

2026 ECSD Zone 3 - 2026-06-08**Rollie Miles Athletic Park****Results****Girls 100 Metre Dash Junior****8 Advance: Top 2 Each Heat plus Next 4 Best Times**

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ECS Junior H: # 12.24 2017 Joy Vela, St. Nicholas

Name	Year	Team	Seed	Prelims	H#
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Preliminaries

1	Kaelyn Ramakrishnan	Father Michael Troy		14.67Q	2
2	Ella Allain	J.H. Picard		15.12Q	1
3	Ciara Nadema	St. Mark		15.13Q	1
4	Alice Zaruk	J.H. Picard		15.14Q	2
5	Nonna Solomina	St. Alphonsus		15.28q	1 15.278
6	Cheyenne Aguinaldo	St. Clement		15.28q	1 15.279
7	Seanna Goose	St. Nicholas		15.42q	2
8	Percy Adomako	St. Mark		15.71q	2
9	Nefeli Hettiarachchi	Father Michael Troy		15.75	1
10	Danica Reid	Joseph-Moreau		16.24	1
11	Gaychar Doi	St. Nicholas		16.46	1
12	Mahawa Masri	St. Alphonsus		16.57	2
13	Kamsi Amobi	Joan Carr		17.10	1
14	Irish Gamboa	St. Clement		19.85	2
--	Zara Kwemto	Joan Carr		DNS	2
--	Evelyn Horne	Joseph-Moreau		DNS	2

Girls 100 Metre Dash Junior

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ECS Junior H: # 12.24 2017 Joy Vela, St. Nicholas

Name	Year	Team	Prelims	Finals	Points
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Finals

1	Kaelyn Ramakrishnan	Father Michael Troy	14.67	14.63	10
2	Ella Allain	J.H. Picard	15.12	14.84	8
3	Ciara Nadema	St. Mark	15.13	14.86	6
4	Alice Zaruk	J.H. Picard	15.14	15.41	5
5	Cheyenne Aguinaldo	St. Clement	15.28	15.42	4
6	Percy Adomako	St. Mark	15.71	15.80	3
7	Seanna Goose	St. Nicholas	15.42	16.01	2
--	Nonna Solomina	St. Alphonsus	15.28	DNS	

Girls 200 Metre Dash Junior

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ECS Junior H: # 27.20 2009 Chantelle Suito, Father Michael Troy

Name	Year	Team	Seed	Finals	H#	Points
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1	Kaelyn Ramakrishnan	Father Michael Troy		31.10	1	10
2	Ciara Nadema	St. Mark		31.47	2	8
3	Ella Allain	J.H. Picard		31.80	2	6
4	Zara Kwemto	Joan Carr		32.10	2	5
5	Alice Zaruk	J.H. Picard		32.37	1	4
6	Seanna Goose	St. Nicholas		32.70	2	3
7	Nonna Solomina	St. Alphonsus		33.07	1	2
8	Brinley Snatynchuk	St. Mark		33.76	1	1
9	Cheyenne Aguinaldo	St. Clement		33.91	2	
10	Elle Fowler	Joseph-Moreau		34.17	1	
11	Gabrielle Escalera	St. Clement		34.41	1	
12	Julia Balauro	St. Alphonsus		34.94	2	
13	Oreo Omonaiye	Joan Carr		35.63	1	

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14	Charlotte Cruz Sanchez	Joseph-Moreau	35.76	2
--	Gaychar Doi	St. Nicholas	DNS	1
--	Emma Palen	Father Michael Troy	DNS	2

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 Points
=====				
1	Kaelyn Ramakrishnan	Father Michael Troy	1:15.74	10
2	Fayola Akinyode	J.H. Picard	1:16.59	8
3	Olivia Konowalyk	Joan Carr	1:17.55	6
4	Ciara Nadema	St. Mark	1:21.33	5
5	Michelle Heng	St. Alphonsus	1:21.94	4
6	Danica Reid	Joseph-Moreau	1:28.55	3

Girls 800 Metre Run Junior

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ECS Junior H: # 2:28.62 2012 Madison Margurz-Stricker, Louis St Laurent				
Name	Year	Team	Seed	Finals Points
=====				
1	Olivia Konowalyk	Joan Carr	3:02.82	10
2	Angelica Comia	J.H. Picard	3:05.74	8
3	Isabelle Seguin	J.H. Picard	3:25.98	6
4	Emnet Debessay	St. Mark	3:36.54	5
5	Shelley Okoth	St. Alphonsus	3:50.01	4
6	Gaychar Doi	St. Nicholas	3:50.07	3
7	Marxia Espanol	Father Michael Troy	4:02.94	2
8	Hanna Do	St. Alphonsus	4:10.41	1
9	Emily Currie	Father Michael Troy	4:17.98	
10	Mykah Corbett	St. Nicholas	4:42.59	
--	Mila Marcos	Joan Carr	DNF	

Girls 1500 Metre Run Junior

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ECS Junior H: # 5:03.42 2012 Madison Marguez-Stricker, Louis St Laurent				
Name	Year	Team	Seed	Finals Points
=====				
1	Evelyn Horne	Joseph-Moreau	6:13.48	10
2	Mckinley Norrad	Father Michael Troy	6:42.85	8
3	Cecilia Erasmus	J.H. Picard	6:44.42	6
4	Kalista Robosa	J.H. Picard	6:47.85	5
5	Mila Marcos	Joan Carr	6:56.87	4
6	Ezra Phillips	Father Michael Troy	7:38.76	3
7	Gaychar Doi	St. Nicholas	8:20.14	2
8	Mykah Corbett	St. Nicholas	8:30.00	1

Girls 4x100 Metre Relay Junior

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ECS Junior H: # 53.80 2009 , Father Michael troy				
Team	Year	Team	Seed	Finals Points
=====				
1	Father Michael Troy	'A'	1:01.64	10
	1)	Kaelyn Ramakrishnan	2)	Nefeli Hettiarachchi
	3)	Abigail Buluran	4)	Emma Palen

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....Girls 4x100 Metre Relay Junior

2	J.H. Picard 'A'		1:03.11	8
	1) Ella Allain	2) Alice Zaruk		
	3) Shebriel Rojas Carrillo	4) Karina Lebas		
3	Joseph-Moreau 'A'		1:04.89	6
	1) Evelyn Horne	2) Floria Fenezandry		
	3) Danica Reid	4) Lena Conway		
4	Joan Carr 'A'		1:05.08	5
	1) Mila Marcos	2) Zara Kwemto		
	3) Olivia Konowalyk	4) Oreo Omonaiye		
5	St. Mark 'A'		1:05.21	4
	1) Percy Adomako	2)		
	3) Wendyam Sawadogo	4) Brinley Snatynchuk		
6	St. Alphonsus 'A'		1:12.30	3
	1) Akiko Le	2) Julia Balauro		
	3) Shelley Okoth	4) Mahawa Masri		
--	St. Nicholas 'A'			DQ
	1) Gaychar Doi	2) Seanna Goose		
	3) Athiang Dau	4) Marie Tchullla		

Girls High Jump Junior

=====									
ECS Junior H: # 1.50m 1979					M DeChamplain, St Francis of Assisi				
Name	Year	Team	Seed	Finals	Points				
=====									
1	Oreo Omonaiye	Joan Carr		1.25m	10				
	1.20 1.25 1.30								
	0 0 XXX								
2	Kaelyn Ramakrishnan	Father Michael Troy		J1.25m	8				
	1.10 1.15 1.20 1.25 1.30								
	0 XO 0 0 XXX								
3	Ella Allain	J.H. Picard		J1.20m	6	Jump off			
	1.10 1.15 1.20 1.25								
	0 0 0 XXX								
4	Wendyam Sawadogo	St. Mark		J1.20m	5	Jump off			
	1.10 1.15 1.20 1.25								
	0 0 0 XXX								
5	Karina Lebas	J.H. Picard		1.10m	4				
	1.10 1.15								
	XO XXX								
--	Zara Kwemto	Joan Carr		NH					
	1.20								
	XXX								
--	Athiang Dau	St. Nicholas		DNS					

Girls Long Jump Junior

=====									
ECS Junior H: # 4.94m 1975					Joanne Orysiuk, St Thomas More				
Name	Year	Team	Seed	Finals	Points				
=====									
1	Evelyn Horne	Joseph-Moreau		3.97m	10				
	3.21m 3.25m 3.97m 3.06m			3.22m 2.00m					
2	Ella Allain	J.H. Picard		3.86m	8				
	3.57m 3.86m 3.71m								
3	Nefeli Hettiarachchi	Father Michael Troy		3.60m	6				
	3.60m 3.20m 3.56m 3.20m			3.57m FOUL					

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....Girls Long Jump Junior

4	Angelah Porpor	Father Michael Troy	3.52m	5
	FOUL 2.93m 3.52m 3.07m	FOUL 3.33m		
5	Cheyenne Aguinaldo	St. Clement	3.46m	4
	2.94m 3.22m 3.46m 2.95m	3.04m 2.73m		
6	Kamsi Amobi	Joan Carr	3.39m	3
	2.69m FOUL 3.39m			
7	Michelle Heng	St. Alphonsus	3.37m	2
	3.23m 3.33m 3.37m			
8	Floria Fenzandry	Joseph-Moreau	3.28m	1
	3.28m 2.89m 3.14m			
9	Chrislay Htaw	St. Nicholas	3.27m	
	3.27m 3.18m FOUL			
10	Hannah Aunger	J.H. Picard	3.25m	
	3.25m 2.80m FOUL			
11	Mahawa Masri	St. Alphonsus	3.21m	
	3.21m FOUL FOUL			
12	Athiang Dau	St. Nicholas	3.07m	
	2.80m 2.83m 3.07m			
13	Oyindamola Orire	St. Clement	3.04m	
	2.80m 3.04m 2.66m			
14	Zikora Okechukwu	Joan Carr	2.11m	
	FOUL 2.11m 2.06m			
--	Danait Welday	St. Mark	SCR	

Girls Triple Jump Junior

=====						
ECS Junior H: # 10.54m 2019 Carmen Chu, Father Michael Troy						
Name	Year	Team	Seed	Finals	Points	
=====						
1	Athiang Dau	St. Nicholas		8.40m	10	
	8.22m 8.40m 8.34m	FOUL	FOUL	7.70m		
2	Ciara Nadema	St. Mark		8.15m	8	
	7.34m 6.94m	FOUL	8.15m	7.20m 7.31m		
3	Shebriel Rojas	Carrillo	J.H. Picard	7.50m	6	
	6.66m FOUL	7.50m 6.82m	6.15m	FOUL		
4	Angelica Comia	J.H. Picard		7.40m	5	
	7.21m 7.13m 6.94m	7.01m	7.03m	7.40m		
5	Kemi Ekpe	Joan Carr		7.30m	4	
	7.04m 7.01m	FOUL	6.70m	FOUL	7.30m	
6	Angelah Porpor	Father Michael Troy		7.24m	3	
	5.54m 6.90m 5.73m	6.48m	6.60m	7.24m		
7	Lena Conway	Joseph-Moreau		6.80m	2	
	FOUL 6.80m	FOUL				
8	Abigael Raballah	Joan Carr		6.60m	1	
	FOUL 6.60m	6.51m				
9	Floria Fenzandry	Joseph-Moreau		6.54m		
	6.54m FOUL	FOUL				
10	Christine Bukuru	St. Nicholas		6.48m		
	FOUL 6.48m	5.92m				
11	Gabrielle Escalera	St. Clement		6.45m		
	6.06m 6.45m	FOUL				
12	Abby De Vega	Father Michael Troy		6.31m		
	FOUL 6.31m	6.12m				
--	Feruz Gerhemdn	St. Alphonsus		FOUL		
	FOUL FOUL FOUL					

