

Licensed to Delta Timing Group - Contractor License

HY-TEK's Meet Manager 6/28/2009 06:28 PM

2009 Canadian Track &amp; Field Championships

Championnats canadiens d'athl?tisme 2009

Toronto,ON - 6/25/2009 to 6/28/2009

## Results

## Women 100 Meter Dash

=====

16 Advance: Top 2 Each Heat plus Next 6 Best Times

Championship: ! 11.08 1998 Philomena Mensah

Name	Year	Team	Prelims	Wind	H#
=====					
Preliminaries					
1	314	Bayley, Krysha	Legacy Athle	11.80Q -0.2	4
2	358	Olupona, Toyin	Mississauga	11.92Q -1.6	2
3	480	Thibault, Genevi?v	Rouge ET OR	12.13Q -1.5	1
4	360	Trusty, Rhonda Kay	Mississauga	12.15Q -3.1	5
5	638	Griffiths, Miana	Unattached-O	12.27Q -4.0	3
6	458	*Wells, Sherine	Project Athl	12.00Q -0.2	4
7	723	Grant, Chantal	Winnipeg Opt	12.09Q -1.6	2
8	163	Peart, Teneshia	Calgary Inte	12.21Q -3.1	5
8	505	Gitlin, Nicky	Saskatoon TF	12.21Q -1.5	1
10	115	Davis, Shai	BC Athletics	12.36Q -4.0	3
11	264	Peirce, Sarah	Guelph Track	12.29q -3.1	5
12	219	Khan, Janelle	Edmonton Oly	12.30q -0.2	4
13	711	Harrison, Danielle	Windsor Legi	12.32q -0.2	4
14	259	Dumoy, T'Keyah	G-Force Trac	12.47q -1.6	2
15	414	Hanlon, Margaret E	Pacific Athl	12.49q -4.0	3
15	183	Hurrel, Karlene	Capital City	12.49q -1.5	1
17	357	Issajenko, Natalia	Mississauga	12.51 -1.5	1
17	258	Howatt, Allyson	Fredericton	12.51 -0.2	4
19	245	Ruller, Amanda	Excel Athlet	12.52 -1.6	2
20	434	Saint-Jean, Marie-	Perfmax-Raci	12.55 -3.1	5
21	739	Emmanuel, Crystal	York Univers	12.58 -1.5	1
22	644	Llewellyn, Shantel	Unattached-O	12.60 -1.6	2
23	291	Sobey, Susan	Islanders TR	12.62 -1.5	1
24	428	Jacques, Farah	Perfmax-Raci	12.64 -3.1	5
25	615	Zimmer, Jenn	U OF C Athle	12.66 -1.5	1
26	159	Dion, Rachelle	Calgary Inte	12.71 -1.6	2
27	727	Miskimmin, Caley	Winnipeg Opt	12.77 -4.0	3
28	236	Holder, Simone	Etobicoke TR	12.84 -0.2	4
29	419	Bautista, Lesley M	Pearlgate TR	12.96 -1.6	2
30	378	Ayippey, Mavis	Ontario Mast	12.97 -4.0	3
31	211	Loyer, C?line	Dssg Athleti	12.98 -4.0	3
32	276	Marcotte, Kayla	Halifax Wand	13.00 -0.2	4
33	523	Lambert-Beaulieu,	Sherbrooke	13.02 -3.1	5
34	290	Sobey, Stephanie	Islanders TR	13.17 -3.1	5

## Women 100 Meter Dash

=====

8 Advance: Top 4 Each Heat plus Next 0 Best Times

Championship: ! 11.08 1998 Philomena Mensah

Name	Year	Team	Semis	Wind	H#
=====					

## Semi-Finals

1	358 Olupona, Toyin	Mississauga	11.81Q	-1.5	2
2	314 Bayley, Krysha	Legacy Athle	11.90Q	-3.9	1
3	480 Thibault, Genevi?v	Rouge ET OR	11.87Q	-1.5	2
4	360 Trusty, Rhonda Kay	Mississauga	11.98Q	-3.9	1
5	458 *Wells, Sherine	Project Athl	11.95Q	-1.5	2
6	638 Griffiths, Miana	Unattached-O	11.98Q	-3.9	1
7	723 Grant, Chantal	Winnipeg Opt	11.99Q	-1.5	2
8	163 Peart, Teneshia	Calgary Inte	12.12Q	-3.9	1
9	115 Davis, Shai	BC Athletics	12.13	-1.5	2
10	505 Gitlin, Nicky	Saskatoon TF	12.15	-3.9	1
11	414 Hanlon, Margaret E	Pacific Athl	12.17	-1.5	2
12	264 Peirce, Sarah	Guelph Track	12.19	-1.5	2
13	259 Dumoy, T'Keyah	G-Force Trac	12.33	-1.5	2
14	219 Khan, Janelle	Edmonton Oly	12.34	-3.9	1
15	183 Hurrel, Karlene	Capital City	12.34	-3.9	1
16	711 Harrison, Danielle	Windsor Legi	12.50	-3.9	1

## Women 100 Meter Dash

=====  
 Championship: ! 11.08 1998 Philomena Mensah

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

=====

## Finals

1	358 Olupona, Toyin	Mississauga	11.56	0.5	10	
2	314 Bayley, Krysha	Legacy Athle	11.57	0.5	8	
3	638 Griffiths, Miana	Unattached-O	11.69	0.5	6	
4	163 Peart, Teneshia	Calgary Inte	11.71	0.5	5	11.703
5	480 Thibault, Genevi?v	Rouge ET OR	11.71	0.5	4	11.709
6	723 Grant, Chantal	Winnipeg Opt	11.76	0.5	3	
7	360 Trusty, Rhonda Kay	Mississauga	11.80	0.5	2	
8	115 Davis, Shai	BC Athletics	11.88	0.5	1	

## Women 200 Meter Dash

=====  
 16 Advance: Top 1 Each Heat plus Next 10 Best Times

Championship: ! 22.64 1989 Jillian Richardson

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

=====

## Preliminaries

1	274 Power, Adrienne	Halifax Tige	23.56Q	2.2	2
2	385 Akinsulie, Esther	Ottawa Lions	23.60Q	0.8	6
3	611 Nelson, Amonn	U OF C Athle	23.93Q	2.2	3
4	105 Hyacinthe, Kimberl	Athletisme M	23.95Q	1.7	5
5	458 *Wells, Sherine	Project Athl	24.16Q	1.4	4
6	163 Peart, Teneshia	Calgary Inte	24.30Q	2.1	1
7	716 Montcalm, Noelle	Windsor Legi	24.25q	0.8	6
8	414 Hanlon, Margaret E	Pacific Athl	24.58q	0.8	6
9	115 Davis, Shai	BC Athletics	24.61q	1.7	5
10	505 Gitlin, Nicky	Saskatoon TF	24.63q	2.1	1
11	739 Emmanuel, Crystal	York Univers	24.64q	2.2	3
12	455 George, Phylisia	Project Athl	24.75q	1.4	4
13	219 Khan, Janelle	Edmonton Oly	24.78q	2.1	1
14	685 Ruediger, Kate	University O	24.84q	2.2	3
15	677 Geiger, Natalie	University O	24.84q	1.4	4
16	264 Peirce, Sarah	Guelph Track	24.95q	1.4	4

6/28/2009

ABDay1234Results.htm

17	259	Dumoy, T'Keyah	G-Force Trac	25.04	1.4	4	
18	183	Hurrel, Karlene	Capital City	25.04	2.2	2	
19	615	Zimmer, Jenn	U OF C Athle	25.05	1.7	5	
20	401	Lela, Christiane	Ottawa Lions	25.06	2.2	3	
21	644	Llewellyn, Shantel	Unattached-O	25.16	0.8	6	
22	244	Omene, Eseroghene	Excel Athlet	25.28	2.2	3	
23	434	Saint-Jean, Marie-	Perfmax-Raci	25.29	2.2	2	
24	428	Jacques, Farah	Perfmax-Raci	25.32	2.1	1	
25	245	Ruller, Amanda	Excel Athlet	25.40	2.2	2	
26	258	Howatt, Allyson	Fredericton	25.42	1.7	5	
27	711	Harrison, Danielle	Windsor Legi	25.52	2.1	1	
28	508	Siemens, Sharai	Saskatoon TF	25.60	0.8	6	
29	159	Dion, Rachelle	Calgary Inte	25.64	2.2	3	
30	587	Woo, Meaghan	The Peter &	25.66	0.8	6	
31	638	Griffiths, Miana	Unattached-O	25.69	2.1	1	
32	150	King, Diana	Bison Track	25.78	2.2	2	
33	291	Sobey, Susan	Islanders TR	25.90	1.4	4	
34	727	Miskimmin, Caley	Winnipeg Opt	26.32	1.7	5	
35	378	Ayippey, Mavis	Ontario Mast	26.50	1.4	4	
36	276	Marcotte, Kayla	Halifax Wand	26.71	0.8	6	
37	534	Hurry, Lauren	Sparta Athle	27.10	2.1	1	
--	260	Hibbert, Charlene	G-Force Trac	DQ	2.2	2	DQ Rule 163.3
--	360	Trusty, Rhonda Kay	Mississauga	DQ	2.2	2	DQ Rule 163.3

Women 200 Meter Dash

=====  
Championship: ! 22.64 1989 Jillian Richardson

Name	Year	Team	Finals	Wind	H#	Points
------	------	------	--------	------	----	--------

Finals

1	274	Power, Adrienne	Halifax Tige	23.22	1.9	2	10
2	385	Akinsulie, Esther	Ottawa Lions	23.41	1.9	2	8
3	105	Hyacinthe, Kimberl	Athletisme M	23.69	1.9	2	6
4	716	Montcalm, Noelle	Windsor Legi	23.90	1.9	2	5
5	611	Nelson, Amonn	U OF C Athle	23.92	1.9	2	4
6	163	Peart, Teneshia	Calgary Inte	24.18	1.9	2	3
7	458	*Wells, Sherine	Project Athl	24.21	2.2	1	2
8	115	Davis, Shai	BC Athletics	24.33	1.9	2	1
9	414	Hanlon, Margaret E	Pacific Athl	24.48	1.9	2	
10	219	Khan, Janelle	Edmonton Oly	24.67	2.2	1	
11	505	Gitlin, Nicky	Saskatoon TF	24.68	2.2	1	
12	739	Emmanuel, Crystal	York Univers	24.75	2.2	1	
13	455	George, Phylisia	Project Athl	24.99	2.2	1	
14	685	Ruediger, Kate	University O	25.00	2.2	1	
15	677	Geiger, Natalie	University O	25.08	2.2	1	
16	264	Peirce, Sarah	Guelph Track	25.12	2.2	1	

Women 400 Meter Dash

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

Championship: ! 50.57 1990 Charmaine Crooks

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

Preliminaries

1	318	Muir, Carline	Legacy Athle	52.69Q	1
2	385	Akinsulie, Esther	Ottawa Lions	54.92Q	2

6/28/2009

ABDay1234Results.htm

3	685	Ruediger, Kate	University O	55.20Q	1
4	102	Martin, Jenna	Athletics EA	55.55Q	2
5	145	Tolton, Vicki M.	BC Athletics	55.67Q	1
6	409	Tousaw, Julia	Ottawa Lions	56.84Q	2
7	244	Omene, Eseroghene	Excel Athlet	57.20q	1
8	168	Kendall, Danielle	Calgary Spar	57.95q	1
9	347	Perrault, Jennifer	London Weste	58.43	2
10	508	Siemens, Sharai	Saskatoon TF	58.49	1
11	213	Affeld, Laura	Edmonton Har	58.64	2
12	587	Woo, Meaghan	The Peter &	58.87	1
13	690	Bickle, Kate	Upper Waterl	59.69	2
14	418	Battcock, Allison	Pearlgate TR	1:05.14	2

Women 400 Meter Dash

=====  
Championship: ! 50.57 1990 Charmaine Crooks

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

=====  
Finals

1	385	Akinsulie, Esther	Ottawa Lions	52.58	10
2	318	Muir, Carline	Legacy Athle	52.67	8
3	685	Ruediger, Kate	University O	55.14	6
4	145	Tolton, Vicki M.	BC Athletics	55.97	5
5	102	Martin, Jenna	Athletics EA	56.26	4
6	244	Omene, Eseroghene	Excel Athlet	57.10	3
7	409	Tousaw, Julia	Ottawa Lions	57.37	2
8	168	Kendall, Danielle	Calgary Spar	58.59	1

Women 800 Meter Run

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

Championship: ! 1:59.46 2004 Diane Cummins

Name	Year	Team	Prelims
------	------	------	---------

=====  
Preliminaries

1	482	Kemp, Jennifer	Running Room	2:06.15Q
2	652	Cummins, Diane E.	Unattached-B	2:08.43Q
3	122	Johnstone, Rebecca	BC Athletics	2:09.17Q
4	272	Maclean, Leanna	Halifax Tige	2:06.55Q
5	114	Crofts, Helen J.	BC Athletics	2:08.53Q
6	141	Smith, Jessica L.	BC Athletics	2:09.54Q
7	620	Hunter, Raeleen	U OF Windsor	2:07.33q
8	389	Bishop, Melissa	Ottawa Lions	2:09.02q
9	346	Parry, Jessica	London Weste	2:09.02
10	273	Peters, Celia	Halifax Tige	2:09.24
11	694	Belleau-B?liveau,	Vainqueurs (	2:09.56
12	388	Aubry, Rachel	Ottawa Lions	2:10.25
13	174	Ratzlaff, Holly	Caltaf Athle	2:10.89
14	229	Soderberg, Nicole	Edmonton Thu	2:11.56
15	654	Kane, Brianna M.	Unattached-B	2:12.62
16	300	Drouin-Audet, Cath	Lanaudiere-O	2:12.91
17	328	Anderson, Katie	London Runne	2:13.36
18	541	Chow, Sophia	Speed River	2:13.99
19	178	Sim, Heather	Caltaf Athle	2:14.45
20	650	Wyman, Jillian	Unattached-O	2:14.84
21	443	Plummer, Charlotte	Phoenix Athl	2:14.94

6/28/2009

ABDay1234Results.htm

22	367	Vermeer, Esther	Niagara Olym	2:15.41
23	224	Degaust, Hayley	Edmonton Thu	2:18.14
24	301	Raby, Arianne	Lanaudiere-O	2:18.48
25	618	Smith, Kailey	U OF S Huski	2:19.56
26	736	Coopman, Kaitlin	York Univers	2:20.02
27	101	Macarthur, Britany	Athletics EA	2:20.35
28	747	Maryuen, Chantelle	York Univers	2:26.71

Women 800 Meter Run

=====  
Championship: ! 1:59.46 2004 Diane Cummins

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

=====

Finals

1	122	Johnstone, Rebecca	BC Athletics	2:06.30	10
2	482	Kemp, Jennifer	Running Room	2:07.12	8
3	272	Maclean, Leanna	Halifax Tige	2:07.35	6
4	652	Cummins, Diane E.	Unattached-B	2:07.42	5
5	389	Bishop, Melissa	Ottawa Lions	2:08.61	4
6	620	Hunter, Raeleen	U OF Windsor	2:08.97	3
7	141	Smith, Jessica L.	BC Athletics	2:09.00	2
8	114	Crofts, Helen J.	BC Athletics	2:09.16	1

Women 1500 Meter Run

=====  
12 Advance: Top 3 Each Heat plus Next 3 Best Times

Championship: ! 4:04.51 2004 Malindi Elmore

Name	Year	Team	Prelims
------	------	------	---------

=====

Preliminaries

1	607	Elmore, Malindi	U OF C Athle	4:18.31Q
2	664	Edwards, Nicole	Unattached-A	4:19.84Q
3	560	Stellingwerff, Hil	Speed River	4:22.63Q
4	633	Babcock, Courtney	Unattached-O	4:18.67Q
5	120	Howard, Julia P.	BC Athletics	4:20.49Q
6	612	O'Connell, Jessica	U OF C Athle	4:23.50Q
7	603	Mackay, Tarah	Tri City Tra	4:19.10Q
8	415	Maludzinski, Laura	Pacific Athl	4:24.01Q
9	451	Hinther, Ashley	PR Athletics	4:24.55Q
10	589	McGown, Amber	Tisdale Trac	4:21.55q
11	377	Lalonde, Genevi?ve	O2	4:24.91q
12	346	Parry, Jessica	London Weste	4:25.26q
13	651	Ballard, Carmen	Unattached-B	4:26.28
14	469	Walker, Darolyn	River City A	4:27.37
15	678	Jacobs, Erika	University O	4:27.41
16	694	Belleau-B?liveau,	Vainqueurs (	4:27.54
17	551	Laurie, Courtney	Speed River	4:30.41
18	650	Wyman, Jillian	Unattached-O	4:31.73
19	619	Souter, Jodi	U OF S Huski	4:32.13
20	178	Sim, Heather	Caltaf Athle	4:33.06
21	642	Kasper, Kirsten	Unattached-O	4:33.14
22	700	Cliff, Rachel L.	Vancouver TH	4:36.14
23	613	Stenning, Faye	U OF C Athle	4:36.82
24	731	Roy, Dominique	YHZ	4:37.88
25	617	Richards, Marcia	U OF S Huski	4:41.11
26	328	Anderson, Katie	London Runne	4:41.16

