

2023 ECSD Zone 3 - 2023-05-30**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	Avery Ledi	Lsl Jr High School		14.52Q	1
2	Kennedy Hadubiak	Lsl Jr High School		14.55Q	2
3	Charlotte Stevenson	Joseph-Moreau		14.58Q	1
4	Joëlle Wong	Joseph-Moreau		15.03Q	2
5	Maelle Olatunbosun	St. John Xxiii		15.23q	1
6	Meagan Zalaski	St. John Xxiii		15.34q	2
7	Destiny Ozurumba	Father Michael Troy		15.40q	2
8	Violet Gratton	STMA		15.64q	2
9	Irene Olumilua	Joan Carr		15.85	2
10	Nicole Monteiro	St. Elizabeth Seton		15.96	2
11	Giulia Furtado Lofiego	Joan Carr		16.10	1
12	Ava King	Father Michael Troy		16.16	1
13	Bianca Dupey	St. Elizabeth Seton		16.30	1
14	Zyrelle Jacob	STMA		16.62	1

Girls 100 Metre Dash Junior

=====					
ECS Junior H: # 12.24	2017	Joy Vela, St. Nicholas			
Name	Year	Team		Prelims	Finals
=====					
Finals					
1	Avery Ledi	Lsl Jr High School	14.52		14.56
2	Kennedy Hadubiak	Lsl Jr High School	14.55		14.71
3	Charlotte Stevenson	Joseph-Moreau	14.58		14.73
4	Joëlle Wong	Joseph-Moreau	15.03		14.98
5	Maelle Olatunbosun	St. John Xxiii	15.23		15.12
6	Destiny Ozurumba	Father Michael Troy	15.40		15.19
7	Violet Gratton	STMA	15.64		16.23
--	Meagan Zalaski	St. John Xxiii	15.34		DNS

Girls 200 Metre Dash Junior

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ECS Junior H: # 27.20	2009	Chantelle Sutor, Father Michael Troy			
Name	Year	Team	Seed	Finals	H#
=====					
1	Victoria Poulin	St. John Xxiii		28.94	2
2	Avery Ledi	Lsl Jr High School		29.30	1
3	Charlotte Stevenson	Joseph-Moreau		29.79	1
4	Kennedy Hadubiak	Lsl Jr High School		30.20	2
5	Maelle Olatunbosun	St. John Xxiii		30.97	1
6	Destiny Ozurumba	Father Michael Troy		31.37	2
7	Olivia Gnago	Joseph-Moreau		31.54	2
8	IteOluwakishi Adegun	Joan Carr		32.44	1
9	Violet Gratton	STMA		32.80	1
10	Hannah Odedina	St. Elizabeth Seton		33.17	2
11	Janae Diba Ndala	Holy Family		33.54	2
12	Jasmin Espino	Father Michael Troy		34.81	1
13	Giada Borrelli	Joan Carr		34.93	2
14	Marianne Malimban	STMA		35.03	2
15	Tiana Barich	St. Elizabeth Seton		35.61	1

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****....Girls 200 Metre Dash Junior**

-- Kami Ogbonna St. John Xxiii SCR

Girls 400 Metre Dash Junior

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=====
ECS Junior H: # 1:03.37 2011 Gracia Muamba, Joseph Moreau
Name Year Team Seed Finals
=====
1 Victoria Poulin St. John Xxiii 1:07.71
2 Olivia Gnago Joseph-Moreau 1:12.98
3 Kacey Durocher Father Michael Troy 1:14.90
4 Julianna Kell Lsl Jr High School 1:18.59
5 Giada Borrelli Joan Carr 1:18.82
6 Janae Diba Ndala Holy Family 1:24.48
7 Marianne Malimban STMA 1:25.36
8 Alyse Cassidy St. Elizabeth Seton 1:33.78
-- Alyssa Spencer St. Elizabeth Seton SCR

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Girls 800 Metre Run Junior

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ECS Junior H: # 2:28.62 2012 Madison Margurz-Stricker, Louis St L
Name Year Team Seed Finals
=====
1 Haley Posteraro Lsl Jr High School 2:54.32
2 Julianna Kell Lsl Jr High School 2:59.88
3 Rachel Modry-Dumesnil Joseph-Moreau 3:01.90
4 Carina Scott Holy Family 3:06.49
5 Chimeere Mgbaja St. John Xxiii 3:07.66
6 Harjot Goraya Joan Carr 3:24.90
7 Giulia Furtado Lofiego Joan Carr 3:26.05
8 Ivy Oraikul St. John Xxiii 3:26.23
9 Hailey Picardal-Pham Father Michael Troy 3:30.99
10 Wealth Alvarez Father Michael Troy 3:40.85
11 Amy Anish Holy Family 4:20.59

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Girls 1500 Metre Run Junior

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ECS Junior H: # 5:03.42 2012 Madison Marguez-Stricker, Louis St L
Name Year Team Seed Finals
=====
1 Julianna Kell Lsl Jr High School 6:05.16
2 Rachel Modry-Dumesnil Joseph-Moreau 6:16.47
3 Chimeere Mgbaja St. John Xxiii 6:40.14
4 Skylar Kimber St. John Xxiii 6:57.99
5 Irene Olumilua Joan Carr 7:05.10
6 Adina Flynn Lsl Jr High School 7:05.45
7 Hailey Picardal-Pham Father Michael Troy 7:05.72
8 Harjot Goraya Joan Carr 7:06.15
9 Ava King Father Michael Troy 7:37.73
10 Alyse Cassidy St. Elizabeth Seton 9:33.93
-- Alyssa Spencer St. Elizabeth Seton SCR

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2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

Girls 4x100 Metre Relay Junior

ECS Junior H: # 53.80 2009		, Father Michael troy		Seed	Finals
Team					
1 St. John Xxiii 'A'					58.06
2 Joseph-Moreau 'A'					58.70
1) Joëlle Wong		2) Charlotte Stevenson			
3) Binta Bah		4) Olivia Gnago			
3 Lsl Jr High School 'A'					58.79
1) Kennedy Hadubiak		2) Avery Ledi			
3) Brooklynn Prybysh		4) Shermaine Melendez			
4 Father Michael Troy 'A'					1:02.93
1) Destiny Ozurumba		2) Ava King			
3) Aseye Ahorlor		4) Jasmin Espino			
5 Joan Carr Catholic School 'A'					1:03.24
1) IteOluwakishi Adegun		2) Giulia Furtado Lofiego			
3) Irene Olumilua		4) Harjot Goraya			
6 St. Mark Jr. High School 'A'					1:05.21
1) Georgia Sewell		2) Marianne Malimban			
3) Zyrelle Jacob		4) Violet Gratton			

Girls High Jump Junior

ECS Junior H: # 1.50m 1979		M DeChamplain, St Francis of Assisi		Seed	Finals
Name	Year	Team			
1 Avery Ledi		Lsl Jr High School			1.29m
1.10 1.13 1.15 1.17 1.19 1.21 1.23 1.25 1.27 1.29					
0 0 0 0 0 0 0 0 0 0					
2 Binta Bah		Joseph-Moreau			1.27m
1.10 1.13 1.15 1.17 1.19 1.21 1.23 1.25 1.27 1.29					
0 0 0 0 0 XXO XXO XXO 0 XXX					
3 Kamree Woloschuk		Lsl Jr High School			J1.27m
1.10 1.13 1.15 1.17 1.19 1.21 1.23 1.25 1.27 1.29					
0 0 0 0 0 0 XO XXO XXO XXX					
4 Victoria Poulin		St. John Xxiii			1.23m
1.10 1.13 1.15 1.17 1.19 1.21 1.23 1.25					
0 XO XO XO 0 XO 0 XXX					
5 Magdalena Young		STMA			1.19m
1.10 1.13 1.15 1.17 1.19 1.21					
0 0 0 0 XO XXX					
6 Megan MacKay		Father Michael Troy			1.13m
1.10 1.13 1.15					
0 0 XXX					
7 Heidi Solano		St. Elizabeth Seton			1.10m
1.10 1.13					
0 XXX					
7 Georgia Sewell		STMA			1.10m
1.10 1.13					
0 XXX					
7 Meeka Benson		St. John Xxiii			1.10m
1.10 1.13					
0 XXX					
10 Maëlle Tardif		Joseph-Moreau			J1.10m
1.10 1.13					
XO XXX					

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****....Girls High Jump Junior**

--	Rojan R.Seton	St. Elizabeth Seton	NH
	1.10		
	XXX		
--	Kacey Durocher	Father Michael Troy	NH
	1.10		
	XXX		
--	Sonia Airebamen	Joan Carr	DNS
--	Irene Olumilua	Joan Carr	DNS

Girls Long Jump Junior

ECS Junior H: # 4.94m 1975							Joanne Orysiuk, St Thomas More	
Name	Year	Team	Seed				Finals	
1 Avery Ledi		Lsl Jr High School					4.35m	
	4.35m	4.17m	4.19m	4.12m	4.17m	4.25m		
2 Charlotte Stevenson		Joseph-Moreau					4.10m	
	3.85m	3.86m	3.85m	3.95m	4.10m	3.95m		
3 Ida Kamara		St. Elizabeth Seton					3.90m	
	3.90m	3.27m	3.88m	3.81m	3.32m			
4 Élise Lajeunesse		Joseph-Moreau					3.88m	
	3.83m	3.73m	3.88m					
5 Edmunlynn Asumadu		Father Michael Troy					3.77m	
	3.77m	2.99m	3.05m	2.80m	3.30m	3.36m		
6 Ivy Ooraikul		St. John Xxiii					3.68m	
	3.65m	3.58m	3.42m	3.53m	3.68m			
7 Olivia Thibert		Father Michael Troy					3.60m	
	3.45m	3.60m	2.65m					
8 Tiffany Costales		Joan Carr					3.56m	
	3.48m	3.41m	3.56m					
9 Ava MacDonald		Lsl Jr High School					3.55m	
	3.36m	3.55m						
10 Kennedy Diakow		St. John Xxiii					3.50m	
	3.50m	3.20m	3.26m					
11 Hannah Odedina		St. Elizabeth Seton					3.40m	
	3.36m	2.40m	3.40m					
12 Magdalina Young		STMA					3.19m	
	2.28m	3.16m	3.19m					
13 Sandra Andom		STMA					3.17m	
	3.17m	2.80m						
14 Chloe Abah		Joan Carr					3.15m	
	3.10m	3.10m	3.15m					

Girls Triple Jump Junior

ECS Junior H: # 10.54m 2019							Carmen Chu, Father Michael Troy	
Name	Year	Team	Seed				Finals	
1 Charlotte Stevenson		Joseph-Moreau					9.11m	
	8.88m	9.11m	8.92m	9.09m	8.90m	FOUL		
2 Carina Scott		Holy Family					7.74m	
	7.44m	7.40m	6.46m	7.04m	7.34m	7.74m		
3 Joëlle Wong		Joseph-Moreau					7.66m	
	7.13m	7.35m	7.22m	7.53m	7.66m	6.73m		