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Results

....Girls Triple Jump Junior

-- Nae Moar St. Clement DNS

Girls Shot Put Junior

ECS Junior H: # 11.46m 2002 Alysia Rissling, St Rose						
Name	Year	Team	Seed	Finals	Points	
1 Zikora Okechukwu		Joan Carr		7.84m	10	
7.79m 7.18m 6.62m 7.84m 7.61m		FOUL				
2 Aye Bobo Fofana		Joseph-Moreau		7.60m	8	
7.60m 6.82m 6.80m 7.06m 6.89m 6.93m						
3 Alice Zaruk		J.H. Picard		7.34m	6	
7.15m 5.98m FOUL FOUL 7.34m 6.95m						
4 Shebriel Rojas Carrillo		J.H. Picard		7.33m	5	
7.33m 7.00m FOUL 6.88m 6.63m 6.46m						
5 Muna Achukwu		St. Nicholas		7.27m	4	
6.62m 6.80m 7.27m 6.85m FOUL 6.80m						
6 Abigael Raballah		Joan Carr		7.24m	3	
7.17m 6.96m 7.16m 7.22m 6.66m 7.24m						
7 Anna-Maria Julio		Joseph-Moreau		6.92m	2	
6.92m 6.47m FOUL						
8 Loudel Rivera		Father Michael Troy		6.91m	1	
6.91m 6.58m 6.56m						
9 Christine Bukuru		St. Nicholas		6.76m		
6.63m 6.30m 6.76m						
10 Treesa James		Father Michael Troy		6.21m		
6.03m 6.20m 6.21m						
11 Niyat Welday		St. Alphonsus		5.95m		
5.72m 5.95m 5.71m						
12 Oyindamola Orire		St. Clement		5.50m		
4.51m 4.93m 5.50m						
13 Cheyenne Aguinaldo		St. Clement		5.32m		
5.32m 4.72m 4.82m						
-- Macy McWilliams		St. Mark		DNS		
-- Brinley Snatynchuk		St. Mark		DNS		

Girls Javelin Throw Junior

ECS Junior H: # 26.11m 2018 Madison Maximo, JJ Bowlen						
Name	Year	Team	Seed	Finals	Points	
1 Nicole Winner		St. Alphonsus		19.07m	10	
17.06m 19.01m 16.78m 18.59m 19.07m		FOUL				
2 Alice Zaruk		J.H. Picard		18.90m	8	
18.17m 18.74m 16.55m 17.91m 18.50m 18.90m						
3 Ahyeisha Malintas		Father Michael Troy		17.33m	6	
17.33m 15.69m FOUL 16.10m 14.38m 16.22m						
4 Abigael Raballah		Joan Carr		17.30m	5	
9.14m 15.19m 17.30m 11.91m 10.29m 17.11m						
5 Selena Trung		St. Nicholas		16.79m	4	
16.68m 16.79m 14.73m 15.57m 16.50m 14.28m						
6 Myles Lustre		J.H. Picard		15.87m	3	
13.87m 15.87m 11.30m 13.72m 10.00m FOUL						
7 Iris Fournier		Joseph-Moreau		14.79m	2	
14.79m 12.85m FOUL						

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....Girls Javelin Throw Junior

8	Makayla Ocloo	Father Michael Troy	13.80m	1
	FOUL 13.80m 13.54m			
9	Akiko Le	St. Alphonsus	13.53m	
	13.53m FOUL 12.92m			
10	Zikora Okechukwu	Joan Carr	13.29m	
	13.05m 13.29m 13.14m			
11	Rediet Abate	St. Mark	10.43m	
	9.61m 10.43m 9.88m			
12	Chrislay Htaw	St. Nicholas	9.68m	
	9.68m 9.33m FOUL			
13	Irish Gamboa	St. Clement	9.53m	
	9.53m 7.05m 9.53m			
--	Naomi Lulenda	St. Clement	FOUL	
	FOUL FOUL FOUL			
--	Maya Evelyn Small	Joseph-Moreau	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	Naomi Talla	Joseph-Moreau	13.81Q	2
2	Aaneyya Russell	St. Nicholas	13.97Q	1
3	Assia Bah	Joseph-Moreau	13.99Q	1
4	Davina Edohen	Joan Carr	14.92Q	2
5	Liz Cesar	J.H. Picard	14.72q	1
6	Arianna Clavecillas	Father Michael Troy	15.21q	2
7	Muna Okuwuogo	Joan Carr	15.27q	1
8	Catherine Letinan	J.H. Picard	15.28q	2
9	Charity Mahe	St. Nicholas	15.39	2
10	Crystal Eslava	Father Michael Troy	15.58	1
11	Daenielle Paches	St. Clement	15.72	1
12	Sanaa McLinton	St. Alphonsus	15.90	1
13	Lilian Ailim	St. Clement	16.12	2
14	Emmanuella Emmanuel	St. Mark	16.21	1
15	Embele Shalman	St. Alphonsus	16.81	2

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	Points
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Finals

1	Aaneyya Russell	St. Nicholas	13.97	13.83	10
2	Assia Bah	Joseph-Moreau	13.99	13.84	8
3	Naomi Talla	Joseph-Moreau	13.81	14.14	6
4	Liz Cesar	J.H. Picard	14.72	14.77	5
5	Davina Edohen	Joan Carr	14.92	15.25	4
6	Muna Okuwuogo	Joan Carr	15.27	15.54	3
7	Catherine Letinan	J.H. Picard	15.28	16.16	2
--	Arianna Clavecillas	Father Michael Troy	15.21	DNS	

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ECS Junior H: # 26.14 2010		Chantelle Suitor, Father Michael Troy			
Name	Year	Team	Seed	Finals	H# Points
1	Naomi Talla	Joseph-Moreau		29.07	2 10
2	Liz Cesar	J.H. Picard		31.01	1 8
3	Emma Lessard	Joseph-Moreau		31.68	1 6
4	Catherine Letinan	J.H. Picard		32.13	2 5
5	Arianna Clavecillas	Father Michael Troy		32.17	2 4
6	Charity Mahe	St. Nicholas		32.58	1 3
7	Carol Al Eid	St. Clement		33.61	2 2
8	Sanaa McLinton	St. Alphonsus		33.93	1 1
9	Emmanuella Emmanuel	St. Mark		34.34	2
10	Natasha Aghedo	Joan Carr		34.59	2
11	Francine Castro	St. Clement		35.09	1
12	Olivia Huebner	Father Michael Troy		35.74	1
13	GraceAnne Oduntan	Joan Carr		35.87	1
14	Cordi Hauk	St. Nicholas		36.10	2
15	Marina Asaad	St. Alphonsus		37.31	2
--	Lucy Sewell	St. Mark		SCR	

Girls 400 Metre Dash Intermediate

ECS Junior H: # 1:00.85 1997		Jennifer Kemp, Louis St Laurent			
Name	Year	Team	Seed	Finals	Points
1	Ava Mulumba	Joseph-Moreau		1:10.26	10
2	Caris Feehan Slavik	J.H. Picard		1:19.72	8
3	Annika Mitchell-Bennett	Joan Carr		1:19.86	6
4	Nathalie Mergl	St. Nicholas		1:24.60	5
5	Allison Klyne	Father Michael Troy		1:24.71	4
--	Nana Akosah	St. Mark		DQ	out of lane
--	Marina Asaad	St. Alphonsus		DNS	

Girls 800 Metre Run Intermediate

ECS Junior H: # 2:23.10 1997		Jennifer Kemp, Louis St Laurent			
Name	Year	Team	Seed	Finals	Points
1	Stella Sosnowski	Joseph-Moreau		2:53.60	10
2	Janey Flett-Bandura	Joan Carr		3:05.27	8
3	Sydney Milson	J.H. Picard		3:06.78	6
4	Frances McConville	J.H. Picard		3:17.46	5
5	Annika Mitchell-Bennett	Joan Carr		3:24.20	4
6	Allison Klyne	Father Michael Troy		3:27.74	3
7	Faith Diekep	Joseph-Moreau		3:30.96	2
8	Amanda Andemariam	St. Alphonsus		3:34.00	1
9	Gabriela Valencia	Father Michael Troy		3:37.32	
10	Thomasia Archibald	St. Nicholas		4:15.18	
11	Dasha McLean	St. Nicholas		4:24.51	
--	Marina Asaad	St. Alphonsus		DNF	

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Girls 1500 Metre Run Intermediate

ECS Junior H: # 5:06.09 2005 Taylor Patterson, Louis St Laurent					
Name	Year	Team	Seed	Finals	Points
1 Naya Aytenfisu		J.H. Picard		6:03.85	10
2 Janey Flett-Bandura		Joan Carr		6:39.07	8
3 Milana Bernal		Father Michael Troy		6:46.13	6
4 Alexandra Coleman		Joseph-Moreau		7:09.75	5
5 Eliane Dupont		J.H. Picard		7:33.40	4
6 Crystal Eslava		Father Michael Troy		7:43.41	3
7 Cyren Aquino		Joan Carr		8:47.41	2
-- Brianna Nimbeshaho		St. Nicholas		DNS	
-- Cordi Hauk		St. Nicholas		DNS	
-- Axelle Lachance		Joseph-Moreau		DNS	

Girls 4x100 Metre Relay Intermediate

ECS Junior H: # 52.80 1978 , St Cecilia					
Team	Seed	Finals	Points		
1 Joseph-Moreau 'A'		57.35	10		
1) Axelle Lachance	2) Naomi Talla				
3) Emma Lessard	4) Assia Bah				
2 J.H. Picard 'A'		59.94	8		
1) Naya Aytenfisu	2) Liz Cesar				
3) Sarah Figuerido	4) Catherine Letinan				
3 St. Nicholas 'A'		1:00.46	6		
1) Aaneya Russell	2) Charity Mahe				
3) Cordi Hauk	4) Brielle Sarfo				
4 Father Michael Troy 'A'		1:01.36	5		
1) Arianna Clavecillas	2) Milana Bernal				
3) Hannah Bino	4) Crystal Eslava				
5 Joan Carr 'A'		1:03.71	4		
1) Natasha Aghedo	2) Alna Aneesh				
3) Davina Edohen	4) Muna Okuwuogo				
6 St. Alphonsus 'A'		1:05.20	3		
1) Sanaa McLinton	2) Michaela Sesay				
3) Marian Pascua	4) Amanda Andemariam				
-- St. Mark 'A'			DNS		
1) Emmanuella Emmanuel	2) Jayden Didow				
3) Emilee Go	4) Nana Akosah				

