



## 2018 Alberta Colleges Athletic Conference (ACAC) Indoor Track Championships -- Full Results

Below are full results for the 2018 Alberta Colleges Athletic Conference (ACAC) Indoor Track Championships, held March 9-10 in the Kinsmen Field House in Edmonton, Alberta.

Special congratulations to:

- MacEwan Griffins Women 4x400m team (Amanda Ntiamoah, Valerie Schlottke, Nikita Case, and Hannah Leggatt), improving the ACAC and Championships records to 4:02.32;
- SAIT Trojans Men 4x400m team (Brent Stephen, Christopher Karg, Matthew Travaglini, and Brant Lauweryssen), improving the ACAC and Championships records by more than a second;
- Brent Stephen (SAIT Trojans), who improved the 300m ACAC and Championships records to 35.61;
- Nikita Case (MacEwan Griffins), who improved the Championships record by nearly a second;
- Matthew Travaglini (SAIT Trojans), who broke **four** records:
  - 3000m Championships, by more than 16.5 seconds;
  - 1500m Championships, by more than eight seconds; and
  - 1000m ACAC by more than a second, and Championships by more than six seconds.

The results below include the following:

- team points
- team points by event type
- individual team points
- full results

Please see <http://www.ellistiming.ca/results/2018ACACChampsResultsNewspaper.txt> for results in "newspaper style".

If you have questions or concerns regarding the results, please send an electronic mail message to [vernon@ellistiming.ca](mailto:vernon@ellistiming.ca). Other questions or concerns should be directed to Shawn Eckford ([eckfords@macewan.ca](mailto:eckfords@macewan.ca)).

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10**

**Kinsmen Field House**

**Meet Summary - Record Breakers Only - All Events**

	<b>Seed</b>	<b>Prelims</b>	<b>Finals</b>		
<b>Event #102</b>					
<b>Matthew Travaglini - Male - Year: 93 - Comp#: 178 - Trojans - DOB: 1993-04-22</b>					
#102 Men 3000 Metre Run Open	8:22.01		8:41.62	(1)	10
ACAC Champs: 8:58.15					
<b>Event #104</b>					
<b>Matthew Travaglini - Male - Year: 93 - Comp#: 178 - Trojans - DOB: 1993-04-22</b>					
#104 Men 1500 Metre Run Open	3:55.12		4:04.01	(1)	10
ACAC Champs: 4:12.31					
<b>Event #106</b>					
<b>Matthew Travaglini - Male - Year: 93 - Comp#: 178 - Trojans - DOB: 1993-04-22</b>					
#106 Men 1000 Metre Run Open	2:35.03		2:31.27	(1)	* 10
ACAC Record: 2:32.35 ACAC Champs: 2:37.43					
<b>Event #107</b>					
<b>Nikita Case - Female - Year: 97 - Comp#: 131 - Griffins - ID#: 9775405 - DOB: 1997-12-15</b>					
#107 Women 600 Metre Run Open	1:35.33		1:37.35	(1)	10
ACAC Champs: 1:38.30					
<b>Event #110</b>					
<b>Thomas Cross-Trush - Male - Year: 97 - Comp#: 132 - Griffins - ID#: 9760486 - DOB: 1997-05-16</b>					
#110 Men 300 Metre Dash Open	35.99	36.17 (1)	35.62	(2)	* 8
ACAC Record: 35.64 ACAC Champs: 36.52					
<b>Brent Stephen - Male - Year: 96 - Comp#: 176 - Trojans - DOB: 1996-12-02</b>					
#110 Men 300 Metre Dash Open	35.64	36.80 (2)	35.61	(1)	* 10
ACAC Record: 35.64 ACAC Champs: 36.52					
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<b>Relay</b>	<b>Seed</b>	<b>Prelims</b>	<b>Finals</b>		
<hr/>					
1 MacEwan Griffins - 'A'					
#111 Women 4x400 Metre Relay Open	4:05.00		4:02.32	(1)	* 10
ACAC Record: 4:03.25 ACAC Champs: 4:08.18					
2 Sait Trojans - 'A'					
#112 Men 4x400 Metre Relay Open	3:37.25		3:31.12	(1)	* 10
ACAC Record: 3:32.67 ACAC Champs: 3:32.95					
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**Total Athletes: 4**

**Total Relays: 2**

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House  
Team Rankings - Through Event 112****Combined Team Scores**

<b>Place</b>	<b>School</b>		<b>Points</b>
1	Sait Trojans	SAIT	153.50
2	MacEwan Griffins	MU	115
3	Red Deer College	REDC	75
4	Lethbridge Kodiaks	KODI	61.50
5	University of Alberta - August	UOAA	21
6	The Mighty, Mighty Gprc Wolves	GPRC	18
7	Concordia University of Edm.	CUE	17
8	St. Mary's University - Calgar	STMU	5
		<b>Total</b>	<b>466.00</b>

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House  
Team Rankings - Through Event 112****Female Team Scores**

<b>Place</b>	<b>School</b>		<b>Points</b>
1	MacEwan Griffins	MU	74
2	Sait Trojans	SAIT	57.50
3	Lethbridge Kodiaks	KODI	42.50
4	Red Deer College	REDC	40
5	Concordia University of Edm.	CUE	8
6	The Mighty, Mighty Gprc Wolves	GPRC	6
7	St. Mary's University - Calgar	STMU	3
8	University of Alberta - August	UOAA	2
		<b>Total</b>	<b>233.00</b>

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House  
Team Rankings - Through Event 112****Male Team Scores**

<b>Place</b>	<b>School</b>		<b>Points</b>
1	Sait Trojans	SAIT	96
2	MacEwan Griffins	MU	41
3	Red Deer College	REDC	35
4	University of Alberta - August	UOAA	19
4	Lethbridge Kodiaks	KODI	19
6	The Mighty, Mighty Gprc Wolves	GPRC	12
7	Concordia University of Edm.	CUE	9
8	St. Mary's University - Calgar	STMU	2
		<b>Total</b>	<b>233.00</b>

