	26.65m
3	Teri-Anne Kirkham	Perth D.C.I	24.82m
4	Maggie Dawson	Carleton Place	23.17m
5	Carley Gordon	Kingston C.V.I.	22.97m
6	Michaela Kuno	Opeongo HS	22.80m
7	Billy Arland-Dubé	L'Escale E.S.C.	22.13m
8	Emilie Gibeault	L'Heritage E.S.	21.51m
9	Nicole Maddocks	Sydenham - Sydenham	20.95m
10	Taylor Eby	Rothwell-Osnabruck	20.86m
11	Lalonde Faith	St.Thomas Aquinas	20.32m
12	Harmonie Baxter	St. Michael Chs	19.66m
13	Emily Landon	St. Mary's C.H.S	19.63m
14	Kasie Murphy	St John's C.H.S.	18.72m
15	Liane Argue	Arnprior Dhs	18.57m
16	Erica Kendrick	Sydenham - Sydenham	18.10m
17	Victoria Eastman	Arnprior Dhs	17.74m
18	Hope Baxter	St. Michael Chs	17.05m
19	Annie Wagar	Frontenac SS	16.82m
20	Emma Dukelow	S. Grenville Dhs	16.00m

Women 100 Meter Dash Senior

=====					
EOSSAA: ! 11.80 1994 Emily Lariviere, E.S. Hawkesbury					
Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Abbi Finnan	Regiopolis N.D.	12.80Q	1.6	2
2	Taylor Cole	Frontenac SS	12.82Q	1.6	3
3	Emelyn Fauvel	Sydenham - Sydenham	12.88Q	1.5	1
4	Kim McDougall	Almonte D.H.S.	13.21Q	1.6	2
5	Anna Austin	General Panet HS	13.46Q	1.6	3
6	Laura Graham	Arnprior Dhs	13.85Q	1.5	1
7	Morgan Hurtubise	Casselmann E.S.C.	13.27q	1.6	2
8	Christina Charbonneau	Rockland D.H.S.	13.68q	1.6	2
9	Sage Marquardt	Madawaska Dhs	13.92	1.5	1
10	Kiley O'Connor	Almonte D.H.S.	13.98	1.6	3
11	Megan Misztal	N. Grenville Dhs	14.02	1.6	3
12	Michaela Khan	Russell High School	14.06	1.5	1
13	Jillian Hughes	St. Michael Chs	14.16	1.6	3
14	Jennifer Larkin	Holy Trinity	14.26	1.6	2

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****...Women 100 Meter Dash Senior**

15	Caitlyn Royer	Holy Trinity	14.28	1.5	1
16	Taylor Hughes	Brockville C.I.	14.31	1.6	2
17	Hilary Blair	Rideau - Elgin	14.34	1.6	3
18	Chantal Earle	Notre Dame C.H.S	14.36	1.5	1
19	Becky Labrecque	Arnprior Dhs	14.39	1.6	2
20	Alex Lamb	St.Francis X Chs	14.43	1.6	3
21	Alyssa McLean	Cornwall C & V S	14.69	1.6	3
22	Kelsey Poitras	Cornwall C & V S	14.88	1.6	2

Women 100 Meter Dash Senior

=====					
EOSSAA: ! 11.80 1994 Emily Lariviere, E.S. Hawkesbury					
Name	Year	School	Finals	Wind	
=====					

Finals

1	Taylor Cole	Frontenac SS	12.63	0.8	
2	Emelyn Fauvel	Sydenham - Sydenham	12.69	0.8	
3	Abbi Finnan	Regiopolis N.D.	12.75	0.8	
4	Kim McDougall	Almonte D.H.S.	13.11	0.8	
5	Morgan Hurtubise	Casselman E.S.C.	13.31	0.8	
6	Anna Austin	General Panet HS	13.56	0.8	
7	Laura Graham	Arnprior Dhs	13.79	0.8	
--	Christina Charbonneau	Rockland D.H.S.	DNF	0.8	

Women 200 Meter Dash Senior

=====					
EOSSAA: ! 24.70 1992 Leanne Wall, Arnprior D.H.S.					
Name	Year	School	Prelims	Wind	H#
=====					

Preliminaries

1	Taylor Cole	Frontenac SS	26.24Q	2.2	3
2	Emelyn Fauvel	Sydenham - Sydenham	26.50Q	0.2	1
3	Paige Ingram	Regiopolis N.D.	26.89Q	1.6	2
4	Kim McDougall	Almonte D.H.S.	27.20Q	1.6	2
5	Sydney Smith	Holy Cross SS	27.34Q	2.2	3
6	Anna Austin	General Panet HS	28.12Q	0.2	1
7	Erica Bulanda	Th. Islands S.S.	27.81q	2.2	3
8	Morgan Hurtubise	Casselman E.S.C.	28.33q	0.2	1
9	Jennifer Larkin	Holy Trinity	28.79	0.2	1
10	Nikyla Croney	St. Joseph's C.H.S.	28.89	1.6	2
11	Sara Young	Arnprior Dhs	29.00	1.6	2
12	Holly Kendall	N. Grenville Dhs	29.08	2.2	3
13	Jillian Hughes	St. Michael Chs	29.24	1.6	2
14	Katrina Wright	Perth D.C.I	29.61	1.6	2
15	Becky Labrecque	Arnprior Dhs	30.33	0.2	1
16	Laura Graham	Arnprior Dhs	30.59	2.2	3
17	Megan Gaw	Almonte D.H.S.	30.78	0.2	1
18	Bailey Smith	Almonte D.H.S.	31.10	2.2	3
19	Kelsey Poitras	Cornwall C & V S	33.04	2.2	3

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Women 200 Meter Dash Senior**

=====				
EOSSAA: ! 24.70	1992	Leanne Wall, Arnprior D.H.S.		
Name	Year	School	Finals	Wind
=====				
Finals				
1 Taylor Cole		Frontenac SS	25.64	0.8
2 Emelyn Fauvel		Sydenham - Sydenham	26.06	0.8
3 Paige Ingram		Regiopolis N.D.	26.68	0.8
4 Sydney Smith		Holy Cross SS	26.92	0.8
5 Kim McDougall		Almonte D.H.S.	27.01	0.8
6 Morgan Hurtubise		Casselman E.S.C.	27.42	0.8
7 Erica Bulanda		Th. Islands S.S.	28.22	0.8
8 Anna Austin		General Panet HS	28.24	0.8

Women 400 Meter Dash Senior

=====				
EOSSAA: ! 56.96	2004	Bailey Lewis, North Dundas D.H.S		
Name	Year	School	Finals	H#
=====				
1 Alyssa Frankland		La Salle SS	1:01.26	3
2 Rachel Bennett		Th. Islands S.S.	1:02.03	3
3 Sydney Smith		Holy Cross SS	1:02.60	3
4 Michelle Wheeler		Arnprior Dhs	1:03.13	3
5 Samantha Martin		General Panet HS	1:03.71	3
6 Nikyla Croney		St. Joseph's C.H.S.	1:04.23	2
7 Jessica Thompson		Seaway D.H.S.	1:04.28	3
8 Emma Baird		Arnprior Dhs	1:04.50	3
9 Sarah Besselink		Holy Cross SS	1:04.86	3
10 Sarah Ouimette		St. Michael Chs	1:05.90	2
11 Rachel Nelles		Sydenham - Sydenham	1:05.92	2
12 Joanie Pilon		Hawkesbury E.S.C.R.	1:07.08	2
13 Katie Bakker		Russell High School	1:08.16	1
14 Carly McHenry		Renfrew CI	1:08.54	2
15 Kate Anderson		St John's C.H.S.	1:09.26	1
16 Brooklyn Ramsay		Perth D.C.I	1:13.96	1

Women 800 Meter Run Senior

=====				
EOSSAA: ! 2:12.63	21/05/2010	Samantha Murphy, St John's		
Name	Year	School	Finals	
=====				
1 Maddy Kelly		Fellowes HS	2:20.53	
2 Rebecca Jaros		La Salle SS	2:21.41	
3 Emily Baldissera		Th. Islands S.S.	2:21.55	
4 Shelby Kent		Th. Islands S.S.	2:22.29	
5 Hannah Coates		Ernestown - Odessa	2:22.41	
6 Sarah Besselink		Holy Cross SS	2:29.13	
7 Sarah Ouimette		St. Michael Chs	2:30.79	
8 Jillian Marquardt		Fellowes HS	2:31.67	
9 Tilly Greenfield		Mackenzie CS	2:36.42	
10 Kate Anderson		St John's C.H.S.	2:37.45	
11 Samantha Martin		General Panet HS	2:41.95	
12 Emily Watt		Perth D.C.I	2:44.65	
13 Megan Fothergill		Russell High School	2:45.80	
14 Esme Sinclair		Holy Cross SS	2:49.28	

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Women 800 Meter Run Senior**

15	Myranda Ruel	North Dundas D.H.S.	2:50.00
16	Siobahn Bell	Rideau - Elgin	2:51.85
17	Tina Faucher	St.Laurent	2:52.17
18	Jennesa Compton	St.Francis X Chs	2:55.08
19	Katie Finn	Carleton Place	3:07.79
20	Shannon Steele	Almonte D.H.S.	3:12.20
21	Genesha Kaaneeshan	Cornwall C & V S	3:19.90

Women 1500 Meter Run Senior

=====			
EOSSAA: ! 4:38.80		1986	Jennifer Mather, T.I.S.S.
Name	Year	School	Finals
=====			
1	Hannah Gaensler	Smiths Falls D.C.I.	4:45.67
2	Brianna Bradley	Frontenac SS	4:45.87
3	Maddy Kelly	Fellowes HS	4:48.83
4	Rebecca Jaros	La Salle SS	4:49.84
5	Emily Baldissera	Th. Islands S.S.	4:55.53
6	Hannah Coates	Ernestown - Odessa	4:59.65
7	Shelby Kent	Th. Islands S.S.	4:59.71
8	Emma Selleck	Th. Islands S.S.	5:05.80
9	Kelsey Serviss	General Panet HS	5:08.72
10	Molly Steer	Mackenzie CS	5:10.51
11	Mikaela Barnes	Renfrew CI	5:15.50
12	Shannon Timbrell	Rothwell-Osnabruck	5:21.19
13	Maddie Nolan	Almonte D.H.S.	5:27.48
14	Sarah Ouimette	St. Michael Chs	5:34.40
15	Emily Watt	Perth D.C.I	5:40.90
16	Esme Sinclair	Holy Cross SS	5:42.05
17	Megan Fothergill	Russell High School	5:43.15
18	Tina Faucher	St.Laurent	6:01.73
19	Jennesa Compton	St.Francis X Chs	6:01.83
20	Camille Chagnon-Larose	Hawkesbury E.S.C.R.	6:05.86
21	Myranda Ruel	North Dundas D.H.S.	6:05.98
22	Bekkers Rachel	St.Thomas Aquinas	6:07.64
23	Lindsay Chambers	North Dundas D.H.S.	6:43.91

Women 3000 Meter Run Senior

=====			
EOSSAA: ! 10:06.36		1998	Emily Tallen, Frontenac S.
Name	Year	School	Finals
=====			
1	Hannah Gaensler	Smiths Falls D.C.I.	10:28.12
2	Brianna Bradley	Frontenac SS	10:39.89
3	Adrienne Morgan	Ernestown - Odessa	11:08.55
4	Mikaela Barnes	Renfrew CI	11:22.35
5	Kelsey Serviss	General Panet HS	11:24.50
6	Molly Steer	Mackenzie CS	11:25.49
7	Shannon Timbrell	Rothwell-Osnabruck	11:40.52
8	Christine Gemmell	Th. Islands S.S.	11:46.29
9	Jessica Mahusky	St Josephs Chs	11:50.49
10	Hannah Ascough	Loyalist - Kingston	12:02.28
11	Rebekah Nitschmann	St John's C.H.S.	12:10.18
12	Olivia Reyers	Holy Cross SS	12:24.10

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Women 3000 Meter Run Senior**

13	Megan Fothergill	Russell High School	13:04.00
14	Camille Chagnon-Larose	Hawkesbury E.S.C.R.	13:35.53
15	Kendra Button	Carleton Place	13:38.29
16	Julia Kelly	Carleton Place	13:41.16
17	Krista Pelton	N. Grenville Dhs	14:46.11

Women 100 Meter Hurdles Senior

=====					
EOSSAA: ! 14.04		2002	Darcelle McCutcheon, Napanee D.S.S.		
Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Breanna Smith	Th. Islands S.S.	15.95Q	2.8	1
2	Abbi Finnan	Regiopolis N.D.	16.27Q	1.9	2
3	Kiley O'Connor	Almonte D.H.S.	16.40Q	1.4	3
4	Christina Charbonneau	Rockland D.H.S.	16.79Q	2.8	1
5	Jessica Thompson	Seaway D.H.S.	16.92Q	1.4	3
6	Hilary Jonker	St. Mary's C.H.S	16.94Q	1.9	2
7	Katrina Wright	Perth D.C.I	17.05q	1.4	3
8	Marissa Boivin	Carleton Place	17.10q	2.8	1
9	Deanna Walker	Loyalist - Kingston	17.31	2.8	1
10	Marla Corney	Th. Islands S.S.	17.64	1.9	2
11	Elizabeth Hill	Sydenham - Sydenham	17.67	1.4	3
12	Charlotte Ryder-Burbridg	Frontenac SS	17.70	1.9	2
13	Maureen Freemark	Arnprior Dhs	19.06	2.8	1
14	Teran Nieman	Fellowes HS	20.16	1.9	2
15	Alyssa McLean	Cornwall C & V S	20.25	1.4	3
16	Anja Manuel	North Dundas D.H.S.	20.49	1.4	3
17	Rebecca Goody	St Josephs Chs	20.56	2.8	1
18	Taylor Doran	Arnprior Dhs	20.95	1.9	2
19	Katie Bakker	Russell High School	22.67	2.8	1

