

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 100m - Female

6/15/2024

Division number:1		Gender	Lane	Prev. Score	Final Score	Place
Burden, Erika	Bay St. George	F	4	00:31.73	00:29.91	1st place
Lambert, Dianna	Clarenville Allstars	F	6	00:32.95	00:31.70	2nd place
Moore, Sarah	Exploits Hurricanes	F	3	00:32.17	00:31.70	2nd place
Hulan, Ashley	Bay St. George	F	5	00:32.14	00:33.77	4th place
Hartson, Alice	Placentia Lions	F	2	00:36.68	00:35.86	5th place

22-29,30+; Count: 5; Previous scores: 00:29.91-00:35.86, average: 00:32.58, 16.6% difference

Division number:2		Gender	Lane	Prev. Score	Final Score	Place
Price, Megan	Exploits Hurricanes	F	4	00:26.00	00:25.13	1st place
Pippy, Sherry-lynn	Mt. Pearl	F	6	00:28.60	00:27.59	2nd place
Summers, Jessica	Mt. Pearl	F	3	00:28.34	00:27.60	3rd place
MacNeil, Margaret	Exploits Hurricanes	F	5	00:26.59	00:27.64	4th place
Somers, Michelle/Shelly	Placentia Lions	F	2	00:29.01	00:28.15	5th place

22-29,30+; Count: 5; Previous scores: 00:25.13-00:28.15, average: 00:27.22, 10.7% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 100m - Female

6/15/2024

Division number:3		Gender	Lane	Prev. Score	Final Score	Place
Peddle, Kate	Clarenville Allstars	F	4	00:22.07	00:21.58	1st place
Thompson, Meagan	Clarenville Allstars	F	5	00:23.01	00:22.93	2nd place
Butt, Katelyn	Clarenville Allstars	F	3	00:23.73	00:23.26	3rd place
Martin, Megan	Mt. Pearl	F	6	00:24.36	00:24.23	4th place
Williams, Robyn	Mt. Pearl	F	2	00:24.71	00:25.78	5th place

12-15,16-21,22-29,30+; Count: 5; Previous scores: 00:21.58-00:25.78, average: 00:23.55, 16.3% difference

Division number:4		Gender	Lane	Prev. Score	Final Score	Place
Walsh, Samantha	Bay St. George	F	4	00:17.69	00:17.11	1st place
Fleming, Sierra	Exploits Hurricanes	F	5	00:17.73	00:17.75	2nd place
Park, Isabella	Corner Brook Vikings	F	6	00:18.54	00:18.13	3rd place
Flight, Sarah	Corner Brook Vikings	F	3	00:18.48	00:18.87	4th place
Childs, Brianna	Bay St. George	F	2	00:19.14	00:19.81	5th place
Bennett, Kristen	Bay St. George	F	7	00:20.19	00:21.24	6th place

16-21,22-29,30+; Count: 6; Previous scores: 00:17.11-00:21.24, average: 00:18.81, 19.4% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 100m - MALE

6/15/2024

Division number:1		Gender	Lane	Prev. Score	Final Score	Place
May, Kyle	Exploits Hurricanes	M	5	00:39.79	00:36.79	1st place
MOD: Touch start						
Rouzes, Bailey	Bay St. George	M	3	00:40.63	00:38.80	2nd place
Butt, Ryan	Bay St. George	M	4	00:32.69	00:45.69	3rd place

16-21,22-29; Count: 3; Previous scores: 00:36.79-00:45.69, average: 00:40.42, 19.5% difference

Division number:2		Gender	Lane	Prev. Score	Final Score	Place
Richard, Evan	Mt. Pearl	M	4	00:28.32	00:25.74	1st place
O'Keefe, Charles	Placentia Lions	M	5	00:29.68	00:28.77	2nd place
Kelly, Donald	Placentia Lions	M	3	00:30.64	00:33.10	3rd place

30+; Count: 3; Previous scores: 00:25.74-00:33.10, average: 00:29.20, 22.2% difference

Division number:3		Gender	Lane	Prev. Score	Final Score	Place
Spurrell, Travis	Bonavista North Polar Bears	M	4	00:22.31	00:22.26	1st place
Beales, Philip	Corner Brook Vikings	M	1	00:25.26	00:23.25	2nd place
Ruby, Eric	Mt. Pearl	M	2	00:24.70	00:23.58	3rd place
Mailhiot, Ethan	Gander Wings	M	3	00:24.21	00:23.78	4th place
Hynes, Peter	Placentia Lions	M	5	00:23.99	00:24.16	5th place
Sharpe, Isaac	Exploits Hurricanes	M	6	00:31.00	00:24.86	6th place
MPR: CHANGE OF DIVISION						
Spurrell, Preston	CBS Brightstars	M	6	00:24.27	00:25.25	6th place
Walsh, Patrick	Placentia Lions	M	7	00:24.77	00:26.47	7th place

12-15,16-21,22-29,30+; Count: 8; Previous scores: 00:22.26-00:26.47, average: 00:24.20, 15.9% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 100m - MALE

6/15/2024

Division number:4		Gender	Lane	Prev. Score	Final Score	Place
Dalton, Aiden	Mt. Pearl	M	4	00:20.49	00:20.21	1st place
MOD: Touch & Verbal Cue start						
Upshall, Anthony/Tony	Placentia Lions	M	3	00:20.70	00:20.75	2nd place
Parsons, Austin	Gander Wings	M	6	00:21.04	00:20.86	3rd place
Eddison, Nathan	Mt. Pearl	M	5	00:20.62	00:21.20	4th place
Hiscock, Shiloh	Clareville Allstars	M	2	00:21.22	00:21.65	5th place
Kendal, Donald	Bay St. George	M	1	00:21.40	00:21.87	6th place
Smith, David	Placentia Lions	M	7	00:21.25	00:21.93	7th place
Wicks, Evan	Exploits Hurricanes	M	8	00:21.96	00:22.58	8th place
MOD: Touch Start						

12-15,16-21,22-29,30+; Count: 8; Previous scores: 00:20.21-00:22.58, average: 00:21.38, 10.5% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 100m - MALE

6/15/2024

Division number:5		Gender	Lane	Prev. Score	Final Score	Place
Upshall, Alfred	Placentia Lions	M	4	00:17.53	00:17.81	1st place
MOD: Touch Start						
Gillard, Stephen	Mt. Pearl	M	1	00:19.62	00:18.70	2nd place
White, Jesse	CBS Brightstars	M	2	00:19.20	00:18.82	3rd place
Crocker, Dylan	Bonavista North Polar Bears	M	6	00:18.79	00:18.83	4th place
Dean, Zachary	CBS Brightstars	M	5	00:18.62	00:19.52	5th place
Roache, Jonathan	Mt. Pearl	M	3	00:18.77	00:19.70	6th place
Kyritsis, Tony	Exploits Hurricanes	M	7	00:19.61	00:19.88	7th place
Bennett, Cameron	Bay St. George	M	8	00:20.28	00:23.68	8th place

12-15,22-29,30+; Count: 8; Previous scores: 00:17.81-00:23.68, average: 00:19.61, 24.8% difference

