

1- Junior High School Men

| place | NAME | School/Club | pace | TIME |
|-------|------------------------|-----------------------|----------------|----------------|
| 1 | Benner, Liam | Grimsby | 01:39.2 | 06:36.9 |
| 2 | Hansen, Mathieu | Upper Canada | 01:40.7 | 06:42.6 |
| 3 | Goff, Christian | Unaffiliated | 01:41.3 | 06:45.2 |
| 4 | Martinson, George | EL Crossley | 01:41.8 | 06:47.2 |
| 5 | Wyatt-Stoffman, Max | Westdale | 01:42.3 | 06:49.1 |
| 6 | Kuhn, Zach | EL Crossley | 01:42.6 | 06:50.6 |
| 7 | Skiida, Alex | Ridley Col | 01:42.9 | 06:51.5 |
| 8 | Keagan, Shane | Ridley Col | 01:42.9 | 06:51.7 |
| 9 | Tanriverdi, Efe | Ridley Col | 01:44.1 | 06:56.6 |
| 10 | Edelman, Carl | Ridley Col | 01:46.2 | 07:04.8 |
| 11 | Larochelle, Josh | EL Crossley | 01:47.3 | 07:09.4 |
| 12 | Hamm, Richard | Denis Morris | 01:47.4 | 07:09.6 |
| 13 | Woolsey, Peter | Upper Canada | 01:47.6 | 07:10.5 |
| 14 | Hunt, Joseph | Denis Morris | 01:48.5 | 07:13.8 |
| 15 | Aitchison, Colton | EL Crossley | 01:49.0 | 07:15.8 |
| 16 | Bradley, Noah | St Francis | 01:49.1 | 07:16.3 |
| 17 | Hocking, Nigel | Oakridge | 01:50.1 | 07:20.3 |
| 18 | Smouter, Aidan | EL Crossley | 01:50.7 | 07:22.8 |
| 19 | Szopinski-Ross, Adrine | Lakeshore Cath | 01:51.1 | 07:24.3 |
| 20 | Guite, Owen | Governor Simcoe | 01:52.0 | 07:28.0 |
| 21 | Yates-Krull, Graham | Hillfield-Strathallan | 01:52.1 | 07:28.4 |
| 22 | Vaccaro, Emanuel | Upper Canada | 01:53.4 | 07:33.6 |
| 23 | Hone, Charlie | Blessed Trinity | 01:54.0 | 07:35.8 |
| 24 | Marun, Emilio | Ridley Col | 01:54.0 | 07:36.0 |
| 25 | Pepe, Rocky | Holy Cross | 01:54.1 | 07:36.5 |
| 26 | De Luca, Ethan | Holy Cross | 01:55.0 | 07:39.8 |
| 27 | Storm, Noah | EL Crossley | 01:55.5 | 07:41.8 |
| 28 | Hill, Charlie | EL Crossley | 01:57.2 | 07:48.7 |
| 29 | Johnston, Matthew | EL Crossley | 01:57.8 | 07:51.1 |
| 30 | Hocking, George | Oakridge | 01:59.1 | 07:56.3 |
| 31 | Haja, Davin | Westdale | 02:02.4 | 08:09.5 |
| 32 | Filipescu, Alexandru | St Francis | 02:12.7 | 08:50.7 |
| 33 | McNeil, Hayden | St Francis | 02:16.4 | 09:05.7 |

2 - Junior High School Women

| place | NAME | School/Club | pace | TIME |
|-------|----------------------|------------------------|----------------|----------------|
| 1 | Wake, Rylie | Denis Morris | 01:55.8 | 07:43.2 |
| 2 | Orth, Teagan | St Francis | 01:57.1 | 07:48.4 |
| 3 | Isado, Melisa | Bishop Strachan | 01:57.8 | 07:51.4 |
| 4 | Hilmayer, Meredith | EL Crossley | 01:58.2 | 07:52.7 |
| 5 | Dockray, Grace | Grimsby | 01:59.3 | 07:57.3 |

| | | | | |
|----|----------------------|----------------------|---------|---------|
| 6 | McRae, Ella | Ridley Col | 01:59.4 | 07:57.7 |
| 7 | Couroux, Carley | Welland Cent | 02:00.4 | 08:01.5 |
| 7 | Girolametto, Hannah | St Michael | 02:00.4 | 08:01.5 |
| 9 | Thornton, Ally | Lakeshore Cath | 02:00.7 | 08:02.8 |
| 10 | Schirru, Arden | EL Crossley | 02:00.9 | 08:03.4 |
| 11 | Jackson, Megan | St Francis | 02:01.5 | 08:05.8 |
| 12 | Buis, Alexi | Holy Cross | 02:02.4 | 08:09.7 |
| 13 | Richards, Madisyn | Denis Morris | 02:02.8 | 08:11.3 |
| 14 | Tigert, Lauren | Unaffiliated | 02:03.3 | 08:13.3 |
| 15 | Yungblut, Nyla | Denis Morris | 02:04.0 | 08:16.1 |
| 16 | Moreash, Kaitlyn | Sir Winston | 02:05.4 | 08:21.6 |
| 17 | Druzina, Kate | EL Crossley | 02:06.0 | 08:24.1 |
| 18 | Yesford, Quinn | Blessed Trinity | 02:07.2 | 08:28.7 |
| 19 | Spaan, Kaitlyn | Hilfield-Strathallan | 02:07.5 | 08:29.9 |
| 20 | McCurdy-Frank, Emma | Havergal Col | 02:07.6 | 08:30.3 |
| 21 | Litchfield, Ailsa | Guelph CVI | 02:08.3 | 08:33.0 |
| 22 | Della Valle, Natalie | Welland Cent | 02:08.4 | 08:33.6 |
| 23 | Leaver, Jordan | Greater Fort Erie | 02:09.8 | 08:39.2 |
| 24 | Leva, Julia | St Michael | 02:10.0 | 08:40.1 |
| 25 | Bruzzese, Madison | St Francis | 02:10.3 | 08:41.1 |
| 26 | Mescal, Holly | Bishop Tonnos | 02:10.5 | 08:42.0 |
| 27 | Otta, Gabby | St Francis | 02:11.8 | 08:47.1 |
| 28 | Begadon, Sydney | Bishop Tonnos | 02:11.8 | 08:47.3 |
| 29 | O'Brien, Emma | Blessed Trinity | 02:11.8 | 08:47.4 |
| 30 | Harle, Taryn | ANMyer | 02:11.9 | 08:47.7 |
| 31 | Zakarian, Martyna | Governor Simcoe | 02:12.2 | 08:48.9 |
| 32 | Peters, Samantha | Sir Winston | 02:12.3 | 08:49.2 |
| 33 | Whitman, Mercy | St Francis | 02:13.8 | 08:55.3 |
| 34 | Pearson, Sophie | St Francis | 02:13.9 | 08:55.7 |
| 35 | Hemauer, Lauryn | Notre Dame | 02:14.1 | 08:56.3 |
| 36 | Vickers, Tawnie | Sir Winston | 02:14.1 | 08:56.4 |
| 37 | Bokhari, NurNisa | Ridley Col | 02:14.4 | 08:57.8 |
| 38 | Woodley, Daniella | Grimsby | 02:15.2 | 09:00.7 |
| 39 | Boyd, Alice | Governor Simcoe | 02:15.3 | 09:01.0 |
| 40 | Holt, Laura | St Francis | 02:15.3 | 09:01.1 |
| 41 | Beauvais, Makayla | Blessed Trinity | 02:15.5 | 09:01.9 |
| 42 | Holt, Natalie | St Francis | 02:15.6 | 09:02.3 |
| 43 | Martire, Laurel | Bishop Tonnos | 02:16.4 | 09:05.5 |
| 44 | Unruh, Madeline | Governor Simcoe | 02:18.5 | 09:13.9 |
| 45 | Lavell, Katrina | St Marys | 02:19.5 | 09:18.0 |
| 46 | Bullen, Cassady | Sir Winston | 02:19.9 | 09:19.5 |
| 47 | Zuidersma, Abigail | E.L. Crossley | 02:21.1 | 09:24.6 |
| 48 | Vitucci, Emma | EL Crossley | 02:21.9 | 09:27.4 |
| 49 | Jensen, Emma | EL Crossley | 02:23.3 | 09:33.3 |
| 50 | Autry, Ashleigh | Blessed Trinity | 02:26.0 | 09:44.0 |

