

2011 Cougar Combined Events - 03/06/2011 to 04/06/2011
Canada Games Athletic Complex
Results

Event 17 Women 200 Meter Dash

Name	Year Team	Finals	Wind	Points
1 Margetts, Merissa	UofR	24.93	2.5	
2 Ruller, Amanda	UofR	25.26	2.5	
3 Lavoy, Renee	EXCL	26.54	2.5	

Event 18 Women 400 Meter Dash

Name	Year Team	Finals	Points
1 Simon, Ashlynn	QCST	58.80	
2 Propp, Adrea	EXCL	1:00.72	
3 Davis, Anneliese	QCST	1:02.32	
4 Davis, Adriana	QCST	x1:03.43	

Event 19 Women 100 Meter Dash

Name	Year Team	Finals	Wind	Points
1 Ruller, Amanda	UofR	12.31	1.2	

Event 20 Men Long Jump

Name	Year Team	Finals	Wind	Points
1 Sanford, Chris	Unattached	6.70m	1.9	

Event 24 Men Discus Throw

Name	Year Team	Finals	Points
1 Pakula, Codey	EXCL	39.97m	
2 Mountjoy, Terry	Excel Athletika	33.67m	

Event 26 Men 800 Meter Run

Name	Year Team	Finals	Points
1 Wand, Jordan	QCST	1:55.63	
2 Weber, Ben	QCST	2:20.81	

Event 28 Men 200 Meter Dash

Name	Year Team	Finals	Wind	Points
1 Gardner, Ethan	EXCL	22.49	2.5	
2 White, Craig	UofR	23.16	2.5	
3 Simon, Atlee	QCST	23.97	2.5	

Event 29 Men 400 Meter Dash

Name	Year Team	Finals	Points
1 Wand, Jordan	QCST	51.28	

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Event 3 Men 100 Meter Dash

Name	Year Team	Finals	Wind	Points
Finals				
1 Rinholm, Graeme	PR Athletics Track	11.03	1.2	
2 Gardner, Ethan	EXCL	11.20	1.2	
3 White, Craig	UofR	11.27	1.2	
4 Simon, Atlee	QCST	11.91	1.2	

Event 4 Women 100 Meter Hurdles

Name	Year Team	Finals	Wind	Points
1 Margetts, Merissa	UofR	14.95	1.4	

Event 5 Women Long Jump

Name	Year Team	Finals	Wind	Points
1 White, Julia	UofR	4.92m	+0.0	

Event 10 Men 110 Meter Hurdles

Name	Year Team	Prelims	Wind	Points
Preliminaries				
1 Baker, Justin	UofR	15.07q	0.1	
2 McLaren, Doug	Unattached Sask	15.40q	0.1	

Event 10 Men 110 Meter Hurdles

Name	Year Team	Finals	Wind	Points
Finals				
1 Baker, Justin	UofR	15.05	0.3	
2 McLaren, Doug	Unattached Sask	15.35	0.3	

Event 15 Women 800 Meter Run

Name	Year Team	Finals	Points
1 Simon, Ashlynn	QCST	2:18.03	
2 Davis, Anneliese	QCST	2:23.62	
3 Sutter, Nyka	QCST	x2:24.51	

Event 16 Women 1500 Meter Run

Name	Year Team	Finals	Points
1 Davis, Adriana	QCST	4:54.51	
2 Slusar, Sarah	QCST	5:02.57	

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Event 30 Men 400 Meter Hurdles

Name	Year Team	Finals	Points
1 Nystuen, Tait	UofR	53.09	
2 McLellan, Ian	EXCL	58.48	

Event 31 Women Heptathlon

Name	Year Team	Finals	Points
1 Valois, Chelsea	EXCL	4889	5
2 Rumpel, Megan	Unattached Sask	1811	3
3 Kowalchuk, Shaylyn	EXCL	783	2

