



Athletics Ontario  
Prep Meet #2 Jan 26, 2014  
York University  
(Toronto Track and Field Centre (TTFC))



When Athletics Ontario hosts a “prep meet” or “allcomers meet”, with a few exceptions, the athletes are grouped according to submitted times, rather than by age. This means that the finishing positions, in the results, span a wide range of ages, from elite to beginning athlete. The idea of these meets is to give the athletes a chance to compete against like-ability people and to help the coaches determine what should be the next step in training.

On the weekend, many of the Hamilton Olympic Club athletes discovered that their coaches have been doing a great job and they are positioned fairly in their respective age groupings.

For the throwing events, due to the variance in the weights of the implements, the athletes do compete with their peers. For midget-aged **Christian Janzen**, this meant he was able to throw the 16lb weight. His best result was 19.43m, which not only won the competition for him, but also established a new Ontario record for his age-group. Later, he threw a personal best of 11.84m with the 4kg shot and succeeded in coming in second place. **Savannah Laroche** also had a good day as she heaved the 16lb weight 13.87m, and the 3kg shot, 11.10m

Also running in age related events, **Britanny Stenekes** raced to a second place finish in the 60mHurdles with a personal best time of 9.10sec, while **Monica Binotto** followed at 10.68sec.

**Jenna Smith** had a good day, running a PB in the 200m (26.80sec), then placing third, overall in the 300m (42.13sec). Close to her was **Ryann Johnston** who ran to ninth place with a 44.11sec time. In the 2000m event, **Jasmine Buckridge** had a personal best with her sixth place finish of 7:17.78. **Brittany Stenekes** continued her assault on her personal bests as she claimed third place in the long jump with her 5.23m leap, while **Marissa DuBois**, also getting an indoor PB, took to the air for a 4.78m result.

Youth-aged **Brent Smyth** managed to race to an eighth place finish in the 300m (39.05sec), before establishing a new personal best of 2:07.44 in the 800m.