

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Team Rankings - Through Event 827****Combined Team Scores**

Place	Team	Points	Sprints	Distance	Hurdles	Relays	Field Events	Combined
1	Greyhounds Masters Tr	535	257	101	26	0	123	28
2	Edmonton Masters	174	80	0	7	0	87	0
3	Jamcan International At	153	55	21	14	0	63	0
4	Excel Athletika	92	64	0	0	0	28	0
5	Calgary Spartans	80	45	0	0	0	28	7
5	Riversdale Athletics Tra	80	26	0	0	0	54	0
7	Saskatoon Century Trac	74	26	21	0	0	22	5
8	Norwesters Track & Fie	56	30	0	7	0	19	0
8	Edmonton Racewalk	56	0	56	0	0	0	0
10	Heartland Racewalk Clt	52	0	52	0	0	0	0
11	University of Toronto T	51	0	51	0	0	0	0
12	Running Room Athletic	47	0	47	0	0	0	0
13	Ultra Throw	45	0	14	0	0	31	0
14	Calgary Phoenix Strider	44	0	44	0	0	0	0
15	Edmonton Columbians '	40	33	0	0	0	7	0
16	Kamloops Track & Fiel	35	14	0	0	0	21	0
16	Prince George Track Ai	35	21	0	0	0	14	0
18	Roadkill Running Club	31	4	23	0	0	4	0
19	Athletics Victoria Track	28	7	7	0	0	14	0
20	Sherbrooke	26	12	0	0	0	14	0
21	Ocean Athletics Track &	25	9	9	0	0	7	0
21	Saskatoon TF Club	25	0	25	0	0	0	0
23	Elite Track & Field Aca	21	21	0	0	0	0	0
24	Runlab	19	0	19	0	0	0	0
24	Leduc Track And Field	19	5	0	0	0	14	0
26	Voleo Athletics	17	0	0	0	0	17	0
27	Saint John Track & Fiel	15	12	3	0	0	0	0
27	Rive-Sud	15	15	0	0	0	0	0
29	Throwers Club	14	0	0	0	0	14	0
29	Ontario Racewalkers As	14	0	14	0	0	0	0
31	Ottawa Lions T.F.C.	12	7	5	0	0	0	0
32	PA Athletics	11	7	4	0	0	0	0
32	Variety Village Athletic	11	11	0	0	0	0	0
34	Bytown Walkers	10	0	10	0	0	0	0
35	Victoria Speed Project	7	3	0	0	0	4	0
35	Edmonton International	7	0	0	7	0	0	0
35	Airdrie Aces Athletics C	7	0	7	0	0	0	0
35	Lethbridge Track And F	7	0	0	0	0	7	0
35	Caltaf Athletic Associat	7	0	0	0	0	7	0
35	Northeast Alberta Track	7	0	0	0	0	7	0
35	Apex Athletics Club	7	0	0	0	0	7	0
42	Passtrak	5	5	0	0	0	0	0
42	Toronto Race Walkers	5	0	5	0	0	0	0

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10**

**Canadian Masters Indoor Track and Field Championships**

**Universiade Pavilion**

**Team Rankings - Through Event 827**

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<b>Total</b>	<b>2,021.00</b>	<b>769.00</b>	<b>538.00</b>	<b>61.00</b>	<b>0.00</b>	<b>613.00</b>	<b>40.00</b>
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**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Team Rankings - Through Event 827****Female Team Scores**