6/28/2009

ABDay1234Results.htm

27	453	Novak, Shantelle	Prairie Pace	4:41.52
28	402	Locke, Tiffany	Ottawa Lions	4:41.59
29	610	Mcqueen, Riley	U OF C Athle	4:42.78
30	660	Maclean, Erin	Unattached-A	4:43.26
31	228	Soderberg, Alana	Edmonton Thu	4:43.49
32	591	Souter, Jennifer	Tisdale Trac	4:46.61
33	363	Hughes, Melanie	Montreal Oly	4:47.42
34	420	Daley, Jenine	Pearlgate TR	4:58.69
35	252	Marcil-Roy, Am?lie	Fleur DE Lys	5:03.25
--	201	Mancell, Heather B	Coquitlam CH	DNF

Women 1500 Meter Run

=====  
Championship: ! 4:04.51 2004 Malindi Elmore

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

=====

Finals

1	607	Elmore, Malindi	U OF C Athle	4:15.04	10
2	560	Stellingwerff, Hil	Speed River	4:16.67	8
3	664	Edwards, Nicole	Unattached-A	4:16.82	6
4	120	Howard, Julia P.	BC Athletics	4:18.38	5
5	633	Babcock, Courtney	Unattached-O	4:18.94	4
6	603	Mackay, Tarah	Tri City Tra	4:22.30	3
7	346	Parry, Jessica	London Weste	4:25.08	2
8	415	Maludzinski, Laura	Pacific Athl	4:25.67	1
9	589	Mcgown, Amber	Tisdale Trac	4:26.29	
10	612	O'Connell, Jessica	U OF C Athle	4:26.73	
11	451	Hinther, Ashley	PR Athletics	4:27.27	
12	377	Lalonde, Genevi?ve	O2	4:28.62	

Women 5000 Meter Run

=====  
Canadian: % 14:54.98 2003 Courtney Babcock

Championship: ! 15:08.90 2003 ?milie Mondor

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

=====

1	157	Quinn-Smith, Tara	Brooks Canad	15:50.35	10
2	464	Schaaf, Kendra	Queen City S	15:52.74	8
3	461	Doetzel, Danette	Queen City S	16:04.61	6
4	262	Becker, Alexandra	Guelph Track	16:06.57	5
5	500	Assellin, Marie-Lo	Sarnia Athle	16:15.04	4
6	113	Campbell, Anita Y.	BC Athletics	16:21.17	3
7	551	Laurie, Courtney	Speed River	16:35.31	2
8	449	Tallen, Emily	Physi-Kult K	16:52.94	1
9	619	Souter, Jodi	U OF S Huski	17:08.31	
10	700	Cliff, Rachel L.	Vancouver TH	17:10.17	
11	334	Wilder, Chantelle	London Runne	17:23.66	
12	547	Hoy, Karoline	Speed River	17:34.38	
13	553	Mildren, Robyn	Speed River	17:43.15	
14	613	Stenning, Faye	U OF C Athle	17:46.67	
15	598	Patten, Becky	Toronto Olym	18:04.33	
16	330	Mcchesney, Bethany	London Runne	18:33.03	
--	337	Buhlers, Deborah	London Weste	DNF	
--	633	Babcock, Courtney	Unattached-O	DNF	

Women 100 Meter Hurdles

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

Canadian: % 12.46 2004 Perdita Felicien

Championship: ! 12.60 2004 Perdita Felicien

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

Preliminaries

1	411	Felicien, Perdita	Over The Top	12.89Q	-2.2	2
2	233	Lopes-Schliep, Pri	Elite Edge	13.15Q	-2.6	1
3	631	Whyte, Angela	Unattached-A	13.27Q	-3.1	3
4	203	Dugas, Marie-Eve	Corsaire Cha	13.74Q	-2.2	2
5	455	George, Phylisia	Project Athl	14.01Q	-2.6	1
6	639	Holder, Nikkita	Unattached-O	14.32Q	-3.1	3
7	628	Gordon, Christie	Unattached-A	14.06q	-2.6	1
8	403	Maddex, Ashlea	Ottawa Lions	14.26q	-2.2	2
9	716	Montcalm, Noelle	Windsor Legi	14.35	-2.2	2
10	305	Charnuski, Olivia	Laurel Creek	14.67	-2.2	2
11	131	Miller, Natasha	BC Athletics	14.73	-3.1	3
12	361	Beaumont-Courteau,	Montreal Int	14.95	-2.6	1
13	454	Dunkley, Shona	Project Athl	14.96	-3.1	3
14	732	Dichiara, Amilia	York County	15.22	-2.6	1
15	490	Cap, Tamara	Saint Lauren	15.29	-3.1	3
16	220	Wilkes, Courtney	Edmonton Oly	15.35	-2.6	1
17	532	Burse, Jennifer	Sparta Athle	15.66	-2.2	2
18	567	Coxhead, Emily	ST Thomas LE	15.87	-2.6	1
--	506	Keeler, Jessica	Saskatoon TF	DNF	-3.1	3
--	698	Stoffman, Zaria	Vancouver OL	DNF	-3.1	3

Women 100 Meter Hurdles

Canadian: % 12.46 2004 Perdita Felicien

Championship: ! 12.60 2004 Perdita Felicien

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

Finals

1	411	Felicien, Perdita	Over The Top	12.80	-1.4	10
2	233	Lopes-Schliep, Pri	Elite Edge	12.95	-1.4	8
3	631	Whyte, Angela	Unattached-A	13.05	-1.4	6
4	203	Dugas, Marie-Eve	Corsaire Cha	13.73	-1.4	5
5	455	George, Phylisia	Project Athl	13.95	-1.4	4
6	628	Gordon, Christie	Unattached-A	13.99	-1.4	3
7	639	Holder, Nikkita	Unattached-O	14.20	-1.4	2
8	403	Maddex, Ashlea	Ottawa Lions	14.28	-1.4	1

Women 400 Meter Hurdles

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

Canadian: % 54.39 1996 Rosey Edeh

Championship: ! 55.29 1993 Rosey Edeh

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

Preliminaries

1	213	Affeld, Laura	Edmonton Har	1:00.83Q	1
2	398	Halle, Emilie	Ottawa Lions	1:01.52Q	2
3	125	Lowe, Christine A.	BC Athletics	1:02.32Q	3
4	403	Maddex, Ashlea	Ottawa Lions	1:01.66Q	1

6/28/2009

ABDay1234Results.htm

5	269	Dobranowski, Alici	Halifax Tige	1:01.83Q	2
6	430	Lavoie, Sabrina	Perfmax-Raci	1:02.35Q	3
7	417	Van Den Bulk, Jean	Pacific Athl	1:02.10q	2
8	609	Lotwin, Kelsey	U OF C Athle	1:02.13q	1
9	139	Richard, Claudia M	BC Athletics	1:02.89	1
10	160	Gray, Tessa	Calgary Inte	1:02.94	3
11	112	Boss, Traci W.	BC Athletics	1:03.05	3
12	571	Olson, Jenessa	ST Thomas LE	1:03.33	2
13	137	Pearse, Anastasia	BC Athletics	1:03.58	1
14	241	Hawrysh, Cassie	Excel Athlet	1:04.20	2
15	690	Bickle, Kate	Upper Waterl	1:04.86	1
16	171	Bird, Hayleigh	Caltaf Athle	1:04.92	3
17	661	Stirling, Janice	Unattached-A	1:05.32	3
18	506	Keeler, Jessica	Saskatoon TF	1:05.87	1
19	204	Gauthier, Catherin	Corsaire Cha	1:07.67	2
--	532	Burse, Jennifer	Sparta Athle	DNF	2

Women 400 Meter Hurdles

=====  
Canadian: % 54.39 1996 Rosey Edeh  
Championship: ! 55.29 1993 Rosey Edeh  
Name Year Team Finals Points  
=====

Finals

1	125	Lowe, Christine A.	BC Athletics	1:00.77	10
2	213	Affeld, Laura	Edmonton Har	1:00.93	8
3	403	Maddex, Ashlea	Ottawa Lions	1:01.39	6
4	398	Halle, Emilie	Ottawa Lions	1:02.10	5
5	269	Dobranowski, Alici	Halifax Tige	1:02.23	4
6	430	Lavoie, Sabrina	Perfmax-Raci	1:02.42	3
7	417	Van Den Bulk, Jean	Pacific Athl	1:03.42	2
8	609	Lotwin, Kelsey	U OF C Athle	1:05.42	1

Women 3000 Meter Steeplechase

=====  
Canadian: % 9:51.10 2002 Carol Henry  
Championship: ! 10:17.55 1999 Karen Harvey  
Name Year Team Finals Points  
=====

1	127	Macgregor, Meredit	BC Athletics	10:28.12	10
2	391	Buchanan, Dana	Ottawa Lions	10:42.63	8
3	173	Dressler, Tara	Caltaf Athle	10:49.72	6
4	501	Cadwallader, Haley	Sarnia Athle	11:02.57	5
5	572	Pieterston, Rebecca	ST Thomas LE	11:16.65	4
6	623	Moran, Brittany	U OF Windsor	11:39.62	3

Women 4x100 Meter Relay Team

=====  
Team Finals Points  
=====

--	Team Saskatchewan	'A'	X47.85	
--	Team Atlantic	'A'	X48.57	

Women High Jump

=====  
Progressions 1.55,1.60,1.65,1.68,1.71,1.74,1.77,1.80,1.83 etc.



6/28/2009

ABDay1234Results.htm

Canadian: % 1.98m 1984 Debbie Brill  
Championship: ! 1.94m 1984 Deborah Brill

Name	Year	Team	Finals	Points
1 503 Drouin, Jillian		Sarnia Athle	1.80m	10
1.60 1.65 1.70 1.75 1.80 1.83				
PPP PPP O XXO O XXX				
2 354 Forrester, Nicole		Mississauga	J1.80m	8
1.60 1.65 1.70 1.75 1.80 1.83				
PPP PPP PPP O XO XXX				
3 670 Boyle, Sarah		University O	1.75m	6
1.60 1.65 1.70 1.75 1.80				
PPP O XO XO XXX				
4 311 Bergevin, Lindsey		Leduc Track	1.70m	4
1.60 1.65 1.70 1.75				
PPP PPP O XXX				
4 555 Moody, Michelle		Speed River	1.70m	4
1.60 1.65 1.70 1.75				
PPP O O XXX				
4 585 Theophile, Michel		Take Flight	1.70m	4
1.60 1.65 1.70 1.75				
O O O XXX				
7 131 Miller, Natasha		BC Athletics	J1.70m	2
1.60 1.65 1.70 1.75				
O XO XO XXX				
8 136 Parent, Holly E.		BC Athletics	J1.70m	1
1.60 1.65 1.70 1.75				
O O XXO XXX				
9 525 Massicotte, Jessic		Sherbrooke	1.65m	
1.60 1.65 1.70				
XO XO XXX				
10 515 Baragengana, Annic		Sherbrooke	J1.65m	
1.60 1.65 1.70				
O XXO XXX				
11 580 Christie, Tiffany		Take Flight	J1.65m	
1.60 1.65 1.70				
XO XXO XXX				
12 202 Dugas, Katerine		Corsaire Cha	1.60m	
1.60 1.65				
O XXX				
13 190 Maessen, Laura		Chebucto Ath	J1.60m	
1.60 1.65				
XO XXX				
-- 523 Lambert-Beaulieu,		Sherbrooke	NH	
1.60				
XXX				
-- 545 Haye, Shaneista		Speed River	NH	
1.60				
XXX				
-- 823 xWilliams, Kathlyn		United States	X1.70m	
1.60 1.65 1.70 1.75				
P O XO XXX				

Women Pole Vault

=====  
Top 13 Advance by Time

6/28/2009

ABDay1234Results.htm

Automatic qualification to finals - 3.85m - Final - Top 12  
Progressions 3.46,3.66,3.86,3.96,4.06,4.16,4.21,4.26,4.31, etc.  
Qualifying Heights -3.40,3.55,3.70,3.85

Canadian: % 4.51m 2005 Dana Ellis-Buller  
Championship: ! 4.35m 2006 Stephanie McCann

Name Year Team Prelims  
=====

Preliminaries

Name	Year	Team	Prelims
1 477 Duclos-Lasnier, Ga		Rouge ET OR	3.90mq
1 471 Hendry, Kelsie		Riversdale A	3.90mq
1 653 Dockendorf, Carly		Unattached-B	3.90mq
4 187 Wellwood, Leanna		Capital City	3.65mq
4 475 Vause, Leah		Riversdale A	3.65mq
4 729 Robson, Victoria		Winnipeg Opt	3.65mq
4 713 Maaten, Dayna		Windsor Legi	3.65mq
4 361 Beaumont-Courteau,		Montreal Int	3.65mq
4 217 Kupper, Sue		Edmonton Int	3.65mq
10 321 Crombeen, Emma		London Legio	3.45mq
10 215 Gerwing, Michelle		Edmonton Int	3.45mq
10 205 Jeudy, Ariane		Corsaire Cha	3.45mq
10 419 Bautista, Lesley M		Pearlgate TR	3.45mq
-- 718 Reiser, Erika		Windsor Legi	NH
-- 725 Logoazar, Teresa		Winnipeg Opt	NH
-- 521 Lions, Adriana		Sherbrooke	NH
-- 177 Schneider, Lindy		Caltaf Athle	NH

Women Pole Vault

=====

Automatic qualification to finals - 3.85m - Final - Top 12  
Progressions 3.46,3.66,3.86,3.96,4.06,4.16,4.21,4.26,4.31, etc.  
Qualifying Heights -3.40,3.55,3.70,3.85

Canadian: % 4.51m 2005 Dana Ellis-Buller  
Championship: ! 4.35m 2006 Stephanie McCann

Name Year Team Finals Points  
=====

Finals

Name	Year	Team	Finals	Points
1 471 Hendry, Kelsie		Riversdale A	4.35m!	10
3.42 3.57 3.72 3.87 4.02 4.12 4.22 4.35 4.45				
PPP PPP PPP PPP PPP XXO XXO XXX				
2 477 Duclos-Lasnier, Ga		Rouge ET OR	4.12m	8
3.42 3.57 3.72 3.87 4.02 4.12 4.22				
PPP PPP PPP PPP O XXX				
3 187 Wellwood, Leanna		Capital City	3.87m	6
3.42 3.57 3.72 3.87 4.02 4.12				
PPP PPP PPP O PPP XXX				
4 475 Vause, Leah		Riversdale A	J3.87m	5
3.42 3.57 3.72 3.87 4.02				
PPP PPP PPP XXO XXX				
5 713 Maaten, Dayna		Windsor Legi	3.72m	3
3.42 3.57 3.72 3.87				
PPP PPP O XXX				
5 361 Beaumont-Courteau,		Montreal Int	3.72m	3
3.42 3.57 3.72 3.87				
PPP PPP O XXX				
5 217 Kupper, Sue		Edmonton Int	3.72m	3
3.42 3.57 3.72 3.87				

8	PPP PPP O XXX	729 Robson, Victoria	Winnipeg Opt	3.57m	1
	3.42 3.57 3.72				
9	PPP O XXX	215 Gerwing, Michelle	Edmonton Int	J3.57m	
	3.42 3.57 3.72				
10	O XXO XXX	321 Crombeen, Emma	London Legio	3.42m	
	3.42 3.57				
--	O XXX	419 Bautista, Lesley M	Pearlgate TR	NH	
	3.42				
--	XXX	653 Dockendorf, Carly	Unattached-B	NH	
	3.42 3.57 3.72 3.87 4.02 4.12				
	PPP PPP PPP PPP PPP XXX				

## Women Long Jump

## Top 13 Advance by Time

Final - Top 8 Canadians + 1 INT( if nec.) get 3 final jumps

Canadian: % 6.67m 2003 Alice Falaiye

Championship: ! 6.61m 1985 Donna Smellie

Name	Year Team	Prelims	Wind
Preliminaries			
1	232 Charles, Tabia Elite Edge	6.69mq	2.2
	6.69m(2.2)		
2	110 Abdulai, Ruky BC Athletics	6.66mq	2.2
	6.66m(2.2)		
3	314 Bayley, Krysha Legacy Athle	6.55mq	3.0
	6.55m(3.0)		
4	637 Falaiye, Alice Unattached-O	6.47mq	0.8
	FOUL 6.47m(0.8)		
5	237 Mitchell, Kerri-An Etobicoke TR	6.05mq	2.4
	6.05m(2.4)		
6	133 Nettey, Christabel BC Athletics	5.96mq	4.6
	5.96m(4.6)		
7	496 Daley, Jodian Sarnia Athle	5.92mq	3.9
	5.55m(0.5) FOUL 5.92m(3.9)		
8	634 Beckford-Stewart, Unattached-O	5.90mq	4.8
	5.40m(1.2) 5.62m(1.8) 5.90m(4.8)		
9	459 Whittingham, Natoy Project Athl	5.87mq	4.8
	5.53m(2.8) 5.45m(0.9) 5.87m(4.8)		
10	600 Ehrhardt, Caroline Track North	5.77mq	3.8
	5.66m(3.3) 5.77m(3.8) 5.64m(2.0)		
11	292 Renaud, Esther Jeunesse Ath	5.69mq	3.5
	FOUL(3.2) 5.69m(3.5) FOUL(0.9)		
12	523 Lambert-Beaulieu, Sherbrooke	5.62mq	2.0
	5.31m(1.9) FOUL(2.0) 5.62m(2.0)		
13	490 Cap, Tamara Saint Lauren	5.61mq	4.9
	FOUL(6.0) 5.61m(4.9) FOUL(4.9)		
14	419 Bautista, Lesley M Pearlgate TR	5.51m	3.4
	5.51m(3.4) FOUL(2.5) 5.10m(-0.1)		
15	267 Blois, Juliana Halifax Tige	5.40m	1.4
	5.17m(3.2) 5.40m(1.4) 5.25m(2.7)		