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Team Rankings - Through Event 112****Combined Team Scores**

<b>Place</b>	<b>School</b>	<b>Points</b>	<b>Sprints</b>	<b>Distance</b>	<b>Hurdles</b>	<b>Relays</b>	<b>Field Events</b>	<b>Combined</b>
1	Sait Trojans	153.50	18	120	0	15.50	0	0
2	MacEwan Griffins	115	32	65	0	18	0	0
3	Red Deer College	75	9	53	0	13	0	0
4	Lethbridge Kodiaks	61.50	15	35	0	11.50	0	0
5	University of Alberta - /	21	2	13	0	6	0	0
6	The Mighty, Mighty Gp	18	0	16	0	2	0	0
7	Concordia University of	17	2	8	0	7	0	0
8	St. Mary's University - C	5	0	2	0	3	0	0
<b>Total</b>		<b>466.00</b>	<b>78.00</b>	<b>312.00</b>	<b>0.00</b>	<b>76.00</b>	<b>0.00</b>	<b>0.00</b>

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Team Rankings - Through Event 112****Female Team Scores**

<b>Place</b>	<b>School</b>	<b>Points</b>	<b>Sprints</b>	<b>Distance</b>	<b>Hurdles</b>	<b>Relays</b>	<b>Field Events</b>	<b>Combined</b>
1	MacEwan Griffins	74	18	46	0	10	0	0
2	Sait Trojans	57.50	4	48	0	5.50	0	0
3	Lethbridge Kodiaks	42.50	9	28	0	5.50	0	0
4	Red Deer College	40	6	26	0	8	0	0
5	Concordia University of	8	2	2	0	4	0	0
6	The Mighty, Mighty Gp	6	0	6	0	0	0	0
7	St. Mary's University - C	3	0	0	0	3	0	0
8	University of Alberta - /	2	0	0	0	2	0	0
<b>Total</b>		<b>233.00</b>	<b>39.00</b>	<b>156.00</b>	<b>0.00</b>	<b>38.00</b>	<b>0.00</b>	<b>0.00</b>

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Team Rankings - Through Event 112****Male Team Scores**

<b>Place</b>	<b>School</b>	<b>Points</b>	<b>Sprints</b>	<b>Distance</b>	<b>Hurdles</b>	<b>Relays</b>	<b>Field Events</b>	<b>Combined</b>
1	Sait Trojans	96	14	72	0	10	0	0
2	MacEwan Griffins	41	14	19	0	8	0	0
3	Red Deer College	35	3	27	0	5	0	0
4	University of Alberta - /	19	2	13	0	4	0	0
4	Lethbridge Kodiaks	19	6	7	0	6	0	0
6	The Mighty, Mighty Gp	12	0	10	0	2	0	0
7	Concordia University of	9	0	6	0	3	0	0
8	St. Mary's University - C	2	0	2	0	0	0	0
<b>Total</b>		<b>233.00</b>	<b>39.00</b>	<b>156.00</b>	<b>0.00</b>	<b>38.00</b>	<b>0.00</b>	<b>0.00</b>



**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Individual Rankings - Through Event 112****Female - Individual Scores**

Place	Name	Year	School	Points
1	Ricki Christopher	95	Sait Trojans	31.38
	1000 Run 10 1500 Run 10 3000 Run 10 1600 Relay 1.3			
2	Nikita Case	97	MacEwan Griffins	22.50
	300 Dash 10 600 Run 10 1600 Relay 2.5			
3	Sophia Nowicki	99	Lethbridge Kodiaks	22
	1500 Run 8 3000 Run 8 1000 Run 6			
4	Hannah Leggatt	96	MacEwan Griffins	19.50
	1000 Run 8 1500 Run 6 3000 Run 3 1600 Relay 2.5			
5	Valerie Schlottke	98	MacEwan Griffins	18.50
	300 Dash 8 600 Run 8 1600 Relay 2.5			
6	Jordanna Cota	95	Red Deer College	12
	3000 Run 6 1000 Run 4 1600 Relay 2			
6	Sadie Borgfjord	98	Red Deer College	12
	300 Dash 5 600 Run 5 1600 Relay 2			
6	Kayla Enders	98	Lethbridge Kodiaks	12
	300 Dash 6 600 Run 6			
9	Jill Stewart	98	Red Deer College	10
	1000 Run 3 1500 Run 3 3000 Run 2 1600 Relay 2			
10	Anna Gallup	98	Sait Trojans	9.38
	300 Dash 4 600 Run 4 1600 Relay 1.3			
11	Roxanne Skoreyko	79	MacEwan Griffins	9
	3000 Run 5 1500 Run 4			
12	Alea Stockton	94	Sait Trojans	6.38
	1000 Run 5 1600 Relay 1.3			
13	Melanie McCann	89	Sait Trojans	5
	1500 Run 5			
13	Shaelyn Moltzahn	97	Red Deer College	5
	600 Run 3 1600 Relay 2			
15	Emilie Mann	92	Sait Trojans	4
	3000 Run 4			
15	Mienna Staroslieski	99	Concordia University of Edm.	4
	300 Dash 2 600 Run 1 1600 Relay 1			
17	Kelcie Bulas	99	The Mighty, Mighty Gprc Wolves	3
	1500 Run 2 3000 Run 1			
17	Anna Van Der Giessen	99	The Mighty, Mighty Gprc Wolves	3
	600 Run 2 1000 Run 1			
17	Janelle Graham	98	Lethbridge Kodiaks	3
	300 Dash 3			
20	Amanda Ntiamoah	92	MacEwan Griffins	2.50
	1600 Relay 2.5			
21	Shehzadi Abdul	92	MacEwan Griffins	2
	1000 Run 2			
21	Bailey Trocoli-Hughes	97	Concordia University of Edm.	2
	1500 Run 1 1600 Relay 1			
23	Ann Danard	95	Sait Trojans	1.38
	1600 Relay 1.3			
24	Rebecca Hay	02	Concordia University of Edm.	1
	1600 Relay 1			

