

2012 Canadian Track & Field Championships - 27/06/2012 to 30/06/2012  
 Championnats canadiens d'athlétisme 2012  
 Foothills Athletic Park, Calgary, AB  
 Results

Girls 100 Meter High School Invite

Name	Year Team	Finals	Wind
Finals			
1 Ellenwood, Georgia	95 Langley Must	12.29	3.1
2 Lehner, Katelyn	95 St Marys	12.50	3.1
3 Hughes, Sarah	94 Caltaf Athle	12.62	3.1
4 Owens, Katie	95 U OF C Athle	12.82	3.1
5 Wilson Bodnar, Emily	96 Caltaf Athle	12.95	3.1
6 Morris, Krista	95 U OF C Athle	13.45	3.1

Girls 400 Meter High School Invite

Name	Year Team	Finals
1 Hirst, Ellie	94 Caltaf Athle	57.68
2 Campbell, Katie	95 Caltaf Athle	59.91
3 Krill, Sydney	95 Calgary Warr	1:00.16
4 Galey, Jasmine	95 Caltaf Athle	1:02.11

Girls 1500 Meter Run High School Invite

Name	Year Team	Finals
1 Devolin, Alanna	94 U OF C Athle	5:02.15
2 Ceyhan, Gillian	96 Caltaf Athle	5:03.69
3 Zarnke, Sasha	95 U OF C Athle	5:04.28
4 Banister, Sydney	95 Calgary Warr	5:06.21
5 Fischer, Sinclair	96 Calgary Warr	5:09.49
6 Dirk, Ariana	94 U OF C Athle	5:09.54
7 Girgulis, Katie	95 U OF C Athle	5:18.73
8 Morris, Krista	95 U OF C Athle	5:29.22

Girls 4x100 Meter Relay High School Invite

Team	Finals
1 Wesmount Charter 'A'	55.06
2 Foundations for the Future 'A'	55.13
3 Colonel Irvine 'A'	55.71
4 Glenmore Christian Academy 'A'	56.31
5 St. Jean Brebeuf 'A'	57.20
6 St. Alphonsus Fine Arts School 'A'	1:07.22
-- West Island College 'A'	DNF

Girls High Jump High School Invite

Name	Year Team	Finals
1 Kolodinsky, Jamie	95 U OF C Athle	1.65m
1.45 1.50 1.55 1.60 1.65 1.65		
o o o o o o		
2 Ellenwood, Georgia	95 Langley Must	1.60m
1.45 1.50 1.55 1.60 1.65 1.65		
P P o o X X		
3 Lehner, Katelyn	95 St Marys	1.50m
1.45 1.50 1.55		
o o XXX		

Girls Shot Put 4 kg High School Invite

Name	Year Team	Finals
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1	Langley, Jodi	94	U OF C Athle	11.26m
	9.99m 10.31m 10.10m 11.16m FOUL 11.26m			
2	Ellenwood, Georgia	95	Langley Must	9.82m
	9.41m 9.55m 9.48m 9.79m 9.82m 9.41m			
3	Svensson, Siri	96	Caltaf Athle	9.73m
	9.05m 9.41m 9.41m 9.65m 9.73m 9.35m			
4	Jampen, Alexandra	94	Chestermere	7.97m
	7.21m 7.97m 6.48m 7.18m 7.05m 6.91m			

Women 100 Meter T12+35-38+44

Name	Year	Team	Finals	Wind
1 Rennebohm (T/F12), Jacqu	89	St. Thomas L	14.35	1.0
2 *nakanishi (T/F44), Maya	93	Japan	14.53	1.0
3 Burt (T38), Cindy	60	Durham Drago	15.56	1.0
4 Muscat (T/F37), Megan	85	Windsor Legi	15.57	1.0
5 McLachlan (T35), Virgini	92	Windsor Legi	16.59	1.0
6 Beauchesne (T42), Chanta	84	Ottawa Lions	20.48	1.0

Women 100 Meter T34+51-54

Name	Year	Team	Finals	Wind
1 Frie (T54), Keira-Lyn	87	Cyclones Roa	17.08	0.7
1 *lewis (T53), Jessica	93	Bermuda	18.51	0.7
1 Stilwell (T52), Michelle	74	WC Race Seri	19.32	0.7
1 Burrows (T34), Rachael	82	Ottawa Lions	21.62	0.7
1 Richter (T51), Becky	82	Cyclones Roa	31.53	0.7
2 White (T53), Sarah	95	Saint Lauren	19.76	0.7
2 Diallo (T34), Djami	85	WC Race Seri	26.73	0.7

Women 200 Meter T12+35-38+42

Name	Year	Team	Finals	Wind
1 Rennebohm (T/F12), Jacqu	89	St. Thomas L	30.60	-1.8
2 Robinson (T37), Leah	93	Ottawa Lions	32.25	-1.8
3 Muscat (T/F37), Megan	85	Windsor Legi	33.33	-1.8
4 Burt (T38), Cindy	60	Durham Drago	33.97	-1.8
5 McLachlan (T35), Virgini	92	Windsor Legi	35.70	-1.8
6 Beauchesne (T42), Chanta	84	Ottawa Lions	45.48	-1.8

Women 200 Meter T34+51-54

Name	Year	Team	Finals	Wind
1 Frie (T54), Keira-Lyn	87	Cyclones Roa	31.84	+0.0
1 *lewis (T53), Jessica	93	Bermuda	35.29	+0.0
1 Stilwell (T52), Michelle	74	WC Race Seri	35.42	+0.0
1 Burrows (T34), Rachael	82	Ottawa Lions	40.88	+0.0
1 Richter (T51), Becky	82	Cyclones Roa	1:03.86	+0.0
2 White (T53), Sarah	95	Saint Lauren	36.96	+0.0
2 Diallo (T34), Djami	85	WC Race Seri	48.78	+0.0

Women 400 Meter T12 + 37

Name	Year	Team	Finals
1 Klawitter (T12), Noella	77	Ottawa Lions	1:05.36
1 Robinson (T37), Leah	93	Ottawa Lions	1:13.39

Women 400 Meter T52-54

Name	Year	Team	Finals
1 Roy (T54), Diane	71	Sherbrooke	58.08
2 Frie (T54), Keira-Lyn	87	Cyclones Roa	59.47
3 *lewis (T53), Jessica	93	Bermuda	1:06.12
4 White (T53), Sarah	95	Saint Lauren	1:10.69

Women 800 Meter Run T53-54

Name	Year Team	Finals
1 Roy (T54), Diane	71 Sherbrooke	2:04.79
1 White (T53), Sarah	95 Saint Lauren	2:23.11
2 Frie (T54), Keira-Lyn	87 Cyclones Roa	2:05.02

Women 1500 Meter Run T54

Name	Year Team	Finals
1 Roy (T54), Diane	71 Sherbrooke	3:58.73
2 Frie (T54), Keira-Lyn	87 Cyclones Roa	3:58.93

Women 1500 Meter Run T12

Name	Year Team	Finals
1 Klawitter (T12), Noella	77 Ottawa Lions	5:53.10

Women 5000 Meter Run T54

Name	Year Team	Finals	
1 Roy (T54), Diane	71 Sherbrooke	13:45.05	13:45.041
2 Frie (T54), Keira-Lyn	87 Cyclones Roa	13:45.05	13:45.045

Women Long Jump F37 + 44

Name	Year Team	Finals	Wind
1 *nakanishi (T/F44), Maya	93 Japan	4.61m	0.7
FOUL	4.28m(5.7) 4.30m(3.5) 4.61m(0.7)	FOUL	4.56m(2.2)
2 Muscat (T/F37), Megan	85 Windsor Legi	2.96m	1.0
2.19m(6.5) FOUL	2.67m(5.0) 2.32m(7.2) 2.96m(1.0)	FOUL	

Women Shot Put F52+57

Name	Year Team	Finals
1 Yan (F57), Amanda	88 WC Race Seri	5.34m
5.02m 4.64m 5.05m 4.99m 5.31m 5.34m		
2 Sandoval Gustafson (, Ma	50 Cruisers Spo	4.06m
3.79m 4.06m 3.76m 3.87m 3.97m 3.75m		

Women Shot Put F12 + 38

Name	Year Team	Finals
1 Foessel (F38), Renee	95 Cruisers Spo	9.46m
9.06m 9.08m 8.88m FOUL 9.46m 8.82m		
2 Rennebohm (T/F12), Jacqu	89 St. Thomas L	J6.79m
5.66m 6.48m 6.58m 5.97m 6.79m 6.42m		

Women Discus Throw F38

Name	Year Team	Finals
1 Foessel (F38), Renee	95 Cruisers Spo	28.27m
27.67m 27.57m FOUL 26.87m 28.27m 27.70m		

Women Discus Throw F52

Name	Year Team	Finals
1 Sandoval Gustafson (, Ma	50 Cruisers Spo	10.45m
9.25m 10.03m 10.45m FOUL 9.44m FOUL		

Women Javelin Throw F13 + 38

Name	Year Team	Finals
1 Foessel (F38), Renee	95 Cruisers Spo	23.48m
	23.48m 21.42m 21.66m 22.40m 23.44m 20.98m	
2 Knight (F13), Courtney	76 Kajaks Track	22.96m
	21.41m 20.39m 21.92m 22.96m FOUL FOUL	

Heptathlon: #4 Women 200 Meter Heptathlon

Name	Year Team	Finals	Wind	H#	Points
1 Zelinka, Jessica	81 NIKE	23.42	2.1	2	1037
2 Theisen, Brianne	88 Unattach SK	24.11	2.1	2	970
3 Cotten, Jennifer	87 London Weste	24.72	2.1	2	913
4 Delisle, Pascale	87 Sherbrooke	25.11	2.1	2	877
5 McIntosh, Rachael	91 Bluenose Ath	25.60	2.1	2	833
6 Bohachewski, Kelsey	92 Excel Athlet	26.04	2.1	2	794
7 Carriere, Leanna	85 Unattached A	26.35	2.3	1	767
8 Cap, Tamara	89 Saint Lauren	26.43	2.3	1	760
9 Krech, Michele	86 Ottawa Lions	26.52	2.3	1	752
10 Irwin, Paige	88 Edmonton Int	26.75	2.3	1	733
11 Coltman, Susan	81 Unattached	26.78	2.1	2	730
12 Baert, Mackenzie	88 Edmonton Int	27.80	2.3	1	647
13 Dobransky, Johanna	91 Ottawa Lions	28.59	2.3	1	585

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year Team	Finals	Points
1 Zelinka, Jessica	81 NIKE	2:08.95	980
2 Cotten, Jennifer	87 London Weste	2:10.22	961
3 McIntosh, Rachael	91 Bluenose Ath	2:13.81	910
4 Theisen, Brianne	88 Unattach SK	2:16.07	878
5 Krech, Michele	86 Ottawa Lions	2:20.56	816
6 Delisle, Pascale	87 Sherbrooke	2:25.36	752
7 Dobransky, Johanna	91 Ottawa Lions	2:30.15	691
8 Carriere, Leanna	85 Unattached A	2:32.92	657
9 Baert, Mackenzie	88 Edmonton Int	2:33.72	647
10 Coltman, Susan	81 Unattached	2:33.94	644
11 Cap, Tamara	89 Saint Lauren	2:35.57	625
12 Irwin, Paige	88 Edmonton Int	2:35.71	623

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year Team	Finals	Wind	H#	Points
1 Zelinka, Jessica	81 NIKE	12.76	-0.6	2	1161
2 Theisen, Brianne	88 Unattach SK	13.09	-0.6	2	1111
3 Cotten, Jennifer	87 London Weste	13.69	-0.6	2	1023
4 Coltman, Susan	81 Unattached	14.20	-0.6	2	950
5 McIntosh, Rachael	91 Bluenose Ath	14.22	-0.6	2	947
6 Delisle, Pascale	87 Sherbrooke	14.35	-0.6	2	929
7 Cap, Tamara	89 Saint Lauren	14.74	-0.6	2	876
8 Bohachewski, Kelsey	92 Excel Athlet	15.13	0.7	1	825
9 Baert, Mackenzie	88 Edmonton Int	15.17	0.7	1	819
10 Valois, Chelsea	87 Excel Athlet	15.21	-0.6	2	814
11 Krech, Michele	86 Ottawa Lions	15.38	0.7	1	792
12 Carriere, Leanna	85 Unattached A	15.81	0.7	1	738
13 Dobransky, Johanna	91 Ottawa Lions	15.95	0.7	1	720
14 Irwin, Paige	88 Edmonton Int	15.97	0.7	1	718

Heptathlon: #2 Women High Jump Heptathlon

Name	Year Team	Finals	Points
1 Theisen, Brianne	88 Unattach SK	1.83m	1016
	1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83		
	PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O O O		

2	Zelinka, Jessica	81 NIKE	1.77m	941
	1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80			
	PPP PPP PPP PPP PPP PPP PPP O O O O XO XXX			
3	Cap, Tamara	89 Saint Lauren	1.65m	795
	1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68			
	PPP PPP PPP PPP O O XO XO XXX			
3	Cotten, Jennifer	87 London Weste	1.65m	795
	1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68			
	PPP PPP PPP PPP O O XXO O XXX			
5	Irwin, Paige	88 Edmonton Int	1.62m	759
	1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65			
	O PPP XO PPP O PPP XO XXX			
5	Baert, Mackenzie	88 Edmonton Int	1.62m	759
	1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65			
	XO P O O XO XXO O XXX			
5	Coltman, Susan	81 Unattached	1.62m	759
	1.56 1.59 1.62 1.65			
	O XO XO XXX			
5	McIntosh, Rachael	91 Bluenose Ath	1.62m	759
	1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65			
	PPP PPP PPP PPP PPP O O XXX			
9	Carriere, Leanna	85 Unattached A	1.59m	724
	1.47 1.50 1.53 1.56 1.59 1.62			
	O O O XO O XXX			
10	Valois, Chelsea	87 Excel Athlet	1.56m	689
	1.44 1.47 1.50 1.53 1.56 1.59 1.62			
	PPP PPP PPP PPP XO PPP XXX			
10	Delisle, Pascale	87 Sherbrooke	1.56m	689
	1.50 1.53 1.56 1.59			
	O O O XXX			
10	Krech, Michele	86 Ottawa Lions	1.56m	689
	1.47 1.50 1.53 1.56 1.59			
	O XO O O XXX			
13	Dobransky, Johanna	91 Ottawa Lions	1.53m	655
	1.50 1.53 1.56			
	O O XXX			
14	Bohachewski, Kelsey	92 Excel Athlet	1.44m	555
	1.32 1.35 1.38 1.41 1.44 1.47			
	O O O O O XXX			

Heptathlon: #5 Women Long Jump Heptathlon

Name	Year Team	Finals	Wind	Points
1 Cotten, Jennifer	87 London Weste	6.34m	3.5	956
	6.18m(2.6) 6.10m(2.1) 6.34m(3.5)			
2 Theisen, Brianne	88 Unattach SK	6.32m	1.7	949
	6.32m(1.7) PASS PASS			
3 Zelinka, Jessica	81 NIKE	5.98m	2.9	843
	5.69m(2.6) 5.98m(2.9) 5.74m(1.5)			
4 Delisle, Pascale	87 Sherbrooke	5.85m	2.9	804
	5.21m(2.8) 5.85m(2.9) 5.68m(1.9)			
5 Coltman, Susan	81 Unattached	5.84m	1.8	801
	FOUL FOUL 5.84m(1.8)			
6 McIntosh, Rachael	91 Bluenose Ath	5.65m	3.0	744
	FOUL FOUL 5.65m(3.0)			
7 Cap, Tamara	89 Saint Lauren	5.56m	3.0	717
	5.30m(1.2) 5.24m(2.0) 5.56m(3.0)			
8 Irwin, Paige	88 Edmonton Int	5.51m	1.8	703
	FOUL 5.51m(1.8) 5.31m(2.3)			
9 Carriere, Leanna	85 Unattached A	5.50m	1.9	700
	5.33m(1.3) 5.50m(1.9) 5.11m(1.6)			
10 Baert, Mackenzie	88 Edmonton Int	5.17m	1.0	606
	FOUL FOUL 5.17m(1.0)			
11 Krech, Michele	86 Ottawa Lions	5.10m	1.7	587
	5.10m(1.7) 4.78m(2.3) 4.70m(2.5)			
12 Dobransky, Johanna	91 Ottawa Lions	4.88m	2.4	527
	4.88m(2.4) 4.76m(2.1) 4.85m(1.2)			
13 Bohachewski, Kelsey	92 Excel Athlet	4.80m	1.7	506
	4.80m(1.7) 4.42m(1.8) FOUL			

Heptathlon: #3 Women Shot Put Heptathlon

Name	Year Team	Finals	Points
1 Zelinka, Jessica 14.74m 14.28m 14.17m	81 NIKE	14.74m	843
2 Theisen, Brianne 13.21m PASS PASS	88 Unattach SK	13.21m	741
3 Coltman, Susan 12.54m FOUL 12.01m	81 Unattached	12.54m	697
4 McIntosh, Rachael 11.92m FOUL 11.99m	91 Bluenose Ath	11.99m	660
5 Cotten, Jennifer 11.29m 10.70m 11.53m	87 London Weste	11.53m	630
6 Bohachewski, Kelsey 10.75m 10.62m 10.51m	92 Excel Athlet	10.75m	579
7 Delisle, Pascale 10.29m 9.83m 10.72m	87 Sherbrooke	10.72m	577
8 Cap, Tamara 10.41m 9.72m 10.53m	89 Saint Lauren	10.53m	564
9 Krech, Michele FOUL 10.47m 9.53m	86 Ottawa Lions	10.47m	560
10 Carriere, Leanna 9.46m 9.65m 10.30m	85 Unattached A	10.30m	549
11 Baert, Mackenzie 10.05m 9.94m 9.68m	88 Edmonton Int	10.05m	533
12 Dobransky, Johanna 8.71m 9.04m 8.79m	91 Ottawa Lions	9.04m	467
13 Irwin, Paige 8.72m 8.31m 8.31m	88 Edmonton Int	8.72m	446

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year Team	Finals	Points
1 Zelinka, Jessica 41.64m 40.30m 46.60m	81 NIKE	46.60m	794
2 Theisen, Brianne 43.14m FOUL PASS	88 Unattach SK	43.14m	728
3 Coltman, Susan 35.76m 35.29m 38.59m	81 Unattached	38.59m	640
4 McIntosh, Rachael 33.86m 37.74m 35.01m	91 Bluenose Ath	37.74m	624
5 Carriere, Leanna 32.82m 31.82m 29.91m	85 Unattached A	32.82m	530
6 Cotten, Jennifer 32.00m FOUL 30.05m	87 London Weste	32.00m	515
7 Cap, Tamara 30.66m 29.48m 28.64m	89 Saint Lauren	30.66m	489
8 Baert, Mackenzie FOUL 25.12m 28.65m	88 Edmonton Int	28.65m	451
9 Krech, Michele 26.39m 27.44m 27.78m	86 Ottawa Lions	27.78m	435
10 Bohachewski, Kelsey 25.63m 26.40m PASS	92 Excel Athlet	26.40m	409
11 Delisle, Pascale FOUL FOUL 24.80m	87 Sherbrooke	24.80m	379
12 Dobransky, Johanna 20.97m 20.20m 17.91m	91 Ottawa Lions	20.97m	307
13 Irwin, Paige 16.91m FOUL 17.27m	88 Edmonton Int	17.27m	238

Women Heptathlon

Name	Year Team	Finals
1 Zelinka, Jessica	81 NIKE	6599
2 Theisen, Brianne	88 Unattach SK	6393
3 Cotten, Jennifer	87 London Weste	5793

