

GIRLS 400m

Club	First Name	Last Name	Age	Best 2022-2023
Oakville	Ivy	Gligor	6	1.30280
St Lawrence	Gwendolyn	Croney	6	2.29960
Ottawa	Erika	Oliver	7	1.17700
Milton	Charlotte	O'Neill	7	1.33170
KWL	Violet	Yager	7	1.39090
Ottawa	Samantha	Wang	8	1.09710
Hamilton	Eugenie	Porter	8	1.15020
Hamilton	Aeris	Rzepinski	8	1.19300
KWL	Gabriella	Yager	8	1.24880
St Lawrence	Claire	McKinnon	8	1.29420
St Lawrence	Ruby	Lucas	8	1.55430
Gloucester	Chloe	Letourneau	9	0.55910
Markham	Kaitlyn	Formuziewich	9	0.56370
Niagara	Molly	Greenway	9	1.02430
Oakville	Charis	Lee	9	1.03170
Ottawa	Duca	Ning	9	1.04530
London	Sofia	Martinez	9	1.04730
St Lawrence	Lorraine	Holmstrom	9	1.09440
London	Marlee	Longeway	9	1.10050
Niagara	RJ	Allard	9	1.10350
St Lawrence	Juliette	McKinnon	9	1.15850
KWI	Lucy	Haig	9	1.22980
KWL	Anna	Haig	9	1.24670
Ottawa	Fiona	Bruce	9	1.35390
Ottawa	Caeleigh	Antoine	9	1.43830
Oakville	Jianing	Wang	10	0.45500
Toronto	Elena	Zheng	10	0.45870
Oakville	Lidia	Cosofret	10	0.50810
Toronto	Sarah	Sanchez Ramirez	10	0.51560
Kingston	Addy	Hunt	10	0.52050
Kingston	Yukie	Ritchie	10	1.00070
Ottawa	Clara	Wirtanen	10	1.00790
Ottawa	Isla	Eltervoog	10	1.33550
Ottawa	Meg	Cousineau	11	0.45110
Kingston	Ella	Downey	11	0.47420
Ottawa	Alice	Oliver	11	0.51850
Gloucester	Gabrielle	Boulianne	11	0.52070
Gloucester	Katherine	Quinlan	11	0.53470
Ottawa	Isabelle	Papp	11	1.01940
KWL	Soyule	Chung	11	1.02170
Niagara	Amalilia	Bushareb	11	1.02800
Hamilton	Isla	Mason	12	0.44680
Milton	Violet	Velicevic	12	0.46800
St Lawrence	Kayla	Smith	12	0.47590

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Club	First Name	Last Name	Age	Best 2022-2023
Kingston	Kal	Lantagne	12	0.49150
St Lawrence	Nalina	Bhatt	12	0.49840
Oakville	Chiara	Kothleitner	12	0.50080
Barrie	Caitlin	Besso	12	0.52050
KWL	Ella	De Souza	12	0.52360
Kingston	Natalee	Tracey	12	0.54890
Gloucester	Lea	Brock	12	0.57120
Markham	Maya	Nyman	12	0.57340
Ottawa	Isabel	Oleskevich	12	0.58800
Oakville	Emilie	Caserta	13	0.41890
Ottawa	Charlotte	Babin	13	0.44270
Toronto	Lexy	George	13	0.44990
Ottawa	Charlotte	Rockburne	13	0.45180
KWL	Brooklyn	Martin	13	0.45240
Ottawa	Abby	Karcher	13	0.46670
St Lawrence	Elizabeth	Wheeler	13	0.46870
London	Paula	Delvasto	13	0.46990
Ottawa	Faye	James	13	0.47440
Barrie	Elora	Bain	13	0.49430
Barrie	Keira	McLees	13	0.49580
London	Isabella	Martinez	13	0.50170
Durham	Addison	Branton-Cook	13	0.51010
Gloucester	Vishu	Vachaspati	13	0.52010
Barrie	Gwenyth	Jutzi	13	0.53830
Gloucester	Sophie	Duford	13	1.01360
Oakville	Laureine	Egatsi	13	1.01360
Cambridge	Mickie	Demelo	13	1.08200