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Individual Rankings - Through Event 112**

24	Tiana Lemon	99	Red Deer College	1
	300 Dash 1			
24	Rachael Smillie	95	Concordia University of Edm.	1
	1600 Relay 1			
27	Myroslava Koval	97	St. Mary's University - Calgar	.75
	1600 Relay 0.7			
27	Tanis Lefebvre	93	St. Mary's University - Calgar	.75
	1600 Relay 0.7			
27	Maria Ruiz	99	St. Mary's University - Calgar	.75
	1600 Relay 0.7			
27	Rebecca Johnson	95	St. Mary's University - Calgar	.75
	1600 Relay 0.7			
31	Daniella Burke	94	University of Alberta - August	.50
	1600 Relay 0.5			
31	Leah Reid	95	University of Alberta - August	.50
	1600 Relay 0.5			
31	Chiedza Mutize	97	University of Alberta - August	.50
	1600 Relay 0.5			
31	Katelynn Cook	95	University of Alberta - August	.50
	1600 Relay 0.5			

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Individual Rankings - Through Event 112****Male - Individual Scores**

Place	Name	Year	School	Points
1	Matthew Travaglini	93	Sait Trojans	32.50
	1000 Run 10 1500 Run 10 3000 Run 10 1600 Relay 2.5			
2	Brent Stephen	96	Sait Trojans	22.50
	300 Dash 10 600 Run 10 1600 Relay 2.5			
3	Alex Howells	98	Sait Trojans	16
	1500 Run 8 3000 Run 8			
4	Brant Lauweryssen	96	Sait Trojans	14.50
	600 Run 8 300 Dash 4 1600 Relay 2.5			
5	Reece Runco	94	MacEwan Griffins	14
	300 Dash 6 600 Run 6 1600 Relay 2			
5	Scott Kohlman	97	MacEwan Griffins	14
	1500 Run 6 3000 Run 6 1600 Relay 2			
7	Adam Wass	98	Red Deer College	12.25
	1000 Run 4 3000 Run 4 1500 Run 3 1600 Relay 1.2			
8	Dayton Jans	98	Lethbridge Kodiaks	11.50
	300 Dash 5 600 Run 5 1600 Relay 1.5			
9	Devon Gurney	94	Red Deer College	11.25
	1000 Run 6 600 Run 4 1600 Relay 1.2			
10	Thomas Cross-Trush	97	MacEwan Griffins	10
	300 Dash 8 1600 Relay 2			
11	Brandon Wladyko	86	The Mighty, Mighty Gprc Wolves	9.50
	3000 Run 5 1500 Run 4 1600 Relay 0.5			
12	Emile Vogel-Nakamura	96	University of Alberta - August	9
	1500 Run 5 1000 Run 3 1600 Relay 1			
13	Jacques Saayman	97	Sait Trojans	8
	1000 Run 8			
14	Lucas Wessner	99	Red Deer College	7.25
	300 Dash 3 600 Run 3 1600 Relay 1.2			
15	Keith Spruyt	97	Concordia University of Edm.	5.75
	1000 Run 5 1600 Relay 0.7			
16	Erik Rust	93	University of Alberta - August	5
	3000 Run 3 1500 Run 2			
17	John Krause	98	Lethbridge Kodiaks	3.50
	1000 Run 2 1600 Relay 1.5			
18	Lukas Visser	98	University of Alberta - August	3
	300 Dash 2 1600 Relay 1			
18	Stephen Rowley	97	Red Deer College	3
	3000 Run 2 1500 Run 1			
20	Christopher Karg	92	Sait Trojans	2.50
	1600 Relay 2.5			
20	Kayden Halladay	97	Lethbridge Kodiaks	2.50
	1600 Relay 1.5 300 Dash 1			
22	Tim Evans	98	St. Mary's University - Calgar	2
	600 Run 2			
22	Omar Medina	98	MacEwan Griffins	2
	1600 Relay 2			
24	Tristan Jochems	98	Lethbridge Kodiaks	1.50
	1600 Relay 1.5			

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Individual Rankings - Through Event 112**

24	Eric Nooy			99	The Mighty, Mighty Gprc Wolves	1.50
	3000 Run	1	1600 Relay 0.5			
26	Caleb Heinrich			99	Red Deer College	1.25
	1600 Relay	1.2				
27	Michael Stasiuk			97	University of Alberta - August	1
	1600 Relay	1				
27	Joshua Lawal			97	University of Alberta - August	1
	1600 Relay	1				
27	Dylan Zambonelli			95	MacEwan Griffins	1
	600 Run	1				
27	Ian Lee			95	Concordia University of Edm.	1
	1000 Run	1				
31	Brad Agnew			88	Concordia University of Edm.	.75
	1600 Relay	0.7				
31	David Onyenwenu			00	Concordia University of Edm.	.75
	1600 Relay	0.7				
31	Jose Villanueva			95	Concordia University of Edm.	.75
	1600 Relay	0.7				
34	Kyle Reynolds			86	The Mighty, Mighty Gprc Wolves	.50
	1600 Relay	0.5				
34	Jarred St. Arnault			98	The Mighty, Mighty Gprc Wolves	.50
	1600 Relay	0.5				

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Results****Women 300 Metre Dash Open  
Top 12 Advance by Time**

ACAC Record: \* 41.46 2018-03-04 Nikita Case, GMU; Edmonton

ACAC Champs: ! 41.55 2017-03-03 Nikita Case, MacEwan

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1		Nikita Case	97 MacEwan Griffins	42.36	41.80q 1
2		Amanda Ntiamoah	92 MacEwan Griffins	42.26	42.63q 2
3		Valerie Schlottke	98 MacEwan Griffins	41.64	43.19q 3
4		Sadie Borgfjord	98 Red Deer College	44.08	43.26q 1
5		Kayla Enders	98 Lethbridge Kodiaks	44.25	44.33q 2
6		Anna Gallup	98 Sait Trojans	47.00	45.39q 3
7		Mienna Staroslieski	99 Concordia	47.71	47.06q 2
8		Janelle Graham	98 Lethbridge Kodiaks	46.94	47.30q 3
9		Tiana Lemon	99 Red Deer College	48.41	47.74q 1
10		Rebecca Hay	02 Concordia	49.50	48.23q 1
11		Katelynn Cook	95 Augustana	50.65	48.56q 3
12		Brittany Duvall	98 Gprc Wolves	49.57	48.68q 2
13		Maria Ruiz	99 St. Mary's U	51.56	51.74 3
14		Tanis Lefebvre	93 St. Mary's U	56.46	52.71 1
15		Myroslava Koval	97 St. Mary's U	55.41	52.84 1