<b>Place</b>	<b>Team</b>	<b>Points</b>	<b>Sprints</b>	<b>Distance</b>	<b>Hurdles</b>	<b>Relays</b>	<b>Field Events</b>	<b>Combined</b>
1	Greyhounds Masters Tr;	199	98	42	12	0	33	14
2	Edmonton Masters	63	21	0	0	0	42	0
3	Norwesters Track & Fie	56	30	0	7	0	19	0
4	Riversdale Athletics Tra	52	22	0	0	0	30	0
5	Calgary Spartans	50	22	0	0	0	21	7
6	Excel Athletika	49	35	0	0	0	14	0
7	Calgary Phoenix Strider	44	0	44	0	0	0	0
8	Jamcan International At	41	29	0	0	0	12	0
9	Heartland Racewalk Clu	28	0	28	0	0	0	0
10	Sherbrooke	26	12	0	0	0	14	0
10	Running Room Athletic	26	0	26	0	0	0	0
12	Runlab	19	0	19	0	0	0	0
13	Voleo Athletics	17	0	0	0	0	17	0
14	Rive-Sud	15	15	0	0	0	0	0
15	Athletics Victoria Track	14	7	7	0	0	0	0
15	Ontario Racewalkers As	14	0	14	0	0	0	0
15	Throwers Club	14	0	0	0	0	14	0
15	Kamloops Track & Fiel	14	0	0	0	0	14	0
15	Saskatoon Century Trac	14	0	14	0	0	0	0
20	Edmonton Racewalk	10	0	10	0	0	0	0
20	Saskatoon TF Club	10	0	10	0	0	0	0
20	Edmonton Columbians '	10	3	0	0	0	7	0
20	Bytown Walkers	10	0	10	0	0	0	0
24	Victoria Speed Project	7	3	0	0	0	4	0
24	PA Athletics	7	3	4	0	0	0	0
24	Airdrie Aces Athletics C	7	0	7	0	0	0	0
27	Toronto Race Walkers	5	0	5	0	0	0	0
<b>Total</b>		<b>821.00</b>	<b>300.00</b>	<b>240.00</b>	<b>19.00</b>	<b>0.00</b>	<b>241.00</b>	<b>21.00</b>

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Team Rankings - Through Event 827****Male Team Scores**

<b>Place</b>	<b>Team</b>	<b>Points</b>	<b>Sprints</b>	<b>Distance</b>	<b>Hurdles</b>	<b>Relays</b>	<b>Field Events</b>	<b>Combined</b>
1	Greyhounds Masters Tr	336	159	59	14	0	90	14
2	Jamcan International At	112	26	21	14	0	51	0
3	Edmonton Masters	111	59	0	7	0	45	0
4	Saskatoon Century Trac	60	26	7	0	0	22	5
5	University of Toronto T	51	0	51	0	0	0	0
6	Edmonton Racewalk	46	0	46	0	0	0	0
7	Ultra Throw	45	0	14	0	0	31	0
8	Excel Athletika	43	29	0	0	0	14	0
9	Prince George Track A	35	21	0	0	0	14	0
10	Roadkill Running Club	31	4	23	0	0	4	0
11	Edmonton Columbians '	30	30	0	0	0	0	0
11	Calgary Spartans	30	23	0	0	0	7	0
13	Riversdale Athletics Tra	28	4	0	0	0	24	0
14	Ocean Athletics Track &	25	9	9	0	0	7	0
15	Heartland Racewalk Cl	24	0	24	0	0	0	0
16	Kamloops Track & Fiel	21	14	0	0	0	7	0
16	Elite Track & Field Aca	21	21	0	0	0	0	0
16	Running Room Athletic	21	0	21	0	0	0	0
19	Leduc Track And Field	19	5	0	0	0	14	0
20	Saskatoon TF Club	15	0	15	0	0	0	0
20	Saint John Track & Fiel	15	12	3	0	0	0	0
22	Athletics Victoria Track	14	0	0	0	0	14	0
23	Ottawa Lions T.F.C.	12	7	5	0	0	0	0
24	Variety Village Athletic	11	11	0	0	0	0	0
25	Edmonton International	7	0	0	7	0	0	0
25	Apex Athletics Club	7	0	0	0	0	7	0
25	Northeast Alberta Track	7	0	0	0	0	7	0
25	Lethbridge Track And F	7	0	0	0	0	7	0
25	Caltaf Athletic Associat	7	0	0	0	0	7	0
30	Passtrak	5	5	0	0	0	0	0
31	PA Athletics	4	4	0	0	0	0	0
<b>Total</b>		<b>1,200.00</b>	<b>469.00</b>	<b>298.00</b>	<b>42.00</b>	<b>0.00</b>	<b>372.00</b>	<b>19.00</b>

