

Second Annual Shermar Paul Holiday Lidlifter - 12/21/2019

Ottawa Lions Timing Team

Louis Riel Dome

Results

Girls 200 Meter Dash Under 16

Name	Yr	Team	Finals
Finals			
1 Armitage, Madison	04	Beckwith AC	28.70
2 Moodie, Sage	05	C.A.N.I.	28.75

Women 60 Meter Dash Open

Name	Yr	Team	Prelims
Preliminaries			
1 Desormes, Laurie-Ann	03	Tarus	7.74q
2 Vieux, Kayla	01	C.A.N.I.	7.76q
3 Baker, Roshanna	98	C.A.N.I.	7.96q
4 Mentor, Nethania Kim	02	Enduromax	8.21q
5 Ejaife, Naomi	02	C.A.N.I.	8.23q
6 Lanctôt, Laurence	00	Perfmax-Racing	8.25q
7 Armitage, Madison	04	Beckwith AC	8.32q
8 Lapolice, Stéphanie	99	Ottawa Gee-Gees	8.55q
9 Parris, Ieasha	96	C.A.N.I.	8.66q
10 Moodie, Sage	05	C.A.N.I.	8.83q
11 Morris, Jennifer	73	Ottawa Lions	8.86q
12 Alexis, Wendy	55	Ottawa Lions	8.90q
13 Horley, Olivia	04	Ontario	9.10q
14 Nearing-Guibord, Danette	61	Ottawa Lions	10.29q

Women 60 Meter Dash Open

Name	Yr	Team	Finals
Finals			
1 Desormes, Laurie-Ann	03	Tarus	7.71
2 Vieux, Kayla	01	C.A.N.I.	7.72
3 Baker, Roshanna	98	C.A.N.I.	8.04
4 Mentor, Nethania Kim	02	Enduromax	8.28
5 Ejaife, Naomi	02	C.A.N.I.	8.31
6 Lanctôt, Laurence	00	Perfmax-Racing	8.35
7 Armitage, Madison	04	Beckwith AC	8.44
8 Lapolice, Stéphanie	99	Ottawa Gee-Gees	8.63
9 Parris, Ieasha	96	C.A.N.I.	8.64
10 Moodie, Sage	05	C.A.N.I.	8.91
11 Alexis, Wendy	55	Ottawa Lions	8.99

Women 300 Meter Dash Open

Name	Yr	Team	Finals
Finals			
1 Baker, Roshanna	98	C.A.N.I.	41.59
2 Vieux, Kayla	01	C.A.N.I.	42.21
3 Lanctôt, Laurence	00	Perfmax-Racing	42.41
4 Bitchoka, Barbara	96	C.A.N.I.	43.05
5 Walton, Shannon	94	National Capital	43.83
6 Crewe, Olivia	00	National Capital	45.04
7 Parris, Ieasha	96	C.A.N.I.	45.88
8 Wann, Kadiatou	01	Ottawa Gee-Gees	45.96
9 Emile-Folly, Florence	04	Ontario	47.01
10 Boutilier, Shanna	96	Ottawa Lions	47.84
11 Tenasco, Jennifer	99	C.A.N.I.	47.91

12 Ejaife, Naomi	02	C.A.N.I.	49.43
--- Amoi, Laura	96	C.A.N.I.	FS

Women 600 Meter Run Open

Name	Yr	Team	Finals
Finals			
1 Walton, Shannon	94	National Capital	1:37.48
2 Delorme, Madison	02	Beckwith AC	1:44.67
3 Chen, Emily	05	Kilomaitres	1:52.80
4 Tenasco, Jennifer	99	C.A.N.I.	1:56.70

Women 60 Meter Hurdles Open

Name	Yr	Team	Finals
Finals			
1 Jacques, Farah	90	Perfmax-Racing	8.69
2 Lucien, Nafthalia	96	Ottawa Lions	9.20
3 Lapolice, Stéphanie	99	Ottawa Gee-Gees	9.66
4 Crewe, Olivia	00	National Capital	9.99
5 Jackson, Lilly	03	Beckwith AC	10.11

Women Long Jump Open

Name	Yr	Team	Finals
Finals			
1 Amoi, Laura	96	C.A.N.I.	5.15m
2 Wann, Kadiatou	01	Ottawa Gee-Gees	5.12m
3 Bitchoka, Barbara	96	C.A.N.I.	4.76m
4 Nguyen, Tanya	98	Tarus	4.65m
5 Lépine, Érika	96	Tarus	4.50m
6 Boutilier, Shanna	96	Ottawa Lions	3.61m

Boys 200 Meter Dash Open

Name	Yr	Team	Finals
Finals			
1 Scatliffe, Joseph	72	National Capital	27.11

Men 60 Meter Dash Open

Name	Yr	Team	Prelims
Preliminaries			
1 Bositampen, Rabbi	99	Perfmax-Racing	6.92q
2 Muteba, Lionel Tshimanga	90	Perfmax-Racing	7.05q
3 Généreux, Joakim	01	Kilomaitres	7.16q
4 Adjibi, Eliezer	00	C.A.N.I.	7.17q
5 Adeleye, David	02	Ottawa Lions	7.18q
6 Judge, Jeffrey	96	Tarus	7.18q
7 Marneris, Jimmy	99	Perfmax-Racing	7.26q
8 Hassan, Dani	03	C.A.N.I.	7.27q
9 Carrington, Marcus	97	C.A.N.I.	7.28q
10 Worlor, Emmanuel	95	C.A.N.I.	7.29q
11 Casimir, Nathan	02	Ontario	7.29q
12 Bokongo, Isaac		Enduromax	7.37q
13 Bowness, Zachary	02	BrockvilleLegion	7.41q
14 Scatliffe, Joshua	05	National Capital	7.46q
15 Tran, Donovan	03	C.A.N.I.	7.48q
16 Lamoureux, Damien	93	Gatineau	7.49q

