

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 1 Women 100 Meter Dash Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 12.2h 1978		Linda LOCKYER / London - Lucas					
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	40	Fourie, Mari	Bluevale C I	13.57	12.95Q	NWI	1
2	181	MacDonald, Jessica	F. E. Madill S S	13.00	13.00Q	NWI	2
3	283	Sassine, Nicole	Holy Names H	13.22	12.97Q	NWI	1
4	122	McIntosh, Nicole	Chatham-Kent SS	13.26	13.08Q	NWI	2
5	821	Taylor, Sarah	St. Christopher S S	13.33	13.04Q	NWI	1
6	25	Horwood, Katie	Belle River D H S	13.24	13.12Q	NWI	2
7	997	Gittens, Jaime	Wallaceburg SS	13.13	13.24q	NWI	1
8	1001	Lee, Melissa	Waterloo C I	14.07	13.27q	NWI	1
9	554	Ward, Katie	Orangeville	14.00	J13.27	NWI	2
10	414	Brouwer, Jenna	London Distr	13.43	13.29	NWI	2
11	81	Hall, Morgan	Catholic Central	13.47	13.37	NWI	2
12	20	Tomlinson, Lauren	Assumption	14.04	13.43	NWI	2
13	185	Sande, Angie	F. E. Madill S S	13.33	13.51	NWI	1
14	598	Thomson, Ali	Pauline John	14.14	13.64	NWI	1
15	939	Rayner, Jennifer	Strathroy D C I	13.51	13.77	NWI	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 1 Women 100 Meter Dash Midget**

=====						
West Region: * 12.2h		1978	Linda LOCKYER / London - Lucas			
Name	Year	School	Prelims	Finals	Wind	
=====						
Finals						
1	40	Fourie, Mari	Bluevale C I	12.95	12.73	3.3
2	283	Sassine, Nicole	Holy Names H	12.97	12.80	3.3
3	122	McIntosh, Nicole	Chatham-Kent SS	13.08	12.81	3.3
4	181	MacDonald, Jessica	F. E. Madill S S	13.00	12.85	3.3
5	821	Taylor, Sarah	St. Christopher S S	13.04	12.86	3.3
6	997	Gittens, Jaime	Wallaceburg SS	13.24	12.94	3.3
7	25	Horwood, Katie	Belle River D H S	13.12	13.02	3.3
8	1001	Lee, Melissa	Waterloo C I	13.27	13.50	3.3

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 2 Men 100 Meter Dash Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 11.0h 1991		Chris ROBINSON / Cambridge-Hespeler					
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	668	Riva, Nathan	Sandwich Secondary	11.90	11.77Q	NWI	2
2	29	Lamarche, Steve	Belle River D H S	11.94	11.89Q	NWI	1
3	465	McDavid, Matheus	Mgsr. E.A. D	12.45	11.92Q	NWI	2
4	372	Carty, Marco	Kitchener Wa	12.38	11.96Q	NWI	1
5	367	Hedges, Jason	Kingsville D.H.S.	12.02	11.97Q	NWI	2
6	728	Yates, Ken	Saunders S S	12.01	12.03Q	NWI	1
7	28	Holdren, Greg	Belle River D H S	12.14	12.11q	NWI	1
8	165	Weber, Dan	Elmira D S S	12.68	12.16q	NWI	2
9	337	Norris, Cory	John F. Ross	12.71	12.24	NWI	1
10	95	Noel, Malcolm	Catholic Central	12.30	12.32	NWI	1
11	770	Knip, Tyler	South Huron D H S	12.37	12.34	NWI	2
12	710	Barker, Ian	Saunders S S	12.34	12.45	NWI	2
13	498	Hussey, Wray	North Park C & V S	12.88	12.61	NWI	1
--	848	Dundee, Chris	St. Clair S S	12.10	DNS	NWI	2
--	767	Bilcke, Tim	South Huron D H S	12.43	DNS	NWI	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 2 Men 100 Meter Dash Midget**

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West Region: * 11.0h 1991 Chris ROBINSON / Cambridge-Hespeler

Name	Year	School	Prelims	Finals	Wind
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Finals

1	668	Riva, Nathan	Sandwich Secondary	11.77	11.80	-0.6
2	372	Carty, Marco	Kitchener Wa	11.96	11.90	-0.6
3	29	Lamarche, Steve	Belle River D H S	11.89	11.94	-0.6
4	28	Holdren, Greg	Belle River D H S	12.11	12.08	-0.6
5	367	Hedges, Jason	Kingsville D.H.S.	11.97	J12.08	-0.6
6	465	McDavid, Matheus	Mgsr. E.A. D	11.92	12.09	-0.6
7	728	Yates, Ken	Saunders S S	12.03	12.21	-0.6
8	165	Weber, Dan	Elmira D S S	12.16	12.26	-0.6

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 3 Women 200 Meter Dash Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 25.2h 1978		Octavia BECKLES / London-Laurier				
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	821	Taylor, Sarah	St. Christopher S S	27.94	26.83Q	NWI 2
2	905	Ziter, Carly	Villanova	28.15	27.34Q	NWI 1
3	882	Sherwin, Grace	St. Mary's	27.81	27.11Q	NWI 2
4	554	Ward, Katie	Orangeville	27.78	27.44Q	NWI 1
5	25	Horwood, Katie	Belle River D H S	27.20	27.14Q	NWI 2
6	615	Glofcheski, Emma	Resurrection C S S	27.71	27.46Q	NWI 1
7	539	Strutt, Marianna	Oakridge S S	28.39	27.41q	NWI 2
8	414	Brouwer, Jenna	London Distr	28.96	28.04q	NWI 2
9	283	Sassine, Nicole	Holy Names H	28.29	28.07	NWI 2
10	598	Thomson, Ali	Pauline John	28.75	28.15	NWI 1
11	170	Colenutt, Alicia	Essex D H S, ON, ON	27.94	28.24	NWI 1
12	78	Braunsch, Elysse	Catholic Central	29.41	28.35	NWI 1
13	20	Tomlinson, Lauren	Assumption	28.65	28.39	NWI 1
14	807	Sirio, Amanda	St. Benedict C S S	28.88	28.68	NWI 2
15	593	Thomas, Katelyn	Parkside C I	29.73	28.80	NWI 1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 3 Women 200 Meter Dash Midget**

=====						
West Region: * 25.2h		1978	Octavia BECKLES / London-Laurier			
Name	Year	School	Prelims	Finals	Wind	
=====						
Finals						
1	882	Sherwin, Grace	St. Mary's	27.11	26.79	-0.6
2	821	Taylor, Sarah	St. Christopher S S	26.83	26.89	-0.6
3	25	Horwood, Katie	Belle River D H S	27.14	26.98	-0.6
4	905	Ziter, Carly	Villanova	27.34	27.09	-0.6
5	615	Glofcheski, Emma	Resurrection C S S	27.46	27.11	-0.6
6	554	Ward, Katie	Orangeville	27.44	27.28	-0.6
7	539	Strutt, Marianna	Oakridge S S	27.41	27.59	-0.6
8	414	Brouwer, Jenna	London Distr	28.04	27.98	-0.6

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 4 Men 200 Meter Dash Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 22.69 1993		Andrew BECKFORD / Kitchener CI				
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	29	Lamarche, Steve	Belle River D H S	24.46	23.98Q	NWI 1
2	668	Riva, Nathan	Sandwich Secondary	24.45	24.35Q	NWI 2
3	372	Carty, Marco	Kitchener Wa	24.83	24.39Q	NWI 1
4	337	Norris, Cory	John F. Ross	25.09	24.66Q	NWI 2
5	165	Weber, Dan	Elmira D S S	25.23	24.72Q	NWI 1
6	287	Boutette, Chad	Holy Names H	25.24	25.11Q	NWI 2
7	767	Bilcke, Tim	South Huron D H S	25.41	25.10q	NWI 1
8	716	Harris, Brady	Saunders S S	25.63	25.41q	NWI 2
9	456	Legg, Ian	Medway H S	25.67	25.47	NWI 2
10	367	Hedges, Jason	Kingsville D.H.S.	25.19	25.48	NWI 1
11	240	McLean, Jonathan	Glenview Park S S	25.34	25.61	NWI 1
12	594	VanMeppelenScheppi	Parkside C I	26.30	25.68	NWI 1
13	712	Burgie, Jamie	Saunders S S	25.94	25.78	NWI 1
--	848	Dundee, Chris	St. Clair S S	24.96	DNS	NWI 2
--	688	Little, Adam	Saugeen D S S	25.33	DNS	NWI 2

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 4 Men 200 Meter Dash Midget**

=====						
West Region: * 22.69 1993 Andrew BECKFORD / Kitchener CI						
Name	Year	School	Prelims	Finals	Wind	
=====						
Finals						
1	668	Riva, Nathan	Sandwich Secondary	24.35	24.00	-0.6
2	29	Lamarche, Steve	Belle River D H S	23.98	24.01	-0.6
3	372	Carty, Marco	Kitchener Wa	24.39	24.87	-0.6
4	337	Norris, Cory	John F. Ross	24.66	24.97	-0.6
5	767	Bilcke, Tim	South Huron D H S	25.10	25.25	-0.6
6	165	Weber, Dan	Elmira D S S	24.72	25.37	-0.6
7	716	Harris, Brady	Saunders S S	25.41	25.71	-0.6
8	287	Boutette, Chad	Holy Names H	25.11	26.23	-0.6

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 5 Women 400 Meter Dash Midget**

West Region: * 57.3h 1982		Donalda DUPREY / Pt. Elgin-Saugeen				
Name	Year	School	Seed	Finals	H#	
1	781	Tousaw, Julia	St. Anne's C S S	58.64	57.85	2
2	613	Buttinger, Maddie	Resurrection C S S	59.34	59.22	2
3	539	Strutt, Marianna	Oakridge S S	1:01.38	1:00.85	2
4	615	Glofcheski, Emma	Resurrection C S S	1:02.82	1:02.22	2
5	162	Weiler, Katie	Elmira D S S	1:03.27	1:02.80	2
6	280	Manzocco, Christia	Holy Names H	1:05.10	1:03.60	1
7	559	Green, Brittany	Our Lady Oflourdes	1:04.09	1:04.10	1
8	222	Beaudoin, Krista	Amherst	1:03.24	1:04.23	2
9	996	Thompson-Fischer,	Walkerville	1:05.26	1:04.30	1
10	80	Dilullo, Kristin	Catholic Central	1:05.23	1:04.53	1
11	514	Sivell, Katie	Northern C I & V S	1:05.11	1:05.15	1
12	77	Bell-Boucher, Dani	Catholic Central	1:04.04	1:05.29	2
13	776	Hoftyzer, Michelle	St. Anne's C S S	1:05.80	1:06.05	1
14	170	Colenutt, Alicia	Essex D H S, ON, ON	1:03.93	1:06.64	2
15	1038	Smith, Candice	Bluevale C I	1:04.15	1:06.82	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 6 Men 400 Meter Dash Midget**

West Region: * 50.91 1994		Jeff ELLIS / Orangeville				
Name	Year	School	Seed	Finals	H#	
1	29	Lamarche, Steve	Belle River D H S	53.07	52.76	2
2	728	Yates, Ken	Saunders S S	54.83	53.93	2
3	973	Neville, Brian	Vincent Massey SS	54.53	54.47	2
4	848	Dundee, Chris	St. Clair S S	56.19	55.55	2
5	1017	Reiner, John	Waterloo-Oxf	55.58	55.76	2
6	287	Boutette, Chad	Holy Names H	56.32	56.06	2
7	15	Lauer, Chris	Assumption C	57.08	56.76	2
8	889	Amorim, Derek	St. Mary's H S	58.38	58.09	1
9	237	Conn, Chris	Glenview Park S S	58.15	58.25	1
10	1015	Smith, Charles	Waterloo C I	56.05	58.59	2
11	113	Glanville, John	Central Huron S S	58.21	59.59	1
12	190	Corbett, Chris	F. E. Madill S S	58.63	59.97	1
13	542	Kuiack, Brian	Oakridge S S	58.73	1:00.32	1
14	453	Frank, Eric	Medway H S	58.22	1:00.84	1
15	480	Huang, Arin	Mount Forest D H S	59.44	1:02.70	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 7 Women 800 Meter Run Midget**

=====				
West Region: *	2:12.68	6/1/2002	Alyson KOHLMEIER/Sarnia/	St. Patric
Name	Year	School	Seed	Finals
=====				
1	772	Carson, Lindsay	Southwood S S	2:18.54 2:15.99
2	681	Vanderzwet, Kyla	Saugeen D S S	2:23.68 2:21.53
3	284	Thrasher, Alyssa	Holy Names H	2:23.75 2:25.25
4	514	Sivell, Katie	Northern C I & V S	2:29.47 2:26.51
5	680	Rae, Jenn	Saugeen D S S	2:30.79 2:28.54
6	470	Scott, Laura	Mitchell D H S	2:28.87 2:29.83
7	436	Pellar, Alli	London South S S	2:32.48 2:30.30
8	222	Beaudoin, Krista	Amherst	2:28.87 2:31.83
9	383	Phillips, Alicia	Lambton Cent	2:30.06 2:31.86
10	620	Pemberton, Sarah	Resurrection C S S	2:33.19 2:34.25
11	762	McCann, Melanie	South Huron D H S	2:34.48 2:37.91
--	80	Dilullo, Kristin	Catholic Central	2:34.52 DQ
--	1034	Tiegs, Elysia	Huron Park S S	2:34.84 DNS
--	444	Daichendt, Heather	Maranatha Christian	2:29.63 DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 8 Men 800 Meter Run Midget**

=====				
West Region: * 1:55.74 1989 Colin SULLIVAN / Brantford-North Par				
Name	Year	School	Seed	Finals
=====				
1	977	Robson, Phil	Vincent Massey SS	2:02.56 2:02.14
2	305	DeBono, Nathaniel	Kennedy	2:03.73 2:05.21
3	625	Allard-Buffer, Mat	Resurrection C S S	2:11.23 2:07.22
4	111	Armstrong, Ryan	Central Elgin C I	2:10.55 2:07.33
5	875	Hanna, Sam	St. Joseph's	2:12.24 2:08.99
6	683	Bennett, James	Saugeen D S S	2:11.69 2:11.03
7	721	Pfeifer, Kyle	Saunders S S	2:14.40 2:12.11
8	803	Rivait, Mike	St. Anne's	2:13.17 2:13.25
9	478	Skufkca, Jeff	Mother Teresa C S S	2:14.31 2:14.56
10	555	Ash, Mike	Orangeville	2:15.37 2:15.95
11	238	Helmuth, Nick	Glenview Park S S	2:10.39 2:16.99
12	783	Lambert, Mike	St. Anne's C S S	2:16.68 2:22.40
13	636	Woodhall, Derek	Resurrection C S S	2:08.76 2:25.94
--	293	Martinez, Enrique	Holy Names H	2:13.19 DNS
--	710	Barker, Ian	Saunders S S	2:19.21 DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 9 Women 1500 Meter Run Midget**

=====					
West Region: * 4:33.99 1997 Erin MCLURE / Waterloo CI					
Name	Year	School	Seed	Finals	
=====					
1	772	Carson, Lindsay	Southwood S S	4:50.15	4:56.15
2	409	Wallace, Madi	London Central S S	5:05.70	4:57.53
3	681	Vanderzwet, Kyla	Saugeen D S S	4:55.49	4:59.57
4	284	Thrasher, Alyssa	Holy Names H	5:05.06	5:06.10
5	470	Scott, Laura	Mitchell D H S	5:06.92	5:08.72
6	951	Glover, Brynelle	Ursuline SS	5:09.73	5:09.14
7	680	Rae, Jenn	Saugeen D S S	5:07.86	5:10.57
8	620	Pemberton, Sarah	Resurrection C S S	5:11.41	5:11.75
9	762	McCann, Melanie	South Huron D H S	5:21.73	5:12.34
10	444	Daichendt, Heather	Maranatha Christian	5:12.07	5:15.83
11	436	Pellar, Alli	London South S S	5:05.85	5:16.82
12	1026	Locke, Baillie	Warton D H S	5:08.79	5:17.05
13	303	Nikita, Carly	Kennedy	5:09.09	5:19.18
14	383	Phillips, Alicia	Lambton Cent	5:15.70	5:27.77
15	488	Austin, Keri-lyn	North Middle	5:25.65	5:32.03

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 10 Men 1500 Meter Run Midget**

=====					
West Region: * 4:00.0h 1986 Andrew DUTZ / London-Central					
Name	Year	School	Seed	Finals	
=====					
1	977	Robson, Phil	Vincent Massey SS	4:28.06	4:17.05
2	305	DeBono, Nathaniel	Kennedy	4:20.85	4:21.94
3	589	Wallis, Jeremy	Paris D H S	4:26.04	4:25.63
4	472	Culligan, Ben	Mitchell D H S	4:27.76	4:26.31
5	636	Woodhall, Derek	Resurrection C S S	4:28.46	4:27.14
6	1025	Rogers, Jason	Westside	4:37.01	4:31.97
7	195	Sanderson, Derek	F. E. Madill S S	4:31.61	J4:31.97
8	809	Jansen, Drew	St. Benedict C S S	4:34.80	4:33.55
9	111	Armstrong, Ryan	Central Elgin C I	4:26.06	4:34.62
10	265	Huffman, Josh	Harrow High, ON, ON	4:32.64	4:37.26
11	720	McLean, Colin	Saunders S S	4:35.06	4:39.06
12	478	Skufkca, Jeff	Mother Teresa C S S	4:25.74	4:40.11
13	683	Bennett, James	Saugeen D S S	4:32.65	4:41.07
14	307	Tome, Mitchell	Kennedy	4:36.96	4:51.01
15	875	Hanna, Sam	St. Joseph's	4:39.04	5:09.59

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 11 Women 3000 Meter Run Midget**

=====						
West Region: * 9:48.0h 1986 Jennifer ARMSTRONG / London-South						
Name	Year	School		Seed	Finals	
=====						
1	409	Wallace, Madi	London Central S S	11:03.04	10:42.36	
2	284	Thrasher, Alyssa	Holy Names H	11:21.02	10:50.58	
3	951	Glover, Brynelle	Ursuline SS	11:25.88	10:52.63	
4	1026	Locke, Baillie	Wiaraton D H S	11:20.13	10:57.07	
5	488	Austin, Keri-lyn	North Middle	11:28.79	11:06.01	
6	619	Noll, Joscelyn	Resurrection C S S	11:36.24	11:19.16	
7	574	Quick, Angela	Paris D H S	11:43.61	11:21.32	
8	444	Daichendt, Heather	Maranatha Christian	11:45.29	11:21.58	
9	865	Walker, Lindsay	St. Joseph's H S	11:33.13	11:27.13	
10	762	McCann, Melanie	South Huron D H S	11:55.12	11:37.14	
11	791	Mitchell, Mallory	St. Anne's	11:45.92	11:41.03	
12	230	Wood, Jillian	Glendale H S	12:01.19	11:50.05	
13	302	MacGuigan, Tashina	Kennedy	11:52.33	11:55.23	
14	567	Brindle, Tarin	Owen Sound C & V I	11:52.75	12:02.83	
--	159	McKay, Amber	Elmira D S S	11:53.19	DNS	

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 12 Men 3000 Meter Run Midget**