Girls High Jump Intermediate

ECS Junior H: # 1.58m 1980 Jane Plaxton, JH Picard					
Name	Year	Team	Seed	Finals	Points
1 Brianna Nimbeshaho		St. Nicholas		1.40m	10
1.15 1.20 1.25 1.30 1.35 1.40 1.45					
O O XXO O XXO O XXX					
2 Alvina Olagunju		J.H. Picard		1.30m	8
1.15 1.20 1.25 1.30 1.35					
XXO XXO O XXO XXX					
3 Emma Lessard		Joseph-Moreau		1.25m	5.50
1.15 1.20 1.25 1.30					
O XO XO XXX					

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....Girls High Jump Intermediate

3	Crystal Eslava	Father Michael Troy	1.25m	5.50
	1.15 1.20 1.25 1.30			
	XO O XO XXX			
5	Muna Okuwuogo	Joan Carr	1.20m	3.50
	1.15 1.20 1.25			
	O O XXX			
5	Jayden Didow	St. Mark	1.20m	3.50
	1.15 1.20 1.25			
	O O XXX			
7	Olivia Farrants	J.H. Picard	J1.20m	2
	1.15 1.20 1.25			
	XO O XXX			
8	Olivia Huebner	Father Michael Troy	1.15m	0.25
	1.15 1.20			
	O XXX			
8	Marie-Solei Halaska	St. Nicholas	1.15m	0.25
	1.15 1.20			
	O XXX			
8	Emilee Go	St. Mark	1.15m	0.25
	1.15 1.20			
	O XXX			
8	Ava Mulumba	Joseph-Moreau	1.15m	0.25
	1.15 1.20			
	O XXX			
--	Alna Aneesh	Joan Carr		NH
	1.15			
	XXX			

Girls Long Jump Intermediate

=====						
ECS Junior H: #	5.30m	2018	Joy Vela, St Nicholas			
Name	Year	Team	Seed	Finals	Points	
=====						
1	Axelle Lachance	Joseph-Moreau		4.41m	10	
	3.04m FOUL 3.65m	4.01m	3.72m 4.41m			
2	Arianna Clavecillas	Father Michael Troy		4.07m	8	
	3.76m 3.28m FOUL 3.79m		3.91m 4.07m			
3	Kirena Danilova	Joseph-Moreau		3.96m	6	
	3.33m FOUL 3.65m FOUL	3.96m 3.41m				
4	Davina Edohen	Joan Carr		3.90m	5	
	3.82m 3.81m 3.60m 3.80m		3.90m 3.79m			
5	Alna Aneesh	Joan Carr		3.80m	4	
	3.71m 3.68m 3.26m FOUL		3.65m 3.80m			
6	Marie-Solei Halaska	St. Nicholas		3.75m	3	
	3.66m 3.30m 3.55m FOUL		3.75m 3.61m			
7	Julia Haws	St. Clement		3.60m	2	
	3.60m 3.57m 3.26m					
8	Aaneyya Russell	St. Nicholas		3.58m	1	
	3.52m 3.54m 3.58m					
9	Naya Aytenfisu	J.H. Picard		3.55m		
	3.55m 3.39m 3.52m					
10	Lilian Ailim	St. Clement		3.43m		
	3.43m FOUL 3.36m					
11	Daphine Nakangu	St. Alphonsus		3.36m		
	3.36m FOUL 3.04m					

2026 ECSD Zone 3 - 2026-06-08**Rollie Miles Athletic Park****Results****....Girls Long Jump Intermediate**

12	Cassie Kazohua	Father Michael Troy	3.29m
	3.29m 2.36m 3.23m		
13	Michaela Sesay	St. Alphonsus	2.35m
	2.27m 2.32m 2.35m		
--	Emilee Go	St. Mark	DNS
--	Sarah Figuerido	J.H. Picard	DNS

Girls Triple Jump Intermediate

ECS Junior H: # 10.86m 2018							Madelyn Valpy, St Brendan	
Name	Year	Team	Seed	Finals	Points			
1	Axelle Lachance	Joseph-Moreau		9.38m	10			
	9.25m 8.68m 8.18m 7.48m			9.38m 8.88m				
2	Cordi Hauk	St. Nicholas		8.59m	8			
	8.35m 8.25m 8.10m 7.93m			7.81m 8.59m				
3	Alna Aneesh	Joan Carr		8.25m	6			
	FOUL FOUL 8.24m FOUL 7.02m			8.25m				
4	Eliane Dupont	J.H. Picard		7.96m	5			
	7.48m FOUL FOUL FOUL 7.71m			7.96m				
5	Faith Diekep	Joseph-Moreau		7.86m	4			
	7.61m 7.12m 7.59m 6.73m			7.56m 7.86m				
6	Naya Aytenfisu	J.H. Picard		7.66m	3			
	7.63m 7.27m 7.54m 7.49m			7.48m 7.66m				
7	Milana Bernal	Father Michael Troy		7.23m	2			
	7.09m 6.48m 7.23m							
8	Davina Edohen	Joan Carr		7.02m	1			
	6.67m FOUL 7.02m							
9	Praise Galapopo	St. Nicholas		6.79m				
	FOUL FOUL 6.79m							
10	Lilian Ailim	St. Clement		6.29m				
	6.29m FOUL FOUL							
--	Christiane Tshilumba	St. Clement		FOUL				
	FOUL FOUL FOUL							
--	Sanaa McLinton	St. Alphonsus		DNS				

Girls Shot Put Intermediate

ECS Junior H: # 12.28m 1989							Maria Gouveia, JJ Bowlen	
Name	Year	Team	Seed	Finals	Points			
1	Nayika Riendeau	Joseph-Moreau		8.90m	10			
	7.71m 7.60m 7.25m 8.90m			8.73m 8.38m				
2	Alexis Bussieres	J.H. Picard		8.78m	8			
	8.32m 8.40m 7.94m 8.04m			8.50m 8.78m				
3	Thomosia Archibald	St. Nicholas		8.34m	6			
	7.46m 8.34m FOUL							
4	Brielle Sarfo	St. Nicholas		8.16m	5			
	6.69m 7.82m 7.87m FOUL 7.25m			8.16m				
5	Muna Okuwuogo	Joan Carr		8.08m	4			
	7.76m 8.08m 7.83m 7.90m			7.87m 7.76m				
6	Vianne Ngha	Joan Carr		7.84m	3			
	6.94m 7.47m 7.84m 7.51m			7.09m 6.79m				
7	Alexandra Coleman	Joseph-Moreau		7.69m	2			
	7.45m 7.69m 6.61m 7.36m			7.52m 7.58m				

2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

....Girls Shot Put Intermediate

8	Julia Haws	St. Clement	7.50m	1
	7.50m 7.50m 7.23m			
9	Caris Feehan Slavik	J.H. Picard	7.04m	
	6.94m 7.04m 7.04m			
10	Lara Janice Morales	Father Michael Troy	7.01m	
	6.10m 6.41m 7.01m			
11	Marian Pascua	St. Alphonsus	6.84m	
	6.78m 6.84m 6.38m			
12	Dianna Kuystermans	Father Michael Troy	6.20m	
	6.20m 6.19m 5.99m			
13	Famerose Faith Cortez	St. Clement	6.15m	
	5.70m 6.02m 6.15m			
14	Daphine Nakangu	St. Alphonsus	6.05m	
	5.62m 5.97m 6.05m			

Girls Javelin Throw Intermediate

=====										
ECS Junior H: #	27.19m	2017	Chyler Figueroa, St Mark							
Name		Year	Team	Seed	Finals	Points				
=====										
1	Crystal Eslava		Father Michael Troy		25.24m	10				
	21.25m 22.20m 18.54m 22.19m 25.24m 22.78m									
2	Milana Bernal		Father Michael Troy		20.36m	8				
	FOUL FOUL 20.36m 15.98m 17.09m 18.13m									
3	Emmanuella Emmanuel		St. Mark		19.36m	6				
	FOUL 16.31m 19.36m 15.19m 14.15m 12.56m									
4	Clara Yambayamba		Joseph-Moreau		18.49m	5				
	16.50m 13.65m 18.49m 18.34m 15.70m FOUL									
5	Sophia Alcantara		Joan Carr		17.60m	4				
	17.36m 16.83m 16.94m 16.13m 17.60m 16.90m									
6	Emma Lessard		Joseph-Moreau		16.23m	3				
	13.72m 16.23m 15.17m 14.38m 12.56m 15.69m									
7	Lhindsay Esteban		St. Nicholas		16.02m	2				
	13.34m 15.05m 16.02m									
8	Skeeter Wah		St. Alphonsus		13.99m	1				
	13.99m FOUL 9.48m									
9	Emilee Liew		Joan Carr		13.68m					
	13.68m 13.61m 13.54m									
10	Cordi Hauk		St. Nicholas		12.48m					
	FOUL 12.48m 11.59m									
11	Erin Florescu		J.H. Picard		11.41m					
	10.34m 10.33m 11.41m									
12	Mahalia Davidson		St. Clement		10.24m					
	FOUL 8.44m 10.24m									
--	Bella St. Laurent		J.H. Picard		DNS					
--	Aria White		St. Clement		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	Chloe Atseyinku		Joan Carr		13.22Q	1

2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

....Girls 100 Metre Dash Senior

2	Annick Michaud	Joseph-Moreau	14.41Q	2
3	Esther Salem	St. Clement	13.64Q	1
4	Laura Nwosu-Charles	St. Nicholas	14.76Q	2
5	Michelle Snipes	Joseph-Moreau	13.82q	1
6	Wadia Karimu	St. Nicholas	14.22q	1
7	Siena Larizza	Father Michael Troy	14.92q	1
8	Victoria Keet	J.H. Picard	14.94q	1
9	Mikayla Williams	Father Michael Troy	15.42	2
10	Layla Abboud	St. Clement	15.69	2
11	Anjelika Corcuera	Joan Carr	15.80	2
12	Victoria Motlhale	St. Alphonsus	16.24	2
13	Anita Tran	St. Alphonsus	16.28	1
14	Danielle Jolaymi	St. Mark	17.44	2
15	Angela D'Agostini	St. Mark	19.60	1
--	Oluwatoni Ademola	J.H. Picard	DNS	2

Girls 100 Metre Dash Senior

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Name	Year	Team	Prelims	Finals	Points
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Finals

1	Chloe Atseyinku	Joan Carr	13.22	13.46	10
2	Esther Salem	St. Clement	13.64	13.57	8
3	Michelle Snipes	Joseph-Moreau	13.82	13.90	6
4	Wadia Karimu	St. Nicholas	14.22	14.12	5
5	Siena Larizza	Father Michael Troy	14.92	14.49	4
6	Annick Michaud	Joseph-Moreau	14.41	14.62	3
7	Laura Nwosu-Charles	St. Nicholas	14.76	14.74	2
8	Victoria Keet	J.H. Picard	14.94	14.82	1

Girls 200 Metre Dash Senior

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Name	Year	Team	Seed	Finals	H#	Points
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=====

1	Chloe Atseyinku	Joan Carr		28.24	2	10
2	Esther Salem	St. Clement		28.88	1	8
3	Michelle Snipes	Joseph-Moreau		28.93	2	6
4	Julie Ngannou	J.H. Picard		29.24	2	5
5	Maris Onyedika	Father Michael Troy		30.23	2	4
6	Triniti England	St. Nicholas		31.76	1	3
7	Layla Abboud	St. Clement		32.47	2	2
8	Kaylee Elliot	Father Michael Troy		32.51	1	1
9	Shari Klo	St. Nicholas		35.78	2	
10	Geannah Quitoriano	Joan Carr		36.11	1	
--	Natalia Kuzma	J.H. Picard		DNS	1	
--	Victoria Motlhale	St. Alphonsus		DNS	2	
--	Anita Tran	St. Alphonsus		DNS	1	