2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

....Girls Triple Jump Junior

4	Haley Posteraro	Lsl Jr High School	7.48m
	7.48m FOUL 7.25m 7.11m 7.02m 7.38m		
5	Janae Diba Ndala	Holy Family	7.29m
	FOUL FOUL 7.19m 7.13m FOUL 7.29m		
6	Jewel Gutierrez	St. John Xxiii	7.19m
	7.03m 0.05m 6.41m 6.76m 6.79m 7.19m		
7	Mercedes Pawluk	Lsl Jr High School	6.88m
	FOUL FOUL 6.88m		
8	Taylor Gronning	Joan Carr	6.76m
	FOUL FOUL 6.76m		
9	Mikaella Capalad	St. John Xxiii	6.75m
	6.10m 6.75m 6.19m		
10	Destiny Ozurumba	Father Michael Troy	6.54m
	FOUL 6.54m FOUL		
11	Alexis Kollesavich	St. Elizabeth Seton	6.12m
	FOUL 6.12m FOUL		
12	Lilja Heidrick	Father Michael Troy	6.01m
	6.01m FOUL FOUL		
--	Taisiya Aguilera	Joan Carr	DNS

Girls Shot Put Junior

=====						
ECS Junior H: #	11.46m	2002	Alysia Rissling, St Rose			
Name		Year	Team	Seed		Finals
=====						
1	Anna Dokken		Lsl Jr High School			8.65m
	7.72m 7.39m 8.65m 7.88m 7.68m 7.62m					
2	Sophia Holden		Lsl Jr High School			8.13m
	7.17m 7.51m 7.51m 7.73m 7.50m 8.13m					
3	Ellis Jepas		Father Michael Troy			7.24m
	5.58m 6.60m 7.08m 7.24m 6.89m 7.11m					
4	Meagan Zalaski		St. John Xxiii			7.20m
	6.79m 7.20m FOUL 6.70m 6.69m 7.05m					
5	Josephine Mulick		St. John Xxiii			7.11m
	6.23m 6.65m 7.11m 6.49m 6.45m 6.73m					
6	Georgia Patenaude-Riley		Father Michael Troy			7.06m
	7.06m 6.14m 5.85m 6.57m 6.92m 6.85m					
7	Rosia Dagoseh		Holy Family			6.96m
	6.45m 6.96m 6.80m					
8	Charisse Gnahore		Joseph-Moreau			6.63m
	FOUL 6.63m 6.24m					
9	Alida M.Seton		St. Elizabeth Seton			5.78m
	5.04m 5.49m 5.78m					
10	Clara Hagos		St. Elizabeth Seton			5.73m
	5.58m 5.73m 5.71m					
11	Ashley Borela		STMA			5.23m
	5.23m 4.98m 5.22m					
--	Melina Yeboah		Joan Carr			DNS
--	Joëlle Wong		Joseph-Moreau			DNS
--	Bianca Furtado Lofiego		Joan Carr			DNS

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****Girls Javelin Throw Junior**

ECS Junior H: # 26.11m 2018 Madison Maximo, JJ Bowlen						
Name	Year	Team	Seed	Finals		
1 Sophia Holden		Lsl Jr High School		20.10m		
	11.69m	13.89m	12.41m	16.04m	20.10m	11.32m
2 Tanatswa Garepi		Holy Family		19.81m		
	19.81m	13.98m	13.87m	16.73m	17.43m	17.62m
3 Zoé Carrier		Joseph-Moreau		16.54m		
	15.27m	12.53m	16.54m	12.15m	10.45m	13.53m
4 Leanna Elyas		Joseph-Moreau		16.11m		
	FOUL	16.11m	FOUL	15.84m	FOUL	15.36m
5 Haley Posteraro		Lsl Jr High School		15.97m		
	15.97m	10.95m	FOUL	14.47m	FOUL	15.01m
6 Victoria Poulin		St. John Xxiii		15.29m		
	15.28m	15.29m	11.43m	14.12m	13.01m	11.71m
7 Kaylee McLarty		Father Michael Troy		13.57m		
	13.57m	12.05m	11.25m			
8 Bailey Robinson		St. John Xxiii		12.91m		
	11.92m	12.30m	12.91m			
9 Phedra Burnett		St. Elizabeth Seton		12.15m		
	12.15m	11.05m	8.10m			
10 Clara Hagos		St. Elizabeth Seton		11.71m		
	1.00m	8.40m	11.71m			
11 Enisa Niyonyishu		Father Michael Troy		10.83m		
	10.07m	10.83m	10.09m			
12 Tiffany Costales		Joan Carr		9.95m		
	8.40m	9.95m	6.74m			
13 Emma Nawej		Joan Carr		8.54m		
	7.47m	8.54m	8.50m			
-- Julia Cote		St. John Xxiii		SCR		

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

ECS Junior H: # 12.34 2014 Andrea Jokic, St. Elizabeth Seton						
Name	Year	Team	Seed	Prelims	H#	
Preliminaries						
1 Aداugo Nebo		St. John Xxiii		14.25Q	1	
2 Henos Girma Legesse		Joseph-Moreau		14.83Q	2	
3 Amadea Acielo		Lsl Jr High School		14.62Q	1	
4 Emily Wong		St. John Xxiii		15.04Q	2	
5 Clarissa Vajsabel		Joseph-Moreau		15.12q	1	
6 Aaliyah Ebuzome		St. Elizabeth Seton		15.18q	2	
7 Ruth Kay		STMA		15.24q	2	
8 Brooklyn Kreklau		Father Michael Troy		15.75q	2	
9 Amari Bell		STMA		15.76	1	
10 Kathleen Osana		Father Michael Troy		16.15	1	
11 Joc Akoui		St. Elizabeth Seton		16.16	1	
12 Eliena Begs		Holy Family		18.08	2	
-- Layla Aylward		Lsl Jr High School		DNS	2	

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****Girls 100 Metre Dash Intermediate**

ECS Junior H: # 12.34 2014 Andrea Jokic, St. Elizabeth Seton				
Name	Year	Team	Prelims	Finals
Finals				
1		Amadea Acielo	Lsl Jr High School	14.62 14.14
2		Adaugo Nebo	St. John Xxiii	14.25 14.41
3		Henos Girma Legesse	Joseph-Moreau	14.83 14.76
4		Emily Wong	St. John Xxiii	15.04 14.95
5		Clarissa Vajsabel	Joseph-Moreau	15.12 15.21
6		Aaliyah Ebuzome	St. Elizabeth Seton	15.18 15.50 15.494
7		Ruth Kay	STMA	15.24 15.50 15.500
8		Brooklyn Kreklau	Father Michael Troy	15.75 15.63

Girls 200 Metre Dash Intermediate

ECS Junior H: # 26.14 2010 Chantelle Suitor, Father Michael Troy					
Name	Year	Team	Seed	Finals	H#
1		Clarissa Vajsabel	Joseph-Moreau	29.78	2
2		Ruth Kay	STMA	30.74	2
3		Nkengafeh Fongi	St. Elizabeth Seton	31.11	1
4		Savannah Fenwick	St. John Xxiii	31.33	1
5		Layla Aylward	Lsl Jr High School	31.43	2
6		Adaugo Nebo	St. John Xxiii	31.66	2
7		Brooklyn Kreklau	Father Michael Troy	31.87	2
8		Riley Cooper	Lsl Jr High School	32.39	1
9		Elizabeth Eckert	Father Michael Troy	32.41	1
10		Eiley Laroche	Joseph-Moreau	32.73	1
11		Emma Azucena	St. Elizabeth Seton	32.79	2
12		Amari Bell	STMA	33.64	1
13		Alyanna Valenzuela	Holy Family	33.85	1
14		Karo Bless Asongamine Ku	Holy Family	35.98	2
--		Henos Girma Legesse	Joseph-Moreau	SCR	

Girls 400 Metre Dash Intermediate

ECS Junior H: # 1:00.85 1997 Jennifer Kemp, Louis St Laurent				
Name	Year	Team	Seed	Finals
1		Nahmya Green	Lsl Jr High School	1:09.10
2		Nkengafeh Fongi	St. Elizabeth Seton	1:11.19
3		Eiley Laroche	Joseph-Moreau	1:13.65
4		Alyssa Nagal	St. John Xxiii	1:14.75
5		Brenna Belous	Father Michael Troy	1:20.90
6		Chiera Salcedo	Holy Family	1:22.34
7		Emma Azucena	St. Elizabeth Seton	1:23.54
8		Payten Morgenstern	STMA	1:23.80
--		Raesha Villamor	St. John Xxiii	SCR

Girls 800 Metre Run Intermediate

ECS Junior H: # 2:23.10 1997 Jennifer Kemp, Louis St Laurent				
Name	Year	Team	Seed	Finals
1		Ojong Tabot	Joseph-Moreau	2:51.05

2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

....Girls 800 Metre Run Intermediate

2	Ashlyn McAuley	Lsl Jr High School	2:51.13
3	Morganne Inglis	Joseph-Moreau	2:53.96
4	Elicia Singian	Father Michael Troy	3:00.24
5	Brooke Blades	Lsl Jr High School	3:01.42
6	Kathleen Osana	Father Michael Troy	3:07.44
7	Sofia Restauro	St. John Xxiii	3:17.76
8	Payten Morgenstern	STMA	3:25.97
9	Diana Chimal Mendoza	STMA	3:31.67
10	Raine Reyes	Holy Family	3:50.14
--	Raesha Villamor	St. John Xxiii	DNS

Girls 1500 Metre Run Intermediate

ECS Junior H: # 5:06.09 2005 Taylor Patterson, Louis St Laurent				
Name	Year	Team	Seed	Finals
1		Sarah Michaud	Joseph-Moreau	5:41.67
2		Ashlyn McAuley	Lsl Jr High School	5:57.93
3		Morganne Inglis	Joseph-Moreau	6:01.35
4		Brooke Blades	Lsl Jr High School	6:13.64
5		Brenna Belous	Father Michael Troy	6:31.51
6		Ariya Heer	Father Michael Troy	7:05.74
--		Erika Ip	St. John Xxiii	DNF

Girls 4x100 Metre Relay Intermediate

ECS Junior H: # 52.80 1978 , St Cecilia				
Team	Year	Team	Seed	Finals
1		St. John Xxiii 'A'		56.61
2		Lsl Jr High School 'A'		57.31
		1) Layla Aylward	2) Amadea Acielo	
		3) Sienna Powell	4) Riley Cooper	
3		Joseph-Moreau 'A'		1:00.24
		1) Henos Girma Legesse	2) Clarissa Vajsabel	
		3) Sylvani Galouon Eta	4) Mackenzie Côté	
4		St. Mark Jr. High School 'A'		1:02.10
		1) Amari Bell	2) Seilihom Tekletsion	
		3) Rufta Naizghi	4) Ruth Kay	
5		Father Michael Troy 'A'		1:02.11
		1) Kathleen Osana	2) Milca Ghebremicael	
		3) Brooklyn Kreklau	4) Maegan Wankie	

