

**37th Annual Can Am Track Classic**  
**Dennis Fairall Fieldhouse, U of Windsor**  
**Performance List**

**Event 1 Women 60 Meter Dash University (53) Prelims**

<b>Meet: 7.39 2012</b>		<b>Miana Griffiths</b>	
<b>USports: 7.56</b>			
<b>Name</b>	<b>Team</b>	<b>Seed Time</b>	
1	73 Shyvonne Roxborough	Guelph Gryph	7.44
2	172 Jellisa Westney	Supreme Athl	7.48
3	58 Vanessa Gray	Guelph Gryph	7.61
4	50 Zaria Armstrong	Guelph Gryph	7.62
5	245 Tegan Sauer	Waterloo	7.65
6	228 Sian Smart	UTTC	7.65
7	267 Kelsey Balkwell	Windsor Lancers	7.69
8	62 Hailey Hitchings	Guelph Gryph	7.73
9	65 Kendra Leger	Guelph Gryph	7.73
10	223 Aiyanna Stiverne	Unattached	7.75
11	79 Nicole Smith	Guelph Gryph	7.77
12	278 Jasmine Hurst	Windsor Lancers	7.82
13	55 Marissa Dubois	Guelph Gryph	7.82
14	438 Monique Simon-Tucker	York Lions	7.84
15	69 Emma Nero	Guelph Gryph	7.84
16	361 Amy O'Donnell	Western Must	7.85
17	282 Alexia Lamothe	Windsor Lancers	7.90
18	286 Courtney Rivait	Windsor Lancers	7.90
19	152 Caroline Ehrhardt	London Weste	7.90
20	420 Georgia Campbell	York Lions	7.94
21	187 Georgia Lam	Toronto Vars	7.95
22	11 Anna Wojtis	Brock Badger	8.00
23	369 Antonina Struminski	Western Must	8.00
24	341 Daniella Castello	Western Must	8.00
25	417 Marvelous Agbonwaneter	York Lions	8.04
26	418 Diana Boa	York Lions	8.04
27	193 Phoebe Simmons	Toronto Vars	8.05
28	435 Shania Payne	York Lions	8.05
29	248 Phoebe Wolfe	Waterloo	8.07
30	348 Gabrielle Gregg	Western Must	8.10
31	434 Danielle Knight	York Lions	8.11
32	249 Victoria Young	Waterloo	8.15
33	281 Taryn Lamorie	Windsor Lancers	8.15
34	377 Katie Zohorsky	Western Must	8.20
35	376 Arnica Wright	Western Must	8.20
36	360 Claire Millard	Western Must	8.20
37	238 Kelsi Darmon	Waterloo	8.20
38	154 Katie Falla	McMaster Mar	8.22
39	181 Anne Gauthier	Toronto Vars	8.25
40	173 Laura Amoi	Toronto Vars	8.30
41	236 Justine Archer	Waterloo	8.30
42	269 Natalie Coughlin	Windsor Lancers	8.30
43	247 Mylene Tu	Waterloo	8.30
44	241 Kaitlynn Meier-Ross	Waterloo	8.35

45	2 Adriana Beukeboom	Brock Badger	8.60
46	3 Monica Binotto	Brock Badger	8.65
47	6 Olivia McLean	Brock Badger	8.65
48	375 Madison Wilson-Walker	Western Must	9.90
49	365 Emily Sluys	Western Must	NT
50	357 Annie Maslak	Western Must	NT
51	346 Sarah France	Western Must	NT
52	350 Rachael Holland	Western Must	NT
53	345 Jennifer Drane	Western Must	NT

**Event 2 Men 60 Meter Dash University (59) Prelims**

<b>Meet: 6.68 1983</b>		<b>Desai Williams</b>	
<b>USports: 6.87</b>			
<b>Name</b>	<b>Team</b>	<b>Seed Time</b>	
1	25 Gavin Smellie	Flying Angel	6.70
2	171 Andre Ford-Azonwanna	Strive Athle	6.71
3	226 Dontae Richards-Kwok	Unattached O	6.80
4	1 Tyler Bellaire	Border City	6.90
5	208 Alex Lau	Toronto Vars	6.93
6	95 Matt Creelman	Guelph Gryph	6.94
7	106 Jayden Kelly	Guelph Gryph	6.95
8	407 Adam Nalywaiko	Western Must	6.99
9	314 Tyler Hopkins	Windsor Lancers	6.99
10	386 Matthew Chan	Western Must	6.99
11	304 Jaiden Brown	Windsor Lancers	7.00
12	123 Kyle Sinden	Guelph Gryph	7.00
13	121 Jason Richards	Guelph Gryph	7.01
14	120 Kurdell Reason	Guelph Gryph	7.01
15	451 Demari Grant	York Lions	7.04
16	326 Justin Rempillo	Windsor Lancers	7.05
17	256 Tyrell Ford	Waterloo	7.10
18	297 Sesan Akerewusi	Windsor Lancers	7.10
19	255 Tre Ford	Waterloo	7.10
20	446 Dereck Djan	York Lions	7.10
21	233 Alex Gbaguidi	University O	7.10
22	458 Xavier Joseph	York Lions	7.10
23	153 Taylor Stewart	London Weste	7.11
24	325 Marcus Penaloza	Windsor Lancers	7.13
25	337 Kofi Kwarko-Fosu	Waterloo Tra	7.15
26	316 Chris Kramer	Windsor Lancers	7.17
27	468 Brandon Shokour	York Lions	7.18
28	461 Nicholas Mills	York Lions	7.18
29	265 Irwin Bramao	Windsor	7.20
30	13 Kwaku Bonsu	Brock Badger	7.20
31	99 Mark Emode	Guelph Gryph	7.20
32	457 Kayden Johnson	York Lions	7.20
33	159 Jacob Gareau	McMaster Mar	7.23
34	298 Rashid Archer	Windsor Lancers	7.24
35	320 Mathew McKeegan	Windsor Lancers	7.25



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**Event 2 ... (Men 60 Meter Dash University (59) Prelims)**