**Women 300 Metre Dash Open**

ACAC Record: \* 41.46 2018-03-04 Nikita Case, GMU; Edmonton

ACAC Champs: ! 41.55 2017-03-03 Nikita Case, MacEwan

Name	Year	School	Prelims	Finals	H#	Points
Finals						
1		Nikita Case	97 MacEwan Griffins	41.80	41.67	2 10
2		Valerie Schlottke	98 MacEwan Griffins	43.19	42.05	2 8
3		Amanda Ntiamoah	92 MacEwan Griffins	42.63	x42.32	2
4		Kayla Enders	98 Lethbridge Kodiaks	44.33	43.60	2 6
5		Sadie Borgfjord	98 Red Deer College	43.26	43.66	2 5
6		Anna Gallup	98 Sait Trojans	45.39	44.84	2 4
7		Janelle Graham	98 Lethbridge Kodiaks	47.30	46.66	1 3
8		Mienna Staroslieski	99 Concordia	47.06	46.72	1 2
9		Tiana Lemon	99 Red Deer College	47.74	48.33	1 1
10		Katelynn Cook	95 Augustana	48.56	48.48	1
11		Rebecca Hay	02 Concordia	48.23	48.79	1
12		Brittany Duvall	98 Gprc Wolves	48.68	49.00	1

**Women 600 Metre Run Open**

ACAC Record: \* 1:35.33 2018-02-09 Nikita Case, GMU; Edmonton

ACAC Champs: ! 1:38.30 2015-02-28 Jamie Wigmore, GPRC

Name	Year	School	Seed	Finals	H#	Points
1		Nikita Case	97 MacEwan Griffins	1:35.33	1:37.35!	2 10
2		Valerie Schlottke	98 MacEwan Griffins	1:45.20	1:42.27	2 8
3		Kayla Enders	98 Lethbridge Kodiaks	1:42.95	1:42.36	2 6
4		Sadie Borgfjord	98 Red Deer College	1:45.28	1:42.64	2 5
5		Anna Gallup	98 Sait Trojans	1:46.66	1:43.41	2 4
6		Shehzadi Abdul	92 MacEwan Griffins	1:48.53	x1:48.03	2
7		Shaelyn Moltzahn	97 Red Deer College	1:48.94	1:49.61	2 3

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Results****....Women 600 Metre Run Open**

8	Anna Van Der Giessen	99 Gprc Wolves	1:51.23	1:49.75	1	2
9	Mienna Staroslieski	99 Concordia	1:50.57	1:51.27	1	1
10	Breanna Berridge	99 Red Deer College	1:58.55	x1:51.67	1	
11	Brooklyn Vogel	98 Lethbridge Kodiaks		1:53.77	1	
12	Brittany Duvall	98 Gprc Wolves	1:54.55	1:56.87	1	
13	Tiana Lemon	99 Red Deer College	1:58.15	x2:02.19	1	
14	Rebecca Hay	02 Concordia	2:14.89	2:07.44	1	
15	Chiedza Mutize	97 Augustana	2:17.20	2:12.01	1	
16	Daniella Burke	94 Augustana	2:23.80	2:17.76	1	
--	Jocelyn Leffers	99 MacEwan Griffins	1:48.30	DNS	2	
--	Hannah Leggatt	96 MacEwan Griffins	1:38.30	DNS	2	
--	Janelle Graham	98 Lethbridge Kodiaks	1:50.48	SCR		

**Women 1000 Metre Run Open**

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 ACAC Record: \* 2:54.02 2016-01-30 Vanessa Trofimenkoff, GMU

ACAC Champs: ! 3:02.76 2015-02-27 Jamie Wigmore, GPRC

Name	Year	School	Seed	Finals	H#	Points
1 Ricki Christopher	95	Sait Trojans	3:06.87	3:05.40	3	10
2 Hannah Leggatt	96	MacEwan Griffins	3:03.80	3:06.97	3	8
3 Sophia Nowicki	99	Lethbridge Kodiaks	3:07.11	3:09.42	3	6
4 Alea Stockton	94	Sait Trojans	3:21.72	3:12.85	3	5
5 Jordanna Cota	95	Red Deer College	3:13.84	3:14.42	3	4
6 Ann Danard	95	Sait Trojans	3:23.38	x3:15.19	3	
7 Jill Stewart	98	Red Deer College	3:17.60	3:16.47	3	3
8 Amanda Vocke	96	Sait Trojans	3:22.55	x3:18.99	3	
9 Shehzadi Abdul	92	MacEwan Griffins	3:25.80	3:21.69	2	2
10 Anna Van Der Giessen	99	Gprc Wolves	3:23.08	3:22.45	3	1
11 Shaelyn Moltzahn	97	Red Deer College	3:24.40	x3:23.44	2	
12 Mienna Staroslieski	99	Concordia	3:28.37	3:29.51	2	
13 Rachael Smillie	95	Concordia	3:24.71	3:29.52	2	
14 Brooklyn Vogel	98	Lethbridge Kodiaks		3:30.70	1	
15 Breanna Berridge	99	Red Deer College	3:39.31	x3:34.63	2	
16 Shelby Edgar	91	Concordia	3:39.71	x3:42.31	2	
17 Teagan Shapka	98	Red Deer College	3:39.00	x3:44.37	2	
18 Dina Iatrou	98	Lethbridge Kodiaks		x3:49.10	1	
19 Dana Jackson	97	Lethbridge Kodiaks	3:59.82	x4:03.50	1	
20 Chiedza Mutize	97	Augustana	4:06.80	4:04.75	1	
21 Daniella Burke	94	Augustana	4:18.60	4:10.84	1	
-- Jocelyn Leffers	99	MacEwan Griffins	3:22.00	DNS	3	
-- Salma Moreira	98	Lethbridge Kodiaks	3:39.34	DNS	2	

