

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women 100 Meter****24 Advance: Top 4 Each Heat plus Next 4 Best Times**

=====			
Cdn Jr Champ: @ 11.58	2003	Jenni Hucuo, Saskatoon	
Cdn Jr Outdo: * 11.21	8/15/1981	Angela Bailey, Cd Bolivar Ven	
World Jr: ! 10.88	7/1/1977	Marlies Gohr, GDR	
Name	Year	Team	Prelims
=====			
Heat 1 Preliminaries	Wind: 2.2		
1	659 Emmanuel, Crystal	91 York Univers, ON, ON	11.86Q
2	176 Hurrel, Karlene	90 Capital City, AB, AB	12.13Q
3	323 Mchaina, Chisomo	92 Laurel Creek, ON, ON	12.19Q
4	261 Margetts, Merissa	91 Excel Athlet, SK, SK	12.39Q
5	142 Boxill, Alicia	90 Bison Track, MB, MB	12.97
6	622 Tran, Sophie	90 Vancouver TH, BC, BC	13.01
Heat 2 Preliminaries	Wind: 1.9		
1	116 Davis, Shai	93 BC Athletics, BC, BC	11.94Q
2	150 Kerr, Naomi	94 Brampton Tra, ON, ON	12.18Q
3	595 Taplin, Sarah	94 Unattached-A, NB, NB	12.69Q
4	186 Paris, Shakara	93 Central Nova, NS, NS	12.71Q 12.702
5	572 Foggo, Richina	90 U OF C Athle, AB, AB	12.71q 12.706
6	365 Jespersen, Lauren	92 London Weste, ON, ON	12.72q
Heat 3 Preliminaries	Wind: +0.0		
1	451 Saint-Jean, Marie-	90 Perfmax-Raci, Fqa, Q	12.29Q
2	325 Westney, Jellisa	93 Laurel Creek, ON, ON	12.41Q
3	324 Semplonius, Tia	91 Laurel Creek, ON, ON	12.55Q
4	191 Collins, Cassandre	94 Chebucto Ath, NS, NS	12.59Q
5	143 Bohachewski, Kelse	92 Bjorkdale BA, SK, SK	12.81q
6	621 Douglas, Danielle	90 Vancouver TH, BC, BC	12.92
Heat 4 Preliminaries	Wind: 1.4		
1	372 Pascal, Cassandra	93 Mississauga, ON, ON	12.25Q
2	205 O'Connor Louis-Sei	91 Cirrus, Fqa, QC	12.38Q
3	114 Cobb, Aleisha	91 BC Athletics, BC, BC	12.41Q
4	530 Cornwall, Kerry-An	91 Speed River, ON, ON	12.76Q
5	321 Malcolm, Tonya	91 Laurel Creek, ON, ON	12.93
6	278 Baba, Victoria	92 Fredericton, NB, NB	12.98
Heat 5 Preliminaries	Wind: 1.6		
1	337 Laarman, Loudia	91 Lethbridge T, AB, AB	11.98Q
2	151 Martin, Simone	92 Brampton Tra, ON, ON	12.24Q
3	485 Jean-Baptiste, Aud	91 Saint Lauren, Fqa, Q	12.43Q
4	230 Rintoul, Jenny	90 Edmonton Har, AB, AB	12.59Q
5	304 Blackman, Akilah	90 I BE Fast TR, ON, ON	12.61q
6	434 Wilson, Ashley	91 Ottawa Lions, ON, ON	12.97
7	497 Nosbush, Mahlena	91 Saskatoon TF, SK, SK	13.20

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**Women 100 Meter****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

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=====
Cdn Jr Champ: @ 11.58 2003 Jenni Hucuo, Saskatoon
Cdn Jr Outdo: * 11.21 8/15/1981 Angela Bailey, Cd Bolivar Ven
World Jr: ! 10.88 7/1/1977 Marlies Gohr, GDR
Name Year Team Semis
=====
Heat 1 Semi-Finals Wind: 1.3
 1 659 Emmanuel, Crystal 91 York Univers,ON, ON 11.87Q
 2 176 Hurrel, Karlene 90 Capital City,AB, AB 12.07Q
 3 150 Kerr, Naomi 94 Brampton Tra,ON, ON 12.30
 4 114 Cobb, Aleisha 91 BC Athletics,BC, BC 12.44
 5 485 Jean-Baptiste, Aud 91 Saint Lauren,Fqa, Q 12.45
 6 191 Collins, Cassandre 94 Chebucto Ath,NS, NS 12.78
 7 186 Paris, Shakara 93 Central Nova,NS, NS 12.83
 8 143 Bohachewski, Kelse 92 Bjorkdale BA,SK, SK 12.99
Heat 2 Semi-Finals Wind: 2.2
 1 337 Laarman, Loudia 91 Lethbridge T,AB, AB 11.91Q
 2 372 Pascal, Cassandra 93 Mississauga,ON, ON 12.10Q
 3 205 O'Connor Louis-Sei 91 Cirrus,Fqa, QC 12.36
 4 261 Margetts, Merissa 91 Excel Athlet,SK, SK 12.51
 5 325 Westney, Jellisa 93 Laurel Creek,ON, ON 12.54
 6 304 Blackman, Akilah 90 I BE Fast TR,ON, ON 12.62
 7 595 Taplin, Sarah 94 Unattached-A,NB, NB 12.76
 8 572 Foggo, Richina 90 U OF C Athle,AB, AB 13.08
Heat 3 Semi-Finals Wind: 1.4
 1 116 Davis, Shai 93 BC Athletics,BC, BC 12.04Q
 2 451 Saint-Jean, Marie- 90 Perfmax-Raci,Fqa, Q 12.22Q
 3 151 Martin, Simone 92 Brampton Tra,ON, ON 12.26q
 4 323 Mchaina, Chisomo 92 Laurel Creek,ON, ON 12.28q
 5 324 Semplonius, Tia 91 Laurel Creek,ON, ON 12.63
 6 230 Rintoul, Jenny 90 Edmonton Har,AB, AB 12.66
 7 530 Cornwall, Kerry-An 91 Speed River,ON, ON 12.79
 8 365 Jespersen, Lauren 92 London Weste,ON, ON 12.89
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**2009 Canadian Jr Track & Field Championships**  
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**Results**

**Women 100 Meter**

```
=====
Cdn Jr Champ: @ 11.58 2003          Jenni Hucuo, Saskatoon
Cdn Jr Outdo: * 11.21 8/15/1981    Angela Bailey, Cd Bolivar Ven
World Jr: ! 10.88 7/1/1977        Marlies Gohr, GDR
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Name                               Year Team                               Finals
=====
Section 1 Finals   Wind: 1.1
 1   659 Emmanuel, Crystal   91 York Univers,ON, ON           11.81
 2   337 Laarman, Loudia     91 Lethbridge T,AB, AB           11.86
 3   116 Davis, Shai         93 BC Athletics,BC, BC           12.01
 4   372 Pascal, Cassandra   93 Mississauga,ON, ON             12.12
 5   176 Hurrel, Karlene     90 Capital City,AB, AB           12.18
 6   151 Martin, Simone      92 Brampton Tra,ON, ON            12.26
 7   451 Saint-Jean, Marie-  90 Perfmax-Raci,Fqa, Q           12.30
 8   323 Mchaina, Chisomo    92 Laurel Creek,ON, ON            12.37
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**2009 Canadian Jr Track & Field Championships**  
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**Results**

**Women 200 Meter****16 Advance: Top 1 Each Heat plus Next 11 Best Times**

Cdn Jr Champ: @ 23.60		1997	Atia Weekes, Abbotsford	
Cdn Jr Outdo: * 22.86		8/14/1981	Angela Bailey, Cd. Bolivar Ve	
World Jr: ! 22.18		8/25/2004	Allyson Felix, USA	
Name	Year	Team	Prelims	
=====				
Heat 1	Preliminaries		Wind:	2.3
1	453	Winik, Alexa	90	Phoenix Athl, ON, ON 25.05Q 25.042
2	150	Kerr, Naomi	94	Brampton Tra, ON, ON 25.55q
3	204	Dubuc, Andrea	91	Cirrus, Fqa, QC 25.80q
4	191	Collins, Cassandre	94	Chebucto Ath, NS, NS 26.32
5	460	@dunkley, Shona	91	Project Athl, ON, ON 26.34
6	622	Tran, Sophie	90	Vancouver TH, BC, BC 26.43
--	151	Martin, Simone	92	Brampton Tra, ON, ON DNF
Heat 2	Preliminaries		Wind:	3.1
1	337	Laarman, Loudia	91	Lethbridge T, AB, AB 25.26Q
2	306	Boswall, Meghan	92	Islanders TR, Pei, P 26.49
3	205	O'Connor Louis-Sei	91	Cirrus, Fqa, QC 26.50
4	193	Phelan, Emily	93	Chebucto Ath, NS, NS 26.59
5	232	@maclise, Kirklin	91	Edmonton Spr, AB, AB 26.94
Heat 3	Preliminaries		Wind:	3.1
1	176	Hurrel, Karlene	90	Capital City, AB, AB 24.99Q
2	167	Kendall, Danielle	90	Calgary Spar, AB, AB 25.73q
3	324	Semplonius, Tia	91	Laurel Creek, ON, ON 25.90q 25.891
4	304	Blackman, Akilah	90	I BE Fast TR, ON, ON 26.08q 26.080
5	325	Westney, Jellisa	93	Laurel Creek, ON, ON 26.33
6	621	Douglas, Danielle	90	Vancouver TH, BC, BC 26.51
7	143	Bohachewski, Kelse	92	Bjorkdale BA, SK, SK 26.57
Heat 4	Preliminaries		Wind:	1.6
1	501	Young, Michelle	92	Saskatoon TF, SK, SK 25.05Q 25.045
2	419	Brown, Alicia	90	Ottawa Lions, ON, ON 25.95q
3	451	Saint-Jean, Marie-	90	Perfmax-Raci, Fqa, Q 26.08q 26.074
4	572	Foggo, Richina	90	U OF C Athle, AB, AB 26.64
5	462	Gagnon, Hawa Gabri	91	Québec Endur, Fqa, Q 27.30
6	142	Boxill, Alicia	90	Bison Track, MB, MB 27.59
7	105	Gauvin, Lindsay	92	Athlétisme C, NB, NB 27.77
Heat 5	Preliminaries		Wind:	1.1
1	372	Pascal, Cassandra	93	Mississauga, ON, ON 25.06Q
2	323	Mchaina, Chisomo	92	Laurel Creek, ON, ON 25.23q
3	261	Margetts, Merissa	91	Excel Athlet, SK, SK 25.82q
4	230	Rintoul, Jenny	90	Edmonton Har, AB, AB 25.90q 25.900
5	338	Miller, Lacey	92	Lethbridge T, AB, AB 26.02q
6	281	Myatt, Sarah	92	Fredericton, NB, NB 27.18
7	499	Sjodin, Jasmin	91	Saskatoon TF, SK, SK 27.98

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**Women 200 Meter**

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=====
Cdn Jr Champ: @ 23.60 1997          Atia Weekes, Abbotsford
Cdn Jr Outdo: * 22.86 8/14/1981    Angela Bailey, Cd. Bolivar Ve
World Jr: ! 22.18 8/25/2004      Allyson Felix, USA
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Name	Year	Team	Finals
=====			
Section 1 Finals Wind: 4.1			
1	204	Dubuc, Andrea	91 Cirrus,Fqa, QC 25.28
2	419	Brown, Alicia	90 Ottawa Lions,ON, ON 25.40
3	324	Semplonius, Tia	91 Laurel Creek,ON, ON 25.45
4	261	Margetts, Merissa	91 Excel Athlet,SK, SK 25.49
5	230	Rintoul, Jenny	90 Edmonton Har,AB, AB 25.52
6	304	Blackman, Akilah	90 I BE Fast TR,ON, ON 25.78
Section 2 Finals Wind: 3.2			
1	337	Laarman, Loudia	91 Lethbridge T,AB, AB 24.20
2	176	Hurrel, Karlene	90 Capital City,AB, AB 24.51
3	372	Pascal, Cassandra	93 Mississauga,ON, ON 24.53
4	150	Kerr, Naomi	94 Brampton Tra,ON, ON 24.88
5	323	Mchaina, Chisomo	92 Laurel Creek,ON, ON 25.05
6	453	Winik, Alexa	90 Phoenix Athl,ON, ON 25.26
7	167	Kendall, Danielle	90 Calgary Spar,AB, AB 25.66
8	501	Young, Michelle	92 Saskatoon TF,SK, SK 37.14

**2009 Canadian Jr Track & Field Championships**  
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**Results**

**Women 400 Meter**

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

=====			
Cdn Jr Champ: @	53.60	1982	Jillian Richardson, Winnipeg
Cdn Jr Outdo: *	51.85	7/25/1984	Jillian Richardson, Walnut Ca
World Jr: !	49.42	8/27/1991	Grit Breuer, GDR
Name	Year	Team	Prelims
=====			
Heat 1 Preliminaries			
1	277	Johnson, Alyssa	91 Flying M Ath,MB, MB 56.92Q
2	429	Okankwu, Gift	92 Ottawa Lions,ON, ON 58.58q
3	573	Long, Courtney	91 U OF C Athle,AB, AB 59.62q
4	494	Flavel, Meghan	92 Saskatoon TF,SK, SK 59.99q
5	185	Meech, Jennifer	94 Central Nova,NS, NS 1:01.67
6	149	Kerr, Brittany	92 Brampton Tra,ON, ON 1:08.31
Heat 2 Preliminaries			
1	425	Halle, Emilie	90 Ottawa Lions,ON, ON 57.35Q
2	459	@archer, Ocian	93 Project Athl,ON, ON 57.95q
3	204	Dubuc, Andrea	91 Cirrus,Fqa, QC 1:00.08
4	103	@macarthur, Britan	92 Athletics East N 1:00.71
5	267	Hawkes, Morgan	93 Fast Tracks,NB, NB 1:01.43
6	621	Douglas, Danielle	90 Vancouver TH,BC, BC 1:02.29
--	165	Bauer, Nicole	93 Calgary Olym,AB, AB DNF
Heat 3 Preliminaries			
1	538	Olson, Jenessa	91 ST Thomas LE,ON, ON 57.56Q
2	428	Murphy, Samantha	92 Ottawa Lions,ON, ON 58.96q
3	423	Gariba, Sarah	91 Ottawa Lions,ON, ON 58.98q
4	478	Annear, Grace	92 Saint John T,NB, NB 1:00.90
5	173	Craig, Melanie	90 Caltaf Athle,AB, AB 1:01.54
6	484	Adjei, Zelda	91 Saint Lauren,Fqa, Q 1:05.43
Heat 4 Preliminaries			
1	313	Leblanc, Annie	92 Lanaudiere-O,Fqa, Q 56.86Q
2	453	Winik, Alexa	90 Phoenix Athl,ON, ON 57.24q
3	232	@maclise, Kirklin	91 Edmonton Spr,AB, AB 58.50q
4	177	Wilson, Ally	91 Capital City,AB, AB 1:00.20
5	432	Stolle, Anna	93 Ottawa Lions,ON, ON 1:00.53
6	613	Smith, Corinne	91 Univ Toronto,ON, ON 1:01.58
7	499	Sjodin, Jasmin	91 Saskatoon TF,SK, SK 1:02.78
Heat 5 Preliminaries			
1	167	Kendall, Danielle	90 Calgary Spar,AB, AB 57.72Q
2	420	Callender, Fiona	92 Ottawa Lions,ON, ON 57.87q
3	419	Brown, Alicia	90 Ottawa Lions,ON, ON 58.17q
4	153	Whyte, Chrisena	93 Brampton Tra,ON, ON 58.40q
5	281	Myatt, Sarah	92 Fredericton,NB, NB 1:01.07
6	152	Mccart, Ali	91 Brampton Tra,ON, ON 1:03.50

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**Results**

**Women 400 Meter**

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=====
Cdn Jr Champ: @ 53.60 1982          Jillian Richardson, Winnipeg
Cdn Jr Outdo: * 51.85 7/25/1984    Jillian Richardson, Walnut Ca
World Jr: ! 49.42 8/27/1991      Grit Breuer, GDR

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Name                      Year Team                      Finals
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Section 1 Finals

1	153 Whyte, Chrisena	93 Brampton Tra,ON, ON	57.00
2	419 Brown, Alicia	90 Ottawa Lions,ON, ON	57.74
3	428 Murphy, Samantha	92 Ottawa Lions,ON, ON	58.19
4	429 Okankwu, Gift	92 Ottawa Lions,ON, ON	58.20
5	232 @maclise, Kirklin	91 Edmonton Spr,AB, AB	59.24
6	573 Long, Courtney	91 U OF C Athle,AB, AB	59.61
7	494 Flavel, Meghan	92 Saskatoon TF,SK, SK	1:00.55

Section 2 Finals

1	277 Johnson, Alyssa	91 Flying M Ath,MB, MB	56.03
2	313 Leblanc, Annie	92 Lanaudiere-O,Fqa, Q	56.38
3	538 Olson, Jenessa	91 ST Thomas LE,ON, ON	56.48
4	425 Halle, Emilie	90 Ottawa Lions,ON, ON	56.73
5	453 Winik, Alexa	90 Phoenix Athl,ON, ON	56.95
6	459 @archer, Ocian	93 Project Athl,ON, ON	57.63
7	167 Kendall, Danielle	90 Calgary Spar,AB, AB	57.76
8	420 Callender, Fiona	92 Ottawa Lions,ON, ON	58.33

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women 800 Meter****24 Advance: Top 2 Each Heat plus Next 16 Best Times**

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=====
Cdn Jr Champ: @ 2:06.59 1984           Elise Braithwaite, Edmonton
Cdn Jr Outdo: * 2:03.17 8/19/1973     Glenda Reiser, Moscow Rus
World Jr: ! 1:54.01 8/29/2008       Pamela Jelimo, KEN
Name                               Year Team                               Prelims
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## Heat 1 Preliminaries

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1 115 Crofts, Helen J.           90 BC Athletics,BC, BC           2:13.18Q
2 246 Soderberg, Nicole         92 Edmonton Thu,AB, AB           2:13.60Q
3 189 Frost, Nadine             90 Charlotte CO,NB, NB           2:13.89q
4 508 Côté, Laurence            91 Sept-Iles,Fqa, QC             2:16.68q
5 250 Mcleod, Vanessa           94 Etobicoke TR,ON, ON           2:19.69q
6 509 Barker, Madeleine         92 Sherbrooke,Fqa, QC             2:21.13
7 562 Rammo, Morgan            92 Toronto Olym,ON, ON           2:21.75
8 298 Castro, Aimee             91 Hamilton Oly,ON, ON           2:23.05
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## Heat 2 Preliminaries

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1 418 Aubry, Rachel             90 Ottawa Lions,ON, ON           2:12.60Q
2 408 Kelly, Mariah            91 Niagara Regi,ON, ON           2:13.64Q
3 359 Anderson, Katie          90 London Runne,ON, ON           2:13.81q
4 163 @bolen, Jean              91 Calgary Inte                    2:17.03q
5 401 Rempel, Karley            93 Niagara Olym,ON, ON           2:17.43q
6 629 Benson, Holly             91 Windsor Legi,ON, ON           2:19.50q
7 573 Long, Courtney           91 U OF C Athle,AB, AB           2:20.35q
8 478 Annear, Grace             92 Saint John T,NB, NB           2:25.94
-- 165 Bauer, Nicole             93 Calgary Olym,AB, AB           DNF
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## Heat 3 Preliminaries

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1 313 Leblanc, Annie           92 Lanaudiere-O,Fqa, Q           2:14.04Q
2 220 Kennedy, Shannon          92 Disassociate,ON, ON           2:14.32Q
3 428 Murphy, Samantha         92 Ottawa Lions,ON, ON           2:14.33q
4 517 Islam, Rachel            92 South Simcoe,ON, ON           2:15.19q
5 188 Frost, Lydia             90 Charlotte CO,NB, NB           2:15.30q
6 399 Molodynia, Michelle      93 Niagara Olym,ON, ON           2:16.80q
7 565 Tallman, Emma            91 Track North,ON, ON            2:17.66q
8 322 Mccuaig, Sarah           90 Laurel Creek,ON, ON           2:21.02q
9 260 Kujawa, Kate             91 Excel Athlet,SK, SK           2:25.36
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## Heat 4 Preliminaries

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1 366 Parry, Jessica            91 London Weste,ON, ON           2:15.50Q
2 243 Degaust, Hayley          90 Edmonton Thu,AB, AB           2:16.27Q
3 168 Stark, Heather           90 Calgary Spar,AB, AB           2:18.68q
4 424 Giles, Lisa               91 Ottawa Lions,ON, ON           2:20.52q
5 100 Streche, Viktoria-        91 Athletica,Fqa, QC             2:23.06
6 103 @macarthur, Britan       92 Athletics East N              2:24.03
7 388 Haliburton, Laura        92 Newmarket HU,ON, ON           2:26.44
8 117 Draper, Laurel           91 BC Athletics,BC, BC           2:26.76
-- 398 Falardeau, Courtne       95 Niagara Olym,ON, ON           DQ IAAF 163.5
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**2009 Canadian Jr Track & Field Championships****Charlottetown, PEI - 7/17/2009 to 7/19/2009****Results****Women 800 Meter**

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=====
Cdn Jr Champ: @ 2:06.59 1984          Elise Braithwaite, Edmonton
Cdn Jr Outdo: * 2:03.17 8/19/1973    Glenda Reiser, Moscow Rus
World Jr: ! 1:54.01 8/29/2008      Pamela Jelimo, KEN

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Name                      Year Team                      Finals
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## Section 1 Finals

1	168 Stark, Heather	90 Calgary Spar, AB, AB	2:17.48
2	424 Giles, Lisa	91 Ottawa Lions, ON, ON	2:17.55
3	163 @bolen, Jean	91 Calgary Inte	2:17.58
4	188 Frost, Lydia	90 Charlotte CO, NB, NB	2:17.87
5	508 Côté, Laurence	91 Sept-Iles, Fqa, QC	2:17.99
6	565 Tallman, Emma	91 Track North, ON, ON	2:18.06
7	629 Benson, Holly	91 Windsor Legi, ON, ON	2:18.15
8	401 Rempel, Karley	93 Niagara Olym, ON, ON	2:18.17
9	322 Mccuaig, Sarah	90 Laurel Creek, ON, ON	2:18.23
10	573 Long, Courtney	91 U OF C Athle, AB, AB	2:19.28
11	399 Molodynia, Michell	93 Niagara Olym, ON, ON	2:19.37
12	250 Mcleod, Vanessa	94 Etobicoke TR, ON, ON	2:22.10

## Section 2 Finals

1	313 Leblanc, Annie	92 Lanaudiere-O, Fqa, Q	2:09.47
2	366 Parry, Jessica	91 London Weste, ON, ON	2:10.77
3	115 Crofts, Helen J.	90 BC Athletics, BC, BC	2:11.13
4	418 Aubry, Rachel	90 Ottawa Lions, ON, ON	2:11.59
5	428 Murphy, Samantha	92 Ottawa Lions, ON, ON	2:12.88
6	220 Kennedy, Shannon	92 Disassociate, ON, ON	2:14.31
7	408 Kelly, Mariah	91 Niagara Regi, ON, ON	2:14.49
8	246 Soderberg, Nicole	92 Edmonton Thu, AB, AB	2:14.90
9	189 Frost, Nadine	90 Charlotte CO, NB, NB	2:14.99
10	517 Islam, Rachel	92 South Simcoe, ON, ON	2:15.95
11	359 Anderson, Katie	90 London Runne, ON, ON	2:16.42
12	243 Degaust, Hayley	90 Edmonton Thu, AB, AB	2:17.80

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women 1500 Meter**

**12 Advance: Top 5 Each Heat plus Next 2 Best Times**

=====			
Cdn Jr Champ:	@ 4:20.50	7/18/2009	Kendra Schaaf, QUEEN CITY S
Cdn Jr Outdo:	* 4:06.71	9/4/1972	Glenda Reiser, Munich Ger
World Jr:	! 3:51.34	10/18/1997	Lang Yinglai, CHN
Name	Year	Team	Prelims
=====			
Heat 1 Preliminaries			
1	366	Parry, Jessica	91 London Weste,ON, ON 4:41.91Q
2	387	Glenn, Caileigh	92 Newmarket HU,ON, ON 4:43.02Q
3	245	Soderberg, Alana	90 Edmonton Thu,AB, AB 4:43.20Q
4	611	Hennessy, Colleen	92 Univ Toronto,ON, ON 4:43.40Q
5	378	Hughes, Melanie	90 Montreal Oly,Fqa, Q 4:43.74Q
6	384	Callaghan, Brigid	93 Newmarket HU,ON, ON 4:44.33q
7	163	@bolen, Jean	91 Calgary Inte 4:46.49
8	174	Stockall, Holly	90 Caltaf Athle,AB, AB 4:48.79
9	398	Falardeau, Courtne	95 Niagara Olym,ON, ON 4:49.12
10	298	Castro, Aimee	91 Hamilton Oly,ON, ON 4:54.23
11	216	Currie, Sarah	91 Dartmouth AT,NS, NS 4:57.30
12	651	Rawding, Hilary	93 Yhz,NS, NS 5:02.41
Heat 2 Preliminaries			
1	467	Schaaf, Kendra	90 Queen City S,SK, SK 4:38.89Q
2	389	Hawthorn, Natalia	95 Newmarket HU,ON, ON 4:41.06Q
3	390	O'Hagan, Kaitlin	92 Newmarket HU,ON, ON 4:41.37Q
4	391	Stewart, Kirsten	92 Newmarket HU,ON, ON 4:41.63Q
5	268	Macpherson, Sarah	91 Fast Tracks,NB, NB 4:43.52Q
6	322	Mccuaig, Sarah	90 Laurel Creek,ON, ON 4:43.70q
7	399	Molodynia, Michell	93 Niagara Olym,ON, ON 4:47.03
8	260	Kujawa, Kate	91 Excel Athlet,SK, SK 4:48.74
9	166	Anderson, Evelyn	93 Calgary Spar,AB, AB 4:50.49
10	262	Thiel, Danielle	92 Excel Athlet,SK, SK 4:52.09
11	643	Adamson, Jaclyn	91 Winnipeg Opt,MB, MB 4:52.44
12	217	Gallagher, Paige	92 Dartmouth AT,NS, NS 5:26.49

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**Results**

**Women 1500 Meter**

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=====
Cdn Jr Champ: @ 4:20.50 7/18/2009 Kendra Schaaf, QUEEN CITY S
Cdn Jr Outdo: * 4:06.71 9/4/1972 Glenda Reiser, Munich Ger
World Jr: ! 3:51.34 10/18/1997 Lang Yinglai, CHN
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Name Year Team Finals
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## Section 1 Finals

1	467	Schaaf, Kendra	90	Queen City S,SK, SK	4:20.50@
2	366	Parry, Jessica	91	London Weste,ON, ON	4:24.36
3	390	O'Hagan, Kaitlin	92	Newmarket HU,ON, ON	4:43.43
4	387	Glenn, Caileigh	92	Newmarket HU,ON, ON	4:43.57
5	245	Soderberg, Alana	90	Edmonton Thu,AB, AB	4:43.77
6	389	Hawthorn, Natalia	95	Newmarket HU,ON, ON	4:44.58
7	322	Mccuaig, Sarah	90	Laurel Creek,ON, ON	4:44.86
8	378	Hughes, Melanie	90	Montreal Oly,Fqa, Q	4:45.85
9	611	Hennessy, Colleen	92	Univ Toronto,ON, ON	4:48.03
10	268	Macpherson, Sarah	91	Fast Tracks,NB, NB	4:49.60
11	391	Stewart, Kirsten	92	Newmarket HU,ON, ON	4:50.90
12	384	Callaghan, Brigid	93	Newmarket HU,ON, ON	4:55.98

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women 3000 Meter**