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### Final Results

#### 100m - MALE

6/15/2024

Division number:6		Gender	Lane	Prev. Score	Final Score	Place
Miller, Amos	Bay St. George	M	4	00:15.91	00:14.85	1st place
Reid, Elliott	Clarendville Allstars	M	3	00:16.30	00:16.24	2nd place
Nichol-Burt, Paul	Gander Wings	M	5	00:16.19	00:16.46	3rd place
Moraze, Brayden	Bay St. George	M	7	00:16.98	00:16.60	4th place
Gibbons, Liam	Exploits Hurricanes	M	2	00:16.74	00:17.07	5th place
Ginn, Nicholas	Bay St. George	M	6	00:16.53	00:17.82	6th place
Stryde, Ian	Gander Wings	M	8	00:17.40	00:18.66	7th place
Gardner, Joshua	Exploits Hurricanes	M	1	00:17.19	00:19.15	8th place

16-21,22-29; Count: 8; Previous scores: 00:14.85-00:19.15, average: 00:17.10, 22.5% difference

Division number:7		Gender	Lane	Prev. Score	Final Score	Place
Lopes, Noah	Bay St. George	M	4	00:13.82	00:13.83	1st place
Renouf, Jesse	Bay St. George	M	3	00:14.88	00:14.63	2nd place
Harris, Michael	Gander Wings	M	5	00:14.54	00:14.91	3rd place
Ryan, Antonio	Mt. Pearl	M	6	00:15.15	00:15.30	4th place
Philp, Edward	Exploits Hurricanes	M	2	00:15.23	00:15.64	5th place
Hubert, Mathieu	Corner Brook Vikings	M	7	00:15.76	00:16.18	6th place
Firmage, Logan	Bonavista North Polar Bears	M	1	00:15.79	00:16.19	7th place

12-15,16-21,22-29,30+; Count: 7; Previous scores: 00:13.83-00:16.19, average: 00:15.24, 14.6% difference

# 2024 SONL Athletics Competition

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### Final Results

#### 200m - Female

6/15/2024

Division number:1		Gender	Lane	Prev. Score	Final Score	Place
Pippy, Sherry-lynn	Mt. Pearl	F	1	01:10.93	01:01.13	1st place
Lambert, Dianna	Clarenville Allstars	F	2	01:20.39	01:18.85	2nd place
Hulan, Ashley	Bay St. George	F	3	01:27.12	01:23.70	3rd place

22-29,30+; Count: 3; Previous scores: 01:01.13-01:23.70, average: 01:14.56, 27% difference

Division number:2		Gender	Lane	Prev. Score	Final Score	Place
Martin, Megan	Mt. Pearl	F	2	00:56.65	00:53.51	1st place
Butt, Katelyn	Clarenville Allstars	F	5	01:01.84	00:53.99	2nd place
Price, Megan	Exploits Hurricanes	F	1	00:56.13	00:57.26	3rd place
Williams, Robyn	Mt. Pearl	F	3	00:57.41	01:00.09	4th place
Burden, Erika	Bay St. George	F	6	01:02.41	01:00.56	5th place
MacNeil, Margaret	Exploits Hurricanes	F	4	00:58.26	01:02.46	6th place
Summers, Jessica	Mt. Pearl	F	7	01:04.64	01:07.64	7th place

22-29,30+; Count: 7; Previous scores: 00:53.51-01:07.64, average: 00:59.35, 20.9% difference

# 2024 SONL Athletics Competition

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### Final Results

#### 200m - Female

6/15/2024

Division number:3		Gender	Lane	Prev. Score	Final Score	Place
Bennett, Kristen	Bay St. George	F	1	00:43.69	00:42.90	1st place
Holloway, Nancy	Clarenville Allstars	F	3	00:49.30	00:45.46	2nd place
Peddle, Kate	Clarenville Allstars	F	4	00:50.51	00:46.41	3rd place
Lambert, Kendall	Clarenville Allstars	F	2	00:48.12	00:50.47	4th place
Thompson, Meagan	Clarenville Allstars	F	5	00:50.71	00:51.23	5th place

12-15,16-21,30+; Count: 5; Previous scores: 00:42.90-00:51.23, average: 00:47.29, 16.3% difference

Division number:4		Gender	Lane	Prev. Score	Final Score	Place
Walsh, Samantha	Bay St. George	F	2	00:37.52	00:38.59	1st place
Fleming, Sierra	Exploits Hurricanes	F	1	00:37.01	00:38.68	2nd place
Flight, Sarah	Corner Brook Vikings	F	3	00:38.95	00:39.58	3rd place
Park, Isabella	Corner Brook Vikings	F	4	00:39.19	00:40.79	4th place
Childs, Brianna	Bay St. George	F	5	00:42.11	00:43.60	5th place

16-21,22-29; Count: 5; Previous scores: 00:38.59-00:43.60, average: 00:40.24, 11.5% difference



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### Final Results

#### 200m - MALE

6/15/2024

Division number:1		Gender	Lane	Prev. Score	Final Score	Place
O'Keefe, Charles	Placentia Lions	M	2	01:16.61	01:16.45	1st place
Rouzes, Bailey	Bay St. George	M	3	01:35.13	01:31.69	2nd place
Kelly, Donald	Placentia Lions	M	1	01:16.58	DQ	DQ

22-29,30+; Count: 3; Previous scores: 01:16.45-01:31.69, average: 00:56.04, 16.6% difference

Division number:2		Gender	Lane	Prev. Score	Final Score	Place
Richard, Evan	Mt. Pearl	M	2	00:58.12	00:53.31	1st place
Walsh, Patrick	Placentia Lions	M	1	00:57.74	00:58.40	2nd place
Sharpe, Isaac	Exploits Hurricanes	M	3	01:00.73	00:58.80	3rd place
Butt, Ryan	Bay St. George	M	4	01:06.43	01:04.41	4th place

MOD: Touch Start

16-21,22-29,30+; Count: 4; Previous scores: 00:53.31-01:04.41, average: 00:58.73, 17.2% difference

Division number:3		Gender	Lane	Prev. Score	Final Score	Place
Ruby, Eric	Mt. Pearl	M	6	00:53.45	00:50.41	1st place
Mailhiot, Ethan	Gander Wings	M	2	00:50.77	00:52.52	2nd place
Spurrell, Preston	CBS Brightstars	M	3	00:51.38	00:54.82	3rd place
Hynes, Peter	Placentia Lions	M	5	00:52.46	00:55.65	4th place
Beales, Philip	Corner Brook Vikings	M	4	00:52.18	00:57.27	5th place
Wicks, Evan	Exploits Hurricanes	M	1	00:48.78	DQ	DQ

MOD: Touch Start & Requires Lane 1

12-15,16-21,22-29,30+; Count: 6; Previous scores: 00:50.41-00:57.27, average: 00:45.11, 12% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 200m - MALE

6/15/2024

Division number:4		Gender	Lane	Prev. Score	Final Score	Place
Dalton, Aiden	Mt. Pearl	M	4	00:45.66	00:42.75	1st place
MOD: Touch & Verbal Cue Start						
Upshall, Anthony/Tony	Placentia Lions	M	1	00:44.86	00:45.06	2nd place
Parsons, Austin	Gander Wings	M	2	00:44.93	00:45.39	3rd place
Roache, Jonathan	Mt. Pearl	M	8	00:48.60	00:45.54	4th place
Hiscock, Shiloh	Clareville Allstars	M	3	00:45.15	00:46.05	5th place
Smith, David	Placentia Lions	M	5	00:46.14	00:46.20	6th place
Spurrell, Travis	Bonavista North Polar Bears	M	6	00:46.50	00:47.95	7th place
Eddison, Nathan	Mt. Pearl	M	7	00:46.63	00:50.39	8th place

12-15,16-21,22-29,30+; Count: 8; Previous scores: 00:42.75-00:50.39, average: 00:46.16, 15.2% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 200m - MALE