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Individual Rankings - Through Event 827****Female - Individual Scores**

Place	Name	Age	Team	Points
1	Carol LaFayette-Boyd	W76	Excel Athletika	35
	60 Dash 7	60 Dash 7	200 Dash 7 Long Jump 7 Triple Jump 7	
1	Renate Cheetham	W81	Greyhounds Masters Track & Fie	35
	60 Dash 7	200 Dash 7	400 Dash 7 1500 Race Wal 7 3000 Race Wal 7	
3	Patty Szybunka	W61	Norwesters Track & Field Club	33
	60 Dash 7	200 Dash 7	60 Hurdles 7 Triple Jump 7 Long Jump 5	
4	Sheila Allison	W73	Greyhounds Masters Track & Fie	29
	200 Dash 7	400 Dash 7	800 Run 5 1500 Run 5 Triple Jump 5	
5	Sandi Arnason	W46	Riversdale Athletics Track	28
	200 Dash 7	High Jump 7	60 Dash 5 Triple Jump 5 Long Jump 4	
6	Suzanne Banfill	W45	Sherbrooke	26
	60 Dash 7	Long Jump 7	Triple Jump 7 200 Dash 5	
7	Lynette Baldock	W72	Greyhounds Masters Track & Fie	25
	Triple Jump 7	200 Dash 5	400 Dash 5 800 Run 4 1500 Run 4	
7	Deborah Lee	W68	Greyhounds Masters Track & Fie	25
	60 Hurdles 7	Long Jump 7	Triple Jump 7 60 Dash 4	
9	Cindy O'Brien Hugh	W60	Greyhounds Masters Track & Fie	23
	400 Dash 7	Long Jump 7	200 Dash 5 60 Dash 4	
9	Shauna Bunbury	W41	Norwesters Track & Field Club	23
	200 Dash 7	Long Jump 7	400 Dash 5 60 Dash 4	
11	Debbie King	W43	Jamcan International Athletics	22
	60 Dash 7	60 Dash 5	200 Dash 5 Shot Put 5	
12	Marie Johnson	W65	Greyhounds Masters Track & Fie	21
	60 Dash 7	200 Dash 7	400 Dash 7	
13	Sheree Mullings	W37	Jamcan International Athletics	19
	60 Dash 7	Shot Put 7	200 Dash 5	
13	Susanne Lauridsen	W61	Calgary Spartans	19
	Indoor Pentath 7	High Jump 7	Shot Put 5	
15	Urith Hayley	W67	Greyhounds Masters Track & Fie	17
	Indoor Pentath 7	60 Dash 5	60 Hurdles 5	
15	Loretta Amerongen	W65	Voleo Athletics	17
	High Jump 7	Long Jump 5	Shot Put 5	
15	Sharon Evans	W48	Calgary Spartans	17
	Long Jump 5	60 Dash 4	200 Dash 4 Triple Jump 4	
18	Dala Bortolussi	W50	Rive-Sud	15
	400 Dash 7	60 Dash 4	200 Dash 4	
19	Liz McBlain	W71	Edmonton Masters	14
	Shot Put 7	Weight Throw 7		
19	Doreen Garner	W65	Throwers Club	14
	Shot Put 7	Weight Throw 7		
19	Andrea Diener	W44	Edmonton Masters	14
	Shot Put 7	Weight Throw 7		
19	Miriam Cavani	W58	Kamloops Track & Field Club	14
	High Jump 7	Long Jump 7		
19	Alison Klassen	W51	Riversdale Athletics Track	14
	High Jump 7	Shot Put 7		
19	Rachel Mintz	W39	Edmonton Masters	14
	200 Dash 7	400 Dash 7		

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Individual Rankings - Through Event 827**

