

Licensed to Legion Track & Field Club
Manager

Hy-Tek's Meet

26th Annual Can Am Track Classic - 1/12/2007 to 1/13/2007
St. Denis Centre, University of Windsor
Results

Women 60 Meter Dash

=====

Meet: * 7.47 1983 Lori Thornton, University of
Michigan
CIS Standard: ! 7.67

Name	Year	School	Prelims	H#
------	------	--------	---------	----

=====

Preliminaries

1	Broomfield, Erica	Lions	! 7.63Q	1
2	Paluzzi, Tara	Mustangs	7.99Q	2
3	Peirce, Sarah	Gryphons	8.00Q	3
4	Kuluski, Kerry	Blues	8.05Q	5
5	Montcalm, Noelle	Lancers	8.14Q	4
6	O'Brien, Jenn	Lancers	8.07Q	1
7	Lewis, Jamie	Lancers	8.17Q	2
7	Perryman, Melissa	Lancers	8.17Q	4
9	Pepper, Brittany	Gryphons	8.19Q	5
10	Volcy, Vanessa	Lancers	8.20Q	3
11	Clarke, Wendy	Lions	8.16Q	1
12	Bickle, Kate	Waterloo	8.23Q	4
13	Francis, Latesha	Windsor Legion	8.28Q	5
14	Walford, Rockelle	Lions	8.30Q	2
15	Spaling, Sonya	Lancers	8.31Q	3
16	Ateine, Maureen	Blues	8.21q	1
17	Bell, Jenna	Waterloo	8.26q	1
18	Alcide, Kimmel	Lions	8.30q	1
18	McCutcheon, Darcelle	Blues	8.30q	4
20	Roehner, Jenn	Power Athletics	8.35q	3
21	Hauseman, Jaime	Waterloo	8.38q	5
22	Leong, Karla	Lions	8.39	2
22	Conner, Courtney	Lancers	8.39	4
22	Allen, Alex	Mustangs	8.39	3
25	Ashcroft, Melissa	Lions	8.48	5
25	Spreitzer, Nancy	Waterloo	8.48	2
27	Knaggs, Courtney	Lancers	8.57	4
28	Nasmith, Jessica	McMaster	8.61	3
29	Goodwin, Diana	Blues	8.67	5
30	Creavelle, Alicia	Mustangs	8.68	2
31	Miklavcic, Andrea	Waterloo	8.79	1
32	Roy, Nina	Waterloo	9.24	3
33	Muscat, Megan	Lancers	10.37	4

Women 60 Meter Dash

=====

Meet: * 7.47 1983 Lori Thornton, University of
Michigan
CIS Standard: ! 7.67

Name	Year	School	Semis	H#
------	------	--------	-------	----

=====

Semi-Finals

1	Broomfield, Erica	Lions	! 7.52Q	1
---	-------------------	-------	---------	---

2	Montcalm, Noelle	Lancers	7.92Q	3
3	Peirce, Sarah	Gryphons	8.04Q	2
4	Paluzzi, Tara	Mustangs	7.93Q	3
5	O'Brien, Jenn	Lancers	8.01Q	1
6	Kuluski, Kerry	Blues	8.06Q	2
7	Perryman, Melissa	Lancers	8.04q	3
8	Clarke, Wendy	Lions	8.10	3
9	Lewis, Jamie	Lancers	8.11	1
10	Volcy, Vanessa	Lancers	8.16	2
11	Ateine, Maureen	Blues	8.20	2
12	Spaling, Sonya	Lancers	8.21	2
13	Bickle, Kate	Waterloo	8.22	1
14	Francis, Latesha	Winsor Legion	8.23	1
15	Alcide, Kimmel	Lions	8.25	1
16	Pepper, Brittany	Gryphons	8.26	2
17	Walford, Rockelle	Lions	8.28	3
18	Roehner, Jenn	Power Athletics	8.31	3
19	Bell, Jenna	Waterloo	8.35	3
20	McCutcheon, Darcelle	Blues	8.38	1
21	Hauseman, Jaime	Waterloo	8.44	2

Women 60 Meter Dash

=====				
Meet: * 7.47 1983 Lori Thornton, University of Michigan				
CIS Standard: ! 7.67				
Name	Year	School	Finals	
=====				
Finals				
1	Broomfield, Erica	Lions	7.46*	
2	Paluzzi, Tara	Mustangs	7.95	
3	Montcalm, Noelle	Lancers	7.97	
4	Peirce, Sarah	Gryphons	8.02	
5	O'Brien, Jenn	Lancers	8.12	1164
6	Perryman, Melissa	Lancers	8.12	1185

Women 300 Meter Dash

=====				
Meet: * 38.62 1994 Beverly Grant, Central State University				
CIS Standard: ! 40.24				
Name	Year	School	Finals	H#
=====				
1	Ruediger, Kate	Blues	40.65	4
2	Clarke, Wendy	Lions	40.83	4
3	Bickle, Kate	Waterloo	42.23	3
4	Perrault, Jen	Mustangs	42.61	4
5	Creavelle, Alicia	Mustangs	42.88	4
6	Hauseman, Jaime	Waterloo	43.16	2
7	Benjamin, Nicole	Lions	43.23	3
8	Nasmith, Jessica	McMaster	43.67	2
9	Cheng, Andrea	Mustangs	44.08	2
10	Anobile, Charelle	Lancers	44.12	3
10	Willits, Cindy	Waterloo	44.12	2
12	Elkami, Susan	McMaster	45.19	1
13	Scott, Erika	McMaster	45.70	1
14	Goodwin, Diana	Blues	45.95	1

15 Morrison, Lindsay Lancers 48.76 2

Women 600 Meter Dash

=====

Meet: * 1:30.58 1985 Molly Killingbeck, York University

CIS Standard: ! 1:33.78

Name	Year	School	Finals	H#
=====				
1 Katz, Sarah		Lions	1:37.21	2
2 Coopman, Kaitlin		Lions	1:37.50	2
3 White, Andrea		Mustangs	1:39.04	2
4 Ricks, Jen		Mustangs	1:39.43	2
5 Yaeger, Vaiva		Gryphons	1:42.36	2
6 Hein, Mary		Blues	1:42.71	2
7 Siemon, Vicky		Mustangs	1:43.26	2
8 Baker, Michelle		Lancers	1:43.28	1
9 MacDonald, Tara		Gryphons	1:43.79	1
10 Lawson, Keely		Mustangs	1:43.81	1
11 Cheng, Andrea		Mustangs	1:43.92	2
12 Gamble, Kristen		Mustangs	1:44.29	1
13 Kanters, Amanda		Lancers	1:48.75	1
14 Horricks, Katie		Waterloo	1:51.36	1

Women 1000 Meter Run

=====

Meet: * 2:46.33 1988 Paula Schnurr, McMaster University

CIS Standard: ! 2:53.33

Name	Year	School	Finals
=====			
1 Woods, Madeleine		Lancers	3:01.83
2 Heale, Liane		Blues	3:03.34
3 Montgomery, Liz		Blues	3:03.47
4 Volterman, Kim		Gryphons	3:04.46
5 Korman, Ashley		Mustangs	3:05.07
6 Elmhirst, Laura		Blues	3:11.70

