

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Women 100 Meter Dash****4 heats Top 3 + 4****2 Semi Finals Top 3 + 2**

	Name	Yr	Team	Seed	Prelims	Wind	H#
Preliminaries							
1	172 Fofanah, Isatu	93	Edmonton Thunder	11.97	12.06 Q	-1.6	2
2	435 Westney, Jellisa	93	Supreme Athletics	11.79	12.11 Q	-2.1	4
3	190 Pascal, Cassandra	93	G-Force	12.04	12.27 Q	-1.7	3
4	491 Huard, Ashley	93	Track North Athletic Club	11.95	12.37 Q	-1.9	1
5	548 Walkeden, Leah	93	Voleo Athletics	11.98	12.26 Q	-2.1	4
6	207 Davis, Shai-Anne	93	Kajaks Track & Field Club	11.71	12.29 Q	-1.7	3
7	188 Bell-Spence, Janelle	92	G-Force	11.93	12.37 Q	-1.6	2
8	108 Martin, Simone	92	Brampton Track Club Inc.	11.95	12.44 Q	-1.9	1
9	155 Ayesu-Attah, Esinam A.	94	Coquitlam Cheetahs	12.32	12.43 Q	-2.1	4
10	312 Fernando, Shelani	95	Ottawa Lions Track and Fi	12.21	12.45 Q	-1.6	2
11	485 Murray, Rebecca	95	Team Relentless	12.34	12.59 Q	-1.7	3
12	478 Turner, Tegan	96	Team Manitoba	12.81	12.64 Q	-1.9	1
13	107 Kerr, Naomi	94	Brampton Track Club Inc.	12.17	12.45 q	-2.1	4
14	131 Martin, Katrina	94	Capital City Track Club	12.11	12.70 q	-1.7	3
15	202 Rodriguez, Melanie	95	Hamilton Olympic Club	12.23	12.71 q	-1.9	1
16	111 Brohman, Amelia	94	C.A.N.I.	12.31	12.74 q	-1.6	2
17	356 Thomas, Deanna	93	Project Athletics Track &	12.39	12.76	-1.7	3
18	164 Clarke, Jalcia	93	Durham Legion Athletics	12.27	12.79	-1.9	1
19	482 Wanigasekara, Sasanie	95	Team Manitoba	12.79	12.87	-1.9	1
20	445 Bera, Mercy	94	Team Manitoba	12.83	12.87	-1.7	3
21	474 Staub, Katie	94	Team Manitoba	12.74	12.90	-1.6	2
22	483 Waters, Mallory	93	Team Manitoba	12.95	12.92	-2.1	4
23	130 Lotholz, Melissa	92	Capital City Track Club	12.61	13.09	-2.1	4
24	510 Sawchuk, Stephanie	93	Unattached-Saskatchewan	13.17	13.18	-1.7	3
25	331 Bautista, Kathryn	92	Pearlgate T&F Club	13.13	13.20	-1.6	2
26	365 Gee, Danielle	93	Riversdale Athletics Clu	13.33	13.35	-2.1	4
27	387 Lozinski, Lauren	94	Saskatoon TF Club	13.35	13.45	-1.6	2

Women 100 Meter Dash**4 heats Top 3 + 4****2 Semi Finals Top 3 + 2**

	Name	Yr	Team	Prelims	Semis	Wind	H#
Semi-Finals							
1	435 Westney, Jellisa	93	Supreme Athletics	12.11	11.99 Q	-1.0	1
2	172 Fofanah, Isatu	93	Edmonton Thunder	12.06	12.08 Q	-1.7	2
3	491 Huard, Ashley	93	Track North Athletic Club	12.37	12.19 Q	-1.7	2
4	207 Davis, Shai-Anne	93	Kajaks Track & Field Club	12.29	12.21 Q	-1.0	1
5	190 Pascal, Cassandra	93	G-Force	12.27	12.22 Q	-1.0	1
6	548 Walkeden, Leah	93	Voleo Athletics	12.26	12.33 Q	-1.7	2
7	108 Martin, Simone	92	Brampton Track Club Inc.	12.44	12.34 q	-1.7	2
8	107 Kerr, Naomi	94	Brampton Track Club Inc.	12.45	12.39 q	-1.7	2
9	155 Ayesu-Attah, Esinam A.	94	Coquitlam Cheetahs	12.43	12.44	-1.7	2
10	202 Rodriguez, Melanie	95	Hamilton Olympic Club	12.71	12.55	-1.0	1
11	485 Murray, Rebecca	95	Team Relentless	12.59	12.55	-1.0	1
12	312 Fernando, Shelani	95	Ottawa Lions Track and Fi	12.45	12.55	-1.0	1

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Name	Yr	Team	Prelims	Semis	Wind	H#
13 478 Turner, Tegan	96	Team Manitoba	12.64	12.69	-1.7	2
14 111 Brohman, Amelia	94	C.A.N.I.	12.74	12.76	-1.7	2
--- 188 Bell-Spence, Janelle	92	G-Force	12.37	DQ	-1.0	1

Women 100 Meter Dash**4 heats Top 3 + 4****2 Semi Finals Top 3 + 2**

Name	Yr	Team	Semis	Finals	Wind	Points
Finals						
1 435 Westney, Jellisa	93	Supreme Athletics	11.99	11.73	+0.0	10
2 491 Huard, Ashley	93	Track North Athletic Club	12.19	11.95	+0.0	8
3 172 Fofanah, Isatu	93	Edmonton Thunder	12.08	11.96	+0.0	6
4 190 Pascal, Cassandra	93	G-Force	12.22	12.02	+0.0	5
5 548 Walkeden, Leah	93	Voleo Athletics	12.33	12.13	+0.0	4
6 207 Davis, Shai-Anne	93	Kajaks Track & Field Club	12.21	12.14	+0.0	3
7 108 Martin, Simone	92	Brampton Track Club Inc.	12.34	12.27	+0.0	2
8 107 Kerr, Naomi	94	Brampton Track Club Inc.	12.39	12.33	+0.0	1

Women 200 Meter Dash**1st round - 4 hts - Top 3 +4****Semi's - 2 heats Top 3 + 2**

Name	Yr	Team	Seed	Prelims	Wind	H#
Preliminaries						
1 188 Bell-Spence, Janelle	92	G-Force	24.44	24.57 Q	-1.0	4
2 213 Reid, Katie	93	Kajaks Track & Field Club	24.30	24.70 Q	1.3	3
3 190 Pascal, Cassandra	93	G-Force	24.00	24.81 Q	1.1	2
4 548 Walkeden, Leah	93	Voleo Athletics	24.12	24.82 Q	0.2	1
5 207 Davis, Shai-Anne	93	Kajaks Track & Field Club	24.01	24.61 Q	-1.0	4
6 435 Westney, Jellisa	93	Supreme Athletics	24.31	24.77 Q	1.3	3
7 315 Maddex, Ashlea	92	Ottawa Lions Track and Fi	24.78	25.11 Q	0.2	1
8 107 Kerr, Naomi	94	Brampton Track Club Inc.	24.71	25.30 Q	1.1	2
9 136 St-Pierre, Marie-Colombe	94	Club Athletisme Universite Lav	24.85	25.17 Q	1.3	3
10 108 Martin, Simone	92	Brampton Track Club Inc.	24.41	25.26 Q	0.2	1
11 312 Fernando, Shelani	95	Ottawa Lions Track and Fi	24.94	25.38 Q	1.1	2
12 172 Fofanah, Isatu	93	Edmonton Thunder	24.42	25.38 Q	-1.0	4
13 485 Murray, Rebecca	95	Team Relentless	24.88	25.23 q	1.3	3
14 165 Marsh, Alexis	95	Durham Legion Athletics	25.31	25.33 q	0.2	1
15 342 Christiani, Ally	95	Phoenix Athletics Associa	25.21	25.46 q	-1.0	4
16 317 McIntyre, Victoria	95	Ottawa Lions Track and Fi	24.98	25.51 q	-1.0	4
17 348 Lewis, Sade	93	Phoenix Athletics Associa	24.42	25.57	1.1	2
18 202 Rodriguez, Melanie	95	Hamilton Olympic Club	25.87	25.66	1.3	3
19 111 Brohman, Amelia	94	C.A.N.I.	25.23	25.66	1.1	2
20 170 Clarke, Stephanie	93	Edmonton Olympic Club	25.54	25.76	1.3	3
21 131 Martin, Katrina	94	Capital City Track Club	25.35	25.81	0.2	1
22 478 Turner, Tegan	96	Team Manitoba	26.16	25.83	-1.0	4
23 332 Buckingham, Darcy	94	Pearlgate T&F Club	26.51	26.05	1.1	2
24 474 Staub, Katie	94	Team Manitoba	25.87	26.30	0.2	1
25 445 Bera, Mercy	94	Team Manitoba	26.58	26.64	1.1	2
26 365 Gee, Danielle	93	Riversdale Athletics Clu	26.89	26.87	-1.0	4

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Name	Yr	Team	Seed	Prelims	Wind	H#
27 387 Lozinski, Lauren	94	Saskatoon TF Club	27.75	27.57	0.2	1
28 362 Callele, Yasmin	92	Riversdale Athleatics Clu	27.94	27.60	1.3	3

Women 200 Meter Dash**1st round - 4 hts - Top 3 +4****Semi's - 2 heats Top 3 + 2**

Name	Yr	Team	Prelims	Semis	Wind	H#
Semi-Finals						
1 188 Bell-Spence, Janelle	92	G-Force	24.57	24.46 Q	-0.9	1
2 435 Westney, Jellisa	93	Supreme Athletics	24.77	24.50 Q	-1.1	2
3 190 Pascal, Cassandra	93	G-Force	24.81	24.57 Q	-1.1	2
4 207 Davis, Shai-Anne	93	Kajaks Track & Field Club	24.61	24.63 Q	-0.9	1
5 213 Reid, Katie	93	Kajaks Track & Field Club	24.70	24.69 Q	-1.1	2
6 548 Walkeden, Leah	93	Voleo Athletics	24.82	24.74 Q	-0.9	1
7 108 Martin, Simone	92	Brampton Track Club Inc.	25.26	24.94 q	-1.1	2
8 107 Kerr, Naomi	94	Brampton Track Club Inc.	25.30	25.02 q	-0.9	1
9 315 Maddex, Ashlea	92	Ottawa Lions Track and Fi	25.11	25.03	-1.1	2
10 136 St-Pierre, Marie-Colombe	94	Club Athletisme Universite Lav	25.17	25.14	-0.9	1
11 485 Murray, Rebecca	95	Team Relentless	25.23	25.31	-0.9	1
12 317 McIntyre, Victoria	95	Ottawa Lions Track and Fi	25.51	25.33	-0.9	1
13 312 Fernando, Shelani	95	Ottawa Lions Track and Fi	25.38	25.37	-1.1	2
14 342 Christiani, Ally	95	Phoenix Athletics Associa	25.46	25.48	-1.1	2
15 165 Marsh, Alexis	95	Durham Legion Athletics	25.33	25.58	-1.1	2

Women 200 Meter Dash**1st round - 4 hts - Top 3 +4****Semi's - 2 heats Top 3 + 2**

Name	Yr	Team	Semis	Finals	Wind	Points
Finals						
1 435 Westney, Jellisa	93	Supreme Athletics	24.50	24.40	-2.7	10
2 190 Pascal, Cassandra	93	G-Force	24.57	24.49	-2.7	8
3 213 Reid, Katie	93	Kajaks Track & Field Club	24.69	24.61	-2.7	6
4 207 Davis, Shai-Anne	93	Kajaks Track & Field Club	24.63	24.80	-2.7	5
5 188 Bell-Spence, Janelle	92	G-Force	24.46	24.95	-2.7	4
6 548 Walkeden, Leah	93	Voleo Athletics	24.74	24.96	-2.7	3
7 108 Martin, Simone	92	Brampton Track Club Inc.	24.94	25.09	-2.7	2
8 107 Kerr, Naomi	94	Brampton Track Club Inc.	25.02	25.37	-2.7	1

Women 400 Meter Dash**4 Heats A: Top 1 + 4 B: Next 8**

Name	Yr	Team	Seed	Prelims	H#
Preliminaries					
1 355 Archer, Ocian	93	Project Athletics Track &	54.49	55.01 Q	3
2 213 Reid, Katie	93	Kajaks Track & Field Club	53.47	55.32 Q	2
3 542 Wiebe, Devan	93	Vancouver Olympic Club	55.67	55.93 Q	4
4 136 St-Pierre, Marie-Colombe	94	Club Athletisme Universite Lav	57.84	56.44 Q	1
5 342 Christiani, Ally	95	Phoenix Athletics Associa	56.09	56.52 q	3
6 456 Kitching, Melissa	93	Team Manitoba	57.61	56.65 q	3
7 529 Jones, Cassandra	94	University of Toronto Tra	55.60	56.80 q	4

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Name	Yr	Team	Seed	Prelims	H#
8 348 Lewis, Sade	93	Phoenix Athletics Associa	55.32	56.85 q	1
9 226 Leblanc, Annie	92	Lanaudiere-Olympique	56.21	56.87	2
10 323 Scott, Evelyn	93	Ottawa Lions Track and Fi	56.33	57.08	2
11 165 Marsh, Alexis	95	Durham Legion Athletics	56.82	57.15	1
12 170 Clarke, Stephanie	93	Edmonton Olympic Club	57.66	57.52	2
13 344 Cramer, Casaurina	94	Phoenix Athletics Associa	57.73	57.54	2
14 123 Hirst, Ellie	95	Caltaf Athletic Associati	56.88	57.57	4
15 249 Farquhar, Taylor	94	London Western Track & Fi	57.00	57.79	4
16 443 Baran, Melanie	94	Team Manitoba	57.97	57.98	4
17 116 Bauer, Nicole	93	Calgary Olympic Track Clu	55.78	58.24	1
18 222 Maxfield, Heather	92	Lakehead Athletics Club	57.17	58.25	1
19 359 Simon, Ashlynn	92	Queen City Striders Track	56.72	58.34	3
20 441 Andrushko, Amy	94	Team Manitoba	58.67	58.48	2
21 317 McIntyre, Victoria	95	Ottawa Lions Track and Fi	57.68	58.80	3
22 388 Ritchie, Katrin	92	Saskatoon TF Club	58.23	58.80	4
23 129 Lemphers, Tayllor	93	Capital City Track Club	58.38	59.02	3
24 181 Propp, Adrea	92	Excel Athletica	58.35	59.15	1
25 338 Gélinas-Lafrenière, Amél	92	Phenix	59.55	59.91	3
26 177 Latimer, Taryn	94	Excel Athletica	1:00.01	1:00.71	1
27 332 Buckingham, Darcy	94	Pearlgate T&F Club	59.51	1:01.22	2