```
=====
Cdn Jr Champ: @ 9:14.62 7/18/2009 Kendra Schaaf, QUEEN CITY S
Cdn Jr Outdo: * 9:12.39 8/16/1985 Brenda Shackleton, Saint Jo
World Jr: ! 8:28.83 9/7/1985 Zola Pieterse, GBR
```

```
=====
Name Year Team Finals
=====
-- 288 Seccafien, Andrea 90 Guelph Track,ON, ON SCR
-- 574 Macdonald, Madelin 90 U OF C Athle,AB, AB SCR

Section 1
1 245 Soderberg, Alana 90 Edmonton Thu,AB, AB 10:13.86
2 289 Smith, Caileigh 93 Guelph Track,ON, ON 10:19.37
3 650 Petrie, Sadie 94 Yhz,NS, NS 10:23.91
4 262 Thiel, Danielle 92 Excel Athlet,SK, SK 10:40.68
5 371 Knox, Alicia 91 Mississauga,ON, ON 10:48.31
6 649 Lausch, Sara 94 Yhz,NS, NS 10:50.02
7 216 Currie, Sarah 91 Dartmouth AT,NS, NS 10:51.86
8 652 Watts, Sophia 94 Yhz,NS, NS 10:53.30
9 653 Wolff, Rebecca 93 Yhz,NS, NS 10:56.11
10 431 Slinn, Heather 92 Ottawa Lions,ON, ON 11:01.79
11 379 Manuel, Lynette 92 Motley Crew,NB, NB 11:27.01

Section 2
1 467 Schaaf, Kendra 90 Queen City S,SK, SK 9:14.62@
2 561 Hanna, Victoria 91 Toronto Olym,ON, ON 9:54.29
3 286 Kannenberg, Natali 91 Guelph Track,ON, ON 10:05.79
4 260 Kujawa, Kate 91 Excel Athlet,SK, SK 10:09.42
5 532 Mildren, Robyn 90 Speed River,ON, ON 10:11.63
6 385 Coates, Victoria 91 Newmarket HU,ON, ON 10:17.61
7 531 Doherty, Lauren 91 Speed River,ON, ON 10:20.70
8 627 Hulse, Stephanie 91 West Kingsto,ON, ON 10:20.93
9 155 Rollins, Jaclyn 91 Brantford T.,ON, ON 10:24.67
10 403 Stuive, Heather 91 Niagara Olym,ON, ON 10:25.17
11 397 Brasz, Deanna 93 Niagara Olym,ON, ON 10:51.69
```

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women 100 Meter Hurdles 33"****16 Advance: Top 1 Each Heat plus Next 12 Best Times**

=====			
Name	Year	Team	Prelims
=====			
Cdn Jr Champ: @ 13.57	2004	Frances Keating, Saskatoon	
Cdn Jr Outdo: * 13.32	10/7/1982	Karen Nelson, Brisbane Aus	
World Jr: ! 12.84	7/16/1987	Aliuska Lopez, CUB	
=====			
Heat 1 Preliminaries	Wind: 2.5		
1 427 Maddex, Ashlea	92	Ottawa Lions, ON, ON	14.03Q
2 656 Dichiaro, Amilia	90	York County, ON, ON	14.40q
3 496 Mann, Jenna	92	Saskatoon TF, SK, SK	14.57q
4 229 Mccaffrey, Kathryn	90	Edmonton Har, AB, AB	14.61q
5 607 Caterini, Jessica	90	Univ Toronto, ON, ON	15.09q
6 657 Acquah, Christa	90	York Univers, ON, ON	15.52q
7 433 Whitley, Tayler	91	Ottawa Lions, ON, ON	16.64
Heat 2 Preliminaries	Wind: 1.9		
1 376 Beaumont-Courteau,	90	Montreal Int, Fqa, Q	14.34Q
2 170 Maceachen, Jill	91	Calgary Warr, AB, AB	15.48q
3 319 Charnuski, Madelin	92	Laurel Creek, ON, ON	15.61
4 598 Stickney, Jessica	91	Unattached-A, NS, NS	16.64
5 190 Beiswanger, Kari	94	Chebucto Ath, NS, NS	17.63
6 497 Nosbush, Mahlena	91	Saskatoon TF, SK, SK	17.97
-- 210 Beaudet, Laurence	90	Corsaire Cha, Fqa, Q	DNF
Heat 3 Preliminaries	Wind: 1.2		
1 320 Charnuski, Olivia	90	Laurel Creek, ON, ON	14.41Q
2 209 Lloyd, Haleigh	92	Comox Valley, BC, BC	15.20q
3 343 Crombeen, Charlott	92	London Legio, ON, ON	15.41q
4 575 Machin, Rachel	92	U OF C Athle, AB, AB	15.44q
5 471 Wendell, Emily	90	Quinte Legio, ON, ON	16.43
6 290 West, Meghan	90	Guelph Track, ON, ON	18.53
-- 576 Morris, Tomi	91	U OF C Athle, AB, AB	DNF
Heat 4 Preliminaries	Wind: 2.0		
1 460 @dunkley, Shona	91	Project Athl, ON, ON	14.33Q
2 224 Warren, Hayley	91	Durham Legio, ON, ON	15.17q
3 259 Kowalchuk, Shaylyn	91	Excel Athlet, SK, SK	15.39q
4 318 Barry, Tomeizel	91	Laurel Creek, ON, ON	15.45q
5 522 Robinson, Karline	92	South Simcoe, ON, ON	15.55
6 280 McMullin, Sarah	90	Fredericton, NB, NB	15.75
7 292 Eisenor, Megan	92	Halifax Tige, NS, NS	16.07

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women 100 Meter Hurdles 33"**

=====			
Cdn Jr Champ:	@ 13.57	2004	Frances Keating, Saskatoon
Cdn Jr Outdo:	* 13.32	10/7/1982	Karen Nelson, Brisbane Aus
World Jr:	! 12.84	7/16/1987	Aliuska Lopez, CUB
Name	Year	Team	Finals
=====			
Section 1 Finals Wind: 0.6			
1	427	Maddex, Ashlea	92 Ottawa Lions, ON, ON 14.27
2	460	@dunkley, Shona	91 Project Athl, ON, ON 14.35
3	320	Charnuski, Olivia	90 Laurel Creek, ON, ON 14.44
4	656	Dichiara, Amilia	90 York County, ON, ON 14.53
5	376	Beaumont-Courteau,	90 Montreal Int, Fqa, Q 14.73
6	496	Mann, Jenna	92 Saskatoon TF, SK, SK 15.02
7	229	Mccaffrey, Kathryn	90 Edmonton Har, AB, AB 15.08
8	607	Caterini, Jessica	90 Univ Toronto, ON, ON 15.19
Section 2 Finals Wind: 0.2			
1	170	Maceachen, Jill	91 Calgary Warr, AB, AB 14.83
2	224	Warren, Hayley	91 Durham Legio, ON, ON 15.05
3	209	Lloyd, Haleigh	92 Comox Valley, BC, BC 15.11
4	343	Crombeen, Charlott	92 London Legio, ON, ON 15.18
5	575	Machin, Rachel	92 U OF C Athle, AB, AB 15.25
6	259	Kowalchuk, Shaylyn	91 Excel Athlet, SK, SK 15.32
7	657	Acquah, Christa	90 York Univers, ON, ON 15.70
8	318	Barry, Tomeizel	91 Laurel Creek, ON, ON 16.33

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women 400 Meter Hurdles 30"**

**16 Advance: Top 2 Each Heat plus Next 10 Best Times**

=====			
Cdn Jr Champ:	@ 57.66	1992	Erica Peterson, Winnipeg
Cdn Jr Outdo:	* 56.55	7/28/1986	Donalda Duprey, Edinburgh Sco
World Jr:	! 54.40	10/21/2005	Xing Wang, CHN
Name	Year	Team	Prelims
=====			
Heat 1 Preliminaries			
1	119	Lowe, Christine A.	90 BC Athletics,BC, BC 1:02.26Q
2	425	Halle, Emilie	90 Ottawa Lions,ON, ON 1:03.88Q
3	223	Mccalla, Jenelle	91 Durham Legio,ON, ON 1:04.10q
4	494	Flavel, Meghan	92 Saskatoon TF,SK, SK 1:07.15q
5	100	Streche, Viktoria-	91 Athletica,Fqa, QC 1:08.06q
6	471	Wendell, Emily	90 Quinte Legio,ON, ON 1:08.23
7	597	Priske, Morgan	93 Unattached-A,NS, NS 1:10.14
--	484	Adjei, Zelda	91 Saint Lauren,Fqa, Q DNF
Heat 2 Preliminaries			
1	347	Malek, Shauna	90 London Legio,ON, ON 1:02.33Q
2	538	Olson, Jenessa	91 ST Thomas LE,ON, ON 1:02.67Q
3	450	Jacques, Farah	90 Perfmax-Raci,Fqa, Q 1:02.69q
4	542	Howarth, Carly	92 St-Jean Olym,Fqa, Q 1:05.06q
5	540	Vanos, Danielle	91 ST Thomas LE,ON, ON 1:05.08q
6	533	Rayner, Lesley	91 Speed River,ON, ON 1:08.16q
Heat 3 Preliminaries			
1	209	Lloyd, Haleigh	92 Comox Valley,BC, BC 1:04.06Q
2	427	Maddex, Ashlea	92 Ottawa Lions,ON, ON 1:04.07Q
3	459	@archer, Ocian	93 Project Athl,ON, ON 1:04.24q
4	319	Charnuski, Madelin	92 Laurel Creek,ON, ON 1:04.91q
5	656	Dichiara, Amilia	90 York County,ON, ON 1:06.05q
6	432	Stolle, Anna	93 Ottawa Lions,ON, ON 1:08.22
--	593	Daley, Robbi	91 Unattached-A,NB, NB DNF

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women 400 Meter Hurdles 30"**

=====

Cdn Jr Champ: @ 57.66 1992 Erica Peterson, Winnipeg  
 Cdn Jr Outdo: \* 56.55 7/28/1986 Donalda Duprey, Edinburgh Sco  
 World Jr: ! 54.40 10/21/2005 Xing Wang, CHN

Name Year Team Finals

=====

Section 1 Finals

1	459 @archer, Ocian	93 Project Athl,ON, ON	1:03.67
2	542 Howarth, Carly	92 St-Jean Olym,Fqa, Q	1:04.94
3	656 Dichiarara, Amilia	90 York County,ON, ON	1:05.25
4	540 Vanos, Danielle	91 ST Thomas LE,ON, ON	1:05.42
5	494 Flavel, Meghan	92 Saskatoon TF,SK, SK	1:05.84
6	100 Streche, Viktoria-	91 Athletica,Fqa, QC	1:06.22
7	533 Rayner, Lesley	91 Speed River,ON, ON	1:07.15
8	319 Charnuski, Madelin	92 Laurel Creek,ON, ON	1:08.97

Section 2 Finals

1	538 Olson, Jenessa	91 ST Thomas LE,ON, ON	1:00.81	
2	119 Lowe, Christine A.	90 BC Athletics,BC, BC	1:01.67	- 1:01.666
3	427 Maddex, Ashlea	92 Ottawa Lions,ON, ON	1:01.67	- 1:01.669
4	425 Halle, Emilie	90 Ottawa Lions,ON, ON	1:02.04	
5	450 Jacques, Farah	90 Perfmax-Raci,Fqa, Q	1:03.18	
6	347 Malek, Shauna	90 London Legio,ON, ON	1:03.49	
7	223 Mccalla, Jenelle	91 Durham Legio,ON, ON	1:03.51	
8	209 Lloyd, Haleigh	92 Comox Valley,BC, BC	1:07.01	



**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women 2000 Meter Steeplechase 30"**

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=====
Cdn Jr Champ: @ 6:36.05 2007          Danelle Woods, Abbotsford
Cdn Jr Outdo: * 6:36.05 7/29/2007    Danelle Woods, Abbotsford,
Name                               Year Team                               Finals
=====
Section 1
1   257 Furlan, Jessica              90 Excel Athlet,SK, SK              6:51.48
2   489 Cadwallader, Haley           90 Sarnia Athle,ON, ON              7:05.75
3   249 Giovannetti, Sara             90 Etobicoke TR,ON, ON              7:08.25
4   174 Stockall, Holly               90 Caltaf Athle,AB, AB              7:12.20
5   539 Pieterston, Rebecca           90 ST Thomas LE,ON, ON              7:21.25
6   158 Windsor, Rachel               91 Brighton Leg,ON, ON              7:31.52
7   609 Cummings, Madelein            91 Univ Toronto,ON, ON              7:32.76
8   377 Beauregard-Breton,            91 Montreal Oly,Fqa, Q              7:36.19
9   184 Langley, Tristan              93 Central Nova,NS, NS              7:36.91
10  516 Corrick, Jennifer             90 South Simcoe,ON, ON              7:40.15
11  109 Lockhart, Jocelyn             91 Athletisme S,NB, NB              7:43.13
12  386 Deighan, Kayla                93 Newmarket HU,ON, ON              7:49.91
13  387 Glenn, Caileigh               92 Newmarket HU,ON, ON              7:52.58
14  157 Lafontaine, Emma              92 Brighton Leg,ON, ON              8:01.09
15  400 Mooradian, Laura              93 Niagara Olym,ON, ON              8:12.52

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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women 4x100 Meter Relay**

```

=====
Cdn Jr Champ: @ 47.79 7/19/2009 LAUREL CREEK TRACK & FIEL, LA
                  J Westney, T Semplonius, O Charnuski, C Mchaina
Cdn Jr Outdo: * 44.88 7/26/1985
                  K Anderson, A. Thomas, Colleen Taffe, F. Garbeau
World Jr: ! 43.29 8/8/2006 USA, USA
                  B.Knight, J.Tarmoh, E.Olear, G.Mayo
  
```

Team

Finals

```

=====
-- Nova Scotia Canada Games 'A' SCR
  1) 191 Collins, Cassandre 94 2) 103 @macarthur, Britany 92
  3) 193 Phelan, Emily 93 4) 293 Pitman, Jennifer 91
-- BC Athletics 'A' SCR
  1) 116 Davis, Shai 93 2) 122 Nettey, Christabel S. 91
  3) 114 Cobb, Aleisha 91 4) 448 Storm, Zarrria 93
Section 1
  1 Laurel Creek Track & Fiel 'A' 47.79@
    1) 325 Westney, Jellisa 93 2) 324 Semplonius, Tia 91
    3) 320 Charnuski, Olivia 90 4) 323 Mchaina, Chisomo 92
  2 Ottawa Lions T.F.C. 'A' 48.96
    1) 429 Okankwu, Gift 92 2) 419 Brown, Alicia 90
    3) 425 Halle, Emilie 90 4) 434 Wilson, Ashley 91
  3 Saskatoon TF Club 'A' 49.68
    1) 496 Mann, Jenna 92 2) 501 Young, Michelle 92
    3) 499 Sjodin, Jasmin 91 4) 495 Hetherton, Chloe 92
  4 Ottawa Lions T.F.C. 'B' 50.83
    1) 432 Stolle, Anna 93 2) 430 Simulik, Mila 90
    3) 421 Dillon, Krista 92 4) 422 Dobson, Emma 91
  5 New Brunswick Athletics T 'A' 52.81
    1) 278 Baba, Victoria 92 2) 105 Gauvin, Lindsay 92
    3) 281 Myatt, Sarah 92 4) 595 Taplin, Sarah 94
  
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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women 4x400 Meter Relay Provincial**

=====  
 Cdn Jr Champ: @ 3:52.39 7/19/2009 BC ATHLETICS, BC ATHLETICS  
 H Crofts, L Draper, C Lowe, H Lloyd

Team Finals

=====  
 -- Univ Toronto T.C 'A' SCR  
   1) 613 Smith, Corinne 91 2) 220 Kennedy, Shannon 92  
   3) 611 Hennessy, Colleen 92 4) 607 Caterini, Jessica 90  
 Section 1  
 1 BC Athletics 'A' 3:52.39@  
   1) 115 Crofts, Helen J. 90 2) 117 Draper, Laurel 91  
   3) 119 Lowe, Christine A. 90 4) 209 Lloyd, Haleigh 92  
 2 Team Ontario 'A' 4:04.13  
 3 New Brunswick Athletics T 'A' 4:05.18  
   1) 478 Annear, Grace 92 2) 188 Frost, Lydia 90  
   3) 593 Daley, Robbi 91 4) 267 Hawkes, Morgan 93  
 4 Nova Scotia Canada Games 'A' 4:05.29  
   1) 193 Phelan, Emily 93 2) 191 Collins, Cassandre 94  
   3) 597 Priske, Morgan 93 4) 103 @macarthur, Britany 92

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women High Jump**

=====													
Cdn Jr Champ:	@	1.83m	1988		Coralea Brown,	Sudbury							
Cdn Jr Outdo:	*	1.92m	8/6/1993		Wanita Dykstra,	Toronto On							
World Jr:	!	2.01m	6/18/1989		Heike Balck/Olga Turchak,	GDR							
Name	Year	Team									Finals		
=====													
Flight 1													
1	548	Theophille, Michel	91	Take Flight,	ON,	ON				1.78m			
				1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.78	1.81
				P	P	P	P	O	O	O	O	O	XXX
1	505	Rudell, Rita	91	Saugeen Trac,	ON,	ON							J1.78m
				1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.78	1.81
				P	P	P	P	O	O	O	O	O	XXX
3	310	Kimoto, Emma T.	91	Kajaks Track,	BC,	BC							J1.70m
				1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75		
				P	P	P	P	O	XXO	O	XXX		
3	409	Olah, Courtney	91	Niagara Regi,	ON,	ON							J1.70m
				1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75		
				P	P	P	O	O	XO	O	XXX		
3	123	Parent, Holly E.	91	BC Athletics,	BC,	BC							1.70m
				1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75		
				P	P	P	P	P	O	O	XXX		
6	575	Machin, Rachel	92	U OF C Athle,	AB,	AB							1.65m
				1.40	1.45	1.50	1.55	1.60	1.65	1.70			
				P	P	P	P	XO	O	XXX			
7	300	Morrison, Kelly	90	Hamilton Oly,	ON,	ON							J1.60m
				1.40	1.45	1.50	1.55	1.60	1.65				
				P	P	O	XO	XXO	XXX				
7	293	Pitman, Jennifer	91	Halifax Tige,	NS,	NS							1.60m
				1.40	1.45	1.50	1.55	1.60	1.65				
				P	P	O	O	O	XXX				
9	660	Macrae, Sophie	92	York Univers,	ON,	ON							J1.55m
				1.40	1.45	1.50	1.55	1.60					
				P	O	O	XXO	XXX					
9	661	Rowland, Brooke	94	York Univers,	ON,	ON							J1.55m
				1.40	1.45	1.50	1.55	1.60					
				P	P	P	XO	XXX					
9	604	Wilson, Brooke	90	Unattached-O,	ON,	ON							J1.55m
				1.40	1.45	1.50	1.55	1.60					
				P	XO	O	XXO	XXX					
9	259	Kowalchuk, Shaylyn	91	Excel Athlet,	SK,	SK							1.55m
				1.40	1.45	1.50	1.55	1.60					
				P	P	O	O	XXX					
9	108	Doiron, Stéphanie	93	Athletisme S,	NB,	NB							J1.55m
				1.40	1.45	1.50	1.55	1.60					
				P	XO	O	XO	XXX					
9	433	Whitley, Tayler	91	Ottawa Lions,	ON,	ON							J1.55m
				1.40	1.45	1.50	1.55	1.60					
				P	P	O	XXO	XXX					
15	192	Haworth, Rebecca	92	Chebucto Ath,	NS,	NS							1.50m
				1.40	1.45	1.50	1.55						
				P	O	XO	XXX						