=====					
West Region: * 8:47.3h 1979 Chris BREWSTER / London-Cath. Cen.					
Name	Year	School	Seed	Finals	
=====					
1	472	Culligan, Ben	Mitchell D H S	10:01.22	9:29.77
2	305	DeBono, Nathaniel	Kennedy	9:54.22	9:34.21
3	589	Wallis, Jeremy	Paris D H S	9:44.46	9:38.45
4	478	Skufkca, Jeff	Mother Teresa C S S	9:58.32	9:49.11
5	809	Jansen, Drew	St. Benedict C S S	10:13.89	9:57.98
6	720	McLean, Colin	Saunders S S	10:06.75	10:00.26
7	265	Huffman, Josh	Harrow High, ON, ON	10:08.26	10:01.34
8	1025	Rogers, Jason	Westside	10:05.97	10:04.04
9	7	Allen, Josh	A.B. Lucas S S	10:13.87	10:09.53
10	30	Quigley, Shawn	Belle River D H S	10:19.55	10:09.83
11	289	Cameron, Josh	Holy Names H	10:13.88	10:10.96
12	307	Tome, Mitchell	Kennedy	10:08.12	10:13.52
13	152	O'Neill, Kyle	East Elgin S S	10:25.83	10:15.42
14	239	Kirk, James	Glenview Park S S	10:08.91	10:29.08
15	218	Armour, Andrew	Galt C & V I	10:24.81	10:30.04

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 13 Women 80 Meter Hurdles Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 11.52 1996		Jessica ZELINKA / London-Banting					
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	40	Fourie, Mari	Bluevale C I	12.77	12.31Q	NWI	1
2	781	Tousaw, Julia	St. Anne's C S S	12.43	12.38Q	NWI	2
3	661	Van Espen, Adinda	Sandwich Secondary	13.27	13.26Q	NWI	1
4	408	Lewis, Heather	London Central S S	13.74	13.32Q	NWI	2
5	84	Martineau, Triniec	Catholic Central	14.13	13.29Q	NWI	1
6	766	Yearly, Chantelle	South Huron D H S	13.45	13.70Q	NWI	2
7	905	Ziter, Carly	Villanova	13.87	13.36q	NWI	1
8	838	Paulley, Kaitlynn	St. Clair S S	13.86	13.68q	NWI	1
9	217	Shadrach, Cassandr	Galt C & V I	14.03	13.73	NWI	2
10	381	Helps, Cassie	Lambton Cent	14.00	14.24	NWI	2
11	640	Glavas, Marina	Riverside SS	14.11	14.43	NWI	1
12	580	Szentimery, Heathe	Paris D H S	15.14	14.57	NWI	1
12	729	Brodie, Andrea	Simcoe C S	14.84	14.57	NWI	2
14	353	Clifford, Meghan	Kincardine D S S	14.94	16.43	NWI	1
--	227	Gabler, Karyn	Glendale H S	14.60	DNF	NWI	2

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 13 Women 80 Meter Hurdles Midget**

=====						
West Region: * 11.52 1996 Jessica ZELINKA / London-Banting						
Name	Year	School	Prelims	Finals	Wind	
=====						
Finals						
1	40	Fourie, Mari	Bluevale C I	12.31	12.04	NWI
2	781	Tousaw, Julia	St. Anne's C S S	12.38	12.35	NWI
3	84	Martineau, Triniec	Catholic Central	13.29	12.92	NWI
4	661	Van Espen, Adinda	Sandwich Secondary	13.26	13.06	NWI
5	905	Ziter, Carly	Villanova	13.36	13.09	NWI
6	766	Yearly, Chantelle	South Huron D H S	13.70	13.38	NWI
7	838	Paulley, Kaitlynn	St. Clair S S	13.68	13.51	NWI
8	408	Lewis, Heather	London Central S S	13.32	13.52	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 14 Men 100 Meter Hurdles Midget****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 13.12 1998		Paul WHITTY / London-Saunders					
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	306	Donald, Ian	Kennedy	14.95	14.74Q	NWI	1
2	62	Gadawski, Zach	Brantford C I & V S	14.89	15.09Q	NWI	2
3	872	Baran, Mike	St. Joseph's	15.39	15.28Q	NWI	1
4	630	Messam, Antonio	Resurrection C S S	15.42	15.30Q	NWI	2
5	686	Eckensweiler, Lanc	Saugeen D S S	15.41	15.39Q	NWI	2
6	972	Mei, Jason	Vincent Massey SS	15.46	15.42Q	NWI	1
7	340	Sutherland, Brian	John F. Ross	15.73	15.55q	NWI	2
8	1009	Norris-Lue, Brando	Waterloo C I	15.43	15.64q	NWI	1
9	518	Honig, Kevin	Northern C I & V S	16.14	15.75	NWI	1
10	92	Kovacs, Paul	Catholic Central	17.65	16.05	NWI	1
11	419	Beishuizen, Roy	London Distr	16.27	16.06	NWI	1
12	188	Archer, Joseph	F. E. Madill S S	16.67	16.76	NWI	2
13	366	Freeman, Jarrod	Kingsville D.H.S.	16.71	16.81	NWI	1
14	751	Rathbone, Eric	Banting, Sir	16.57	17.93	NWI	2
15	420	Berkel, James	London Distr	15.92	19.83	NWI	2

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 14 Men 100 Meter Hurdles Midget**

=====						
West Region: * 13.12 1998 Paul WHITTY / London-Saunders						
Name	Year	School	Prelims	Finals	Wind	
=====						
Finals						
1	872	Baran, Mike	St. Joseph's	15.28	14.72	NWI
2	62	Gadawski, Zach	Brantford C I & V S	15.09	14.94	NWI
3	686	Eckensweiler, Lanc	Saugeen D S S	15.39	15.03	NWI
4	306	Donald, Ian	Kennedy	14.74	15.10	NWI
5	630	Messam, Antonio	Resurrection C S S	15.30	15.67	NWI
6	972	Mei, Jason	Vincent Massey SS	15.42	15.70	NWI
7	1009	Norris-Lue, Brando	Waterloo C I	15.64	15.72	NWI
8	340	Sutherland, Brian	John F. Ross	15.55	16.04	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 15 Women 300 Meter Hurdles Midget**

West Region: * 43.80 1997		Jessica ZELINKA / London-Banting				
Name	Year	School	Seed	Finals	H#	
1	781	Tousaw, Julia	St. Anne's C S S	45.02	44.79	2
2	40	Fourie, Mari	Bluevale C I	47.00	46.33	2
3	613	Buttinger, Maddie	Resurrection C S S	46.80	46.60	2
4	882	Sherwin, Grace	St. Mary's	48.49	47.29	2
5	539	Strutt, Marianna	Oakridge S S	49.88	49.75	2
6	398	Debacker, Brooke	Leamington, ON, ON	50.85	49.99	2
7	435	Miles-Rossouw, Mal	London South S S	52.46	50.71	1
8	57	Currie, Cayla	Brantford C I & V S	52.10	50.83	1
9	761	Cronyn, Kelly	South Huron D H S	53.77	51.11	1
10	953	Vandaele, Alexandr	Ursuline SS	52.04	51.16	1
11	657	Reiser, Erica	Sandwich Secondary	51.06	51.80	2
12	353	Clifford, Meghan	Kincardine D S S	54.10	52.50	1
13	806	Sinclair, Leanne	St. Benedict C S S	53.54	53.51	1
14	387	Van Erp, Vanessa	Lambton Cent	51.84	56.15	1
--	838	Paulley, Kaitlynn	St. Clair S S	51.15	DNS	2

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 16 Men 300 Meter Hurdles Midget**

=====						
West Region: * 40.71 1995 Shawn MURRAY / Windsor-St. Joseph's						
Name	Year	School	Seed	Finals	H#	
=====						
1	973	Neville, Brian	Vincent Massey SS	44.67	42.87	2
2	393	Milsom, Matt	Lambton Cent	44.03	43.95	2
3	872	Baran, Mike	St. Joseph's	45.48	44.37	2
4	686	Eckensweiler, Lanc	Saugeen D S S	45.39	44.45	2
5	333	Hernandez, Sebasti	John F. Ross	45.89	44.59	2
6	62	Gadawski, Zach	Brantford C I & V S	44.58	45.46	2
7	783	Lambert, Mike	St. Anne's C S S	45.16	45.47	2
8	306	Donald, Ian	Kennedy	45.91	45.48	1
9	751	Rathbone, Eric	Banting, Sir	47.67	46.74	1
10	430	Verbeek, David	London Distr	47.94	46.95	1
11	128	McTavish, Jordan	Chatham-Kent SS	45.50	47.14	2
12	357	Forrester, John	Kincardine D S S	47.82	47.66	1
13	272	Tomaszewski, Dan	Holy Cross	47.90	48.43	1
14	92	Kovacs, Paul	Catholic Central	48.09	50.02	1
15	337	Norris, Cory	John F. Ross	46.52	57.01	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 17 Women High Jump Midget**

West Region: * 1.73m 1984		Leanne MADILL / Guelph-Centennial		
Name	Year	School	Seed	Finals
1	613	Buttinger, Maddie	Resurrection C S S	1.63m 1.62m
2	693	Collinson, Erin	Saunders S S	1.50m 1.56m
3	881	Ball, Laura	St. Mary's	1.50m 1.53m
4	41	Purcell, Katie	Bluevale C I	1.50m J1.53m
5	1030	Smith, Jo-Lynn	Woodstock C I	1.50m 1.50m
5	927	Neeb, Nicole	Stratford SS	1.53m 1.50m
7	157	Cress, April	Elmira D S S	1.45m J1.50m
8	118	Deboer, Lindsay	Cchs	1.43m 1.45m
9	766	Yearly, Chantelle	South Huron D H S	1.50m J1.45m
10	156	Albrecht, Sarah	Elmira D S S	1.40m 1.40m
11	692	Brodie, Sarah	Saunders S S	1.50m J1.40m
12	301	Giles, Anastasia	Kennedy	1.40m J1.40m
13	657	Reiser, Erica	Sandwich Secondary	1.35m J1.40m
13	281	Olorunnife, Yinka	Holy Names H	1.40m J1.40m
15	508	Nicholson, Emma	Northern C I & V S	1.40m 1.30m
--	568	McIver, Reba	Owen Sound C & V I	1.45m DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 18 Men High Jump Midget**

West Region: * 1.89m 1984		Pat O'DONOUGHUE / Walkerton-Sacred Hrt	
Name	Year	School	Seed Finals
1	213	Garrick, Darnell	Forest Heights C I 1.70m 1.74m
1	215	Witmer, Alex	Forest Heights C I 1.70m 1.74m
3	518	Honig, Kevin	Northern C I & V S 1.65m 1.70m
4	629	Major, Brian	Resurrection C S S 1.70m J1.70m
5	340	Sutherland, Brian	John F. Ross 1.65m 1.65m
5	898	Henry, Mike	St. Patrick's H S 1.65m 1.65m
7	828	Collacatt, Ben	St. Christopher S S 1.55m J1.65m
8	517	Burnett, Justin	Northern C I & V S 1.65m J1.65m
8	992	McCulloch, Robert	Walkerton D S S 1.70m J1.65m
10	767	Bilcke, Tim	South Huron D H S 1.65m J1.65m
10	471	Baetz, Kevin	Mitchell D H S 1.65m J1.65m
12	932	Groensestege, Kyle	Stratford SS 1.65m 1.60m
13	460	Stephenson, Dale	Medway H S 1.65m 1.55m
14	127	Christian, Peter	Chatham-Kent SS 1.55m J1.55m
--	189	Corbett, Adam	F. E. Madill S S 1.68m NH

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 20 Men Pole Vault Midget**

West Region: * 3.80m 1997 Frank KLUNDERT / Cardinal Carter					
	Name	Year	School	Seed	Finals
1	404 Kuepfer, Kyle		Listowel D S S	3.00m	3.10m
2	405 VanDeHogen, Tyler		Listowel D S S	2.60m	3.00m
3	136 Eden, Chris		College Avenue S S	2.40m	2.80m
4	710 Barker, Ian		Saunders S S	2.40m	2.70m
5	801 Offenbacher, Chris		St.Anne's	2.55m	2.60m
6	324 Thibeault, Chris		Jacob Hespeler S S	2.40m	2.50m
7	144 Balazy, Steve		Delhi D S S	2.25m	2.40m
8	626 Bielski, Matt		Resurrection C S S	2.10m	2.25m
9	147 Schweertman, Gordy		Delhi D S S	2.25m	2.10m
--	726 Shank, Darryl		Saunders S S	2.70m	NH
--	586 Perry, Chase		Paris D H S	2.40m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 21 Women Long Jump Midget**

West Region: * 5.78m 1996		Jessica ZELINKA / London-Banting				
Name	Year	School	Seed	Finals	Wind	
1	997	Gittens, Jaime	Wallaceburg SS	4.50m	5.44m	NWI
2	882	Sherwin, Grace	St. Mary's	4.81m	5.17m	NWI
3	162	Weiler, Katie	Elmira D S S	4.68m	5.03m	NWI
4	612	Austin, Linsey	Resurrection, ON, ON	4.70m	5.02m	NWI
5	382	Lortie, Brittany	Lambton Cent	4.40m	5.01m	NWI
6	181	MacDonald, Jessica	F. E. Madill S S	5.14m	5.00m	NWI
7	516	Withers, Jennifer	Northern C I & V S	4.31m	4.97m	NWI
8	435	Miles-Rossouw, Mal	London South S S	4.79m	4.86m	NWI
9	182	Peters, Britany	F. E. Madill S S	5.04m	4.76m	NWI
10	354	Finlay, Caitlyn	Kincardine D S S	4.25m	4.59m	NWI
11	763	Smith, Melissa	South Huron D H S	4.53m	4.52m	NWI
11	34	Johnson, Shana	Blenheim	4.34m	4.52m	NWI
13	649	Burnett, Lynsey	Rockway Mennonite S	4.42m	4.44m	NWI
--	661	Van Espen, Adinda	Sandwich Secondary	4.29m	DNS	NWI
--	597	Lunn, Danielle	Pauline John	4.43m	DNS	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 22 Men Long Jump Midget**

West Region: * 6.67m 1979 Ken BERRY / London-Laurier						
Name	Year	School	Seed	Finals	Wind	
1	56	Yang, Jeremy	Bluevale C I	5.90m	6.21m	NWI
2	972	Mei, Jason	Vincent Massey SS	5.52m	6.16m	NWI
3	594	VanMeppelenScheppi	Parkside C I	5.73m	6.00m	NWI
4	211	Bent, Marcel	Forest Heights C I	5.57m	5.96m	NWI
5	258	Teli, Brian	Guelph Collegiate	5.64m	5.89m	NWI
6	311	Cybulski, Ben	Huron Park S S	5.44m	5.77m	NWI
7	456	Legg, Ian	Medway H S	5.57m	5.73m	NWI
8	291	Knudson, Kingston	Holy Names H	5.01m	5.61m	NWI
9	340	Sutherland, Brian	John F. Ross	5.48m	5.52m	NWI
9	393	Milsom, Matt	Lambton Cent	5.17m	5.52m	NWI
11	900	Langille, Aaron	St. Patrick's H S	5.22m	5.37m	NWI
12	95	Noel, Malcolm	Catholic Central	5.41m	5.34m	NWI
13	190	Corbett, Chris	F. E. Madill S S	5.54m	5.24m	NWI
--	14	Eyre, Jamie	Assumption C	5.32m	DNS	NWI
--	499	Martin, Aaron	North Park C & V S	5.50m	DNS	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 23 Women Triple Jump Midget**

West Region: * 11.21m 1992		Tracy KENDRICK / Kitchener-Eastwood				
Name	Year	School	Seed	Finals	Wind	
1	997	Gittens, Jaime	Wallaceburg SS	10.62m	10.76m	NWI
2	612	Austin, Linsey	Resurrection, ON, ON	10.16m	10.48m	NWI
3	1	Greenhow, Sarah	A.B. Lucas S S	9.93m	10.43m	NWI
4	181	MacDonald, Jessica	F. E. Madill S S	10.50m	10.33m	NWI
5	182	Peters, Britany	F. E. Madill S S	10.27m	10.21m	NWI
6	649	Burnett, Lynsey	Rockway Mennonite S	9.83m	9.95m	NWI
7	360	Fortin, Nicole	Kingsville D.H.S.	9.57m	9.90m	NWI
8	354	Finlay, Caitlyn	Kincardine D S S	9.34m	9.77m	NWI
9	982	Savic, Marina	W.F.Herman S S	9.65m	9.71m	NWI
10	216	Gilliam, Shaina	Galt C & V I	9.42m	9.67m	NWI
11	938	Plaine, Justine	Strathroy D C I	9.93m	9.64m	NWI
12	435	Miles-Rossouw, Mal	London South S S	9.84m	9.53m	NWI
13	377	Chaput, Melanie	L'Essor E S-Windsor	9.34m	9.41m	NWI
14	660	Routliffe, Ashley	Sandwich Secondary	9.80m	9.35m	NWI
--	774	Vermass, Tanya	Southwood S S	9.40m	DNS	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 24 Men Triple Jump Midget**

West Region: * 13.78m 1994 Kriss PETERSON / LaSalle-Sandwich						
Name	Year	School	Seed	Finals	Wind	
1	56	Yang, Jeremy	Bluevale C I	12.22m	12.74m	NWI
2	972	Mei, Jason	Vincent Massey SS	12.10m	12.21m	NWI
3	258	Teli, Brian	Guelph Collegiate	11.78m	12.07m	NWI
4	494	Shipway, Matt	North Middle	11.39m	11.94m	NWI
5	291	Knudson, Kingston	Holy Names H	11.16m	11.93m	NWI
6	211	Bent, Marcel	Forest Heights C I	11.76m	11.82m	NWI
7	165	Weber, Dan	Elmira D S S	11.48m	11.72m	NWI
8	932	Groensestege, Kyle	Stratford SS	11.01m	J11.72m	NWI
9	518	Honig, Kevin	Northern C I & V S	11.89m	11.65m	NWI
10	630	Messam, Antonio	Resurrection C S S	11.46m	11.64m	NWI
11	900	Langille, Aaron	St. Patrick's H S	11.48m	11.50m	NWI
12	231	DiLella, Aaron	Glendale H S	11.16m	11.20m	NWI
13	364	Baltzer, Steve	Kingsville D.H.S.	11.11m	11.13m	NWI
14	770	Knip, Tyler	South Huron D H S	11.05m	10.72m	NWI
15	420	Berkel, James	London Distr	10.85m	10.69m	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 25 Women Shot Put 3kg NEW Midget**

West Region: * 12.06m 1979 Liz POLYAK / Brantford-North Park					
	Name	Year	School	Seed	Finals
1	949 Carey, Melissa		Ursuline SS	9.70m	9.66m
2	281 Olorunnife, Yinka		Holy Names H	9.44m	9.50m
3	962 Lalovich, Lauren		Vincent Massey SS	8.79m	8.96m
4	229 Tisdale, Jessa		Glendale H S	8.78m	8.85m
5	995 Thompson, Kendra		Walkerville	8.92m	8.75m
6	777 Otten, Valerie		St. Anne's C S S	9.03m	8.70m
7	1043 Errey, Heather		Koinonia Christian	8.37m	8.66m
8	149 Jordan, Carolyn		East Elgin S S	9.20m	8.57m
9	264 Rigg, Marissa		Harrow High, ON, ON	8.45m	8.47m
10	167 Fraser, Melissa		Erin D H S	8.59m	8.29m
11	571 Gerbrandt, Jess		Paris D H S	8.33m	8.24m
12	245 DeBoer, Steph		Grand River C I	8.27m	8.19m
13	449 McCutcheon, Jenine		Medway H S	7.84m	7.88m
14	1018 Beaton, Caitlin		West Hill S S	8.47m	7.78m
15	738 Campling, Michelle		Banting, Sir	8.52m	7.77m