6/28/2009

ABDay1234Results.htm

16	413 Donner, Claire	Pacific Athl	5.38m	4.4
	5.38m(4.4) FOUL	5.28m(2.1)		
17	584 Smith, Alicia	Take Flight	5.30m	2.9
	5.30m(2.9) FOUL(5.4)	3.67m(1.2)		
18	166 Baerg, Karen	Calgary Spar	5.27m	3.8
	5.00m(2.6) 5.27m(3.8)	5.21m(0.7)		
19	580 Christie, Tiffany	Take Flight	5.16m	3.4
	4.99m(1.2) 5.16m(3.4)	4.19m(3.4)		
20	663 Youlton, Carly	Unattached-0	5.12m	4.5
	5.12m(4.5) 5.12m(1.4)	5.05m(4.6)		
21	423 Kimberley, Erikka	Pearlgate TR	4.67m	2.1
	4.67m(2.1) 4.38m(2.4)	4.38m(1.7)		
22	422 Gifford, Charlotte	Pearlgate TR	4.59m	3.2
	4.49m(2.3) FOUL(1.1)	4.59m(3.2)		
--	142 Stewart, Hayley M.	BC Athletics	FOUL	NWI
	FOUL PASS PASS			
--	534 Hurry, Lauren	Sparta Athle	FOUL	NWI
	FOUL FOUL FOUL			

Women Long Jump

=====  
Final - Top 8 Canadians + 1 INT( if nec.) get 3 final jumps  
Canadian: % 6.67m 2003 Alice Falaiye  
Championship: ! 6.61m 1985 Donna Smellie

Name	Year Team	Finals	Wind	Points
=====				
Finals				
1	637 Falaiye, Alice	Unattached-0	6.76m	3.9 10
	6.76m(3.9) 6.48m(1.4) FOUL	FOUL 4.75m(1.9)	6.74m(2.8)	
2	232 Charles, Tabia	Elite Edge	6.75m	2.8 8
	6.71m(3.6) 6.46m(0.7) 6.75m(2.8)	FOUL FOUL	6.57m(0.9)	
3	110 Abdulai, Ruky	BC Athletics	6.65m	2.2 6
	6.64m(1.7) 6.61m(0.7) 6.31m(1.3)	6.46m(1.5) 6.63m(0.7)	6.65m(2.2)	
4	314 Bayley, Krysha	Legacy Athle	6.39m	0.4 5
	6.39m(0.4) 6.22m(2.0) FOUL	ND(NWI) ND(NWI) ND(NWI)		
5	133 Nettey, Christabel	BC Athletics	6.03m	0.3 4
	6.03m(0.3) 6.01m(1.2) 5.97m(0.5)	ND(NWI) ND(NWI) ND(NWI)		
6	496 Daley, Jodian	Sarnia Athle	5.83m	0.9 3
	5.31m(1.7) 5.70m(1.3) 5.83m(0.9)	5.80m(2.6) 5.69m(2.1)	5.58m(0.6)	
7	459 Whittingham, Natoy	Project Athl	5.79m	0.7 2
	5.79m(0.7) FOUL 5.58m(1.3)	5.60m(1.6) 5.69m(0.4)	5.62m(0.4)	
8	600 Ehrhardt, Caroline	Track North	5.76m	2.6 1
	5.16m(3.0) 5.68m(1.5) 5.56m(0.4)	5.76m(2.6) 5.60m(1.1)	FOUL	
9	237 Mitchell, Kerri-An	Etobicoke TR	5.69m	0.2
	5.69m(0.2) 5.69m(1.4) FOUL	FOUL 5.56m(1.9)	5.53m(-0.6)	
10	634 Beckford-Stewart,	Unattached-0	5.61m	3.7
	5.61m(3.7) 5.59m(0.4) 5.61m(2.5)			
11	292 Renaud, Esther	Jeunesse Ath	5.53m	1.7
	FOUL 5.53m(1.7)	4.32m(1.8)		
12	523 Lambert-Beaulieu,	Sherbrooke	5.50m	3.5
	5.30m(1.5) FOUL 5.50m(3.5)			
13	490 Cap, Tamara	Saint Lauren	5.49m	1.2
	5.49m(1.2) 4.97m(2.5) 5.12m(2.6)			

Women Triple Jump

6/28/2009

ABDay1234Results.htm

Final - Top 8 Canadians + 1 INT (if nec) get 3 final jumps

Canadian: % 13.81m 2002 Althea Williams

Championship: ! 13.81m 2002 Athea Williams

Name	Year	Team	Finals	Wind	Points
1 232 Charles, Tabia		Elite Edge	12.89m	-0.9	10
12.62m(-0.9)	12.89m(-0.9)	FOUL FOUL	PASS	PASS	
2 600 Ehrhardt, Caroline		Track North	12.45m	+0.0	8
11.76m(-1.3)	FOUL	11.89m(-1.1) 11.99m(-0.9)	12.29m(-0.6)	12.45m(+0.0)	
3 265 Zachariah, Neb		Guelph Track	12.38m	-1.1	6
FOUL	11.88m(-0.5)	FOUL FOUL	FOUL	12.38m(-1.1)	
4 584 Smith, Alicia		Take Flight	12.00m	-0.3	5
FOUL	11.83m(-1.2)	FOUL FOUL	FOUL	12.00m(-0.3)	
5 375 Sprenkels, Tiffany		Norwesters T	11.77m	-0.8	4
FOUL	11.77m(-0.8)	11.34m(-0.2)	FOUL	FOUL	
6 220 Wilkes, Courtney		Edmonton Oly	11.57m	-0.1	3
11.50m(-1.6)	11.32m(-1.0)	11.33m(-1.4)	FOUL	11.57m(-0.1)	FOUL
7 407 Simulik, Mila		Ottawa Lions	11.55m	-0.3	2
11.18m(-0.6)	11.19m(-0.4)	11.55m(-0.3)	11.36m(-0.1)	FOUL	FOUL
8 528 Garrett, Sherri		South Simcoe	11.47m	-1.2	1
FOUL	11.44m(-1.0)	FOUL FOUL	FOUL	11.47m(-1.2)	
9 286 Neely, Taylor		I BE Fast TR	11.27m	-1.4	
FOUL	11.16m(-0.8)	11.27m(-1.4)			
10 712 Lowe, Jaideene		Windsor Legi	11.26m	-1.1	
FOUL	11.26m(-1.1)	FOUL			
11 239 Bauck, Robyn		Excel Athlet	11.19m	-0.7	
11.19m(-0.6)	10.76m(-3.1)	11.19m(-0.7)			
12 166 Baerg, Karen		Calgary Spar	11.15m	-1.7	
FOUL	11.15m(-1.7)	FOUL			
13 180 Tse, Kim		Caltaf Athle	11.02m	-1.1	
11.02m(-1.1)	10.43m(-1.1)	FOUL			
14 267 Blois, Juliana		Halifax Tige	10.65m	-2.3	
9.98m(-0.9)	10.65m(-2.3)	10.62m(-0.6)			
15 663 Youlton, Carly		Unattached-O	10.40m	-2.0	
10.26m(-1.1)	10.15m(-1.2)	10.40m(-2.0)			
16 422 Gifford, Charlotte		Pearlgate TR	9.94m	-1.3	
9.94m(-1.3)	FOUL	FOUL			
17 423 Kimberley, Erikka		Pearlgate TR	9.29m	-1.2	
FOUL	FOUL	9.29m(-1.2)			

Women Shot Put 4.0kg

Final - Top 8 Canadians get 3 final throws

Canadian: % 17.17m 1979 Alana Redfern

Championship: ! 16.55m 1982 Carmen Ionescu

Name	Year	Team	Finals	Points	
1 251 Labont?, Julie		Fleur DE Lys	14.96m	10	
14.40m	14.35m	14.76m	14.61m	14.61m	14.96m
2 510 Suttie, Taryn		Saskatoon TF	14.02m	8	
13.38m	12.13m	13.85m	13.17m	13.40m	14.02m
3 625 Andrews, Kaitlyn		Unattached-O	13.77m	6	
12.86m	FOUL	13.22m	13.60m	13.56m	13.77m
4 339 Jackson, Stephanie		London Weste	13.52m	5	
13.19m	13.08m	FOUL	13.24m	13.52m	FOUL
5 498 Mullen, Maggie		Sarnia Athle	13.45m	4	

6/28/2009

ABDay1234Results.htm

	13.45m	13.05m	FOUL	12.58m	FOUL	FOUL		
6	750 Petrov, Elizabeth			York Univers			13.23m	3
	12.60m	FOUL	13.07m	13.19m	13.23m	FOUL		
7	304 Whalen, Chelsea			Launchers AT			13.14m	2
	12.89m	12.51m	FOUL	12.31m	13.14m	FOUL		
8	734 Appiah, Cynthia			York Univers			12.72m	1
	FOUL	11.89m	12.33m	12.72m	12.06m	12.70m		
9	492 Le Jour, Marie-Jos			Saint Lauren			12.18m	
	12.18m	FOUL	FOUL					
10	240 Fowler, Caitlin			Excel Athlet			11.89m	
	11.06m	11.64m	11.89m					
11	590 Revoy, Chelsey			Tisdale Trac			11.67m	
	10.72m	11.67m	10.55m					
12	574 Boudreau, Isabelle			St-Jean Olym			11.43m	
	11.10m	11.43m	FOUL					
13	748 Obrochta, Kristin			York Univers			11.06m	
	10.94m	11.05m	11.06m					
14	673 Chin, Rayann			University O			10.49m	
	10.49m	FOUL	FOUL					

Women Discus Throw 1.0kg

=====

Final - Top 8 Canadians get 3 final throws

Canadian: % 62.72m 1979 Carmen Ionescu

Championship: ! 59.58m 1978 Carmen Ionescu

Name	Year	Team	Finals	Points
1	492 Le Jour, Marie-Jos	Saint Lauren	48.61m	10
	47.32m	47.50m	FOUL	48.61m
	47.50m	FOUL	FOUL	
2	819 Spies, Chantel	Unattached-S	48.38m	8
	46.09m	48.38m	46.33m	41.77m
	44.74m	46.34m		
3	531 Kovacs, Alanna	South Simcoe	46.27m	6
	FOUL	FOUL	44.80m	43.33m
	45.16m	46.27m		
4	251 Labont?, Julie	Fleur DE Lys	44.81m	5
	43.55m	42.43m	41.23m	44.42m
	44.81m	43.01m		
5	320 Dumont-Breton, Myr	Les Vaillant	44.77m	4
	FOUL	40.32m	40.94m	42.38m
	44.77m	44.01m		
6	296 Ter Laak, Lara	Kajaks Track	44.73m	3
	40.48m	42.77m	44.73m	39.23m
	42.45m	FOUL		
7	574 Boudreau, Isabelle	St-Jean Olym	43.07m	2
	40.35m	43.07m	39.02m	FOUL
	37.99m	40.77m		
8	335 Allan, Meredith	London Weste	41.79m	1
	38.30m	FOUL	39.69m	41.79m
	FOUL	FOUL		
9	625 Andrews, Kaitlyn	Unattached-O	39.08m	
	FOUL	39.08m	FOUL	
10	302 Larade, Nicole	Launchers AT	39.00m	
	FOUL	38.41m	39.00m	
11	673 Chin, Rayann	University O	37.43m	
	32.02m	37.43m	34.59m	

Women Hammer Throw 4.0kg

=====

Final -Top 8 Canadians + 2 INT( if nec) get 3 final throws

Canadian: % 68.48m 2005 Jennifer Joyce

Championship: ! 67.03m 2005 Jennifer Joyce

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

```

=====
1  123 Joyce, Jennifer K.      BC Athletics      69.05m%  10
   67.54m 69.05m 68.41m 66.09m 66.72m FOUL
2  396 Frizell, Sultana        Ottawa Lions      68.00m!   8
   FOUL 66.71m 68.00m 67.63m 66.13m 66.64m
3  146 Vandervliet, Megan     BC Athletics      60.48m    6
   60.48m 57.50m FOUL 56.19m 57.87m 59.49m
4  192 Steacy, Heather         Chinook Trac     59.32m    5
   FOUL 59.15m FOUL FOUL 59.32m FOUL
5  504 Dubourt, Elisabeth     Saskatoon TF     57.17m    4
   FOUL FOUL 49.04m 51.99m 51.96m 57.17m
6  748 Obrochta, Kristin      York Univers     52.21m    3
   FOUL 50.57m 52.21m 50.00m 51.57m 50.88m
7  575 Larose, Annie          St-Jean Olym     51.34m    2
   50.52m FOUL FOUL FOUL 51.34m FOUL
8  343 Mccutcheon, Jenine     London Weste     45.10m    1
   FOUL 42.51m 44.85m 44.52m 45.10m FOUL
9  590 Revoy, Chelsey         Tisdale Trac     41.78m
   41.78m FOUL FOUL
10 536 Richard, Katelin       Sparta Athle     40.81m
   40.81m FOUL FOUL
11 746 Manson, Sarah          York Univers     40.08m
   40.08m FOUL 39.50m
12 240 Fowler, Caitlin        Excel Athlet     39.30m
   39.30m FOUL 36.66m
-- 209 Rock, M?linda-Mega    Corsaire Cha     FOUL
   FOUL FOUL FOUL
-- 498 Mullen, Maggie        Sarnia Athle     FOUL
   FOUL FOUL FOUL
-- 140 Smith, Crystal        BC Athletics     FOUL
   FOUL FOUL FOUL

```

## Women Javelin Throw 600g

```

=====
Final - Top 8 Canadians get 3 final throws
Canadian: % 55.31m 2003      Alana Redfern
Championship: ! 53.63m 2005  Dominique Bilodeau
Name                      Year Team          Finals  Points
=====
1  117 Gleadle, Elizabeth    BC Athletics      54.76m!  10
   54.76m 52.60m 48.08m 46.54m 50.97m 50.06m
2  138 Pighin, Brooke        BC Athletics      50.80m    8
   47.24m 50.80m FOUL FOUL FOUL 50.24m
3  147 Woodward, Krista     BC Athletics      48.23m    6
   44.63m 44.99m 44.32m 48.23m 45.35m 47.39m
4  208 Petitjean, ?lise     Corsaire Cha     46.85m    5
   FOUL 45.46m 42.67m 46.85m FOUL 45.48m
5  148 Zelinka, Deanna      BC Athletics      46.09m    4
   41.44m 42.20m 42.08m 43.30m 46.09m 44.57m
6  531 Kovacs, Alanna       South Simcoe     45.97m    3
   45.97m FOUL FOUL FOUL 44.55m FOUL
7  126 Macauley, Laura L.   BC Athletics      45.36m    2
   44.12m 40.83m FOUL 41.56m 45.36m 41.79m
8  435 Bond, Jessica        Petite Natio     41.83m    1
   35.22m 38.09m 41.83m 39.05m 38.46m 38.48m
9  196 Bilodeau, Dominiqu   Cirrus           40.80m

```

6/28/2009

ABDay1234Results.htm

10	39.15m 40.80m FOUL 304 Whalen, Chelsea	Launchers AT	37.05m
11	35.88m 31.35m FOUL 340 Johnson, Katie	London Weste	35.88m
12	FOUL 34.53m FOUL 750 Petrov, Elizabeth	York Univers	34.53m
13	FOUL FOUL 33.47m 498 Mullen, Maggie	Sarnia Athle	33.47m
14	30.00m 31.62m 31.21m 392 Chartrand, Valerie	Ottawa Lions	31.62m
15	20.44m 22.77m 23.45m 240 Fowler, Caitlin	Excel Athlet	23.45m

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year Team	Finals	Wind	H#	Points	
1	511 Theisen, Brianne	Saskatoon TF	24.40	1.5	1	943
2	636 Coltman, Susan	Unattached-O	25.10	1.5	1	878
3	338 Cotten, Jennifer	London Weste	25.58	1.5	1	834
4	503 Drouin, Jillian	Sarnia Athle	25.91	1.5	1	805
5	246 Valois, Chelsea	Excel Athlet	26.27	2.1	2	774
6	344 Mcparland, Shellie	London Weste	26.71	1.5	1	736
7	516 Delisle, Pascale	Sherbrooke	26.81	1.5	1	728
8	509 Smits, Veronika	Saskatoon TF	26.82	2.1	2	727
9	165 Anderson, Samantha	Calgary Spar	26.86	1.5	1	724
10	488 Battiston, Alana	Saint Lauren	26.97	2.1	2	714
11	668 Bell, Jenna	University O	27.28	1.5	1	689
12	170 Liu, Maple	Calgary Spar	27.61	2.1	2	662
13	400 Krech, Michele	Ottawa Lions	27.94	2.1	2	636
14	109 Kublik, Krista	Athletisme S	27.97	2.1	2	633
15	658 Puddister, Jessica	Unattached-N	30.27	2.1	2	463

