

2023 Throws Summit - 2023-04-30**Toronto Track and Field Centre****2023-04-30****Results****Event 1 Women Shot Put Open**

Name	Year	Team	Finals	H#
Finals				
1 Appiah, Cynthia	90	Sisu Throws Club	14.10m	2 4.00kg
		13.35m 14.03m 14.05m FOUL 14.10m FOUL		
2 Scarlett, Mykayla	08	Project Athl	10.95m	2 4.00kg
		10.14m 10.32m 10.95m 10.60m FOUL 10.15m		
3 Sawyers, Tanya	78	Unattached Ontario	10.18m	1 4.00kg
		10.01m 10.18m FOUL 9.66m 8.99m 10.02m		
4 Broere, Jasmine	06	Saugeen Trac	9.25m	2 4.00kg
		8.54m FOUL 9.25m FOUL 8.88m		
5 Forde, Payton	06	Sisu Throws Club	8.65m	2 4.00kg
		8.65m FOUL 7.98m 8.24m 8.25m FOUL		
6 Easton, Leah	65	Throwers Club	8.32m	1 3.00kg
		7.87m 8.21m 7.84m 8.32m 7.63m 8.06m		
7 Bolton, Charlotte F41	03	Sisu Throws Club	7.59m	2 3.00kg
		7.37m 7.59m 6.98m 6.85m 7.25m 6.87m		
8 Reisler, Stephanie	64	London Weste	7.49m	1 3.00kg
		7.17m 7.46m 6.32m 7.49m 7.20m 7.31m		
9 Miklos Den Iseger, Joann	46	London Weste	6.84m	1 2.00kg
		6.69m 6.47m 6.61m 6.68m 6.84m 6.59m		
10 Keen, Kari	07	Project Athl	5.99m	2 3.00kg
		5.99m 5.64m 5.88m FOUL 5.64m FOUL		
-- Francis, Jenae	07	Project Athl	FOUL	2 4.00kg
		FOUL FOUL FOUL FOUL FOUL FOUL		
-- Sands, Liv	03	London Weste	FOUL	2 4.00kg
		FOUL FOUL FOUL FOUL FOUL FOUL		

Event 2 Men Shot Put Open

Name	Year	Team	Finals	H#
1 Bujnowski, Mark	98	London Weste	18.92m	1 7.26kg
		18.92m 18.37m 18.84m 18.90m FOUL 18.83m		
2 Crawford, Aidan	07	Quinte Legio	15.24m	2 4.00kg
		14.48m 14.92m 14.59m 14.43m 15.24m 14.65m		
3 Ravichandran, Arven	06	United Tamil	14.59m	2 5.00kg
		FOUL FOUL 14.59m FOUL FOUL 13.63m		
4 Thayaparan, Nelan	06	United Tamil	13.84m	2 5.00kg
		12.42m 12.61m FOUL 13.84m 13.40m FOUL		
5 Crego, Nolan	07	Maximus Performance	13.79m	2 4.00kg
		12.25m FOUL FOUL 13.79m 13.48m 13.48m		
6 Walls, Sam	73	Unattached Ontario	11.47m	1 7.26kg
		11.47m 11.03m PASS PASS PASS PASS		
7 Wilson, Jack	07	Almaguin Hig	10.70m	2 4.00kg
		9.26m 9.79m 10.70m 9.53m 9.80m 8.92m		
8 Murray, Jerry	57	Throwers Club	10.43m	1 5.00kg
		10.25m 10.34m FOUL 10.23m 10.43m FOUL		
9 Zabitsky, Zev	04	University o	9.10m	2 5.00kg
		FOUL FOUL 9.10m 8.43m FOUL 8.30m		
10 Groulx, Patrick		Throwers Club	6.95m	1 3.00kg
		6.18m 6.54m FOUL 6.95m PASS PASS		

2023 Throws Summit - 2023-04-30**Toronto Track and Field Centre****2023-04-30****Results****Event 3 Women Discus Throw Open**

Name	Year	Team	Finals	H#
1 Foessel, Renee	F38	95 Cruisers Sports	30.81m	2 1.00kg
			30.81m 29.43m FOUL FOUL 29.71m 29.58m	
2 Francis, Jenae		07 Project Athl	30.80m	2 1.00kg
			FOUL 28.62m 29.15m 30.80m FOUL 27.84m	
3 Sawyers, Tanya		78 Unattached Ontario	27.30m	1 1.00kg
			24.37m 26.22m 24.15m FOUL 27.30m 25.32m	
4 Easton, Leah		65 Throwers Club	20.10m	1 1.00kg
			19.58m 15.87m FOUL 18.62m 20.10m FOUL	
5 Reisler, Stephanie		64 London Weste	17.78m	1 1.00kg
			17.00m 17.21m 16.64m 17.78m 17.58m FOUL	
6 Miklos Den Iseger, Joann		46 London Weste	16.54m	1 0.75kg
			15.78m 15.85m 16.54m 16.48m 14.78m 14.57m	
7 Johnson, Sydney		06 Project Athl	14.55m	2 1.00kg
			13.04m 14.55m FOUL 12.19m 13.88m 14.55m	