6/15/2024

Division number:5		Gender	Lane	Prev. Score	Final Score	Place
Firmage, Logan	Bonavista North Polar Bears	M	1	00:39.02	00:35.08	1st place
Stryde, Ian	Gander Wings	M	2	00:39.03	00:39.04	2nd place
Gillard, Stephen	Mt. Pearl	M	4	00:39.60	00:39.07	3rd place
Gardner, Joshua	Exploits Hurricanes	M	3	00:39.46	00:40.35	4th place
Dean, Zachary	CBS Brightstars	M	7	00:43.52	00:42.29	5th place
Drover, Ryan Wade	Mt. Pearl	M	5	00:41.28	00:42.44	6th place
Bennett, Cameron	Bay St. George	M	6	00:43.13	00:43.32	7th place
Chafe, Nick	Clareville Allstars	M	8	00:44.77	00:47.67	8th place

16-21,22-29,30+; Count: 8; Previous scores: 00:35.08-00:47.67, average: 00:41.15, 26.4% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 200m - MALE

6/15/2024

Division number:6		Gender	Lane	Prev. Score	Final Score	Place
Ivany, Nick	Clarendville Allstars	M	1	00:33.77	00:34.19	1st place
Nichol-Burt, Paul	Gander Wings	M	2	00:34.67	00:35.41	2nd place
Moraze, Brayden	Bay St. George	M	3	00:34.91	00:35.69	3rd place
Park, Brandon	Corner Brook Vikings	M	7	00:37.12	00:36.88	4th place
Ginn, Nicholas	Bay St. George	M	4	00:35.18	00:37.17	5th place
Upshall, Alfred	Placentia Lions	M	5	00:36.52	00:37.53	6th place
MOD: Touch Start						
Crocker, Dylan	Bonavista North Polar Bears	M	6	00:37.10	00:39.66	7th place
Kyritsis, Tony	Exploits Hurricanes	M	8	00:38.27	00:42.53	8th place

16-21,22-29,30+; Count: 8; Previous scores: 00:34.19-00:42.53, average: 00:37.38, 19.6% difference

Division number:7		Gender	Lane	Prev. Score	Final Score	Place
Lopes, Noah	Bay St. George	M	1	00:29.03	00:29.47	1st place
Renouf, Jesse	Bay St. George	M	2	00:30.69	00:31.81	2nd place
Hubert, Mathieu	Corner Brook Vikings	M	3	00:31.92	00:32.15	3rd place
Harris, Michael	Gander Wings	M	5	00:32.22	00:32.59	4th place
Ryan, Antonio	Mt. Pearl	M	6	00:32.37	00:32.70	5th place
Philp, Edward	Exploits Hurricanes	M	4	00:32.07	00:33.91	6th place
Miller, Amos	Bay St. George	M	7	00:33.68	00:36.22	7th place

12-15,16-21,22-29,30+; Count: 7; Previous scores: 00:29.47-00:36.22, average: 00:32.69, 18.6% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### 400m - Female

Division number:1						
		Gender	Lane	Prev. Score	Final Score	Place
Lambert, Kendall	Clarenville Allstars	F	1	01:55.65	01:55.65	1st place
Burden, Erika	Bay St. George	F	2	02:19.66	02:19.66	2nd place
Summers, Jessica	Mt. Pearl	F	3	02:39.99	02:39.99	3rd place

30+; Count: 3; Previous scores: 01:55.65-02:39.99, average: 02:18.43, 27.7% difference

Division number:2						
		Gender	Lane	Prev. Score	Final Score	Place
Bennett, Kristen	Bay St. George	F	1	01:46.18	01:46.18	1st place
Childs, Brianna	Bay St. George	F	2	01:47.89	01:47.89	2nd place
Peddle, Kate	Clarenville Allstars	F	3	01:52.44	01:52.44	3rd place
Holloway, Nancy	Clarenville Allstars	F	4	01:53.71	01:53.71	4th place

12-15,16-21,22-29,30+; Count: 4; Previous scores: 01:46.18-01:53.71, average: 01:50.05, 6.6% difference

Division number:3						
		Gender	Lane	Prev. Score	Final Score	Place
Walsh, Samantha	Bay St. George	F	1	01:27.78	01:27.78	1st place
Fleming, Sierra	Exploits Hurricanes	F	2	01:33.12	01:33.12	2nd place
Park, Isabella	Corner Brook Vikings	F	3	01:41.43	01:41.43	3rd place

16-21; Count: 3; Previous scores: 01:27.78-01:41.43, average: 01:34.11, 13.5% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 400m - MALE

Division number:1		Gender	Lane	Prev. Score	Final Score	Place
Wicks, Evan	Exploits Hurricanes	M	1	01:55.88	01:55.88	1st place
MOD: Touch Start & Requires Lane 1						
Murray, Kyle	Gander Wings	M	2	02:00.16	02:00.16	2nd place
Bennett, Cameron	Bay St. George	M	3	02:08.39	02:08.39	3rd place
Butt, Ryan	Bay St. George	M	4	02:21.55	02:21.55	4th place

16-21,30+; Count: 4; Previous scores: 01:55.88-02:21.55, average: 02:06.49, 18.1% difference

Division number:2		Gender	Lane	Prev. Score	Final Score	Place
Drover, Ryan Wade	Mt. Pearl	M	1	01:37.70	01:37.70	1st place
Miller, Amos	Bay St. George	M	2	01:37.82	01:37.82	2nd place
Chafe, Nick	Clarendville Allstars	M	3	01:42.55	01:42.55	3rd place

22-29,30+; Count: 3; Previous scores: 01:37.70-01:42.55, average: 01:39.35, 4.7% difference

Division number:3		Gender	Lane	Prev. Score	Final Score	Place
Ivany, Nick	Clarendville Allstars	M	1	01:21.23	01:21.23	1st place
Park, Brandon	Corner Brook Vikings	M	2	01:22.41	01:22.41	2nd place
Moraze, Brayden	Bay St. George	M	3	01:23.34	01:23.34	3rd place
Gillard, Stephen	Mt. Pearl	M	4	01:32.33	01:32.33	4th place

22-29,30+; Count: 4; Previous scores: 01:21.23-01:32.33, average: 01:24.82, 12% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### 400m - MALE

Division number:4		Gender	Lane	Prev. Score	Final Score	Place
Philpott, Johnny	Gander Wings	M	1	01:11.48	01:11.48	1st place
Lopes, Noah	Bay St. George	M	2	01:13.28	01:13.28	2nd place
Philp, Edward	Exploits Hurricanes	M	3	01:17.92	01:17.92	3rd place
Renouf, Jesse	Bay St. George	M	4	01:19.36	01:19.36	4th place
Ginn, Nicholas	Bay St. George	M	5	01:20.23	01:20.23	5th place

12-15,16-21,22-29,30+; Count: 5; Previous scores: 01:11.48-01:20.23, average: 01:16.45, 10.9% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 50m - Female

6/15/2024

Division number:1		Gender	Lane	Prev. Score	Final Score	Place
Hunt, Courtney	Bonavista North Polar Bears	F	4	00:14.14	00:14.90	1st place
Ledrew, Stephanie	CBS Brightstars	F	5	00:15.31	00:16.12	2nd place
McWeeney, Addison	Exploits Hurricanes	F	3	00:15.64	00:16.55	3rd place

12-15,30+; Count: 3; Previous scores: 00:14.90-00:16.55, average: 00:15.85, 10% difference