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women Pole Vault**

=====					
Cdn Jr Champ:	@ 4.10m	2004	Adrienne Vangoool, Saskatoon		
Cdn Jr Outdo:	* 4.20m	4/28/2007	Gabriella Duclos, Tempe USA		
World Jr:	! 4.48m	8/25/2005	Silke Spiegelburg, GER		
Name	Year	Team	Finals		
=====					
1	376	Beaumont-Courteau,	90	Montreal Int,Fqa, Q	3.90m
	3.60	3.70	3.80	3.90	4.00
	O	P	O	O	XXX
2	475	Blouin, Mélanie	90	Rouge ET OR,Fqa, QC	3.80m
	3.45	3.60	3.70	3.80	3.90
	O	O	XO	XO	XXX
3	344	Crombeen, Emma	90	London Legio,ON, ON	3.45m
	3.45	3.60			
	O	XXX			
3	579	Stephenson, Kimber	91	U OF C Athle,AB, AB	3.45m
	3.15	3.30	3.45	3.60	
	O	O	O	XXX	
3	473	Vause, Stephanie	90	Riversdale A,SK, SK	J3.45m
	3.15	3.30	3.45	3.60	
	XO	O	O	XXX	
6	578	Ridout, Paige	92	U OF C Athle,AB, AB	3.30m
	3.00	3.15	3.30	3.45	
	O	O	XO	XXX	
6	348	Parker, Karleigh	92	London Legio,ON, ON	J3.30m
	3.30	3.45			
	XXO	XXX			
6	603	Crowe, Victoria	90	Unattached-O,ON, ON	J3.30m
	3.00	3.15	3.30	3.45	
	O	O	XXO	XXX	
9	632	Paterson, Chelsea	90	Windsor Legi,ON, ON	3.15m
	3.00	3.15	3.30		
	O	O	XXX		
10	571	Bertram, Keightley	90	U OF C Athle,AB, AB	3.00m
	3.00	3.15			
	XO	XXX			
--	630	Lariviere, Rachel	91	Windsor Legi,ON, ON	NH
	2.70				
	XXX				

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women Long Jump****Top 12 Advance by Time**

=====						
Cdn Jr Champ:	@	6.11m	2001	Keri-Ann Mitchell,	Calgary	
Cdn Jr Outdo:	*	6.50m	7/4/1982	Karen Nelson,	Celje Yug	
World Jr:	!	7.14m	6/4/1983	Heike Drechsler,	GDR	
Name			Year	Team		Prelims Wind
=====						
Flight 1 Preliminaries						
1	564	Ehrhardt, Caroline	92	Track North,ON, ON	5.79mq	1.8
		5.52m(4.3) 5.79m(1.8)				
2	122	Nettey, Christabel	91	BC Athletics,BC, BC	5.60mq	2.4
		5.60m(2.4) x				
3	614	Stewart, Alanna	91	Univ Toronto,ON, ON	5.50mq	2.4
		5.23m(3.2) 5.50m(2.4) 5.26m(2.7)				
4	210	Beaudet, Laurence	90	Corsaire Cha,Fqa, Q	5.49mq	2.5
		FOUL(2.7) 5.49m(2.5) 5.27m(1.6)				
5	346	Kerr, Jasmin	93	London Legio,ON, ON	5.31mq	2.0
		FOUL(2.0) 5.31m(2.0) 5.04m(1.8)				
6	422	Dobson, Emma	91	Ottawa Lions,ON, ON	5.27mq	2.7
		5.27m(2.7) FOUL(2.1) 5.03m(1.6)				
7	469	White, Julia	92	Queen City S,SK, SK	J5.26m	3.9
		FOUL(1.8) 5.26m(3.9) FOUL(3.0)				
8	430	Simulik, Mila	90	Ottawa Lions,ON, ON	5.13m	2.8
		5.13m(2.8) 5.01m(2.5) FOUL(2.5)				
9	291	Blois, Juliana	92	Halifax Tige,NS, NS	4.97m	4.0
		4.91m(2.4) 4.93m(2.5) 4.97m(4.0)				
10	258	Jelinski, Jenna	90	Excel Athlet,SK, SK	4.73m	3.9
		4.41m(1.3) 4.30m(4.0) 4.73m(3.9)				
--	529	Hurry, Lauren	93	Sparta Athle,Pei, P	FOUL	NWI
		FOUL(3.2) FOUL(2.6) FOUL(3.9)				
Flight 2 Preliminaries						
1	114	Cobb, Aleisha	91	BC Athletics,BC, BC	5.63mq	2.5
		5.27m(3.0) 5.63m(2.5)				
2	701	**daley, Jodian	90	Sarnia Athle,ON, ON	5.61mq	1.3
		FOUL(1.8) 5.61m(1.3)				
3	170	Maceachen, Jill	91	Calgary Warr,AB, AB	5.44mq	3.1
		5.26m(3.7) 5.13m(2.9) 5.44m(3.1)				
4	229	Mccaffrey, Kathryn	90	Edmonton Har,AB, AB	5.37mq	2.8
		5.27m(3.9) FOUL(2.1) 5.37m(2.8)				
5	343	Crombeen, Charlott	92	London Legio,ON, ON	5.30mq	3.9
		5.30m(3.9) FOUL(2.4) 5.11m(3.7)				
6	595	Taplin, Sarah	94	Unattached-A,NB, NB	5.26mq	4.2
		5.26m(4.2) 4.93m(1.7) 5.15m(3.6)				
7	515	Bray, Jackie	92	South Simcoe,ON, ON	5.04m	3.6
		FOUL(1.6) FOUL(2.0) 5.04m(3.6)				
8	409	Olah, Courtney	91	Niagara Regi,ON, ON	4.93m	2.0
		4.79m(2.0) 4.93m(2.0) 4.89m(1.1)				
9	300	Morrison, Kelly	90	Hamilton Oly,ON, ON	4.77m	2.2
		4.77m(2.2) FOUL(4.1) 4.47m(3.8)				
10	293	Pitman, Jennifer	91	Halifax Tige,NS, NS	4.72m	2.4
		FOUL(2.7) 4.72m(2.4) FOUL(2.9)				
--	521	Merkley, Jordan	93	South Simcoe,ON, ON	FOUL	NWI
		FOUL FOUL FOUL(1.6)				



**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women Long Jump**

=====						
Cdn Jr Champ:	@	6.11m	2001	Keri-Ann Mitchell,	Calgary	
Cdn Jr Outdo:	*	6.50m	7/4/1982	Karen Nelson,	Celje Yug	
World Jr:	!	7.14m	6/4/1983	Heike Drechsler,	GDR	
Name			Year	Team	Finals	Wind
=====						
Flight 1 Finals						
1	122	Nettey, Christabel	91	BC Athletics,BC, BC	6.10m	2.4
		5.98m(1.6) FOUL(0.6)		5.90m(1.9) 6.10m(2.4) FOUL(1.4)	FOUL(3.1)	
2	564	Ehrhardt, Caroline	92	Track North,ON, ON	5.98m	2.3
		5.89m(2.3) 5.81m(1.9)		5.96m(4.3) 5.94m(2.7) FOUL(0.8)	5.98m(2.3)	
3	114	Cobb, Aleisha	91	BC Athletics,BC, BC	5.73m	2.9
		5.52m(1.9) 5.26m(2.5)		5.39m(1.9) 5.67m(1.9) 5.73m(2.9)	5.59m(1.9)	
4	701	**daley, Jodian	90	Sarnia Athle,ON, ON	5.55m	1.1
		5.49m(2.4) 5.55m(1.1)		4.78m(2.2) 5.49m(1.0) 5.31m(1.2)	5.14m(2.1)	
5	422	Dobson, Emma	91	Ottawa Lions,ON, ON	5.45m	1.4
		5.31m(2.1) 5.22m(2.0)		5.43m(1.3) 5.08m(1.1) 5.07m(2.8)	5.45m(1.4)	
6	346	Kerr, Jasmin	93	London Legio,ON, ON	5.42m	3.1
		5.21m(2.3) 5.18m(1.8)		5.31m(2.3) 5.42m(3.1) FOUL(2.4)	FOUL(2.7)	
7	210	Beaudet, Laurence	90	Corsaire Cha,Fqa, Q	5.38m	1.1
		FOUL(1.6) 5.38m(1.1)		5.27m(1.0) 5.11m(1.7) 4.88m(1.1)	5.33m(1.8)	
8	614	Stewart, Alanna	91	Univ Toronto,ON, ON	5.29m	1.6
		FOUL(1.9) 5.02m(1.1)		5.29m(1.6) 5.17m(1.9) 5.20m(2.2)	5.12m(2.2)	
9	343	Crombeen, Charlott	92	London Legio,ON, ON	5.28m	1.9
		5.28m(1.9) FOUL(1.3)		5.15m(2.2)		
10	170	Maceachen, Jill	91	Calgary Warr,AB, AB	5.22m	1.8
		FOUL(2.2) FOUL(2.0)		5.22m(1.8)		
11	229	Mccaffrey, Kathryn	90	Edmonton Har,AB, AB	5.21m	1.7
		4.45m(1.3) 5.09m(1.4)		5.21m(1.7)		
12	595	Taplin, Sarah	94	Unattached-A,NB, NB	5.20m	2.5
		5.10m(0.8) 5.15m(2.2)		5.20m(2.5)		

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women Triple Jump****Top 12 Advance by Time**

=====						
Cdn Jr Champ:	@	12.64m	2008	Chloe Hetherton,	Abbotsford	
Cdn Jr Outdo:	*	12.95m	6/30/2001	Tabia Charles,	London On	
World Jr:	!	14.62m	8/25/1996	Tereza Marinova,	BUL	
Name			Year Team		Prelims	Wind
=====						
Flight 1 Preliminaries						
1	564	Ehrhardt, Caroline	92 Track North, ON, ON		12.28mq	3.9
					12.28m(3.9)	
2	430	Simulik, Mila	90 Ottawa Lions, ON, ON		11.43mq	2.4
					11.43m(2.4)	
3	614	Stewart, Alanna	91 Univ Toronto, ON, ON		11.22mq	3.4
					11.08m(2.6) 11.22m(3.4)	
4	421	Dillon, Krista	92 Ottawa Lions, ON, ON		11.15mq	2.6
					11.02m(2.9) 11.15m(2.6)	
5	291	Blois, Juliana	92 Halifax Tige, NS, NS		11.14mq	1.6
					11.14m(1.6)	
6	318	Barry, Tomeizel	91 Laurel Creek, ON, ON		11.09mq	4.2
					10.93m(2.1) 10.94m(2.9) 11.09m(4.2)	
7	293	Pitman, Jennifer	91 Halifax Tige, NS, NS		11.01m	3.5
					FOUL FOUL 11.01m(3.5)	
8	259	Kowalchuk, Shaylyn	91 Excel Athlet, SK, SK		10.96m	2.4
					10.96m(2.4) 10.29m(2.3) 10.16m(1.6)	
9	577	Parrish, Danielle	90 U OF C Athle, AB, AB		10.38m	1.8
					FOUL 10.28m(2.6) 10.38m(1.8)	
Flight 2 Preliminaries						
1	495	Hetherton, Chloe	92 Saskatoon TF, SK, SK		12.34mq	3.6
					12.34m(3.6)	
2	305	Neely, Taylor	92 I BE Fast TR, ON, ON		11.65mq	2.5
					11.65m(2.5)	
3	515	Bray, Jackie	92 South Simcoe, ON, ON		11.21mq	2.2
					11.21m(2.2) x	
4	422	Dobson, Emma	91 Ottawa Lions, ON, ON		11.20mq	3.2
					10.94m(3.1) 11.20m(3.2)	
5	287	Mirotta, Julia	92 Guelph Track, ON, ON		11.19mq	1.4
					10.71m(2.5) 11.19m(1.4)	
6	409	Olah, Courtney	91 Niagara Regi, ON, ON		11.18mq	2.5
					11.01m(2.8) 11.18m(2.5)	
7	510	Beaulieu-Boire, La	90 Sherbrooke, Fqa, QC		10.50m	3.2
					10.43m(2.4) 10.50m(3.2) 9.08m(3.6)	
8	258	Jelinski, Jenna	90 Excel Athlet, SK, SK		9.76m	3.6
					9.09m(2.1) 9.76m(3.6) FOUL(2.6)	
--	280	Mcmullin, Sarah	90 Fredericton, NB, NB		FOUL	NWI
					FOUL PASS PASS	

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women Triple Jump**

=====

Cdn Jr Champ: @ 12.64m 2008 Chloe Hetherton, Abbotsford  
 Cdn Jr Outdo: \* 12.95m 6/30/2001 Tabia Charles, London On  
 World Jr: ! 14.62m 8/25/1996 Tereza Marinova, BUL

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Name	Year	Team	Finals	Wind
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=====

## Flight 1 Finals

1	564	Ehrhardt, Caroline	92 Track North, ON, ON	12.81m	2.2
				12.33m(3.3)	12.53m(2.2)
				12.81m(2.2)	12.42m(3.1)
				12.57m(3.1)	12.60m(3.9)
2	495	Hetherton, Chloe	92 Saskatoon TF, SK, SK	12.54m	1.0
				FOUL(3.1)	12.54m(1.0)
				FOUL(2.5)	12.29m(2.9)
				FOUL(2.6)	FOUL(1.6)
3	430	Simulik, Mila	90 Ottawa Lions, ON, ON	11.78m	2.9
				11.76m(0.1)	11.55m(1.6)
				FOUL(0.8)	11.77m(1.2)
				11.78m(2.9)	FOUL(4.2)
4	291	Blois, Juliana	92 Halifax Tige, NS, NS	11.72m	4.0
				10.40m(1.9)	10.99m(1.7)
				11.11m(3.4)	11.10m(4.1)
				11.72m(4.0)	11.22m(2.6)
5	421	Dillon, Krista	92 Ottawa Lions, ON, ON	11.58m	3.0
				11.09m(1.5)	11.28m(2.4)
				11.43m(2.3)	FOUL(2.0)
				11.31m(2.8)	11.58m(3.0)
5	422	Dobson, Emma	91 Ottawa Lions, ON, ON	11.58m	2.2
				11.37m(3.0)	11.22m(1.6)
				11.28m(4.2)	11.25m(2.0)
				FOUL(2.1)	11.58m(2.2)
7	305	Neely, Taylor	92 I BE Fast TR, ON, ON	11.53m	3.9
				FOUL(2.9)	FOUL(3.0)
				11.22m(2.4)	FOUL(2.2)
				11.53m(3.9)	11.26m(1.9)
8	318	Barry, Tomeizel	91 Laurel Creek, ON, ON	11.19m	3.4
				11.12m(1.3)	11.19m(3.4)
				FOUL(2.9)	11.13m(2.6)
				10.85m(2.2)	10.82m(2.6)
9	409	Olah, Courtney	91 Niagara Regi, ON, ON	11.08m	2.4
				11.08m(2.4)	11.08m(2.3)
				FOUL(3.8)	
10	515	Bray, Jackie	92 South Simcoe, ON, ON	11.07m	2.4
				10.93m(3.1)	11.07m(2.4)
				FOUL(2.6)	
11	614	Stewart, Alanna	91 Univ Toronto, ON, ON	10.96m	0.5
				10.96m(0.5)	FOUL(2.3)
				10.93m(2.5)	
12	287	Mirootta, Julia	92 Guelph Track, ON, ON	10.92m	2.4
				10.92m(2.4)	10.61m(2.0)
				FOUL(4.1)	

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women Shot Put 4 kg**

**Top 12 Advance by Time**

=====			
Cdn Jr Champ:	@ 16.39m	7/18/2009	Julie Labonté, FLEUR DE LYS
Cdn Jr Outdo:	* 15.88m	7/31/1964	Nancy McCreddie, Toronto On
World Jr:	! 20.54m	7/1/1989	Astrid Kumbernuss, GDR
Name	Year	Team	Prelims
=====			
Flight 1 Preliminaries			
1	274	Labonté, Julie	90 Fleur DE Lys,Fqa, Q 15.75mq
			15.75m
2	316	Whalen, Chelsea	92 Launchers AT,NS, NS 12.78mq
			12.25m 12.78m
3	519	Kovacs, Alanna	90 South Simcoe,ON, ON 12.74mq
			12.74m x
4	498	Rak, Breanna	91 Saskatoon TF,SK, SK 12.17mq
			11.83m 12.17m 11.41m
5	608	Chin, Rayann	93 Univ Toronto,ON, ON 12.12mq
			12.00m 12.12m 11.98m
6	363	Brown, Jordan	90 London Weste,ON, ON 11.67mq
			11.54m FOUL 11.67m
7	631	Mclaughlin, Shealy	90 Windsor Legi,ON, ON 11.60mq
			11.60m FOUL FOUL
8	426	Macdonald, Eilish	94 Ottawa Lions,ON, ON 11.10m
			10.39m FOUL 11.10m
9	367	Schimanski, Ami	90 London Weste,ON, ON 10.36m
			8.85m 9.86m 10.36m
Flight 2 Preliminaries			
1	500	Suttie, Taryn	90 Saskatoon TF,SK, SK 13.74mq
			13.74m
2	658	Appiah, Cynthia	90 York Univers,ON, ON 12.77mq
			12.77m
3	493	Elliot, Kim	90 Saskatoon TF,SK, SK 12.31mq
			12.17m 12.31m 12.12m
4	285	Blondin, Julie-Ann	91 Gatineau,Fqa, QC 12.20mq
			11.36m 11.24m 12.20m
5	107	Chamberland, Jessi	91 Athletisme S,NB, NB 11.21mq
			11.04m 11.21m FOUL
6	362	Allan, Meredith	90 London Weste,ON, ON 10.72m
			10.22m 10.45m 10.72m
7	414	Vidal, Justine	91 NorthBay LE,ON, ON 10.56m
			9.86m 9.88m 10.56m
8	520	Lowry, Megan	91 South Simcoe,ON, ON 10.53m
			FOUL 10.53m 10.25m
9	279	Black, Alexandra	90 Fredericton,NB, NB 10.15m
			10.15m 10.03m 9.63m
10	592	Colpitts, Brittany	92 Unattached-A,NB, NB 9.36m
			9.23m 9.36m 9.12m

**2009 Canadian Jr Track & Field Championships  
Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women Shot Put 4 kg**

=====						
Cdn Jr Champ:	@	16.39m	7/18/2009	Julie Labonté,	FLEUR DE LYS	
Cdn Jr Outdo:	*	15.88m	7/31/1964	Nancy McCreddie,	Toronto On	
World Jr:	!	20.54m	7/1/1989	Astrid Kumbernuss,	GDR	
Name			Year	Team		Finals
=====						
Flight 1 Finals						
1	274	Labonté, Julie	90	Fleur DE Lys,Fqa, Q		16.39m@
		15.48m 16.39m 16.23m		15.57m FOUL 15.73m		
2	500	Suttie, Taryn	90	Saskatoon TF,SK, SK		14.91m
		13.58m 14.04m 14.13m		14.03m 14.91m FOUL		
3	519	Kovacs, Alanna	90	South Simcoe,ON, ON		13.51m
		13.51m FOUL FOUL 13.13m		FOUL PASS		
4	658	Appiah, Cynthia	90	York Univers,ON, ON		13.31m
		12.47m 13.31m FOUL		12.30m 12.69m 12.32m		
5	316	Whalen, Chelsea	92	Launchers AT,NS, NS		12.87m
		12.12m 12.46m FOUL		FOUL 12.24m 12.87m		
6	498	Rak, Breanna	91	Saskatoon TF,SK, SK		12.59m
		12.32m 12.59m FOUL		11.94m FOUL 12.33m		
7	285	Blondin, Julie-Ann	91	Gatineau,Fqa, QC		12.28m
		11.98m 12.28m FOUL		FOUL 11.98m 12.24m		
8	493	Elliot, Kim	90	Saskatoon TF,SK, SK		12.25m
		12.23m 12.15m 12.25m		12.03m 11.99m 11.35m		
9	631	Mclaughlin, Shealy	90	Windsor Legi,ON, ON		11.14m
		10.66m 10.85m 11.14m				
10	107	Chamberland, Jessi	91	Athletisme S,NB, NB		11.12m
		FOUL FOUL 11.12m				
11	363	Brown, Jordan	90	London Weste,ON, ON		10.73m
		10.73m FOUL FOUL				
12	608	Chin, Rayann	93	Univ Toronto,ON, ON		10.67m
		FOUL 10.67m 10.66m				

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women Discus Throw 1 kg**  
**Top 12 Advance by Time**