Women 100 Meter Hurdles Senior

=====					
EOSSAA: ! 14.04		2002	Darcelle McCutcheon, Napanee D.S.		
Name	Year	School	Finals	Wind	
=====					
Finals					
1	Abbi Finnan	Regiopolis N.D.	15.90	1.8	
2	Breanna Smith	Th. Islands S.S.	15.93	1.8	
3	Christina Charbonneau	Rockland D.H.S.	16.50	1.8	
4	Katrina Wright	Perth D.C.I	16.61	1.8	
5	Jessica Thompson	Seaway D.H.S.	16.76	1.8	
6	Hilary Jonker	St. Mary's C.H.S	16.80	1.8	
7	Marissa Boivin	Carleton Place	17.39	1.8	

Women 400 Meter Hurdles Senior

=====					
EOSSAA: ! 1:00.93		20/05/2010	Ashlea Maddex, Rockland D.H		
Name	Year	School	Finals	H#	
=====					
1	Rachel Bennett	Th. Islands S.S.	1:07.04	2	
2	Kiercy Latimer	Sydenham - Sydenham	1:07.99	2	
3	Jessica Thompson	Seaway D.H.S.	1:08.89	2	

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Women 400 Meter Hurdles Senior**

4	Karley Heyman	Sydenham - Sydenham	1:09.80	2
5	Marla Corney	Th. Islands S.S.	1:10.37	2
6	Nikyla Croney	St. Joseph's C.H.S.	1:11.81	2
7	Michelle Wheeler	Arnprior Dhs	1:12.02	1
8	Hillary MacMillan	Renfrew CI	1:12.68	2
9	Jillian Beaston	Seaway D.H.S.	1:13.85	2
10	Maureen Freemark	Arnprior Dhs	1:16.94	1
11	Teran Nieman	Fellowes HS	1:19.61	1
12	Katie Bakker	Russell High School	1:20.28	1
13	Brooklyn Ramsay	Perth D.C.I	1:21.30	1
14	Rachel Nelles	Sydenham - Sydenham	1:23.02	1

Women 4x100 Meter Relay Senior

=====				
	EOSSAA: ! 49.30	1992	, Loyalist C.V.I.	
	School		Finals	H#
=====				
1	Regiopolis-Notre Dame-Kingston	'A'	50.96	2
2	Sydenham - Sydenham	'A'	51.36	2
3	Thousand Islands - Brockville	'A'	51.46	2
4	Frontenac - Kingston	'A'	52.94	2
5	Arnprior Dhs	'A'	53.00	2
6	Almonte District High School	'A'	53.30	2
7	North Grenville - Kemptville	'A'	53.75	2
8	St. Michael - Kemptville	'A'	54.71	1
9	Carleton Place High School	'A'	55.08	2
10	General Panet HS	'A'	55.11	1
11	Hawkesbury E.S.C.R.	'A'	56.86	1
12	Madawaska Dhs	'A'	57.01	1
13	Cornwall C & V S	'A'	59.20	1
--	Perth & District Coll. Inst.	'A'	DQ	1 Rule 170.14

Women High Jump Senior

=====				
	EOSSAA: ! 1.71m	1987	Susan Campbell, Loyalist C.V.	
	Name	Year School	Finals	
=====				
1	Julie Ethier	Fellowes HS	1.60m	
2	Emma Baird	Arnprior Dhs	1.55m	
3	Mandy Fouzie	Sydenham - Sydenham	J1.55m	
4	Laura Craig	Arnprior Dhs	1.50m	
5	Breanna Smith	Th. Islands S.S.	J1.50m	
5	Sarah Kelly	Fellowes HS	J1.50m	
7	Taylor Williamson	N. Grenville Dhs	J1.50m	
8	Kelsey Fontaine	Tagwi S.S.	1.40m	
9	Maddie Lloyd	La Salle SS	1.35m	
9	Alyssa McLean	Cornwall C & V S	1.35m	
11	Hilary Blair	Rideau - Elgin	1.30m	
11	Mykayla Mentus	Russell High School	1.30m	

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Women Pole Vault Senior**

EOSSAA: ! 2.92m 20/05/2009 Meaghan MacDougall, Char er D			
Name	Year	School	Finals
1 Anja Manuel		North Dundas D.H.S.	2.40m
2 Lindsay Abercrombie		Carleton Place	2.25m
3 Taya O'Connor		Almonte D.H.S.	2.10m
4 Taylor Doran		Arnprior Dhs	J2.10m
5 Maureen Freemark		Arnprior Dhs	J2.10m
6 Kate Pinchin		Kingston C.V.I.	1.65m

Women Long Jump Senior

EOSSAA: ! 5.48m 1983 Pam Prophet, T.I.S.S.				
Name	Year	School	Finals	Wind
1 Erica Bulanda		Th. Islands S.S.	4.91m	NWI
2 Marla Corney		Th. Islands S.S.	4.83m	NWI
3 Jillian Beaston		Seaway D.H.S.	4.72m	NWI
4 Sage Marquardt		Madawaska Dhs	4.62m	NWI
5 Taylor Williamson		N. Grenville Dhs	4.61m	NWI
6 Christina Charbonneau		Rockland D.H.S.	4.41m	NWI
7 Alicia McMullen		Sydenham - Sydenham	4.31m	NWI
8 Caitlyn Royer		Holy Trinity	4.25m	NWI
9 Amanda Tibbutt		Sydenham - Sydenham	4.21m	NWI
10 Elizabeth Hill		Sydenham - Sydenham	4.16m	NWI
11 Anna Austin		General Panet HS	4.07m	NWI
12 Alex Lamb		St.Francis X Chs	4.05m	NWI
13 Amie Currie		Almonte D.H.S.	4.00m	NWI
14 Taya O'Connor		Almonte D.H.S.	3.92m	NWI
15 Wendy Grier		Fellowes HS	3.90m	NWI
16 Josee Daze		St. Joseph's C.H.S.	3.84m	NWI
17 Taylor Hughes		Brockville C.I.	3.71m	NWI
18 Chelsea Arden		Almonte D.H.S.	3.67m	NWI
18 Meredith Dendy		Frontenac SS	3.67m	NWI
20 Bailey Hannah		St John's C.H.S.	3.65m	NWI
21 Taylor Brown		Cornwall C & V S	3.23m	NWI

Women Triple Jump Senior

EOSSAA: ! 12.24m 1979 Ruth Kirkby, Gananoque				
Name	Year	School	Finals	Wind
1 Taylor Williamson		N. Grenville Dhs	10.70m	NWI
2 Amanda Tibbutt		Sydenham - Sydenham	10.34m	NWI
3 Erica Bulanda		Th. Islands S.S.	10.21m	NWI
4 Alicia McMullen		Sydenham - Sydenham	9.99m	NWI
5 Elizabeth Hill		Sydenham - Sydenham	9.76m	NWI
6 Jen Bernicky		Holy Cross SS	9.68m	NWI
7 Jennifer Larkin		Holy Trinity	9.60m	NWI
8 Melissa Plascott		Arnprior Dhs	9.50m	NWI
9 Josee Daze		St. Joseph's C.H.S.	9.36m	NWI
10 Laura Craig		Arnprior Dhs	9.10m	NWI
11 Caitlyn Royer		Holy Trinity	9.04m	NWI
12 Wendy Grier		Fellowes HS	8.95m	NWI

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****...Women Triple Jump Senior**

13	Amie Currie	Almonte D.H.S.	8.75m	NWI
14	Miranda Voldock	Madawaska Dhs	8.62m	NWI
15	Bailey Hannah	St John's C.H.S.	7.87m	NWI
16	Brianne Mason	L'Heritage E.S.	7.69m	NWI
17	Erin Gardiner	Notre Dame C.H.S	7.59m	NWI

Women Shot Put Senior

=====			
EOSSAA: ! 14.25m		2003	Sultana Frizell, Perth D.C.I
Name	Year	School	Finals
=====			
1	Ashley Connell	S. Grenville Dhs	11.67m
2	Addi Halliday	Th. Islands S.S.	11.35m
3	Alexane Bergevin	Casselman E.S.C.	10.59m
4	Sabrina Van Schyndel	Carleton Place	10.46m
5	Colleen Fleury	Renfrew CI	10.18m
6	Katie Klatt	Fellowes HS	9.97m
7	Chantal Lariviere	Perth D.C.I	9.83m
8	Celiah Dale	Rideau - Elgin	9.78m
9	Tawny Godin	Bishop Smith Chs	9.69m
10	Jamie Brown	Arnprior Dhs	9.26m
11	Cariston Fawcett	Holy Cross SS	9.25m
12	Kate Schenk	Holy Cross SS	8.89m
13	Brianne Garrah	Frontenac SS	8.76m
14	Blaire Coffey	Frontenac SS	8.59m
15	Nora Kaseeb	Cornwall C & V S	8.55m
16	Alex Lamb	St.Francis X Chs	8.31m
17	Jessica Weedmark	Smiths Falls D.C.I.	8.12m
18	Taylor Miller	Russell High School	7.14m
19	Anne Fergusson	Carleton Place	7.06m

Women Discus Throw Senior

=====			
EOSSAA: ! 41.88m		2003	Sultana Frizell, Perth D.C.I
Name	Year	School	Finals
=====			
1	Katie Klatt	Fellowes HS	36.14m
2	Ashley Connell	S. Grenville Dhs	33.34m
3	Cariston Fawcett	Holy Cross SS	32.30m
4	Colleen Fleury	Renfrew CI	31.56m
5	Shannon Charbonneau	St Josephs Chs	30.66m
6	Addi Halliday	Th. Islands S.S.	29.64m
7	Alexane Bergevin	Casselman E.S.C.	29.38m
8	Kate Schenk	Holy Cross SS	29.23m
9	Ashley Mercer-Robinson	Bishop Smith Chs	28.14m
10	Brianne Garrah	Frontenac SS	23.89m
11	Nicole Kendrick	Sydenham - Sydenham	22.92m
12	Leanna Bush	N. Grenville Dhs	21.32m
13	Nora Kaseeb	Cornwall C & V S	20.74m
14	Alexanne Lafrance	Casselman E.S.C.	20.62m
15	Anne Fergusson	Carleton Place	20.55m
16	Rachel Van Woezik	Almonte D.H.S.	19.86m
17	Samantha Barrie	Carleton Place	18.31m
18	Sabrina Van Schyndel	Carleton Place	17.59m

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****...Women Discus Throw Senior**

19 Shenda Harrison	S. Grenville Dhs	16.90m
20 Taylor Miller	Russell High School	16.79m

Women Javelin Throw Senior

=====			
EOSSAA: ! 45.66m		1983	Cheryl Coker, Carleton Place
Name	Year	School	Finals
=====			
1 Tawny Godin		Bishop Smith Chs	34.13m
2 Blaire Coffey		Frontenac SS	32.18m
3 Michelle Rozon		Holy Trinity	32.07m
4 Melissa Verch		St Josephs Chs	29.50m
5 Rachel Van Woezik		Almonte D.H.S.	28.47m
6 Maddie Nolan		Almonte D.H.S.	27.49m
7 Sabrina Van Schyndel		Carleton Place	27.20m
8 Ashley Connell		S. Grenville Dhs	25.79m
9 Lindsay Abrams		Sydenham - Sydenham	23.90m
10 Brittney Granger		L'Heritage E.S.	23.58m
11 Shenda Harrison		S. Grenville Dhs	22.87m
12 Sarah McCullough		Sharbot Lake HS	22.68m
13 Aidan Henry		Madawaska Dhs	21.66m
14 Samantha Barrie		Carleton Place	21.14m
15 Emily Delyea		Sharbot Lake HS	20.15m
16 Alexane Bergevin		Casselman E.S.C.	19.58m
17 Ella Besserer		St. Michael Chs	17.94m
18 Celia Dale		Rideau - Elgin	17.45m
19 Alexanne Lafrance		Casselman E.S.C.	15.88m
20 Taylor Miller		Russell High School	15.84m

Women 1500 Meter Steeplechase Open

=====			
EOSSAA: ! 5:26.57		21/05/2010	Lacey Tryon, SHS - Sydenham
Name	Year	School	Finals
=====			
1 Emma Selleck		Th. Islands S.S.	5:24.86!
2 Adrienne Morgan		Ernestown - Odessa	5:34.51
3 Tilly Greenfield		Mackenzie CS	5:38.21
4 Alyssa Stowe		Almonte D.H.S.	5:45.00
5 Hillary MacMillan		Renfrew CI	5:54.08
6 Noa Amson		Kingston C.V.I.	5:54.48
7 Kaitlin Casey		St. Michael Chs	5:55.91
8 Siobahn Bell		Rideau - Elgin	6:24.37
9 Sarah McFadden		Sydenham - Sydenham	6:33.12
10 Courtney Thompson		Rideau - Elgin	6:41.39
11 Katie Finn		Carleton Place	6:57.83
12 Chloe Stack		Kingston C.V.I.	7:06.92
13 Kendra Button		Carleton Place	7:07.82
14 Julia Kelly		Carleton Place	7:08.12
15 Bailey Milne		North Dundas D.H.S.	7:14.93