Women 1500 Meter Run

=====

Meet: * 4:24.18 1985 Sue Schroeder, University of Michigan

CIS Standard: ! 4:36.00

Name	Year	School	Finals
=====			
1 Cliff, Rachel		Gryphons	4:41.06
2 Moulton, Laura		Gryphons	4:48.42
3 Eberhard, Hannah		Lancers	4:51.62
4 Novak, Shantelle		Gryphons	4:51.95
5 Spettigue, Kelly-Lynne		Waterloo	4:53.06
6 Reid, Jessica		Lancers	4:54.63
7 Webber, Jen		Mustangs	4:54.72
8 Laurie, Courtney		Gryphons	4:56.88
9 Macchione, Melanie		Lancers	4:57.22
10 Oumesrour, Amina		Lancers	4:57.92
11 Moodie, Amanda		McMaster	4:58.52
12 Manning, Lindsay		Lancers	4:59.70
13 Egan, Hillary		Mustangs	5:02.16
14 Nolte, Nikki		Lancers	5:03.62

15	Leo, Sara	Mustangs	5:03.70
16	Van Veen, Stephanie	Mustangs	5:04.82
17	Sardone, Laura	Waterloo	5:09.62
18	Gill, Laura	Lancers	5:11.81
19	Brown, Suzie	McMaster	5:12.84
20	Forbes, Julie	McMaster	5:17.45
21	Gill, Carly	Lancers	5:17.85
22	Sinasac, Rachel	McMaster	5:19.93
23	Mallender, Jordyn	Lancers	5:28.17
24	Lau, Monica	McMaster	5:31.84
25	Perlmutter, Jenny	McMaster	5:44.56

Women 3000 Meter Run

=====

Meet: * 9:36.90 1988 Donna Danokwski, University of Michigan

CIS Standard: ! 9:56.08

Name	Year	School	Finals
1 Malette, Jacqueline		Lancers	9:59.80
2 Vakalis, Donna		Uttc	10:13.62
3 Spettigue, Kelly-Lynne		Waterloo	10:36.16
4 Laurie, Courtney		Gryphons	10:36.45
5 Macchione, Melanie		Lancers	10:36.93
6 Convery, Lorelle		Mustangs	10:41.21
7 Manning, Lindsay		Lancers	10:43.06
8 Nolte, Nikki		Lancers	10:54.90
9 Mockler, Lynn		Mustangs	11:01.28
10 Crawford, Beth		Mustangs	11:08.42
11 Brooking, Lisa		Lancers	11:08.52
12 Moran, Brittany		Lancers	11:24.40

Women 60 Meter Hurdles

=====

Meet: * 8.51 1992 Val Beckles, Eastern Michigan

CIS Standard: ! 8.73

Name	Year	School	Prelims	H#
Preliminaries				
1 Roehner, Jenn		Power Athletics	9.11q	2
2 Cotten, Jen		Mustangs	9.15q	3
3 Montcalm, Noelle		Lancers	9.26q	2
4 Phillips, Natalie		Lancers	9.27q	3
5 Anobile, Charelle		Lancers	9.28q	3
6 Bell, Jenna		Waterloo	9.43q	3
7 McParland, Shellie		Mustangs	9.49q	2
94822				
8 Conner, Courtney		Lancers	J9.49q	1
94833				
9 McCutcheon, Darcelle		Blues	9.51q	3
95014				
10 Bray, Christy		Blues	J9.51q	1
95045				
11 Bethune, Adrienne		McMaster	J9.51q	1
95070				
12 Merrill, Tory		Blues	J9.51q	1
95082				

13 Allen, Alex	Mustangs	9.69q	3
14 Berkel, Kristin	Mustangs	9.75q	2
15 Francis, Latesha	Winsor Legion	9.79	1
16 Perkin, Katie	Mustangs	9.80	2
16 Williamson, Lindsay	Blues	9.80	2
18 Miklavcic, Andrea	Waterloo	10.64	2

Women 60 Meter Hurdles

Meet: * 8.51 1992 Val Beckles, Eastern Michigan
 CIS Standard: ! 8.73

Name	Year School	Finals	H#
Finals			
1 Roehner, Jenn	Power Athletics	9.10	2
2 Cotten, Jen	Mustangs	9.15	2
3 Phillips, Natalie	Lancers	9.20	2
4 Anobile, Charelle	Lancers	9.24	2
5 Montcalm, Noelle	Lancers	9.29	2
6 Bell, Jenna	Waterloo	9.30	2
7 McCutcheon, Darcelle	Blues	9.32	1
8 McParland, Shellie	Mustangs	9.38	2
9 Conner, Courtney	Lancers	9.42	1
10 Merrill, Tory	Blues	9.51	1
11 Allen, Alex	Mustangs	9.52	1
12 Bethune, Adrienne	McMaster	9.57	1
13 Bray, Christy	Blues	9.75	1
14 Berkel, Kristin	Mustangs	9.88	1

Women 4x200 Meter Relay

Meet: * 1:39.98 1983 , University of Michigan
 CIS Standard: ! 1:42.79

School	Finals	H#
1 York University 'A'	1:42.64!	3
1) Broomfield, Erica	2) Clarke, Wendy	
3) Benjamin, Nicole	4) Katz, Sarah	
2 University of Windsor 'A'	1:43.36	3
1) Montcalm, Noelle	2) Davis, Shavonne	
3) O'Brien, Jenn	4) Harrison, Danielle	
3 University of Toronto 'A'	1:44.91	2
4 University of Windsor 'B'	1:45.51	2
1) Lewis, Jamie	2) Spaling, Sonya	
3) Davis, Shannon	4) Perryman, Melissa	
5 University of Western Ontario 'A'	1:46.59	3
1) Paluzzi, Tara	2) Grieve, Lisa	
3) Perrault, Jen	4) Creavelle, Alicia	
6 Waterloo 'A'	1:49.22	1
1) Bickle, Kate	2) Willits, Cindy	
3) Hauseman, Jaime	4) Horricks, Katie	
7 McMaster University 'A'	1:50.58	1
1) Elkami, Susan	2) Nasmith, Jessica	
3) Scott, Erika	4) Bethune, Adrienne	
8 York University 'B'	1:51.09	2
1) Alcide, Kimmel	2) Walford, Rockelle	
3) Ashcroft, Melissa	4) Leong, Karla	

9 University of Windsor 'C'	1:52.37	2
1) Volcy, Vanessa	2) Anobile, Charelle	
3) Phillips, Natalie	4) Morrison, Lindsay	
-- University of Guelph 'A'	DNF	3
1) Pepper, Brittany	2) Zachariah, Neb	
3) Moody, Michelle	4) Peirce, Sarah	