19	Teresa Chiozza		W68	Ontario Racewalkers Associatio	14
	1500 Race Wal 7	3000 Race Wal 7			
19	Michelle Rodrigue-Poscente		W59	Heartland Racewalk Club	14
	1500 Race Wal 7	3000 Race Wal 7			
19	Susan Brooke		W53	Unattached	14
	1500 Race Wal 7	3000 Race Wal 7			
19	Jeannette Van Den Bulk		W41	Athletics Victoria Track and F	14
	400 Dash 7	800 Run 7			
19	Roxanne Skoreyko		W39	Running Room Athletic Club Alb	14
	1500 Run 7	3000 Run 7			
19	Johanna Flipsen		W64	Heartland Racewalk Club	14
	1500 Race Wal 7	3000 Race Wal 7			
19	Judy Warick		W70	Saskatoon Century Track Club	14
	800 Run 7	1500 Run 7			
19	Donna Dixon		W56	Calgary Phoenix Striders	14
	800 Run 7	1500 Run 7			
19	Kelly Silcox		W52	Excel Athletika	14
	60 Dash 7	200 Dash 7			
19	Yuko Nakano		W75	Edmonton Masters	14
	Shot Put 7	Weight Throw 7			
19	Janice Patterson		W54	Calgary Phoenix Striders	14
	800 Run 7	1500 Run 7			
36	Michele Harvey-Blankenship		W52	Running Room Athletic Club Alb	12
	3000 Run 7	1500 Run 5			
37	Sandy Archibald		W59	Bytown Walkers	10
	1500 Race Wal 5	3000 Race Wal 5			
37	Valerie Hardy		W50	Riversdale Athletics Track	10
	60 Dash 5	200 Dash 5			
37	Suzanne Sharp		W65	Greyhounds Masters Track & Fie	10
	1500 Race Wal 5	3000 Race Wal 5			
37	Sheila Ruller		W54	Edmonton Racewalk	10
	1500 Race Wal 5	3000 Race Wal 5			
37	Jan Smith		W59	Saskatoon TF Club	10
	800 Run 5	1500 Run 5			
42	Margot Glover		W54	Calgary Phoenix Striders	9
	800 Run 5	1500 Run 4			
42	Evelyn Burnett		W61	Calgary Spartans	9
	60 Dash 5	200 Dash 4			
44	Dana Bourdages		W41	Edmonton Masters	7
	60 Dash 7				
44	Mette Fossberg		W67	Victoria Speed Project	7
	Long Jump 4	60 Dash 3			
44	Olesea Chitul		W43	Greyhounds Masters Track & Fie	7
	Indoor Pentath 7				
44	Bobbijo Waite Lang		W48	Airdrie Aces Athletics Club	7
	1500 Run 7				
44	Lisa Davis		W50	PA Athletics	7
	800 Run 4	60 Dash 3			
44	Cosette Lemelin		W44	Runlab	7
	3000 Run 7				

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44	Tracy King			W60	Edmonton Columbians Track Club	7
	Shot Put	7				
44	Julie Valente			W52	Greyhounds Masters Track & Fie	7
	400 Dash	5	60 Dash	2		
44	Leanne Yohemas			W49	Calgary Phoenix Striders	7
	800 Run	7				
44	Larissa Zariwny			W39	Runlab	7
	800 Run	7				
54	Nancy Patten			W63	Toronto Race Walkers	5
	1500 Race Wal	5				
54	Mary Neuman			W51	Runlab	5
	3000 Run	5				
54	Candace Prajoux			W35	Calgary Spartans	5
	400 Dash	5				
57	Lani Thompson			W49	Edmonton Columbians Track Club	3
	60 Dash	3				

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Individual Rankings - Through Event 827****Male - Individual Scores**

