BASKETBALL FREE THROW REGIONAL CHAIRMEN & DISTRICTS LES PRÉSIDENTS RÉGIONAUX & LES DISTRICTS DU LANCER-LIBRE DE BASKETBALL					
Region	Area	Districts	Regional Chairman	Address	Contact
1	Windsor & Chatham	10, 21, 23, 39, 51, 76, 88	Ken Bosse Dan Pergolesi	910 Talbot Rd. East Wheatley, N0P 2P0 10792 Winslow Rd. Windsor, N8R 1C5	(519) 566-9968 skkenkc@hotmail.com (519) 735-6253 dan.pergolesi@gmail.com
2	Southern Half of Golden Horseshoe & Owen Sound	6, 7, 11, 28(15738), 26, 35, 55 60, 62, 67, 69, 80, 83, 100, 109	Gregory Lougheed	1629 Sandusk Rd. Jarvis, N0A 1J0	(519) 718-3649 dd100@ontariokofc.ca
3	East GTA	5, 36, 63, 70, 77, 87, 90, 94, 95, 97, 107, 108	Eardley Adams	15 Waterwheel Street Markham, L3P 6M5	(905) 554-1997 eardley.adams@ymail.com
4	North & West GTA, Simcoe, Perry Sound & Muskoka	19, 24, 27, 33, 43, 50, 53, 86, 91, 96, 99, 102, 103, 106, 110	Ron Frank	140 Meadowvale Court Bolton, L7E 3H3	(416) 602-0796 frank_6@sympatico.ca
5	Sault Ste. Marie, Sudbury, North Bay	13, 25, 41, (47), (74)	Dennis Tomini	PO Box 1024 - 35A Diorite Street Copper Cliff, P0M 1N0	(705) 920-9097 dennistomini@gmail.com
6	Timmins & Surrounding Area Thunder Bay & Northern Lake Superior Area	(12), (52), (71) 14, 46	Vacant Vacant		
7	Greater Ottawa, Pembroke, Perth, Carleton Place, Kemptville	1, 2, (17), 30, 31, 42, 44, (54), 66, 79, (85), 92, 98, 101, 104	Mark McAvoy	45 Eastpark Dr. Ottawa, K1B 3Z6	(613) 830-3032 markmcavoy@bell.net
8	London & Sarnia	9, 22, 28, 49, 61, 72, 84	Stephen Blankenship	108 Sydenham St. Aylmer, N5H 1M7	519-702-5900 sblanky001@gmail.com
9	Brockville, Cornwall, Kingston	20, 32, 58, (75), 93	Renald Bombardier	337 Andre Ave. Cornwall, K6J 3A2	(613) 362-0972 renaldbombardier@hotmail.com
10	Belleville, Peterborough	3, 4, 29, 48, 73, 82	Kevin Heffernan Terry O'Keefe	1401 White Cres. Peterborough, K9K 2L5	(647) 775-5448, (705) 930-3848 kheffernan71@gmail.com (705) 927-1204 tok@nexicom.net