Division number:2		Gender	Lane	Prev. Score	Final Score	Place
Butler, Alison	CBS Brightstars	F	4	00:12.65	00:12.77	1st place
Organ, Erica	Gander Wings	F	3	00:13.30	00:13.43	2nd place
Howlett, Claire	Clareville Allstars	F	5	00:12.97	00:13.64	3rd place

12-15,30+; Count: 3; Previous scores: 00:12.77-00:13.64, average: 00:13.28, 6.4% difference



# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 50m - MALE

6/15/2024

Division number:1		Gender	Lane	Prev. Score	Final Score	Place
Austin, Mike	Gander Wings	M	4	00:09.31	00:09.50	1st place
Winter, Wallace	Bonavista North Polar Bears	M	6	00:13.09	00:11.88	2nd place
White, Keegan	Gander Wings	M	5	00:10.94	00:12.12	3rd place
Strong, Paul	Clareville Allstars	M	3	00:12.46	00:12.13	4th place

12-15,30+; Count: 4; Previous scores: 00:09.50-00:12.13, average: 00:11.40, 21.7% difference

Division number:2		Gender	Lane	Prev. Score	Final Score	Place
Walsh, Shannon	Clareville Allstars	M	5	00:16.39	00:13.48	1st place
Russell, Rod	Clareville Allstars	M	4	00:16.39	00:15.96	2nd place
Butler, Stephen	CBS Brightstars	M	3	00:25.95	00:26.55	3rd place

30+; Count: 3; Previous scores: 00:13.48-00:26.55, average: 00:18.66, 49.2% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### 800m - BOTH

Division number:1		Gender	Lane	Prev. Score	Final Score	Place
Brown, Sarah	Gander Wings	F	1	03:36.17	03:36.17	1st place
Holloway, Nancy	Clareville Allstars	F	2	04:20.43	04:20.43	2nd place
Harris, Floressa	Gander Wings	F	3	04:25.06	04:25.06	3rd place
Lambert, Kendall	Clareville Allstars	F	4	04:33.65	04:33.65	4th place

12-15,30+; Count: 4; Previous scores: 03:36.17-04:33.65, average: 04:13.82, 21% difference

Division number:2		Gender	Lane	Prev. Score	Final Score	Place
Philpott, Johnny	Gander Wings	M	1	02:55.50	02:55.50	1st place
Ivany, Nick	Clareville Allstars	M	2	03:16.83	03:16.83	2nd place
Kendal, Donald	Bay St. George	M	3	03:29.99	03:29.99	3rd place
Murray, Kyle	Gander Wings	M	4	05:09.90	05:09.90	4th place

22-29,30+; Count: 4; Previous scores: 02:55.50-05:09.90, average: 03:43.05, 43.4% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT 1500 M Run

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Division number:F1		Gender	Lane	Prev. Score	Final Score	Place
Brown, Sarah	Gander Wings	F	1	07:33.02	07:33.02	1st place
Harris, Floressa	Gander Wings	F	2	09:22.65	09:22.65	2nd place

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30+; Count: 2; Previous scores: 07:33.02-09:22.65, average: 08:27.83, 19.5% difference

Division number:M1		Gender	Lane	Prev. Score	Final Score	Place
Kendal, Donald	Bay St. George	M		06:50.02	06:50.02	1st place

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22-29; Count: 1

2024 SONL Athletics Competition

Athletics/Track and Field

**Final  
Results**

**AT 25 M Wheelchair Race**

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Division number:1		Gender	Lane	Prev. Score	Final Score	Place
Elliott, Kenya	Gander Wings	F	4	00:12.08	00:12.08	1st place

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22-29; Count: 1

2024 SONL Athletics Competition

Athletics/Track and Field

**Final**

**Results**

**AT 30 M Non-Motorized Wheelchair Slalom**

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Division number:1		Gender	Lane	Prev. Score	Final Score	Place
Elliott, Kenya	Gander Wings	F	1	00:17.44	00:18.40	1st place

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22-29; Count: 1

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Mini Javelin 300gr Men/Women 8-15

Division number:F1		Gender	Lane	Prev. Score	Final Score	Place
McWeeney, Addison	Exploits Hurricanes	F		5.2300 m	5.2300 m	1st place
Butler, Alison	CBS Brightstars	F		4.8900 m	4.8900 m	2nd place
Thompson, Meagan	Clareville Allstars	F		3.7500 m	3.7500 m	3rd place
Howlett, Claire	Clareville Allstars	F		3.2400 m	3.2400 m	4th place

12-15; Count: 4; Previous scores: 3.2400 m-5.2300 m, average: 4.2775 m, 61.4% difference

Division number:M1		Gender	Lane	Prev. Score	Final Score	Place
White, Keegan	Gander Wings	M		5.9400 m	5.9400 m	1st place
Hiscock, Shiloh	Clareville Allstars	M		3.7700 m	3.7700 m	2nd place

12-15; Count: 2; Previous scores: 3.7700 m-5.9400 m, average: 4.8550 m, 57.6% difference

Division number:M2		Gender	Lane	Prev. Score	Final Score	Place
White, Jesse	CBS Brightstars	M		10.1300 m	10.1300 m	1st place
Mailhiot, Ethan	Gander Wings	M		9.3700 m	9.3700 m	2nd place
Philp, Edward	Exploits Hurricanes	M		9.0700 m	9.0700 m	3rd place

12-15; Count: 3; Previous scores: 9.0700 m-10.1300 m, average: 9.5233 m, 11.7% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### AT Mini Javelin 300gr Women

Division number:F1		Gender	Lane	Prev. Score	Final Score	Place
Ledrew, Stephanie	CBS Brightstars	F		3.7300 m	3.7300 m	1st place
Lambert, Dianna	Clarenville Allstars	F		3.7000 m	3.7000 m	2nd place
Peddle, Kate	Clarenville Allstars	F		3.4600 m	3.4600 m	3rd place
Burden, Erika	Bay St. George	F		3.3200 m	3.3200 m	4th place
Hartson, Alice	Placentia Lions	F		2.4100 m	2.4100 m	5th place

16-21,30+; Count: 5; Previous scores: 2.4100 m-3.7300 m, average: 3.3240 m, 54.8% difference

Division number:F2		Gender	Lane	Prev. Score	Final Score	Place
Butt, Katelyn	Clarenville Allstars	F		5.1800 m	5.1800 m	1st place
Hunt, Courtney	Bonavista North Polar Bears	F		4.8000 m	4.8000 m	2nd place
Hulan, Ashley	Bay St. George	F		4.5800 m	4.5800 m	3rd place
Elliott, Kenya	Gander Wings	F		4.3700 m	4.3700 m	4th place
Bennett, Kristen	Bay St. George	F		4.2800 m	4.2800 m	5th place

22-29,30+; Count: 5; Previous scores: 4.2800 m-5.1800 m, average: 4.6420 m, 21% difference

Division number:F3		Gender	Lane	Prev. Score	Final Score	Place
Somers, Michelle/Shelly	Placentia Lions	F		6.3600 m	6.3600 m	1st place
Summers, Jessica	Mt. Pearl	F		6.1000 m	6.1000 m	2nd place
Fleming, Sierra	Exploits Hurricanes	F		5.8000 m	5.8000 m	3rd place
Pippy, Sherry-lynn	Mt. Pearl	F		5.5900 m	5.5900 m	4th place

16-21,30+; Count: 4; Previous scores: 5.5900 m-6.3600 m, average: 5.9625 m, 13.8% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Mini Javelin 300gr Women