Place	Name	Age	Team	Points
1	Hardev Singh Sandhu	M70	Greyhounds Masters Track & Fie	60
	Indoor Pentath 7	60 Hurdles 7	Weight Throw 7	60 Dash 5
	High Jump 5	Pole Vault 5	Long Jump 5	Triple Jump 5
	400 Dash 4		Shot Put 5	
2	Murray Black	M59	Edmonton Masters	49
	200 Dash 7	60 Hurdles 7	High Jump 7	Pole Vault 7
	400 Dash 5	Long Jump 5	60 Dash 4	Triple Jump 7
3	Surinder Shah	M75	Greyhounds Masters Track & Fie	38
	Indoor Pentath 7	200 Dash 7	60 Hurdles 7	Weight Throw 7
	Long Jump 5		60 Dash 5	
3	Arthur Gee	M75	Greyhounds Masters Track & Fie	38
	60 Dash 7	60 Dash 7	Long Jump 7	Triple Jump 7
	Weight Throw 5		400 Dash 5	
5	Tuomas Ukonmaanaho	M74	Prince George Track And Field	35
	60 Dash 7	200 Dash 7	400 Dash 7	High Jump 7
			Pole Vault 7	
6	Harnek Toor	M72	Ultra Throw	33
	1500 Race Wal 7	3000 Race Wal 7	Long Jump 7	Shot Put 7
			Weight Throw 5	
7	Matt Beechey	M48	Jamcan International Athletics	31
	High Jump 7	60 Dash 5	200 Dash 5	Long Jump 5
	60 Dash 4		Triple Jump 5	
8	Samuel Walker	M47	Greyhounds Masters Track & Fie	26
	60 Dash 7	200 Dash 7	400 Dash 7	60 Dash 5
8	Niegel Geohagen	M50	Jamcan International Athletics	26
	800 Run 7	1500 Run 7	1500 Race Wal 7	400 Dash 5
8	Mark Stewart	M74	Greyhounds Masters Track & Fie	26
	800 Run 7	1500 Run 7	3000 Run 7	400 Dash 5
11	Edwin Liu	M62	Greyhounds Masters Track & Fie	24
	60 Dash 7	Long Jump 7	Triple Jump 7	200 Dash 3
12	Dwight Liburd	M36	Kamloops Track & Field Club	21
	60 Dash 7	200 Dash 7	Long Jump 7	
12	Jack Pontes	M47	Jamcan International Athletics	21
	60 Hurdles 7	Long Jump 7	Triple Jump 7	
12	Vince Kocourek	M66	Elite Track & Field Academy	21
	60 Dash 7	200 Dash 7	400 Dash 7	
12	Gurmit Singh	M65	Greyhounds Masters Track & Fie	21
	800 Run 7	1500 Run 7	3000 Run 7	
16	Shawn Folkes	M50	Jamcan International Athletics	19
	60 Hurdles 7	High Jump 7	Shot Put 5	
16	Darren Dellezay	M41	Leduc Track And Field Club	19
	Long Jump 7	Triple Jump 7	200 Dash 5	
16	Gordon Flett	M59	Roadkill Running Club	19
	3000 Run 7	400 Dash 4	1500 Run 4	Long Jump 4
16	Bill Rehlau	M55	Calgary Spartans	19
	60 Dash 7	Long Jump 7	200 Dash 5	
16	Newton Grey	M53	Edmonton Columbians Track Club	19
	60 Dash 7	60 Dash 7	200 Dash 5	
21	Wayne Chee	M64	University of Toronto T.C.	18
	1500 Run 7	3000 Run 7	800 Run 4	