**Women 1500 Metre Run Open**

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 ACAC Record: \* 4:36.14 2017-01-28 Hannah Leggatt, GMU

ACAC Champs: ! 4:47.78 2014-03-07 Jamie Wigmore, GPRC

Name	Year	School	Seed	Finals	H#	Points
1 Ricki Christopher	95	Sait Trojans	4:54.78	4:58.95	3	10
2 Sophia Nowicki	99	Lethbridge Kodiaks	5:03.33	4:59.64	3	8
3 Hannah Leggatt	96	MacEwan Griffins	4:55.80	5:00.01	3	6
4 Melanie McCann	89	Sait Trojans	5:03.87	5:02.25	3	5
5 Roxanne Skoreyko	79	MacEwan Griffins	5:03.10	5:06.01	3	4
6 Emilie Mann	92	Sait Trojans	5:11.74	x5:08.06	3	

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Results****....Women 1500 Metre Run Open**

7	Ann Danard	95	Sait Trojans	5:12.44	x5:08.49	3	
8	Jill Stewart	98	Red Deer College	5:17.87	5:11.51	3	3
9	Kelcie Bulas	99	Gprc Wolves	5:13.44	5:13.11	3	2
10	Alea Stockton	94	Sait Trojans	5:13.87	x5:13.38	3	
11	Amanda Vocke	96	Sait Trojans	5:14.96	x5:26.21	3	
12	Bailey Trocoli-Hughes	97	Concordia	5:50.73	5:28.00	2	1
13	Rebecca Johnson	95	St. Mary's U	5:35.65	5:31.94	2	
14	Elise Nawrocki	96	Concordia	5:45.00	5:36.66	2	
15	Janaya Garbe	98	Red Deer College	5:39.00	5:37.78	2	
16	Hannah Dawe	98	Sait Trojans	5:40.59	x5:40.67	2	
17	Maissa Sabourin	96	MacEwan Griffins		x5:41.94	1	
18	Rachael Smillie	95	Concordia	5:40.00	x5:42.22	2	
19	Teagan Shapka	98	Red Deer College	5:39.00	x5:43.56	2	
20	Salma Moreira	98	Lethbridge Kodiaks	5:39.22	5:43.76	2	
21	Katelynn Cook	95	Augustana	6:03.60	5:51.07	1	
22	Shelby Edgar	91	Concordia	6:00.60	x5:55.15	1	
23	Rebecca Sweeney	99	Lethbridge Kodiaks	5:49.16	x5:57.43	2	
24	Dina Iatrou	98	Lethbridge Kodiaks		x5:59.11	1	
25	Leah Reid	95	Augustana	6:09.20	5:59.87	1	
26	Lorraine Bangalisan	97	Augustana	5:44.80	x6:00.91	2	
--	Jordanna Cota	95	Red Deer College	5:04.00	DNS	3	
--	Kailey Bratland	98	Gprc Wolves	5:26.30	SCR		

**Women 3000 Metre Run Open**

=====							
ACAC Record: * 10:10.56 2015-02-07 Mirelle Martens, GPRC							
ACAC Champs: ! 10:21.53 2015-02-27 Mirelle Martens, GPRC							
=====							
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Ricki Christopher	95	Sait Trojans	10:38.28	10:36.97	2	10
2	Sophia Nowicki	99	Lethbridge Kodiaks	10:54.27	10:39.08	2	8
3	Jordanna Cota	95	Red Deer College	11:03.00	10:44.73	2	6
4	Roxanne Skoreyko	79	MacEwan Griffins	10:57.21	10:46.87	2	5
5	Emilie Mann	92	Sait Trojans	11:19.08	10:52.09	2	4
6	Hannah Leggatt	96	MacEwan Griffins	10:39.24	10:54.85	2	3
7	Melanie McCann	89	Sait Trojans	11:50.12	x10:55.56	2	
8	Jill Stewart	98	Red Deer College	11:22.00	10:56.17	2	2
9	Kelcie Bulas	99	Gprc Wolves	11:17.72	11:28.25	2	1
10	Rebecca Johnson	95	St. Mary's U		11:30.04	1	
11	Bailey Trocoli-Hughes	97	Concordia	12:31.21	11:55.44	1	
12	Hannah Dawe	98	Sait Trojans	12:25.85	x11:59.44	1	
13	Salma Moreira	98	Lethbridge Kodiaks	12:19.17	12:01.53	1	
14	Elise Nawrocki	96	Concordia	11:54.08	12:05.03	2	
15	Janaya Garbe	98	Red Deer College	12:01.53	x12:22.38	2	
16	Teagan Shapka	98	Red Deer College	12:19.00	x12:32.49	1	
17	Maissa Sabourin	96	MacEwan Griffins		x12:37.12	1	
18	Rebecca Sweeney	99	Lethbridge Kodiaks	12:37.69	x12:38.58	1	
19	Lorraine Bangalisan	97	Augustana	12:31.70	13:13.33	1	
20	Leah Reid	95	Augustana	12:58.40	13:13.46	1	
--	Kailey Bratland	98	Gprc Wolves	11:48.35	SCR		

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Results****Women 4x400 Metre Relay Open**