3 - Junior High School 150 Men

| place | NAME | School/Club | pace | TIME |
|-------|--------------------------|------------------------|----------------|----------------|
| 1 | Nuccitelli, Scott | E.L. Crossley | 01:42.6 | 06:50.3 |
| 2 | Janzen, Jake | Lakeshore Cath. | 01:44.1 | 06:56.5 |
| 3 | Kudreikis, Owen | Eden HS | 01:45.5 | 07:02.0 |
| 4 | Sisley, Chris | Saint Paul | 01:48.3 | 07:13.1 |
| 5 | Lachnit, Trevor | E.L. Crossley | 01:48.5 | 07:14.1 |
| 6 | Darling, Preston | E.L. Crossley | 01:51.1 | 07:24.4 |
| 7 | White, Austin | Sir Winston | 01:52.0 | 07:28.0 |
| 8 | Murphy, Calum | Ridley Col. | 01:52.6 | 07:30.5 |
| 9 | Hannam, Nathan | Upper Canada | 01:52.8 | 07:31.3 |
| 10 | Tripodi, Maceo | St. Francis | 01:53.2 | 07:32.7 |
| 11 | Yeung, Rain | Ridley Col. | 01:53.4 | 07:33.7 |
| 12 | Hopkins, Ben | Ridley Col. | 01:53.7 | 07:34.9 |
| 13 | Cunko, Andrew | St Marys | 01:53.8 | 07:35.1 |
| 14 | Rivett, Max | Upper Canada | 01:53.8 | 07:35.2 |
| 15 | Vaca, Fernando | Ridley Col. | 01:54.2 | 07:36.6 |
| 16 | Schumann, Dustin | Holy Cross | 01:54.3 | 07:37.1 |
| 17 | Bolduc, Tanner | Ridley Col. | 01:54.9 | 07:39.4 |
| 18 | Willner, Max | Upper Canada | 01:54.9 | 07:39.5 |
| 19 | Arnold, Hayden | St. Francis | 01:54.9 | 07:39.6 |
| 20 | Martens, Luke | Eden HS | 01:55.0 | 07:40.0 |
| 21 | Literovich, Teagan | Sir Winston | 01:55.0 | 07:40.1 |
| 22 | Hurst, Quin | Westdale | 01:55.6 | 07:42.3 |
| 23 | McVanel, Justin | Sir Winston | 01:55.6 | 07:42.4 |
| 24 | Deathe, Lachlan | Westdale | 01:56.1 | 07:44.5 |
| 25 | Saporito, Leo | St. Francis | 01:56.3 | 07:45.2 |
| 26 | O'Rourke, Reilly | St. Francis | 01:56.3 | 07:45.3 |
| 27 | Madden, Matthew | St Marys | 01:56.4 | 07:45.8 |
| 28 | Celia, Marcus | Blessed Trinity | 01:56.6 | 07:46.5 |
| 29 | Cournoyea, Joshua | St. Michael | 01:56.8 | 07:47.4 |
| 30 | Salvucci, Aidan | St Marys | 01:57.0 | 07:47.8 |
| 31 | Roden, Morley | Upper Canada | 01:57.6 | 07:50.4 |
| 32 | Hordijk, Christian | St. Francis | 01:57.7 | 07:50.6 |
| 33 | Diaz, Julio | St. Francis | 01:57.7 | 07:50.7 |
| 34 | Jiang, Ryan | Ridley Col. | 01:57.8 | 07:51.2 |
| 35 | Shawanda, Nicholas | E.L. Crossley | 01:58.0 | 07:52.1 |
| 36 | MacPherson, Alexander | St Marys | 01:58.1 | 07:52.4 |
| 37 | Chiu, Avery | Sir Winston | 01:58.6 | 07:54.3 |
| 38 | Rubio, Simon | Ridley Col. | 01:58.8 | 07:55.3 |
| 39 | Nicholls, Owen | E.L. Crossley | 01:59.3 | 07:57.2 |
| 40 | Swartz, Ilyjah | St Marys | 01:59.5 | 07:57.9 |
| 41 | Annunziata, Aidan | St. Francis | 01:59.6 | 07:58.3 |
| 42 | Lin, Baoze | Westdale | 01:59.6 | 07:58.6 |
| 43 | Arruda, Michael | St Marys | 01:59.9 | 07:59.4 |
| 44 | Prevost, Nate | E.L. Crossley | 02:00.1 | 08:00.4 |
| 45 | Hardy, Alex | Denis Morris | 02:00.7 | 08:02.9 |
| 46 | Lampman, Donald | Blessed Trinity | 02:00.9 | 08:03.7 |
| 47 | Hall, Alex | Sir Winston | 02:01.9 | 08:07.5 |
| 48 | Pooley, Evan | E.L. Crossley | 02:02.3 | 08:09.3 |
| 49 | Pastrana, Diego | Ridley Col. | 02:02.4 | 08:09.6 |

| | | | | |
|----|----------------------|-----------------|---------|---------|
| 50 | Mason, Ethan | St. Francis | 02:02.7 | 08:10.7 |
| 51 | Stys, Nicholas | St Marys | 02:03.2 | 08:12.7 |
| 52 | Fraser, Connor | Sir Winston | 02:03.3 | 08:13.4 |
| 53 | Henson, Matthew | Sir Winston | 02:03.6 | 08:14.5 |
| 54 | Henderson, Jack | Westdale | 02:04.1 | 08:16.5 |
| 55 | Ku, Johnson | Westdale | 02:04.4 | 08:17.5 |
| 56 | Newkirk, Isaac | Governor Simcoe | 02:04.4 | 08:17.7 |
| 57 | Mills, Charlie | Ridley Col. | 02:05.2 | 08:20.8 |
| 58 | Conrad, Lucas | Guelph CVI | 02:05.5 | 08:22.2 |
| 59 | Valderamma, Mateo | Holy Cross | 02:05.6 | 08:22.5 |
| 60 | Haramina, Alen | Holy Cross | 02:06.8 | 08:27.0 |
| 61 | Mockford, Ronan | St. Francis | 02:07.3 | 08:29.3 |
| 62 | Arredondo, Sebastian | St. Francis | 02:07.9 | 08:31.5 |
| 63 | Rackal, William | Sir Winston | 02:09.3 | 08:37.2 |
| 64 | Johnson, Owen | Westdale | 02:09.5 | 08:37.9 |
| 65 | Brodacki, Tate | St. Francis | 02:09.5 | 08:38.1 |
| 66 | Gordon, Iain | Governor Simcoe | 02:10.7 | 08:42.7 |
| 67 | Patrisis, Georgios | Holy Cross | 02:13.3 | 08:53.0 |
| 68 | Taylor, Quintin | Governor Simcoe | 02:13.8 | 08:55.3 |
| 69 | Vander Vaart, Nathan | Denis Morris | 02:15.4 | 09:01.6 |
| 70 | Jansen-Rudan, Sascha | Ridley Col. | 02:17.1 | 09:08.2 |
| 71 | Pink, Ethan | St. Francis | 02:17.0 | 09:08.2 |
| 72 | Van Tuyl, Joshua | Notre Dame | 02:18.9 | 09:15.5 |
| 73 | Schinkel, Nicholas | Governor Simcoe | 02:24.3 | 09:37.2 |