Girls High Jump Intermediate

ECS Junior H: # 1.58m 1980 Jane Plaxton, JH Picard				
Name	Year	Team	Seed	Finals
1		Ashlyn McAuley	Lsl Jr High School	1.36m
		1.15 1.17 1.19 1.21 1.23 1.26 1.28 1.30 1.32 1.34 1.36		
		0 0 0 0 0 0 0 0 0 XO 0 0		
2		Emma Azucena	St. Elizabeth Seton	1.34m
		1.15 1.17 1.19 1.21 1.23 1.26 1.28 1.30 1.32 1.34 1.36		
		0 XO 0 0 0 XXO XO 0 XO 0 XXX		

2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

....Girls High Jump Intermediate

3	Henos Girma Legesse	Joseph-Moreau	1.32m
	1.15 1.17 1.19 1.21 1.23 1.26 1.28 1.30 1.32 1.34		
	0 0 0 0 0 XO 0 0 0 XX		
4	Bianca Rubin	St. John Xxiii	1.30m
	1.15 1.17 1.19 1.21 1.23 1.26 1.28 1.30 1.32		
	0 0 0 0 0 0 XO XO XXX		
5	Elizabeth Mofolasayo	Lsl Jr High School	1.28m
	1.15 1.17 1.19 1.21 1.23 1.26 1.28 1.30		
	0 0 0 0 0 0 0 XXX		
6	Neema Sitima	St. John Xxiii	J1.28m
	1.15 1.17 1.19 1.21 1.23 1.26 1.28 1.30		
	0 0 XO 0 0 XXO XO XXX		
7	Nkengafeh Fongi	St. Elizabeth Seton	1.23m
	1.15 1.17 1.19 1.21 1.23 1.26		
	0 0 0 XO 0 XXX		
7	Elicia Singian	Father Michael Troy	1.23m
	1.15 1.17 1.19 1.21 1.23 1.26		
	P 0 0 XO 0 XXX		
9	Cléo Jones	Joseph-Moreau	1.21m
	1.15 1.17 1.19 1.21 1.23		
	XO 0 0 0 XXX		
--	Oviya Vinothkumar	Holy Family	NH
	1.15		
	XXX		
--	Milca Ghebremicael	Father Michael Troy	NH
	1.15		
	XXX		
--	Karo Bless Asongamine Ku	Holy Family	NH
	1.15 1.17		
	P XXX		

Girls Long Jump Intermediate

=====						
ECS Junior H: #	5.30m	2018	Joy Vela, St Nicholas			
Name		Year	Team	Seed	Finals	
=====						
1	Adaugo Nebo		St. John Xxiii		4.80m	
	4.60m	4.80m	4.16m	4.80m		
2	Amadea Acielo		Lsl Jr High School		4.39m	
	3.95m	3.95m	4.10m	4.39m	3.80m	
3	Elizabeth Eckert		Father Michael Troy		4.12m	
	4.12m	3.23m	3.60m	3.45m	3.63m	3.40m
4	Layla Aylward		Lsl Jr High School		4.10m	
	4.00m	4.10m	4.00m			
5	Ruth Kay		STMA		J4.10m	
	3.95m	3.90m	3.70m	4.10m		
6	Ojong Tabot		Joseph-Moreau		4.00m	
	4.00m	3.56m	3.90m			
7	Isabella Beauchemin		St. John Xxiii		3.87m	
	2.76m	3.87m	3.87m			
8	Elicia Singian		Father Michael Troy		3.86m	
	3.86m					
9	Amari Bell		STMA		3.76m	
	3.32m	3.50m	3.76m			

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****....Girls Long Jump Intermediate**

10	Henos Girma Legesse	Joseph-Moreau	3.65m
	3.40m 3.65m 2.85m		
11	Emma Azucena	St. Elizabeth Seton	3.35m
	3.35m		
12	Nebiat Mulugeta	St. Elizabeth Seton	3.30m
	3.30m 2.84m 2.90m		
13	Euna Reyes	Holy Family	3.00m
	3.00m 3.00m		
14	Raine Reyes	Holy Family	2.68m
	2.68m 2.27m		
--	Sasha Bielarczyk	St. John Xxiii	SCR

Girls Triple Jump Intermediate

ECS Junior H: # 10.86m 2018 Madelyn Valpy, St Brendan						
Name	Year	Team	Seed	Finals		
1	Bianca Rubin	St. John Xxiii		9.45m		
	9.04m 9.18m 9.28m	FOUL	9.45m 9.27m			
2	Lovejoy Komme Ekane	Joseph-Moreau		8.79m		
	8.50m 8.50m 8.59m	8.47m	8.79m 7.89m			
3	Chloe Imo	Lsl Jr High School		8.53m		
	FOUL 8.07m 8.38m	FOUL	8.53m 8.41m			
4	Layla Aylward	Lsl Jr High School		8.49m		
	FOUL 7.98m 7.96m	8.31m	8.49m 8.43m			
5	Erika Ip	St. John Xxiii		7.98m		
	7.98m 7.97m 7.97m	7.19m	7.69m 7.66m			
6	Isabella Bexiga	Father Michael Troy		7.71m		
	FOUL 7.65m 7.49m	7.58m	7.71m 7.54m			
7	Djenabou Barril	Joseph-Moreau		7.61m		
	6.95m 7.59m 7.61m					
8	Elizabeth Eckert	Father Michael Troy		7.60m		
	FOUL 7.49m 7.60m					
9	Louis Madanguit	St. Elizabeth Seton		7.03m		
	7.03m FOUL 6.96m					
10	Nebiat Mulugeta	St. Elizabeth Seton		6.62m		
	6.08m FOUL 6.62m					
--	Oviya Vinothkumar	Holy Family		FOUL		
	FOUL FOUL FOUL					
--	Alyanna Valenzuela	Holy Family		FOUL		
	FOUL FOUL FOUL					
--	Sasha Bielarczyk	St. John Xxiii		SCR		
--	Juanita Valencia Duque	Joseph-Moreau		SCR		

Girls Shot Put Intermediate

ECS Junior H: # 12.28m 1989 Maria Gouveia, JJ Bowlen						
Name	Year	Team	Seed	Finals		
1	Aicha Yeo	Father Michael Troy		9.44m		
	9.16m 8.60m 9.06m	9.44m	8.80m 9.15m			
2	Riley Cooper	Lsl Jr High School		8.99m		
	8.80m 8.22m 8.99m	7.97m	8.29m 8.36m			
3	Adaugo Nebo	St. John Xxiii		8.76m		
	7.58m 8.76m 8.28m	7.94m	7.71m 8.09m			

2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

....Girls Shot Put Intermediate

4	Chelsea Messi		St. John Xxiii	8.60m
	FOUL 8.29m 8.60m 8.02m 8.60m 7.83m			
5	Jocelyn Winegarden		St. Elizabeth Seton	7.84m
	7.20m 7.71m 7.17m 7.56m 7.84m 7.70m			
6	Euna Reyes		Holy Family	7.73m
	7.52m 6.77m 7.73m 6.85m 7.42m 7.70m			
7	Madeline Magleo		Lsl Jr High School	7.69m
	6.33m 6.57m 7.69m			
8	Sara Ellis		Father Michael Troy	7.37m
	7.26m 7.37m 6.86m			
9	Isis Boussaada		Joseph-Moreau	7.32m
	6.76m 7.32m FOUL			
10	Olivia Priddle		STMA	7.17m
	6.47m 7.17m 6.54m			
11	Sydney Mullen		St. Elizabeth Seton	6.83m
	6.02m 6.26m 6.83m			
12	Leticia Eboa		Joseph-Moreau	6.51m
	6.17m 6.51m 4.96m			
13	Hannah Roy		Holy Family	5.83m
	FOUL 5.29m 5.83m			

Girls Javelin Throw Intermediate

=====						
ECS Junior H: #	27.19m	2017	Chyler Figueroa, St Mark			
Name		Year	Team	Seed		Finals
=====						
1	Sophia Ng-Gomez		Lsl Jr High School			25.02m
	25.02m 24.02m 24.10m 21.21m 22.14m 24.13m					
2	Isabella Bexiga		Father Michael Troy			20.05m
	19.90m 15.88m 17.81m 20.05m 15.46m 16.76m					
3	Josiane Dion		Joseph-Moreau			18.24m
	17.19m 17.45m 18.24m 15.09m 11.23m 14.89m					
4	Sarah Masud		St. Elizabeth Seton			17.99m
	FOUL 16.45m 17.28m 17.99m 15.13m 15.83m					
5	Cléo Jones		Joseph-Moreau			17.87m
	13.87m 13.28m 16.59m 10.53m 14.78m 17.87m					
6	Euna Reyes		Holy Family			15.52m
	15.52m 14.73m 13.43m 12.38m 13.69m 13.47m					
7	Aicha Yeo		Father Michael Troy			14.89m
	13.97m 14.89m 11.62m					
8	Camila Fola		St. John Xxiii			14.75m
	12.20m 14.75m 11.58m					
9	Madeline Magleo		Lsl Jr High School			14.45m
	14.37m 14.45m 14.21m					
10	Hannah Roy		Holy Family			14.08m
	11.73m 12.61m 14.08m					
11	Christine Manalo		St. Elizabeth Seton			12.95m
	12.28m 12.95m 12.51m					
12	Olivia Priddle		STMA			12.25m
	11.63m 12.25m 8.98m					
13	Ioana Bawit		St. John Xxiii			10.18m
	9.87m FOUL 10.18m					

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****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		Monica Galouon-Eta	Joseph-Moreau	12.52Q	1
2		Salomé Arias	Joseph-Moreau	14.21Q	2
3		Madilyn Hartum	Lsl Jr High School	14.07Q	1
4		Lila Vaage	St. John Xxiii	14.27Q	2
5		Hannah Segura	Lsl Jr High School	14.44q	2
6		Biriebi Egbuson	St. John Xxiii	14.83q	1
7		Ellaizah Ballenas	STMA	15.36q	2
8		Krishna Coyoy	Holy Family	15.63q	2
9		Fiona Ghebremicael	Father Michael Troy	15.64	1
10		Danielle Cross	Holy Family	16.11	1
11		Tomi Akindede	St. Elizabeth Seton	16.45	2
12		Mariya Biju	Father Michael Troy	16.65	2
13		Basia San Jose	STMA	17.48	1
14		Anya San Juan	St. Elizabeth Seton	17.86	1

Girls 100 Metre Dash Senior

=====					
ECS Junior H: # 12.08	2013	Gracia Muamba, Joseph Moreau			
Name	Year	Team	Prelims	Finals	
=====					
Finals					
1		Monica Galouon-Eta	Joseph-Moreau	12.52	12.83
2		Madilyn Hartum	Lsl Jr High School	14.07	14.25
3		Salomé Arias	Joseph-Moreau	14.21	14.42
4		Lila Vaage	St. John Xxiii	14.27	14.72
5		Hannah Segura	Lsl Jr High School	14.44	15.10
6		Biriebi Egbuson	St. John Xxiii	14.83	15.19
7		Krishna Coyoy	Holy Family	15.63	15.72
8		Ellaizah Ballenas	STMA	15.36	15.98