Name	Team	Seed Time
36 218 Akeil Zarudny	Toronto Vars	7.25
37 102 Owen Hebb	Guelph Gryph	7.25
38 303 Irwin Bramao	Windsor Lancers	7.25
39 336 Michael Puhalla	Usatf-Mi	7.27
40 263 Jay Weng	Waterloo	7.28
41 410 Steven Schan	Western Must	7.30
42 207 Anthony Kwan	Toronto Vars	7.30
43 453 Sodiq Ibrahim	York Lions	7.30
44 398 Adam Farmer	Western Must	7.30
45 262 Justin To	Waterloo	7.30
46 306 Justus Cesar	Windsor Lancers	7.35
47 15 Ben Gadsby	Brock Badger	7.35
48 250 Joerg Ahne	Waterloo	7.35
49 17 Emmanuel Harawa	Brock Badger	7.35
50 92 Jackson Cheung	Guelph Gryph	7.40
51 12 Paul Bisnauth	Brock Badger	7.50
52 18 Hok Lee	Brock Badger	7.50
53 395 Ryan Dooley	Western Must	7.50
54 215 Steven Wilkens-Reeves	Toronto Vars	7.60
55 22 Matthew Piva	Brock Badger	7.65
56 19 Edrick Macdon	Brock Badger	7.80
57 379 Jonathan Balogun	Western Must	NT
58 444 Quinn Charles	York Lions	NT
59 380 Joseph Bell	Western Must	NT

**Event 3 Women 300 Meter Dash University (51)**

Name	Team	Seed Time
1 223 Aiyanna Stiverne	Unattached	38.17
2 267 Kelsey Balkwell	Windsor Lancers	38.20
3 183 Katrina Innanen	Toronto Vars	38.60
4 78 Jenna Smith	Guelph Gryph	38.86
5 54 Lauren D'Agnolo	Guelph Gryph	39.15
6 286 Courtney Rivait	Windsor Lancers	39.37
7 431 Christy Ihunaegbo	York Lions	39.50
8 53 Morgan Byng	Guelph Gryph	39.58
9 59 Tessa Hamilton	Guelph Gryph	39.68
10 176 Lindsay Brandys	Toronto Vars	39.70
11 368 Caroline Stricelj	Western Must	39.83
12 366 Sydney Smith	Western Must	40.07
13 76 Zoe Sherar	Guelph Gryph	40.17
14 424 Courtney Dywer	York Lions	40.22
15 79 Nicole Smith	Guelph Gryph	40.41
16 282 Alexia Lamothe	Windsor Lancers	40.44
17 275 Kelly Hodgins	Windsor Lancers	40.51
18 353 Courtney Langille	Western Must	40.68

19 77 Tiana Sinnatamby	Guelph Gryph	40.70
20 289 Stephanie Shaw	Windsor Lancers	40.74
21 362 Ally Oulds	Western Must	40.77
22 278 Jasmine Hurst	Windsor Lancers	40.84
23 276 Kristy Hodgins	Windsor Lancers	40.86
24 339 Megan Beaudry	Western Must	41.00
25 340 Chante Burnett	Western Must	41.05
26 271 Emma Floris	Windsor Lancers	41.12
27 180 Bella Efremenko	Toronto Vars	41.20
28 417 Marvelous Agbonwaneter	York Lions	41.30
29 440 Nicolette Witherspoon	York Lions	41.40
30 419 Mikeisha Bobb	York Lions	41.50
31 245 Tegan Sauer	Waterloo	41.80
32 292 Kylie Stiel	Windsor Lancers	42.25
33 184 Reilly Jones	Toronto Vars	42.50
34 435 Shania Payne	York Lions	42.50
35 422 Simone Da Silva	York Lions	42.56
36 238 Kelsi Darmon	Waterloo	42.60
37 248 Phoebe Wolfe	Waterloo	42.80
38 241 Kaitlynn Meier-Ross	Waterloo	42.80
39 439 Zakiya Tavemier	York Lions	43.43
40 247 Mylene Tu	Waterloo	43.50
41 236 Justine Archer	Waterloo	43.50
42 273 Victoria Giroux	Windsor Lancers	43.68
43 359 Hailey McKechnie	Western Must	43.80
44 376 Arnica Wright	Western Must	43.90
45 154 Katie Falla	McMaster Mar	43.90
46 174 Amanda Black	Toronto Vars	44.00
47 277 Nia Holmes	Windsor Lancers	44.02
48 178 Michelle Corallo	Toronto Vars	44.50
49 3 Monica Binotto	Brock Badger	46.50
50 5 Marissa Dakin-Lachance	Brock Badger	47.00
51 375 Madison Wilson-Walker	Western Must	53.05

**Event 4 Men 300 Meter Dash University (51)**

Name	Team	Seed Time
1 378 Ramzi Abdulahi	Western Must	34.02
2 125 Graeme Thompson	Guelph Gryph	34.12
3 196 Jack Berkshire	Toronto Vars	34.75
4 316 Chris Kramer	Windsor Lancers	34.88
5 195 Alexander Augimeri	Toronto Vars	34.95
6 304 Jaiden Brown	Windsor Lancers	35.02
7 325 Marcus Penaloza	Windsor Lancers	35.10
8 260 Joshua Lorentz	Waterloo	35.25
9 97 Nathan Egert	Guelph Gryph	35.37
10 214 Charles Sutton	Toronto Vars	35.40
11 96 Davis Edward	Guelph Gryph	35.53



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**Event 4 ... (Men 300 Meter Dash University (51))**