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Women 4x400 Meter Relay Open**

=====			
EOSSAA: ! 4:06.09 20/05/2011 Sydenham - Sydenham, SHS - Syd			
School		Finals	H#
=====			
1 Sydenham - Sydenham 'A'		4:02.02!	2
2 Thousand Islands - Brockville 'A'		4:04.06!	2
3 La Salle - Kingston 'A'		4:12.22	2
4 Holy Cross - Kingston 'A'		4:22.06	2
5 Almonte District High School 'A'		4:23.27	2
6 Renfrew CI 'A'		4:26.51	2
7 Kingston C.V.I. - Kingston 'A'		4:27.05	1
8 Notre Dame Catholic High School 'A'		4:27.99	1
9 Arnprior Dhs 'A'		4:32.91	2
10 Perth & District Coll. Inst. 'A'		4:46.24	1

Women 800 Meter Run Blind

=====		
Name	Year School	Finals
=====		
1 Shelby McIntyre	Renfrew CI	4:12.53

Women 100 Meter Dash Ambulatory

=====			
Name	Year School	Finals	Wind
=====			
1 Alicia Tustin	Fellowes HS	15.62	NWI
2 Lacie Cardiff	Fellowes HS	18.90	NWI
3 Jenna Lesway	Arnprior Dhs	20.29	NWI

Men 100 Meter Dash Midget

=====				
EOSSAA: ! 11.54 21/05/2009 Patrice Wren, Opeongo H S-D				
Name	Year School	Prelims	Wind	H#
=====				
Preliminaries				
1 Liam Smith	St. Mary's C.H.S	11.78Q	+0.0	3
2 Jean Noel	L'Heritage E.S.	12.06Q	1.3	1
3 Brody Blaskie	Holy Cross SS	12.17Q	+0.0	2
4 Stephen Hanzidiakou	Carleton Place	12.25Q	+0.0	3
5 Declan Rothwell	Carleton Place	12.29Q	+0.0	2
6 Tyson Losier	Frontenac SS	12.43Q	1.3	1
7 Steven Bedeck	St. Mary's C.H.S	12.39q	+0.0	2
8 Nick Rousselle	Notre Dame C.H.S	12.44q	1.3	1
9 Tristan Brunet	La Citadelle E.S.	12.47	+0.0	3
10 Jordon Ziese	Fellowes HS	12.65	1.3	1
11 Connor Stevenson	Th. Islands S.S.	12.69	+0.0	3
12 Scott Gemmell	Th. Islands S.S.	12.72	+0.0	2
13 Riley Berry	Seaway D.H.S.	12.75	+0.0	2
14 Grant Chenier	Holy Cross SS	12.94	1.3	1
15 Brendan McMunn	Carleton Place	13.07	1.3	1
16 John Dolan	Arnprior Dhs	13.08	+0.0	2
17 Tondreau Reilly	St.Thomas Aquinas	13.11	+0.0	3
18 Benjamin Raymond	Casselman E.S.C.	13.13	1.3	1
19 Walter Kleinboonschate	North Dundas D.H.S.	13.22	+0.0	3
20 Jesse Weddeler	Fellowes HS	13.27	+0.0	3

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men 100 Meter Dash Midget**

21	Yassin Bouragba	L'Escale E.S.C.	13.28	+0.0	2
22	Jeremy McBride	Loyalist - Kingston	13.32	+0.0	3
23	Pierre-Luc Sabourin	Le Relais E.S.C.	13.64	1.3	1

Men 100 Meter Dash Midget

=====					
EOSSAA: ! 11.54 21/05/2009 Patrice Wren, Opeongo H S-D					
Name	Year	School	Finals	Wind	
=====					

Finals

1	Liam Smith	St. Mary's C.H.S	11.74	1.2	
2	Jean Noel	L'Heritage E.S.	11.94	1.2	
3	Brody Blaskie	Holy Cross SS	12.16	1.2	
4	Declan Rothwell	Carleton Place	12.19	1.2	
5	Stephen Hanzidiakou	Carleton Place	12.21	1.2	
6	Steven Bedeckki	St. Mary's C.H.S	12.26	1.2	
7	Nick Rousselle	Notre Dame C.H.S	12.47	1.2	
8	Tyson Losier	Frontenac SS	12.50	1.2	

Men 200 Meter Dash Midget

=====					
EOSSAA: ! 23.75 21/05/2009 Patrice Wren, Opeongo H S-D					
Name	Year	School	Prelims	Wind	H#
=====					

Preliminaries

1	Liam Smith	St. Mary's C.H.S	24.04Q	2.1	2
2	Declan Rothwell	Carleton Place	24.34Q	2.0	3
3	Stephen Hanzidiakou	Carleton Place	24.96Q	1.8	1
4	Connor Stevenson	Th. Islands S.S.	25.20Q	2.1	2
5	Brody Blaskie	Holy Cross SS	25.31Q	2.0	3
6	Will Ruddy	Arnprior Dhs	25.61Q	1.8	1
7	Joshua Capina	L'Escale E.S.C.	25.26q	2.1	2
8	Tristan Brunet	La Citadelle E.S.	25.36q	2.1	2
9	Jordon Ziese	Fellowes HS	25.49	2.0	3
10	Casey Abrams	St. Mary's C.H.S	25.59	2.0	3
11	Riley McEwen	Arnprior Dhs	25.61	2.0	3
12	Tyler Hawkins	Perth D.C.I	25.93	1.8	1
13	Nick Rousselle	Notre Dame C.H.S	25.95	1.8	1
14	Tyson Losier	Frontenac SS	26.31	2.1	2
15	Benjamin Raymond	Casselman E.S.C.	26.42	1.8	1
16	Josh MacMillan	St. Mary's C.H.S	26.60	1.8	1
17	Riley Berry	Seaway D.H.S.	26.62	2.0	3
18	Calvin Couture	Casselman E.S.C.	27.17	2.0	3
19	Liam Hillis	Sydenham - Sydenham	27.23	2.1	2
20	Sheldon Veenstra	La Citadelle E.S.	27.70	1.8	1
21	Alex Beaumont-Stidwell	La Citadelle E.S.	27.86	2.0	3
22	Pascal Théorêt	Le Relais E.S.C.	28.09	1.8	1

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Men 200 Meter Dash Midget**

=====				
EOSSAA: ! 23.75 21/05/2009 Patrice Wren, Opeongo H S-D				
Name	Year	School	Finals	Wind
=====				
Finals				
1 Declan Rothwell		Carleton Place	24.19	1.9
2 Brody Blaskie		Holy Cross SS	24.97	1.9
3 Stephen Hanzidiakou		Carleton Place	25.03	1.9
4 Joshua Capina		L'Escale E.S.C.	25.20	1.9
5 Tristan Brunet		La Citadelle E.S.	25.36	1.9
6 Connor Stevenson		Th. Islands S.S.	25.43	1.9
7 Will Ruddy		Arnprior Dhs	25.62	1.9

Men 400 Meter Dash Midget

=====				
EOSSAA: ! 53.09 2004 Michael Robertson, Char-Lan D.H.				
Name	Year	School	Finals	H#
=====				
1 Liam Smith		St. Mary's C.H.S	54.16	3
2 Max Serviss		General Panet HS	55.65	3
3 Joshua Capina		L'Escale E.S.C.	56.19	3
4 Malik Croney		St. Joseph's C.H.S.	57.37	3
5 Phil Kadlec		Renfrew CI	57.80	3
6 Chad Caskenette		Th. Islands S.S.	58.18	3
7 Matthew Ferguson		Perth D.C.I	58.41	3
8 Doni Nowakowski		Perth D.C.I	58.91	2
9 Riley Berry		Seaway D.H.S.	59.69	2
10 Braden Zvonarich		Arnprior Dhs	1:00.96	3
11 Aaron deVille		N. Grenville Dhs	1:01.88	2
12 Calvin Couture		Casselman E.S.C.	1:02.71	1
13 Jake Quinton		North Dundas D.H.S.	1:03.09	2
14 Reeve Nicholson		La Citadelle E.S.	1:03.36	2
15 Jon Viau		Russell High School	1:05.14	1
16 Aidan Adrain		St John's C.H.S.	1:08.34	1

Men 800 Meter Run Midget

=====				
EOSSAA: ! 2:08.43 2004 Pat Lester, Carleton Place				
Name	Year	School	Finals	
=====				
1 Max Serviss		General Panet HS	2:06.13!	
2 Jonathan Besselink		Holy Cross SS	2:08.50	
3 Chris Kimmerer		Holy Cross SS	2:09.51	
4 Teagan Retty		St John's C.H.S.	2:12.70	
5 Matthew Ferguson		Perth D.C.I	2:13.16	
6 Brady Robertson		Sydenham - Sydenham	2:13.92	
7 Mitchell Kirby		Frontenac SS	2:14.38	
8 Austin Martin		Arnprior Dhs	2:14.60	
9 Malik Croney		St. Joseph's C.H.S.	2:17.99	
10 Jon Kruis		Th. Islands S.S.	2:19.60	
11 Carlos Coburn		Th. Islands S.S.	2:20.78	
12 Cody Bishop		General Panet HS	2:21.44	
13 Jonathan Favero		L'Escale E.S.C.	2:22.23	
14 McKinley Ripley		Renfrew CI	2:23.21	
15 Charles Douglas		Tagwi S.S.	2:23.66	

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men 800 Meter Run Midget**

16	Stephan Schilke	Perth D.C.I	2:27.28
17	Wyatt Brochert	Rothwell-Osnabruck	2:31.74
18	Connor Taugher	Th. Islands S.S.	2:34.38
19	Tobin Wade	St. Mary's C.H.S	2:34.46
20	Eric Romano	Almonte D.H.S.	2:37.46

Men 1500 Meter Run Midget

=====			
	EOSSAA: ! 4:16.16	2005	Kyle Mylks, T.I.S.S.
Name	Year	School	Finals
=====			
1	Max Serviss	General Panet HS	4:23.22
2	Ben Workman	Kingston C.V.I.	4:24.83
3	Jonathan Besselink	Holy Cross SS	4:27.11
4	John Pettigrew	Renfrew CI	4:29.26
5	Mitchell Kirby	Frontenac SS	4:30.11
6	Chris Kimmerer	Holy Cross SS	4:30.86
7	Adam Paquette	Fellowes HS	4:32.87
8	Jonathan Favero	L'Escale E.S.C.	4:35.59
9	Teagan Retty	St John's C.H.S.	4:42.37
10	Carlos Coburn	Th. Islands S.S.	4:45.45
11	Jake Quinton	North Dundas D.H.S.	4:56.21
12	Jon Kruis	Th. Islands S.S.	4:57.50
13	Stephan Schilke	Perth D.C.I	5:01.29
14	Joey Hodges	Ange-Gabriel A.	5:06.61
15	Tobin Wade	St. Mary's C.H.S	5:15.76
16	Wyatt Brochert	Rothwell-Osnabruck	5:18.07
17	Eric Lamarche	L'Heritage E.S.	5:18.12
18	Victor Bisson	L'Heritage E.S.	5:24.86
19	Eric Romano	Almonte D.H.S.	5:26.00
20	Christian Lebrun	Le Relais E.S.C.	5:29.92
21	Ryan Derouchie	Le Relais E.S.C.	5:49.36
22	James Bell	Perth D.C.I	5:51.95

Men 3000 Meter Run Midget

=====			
	EOSSAA: ! 8:51.76	22/05/2008	Tristan Woodfine, Opeongo H
Name	Year	School	Finals
=====			
1	Kieran L'Abbe	Kingston C.V.I.	9:16.74
2	Ben Workman	Kingston C.V.I.	9:22.03
3	John Pettigrew	Renfrew CI	9:38.21
4	Jonathan Besselink	Holy Cross SS	9:44.08
5	Adam Paquette	Fellowes HS	9:56.58
6	Jonathan Favero	L'Escale E.S.C.	10:07.80
7	Carlos Coburn	Th. Islands S.S.	10:29.86
8	Stephan Schilke	Perth D.C.I	10:52.57
9	McKinley Ripley	Renfrew CI	11:01.80
10	Charles Douglas	Tagwi S.S.	11:15.49
11	Tobin Wade	St. Mary's C.H.S	11:20.93
12	Anthony Montgomery	General Panet HS	11:49.58
13	Josh Kirby	Regiopolis N.D.	11:54.08
14	Eric Romano	Almonte D.H.S.	12:07.17
15	Riley Armstrong	St. Mary's C.H.S	12:22.13

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Men 100 Meter Hurdles Midget**

EOSSAA: ! 14.36 2004 Phil Juthman, North Dundas					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Brodie Latimer		Sydenham - Sydenham	15.07Q	0.4	3
2 Max Doyle		Perth D.C.I	15.41Q	1.4	1
3 Will Ruddy		Arnrior Dhs	15.73Q	0.6	2
4 Liam Hillis		Sydenham - Sydenham	15.61Q	1.4	1
5 Ian Sly		Rideau - Elgin	16.33Q	0.6	2
6 Brody Flegal		Arnrior Dhs	17.39Q	0.4	3
7 Josh MacMillan		St. Mary's C.H.S	16.46q	0.6	2
8 Justin Rigby		N. Grenville Dhs	17.42q	0.6	2
9 Riley McEwen		Arnrior Dhs	17.72	1.4	1
10 Taylor Cafley		Perth D.C.I	17.96	0.4	3
11 Tavish MacLeod		Rothwell-Osnabruck	18.83	1.4	1
12 Connor Findlay		North Dundas D.H.S.	19.85	0.4	3
13 Calvin Couture		Casselman E.S.C.	20.14	1.4	1
14 Devon Barber		Renfrew CI	20.18	1.4	1
15 Jamal Jabara		Russell High School	21.46	0.6	2
16 Jacob Hutchinson		Rothwell-Osnabruck	21.87	0.6	2