Girls 200 Metre Dash Senior

=====					
ECS Junior H: # 25.85	2002	Ashley Patterson, Louis St Laurent			
Name	Year	Team	Seed	Finals	H#
=====					
1		Monica Galouon-Eta	Joseph-Moreau	25.27#	1
2		Madilyn Hartum	Lsl Jr High School	29.03	1
3		Salomé Arias	Joseph-Moreau	29.86	2
4		Hannah Segura	Lsl Jr High School	30.76	2
5		Chrisantia Newton	St. Elizabeth Seton	30.93	2
6		Lila Vaage	St. John Xxiii	30.94	2
7		Eden Ooraikul	St. John Xxiii	31.60	1
8		Ellaizah Ballenas	STMA	32.09	1
9		Danielle Cross	Holy Family	33.57	1
10		Sophia Rose Jumamoy	St. Elizabeth Seton	34.23	1
11		Talisa Hillaby	Holy Family	34.67	2
12		Julianne Espino	Father Michael Troy	35.39	1
13		Mackenzie Wouters	Father Michael Troy	36.52	2
14		Basia San Jose	STMA	40.62	2
--		Anna Joshi	Father Michael Troy	SCR	

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****Girls 400 Metre Dash Senior**

ECS Junior H: # 1:00.60 2002 Ashley Patterson, Louis St Laurent				
Name	Year	Team	Seed	Finals
1 Caitlin Sherwin		Lsl Jr High School		1:10.66
2 Princess Choimah		St. John Xxiii		1:22.47
-- Brook Barich		St. Elizabeth Seton		DNF
-- Angel Poulouse		Father Michael Troy		DNS
-- Chrisantia Newton		St. Elizabeth Seton		DNS
-- Élodie Irvine		Joseph-Moreau		SCR

Girls 800 Metre Run Senior

ECS Junior H: # 2:20.53 1998 Jennifer Kemp, Louis St Laurent				
Name	Year	Team	Seed	Finals
1 Blakely Frans		St. John Xxiii		2:51.87
2 Addyson Woloschuk		Lsl Jr High School		2:59.46
3 Makena Miklich		Lsl Jr High School		2:59.46
4 Aimee Mac Mahon		St. John Xxiii		2:59.70
5 Megan Trudeau		Father Michael Troy		3:08.14
6 Joann Sales		Holy Family		3:21.46
-- Zuzanna Gwozdz		Father Michael Troy		DNF

Girls 1500 Metre Run Senior

ECS Junior H: # 4:59.83 2011 Hannah Leggatt, HE Beriault				
Name	Year	Team	Seed	Finals
1 Caitlin Sherwin		Lsl Jr High School		5:29.74
2 Blakely Frans		St. John Xxiii		5:58.18
3 Gracie Allan		Lsl Jr High School		6:17.57
4 Valérie Tremblay		Joseph-Moreau		6:27.43
5 Joann Sales		Holy Family		6:58.04
6 Aimee Mac Mahon		St. John Xxiii		7:31.72
7 Zuzanna Gwozdz		Father Michael Troy		8:48.09
-- Angela Cruz		St. Elizabeth Seton		DNF
-- Rhian Centeno		Father Michael Troy		DNS

Girls 4x100 Metre Relay Senior

ECS Junior H: # 51.71 2008 , St Rose				
Team	Year	Team	Seed	Finals
1 Lsl Jr High School 'A'				55.42
1) Madilyn Hartum		2) Myra Nelson		
3) Hannah Segura		4) Serena Soberanis		
2 St. John Xxiii 'A'				57.10
3 Joseph-Moreau 'A'				57.99
1) Monica Galouon-Eta		2) Salomé Arias		
3) Livia Macdonell		4) Rachel Kasindi		
4 Father Michael Troy 'A'				1:06.08
1) Fiona Ghebremicael		2) Loueis Rivera		
3) Mariya Biju		4) Jasna Pailamila		
5 St. Mark Jr. High School 'A'				1:06.14
1) Danica Congcar		2) Basia San Jose		

2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

....Girls 4x100 Metre Relay Senior

3) Crisley Gamboa

4) Ellaizah Ballenas

Girls High Jump Senior

ECS Junior H: # 1.58m 1977		R Godlowski, St Cecilia	
Name	Year Team	Seed	Finals
1 Myra Nelson	Lsl Jr High School		1.37m
1.20 1.23 1.25 1.27 1.29 1.31 1.33 1.35 1.36 1.37			
0 0 XO 0 0 0 0 XO 0 0			
2 Thalia Centeno-Lopez	Lsl Jr High School		1.36m
1.20 1.23 1.25 1.27 1.29 1.31 1.33 1.35 1.36 1.37			
0 0 0 0 0 0 0 0 XO 0 XXX			
3 Katerina Semkowich	Joseph-Moreau		1.35m
1.20 1.23 1.25 1.27 1.29 1.31 1.33 1.35 1.36			
0 0 0 0 0 0 0 0 0 XXX			
4 Maya Nawrotek	St. John Xxiii		1.31m
1.20 1.23 1.25 1.27 1.29 1.31 1.33			
0 0 0 0 XXO 0 XX			
5 Liliana Aytenfisu	St. John Xxiii		1.29m
1.20 1.23 1.25 1.27 1.29 1.31			
0 0 0 XO XO XXX			
6 Salomé Arias	Joseph-Moreau		1.27m
1.20 1.23 1.25 1.27 1.29			
P P 0 0 XXX			
7 Chrisantia Newton	St. Elizabeth Seton		1.25m
1.20 1.23 1.25 1.27			
0 0 XO XXX			
8 Sophia Spisak	Father Michael Troy		1.20m
1.20 1.23			
0 XXX			
-- Emma Keldie	Holy Family		NH
1.20			
XXX			
-- Anya San Juan	St. Elizabeth Seton		DNS
-- Valentina Molina	Father Michael Troy		DNS
-- Ashea Martin	Father Michael Troy		SCR

Girls Long Jump Senior

ECS Junior H: # 5.40m 2019		Joy Vela, St. Nicholas	
Name	Year Team	Seed	Finals
1 Alejandra Sochacki	Lsl Jr High School		4.18m
4.07m 4.18m 3.96m 3.90m 4.05m 4.18m			
2 Danica Congcar	STMA		4.13m
4.13m 4.02m 3.64m 3.35m			
3 Tessa Paul	Lsl Jr High School		4.05m
4.05m 3.65m 3.53m 3.84m 3.78m 3.83m			
4 Marie-Noa Kouadou	Joseph-Moreau		4.00m
4.00m 3.90m 3.77m 3.53m 3.88m			
5 Valérie Tremblay	Joseph-Moreau		3.80m
3.54m 3.34m 3.46m 3.33m 3.62m 3.80m			
6 Amy Kwon	St. John Xxiii		3.43m
3.36m 3.43m 3.32m 3.14m 3.39m			

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****....Girls Long Jump Senior**

7	Lauren Caskey	St. John Xxiii	3.36m
	3.36m 3.17m 3.30m		
8	Krishna Coyoy	Holy Family	3.32m
	3.32m 2.85m		
9	Mariya Biju	Father Michael Troy	3.18m
	3.18m		
10	Talisa Hillaby	Holy Family	3.14m
	3.14m 2.97m 2.97m		
11	Crisley Gamboa	STMA	3.10m
	3.10m		
11	Sasha Gomez	Father Michael Troy	3.10m
	2.57m 3.10m 2.80m		
13	Enita Biju	St. Elizabeth Seton	3.02m
	x 3.02m		
--	Bettina Roy	St. Elizabeth Seton	DNS
--	Biriebi Egbuson	St. John Xxiii	SCR
--	Ashea Martin	Father Michael Troy	SCR

Girls Triple Jump Senior

=====				
ECS Junior H: # 10.99m 2018		Mateya Berezowsky, St Rose		
Name	Year	Team	Seed	Finals
=====				
1	Myra Nelson	Lsl Jr High School		9.82m
	FOUL 9.04m 8.55m 8.93m		9.60m 9.82m	
2	Alejandra Sochacki	Lsl Jr High School		9.71m
	8.96m 8.88m 9.10m 8.97m		9.24m 9.71m	
3	Salomé Arias	Joseph-Moreau		9.38m
	8.75m 8.62m 9.24m 8.76m		9.38m 9.20m	
4	Aimee Mac Mahon	St. John Xxiii		8.90m
	8.15m 8.90m 8.51m 8.78m		8.15m 8.70m	
5	Danielle Cross	Holy Family		8.23m
	7.91m 7.60m FOUL 7.71m		7.56m 8.23m	
6	Livia Macdonell	Joseph-Moreau		7.98m
	FOUL 7.18m 7.58m 7.72m		7.98m 7.61m	
7	Julianne Espino	Father Michael Troy		7.23m
	7.23m 6.89m 6.91m			
8	Jasna Pailamila	Father Michael Troy		7.12m
	6.98m 6.74m 7.12m			
9	Mimi Leroux	St. John Xxiii		5.46m
	FOUL FOUL 5.46m			
--	Sophia Rose Jumamoy	St. Elizabeth Seton		FOUL
	FOUL FOUL FOUL			
--	Enita Biju	St. Elizabeth Seton		FOUL
	FOUL FOUL FOUL			

Girls Shot Put Senior

=====				
ECS Junior H: # 12.42m 1997		Mandy Squire, Sir John Thompson		
Name	Year	Team	Seed	Finals
=====				
1	Biriebi Egbuson	St. John Xxiii		10.56m
	x 10.56m 9.88m 9.98m 10.09m		10.36m	
2	Kat Beier	Father Michael Troy		10.40m
	9.57m 8.57m 9.80m 9.88m 10.09m		10.40m	

2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

....Girls Shot Put Senior

3	Anais Flaman				Joseph-Moreau	8.82m
	7.43m 8.35m 8.82m	FOUL	8.52m 8.14m			
4	Marisol Boulé				Joseph-Moreau	8.61m
	8.47m 7.44m 8.28m 8.61m		8.57m 8.26m			
5	Eden Ooraikul				St. John Xxiii	8.26m
	8.00m 8.26m 7.52m 7.90m		7.98m			
6	Tessa Paul				Lsl Jr High School	7.92m
	7.18m 7.09m 7.80m 7.47m		7.92m 7.05m			
7	Sadie Smith				Lsl Jr High School	7.45m
	7.45m 6.95m 6.97m					
8	Anyicia Kelly				Father Michael Troy	6.68m
	6.68m 6.47m 6.22m					
9	Ann Eh				St. Elizabeth Seton	6.45m
	5.90m 6.45m					
10	Emma Keldie				Holy Family	6.06m
	FOUL 6.06m FOUL					
--	Anyet Awer				St. Elizabeth Seton	DNS