Women 4x400 Meter Relay

Meet: * 3:47.78 1983		, University of Michigan	
CIS Standard: ! 3:55.53			
School		Finals	H#
1 University of Western Ontario 'A'	3:56.97	2	
1) Perrault, Jen	2) White, Andrea		
3) Cotten, Jen	4) Siemon, Vicky		
2 University of Windsor 'A'	3:58.81	2	
1) Spaling, Sonya	2) Davis, Shavonne		
3) Daichendt, Alyssa	4) O'Brien, Jenn		
3 York University 'A'	3:58.89	2	
1) Katz, Sarah	2) Clarke, Wendy		
3) Coopman, Kaitlin	4) Benjamin, Nicole		
4 University of Toronto 'A'	3:59.52	2	
1) Ruediger, Kate	2) Heale, Liane		
3) Merrill, Tory	4) Montgomery, Liz		
5 Waterloo 'A'	4:07.88	1	
1) Bickle, Kate	2) Willits, Cindy		
3) Hauseman, Jaime	4) Bell, Jenna		
6 University of Toronto 'B'	4:14.05	1	
1) Elmhirst, Laura	2) Hein, Mary		
3) Bray, Christy	4) Sauks, Kate		
7 University of Guelph 'A'	4:14.89	1	
1) Yaeger, Vaiva	2) Volterman, Kim		
3) MacDonald, Tara	4) Novak, Shantelle		
8 McMaster University 'A'	4:17.20	1	
1) Bethune, Adrienne	2) Nasmith, Jessica		
3) Brown, Suzie	4) Scott, Erika		

Women 4x800 Meter Relay

Meet: * 9:00.88 1983		, University of Michigan	
CIS Standard: ! 9:17.22			
School		Finals	
1 University of Windsor 'A'	9:23.49		
1) Eberhard, Hannah	2) Mokedanz, Amanda		
3) Malette, Jacqueline	4) Woods, Madeleine		
2 University of Guelph 'A'	9:25.93		
1) Yaeger, Vaiva	2) Novak, Shantelle		
3) Cliff, Rachel	4) Moulton, Laura		
3 University of Toronto 'A'	9:38.64		
1) Heale, Liane	2) Montgomery, Liz		
3) Elmhirst, Laura	4) Hein, Mary		
4 University of Western Ontario 'A'	9:44.60		
1) Van Veen, Stephanie	2) Webber, Jen		
3) Chinfat, Kim	4) Korman, Ashley		
5 University of Western Ontario 'B'	9:45.27		

0 0 XXX

Women Pole Vault

Meet: * 4.00m 1999 Dana Ellis, University of Waterloo
CIS Standard: ! 3.70m

Name	Year	School	Finals	
1 Fish, Suzanne		Blues	3.55m	Jump
off height				
2.80 2.95 3.10 3.25 3.35 3.45 3.55				
PPP PPP PPP PPP X0 0 XXX				
2 Hamilton, Heather		Lions	3.45m	
2.80 2.95 3.10 3.25 3.35 3.45 3.55				
PPP PPP PPP 0 X0 0 XXX				
2 Sauks, Kate		Blues	3.45m	
2.80 2.95 3.10 3.25 3.35 3.45 3.55				
PPP PPP 0 X0 0 0 XXX				
4 Bray, Christy		Blues	3.35m	
2.80 2.95 3.10 3.25 3.35 3.45				
X0 0 XX0 0 X0 XXX				
5 Maaten, Dayna		Lancers	3.25m	
2.80 2.95 3.10 3.25 3.35				
PPP PPP PPP X0 XXX				
6 Radu, Melissa		Gryphons	J3.25m	
2.80 2.95 3.10 3.25 3.35				
X0 0 XX0 XX0 XXX				
7 Barclay, Laura		Mustangs	3.10m	
2.80 2.95 3.10 3.25				
PPP PPP XX0 XXX				
8 Berube, Kathryn		Gryphons	J3.10m	
2.80 2.95 3.10 3.25				
X0 X0 XX0 XXX				
9 Noyes, Julie		Blues	2.95m	
2.80 2.95 3.10				
0 0 XXX				
9 Radu, Steph		Gryphons	2.95m	
2.80 2.95 3.10 3.25				
PPP 0 PPP XXX				
11 Ferris, Laura		Mustangs	J2.95m	
2.80 2.95 3.10				
0 X0 XXX				

Women Long Jump

Meet: * 6.16m 2003 Jocelyn Adu-Gyumfi, Univeristy of Toronto
CIS Standard: ! 5.73m

Name	Year	School	Finals
1 Charles, Tabia		Power Athletics	6.36m*
6.22m 5.94m 6.16m FOUL 6.23m 6.36m			
2 Francis, Latesha		Winsor Legion	5.61m
5.35m 5.40m 5.54m 5.20m 5.61m 5.43m			
3 Moody, Michelle		Gryphons	5.51m
5.19m 5.51m 5.46m FOUL 5.26m FOUL			
4 Cotten, Jen		Mustangs	5.50m

	5.38m	5.50m	5.42m	5.32m	5.50m	5.48m	
5	Boudreau, Alanna				Mustangs		5.47m
	FOUL	FOUL	5.12m	5.30m	5.24m	5.47m	
6	Notarangelo, Sabrina				Lancers		5.31m
	5.31m	5.21m	5.05m	5.17m	5.11m	5.27m	
7	McParland, Shellie				Mustangs		5.26m
	5.26m	5.00m	4.85m	PASS	FOUL	FOUL	
8	Merrill, Tory				Blues		5.17m
	5.00m	5.04m	5.17m	5.05m	5.10m	5.12m	
9	Bell, Jenna				Waterloo		5.07m
	5.07m	4.95m	4.89m				
10	Richardson, Kim				Gryphons		5.01m
	4.85m	5.01m	4.86m				
11	Plummer, Geniene				Lancers		5.00m
	4.73m	FOUL	5.00m				
12	Perkin, Katie				Mustangs		4.84m
	4.76m	4.83m	4.84m				
13	Garcon, Desiree				Gryphons		4.83m
	4.83m	4.80m	4.63m				
14	Williamson, Lindsay				Blues		4.72m
	4.34m	4.72m	4.54m				
15	Sauks, Kate				Blues		4.67m
	FOUL	4.67m	FOUL				
16	Spreitzer, Nancy				Waterloo		4.64m
	3.80m	4.32m	4.64m				
17	Conner, Courtney				Lancers		4.60m
	FOUL	4.23m	4.60m				
18	Campbell, Meagan				Lancers		4.59m
	FOUL	4.59m	FOUL				
19	Lundy, Jess				Gryphons		4.54m
	4.54m	4.27m	4.49m				
20	Johnson, Katie				Mustangs		4.52m
	4.48m	4.45m	4.52m				
21	Berkel, Kristin				Mustangs		4.50m
	4.50m	FOUL	FOUL				
22	Plumb, Meghan				Mustangs		4.48m
	4.47m	4.48m	PASS				
23	Murray, Jen				Mustangs		4.09m
	FOUL	FOUL	4.09m				
24	Taylor, Cydney				Mustangs		3.84m
	FOUL	3.84m	FOUL				
--	Phillips, Natalie				Lancers		ND
	PASS	ND	ND				

Women Triple Jump

=====

Meet: * 12.77m 1994 Kelly Dinsmore, University of Windsor

CIS Standard: ! 11.81m

Name	Year	School	Finals
=====			
1 Boudreau, Alanna		Mustangs	11.33m
	FOUL	FOUL	11.23m
2 Notarangelo, Sabrina		Lancers	11.07m
	10.40m	FOUL	10.87m
3 Richardson, Kim		Gryphons	10.94m
	10.57m	10.72m	10.62m
	10.13m	10.75m	10.94m