4 - Junior High School 165 Men

| place | NAME | School/Club | pace | TIME |
|-------|----------------------------|----------------------|----------------|----------------|
| 1 | DiPompeo, Giancarlo | Denis Morris | 01:42.2 | 06:48.8 |
| 2 | Bodor, Alexander | Westdale | 01:44.8 | 06:59.3 |
| 3 | Lilley, Michael | E.L. Crossley | 01:46.2 | 07:04.8 |
| 4 | Lofaro, Jacob | Blessed Trinity | 01:47.6 | 07:10.4 |
| 4 | Lokhonia, Matthew | Ottawa RC | 01:47.6 | 07:10.4 |
| 6 | Bourne, Asia | Brockville Coll. | 01:48.3 | 07:13.0 |
| 7 | Youn, Geon | Westdale | 01:48.7 | 07:14.8 |
| 8 | Vandenburg, William | Kingston CVI | 01:48.7 | 07:14.9 |
| 9 | Smith, Evan | Holy Cross | 01:50.1 | 07:20.4 |
| 10 | Desante, Carter | St. Francis | 01:50.5 | 07:22.2 |
| 10 | Jinks, Matt | E.L. Crossley | 01:50.5 | 07:22.2 |
| 10 | Mayr, Patrick | E.L. Crossley | 01:50.6 | 07:22.2 |
| 13 | Engel, Ethan | Notre Dame | 01:53.6 | 07:34.4 |
| 14 | Zhang, Jerron | Westdale | 01:53.8 | 07:35.2 |
| 15 | Lawrence, Evan | Sir Winston | 01:54.2 | 07:37.0 |
| 16 | Warner, Douglas | Notre Dame | 01:54.5 | 07:38.1 |
| 17 | Foese, Liam | Westdale | 01:54.6 | 07:38.2 |
| 18 | Dalton, Sawyer | Denis Morris | 01:54.8 | 07:39.2 |
| 19 | Benard, Josh | Lakeshore Cath. | 01:56.8 | 07:47.3 |

| | | | | |
|----|-------------------|-------------|---------|---------|
| 20 | Smit, Oliver | Holy Cross | 01:57.3 | 07:49.2 |
| 21 | Allington, Evan | St. Francis | 02:00.8 | 08:03.4 |
| 22 | Dayananda, Roshan | Westdale | 02:09.8 | 08:39.0 |

5 - Junior High School 135 Women

| place | NAME | School/Club | pace | TIME |
|-------|-----------------------|---------------------|----------------|----------------|
| 1 | Weaver, Grace | Grimsby | 01:57.4 | 07:49.8 |
| 2 | Durcak, Bella | Unaffiliated | 01:59.6 | 07:58.2 |
| 3 | Tonnos, Payton | Eden | 02:01.5 | 08:05.8 |
| 4 | VanDyk, Jillian | Notre Dame | 02:01.6 | 08:06.5 |
| 5 | Wang, Maggie | A.N.Myer | 02:02.1 | 08:08.6 |
| 6 | Durcak, Zoe | Unaffiliated | 02:02.2 | 08:08.8 |
| 7 | Ruan, Celina | Westdale | 02:02.5 | 08:09.8 |
| 8 | Shute, Laci | Governor Simcoe | 02:03.3 | 08:13.1 |
| 9 | Whitnell, Kayla | Blessed Trinity | 02:03.6 | 08:14.4 |
| 10 | Candeloro, Caroliine | Saint Paul HS | 02:03.8 | 08:15.1 |
| 11 | Fijalkowski, Maya | Branksome Hall | 02:04.5 | 08:18.0 |
| 12 | Arthur, Adeline | Branksome | 02:05.5 | 08:21.9 |
| 13 | Cook, Chloe | Ridley Col. | 02:06.0 | 08:23.9 |
| 14 | Hellwig, Macy | Denis Morris | 02:06.8 | 08:27.1 |
| 15 | Gapczynski, Kasha | Notre Dame | 02:07.0 | 08:28.0 |
| 16 | Secord, Emmerson | E.L. Crossley | 02:07.2 | 08:28.9 |
| 17 | Walker, Maggie | Westdale | 02:07.3 | 08:29.2 |
| 18 | Derinkok, Ipek | Ridley Col. | 02:07.3 | 08:29.3 |
| 19 | Stevens, Elizabeth | Unaffiliated | 02:07.3 | 08:29.4 |
| 20 | Parent, Jayna | E.L. Crossley | 02:07.7 | 08:30.8 |
| 21 | Kosuta, Gwynevere | E.L. Crossley | 02:08.1 | 08:32.5 |
| 22 | Cumming, Ana | Denis Morris | 02:08.4 | 08:33.5 |
| 23 | Paquin, Janna | E.L. Crossley | 02:08.4 | 08:33.8 |
| 24 | Shimizu, Emma | Westdale | 02:08.5 | 08:33.9 |
| 25 | O'Quin, Kirsi | Grimsby | 02:08.7 | 08:34.8 |
| 26 | Butler, Sara | Sir Winston | 02:08.9 | 08:35.6 |
| 27 | Dekker, Alyssa | Welland Cent. | 02:08.9 | 08:35.8 |
| 28 | Sun, Claire | Ridley Col. | 02:09.0 | 08:35.9 |
| 29 | Salem, Nadia | Havergal Col. | 02:09.1 | 08:36.4 |
| 30 | Ferreira, Victoria | Ridley Col. | 02:09.2 | 08:36.6 |
| 31 | Mitchell, Brooke | Havergal Col. | 02:09.3 | 08:37.2 |
| 32 | Scher, Abigail | Greater Fort Erie | 02:09.3 | 08:37.3 |
| 33 | Friesen, Jodi | Grimsb | 02:09.7 | 08:38.8 |
| 34 | Livermore, Autumn | Blessed Trinity | 02:11.0 | 08:43.9 |
| 35 | Russell, Vanessa | Ridley Col. | 02:11.2 | 08:44.9 |
| 36 | Zoubkov, Ksenia | Grimsby | 02:11.3 | 08:45.3 |
| 37 | Mercuri, Kaelyn | Grimsby | 02:11.6 | 08:46.2 |
| 38 | Taylor, Talia | E.L. Crossley | 02:11.9 | 08:47.6 |
| 39 | Mercuri, Kylie | Grimsby | 02:11.9 | 08:47.7 |
| 40 | Gratton, Hailey | Grimsby | 02:12.4 | 08:49.7 |

| | | | | |
|----|---------------------|-------------------|---------|---------|
| 41 | Topp, Avery | E.L. Crossley | 02:12.7 | 08:50.8 |
| 42 | Sutch, Avery | Greater Fort Erie | 02:13.0 | 08:52.0 |
| 43 | Walker, Bella | E.L. Crossley | 02:13.1 | 08:52.6 |
| 44 | Potashnyk, Kaitlyn | Denis Morris | 02:13.3 | 08:53.1 |
| 45 | Scaglione, Mikayla | Sir Winston | 02:13.4 | 08:53.4 |
| 46 | Cook, Camryn | Sir Winston | 02:14.2 | 08:56.7 |
| 47 | Boutin, Devyn | Sir Winston | 02:14.6 | 08:58.2 |
| 48 | Veld, Payton | E.L. Crossley | 02:14.6 | 08:58.3 |
| 49 | Anderson, Lauren | Havergal Col. | 02:14.9 | 08:59.6 |
| 50 | Patterson, Ryann | Westdale | 02:15.0 | 09:00.2 |
| 51 | Bolhous, Riley | E.L. Crossley | 02:15.2 | 09:00.9 |
| 52 | Wang, Yufei | Havergal Col. | 02:15.5 | 09:02.0 |
| 53 | Valvano, Isabella | St. Francis | 02:15.6 | 09:02.4 |
| 54 | Hart, Maia | Notre Dame | 02:16.2 | 09:04.6 |
| 55 | Wilson, Sydney | Grimsby | 02:16.2 | 09:04.8 |
| 56 | Wayland, Hannah | Sir Winston | 02:16.4 | 09:05.4 |
| 57 | Faraci, Bianca | Blessed Trinity | 02:16.5 | 09:06.0 |
| 58 | Austin, Olivia | Westdale | 02:16.9 | 09:07.5 |
| 59 | Rappit, Maisie | Holy Cross | 02:16.9 | 09:07.6 |
| 60 | Davis, Olivia | Grimsby | 02:16.9 | 09:07.8 |
| 61 | Allan, Chloe | Sir Winston | 02:17.8 | 09:11.4 |
| 62 | Nitsopoulos, Jeneva | Ridley Col. | 02:18.8 | 09:15.2 |
| 63 | Lee, Irene | Ridley Col. | 02:19.0 | 09:16.1 |
| 64 | Steiger, Adeline | St. Francis | 02:19.2 | 09:16.8 |
| 65 | Pierog, Izabela | St. Francis | 02:19.5 | 09:18.0 |
| 66 | Cormack, Lily | Bishop Tonnos | 02:19.5 | 09:18.1 |
| 67 | Goher, Karen | St. Francis | 02:19.7 | 09:18.7 |
| 68 | Riley, Emma | Notre Dame | 02:19.7 | 09:18.7 |
| 69 | Toor, Khushpreet | Governor Simcoe | 02:19.7 | 09:18.8 |
| 70 | Vermue, Leah | Sir Winston | 02:19.9 | 09:19.4 |
| 71 | Hilson, Victoria | E.L. Crossley | 02:19.9 | 09:19.7 |
| 72 | Morrison, Isabella | E.L. Crossley | 02:20.0 | 09:19.9 |
| 73 | Kigab, Nazek | Sir Winston | 02:20.0 | 09:20.1 |
| 74 | Moskalyk, Rachael | E.L. Crossley | 02:20.3 | 09:21.2 |
| 75 | D'Arrigo, Anna | St. Francis | 02:20.9 | 09:23.4 |
| 76 | Biancanello, Mia | St. Francis | 02:21.1 | 09:24.3 |
| 77 | Dell, Serafina | St. Francis | 02:21.2 | 09:24.9 |
| 78 | Thompson, Lucy | Sir Winston | 02:21.7 | 09:26.8 |
| 79 | Stockton, Seta | Westdale | 02:21.8 | 09:27.4 |
| 80 | McNeil, Caelin | E.L. Crossley | 02:21.9 | 09:27.5 |
| 81 | Giesler, Lena | Ridley Col. | 02:22.5 | 09:30.1 |
| 82 | Yu, Elina | Havergal Col. | 02:23.1 | 09:32.6 |
| 83 | Bennett, Tehya | EL Crossley | 02:23.6 | 09:34.5 |
| 84 | Bestward, Avery | St. Francis | 02:23.7 | 09:34.6 |
| 85 | Woolfe, Giorgia | St Marys | 02:23.8 | 09:35.3 |
| 86 | Robert, Ella | Lakeshore Cath. | 02:23.9 | 09:35.4 |
| 87 | De Jonge, Madeline | Westdale | 02:23.9 | 09:35.5 |
| 88 | Parikh, Heeral | Sir Winston | 02:24.4 | 09:37.4 |
| 89 | Woernert, Julia | E.L. Crossley | 02:24.7 | 09:38.8 |