Men 100 Meter Hurdles Midget

EOSSAA: ! 14.36 2004 Phil Juthman, North Dundas				
Name	Year	School	Finals	Wind
Finals				
1 Brodie Latimer		Sydenham - Sydenham	14.69	1.9
2 Max Doyle		Perth D.C.I	15.34	1.9
3 Will Ruddy		Arnrior Dhs	15.48	1.9
4 Josh MacMillan		St. Mary's C.H.S	15.96	1.9
5 Liam Hillis		Sydenham - Sydenham	16.17	1.9
6 Ian Sly		Rideau - Elgin	16.25	1.9
7 Brody Flegal		Arnrior Dhs	16.43	1.9
8 Justin Rigby		N. Grenville Dhs	16.52	1.9

Men 300 Meter Hurdles Midget

EOSSAA: ! 42.27 19/05/2011 Nathan Toman, Arnrior DHS				
Name	Year	School	Finals	H#
1 Malik Croney		St. Joseph's C.H.S.	44.27	1
2 Max Doyle		Perth D.C.I	44.41	2
3 Will Ruddy		Arnrior Dhs	44.58	2
4 Declan Rothwell		Carleton Place	45.03	2
5 Brodie Latimer		Sydenham - Sydenham	45.17	2
6 Brody Flegal		Arnrior Dhs	45.30	2
7 Maks Zechel		Kingston C.V.I.	46.15	2
8 Adam James		Th. Islands S.S.	46.23	2
9 Taylor Cafley		Perth D.C.I	46.71	1
10 Justin Rigby		N. Grenville Dhs	47.46	2
11 Riley McEwen		Arnrior Dhs	47.47	1
12 Graham Sheets		N. Grenville Dhs	48.62	1
13 John Dolan		Arnrior Dhs	48.73	1

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men 300 Meter Hurdles Midget**

14 Francis Tardif	Plantagenet E.S.C.	50.54	1
-- Mitchell Mountenay	Loyalist - Kingston	DQ	1 Rule 168.7

Men 4x100 Meter Relay Midget

=====			
EOSSAA: ! 47.51	21/05/2010	Arnprior DHS, Arnprior DHS	
School		Finals	H#
=====			
1 Carleton Place High School 'A'		48.01	2
2 Thousand Islands - Brockville 'A'		48.30	2
3 St. Mary's - Brockville 'A'		48.79	2
4 Perth & District Coll. Inst. 'A'		49.18	2
5 Sydenham - Sydenham 'A'		49.69	2
6 Holy Cross - Kingston 'A'		50.08	2
7 Renfrew CI 'A'		50.79	2
8 La Citadelle E.S. 'A'		51.98	1
9 North Grenville - Kemptville 'A'		52.02	1
10 Fellowes HS 'A'		53.42	1
11 Rothwell-Osnabruck 'A'		54.43	1
-- Le Relais E.S.C. 'A'		DQ	1 Rule 170.14

Men High Jump Midget

=====			
EOSSAA: ! 1.78m	2006	Jason Steels, Regiopolis	
Name	Year School	Finals	
=====			
1 Steven Bedeck	St. Mary's C.H.S	1.68m	
2 Payden Selleck	Th. Islands S.S.	1.65m	
3 David Cox	Sharbot Lake HS	1.60m	
4 Zach McIver	Kingston C.V.I.	J1.60m	
5 Mackenzie Dick	Arnprior Dhs	J1.60m	
5 Nic Gilbert	Th. Islands S.S.	J1.60m	
7 Brendan McMunn	Carleton Place	J1.60m	
8 Carson Barber	Renfrew CI	J1.60m	
9 Josh MacMillan	St. Mary's C.H.S	1.55m	
10 Pierre-Yves Boulerice	Carleton Place	J1.55m	
11 Alex Vala	Notre Dame C.H.S	J1.55m	
12 Connor Moss	Opeongo HS	1.50m	
13 Walter Kleinboonschate	North Dundas D.H.S.	J1.50m	
14 Jasper Leroux	CharLan Dhs	J1.50m	
15 Gerson Zamor	Casselman E.S.C.	J1.50m	
16 Carter Wilson	Arnprior Dhs	1.45m	
17 Connor O'Driscoll	Notre Dame C.H.S	J1.45m	
18 Alex Douglas	Cornwall C & V S	J1.45m	

Men Pole Vault Midget

=====			
EOSSAA: ! 3.16m	2006	Dustin Herder, T.I.S.S.	
Name	Year School	Finals	
=====			
1 Keegan Elliot	Th. Islands S.S.	2.80m	
2 Connor Findlay	North Dundas D.H.S.	J2.80m	
3 Chad Caskenette	Th. Islands S.S.	2.65m	
3 John Dolan	Arnprior Dhs	2.65m	

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men Pole Vault Midget**

5	Keegan Mulhearn	CharLan Dhs	2.50m
6	Noah Guillot	Carleton Place	J2.50m
7	Jacob McDougall	CharLan Dhs	2.35m
8	Gill McDonell	CharLan Dhs	2.20m
9	Connor Taugher	Th. Islands S.S.	J2.20m
9	Zach McIver	Kingston C.V.I.	J2.20m
11	Pierre-Yves Boulerice	Carleton Place	1.80m
12	Alex Fedora	Kingston C.V.I.	J1.80m
12	Nick Dupere	Carleton Place	J1.80m
--	Shane Burke	Carleton Place	NH

Men Long Jump Midget

=====				
EOSSAA: ! 5.95m 2005 Matt Porter, T.I.S.S.				
Name	Year	School	Finals	Wind
=====				
1	Steven Bedeck	St. Mary's C.H.S	5.59m	NWI
2	Ben Cross	Frontenac SS	5.54m	NWI
3	Justin Dazé	Casselman E.S.C.	5.37m	NWI
4	Connor Moss	Opeongo HS	5.31m	NWI
5	Connor O'Driscoll	Notre Dame C.H.S	5.30m	NWI
6	Scott Gemmell	Th. Islands S.S.	5.26m	NWI
7	Mackenzie Dick	Arnprior Dhs	4.95m	NWI
8	Joshua Capina	L'Escafe E.S.C.	4.89m	NWI
9	Nate Beech	La Salle SS	J4.89m	NWI
10	Tavish MacLeod	Rothwell-Osnabruck	4.85m	NWI
11	Alex Vala	Notre Dame C.H.S	4.84m	NWI
12	Patrick Hammill	Fellowes HS	4.80m	NWI
13	Joey Hodges	Ange-Gabriel A.	4.74m	NWI
14	Brayden Raymond	Holy Cross SS	4.72m	NWI
15	Nick Rousselle	Notre Dame C.H.S	4.66m	NWI
16	Alex Bechamp	Renfrew CI	4.59m	NWI
17	Vincent McGonegal	Ernestown - Odessa	4.57m	NWI
18	Ryley Gemmill	St John's C.H.S.	4.53m	NWI
19	Tristan Brunet	La Citadelle E.S.	4.45m	NWI
20	Cody Meness	St.Francis X Chs	4.41m	NWI
21	Jasper Leroux	CharLan Dhs	4.24m	NWI

Men Triple Jump Midget

=====				
EOSSAA: ! 12.20m 22/05/2008 Trent Corney, Thousand Isl				
Name	Year	School	Finals	Wind
=====				
1	Ben Cross	Frontenac SS	11.48m	NWI
2	Brayden Raymond	Holy Cross SS	11.47m	NWI
3	Justin Dazé	Casselman E.S.C.	11.08m	NWI
4	Nate Beech	La Salle SS	10.93m	NWI
5	Parker Grant	S. Grenville Dhs	10.92m	NWI
6	Payden Selleck	Th. Islands S.S.	10.72m	NWI
7	Connor Moss	Opeongo HS	10.50m	NWI
8	Phil Kadlec	Renfrew CI	10.42m	NWI
9	Carson Barber	Renfrew CI	10.27m	NWI
10	David Cox	Sharbot Lake HS	10.11m	NWI
11	Ian Sly	Rideau - Elgin	10.00m	NWI

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men Triple Jump Midget**

12	Pierre-Luc Sabourin	Le Relais E.S.C.	9.98m	NWI
13	Billy Karras	Renfrew CI	9.73m	NWI
14	Gerson Zamor	Casselman E.S.C.	9.28m	NWI
15	Jessie Trahan	CharLan Dhs	9.24m	NWI
16	Jasper Leroux	CharLan Dhs	9.20m	NWI
17	Pierre-Yves Boulerice	Carleton Place	8.25m	NWI
18	Georges Côté	Le Relais E.S.C.	8.00m	NWI

Men Shot Put Midget

EOSSAA: ! 15.04m 2005 Tim Neadow, T.I.S.S.			
Name	Year	School	Finals
1	Patrick Dupuis	Perth D.C.I	14.14m
2	Chase Carpenter	Gananoque SS	14.09m
3	Zachary Shanker	St. Mary's C.H.S	12.58m
4	Jordan Bergsma	Arnprior Dhs	12.18m
5	Jacob Jaquemet	North Dundas D.H.S.	12.09m
6	Max Doyle	Perth D.C.I	11.94m
7	Isaiah Brown	Bishop Smith Chs	11.84m
8	Nathan White	Th. Islands S.S.	11.53m
9	Cole Cathcart	Th. Islands S.S.	11.14m
10	Avery Nagora	Fellowes HS	10.69m
11	Colson Bertrand	Napanee - Napanee	10.57m
12	Mike Brown	St John's C.H.S.	10.37m
13	Jessie Trahan	CharLan Dhs	10.33m
14	James Prebble	Arnprior Dhs	10.29m
15	Joey Boniface	Almonte D.H.S.	10.23m
16	Matt Campeau	Holy Trinity	10.22m
17	Bryce Preston	Frontenac SS	10.13m
18	Wyatt Brochert	Rothwell-Osnabruck	9.88m
19	Cody Meness	St.Francis X Chs	8.79m
20	Aiden Erkan	Ernestown - Odessa	8.20m
21	Mathieu Claude	Le Relais E.S.C.	7.84m

Men Discus Throw Midget

EOSSAA: ! 50.09m 21/05/2010 Darby Charkavi, Bishop Smith			
Name	Year	School	Finals
1	Cole Cathcart	Th. Islands S.S.	45.25m
2	Sebastien Lemire	Rothwell-Osnabruck	39.67m
3	Dane Brumm	Renfrew CI	38.27m
4	Colson Bertrand	Napanee - Napanee	35.39m
5	Isaiah Brown	Bishop Smith Chs	34.65m
6	Zackery Caya	L'Heritage E.S.	30.79m
7	Avery Nagora	Fellowes HS	30.57m
8	Kale Wall	Rothwell-Osnabruck	30.48m
9	Patrick Dupuis	Perth D.C.I	J30.48m
10	Nathan White	Th. Islands S.S.	29.76m
11	Denzel Guirandi	St. Mary's C.H.S	29.45m
12	Zach Wood	Napanee - Napanee	27.66m
13	Kevin Fraser	Carleton Place	26.06m
14	Tom Smith	Th. Islands S.S.	25.71m

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men Discus Throw Midget**

15	Georges Côté	Le Relais E.S.C.	25.12m
16	Jesse Benoit	Rothwell-Osnabruck	22.56m
17	Joey Boniface	Almonte D.H.S.	22.50m
18	Aiden Erkan	Ernestown - Odessa	21.92m
19	Matthew Church	Almonte D.H.S.	20.38m
20	Mathieu Claude	Le Relais E.S.C.	20.20m
21	Jacob Brash	Sharbot Lake HS	17.30m
--	Phil Kadlec	Renfrew CI	FOUL

Men Javelin Throw Midget

=====			
EOSSAA: ! 50.90m 2006 Taylor Korney, T.I.S.S.			
Name	Year	School	Finals
=====			
1	Ben Cross	Frontenac SS	46.17m
2	Cole Cathcart	Th. Islands S.S.	40.75m
3	Nic Gilbert	Th. Islands S.S.	39.00m
4	Jonathon Shean	Arnprior Dhs	38.66m
5	Eli Hansen	Perth D.C.I	36.46m
6	Alex Douglas	Cornwall C & V S	34.44m
7	Bryce Preston	Frontenac SS	33.02m
8	Aaron West	Gananoque SS	32.89m
9	Kevin Fraser	Carleton Place	31.94m
10	Sebastien Lemire	Rothwell-Osnabruck	31.55m
11	Dane Brumm	Renfrew CI	31.50m
12	Aiden Erkan	Ernestown - Odessa	31.29m
13	Mike Brown	St John's C.H.S.	30.32m
14	Noah Guillot	Carleton Place	30.06m
15	Samuel Schroeder	ES Jeanne Lajoie	29.81m
16	Isaac Perreault	Arnprior Dhs	29.63m
17	Dylan Larocque	Th. Islands S.S.	28.60m
18	Jacob Brash	Sharbot Lake HS	28.10m
19	Eric Lamarche	L'Heritage E.S.	26.91m
20	Jacob Jaquemet	North Dundas D.H.S.	26.71m
21	Jon Viau	Russell High School	23.71m
22	Liam MacDonald	Casselman E.S.C.	20.49m
23	Jamal Jabara	Russell High School	18.93m
--	Mathieu Claude	Le Relais E.S.C.	ND