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Preliminaries ... (Men 60 Meter Dash Open)

Name	Yr	Team	Prelims
17 Halpenny, Jon	97	Waterloo	7.52q
18 Chombe, Justin	95	Ontario	7.58q
19 Hansen, Luke	02	National Capital	7.63
20 Trotman Allen, Joash	00	Kilomètres	7.67
21 Shabani, Salem	02	Ontario	7.86
22 Lesiege, Tristan	04	Kilomètres	7.90
23 Tegha Mua, Boyce Jr	05	Kilomètres	7.95
24 Haigane, Yassine	93	Kilomètres	8.47
25 St. Lewis, Bernard		Ottawa Lions	9.07
26 Swanson, Stuart	53	Ottawa Lions	10.15
--- Scatliffe, Joseph	72	National Capital	FS

Men 60 Meter Dash Open

Name	Yr	Team	Finals
Finals			
1 Muteba, Lionel Tshimanga	90	Perfmax-Racing	6.88
2 Bositampen, Rabbi	99	Perfmax-Racing	6.90
3 Adjibi, Eliezer	00	C.A.N.I.	7.02
4 Génereux, Joakim	01	Kilomètres	7.14
5 Judge, Jeffrey	96	Tarus	7.15
6 Adeleye, David	02	Ottawa Lions	7.19
7 Carrington, Marcus	97	C.A.N.I.	7.21
8 Bokongo, Isaac		Enduromax	7.22
9 Marnieris, Jimmy	99	Perfmax-Racing	7.27
10 Casimir, Nathan	02	Ontario	7.31
11 Worlor, Emmanuel	95	C.A.N.I.	7.32
12 Hassan, Dani	03	C.A.N.I.	7.34
13 Scatliffe, Joshua	05	National Capital	7.39
14 Bowness, Zachary	02	BrockvilleLegion	7.40
15 Tran, Donovan	03	C.A.N.I.	7.43
16 Chombe, Justin	95	Ontario	7.53
17 Lamoureux, Damien	93	Gatineau	7.56
18 Halpenny, Jon	97	Waterloo	7.68

Men 300 Meter Dash Open

Name	Yr	Team	Finals
Finals			
1 Muteba, Lionel Tshimanga	90	Perfmax-Racing	35.11
2 Patterson, Bryson	95	C.A.N.I.	35.15
3 Bowness, Zachary	02	BrockvilleLegion	35.30
4 Bositampen, Rabbi	99	Perfmax-Racing	35.45
5 Jamal, Braenen	93	Ontario	35.60
6 Adjibi, Eliezer	00	C.A.N.I.	35.60
7 Collins, Alex	02	C.A.N.I.	35.83
8 Lyness, Quinn	00	Ottawa Gee-Gees	35.90
9 Bassole, Yves	99	C.A.N.I.	35.94
10 Génereux, Joakim	01	Kilomètres	36.09
11 Marnieris, Jimmy	99	Perfmax-Racing	36.40
12 Cote, Sebastien	00	C.A.N.I.	37.36
13 Halog, Jonelle	95	C.A.N.I.	37.50
14 Joseph, Emmanuel	00	Ontario	37.61
15 Dunning, Alexander Thunder	98	C.A.N.I.	37.87
16 Lafleur, Hans	96	C.A.N.I.	38.49

17	Sendybyl, Ethan	04	National Capital	38.62
18	Trotman Allen, Joash	00	Kilomètres	38.72
19	Divita, Japhet	00	C.A.N.I.	38.84
20	Chombe, Justin	95	Ontario	39.70
21	Scatliffe, Joshua	05	National Capital	39.74
22	Lesiege, Tristan	04	Kilomètres	39.83
23	Delroy, Max		C.A.N.I.	40.00
24	Tran, Donovan	03	C.A.N.I.	40.62
25	Hassan, Dani	03	C.A.N.I.	41.07
26	Becker, Thomas		C.A.N.I.	41.13
27	Hansen, Luke	02	National Capital	41.78
28	Paul, Frantz		Ontario	41.97
29	Sendybyl, Thomas	07	National Capital	47.99

Men 600 Meter Run Open

Name	Yr	Team	Finals
Finals			
1 Cote, Sebastien	00	C.A.N.I.	1:26.05
2 Sendybyl, Ethan	04	National Capital	1:26.41
3 Delroy, Max		C.A.N.I.	1:31.51

Men 1500 Meter Run Open

Name	Yr	Team	Finals
Finals			
1 Samuel, Haroon		C.A.N.I.	4:30.41
2 Sanchez, Joseph	01	C.A.N.I.	4:32.67

Men 60 Meter Hurdles Open

Name	Yr	Team	Finals
Finals			
1 Adeleye, David	02	Ottawa Lions	8.40
2 Collins, Alex	02	C.A.N.I.	8.52

Men Long Jump Open

Name	Yr	Team	Finals
Finals			
1 Patterson, Bryson	95	C.A.N.I.	6.86m
2 Halpenny, Jon	97	Waterloo	6.30m
3 Divita, Japhet	00	C.A.N.I.	6.12m
4 Halog, Jonelle	95	C.A.N.I.	5.95m
5 Lafleur, Hans	96	C.A.N.I.	5.67m
6 Becker, Thomas		C.A.N.I.	4.96m
7 Tegha Mua, Boyce Jr	05	Kilomètres	4.86m
8 Fritshaw, Bruce		Ontario	2.28m