

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****Girls 100 Metre Dash Junior****8 Advance: Top 2 Each Heat plus Next 4 Best Times**

ECS Junior H: # 12.24 2017 Joy Vela, St. Nicholas				
Name	Year	Team	Seed	Prelims H#
Preliminaries				
1 Isis Adeniyi		St. Thomas Mnore	13.25Q	2
2 Julia Mizer		JJ Bowlen	14.21Q	1
3 Chloe Chu		AJM	14.52Q	2
4 Lilly Sikora		MFO	14.65Q	1
5 Taylor Herle		JJ Bowlen	14.67q	2
6 Colleisia Simmonds		MFO	14.69q	2
7 Sydney Shaver		AJM	14.73q	1
8 Janis Ogundipe		St. Clement	15.18q	1
9 Sayu Tunde-Osayande		St Thomas Aquinas	15.21	2
10 Naomi Nwabunwanne		HEB	15.32	2
11 Ummie Sanchez		St. Thomas Mnore	15.59	1
12 Arianne Magbanua		HEB	15.60	1
13 Alessia Airhia		St Thomas Aquinas	16.04	1
14 Lauren Van Tassel		St. Clement	16.28	2

Girls 100 Metre Dash Junior

ECS Junior H: # 12.24 2017 Joy Vela, St. Nicholas				
Name	Year	Team	Prelims	Finals
Finals				
1 Isis Adeniyi		St. Thomas Mnore	13.25	13.15
2 Chloe Chu		AJM	14.52	14.28
3 Colleisia Simmonds		MFO	14.69	14.39
4 Sydney Shaver		AJM	14.73	14.45
5 Julia Mizer		JJ Bowlen	14.21	14.46
6 Taylor Herle		JJ Bowlen	14.67	14.50
7 Lilly Sikora		MFO	14.65	14.93
8 Janis Ogundipe		St. Clement	15.18	15.76

Girls 200 Metre Dash Junior

ECS Junior H: # 27.20 2009 Chantelle Suitor, Father Michael Troy				
Name	Year	Team	Seed	Finals H#
1 Isis Adeniyi		St. Thomas Mnore	28.85	2
2 Taylor Herle		JJ Bowlen	30.55	1
3 Anniyah Jones		JJ Bowlen	30.76	2
4 Lilly Sikora		MFO	31.37	2
5 Asha Sowa		AJM	31.57	1
6 Hadassah Olagundoye		AJM	32.75	2
7 Janis Ogundipe		St. Clement	32.76	1
8 Arianne Magbanua		HEB	33.16	2
9 Ummie Sanchez		St. Thomas Mnore	33.41	1
10 Reign Osorio		St Thomas Aquinas	33.81	2
11 Nyaruon George		St. Clement	34.80	2
12 Martha Tasic		HEB	35.55	1
13 Kianna Samons		MFO	35.90	1
14 Andrea Dermanovic		St Thomas Aquinas	38.20	1

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****Girls 400 Metre Dash Junior**

ECS Junior H: # 1:03.37 2011 Gracia Muamba, Joseph Moreau				
Name	Year	Team	Seed	Finals
1 Sydney Shaver		AJM		1:10.92
2 Rachel Snyder		MFO		1:13.73
3 Kaylee Fagan		JJ Bowlen		1:19.18
4 Elyssa Marchuk		St Thomas Aquinas		1:19.88
5 Kihanna Mbanga		HEB		1:20.09
6 Julie Cummings		St. Clement		1:35.22
-- Isis Adeniyi		St. Thomas Mnore		DNS

Girls 800 Metre Run Junior

ECS Junior H: # 2:28.62 2012 Madison Margurz-Stricker, Louis St L				
Name	Year	Team	Seed	Finals
1 Layla Raymond		JJ Bowlen		2:53.96
2 Grace Plamondon		AJM		3:00.73
3 Elizabeth Rodriguez		JJ Bowlen		3:05.40
4 Frial Kuflu		St. Als		3:14.24
5 Elyssa Marchuk		St Thomas Aquinas		3:19.23
6 Aivalyn Heintz		AJM		3:21.29
7 Ella Price		MFO		3:23.03
8 Reign Osorio		St Thomas Aquinas		3:26.75
9 Elisha Salem		St. Clement		3:30.45
10 Jia Galano		HEB		3:38.96
11 Rouzmerri Olaoluva		HEB		3:46.28
12 Illeana Schultz		St. Clement		4:01.34
-- Rachel Snyder		MFO		DNS

Girls 1500 Metre Run Junior

ECS Junior H: # 5:03.42 2012 Madison Marguez-Stricker, Louis St L				
Name	Year	Team	Seed	Finals
1 Layla Raymond		JJ Bowlen		5:50.27
2 Grace Plamondon		AJM		5:59.72
3 Diana Colenic		JJ Bowlen		6:30.89
4 Frial Kuflu		St. Als		6:57.60
5 Ella Price		MFO		7:02.36
6 Maeve Kelly		MFO		7:32.61
7 Rouzmerri Olaoluva		HEB		8:26.89

Girls 4x100 Metre Relay Junior

ECS Junior H: # 53.80 2009 , Father Michael troy				
Team	Year	Team	Seed	Finals
1 JJ Bowlen 'A'				59.17
2 Monsignor Fee Otterson 'A'				1:00.43
1) Lilly Sikora		2) Colleisia Simmonds		
3) Victoria Readman		4) Isla Dackiw		
3 St. Thomas Mnore 'A'				1:00.87
1) Isis Adeniyi		2) Ummie Sanchez		
3) Reese Varghese		4) Hyab Gidey		

2023 ECSD Zone 4 - 2023-05-31

Rollie Miles Athletic Park

Results

....Girls 4x100 Metre Relay Junior

4 Archbishop Joseph MacNeil 'A'		1:01.53
1) Chloe Chu	2) Sydney Shaver	
3) Blanka Koziol	4) Kaylee Allen	
5 Heberiault Junior High 'A'		1:03.46
6 St Thomas Aquinas 'A'		1:05.61
1) Alessia Airhia	2) Elyssa Marchuk	
3) Sayu Tunde-Osayande	4) Reign Osorio	
7 St. Clement 'A'		1:08.18
1) Nyaruon George	2) Mansi Patel	
3) Elisha Salem	4) Lauren Van Tassel	

Girls High Jump Junior

=====												
ECS Junior H: # 1.50m 1979 M DeChamplain, St Francis of Assisi												
Name	Year	Team	Seed	Finals								
=====												
1 Isis Adeniyi		St. Thomas Mnore		1.35m								
1.10 1.14 1.18 1.22 1.26 1.27 1.28 1.29 1.30 1.35 1.37												
0 0 0 0 0 0 0 0 XO 0 0 XXX												
2 Jasen Custodio		St. Als		1.29m								
1.10 1.14 1.18 1.22 1.26 1.27 1.28 1.29 1.30												
0 0 0 0 0 0 0 0 0 XXX												
3 Alessia Airhia		St Thomas Aquinas		1.27m								
1.10 1.14 1.18 1.22 1.26 1.27 1.28												
0 0 XO 0 XXO 0 XXX												
4 Kihanna Mbanga		HEB		1.22m								
1.10 1.14 1.18 1.22 1.26												
0 0 0 0 X												
4 Kaylee Allen		AJM		1.22m								
1.10 1.14 1.18 1.22 1.26												
0 0 0 0 XXX												
6 Nyaruon George		St. Clement		J1.22m								
1.10 1.14 1.18 1.22 1.26												
0 0 XO 0 XXX												
7 Chloe Chu		AJM		J1.22m								
1.10 1.14 1.18 1.22 1.26												
0 XXO 0 0 X												
7 Sayu Tunde-Osayande		St Thomas Aquinas		J1.22m								
1.10 1.14 1.18 1.22 1.26												
0 XXO 0 0 XXX												
9 Layla Raymond		JJ Bowlen		J1.22m								
1.10 1.14 1.18 1.22 1.26												
XO XO 0 XXO XXX												
10 Edna Ruranewa		JJ Bowlen		1.18m								
1.10 1.14 1.18 1.22												
XO XXO XO XXX												
11 Sarah Belous		MFO		1.14m								
1.10 1.14 1.18												
0 0 XXX												
-- Martha Tasic		HEB		NH								
1.10												
XXX												
-- Rachel Snyder		MFO		DNS								

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****Girls Long Jump Junior**

ECS Junior H: # 4.94m 1975							Joanne Orysiuk, St Thomas More	
Name	Year	Team	Seed				Finals	
1 Chloe Chu		AJM					4.06m	
4.02m	4.03m	4.06m	3.23m	3.66m				
2 Diana Colenic		JJ Bowlen					4.03m	
x 4.00m	4.03m	3.69m	3.92m	4.00m				
3 Maja Mikolajczyk		JJ Bowlen					3.84m	
x 3.38m	3.69m	3.21m	3.70m	3.84m				
4 Savannah Cong		St Thomas Aquinas					3.83m	
3.15m	3.77m	3.72m	3.55m	3.65m	3.83m			
5 Maren Steel		HEB					3.76m	
3.61m	3.42m	3.53m	3.70m	3.76m				
6 Ember Abbott		AJM					3.72m	
3.62m	3.59m	3.59m	3.50m	3.62m	3.72m			
7 Kihanna Mbanga		HEB					3.45m	
3.05m	3.45m							
8 Colleisia Simmonds		MFO					3.40m	
3.40m	x							
9 Julie Cummings		St. Clement					3.34m	
3.29m	3.27m	3.34m						
10 Megan Ledesma		St Thomas Aquinas					3.17m	
2.70m	3.00m	3.17m						
11 Ummie Sanchez		St. Thomas Mnore					3.06m	
3.06m								
12 Hyab Gidey		St. Thomas Mnore					3.03m	
3.03m	2.66m	2.96m						
-- Nyaruon George		St. Clement					DNS	
-- Frial Kuflu		St. Als					DNS	
-- Rachel Snyder		MFO					DNS	

Girls Triple Jump Junior

ECS Junior H: # 10.54m 2019							Carmen Chu, Father Michael Troy	
Name	Year	Team	Seed				Finals	
1 Chloe Chu		AJM					9.07m	
7.61m	8.47m	8.26m	8.73m	9.07m	FOUL			
2 Kaylee Fagan		JJ Bowlen					8.75m	
FOUL	7.81m	8.27m	8.75m	8.60m	8.10m			
3 Hanna Dowling		AJM					7.66m	
7.06m	6.97m	7.37m	7.31m	7.66m	FOUL			
4 Melody Kilarski		St Thomas Aquinas					7.37m	
7.33m	6.81m	6.87m	6.74m	7.37m	7.18m			
5 Elizabeth Rodriguez		JJ Bowlen					7.27m	
FOUL	6.79m	7.04m	6.81m	7.27m	FOUL			
6 Talia Chalifoux		HEB					7.13m	
6.48m	6.68m	7.13m	FOUL	6.78m	FOUL			
7 Martha Tasic		HEB					6.95m	
6.36m	6.95m	FOUL						
8 Sarah Belous		MFO					6.94m	
FOUL	FOUL	6.94m						
9 Julie Cummings		St. Clement					6.16m	
6.16m	FOUL	5.70m						

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****....Girls Triple Jump Junior**