Name	Team	Seed Time
12 408 Kyle Nice	Western Must	35.60
13 403 Devin Leblanc	Western Must	35.70
14 217 Cade Wykes	Toronto Vars	35.75
15 114 Bedi Ndinsil	Guelph Gryph	35.76
16 320 Mathew McKeegan	Windsor Lancers	35.80
17 456 Xavier Jehovah	York Lions	35.90
18 314 Tyler Hopkins	Windsor Lancers	35.91
19 252 Owen Babcock	Waterloo	36.00
20 113 James Muharrem	Guelph Gryph	36.00
21 331 Tanner Sleep	Windsor Lancers	36.04
22 387 Greg Cherniak	Western Must	36.10
23 467 Levar Russell	York Lions	36.10
24 231 Akil Julien	UTTC	36.20
25 204 Philippe Johns	Toronto Vars	36.25
26 458 Xavier Joseph	York Lions	36.30
27 463 Daniele Orsini	York Lions	36.40
28 469 Tohma Van Bergen	York Lions	36.50
29 452 Mark Hutchinson	York Lions	36.50
30 211 Zaid Malik	Toronto Vars	36.50
31 464 Jalen Pidlubny	York Lions	36.60
32 443 Zeon Bass	York Lions	36.60
33 399 Brendan Forde	Western Must	36.72
34 17 Emmanuel Harawa	Brock Badger	36.75
35 411 Greg Spangenberg	Western Must	36.80
36 465 Gabriel Rahming	York Lions	37.00
37 307 Christian Conlon	Windsor Lancers	37.14
38 197 Sheldon Bernard	Toronto Vars	37.20
39 159 Jacob Gareau	McMaster Mar	37.20
40 327 John Riley	Windsor Lancers	37.22
41 298 Rashid Archer	Windsor Lancers	37.24
42 15 Ben Gadsby	Brock Badger	37.25
43 306 Justus Cesar	Windsor Lancers	37.25
44 263 Jay Weng	Waterloo	37.30
45 447 Kingboy Douglas Jr	York Lions	37.34
46 262 Justin To	Waterloo	37.50
47 459 Tyrell Mairs-Onwumere	York Lions	37.50
48 12 Paul Bisnauth	Brock Badger	37.70
49 23 Tristan Vermolen	Brock Badger	38.00
50 22 Matthew Piva	Brock Badger	39.00
51 405 Jordan Mabbott	Western Must	NT

**Event 5 Women 600 Meter Run University (20)**

Meet: 1:30.58 1985 Molly Killingbeck		
USports: 1:30.86		
Name	Team	Seed Time
1 229 Elizabeth Whelan	UTTC	1:30.00
2 289 Stephanie Shaw	Windsor Lancers	1:31.72

3 227 Rachel Jewett	UTTC	1:32.00
4 72 Olivia Romaniw	Guelph Gryph	1:33.50
5 287 Alison Robinson	Windsor Lancers	1:34.00
6 237 Rachel Bronzovich	Waterloo	1:35.00
7 186 Sarah Kwajafa	Toronto Vars	1:36.00
8 140 Sydney Pattison	Laurier Gold	1:37.00
9 189 Ava Rodrigues	Toronto Vars	1:37.00
10 57 Kiana Gibson	Guelph Gryph	1:37.50
11 10 Alex Ratcliffe	Brock Badger	1:39.00
12 80 Sarah Welch	Guelph Gryph	1:40.00
13 428 Anna-Kay Green	York Lions	1:41.00
14 138 Jessica Martin	Laurier Gold	1:43.00
15 427 Emily Goodwin	York Lions	1:44.00
16 433 Meaghan Kelly	York Lions	1:44.00
17 8 Alyssa Point	Brock Badger	1:45.00
18 425 Tracey Edwards	York Lions	1:47.00
19 9 Michaela Point	Brock Badger	1:47.00
20 429 Rasheeda Gurley	York Lions	NT

**Event 6 Men 600 Meter Run University (22)**

Meet: 1:19.28 1982 Kevin Jones			
USports: 1:19.84			
Name	Team	Seed Time	
1 198 Alexander Bimm	Toronto Vars	1:20.50	
2 212 Ryan McClelland	Toronto Vars	1:21.00	
3 324 Mitchell Paterson	Windsor Lancers	1:21.20	
4 100 Levi Fretz	Guelph Gryph	1:22.50	
5 205 Jerome Jude	Toronto Vars	1:23.00	
6 216 Daniel Wilson	Toronto Vars	1:23.00	
7 219 Mateusz Krekora	Toronto Vars	1:23.00	
8 119 Simon Quann	Guelph Gryph	1:23.00	
9 110 Taylor Lyman	Guelph Gryph	1:23.50	
10 104 Taj Jones-McCormick	Guelph Gryph	1:24.00	
11 409 Matthew Ryckman	Western Must	1:24.00	
12 406 Ryley Mehta	Western Must	1:24.00	
13 329 Brian Sellers	Windsor Lancers	1:25.00	
14 460 Brock Martin	York Lions	1:25.00	
15 258 Austin Grismer	Waterloo	1:25.50	
16 254 Nathan Flach	Waterloo	1:26.00	
17 251 Bart Antczak	Waterloo	1:26.00	
18 259 Tony Kwok	Waterloo	1:26.50	
19 91 Scott Chalupiak	Guelph Gryph	1:27.00	
20 16 Branden Gallagher	Brock Badger	1:27.50	
21 144 Charles Binks-Collier	Laurier Gold	1:33.00	
22 148 Tim Lytle	Laurier Gold	1:33.00	



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**Event 7 Women 1000 Meter Run University (16)**

Meet: 2:45.07 2015		Sasha Gollish	
USports: 2:47.30			
Name	Team	Seed Time	
1	194 Lucia Stafford	Toronto Vars	2:44.00
2	185 Madeleine Kelly	Toronto Vars	2:44.00
3	342 Kate Current	Western Must	2:49.00
4	290 Stefanie Smith	Windsor Lancers	2:50.00
5	222 Stephanie Aldea	Unattached	2:50.00
6	177 Gillian Ceyhan	Toronto Vars	2:50.00
7	56 Dana Earhart	Guelph Gryph	2:52.00
8	239 Madison Greenough	Waterloo	3:00.00
9	189 Ava Rodrigues	Toronto Vars	3:04.00
10	270 Rachel Crawley	Windsor Lancers	3:05.00
11	240 Sabrina Marsh	Waterloo	3:06.00
12	242 Madeleine Nolan	Waterloo	3:08.00
13	288 Fiona Rocheleau	Windsor Lancers	3:09.00
14	7 Chloe Nolet	Brock Badger	3:14.00
15	142 Lindsay Turai	Laurier Gold	3:30.00
16	349 Mikayla Hewitt	Western Must	NT