4	Garcon, Desiree	Gryphons	10.92m
	10.30m 10.63m 10.86m 10.92m 10.83m 10.74m		
5	Campbell, Meagan	Lancers	10.73m
	FOUL 10.54m FOUL 10.68m 10.55m 10.73m		
6	Plummer, Geniene	Lancers	10.70m
	10.33m 10.51m FOUL 10.62m 10.64m 10.70m		
7	Williamson, Lindsay	Blues	10.47m
	10.41m 10.25m 10.47m 10.36m 10.40m 10.30m		
8	Plumb, Meghan	Mustangs	10.12m
	PASS FOUL 10.12m FOUL FOUL 9.95m		
9	Spreitzer, Nancy	Waterloo	9.84m
	FOUL FOUL 9.84m		
10	Murray, Jen	Mustangs	9.79m
	FOUL FOUL 9.79m		
11	Taylor, Cydney	Mustangs	9.55m
	FOUL 9.55m FOUL		
--	Dubeau, Aimee	Waterloo	FOUL
	FOUL x		

Women Shot Put

Meet: * 15.73m 1984 Vivian Fisher, Michigan State
 CIS Standard: ! 13.16m

Name	Year	School	Finals
1 Patterson, Heather		Mustangs	13.25m!
	12.53m 13.19m 12.45m	FOUL 13.25m 12.85m	
2 Whitehead, Katie		Lancers	13.11m
	12.86m 12.35m 12.94m	FOUL 13.11m 12.90m	
3 Manson, Sarah		Mustangs	12.91m
	11.50m 11.66m 11.80m	12.50m 12.74m 12.91m	
4 Jackson, Steph		Gryphons	12.86m
	11.40m 11.53m 12.51m	12.84m 12.41m 12.86m	
5 Van Dam, Laura		Lancers	12.82m
	12.22m 12.82m 12.47m	FOUL 12.40m 12.39m	
6 Montes, Julie		Mustangs	11.42m
	FOUL FOUL 11.42m	FOUL FOUL FOUL	
7 Hedges, Kari		Lancers	11.29m
	11.29m FOUL 11.00m	FOUL 10.89m 11.09m	
8 Poisson, Alexandra		Lancers	10.98m
	10.76m 9.62m 10.98m	10.71m FOUL FOUL	
9 McIntosh, Sara		Mustangs	10.96m
	10.96m 10.86m FOUL		
10 Jibb, Sara		Lancers	10.49m
	10.49m 10.00m 10.36m		
11 Lamoureux, Allison		Mustangs	10.44m
	10.04m 10.44m 10.38m		
12 Kwiatkowski, Daniela		Gryphons	10.39m
	10.39m FOUL FOUL		
13 McParland, Shellie		Mustangs	10.25m
	10.25m 9.56m 9.90m		
14 Bethune, Adrienne		McMaster	10.06m
	FOUL 9.83m 10.06m		
15 Bell, Jenna		Waterloo	9.85m
	9.85m 9.84m 9.83m		
16 Cotten, Jen		Mustangs	9.44m
	9.44m 8.76m 8.78m		

17 Williamson, Lindsay	Blues	8.99m
8.74m 8.57m 8.99m		
18 Marcantonio, Cara	Mustangs	8.78m
8.52m 8.40m 8.78m		
19 Perkin, Katie	Mustangs	J8.78m
8.78m FOUL 8.20m		
20 Berkel, Kristin	Mustangs	8.41m
8.25m 8.21m 8.41m		
21 Johnson, Katie	Mustangs	7.62m
7.62m 7.54m 7.14m		
22 Merrill, Tory	Blues	6.90m
PASS 6.90m 6.79m		

Women Weight Throw

Meet: *	15.88m	2006	Sara Jibb, Lancers			
CIS Standard: !	15.83m					
Name		Year	School			Finals
=====						
1 Jibb, Sara			Lancers			15.55m
15.37m	FOUL	15.16m	15.55m	FOUL	FOUL	
2 Patterson, Heather			Mustangs			14.81m
FOUL	13.36m	14.19m	FOUL	14.81m	FOUL	
3 Jackson, Steph			Gryphons			14.07m
FOUL	12.86m	12.88m	14.07m	13.67m	13.51m	
4 Montes, Julie			Mustangs			13.92m
FOUL	11.71m	13.79m	13.92m	FOUL	FOUL	
5 Hedges, Kari			Lancers			13.68m
13.68m	13.35m	FOUL	FOUL	FOUL	13.15m	
6 Lamoureaux, Allison			Mustangs			12.66m
10.42m	12.33m	12.66m	11.82m	11.85m	FOUL	
7 Johnstone, Cheryl			Mustangs			12.58m
12.58m	12.30m	12.26m	FOUL	FOUL	FOUL	
8 McIntosh, Sara			Mustangs			11.80m
11.80m	11.33m	FOUL	11.76m	11.10m	FOUL	
9 Van Dam, Laura			Lancers			11.58m
FOUL	FOUL	11.58m				
10 Poisson, Alexandra			Lancers			11.36m
11.20m	11.36m	FOUL				
11 Marcantonio, Cara			Mustangs			10.69m
10.69m	9.20m	9.50m				
12 Manson, Sarah			Mustangs			10.61m
FOUL	9.98m	10.61m				
13 Kwiatkowski, Daniela			Gryphons			10.21m
9.32m	FOUL	10.21m				

Men 60 Meter Dash

Meet: *	6.68	1983	Desai Williams, York University		
CIS Standard: !	6.88				
Name		Year	School	Prelims	H#
=====					
Preliminaries					
1	McAuley, Randy		Mustangs	7.02Q	2
2	Fajardo, Randolph		Lions	7.04Q	6
3	Therrien, Ryan		Blues	7.13Q	1
4	Ukwuoma, Emeka		Waterloo	7.16Q	3

5	Collins, Dennison	Lions	7.21Q	8
6	Nangle, Marlon	Lions	7.22Q	5
7	Ferth, Shane	Kwtfa	7.23Q	7
8	Lewis, Jared	Lions	7.26Q	4
9	Middleton, Matt	Mustangs	7.18Q	3
10	Watkins, Derek	Lancers	7.20Q	6
11	Rothwell, Nathan	Mustangs	7.22Q	1
12	Derksen, Jeremiah	Waterloo	7.23Q	5
13	Nriagu, Osi	Lancers	7.26Q	7
14	Chieffallo, Michael	Gryphons	7.27Q	8
15	Stewart, Mark	Blues	7.32Q	2
16	D'Aloisio, Nick	Mustangs	7.39Q	4
17	Adjetey-Nelson, Jamie	Lancers	7.23q	1
18	Warnock, Ben	Lancers	7.33q	8
19	MacFarlare, Shawn	Lancers	7.36q	2
20	Ho, Ivan	Mustangs	7.37q	5
21	McLaughlin, Mike	Lancers	7.39q	1
22	Govia, Luke	Waterloo	7.41	8
74020				
23	Sorenson, Cody	Gryphons	J7.41	4
74054				
24	Moleko, Tumelo	Mustangs	7.44	7
25	Liseron Monfils, Christo	Gryphons	7.45	6
26	Vanderheyden, Nate	Mustangs	7.48	3
27	Swartz, Shawn	Lions	7.49	6
28	Satchell, Dane	Blues	7.50	7
29	Stinson, Mark	Blues	7.54	4
29	Thomas, Reynold	Lions	7.54	1
29	St Bernard, David	Lions	7.54	4
32	Baxter, Matt	Mustangs	7.55	8
33	Worden, John	Gryphons	7.57	6
34	Paterson, Steve	Lancers	7.60	3
35	Au, Jason	Uttc	7.61	3
35	Stoute, Barry	McMaster	7.61	5
37	Holbick-Siu, Nick	McMaster	7.72	1
38	Courtemanche, Benoit	Waterloo	7.80	2
39	Markarov, Mike	McMaster	7.81	8
40	Giounnikouris, Tony	McMaster	7.92	4
41	Kaju, Alex	Blues	7.95	8
41	Choo, Adrian	Blues	7.95	2
43	Miller, Desmond	Blues	8.01	5
44	Boonstra, John	Waterloo	9.62	2