Women 400 Meter Dash**4 Heats A: Top 1 + 4 B: Next 8**

Name	Yr	Team	Prelims	Finals	H#	Points
Finals						
1 213 Reid, Katie	93	Kajaks Track & Field Club	55.32	54.21	2	10
2 355 Archer, Ocian	93	Project Athletics Track &	55.01	54.44	2	8
3 456 Kitching, Melissa	93	Team Manitoba	56.65	55.45	2	6
4 542 Wiebe, Devan	93	Vancouver Olympic Club	55.93	55.61	2	5
5 136 St-Pierre, Marie-Colombe	94	Club Athletisme Universite Lav	56.44	55.88	2	4
6 529 Jones, Cassandra	94	University of Toronto Tra	56.80	56.82	2	3
7 226 Leblanc, Annie	92	Lanaudiere-Olympique	56.87	56.99	1	
8 165 Marsh, Alexis	95	Durham Legion Athletics	57.15	57.11	1	
9 348 Lewis, Sade	93	Phoenix Athletics Associa	56.85	57.35	2	2
10 170 Clarke, Stephanie	93	Edmonton Olympic Club	57.52	57.42	1	
11 344 Cramer, Casaurina	94	Phoenix Athletics Associa	57.54	57.56	1	
12 123 Hirst, Ellie	95	Caltaf Athletic Associati	57.57	57.80	1	
13 323 Scott, Evelyn	93	Ottawa Lions Track and Fi	57.08	58.35	1	
14 443 Baran, Melanie	94	Team Manitoba	57.98	58.40	1	
15 249 Farquhar, Taylor	94	London Western Track & Fi	57.79	58.90	1	
--- 342 Christiani, Ally	95	Phoenix Athletics Associa	56.52	DQ	2	

Women 800 Meter Run**3 SF A: 2 + 2 B: Next 8 fastest**

Name	Yr	Team	Seed	Prelims
Preliminaries				
1 226 Leblanc, Annie	92	Lanaudiere-Olympique	2:03.55	2:11.30 Q
2 173 Soderberg, Nicole	92	Edmonton Thunder	2:10.35	2:12.46 Q
3 166 Francois, Rachel	92	Edmonton Harriers	2:08.81	2:13.77 Q

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Preliminaries ... (Women 800 Meter Run)**

Name	Yr	Team	Seed	Prelims
4 466 Paracholski, Meagan	93	Team Manitoba	2:10.55	2:11.46 Q
5 359 Simon, Ashlynn	92	Queen City Striders Track	2:14.13	2:12.99 Q
6 191 Mackinnon, Chelsea	93	Golden Horseshoe Athletic	2:12.83	2:14.11 Q
7 371 Annear, Grace	92	Saint John Track Club	2:14.44	2:11.77 q
8 313 Galbraith, Emma	94	Ottawa Lions Track and Fi	2:11.50	2:11.86 q
9 528 Hill, Samantha	94	University of Toronto Tra	2:13.14	2:12.38
10 465 Paracholski, Carly	93	Team Manitoba	2:05.99	2:14.29
11 319 Murphy, Samantha	92	Ottawa Lions Track and Fi	2:09.19	2:14.63
12 476 Teschuk, Erin	94	Team Manitoba	2:11.51	2:15.00
13 514 O'Connell, Elizabeth	92	University of Calgary Ath	2:18.96	2:16.80
14 116 Bauer, Nicole	93	Calgary Olympic Track Clu	2:12.39	2:16.88
15 279 Clarke, Madison	95	Niagara Olympic Club	2:17.26	2:17.36
16 536 McInnis, Shauna K.	92	University of Victoria	2:14.05	2:17.68
17 443 Baran, Melanie	94	Team Manitoba	2:13.63	2:17.81
18 270 Jones, Taylor	95	Newmarket Huskies Track C	2:17.67	2:18.38
19 282 Macdonald, Alannah	94	Niagara Olympic Club	2:14.06	2:18.57
20 358 Davis, Anneliese	94	Queen City Striders Track	2:17.27	2:18.63
21 535 Currie, Katelyn	92	University of Victoria	2:12.87	2:18.77
22 441 Andrushko, Amy	94	Team Manitoba	2:16.95	2:18.89
23 177 Latimer, Taryn	94	Excel Athletica	2:18.95	2:19.38
24 404 Hamilton, Georgia	95	South Simcoe Dufferin T&F	2:17.98	2:20.31
25 363 Charles, Elecktra	92	Riversdale Athletics Clu	2:25.48	2:22.23
26 545 Bailey, Sarah	93	Vernon Amateur Athletics	2:13.83	2:23.99

Women 800 Meter Run**3 SF A: 2 + 2 B: Next 8 fastest**

Name	Yr	Team	Prelims	Finals	Points
Finals					
1 226 Leblanc, Annie	92	Lanaudiere-Olympique	2:11.30	2:07.34	
2 166 Francois, Rachel	92	Edmonton Harriers	2:13.77	2:10.97	
3 173 Soderberg, Nicole	92	Edmonton Thunder	2:12.46	2:11.03	
4 313 Galbraith, Emma	94	Ottawa Lions Track and Fi	2:11.86	2:11.04	
5 319 Murphy, Samantha	92	Ottawa Lions Track and Fi	2:14.63	2:12.27	
6 528 Hill, Samantha	94	University of Toronto Tra	2:12.38	2:13.15	
7 466 Paracholski, Meagan	93	Team Manitoba	2:11.46	2:13.42	
8 359 Simon, Ashlynn	92	Queen City Striders Track	2:12.99	2:14.13	
9 191 Mackinnon, Chelsea	93	Golden Horseshoe Athletic	2:14.11	2:14.22	
10 476 Teschuk, Erin	94	Team Manitoba	2:15.00	2:15.42	
11 116 Bauer, Nicole	93	Calgary Olympic Track Clu	2:16.88	2:15.65	
12 371 Annear, Grace	92	Saint John Track Club	2:11.77	2:15.92	
13 279 Clarke, Madison	95	Niagara Olympic Club	2:17.36	2:16.69	
--- 536 McInnis, Shauna K.	92	University of Victoria	2:17.68	DQ	

Women 1500 Meter Run**2 Semi Finals 4 + 4**

Name	Yr	Team	Seed	Prelims
Preliminaries				
1 518 Van Vliet, Jenna	92	University of Calgary Ath	4:32.51	4:43.68 Q
2 267 Glenn, Caileigh	92	Newmarket Huskies Track C	4:30.05	4:47.68 Q

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Name	Yr	Team	Seed	Prelims
3 527 Hennessy, Colleen	92	University of Toronto Tra	4:34.38	4:43.87 Q
4 502 Butterworth, Lindsey	92	Unattached British Column	4:31.46	4:47.77 Q
5 534 Whelan, Elizabeth	93	University of Toronto Tra	4:30.46	4:44.00 Q
6 521 Caruso, Melissa	93	University of Toronto Tra	4:41.05	4:47.90 Q
7 220 *yuan, Megan	94	Lakehead Athletics Club	4:36.92	X4:44.40 Q
8 269 Hawthorn, Natalia	95	Newmarket Huskies Track C	4:34.95	4:48.06 Q
9 285 Rempel, Megan	96	Niagara Olympic Club	4:38.56	4:44.77 q
10 380 Fleischer, Katie	93	Sarnia Athletics Southwes	4:30.38	4:45.22 q
11 505 Stone, Kala	95	Unattached British Column	4:37.12	4:45.75 q
12 545 Bailey, Sarah	93	Vernon Amateur Athletics	4:38.99	4:46.21 q
13 283 Molodynia, Michelle	93	Niagara Olympic Club	4:36.21	4:48.47 q
14 134 Brochu, Sarah-Michelle	92	Club Athletisme Universite Lav	4:43.12	4:50.30
15 514 O'Connell, Elizabeth	92	University of Calgary Ath	4:46.30	4:50.80
16 118 Anderson, Evelyn	93	Calgary Spartans	4:41.90	4:51.32
17 512 Chappell, Ellen	93	University of Calgary Ath	4:58.10	4:52.23
18 507 Forsey, Jillian	95	Unattached Newfoundland a	4:53.01	4:52.39
19 284 Rempel, Karley	93	Niagara Olympic Club	4:31.32	4:53.16
20 554 Bernard, Frances	92	Windsor Legion Track & Fi	4:38.32	4:53.24
21 404 Hamilton, Georgia	95	South Simcoe Dufferin T&F	4:44.16	4:55.58
22 562 Marton, Meaghan	93	Windsor Legion Track & Fi	4:41.92	4:57.21
23 183 Thiel, Danielle	92	Excel Athletica	4:50.05	5:00.04
24 275 Rothenbroker, Meghan	95	Newmarket Huskies Track C	5:07.45	5:05.43
25 578 Westberg, Avery	93	Yorkton Legion Track	4:48.79	5:20.94

Women 1500 Meter Run**2 Semi Finals 4 + 4**

Name	Yr	Team	Prelims	Finals	Points
Finals					
1 502 Butterworth, Lindsey	92	Unattached British Column	4:47.77	4:31.59	10
2 518 Van Vliet, Jenna	92	University of Calgary Ath	4:43.68	4:31.98	8
3 527 Hennessy, Colleen	92	University of Toronto Tra	4:43.87	4:32.82	6
4 267 Glenn, Caileigh	92	Newmarket Huskies Track C	4:47.68	4:32.85	5
5 534 Whelan, Elizabeth	93	University of Toronto Tra	4:44.00	4:35.11	4
6 521 Caruso, Melissa	93	University of Toronto Tra	4:47.90	4:38.52	3
7 269 Hawthorn, Natalia	95	Newmarket Huskies Track C	4:48.06	4:38.54	2
8 283 Molodynia, Michelle	93	Niagara Olympic Club	4:48.47	4:39.73	1
9 380 Fleischer, Katie	93	Sarnia Athletics Southwes	4:45.22	4:40.19	
10 505 Stone, Kala	95	Unattached British Column	4:45.75	4:47.37	
11 545 Bailey, Sarah	93	Vernon Amateur Athletics	4:46.21	4:52.39	
12 285 Rempel, Megan	96	Niagara Olympic Club	4:44.77	4:58.93	

Women 3000 Meter Run

Name	Yr	Team	Seed	Finals	Points
Finals					
1 119 Bernard, Maria	93	Calgary Warriors	9:46.93	9:50.59	10
2 424 Thompson, Carise	92	Speed River Tfc	10:10.45	10:00.69	8
3 420 Driedger, Emily	92	Speed River Tfc	9:59.44	10:06.42	6
4 530 McDonald, Madeline	94	University of Toronto Tra	10:17.28	10:07.48	5
5 320 Nikonorova, Julia	92	Ottawa Lions Track and Fi	10:12.60	10:09.77	4

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	Name	Yr	Team	Seed	Finals	Points
6	352 Boyd, Cleo	93	Physi-Kult Kingston	10:22.94	10:14.94	3
7	507 Forsey, Jillian	95	Unattached Newfoundland a		10:18.81	
8	380 Fleischer, Katie	93	Sarnia Athletics Southwes	9:51.10	10:21.64	2
9	272 Oliver, Kaitlyn	93	Newmarket Huskies Track C	10:07.36	10:32.41	1
10	183 Thiel, Danielle	92	Excel Athletica	10:54.10	10:35.57	
11	304 Krezonoski, Michelle	93	Ontario Unattached Athlet	10:37.14	10:37.14	
12	524 Emilio, Sarah	93	University of Toronto Tra	10:20.13	10:38.02	
13	395 Pfister, Caroline	92	Sherbrooke (C.A.)	9:44.42	10:38.33	
14	554 Bernard, Frances	92	Windsor Legion Track & Fi	10:16.75	10:41.49	
15	357 Davis, Adriana	96	Queen City Striders Track	10:39.07	10:41.74	
16	284 Rempel, Karley	93	Niagara Olympic Club	9:55.75	10:43.32	
17	422 Linton, Vanessa	94	Speed River Tfc	10:50.72	10:44.09	
18	562 Marton, Meaghan	93	Windsor Legion Track & Fi	10:17.82	10:44.59	
19	409 Lesage, Kristie	93	South Simcoe Dufferin T&F	10:22.66	10:46.18	
20	512 Chappell, Ellen	93	University of Calgary Ath	10:58.50	10:54.17	
21	414 Rae, Rebecca	94	South Simcoe Dufferin T&F	10:31.81	11:00.27	
22	276 Tait, Meghan	92	Newmarket Huskies Track C	10:30.19	11:07.24	
23	578 Westberg, Avery	93	Yorkton Legion Track	10:29.30	11:36.90	

Women 100 Meter Hurdles**2 SF Top 3 + 2**

	Name	Yr	Team	Seed	Prelims	Wind	H#
Preliminaries							
1	315 Maddex, Ashlea	92	Ottawa Lions Track and Fi	13.68	13.74 Q	0.7	1
2	120 Charlesworth, Nicky	94	Caltaf Athletic Associati	14.36	14.63 Q	2.2	2
3	356 Thomas, Deanna	93	Project Athletics Track &	14.50	14.71 Q	0.7	1
4	538 Klippenstein, Aisha S.	93	Valley Royals Track & Fie	14.78	15.17 Q	2.2	2
5	302 Jorgensen, Ariana	93	Ontario Unattached Athlet	14.59	14.83 Q	0.7	1
6	375 Stavrakos, Vivian S.	94	Saint Laurent Select	14.49	15.33 Q	2.2	2
7	106 Jammeh, Fatima	92	Brampton Track Club Inc.	15.18	15.17 q	0.7	1
8	303 Jorgensen, Trista	95	Ontario Unattached Athlet	15.14	15.34 q	2.2	2
9	397 Bennett, Yanique	94	South Simcoe Dufferin T&F	15.16	15.52	0.7	1
10	362 Callele, Yasmin	92	Riversdale Athletics Clu	17.87	15.74	2.2	2

Women 100 Meter Hurdles**2 SF Top 3 + 2**

	Name	Yr	Team	Prelims	Finals	Wind	Points
Finals							
1	315 Maddex, Ashlea	92	Ottawa Lions Track and Fi	13.74	13.88	1.8	10
2	356 Thomas, Deanna	93	Project Athletics Track &	14.71	14.60	1.8	8
3	302 Jorgensen, Ariana	93	Ontario Unattached Athlet	14.83	14.68	1.8	6
4	120 Charlesworth, Nicky	94	Caltaf Athletic Associati	14.63	14.79	1.8	5
5	106 Jammeh, Fatima	92	Brampton Track Club Inc.	15.17	15.16	1.8	4
6	538 Klippenstein, Aisha S.	93	Valley Royals Track & Fie	15.17	15.27	1.8	3
7	375 Stavrakos, Vivian S.	94	Saint Laurent Select	15.33	15.42	1.8	2
8	303 Jorgensen, Trista	95	Ontario Unattached Athlet	15.34	15.69	1.8	1