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year Team	Finals	Points	
1	338 Cotten, Jennifer	London Weste	2:18.06	850
2	511 Theisen, Brianne	Saskatoon TF	2:18.73	841
3	636 Coltman, Susan	Unattached-O	2:21.50	803
4	488 Battiston, Alana	Saint Lauren	2:23.05	783
5	165 Anderson, Samantha	Calgary Spar	2:23.59	775
6	344 Mcparland, Shellie	London Weste	2:28.72	709
7	400 Krech, Michele	Ottawa Lions	2:30.51	686
8	170 Liu, Maple	Calgary Spar	2:33.19	653
9	246 Valois, Chelsea	Excel Athlet	2:34.94	632
10	668 Bell, Jenna	University O	2:37.70	600
11	516 Delisle, Pascale	Sherbrooke	2:38.89	586
12	509 Smits, Veronika	Saskatoon TF	2:53.01	433
13	658 Puddister, Jessica	Unattached-N	2:59.78	367

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year Team	Finals	Wind	H#	Points
------	-----------	--------	------	----	--------



6/28/2009

ABDay1234Results.htm

1	511	Theisen, Brianne	Saskatoon TF	13.84	1.1	1	1001
1	636	Coltman, Susan	Unattached-O	13.84	2.8	2	1001
3	503	Drouin, Jillian	Sarnia Athle	13.95	1.1	1	985
4	338	Cotten, Jennifer	London Weste	14.42	1.1	1	920
5	165	Anderson, Samantha	Calgary Spar	14.74	1.1	1	876
6	344	Mcparland, Shellie	London Weste	14.87	2.8	2	859
7	516	Delisle, Pascale	Sherbrooke	14.92	2.8	2	852
8	668	Bell, Jenna	University O	15.09	1.1	1	830
9	246	Valois, Chelsea	Excel Athlet	15.23	2.8	2	811
10	170	Liu, Maple	Calgary Spar	15.62	1.1	1	762
11	509	Smits, Veronika	Saskatoon TF	15.63	2.8	2	760
12	488	Battiston, Alana	Saint Lauren	15.68	1.1	1	754
13	400	Krech, Michele	Ottawa Lions	15.85	2.8	2	733
14	109	Kublik, Krista	Athletisme S	16.16	1.1	1	695
15	658	Puddister, Jessica	Unattached-N	17.92	2.8	2	497

Heptathlon: #2 Women High Jump Heptathlon

```

=====
Name                               Year Team                               Finals  Points
=====
1   503 Drouin, Jillian                Sarnia Athle                            1.79m   966
    1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 1.82
    PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP XO XXO XXX
2   511 Theisen, Brianne                Saskatoon TF                              1.73m   891
    1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76
    PPP PPP PPP PPP PPP PPP PPP PPP O O XXO O XXX
3   636 Coltman, Susan                  Unattached-O                              1.61m   747
    1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64
    PPP PPP PPP PPP PPP PPP O XO XXX
3   165 Anderson, Samantha              Calgary Spar                              1.61m   747
    1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64
    PPP PPP PPP PPP O O XO XO XXX
5   338 Cotten, Jennifer                London Weste                              1.58m   712
    1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61
    O PPP PPP PPP PPP O XXO XXX
5   246 Valois, Chelsea                 Excel Athlet                              1.58m   712
    1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61
    O PPP PPP PPP O O O XXX
5   668 Bell, Jenna                     University O                              1.58m   712
    1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61
    PPP O O O O O XXO XXX
8   516 Delisle, Pascale                Sherbrooke                                1.55m   678
    1.40 1.43 1.46 1.49 1.52 1.55 1.58
    PPP O O O O XXO XXX
8   109 Kublik, Krista                  Athletisme S                              1.55m   678
    1.40 1.43 1.46 1.49 1.52 1.55 1.58
    PPP PPP PPP XO O XO XXX
10  488 Battiston, Alana                Saint Lauren                              1.52m   644
    1.40 1.43 1.46 1.49 1.52 1.55
    PPP PPP PPP O XO XXX
10  344 Mcparland, Shellie              London Weste                              1.52m   644
    1.40 1.43 1.46 1.49 1.52 1.55
    PPP O O O O XXX
10  170 Liu, Maple                       Calgary Spar                              1.52m   644
    1.40 1.43 1.46 1.49 1.52 1.55
    O O O O XXO XXX

```

6/28/2009

ABDay1234Results.htm

10	400	Krech, Michele	Ottawa Lions	1.52m	644	
	1.40	1.43	1.46	1.49	1.52	1.55
	O	O	O	XO	O	XXX
14	509	Smits, Veronika	Saskatoon TF	1.49m	610	
	1.40	1.43	1.46	1.49	1.52	
	PPP	XO	O	O	XXX	
14	658	Puddister, Jessica	Unattached-N	1.49m	610	
	1.40	1.43	1.46	1.49	1.52	
	O	O	O	O	XXX	

Heptathlon: #5 Women Long Jump Heptathlon

```

=====
Name Year Team Finals Wind Points
=====
1 636 Coltman, Susan Unattached-O 6.12m 2.5 887
6.05m(0.8) 6.12m(2.5) 6.02m(1.9)
2 511 Theisen, Brianne Saskatoon TF 6.00m 3.5 850
5.72m(4.4) 6.00m(3.5) 5.80m(4.0)
3 338 Cotten, Jennifer London Weste 5.93m 2.2 828
5.66m(1.4) 5.61m(3.0) 5.93m(2.2)
4 503 Drouin, Jillian Sarnia Athle 5.84m 1.2 801
5.84m(1.2) FOUL(0.2) 5.84m(2.2)
5 165 Anderson, Samantha Calgary Spar 5.83m 1.7 798
5.83m(1.7) 5.69m(1.7) 5.69m(3.3)
6 344 Mcparland, Shellie London Weste 5.71m 5.2 762
5.66m(1.4) 5.71m(5.2) 5.68m(3.6)
7 246 Valois, Chelsea Excel Athlet 5.40m 2.0 671
5.27m(1.4) 5.40m(2.0) 5.27m(0.6)
8 516 Delisle, Pascale Sherbrooke 5.37m 1.0 663
5.37m(1.0) FOUL(1.5) 4.79m(3.8)
9 668 Bell, Jenna University O 5.30m 2.4 643
5.30m(2.4) 5.11m(5.3) 5.14m(3.0)
10 509 Smits, Veronika Saskatoon TF 5.06m -0.1 576
5.06m(-0.1) 5.01m(1.0) 4.79m(2.0)
11 170 Liu, Maple Calgary Spar 4.93m 1.3 540
4.93m(1.3) 4.62m(0.6) 4.57m(5.3)
12 488 Battiston, Alana Saint Lauren 4.92m 3.6 538
FOUL(1.1) 4.92m(3.6) 4.78m(0.7)
13 400 Krech, Michele Ottawa Lions 4.73m 0.7 487
4.73m(0.7) FOUL(3.2) 4.62m(2.5)
14 658 Puddister, Jessica Unattached-N 4.62m 2.1 459
4.62m(2.1) 4.25m(0.9) 4.43m(1.3)

```

Heptathlon: #3 Women Shot Put Heptathlon

```

=====
Name Year Team Finals Points
=====
1 636 Coltman, Susan Unattached-O 13.36m 751
13.36m 12.79m 12.86m
2 503 Drouin, Jillian Sarnia Athle 12.45m 691
12.45m 11.90m 9.86m
3 668 Bell, Jenna University O 11.37m 619
11.01m 11.37m 11.06m
4 511 Theisen, Brianne Saskatoon TF 11.30m 615
11.29m 10.35m 11.30m
5 344 Mcparland, Shellie London Weste 11.05m 598

```

6/28/2009

ABDay1234Results.htm

6	10.74m 10.47m 11.05m 516 Delisle, Pascale	Sherbrooke	10.82m	583
7	10.82m 10.22m 10.23m 488 Battiston, Alana	Saint Lauren	10.70m	575
8	10.25m 10.70m 10.21m 246 Valois, Chelsea	Excel Athlet	10.53m	564
9	10.05m 10.53m 10.26m 109 Kublik, Krista	Athletisme S	10.49m	562
10	FOUL 10.01m 10.49m 165 Anderson, Samantha	Calgary Spar	10.17m	541
11	9.47m 9.81m 10.17m 170 Liu, Maple	Calgary Spar	10.04m	532
12	10.04m 9.89m 9.13m 400 Krech, Michele	Ottawa Lions	9.43m	492
13	9.43m 9.04m 8.74m 338 Cotten, Jennifer	London Weste	9.39m	490
14	9.39m 8.71m 9.09m 509 Smits, Veronika	Saskatoon TF	8.99m	464
15	8.90m 8.99m 8.44m 658 Puddister, Jessica	Unattached-N	8.34m	421
	8.00m 8.16m 8.34m			

Heptathlon: #6 Women Javelin Throw Heptathlon

=====				
Name	Year	Team	Finals	Points
=====				
1	511	Theisen, Brianne	Saskatoon TF	42.03m 706
		32.91m 39.92m 42.03m		
2	636	Coltman, Susan	Unattached-O	38.74m 643
		34.49m 38.07m 38.74m		
3	668	Bell, Jenna	University O	29.80m 473
		29.12m 29.80m 24.89m		
4	509	Smits, Veronika	Saskatoon TF	29.52m 468
		27.11m 29.52m 28.66m		
5	246	Valois, Chelsea	Excel Athlet	29.49m 467
		27.01m 27.55m 29.49m		
6	488	Battiston, Alana	Saint Lauren	29.36m 464
		20.45m 29.36m FOUL		
7	170	Liu, Maple	Calgary Spar	28.88m 455
		28.88m 25.94m FOUL		
8	338	Cotten, Jennifer	London Weste	28.26m 444
		27.76m 21.81m 28.26m		
9	344	Mcparland, Shellie	London Weste	27.62m 432
		FOUL 27.62m FOUL		
10	658	Puddister, Jessica	Unattached-N	26.84m 417
		26.84m FOUL FOUL		
11	165	Anderson, Samantha	Calgary Spar	25.27m 387
		22.46m 25.27m 25.20m		
12	516	Delisle, Pascale	Sherbrooke	23.35m 351
		23.35m FOUL 23.31m		
13	400	Krech, Michele	Ottawa Lions	21.74m 321
		21.61m 15.91m 21.74m		

Women Heptathlon

=====

Canadian: % 6314 5/28/2006 Jessica Zelinka

6/28/2009

ABDay1234Results.htm

Championship: ! 6058 1993 Catherine Bond-Mills

Name	Year	Team	Finals	Points
1	511	Theisen, Brianne	Saskatoon TF	5847 10
2	636	Coltman, Susan	Unattached-O	5710 8
3	338	Cotten, Jennifer	London Weste	5078 6
4	165	Anderson, Samantha	Calgary Spar	4848 5
5	344	Mcparland, Shellie	London Weste	4740 4
6	246	Valois, Chelsea	Excel Athlet	4631 3
7	668	Bell, Jenna	University O	4566 2
8	488	Battiston, Alana	Saint Lauren	4472 1
9	516	Delisle, Pascale	Sherbrooke	4441
10	170	Liu, Maple	Calgary Spar	4248
11	509	Smits, Veronika	Saskatoon TF	4038
12	400	Krech, Michele	Ottawa Lions	3999
13	658	Puddister, Jessica	Unattached-N	3234

Women 10000 Meter Race Walk Jrs.

Name	Year	Team	Finals	Points
1	297	Warwick, Heather	Kajaks Track	56:09.0h 10
2	486	Voyer, Anne	Saguenay Lac	1:02:40.0h 8

Women 20000 Meter Race Walk

Name	Year	Team	Finals	Points
Canadian: % 1:34:50.00 2000 Janice McCaffrey				
Championship: ! 1:34:50.00 2000 Janice McCaffrey				
1	382	Lavall?e, Rachel	Ontario Race	1:43:28.0h 10
2	121	Huzzey, Megan C.	BC Athletics	1:44:47.0h 8
3	249	Crivello, Marina	Fleur DE Lys	1:49:41.0h 6
4	467	Evangelista, Nicol	Racewalk Wes	1:52:18.0h 5

Men 100 Meter Dash

24 Advance: Top 4 Each Heat plus Next 4 Best Times

Championship: ! 9.89 1998 Bruny Surin

Name	Year	Team	Prelims	Wind	H#
Preliminaries					
1	408	Smith, Oluseyi	Ottawa Lions	10.65Q	-2.4 3
2	107	Palmer, Hank	Athletisme M	10.66Q	-4.3 2
3	606	Effah, Sam	U OF C Athle	10.68Q	-2.1 5
4	288	Connaughton, Jared	Islanders TR	10.73Q	-3.6 1
5	181	Barnett, Brian	Capital City	10.86Q	-4.7 4
6	384	Adu-Bobie, Richard	Ottawa Lions	10.72Q	-4.3 2
7	386	Allen, Charles	Ottawa Lions	10.79Q	-2.4 3
8	526	xMeit?, Ben Yousse	Sherbrooke	10.87Q	-4.7 4
9	431	Macrozonaris, Nico	Perfmax-Raci	10.88Q	-3.6 1
10	643	Kerr, Jason	Unattached-O	10.92Q	-2.1 5
11	355	Henry, Anson	Mississauga	10.77Q	-4.3 2
12	319	Parris, Emanuel	Legacy Athle	10.81Q	-2.4 3
13	309	Sterling, Rhoan	Laurel Creek	10.94Q	-2.1 5
14	161	Haynes, Akeem	Calgary Inte	11.03Q	-4.7 4

6/28/2009

ABDay1234Results.htm

15	742	Halstead, Tyrone	York Univers	11.12Q	-3.6	1
16	152	Hayle, Phillip	Brampton Tra	10.98Q	-2.1	5
17	143	Stewart, Rohan	BC Athletics	11.03Q	-2.4	3
18	108	Pedneault, David	Athletisme M	11.07Q	-4.7	4
19	356	Holmes, Seon	Mississauga	11.15Q	-4.3	2
20	380	James, Michael	Ontario Mast	11.27Q	-3.6	1
21	310	Tomlin, Dave	Laurel Creek	11.18q	-4.7	4
22	740	Fajardo, Randolph	York Univers	11.22q	-2.4	3
23	433	Richard, Bianco	Perfmax-Raci	11.27q	-4.3	2
23	754	Stiver-Balla, Math	York Univers	11.27q	-2.1	5
25	186	Reddy, Julian	Capital City	11.38	-2.4	3
26	730	Szczepaniak, David	Winnipeg Opt	11.39	-3.6	1
27	266	Bawol, Michael	Halifast Ath	11.46	-4.7	4
27	427	Horacius, Pierre-H	Perfmax-Raci	11.46	-3.6	1
27	285	John, France	I BE Fast TR	11.46	-3.6	1
30	692	Govia, Luke	Upper Waterl	11.55	-4.7	4
31	289	Macadam, Gerry	Islanders TR	11.64	-2.4	3
32	268	Demetre, Luke	Halifax Tige	11.87	-2.1	5
33	425	Leveque, Philippe	Pearlgate TR	12.03	-4.7	4

Men 100 Meter Dash

=====  
8 Advance: Top 4 Each Heat plus Next 0 Best Times  
Championship: ! 9.89 1998 Bruny Surin

Name	Year	Team	Semis	Wind	H#
------	------	------	-------	------	----

=====

Semi-Finals

1	107	Palmer, Hank	Athletisme M	10.33Q	+0.0	2
2	181	Barnett, Brian	Capital City	10.39Q	0.2	1
3	288	Connaughton, Jared	Islanders TR	10.41Q	0.2	1
4	606	Effah, Sam	U OF C Athle	10.42Q	+0.0	2
5	355	Henry, Anson	Mississauga	10.45Q	+0.0	2
6	526	xMeit?, Ben Yousse	Sherbrooke	10.48Q	0.2	1
7	386	Allen, Charles	Ottawa Lions	10.55Q	+0.0	2
8	408	Smith, Oluseyi	Ottawa Lions	10.61Q	0.2	1
9	431	Macrozonaris, Nico	Perfmax-Raci	10.66	0.2	1
10	161	Haynes, Akeem	Calgary Inte	10.66	+0.0	2
11	384	Adu-Bobie, Richard	Ottawa Lions	10.71	+0.0	2
12	309	Sterling, Rhoan	Laurel Creek	10.72	0.2	1
13	152	Hayle, Phillip	Brampton Tra	10.80	0.2	1
14	143	Stewart, Rohan	BC Athletics	10.81	+0.0	2
15	319	Parris, Emanuel	Legacy Athle	10.88	0.2	1
--	643	Kerr, Jason	Unattached-0	FS	+0.0	2 DQ Rule 162.7

Men 100 Meter Dash

=====  
Championship: ! 9.89 1998 Bruny Surin

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

=====

Finals

1	181	Barnett, Brian	Capital City	10.28	-1.1	10
2	107	Palmer, Hank	Athletisme M	10.40	-1.1	8
3	288	Connaughton, Jared	Islanders TR	10.47	-1.1	6 10.462
4	606	Effah, Sam	U OF C Athle	10.47	-1.1	5 10.469
5	355	Henry, Anson	Mississauga	10.50	-1.1	4
6	408	Smith, Oluseyi	Ottawa Lions	10.55	-1.1	3