**Event 8 Men 1000 Meter Run University (20)**

Meet: 2:25.33 2014		Alex Ullman	
USports: 2:24.98			
Name	Team	Seed Time	
1	108 Thomas Land	Guelph Gryph	2:24.50
2	109 Andrew Leblanc	Guelph Gryph	2:26.50
3	98 Mostafa Elkurdy	Guelph Gryph	2:26.50
4	107 Thomas Kemp	Guelph Gryph	2:27.50
5	382 Alex Broekhuyse	Western Must	2:30.00
6	390 Brendan Costello	Western Must	2:30.00
7	384 Ciaran Callaghan	Western Must	2:30.00
8	111 Aiden Mallany-Stanley	Guelph Gryph	2:30.50
9	311 Cole Hannam	Windsor Lancers	2:32.00
10	232 Mitchell Miron	UTTC	2:34.00
11	309 Nicholas D'Alessandro	Windsor Lancers	2:35.00
12	308 Tadzic Czubernat	Windsor Lancers	2:35.00
13	160 Matt Hickey	McMaster Mar	2:35.70
14	169 Luke Yaeger	McMaster Mar	2:36.60
15	143 Asad Bari	Laurier Gold	2:37.00
16	259 Tony Kwok	Waterloo	2:37.00
17	21 Jeremy Mol	Brock Badger	2:37.00
18	312 Brendan Heikkinen	Windsor Lancers	2:40.00
19	14 Harrison Enns	Brock Badger	2:43.00
20	323 Nicholas Neri	Windsor Lancers	2:55.00

**Event 9 Women 1500 Meter Run University (28)**

Meet: 4:17.91 2016		Melissa Bishop	
USports: 4:26.40			
Name	Team	Seed Time	
1	64 Danielle Jossinet	Guelph Gryph	4:30.00
2	82 Hannah Woodhouse	Guelph Gryph	4:30.00
3	133 Bettina Boucher	Laurier Gold	4:36.00
4	61 Sadie-Jane Hickson	Guelph Gryph	4:38.00
5	63 Emma Hubbard	Guelph Gryph	4:38.00
6	66 Francesca Maltais	Guelph Gryph	4:40.00
7	155 Erin Mawhinney	McMaster Mar	4:41.50
8	156 Emily Nowak	McMaster Mar	4:41.70
9	81 Sarah Wismer	Guelph Gryph	4:45.00
10	75 Christina Sevsek	Guelph Gryph	4:45.00
11	374 Jessica White	Western Must	4:45.00
12	188 Katherine Marshall	Toronto Vars	4:50.00
13	137 Lizzy Laurie	Laurier Gold	4:50.00
14	367 Hilary Stone	Western Must	4:55.00
15	344 Hayley Dick	Western Must	4:55.00
16	370 Elizabeth Teasell	Western Must	4:55.00
17	157 Meghan Rothenbrocker	McMaster Mar	4:58.50
18	268 Vanessa Cotter	Windsor Lancers	5:00.00
19	136 Jenna Gascho	Laurier Gold	5:02.00
20	293 Bridget Taylor	Windsor Lancers	5:04.00
21	224 Sarah Cranmer-Byng	Unattached O	5:05.00
22	139 Kristine Nilsen	Laurier Gold	5:05.00
23	294 Mya Vialva	Windsor Lancers	5:05.00
24	295 Chelsea Viselli	Windsor Lancers	5:10.00
25	141 Emma Segato	Laurier Gold	5:10.00
26	135 Claire Fleming	Laurier Gold	5:15.00
27	134 Emma Davis	Laurier Gold	5:30.00
28	373 Anjoli Vanderkuur	Western Must	NT

**Event 10 Men 1500 Meter Run University (60)**

Meet: 3:50.48 2016		Sacha Smart	
USports: 3:49.84			
Name	Team	Seed Time	
1	105 Joshua Kellier	Guelph Gryph	3:48.00
2	88 Connor Black	Guelph Gryph	3:48.00
3	116 Mark Patton	Guelph Gryph	3:48.00
4	93 Braydon Clarke	Guelph Gryph	3:50.00
5	317 Nick MacMackin	Windsor Lancers	3:50.00
6	166 Sergio Ruez Villanueva	McMaster Mar	3:50.20
7	234 Michael Styba	University O	3:53.50
8	202 Noah Defreyne	Toronto Vars	3:54.00
9	132 Benjamin Workman	Guelph Gryph	3:54.50
10	128 Mitchell Ubene	Guelph Gryph	3:54.50
11	161 Nick Kondrat	McMaster Mar	3:54.50



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**Event 10 ... (Men 1500 Meter Run University (60))**