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Women 400 Meter Hurdles****3 SF Top 2 + 2**

Name	Yr	Team	Seed	Prelims	H#
Preliminaries					
1 551 Balkwill, Kelsey	92	Windsor Legion Track & Fi	57.94	1:00.95 Q	3
2 355 Archer, Ocian	93	Project Athletics Track &	1:00.80	1:01.57 Q	2
3 382 Lewis, Brittany	93	Sarnia Athletics Southwes	59.86	1:01.60 Q	1
4 152 Lloyd, Haleigh M.	92	Comox Valley Cougars	1:00.96	1:01.60 Q	1
5 542 Wiebe, Devan	93	Vancouver Olympic Club	1:02.72	1:01.78 Q	2
6 397 Bennett, Yanique	94	South Simcoe Dufferin T&F	1:01.29	1:03.96 Q	3
7 158 Vaughan, Jade D.	93	Coquitlam Cheetahs	1:00.83	1:02.10 q	2
8 456 Kitching, Melissa	93	Team Manitoba	1:01.72	1:02.62 q	1
9 112 Marion, Chanel	93	C.A.N.I.	1:02.37	1:02.88	2
10 519 Adamson, Jessica	94	University of Toronto Tra	1:03.92	1:04.36	3
11 249 Farquhar, Taylor	94	London Western Track & Fi	1:01.25	1:04.46	3
12 391 Macmillan, Caitlyn	92	Saugeen Track & Field Clu	1:03.06	1:05.38	1
13 338 Gélinas-Lafrenière, Amél	92	Phenix	1:06.20	1:05.95	1
14 323 Scott, Evelyn	93	Ottawa Lions Track and Fi	1:04.34	1:05.95	3
15 406 Islam, Rachel	92	South Simcoe Dufferin T&F	1:06.36	1:06.26	2
16 429 Matthews, Alysha	93	St. Thomas Legion Tfc	1:06.57	1:07.79	2
17 375 Stavrakos, Vivian S.	94	Saint Laurent Select		1:09.00	3
18 389 Spafford, Megan	93	Saskatoon TF Club	1:09.18	1:09.59	3
19 533 Weathers, Nicolette	93	University of Toronto Tra		1:09.68	1

Women 400 Meter Hurdles**3 SF Top 2 + 2**

Name	Yr	Team	Prelims	Finals	Points
Finals					
1 382 Lewis, Brittany	93	Sarnia Athletics Southwes	1:01.60	59.51	10
2 551 Balkwill, Kelsey	92	Windsor Legion Track & Fi	1:00.95	1:00.15	8
3 456 Kitching, Melissa	93	Team Manitoba	1:02.62	1:00.54	6
4 542 Wiebe, Devan	93	Vancouver Olympic Club	1:01.78	1:00.57	5
5 152 Lloyd, Haleigh M.	92	Comox Valley Cougars	1:01.60	1:01.13	4
6 355 Archer, Ocian	93	Project Athletics Track &	1:01.57	1:01.52	3
7 158 Vaughan, Jade D.	93	Coquitlam Cheetahs	1:02.10	1:01.97	2
--- 397 Bennett, Yanique	94	South Simcoe Dufferin T&F	1:03.96	DNF	

Women 2000 Meter Steeplechase**Timed Final**

Name	Yr	Team	Seed	Finals	Points
Finals					
1 501 Butterworth, Alycia	92	Unattached British Colum	7:00.31	6:46.02	10
2 420 Driedger, Emily	92	Speed River Tfc		7:03.64	8
3 495 Wismer, Kathleen	93	Track North Athletic Club	7:30.49	7:12.87	6
4 265 Deighan, Kayla	93	Newmarket Huskies Track C	7:22.93	7:17.43	5
5 268 Gutmanis, Micha	92	Newmarket Huskies Track C	7:19.46	7:22.89	4
6 552 Baydoun, Zeinab	92	Windsor Legion Track & Fi	7:20.44	7:27.21	3
7 161 Codyre, Katey	94	Durham Dragons Athletics	6:55.69	7:42.62	2
8 410 Nolan, Katrina	93	South Simcoe Dufferin T&F	7:22.39	7:48.91	1

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Women 4x100 Meter Relay Club*****WILL RUN WITH EVENT 41**

Team	Relay	Seed	Finals	Points
Finals				
1 Ottawa Lions Track and Fi	A	47.90	47.94	10
1) 312 Fernando, Shelani 95	2) 315 Maddex, Ashlea 92	3) 317 McIntyre, Victoria 95	4) 323 Scott, Evelyn 93	
2 Capital City Track Club	A	49.17	48.65	8
1) 129 Lemphers, Tayllor 93	2) 130 Lotholz, Melissa 92	3) 132 Von Rennenkampff, Ma	4) 131 Martin, Katrina 94	
3 Winnipeg Optimists Athletics	A		50.32	6

Women 4x100 Meter Relay Branch Relay***WILL RUN WITH EVENT 19**

Team	Relay	Seed	Finals	Points
Finals				
1 Team Ontario	A		47.84	10
1) 5047 Lewis, Sade TM	2) 5048 Martin, Simone TM	3) 5049 Kerr, Naomi TM	4) 5050 Bell-Spence, Jonelle Tl	
2 Team Manitoba	A		48.45	8
1) 5011 Turner, Tegan TM	2) 445 Bera, Mercy 94	3) 5013 Wanigasekara, Sasanie4)	5014 Staub, Katie TM	

Women 4x400 Meter Relay Branch Relay**Branch Relays**

Team	Relay	Seed	Finals	Points
Finals				
1 BC Athletics	A		3:46.49	10
1) 5024 Wiebe, Devon TM	2) 5025 Vaughn, Jade TM	3) 5026 Lloyd, Haleigh TM	4) 5027 Reid, Katie TM	
2 Team Alberta	A		3:49.81	8
1) 5042 Clarke, Stephanie TM	2) 5043 Francois, Rachael TM	3) 5044 Bauer, Nicole TM	4) 5045 Soderberg, Nicole TM	
3 Team Manitoba	A		3:51.73	6
1) 5001 Andrushko, Amy Tean	2) 5012 Bera, Mercy TM	3) 5003 Paracholski, Meagan T4)	5004 Kitching, Melissa TM	

Women 4x400 Meter Relay Club

Team	Relay	Seed	Finals	Points
Finals				
1 University of Toronto Tra	A	3:49.81	3:49.96	10
1) 529 Jones, Cassandra 94	2) 521 Caruso, Melissa 93	3) 519 Adamson, Jessica 94	4) 528 Hill, Samantha 94	
2 Ottawa Lions Track and Fi	A		3:52.31	8
1) 323 Scott, Evelyn 93	2) 319 Murphy, Samantha 92	3) 313 Galbraith, Emma 94	4) 317 McIntyre, Victoria 95	

Women High Jump

Name	Yr	Team	Seed	Finals	Points
Finals					
1 354 Treasure, Alyxandria M.	92	Prince George Track Club	1.81m	1.81m	10
2 513 Machin, Rachel	92	University of Calgary Ath	1.78m	1.81m	8
3 574 Rowland, Brooke	94	York University Track Clu	1.74m	1.72m	6
4 239 Ball, Portia	92	Lightning Athletics	1.57m	1.69m	5
5 196 Haworth, Rebecca	92	Halifast Athletics	1.68m	1.69m	4
6 140 Tanguay, Caroline	93	Club D'Athlétisme Dynamiq	1.62m	1.60m	2.50
6 120 Charlesworth, Nicky	94	Caltaf Athletic Associati	1.67m	1.60m	2.50
8 224 Romu, Rachel	93	Lakehead Athletics Club	1.65m	1.60m	1
9 481 Wade, Alexandra	95	Team Manitoba	1.62m	1.57m	
9 366 Glassford, Kennedy	95	Riversdale Athletics Clu	1.61m	1.57m	
11 568 Bickle, Alyssa	94	Woodstock Legion Athletic	1.60m	1.54m	

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Finals ... (Women High Jump)**

	Name	Yr	Team	Seed	Finals	Points
12	458 Lychuk, Brooke	93	Team Manitoba	1.55m	1.54m	
12	332 Buckingham, Darcy	94	Pearlgate T&F Club	1.60m	1.54m	

Women Pole Vault

	Name	Yr	Team	Seed	Finals	Points
Finals						
1	306 Parker, Karleigh	92	Ontario Unattached Athlet	3.90m	3.90m	
2	516 Ridout, Paige	92	University of Calgary Ath	3.80m	3.70m	
3	364 Erickson, Courtney	93	Riversdale Athletics Clu	3.60m	3.30m	
3	291 Michalak, Sharon	92	Niagara Regional Athletic	3.35m	3.30m	
5	547 Swift, Hannah	92	Victoria Track & Field Cl	3.60m	3.30m	
6	439 Allegro, Samantha	94	Team Manitoba	3.40m	3.30m	
7	408 Leonard, Jordan	92	South Simcoe Dufferin T&F	3.10m	3.15m	
---	468 Richards, Melissa	93	Team Manitoba	3.30m	NH	
---	452 Gauthier, Carissa	93	Team Manitoba	3.10m	NH	
---	446 Boila, Sarah	92	Team Manitoba	3.50m	NH	
---	289 Darnay, Kendall	93	Niagara Regional Athletic	3.25m	NH	
---	231 Harper, Marielle	92	Laurel Creek Tfc	3.20m	NH	
---	556 Felet, Meaghan	92	Windsor Legion Track & Fi	3.20m	NH	

Women Long Jump

	Name	Yr	Team	Seed	Prelims	Wind
Preliminaries						
1	248 Ehrhardt, Caroline	92	London Western Track & Fi	5.98m	5.77m q	2.3
2	224 Romu, Rachel	93	Lakehead Athletics Club	5.79m	5.61m q	2.2
3	234 Bonneau, Audrey	92	Lavironde	5.40m	5.53m q	2.9
4	227 Sutherland, Carolyn	94	Langley Mustangs	5.66m	5.51m q	2.4
5	245 Bujnowski, Kristen	92	London Western Track & Fi	5.41m	5.46m q	1.8
6	108 Martin, Simone	92	Brampton Track Club Inc.	5.69m	5.41m q	1.7
7	214 Stewart, Hayley M.	93	Kajaks Track & Field Club	5.61m	5.40m q	2.5
8	564 Omahen, Emily	94	Windsor Legion Track & Fi	5.66m	5.38m q	2.1
9	325 Stille, Julia	93	Ottawa Lions Track and Fi	5.35m	5.32m q	1.4
10	246 Crombeen, Charlotte	92	London Western Track & Fi	5.55m	5.30m q	1.5
11	482 Wanigasekara, Sasanie	95	Team Manitoba	5.19m	5.26m q	1.6
12	427 Bedek, Kelly	93	St. Thomas Legion Tfc	5.50m	5.25m q	2.2
13	184 White, Julia	92	Excel Athletica	5.10m	5.23m	1.7
14	198 Robbertse, Chantelle	92	Halifax Athletics	5.19m	5.21m	2.0
15	120 Charlesworth, Nicky	94	Caltaf Athletic Associati	5.39m	5.15m	2.2
16	494 Violin, Alicia	92	Track North Athletic Club	5.12m	5.14m	3.4
17	509 Rhode, Mercedes	92	Saskatoon TF Club	5.55m	5.12m	2.6
18	361 Fitzgerald, Arielle	94	Quinte Legion Track & Fie	5.46m	5.10m	1.0
19	449 Filyk, Megan	95	Team Manitoba	4.91m	5.09m	4.1
19	510 Sawchuk, Stephanie	93	Unattached-Saskatchewan	5.18m	5.09m	2.1
21	398 Bray, Jackie	92	South Simcoe Dufferin T&F	5.23m	5.08m	1.9
22	253 Kerr, Jasmin	93	London Western Track & Fi	5.31m	5.06m	2.4
23	483 Waters, Mallory	93	Team Manitoba	4.88m	4.78m	1.4
24	331 Bautista, Kathryn	92	Pearlgate T&F Club	4.85m	4.51m	1.5
25	301 Griffiths, Kara	92	Ontario Unattached Athlet	5.24m	4.33m	2.2
---	396 Porlier-Langlois, Alex	93	Sherbrooke (C.A.)	5.60m	FOUL	NWI

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Preliminaries ... (Women Long Jump)**

Name	Yr	Team	Seed	Prelims	Wind
--- 311 Dillon, Krista	92	Ottawa Lions Track and Fi	5.33m	FOUL	NWI

Women Long Jump

Name	Yr	Team	Prelims	Finals	Wind	Points
Finals						
1 248 Ehrhardt, Caroline	92	London Western Track & Fi	5.77m	5.74m	0.7	10
2 227 Sutherland, Carolyn	94	Langley Mustangs	5.51m	5.66m	-1.9	8
3 224 Romu, Rachel	93	Lakehead Athletics Club	5.61m	5.60m	0.3	6
4 564 Omahen, Emily	94	Windsor Legion Track & Fi	5.38m	5.54m	-2.4	5
5 234 Bonneau, Audrey	92	Lavironde	5.53m	5.46m	2.0	4
6 245 Bujnowski, Kristen	92	London Western Track & Fi	5.46m	5.43m	-0.8	3
7 325 Stille, Julia	93	Ottawa Lions Track and Fi	5.32m	5.35m	1.1	2
8 108 Martin, Simone	92	Brampton Track Club Inc.	5.41m	5.29m	-0.6	1
9 214 Stewart, Hayley M.	93	Kajaks Track & Field Club	5.40m	5.24m	-2.3	
10 246 Crombeen, Charlotte	92	London Western Track & Fi	5.30m	5.23m	-1.6	
11 482 Wanigasekara, Sasanie	95	Team Manitoba	5.26m	4.91m	-1.7	
12 427 Bedek, Kelly	93	St. Thomas Legion Tfc	5.25m	4.89m	0.1	