=====			
Cdn Jr Champ: @ 49.18m	1993	Jennier Vermette,	Sherbrooke
Cdn Jr Outdo: * 52.52m	5/29/1986	Michelle Brotherton,	Scarbor
World Jr: ! 74.40m	9/13/1988	Ilke Wyludda,	GDR
Name	Year	Team	Prelims
=====			
Flight 1 Preliminaries			
1	274	Labonté, Julie	90 Fleur DE Lys,Fqa, Q 40.91mq
			40.91m x
2	125	Stuart, Lauren	91 BC Athletics,BC, BC 40.63mq
			32.10m 40.63m
3	362	Allan, Meredith	90 London Weste,ON, ON 40.25mq
			40.25m x
4	276	Ferris, Karen	91 Flying M Ath,MB, MB 35.44mq
			34.70m 35.44m 32.35m
5	608	Chin, Rayann	93 Univ Toronto,ON, ON 35.19mq
			35.19m FOUL 33.45m
6	658	Appiah, Cynthia	90 York Univers,ON, ON 33.29m
			28.66m 33.29m FOUL
7	426	Macdonald, Eilish	94 Ottawa Lions,ON, ON 33.12m
			30.72m 30.18m 33.12m
8	228	Heshka-Wolf, Ciera	91 Edmonton Har,AB, AB 33.05m
			29.34m FOUL 33.05m
9	520	Lowry, Megan	91 South Simcoe,ON, ON 30.95m
			FOUL 24.01m 30.95m
10	285	Blondin, Julie-Ann	91 Gatineau,Fqa, QC 29.54m
			28.87m 29.54m 29.39m
11	647	Mackay, Tricia	90 Woodstock LE,ON, ON 27.51m
			26.45m 27.51m FOUL
12	592	Colpitts, Brittany	92 Unattached-A,NB, NB 24.90m
			FOUL FOUL 24.90m
Flight 2 Preliminaries			
--	518	Johnston, Madison	93 South Simcoe,ON, ON 35.01mq
			35.01m 32.56m 29.98m
1	414	Vidal, Justine	91 North Bay LE,ON, ON 36.33mq
			32.57m 33.79m 36.33m
2	120	Macauley, Laura L.	90 BC Athletics,BC, BC 39.55mq
			35.83m 39.55m
3	299	Klodnicki, Katie	92 Hamilton Oly,ON, ON 38.07mq
			38.07m 36.07m 34.69m
4	498	Rak, Breanna	91 Saskatoon TF,SK, SK 29.93m
			21.58m 26.48m 29.93m
5	255	Dyck, Emma	91 Excel Athlet,SK, SK 36.26mq
			35.17m 36.26m FOUL
6	363	Brown, Jordan	90 London Weste,ON, ON 28.71m
			FOUL 28.71m FOUL
7	493	Elliot, Kim	90 Saskatoon TF,SK, SK 34.37mq
			30.41m 34.37m 33.74m
9	519	Kovacs, Alanna	90 South Simcoe,ON, ON 40.78mq
			FOUL FOUL 40.78m
10	107	Chamberland, Jessi	91 Athletisme S,NB, NB 28.66m
			FOUL 28.66m FOUL
11	256	Ecklund, Kirsten	90 Excel Athlet,SK, SK 25.70m
			24.10m 25.70m FOUL

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women Discus Throw 1 kg**

=====

Cdn Jr Champ: @ 49.18m 1993 Jennier Vermette, Sherbrooke  
 Cdn Jr Outdo: \* 52.52m 5/29/1986 Michelle Brotherton, Scarbor  
 World Jr: ! 74.40m 9/13/1988 Ilke Wyludda, GDR

Name	Year	Team	Finals
=====			
Flight 1 Finals			
1	519	Kovacs, Alanna 90 South Simcoe, ON, ON	47.12m
		46.31m 46.64m 44.04m 47.12m FOUL 45.22m	
2	274	Labonté, Julie 90 Fleur DE Lys, Fqa, Q	45.27m
		43.83m FOUL 45.27m FOUL FOUL FOUL	
3	362	Allan, Meredith 90 London Weste, ON, ON	44.92m
		44.92m 42.47m FOUL 42.94m 43.25m 43.10m	
4	125	Stuart, Lauren 91 BC Athletics, BC, BC	41.70m
		36.04m 41.70m FOUL FOUL 41.20m FOUL	
5	120	Macauley, Laura L. 90 BC Athletics, BC, BC	41.48m
		FOUL FOUL 41.35m 41.06m 41.48m 41.18m	
6	299	Klodnicki, Katie 92 Hamilton Oly, ON, ON	38.35m
		FOUL 38.35m FOUL 36.54m FOUL FOUL	
7	493	Elliot, Kim 90 Saskatoon TF, SK, SK	38.00m
		FOUL 32.91m 37.68m 36.28m 35.79m 38.00m	
8	276	Ferris, Karen 91 Flying M Ath, MB, MB	37.37m
		37.37m 35.16m FOUL FOUL FOUL 35.72m	
9	255	Dyck, Emma 91 Excel Athlet, SK, SK	36.45m
		36.45m 31.93m 32.30m	
10	518	Johnston, Madison 93 South Simcoe, ON, ON	36.27m
		36.27m 35.37m FOUL	
11	414	Vidal, Justine 91 North Bay LE, ON, ON	36.07m
		36.07m FOUL 33.55m	
12	608	Chin, Rayann 93 Univ Toronto, ON, ON	34.72m
		FOUL 34.06m 34.72m	

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women Hammer Throw 4 kg**

Cdn Jr Champ: @ 57.34m 2005		Marie Eve Boisselle, Montre	
Cdn Jr Outdo: * 58.84m 5/22/1999		Jennifer Joyce, Temple Az	
World Jr: ! 73.24m 6/24/2005		Wenxiu Zhang, CHN	
Name	Year Team	Finals	
--	500 Suttie, Taryn	90 Saskatoon TF,SK, SK	SCR
Flight 1			
1	121 Maccorquodale, Emm	90 BC Athletics,BC, BC	51.38m
	50.36m 51.38m 50.65m 50.60m	FOUL 50.43m	
2	118 Franke-Kuhn, Joann	92 BC Athletics,BC, BC	45.54m
	FOUL FOUL 42.52m FOUL FOUL	45.54m	
3	367 Schimanski, Ami	90 London Weste,ON, ON	42.76m
	38.21m 42.76m 41.13m 42.47m	41.46m 41.06m	
4	658 Appiah, Cynthia	90 York Univers,ON, ON	41.08m
	FOUL FOUL 40.48m FOUL 40.10m	41.08m	
5	631 Mclaughlin, Shealy	90 Windsor Legi,ON, ON	40.70m
	38.01m FOUL 40.70m 38.11m	FOUL FOUL	
6	228 Heshka-Wolf, Ciera	91 Edmonton Har,AB, AB	40.41m
	FOUL FOUL 37.65m FOUL 38.30m	40.41m	
7	299 Klodnicki, Katie	92 Hamilton Oly,ON, ON	39.04m
	38.69m 38.45m 39.04m	FOUL FOUL 38.63m	
8	256 Ecklund, Kirsten	90 Excel Athlet,SK, SK	37.94m
	37.94m 36.04m FOUL 36.51m	FOUL 37.52m	
9	426 Macdonald, Eilish	94 Ottawa Lions,ON, ON	35.91m
	FOUL FOUL 35.91m		
10	276 Ferris, Karen	91 Flying M Ath,MB, MB	34.55m
	32.65m 33.39m 34.55m		
11	255 Dyck, Emma	91 Excel Athlet,SK, SK	34.33m
	34.33m 34.01m 33.17m		
12	363 Brown, Jordan	90 London Weste,ON, ON	33.36m
	29.87m FOUL 33.36m		
--	125 Stuart, Lauren	91 BC Athletics,BC, BC	FOUL
	FOUL FOUL FOUL		



**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women Javelin Throw 600 g**  
**Top 12 Advance by Time**

=====			
Cdn Jr Champ:	@ 50.86m	2006	Elizabeth Gleadle, Ottawa
Cdn Jr Outdo:	* 52.36m	4/13/2007	Elizabeth Gleadle, Walnut US
World Jr:	! 63.01m	7/10/2008	Vira Rebryk, UKR
Name	Year	Team	Prelims
=====			
Flight 1 Preliminaries			
1	519	Kovacs, Alanna	90 South Simcoe, ON, ON 43.49mq
			43.49m
2	661	Rowland, Brooke	94 York Univers, ON, ON 41.44mq
			37.65m 41.44m
3	316	Whalen, Chelsea	92 Launchers AT, NS, NS 38.64mq
			36.05m 38.64m FOUL
4	348	Parker, Karleigh	92 London Legio, ON, ON 37.11mq
			37.11m 36.21m 35.84m
5	105	Gauvin, Lindsay	92 Athlétisme C, NB, NB 33.83mq
			33.83m 30.10m 32.97m
6	161	Perry, Rebecca	92 Brockville L, ON, ON 33.23mq
			3.51m 33.23m 32.51m
7	285	Blondin, Julie-Ann	91 Gatineau, Fqa, QC 28.86m
			FOUL 28.86m FOUL
8	256	Ecklund, Kirsten	90 Excel Athlet, SK, SK 28.33m
			28.33m 22.66m 24.20m
Flight 2 Preliminaries			
1	120	Macauley, Laura L.	90 BC Athletics, BC, BC 44.81mq
			44.81m
2	124	Perkins, Tiffany	91 BC Athletics, BC, BC 40.29mq
			40.29m
3	647	Mackay, Tricia	90 Woodstock LE, ON, ON 37.27mq
			35.80m 37.27m 36.04m
4	518	Johnston, Madison	93 South Simcoe, ON, ON 36.26mq
			33.35m 36.26m FOUL
5	279	Black, Alexandra	90 Fredericton, NB, NB 35.90mq
			28.82m 28.38m 35.90m
6	211	Bélanger, Catherin	91 Corsaire Cha, Fqa, Q 35.51mq
			34.97m 35.51m 34.60m
7	498	Rak, Breanna	91 Saskatoon TF, SK, SK 31.84m
			29.53m 29.81m 31.84m
8	255	Dyck, Emma	91 Excel Athlet, SK, SK 23.04m
			23.04m FOUL FOUL

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Women Javelin Throw 600 g**

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=====
Cdn Jr Champ: @ 50.86m 2006 Elizabeth Gleadle, Ottawa
Cdn Jr Outdo: * 52.36m 4/13/2007 Elizabeth Gleadle, Walnut US
World Jr: ! 63.01m 7/10/2008 Vira Rebryk, UKR

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Name Year Team Finals
=====
Flight 1 Finals
1 519 Kovacs, Alanna 90 South Simcoe,ON, ON 46.73m
40.27m 46.73m FOUL 44.23m 45.36m FOUL
2 661 Rowland, Brooke 94 York Univers,ON, ON 46.10m
46.10m FOUL PASS FOUL PASS FOUL
3 120 Macauley, Laura L. 90 BC Athletics,BC, BC 45.97m
45.97m 43.78m FOUL 43.71m 43.19m 45.10m
4 124 Perkins, Tiffany 91 BC Athletics,BC, BC 41.61m
41.52m FOUL 41.61m FOUL FOUL 35.84m
5 647 Mackay, Tricia 90 Woodstock LE,ON, ON 39.16m
39.16m 35.56m 36.37m 38.88m FOUL FOUL
6 211 Bélanger, Catherin 91 Corsaire Cha,Fqa, Q 38.92m
FOUL 38.03m 38.92m 38.04m 36.23m 38.11m
7 348 Parker, Karleigh 92 London Legio,ON, ON 37.99m
37.96m 35.19m FOUL 37.42m 37.99m 36.58m
8 518 Johnston, Madison 93 South Simcoe,ON, ON 36.48m
FOUL 36.48m 34.78m 36.42m 36.35m 36.29m
9 105 Gauvin, Lindsay 92 Athlétisme C,NB, NB 36.05m
36.05m FOUL 31.64m
10 316 Whalen, Chelsea 92 Launchers AT,NS, NS 35.73m
FOUL 35.73m 35.64m
11 161 Perry, Rebecca 92 Brockville L,ON, ON 33.95m
31.84m 33.95m 33.58m
12 279 Black, Alexandra 90 Fredericton,NB, NB 32.77m
32.77m 31.05m 31.22m

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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Heptathlon: #2 Women 200 Meter**

Name	Year	Team	Finals	Points
Section 1      Wind: 1.3				
1	448	Storm, Zarria	93 Pacific Athl,BC, BC	26.76      732
2	402	Siuciak, Emma	93 Niagara Olym,ON, ON	27.03      709
3	407	Hicks, Heather	92 Niagara Regi,ON, ON	27.35      683
4	364	Dobransky, Johanna	91 London Weste,ON, ON	27.85      643
5	594	Macdonald, Samanth	92 Unattached-A,NB, NB	27.93      636
6	537	Gillett, Jaynell	90 Split City S,AB, AB	28.19      616
7	547	O'Donnell, Daniell	90 Stride Ahead,MB, MB	28.37      602
8	596	Macdonald, Brittan	91 Unattached-A,NS, NS	28.57      587
Section 2      Wind: 1.5				
1	144	Mcintosh, Rachael	91 Bluenose Ath,NS, NS	25.94      802
2	505	Rudell, Rita	91 Saugeen Trac,ON, ON	26.19      781
3	472	Schellenberg, Lean	90 Riversdale A,SK, SK	26.34      768
4	345	Harris, Meghan	90 London Legio,ON, ON	26.69      738
5	194	Wadden, Nicole	93 Chebucto Ath,NS, NS	27.19      696
6	336	Simpson, Lauren	91 Legacy Athle,AB, AB	27.95      635
7	490	Payne, Adrienne	90 Sarnia Athle,ON, ON	28.00      631

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Heptathlon: #5 Women 800 Meter**

Name	Year	Team	Finals	Points
Section 1				
1	144	Mcintosh, Rachael	91 Bluenose Ath,NS, NS	2:25.53 750
2	194	Wadden, Nicole	93 Chebucto Ath,NS, NS	2:29.46 700
3	345	Harris, Meghan	90 London Legio,ON, ON	2:29.81 695
4	505	Rudell, Rita	91 Saugeen Trac,ON, ON	2:29.97 693
5	547	O'Donnell, Daniell	90 Stride Ahead,MB, MB	2:30.37 688
6	402	Siuciak, Emma	93 Niagara Olym,ON, ON	2:36.80 610
7	594	Macdonald, Samanth	92 Unattached-A,NB, NB	2:37.88 597
8	490	Payne, Adrienne	90 Sarnia Athle,ON, ON	2:38.09 595
9	364	Dobransky, Johanna	91 London Weste,ON, ON	2:38.65 588
10	472	Schellenberg, Lean	90 Riversdale A,SK, SK	2:39.22 582
11	537	Gillett, Jaynell	90 Split City S,AB, AB	2:39.32 581
12	448	Storm, Zarria	93 Pacific Athl,BC, BC	2:40.39 568
13	407	Hicks, Heather	92 Niagara Regi,ON, ON	2:52.30 440
14	596	Macdonald, Brittan	91 Unattached-A,NS, NS	2:55.92 404

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Heptathlon: #1 Women 100 Meter Hurdles 33"**

Name	Year	Team	Finals	Points
Section 1      Wind: 2.8				
1	505	Rudell, Rita	91 Saugeen Trac, ON, ON	14.60      895
2	144	Mcintosh, Rachael	91 Bluenose Ath, NS, NS	14.83      864
3	345	Harris, Meghan	90 London Legio, ON, ON	14.85      862
4	126	Vicic, Andrea D.	92 BC Athletics, BC, BC	15.63      760
5	547	O'Donnell, Daniell	90 Stride Ahead, MB, MB	15.75      745
6	402	Siuciak, Emma	93 Niagara Olym, ON, ON	15.81      738
7	336	Simpson, Lauren	91 Legacy Athle, AB, AB	15.93      723
8	490	Payne, Adrienne	90 Sarnia Athle, ON, ON	16.40      666
Section 2      Wind: 1.6				
1	448	Storm, Zarria	93 Pacific Athl, BC, BC	15.72      749
2	194	Wadden, Nicole	93 Chebucto Ath, NS, NS	15.86      732
3	537	Gillett, Jaynell	90 Split City S, AB, AB	16.00      714
4	472	Schellenberg, Lean	90 Riversdale A, SK, SK	16.31      677
5	364	Dobransky, Johanna	91 London Weste, ON, ON	16.66      635
6	594	Macdonald, Samanth	92 Unattached-A, NB, NB	17.00      596
7	407	Hicks, Heather	92 Niagara Regi, ON, ON	18.05      483
8	596	Macdonald, Brittan	91 Unattached-A, NS, NS	19.12      379

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Heptathlon: #3 Women High Jump**

Name	Year Team	Finals	Points
<b>Flight 1</b>			
1 402 Siuciak, Emma	93 Niagara Olym, ON, ON	1.71m	867
1.50 1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74			
O O O P O XO O O XXX			
2 505 Rudell, Rita	91 Saugeen Trac, ON, ON	1.65m	795
1.56 1.59 1.62 1.65 1.68			
O P O XO XXX			
2 547 O'Donnell, Daniell	90 Stride Ahead, MB, MB	1.65m	795
1.50 1.53 1.56 1.59 1.62 1.65 1.68			
O P XO O XXO XXO XXX			
4 144 Mcintosh, Rachael	91 Bluenose Ath, NS, NS	1.62m	759
1.56 1.59 1.62 1.65			
O O XXO XXX			
5 448 Storm, Zarria	93 Pacific Athl, BC, BC	1.53m	655
1.44 1.47 1.50 1.53 1.56			
XXO XO XXO XO XXX			
5 594 Macdonald, Samanth	92 Unattached-A, NB, NB	1.53m	655
1.41 1.44 1.47 1.50 1.53 1.56			
O O O O XO XXX			
<b>Flight 2</b>			
1 364 Dobransky, Johanna	91 London Weste, ON, ON	1.56m	689
1.47 1.50 1.53 1.56 1.59			
O O O O XXX			
2 407 Hicks, Heather	92 Niagara Regi, ON, ON	1.50m	621
1.41 1.44 1.47 1.50 1.53			
O O O XO XXX			
2 336 Simpson, Lauren	91 Legacy Athle, AB, AB	1.50m	621
1.41 1.44 1.47 1.50 1.53			
O O XO XO XXX			
4 537 Gillett, Jaynell	90 Split City S, AB, AB	1.47m	588
1.41 1.44 1.47 1.50			
O O O XXX			
5 596 Macdonald, Brittan	91 Unattached-A, NS, NS	1.44m	555
1.35 1.38 1.41 1.44 1.47			
O O XO O XXX			
5 194 Wadden, Nicole	93 Chebucto Ath, NS, NS	1.44m	555
1.35 1.38 1.41 1.44 1.47			
O O O XO XXX			
7 472 Schellenberg, Lean	90 Riversdale A, SK, SK	1.41m	523
1.35 1.38 1.41 1.44			
O O O XXX			
8 490 Payne, Adrienne	90 Sarnia Athle, ON, ON	1.38m	491
1.35 1.38 1.41			
O O XXX			
8 345 Harris, Meghan	90 London Legio, ON, ON	1.38m	491
1.35 1.38 1.41			
O XO XXX			

**2009 Canadian Jr Track & Field Championships****Charlottetown, PEI - 7/17/2009 to 7/19/2009****Results****Heptathlon: #6 Women Long Jump**

Name	Year Team	Finals	Wind	Points
Flight 1				
1 537 Gillett, Jaynell	90 Split City S,AB, AB	5.07m	1.9	578
	5.07m(1.9) 4.94m(2.0) 4.97m(1.9)			
2 448 Storm, Zarria	93 Pacific Athl,BC, BC	5.04m	4.2	570
	4.77m(3.2) 4.78m(0.3) 5.04m(4.2)			
3 345 Harris, Meghan	90 London Legio,ON, ON	5.00m	3.6	559
	5.00m(3.6) 5.00m(-0.0) 4.76m(3.3)			
4 505 Rudell, Rita	91 Saugeen Trac,ON, ON	4.95m	2.5	546
	4.88m(2.0) 4.95m(2.5) FOUL(0.9)			
5 547 O'Donnell, Daniell	90 Stride Ahead,MB, MB	4.91m	3.4	535
	4.90m(3.1) 4.91m(3.4) 4.79m(1.3)			
6 594 Macdonald, Samanth	92 Unattached-A,NB, NB	4.85m	2.5	519
	4.77m(0.4) 4.85m(2.5) 4.72m(1.0)			
7 364 Dobransky, Johanna	91 London Weste,ON, ON	4.82m	2.3	511
	4.82m(2.3) 4.63m(-1.3) 4.79m(2.1)			
8 144 Mcintosh, Rachael	91 Bluenose Ath,NS, NS	4.74m	4.7	490
	4.74m(4.7) 4.68m(2.7) 3.79m(1.6)			
9 402 Siuciak, Emma	93 Niagara Olym,ON, ON	4.72m	3.6	485
	4.72m(3.6) 4.65m(2.0) 4.64m(2.2)			
10 596 Macdonald, Brittan	91 Unattached-A,NS, NS	4.65m	4.0	466
	4.65m(4.0) 4.52m(1.0) 4.60m(1.7)			
11 194 Wadden, Nicole	93 Chebucto Ath,NS, NS	4.59m	0.6	451
	4.59m(0.6) 4.29m(2.5) 4.25m(0.3)			
12 490 Payne, Adrienne	90 Sarnia Athle,ON, ON	4.54m	1.1	438
	FOUL(4.7) 4.54m(1.1) 4.50m(1.7)			
13 407 Hicks, Heather	92 Niagara Regi,ON, ON	4.53m	2.4	436
	4.53m(2.4) 4.44m(2.6) 4.43m(1.5)			
14 472 Schellenberg, Lean	90 Riversdale A,SK, SK	4.32m	1.5	384
	4.32m(1.5) 4.23m(0.7) 4.22m(0.2)			

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Heptathlon: #4 Women Shot Put 4 k**

Name	Year Team	Finals	Points
1 547 O'Donnell, Daniell 10.10m 10.59m 10.02m	90 Stride Ahead,MB, MB	10.59m	568
2 537 Gillett, Jaynell FOUL 10.35m 10.14m	90 Split City S,AB, AB	10.35m	552
3 472 Schellenberg, Lean 9.77m 9.97m 8.89m	90 Riversdale A,SK, SK	9.97m	527
4 144 Mcintosh, Rachael 8.82m 8.95m 9.64m	91 Bluenose Ath,NS, NS	9.64m	506
5 505 Rudell, Rita FOUL 9.53m 9.55m	91 Saugeen Trac,ON, ON	9.55m	500
6 336 Simpson, Lauren 9.33m 8.67m 9.09m	91 Legacy Athle,AB, AB	9.33m	486
7 490 Payne, Adrienne 8.97m 8.85m 8.65m	90 Sarnia Athle,ON, ON	8.97m	462
8 345 Harris, Meghan 8.66m 8.49m 7.63m	90 London Legio,ON, ON	8.66m	442
9 448 Storm, Zarria 7.10m 8.03m 7.88m	93 Pacific Athl,BC, BC	8.03m	401
10 596 Macdonald, Brittan 7.39m 7.86m 7.87m	91 Unattached-A,NS, NS	7.87m	391
11 402 Siuciak, Emma 7.26m 7.83m FOUL	93 Niagara Olym,ON, ON	7.83m	388
12 407 Hicks, Heather 7.23m 7.17m 7.71m	92 Niagara Regi,ON, ON	7.71m	381
13 594 Macdonald, Samanth 6.59m 6.76m 7.59m	92 Unattached-A,NB, NB	7.59m	373
14 364 Dobransky, Johanna 6.62m 6.39m 7.13m	91 London Weste,ON, ON	7.13m	343
15 194 Wadden, Nicole 6.75m 6.96m 6.95m	93 Chebucto Ath,NS, NS	6.96m	332