Division number:F4		Gender	Lane	Prev. Score	Final Score	Place
Childs, Brianna	Bay St. George	F		8.0900 m	8.0900 m	1st place
Lambert, Kendall	Clareville Allstars	F		7.8600 m	7.8600 m	2nd place
MacNeil, Margaret	Exploits Hurricanes	F		7.6800 m	7.6800 m	3rd place
Moore, Sarah	Exploits Hurricanes	F		7.6000 m	7.6000 m	4th place
Brown, Sarah	Gander Wings	F		7.4000 m	7.4000 m	5th place
Martin, Megan	Mt. Pearl	F		7.3500 m	7.3500 m	6th place
Price, Megan	Exploits Hurricanes	F		7.1500 m	7.1500 m	7th place

22-29,30+; Count: 7; Previous scores: 7.1500 m-8.0900 m, average: 7.5900 m, 13.1% difference

Division number:F5		Gender	Lane	Prev. Score	Final Score	Place
Organ, Erica	Gander Wings	F		9.7600 m	9.7600 m	1st place
Williams, Robyn	Mt. Pearl	F		9.1700 m	9.1700 m	2nd place
Harris, Floressa	Gander Wings	F		8.1300 m	8.1300 m	3rd place

30+; Count: 3; Previous scores: 8.1300 m-9.7600 m, average: 9.0200 m, 20% difference



# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Mini Javelin 400gr Men

Division number:M1		Gender	Lane	Prev. Score	Final Score	Place
Winter, Wallace	Bonavista North Polar Bears	M		3.6300 m	3.6300 m	1st place
Richard, Evan	Mt. Pearl	M		3.2100 m	3.2100 m	2nd place
Sharpe, Isaac	Exploits Hurricanes	M		2.9600 m	2.9600 m	3rd place
Kendal, Donald	Bay St. George	M		2.9200 m	2.9200 m	4th place

22-29,30+; Count: 4; Previous scores: 2.9200 m-3.6300 m, average: 3.1800 m, 24.3% difference

Division number:M2		Gender	Lane	Prev. Score	Final Score	Place
O'Keefe, Charles	Placentia Lions	M		4.6500 m	4.6500 m	1st place
Butt, Ryan	Bay St. George	M		4.3600 m	4.3600 m	2nd place
Bennett, Cameron	Bay St. George	M		4.3100 m	4.3100 m	3rd place
Wicks, Evan	Exploits Hurricanes	M		3.8500 m	3.8500 m	4th place

16-21,30+; Count: 4; Previous scores: 3.8500 m-4.6500 m, average: 4.2925 m, 20.8% difference

Division number:M3		Gender	Lane	Prev. Score	Final Score	Place
Parsons, Austin	Gander Wings	M		5.5700 m	5.5700 m	1st place
May, Kyle	Exploits Hurricanes	M		5.4700 m	5.4700 m	2nd place
Walsh, Shannon	Clarendville Allstars	M		5.4600 m	5.4600 m	3rd place
Dalton, Aiden	Mt. Pearl	M		5.1700 m	5.1700 m	4th place
Russell, Rod	Clarendville Allstars	M		5.1000 m	5.1000 m	5th place

16-21,22-29,30+; Count: 5; Previous scores: 5.1000 m-5.5700 m, average: 5.3540 m, 9.2% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Mini Javelin 400gr Men

Division number:M4		Gender	Lane	Prev. Score	Final Score	Place
Chafe, Nick	Clarenville Allstars	M		7.0400 m	7.0400 m	1st place
Spurrell, Preston	CBS Brightstars	M		6.7000 m	6.7000 m	2nd place
Walsh, Patrick	Placentia Lions	M		6.6800 m	6.6800 m	3rd place
Smith, David	Placentia Lions	M		6.3700 m	6.3700 m	4th place
Butler, Stephen	CBS Brightstars	M		6.3000 m	6.3000 m	5th place
Ruby, Eric	Mt. Pearl	M		6.2200 m	6.2200 m	6th place
Crocker, Dylan	Bonavista North Polar Bears	M		6.0000 m	6.0000 m	7th place

22-29,30+; Count: 7; Previous scores: 6.0000 m-7.0400 m, average: 6.4728 m, 17.3% difference

Division number:M5		Gender	Lane	Prev. Score	Final Score	Place
Drover, Ryan Wade	Mt. Pearl	M		9.1000 m	9.1000 m	1st place
Stryde, Ian	Gander Wings	M		9.0000 m	9.0000 m	2nd place
Upshall, Anthony/Tony	Placentia Lions	M		8.7600 m	8.7600 m	3rd place
Kelly, Donald	Placentia Lions	M		8.5400 m	8.5400 m	4th place
Spurrell, Travis	Bonavista North Polar Bears	M		8.3400 m	8.3400 m	5th place
Reid, Elliott	Clarenville Allstars	M		8.0700 m	8.0700 m	6th place

16-21,22-29,30+; Count: 6; Previous scores: 8.0700 m-9.1000 m, average: 8.6350 m, 12.8% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Mini Javelin 400gr Men

Division number:M6		Gender	Lane	Prev. Score	Final Score	Place
Hynes, Peter	Placentia Lions	M		10.9000 m	10.9000 m	1st place
Dean, Zachary	CBS Brightstars	M		10.6800 m	10.6800 m	2nd place
Roache, Jonathan	Mt. Pearl	M		9.8400 m	9.8400 m	3rd place
Ivany, Nick	Clareville Allstars	M		9.7000 m	9.7000 m	4th place

16-21,22-29; Count: 4; Previous scores: 9.7000 m-10.9000 m, average: 10.2800 m, 12.4% difference

Division number:M7		Gender	Lane	Prev. Score	Final Score	Place
Austin, Mike	Gander Wings	M		12.5800 m	12.5800 m	1st place
Upshall, Alfred	Placentia Lions	M		12.5600 m	12.5600 m	2nd place
Strong, Paul	Clareville Allstars	M		12.2600 m	12.2600 m	3rd place
Gibbons, Liam	Exploits Hurricanes	M		11.7200 m	11.7200 m	4th place
Kyritsis, Tony	Exploits Hurricanes	M		11.4200 m	11.4200 m	5th place
Gillard, Stephen	Mt. Pearl	M		11.4000 m	11.4000 m	6th place
Eddison, Nathan	Mt. Pearl	M		11.3200 m	11.3200 m	7th place
Philpott, Johnny	Gander Wings	M		11.3200 m	11.3200 m	7th place

22-29,30+; Count: 8; Previous scores: 11.3200 m-12.5800 m, average: 11.8225 m, 11.1% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### AT Mini Javelin 400gr Men

Division number:M8		Gender	Lane	Prev. Score	Final Score	Place
Miller, Amos	Bay St. George	M		14.4600 m	14.4600 m	1st place
Murray, Kyle	Gander Wings	M		14.1300 m	14.1300 m	2nd place
Firmage, Logan	Bonavista North Polar Bears	M		13.9500 m	13.9500 m	3rd place
Ginn, Nicholas	Bay St. George	M		13.8400 m	13.8400 m	4th place
Gardner, Joshua	Exploits Hurricanes	M		13.2700 m	13.2700 m	5th place
Nichol-Burt, Paul	Gander Wings	M		12.7500 m	12.7500 m	6th place
Moraze, Brayden	Bay St. George	M		12.7400 m	12.7400 m	7th place

16-21,22-29,30+; Count: 7; Previous scores: 12.7400 m-14.4600 m, average: 13.5914 m, 13.5% difference