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21	Roland Delhomeau			M74	Saskatoon Century Track Club	18
	Triple Jump	7	Indoor Pentath	5	Weight Throw	4
					60 Dash	2
21	Doug Renwick			M77	Saskatoon Century Track Club	18
	400 Dash	7	Pole Vault	7	Long Jump	4
24	Colin Ellis			M51	Excel Athletika	17
	400 Dash	7	60 Dash	5	200 Dash	3
					60 Dash	2
25	Mark Phillips			M54	Greyhounds Masters Track & Fie	16
	800 Run	5	60 Dash	4	400 Dash	4
					200 Dash	2
					60 Dash	1
25	Chris Niwinski			M61	Ocean Athletics Track & Field	16
	High Jump	7	200 Dash	5	60 Dash	4
25	Brian Lewchuk			M53	Riversdale Athletics Track	16
	Triple Jump	7	Long Jump	5	400 Dash	3
					200 Dash	1
28	Bruce Rosvall			M55	Saint John Track & Field	15
	400 Dash	7	60 Dash	5	800 Run	3
28	Rod McBeth			M62	Edmonton Masters	15
	200 Dash	7	60 Dash	5	Long Jump	3
30	Michael Ehr			M39	Excel Athletika	14
	Shot Put	7	Weight Throw	7		
30	Philip Vesty			M56	Edmonton Racewalk	14
	1500 Race Wal	7	3000 Race Wal	7		
30	Sean Steele			M57	Athletics Victoria Track and F	14
	Shot Put	7	Weight Throw	7		
30	Dave Keenan			M61	Heartland Racewalk Club	14
	1500 Race Wal	7	3000 Race Wal	7		
30	Henry Charrois			M67	Edmonton Racewalk	14
	1500 Race Wal	7	3000 Race Wal	7		
30	Paul Osland			M55	University of Toronto T.C.	14
	800 Run	7	1500 Run	7		
30	Jay Brecher			M45	University of Toronto T.C.	14
	800 Run	7	1500 Run	7		
30	Ramakrishnan Lakshmanan			M40	Edmonton Masters	14
	High Jump	7	Shot Put	7		
30	Jospeh Boland			M40	Running Room Athletic Club Alb	14
	800 Run	7	1500 Run	7		
30	Keith Meszaros			M63	Saskatoon Century Track Club	14
	400 Dash	7	800 Run	7		
30	Jack Laughlin			M61	Greyhounds Masters Track & Fie	14
	Long Jump	5	Triple Jump	5	60 Dash	2
					200 Dash	2
30	Marvin Johnson			M44	Greyhounds Masters Track & Fie	14
	60 Dash	7	200 Dash	7		
30	David Dunn			M82	Edmonton Masters	14
	60 Dash	7	200 Dash	7		
43	Ian Munro			M35	Excel Athletika	12
	400 Dash	7	200 Dash	5		
43	Mohan Bains			M68	Ultra Throw	12
	Weight Throw	7	Shot Put	5		
43	Bill McNamara			M77	Greyhounds Masters Track & Fie	12
	200 Dash	5	60 Dash	4	Long Jump	3
43	Gilles Frenette			M42	Ottawa Lions T.F.C.	12
	400 Dash	7	800 Run	5		

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Individual Rankings - Through Event 827**

43	Darcey Harder			M47	Roadkill Running Club	12
	3000 Run	7	1500 Run	5		
43	Brian Berquist			M65	Riversdale Athletics Track	12
	Shot Put	7	Weight Throw	5		
49	Christopher Warburton			M53	Variety Village Athletic Club	11
	200 Dash	7	60 Dash	4		
49	Chris Jones			M45	Calgary Spartans	11
	60 Dash	4	200 Dash	4	60 Dash	3
51	Ian Lamplough			M57	Edmonton Racewalk	10
	1500 Race Wal	5	3000 Race Wal	5		
51	Randy Warick			M69	Saskatoon Century Track Club	10
	60 Dash	5	200 Dash	5		
51	James Kenney			M62	Heartland Racewalk Club	10
	1500 Race Wal	5	3000 Race Wal	5		
51	Neil Mackay			M64	Saskatoon TF Club	10
	800 Run	5	1500 Run	5		
55	Brent Davy			M63	Greyhounds Masters Track & Fie	9
	400 Dash	5	200 Dash	4		
55	Sewa Birring			M73	Greyhounds Masters Track & Fie	9
	800 Run	5	200 Dash	4		
55	Bryan Baldsing			M61	Jamcan International Athletics	9
	Long Jump	4	Triple Jump	4	60 Dash	1
55	Bruce Mintz			M72	Edmonton Masters	9
	60 Dash	3	200 Dash	3	400 Dash	3
55	Mark Pinckard			M58	Ocean Athletics Track & Field	9
	1500 Run	5	800 Run	4		
60	Faraaz Taiyab			M45	Greyhounds Masters Track & Fie	8
	60 Dash	3	200 Dash	3	60 Dash	2
60	Garry Stone			M63	Edmonton Racewalk	8
	1500 Race Wal	4	3000 Race Wal	4		
62	Jackson Hinton			M37	Edmonton International Track C	7
	60 Hurdles	7				
62	Ronald Chmielewski			M70	Lethbridge Track And Field Clu	7
	Shot Put	4	Weight Throw	3		
62	Jim Stelfox			M65	Caltaf Athletic Association	7
	High Jump	7				
62	Robbie Nissen			M36	Running Room Athletic Club Alb	7
	3000 Run	7				
62	Steven Colbert			M54	Greyhounds Masters Track & Fie	7
	200 Dash	4	60 Dash	3		
62	Tom Starosielski			M50	Northeast Alberta Track & Fiel	7
	Long Jump	7				
62	Paul Rains			M51	Apex Athletics Club	7
	Shot Put	7				
62	Kelly Sharp			M64	Greyhounds Masters Track & Fie	7
	1500 Run	4	800 Run	3		
62	Shahryar Nouraei			M47	Greyhounds Masters Track & Fie	7
	60 Dash	7				
71	Darcy Meyers			M57	Edmonton Columbians Track Club	6
	60 Dash	3	200 Dash	3		