Men 60 Meter Dash

=====

Meet: * 6.68 1983 Desai Williams, York University

CIS Standard: ! 6.88

Name	Year	School	Semis	H#
=====				
Semi-Finals				
1	Lewis, Jared	Lions	! 6.85Q	1
2	McAuley, Randy	Mustangs	6.99Q	3
3	Therrien, Ryan	Blues	7.08Q	2
4	Collins, Dennison	Lions	6.89Q	1
5	Nangle, Marlon	Lions	7.15Q	3
5	Ukwuoma, Emeka	Waterloo	7.15Q	2
7	Fajardo, Randolph	Lions	6.98q	1

8	Middleton, Matt	Mustangs	7.16	2
9	Ferth, Shane	Kwtfa	7.17	3
10	Watkins, Derek	Lancers	7.20	2
11	Derksen, Jeremiah	Waterloo	7.21	3
12	Warnock, Ben	Lancers	7.24	1
13	Rothwell, Nathan	Mustangs	7.28	1
14	McLaughlin, Mike	Lancers	7.30	1
15	Stewart, Mark	Blues	7.31	2
16	Chieffallo, Michael	Gryphons	7.33	1
16	MacFarlare, Shawn	Lancers	7.33	3
18	Govia, Luke	Waterloo	7.41	2
19	D'Aloisio, Nick	Mustangs	7.42	2
20	Ho, Ivan	Mustangs	7.45	3

Men 60 Meter Dash

=====

Meet: * 6.68 1983 Desai Williams, York University

CIS Standard: ! 6.88

Name	Year	School	Finals
=====			
Finals			
1	Lewis, Jared	Lions	6.82!
2	Collins, Dennison	Lions	6.90
3	Fajardo, Randolph	Lions	6.99
4	McAuley, Randy	Mustangs	7.01
5	Ukwuoma, Emeka	Waterloo	7.04
6	Nangle, Marlon	Lions	7.15

Men 300 Meter Dash

=====

Meet: * 33.89 1993 Anthony Price, Central State University

CIS Standard: ! 35.60

Name	Year	School	Finals	H#
=====				
1	Ferth, Shane	Kwtfa	35.63	8
2	Therrien, Ryan	Blues	35.66	8
3	Rothwell, Nathan	Mustangs	35.94	7
4	El-Morse, Tarek	Mustangs	35.97	7
5	Miller, Ainsley	Unattached	36.38	7
6	Garvin, Moses	Lancers	36.43	8
6	McLennan, Justin	Lions	36.43	8
8	Chieffallo, Michael	Gryphons	36.60	6
9	Ewen, Kirk	Waterloo	36.61	7
10	Ukwuoma, Emeka	Waterloo	36.62	8
11	Hicks, Jeff	Lions	36.78	6
12	Gabay, Rodney	McMaster	36.95	5
13	Stewart, Mark	Blues	37.00	1
14	Ferguson, Jeff	Lancers	37.05	4
15	Gooch, Rob	Mustangs	37.18	6
16	Killam, Kyle	Gryphons	37.61	5
17	Newbert, Joel	Mustangs	37.64	7
18	Gamble, Dustin	Gryphons	37.68	6
19	Stinson, Mark	Blues	37.93	2
20	D'Aloisio, Nick	Mustangs	37.98	3
21	Ritz, Dan	Waterloo	38.09	2
22	Baxter, Matt	Mustangs	38.11	4

23	Worden, John	Gryphons	38.47	3
24	Kniznik, Jason	McMaster	38.57	5
25	Courtemanche, Benoit	Waterloo	39.01	1
26	Markarov, Mike	McMaster	39.18	5
27	Stoute, Barry	McMaster	39.38	2
28	Miller, Desmond	Blues	39.62	1
29	Kaju, Alex	Blues	39.65	1
30	Giounnikouris, Tony	McMaster	39.68	5
--	Satchell, Dane	Blues	DQ	2
163.3				
--	Milliken, Craig	Lancers	DQ	4
163.3				

Men 600 Meter Dash

=====				
Meet: * 1:19.28		1982	Kevin Jones, Northwood Institute	
CIS Standard: ! 1:20.83				
Name	Year	School	Finals	H#
=====				
1	Emberley, Scott	Mustangs	1:22.98	2
2	Gamble, Dustin	Gryphons	1:23.05	2
3	Geer, Keenan	Lancers	1:23.18	2
4	WoodCock, Blaine	Mustangs	1:25.07	2
5	Dietrich, Neil	Lancers	1:25.20	1
6	Varden, Andrew	Gryphons	1:25.33	2
7	Killam, Kyle	Gryphons	1:25.91	1
8	Humphreys, Thomas	Lions	1:26.48	2
9	Dalton, Phil	Lancers	1:27.03	1
10	Montgomery, Kevin	Lions	1:28.57	1
11	Kennedy, Andrew	Blues	1:29.75	1
--	Zubair, Abdull	Mustangs	DNF	2

Men 1000 Meter Run

=====				
Meet: * 2:25.37		1987	Harvey Mitro, University of Waterloo	
CIS Standard: ! 2:26.82				
Name	Year	School	Finals	
=====				
1	McKenzie, Ryan	Winsor Legion	2:28.46	
2	Sinclair, Matt	Lancers	2:28.98	
3	Anthony, Steve	Blues	2:32.48	
2324715				
4	Macaulay, Angus	Gryphons	J2:32.48	
2324800				
5	DeWitt, Nathan	Mustangs	2:33.84	
6	Boorsma, Kyle	Gryphons	2:34.10	
7	Lawrence, Colin	Waterloo	2:34.14	
8	Magdanz, Alex	Waterloo	2:35.46	
9	Sissons, Josh	Blues	2:37.40	
10	Fleming, Noah	McMaster	2:39.70	
11	Gibb, Rob	McMaster	2:40.87	