WOMEN 500m

Club	First Name	Last Name	Age	Best 2022-2023
Oakville	Dora	Song	14	0.50401
Oakville	Claira	Edelman	14	0.51110
Cambridge	Roslyn	Schill	14	0.52380
Oakville	Sofia	Quintero	14	0.53070
KWL	Jack	Murray	14	0.56250
Newmarket	Sruti	Vasanthamalan	14	0.57110
Milton	Sylvie	Heung	14	0.57920
Ottawa	Adella	Akanko	14	0.58130
Quinte	Sophia	Erdogan	14	1.01280
Newmarket	Yilin	Liao	15	0.48830
Toronto	Gwen	McLeod	15	0.50500
Newmarket	Haniya	Jackson	15	0.51130
KWL	Michelle	Wang	15	1.02230
Ottawa	Chloe	Boudreau	15	1.02750
Oakville	Izabella	Zakatsiolo	16	0.48511
Oakville	Camryn	Rowsell	16	0.49927
Toronto	Rachel	George	16	0.50360
London	Machaila	Wesch-Dawson	16	0.53690
Ottawa	Grace	Hansen	16	0.54870
Barrie	Katarina	Culhane	16	0.55533
Cambridge	Aaralyn	McGill	17	0.45468
Cambridge	Sherise	Gratton	17	0.47036
Ottawa	Alison	Milne	17	0.52699
Gloucester	Tess	Overvelde	17	0.54350
Quinte	Hailey	Hancock	17	0.56710
St Lawrence	Annella	Roney	17	0.57620
Vaughan	Andria	Scarpelli	18	0.46451
Oakville	Ainsley	Little	18	0.53200
Brampton	Renee	Steenge	23	0.43721
Toronto	Julia	McDonald	23	0.53260
Kingston	Lisa	Croll	46	1.09980
Oakville	Lise	Bouchard	50	0.57620
KWL	Jen	Benediktson	54	0.58520

WOMEN 1500m

Club	First Name	Last Name	Age	Best 2022-2023
Oakville	Claira	Edelman	14	2.48350
Oakville	Sofia	Quintero	14	2.49490
Oakville	Dora	Song	14	2.52410
Cambridge	Roslyn	Schill	14	2.59130
Ottawa	Renata	Kenzie	14	3.03490
Milton	Sylvie	Heung	14	3.06300
KWL	Jack	Murray	14	3.07170
Newmarket	Sruti	Vasanthamalan	14	3.07420
Quinte	Sophia	Erdogan	14	3.13150
Ottawa	Adella	Akanko	14	3.19740
Newmarket	Yilin	Liao	15	2.33400
Newmarket	Haniya	Jackson	15	2.33580
Toronto	Gwen	McLeod	15	2.41840
Toronto	Rachel	George	16	2.34891
Oakville	Izabella	Zakatsiolo	16	2.38174
Oakville	Camryn	Rowsell	16	2.38834
London	Machaila	Wesch-Dawson	16	2.52410
Ottawa	Grace	Hansen	16	2.57180
Barrie	Katarina	Culhane	16	3.06605
Cambridge	Aaralyn	McGill	17	2.26217
Cambridge	Sherise	Gratton	17	2.28317
Ottawa	Alison	Milne	17	2.43823
Gloucester	Tess	Overvelde	17	3.02582
Quinte	Hailey	Hancock	17	3.09830
Vaughan	Andria	Scarpelli	18	2.26628
Oakville	Ainsley	Little	18	2.52880
KWL	Claudia	Heeney	21	2.33280
Brampton	Renee	Steenge	23	2.26009
Toronto	Julia	McDonald	23	2.53210

BOYS 400m

Club	First Name	Last Name	Age	Best 2022-2023
Cambridge	Ethan	Cartwright	6	1.33010
Oakville	Robert	Li	7	1.01520
Oakville	Ethan	Yu	7	1.16300
London	Isaac	Hernandez	7	1.41480
Ottawa	Giovanni	Piovezan	7	1.52530
Toronto	Noah	Shi	8	0.50170
St Lawrence	Zachary	Tyler	8	0.55170
Cambridge	Bennett	Blakeley	8	0.55890
Kingston	Ethan	Logan	8	0.56200
Oakville	Ali	Ouaddahou	8	0.57540
Oakville	Connor	Siu	8	0.57670
Oakville	Allen	Ma	8	0.58480
Oakville	Leo	Waters	8	0.59970
Oakville	Alexandre	Wang	8	1.00990
Milton	Caleb	Carr	8	1.06230
KWL	Yunje	Chung	8	1.14560
Oakville	Alisher	Kumar	8	1.24520
Niagara	Lucas	Reles	8	1.30800
St Lawrence	Leo	Girouard	8	1.34000
London	Alex	Toth	9	0.52680
KWL	Eric	Yu	9	0.55730
Oakville	Jeffrey	Zhang	9	0.59700
Ottawa	Simon	Wang	9	0.59720
Cambridge	Matthew	Cartwright	9	1.01850
London	Euan	Pollock	9	1.02480
Oakville	Hugo	Doumas	9	1.02610
St Lawrence	Liam	Croney	9	1.09760
Ottawa	Arian	Kariman	9	1.09850
St Lawrence	Dryden	Dutkewich	9	1.11960
Gloucester	Baxter	Steeves	9	1.12140
St Lawrence	John	Sivers	9	1.21300
Ottawa	Samuel	Trail	9	1.22810
KWL	Joseph	Popazzi	9	1.40550
Kingston	Noah	Logan	10	0.49610
Newmarket	Jonah	Attia	10	0.51170
Ottawa	Simon	Heidinga	10	0.51980
Hamilton	Reggie	Porter	10	0.53800
Newmarket	Sayan	Vasanthamalan	10	0.55110
Hamilton	Rocco	Federico	10	0.58520
St Lawrence	Shauni	Bhatt	10	0.58990
Ottawa	Daniel	Piovezan	10	1.00230
Gloucester	Jacob	Leclair	10	1.00290
Hamilton	August	Kirkby	10	1.06580
Cambridge	Sam	Melo	10	1.07170

