

HENRY CARR CAPTURES 10 MEDALS - 5 GOLDS, 2 SILVER, 3 BRONZE
BREAKS 3 MEET RECORDS IN DAY 2 OF TDCAA TRACK & FIELD CHAMPIONSHIPS AT
YORK UNIVERSITY

Tuesday, May 19th, 2009

Henry Carr turned in yet another outstanding performance in Day 2 of the TDCAA Track & Field Championships held at York University today. This youthful high school contingent of primarily Grade 9 & 10 student athletes captured 10 medals - 5 GOLDS, 2 SILVER, 3 BRONZE & BROKE 3 MEET RECORDS in the process!

* Leading the way was KADEEM DOUGLAS, TWO GOLD MEDALS, SR. BOYS LONG & HIGH JUMPS

Named co-winner of Sr. Boys Most Outstanding Athlete of the Meet!!!

* AKUA BARFI, GOLD MEDAL, MIDGET GIRLS 200 METRES

* MIDGET GIRLS 4 X 100 METRES RELAY TEAM

MELISSA BOADU, STEPHANIE KINWANI, ASHLEY APPIAH, AKUA BARFI
GOLD MEDAL & NEW MEET RECORD!

* JUNIOR GIRLS 4 X 100 METRES RELAY TEAM

ANJELICA RICHARDS, STEPHANIE AIDOO, CHANTEL BENJAMIN-KING, EVA AMO-MENSAH
GOLD MEDAL & NEW MEET RECORD!

* JUNIOR BOYS 4 X 100 METRES RELAY TEAM

JELANIE GRANT, DWIGHT SYLVESTER, BAYO ORIOLA, BRYAN ADDO
SILVER MEDAL (dead heat, nipped at the wire by JP2, identical times, both schools broke meet record!)

* STEPHANIE AIDOO, SILVER MEDAL, JUNIOR GIRLS 200 METRES

* EVA AMO-MENSAH, BRONZE MEDAL, JUNIOR GIRLS 200 METRES

* BRYAN ADDO, BRONZE MEDAL, JUNIOR BOYS 200 METRES

* OPEN GIRLS 4 X 400 METRES RELAY TEAM

STEPHANIE KINWANI, STEPHANIE AIDOO, TIOSHA GUNNIS, EVA AMO-MENSAH
BRONZE MEDAL

* OVER THE TWO DAY TDCAA CHAMPIONSHIP EVENT, HENRY CARR WON A TOTAL OF 17 MEDALS -

6 GOLDS, 6 SILVER & 5 BRONZE - A SIMPLY OUTSTANDING PERFORMANCE!!!

21 Henry Carr athletes have now qualified to represent the TDCAA at the METRO CHAMPIONSHIPS next Monday & Tuesday, May 25-26 at the University of Toronto's Varsity Centre.