4 McIntosh, Rachael	91 Bluenose Ath	5477
5 Coltman, Susan	81 Unattached	5221
6 Delisle, Pascale	87 Sherbrooke	5007
7 Cap, Tamara	89 Saint Lauren	4826
8 Carriere, Leanna	85 Unattached A	4665
9 Krech, Michele	86 Ottawa Lions	4631
10 Baert, Mackenzie	88 Edmonton Int	4462
11 Irwin, Paige	88 Edmonton Int	4220
12 Dobransky, Johanna	91 Ottawa Lions	3952

Women 10000 Meter Race Walk Junior

Name	Year Team	Finals
1 Ramage, Katelynn	93 BC Athletics	56:48.5h
2 Voyer, Anne	93 Mille Pays D	1:01:47.3h

Women 100 Meter Qualifer

Top 7 times advance						
Name	Year Team	Finals	Wind	H#		
1 Thomson, Brenna	91 U OF C Athle	11.82	1.7	2	Q	
2 Zimmer, Jenn	89 U OF C Athle	11.92	1.7	2	Q	
3 Rintoul, Jenny	90 Edmonton Col	11.94	1.7	2	Q	
4 Miller, Lacey	92 U OF C Athle	12.19	1.7	2	Q	
5 Ntiamoah, Amanda	92 Edmonton Col	12.36	1.7	2	Q	12.355
6 Ruller, Amanda	88 Excel Athlet	12.36	1.7	2	Q	12.360
7 Van Der Marel, Lacey	87 Unattached	12.59	1.4	1	Q	
8 Tran, Sophie	90 Unattached B	12.73	1.4	1		
9 Rheault, Élo?se	90 Sherbrooke	12.74	1.7	2		
10 Douglas, Danielle	90 Unattached B	13.06	1.4	1		
11 Lotholz, Melissa	92 Capital City	13.38	1.7	2		

Women 200 Meter Qualifer

Top 3 times advance						
Name	Year Team	Finals	Wind	H#		
1 Thomson, Brenna	91 U OF C Athle	25.17	-2.8	2	Q	
2 Zimmer, Jenn	89 U OF C Athle	25.30	-2.8	2	Q	
3 Delage, Danielle Y.	93 Pacific Athl	25.58	-2.8	2	Q	
4 Miller, Lacey	92 U OF C Athle	25.85	-2.8	2		
5 Ntiamoah, Amanda	92 Edmonton Col	26.25	-2.8	2		
6 Tran, Sophie	90 Unattached B	26.41	-2.5	1		
7 Ruller, Amanda	88 Excel Athlet	26.44	-2.8	2		
8 Adjei, Zelda	91 Perfmex-Raci	26.63	-2.5	1		
9 Douglas, Danielle	90 Unattached B	26.83	-2.5	1		

Women 400 Meter Qualifer

Top 2 times advance				
Name	Year Team	Finals		
1 Maxfield, Heather	92 Lakehead Run	57.49	Q	
2 Adjei, Zelda	91 Perfmex-Raci	1:00.34	Q	
3 Barlow, Nikki	90 Caltaf Athle	1:03.24		

Women 800 Meter Run Qualifer

Top 4 times advance				
Name	Year Team	Finals		
1 Katz, Sarah	78 Greater Toro	2:12.68	Q	
2 Kurpe, Heather	90 Runners Edge	2:14.08	Q	
3 Charles, Elecktra	92 Riversdale A	2:14.26	Q	
4 McInnis, Shauna K.	92 U of Victoria	2:14.47	Q	
5 Malleck, Julia	87 U of Toronto T.C	2:15.12		
6 Naroski, Tess	89 Lakehead Run	2:17.59		
7 Kanuka, Gloria	91 Caltaf Athle	2:18.21		

8 Sim, Heather	85 Caltaf Athle	2:19.23
9 Balbosa, Chelsea	92 Unattached B	2:21.31
10 Degaust, Hayley	90 Edmonton Thu	2:24.65

Women 1500 Meter Run Qualifer

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Top 5 times advance

Name	Year Team	Finals
1 Roy, Joanie	91 LE Coureur N	4:41.58 Q
2 Hughes, Mélanie	90 Saint Lauren	4:41.98 Q
3 Therrien, Brittany R.	90 U of Victoria	4:42.01 Q
4 Hennessy, Colleen	92 U of Toronto T.C	4:42.21 Q
5 MacDonald, Madeline	90 U OF C Athle	4:42.61 Q
6 Van Vliet, Jenna	92 U OF C Athle	4:43.08 Q
7 Souter, Jennifer	84 Queen City S	4:44.94
8 Brochu, Sarah-Michelle	92 Club Athleti	4:48.59
9 Soderberg, Alana	90 Edmonton Thu	4:52.70
10 Naroski, Tess	89 Lakehead Run	4:55.84
-- Boyle, Shari	73 Calgary Inte	DNF

Women 100 Meter Hurdles Qualifer

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Top 2 times advance

Name	Year Team	Finals	Wind
1 Warren, Hayley	91 U of Toronto T.C	14.13	1.4 Q
2 Delisle, Pascale	87 Sherbrooke	14.21	1.4 Q
3 Kowalchuk, Shaylyn	91 Excel Athlet	14.62	1.4
4 Wilkes, Courtney	89 Voleo Athlet	14.64	1.4
5 Breland, Melissa	89 U OF C Athle	14.68	1.4
6 Hrycun, Alexa	94 Edmonton Har	14.83	1.4
7 Hazen, Melissa	94 Caltaf Athle	15.13	1.4

Women High Jump Qualifer

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Start - 1.49 by 3's

Top 4 advance

Name	Year Team	Finals
1 Lefebvre-Oatis, Mikella	98 Vainqueurs P	1.67m Q
1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70		
OPP PPO O XO XO O XO XXX		
1 Dugas, Katerine	88 Corsaire Cha	1.67m Q
1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70		
O PPP PO O O XXO XO XXX		
3 Sigurdson, Haley	86 Winnipeg Opt	1.58m Q
1.49 1.52 1.55 1.58 1.61		
OPP PO O XXO XXX		

Women Pole Vault Qualifer

=====

Start 3.20 by 10's to 3.80 then by 5's

Top 5 advance

Name	Year Team	Finals
1 Bergevin, Lindsey	89 Edmonton Int	3.60m Q
3.20 3.30 3.40 3.50 3.60		
PPP PPP PPP PPP O		
1 Stephenson, Kimberly	91 U OF C Athle	3.60m Q
3.20 3.30 3.40 3.50 3.60		
PPP PPP PPP PPP O		
1 Kupper, Sue	84 Edmonton Int	3.60m Q
3.20 3.30 3.40 3.50 3.60		
PPP PPP PPP PPP O		
4 Webster, Robyn	88 Unattached A	J3.60m Q
3.20 3.30 3.40 3.50 3.60		
PPP PPP PPP XXO O		
5 Hill, Teresa	87 Riversdale A	J3.60m Q
3.20 3.30 3.40 3.50 3.60		

	PPP	PPP	PPP	O	XO				
6	Mintz, Rachel					79	Edmonton Int	3.50m	Q
	3.20	3.30	3.40	3.50	3.60				
	PPP	O	PPP	O	XXX				
7	Erickson, Courtney					93	Riversdale A	J3.50m	
	3.20	3.30	3.40	3.50	3.60				
	PPP	PPP	PPP	XO	XXX				
8	Ridout, Paige					92	U OF C Athle	J3.50m	
	3.20	3.30	3.40	3.50	3.60				
	PPP	PPP	PPP	XXO	XXX				
9	Schneider, Lindy					83	U OF C Athle	3.40m	
	3.20	3.30	3.40	3.50					
	PPP	PPP	O	XXX					
10	Le Roux, Mignon					93	Riversdale A	J3.40m	
	3.20	3.30	3.40	3.50					
	O	O	XO	XXX					
--	Allegro, Samantha					94	Winnipeg Opt		NH
	3.20	3.30							
	PPP	XXX							

Women Long Jump Qualifer

=====						
Top 4 advance						
Name	Year	Team		Finals	Wind	
=====						
1	Van Der Marel, Lacey	87	Unattached	5.78m	0.9	Q
	5.65m(-0.0)			5.78m(0.9)		
				5.75m(2.6)		
2	Roche, Magali	97	Tarus	5.70m	4.0	Q
	5.66m(-0.0)			5.70m(4.0)		
				5.36m(3.1)		
3	Renaud, Esther	88	Jeunesse Ath	5.63m	6.9	Q
	4.26m(3.0)			5.12m(2.7)		
				5.63m(6.9)		
4	Hazen, Melissa	94	Caltaf Athle	5.29m	3.0	Q
	5.29m(3.0)			FOUL		
				5.29m(4.1)		
5	Gerwing, Michelle	87	Edmonton Int	J5.29m	1.9	
	FOUL			FOUL		
				5.29m(1.9)		
6	Rheault, Élo?se	90	Sherbrooke	5.12m	2.7	
	5.00m(3.0)			5.12m(2.7)		
				FOUL		
7	Donner, Claire N.	89	Pacific Athl	5.00m	2.0	
	4.84m(-0.0)			5.00m(2.0)		
				4.82m(1.1)		
8	Hildenbrandt, Leanne	87	Capital City	4.79m	2.0	
	FOUL			4.79m(2.0)		
				FOUL		
9	Morrison, Hali	89	U OF C Athle	4.77m	6.8	
	FOUL			FOUL		
				4.77m(6.8)		

Women Hammer Throw Qualifer

=====						
Top 1 advances						
Name	Year	Team		Finals		
=====						
1	Schimanski, Ami	90	London Weste	53.56m		Q
	FOUL			53.56m		
				FOUL		
2	Heshka-Wolf, Ciera	91	Capital City	50.70m		
	FOUL			FOUL		
				50.70m		
3	Harris, Stephanie	88	McGill Olymp	47.27m		
	47.27m			46.94m		
				45.38m		
4	Stewart, Madison	92	Flying M Ath	46.74m		
	44.98m			44.70m		
				46.74m		
5	Fedorus, Jaclyn	88	Capital City	42.05m		
	34.14m			41.07m		
				42.05m		

Women Javelin Throw Qualifer

=====						
Top 1 advances						
Name	Year	Team		Finals		
=====						
1	Thomas, Kashani	90	Ottawa Lions	40.50m		Q
	40.50m			FOUL		
				38.03m		
2	Tétreault, Lucie-Maude	92	Corsaire Cha	39.66m		
	35.56m			36.77m		
				39.66m		
3	Chartrand, Valerie	87	Ottawa Lions	38.78m		

38.23m 38.78m 38.41m

Women 100 Meter Championship

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Canadian: \* 10.98 06/07/1987 Angela Bailey

Championship: \$ 11.08 1998 Philomena Mensah

Name	Year	Team	Prelims	Wind	H#
Preliminaries					
1 George, Phylicia	87	Project Athl	11.36Q	0.7	1
2 Emmanuel, Crystal	91	Project Athl	11.42Q	2.2	3 11.419
3 Olupona, Toyin	83	Mississauga	11.64Q	0.1	2
4 Griffiths, Miana	90	Phoenix Athl	11.42Q	0.7	1 11.415
5 Mitchell, Kerri-Ann	83	Project Athl	11.48Q	2.2	3
6 Morgan, Cheria	89	Project Athl	11.71Q	0.1	2
7 Fofanah, Isatu	93	Voleo Athlet	11.75q	2.2	3
8 Walkeden, Leah	93	Voleo Athlet	11.86q	0.7	1
9 Hanlon, Maggie	87	BC Athletics	11.94	0.1	2
10 Rintoul, Jenny	90	Edmonton Col	12.00	2.2	3
11 Nettey, Sabrina S.	90	BC Athletics	12.01	2.2	3 12.002
12 Llewellyn, Shantel	89	Greater Toro	12.01	0.7	1 12.005
13 Zimmer, Jenn	89	U OF C Athle	12.02	2.2	3
14 Thomson, Brenna	91	U OF C Athle	12.03	0.7	1
15 Whitehead, Liza	87	BC Athletics	12.06	0.7	1
16 Paiement, Clémence	95	Vainqueurs P	12.08	0.1	2
17 Huard, Ashley	93	Track North	12.11	0.1	2
18 Ruller, Amanda	88	Excel Athlet	12.26	2.2	3
19 Miller, Lacey	92	U OF C Athle	12.39	0.1	2
20 Van Der Marel, Lacey	87	Unattached	12.48	0.7	1
21 Ntiamoah, Amanda	92	Edmonton Col	12.58	0.1	2
-- Martin, Simone	92	Brampton Tra	DNF	2.2	3

Women 100 Meter Championship

Canadian: \* 10.98 06/07/1987 Angela Bailey

Championship: \$ 11.08 1998 Philomena Mensah

Name	Year	Team	Finals	Wind
Finals				
1 George, Phylicia	87	Project Athl	11.30	2.5 11.295
2 Emmanuel, Crystal	91	Project Athl	11.30	2.5 11.297
3 Mitchell, Kerri-Ann	83	Project Athl	11.34	2.5
4 Olupona, Toyin	83	Mississauga	11.39	2.5
5 Griffiths, Miana	90	Phoenix Athl	11.40	2.5
6 Morgan, Cheria	89	Project Athl	11.54	2.5
7 Walkeden, Leah	93	Voleo Athlet	11.75	2.5
8 Fofanah, Isatu	93	Voleo Athlet	11.83	2.5
Preliminaries				
9 Hanlon, Maggie	87	BC Athletics		
10 Rintoul, Jenny	90	Edmonton Col		
11 Nettey, Sabrina S.	90	BC Athletics		
12 Llewellyn, Shantel	89	Greater Toro		
13 Zimmer, Jenn	89	U OF C Athle		
14 Thomson, Brenna	91	U OF C Athle		
15 Whitehead, Liza	87	BC Athletics		
16 Paiement, Clémence	95	Vainqueurs P		
17 Huard, Ashley	93	Track North		
18 Ruller, Amanda	88	Excel Athlet		
19 Miller, Lacey	92	U OF C Athle		
20 Van Der Marel, Lacey	87	Unattached		
21 Ntiamoah, Amanda	92	Edmonton Col		
-- Martin, Simone	92	Brampton Tra		

Women 200 Meter Championship

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Canadian: \* 22.62 10/07/1983 Marita Payne

Championship: \$ 22.64 1989 Jillian Richardson

Name	Year	Team	Prelims	Wind	H#
------	------	------	---------	------	----

1	Emmanuel, Crystal	91	Project Athl	23.52Q	-3.5	1
2	Nelson, Amonn	88	U OF C Athle	23.65Q	-0.6	3
3	Hyacinthe, Kimberly	89	Vainqueurs P	23.78Q	-1.9	2
4	Power, Adrienne	81	Halifast Ath	23.82Q	-0.6	3
5	Griffiths, Miana	90	Phoenix Athl	23.98Q	-3.5	1
6	Mitchell, Kerri-Ann	83	Project Athl	24.05Q	-1.9	2
7	Akinsulie, Esther	84	Ottawa Lions	24.13q	-1.9	2
8	Morgan, Cheria	89	Project Athl	24.20q	-0.6	3
9	Davis, Shai-Anne	93	Project Athl	24.24	-0.6	3
10	Walkeden, Leah	93	Voleo Athlet	24.51	-0.6	3
11	Hanlon, Maggie	87	BC Athletics	24.53	-1.9	2
12	Sassine, Nicole	89	U OF Windsor	24.64	-1.9	2
13	Thomson, Brenna	91	U OF C Athle	24.70	-1.9	2
14	Rintoul, Jenny	90	Edmonton Col	24.79	-3.5	1
15	Delage, Danielle Y.	93	Pacific Athl	24.92	-0.6	3
16	Llewellyn, Shantel	89	Greater Toro	25.00	-3.5	1
17	Zimmer, Jenn	89	U OF C Athle	25.03	-3.5	1
18	Fofanah, Isatu	93	Voleo Athlet	25.68	-3.5	1
19	Brennan, Christian	95	Flying Angel	25.79	-3.5	1

Women 200 Meter Championship

Canadian: \* 22.62 10/07/1983 Marita Payne  
 Championship: \$ 22.64 1989 Jillian Richardson

Name	Year	Team	Finals	Wind
Finals				
1	Emmanuel, Crystal	91	Project Athl	23.27 -1.7
2	Hyacinthe, Kimberly	89	Vainqueurs P	23.74 -1.7
3	Nelson, Amonn	88	U OF C Athle	23.90 -1.7
4	Griffiths, Miana	90	Phoenix Athl	24.00 -1.7
5	Mitchell, Kerri-Ann	83	Project Athl	24.09 -1.7
6	Power, Adrienne	81	Halifast Ath	24.12 -1.7
7	Morgan, Cheria	89	Project Athl	24.29 -1.7
8	Akinsulie, Esther	84	Ottawa Lions	24.45 -1.7

Preliminaries

9	Davis, Shai-Anne	93	Project Athl
10	Walkeden, Leah	93	Voleo Athlet
11	Hanlon, Maggie	87	BC Athletics
12	Sassine, Nicole	89	U OF Windsor
13	Thomson, Brenna	91	U OF C Athle
14	Rintoul, Jenny	90	Edmonton Col
15	Delage, Danielle Y.	93	Pacific Athl
16	Llewellyn, Shantel	89	Greater Toro
17	Zimmer, Jenn	89	U OF C Athle
18	Fofanah, Isatu	93	Voleo Athlet
19	Brennan, Christian	95	Flying Angel

Women 400 Meter Championship

8 Advance: Top 2 Each Heat plus Next 2 Best Times  
 Canadian: \* 49.91 25/10/1988 Jillian Richardson  
 Canadian: % 49.91 06/08/1984 Marita Payne  
 Championship: \$ 50.57 1990 Charmaine Crooks

Name	Year	Team	Prelims	H#
1	Martin, Jenna	88	Athletics Ea	52.25Q 1
2	Muir, Carline	87	Legacy Athle	53.68Q 2
3	Nelson, Amonn	88	U OF C Athle	54.89Q 3
4	Watson, Sage	94	Calgary Inte	54.02Q 1
5	Brennan, Christian	95	Flying Angel	54.27Q 2
6	Akinsulie, Esther	84	Ottawa Lions	55.32Q 3
7	Brown, Alicia	90	Ottawa Lions	54.45q 1
8	Omene, Eseroghene	85	Unattach SK	54.58q 1
9	Callender, Fiona	92	Ottawa Lions	55.30 2
10	Reid, Katie	93	BC Athletics	55.76 3
11	Lowe, Christine	90	BC Athletics	55.93 1
12	Sassine, Nicole	89	U OF Windsor	56.20 3
13	Katz, Sarah	78	Greater Toro	56.22 3

14	Maxfield, Heather	92	Lakehead Run	56.45	2	
15	Courtnall, Alexandra	93	Unattached	56.55	2	56.543
16	McCaig, Cassandra	89	London Weste	56.55	3	56.544
17	Kendall, Danielle	90	U OF C Athle	56.68	1	
18	Jean-Baptiste, Audrey	91	Perfmax-Raci	56.74	3	
19	St-Pierre, Marie-Colombe	94	Club Athleti	56.75	3	
20	Delage, Danielle Y.	93	BC Athletics	56.78	2	
21	Gariba, Sarah	91	C.A.N.I.	56.94	1	
22	Atkin, Casey	93	Pacific Athl	57.28	2	
23	Tunti, Cheyanne A.	94	BC Athletics	59.10	2	
24	Adjei, Zelda	91	Perfmax-Raci	1:00.42	1	

Women 400 Meter Championship

=====  
 Canadian: \* 49.91 25/10/1988 Jillian Richardson  
 Canadian: % 49.91 06/08/1984 Marita Payne  
 Championship: \$ 50.57 1990 Charmaine Crooks

Name	Year	Team	Finals	
=====				
Finals				
1	Martin, Jenna	88	Athletics Ea	51.53
2	Brennan, Christian	95	Flying Angel	52.99 52.985
3	Muir, Carline	87	Legacy Athle	52.99 52.987
4	Nelson, Amonn	88	U OF C Athle	53.05
5	Akinsulie, Esther	84	Ottawa Lions	53.50
6	Watson, Sage	94	Calgary Inte	53.51
7	Brown, Alicia	90	Ottawa Lions	54.16
8	Omene, Eseroghene	85	Unattach SK	55.49