BOYS 400m

Club	First Name	Last Name	Age	Best 2022-2023
Hamilton	Holden	Rychlik	10	1.14890
London	Thiago	Hernandez	10	1.21080
Oakville	Elliot	Faulks	10	1.32450
Toronto	Lucas	Shi	11	0.40760
Oakville	Ryan	Chen	11	0.41080
Cambridge	Felix	Paiement	11	0.42960
Hamilton	Grayson	Benton Kearney	11	0.44390
St Lawrence	Tom	Giroux	11	0.46200
Toronto	Cole	Johnston	11	0.47610
Oakville	Kaleb	Jeng	11	0.49660
Hamilton	Jake	Michaluk	11	0.52680
Toronto	Zachary	Waslander	11	0.53930
Oakville	Ender	McBrien	11	0.54650
KWL	Isaac	Martin	11	0.55550
Gloucester	Kosuke	Tomori-Carrier	11	0.55740
KWL	Logan	Willard	11	0.59670
St Lawrence	Robert	Sivers	11	1.02200
St Lawrence	Dylan	Lucas	11	1.03120
KWL	Ewan	Haig	11	1.07630
KWL	Robert	Edwards	11	1.10080
St Lawrence	Nolan	McKinnon	11	1.14180
Oakville	Reese	Del Ben	11	1.24050
Oakville	Sam	Deluca	12	0.42860
Toronto	Lucas	Sweet	12	0.45200
Barrie	Myles	McLees	12	0.45920
Ottawa	Andre	Wang	12	0.47330
Gloucester	Maxime	Letourneau	12	0.48640
Oakville	Mithru Narayan	Naidu	12	0.49320
Hamilton	Antonio	Federico	12	0.49800
Gloucester	Kylian	Van Belanger	12	0.51330
Oakville	Isaac	Nguyen	12	0.51370
Newmarket	Ben	Lloyd	12	0.52700
Markham	Aiden	Chadha	12	0.53090
St Lawrence	Ben	Mason	12	0.53300
Kingston	Henry	Ormsbee	12	0.56170
Ottawa	Owen	Antoine	12	0.59980
Ottawa	Toby	Bettez	13	0.42150
Ottawa	Cole	Gimby	13	0.43230
Oakville	Ryder	Taylor	13	0.43610
London	Ethan	Pollock	13	0.44750
KWL	Evan	Hand	13	0.45020
Cambridge	Garreth	Aggerholm	13	0.45360
Cambridge	Owen	Donkers	13	0.46550
Ottawa	Declan	McNamee	13	0.47500

BOYS 400m

Club	First Name	Last Name	Age	Best 2022-2023
Ottawa	Theodore	Legrand-Tikhonov	13	0.48070
KWL	Gursaaz	Gund	13	0.49230
Gloucester	Fraser	Steeves	13	0.49260
Ottawa	Ben	Papp	13	0.49860
Gloucester	Cohen	Manuel	13	0.50760
Barrie	Andrew	Jutzi	13	0.52500
Ottawa	Kian	Wirtanen	13	0.53040
Hamilton	Gavin	Doerr	13	1.09800