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 26 Men Shot Put Midget**

=====				
West Region: *	18.23m	1982	Dave CROMBEEN / Sarnia-St. Patrick's	
Name	Year	School	Seed	Finals
=====				
1	100	Crawford, Tyrone	Catholic Cen	14.41m 15.65m
2	746	Fisher, Kris	Banting, Sir	14.47m 14.78m
3	421	Bosma, Caleb	London Distr	12.92m 13.16m
4	685	Cameron, Alex	Saugeen D S S	12.49m 12.97m
5	947	Glasier, Kory	Tilbury Dhs	12.85m 12.46m
6	64	Linseman, Brendan	Brantford C I & V S	11.99m 12.45m
7	493	Battram, Nick	North Middle	11.10m 12.28m
8	224	St Pierre, Brandon	Amherst	12.63m 12.23m
9	662	Babcock, Brett	Sandwich Secondary	12.62m 11.99m
10	898	Henry, Mike	St. Patrick's H S	12.44m 11.73m
11	566	Reinhart, Shane	Our Lady Oflourdes	11.64m 11.70m
12	428	Vanderleeuw, Kevin	London Distr	11.83m 11.54m
13	147	Schweertman, Gordy	Delhi D S S	11.82m 11.10m
--	930	Bailey, Kurtis	Stratford SS	12.59m DNS
--	132	Bleumer, Dan	Chesley D H S	11.81m DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 27 Women Discus Throw Midget**

=====					
West Region: * 40.46m 1979 Liz POLYAK / Brantford-North Park					
Name	Year	School	Seed	Finals	
=====					
1	264	Rigg, Marissa	Harrow High, ON, ON	27.70m	27.29m
2	786	Connor, Kelsey	St. Anne's	27.54m	26.31m
3	229	Tisdale, Jessa	Glendale H S	23.52m	25.55m
4	167	Fraser, Melissa	Erin D H S	21.34m	24.92m
5	999	Waite, Nicole	Waterford D H S	23.10m	24.23m
6	962	Lalovich, Lauren	Vincent Massey SS	25.64m	24.00m
7	963	Lalovich, Lyndsey	Vincent Massey SS	20.50m	23.96m
8	679	Hodge, Stephanie	Saugeen D S S	20.38m	23.55m
9	695	Jackson, Hayley	Saunders S S	23.79m	22.94m
10	949	Carey, Melissa	Ursuline SS	24.01m	21.81m
11	417	Wassink, Andrea	London Distr	21.05m	20.73m
12	777	Otten, Valerie	St. Anne's C S S	23.19m	20.34m
13	187	Whitfield, Kendall	F. E. Madill S S	22.87m	19.89m
--	1039	Gordon, Jenise	Simcoe C S	23.98m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 28 Men Discus Throw Midget**

=====					
West Region: * 55.14m 6/1/2002 Joe POCOCK/Windsor, Brennan, F.J					
Name	Year	School	Seed	Finals	
=====					
1	744	Bass-West, Mike	Banting, Sir	40.18m	42.92m
2	48	Drung, Alex	Bluevale C I	39.26m	41.60m
3	102	Woghiren, Brandon	Catholic Cen	34.74m	37.65m
4	64	Linseman, Brendan	Brantford C I & V S	40.43m	37.29m
5	520	Perron, Leith	Northern C I & V S	34.14m	37.25m
6	93	Matthews, Darren	Catholic Central	34.35m	37.10m
7	959	Chamberlain, Jerem	Valley Heights S S	34.75m	34.59m
8	145	Csoff, Rick	Delhi D S S	34.04m	34.33m
9	100	Crawford, Tyrone	Catholic Cen	36.67m	33.92m
10	638	Huff, Ryan	Ridgetown	32.65m	32.56m
11	688	Little, Adam	Saugeen D S S	39.54m	32.02m
12	422	Deelstra, Nick	London Distr	35.70m	30.47m
13	471	Baetz, Kevin	Mitchell D H S	37.22m	28.61m
14	915	Babirad, Mike	St.Thomas Aq	34.32m	28.42m
--	395	Rainsberry, Craig	Lambton Cent	31.62m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 29 Women Javelin Throw Midget**

West Region: * 38.72m 1978 Martha HART / London-Oakridge					
	Name	Year	School	Seed	Finals
1	167 Fraser, Melissa		Erin D H S	27.38m	35.66m
2	897 Mullen, Maggie		St. Patrick's H S	33.48m	34.95m
3	123 Sinclair, Ellen		Chatham-Kent SS	29.22m	29.90m
4	904 Wiseman, Alex		Villanova	26.45m	27.42m
5	1030 Smith, Jo-Lynn		Woodstock C I	29.16m	26.10m
6	599 Warren, Stephanie		Pauline John	25.20m	26.02m
7	989 Coon, Christine		Walkerton D S S	29.99m	25.73m
8	530 Kennedy, Karlie		Oakridge S S	26.06m	25.10m
9	229 Tisdale, Jessa		Glendale H S	24.42m	23.74m
10	954 Vandergriendt, Bri		Ursuline SS	25.00m	23.38m
11	742 Morrow, Claire		Banting, Sir	26.21m	22.50m
12	700 Richards, Jessica		Saunders S S	25.70m	22.10m
13	966 Rose, Erica		Vincent Massey SS	26.80m	21.74m
14	245 DeBoer, Steph		Grand River C I	22.42m	19.84m
--	1045 Buckie, Heather		Guelph Collegiate	20.79m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 30 Men Javelin Throw Midget**

=====				
West Region: * 61.70m 1982 Dave CROMBEEN / Sarnia-St. Patrick's				
Name	Year	School	Seed	Finals
=====				
1	100	Crawford, Tyrone	Catholic Cen	44.79m 46.90m
2	688	Little, Adam	Saugeen D S S	43.37m 43.52m
3	969	Dabous, James	Vincent Massey SS	50.55m 43.43m
4	425	Hiemstra, Wyatt	London Distr	36.98m 43.02m
5	120	Horneman, David	Cchs	43.71m 41.68m
6	582	Donovan, Dean	Paris D H S	36.63m 40.30m
7	52	Lehman, Kyle	Bluevale C I	38.97m 38.73m
8	707	Allen, Richard	Saunders S S	40.60m 37.49m
9	852	Overholt, Kevin	St. Clair S S	41.74m 37.24m
10	662	Babcock, Brett	Sandwich Secondary	40.01m 36.47m
11	421	Bosma, Caleb	London Distr	37.49m 35.97m
12	242	Sharpe, Ryan	Glenview Park S S	36.88m 34.45m
13	315	Swieck, Evan	Huron Park S S	35.78m 33.06m
--	930	Bailey, Kurtis	Stratford SS	36.97m DNS
--	691	Scott, Derek	Saugeen D S S	38.42m DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004

Track and Field Championships

U.W.O. - T.D. Waterhouse Stadium, London, ON

Results

Event 31 Women 4x100 Meter Relay Midget

West Region: * 50.00 1996		LONDON - BANTING		Seed	Finals	H#
School						
1	Resurrection C S S 'A'			52.10	51.69	2
2	F. E. Madill S S 'A'			52.43	52.52	2
3	Bluevale C I 'A'			53.47	52.61	2
4	Lambton Central C & V I 'A'			53.35	52.95	2
5	Catholic Central 'A'			53.85	53.00	1
6	Sandwich Secondary 'A'			52.70	53.01	2
7	Vincent Massey SS 'A'			53.47	53.34	2
8	Wallaceburg SS 'A'			53.59	53.80	2
9	St. Anne's C S S 'A'			53.93	54.06	1
10	St. Christopher S S 'A'			53.29	54.14	2
11	Oakridge S S 'A'			54.20	55.36	1
12	Grand River C I 'A'			55.97	55.83	1
13	Catholic Central 'B'			55.68	55.86	1
--	Paris D H S 'A'			55.91	DNF	1
--	Elmira D S S 'A'			55.51	DQ	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 32 Men 4x100 Meter Relay Midget**

West Region: * 45.3h 1981		WINDSOR-BRENNAN		Seed	Finals	H#
School						
1	Belle River D H S 'A'			47.01	46.41	2
2	Vincent Massey SS 'A'			48.28	47.11	2
3	Saunders S S 'A'			47.85	47.13	2
4	Lambton Central C & V I 'A'			47.94	48.07	2
5	Catholic Central 'B'			48.67	48.32	2
6	Kingsville D.H.S. 'A'			48.69	48.73	2
7	Northern C I & V S 'A'			49.31	49.02	1
8	F. E. Madill S S 'A'			50.15	49.32	1
9	Forest Heights C I 'A'			49.24	49.38	2
10	Waterloo C I 'A'			48.81	49.60	2
11	Resurrection C S S 'A'			49.68	49.71	1
12	John F. Ross C & V I 'A'			50.34	51.27	1
13	Paris D H S 'A'			50.31	52.06	1
--	Sir Frederick Banting S S 'A'			50.22	DQ	1
--	Medway H S 'A'			49.57	DNS	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 33 Women 100 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 11.89 1995 Margaret FOX / Guelph-Bishop Mac.							
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	842	VanKempen, Kim	St. Clair S S	13.04	12.83Q	NWI	1
2	447	Kellar-Parsons, Hi	Medway H S	12.89	12.93Q	NWI	2
3	275	Bozzetto, Marissa	Holy Names H	13.35	13.07Q	NWI	1
4	479	Ghent, Danielle	Mount Forest D H S	14.09	13.36Q	NWI	2
5	609	Grieve, Lisa	Regina Mundi	13.28	13.14Q	NWI	1
6	789	Herlehy, Danielle	St.Anne's	13.50	13.48Q	NWI	2
7	179	Groen, Linda	F. E. Madill S S	13.36	13.30q	NWI	1
8	155	Ford, Avril	Eastwood C I	13.89	13.48q	NWI	1
9	694	Coxhead, Emily	Saunders S S	13.32	13.50	NWI	2
10	276	Bradley, Renee	Holy Names H	13.62	13.51	NWI	2
11	228	Sargeant, Victoria	Glendale H S	13.31	13.53	NWI	2
12	606	Spreitzer, Nancy	Preston H S	14.32	13.62	NWI	1
13	605	Jewett, Theresa	Preston H S	13.99	13.63	NWI	2
14	551	Gore, Aimee	Orangeville	14.52	13.79	NWI	1
15	99	Sandy, Alicia	Catholic Cen	13.81	13.81	NWI	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 33 Women 100 Meter Dash Junior**

=====						
West Region: * 11.89 1995 Margaret FOX / Guelph-Bishop Mac.						
Name	Year	School	Prelims	Finals	Wind	
=====						
Finals						
1	842	VanKempen, Kim	St. Clair S S	12.83	12.53	0.9
2	447	Kellar-Parsons, Hi	Medway H S	12.93	12.71	0.9
3	275	Bozzetto, Marissa	Holy Names H	13.07	12.96	0.9
4	609	Grieve, Lisa	Regina Mundi	13.14	13.06	0.9
5	789	Herlehy, Danielle	St.Anne's	13.48	13.20	0.9
6	479	Ghent, Danielle	Mount Forest D H S	13.36	13.21	0.9
7	179	Groen, Linda	F. E. Madill S S	13.30	13.31	0.9
8	155	Ford, Avril	Eastwood C I	13.48	13.34	0.9

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 34 Men 100 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 10.5h 1989		Sean MCKILLOP / Waterloo CI					
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	983	Besant, Brandon	W.F.Herman S S	11.37	11.33Q	NWI	2
2	798	Edwards, Colin	St.Anne's	11.58	11.39Q	NWI	1
3	106	Dills, Brendan	Centennial C V I	11.93	11.54Q	NWI	1
4	1007	James, Ryan	Waterloo C I	12.03	11.63Q	NWI	2
5	163	Giroux, Bryan	Elmira D S S	11.96	11.55Q	NWI	1
6	1032	Schultz, Keith	Woodstock C I	11.78	11.75Q	NWI	2
7	342	Browning, James	John McGregor SS	11.77	11.61q	NWI	1
8	94	Morrisey, James	Catholic Central	11.89	11.77q	NWI	2
9	912	Simone, Brian	Villanova	11.99	11.90	NWI	2
10	288	Boyes, Karl	Holy Names H	12.13	11.93	NWI	2
11	496	Dandie, Anthony	North Park C & V S	12.10	11.97	NWI	2
12	154	Williams, Curt	East Elgin S S	12.03	12.05	NWI	1
13	273	Vanderheyden, Nate	Holy Cross	12.14	12.10	NWI	1
14	410	Eberhard, David	London Central S S	12.09	12.15	NWI	1
--	556	Marshall, Tyler	Orangeville	12.15	DNS	NWI	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 34 Men 100 Meter Dash Junior**

=====						
West Region: * 10.5h		1989	Sean MCKILLOP / Waterloo CI			
Name	Year	School	Prelims	Finals	Wind	
=====						
Finals						
1	983	Besant, Brandon	W.F.Herman S S	11.33	11.17	1.3
2	798	Edwards, Colin	St.Anne's	11.39	11.29	1.3
3	106	Dills, Brendan	Centennial C V I	11.54	11.34	1.3
4	163	Giroux, Bryan	Elmira D S S	11.55	11.45	1.3
5	1007	James, Ryan	Waterloo C I	11.63	11.48	1.3
6	342	Browning, James	John McGregor SS	11.61	11.56	1.3
7	1032	Schultz, Keith	Woodstock C I	11.75	11.83	1.3
8	94	Morrisey, James	Catholic Central	11.77	11.90	1.3

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 35 Women 200 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 24.13 1995 Margaret FOX / Guelph-Bishop Mac.						
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	447	Kellar-Parsons, Hi	Medway H S	27.37	26.52Q	NWI 2
2	842	VanKempen, Kim	St. Clair S S	27.45	26.85Q	NWI 1
3	609	Grieve, Lisa	Regina Mundi	27.59	26.88Q	NWI 1
4	275	Bozzetto, Marissa	Holy Names H	27.80	27.06Q	NWI 2
5	869	Montcalm, Noelle	St. Joseph's	27.67	27.31Q	NWI 2
6	479	Ghent, Danielle	Mount Forest D H S	27.86	27.38Q	NWI 1
7	816	Gill, Laura	St. Christopher S S	28.21	27.79q	NWI 2
8	155	Ford, Avril	Eastwood C I	27.92	27.81q	NWI 1
9	276	Bradley, Renee	Holy Names H	28.15	27.98	NWI 2
10	883	Hillenaar, Jennife	St. Mary's H S	28.59	28.03	NWI 1
11	581	Woods, Jenni	Paris D H S	29.09	28.19	NWI 1
12	451	Scheuremann, Carri	Medway H S	28.68	28.25	NWI 2
13	179	Groen, Linda	F. E. Madill S S	28.31	28.35	NWI 1
14	538	Stephenson, Kate	Oakridge S S	29.37	28.87	NWI 1
15	863	Riciatti, Krista	CWJK	28.66	28.96	NWI 2

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 35 Women 200 Meter Dash Junior**

=====

West Region: * 24.13 1995 Margaret FOX / Guelph-Bishop Mac.

=====

Name	Year	School	Prelims	Finals	Wind
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=====

Finals

1	447	Kellar-Parsons, Hi	Medway H S	26.52	26.44	-1.0
2	275	Bozzetto, Marissa	Holy Names H	27.06	26.92	-1.0
3	842	VanKempen, Kim	St. Clair S S	26.85	26.96	-1.0
4	609	Grieve, Lisa	Regina Mundi	26.88	27.29	-1.0
5	869	Montcalm, Noelle	St. Joseph's	27.31	27.50	-1.0
6	479	Ghent, Danielle	Mount Forest D H S	27.38	27.82	-1.0
7	155	Ford, Avril	Eastwood C I	27.81	28.21	-1.0
8	816	Gill, Laura	St. Christopher S S	27.79	28.40	-1.0

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 36 Men 200 Meter Dash Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 21.67 1993		Chris ROBINSON / Cambridge-Hespeler					
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	798	Edwards, Colin	St.Anne's	23.91	22.57Q	NWI	1
2	983	Besant, Brandon	W.F.Herman S S	23.73	23.24Q	NWI	2
3	106	Dills, Brendan	Centennial C V I	23.87	22.97Q	NWI	1
4	1007	James, Ryan	Waterloo C I	24.04	23.32Q	NWI	2
5	107	Furmah, Aman	Centennial C V I	24.21	23.56Q	NWI	2
6	1032	Schultz, Keith	Woodstock C I	24.22	23.61Q	NWI	1
7	602	Smith, Bob	Pauline John	24.31	23.67q	NWI	2
8	94	Morrisey, James	Catholic Central	24.55	23.87q	NWI	2
9	645	Brinacombe, Brent	Riverside SS	24.99	23.95	NWI	2
10	288	Boyes, Karl	Holy Names H	25.22	24.39	NWI	1
11	856	Smith, Mason	St. Clair S S	25.03	24.61	NWI	2
12	273	Vanderheyden, Nate	Holy Cross	24.86	24.72	NWI	1
13	410	Eberhard, David	London Central S S	25.43	25.23	NWI	1
--	163	Giroux, Bryan	Elmira D S S	24.22	DNS	NWI	1
--	892	Vandenberge, Brand	St. Mary's H S	24.98	DNS	NWI	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 36 Men 200 Meter Dash Junior**

=====						
West Region: * 21.67 1993 Chris ROBINSON / Cambridge-Hespeler						
Name	Year	School	Prelims	Finals	Wind	
=====						
Finals						
1	983	Besant, Brandon	W.F.Herman S S	23.24	22.91	-0.6
2	798	Edwards, Colin	St.Anne's	22.57	22.95	-0.6
3	106	Dills, Brendan	Centennial C V I	22.97	23.24	-0.6
4	1007	James, Ryan	Waterloo C I	23.32	23.55	-0.6
5	1032	Schultz, Keith	Woodstock C I	23.61	23.70	-0.6
6	107	Furmah, Aman	Centennial C V I	23.56	23.72	-0.6
7	602	Smith, Bob	Pauline John	23.67	23.87	-0.6
8	94	Morrisey, James	Catholic Central	23.87	24.98	-0.6

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 37 Women 400 Meter Dash Junior**