10	Leighton Quinn	St. Clement	5.96m
	FOUL 5.96m 4.93m		
11	Rica Ebreo	MFO	5.95m
	5.95m FOUL FOUL		

Girls Shot Put Junior

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ECS Junior H: # 11.46m 2002 Alysia Rissling, St Rose				
Name	Year	Team	Seed	Finals
=====				
1	Hyab Gidey	St. Thomas Mnore		7.96m
	7.96m FOUL 7.49m 7.60m FOUL 7.44m			
2	Naomi Nwabunwanne	HEB		7.46m
	6.60m 6.89m 6.82m 6.99m 7.46m			
3	Lunalorena D'Aleman-Gris	AJM		6.78m
	6.24m 6.62m 6.16m 6.75m 6.78m 6.33m			
4	Melody Kilarski	St Thomas Aquinas	J6	7.78m
	6.13m 6.11m 6.47m 5.15m 6.78m 6.65m			
5	Asha Sowa	AJM		6.76m
	6.32m 6.31m 6.08m 5.42m 6.57m 6.76m			
6	Faith Scott-Corson	St Thomas Aquinas		6.67m
	5.60m 5.50m 6.61m 6.33m 6.67m 5.97m			
7	Eliza Innis	JJ Bowlen		6.20m
	6.06m 6.20m 6.05m			
8	Mickhara Gordon	JJ Bowlen	J6	6.20m
	3.62m 5.81m 6.20m			
9	Leighton Quinn	St. Clement		6.12m
	4.50m 5.00m 6.12m			
10	Diana Kamga	HEB		5.96m
	5.96m 5.46m 5.00m			
11	Kylee Cardinal	St. Thomas Mnore		5.63m
	4.92m 5.12m 5.63m			
12	Mansi Patel	St. Clement		5.31m
	4.62m 4.87m 5.31m			
--	Colleisia Simmonds	MFO		DNS
--	Delaney Socha	MFO		DNS

Girls Javelin Throw Junior

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ECS Junior H: # 26.11m 2018 Madison Maximo, JJ Bowlen				
Name	Year	Team	Seed	Finals
=====				
1	Megan Ledesma	St Thomas Aquinas		16.43m
	15.55m 12.88m 13.78m 13.77m 12.01m 16.43m			
2	Francesca Sobrepena	MFO		15.68m
	15.68m 12.18m 10.98m 13.23m FOUL 13.79m			
3	Ember Abbott	AJM		14.72m
	11.98m 11.87m 13.94m 10.46m 14.72m 13.31m			
4	Angelina Benny	St. Clement		14.60m
	7.87m 14.60m FOUL 8.72m 9.23m 8.21m			
5	Delaney Socha	MFO		14.58m
	FOUL 12.29m 14.58m 13.10m 14.32m 14.14m			
6	Raia Mielke	AJM		13.88m
	11.65m 13.88m 13.05m 13.33m 11.82m 13.81m			

2023 ECSD Zone 4 - 2023-05-31

Rollie Miles Athletic Park

Results

....Girls Javelin Throw Junior

7	Charlotte Redmond	JJ Bowlen	12.60m
	8.42m 12.60m FOUL		
8	Talia Chalifoux	HEB	12.20m
	12.20m 11.91m 12.10m		
9	Alessia Airhia	St Thomas Aquinas	12.06m
	11.22m 12.06m FOUL		
10	Sophia Holmes	St. Thomas Mnore	11.23m
	10.16m 11.23m FOUL		
11	Kylee Cardinal	St. Thomas Mnore	10.65m
	10.65m 7.92m 8.53m		
12	Julie Cummings	St. Clement	10.60m
	10.60m 9.63m		
13	Ehiowoicho Obirikwu	HEB	8.42m
	FOUL 7.87m 8.42m		
--	Alexa Yakochuk	JJ Bowlen	DNS

Girls 100 Metre Dash Intermediate

8 Advance: Top 2 Each Heat plus Next 4 Best Times

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ECS Junior H: # 12.34 2014 Andrea Jokic, St. Elizabeth Seton

Name	Year	Team	Seed	Prelims	H#
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Preliminaries

1	Sophie Quaschnick	St. Thomas Mnore	13.98Q	2
2	Olivia Mandrusiak	JJ Bowlen	14.09Q	1
3	Lauren Emesiobi	MFO	14.10Q	1
4	Edee Porter	AJM	14.43Q	2
5	Misan Irabor	St Thomas Aquinas	14.53q	2
6	Ardyst Nguyen	AJM	14.71q	1
7	Melissa Zang	St Thomas Aquinas	14.76q	1
8	Emma Knull	MFO	14.82q	2
9	Aria Velenosi	St. Thomas Mnore	14.96	1
10	Alina Neamtu	HEB	15.06	1
11	Venus Zlhan	JJ Bowlen	15.14	2
12	Emma Mellroy	HEB	15.34	2
13	Jerolyn Hemerling	St. Clement	16.29	2
14	Mareli Alvarez Soto	St. Clement	16.51	1

Girls 100 Metre Dash Intermediate

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ECS Junior H: # 12.34 2014 Andrea Jokic, St. Elizabeth Seton

Name	Year	Team	Prelims	Finals
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Finals

1	Olivia Mandrusiak	JJ Bowlen	14.09	13.98
2	Sophie Quaschnick	St. Thomas Mnore	13.98	14.10
3	Lauren Emesiobi	MFO	14.10	14.13
4	Edee Porter	AJM	14.43	14.34
5	Ardyst Nguyen	AJM	14.71	14.51
6	Misan Irabor	St Thomas Aquinas	14.53	14.61
7	Emma Knull	MFO	14.82	14.75
8	Melissa Zang	St Thomas Aquinas	14.76	15.00

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****Girls 200 Metre Dash Intermediate**

ECS Junior H: # 26.14 2010		Chantelle Suito, Father Michael Troy		
Name	Year	Team	Seed	Finals H#
1	Olivia Mandrusiak	JJ Bowlen		29.08 1
2	Brooke Lazaruk	AJM		29.35 2
3	Lauren Emesiobi	MFO		29.95 1
4	Shalom Annor	MFO		30.46 2
5	Ardyst Nguyen	AJM		30.58 1
6	Teyah Gray	St. Thomas Mnore		30.99 2
7	Melissa Zang	St Thomas Aquinas		31.43 1
8	Kayleigh Cui	St Thomas Aquinas		32.06 2
9	Kinsley Peacock	St. Thomas Mnore		32.13 1
10	Michelle Abu	JJ Bowlen		32.64 2
11	Alina Neamtu	HEB		32.69 1
12	Adeel Mansour	St. Clement		39.17 1
13	Peyton Templer	St. Clement		40.29 2
--	Mia Yabar	AJM		SCR

Girls 400 Metre Dash Intermediate

ECS Junior H: # 1:00.85 1997		Jennifer Kemp, Louis St Laurent		
Name	Year	Team	Seed	Finals
1	Brooke Lazaruk	AJM		1:08.27
2	Emma Mellroy	HEB		1:13.98
3	Kinsley Peacock	St. Thomas Mnore		1:14.96
4	Michelle Abu	JJ Bowlen		1:17.79
5	Kayleigh Cui	St Thomas Aquinas		1:18.73
6	Nevaeh Popo	MFO		1:18.79
7	Laila Amir	St. Als		1:25.29
8	Tayen Jackson	St. Clement		1:28.60

Girls 800 Metre Run Intermediate

ECS Junior H: # 2:23.10 1997		Jennifer Kemp, Louis St Laurent		
Name	Year	Team	Seed	Finals
1	Brooke Lazaruk	AJM		2:42.14
2	Sophie Quaschnick	St. Thomas Mnore		2:50.07
3	Kayleigh Cui	St Thomas Aquinas		3:19.36
4	Chenneya Palazon	St Thomas Aquinas		3:41.03
5	May-Bell Paw	St. Als		3:59.96
--	Carys McGlade	AJM		DNS
--	Gabriella Acello	HEB		DNS

Girls 1500 Metre Run Intermediate

ECS Junior H: # 5:06.09 2005		Taylor Patterson, Louis St Laurent		
Name	Year	Team	Seed	Finals
1	Madison Stark	St. Thomas Mnore		5:53.25
2	Emma Mellroy	HEB		6:43.72
3	Renee Delonga	St Thomas Aquinas		6:55.49
4	Madeline Agnew	AJM		7:02.75
5	Lauryn Ireland	AJM		7:09.72

2023 ECSD Zone 4 - 2023-05-31

Rollie Miles Athletic Park

Results

....Girls 1500 Metre Run Intermediate

6 Akuc Chol	HEB	7:39.84
7 Alina Cong	St Thomas Aquinas	8:00.35

Girls 4x100 Metre Relay Intermediate

ECS Junior H: # 52.80 1978		, St Cecilia		Seed	Finals
Team					
1 St. Thomas Mmore 'A'					58.27
1) Sophie Quaschnick		2) Teyah Gray			
3) Kinsley Peacock		4) Aria Velenosi			
2 Archbishop Joseph MacNeil 'A'					58.79
1) Ardyst Nguyen		2) Edee Porter			
3) Mia Yabar		4) Audrey Whitman			
3 Monsignor Fee Otterson 'A'					59.22
1) Lauren Emesiobi		2) Emma Knull			
3) Catlynh Hoang		4) Nevaeh Popo			
4 JJ Bowlen 'A'					59.91
5 Heberiault Junior High 'A'					1:01.39
6 St Thomas Aquinas 'A'					1:02.72
1) Kayleigh Cui		2) Misan Irabor			
3) Eleni Tsagalas		4) Renee Delonga			
7 St. Clement 'A'					1:07.84
1) Mary Natividad		2) Peyton Templer			
3) Juliana Rosero Toscano		4) Jerolyn Hemerling			

Girls High Jump Intermediate

ECS Junior H: # 1.58m 1980		Jane Plaxton, JH Picard		Seed	Finals
Name	Year	Team			
1 Alina Neamtu		HEB			1.36m
1.15 1.17 1.19 1.21 1.23 1.25 1.27 1.29 1.31 1.33 1.36					
O P O O O XO O XO XO XXO O					
2 Brooke Lazaruk		AJM			1.33m
1.15 1.17 1.19 1.21 1.23 1.25 1.27 1.29 1.31 1.33 1.36					
O P P O XO O O O XXO XO XXX					
3 Teyah Gray		St. Thomas Mmore			1.25m
1.15 1.17 1.19 1.21 1.23 1.25 1.27					
O XO O XXO XO O XXX					
4 Emma Knull		MFO			J1.25m
1.15 1.17 1.19 1.21 1.23 1.25 1.27					
O O O XO XO XXO XXX					
5 Misan Irabor		St Thomas Aquinas			1.23m
1.15 1.17 1.19 1.21 1.23 1.25					
O O O XXO XO XXX					
6 Yar Gong-Majok		HEB			1.19m
1.15 1.17 1.19 1.21					
XXO O O XXX					
7 Ardyst Nguyen		AJM			J1.19m
1.15 1.17 1.19 1.21					
O P XO XXX					
8 Juliana Rosero Toscano		St. Clement			1.17m
1.15 1.17 1.19					
O O XXX					

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****....Girls High Jump Intermediate**

9	Renee Delonga	St Thomas Aquinas	1.15m
	1.15 1.17		
	XO XXX		
--	Isabella Gomez	JJ Bowlen	NH
	1.15		
	XXX		
--	Tayen Jackson	St. Clement	NH
	1.15		
	XXX		
--	Lily Hanel	MFO	DNS