2026 ECSD Zone 3 - 2026-06-08**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	Points
1 Julie Ngannou		J.H. Picard		1:06.46	10
2 Zarhra Mwizerwa		Joseph-Moreau		1:06.60	8
3 Maris Onyedika		Father Michael Troy		1:11.12	6
4 Bella Silva		St. Nicholas		1:18.28	5
5 Sonia Airebamen		Joan Carr		1:23.83	4
6 Patricia Okonkwo		St. Alphonsus		1:38.77	3

Girls 800 Metre Run Senior

ECS Junior H: # 2:20.53 1998 Jennifer Kemp, Louis St Laurent					
Name	Year	Team	Seed	Finals	Points
1 Cambrie Norrad		Father Michael Troy		3:30.07	10
2 Jennifer Fang		St. Clement		3:33.19	8
3 Zoey Foulkes		Father Michael Troy		3:37.30	6
4 Gizzel Clarke		St. Nicholas		3:39.72	5
5 Zoe Gamboa		Joan Carr		4:06.34	4
6 Christina Dovganyuk		Joan Carr		4:10.10	3
7 Maegan Chau		St. Alphonsus		4:45.48	2
-- Maya Whitson		J.H. Picard		DNS	
-- Lili Danjou		Joseph-Moreau		DNS	
-- Ceona Villeneuve		J.H. Picard		DNS	

Girls 1500 Metre Run Senior

ECS Junior H: # 4:59.83 2011 Hannah Leggatt, HE Beriault					
Name	Year	Team	Seed	Finals	Points
1 Everleigh Fowles		Father Michael Troy		6:53.27	10
2 Jennifer Fang		St. Clement		6:53.64	8
3 Gracie MacDonald		Father Michael Troy		7:32.27	6
4 Kara Robosa		J.H. Picard		7:36.87	5
5 Pauline Philips		Joan Carr		8:54.33	4
6 Eliza Amber Fernandez		Joan Carr		9:49.21	3
-- Amelia Coulombe		Joseph-Moreau		DNS	
-- Ceona Villeneuve		J.H. Picard		DNS	
-- Valeria Sanchez		St. Mark		SCR	

Girls 4x100 Metre Relay Senior

ECS Junior H: # 51.71 2008 , St Rose					
Team	Year	Team	Seed	Finals	Points
1 Joseph-Moreau 'A'				56.95	10
1) Annick Michaud		2) Chanel Youta			
3) Eliana Fowler		4) Michelle Snipes			
2 St. Nicholas 'A'				57.59	8
1) Laura Nwosu-Charles		2) Aleshia Jack			
3) Gizzel Clarke		4) Wadia Karimu			
3 Joan Carr 'A'				58.67	6
1) Chloe Atseyinku		2) Nanette Ackah			
3) Anjelika Corcuera		4) Michelle Iwueke			

2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

....Girls 4x100 Metre Relay Senior

4	Father Michael Troy 'A'		1:00.85	5
	1) Siena Larizza	2) Mikayla Williams		
	3) Zoey Foulkes	4) Daphne Higgins		
5	J.H. Picard 'A'		1:02.40	4
	1) Julie Ngannou	2) Oluwatoni Ademola		
	3) Natalia Kuzma	4) Victoria Keet		
6	St. Alphonsus 'A'		1:04.12	3
	1) Anita Tran	2) Elly Nguyen		
	3) Victoria Motlhale	4) Trinity Heng		
7	St. Mark 'A'		1:12.87	2
	1) Angela D'Agostini	2) Meisha Atienza		
	3) Carma Onushko	4) Danielle Jolaymi		

Girls High Jump Senior

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=====
ECS Junior H: # 1.58m 1977 R Godlowski, St Cecilia
Name Year Team Seed Finals Points
=====
1 Michelle Snipes Joseph-Moreau 1.45m 10
  1.20 1.25 1.30 1.35 1.40 1.45 1.50
  O O O O O XO XXX
2 Annick Michaud Joseph-Moreau J1.35m 8
  1.20 1.25 1.30 1.35 1.40
  O O O O XXX
3 Carma Onushko St. Mark J1.35m 6
  1.20 1.25 1.30 1.35 1.40
  O XO O XXO XXX
4 Mary Johnson St. Nicholas J1.30m 5
  1.20 1.25 1.30 1.35
  O XO XO XXX
5 Michelle Iwueke Joan Carr J1.30m 4
  1.20 1.25 1.30 1.35
  O XO XO XXX
6 Cambrie Norrad Father Michael Troy J1.30m 3
  1.20 1.25 1.30 1.35
  XO XO XXO XXX
7 Elly Nguyen St. Alphonsus 1.25m 2
  1.20 1.25 1.30
  O O XXX
-- Olivia Dy J.H. Picard NH
  1.20
  XXX
-- Khushreet Khalsa Father Michael Troy NH
  1.20
  XXX
-- Ryley Hunter St. Nicholas NH
  1.20
  XXX
-- Ugomma Nebo Joan Carr NH
  1.20
  XXX
-- Emerson Bartel J.H. Picard DNS
  
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2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

....Girls Triple Jump Senior

9	Tetiana Trinkinets	St. Clement	7.10m
	7.10m FOUL 6.82m		
10	Chloe Abah	Joan Carr	7.04m
	6.69m 7.04m FOUL		
11	Katherine Hopkins	St. Mark	6.92m
	6.92m 6.80m 6.33m		
--	Pollyana Rosales	St. Clement	FOUL
	FOUL FOUL FOUL		

Girls Shot Put Senior

ECS Junior H: # 12.86m 2026-05-29 Rejoice Godwin, Holy Family							
Name	Year	Team	Seed	Finals	Points		
1	Wadia Karimu	St. Nicholas		8.73m	10		
	8.61m 7.70m 8.73m 8.54m 8.10m 8.20m						
2	Patricia Okonkwo	St. Alphonsus		8.70m	8		
	6.12m 7.44m 7.44m 7.54m 7.87m 8.70m						
3	Htwa Meh	St. Alphonsus		8.27m	6		
	8.27m 7.50m 8.01m 7.35m 6.75m 8.12m						
4	Laura Nwosu-Charles	St. Nicholas		8.21m	5		
	7.70m 8.21m 7.77m 7.25m 7.85m 7.30m						
5	Esther Salem	St. Clement		7.75m	4		
	7.75m 6.69m 6.77m 7.55m 7.30m FOUL						
6	Mercedita Espanol	Father Michael Troy		7.10m	3		
	7.10m 6.71m 7.04m 7.05m 6.99m 5.92m						
7	Khushreet Khalsa	Father Michael Troy		6.98m	2		
	6.50m 6.74m 6.98m						
8	Emma Tabonda	St. Mark		6.95m	1		
	6.95m 6.35m 6.65m						
9	Lily Boudreau	St. Clement		6.65m			
	6.65m FOUL FOUL						
--	Lili Danjou	Joseph-Moreau		DNS			
--	Daisy Nkembong	Joan Carr		DNS			
--	Grace Koffi	J.H. Picard		DNS			
--	Nanette Ackah	Joan Carr		DNS			
--	Karmen Mercier	J.H. Picard		DNS			

Girls Javelin Throw Senior

ECS Junior H: # 37.02m 2023 Sylvie Berg, Holy Cross							
Name	Year	Team	Seed	Finals	Points		
1	Angelina Salloum	Joseph-Moreau		24.64m	10		
	19.62m 21.83m 20.82m 20.18m 24.64m 19.82m						
2	Allaira Amio	St. Mark		19.63m	8		
	15.03m 18.76m 15.54m 15.19m 19.63m 14.87m						
3	Brooklynn Teskey	Father Michael Troy		19.22m	6		
	15.78m 17.89m FOUL 19.22m 17.55m 18.71m						
4	Eyerusalem Habtemariam	St. Nicholas		19.13m	5		
	FOUL 17.97m 17.66m 18.61m 16.80m 19.13m						
5	Mary Johnson	St. Nicholas		17.85m	4		
	11.10m 15.91m 17.85m FOUL FOUL 17.30m						
6	Evie Tingzon	Father Michael Troy		17.66m	3		
	13.96m 15.32m 17.28m 15.42m 16.02m 17.66m						

2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

....Girls Javelin Throw Senior

7	Victoria Keet	J.H. Picard	15.74m	2
	15.74m 13.45m 12.52m			
8	Lily Boudreau	St. Clement	15.67m	1
	15.67m FOUL FOUL			
9	Carma Onushko	St. Mark	15.23m	
	15.23m 14.97m 13.98m			
10	Nanette Ackah	Joan Carr	15.06m	
	15.06m FOUL FOUL			
11	Anjelika Corcuera	Joan Carr	13.48m	
	13.48m 13.22m FOUL			
12	Hailey DeMeulenaere	St. Alphonsus	11.97m	
	FOUL 10.59m 11.97m			
13	Isabelle Mwamikazi	St. Alphonsus	10.93m	
	FOUL FOUL 10.93m			
14	Sophia Pheasey	St. Clement	10.21m	
	9.22m 10.21m 6.79m			
--	Oluwatoni Ademola	J.H. Picard	DNS	

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	Alex Muchla	St. Clement	13.73Q	1
2	Kabe Wotherspoon	St. Nicholas	13.83Q	2
3	Zane Wheeler	St. Nicholas	13.74Q	1
4	Paling Sawadogo	St. Mark	14.00Q	2
5	Christian Matteo Cuyno	J.H. Picard	13.77q	1
6	Alexander Ahamba	St. Alphonsus	14.52q	1
7	Alaan Tala	Joseph-Moreau	14.57q	1
8	Yui Diamsay	St. Alphonsus	14.58q	2
9	Jayce Sochr	Father Michael Troy	14.89	2
10	Fowo Mael Soh	Joseph-Moreau	15.07	2
11	Mesmer Naizghi	St. Mark	15.11	1
12	Rodge Arguelles	St. Clement	16.11	2
--	Akorede Omotosho	Father Michael Troy	DQ	1
--	Aiden Walker	J.H. Picard	DQ	2
--	Mitchell Olumilua	Joan Carr	DNS	1

Boys 100 Metre Dash Junior

=====

ECS Junior H: # 11.63	2007	Michael King McKenzie, Sir John Thompson
Name	Year Team	Prelims Finals Points

=====

Finals

1	Kabe Wotherspoon	St. Nicholas	13.83	13.53	10
2	Christian Matteo Cuyno	J.H. Picard	13.77	13.78	8
3	Zane Wheeler	St. Nicholas	13.74	13.89	6
4	Paling Sawadogo	St. Mark	14.00	13.94	5
5	Yui Diamsay	St. Alphonsus	14.58	14.77	4
6	Alaan Tala	Joseph-Moreau	14.57	15.02	3
7	Alexander Ahamba	St. Alphonsus	14.52	15.29	2
--	Alex Muchla	St. Clement	13.73	DNS	