7 431 Macrozonaris, Nico Perfmax-Raci 10.57 -1.1 2

## Men 200 Meter Dash

=====  
16 Advance: Top 1 Each Heat plus Next 11 Best Times

Championship: ! 20.40 1986 Atlee Mahorn

Name	Year	Team	Prelims	Wind	H#	
=====						
Preliminaries						
1	288	Connaughton, Jared	Islanders TR	20.95Q	0.7	3
2	606	Effah, Sam	U OF C Athle	21.03Q	1.6	1
3	526	xMeit?, Ben Yousse	Sherbrooke	21.14Q	0.3	4
4	181	Barnett, Brian	Capital City	21.20Q	1.9	5
5	359	Smellie, Gavin	Mississauga	21.50Q	1.3	2
6	742	Halstead, Tyrone	York Univers	21.35q	1.9	5
7	408	Smith, Oluseyi	Ottawa Lions	21.49q	0.3	4
8	143	Stewart, Rohan	BC Athletics	21.52q	1.3	2
9	108	Pedneault, David	Athletisme M	21.65q	0.3	4
10	578	Bennett, Wayndale	Take Flight	21.72q	1.6	1
11	161	Haynes, Akeem	Calgary Inte	21.81q	1.3	2
12	433	Richard, Bianco	Perfmax-Raci	21.89q	0.7	3
13	310	Tomlin, Dave	Laurel Creek	22.14q	1.9	5
14	186	Reddy, Julian	Capital City	22.25q	1.3	2
15	730	Szczepaniak, David	Winnipeg Opt	22.34q	1.9	5
16	583	Norman, Dwayne	Take Flight	22.35q	1.9	5
17	754	Stiver-Balla, Math	York Univers	22.40	1.6	1
18	601	Pelland, Andr?	Track North	22.47	1.3	2
19	369	Young, Andrew	Niagara Regi	22.50	1.9	5
20	285	John, France	I BE Fast TR	22.51	1.3	2
21	293	Lim, Kevin	Kajaks Track	22.56	0.7	3
22	659	Henley, Randy	Unattached-A	22.84	1.6	1
23	535	Mccormack, Kurt	Sparta Athle	22.85	1.6	1
24	268	Demetre, Luke	Halifax Tige	23.02	0.7	3
25	266	Bawol, Michael	Halifast Ath	23.05	0.3	4
26	691	Ferth, Shane	Upper Waterl	23.14	0.7	3
27	289	Macadam, Gerry	Islanders TR	23.24	0.3	4
28	271	Lawson, Peter	Halifax Tige	23.91	0.3	4
--	755	Vega Penso, Luis	York Univers	DQ	0.3	4 DQ Rule 163.3

## Men 200 Meter Dash

=====  
Championship: ! 20.40 1986 Atlee Mahorn

Name	Year	Team	Finals	Wind	H#	Points
=====						
Finals						
1	181	Barnett, Brian	Capital City	20.71	1.2	2 10
2	288	Connaughton, Jared	Islanders TR	20.78	1.2	2 8
3	606	Effah, Sam	U OF C Athle	21.02	1.2	2 6
4	408	Smith, Oluseyi	Ottawa Lions	21.13	1.2	2 5
5	359	Smellie, Gavin	Mississauga	21.21	1.2	2 4
6	742	Halstead, Tyrone	York Univers	21.26	1.2	2 3
7	578	Bennett, Wayndale	Take Flight	21.36	1.0	1 2
8	143	Stewart, Rohan	BC Athletics	21.44	1.2	2 1
9	108	Pedneault, David	Athletisme M	21.53	1.2	2
10	161	Haynes, Akeem	Calgary Inte	21.73	1.0	1
11	433	Richard, Bianco	Perfmax-Raci	21.81	1.0	1

6/28/2009

ABDay1234Results.htm

12	310	Tomlin, Dave	Laurel Creek	22.09	1.0	1
13	186	Reddy, Julian	Capital City	22.25	1.0	1
14	583	Norman, Dwayne	Take Flight	22.28	1.0	1
15	730	Szczepaniak, David	Winnipeg Opt	22.53	1.0	1
--	526	xMeit?, Ben Yousse	Sherbrooke	X20.79	1.0	1

Men 400 Meter Dash

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

Championship: ! 45.52 1999 Shane Niemi

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

Preliminaries

1	151	Harper, Daniel	Brampton Tra	47.27Q	2
2	316	Christopher, Tyler	Legacy Athle	47.64Q	1
3	657	Vadeboncoeur, Nath	Winnipeg Opt	48.34Q	3
4	687	Trnkus, Michael	University O	48.03Q	1
5	175	Ratzlaff, Trent	Caltaf Athle	48.12Q	2
6	697	Halcro, Joel J.	Vancouver OL	49.41Q	3
7	439	Harris, Mark	Phoenix Athl	48.13q	1
8	149	Ferguson, Quin	Bison Track	48.20q	1
9	474	Senick, Joel	Riversdale A	48.57	2
10	200	Boss, Andrew	Coquitlam CH	48.78	2
11	293	Lim, Kevin	Kajaks Track	48.93	2
12	601	Pelland, Andr?	Track North	49.51	3
13	426	Gornicki, Phillip	Perfmax-Raci	49.63	1
14	583	Norman, Dwayne	Take Flight	49.86	1
15	751	Richards-Kwok, Don	York Univers	49.91	2
16	282	Tat, Jimmy	Harbour Trac	50.17	1
17	278	Hayes, Greg	Hamilton Oly	51.14	3
18	659	Henley, Randy	Unattached-A	51.20	3
19	691	Ferth, Shane	Upper Waterl	51.35	2
20	271	Lawson, Peter	Halifax Tige	52.57	3

Men 400 Meter Dash

Championship: ! 45.52 1999 Shane Niemi

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

Finals

1	657	Vadeboncoeur, Nath	Winnipeg Opt	47.06	10	47.051
2	151	Harper, Daniel	Brampton Tra	47.06	8	47.055
3	149	Ferguson, Quin	Bison Track	47.56	6	
4	687	Trnkus, Michael	University O	47.71	5	
5	175	Ratzlaff, Trent	Caltaf Athle	47.88	4	
6	439	Harris, Mark	Phoenix Athl	48.22	3	
7	697	Halcro, Joel J.	Vancouver OL	49.23	2	
--	316	Christopher, Tyler	Legacy Athle	DNF		

Men 800 Meter Run

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

Championship: ! 1:45.34 2004 Gary Reed

Name	Year	Team	Prelims
------	------	------	---------

Preliminaries

6/28/2009

ABDay1234Results.htm

1	270	Harris, Geoffrey	Halifax Tige	1:50.37Q
2	416	Reed, Gary T.	Pacific Athl	1:50.98Q
3	103	Currie, Adam	Athletisme M	1:51.61Q
4	227	Roppelt, Brian	Edmonton Thu	1:51.70Q
5	226	Ostapowich, Jaden	Edmonton Thu	1:50.47q
6	703	Collin, Olivier	Vaudreuil-Do	1:51.69q
7	368	Rae, Jeremy	Niagara Regi	1:51.90q
8	478	Laporte, Charles-O	Rouge ET OR	1:51.92q
9	675	Del Monte, Michael	University O	1:51.93
10	444	Smith, Kyle	Phoenix Athl	1:52.04
11	719	Tome, Mitchell	Windsor Legi	1:52.57
12	176	Saizew, Michael	Caltaf Athle	1:52.76
13	438	Finn, Ryan	Phoenix Athl	1:53.31
14	543	Gamble, Dustin	Speed River	1:53.34
15	465	Simair, Chris	Queen City S	1:53.70
16	212	Langridge, Jordan	Durham Drago	1:54.37
17	179	Theriault, Madison	Caltaf Athle	1:54.42
18	463	Mccormick, Iain	Queen City S	1:54.48
19	410	Young, Sean	Ottawa Lions	1:55.06
20	390	Brennan, Kevin	Ottawa Lions	1:55.23
21	164	Russell, Ryan	Calgary Inte	1:55.39
22	635	Carlos, Shane	Unattached-O	1:55.41
23	197	Gravel, Benjamin	Cirrus	1:55.51
24	199	Raymond, Mathieu	Club D'Athl?	1:55.78
25	329	Laan, Brandon	London Runne	1:55.80
26	312	Nishiyama, Michael	Leduc Track	1:55.86
27	524	Lecours, Tommy	Sherbrooke	1:56.70
28	462	Mazzei, Darren	Queen City S	1:56.75
29	223	Carroll, Rory	Edmonton Thu	1:57.07
30	172	Dib, Abdelkader	Caltaf Athle	1:57.36
31	279	Abbott, Larry	Harbour Trac	1:57.48
32	281	Klaus, Anders	Harbour Trac	1:57.73
33	280	Fleming, Noah	Harbour Trac	1:57.91
34	195	Azzi, Sofiane	Cirrus	1:59.37
35	154	Anderson, Travis	Brantford T.	1:59.77

Men 800 Meter Run

=====

Championship: ! 1:45.34 2004 Gary Reed

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

Finals

1	416	Reed, Gary T.	Pacific Athl	1:47.45	10
2	270	Harris, Geoffrey	Halifax Tige	1:48.11	8
3	227	Roppelt, Brian	Edmonton Thu	1:48.89	6
4	226	Ostapowich, Jaden	Edmonton Thu	1:49.11	5
5	103	Currie, Adam	Athletisme M	1:49.26	4
6	703	Collin, Olivier	Vaudreuil-Do	1:50.14	3
7	368	Rae, Jeremy	Niagara Regi	1:50.86	2
8	478	Laporte, Charles-O	Rouge ET OR	1:52.05	1

Men 1500 Meter Run

=====

12 Advance: Top 3 Each Heat plus Next 3 Best Times

Championship: ! 3:38.60 1979 John Craig

Name	Year	Team	Prelims
------	------	------	---------



## Preliminaries

1	602 Brannen, Nathan	Tri City Tra	3:48.55Q
2	554 Milne, Taylor	Speed River	3:50.23Q
3	437 Duncan, Justin	Phoenix Athl	3:50.71Q
4	549 Konoval, Tim	Speed River	3:49.40Q
5	128 Martinson, Geoffre	BC Athletics	3:50.36Q
6	441 Lincoln, Matt	Phoenix Athl	3:50.78Q
7	198 Bernard, Olivier	Club D'Athl?	3:49.72Q
8	124 Levins, Cameron	BC Athletics	3:50.80Q
9	513 Benninger, Kurt	Saugeen Trac	3:51.42Q
10	595 Khan, Saheed	Toronto Olym	3:50.00q
11	596 Kuternin, Aleksand	Toronto Olym	3:50.33q
12	548 Jackson, Rob	Speed River	3:50.61q
13	538 Boorsma, Kyle	Speed River	3:50.88
14	537 Arnald, Scott	Speed River	3:51.94
15	559 Snider, Derek	Speed River	3:51.95
16	714 Malette, John Paul	Windsor Legi	3:53.72
17	621 Kellar, Adam	U OF Windsor	3:54.05
18	250 De Bardi, Stephen	Fleur DE Lys	3:54.13
19	576 Monds, Jevin	St. Albert T	3:54.13
20	371 Walters, Matt	North Bay LE	3:54.22
21	558 Roundell, Josh	Speed River	3:55.14
22	206 Lavoie, Olivier	Corsaire Cha	3:55.58
23	655 Smyth, Alex	Unattached-B	3:56.03
24	248 Colle, Stephane	Fleur DE Lys	3:56.18
25	179 Theriault, Madison	Caltaf Athle	3:56.90
26	632 Aguanno, Andrew	Unattached-O	3:56.96
27	313 Robertson, Karl	Leduc Track	3:57.87
28	167 Corrigan, Peter	Calgary Spar	3:58.29
29	281 Klaus, Anders	Harbour Trac	3:59.47
30	279 Abbott, Larry	Harbour Trac	3:59.48
31	445 Sweeney, Sean	Phoenix Athl	3:59.61
32	539 Brett, Allan	Speed River	4:00.22
33	172 Dib, Abdelkader	Caltaf Athle	4:03.07
34	353 O'Grady, Patrick	Mercury Athl	4:06.63
35	253 Mcelligott, Steven	Fleur DE Lys	4:12.54
--	593 Emberley, Scott	Toronto Olym	DNF
--	689 Burke, Logan	University O	DNF

## Men 1500 Meter Run

Championship: ! 3:38.60 1979 John Craig

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

## Finals

1	602 Brannen, Nathan	Tri City Tra	3:47.73	10
2	437 Duncan, Justin	Phoenix Athl	3:48.63	8
3	554 Milne, Taylor	Speed River	3:48.88	6
4	441 Lincoln, Matt	Phoenix Athl	3:49.52	5
5	549 Konoval, Tim	Speed River	3:50.52	4
6	128 Martinson, Geoffre	BC Athletics	3:50.69	3
7	513 Benninger, Kurt	Saugeen Trac	3:52.66	2
8	124 Levins, Cameron	BC Athletics	3:52.90	1
9	548 Jackson, Rob	Speed River	3:54.68	
10	595 Khan, Saheed	Toronto Olym	3:55.24	

6/28/2009

ABDay1234Results.htm

11	596	Kuternin, Aleksand	Toronto Olym	3:57.81
12	198	Bernard, Olivier	Club D'Athl?	3:58.83

Men 5000 Meter Run

```

=====
Canadian: % 13:13.96 1998 Jeff Schiebler
Championship: ! 13:25.16 2000 Sean Kaley
Name Year Team Finals Points
=====
1 460 Bairu, Simon Queen City S 13:39.23 10
2 544 Gillis, Eric Speed River 13:49.45 8
3 155 Steeds, Mark Brantford T. 14:08.54 6
4 366 Ahmed, Mohammed Niagara Olym 14:11.84 5
5 332 O'Neill, Kyle London Runne 14:29.77 4
6 680 Kitz, Robert University O 14:39.60 3
7 608 Kerr, Geoff U OF C Athle 14:42.81 2
8 640 Hubers, Ben Indiana U. 14:53.50 1
9 683 Morrison, Spencer University O 14:54.55
10 559 Snider, Derek Speed River 15:04.75
11 561 Thorson, Cleve Speed River 15:13.79
-- 513 Benninger, Kurt Saugeen Trac DNF
-- 230 Weikum, Jamie Edmonton Thu DNF
-- 565 Armstrong, Ryan ST Thomas LE DNF
-- 130 Mckenzie, Ryan BC Athletics DNF

```

Men 10000 Meter Run

```

=====
Name Year Team Finals Points
=====
1 542 Coolsaet, Reid Speed River 29:20.81 10
2 158 Smith, Andrew Brooks Canad 29:29.39 8
3 450 Wykes, Dylan Physi-Kult K 29:45.67 6
4 135 OsaduikMosley, Ric BC Athletics 30:01.84 5
5 448 Pieterston, Matthew Physi-Kult K 30:45.50 4
6 452 Simpson, Scott Prairie Inn 31:05.54 3
7 333 Walton, Adrian London Runne 31:17.42 2
8 527 M?nard-Kilrane, Fr Sherbrooke 31:32.19 1
9 447 Chiasson, Rejean Physi-Kult K 31:37.50
10 550 Koziarski, Stephen Speed River 31:38.53
11 605 Cummings, Travis U OF C Athle 32:57.34
12 331 Nagle, Chris London Runne 33:17.46
13 234 Bilodeau, Mathieu Energie 34:24.11
14 383 Ball, Richard Orillia Legi 38:20.59
-- 597 Nakluski, Derek Toronto Olym DNF
-- 483 Norminton, Matthew Running Room DNF
-- 446 Boyd, Steve Physi-Kult K DNF

```

Men 110 Meter Hurdles

```

=====
8 Advance: Top 2 Each Heat plus Next 2 Best Times
Canadian: % 13.08 1993 Mark McKoy
Championship: ! 13.27 1985 Mark McKoy
Name Year Team Prelims Wind H#
=====
Preliminaries
1 726 Macleod, Jared Winnipeg Opt 13.96Q -1.8 2

```

6/28/2009

ABDay1234Results.htm

2	745	Jennings, Karl	York Univers	14.25Q	-2.7	1
3	351	Whitty, Paul	London Weste	14.79Q	-2.2	3
4	573	Vandendool, Andrew	ST Thomas LE	14.70Q	-1.8	2
5	395	Fawcett, Tyler	Ottawa Lions	14.89Q	-2.7	1
6	216	Hinton, Jackson	Edmonton Int	15.14Q	-2.2	3
7	662	Theriau, Christoph	Unattached-A	14.82q	-1.8	2
8	405	Pearson, Stuart	Ottawa Lions	14.87q	-1.8	2
9	566	Brisson, Matthew	ST Thomas LE	14.91	-2.7	1
10	222	Wolowidnyk, Ryan	Edmonton Spr	14.92	-1.8	2
11	207	L?veill?, Simon	Corsaire Cha	15.00	-1.8	2
12	707	Adjetey-Nelson, Ja	Windsor Legi	15.07	-2.7	1
13	616	Baker, Justin	U OF R Couga	15.16	-2.2	3
14	728	Moolchan, Kieran	Winnipeg Opt	15.32	-2.2	3
15	457	Moseley, Ingvar	Project Athl	15.43	-2.2	3
16	507	Nosbush, Jordan	Saskatoon TF	15.61	-2.7	1
16	708	Boots, Gregory	Windsor Legi	15.61	-2.2	3
--	429	*Kom?nan, Valery	Perfmax-Raci	X14.68	-2.7	1