Event 31 Women 100 Meter Hurdles Heptathlon

Name	Year Team	Finals	Wind	Points
1 Valois, Chelsea	EXCL	14.87	1.4	859
2 Kowalchuk, Shaylyn	EXCL	15.45	1.4	783
3 Rumpel, Megan	Unattached Sask	16.30	1.4	678

Event 31 Women High Jump Heptathlon

Name	Year Team	Finals	Points
1 Rumpel, Megan	Unattached Sask	1.62m	759
1 Valois, Chelsea	EXCL	1.62m	759

Event 31 Women Shot Put Heptathlon

Name	Year Team	Finals	Points
1 Valois, Chelsea	EXCL	11.39m	621
2 Rumpel, Megan	Unattached Sask	7.61m	374

Event 31 Women 200 Meter Dash Heptathlon

Name	Year Team	Finals	Wind	Points
1 Valois, Chelsea	EXCL	25.30	2.5	859

Event 31 Women Long Jump Heptathlon

Name	Year Team	Finals	Wind	Points
1 Valois, Chelsea	EXCL	5.22m	+0.0	620

Event 31 Women Javelin Throw Heptathlon

Name	Year Team	Finals	Points
1 Valois, Chelsea	EXCL	33.12m	536

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Event 31 Women 800 Meter Run Heptathlon

Name	Year Team	Finals	Points
1 Valois, Chelsea	EXCL	2:34.71	635

Event 32 Men Decathlon

Name	Year Team	Finals	Points
1 Barber, Michael	UofR	6022	5
2 Birch, Carter	Arcola Athletika	4384	3

Event 32 Men 100 Meter Dash Decathlon

Name	Year Team	Finals	Wind	Points
1 Barber, Michael	UofR	11.96	1.2	659
2 Birch, Carter	Arcola Athletika	12.12	1.2	628

Event 32 Men Long Jump Decathlon

Name	Year Team	Finals	Wind	Points
1 Barber, Michael	UofR	6.04m	1.6	595
2 Birch, Carter	Arcola Athletika	5.42m	1.7	465

Event 32 Men Shot Put Decathlon

Name	Year Team	Finals	Points
1 Barber, Michael	UofR	12.43m	633
2 Birch, Carter	Arcola Athletika	8.35m	387

Event 32 Men High Jump Decathlon

Name	Year Team	Finals	Points
1 Barber, Michael	UofR	1.76m	593
2 Birch, Carter	Arcola Athletika	1.64m	496

Event 32 Men 400 Meter Dash Decathlon

Name	Year Team	Finals	Points
1 Barber, Michael	UofR	52.85	688
2 Birch, Carter	Arcola Athletika	59.23	440

Event 32 Men 110 Meter Hurdles Decathlon

Name	Year Team	Finals	Wind	Points
1 Barber, Michael	UofR	17.45	0.1	578
2 Birch, Carter	Arcola Athletika	17.89	0.1	535

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Event 32 Men Discus Throw Decathlon

Name	Year Team	Finals	Points
1 Barber, Michael	UofR	39.41m	653
2 Birch, Carter	Arcola Athletika	25.88m	384

Event 32 Men Pole Vault Decathlon

Name	Year Team	Finals	Points
1 Barber, Michael	UofR	3.50m	482
2 Birch, Carter	Arcola Athletika	2.40m	220

Event 32 Men Javelin Throw Decathlon

Name	Year Team	Finals	Points
1 Barber, Michael	UofR	41.63m	466
2 Birch, Carter	Arcola Athletika	36.34m	389

Event 32 Men 1500 Meter Run Decathlon

Name	Year Team	Finals	Points
1 Barber, Michael	UofR	4:40.91	675
2 Birch, Carter	Arcola Athletika	5:21.96	440

Event 33 Men *Hammer*

Name	Year Team	Finals	Points
1 Pakula, Codey	EXCL	44.55m	
2 Mountjoy, Terry	Excel Athletika	29.03m	

Women - Team Rankings - 1 Events Scored

1) Excel Athletika Track	7	2) Unattached Sask	3
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Men - Team Rankings - 1 Events Scored

1) University of Regina	5	2) Arcola Athletika	3
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