Girls Long Jump Intermediate

=====						
ECS Junior H: # 5.30m 2018 Joy Vela, St Nicholas						
Name	Year	Team	Seed	Finals		
=====						
1	Olivia Mandrusiak	JJ Bowlen		4.30m		
	3.98m 4.15m	4.30m				
2	Emma Mellroy	HEB		4.20m		
	3.51m 3.08m 3.82m	3.60m 3.80m 4.20m				
3	Venus Zlhan	JJ Bowlen		4.15m		
	3.72m 3.72m 3.80m	4.15m 4.05m 3.72m				
4	Lauren Emesiobi	MFO		4.10m		
	3.80m 3.55m	4.10m 3.87m 3.04m				
5	Kaya Bochinski	AJM		4.00m		
	3.70m 3.65m 3.80m	3.85m 4.00m 3.87m				
6	Melissa Zang	St Thomas Aquinas		3.95m		
	3.00m 3.45m 3.05m	3.95m 3.74m 3.38m				
7	Danika Kundert	St. Thomas Mnore		3.63m		
	3.52m 3.63m					
8	Renee Delonga	St Thomas Aquinas		3.60m		
	3.47m 3.22m 3.60m					
9	Olivia Abhilash	HEB		3.56m		
	3.20m 3.56m 3.21m					
10	Carys McGlade	AJM		3.30m		
	2.80m 3.30m					
11	Letiicia Ferreira	MFO		3.26m		
	3.26m					
12	Leanne Ramos	St. Clement		3.16m		
	3.16m 2.70m					
--	Jerolyn Hemerling	St. Clement		DNS		

Girls Triple Jump Intermediate

=====						
ECS Junior H: # 10.86m 2018 Madelyn Valpy, St Brendan						
Name	Year	Team	Seed	Finals		
=====						
1	Olivia Mandrusiak	JJ Bowlen		9.78m		
	FOUL 9.78m 9.68m	9.70m 9.70m 9.71m				
2	Michelle Abu	JJ Bowlen		8.98m		
	8.29m 8.01m 8.98m	8.54m 8.92m 8.18m				
3	Renee Delonga	St Thomas Aquinas		8.67m		
	7.90m 8.01m 8.24m	8.37m 8.67m 8.65m				
4	Misan Irabor	St Thomas Aquinas		8.38m		
	FOUL 7.98m 8.38m	FOUL FOUL FOUL				

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****....Girls Triple Jump Intermediate**

5	Sophie Quaschnick	St. Thomas Mnore	8.27m
	7.56m 7.89m 8.27m 8.16m 8.17m 8.12m		
6	Teyah Gray	St. Thomas Mnore	8.12m
	7.93m 8.06m 8.12m 8.11m FOUL 7.87m		
7	Catlynh Hoang	MFO	7.76m
	6.14m FOUL 7.76m		
8	Tenley Solberg	AJM	7.55m
	7.40m 7.55m 6.98m		
9	Luisa Tolentino Marques	AJM	6.98m
	6.69m 6.11m 6.98m		
10	Maria Agawin	MFO	6.96m
	FOUL 6.96m FOUL		
11	Olivia Abhilash	HEB	6.92m
	6.69m 5.22m 6.92m		
12	Michelle Barra Rodriguez	HEB	6.75m
	FOUL 6.75m 6.11m		
13	Peyton Templer	St. Clement	5.94m
	5.93m 5.94m FOUL		
--	Mary Natividad	St. Clement	FOUL
	FOUL FOUL FOUL		

Girls Shot Put Intermediate

=====						
ECS Junior H: # 12.28m 1989			Maria Gouveia, JJ Bowlen			
Name	Year	Team	Seed	Finals		
=====						
1	Venus Zlhan	JJ Bowlen		9.41m		
	8.37m 8.65m 9.12m 8.07m 9.41m 8.77m					
2	Kinsley Peacock	St. Thomas Mnore		9.00m		
	8.14m 8.22m 8.66m 8.70m 8.79m 9.00m					
3	Obiamaka Okechukwu	HEB		8.89m		
	7.39m 7.51m 8.89m 8.57m 8.46m 8.89m					
4	Nyanaath Chuol	St. Clement		8.65m		
	7.66m 8.12m 8.65m 8.14m 7.60m 7.94m					
5	Aria Velenosi	St. Thomas Mnore		8.31m		
	8.31m 8.10m 7.84m 8.06m 7.77m 8.20m					
6	Lorelai Snodgrass	MFO		8.29m		
	7.76m 8.27m 7.67m 7.56m 7.95m 8.29m					
7	Makayla Dingman Njowusi	AJM		7.75m		
	7.75m 7.23m 7.45m					
8	Danielle Pellerin	MFO		7.14m		
	7.14m 6.94m 7.04m					
9	Emily Amador	St Thomas Aquinas		7.12m		
	FOUL 7.12m 6.73m					
10	Tayla Porter	AJM		7.05m		
	7.00m 7.03m 7.05m					
11	Eleni Tsagalas	St Thomas Aquinas		7.03m		
	7.03m 6.58m 6.73m					
12	Oduware Osagie	HEB		6.99m		
	6.45m 6.47m 6.99m					
13	Sofia Militante	St. Clement		6.31m		
	6.31m 6.28m 5.97m					

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****Girls Javelin Throw Intermediate**

ECS Junior H: # 27.19m 2017 Chyler Figueroa, St Mark						
Name	Year	Team	Seed	Finals		
1 Yar Gong-Majok		HEB		21.09m		
14.92m 19.51m FOUL	FOUL	FOUL	21.09m			
2 Janessa Peralta		AJM		20.94m		
FOUL 20.94m 18.76m	FOUL	15.48m	19.53m			
3 Danielle Pellerin		MFO		20.00m		
15.37m 8.26m 16.43m	20.00m	18.08m	16.08m			
4 Osayamen Eguagie		HEB		19.31m		
12.58m 15.83m 12.91m	19.31m	11.42m	12.17m			
5 Bassant Abdelmelek		St Thomas Aquinas		18.73m		
17.67m 17.42m 18.73m	15.54m	FOUL	13.45m			
6 Lily Santos		JJ Bowlen		14.75m		
FOUL 13.24m 14.75m	14.63m	12.24m	FOUL			
7 Kaya Bochinski		AJM		13.94m		
13.23m 13.94m 13.22m						
8 Leanne Ramos		St. Clement		13.93m		
13.93m 12.44m FOUL						
9 Teyah Gray		St. Thomas Mnore		12.76m		
FOUL 10.74m 12.76m						
10 Sofia Militante		St. Clement		12.67m		
FOUL 12.67m FOUL						
11 Alina Cong		St Thomas Aquinas		12.64m		
12.64m 12.38m FOUL						
12 Aliyana Gonzales		St. Thomas Mnore		10.88m		
10.88m FOUL FOUL						
13 Chelsea Zidzou		JJ Bowlen		9.45m		
FOUL 9.45m FOUL						
-- Lauren Emesiobi		MFO		DNS		

Girls 100 Metre Dash Senior**8 Advance: Top 2 Each Heat plus Next 4 Best Times**

ECS Junior H: # 12.08 2013 Gracia Muamba, Joseph Moreau						
Name	Year	Team	Seed	Prelims	H#	
Preliminaries						
1 Rhiannah Davis		St. Thomas Mnore		13.49Q	1	
2 Neila Burgess-Murray		St. Thomas Mnore		13.92Q	2	
3 Tife Ayeni		St Thomas Aquinas		13.67Q	1	
4 Sadie Owusu		JJ Bowlen		14.64Q	2	
5 Mikenna Sledz		JJ Bowlen		14.76q	1	
6 Jamie-Lynn Tyce		HEB		14.81q	1	
7 Janelle Bulaklak		MFO		14.89q	1	
8 Javene Sangalla		MFO		14.95q	2	
9 Ashlyn Gallop		HEB		15.00	2	
10 Anna German		AJM		15.40	1	
11 Raegan Toye		AJM		15.42	2	
12 Eisha Castillo		St Thomas Aquinas		15.95	2	
13 Aaliyah Joven-Weers		St. Als		16.08	2	
14 Paollyn Esguerra		St. Clement		16.94	1	

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****Girls 100 Metre Dash Senior**

ECS Junior H: # 12.08 2013 Gracia Muamba, Joseph Moreau				
Name	Year	Team	Prelims	Finals
Finals				
1 Rhiannah Davis		St. Thomas Mmore	13.49	13.36
2 Tife Ayeni		St Thomas Aquinas	13.67	13.76
3 Neila Burgess-Murray		St. Thomas Mmore	13.92	14.18
4 Jamie-Lynn Tyce		HEB	14.81	14.48
5 Sadie Owusu		JJ Bowlen	14.64	14.73
6 Mikenna Sledz		JJ Bowlen	14.76	14.78
7 Janelle Bulaklak		MFO	14.89	14.89
8 Javene Sangalla		MFO	14.95	14.91

Girls 200 Metre Dash Senior

ECS Junior H: # 25.85 2002 Ashley Patterson, Louis St Laurent					
Name	Year	Team	Seed	Finals	H#
1 Tife Ayeni		St Thomas Aquinas		28.68	2
2 Sadie Owusu		JJ Bowlen		31.10	2
3 Anna Nesterchuk		St Thomas Aquinas		31.30	1
4 Emma Garcia		JJ Bowlen		31.31	1
5 Ella Blinston		MFO		31.34	1
6 Raegan Toye		AJM		31.74	2
7 Javene Sangalla		MFO		31.84	2
8 Anna German		AJM		32.22	1
9 Hazel Chidakwa		HEB		32.77	1
10 Katie Buchanan		St. Thomas Mmore		32.80	1
11 Chloe Lane		St. Clement		34.04	2
-- Presley Houseworth		St. Thomas Mmore		DNS	2
-- Ester Olaoluva		HEB		DNS	2

Girls 400 Metre Dash Senior

ECS Junior H: # 1:00.60 2002 Ashley Patterson, Louis St Laurent				
Name	Year	Team	Seed	Finals
1 Alexandra Osam		St Thomas Aquinas		1:10.78
2 Ashlyn Gallop		HEB		1:12.61
3 Sophia Proano		St. Thomas Mmore		1:19.58
4 Heather Lim		AJM		1:20.02
5 Dora Sesay		St. Als		1:40.31
6 Matilda Amoah		MFO		2:16.25
-- Presley Houseworth		St. Thomas Mmore		DNS
-- Katie Russell		JJ Bowlen		DNS

Girls 800 Metre Run Senior

ECS Junior H: # 2:20.53 1998 Jennifer Kemp, Louis St Laurent				
Name	Year	Team	Seed	Finals
1 Mary MacLean		AJM		2:39.55
2 Alexandra Osam		St Thomas Aquinas		2:54.90
3 Emily Morgantini		AJM		2:55.16
4 Savannah Mills		MFO		2:56.51

2023 ECSD Zone 4 - 2023-05-31

Rollie Miles Athletic Park

Results

....Girls 800 Metre Run Senior

5	Melina Medina	St Thomas Aquinas	3:03.47
6	Annalie Low	St. Clement	3:29.24
7	Allana Caudilla	St. Als	3:37.26
--	Dorothy Lim	HEB	DNS
--	Denielle Malasador	HEB	DNS
--	Valerie Orok	MFO	DNS

Girls 1500 Metre Run Senior

=====

ECS Junior H: # 4:59.83 2011 Hannah Leggatt, HE Beriault

Name	Year	Team	Seed	Finals
1	Mary MacLean	AJM		5:18.68
2	Jorja Eschak	AJM		6:25.35
3	Melina Medina	St Thomas Aquinas		6:25.96
4	Taylor Maimann	St Thomas Aquinas		6:38.12
5	Allana Caudilla	St. Als		7:26.82
6	Ashlyn Gallop	HEB		7:45.92
7	Kate Berube	HEB		9:27.04
--	Holly Pankovich	MFO		DNS