Girls Javelin Throw Senior

=====

ECS Junior H: # 27.95m 2016 Hailey Hossinger, Cardinal Leger

Name	Year	Team	Seed	Finals
1 Skylie Dew-Chouinard		Joseph-Moreau		21.43m
	17.57m 15.82m FOUL	17.62m FOUL	21.43m	
2 Biriebi Egbuson		St. John Xxiii		20.21m
	16.13m 20.21m 13.45m	17.78m 16.81m 14.04m		
3 Kat Beier		Father Michael Troy		20.19m
	FOUL 13.91m 17.85m	18.72m 18.46m 20.19m		
4 Madilyn Hartum		Lsl Jr High School		19.35m
	FOUL 17.25m 18.03m	15.81m 19.35m 18.23m		
5 Anyicia Kelly		Father Michael Troy		17.93m
	8.52m 11.61m 17.74m	15.72m 14.17m 17.93m		
6 Princess Choimah		St. John Xxiii		17.74m
	13.86m 12.26m 17.74m	FOUL 12.52m 12.20m		
7 Torin Knuckey		Lsl Jr High School		16.78m
	14.05m 13.98m 16.78m			
8 Tomi Akindede		St. Elizabeth Seton		13.87m
	FOUL FOUL 13.87m			
--	Iman Wright	St. Elizabeth Seton		DNS
--	Monica Galouon-Eta	Joseph-Moreau		SCR

Boys 100 Metre Dash Junior

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

=====

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

Name	Year	Team	Seed	Prelims	H#
Preliminaries					
1 Jeremiah Spencer		St. John Xxiii		13.04Q	2
2 Jerry Kandakai		St. Elizabeth Seton		13.22Q	1
3 Ryan Wabebe		Joseph-Moreau		13.87Q	2
4 Dylan Santos		St. John Xxiii		13.88Q	1
5 Tripp Lipscombe		Lsl Jr High School		14.11q	1
6 Ryan Cabrera		Father Michael Troy		14.22q	1

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****....Boys 100 Metre Dash Junior**

7	Luca Patrizi	Lsl Jr High School	14.38q	2
8	Marc Aka	Joseph-Moreau	14.46q	1
9	Marcus Tiam	St. Elizabeth Seton	14.69	2
10	Eyasu Teweldemedhin	STMA	14.93	2
11	Sean Zaranyika	Father Michael Troy	14.96	2
12	Damian Vachon	STMA	15.34	1
13	Sean Masuka	Joan Carr	15.44	2
14	Cohen Child	Joan Carr	18.95	1

Boys 100 Metre Dash Junior

=====

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

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

=====

Finals

1	Jeremiah Spencer	St. John Xxiii	13.04	12.94	
2	Jerry Kandakai	St. Elizabeth Seton	13.22	13.40	
3	Dylan Santos	St. John Xxiii	13.88	13.69	
4	Luca Patrizi	Lsl Jr High School	14.38	14.33	14.322
5	Tripp Lipscombe	Lsl Jr High School	14.11	14.33	14.326
6	Ryan Cabrera	Father Michael Troy	14.22	14.41	
7	Marc Aka	Joseph-Moreau	14.46	14.52	
8	Ryan Wabebe	Joseph-Moreau	13.87	15.48	

Boys 200 Metre Dash Junior

=====

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

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

=====

1	Jerry Kandakai	St. Elizabeth Seton		26.86	1
2	Dylan Santos	St. John Xxiii		27.84	2
3	Luca Patrizi	Lsl Jr High School		28.93	2
4	Noah Messou	Joseph-Moreau		29.14	2
5	Parker Wong	Lsl Jr High School		29.35	1
6	Marc Aka	Joseph-Moreau		29.48	1
7	Attwood O'Connor	St. Elizabeth Seton		29.51	2
8	Ryan Cabrera	Father Michael Troy		29.81	1
9	Eyasu Teweldemedhin	STMA		30.25	2
10	Gabriel Herrera	Joan Carr		30.53	2
11	Nathan Rojas	St. John Xxiii		30.66	1
12	Nando Mirante	Joan Carr		33.47	1
13	Tesfalem Tesgay	STMA		33.63	1
14	Justin Vega	Father Michael Troy		33.87	2
--	John Joo	Joan Carr		SCR	

Boys 400 Metre Dash Junior

=====

ECS Junior H: # 55.81 1990 John Corpuz, Holy Family

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

=====

1	Gabriel Herrera	Joan Carr		1:08.96
2	Griffin Paul	Lsl Jr High School		1:11.16
3	Oliver Zubek	St. John Xxiii		1:12.42
4	Davyd Nemnozhko	STMA		1:16.43
5	Kael Teskey	Father Michael Troy		1:20.47

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****....Boys 400 Metre Dash Junior**

-- Nathan Roy	Joseph-Moreau	DNS
-- Marcus Tiam	St. Elizabeth Seton	DNS
-- Attwood O'Connor	St. Elizabeth Seton	DNS
-- Dalton Mukasa	St. John Xxiii	SCR
-- Parker Wong	Lsl Jr High School	SCR
-- Gabriel Fernandez	Lsl Jr High School	SCR

Boys 800 Metre Run Junior

=====				
ECS Junior H: # 2:15.00 1981 Ray Deane, St. Cecilia				
Name	Year	Team	Seed	Finals
=====				
1 Dalton Mukasa		St. John Xxiii		2:31.23
2 Samuel Williamson		Lsl Jr High School		2:42.30
3 Hudson Mould		Lsl Jr High School		2:43.52
4 Ryckard Maieas-Bordi		St. John Xxiii		2:50.17
5 Nuncio Mirante		Joan Carr		3:00.23
6 Rémi Kavanagh		Joseph-Moreau		3:06.95
7 Kevin Hillaby		Father Michael Troy		3:08.54
8 Bartek Matuszyk		Holy Family		3:17.71
9 Eoghan Mac Mahon		Joan Carr		3:17.84
10 Aiden MacDonald		Holy Family		3:17.94
11 Joseph Aghedo		Father Michael Troy		3:26.08
-- Jason Khoukaz		St. John Xxiii		SCR

Boys 1500 Metre Run Junior

=====				
ECS Junior H: # 4:46.40 1982 Ray Deane, St Cecilia				
Name	Year	Team	Seed	Finals
=====				
1 Dalton Mukasa		St. John Xxiii		5:21.68
2 Hudson Mould		Lsl Jr High School		5:33.61
3 Griffin Paul		Lsl Jr High School		5:47.31
4 Nuncio Mirante		Joan Carr		6:00.54
5 Jason Khoukaz		St. John Xxiii		6:19.01
6 Eoghan Mac Mahon		Joan Carr		6:19.40
7 Yuvraj Singh		St. Elizabeth Seton		6:53.81
8 David Lovelock		Father Michael Troy		7:01.52
9 Joseph Aghedo		Father Michael Troy		7:11.71
10 Maxime Lepage		Joseph-Moreau		7:51.81
-- Antonee Stoensky		St. Elizabeth Seton		DNS
-- Tripp Lipscombe		Lsl Jr High School		SCR

Boys 4x100 Metre Relay Junior

=====				
ECS Junior H: # 50.64 2018 , St Nicholas				
Team		Seed		Finals
=====				
1 St. John Xxiii 'A'				52.09
2 Lsl Jr High School 'A'				55.13
1) Tripp Lipscombe		2) Luca Patrizi		
3) Cormac Peters		4) Benjamin Borshowa		
3 Joseph-Moreau 'A'				57.32
1) Ryan Wabebe		2) Nathan Roy		
3) Marc Aka		4) Rémi Kavanagh		

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Rollie Miles Athletic Park

Results

....Boys 4x100 Metre Relay Junior

4	Father Michael Troy 'A'		1:00.06
	1) Ryan Cabrera	2) Sean Zaranyika	
	3) Justin Vega	4) Yurek Domjan	
5	St. Mark Jr. High School 'A'		1:01.47
	1) Eyasu Teweldemedhin	2) Azaria Teshome	
	3) Tesfalem Tesgay	4) Damian Vachon	
6	Joan Carr Catholic School 'A'		1:07.09
	1) Nuncio Mirante	2) Cohen Child	
	3) Nico Mirante	4) Gabriel Herrera	

Boys High Jump Junior

=====										
ECS Junior H: # 1.66m 2004 Athley Lwal, JJ Bowlen										
Name	Year	Team	Seed	Finals						
=====										
1	Kadin Naqvi	St. John Xxiii		1.50m						
	1.20	1.25	1.30	1.35	1.38	1.41	1.44	1.47	1.50	1.53
	0	0	0	0	0	0	XO	0	0	XXX
2	Ibrahim Bah	Joseph-Moreau		1.47m						
	1.20	1.25	1.30	1.35	1.38	1.41	1.44	1.47	1.50	
	0	XO	XO	XXO	0	0	XXO	0	XXX	
3	Tripp Lipscombe	Lsl Jr High School		1.35m						
	1.20	1.25	1.30	1.35	1.38					
	0	0	0	XO	XXX					
4	Eli Hoogenboom	St. Elizabeth Seton		J1.35m						
	1.20	1.25	1.30	1.35	1.38					
	0	XO	0	XXO	XXX					
5	Langston Sample	STMA		1.30m						
	1.20	1.25	1.30	1.35						
	0	0	0	XXX						
5	Benjamin Borshowa	Lsl Jr High School		1.30m						
	1.20	1.25	1.30	1.35						
	0	0	0	XXX						
7	Ryan Cabrera	Father Michael Troy		J1.30m						
	1.20	1.25	1.30	1.35						
	0	XO	0	XXX						
7	Damian Vachon	STMA		J1.30m						
	1.20	1.25	1.30	1.35						
	0	XO	0	XXX						
9	Ryan Wabebe	Joseph-Moreau		J1.30m						
	1.20	1.25	1.30	1.35						
	0	0	XO	XXX						
10	Aiden MacDonald	Holy Family		1.25m						
	1.20	1.25	1.30							
	0	0	XXX							
11	Aiden Christenson	St. John Xxiii		J1.25m						
	1.20	1.25	1.30							
	XO	0	XXX							
11	Jairus Robillos	Father Michael Troy		J1.25m						
	1.20	1.25	1.30							
	XO	0	XXX							
13	Sean Masuka	Joan Carr		1.20m						
	1.20	1.25								
	0	XXX								
--	Gerald Seton	St. Elizabeth Seton		DNS						

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****....Boys High Jump Junior**

-- Mide Morakinyo	Joan Carr	SCR
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Boys Long Jump Junior

ECS Junior H: # 5.62m 1986								Mark Grozic, St Cecilia	
Name	Year	Team	Seed	Finals					
1 Lincoln Hall		St. John Xxiii		4.73m					
	4.52m	4.49m	4.73m						
2 Gabriel Nadon		Father Michael Troy		4.63m					
	4.55m	4.55m	4.63m						
3 Jeremiah Spencer		St. John Xxiii		4.40m					
	4.33m	4.15m	4.34m	4.25m	4.40m				
4 Eli Hoogenboom		St. Elizabeth Seton		4.24m					
	4.00m	3.28m	4.24m	3.74m	3.81m				
5 Ruot Gatkuoth		Father Michael Troy		4.20m					
	3.96m	4.20m	3.92m	4.01m					
6 Griffin Paul		Lsl Jr High School		4.15m					
	4.15m	4.03m	3.89m	3.64m	3.82m				
7 Sawyer Eaton		STMA		4.07m					
	4.07m	4.06m							
8 Tripp Lipscombe		Lsl Jr High School		3.91m					
	3.91m								
9 Damian Vachon		STMA		3.86m					
	3.86m	3.75m	3.62m						
10 Rémi Kavanagh		Joseph-Moreau		3.80m					
	3.72m	3.66m	3.80m						
11 Walid Abed		Joseph-Moreau		3.77m					
	3.47m	3.44m	3.77m						
12 Carter Lang		St. Elizabeth Seton		3.33m					
	3.33m	3.10m	3.19m						
13 Kale Martin		Joan Carr		2.50m					
	x	2.50m	2.45m						
-- Sean Masuka		Joan Carr		DNS					