**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Heptathlon: #7 Women Javelin Throw 600 g**

Name	Year Team	Finals	Points
1 547 O'Donnell, Daniell 32.07m 26.46m 30.51m	90 Stride Ahead,MB, MB	32.07m	516
2 490 Payne, Adrienne 29.34m 27.49m 28.67m	90 Sarnia Athle,ON, ON	29.34m	464
3 194 Wadden, Nicole 29.14m 28.82m 28.62m	93 Chebucto Ath,NS, NS	29.14m	460
4 144 Mcintosh, Rachael 28.73m 27.50m 27.96m	91 Bluenose Ath,NS, NS	28.73m	453
5 472 Schellenberg, Lean 24.91m 26.60m 24.10m	90 Riversdale A,SK, SK	26.60m	412
6 505 Rudell, Rita 21.06m 25.33m 26.21m	91 Saugeen Trac,ON, ON	26.21m	405
7 594 Macdonald, Samanth 18.61m 25.13m 24.50m	92 Unattached-A,NB, NB	25.13m	385
8 596 Macdonald, Brittan 24.93m 23.41m 24.57m	91 Unattached-A,NS, NS	24.93m	381
9 448 Storm, Zarria 22.82m 21.78m 24.68m	93 Pacific Athl,BC, BC	24.68m	376
10 345 Harris, Meghan 17.66m 21.36m FOUL	90 London Legio,ON, ON	21.36m	314
11 402 Siuciak, Emma 17.76m 19.64m FOUL	93 Niagara Olym,ON, ON	19.64m	282
12 537 Gillett, Jaynell FOUL FOUL 19.36m	90 Split City S,AB, AB	19.36m	277
13 407 Hicks, Heather FOUL 16.09m 18.40m	92 Niagara Regi,ON, ON	18.40m	259
14 364 Dobransky, Johanna 16.05m 14.86m 16.67m	91 London Weste,ON, ON	16.67m	227

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Women Heptathlon**

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=====
Cdn Jr Champ: @ 5465 2000          Jessica Zelinka, Windsor (LaS
Cdn Jr Outdo: * 5688 10/21/2000  Jessica Zelinka, Santiago Chi
World Jr: ! 6542 8/10/2002      Carolina Klufft, SWE
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=====
Name                      Year Team                      Finals
=====
 1  144 Mcintosh, Rachael    91 Bluenose Ath,NS, NS          4624
 2  505 Rudell, Rita         91 Saugeen Trac,ON, ON          4615
 3  547 O'Donnell, Daniell   90 Stride Ahead,MB, MB          4449
 4  345 Harris, Meghan       90 London Legio,ON, ON          4101
 5  402 Siuciak, Emma        93 Niagara Olym,ON, ON          4079
 6  448 Storm, Zarria        93 Pacific Athl,BC, BC          4051
 7  194 Wadden, Nicole       93 Chebucto Ath,NS, NS          3926
 8  537 Gillett, Jaynell     90 Split City S,AB, AB          3906
 9  472 Schellenberg, Lean   90 Riversdale A,SK, SK          3873
10  594 Macdonald, Samanth    92 Unattached-A,NB, NB          3761
11  490 Payne, Adrienne       90 Sarnia Athle,ON, ON          3747
12  364 Dobransky, Johanna   91 London Weste,ON, ON          3636
13  407 Hicks, Heather       92 Niagara Regi,ON, ON          3303
14  596 Macdonald, Brittan   91 Unattached-A,NS, NS          3163
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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 100 Meter****24 Advance: Top 4 Each Heat plus Next 4 Best Times**

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=====
Cdn Jr Champ: @ 10.33 1994 Eric Frempong-Manso, Ottawa
Cdn Jr Outdo: * 10.26 7/30/2005 Justyn Warner, Windsor Ont
World Jr: ! 10.01 8/24/2003 Darrel Brown, TRI
Name Year Team Prelims
=====
Heat 1 Preliminaries Wind: 2.6
 1 443 Makinde, Oluwasegu 91 Ottawa Lions,ON, ON 10.69Q
 2 374 Omoruna, Ike 93 Mississauga,ON, ON 10.88Q
 3 568 Roque, Eric 90 Track North,ON, ON 10.90Q
 4 154 Hayle, Tyler 93 Brampton Tra,ON, ON 11.03Q
 5 327 Halford, Robert 92 Laurel Creek,ON, ON 11.19q
 6 180 Ivey, Richard 91 Carleton-Yor,NB, NB 11.22 11.218
 7 106 Doucet, Alexandre 92 Athlétisme C,NB, NB 11.60
Heat 2 Preliminaries Wind: 2.4
 1 164 Haynes, Akeem 92 Calgary Inte,AB, AB 10.62Q
 2 373 Nichol, Leonae 90 Mississauga,ON, ON 10.80Q
 3 458 Landrum, Vushaun 90 Phoenix Athl,ON, ON 10.85Q
 4 179 Gelowitz, Mason 91 Capital City,AB, AB 10.96Q
 5 303 Doonan, Michael 90 Heritage Hus,Fqa, Q 11.21q
 6 294 @demetre, Luke 90 Halifax Tige,NS, NS 11.50
Heat 3 Preliminaries Wind: 2.6
 1 135 Nathan, Andrew C. 90 BC Athletics,BC, BC 10.74Q
 2 700 **cho, Kyu-Won 91 Chebucto Ath,NS, NS 10.87Q
 3 241 Ferniuk, Taylor 90 Edmonton Spr 11.00Q
 4 619 Seymour, Sheldon 91 Valley Royal,BC, BC 11.14Q
 5 282 Bouchard, Jason 90 Fredericton,NB, NB 11.26
 6 582 Johnston, Trent 90 U OF C Athle,AB, AB 11.35
 7 110 Coholan, Alexandre 93 Athlétisme S,NB, NB 11.39
 8 231 Hastings Mate, Ale 90 Edmonton Oly,AB, AB 11.56
Heat 4 Preliminaries Wind: 3.3
 1 525 Chapman, Jared 90 South Simcoe,ON, ON 10.84Q 10.839
 2 252 Stanford, Carlisle 90 Etobicoke TR,ON, ON 10.84Q 10.840
 3 636 Macleod, Tyler 91 Windsor Legi,ON, ON 10.95Q
 4 214 Allard, Dominic 90 Coubertin,Fqa, QC 11.00Q
 5 470 White, Craig 90 Queen City S,SK, SK 11.20q
 6 199 Moore, Nicholas 91 Chebucto Ath,NS, NS 11.22q 11.211
 7 242 Torresan, Mason 91 Edmonton Spr 11.27
Heat 5 Preliminaries Wind: 2.9
 1 551 Bennett, Wayndale 90 Take Flight,ON, ON 10.60Q
 2 590 Mcphee, Stephen 91 Edmonton Spr,AB, AB 10.91Q
 3 213 Sévigny, Sébastien 91 Corsaire Cha,Fqa, Q 10.95Q
 4 357 Tesfaye, Gabriel 92 London Legio,ON, ON 11.18Q
 5 328 O'Donnell, Mitch 94 Laurel Creek,ON, ON 11.22 11.219
 6 307 Arsenault, Dillan 91 Islanders TR,Pei, P 11.40
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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Men 100 Meter**

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

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=====
Cdn Jr Champ: @ 10.33 1994          Eric Frempong-Manso, Ottawa
Cdn Jr Outdo: * 10.26 7/30/2005    Justyn Warner, Windsor Ont
World Jr: ! 10.01 8/24/2003        Darrel Brown, TRI
Name                               Year Team                               Semis
=====
Heat 1 Semi-Finals  Wind: 1.3
 1  551 Bennett, Wayndale  90 Take Flight,ON, ON  10.63Q
 2  373 Nichol, Leonae     90 Mississauga,ON, ON  10.74Q
 3  213 Sévigny, Sébastien 91 Corsaire Cha,Fqa, Q 11.02
 4  568 Roque, Eric        90 Track North,ON, ON 11.03
 5  154 Hayle, Tyler       93 Brampton Tra,ON, ON 11.12
 6  199 Moore, Nicholas    91 Chebucto Ath,NS, NS 11.38
Heat 2 Semi-Finals  Wind: 1.4
 1  164 Haynes, Akeem      92 Calgary Inte,AB, AB 10.53Q
 2  700 **cho, Kyu-Won     91 Chebucto Ath,NS, NS 10.81Q
 3  458 Landrum, Vushaun   90 Phoenix Athl,ON, ON 10.93q
 4  636 Macleod, Tyler    91 Windsor Legi,ON, ON 10.94
 5  214 Allard, Dominic    90 Coubertin,Fqa, QC  10.96
 6  525 Chapman, Jared     90 South Simcoe,ON, ON 11.03
 7  303 Doonan, Michael   90 Heritage Hus,Fqa, Q 11.28
 8  357 Tesfaye, Gabriel   92 London Legio,ON, ON 11.31
Heat 3 Semi-Finals  Wind: 2.0
 1  443 Makinde, Oluwasegu 91 Ottawa Lions,ON, ON 10.56Q
 2  135 Nathan, Andrew C.  90 BC Athletics,BC, BC 10.75Q
 3  374 Omoruna, Ike       93 Mississauga,ON, ON 10.89q
 4  241 Ferniuk, Taylor    90 Edmonton Spr  11.04
 5  179 Gelowitz, Mason    91 Capital City,AB, AB 11.09
 6  590 Mcphee, Stephen    91 Edmonton Spr,AB, AB 11.15
 7  470 White, Craig       90 Queen City S,SK, SK 11.18
 8  327 Halford, Robert    92 Laurel Creek,ON, ON 11.32
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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Men 100 Meter**

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=====
Cdn Jr Champ: @ 10.33 1994          Eric Frempong-Manso, Ottawa
Cdn Jr Outdo: * 10.26 7/30/2005    Justyn Warner, Windsor Ont
World Jr: ! 10.01 8/24/2003      Darrel Brown, TRI
Name                               Year Team                          Finals
=====
Section 1 Finals   Wind: 0.3
1   164 Haynes, Akeem          92 Calgary Inte,AB, AB          10.49
2   443 Makinde, Oluwasegu     91 Ottawa Lions,ON, ON          10.70
3   551 Bennett, Wayndale      90 Take Flight,ON, ON           10.73
4   373 Nichol, Leonae          90 Mississauga,ON, ON            10.88
5   135 Nathan, Andrew C.      90 BC Athletics,BC, BC          10.89
6   374 Omoruna, Ike            93 Mississauga,ON, ON            10.92
7   458 Landrum, Vushaun        90 Phoenix Athl,ON, ON          11.05
8   636 Macleod, Tyler          91 Windsor Legi,ON, ON          11.09

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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 200 Meter****16 Advance: Top 1 Each Heat plus Next 10 Best Times**

=====			
Name	Year	Team	Prelims
=====			
Cdn Jr Champ: @ 20.65	1994	Eric Frempong, Ottawa	
Cdn Jr Outdo: * 20.62	5/25/1991	Peter Ogilvie, Provo UT	
World Jr: ! 19.93	4/11/2004	Usain Bolt, JAM	
=====			
Heat 1 Preliminaries	Wind: 0.8		
1	135 Nathan, Andrew C.	90 BC Athletics,BC, BC	22.00Q
2	444 Monsour, Ramon	90 Ottawa Lions,ON, ON	22.13q
3	214 Allard, Dominic	90 Coubertin,Fqa, QC	22.89 22.884
4	582 Johnston, Trent	90 U OF C Athle,AB, AB	23.62
Heat 2 Preliminaries	Wind: 1.4		
1	636 Macleod, Tyler	91 Windsor Legi,ON, ON	22.28Q
2	487 Perron-Roelandts,	90 Saint Lauren,Fqa, Q	22.40q
3	303 Doonan, Michael	90 Heritage Hus,Fqa, Q	22.70q
4	241 Ferniuk, Taylor	90 Edmonton Spr	22.73
5	329 O'Donnell, Phil	91 Laurel Creek,ON, ON	22.90
6	213 Sévigny, Sébastien	91 Corsaire Cha,Fqa, Q	22.97
7	269 Brideau, Evan	93 Fast Tracks,NB, NB	24.82
Heat 3 Preliminaries	Wind: 2.4		
1	164 Haynes, Akeem	92 Calgary Inte,AB, AB	21.97Q
2	618 Trnkus, Michael	91 Univ Toronto,ON, ON	22.31q
3	557 Triumbari, Joseph	91 Take Flight,ON, ON	22.51q
4	599 Henley, Randy	90 Unattached-A,NS, NS	22.54q
5	550 Bennett, Kyle	93 Take Flight,ON, ON	22.57q
6	646 McMaster, Jamie	91 Winnipeg Opt	23.23
7	110 Coholan, Alexandre	93 Athletisme S,NB, NB	23.26
Heat 4 Preliminaries	Wind: 0.1		
1	551 Bennett, Wayndale	90 Take Flight,ON, ON	21.83Q
2	700 **cho, Kyu-Won	91 Chebucto Ath,NS, NS	22.89 22.883
3	242 Torresan, Mason	91 Edmonton Spr	23.15
4	439 Cavé, Gordon	91 Ottawa Lions,ON, ON	23.20
5	179 Gelowitz, Mason	91 Capital City,AB, AB	23.28
6	113 Stuart, Alex	92 Athletisme S,NB, NB	23.40
7	180 Ivey, Richard	91 Carleton-Yor,NB, NB	23.54
Heat 5 Preliminaries	Wind: 1.6		
1	138 Stewart, Rohan	90 BC Athletics,BC, BC	21.66Q
2	282 Bouchard, Jason	90 Fredericton,NB, NB	22.53q
3	585 Mayer, Bastian	90 U OF C Athle,AB, AB	23.12
4	284 Wang, David	90 Fredericton,NB, NB	23.53
Heat 6 Preliminaries	Wind: 0.7		
1	443 Makinde, Oluwasegu	91 Ottawa Lions,ON, ON	21.90Q
2	590 Mcphee, Stephen	91 Edmonton Spr,AB, AB	22.36q
3	458 Landrum, Vushaun	90 Phoenix Athl,ON, ON	22.37q
4	374 Omoruna, Ike	93 Mississauga,ON, ON	22.72
5	294 @demetre, Luke	90 Halifax Tige,NS, NS	23.05
6	264 Mcllellan, Ian	92 Excel Athlet,SK, SK	23.23

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 200 Meter**

Name	Year	Team	Finals
Cdn Jr Champ: @ 20.65	1994	Eric Frempong, Ottawa	
Cdn Jr Outdo: * 20.62	5/25/1991	Peter Ogilvie, Provo UT	
World Jr: ! 19.93	4/11/2004	Usain Bolt, JAM	
=====			
Section 1 Finals	Wind: 3.9		
1	590 Mcphee, Stephen	91 Edmonton Spr,AB, AB	22.03
2	458 Landrum, Vushaun	90 Phoenix Athl,ON, ON	22.08
3	282 Bouchard, Jason	90 Fredericton,NB, NB	22.29
4	557 Triumbari, Joseph	91 Take Flight,ON, ON	22.36
5	599 Henley, Randy	90 Unattached-A,NS, NS	22.41
6	303 Doonan, Michael	90 Heritage Hus,Fqa, Q	22.55
7	550 Bennett, Kyle	93 Take Flight,ON, ON	22.61
8	487 Perron-Roelandts,	90 Saint Lauren,Fqa, Q	22.64
Section 2 Finals	Wind: 3.8		
1	138 Stewart, Rohan	90 BC Athletics,BC, BC	20.92
2	164 Haynes, Akeem	92 Calgary Inte,AB, AB	21.04
3	551 Bennett, Wayndale	90 Take Flight,ON, ON	21.25
4	443 Makinde, Oluwasegu	91 Ottawa Lions,ON, ON	21.26
5	636 Macleod, Tyler	91 Windsor Legi,ON, ON	21.63
6	135 Nathan, Andrew C.	90 BC Athletics,BC, BC	21.66
7	444 Monsour, Ramon	90 Ottawa Lions,ON, ON	21.80
8	618 Trnkus, Michael	91 Univ Toronto,ON, ON	22.10

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 400 Meter****16 Advance: Top 1 Each Heat plus Next 11 Best Times**

=====			
Cdn Jr Champ:	@ 46.55	2006	Brian Barnett, Ottawa
Cdn Jr Outdo:	* 45.83	7/19/1997	Shane Niemi, Havana Cub
World Jr:	! 43.87	9/28/1988	Steve Lewis, USA
Name	Year	Team	Prelims
=====			
Heat 1 Preliminaries			
1	454	Hamilton, Andre	90 Phoenix Athl 49.73Q
2	266	Nystuen, Tait	91 Excel Athlet,SK, SK 50.45q
3	447	Warchol, Michal	90 Ottawa Lions,ON, ON 50.48q
4	464	Boudreau, Mathieu	91 Québec Endur,Fqa, Q 51.48
5	405	Easterbrook, Doug	91 Niagara Olym,ON, ON 51.66
6	329	O'Donnell, Phil	91 Laurel Creek,ON, ON 52.83
7	295	@hirtle, Justin	90 Halifax Tigers 54.31
8	480	Campbell, Michael	90 Saint John T,NB, NB 56.57
Heat 2 Preliminaries			
1	618	Trnkus, Michael	91 Univ Toronto,ON, ON 48.59Q
2	130	Forseth, Rowan J.	91 BC Athletics,BC, BC 50.08q
3	599	Henley, Randy	90 Unattached-A,NS, NS 51.06
4	238	@schadeck, Adrien	91 Edmonton Spr,AB, AB 51.13
5	240	Blimke, Kevin	90 Edmonton Spr,AB, AB 51.49
6	147	MacIennan, Cameron	92 Bluenose Ath,NS, NS 52.26
7	113	Stuart, Alex	92 Athletisme S,NB, NB 54.07
8	272	McGinn, Tommy	94 Fast Tracks,NB, NB 54.87
Heat 3 Preliminaries			
1	138	Stewart, Rohan	90 BC Athletics,BC, BC 48.88Q
2	437	Biocchi, Devin	92 Ottawa Lions,ON, ON 50.22q
3	237	@karakochuk, Mike	91 Edmonton Spr,AB, AB 50.87
4	235	@dymond, Justin	91 Edmonton Spr,AB, AB 51.14
5	178	Andrais, Greg	91 Capital City,AB, AB 52.04
6	284	Wang, David	90 Fredericton,NB, NB 52.36
7	146	Drennan, Jesse	93 Bluenose Ath,NS, NS 54.03
Heat 4 Preliminaries			
1	487	Perron-Roelandts,	90 Saint Lauren,Fqa, Q 49.17Q
2	439	Cavé, Gordon	91 Ottawa Lions,ON, ON 50.32q
3	175	Ratzlaff, Scott	90 Caltaf Athle,AB, AB 50.85q
4	302	Murray, Steven	93 Hamilton Oly,ON, ON 51.30
5	169	Billings, Forrest	91 Calgary Spar,AB, AB 51.36
6	360	Procter, Ben	90 London Runne,ON, ON 51.50
7	341	Ott, Andrew	91 Lethbridge T,AB, AB 52.71
8	145	Bond, Elijah	93 Bluenose Ath,NS, NS 54.01
Heat 5 Preliminaries			
1	557	Triumbari, Joseph	91 Take Flight,ON, ON 49.42Q
2	271	Gaudes, Adam	92 Fast Tracks,NB, NB 49.71q
3	406	Macdonald, Matt	90 Niagara Olym,ON, ON 49.95q
4	646	McMaster, Jamie	91 Winnipeg Opt 50.36q
5	585	Mayer, Bastian	90 U OF C Athle,AB, AB 50.49q
6	309	Smith, Spencer	92 Islanders TR,Pei, P 50.69q
7	383	Tree, Andrew	91 Motley Crew,NB, NB 53.01
8	269	Brideau, Evan	93 Fast Tracks,NB, NB 53.83



**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 400 Meter**

Name	Year	Team	Finals
=====			
Cdn Jr Champ: @ 46.55	2006	Brian Barnett, Ottawa	
Cdn Jr Outdo: * 45.83	7/19/1997	Shane Niemi, Havana Cub	
World Jr: ! 43.87	9/28/1988	Steve Lewis, USA	
=====			
Section 1 Finals			
1 439 Cavé, Gordon	91	Ottawa Lions, ON, ON	50.34
2 266 Nystuen, Tait	91	Excel Athlet, SK, SK	50.42
3 309 Smith, Spencer	92	Islanders TR, Pei, P	50.95
4 437 Biocchi, Devin	92	Ottawa Lions, ON, ON	50.99
5 447 Warchol, Michal	90	Ottawa Lions, ON, ON	51.12
6 646 McMaster, Jamie	91	Winnipeg Opt	51.29
7 175 Ratzlaff, Scott	90	Caltaf Athle, AB, AB	51.51
8 585 Mayer, Bastian	90	U OF C Athle, AB, AB	52.52
Section 2 Finals			
1 138 Stewart, Rohan	90	BC Athletics, BC, BC	47.96
2 618 Trnkus, Michael	91	Univ Toronto, ON, ON	48.61
3 454 Hamilton, Andre	90	Phoenix Athl	48.85
4 557 Triumbari, Joseph	91	Take Flight, ON, ON	49.05
5 487 Perron-Roelandts,	90	Saint Lauren, Fqa, Q	49.24
6 130 Forseth, Rowan J.	91	BC Athletics, BC, BC	50.21
7 271 Gaudes, Adam	92	Fast Tracks, NB, NB	50.22
8 406 Macdonald, Matt	90	Niagara Olym, ON, ON	50.49

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 800 Meter****24 Advance: Top 2 Each Heat plus Next 16 Best Times**

=====			
Cdn Jr Champ:	@ 1:49.72	1992	Kevin Sullivan, Winnipeg
Cdn Jr Outdo:	* 1:46.60	6/23/2001	Nathan Brannen, Edmonton AB
World Jr:	! 1:42.69	6/6/2008	Abubaker Kaki, SUD
Name	Year	Team	Prelims
=====			
Heat 1 Preliminaries			
1	222	Langridge, Jordan	90 Durham Drago, ON, ON 1:56.16Q
2	476	Romaniw, Anthony	91 Runners Edge, ON, ON 1:56.24Q
3	351	La Marra, Paul	92 London Legio, ON, ON 1:56.92q
4	466	Lapointe, Jean-Sam	91 Québec Endur, Fqa, Q 1:57.09q
5	296	Reddy, Matthew	90 Halifax Tige, NS, NS 1:57.47q
6	335	Ward, Adam	91 Leduc Track, AB, AB 1:58.81
7	626	Brunet, Martin	90 Vaudreuil-Do, Fqa, Q 1:58.85
8	175	Ratzlaff, Scott	90 Caltaf Athle, AB, AB 1:59.07
9	333	Hacking, Donovan	92 Leduc Track, AB, AB 2:02.07
10	634	Janikowski, Paul	92 Windsor Legi, ON, ON 2:02.75
11	654	Andrews, Bradley	92 Yhz, NS, NS 2:05.20
Heat 2 Preliminaries			
1	247	Kornelsen, Isaak	91 Edmonton Thu, AB, AB 1:54.52Q
2	127	Bruchet, Lucas	91 BC Athletics, BC, BC 1:54.55Q
3	546	Schiavone, Trevor	91 St. Albert T, AB, AB 1:54.62q
4	616	Cruickshank, Andre	90 Univ Toronto, ON, ON 1:55.79q
5	331	Salmon, Trevor	91 Laurel Creek, ON, ON 1:57.68q
6	253	Tapley, Ryan	93 Etobicoke TR, ON, ON 1:58.35q
7	340	Dorosz, Sam	90 Lethbridge T, AB, AB 1:59.32
8	504	Olynuk, Evan	91 Saskatoon TF, SK, SK 2:01.76
9	265	Middlemiss, Michae	92 Excel Athlet, SK, SK 2:09.27
--	330	Outhit, Connor	92 Laurel Creek, ON, ON DNF
Heat 3 Preliminaries			
1	130	Forseth, Rowan J.	91 BC Athletics, BC, BC 1:54.81Q
2	207	Parent-Pichette, V	91 Club D'Athlé, Fqa, Q 1:54.97Q
3	637	Malette, John Paul	91 Windsor Legi, ON, ON 1:55.18q
4	441	Kennedy, Aidan	90 Ottawa Lions, ON, ON 1:58.31q
5	251	Grieve, Kyle	93 Etobicoke TR, ON, ON 1:58.43q
6	147	MacLennan, Cameron	92 Bluenose Ath, NS, NS 1:58.53q
7	465	Labranche, Jean-Da	91 Québec Endur, Fqa, Q 1:58.65q
8	405	Easterbrook, Doug	91 Niagara Olym, ON, ON 2:00.85
9	270	Forbes, Ian	92 Fast Tracks, NB, NB 2:01.48
10	272	McGinn, Tommy	94 Fast Tracks, NB, NB 2:03.01
11	406	Macdonald, Matt	90 Niagara Olym, ON, ON 2:03.82
Heat 4 Preliminaries			
1	412	Miedema, Chris	91 Niagara Regi, ON, ON 1:55.70Q
2	455	Charlton, Ryan	90 Phoenix Athl, ON, ON 1:55.85Q
3	360	Procter, Ben	90 London Runne, ON, ON 1:56.50q
4	208	Raymond, Benjamin	92 Club D'Athlé, Fqa, Q 1:57.00q
5	544	Fortin, Emmanuel	90 St-Jean Olym, Fqa, Q 1:57.29q
6	581	Homer, Jeffrey	90 U OF C Athle, AB, AB 1:57.75q
7	339	Bocksnick, Jackson	92 Lethbridge T, AB, AB 1:58.83
8	219	Tramble, Kyle	90 Dartmouth AT, NS, NS 1:59.28
9	381	Jacobs, Mike	92 Motley Crew, NB, NB 1:59.52
10	438	Boast, Cody	91 Ottawa Lions, ON, ON 2:00.83
11	480	Campbell, Michael	90 Saint John T, NB, NB 2:08.32