Women Triple Jump

Name	Yr	Team	Seed	Prelims	Wind
Preliminaries					
1 248 Ehrhardt, Caroline	92	London Western Track & Fi	12.78m	11.82m q	-1.1
2 224 Romu, Rachel	93	Lakehead Athletics Club	11.95m	11.45m q	-3.5
3 427 Bedek, Kelly	93	St. Thomas Legion Tfc	11.00m	11.35m q	-1.0
4 325 Stille, Julia	93	Ottawa Lions Track and Fi	12.22m	11.31m q	0.9
5 309 Biswal, Divyajyoti	93	Ottawa Lions Track and Fi	11.31m	11.27m q	0.7
6 538 Klippenstein, Aisha S.	93	Valley Royals Track & Fie	11.60m	11.26m q	-1.6
7 494 Violin, Alicia	92	Track North Athletic Club	11.12m	11.22m q	0.3
8 257 Vandenheuvel, Mikaela	94	London Western Track & Fi	11.22m	11.21m q	-2.4
9 132 Von Rennenkampff, May	94	Capital City Track Club	11.49m	11.19m q	-0.3
10 311 Dillon, Krista	92	Ottawa Lions Track and Fi	11.70m	11.16m q	-2.0
11 482 Wanigasekara, Sasanie	95	Team Manitoba	11.14m	11.15m q	0.5
12 431 Mercurio, Angela	96	Supreme Athletics	11.92m	11.14m q	-0.4
13 254 Sipprell, Krista	93	London Western Track & Fi	11.64m	11.07m	-0.1
14 398 Bray, Jackie	92	South Simcoe Dufferin T&F	11.57m	11.01m	-0.9
15 500 Ure, Megan	92	Unattached Alberta	11.64m	10.94m	0.1
16 253 Kerr, Jasmin	93	London Western Track & Fi	11.14m	10.90m	-0.2
17 361 Fitzgerald, Arielle	94	Quinte Legion Track & Fie	11.17m	10.77m	-0.1
18 194 Mirota, Julia	92	Guelph Track & Field Club	11.15m	10.71m	-1.2
19 483 Waters, Mallory	93	Team Manitoba	10.50m	10.54m	-1.0
20 246 Crombeen, Charlotte	92	London Western Track & Fi	11.18m	10.49m	-0.4
21 510 Sawchuk, Stephanie	93	Unattached-Saskatchewan	11.25m	10.35m	-1.8

Women Triple Jump

Name	Yr	Team	Prelims	Finals	Wind	Points
Finals						
1 248 Ehrhardt, Caroline	92	London Western Track & Fi	11.82m	12.76m	3.2	
2 325 Stille, Julia	93	Ottawa Lions Track and Fi	11.31m	12.26m	4.8	
3 311 Dillon, Krista	92	Ottawa Lions Track and Fi	11.16m	11.86m	2.7	

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Finals ... (Women Triple Jump)**

	Name	Yr	Team	Prelims	Finals	Wind	Points
4	431 Mercurio, Angela	96	Supreme Athletics	11.14m	11.56m	2.9	
5	427 Bedek, Kelly	93	St. Thomas Legion Tfc	11.35m	11.50m	-0.6	
6	494 Violin, Alicia	92	Track North Athletic Club	11.22m	11.46m	3.8	
7	538 Klippenstein, Aisha S.	93	Valley Royals Track & Fie	11.26m	11.40m	2.0	
8	482 Wanigasekara, Sasanie	95	Team Manitoba	11.15m	11.12m	1.6	
9	132 Von Rennenkampff, May	94	Capital City Track Club	11.19m	11.05m	2.0	
10	257 Vandenheuvel, Mikaela	94	London Western Track & Fi	11.21m	10.52m	2.6	
---	224 Romu, Rachel	93	Lakehead Athletics Club	11.45m	FOUL		
---	309 Biswal, Divyajyoti	93	Ottawa Lions Track and Fi	11.27m	FOUL		

Women Shot Put

	Name	Yr	Team	Seed	Finals	Points
Finals						
1	228 Whalen, Chelsea	92	Launchers Athletics	14.66m	14.20m	
2	396 Porlier-Langlois, Alex	93	Sherbrooke (C.A.)	13.91m	13.01m	
3	522 Chin, Rayann	93	University of Toronto Tra	13.39m	12.62m	
4	555 Cowan, Jacinta	93	Windsor Legion Track & Fi	12.45m	12.15m	
5	256 Vandenevnden, Sarah	92	London Western Track & Fi	12.57m	11.76m	
6	550 Van Damme, Jill	93	Waterloo Athletics Club	12.35m	11.53m	
7	508 Tétreault, Lucie-Maude	92	Unattached Québec	11.58m	11.11m	
8	461 Matwyczuk, Alexa	93	Team Manitoba	10.52m	10.67m	
9	413 Pollock, Hannah	95	South Simcoe Dufferin T&F	11.32m	10.35m	
10	384 Service, Ciji	92	Sarnia Athletics Southwes	11.30m	10.23m	
11	412 Pollock, Hailey	94	South Simcoe Dufferin T&F	11.17m	9.79m	

Women Discus Throw

	Name	Yr	Team	Seed	Prelims
Preliminaries					
1	522 Chin, Rayann	93	University of Toronto Tra	47.60m	42.96m q
2	571 Johnston, Madison	93	York University Track Clu	43.20m	41.77m q
3	572 Klodnicki, Katie	92	York University Track Clu	44.67m	39.50m q
4	206 Covington, Asianna C.	95	Kajaks Track & Field Club	46.50m	39.31m q
5	561 Kulidzan, Milica	92	Windsor Legion Track & Fi	40.51m	38.05m q
6	327 Hastings, Brett	93	Pacific Athletics	38.42m	37.56m q
7	550 Van Damme, Jill	93	Waterloo Athletics Club	41.66m	36.78m q
8	261 Richardson, Jade E.	92	Nanaimo Track & Field Clu	46.53m	36.09m q
9	256 Vandenevnden, Sarah	92	London Western Track & Fi	37.37m	34.86m q
10	396 Porlier-Langlois, Alex	93	Sherbrooke (C.A.)	36.68m	34.79m q
11	413 Pollock, Hannah	95	South Simcoe Dufferin T&F	33.49m	33.29m q
12	384 Service, Ciji	92	Sarnia Athletics Southwes	32.50m	33.15m q
13	555 Cowan, Jacinta	93	Windsor Legion Track & Fi	37.53m	32.72m
14	101 Maltais, Naomie	92	Athletisme Restigouche AT	32.83m	31.19m
15	252 Jantzi, Brindley	94	London Western Track & Fi	33.18m	30.43m
16	244 Bedard, Alexis	93	London Western Track & Fi	34.79m	30.42m
17	405 Irwin, Samantha	94	South Simcoe Dufferin T&F	34.88m	30.34m
18	335 Trudel-Sabourin, Jade	93	Petite-Nation	33.85m	29.46m
19	185 Wolfe, Danika	92	Excel Athletica	34.30m	28.98m
20	448 Dupuis, Jolene	92	Team Manitoba	28.54m	28.62m
21	401 Durnall, Elicia	94	South Simcoe Dufferin T&F	31.74m	28.35m

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Preliminaries ... (Women Discus Throw)**

	Name	Yr	Team	Seed	Prelims
22	576 Bassingthwaite, Kyla	93	Yorkton Legion Track	31.19m	28.30m
23	461 Matwyczuk, Alexa	93	Team Manitoba	29.32m	28.08m

Women Discus Throw

	Name	Yr	Team	Prelims	Finals	Points
Finals						
1	522 Chin, Rayann	93	University of Toronto Tra	42.96m	46.30m	
2	261 Richardson, Jade E.	92	Nanaimo Track & Field Clu	36.09m	42.44m	
3	571 Johnston, Madison	93	York University Track Clu	41.77m	40.40m	
4	206 Covington, Asianna C.	95	Kajaks Track & Field Club	39.31m	40.22m	
5	572 Klodnicki, Katie	92	York University Track Clu	39.50m	38.62m	
6	327 Hastings, Brett	93	Pacific Athletics	37.56m	36.36m	
7	550 Van Damme, Jill	93	Waterloo Athletics Club	36.78m	36.10m	
8	256 Vandenevnden, Sarah	92	London Western Track & Fi	34.86m	35.87m	
9	561 Kulidzan, Milica	92	Windsor Legion Track & Fi	38.05m	34.01m	
10	384 Service, Ciji	92	Sarnia Athletics Southwes	33.15m	33.90m	
11	413 Pollock, Hannah	95	South Simcoe Dufferin T&F	33.29m	30.64m	
12	396 Porlier-Langlois, Alex	93	Sherbrooke (C.A.)	34.79m	30.20m	

Women Hammer Throw

	Name	Yr	Team	Seed	Finals	Points
Finals						
1	208 Franke-Kuhn, Joanna	92	Kajaks Track & Field Club	53.17m	52.84m	10
2	210 Kennedy, Samantha	93	Kajaks Track & Field Club	52.60m	51.64m	8
3	206 Covington, Asianna C.	95	Kajaks Track & Field Club	55.69m	50.65m	6
4	550 Van Damme, Jill	93	Waterloo Athletics Club	42.72m	45.10m	5
5	327 Hastings, Brett	93	Pacific Athletics	49.15m	44.84m	4
6	572 Klodnicki, Katie	92	York University Track Clu	43.93m	41.32m	3
7	101 Maltais, Naomie	92	Athletisme Restigouche AT	41.18m	40.47m	2
8	475 Stewart, Madison	92	Team Manitoba	39.40m	38.82m	1
9	335 Trudel-Sabourin, Jade	93	Petite-Nation	37.95m	37.63m	
10	461 Matwyczuk, Alexa	93	Team Manitoba	38.63m	36.76m	
11	576 Bassingthwaite, Kyla	93	Yorkton Legion Track	32.92m	33.61m	
12	244 Bedard, Alexis	93	London Western Track & Fi	34.24m	28.90m	
---	252 Jantzi, Brindley	94	London Western Track & Fi	37.77m	FOUL	

Women Javelin Throw

	Name	Yr	Team	Seed	Finals	Points
Finals						
1	574 Rowland, Brooke	94	York University Track Clu	44.92m	49.16m	10
2	571 Johnston, Madison	93	York University Track Clu	45.53m	46.83m	8
3	235 Dumont, Pascale	93	Les Vaillants	43.50m	43.54m	6
4	425 Springer, Jaimee	92	Split City Sonics	44.71m	42.23m	5
5	228 Whalen, Chelsea	92	Launchers Athletics	46.75m	42.05m	4
6	334 Chartrand, Sonia	92	Petite-Nation	41.46m	41.35m	3
7	218 Cardella-Rinfret, Genevie	92	Lachine	34.46m	37.25m	2
8	561 Kulidzan, Milica	92	Windsor Legion Track & Fi	40.58m	37.22m	1
9	306 Parker, Karleigh	92	Ontario Unattached Athlet	40.45m	37.20m	
10	508 Tétreault, Lucie-Maude	92	Unattached Québec	34.97m	34.99m	

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Finals ... (Women Javelin Throw)**

	Name	Yr	Team	Seed	Finals	Points
11	448 Dupuis, Jolene	92	Team Manitoba	35.25m	34.76m	
12	377 Raymond, Millaine	94	Saint-Jean-Olympique	39.26m	34.63m	
13	401 Durtnall, Elicia	94	South Simcoe Dufferin T&F	35.83m	31.30m	
14	576 Basingthwaite, Kyla	93	Yorkton Legion Track	31.85m	29.96m	
15	509 Rhode, Mercedes	92	Saskatoon TF Club	32.91m	27.46m	

Heptathlon: #4 Women 200 Meter Dash Heptathlon

	Name	Yr	Team	Finals	Wind	Points
Finals						
1	330 Storm, Zarria	93	Pacific Athletics	26.40	-0.2	763
2	575 Siuciak, Emma	93	York University Track Clu	26.49	-0.2	755
3	326 Terrell, Emery	93	Ottawa Lions Track and Fi	27.22	-0.2	694
4	454 Graceffo, Amy	94	Team Manitoba	27.29	-0.2	688
5	219 Meierer, Klara	93	Lachine	27.40	-0.2	679
6	203 Wallace, Lindsay	93	Hamilton Olympic Club	27.79	-0.2	647
7	457 Kucheravy, Caila	94	Team Manitoba	29.07	-0.2	549

Heptathlon: #7 Women 800 Meter Run Heptathlon

	Name	Yr	Team	Finals	Points
Finals					
1	203 Wallace, Lindsay	93	Hamilton Olympic Club	2:28.80	708
2	326 Terrell, Emery	93	Ottawa Lions Track and Fi	2:31.95	669
3	454 Graceffo, Amy	94	Team Manitoba	2:33.30	652
4	330 Storm, Zarria	93	Pacific Athletics	2:33.58	649
5	575 Siuciak, Emma	93	York University Track Clu	2:35.65	624
6	219 Meierer, Klara	93	Lachine	2:41.91	551
7	457 Kucheravy, Caila	94	Team Manitoba	2:49.66	467

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

	Name	Yr	Team	Finals	Wind	Points
Finals						
1	575 Siuciak, Emma	93	York University Track Clu	14.96	-0.5	847
2	330 Storm, Zarria	93	Pacific Athletics	14.98	-0.5	844
3	326 Terrell, Emery	93	Ottawa Lions Track and Fi	15.77	-0.5	743
4	219 Meierer, Klara	93	Lachine	15.94	-0.5	722
5	203 Wallace, Lindsay	93	Hamilton Olympic Club	16.85	-0.5	614
6	457 Kucheravy, Caila	94	Team Manitoba	17.33	-0.5	560
7	454 Graceffo, Amy	94	Team Manitoba	17.50	-0.5	541

Heptathlon: #2 Women High Jump Heptathlon

	Name	Yr	Team	Finals	Points
Finals					
1	575 Siuciak, Emma	93	York University Track Clu	1.73m	891
2	330 Storm, Zarria	93	Pacific Athletics	1.58m	712
3	326 Terrell, Emery	93	Ottawa Lions Track and Fi	1.55m	678
4	219 Meierer, Klara	93	Lachine	1.52m	644
4	454 Graceffo, Amy	94	Team Manitoba	1.52m	644
6	457 Kucheravy, Caila	94	Team Manitoba	1.43m	544
7	203 Wallace, Lindsay	93	Hamilton Olympic Club	1.37m	481

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Heptathlon: #5 Women Long Jump Heptathlon**

Name	Yr	Team	Finals	Wind	Points
Finals					
1 575 Siuciak, Emma	93	York University Track Clu	5.25m	-0.9	628
2 330 Storm, Zarria	93	Pacific Athletics	5.15m	NWI	601
3 454 Graceffo, Amy	94	Team Manitoba	5.09m	-0.7	584
4 219 Meierer, Klara	93	Lachine	5.07m	-0.8	578
5 457 Kucheravy, Caila	94	Team Manitoba	5.06m	NWI	576
6 326 Terrell, Emery	93	Ottawa Lions Track and Fi	4.69m	-0.3	477
7 203 Wallace, Lindsay	93	Hamilton Olympic Club	4.60m	-1.1	454

Heptathlon: #3 Women Shot Put Heptathlon

Name	Yr	Team	Finals	Points
Finals				
1 330 Storm, Zarria	93	Pacific Athletics	10.36m	553
2 326 Terrell, Emery	93	Ottawa Lions Track and Fi	9.96m	527
3 454 Graceffo, Amy	94	Team Manitoba	9.56m	501
4 575 Siuciak, Emma	93	York University Track Clu	9.43m	492
5 457 Kucheravy, Caila	94	Team Manitoba	9.31m	484
6 219 Meierer, Klara	93	Lachine	9.15m	474
7 203 Wallace, Lindsay	93	Hamilton Olympic Club	8.02m	401

