

2023 48th Bob Vigers Season Opener - 2023-12-02

Thompson RAC--Western University

Meet Program - Afternoon Track

Event 5 Women 600 Meter Run 2-turn stagg

Arena: 1:30.54 1983-01-08 M. Killingbeck

Meet: 1:33.14 1978-12-02 D. Walton

USpQStdFLAT: 1:31.01

| Lane | Name | Team | Seed Time |
|------|------|------|-----------|
|------|------|------|-----------|

Section 1 of 2 Finals

| | | | |
|----|----------------|--------------|---------|
| 1A | Poulter, Chloe | Laurier Gold | 1:38.00 |
| 2A | Suta, Stefana | Waterloo War | 1:37.00 |
| 3A | Radovich, Ruby | Guelph Gryph | 1:36.00 |
| 3B | Robinson, Maya | Laurier Gold | 1:38.50 |
| 4A | Boucher, Jaya | Guelph Gryph | 1:36.00 |
| 4B | Munro, Grace | Guelph Gryph | 1:38.50 |

Section 2 of 2 Finals

| | | | |
|----|----------------|--------------|---------|
| 1A | Ryan, Nicole | Waterloo War | 1:43.00 |
| 2A | McBride, Lily | Waterloo War | 1:42.00 |
| 3A | Bond, Kennedy | Western Must | 1:39.00 |
| 3B | Fahey, Kirstin | Laurier Gold | NT |
| 4A | McQuinn, Cora | Western Must | 1:40.00 |
| 4B | | | |

Event 6 Men 600 Meter Run 2-turn stagg

Arena: 1:19.14 1988-12-03 G. Bertram

Meet: 1:19.14 1988-12-03 G. Bertram

USpQStdFLAT: 1:19.98

| Lane | Name | Team | Seed Time |
|------|------|------|-----------|
|------|------|------|-----------|

Section 1 of 2 Finals

| | | | |
|----|----------------|--------------|---------|
| 1A | Moore, Vincent | Western Must | 1:23.00 |
| 2A | Edgar, James | Western Must | 1:23.00 |
| 2B | Xavier, Ethan | Brock Badger | 1:26.65 |
| 3A | Babcock, Owen | Waterloo War | 1:21.00 |
| 3B | Cornell, Ben | Western Must | 1:26.00 |
| 4A | Warren, Alex | Western Must | 1:22.00 |
| 4B | Raugust, Scott | Western Must | 1:26.00 |

Section 2 of 2 Finals

| | | | |
|----|-------------------|--------------|---------|
| 1A | Scott, Preston | Laurier Gold | 1:32.00 |
| 2A | Filice, Peter | Laurier Gold | 1:28.00 |
| 2B | Lamont, Holden | Brock Badger | NT |
| 3A | Mather, Alexander | Waterloo War | 1:27.00 |
| 3B | Norton, Cooper | Brock Badger | 1:32.36 |
| 4A | Meadows, Nathan | Unattached O | 1:27.00 |
| 4B | Damiano, Brenden | Brock Badger | NT |

Event 7 Women 200 Meter Dash 2-turn stagg

Arena: 25.35 2012-11-22 B. Thomson

Meet: 25.77 2015-12-05 N. Lance

USpQStdFLAT: 24.44

| Lane | Name | Team | Seed Time |
|------|------|------|-----------|
|------|------|------|-----------|

Section 1 of 2 Finals

| | | | |
|---|-------------------------|--------------|-------|
| 1 | | | |
| 2 | DuChene, Aya | Waterloo War | 26.90 |
| 3 | Bahar, Sofia | Waterloo War | 26.50 |
| 4 | Edison-Edebor, Abieyuwa | Waterloo War | 26.90 |

Section 2 of 2 Finals

| | | | |
|---|----------------------|--------------|-------|
| 1 | | | |
| 2 | Agbonaye, Dani T | Laurier Gold | 28.00 |
| 3 | Markovinovic, Celia | Waterloo War | 26.90 |
| 4 | Mascitti, Giuliaanna | Laurier Gold | 27.00 |