Name	Team	Seed Time
12 319 Shawn Master	Windsor Lancers	3:55.00
13 164 Joshua McGillvray	McMaster Mar	3:55.60
14 165 Matt Napier	McMaster Mar	3:56.40
15 122 Andrew Shepherd	Guelph Gryph	3:56.50
16 112 Logan Martineau	Guelph Gryph	3:56.50
17 321 Andrew Nebel	Windsor Lancers	3:57.00
18 315 Joe Kagumba	Windsor Lancers	3:57.00
19 162 Eric Macpherson	McMaster Mar	3:57.40
20 118 David Poloni	Guelph Gryph	3:58.00
21 101 Brady Graves	Guelph Gryph	3:58.00
22 209 Robert Lawand	Toronto Vars	3:59.00
23 335 Josh Zilles	Windsor Lancers	3:59.00
24 199 Jake Carroll	Toronto Vars	3:59.00
25 147 Dan Hilbers	Laurier Gold	3:59.00
26 158 Alex Drover	McMaster Mar	3:59.50
27 393 Gregory Danayan	Western Must	4:00.00
28 257 Akiva Goldberg	Waterloo	4:00.00
29 131 Caelum Wishart	Guelph Gryph	4:02.00
30 404 Sean Luke	Western Must	4:02.00
31 206 Sam Kinahan	Toronto Vars	4:02.00
32 126 Noah Tivenez	Guelph Gryph	4:02.00
33 151 Joe Sheridan	Laurier Gold	4:04.00
34 235 Nicolas Wood	University O	4:04.00
35 230 Chris Gowan	UTTC	4:04.57
36 94 Jack Cooper	Guelph Gryph	4:05.00
37 328 Jacob Rothera	Windsor Lancers	4:05.00
38 330 Brendan Simone	Windsor Lancers	4:05.00
39 318 Joshua Martin	Windsor Lancers	4:05.00
40 103 Gavin Hughes	Guelph Gryph	4:05.00
41 450 Ali Ghadghoni	York Lions	4:05.00
42 462 Victor Noguez-Salkowski	York Lions	4:05.00
43 394 Joseph De Sousa	Western Must	4:05.00
44 442 Sam Agnew	York Lions	4:05.00
45 313 Mitch Heynik	Windsor Lancers	4:05.00
46 309 Nicholas D'Alessandro	Windsor Lancers	4:05.00
47 167 Evan Ubene	McMaster Mar	4:05.30
48 210 Landon Leone	Toronto Vars	4:06.00
49 203 Zach Frangos	Toronto Vars	4:06.00
50 168 Ryan Were	McMaster Mar	4:06.70
51 163 Matthew McArthur	McMaster Mar	4:07.30
52 149 Brendan Masters	Laurier Gold	4:10.00
53 150 Zack Savlov	Laurier Gold	4:12.00
54 146 Joey Hardy	Laurier Gold	4:15.00
55 300 Ryan Banks	Windsor Lancers	4:15.00
56 220 Tyler Jones	Uwindsorac	4:15.00
57 305 Mitch Cauchi	Windsor Lancers	4:15.00
58 145 Emrys Halbertsma	Laurier Gold	4:40.00

59 400 Mathieu Gauthier	Western Must	NT
60 413 Carter Wood	Western Must	NT

**Event 11 Women 3000 Meter Run University (11)**

Meet: 9:36.15 2015		Heather Petrick	
USports: 9:29.22			
Name	Team	Seed Time	
1 64 Danielle Jossinet	Guelph Gryph	9:45.00	
2 82 Hannah Woodhouse	Guelph Gryph	9:45.00	
3 81 Sarah Wismer	Guelph Gryph	10:05.00	
4 75 Christina Sevsek	Guelph Gryph	10:05.00	
5 243 Alyssa Randall	Waterloo	10:15.00	
6 244 Stephanie Ryall	Waterloo	10:25.00	
7 188 Katherine Marshall	Toronto Vars	10:30.00	
8 370 Elizabeth Teasell	Western Must	10:35.00	
9 367 Hilary Stone	Western Must	10:35.00	
10 344 Hayley Dick	Western Must	10:35.00	
11 373 Anjoli Vanderkuur	Western Must	10:35.00	

**Event 12 Men 3000 Meter Run University (24)**

Meet: 8:15.19 2015		Aaron Hendriks	
USports: 8:16.02			
Name	Team	Seed Time	
1 116 Mark Patton	Guelph Gryph	8:20.00	
2 105 Joshua Kellier	Guelph Gryph	8:20.00	
3 88 Connor Black	Guelph Gryph	8:20.00	
4 132 Benjamin Workman	Guelph Gryph	8:20.00	
5 209 Robert Lawand	Toronto Vars	8:26.00	
6 128 Mitchell Ubene	Guelph Gryph	8:32.00	
7 122 Andrew Shepherd	Guelph Gryph	8:32.00	
8 101 Brady Graves	Guelph Gryph	8:32.00	
9 112 Logan Martineau	Guelph Gryph	8:38.50	
10 200 Cameron Cira	Toronto Vars	8:44.50	
11 203 Zach Frangos	Toronto Vars	8:44.50	
12 118 David Poloni	Guelph Gryph	8:45.00	
13 413 Carter Wood	Western Must	8:45.00	
14 415 Ricky Nepomuceno	Windsor Legi	8:45.00	
15 131 Caelum Wishart	Guelph Gryph	8:45.00	
16 400 Mathieu Gauthier	Western Must	8:50.00	
17 394 Joseph De Sousa	Western Must	8:50.00	
18 404 Sean Luke	Western Must	8:50.00	
19 442 Sam Agnew	York Lions	8:58.00	
20 94 Jack Cooper	Guelph Gryph	8:58.00	
21 103 Gavin Hughes	Guelph Gryph	8:58.00	
22 300 Ryan Banks	Windsor Lancers	9:00.00	
23 21 Jeremy Mol	Brock Badger	9:05.00	
24 323 Nicholas Neri	Windsor Lancers	9:20.00	





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**Event 13 Women 60 Meter Hurdles University (25) Prelims**

<b>Meet:</b> 8.10 2016		<b>Nikita Holder</b>	
<b>USports:</b> 8.51			
<b>Name</b>	<b>Team</b>	<b>Seed Time</b>	
1	60 Sarah Hammond	Guelph Gryph	8.27
2	62 Hailey Hitchings	Guelph Gryph	8.49
3	69 Emma Nero	Guelph Gryph	8.57
4	65 Kendra Leger	Guelph Gryph	8.66
5	282 Alexia Lamothe	Windsor Lancers	8.67
6	278 Jasmine Hurst	Windsor Lancers	8.70
7	286 Courtney Rivait	Windsor Lancers	8.72
8	24 Shaylyn Kowalchuk	Excel Athlet	8.80
9	52 Emily Bowerman	Guelph Gryph	9.00
10	360 Claire Millard	Western Must	9.20
11	425 Tracey Edwards	York Lions	9.20
12	11 Anna Wojtis	Brock Badger	9.30
13	377 Katie Zohorsky	Western Must	9.30
14	296 Oonagh Webster	Windsor Lancers	9.30
15	68 Maja Naruszewicz	Guelph Gryph	9.30
16	348 Gabrielle Gregg	Western Must	9.35
17	178 Michelle Corallo	Toronto Vars	9.40
18	359 Hailey McKechnie	Western Must	9.53
19	277 Nia Holmes	Windsor Lancers	9.75
20	174 Amanda Black	Toronto Vars	9.80
21	2 Adriana Beukeboom	Brock Badger	10.00
22	429 Rasheeda Gurley	York Lions	NT
23	338 Katie Beaudry	Western Must	NT
24	351 Ayasha Horner	Western Must	NT
25	371 Rowan Thomas	Western Must	NT