=====

Girls 4x100 Metre Relay Senior

=====

ECS Junior H: # 51.71 2008 , St Rose

Team	Seed	Finals
1 St. Thomas Mnores 'A'		57.64
1) Rhiannah Davis	2) Neila Burgess-Murray	
3) Sophia Proano	4) Katie Buchanan	
2 JJ Bowlen 'A'		58.30
3 St Thomas Aquinas 'A'		58.78
1) Tife Ayeni	2) Alexandra Osam	
3) Eisha Castillo	4) Melissa Zang	
4 Monsignor Fee Otterson 'A'		1:00.59
1) Javene Sangalla	2) Janelle Bulaklak	
3) Ella Blinston	4) Alessia Noce	
5 Archbishop Joseph MacNeil 'A'		1:00.85
1) Anna German	2) Raegan Toye	
3) Reese Prefontaine	4) Christy Chaaya	
6 Heberiault Junior High 'A'		1:03.00
7 St. Clement 'A'		1:07.00
1) Ashel Barac	2) Jaslyn Espiritu	
3) Annalie Low	4) Paollyn Esguerra	

Girls High Jump Senior

=====

ECS Junior H: # 1.58m 1977 R Godlowski, St Cecilia

Name	Year	Team	Seed	Finals
1	Neila Burgess-Murray	St. Thomas Mnores		1.36m
	1.15 1.16 1.17 1.18 1.19 1.20 1.24 1.28 1.32 1.36 1.40			
	P P P P P O O O O O XXX			
2	Rhiannah Davis	St. Thomas Mnores		J1.36m
	1.15 1.16 1.17 1.18 1.19 1.20 1.24 1.28 1.32 1.36 1.40			
	P P P P P XO O O XXO O XXX			

2023 ECSD Zone 4 - 2023-05-31

Rollie Miles Athletic Park

Results

....Girls High Jump Senior

3	Anna German	AJM									1.32m
	1.15 1.16 1.17 1.18 1.19 1.20 1.24 1.28 1.32 1.36										
	P P P P P O XXO XXO XXO XXX										
4	Keanne Abella	HEB									1.18m
	1.15 1.16 1.17 1.18 1.19										
	XXO O XXO XO XXX										
5	Sarah Luyeye Bwati	AJM									1.16m
	1.15 1.16 1.17										
	XO XXO XXX										
6	Taylor Maimann	St Thomas Aquinas									1.15m
	1.15 1.16										
	O XXX										
--	Erika Ulcar	JJ Bowlen									NH
	1.15										
	XXX										
--	Rian Andrade	JJ Bowlen									NH
	1.15										
	XXX										
--	Henesey Aguda	St Thomas Aquinas									NH
	1.15										
	XXX										
--	Aaliyah Joven-Weers	St. Als									DNS

Girls Long Jump Senior

=====												
ECS Junior H: # 5.40m 2019 Joy Vela, St. Nicholas												
	Name	Year	Team	Seed								Finals
=====												
1	Neila Burgess-Murray		St. Thomas Mnore									5.00m
	4.80m 4.92m 4.88m		5.00m									
2	Rhiannah Davis		St. Thomas Mnore									4.63m
	4.33m 4.45m 4.63m 4.63m 3.91m 4.12m											
3	Mikenna Sledz		JJ Bowlen									4.40m
	4.30m 4.15m 4.40m 4.10m 4.12m											
4	Ann Napusi		St. Als									J4.40m
	3.38m 4.40m 3.67m											
5	Alexandra Osam		St Thomas Aquinas									4.34m
	4.25m 4.18m 4.10m 4.30m 4.34m											
6	Taran Nagpal		JJ Bowlen									4.21m
	3.95m 4.21m 3.63m 3.70m											
7	Ella Blinston		MFO									4.02m
	3.92m 4.02m 3.73m											
8	Lillian Huff		AJM									4.00m
	3.65m 3.61m 4.00m											
9	Charlee Kenyon		St. Clement									3.95m
	3.60m 3.95m											
10	Charlotte Ortiz		MFO									3.73m
	3.62m 3.65m 3.73m											
11	Pamela Anusiem		AJM									3.70m
	3.55m 3.05m 3.70m											
12	Anna Nesterchuk		St Thomas Aquinas									3.65m
	3.57m 3.65m											
13	Ava Wilcox		HEB									3.32m
	3.32m											

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****....Girls Long Jump Senior**

14 Savannah Warry	St. Clement	3.10m
2.92m 3.10m		
-- Ester Olaoluva	HEB	DNS
-- Emma Garcia	JJ Bowlen	SCR

Girls Triple Jump Senior

=====						
ECS Junior H: # 10.99m		2018	Mateya Berezowsky, St Rose			
Name	Year	Team	Seed	Finals		
=====						
1 Neila Burgess-Murray		St. Thomas Mnore		10.34m		
9.81m 9.13m 9.80m	9.81m	10.29m 10.34m				
2 Rhiannah Davis		St. Thomas Mnore		9.84m		
8.63m 8.67m 9.41m	9.43m	9.84m 9.61m				
3 Alexandra Osam		St Thomas Aquinas		8.57m		
7.52m 8.23m 8.24m	8.57m	8.26m 7.66m				
4 Ella Blinston		MFO		8.56m		
8.50m 7.73m 8.56m	FOUL	7.53m 7.71m				
5 Taran Nagpal		JJ Bowlen		8.41m		
8.41m 8.18m 8.30m	FOUL	7.98m 8.14m				
6 Abigail Blum		St Thomas Aquinas		8.27m		
8.18m 7.34m FOUL	8.03m	8.27m FOUL				
7 Jorja Eschak		AJM		7.68m		
7.43m 7.68m 7.23m						
8 Katie Russell		JJ Bowlen		7.52m		
7.52m 6.86m 6.40m						
9 Keanne Abella		HEB		7.17m		
6.79m 7.17m 6.91m						
10 Christy Chaaya		AJM		6.73m		
6.73m FOUL 6.39m						
11 Savannah Warry		St. Clement		5.95m		
FOUL FOUL 5.95m						
12 Jannila Rebuta		St. Clement		5.14m		
5.14m FOUL 5.14m						
-- Olivia Kreziewicz		HEB		DNS		
-- Ann Napusi		St. Als		DNS		

Girls Shot Put Senior

=====						
ECS Junior H: # 12.42m		1997	Mandy Squire, Sir John Thompson			
Name	Year	Team	Seed	Finals		
=====						
1 Sadie Owusu		JJ Bowlen		10.17m		
10.06m 9.77m 1.00m	9.31m	9.82m 10.17m				
2 Keenah Johnstone		JJ Bowlen		9.08m		
7.58m 7.63m 7.81m	8.21m	8.29m 9.08m				
3 Margaux Gapay		St. Thomas Mnore		8.67m		
7.23m 7.83m 7.69m	7.67m	8.00m 8.67m				
4 Grace Okoye		HEB		8.33m		
7.82m 7.62m 8.07m	7.60m	8.33m 7.85m				
5 Anna Nesterchuk		St Thomas Aquinas		8.07m		
7.55m 8.07m 7.83m						
6 Keira Providence		St. Clement		8.00m		
FOUL 7.80m FOUL	7.25m	8.00m 7.95m				

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****....Girls Shot Put Senior**

7	Lena Loomer	St. Thomas Mnore	7.66m
	7.05m 6.70m 7.66m		
8	Mischa Haubrich	St Thomas Aquinas	7.00m
	6.82m 6.80m 7.00m		
9	Ava Wilcox	HEB	6.89m
	6.46m 6.89m 6.28m		
10	Andie Andersson	AJM	6.86m
	6.61m 6.81m 6.86m		
11	Ashel Barac	St. Clement	6.65m
	6.19m 6.65m 6.00m		
12	Keisha Mukasa	St. Als	6.56m
	5.56m 6.56m 6.44m		
13	Misha Pan	AJM	6.55m
	6.34m 5.79m 6.55m		
14	Holly Pankovich	MFO	6.13m
	6.06m 5.68m 6.13m		
15	Marina Shenouda	MFO	5.39m
	4.92m 4.79m 5.39m		
--	Aaliyah Joven-Weers	St. Als	DNS
--	Denielle Malasador	HEB	SCR

Girls Javelin Throw Senior

ECS Junior H: # 27.95m 2016 Hailey Hossinger, Cardinal Leger									
Name	Year	Team	Seed	Finals					
1	Margaux Gapay	St. Thomas Mnore		28.47m#					
	FOUL 21.30m 28.47m 9.31m 21.25m 21.70m								
2	Annalie Low	St. Clement		19.85m					
	FOUL 8.98m 19.34m 16.34m 19.85m 16.32m								
3	Lena Loomer	St. Thomas Mnore		19.22m					
	3.74m 6.85m 19.22m 18.48m 18.40m 19.02m								
4	Elizabet Tokar	MFO		18.82m					
	18.48m 16.59m 16.56m 17.82m 15.10m 18.82m								
5	Alexandra Lamorena	AJM		18.26m					
	18.26m 15.47m 12.04m								
6	Aaliyah Joven-Weers	St. Als		17.96m					
	15.68m 17.96m 16.76m 15.62m 15.60m 15.78m								
7	Erika Ulcar	JJ Bowlen		17.13m					
	17.13m 15.02m 13.87m 15.72m 14.05m 10.90m								
8	Eisha Castillo	St Thomas Aquinas		16.60m					
	14.58m 16.60m 15.52m								
9	Sarah Robson	AJM		15.77m					
	15.77m 14.49m 10.02m								
10	Ann Napusi	St. Als		15.66m					
	FOUL 15.66m 14.48m								
11	Jaslyn Espiritu	St. Clement		15.42m					
	12.35m 13.16m 15.42m								
12	Renielle Rejuso	HEB		15.32m					
	15.32m 13.48m 12.02m								
13	Mischa Haubrich	St Thomas Aquinas		14.76m					
	14.76m 13.75m 11.25m								
14	Rian Andrade	JJ Bowlen		14.67m					
	14.10m 14.54m 14.67m								

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****....Girls Javelin Throw Senior**

15	Karys Jones	MFO	14.17m
	FOUL 14.17m 11.73m		
16	Jamie-Lynn Tyce	HEB	12.56m
	9.75m 12.56m FOUL		

Boys 100 Metre Dash Junior**8 Advance: Top 2 Each Heat plus Next 4 Best Times**

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ECS Junior H: # 11.63 2007 Michael King McKenzie, Sir John Thompson

Name	Year	Team	Seed	Prelims	H#
------	------	------	------	---------	----

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Preliminaries

1	Ryan Thomas	MFO	13.61Q	2
2	Edozie Nzewi	AJM	13.65Q	1
3	Olawande Babalola	HEB	13.81Q	2
4	Bentley Hart	MFO	14.03Q	1
5	Thomas Nguyen	St Thomas Aquinas	14.18q	1
6	Dashawn Davies	JJ Bowlen	14.26q	1
7	Brady Forest	St. Thomas Mnore	14.28q	2
8	Jeremy Dean	JJ Bowlen	14.33q	2
9	Caden Saban	AJM	14.34	2
10	Chigozirim Iwuchukwu	HEB	14.46	1
11	Henrik Alexander-Ward	St. Thomas Mnore	14.60	1
12	Elijah Saluta	St. Clement	15.54	2
13	Holy Irahoza	St. Clement	15.76	1
--	Samuel Ngandjiu	St Thomas Aquinas	DQ	2

Boys 100 Metre Dash Junior

=====

ECS Junior H: # 11.63 2007 Michael King McKenzie, Sir John Thomps

Name	Year	Team	Prelims	Finals
------	------	------	---------	--------

=====

Finals

1	Olawande Babalola	HEB	13.81	12.88
2	Ryan Thomas	MFO	13.61	13.26
3	Edozie Nzewi	AJM	13.65	13.37
4	Thomas Nguyen	St Thomas Aquinas	14.18	13.91
5	Bentley Hart	MFO	14.03	13.98
6	Dashawn Davies	JJ Bowlen	14.26	14.22
7	Brady Forest	St. Thomas Mnore	14.28	14.32
--	Jeremy Dean	JJ Bowlen	14.33	DQ