Event 8 Men 200 Meter Dash 2-turn stagg

Arena: 22.39 2016-12-03 M. Yassin

Meet: 22.39 2016-12-03 M. Yassin

USpQStdFLAT: 21.85

| Lane | Name | Team | Seed Time |
|------|------|------|-----------|
|------|------|------|-----------|

Section 1 of 9 Finals

| | | | |
|---|---------------------|--------------|-------|
| 1 | | | |
| 2 | Allen, Russell | Laurier Gold | 23.60 |
| 3 | Malcolm-Gay, Kevaun | Laurier Gold | 23.52 |
| 4 | Manouchehr, Dominik | Waterloo War | 23.60 |

Section 2 of 9 Finals

| | | | |
|---|----------------|--------------|-------|
| 1 | | | |
| 2 | Dansu, Dennis | Waterloo War | 23.70 |
| 3 | Campbell, Luke | Laurier Gold | 23.65 |
| 4 | Cox, Fabian | Laurier Gold | 23.68 |

Section 3 of 9 Finals

| | | | |
|---|-------------------|--------------|-------|
| 1 | | | |
| 2 | Kusiar, Jack | London Weste | 23.72 |
| 3 | Parkins, Aiden | Waterloo War | 23.70 |
| 4 | Williams, Deandre | Western Must | 23.71 |

Section 4 of 9 Finals

| | | | |
|---|-------------------|--------------|-------|
| 1 | | | |
| 2 | Cahyono, Nicholas | Waterloo War | 23.90 |
| 3 | Sewitt, Justice | Laurier Gold | 23.79 |
| 4 | Adeleye, Daniel | Western Must | 23.85 |

Section 5 of 9 Finals

| | | | |
|---|-----------------|--------------|-------|
| 1 | | | |
| 2 | Colon, Erick | Western Must | 24.01 |
| 3 | Papa, Nick | Laurier Gold | 23.95 |
| 4 | Heidari, Darian | Waterloo War | 24.00 |

Section 6 of 9 Finals

| | | | |
|---|-------------------|--------------|-------|
| 1 | | | |
| 2 | Carter, Phoenix | Laurier Gold | 24.20 |
| 3 | Nguyen, Alexander | Waterloo War | 24.01 |
| 4 | Kwan, Kevin | Waterloo War | 24.10 |

Section 7 of 9 Finals

| | | | |
|---|--------------------|--------------|-------|
| 1 | | | |
| 2 | Gowanlock, Malcolm | Waterloo War | 24.40 |
| 3 | Alabi, David | Waterloo War | 24.20 |
| 4 | Tripathi, Sunjai | Waterloo War | 24.30 |

Section 8 of 9 Finals

| | | | |
|---|--------------------|--------------|----|
| 1 | | | |
| 2 | Igbinosun, Keshawn | Brock Badger | NT |
| 3 | Okpanachi, Olobo | Brock Badger | NT |
| 4 | Des Vignes, Darius | Brock Badger | NT |

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Thompson RAC--Western University

Meet Program - Afternoon Track

Section 9 of 9 Finals...(Event 8 Men 200 Meter Dash 2-turn stagg)

| | | | |
|---|-----------------|--------------|----|
| 1 | | | |
| 2 | Penuela, Shayel | Brock Badger | NT |
| 3 | Tessier, Ayden | Brock Badger | NT |
| 4 | Brown, Karsten | Brock Badger | NT |