Men 1500 Meter Run

=====				
Meet: * 3:51.08		1983	Greg Beardsley, Edinboro University	

CIS Standard: ! 3:53.14

Name	Year School	Finals
1 Carvalho, Jose	Blues	3:55.18
2 Coates, Andrew	Lancers	3:56.12
3 McCabe, Jeff	Blues	3:57.91
4 Hutchinson, Greg	Gryphons	3:58.00
5 Savard, Kevin	Lancers	4:00.52
6 Weston, Dave	Lancers	4:00.99
7 Brunsting, Matt	Gryphons	4:01.44
8 Marial, Deng	Lancers	4:03.30
9 Snider, Derek	Gryphons	4:03.31
10 Lewandowski, Adam	Gryphons	4:03.97
11 Roundell, Josh	Gryphons	4:05.10
12 Benninger, Shawn	McMaster	4:05.79
13 Lane, Ben	Lancers	4:05.95
14 Lynch, Cam	Mustangs	4:06.50
15 Koziarski, Steve	Gryphons	4:06.51
16 Suda, Matt	Mustangs	4:06.57
17 George, Wesley	Waterloo	4:07.37
18 Paquette, Max	Gryphons	4:07.56
19 Meyer, Alex	Lancers	4:08.47
20 Parrott, John	Gryphons	4:08.63
21 Koziarski, Rob	Gryphons	4:08.67
22 Baker, Sean	McMaster	4:09.66
23 Pye, Trevor	Lancers	4:10.36
24 Mosher, Tommy	Gryphons	4:11.90
25 Doyle, James	Lions	4:14.95
26 Kull, Corey	Gryphons	4:15.59
27 Abbott, Larry	McMaster	4:17.39
28 Dalton, Phil	Lancers	4:18.37
29 Pamukoff, Derek	McMaster	4:19.50
30 Bark, Rob	Waterloo	4:21.30
31 Dykes, Adam	Lions	4:21.69
32 Reany, Joel	McMaster	4:23.74
33 David, Yuestas	Lions	4:24.87
34 Hengeveld, Henry	Lions	4:34.92
35 Piene, Svein	Lancers	4:38.14
-- Garton, Rich	Lancers	DNF

Men 3000 Meter Run

Meet: * 8:17.39 2006 Ryan McKenzie, Winsor Legion Tr

CIS Standard: ! 8:21.34

Name	Year School	Finals
1 McKenzie, Ryan	Winsor Legion	8:30.32
2 Brunsting, Matt	Gryphons	8:35.75
3 Laan, Brandon	Unattached	8:49.90
4 George, Wesley	Waterloo	8:52.00
5 Snider, Derek	Gryphons	8:54.21
6 Gosselin, James	Mustangs	8:57.71
7 Paquette, Max	Gryphons	9:00.34
8 Koziarski, Rob	Gryphons	9:03.04
9 Parrott, John	Gryphons	9:09.07
10 Kull, Corey	Gryphons	9:16.37
11 Whitfield, Jamie	Mustangs	9:18.11

12 David, Yuestas	Lions	9:35.04
13 Ross, Will	Mustangs	9:47.55
14 Hengeveld, Henry	Lions	10:05.37

Men 60 Meter Hurdles

```

=====
Meet: * 8.02 1987 Jeff Glass, U.W.O.
CIS Standard: ! 8.40
Name Year School Prelims H#
=====
Preliminaries
1 Vandendool, Andrew St. Thomas Legio ! 8.33q 1
2 Judge, Andrew Mustangs 8.54q 3
3 Moleko, Tumelo Mustangs 8.55q 2
4 Sorenson, Cody Gryphons 8.56q 2
5 Adjetey-Nelson, Jamie Lancers 8.57q 3
6 Paterson, Steve Lancers 8.85q 2
7 Bishop, Adrian Lancers 9.09q 1
8 Grainge, Aaron Mustangs 9.23q 3
9 Allen, Elijah Lions 9.28q 1
10 O'Neill, Kevin Mustangs 9.33q 1
11 Krul, Ben Lions 9.38q 3
12 Nightingale, Travis Lancers 9.45q 1
13 Darwish, Alla Waterloo 9.48q 3
14 Markarov, Mike McMaster 9.49q 3
15 Giounnikouris, Tony McMaster 10.33 2

```

Men 60 Meter Hurdles

```

=====
Meet: * 8.02 1987 Jeff Glass, U.W.O.
CIS Standard: ! 8.40
Name Year School Finals H#
=====
Finals
1 Vandendool, Andrew St. Thomas Legio 8.19! 2
2 Moleko, Tumelo Mustangs 8.41 2
3 Adjetey-Nelson, Jamie Lancers 8.48 2
4 Judge, Andrew Mustangs 8.61 2
5 Paterson, Steve Lancers 8.88 2
6 Grainge, Aaron Mustangs 9.08 1
7 Krul, Ben Lions 9.16 1
8 Markarov, Mike McMaster 9.37 1
9 Bishop, Adrian Lancers 9.40 2
10 O'Neill, Kevin Mustangs 9.73 1
-- Sorenson, Cody Gryphons DNF 2
-- Nightingale, Travis Lancers DQ 1
168.7

```

Men 4x200 Meter Relay

```

=====
Meet: * 1:28.48 1983 , Northwood Institute
CIS Standard: ! 1:29.50
School Finals H#
=====
1 York University 'A' 1:30.73 3
1) McLennan, Justin 2) Collins, Dennison
3) Lewis, Jared 4) Fajardo, Randolph

```

2	University of Western Ontario	'A'	1:30.76	3
	1) McAuley, Randy		2) Judge, Andrew	
	3) Zubair, Abdull		4) Rothwell, Nathan	
3	Waterloo	'A'	1:31.78	2
	1) Ukwuoma, Emeka		2) Raymond, Kyle	
	3) Ewen, Kirk		4) Derksen, Jeremiah	
4	University of Western Ontario	'B'	1:32.35	3
	1) Wason, Miguel		2) Middleton, Matt	
	3) D'Aloisio, Nick		4) El-Morse, Tarek	
5	University of Guelph	'A'	1:32.94	2
	1) Sorenson, Cody		2) Chieffallo, Michael	
	3) Liseron Monfils, Christoph		4) Kuruneri, Guyson	
6	University of Windsor	'C'	1:35.10	1
	1) Warnock, Ben		2) Scherle, Mark	
	3) Milliken, Craig		4) Farina, Justin	
7	University of Western Ontario	'C'	1:35.21	2
	1) Ho, Ivan		2) Vanderheyden, Nate	
	3) Newbert, Joel		4) Baxter, Matt	
8	University of Windsor	'B'	1:35.53	2
	1) MacFarlane, Shawn		2) Nightingale, Travis	
	3) Harriott, Dwayne		4) Walker, Triston	
9	McMaster University	'A'	1:36.22	1
	1) Gabay, Rodney		2) Kniznik, Jason	
	3) Stoute, Barry		4) Holbick-Siu, Nick	
10	University of Windsor	'A'	1:39.04	3
	1) Adjetey-Nelson, Jamie		2) McLaughlin, Mike	
	3) Nriagu, Osi		4) Garvin, Moses	
11	Waterloo	'B'	1:39.46	1
	1) Courtemanche, Benoit		2) Darwish, Alla	
	3) Boonstra, John		4) Govia, Luke	
12	University of Toronto	'A'	1:39.79	1