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Individual Rankings - Through Event 827**

71	Joseph Baptiste			M58	Jamcan International Athletics	6
	200 Dash	4	60 Dash	2		
73	Craig Hay			M38	Passtrak	5
	400 Dash	5				
73	Antonio Rolle			M37	Edmonton Columbians Track Club	5
	60 Dash	5				
73	Dave Gardner			M62	Edmonton Masters	5
	60 Dash	3	Long Jump	2		
73	Courtney Hawkins			M51	Unattached	5
	60 Dash	5				
73	Lyndon Smith			M57	Saskatoon TF Club	5
	1500 Run	3	800 Run	2		
73	Michael Sherar			M55	University of Toronto T.C.	5
	800 Run	5				
79	Dwight Swane			M74	Edmonton Masters	4
	60 Dash	4				
79	Mike Taylor			M37	PA Athletics	4
	60 Dash	4				
81	Kevin Kirechuk			M39	Unattached	3
	60 Dash	3				
82	Abel Aburto			M48	Edmonton Masters	1
	60 Dash	1				

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results - Combined Events****W35+ Indoor Pentathlon Masters**

	Points	60H	HJ	SP	LJ	800
----- W40 -----						
1 Olesea Chitul		12.56	1.16m	7.53m	3.92m	3:02.41
Greyhounds Masters Track						
W43 Team Points: 7	2101	(476)	(389)	(422)	(391)	(423)
----- W55 -----						
1 Jovette Jolicoeur		13.38	1.10m	8.65m	3.52m	3:22.10
Unattached Alberta,Calgar						
W59	2678	(523)	(534)	(651)	(482)	(488)
----- W60 -----						
1 Susanne Lauridsen		13.34	1.19m	7.26m	3.54m	4:10.53
Calgary Spartans,Calgary,						
W61 Team Points: 7	2779	(609)	(771)	(589)	(584)	(226)
----- W65 -----						
1 Urith Hayley		13.42	1.07m	5.83m	2.77m	4:40.09
Greyhounds Masters Track						
W67 Team Points: 7	2436	(684)	(701)	(508)	(379)	(164)

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results - Combined Events****M35+ Indoor Pentathlon Masters**

	Points	60H	LJ	SP	HJ	1000
----- M35 -----						
DNF Adam Betzelt		10.29	5.54m	12.33m	1.71m	SCR
Caltaf Athletic Associat						
M37		(517)	(525)	(654)	(585)	(0)
----- M40 -----						
1 Douglas McLaren		9.66	4.94m	9.13m	1.62m	4:02.31
Yukon, Whitehorse						
M43	2453	(713)	(457)	(495)	(536)	(252)
----- M45 -----						
DNF Matt Beechey		SCR	DNS	DNS	DNS	SCR
Jamcan International Athl						
M48		(0)	(0)	(0)	(0)	(0)
----- M60 -----						
1 Henry Knitter		12.60	3.53m	8.77m	1.32m	4:10.99
Unattached Alberta, Airdri						
M61	2405	(454)	(375)	(542)	(552)	(482)
----- M65 -----						
DNF Dale Cocks		SCR	DNS	DNS	DNS	SCR
Unattached Alberta, Edmont						
M67		(0)	(0)	(0)	(0)	(0)
----- M70 -----						
1 Hardev Singh Sandhu		12.62	3.15m	8.85m	1.05m	5:36.35
Greyhounds Masters Track						
M70 Team Points: 7	2206	(591)	(419)	(566)	(426)	(204)
----- M74 -----						
2 Roland Delhomeau		14.78	3.01m	7.55m	1.17m	5:12.31
Saskatoon Century Track C						
M74 Team Points: 5	2027	(306)	(375)	(465)	(569)	(312)
----- M75 -----						
1 Surinder Shah		14.94	3.03m	6.43m	0.96m	6:40.92
Greyhounds Masters Track						
M75 Team Points: 7	1770	(376)	(473)	(425)	(411)	(85)
----- M77 -----						
DNF Doug Renwick		SCR	DNS	DNS	DNS	SCR
Saskatoon Century Track C						
M77		(0)	(0)	(0)	(0)	(0)