Event 4 Men Discus Throw Open

Name	Year	Team	Finals	H#
1 Crawford, Aidan		07 Quinte Legio	39.18m	2 1.00kg
			31.05m 36.25m FOUL 38.34m 39.18m FOUL	
2 Wilson, Jack		07 Almaguin Hig	38.60m	2 1.00kg
			37.35m FOUL 34.73m FOUL 38.60m FOUL	
3 Wolters, Jake		60 Throwers Club	37.59m	1 1.00kg
			34.64m FOUL 31.25m FOUL FOUL 37.59m	
4 Liu, Jason		07 York Univers	32.50m	2 1.00kg
			29.08m 28.44m 29.35m 29.55m FOUL 32.50m	
5 Murray, Jerry		57 Throwers Club	27.19m	1 1.00kg
			27.19m FOUL FOUL FOUL FOUL	
6 Zabitsky, Zev		04 University o	26.80m	2 1.50kg
			21.43m 21.78m 23.01m 26.80m 26.40m 24.35m	
7 Kipfer, Randy		62 Unattached	25.03m	1 1.00kg
			FOUL FOUL FOUL 22.96m 21.02m 25.03m	
8 Groulx, Patrick		Throwers Club	13.40m	1 1.00kg
			13.40m PASS PASS PASS PASS PASS	

Event 5 Women Hammer Throw Open

Name	Year	Team	Finals	H#
1 Francis, Jenae		07 Project Athl	41.70m	1 4.00kg
			FOUL 37.92m 39.73m 39.35m FOUL 41.70m	
2 Van Stuyvenberg, Michell		05 Saugeen Trac	41.64m	1 4.00kg
			41.64m 38.26m FOUL 38.06m 39.00m FOUL	
3 Anderson, Sierra		07 Project Athl	39.80m	1 4.00kg
			39.80m 38.14m FOUL 37.13m 35.87m FOUL	
4 Broere, Jasmine		06 Saugeen Trac	38.26m	1 3.00kg
			35.62m 38.26m 32.73m 28.55m FOUL FOUL	
5 Bal, Maaika		05 Unattached Ontario	37.82m	1 4.00kg
			37.08m FOUL 37.46m 36.90m 37.82m 35.59m	
6 Scarlett, Mykayla		08 Project Athl	36.44m	1 4.00kg
			32.36m 34.82m 35.41m FOUL FOUL 36.44m	

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7	Smith, Hunter	99	London Weste	35.69m	1	4.00kg
	FOUL	34.07m	35.69m	32.13m	34.16m	31.81m
8	Sawyers, Tanya	78	Unattached Ontario	29.67m	2	4.00kg
	27.47m	FOUL	27.38m	28.56m	29.67m	FOUL
9	Keen, Kari	07	Project Athl	27.55m	1	3.00kg
	26.26m	27.55m	FOUL	FOUL	FOUL	20.62m
10	Forde, Payton	06	Sisu Throws Club	27.44m	1	4.00kg
	25.18m	25.08m	27.44m	FOUL	FOUL	FOUL
11	Osezua, Oseahumen	07	Project Athl	26.81m	1	4.00kg
	FOUL	FOUL	24.37m	25.84m	25.39m	26.81m
12	Johnson, Sydney	06	Project Athl	25.32m	1	4.00kg
	FOUL	FOUL	25.32m	FOUL	FOUL	FOUL
13	Tedford, Veronica	06	Saugeen Trac	25.26m	1	3.00kg
	FOUL	20.89m	FOUL	FOUL	25.26m	24.73m
14	Easton, Leah	65	Throwers Club	24.36m	2	3.00kg
	FOUL	22.09m	20.90m	22.28m	24.36m	22.22m
15	Miklos Den Iseger, Joann	46	London Weste	19.93m	2	2.00kg
	FOUL	15.02m	18.45m	FOUL	19.93m	14.59m
16	Chambers, Zariah	08	Brantford T.F.C.	16.01m	2	3.00kg
	FOUL	8.80m	FOUL	FOUL	14.59m	16.01m

Event 6 Men Hammer Throw Open

Name	Year	Team	Finals
1 Webb, Treyton	05	Project Athl	44.44m 5.44kg
	FOUL	FOUL	44.44m 43.97m FOUL 43.96m
2 Liu, Jason	07	York Univers	40.33m 5.44kg
	38.71m	39.91m	40.32m 40.21m 40.33m FOUL
3 Wolters, Jake	60	Throwers Club	35.38m 5.00kg
	34.77m	FOUL	34.15m FOUL FOUL 35.38m
4 Murray, Jerry	57	Throwers Club	25.91m 5.00kg
	25.91m	24.08m	FOUL 24.57m FOUL 23.48m
5 Anderson, Michael	60	Throwers Club	18.74m 5.00kg
	FOUL	18.74m	16.48m FOUL 18.03m 17.41m
6 Groulx, Patrick		Throwers Club	11.94m 3.00kg
	FOUL	11.94m	

Event 8 Men Javelin Throw Open

Name	Year	Team	Finals
1 Crawford, Aidan	07	Quinte Legio	45.10m 600g
	41.90m	43.20m	41.12m 45.10m 42.36m 42.70m
2 Ravichandran, Arven	06	United Tamil	42.71m 700g
	41.43m	42.71m	41.94m FOUL 39.56m 39.72m
3 Zabitsky, Zev	04	University o	27.41m 700g
	25.28m	FOUL	25.90m 27.41m FOUL FOUL