Event 9 Women 1500 Meter Run waterfall st

Arena: 4:17.95 2020-01-18 J-A. Staehli

Meet: 4:24.70 1982-12-03 J. Purola

USpQStdFLAT: 4:26.89

Lane Name Team Seed Time**Section 1 of 1 Finals**

| | | | |
|----|---------------------|--------------|---------|
| 1 | Macaskill, Olivia | McMaster Mar | 4:40.00 |
| 2 | Hickson, Sadie-Jane | Unattached O | 4:40.00 |
| 3 | Kuszaj, Laura | Guelph Gryph | 4:45.00 |
| 4 | Sandor, Maria | Guelph Gryph | 4:47.00 |
| 5 | Stapleton, Leah | Guelph Gryph | 4:49.00 |
| 6 | Robinson, Catie | Guelph Gryph | 4:49.00 |
| 7 | Stapor, Skye | Western Must | 4:55.00 |
| 8 | Love, Rachel | Waterloo War | 4:55.00 |
| 9 | Trott, Sophie | McMaster Mar | 4:55.00 |
| 10 | Boyle, Veronica | Western Must | 4:55.00 |
| 11 | Vernon-Pope, Claire | Waterloo War | 4:55.00 |
| 12 | Ceccanese, Tegan | Laurier Gold | 5:04.00 |

Event 10 Men 1500 Meter Run waterfall st

Arena: 3:47.55 2017-01-21 J. Sheffar

Meet: 3:49.30 1982-12-03 D. Reid

USpQStdFLAT: 3:51.24

Lane Name Team Seed Time**Section 1 of 1 Finals**

| | | | |
|----|--------------------|--------------|---------|
| 1 | Davies, Max | Guelph Gryph | 3:56.00 |
| 2 | Rachner, Christian | Guelph Gryph | 3:57.00 |
| 3 | Black, Connor | McMaster Mar | 3:59.00 |
| 4 | Dean, Cameron | Waterloo War | 4:02.00 |
| 5 | Hickling, Connor | Waterloo War | 4:08.00 |
| 6 | Duan, Yulai | Waterloo War | 4:08.00 |
| 7 | Dachner, Liam | Waterloo War | 4:08.00 |
| 8 | Frieberg, Jordan | Laurier Gold | 4:21.00 |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |

Event 11 Women 300 Meter Dash 3-turn stagg

Arena: 39.14 1979-02-03 L. Hatz

Meet: 39.84 1994-12-03 J. Ford

USpQStdFLAT: 39.23

Lane Name Team Seed Time**Section 1 of 4 Finals**

| | | | |
|---|----------------|--------------|-------|
| 1 | | | |
| 2 | Poulter, Chloe | Laurier Gold | 43.22 |
| 3 | Keast, Taya | Western Must | 40.61 |
| 4 | Dass, Cassidy | Laurier Gold | 43.00 |

Section 2 of 4 Finals

| | | | |
|---|------------------|--------------|-------|
| 1 | | | |
| 2 | Bisante, Sabrina | Brock Badger | 44.50 |
| 3 | Robinson, Maya | Laurier Gold | 43.50 |
| 4 | Deng, Nyechuor | Western Must | 44.21 |

Section 3 of 4 Finals

| | | | |
|---|--------------------|--------------|-------|
| 1 | | | |
| 2 | | | |
| 3 | Odukoya, Emmanuela | Waterloo War | 45.80 |
| 4 | Carrique, Jennifer | Unattached O | 46.70 |

Section 4 of 4 Finals

| | | | |
|---|----------------|--------------|-------|
| 1 | | | |
| 2 | | | |
| 3 | Fahey, Kirstin | Laurier Gold | 47.00 |
| 4 | Wise, Brittany | Brock Badger | 47.54 |

Event 12 Men 300 Meter Dash 3-turn stagg

Arena: 34.24 1978-02-04 J. Grace

Meet: 34.68 2016-12-03 R. Abdulahi

USpQStdFLAT: 34.34

Lane Name Team Seed Time**Section 1 of 5 Finals**

| | | | |
|---|--------------------|--------------|-------|
| 1 | | | |
| 2 | Eastman, Mattias | Western Must | 36.02 |
| 3 | Igbinosun, Keshawn | Brock Badger | 35.57 |
| 4 | Lemon, Ben | Waterloo War | 36.00 |

Section 2 of 5 Finals

| | | | |
|---|------------------|--------------|-------|
| 1 | | | |
| 2 | Smith, Ben | Waterloo War | 36.50 |
| 3 | Baranoski, Lucas | Waterloo War | 36.05 |
| 4 | Blain, Ayden | Western Must | 36.42 |