Boys 200 Metre Dash Junior

=====

ECS Junior H: # 24.49 2008 Emmanuel Nuski, Maurice Lavalee

Name	Year	Team	Seed	Finals	H#
------	------	------	------	--------	----

=====

1	Olawande Babalola	HEB	26.24	1
2	Jeremy Dean	JJ Bowlen	27.78	1
3	Ryan Thomas	MFO	28.56	2
4	Dashawn Davies	JJ Bowlen	28.64	2
5	Ellison Bantola	HEB	28.86	2
6	Brady Forest	St. Thomas Mnore	29.28	2
7	Caden Saban	AJM	29.33	2
8	Jace MacDougall	AJM	29.92	1

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****....Boys 200 Metre Dash Junior**

9	Luka Samu	St. Thomas Mnore	30.08	1
10	Nicholas Mansi	MFO	30.92	1
11	Holy Irahoza	St. Clement	32.62	1
12	Martin Stojanovski	St Thomas Aquinas	32.98	1
13	Higgins Higgwe	St. Clement	33.50	2
14	Nathan Ngandjiu	St Thomas Aquinas	33.82	2

Boys 400 Metre Dash Junior

=====				
ECS Junior H: # 55.81		1990	John Corpuz, Holy Family	
Name	Year	Team	Seed	Finals
=====				
1	Olawande Babalola	HEB		1:05.07
2	Josh Prasad	JJ Bowlen		1:06.42
3	Luka Samu	St. Thomas Mnore		1:07.60
4	Joel Ngandu	St. Thomas Mnore		1:11.45
5	Sawyer Holmes	AJM		1:15.50
6	Daniel Ceko	St Thomas Aquinas		1:22.31
7	Benjamin Morimbori Casti	MFO		1:35.69
--	Holy Irahoza	St. Clement		DNS

Boys 800 Metre Run Junior

=====				
ECS Junior H: # 2:15.00		1981	Ray Deane, St. Cecilia	
Name	Year	Team	Seed	Finals
=====				
1	Luka Samu	St. Thomas Mnore		2:38.86
2	Carson Murray	JJ Bowlen		2:42.74
3	Hayden Creran	St. Thomas Mnore		2:44.32
4	Daniel Pinedo	AJM		2:50.96
5	Izuagbe Idode	MFO		2:56.98
6	Cash Tynan	JJ Bowlen		2:59.95
7	Maksym Korchevych	HEB		3:09.74
8	Vladyslav Shuprovych	HEB		3:14.47
9	Lukas Crowley	MFO		3:20.96
10	Atem Barac	St. Clement		3:21.20
11	Daniel Ceko	St Thomas Aquinas		3:30.77
12	Nathan Ngandjiu	St Thomas Aquinas		3:46.57
--	Yurii Kuzniak	St Thomas Aquinas		SCR

Boys 1500 Metre Run Junior

=====				
ECS Junior H: # 4:46.40		1982	Ray Deane, St Cecilia	
Name	Year	Team	Seed	Finals
=====				
1	Olawande Babalola	HEB		5:15.50
2	Cristiano Lucyschyn	JJ Bowlen		5:17.37
3	Danny Davies	HEB		5:33.85
4	Jordan Hogan	St. Thomas Mnore		5:33.87
5	Carson Murray	JJ Bowlen		5:50.76
6	Benjamin Morimbori Casti	MFO		6:19.48
7	Mykhailo Shulha	AJM		6:30.85
8	Majd Alkhtyar	AJM		6:44.14
--	Lukas Crowley	MFO		DNF
--	Boston Smashnyk	St. Thomas Mnore		DNS

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Rollie Miles Athletic Park

Results

....Boys 1500 Metre Run Junior

-- Henrik Alexander-Ward St. Thomas Mmore SCR

Boys 4x100 Metre Relay Junior

ECS Junior H: # 50.64 2018		, St Nicholas		Seed	Finals
Team					
1 JJ Bowlen 'A'					55.42
2 Monsignor Fee Otterson 'A'					56.36
1) Bentley Hart		2) Ryan Thomas			
3) Izuagbe Idode		4) Hudson Bondy			
3 Heberiault Junior High 'A'					57.77
4 St. Thomas Mmore 'A'					57.98
1) Henrik Alexander-Ward		2) Brady Forest			
3) Luka Samu		4) Joel Ngandu			
5 Archbishop Joseph MacNeil 'A'					58.10
1) Edozie Nzewi		2) Caden Saban			
3) Rayven Guzman		4) Jack Piprek			
6 St Thomas Aquinas 'A'					1:01.52
1) Nathan Ngandjiu		2) Thomas Nguyen			
3) Stanley Ropchan		4) Martin Stojanovski			
7 St. Clement 'A'					1:02.12
1) Holy Irahoza		2) Higgins Higgwe			
3) Emmanuel Atandji		4) Elijah Saluta			

Boys High Jump Junior

ECS Junior H: # 1.66m 2004		Athley Lwal, JJ Bowlen		Seed	Finals
Name	Year	Team			
1 David Salamu		JJ Bowlen			1.50m
1.18 1.23 1.28 1.32 1.35 1.38 1.41 1.44 1.47 1.50					
0 0 0 0 0 0 0 XXO 0 0					
2 Edozie Nzewi		AJM			1.47m
1.18 1.23 1.28 1.32 1.35 1.38 1.41 1.44 1.47 1.50					
0 0 0 0 0 XXO 0 XXO XO XXX					
3 Samuel Ngandjiu		St Thomas Aquinas			1.44m
1.18 1.23 1.28 1.32 1.35 1.38 1.41 1.44 1.47					
0 0 0 0 0 0 XO XO XXX					
4 Hayden Creran		St. Thomas Mmore			J1.44m
1.18 1.23 1.28 1.32 1.35 1.38 1.41 1.44 1.47					
0 0 0 XO 0 0 0 XXO XXX					
5 Adrian Doe		JJ Bowlen			1.41m
1.18 1.23 1.28 1.32 1.35 1.38 1.41 1.44					
0 0 0 0 0 0 XO XXX					
6 Stanley Ropchan		St Thomas Aquinas			1.35m
1.18 1.23 1.28 1.32 1.35 1.38					
0 0 XO XO XO XXX					
7 Prince Mutombo		MFO			J1.35m
1.18 1.23 1.28 1.32 1.35					
0 0 0 XO XXO					
8 Jesus Ramirez Barrera		HEB			1.32m
1.18 1.23 1.28 1.32 1.35					
0 0 0 XO XXX					

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Results

....Boys High Jump Junior

9 Nolan Lesko	St. Thomas Mnore	J1.32m
1.18 1.23 1.28 1.32 1.35		
0 0 0 XXO XXX		
10 Maksym Owchar	AJM	1.28m
1.18 1.23 1.28 1.32		
0 0 0 XXX		
10 Ellison Bantola	HEB	1.28m
1.18 1.23 1.28 1.32		
0 0 0 XXX		
12 Aaron Ikin	MFO	1.23m
1.18 1.23 1.28		
0 XO XXX		

Boys Long Jump Junior

=====				
ECS Junior H: # 5.62m	1986	Mark Grozic, St Cecilia		
Name	Year	Team	Seed	Finals
=====				
1 Sky Payba		JJ Bowlen		4.52m
3.85m 3.98m 4.26m	4.25m	4.52m		
2 Chigozirim Iwuchukwu		HEB		4.23m
3.58m 4.23m 3.62m	3.53m	3.62m		
3 Ryan Thomas		MFO		4.21m
3.76m 3.87m 4.21m	4.00m	4.10m		
4 Mikko Marasigan		HEB		4.12m
3.97m 3.74m 3.69m	4.03m	4.12m		
5 Brandon Scrochenski		St. Thomas Mnore		4.08m
4.08m 3.40m 3.29m	3.58m			
6 Joel Ngandu		St. Thomas Mnore		3.85m
3.77m 3.26m 3.85m				
7 Edozie Nzewi		AJM		3.70m
3.70m x x				
8 Jin Buenaventura		St Thomas Aquinas		3.49m
3.42m 3.49m 3.44m				
9 Lukas Eden-Latour		AJM		3.45m
3.43m 3.39m 3.45m				
10 Syncere Leslie		JJ Bowlen		3.22m
3.22m 3.16m				
11 Bentley Hart		MFO		3.09m
3.09m				
12 Atem Barac		St. Clement		2.90m
2.90m 2.89m 2.78m				
-- Elijah Salem		St. Clement		DNS
-- Kur Buttic		St. Als		DNS

Boys Triple Jump Junior

=====				
ECS Junior H: # 11.70m	2016	McKail Braithwaite, St Thomas More		
Name	Year	Team	Seed	Finals
=====				
1 Joachim Biasbas		JJ Bowlen		10.04m
10.04m 9.88m 9.87m		9.88m		
2 Sky Payba		JJ Bowlen		9.42m
8.66m 8.26m 9.42m		9.42m		

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Rollie Miles Athletic Park

Results

....Boys Triple Jump Junior

3	Evan Butterworth	MFO	8.72m
	8.39m 8.44m 8.72m 8.30m 8.39m 8.42m		
4	Mikko Marasigan	HEB	8.52m
	8.50m 8.52m 7.62m 8.42m 7.95m		
5	Brandon Scrochenski	St. Thomas Mnore	8.20m
	6.35m 7.95m 7.52m 8.20m		
6	Grayson Bondy	MFO	7.90m
	7.54m 7.58m 7.90m 7.89m 7.71m 7.73m		
7	Keeshan Lomboy	St. Thomas Mnore	7.79m
	7.77m 7.79m		
8	Sebastian Uribe Guzman	AJM	7.02m
	6.97m 7.02m 6.99m		
9	Lyndon Sawatzky	HEB	6.30m
	6.30m		
10	Vincent Banh	St. Clement	6.17m
	5.75m 5.93m 6.17m		
11	Atem Barac	St. Clement	5.67m
	5.34m 5.34m 5.67m		
12	Leander Ramos	AJM	5.23m
	5.23m		

Boys Shot Put Junior

=====						
ECS Junior H: #	12.77m	2004	Carlington Thomas, St Elizabeth Seton			
Name		Year	Team	Seed	Finals	
=====						
1	Jivan Krishna		JJ Bowlen		11.50m	
	11.00m 11.50m 11.30m 11.12m 10.52m 10.39m					
2	Moses Odize		HEB		9.72m	
	8.25m 8.09m 9.55m 9.68m 9.72m 9.66m					
3	James Tejero		St. Clement		9.70m	
	9.60m 9.33m 9.41m 9.70m 7.71m 9.17m					
4	Liam McFadden		St. Thomas Mnore		9.49m	
	9.48m 8.99m 8.72m 8.99m 9.17m 9.49m					
5	Jesus Ramirez Barrera		HEB		9.47m	
	9.13m 9.13m 9.47m 8.67m 8.90m 8.96m					
6	Best Adekunle		St Thomas Aquinas		9.38m	
	7.75m 8.10m 9.38m					
7	Bryson Workman		MFO		9.14m	
	FOUL 8.93m 8.36m 8.97m 8.09m 9.14m					
8	Hayden Creran		St. Thomas Mnore		8.44m	
	8.44m FOUL 7.57m					
9	Jermain Thomas		AJM		8.41m	
	7.85m 8.41m 7.89m					
10	Jonah Peters		St. Als		8.31m	
	8.11m 8.31m 7.43m					
11	Justin Priebe		AJM		7.99m	
	6.97m 6.62m 7.99m					
12	Simon Cano		MFO		7.55m	
	6.34m 7.55m 6.93m					
13	Beau Espina		St Thomas Aquinas		7.46m	
	7.04m 6.81m 7.46m					
14	Taha Mailk		St. Clement		7.13m	
	6.41m 6.83m 7.13m					