| | | | | |
|-----|---------------------|------------------|---------|---------|
| 90 | Searle, Taylor | Ridley Col. | 02:25.4 | 09:41.7 |
| 91 | Kelly, Serena | St. Francis | 02:25.9 | 09:43.5 |
| 92 | Lariccia, Bianca | Lakeshore Cath. | 02:26.1 | 09:44.2 |
| 93 | Spilotro, Elizabeth | Blessed Trinity | 02:26.2 | 09:44.6 |
| 94 | Phillips, Laura | E.L. Crossley | 02:26.3 | 09:45.1 |
| 95 | Huynh, Emma | Governor Simcoe | 02:26.4 | 09:45.6 |
| 96 | Keeping, Kayla | Sir Winston | 02:26.5 | 09:45.9 |
| 97 | Nelson, Brooke | John F. Ross CVI | 02:26.6 | 09:46.6 |
| 98 | McDaniel, Olivia | Grimsby | 02:26.7 | 09:46.7 |
| 99 | Macdonald, Abigail | Sir Winston | 02:27.4 | 09:49.6 |
| 100 | Grant, Kennedy | Sir Winston | 02:27.7 | 09:50.9 |
| 101 | Han, Jiatong | Havergal Col. | 02:27.7 | 09:50.9 |
| 102 | Leombruni, Katelynn | Bishop Tonnos | 02:27.9 | 09:51.8 |
| 103 | Wong, Milaina | St. Francis | 02:28.0 | 09:51.8 |
| 104 | Dyment, Carley | St Marys | 02:28.5 | 09:54.2 |
| 105 | Saunders, Mckenna | St. Francis | 02:28.6 | 09:54.2 |
| 106 | MacNeil, Danielle | Sir Winston | 02:30.5 | 10:02.0 |
| 107 | Reid, Kylie | Governor Simcoe | 02:31.4 | 10:05.7 |
| 108 | Fraser, Jenna | Bishop Tonnos | 02:31.8 | 10:07.1 |
| 109 | Igat, Greicia | St. Francis | 02:32.3 | 10:09.2 |
| 110 | Dion, Daniella | Governor Simcoe | 02:33.2 | 10:12.9 |
| 111 | Seaman, Nina | St Marys | 02:37.3 | 10:29.3 |
| 112 | Chen, Wendy | Sir Winston | 02:38.0 | 10:32.0 |
| 113 | MacNeil, Brooke | St Marys | 02:38.3 | 10:33.3 |
| 114 | Woodard, Hallee | Bishop Tonnos | 02:41.6 | 10:46.4 |
| 115 | Kuder, Teegan | St Marys | 02:45.9 | 11:03.6 |

6 - Junior High School 145 Women

| place | NAME | School/Club | pace | TIME |
|-------|--------------------------|------------------------|----------------|----------------|
| 1 | Rinke, Elise | Mercyhurst Prep | 01:59.3 | 07:57.2 |
| 2 | Harris, Kristina | John F Ross | 01:59.7 | 07:58.9 |
| 3 | teNyenhuis, Ellie | Guelph CVI | 02:00.4 | 08:01.7 |
| 4 | Broderick, Hannah | Sir Winston | 02:01.7 | 08:06.7 |
| 5 | Whittard, Cait | Denis Morris | 02:02.1 | 08:08.5 |
| 6 | Green, Samantha | E.L. Crossley | 02:02.4 | 08:09.6 |
| 7 | Shen, Alicia | Havergal Col. | 02:02.6 | 08:10.4 |
| 8 | Oladipo, Teju | Sir Winston | 02:05.0 | 08:20.0 |
| 9 | Charlebois, Lily | Welland Cent. | 02:05.9 | 08:23.7 |
| 10 | White, Olivia | Sir Winston | 02:06.5 | 08:25.8 |
| 11 | Shanahan, Keeghan | St. Francis | 02:07.0 | 08:27.8 |
| 12 | Haynes, Joylynn | Sir Winston | 02:07.8 | 08:31.1 |
| 13 | Cocca, Alicia | A.N.Myer | 02:10.6 | 08:42.4 |
| 14 | Jackson, Taylor | St. Francis | 02:13.3 | 08:53.3 |
| 15 | Leombruni, Kortney | Bishop Tonnos | 02:13.3 | 08:53.4 |
| 16 | Masales, Mikayla | Denis Morris | 02:13.3 | 08:53.4 |
| 17 | Edwards, Megan | Denis Morris | 02:13.6 | 08:54.5 |

| | | | | |
|----|--------------------------|-------------|---------|---------|
| 18 | Monkman, Grace | Westdale | 02:14.3 | 08:57.2 |
| 19 | Weasner, Ashley | Sir Winston | 02:14.6 | 08:58.6 |
| 20 | Holder, Isabella | A.N.Myer | 02:15.0 | 08:59.9 |
| 21 | Martinez, Brisney Combon | St. Michael | 02:15.2 | 09:00.9 |
| 22 | Wiley, Brooklyn | Sir Winston | 02:18.3 | 09:13.4 |
| 23 | Charkowy, Elizabeth | Sir Winston | 02:19.7 | 09:18.8 |
| 24 | Zaidi, Shakirah | Ridley Col. | 02:21.6 | 09:26.4 |
| 25 | Balanowski, Brooklyn | Sir Winston | 02:21.9 | 09:27.6 |
| 26 | Whitehousse, Hannah | St. Michael | 02:25.4 | 09:41.7 |