Men 110 Meter Hurdles

=====  
Canadian: % 13.08 1993 Mark McKoy  
Championship: ! 13.27 1985 Mark McKoy

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

=====

Finals

1	745	Jennings, Karl	York Univers	13.84	-1.4	10
2	726	Macleod, Jared	Winnipeg Opt	13.93	-1.4	8
3	216	Hinton, Jackson	Edmonton Int	14.72	-1.4	6
4	351	Whitty, Paul	London Weste	14.79	-1.4	5
5	662	Theriau, Christoph	Unattached-A	14.81	-1.4	4
6	573	Vandendool, Andrew	ST Thomas LE	14.89	-1.4	3
7	395	Fawcett, Tyler	Ottawa Lions	15.75	-1.4	2
--	405	Pearson, Stuart	Ottawa Lions	DQ	-1.4	DQ Rule 168.7

Men 400 Meter Hurdles

=====  
8 Advance: Top 2 Each Heat plus Next 2 Best Times  
Canadian: % 48.77 2006 Adam Kunkel  
Championship: ! 49.78 2001 Monte Raymond

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

=====

Preliminaries

1	405	Pearson, Stuart	Ottawa Lions	52.29Q	1
2	162	Joseph, Nigel	Calgary Inte	52.54Q	2
3	175	Ratzlaff, Trent	Caltaf Athle	52.75Q	3
4	624	*Quevedo, Camilo	U OF Windsor	52.68Q	1
5	522	Labelle, Shane	Sherbrooke	53.06Q	2
6	432	Rehel, Wesley	Perfmax-Raci	55.23Q	3
7	169	Kimick, Evan	Calgary Spar	55.30q	3
8	529	Knuff, Kyle	South Simcoe	55.72q	1
9	672	Chan, Daniel	University O	56.06	2
10	457	Moseley, Ingvar	Project Athl	56.40	1
11	569	Harris, Tayler	ST Thomas LE	57.37	3
12	568	Coyne, Jared	ST Thomas LE	57.58	3
13	404	Ohlsen, Jack	Ottawa Lions	58.11	2
14	277	Fanning, Conor	Hamilton Oly	1:01.81	2

-- 429 \*Kom?nan, Valery Perfmax-Raci DNF 3

## Men 400 Meter Hurdles

=====  
 Canadian: % 48.77 2006 Adam Kunkel  
 Championship: ! 49.78 2001 Monte Raymond  
 Name Year Team Finals Points  
 =====

## Finals

Name	Year	Team	Finals	Points	
1	175	Ratzlaff, Trent	Caltaf Athle	51.98	10
2	162	Joseph, Nigel	Calgary Inte	52.41	8
3	405	Pearson, Stuart	Ottawa Lions	52.72	6
4	522	Labelle, Shane	Sherbrooke	53.28	5
5	169	Kimick, Evan	Calgary Spar	54.69	4
6	672	Chan, Daniel	University O	54.81	3
7	432	Rehel, Wesley	Perfmax-Raci	54.93	2
8	529	Knuff, Kyle	South Simcoe	56.80	1

## Men 3000 Meter Steeplechase

=====  
 Canadian: % 8:12.58 1985 Graeme Fell  
 Championship: ! 8:25.82 1986 Graeme Fell  
 Name Year Team Finals Points  
 =====

Name	Year	Team	Finals	Points	
1	562	Watson, Robin	Speed River	8:32.87	10
2	520	Genest, Alex	Sherbrooke	8:37.96	8
3	399	Karanja, Joshua	Ottawa Lions	8:53.19	6
4	332	O'Neill, Kyle	London Runne	8:55.30	5
5	540	Brunsting, Matthew	Speed River	9:08.74	4
6	824	*Brent, David	United States	9:11.93	3
7	594	Hughes, Matthew	Toronto Olym	9:15.93	2
8	376	Bourgeois, Jo?l	O2	9:17.28	1
9	564	Wray, Nigel	Speed River	9:19.83	
10	557	Paquette, Maxime	Speed River	9:23.30	
11	481	Switzer, Jamie	Runner's Lif	9:28.59	
12	206	Lavoie, Olivier	Corsaire Cha	9:38.21	
13	556	Murray, Cody	Speed River	9:38.28	
14	484	Bouchard, Fr?d?ric	Saguenay Lac	9:41.75	
15	704	Monette, Sebastien	Vaudreuil-Do	9:50.00	
16	352	Brockerville, Ryan	Mariners Ath	9:50.33	
17	372	Walters, Nick	North Bay LE	9:59.85	

## Men 4x100 Meter Relay Club

=====  
 Team Finals Points  
 =====  
 1 York University Track & F 'A' 42.43 10

## Men High Jump

=====  
 Progressions 1.85,1.95,.2.05,2.10,2.15,2.18,2.21,2.24,2.27,etc  
 Canadian: % 2.35m 2002 Mark Boswell  
 Championship: ! 2.33m 1986 Milton Ottey  
 Name Year Team Finals Points  
 =====  
 1 721 Watkins, Derek Windsor Legi 2.18m 10

6/28/2009

ABDay1234Results.htm

	1.85	1.95	2.05	2.10	2.15	2.18	2.21			
	PPP	PPP	PPP	O	XO	O	XXX			
2	676	Dillon, Mark						University O	2.15m	8
	1.85	1.95	2.05	2.10	2.15	2.18				
	PPP	PPP	PPP	XXO	O	XXX				
3	129	Mason, Michael						BC Athletics	J2.15m	6
	1.85	1.95	2.05	2.10	2.15	2.18	2.21			
	PPP	PPP	PPP	O	XO	PPP	XXX			
4	326	Wilhelm, Branden						London Legio	J2.15m	5
	1.85	1.95	2.05	2.10	2.15	2.18				
	PPP	PPP	O	O	XXO	XXX				
5	104	Darlington, Justin						Athletisme M	2.05m	4
	1.85	1.95	2.05	2.10						
	PPP	O	O	XXX						
6	502	Drouin, Derek						Sarnia Athle	J2.05m	3
	1.85	1.95	2.05	2.10						
	PPP	PPP	XXO	XXX						
7	275	Watts, Simon						Halifax Tige	1.95m	1.50
	1.85	1.95	2.05							
	O	O	XXX							
7	188	Gillis, James						Ceilidh Trac	1.95m	1.50
	1.85	1.95	2.05							
	O	O	XXX							
9	235	Bachelor, Andrew						Etobicoke TR	J1.95m	
	1.85	1.95	2.05							
	PPP	XXO	XXX							
10	221	Tyler, Isaac						Edmonton Spr	1.85m	
	1.85	1.95								
	O	XXX								
--	702	Little, Paul						Vancouver TH	NH	
	1.85	1.95								
	PPP	XXX								

Men Pole Vault

=====

Top 12 Advance by Time

Automatic Qualification To Finals 4.90 m. - Final - Top 12  
Progressions 4.51,4.71,4.91,5.01,5.11,5.21,5.26,5.31,etc  
Qualifying Heights 4.45,4.60,4.75,4.90

Canadian: % 5.61m 1991 Douglas Wood  
Championship: ! 5.50m 1989 Douglas Wood

Name	Year	Team	Prelims
------	------	------	---------

=====

Preliminaries

1	327	Wilson, Kristian						London Legio	4.70mq
	4.45	4.60	4.70	4.80					
	P	P	O	XXX					
1	470	Gauthier, Ren?						Riversdale A	4.70mq
	4.45	4.60	4.70	4.80					
	P	O	XO	XXX					
3	570	Kirkpatrick, Joshu						ST Thomas LE	4.60mq
	4.45	4.60	4.70						
	P	XXO	XXX						
3	656	Vu, Ryan						Unattached-B	4.60mq
	4.45	4.60	4.70						
	P	XO	XXX						

6/28/2009

ABDay1234Results.htm

3	517 Foley, David	Sherbrooke	4.60mq
	4.45 4.60 4.70		
	P O XXX		
3	688 Wurster, Jason	University O	4.60mq
	4.45 4.60 4.70		
	P XO XXX		
3	720 Vukasovic, Jeffrey	Windsor Legi	4.60mq
	4.45 4.60 4.70		
	XXO XO XXX		
3	674 Creighton, Doug	University O	4.60mq
	4.45 4.60 4.70		
	P O XXX		
3	218 Theodore, Deryk	Edmonton Int	4.60mq
	4.45 4.60 4.70		
	P O XXX		
3	362 Beaumont-Courteau,	Montreal Int	4.60mq
	4.45 4.60 4.70		
	XO XXO XXX		
3	323 Moon, Donald	London Legio	4.60mq
	4.45 4.60 4.70		
	O XO XXX		
12	686 Tomasello, Kyle	University O	4.45mq
	4.45 4.60		
	O XXX		
13	744 Hayhoe, Jeff	York Univers	J4.45m
	4.45 4.60		
	XO XXX		
--	472 Petrucha, Dillon	Riversdale A	NH
	4.45		
	XXX		
--	184 Milne, Blair	Capital City	NH
	4.45		
	XXX		
--	322 Lopatowski, Michae	London Legio	NH
	4.45		
	XXX		
--	473 Petrucha, Taylor	Riversdale A	NH
	4.45		
	XXX		

Men Pole Vault

=====

Automatic Qualification To Finals 4.90 m. - Final - Top 12  
Progressions 4.51,4.71,4.91,5.01,5.11,5.21,5.26,5.31,etc  
Qualifying Heights 4.45,4.60,4.75,4.90  
Canadian: % 5.61m 1991 Douglas Wood  
Championship: ! 5.50m 1989 Douglas Wood

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

=====

Finals

1	517 Foley, David	Sherbrooke	5.01m	10
	4.46 4.51 4.56 4.61 4.66 4.71 4.76 4.81 4.86 4.91 4.96 5.01 5.06 5.11			
	PPP PPP PPP PPP PPP PPP XXO PPP PPP PPP PPP XXO PPP XXX			
2	327 Wilson, Kristian	London Legio	4.91m	8
	4.46 4.51 4.56 4.61 4.66 4.71 4.76 4.81 4.86 4.91 4.96 5.01			
	PPP PPP PPP PPP PPP PPP PPP PPP PPP XO PPP XXX			

6/28/2009

ABDay1234Results.htm

3	656	Vu, Ryan	Unattached-B	4.76m	5.50									
	4.46	4.51	4.56	4.61	4.66	4.71	4.76	4.81	4.86	4.91				
	PPP	PPP	PPP	PPP	PPP	PPP	XXO	PPP	PPP	XXX				
3	218	Theodore, Deryk	Edmonton Int	4.76m	5.50									
	4.46	4.51	4.56	4.61	4.66	4.71	4.76	4.81	4.86	4.91				
	PPP	PPP	PPP	PPP	PPP	PPP	XXO	PPP	PPP	XXX				
5	674	Creighton, Doug	University O	J4.76m	3.50									
	4.46	4.51	4.56	4.61	4.66	4.71	4.76	4.81	4.86	4.91				
	PPP	PPP	PPP	XXO	PPP	PPP	XXO	PPP	PPP	XXX				
5	570	Kirkpatrick, Joshu	ST Thomas LE	J4.76m	3.50									
	4.46	4.51	4.56	4.61	4.66	4.71	4.76	4.81	4.86	4.91				
	PPP	PPP	PPP	XXO	PPP	PPP	XXO	PPP	PPP	XXX				
7	470	Gauthier, Ren?	Riversdale A	4.61m	2									
	4.46	4.51	4.56	4.61	4.66	4.71	4.76							
	PPP	PPP	PPP	XO	PPP	PPP	XXX							
8	323	Moon, Donald	London Legio	J4.61m	1									
	4.46	4.51	4.56	4.61	4.66	4.71	4.76							
	PPP	PPP	PPP	XXO	PPP	PPP	XXX							
9	362	Beaumont-Courteau,	Montreal Int	4.46m										
	4.46	4.51	4.56	4.61										
	XXO	PPP	PPP	XXX										
--	686	Tomasello, Kyle	University O	NH										
	4.46													
	XXX													
--	720	Vukasovic, Jeffrey	Windsor Legi	NH										
	4.46													
	XXX													
--	688	Wurster, Jason	University O	NH										
	4.46	4.51	4.56	4.61	4.66	4.71	4.76	4.81	4.86	4.91	4.96	5.01	5.06	5.11
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	XXX

Men Long Jump

=====

Top 13 Advance by Time

Final - Top 8 Canadians get 3 final jumps

Qualification to finals 7.25m.

Canadian: % 8.20m 1991 ?drick Flor?al

Championship: ! 8.02m 1989 ?derik Flor?al

Name	Year	Team	Prelims	Wind
------	------	------	---------	------

=====

Preliminaries

1	491	Greenaway, Christo	Saint Lauren	7.48mq	2.0
				7.48m(2.0)	
2	717	Nriagu, Osi Tadinm	Windsor Legi	7.46mq	4.2
				7.46m(4.2)	
3	393	Chibudu, Brian	Ottawa Lions	7.44mq	+0.0
				7.44m(+0.0)	
4	325	Warner, Damian	London Legio	7.43mq	2.1
				7.12m(-0.2) 7.43m(2.1)	
5	579	Bowry, Jharyl	Take Flight	7.42mq	3.0
				6.96m(2.7) FOUL(2.5) 7.42m(3.0)	
6	242	Huber, Wade	Excel Athlet	7.34mq	2.3
				FOUL(-2.0) 7.34m(2.3) FOUL(2.7)	
7	582	Latham, Clayton	Take Flight	7.33mq	4.2
				7.19m(0.6) 7.21m(1.8) 7.33m(4.2)	
8	348	Scherle, Mark	London Weste	7.29mq	2.6

	7.29m(2.6)	7.24m(1.4)	FOUL(3.0)		
9	476 Ahanda-Noah, Patri	Rouge ET OR		7.27mq	3.8
	7.07m(2.2)	7.16m(3.6)	7.27m(3.8)		
10	707 Adjetey-Nelson, Ja	Windsor Legi		7.26mq	-0.9
	7.04m(2.5)	7.26m(-0.9)	7.23m(0.9)		
10	254 Richards, Brian	Flying Angel		7.26mq	4.7
	7.01m(2.5)	7.26m(4.7)	7.26m(1.1)		
12	581 Douglas, Kadeem	Take Flight		7.18mq	0.3
	7.10m(2.1)	7.18m(0.3)	7.12m(1.2)		
13	397 Gauthier-Kwan, Oli	Ottawa Lions		7.16mq	3.4
	7.11m(3.7)	6.81m(1.7)	7.16m(3.4)		
14	665 Labbe, Nathan	Unattached-A		7.13m	2.7
	FOUL	7.06m(3.2)	7.13m(2.7)		
15	324 Stewart, Taylor	London Legio		7.04m	2.6
	6.99m(4.1)	6.99m(1.5)	7.04m(2.6)		
16	287 Bernard, Anthony	Islanders TR		7.02m	0.7
	FOUL(0.8)	FOUL(1.6)	7.02m(0.7)		
17	351 Whitty, Paul	London Weste		7.01m	0.2
	7.01m(0.2)	6.92m(2.0)	FOUL(3.2)		
18	647 Shadd, Kenen	Unattached-O		6.92m	2.3
	6.92m(2.3)	6.85m(3.0)	6.83m(1.7)		
19	456 Makwene, Odon	Project Athl		6.88m	6.2
	6.34m(3.5)	6.65m(1.4)	6.88m(6.2)		
20	341 Judge, Andrew	London Weste		6.73m	3.2
	6.73m(3.2)	6.67m(3.3)	FOUL(4.3)		
21	214 Cocks, Mark	Edmonton Int		6.67m	0.5
	FOUL(1.7)	6.28m(2.0)	6.67m(0.5)		
22	695 Bouchard, Fr?d?ric	Vainqueurs (		6.63m	4.1
	6.36m(5.5)	6.63m(4.1)	5.42m(2.8)		
23	724 Gundrum, Joshua	Winnipeg Opt		6.58m	0.4
	FOUL(1.1)	6.58m(0.4)	6.40m(1.8)		
24	519 Fredette, Maxime	Sherbrooke		6.51m	1.4
	6.51m(1.4)	FOUL(+0.0)	6.42m(2.4)		
25	191 Rosenburg, Brandon	Chebucto Ath		6.40m	-1.7
	6.40m(-1.7)	6.27m(1.1)	FOUL(0.8)		
26	381 Whiteley, Mike	Ontario Mast		6.34m	5.2
	6.13m(4.0)	FOUL	6.34m(5.2)		
27	425 Leveque, Philippe	Pearlgate TR		6.24m	2.2
	FOUL	FOUL	6.24m(2.2)		

## Men Long Jump

=====

Final - Top 8 Canadians get 3 final jumps  
 Qualification to finals 7.25m.