**Event 14 Men 60 Meter Hurdles University (17) Prelims**

<b>Meet:</b> 7.91 2015		<b>Greg Macneill</b>	
<b>USports:</b> 8.23			
<b>Name</b>	<b>Team</b>	<b>Seed Time</b>	
1	92 Jackson Cheung	Guelph Gryph	8.17
2	383 Locky Butcher	Western Must	8.40
3	207 Anthony Kwan	Toronto Vars	8.45
4	457 Kayden Johnson	York Lions	8.48
5	113 James Muharrem	Guelph Gryph	8.51
6	85 Justice Archer	Guelph Gryph	8.58
7	99 Mark Emode	Guelph Gryph	8.60
8	124 Sebastien Smith	Guelph Gryph	8.65
9	414 Shawn Beaudoin	Windsor Legi	8.70
10	204 Philippe Johns	Toronto Vars	8.75
11	395 Ryan Dooley	Western Must	8.85
12	215 Steven Wilkens-Reeves	Toronto Vars	8.85
13	23 Tristan Vermolen	Brock Badger	8.90
14	411 Greg Spangenberg	Western Must	9.02

15	410 Steven Schan	Western Must	9.35
16	398 Adam Farmer	Western Must	NT
17	396 Ryan Evans	Western Must	NT

**Event 15 Women 4x200 Meter Relay University (11)**

<b>Meet:</b> 1:39.98 1983			
<b>USports:</b> 1:40.30			
<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	
1	Guelph Gryphons	A	1:39.00
2	Western Mustangs	A	1:40.00
3	Guelph Gryphons	B	1:40.00
4	Toronto Vars	A	1:41.50
5	Windsor Lancers	A	1:43.00
6	Waterloo	A	1:43.70
7	Western Mustangs	B	1:45.00
8	York Lions	A	1:45.35
9	York Lions	B	1:46.43
10	York Lions	C	1:46.54
11	Toronto Vars	B	1:47.00

**Event 16 Men 4x200 Meter Relay University (16)**

<b>Meet:</b> 1:28.48 1983			
<b>USports:</b> 1:29.11			
<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	
1	Guelph Gryphons	A	1:28.00
2	Toronto Vars	A	1:28.60
3	Windsor Lancers	A	1:29.40
4	Western Mustangs	A	1:29.49
5	Windsor Lancers	B	1:31.00
6	Guelph Gryphons	B	1:31.00
7	Waterloo	A	1:31.50
8	Toronto Vars	B	1:31.50
9	Western Mustangs	B	1:32.00
10	Brock Badger	A	1:32.50
11	York Lions	A	1:32.51
12	York Lions	B	1:32.61
13	Windsor Lancers	C	1:33.00
14	York Lions	C	1:34.42
15	York Lions	D	1:34.60
16	Brock Badger	B	1:36.00

**Event 17 Women 4x400 Meter Relay University (10)**

<b>Meet:</b> 3:44.85 2016		<b>Windsor Select</b>	
<b>N Sassine, N Montcalm, H Kurpe, M Bishop</b>			
<b>USports:</b> 3:49.91			
<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	
1	Guelph Gryphons	A	3:48.00
2	Toronto Vars	A	3:48.00
3	UTTC	A	3:53.00



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**Event 17 ... (Women 4x400 Meter Relay University (10))**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
4	Western Mustangs	B	4:00.00
5	Toronto Vars	B	4:00.00
6	Western Mustangs	A	4:00.00
7	Waterloo	A	4:03.00
8	Laurier Gold	A	4:05.00
9	York Lions	A	4:12.00
10	Laurier Gold	B	4:20.00

**Event 18 Men 4x400 Meter Relay University (11)**

<b>Meet: 3:19.60 1982</b>			
<b>USports: 3:20.36</b>			
	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Toronto Vars	A	3:16.50
2	Western Mustangs	A	3:20.00
3	Toronto Vars	B	3:20.50
4	Guelph Gryph	A	3:21.00
5	Windsor Lancers	A	3:23.00
6	UTTC	A	3:24.00
7	Western Mustangs	B	3:25.00
8	Waterloo	A	3:25.50
9	York Lions	A	3:32.00
10	Laurier Gold	A	3:42.00
11	Laurier Gold	B	3:50.00

**Event 19 Women 4x800 Meter Relay University (7)**

<b>Meet: 8:50.52 2015 University of Toronto</b>			
<b>R Jewett, M Kelly, G Ceyhan, G Stafford</b>			
<b>USports: 9:03.69</b>			
	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Toronto Vars	A	8:48.00
2	Guelph Gryphons	A	9:00.00
3	Windsor Lancers	A	9:10.00
4	Guelph Gryphons	B	9:15.00
5	Western Must	A	9:18.00
6	Waterloo	A	9:44.00
7	Windsor Lancers	B	9:45.00

**Event 20 Men 4x800 Meter Relay University (13)**

<b>Meet: 7:35.42 2015 University of Windsor</b>			
<b>P Lamarra, T McArthur, C Bellemore, A Ullman</b>			
<b>USports: 7:41.08</b>			
	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Toronto Vars	A	7:39.00
2	Guelph Gryph	A	7:40.00
3	Windsor Lancers	A	7:45.00
4	Western Mustangs	A	7:50.00
5	Western Mustangs	B	7:50.00

6	Toronto Vars	B	7:50.00
7	Windsor Lancers	B	7:55.00
8	Guelph Gryph	B	7:55.00
9	Windsor Lancers	C	8:00.00
10	York Lions	A	8:00.00
11	Guelph Gryph	C	8:03.00
12	Windsor Lancers	D	8:05.00
13	Waterloo	A	8:14.00