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Yr	Team	Finals	Points
Finals				
1 454 Graceffo, Amy	94	Team Manitoba	34.79m	568
2 575 Siuciak, Emma	93	York University Track Clu	28.90m	456
3 219 Meierer, Klara	93	Lachine	25.93m	400
4 330 Storm, Zarria	93	Pacific Athletics	25.90m	399
5 326 Terrell, Emery	93	Ottawa Lions Track and Fi	25.86m	398
6 203 Wallace, Lindsay	93	Hamilton Olympic Club	20.83m	304
7 457 Kucheravy, Caila	94	Team Manitoba	20.56m	299

Women Heptathlon

Name	Yr	Team	Seed	Finals	Points
Finals					
1 575 Siuciak, Emma	93	York University Track Clu	4710	4693	10
2 330 Storm, Zarria	93	Pacific Athletics	5006	4521	8
3 326 Terrell, Emery	93	Ottawa Lions Track and Fi	4163	4186	6
4 454 Graceffo, Amy	94	Team Manitoba	4059	4178	5
5 219 Meierer, Klara	93	Lachine	4300	4048	4
6 203 Wallace, Lindsay	93	Hamilton Olympic Club	4198	3609	3
7 457 Kucheravy, Caila	94	Team Manitoba		3479	2

Men 100 Meter Dash**4 Heats Top 3 + 4****2 SF Top 3 + 2**

Name	Yr	Team	Seed	Prelims	Wind	H#
Preliminaries						
1 341 Brown, Aaron	92	Phoenix Athletics Associa	10.38	10.71 Q	-0.9	1
2 347 Laidlaw-Allen, Marlon	93	Phoenix Athletics Associa	10.72	10.98 Q	-1.6	4

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Preliminaries ... (Men 100 Meter Dash)**

	Name	Yr	Team	Seed	Prelims	Wind	H#
3	386 Graf, Ryan	93	Saskatoon TF Club	10.89	11.02 Q	-1.4	2
4	114 Haynes, Akeem	92	Calgary International	10.44	11.08 Q	-1.6	3
5	349 Rodney, Brendon	92	Phoenix Athletics Associa	10.75	11.06 Q	-1.4	2
6	379 Bramwell, Drelan	94	Sarnia Athletics Southwes	10.73	11.09 Q	-1.6	4
7	340 Bennett, Kyle	93	Phoenix Athletics Associa	10.80	11.15 Q	-1.6	3
8	113 Montgiraud, Iseah	92	C.A.N.I.	10.84	11.24 Q	-0.9	1
9	167 Ohrt, Shane	93	Edmonton Harriers	10.93	11.10 Q	-1.4	2
10	503 Joyce, Keefer	94	Unattached British Column	10.93	11.12 Q	-1.6	4
11	549 Williams, Benjamin	92	Voleo Athletics	10.77	11.17 Q	-1.6	3
12	438 Akins, Michael	93	Team Manitoba	11.01	11.24 Q	-0.9	1
13	434 Rittinger, Devon	93	Supreme Athletics	10.72	11.17 q	-1.4	2
14	471 Samking, Wilfred Jr.	92	Team Manitoba	11.22	11.21 q	-1.4	2
15	430 Agada, Emeka	93	Supreme Athletics	10.91	11.23 q	-1.6	4
16	305 Mirhadi, Kazim	93	Ontario Unattached Athlet	11.17	11.28 q	-1.6	4
17	374 Molango, Francis	92	Saint Laurent Select	11.05	11.29	-1.6	3
18	105 Hayle, Tyler	93	Brampton Track Club Inc.	11.10	11.39	-1.4	2
19	241 Tesfaye, Gabriel	92	London Legion Track & Fie	10.98	11.40	-1.6	3
20	517 Schaeffer, Matthew	93	University of Calgary Ath	11.00	11.43	-0.9	1
21	577 Liebrecht, Preston	93	Yorkton Legion Track	11.68	11.50	-0.9	1
22	333 Walsh, Jesse	92	Pearlgate T&F Club	11.61	11.54	-0.9	1
23	440 Allen, Benjamin	92	Team Manitoba	11.29	11.66	-1.6	4
24	238 Skory, Kale	92	Lethbridge Track Club	11.18	11.66	-1.6	3
25	451 Franz, Shae	93	Team Manitoba	11.84	12.32	-1.6	3

Men 100 Meter Dash**4 Heats Top 3 + 4****2 SF Top 3 + 2**

	Name	Yr	Team	Prelims	Semis	Wind	H#
Semi-Finals							
1	341 Brown, Aaron	92	Phoenix Athletics Associa	10.71	10.73 Q	-0.6	2
2	347 Laidlaw-Allen, Marlon	93	Phoenix Athletics Associa	10.98	10.83 Q	-1.2	1
3	114 Haynes, Akeem	92	Calgary International	11.08	10.74 Q	-0.6	2
4	386 Graf, Ryan	93	Saskatoon TF Club	11.02	10.94 Q	-1.2	1
5	349 Rodney, Brendon	92	Phoenix Athletics Associa	11.06	10.95 Q	-0.6	2
6	549 Williams, Benjamin	92	Voleo Athletics	11.17	10.99 Q	-1.2	1
7	379 Bramwell, Drelan	94	Sarnia Athletics Southwes	11.09	11.02 q	-1.2	1
8	471 Samking, Wilfred Jr.	92	Team Manitoba	11.21	11.03 q	-1.2	1
9	434 Rittinger, Devon	93	Supreme Athletics	11.17	11.03	-0.6	2
10	167 Ohrt, Shane	93	Edmonton Harriers	11.10	11.08	-0.6	2
11	503 Joyce, Keefer	94	Unattached British Column	11.12	11.12	-1.2	1
12	340 Bennett, Kyle	93	Phoenix Athletics Associa	11.15	11.14	-1.2	1
13	430 Agada, Emeka	93	Supreme Athletics	11.23	11.17	-1.2	1
14	438 Akins, Michael	93	Team Manitoba	11.24	11.23	-0.6	2
15	305 Mirhadi, Kazim	93	Ontario Unattached Athlet	11.28	11.29	-0.6	2
16	113 Montgiraud, Iseah	92	C.A.N.I.	11.24	11.40	-0.6	2

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Men 100 Meter Dash****4 Heats Top 3 + 4****2 SF Top 3 + 2**

	Name	Yr	Team	Semis	Finals	Wind	Points
Finals							
1	341 Brown, Aaron	92	Phoenix Athletics Associa	10.73	10.44	-1.0	10
2	114 Haynes, Akeem	92	Calgary International	10.74	10.52	-1.0	8
3	347 Laidlaw-Allen, Marlon	93	Phoenix Athletics Associa	10.83	10.75	-1.0	6
4	379 Bramwell, Drelan	94	Sarnia Athletics Southwes	11.02	10.87	-1.0	5
5	349 Rodney, Brendon	92	Phoenix Athletics Associa	10.95	10.87	-1.0	4
6	386 Graf, Ryan	93	Saskatoon TF Club	10.94	10.93	-1.0	3
7	549 Williams, Benjamin	92	Voleo Athletics	10.99	10.94	-1.0	2
8	471 Samking, Wilfred Jr.	92	Team Manitoba	11.03	10.99	-1.0	1

Men 200 Meter Dash**4 Heats Top 3 + 4****2 SF Top 3 + 2**

	Name	Yr	Team	Seed	Prelims	Wind	H#
Preliminaries							
1	174 Harris, Tremaine	92	Elite Edge	21.04	21.59 Q	0.4	2
2	347 Laidlaw-Allen, Marlon	93	Phoenix Athletics Associa	21.21	21.74 Q	1.0	3
3	308 Biocchi, Devin	92	Ottawa Lions Track and Fi	21.48	21.96 Q	1.5	1
4	341 Brown, Aaron	92	Phoenix Athletics Associa	21.00	22.19 Q	2.5	4
5	349 Rodney, Brendon	92	Phoenix Athletics Associa	21.51	21.76 Q	0.4	2
6	167 Ohrt, Shane	93	Edmonton Harriers	22.10	22.11 Q	1.5	1
7	379 Bramwell, Drelan	94	Sarnia Athletics Southwes	21.58	22.24 Q	1.0	3
8	386 Graf, Ryan	93	Saskatoon TF Club	21.65	22.28 Q	2.5	4
9	503 Joyce, Keefer	94	Unattached British Colum	22.51	22.33 Q	1.5	1
10	374 Molango, Francis	92	Saint Laurent Select	22.54	22.37 Q	0.4	2
11	316 Makinde, Toluwalope	93	Ottawa Lions Track and Fi	21.88	22.40 Q	1.0	3
12	563 McKeegan, Matthew	92	Windsor Legion Track & Fi	22.03	22.44 Q	2.5	4
13	105 Hayle, Tyler	93	Brampton Track Club Inc.	21.95	22.38 q	0.4	2
14	288 Brennand McClemon, Dy	93	Niagara Regional Athletic	22.30	22.49 q	0.4	2
15	549 Williams, Benjamin	92	Voleo Athletics	22.24	22.49 q	1.0	3
16	517 Schaeffer, Matthew	93	University of Calgary Ath	22.49	22.60 q	1.0	3
17	201 Murray, Steven	93	Hamilton Olympic Club	22.77	22.66	2.5	4
18	340 Bennett, Kyle	93	Phoenix Athletics Associa	22.31	22.69	1.5	1
19	149 Sutherland, Christopher /	92	Coastal Track Club	22.10	22.70	1.5	1
20	438 Akins, Michael	93	Team Manitoba	22.40	22.77	2.5	4
21	577 Liebrecht, Preston	93	Yorkton Legion Track	23.00	22.80	2.5	4
22	385 Fedyk, Alex	94	Saskatoon TF Club	22.97	22.96	0.4	2
23	236 Bridgeman, Don	93	Lethbridge Track Club	23.17	22.98	1.5	1
24	104 Harper, Joshua	93	Brampton Track Club Inc.	22.50	23.13	2.5	4
25	440 Allen, Benjamin	92	Team Manitoba	22.42	23.19	0.4	2
26	339 Lacombe, Philippe	93	Phenix	23.18	23.39	1.5	1
27	238 Skory, Kale	92	Lethbridge Track Club	22.53	23.44	1.0	3
28	451 Franz, Shae	93	Team Manitoba	23.15	23.53	1.0	3
29	369 Olson, Jared	93	Riversdale Athletics Clu	23.89	23.65	0.4	2
30	368 Kowalchuk, Ryan	93	Riversdale Athletics Clu		23.74	2.5	4
---	333 Walsh, Jesse	92	Pearlgate T&F Club	23.45	DNF	1.0	3

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Men 200 Meter Dash****4 Heats Top 3 + 4****2 SF Top 3 + 2**

	Name	Yr	Team	Prelims	Semis	Wind	H#
Semi-Finals							
1	341 Brown, Aaron	92	Phoenix Athletics Associa	22.19	21.51 Q	+0.0	2
2	174 Harris, Tremaine	92	Elite Edge	21.59	21.59 Q	-2.5	1
3	347 Laidlaw-Allen, Marlon	93	Phoenix Athletics Associa	21.74	21.67 Q	+0.0	2
4	349 Rodney, Brendon	92	Phoenix Athletics Associa	21.76	21.74 Q	-2.5	1
5	379 Bramwell, Drelan	94	Sarnia Athletics Southwes	22.24	21.88 Q	+0.0	2
6	308 Biocchi, Devin	92	Ottawa Lions Track and Fi	21.96	21.98 Q	-2.5	1
7	167 Ohrt, Shane	93	Edmonton Harriers	22.11	21.94 q	+0.0	2
8	316 Makinde, Toluwalope	93	Ottawa Lions Track and Fi	22.40	22.39 q	+0.0	2
9	386 Graf, Ryan	93	Saskatoon TF Club	22.28	22.47	-2.5	1
10	105 Hayle, Tyler	93	Brampton Track Club Inc.	22.38	22.50	-2.5	1
10	549 Williams, Benjamin	92	Voleo Athletics	22.49	22.50	+0.0	2
12	374 Molango, Francis	92	Saint Laurent Select	22.37	22.52	+0.0	2
13	503 Joyce, Keefer	94	Unattached British Colum	22.33	22.70	-2.5	1
14	288 Brennand McClemont, D	93	Niagara Regional Athletic	22.49	22.72	+0.0	2
15	563 McKeegan, Matthew	92	Windsor Legion Track & Fi	22.44	22.91	-2.5	1
16	517 Schaeffer, Matthew	93	University of Calgary Ath	22.60	23.01	-2.5	1

Men 200 Meter Dash**4 Heats Top 3 + 4****2 SF Top 3 + 2**

	Name	Yr	Team	Semis	Finals	Wind	Points
Finals							
1	174 Harris, Tremaine	92	Elite Edge	21.59	21.14	-2.6	10
2	341 Brown, Aaron	92	Phoenix Athletics Associa	21.51	21.39	-2.6	8
3	347 Laidlaw-Allen, Marlon	93	Phoenix Athletics Associa	21.67	21.57	-2.6	6
4	349 Rodney, Brendon	92	Phoenix Athletics Associa	21.74	21.76	-2.6	5
5	308 Biocchi, Devin	92	Ottawa Lions Track and Fi	21.98	21.95	-2.6	4
6	379 Bramwell, Drelan	94	Sarnia Athletics Southwes	21.88	22.08	-2.6	3
7	167 Ohrt, Shane	93	Edmonton Harriers	21.94	22.66	-2.6	2
---	316 Makinde, Toluwalope	93	Ottawa Lions Track and Fi	22.39	DNF	-2.6	

Men 400 Meter Dash**4 Heats A: Top 1 + 4 B: Next 8**

	Name	Yr	Team	Seed	Prelims	H#
Preliminaries						
1	308 Biocchi, Devin	92	Ottawa Lions Track and Fi	47.58	47.91 Q	2
2	174 Harris, Tremaine	92	Elite Edge	46.22	47.99 Q	4
3	156 Harding, Hodson	94	Coquitlam Cheetahs	47.53	X48.52 Q	3
4	450 Fitkowski, Matthew	93	Team Manitoba	48.94	49.35 Q	1
5	154 Ayesu-Attah, Benjamin	93	Coquitlam Cheetahs	48.03	48.38 q	2
6	314 Jean-Jacques, Denray	94	Ottawa Lions Track and Fi	49.04	48.76 q	4
7	288 Brennand McClemont, D	93	Niagara Regional Athletic	49.17	48.98 q	4
8	144 Paul-Morris, Adam	92	Coastal Track Club	49.37	49.31 q	3
9	385 Fedyk, Alex	94	Saskatoon TF Club	49.55	49.43	2
10	563 McKeegan, Matthew	92	Windsor Legion Track & Fi	49.60	49.52	3