Preliminaries

9	Callender, Fiona	92	Ottawa Lions
10	Reid, Katie	93	BC Athletics
11	Lowe, Christine	90	BC Athletics
12	Sassine, Nicole	89	U OF Windsor
13	Katz, Sarah	78	Greater Toro
14	Maxfield, Heather	92	Lakehead Run
15	Courtnall, Alexandra	93	Unattached
16	McCaig, Cassandra	89	London Weste
17	Kendall, Danielle	90	U OF C Athle
18	Jean-Baptiste, Audrey	91	Perfmax-Raci
19	St-Pierre, Marie-Colombe	94	Club Athleti
20	Delage, Danielle Y.	93	BC Athletics
21	Gariba, Sarah	91	C.A.N.I.
22	Atkin, Casey	93	Pacific Athl
23	Tunti, Cheyanne A.	94	BC Athletics
24	Adjei, Zelda	91	Perfmax-Raci

Women 800 Meter Run Championship

=====  
 8 Advance: Top 2 Each Heat plus Next 2 Best Times  
 Canadian: \* 1:58.39 02/10/2001 Diane Cummins  
 Championship: \$ 1:59.46 2004 Diane Cummins

Name	Year	Team	Prelims	H#
=====				
1	Cummins, Diane E.	74	Unattached B	2:05.61Q 3
2	Bishop, Melissa	88	Ottawa Lions	2:06.80Q 1
3	Smith, Jessica L.	89	BC Athletics	2:07.30Q 2
4	Ogbasilassie, Lemlem Ber	87	Saint Lauren	2:05.95Q 3
5	Belleau-Béliveau, Karine	83	Vainqueurs (	2:07.69Q 1
6	Maclean, Leanna	82	Phoenix Athl	2:08.28Q 2
7	Francois, Rachel	92	Edmonton Col	2:06.42q 3
8	Kawamoto, Julia	83	Mercury Athl	2:07.75q 3
9	Leblanc, Annie	92	Lanaudiere-O	2:08.28 1
10	Peters, Celia	87	Halifast Ath	2:09.85 2
11	Simon, Ashlynn	92	Queen City S	2:10.28 2
12	Pomfret, Kendra	91	BC Athletics	2:10.28 3
13	Perrault, Jennifer	88	Ottawa Lions	2:10.80 2
14	Côté, Laurence	91	Club Athleti	2:10.96 2
15	Wiebe, Devan	93	BC Athletics	2:11.02 1
16	Westaway, Jenna	94	Calgary Inte	2:11.18 1
17	Katz, Sarah	78	Greater Toro	2:11.88 3

18 McLeod, Vanessa	94 Phoenix Athl	2:12.51	1
19 McInnis, Shauna K.	92 U of Victoria	2:13.15	2
20 Kurpe, Heather	90 Runners Edge	2:13.16	3
21 Soderberg, Nicole	92 Edmonton Thu	2:13.81	1
22 Kane, Brianna M.	89 BC Athletics	2:14.42	3
23 Charles, Elecktra	92 Riversdale A	2:15.63	1

Women 800 Meter Run Championship

=====  
Canadian: \* 1:58.39 02/10/2001 Diane Cummins  
Championship: \$ 1:59.46 2004 Diane Cummins  
Name Year Team Finals

=====  
Finals

1 Ogbasilassie, Lemlem Ber	87 Saint Lauren	2:07.37
2 Bishop, Melissa	88 Ottawa Lions	2:07.56
3 Smith, Jessica L.	89 BC Athletics	2:07.70
4 Cummins, Diane E.	74 Unattached B	2:07.79
5 Belleau-Béliveau, Karine	83 Vainqueurs (	2:08.44
6 Francois, Rachel	92 Edmonton Col	2:09.15
7 Maclean, Leanna	82 Phoenix Athl	2:09.58
8 Kawamoto, Julia	83 Mercury Athl	2:10.23

Preliminaries

9 Leblanc, Annie	92 Lanaudiere-O
10 Peters, Celia	87 Halifax Ath
11 Simon, Ashlynn	92 Queen City S
12 Pomfret, Kendra	91 BC Athletics
13 Perrault, Jennifer	88 Ottawa Lions
14 Côté, Laurence	91 Club Athleti
15 Wiebe, Devan	93 BC Athletics
16 Westaway, Jenna	94 Calgary Inte
17 Katz, Sarah	78 Greater Toro
18 McLeod, Vanessa	94 Phoenix Athl
19 McInnis, Shauna K.	92 U of Victoria
20 Kurpe, Heather	90 Runners Edge
21 Soderberg, Nicole	92 Edmonton Thu
22 Kane, Brianna M.	89 BC Athletics
23 Charles, Elecktra	92 Riversdale A

Women 1500 Meter Run Championship

=====  
12 Advance: Top 4 Each Heat plus Next 4 Best Times  
Canadian: \* 4:00.27 30/08/1985 Lynn Williams  
Championship: \$ 4:04.51 2004 Malindi Elmore  
Name Year Team Prelims

=====  
1 Douma-Hussar, Carmen 77 Guelph Track 4:20.86Q  
2 Sifuentes, Nicole 86 Unattach MB 4:22.21Q  
3 Stellingwerff, Hilary 81 Speed River 4:22.10Q  
4 Kawamoto, Julia 83 Mercury Athl 4:22.51Q  
5 Van Buskirk, Kate 87 Athletics To 4:22.40Q  
6 Elmore, Malindi 80 Speed River 4:23.69Q  
7 Jewett, Tamara 90 U of Toronto T.C 4:22.93Q  
8 O'Connell, Jessica 89 U OF C Athle 4:28.27Q  
9 Benson, Fiona 92 BC Athletics 4:28.38q  
10 Roy, Joanie 91 LE Coureur N 4:28.54q  
11 Kasper, Kirsten 91 Unattached 4:28.96q  
12 Cliff, Rachel 88 Speed River 4:29.01q  
13 Anderson, Katie 90 Harbour Track 4:29.89  
14 Macpherson, Sarah 91 Fast Tracks 4:30.79  
15 Hughes, Mélanie 90 Saint Lauren 4:31.59  
16 Raby, Arianne 88 Unattached Q 4:32.05  
17 Therrien, Brittany R. 90 U of Victoria 4:38.23  
18 Hennessy, Colleen 92 U of Toronto T.C 4:39.91  
19 MacDonald, Madeline 90 U OF C Athle 4:40.45  
20 Glenn, Caileigh 92 Newmarket HU 4:46.78  
21 Butterworth, Lindsey 92 BC Athletics 4:52.32  
-- Carlyle, Laura 89 Unattached B DNF  
-- Van Vliet, Jenna 92 U OF C Athle DNF

Women 1500 Meter Run Championship

Canadian: \* 4:00.27 30/08/1985 Lynn Williams  
 Championship: \$ 4:04.51 2004 Malindi Elmore

Name	Year	Team	Finals
------	------	------	--------

Finals

1 Elmore, Malindi	80	Speed River	4:13.58
2 Stellingwerff, Hilary	81	Speed River	4:13.94
3 Sifuentes, Nicole	86	Unattach MB	4:14.06
4 Van Buskirk, Kate	87	Athletics To	4:14.61
5 Kawamoto, Julia	83	Mercury Athl	4:15.97
6 Douma-Hussar, Carmen	77	Guelph Track	4:19.76
7 O'Connell, Jessica	89	U OF C Athle	4:26.88
8 Jewett, Tamara	90	U of Toronto T.C	4:27.19
9 Cliff, Rachel	88	Speed River	4:31.59
10 Roy, Joanie	91	LE Coureur N	4:35.74
11 Benson, Fiona	92	BC Athletics	4:35.75
12 Kasper, Kirsten	91	Unattached	4:42.59

Preliminaries

13 Anderson, Katie	90	Harbour Track	
14 Macpherson, Sarah	91	Fast Tracks	
15 Hughes, Mélanie	90	Saint Lauren	
16 Raby, Arianne	88	Unattached Q	
17 Therrien, Brittany R.	90	U of Victoria	
18 Hennessy, Colleen	92	U of Toronto T.C	
19 MacDonald, Madeline	90	U OF C Athle	
20 Glenn, Caileigh	92	Newmarket HU	
21 Butterworth, Lindsey	92	BC Athletics	
-- Carlyle, Laura	89	Unattached B	
-- Van Vliet, Jenna	92	U OF C Athle	

Women 5000 Meter Run Championship

Canadian: \* 14:54.98 30/08/2003 Courtney Babcock  
 Championship: \$ 15:08.90 2003 Emilie Mondor

Name	Year	Team	Finals
------	------	------	--------

Finals

1 Reid, Sheila	89	Athletics To	16:15.23
2 Brown, Megan	85	Athletics To	16:16.44
3 Korir, Tarah	87	Athletics To	16:41.94
4 Fraser, Natasha	81	BC Athletics	16:59.19
5 Thompson, Carise	92	Speed River	17:34.26
6 Hinther, Ashley	84	PR Athletics	17:37.44
7 Kennelly, Bevin	84	Excel Athlet	17:48.06
8 Pfister, Caroline	92	Sherbrooke	18:32.37
-- Souter, Jodi	88	Queen City S	DNF

Women 10000 Meter Run Championship

Canadian: \* 31:44.74 02/05/2003 Courtney Babcock  
 Championship: \$ 32:14.52 2002 Courtney Babcock

Name	Year	Team	Finals
------	------	------	--------

1 Sexton, Leslie	87	London Runne	35:18.97
2 Kennelly, Bevin	84	Excel Athlet	36:43.10
3 Kary, Grace	91	U OF C Athle	37:08.56
-- Quirion, Hilary	90	Lakehead Run	DNF

Women 100 Meter Hurdles Championship

8 Advance: Top 3 Each Heat plus Next 2 Best Times  
 Canadian: \* 12.46 19/06/2004 Perdita Felicien  
 Championship: \$ 12.60 2004 Perdita Felicien

Name	Year	Team	Prelims	Wind	H#
------	------	------	---------	------	----

Preliminaries

1 Lopes-Schliep, Priscilla	82	Project Athl	12.81Q	-0.5	1
2 George, Phylcia	87	Project Athl	12.88Q	-1.5	2

3	Zelinka, Jessica	81	NIKE	12.87Q	-0.5	1	
4	Felicien, Perdita	80	Over The Top	12.93Q	-1.5	2	
5	Holder, Nikkita	87	Project Athl	13.05Q	-1.5	2	
6	Whyte, Angela	80	Unattached A	13.27Q	-0.5	1	
7	Maddex, Ashlea	92	Ottawa Lions	13.51q	-0.5	1	
8	Edwards, Karelle	90	C.A.N.I.	13.61q	-1.5	2	
9	Gordon, Christie	86	Unattached	13.65	-1.5	2	
10	Morrison, Deshaunda	95	Calgary Inte	14.00	-0.5	1	
11	Beaudet, Laurence	90	Corsaire Cha	14.10	-0.5	1	14.094
12	Smith, Marissa	91	Phoenix Athl	14.10	-0.5	1	14.097
13	Dugas, Marie-Eve	85	Corsaire Cha	14.13	-1.5	2	
14	Young, Michelle	92	Saskatoon TF	14.27	-1.5	2	
15	Delisle, Pascale	87	Sherbrooke	14.29	-0.5	1	
16	Warren, Hayley	91	U of Toronto T.C	14.66	-1.5	2	

Women 100 Meter Hurdles Championship

Canadian: \* 12.46 19/06/2004 Perdita Felicien  
 Championship: \$ 12.60 2004 Perdita Felicien

Name	Year	Team	Finals	Wind
------	------	------	--------	------

Finals

1	Zelinka, Jessica	81	NIKE	12.68	0.7	
2	George, Phyllicia	87	Project Athl	12.72	0.7	
3	Holder, Nikkita	87	Project Athl	12.80	0.7	
4	Whyte, Angela	80	Unattached A	12.90	0.7	
5	Lopes-Schliep, Priscilla	82	Project Athl	13.17	0.7	
6	Maddex, Ashlea	92	Ottawa Lions	13.43	0.7	
7	Edwards, Karelle	90	C.A.N.I.	13.74	0.7	
--	Felicien, Perdita	80	Over The Top	FS	0.7	Rule 162.7

Preliminaries

9	Gordon, Christie	86	Unattached			
10	Morrison, Deshaunda	95	Calgary Inte			
11	Beaudet, Laurence	90	Corsaire Cha			
12	Smith, Marissa	91	Phoenix Athl			
13	Dugas, Marie-Eve	85	Corsaire Cha			
14	Young, Michelle	92	Saskatoon TF			
15	Delisle, Pascale	87	Sherbrooke			
16	Warren, Hayley	91	U of Toronto T.C			

Women 400 Meter Hurdles Championship

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Canadian: \* 54.39 31/07/1996 Rosey Edeh  
 Championship: \$ 55.29 1993 Rosey Edeh

Name	Year	Team	Prelims	H#
------	------	------	---------	----

1	Wells, Sarah	89	U of Toronto T.C	57.32Q	1
2	Montcalm, Noelle	88	U OF Windsor	58.17Q	2
3	Dorr, Fawn	87	Brooks	58.30Q	2
4	Lowe, Christine	90	BC Athletics	59.03Q	1
5	Bickle, Kate	84	Waterloo Tra	1:00.73Q	1
6	Taylor, Ashley	95	Burlington T	1:01.63Q	2
7	Momoh, Nana-Aishetu	85	Perfmax-Raci	1:01.10q	1
8	Gray-Burnett, Tessa	83	Calgary Inte	1:01.55q	1
9	Hrycun, Alexa	94	Edmonton Har	1:02.67	2
10	Kendall, Danielle	90	U OF C Athle	1:02.84	1
11	Schneck, Amanda	88	Voleo Athlet	1:03.21	1
12	Boss, Traci W.	87	Coquitlam Ch	1:04.56	2
13	Hayes, Bridget	95	Ottawa Lions	1:05.77	2

Women 400 Meter Hurdles Championship

Canadian: \* 54.39 31/07/1996 Rosey Edeh  
 Championship: \$ 55.29 1993 Rosey Edeh

Name	Year	Team	Finals
------	------	------	--------

Finals

1	Wells, Sarah	89	U of Toronto T.C	55.71
2	Dorr, Fawn	87	Brooks	56.50

3 Montcalm, Noelle	88 U OF Windsor	56.87
4 Lowe, Christine	90 BC Athletics	58.69
5 Bickle, Kate	84 Waterloo Tra	1:01.18
6 Gray-Burnett, Tessa	83 Calgary Inte	1:01.35
7 Taylor, Ashley	95 Burlington T	1:01.76
-- Momoh, Nana-Aishetu	85 Perfmax-Raci	DNF
Preliminaries		
9 Hrycun, Alexa	94 Edmonton Har	
10 Kendall, Danielle	90 U OF C Athle	
11 Schneck, Amanda	88 Voleo Athlet	
12 Boss, Traci W.	87 Coquitlam Ch	
13 Hayes, Bridget	95 Ottawa Lions	

Women 3000 Meter Steeplechase Championship

=====  
 Canadian: \* 9:51.10 01/06/2002 Carol Henry  
 Championship: \$ 10:13.04 2010 Dana Buchanan  
 Name Year Team Finals  
 =====

Finals

1 Buchanan, Dana	84 Speed River	10:19.52
2 Furlan, Jessica	90 Excel Athlet	10:24.48
3 Groenewoud, Chantelle A.	89 BC Athletics	10:27.29
4 Lalonde, Genevi?ve	91 Speed River	10:43.09
5 De La Bruyere, Emily	93 Unattached	10:59.04
6 Gutmanis, Micha	92 Newmarket HU	11:40.77
7 McCormack, Jennifer	92 Point Grey T	12:34.01
-- Boyle, Shari	73 Calgary Inte	DNF
-- Willemse, Lydia	86 Speed River	DQ

Rule 163.3

Women High Jump Championship

=====  
 Canadian: \* 1.98m 02/09/1984 Debbie Brill  
 Championship: \$ 1.95m 2008 Nicole Forrester  
 Name Year Team Finals  
 =====

1 Forrester, Nicole	76 Mississauga	1.86m
1.70 1.75 1.80 1.83 1.86 1.86		
PPP PPP XO O O O		
2 Theophille, Michelle	91 Unattached	1.83m
1.70 1.75 1.80 1.83 1.86 1.86		
O XO O O X X		
3 Drouin, Jillian	86 Sarnia Athle	1.80m
1.70 1.75 1.80 1.83		
O O O XXX		
4 Machin, Rachel	92 U OF C Athle	1.75m
1.70 1.75 1.80		
O O XXX		
4 Kimoto, Emma	91 Unattached B	1.75m
1.70 1.75 1.80		
O O XXX		
4 Treasure, Alyxandria M.	92 Prince Georg	1.75m
1.70 1.75 1.80		
O O XXX		
-- Dugas, Katerine	88 Corsaire Cha	NH
1.70		
XXX		
-- Sigurdson, Haley	86 Winnipeg Opt	NH
1.70		
XXX		
-- Maessen, Laura	89 Unattach NS	NH
1.70		
XXX		
-- Lefebvre-Oatis, Mikella	98 Vainqueurs P	NH
1.70		
XXX		

Women Pole Vault Championship

=====  
 Canadian: \* 4.55m 14/06/2008 Kelsie Hendry

Championship: \$ 4.35m 2002 Stephanie McCann

Name	Year	Team	Finals
1 Blouin, Mélanie	90	Club Athleti	4.35m\$
3.80 3.90 4.00 4.10 4.20 4.30 4.35 4.40 4.45 4.50			
PPP PPP PPP PPP XO PPP O PPP PPP XXX			
2 Dressler, Victoria	85	Winnipeg Opt	4.30m
3.80 3.90 4.00 4.10 4.20 4.30 4.35			
PPP PPP PPP XO O XO XXX			
3 Dockendorf, Carly B.	83	Unattached B	4.20m
3.80 3.90 4.00 4.10 4.20 4.30			
PPP PPP PPP O XO XXX			
4 Duclos-Lasnier, Gabriell	88	Sherbrooke	4.10m
3.80 3.90 4.00 4.10 4.20			
PPP PPP XO XXO XXX			
5 Maaten, Dayna	85	U OF Windsor	4.00m
3.80 3.90 4.00 4.10			
O O XO XXX			
6 Bergevin, Lindsey	89	Edmonton Int	3.90m
3.80 3.90 4.00			
O XO XXX			
7 Stephenson, Kimberly	91	U OF C Athle	J3.90m
3.80 3.90 4.00			
XO XO XXX			
8 Kupper, Sue	84	Edmonton Int	3.80m
3.80 3.90			
XO XXX			
-- Hill, Teresa	87	Riversdale A	NH
3.80			
XXX			
-- Mintz, Rachel	79	Edmonton Int	NH
3.80			
XXX			
-- Hendry, Kelsie	82	Riversdale A	NH
3.80 3.90 4.00 4.10 4.20			
PPP PPP PPP PPP XXX			
-- Webster, Robyn	88	Unattached A	NH
3.80			
XXX			