Division number:M9		Gender	Lane	Prev. Score	Final Score	Place
Harris, Michael	Gander Wings	M		21.2700 m	21.2700 m	1st place
Renouf, Jesse	Bay St. George	M		19.9000 m	19.9000 m	2nd place
Ryan, Antonio	Mt. Pearl	M		15.2700 m	15.2700 m	3rd place

22-29,30+; Count: 3; Previous scores: 15.2700 m-21.2700 m, average: 18.8133 m, 39.3% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Shot Put - Men (8-11) 3Kg

Division number:M1		Gender	Lane	Prev. Score	Final Score	Place
White, Jesse	CBS Brightstars	M		4.5500 m	4.5500 m	1st place
Hiscock, Shiloh	Clareville Allstars	M		3.2200 m	3.2200 m	2nd place

12+; Count: 2; Previous scores: 3.2200 m-4.5500 m, average: 3.8850 m, 41.3% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Shot Put - Men 4Kg

Division number:M1		Gender	Lane	Prev. Score	Final Score	Place
O'Keefe, Charles	Placentia Lions	M		2.8600 m	2.8600 m	1st place
Butler, Stephen	CBS Brightstars	M		2.6000 m	2.6000 m	2nd place
Winter, Wallace	Bonavista North Polar Bears	M		2.5100 m	2.5100 m	3rd place
Russell, Rod	Clareville Allstars	M		2.5000 m	2.5000 m	4th place

30+; Count: 4; Previous scores: 2.5000 m-2.8600 m, average: 2.6175 m, 14.4% difference

Division number:M2		Gender	Lane	Prev. Score	Final Score	Place
Crocker, Dylan	Bonavista North Polar Bears	M		3.5500 m	3.5500 m	1st place
Smith, David	Placentia Lions	M		3.4500 m	3.4500 m	2nd place
Parsons, Austin	Gander Wings	M		3.1000 m	3.1000 m	3rd place
Walsh, Patrick	Placentia Lions	M		3.0600 m	3.0600 m	4th place

16-21,22-29,30+; Count: 4; Previous scores: 3.0600 m-3.5500 m, average: 3.2900 m, 16% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Shot Put - Men 4Kg

Division number:M3		Gender	Lane	Prev. Score	Final Score	Place
Dalton, Aiden	Mt. Pearl	M		4.1900 m	4.1900 m	1st place
Roache, Jonathan	Mt. Pearl	M		4.1700 m	4.1700 m	2nd place
Upshall, Anthony/Tony	Placentia Lions	M		4.1000 m	4.1000 m	3rd place
Beales, Philip	Corner Brook Vikings	M		4.0500 m	4.0500 m	4th place
Stryde, Ian	Gander Wings	M		3.8500 m	3.8500 m	5th place
Richard, Evan	Mt. Pearl	M		3.8300 m	3.8300 m	6th place
Ruby, Eric	Mt. Pearl	M		3.8000 m	3.8000 m	7th place
Kelly, Donald	Placentia Lions	M		3.7000 m	3.7000 m	8th place

16-21,22-29,30+; Count: 8; Previous scores: 3.7000 m-4.1900 m, average: 3.9612 m, 13.2% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Shot Put - Men 4Kg

Division number:M4		Gender	Lane	Prev. Score	Final Score	Place
Ivany, Nick	Clareville Allstars	M		4.8500 m	4.8500 m	1st place
Firmage, Logan	Bonavista North Polar Bears	M		4.8000 m	4.8000 m	2nd place
Spurrell, Preston	CBS Brightstars	M		4.7000 m	4.7000 m	3rd place
Hynes, Peter	Placentia Lions	M		4.6300 m	4.6300 m	4th place
Eddison, Nathan	Mt. Pearl	M		4.5800 m	4.5800 m	5th place
Austin, Mike	Gander Wings	M		4.4800 m	4.4800 m	6th place
Walsh, Shannon	Clareville Allstars	M		4.2700 m	4.2700 m	7th place
Spurrell, Travis	Bonavista North Polar Bears	M		4.2400 m	4.2400 m	8th place

16-21,22-29,30+; Count: 8; Previous scores: 4.2400 m-4.8500 m, average: 4.5687 m, 14.4% difference



# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Shot Put - Men 4Kg

Division number:M5		Gender	Lane	Prev. Score	Final Score	Place
Philpott, Johnny	Gander Wings	M		5.8400 m	5.8400 m	1st place
Gillard, Stephen	Mt. Pearl	M		5.6000 m	5.6000 m	2nd place
Gibbons, Liam	Exploits Hurricanes	M		5.5800 m	5.5800 m	3rd place
Drover, Ryan Wade	Mt. Pearl	M		5.5700 m	5.5700 m	4th place
Upshall, Alfred	Placentia Lions	M		5.4800 m	5.4800 m	5th place
Park, Brandon	Corner Brook Vikings	M		5.3500 m	5.3500 m	6th place
Murray, Kyle	Gander Wings	M		5.2500 m	5.2500 m	7th place
Reid, Elliott	Clareville Allstars	M		5.1000 m	5.1000 m	8th place

16-21,22-29,30+; Count: 8; Previous scores: 5.1000 m-5.8400 m, average: 5.4712 m, 14.5% difference

Division number:M6		Gender	Lane	Prev. Score	Final Score	Place
Ginn, Nicholas	Bay St. George	M		6.7500 m	6.7500 m	1st place
Gardner, Joshua	Exploits Hurricanes	M		6.6000 m	6.6000 m	2nd place
Kyritsis, Tony	Exploits Hurricanes	M		6.1900 m	6.1900 m	3rd place
Strong, Paul	Clareville Allstars	M		6.1400 m	6.1400 m	4th place
Hubert, Mathieu	Corner Brook Vikings	M		6.0800 m	6.0800 m	5th place
Lopes, Noah	Bay St. George	M		5.9500 m	5.9500 m	6th place

16-21,22-29,30+; Count: 6; Previous scores: 5.9500 m-6.7500 m, average: 6.2850 m, 13.4% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Shot Put - Men 4Kg

Division number:M7		Gender	Lane	Prev. Score	Final Score	Place
Harris, Michael	Gander Wings	M		9.2000 m	9.2000 m	1st place
Nichol-Burt, Paul	Gander Wings	M		7.8200 m	7.8200 m	2nd place
Ryan, Antonio	Mt. Pearl	M		7.3000 m	7.3000 m	3rd place
Chafe, Nick	Clareville Allstars	M		7.0200 m	7.0200 m	4th place
Dean, Zachary	CBS Brightstars	M		6.9600 m	6.9600 m	5th place

16-21,22-29,30+; Count: 5; Previous scores: 6.9600 m-9.2000 m, average: 7.6600 m, 32.2% difference

# 2024 SONL Athletics Competition

Athletics/Track and Field

## Final

## Results

### AT Shot Put - Women (8-11) 1.81Kg

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Division number:F1		Gender	Lane	Prev. Score	Final Score	Place
Butler, Alison	CBS Brightstars	F		3.8800 m	3.8800 m	1st place

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12+; Count: 1

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final Results

#### AT Shot Put - Women 3Kg

Division number:F1		Gender	Lane	Prev. Score	Final Score	Place
Butt, Katelyn	Clarenville Allstars	F				
Howlett, Claire	Clarenville Allstars	F				
Lambert, Kendall	Clarenville Allstars	F				
Thompson, Meagan	Clarenville Allstars	F				