2026 ECSD Zone 3 - 2026-06-08**Rollie Miles Athletic Park****Results****Boys 200 Metre Dash Junior**

ECS Junior H: # 24.49 2008		Emmanuel Nuski, Maurice Lavalee				
Name	Year	Team	Seed	Finals	H#	Points
1		Kabe Wotherspoon	St. Nicholas	27.57	1	10
2		Aiden Walker	J.H. Picard	28.07	1	8
3		Alex Muchla	St. Clement	28.17	1	6
4		Mitchell Olumilua	Joan Carr	28.58	2	5
5		Christian Matteo Cuyno	J.H. Picard	29.23	2	4
6		Jacob Antonio-Kellett	St. Clement	29.59	2	3
7		Jacob Fotsing	St. Nicholas	30.05	2	2
8		Sem Brhane	St. Alphonsus	30.39	2	1
9		Rhett Schellenberg	Father Michael Troy	31.70	2	
10		Theodore Gervais	Joseph-Moreau	33.00	2	
11		Alexander Ahamba	St. Alphonsus	33.13	1	
12		Warren Mbassi	Joseph-Moreau	33.84	1	
13		Nobel Tarekegn	Joan Carr	34.17	1	
--		Paling Sawadogo	St. Mark	DNS	2	
--		Jayce Sochr	Father Michael Troy	DNS	1	
--		Ethan Aparicio	St. Mark	SCR		

Boys 400 Metre Dash Junior

ECS Junior H: # 55.81 1990		John Corpuz, Holy Family				
Name	Year	Team	Seed	Finals	Points	
1		Teo Beaudoin	J.H. Picard	1:08.84	10	
2		Prynce Sanchez	St. Nicholas	1:10.17	8	
3		Ethan Collins	Joseph-Moreau	1:14.90	6	
4		Aiden Dichoso	Father Michael Troy	1:16.30	5	
5		Adam Nobre	St. Alphonsus	1:24.34	4	
--		Ethan Abah	Joan Carr	DNS		
--		Alex Muchla	St. Clement	DNS		

Boys 800 Metre Run Junior

ECS Junior H: # 2:15.00 1981		Ray Deane, St. Cecilia				
Name	Year	Team	Seed	Finals	Points	
1		Lorenzo Heber	Father Michael Troy	2:41.94	10	
2		Riama Melake	St. Nicholas	2:50.96	8	
3		Kaelem Martin	J.H. Picard	2:53.90	6	
4		Jonathan Sanchez	St. Mark	2:59.70	5	
5		Caleb McMillan	J.H. Picard	3:02.27	4	
6		Karl Paligan	Joan Carr	3:04.25	3	
7		Yuan Dimla	Joan Carr	3:06.82	2	
8		Felix Larocque	Joseph-Moreau	3:07.87	1	
9		Felix Worre	Joseph-Moreau	3:22.19		
10		Jacob Lauder	Father Michael Troy	3:35.25		
11		Alexander Ahamba	St. Alphonsus	3:53.27		
--		Zane Wheeler	St. Nicholas	DNS		
--		Ethan Aparicio	St. Mark	SCR		

2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

Boys 1500 Metre Run Junior

ECS Junior H: # 4:46.40 1982 Ray Deane, St Cecilia					
Name	Year	Team	Seed	Finals	Points
1		Lorenzo Heber	Father Michael Troy	5:45.49	10
2		Riama Melake	St. Nicholas	5:51.12	8
3		Zane Wheeler	St. Nicholas	5:52.67	6
4		Felix Larocque	Joseph-Moreau	6:22.65	5
5		Benjamin Allman	J.H. Picard	6:42.57	4
6		Felix Worre	Joseph-Moreau	6:43.67	3
7		Obi Udedibia	J.H. Picard	6:44.33	2
8		Austin Tabaldo	Father Michael Troy	6:53.94	1
9		Ian Costales	Joan Carr	7:25.56	
10		Adam Nobre	St. Alphonsus	7:38.09	
11		Santiago Carbajal	Joan Carr	7:50.24	
12		Mikolaj Wyrzykowski	St. Clement	8:23.47	

Boys 4x100 Metre Relay Junior

ECS Junior H: # 50.64 2018 , St Nicholas					
Team	Seed	Finals	Points		
1 J.H. Picard 'A'		55.60	10		
1) Christian Matteo Cuyno	2) Aiden Walker				
3) Kaelem Martin	4) Yoann Nfotabong Nkeya				
2 St. Nicholas 'A'		56.26	8		
1) Kabe Wotherspoon	2) Zane Wheeler				
3) Jacob Fotsing	4) Matthew Maranan				
3 St. Clement 'A'		57.62	6		
1) Jacob Antonio-Kellett	2) Christopher Banh				
3) Emmanuel Jebulan	4) Alex Muchla				
4 St. Mark 'A'		1:00.15	5		
1) Omar Sawadogo	2) Mesmer Naizghi				
3) Paling Sawadogo	4) Jonathan Sanchez				
5 Father Michael Troy 'A'		1:00.24	4		
1) Akorede Omotosho	2) Jayce Sochr				
3) Nathan Kabongo	4) Austin Tabaldo				
6 Joseph-Moreau 'A'		1:00.43	3		
1) Theodore Gervais	2) Fowo Mael Soh				
3) Warren Mbassi	4) Alaan Tala				
7 Joan Carr 'A'		1:03.56	2		
1) Ethan Abah	2) Jaxon Belliveau				
3) Mitchell Olumilua	4) Nobel Tarekegn				
-- St. Alphonsus 'A'		DNS			
1) Alexander Ahamba	2) Sem Brhane				
3) Yui Diamsay	4) Adam Nobre				

Boys High Jump Junior

ECS Junior H: # 1.66m 2004 Athley Lwal, JJ Bowlen											
Name	Year	Team	Seed	Finals	Points						
1 Mitchell Olumilua		Joan Carr		1.65m	10						
1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65		
0	0	0	0	0	0	XO	0	XO	XO		

2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

....Boys High Jump Junior

2	Lorenzo Heber	Father Michael Troy	1.60m	7
	1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65			
	0 0 0 0 0 0 XXO XXX			
2	Aiden Walker	J.H. Picard	1.60m	7
	1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60			
	0 0 0 0 0 0 0 0 XXO			
4	Zane Ameerali	Joan Carr	1.55m	5
	1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60			
	0 0 0 0 0 XO XO XO XXX			
5	Marco Delica	Father Michael Troy	1.50m	4
	1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55			
	0 0 0 XO 0 0 0 XXX			
6	Heven Habtemariam	St. Nicholas	J1.50m	3
	1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55			
	0 0 0 0 0 0 XO XXX			
7	James Borela	St. Clement	1.45m	2
	1.20 1.25 1.30 1.35 1.40 1.45 1.50			
	0 0 0 0 0 0 XXX			
8	Caleb McMillan	J.H. Picard	J1.45m	1
	1.35 1.40 1.45 1.50			
	0 0 0 XXX			
9	Paling Sawadogo	St. Mark	J1.45m	
	1.20 1.25 1.30 1.35 1.40 1.45 1.50			
	0 0 0 0 0 XO XXX			
10	Ronan Chey	Joseph-Moreau	J1.45m	
	1.20 1.25 1.30 1.35 1.40 1.45 1.50			
	0 0 0 0 XO XO XXX			
11	Rueben Faraja	Joseph-Moreau	1.35m	
	1.20 1.25 1.30 1.35 1.40			
	0 0 0 0 XXX			
12	Christopher Banh	St. Clement	J1.35m	
	1.20 1.25 1.30 1.35 1.40			
	0 0 0 XO XXX			
13	Omar Sawadogo	St. Mark	1.30m	
	1.20 1.25 1.30 1.35			
	0 0 0 XXX			
14	Draydin Roy	St. Nicholas	J1.30m	
	1.20 1.25 1.30 1.35			
	XXO 0 0 XXX			

Boys Long Jump Junior

=====						
ECS Junior H: #	5.62m	1986	Mark Grozic, St Cecilia			
Name	Year	Team	Seed	Finals	Points	
=====						
1	Kabe Wotherspoon	St. Nicholas		4.90m	10	
	4.87m 4.72m 4.90m	FOUL	4.80m 4.90m			
2	Ethan Abah	Joan Carr		4.70m	8	
	4.40m 4.55m 4.70m	4.50m	FOUL 4.30m			
3	Jayce Sochr	Father Michael Troy		4.40m	6	
	4.33m 4.38m 4.40m	4.30m	4.40m FOUL			
4	Warren Mbassi	Joseph-Moreau		J4.40m	5	
	4.26m 4.04m 4.00m	3.80m	3.50m 4.40m			
5	Yoann Nfotabong Nkeya	J.H. Picard		4.30m	4	
	4.02m 4.26m 4.25m	4.30m	FOUL			

2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

....Boys Long Jump Junior

6	Issa Yic Camara	Joseph-Moreau	J4.30m	3
	4.26m 4.00m 3.80m 4.30m 3.70m FOUL			
7	Jonry Ae-Thaw	St. Nicholas	4.23m	2
	4.23m 4.15m 4.05m			
8	Duke Binlayo	St. Alphonsus	4.17m	1
	4.17m 4.04m FOUL			
9	Nathan Kabongo	Father Michael Troy	4.14m	
	3.55m 3.45m 4.14m			
10	Teo Beaudoin	J.H. Picard	4.05m	
	3.49m FOUL 4.05m			
11	Yeshasvi Mulagacharla	St. Clement	3.89m	
	3.88m 3.88m 3.89m			
12	James Borela	St. Clement	3.83m	
	3.77m FOUL 3.83m			
--	Jaxon Belliveau	Joan Carr	DNS	
--	Paling Sawadogo	St. Mark	DNS	
--	Sem Brhane	St. Alphonsus	DNS	
--	Harland Sample	St. Mark	SCR	

Boys Triple Jump Junior

=====

ECS Junior H: # 11.92m 2024 Stephen Labeodan, St. Thomas Aquinas

Name	Year	Team	Seed	Finals	Points
1 Mitchell Olumilua		Joan Carr		10.16m	10
	9.12m 10.01m 10.16m	FOUL 8.63m			
2 Rhett Schellenberg		Father Michael Troy		8.96m	8
	FOUL 8.56m 8.40m 8.96m	8.96m			
3 Christopher Banh		St. Clement		8.95m	6
	FOUL 8.95m FOUL 8.28m	8.90m			
4 Yoann Nfotabong Nkeya		J.H. Picard		8.84m	5
	7.92m 8.84m FOUL 8.30m	8.80m			
5 James Borela		St. Clement		8.77m	4
	8.05m 8.77m 8.62m 8.57m	8.74m			
6 Alaam Tala		Joseph-Moreau		8.66m	3
	8.66m 7.99m 8.33m 8.44m				
7 Caeden Nataroum		St. Nicholas		8.38m	2
	7.22m 8.38m 8.22m				
8 Yuan Dimla		Joan Carr		8.30m	1
	8.30m 8.12m FOUL				
9 Marcus Pumerajos		Father Michael Troy		8.26m	
	FOUL 7.90m 8.26m				
10 Warren Mbassi		Joseph-Moreau		8.12m	
	8.12m 8.12m FOUL				
11 Tikhua Tesfamichael		St. Mark		7.20m	
	FOUL 7.20m 6.86m				
--	Kabe Wotherspoon	St. Nicholas		DNS	
--	Christian Matteo Cuyno	J.H. Picard		DNS	
--	Harland Sample	St. Mark		SCR	

