

**HENRY CARR CAPTURES 5 MEDALS - 3 GOLDS, 1 SILVER, 1 BRONZE, 1 MEET RECORD
IN DAY ONE OF METRO & REGIONAL TRACK & FIELD CHAMPIONSHIPS AT THE
UNIVERSITY OF TORONTO'S VARSITY CENTRE**

May 25th, 2009

Henry Carr continued its winning ways with some very impressive performances today at the METRO & REGIONAL TRACK & FIELD CHAMPIONSHIPS taking place at the University of Toronto's Varsity Stadium. Competing against the very best individuals and relay teams from the Metropolitan Toronto's private, public and Catholic schools, Carr turned in several superb efforts, specifically speaking:

*** Kadeem Douglas**

Gold Medal - Sr. Boys High Jump – Thrilled the crowd with his tremendous jumping ability!

*** Melissa Boadu, Stephanie Kinwani, Ashely Appiah, Akua Barfi**

Gold Medal - Midget Girls 4 X 100 Metres Relay – 9th Consecutive meet victory! – Tied meet record

*** Anjelica Richards, Syephanie Aidoo, Chantel Benjamin-King, Eva Amo-Mensah**

Gold Medal - New Meet Record - Provincial Best - Junior Girls 4 X 100 Metres Relay

*** Jelanie Grant, Dwight Sylvester, Bayo Oriola, Bryan Addo**

Silver Medal - Junior Boys 4 X 100 Metres Relay - Nipped at wire by Pope John Paul II

*** Bryan Addo**

Bronze Medal - Junior Boys 100 Metres – Exciting sprinter is always in medal contention