12-15,22-29,30+; Count: 4

Division number:F2		Gender	Lane	Prev. Score	Final Score	Place
Hartson, Alice	Placentia Lions	F		2.3100 m	2.3100 m	1st place
Ledrew, Stephanie	CBS Brightstars	F		1.8600 m	1.8600 m	2nd place
Lambert, Dianna	Clarenville Allstars	F		1.6300 m	1.6300 m	3rd place

30+; Count: 3; Previous scores: 1.6300 m-2.3100 m, average: 1.9333 m, 41.7% difference

Division number:F3		Gender	Lane	Prev. Score	Final Score	Place
Peddle, Kate	Clarenville Allstars	F		2.6600 m	2.6600 m	1st place
Somers, Michelle/Shelly	Placentia Lions	F		2.6500 m	2.6500 m	2nd place
McWeeney, Addison	Exploits Hurricanes	F		2.5500 m	2.5500 m	3rd place

12-15,16-21,30+; Count: 3; Previous scores: 2.5500 m-2.6600 m, average: 2.6200 m, 4.3% difference

Division number:F4		Gender	Lane	Prev. Score	Final Score	Place
Holloway, Nancy	Clarenville Allstars	F		3.1800 m	3.1800 m	1st place
Pippy, Sherry-lynn	Mt. Pearl	F		3.1400 m	3.1400 m	2nd place
Hunt, Courtney	Bonavista North Polar Bears	F		2.7800 m	2.7800 m	3rd place

12-15,30+; Count: 3; Previous scores: 2.7800 m-3.1800 m, average: 3.0333 m, 14.4% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### AT Shot Put - Women 3Kg

Division number:F5		Gender	Lane	Prev. Score	Final Score	Place
Williams, Robyn	Mt. Pearl	F		3.5500 m	3.5500 m	1st place
Hulan, Ashley	Bay St. George	F		3.5000 m	3.5000 m	2nd place
Price, Megan	Exploits Hurricanes	F		3.4500 m	3.4500 m	3rd place
Organ, Erica	Gander Wings	F		3.3500 m	3.3500 m	4th place

22-29,30+; Count: 4; Previous scores: 3.3500 m-3.5500 m, average: 3.4625 m, 6% difference

Division number:F6		Gender	Lane	Prev. Score	Final Score	Place
MacNeil, Margaret	Exploits Hurricanes	F		4.3200 m	4.3200 m	1st place
Martin, Megan	Mt. Pearl	F		4.2200 m	4.2200 m	2nd place
Flight, Sarah	Corner Brook Vikings	F		3.8500 m	3.8500 m	3rd place

22-29,30+; Count: 3; Previous scores: 3.8500 m-4.3200 m, average: 4.1300 m, 12.2% difference

Division number:F7		Gender	Lane	Prev. Score	Final Score	Place
Walsh, Samantha	Bay St. George	F		6.5400 m	6.5400 m	1st place
Brown, Sarah	Gander Wings	F		5.4500 m	5.4500 m	2nd place
Harris, Floressa	Gander Wings	F		4.8800 m	4.8800 m	3rd place

16-21,30+; Count: 3; Previous scores: 4.8800 m-6.5400 m, average: 5.6233 m, 34% difference

2024 SONL Athletics Competition

Athletics/Track and Field

**Final**

**Results**

**AT Wheelchair Shot Put Women - 1.36Kg**

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Division number:F1		Gender	Lane	Prev. Score	Final Score	Place
Elliott, Kenya	Gander Wings	F		1.5700 m	1.5700 m	1st place

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22-29; Count: 1

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### Standing Long Jump - Female

Division number:F1		Gender	Lane	Prev. Score	Final Score	Place
McWeeney, Addison	Exploits Hurricanes	F		0.5400 m	0.5400 m	1st place
Moore, Sarah	Exploits Hurricanes	F		0.5300 m	0.5300 m	2nd place
Howlett, Claire	Clarenville Allstars	F		0.5000 m	0.5000 m	3rd place
Hunt, Courtney	Bonavista North Polar Bears	F		0.5000 m	0.5000 m	3rd place
Lambert, Dianna	Clarenville Allstars	F		0.4900 m	0.4900 m	5th place
Ledrew, Stephanie	CBS Brightstars	F		0.3600 m	0.3600 m	6th place

12-15,30+; Count: 6; Previous scores: 0.3600 m-0.5400 m, average: 0.4866 m, 50% difference

Division number:F2		Gender	Lane	Prev. Score	Final Score	Place
Price, Megan	Exploits Hurricanes	F		0.7600 m	0.7600 m	1st place
Somers, Michelle/Shelly	Placentia Lions	F		0.7000 m	0.7000 m	2nd place
Hulan, Ashley	Bay St. George	F		0.6800 m	0.6800 m	3rd place
Hartson, Alice	Placentia Lions	F		0.6200 m	0.6200 m	4th place

22-29,30+; Count: 4; Previous scores: 0.6200 m-0.7600 m, average: 0.6900 m, 22.6% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### Standing Long Jump - Female

Division number:F3		Gender	Lane	Prev. Score	Final Score	Place
Burden, Erika	Bay St. George	F		0.9700 m	0.9700 m	1st place
MacNeil, Margaret	Exploits Hurricanes	F		0.9700 m	0.9700 m	1st place
Pippy, Sherry-lynn	Mt. Pearl	F		0.9300 m	0.9300 m	3rd place
Bennett, Kristen	Bay St. George	F		0.9000 m	0.9000 m	4th place
Williams, Robyn	Mt. Pearl	F		0.9000 m	0.9000 m	4th place

30+; Count: 5; Previous scores: 0.9000 m-0.9700 m, average: 0.9340 m, 7.8% difference

Division number:F4		Gender	Lane	Prev. Score	Final Score	Place
Thompson, Meagan	Clarendville Allstars	F		1.0600 m	1.0600 m	1st place
Butt, Katelyn	Clarendville Allstars	F		1.0500 m	1.0500 m	2nd place
Martin, Megan	Mt. Pearl	F		1.0300 m	1.0300 m	3rd place
Organ, Erica	Gander Wings	F		1.0200 m	1.0200 m	4th place
Summers, Jessica	Mt. Pearl	F		0.9800 m	0.9800 m	5th place

12-15,22-29,30+; Count: 5; Previous scores: 0.9800 m-1.0600 m, average: 1.0280 m, 8.2% difference



# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### Standing Long Jump - Female

Division number:F5		Gender	Lane	Prev. Score	Final Score	Place
Flight, Sarah	Corner Brook Vikings	F		1.5600 m	1.5600 m	1st place
Childs, Brianna	Bay St. George	F		1.5400 m	1.5400 m	2nd place
Fleming, Sierra	Exploits Hurricanes	F		1.5200 m	1.5200 m	3rd place
Harris, Floressa	Gander Wings	F		1.4700 m	1.4700 m	4th place
Holloway, Nancy	Clareville Allstars	F		1.3100 m	1.3100 m	5th place

12-15,16-21,22-29,30+; Count: 5; Previous scores: 1.3100 m-1.5600 m, average: 1.4800 m, 19.1% difference

Division number:F6		Gender	Lane	Prev. Score	Final Score	Place
Walsh, Samantha	Bay St. George	F		1.8200 m	1.8200 m	1st place
Brown, Sarah	Gander Wings	F		1.7000 m	1.7000 m	2nd place
Park, Isabella	Corner Brook Vikings	F		1.7000 m	1.7000 m	2nd place

16-21,30+; Count: 3; Previous scores: 1.7000 m-1.8200 m, average: 1.7400 m, 7.1% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### Standing Long Jump - MALE