Men 100 Meter Dash Junior

=====					
EOSSAA: ! 11.24 24/05/2007 Jason Steels, Regiopolis					
Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Morgan Dagg	St. Michael Chs	11.70Q	1.0	3
2	Andrew Aubertin	Sydenham - Sydenham	11.89Q	0.4	2
3	Deion Richardson	Frontenac SS	12.04Q	+0.0	1
4	Jackson Croxall	Th. Islands S.S.	12.01Q	0.4	2
5	Allan Down	Kingston C.V.I.	12.05Q	1.0	3
6	Patrick McGrath	Arnprior Dhs	12.09Q	+0.0	1
7	Michael Murray	St. Mary's C.H.S	12.32q	1.0	3
8	William Monkhouse	N. Grenville Dhs	12.33q	0.4	2
9	Kaleb Bingley	Perth D.C.I	12.39	0.4	2 12.382

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men 100 Meter Dash Junior**

10	Garrett Darbon	Carleton Place	12.39	0.4	2	12.390
11	Jake Gurnsey	Holy Cross SS	12.54	+0.0	1	
12	Liam Dey	Arnprior Dhs	12.56	1.0	3	
13	Brian Fancy	Carleton Place	12.58	+0.0	1	
14	Francis Bourdeau	Le Relais E.S.C.	12.67	0.4	2	
15	Tim Gorr	Fellowes HS	12.70	+0.0	1	
16	Jon Ricard	Russell High School	12.81	1.0	3	
17	Justin Samuels	Russell High School	12.93	0.4	2	
18	Nathan Garlough	Holy Trinity	13.07	1.0	3	
19	Alex Tremblay	Cornwall C & V S	13.46	1.0	3	
20	Jacob Blais	Le Relais E.S.C.	23.74	+0.0	1	

Men 100 Meter Dash Junior

EOSSAA: ! 11.24 24/05/2007 Jason Steels, Regiopolis

Name	Year	School	Finals	Wind
------	------	--------	--------	------

Finals

1	Morgan Dagg	St. Michael Chs	11.71	+0.0
2	Deion Richardson	Frontenac SS	11.82	+0.0
3	Allan Down	Kingston C.V.I.	11.95	+0.0
4	Patrick McGrath	Arnprior Dhs	11.96	+0.0
5	Andrew Aubertin	Sydenham - Sydenham	11.98	+0.0
6	William Monkhouse	N. Grenville Dhs	11.99	+0.0
7	Jackson Croxall	Th. Islands S.S.	12.20	+0.0
8	Michael Murray	St. Mary's C.H.S	12.25	+0.0

Men 200 Meter Dash Junior

EOSSAA: ! 22.89 21/05/2009 Garret Richards, South Grenvi

Name	Year	School	Prelims	Wind	H#
------	------	--------	---------	------	----

Preliminaries

1	Nathan Toman	Arnprior Dhs	23.90Q	2.7	2
2	Morgan Dagg	St. Michael Chs	24.29Q	2.3	1
3	Jackson Croxall	Th. Islands S.S.	24.59Q	3.1	3
4	Liam Dey	Arnprior Dhs	24.64Q	2.3	1
5	Allan Down	Kingston C.V.I.	24.86Q	2.7	2
6	William Monkhouse	N. Grenville Dhs	24.96Q	3.1	3
7	Andrew Aubertin	Sydenham - Sydenham	24.88q	2.7	2
8	Austin Macklem	Bayridge - Kingston	25.56q	3.1	3
9	Jordon Churchill	Perth D.C.I	25.61	2.3	1
10	Jack Fenlong	Sydenham - Sydenham	25.65	2.3	1
11	Daniel Martineau	Rockland D.H.S.	25.74	2.7	2
12	Zach Kealey	Almonte D.H.S.	25.75	2.3	1
13	Patrick McGrath	Arnprior Dhs	25.87	3.1	3
14	Jon Ricard	Russell High School	26.01	2.3	1
15	Mandel Jean-Louis	Le Sommet E.S.P.	26.01	3.1	3
16	Brock Young	Perth D.C.I	26.15	2.7	2
17	Kaleb Bingley	Perth D.C.I	26.21	3.1	3
18	Philip Hodges	Brockville C.I.	26.28	3.1	3
19	Jason Baxendale	Tagwi S.S.	26.85	2.3	1
20	Francis Clavel	Le Sommet E.S.P.	26.90	2.7	2
21	Kaven Balasubramaniam	St. Joseph's C.H.S.	29.22	3.1	3

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Men 200 Meter Dash Junior**

EOSSAA: ! 22.89 21/05/2009 Garret Richards, South Grenvi				
Name	Year	School	Finals	Wind
Finals				
1 Nathan Toman		Arnprior Dhs	23.71	1.8
2 Liam Dey		Arnprior Dhs	23.98	1.8
3 Morgan Dagg		St. Michael Chs	24.00	1.8
4 Allan Down		Kingston C.V.I.	24.51	1.8
5 Jackson Croxall		Th. Islands S.S.	24.64	1.8
6 Andrew Aubertin		Sydenham - Sydenham	24.83	1.8
7 William Monkhouse		N. Grenville Dhs	24.99	1.8
8 Austin Macklem		Bayridge - Kingston	25.70	1.8

Men 400 Meter Dash Junior

EOSSAA: ! 52.02 2005 Mike Robertson, Char-Lan				
Name	Year	School	Finals	H#
1 Matthew Beddard		St. Michael Chs	52.17	3
2 Liam Dey		Arnprior Dhs	55.65	3
3 Jackson Croxall		Th. Islands S.S.	56.72	3
4 Austin Macklem		Bayridge - Kingston	57.12	3
5 Pier-Luc Viau		Le Sommet E.S.P.	57.45	2
6 Cole Burns		La Salle SS	57.54	3
7 Chad McInnes		Sydenham - Sydenham	57.67	3
8 Sheldon Nolan		Th. Islands S.S.	58.00	3
9 Zach Kealey		Almonte D.H.S.	58.54	2
10 Justin Collett		St. Mary's C.H.S	58.73	2
11 Nicholas Valade		Marie Rivier Esc	59.51	2
12 Buddy White-Brown		Almonte D.H.S.	59.95	2
13 Jonathon Storning		General Panet HS	1:00.22	2
14 Nicholas Ménard		Plantagenet E.S.C.	1:00.38	1
15 Francis Clavel		Le Sommet E.S.P.	1:01.06	2
16 Nicholas Struthers		La Citadelle E.S.	1:01.20	1
17 Dylan Wiseman		General Panet HS	1:01.25	1
18 Neal Gibbons		Renfrew CI	1:01.48	1
19 Samuel Gagne Savoie		La Citadelle E.S.	1:03.48	1
20 Bennett Gadbois		Holy Trinity	1:05.83	1
21 Brandon Thomson		Smiths Falls D.C.I.	1:24.28	1

Men 800 Meter Run Junior

EOSSAA: ! 2:01.24 2006 Josh George, Frontenac S.S.			
Name	Year	School	Finals
1 Brandon Royce		General Panet HS	2:05.71
2 Chris Adams		Sydenham - Sydenham	2:09.42
3 Sam Serviss		General Panet HS	2:10.11
4 Rhys Thomas		Russell High School	2:10.78
5 Mac Campbell		Bayridge - Kingston	2:11.12
6 Sheldon Nolan		Th. Islands S.S.	2:12.15
7 Cole Burns		La Salle SS	2:13.50
8 Logan Doyle		Sydenham - Sydenham	2:16.13
9 Justin Collett		St. Mary's C.H.S	2:20.43

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men 800 Meter Run Junior**

10	Jonathon Storrington	General Panet HS	2:21.24
11	Christopher Allen	Tagwi S.S.	2:22.49
12	Nick Servage	Th. Islands S.S.	2:24.48
13	Brendan Crockett	St.Laurent	2:24.76
14	Dylan Wiseman	General Panet HS	2:25.50
15	Zachary Carrière	Le Relais E.S.C.	2:28.75
16	Marc Thurler	North Dundas D.H.S.	2:30.27
17	Jared Blair	Almonte D.H.S.	2:31.44
18	Robert Hunink	Perth D.C.I	2:47.58
19	Austin McQueen	Carleton Place	2:59.16

Men 1500 Meter Run Junior

=====			
EOSSAA: ! 4:04.17 2006 Kyle Mylks, T.I.S.S.			
Name	Year	School	Finals
=====			
1	Brandon Royce	General Panet HS	4:28.28
2	Sam Serviss	General Panet HS	4:29.01
3	Sam Agnew	Renfrew CI	4:31.21
4	Kevin Bates	Regiopolis N.D.	4:32.55
5	Rhys Thomas	Russell High School	4:33.04
6	Declan Colwell	Th. Islands S.S.	4:37.23
7	Chris Adams	Sydenham - Sydenham	4:38.39
8	Jayson Brown	Th. Islands S.S.	4:39.12
9	Joey Moser	Sydenham - Sydenham	4:43.24
10	Nathan Smith	General Panet HS	4:44.58
11	Brendan Crockett	St.Laurent	4:45.86
12	Mac Campbell	Bayridge - Kingston	4:52.27
13	Nick Servage	Th. Islands S.S.	4:57.01
14	Adrian Bailey	Notre Dame C.H.S	5:02.24
15	Derek Oliver	Perth D.C.I	5:04.55
16	Marc Thurler	North Dundas D.H.S.	5:08.60
17	David Moisan	Plantagenet E.S.C.	5:11.16
18	Robert Hunink	Perth D.C.I	5:55.64
19	Austin McQueen	Carleton Place	6:11.68

Men 3000 Meter Run Junior

=====			
EOSSAA: ! 8:47.07 21/05/2009 Tristan Woodfine, Opeongo H			
Name	Year	School	Finals
=====			
1	Sam Serviss	General Panet HS	9:37.57
2	Kevin Bates	Regiopolis N.D.	9:44.01
3	Declan Colwell	Th. Islands S.S.	9:47.02
4	Sam Agnew	Renfrew CI	9:57.89
5	Nathan Smith	General Panet HS	10:00.83
6	Rowan Morris	Arnprior Dhs	10:01.56
7	Jayson Brown	Th. Islands S.S.	10:11.90
8	Rhys Thomas	Russell High School	10:21.57
9	Mitch Wilkie	Almonte D.H.S.	10:37.81
10	Ethan Yakabuski	St. Michael Chs	10:43.43
11	Derek Oliver	Perth D.C.I	11:04.71
12	Abram Braithwaite	Kingston C.V.I.	11:27.94

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Men 100 Meter Hurdles Junior**

EOSSAA: ! 14.35 21/05/2009 Jamie Cochrane, Russell					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Nathan Toman		Arnprior Dhs	14.87Q	1.5	2
2 Matthew Beddard		St. Michael Chs	15.06Q	2.5	1
3 Adam Morton		Carleton Place	15.92Q	2.5	1
4 Andrew Aubertin		Sydenham - Sydenham	16.10Q	1.5	2
5 Tyler Poirier		Arnprior Dhs	16.61Q	2.5	1
6 Thomas McMann		Arnprior Dhs	19.19Q	1.5	2
7 David Scott		Sharbot Lake HS	17.82q	2.5	1
8 Ian Hunter		Russell High School	21.10q	2.5	1
9 Patrick Groulx		La Citadelle E.S.	22.01	2.5	1

Men 100 Meter Hurdles Junior

EOSSAA: ! 14.35 21/05/2009 Jamie Cochrane, Russell				
Name	Year	School	Finals	Wind
Finals				
1 Nathan Toman		Arnprior Dhs	14.60	1.6
2 Matthew Beddard		St. Michael Chs	14.64	1.6
3 Adam Morton		Carleton Place	15.91	1.6
4 Tyler Poirier		Arnprior Dhs	16.14	1.6
5 Andrew Aubertin		Sydenham - Sydenham	16.66	1.6
6 Thomas McMann		Arnprior Dhs	19.21	1.6
7 Ian Hunter		Russell High School	20.98	1.6

Men 300 Meter Hurdles Junior

EOSSAA: ! 40.53 19/05/2011 Jacob Plunkett, Arnprior DHS				
Name	Year	School	Finals	H#
1 Nathan Toman		Arnprior Dhs	40.21!	2
2 Matthew Beddard		St. Michael Chs	40.54	2
3 Mac Campbell		Bayridge - Kingston	44.76	2
4 Joey Moser		Sydenham - Sydenham	45.29	2
5 Adam Morton		Carleton Place	45.54	1
6 Tyler Poirier		Arnprior Dhs	45.68	2
7 Kaleb Bingley		Perth D.C.I	46.17	1
8 Jon Ricard		Russell High School	47.19	2
9 Neal Gibbons		Renfrew CI	47.28	2
10 Eric Goulding		Russell High School	47.42	1
11 Kyle Skidders		Cornwall C & V S	47.87	1
12 Justin Samuels		Russell High School	49.26	1
13 Jamie McNaughton		Carleton Place	50.23	1

Men 4x100 Meter Relay Junior

EOSSAA: ! 45.58 2006 , T.I.S.S.			
School	Year	Finals	H#
1 Arnprior Dhs 'A'		46.01	2
2 Perth & District Coll. Inst. 'A'		47.98	2

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men 4x100 Meter Relay Junior**