Women Long Jump Championship

Canadian: \* 6.82m 07/06/2008 Tabia Charles

Championship: \$ 6.61m 1985 Donna Smelie

Name	Year	Team	Finals	Wind
1 Bayley, Krysha	84	Legacy Athle	6.47m	3.4
6.02m(1.9) 6.36m(1.4) FOUL 6.23m(0.6) 6.11m(5.5) 6.47m(3.4)				
2 Nettey, Christabel S.	91	BC Athletics	6.44m	2.7
6.21m(3.2) 6.23m(1.4) 6.44m(2.7) 6.26m(3.0) FOUL 6.29m(2.6)				
3 Falaiye, Alice	78	Unattached	6.20m	3.4
5.97m(1.4) 6.12m(1.4) FOUL 6.20m(3.4) FOUL 6.12m(2.3)				
4 Beaudet, Laurence	90	Corsaire Cha	6.16m	1.5
FOUL 6.15m(1.9) FOUL FOUL FOUL 6.16m(1.5)				
5 Nettey, Sabrina S.	90	BC Athletics	6.10m	1.9
5.98m(2.0) FOUL FOUL FOUL 5.88m(2.0) 6.10m(1.9)				
6 Smith, Alicia	88	London Weste	5.97m	1.5
5.81m(1.1) 5.96m(3.0) 5.97m(1.5) FOUL 3.51m(2.6) 5.55m(0.7)				
7 Ehrhardt, Caroline	92	London Weste	5.83m	-0.2
5.83m(3.1) FOUL 5.52m(2.0) FOUL FOUL 5.83m(-0.2)				
8 Roche, Magali	97	Tarus	5.79m	1.5
5.75m(3.9) 2.80m(0.6) 5.65m(2.6) 5.79m(1.5) FOUL 5.59m(3.6)				
9 Van Der Marel, Lacey	87	Unattached	5.74m	1.7
5.52m(-0.0) 5.48m(1.4) 5.74m(1.7)				
10 Renaud, Esther	88	Jeunesse Ath	5.52m	1.5
3.85m(1.8) 5.52m(1.5) 5.51m(0.9)				
11 Hazen, Melissa	94	Caltaf Athle	5.47m	2.0
FOUL 5.31m(0.1) 5.47m(2.0)				
-- *sylvester, Patricia	83	Project Athl	FOUL	
FOUL FOUL FOUL				

Women Triple Jump Championship

Canadian: \* 13.99m 03/07/2010 Tabia Charles  
 Championship: \$ 13.92m 2008 Tabia Charles

Name	Year	Team	Finals	Wind
1 *sylvester, Patricia	83	Project Athl	13.41m	1.8
			13.41m(1.8) FOUL	
			12.71m(3.0) 12.92m(0.6) 12.86m(1.5) 12.80m(NWI)	
2 Ehrhardt, Caroline	92	London Weste	12.94m	2.7
			12.46m(2.5) FOUL	
			12.71m(1.0) 12.94m(2.7) 11.50m(1.4) 12.84m(1.8)	
3 Smith, Alicia	88	London Weste	12.75m	3.9
			FOUL 12.23m(1.8) 12.36m(0.1) 12.66m(2.7) 12.75m(3.9) 12.59m(2.2)	
4 Wallace, Julia	91	Guelph Track	12.60m	3.9
			12.32m(2.8) 12.60m(3.9) 12.23m(1.7) 12.26m(0.9) 12.35m(1.7) 12.59m(2.1)	
5 Simulik, Mila	90	London Weste	12.21m	1.1
			12.03m(1.4) FOUL	
			12.21m(1.1) FOUL FOUL 11.68m(1.9)	
6 Wilkes, Courtney	89	Voleo Athlet	11.99m	3.3
			11.74m(0.2) 11.99m(3.3) 11.93m(+0.0) 11.97m(3.4) 11.94m(3.4) 11.74m(2.3)	
7 Goad, Emily	91	London Weste	11.91m	1.6
			11.39m(1.6) FOUL	
			11.65m(5.0) 11.91m(1.6) FOUL 11.75m(2.6)	
8 Sarazin-Côté, Josée-Anne	88	Sherbrooke	11.67m	2.1
			11.67m(2.1) FOUL	
			FOUL 11.30m(1.1) FOUL FOUL	
9 Anderson, Jacquelyn	88	U OF Windsor	11.58m	4.4
			11.22m(3.7) 11.55m(3.2) 11.09m(3.5) 11.24m(-0.0) 11.58m(4.4) FOUL	
10 Kendall, Allison	93	U OF C Athle	11.41m	2.5
			11.33m(3.1) 11.41m(2.5) FOUL	
11 Zunti, Melanie	85	U OF C Athle	11.37m	0.7
			FOUL 11.37m(0.7) FOUL	
12 Hildenbrandt, Leanne	87	Capital City	11.14m	3.6
			FOUL FOUL 11.14m(3.6)	
13 Gunsch, Danielle	94	Supreme Athl	10.97m	2.7
			FOUL FOUL 10.97m(2.7)	

Women Shot Put Championship

Canadian: \* 18.31m 11/06/2011 Julie Labonte  
 Championship: \$ 18.12m 2011 Julie Labonte

Name	Year	Team	Finals
1 Labonté, Julie	90	Fleur DE Lys	17.51m
			17.51m FOUL 17.46m 17.09m FOUL 17.43m
2 Suttie, Taryn	90	Saskatoon TF	16.05m
			FOUL FOUL 16.05m FOUL FOUL FOUL
3 Jackson, Stephanie	85	London Weste	14.66m
			14.66m 14.21m FOUL 13.56m FOUL FOUL
4 Whalen, Chelsea	92	Launchers AT	14.62m
			14.62m FOUL FOUL FOUL FOUL 13.98m
5 Liske, Allison	89	Unattached	14.23m
			14.23m FOUL FOUL FOUL FOUL FOUL
6 Freeman-Gibb, Celine	91	U OF Windsor	13.64m
			12.89m 12.90m 13.14m 13.64m FOUL 13.25m
7 Porlier-Langlois, Alex	93	Sherbrooke	13.61m
			13.23m 13.51m FOUL FOUL FOUL 13.61m
8 Oudenaarden, Niki	94	Capital City	12.31m
			11.53m 12.05m 12.31m 11.42m FOUL FOUL
9 Appiah, Cynthia	90	York Univers	11.65m
			FOUL 11.65m FOUL
10 Tétreault, Lucie-Maude	92	Corsaire Cha	10.47m
			FOUL 10.47m FOUL
-- Groeneveld, Samantha	91	U OF C Athle	FOUL
			FOUL FOUL FOUL

Women Discus Throw Championship

Canadian: \* 62.72m 23/08/1979 Carmen Lonescu  
 Championship: \$ 59.58m 1978 Carmen Lonescu

Name	Year	Team	Finals
1 Labonté, Julie	90	Fleur DE Lys	54.02m

	FOUL	53.59m	FOUL	FOUL	51.33m	54.02m	
2	Kovacs, Alanna				90	South Simcoe	51.50m
	FOUL	47.89m	49.37m	51.24m	49.03m	51.50m	
3	Le Jour, Marie-Josée				79	Saint Lauren	50.83m
	47.70m	49.11m	49.57m	50.35m	50.83m	FOUL	
4	Liske, Allison				89	Unattached	49.96m
	43.21m	FOUL	45.67m	47.35m	49.96m	48.57m	
5	Spies, Chantel				84	BC Athletics	48.33m
	45.49m	48.33m	44.83m	47.51m	FOUL	45.28m	
6	Porlier-Langlois, Alex				93	Sherbrooke	40.55m
	34.63m	38.22m	FOUL	35.19m	40.55m	FOUL	
7	Ferris, Karen				91	Flying M Ath	40.08m
	40.08m	35.62m	37.38m	39.34m	39.29m	37.79m	
8	Groeneveld, Samantha				91	U OF C Athle	39.44m
	FOUL	FOUL	39.44m	38.14m	38.07m	37.22m	
9	Langley, Jodi				94	U OF C Athle	37.53m
	37.53m	FOUL	FOUL				

Women Hammer Throw Championship

=====							
Canadian: * 75.04m 16/03/2012 Sultana Frizell							
Championship: \$ 71.89m 2010 Sultana Frizell							
	Name		Year	Team			Finals
=====							
1	Steady, Heather			88	Chinook Trac		70.48m
	68.08m	70.48m	FOUL	65.44m	FOUL	FOUL	
2	Frizell, Sultana			84	Ottawa Lions		69.21m
	62.63m	64.03m	67.38m	68.52m	FOUL	69.21m	
3	Rodhe, Megann			85	BC Athletics		63.09m
	61.58m	63.09m	FOUL	62.13m	FOUL	FOUL	
4	Joyce, Jennifer K.			80	BC Athletics		62.81m
	57.54m	62.81m	FOUL	FOUL	61.04m	62.17m	
5	Dubourt, Elisabeth			86	Chinook Trac		61.29m
	59.60m	55.70m	61.29m	FOUL	FOUL	60.62m	
6	*mityaeva, Galina			91	Saint Lauren		60.91m
	56.71m	57.02m	60.91m	FOUL	59.66m	57.82m	
7	Obrochta, Kristin			89	York Univers		58.86m
	56.38m	55.04m	55.07m	FOUL	56.29m	58.86m	
8	Larose, Annie			89	St-Jean Olym		58.05m
	52.24m	56.37m	58.05m	54.09m	FOUL	FOUL	
9	Mullen, Maggie			89	Sarnia Athle		57.13m
	54.37m	FOUL	53.50m	54.82m	57.13m	55.02m	
10	Schimanski, Ami			90	London Weste		53.34m
	50.61m	51.75m	53.34m				
11	Kennedy, Samantha			93	Kajaks Track		51.20m
	51.20m	FOUL	48.95m				
12	Appiah, Cynthia			90	York Univers		50.30m
	44.65m	FOUL	50.30m				
--	Stuart, Lauren			91	BC Athletics		FOUL
	FOUL	FOUL	FOUL				

Women Javelin Throw Championship

=====							
Canadian: * 61.15m 2011 Elizabeth Gleadle							
Championship: \$ 54.89m 2007 Krista Woodward							
	Name		Year	Team			Finals
=====							
1	Gleadle, Elizabeth S.			88	Chinook Trac		60.13m\$
	60.13m	58.68m	FOUL	FOUL	FOUL	52.80m	
2	Woodward, Krista			84	BC Athletics		55.36m\$
	50.22m	FOUL	53.69m	52.30m	55.36m	54.91m	
3	Perkins, Tiffany			91	BC Athletics		52.59m
	52.59m	49.83m	50.43m	44.82m	49.25m	51.07m	
4	Fraser, Melissa			89	South Simcoe		51.71m
	FOUL	FOUL	46.44m	50.24m	51.12m	51.71m	
5	Oudenaarden, Niki			94	Capital City		48.90m
	40.78m	44.18m	FOUL	38.16m	37.61m	48.90m	
6	Webb, Vicki			79	York Univers		46.62m
	44.71m	46.59m	45.40m	43.50m	46.62m	FOUL	
7	Pighin, Brooke A.			89	BC Athletics		46.21m

	44.52m	46.02m	FOUL	FOUL	44.53m	46.21m	
8	Kovacs, Alanna			90	South Simcoe		45.91m
	44.98m	45.91m	FOUL	44.08m	45.51m	FOUL	
9	Bond, Jessica			88	Petite Natio		43.75m
	FOUL	38.07m	43.75m				
10	Whalen, Chelsea			92	Launchers AT		43.13m
	FOUL	FOUL	43.13m				
11	Merritt, Olivia			91	Pacific Athl		42.94m
	38.29m	42.94m	40.55m				
12	Bilodeau, Dominique			79	Cirrus		40.94m
	39.22m	40.94m	40.16m				
13	Cardella Rinfret, Genevi			92	Corsaire Cha		39.24m
	39.24m	36.85m	36.75m				
14	Chartrand, Sonia			92	Petite Natio		38.88m
	32.63m	38.88m	FOUL				
15	Thomas, Kashani			90	Ottawa Lions		36.88m
	34.87m	34.73m	36.88m				

Women 10000 Meter Race Walk Championship

Name	Year Team	Finals
1 Seaman, Rachel	86 Ontario Race	48:19.4h
2 Evangelista, Nicola	88 BC Athletics	50:57.6h
3 Brooke, Susan	65 Unattached	57:06.7h
4 Larssen, Beverley	89 Racewalk Wes	58:31.6h
5 Flipsen, Johanna	55 Heartland Ra	59:09.9h
6 McCormack, Catherine	72 Ontario Race	1:00:23.9h
7 Rodriguez Ruah, Paola	74 Unattached B	1:14:52.9h
-- Schneider, Amanda	89 Racewalk Wes	DNF

Boys 100 Meter High School Invite

Name	Year Team	Finals	Wind
1 Roett, Landon	95 Citc	10.87	1.2
2 Bondy, Logan	94 Notre Dame	11.37	1.2
3 Buettner, Nicholas	95 Caltaf Athle	11.74	1.2
4 Marion, Riley	95 U OF C Athle	11.78	1.2
5 Sugiato, Mike	95 U OF C Athle	12.33	1.2

Boys 400 Meter High School Invite

Name	Year Team	Finals	H#
1 Hudson, Jeff	95 Calgary Warr	50.67	2
2 Kellner, Thomas	94 Caltaf Athle	51.46	2
3 Dragicevic, Nick	94 U OF C Athle	52.16	2
4 Nordmark, Daelin	95 Calgary Warr	53.05	2
5 Cahoon, Patrick	94 U OF C Athle	53.42	2
6 Dragicevic, Dan	94 U OF C Athle	54.19	2
7 Klassen, Kevin	94 U OF C Athle	55.63	1
8 Shaw, Matt	94 Caltaf Athle	56.43	2
9 Ruissen, Jacob	96 Rundle College	56.82	1
-- Sugiato, Mike	95 U OF C Athle	DQ	1 Rule 163.3

Boys 1500 Meter Run High School Invite

Name	Year Team	Finals
1 Payne, Stephen	Ernest Manning	4:12.40
2 Fitzgibbon, Chris	94 Caltaf Athle	4:14.21
3 Faul, James	95 Caltaf Athle	4:14.68
4 Pennock, Russell	95 Henry Wise Wood	4:15.15
5 Pexman, John	94 U OF C Athle	4:20.32
6 Olguin, Cuauhti	95 Caltaf Athle	4:23.59
7 Undseth, Brennan	96 Caltaf Athle	4:26.42
8 McConnell, Graeme	94 U OF C Athle	4:32.95

Boys 4x100 Meter Relay High School Invite

Team	Finals
1 F.E.Osborne 'A'	50.26
2 Glenmore Christian Academy 'A'	50.54
3 Colonel Irvine 'A'	50.93
4 St. Jean Brebeuf 'A'	52.28
5 West Island College 'A'	53.43
6 St. Alphonsus Fine Arts School 'A'	57.47
7 Wesmount Charter 'A'	57.77

Boys Long Jump High School Invite

Name	Year Team	Finals	Wind
1 Roett, Landon	95 Citc	6.45m	3.3
6.12m(2.3) 6.45m(3.3) 5.52m(3.7) 6.16m(0.9) 6.35m(1.2) 5.90m(1.4)			
2 Fabian, Stephen	94 St. Joseph's	6.44m	2.7
6.32m(3.4) 6.43m(2.1) 6.06m(2.5) 6.44m(2.7) 6.03m(1.3) 6.11m(1.0)			
3 Ost, Austin	95 Caltaf Athle	6.33m	2.7
FOUL 6.33m(2.7) FOUL 5.94m(2.3) 6.12m(2.8) 6.18m(1.7)			
4 Lidbury, Trey	94 Bert Church	5.96m	3.2
5.96m(3.2) 5.56m(2.2) FOUL FOUL FOUL FOUL			
5 Proligalidad, Bryan	95 Father Lacom	5.95m	1.0
5.79m(2.1) FOUL 5.61m(3.3) 5.48m(2.0) 5.95m(1.0) 5.63m(2.4)			
6 Wagner, Karl	95 Caltaf Athle	5.84m	1.9
5.78m(1.3) 5.84m(1.9) FOUL FOUL 5.76m(2.1) 5.57m(2.9)			
7 Johnston, Jamie	95 U OF C Athle	5.73m	3.2
5.73m(3.2) 5.57m(2.1) 5.67m(3.6) 5.63m(1.7) 5.72m(3.0) 5.60m(2.3)			
8 Holme, Morgan	94 Rundle College	5.52m	1.5
5.42m(2.6) 5.46m(2.3) 5.49m(2.8) 5.20m(1.4) 5.52m(1.5) 5.49m(1.2)			

Boys Shot Put 5.44 kg High School Invite

Name	Year Team	Finals
1 Kotlewski, Jason	94 Crescent Heights	12.94m
12.67m 12.09m 12.94m 12.86m FOUL 12.57m		
2 Armin, Rouhi	94 Crescent Heights	12.14m
11.23m 11.71m 11.84m 11.83m 12.14m 12.05m		
3 Ost, Austin	95 Caltaf Athle	12.09m
10.82m 12.05m 11.04m FOUL 12.09m 11.65m		
4 Sheppard, Steven	94 U OF C Athle	12.08m
12.08m 11.95m 11.28m 11.48m 11.93m 11.67m		
5 Stack, Tynan	95 Strathcona Tweed	11.48m
11.31m 11.41m 10.83m 11.48m 11.12m 11.35m		

Men 100 Meter T11

Name	Year Team	Finals	Wind
1 Dunkerley (T11), Jon	80 Ottawa Lions	12.12	1.6
2 Carr (T/F11), Richard	72 Saugeen Trac	12.32	1.6
3 Walsh (T11), Dustin R.	83 Langley Must	12.43	1.6

Men 100 Meter T54

Name	Year Team	Finals	Wind
1 Thom (T54), Curtis	86 Ottawa Lions	14.35	0.6
2 Mathieson (T54), Colin	79 Sherbrooke	15.06	0.6
3 Christophe (T54), Isaiah	94 Cruisers Spo	15.48	0.6
4 Dupont (T54), Alexandre	85 Ass. Fauteui	15.52	0.6
5 Maranda (T54), Jean-Phil	86 Sherbrooke	16.78	0.6
6 Smyth (T54), Tristan	86 WC Race Seri	17.44	0.6
7 Hébert (T54), Francis	90 Saint Lauren	17.49	0.6
8 Brace (T54), James	85 A S E A	18.62	0.6

Men 100 Meter T12 +13

Name	Year	Team	Finals	Wind
1 Dolfo (T13), Braedon S.	93	Langley Must	11.37	1.2
2 King (T12), Brandon	91	Ottawa Lions	12.06	1.2
3 Johnson (T12), Courtney	92	Ottawa Lions	12.12	1.2

Men 100 Meter T38+44

Name	Year	Team	Finals	Wind
1 McQueen (T/F44), Alister	91	Unattached A	11.72	1.7
2 Whitehouse (T38), Kyle	90	Niagara Regi	11.75	1.7
3 Marciano (T44), Jackie	89	Halifax Ath	12.16	1.7
4 Poulin (T44), Phillipe	86	Halifax Ath	12.31	1.7
5 Salomons (T/F44), Cody	94	London Weste	13.40	1.7
6 Johnstone (T/F38), Micha	88	Unattached	15.02	1.7

Men 100 Meter T36-37+42

Name	Year	Team	Finals	Wind
1 Connor (T42), Earle	76	Unattached	12.63	2.1
1 Johnson (T36), Cory	74	Caltaf Athle	14.88	2.1
1 Mattiussi (T/F37), Harry	90	Saugeen Trac	15.10	2.1
2 Furey (T37), Jonathan	93	Kitchener-Wa	15.52	2.1

Men 100 Meter T34+53

Name	Year	Team	Finals	Wind
1 Lakatos (T53), Brent	80	Ass. Fauteui	15.19	2.4
2 Gauthier (T53), Éric	71	Sherbrooke	15.93	2.4
3 Dewitt (T34), Nathan	90	BC Wheelchai	17.11	2.4
4 Smeenk (T34), Austin	97	Cruisers Spo	17.45	2.4
5 Solla (T34), Eddy	95	BC Wheelchai	17.71	2.4
6 Brown (T53), Ben	87	Valley Athle	18.47	2.4

Men 200 Meter T54

Name	Year	Team	Finals	Wind	
1 Thom (T54), Curtis	86	Ottawa Lions	25.78	2.7	
2 Mathieson (T54), Colin	79	Sherbrooke	26.36	2.7	
3 Christophe (T54), Isaiah	94	Cruisers Spo	27.77	2.7	
4 Soulama (T54), Basile Ni	73	Sherbrooke	28.05	2.7	
5 Maranda (T54), Jean-Phil	86	Sherbrooke	30.38	2.7	
6 Smyth (T54), Tristan	86	WC Race Seri	30.44	2.7	
7 Brace (T54), James	85	A S E A	33.62	2.7	
-- Hébert (T54), Francis	90	Saint Lauren	DQ	2.7	Rule 163.3