West Region: * 54.56 1994		Nadia SCHMEIDT / London-John Paul II				
Name	Year	School	Seed	Finals	H#	
1	274	Baker, Michelle	Holy Names H	1:01.09	1:00.17	2
2	168	Balkwill, Andrea	Essex D H S, ON, ON	1:01.50	1:00.50	2
3	816	Gill, Laura	St. Christopher S S	1:01.56	1:00.76	2
4	551	Gore, Aimee	Orangeville	1:02.62	1:01.02	2
5	537	Ross, Sarah	Oakridge S S	1:03.08	1:02.43	2
6	883	Hillenaar, Jennife	St. Mary's H S	1:03.66	1:02.61	2
7	479	Ghent, Danielle	Mount Forest D H S	1:04.56	1:02.63	1
8	439	Foster, Kiersten	Lord Dorchester S S	1:02.84	1:02.92	2
9	823	Willems, Kristie	St. Christopher S S	1:04.35	1:03.64	1
10	733	Murray, Kelsey	Simcoe C S	1:05.53	1:04.97	1
11	621	Quehl, Melyssa	Resurrection C S S	1:05.29	1:05.00	1
12	642	Oumesrour, Donia	Riverside SS	1:02.57	1:05.78	2
13	538	Stephenson, Kate	Oakridge S S	1:07.07	1:05.96	1
14	269	Willan, Lisa	Holy Cross	1:06.27	1:07.75	1
--	937	Lashbrook, Janessa	Strathroy D C I	1:03.93	DNS	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 38 Men 400 Meter Dash Junior**

=====						
West Region: * 47.94 1997 Liam CARD / Port Elgin-Saugeen						
Name	Year	School	Seed	Finals	H#	
=====						
1	974	Reid, Jonathon	Vincent Massey SS	50.72	51.22	2
2	1007	James, Ryan	Waterloo C I	53.16	52.09	2
3	893	Cunningham, Sean	St. Michael C S S	53.03	53.01	2
4	94	Morrisey, James	Catholic Central	53.77	53.35	2
5	645	Brinacombe, Brent	Riverside SS	54.10	53.49	1
6	873	Beyene, Abel	St. Joseph's	54.59	53.88	1
7	1032	Schultz, Keith	Woodstock C I	53.22	53.94	2
8	602	Smith, Bob	Pauline John	53.86	J53.94	2
9	294	McKeegan, Stephen	Holy Names H	53.27	54.12	2
10	523	Surman, Jamie	Northern C I & V S	52.74	54.18	2
11	134	Sweiger, Kevin	Chesley D H S	54.39	54.45	1
12	260	Fraser, Kevin	H.B. Beal S S	54.65	54.87	1
13	768	Dionne, Justin	South Huron D H S	54.88	55.21	1
--	220	McDonald, Bryan	Galt C & V I	54.91	DNS	1
--	627	Elias, Alex	Resurrection C S S	55.14	DNS	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 39 Women 800 Meter Run Junior**

=====					
West Region: * 2:11.3h 1991 Sue BERG / Kitchener-Cameron Hts.					
Name	Year	School	Seed	Finals	
=====					
1	678	Gribbons, Shannon	Saugeen D S S	2:16.27	2:18.46
2	790	Kanters, Amanda	St.Anne's	2:24.95	2:24.16
3	4	Russell, Julia	A.B. Lucas S S	2:28.21	2:25.73
4	274	Baker, Michelle	Holy Names H	2:27.67	2:26.38
5	79	Chinfatt, Kimberly	Catholic Central	2:32.07	2:28.18
6	432	Manocha, Ranita	London South S S	2:30.55	2:28.71
7	815	Gill, Carly	St. Christopher S S	2:27.07	2:28.93
8	822	Trieman, Caroline	St. Christopher S S	2:32.64	2:30.36
9	887	Robertson, Shannon	St. Mary's H S	2:26.75	2:32.37
10	446	Buchner, Brittney	Medway H S	2:33.94	2:33.17
11	255	Wallar, Lauren	Guelph Collegiate	2:39.43	2:35.99
12	579	Stern, Kahla	Paris D H S	2:41.99	2:42.41
--	1005	Rouse, Shelagh	Waterloo C I	2:44.93	DNS
--	950	Debrouwer, Athena	Ursuline SS	2:25.50	DNS
--	937	Lashbrook, Janessa	Strathroy D C I	2:30.75	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 40 Men 800 Meter Run Junior**

=====					
West Region: * 1:50.90 2000 Nathan BRANNEN / Preston HS					
	Name	Year	School	Seed	Finals
=====					
1	830 Moore, David		St. Christopher S S	2:00.72	1:59.49
2	497 Foster, Chris		North Park C & V S	2:05.90	2:02.69
3	893 Cunningham, Sean		St. Michael C S S	2:09.98	2:03.81
4	647 Ducharme, Gavin		Riverside SS	2:09.34	2:07.16
5	134 Sweiger, Kevin		Chesley D H S	2:12.54	2:07.32
6	829 Edwards, Dan		St. Christopher S S	2:11.61	2:08.80
7	500 Watson, Phil		North Park C & V S	2:11.34	2:09.19
8	452 Arnold, Chris		Medway H S	2:12.57	2:11.06
9	164 Jones, Steven		Elmira D S S	2:12.64	2:12.12
10	202 Fall, Matt		F.J.Brennan	2:09.57	2:12.96
11	492 Ackworth, Josh		North Middle	2:14.25	2:13.98
12	260 Fraser, Kevin		H.B. Beal S S	2:10.05	2:17.33
--	358 Owens, Cody		Kincardine D S S	2:12.67	DQ
--	909 Reaume, Mike		Villanova	2:12.45	DNS
--	426 Hoiting, Shawn		London Distr	2:16.49	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 41 Women 1500 Meter Run Junior**

=====					
West Region: * 4:29.43 5/30/2003 Aly Kohlmeier, St. Patrick'					
Name	Year	School	Seed	Finals	
=====					
1	678	Gribbons, Shannon	Saugeen D S S	4:52.94	4:45.91
2	501	Asselin, Marie-Lou	Northern C I & V S	4:47.76	4:50.79
3	815	Gill, Carly	St. Christopher S S	5:02.73	5:01.23
4	887	Robertson, Shannon	St. Mary's H S	5:12.27	5:01.85
5	950	Debrouwer, Athena	Ursuline SS	5:03.22	5:02.02
6	4	Russell, Julia	A.B. Lucas S S	5:03.42	5:05.67
7	790	Kanters, Amanda	St. Anne's	5:07.96	5:11.41
8	476	Nicholson, Michell	Mother Teresa C S S	5:11.38	5:12.15
9	844	Workman, Courtney	St. Clair S S	5:03.99	5:14.34
10	446	Buchner, Brittney	Medway H S	5:13.30	5:16.88
11	1022	Van Dorp, Jody	West Hill S S	5:16.90	5:20.58
12	491	Vanhie, Jessica	North Middle	5:12.90	5:23.40
13	1031	Thompson, Mary	Woodstock C I	5:13.05	5:27.19
14	255	Wallar, Lauren	Guelph Collegiate	5:27.41	5:41.74
--	804	MacDonald, Tara	St. Benedict C S S	5:20.28	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 42 Men 1500 Meter Run Junior**

=====					
West Region: * 3:49.3h 1994 Jay CANTIN / Sarnia-St. Clair					
Name	Year	School	Seed	Finals	
=====					
1	105	Boorsma, Kyle	Centennial C V I	4:16.30	4:11.60
2	830	Moore, David	St. Christopher S S	4:14.03	4:12.51
3	437	Huff, Ryan	London South S S	4:16.79	4:15.92
4	919	Komer, William	St.Thomas Aq	4:14.80	4:17.75
5	853	Poaps, Mike	St. Clair S S	4:20.04	4:23.98
6	266	Sanders, Lionel	Harrow High,ON, ON	4:24.95	4:24.67
7	544	McConnell, Patrick	Oakridge S S	4:18.37	4:25.84
8	33	Warriner, Aaron	Belle River D H S	4:26.39	4:26.69
9	497	Foster, Chris	North Park C & V S	4:34.47	4:26.70
10	943	Knieriem, Scott	Strathroy D C I	4:17.86	4:27.09
11	70	Fox, Jordan	Cameron Heights C I	4:27.37	4:27.95
12	874	Ghacham, Eddie	St. Joseph's	4:26.54	4:28.04
13	164	Jones, Steven	Elmira D S S	4:26.92	4:31.26
14	500	Watson, Phil	North Park C & V S	4:38.06	4:36.61
15	442	Ross, William	Lord Dorchester S S	4:30.38	4:39.03

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 43 Women 3000 Meter Run Junior**

=====					
West Region: * 9:50.02 5/2001 Amy KOHLMEIER / St.Patrick's					
Name	Year	School	Seed	Finals	
=====					
1	501	Asselin, Marie-Lou	Northern C I & V S	10:51.14	10:21.24
2	476	Nicholson, Michell	Mother Teresa C S S	11:07.94	11:00.73
3	491	Vanhie, Jessica	North Middle	11:26.15	11:11.17
4	844	Workman, Courtney	St. Clair S S	11:22.22	11:12.09
5	950	Debrouwer, Athena	Ursuline SS	11:19.94	11:15.27
6	1031	Thompson, Mary	Woodstock C I	11:34.24	11:15.83
7	1022	Van Dorp, Jody	West Hill S S	11:33.53	11:31.66
8	2	King, Stephanie	A.B. Lucas S S	11:49.31	11:55.16
9	965	Rizea, Kendyl	Vincent Massey SS	12:17.73	12:02.35
10	617	Hill, Maureen	Resurrection C S S	12:39.56	12:02.71
11	462	Starr, Katie	Mgsr. E.A. D	12:09.03	12:09.03
12	841	Rudancyz, Caitlyn	St. Clair S S	12:25.41	12:14.06
13	564	Vasey, Lisa	Our Lady Oflourdes	12:30.51	12:40.66
14	142	Saska, Stacey	Delhi D S S	13:04.95	12:46.28
--	1037	Nicole, Jenny	London Central S S	12:04.71	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 44 Men 3000 Meter Run Junior**

=====					
West Region: * 8:35.46 5/2001 Adam HORTIAN / Bluevale					
Name	Year	School	Seed	Finals	
=====					
1	105	Boorsma, Kyle	Centennial C V I	9:18.34	9:02.98
2	919	Komer, William	St.Thomas Aq	9:03.79	9:05.25
3	544	McConell, Patrick	Oakridge S S	9:09.15	9:10.71
4	91	Henshaw, Mark	Catholic Central	9:10.54	9:12.51
5	437	Huff, Ryan	London South S S	9:05.91	9:14.26
6	266	Sanders, Lionel	Harrow High,ON, ON	9:42.10	9:29.36
7	853	Poaps, Mike	St. Clair S S	9:35.87	9:29.41
8	442	Ross, William	Lord Dorchester S S	9:35.58	9:35.36
9	847	DeGroot, Josh	St. Clair S S	10:00.09	9:45.38
10	205	Toulouse, Drew	F.J.Brennan	10:08.29	9:51.16
11	70	Fox, Jordan	Cameron Heights C I	9:44.63	9:56.07
12	22	Grantham, Tyler	Assumption	10:09.48	9:59.44
13	874	Ghacham, Eddie	St. Joseph's	10:04.30	10:00.60
14	635	Robinson, Tyler	Resurrection C S S	10:16.95	10:07.23
15	1014	Schoppel, Xavier	Waterloo C I	10:11.44	10:27.75

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 45 Women 80 Meter Hurdles Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 11.01 1998		Jessica ZELINKA / London-Banting					
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	784	Anobile, Charelle	St.Anne's	12.42	12.79Q	NWI	2
2	869	Montcalm, Noelle	St. Joseph's	12.49	12.91Q	NWI	1
3	210	Moore, Fairen	Forest Heights C I	12.95	12.97Q	NWI	1
4	764	VanOsch, Kylan	South Huron D H S	13.45	13.60Q	NWI	2
5	388	Van Leezem, Jackly	Lambton Cent	13.63	13.49Q	NWI	1
6	760	Clarke, Justine	South Huron D H S	13.46	13.62Q	NWI	2
7	773	Palvetzian, Rachel	Southwood S S	13.68	13.63q	NWI	1
8	837	Nickels, Jaclyn	St. Clair S S	13.75	13.84q	NWI	2
9	694	Coxhead, Emily	Saunders S S	14.49	13.86	NWI	1
10	834	Gartley, Ali	St. Clair S S	14.38	13.95	NWI	2
11	5	Seabrook, Lauren	A.B. Lucas S S	14.56	14.34	NWI	2
12	69	Lubczynski, Julia	Cameron Heights C I	14.39	14.60	NWI	1
13	650	Duimering, Kristen	Rockway Mennonite S	15.29	14.87	NWI	1
14	180	Howard, Nikki	F. E. Madill S S	15.32	15.22	NWI	1
--	618	Inthavong, Bounmy	Resurrection C S S	14.59	DNS	NWI	2

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 45 Women 80 Meter Hurdles Junior**

=====						
West Region: * 11.01 1998 Jessica ZELINKA / London-Banting						
Name	Year	School	Prelims	Finals	Wind	
=====						
Finals						
1	784	Anobile, Charelle	St.Anne's	12.79	12.52	NWI
2	869	Montcalm, Noelle	St. Joseph's	12.91	12.57	NWI
3	210	Moore, Fairen	Forest Heights C I	12.97	12.90	NWI
4	760	Clarke, Justine	South Huron D H S	13.62	13.24	NWI
5	388	Van Leezem, Jackly	Lambton Cent	13.49	13.25	NWI
6	764	VanOsch, Kylan	South Huron D H S	13.60	13.50	NWI
7	773	Palvetzian, Rachel	Southwood S S	13.63	14.07	NWI
8	837	Nickels, Jaclyn	St. Clair S S	13.84	14.23	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 46 Men 110 Meter Hurdles (NEW-100m) Junior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 13.70 1999		Paul WHITTY / London-Saunders					
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	722	Ratsep, Sander	Saunders S S	14.89	14.45Q	NWI	1
2	745	Brown, Woody	Banting, Sir	15.33	14.71Q	NWI	2
3	849	Giffels, Justin	St. Clair S S	14.89	14.67Q	NWI	1
4	429	Vanderniet, Jason	London Distr	15.06	14.72Q	NWI	2
5	689	Lootsma, Chris	Saugeen D S S	15.35	15.17Q	NWI	1
6	913	Willson, Eric	Villanova	15.88	15.69Q	NWI	2
7	769	Halpenny, Reid	South Huron D H S	15.74	15.58q	NWI	1
8	410	Eberhard, David	London Central S S	16.22	15.67q	NWI	1
9	850	McKechnie, Jason	St. Clair S S	14.88	15.78	NWI	2
10	901	Wookey, Ian	St. Patrick's H S	16.02	J15.78	NWI	2
11	45	Challenger, Dan	Bluevale C I	16.16	15.88	NWI	1
12	73	Kraft, Daniel	Cameron Heights C I	16.36	15.96	NWI	2
13	61	Evans, Jeremy	Brantford C I & V S	16.46	16.34	NWI	1
14	906	Guthrie, Karl	Villanova	16.31	16.37	NWI	2

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 46 Men 110 Meter Hurdles (NEW-100m) Junior**

=====						
West Region: * 13.70 1999 Paul WHITTY / London-Saunders						
Name	Year	School		Prelims	Finals	Wind
=====						
Finals						
1	722	Ratsep, Sander	Saunders S S	14.45	14.41	NWI
2	745	Brown, Woody	Banting, Sir	14.71	14.72	NWI
3	849	Giffels, Justin	St. Clair S S	14.67	14.73	NWI
4	429	Vanderniet, Jason	London Distr	14.72	14.95	NWI
5	689	Lootsma, Chris	Saugeen D S S	15.17	15.02	NWI
6	913	Willson, Eric	Villanova	15.69	15.21	NWI
7	769	Halpenny, Reid	South Huron D H S	15.58	15.58	NWI
8	410	Eberhard, David	London Central S S	15.67	15.65	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 47 Women 300 Meter Hurdles Junior**

=====						
West Region: * 41.78		1994	Nadia SCHMEIDT / London-John Paul II			
Name	Year	School	Seed	Finals	H#	
=====						
1	784	Anobile, Charelle	St.Anne's	47.88	46.24	2
2	447	Kellar-Parsons, Hi	Medway H S	47.88	46.26	2
3	168	Balkwill, Andrea	Essex D H S, ON, ON	50.67	47.64	2
4	869	Montcalm, Noelle	St. Joseph's	49.30	48.25	2
5	439	Foster, Kiersten	Lord Dorchester S S	49.80	49.03	2
6	581	Woods, Jenni	Paris D H S	52.27	49.33	1
7	448	Loft, Julie	Medway H S	49.83	50.58	2
8	694	Coxhead, Emily	Saunders S S	52.75	50.87	1
9	388	Van Leezem, Jackly	Lambton Cent	51.50	51.70	1
10	130	Saunders, Robyn	Chesley D H S	51.51	52.07	1
11	967	Thomas, Clarese	Vincent Massey SS	50.31	52.08	2
12	563	Remigis, Alanna	Our Lady Oflourdes	52.39	52.84	1
13	888	Sibley, Christina	St. Mary's H S	52.37	52.89	1
--	155	Ford, Avril	Eastwood C I	51.04	DNS	2
--	764	VanOsch, Kylan	South Huron D H S	53.16	DNS	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 48 Men 300 Meter Hurdles Junior**

=====						
West Region: * 37.9h 1993		Chris ROBINSON / Cambridge-Hespeler				
Name	Year	School	Seed	Finals	H#	
=====						
1	974	Reid, Jonathon	Vincent Massey SS	42.15	39.69	2
2	850	McKechnie, Jason	St. Clair S S	42.59	41.31	2
3	45	Challenger, Dan	Bluevale C I	43.21	42.54	2
4	260	Fraser, Kevin	H.B. Beal S S	44.82	42.68	2
5	745	Brown, Woody	Banting, Sir	42.82	42.75	2
6	71	Gray, Matt	Cameron Heights C I	43.65	43.21	2
7	689	Lootsma, Chris	Saugeen D S S	43.71	43.28	2
8	901	Wookey, Ian	St. Patrick's H S	45.41	43.30	1
9	290	El-Turk, Jimmy	Holy Names H	46.19	43.68	1
10	769	Halpenny, Reid	South Huron D H S	45.14	44.04	1
11	454	Gurr, Rob	Medway H S	45.70	44.05	1
12	73	Kraft, Daniel	Cameron Heights C I	44.45	44.80	2
13	273	Vanderheyden, Nate	Holy Cross	45.72	44.97	1
13	131	Becker, Jason	Chesley D H S	45.12	44.97	1
15	1036	Marcoux, Jeremie	St.Anne's	46.34	45.55	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 49 Women High Jump Junior**

=====				
West Region: * 1.77m 1985 Catherine BOND / Woodstock CI				
Name	Year	School	Seed	Finals
=====				
1	864	Kwarciany, Ruth	1.57m	1.56m
2	210	Moore, Fairen	1.43m	1.53m
3	940	Watson, Kathryn	1.54m	J1.53m
4	788	Henry, Chantel	1.55m	J1.53m
5	1019	Millar, Amanda	1.55m	1.50m
6	362	Plumb, Meghan	1.48m	1.45m
6	228	Sargeant, Victoria	1.45m	1.45m
8	524	Hamilton, Kaitlin	1.35m	J1.45m
9	24	Fong, Mimi	1.45m	J1.45m
10	760	Clarke, Justine	1.45m	J1.45m
11	671	Rankin, Erica	1.48m	J1.45m
12	994	Anderson, Jackie	1.45m	1.40m
13	926	McCallum, Jill	1.51m	J1.40m
14	606	Spreitzer, Nancy	1.43m	J1.40m
--	236	Pyke, Steph	1.35m	NH