3	Thousand Islands - Brockville 'A'	48.32	2
4	St. Mary's - Brockville 'A'	48.47	2
5	Frontenac - Kingston 'A'	48.59	1
6	Sydenham - Sydenham 'A'	48.98	2
7	Almonte District High School 'A'	50.10	2
8	Russell High School 'A'	51.44	2
9	Regiopolis-Notre Dame-Kingston 'A'	51.67	1
10	St. Joseph's C.H.S. 'A'	53.15	1
--	Plantagenet E.S.C. 'A'	DQ	1 Rule 170.14
--	Le Sommet E.S.P. 'A'	DQ	2 Rule 170.14

Men High Jump Junior

=====			
EOSSAA: ! 1.91m 2006 Tim Nedow, T.I.S.S			
Name	Year	School	Finals
=====			
1	Tim Gorr	Fellowes HS	1.80m
2	Austin Macklem	Bayridge - Kingston	1.75m
3	Garrett Darbon	Carleton Place	J1.75m
4	Mike Vice	St Josephs Chs	1.70m
5	Scott Raison	Rideau - Elgin	1.65m
5	Fraser Blair	Brockville C.I.	1.65m
7	Scott Rathwell	Perth D.C.I	J1.65m
8	Zachary Carrière	Le Relais E.S.C.	J1.65m
9	Tom Kippax	Th. Islands S.S.	1.60m
10	Robert Crawford	Sharbot Lake HS	J1.60m
11	Eric Goulding	Russell High School	J1.60m
12	Adrian Woodfine	Opeongo HS	1.55m
12	Gavin Deutscher	Almonte D.H.S.	1.55m
14	Devon McCoy	Queen Elizabeth	J1.55m
15	Nathan Smith	General Panet HS	1.50m
16	Zachary Levert	Le Relais E.S.C.	1.40m
16	Nathan Garlough	Holy Trinity	1.40m
18	Justin Joustra	Tagwi S.S.	J1.40m
18	Adam Lupien	Holy Trinity	J1.40m

Men Pole Vault Junior

=====			
EOSSAA: ! 3.69m 24/05/2007 Dustin Herder, Thousand Isl			
Name	Year	School	Finals
=====			
1	Eric Cowan	Th. Islands S.S.	3.80m!
2	Daniel Trumper	North Dundas D.H.S.	3.15m
3	Jamie McNaughton	Carleton Place	3.00m
4	Brett Lapointe	CharLan Dhs	J3.00m
5	Tanner Spink	CharLan Dhs	J3.00m
6	Adam Morton	Carleton Place	2.70m
7	Michael Moffatt	CharLan Dhs	J2.70m
8	Mark Lappan	Kingston C.V.I.	J2.70m
9	Ben Moibrook	Th. Islands S.S.	2.10m
--	Anthony Guolla	Kingston C.V.I.	NH

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Men Long Jump Junior**

=====				
EOSSAA: ! 6.73m 2004		David Jones, Ernestown S.S.		
Name	Year	School	Finals	Wind
=====				
1	Michael Murray	St. Mary's C.H.S	6.21m	NWI
2	Jake Gurnsey	Holy Cross SS	5.73m	NWI
3	Jessie Kennedy	Th. Islands S.S.	5.58m	NWI
4	Josh Thero	Renfrew CI	5.38m	NWI
5	Scott Rathwell	Perth D.C.I	5.30m	NWI
6	Fraser Blair	Brockville C.I.	5.26m	NWI
7	Bryce Ritchie	Carleton Place	5.18m	NWI
8	Travis Tyson	Sharbot Lake HS	4.93m	NWI
9	Scott Raison	Rideau - Elgin	4.85m	NWI
10	Eric Goulding	Russell High School	4.82m	NWI
11	Jesse Larocque	Notre Dame C.H.S	4.81m	NWI
12	Noel Austin	St.Thomas Aquinas	4.79m	NWI
13	Mark Lappan	Kingston C.V.I.	4.79m	NWI
14	Justin Samuels	Russell High School	4.73m	NWI
15	Mark Davis	Notre Dame C.H.S	4.62m	NWI
16	Nicholas Ménard	Plantagenet E.S.C.	4.57m	NWI
17	Robert Crawford	Sharbot Lake HS	4.56m	NWI
18	Evan Naismith	St Josephs Chs	4.35m	NWI
19	Christophe Young	La Citadelle E.S.	4.23m	NWI
20	Brennan Frampton	General Panet HS	4.09m	NWI

Men Triple Jump Junior

=====				
EOSSAA: ! 13.55m 2004		David Jones, Ernestown S.S>		
Name	Year	School	Finals	Wind
=====				
1	Casey Erkan	Ernestown - Odessa	11.60m	NWI
2	Josh Thero	Renfrew CI	11.50m	NWI
3	Brian Fanco	Carleton Place	11.47m	NWI
4	Mike Vice	St Josephs Chs	11.24m	NWI
5	Bryce Ritchie	Carleton Place	11.20m	NWI
6	Hayden McIntyre	St Josephs Chs	11.19m	NWI
7	Justin Veri	Loyalist - Kingston	10.96m	NWI
8	Calvin Rea	Loyalist - Kingston	10.79m	NWI
9	Tyler Poirier	Arnprior Dhs	10.61m	NWI
10	Travis Tyson	Sharbot Lake HS	10.36m	NWI
11	Curtis Barlowe-Wilkes	Perth D.C.I	10.07m	NWI
12	Josh Charlton	Th. Islands S.S.	9.95m	NWI
13	Samuel Sergeri	Plantagenet E.S.C.	9.68m	NWI
14	Christophe Young	La Citadelle E.S.	9.45m	NWI
15	Charles Tardif	Plantagenet E.S.C.	9.32m	NWI
16	Adam Lupien	Holy Trinity	9.28m	NWI

Men Shot Put Junior

=====				
EOSSAA: ! 18.77m 2006		Tim Nedow, T.I.S.S.		
Name	Year	School	Finals	
=====				
1	Brandon Prophet	St. Mary's C.H.S	14.83m	
2	Troy Kenney	Holy Cross SS	13.44m	
3	Dakota Champagne	Fellowes HS	13.42m	

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men Shot Put Junior**

4	Michel Dubeau	Holy Cross SS	13.30m
5	Justin Dillabough	Napanee - Napanee	13.28m
6	Barrett Mimshall	Smiths Falls D.C.I.	13.18m
7	Kris Cholette	Th. Islands S.S.	12.84m
8	Andrew Griffin	St Josephs Chs	12.74m
9	Chris Vanderydt	Arnprior Dhs	12.52m
10	Connor Zeiman	Fellowes HS	12.37m
11	David Brunet	Le Relais E.S.C.	12.05m
12	Matt Rollings	Carleton Place	11.75m
13	Robert Crawford	Sharbot Lake HS	11.67m
14	Nathan Garlough	Holy Trinity	11.56m
15	Jordan Barbary	Carleton Place	11.44m
16	Jesse Muchmore	Rideau - Elgin	11.38m
17	Bols Nathan	St.Thomas Aquinas	11.10m
18	Brandon Murphy	Rothwell-Osnabruck	10.93m
19	Noel Austin	St.Thomas Aquinas	10.79m
20	Thomas Glover	Rideau - Elgin	9.72m
21	Hugo Bissonnette	Plantagenet E.S.C.	9.72m
22	Mat Perrault	La Citadelle E.S.	9.59m

Men Discus Throw Junior

=====			
EOSSAA: ! 58.33m 21/05/2010 Brandon Deslauriers, NDSS -			
Name	Year	School	Finals
=====			
1	Chase Verch	Fellowes HS	45.87m
2	Matt Rollings	Carleton Place	45.40m
3	Alex McEwen	Fellowes HS	43.67m
4	Gavin Deutscher	Almonte D.H.S.	43.02m
5	Kris Cholette	Th. Islands S.S.	41.74m
6	Brandon Prophet	St. Mary's C.H.S	41.35m
7	Connor Zeiman	Fellowes HS	39.50m
8	Jamie McNaughton	Carleton Place	38.56m
9	Jesse Muchmore	Rideau - Elgin	36.43m
10	Mark Lappan	Kingston C.V.I.	34.62m
11	Charlie Fairhome	Sydenham - Sydenham	33.14m
12	Brandon Murphy	Rothwell-Osnabruck	32.93m
13	Jacob Bazinet	Rothwell-Osnabruck	32.78m
14	Noel Austin	St.Thomas Aquinas	31.05m
15	Vincenzo Matusdiaz	Regiopolis N.D.	29.20m
16	David Brunet	Le Relais E.S.C.	28.93m
17	Christian Howes	Napanee - Napanee	28.26m
18	Michel Leger	Plantagenet E.S.C.	27.80m
19	Casey Winters	Rothwell-Osnabruck	27.25m
20	Thomas Glover	Rideau - Elgin	25.64m
21	Charles Tardif	Plantagenet E.S.C.	20.73m

Men Javelin Throw Junior

=====			
EOSSAA: ! 59.51m 21/05/2009 Trent Corney, Thousand Isl			
Name	Year	School	Finals
=====			
1	Chris Vanderydt	Arnprior Dhs	46.65m
2	Brian Fancy	Carleton Place	46.14m

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men Javelin Throw Junior**

3	Josh Thero	Renfrew CI	44.51m
4	Logan McNulty	Arnprior Dhs	43.33m
5	Chris Sparks	Frontenac SS	42.34m
6	Chase Verch	Fellowes HS	41.64m
7	Francis Bourdeau	Le Relais E.S.C.	40.93m
8	Alex Primeau	Cornwall C & V S	39.29m
9	Troy Kenney	Holy Cross SS	39.00m
10	Michel Leger	Plantagenet E.S.C.	38.40m
11	Colton Varcoe	Frontenac SS	37.99m
12	Bols Nathan	St.Thomas Aquinas	37.75m
13	Jessie Kennedy	Th. Islands S.S.	37.08m
14	Luke Rawling	Perth D.C.I	36.55m
15	Matt Rollings	Carleton Place	36.44m
16	Gavin Deutscher	Almonte D.H.S.	35.99m
17	Hunter Lapierre	Rideau - Elgin	35.68m
18	Casey Winters	Rothwell-Osnabruck	35.46m
19	Connor Moorhead	Rideau - Elgin	34.53m
20	Christian Howes	Napanee - Napanee	33.50m
21	Mitch Banford	Th. Islands S.S.	31.19m
22	Sebastien Allaire	La Citadelle E.S.	28.83m
23	Jacob Bazinet	Rothwell-Osnabruck	27.07m

Men 100 Meter Dash Senior

=====					
EOSSAA: ! 10.50		1987	Josh Jonker, T.I.S.S.		
Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Wade Embury	Sydenham - Sydenham	11.22Q	+0.0	3
2	Michael Murphy	St John's C.H.S.	11.43Q	1.0	1
3	Ryan Hobbs	Frontenac SS	11.58Q	1.9	2
4	Anthony Broeders	Regiopolis N.D.	11.58Q	1.0	1
5	Haiden Goltz	Perth D.C.I	11.62Q	1.9	2
6	Dylan Burns	Th. Islands S.S.	11.63Q	+0.0	3
7	Carson Halliwell	Bayridge - Kingston	11.67q	1.9	2
8	Jeremy Siegel	Carleton Place	11.83q	+0.0	3
9	Ian King	St. Mary's C.H.S	11.87	1.9	2
10	Chirs McDonald	St.Francis X Chs	11.91	1.0	1
11	Sean Dey	Arnprior Dhs	11.97	+0.0	3
12	Riley Hennessey	Opeongo HS	12.06	+0.0	3
13	Braeden Gwalchmai	Arnprior Dhs	12.09	1.0	1
14	Dan Halliday	Th. Islands S.S.	12.10	1.0	1
15	Zachary Brault	Holy Trinity	12.13	+0.0	3
16	Antonio Rivera	Russell High School	12.19	1.0	1
17	Travis Beauregard	General Panet HS	12.22	1.9	2
18	Joel Chrysler	N. Grenville Dhs	12.34	1.9	2
19	Yanik Ladouceur	L'Heritage E.S.	12.34	1.0	1
20	Brodie Casselman	Seaway D.H.S.	12.39	+0.0	3
21	James Hanna	Smiths Falls D.C.I.	12.42	1.9	2
22	Yanick Dagenais	L'Escafe E.S.C.	12.68	1.9	2
23	Zach Taylor	Russell High School	12.83	+0.0	3

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Men 100 Meter Dash Senior**

=====					
EOSSAA: ! 10.50		1987	Josh Jonker, T.I.S.S.		
Name	Year	School	Finals	Wind	
=====					
Finals					
1	Wade Embury	Sydenham - Sydenham	11.12	+0.0	
2	Michael Murphy	St John's C.H.S.	11.29	+0.0	
3	Anthony Broeders	Regiopolis N.D.	11.37	+0.0	
4	Dylan Burns	Th. Islands S.S.	11.38	+0.0	
5	Ryan Hobbs	Frontenac SS	11.48	+0.0	
6	Haiden Goltz	Perth D.C.I	11.52	+0.0	
7	Carson Halliwell	Bayridge - Kingston	11.63	+0.0	
8	Jeremy Siegel	Carleton Place	11.70	+0.0	