Men 4x400 Meter Relay

=====				
Meet: *		3:19.60	1982	, Northwood Institute
CIS Standard: !		3:22.51		
School			Finals	H#
=====				
1	University of Windsor	'A'	3:24.47	2
	1) McLaughlin, Mike		2) Nightingale, Travis	
	3) Garvin, Moses		4) Geer, Keenan	
2	University of Western Ontario	'A'	3:25.81	2
	1) Zubair, Abdull		2) WoodCock, Blaine	
	3) El-Morse, Tarek		4) Gooch, Rob	
3	University of Toronto	'A'	3:28.21	2
	1) Therrien, Ryan		2) Stewart, Mark	
	3) McCabe, Jeff		4) Carvalho, Jose	
4	York University	'A'	3:30.73	2
	1) Hicks, Jeff		2) Humphreys, Thomas	
	3) Fajardo, Randolph		4) Swartz, Shawn	
5	McMaster University	'A'	3:32.03	1
	1) Gabay, Rodney		2) Kniznik, Jason	
	3) Fleming, Noah		4) Benninger, Shawn	
6	University of Guelph	'A'	3:32.47	1
	1) Varden, Andrew		2) Gamble, Dustin	
	3) Macaulay, Angus		4) Boorsma, Kyle	
7	University of Windsor	'B'	3:33.85	2

1) Ferguson, Jeff	2) Milliken, Craig		
3) Dietrich, Neil	4) Bishop, Adrian		
8 Waterloo 'A'		3:35.47	2
1) Ukwuoma, Emeka	2) Ewen, Kirk		
3) Ritz, Dan	4) Lawrence, Colin		
9 University of Toronto 'B'		3:43.97	1
1) Kaju, Alex	2) Kennedy, Andrew		
3) Miller, Desmond	4) Sissons, Josh		

Men 4x800 Meter Relay

=====			
Meet: *	7:46.10	1984	, Saginaw Valley State
CIS Standard: !	7:44.43		
School			Finals
=====			
1 University of Guelph 'A'		7:54.92	
1) Hutchinson, Greg	2) Roundell, Josh		
3) Lewandowski, Adam	4) Macaulay, Angus		
2 McMaster University 'A'		8:01.50	
1) Baker, Sean	2) Benninger, Shawn		
3) Gibb, Rob	4) Abbott, Larry		
3 University of Guelph 'B'		8:10.09	
1) Varden, Andrew	2) Boorsma, Kyle		
3) Mosher, Tommy	4) Koziarski, Steve		
4 York University 'A'		8:19.63	
1) Montgomery, Kevin	2) Humphreys, Thomas		
3) Dykes, Adam	4) Doyle, James		
-- University of Toronto 'A'		DNF	
1) Sissons, Josh	2) Kennedy, Andrew		
3) Miller, Desmond	4) Kaju, Alex		

Men High Jump

=====			
Meet: *	2.15m	1982	Mark Norman, Northwood Institute
CIS Standard: !	2.02m		
Name		Year School	Finals
=====			
1 Dillon, Mark		Blues	2.11m!
1.71 1.76 1.81 1.86 1.91 1.96 1.99 2.02 2.05 2.08 2.11 2.16			
P P P P P P P P P P 0 0 XXX			
2 Watkins, Derek		Lancers	2.08m!
1.71 1.76 1.81 1.86 1.91 1.96 1.99 2.02 2.05 2.08 2.11			
P P P P P P 0 0 P 0 XXX			
3 Caton, Jeff		Uttc	2.02m!
1.71 1.76 1.81 1.86 1.91 1.96 1.99 2.02 2.05 2.08			
P P P P P 0 P 0 P XXX			
4 Scherle, Mark		Lancers	J2.02m!
1.71 1.76 1.81 1.86 1.91 1.96 1.99 2.02 2.05 2.08			
P P P P P P X0 XX0 P XXX			
5 Odumeru, Jon		Gryphons	J2.02m!
1.71 1.76 1.81 1.86 1.91 1.96 1.99 2.02 2.05			
P P P P 0 XX0 XX0 XX0 XXX			
6 Slounwight, Craig		Power Athletics	1.99m
1.71 1.76 1.81 1.86 1.91 1.96 1.99 2.02			
P P P P X0 X0 XX0 XXX			
7 Minnesma, Dan		McMaster	1.96m
1.71 1.76 1.81 1.86 1.91 1.96 1.99 2.02			

	P	P	P	O	O	XXO	P	XXX	
8	Bishop, Adrian						Lancers		1.91m
	1.71	1.76	1.81	1.86	1.91	1.96	1.99	2.02	
	P	P	P	P	XXO	P	P	XXX	
8	Khamadmadi, Mehdi						Lions		1.91m
	1.71	1.76	1.81	1.86	1.91	1.96			
	P	O	O	O	XXO	XXX			
10	Edwards, Darl						Lancers		1.86m
	1.71	1.76	1.81	1.86	1.91				
	P	O	O	O	XXX				
10	Haynes, Cornell						Gryphons		1.86m
	1.71	1.76	1.81	1.86	1.91				
	P	P	P	O	XXX				
12	Georgievski, Brett						Blues		1.81m
	1.71	1.76	1.81	1.86					
	P	O	XO	XXX					
13	Wight, Ryan						Waterloo		1.76m
	1.71	1.76	1.81						
	P	O	XXX						
14	Grainge, Aaron						Mustangs		1.71m
	1.71	1.76							
	XXO	XXX							
--	Cattet, Luke						Mustangs		NH
	1.71	1.76	1.81						
	P	P	XXX						

Men Pole Vault

Meet: * 5.55m 1992					Doug Wood, York University						
CIS Standard: ! 4.73m											
Name		Year School					Finals				
=====											
1	Wilson, Kristian					London Western					4.73m!
	3.30	3.50	3.70	3.85	4.00	4.15	4.30	4.45	4.60	4.73	4.95
	P	P	P	P	P	P	P	P	P	XO	XXX
2	Creighton, Doug					Blues					4.45m
	3.30	3.50	3.70	3.85	4.00	4.15	4.30	4.45	4.60		
	P	P	P	P	P	P	O	XO	XXX		
3	McLarty, Cole					Mustangs					4.30m
	3.30	3.50	3.70	3.85	4.00	4.15	4.30	4.45			
	P	P	P	P	P	P	O	XXX			
4	Bianchi, Jeff					Lancers					J4.30m
	3.30	3.50	3.70	3.85	4.00	4.15	4.30	4.45			
	P	P	P	P	P	XO	O	XXX			
5	McEwan, Brady					Kwtfa					4.15m
	3.30	3.50	3.70	3.85	4.00	4.15	4.30				
	P	P	P	P	P	XO	XXX				
6	Moon, Donald					London Western					4.00m
	3.30	3.50	3.70	3.85	4.00	4.15					
	P	P	P	P	O	XXX					
6	Dorion, Josh					Winsor Legion					4.00m
	3.30	3.50	3.70	3.85	4.00	4.15					
	P	P	P	P	O	XXX					
8	Wyprysky, Adam					Mustangs					J4.00m
	3.30	3.50	3.70	3.85	4.00	4.15					
	P	P	P	XO	O	XXX					
9	Vukasovic, Jeff					Lancers					J4.00m

	3.30	3.50	3.70	3.85	4.00	4.15		
	P	P	P	P	XO	XXX		
10	Charbonneau, Levi					Lancers	J4.00m	
	3.30	3.50	3.70	3.85	4.00	4.15		
	P	P	P	P	XXO	XXX		
--	Kosmas, Paul					Lions	NH	
	3.30	3.50	3.70	3.85	4.00			
	P	P	P	P	XXX			
--	O'Neill, Kevin					Mustangs	NH	
	3.30	3.50						
	P	XXX						