Canadian: % 8.20m 1991 ?drick Flor?al  
 Championship: ! 8.02m 1989 ?derik Flor?al

Name	Year	Team	Finals	Wind	Points
=====					

## Finals

1	393 Chibudu, Brian	Ottawa Lions	7.63m	1.4	10	
	7.27m(1.1)	7.63m(1.4)	PASS	7.45m(+0.0)	7.42m(0.4)	7.56m(1.0)
2	491 Greenaway, Christo	Saint Lauren	7.60m	1.0	8	
	7.48m(+0.0)	7.38m(0.2)	FOUL	7.35m(1.1)	7.60m(1.0)	7.38m(0.8)
3	717 Nriagu, Osi Tadinm	Windsor Legi	7.53m	1.8	6	
	7.53m(1.8)	FOUL	FOUL	6.85m(0.2)	7.10m(0.7)	7.28m(+0.0)
4	254 Richards, Brian	Flying Angel	7.49m	2.0	5	



6/28/2009

ABDay1234Results.htm

	7.49m(2.0)	6.95m(1.1)	7.15m(+0.0)	7.11m(0.9)	7.46m(0.7)	7.48m(1.2)	
5	476 Ahanda-Noah, Patri		Rouge ET OR		J7.49m	1.2	4
	7.31m(0.8)	7.43m(1.3)	7.49m(1.2)	6.96m(0.9)	FOUL	7.17m(+0.0)	
6	579 Bowry, Jharyl		Take Flight		J7.49m	1.7	3
	7.22m(2.0)	7.08m(-0.3)	7.49m(1.7)	7.25m(+0.0)	6.95m(0.2)	7.18m(0.8)	
7	581 Douglas, Kadeem		Take Flight		7.48m	1.9	2
	7.39m(+0.0)	FOUL	7.39m(2.1)	7.45m(1.4)	7.04m(0.6)	7.48m(1.9)	
8	582 Latham, Clayton		Take Flight		7.35m	1.6	1
	7.31m(1.3)	FOUL	7.31m(0.6)	7.31m(0.6)	7.35m(1.6)	7.20m(1.2)	
9	707 Adjetey-Nelson, Ja		Windsor Legi		7.26m	1.2	
	7.23m(0.9)	FOUL	7.04m(1.4)	7.26m(1.2)	7.07m(0.2)	FOUL	
10	242 Huber, Wade		Excel Athlet		7.15m	0.4	
	5.33m(1.9)	7.15m(0.4)	5.54m(+0.0)				
11	348 Scherle, Mark		London Weste		7.10m	0.3	
	7.02m(1.6)	7.10m(0.3)	6.41m(0.2)				
12	325 Warner, Damian		London Legio		7.00m	1.0	
	7.00m(1.0)	5.31m(0.7)	6.96m(0.5)				
13	397 Gauthier-Kwan, Oli		Ottawa Lions		6.64m	2.3	
	6.64m(2.3)	6.43m(3.3)	6.53m(0.8)				

Men Triple Jump Qual 14.85m

=====

Top 12 Advance by Time

Final - Top 8 Canadians get 3 final jumps

Canadian: % 17.29m 1989 ?drick Flor?al (Altitude)

Championship: ! 16.56m 1989 ?derik Flor?al

Name	Year	Team	Prelims	Wind
------	------	------	---------	------

Preliminaries

1	752 St. Bernard, David	York Univers	15.29mq	2.0
	14.11m(1.6)	14.57m(0.8)	15.29m(2.0)	
2	306 Goetz, Jason	Laurel Creek	14.88mq	2.2
	14.88m(2.2)	ND(NWI) ND(NWI)		
3	243 Jestadt, Sean	Excel Athlet	14.82mq	1.4
	14.63m(1.6)	FOUL 14.82m(1.4)		
4	535 McCormack, Kurt	Sparta Athle	14.81mq	0.5
	14.22m(3.0)	14.36m(+0.0) 14.81m(0.5)		
5	586 Zorzella, Jacob	Take Flight	14.80mq	1.2
	14.57m(0.2)	14.80m(1.2) PASS		
6	341 Judge, Andrew	London Weste	14.77mq	1.1
	FOUL 14.77m(1.1)	FOUL		
7	493 Massok, Patrick	Saint Lauren	14.64mq	0.2
	14.44m(2.8)	14.64m(0.2) PASS		
8	577 Akomolase, Charles	Take Flight	14.52mq	1.0
	14.49m(0.3)	14.52m(1.0) 13.05m(0.7)		
9	682 Martin, Christophe	University O	14.51mq	1.5
	14.51m(1.5)	14.23m(-0.9) FOUL		
10	647 Shadd, Kenen	Unattached-O	14.50mq	-1.4
	14.18m(0.5)	14.50m(-1.4) 14.44m(-0.4)		
11	494 Nangle, Marlon	Saint Lauren	14.43mq	0.7
	FOUL FOUL 14.43m(0.7)			
12	345 Moleko, Tumelo	London Weste	14.41mq	1.9
	14.41m(1.9)	FOUL 13.74m(0.7)		
13	307 Harriott, Dwayne	Laurel Creek	14.33m	2.4
	14.00m(-0.9)	13.32m(+0.0) 14.33m(2.4)		
14	308 Muschette, Marvin	Laurel Creek	14.25m	1.6

6/28/2009

ABDay1234Results.htm

	FOUL	14.25m(1.6)	14.23m(2.1)		
15	185 Moss, Jason		Capital City	14.22m	0.5
	FOUL	14.01m(0.4)	14.22m(0.5)		
16	255 Tyson, Shemon		Flying Angel	14.19m	0.5
		14.19m(0.5)	13.15m(2.4)	FOUL	
17	724 Gundrum, Joshua		Winnipeg Opt	14.15m	-0.3
		14.13m(1.7)	14.15m(-0.3)	FOUL	
18	284 Allen, O'Shane		I BE Fast TR	13.71m	0.8
	FOUL	13.44m(1.3)	13.71m(0.8)		
19	191 Rosenburg, Brandon		Chebucto Ath	13.22m	-0.4
	FOUL	FOUL	13.22m(-0.4)		
20	456 Makwene, Odon		Project Athl	12.93m	1.6
		12.93m(1.6)	FOUL	PASS	
21	425 Leveque, Philippe		Pearlgate TR	12.72m	1.1
		12.72m(1.1)	12.33m(3.1)	12.60m(2.3)	
--	374 Moldavanov, Sviato		Norwesters T	FOUL	NWI
	FOUL	FOUL	FOUL		

Men Triple Jump Qual 14.85m

=====

Final - Top 8 Canadians get 3 final jumps  
 Canadian: % 17.29m 1989 ?drick Flor?al (Altitude)  
 Championship: ! 16.56m 1989 ?derik Flor?al

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

=====

Finals

1	586 Zorzella, Jacob		Take Flight	15.14m	0.9	10
		14.67m(-0.1)	14.83m(-1.7)	14.69m(-1.2)	14.98m(-1.0)	15.14m(0.9) 15.05m(-0.7)
2	243 Jestadt, Sean		Excel Athlet	15.09m	-1.2	8
		14.46m(+0.0)	14.61m(-1.3)	14.63m(-1.4)	14.78m(-2.6)	15.09m(-1.2) FOUL(-0.4)
3	535 McCormack, Kurt		Sparta Athle	15.02m	-1.8	6
		14.55m(-0.6)	FOUL	15.02m(-1.8)	15.01m(-1.1)	PASS 14.26m(-0.9)
4	647 Shadd, Kenen		Unattached-O	14.85m	-0.6	5
		14.45m(-0.7)	14.56m(-0.9)	14.59m(-1.2)	13.30m(-3.0)	14.54m(-1.9) 14.85m(-0.6)
5	752 St. Bernard, David		York Univers	14.80m	-0.3	4
		14.80m(-0.3)	14.70m(-1.3)	14.65m(-0.9)	FOUL	14.64m(-0.8) FOUL
6	341 Judge, Andrew		London Weste	14.76m	-2.8	3
		13.00m(-1.9)	14.32m(-0.9)	14.62m(-1.8)	14.40m(-0.8)	14.76m(-2.8) 14.74m(-1.3)
7	494 Nangle, Marlon		Saint Lauren	14.72m	-0.4	2
		14.31m(-0.6)	FOUL	14.72m(-0.4)	14.13m(-0.7)	14.46m(0.4) 14.53m(-0.3)
8	345 Moleko, Tumelo		London Weste	14.57m	+0.0	1
		14.57m(+0.0)	14.32m(-0.3)	13.85m(-1.8)	FOUL	FOUL PASS
9	306 Goetz, Jason		Laurel Creek	J14.57m	0.2	
		FOUL	14.57m(0.2)	FOUL		
10	577 Akomolase, Charles		Take Flight	14.56m	-1.2	
		14.24m(-0.6)	14.08m(-0.4)	14.56m(-1.2)		
11	493 Massok, Patrick		Saint Lauren	14.49m	-0.5	
		14.49m(-0.5)	PASS	PASS		
12	682 Martin, Christophe		University O	14.20m	-1.5	
		14.04m(-0.4)	14.20m(-1.5)	FOUL		

Men Shot Put 7.26kg

=====

Final - Top 8 Canadians get 3 final throws  
 Canadian: % 20.86m 2004 Brad Snyder  
 Championship: ! 20.57m 2001 Brad Snyder

Name	Year Team	Finals	Points
1 111 Armstrong, Dylan	BC Athletics	20.30m	10
20.30m FOUL FOUL FOUL FOUL 20.28m			
2 299 Rodhe, Justin	Kamloops Tra	19.24m	8
18.26m 19.24m 18.85m FOUL 18.21m FOUL			
3 468 Doherty, Matthew	Red Deer Tit	16.30m	6
15.49m 16.30m FOUL 15.85m FOUL 16.02m			
4 646 Russell-Ford, Zach	Unattached-O	16.06m	5
15.59m FOUL 15.74m 15.78m FOUL 16.06m			
5 588 Greif, Justin	Tisdale Trac	J16.06m	4
FOUL 15.33m 14.87m 16.06m FOUL FOUL			
6 499 Ysebaert, Andy	Sarnia Athle	16.02m	3
14.96m 15.23m 16.02m FOUL FOUL FOUL			
7 715 Miller, Mike	Windsor Legi	15.96m	2
15.69m 15.84m FOUL FOUL 15.96m FOUL			
8 648 Szpak, Patrick	Unattached-O	15.88m	1
15.88m FOUL FOUL FOUL FOUL FOUL			
9 350 Welch, Drew	London Weste	15.60m	
15.09m 14.86m FOUL 14.94m 15.60m FOUL			
10 563 Willems, Owen	Speed River	15.06m	
14.53m 15.06m FOUL			
11 706 Marcoccia, Mathieu	West Toronto	14.87m	
14.73m 14.87m FOUL			
12 707 Adjetey-Nelson, Ja	Windsor Legi	13.82m	
13.82m FOUL FOUL			
13 440 Khan, Umar	Phoenix Athl	13.50m	
13.40m 13.50m FOUL			
14 303 Ramey, Garrett	Launchers AT	12.93m	
FOUL 12.93m FOUL			
15 421 Foley, Brad	Pearlgate TR	11.89m	
11.89m 11.38m 11.73m			

## Men Discus Throw 2.0kg

## Top 18 Advance by Time

Final - Top 8 Canadians get 3 final throws

Canadian: % 67.88m 1998 Jason Tunks

Championship: ! 64.84m 2003 Jason Tunks

Name	Year Team	Prelims
1 349 Tunks, Jason	London Weste	56.14mq
54.92m 55.18m FOUL 56.14m 55.52m 54.56m		
2 626 Ransky, Mike	Unattached-O	53.05mq
52.40m FOUL 52.99m 50.24m 53.05m FOUL		
3 563 Willems, Owen	Speed River	51.32mq
48.53m 49.19m 51.32m 47.97m FOUL FOUL		
4 645 Pilling, Greg	Unattached-O	51.11mq
47.23m FOUL FOUL FOUL 51.11m FOUL		
5 649 Turland, Arthur	Unattached-O	50.83mq
50.83m FOUL 48.46m FOUL FOUL 50.65m		
6 468 Doherty, Matthew	Red Deer Tit	48.81mq
FOUL 47.42m 45.35m 48.02m 48.81m FOUL		
7 733 Anisko, Damian	York Univers	47.37mq
FOUL 39.86m 44.89m FOUL FOUL 47.37m		

6/28/2009

ABDay1234Results.htm

8	295 Skermer, David	Kajaks Track	46.53mq
	45.58m FOUL 45.25m 45.87m 46.53m 46.15m		
9	646 Russell-Ford, Zach	Unattached-O	44.50mq
	43.75m 43.81m 44.50m		
10	684 Roubos, Brent	University O	44.15mq
	41.76m 44.15m FOUL		
11	738 Dabrowski, Andrew	York Univers	42.50mq
	35.79m 39.87m 42.50m		
12	499 Ysebaert, Andy	Sarnia Athle	42.32mq
	42.32m FOUL 41.33m		
13	370 Young, Mark	Niagara Regi	41.24mq
	39.23m FOUL 41.24m		
14	706 Marcoccia, Mathieu	West Toronto	41.06mq
	41.06m FOUL FOUL		
15	342 Judson, Jarod	London Weste	39.67mq
	39.67m FOUL FOUL		
16	421 Foley, Brad	Pearlgate TR	33.00mq
	12.59m 31.51m 33.00m		
17	479 Louis-Seize, Simon	Rouge ET OR	32.57mq
	FOUL FOUL 32.57m		
--	588 Greif, Justin	Tisdale Trac	FOUL
	FOUL FOUL FOUL		

Men Discus Throw 2.0kg

=====

Final - Top 8 Canadians get 3 final throws

Canadian: % 67.88m 1998 Jason Tunks

Championship: ! 64.84m 2003 Jason Tunks

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

=====

Finals

1	349 Tunks, Jason	London Weste	56.14m	10
2	626 Ransky, Mike	Unattached-O	53.05m	8
3	563 Willems, Owen	Speed River	51.32m	6
4	645 Pilling, Greg	Unattached-O	51.11m	5
5	649 Turland, Arthur	Unattached-O	50.83m	4
6	468 Doherty, Matthew	Red Deer Tit	48.81m	3
7	733 Anisko, Damian	York Univers	47.37m	2
8	295 Skermer, David	Kajaks Track	46.53m	1
9	646 Russell-Ford, Zach	Unattached-O	44.50m	
10	684 Roubos, Brent	University O	44.15m	
11	738 Dabrowski, Andrew	York Univers	42.50m	
12	499 Ysebaert, Andy	Sarnia Athle	42.32m	
13	370 Young, Mark	Niagara Regi	41.24m	
14	706 Marcoccia, Mathieu	West Toronto	41.06m	
15	342 Judson, Jarod	London Weste	39.67m	
16	421 Foley, Brad	Pearlgate TR	33.00m	
17	479 Louis-Seize, Simon	Rouge ET OR	32.57m	
--	588 Greif, Justin	Tisdale Trac	ND	

Men Hammer Throw Qual 60.00m

=====

Top 14 Advance by Time

Final - Top 8 Canadians + 2 INT( if nec) get 3 final throws

Canadian: % 75.98m 7/15/2006 James Steacy

Championship: ! 74.99m 2006 Jim Steacy

Name	Year	Team	Prelims
=====			
Preliminaries			
1	193	Steady, James	Chinook Trac 73.36mq
			73.36m
2	379	Fahie, Jamie	Ontario Mast 61.55mq
			58.73m 61.55m
3	468	Doherty, Matthew	Red Deer Tit 60.29mq
			60.29m
4	514	Millar, Brad	Saugeen Trac 60.04mq
			60.04m
5	489	*Bespalov, Alexand	Saint Lauren 58.93mq
			58.93m PASS
6	194	Steady, Sean	Chinook Trac 58.67mq
			58.12m 58.67m FOUL
7	119	Henderson, Nolan	BC Athletics 58.07mq
			54.01m 58.07m FOUL
8	822	*Jensen, Ryan	United States 56.63mq
			FOUL 55.97m 56.63m
8	144	Taylor, Angus J.	BC Athletics 56.63mq
			56.63m FOUL FOUL
10	622	Lennie, Nathan	U OF Windsor 55.75mq
			55.75m 54.93m 54.57m
11	156	Baines, Jason	Brockville L 55.02mq
			54.53m 55.02m FOUL
12	552	Mccrank, Dustin	Speed River 54.58mq
			54.58m 52.65m FOUL
13	733	Anisko, Damian	York Univers 54.35mq
			51.29m 52.81m 54.35m
14	533	Caseley, Matthew	Sparta Athle 54.26mq
			FOUL 54.26m FOUL
15	604	Burnett, Wilson	U OF C Athle 53.29m
			FOUL 51.15m 53.29m
16	336	Archer, Joshua	London Weste 51.86m
			51.86m 49.85m 50.22m
17	741	Georgewill, Suyi	York Univers 51.22m
			45.62m 51.22m FOUL
18	696	Haran, Maxime	Vainqueurs ( 48.56m
			45.08m FOUL 48.56m
19	256	Charrier, Justin	Flying M Ath 43.63m
			FOUL 42.12m 43.63m