School	Seed	Finals	H#	Points
ACAC Record: * 4:03.25 2017-02-04 MacEwan University, GMU				
ACAC Champs: ! 4:08.18 2017-03-04 MacEwan University Edmonton, MacEwan V Schlottke, S Maziarz, H Leggatt, N Case				
1 MacEwan Griffins 'A'	4:05.00	4:02.32*	2	10
1) Amanda Ntiamoah 92				
2) Valerie Schlottke 98				
3) Nikita Case 97				
4) Hannah Leggatt 96				
2 Red Deer College 'A'	4:30.88	4:19.80	2	8
1) Sadie Borgfjord 98				
2) Jordanna Cota 95				
3) Jill Stewart 98				
4) Shaelyn Moltzahn 97				
3 Sait Trojans 'A'	4:33.81	4:22.04	2	5.50 4:22.036
1) Anna Gallup 98				
2) Ann Danard 95				
3) Alea Stockton 94				
4) Ricki Christopher 95				
3 Lethbridge Kodiaks 'A'	4:38.78	4:22.04	2	5.50 4:22.036
5 Concordia University of Edm. 'A'	4:58.44	4:44.41	2	4
1) Mienna Staroslieski 99				
2) Rebecca Hay 02				
3) Rachael Smillie 95				
4) Bailey Trocoli-Hughes 97				
6 Red Deer College 'B'	5:01.83	x4:44.95	1	
1) Tiana Lemon 99				
2) Teagan Shapka 98				
3) Janaya Garbe 98				
4) Breanna Berridge 99				
7 St. Mary's University - Calgar 'A'	5:08.08	5:01.73	1	3
1) Maria Ruiz 99				
2) Myroslava Koval 97				
3) Tanis Lefebvre 93				
4) Rebecca Johnson 95				
8 University of Alberta - August 'A'	5:09.01	5:10.70	1	2
1) Daniella Burke 94				
2) Katelynn Cook 95				
3) Leah Reid 95				
4) Chiedza Mutize 97				
-- The Mighty, Mighty Gprc Wolves 'A'	4:51.24	DQ	1	Rule 170.10
1) Kailey Bratland 98				
2) Kelcie Bulas 99				
3) Brittany Duvall 98				
4) Anna Van Der Giessen 99				
-- MacEwan Griffins 'B'		SCR		
1) Shehzadi Abdul 92				
2) Jocelyn Leffers 99				
3) Roxanne Skoreyko 79				
4) Maissa Sabourin 96				

**Men 300 Metre Dash Open  
Top 12 Advance by Time**

Name	Year	School	Seed	Prelims	H#
ACAC Record: * 35.64 2018-02-18 Brent Stephen, SAIT; Edmonton					
ACAC Champs: ! 36.52 2017-03-03 Thomas Cross-Trush, MacEwan					
Preliminaries					
1 Thomas Cross-Trush	97	MacEwan Griffins	35.99	! 36.17q	4
2 Brent Stephen	96	Sait Trojans	35.64	36.80q	5
3 Reece Runco	94	MacEwan Griffins	37.73	36.84q	3
4 Dayton Jans	98	Lethbridge Kodiaks	38.02	37.89q	1
5 Brant Lauweryssen	96	Sait Trojans	37.91	38.16q	2
6 Christopher Karg	92	Sait Trojans	38.43	38.47q	2
7 Omar Medina	98	MacEwan Griffins	38.43	38.57q	3
8 Colin Walker	98	MacEwan Griffins	38.32	38.65q	1
9 Lucas Wessner	99	Red Deer College	39.25	39.04q	5
10 Lukas Visser	98	Augustana	39.17	39.20q	4
11 Kayden Halladay	97	Lethbridge Kodiaks	39.20	39.23q	5
12 Caleb Heinrich	99	Red Deer College	41.29	39.47q	1
13 Daniel Loki	97	MacEwan Griffins	40.02	39.59	4



**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Results****....Men 300 Metre Dash Open**

14	Colesen Faunt	98	Sait Trojans	40.08	39.64	3
15	Jose Villanueva	95	Concordia	42.31	39.91	5
16	Tim Evans	98	St. Mary's U	41.21	40.12	1
17	David Onyenwenu	00	Concordia	42.19	41.21	4
18	Tristan Jochems	98	Lethbridge Kodiaks	41.81	41.75	2
19	Jarred St. Arnault	98	Gprc Wolves	42.77	42.08	5
20	Justin Moltzahn	96	Red Deer College	43.65	42.34	2
21	Sam Kohlmann	96	Augustana	43.08	43.06	3
22	Jackson Murrell	96	Concordia	42.82	43.10	4
23	Ico Beltran	98	St. Mary's U	46.26	43.32	3
24	Quinn Demers	99	St. Mary's U	44.39	44.45	1
25	Kyle Reynolds	86	Gprc Wolves	45.54	45.14	1
26	Frazer Connelly	97	Concordia	45.86	45.78	2
--	David Bargiel	97	MacEwan Griffins	40.98	DNS	2

**Men 300 Metre Dash Open**

ACAC Record: \* 35.64 2018-02-18 Brent Stephen, SAIT; Edmonton

ACAC Champs: ! 36.52 2017-03-03 Thomas Cross-Trush, MacEwan

Name	Year	School	Prelims	Finals	H#	Points
------	------	--------	---------	--------	----	--------

**Finals**

1	Brent Stephen	96	Sait Trojans	36.80	35.61*	2	10
2	Thomas Cross-Trush	97	MacEwan Griffins	36.17	35.62*	2	8
3	Reece Runco	94	MacEwan Griffins	36.84	36.56	2	6
4	Dayton Jans	98	Lethbridge Kodiaks	37.89	37.18	2	5
5	Brant Lauweryssen	96	Sait Trojans	38.16	37.20	2	4
6	Omar Medina	98	MacEwan Griffins	38.57	x38.22	1	
7	Lucas Wessner	99	Red Deer College	39.04	38.30	1	3
8	Christopher Karg	92	Sait Trojans	38.47	x38.46	2	
9	Colin Walker	98	MacEwan Griffins	38.65	x38.74	1	
10	Lukas Visser	98	Augustana	39.20	39.08	1	2
11	Kayden Halladay	97	Lethbridge Kodiaks	39.23	39.99	1	1
12	Caleb Heinrich	99	Red Deer College	39.47	40.76	1	