MEN 500m

Club	First Name	Last Name	Age	Best 2022-2023
Ottawa	James	Cousineau	14	0.47120
Toronto	Jonathan	Zheng	14	0.48470
Newmarket	Jack	Codack	14	0.48520
Oakville	Stephen	Lee	14	0.48650
London	Ben	Ebel	14	0.51570
Toronto	Phelan	Niu	14	0.52380
St Lawrence	Grant	Roney	14	0.52670
Toronto	Nicholas	Waslander	14	0.55700
KWL	Jie-Woo	Park	14	0.55770
Ottawa	Gryffin	Hanvelt	14	0.58240
Ottawa	Luca	Lavoie	14	0.58570
Oakville	Marcelo	Giansante	15	0.43925
Oakville	Lee	Deluca	15	0.46740
Milton	Perrin	Heung	15	0.48430
Milton	Nigel	Emblin	15	0.49714
Markham	Liam	Baron	15	0.49940
Kingston	Erik	Lee	15	0.50180
Ottawa	Ian	Milne	15	0.50390
Ottawa	Camden	Bettez	15	0.51390
Toronto	Kyler	Fung	15	0.51730
Cambridge	Ron	Krete	15	0.56030
Oakville	Charlie	Cotton	16	0.43535
Vaughan	Jack	Van Den Berg	16	0.45150
St Lawrence	Andy	Giroux	16	0.46500
Cambridge	Alex	Wood	16	0.47870
Cambridge	Maddox	Champagne	16	0.48230
Oakville	Cameron	Massel	16	0.48620
Cambridge	Cameron	Barker	16	0.49560
Oakville	Justin	Bitonte	16	0.49740
London	Roan	Curtis	16	0.50270
Ottawa	Jonathan	Bourget	16	0.51520
Quinte	Brian	Hoffman	16	0.52090
Cambridge	Alex	Donkers	16	0.56050
Vaughan	Adam	Law	17	0.42259
Toronto	Owen	Currie	17	0.43513
Newmarket	Kairo	Tae	17	0.44113
Oakville	Helios	He	17	0.44162
Ottawa	Matthew	Freitag	17	0.44426
Oakville	Connor	Waters	17	0.45248
Toronto	Jack	Pettitt	17	0.51900
Toronto	Ezekiel	Liu	17	0.58580
KWL	Reno	Thompson	18	0.43720
Oakville	Alexander	Giannotti	19	0.43286
Toronto	Manuel	Ho	19	0.57200

MEN 500m

Club	First Name	Last Name	Age	Best 2022-2023
Brampton	Travis	Boomhour	21	0.50460
St Lawrence	Alphonse	Ouimette	26	0.41802
Newmarket	Tim	Beck	26	0.50800
Kingston	Stephan	Lantagne	M	0.59140
Niagara	Charles	Gower	M	0.55380
London	Craig	Pollock	M	0.55670
Kingston	Dan	Dubois	M	0.56890
Kingston	Jeffrey	Downey	M	0.59940
Toronto	Ken	George	M	1.03770
Gloucester	Rob	Singlehurst	M	1.04610

MEN 1500m

Club	First Name	Last Name	Age	Best 2022-2023
Toronto	Jonathan	Zheng	14	2.32220
Ottawa	James	Cousineau	14	2.35390
Newmarket	Jack	Codack	14	2.37570
Oakville	Stephen	Lee	14	2.39550
London	Ben	Ebel	14	2.45380
Toronto	Phelan	Niu	14	2.47790
St Lawrence	Grant	Roney	14	2.53720
KWL	Jie-Woo	Park	14	2.55990
Ottawa	Gryffin	Hanvelt	14	3.02360
Toronto	Nicholas	Waslander	14	3.03610
Ottawa	Luca	Lavoie	14	3.09790
Oakville	Marcelo	Giansante	15	2.21500
Milton	Perrin	Heung	15	2.31850
Ottawa	Camden	Bettez	15	2.40990
Oakville	Lee	Deluca	15	2.41990
Markham	Liam	Baron	15	2.42250
Kingston	Erik	Lee	15	2.45040
Ottawa	Ian	Milne	15	2.47000
Milton	Nigel	Emblin	15	2.47547
Cambridge	Ron	Krete	15	2.51340
Toronto	Kyler	Fung	15	2.57240
Oakville	Charlie	Cotton	16	2.19315
Vaughan	Jack	Van Den Berg	16	2.26294
St Lawrence	Andy	Giroux	16	2.29670
Oakville	Cameron	Massel	16	2.32280
Cambridge	Alex	Wood	16	2.33300
Cambridge	Maddox	Champagne	16	2.34460
Cambridge	Cameron	Barker	16	2.40060
Oakville	Justin	Bitonte	16	2.42370
London	Roan	Curtis	16	2.45450
Ottawa	Jonathan	Bourget	16	2.47220
Quinte	Brian	Hoffman	16	2.56590
Cambridge	Alex	Donkers	16	2.56680
Oakville	Helios	He	17	2.18259
Vaughan	Adam	Law	17	2.18380
Oakville	Connor	Waters	17	2.19143
Toronto	Owen	Currie	17	2.22436
Ottawa	Matthew	Freitag	17	2.22540
Newmarket	Kairo	Tae	17	2.22660
Toronto	Jack	Pettitt	17	3.00010
KWL	Reno	Thompson	18	2.19233
Oakville	Alexander	Giannotti	19	2.17922
Brampton	Travis	Boomhour	21	2.49060
St Lawrence	Alphonse	Quimette	26	2.18077