Men 200 Meter T34+53

Name	Year	Team	Finals	Wind
1 Lakatos (T53), Brent	80	Ass. Fauteui	26.54	1.7
1 Smeenk (T34), Austin	97	Cruisers Spo	31.43	1.7
2 Gauthier (T53), Éric	71	Sherbrooke	28.21	1.7
2 Dewitt (T34), Nathan	90	BC Wheelchai	31.54	1.7
3 Solla (T34), Eddy	95	BC Wheelchai	32.37	1.7

Men 200 Meter T36+38 +44

Name	Year	Team	Finals	Wind
1 McQueen (T/F44), Alister	91	Unattached A	24.19	-1.5
1 Whitehouse (T38), Kyle	90	Niagara Regi	24.33	-1.5
1 Johnson (T36), Cory	74	Caltaf Athle	31.99	-1.5
2 Marciano (T44), Jackie	89	Halifax Ath	24.79	-1.5

Men 200 Meter T12 +13

Name	Year Team	Finals	Wind
1 Dolfo (T13), Braedon S.	93 Langley Must	23.29	-1.5
1 King (T12), Brandon	91 Ottawa Lions	24.62	-1.5
2 Johnson (T12), Courtney	92 Ottawa Lions	25.79	-1.5

Men 400 Meter T54

Top 8 Advance by Time

Advancement 3 + 2

Name	Year Team	Prelims	H#
Preliminaries			
1 Thom (T54), Curtis	86 Ottawa Lions	49.28q	1
2 Compaore (T54), Jean-Pau	72 Sherbrooke	50.94q	1
3 Dupont (T54), Alexandre	85 Ass. Fauteui	51.16q	2
4 Mathieson (T54), Colin	79 Sherbrooke	51.76q	2
5 Christophe (T54), Isaiah	94 Cruisers Spo	52.86q	2
6 Soulama (T54), Basile Ni	73 Sherbrooke	54.11q	1
7 Maranda (T54), Jean-Phil	86 Sherbrooke	57.51q	2
8 Smyth (T54), Tristan	86 WC Race Seri	58.00q	1
9 Hébert (T54), Francis	90 Saint Lauren	1:01.94	2
-- Kahn (T54), Michael	90 Cruisers Spo	FS	1

Men 400 Meter T11-13+44

Name	Year Team	Finals
Finals		
1 McGregor (T13), Stuart	79 Ottawa Lions	52.77
1 Marciano (T44), Jackie	89 Halifax Ath	53.61
1 Walsh (T11), Dustin R.	83 Langley Must	53.77
2 Dunkerley (T11), Jon	80 Ottawa Lions	54.93

Men 400 Meter T54

Advancement 3 + 2

Name	Year Team	Finals
Preliminaries		
1 Thom (T54), Curtis	86 Ottawa Lions	48.85
2 Dupont (T54), Alexandre	85 Ass. Fauteui	49.62
3 Mathieson (T54), Colin	79 Sherbrooke	50.13
4 Compaore (T54), Jean-Pau	72 Sherbrooke	50.90
5 Christophe (T54), Isaiah	94 Cruisers Spo	52.22
6 Soulama (T54), Basile Ni	73 Sherbrooke	52.51
7 Maranda (T54), Jean-Phil	86 Sherbrooke	57.38
8 Smyth (T54), Tristan	86 WC Race Seri	57.98
Preliminaries		
9 Hébert (T54), Francis	90 Saint Lauren	
-- Kahn (T54), Michael	90 Cruisers Spo	

Men 400 Meter T34+53

Name	Year Team	Finals
Finals		
1 Lakatos (T53), Brent	80 Ass. Fauteui	51.22
1 Smeenck (T34), Austin	97 Cruisers Spo	1:02.02
2 Gauthier (T53), Éric	71 Sherbrooke	53.63

Men 400 Meter T37

Name	Year Team	Finals
1 Dobson (T37), Shayne	91 A S E A	1:02.72
2 Furey (T37), Jonathan	93 Kitchener-Wa	1:10.95

Men 800 Meter Run

## 8 Advance: Top 1 Each Heat plus Next 4 Best Times

Name	Year	Team	Prelims	H#
=====				
Preliminaries				
1	Ellerton, Andrew	83 Track North	1:49.28Q	1
2	Harris, Geoffrey	87 Halifax Ath	1:50.09Q	2
3	Smith, Kyle	85 Phoenix Athl	1:50.18Q	3
4	Brannen, Nathan	82 Phoenix Athl	1:51.02Q	4
5	Romaniw, Anthony	91 Speed River	1:49.62q	1
6	Lincoln, Matthew	82 Phoenix Athl	1:50.21q	3
7	Riva, Thomas A.	92 BC Athletics	1:50.97q	2
8	Holm, David	86 Calgary Inte	1:51.38q	3
9	Swanson, Matthew	94 BC Athletics	1:51.45	3
10	Gaudes, Adam	92 Fast Tracks	1:51.52	2
11	Pratt, John	90 U of Victoria	1:51.53	2
12	Theriault, Madison	88 Caltaf Athle	1:51.56	4
13	Leitch, Scott	90 London Weste	1:51.83	1
14	Ostapowich, Jaden	89 Edmonton Thu	1:51.93	4
15	Bussi?res, Alex	94 Club Athleti	1:52.00	4
16	Boulay, Benoit	91 Speed River	1:52.14	2
17	Russell, Ryan	88 Calgary Inte	1:52.18	2
18	Blades, Justin	91 Halifax Ath	1:52.22	2
19	Bickley, Brad	91 U OF C Athle	1:52.39	3
20	Parent-Pichette, Vincent	91 Club D'Athlé	1:52.49	1
21	Doiron, Jean-Marc	88 O2	1:52.92	1
22	Robertson, Karl	91 U of Victoria	1:53.14	1
23	Khan, Saheed	84 Toronto Olym	1:53.45	1
24	Raymond, Mathieu	87 Club Athleti	1:53.49	3
25	Buttinger, Scott	94 Laurel Creek	1:53.54	3
26	Philibert-Thiboutot, Cha	90 Club Athleti	1:54.21	4
27	Paul-Morris, Adam	92 BC Athletics	1:54.46	1
28	Mitchell, Cameron K.	90 BC Athletics	1:55.09	1
29	Lapointe, Jean-Samuel	91 Club Athleti	1:56.41	4
30	Nishiyama, Michael	89 Unattached A	1:56.52	4
31	Corrigan, Peter	89 Running Room	1:56.89	3
32	Keane, Sean	Unattached B	1:57.18	3
33	Winkler, Matthew	88 Unattached B	1:57.19	2

## Men 800 Meter Run

Name	Year	Team	Finals
=====			
Finals			
1	Harris, Geoffrey	87 Halifax Ath	1:46.49
2	Brannen, Nathan	82 Phoenix Athl	1:46.74
3	Ellerton, Andrew	83 Track North	1:46.86
4	Lincoln, Matthew	82 Phoenix Athl	1:48.37
5	Romaniw, Anthony	91 Speed River	1:49.26
6	Smith, Kyle	85 Phoenix Athl	1:50.81
7	Holm, David	86 Calgary Inte	1:51.66
8	Riva, Thomas A.	92 BC Athletics	1:52.39
Preliminaries			
9	Swanson, Matthew	94 BC Athletics	
10	Gaudes, Adam	92 Fast Tracks	
11	Pratt, John	90 U of Victoria	
12	Theriault, Madison	88 Caltaf Athle	
13	Leitch, Scott	90 London Weste	
14	Ostapowich, Jaden	89 Edmonton Thu	
15	Bussi?res, Alex	94 Club Athleti	
16	Boulay, Benoit	91 Speed River	
17	Russell, Ryan	88 Calgary Inte	
18	Blades, Justin	91 Halifax Ath	
19	Bickley, Brad	91 U OF C Athle	
20	Parent-Pichette, Vincent	91 Club D'Athlé	
21	Doiron, Jean-Marc	88 O2	
22	Robertson, Karl	91 U of Victoria	
23	Khan, Saheed	84 Toronto Olym	
24	Raymond, Mathieu	87 Club Athleti	
25	Buttinger, Scott	94 Laurel Creek	
26	Philibert-Thiboutot, Cha	90 Club Athleti	

27 Paul-Morris, Adam	92 BC Athletics
28 Mitchell, Cameron K.	90 BC Athletics
29 Lapointe, Jean-Samuel	91 Club Athleti
30 Nishiyama, Michael	89 Unattached A
31 Corrigan, Peter	89 Running Room
32 Keane, Sean	Unattached B
33 Winkler, Matthew	88 Unattached B

Men 800 Meter Run T53+54

Name	Year Team	Finals
Finals		
1 Cassidy (T54), Joshua	84 Ottawa Lions	1:43.70
2 Dupont (T54), Alexandre	85 Ass. Fauteui	1:45.32
3 Lakatos (T53), Brent	80 Ass. Fauteui	1:45.72
4 Compaore (T54), Jean-Pau	72 Sherbrooke	1:46.87
5 Christophe (T54), Isaiah	94 Cruisers Spo	1:53.15
6 Kahn (T54), Michael	90 Cruisers Spo	1:58.15
7 Smyth (T54), Tristan	86 WC Race Seri	2:05.18

Men 800 Meter Run T13+37

Name	Year Team	Finals
1 McGregor (T13), Stuart	79 Ottawa Lions	1:59.20
1 Dobson (T37), Shayne	91 A S E A	2:20.43

Men 1500 Meter Run T53-54

Name	Year Team	Finals
1 Cassidy (T54), Joshua	84 Ottawa Lions	3:20.10
2 Compaore (T54), Jean-Pau	72 Sherbrooke	3:20.30
3 Dupont (T54), Alexandre	85 Ass. Fauteui	3:22.62
4 Shaw (T54), Kyle	87 Cyclones Roa	3:23.73
5 Kahn (T54), Michael	90 Cruisers Spo	3:38.13
6 Smyth (T54), Tristan	86 WC Race Seri	3:44.51

Men 1500 Meter Run T11+13+37

Name	Year Team	Finals
1 McGregor (T13), Stuart	79 Ottawa Lions	4:23.72
1 Dunkerley (T11), Jason	77 Ottawa Lions	4:28.80
1 Dobson (T37), Shayne	91 A S E A	4:59.87
2 Ouellet (T13), Guillaume	86 Montreal End	4:24.58

Men 5000 Meter Run T11

Name	Year Team	Finals
1 Dunkerley (T11), Jason	77 Ottawa Lions	16:42.50

Men 5000 Meter Run T54

Name	Year Team	Finals
1 Cassidy (T54), Joshua	84 Ottawa Lions	11:36.99
2 Compaore (T54), Jean-Pau	72 Sherbrooke	12:01.57
3 Dupont (T54), Alexandre	85 Ass. Fauteui	12:02.28
4 Shaw (T54), Kyle	87 Cyclones Roa	12:03.75

Men High Jump F44

Name	Year Team	Finals
Progressions 1.55 1.60 than by 3's		
1 Salomons (T/F44), Cody	94 London Weste	1.66m
1.55 1.60 1.63 1.66 1.68		

## Men Long Jump F11+37-38

Name	Year Team	Finals	Wind
1 Carr (T/F11), Richard	72 Saugeen Trac	5.26m	4.3
	3.03m(0.8) 4.98m(0.1) 4.94m(5.5) 3.41m(0.3)	5.26m(4.3) 5.15m(2.8)	
2 Johnstone (T/F38), Micha	88 Unattached	3.95m	5.5
	3.81m(4.0) 3.85m(2.9) 3.95m(5.5) 3.76m(4.2) 3.54m(4.3)	3.63m(4.2)	
3 Mattiussi (T/F37), Harry	90 Saugeen Trac	J3.95m	5.1
	3.27m(5.8) 3.36m(5.8) 3.36m(5.2) 3.61m(3.9) FOUL	3.95m(5.1)	

## Men Shot Put F37+44+46

Name	Year Team	Finals
1 Trudgeon (F46), Kenneth	88 London Weste	12.25m
	12.03m 12.14m FOUL FOUL FOUL 12.25m	
1 Strybosch (F37), Kevin	92 London Weste	11.75m
	11.22m 11.74m 11.33m 11.11m 11.75m 11.55m	
1 Saini (F44), Rajvir	85 Cruisers Spo	10.49m
	FOUL 9.73m 9.55m FOUL 10.29m 10.49m	
2 Bambrick (F37), David	84 Launchers AT	11.23m
	10.18m 11.23m FOUL 10.33m 10.49m 10.49m	
3 Brown (F37), Jonathan	86 Ontario Cere	7.99m
	7.13m 7.69m 7.54m 7.39m 7.99m 7.56m	

## Men Shot Put F33-34+57-58

Name	Year Team	Finals
1 Pettey (F34), Kyle	83 Cruisers Spo	11.31m
	11.09m 11.31m 10.71m 11.11m 10.87m FOUL	
2 Keobke (F57), Darryl	69 WC Race Seri	J9.54m
	8.40m 8.42m 8.25m 9.32m 8.66m 9.54m	
3 Hughes (F33), Robert	83 Sarnia Athle	J8.80m
	8.55m 8.80m 8.64m 8.56m 8.51m 8.57m	
4 Ouedraogo (F58), Issa	74 Sherbrooke	J8.08m
	7.59m 7.80m 7.75m 8.08m 6.82m 7.82m	
5 Bennett (F34), Ryan	88 Cruisers Spo	J6.60m
	6.26m 6.49m 6.49m 6.60m 6.16m 6.41m	
6 Vanveen (F33), Jon	88 Cruisers Spo	J5.53m
	5.53m 5.43m FOUL 5.21m 5.29m 5.47m	

## Men Discus Throw F33+58

Name	Year Team	Finals
1 Ouedraogo (F58), Issa	74 Sherbrooke	25.88m
	24.53m 22.53m 24.64m 23.13m 25.88m 24.93m	
2 Hughes (F33), Robert	83 Sarnia Athle	J19.17m
	FOUL 17.94m 18.92m FOUL 17.91m 19.17m	

## Men Discus Throw F37+46

Name	Year Team	Finals
1 Strybosch (F37), Kevin	92 London Weste	41.59m
	FOUL FOUL FOUL FOUL 41.59m FOUL	
2 Trudgeon (F46), Kenneth	88 London Weste	J32.92m
	FOUL 32.92m FOUL FOUL 31.58m FOUL	

## Men Javelin Throw F44

Name	Year Team	Finals
1 McQueen (T/F44), Alister	91 Unattached A	44.97m
	42.79m 44.97m 39.44m FOUL 38.88m FOUL	

Men Javelin Throw F33+58

Name	Year Team	Finals
1 Ouedraogo (F58), Issa	74 Sherbrooke	30.99m
	30.44m FOUL 28.92m FOUL 30.99m 29.33m	
2 Hughes (F33), Robert	83 Sarnia Athle	J17.29m
	16.25m FOUL 16.44m 17.29m FOUL FOUL	

Men 10000 Meter Race Walk Junior

Name	Year Team	Finals
1 Thorne, Benjamin	93 BC Athletics	40:26.0h

Men 100 Meter Qualifer

Top 4 times advance						
Name	Year Team	Finals	Wind	H#		
1 Leblanc, Michael	87 A S E A	10.41	0.2	1	Q	
2 Best, Wesley	94 The Speed AC	10.80	0.6	3	Q	
3 Molango, Francis	92 Saint Lauren	10.84	0.6	3	Q	
4 Graf, Ryan	93 Saskatoon TF	10.86	0.6	3	Q	
5 Macleod, Tyler	91 Windsor Legi	10.87	0.6	3		
6 Kwarko-Fosu, Kofi	87 Waterloo Tra	10.89	0.6	3		
7 Codling, Chris	87 Brampton Tra	10.97	0.6	3		
8 Clark, Adam	90 U OF C Athle	11.01	-0.2	2	11.009	
9 Samking, Wilfred Jr.	92 Winnipeg Opt	11.01	0.6	3	11.010	
10 Foote, Mason	89 Unattach SK	11.08	0.6	3		
11 Schaeffer, Matthew	93 U OF C Athle	11.31	-0.2	2		
12 *alkhaiberi, Abdulhafidh	86 Unattached A	11.39	0.2	1		
13 Dore, Alexandre	77 Perfmax-Raci	11.46	-0.2	2		
14 Stewart, Deven	87 Riversdale A	11.49	-0.2	2		
15 Bury-Jones, Arthur Stewa	89 U OF C Athle	11.65	-0.2	2		
16 Sandau, Jared	90 U OF C Athle	11.83	-0.2	2		
-- Boucher, Mike	93 Burlington T	FS	0.2	1		

Men 200 Meter Qualifer

Top 7 times advance						
Name	Year Team	Finals	Wind	H#		
1 Vaughan, Jarid B.	85 BC Athletics	21.66	-1.3	3	Q	
2 George, Nathan K.	94 BC Athletics	21.91	-1.3	3	Q	
3 Charles, Ricardo	88 U OF C Athle	21.93	-1.3	3	Q	
4 Graf, Ryan	93 Saskatoon TF	21.94	-1.3	3	Q	
5 Bowman, Aaron	91 Unattached	22.16	-1.3	3	Q 22.154	
6 Clark, Adam	90 U OF C Athle	22.16	-1.9	2	Q 22.157	
7 Codling, Chris	87 Brampton Tra	22.43	-1.3	3	Q	
8 Fedyk, Alex	94 Saskatoon TF	22.45	-1.9	2		
9 Sévigny, Sébastien	91 Corsaire Cha	22.58	-1.3	3		
10 Molango, Francis	92 Saint Lauren	22.64	-1.3	3		
11 Mayer, Bastian	90 U OF C Athle	22.70	-1.9	2		
12 Breski, Josh	91 U OF C Athle	22.74	-1.9	2		
13 Schaeffer, Matthew	93 U OF C Athle	22.97	-1.9	2		
14 Lariviere, Taylor	94 Caltaf Athle	23.00	-1.9	2		
15 Foote, Mason	89 Unattach SK	23.08	-1.8	1		
16 Bury-Jones, Arthur Stewa	89 U OF C Athle	23.22	-1.9	2		
17 Donsberger, Kyle	89 Riversdale A	23.31	-1.8	1		

Men 400 Meter Qualifer

Top 1 time advances					
Name	Year Team	Finals	H#		
1 Granilo, Elias	90 St. Thomas L	49.39	3	Q	
2 Bobak, David	92 C.A.N.I.	49.45	3		
3 Tourigny-Plante, Alex	95 Zénith DE TR	49.53	3		
4 Fitkowsky, Matthew	93 Bison Track	50.10	3		

5	Boudreau, Mathieu	91	Club Athleti	50.15	3
6	Miletic, Goran	89	Edmonton Thu	50.27	3
7	Sévigny, Sébastien	91	Corsaire Cha	50.56	2
8	Breski, Josh	91	U OF C Athle	50.88	3
9	Mages, Cody	92	Bison Track	51.02	2
10	Rynn, Isaac	89	Caltaf Athle	51.06	2
11	Smith, Spencer	92	Islanders Tr	51.13	3
12	Ference, Lucas	92	Coastal Trac	51.53	1
13	Donsberger, Kyle	89	Riversdale A	51.60	2
14	Rosenke, Daniel	84	Edmonton Int	51.90	1
15	Krolikowski, Maciej	91	U OF C Athle	52.03	1
16	Greenidge, Jameel	91	Saint Lauren	52.05	2
17	Coy, Jesaiah	93	Calgary Olym	52.84	2

