



2013 OFSAA TRACK RESULTS

Six NOC athletes competed in the OFSAA track and field meet held in Oshawa this past weekend. OFSAA is the largest track meet in North America and it is *extremely* competitive. As our athletes know, even making it to OFSAA is an extremely difficult task and to compete on this level is a testament to the quality and dedication of our athletes. This years OFSAA was *unbelievable* in the talent, as record after record after record fell this year. In a word, it was FAST!!!!

Trent Snyder, competing in his first OFSAA, ran a PB of 11:43 in the midget boys 100m, just missing the final by 0.02 seconds!

Jabari George competed in the senior boys 400m, but unfortunately did not make the final.

Shane Decker and Jabari competed in the senior boys 4 x 100m relay but missed the final by 0.8 seconds.

Gavin Smith competed in the midget boys 1500m and 800m at OFSAA. This was Gavins' first OFSAA and he learned a lot, which he will use in his next 3 OFSAAs. Gavin did not advance to the finals, but he had a PB in a very fast 800m semi final.

Heather Petrick ran a very strategic senior girls 1500m semi to advance to the 1500m final in



which she had a PB of 4:33, placing 6th.

Heather competed the next day in an extremely fast 3000m. She again had a PB of 9:54 placing 6th. This race was unbelievable as 7 girls were under 10 minutes! To put it in perspective how fast this race was: *Heathers' time would have been Gold or Silver in the previous 5 OFSAAs!!!*

Troy Smith advanced to the final in the senior boys 1500m, running a PB of 3:53, placing 4th.

This again was an unbelievable race where Troy literally “left it all on the track” falling at the line and missing 3rd by 0.06 seconds!

The senior boys 3000m was another fantastic race for Troy as he achieved his season goal of going under 8:20, running an impressive 8:18, placing 4th. To again place in perspective how FAST this OFSAA was, our very own NOC alumnus and Olympian Mohammed Ahmed, won the 2009 OFSAA senior boys 3000m in a time of 8:19. You are in very good company Troy.

Congratulations to all of our OFSAA athletes. YOU MADE US PROUD!