Men 200 Meter Dash Senior

=====						
EOSSAA: ! 21.60		1987	Josh Jonker, T.I.S.S.			
Name	Year	School	Prelims	Wind	H#	
=====						
Preliminaries						
1	Jacob Plunkett	Arnrior Dhs	23.33Q	2.3	1	
2	Wade Embury	Sydenham - Sydenham	23.40Q	1.9	3	
3	Damonick Thomas	Notre Dame C.H.S	23.43Q	3.0	2	
4	Alex Batson	Holy Cross SS	23.55Q	1.9	3	
5	Chirs McDonald	St.Francis X Chs	23.59Q	2.3	1	
6	Haiden Goltz	Perth D.C.I	23.64Q	3.0	2	
7	Ryan Hobbs	Frontenac SS	23.76q	3.0	2	
8	Graydon Rothwell	Carleton Place	23.96q	2.3	1	
9	Tarek Sanger	St. Michael Chs	24.00	3.0	2	
10	Michael Suenaga	Kingston C.V.I.	24.02	2.3	1	
11	Dan Halliday	Th. Islands S.S.	24.19	2.3	1	
12	Travis Beauregard	General Panet HS	24.35	2.3	1	
13	Michael Murphy	St John's C.H.S.	24.37	1.9	3	
14	Zachary Brault	Holy Trinity	24.67	3.0	2	
15	Antonio Rivera	Russell High School	24.84	3.0	2	
16	Andrew MacAulay	Arnrior Dhs	24.91	1.9	3	
17	Kevin Ogilvie	N. Grenville Dhs	25.06	1.9	3	
18	Nick Lacoste	Russell High School	25.22	1.9	3	
19	Brodie Casselman	Seaway D.H.S.	25.26	1.9	3	
20	Cody Murphy	Opeongo HS	25.27	2.3	1	
21	Victor Delage	North Dundas D.H.S.	26.35	3.0	2	
22	Melese Knight	Holy Trinity	26.64	2.3	1	

Men 200 Meter Dash Senior

=====					
EOSSAA: ! 21.60		1987	Josh Jonker, T.I.S.S.		
Name	Year	School	Finals	Wind	
=====					
Finals					
1	Wade Embury	Sydenham - Sydenham	21.99	1.5	
2	Damonick Thomas	Notre Dame C.H.S	22.56	1.5	
3	Jacob Plunkett	Arnrior Dhs	22.83	1.5	
4	Alex Batson	Holy Cross SS	22.94	1.5	
5	Haiden Goltz	Perth D.C.I	23.04	1.5	
6	Ryan Hobbs	Frontenac SS	23.29	1.5	

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men 200 Meter Dash Senior**

7	Chirs McDonald	St.Francis X Chs	23.71	1.5
8	Graydon Rothwell	Carleton Place	23.76	1.5

Men 400 Meter Dash Senior

=====				
EOSSAA: ! 48.50 24/05/2007 Michael Robertson, Char er D H				
Name	Year	School	Finals	H#
=====				
1	Wade Embury	Sydenham - Sydenham	49.21	3
2	Robbie Deeks	Th. Islands S.S.	49.96	3
3	Ben Trickey	Sydenham - Sydenham	50.83	3
4	Alex Batson	Holy Cross SS	51.21	3
5	Damonick Thomas	Notre Dame C.H.S	52.18	3
6	Ty Lebannister	General Panet HS	52.49	3
7	Colin Leeflang	Perth D.C.I	52.60	3
8	Jack Glover	Carleton Place	53.31	3
9	Travis Beauregard	General Panet HS	53.42	2
10	Andrew Heaslip	Renfrew CI	53.88	2
11	Tarek Sanger	St. Michael Chs	53.90	2
12	Austin McKay	Holy Trinity	54.64	2
13	Nick Lacoste	Russell High School	55.15	2
14	Nick Gill	Renfrew CI	55.91	2
15	Nikolas Picard	Plantagenet E.S.C.	55.92	1
16	Jordan Rhude	Th. Islands S.S.	56.07	2
17	Konor Poulin	Carleton Place	56.64	1
18	Victor Delage	North Dundas D.H.S.	58.33	1
19	Benoit Dodd	Le Sommet E.S.P.	1:00.82	1
20	Darby Wheeler	St. Joseph's C.H.S.	1:01.99	1
--	Frédéric Bérubé	Plantagenet E.S.C.	DQ	1 Rule 143.1

Men 800 Meter Run Senior

=====				
EOSSAA: ! 1:54.10 1986 Trevor Van Nest, Kingston				
Name	Year	School	Finals	
=====				
1	Robbie Deeks	Th. Islands S.S.	1:54.51	
2	Ty Lebannister	General Panet HS	1:58.58	
3	Ben Trickey	Sydenham - Sydenham	2:04.26	
4	Jordan Rhude	Th. Islands S.S.	2:07.91	
5	Daniel Elliot	Rideau - Elgin	2:09.70	
6	Yanick Dagenais	L'Escafe E.S.C.	2:10.95	
7	Hall Jesse	St.Thomas Aquinas	2:11.43	
8	Austin McKay	Holy Trinity	2:12.15	
9	Jake Burke	Carleton Place	2:13.78	
10	Ryan Jaros	Regiopolis N.D.	2:13.80	
11	Cole Giffin	Ernestown - Odessa	2:14.73	
12	Logan Goulette	Renfrew CI	2:15.84	
13	Turner Onion	Smiths Falls D.C.I.	2:19.00	
14	Jaiden Tout	Notre Dame C.H.S	2:20.40	
15	Connor Bennett	Renfrew CI	2:22.34	
16	Kodie Smith	Fellowes HS	2:25.10	
17	Justin Poirier	Holy Trinity	2:25.84	
18	Dylan Tizard	Ernestown - Odessa	2:29.25	
19	Denzil Barkley	Seaway D.H.S.	2:37.32	

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Men 1500 Meter Run Senior**

=====			
EOSSAA: ! 3:50.30 1986 Trevor Van Nest, Kingston			
Name	Year	School	Finals
=====			
1 Ty Lebannister		General Panet HS	4:03.31
2 Alex Wilkie		Notre Dame C.H.S	4:06.23
3 Stuart MacPherson		Fellowes HS	4:09.37
4 Nick Belore		Sydenham - Sydenham	4:10.22
5 Garrett Rodley		Th. Islands S.S.	4:11.55
6 David Parsons		Arnprior Dhs	4:15.66
7 Scott Parsons		Arnprior Dhs	4:24.82
8 Luke Henderson		St. Mary's C.H.S	4:31.26
9 Marc-Alexandre Bélanger-		L'Escale E.S.C.	4:32.85
10 Daniel Elliot		Rideau - Elgin	4:33.68
11 Tommy Somerville		Perth D.C.I	4:36.34
12 Jacob Banks		N. Grenville Dhs	4:39.47
13 Matt Eliot		Frontenac SS	4:40.18
14 Gill Quinton		St.Thomas Aquinas	4:40.25
15 Adrian Schut		Almonte D.H.S.	4:46.68
16 Hall Jesse		St.Thomas Aquinas	4:55.68
17 Jaiden Tout		Notre Dame C.H.S	4:57.62
18 Nehul Samson		Holy Trinity	4:59.13
19 Patrick Bueley		North Dundas D.H.S.	4:59.56
20 Éric-Lecompte Quennevill		L'Escale E.S.C.	5:05.19
21 Denzil Barkley		Seaway D.H.S.	5:32.30

Men 3000 Meter Run Senior

=====			
EOSSAA: ! 8:26.04 24/05/2007 Matt Leeder, Thousand Isl			
Name	Year	School	Finals
=====			
1 Alex Wilkie		Notre Dame C.H.S	8:57.93
2 Josh Commodore		St. Joseph's C.H.S.	9:08.42
3 Nick Belore		Sydenham - Sydenham	9:10.64
4 Stuart MacPherson		Fellowes HS	9:11.89
5 Eric Wynands		Th. Islands S.S.	9:13.35
6 David Parsons		Arnprior Dhs	9:13.46
7 Nicholas Favero		L'Escale E.S.C.	9:13.87
8 Ewan Craig		Mackenzie CS	9:31.84
9 Scott Parsons		Arnprior Dhs	9:34.91
10 Jacob Banks		N. Grenville Dhs	9:52.31
11 Felix Lafontant		Marie Rivier Esc	9:52.53
12 Matt Eliot		Frontenac SS	10:00.03
13 Tommy Somerville		Perth D.C.I	10:01.85
14 Ryan Noccey		St. Mary's C.H.S	10:32.51
15 Patrick Bueley		North Dundas D.H.S.	10:42.13
16 Chris Waltner		Holy Cross SS	10:48.82
17 Tyler Craft		Carleton Place	13:27.69

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Men 110 Meter Hurdles Senior**

EOSSAA: ! 14.04 24/05/2007 Tyler Fawcett, North Dundas					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Andrew MacAulay	Arnprior Dhs	14.93Q	2.2	3
2	Jacob Plunkett	Arnprior Dhs	15.10Q	2.3	1
3	Hayden Peters	Sydenham - Sydenham	15.21Q	1.8	2
4	Alex McCallum	Holy Cross SS	15.30Q	2.2	3
5	Zack Fedora	Loyalist - Kingston	15.63Q	2.3	1
6	Ryan Harper	Th. Islands S.S.	15.77Q	1.8	2
7	Devon Paul	St. Mary's C.H.S.	15.31q	2.2	3
8	Symon Stowe	Almonte D.H.S.	16.01q	2.2	3
9	Scott Lackey	Carleton Place	16.06	2.3	1
10	Tyler Leindecker	Carleton Place	17.08	1.8	2
11	Zachary Brault	Holy Trinity	18.01	2.3	1
12	David Reavie	Brockville C.I.	18.13	2.2	3
13	Brett Babcock	Kingston C.V.I.	20.27	1.8	2
14	Dylan Buckshot	Cornwall C & V S	21.51	2.2	3

Men 110 Meter Hurdles Senior

EOSSAA: ! 14.04 24/05/2007 Tyler Fawcett, North Dundas					
Name	Year	School	Finals	Wind	
Finals					
1	Jacob Plunkett	Arnprior Dhs	14.35	1.1	
2	Hayden Peters	Sydenham - Sydenham	14.72	1.1	
3	Andrew MacAulay	Arnprior Dhs	15.00	1.1	
4	Alex McCallum	Holy Cross SS	15.17	1.1	
5	Ryan Harper	Th. Islands S.S.	15.36	1.1	
6	Zack Fedora	Loyalist - Kingston	15.37	1.1	
7	Devon Paul	St. Mary's C.H.S.	15.39	1.1	
8	Symon Stowe	Almonte D.H.S.	15.85	1.1	

Men 400 Meter Hurdles Senior

EOSSAA: ! 53.69 2007 Tyler Fawcett, North Dundas S.S.					
Name	Year	School	Finals	H#	
1	Symon Stowe	Almonte D.H.S.	56.25	3	56.245
2	Hayden Peters	Sydenham - Sydenham	56.25	3	56.247
3	Jacob Plunkett	Arnprior Dhs	58.60	3	
4	Ryan Harper	Th. Islands S.S.	59.41	3	
5	Justin Cameron	Arnprior Dhs	59.60	3	
6	Nick Lacoste	Russell High School	1:03.27	2	
7	Scott Lackey	Carleton Place	1:03.54	3	
8	Jarret Lanzo	Holy Cross SS	1:03.94	3	
9	Nikolas Picard	Plantagenet E.S.C.	1:03.97	2	
10	Andrew MacAulay	Arnprior Dhs	1:04.68	2	
11	Konor Poulin	Carleton Place	1:05.48	2	
12	Ty Whitelock	Arnprior Dhs	1:06.06	2	
13	Zach Taylor	Russell High School	1:07.69	3	
14	Cole MacKay	St.Laurent	1:07.71	2	
15	David Reavie	Brockville C.I.	1:09.73	2	

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men 400 Meter Hurdles Senior**

16 Glen Craig	Russell High School	1:14.60	1
17 Ryan Douma	Seaway D.H.S.	1:17.62	1
18 Colin Bright	St. Joseph's C.H.S.	1:21.20	1
-- Jason Eyre	Th. Islands S.S.	DQ	2 Rule 168.7

Men 4x100 Meter Relay Senior

=====			
EOSSAA: ! 43.05 20/05/2011 T.I.S.S, TISS			
School		Finals	H#
=====			
1 Arnprior Dhs 'A'		44.07	2
2 Carleton Place High School 'A'		44.22	2
3 Thousand Islands - Brockville 'A'		44.46	2
4 Sydenham - Sydenham 'A'		44.64	2
5 Perth & District Coll. Inst. 'A'		45.37	2
6 Holy Cross - Kingston 'A'		45.41	2
7 Regiopolis-Notre Dame-Kingston 'A'		45.98	1
8 Opeongo HS 'A'		46.29	1
9 Bayridge - Kingston 'A'		47.32	1
10 L'Heritage E.S. 'A'		48.85	1
11 North Grenville - Kemptville 'A'		50.20	1
12 St. Francis Xavier C.H.S. 'A'		50.46	1
-- Notre Dame Catholic High School 'A'		DQ	2 Rule 170.14
-- Plantagenet E.S.C. 'A'		DQ	1 Rule 170.14
-- Kingston C.V.I. - Kingston 'A'		DQ	2 Rule 170.14