Men Long Jump

Meet: * 7.32m 1995 Andre Eley, University of Findlay
 CIS Standard: ! 7.08m

Name	Year	School	Finals
1 Kuruneri, Guyson		Gryphons	7.05m
	6.93m	6.98m	6.98m 6.90m 7.01m 7.05m
2 Nriagu, Osi		Lancers	7.03m
	FOUL	FOUL	6.58m 7.01m 7.03m 6.94m
3 Judge, Andrew		Mustangs	6.99m
	6.73m	6.74m	6.80m 6.81m 6.85m 6.99m
4 Scherle, Mark		Lancers	6.94m
	6.94m	6.51m	6.82m 6.71m FOUL FOUL
5 Warnock, Ben		Lancers	6.86m
	6.80m	FOUL	6.52m 6.80m FOUL 6.86m
6 Adjetey-Nelson, Jamie		Lancers	6.83m
	FOUL	FOUL	6.83m FOUL FOUL FOUL
7 Moleko, Tumelo		Mustangs	6.79m
	6.66m	6.56m	6.53m 6.46m 6.79m 6.67m
8 Ange Makwene, Odon		Unattached	6.66m
	5.64m	6.49m	6.66m 6.60m 6.29m 6.60m
9 Draycott, Abe		Gryphons	6.50m
	FOUL	6.43m	6.50m
10 Holbick-Siu, Nick		McMaster	6.48m
	6.01m	6.48m	6.48m
11 St Bernard, David		Lions	6.41m
	6.41m	6.38m	FOUL
12 Quilty, Pat		Mustangs	6.25m
	6.25m	FOUL	5.81m
13 Allen, Elijah		Lions	6.13m
	6.08m	6.09m	6.13m
14 Walker, Triston		Lancers	6.09m
	5.48m	FOUL	6.09m
15 Grainge, Aaron		Mustangs	6.07m
	FOUL	5.73m	6.07m
16 Findlay, Coel		Waterloo	6.04m
	6.00m	FOUL	6.04m
17 Odumeru, Jon		Gryphons	6.02m
	FOUL	6.02m	FOUL
18 MacDonald, Andrew		Waterloo	5.74m
	FOUL	5.74m	5.62m
19 Cattet, Luke		Mustangs	5.65m
	5.65m	5.53m	5.50m
20 Wight, Ryan		Waterloo	5.61m

	5.49m	5.49m	5.61m		
21 Schultz, Will				Blues	5.43m
	5.43m	FOUL	5.38m		
-- Nangle, Marlon				Lions	ND
	PASS	PASS	PASS		
-- Goetz, Jason				Waterloo	FOUL
	FOUL	FOUL	FOUL		

Men Triple Jump

Meet: * 15.20m 2001 Chris Martin, University of Toronto
CIS Standard: ! 14.46m

Name	Year	School	Finals
1 Nangle, Marlon		Lions	14.56m!
	14.56m	FOUL	13.67m
2 Watkins, Derek		Lancers	14.38m
	14.05m	FOUL	14.38m
3 Moleko, Tumelo		Mustangs	14.37m
	13.78m	13.84m	13.99m
4 Harriott, Dwayne		Lancers	14.33m
	FOUL	13.43m	FOUL
5 Binder, David		Lancers	14.02m
	FOUL	FOUL	13.82m
6 Edwards, Darl		Lancers	13.84m
	FOUL	FOUL	13.84m
7 Goetz, Jason		Waterloo	13.58m
	FOUL	13.39m	FOUL
8 Quilty, Pat		Mustangs	13.53m
	13.53m	12.93m	FOUL
9 MacDonald, Andrew		Waterloo	13.11m
	12.98m	13.11m	FOUL
10 Allen, Elijah		Lions	12.70m
	FOUL	11.35m	12.70m
11 Findlay, Coel		Waterloo	12.69m
	12.69m	12.51m	12.36m
12 Schultz, Will		Blues	12.68m
	FOUL	12.68m	12.33m
-- Judge, Andrew		Mustangs	FOUL
	PASS	PASS	FOUL
-- Haynes, Cornell		Gryphons	FOUL
	FOUL	FOUL	FOUL

Men Shot Put

Meet: * 16.73m 1988 Paul Cochrane, Ferris State
University
CIS Standard: ! 15.37m

Name	Year	School	Finals
1 Miller, Mike		Lancers	15.50m!
	14.93m	15.35m	FOUL
2 Jones, Brian		Lancers	J15.50m!
	15.50m	FOUL	FOUL
3 Slounwight, Craig		Power Athletics	15.34m
	14.02m	14.84m	14.64m
4 Szpak, Pat		Gryphons	15.05m
	15.08m	15.04m	15.34m

	14.77m	FOUL	FOUL	15.05m	FOUL	FOUL	
5 Ysebaert, Andy					Sarnia Athletics		14.98m
	13.82m	14.40m	14.77m	FOUL	14.98m	14.94m	
6 Morencie, Matt					Lancers		14.16m
	13.65m	14.16m	13.73m	13.95m	14.00m	FOUL	
7 Harris, Matt					Lancers		13.89m
	13.89m	FOUL	13.88m	FOUL	FOUL	FOUL	
8 Greave, Chris					Mustangs		13.39m
	13.03m	FOUL	13.39m	12.68m	FOUL	13.07m	
9 Pignataro, Jared					Gryphons		13.14m
	12.85m	12.82m	13.14m				
10 Krul, Ben					Lions		12.44m
	PASS	PASS	12.44m				
11 Denyes, Jason					Lions		11.93m
	11.63m	11.93m	FOUL				
12 McDonald, Dan					Mustangs		11.65m
	FOUL	FOUL	11.65m				
13 Adornetto, Jonny					Mustangs		11.36m
	11.36m	10.93m	FOUL				
14 Grainge, Aaron					Mustangs		10.82m
	10.82m	PASS	10.66m				
15 Cattet, Luke					Mustangs		10.46m
	10.35m	10.46m	FOUL				
16 Letwin, Dave					Mustangs		10.00m
	FOUL	9.08m	10.00m				
-- Willems, Owen					Gryphons		FOUL
	FOUL	FOUL	FOUL				

Men Weight Throw

Meet: *		16.72m	2006	Owen Willems, Gryphons			
CIS Standard: !		16.26m					
Name		Year		School		Finals	
=====							
1	Willems, Owen			Gryphons		17.20m*	
	16.89m	16.82m	17.20m	FOUL	FOUL	16.75m	
2	Lennie, Nathan			Lancers		15.76m	
	FOUL	14.96m	15.31m	FOUL	FOUL	15.76m	
3	Miller, Mike			Lancers		14.27m	
	14.09m	14.20m	FOUL	FOUL	14.27m	FOUL	
4	Pignataro, Jared			Gryphons		13.68m	
	12.63m	12.93m	FOUL	13.68m	13.68m	13.46m	
5	Szpak, Pat			Gryphons		13.06m	
	FOUL	FOUL	13.06m	FOUL	FOUL	FOUL	
6	Denyes, Jason			Lions		11.92m	
	FOUL	11.38m	FOUL	11.92m	FOUL	FOUL	
7	McDonald, Dan			Mustangs		11.51m	
	11.51m	FOUL	11.04m	11.32m	10.42m	10.31m	
8	Letwin, Dave			Mustangs		9.53m	
	9.39m	9.07m	9.16m	FOUL	8.70m	9.53m	