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ECS Junior H: # 32.38m 2015					Reece devlin, Joseph Moreau	
Name	Year	Team	Seed	Finals		
1 Christian Kloepper		St. Thomas Mnore		24.50m		
24.41m	24.50m	FOUL	22.37m			
2 Mikko Marasigan		HEB		23.30m		
22.30m	20.35m	23.30m	20.11m			
3 Nolan Benson		St. Thomas Mnore		22.00m		
21.20m	22.00m	21.80m	19.72m			
4 Maksym Shepotilnyk		AJM		21.91m		
21.91m	17.20m	17.40m	21.32m			
5 Cristiano Lucyschyn		JJ Bowlen		21.73m		
16.20m	14.90m	21.73m	20.10m			
6 Timmy Giang		St. Als		21.32m		
21.32m	18.15m	15.25m	FOUL			
7 Thomas Nguyen		St Thomas Aquinas		20.40m		
16.85m	20.40m	10.60m				
8 Grayson Bondy		MFO		19.22m		
19.22m	FOUL	FOUL				
9 Arsenii Kaspryk		HEB		19.09m		
FOUL	19.09m	FOUL				
10 Aaron Ikin		MFO		18.29m		
18.29m	16.05m	15.75m				
11 EJ Lozano		St Thomas Aquinas		17.90m		
17.90m	FOUL	FOUL				
12 Sawyer Holmes		AJM		15.53m		
FOUL	15.53m	FOUL				
13 Vincent Banh		St. Clement		14.30m		
14.30m	13.14m	13.90m				
-- Holy Irahoza		St. Clement		FOUL		
FOUL	FOUL	FOUL				

Boys 100 Metre Dash Intermediate**8 Advance: Top 2 Each Heat plus Next 4 Best Times**

ECS Junior H: # 11.10 1988					Abi Issac, JJ Bowlen	
Name	Year	Team	Seed	Prelims	H#	
Preliminaries						
1 Noah Vasquez		AJM		12.34Q	1	
2 Desmond Mosen		AJM		12.41Q	2	
3 Souleymane Kone		MFO		12.54Q	1	
4 Kachi Njoku		MFO		12.66Q	2	
5 Lucas McConnell		JJ Bowlen		12.72q	1	
6 Paul Mawusi		JJ Bowlen		12.96q	2	
7 Yancy Ramos		HEB		13.31q	2	
8 Keyton Armstrong		HEB		13.50q	1	
9 Landen Linklater		St. Thomas Mnore		13.90	2	
10 Skye Manaois		St Thomas Aquinas		14.05	2	
11 Steven Kawa		St. Clement		14.18	2	
12 Miles Hartman		St. Thomas Mnore		14.28	1	
13 Leesean Cigobin		St Thomas Aquinas		14.29	1	
14 Liam Doyle		St. Clement		14.99	1	
-- Sunny Barrow		St. Als		DNF	2	
-- Ben Tjerivanga		St. Als		DNS	1	

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****Boys 100 Metre Dash Intermediate**

=====

ECS Junior H: # 11.10 1988 Abi Issac, JJ Bowlen

Name	Year	Team	Prelims	Finals
------	------	------	---------	--------

=====

Finals

1	Desmond Mosen	AJM	12.41	11.99
2	Souleymane Kone	MFO	12.54	12.23
3	Noah Vasquez	AJM	12.34	12.25
4	Lucas McConnell	JJ Bowlen	12.72	12.60
5	Kachi Njoku	MFO	12.66	12.65
6	Paul Mawusi	JJ Bowlen	12.96	13.30
7	Yancy Ramos	HEB	13.31	13.37
8	Keyton Armstrong	HEB	13.50	13.59

Boys 200 Metre Dash Intermediate

=====

ECS Junior H: # 23.68 2008 Michael King McKenzie, Sir John Thompson

Name	Year	Team	Seed	Finals	H#
------	------	------	------	--------	----

=====

1	Desmond Mosen	AJM		25.11	2
2	Malcom Zulu	MFO		25.62	2
3	Noah Vasquez	AJM		25.65	1
4	Lucas McConnell	JJ Bowlen		25.91	1
5	Daniel Trujillo	St. Thomas Mmore		26.71	1
6	Kachi Njoku	MFO		26.84	1
7	Adriel Ocol	HEB		26.91	2
8	Paul Mawusi	JJ Bowlen		27.05	2
9	Kamden McDonald	St. Thomas Mmore		27.65	2
10	Keyton Armstrong	HEB		28.51	1
11	Daniel Dacosta	St Thomas Aquinas		29.29	1
12	Colin Leung	St. Clement		30.20	1
13	Dilet Mhtsun	St. Als		34.89	1
14	Daniel McCowan	St. Clement		35.14	2

Boys 400 Metre Dash Intermediate

=====

ECS Junior H: # 53.65 1988 Abi Issac, JJ Bowlen

Name	Year	Team	Seed	Finals
------	------	------	------	--------

=====

1	Malcom Zulu	MFO		59.33
2	Landon McNutt-Holland	AJM		1:03.06
3	Adriel Ocol	HEB		1:05.26
4	Luke Rasko	JJ Bowlen		1:06.48
5	Liam Reed	St. Thomas Mmore		1:07.03
6	Rijul Malieckal Saju	St. Clement		1:12.33
--	Daniel Dacosta	St Thomas Aquinas		DNS
--	Happiness Adebayo	St. Als		DNS
--	Yancy Ramos	HEB		SCR

Boys 800 Metre Run Intermediate

=====

ECS Junior H: # 2:08.57 2003 Joel Lauzon, JJ Bowlen

Name	Year	Team	Seed	Finals
------	------	------	------	--------

=====

1	Malcom Zulu	MFO		2:26.09
2	Brenden Enninfel	JJ Bowlen		2:32.36

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Results

....Boys 800 Metre Run Intermediate

3	Landon McNutt-Holland	AJM	2:32.95
4	Miles Hartman	St. Thomas Mnore	2:38.04
5	Emmanuel Sharp	AJM	2:41.39
6	Lucas Parent	JJ Bowlen	2:42.85
7	Saul Martinez	St Thomas Aquinas	2:47.48
8	Nate Heitt	St. Thomas Mnore	2:48.84
9	Lloyd Cabrera	MFO	2:49.35
10	Dilet Mhtsun	St. Als	2:53.54
11	Daniel McCowan	St. Clement	3:08.66
12	Kyle Valleramos	HEB	3:21.29
13	Chael Iradukunda	HEB	3:37.03
--	Adam Lvasseur	St. Clement	DNS

Boys 1500 Metre Run Intermediate

=====

ECS Junior H: # 4:28.04 2003 Joel Lauzon, JJ Bowlen

Name	Year Team	Seed	Finals
1 Luke Rasko	JJ Bowlen		5:25.39
2 Brenden Enninfel	JJ Bowlen		5:25.58
3 Rayhan Lila	St. Thomas Mnore		5:44.60
4 Saul Martinez	St Thomas Aquinas		6:07.01
5 Parnal Nadeau	AJM		6:23.20
6 Mason Perron	HEB		6:37.50
7 Jaxon Wengreniuk	AJM		6:40.71
8 David Zahorska	St. Als		7:20.48
9 Dainiel Gunther	St. Als		7:20.76
-- Clive Sedar	HEB		DNF
-- Miles Hartman	St. Thomas Mnore		DNS

Boys 4x100 Metre Relay Intermediate

=====

ECS Junior H: # 47.70 1984 , Sir John Thompson

Team	Seed	Finals
1 Monsignor Fee Otterson 'A'		50.92
1) Kachi Njoku	2) Souleymane Kone	
3) Malcom Zulu	4) Max Medele	
2 JJ Bowlen 'A'		51.11
3 St. Thomas Mnore 'A'		53.39
1) Kamden McDonald	2) Landen Linklater	
3) Miles Hartman	4) Daniel Trujillo	
4 Archbishop Joseph MacNeil 'A'		54.82
1) Desmond Mosen	2) Noah Vasquez	
3) Dewart German	4) CJ Kinnear	
5 St Thomas Aquinas 'A'		55.91
1) Leesean Cigobin	2) Samuel Ngandjiu	
3) Tristan Polsom	4) Saul Martinez	
6 St. Alphonsus School 'A'		57.95
1) Sunny Barrow	2) Jerrold Mack	
3) Dilet Mhtsun	4) Ben Tjerivanga	
7 St. Clement 'A'		58.20
1) Liam Doyle	2) Steven Kawa	
3) Zhian Talavera	4) Rijul Malieckal Saju	
-- Heberiault Junior High 'A'		DQ Baton dropped

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****Boys High Jump Intermediate**

ECS Junior H: # 1.83m 2005		Athley Lwal, J Bowlen		
Name	Year	Team	Seed	Finals
1 Max Medele		MFO		1.53m
1.41 1.43 1.46 1.49 1.53				
0 0 0 0 0				
2 Lucas Parent		JJ Bowlen		1.49m
1.25 1.38 1.41 1.43 1.46 1.49 1.53				
0 0 XO 0 0 0 XXX				
3 Skye Manaois		St Thomas Aquinas		1.46m
1.38 1.41 1.43 1.46 1.49				
XO 0 P XXO XXX				
4 Nyueny Both		St. Clement		J1.46m
1.25 1.38 1.41 1.43 1.46 1.49				
0 0 0 XXO XXO XXX				
5 Ben Tjerivanga		St. Als		J1.46m
1.25 1.38 1.41 1.43 1.46 1.49				
XXO 0 0 XO XXO XXX				
6 Carlos Villamizar		MFO		1.43m
1.25 1.38 1.41 1.43 1.46				
0 0 XO 0 XXX				
7 Uyiosa Aigbe		St Thomas Aquinas		J1.43m
1.25 1.38 1.41 1.43 1.46				
0 XXO XXO 0 XXX				
8 Ryan Seone		AJM		J1.43m
1.25 1.38 1.41 1.43 1.46				
0 XXO XXO XO XXX				
9 Kamden McDonald		St. Thomas Mnore		J1.43m
1.25 1.38 1.41 1.43 1.46				
0 0 0 XXO XXX				
10 Keyton Armstrong		HEB		1.38m
1.25 1.38				
0 XXO				
11 Benjamin Schmidt		St. Thomas Mnore		1.25m
1.25 1.38				
0 XXX				
-- Seth Miller-Joy		AJM		NH
1.25				
XXX				
-- Amour Arop		HEB		NH
1.25				
XXX				
-- Justin Chua		St. Clement		DNS

Boys Long Jump Intermediate

ECS Junior H: # 6.11m 2010		Jordy Ntambwe, JJ Bowlen		
Name	Year	Team	Seed	Finals
1 Max Medele		MFO		4.94m
4.69m 4.90m 4.94m 4.90m				
2 Paul Mawusi		JJ Bowlen		4.74m
4.38m 4.74m 4.67m				
3 Ayush Pachauri		MFO		4.67m
4.67m 4.63m 4.64m				