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Preliminaries ... (Men 400 Meter Dash)**

Name	Yr	Team	Seed	Prelims	H#
11 193 Mabbott, Connor	93	Greater Toronto Track Clu	49.50	49.56	2
12 126 Home, Mitchell	92	Capital City Track Club	48.96	49.74	3
13 110 Bobak, David	92	C.A.N.I.	49.61	49.77	4
14 345 Hayles, Fabian	92	Phoenix Athletics Associa	49.60	49.77	1
15 104 Harper, Joshua	93	Brampton Track Club Inc.	49.21	49.80	1
16 360 Wand, Jordan	94	Queen City Striders Track	49.87	50.17	3
17 526 Goodfellow, Nathan	93	University of Toronto Tra	49.66	50.20	4
17 201 Murray, Steven	93	Hamilton Olympic Club	49.67	50.20	1
19 280 Giles, Cameron	93	Niagara Olympic Club	49.94	50.30	2
20 223 McDonough, Joe	93	Lakehead Athletics Club	50.45	50.50	3
21 124 Ivan, Alexander	94	Caltaf Athletic Associati	50.59	51.09	1
22 368 Kowalchuk, Ryan	93	Riversdale Athleactics Clu	51.08	51.56	4
23 117 Coy, Jesaiah	93	Calgary Olympic Track Clu	50.45	51.61	2
24 339 Lacombe, Philippe	93	Phenix	51.89	51.74	3
25 141 Ference, Lucas	92	Coastal Track Club	51.29	51.92	1
26 467 Reimer, Nicholas	92	Team Manitoba	51.58	52.14	2
27 470 Sader, Levi	94	Team Manitoba	52.63	55.26	3
--- 189 Moona, Alistair	92	G-Force	46.54	DQ	1

Men 400 Meter Dash**4 Heats A: Top 1 + 4 B: Next 8**

Name	Yr	Team	Prelims	Finals	H#	Points
Finals						
1 174 Harris, Tremaine	92	Elite Edge	47.99	46.67	2	
2 308 Biocchi, Devin	92	Ottawa Lions Track and Fi	47.91	47.87	2	
3 314 Jean-Jacques, Denray	94	Ottawa Lions Track and Fi	48.76	48.23	2	
4 154 Ayesu-Attah, Benjamin	93	Coquitlam Cheetahs	48.38	48.23	2	
5 144 Paul-Morris, Adam	92	Coastal Track Club	49.31	49.12	2	
6 385 Fedyk, Alex	94	Saskatoon TF Club	49.43	49.13	2	
7 288 Brennand McClemon, D	93	Niagara Regional Athletic	48.98	49.19	2	
8 193 Mabbott, Connor	93	Greater Toronto Track Clu	49.56	49.46	1	
9 450 Fitkowsky, Matthew	93	Team Manitoba	49.35	49.53	2	
10 563 McKeegan, Matthew	92	Windsor Legion Track & Fi	49.52	49.55	1	
11 104 Harper, Joshua	93	Brampton Track Club Inc.	49.80	49.83	1	
12 110 Bobak, David	92	C.A.N.I.	49.77	49.89	1	
13 360 Wand, Jordan	94	Queen City Striders Track	50.17	50.20	1	
--- 345 Hayles, Fabian	92	Phoenix Athletics Associa	49.77	DNF	1	

Men 800 Meter Run**4 SF A: 1 + 4 B: Next 8 fastest**

Name	Yr	Team	Seed	Prelims
Preliminaries				
1 504 Keane, Sean	93	Unattached British Column	1:50.63	1:51.49 Q
2 212 Neal, Keffri W.	93	Kajaks Track & Field Club	1:49.43	1:51.75 Q
3 197 McCabe, Kahmall	92	Halifast Athletics		1:52.68 Q
4 537 Riva, Thomas A.	92	University of Victoria	1:50.41	1:52.96 Q
5 489 Langille, Andrew	93	Toronto Olympic Club	1:53.23	1:53.35 Q
6 324 Souleiman, Mohamed	93	Ottawa Lions Track and Fi	1:52.72	1:53.36 Q
7 322 Saville, Sebastian	94	Ottawa Lions Track and Fi	1:52.91	1:53.46 Q

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Preliminaries ... (Men 800 Meter Run)**

	Name	Yr	Team	Seed	Prelims
8	292 Swanson, Matthew	94	NorWesters Track & Field	1:52.62	1:53.58 Q
9	532 Smart, Sacha	94	University of Toronto Tra	1:53.12	1:53.64
10	541 Vugteveen, Travis	92	Valley Royals Track & Fie	1:51.50	1:53.68
11	343 Costello, Andrew	93	Phoenix Athletics Associa	1:52.99	1:53.75
12	259 Bussi�res, Alex	94	Mille Pays Des Bleuets(Sc	1:54.43	1:54.26
13	186 Gaudes, Adam	92	Fast Tracks	1:55.37	1:54.67
14	273 Papania, Marco	94	Newmarket Huskies Track C	1:56.21	1:54.89
15	360 Wand, Jordan	94	Queen City Striders Track	1:52.89	1:55.08
16	480 Vincent, Samuel	92	Team Manitoba	1:53.63	1:55.67
17	138 Bouillon, Nicolas	93	Club D'Athl�tisme Dynamiq	1:55.74	1:55.82
18	168 Peterson, Cole	93	Edmonton Harriers	1:53.35	1:56.09
19	137 Veillette, Felix	94	Club Athletisme Universite La	1:56.83	1:56.35
20	459 Mages, Cody	92	Team Manitoba	1:56.21	1:56.52
21	367 Guenther, Davis	93	Riversdale Athletics Clu	1:56.84	1:56.91
22	463 Neufeld, Levi	94	Team Manitoba	1:55.80	1:57.23
23	176 Tapley, Ryan	93	Etobicoke Track & Field C	1:54.46	1:57.34
24	117 Coy, Jesaiah	93	Calgary Olympic Track Clu	1:56.24	1:57.37
25	531 Muldoon, Matthew	92	University of Toronto Tra	1:53.93	1:57.67
26	345 Hayles, Fabian	92	Phoenix Athletics Associa	1:54.85	1:57.72
27	477 Thacher, Eric	92	Team Manitoba	1:54.68	1:57.93
28	178 Lipp, Jaden	92	Excel Athletica	1:57.52	1:57.94
29	498 Bocksnick, Jackson	92	Unattached Alberta	1:57.00	1:58.03
30	419 Anderson, Drew	93	Speed River Tfc	1:55.38	1:58.14
31	394 Gravel, Philippe	94	Sherbrooke (C.A.)	1:59.54	1:58.66
32	383 Master, Shawn	94	Sarnia Athletics Southwes	1:55.50	1:59.04
33	115 Neal, Sam	93	Calgary International	1:58.52	2:00.27
34	187 McGinn, Tomas	94	Fast Tracks	1:59.11	2:00.68
35	426 Erickson, Kyle	92	St. Albert Track & Field	2:00.19	2:06.20
36	453 Gemmell, Brendan	93	Team Manitoba	2:02.42	2:09.01

Men 800 Meter Run**4 SF A: 1 + 4 B: Next 8 fastest**

	Name	Yr	Team	Prelims	Finals	Points
Finals						
1	212 Neal, Keffri W.	93	Kajaks Track & Field Club	1:51.75	1:49.88	
2	504 Keane, Sean	93	Unattached British Column	1:51.49	1:51.24	
3	324 Souleiman, Mohamed	93	Ottawa Lions Track and Fi	1:53.36	1:51.73	
4	537 Riva, Thomas A.	92	University of Victoria	1:52.96	1:52.81	
5	489 Langille, Andrew	93	Toronto Olympic Club	1:53.35	1:53.07	
6	541 Vugteveen, Travis	92	Valley Royals Track & Fie	1:53.68	1:53.50	
7	480 Vincent, Samuel	92	Team Manitoba	1:55.67	1:53.52	
8	343 Costello, Andrew	93	Phoenix Athletics Associa	1:53.75	1:53.55	
9	532 Smart, Sacha	94	University of Toronto Tra	1:53.64	1:53.84	
10	360 Wand, Jordan	94	Queen City Striders Track	1:55.08	1:53.90	
11	186 Gaudes, Adam	92	Fast Tracks	1:54.67	1:53.91	
12	273 Papania, Marco	94	Newmarket Huskies Track C	1:54.89	1:54.50	
13	292 Swanson, Matthew	94	NorWesters Track & Field	1:53.58	1:54.69	
14	322 Saville, Sebastian	94	Ottawa Lions Track and Fi	1:53.46	2:01.12	
15	259 Bussi�res, Alex	94	Mille Pays Des Bleuets(Sc	1:54.26	2:12.92	

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Finals ... (Men 800 Meter Run)**

Name	Yr	Team	Prelims	Finals	Points
--- 197 McCabe, Kahmall	92	Halifast Athletics	1:52.68	DQ	

Men 1500 Meter Run**2 Semi Finals 4 + 4**

Name	Yr	Team	Seed	Prelims
Preliminaries				
1 492 Proudfoot, Ross	92	Track North Athletic Club	3:45.00	3:58.58 Q
2 266 Denault, Robert	93	Newmarket Huskies Track C	3:45.63	3:58.79 Q
3 480 Vincent, Samuel	92	Team Manitoba	3:56.48	3:58.69 Q
4 558 Janikowski, Paul	92	Windsor Legion Track & Fi	3:46.56	3:58.92 Q
5 243 Hendrikx, Aaron	93	London Runner Distance Cl	3:51.78	3:58.70 Q
6 192 Grieve, Kyle	93	Greater Toronto Track Clu	3:55.61	3:58.97 Q
7 298 Williams, Jack	93	Ocean Athletics	3:53.08	3:58.82 Q
8 506 Therrien, Cody R.	92	Unattached British Column	3:53.20	3:59.08 Q
9 150 White, Declan	92	Coastal Track Club	3:57.26	3:59.22 q
10 462 Miller, Thomas	92	Team Manitoba	3:57.20	3:59.41 q
11 498 Bocksnick, Jackson	92	Unattached Alberta	3:58.15	3:59.45 q
12 477 Thacher, Eric	92	Team Manitoba	4:02.69	4:00.40 q
13 336 Béland, Olivier	93	Phenix	3:56.71	4:00.66
14 367 Guenther, Davis	93	Riversdale Athletics Clu	4:04.23	4:02.28
15 259 Bussi��res, Alex	94	Mille Pays Des Bleuets(Sc	4:00.36	4:03.63
16 372 McNeil, Matthew	93	Saint John Track Club	4:08.04	4:04.04
17 271 Macpherson, Eric	93	Newmarket Huskies Track C	4:07.80	4:04.15
18 383 Master, Shawn	94	Sarnia Athletics Southwes	3:59.67	4:04.18
19 286 Smith, Troy	95	Niagara Olympic Club	3:55.88	4:04.97
20 232 Outhit, Connor	92	Laurel Creek Tfc	3:58.77	4:05.73
21 237 Hurdle, Chris	93	Lethbridge Track Club	4:11.45	4:06.61
22 426 Erickson, Kyle	92	St. Albert Track & Field	4:12.35	4:08.10
23 233 Trapp, Austin	92	Laurel Creek Tfc	4:08.51	4:08.13
24 281 Janssen, Trevor	93	Niagara Olympic Club	3:59.40	4:09.10
25 274 Pennev, Kyle	94	Newmarket Huskies Track C	4:05.84	4:14.13
26 419 Anderson, Drew	93	Speed River Tfc	3:59.25	4:17.49
27 453 Gemmell, Brendan	93	Team Manitoba	4:38.10	4:19.77

Men 1500 Meter Run**2 Semi Finals 4 + 4**

Name	Yr	Team	Prelims	Finals	Points
Finals					
1 266 Denault, Robert	93	Newmarket Huskies Track C	3:58.79	4:05.01	10
2 492 Proudfoot, Ross	92	Track North Athletic Club	3:58.58	4:05.15	8
3 480 Vincent, Samuel	92	Team Manitoba	3:58.69	4:05.70	6
4 558 Janikowski, Paul	92	Windsor Legion Track & Fi	3:58.92	4:06.15	5
5 192 Grieve, Kyle	93	Greater Toronto Track Clu	3:58.97	4:06.69	4
6 243 Hendrikx, Aaron	93	London Runner Distance Cl	3:58.70	4:07.16	3
7 298 Williams, Jack	93	Ocean Athletics	3:58.82	4:07.70	2
8 506 Therrien, Cody R.	92	Unattached British Column	3:59.08	4:07.73	1
9 477 Thacher, Eric	92	Team Manitoba	4:00.40	4:10.19	
10 498 Bocksnick, Jackson	92	Unattached Alberta	3:59.45	4:10.25	
11 150 White, Declan	92	Coastal Track Club	3:59.22	4:11.05	

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Finals ... (Men 1500 Meter Run)**

Name	Yr	Team	Prelims	Finals	Points
12 462 Miller, Thomas	92	Team Manitoba	3:59.41	4:11.42	

Men 5000 Meter Run

Name	Yr	Team	Seed	Finals	Points
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Finals

1	139 Raymond, Benjamin	92	Club D'Athlétisme Dynamiq	14:52.60	14:54.33
2	559 Kowalsky, Andrew	92	Windsor Legion Track & Fi	14:49.86	14:57.96
3	353 O'Sullivan, Dylan	92	Physi-Kult Kingston	15:09.45	15:04.82
4	247 De Vries, Thomas	92	London Western Track & Fi	14:46.52	15:12.84
5	490 Cooper, Jeremy	93	Track North Athletic Club	8:31.78	15:12.97
6	221 Aulagnon, Dominique	93	Lakehead Athletics Club	15:30.00	15:17.31
7	162 Coughler, Jeremy	95	Durham Dragons Athletics	8:44.85	15:20.87
8	372 McNeil, Matthew	93	Saint John Track Club	8:46.88	15:21.58
9	135 Lavigne, Alexandre	93	Club Athletisme Universite Lav	15:48.67	15:30.45
10	180 Middlemiss, Michael	92	Excel Athletica	15:49.00	15:32.02
11	278 Ahmed, Ibrahim	93	Niagara Olympic Club	15:13.74	15:33.48
12	351 Archer, Jeff	92	Physi-Kult Kingston	15:09.68	15:35.47
13	182 Strueby, Adam	94	Excel Athletica	15:57.60	15:37.61
14	337 Deshaies, Nicolas	92	Phenix	15:17.54	15:39.07
15	121 Galea, Matthew	93	Caltaf Athletic Associati	15:56.03	15:40.04
16	488 Raymond, Paul	93	Timmins Porcupine Tfc	9:35.63	15:42.01
17	142 Kent, Justin	92	Coastal Track Club	8:45.22	15:42.18
18	264 Brown, Dylan	93	Newmarket Huskies Track C	15:43.20	15:44.59
19	400 Druken, Matthew	94	South Simcoe Dufferin T&F	8:56.32	15:49.76
20	294 Pellerin, Jeremie	93	O2	15:54.72	15:56.51
21	255 Travaglini, Matthew	93	London Western Track & Fi	8:44.48	15:58.07
22	543 Cliff, William	93	Vancouver Thunderbirds	15:53.14	16:14.83
23	381 Hall, Matthew	93	Sarnia Athletics Southwes	8:47.34	16:20.58
24	569 Henry, Ethan	92	York University Track Clu	15:41.74	16:23.74
25	287 Wignall, Grant	94	Niagara Olympic Club	17:03.99	16:41.42
26	145 Shamsi, Bilal	93	Coastal Track Club	15:50.14	16:57.52
---	163 Cunliffe, Bj	92	Durham Dragons Athletics	8:33.18	DNF