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 800 Meter**

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=====
Cdn Jr Champ: @ 1:49.72 1992 Kevin Sullivan, Winnipeg
Cdn Jr Outdo: * 1:46.60 6/23/2001 Nathan Brannen, Edmonton AB
World Jr: ! 1:42.69 6/6/2008 Abubaker Kaki, SUD

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=====
Name Year Team Finals
=====
Section 1 Finals
1 441 Kennedy, Aidan 90 Ottawa Lions,ON, ON 1:57.72
2 466 Lapointe, Jean-Sam 91 Québec Endur,Fqa, Q 1:57.74
3 351 La Marra, Paul 92 London Legio,ON, ON 1:58.08
4 544 Fortin, Emmanuel 90 St-Jean Olym,Fqa, Q 1:58.50
5 253 Tapley, Ryan 93 Etobicoke TR,ON, ON 1:59.24
6 331 Salmon, Trevor 91 Laurel Creek,ON, ON 1:59.77
7 208 Raymond, Benjamin 92 Club D'Athlé,Fqa, Q 2:00.20
8 251 Grieve, Kyle 93 Etobicoke TR,ON, ON 2:00.51
9 465 Labranche, Jean-Da 91 Québec Endur,Fqa, Q 2:00.52
10 147 Maclellan, Cameron 92 Bluenose Ath,NS, NS 2:01.86
11 581 Homer, Jeffrey 90 U OF C Athle,AB, AB 2:11.89
12 296 Reddy, Matthew 90 Halifax Tige,NS, NS 2:21.12

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Section 2 Finals
1 476 Romaniw, Anthony 91 Runners Edge,ON, ON 1:52.51
2 222 Langridge, Jordan 90 Durham Drago,ON, ON 1:53.28
3 637 Malette, John Paul 91 Windsor Legi,ON, ON 1:54.41
4 130 Forseth, Rowan J. 91 BC Athletics,BC, BC 1:54.45
5 247 Kornelsen, Isaak 91 Edmonton Thu,AB, AB 1:55.06
6 207 Parent-Pichette, V 91 Club D'Athlé,Fqa, Q 1:55.07
7 412 Miedema, Chris 91 Niagara Regi,ON, ON 1:55.13
8 360 Procter, Ben 90 London Runne,ON, ON 1:56.95
9 616 Cruickshank, Andre 90 Univ Toronto,ON, ON 1:57.38
10 127 Bruchet, Lucas 91 BC Athletics,BC, BC 1:57.88
11 546 Schiavone, Trevor 91 St. Albert T,AB, AB 2:00.41
12 455 Charlton, Ryan 90 Phoenix Athl,ON, ON 2:02.89

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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 1500 Meter****30 Advance: Top 3 Each Heat plus Next 15 Best Times**

=====			
Cdn Jr Champ: @	3:46.48	1985	Andrew McGuigan, Burnaby
Cdn Jr Outdo: *	3:39.11	9/20/1992	Kevin Sullivan, Seoul Kor
World Jr: !	3:30.24	7/17/2002	Cornelius Chirchir, KEN
Name	Year	Team	Prelims
=====			
Heat 1 Preliminaries			
1	334	Robertson, Karl	91 Leduc Track,AB, AB 3:57.19Q
2	563	Kuternin, Aleks	90 Toronto Olym,ON, ON 3:57.32Q
3	413	Rae, Jeremy	91 Niagara Regi,ON, ON 3:57.46Q
4	634	Janikowski, Paul	92 Windsor Legi,ON, ON 3:58.76q
5	340	Dorosoz, Sam	90 Lethbridge T,AB, AB 3:59.20q
6	570	Ikram, Soaib	90 Tri City Tra,ON, ON 4:02.42q
7	416	Cassidy, Ryan	93 O2,NB, NB 4:02.45q
8	375	Wright, Kevin	90 Mississauga,ON, ON 4:05.32q
9	586	Sportak, Kenton	91 U OF C Athle,AB, AB 4:06.64q
10	566	Cargill, Chantry	90 Track North,ON, ON 4:07.38q
11	218	Doucette, Jonah	92 Dartmouth AT,NS, NS 4:27.18
Heat 2 Preliminaries			
1	396	Denault, Robert	93 Newmarket HU,ON, ON 3:59.25Q
2	127	Bruchet, Lucas	91 BC Athletics,BC, BC 3:59.37Q
3	637	Malette, John Paul	91 Windsor Legi,ON, ON 3:59.58Q
4	466	Lapointe, Jean-Sam	91 Québec Endur,Fqa, Q 4:00.32q
5	567	Proudfoot, Ross	92 Track North,ON, ON 4:00.70q
6	330	Outhit, Connor	92 Laurel Creek,ON, ON 4:03.18q
7	457	Holmes, Stephen	90 Phoenix Athl,ON, ON 4:04.75q
8	361	Walsh, Jeremy	90 London Runne,ON, ON 4:04.89q
9	159	Quinn, David	91 Brighton Leg,ON, ON 4:05.82q
10	265	Middlemiss, Michae	92 Excel Athlet,SK, SK 4:09.80q
11	187	Wood, Nicholas	92 Central Nova,NS, NS 4:30.35
Heat 3 Preliminaries			
1	535	Jackson, Rob	90 Speed River,ON, ON 4:00.84Q
2	370	O'Grady, Patrick	90 Mercury Athl,NL, NL 4:01.21Q
3	569	Ikram, Shoaib	90 Tri City Tra,ON, ON 4:01.33Q
4	137	Smith, Jordan	90 BC Athletics,BC, BC 4:01.39q
5	368	De Vries, Thomas	92 London Weste,ON, ON 4:04.15q
6	639	Patterson, Andrew	90 Windsor Legi,ON, ON 4:06.45q
7	382	Murphy, James	91 Motley Crew,NB, NB 4:07.76q
8	477	Bouchard, Frédéric	91 Saguenay Lac,Fqa, Q 4:10.59q
9	395	Denault, Alex	91 Newmarket HU,ON, ON 4:11.48q
10	600	Lewis, Daniel	91 Unattached-A,NS, NS 4:14.27q

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Men 1500 Meter**

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=====
Cdn Jr Champ: @ 3:46.48 1985          Andrew McGuigan, Burnaby
Cdn Jr Outdo: * 3:39.11 9/20/1992    Kevin Sullivan, Seoul Kor
World Jr: ! 3:30.24 7/17/2002    Cornelius Chirchir, KEN
Name                    Year Team                          Finals
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Section 1 Finals

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1  413 Rae, Jeremy          91 Niagara Regi,ON, ON    3:53.94
2  127 Bruchet, Lucas       91 BC Athletics,BC, BC    3:54.99
3  563 Kuternin, Aleks      90 Toronto Olym,ON, ON    3:55.84
4  637 Malette, John Paul   91 Windsor Legi,ON, ON    3:56.05
5  334 Robertson, Karl      91 Leduc Track,AB, AB     3:58.40
6  634 Janikowski, Paul     92 Windsor Legi,ON, ON    4:00.15
7  137 Smith, Jordan        90 BC Athletics,BC, BC    4:00.64
8  370 O'Grady, Patrick     90 Mercury Athl,NL, NL    4:00.86
9  535 Jackson, Rob         90 Speed River,ON, ON     4:01.19
10 466 Lapointe, Jean-Sam   91 Québec Endur,Fqa, Q    4:01.36
11 396 Denault, Robert      93 Newmarket HU,ON, ON    4:01.54
12 567 Proudfoot, Ross     92 Track North,ON, ON     4:03.99
13 340 Dorosz, Sam          90 Lethbridge T,AB, AB    4:05.37
14 569 Ikram, Shoaib        90 Tri City Tra,ON, ON    4:17.69
15 570 Ikram, Soaib         90 Tri City Tra,ON, ON    4:19.64

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Section 2 Finals

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1  639 Patterson, Andrew    90 Windsor Legi,ON, ON    4:03.64
2  586 Sportak, Kenton      91 U OF C Athle,AB, AB    4:05.30
3  457 Holmes, Stephen      90 Phoenix Athl,ON, ON    4:06.69
4  159 Quinn, David         91 Brighton Leg,ON, ON    4:06.97
5  416 Cassidy, Ryan        93 O2,NB, NB              4:07.20
6  382 Murphy, James         91 Motley Crew,NB, NB     4:07.81
7  330 Outhit, Connor       92 Laurel Creek,ON, ON    4:08.47
8  375 Wright, Kevin        90 Mississauga,ON, ON     4:09.11
9  265 Middlemiss, Michae  92 Excel Athlet,SK, SK    4:10.08
10 361 Walsh, Jeremy        90 London Runne,ON, ON    4:13.58

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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 5000 Meter**

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=====
Cdn Jr Champ: @ 14:11.77 1983          John Castellano, Montreal
Cdn Jr Outdo: * 13:43.80 6/2/1962     Bruce Kidd, Compton Ca
World Jr: ! 12:52.61 6/2/2003       Eliud Kipchoge, KEN
Name                               Year Team                               Finals
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## Section 1

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=====
1   404 Ahmed, Mohammed           91 Niagara Olym,ON, ON   14:37.81
2   479 Britt, Barry              90 Saint John T,NB, NB   14:58.44
3   463 Boisvert, Emmanuel        91 Québec Endur,Fqa, Q   15:15.96
4   368 De Vries, Thomas          92 London Weste,ON, ON   15:18.22
5   635 Kowalsky, Andrew          92 Windsor Legi,ON, ON   15:23.91
6   528 Pesce, Michael            92 South Simcoe,ON, ON   15:27.02
7   311 Nixon, Andrew             91 Lakehead Ath,ON, ON   15:40.67
8   156 Bolton, Joshua            90 Brantford T.,ON, ON   15:42.12
9   566 Cargill, Chantry          90 Track North,ON, ON    15:49.82
10  308 Mcguire, Connor           91 Islanders TR,Pei, P   15:51.95
11  248 Law, Graeme               90 Edmonton Thu,AB, AB   15:54.23
12  655 Bergman, Joel            91 Yhz,NS, NS            16:01.92
13  393 Davenport, Ethan          90 Newmarket HU,ON, ON   16:05.52
14  417 Pellerin, J  r  mie       93 O2,NB, NB             16:08.14
15  513 Mavrovic, Alex            91 Sherbrooke,Fqa, QC    16:11.98
16  380 Cleghorn, Jonathan        90 Motley Crew,NB, NB    16:17.21
17  482 Mcneil, Matthew           93 Saint John T,NB, NB   16:40.32
--  567 Proudfoot, Ross          92 Track North,ON, ON    DNF
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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 110 Meter Hurdles 39"****16 Advance: Top 2 Each Heat plus Next 10 Best Times**

```

=====
Cdn Jr Champ: @ 13.83 7/18/2009 Gregory Macneill, LONDON LEGI
Cdn Jr Outdo: * 13.72 6/14/2009 Gregory MacNeil, London Ont
World Jr: ! 13.12 7/2/2002 Liu Xiang, CHN
Name Year Team Prelims
=====
Heat 1 Preliminaries Wind: 2.0
 1 354 Macneill, Gregory 92 London Legio,ON, ON 14.13Q
 2 314 Chevrette-Belisle, 90 Lanaudiere-O,Fqa, Q 14.54Q
 3 301 Fanning, Conor 90 Hamilton Oly,ON, ON 14.86q
 4 358 Wilhelm, Branden 92 London Legio,ON, ON 15.16q
 5 355 Roth, Austin 90 London Legio,ON, ON 15.21q
 6 584 Little, Zachary 90 U OF C Athle,AB, AB 16.11
Heat 2 Preliminaries Wind: 1.4
 1 461 @moseley, Ingvar 91 Project Athl,ON, ON 14.52Q
 2 315 El Hanbli, Gabriel 90 Lanaudiere-O,Fqa, Q 14.71Q
 3 623 Daly-Grafstein, Ma 91 Vancouver TH,BC, BC 14.98q
 4 264 Mcllellan, Ian 92 Excel Athlet,SK, SK 15.35q
 5 436 Bell, Spencer 91 Ottawa Lions,ON, ON 15.77q
 6 227 Savard, Simon-Gabr 91 Durham Legio,ON, ON 16.04
 7 215 Tremblay, Étienne 91 Coubertin,Fqa, QC 16.97
Heat 3 Preliminaries Wind: 2.6
 1 212 Léveillé, Simon 90 Corsaire Cha,Fqa, Q 13.96Q
 2 615 Chan, Daniel 91 Univ Toronto,ON, ON 14.45Q
 3 491 Drouin, Derek 90 Sarnia Athle,ON, ON 14.46q
 4 502 Arndt, Andrew 90 Saskatoon TF,SK, SK 14.82q
 5 442 Mabaleka, Bukhosi 90 Ottawa Lions,ON, ON 15.35q
 6 172 South, Garrett 90 Calgary Warr,AB, AB 15.58q
 7 106 Doucet, Alexandre 92 Athlétisme C,NB, NB 16.01
=====

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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 110 Meter Hurdles 39"**

```
=====
Cdn Jr Champ: @ 13.83 7/18/2009 Gregory Macneill, LONDON LEGI
Cdn Jr Outdo: * 13.72 6/14/2009 Gregory MacNeil, London Ont
World Jr: ! 13.12 7/2/2002 Liu Xiang, CHN
=====
```

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Name Year Team Finals
=====
```

## Section 1 Finals Wind: 1.5

1	354	Macneill, Gregory	92 London Legio, ON, ON	13.83@
2	212	Léveillé, Simon	90 Corsaire Cha, Fqa, Q	13.95
3	461	@moseley, Ingvar	91 Project Athl, ON, ON	14.24
4	315	El Hanbli, Gabriel	90 Lanaudiere-O, Fqa, Q	14.33
5	491	Drouin, Derek	90 Sarnia Athle, ON, ON	14.52
6	314	Chevrette-Belisle,	90 Lanaudiere-O, Fqa, Q	14.64
7	502	Arndt, Andrew	90 Saskatoon TF, SK, SK	15.18
--	615	Chan, Daniel	91 Univ Toronto, ON, ON	DNF

## Section 2 Finals Wind: 1.2

1	442	Mabaleka, Bukhosi	90 Ottawa Lions, ON, ON	14.92
2	301	Fanning, Conor	90 Hamilton Oly, ON, ON	14.93
3	623	Daly-Grafstein, Ma	91 Vancouver TH, BC, BC	15.01
4	358	Wilhelm, Branden	92 London Legio, ON, ON	15.20
5	355	Roth, Austin	90 London Legio, ON, ON	15.27
6	264	Mclellan, Ian	92 Excel Athlet, SK, SK	15.68
7	436	Bell, Spencer	91 Ottawa Lions, ON, ON	15.86
8	172	South, Garrett	90 Calgary Warr, AB, AB	16.44



**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 400 Meter Hurdles 36"****16 Advance: Top 2 Each Heat plus Next 10 Best Times**

```

=====
Cdn Jr Champ: @ 51.28 1984          John Graham, Edmonton
Cdn Jr Outdo: * 50.92 5/3/1997     Nick Stewart, Bozeman Mon
World Jr: ! 48.02 6/17/1984       Danny Harris, USA
Name                               Year Team                          Prelims
=====
Heat 1 Preliminaries
  1  315 El Hanbli, Gabriel          90 Lanaudiere-O,Fqa, Q              53.40Q
  2  436 Bell, Spencer              91 Ottawa Lions,ON, ON              55.96Q
  3  266 Nystuen, Tait              91 Excel Athlet,SK, SK              56.60q
  4  326 Grant, Oliver              91 Laurel Creek,ON, ON              56.65q
  5  502 Arndt, Andrew              90 Saskatoon TF,SK, SK              58.08q
  6  178 Andrais, Greg              91 Capital City,AB, AB              1:01.79
  7  196 Bellefontaine, Mat         92 Chebucto Ath,NS, NS              1:04.61
Heat 2 Preliminaries
  1  314 Chevrette-Belisle,         90 Lanaudiere-O,Fqa, Q              56.10Q
  2  461 @moseley, Ingvar           91 Project Athl,ON, ON              56.23Q
  3  171 Prajea, Mihai              91 Calgary Warr,AB, AB              56.37q
  4  641 Reid, Matthew              91 Windsor Legi,ON, ON              56.72q
  5  541 Harris, Tayler             91 ST Thomas LE,ON, ON              57.31q
  6  446 Smithers, Cameron          91 Ottawa Lions,ON, ON              57.48q
  7  112 Robertson, Chris          92 Athletisme S,NB, NB              1:01.30
Heat 3 Preliminaries
  1  352 Leitch, Scott              90 London Legio,ON, ON              54.66Q
  2  615 Chan, Daniel                91 Univ Toronto,ON, ON              55.29Q
  3  373 Nichol, Leonae             90 Mississauga,ON, ON              57.07q
  4  625 Pitt, Brynlynn            90 Vancouver TH,BC, BC              57.09q
  5  225 Adrian, Ryan               91 Durham Legio,ON, ON              57.11q
  6  301 Fanning, Conor             90 Hamilton Oly,ON, ON              59.67
=====

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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 400 Meter Hurdles 36"**

=====			
Name	Year	Team	Finals
=====			
Cdn Jr Champ: @	51.28	1984	John Graham, Edmonton
Cdn Jr Outdo: *	50.92	5/3/1997	Nick Stewart, Bozeman Mon
World Jr: !	48.02	6/17/1984	Danny Harris, USA
=====			
Section 1 Finals			
1	446	Smithers, Cameron	91 Ottawa Lions, ON, ON 55.60
2	641	Reid, Matthew	91 Windsor Legi, ON, ON 56.84
3	373	Nichol, Leonae	90 Mississauga, ON, ON 56.89
4	326	Grant, Oliver	91 Laurel Creek, ON, ON 56.92
5	625	Pitt, Brynlynn	90 Vancouver TH, BC, BC 57.33
6	225	Adrian, Ryan	91 Durham Legio, ON, ON 57.39
--	541	Harris, Tayler	91 ST Thomas LE, ON, ON DNF
Section 2 Finals			
1	315	El Hanbli, Gabriel	90 Lanaudiere-O, Fqa, Q 51.79
2	352	Leitch, Scott	90 London Legio, ON, ON 53.36
3	615	Chan, Daniel	91 Univ Toronto, ON, ON 53.45
4	266	Nystuen, Tait	91 Excel Athlet, SK, SK 54.64
5	171	Prajea, Mihai	91 Calgary Warr, AB, AB 55.28
6	436	Bell, Spencer	91 Ottawa Lions, ON, ON 55.33
7	314	Chevrette-Belisle,	90 Lanaudiere-O, Fqa, Q 55.54
8	461	@moseley, Ingvar	91 Project Athl, ON, ON 58.36

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Men 3000 Meter Steeplechase 36"**

```

=====
Cdn Jr Champ: @ 8:49.20 2005 Alex Genest, Montreal (CR)
Cdn Jr Outdo: * 8:37.83 6/14/2005 Alexandre Genest, Burnaby B
World Jr: ! 7:58.66 10/15/1982 Saif Saaeed Shaheen, KEN
Name Year Team Finals
=====

```

Section 1

1	148	Wolter, Mattias	91	Bluenose Ath,NS, NS	9:18.14
2	642	Smith, Daryl	91	Windsor Legi,ON, ON	9:21.64
3	162	Smith, Jacob	90	Brockville L,ON, ON	9:25.52
4	132	Haight, Dylan	91	BC Athletics,BC, BC	9:27.98
5	394	Degroot, Andrew	91	Newmarket HU,ON, ON	9:34.47
6	477	Bouchard, Frédéric	91	Saguenay Lac,Fqa, Q	9:45.21
7	254	Wanuch, Nathan	90	Etobicoke TR,ON, ON	9:48.07
8	514	Kent, Justin	92	South Fraser Tra,BC	9:50.92
9	506	Collison, Jordan	91	Saugeen Trac,ON, ON	9:56.51
10	248	Law, Graeme	90	Edmonton Thu,AB, AB	10:03.72
11	160	Rhebergen, Julian	91	Brighton Leg,ON, ON	10:13.35
12	536	Pigeon, Greg	91	Speed River,ON, ON	10:24.81
13	392	Bourgeois, Michael	93	Newmarket HU,ON, ON	10:51.77



**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 4x100 Meter Relay**

```

=====
Cdn Jr Champ: @ 42.40 7/19/2009 TAKE FLIGHT ATHLETICS, TAKE F
                  K Douglas, W Bennett, J Zorzella, K Bennett
Cdn Jr Outdo: * 39.64 8/6/2006 , Nassau Bah
                  Justyn Warner, Seyi Douglas, R Richards, John Graham
World Jr: ! 38.66 7/18/2004 United States, USA
                  K.Trell, O.Abidemi, W.Ivory, M.LaShawn

```

Team Finals