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Results

....Boys Long Jump Intermediate

4	Daniel Trujillo	St. Thomas Mnore	J4.67m
	4.33m 4.62m 4.46m 4.67m		
5	Lucas McConnell	JJ Bowlen	4.59m
	4.59m 4.59m		
6	Landon McNutt-Holland	AJM	4.55m
	4.40m 4.27m 4.55m 4.48m		
7	Steven Truong	St. Als	J4.55m
	4.11m 4.24m 4.55m		
8	Uyiosa Aigbe	St Thomas Aquinas	4.46m
	4.25m 4.46m		
9	Noah Vasquez	AJM	4.40m
	4.40m 4.33m 4.11m		
10	Sunny Barrow	St. Als	4.34m
	4.34m 3.93m 4.22m		
11	Adriel Ocol	HEB	4.33m
	4.33m 4.33m 4.31m		
12	Dean Blyth	St. Clement	4.20m
	4.09m 4.20m 3.73m		
13	Skye Manaois	St Thomas Aquinas	4.16m
	4.03m 4.16m 4.06m		
14	Ruben Cubos	St. Thomas Mnore	4.09m
	4.09m 3.93m 3.88m		
15	Roman Shuprovych	HEB	3.99m
	3.68m 3.99m		
16	Zhian Talavera	St. Clement	3.58m
	3.58m 3.22m 3.56m		

Boys Triple Jump Intermediate

=====				
ECS Junior H: #	13.23m	2018	Emanuel Goi, St Cecilia	
Name		Year Team	Seed	Finals
=====				
1	Max Medele	MFO		11.80m
	11.00m 10.83m 11.80m			
2	Brenden Enninfel	JJ Bowlen		11.47m
	10.92m 11.02m 11.29m 11.45m 11.47m			
3	Uyiosa Aigbe	St Thomas Aquinas		10.80m
	10.66m 10.80m 10.53m 10.01m 10.68m			
4	Paul Mawusi	JJ Bowlen		10.35m
	10.03m 10.11m 10.35m 9.99m 9.81m			
5	Keyton Armstrong	HEB		9.77m
	9.18m 9.65m 9.62m 9.77m			
6	Daniel Trujillo	St. Thomas Mnore		9.38m
	9.38m 9.19m 9.27m 9.07m 9.08m 9.32m			
7	Landon McNutt-Holland	AJM		9.29m
	9.29m			
8	Adam Levasseur	St. Clement		9.21m
	9.21m			
8	Adriel Ocol	HEB		9.21m
	9.20m 9.21m			
10	Carlos Villamizar	MFO		8.89m
	8.76m 8.28m 8.89m			
11	Ben Tjerivanga	St. Als		8.80m
	8.03m 8.80m			

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Results

....Boys Triple Jump Intermediate

12 Nyueny Both	St. Clement	7.51m
7.51m		
13 Sergei Usenka	AJM	7.43m
7.43m 7.36m 7.34m		
14 Jerrold Mack	St. Als	7.41m
7.32m 7.41m		
-- Lloyd Cabrera	MFO	SCR

Boys Shot Put Intermediate

=====				
ECS Junior H: # 13.69m	1999	Christian Maanucci, JJ Bowlen		
Name	Year	Team	Seed	Finals
=====				
1 Lucas McConnell		JJ Bowlen		10.37m
9.41m 8.77m 10.30m 10.11m 9.95m 10.37m				
2 Miles Hartman		St. Thomas Mnore		9.86m
8.91m 9.31m 8.69m 9.13m 9.86m 9.59m				
3 Kamden McDonald		St. Thomas Mnore		9.81m
9.81m 9.53m 9.55m 9.78m 9.65m 9.67m				
4 Cole Dyer		St. Clement		9.69m
8.88m 9.52m 9.55m 9.69m 9.04m 8.69m				
5 Seth Miller-Joy		AJM		9.46m
9.46m 7.85m 9.08m 8.21m 8.99m 9.43m				
6 Elliot Amen-Ofure		AJM		9.28m
7.79m 8.97m 9.28m 8.32m 8.04m 8.28m				
7 Uyiosa Aigbe		St Thomas Aquinas		8.96m
8.85m 8.57m 8.96m				
8 Lucas Parent		JJ Bowlen		8.94m
8.94m 8.24m 8.29m				
9 Dean Blyth		St. Clement		8.64m
8.52m 8.64m 8.24m				
10 Mack Montgomery		MFO		8.46m
7.61m 8.46m 6.66m				
11 Steven Truong		St. Als		8.24m
7.73m 8.24m 7.97m				
12 Rajon McFadzen		MFO		7.94m
7.45m 7.94m 7.63m				
13 Matthew Thibaudeau		HEB		7.82m
7.82m 7.67m 7.63m				
14 Dalton Bwabye		St. Als		6.65m
6.65m 6.11m 5.96m				
-- Logan Aldcroft		HEB		FOUL
FOUL FOUL FOUL				

Boys Javelin Throw Intermediate

=====				
ECS Junior H: # 39.36m	2016	Dominic Houle, JH Picard		
Name	Year	Team	Seed	Finals
=====				
1 Lucas Parent		JJ Bowlen		34.62m
33.40m 32.80m 34.62m 30.12m				
2 Jeremy McCombe		AJM		30.33m
28.09m 29.24m 30.33m FOUL				
3 Liam Reed		St. Thomas Mnore		29.78m
21.76m 29.78m 23.75m 28.72m				

2023 ECSD Zone 4 - 2023-05-31

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Results

....Boys Javelin Throw Intermediate

4	Liam O'Donovan		AJM		28.29m
	FOUL	18.59m	28.29m	27.46m	
5	Skye Manaois		St Thomas Aquinas		25.32m
	24.78m	25.32m	FOUL	25.10m	
6	Luke Rasko		JJ Bowlen		24.74m
	20.45m	23.99m	24.74m	24.14m	
7	Austin Bilawchuk		St. Thomas Mnore		24.48m
	23.12m	23.40m	24.48m		
8	Mack Montgomery		MFO		23.66m
	23.66m	23.55m	22.32m		
9	Noah Bonsall		HEB		20.82m
	20.82m	18.90m	17.62m		
10	Leesean Cigobin		St Thomas Aquinas		20.41m
	20.26m	20.41m	FOUL		
11	Ayush Pachauri		MFO		20.30m
	FOUL	14.10m	20.30m		
12	Devon Ly		St. Als		20.06m
	18.79m	20.06m	FOUL		
13	Dean Blyth		St. Clement		19.04m
	FOUL	16.02m	19.04m		
14	Kyle Valleramos		HEB		18.90m
	17.82m	18.90m	14.57m		
15	Colin Leung		St. Clement		9.72m
	FOUL	9.72m	FOUL		
--	Ben Tjerivanga		St. Als		DNS

Boys 100 Metre Dash Senior

8 Advance: Top 2 Each Heat plus Next 4 Best Times

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ECS Junior H: # 10.93 2008 Alfred Kamara, St. Hilda

Name	Year	Team	Seed	Prelims	H#
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Preliminaries

1	Matteo Manella		JJ Bowlen	12.14Q	1	12.131
2	Jalan Semple		MFO	12.25Q	2	
3	Isaac Zoker		HEB	12.14Q	1	12.134
4	Joseph Abebe		JJ Bowlen	12.52Q	2	
5	Samuel Eze		MFO	12.34q	1	
6	Arthur Mupedziswa		St Thomas Aquinas	12.58q	1	
7	Cooper Boylan		St. Thomas Mnore	12.93q	1	12.927
8	Marc Clegban		St. Thomas Mnore	12.93q	2	12.930
9	Daniel Valencia Montagut		St Thomas Aquinas	13.00	2	
10	Eric Charest		HEB	13.16	2	
11	Rafe Lewis		St. Clement	13.30	2	
12	Vitalis Nyandieka		AJM	13.39	1	
13	Emmanuel Olajide		AJM	13.49	2	
14	Mark Tenido		St. Als	14.78	1	

Boys 100 Metre Dash Senior

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ECS Junior H: # 10.93 2008 Alfred Kamara, St. Hilda

Name	Year	Team	Prelims	Finals
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Finals

1	Isaac Zoker		HEB	12.14	11.88
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2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****....Boys 100 Metre Dash Senior**

2	Matteo Manella	JJ Bowlen	12.14	12.11
3	Samuel Eze	MFO	12.34	12.23
4	Jalan Semple	MFO	12.25	12.25
5	Arthur Mupedziswa	St Thomas Aquinas	12.58	12.33
6	Marc Clegban	St. Thomas Mnore	12.93	12.78
7	Cooper Boylan	St. Thomas Mnore	12.93	12.87
8	Joseph Abebe	JJ Bowlen	12.52	12.98

Boys 200 Metre Dash Senior

ECS Junior H: # 22.25 2007		Evan Roesch, Louis St Laurent			
Name	Year	Team	Seed	Finals	H#
1	Samuel Eze	MFO		24.85	1
2	Arthur Mupedziswa	St Thomas Aquinas		25.36	1
3	Graydon Chomey	AJM		25.39	2
4	Joseph Abebe	JJ Bowlen		25.67	2
5	Cooper Boylan	St. Thomas Mnore		26.41	2
6	Evangel Odimegwu	HEB		26.89	2
7	Conrad Nasen	HEB		27.10	1
8	Antwon Atchico	MFO		27.15	2
9	Nash Holmes	AJM		28.19	1
10	Elrich Muramba	St. Thomas Mnore		28.59	1
11	Bobby Blama	JJ Bowlen		28.60	1
12	Kristof Figuro	St Thomas Aquinas		28.81	2
--	Erwyn Corda	St. Als		DNS	2

Boys 400 Metre Dash Senior

ECS Junior H: # 52.10 1989		Abi Issac, MF Otterson			
Name	Year	Team	Seed	Finals	
1	Esteban Rivera	MFO		1:01.33	
2	Evangel Odimegwu	HEB		1:02.51	
3	Graydon Chomey	AJM		1:02.99	
4	Dylan Fillier	St. Thomas Mnore		1:03.33	
5	Kaden Vandenbilche	St. Thomas Mnore		1:09.40	
6	Arthur Mupedziswa	St Thomas Aquinas		1:11.51	
7	Jedrek Badoy	St. Als		1:14.69	
8	Avery Watson	JJ Bowlen		1:18.77	

Boys 800 Metre Run Senior

ECS Junior H: # 2:03.17 2016		Andrew Weinkauff, MF Otterson			
Name	Year	Team	Seed	Finals	
1	Eric Ripka	St. Thomas Mnore		2:26.29	
2	Evangel Odimegwu	HEB		2:27.24	
3	Lucas Dundas	AJM		2:29.03	
4	Andrew Fung-Roque	MFO		2:29.32	
5	Conrad Nasen	HEB		2:36.54	
6	Kaden Vandenbilche	St. Thomas Mnore		2:36.91	
7	Jayden Naicker Sanjivi	JJ Bowlen		2:37.07	
8	Avery Watson	JJ Bowlen		2:41.45	
9	Hanz Penalosa	St Thomas Aquinas		2:51.14	

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****....Boys 800 Metre Run Senior**

10	Jack O'Connell	AJM	2:53.05
11	Julian Alferez	St. Als	3:01.57
12	Pyson Zolkiewski	St. Als	3:05.71
13	Joey Buenaventura	St Thomas Aquinas	3:06.26
--	Jacob Mansi	MFO	DNS
--	Rafe Lewis	St. Clement	DNS