Men 110 Meter Hurdles**2 SF Top 3 + 2**

Name	Yr	Team	Seed	Prelims	Wind	H#
Preliminaries						
1	217 **Cabral, Jonathan	92	Kitchener-Waterloo Track	X13.43 Q	0.5	1
2	240 Macneill, Gregory	92	London Legion Track & Fie	13.74 14.21 Q	-1.2	2
3	229 Arsenaault, Calvin	93	Laurel Creek Tfc	14.27 14.25 Q	0.5	1
4	160 Slythe-Léveillé, Gabriel	93	Corsaire-Chaparral	14.53 14.72 Q	-1.2	2
5	241 Tesfaye, Gabriel	92	London Legion Track & Fie	14.33 14.44 Q	0.5	1
6	486 Cyrus, Keith	93	The Speed Academy Athleti	14.55 14.79 Q	-1.2	2
7	171 King, Garrett	93	Edmonton Olympic Club	14.90 15.02 q	0.5	1
8	125 Smith, Alex	93	Caltaf Athletic Associati	14.96 15.21 q	0.5	1
9	230 Fourie, Charl	93	Laurel Creek Tfc	15.10 15.44	-1.2	2
10	484 Woo, Graham	93	Team Manitoba	15.24 15.59	0.5	1
11	471 Samking, Wilfred Jr.	92	Team Manitoba	15.37 15.65	-1.2	2
12	370 Caron, Alexandre	93	Rive-Sud	15.38 15.75	0.5	1

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Preliminaries ... (Men 110 Meter Hurdles)**

Name	Yr	Team	Seed	Prelims	Wind	H#
13 369 Olson, Jared	93	Riversdale Athletics Clu	16.03	15.86	-1.2	2
--- 133 Bellefontaine, Matthew	92	Chebucto Athletics	15.07	DQ	-1.2	2

Men 110 Meter Hurdles**2 SF Top 3 + 2**

Name	Yr	Team	Prelims	Finals	Wind	Points
Finals						
1 240 Macneill, Gregory	92	London Legion Track & Fie	14.21	13.78	+0.0	10
2 229 Arsenault, Calvin	93	Laurel Creek Tfc	14.25	14.05	+0.0	8
3 241 Tesfaye, Gabriel	92	London Legion Track & Fie	14.44	14.38	+0.0	6
4 160 Slythe-Léveillé, Gabriel	93	Corsaire-Chaparal	14.72	14.42	+0.0	5
5 486 Cyrus, Keith	93	The Speed Academy Athleti	14.79	14.75	+0.0	4
6 230 Fourie, Charl	93	Laurel Creek Tfc	15.44	15.27	+0.0	3
7 171 King, Garrett	93	Edmonton Olympic Club	15.02	15.30	+0.0	2
8 125 Smith, Alex	93	Caltaf Athletic Associati	15.21	15.43	+0.0	1

Men 400 Meter Hurdles**2 SF Top 3 + 2**

Name	Yr	Team	Seed	Prelims	H#
Preliminaries					
1 520 Bates, Brent	92	University of Toronto Tra	54.59	54.42 Q	1
2 151 Blackburn, Nick	93	Comox Valley Cougars	54.90	54.80 Q	2
3 109 *alhaddad, Sai	92	C.A.N.I.	53.77	X54.74 Q	1
4 229 Arsenault, Calvin	93	Laurel Creek Tfc	53.35	55.34 Q	2
5 600 Friis, Joseph		West Island Track Cklub		55.85 Q	1
6 179 McLellan, Ian	92	Excel Athletica	55.06	56.36 Q	2
7 321 Primeau, Codie	92	Ottawa Lions Track and Fi	55.49	56.61 q	2
8 423 Sutton, Charlie	93	Speed River Tfc	55.35	56.99 q	1
9 171 King, Garrett	93	Edmonton Olympic Club	55.23	57.78	1
10 472 Sampson, Terrence	92	Team Manitoba	58.08	58.42	2
11 230 Fourie, Charl	93	Laurel Creek Tfc	58.39	1:01.05	1

Men 400 Meter Hurdles**2 SF Top 3 + 2**

Name	Yr	Team	Prelims	Finals	Points
Finals					
1 229 Arsenault, Calvin	93	Laurel Creek Tfc	55.34	53.35	10
2 171 King, Garrett	93	Edmonton Olympic Club	57.78	54.46	8
3 151 Blackburn, Nick	93	Comox Valley Cougars	54.80	54.73	6
4 423 Sutton, Charlie	93	Speed River Tfc	56.99	54.80	5
5 179 McLellan, Ian	92	Excel Athletica	56.36	55.41	4
6 321 Primeau, Codie	92	Ottawa Lions Track and Fi	56.61	55.58	3
7 520 Bates, Brent	92	University of Toronto Tra	54.42	1:00.47	2
--- 600 Friis, Joseph		West Island Track Cklub	55.85	DQ	

Men 3000 Meter Steeplechase**2 Timed Final Sections**

Name	Yr	Team	Seed	Finals	Points
Finals					
1 122 Hadfield, Gareth	92	Caltaf Athletic Associati	9:13.26	9:05.56	10

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Finals ... (Men 3000 Meter Steeplechase)**

Name	Yr	Team	Seed	Finals	Points
2 293 Cassidy, Ryan	93	O2	9:02.27	9:05.57	8
3 421 Dulhanty, Christopher	92	Speed River Tfc	9:06.60	9:06.31	6
4 142 Kent, Justin	92	Coastal Track Club	5:59.81	9:29.53	5
5 566 Piticariu, Daniel	92	Windsor Legion Track & Fi	9:14.73	9:32.53	4
6 162 Coughler, Jeremy	95	Durham Dragons Athletics	6:05.25	9:33.20	3
7 295 Bruchet, Jake	93	Ocean Athletics	6:05.61	9:34.99	2
8 546 Psotka, Patrick	93	Victoria Track & Field Cl	6:06.67	9:36.81	1
9 411 Pesce, Michael	92	South Simcoe Dufferin T&F	6:04.48	9:40.16	
10 182 Strueby, Adam	94	Excel Athletica	6:15.00	9:41.04	
11 263 Bourgeois, Michael	93	Newmarket Huskies Track C	9:53.50	9:45.54	
12 337 Deshaies, Nicolas	92	Phenix	9:12.11	9:47.31	
13 260 Deschiffart, Joel	94	Nanaimo Track & Field Clu	6:08.94	9:47.86	
14 159 Cameron, Jacob	93	Cornwall Legion Cougars	6:12.52	9:48.02	
15 403 Greco, Steven	94	South Simcoe Dufferin T&F	9:43.92	9:52.64	
16 310 Day, Kieran	92	Ottawa Lions Track and Fi		9:54.33	
17 251 Hick, Jeremy	93	London Western Track & Fi	9:58.50	9:58.78	
18 277 White, Tyler	94	Newmarket Huskies Track C	10:53.98	10:17.11	
19 381 Hall, Matthew	93	Sarnia Athletics Southwes	6:09.72	10:31.89	
--- 163 Cunliffe, Bj	92	Durham Dragons Athletics	5:54.60	DNF	

Men 4x100 Meter Relay Branch Relay***WILL RUN WITH EVENT 20**

Team	Relay	Seed	Finals	Points
Finals				
1 Team Alberta	A	42.25	43.20	10
1) 437 Skory, Kale 92	2) 5037 Schaeffer, Matt TM	3) 5038 Williams, Ben TM	4) 5039 Skory, Kale TM	
--- Team Manitoba	A		DQ	
1) 460 Mansaray, Alhaji 94	2) 440 Allen, Benjamin 92	3) 471 Samking, Wilfred Jr. 92	4) 5018 Akins, Mike TM	

Men 4x100 Meter Relay Club***WILL RUN WITH EVENT 42**

Team	Relay	Seed	Finals	Points
Finals				
1 Phoenix Athletics Associa	A		41.60	10
1) 350 Young, Arren 92	2) 349 Rodney, Brendon 92	3) 340 Bennett, Kyle 93	4) 341 Brown, Aaron 92	
2 Ottawa Lions Track and Fi	A	42.80	43.40	8
1) 316 Makinde, Toluwalope 92	2) 308 Biocchi, Devin 92	3) 322 Saville, Sebastian 94	4) 314 Jean-Jacques, Denray 94	
3 Coastal Track Club	A		44.77	6
1) 144 Paul-Morris, Adam 92	2) 141 Ference, Lucas 92	3) 147 Strachan, Alexander 92	4) 149 Sutherland, Christopher	

Men 4x400 Meter Relay Club

Team	Relay	Seed	Finals	Points
Finals				
1 Ottawa Lions Track and Fi	A		3:17.91	10
2 University of Toronto Tra	A		3:18.78	8
3 Coastal Track Club	A	3:20.15	3:23.66	6
1) 144 Paul-Morris, Adam 92	2) 141 Ference, Lucas 92	3) 147 Strachan, Alexander 92	4) 149 Sutherland, Christopher	

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Men 4x400 Meter Relay Branch Relay**

Team	Relay	Seed	Finals	Points
Finals				
1 BC Athletics	A		3:15.47	10
1) 5028 Swanson, Matt TM	2) 5029 Vvgteveen, Travis TM	3) 5030 Turner, James TM	4) 5031 Nela, Kaffri TM	
2 Team Alberta	A		3:20.18	8
1) 5032 Home, Mitch TM	2) 5033 Coy, Jessiah TM	3) 5034 Peterson, Cole TM	4) 5035 King, Garrett TM	
3 BC Athletics	B		x3:20.42	
1) 5020 Harding, Hodson TM	2) 5021 Keane, Sean TM	3) 5022 Reeve, Thomas TM	4) 5023 Ayeso-Attah, Ben TM	

Men High Jump

Name	Yr	Team	Seed	Finals	Points
Finals					
1 242 Wilhelm, Branden	92	London Legion Track & Fie	2.22m	2.13m	
2 539 Lovett, Django	92	Valley Royals Track & Fie	2.18m	2.05m	
3 195 Gillis, James	92	Halifax Athletics	2.05m	1.95m	
3 200 Lee, Hwang	94	Hamilton Olympic Club	1.95m	1.95m	
5 464 Olson, Steven	93	Team Manitoba	2.03m	1.90m	
6 447 Clark, Neil	93	Team Manitoba	1.90m	1.90m	
7 128 Kostelnik, Teodor	93	Capital City Track Club	1.80m	1.85m	
8 418 Young, Siu Pang Jacky	92	South Simcoe Dufferin T&F	1.80m	1.85m	
9 473 Shwaykosky, Steven	92	Team Manitoba	1.85m	1.85m	
10 577 Liebrecht, Preston	93	Yorkton Legion Track	1.85m	1.80m	

Men Pole Vault

Name	Yr	Team	Seed	Finals	Points
Finals					
1 565 Pfaff, Jake	92	Windsor Legion Track & Fi	4.70m	4.60m	10
2 216 Allen, Spencer	93	Kamloops Track and Field	4.30m	4.50m	7
2 307 Talbot, Brendon	92	Ontario Unattached Athlet	4.10m	4.50m	7
4 169 Choi, Andrew	92	Edmonton International	4.10m	4.20m	5
5 258 Waugh, Christopher	93	London Western Track & Fi	4.50m	4.00m	3.50
5 415 Tevernier, Telvin	93	South Simcoe Dufferin T&F	4.00m	4.00m	3.50
7 523 Daly, Connor	93	University of Toronto Tra	4.50m	4.00m	1.50
7 250 Hartley, Matt	94	London Western Track & Fi	4.50m	4.00m	1.50
9 515 Ogeil, Luke	93	University of Calgary Ath	3.85m	3.80m	
--- 436 Worndl, Paul	92	Supreme Athletics	4.50m	NH	
--- 442 Bairos-Novak, Steven	94	Team Manitoba	3.50m	NH	

Men Long Jump

Name	Yr	Team	Seed	Prelims	Wind
Preliminaries					
1 399 Choghri, Brandon	93	South Simcoe Dufferin T&F	6.66m	6.86m q	2.8
2 553 Bednarik, Thomas	93	Windsor Legion Track & Fi	6.32m	6.72m q	2.0
3 376 Thibodeau, Jeremy	92	Saint Laurent Select	7.25m	6.66m q	1.5
4 570 Jansen, Richard	93	York University Track Clu	6.54m	6.57m q	3.1
5 225 Dinn, Ryan	93	Lakeland Yellow Jackets (	6.32m	6.53m q	3.5
6 350 Young, Arren	92	Phoenix Athletics Associa	6.81m	6.52m q	3.2
7 238 Skory, Kale	92	Lethbridge Track Club	6.47m	6.49m q	0.1
8 499 Bowers, Colby	93	Unattached Alberta		6.47m q	1.7
8 128 Kostelnik, Teodor	93	Capital City Track Club	6.52m	6.47m q	1.8

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Preliminaries ... (Men Long Jump)**

Name	Yr	Team	Seed	Prelims	Wind
10 103 Nurse, Addae	92	Brampton Elite Track Club	6.49m	6.46m q	2.8
11 440 Allen, Benjamin	92	Team Manitoba	6.55m	6.43m q	2.5
12 428 Bell, Riley	94	St. Thomas Legion Tfc	6.49m	6.40m q	1.8
13 484 Woo, Graham	93	Team Manitoba	6.31m	6.39m	3.3
14 199 Yetman, Daniel	92	Halifast Athletics	6.28m	6.06m	1.1
15 157 Linde, James K.	94	Coquitlam Cheetahs	6.61m	5.06m	2.6
--- 418 Young, Siu Pang Jacky	92	South Simcoe Dufferin T&F	5.67m	FOUL	NWI

