

# Zrymiak sprints to personal best

SUDBURY — Laura Zrymiak and her North Dundas District High School Devils' Track teammates capped an extremely rewarding season here at the 1990 All-Ontario championships (OFSSAA) over the weekend.

Zrymiak, a Grade 10 student and resident of Hallville, recorded a personal best time of 12:79 seconds here to finish sixth best in Ontario in the running of the midget girl's 100m sprint final.

It was Zrymiak's second crack at making the final eight here at the All-Ontarios. Her first attempt last spring fell short as she failed to make the final run.

Her coach, Hugh Conlin, predicted his star sprinter would be in that final this year. Zrymiak didn't disappoint.

"She did very well to make the final. The competition was very stiff," explained Conlin.

"Actually Laura led, was second and then third over the first 80m. Maybe lack of experience cost her a bit over the final 20ms," he continued.

Zrymiak's 12.79 compared to a winning clocking of around 12.40, which the coach felt was very competitive.

Zrymiak also qualified for the 200m here but finished fourth in her heat and failed to qualify for the final in that event.

Devils' head coach, Hugh Conlin, said the school enjoyed an incredible day.

"We sent 80 to SD&G and half, 40, have qualified for EOSSAA," he explained.

He said in his over 20 years of coaching at North Dundas this year's SD&G Meet was probably the biggest success.

"We had 18 first place finishes. Laura (Zrymiak), Matt (Gordon) and Stacey (Berry) were individual champions. Our 562 points was the highest ever and we very nearly beat the top "AA" school, La Citadelle," he continued.

Midget division runners Laura Zrymiak and Matt Gordon, along with Senior Stacey Berry each won three events and were named Best Individual Athletes in their respective age categories.

Two Devils also entered their names in the SD&G record book.

Laura Zrymiak won the Midget girls' 400m in record time of 1:03.95.

NDDHS' athletes earned 562 points for their school. That total was good enough to give the Maple Ridge institution the SD&G Overall "A" School championship trophy.

The Devils finished second to "AA" School Champion La Citadelle. The Patriotes were 44 points better on the day piling up 606 points.

North Dundas was second at 562, 159 points up on third ranked Glengarry whose Gaels collected 403 points.

North Dundas also received championship silverware for having the best Midget Boys' Team (116 pts) and the Best Midget Girls' Team (147 pts).



**Two more**  
Laura Zrymiak added two more gold medals to her collection.

### INDIVIDUAL AWARDS

- Best Individual Senior Boy, Alain Charbonneau, SLHS
- Best Individual Senior Girl, Stacey Barry, Laura Lang, Laurie MacDonald
- Best Individual Junior Boy . . . . . Kent Gallinger, CCVS
- Best Individual Junior Girl . . . . . Lori Dupuis, GVSS
- Best Individual Midget Boy . . . . . Matt Gordon, NDDHS
- Best Individual Midget Girl . . . . . Laura Zrymiak, NDDHS

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# Zrymiak, race to provincials

North Dundas' Laura Zrymiak posted the second best time at Friday's Eastern Regional Track and Field Championship

Meet. Zrymiak will try to lower her 12.76 mark in the junior girls 100m sprint at the All-Ontario meet in Sudbury.



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