Section 3 of 5 Finals

| | | | |
|---|-----------------|--------------|-------|
| 1 | | | |
| 2 | Filice, Peter | Laurier Gold | 37.15 |
| 3 | Karangwa, Kwame | Western Must | 36.75 |
| 4 | Gbenjo, David | Waterloo War | 36.90 |

Section 4 of 5 Finals

| | | | |
|---|-------------------|--------------|-------|
| 1 | | | |
| 2 | Penuela, Shayel | Brock Badger | 38.80 |
| 3 | Theodore, Zach | Western Must | 37.51 |
| 4 | Mather, Alexander | Waterloo War | 38.50 |

Section 5 of 5 Finals

| | | | |
|---|--------------------|--------------|-------|
| 1 | | | |
| 2 | | | |
| 3 | Badamasi, Khalifa | Brock Badger | 38.98 |
| 4 | Des Vignes, Darius | Brock Badger | NT |

2023 48th Bob Vigars Season Opener - 2023-12-02

Thompson RAC--Western University

Meet Program - Afternoon Track

Event 13 Women 1000 Meter Run 2-turn stagg

Arena: 2:46.11 2002-02-15 K. Vermuelen

Meet: 2:49.84 1990-12-01 N. Masil

USPQStdFLAT: 2:47.18

| Lane | Name | Team | Seed Time |
|------------------------------|----------------------|--------------|-----------|
| Section 1 of 2 Finals | | | |
| 1A | Pestonji, Maeve | Guelph Gryph | 2:56.00 |
| 1B | Tennant, Mary | Laurier Gold | 3:02.00 |
| 2A | Hendrixx, Juliana | Western Must | 2:55.00 |
| 2B | Spina, Brooke | Guelph Gryph | 3:00.00 |
| 3A | Hickson, Sadie-Jane | Unattached O | 2:50.00 |
| 3B | Davis, Haley | Guelph Gryph | 2:56.00 |
| 3C | | | |
| 4A | Gonzalez, Nathia | Unattached O | 2:54.00 |
| 4B | Lam-Colling, Jardine | Guelph Gryph | 2:56.00 |
| Section 2 of 2 Finals | | | |
| 1A | Vernon-Pope, Claire | Waterloo War | 3:08.00 |
| 1B | Waraich, Muskaan | Brock Badger | 3:22.18 |
| 2A | Love, Rachel | Waterloo War | 3:08.00 |
| 2B | Ciepielewski, Anna | Brock Badger | 3:18.79 |
| 3A | Schindler, Nicole | Waterloo War | 3:05.00 |
| 3B | Steiger, Adeline | Brock Badger | 3:10.18 |
| 3C | Gay, Elizabeth | Brock Badger | NT |
| 4A | Zinn, Alyssa | Laurier Gold | 3:07.00 |
| 4B | Macasai, Lauren | Brock Badger | 3:11.55 |

Event 14 Men 1000 Meter Run 2-turn stagg

Arena: 2:26.40 1987-01-18 H. Mitro

Meet: 2:28.54 1995-12-02 H. Mitro

USPQStdFLAT: 2:26.61

| Lane | Name | Team | Seed Time |
|------------------------------|-------------------|--------------|-----------|
| Section 1 of 3 Finals | | | |
| 1A | McKenzie, Brock | Guelph Gryph | 2:28.00 |
| 1B | Shaw, Charlie | Guelph Gryph | 2:30.00 |
| 1C | Mikkelsen, Carter | Guelph Gryph | 2:30.00 |
| 2A | Ferri, Dylan | Guelph Gryph | 2:28.00 |
| 2B | Horton, Ryder | Guelph Gryph | 2:30.00 |
| 2C | Basson, Mason | Guelph Gryph | 2:30.00 |
| 3A | Mulkewich, Noah | McMaster Mar | 2:27.00 |
| 3B | Ryan, Alanzo | Guelph Gryph | 2:28.00 |
| 3C | | | |
| 4A | Fogarty, Jj | Western Must | 2:27.00 |
| 4B | Campbell, Eric | Guelph Gryph | 2:28.00 |
| 4C | | | |