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 50 Men High Jump Junior**

=====					
West Region: * 2.01m 1984 Andrew MCLEAN / Arva-Medway					
	Name	Year	School	Seed	Finals
=====					
1	722 Ratsep, Sander		Saunders S S	1.90m	1.93m
2	391 Huey, Brad		Lambton Cent	1.86m	1.90m
3	796 Allevato, Vincent		St.Anne's	1.76m	1.87m
4	424 DeWeger, Jordan		London Distr	1.80m	1.81m
5	648 Tatar, Ryan		Riverside SS	1.76m	1.75m
6	457 Loyens, Jamie		Medway H S	1.75m	1.70m
7	477 MacSween, Tyler		Mother Teresa C S S	1.70m	J1.70m
8	327 Walker, Stephen		John Diefenb	1.70m	J1.70m
9	857 Tiggelaar, Travis		St. Clair S S	1.70m	J1.70m
10	66 Walker, Stephen		Brantford C I & V S	1.60m	J1.70m
10	220 McDonald, Bryan		Galt C & V I	1.65m	J1.70m
12	394 Nutma, Kurtis		Lambton Cent	1.70m	1.65m
12	464 Machado, Mathew		Mgsr. E.A. D	1.65m	1.65m
14	300 Botscheller, Drew		Holy Trinity C H S	1.65m	J1.65m

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 51 Women Pole Vault (NEW) Junior**

Name	Year	School	Seed	Finals
1 792 Radu, Melissa		St.Anne's	2.75m	2.55m
2 529 House, Jen		Oakridge S S	2.55m	2.45m
3 696 Poetschke, Alexand		Saunders S S	2.25m	2.35m
4 58 Hinton, Kristin		Brantford C I & V S	2.25m	J2.35m
5 401 Brown, Karolyn		Listowel D S S	2.25m	2.25m
6 787 Gambeta, Katie		St.Anne's	2.00m	2.10m
7 196 Bianchi, Christina		F.J.Brennan	1.85m	J2.10m
8 785 Byrne, Jaclyn		St.Anne's	1.85m	1.90m
8 927 Neeb, Nicole		Stratford SS	2.15m	1.90m
-- 1027 Stewart, Emily		Wiarton D H S	1.95m	NH
-- 37 Boes, Danielle		Bluevale C I	1.80m	NH
-- 618 Inthavong, Bounmy		Resurrection C S S	2.10m	NH
-- 402 Coutts, Emily		Listowel D S S	2.15m	DNS
-- 59 Lord, Sara		Brantford C I & V S	1.95m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 52 Men Pole Vault Junior**

West Region: * 4.40m 1991 Mike NOLAN / Lord Dorchester					
	Name	Year	School	Seed	Finals
1	722 Ratsep, Sander		Saunders S S	3.40m	3.45m
2	323 Sheppard, Jon		Jacob Hespeler S S	2.85m	3.25m
3	49 Henrich, Adrian		Bluevale C I	2.55m	J3.25m
4	800 Mlinaric, Andrew		St.Anne's	3.20m	3.15m
5	207 Walcott, Desi		F.J.Brennan	2.70m	J3.15m
6	206 Walcott, Demond		F.J.Brennan	3.10m	3.05m
7	321 Fanning, Ryan		Jacob Hespeler S S	2.70m	2.85m
8	389 Butler, Cody		Lambton Cent	3.10m	2.70m
9	63 Gallagher, Shawn		Brantford C I & V S	2.55m	J2.70m
10	711 Black, Brandon		Saunders S S	2.70m	J2.70m
10	754 Rundle-Drakes, Jar		Banting, Sir	2.70m	J2.70m
12	931 Francis, Jeremy		Stratford SS	2.80m	J2.70m
--	50 Huras, Curtis		Bluevale C I	2.55m	DNS
--	399 Scott, Brad		Leamington, ON, ON	2.20m	DNS
--	715 Fowler, Cory		Saunders S S	2.80m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 53 Women Long Jump Junior**

West Region: * 5.76m 1981		Tina LETOURNEAU / Windsor-Brennan				
Name	Year	School	Seed	Finals	Wind	
1	362	Plumb, Meghan	Kingsville D.H.S.	4.84m	4.97m	NWI
2	1000	Kotsopoulos, May	Waterloo C I	4.75m	4.95m	NWI
3	894	Dolbear, Lyndsay	St. Patrick's H S	4.60m	4.92m	NWI
4	864	Kwarciany, Ruth	St. Joseph's H S	4.82m	4.89m	NWI
5	179	Groen, Linda	F. E. Madill S S	4.93m	4.72m	NWI
6	789	Herlehy, Danielle	St.Anne's	4.57m	4.71m	NWI
7	837	Nickels, Jaclyn	St. Clair S S	4.55m	4.66m	NWI
8	38	Botzang, Natalie	Bluevale C I	4.47m	4.64m	NWI
9	537	Ross, Sarah	Oakridge S S	4.54m	4.61m	NWI
10	210	Moore, Fairen	Forest Heights C I	4.39m	4.57m	NWI
11	946	Buchanan, Stephani	Tilbury Dhs	4.37m	4.54m	NWI
12	129	Farrow, Dayna	Chesley D H S	4.41m	4.51m	NWI
13	609	Grieve, Lisa	Regina Mundi	4.73m	4.38m	NWI
14	310	White, Kirsten	Huron Park S S	4.55m	4.36m	NWI
15	606	Spreitzer, Nancy	Preston H S	4.40m	4.22m	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 54 Men Long Jump Junior**

West Region: * 7.18m 1999		Paul WHITTY / London-Saunders				
Name	Year	School	Seed	Finals	Wind	
1	983	Besant, Brandon	W.F.Herman S S	6.23m	6.45m	NWI
2	391	Huey, Brad	Lambton Cent	5.67m	6.08m	NWI
3	154	Williams, Curt	East Elgin S S	6.10m	6.03m	NWI
4	318	Barker, Scott	Ingersoll D C I	6.06m	6.02m	NWI
5	892	Vandenberge, Brand	St. Mary's H S	5.95m	5.95m	NWI
5	907	LaPensee, Ryan	Villanova	5.75m	5.95m	NWI
7	171	Binder, David	Essex D H S, ON, ON	5.75m	5.89m	NWI
8	112	Chalmers, Noel	Central Elgin C I	6.02m	5.88m	NWI
9	235	Vaters, Brad	Glendale H S	5.85m	5.82m	NWI
10	71	Gray, Matt	Cameron Heights C I	5.58m	5.80m	NWI
10	76	Figliomeni, Sal	Cardinal Carter	5.66m	5.80m	NWI
12	21	Delottinville, Ada	Assumption	5.64m	5.64m	NWI
13	66	Walker, Stephen	Brantford C I & V S	5.77m	5.42m	NWI
14	327	Walker, Stephen	John Diefenb	5.61m	5.20m	NWI
15	241	Permes, Ryan	Glenview Park S S	5.48m	5.09m	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 55 Women Triple Jump Junior**

West Region: * 11.94m 1995		Monique HAAN / London Christian				
Name	Year	School	Seed	Finals	Wind	
1	1000	Kotsopoulos, May	Waterloo C I	10.36m	10.65m	NWI
2	208	Good, Jenn	Forest Heights C I	10.30m	10.43m	NWI
3	362	Plumb, Meghan	Kingsville D.H.S.	10.35m	10.33m	NWI
4	864	Kwarciany, Ruth	St. Joseph's H S	10.13m	10.19m	NWI
5	310	White, Kirsten	Huron Park S S	10.12m	10.13m	NWI
6	837	Nickels, Jaclyn	St. Clair S S	9.84m	9.98m	NWI
7	228	Sargeant, Victoria	Glendale H S	9.87m	9.97m	NWI
8	994	Anderson, Jackie	Walkerville	10.25m	9.93m	NWI
9	537	Ross, Sarah	Oakridge S S	10.07m	9.79m	NWI
10	244	Arthur, Corinne	Grand River C I	9.50m	9.68m	NWI
11	871	Robson, Jamie	St. Joseph's	9.60m	9.66m	NWI
12	595	Davies, Kim	Pauline John	9.96m	9.61m	NWI
13	894	Dolbear, Lyndsay	St. Patrick's H S	9.89m	9.15m	NWI
14	538	Stephenson, Kate	Oakridge S S	9.69m	8.98m	NWI
--	355	Rackley, Kelsey	Kincardine D S S	9.23m	DNS	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 56 Men Triple Jump Junior**

West Region: * 15.22m 2000		Kenen SHADD / Grand River CI				
Name	Year	School	Seed	Finals	Wind	
1	496	Dandie, Anthony	North Park C & V S	13.03m	13.03m	NWI
2	171	Binder, David	Essex D H S, ON, ON	12.85m	12.89m	NWI
3	235	Vaters, Brad	Glendale H S	12.10m	12.49m	NWI
4	651	Gibson, Ben	Rockway Mennonite S	11.86m	12.46m	NWI
5	73	Kraft, Daniel	Cameron Heights C I	11.78m	12.45m	NWI
6	290	El-Turk, Jimmy	Holy Names H	12.07m	12.34m	NWI
7	140	Zehr, Ryan	College Avenue S S	11.79m	12.22m	NWI
8	424	DeWeger, Jordan	London Distr	11.44m	12.05m	NWI
9	232	Goossens, Jesse	Glendale H S	11.26m	11.97m	NWI
10	391	Huey, Brad	Lambton Cent	11.99m	11.92m	NWI
11	556	Marshall, Tyler	Orangeville	12.04m	11.88m	NWI
12	342	Browning, James	John McGregor SS	12.02m	11.76m	NWI
13	429	Vanderniet, Jason	London Distr	11.55m	11.69m	NWI
14	252	Statz, Chris	Grand River C I	11.59m	11.36m	NWI
15	365	Costa, Mike	Kingsville D.H.S.	12.01m	11.16m	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 57 Women Shot Put (NEW-3kg) Junior**

=====				
West Region: * 13.30m 1981 Liz POLYAK / Brantford - North Park				
Name	Year	School	Seed	Finals
=====				
1	991	McIntosh, Sarah	Walkerton D S S	10.88m 10.82m
2	675	Bailey, Carolyn	Saugeen D S S	9.91m 10.68m
3	512	Ross, Kendel	Northern C I & V S	9.92m 10.57m
4	125	Vanderreijden, Ilo	Chatham-Kent SS	9.60m 10.45m
5	285	Wachna, Beth	Holy Names H	10.02m 10.28m
6	1016	Lindsay, Kendra	Waterloo-Oxf	9.54m 9.32m
7	928	Truax, Sarah	Stratford SS	9.04m 9.21m
8	958	Anseeuw, Kaitlin	Valley Heights S S	9.08m 9.19m
9	115	Billings, Kady	Centre Welli	9.06m 9.06m
10	817	Killoran, Kelly	St. Christopher S S	9.79m 8.96m
11	475	Lane, Diana	Mother Teresa C S S	9.91m 8.89m
12	866	Jaroszewicz, Kaili	St. Joseph's	9.55m 8.78m
13	186	VanAmersfoort, Ker	F. E. Madill S S	8.28m 8.68m
14	177	Fischer, Tammy	F. E. Madill S S	8.61m 8.55m
15	703	Swartman, Bobbie	Saunders S S	8.47m 8.48m

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 58 Men Shot Put (NEW-4kg) Junior**

West Region: * 17.28m 1997 Fraser CLARKE / St. Thomas Aquinas					
	Name	Year	School	Seed	Finals
1	349 Kiefer, Dustin		John Paul II S S	15.55m	16.45m
2	588 Stoffelsen, T.J.		Paris D H S	14.69m	15.00m
3	826 Athanasopoulos, Bi		St. Christopher S S	15.53m	14.99m
4	256 Jaspers-Fayer, Sco		Guelph Collegiate	13.99m	14.93m
5	944 Moraal, Rob		Strathroy D C I	16.21m	J14.93m
6	833 Szabo, Jamie		St. Christopher S S	14.16m	14.37m
7	519 McAlpine, Kipp		Northern C I & V S	14.04m	14.16m
8	736 Renton, Billy		Simcoe C S	13.60m	14.08m
9	941 Brandow, Kevin		Strathroy D C I	14.12m	13.69m
10	664 McFadden, Richard		Sandwich Secondary	14.34m	12.94m
11	747 Gignac, Geoff		Banting, Sir	13.99m	12.89m
12	526 Best, Nathan		Norwell D S S	13.15m	12.74m
12	397 Wilson, Josh		Lambton Cent	14.60m	12.74m
14	114 Bryan, Jacob		Centre Duffe	13.29m	12.33m
--	916 Barkauskas, Ryan		St.Thomas Aq	13.69m	FOUL

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 59 Women Discus Throw Junior**

=====					
West Region: * 44.24m 1981 Liz POLYAK / Brantford-North Park					
Name	Year	School	Seed	Finals	
=====					
1	186	VanAmersfoort, Ker	F. E. Madill S S	33.05m	32.69m
2	475	Lane, Diana	Mother Teresa C S S	28.90m	32.65m
3	958	Anseeuw, Kaitlin	Valley Heights S S	30.97m	32.13m
4	676	Court, Sarah	Saugeen D S S	30.63m	30.09m
5	673	Wilson, Lisa	Sarnia C I & T S	25.92m	28.35m
6	298	Malo, Natalie	Holy Trinity C H S	24.61m	26.23m
7	285	Wachna, Beth	Holy Names H	26.97m	25.79m
8	934	Chupa, Meagan	Strathroy D C I	25.24m	24.34m
9	1016	Lindsay, Kendra	Waterloo-Oxf	24.96m	22.40m
10	702	Smyrnios, Nicole	Saunders S S	24.82m	22.30m
11	569	Jubenbille, Chante	Paincourt SS	24.36m	21.76m
12	936	Kohlsmith, Jessica	Strathroy D C I	27.19m	21.53m
13	675	Bailey, Carolyn	Saugeen D S S	24.68m	21.12m
--	482	George, Gabrielle	North Lambton S S	29.55m	FOUL
--	843	Westfall, Erica	St. Clair S S	25.18m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 60 Men Discus Throw (NEW-1kg) Junior**

=====					
West Region: * 53.36m 1992 Jason TUNKS / London-Banting					
Name	Year	School	Seed	Finals	
=====					
1	397	Wilson, Josh	Lambton Cent	53.93m	59.81m*
2	349	Kiefer, Dustin	John Paul II S S	38.53m	53.10m
3	956	McFarland, Jeff	Ursuline SS	48.70m	51.51m
4	916	Barkauskas, Ryan	St.Thomas Aq	43.99m	46.37m
5	682	Archer, Josh	Saugeen D S S	39.34m	44.31m
6	978	Robson, Stewart	Vincent Massey SS	40.23m	43.98m
7	473	Reis, Brett	Mitchell D H S	36.53m	38.77m
8	53	Mantynen, Paul	Bluevale C I	38.65m	37.15m
9	588	Stoffelsen, T.J.	Paris D H S	42.67m	35.40m
10	944	Moraal, Rob	Strathroy D C I	38.60m	35.37m
11	1044	Mercer, Kyle	Brantford C I & V S	35.50m	35.32m
12	664	McFadden, Richard	Sandwich Secondary	44.60m	32.65m
13	549	Truax, Steve	Oakridge S S	38.19m	31.86m
--	526	Best, Nathan	Norwell D S S	38.25m	FOUL
--	16	Stannard, Harry	Assumption C	39.46m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 61 Women Javelin Throw Junior**

=====				
West Region: * 48.84m 1989 Margaret GRIFFITHS / Windsor-Brennan				
Name	Year	School	Seed	Finals
=====				
1	285	Wachna, Beth	Holy Names H	32.97m 38.30m
2	481	Frayne, Alaina	North Lambton S S	32.43m 33.06m
3	415	Schinkel, Michelle	London Distr	29.79m 32.86m
4	991	McIntosh, Sarah	Walkerton D S S	29.21m 30.19m
5	406	Dalton, Jesse	London Central S S	28.24m 29.67m
6	505	Humphrey, Kelsey	Northern C I & V S	28.10m 28.45m
7	1046	Rogers, Stephanie	Centre Welli	26.74m 27.47m
8	267	Hendrikx, Emily	Holy Cross	25.66m 27.40m
9	433	McCallum, Sara	London South S S	29.93m 25.78m
10	825	Wilson, Sarah	St. Christopher S S	24.22m 25.60m
11	1004	Ridgway, Megan	Waterloo C I	27.24m 25.58m
12	702	Smyrnios, Nicole	Saunders S S	27.03m 25.21m
13	352	Bowers, Nicole	Kincardine D S S	27.86m 23.51m
14	676	Court, Sarah	Saugeen D S S	25.18m 22.54m
15	198	Jodion, Julie	F.J.Brennan	26.00m 22.43m

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 62 Men Javelin Throw (NEW-600g) Junior**

=====				
West Region: * 64.54m 1979 Mike BRENNAN / Kingsville HS				
Name	Year	School	Seed	Finals
=====				
1	304	Daynard, Brandon	Kennedy	51.72m 52.19m
2	549	Truax, Steve	Oakridge S S	47.70m 48.22m
3	65	VanEvery, Mike	Brantford C I & V S	44.39m 47.29m
4	286	Baggio, Dan	Holy Names H	53.80m 46.05m
5	519	McAlpine, Kipp	Northern C I & V S	48.99m 44.62m
6	203	Mascaro, Colin	F.J.Brennan	45.52m 44.42m
7	55	Williams, Adam	Bluevale C I	44.75m 43.91m
8	473	Reis, Brett	Mitchell D H S	41.62m 42.27m
9	455	Latta, Jeff	Medway H S	44.88m 42.04m
10	775	Crone, Josh	Southwood S S	39.49m 41.43m
11	16	Stannard, Harry	Assumption C	39.95m
12	146	Jacques, Craig	Delhi D S S	41.09m 39.05m
13	313	Dykstra, James	Huron Park S S	40.17m 38.96m
14	332	Anderson, Andrew	John F. Ross	41.90m 32.87m
--	270	LeBlanc, Nick	Holy Cross	40.02m DNS
--	956	McFarland, Jeff	Ursuline SS	46.25m DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 63 Women 4x100 Meter Relay Junior**

West Region: * 49.81 1998		LONDON - BANTING		Seed	Finals	H#
School						
1	St. Clair S S 'A'			52.01	51.68	2
2	Holy Names H S-Windsor 'A'			52.25	52.09	2
3	Sir Frederick Banting S S 'A'			52.02	52.10	2
4	Medway H S 'A'			52.15	52.15	2
5	St. Christopher S S 'A'			52.42	52.67	2
6	St. Anne's High School 'A'			52.49	52.81	2
7	Centennial C V I 'B'			54.06	53.11	1
8	Oakridge S S 'A'			53.98	53.91	1
9	Paris D H S 'A'			55.33	54.22	2
10	A.B. Lucas S S 'A'			54.37	54.37	1
11	St. Benedict C S S 'A'			56.17	54.49	1
12	Lambton Central C & V I 'A'			53.96	54.62	2
13	Saunders S S 'A'			55.54	55.01	1
14	Simcoe C S 'A'			55.46	55.47	1
--	Resurrection C S S 'A'			55.63	DQ	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 64 Men 4x100 Meter Relay Junior**