**Men 600 Metre Run Open**

ACAC Record: \* 1:20.20 2018-02-10 Brent Stephen, SAIT; Edmonton

ACAC Champs: ! 1:23.43 2016-02-27 Kenton Sportak, Concordia

Name	Year	School	Seed	Finals	H#	Points
------	------	--------	------	--------	----	--------

1	Brent Stephen	96	Sait Trojans	1:20.20	1:25.02	4	10
2	Brant Lauweryssen	96	Sait Trojans	1:25.20	1:26.73	4	8
3	Christopher Karg	92	Sait Trojans	1:28.30	x1:26.93	4	
4	Reece Runco	94	MacEwan Griffins	1:30.00	1:28.92	4	6
5	Dayton Jans	98	Lethbridge Kodiaks	1:30.13	1:30.35	4	5
6	Devon Gurney	94	Red Deer College	1:30.97	1:30.69	4	4
7	Lucas Wessner	99	Red Deer College	1:33.28	1:30.74	3	3
8	Caleb Heinrich	99	Red Deer College	1:38.35	x1:30.90	3	
9	Tim Evans	98	St. Mary's U	1:35.01	1:31.43	3	2
10	Dylan Zambonelli	95	MacEwan Griffins	1:33.28	1:32.10	3	1
11	Keith Spruyt	97	Concordia	1:33.75	1:32.32	3	
12	John Krause	98	Lethbridge Kodiaks	1:37.91	1:33.78	3	
13	Jordan Poytress	90	Lethbridge Kodiaks	1:38.26	x1:37.79	3	
14	Brad Agnew	88	Concordia	1:39.51	1:37.85	2	

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Results****....Men 600 Metre Run Open**

15 Jarred St. Arnault	98 Gprc Wolves	1:38.23	1:37.90	3	
16 Justin Moltzahn	96 Red Deer College	1:42.62	x1:40.04	2	
17 Sam Kohlmann	96 Augustana	1:42.70	1:40.88	2	
18 Lukas Visser	98 Augustana		1:41.47	1	
19 Joshua Lawal	97 Augustana		x1:42.60	1	
20 Jerritt Cloney	97 Concordia		x1:42.83	1	
21 Frazer Connelly	97 Concordia	1:45.45	x1:43.33	2	
22 Jackson Murrell	96 Concordia	1:43.29	x1:47.41	2	
-- Cole Dunlop	99 Sait Trojans	1:25.70	DQ	4	Rule 142.4b
-- Kyle Reynolds	86 Gprc Wolves	1:44.00	DNS	2	
-- Colesen Faunt	98 Sait Trojans	1:32.46	DNS	4	
-- Tristan Jochems	98 Lethbridge Kodiaks		DNS	1	
-- David Onyenwenu	00 Concordia	1:45.28	DNS	2	
-- Kona Jackson	98 Red Deer College	1:35.66	SCR		
-- Kayden Halladay	97 Lethbridge Kodiaks	1:30.58	SCR		

**Men 1000 Metre Run Open**

=====						
ACAC Record: *	2:32.35	2014-02-08	Kenton Sportak, SAIT			
ACAC Champs: !	2:37.43	2016-02-26	Kenton Sportak, Concordia			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Matthew Travaglini	93	Sait Trojans	2:35.03	2:31.27*	2	10
2 Jacques Saayman	97	Sait Trojans	2:44.91	2:40.38	2	8
3 Devon Gurney	94	Red Deer College	2:45.15	2:42.01	2	6
4 Cole Dunlop	99	Sait Trojans	2:49.37	x2:42.58	2	
5 Keith Spruyt	97	Concordia	2:56.49	2:49.25	2	5
6 Adam Wass	98	Red Deer College	2:50.06	2:50.10	2	4
7 Emile Vogel-Nakamura	96	Augustana	2:51.50	2:52.05	2	3
8 Cory Deraadt	98	Red Deer College	2:55.34	x2:53.87	2	
9 John Krause	98	Lethbridge Kodiaks	2:58.79	2:55.39	2	2
10 Ian Lee	95	Concordia	3:00.60	2:56.18	1	1
11 Michael Stasiuk	97	Augustana		2:56.97	1	
12 Jemmy Lee	99	Sait Trojans	3:00.38	x2:59.39	1	
13 Brad Agnew	88	Concordia	3:05.51	x3:04.42	1	
14 Jerritt Cloney	97	Concordia	3:22.62	x3:06.76	1	
15 Isaac Duperrault	99	St. Mary's U	3:04.08	3:07.88	1	
16 Jordan Poytress	90	Lethbridge Kodiaks	3:09.82	3:08.05	1	
17 Tyson Goodstriker	96	Lethbridge Kodiaks	3:16.75	x3:08.41	1	
-- Dylan Zambonelli	95	MacEwan Griffins	2:55.20	DNS	2	

**Men 1500 Metre Run Open**

=====						
ACAC Record: *	3:55.10	2018-02-10	Matthew Travaglini, SAIT; Edmonton			
ACAC Champs: !	4:12.31	2016-02-27	Kirk Sundt, Concordia			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Matthew Travaglini	93	Sait Trojans	3:55.12	4:04.01!	2	10
2 Alex Howells	98	Sait Trojans	4:16.37	4:14.02	2	8
3 Scott Kohlman	97	MacEwan Griffins	4:16.70	4:15.20	2	6
4 Jacques Saayman	97	Sait Trojans	4:13.53	x4:20.21	2	
5 Emile Vogel-Nakamura	96	Augustana	4:33.10	4:26.71	2	5
6 Brandon Wladyko	86	Gprc Wolves	4:32.02	4:28.40	2	4
7 Adam Wass	98	Red Deer College	4:35.00	4:30.81	2	3
8 Erik Rust	93	Augustana	4:39.00	4:32.03	2	2

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Results****....Men 1500 Metre Run Open**