Men High Jump Senior

=====			
EOSSAA: ! 2.07m 1986 Sanjaya Wijaykoon, Frontenac			
Name	Year	School	Finals
=====			
1 Brayden Murphy		St John's C.H.S.	1.90m
2 Anthony Broeders		Regiopolis N.D.	1.80m
3 Pat Purcell		St. Mary's C.H.S	J1.80m
3 Mike Moss		Opeongo HS	J1.80m
5 Sawyer Howes		Napanee - Napanee	1.75m
6 Justin Laforest		Almonte D.H.S.	J1.75m
7 Tylor Boileau		Holy Trinity	J1.75m
8 Jay Dearborn		Sydenham - Sydenham	1.70m
9 Olivier Berniquez		Casselman E.S.C.	1.65m
9 Keegan Hreljack		St. Michael Chs	1.65m
11 Branden Hole		Sharbot Lake HS	1.60m
12 Jim Pearson		Carleton Place	J1.60m
12 Hugh Colbert		Arnprior Dhs	J1.60m
14 Matt Murdock		Renfrew CI	J1.60m
15 Nick Bryck		Cornwall C & V S	1.55m
15 Pierre Olivier Fournier		Plantagenet E.S.C.	1.55m
17 Glen Craig		Russell High School	J1.55m
18 Dan Halliday		Th. Islands S.S.	1.50m

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Men Pole Vault Senior**

EOSSAA: ! 4.19m 1999 Mike Kleywegt, LaSalle			
Name	Year	School	Finals
1 William Lecky		CharLan Dhs	4.03m
2 Cole Zanchetta		Th. Islands S.S.	3.58m
3 Duncan McNaughton		Carleton Place	J3.58m
4 Riley Dwyer		Carleton Place	J3.58m
5 Graydon Rothwell		Carleton Place	3.30m
6 Edwin Kuipers		CharLan Dhs	3.15m
7 Lawson McDougall		CharLan Dhs	J3.15m
8 Nate Madigan		Th. Islands S.S.	J3.15m
9 Spencer Redman		Almonte D.H.S.	3.00m
9 Ryan Robertson		CharLan Dhs	3.00m
11 Ben McIntyre		Th. Islands S.S.	J3.00m
12 Trevor Reade		Holy Cross SS	2.70m
13 Jamie Roddick		Th. Islands S.S.	J2.70m
-- Mike Gencarelli		Holy Cross SS	NH

Men Long Jump Senior

EOSSAA: ! 6.84m 2002 Steve Cove, T.I.S.S.				
Name	Year	School	Finals	Wind
1 Anthony Broeders		Regiopolis N.D.	6.52m	NWI
2 Ryan Hobbs		Frontenac SS	6.47m	NWI
3 Devon Paul		St. Mary's C.H.S	6.45m	NWI
4 Dylan Burns		Th. Islands S.S.	6.32m	NWI
5 Jack Glover		Carleton Place	6.06m	NWI
6 Philippe Fauvel		Sydenham - Sydenham	6.03m	NWI
7 Jontae Bobb		Loyalist - Kingston	5.89m	NWI
8 Benoit Dodd		Le Sommet E.S.P.	5.84m	NWI
9 Joel Trimble		St. Michael Chs	5.69m	NWI
10 Spencer Redman		Almonte D.H.S.	5.64m	NWI
10 Peter Vice		St Josephs Chs	5.64m	NWI
12 Jacob Séguin		Casselman E.S.C.	5.54m	NWI
13 Sean Rogers		Madawaska Dhs	5.42m	NWI
14 Luke Roach		Rothwell-Osnabruck	5.35m	NWI
15 Jeremy Toppings		Ange-Gabriel A.	5.34m	NWI
16 Tim Ashby		North Dundas D.H.S.	5.33m	NWI
17 Collin Lawson		Fellowes HS	5.31m	NWI
18 Nikolas Picard		Plantagenet E.S.C.	5.26m	NWI
19 Gill Quinton		St.Thomas Aquinas	5.16m	NWI
20 Sam Campbell		Smiths Falls D.C.I.	5.12m	NWI
21 Zacharie Bergeron		L'Heritage E.S.	5.05m	NWI
22 Tylor Boileau		Holy Trinity	4.92m	NWI
-- Craig Wilson		Mackenzie CS	FOUL	

Men Triple Jump Senior

EOSSAA: ! 14.45m 1994 Chris Robinson, T.I.S.S.				
Name	Year	School	Finals	Wind
1 Tim Ashby		North Dundas D.H.S.	13.05m	NWI
2 Alex Cornillesse		Th. Islands S.S.	12.89m	NWI

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men Triple Jump Senior**

3	Jed Bowes	Perth D.C.I	12.87m	NWI
4	Colin Thompson	Frontenac SS	12.83m	NWI
5	Devlin Lalonde	Perth D.C.I	12.21m	NWI
6	Dane Suave	Rideau - Elgin	12.20m	NWI
7	Jontae Bobb	Loyalist - Kingston	12.16m	NWI
8	Peter Vice	St Josephs Chs	12.13m	NWI
9	Yanik Ladouceur	L'Heritage E.S.	11.99m	NWI
10	Daesun Park	Fellowes HS	11.78m	NWI
11	Joel Trimble	St. Michael Chs	11.77m	NWI
11	Vadim Ignatov	Regiopolis N.D.	11.77m	NWI
13	Brent Fallis	Ernestown - Odessa	11.68m	NWI
14	Andrew Heaslip	Renfrew CI	11.65m	NWI
15	Jacob Séguin	Casselman E.S.C.	11.53m	NWI
16	Justin Laforest	Almonte D.H.S.	11.51m	NWI
17	Ryan Dale	Opeongo HS	11.43m	NWI
18	Benoit Dodd	Le Sommet E.S.P.	11.40m	NWI
19	Ryan Lefebvre	Th. Islands S.S.	11.33m	NWI
20	Manny Gagnon	Cornwall C & V S	10.71m	NWI
21	Robert Villeneuve	Russell High School	10.34m	NWI
--	Darby Wheeler	St. Joseph's C.H.S.	FOUL	
--	Olivier Berniquez	Casselman E.S.C.	FOUL	
--	Konor Poulin	Carleton Place	FOUL	

Men Shot Put Senior

=====			
EOSSAA: ! 17.49m 22/05/2008 Tim Nedow, Thousand Isl			
Name	Year	School	Finals
=====			
1	Brandon Deslauriers	La Salle SS	18.07m!
2	Dennis Brianski	Notre Dame C.H.S	14.13m
3	Kyle Cathcart	Th. Islands S.S.	13.64m
4	John Vinkle	Sharbot Lake HS	13.56m
5	Dustin Blanchard	Th. Islands S.S.	13.29m
6	Tyrone Marsolais	Rothwell-Osnabruck	13.27m
7	Liam Schrieter	Arnprior Dhs	13.13m
8	Jesse Campbell	Carleton Place	12.95m
9	Taylor Wilson	Renfrew CI	12.71m
10	Logan Rose	Sydenham - Sydenham	12.68m
10	Scott Leeman	Kingston C.V.I.	12.68m
12	Mark Darrah	Th. Islands S.S.	12.53m
13	Cody McLeese	Renfrew CI	12.05m
14	Tyler Leindecker	Carleton Place	11.80m
15	James Illingworth	Almonte D.H.S.	11.79m
16	Wes Schmidtke	North Dundas D.H.S.	11.33m
17	Chance Spencer	S. Grenville Dhs	11.29m
18	Ryan Douma	Seaway D.H.S.	10.62m
19	Olivier Daigle	Casselman E.S.C.	9.02m
20	Mathieu Girouard	Plantagenet E.S.C.	8.83m

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Men Discus Throw Senior**

=====			
EOSSAA: ! 52.44m 20/05/2011 Brandon Deslauriers, NDSS -			
Name	Year	School	Finals
=====			
1	Brandon Deslauriers	La Salle SS	55.61m!
2	Trent Corney	Th. Islands S.S.	52.43m
3	James Illingworth	Almonte D.H.S.	46.76m
4	Dennis Brianski	Notre Dame C.H.S	45.74m
5	Jesse Campbell	Carleton Place	43.95m
6	Connor Fitzgerald	Notre Dame C.H.S	43.91m
7	Darby Charkavi	Bishop Smith Chs	39.88m
8	Mike Holden	Napanee - Napanee	36.00m
9	Chris Rogalsky	Napanee - Napanee	35.09m
10	Brett David	Opeongo HS	34.80m
11	Logan Rose	Sydenham - Sydenham	34.10m
12	Brett Duffy	Th. Islands S.S.	30.99m
13	Kyle Cathcart	Th. Islands S.S.	30.66m
14	Braxton Duggan	Rothwell-Osnabruck	29.22m
15	Terry Winters	Rothwell-Osnabruck	28.85m
16	Jordan Moke	Rothwell-Osnabruck	28.63m
17	Jacob Séguin	Casselman E.S.C.	28.61m
18	Taylor Wilson	Renfrew CI	27.40m
19	Winges Eric	St.Thomas Aquinas	27.36m
20	Wes Schmidtke	North Dundas D.H.S.	27.27m
21	Reitano Marco	St.Thomas Aquinas	25.91m
22	Chance Spencer	S. Grenville Dhs	24.50m

Men Javelin Throw Senior

=====			
EOSSAA: ! 64.05m 21/05/2010 Trent Corney, TISS- Brockvil			
Name	Year	School	Finals
=====			
1	Trent Corney	Th. Islands S.S.	60.90m
2	Tyler Murphy	Carleton Place	48.77m
3	Brett Duffy	Th. Islands S.S.	48.42m
4	Dylan Lecuyer	Arnprior Dhs	47.38m
5	Russel Sloat	Th. Islands S.S.	46.75m
6	Connor Fitzgerald	Notre Dame C.H.S	44.34m
7	Dustin Blanchard	Th. Islands S.S.	44.21m
8	Vincent Paul	St.Laurent	41.78m
9	Scott Bowden	Almonte D.H.S.	41.03m
10	Austin Payne	Regiopolis N.D.	40.84m
11	Steven Dorsch	St John's C.H.S.	40.82m
12	Bradley Switzer	Bishop Smith Chs	40.39m
13	Jay Dearborn	Sydenham - Sydenham	38.92m
14	Parker Krol	St. Joseph's C.H.S.	38.82m
15	David Boisvert	L'Escafe E.S.C.	38.78m
16	Mike Moss	Opeongo HS	38.42m
17	John Addison	Frontenac SS	38.11m
18	Zacharie Bergeron	L'Heritage E.S.	37.96m
19	Jonathan Zelt	Frontenac SS	37.32m
20	Alexandre Sigouin	L'Escafe E.S.C.	36.94m
21	Colin Goodman	Mackenzie CS	36.04m
22	Luke Roach	Rothwell-Osnabruck	35.89m
23	Reitano Marco	St.Thomas Aquinas	27.05m

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****Men 2000 Meter Steeplechase Open**

EOSSAA: ! 5:58.47 22/05/2008 Jacob Smith, Thousand Isl			
Name	Year	School	Finals
1	Garrett Rodley	Th. Islands S.S.	6:18.94
2	Scott Parsons	Arnprior Dhs	6:25.63
3	David Parsons	Arnprior Dhs	6:30.39
4	Eric Wynands	Th. Islands S.S.	6:30.48
5	Pat Vanderholst	Sydenham - Sydenham	6:32.52
6	Nicholas Favero	L'Escale E.S.C.	6:35.21
7	Everet Childs	Gananoque SS	6:41.77
8	Ewan Craig	Mackenzie CS	6:42.17
9	Tommy Somerville	Perth D.C.I	6:53.14
10	Joey Moser	Sydenham - Sydenham	7:00.13
11	Maks Zechel	Kingston C.V.I.	7:13.33
12	Marc-Alexandre Bélanger-	L'Escale E.S.C.	7:22.55
13	Luke Carroll	St. Mary's C.H.S	7:33.84
14	Chris Waltner	Holy Cross SS	7:34.32
15	Tylor Boileau	Holy Trinity	7:44.38
16	Adrian Woodfine	Opeongo HS	7:47.46
17	Derek Oliver	Perth D.C.I	7:53.64

Men 4x400 Meter Relay Open

EOSSAA: ! 3:22.22 20/05/2011 T.I.S.S, TISS				
School			Finals	H#
1	Sydenham - Sydenham	'A'	3:25.01	2
2	Thousand Islands - Brockville	'A'	3:28.67	2
3	Perth & District Coll. Inst.	'A'	3:32.64	2
4	St. Michael - Kemptville	'A'	3:33.38	2
5	Carleton Place High School	'A'	3:36.56	2
6	Holy Cross - Kingston	'A'	3:37.17	2
7	General Panet HS	'A'	3:38.48	2
8	Regiopolis-Notre Dame-Kingston	'A'	3:47.41	1
9	Renfrew CI	'A'	3:48.23	2
10	Almonte District High School	'A'	3:48.28	1
11	Kingston C.V.I. - Kingston	'A'	3:52.28	1
12	L'Escale E.S.C.	'A'	3:59.64	1
13	L'Heritage E.S.	'A'	4:14.40	1

Men 1500 Meter Dash Wheelchair

EOSSAA: ! 6:35.84 20/05/2011 Samuel Graham, ES Jeanne La			
Name	Year	School	Finals
1	Samuel Graham	ES Jeanne Lajoie	6:15.32!

Men 100 Meter Dash Ambulatory

EOSSAA: ! 13.45 20/05/2011 Brandon Terrell, Arnprior DHS				
Name	Year	School	Finals	Wind
1	Garrett Fraser-Morris	Sydenham - Sydenham	13.48	NWI
2	Austin Wodtke	Fellowes HS	14.94	NWI

EOSSAA T & F Championships - 22/05/2012 to 23/05/2012**Ottawa Lions Timing Team****Belleville, ON****Results****....Men 100 Meter Dash Ambulatory**

3	Kyle Maher	Fellowes HS	16.21	NWI
4	Nick Chaput	Fellowes HS	18.06	NWI
5	Mike Neff	Sydenham - Sydenham	18.18	NWI
6	Tyler McComish	Sydenham - Sydenham	18.33	NWI