West Region: * 43.15		5/31/2002	Catholic Central / London, Catholic Cen		
School		Schmidt	, Howard	Seed	Finals H#
1	St. Clair S S 'A'			45.87	45.85 2
2	St. Thomas of Villanova 'A'			46.75	46.09 2
3	Bluevale C I 'A'			47.02	46.15 2
4	Centennial C V I 'A'			46.99	46.24 2
5	Cameron Heights C I 'A'			47.32	46.75 2
6	Resurrection C S S 'A'			47.29	46.82 2
7	South Huron D H S 'A'			47.56	47.19 2
8	Sandwich Secondary 'A'			47.67	47.26 1
9	St. Anne's High School 'A'			47.02	47.57 2
10	Oakridge S S 'A'			48.79	48.46 1
11	Northern C I & V S 'A'			48.08	48.52 1
12	Medway H S 'A'			48.01	48.63 1
13	Holy Cross 'A'			48.86	48.82 1
14	Huron Park S S 'A'			48.33	49.15 1
--	St. Benedict C S S 'A'			47.55	DNF 1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 65 Women 100 Meter Dash Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 11.9h 1989		Tammy HO-SHING / Kitchener-Cameron Hts			
Name	Year	School	Seed	Prelims	Wind H#
Preliminaries					
1	329	Johnson, Emily	John F. Ross	12.73	12.27Q NWI 1
2	431	Kurilsky, Deena	London South S S	12.58	12.76Q NWI 2
3	835	Gartley, Stephanie	St. Clair S S	12.90	12.81Q NWI 2
4	197	Fall, Meghan	F.J.Brennan	12.85	12.90Q NWI 1
5	361	Harrison, Danielle	Kingsville D.H.S.	13.08	12.93Q NWI 2
6	573	Pennings, Charmain	Paris D H S	13.80	12.96Q NWI 1
7	527	Heathcote, Joanna	Oakridge S S	12.97	13.01q NWI 1
8	550	Ferris, Laura	Orangeville	13.50	13.11q NWI 2
9	922	Garcon, Desiree	Stratford Ce	12.85	13.24 NWI 2
10	89	Van Belois, Alyssa	Catholic Central	13.17	13.28 NWI 2
11	980	Logan, Alesia	W.F.Herman S S	13.03	13.33 NWI 1
12	440	Purdon, Michelle	Lord Dorchester S S	13.23	13.55 NWI 1
--	604	Pepper, Brittany	Port Dover C S	13.60	DNS NWI 1
--	561	Reidel, Katherine	Our Lady Oflourdes	13.24	DNS NWI 2
--	656	James, Melissa	Sandwich Secondary	13.21	DNS NWI 1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 65 Women 100 Meter Dash Senior**

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West Region: * 11.9h 1989 Tammy HO-SHING / Kitchener-Cameron Hts

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Name	Year	School	Prelims	Finals	Wind
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Finals

1	329	Johnson, Emily	John F. Ross	12.27	12.08	1.4
2	835	Gartley, Stephanie	St. Clair S S	12.81	12.73	1.4
3	431	Kurilsky, Deena	London South S S	12.76	12.76	1.4
4	361	Harrison, Danielle	Kingsville D.H.S.	12.93	12.85	1.4
5	197	Fall, Meghan	F.J.Brennan	12.90	12.93	1.4
6	573	Pennings, Charmain	Paris D H S	12.96	12.97	1.4
7	550	Ferris, Laura	Orangeville	13.11	13.11	1.4
8	527	Heathcote, Joanna	Oakridge S S	13.01	13.32	1.4

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 66 Men 100 Meter Dash Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 10.57 1994		Dave TOMLIN / Kitchener-St. Mary's				
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	334	Kuruneri, Guyson	John F. Ross	12.10	11.39Q	NWI 2
2	343	Handsor, Matt	John McGregor SS	11.53	11.43Q	NWI 1
3	891	Rowe, Thomas	St. Mary's H S	11.40	11.50Q	NWI 1
4	665	Metulynsky, Mark	Sandwich Secondary	11.41	J11.50Q	NWI 1
5	610	Finlayson, Braden	Regina Mundi	11.47	11.51Q	NWI 2
6	984	Carter, Mike	W.F.Herman S S	11.34	11.57Q	NWI 2
7	1010	Poetker, Justin	Waterloo C I	11.97	11.54q	NWI 1
8	908	Moses, Ben	Villanova	11.66	11.66q	NWI 1
9	603	Wason, Miguel	Pauline John	12.37	11.69	NWI 2
10	350	Mwangi, Ken	John Paul II S S	11.52	11.77	NWI 2
11	607	Anderson, Brian	Preston H S	12.38	11.91	NWI 1
12	541	Kjelgaard, Brock	Oakridge S S	11.62	12.01	NWI 2
13	1024	Blake, Josh	Westside	12.43	12.03	NWI 1
--	296	Muzzin, Alan	Holy Names H	11.60	DNS	NWI 2
--	137	Perry, Dwayne	College Avenue S S	11.55	DNS	NWI 1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 66 Men 100 Meter Dash Senior**

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West Region: * 10.57 1994 Dave TOMLIN / Kitchener-St. Mary's

Name	Year	School	Prelims	Finals	Wind
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=====

Finals

1	984	Carter, Mike	W.F.Herman S S	11.57	11.26	-0.6
2	343	Handsor, Matt	John McGregor SS	11.43	11.28	-0.6
3	610	Finlayson, Braden	Regina Mundi	11.51	11.38	-0.6
4	334	Kuruner, Guyson	John F. Ross	11.39	11.41	-0.6
5	665	Metulynsky, Mark	Sandwich Secondary	11.50	11.48	-0.6
6	891	Rowe, Thomas	St. Mary's H S	11.50	11.51	-0.6
7	908	Moses, Ben	Villanova	11.66	11.66	-0.6
8	1010	Poetker, Justin	Waterloo C I	11.54	11.75	-0.6

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 67 Women 200 Meter Dash Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 24.6h 1987		Lisa KUENEMAN / Waterloo-Bluevale				
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	329	Johnson, Emily	John F. Ross	25.20	25.29Q	NWI 2
2	561	Reidel, Katherine	Our Lady Oflourdes	26.26	25.49Q	NWI 1
3	590	Couse, Jaclyn	Parkside C I	27.48	26.30Q	NWI 2
4	656	James, Melissa	Sandwich Secondary	27.30	26.74Q	NWI 1
5	197	Fall, Meghan	F.J.Brennan	27.03	26.45Q	NWI 2
6	443	Daichendt, Alyssa	Maranatha Christian	27.41	26.79Q	NWI 1
7	225	Doub, Sarah	Glencoe D H S	27.77	26.51q	NWI 2
8	858	Caron, Emily	St. David C H S	26.63	26.80q	NWI 1
9	89	Van Belois, Alyssa	Catholic Central	27.76	26.93	NWI 2
10	527	Heathcote, Joanna	Oakridge S S	27.75	27.13	NWI 1
11	503	Bruce, Mary	Northern C I & V S	27.76	27.44	NWI 1
12	209	Hauseman, Jamie	Forest Heights C I	27.80	27.52	NWI 1
13	980	Logan, Alesia	W.F.Herman S S	27.70	27.63	NWI 2
--	104	Zachariah, Neb	Centennial C V I	27.10	DNS	NWI 2
--	440	Purdon, Michelle	Lord Dorchester S S	28.37	DNS	NWI 1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 67 Women 200 Meter Dash Senior**

=====						
West Region: * 24.6h 1987 Lisa KUENEMAN / Waterloo-Bluevale						
Name	Year	School	Prelims	Finals	Wind	
=====						
Finals						
1	329	Johnson, Emily	John F. Ross	25.29	25.07	-1.3
2	561	Reidel, Katherine	Our Lady Oflourdes	25.49	25.66	-1.3
3	197	Fall, Meghan	F.J.Brennan	26.45	26.63	-1.3
4	590	Couse, Jaclyn	Parkside C I	26.30	26.96	-1.3
5	858	Caron, Emily	St. David C H S	26.80	27.06	-1.3
6	443	Daichendt, Alyssa	Maranatha Christian	26.79	27.12	-1.3
7	656	James, Melissa	Sandwich Secondary	26.74	27.27	-1.3
8	225	Doub, Sarah	Glencoe D H S	26.51	27.68	-1.3

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 68 Men 200 Meter Dash Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 21.30 1995		Dave TOMLIN / Kitchener-St. Mary's					
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	9	Seabrook, Adam	A.B. Lucas S S	22.66	22.45Q	NWI 2	
2	984	Carter, Mike	W.F.Herman S S	23.49	22.72Q	NWI 1	
3	373	Hilts, Blake	Kitchener Wa	23.40	22.80Q	NWI 1	
4	296	Muzzin, Alan	Holy Names H	23.94	22.86Q	NWI 2	
5	334	Kuruner, Guyson	John F. Ross	23.89	23.17Q	NWI 2	
6	755	Ryder, Jamie	Banting, Sir	23.56	23.18Q	NWI 1	
7	831	Mott, Mike	St. Christopher S S	24.31	23.20q	NWI 1	
8	1010	Poetker, Justin	Waterloo C I	23.87	23.22q	NWI 2	
9	411	Gibson, Chris	London Central S S	23.89	23.50	NWI 1	
10	891	Rowe, Thomas	St. Mary's H S	23.42	23.73	NWI 2	
11	808	Ball, Greg	St. Benedict C S S	24.05	23.89	NWI 2	
12	890	Pearson, Mike	St. Mary's H S	24.15	23.90	NWI 1	
--	344	Harris, Clinton	John McGregor SS	23.92	DNS	NWI 1	
--	262	Williams, Shem	H.B. Beal S S	23.43	DNS	NWI 2	
--	877	Marion, Chris	St. Joseph's	23.29	DNS	NWI 1	

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004
Track and Field Championships
U.W.O. - T.D. Waterhouse Stadium, London, ON
Results

Event 68 Men 200 Meter Dash Senior

=====						
West Region: * 21.30 1995 Dave TOMLIN / Kitchener-St. Mary's						
Name	Year	School		Prelims	Finals	Wind
=====						
Finals						
1	9	Seabrook, Adam	A.B. Lucas S S	22.45	22.30	3.3
2	984	Carter, Mike	W.F.Herman S S	22.72	22.60	3.3
3	296	Muzzin, Alan	Holy Names H	22.86	22.61	3.3
4	373	Hilts, Blake	Kitchener Wa	22.80	22.68	3.3
5	334	Kuruner, Guyson	John F. Ross	23.17	23.20	3.3
6	831	Mott, Mike	St. Christopher S S	23.20	23.21	3.3
7	1010	Poetker, Justin	Waterloo C I	23.22	23.90	3.3
--	755	Ryder, Jamie	Banting, Sir	23.18	DNS	3.3

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 69 Women 400 Meter Dash Senior**

=====						
West Region: * 55.02		1985	Nadia SCHMEIDT / London-J.Paul II			
Name	Year	School	Seed	Finals	H#	
=====						
1	561	Reidel, Katherine	Our Lady Of Lourdes	57.89	57.86	2
2	858	Caron, Emily	St. David C H S	59.49	59.83	2
3	443	Daichendt, Alyssa	Maranatha Christian	59.99	59.87	2
4	104	Zachariah, Neb	Centennial C V I	1:01.19	1:00.18	2
5	119	Sikkema, Sarah	Cchs	1:01.37	1:00.60	1
5	835	Gartley, Stephanie	St. Clair S S	1:00.83	1:00.60	2
7	485	Vanos, Jenni	North Lambton S S	1:01.19	1:00.79	2
8	590	Couse, Jaclyn	Parkside C I	59.78	1:01.09	2
9	121	Anderson, Amanda	Chatham-Kent SS	59.42	1:01.10	2
10	83	Lawson, Keely	Catholic Central	1:01.84	1:01.97	1
11	1020	Morrison, Kaitlyn	West Hill S S	1:03.04	1:02.45	1
12	495	Beardwood, Kim	North Park C & V S	1:02.43	1:03.21	1
13	151	Smith, Kim	East Elgin S S	1:04.42	1:04.54	1
14	316	Beckett, Danielle	Ingersoll D C I	1:02.06	1:05.11	1
15	780	Sparling, Julia	St. Anne's C S S	1:04.37	1:05.25	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 70 Men 400 Meter Dash Senior**

=====						
West Region: * 47.59 1999 Liam CARD / Port Elgin-Saugeen						
Name	Year	School	Seed	Finals	H#	
=====						
1	877	Marion, Chris	St. Joseph's	49.64	49.66	2
2	9	Seabrook, Adam	A.B. Lucas S S	49.40	49.76	2
3	101	Dillard, Andre	Catholic Cen	50.57	50.76	2
4	312	Durand, Andrew	Huron Park S S	50.68	51.17	2
5	373	Hilts, Blake	Kitchener Wa	51.35	51.20	2
6	486	Burr, David	North Lambton S S	51.25	51.33	2
7	713	Davis, Thomas	Saunders S S	50.60	51.59	2
8	831	Mott, Mike	St. Christopher S S	50.91	52.40	2
9	172	Binder, Nathan	Essex D H S, ON, ON	51.74	52.88	1
10	808	Ball, Greg	St. Benedict C S S	52.12	53.69	1
11	411	Gibson, Chris	London Central S S	52.22	53.74	1
12	335	Lam, Chris	John F. Ross	52.75	53.81	1
13	565	Hofmann, Matt	Our Lady Oflourdes	53.45	54.08	1
14	219	Chaves, Brad	Galt C & V I	53.25	54.68	1
--	924	Kyle, Sean	Stratford Ce	51.97	DNS	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 71 Women 800 Meter Run Senior**

=====					
West Region: * 2:11.41 1997 Erin BRAND / Lambton Central					
Name	Year	School	Seed	Finals	
=====					
1	160	McKay, Tarah	Elmira D S S	2:13.47	2:12.59
2	896	Kohlmeier, Alyson	St. Patrick's H S	2:14.92	2:13.19
3	558	Becker, Alex	Our Lady Oflourdes	2:16.34	2:14.80
4	560	O'Regan, Maeve	Our Lady Oflourdes	2:22.74	2:15.32
5	641	Oumesrour, Amina	Riverside SS	2:21.29	2:16.49
6	495	Beardwood, Kim	North Park C & V S	2:21.51	2:24.37
7	83	Lawson, Keely	Catholic Central	2:26.65	2:24.83
8	914	Cybulski, Mary	St.Thomas Aq	2:30.06	2:25.52
9	468	DeBlock, Mandi	Mitchell D H S	2:25.10	2:25.92
10	110	Slee, Laura	Central Elgin C I	2:30.02	2:29.39
11	443	Daichendt, Alyssa	Maranatha Christian	2:21.71	2:32.04
--	278	Malette, Jackie	Holy Names H	2:23.26	DNS
--	82	Johnston, Claire	Catholic Central	2:35.12	DNS
--	884	Malleck, Julia	St. Mary's H S	2:18.47	DNS
--	121	Anderson, Amanda	Chatham-Kent SS	2:20.25	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 72 Men 800 Meter Run Senior**

West Region: * 1:48.69 5/2001 Natthan BRANNEN / Preston					
Name	Year	School	Seed	Finals	
1	631	Nuxoll, Marcus	Resurrection C S S	1:58.59	1:57.78
2	486	Burr, David	North Lambton S S	2:01.54	1:58.22
3	923	Boyd, Davon	Stratford Ce	2:00.65	1:58.26
4	101	Dillard, Andre	Catholic Cen	1:59.10	1:58.30
5	924	Kyle, Sean	Stratford Ce	2:00.78	1:58.34
6	243	Dalton, Phil	Goderich D C I	2:02.43	1:59.87
7	371	Bredin, Etienne	Kitchener Wa	1:59.42	2:01.01
8	463	Gavel, Nick	Mgsr. E.A. D	2:01.46	2:01.04
9	126	Braithwaite, TJ	Chatham-Kent SS	1:59.71	2:01.97
10	831	Mott, Mike	St. Christopher S S	2:01.67	2:02.11
11	98	Wasko, Taylor	Catholic Central	2:03.45	2:02.88
12	17	Taveirne, Josh	Assumption C	2:03.04	2:02.93
13	212	Daley, Geoff	Forest Heights C I	2:02.76	2:02.96
14	226	Calwell, Jordan	Glencoe D H S	2:05.37	2:05.28
15	862	McDonald, Jacob	St. John's College	2:03.22	2:06.11

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 73 Women 1500 Meter Run Senior**

West Region: * 4:27.7h 1992 Kathy BUTLER / Waterloo CI					
	Name	Year	School	Seed	Finals
1	160 McKay, Tarah		Elmira D S S	4:34.50	4:31.25
2	896 Kohlmeier, Alyson		St. Patrick's H S	4:33.84	4:31.42
3	558 Becker, Alex		Our Lady Oflourdes	4:40.65	4:43.42
4	705 Tufts, Nikki		Saunders S S	4:48.26	4:45.51
5	560 O'Regan, Maeve		Our Lady Oflourdes	4:44.40	4:48.87
6	641 Oumesrour, Amina		Riverside SS	4:55.94	4:59.22
7	467 Binning, Lesley		Mitchell D H S	4:53.20	5:02.32
8	278 Malette, Jackie		Holy Names H	4:54.14	5:04.86
9	279 Malette, Rachelle		Holy Names H	4:58.37	5:05.54
10	468 DeBlock, Mandi		Mitchell D H S	4:53.25	5:07.41
11	824 Willemse, Lydia		St. Christopher S S	4:52.95	5:11.29
12	469 Scott, Katie		Mitchell D H S	5:00.79	5:12.03
13	109 Jackson, Katelyn		Central Elgin C I	5:11.38	5:12.38
--	653 Stroeder, Heather		Sacred Heart H S	4:47.01	DNS
--	884 Malleck, Julia		St. Mary's H S	4:48.77	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 74 Men 1500 Meter Run Senior**

=====						
West Region: * 3:45.06 1993 Kevin SULLIVAN / Brantford-North Par						
Name	Year	School		Seed	Finals	
=====						
1	631	Nuxoll, Marcus	Resurrection C S S	4:08.41	4:06.59	
2	371	Bredin, Etienne	Kitchener Wa	4:05.19	4:06.91	
3	251	Dekker, Kyle	Grand River C I	4:09.56	4:08.22	
4	60	Currie, Cory	Brantford C I & V S	4:08.62	4:08.79	
5	985	Fisico, Jeremy	W.F.Herman S S	4:03.21	4:09.65	
6	243	Dalton, Phil	Goderich D C I	4:16.35	4:15.58	
7	921	Suda, Matt	St.Thomas Aq	4:12.72	4:17.90	
8	392	Lyons, Steve	Lambton Cent	4:23.78	4:18.52	
9	547	Smith, Brent	Oakridge S S	4:19.10	4:19.00	
10	463	Gavel, Nick	Mgsr. E.A. D	4:18.69	4:20.44	
11	646	Denonville, Alex	Riverside SS	4:27.68	4:27.26	
12	986	Reidel, Eric	W.F.Herman S S	4:26.24	4:30.31	
13	918	Jackson, Kyle	St.Thomas Aq	4:27.50	4:31.71	
14	1023	Lefler, James	Westminster S S	4:27.51	4:34.93	
--	876	Labute, Martin	St. Joseph's	4:17.98	DNS	

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 75 Women 3000 Meter Run Senior**