7- Masters Women

| place | NAME | School/Club | pace | TIME | hc | adj |
|-------|--------------------------------|-------------------|---------|---------|----|---------|
| 1 | Ferec, Audrey (48) | Esprit | 01:53.0 | 07:32.1 | 8 | 07:24.1 |
| 2 | Roy, Melanie (31) | Esprit | 01:52.7 | 07:30.7 | | 07:30.7 |
| 3 | Sobolewski, Charlotte (36) | Scullhouse | 01:54.3 | 07:37.3 | | 07:37.3 |
| 4 | St. John, Amanda (41) | Notre Dame RC | 01:57.3 | 07:49.1 | 1 | 07:48.1 |
| 5 | Ceccato, Rae (37) | St. Catharines RC | 01:58.7 | 07:54.6 | | 07:54.6 |
| 6 | Davis, Simona (48) | Unaffiliated | 02:02.4 | 08:09.4 | 8 | 08:01.4 |
| 7 | Dufor, Leslie (41) | LaSalle RC | 02:00.7 | 08:02.6 | | 08:02.6 |
| 8 | Whitehead, Sue (54) | LaSalle RC | 02:06.7 | 08:26.9 | 18 | 08:08.9 |
| 9 | Risk, Andrea | Unaffiliated | 02:03.6 | 08:14.3 | | 08:14.3 |
| 10 | Friesen, Veronica (60) | Unaffiliated | 02:13.7 | 08:54.7 | 30 | 08:14.7 |
| 11 | White, Katie (45) | Unaffiliated | 02:05.7 | 08:22.9 | 5 | 08:17.9 |
| 12 | Rodger, Tanya (41) | Unaffiliated | 02:04.8 | 08:19.3 | 1 | 08:18.3 |
| 13 | Bruzzese, Kari (40) | Unaffiliated | 02:05.2 | 08:20.8 | | 08:20.8 |
| 14 | Kenney, Sandy (44) | LaSalle RC | 02:08.5 | 08:34.0 | 9 | 08:25.0 |
| 15 | Corris, Cheryl (39) | Unaffiliated | 02:06.6 | 08:26.3 | | 08:26.3 |
| 16 | MacKay, Linda (40) | Unaffiliated | 02:07.4 | 08:29.5 | | 08:29.5 |
| 17 | Lavoie, Andrea (36) | St. Catharines | 02:07.5 | 08:29.8 | | 08:29.8 |
| 18 | Romance, Colleen (46) | LaSalle RC | 02:09.5 | 08:38.1 | 6 | 08:32.1 |
| 19 | Clews, Theresa (54) | LaSalle RC | 02:13.6 | 08:54.6 | 18 | 08:36.6 |
| 20 | Trottier-Mousseau, Stacey (45) | LaSalle RC | 02:11.2 | 08:44.7 | | 08:44.7 |
| 21 | Oldham, Robin (44) LT | Scullhouse | 02:17.4 | 09:09.6 | 4 | 09:05.6 |
| 22 | Chopin, Rhonda (51) | Unaffiliated | 02:23.3 | 09:33.2 | 12 | 09:21.2 |
| 23 | McPherson, Tracey (59) | Unaffiliated | 02:27.4 | 09:49.8 | 28 | 09:21.8 |
| 24 | Humphries, Rachel (43) | Unaffiliated | 02:22.3 | 09:29.0 | 3 | 09:26.0 |
| 25 | McNeish, JoAnne (63) | Unaffiliated | 02:41.9 | 10:47.8 | 39 | 10:08.8 |

8 - Masters Men

| place | NAME | School/Club | pace | TIME | hc | adj |
|-------|---------------------|--------------------|---------|---------|----|---------|
| 1 | Krawec, Walt (68) | Ridley Graduate BC | 01:48.2 | 07:12.6 | 58 | 06:10.0 |
| 2 | Oldham, Aubrey (36) | Leander BC | 01:34.9 | 06:19.4 | | 06:19.4 |
| 3 | Mandel, Michel (50) | Unaffiliated | 01:41.4 | 06:45.5 | 10 | 06:35.5 |

| | | | | | | |
|----|---------------------------|--------------------|---------|---------|----|---------|
| 4 | Pieneman, Ernie (59) | Blessed Trinity | 01:47.4 | 07:09.6 | 28 | 06:41.6 |
| 5 | Nyman, Kevin (37) | LaSalle RC | 01:42.5 | 06:50.1 | | 06:50.1 |
| 6 | Smith, James. Kirkby (65) | Ridley Graduate BC | 01:59.4 | 07:57.4 | 45 | 07:12.4 |
| 7 | Walker, John (54) | Unaffiliated | 01:52.6 | 07:30.5 | 18 | 07:12.5 |
| 8 | Hiscock, Rob (40) | Unaffiliated | 01:49.0 | 07:15.8 | | 07:15.8 |
| 9 | Burgoyne, William (51) | Notre Dame RC | 01:52.5 | 07:29.8 | 12 | 07:17.8 |
| 10 | Whitnell, Kurt (55) | Blessed Trinity | 01:55.6 | 07:42.2 | 20 | 07:22.2 |
| 11 | Humphries, Shaun (41) | Unaffiliated | 01:51.5 | 07:26.1 | 1 | 07:25.1 |
| 12 | Passmore, Brian (71) | Unaffiliated | 02:09.7 | 08:38.7 | 75 | 07:25.7 |
| 13 | Myke, Derek (41) | Leander BC | 01:53.2 | 07:32.9 | 1 | 07:31.9 |
| 14 | Bruzzese, Travis (40) | Unaffiliated | 01:58.8 | 07:55.1 | | 07:55.1 |

9 - Senior High School 150 Men

| place | NAME | School/Club | pace | TIME |
|-------|----------------------------|-------------------------|----------------|----------------|
| 1 | Phillips, Josh | Brockville Coll. | 01:42.8 | 06:51.3 |
| 2 | Holland, Ryan | Grimsby | 01:43.9 | 06:55.8 |
| 3 | Schramm, Nikolas | Ridley Col. | 01:45.3 | 07:01.1 |
| 4 | Coughler, Joe | Governor Simcoe | 01:45.7 | 07:02.8 |
| 5 | Bourdeau, Michael | Grimsby | 01:45.9 | 07:03.8 |
| 6 | Wydrzynski, Casimir | Unaffiliated | 01:47.1 | 07:08.4 |
| 7 | Petrunick, Jack | Ridley Grad | 01:47.3 | 07:09.2 |
| 8 | Hansler, William | E.L. Crossley | 01:47.3 | 07:09.4 |
| 9 | Felker, Justin | Blessed Trinity | 01:47.4 | 07:09.5 |
| 10 | Niemi, Benjamin | Beamsville Dist. | 01:47.6 | 07:10.5 |
| 11 | Vorias, Conner | Ridley Col. | 01:47.9 | 07:11.6 |
| 12 | Gula, Jacob | E.L. Crossley | 01:48.1 | 07:12.5 |
| 13 | Krick, Aaron | Grimsby | 01:48.4 | 07:13.5 |
| 14 | Abicht, Alex | Unaffiliated | 01:48.8 | 07:15.2 |
| 15 | Beaulne, Benjamin | Sir Winston | 01:48.8 | 07:15.4 |
| 16 | Haberer, Joshua | Kingston CVI | 01:48.9 | 07:15.8 |
| 17 | Arbour, Brandon | Denis Morris | 01:50.0 | 07:20.1 |
| 18 | Bonifacio-Proietto, Davide | Ridley Col. | 01:50.6 | 07:22.3 |
| 19 | Adamczyk Jr., Michael | St. Francis | 01:51.3 | 07:25.4 |
| 20 | Gomez, Christopher | Mayfield SS | 01:51.7 | 07:26.6 |
| 21 | Reid-Tavano, Daniel | St. Michael | 01:51.6 | 07:26.6 |
| 22 | Bruin, Henry | Oakridge | 01:51.8 | 07:27.4 |
| 23 | Moretti, Marco | Denis Morris | 01:53.1 | 07:32.6 |
| 24 | Hughes, Owen | Eden HS | 01:54.1 | 07:36.3 |
| 25 | Lippert, Zane | Mercyhurst Prep | 01:54.5 | 07:38.1 |
| 26 | Wei, Vincent | Ridley Col. | 01:55.9 | 07:43.4 |
| 27 | Barbero, Nicholas | Mercyhurst Prep | 01:56.2 | 07:44.9 |
| 28 | Abello, Jose Miguel | St. Michael | 01:59.3 | 07:57.2 |
| 29 | Karniej, Cameron | Blessed Trinity | 02:00.9 | 08:03.6 |
| 30 | Stockman, Griffin | Denis Morris | 02:04.2 | 08:16.7 |