Boys Triple Jump Junior

ECS Junior H: # 11.70m 2016								McKail Braithwaite, St Thomas More	
Name	Year	Team	Seed	Finals					
1 Tripp Lipscombe		Lsl Jr High School		9.71m					
	9.18m	8.31m	9.42m	9.71m	9.15m				
2 Jeremy Adedeji		St. John Xxiii		9.50m					
	9.47m	9.37m	9.50m	9.45m					
3 Jeremiah Spencer		St. John Xxiii		8.92m					
	8.92m	8.59m							
4 Viktor Gluic		Lsl Jr High School		8.46m					
	8.34m	8.21m	8.46m	8.27m	8.21m				
5 Rémi Kavanagh		Joseph-Moreau		8.20m					
	7.48m	8.20m	8.07m	8.11m	8.19m				
6 Aiden MacDonald		Holy Family		8.14m					
	8.14m	7.32m	7.32m	7.36m	7.82m			7.71m	
7 Walid Abed		Joseph-Moreau		8.01m					
	7.98m	8.01m	7.59m						

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****....Boys Triple Jump Junior**

8	Jairus Robillos	Father Michael Troy	7.46m
	7.22m 7.45m 7.46m		
9	Nico Mirante	Joan Carr	6.76m
	6.76m 6.68m		
10	Ethan Kumar	Father Michael Troy	6.72m
	6.44m 6.72m		
11	Yosan Kifle	STMA	6.48m
	6.42m 6.48m		
12	Eoghan Mac Mahon	Joan Carr	6.03m
	6.03m		
--	Yuvraj Singh	St. Elizabeth Seton	DNS
--	Justin Nowehl	St. Elizabeth Seton	DNS

Boys Shot Put Junior

=====				
ECS Junior H: # 12.77m 2004 Carlington Thomas, St Elizabeth Seton				
Name	Year	Team	Seed	Finals
=====				
1	Lincoln Hall	St. John Xxiii		9.93m
	9.93m 9.91m 9.39m 9.84m		9.22m 9.07m	
2	Declan Reid	Lsl Jr High School		9.65m
	9.09m 8.90m 8.61m 9.57m		9.65m 9.38m	
3	Wilfried Doungue	Joseph-Moreau		8.92m
	8.92m 8.83m 8.64m 8.60m		8.27m 8.49m	
4	James Tiano-Thorpe	St. John Xxiii		8.72m
	7.65m 8.26m 8.72m 7.59m		8.59m 8.72m	
5	Prajith Prabhu	Father Michael Troy		8.71m
	7.11m 8.63m 8.71m FOUL		7.32m 7.06m	
6	Jesus Herrera Maturino	Joan Carr		7.64m
	7.43m 7.64m 7.50m 7.52m		7.63m 7.56m	
7	Adam El-Hakim	Joan Carr		7.33m
	6.23m 7.33m 7.18m			
8	Marty Panganiban	Father Michael Troy		7.27m
	6.95m 7.27m 7.06m			
9	Riley Morgenstern	STMA		7.24m
	6.58m 7.24m 7.00m			
10	Enzo Di-Vanno	Lsl Jr High School		7.04m
	6.95m 7.00m 7.04m			
11	Bartek Matuszyk	Holy Family		6.59m
	6.15m 5.68m 6.59m			
12	Alex McMartin	St. Elizabeth Seton		6.11m
	5.44m 6.06m 6.11m			
--	Mateuss Kaminsky	St. Elizabeth Seton		DNS
--	George Masson	Joseph-Moreau		DNS
--	Jan Pumarejos	Father Michael Troy		SCR
--	Hajoon Youn	Joan Carr		SCR

Boys Javelin Throw Junior

=====				
ECS Junior H: # 32.38m 2015 Reece devlin, Joseph Moreau				
Name	Year	Team	Seed	Finals
=====				
1	Sawyer Eaton	STMA		25.65m
	21.95m FOUL 21.69m 22.25m 25.65m 19.74m			

2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

....Boys Javelin Throw Junior

2	Nathan Roy	Joseph-Moreau	25.54m
	21.22m 23.40m 23.57m 20.04m 25.54m 24.65m		
3	Jack Rajakaruna	Lsl Jr High School	25.44m
	25.44m FOUL 22.52m FOUL FOUL FOUL		
4	Wilfried Doungue	Joseph-Moreau	23.42m
	FOUL 23.42m 15.98m 17.25m 19.87m 16.91m		
5	Marty Panganiban	Father Michael Troy	21.14m
	14.08m 21.14m 14.59m 18.30m 20.17m 20.94m		
6	Mario Abdallah	St. John Xxiii	20.31m
	17.56m 18.13m 14.66m FOUL 18.09m 20.31m		
7	Lourdritch Salabao	Lsl Jr High School	19.65m
	FOUL 19.65m FOUL		
8	Fredrick Sannoh	St. Elizabeth Seton	17.89m
	17.23m 17.89m FOUL		
9	Kingston Huynh	Father Michael Troy	17.14m
	15.21m 16.15m 17.14m		
10	Bartek Matuszyk	Holy Family	15.20m
	15.20m 13.14m 11.74m		
11	Okeoma Ukaigwe	St. John Xxiii	14.55m
	FOUL 14.55m FOUL		
12	Wisdom Kaitjizememine	St. Elizabeth Seton	14.52m
	14.52m		
13	Nando Mirante	Joan Carr	13.52m
	12.45m 13.52m 13.51m		
--	Damian Vachon	STMA	FOUL
	FOUL FOUL FOUL		
--	Adam El-Hakim	Joan Carr	FOUL
	FOUL FOUL FOUL		
--	Cormac Peters	Lsl Jr High School	SCR

Boys 100 Metre Dash Intermediate

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

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=====
ECS Junior H: # 11.10 1988           Abi Issac, JJ Bowlen
Name                               Year Team                               Seed   Prelims  H#
=====
Preliminaries
1 Benny Allangba                   Joseph-Moreau                           12.61Q  2
2 Joshua Hebden                    St. John Xxiii                          12.85Q  1
3 Renzo Angeles                    St. John Xxiii                          12.84Q  2
4 Yuhyun Kim                       Lsl Jr High School                      13.46Q  1
5 Adrian Duque                     Holy Family                              13.41q  2
6 Mateo Centeno-Lopez              Lsl Jr High School                      13.45q  2
7 Troy Raynor                      STMA                                     13.51q  2
8 Maddox Bernal                    Father Michael Troy                     13.63q  2
9 Clyde Mbachu                     Joseph-Moreau                           13.71   1
10 Sean Olubowale                  St. Elizabeth Seton                    13.72   1
11 Alvin Onyedika                  Father Michael Troy                     14.01   1
12 Raimon Kiflemariam              STMA                                     14.76   1
-- Luny Mabil                      St. Elizabeth Seton                    DNS     2
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2023 ECSD Zone 3 - 2023-05-30**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	Benny Allangba	Joseph-Moreau	12.61	12.48
2	Renzo Angeles	St. John Xxiii	12.84	12.74
3	Joshua Hebden	St. John Xxiii	12.85	12.85
4	Mateo Centeno-Lopez	Lsl Jr High School	13.45	13.30
5	Adrian Duque	Holy Family	13.41	13.35
6	Troy Raynor	STMA	13.51	13.46
7	Yuhyun Kim	Lsl Jr High School	13.46	13.64
8	Maddox Bernal	Father Michael Troy	13.63	14.21

Boys 200 Metre Dash Intermediate

=====

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

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

=====

1	Benny Allangba	Joseph-Moreau		25.20	1
2	Joshua Hebden	St. John Xxiii		25.77	2
3	Gabriel Henriquez	St. John Xxiii		26.13	1
4	Levi Stephen	Lsl Jr High School		26.17	2
5	Adrian Duque	Holy Family		27.22	2
6	Sean Olubowale	St. Elizabeth Seton		27.40	2
7	Daryl Couterielle	Father Michael Troy		28.00	1
8	Nehemie Sodjati	Joseph-Moreau		28.05	2
9	Francis Ballenas	STMA		28.05	2
10	Santiago Pejendino River	Lsl Jr High School		28.57	1
11	Elbert Pangan	St. Elizabeth Seton		31.64	1
12	Klyde Montero	STMA		31.82	1
--	Kamil Cudzich	Father Michael Troy		DNS	2
--	Rhaylee Bauzon	Father Michael Troy		SCR	

Boys 400 Metre Dash Intermediate

=====

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

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

=====

1	Daryl Couterielle	Father Michael Troy		1:00.86
2	Benjamin Pickard	Lsl Jr High School		1:01.63
3	Finn Lechuk	St. John Xxiii		1:05.98
4	Tejay Labisig	St. Elizabeth Seton		1:09.96
5	Klyde Montero	STMA		1:14.35
--	Benny Allangba	Joseph-Moreau		DNS
--	Kohen Johnson	St. John Xxiii		SCR

Boys 800 Metre Run Intermediate

=====

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

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

=====

1	Evan Dowling	Lsl Jr High School		2:31.28
2	Carter Bogach	Holy Family		2:34.78
3	Finn Lechuk	St. John Xxiii		2:38.35
4	Lucas Folk	Lsl Jr High School		2:41.44

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Rollie Miles Athletic Park

Results

....Boys 800 Metre Run Intermediate

5	Paolo Antoun	Joseph-Moreau	2:41.95
6	Erik Whiting	St. John Xxiii	2:42.29
7	Paul Tanguay	Father Michael Troy	3:00.32
8	Ethan Fortin	Father Michael Troy	3:01.33
--	Graeme Coleman	Joseph-Moreau	SCR

Boys 1500 Metre Run Intermediate

=====

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

Name	Year	Team	Seed	Finals
1	Kohen Johnson	St. John Xxiii		5:21.04
2	Erik Whiting	St. John Xxiii		5:22.04
3	Lucas Folk	Lsl Jr High School		5:26.53
4	Bruk Goitom	STMA		5:41.04
5	Dylan Bruce	Lsl Jr High School		5:51.32
6	Ethan Valencia	Father Michael Troy		6:07.67
7	Daryl Couterielle	Father Michael Troy		6:29.78
--	Liiam O'Neill	St. Elizabeth Seton		DNS
--	Robert Tejada	St. Elizabeth Seton		DNS

Boys 4x100 Metre Relay Intermediate

=====

ECS Junior H: # 47.70 1984 , Sir John Thompson

Team	Seed	Finals
1 St. John Xxiii 'A'		49.73
2 Joseph-Moreau 'A'		52.81
1) Benny Allangba	2) Clyde Mbachu	
3) Nehemie Sodjati	4) Noah Fallu	
3 Lsl Jr High School 'A'		54.29
1) Mateo Centeno-Lopez	2) Yuhyun Kim	
3) Santiago Pejendino Rivera	4) Evan Dowling	
4 Father Michael Troy 'A'		55.67
1) Maddox Bernal	2) Ethan Valencia	
3) Alvin Onyedika	4) Daryl Couterielle	
-- St. Mark Jr. High School 'A'		DQ out of lane
1) Francis Ballenas	2) Raimon Kiflemariam	
3) Klyde Montero	4) Troy Raynor	