=====						
West Region: * 9:39.9h 1992 Kathy BUTLER / Waterloo CI						
Name	Year	School		Seed	Finals	
=====						
1	653	Stroeder, Heather	Sacred Heart H S	10:44.31	10:15.49	
2	509	Percival, Claire	Northern C I & V S	10:55.51	10:16.09	
3	705	Tufts, Nikki	Saunders S S	10:26.64	10:18.63	
4	532	Lemon, Kimber	Oakridge S S	10:49.51	10:20.86	
5	278	Malette, Jackie	Holy Names H	11:11.46	10:37.38	
6	279	Malette, Rachelle	Holy Names H	11:08.72	10:41.29	
7	467	Binning, Lesley	Mitchell D H S	10:36.58	10:49.16	
8	116	Perrett, Glynis	Centre Welli	11:09.27	10:53.17	
9	109	Jackson, Katelyn	Central Elgin C I	11:20.96	11:09.73	
10	677	Filipieva, Anastas	Saugeen D S S	11:16.03	11:22.23	
11	407	Geiger, Martha	London Central S S	11:52.39	11:37.13	
12	158	Jones, Jennifer	Elmira D S S	11:39.06	11:40.68	
--	560	O'Regan, Maeve	Our Lady Oflourdes	11:02.59	DNS	
--	445	Pidhoresky, Dayna	Maranatha Christian	10:59.99	DNS	
--	1035	Debrouwer, Christi	Blenheim	11:50.87	DNS	

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 76 Men 3000 Meter Run Senior**

=====						
West Region: * 8:21.8h 1995 Matt KERR / Fergus - Centre Wellingt						
	Name	Year	School	Seed	Finals	
=====						
1	60 Currie, Cory		Brantford C I & V S	8:53.98	8:43.28	
2	985 Fisico, Jeremy		W.F.Herman S S	8:59.22	8:45.12	
3	251 Dekker, Kyle		Grand River C I	8:58.25	8:49.77	
4	390 Christie, Russell		Lambton Cent	9:14.16	8:50.30	
5	876 Labute, Martin		St. Joseph's	9:29.26	9:04.00	
6	860 Starr, Shawn		St. James H S	9:19.17	9:10.69	
7	47 Doherty, Seumas		Bluevale C I	9:20.84	9:11.42	
8	921 Suda, Matt		St.Thomas Aq	9:14.38	9:12.43	
9	370 Blackport, Darryl		Kitchener Wa	9:42.83	9:15.69	
10	392 Lyons, Steve		Lambton Cent	9:40.03	9:16.11	
11	547 Smith, Brent		Oakridge S S	9:25.29	9:22.75	
12	759 Harrison, Michael		Sir Wilfrid Laurier	9:10.47	9:24.47	
13	585 Mason, John		Paris D H S	9:44.00	9:38.88	
14	570 Tremblay, Paul		Paincourt SS	9:44.47	9:47.21	
--	8 Frazer, Fraser		A.B. Lucas S S	9:50.89	DNS	
--	1023 Lefler, James		Westminster S S	9:48.58	DNS	

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 77 Women 100 Meter Hurdles Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 13.15 2000		Jessica ZELINKA / London-Banting				
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	552	Merrill, Tory	Orangeville	14.67	14.46Q	NWI 2
2	550	Ferris, Laura	Orangeville	15.04	14.80Q	NWI 1
3	506	Lynch, Maggie	Northern C I & V S	15.17	14.93Q	NWI 1
4	895	Drouin, Jillian	St. Patrick's H S	15.97	15.11Q	NWI 2
5	331	Zorzi, Taylor	John F. Ross	15.50	15.64Q	NWI 2
6	249	Simmons, Jillian	Grand River C I	16.14	16.08Q	NWI 1
7	68	Eby, Tiffani	Cameron Heights C I	16.60	16.31q	NWI 2
8	175	Cook, Amy	F. E. Madill S S	16.54	16.47q	NWI 1
9	259	Owen, Mallory	H.B. Beal S S	17.23	16.58	NWI 1
10	174	Campbell, Meagan	F. E. Madill S S	16.83	16.67	NWI 2
11	952	Knutson, Brenna	Ursuline SS	17.25	16.71	NWI 2
12	90	Villanueva, Gina	Catholic Central	16.85	16.78	NWI 1
12	135	Schlieman, Julia	College Avenue S S	17.24	16.78	NWI 2
14	795	Veitch, Marcie	St.Anne's	17.47	17.05	NWI 1
15	504	Honke, Sara	Northern C I & V S	17.82	17.81	NWI 1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 77 Women 100 Meter Hurdles Senior**

=====					
West Region: * 13.15 2000 Jessica ZELINKA / London-Banting					
Name	Year	School	Prelims	Finals	Wind
=====					
Finals					
1	552	Merrill, Tory	Orangeville	14.46	14.44 NWI
2	550	Ferris, Laura	Orangeville	14.80	14.93 NWI
3	506	Lynch, Maggie	Northern C I & V S	14.93	15.04 NWI
4	895	Drouin, Jillian	St. Patrick's H S	15.11	15.15 NWI
5	331	Zorzi, Taylor	John F. Ross	15.64	15.41 NWI
6	249	Simmons, Jillian	Grand River C I	16.08	16.05 NWI
7	68	Eby, Tiffani	Cameron Heights C I	16.31	16.47 NWI
8	175	Cook, Amy	F. E. Madill S S	16.47	17.00 NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 78 Men 110 Meter Hurdles (NEW-36") Senior****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

West Region: * 13.82 2000		Adam KUNKEL /Walkerton DSS				
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	755	Ryder, Jamie	Banting, Sir	14.49	14.45Q	NWI 1
1	348	Judge, Andrew	John Paul II S S	14.42	14.45Q	NWI 2
3	718	Kirkpatrick, Josh	Saunders S S	14.74	14.86Q	NWI 1
4	756	Zubair, Abdul	Banting, Sir	14.74	14.96Q	NWI 2
5	727	Tremblay, Ryan	Saunders S S	15.12	15.20Q	NWI 1
6	603	Wason, Miguel	Pauline John	15.08	15.37Q	NWI 2
7	971	Lin, Tony	Vincent Massey SS	15.27	15.21q	NWI 1
8	993	Weber, Mike	Walkerton D S S	15.45	15.70q	NWI 2
9	970	Khawaja, Shan	Vincent Massey SS	15.96	15.85	NWI 1
10	663	Gomes, David	Sandwich Secondary	16.48	16.06	NWI 2
11	148	Mullins, Bradley	Lajeunesse, ON, ON	15.38	16.16	NWI 2
12	250	Cobourne, Jordan	Grand River C I	16.15	16.88	NWI 1
13	797	Bonato, Alex	St. Anne's	17.02	17.63	NWI 1
14	584	Jones, Adam	Paris D H S	16.65	17.89	NWI 1
--	1008	Kobayashi, Masafum	Waterloo C I	16.18	DNS	NWI 2

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 78 Men 110 Meter Hurdles (NEW-36") Senior**

=====						
West Region: * 13.82 2000 Adam KUNKEL /Walkerton DSS						
Name	Year	School	Prelims	Finals	Wind	
=====						
Finals						
1	755	Ryder, Jamie	Banting, Sir	14.45	14.34	NWI
2	348	Judge, Andrew	John Paul II S S	14.45	14.53	NWI
3	718	Kirkpatrick, Josh	Saunders S S	14.86	14.58	NWI
4	756	Zubair, Abdul	Banting, Sir	14.96	14.92	NWI
5	603	Wason, Miguel	Pauline John	15.37	15.15	NWI
6	727	Tremblay, Ryan	Saunders S S	15.20	15.17	NWI
7	993	Weber, Mike	Walkerton D S S	15.70	15.77	NWI
--	971	Lin, Tony	Vincent Massey SS	15.21	DNS	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 79 Women 400 Meter Hurdles Senior**

=====						
West Region: * 58.03 1995 Nadia SCHMEIDT / London-John Paul II						
Name	Year	School	Seed	Finals	H#	
=====						
1	552	Merrill, Tory	Orangeville	1:06.50	1:05.18	2
2	506	Lynch, Maggie	Northern C I & V S	1:06.22	1:05.23	2
3	485	Vanos, Jenni	North Lambton S S	1:08.21	1:06.46	2
4	528	Horricks, Katie	Oakridge S S	1:10.29	1:06.85	2
5	378	Ahtela, Elina	Lambton Cent	1:10.76	1:08.23	2
6	639	Azuh, Chinye	Riverside SS	1:11.03	1:09.71	2
7	209	Hauseman, Jamie	Forest Heights C I	1:11.67	1:09.72	2
8	325	Crocker, Sonya	John Diefenb	1:12.51	1:11.68	1
9	706	Walsh, Andrea	Saunders S S	1:12.92	1:12.10	1
10	469	Scott, Katie	Mitchell D H S	1:12.23	1:12.13	1
11	780	Sparling, Julia	St. Anne's C S S	1:12.88	1:13.22	1
12	68	Eby, Tiffani	Cameron Heights C I	1:13.80	1:14.16	1
13	1047	Soliguin, Amanda	St. Benedict C S S	1:13.63	1:15.19	1
14	739	Jackson, Stacey	Banting, Sir	1:13.61	J1:15.19	1
--	121	Anderson, Amanda	Chatham-Kent SS	1:06.92	DNS	2

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 80 Men 400 Meter Hurdles Senior**

=====							
West Region: * 52.37 5/1997 Jeff ELLIS / Orangeville							
Name	Year	School	Seed	Finals	H#	=====	
1	9	Seabrook, Adam	A.B. Lucas S S	54.12	54.43	2	
2	756	Zubair, Abdul	Banting, Sir	56.90	55.83	2	
3	603	Wason, Miguel	Pauline John	56.83	56.74	2	
4	727	Tremblay, Ryan	Saunders S S	58.91	57.24	2	
5	312	Durand, Andrew	Huron Park S S	58.34	59.40	2	
6	750	Pettit, Brett	Banting, Sir	58.67	1:00.08	2	
7	219	Chaves, Brad	Galt C & V I	59.87	1:00.40	1	
8	993	Weber, Mike	Walkerton D S S	59.77	1:00.88	1	
9	799	Girardi, Paul	St.Anne's	57.36	1:01.04	2	
10	644	Brannagan, Garrett	Riverside SS	1:01.86	1:03.66	1	
11	813	Santos, Chris	St. Benedict C S S	1:02.67	1:05.70	1	
12	670	Timm, Eric	Sandwich Secondary	59.30	1:07.80	1	
--	13	Morrison, Wes	Arthur D H S	1:06.37	DNS	1	
--	148	Mullins, Bradley	Lajeunesse,ON, ON	59.06	DNS	1	
--	971	Lin, Tony	Vincent Massey SS	58.10	DNS	2	

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 81 Women High Jump Senior**

=====				
West Region: * 1.78m 1986 Catherine BOND / Woodstock CI				
Name	Year	School	Seed	Finals
=====				
1	654	Aldous, Shelby	Sandwich Secondary	1.73m 1.70m
2	895	Drouin, Jillian	St. Patrick's H S	1.63m 1.65m
3	652	Kuntz, Marijean	Sacred Heart H S	1.60m 1.58m
4	814	DeGroot, Leanne	St. Christopher S S	1.51m 1.55m
5	174	Campbell, Meagan	F. E. Madill S S	1.50m 1.50m
5	175	Cook, Amy	F. E. Madill S S	1.45m 1.50m
7	328	Andres, Leanne	John F. Ross	1.58m J1.50m
8	1021	Taylor, Morgan	West Hill S S	1.54m J1.50m
9	299	VanHeugten, Marcie	Holy Trinity C H S	1.45m J1.50m
10	861	LaRocque, Alison	St. John's College	1.48m 1.45m
11	782	VanOsch, Rachel	St. Anne's C S S	1.45m J1.45m
12	935	Dodge, Lindsay	Strathroy D C I	1.45m 1.40m
13	474	Johnston, Katie	Mother Teresa C S S	1.45m J1.40m
14	515	Taylor, Krystal	Northern C I & V S	1.40m J1.40m
--	836	MacFarlane, Chanti	St. Clair S S	1.48m DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 82 Men High Jump Senior**

=====				
West Region: * 2.18m		1993	Mike CAZA / Chatham - Ursuline C.	
Name	Year	School	Seed	Finals
=====				
1	427	Minnesma, Dan	London Distr	1.90m 1.98m
2	717	John, Noah	Saunders S S	1.90m 1.90m
3	466	Wood, Adam	Mgsr. E.A. D	1.88m 1.85m
4	418	Baird, Chris	London Distr	1.85m J1.85m
5	600	Inglis, Jordan	Pauline John	1.85m J1.85m
6	221	Sterling, Adrian	Galt C & V I	1.80m 1.80m
7	253	Zender, Dustin	Grand River C I	1.75m J1.80m
8	543	Langan, Josh	Oakridge S S	1.75m 1.75m
8	234	VanLeeuwan, Ryan	Glendale H S	1.80m 1.75m
10	487	Hulshof, Jeff	North Lambton S S	1.76m J1.75m
11	1024	Blake, Josh	Westside	1.75m 1.70m
11	899	Kraemer, Kurtis	St. Patrick's H S	1.73m 1.70m
13	955	Clayton, Josh	Ursuline SS	1.76m J1.70m
14	832	Szabo, Bryan	St. Christopher S S	1.73m J1.70m
--	223	Harris, Andre	Amherst	1.76m DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 83 Women Pole Vault Senior**

Name	Year	School	Seed	Finals	
1	795	Veitch, Marcie	St.Anne's	3.00m	3.35m
2	868	Lyons, Adrianna	St. Joseph's	2.90m	2.85m
3	793	Radu, Stephanie	St.Anne's	2.75m	2.70m
4	36	Arthur, Karen	Bluevale C I	2.10m	2.40m
5	379	Anderson-Armstrong	Lambton Cent	1.85m	2.10m
5	246	Howard, Nicole	Grand River C I	1.80m	2.10m
5	400	Bowman, Tonja	Listowel D S S	2.15m	2.10m
8	925	Bell, Dinah	Stratford SS	2.15m	J2.10m
9	141	Moore, Pam	Delhi D S S	2.10m	1.90m
10	701	Shank, Elisse	Saunders S S	1.80m	J1.90m
--	572	Innes, Carolyn	Paris D H S	1.80m	NH
--	319	Bronson, Courtney	Jacob Hespeler S S	1.95m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 84 Men Pole Vault Senior**

West Region: * 5.10m 1985		Doug WOOD / Wingham-Madill			
Name	Year	School	Seed	Finals	
1	718	Kirkpatrick, Josh	Saunders S S	4.35m	4.50m
2	201	Bianchi, Jeff	F.J.Brennan	4.00m	4.30m
3	719	McLarty, Cole	Saunders S S	4.05m	4.00m
4	322	Hall, Chad	Jacob Hespeler S S	3.60m	3.90m
5	336	McEwen, Brady	John F. Ross	3.15m	J3.90m
6	957	Myers, Josh	Ursuline SS	3.60m	3.75m
7	75	Coppola, Joe	Cardinal Carter	3.60m	3.60m
8	403	Hryniw, Cody	Listowel D S S	3.05m	J3.60m
8	709	Atkinson, Devin	Saunders S S	3.75m	J3.60m
10	548	Strutt, Seamus	Oakridge S S	3.35m	3.30m
10	46	Debus, Andrew	Bluevale C I	3.45m	3.30m
10	320	Ellis, Sam	Jacob Hespeler S S	3.15m	3.30m
13	637	Burrgraff, Jon	Ridgetown	2.60m	2.70m
--	35	Steel, Dan	Blenheim	2.40m	NH
--	51	Huras, Dan	Bluevale C I	3.15m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 85 Women Long Jump Senior**

West Region: * 5.92m 1996		Laura WESSELING / Delhi				
Name	Year	School	Seed	Finals	Wind	
1	341	Youlton, Carly	John McGregor SS	5.63m	5.59m	NWI
2	654	Aldous, Shelby	Sandwich Secondary	5.23m	5.30m	NWI
3	859	Campagnolo, Jenna	St. James H S	4.96m	5.27m	NWI
4	758	Walters, Zinzi	Sir Wilfrid Laurier	5.17m	5.18m	NWI
5	361	Harrison, Danielle	Kingsville D.H.S.	5.07m	5.07m	NWI
6	489	Donovan, Sonya	North Middle	4.87m	5.01m	NWI
7	540	vanLeeuwen, Kim	Oakridge S S	4.95m	4.96m	NWI
8	885	Quigley, Leanne	St. Mary's H S	4.72m	4.90m	NWI
9	757	Foster, Roxina	Sir Wilfrid Laurier	5.22m	4.83m	NWI
10	331	Zorzi, Taylor	John F. Ross	4.70m	4.81m	NWI
11	922	Garcon, Desiree	Stratford Ce	4.92m	4.80m	NWI
--	386	Robson, Bobbi Jo	Lambton Cent	5.14m	FOUL	NWI
--	1028	Los, Rosanna	Woodland Chr	4.72m	FOUL	NWI
--	169	Binder, Brianna	Essex D H S, ON, ON	4.98m	DNS	NWI
--	731	Lambden, Stacy	Simcoe C S	4.69m	DNS	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 86 Men Long Jump Senior**

West Region: * 7.45m 1997		Randy SIMINATO / Windsor-Forster				
Name	Year	School	Seed	Finals	Wind	
1	348	Judge, Andrew	John Paul II S S	7.06m	6.89m	NWI
2	334	Kuruneri, Guyson	John F. Ross	6.38m	6.68m	NWI
3	628	Harriott, Dwayne	Resurrection C S S	6.62m	6.65m	NWI
4	851	Nickels, Rob	St. Clair S S	6.32m	6.53m	NWI
5	257	Passmore, Jeremy	Guelph Collegiate	6.20m	6.45m	NWI
6	663	Gomes, David	Sandwich Secondary	6.71m	6.34m	NWI
7	717	John, Noah	Saunders S S	6.54m	6.33m	NWI
8	942	Kerr, Jason	Strathroy D C I	6.55m	6.29m	NWI
9	31	Raymond, Jake	Belle River D H S	6.33m	6.01m	NWI
10	968	Chen, Shawn	Vincent Massey SS	6.02m	5.55m	NWI
11	948	Warkentin, Brian	U M E I	6.16m	5.52m	NWI
12	1033	Schultz, Will	Woodstock C I	6.31m	4.81m	NWI
--	423	DeWeger, Adam	London Distr	6.38m	FOUL	NWI
--	608	Goetz, Jason	Preston H S	6.31m	FOUL	NWI
--	356	Bell, Adam	Kincardine D S S	6.11m	DNS	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 87 Women Triple Jump Senior**