10 - Senior High School 165 Men

| place | NAME | School/Club | pace | TIME |
|-------|---------------------|--------------------|---------|---------|
| 1 | Harris, Stephen | John F. Ross CVI | 01:38.5 | 06:34.1 |
| 2 | MacRae, Evan | A.N. Myer | 01:38.5 | 06:34.2 |
| 3 | Bartel, Kai | Eden HS | 01:39.6 | 06:38.3 |
| 4 | McAlpine, Christian | Grimsby | 01:40.7 | 06:42.9 |
| 5 | Picard, David | St. Francis | 01:40.8 | 06:43.2 |
| 6 | Pozzobon, Adam | Saint Paul HS | 01:41.1 | 06:44.3 |
| 7 | Thompson, Matthew | Upper Canada | 01:41.3 | 06:45.2 |
| 8 | Darling, Owen | E.L. Crossley | 01:41.4 | 06:45.5 |
| 9 | Woodhouse, Keithan | E.L. Crossley | 01:41.6 | 06:46.3 |
| 10 | Steiner, Adam | Upper Canada | 01:41.6 | 06:46.5 |
| 11 | Corr, Ashton | A.N.Myer | 01:41.7 | 06:46.9 |
| 12 | Felsbourg, Kerwin | Beamsville Dist. | 01:42.2 | 06:48.6 |
| 13 | Sisley, James | Saint Paul HS | 01:42.1 | 06:48.6 |
| 14 | Boles, Jared | Grimsby | 01:42.3 | 06:49.3 |
| 15 | Gomez, Andreas | Ridley Col. | 01:42.3 | 06:49.4 |
| 16 | Suthons, Andrew | E.L. Crossley | 01:43.1 | 06:52.5 |
| 17 | Rubio, Diego | Ridley Col. | 01:43.3 | 06:53.1 |
| 18 | Peters, Justin | Grimsby | 01:43.6 | 06:54.5 |
| 19 | Todd, Garrett | Ridley Col. | 01:43.6 | 06:54.5 |
| 20 | Celia, Lucas | Blessed Trinity | 01:43.7 | 06:55.0 |
| 21 | Hopkins, Matthew | Ridley Col. | 01:44.0 | 06:56.1 |
| 22 | Turner, Danjiro | Upper Canada | 01:44.2 | 06:56.9 |
| 23 | Burgess, Cameron | Sir Winston | 01:44.3 | 06:57.3 |
| 24 | Salih, Ashraf | Sir Winston | 01:44.9 | 06:59.4 |
| 25 | Veld, Cam | E.L. Crossley | 01:44.9 | 06:59.7 |
| 26 | McIntyre, Jack | Unaffiliated | 01:45.0 | 07:00.1 |
| 27 | Wiley, Lucas | Ridley Col. | 01:46.5 | 07:05.9 |
| 28 | Malai, Victor | St Thomas Aquinius | 01:47.5 | 07:09.8 |
| 29 | Urban, Max | Grimsby | 01:48.3 | 07:13.2 |
| 30 | Chan, Bill | Upper Canada | 01:48.6 | 07:14.5 |
| 31 | Nestor, Alex | Mercyhurst Prep | 01:49.3 | 07:17.3 |
| 32 | DeWit, Adin | Ridley Col. | 01:49.7 | 07:18.7 |
| 33 | Jiang, Yun Fei | Upper Canada | 01:50.0 | 07:20.1 |
| 34 | Livermore, Carter | Blessed Trinity | 01:50.2 | 07:20.6 |
| 35 | Halfyard, Graeme | Governor Simcoe | 01:50.3 | 07:21.0 |
| 36 | Quinn, Everett | Orangeville | 01:50.3 | 07:21.0 |
| 37 | Giantses, Michael | Eden HS | 01:51.2 | 07:24.9 |
| 38 | Li, Chengxi | Upper Canada | 01:51.9 | 07:27.5 |
| 39 | Xue, Chengkai | Ridley Col. | 01:51.9 | 07:27.8 |
| 40 | Wise, Benjamin | Mercyhurst Prep | 01:52.9 | 07:31.7 |
| 41 | Romanelli, Lucas | Governor Simcoe | 01:53.1 | 07:32.4 |
| 42 | Martins, Guilherme | Ridley Col. | 01:53.2 | 07:32.9 |
| 43 | Foster, Jayce | Denis Morris | 01:53.6 | 07:34.4 |

11 - Senior High School 135 Women

| place | NAME | School/Club | pace | TIME |
|-------|---------------------------|--------------------|----------------|----------------|
| 1 | Drennan, Charlotte | Ridley Col. | 01:56.3 | 07:45.0 |
| 2 | Murphy, Regan | Lorne Park | 01:57.5 | 07:50.1 |
| 3 | Cook, Gabrielle | Ridley Col. | 01:58.2 | 07:52.9 |
| 4 | Foksa, Angelika | Unaffiliated | 01:58.9 | 07:55.7 |
| 5 | Camplin, Meghan | E.L. Crossley | 01:59.2 | 07:57.0 |
| 6 | Maillet, Abbey | St Marys | 01:59.4 | 07:57.8 |
| 7 | O'Neill, Rowan | Lakeshore Cath. | 01:59.5 | 07:58.1 |
| 8 | Pieneman, Gina | Blessed Trinity | 01:59.6 | 07:58.4 |
| 9 | Jansen, Gillian | Notre Dame | 02:01.3 | 08:05.2 |
| 10 | Dockray, Rebecca | Grimsby | 02:01.5 | 08:05.9 |
| 11 | Howley, Isabella | Brockville Coll. | 02:01.8 | 08:07.1 |
| 12 | Freer, Thea | Blessed Trinity | 02:02.2 | 08:09.0 |
| 13 | Szewczyk, Natalie | Holy Cross | 02:03.1 | 08:12.2 |
| 14 | Aswald, Jennifer | St Thomas Aquinius | 02:04.2 | 08:16.6 |
| 15 | Scott, Sophia | Saint Paul | 02:04.5 | 08:17.9 |
| 16 | Henderson, Rebecca | Westdale | 02:05.5 | 08:21.9 |
| 17 | Olvet, Rebecca | Lorne Park | 02:05.5 | 08:21.9 |
| 18 | Wellman, Kady | Mayfield | 02:06.5 | 08:26.0 |
| 19 | Dudzik, Lauren | E.L. Crossley | 02:06.7 | 08:26.9 |
| 20 | Cook, Alexandra | Ridley Col. | 02:07.2 | 08:28.7 |
| 21 | Bourne, Shin | Brockville Coll. | 02:07.2 | 08:28.9 |
| 22 | Campbell, Devon | Eden HS | 02:07.4 | 08:29.6 |
| 23 | Stephenson, Jessica | Kingston CVII | 02:07.7 | 08:30.9 |
| 24 | Sliter, Ryleigh | Lakeshore Cath. | 02:08.3 | 08:33.3 |
| 25 | Nero, Caitlin | Notre Dame | 02:09.0 | 08:36.1 |
| 26 | McIntosh, Megan | Grimsby | 02:09.1 | 08:36.6 |
| 27 | Capra, Tess | Unaffiliated | 02:10.2 | 08:40.8 |
| 28 | Cairns, Katey | Bishop Tonnos | 02:10.5 | 08:42.0 |
| 29 | Keith, Chloe | E.L. Crossley | 02:10.7 | 08:42.9 |
| 30 | Wilson, Ashlynn | E.L. Crossley | 02:10.9 | 08:43.8 |
| 31 | Boorman, Charlotte | Westdale | 02:13.9 | 08:55.5 |
| 32 | Conrad, Allana | Centennial CVI | 02:13.9 | 08:55.7 |
| 33 | Guyer, Abigayle | Ridley Col. | 02:14.0 | 08:56.0 |
| 34 | Burgess, Olivia | Governor Simcoe | 02:14.9 | 08:59.8 |
| 35 | Sebastianelli, Clara | Sir Winston | 02:15.3 | 09:01.2 |
| 36 | Blais, Gillian | Westdale | 02:15.7 | 09:02.9 |
| 37 | Paul, Melanie | Holy Cross | 02:15.7 | 09:03.0 |
| 38 | Gao, Feifan | Ridley Col. | 02:16.3 | 09:05.0 |
| 39 | Parkin, Emma | Governor Simcoe | 02:17.5 | 09:10.0 |
| 40 | Young, Riley | St. Francis | 02:19.9 | 09:19.5 |
| 41 | Gu, Cindy | Sir Winston | 02:20.8 | 09:23.0 |
| 42 | Alves, Stacey | Denis Morris | 02:22.2 | 09:28.7 |
| 43 | Lew, Meredith | Guelph CVI | 02:22.8 | 09:31.1 |
| 44 | Garton, Jackie | Bishop Tonnos | 02:24.6 | 09:38.2 |

| | | | | |
|----|-------------------|-----------------|---------|---------|
| 45 | Patterson, Lauren | Lakeshore Cath. | 02:30.2 | 10:00.8 |
| 46 | Garton, Julia | Bishop Tonnos | 02:39.6 | 10:38.3 |