=====

2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

....Boys Javelin Throw Junior

9	Ryland Pockett	Joan Carr	19.00m
	16.90m 19.00m 17.33m		
10	Duke Binlayo	St. Alphonsus	17.68m
	15.23m 17.68m 13.94m		
11	Austin Tabaldo	Father Michael Troy	16.70m
	16.70m 14.60m 15.13m		
12	Draydin Roy	St. Nicholas	16.67m
	16.67m 14.14m 13.77m		
13	Ivan Trinkinets	St. Clement	16.03m
	16.03m 14.68m 12.89m		
14	Mesmer Naizghi	St. Mark	15.80m
	15.80m 12.27m 12.93m		
--	Dominic Lemm	Joseph-Moreau	DNS
--	Richardson Paul	Joseph-Moreau	DNS

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#
------	------	------	------	---------	----

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Preliminaries

1	Erwan Lobognon-Naki	Joseph-Moreau		12.55Q	1
2	Malachi Samuels	Joan Carr		12.70Q	2
3	Hakim Mbow	Joseph-Moreau		13.07Q	2
4	Pete Peart	St. Nicholas		13.37Q	1
5	Carl Penalosa	Joan Carr		13.14q	2
6	Oliver Flemming	St. Nicholas		13.20q	2
7	Christian Miguel Cuyno	J.H. Picard		13.26q	2
8	Josue Kouassi	J.H. Picard		13.50q	1
9	Bright Nindemana	St. Alphonsus		13.55	2
10	Jairus Magallanes	Father Michael Troy		13.67	2
11	Neil Magsubar	St. Clement		13.85	2
12	Christopher Augustin	St. Alphonsus		14.02	1
13	Isaac Valencia	Father Michael Troy		14.72	1
--	Ean De Guzman	St. Clement		DQ	1
--	Kevron Kidane	St. Mark		DNS	1

Boys 100 Metre Dash Intermediate

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

Name	Year	Team	Prelims	Finals	Points
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=====

Finals

1	Malachi Samuels	Joan Carr	12.70	12.59	10
2	Erwan Lobognon-Naki	Joseph-Moreau	12.55	12.76	8
3	Christian Miguel Cuyno	J.H. Picard	13.26	13.13	6
4	Hakim Mbow	Joseph-Moreau	13.07	13.27	5
5	Oliver Flemming	St. Nicholas	13.20	13.28	4
6	Carl Penalosa	Joan Carr	13.14	13.35	3
7	Pete Peart	St. Nicholas	13.37	13.39	2
8	Josue Kouassi	J.H. Picard	13.50	13.67	1

2026 ECSD Zone 3 - 2026-06-08**Rollie Miles Athletic Park****Results****Boys 200 Metre Dash Intermediate**

ECS Junior H: # 23.68 2008		Michael King McKenzie, Sir John Thompson				
Name	Year	Team	Seed	Finals H#	Points	
1	Christian Miguel	Cuyno	J.H. Picard	26.87	1	10
2	Hakim Mbow		Joseph-Moreau	27.01	1	8
3	Oliver Flemming		St. Nicholas	27.31	1	6
4	Carl Penalosa		Joan Carr	27.45	2	5
5	Pete Peart		St. Nicholas	27.61	2	4
6	Ulrich Biangon		Joseph-Moreau	27.79	2	3
7	Josue Kouassi		J.H. Picard	27.90	2	2
8	Elmodam Bahlbi		St. Alphonsus	28.32	2	1
9	Kaiden Tu		Joan Carr	28.33	1	
10	Jairus Magallanes		Father Michael Troy	28.52	1	
11	Ean De Guzman		St. Clement	29.19	2	
12	Kian Prado		Father Michael Troy	31.65	2	
13	Nobel Major		St. Alphonsus	31.91	1	
--	Kevron Kidane		St. Mark	DNS	2	
--	Neil Magsubar		St. Clement	DNS	1	
--	Dyson Daley		St. Mark	SCR		
--	Solomon Syllah		St. Nicholas	SCR		

Boys 400 Metre Dash Intermediate

ECS Junior H: # 53.65 1988		Abi Issac, JJ Bowlen			
Name	Year	Team	Seed	Finals	Points
1	Rabira Meacho		St. Mark	1:00.77	10
2	Casey Asah		Joan Carr	1:02.61	8
3	Oderal Koumenteu		Joseph-Moreau	1:03.13	6
4	Elmodam Bahlbi		St. Alphonsus	1:05.79	5
5	Joshua Mahinay		St. Nicholas	1:06.32	4
6	Jean Pascal Fenelon		J.H. Picard	1:08.97	3
7	Ojas Kumar		St. Clement	1:23.11	2
8	Maksym Ursul		Father Michael Troy	1:43.12	1
--	Solomon Syllah		St. Nicholas	SCR	
--	Andre Luis Zorilla Flore		Joseph-Moreau	SCR	

Boys 800 Metre Run Intermediate

ECS Junior H: # 2:08.57 2003		Joel Lauzon, JJ Bowlen			
Name	Year	Team	Seed	Finals	Points
1	Casey Asah		Joan Carr	2:32.25	10
2	Joshua Mahinay		St. Nicholas	2:37.28	8
3	Philan Ngarambe		St. Nicholas	2:39.91	6
4	Laurier Moquin		Joseph-Moreau	2:45.03	5
5	Luke Feehan		J.H. Picard	2:52.96	4
6	Christopher Augustin		St. Alphonsus	2:57.75	3
7	Patrick Kolak		Father Michael Troy	2:58.52	2
8	Alex Gosselin		Joseph-Moreau	3:04.23	1
9	Bright Nindemana		St. Alphonsus	3:31.64	
10	Shafari Luyombo		Joan Carr	3:31.88	
11	Maksym Ursul		Father Michael Troy	3:42.67	
--	Rabira Meacho		St. Mark	DNS	
--	Obinna Dike-Nwalusi		J.H. Picard	DNS	

2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

Boys 1500 Metre Run Intermediate

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

Name	Year Team	Seed	Finals	Points
1 Henley Parmenter	St. Nicholas		5:13.80	10
2 Philan Ngarambe	St. Nicholas		5:27.50	8
3 Elmodam Bahlbi	St. Alphonsus		5:36.55	6
4 Shafari Luyombo	Joan Carr		5:39.41	5
5 Nobel Major	St. Alphonsus		5:54.06	4
6 Joaquin Cortuna	J.H. Picard		5:58.16	3
7 Ben Boutin	Joseph-Moreau		6:16.62	2
8 Jairus Magallanes	Father Michael Troy		6:19.15	1
9 Hosea Texon	Father Michael Troy		6:21.58	
10 Loise Cerbas	J.H. Picard		6:31.53	
11 Romano Vinod	Joan Carr		6:32.83	

Boys 4x100 Metre Relay Intermediate

ECS Junior H: # 47.70 1984 , Sir John Thompson

Team	Seed	Finals	Points
1 Joseph-Moreau 'A' 1) Daniel Cheujip 3) Erwan Lobognon-Naki	2) Oderal Koumenteu 4) Hakim Mbow	52.10	10
2 St. Nicholas 'A' 1) Oliver Flemming 3) Solomon Syllah	2) Pete Peart 4) Gage Zito	52.38	8
3 J.H. Picard 'A' 1) Christian Miguel Cuyno 3) Trevor Gutierrez	2) Josue Kouassi 4) Jean Pascal Fenelon	53.36	6
4 St. Alphonsus 'A' 1) Nobel Major 3) Elmodam Bahlbi	2) Bright Nindemana 4) Christopher Augustin	53.67	5
5 Father Michael Troy 'A' 1) Jairus Magallanes 3) Kian Prado	2) Isaac Valencia 4) Steven Contante	54.27	4
6 St. Clement 'A' 1) Wyatt Edge 3) Neil Magsubar	2) Ean De Guzman 4) Keane Rillo	54.33	3
-- Joan Carr 'A' 1) Jayden Kahingunga 3) Malachi Samuels	2) Carl Penalosa 4) Kaiden Tu	DQ	exchange out o
-- St. Mark 'A' 1) Rabira Meacho 3) Levi Stepney	2) Kevron Kidane 4) Solomon Netserab	DNS	

Boys High Jump Intermediate

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

Name	Year Team	Seed	Finals	Points
1 Ulrich Biangon	Joseph-Moreau		1.55m	10
1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60				
O O O P O O O XXX				

2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

....Boys High Jump Intermediate

2	Hakim Mbow	Joseph-Moreau	1.45m	7
	1.25 1.30 1.35 1.40 1.45 1.50			
	O P PO PO O XXX			
2	Obi Udenka	Joan Carr	1.45m	7
	1.25 1.30 1.35 1.40 1.45 1.50			
	O O O O O XXX			
4	Josue Kouassi	J.H. Picard	1.40m	5
	1.25 1.30 1.35 1.40 1.45			
	O P O XO XXX			
5	Henley Parmenter	St. Nicholas	J1.40m	4
	1.25 1.30 1.35 1.40 1.45			
	O O XXO XO XXX			
6	Ethan Degun	Joan Carr	1.30m	3
	1.25 1.30 1.35			
	O O XXX			
7	Timothy Ojelede	St. Alphonsus	J1.30m	1.50
	1.25 1.30 1.35			
	O XO XXX			
7	Neil Magsubar	St. Clement	J1.30m	1.50
	1.25 1.30 1.35			
	O XO XXX			
9	Mendel-Eric Nkashama	J.H. Picard	J1.30m	
	1.25 1.30 1.35			
	XO XO XXX			
10	Kian Prado	Father Michael Troy	1.25m	
	1.25 1.30			
	O XXX			
11	Maksym Ursul	Father Michael Troy	J1.25m	
	1.25 1.30			
	XO XXX			
--	Shimey Adekanle	St. Alphonsus	NH	
	1.25			
	XXX			
--	Chase Coleman	St. Clement	DNS	
--	Oliver Flemming	St. Nicholas	DNS	
--	Wyatt Edge	St. Clement	SCR	

Boys Long Jump Intermediate

=====						
ECS Junior H: # 6.11m 2010		Jordy Ntambwe, JJ Bowlen				
Name	Year	Team	Seed	Finals	Points	
=====						
1	Malachi Samuels	Joan Carr		5.40m	10	
	5.10m 5.40m 5.20m					
2	Markely Paquette	Joseph-Moreau		J5.40m	8	
	5.10m 5.40m 4.10m 5.03m 5.05m					
3	Seth Pingue	Joan Carr		5.00m	6	
	4.89m 4.70m 5.00m					
4	Benjamin Leblanc-Cote	Joseph-Moreau		4.80m	5	
	FOUL FOUL 4.80m 4.65m 4.70m					
5	Henley Parmenter	St. Nicholas		4.70m	4	
	4.60m 4.50m 4.70m					
6	Josue Kouassi	J.H. Picard		4.40m	3	
	4.30m 4.40m 4.30m					