Men 800 Meter Run Qualifer

Top 2 times advance

Name	Year	Team	Finals	H#		
1	Nishiyama, Michael	89	Unattached A	1:52.63	3	Q
2	Buttinger, Scott	94	Laurel Creek	1:53.01	3	Q
3	Boudreau, Mathieu	91	Club Athleti	1:53.45	3	
4	Block, Daniel	91	Riversdale A	1:54.11	3	
5	La Marra, Paul	92	U OF Windsor	1:54.30	3	
6	Kilpatrick, Alexander	92	Vancouver TH	1:54.94	2	
7	Sportak, Kenton	91	U OF C Athle	1:55.47	2	
8	Mages, Cody	92	Bison Track	1:56.00	2	
9	Hacking, Donovan	92	Edmonton Thu	1:56.18	2	
10	Liu, Yubai	89	Unattached B	1:56.29	3	
11	Thacher, Eric	92	Stride Ahead	1:56.29	2	
12	Raiche, Marc-André	90	Kalenjins	1:56.76	3	
13	Roske, Travis	91	Excel Athlet	1:57.96	1	
14	Roberts, Andrew	86	Club D'Athlé	1:58.20	2	
15	Veillette, Félix	94	Club Athleti	1:58.66	3	
16	Coy, Jesaiah	93	Calgary Olym	1:59.26	1	
17	Falk, David	88	Edmonton Thu	2:01.85	1	
18	Lee, Mark	93	U OF C Athle	2:07.49	1	
--	Ménard, Guillaume	91	Sherbrooke	DNF	2	

Men 1500 Meter Run Qualifer

Top 1 time advances

Name	Year	Team	Finals		
1	Lecours, Tommy	88	Club Athleti	4:08.20	Q
2	Theriault, Madison	88	Caltaf Athle	4:08.40	
3	Irvine, Kyle	90	U of Victoria	4:10.07	
4	Kent, Justin	92	Coastal Trac	4:10.28	
5	Raymond, Benjamin	92	Club D'Athlé	4:11.31	
6	White, Declan	92	Coastal Trac	4:12.15	
7	Bocksnick, Jackson	92	Unattached A	4:13.33	
8	Monds, Jevin	89	Running Room	4:14.39	
9	Smith, Jordan	90	Point Grey T	4:16.49	
10	Labranche, Jean-Daniel	91	Club Athleti	4:16.87	
11	*pernel, Thomas	88	U OF C Athle	4:24.17	

Men Pole Vault Qualifer

Progression 3.80 by 15 to 4.40 then by 10's

Top 5 advance

Name	Year	Team	Finals		
1	McKay, David	92	BC Athletics	4.40m	Q
	3.80 3.95 4.10 4.25 4.40				
	PPP PPP PPP XO				
1	Popp, Marcus	73	Ontario Mast	4.40m	Q
	3.80 3.95 4.10 4.25 4.40				
	PPP PPP PPP PPP XO				
3	Allen, Spencer	93	Kamloops Tra	J4.40m	Q
	3.80 3.95 4.10 4.25 4.40				

	PPP PPP PPP PPP XXO					
4	Filipek, Nathan	91	Edmonton Int	J4.40m	Q	
	3.80 3.95 4.10 4.25 4.40					
	PPP PPP PPP XXO XXO					
5	Furletti, Eric	89	Winnipeg Opt	4.25m	Q	
	3.80 3.95 4.10 4.25 4.40					
	PPP PPP XO XXO XXX					
6	Kowalko, Lukas	91	Calgary Spar	4.10m		
	3.80 3.95 4.10 4.25					
	PPP PPP O XXX					
7	Choi, Andrew	92	Edmonton Int	3.95m		
	3.80 3.95 4.10					
	XXO XO XXX					
--	Goodwin, Lyndon	92	U OF C Athle	NH		
	3.80 3.95 4.10 4.25					
	PPP PPP PPP XXX					
--	Gauthier, RenÉ	81	Sherbrooke	NH		
	3.80 3.95 4.10 4.25 4.40					
	PPP PPP PPP PPP XXX					

Men Long Jump Qualifer

=====						
Top 3 advance						
Name	Year	Team	Finals	Wind		
=====						
1	Blackburn, Justin	90	Perfmax-Raci	7.22m	3.9	Q
	7.10m(1.8) 7.22m(3.9) 6.94m(3.4)					
2	Johnston, Trent	90	U OF C Athle	7.08m	2.0	Q
	6.56m(3.4) 6.89m(1.1) 7.08m(2.0)					
3	Goetz, Jason	85	Supreme Athl	7.07m	6.8	Q
	6.56m(3.4) 7.07m(6.8) 6.78m(2.7)					
4	McPhee, Stephen	91	Capital City	7.03m	1.5	
	FOUL 7.03m(1.5) FOUL					
5	Dorcelus, Stevens	95	Vainqueurs P	6.96m	4.0	
	FOUL 6.33m(4.4) 6.96m(4.0)					
6	Landry, Pierre	88	A S E A	6.75m	6.0	
	FOUL 6.75m(6.0) 5.78m(5.6)					
7	Nicolas, Dennis	89	Unattached B	6.65m	5.1	
	6.57m(3.6) 6.47m(3.7) 6.65m(5.1)					
8	Robinson, Jason	70	Ontario Mast	6.45m	5.5	
	FOUL 5.88m(2.3) 6.45m(5.5)					
9	Dore, Alexandre	77	Perfmax-Raci	5.95m	4.7	
	5.80m(3.4) 5.95m(4.7) 5.79m(5.6)					

Men Discus Throw Qualifer

=====						
Top 3 advance						
Name	Year	Team	Finals			
=====						
1	Karakolis, Adam	92	Phoenix Athl	45.28m	Q	
	45.28m FOUL FOUL					
2	Sommer, Ryan	93	Chinook Trac	44.35m	Q	
	42.28m 44.35m 40.33m					
3	Link, Steven	91	U OF C Athle	44.17m	Q	
	FOUL 39.54m 44.17m					
4	Russell-Ford, Zachary	90	London Weste	43.15m		
	41.59m FOUL 43.15m					
5	Angus, Mark	75	Flying M Ath	37.41m		
	FOUL 37.41m FOUL					

Men Hammer Throw Qualifer

=====						
Top 3 advances						
Name	Year	Team	Finals			
=====						
1	Anisko, Damian	83	York Univers	54.88m	Q	
	52.58m 54.51m 54.88m					
2	Prince, Spencer R.	92	Valley Royal	53.41m	Q	
	53.41m 52.73m 52.90m					
3	Gagne, Alexandre	91	Sherbrooke	51.52m	Q	

46.72m	49.81m	51.52m		
4 Wells, Andrew			91 Unattached	50.99m
47.49m	FOUL	50.99m		
5 Lapierre, Jarom			77 Unattached	50.92m
50.92m	FOUL	49.98m		
6 Diaz, Pedro			93 U OF C Athle	49.12m
48.68m	47.74m	49.12m		
7 Wilson, Kier			71 Unattached A	40.03m
40.03m	FOUL	39.58m		
-- Jean, Philippe			91 Club Athleti	FOUL
FOUL	FOUL	FOUL		

Men Javelin Throw Qualifer

=====  
 Top 1 advances  
 Name Year Team Finals  
 =====  
 1 Wilson, Kier 71 Unattached A 45.27m Q  
 45.27m 44.09m 44.63m

Men 100 Meter Championship

=====  
 8 Advance: Top 2 Each Heat plus Next 2 Best Times  
 Canadian: \* 9.84 27/07/1996 Donovan Bailey  
 Canadian: % 9.84 22/08/1999 Bruny Surin  
 Championship: \$ 9.89 1998 Bruny Surin  
 Name Year Team Prelims Wind H#  
 =====  
 Preliminaries  
 1 Warner, Justyn 87 Project Athl 10.16Q 3.0 1  
 2 Smith, Oluseyi 87 Ottawa Lions 10.21Q 2.1 2  
 3 Henry, Anson 79 Project Athl 10.33Q 0.4 3  
 4 Warner, Ian 90 Unattached 10.26Q 2.1 2  
 5 Farrier, Dushane 90 Phoenix Athl 10.34Q 0.4 3  
 6 Haynes, Akeem 92 Calgary Inte 10.40Q 3.0 1  
 7 Brown, Aaron 92 Phoenix Athl 10.29q 2.1 2  
 8 Effah, Sam 88 U OF C Athle 10.37q 0.4 3 10.362  
 9 Richards-Kwok, Dontae 89 Project Athl 10.37 2.1 2 10.369  
 10 Adu-Bobie, Richard 85 Ottawa Lions 10.41 0.4 3 10.402  
 11 Palmer, Hank 85 Vainqueurs P 10.41 3.0 1 10.403  
 12 Leblanc, Michael 87 A S E A 10.46 3.0 1  
 13 Lawrence, Tj 91 G-Force Athl 10.49 2.1 2  
 14 Ford-Azonwanna, Andre 95 G-Force Athl 10.50 0.4 3  
 15 Bowman, Aaron 91 Unattached 10.54 0.4 3  
 16 Vaughan, Jarid B. 85 BC Athletics 10.56 2.1 2  
 17 \*williams, Benjamin 92 Voleo Athlet 10.57 3.0 1  
 18 Sterling, Rhoan 80 Unattached 10.78 3.0 1  
 19 Stewart, Rohan 90 Kajaks Track 10.84 3.0 1 10.838  
 20 Best, Wesley 94 The Speed AC 10.84 0.4 3 10.840  
 21 Graf, Ryan 93 Saskatoon TF 10.85 3.0 1  
 22 Molango, Francis 92 Saint Lauren 10.92 2.1 2  
 -- Nichol, Leonae 90 Mississauga FS 2.1 2 Rule 162.7

Men 100 Meter Championship

=====  
 Canadian: \* 9.84 27/07/1996 Donovan Bailey  
 Canadian: % 9.84 22/08/1999 Bruny Surin  
 Championship: \$ 9.89 1998 Bruny Surin  
 Name Year Team Finals Wind  
 =====  
 Finals  
 1 Warner, Justyn 87 Project Athl 10.15 1.0  
 2 Warner, Ian 90 Unattached 10.20 1.0  
 3 Smith, Oluseyi 87 Ottawa Lions 10.22 1.0  
 4 Haynes, Akeem 92 Calgary Inte 10.25 1.0  
 5 Brown, Aaron 92 Phoenix Athl 10.26 1.0  
 6 Henry, Anson 79 Project Athl 10.31 1.0  
 7 Farrier, Dushane 90 Phoenix Athl 10.33 1.0  
 8 Effah, Sam 88 U OF C Athle 10.39 1.0  
 Preliminaries

9 Richards-Kwok, Dontae	89 Project Athl
10 Adu-Bobie, Richard	85 Ottawa Lions
11 Palmer, Hank	85 Vainqueurs P
12 Leblanc, Michael	87 A S E A
13 Lawrence, Tj	91 G-Force Athl
14 Ford-Azonwanna, Andre	95 G-Force Athl
15 Bowman, Aaron	91 Unattached
16 Vaughan, Jarid B.	85 BC Athletics
17 *williams, Benjamin	92 Voleo Athlet
18 Sterling, Rhoan	80 Unattached
19 Stewart, Rohan	90 Kajaks Track
20 Best, Wesley	94 The Speed AC
21 Graf, Ryan	93 Saskatoon TF
22 Molango, Francis	92 Saint Lauren
-- Nichol, Leonae	90 Mississauga

Men 200 Meter Championship

=====  
 8 Advance: Top 1 Each Heat plus Next 4 Best Times  
 Canadian: \* 20.17 26/08/1991 Atlee Mahorn  
 Championship: \$ 20.34 2008 Jared Connaughton

Name	Year Team	Prelims	Wind	H#
1 Harris, Tremaine	92 Project Athl	20.61Q	-0.9	4
2 Makinde, Oluwasegun	91 Ottawa Lions	20.71Q	-1.0	3
3 Barnett, Bryan	87 Unattached A	20.94Q	-0.2	2
4 Connaughton, Jared	85 Islanders Tr	21.00Q	-1.7	1
5 Smellie, Gavin	86 Flying Angel	20.79q	-0.9	4
6 Richards-Kwok, Dontae	89 Project Athl	21.14q	-0.2	2
7 Effah, Sam	88 U OF C Athle	21.20q	-1.0	3
8 Ford-Azonwanna, Andre	95 G-Force Athl	21.30q	-0.2	2
9 Laidlaw-Allen, Marlon	93 Phoenix Athl	21.33	-0.2	2
10 Robertson, Michael	89 Ottawa Lions	21.34	-0.9	4
11 Vaughan, Jarid B.	85 BC Athletics	21.46	-1.0	3
12 Farrier, Dushane	90 Phoenix Athl	21.53	-1.7	1
13 Leblanc, Michael	87 A S E A	21.64	-0.9	4
14 Macleod, Tyler	91 Windsor Legi	21.67	-0.9	4
15 Palmer, Hank	85 Vainqueurs P	21.73	-1.0	3
16 George, Nathan K.	94 BC Athletics	21.80	-1.7	1
17 *williams, Benjamin	92 Voleo Athlet	21.83	-1.7	1
18 Nichol, Leonae	90 Mississauga	21.86	-1.0	3
19 Granilo, Elias	90 St. Thomas L	21.91	-0.9	4
20 Reid, Christopher	88 Brampton Tra	21.91	-0.2	2
21 Charles, Ricardo	88 U OF C Athle	21.99	-0.2	2
22 Codling, Chris	87 Brampton Tra	22.00	-1.7	1
23 Reddy, Julian	88 Legacy Athle	22.02	-1.0	3
24 Bowman, Aaron	91 Unattached	22.06	-0.9	4
25 Clark, Adam	90 U OF C Athle	22.16	-0.9	4

Men 200 Meter Championship

=====  
 Canadian: \* 20.17 26/08/1991 Atlee Mahorn  
 Championship: \$ 20.34 2008 Jared Connaughton

Name	Year Team	Finals	Wind
Finals			
1 Harris, Tremaine	92 Project Athl	20.68	-1.6
2 Makinde, Oluwasegun	91 Ottawa Lions	20.75	-1.6
3 Connaughton, Jared	85 Islanders Tr	20.96	-1.6
4 Smellie, Gavin	86 Flying Angel	20.98	-1.6
5 Barnett, Bryan	87 Unattached A	21.09	-1.6
6 Effah, Sam	88 U OF C Athle	21.24	-1.6
7 Richards-Kwok, Dontae	89 Project Athl	21.36	-1.6
8 Ford-Azonwanna, Andre	95 G-Force Athl	21.40	-1.6
Preliminaries			
9 Laidlaw-Allen, Marlon	93 Phoenix Athl		
10 Robertson, Michael	89 Ottawa Lions		
11 Vaughan, Jarid B.	85 BC Athletics		
12 Farrier, Dushane	90 Phoenix Athl		
13 Leblanc, Michael	87 A S E A		

14 Macleod, Tyler	91 Windsor Legi
15 Palmer, Hank	85 Vainqueurs P
16 George, Nathan K.	94 BC Athletics
17 *williams, Benjamin	92 Voleo Athlet
18 Nichol, Leonae	90 Mississauga
19 Granilo, Elias	90 St. Thomas L
20 Reid, Christopher	88 Brampton Tra
21 Charle, Ricardo	88 U OF C Athle
22 Codling, Chris	87 Brampton Tra
23 Reddy, Julian	88 Legacy Athle
24 Bowman, Aaron	91 Unattached
25 Clark, Adam	90 U OF C Athle

Men 400 Meter Championship

=====  
 8 Advance: Top 3 Each Heat plus Next 2 Best Times  
 Canadian: \* 44.44 12/08/2005 Tyler Christopher  
 Championship: \$ 45.03 2008 Tyler Christopher

Name	Year Team	Prelims	H#
1 Harper, Daniel	89 Brampton Tra	46.28Q	1
2 Barnaby, Daundre	90 Brampton Tra	46.60Q	2
3 Dargie, Andrew	87 Caltaf Athle	46.95Q	1
4 Frenke, Gordon	89 Ottawa Lions	47.17Q	2
5 Osei, Philip	90 Mississauga	46.99Q	1
6 Barbara, Ameer	89 Unattached	47.51Q	2
7 Robertson, Michael	89 Ottawa Lions	47.43q	1
8 Home, Mitchell	92 Capital City	47.54q	2
9 Ayesu-Attah, Benjamin	93 BC Athletics	47.58	2
10 Lim, Kevin	88 U OF C Athle	47.90	1
11 Kimick, Evan	89 U OF C Athle	48.68	2 48.674
12 Fedyk, Alex	94 Saskatoon TF	48.68	1 48.676
13 George, Nathan K.	94 BC Athletics	48.85	1
-- Granilo, Elias	90 St. Thomas L	DNF	1

Men 400 Meter Championship

=====  
 Canadian: \* 44.44 12/08/2005 Tyler Christopher  
 Championship: \$ 45.03 2008 Tyler Christopher

Name	Year Team	Finals
1 Barnaby, Daundre	90 Brampton Tra	46.00
2 Osei, Philip	90 Mississauga	46.29
3 Harper, Daniel	89 Brampton Tra	46.36
4 Dargie, Andrew	87 Caltaf Athle	46.86
5 Robertson, Michael	89 Ottawa Lions	46.95
6 Frenke, Gordon	89 Ottawa Lions	47.39
7 Home, Mitchell	92 Capital City	48.91
-- Barbara, Ameer	89 Unattached	DNF

Preliminaries

9 Ayesu-Attah, Benjamin	93 BC Athletics
10 Lim, Kevin	88 U OF C Athle
11 Kimick, Evan	89 U OF C Athle
12 Fedyk, Alex	94 Saskatoon TF
13 George, Nathan K.	94 BC Athletics
-- Granilo, Elias	90 St. Thomas L

Men 1500 Meter Run Championship

=====  
 12 Advance: Top 4 Each Heat plus Next 4 Best Times  
 Canadian: \* 3:31.71 30/06/2000 Kevin Sullivan  
 Championship: \$ 3:38.03 2008 Taylor Milne

Name	Year Team	Prelims
1 Milne, Taylor	81 Speed River	3:46.71Q
2 Walters, Mathew	89 North Bay Le	3:49.79Q
3 Martinson, Geoffrey B.	86 Prince Georg	3:47.04Q
4 Lincoln, Matthew	82 Phoenix Athl	3:50.19Q
5 Marpole-Bird, Justin	88 BC Athletics	3:47.12Q

6	Brannen, Nathan	82	Phoenix Athl	3:50.37Q
7	Corrigan, Peter	89	Running Room	3:47.55Q
8	Proudfoot, Ross	92	Speed River	3:50.60Q
9	Philibert-Thiboutot, Cha	90	Club Athleti	3:47.83q
10	Gorman, Dan	87	Halifast Ath	3:48.15q
11	Brown, Alastair	90	Lakehead Run	3:48.92q
12	Colle, Stephane	88	Fleur DE Lys	3:49.84q
13	Brett, Allan	88	Speed River	3:50.06
14	Khan, Saheed	84	Toronto Olym	3:51.28
15	Boorsma, Kyle	88	Speed River	3:51.60
16	Vincent, Samuel	92	Bison Track	3:51.99
17	Janikowski, Paul	92	Windsor Legi	3:52.39
18	Bruchet, Lucas	91	Point Grey T	3:53.02
19	Nicol, Scott	88	U OF C Athle	3:54.11
20	Lecours, Tommy	88	Club Athleti	3:54.63
21	Hole, Nigel	89	Point Grey T	3:56.87
22	Jackson, Robert	90	Speed River	3:56.93
23	Lapointe, Jean-Samuel	91	Club Athleti	3:59.14
24	Bernard, Olivier	89	Club D'Athlé	3:59.74

Men 1500 Meter Run Championship

=====  
 Canadian: \* 3:31.71 30/06/2000 Kevin Sullivan  
 Championship: \$ 3:38.03 2008 Taylor Milne