12 - Senior High School 145 Women

| place | NAME | School/Club | pace | TIME |
|-------|---------------------------|-----------------------|----------------|----------------|
| 1 | Frolick, Isabel | Grimsby | 01:54.9 | 07:39.7 |
| 2 | Johnson, Francesca | Branksome Hall | 01:56.1 | 07:44.5 |
| 3 | Nuccitelli, Lauren | E.L. Crossley | 01:57.8 | 07:51.1 |
| 4 | Vellinga, Cassandra | Unaffiliated | 01:58.1 | 07:52.6 |
| 5 | Madsen, Kassie | E.L. Crossley | 01:59.4 | 07:57.8 |
| 6 | Deathe, Sequoia | Westdale | 01:59.6 | 07:58.5 |
| 7 | Davis, Delaney | Unaffiliated | 02:01.0 | 08:04.0 |
| 8 | Danby, Jocelyn | Kingston CVI | 02:01.1 | 08:04.3 |
| 9 | Iacobaccio, Alissandra | Saint Paul HS | 02:01.8 | 08:07.2 |
| 10 | Reda, Fiora | Westdale | 02:01.8 | 08:07.4 |
| 11 | Sommer, Olivia | Sir Winston | 02:04.1 | 08:16.5 |
| 12 | Savas, Yaz | Sir Winston | 02:07.6 | 08:30.4 |
| 13 | Murphy, Natalie | St Marys | 02:08.3 | 08:33.3 |
| 14 | Jeffrey, Sarah | Unaffiliated | 02:08.6 | 08:34.4 |
| 15 | Yousafzai, Schehrezade | Havergal Col. | 02:09.6 | 08:38.3 |
| 16 | Mescal, Hannah | Bishop Tonnos | 02:11.9 | 08:47.8 |
| 17 | Siconolfi, Francesca | St. Francis | 02:15.7 | 09:02.8 |
| 18 | Blais, Gillian | Westdale | 02:15.7 | 09:02.9 |

13 - Senior High School Women

| place | NAME | School/Club | pace | TIME |
|-------|----------------------|----------------------|----------------|----------------|
| 1 | Black, Lucy | Ridley Col. | 01:48.4 | 07:13.6 |
| 2 | Leavens, Emma | E.L. Crossley | 01:49.8 | 07:19.0 |
| 3 | Chmay, Teja | E.L. Crossley | 01:50.9 | 07:23.6 |
| 4 | Oord, Seyene | E.L. Crossley | 01:51.2 | 07:24.9 |
| 5 | Mercuri, Hailey | Grimsby | 01:52.2 | 07:28.7 |
| 6 | Wiley, Alexandra | Holy Cross | 01:52.9 | 07:31.4 |
| 7 | Lazenby, Emma | St Marys | 01:53.5 | 07:34.2 |
| 8 | Zucco, Krista | E.L. Crossley | 01:54.4 | 07:37.4 |
| 9 | Dingman, Alexandra | Thousand Island | 01:55.0 | 07:40.2 |
| 10 | Curtis-Masse, Kora | E.L. Crossley | 01:55.2 | 07:40.6 |
| 11 | Broski, Erin | Ridley Col. | 01:55.9 | 07:43.8 |
| 12 | Thomas, Madison | Welland Cent. | 01:56.0 | 07:44.2 |
| 13 | Caesar, Morven | Unaffiliated | 01:57.0 | 07:47.9 |
| 14 | Veerman, Jenna | E.L. Crossley | 01:57.1 | 07:48.5 |
| 15 | Pritchard, Jamie | Unaffiliated | 01:57.8 | 07:51.0 |
| 16 | Rusin, Emily | St Thomas Aquinius | 01:58.7 | 07:54.8 |
| 17 | Paul, Micah | Eden HS | 01:59.1 | 07:56.4 |

| | | | | |
|----|-------------------------|--------------------|---------|---------|
| 18 | Andersons, Elizabeth | Havergal Col. | 01:59.6 | 07:58.4 |
| 19 | Guy, Olivia | Havergal Col. | 01:59.7 | 07:58.9 |
| 20 | Van Helvert, Grace | Governor Simcoe | 02:00.4 | 08:01.6 |
| 21 | Cyr, Chloe | Westdale | 02:00.9 | 08:03.5 |
| 22 | Whittaker, Rhianne | Unaffiliated | 02:01.1 | 08:04.3 |
| 23 | Elson, Morgan | Notre Dame | 02:01.3 | 08:05.1 |
| 24 | Newsome, Jacqueline | Havergal Col. | 02:01.4 | 08:05.4 |
| 25 | Lawrie, Madison | Grimsby | 02:02.2 | 08:08.7 |
| 26 | Gill, Grace | St. Francis | 02:02.5 | 08:10.2 |
| 27 | Kuder, Caelin | St Marys | 02:03.8 | 08:15.2 |
| 28 | Couroux, Sarah | Welland Centennial | 02:05.7 | 08:22.6 |
| 29 | Stewart, Emma | E.L. Crossley | 02:06.1 | 08:24.4 |
| 30 | Janecek, Alexandra | Sir Winston | 02:06.1 | 08:24.5 |
| 31 | MacClean, Rachel | Governor Simcoe | 02:09.6 | 08:38.5 |
| 32 | Harris, Ashley | Sir Winston | 02:10.4 | 08:41.5 |
| 33 | Diaz L'Hoeste, Tatiana | St. Francis | 02:11.7 | 08:46.9 |
| 34 | Bergie, Rachel | Denis Morris | 02:12.1 | 08:48.5 |
| 35 | Curvelo, Ava | Holy Cross | 02:12.4 | 08:49.6 |
| 36 | Irish, Megan | Grimsby | 02:13.5 | 08:54.0 |
| 37 | Bartel, Kaitlyn | Governor Simcoe | 02:13.9 | 08:55.8 |
| 38 | Westbury, Sydney | Sir Winston | 02:14.6 | 08:58.6 |
| 39 | Matwijow, Karly | Denis Morris | 02:14.8 | 08:59.0 |
| 40 | Thirugnanasampanthar, V | Westdale | 02:28.1 | 09:52.3 |