2026 ECSD Zone 3 - 2026-06-08

Rollie Miles Athletic Park

Results

....Boys Long Jump Intermediate

7	Isaac Valencia	Father Michael Troy	J4.40m	2
	4.00m 4.40m 4.30m			
8	Benjamin Eckert	Father Michael Troy	4.30m	1
	4.30m 4.30m 4.10m			
9	Christian Miguel Cuyno	J.H. Picard	4.00m	
	FOUL FOUL 4.00m			
--	Julian Krezolek	St. Clement	DNS	
--	Oliver Flemming	St. Nicholas	DNS	
--	Wyatt Edge	St. Clement	DNS	
--	Kevron Kidane	St. Mark	DNS	
--	Christopher Augustin	St. Alphonsus	DNS	
--	Yohannan Dilip	St. Alphonsus	DNS	
--	Chase Coleman	St. Clement	SCR	

Boys Triple Jump Intermediate

=====						
ECS Junior H: #	13.23m	2018	Emanuel Goi, St Cecilia			
Name		Year	Team	Seed	Finals	Points
=====						
1	Erwan Lobognon-Naki		Joseph-Moreau		10.91m	10
	10.88m 10.91m 9.65m 10.84m					
2	Seth Pingue		Joan Carr		10.05m	8
	10.00m 9.70m 9.65m 10.05m					
3	Rabira Meacho		St. Mark		J10.05m	6
	9.45m 10.05m 9.89m 9.81m					
4	Oderal Koumenteu		Joseph-Moreau		10.02m	5
	9.56m 10.02m 9.58m 9.40m					
5	Trevor Gutierrez		J.H. Picard		9.77m	4
	9.77m FOUL 9.34m 9.12m					
6	Nathaniel Shibu		St. Clement		9.73m	3
	9.73m 8.93m FOUL					
7	Jean Pascal Fenelon		J.H. Picard		9.64m	2
	9.64m FOUL 9.61m 9.08m					
8	Omena Okolo		Father Michael Troy		8.90m	1
	8.61m 8.90m 8.29m					
9	Levi Stepney		St. Mark		8.47m	
	8.39m 8.00m 8.47m					
10	Lucas Raymond		St. Nicholas		8.13m	
	8.13m FOUL FOUL					
11	Lucasz Fermaniuk		St. Nicholas		7.95m	
	7.95m 7.55m FOUL					
12	Shimey Adekanle		St. Alphonsus		7.71m	
	FOUL 7.71m 7.60m					
13	David Mapindu		St. Alphonsus		6.94m	
	FOUL FOUL 6.94m					
14	Jeidaya Gopalan		Father Michael Troy		6.08m	
	6.08m FOUL 5.60m					
--	Jayden Kahingunga		Joan Carr		FOUL	
	FOUL FOUL FOUL					
--	Chase Coleman		St. Clement		DNS	

2026 ECSD Zone 3 - 2026-06-08**Rollie Miles Athletic Park****Results****Boys Shot Put Intermediate**

ECS Junior H: # 13.69m 1999							Christian Maanucci, JJ Bowlen	
Name	Year	Team	Seed	Finals	Points			
1 Seth Pingue		Joan Carr		10.04m	10			
8.53m 10.04m 9.73m 9.52m 9.77m 9.45m								
2 Jacob Saw		St. Nicholas		9.68m	8			
9.28m 9.11m 9.25m 9.30m FOUL 9.68m								
3 Wyatt Edge		St. Clement		9.30m	6			
9.04m 9.30m 9.00m 8.81m 8.34m 8.64m								
4 Georges Aube		J.H. Picard		9.06m	5			
8.58m 8.71m 8.22m 7.63m 8.81m 9.06m								
5 Samuel Chukwujama		St. Alphonsus		8.95m	4			
8.28m 8.57m 8.52m 7.52m 8.45m 8.95m								
6 Obed Mpoyi		J.H. Picard		8.87m	3			
8.62m 8.28m 8.75m 8.68m 8.60m 8.87m								
7 Brady Gustavsson		Joan Carr		8.45m	2			
8.45m 7.61m FOUL								
8 Levi Stepney		St. Mark		8.17m	1			
7.64m 8.09m 8.17m								
9 Ean De Guzman		St. Clement		8.15m				
8.15m 8.01m FOUL								
10 Hunter Soucy		Father Michael Troy		8.09m				
7.91m 5.81m 8.09m								
11 Tejovanth Prabhu		Father Michael Troy		7.53m				
7.53m 6.40m 6.73m								
11 Solomon Netserab		St. Mark		7.53m				
7.53m 6.79m 6.73m								
13 Kaleb Azarias		St. Alphonsus		6.14m				
5.88m 6.14m 5.89m								
-- Ben Boutin		Joseph-Moreau		DNS				
-- Solomon Syllah		St. Nicholas		DNS				
-- Oderal Koumenteu		Joseph-Moreau		DNS				

Boys Javelin Throw Intermediate

ECS Junior H: # 43.26m 2023							Lucas Parent, J J Bowlen	
Name	Year	Team	Seed	Finals	Points			
1 Nobel Major		St. Alphonsus		31.06m	10			
24.60m 26.73m 27.30m 30.71m 31.06m FOUL								
2 Jacob Bithel-Mason		Joan Carr		28.54m	8			
28.54m 28.30m 20.81m 26.81m 28.51m FOUL								
3 Oderal Koumenteu		Joseph-Moreau		28.45m	6			
26.18m 26.57m 28.45m FOUL 26.68m 25.58m								
4 David Tan		J.H. Picard		26.28m	5			
25.34m 26.28m 23.84m 25.15m 23.41m 25.91m								
5 Elmodam Bahlbi		St. Alphonsus		26.21m	4			
25.38m 25.55m 26.21m 22.77m 22.98m 25.10m								
6 Kristof Kovac		J.H. Picard		25.18m	3			
21.42m 25.18m 23.76m 24.61m 23.50m 23.01m								
7 Julian Krezolek		St. Clement		24.94m	2			
24.94m 23.29m FOUL								
8 Lucas Raymond		St. Nicholas		24.38m	1			
24.38m 23.57m 22.48m								

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Results

....Boys Javelin Throw Intermediate

9	Nathan Wageraka	Joseph-Moreau	23.48m
	21.35m 22.22m 23.48m		
10	Kian Prado	Father Michael Troy	22.04m
	22.04m 12.78m 16.18m		
11	Jason Toutant	St. Clement	21.94m
	19.90m 19.27m 21.94m		
12	Carl Penalosa	Joan Carr	20.26m
	20.26m 18.38m 20.09m		
13	Solomon Netserab	St. Mark	19.26m
	18.92m 19.26m 17.93m		
14	Levi Stepney	St. Mark	17.47m
	16.97m 13.76m 17.47m		
15	Jose Marin	Father Michael Troy	16.29m
	16.29m FOUL 12.33m		
16	Lucasz Fermaniuk	St. Nicholas	16.13m
	16.13m 14.22m 13.80m		
--	Nate Semeniuk	Father Michael Troy	SCR
--	Chase Coleman	St. Clement	SCR

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	Abdul Bangura	St. Nicholas	12.09Q	1
2	Nebo Uzor	St. Nicholas	12.11Q	2
3	Hans Lekpea	Joseph-Moreau	12.20Q	1
4	Joshua Eveillard	Joseph-Moreau	12.90Q	2
5	Charles Soumah	Father Michael Troy	12.59q	1
6	Gabe Herrera	Joan Carr	12.93q	1
7	Ganesh Kamparaju	St. Clement	13.09q	2
8	Emmanuel Sackey	Joan Carr	13.37q	2
9	Jide Ezeonyeasi	St. Mark	13.43	2
10	Kam Naizghi	St. Mark	13.69	1
11	Max Obleada	Father Michael Troy	13.73	1
12	David Terrero Jimenez	St. Clement	13.87	1
13	Ephraim Appleton	St. Alphonsus	14.44	2
--	Gwenael Nzepang Kamgaing	J.H. Picard	DNS	2

Boys 100 Metre Dash Senior

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

Name	Year	Team	Prelims	Finals	Points
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Finals

1	Hans Lekpea	Joseph-Moreau	12.20	11.99	10
2	Abdul Bangura	St. Nicholas	12.09	12.13	8
3	Nebo Uzor	St. Nicholas	12.11	12.18	6
4	Gabe Herrera	Joan Carr	12.93	12.83	5
5	Ganesh Kamparaju	St. Clement	13.09	13.12	4
6	Joshua Eveillard	Joseph-Moreau	12.90	13.19	3
7	Jide Ezeonyeasi	St. Mark	13.43	18.41	2
--	Charles Soumah	Father Michael Troy	12.59	DNS	

2026 ECSD Zone 3 - 2026-06-08**Rollie Miles Athletic Park****Results****Boys 200 Metre Dash Senior**

ECS Junior H: # 22.25 2007		Evan Roesch, Louis St Laurent				
Name	Year	Team	Seed	Finals	H#	Points
1	Noah Ogilvie	Father Michael Troy		24.95	2	10
2	Abdul Bangura	St. Nicholas		26.41	2	8
3	Eh Ku Taw Klo	St. Nicholas		26.55	1	6
4	Tanner Blight	Father Michael Troy		26.87	1	5
5	Richard Joby Kooran	Joan Carr		27.52	2	4
6	Emmanuel Sackey	Joan Carr		27.87	1	3
7	Ethan Moise	Joseph-Moreau		28.65	2	2
8	Ephraim Appleton	St. Alphonsus		31.36	1	1
9	Adam Smith	St. Mark		32.02	1	
10	Daniel Lawng Sang	St. Clement		36.35	1	
--	Kacper Hrynkow	St. Clement		DQ	2	
--	Rowan Dowdell	J.H. Picard		DNS	2	
--	Kam Naizghi	St. Mark		DNS	1	
--	Paul Frolik	St. Alphonsus		DNS	2	

Boys 400 Metre Dash Senior

ECS Junior H: # 52.10 1989		Abi Issac, MF Otterson				
Name	Year	Team	Seed	Finals	Points	
1	Tanner Blight	Father Michael Troy		59.47	10	
2	Noe Moutoumba	Joseph-Moreau		1:00.17	8	
3	Randy Ramirez	St. Alphonsus		1:03.74	6	
4	Albert Adjei	St. Nicholas		1:05.29	5	
5	Cole Van Diepen	J.H. Picard		1:15.86	4	
--	Sean Masuka	Joan Carr		DNS		
--	Kdus Goitom	St. Mark		DNS		
--	Elliott Aklilu	J.H. Picard		SCR		

Boys 800 Metre Run Senior

ECS Junior H: # 2:03.17 2016		Andrew Weinkauf, MF Otterson				
Name	Year	Team	Seed	Finals	Points	
1	Kdus Goitom	St. Mark		2:28.60	10	
2	Barrett McCreedy	Father Michael Troy		2:31.26	8	
3	Adam Toutah	St. Nicholas		2:35.69	6	
4	Nathaniel Cosgrove	St. Mark		2:36.66	5	
5	Josh Guevarra	Father Michael Troy		2:41.99	4	
6	Kale Martin	Joan Carr		2:43.42	3	
7	Dhananjay Suraj	Joan Carr		2:43.93	2	
8	Magnus Goudreau	J.H. Picard		2:45.15	1	
9	Christopher Chan	J.H. Picard		3:01.99		
--	Joel Eh	St. Nicholas		DNS		

Boys 1500 Metre Run Senior

ECS Junior H: # 4:21.00 1984		John Stanton, JJ Bowlen				
Name	Year	Team	Seed	Finals	Points	
1	Victor Cortes Gonzalez	St. Clement		5:32.48	10	
2	Magnus Goudreau	J.H. Picard		5:36.63	8	