**Event 21 Women High Jump University (22)**

<b>Meet: 1.80m 2003 Kristen Matthews</b>			
<b>USports: 1.71m</b>			
	<b>Name</b>	<b>Team</b>	<b>Seed Mark</b>
1	175 Emily Branderhorst	Toronto Vars	1.71m
2	355 Devyn MacKenzie	Western Must	1.70m
3	67 Gabby Marton	Guelph Gryph	1.68m
4	68 Maja Naruszewicz	Guelph Gryph	1.68m
5	354 Shaelyn Laurie	Western Must	1.68m
6	190 Hannah Rolfe	Toronto Vars	1.63m
7	182 Kayla Greenberg	Toronto Vars	1.60m
8	338 Katie Beaudry	Western Must	1.60m
9	71 Jade Peters	Guelph Gryph	1.60m
10	49 Arabella Alton	Guelph Gryph	1.60m
11	266 Laura Acton	Windsor Lancers	1.55m
12	274 Olivia Grimshaw	Windsor Lancers	1.55m
13	52 Emily Bowerman	Guelph Gryph	1.50m
14	296 Oonagh Webster	Windsor Lancers	1.50m
15	264 Laura Acton	Windsor	1.50m
16	249 Victoria Young	Waterloo	1.50m
17	358 Heather McCann	Western Must	NH
18	371 Rowan Thomas	Western Must	NH
19	363 Madeline Rampton	Western Must	NH
20	347 Emilia Grala	Western Must	NH
21	4 Emily Brooks	Brock Badger	NH
22	351 Ayasha Horner	Western Must	NH

**Event 22 Men High Jump University (12)**

<b>Meet: 2.16m 2014 Branden Wilhelm</b>			
<b>USports: 2.06m</b>			
	<b>Name</b>	<b>Team</b>	<b>Seed Mark</b>
1	90 Sean Cate	Guelph Gryph	2.10m
2	383 Locky Butcher	Western Must	2.00m
3	127 Mitchell Torres	Guelph Gryph	1.95m
4	334 Trevor Way	Windsor Lancers	1.95m
5	85 Justice Archer	Guelph Gryph	1.95m
6	253 Solomon Davidson	Waterloo	1.93m
7	261 David Nightingale	Waterloo	1.90m
8	20 Ismael Macdon	Brock Badger	1.90m
9	402 Bleska Kambamba	Western Must	1.90m



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**Event 22 ... (Men High Jump University (12))**

Name	Team	Seed Mark
10 333 Sam Villa	Windsor Lancers	1.85m
11 392 Sam Cowan	Western Must	1.85m
12 396 Ryan Evans	Western Must	NH

**Event 23 Women Pole Vault University (9)**

Meet: 4.13m 2015 Robin Bone		
USports: 3.85m		
Name	Team	Seed Mark
1 170 Erika Fiedler	Speed River	4.11m
2 191 Brittany Salmon	Toronto Vars	3.80m
3 59 Tessa Hamilton	Guelph Gryph	3.65m
4 437 Caroline Ritchie	York Lions	3.30m
5 179 Sarah Czmorek	Toronto Vars	3.30m
6 70 Emily Newton	Guelph Gryph	3.20m
7 430 Naomi Henry	York Lions	2.90m
8 356 Katy Magoffin	Western Must	NH
9 364 Amanda Reid	Western Must	NH

**Event 24 Men Pole Vault University (14)**

Meet: 5.61m 2008 Russ Buller		
USports: 4.81m		
Name	Team	Seed Mark
1 221 Milos Savic	Uwindsorac	5.00m
2 130 Thomas Weigl	Guelph Gryph	4.80m
3 208 Alex Lau	Toronto Vars	4.70m
4 117 Graham Pitfield	Guelph Gryph	4.50m
5 445 Jason Clare	York Lions	4.40m
6 441 Samuel Adams	York Lions	4.30m
7 213 Linus Shaw	Toronto Vars	4.00m
8 396 Ryan Evans	Western Must	NH
9 389 Nick Christopher	Western Must	NH
10 398 Adam Farmer	Western Must	NH
11 388 Brian Choja	Western Must	NH
12 153 Taylor Stewart	London Weste	NH
13 391 Eric Cowan	Western Must	NH
14 401 Daniel Gleason	Western Must	NH

**Event 25 Women Long Jump 2 Flights University (27)**

This event will be run in 2 flights		
Meet: 6.36m 2007 Tabia Charles		
USports: 5.90m		
Name	Team	Seed Mark
1 436 Holly Pitters	York Lions	5.90m
2 51 Jordan Bates	Guelph Gryph	5.56m
3 55 Marissa Dubois	Guelph Gryph	5.52m
4 173 Laura Amoi	Toronto Vars	5.50m
5 281 Taryn Lamorie	Windsor Lancers	5.45m

6 83 Erin Young	Guelph Gryph	5.45m
7 296 Oonagh Webster	Windsor Lancers	5.30m
8 269 Natalie Coughlin	Windsor Lancers	5.20m
9 174 Amanda Black	Toronto Vars	5.20m
10 432 Stella Isaac	York Lions	5.20m
11 246 Cassidy Stachowich	Waterloo	5.15m
12 182 Kayla Greenberg	Toronto Vars	5.10m
13 248 Phoebe Wolfe	Waterloo	5.00m
14 426 Bailey Francis	York Lions	4.96m
15 280 Cheyanne Labadie	Windsor Lancers	4.95m
16 285 Sharon Ocheje	Windsor Lancers	4.75m
17 371 Rowan Thomas	Western Must	ND
18 358 Heather McCann	Western Must	ND
19 351 Ayasha Horner	Western Must	ND
20 345 Jennifer Drane	Western Must	ND
21 346 Sarah France	Western Must	ND
22 357 Annie Maslak	Western Must	ND
23 365 Emily Sluys	Western Must	ND
24 364 Amanda Reid	Western Must	ND
25 363 Madeline Rampton	Western Must	ND
26 350 Rachael Holland	Western Must	ND
27 343 Riley Dane	Western Must	ND