```

=====
-- Nova Scotia Canada Games 'A' SCR
  1) 294 @demetre, Luke 90 2) 201 Myketyn, Brett 91
  3) 599 Henley, Randy 90 4) 196 Bellefontaine, Matthew 92
-- New Brunswick Athletics T 'A' SCR
  1) 113 Stuart, Alex 92 2) 282 Bouchard, Jason 90
  3) 106 Doucet, Alexandre 92 4) 180 Ivey, Richard 91
-- Edmonton Sprint Academy T 'B' SCR
-- BC Athletics 'A' SCR
  1) 135 Nathan, Andrew C. 90 2) 131 Gallagher, Robert 91
  3) 623 Daly-Grafstein, Matthew 91 4) 138 Stewart, Rohan 90
Section 1
1 Take Flight Athletics 'A' 42.40@
  1) 555 Douglas, Kadeem 90 2) 551 Bennett, Wayndale 90
  3) 560 Zorzella, Jacob 90 4) 550 Bennett, Kyle 93
2 Edmonton Sprint Academy T 'A' 42.45
  1) 240 Blimke, Kevin 90 2) 242 Torresan, Mason 91
  3) 241 Ferniuk, Taylor 90 4) 590 Mcphee, Stephen 91
3 Ottawa Lions T.F.C. 'A' 42.52
  1) 437 Biocchi, Devin 92 2) 443 Makinde, Oluwasegun 91
  3) 446 Smithers, Cameron 91 4) 444 Monsour, Ramon 90
4 London Legion Track & Fie 'A' 43.35
  1) 354 Macneill, Gregory 92 2) 352 Leitch, Scott 90
  3) 356 Stewart, Taylor 91 4) 357 Tesfaye, Gabriel 92

```

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 4x400 Meter Relay Provincial**

```

=====
Cdn Jr Champ: @ 3:18.88 7/19/2009 Ontario Select, Ontartio Se
                J Triumbari, R Charlton, A Hamilton, M Trnkus
Team                                                    Finals
=====
1 Ontario Select 'A'                                     3:18.88@
  1) 557 Triumbari, Joseph 91                2) 455 Charlton, Ryan 90
  3) 454 Hamilton, Andre 90                  4) 618 Trnkus, Michael 91
2 BC Athletics 'A'                                       3:21.10
  1) 129 Filipek, Nathan 91                   2) 127 Bruchet, Lucas 91
  3) 130 Forseth, Rowan J. 91                 4) 138 Stewart, Rohan 90
3 Team Alberta 'A'                                       3:25.39
  1) 585 Mayer, Bastian 90                    2) 334 Robertson, Karl 91
  3) 175 Ratzlaff, Scott 90                  4) 581 Homer, Jeffrey 90
4 Nova Scotia Canada Games 'A'                         3:29.85
  1) 296 Reddy, Matthew 90                   2) 294 @demetre, Luke 90
  3) 295 @hirtle, Justin 90                 4) 599 Henley, Randy 90
5 New Brunswick Athletics T 'A'                       3:30.34
  1) 110 Coholan, Alexandre 93              2) 284 Wang, David 90
  3) 113 Stuart, Alex 92                    4) 271 Gaudes, Adam 92
=====

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**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men 4x400 Meter Relay**

```

=====
Cdn Jr Champ: @ 3:20.05 7/19/2009 OTTAWA LIONS T.F.C., OTTAWA
                  O Makinde, D Biocchi, M Warchol, G Cavé
Cdn Jr Outdo: * 3:08.92 8/25/1984 , Nassau Bah
                  B. Whyte, N, Douglas, R. Richards, J. Graham
World Jr: ! 3:01.09 7/18/2004 United States, USA
                  C.Kerron,C.Jason,M,Lashawn,J,Brandon
  
```

Team Finals

```

=====
-- New Brunswick Athletics T 'A' SCR
  1) 110 Coholan, Alexandre 93      2) 284 Wang, David 90
  3) 113 Stuart, Alex 92             4) 271 Gaudes, Adam 92
-- Team Alberta 'A' SCR
  1) 585 Mayer, Bastian 90           2) 334 Robertson, Karl 91
  3) 175 Ratzlaff, Scott 90          4) 581 Homer, Jeffrey 90
-- Nova Scotia Canada Games 'A' SCR
  1) 296 Reddy, Matthew 90           2) 294 @demetre, Luke 90
  3) 295 @hirtle, Justin 90          4) 599 Henley, Randy 90
-- Ontario Select 'A' SCR
  1) 557 Triumbari, Joseph 91        2) 455 Charlton, Ryan 90
  3) 454 Hamilton, Andre 90          4) 618 Trnkus, Michael 91
-- BC Athletics 'A' SCR
  1) 138 Stewart, Rohan 90           2) 130 Forseth, Rowan J. 91
  3) 127 Bruchet, Lucas 91           4) 129 Filipek, Nathan 91
Section 2
  1 Ottawa Lions T.F.C. 'A' 3:20.05@
    1) 443 Makinde, Oluwasegun 91     2) 437 Biocchi, Devin 92
    3) 447 Warchol, Michal 90         4) 439 Cavé, Gordon 91
  2 Edmonton Sprint Academy T 'A' 3:23.82
    1) 240 Blimke, Kevin 90            2) 235 @dymond, Justin 91
    3) 238 @schadeck, Adrien 91       4) 237 @karakochuk, Mike 91
  3 Ottawa Lions T.F.C. 'B' 3:28.85
    1) 444 Monsour, Ramon 90           2) 436 Bell, Spencer 91
    3) 446 Smithers, Cameron 91       4) 442 Mabaleka, Bukhosi 90
  4 Laurel Creek Track & Fiel 'A' 3:30.05
    1) 326 Grant, Oliver 91            2) 331 Salmon, Trevor 91
    3) 330 Outhit, Connor 92         4) 329 O'Donnell, Phil 91
  5 Windsor Legion Track & FI 'A' 3:30.50
    1) 639 Patterson, Andrew 90        2) 642 Smith, Daryl 91
    3) 634 Janikowski, Paul 92        4) 636 Macleod, Tyler 91
  6 London Legion Track & Fie 'A' 3:30.60
    1) 358 Wilhelm, Branden 92         2) 355 Roth, Austin 90
    3) 351 La Marra, Paul 92          4) 352 Leitch, Scott 90
  7 Bluenose Athletics Track 'A' 3:38.26
    1) 145 Bond, Elijah 93             2) 146 Drennan, Jesse 93
    3) 148 Wolter, Mattias 91         4) 147 Maclelennan, Cameron 92
  
```

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men High Jump**

Cdn Jr Champ: @ 2.24m 1990		Alex Zaliauskas, Saint-John	
Cdn Jr Outdo: * 2.26m 7/7/1983		Alain Metellus, Edmonton Ab	
World Jr: ! 2.37m 8/12/1990		Dragutin Topic/Steve Smith (9	
Name	Year Team	Finals	
-- 555	Douglas, Kadeem 90	Take Flight, ON, ON	SCR
Flight 1			
1	491 Drouin, Derek 90	Sarnia Athle, ON, ON	2.15m
	1.75 1.80 1.85 1.90 1.95	2.00 2.05 2.08 2.11 2.15 2.18	
	P P P P P	O O O O XO XXX	
2	297 Watts, Simon 90	Halifax Tige, NS, NS	2.08m
	1.75 1.80 1.85 1.90 1.95	2.00 2.05 2.08 2.11	
	P P P O O	XO XO XXO XXX	
3	589 Eckert, Jeremy 90	U OF R Couga, SK, SK	2.05m
	1.75 1.80 1.85 1.90 1.95	2.00 2.05 2.08	
	P P P P O	O O XXX	
4	549 Akomolase, Charles 91	Take Flight, ON, ON	J2.00m
	1.75 1.80 1.85 1.90 1.95	2.00 2.05	
	P P P O O	XO XXX	
4	358 Wilhelm, Branden 92	London Legio, ON, ON	2.00m
	1.75 1.80 1.85 1.90 1.95	2.00 2.05	
	P P P P O	O XXX	
6	552 Bowry, Jharyl 90	Take Flight, ON, ON	1.95m
	1.75 1.80 1.85 1.90 1.95	2.00	
	P P P O O	XXX	
7	181 Gillis, James 92	Ceilidh Trac, NS, NS	J1.90m
	1.75 1.80 1.85 1.90 1.95		
	P XXO O O XXX		
7	353 Lopatowski, Michae 90	London Legio, ON, ON	1.90m
	1.75 1.80 1.85 1.90 1.95		
	P O P O XXX		
7	234 @dickson, Brendan 91	Edmonton Spr, AB, AB	J1.90m
	1.75 1.80 1.85 1.90 1.95		
	O O O XO XXX		
10	556 Graham, Jonathan 91	Take Flight, ON, ON	1.85m
	1.75 1.80 1.85 1.90		
	P O XXO XXX		
10	523 Borgdorff, Jacob 93	South Simcoe, ON, ON	1.85m
	1.75 1.80 1.85 1.90		
	O XO XO XXX		
12	601 Martell, Devon 93	Unattached-A, NS, NS	1.80m
	1.75 1.80 1.85		
	XO O XXX		
13	200 Musoke, Nathan 92	Chebucto Ath, NS, NS	1.75m
	1.75 1.80		
	XXO XXX		
--	492 Withers, Ben 92	Sarnia Athle, ON, ON	NH
	1.75 1.80		
	P XXX		



**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Men Pole Vault**

=====											
Cdn Jr Champ:	@	5.00m	2000							Jamie Johnson/David Foley (01	
Cdn Jr Outdo:	*	5.11m	7/19/2000							Jamie Johnson, Montreal Qc	
World Jr:	!	5.80m	7/14/1989							Maksim Tarasov/Raphel Holzdep	
Name			Year	Team						Finals	
=====											
--	332	Worndl, Paul		92 Laurel Creek, ON, ON						SCR	
Flight 1											
1	474	Britnell, Lane		91 Riversdale A, SK, SK						4.60m	
		3.50	3.65	3.80	3.95	4.10	4.25	4.40	4.50	4.60	4.80
		P	P	P	P	P	P	O	O	O	XXX
2	353	Lopatowski, Michae		90 London Legio, ON, ON						J4.50m	
		3.50	3.65	3.80	3.95	4.10	4.25	4.40	4.50	4.60	
		P	P	P	P	P	O	O	XO	XXX	
2	133	Mckay, David		92 BC Athletics, BC, BC						4.50m	
		3.50	3.65	3.80	3.95	4.10	4.25	4.40	4.50	4.60	
		P	P	P	P	P	XO	O	O	XXX	
2	129	Filipek, Nathan		91 BC Athletics, BC, BC						4.50m	
		3.50	3.65	3.80	3.95	4.10	4.25	4.40	4.50	4.60	
		P	P	P	P	O	XO	O	O	XXX	
5	640	Pfaff, Jake		92 Windsor Legi, ON, ON						J4.40m	
		3.50	3.65	3.80	3.95	4.10	4.25	4.40	4.50		
		P	P	P	O	XO	O	O	XXX		
5	605	Fridgen, Cody		90 Unattached-O, ON, ON						4.40m	
		3.50	3.65	3.80	3.95	4.10	4.25	4.40	4.50		
		P	P	P	P	P	O	O	XXX		
7	410	Diston, Matthew		92 Niagara Regi, ON, ON						4.10m	
		3.50	3.65	3.80	3.95	4.10	4.25				
		P	P	P	O	XO	XXX				
7	134	Miller, Ian W.		91 BC Athletics, BC, BC						4.10m	
		3.50	3.65	3.80	3.95	4.10	4.25				
		P	P	O	P	XO	XXX				
9	350	Erb, Dylan		91 London Legio, ON, ON						3.95m	
		3.50	3.65	3.80	3.95	4.10					
		P	P	P	XO	XXX					
9	140	Vaesen, Gavin		91 BC Athletics, BC, BC						J3.95m	
		3.50	3.65	3.80	3.95	4.10					
		P	P	P	XXO	XXX					
11	452	Clark, Lane		90 Peterborough, ON, ON						3.80m	
		3.50	3.65	3.80	3.95						
		P	P	XXO	XXX						
12	183	Anthony, Curtis		92 Centennial C, Fqa, Q						3.65m	
		3.50	3.65	3.80							
		XO	XXO	XXX							

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men Long Jump****Top 12 Advance by Time**

=====					
Cdn Jr Champ: @	7.48m	1994	Andrew Channer,	Ottawa	
Cdn Jr Outdo: *	7.88m	4/30/1976	Richard Rock,	Carbondale Il	
World Jr: !	8.34m	9/8/1989	Randy Williams,	USA	
Name	Year	Team	Prelims	Wind	
=====					
Flight 1 Preliminaries					
1	356	Stewart, Taylor	91 London Legio,ON, ON	7.33mq	2.5
		FOUL(2.5)	7.33m(2.5)		
2	555	Douglas, Kadeem	90 Take Flight,ON, ON	6.61mq	1.9
		FOUL(3.1) FOUL(2.6)	6.61m(1.9)		
3	554	Dandie, Andrew	90 Take Flight,ON, ON	6.59mq	4.8
		FOUL(2.5) 6.59m(4.8)	FOUL(1.7)		
4	591	Walford, David	90 Unattached-A,MB, MB	6.58mq	2.5
		FOUL(3.0) 6.58m(2.5)	6.56m(1.4)		
5	543	Blackburn, Justin	90 St-Jean Olym,Fqa, Q	6.52mq	2.2
		6.52m(2.2) 6.46m(4.3)	6.40m(3.1)		
6	663	Fajardo, Rodney	93 York Univers,ON, ON	6.50mq	2.3
		FOUL(2.6) FOUL(3.2)	6.50m(2.3)		
7	582	Johnston, Trent	90 U OF C Athle,AB, AB	6.37mq	2.7
		6.37m(2.7) 6.25m(2.2)	6.24m(2.6)		
8	590	Mcphee, Stephen	91 Edmonton Spr,AB, AB	6.16m	1.8
		FOUL(3.1) 6.09m(1.2)	6.16m(1.8)		
9	524	Campbell, Steven	92 South Simcoe,ON, ON	6.00m	2.4
		5.00m(3.5) FOUL(2.7)	6.00m(2.4)		
9	283	Mccumber, Connor	91 Fredericton,NB, NB	6.00m	2.4
		5.85m(1.5) 5.81m(1.2)	6.00m(2.4)		
Flight 2 Preliminaries					
1	552	Bowry, Jharyl	90 Take Flight,ON, ON	7.07mq	2.6
		7.07m(2.6)	x		
2	131	Gallaughner, Robert	91 BC Athletics,BC, BC	7.01mq	3.6
		6.55m(3.1) 7.01m(3.6)			
3	491	Drouin, Derek	90 Sarnia Athle,ON, ON	6.75mq	4.1
		6.62m(2.9) 6.75m(4.1)			
4	198	Macadam, Nicholas	92 Chebucto Ath,NS, NS	6.43mq	2.4
		6.22m(2.9) FOUL	6.43m(2.4)		
5	525	Chapman, Jared	90 South Simcoe,ON, ON	6.29mq	1.6
		6.29m(1.6) FOUL	FOUL		
6	449	Leveque, Alexander	90 Pearlgate TR,NL, NL	6.19m	4.3
		6.19m(4.3) 5.87m(2.7)	6.03m(0.7)		
7	553	Butcher, Dennis	90 Take Flight,ON, ON	6.18m	3.1
		FOUL	6.18m(3.1) 6.00m(2.9)		
8	492	Withers, Ben	92 Sarnia Athle,ON, ON	6.11m	2.7
		5.77m(2.1) 5.71m(2.3)	6.11m(2.7)		
9	263	Henneberg, Grant	90 Excel Athlet,SK, SK	5.87m	3.3
		5.87m(3.3) FOUL	5.79m(3.5)		

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men Long Jump**

Cdn Jr Champ: @ 7.48m 1994		Andrew Channer, Ottawa	
Cdn Jr Outdo: * 7.88m 4/30/1976		Richard Rock, Carbondale Il	
World Jr: ! 8.34m 9/8/1989		Randy Williams, USA	
Name	Year	Team	Finals Wind
Flight 1 Finals			
1	555	Douglas, Kadeem 90	Take Flight, ON, ON 7.44m 0.8
			6.93m(2.6) 7.44m(0.8) 7.44m(1.7) FOUL(1.4) 7.31m(2.2) FOUL(2.6)
2	552	Bowry, Jharyl 90	Take Flight, ON, ON 7.26m 0.7
			7.20m(1.7) FOUL(2.1) 7.26m(0.7) 7.08m(1.4) 7.07m(2.0) 7.04m(2.7)
3	356	Stewart, Taylor 91	London Legio, ON, ON 7.06m 2.7
			7.06m(2.7) 6.99m(3.3) 7.05m(1.8) 7.00m(1.8) FOUL(2.3) FOUL(2.0)
4	131	Gallaughier, Robert 91	BC Athletics, BC, BC 6.97m 1.2
			FOUL(2.7) 6.75m(2.4) 6.43m(1.7) 6.73m(0.7) 6.97m(1.2) 6.79m(1.0)
5	554	Dandie, Andrew 90	Take Flight, ON, ON 6.73m 1.6
			6.36m(1.3) 6.62m(1.5) 6.72m(2.8) 6.73m(1.6) 6.61m(1.4) FOUL(1.2)
6	525	Chapman, Jared 90	South Simcoe, ON, ON J6.49m 0.7
			6.45m(0.9) FOUL(2.0) FOUL(2.5) 6.33m(2.1) 6.49m(0.7) FOUL(0.7)
6	491	Drouin, Derek 90	Sarnia Athle, ON, ON 6.49m 1.1
			6.49m(1.1) 6.47m(2.5) 6.42m(1.7) PASS PASS PASS
8	591	Walford, David 90	Unattached-A, MB, MB 6.42m 1.8
			6.24m(2.7) FOUL(2.1) 6.33m(1.6) FOUL(3.1) FOUL(1.7) 6.42m(1.8)
9	198	Macadam, Nicholas 92	Chebucto Ath, NS, NS 6.25m 0.6
			5.38m(1.0) 6.25m(0.6) FOUL(1.5)
10	543	Blackburn, Justin 90	St-Jean Olym, Fqa, Q 6.21m 1.5
			6.14m(0.6) 6.21m(1.5) 5.66m(0.7)
11	582	Johnston, Trent 90	U OF C Athle, AB, AB 6.09m 2.0
			5.96m(2.0) 5.98m(2.0) 6.09m(2.0)
12	663	Fajardo, Rodney 93	York Univers, ON, ON 6.08m 1.5
			5.97m(2.0) FOUL(2.1) 6.08m(1.5)

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men Triple Jump**

Cdn Jr Champ: @ 15.96m 1986		Bruny Surin, Sanit-John			
Cdn Jr Outdo: * 16.44m 8/4/1985		Edrick Floreal, Ottawa On			
World Jr: ! 17.50m 6/23/1985		Volker Mai, GDR			
Name	Year	Team	Finals	Wind	
Flight 1					
1	560	Zorzella, Jacob	90 Take Flight, ON, ON	15.19m	3.6
			14.92m(2.8) 15.14m(2.9) 15.19m(3.6) 14.95m(2.6)	PASS	PASS
2	356	Stewart, Taylor	91 London Legio, ON, ON	15.10m	3.5
			FOUL(3.1) 14.87m(4.4) 14.71m(2.9) 15.10m(3.5)	FOUL(3.4)	14.94m(3.6)
3	549	Akomolase, Charles	91 Take Flight, ON, ON	14.46m	4.4
			FOUL(0.9) 13.14m(0.5) 14.46m(4.4) 14.13m(1.3) 13.87m(2.2)	FOUL(3.1)	
4	201	Myketyyn, Brett	91 Chebucto Ath, NS, NS	14.14m	3.2
			14.14m(3.2) 13.80m(3.3) FOUL(2.8) 13.30m(2.5)	FOUL(3.1)	13.25m(3.4)
5	591	Walford, David	90 Unattached-A, MB, MB	13.95m	3.9
			12.53m(2.9) 13.95m(3.9) 13.05m(1.0) 13.40m(3.2)	PASS	13.95m(2.9)
6	328	O'Donnell, Mitch	94 Laurel Creek, ON, ON	13.75m	6.1
			13.29m(2.4) 13.36m(3.0) 12.68m(2.2)	PASS	13.29m(1.7) 13.75m(6.1)
7	554	Dandie, Andrew	90 Take Flight, ON, ON	13.59m	3.7
			FOUL(3.6) FOUL(4.2) 13.15m(3.3) 13.11m(2.7)	FOUL(2.7)	13.59m(3.7)
8	553	Butcher, Dennis	90 Take Flight, ON, ON	13.01m	4.0
			12.82m(3.8) 12.85m(3.3) FOUL(0.7) FOUL(2.8)	12.82m(2.2)	13.01m(4.0)
9	198	Macadam, Nicholas	92 Chebucto Ath, NS, NS	12.69m	3.0
			12.39m(2.5) FOUL(2.9) 12.69m(3.0)		
10	580	Clark, Adam	90 U OF C Athle, AB, AB	12.67m	1.9
			FOUL(3.0) 12.67m(1.9) 12.56m(4.0)		
11	283	Mccumber, Connor	91 Fredericton, NB, NB	12.59m	4.3
			12.59m(4.3) 12.21m(3.2) 12.30m(4.7)		
12	202	Yetman, Daniel	92 Chebucto Ath, NS, NS	12.49m	2.7
			12.49m(2.7) 12.07m(3.0) 12.33m(3.8)		
13	449	Leveque, Alexander	90 Pearlgate TR, NL, NL	12.37m	4.4
			12.37m(4.4) 12.18m(2.1) FOUL(1.0)		

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men Shot Put 6 kg**

=====					
Cdn Jr Champ:	@ 18.79m	2002	Chris Meisner, Kitchener		
Cdn Jr Outdo:	* 19.10m	7/6/2002	Chris Meisner, Calgary Ab (J		
World Jr:	! 21.96m	6/29/2002	Edis Elkasevic, CRO		
Name	Year Team		Finals		
=====					
1	606 Russell-Ford, Zach	90 Unattached-O,ON, ON	18.27m		
	17.13m 17.76m 18.15m	FOUL FOUL	18.27m		
2	369 Welch, Drew	91 London Weste,ON, ON	18.10m		
	17.04m 17.31m 18.10m	FOUL 17.51m FOUL			
3	445 Nedow, Tim	90 Ottawa Lions,ON, ON	17.66m		
	17.27m 17.66m	FOUL FOUL 17.33m FOUL			
4	534 Hendry, Timothy	90 Speed River,ON, ON	17.61m		
	FOUL 17.03m	FOUL FOUL 17.61m FOUL			
5	628 Marcocchia, Mathieu	90 West Toronto,ON, ON	16.19m		
	FOUL FOUL 15.02m 16.19m	FOUL FOUL			
6	141 Willcox, Tom	91 BC Athletics,BC, BC	16.02m		
	FOUL 14.88m	FOUL FOUL 14.63m 16.02m			
7	503 Machiskinic, Nolan	91 Saskatoon TF,SK, SK	15.56m		
	14.37m FOUL 13.64m 15.56m	FOUL FOUL			
8	512 Gagné, Alexandre	91 Sherbrooke,Fqa, QC	14.50m		
	14.50m FOUL FOUL FOUL FOUL	14.18m			
9	617 Roubos, Brent	90 Univ Toronto,ON, ON	14.08m		
	14.08m FOUL 14.02m				
10	511 Dugas, Marc-Antoin	91 Sherbrooke,Fqa, QC	13.94m		
	13.75m 13.27m 13.94m				
11	664 Georgewill, Suyi	90 York Univers,ON, ON	13.88m		
	13.37m 13.88m	FOUL			
12	104 Audet, Simon	92 Athletigouch,NB, NB	13.67m		
	12.34m 13.67m 13.51m				
13	317 @mcdonald, Andrew	92 Launchers Athletics	13.29m		
	13.10m FOUL 13.29m				
14	662 Braithwaite, Eric	91 York Univers,ON, ON	12.72m		
	12.72m FOUL FOUL				
15	182 Myatt, Geoffrey	91 Celtic Athle,NS, NS	12.39m		
	12.39m FOUL FOUL				
16	111 Lavoie, Stephane	90 Athletisme S,NB, NB	12.11m		
	FOUL 12.06m 12.11m				
--	583 Link, Steven	91 U OF C Athle,AB, AB	FOUL		
	FOUL FOUL FOUL				