Boys High Jump Intermediate

=====

ECS Junior H: # 1.83m 2005 Athley Lwal, J Bowlen

Name	Year	Team	Seed	Finals
1 Azariah Bumhira		Lsl Jr High School		1.68m
1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.68				
O O O O XO O XXO XXO XXO				
2 Troy Raynor		STMA		1.65m
1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.68				
O O O O O O XXO O XXX				
3 Alvin Onyedika		Father Michael Troy		1.55m
1.30 1.40 1.45 1.50 1.55 1.60				
O O O O XO XXX				

2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

....Boys High Jump Intermediate

4	Evan Dowling	Lsl Jr High School	J1.55m
	1.30 1.35 1.40 1.45 1.50 1.55 1.60		
	0 0 0 XO XO XXO XXX		
5	Kohen Johnson	St. John Xxiii	1.50m
	1.30 1.35 1.40 1.45 1.50 1.55		
	0 0 XO 0 0 XXX		
6	Ethan Hicks	St. John Xxiii	J1.50m
	1.30 1.35 1.40 1.45 1.50 1.55		
	0 0 0 0 XO XXX		
7	Nehemie Sodjati	Joseph-Moreau	J1.50m
	1.35 1.40 1.45 1.50 1.55		
	XO 0 0 XO X		
8	Kamil Cudzich	Father Michael Troy	J1.50m
	1.30 1.35 1.40 1.45 1.50 1.55		
	0 0 0 XO XXO XXX		
9	Raimon Kiflemariam	STMA	1.45m
	1.30 1.35 1.40 1.45 1.50		
	0 0 0 XXO XXX		
10	Rain Nala	Holy Family	1.35m
	1.30 1.35 1.40		
	0 XO XXX		
11	Sean Olubowale	St. Elizabeth Seton	J1.35m
	1.35 1.40		
	XXO XXX		
12	Tyler Hwang	Holy Family	J1.35m
	1.30 1.35 1.40		
	XO XXO XXX		
--	Jacob Prins	St. Elizabeth Seton	DNS
--	Chrisostome Vanié	Joseph-Moreau	SCR
--	Ryan Vertucio	Lsl Jr High School	SCR

Boys Long Jump Intermediate

=====						
ECS Junior H: # 6.11m 2010		Jordy Ntambwe, JJ Bowlen				
Name	Year	Team	Seed	Finals		
=====						
1	Troy Raynor	STMA		5.20m		
	5.20m 5.12m 5.06m					
2	Gabriel Henriquez	St. John Xxiii		5.12m		
	4.79m 4.18m 5.12m 4.54m 4.73m					
3	Clyde Mbachu	Joseph-Moreau		5.00m		
	4.65m 4.78m 4.03m 4.52m 5.00m					
4	Adrian Duque	Holy Family		4.94m		
	4.85m 4.90m 4.90m 4.71m 4.94m					
5	Maddox Bernal	Father Michael Troy		4.85m		
	4.46m 4.19m 3.97m 4.85m 4.71m					
6	Santiago Pejendino River	Lsl Jr High School		4.61m		
	4.60m 4.38m 4.61m					
7	Kamil Cudzich	Father Michael Troy		4.51m		
	4.10m 4.51m 3.57m					
8	Joshua Hebden	St. John Xxiii		4.30m		
	4.30m 4.29m					
9	Tanner Eriksen	Lsl Jr High School		4.02m		
	4.02m 3.84m 3.65m					

2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

....Boys Long Jump Intermediate

10	Klyde Montero	STMA	3.95m
	3.95m		
11	Kent-Neto Nzotungwanayo	Joseph-Moreau	3.86m
	3.86m 3.23m		
12	Ali Semitego	St. Elizabeth Seton	3.68m
	3.68m 3.63m		
--	Owen Reyes	St. Elizabeth Seton	DNS

Boys Triple Jump Intermediate

=====						
ECS Junior H: #	13.23m	2018	Emanuel Goi, St Cecilia			
Name		Year	Team	Seed		Finals
=====						
1	Clyde Mbachu		Joseph-Moreau			11.22m
	9.80m 10.52m 11.22m		10.52m 10.58m 11.00m			
2	Lucas Folk		Lsl Jr High School			10.64m
	10.55m 10.04m 10.64m		10.43m 10.61m			
3	Troy Raynor		STMA			10.33m
	9.77m 9.58m 9.57m		10.33m 10.11m 9.34m			
4	Carter Bogach		Holy Family			10.12m
	9.79m 10.12m 10.11m		9.59m 9.63m 9.73m			
5	Maddox Bernal		Father Michael Troy			10.00m
	9.98m 9.14m 10.00m		9.89m 9.87m			
6	Emmanuel Ndiaye		Joseph-Moreau			9.97m
	9.09m 9.72m 9.09m		9.20m 9.97m			
7	Kamil Cudzich		Father Michael Troy			9.57m
	9.57m					
8	Oliver Chorley		Lsl Jr High School			9.25m
	9.25m 9.18m					
9	Chris Hunneman		St. John Xxiii			9.21m
	9.13m 9.21m 8.73m					
10	Ethan Hicks		St. John Xxiii			9.03m
	9.03m					
11	Jay Garneau		St. Elizabeth Seton			7.36m
	7.36m					
--	Ayden Lafreniere		St. Elizabeth Seton			DNS
--	Kohen Johnson		St. John Xxiii			SCR
--	Rhaylee Bauzon		Father Michael Troy			SCR
--	Mataan Omar		St. John Xxiii			SCR

Boys Shot Put Intermediate

=====						
ECS Junior H: #	13.69m	1999	Christian Maanucci, JJ Bowlen			
Name		Year	Team	Seed		Finals
=====						
1	Tristan Glasel		Father Michael Troy			10.02m
	8.85m 9.44m 9.52m		10.02m 9.70m 8.46m			
2	Evan Dowling		Lsl Jr High School			9.78m
	9.31m 8.29m 9.30m		9.78m 9.02m 8.75m			
3	Benjamin Pickard		Lsl Jr High School			9.76m
	9.24m 9.00m 9.53m		9.20m 9.76m 9.47m			
4	Clyde Mbachu		Joseph-Moreau			9.63m
	9.15m 9.15m 9.63m		FOUL FOUL 9.02m			
5	Gabriel Henriquez		St. John Xxiii			9.62m
	7.60m 8.20m 9.62m		7.60m 7.71m 7.63m			

2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

....Boys Shot Put Intermediate

6	Caleb Amyotte	Joseph-Moreau	9.42m
	8.43m FOUL 8.82m 8.70m 9.42m 8.98m		
7	Justin Arnold	St. Elizabeth Seton	8.77m
	8.69m 8.77m FOUL		
8	Tanner Tymchuk	St. John Xxiii	8.68m
	7.55m 8.68m 8.58m		
9	Jorge Holguin Zapata	STMA	8.22m
	8.04m 7.97m 8.22m		
10	Rain Nala	Holy Family	7.55m
	6.71m 7.09m 7.55m		
--	Alvin Onyedika	Father Michael Troy	DNS

Boys Javelin Throw Intermediate

=====				
ECS Junior H: #	39.36m	2016	Dominic Houle, JH Picard	
Name		Year Team	Seed	Finals
=====				
1	Alvin Onyedika	Father Michael Troy		33.23m
	FOUL 32.80m 33.23m 31.75m 32.25m FOUL			
2	Kent-Neto Nzotungwanayo	Joseph-Moreau		29.64m
	29.64m FOUL FOUL 22.01m 22.18m FOUL			
3	Bryan Eke	St. John Xxiii		28.94m
	28.94m 21.99m 28.26m 26.40m 26.83m 27.74m			
4	Tyler Dela Reyna	STMA		28.82m
	26.69m 26.85m 25.81m 26.21m 28.82m 26.84m			
5	Tanner Eriksen	Lsl Jr High School		26.51m
	26.51m 25.40m 24.02m			
6	Renzo Angeles	St. John Xxiii		24.75m
	FOUL 24.10m 24.75m 24.27m FOUL FOUL			
7	Leon Jineesh	St. Elizabeth Seton		23.74m
	23.74m FOUL 20.07m			
8	Luke Black	Father Michael Troy		23.45m
	23.09m 22.75m 23.45m			
9	Kaleb Watson	Joseph-Moreau		23.44m
	FOUL 23.44m 16.49m			
10	Justin Arnold	St. Elizabeth Seton		22.70m
	FOUL 22.70m 20.07m			
11	Joshua Durrant	Holy Family		18.66m
	18.66m FOUL FOUL			
12	Jorge Holguin Zapata	STMA		11.45m
	FOUL FOUL 11.45m			
--	Lucas Folk	Lsl Jr High School		DNS

Boys 100 Metre Dash Senior

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

=====				
ECS Junior H: #	10.93	2008	Alfred Kamara, St. Hilda	
Name		Year Team	Seed	Prelims H#
=====				
Preliminaries				
1	Hanna Halteh	St. John Xxiii	12.43Q	2
2	Marc-Elie Ohuo	Joseph-Moreau	12.51Q	1
3	Yel Akuei	St. Elizabeth Seton	12.57Q	1
4	Rémi Doderai	Joseph-Moreau	12.79Q	2
5	Ibukin Omosebi	St. John Xxiii	12.96q	1

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****....Boys 100 Metre Dash Senior**

6	Chile Lipscombe	Lsl Jr High School	13.24q	2
7	Liam Huckabee	Lsl Jr High School	13.26q	1
8	Jyllo Dimatulac	Holy Family	13.47q	2
9	Solomon Samuel	St. Elizabeth Seton	13.51	2
10	Jackson Eckert	Father Michael Troy	13.57	1
11	Efram Abraham	STMA	13.67	1
12	Jebe Yedeta	STMA	14.18	2
13	Francis Semira	Father Michael Troy	14.19	2

Boys 100 Metre Dash Senior

=====

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

Name	Year	Team	Prelims	Finals
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=====

Finals

1	Hanna Halteh	St. John Xxiii	12.43	12.25
2	Rémi Doderai	Joseph-Moreau	12.79	12.89
3	Marc-Elie Ohuo	Joseph-Moreau	12.51	12.91
4	Chile Lipscombe	Lsl Jr High School	13.24	13.11
5	Ibukin Omosebi	St. John Xxiii	12.96	13.15
6	Yel Akuei	St. Elizabeth Seton	12.57	13.18
7	Liam Huckabee	Lsl Jr High School	13.26	13.26
--	Jyllo Dimatulac	Holy Family	13.47	DNS