**Event 26 Men Long Jump 2 Flights University (23)**

Meet: 7.60m 2012 Taylor Stewart		
USports: 7.14m		
Name	Team	Seed Mark
1 250 Joerg Ahne	Waterloo	7.40m
2 102 Owen Hebb	Guelph Gryph	7.01m
3 449 Nicholas Fyffe	York Lions	7.00m
4 84 Elijah Ampratwum	Guelph Gryph	6.95m
5 85 Justice Archer	Guelph Gryph	6.85m
6 99 Mark Emode	Guelph Gryph	6.80m
7 310 Destin Gardner	Windsor Lancers	6.80m
8 124 Sebastien Smith	Guelph Gryph	6.80m
9 129 Gerrard Wallace	Guelph Gryph	6.75m
10 13 Kwaku Bonsu	Brock Badger	6.73m
11 303 Irwin Bramao	Windsor Lancers	6.70m
12 265 Irwin Bramao	Windsor	6.63m
13 461 Nicholas Mills	York Lions	6.55m
14 326 Justin Rempillo	Windsor Lancers	6.45m
15 117 Graham Pitfield	Guelph Gryph	6.40m
16 322 Alex Needs	Windsor Lancers	6.40m
17 454 Placide Ilunga	York Lions	6.40m
18 225 Jonathan Halpenny	Unattached O	6.30m
19 379 Jonathan Balogun	Western Must	ND
20 380 Joseph Bell	Western Must	ND
21 381 Scott Billings	Western Must	ND
22 19 Edrick Macdon	Brock Badger	ND





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**Event 26 ... (Men Long Jump 2 Flights University (23))**

Name	Team	Seed Mark
23 412 Josh Weinstein	Western Must	ND

**Event 27 Women Triple Jump University (9)**

Meet: 12.87m 2012 Patricia Sylvester		
USports: 1.88m		
Name	Team	Seed Mark
1 152 Caroline Ehrhardt	London Weste	13.30m
2 51 Jordan Bates	Guelph Gryph	12.00m
3 173 Laura Amoi	Toronto Vars	11.60m
4 71 Jade Peters	Guelph Gryph	11.30m
5 426 Bailey Francis	York Lions	10.96m
6 291 Kaitlyn Stewart	Windsor Lancers	10.90m
7 285 Sharon Ocheje	Windsor Lancers	10.80m
8 357 Annie Maslak	Western Must	ND
9 343 Riley Dane	Western Must	ND

**Event 28 Men Triple Jump University (4)**

Meet: 15.20m 2001 Chris Martin		
USports: 14.64m		
Name	Team	Seed Mark
1 449 Nicholas Fyffe	York Lions	15.00m
2 322 Alex Needs	Windsor Lancers	13.25m
3 412 Josh Weinstein	Western Must	ND
4 381 Scott Billings	Western Must	ND

**Event 29 Women Shot Put University (12)**

This event will be run in 2 flights

Meet: 15.73m 1984 Vivian Fisher		
USports: 13.63m		
Name	Team	Seed Mark
1 283 Sarah Mitton	Windsor Lancers	16.53m
2 272 Leanna Garcia	Windsor Lancers	13.54m
3 279 Beth Kester	Windsor Lancers	12.30m
4 372 Ainslie Timmons	Western Must	11.70m
5 52 Emily Bowerman	Guelph Gryph	9.50m
6 284 Raban Mustapha	Windsor Lancers	9.20m
7 296 Oonagh Webster	Windsor Lancers	9.00m
8 68 Maja Naruszewicz	Guelph Gryph	9.00m
9 425 Tracey Edwards	York Lions	8.95m
10 174 Amanda Black	Toronto Vars	8.50m
11 429 Rasheeda Gurley	York Lions	8.50m
12 74 Stephanie Sarellas	Guelph Gryph	7.89m

**Event 30 Men Shot Put University (11)**

Meet: 17.68m 2013 Tim Hendry		
USports: 13.36m		
Name	Team	Seed Mark
1 89 Mark Bujnowski	Guelph Gryph	15.89m

2 115 Thomas Nedow	Guelph Gryph	15.22m
3 153 Taylor Stewart	London Weste	14.82m
4 385 Stuart Cameron	Western Must	14.65m
5 301 Brett Boersma	Windsor Lancers	14.60m
6 332 Spencer Vanderlaan	Windsor Lancers	14.51m
7 201 Ezana Debalke	Toronto Vars	14.00m
8 87 Matthew Bartoletta	Guelph Gryph	13.54m
9 86 Andrius Balsas	Guelph Gryph	12.33m
10 99 Mark Emode	Guelph Gryph	12.00m
11 397 Fred Fabi	Western Must	12.00m

**Event 31 Women Weight Throw University (7)**

Meet: 18.12m 2016 Brittany Crew		
USports: 16.81m		
Name	Team	Seed Mark
1 283 Sarah Mitton	Windsor Lancers	17.43m
2 272 Leanna Garcia	Windsor Lancers	15.21m
3 352 Brindley Jantzi	Western Must	14.50m
4 372 Ainslie Timmons	Western Must	14.00m
5 74 Stephanie Sarellas	Guelph Gryph	12.76m
6 279 Beth Kester	Windsor Lancers	12.10m
7 284 Raban Mustapha	Windsor Lancers	12.05m

**Event 32 Men Weight Throw University (10)**

Meet: 19.45m 2013 Daniel Novia		
USports: 17.95m		
Name	Team	Seed Mark
1 201 Ezana Debalke	Toronto Vars	16.50m
2 466 Jonathan Raspanti	York Lions	15.50m
3 89 Mark Bujnowski	Guelph Gryph	15.47m
4 448 Drew Erskine	York Lions	14.50m
5 385 Stuart Cameron	Western Must	14.50m
6 86 Andrius Balsas	Guelph Gryph	14.29m
7 115 Thomas Nedow	Guelph Gryph	13.79m
8 299 Anthony Atkinson	Windsor Lancers	13.39m
9 87 Matthew Bartoletta	Guelph Gryph	12.35m
10 302 Luke Bonelli	Windsor Lancers	10.26m