=====  
 Name Year Team Finals

=====  
 Finals

1	Brannen, Nathan	82	Phoenix Athl	3:49.22
2	Milne, Taylor	81	Speed River	3:50.07
3	Martinson, Geoffrey B.	86	Prince Georg	3:50.75
4	Marpole-Bird, Justin	88	BC Athletics	3:50.94
5	Lincoln, Matthew	82	Phoenix Athl	3:50.95
6	Walters, Mathew	89	North Bay Le	3:51.74
7	Philibert-Thiboutot, Cha	90	Club Athleti	3:51.97
8	Corrigan, Peter	89	Running Room	3:52.31
9	Gorman, Dan	87	Halifast Ath	3:54.48
10	Proudfoot, Ross	92	Speed River	3:54.50
11	Brown, Alastair	90	Lakehead Run	3:56.43
12	Colle, Stephane	88	Fleur DE Lys	3:56.44

Preliminaries

13	Brett, Allan	88	Speed River
14	Khan, Saheed	84	Toronto Olym
15	Boorsma, Kyle	88	Speed River
16	Vincent, Samuel	92	Bison Track
17	Janikowski, Paul	92	Windsor Legi
18	Bruchet, Lucas	91	Point Grey T
19	Nicol, Scott	88	U OF C Athle
20	Lecours, Tommy	88	Club Athleti
21	Hole, Nigel	89	Point Grey T
22	Jackson, Robert	90	Speed River
23	Lapointe, Jean-Samuel	91	Club Athleti
24	Bernard, Olivier	89	Club D'Athlé

Men 5000 Meter Run Championship

=====  
 Canadian: \* 13:13.96 01/09/1998 Jeff Schiebler  
 Championship: \$ 13:25.16 2000 Sean Kaley

=====  
 Name Year Team Finals

=====  
 Finals

1	Levins, Cameron	89	Comox Valley	14:34.82
2	Hubers, Ben	88	Unattached	14:39.94
3	Hashi, Hussein	89	Toronto Olym	14:43.13
4	Hendrikx, Aaron	93	London Runne	14:52.54
5	O'Neill, Kyle	89	London Runne	14:55.45
6	Nixon, Andrew	91	Speed River	15:02.25
7	Childs, Clifford	89	U of Victoria	15:04.23
8	Nakluski, Derek	82	Toronto Olym	15:12.81
9	Galea, Matthew	93	Caltaf Athle	15:54.56
10	Foster, Sean	94	Caltaf Athle	17:31.73

-- Noel-Hodge, Ryan                   89 Montreal End                   DNF  
 -- Pawluk, Samuel                   85 Point Grey T                   DNF

Men 10000 Meter Run Championship

=====  
 Canadian: \* 27:23.63 01/05/2010 Simon Bairu  
 Championship: \$ 28:14.30 2000 Jeff Schiebler  
 Name                   Year Team                   Finals  
 =====  
 1 Ahmed, Mohammed           91 Niagara Olym           30:49.13  
 2 Hortian, Adam           84 Toronto Olym           32:07.42  
 3 \*tsaru Tume, Merhaui       92 Caltaf Athle           32:53.72  
 4 Noel-Hodge, Ryan           89 Montreal End           33:39.54  
 5 Wallace, Colin           78 Unattached           34:19.70  
 6 Diehl, Graham           82 U OF C Athle           34:52.18  
 7 Cook, Jack               67 Unattached           35:41.60

Men 110 Meter Hurdles Championship

=====  
 8 Advance: Top 3 Each Heat plus Next 2 Best Times  
 Canadian: \* 13.08 01/07/1993 Mark McKoy  
 Championship: \$ 13.27 1985 Mark McKoy  
 Name                   Year Team                   Prelims Wind H#  
 =====  
 Preliminaries  
 1 Brisson, Matthew           88 St. Thomas L           13.82Q 1.6 2  
 2 Kaba, Sekou           90 Ottawa Lions           13.93Q 0.7 1  
 3 Moseley, Ingvar           91 Project Athl           14.07Q 0.7 1  
 4 Theriau, Christopher       87 Unattach NS           J14.26Q 0.7 1 14.258  
 5 Macleod, Jared           80 Winnipeg Opt           J14.26Q 1.6 2 14.259  
 6 Léveillé, Simon           90 Corsaire Cha           14.64Q 1.6 2  
 7 Vandendool, Andrew       81 St. Thomas L           14.70q 0.7 1  
 8 Tasker, Ryan           91 U OF C Athle           14.79q 1.6 2  
 9 Goodwin, Lyndon           92 U OF C Athle           15.19 0.7 1  
 10 Castillo, Diego           92 Capital City           15.37 1.6 2  
 11 Samking, Wilfred Jr.      92 Winnipeg Opt           15.51 0.7 1

Men 110 Meter Hurdles Championship

=====  
 Canadian: \* 13.08 01/07/1993 Mark McKoy  
 Championship: \$ 13.27 1985 Mark McKoy  
 Name                   Year Team                   Finals Wind  
 =====  
 Finals  
 1 Brisson, Matthew           88 St. Thomas L           13.73 1.5  
 2 Kaba, Sekou           90 Ottawa Lions           13.79 1.5  
 3 Moseley, Ingvar           91 Project Athl           13.85 1.5  
 4 Macleod, Jared           80 Winnipeg Opt           14.19 1.5  
 5 Theriau, Christopher       87 Unattach NS           14.24 1.5  
 6 Léveillé, Simon           90 Corsaire Cha           14.74 1.5  
 7 Tasker, Ryan           91 U OF C Athle           14.87 1.5  
 8 Vandendool, Andrew       81 St. Thomas L           14.91 1.5  
 Preliminaries  
 9 Goodwin, Lyndon           92 U OF C Athle  
 10 Castillo, Diego           92 Capital City  
 11 Samking, Wilfred Jr.      92 Winnipeg Opt

Men 400 Meter Hurdles Championship

=====  
 8 Advance: Top 3 Each Heat plus Next 2 Best Times  
 Canadian: \* 48.24 27/07/2007 Adam Kunkel  
 Championship: \$ 49.68 2007 Adam Kunkel  
 Name                   Year Team                   Prelims H#  
 =====  
 1 Nystuen, Tait           91 Excel Athlet           51.52Q 2  
 2 Alhaddad, Saj           92 C.A.N.I.           53.14Q 1  
 3 El Hanbli, Gabriel       90 Lanaudiere-O           51.84Q 2  
 4 Bates, Brent           92 St. Thomas L           53.34Q 1  
 5 Chan, Daniel           91 U of Toronto T.C       53.24Q 2  
 6 Chevrette-Belisle, Huber 90 Lanaudiere-O           53.54Q 1

7	Frenke, Gordon	89	Ottawa Lions	54.56q	1
8	Smithers, Cameron	91	Unattached	54.60q	2
9	Steinbrenner, Alexander	90	Saint Lauren	54.90	2
10	Primeau, Codie	92	Ottawa Lions	55.65	2
11	Grant, Oliver	91	Waterloo Tra	56.14	1
12	King, Garrett	93	U OF C Athle	56.39	2
13	Hayes, Clayton	88	Capital City	57.58	1
14	Clark, Steven	91	Caltaf Athle	58.28	1
15	Clements, Bryce	94	Caltaf Athle	59.34	2
--	Kunkel, Adam	81	Legacy Athle	DNF	1

#### Men 400 Meter Hurdles Championship

Canadian: \* 48.24 27/07/2007 Adam Kunkel  
 Championship: \$ 49.68 2007 Adam Kunkel

Name	Year	Team	Finals
------	------	------	--------

#### Finals

1	Nystuen, Tait	91	Excel Athlet	51.23
2	El Hanbli, Gabriel	90	Lanaudiere-O	51.26
3	Alhaddad, Saj	92	C.A.N.I.	52.22
4	Chevrette-Belisle, Huber	90	Lanaudiere-O	53.06
5	Chan, Daniel	91	U of Toronto T.C	53.14
6	Bates, Brent	92	St. Thomas L	54.03
7	Smithers, Cameron	91	Unattached	54.24
8	Frenke, Gordon	89	Ottawa Lions	54.67

#### Preliminaries

9	Steinbrenner, Alexander	90	Saint Lauren
10	Primeau, Codie	92	Ottawa Lions
11	Grant, Oliver	91	Waterloo Tra
12	King, Garrett	93	U OF C Athle
13	Hayes, Clayton	88	Capital City
14	Clark, Steven	91	Caltaf Athle
15	Clements, Bryce	94	Caltaf Athle
--	Kunkel, Adam	81	Legacy Athle

#### Men 3000 Meter Steeplechase Championship

Canadian: \* 8:12.58 28/08/1985 Graeme Fell  
 Championship: \$ 8:25.82 1986 Graeme Fell

Name	Year	Team	Finals
------	------	------	--------

#### Finals

1	Genest, Alex	86	Unattached Q	8:45.03
2	Hughes, Matthew	89	Toronto Olym	8:47.65
3	Winter, Chris	86	Speed River	8:48.66
4	Hadfield, Gareth	92	Caltaf Athle	9:09.52
5	Brunsting, Matthew	87	Speed River	9:12.25
6	Brockerville, Ryan	89	Mariners Ath	9:15.85
7	Smith, Jacob	90	Brockville L	9:22.90
8	Dulhanty, Christopher	92	Speed River	9:38.41
9	Aucoin, Curtis	93	Edmonton Thu	10:39.28

#### Men 4x100 Meter Relay Championship

Canadian: \* 37.69 03/08/1996  
 R. Esmie, G. Gilbert, B. Surin, D. Bailey

Team	Finals
------	--------

1	Ucac 'A'	42.60
2	Ucac 'B'	43.33

#### Men High Jump Championship

Canadian: \* 2.35m 12/07/2002 Mark Boswell  
 Championship: \$ 2.33m 1986 Milton Ottey

Name	Year	Team	Finals
------	------	------	--------

1	Drouin, Derek	90	Sarnia Athle	2.31m
	1.98 2.03 2.08 2.13 2.16 2.19 2.22 2.25 2.28 2.31 2.33 2.35			

	PPP	PPP	O	O	O	O	PPP	XO	O	O	PPP	XXP
2	Mason, Michael					86	BC Athletics					2.28m
	1.98	2.03	2.08	2.13	2.16	2.19	2.22	2.25	2.28	2.31		
	PPP	PPP	O	O	PPP	O	PPP	O	XXO	XXX		
3	Lovett, Django					92	BC Athletics					2.16m
	1.98	2.03	2.08	2.13	2.16	2.19						
	PPP	O	O	O	XO	XXX						
4	Wilhelm, Branden					92	Unattached					J2.16m
	1.98	2.03	2.08	2.13	2.16	2.19						
	PPP	O	O	XO	XXO	XXX						
5	Eckert, Jeremy					90	Excel Athlet					2.13m
	1.98	2.03	2.08	2.13	2.16							
	O	O	O	XO	XXX							
6	St-Hilaire, Philippe					95	Vainqueurs P					2.08m
	1.98	2.03	2.08	2.13								
	O	XO	XO	XXX								
7	Collins, Pat					91	U OF C Athle					2.03m
	1.98	2.03	2.08									
	O	XO	XXX									
--	Anderson-Richards, Tacum					95	The Speed AC					NH
	1.98	2.03	2.08									
	PPP	PPP	XXX									

Men Pole Vault Championship

=====												
Canadian: * 5.61m 14/07/1991 Douglas Wood												
Championship: \$ 5.50m 1989 Douglas Wood												
	Name		Year	Team							Finals	
=====												
1	Wurster, Jason			84	York Univers					5.25m		
	4.70	4.85	5.00	5.15	5.25	5.30	5.35	5.40				
	PPP	PPP	PPP	PPP	XO	PPP	PPP	XXX				
2	Foley, David			84	Sherbrooke					J5.25m		
	4.70	4.85	5.00	5.15	5.25	5.30	5.35					
	PPP	PPP	PPP	XO	XXO	PPP	XXX					
3	Theodore, Deryk			89	Edmonton Int					5.15m		
	4.70	4.85	5.00	5.15	5.25							
	PPP	PPP	XXO	O	XXX							
4	Barber, Shawnacy			94	Project Athl					4.85m		
	4.70	4.85	5.00									
	O	O	XXX									
5	Vu, Ryan			88	Unattached B					J4.85m		
	4.70	4.85	5.00									
	PPP	XO	XXX									
6	Creighton, Doug			85	U of Toronto T.C					J4.85m		
	4.70	4.85	5.00									
	PPP	XXO	XXX									
7	Allen, Spencer			93	Kamloops Tra					4.70m		
	4.70	4.85										
	XO	XXX										
--	Filipek, Nathan			91	Edmonton Int					NH		
	4.70											
	XXX											
--	Furletti, Eric			89	Winnipeg Opt					NH		
	4.70											
	XXX											
--	McKay, David			92	BC Athletics					NH		
	4.70											
	XXX											
--	Popp, Marcus			73	Ontario Mast					NH		
	4.70											
	XXX											

Men Long Jump Championship

=====												
Canadian: * 8.20m 20/07/1991 Edrick Floreal												
Championship: \$ 8.02m 1989 Edrick Floreal												
	Name		Year	Team							Finals	Wind
=====												
1	Stewart, Taylor			91	London Weste					7.78m	3.9	

	7.60m(1.4)	7.37m(0.6)	7.31m(1.9)	PASS	7.78m(3.9)	7.57m(-0.4)
2	Bowry, Jharyl		90	Phoenix Athl	7.62m	2.6
	7.62m(2.6)	7.49m(2.5)	7.62m(2.4)	PASS	FOUL	7.28m(1.4)
3	Gallaughar, Robert		91	BC Athletics	7.38m	0.2
	7.00m(1.0)	FOUL	FOUL	FOUL	7.34m(1.7)	7.38m(0.2)
4	Scherle, Mark		84	London Weste	7.32m	4.4
	7.04m(4.1)	6.33m(0.5)	7.18m(1.3)	FOUL	7.32m(4.4)	6.97m(+0.0)
5	Warnock, Benjamin		85	U OF Windsor	7.31m	+0.0
	6.99m(1.6)	6.77m(1.7)	7.04m(1.4)	FOUL	7.31m(+0.0)	7.06m(0.2)
6	Richards, Brian		89	Flying Angel	7.07m	3.4
	6.76m(2.1)	7.07m(3.4)	7.01m(2.4)	6.73m(4.9)	7.03m(0.9)	6.91m(3.8)
7	Blackburn, Justin		90	Perfmax-Raci	7.04m	2.0
	7.01m(3.3)	FOUL	6.92m(3.6)	7.04m(2.0)	7.02m(-1.1)	FOUL
8	Johnston, Trent		90	U OF C Athle	6.96m	1.7
	6.96m(1.7)	6.96m(2.4)	6.69m(-0.9)	6.73m(1.3)	6.48m(-1.2)	6.86m(4.8)
9	Greenaway, Christopher		87	Saint Lauren	6.94m	2.2
	4.52m(1.4)	6.91m(4.8)	6.94m(2.2)			
10	Massok, Patrick		80	Saint Lauren	6.84m	2.7
	6.84m(2.7)	1.66m(0.4)	6.80m(-0.4)			
11	Goetz, Jason		85	Supreme Athl	6.61m	2.0
	FOUL	6.61m(2.0)	FOUL			

#### Men Triple Jump Championship

Canadian: * 17.29m 03/06/1989 Edrick Floreal						
Championship: \$ 16.56m 1989 Edrick Floreal						
Name	Year	Team	Finals	Wind		
1	Anderson-Richards, Tacum	95 The Speed AC	15.19m	0.9		
	14.49m(1.7)	15.18m(3.0)	14.51m(0.5)	15.19m(0.9)	FOUL	14.28m(2.9)
2	Muschette, Marvin	92 Supreme Athl	15.04m	2.2		
	FOUL	15.04m(2.2)	15.01m(1.5)	FOUL	14.81m(1.3)	FOUL
3	Goetz, Jason	85 Supreme Athl	14.84m	1.2		
	FOUL	FOUL	14.75m(3.5)	14.84m(1.2)	14.76m(2.0)	FOUL
4	Fyffe, Nicholas	94 BC Athletics	14.52m	0.3		
	FOUL(1.7)	14.07m(1.7)	FOUL	14.52m(0.3)	14.51m(1.1)	FOUL(2.9)
5	Harriott, Dwayne	86 Supreme Athl	14.37m	1.4		
	14.21m(1.8)	13.29m(2.6)	13.36m(0.7)	14.37m(1.4)	14.34m(2.5)	14.29m(1.9)
6	Nachilobe, Cossy	91 Saskatoon TF	14.14m	2.1		
	14.00m(-0.0)	FOUL	13.20m(-0.0)	13.92m(-0.0)	FOUL	14.14m(2.1)
7	Yetman, Daniel	92 Halifast Ath	14.13m	2.2		
	13.97m(0.1)	13.92m(1.4)	14.13m(2.2)	13.81m(0.5)	12.54m(1.8)	13.72m(0.1)
8	Booth, Riley	91 U OF C Athle	13.81m	4.8		
	FOUL	13.80m(2.4)	13.81m(4.8)	13.72m(-0.0)	13.70m(-0.1)	FOUL
9	Minton, Corey	91 U OF C Athle	13.15m	4.0		
	FOUL	13.15m(4.0)	FOUL			
10	Castillo, Diego	92 Capital City	12.22m	2.7		
	FOUL	FOUL	12.22m(2.7)			
--	Karidio, Ismael	92 Capital City	FOUL			
	FOUL	FOUL	FOUL			

#### Men Shot Put Championship

Canadian: * 22.21m 25/06/2011 Dylan Armstrong						
Championship: \$ 22.21m 2011 Dylan Armstrong						
Name	Year	Team	Finals			
1	Armstrong, Dylan	81 Kamloops Tra	21.29m			
	20.75m	21.29m	FOUL	FOUL	21.09m	FOUL
2	Rodhe, Justin	84 BC Athletics	20.30m			
	20.30m	19.86m	20.16m	FOUL	FOUL	19.50m
3	Nedow, Timothy	90 Unattached	20.21m			
	17.85m	FOUL	FOUL	18.64m	19.23m	20.21m
4	Smith, Andrew	88 Saskatoon TF	18.61m			
	17.58m	18.51m	FOUL	FOUL	16.56m	18.61m
5	Hendry-Gallagher, Tim	90 London Weste	18.59m			
	18.36m	18.37m	18.59m	18.55m	FOUL	FOUL
6	Pickering, Chris	89 Excel Athlet	17.78m			
	15.62m	FOUL	17.06m	16.30m	17.50m	17.78m
7	Khan, Umar	89 York Univers	17.17m			

	16.40m	FOUL	16.64m	FOUL	17.17m	16.70m	
8	Roubos, Brent				90	London Weste	15.86m
	15.18m	FOUL	FOUL	15.10m	15.16m	15.86m	
9	Brathwaite, Eric				91	York Univers	15.16m
	14.96m	15.16m	FOUL				
--	Ysebaert, Andy				86	Sarnia Athle	FOUL
	FOUL	FOUL	FOUL				
--	Willcox, Tom				91	BC Athletics	FOUL
	FOUL	FOUL	FOUL				

Men Discus Throw Championship

Canadian: \* 67.88m 14/05/1998 Jason Tunks  
Championship: \$ 64.84m 2001 Jason Tunks

Name	Year	Team	Finals
1 Nedow, Timothy	90	Unattached	58.77m
	55.78m	56.88m	57.32m
	58.77m	FOUL	57.83m
2 Dugas, Marc-Antoine	91	Sherbrooke	52.54m
	46.91m	51.00m	FOUL
	52.54m	FOUL	FOUL
3 Ransky, Mike	70	Ontario Mast	51.40m
	FOUL	48.67m	46.65m
	50.74m	48.48m	51.40m
4 Wells, Andrew	91	Unattached	50.82m
	FOUL	48.63m	50.82m
	FOUL	FOUL	FOUL
5 Roubos, Brent	90	London Weste	50.29m
	46.97m	45.63m	50.29m
	FOUL	48.22m	FOUL
6 Anisko, Damian	83	York Univers	49.24m
	48.31m	48.27m	46.25m
	45.48m	FOUL	49.24m
7 Gagne, Alexandre	91	Sherbrooke	48.62m
	46.06m	45.30m	48.51m
	48.62m	48.38m	48.28m
8 Ysebaert, Andy	86	Sarnia Athle	47.60m
	46.09m	47.60m	46.45m
	46.26m	47.58m	46.05m
9 Arbour, Patrick	88	Ottawa Lions	47.19m
	46.41m	FOUL	47.19m
10 Karakolis, Adam	92	Phoenix Athl	43.83m
	FOUL	43.28m	43.83m
11 Link, Steven	91	U OF C Athle	43.50m
	42.06m	43.50m	41.54m
12 Sommer, Ryan	93	Chinook Trac	41.25m
	37.96m	41.25m	41.16m