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men Discus Throw 1.75 kg**  
**Top 12 Advance by Time**

=====			
Cdn Jr Champ:	@ 54.29m	7/19/2009	Brent Roubos, UNIV TORONTO
Cdn Jr Outdo:	* 55.26m	7/20/2003	James Steacy / Kyle Helf, Ba
World Jr:	! 70.13m	5/24/2008	Mykyta Nesterenko, UKR
Name	Year	Team	Prelims
=====			
Flight 1 Preliminaries			
1	617	Roubos, Brent	90 Univ Toronto, ON, ON 48.96mq
			44.31m 48.96m
2	628	Marcoccia, Mathieu	90 West Toronto, ON, ON 47.69mq
			47.69m
3	141	Willcox, Tom	91 BC Athletics, BC, BC 46.61mq
			46.61m FOUL 45.09m
4	511	Dugas, Marc-Antoin	91 Sherbrooke, Fqa, QC 42.86mq
			42.86m FOUL FOUL
5	507	Pilar, Alex	91 Saugeen Trac, ON, ON 42.35mq
			40.37m 42.07m 42.35m
6	445	Nedow, Tim	90 Ottawa Lions, ON, ON 42.18m
			38.86m 42.18m FOUL
7	512	Gagné, Alexandre	91 Sherbrooke, Fqa, QC 41.78m
			40.45m FOUL 41.78m
8	111	Lavoie, Stephane	90 Athletisme S, NB, NB 34.82m
			34.82m 32.52m 34.12m
9	112	Robertson, Chris	92 Athletisme S, NB, NB 34.48m
			FOUL 34.48m FOUL
Flight 2 Preliminaries			
1	606	Russell-Ford, Zach	90 Unattached-O, ON, ON 49.09mq
			49.09m
2	139	Taylor, Angus J.	90 BC Athletics, BC, BC 48.06mq
			48.06m
3	182	Myatt, Geoffrey	91 Celtic Athle, NS, NS 47.70mq
			42.84m FOUL 47.70m
4	128	Dosanjh, Gurinder	90 BC Athletics, BC, BC 47.26mq
			46.07m FOUL 47.26m
5	197	London, Seth	90 Chebucto Ath, NS, NS 46.94mq
			46.94m 45.81m FOUL
6	503	Machiskinic, Nolan	91 Saskatoon TF, SK, SK 45.44mq
			45.44m 45.02m 45.21m
7	664	Georgewill, Suyi	90 York Univers, ON, ON 44.08mq
			FOUL 44.08m FOUL
8	665	Wright, Smith	90 University of Al 37.52m
			FOUL 37.52m FOUL
9	583	Link, Steven	91 U OF C Athle, AB, AB 37.12m
			FOUL 37.12m FOUL
10	104	Audet, Simon	92 Athletigouch, NB, NB 32.50m
			29.58m 30.80m 32.50m

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men Discus Throw 1.75 kg**

=====					
Cdn Jr Champ:	@	54.29m	7/19/2009	Brent Roubos,	UNIV TORONTO
Cdn Jr Outdo:	*	55.26m	7/20/2003	James Steacy /	Kyle Helf, Ba
World Jr:	!	70.13m	5/24/2008	Mykyta Nesterenko,	UKR
Name			Year	Team	Finals
=====					
Flight 1 Finals					
1	617	Roubos, Brent	90	Univ Toronto, ON, ON	54.29m@
		FOUL 49.23m 51.64m 51.87m 54.29m FOUL			
2	606	Russell-Ford, Zach	90	Unattached-O, ON, ON	51.44m
		48.92m FOUL 51.44m FOUL FOUL FOUL			
3	139	Taylor, Angus J.	90	BC Athletics, BC, BC	50.39m
		49.11m 50.39m FOUL FOUL FOUL FOUL			
4	141	Willcox, Tom	91	BC Athletics, BC, BC	50.26m
		46.65m 48.81m 49.83m FOUL 50.26m 45.95m			
5	628	Marcocchia, Mathieu	90	West Toronto, ON, ON	49.49m
		47.98m 45.17m 49.29m FOUL 49.49m 48.73m			
6	182	Myatt, Geoffrey	91	Celtic Athle, NS, NS	48.42m
		48.08m FOUL 48.40m 47.27m 46.85m 48.42m			
7	503	Machiskinic, Nolan	91	Saskatoon TF, SK, SK	47.72m
		46.18m FOUL 45.14m 45.10m 47.72m 47.50m			
8	197	London, Seth	90	Chebucto Ath, NS, NS	47.35m
		40.44m 47.35m FOUL FOUL FOUL FOUL			
9	128	Dosanjh, Gurinder	90	BC Athletics, BC, BC	44.86m
		FOUL FOUL 44.86m			
10	511	Dugas, Marc-Antoin	91	Sherbrooke, Fqa, QC	44.37m
		FOUL 44.37m FOUL			
11	507	Pilar, Alex	91	Saugeen Trac, ON, ON	43.39m
		FOUL 43.09m 43.39m			
--	664	Georgewill, Suyi	90	York Univers, ON, ON	FOUL
		FOUL FOUL FOUL			

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Men Hammer Throw 6 kg**

=====						
Cdn Jr Champ:	@	71.03m	2003	Jim Steacy,	Saskatoon	
Cdn Jr Outdo:	*	74.09m	6/21/2003	James Steacy,	Edmonton Ab	
World Jr:	!	82.62m	7/22/2006	Evgeny Aydamirov,	RUS	
Name			Year	Team		Finals
=====						
Flight 1						
1	139	Taylor, Angus J.	90	BC Athletics,BC,	BC	64.32m
		FOUL 62.73m		FOUL 64.32m	62.41m 62.43m	
2	664	Georgewill, Suyi	90	York Univers,ON,	ON	56.88m
		54.33m 52.81m		FOUL 56.53m	FOUL 56.88m	
3	203	Tarnava, Ryan	91	Chinook Trac,AB,	AB	55.70m
		FOUL 53.16m 54.59m		55.70m	FOUL FOUL	
4	507	Pilar, Alex	91	Saugeen Trac,ON,	ON	50.71m
		41.62m 50.71m		FOUL FOUL	FOUL FOUL	
5	512	Gagné, Alexandre	91	Sherbrooke,Fqa,	QC	49.33m
		41.26m FOUL 49.33m		FOUL FOUL	FOUL	
6	511	Dugas, Marc-Antoin	91	Sherbrooke,Fqa,	QC	48.69m
		47.22m 48.16m		FOUL FOUL	FOUL 48.69m	
7	662	Braithwaite, Eric	91	York Univers,ON,	ON	45.42m
		FOUL FOUL 37.99m		FOUL 45.42m	FOUL	
8	526	Kovacs, Adam	92	South Simcoe,ON,	ON	44.54m
		39.23m 38.09m		FOUL FOUL	43.68m 44.54m	
9	104	Audet, Simon	92	Athletigouch,NB,	NB	34.53m
		34.53m 33.43m		FOUL		



**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Men Javelin Throw 800 g**

=====			
Cdn Jr Champ:	@ 68.82m	1998	Scott Russell, Kitchener (Ne
Cdn Jr Outdo:	* 75.46m	5/17/1998	Scott Russell, Colombia Mo
World Jr:	! 83.87m	6/7/2001	Andreas Thorkildsen, NOR
Name	Year	Team	Finals
=====			
1	481 Jones, Caleb	91 Saint John T,NB, NB	65.10m
	64.20m FOUL	65.10m	62.53m FOUL 64.97m
2	545 Mainville, Charles	91 St-Jean Olym,Fqa, Q	57.58m
	55.17m 55.80m FOUL	57.58m	55.84m 56.91m
3	440 Corney, Taylor	91 Ottawa Lions,ON, ON	57.16m
	53.56m 55.47m 55.52m	51.50m	51.65m 57.16m
4	526 Kovacs, Adam	92 South Simcoe,ON, ON	56.08m
	54.77m 56.08m 53.86m	FOUL	53.47m 53.84m
5	633 Broser, Mitchell	90 Windsor Legi,ON, ON	55.38m
	55.38m 54.26m FOUL	FOUL	53.88m FOUL
6	638 Mascaro, Evan	92 Windsor Legi,ON, ON	52.09m
	52.09m 48.10m FOUL	FOUL	FOUL 47.28m
7	648 Rumble, Scott	91 Woodstock LE,ON, ON	51.97m
	51.65m FOUL FOUL	50.66m	FOUL 51.97m
8	435 Ausman, Paul	91 Ottawa Lions,ON, ON	50.75m
	50.05m FOUL 50.75m	FOUL	FOUL 49.73m
9	527 Massar, Justin	91 South Simcoe,ON, ON	48.76m
	48.76m FOUL FOUL		
10	486 Mbongo, Axel	91 Saint Lauren,Fqa, Q	48.21m
	48.21m FOUL FOUL		
11	588 Watson, Marcus	92 U OF C Athle,AB, AB	47.22m
	45.65m FOUL 47.22m		
12	273 Argue, Derek	91 Flash Athlet,SK, SK	45.70m
	45.70m FOUL 44.88m		

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Decathlon: #1 Men 100 Meter**

Name	Year	Team	Finals	Points		
=====						
Section 1	Wind: 1.3					
1	645	Lautenschlager, Rh	90	Winnipeg Opt	11.51	750
2	486	Mbongo, Axel	91	Saint Lauren, Fqa, Q	11.71	709
3	624	Enns, Ross	90	Vancouver TH, BC, BC	11.78	695
4	587	Thomas, Craig	90	U OF C Athle, AB, AB	12.20	612
Section 2	Wind: 2.0					
1	349	Beasley, A.J.	90	London Legio, ON, ON	11.42	769
2	440	Corney, Taylor	91	Ottawa Lions, ON, ON	11.48	757
3	136	Schnabl, Vincent	91	BC Athletics, BC, BC	12.06	639
4	483	Quigg, Mitch	92	Saint John T, NB, NB	12.07	637
5	411	Hind, Shawn	91	Niagara Regi, ON, ON	12.09	633

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Decathlon: #2 Men 400 Meter**

Name	Year Team	Finals	Points
Section 1			
1 440 Corney, Taylor	91 Ottawa Lions, ON, ON	52.90	686
2 349 Beasley, A.J.	90 London Legio, ON, ON	52.92	685
3 624 Enns, Ross	90 Vancouver TH, BC, BC	53.68	653
4 136 Schnabl, Vincent	91 BC Athletics, BC, BC	54.55	617
5 486 Mbongo, Axel	91 Saint Lauren, Fqa, Q	55.05	597
Section 2			
1 587 Thomas, Craig	90 U OF C Athle, AB, AB	56.14	554
2 645 Lautenschlager, Rh	90 Winnipeg Opt	56.25	550
3 411 Hind, Shawn	91 Niagara Regi, ON, ON	57.10	517
4 483 Quigg, Mitch	92 Saint John T, NB, NB	57.12	516

**2009 Canadian Jr Track & Field Championships****Charlottetown, PEI - 7/17/2009 to 7/19/2009****Results****Decathlon: #7 Men 1500 Meter**

=====						
Name						
Year Team						
Finals						
Points						
=====						
Section 1						
1	587	Thomas, Craig	90	U OF C Athle,AB, AB	4:45.37	647
2	624	Enns, Ross	90	Vancouver TH,BC, BC	4:50.64	615
3	349	Beasley, A.J.	90	London Legio,ON, ON	4:52.71	602
4	136	Schnabl, Vincent	91	BC Athletics,BC, BC	5:03.61	539
5	440	Corney, Taylor	91	Ottawa Lions,ON, ON	5:05.97	526
6	483	Quigg, Mitch	92	Saint John T,NB, NB	5:16.11	471
7	486	Mbongo, Axel	91	Saint Lauren,Fqa, Q	5:20.26	449
8	411	Hind, Shawn	91	Niagara Regi,ON, ON	5:34.79	376

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Decathlon: #6 Men 110 Meter Hurdles 39"**

Name	Year Team	Finals	Points
Section 1      Wind: 2.9			
1    587 Thomas, Craig	90 U OF C Athle, AB, AB	16.05	727
2    486 Mbongo, Axel	91 Saint Lauren, Fqa, Q	16.81	644
3    645 Lautenschlager, Rh	90 Winnipeg Opt	16.93	632
4    411 Hind, Shawn	91 Niagara Regi, ON, ON	20.10	341
Section 2      Wind: 2.9			
1    349 Beasley, A.J.	90 London Legio, ON, ON	15.05	843
2    136 Schnabl, Vincent	91 BC Athletics, BC, BC	15.66	772
3    440 Corney, Taylor	91 Ottawa Lions, ON, ON	16.08	724
4    483 Quigg, Mitch	92 Saint John T, NB, NB	16.55	672
5    624 Enns, Ross	90 Vancouver TH, BC, BC	16.59	668

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Decathlon: #5 Men High Jump**

Name	Year	Team	Finals	Points
Flight 1				
1 440 Corney, Taylor	91	Ottawa Lions, ON, ON	1.89m	705
1.50 1.53 1.56 1.59 1.62	1.65 1.68 1.71 1.74 1.77	1.80 1.86 1.89 1.92		
P P P P P	P P P P P	XO XO XXO XXX		
2 624 Enns, Ross	90	Vancouver TH, BC, BC	1.86m	679
1.50 1.53 1.56 1.59 1.62	1.65 1.68 1.71 1.74 1.77	1.80 1.83 1.86 1.89		
P P P P P	P P P O P	XXO O XO XXX		
3 483 Quigg, Mitch	92	Saint John T, NB, NB	1.77m	602
1.50 1.53 1.56 1.59 1.62	1.65 1.68 1.71 1.74 1.77	1.80		
P P P O O	O O O XO O	XXX		
4 136 Schnabl, Vincent	91	BC Athletics, BC, BC	1.74m	577
1.50 1.53 1.56 1.59 1.62	1.65 1.68 1.71 1.74 1.77			
P P P P P	P P XO O XXX			
5 349 Beasley, A.J.	90	London Legio, ON, ON	1.71m	552
1.50 1.53 1.56 1.59 1.62	1.65 1.68 1.71 1.74			
P P XO XO O	O O O XXX			
5 587 Thomas, Craig	90	U OF C Athle, AB, AB	1.71m	552
1.50 1.59 1.65 1.68 1.71	1.74			
O XO O O XO	XXX			
7 486 Mbongo, Axel	91	Saint Lauren, Fqa, Q	1.68m	528
1.50 1.53 1.56 1.59 1.62	1.65 1.68 1.71 1.74			
P P P O P	P O P XXX			
7 411 Hind, Shawn	91	Niagara Regi, ON, ON	1.68m	528
1.50 1.53 1.56 1.59 1.62	1.65 1.68 1.71			
P P O O XO	O XO XXX			
9 645 Lautenschlager, Rh	90	Winnipeg Opt	1.59m	457
1.50 1.53 1.56 1.59 1.62				
P P O O XXX				

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Decathlon: #8 Men Pole Vault**

Name	Year	Team	Finals	Points
1 624 Enns, Ross	90	Vancouver TH,BC, BC	3.70m	535
2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80				
P P P P O P O P O P XXO O O O XXX				
2 136 Schnabl, Vincent	91	BC Athletics,BC, BC	3.40m	457
2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50				
P P P P P P P O P XO O XXX				
3 645 Lautenschlager, Rh	90	Winnipeg Opt	3.30m	431
2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
P P P P P P P O XO O XXX				
4 411 Hind, Shawn	91	Niagara Regi,ON, ON	3.20m	406
2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30				
P P P P P P O XO XO XXX				
4 483 Quigg, Mitch	92	Saint John T,NB, NB	3.20m	406
2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30				
P P O P O P O O O XXX				
4 587 Thomas, Craig	90	U OF C Athle,AB, AB	3.20m	406
2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30				
P P O O XO P O P XO XXX				
7 486 Mbongo, Axel	91	Saint Lauren,Fqa, Q	3.10m	381
2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20				
P P O P O XO XO XO XXX				
8 440 Corney, Taylor	91	Ottawa Lions,ON, ON	2.80m	309
2.40 2.50 2.60 2.70 2.80 2.90				
P P O O O XXX				
9 349 Beasley, A.J.	90	London Legio,ON, ON	2.60m	264
2.40 2.50 2.60 2.70				
O P O XXX				

**2009 Canadian Jr Track & Field Championships****Charlottetown, PEI - 7/17/2009 to 7/19/2009****Results****Decathlon: #3 Men Long Jump**

Name	Year Team	Finals	Wind	Points
1 136 Schnabl, Vincent	91 BC Athletics,BC, BC	6.65m	2.0	732
6.38m(2.0) 6.46m(1.6) 6.65m(2.0)				
2 349 Beasley, A.J.	90 London Legio,ON, ON	6.60m	1.4	720
6.18m(1.6) 6.60m(1.4) 6.57m(1.4)				
3 587 Thomas, Craig	90 U OF C Athle,AB, AB	6.45m	2.1	686
6.26m(3.0) 6.45m(2.1) 6.21m(1.1)				
4 440 Corney, Taylor	91 Ottawa Lions,ON, ON	6.42m	2.9	679
6.42m(2.9) 5.97m(1.7) 6.21m(1.1)				
5 411 Hind, Shawn	91 Niagara Regi,ON, ON	6.28m	2.0	648
6.28m(2.0) 6.13m(1.4) 6.14m(1.7)				
6 645 Lautenschlager, Rh	90 Winnipeg Opt	6.19m	0.7	628
6.19m(0.7) 6.08m(1.5) 6.10m(1.6)				
7 486 Mbongo, Axel	91 Saint Lauren,Fqa, Q	6.06m	1.9	600
5.82m(1.5) 6.06m(1.9) FOUL(0.8)				
8 624 Enns, Ross	90 Vancouver TH,BC, BC	5.98m	1.4	582
5.61m(2.6) 5.65m(1.3) 5.98m(1.4)				
9 483 Quigg, Mitch	92 Saint John T,NB, NB	5.90m	2.1	565
FOUL(1.2) 5.67m(1.9) 5.90m(2.1)				



**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**  
**Results**

**Decathlon: #4 Men Shot Put 6 K**

Name	Year Team	Finals	Points
1 440 Corney, Taylor 12.59m FOUL 12.89m	91 Ottawa Lions, ON, ON	12.89m	661
2 587 Thomas, Craig 11.85m 12.17m 12.81m	90 U OF C Athle, AB, AB	12.81m	656
3 624 Enns, Ross 12.37m 12.76m 12.68m	90 Vancouver TH, BC, BC	12.76m	653
4 483 Quigg, Mitch 11.50m 11.36m 11.86m	92 Saint John T, NB, NB	11.86m	598
5 136 Schnabl, Vincent 11.31m 11.24m 11.70m	91 BC Athletics, BC, BC	11.70m	588
6 349 Beasley, A.J. FOUL 11.40m 10.55m	90 London Legio, ON, ON	11.40m	570
7 645 Lautenschlager, Rh 9.56m 9.78m 10.46m	90 Winnipeg Opt	10.46m	513
8 486 Mbongo, Axel 9.06m FOUL 10.29m	91 Saint Lauren, Fqa, Q	10.29m	503
9 411 Hind, Shawn 9.97m 9.96m 10.11m	91 Niagara Regi, ON, ON	10.11m	492

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Decathlon: #9 Men Discus Throw 1.75 k**

Name	Year Team	Finals	Points
1 440 Corney, Taylor 42.31m FOUL 32.73m	91 Ottawa Lions, ON, ON	42.31m	712
2 624 Enns, Ross 33.59m 38.25m FOUL	90 Vancouver TH, BC, BC	38.25m	629
3 486 Mbongo, Axel 35.23m FOUL FOUL	91 Saint Lauren, Fqa, Q	35.23m	568
4 587 Thomas, Craig 24.38m 32.43m 28.80m	90 U OF C Athle, AB, AB	32.43m	512
5 136 Schnabl, Vincent 25.14m FOUL FOUL	91 BC Athletics, BC, BC	25.14m	370
6 349 Beasley, A.J. 25.09m 22.32m FOUL	90 London Legio, ON, ON	25.09m	369
7 411 Hind, Shawn 22.45m FOUL FOUL	91 Niagara Regi, ON, ON	22.45m	318
8 483 Quigg, Mitch 21.26m 18.86m FOUL	92 Saint John T, NB, NB	21.26m	296
-- 645 Lautenschlager, Rh FOUL FOUL FOUL	90 Winnipeg Opt	FOUL	

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Decathlon: #10 Men Javelin Throw 800 g**

Name	Year Team	Finals	Points
1 440 Corney, Taylor 55.51m 54.14m 51.33m	91 Ottawa Lions, ON, ON	55.51m	671
2 136 Schnabl, Vincent 49.50m 49.38m 51.97m	91 BC Athletics, BC, BC	51.97m	618
3 483 Quigg, Mitch 38.93m 46.13m 43.25m	92 Saint John T, NB, NB	46.13m	532
4 624 Enns, Ross 42.28m FOUL 44.73m	90 Vancouver TH, BC, BC	44.73m	511
5 349 Beasley, A.J. 40.90m 42.86m 43.69m	90 London Legio, ON, ON	43.69m	496
6 486 Mbongo, Axel 43.18m FOUL FOUL	91 Saint Lauren, Fqa, Q	43.18m	488
7 587 Thomas, Craig 42.59m FOUL 39.38m	90 U OF C Athle, AB, AB	42.59m	480
8 411 Hind, Shawn 35.59m 36.52m 33.01m	91 Niagara Regi, ON, ON	36.52m	392

**2009 Canadian Jr Track & Field Championships**  
**Charlottetown, PEI - 7/17/2009 to 7/19/2009**

**Results**

**Men Decathlon**

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Cdn Jr Champ: @	6840	2003	Daniel Mezheritsky, Saskatoon	
Cdn Jr Outdo: *	7080	7/22/2006	Reid Gustavson, Sherbrooke Qc	
World Jr: !	8397	7/6/1982	Torsten Voss, GDR	
Name	Year	Team	Finals	
=====				
1	440	Corney, Taylor	91 Ottawa Lions, ON, ON	6430
2	624	Enns, Ross	90 Vancouver TH, BC, BC	6220
3	136	Schnabl, Vincent	91 BC Athletics, BC, BC	5909
4	349	Beasley, A.J.	90 London Legio, ON, ON	5870
5	587	Thomas, Craig	90 U OF C Athle, AB, AB	5832
6	486	Mbongo, Axel	91 Saint Lauren, Fqa, Q	5467
7	483	Quigg, Mitch	92 Saint John T, NB, NB	5295
8	411	Hind, Shawn	91 Niagara Regi, ON, ON	4651
--	644	Buchanan, Arthur	91 Winnipeg Opt, MB, MB	SCR