Men Long Jump

Name	Yr	Team	Prelims	Finals	Wind	Points
Finals						
1 350 Young, Arren	92	Phoenix Athletics Associa	6.52m	6.89m	1.2	10
2 128 Kostelnik, Teodor	93	Capital City Track Club	6.47m	6.87m	0.4	8
3 376 Thibodeau, Jeremy	92	Saint Laurent Select	6.66m	6.76m	-1.4	6
4 570 Jansen, Richard	93	York University Track Clu	6.57m	6.75m	-0.7	5
5 553 Bednarik, Thomas	93	Windsor Legion Track & Fi	6.72m	6.64m	0.1	4
6 399 Choghri, Brandon	93	South Simcoe Dufferin T&F	6.86m	6.64m	+0.0	3
7 499 Bowers, Colby	93	Unattached Alberta	6.47m	6.55m	-0.8	2
8 440 Allen, Benjamin	92	Team Manitoba	6.43m	6.55m	-1.1	1
9 428 Bell, Riley	94	St. Thomas Legion Tfc	6.40m	6.39m	-0.8	
10 103 Nurse, Addae	92	Brampton Elite Track Club	6.46m	6.36m	0.6	
11 225 Dinn, Ryan	93	Lakeland Yellow Jackets (	6.53m	6.33m	0.5	
12 238 Skory, Kale	92	Lethbridge Track Club	6.49m	6.09m	-0.1	

Men Triple Jump

Name	Yr	Team	Seed	Finals	Wind	Points
Finals						
1 432 Muschette, Marvin	92	Supreme Athletics	15.22m	15.16m	2.5	
2 570 Jansen, Richard	93	York University Track Clu	13.86m	13.92m	2.9	
3 199 Yetman, Daniel	92	Halifast Athletics	13.73m	13.84m	0.3	
4 553 Bednarik, Thomas	93	Windsor Legion Track & Fi	12.80m	13.78m	2.2	
5 350 Young, Arren	92	Phoenix Athletics Associa	13.84m	13.75m	2.2	
6 525 Flemming, Jahrece	93	University of Toronto Tra	14.90m	13.50m	2.0	
7 428 Bell, Riley	94	St. Thomas Legion Tfc	13.60m	13.46m	2.6	
8 493 Taylor, Matthew	94	Track North Athletic Club	13.13m	13.06m	2.7	
9 399 Choghri, Brandon	93	South Simcoe Dufferin T&F	14.60m	12.92m	2.1	
10 262 Dupuis, Eric	93	Neat	13.51m	12.81m	0.2	
11 225 Dinn, Ryan	93	Lakeland Yellow Jackets (	13.32m	12.44m	2.7	
12 127 Karidio, Ismael	92	Capital City Track Club	12.69m	12.21m	1.0	

Men Shot Put

Name	Yr	Team	Seed	Finals	Points
Finals					
1 567 Young, Jordan	93	Windsor Legion Track & Fi	17.28m	17.31m	
2 540 Prince, Spencer R.	92	Valley Royals Track & Fie	16.48m	16.33m	
3 557 Girard, Darnell	92	Windsor Legion Track & Fi	15.69m	15.87m	
4 346 Karakolis, Adam	92	Phoenix Athletics Associa	15.34m	15.56m	
5 479 Urniezius, Curtis	94	Team Manitoba		14.11m	
6 296 Ingvaldson, Delling	92	Ocean Athletics	14.09m	14.10m	

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Finals ... (Men Shot Put)**

	Name	Yr	Team	Seed	Finals	Points
7	497 Kennedy, Robert	93	Truro Lions Throwers	13.33m	13.74m	
8	416 Thompson, Blake	94	South Simcoe Dufferin T&F		13.09m	
9	496 Burris, Nathan	93	Truro Lions Throwers	13.00m	13.00m	

Men Discus Throw

	Name	Yr	Team	Seed	Finals	Points
Finals						
1	567 Young, Jordan	93	Windsor Legion Track & Fi	55.76m	58.19m	10
2	346 Karakolis, Adam	92	Phoenix Athletics Associa	49.68m	51.43m	8
3	328 Keenan, Adam	93	Pacific Athletics	51.67m	50.54m	6
4	296 Ingvaldson, Delling	92	Ocean Athletics	49.57m	47.49m	5
5	297 Sommer, Ryan	93	Ocean Athletics	50.97m	47.36m	4
6	573 Preece, Chris	92	York University Track Clu	43.29m	45.52m	3
7	416 Thompson, Blake	94	South Simcoe Dufferin T&F	40.09m	45.41m	2
8	390 Bowman, Kevin	93	Saugeen Track & Field Clu	45.74m	45.28m	1
9	417 Thompson, Patrick	92	South Simcoe Dufferin T&F	43.36m	42.75m	
10	496 Burris, Nathan	93	Truro Lions Throwers	39.90m	39.93m	
11	497 Kennedy, Robert	93	Truro Lions Throwers	35.93m	34.97m	

Men Hammer Throw

	Name	Yr	Team	Seed	Finals	Points
Finals						
1	328 Keenan, Adam	93	Pacific Athletics	63.28m	64.90m	
2	567 Young, Jordan	93	Windsor Legion Track & Fi	62.88m	62.83m	
3	540 Prince, Spencer R.	92	Valley Royals Track & Fie	59.36m	61.10m	
4	390 Bowman, Kevin	93	Saugeen Track & Field Clu	60.72m	58.04m	
5	573 Preece, Chris	92	York University Track Clu	54.95m	53.97m	
6	496 Burris, Nathan	93	Truro Lions Throwers	52.05m	50.83m	
7	297 Sommer, Ryan	93	Ocean Athletics	45.74m	44.45m	
8	444 Beauvais, Phillip	92	Team Manitoba	45.93m	44.32m	
9	407 Kovacs, Adam	92	South Simcoe Dufferin T&F	46.03m	39.00m	
---	511 *diaz, Pedro	93	University of Calgary Ath		XND	
---	211 Molinari, Luca	93	Kajaks Track & Field Club	42.01m	FOUL	

Men Javelin Throw

	Name	Yr	Team	Seed	Finals	Points
Finals						
1	153 Parker, Cody	92	Comox Valley Cougars	68.25m	71.19m	10
2	290 Dykstra, Raymond	92	Niagara Regional Athletic	70.18m	66.57m	8
3	329 Kereszti, Mason	94	Pacific Athletics	59.11m	63.92m	6
4	407 Kovacs, Adam	92	South Simcoe Dufferin T&F	60.00m	61.09m	5
5	300 Bernicky, Adam	92	Ontario Unattached Athlet	57.05m	59.61m	4
6	175 Charest, Marc-Andre	92	Energie	57.36m	58.31m	3
7	373 Quigg, Mitch	92	Saint John Track Club	56.02m	58.23m	2
8	215 Watson, Marcus	92	Kajaks Track & Field Club	66.97m	57.16m	1
9	560 Kreitzer, Brad	93	Windsor Legion Track & Fi	60.95m	52.49m	
10	417 Thompson, Patrick	92	South Simcoe Dufferin T&F	49.73m	47.55m	

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Decathlon: #1 Men 100 Meter Dash Decathlon**

	Name	Yr	Team	Finals	Wind	Points
Finals						
1	299 Turner, James	93	Okanagan Athletics Club	11.24	+0.0	808
2	484 Woo, Graham	93	Team Manitoba	11.69	+0.0	713
3	102 Robertson, Chris	92	Athlétisme Sud-est/South	11.80	+0.0	691
4	393 West, Matheson	93	Saugeen Track & Field Clu	11.91	+0.0	669
5	544 Powrie, Jacob T.	93	Vancouver Thunderbirds	12.02	+0.0	647
6	402 Golow, Dylan	93	South Simcoe Dufferin T&F	12.33	+0.0	588
7	433 Palmer, Wesley	92	Supreme Athletics	12.73	+0.0	515

Decathlon: #5 Men 400 Meter Dash Decathlon

	Name	Yr	Team	Finals	Points
Finals					
1	299 Turner, James	93	Okanagan Athletics Club	50.75	780
2	393 West, Matheson	93	Saugeen Track & Field Clu	52.14	719
3	544 Powrie, Jacob T.	93	Vancouver Thunderbirds	52.19	716
4	102 Robertson, Chris	92	Athlétisme Sud-est/South	53.40	665
5	484 Woo, Graham	93	Team Manitoba	53.79	648
6	402 Golow, Dylan	93	South Simcoe Dufferin T&F	54.08	636
7	433 Palmer, Wesley	92	Supreme Athletics	54.84	605

Decathlon: #10 Men 1500 Meter Run Decathlon

	Name	Yr	Team	Finals	Points
Finals					
1	433 Palmer, Wesley	92	Supreme Athletics	4:37.06	699
2	393 West, Matheson	93	Saugeen Track & Field Clu	4:42.06	667
3	544 Powrie, Jacob T.	93	Vancouver Thunderbirds	4:47.59	633
4	299 Turner, James	93	Okanagan Athletics Club	4:47.71	633
5	402 Golow, Dylan	93	South Simcoe Dufferin T&F	4:54.41	592
6	102 Robertson, Chris	92	Athlétisme Sud-est/South	5:08.51	512
7	484 Woo, Graham	93	Team Manitoba	5:15.27	475

Decathlon: #6 Men 110 Meter Hurdles Decathlon

	Name	Yr	Team	Finals	Wind	Points
Finals						
1	393 West, Matheson	93	Saugeen Track & Field Clu	15.60	-1.1	778
2	484 Woo, Graham	93	Team Manitoba	15.78	-1.1	758
3	402 Golow, Dylan	93	South Simcoe Dufferin T&F	16.21	-1.1	709
4	102 Robertson, Chris	92	Athlétisme Sud-est/South	16.34	-1.1	695
5	544 Powrie, Jacob T.	93	Vancouver Thunderbirds	16.53	-1.1	674
6	299 Turner, James	93	Okanagan Athletics Club	16.66	-1.1	660
7	433 Palmer, Wesley	92	Supreme Athletics	17.45	-1.1	578

Decathlon: #4 Men High Jump Decathlon

	Name	Yr	Team	Finals	Points
Finals					
1	393 West, Matheson	93	Saugeen Track & Field Clu	1.94m	749
2	544 Powrie, Jacob T.	93	Vancouver Thunderbirds	1.91m	723
3	299 Turner, James	93	Okanagan Athletics Club	1.88m	696
4	102 Robertson, Chris	92	Athlétisme Sud-est/South	1.82m	644

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Finals ... (Decathlon: #4 Men High Jump Decathlon)**

	Name	Yr	Team	Finals	Points
5	402 Golow, Dylan	93	South Simcoe Dufferin T&F	1.76m	593
6	484 Woo, Graham	93	Team Manitoba	1.73m	569
6	433 Palmer, Wesley	92	Supreme Athletics	1.73m	569

Decathlon: #8 Men Pole Vault Decathlon

	Name	Yr	Team	Finals	Points
Finals					
1	402 Golow, Dylan	93	South Simcoe Dufferin T&F	3.90m	590
2	102 Robertson, Chris	92	Athlétisme Sud-est/South	3.80m	562
2	484 Woo, Graham	93	Team Manitoba	3.80m	562
4	393 West, Matheson	93	Saugeen Track & Field Clu	3.50m	482
4	544 Powrie, Jacob T.	93	Vancouver Thunderbirds	3.50m	482
6	433 Palmer, Wesley	92	Supreme Athletics	3.00m	357
7	299 Turner, James	93	Okanagan Athletics Club	2.60m	264

Decathlon: #2 Men Long Jump Decathlon

	Name	Yr	Team	Finals	Wind	Points
Finals						
1	299 Turner, James	93	Okanagan Athletics Club	6.65m	1.9	732
2	102 Robertson, Chris	92	Athlétisme Sud-est/South	6.53m	2.5	704
3	393 West, Matheson	93	Saugeen Track & Field Clu	6.52m	1.2	702
4	544 Powrie, Jacob T.	93	Vancouver Thunderbirds	5.93m	1.4	571
5	433 Palmer, Wesley	92	Supreme Athletics	5.67m	1.8	516
6	402 Golow, Dylan	93	South Simcoe Dufferin T&F	5.57m	2.3	496
7	484 Woo, Graham	93	Team Manitoba	5.42m	2.1	465

Decathlon: #3 Men Shot Put Decathlon

	Name	Yr	Team	Finals	Points
Finals					
1	299 Turner, James	93	Okanagan Athletics Club	13.63m	706
2	102 Robertson, Chris	92	Athlétisme Sud-est/South	12.00m	606
3	544 Powrie, Jacob T.	93	Vancouver Thunderbirds	11.91m	601
4	433 Palmer, Wesley	92	Supreme Athletics	11.42m	571
5	393 West, Matheson	93	Saugeen Track & Field Clu	11.40m	570
6	402 Golow, Dylan	93	South Simcoe Dufferin T&F	10.49m	515
7	484 Woo, Graham	93	Team Manitoba	7.96m	364

Decathlon: #7 Men Discus Throw Decathlon

	Name	Yr	Team	Finals	Points
Finals					
1	102 Robertson, Chris	92	Athlétisme Sud-est/South	44.52m	757
2	299 Turner, James	93	Okanagan Athletics Club	39.69m	658
3	393 West, Matheson	93	Saugeen Track & Field Clu	37.18m	607
4	544 Powrie, Jacob T.	93	Vancouver Thunderbirds	34.50m	554
5	433 Palmer, Wesley	92	Supreme Athletics	33.09m	526
6	402 Golow, Dylan	93	South Simcoe Dufferin T&F	30.82m	481
7	484 Woo, Graham	93	Team Manitoba	23.71m	342

Canadian Junior Championships - 7/8/2011 to 7/10/2011**Pan American Junior Trials****Winnipeg, MB****Results****Decathlon: #9 Men Javelin Throw Decathlon**

	Name	Yr	Team	Finals	Points
Finals					
1	299 Turner, James	93	Okanagan Athletics Club	54.83m	660
2	433 Palmer, Wesley	92	Supreme Athletics	51.53m	611
3	393 West, Matheson	93	Saugeen Track & Field Clu	50.35m	594
4	102 Robertson, Chris	92	Athlétisme Sud-est/South	48.39m	565
5	544 Powrie, Jacob T.	93	Vancouver Thunderbirds	46.18m	532
6	402 Golow, Dylan	93	South Simcoe Dufferin T&F	44.86m	513
7	484 Woo, Graham	93	Team Manitoba	40.05m	443

Men Decathlon

	Name	Yr	Team	Seed	Finals	Points
Finals						
1	299 Turner, James	93	Okanagan Athletics Club	6320	6597	10
2	393 West, Matheson	93	Saugeen Track & Field Clu	6179	6537	8
3	102 Robertson, Chris	92	Athlétisme Sud-est/South	5830	6401	6
4	544 Powrie, Jacob T.	93	Vancouver Thunderbirds	5917	6133	5
5	402 Golow, Dylan	93	South Simcoe Dufferin T&F	5693	5713	4
6	433 Palmer, Wesley	92	Supreme Athletics	5917	5547	3
7	484 Woo, Graham	93	Team Manitoba	4728	5339	2