Boys 200 Metre Dash Senior

=====

ECS Junior H: # 22.25 2007 Evan Roesch, Louis St Laurent

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

=====

1	Marc-Elie Ohuo	Joseph-Moreau		25.31	2
2	Samuel Yongonge	Joseph-Moreau		25.64	1
3	Ibukun Omosebi	St. John Xxiii		25.76	1
4	Yel Akuei	St. Elizabeth Seton		25.79	2
5	Temitayo Osideko	St. John Xxiii		25.97	2
6	Orlando Viola	Lsl Jr High School		26.31	2
7	Patrick Norris	Lsl Jr High School		26.58	1
8	Jyllo Dimatulac	Holy Family		26.93	2
9	Kristian Espino	Father Michael Troy		27.86	2
10	Anderson Afun	STMA		29.30	2
11	Joseph Tut	St. Elizabeth Seton		29.43	1
12	Evan Glyson	Father Michael Troy		29.86	1
13	Joseph McGillis	STMA		36.01	1
--	Chase Harrington	Lsl Jr High School		SCR	

Boys 400 Metre Dash Senior

=====

ECS Junior H: # 52.10 1989 Abi Issac, MF Otterson

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

=====

1	Hanna Halteh	St. John Xxiii		57.32
2	Orlando Viola	Lsl Jr High School		57.68
3	Nathaniel Labelle	Joseph-Moreau		58.48
4	Nathan Tekla	STMA		1:01.74
5	Kristian Espino	Father Michael Troy		1:07.99
--	Tristan Aidoo	St. Elizabeth Seton		DNS

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****....Boys 400 Metre Dash Senior**

-- Evan Gagne St. Elizabeth Seton DNS

Boys 800 Metre Run Senior

=====				
ECS Junior H: # 2:03.17	2016	Andrew Weinkauf, MF Otterson		
Name	Year	Team	Seed	Finals
=====				
1 Nathan Tekla		STMA		2:24.43
2 Ryland Wong		Joseph-Moreau		2:27.58
3 Harlan Jesso		St. John Xxiii		2:30.39
4 Daniel Mukasa		St. John Xxiii		2:34.64
5 Tye Kantor		Lsl Jr High School		2:36.88
6 Hayden Bilodeau		Joseph-Moreau		2:41.32
7 Luke Makowsky		Lsl Jr High School		2:45.50
8 Noah Banack		Father Michael Troy		2:59.42
-- Christian Corbiere		STMA		DNF
-- Jacob Davis		Father Michael Troy		DNS
-- Matthew Evancusky		Lsl Jr High School		SCR
-- Éric Cormier		Joseph-Moreau		SCR
-- Carson Decker		Lsl Jr High School		SCR

Boys 1500 Metre Run Senior

=====				
ECS Junior H: # 4:21.00	1984	John Stanton, JJ Bowlen		
Name	Year	Team	Seed	Finals
=====				
1 Daniel Mukasa		St. John Xxiii		4:59.06
2 Tye Kantor		Lsl Jr High School		4:59.69
3 Jacob Davis		Father Michael Troy		5:02.90
4 Tristan Aidoo		St. Elizabeth Seton		5:06.00
5 Harlan Jesso		St. John Xxiii		5:10.78
6 Stefan Vajsabel		Joseph-Moreau		5:17.40
7 Warner Zapisocky		Joseph-Moreau		5:29.58
8 Shea Russell		Father Michael Troy		5:44.69
9 Joshua Pynadath		Holy Family		5:51.01
10 Luke Makowsky		Lsl Jr High School		5:54.00
11 Wein Maliwanag		Holy Family		6:01.17
-- Evan Gagne		St. Elizabeth Seton		DNF
-- Jacob Fuhr		STMA		DNS

Boys 4x100 Metre Relay Senior

=====				
ECS Junior H: # 46.35	2004	, Maurice Lavallee		
Team			Seed	Finals
=====				
1 St. John Xxiii 'A'				48.44
2 Lsl Jr High School 'A'				50.37
1) Orlando Viola		2) Chile Lipscombe		
3) Liam Huckabee		4) Jorge Vien Raphael Macalintal		
3 Joseph-Moreau 'A'				52.01
1) Rémi Doderai		2) Marc-Elie Ohuo		
3) Samuel Yongonge		4) Jamal Dorce-Fleurilien		
4 Father Michael Troy 'A'				53.89
1) Jackson Eckert		2) Francis Semira		
3) Kristian Espino		4) Josiah Pryce		

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****Boys Long Jump Senior**

ECS Junior H: # 6.31m 2004		Charles Brzerd, Maurice Lavallee		
Name	Year	Team	Seed	Finals
1 Temitayo Osideko		St. John Xxiii		5.66m
	5.66m 5.31m 5.46m			
2 Samuel Yongonge		Joseph-Moreau		5.21m
	4.82m 5.14m 5.21m 5.10m 5.07m			
3 Ethan Dokken		Lsl Jr High School		5.06m
	4.77m 4.99m 5.06m 4.64m			
4 Liam Huckabee		Lsl Jr High School		4.98m
	4.70m 4.98m 4.93m 4.94m 4.90m			
5 Artem Budiak		St. John Xxiii		4.93m
	4.83m 4.82m 4.93m 4.70m			
6 Jackson Eckert		Father Michael Troy		4.78m
	4.69m 4.78m 4.78m 4.68m			
7 Jayden Wilmoth		St. Elizabeth Seton		4.72m
	4.72m 4.45m			
8 Joseph Tut		St. Elizabeth Seton		4.70m
	4.35m 4.70m			
9 Joshua Pynadath		Holy Family		4.40m
	4.31m 4.31m 4.40m			
10 Brian MacInnis		Father Michael Troy		4.19m
	4.14m 4.19m			
11 Wein Maliwanag		Holy Family		4.16m
	4.09m 4.16m 4.01m			
12 Christian Corbiere		STMA		4.14m
	4.14m 4.13m 3.98m			
13 Aiden Savage		STMA		4.13m
	4.02m 4.13m			
-- TJ Boussombo		Joseph-Moreau		DNS

Boys Triple Jump Senior

ECS Junior H: # 12.96m 2015		Magloire Loki, JJ Bowlen		
Name	Year	Team	Seed	Finals
1 Temitayo Osideko		St. John Xxiii		12.43m
	FOUL 12.43m 11.90m 11.89m 11.26m			
2 Ethan Dokken		Lsl Jr High School		11.23m
	11.23m 11.18m 11.18m 10.97m			
3 Alexandre Charrois		Joseph-Moreau		11.13m
	10.83m 10.99m 11.13m 10.70m			
4 Philip Olumilua		St. John Xxiii		10.98m
	10.02m 10.55m 10.25m 10.34m 10.59m 10.98m			
5 Félix Pauly		Joseph-Moreau		10.56m
	10.56m 10.10m 10.26m			
6 Jackson Eckert		Father Michael Troy		10.48m
	10.44m 10.48m			
7 Jyllo Dimatulac		Holy Family		10.20m
	10.14m 10.20m			
8 Liam MacDonald		Father Michael Troy		10.12m
	10.12m 9.94m 10.07m			
9 Wilson Ohynysty		Lsl Jr High School		9.71m
	9.71m			

2023 ECSD Zone 3 - 2023-05-30

Rollie Miles Athletic Park

Results

....Boys Triple Jump Senior

10 Joshua Pynadath	Holy Family	9.05m
9.05m 8.62m 8.94m		
-- Eron Omayana	STMA	DNS
-- Kylan Sharphead	St. Elizabeth Seton	DNS
-- Joseph Tut	St. Elizabeth Seton	DNS
-- Jacob Fuhr	STMA	DNS
-- Isaiah Spencer	St. John Xxiii	SCR

Boys Shot Put Senior

=====						
ECS Junior H: # 15.63m	1973	Hank Ilesic, St Basil				
Name	Year	Team	Seed	Finals		
=====						
1 Wilson Ohynysty		Lsl Jr High School		11.99m		
10.60m 11.90m 11.00m		11.99m 11.31m 11.72m				
2 James Banack		Father Michael Troy		11.04m		
9.91m 10.50m 11.04m		10.59m 10.34m 10.25m				
3 Rémi Doderai		Joseph-Moreau		11.02m		
11.02m 10.99m 9.75m		10.40m 10.86m 10.36m				
4 Kaden Puhlmann		St. John Xxiii		10.98m		
9.90m 10.15m 10.85m		10.30m 10.86m 10.98m				
5 Philip Olumilua		St. John Xxiii		10.66m		
10.63m 10.34m 10.46m		10.66m 9.65m 10.35m				
6 Nathan Sudyk		St. Elizabeth Seton		10.39m		
9.32m 10.07m 10.39m		10.17m 10.30m 10.20m				
7 David Chirinciuc		Joseph-Moreau		9.89m		
8.13m 9.89m 7.54m						
8 Jeba Yedeta		STMA		9.80m		
9.80m 8.92m 9.53m						
9 Noah Banack		Father Michael Troy		9.73m		
9.69m FOUL 9.73m						
10 Anderson Afun		STMA		9.65m		
9.00m 9.65m 9.39m						
11 Aaron Flynn		Lsl Jr High School		9.64m		
9.64m 9.03m 8.50m						
12 Jayden Pauls		St. Elizabeth Seton		8.50m		
FOUL 8.50m 8.28m						
13 Lewell Lim		Holy Family		7.59m		
7.59m FOUL 7.12m						

Boys Javelin Throw Senior

=====						
ECS Junior H: # 45.72m	2019	Alexi Dufour, Joseph Moreau				
Name	Year	Team	Seed	Finals		
=====						
1 Noah Banack		Father Michael Troy		37.23m		
29.24m 37.23m 24.85m		27.51m 32.07m 30.21m				
2 Casey Johnston		Father Michael Troy		36.54m		
29.70m 28.49m 35.40m		33.87m 36.54m 35.65m				
3 TJ Boussombo		Joseph-Moreau		34.49m		
32.14m 32.54m 32.82m		29.82m 34.49m 30.14m				
4 Griffin Vignal		Lsl Jr High School		32.47m		
29.64m 25.72m 25.61m		25.52m 30.75m 32.47m				
5 Rémi Doderai		Joseph-Moreau		32.01m		
27.10m 32.01m 27.85m		FOUL FOUL FOUL				

2023 ECSD Zone 3 - 2023-05-30**Rollie Miles Athletic Park****Results****....Boys Javelin Throw Senior**

6	Jhon Tadlas				St. Elizabeth Seton	31.63m
	30.06m	31.32m	28.14m	29.24m	31.63m	FOUL
7	Joshua Nduwimana				Lsl Jr High School	28.96m
	24.32m	28.96m	26.35m			
8	Connor Mah				St. John Xxiii	25.58m
	25.58m	17.25m	FOUL			
9	Eron Omayana				STMA	23.84m
	23.84m	23.21m	19.06m			
10	Devlan Bellerose-Tomko				STMA	22.80m
	FOUL	21.86m	22.80m			
11	Kaden Puhlmann				St. John Xxiii	20.80m
	20.80m	FOUL	FOUL			
12	Hades Bauyon				Holy Family	15.68m
	FOUL	FOUL	15.68m			
--	Lewell Lim				Holy Family	FOUL
	FOUL	FOUL	FOUL			
--	Tristan Aidoo				St. Elizabeth Seton	DNS