Division number:M01		Gender	Lane	Prev. Score	Final Score	Place
Kelly, Donald	Placentia Lions	M		0.3200 m	0.3200 m	1st place
May, Kyle	Exploits Hurricanes	M		0.3100 m	0.3100 m	2nd place
Rouzes, Bailey	Bay St. George	M		0.2500 m	0.2500 m	3rd place

22-29,30+; Count: 3; Previous scores: 0.2500 m-0.3200 m, average: 0.2933 m, 28% difference

Division number:M02		Gender	Lane	Prev. Score	Final Score	Place
Butt, Ryan	Bay St. George	M		0.5500 m	0.5500 m	1st place
Walsh, Patrick	Placentia Lions	M		0.5300 m	0.5300 m	2nd place
Strong, Paul	Clarenville Allstars	M		0.4800 m	0.4800 m	3rd place

16-21,22-29,30+; Count: 3; Previous scores: 0.4800 m-0.5500 m, average: 0.5200 m, 14.6% difference

Division number:M03		Gender	Lane	Prev. Score	Final Score	Place
Russell, Rod	Clarenville Allstars	M		0.6300 m	0.6300 m	1st place
Wicks, Evan	Exploits Hurricanes	M		0.6300 m	0.6300 m	1st place
Walsh, Shannon	Clarenville Allstars	M		0.5900 m	0.5900 m	3rd place
Sharpe, Isaac	Exploits Hurricanes	M		0.5700 m	0.5700 m	4th place
Winter, Wallace	Bonavista North Polar Bears	M		0.5600 m	0.5600 m	5th place

16-21,22-29,30+; Count: 5; Previous scores: 0.5600 m-0.6300 m, average: 0.5960 m, 12.5% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### Standing Long Jump - MALE

Division number:M04		Gender	Lane	Prev. Score	Final Score	Place
Mailhiot, Ethan	Gander Wings	M		1.0600 m	1.0600 m	1st place
White, Keegan	Gander Wings	M		0.9400 m	0.9400 m	2nd place
O'Keefe, Charles	Placentia Lions	M		0.9300 m	0.9300 m	3rd place
Bennett, Cameron	Bay St. George	M		0.9000 m	0.9000 m	4th place
Spurrell, Preston	CBS Brightstars	M		0.8000 m	0.8000 m	5th place

12-15,30+; Count: 5; Previous scores: 0.8000 m-1.0600 m, average: 0.9260 m, 32.5% difference

Division number:M05		Gender	Lane	Prev. Score	Final Score	Place
Hiscock, Shiloh	Clarenville Allstars	M		1.2200 m	1.2200 m	1st place
Ruby, Eric	Mt. Pearl	M		1.2200 m	1.2200 m	1st place
Austin, Mike	Gander Wings	M		1.2100 m	1.2100 m	3rd place
Beales, Philip	Corner Brook Vikings	M		1.2100 m	1.2100 m	3rd place
Murray, Kyle	Gander Wings	M		1.2100 m	1.2100 m	3rd place
Hynes, Peter	Placentia Lions	M		1.1600 m	1.1600 m	6th place
Eddison, Nathan	Mt. Pearl	M		1.1300 m	1.1300 m	7th place
Parsons, Austin	Gander Wings	M		1.1000 m	1.1000 m	8th place

12-15,16-21,22-29,30+; Count: 8; Previous scores: 1.1000 m-1.2200 m, average: 1.1825 m, 10.9% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### Standing Long Jump - MALE

Division number:M06		Gender	Lane	Prev. Score	Final Score	Place
Upshall, Anthony/Tony	Placentia Lions	M		1.3400 m	1.3400 m	1st place
Richard, Evan	Mt. Pearl	M		1.2600 m	1.2600 m	2nd place
Dalton, Aiden	Mt. Pearl	M		1.2500 m	1.2500 m	3rd place
Smith, David	Placentia Lions	M		1.2500 m	1.2500 m	3rd place
Kendal, Donald	Bay St. George	M		1.2200 m	1.2200 m	5th place

16-21,22-29,30+; Count: 5; Previous scores: 1.2200 m-1.3400 m, average: 1.2640 m, 9.8% difference

Division number:M07		Gender	Lane	Prev. Score	Final Score	Place
Dean, Zachary	CBS Brightstars	M		1.7000 m	1.7000 m	1st place
Stryde, Ian	Gander Wings	M		1.6900 m	1.6900 m	2nd place
White, Jesse	CBS Brightstars	M		1.5900 m	1.5900 m	3rd place
Kyritsis, Tony	Exploits Hurricanes	M		1.5800 m	1.5800 m	4th place
Chafe, Nick	Clareville Allstars	M		1.5500 m	1.5500 m	5th place
Crocker, Dylan	Bonavista North Polar Bears	M		1.4900 m	1.4900 m	6th place
Roache, Jonathan	Mt. Pearl	M		1.4800 m	1.4800 m	7th place

12-15,22-29,30+; Count: 7; Previous scores: 1.4800 m-1.7000 m, average: 1.5828 m, 14.9% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### Standing Long Jump - MALE

Division number:M08		Gender	Lane	Prev. Score	Final Score	Place
Philp, Edward	Exploits Hurricanes	M		1.8900 m	1.8900 m	1st place
Gardner, Joshua	Exploits Hurricanes	M		1.8500 m	1.8500 m	2nd place
Nichol-Burt, Paul	Gander Wings	M		1.8300 m	1.8300 m	3rd place
Upshall, Alfred	Placentia Lions	M		1.8300 m	1.8300 m	3rd place
Spurrell, Travis	Bonavista North Polar Bears	M		1.8100 m	1.8100 m	5th place
Reid, Elliott	Clarendville Allstars	M		1.7600 m	1.7600 m	6th place
Miller, Amos	Bay St. George	M		1.7300 m	1.7300 m	7th place
Park, Brandon	Corner Brook Vikings	M		1.7300 m	1.7300 m	7th place

12-15,16-21,22-29,30+: Count: 8; Previous scores: 1.7300 m-1.8900 m, average: 1.8037 m, 9.2% difference

Division number:M09		Gender	Lane	Prev. Score	Final Score	Place
Lopes, Noah	Bay St. George	M		2.1700 m	2.1700 m	1st place
Firmage, Logan	Bonavista North Polar Bears	M		2.1000 m	2.1000 m	2nd place
Ryan, Antonio	Mt. Pearl	M		2.0600 m	2.0600 m	3rd place
Hubert, Mathieu	Corner Brook Vikings	M		2.0000 m	2.0000 m	4th place
Moraze, Brayden	Bay St. George	M		2.0000 m	2.0000 m	4th place
Drover, Ryan Wade	Mt. Pearl	M		1.9600 m	1.9600 m	6th place

16-21,22-29; Count: 6; Previous scores: 1.9600 m-2.1700 m, average: 2.0483 m, 10.7% difference

# 2024 SONL Athletics Competition

## Athletics/Track and Field

### Final

### Results

### Standing Long Jump - MALE

Division number:M10		Gender	Lane	Prev. Score	Final Score	Place
Harris, Michael	Gander Wings	M		2.4000 m	2.4000 m	1st place
Philpott, Johnny	Gander Wings	M		2.3000 m	2.3000 m	2nd place
Renouf, Jesse	Bay St. George	M		2.2800 m	2.2800 m	3rd place

22-29,30+; Count: 3; Previous scores: 2.2800 m-2.4000 m, average: 2.3266 m, 5.3% difference