Boys 1500 Metre Run Senior

ECS Junior H: # 4:21.00 1984 John Stanton, JJ Bowlen			
Name	Year	Team	Seed Finals
1	Eric Ripka	St. Thomas Mnore	5:01.09
2	Easrom Sahle	St. Als	5:11.16
3	Sidharth Vijay	AJM	5:12.89
4	Kaden Vandenbilche	St. Thomas Mnore	5:13.82
5	Andrew Fung-Roque	MFO	5:19.79
6	Sully Machnik	HEB	5:25.35
7	Lucas Finot	St Thomas Aquinas	5:25.60
8	Conrad Nasen	HEB	5:29.44
9	Jaxon Eschak	AJM	5:43.60
10	Joey Buenaventura	St Thomas Aquinas	5:52.92
11	Isaiah Naval	JJ Bowlen	5:54.58
12	Julian Alferez	St. Als	6:03.19
13	Brody Parent	JJ Bowlen	6:06.05
--	Jacob Mansi	MFO	DNS

Boys 4x100 Metre Relay Senior

ECS Junior H: # 46.35 2004 , Maurice Lavallee			
Team	Year	Seed	Finals
1	Monsignor Fee Otterson 'A'		48.64
	1) Jalan Semple	2) Samuel Eze	
	3) Jacob Mansi	4) Lazarus Johnson	
2	JJ Bowlen 'A'		50.01
3	Heberiault Junior High 'A'		51.00
4	St Thomas Aquinas 'A'		51.22
	1) Joey Buenaventura	2) Kristof Figuro	
	3) Arthur Mupedziswa	4) Daniel Valencia Montagut	
5	Archbishop Joseph MacNeil 'A'		52.83
	1) Vitalis Nyandieka	2) Emmanuel Olajide	
	3) Lhenard Alquiza	4) Sidharth Vijay	
6	St. Thomas Mnore 'A'		52.88
	1) Marc Clegban	2) Cooper Boylan	
	3) Aseosa Elaiho	4) Alden Perez	
7	St. Alphonsus School 'A'		55.67
	1) Mark Tenido	2) Jeremy Embile	
	3) Jason Duong	4) Jedrek Badoy	
8	St. Clement 'A'		57.44
	1) Jason Lee	2) Spencer Rosaasen	
	3) Rafe Lewis	4) Tristan Garcia	

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Rollie Miles Athletic Park

Results

Boys High Jump Senior

ECS Junior H: # 1.83m 2015 Bennett rathje, Louis St Laurent												
Name	Year	Team	Seed	Finals								
1 Isaac Zoker		HEB		1.74m								
	1.30	1.35	1.40	1.45	1.50	1.55	1.59	1.62	1.65	1.68	1.71	1.74
	0	0	0	0	0	0	XO	0	0	0	0	0
2 Zachariah Schmid-Beya		St Thomas Aquinas		1.71m								
	1.30	1.35	1.40	1.45	1.50	1.55	1.59	1.62	1.65	1.68	1.71	1.74
	0	0	0	0	0	0	0	0	XO	XO	0	XXX
3 Trent Myers		MFO		1.65m								
	1.30	1.35	1.40	1.45	1.50	1.55	1.59	1.62	1.65	1.68		
	0	0	0	0	0	0	XO	0	XO	XXX		
4 Joseph Abebe		JJ Bowlen		J1.65m								
	1.30	1.35	1.40	1.45	1.50	1.55	1.59	1.62	1.65	1.68		
	0	0	0	0	0	0	XO	XXO	XXO	XXX		
5 Lazarus Johnson		MFO		1.62m								
	1.30	1.35	1.40	1.45	1.50	1.55	1.59	1.62	1.65			
	0	0	0	0	0	0	XO	0	XXX			
6 John Wasswa		AJM		1.59m								
	1.30	1.35	1.40	1.45	1.50	1.55	1.59	1.62				
	0	0	0	XO	0	XO	XXO	XXX				
7 John Calapre		St. Thomas Mnore		1.50m								
	1.30	1.35	1.40	1.45	1.50	1.55						
	0	0	0	0	0	XXX						
8 Ethan Smith		St. Thomas Mnore		J1.50m								
	1.30	1.35	1.40	1.45	1.50	1.55						
	0	0	0	XXO	0	XXX						
9 Jaxon Millard		AJM		J1.50m								
	1.30	1.35	1.40	1.45	1.50	1.55						
	0	0	0	0	XXO	XXX						
10 Derek Jocson		St. Als		1.45m								
	1.30	1.35	1.40	1.45	1.50							
	XO	0	0	0	XXX							
10 Lucas Finot		St Thomas Aquinas		1.45m								
	1.30	1.35	1.40	1.45	1.50							
	0	0	XO	0	XXX							
12 Jason Lee		St. Clement		1.40m								
	1.30	1.35	1.40	1.45								
	0	0	XO	XXX								
13 Dhieu Lum		St. Clement		J1.40m								
	1.30	1.35	1.40	1.45								
	XXO	0	XO	XXX								
14 Natnail Bayru		St. Als		1.30m								
	1.30	1.35										
	0	XXX										
-- Ezekiel Ntambwe		JJ Bowlen		DNS								
-- Lev Bondarenko		HEB		DNS								

Boys Long Jump Senior

ECS Junior H: # 6.31m 2004 Charles Brzerd, Maurice Lavallee				
Name	Year	Team	Seed	Finals
1 John Calapre		St. Thomas Mnore		5.65m
	5.65m	4.97m	4.85m	

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Results

....Boys Long Jump Senior

2	Isaac Zoker	HEB	5.24m
	5.04m 5.24m 5.24m		
3	Samuel Eze	MFO	5.14m
	4.95m 3.47m 5.14m		
4	Jason Lee	St. Clement	4.98m
	4.89m 4.82m 4.98m 4.63m		
5	Jalan Semple	MFO	4.91m
	4.77m 4.91m 4.85m		
6	Tobenna Iwuchukwu	HEB	4.77m
	4.64m 4.77m 4.72m		
7	Rafe Lewis	St. Clement	4.72m
	4.43m 4.72m 4.70m		
8	Arthur Mupedziswa	St Thomas Aquinas	4.66m
	4.66m		
9	Ethan Smith	St. Thomas Mnore	4.43m
	4.43m 4.42m		
10	Noah Elle	AJM	4.34m
	4.16m 4.34m 4.25m		
11	Lashay Agosu	JJ Bowlen	4.20m
	4.20m		
12	Hansel Emoh Beteck	JJ Bowlen	4.12m
	3.91m 4.12m		
--	Derek Jocson	St. Als	DNS
--	Joey Buenaventura	St Thomas Aquinas	DNS
--	Graydon Chomey	AJM	DNS

Boys Triple Jump Senior

=====					
ECS Junior H: #	12.96m	2015	Magloire Loki, JJ Bowlen		
Name	Year	Team	Seed	Finals	
=====					
1	Lashay Agosu	JJ Bowlen	10.74m	10.74m	
	10.67m 9.87m	10.43m	10.74m		
2	Antwon Atchico	MFO	10.71m	10.71m	
	10.48m 10.56m	10.71m			
3	Jericho Ulep	JJ Bowlen	10.57m	10.57m	
	10.42m 10.08m	10.57m	10.16m		
4	Owen Hegmans	MFO	10.43m	10.43m	
	10.23m 10.39m	10.08m	10.11m 10.43m		
5	Ethan Smith	St. Thomas Mnore	10.12m	10.12m	
	10.12m 9.61m	9.11m	9.49m		
6	Jiho Seo	St Thomas Aquinas	9.96m	9.96m	
	9.96m				
7	Dhieu Lum	St. Clement	9.71m	9.71m	
	9.71m				
8	Derek Jocson	St. Als	9.42m	9.42m	
	9.42m 9.33m				
9	Zachariah Schmid-Beya	St Thomas Aquinas	9.41m	9.41m	
	8.87m 9.41m				
10	Alden Perez	St. Thomas Mnore	9.34m	9.34m	
	9.25m 9.34m				
10	Gertrude Cutamora	HEB	9.34m	9.34m	
	x 9.34m				
12	Jack O'Connell	AJM	9.06m	9.06m	
	9.06m 9.03m				

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****....Boys Triple Jump Senior**

13 Robin Livingston	AJM	8.55m
8.55m		
-- Tobenna Iwuchukwu	HEB	DNS
-- Erwyn Corda	St. Als	DNS
-- Jason Lee	St. Clement	DNS

Boys Shot Put Senior

ECS Junior H: # 15.63m 1973 Hank Ilesic, St Basil						
Name	Year	Team	Seed	Finals		
1 Matteo Manella		JJ Bowlen		11.71m		
11.71m	10.85m	11.50m	10.47m	10.57m	11.45m	
2 Luma Shalman		St. Als		11.69m		
11.50m	10.83m	11.30m	11.55m	11.69m	11.10m	
3 Graydon Chomey		AJM		11.36m		
10.36m	11.36m	10.99m	10.73m	10.57m	10.59m	
4 Eric Charest		HEB		11.30m		
11.30m	10.87m	10.72m	8.67m	10.43m	10.88m	
5 Samuele Manucci		AJM		11.29m		
9.68m	11.10m	10.16m	11.29m	10.42m	FOUL	
6 Zach DiBerardino		JJ Bowlen		10.85m		
10.76m	10.48m	10.53m	10.25m	10.85m	9.81m	
7 Kent Jay Paje		St. Thomas Mnore		10.15m		
10.15m	9.39m	9.85m				
8 David Stojanovski		St Thomas Aquinas		9.94m		
9.91m	9.87m	9.94m				
9 Tobenna Iwuchukwu		HEB		9.86m		
9.61m	9.86m	9.83m				
10 Panos Tsagalas		St Thomas Aquinas		9.80m		
9.50m	9.80m	9.74m				
11 Felix Eldhose		MFO		9.26m		
FOUL	9.26m	9.08m				
12 Kurt Rakoczy		MFO		9.02m		
8.96m	9.02m	8.80m				
13 Brody Poorman		St. Thomas Mnore		8.78m		
8.35m	8.78m	8.57m				
14 Steven Rosero Toscano		St. Clement		8.60m		
8.36m	8.34m	8.60m				
15 Erwyn Corda		St. Als		8.17m		
8.17m	7.86m	7.47m				

Boys Javelin Throw Senior

ECS Junior H: # 45.72m 2019 Alexi Dufour, Joseph Moreau						
Name	Year	Team	Seed	Finals		
1 Matteo Manella		JJ Bowlen		35.52m		
35.52m	31.08m	33.54m				
2 Jalan Semple		MFO		33.03m		
33.03m	24.85m	30.18m				
3 Noah Wibrowski		AJM		31.03m		
21.09m	17.60m	31.03m				
4 Ximone Penaflor		St. Thomas Mnore		29.29m		
29.29m	27.65m	19.90m				

2023 ECSD Zone 4 - 2023-05-31**Rollie Miles Athletic Park****Results****....Boys Javelin Throw Senior**

5	Adrian Salinas Zelada	AJM	28.96m
	27.07m 28.96m FOUL		
6	Panos Tsagalas	St Thomas Aquinas	26.76m
	FOUL 26.76m 26.00m		
7	Jayden Naicker Sanjivi	JJ Bowlen	26.19m
	26.19m 20.09m 25.56m		
8	Derek Jocson	St. Als	J26.19m
	26.19m 21.79m FOUL		
9	Tobenna Iwuchukwu	HEB	26.18m
	25.57m 22.09m 26.18m		
10	Justin Brooks	St. Clement	25.17m
	21.12m 25.17m 24.09m		
11	Lazarus Johnson	MFO	25.12m
	24.51m 24.02m 25.12m		
12	Roman Besedic	St. Thomas Mnore	24.90m
	24.90m FOUL 23.55m		
13	Chibuike Okofor	HEB	24.50m
	24.50m 16.86m 22.91m		
14	Jedrek Badoy	St. Als	18.31m
	18.31m 17.25m FOUL		
--	Joey Buenaventura	St Thomas Aquinas	DNS