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Rollie Miles Athletic Park

Results

....Boys 1500 Metre Run Senior

3	Jacob Morrow	Joseph-Moreau	5:43.17	6
4	Tristan Ylagan	Father Michael Troy	5:46.57	5
5	Sean Lennox	Father Michael Troy	5:46.73	4
6	Sean Budnitchi	Joan Carr	5:50.30	3
7	Richard Joby Kooran	Joan Carr	5:50.33	2
8	Nathaniel Cosgrove	St. Mark	5:56.15	1
9	Kyler Munro	St. Mark	6:29.76	
10	Jachobi Lane	St. Nicholas	6:54.13	
--	Cole Van Diepen	J.H. Picard	DQ	interference
--	Ephriam Thaw	St. Nicholas	DNS	

Boys 4x100 Metre Relay Senior

ECS Junior H: # 46.35 2004		, Maurice Lavallee		Seed	Finals	Points
Team						
1	St. Nicholas 'A'				49.49	10
	1) Abdul Bangura	2) Nebo Uzor				
	3) Joel Eh	4) Eh Ku Taw Klo				
2	Joseph-Moreau 'A'				50.04	8
	1) Hans Lekpea	2) Joshua Eveillard				
	3) Noe Moutoumba	4) Zaid Keita				
3	Joan Carr 'A'				51.93	6
	1) Gabe Herrera	2) Richard Joby Kooran				
	3) Sean Masuka	4) Emmanuel Sackey				
4	Father Michael Troy 'A'				52.63	5
	1) Charles Soumah	2) Tanner Blight				
	3) Noah Ogilvie	4) Edrian Cuenca				
5	St. Clement 'A'				54.16	4
	1) Ganesh Kamparaju	2) Riley Millar				
	3) David Terrero Jimenez	4) Akpovi Francis Umuago				
6	St. Mark 'A'				57.14	3
	1) Kam Naizghi	2) Jide Ezeonyeasi				
	3) Prince Mutebi	4) Sebr Tesfamichael				
--	St. Alphonsus 'A'				DNS	
	1) Ephraim Appleton	2) Randy Ramirez				
	3) Paul Frolik	4) Ehta Moe				
--	J.H. Picard 'A'				DNS	
	1) Gwenael Nzepang Kamgaing	2) Rowan Dowdell				
	3) Nicholas Alvarez-Capdepon	4) Zoell Cho				

Boys High Jump Senior

ECS Junior H: # 1.83m 2015		Bennett Rathje, Louis St Laurent		Seed	Finals	Points							
Name	Year	Team											
1	Gregory Belous	Father Michael Troy			1.71m	10							
	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.71
	0	0	0	0	0	0	0	0	0	0	0	0	0
2	Sean Masuka	Joan Carr			J1.71m	8							
	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.71
	0	0	0	0	0	0	0	0	0	0	XO	XO	0
3	Jide Ezeonyeasi	St. Mark			1.60m	5.50							
	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60			
	0	0	0	0	0	0	XO	0	0	0			

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Results

....Boys High Jump Senior

3	Riley Millar	St. Clement	1.60m	5.50
	1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60			
	0 0 0 0 0 0 0 0 0 XO 0			
5	Noe Moutoumba	Joseph-Moreau	J1.60m	4
	1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60			
	0 0 0 0 0 0 XO 0 XO XXO			
6	John Wah	St. Nicholas	1.55m	3
	1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55			
	0 0 0 0 0 0 0 0 0 0			
7	Edrian Cuenca	Father Michael Troy	J1.55m	2
	1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55			
	0 0 0 0 0 0 0 0 XXO 0			
8	Emmanuel Sackey	Joan Carr	J1.55m	1
	1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55			
	0 0 0 0 0 0 XXO XO 0			
9	Cruz Fuhr	St. Mark	1.50m	
	1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50			
	0 0 0 0 0 0 0 0 0			
10	Ephraim Appleton	St. Alphonsus	1.25m	
	1.15 1.20 1.25			
	0 XO 0			
--	Victor Cortes Gonzalez	St. Clement	DNS	
--	Hugh Currie	J.H. Picard	DNS	
--	Rowan Dowdell	J.H. Picard	DNS	
--	Abdul Bangura	St. Nicholas	DNS	

Boys Long Jump Senior

=====									
ECS Junior H: #	6.31m	2004	Charles Brzerd, Maurice Lavallee						
Name	Year	Team	Seed	Finals	Points				
=====									
1	Nebo Uzor	St. Nicholas		6.00m	10				
	x x x	6.00m	FOUL	FOUL					
2	Charles Soumah	Father Michael Troy		5.70m	8				
	5.10m	5.15m	5.70m	5.40m	5.50m	5.25m			
3	Eh Ku Taw Klo	St. Nicholas		5.65m	6				
	FOUL	5.15m	FOUL	5.65m	5.45m	5.57m			
4	Hans Lekpea	Joseph-Moreau		5.55m	5				
	5.14m		5.40m	5.55m	5.55m				
5	Sean Masuka	Joan Carr		5.35m	3.50				
	5.15m	5.18m	5.10m	5.00m	5.35m	5.35m			
5	Kam Naizghi	St. Mark		5.35m	3.50				
	5.08m	5.03m	5.20m	4.90m	5.35m				
7	Joshua Eveillard	Joseph-Moreau		5.10m	2				
	5.00m	5.00m	5.10m	4.95m	5.05m				
8	Akpovi Francis Umuago	St. Clement		5.00m	1				
	FOUL	4.95m	5.00m						
9	Randy Ramirez	St. Alphonsus		4.96m					
	4.96m	4.50m	FOUL						
10	Kale Martin	Joan Carr		4.90m					
	4.54m	4.35m	4.90m						
11	Kdus Goitom	St. Mark		4.80m					
	4.68m	4.80m	4.70m						
12	Cole Van Diepen	J.H. Picard		4.60m					
	4.60m	4.20m	4.10m						

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Rollie Miles Athletic Park

Results

....Boys Long Jump Senior

13 Tanner Blight	Father Michael Troy	4.53m
4.53m FOUL FOUL		
-- Riley Millar	St. Clement	DNS
-- Paul Frolik	St. Alphonsus	DNS
-- Zoell Cho	J.H. Picard	DNS

Boys Triple Jump Senior

=====					
ECS Junior H: # 13.00m	2023	David Adekanmbi, Sir John Thompson			
Name	Year	Team	Seed	Finals	Points
=====					
1 Noe Moutoumba		Joseph-Moreau		12.01m	10
11.33m 11.77m 11.87m 11.79m 12.01m					
2 Sean Masuka		Joan Carr		11.92m	8
10.52m 11.56m 11.92m 11.59m FOUL					
3 Emmanuel Sackey		Joan Carr		10.84m	6
FOUL FOUL 10.31m 10.36m 10.84m					
4 Marc Moreau		J.H. Picard		10.29m	5
10.11m 9.84m 10.29m 10.25m 10.12m					
5 Charles Soumah		Father Michael Troy		10.02m	4
8.76m 10.02m 9.94m 9.90m 9.54m					
6 Cruz Fuhr		St. Mark		9.82m	3
9.82m 9.76m 9.69m 9.37m 9.09m					
7 Logan Black		Father Michael Troy		8.94m	2
8.73m 8.94m 8.29m					
8 Daniel Almarez		St. Clement		8.16m	1
8.16m FOUL FOUL					
9 Nohom Hadgu Bahre		St. Mark		7.63m	
7.07m 7.63m 7.61m					
-- Landyn Chamberlain		St. Nicholas		DNS	
-- Damian Marinic		St. Nicholas		DNS	
-- Victor Cortes Gonzalez		St. Clement		DNS	
-- Rowan Dowdell		J.H. Picard		DNS	
-- Tanner Blight		Father Michael Troy		DNS	

Boys Shot Put Senior

=====					
ECS Junior H: # 15.63m	1973	Hank Ilesic, St Basil			
Name	Year	Team	Seed	Finals	Points
=====					
1 Carter Swyrd		St. Clement		11.77m	10
11.77m 10.80m 11.27m 10.79m 10.62m 11.35m					
2 Jason Htaw		St. Nicholas		11.72m	8
11.25m 9.81m 9.79m 10.59m 11.72m 11.21m					
3 Akpovi Francis Umuago		St. Clement		11.55m	6
11.23m 11.10m 10.89m 10.84m 10.57m 11.55m					
4 John Wah		St. Nicholas		10.87m	5
9.48m 10.11m 10.15m 9.77m 10.22m 10.87m					
5 Charles Soumah		Father Michael Troy		10.56m	4
10.41m 10.00m 10.49m 10.53m 10.56m 10.06m					
6 Noe Moutoumba		Joseph-Moreau		10.50m	3
9.25m 9.95m 10.50m					
7 Obinna Oranye		Joan Carr		10.17m	2
10.17m x					

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Rollie Miles Athletic Park

Results

....Boys Shot Put Senior

8	Juan Holquin	Father Michael Troy	10.03m	1
	10.03m 9.85m 9.46m			
9	Marc Moreau	J.H. Picard	9.67m	
	9.67m 9.19m 9.48m			
10	Christopher Van Tighem	J.H. Picard	8.75m	
	FOUL 8.30m 8.75m			
11	Ephraim Appleton	St. Alphonsus	8.17m	
	8.17m FOUL FOUL			
12	Rene Villasenor	Joan Carr	7.55m	
	7.55m 6.74m 7.52m			
--	Riley Millar	St. Clement	DNS	
--	Jacob Laffin	J.H. Picard	DNS	

Boys Javelin Throw Senior

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ECS Junior H: # 45.72m 2019 Alexi Dufour, Joseph Moreau

Name	Year	Team	Seed	Finals	Points
1 John Wah		St. Nicholas		42.60m	10
	37.92m 42.60m 36.28m		38.54m 38.01m 32.25m		
2 Obinna Oranye		Joan Carr		32.34m	8
	32.27m 29.43m 29.73m		30.49m 31.50m 32.34m		
3 Gregory Belous		Father Michael Troy		31.38m	6
	27.75m 30.56m 19.52m		20.15m 29.70m 31.38m		
4 Noah Achtymichuk		St. Nicholas		30.47m	5
	22.44m 26.96m 26.64m		22.60m 30.47m 29.67m		
5 Alex Almanza Vela		St. Clement		27.83m	4
	24.76m 27.83m 23.92m		20.52m 19.47m 20.99m		
6 Cruz Fuhr		St. Mark		27.18m	3
	25.83m 23.74m 22.67m		20.69m 27.18m 24.21m		
7 Audric Goguen		St. Mark		23.55m	2
	23.55m 15.86m 22.36m				
8 Barrett McCreedy		Father Michael Troy		23.24m	1
	23.24m 18.75m 16.94m				
9 Samuel Tesfahiwet		St. Alphonsus		20.06m	
	20.00m 20.06m 16.59m				
10 Ehta Moe		St. Alphonsus		16.84m	
	13.70m 14.38m 16.84m				
11 George Abo		Joan Carr		16.26m	
	10.04m 16.26m 15.97m				
--	Hans Lekpea	Joseph-Moreau		DNS	
--	Daniel Almarez	St. Clement		DNS	
--	Marc Moreau	J.H. Picard		DNS	
--	Rowan Aucoin	J.H. Picard		DNS	

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