9	Stephen Rowley	97	Red Deer College	4:45.00	4:38.70	1	1
10	Cory Deraadt	98	Red Deer College	4:49.64	x4:40.49	1	
11	Daryl Ross	97	Sait Trojans	4:39.23	x4:43.47	2	
12	Matthew Vandegriff	92	Sait Trojans	4:40.29	x4:44.82	2	
13	Jemmy Lee	99	Sait Trojans	4:54.13	x4:45.39	1	
14	Ian Lee	95	Concordia	5:00.21	4:46.12	1	
15	Matthew Hebert	96	Sait Trojans	4:50.64	x4:46.12	1	
16	Eric Nooy	99	Gprc Wolves	4:55.15	4:46.43	1	
17	Keith Spruyt	97	Concordia	4:33.74	4:50.01	2	
18	Daniel Robdrup	82	Lethbridge Kodiaks	4:42.63	4:55.22	2	
19	Isaac Duperrault	99	St. Mary's U	4:53.93	5:04.16	1	
20	Tyson Goodstriker	96	Lethbridge Kodiaks		5:12.51	1	
21	Jackson Sweder	97	Augustana	6:01.10	x5:46.13	1	

**Men 3000 Metre Run Open**

ACAC Record: \* 8:22.00 2018-02-09 Matthew Travaglini, SAIT; Edmonton

ACAC Champs: ! 8:58.15 2015-02-27 Alex Harding, LCK

Name	Year	School	Seed	Finals	H#	Points
1	Matthew Travaglini	93	Sait Trojans	8:22.01	8:41.62!	2 10
2	Alex Howells	98	Sait Trojans	9:29.11	9:08.76	2 8
3	Scott Kohlman	97	MacEwan Griffins	9:29.00	9:22.33	2 6
4	Brandon Wladyko	86	Gprc Wolves	9:26.38	9:27.24	2 5
5	Adam Wass	98	Red Deer College	9:52.04	9:42.08	2 4
6	Daryl Ross	97	Sait Trojans	10:03.49	x9:52.12	2
7	Erik Rust	93	Augustana	9:54.40	9:55.81	2 3
8	Matthew Vandegriff	92	Sait Trojans	10:08.45	x10:01.60	2
9	Stephen Rowley	97	Red Deer College	10:33.00	10:16.15	1 2
10	Matthew Hebert	96	Sait Trojans	10:40.01	x10:22.29	1
11	Eric Nooy	99	Gprc Wolves	10:36.00	10:23.32	1 1
12	Daniel Robdrup	82	Lethbridge Kodiaks	10:31.33	10:50.80	1
13	Jackson Sweder	97	Augustana	13:04.30	12:29.44	1

**Men 4x400 Metre Relay Open**

ACAC Record: \* 3:32.67 2016-02-12 Concordia, CUE

ACAC Champs: ! 3:32.95 2016-02-27 Concordia U of Edmonton, Concordia

B Thomas, M Quick, K Sundt, K Sportak

School	Seed	Finals	H#	Points
1	Sait Trojans 'A'	3:37.25	3:31.12*	2 10
	1) Brent Stephen 96			
	3) Matthew Travaglini 93			
2	MacEwan Griffins 'A'	3:40.03	3:36.44	2 8
	1) Thomas Cross-Trush 97			
	3) Scott Kohlman 97			
3	Lethbridge Kodiaks 'A'	3:48.51	3:41.44	2 6
	1) Kayden Halladay 97			
	3) John Krause 98			
4	Red Deer College 'A'	3:47.61	3:41.82	2 5
	1) Lucas Wessner 99			
	3) Caleb Heinrich 99			
5	University of Alberta - August 'A'	4:03.02	3:46.82	2 4
	1) Emile Vogel-Nakamura 96			
	2) Michael Stasiuk 97			

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10**

**Kinsmen Field House**

**Results**

**....Men 4x400 Metre Relay Open**

3) Joshua Lawal 97	4) Lukas Visser 98				
6 Sait Trojans 'B'		x3:53.55	1		
1) Jemmy Lee 99	2) Matthew Vandegriff 92				
3) Jacques Saayman 97	4) Alex Howells 98				
7 Concordia University of Edm. 'A'		4:05.61	3:58.58	2	3
1) Jose Villanueva 95	2) Keith Spruyt 97				
3) David Onyenwenu 00	4) Brad Agnew 88				
8 The Mighty, Mighty Gprc Wolves 'A'		4:07.67	4:02.38	1	2
1) Eric Nooy 99	2) Kyle Reynolds 86				
3) Jarred St. Arnault 98	4) Brandon Wladyko 86				
-- St. Mary's University - Calgar 'A'				DNF	1
1) Tim Evans 98	2) Ico Beltran 98				
3) Quinn Demers 99	4) Isaac Duperrault 99				
-- Concordia University of Edm. 'B'				SCR	
-- Lethbridge College Kodiaks 'A'				SCR	
-- Red Deer College 'B'		3:51.64		SCR	
-- MacEwan Griffins 'B'				SCR	
1) Colin Walker 98	2) Daniel Loki 97				
3) David Bargiel 97	4) Dylan Zambonelli 95				

=====

Women - Open - Team Rankings - 6 Events Scored

=====

1) MacEwan Griffins	74	2) SAIT Trojans	57.50
3) Lethbridge Kodiaks	42.50	4) Red Deer College	40
5) Concordia University of Ed	8	6) The Mighty, Mighty GPRC W	6
7) St. Mary's University - Ca	3	8) University of Alberta - A	2

=====

Men - Open - Team Rankings - 6 Events Scored

=====

1) SAIT Trojans	96	2) MacEwan Griffins	41
3) Red Deer College	35	4) Lethbridge Kodiaks	19
4) University of Alberta - Au	19	6) The Mighty, Mighty GPRC W	12
7) Concordia University of Ed	9	8) St. Mary's University - C	2

=====

Combined Team Scores - Open - 12 Events Scored

=====

1) SAIT Trojans	153.50	2) MacEwan Griffins	115
3) Red Deer College	75	4) Lethbridge Kodiaks	61.50
5) University of Alberta - Au	21	6) The Mighty, Mighty GPRC W	18
7) Concordia University of Ed	17	8) St. Mary's University - C	5