Section 2 of 3 Finals

| | | | |
|----|-----------------------|--------------|---------|
| 1A | Lysack, Jonathan | Waterloo War | 2:37.00 |
| 1B | | | |
| 1C | | | |
| 2A | Raugust, Scott | Western Must | 2:37.00 |
| 2B | | | |
| 2C | | | |
| 3A | Ligtenberg, Christian | Brock Badger | 2:36.72 |
| 3B | Philippon, Nathan | Waterloo War | 2:37.00 |
| 3C | | | |
| 4A | Markson, Matthew | Unattached O | 2:37.00 |
| 4B | Hickling, Connor | Waterloo War | 2:38.00 |
| 4C | | | |

Section 3 of 3 Finals

| | | | |
|----|----------------------|--------------|---------|
| 1A | Stratmoen, Alexander | Waterloo War | 2:39.00 |
| 1B | | | |
| 1C | | | |
| 2A | Scott, Ethan | Laurier Gold | 2:39.00 |
| 2B | | | |
| 2C | | | |
| 3A | Duan, Yulai | Waterloo War | 2:38.00 |
| 3B | Ryall, Ethan | Brock Badger | 2:54.58 |
| 3C | | | |
| 4A | Batek, Andrew | Waterloo War | 2:39.00 |
| 4B | Sayewich, Jack | Brock Badger | NT |
| 4C | | | |

Event 17 Women 4x200 Meter Relay 3-turn stagg

Arena: 1:41.34 1993-01-16 Lancers

Meet: 1:42.38 2018-12-01 Western

USPQStdFLAT: 1:40.52

| Lane | Team | Relay | Seed Time |
|------------------------------|--------------|------------------------|-----------|
| Section 1 of 2 Finals | | | |
| 1 | | | |
| 2 | Brock Badger | A | 1:46.14 |
| 3 | Western Must | A | 1:42.00 |
| 4 | Waterloo War | A | 1:46.00 |
| Section 2 of 2 Finals | | | |
| 1 | | | |
| 2 | | | |
| 3 | Waterloo War | B | 1:51.00 |
| 4 | Laurier Gold | A | 1:51.00 |
| 1) Dass, Cassidy | | 2) Mascitti, Giulianna | |
| 3) Rye, Neve | | 4) Agbonaye, Dani T | |

Event 18 Men 4x200 Meter Relay 3-turn stagg

Arena: 1:28.84 1992-01-18 Lancers

Meet: 1:30.34 1995-12-02 K-W Track Club

USPQStdFLAT: 1:28.48

| Lane | Team | Relay | Seed Time |
|------------------------------|--------------|-------|-----------|
| Section 1 of 3 Finals | | | |
| 1 | | | |
| 2 | Brock Badger | A | 1:32.36 |
| 3 | Western Must | A | 1:31.00 |
| 4 | Waterloo War | A | 1:32.00 |

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Thompson RAC--Western University

Meet Program - Afternoon Track

Section 2 of 3 Finals...(Event 18 Men 4x200 Meter Relay 3-turn stagg

| | | | |
|---|------------------------|--------------------|---------|
| 1 | | | |
| 2 | Laurier Gold | B | 1:36.00 |
| | 1) Campbell, Luke | 2) Cox, Fabian | |
| | 3) Flanagan, Markeiths | 4) Carter, Phoenix | |
| 3 | Laurier Gold | A | 1:33.90 |
| | 1) Malcolm-Gay, Kevaun | 2) Allen, Russell | |
| | 3) Sewitt, Justice | 4) Papa, Nick | |
| 4 | Waterloo War | B | 1:35.00 |

Section 3 of 3 Finals

| | | | |
|---|-------------------|--------------------|---------|
| 1 | | | |
| 2 | Brock Badger | B | NT |
| 3 | Waterloo War | C | 1:38.00 |
| 4 | London Weste | A | 1:38.00 |
| | 1) Hong, Tommy | 2) Mackay, Jackson | |
| | 3) McDonald, Owen | 4) McLeod, Austin | |