West Region: * 12.11m 1996		Monique HAAN / London Christian				
Name	Year	School	Seed	Finals	Wind	
1	341	Youlton, Carly	John McGregor SS	11.51m	11.53m	NWI
2	104	Zachariah, Neb	Centennial C V I	11.37m	11.28m	NWI
3	174	Campbell, Meagan	F. E. Madill S S	11.10m	10.86m	NWI
4	922	Garcon, Desiree	Stratford Ce	10.98m	10.79m	NWI
5	416	Schipper, Anita	London Distr	10.60m	10.59m	NWI
6	380	Clark, Michelle	Lambton Cent	10.26m	10.37m	NWI
7	369	Tulloch, Joanna	Kitchener Wa	10.17m	10.26m	NWI
8	639	Azuh, Chinye	Riverside SS	10.23m	10.23m	NWI
9	731	Lambden, Stacy	Simcoe C S	10.25m	10.17m	NWI
10	124	Tran, Tami	Chatham-Kent SS	10.02m	10.04m	NWI
11	732	Laundry, Jessica	Simcoe C S	10.08m	9.83m	NWI
12	765	Watson, Sarah	South Huron D H S	10.26m	9.82m	NWI
13	176	Dickson, Jaden	F. E. Madill S S	10.15m	9.81m	NWI
--	247	Josipovic, Bojana	Grand River C I	10.10m	FOUL	NWI
--	169	Binder, Brianna	Essex D H S, ON, ON	10.26m	DNS	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 88 Men Triple Jump Senior**

West Region: * 15.73m 6/1/2002 Kenen SHADD/Kitchener Grand River, Grand R						
Name	Year	School	Seed	Finals	Wind	
1	628	Harriott, Dwayne	Resurrection C S S	14.16m	14.26m	NWI
2	72	Hunte, David	Cameron Heights C I	13.30m	13.97m	NWI
3	348	Judge, Andrew	John Paul II S S	13.64m	13.95m	NWI
4	608	Goetz, Jason	Preston H S	13.78m	13.94m	NWI
5	1033	Schultz, Will	Woodstock C I	13.06m	13.87m	NWI
6	851	Nickels, Rob	St. Clair S S	13.26m	13.82m	NWI
7	423	DeWeger, Adam	London Distr	12.90m	13.55m	NWI
8	374	Mason, Andy	Kitchener Wa	12.69m	13.05m	NWI
9	948	Warkentin, Brian	U M E I	12.45m	12.88m	NWI
10	466	Wood, Adam	Mgsr. E.A. D	12.69m	12.65m	NWI
11	346	Youlton, Brad	John McGregor SS	12.31m	12.36m	NWI
12	412	Luck, Kyle	London Central S S	12.30m	12.10m	NWI
13	543	Langan, Josh	Oakridge S S	12.05m	12.08m	NWI
13	968	Chen, Shawn	Vincent Massey SS	12.49m	12.08m	NWI
15	846	Churly, Dustin	St. Clair S S	12.47m	11.96m	NWI

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 89 Women Shot Put Senior**

West Region: * 14.25m 1996 Liz TOMAN / Elmira					
Name	Year	School	Seed	Finals	
1	6	Weaver, Meghan	A.B. Lucas S S	12.46m	12.87m
2	254	Patterson, Heather	Guelph Collegiate	12.13m	12.47m
3	740	Jackson, Stephanie	Banting, Sir	10.47m	10.64m
4	870	Poisson, Alix	St. Joseph's	10.91m	10.57m
5	596	Henhawk, Kerri	Pauline John	10.44m	10.53m
6	326	Walker, Heather	John Diefenb	9.88m	10.23m
7	531	Lane, Heather	Oakridge S S	9.86m	10.01m
8	741	Li, Yin	Banting, Sir	10.07m	9.97m
9	655	Hitchcock, Jennife	Sandwich Secondary	10.40m	9.84m
10	672	Wilson, Laura	Sarnia C I & T S	9.89m	9.58m
11	39	Dumas, Elaine	Bluevale C I	9.92m	9.42m
12	143	Steinhoff, Kirby	Delhi D S S	8.92m	9.31m
13	507	Lyons, Kelly	Northern C I & V S	10.17m	9.20m
14	263	Hedges, Beth	Harrow High, ON, ON	9.86m	9.01m
14	317	Jibb, Chelsea	Ingersoll D C I	9.65m	9.01m

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 90 Men Shot Put Senior**

=====					
West Region: * 20.78m 1995 Brad SNYDER / Windsor - St. Joseph's					
Name	Year	School	Seed	Finals	
=====					
1	669	Szpak, Patrick	Sandwich Secondary	16.82m	16.48m
2	878	Miller, Mike	St. Joseph's	16.53m	16.19m
3	292	Livingston, Zak	Holy Names H	15.74m	15.42m
4	674	Ysebaert, Andy	Sarnia C I & T S	15.63m	15.18m
5	687	Farrell, Josh	Saugeen D S S	14.91m	15.06m
6	413	Rady, Andy	London Central S S	13.01m	13.91m
7	191	Fischer, John	F. E. Madill S S	13.50m	13.77m
8	441	Bonner, Brendan	Lord Dorchester S S	12.14m	12.77m
9	708	Arpin, Dan	Saunders S S	12.38m	12.25m
10	108	Peiris, Kelum	Centennial C V I	12.29m	12.09m
11	359	Scott, Matt	Kincardine D S S	12.75m	12.07m
12	261	Matthews, Kyle	H.B. Beal S S	12.08m	11.65m
--	27	Durocher, Curtis	Belle River D H S	15.33m	FOUL
--	690	Millar, Brad	Saugeen D S S	12.07m	DNS
--	44	Bailey, Tom	Bluevale C I	12.66m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 91 Women Discus Throw Senior**

=====					
West Region: * 48.20m 1982 Liz POLYAK / Brantford-North Park					
	Name	Year	School	Seed	Finals
=====					
1	6 Weaver, Meghan		A.B. Lucas S S	43.76m	43.05m
2	741 Li, Yin		Banting, Sir	37.15m	38.62m
3	870 Poisson, Alix		St. Joseph's	31.44m	38.08m
4	867 Lauzon, Tracey		St. Joseph's	35.20m	37.34m
5	263 Hedges, Beth		Harrow High, ON, ON	34.40m	35.12m
6	39 Dumas, Elaine		Bluevale C I	34.28m	34.00m
7	43 Splettstoesser, Je		Bluevale C I	30.75m	29.65m
8	655 Hitchcock, Jennife		Sandwich Secondary	29.85m	27.90m
9	704 Swartman, Jenny		Saunders S S	28.14m	27.26m
10	117 Voisin, Melissa		Centre Welli	29.35m	26.96m
11	317 Jibb, Chelsea		Ingersoll D C I	28.80m	26.62m
12	178 Gaunt, Ashley		F. E. Madill S S	29.88m	26.54m
13	18 James, Michelle		Assumption	26.56m	24.27m
14	326 Walker, Heather		John Diefenb	26.49m	20.42m
--	277 Kavanaugh, Cindy		Holy Names H	30.39m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 92 Men Discus Throw Senior**

=====					
West Region: * 64.94m 1995 Jason TUNKS / London-Banting					
Name	Year	School	Seed	Finals	
=====					
1	27	Durocher, Curtis	Belle River D H S	49.17m	52.44m
2	292	Livingston, Zak	Holy Names H	50.47m	49.69m
3	878	Miller, Mike	St. Joseph's	45.21m	46.34m
4	748	Hamilton, Rob	Banting, Sir	41.93m	44.56m
5	44	Bailey, Tom	Bluevale C I	39.62m	39.08m
6	461	Thompson, Ryan	Medway H S	38.19m	38.91m
7	955	Clayton, Josh	Ursuline SS	40.64m	38.29m
8	749	McDonald, Grant	Banting, Sir	37.01m	37.67m
9	191	Fischer, John	F. E. Madill S S	38.14m	35.98m
10	920	Meisenheimer, Jon	St.Thomas Aq	35.31m	34.45m
11	960	Phillips, Aaron	Valley Heights S S	35.38m	30.39m
--	1041	Hepburn, Trevor	Erin D H S	33.35m	DNS
--	690	Millar, Brad	Saugeen D S S	39.12m	DNS
--	204	Pocock, Joe	F.J.Brennan	42.03m	DNS
--	735	Murdoch, Andy	Simcoe C S	33.97m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 93 Women Javelin Throw Senior**

=====					
West Region: * 47.56m 1997 Andrea BULAT / Windsor-Brennan					
	Name	Year	School	Seed	Finals
=====					
1	525 Roelofsen, Vanessa		Norwell D S S	45.87m	43.14m
2	277 Kavanaugh, Cindy		Holy Names H	40.33m	42.58m
3	347 Rundle, Kristin		John Paul II S S	35.74m	38.14m
4	326 Walker, Heather		John Diefenb	40.08m	37.76m
5	483 George, Natasha		North Lambton S S	39.47m	35.90m
6	316 Beckett, Danielle		Ingersoll D C I	34.92m	34.86m
7	199 Tessier, Rhianna		F.J.Brennan	34.19m	33.62m
8	484 Miner, Pam		North Lambton S S	34.46m	33.60m
9	591 Johnson, Casey		Parkside C I	34.28m	33.02m
10	531 Lane, Heather		Oakridge S S	35.27m	31.90m
11	655 Hitchcock, Jennife		Sandwich Secondary	31.90m	30.46m
12	573 Pennings, Charmain		Paris D H S	34.11m	29.58m
13	434 Merner, Courtney		London South S S	34.37m	26.46m
14	117 Voisin, Melissa		Centre Welli	30.20m	26.02m
--	730 Cannon, Lindsay		Simcoe C S	30.70m	FOUL

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 94 Men Javelin Throw Senior**

West Region: * 70.20m 5/2001 Trevor SNYDER / St. Joseph's					
	Name	Year	School	Seed	Finals
1	687 Farrell, Josh		Saugeen D S S	56.29m	58.16m
2	204 Pocock, Joe		F.J.Brennan	55.57m	57.44m
3	200 Barr, Chris		F.J.Brennan	51.19m	53.58m
4	845 Banninga, Jordan		St. Clair S S	56.86m	53.14m
5	233 Matejcek, Ryan		Glendale H S	50.68m	51.82m
6	827 Bryce, Kole		St. Christopher S S	52.51m	50.32m
7	413 Rady, Andy		London Central S S	43.34m	48.14m
8	684 Buttenaar, Dane		Saugeen D S S	47.99m	47.95m
9	166 Wideman, Ben		Elmira D S S	45.58m	44.96m
10	191 Fischer, John		F. E. Madill S S	45.67m	44.74m
11	714 dePapp, Mike		Saunders S S	45.50m	44.72m
12	261 Matthews, Kyle		H.B. Beal S S	42.45m	42.80m
13	295 Moore, Ryan		Holy Names H	47.60m	42.60m
14	961 Phillips, Matt		Valley Heights S S	44.83m	39.61m
--	690 Millar, Brad		Saugeen D S S	50.72m	DNS

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 95 Women 4x100 Meter Relay Senior**

West Region: * 48.73 2000		LONDON-BANTING		Seed	Finals	H#
School						
1	Orangeville D S S 'A'			51.43	50.99	2
2	Belle River D H S 'A'			51.43	51.36	2
3	St. Clair S S 'A'			51.70	51.44	2
4	St. Thomas of Villanova 'A'			51.89	51.62	2
5	Northern C I & V S 'A'			51.70	51.77	2
6	Waterloo C I 'A'			52.47	52.16	1
7	Catholic Central 'A'			51.70	52.19	2
8	Kingsville D.H.S. 'A'			51.88	52.20	2
9	John F. Ross C & V I 'A'			53.26	52.26	1
10	F. E. Madill S S 'A'			52.63	52.53	1
11	Oakridge S S 'A'			52.19	52.74	2
12	Paris D H S 'A'			52.97	52.95	1
13	Parkside C I 'A'			53.33	53.55	1
14	Assumption College Sch 'A'			53.67	57.26	1
--	Saunders S S 'A'			53.52	DNS	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 96 Men 4x100 Meter Relay Senior**

West Region: * 42.1h 1992		WATERLOO-BLUEVALE				
School			Seed	Finals	H#	
1	W.F.Herman S S 'A'		43.69	43.35	2	
2	Saunders S S 'A'		43.63	43.50	2	
3	St. Thomas of Villanova 'A'		44.17	43.70	2	
4	Sandwich Secondary 'A'		44.25	44.07	2	
5	Sir Frederick Banting S S 'A'		44.06	44.54	2	
6	John McGregor SS 'A'		44.42	45.08	2	
7	Assumption College Sch 'A'		45.07	45.51	2	
8	John Paul II S S 'A'		45.05	45.53	1	
9	Pauline Johnson C & V S 'A'		45.63	45.68	1	
10	St. Benedict C S S 'A'		45.74	45.79	1	
11	Kitchener Waterloo C V S 'A'		45.78	46.41	1	
12	Waterloo C I 'A'		45.50	46.65	1	
13	College Avenue S S 'A'		44.79	47.65	2	
14	Regina Mundi College 'A'		45.27	50.05	1	
--	St. Joseph's High School 'A'		44.85	DNF	1	

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 97 Women 1500 Meter Steeplechase (NEW) Open**

Name	Year	School	Seed	Finals
1 509 Percival, Claire		Northern C I & V S	5:12.51	5:08.66
2 468 DeBlock, Mandi		Mitchell D H S	5:19.05	5:17.02
3 824 Willemse, Lydia		St. Christopher S S	5:23.20	5:18.24
4 445 Pidhoresky, Dayna		Maranatha Christian	5:27.21	5:19.35
5 532 Lemon, Kimber		Oakridge S S	5:21.07	5:23.78
6 469 Scott, Katie		Mitchell D H S	5:29.30	5:24.79
7 790 Kanters, Amanda		St.Anne's	5:30.07	5:31.08
8 914 Cybulski, Mary		St.Thomas Aq	5:45.17	5:40.40
9 495 Beardwood, Kim		North Park C & V S	5:26.26	5:40.52
10 502 Brown, Suzie		Northern C I & V S	5:42.74	5:53.61
11 614 Forde, Colleen		Resurrection C S S	5:45.12	5:58.78
12 1006 Voisin, Meghan		Waterloo C I	5:55.72	6:01.05
13 309 Graham, Shellby		Huron Park S S	5:52.88	6:05.59
14 988 Brown, Lindsay		Walkerton D S S	5:58.17	6:15.01
15 67 Baker, Rachael		Cameron Heights C I	6:00.51	6:16.41

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 98 Men 2000 Meter Steeplechase Open**

=====					
West Region: * 6:00.10 5/30/2003 Matt Loiselle, Riverside SS					
Name	Year	School	Seed	Finals	
=====					
1	390	Christie, Russell	Lambton Cent	6:13.47	6:17.03
2	47	Doherty, Seumas	Bluevale C I	6:23.03	6:22.68
3	860	Starr, Shawn	St. James H S	6:30.12	6:27.36
4	876	Labute, Martin	St. Joseph's	6:31.23	6:30.62
5	759	Harrison, Michael	Sir Wilfrid Laurier	6:31.86	6:31.10
6	308	Weston, Dave	Kennedy	6:34.30	6:39.36
7	370	Blackport, Darryl	Kitchener Wa	6:39.28	6:43.28
8	212	Daley, Geoff	Forest Heights C I	6:40.49	6:46.66
9	570	Tremblay, Paul	Paincourt SS	6:41.67	6:46.67
10	544	McConell, Patrick	Oakridge S S	6:45.00	6:53.19
11	442	Ross, William	Lord Dorchester S S	6:52.91	6:54.22
12	917	Burton, Jerritt	St.Thomas Aq	6:48.95	7:02.02
13	438	Merritt, Gaelen	London South S S	7:00.28	7:09.47
14	979	Semple, Lucas	Vincent Massey SS	6:33.98	7:10.85
15	1029	Zeeman, Landon	Woodland Chr	6:46.41	7:22.23

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 99 Women 4x400 Meter Relay Open**

West Region: * 3:54.48 5/1999		ST. CHRISTOPHER	Seed	Finals	H#
School					
1	Our Lady Oflourdes 'A'		4:04.23	4:00.64	2
2	Northern C I & V S 'A'		4:09.46	4:06.32	2
3	Resurrection C S S 'A'		4:12.64	4:07.19	2
4	St. Christopher S S 'A'		4:13.24	4:07.27	2
5	Sandwich Secondary 'A'		4:09.97	4:09.88	2
6	St. Anne's C S S 'A'		4:09.70	4:10.27	2
7	Waterloo C I 'A'		4:15.31	4:11.16	1
8	Oakridge S S 'A'		4:11.75	4:11.61	2
9	Orangeville 'A'		4:16.15	4:12.58	1
10	Riverside S S-Windsor 'A'		4:13.81	4:13.06	2
11	W.F.Herman S S 'A'		4:14.95	4:15.75	1
12	Catholic Central 'A'		4:20.72	4:16.56	1
13	Saunders S S 'A'		4:20.72	4:19.07	1
14	St. Mary's H S 'A'		4:15.51	4:24.54	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 100 Men 4x400 Meter Relay Open**

West Region: * 3:20.70 1996		GENERAL AMHERST	Seed	Finals	H#
School					
1	Vincent Massey SS 'A'		3:29.28	3:28.38	2
2	Essex District High Schoo 'A'		3:29.48	3:29.66	2
3	St. Clair S S 'A'		3:33.64	3:30.36	2
4	Saunders S S 'A'		3:33.38	3:33.96	2
5	Holy Names H S-Windsor 'A'		3:33.35	3:35.21	2
6	John F. Ross C & V I 'A'		3:38.82	3:36.05	1
7	Oakridge S S 'A'		3:36.55	3:36.26	1
8	Resurrection C S S 'A'		3:36.91	3:36.63	1
9	Kitchener Waterloo C V S 'A'		3:35.48	3:36.68	2
10	St. Benedict C S S 'A'		3:35.75	3:38.13	2
11	St. Joseph's High School 'A'		3:35.75	3:38.94	2
12	Waterloo C I 'A'		3:39.55	3:45.01	1
13	Strathroy D C I 'A'		3:43.92	3:47.07	1
--	College Avenue S S 'A'		3:42.94	DNS	1
--	Catholic Central 'A'		3:40.49	DNS	1

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 101 Women 100 Meter Dash Ambulatory**

=====							
West Region: * 16.88 2001 Megan MUSCAT/ Central Elgin							
Name	Year	School		Seed	Finals	Wind	
=====							
1	616	Goodwin, Cassy	Resurrection C S S	19.20	18.89	-1.9	
2	929	Witter, Larissa	Stratford SS	19.21	19.58	-1.9	
3	490	Steeper, Julie	North Middle	29.84	30.42	-1.9	

2004 O.F.S.A.A. West Regional - 5/28/2004 to 5/29/2004**Track and Field Championships****U.W.O. - T.D. Waterhouse Stadium, London, ON****Results****Event 102 Men 100 Meter Dash Ambulatory**

West Region: * 12.53 6/1/2002 Barry PHELAN/, Madill, F.E.							
	Name	Year	School		Seed	Finals	Wind
1	193 Kruse, Deric		F. E. Madill	S S	12.97	12.71	-1.1
2	192 Folkard, Craig		F. E. Madill	S S	13.51	13.30	-1.1
3	12 Williamson, Jordan		MacKenzie	A	14.39	14.24	-1.1
4	933 Trembley, Chris		Stratford	SS	16.94	16.42	-1.1
5	10 Monk, Evan		MacKenzie	A	19.30	18.76	-1.1
--	11 Silverthorn, Craig		MacKenzie	A	14.77	DNS	-1.1

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Event 104 Men 1500 Meter Dash Wheelchair

=====					
West Region:	*	4:44.20	5/31/2003	Josh Cassidy, St. Mary's/OS	
Name		Year	School	Seed	Finals
=====					
1	737	Tattersall, Josh	Simcoe C S	9:25.78	8:17.63