## Men Hammer Throw Qual 60.00m

=====

Final - Top 8 Canadians + 2 INT( if nec) get 3 final throws

Canadian: % 75.98m 7/15/2006 James Steacy

Championship: ! 74.99m 2006 Jim Steacy

Name	Year	Team	Finals	Points
=====				
Finals				
1	193	Steady, James	Chinook Trac 73.00m	10
			71.31m 71.58m 73.00m 72.16m 71.93m 72.13m	
2	468	Doherty, Matthew	Red Deer Tit 64.05m	8
			FOUL FOUL 58.14m FOUL 64.05m FOUL	
3	514	Millar, Brad	Saugeen Trac 61.04m	6
			60.63m 60.82m FOUL 61.04m FOUL FOUL	

6/28/2009

ABDay1234Results.htm

4	194 Steacy, Sean	Chinook Trac	60.69m	5
	FOUL FOUL 59.07m 56.57m 60.69m FOUL			
5	489 *Bespalov, Alexand	Saint Lauren	59.74m	4
	59.74m 58.84m 57.10m FOUL 58.82m FOUL			
6	379 Fahie, Jamie	Ontario Mast	59.32m	3
	58.28m 58.03m 57.56m 56.85m FOUL 59.32m			
7	119 Henderson, Nolan	BC Athletics	56.68m	2
	56.41m FOUL FOUL 56.68m 55.34m FOUL			
8	622 Lennie, Nathan	U OF Windsor	56.67m	1
	53.40m FOUL 55.86m 56.16m FOUL 56.67m			
9	144 Taylor, Angus J.	BC Athletics	55.70m	
	55.34m 55.70m FOUL FOUL FOUL FOUL			
10	822 *Jensen, Ryan	United States	55.24m	
	55.24m 55.22m FOUL			
11	552 Mccrank, Dustin	Speed River	55.18m	
	55.18m 53.39m 54.09m			
12	156 Baines, Jason	Brockville L	54.46m	
	FOUL 52.97m 54.46m			
13	533 Caseley, Matthew	Sparta Athle	54.10m	
	FOUL 54.10m 52.20m			
14	733 Anisko, Damian	York Univers	54.04m	
	51.57m 54.04m 52.94m			

Men Javelin Throw 800g

=====

Top 13 Advance by Time

Final - Top 8 Canadians get 3 final throws

Canadian: % 84.41m 2005 Scott Russell

Championship: ! 80.17m 2001 Scott Russell

Name	Year Team	Prelims
------	-----------	---------

=====

Preliminaries

1	134 Nielsen, Kyle J.	BC Athletics	67.04mq
	67.04m FOUL FOUL		
2	132 Moss, Curtis	BC Athletics	64.62mq
	64.62m FOUL FOUL		
3	693 *Bartha, Lorand Tr	Vainqueurs (	61.92mq
	60.44m 61.92m FOUL		
4	599 Charbonneau, Ben	Track North	60.39mq
	60.39m 57.65m 57.39m		
5	735 Burns, Stephen	York Univers	57.97mq
	55.31m 53.08m 57.97m		
6	497 Garbaty, Casey	Sarnia Athle	57.71mq
	57.71m 54.40m 54.57m		
7	753 Stewart, Alex	York Univers	57.63mq
	56.02m 54.70m 57.63m		
8	641 Hustler, John	Unattached-O	57.25mq
	56.79m 56.79m 57.25m		
9	373 Ferreira, Henry	Northeast AL	57.09mq
	57.09m 54.44m 54.72m		
10	707 Adjetey-Nelson, Ja	Windsor Legi	57.02mq
	53.37m 52.62m 57.02m		
11	495 Roy, Alexandre	Saint Lauren	55.37mq
	FOUL 52.05m 55.37m		
12	709 Broser, Mitchell	Windsor Legi	53.34mq
	FOUL 52.64m 53.34m		

6/28/2009

ABDay1234Results.htm

13	530 Kovacs, Adam	South Simcoe	52.80mq
	50.46m 52.80m 51.69m		
14	749 Parkinson, Richard	York Univers	51.67m
	51.15m 50.77m 51.67m		
15	627 Rumble, Scott	Unattached	51.47m
	51.35m FOUL 51.47m		
16	257 Waterhouse, Travis	Flying M Ath	49.97m
	49.33m 49.97m 49.41m		

Men Javelin Throw 800g

=====  
 Final - Top 8 Canadians get 3 final throws  
 Canadian: % 84.41m 2005 Scott Russell  
 Championship: ! 80.17m 2001 Scott Russell

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

=====

Finals

1	134 Nielsen, Kyle J.	BC Athletics	72.01m	10
	68.95m 72.01m 68.46m 70.48m 69.46m 66.81m			
2	132 Moss, Curtis	BC Athletics	70.22m	8
	68.36m 66.31m 70.22m FOUL 70.01m 69.50m			
3	641 Hustler, John	Unattached-0	63.78m	6
	59.69m 61.30m 62.38m 63.78m 59.85m 60.05m			
4	497 Garbaty, Casey	Sarnia Athle	63.11m	5
	55.31m 60.03m 54.54m 54.46m 60.21m 63.11m			
5	693 *Bartha, Lorand Tr	Vainqueurs (	61.66m	4
	59.29m 61.02m 61.66m FOUL 61.53m FOUL			
6	599 Charbonneau, Ben	Track North	58.52m	3
	56.76m 58.52m 55.13m 56.41m 56.88m 57.12m			
7	735 Burns, Stephen	York Univers	58.03m	2
	58.03m FOUL 54.36m FOUL 57.88m FOUL			
8	709 Broser, Mitchell	Windsor Legi	57.59m	1
	57.59m 52.49m 54.71m FOUL 54.39m 51.68m			
9	753 Stewart, Alex	York Univers	56.45m	
	53.99m 54.16m 56.45m 55.81m 56.26m 52.55m			
10	495 Roy, Alexandre	Saint Lauren	55.89m	
	55.89m FOUL 55.31m			
11	530 Kovacs, Adam	South Simcoe	54.26m	
	52.44m 48.21m 54.26m			
12	373 Ferreira, Henry	Northeast AL	52.85m	
	FOUL 51.25m 52.85m			

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year Team	Finals	Wind	H#	Points
1	669 Bertocchi, Massimo	University O	11.01	1.3	2 858
2	412 Chenery, Mark	Pacific Athl	11.21	1.1	1 814
3	701 Gustavson, Reid	Vancouver TH	11.35	1.3	2 784
4	710 Dandie, Anthony	Windsor Legi	11.40	1.3	2 774
5	182 Cunningham, Marcus	Capital City	11.41	1.1	1 771
6	681 Koskenoja, Tyler	University O	11.70	1.3	2 711
7	424 Leveque, Alexander	Pearlgate TR	11.94	1.1	1 663
8	238 Barber, Michael	Excel Athlet	12.09	1.3	2 633
9	387 Arbour, Patrick	Ottawa Lions	12.14	1.1	1 624

## Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year Team	Finals	H#	Points
1 701 Gustavson, Reid	Vancouver TH	48.76	1	873
2 182 Cunningham, Marcus	Capital City	49.70	1	828
3 412 Chenery, Mark	Pacific Athl	50.34	1	799
4 669 Bertocchi, Massimo	University O	50.37	1	798
5 710 Dandie, Anthony	Windsor Legi	51.57	2	744
6 238 Barber, Michael	Excel Athlet	51.99	2	725
7 681 Koskenoja, Tyler	University O	52.10	1	720
8 424 Leveque, Alexander	Pearlgate TR	53.93	2	642
9 387 Arbour, Patrick	Ottawa Lions	54.29	2	628

## Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year Team	Finals	Points
1 681 Koskenoja, Tyler	University O	4:26.04	771
2 238 Barber, Michael	Excel Athlet	4:26.57	767
3 710 Dandie, Anthony	Windsor Legi	4:40.44	678
4 701 Gustavson, Reid	Vancouver TH	4:40.77	675
5 182 Cunningham, Marcus	Capital City	4:43.35	659
6 424 Leveque, Alexander	Pearlgate TR	4:57.57	574
7 387 Arbour, Patrick	Ottawa Lions	5:19.93	450

## Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year Team	Finals	Wind	H#	Points
1 669 Bertocchi, Massimo	University O	14.65	-2.9	1	892
2 182 Cunningham, Marcus	Capital City	15.11	-2.5	2	836
3 681 Koskenoja, Tyler	University O	15.61	-2.5	2	777
4 710 Dandie, Anthony	Windsor Legi	16.18	-2.9	1	713
5 701 Gustavson, Reid	Vancouver TH	16.49	-2.5	2	679
6 387 Arbour, Patrick	Ottawa Lions	16.99	-2.5	2	625
7 238 Barber, Michael	Excel Athlet	18.31	-2.9	1	495
8 424 Leveque, Alexander	Pearlgate TR	18.35	-2.9	1	491
-- 412 Chenery, Mark	Pacific Athl	DNF	-2.5	2	

## Decathlon: #4 Men High Jump Decathlon

Name	Year Team	Finals	Points
1 701 Gustavson, Reid	Vancouver TH	1.99m	794
1.57 1.60 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90 1.93 1.96 1.99 2.02			
PPP PPP PPP PPP PPP PPP PPP PPP XO O O XO XO XXX			
1 669 Bertocchi, Massimo	University O	1.99m	794
1.57 1.60 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90 1.93 1.96 1.99 2.02			
PPP PPP PPP PPP PPP PPP PPP PPP O O O O O XXO XXX			
3 412 Chenery, Mark	Pacific Athl	1.90m	714
1.57 1.60 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90 1.93			
PPP PPP PPP PPP PPP PPP PPP PPP O XO XO XXX			
4 681 Koskenoja, Tyler	University O	1.84m	661
1.57 1.60 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87			
PPP PPP PPP PPP PPP O O XO XO XXX			



6/28/2009

ABDay1234Results.htm

5	182	Cunningham, Marcus	Capital City	1.81m	636				
	1.57	1.60	1.66	1.69	1.72	1.75	1.78	1.81	1.84
	PPP	PPP	PPP	PPP	PPP	PPP	O	O	XXX
6	710	Dandie, Anthony	Windsor Legi	1.78m	610				
	1.57	1.60	1.66	1.69	1.72	1.75	1.78	1.81	
	PPP	PPP	PPP	O	PPP	O	O	XXX	
6	387	Arbour, Patrick	Ottawa Lions	1.78m	610				
	1.57	1.60	1.66	1.69	1.72	1.75	1.78	1.81	
	PPP	PPP	PPP	O	O	O	XO	XXX	
8	238	Barber, Michael	Excel Athlet	1.60m	464				
	1.57	1.60	1.66						
	PPP	XO	XXX						
--	424	Leveque, Alexander	Pearlgate TR	NH					
	1.57								
	XXX								

Decathlon: #8 Men Pole Vault Decathlon

Name	Year	Team	Finals	Points
1	669	Bertocchi, Massimo	University O	4.70m 819
2	182	Cunningham, Marcus	Capital City	4.10m 645
2	701	Gustavson, Reid	Vancouver TH	4.10m 645
4	681	Koskenoja, Tyler	University O	3.90m 590
5	710	Dandie, Anthony	Windsor Legi	3.30m 431
6	387	Arbour, Patrick	Ottawa Lions	3.20m 406
7	238	Barber, Michael	Excel Athlet	3.00m 357
--	424	Leveque, Alexander	Pearlgate TR	NH

Decathlon: #2 Men Long Jump Decathlon

Name	Year	Team	Finals	Wind	Points	
1	701	Gustavson, Reid	Vancouver TH	7.24m	2.3 871	
				6.76m(1.4)	7.04m(1.6)	7.24m(2.3)
2	669	Bertocchi, Massimo	University O	7.21m	1.7 864	
				7.21m(1.7)	FOUL	FOUL
3	182	Cunningham, Marcus	Capital City	6.85m	0.1 778	
				FOUL	6.85m(0.1)	FOUL
4	412	Chenery, Mark	Pacific Athl	6.81m	1.8 769	
				6.81m(1.8)	FOUL	6.58m(1.2)
5	710	Dandie, Anthony	Windsor Legi	6.40m	3.9 675	
				6.40m(3.9)	FOUL	6.36m(4.0)
6	681	Koskenoja, Tyler	University O	6.33m	1.9 659	
				4.65m(2.3)	5.86m(1.4)	6.33m(1.9)
7	387	Arbour, Patrick	Ottawa Lions	6.24m	3.9 639	
				5.85m(1.1)	5.84m(2.4)	6.24m(3.9)
8	424	Leveque, Alexander	Pearlgate TR	6.07m	2.2 602	
				FOUL	6.07m(2.2)	5.69m(2.0)
9	238	Barber, Michael	Excel Athlet	5.53m	2.0 487	
				5.50m(2.6)	5.53m(2.0)	4.00m(2.3)

Decathlon: #3 Men Shot Put Decathlon

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

6/28/2009

ABDay1234Results.htm

1	669 Bertocchi, Massimo	University O	14.55m	762
	13.72m 14.05m 14.55m			
2	387 Arbour, Patrick	Ottawa Lions	13.01m	668
	FOUL 13.01m 12.83m			
3	681 Koskenoja, Tyler	University O	12.40m	631
	12.03m 12.40m FOUL			
4	701 Gustavson, Reid	Vancouver TH	12.03m	608
	12.03m 12.00m FOUL			
5	238 Barber, Michael	Excel Athlet	11.92m	602
	11.06m 11.92m FOUL			
6	412 Chenery, Mark	Pacific Athl	11.58m	581
	11.50m 11.58m 11.11m			
7	182 Cunningham, Marcus	Capital City	10.51m	516
	10.30m 10.51m 10.48m			
8	710 Dandie, Anthony	Windsor Legi	10.20m	498
	9.22m 10.20m 9.83m			
9	424 Leveque, Alexander	Pearlgate TR	8.47m	394
	8.27m 8.47m 8.11m			

Decathlon: #7 Men Discus Throw Decathlon

=====				
Name	Year	Team	Finals	Points
=====				
1	387 Arbour, Patrick	Ottawa Lions	44.20m	750
	38.20m 38.38m 44.20m			
2	238 Barber, Michael	Excel Athlet	40.67m	678
	40.67m FOUL 40.35m			
3	182 Cunningham, Marcus	Capital City	39.64m	657
	39.64m FOUL 33.14m			
4	681 Koskenoja, Tyler	University O	37.92m	622
	37.35m 37.92m 35.14m			
5	701 Gustavson, Reid	Vancouver TH	34.44m	552
	34.44m FOUL 32.77m			
6	710 Dandie, Anthony	Windsor Legi	26.77m	401
	25.04m 26.77m FOUL			
7	424 Leveque, Alexander	Pearlgate TR	25.03m	368
	20.60m 22.53m 25.03m			
8	669 Bertocchi, Massimo	University O	5.65m	22
	FOUL 5.65m FOUL			

Decathlon: #9 Men Javelin Throw Decathlon

=====				
Name	Year	Team	Finals	Points
=====				
1	387 Arbour, Patrick	Ottawa Lions	61.00m	753
	58.55m 58.33m 61.00m			
2	681 Koskenoja, Tyler	University O	56.50m	685
	55.20m 53.15m 56.50m			
3	701 Gustavson, Reid	Vancouver TH	55.17m	665
	53.06m 51.36m 55.17m			
4	182 Cunningham, Marcus	Capital City	48.77m	570
	46.02m 41.55m 48.77m			
5	238 Barber, Michael	Excel Athlet	43.90m	499
	42.48m 43.90m 40.72m			
6	424 Leveque, Alexander	Pearlgate TR	35.55m	378
	33.00m 35.55m 34.08m			

6/28/2009

ABDay1234Results.htm

7	710 Dandie, Anthony	Windsor Legi	33.60m	350
	31.50m FOUL	33.60m		

Men Decathlon

```

=====
Canadian: % 8626 5/26/1996 Michael Smith
Championship: ! 8498 1995 Michael Smith
Name Year Team Finals Points
=====
1 701 Gustavson, Reid Vancouver TH 7146 10
2 182 Cunningham, Marcus Capital City 6896 8
3 681 Koskenoja, Tyler University O 6827 6
4 387 Arbour, Patrick Ottawa Lions 6153 5
5 710 Dandie, Anthony Windsor Legi 5874 4
6 238 Barber, Michael Excel Athlet 5707 3
7 424 Leveque, Alexander Pearlgate TR 4112 2

```

Men 10000 Meter Race Walk Jrs.

```

=====
Name Year Team Finals Points
=====
1 116 Dunfee, Evan BC Athletics 41:55.0h 10
2 436 Carriere, Bruno Petite Natio 50:30.0h 8
3 487 Voyer, Julien Saguenay Lac 53:46.0h 6

```

Men 20000 Meter Race Walk

```

=====
Canadian: % 1:21:03.00 2000 Arturo Huerta
Championship: ! 1:21:24.00 2000 Arthuro Huerta
Name Year Team Finals Points
=====
1 118 Gomez, Inaki BC Athletics 1:32:34.0h 10
2 666 Ruest, Jocelyn Unattached-A 1:35:43.0h 8
3 466 Connolly, Creighto Racewalk Wes 1:36:30.0h 6
4 100 Kenney, James Adrenaline R 1:50:49.0h 5
5 283 Keenan, Dave Heartland RA 1:57:48.0h 4
-- 705 Bussieres, Luc Veteran DNF
-- 667 Mosher, Gord Unattached-S DQ
-- 485 Gagne, Alexandre Saguenay Lac DQ 47:53.0h 10K

```