Event 15 Women 3000 Meter Run waterfall st

Arena: 9:09.24 1989-12-02 L. Bussieres

Meet: 9:09.24 1989-12-02 L. Bussieres

USpQStdFLAT: 9:35.42

| Lane | Name | Team | Seed Time |
|------|------|------|-----------|
|------|------|------|-----------|

Section 1 of 2 Finals

| | | | |
|----|----------------------|--------------|----------|
| 1 | Morariu, Ana | McMaster Mar | 9:55.00 |
| 2 | Treleaven, Kaitlyn | McMaster Mar | 9:55.00 |
| 3 | Elliott, Emma | McMaster Mar | 9:55.00 |
| 4 | Hickson, Sadie-Jane | Unattached O | 9:59.00 |
| 5 | Gray, Michelle | Guelph Gryph | 10:00.00 |
| 6 | Overholt, Kayla | McMaster Mar | 10:00.00 |
| 7 | McDougall, Alexandra | Guelph Gryph | 10:00.00 |
| 8 | Battams, Mikayla | McMaster Mar | 10:07.00 |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |

Section 2 of 2 Finals

| | | | |
|----|--------------------------|--------------|----------|
| 1 | May, Anna | Guelph Gryph | 10:30.00 |
| 2 | Kenny, Dale | Guelph Gryph | 10:30.00 |
| 3 | Palmateer, Kaitlyn | Western Must | 10:30.00 |
| 4 | Treleaven, Nora | McMaster Mar | 10:30.00 |
| 5 | Huston, Madelyn | Brock Badger | 10:30.00 |
| 6 | Tichbourne, Kara | McMaster Mar | 10:30.00 |
| 7 | Rivera-Marcotte, Joselyn | McMaster Mar | 10:45.00 |
| 8 | Allen, Kira | Western Must | 10:45.00 |
| 9 | Adamo, Robyn | Brock Badger | NT |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |

Event 16 Men 3000 Meter Run waterfall st

Arena: 8:10.03 2021-11-28 A. Davies

Meet: 8:10.03 2021-11-28 A. Davies

USpQStdFLAT: 8:15.88

| Lane | Name | Team | Seed Time |
|------|------|------|-----------|
|------|------|------|-----------|

Section 1 of 2 Finals

| | | | |
|----|----------------------|--------------|---------|
| 1 | Pocchi, Gaetano | Guelph Gryph | 8:30.00 |
| 2 | Lehto, Jack | Guelph Gryph | 8:30.00 |
| 3 | Davies, Max | Guelph Gryph | 8:30.00 |
| 4 | Farruggia, Giancarlo | McMaster Mar | 8:35.00 |
| 5 | Keller, Ben | McMaster Mar | 8:35.00 |
| 6 | Lowrie, Jason | McMaster Mar | 8:35.00 |
| 7 | Lakhanpal, Porter | McMaster Mar | 8:35.00 |
| 8 | Royce, Mark | Western Must | 8:35.00 |
| 9 | Weist, William | McMaster Mar | 8:35.00 |
| 10 | Dean, Cameron | Waterloo War | 8:39.00 |
| 11 | Gill, Satveer | Western Must | 8:40.00 |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |

Section 2 of 2 Finals

| | | | |
|----|--------------------|--------------|---------|
| 1 | Mills, Charlie | Guelph Gryph | 8:45.00 |
| 2 | Vadeika, Lukas | McMaster Mar | 8:45.00 |
| 3 | Ormsby, Jack | McMaster Mar | 8:45.00 |
| 4 | Dick, Joseph | Brock Badger | 8:49.06 |
| 5 | Patrick, Samuel | McMaster Mar | 8:50.00 |
| 6 | Bembenek, Jakob | Western Must | 8:55.00 |
| 7 | Megas, Alex | McMaster Mar | 8:55.00 |
| 8 | Law-Gallagher, Xin | McMaster Mar | 8:55.00 |
| 9 | Leather, Will | Guelph Gryph | 8:55.00 |
| 10 | Iannarelli, Isaac | Brock Badger | 8:59.32 |
| 11 | Hardeman, Jeremy | Laurier Gold | 9:18.00 |
| 12 | Maxwell, Redding | Brock Badger | NT |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |

2023 48th Bob Vigars Season Opener - 2023-12-02

Thompson RAC--Western University
Meet Program - Afternoon Track**Event 33 Women 4x800 Meter Relay 2-turn stagg**

Arena: 9:07.72 2022-12-04 Mustangs

M Calder, C Coutts, S Coutts, H Knelsen

Meet: 9:07.72 2022-12-04 Mustangs

M Calder, C Coutts, S Coutts, H Knelsen

USpQStdFLAT: 9:01.01

| Lane | Team | Relay | Seed Time |
|------|------|-------|-----------|
|------|------|-------|-----------|

Section 1 of 1 Finals

| | | | |
|---|--------------|---|----|
| 1 | | | |
| 2 | | | |
| 3 | Waterloo War | A | NT |
| 4 | | | |

Event 34 Men 4x800 Meter Relay 2-turn stagg

Arena: 7:49.10 1994-01-15 Lancers

Meet: 8:49.16 2022-12-04 Warriors

USpQStdFLAT: 7:31.83

| Lane | Team | Relay | Seed Time |
|------|------|-------|-----------|
|------|------|-------|-----------|

Section 1 of 1 Finals

| | | | |
|---|--------------|---|----|
| 1 | | | |
| 2 | | | |
| 3 | Waterloo War | A | NT |
| 4 | | | |

Event 19 Women 4x400 Meter Relay 2-turn stagg

Arena: 3:53.39 2010-01-23 Mustangs

Meet: 3:55.04 1989-12-02 Lions

USpQStdFLAT: 3:49.86

| Lane | Team | Relay | Seed Time |
|------|------|-------|-----------|
|------|------|-------|-----------|

Section 1 of 2 Finals

| | | | |
|---|--------------------|------------------|---------|
| 1 | | | |
| 2 | Waterloo War | A | 4:07.00 |
| 3 | Western Must | A | 3:50.00 |
| 4 | Guelph Gryph | A | 4:05.00 |
| | 1) Radovich, Ruby | 2) Boucher, Jaya | |
| | 3) Pestonji, Maeve | 4) Munro, Grace | |

Section 2 of 2 Finals

| | | | |
|---|--------------------|------------------|---------|
| 1 | | | |
| 2 | | | |
| 3 | Guelph Gryph | B | 4:12.00 |
| | 1) Davis, Haley | 2) Kuszaj, Laura | |
| | 3) Stapleton, Leah | 4) Sandor, Maria | |
| 4 | Waterloo War | B | 4:20.00 |

Event 20 Men 4x400 Meter Relay 2-turn stagg

Arena: 3:18.90 1985-01-18 Mustangs

Meet: 3:19.34 1980-12-05 Warriors

USpQStdFLAT: 3:19.14

| Lane | Team | Relay | Seed Time |
|------|------|-------|-----------|
|------|------|-------|-----------|

Section 1 of 2 Finals

| | | | |
|---|------------------|-------------------|---------|
| 1 | Guelph Gryph | A | 3:23.00 |
| | 1) Ryan, Alanzo | 2) Campbell, Eric | |
| | 3) Shaw, Charlie | 4) Basson, Mason | |
| 2 | Western Must | B | 3:21.00 |
| 3 | Western Must | A | 3:18.00 |
| 4 | Waterloo War | A | 3:21.00 |

Section 2 of 2 Finals

| | | | |
|---|----------------------|-----------------------|---------|
| 1 | | | |
| 2 | Waterloo War | C | 3:40.00 |
| 3 | Guelph Gryph | B | 3:25.00 |
| | 1) Mikkelsen, Carter | 2) Horton, Ryder | |
| | 3) Ferri, Dylan | 4) Rachner, Christian | |
| 4 | Waterloo War | B | 3:30.00 |