Men Hammer Throw Championship

Canadian: \* 79.13m 16/05/2008 James Steacy  
Championship: \$ 78.52m 2008 James Steacy

Name	Year	Team	Finals
1 Steacy, James	84	Chinook Trac	72.22m
	71.89m	FOUL	71.85m
	FOUL	FOUL	72.22m
2 Henderson, Nolan (trey)	89	BC Athletics	67.75m
	66.51m	67.75m	FOUL
	FOUL	FOUL	67.68m
3 Keenan, Adam	93	Kamloops Tra	60.99m
	57.46m	59.17m	60.05m
	58.69m	60.99m	FOUL
4 Lennie, Nathan	79	U OF Windsor	60.49m
	57.11m	FOUL	58.66m
	FOUL	FOUL	FOUL
5 Fahie, Jamie	69	Ontario Mast	60.14m
	57.89m	FOUL	60.14m
	59.28m	FOUL	FOUL
6 Novia, Daniel	89	York Univers	59.51m
	57.05m	59.38m	57.56m
	FOUL	59.51m	FOUL
7 Dugas, Marc-Antoine	91	Sherbrooke	58.41m
	55.76m	FOUL	56.36m
	57.64m	58.41m	FOUL
8 Suppes, Garth	87	Chinook Trac	57.76m
	FOUL	FOUL	57.76m
	FOUL	FOUL	FOUL
9 Jensen, Ryan	85	BC Athletics	55.50m
	55.50m	54.50m	54.77m
10 Anisko, Damian	83	York Univers	54.57m
	53.86m	53.74m	54.57m
11 Prince, Spencer R.	92	Valley Royal	54.36m
	FOUL	52.37m	54.36m

Men Javelin Throw Championship

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=====
Canadian: * 84.81m 25/06/2011 Scott Russell
Championship: $ 80.17m 2001 Scott Russell
Name Year Team Finals
=====
1 Moss, Curtis 87 BC Athletics 77.83m
77.14m 73.57m 74.70m FOUL 70.79m 77.83m
2 Nielsen, Kyle J. 89 Langley Must 73.64m
70.76m FOUL FOUL 72.56m 73.64m 73.31m
3 Russell, Scott 79 Unattached 71.73m
71.73m FOUL FOUL FOUL 70.73m 62.63m
4 Dykstra, Raymond 92 Niagara Regi 71.13m
67.51m 65.02m 71.13m 67.83m 70.77m FOUL
5 Baird, Jared 89 Truro Lions 68.87m
68.83m 63.70m FOUL 62.11m PASS 68.87m
6 Heroux, Brandon 90 Ottawa Lions 67.62m
67.62m 65.27m 66.13m 66.96m 61.05m FOUL
7 Karakolis, Evan 94 Phoenix Athl 64.56m
64.56m 63.21m 64.28m 62.63m FOUL FOUL
8 Parker, Cody 92 Comox Valley 62.13m
60.16m 62.13m FOUL FOUL FOUL FOUL
9 Mainville, Charles 91 St-Jean Olym 59.35m
58.37m FOUL 59.35m
10 Hustler, John 75 York Univers 59.06m
59.06m 56.54m 56.91m
11 Skermer, David M. 87 Kajaks Track 55.05m
FOUL 46.78m 55.05m
12 Charest, Marc-Andre 92 Energie 53.18m
51.68m 53.18m 52.17m
13 Ferreira, Henry 88 Northeast Al 51.63m
FOUL FOUL 51.63m
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Decathlon: #1 Men 100 Meter Championship Decathlon

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=====
Name Year Team Finals Wind H# Points
=====
1 Warner, Damian 89 London Weste 10.43 2.5 2 992
2 Adjetey-Nelson, Jamie 84 U OF Windsor 10.79 2.5 2 908
3 Chenery, Mark A. 88 Ottawa Lions 11.14 2.5 2 830
4 Foote, Tyler 83 Calgary Spar 11.23 2.1 1 810
5 Rydberg, Paul 91 Winnipeg Opt 11.24 2.5 2 808
6 Crossley, Chris 87 Saskatoon TF 11.30 2.5 2 795
7 Gustavson, Reid E. 88 Ottawa Lions 11.46 2.5 2 761
8 Thomas, Craig 90 U OF C Athle 11.52 2.1 1 748
9 Arbour, Patrick 88 Ottawa Lions 11.55 2.1 1 742
10 Robertson, Chris 92 A S E A 11.67 2.1 1 717
11 *barber, Michael 86 Excel Athlet 11.77 2.1 1 697
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Decathlon: #5 Men 400 Meter Championship Decathlon

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=====
Name Year Team Finals H# Points
=====
1 Warner, Damian 89 London Weste 48.39 2 890
2 Chenery, Mark A. 88 Ottawa Lions 50.30 2 801
3 Adjetey-Nelson, Jamie 84 U OF Windsor 51.16 2 762
4 *barber, Michael 86 Excel Athlet 51.72 2 737
5 Gustavson, Reid E. 88 Ottawa Lions 51.81 2 733
6 Crossley, Chris 87 Saskatoon TF 52.05 2 723
7 Robertson, Chris 92 A S E A 52.52 1 702
8 Arbour, Patrick 88 Ottawa Lions 52.54 1 701
9 Foote, Tyler 83 Calgary Spar 54.79 1 607
10 Thomas, Craig 90 U OF C Athle 54.89 1 603
-- Rydberg, Paul 91 Winnipeg Opt DQ 1 Rule 163.3
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Decathlon: #10 Men 1500 Meter Run Championship Decathlon

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=====
Name Year Team Finals Points
=====
1 *barber, Michael 86 Excel Athlet 4:30.83 739
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2 Warner, Damian	89 London Weste	4:31.77	733
3 Chenery, Mark A.	88 Ottawa Lions	4:48.06	630
4 Robertson, Chris	92 A S E A	4:49.30	623
5 Gustavson, Reid E.	88 Ottawa Lions	4:56.41	581
6 Arbour, Patrick	88 Ottawa Lions	5:09.87	504
7 Crossley, Chris	87 Saskatoon TF	5:13.10	487
8 Rydberg, Paul	91 Winnipeg Opt	5:24.99	424
9 Foote, Tyler	83 Calgary Spar	5:42.89	338
-- Adjetey-Nelson, Jamie	84 U OF Windsor		DNF

Decathlon: #6 Men 110 Meter Hurdles Championship Decathlon

Name	Year Team	Finals	Wind	H#	Points
1 Warner, Damian	89 London Weste	14.16	-2.4	2	954
2 Adjetey-Nelson, Jamie	84 U OF Windsor	15.00	-2.4	2	850
3 Chenery, Mark A.	88 Ottawa Lions	15.17	-2.4	2	829
4 Arbour, Patrick	88 Ottawa Lions	15.38	-2.4	2	804
5 Rydberg, Paul	91 Winnipeg Opt	15.41	-0.2	1	801
6 Thomas, Craig	90 U OF C Athle	15.71	-2.4	2	766
7 Crossley, Chris	87 Saskatoon TF	16.33	-2.4	2	696
8 Robertson, Chris	92 A S E A	16.75	-2.4	2	651
9 Foote, Tyler	83 Calgary Spar	16.78	-0.2	1	647
10 *barber, Michael	86 Excel Athlet	16.81	-0.2	1	644
11 Gustavson, Reid E.	88 Ottawa Lions	17.04	-0.2	1	620

Decathlon: #4 Men High Jump Championship Decathlon

Name	Year Team	Finals	Points
1 Adjetey-Nelson, Jamie	84 U OF Windsor	2.06m	859
	1.82 1.85 1.88 1.91 1.94 1.97 2.00 2.03 2.06 2.09		
	PPP PPP O O O O O XXO XO XXX		
2 Robertson, Chris	92 A S E A	1.94m	749
	1.70 1.73 1.76 1.79 1.82 1.85 1.88 1.91 1.94 1.97		
	PPP PPP O XO O O XXO XO XXO XXX		
3 Gustavson, Reid E.	88 Ottawa Lions	1.91m	723
	1.82 1.85 1.88 1.91 1.94		
	O O O XXO XXX		
3 Thomas, Craig	90 U OF C Athle	1.91m	723
	1.70 1.73 1.76 1.79 1.82 1.85 1.88 1.91 1.94		
	PPP PPP XO PPP O XO O O XXX		
3 Crossley, Chris	87 Saskatoon TF	1.91m	723
	1.82 1.85 1.88 1.91 1.94		
	XO O O O XXX		
3 Warner, Damian	89 London Weste	1.91m	723
	1.82 1.85 1.88 1.91 1.94		
	PPP O P O XXX		
3 Chenery, Mark A.	88 Ottawa Lions	1.91m	723
	1.82 1.85 1.88 1.91 1.94		
	PPP O O XO XXX		
8 Arbour, Patrick	88 Ottawa Lions	1.79m	619
	1.70 1.73 1.76 1.79 1.82		
	PPP PPP O XO XXX		
9 *barber, Michael	86 Excel Athlet	1.76m	593
	1.70 1.73 1.76 1.79		
	XO O XXO XXX		
10 Rydberg, Paul	91 Winnipeg Opt	1.73m	569
	1.70 1.73 1.76		
	XO XXO XXX		
-- Foote, Tyler	83 Calgary Spar	NH	
	1.70 1.73 1.76 1.79		
	PPP PPP PPP XXX		

Decathlon: #8 Men Pole Vault Championship Decathlon

Name	Year Team	Finals	Points
1 Warner, Damian	89 London Weste	4.80m	849
	3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 4.40 4.50 4.60 4.70 4.80 4.90		

	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	O	O	O	O	XXX	
2	Adjetej-Nelson, Jamie										84	U OF Windsor	4.70m	819					
	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50	4.60	4.70	4.80		
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	O	O	O	XXO	XXX		
3	Arbour, Patrick										88	Ottawa Lions	4.30m	702					
	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40						
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	XXO	O	XO	O	XXX						
3	Rydberg, Paul										91	Winnipeg Opt	4.30m	702					
	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40						
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	XO	O	XXX						
3	Crossley, Chris										87	Saskatoon TF	4.30m	702					
	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40						
	PPP	PPP	PPP	PPP	PPP	PPP	XO	O	O	XXO	XXO	XXO	XXX						
3	Thomas, Craig										90	U OF C Athle	4.30m	702					
	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50					
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	O	PPP	XXX					
7	Gustavson, Reid E.										88	Ottawa Lions	4.10m	645					
	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20								
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	O	O	XXX								
8	Robertson, Chris										92	A S E A	4.00m	617					
	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10									
	PPP	PPP	O	XO	XO	XO	XXO	O	O	XXX									
9	Foote, Tyler										83	Calgary Spar	3.80m	562					
	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90											
	O	PPP	O	PPP	O	XO	O	XXX											
9	Chenery, Mark A.										88	Ottawa Lions	3.80m	562					
	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90											
	PPP	PPP	PPP	O	O	O	XXO	XXX											
11	*barber, Michael										86	Excel Athlet	3.30m	431					
	3.20	3.30	3.40	3.50															
	PPP	O	PPP	XXX															

Decathlon: #2 Men Long Jump Championship Decathlon

Name	Year	Team	Finals	Wind	Points
1 Warner, Damian	89	London Weste	7.43m	5.2	918
			7.34m(5.1)		7.36m(4.3)
					7.43m(5.2)
2 Adjetej-Nelson, Jamie	84	U OF Windsor	7.41m	7.7	913
			FOUL		7.41m(7.7)
					7.27m(0.9)
3 Thomas, Craig	90	U OF C Athle	6.90m	5.2	790
			6.80m(2.9)		FOUL
					6.90m(5.2)
4 Gustavson, Reid E.	88	Ottawa Lions	6.87m	1.6	783
			6.78m(4.9)		FOUL
					6.87m(1.6)
5 Chenery, Mark A.	88	Ottawa Lions	6.85m	1.9	778
			6.85m(1.9)		FOUL
					6.83m(4.7)
6 Crossley, Chris	87	Saskatoon TF	6.69m	1.6	741
			6.69m(1.6)		FOUL
					FOUL
7 Arbour, Patrick	88	Ottawa Lions	6.54m	2.1	707
			6.54m(2.1)		FOUL
					6.44m(2.8)
8 Rydberg, Paul	91	Winnipeg Opt	6.48m	2.6	693
			6.17m(1.9)		6.06m(-0.4)
					6.48m(2.6)
9 Robertson, Chris	92	A S E A	6.39m	1.6	673
			6.36m(2.8)		6.32m(0.2)
					6.39m(1.6)
10 *barber, Michael	86	Excel Athlet	6.22m	3.5	635
			5.99m(1.1)		6.02m(3.2)
					6.22m(3.5)
11 Foote, Tyler	83	Calgary Spar	6.20m	3.4	630
			5.71m(2.9)		FOUL
					6.20m(3.4)

Decathlon: #3 Men Shot Put Championship Decathlon

Name	Year	Team	Finals	Points
1 Arbour, Patrick	88	Ottawa Lions	14.26m	744
			13.98m	14.26m
				14.04m
2 Adjetej-Nelson, Jamie	84	U OF Windsor	14.19m	740
			14.06m	13.65m
				14.19m
3 *barber, Michael	86	Excel Athlet	13.46m	695
			12.91m	13.46m
				FOUL
4 Foote, Tyler	83	Calgary Spar	13.44m	694

	11.72m	12.50m	13.44m			
5	Gustavson, Reid E.			88	Ottawa Lions	12.81m 656
	FOUL	12.77m	12.81m			
6	Warner, Damian			89	London Weste	12.76m 653
	11.49m	12.76m	FOUL			
7	Thomas, Craig			90	U OF C Athle	12.73m 651
	12.05m	12.73m	12.54m			
8	Crossley, Chris			87	Saskatoon TF	12.16m 616
	12.16m	11.89m	12.08m			
9	Chenery, Mark A.			88	Ottawa Lions	11.48m 575
	11.06m	11.48m	11.21m			
10	Rydberg, Paul			91	Winnipeg Opt	11.31m 565
	FOUL	11.09m	11.31m			
11	Robertson, Chris			92	A S E A	10.89m 539
	FOUL	10.89m	FOUL			

Decathlon: #7 Men Discus Throw Championship Decathlon

Name	Year	Team	Finals	Points
1 Adjetey-Nelson, Jamie	84	U OF Windsor	47.67m	822
			45.04m 47.67m FOUL	
2 Arbour, Patrick	88	Ottawa Lions	47.26m	813
			44.82m 45.93m 47.26m	
3 *barber, Michael	86	Excel Athlet	43.39m	734
			FOUL 43.39m FOUL	
4 Chenery, Mark A.	88	Ottawa Lions	41.06m	686
			35.04m 41.06m 35.40m	
5 Foote, Tyler	83	Calgary Spar	39.00m	644
			32.10m 38.10m 39.00m	
6 Crossley, Chris	87	Saskatoon TF	38.69m	638
			FOUL 38.69m 38.50m	
7 Robertson, Chris	92	A S E A	38.63m	637
			FOUL 37.60m 38.63m	
8 Warner, Damian	89	London Weste	38.42m	633
			FOUL 38.42m 34.69m	
9 Gustavson, Reid E.	88	Ottawa Lions	34.74m	558
			FOUL FOUL 34.74m	
10 Rydberg, Paul	91	Winnipeg Opt	30.87m	482
			30.87m 29.58m FOUL	
-- Thomas, Craig	90	U OF C Athle	FOUL	
			FOUL FOUL FOUL	

Decathlon: #9 Men Javelin Throw Championship Decathlon

Name	Year	Team	Finals	Points
1 Adjetey-Nelson, Jamie	84	U OF Windsor	64.06m	799
			FOUL 64.06m 58.96m	
2 Warner, Damian	89	London Weste	61.58m	762
			59.10m FOUL 61.58m	
3 Arbour, Patrick	88	Ottawa Lions	60.97m	752
			60.97m 59.72m FOUL	
4 Foote, Tyler	83	Calgary Spar	51.94m	617
			51.94m 48.52m 45.93m	
5 Chenery, Mark A.	88	Ottawa Lions	49.88m	587
			47.04m 49.88m FOUL	
6 Crossley, Chris	87	Saskatoon TF	49.16m	576
			49.16m FOUL 48.17m	
7 Robertson, Chris	92	A S E A	47.32m	549
			43.73m FOUL 47.32m	
8 Gustavson, Reid E.	88	Ottawa Lions	46.62m	539
			45.85m 46.62m 45.90m	
9 Rydberg, Paul	91	Winnipeg Opt	44.28m	504
			37.47m 44.28m 42.32m	
10 *barber, Michael	86	Excel Athlet	43.08m	487
			40.32m 43.08m 42.61m	

Men Decathlon Championship

Canadian: \* 8626 26/05/1996 Michael Smith  
 Championship: \$ 8498 1995 Michael Smith

Name	Year	Team	Finals
1 Warner, Damian	89	London Weste	8107
2 Adjetey-Nelson, Jamie	84	U OF Windsor	7472
3 Arbour, Patrick	88	Ottawa Lions	7088
4 Chenery, Mark A.	88	Ottawa Lions	7001
5 Crossley, Chris	87	Saskatoon TF	6697
6 Gustavson, Reid E.	88	Ottawa Lions	6599
7 Robertson, Chris	92	A S E A	6457
8 *barber, Michael	86	Excel Athlet	6392
9 Foote, Tyler	83	Calgary Spar	5549
10 Rydberg, Paul	91	Winnipeg Opt	5548

Men 10000 Meter Race Walk Championship

Name	Year	Team	Finals
1 Dunfee, Evan F.	90	BC Athletics	40:15.5h
2 Gomez, Inaki	88	BC Athletics	41:02.3h
3 Connolly, Creighton	88	BC Athletics	43:51.1h
4 Carri?re, Bruno	92	Unattached	47:28.9h
5 *babenko, Dmitry	73	Racewalk Wes	49:58.1h
6 Kenney, James	56	Adrenaline R	52:29.1h
7 Charrois, Henry	51	Edmonton Rac	56:12.0h
8 Keenan, David	57	Heartland Ra	1:00:15.0h
-- Landry, Malcolm	49	Heartland Ra	DQ Rule 230.1

Mixed 4x100 Meter Relay

Team	Finals	H#
1 Dude, Wheres my sled 'A'	46.09	3
2 Turn and Burn (Cal. Fdp) 'A'	52.30	3
3 Para Power by Timex 'A'	54.02	3
4 Global Domination (Global Tv) 'A'	56.27	1
5 Rec 100 Reckies (City Rec) 'A'	56.55	2
6 CE Franklin 'A'	56.89	2
7 The Mothership (CBC) 'A'	57.25	1
8 Enbridge Long Haulers 'A'	58.83	2
9 Pattison Pacers 'A'	1:00.12	1
10 Lights and Sirens (Calgary Pol) 'A'	1:00.51	3
11 Laricina Energy Tamaracks 'A'	1:02.58	3
12 Ricoh Ramblers 'A'	1:02.59	3
13 Cgg Veritas 'A'	1:03.99	2
14 Cmfs All-Sports 'A'	1:04.16	1
15 Running on Empty Ctv 'A'	1:06.23	1
16 Coca-Cola Runners 'A'	1:06.24	2
17 Action Plenty (Calgary 55 Plus) 'A'	1:36.07	2