14 - Senior High School Men

| place | NAME | School/Club | pace | TIME |
|-------|-----------------------|---------------------|----------------|----------------|
| 1 | Krol, Adam | John Fraser | 01:33.0 | 06:12.0 |
| 2 | Biscaro, Nolan | Ridley Col. | 01:35.7 | 06:22.8 |
| 3 | Halkiw, Dane | Upper Canada | 01:36.1 | 06:24.3 |
| 4 | Law, Davey | Welland Cent. | 01:36.8 | 06:27.0 |
| 5 | Pusic, Luka | Upper Canada | 01:37.6 | 06:30.5 |
| 6 | Birnie, Maxwell | Brockville Coll. | 01:39.6 | 06:38.6 |
| 7 | Benner, Liam | Grimsby | 01:39.8 | 06:39.0 |
| 8 | Bowley, Garrett | Ridley Col. | 01:40.6 | 06:42.3 |
| 9 | Lokhonia, Andrew | Unaffiliated | 01:40.9 | 06:43.5 |
| 10 | Caruso, Max | Grimsby | 01:41.4 | 06:45.4 |
| 11 | Laidlaw, Evan | Brockville Coll. | 01:41.8 | 06:47.1 |
| 12 | Barry, Andrew | Governor Simcoe | 01:41.8 | 06:47.3 |
| 13 | Gordon, Thomas | Unaffiliated | 01:42.4 | 06:49.6 |
| 14 | Hunt, Cameron | Notre Dame | 01:43.0 | 06:51.9 |
| 15 | Sim, Tyler | Denis Morris | 01:43.3 | 06:53.3 |
| 16 | Maidens, Erik | Welland Cent. | 01:44.0 | 06:55.9 |
| 17 | Mohammed, Ridley | Ridley Col. | 01:44.2 | 06:56.7 |
| 18 | Mahoney, Thomas | Denis Morris | 01:44.6 | 06:58.4 |
| 19 | Geraghty, Owen | Thousand Islands | 01:44.7 | 06:58.9 |
| 20 | Preiner, Liam \$30. | Denis Morris | 01:44.7 | 06:59.0 |

| | | | | |
|----|---------------------------|------------------|---------|---------|
| 21 | MacPherson, Rory | St Marys | 01:45.8 | 07:03.0 |
| 22 | Young, Hunter | St. Francis | 01:45.9 | 07:03.7 |
| 23 | Ouellet-Rosier, Ethan | Governor Simcoe | 01:45.9 | 07:03.8 |
| 24 | Laliberte, Andrew | Saint Paul HS | 01:46.6 | 07:06.3 |
| 25 | Newbigging, Owen | Kingston CVI | 01:47.3 | 07:09.0 |
| 26 | Wang, Alexander | Sir Winston | 01:47.3 | 07:09.1 |
| 27 | Shickluna-Pierce, William | Governor Simcoe | 01:47.6 | 07:10.4 |
| 28 | Hoffer, Alex | Grimsby | 01:47.7 | 07:11.0 |
| 29 | Schweinbenz, Matthew | Blessed Trinity | 01:47.8 | 07:11.4 |
| 30 | Chapman, Ewan | Sir Winston | 01:48.2 | 07:12.9 |
| 31 | Makson, Dakota | Sir Winston | 01:49.3 | 07:17.1 |
| 32 | Estabrooks, Cameron | Grimsby | 01:50.3 | 07:21.0 |
| 33 | Botsford, Matthew | Westdale | 01:50.4 | 07:21.6 |
| 34 | Rosenthal, Ben | Mercyhurst Prep | 01:50.8 | 07:23.4 |
| 35 | Ellison, Adam | St Marys | 01:50.9 | 07:23.5 |
| 36 | Murphy, Augustus | St Marys | 01:51.0 | 07:24.1 |
| 37 | Clement, Sam | Governor Simcoe | 01:51.5 | 07:26.2 |
| 38 | Bolzon, Jerry | John F. Ross CVI | 01:52.3 | 07:29.3 |
| 39 | DiTomasso, Michael | Blessed Trinity | 01:52.5 | 07:29.9 |
| 40 | Monson, Dylan | Bishop Tonnos | 01:54.5 | 07:38.1 |
| 41 | MacDonald, T.J. | Ridley Col. | 01:55.7 | 07:43.0 |
| 42 | Scetta, Nicholas | St Marys | 01:59.9 | 07:59.6 |

16 / 17 - LTWT / Open Women

| place | NAME | School/Club | pace | TIME |
|-------------|----------------------------|--------------------------|----------------|----------------|
| OPEN | | | | |
| 1 | Massarolo, Isabella | Brock Univ. | 01:50.7 | 07:22.6 |
| 2 | Kozak, Natasha | Univ. of Waterloo | 01:51.0 | 07:23.9 |
| 3 | Maloney, Anna | Brock Univ. | 01:51.8 | 07:27.1 |
| 4 | Cooper, Brittany | Royal Mil. Col. | 01:55.2 | 07:40.8 |
| 5 | Sobolewski, Charlotte | Scullhouse | 01:55.7 | 07:42.9 |
| 6 | Eruysal, Esther | McMaster Univ. | 02:00.4 | 08:01.5 |
| 7 | Santerre, Frederique | Royal Mil. Col. | 02:01.7 | 08:06.8 |
| 8 | Stregger, Emily | Royal Mil. Col. | 02:03.5 | 08:14.1 |
| 9 | Chiodo, Ann Caroline | Univ. of Waterloo | 02:10.4 | 08:41.5 |
| 10 | Murphy, Julia | Univ. of Waterloo | 02:21.6 | 09:26.5 |
| LTWT | | | | |
| 1 | Zanatta, Carly | Brock Univ. | 01:51.0 | 07:23.9 |
| 2 | Isnor, Jordan | Brock Univ. | 01:53.3 | 07:33.0 |
| 3 | Reymolds, Bonnie | Brock Univ. | 01:54.5 | 07:38.0 |
| 4 | McKenzie, Jillian | Scullhouse | 02:05.8 | 08:23.3 |
| 5 | Kirkpatrick, Kimberley | Univ. of Waterloo | 02:08.0 | 08:31.8 |
| 6 | Petch, Kelly | Unaffiliated | 02:09.5 | 08:38.1 |

15 / 18 - LTWT/ Open Men

| place | NAME | School/Club | pace | TIME |
|-------------|----------------|-----------------|---------|---------|
| LTWT | | | | |
| 1 | Martens, Jacob | Brock Univ. | 01:38.2 | 06:32.9 |
| 2 | Keith, Kevin | Island Lake RC | 01:40.0 | 06:39.9 |
| 3 | Clark, Fraser | Royal Mil. Col. | 01:43.8 | 06:55.4 |
| 4 | Kim, Samuel LT | Royal Mil. Col. | 02:00.4 | 08:01.6 |

OPEN

| | | | | |
|----|---------------------|-------------------|---------|---------|
| 1 | Tolba, Mostafa | Unaffiliated | 01:31.4 | 06:05.4 |
| 2 | Hohnsteiin, Eric | Brock Univ. | 01:32.3 | 06:09.3 |
| 3 | Deguara, Deven | Royal Mil. Col. | 01:35.7 | 06:22.8 |
| 4 | Stuart, Sam | Brock Univ. | 01:36.0 | 06:24.1 |
| 5 | Kwinecki, James | Brock Univ. | 01:37.0 | 06:27.9 |
| 6 | Cooke, Liam | Royal Mil. Col. | 01:37.9 | 06:31.6 |
| 7 | Walcott, Daniel | Royal Mil. Col. | 01:41.6 | 06:46.3 |
| 8 | Campbell, Billy | Royal Mil. Col. | 01:41.6 | 06:46.6 |
| 9 | Bresolin, Jacob | McMaster Univ. | 01:41.7 | 06:46.9 |
| 10 | MacPherson, Lewis | Royal Mil. Col. | 01:43.0 | 06:52.2 |
| 11 | Goldney, Will | Royal Mil. Col. | 01:43.9 | 06:55.5 |
| 12 | Kennah, Pete | Unaffiliated | 01:43.9 | 06:55.8 |
| 13 | Mountford, Shamus | Royal Mil. Col. | 01:44.8 | 06:59.0 |
| 14 | Mcgregor, Benn | Univ. of Waterloo | 01:45.3 | 07:01.1 |
| 15 | Macdonald, Ryan | Univ. of Waterloo | 01:45.9 | 07:03.8 |
| 16 | Thomson, Connor | Royal Mil. Col. | 01:46.6 | 07:06.4 |
| 17 | Hollowchuk, Troy | Univ. of Waterloo | 01:47.0 | 07:07.8 |
| 18 | O'Farrell, Ethan | Univ. of Waterloo | 01:47.7 | 07:10.7 |
| 19 | Lajoie, Felix | Royal Mil. Col. | 01:50.2 | 07:20.6 |
| 20 | Wen, Victor | Royal Mil. Col. | 01:50.5 | 07:22.1 |
| 21 | Gagne, Marc-Olivier | Royal Mil. Col. | 01:52.0 | 07:28.1 |
| 22 | Lockie, Ethan | Royal Mil. Col. | 01:52.8 | 07:31.0 |
| 23 | Vickers, Liam | Royal Mil. Col. | 01:54.0 | 07:36.1 |
| 24 | Tammemagi, Martin | Unaffiliated | 02:03.5 | 08:13.9 |