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W35 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
Finals						
1 Sheree Mullings	W37	Jamcan Inter,Canada	8.57	8.57	3	7

**W40 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Dana Bourdages	W41	Edmonton Masters,Ed		8.71	3	7
2 Debbie King	W43	Jamcan Inter,toront	8.80	8.78	3	5
3 Shauna Bunbury	W41	Norwesters Track,No	8.78	8.89	3	4

**W40 60 Metre Dash Exhibition Masters**

Name	Age	Team	Seed	Finals	Points
1 Debbie King	W43	Jamcan Inter,toront		8.90	7

**W45 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Suzanne Banfill	W45	Sherbrooke,Cookshir	8.88	8.94	3	7
2 Sandi Arnason	W46	RiversdaleAthlet,Os	9.36	9.25	3	5 9.242
3 Sharon Evans	W48	Calgary Spartans,Co	9.26	9.52	3	4
4 Lani Thompson	W49	Columbians,Edmonton	10.38	10.51	3	3

**W50 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Kelly Silcox	W52	Excel Athlet,Regina	8.69	8.67	2	7
2 Valerie Hardy	W50	RiversdaleAthlet,Sa	8.87	9.07	2	5
3 Dala Bortolussi	W50	Rive-Sud,Brossard	9.29	9.58	2	4
4 Lynda Turner	W54	Unattached AB,Calga	9.71	X9.74	2	
5 Lisa Davis	W50	PA Athletics,Prince		11.28	2	3
6 Julie Valente	W52	Greyhounds M,New We	11.44	11.63	2	2

**W55 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Jovette Jolicoeur	W59	Unattached AB,Calga	10.14	X10.16	
2 Wendy Melvin	W58	Unattached O,Toront	11.17	X10.88	

**W60 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Patty Szybunka	W61	Norwesters Track,No		9.06	2	7
2 Evelyn Burnett	W61	Calgary Spartans,Ca	8.93	9.23	2	5
3 Cindy O'Brien Hugh	W60	Greyhounds M,Clover	9.55	9.25	2	4 9.246
4 Jo Welch	W62	Unattached N,East D	10.39	X10.59	2	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W65 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Marie Johnson	W65	Greyhounds M,Surrey		10.52	7
2 Urith Hayley	W67	Greyhounds M,Coquit	10.47	10.69	5
3 Deborah Lee	W68	Greyhounds M,North	10.75	10.93	4
4 Mette Fossberg	W67	Victoria Spe,Victor	12.00	11.58	3

**W75 60 Metre Dash Exhibition Masters**

Name	Age	Team	Seed	Finals	Points
1 Carol LaFayette-Boyd	W76	Excel Athlet,Regina		9.43	7

**W75 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Carol LaFayette-Boyd	W76	Excel Athlet,Regina	9.40	9.51	7
2 Lucille Burton	W77	Unattached AB,Edmon	10.68	X10.71	

**W80 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Christa Bortignon	W82	Unattached BC,West	11.02	X10.85	
2 Renate Cheetham	W81	Greyhounds M,Surrey	15.87	15.77	7

**W35 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Rachel Mintz	W39	Edmonton Masters,Ed	27.74	28.42	4	7
2 Sheree Mullings	W37	Jamcan Inter,Canada	29.49	29.31	4	5

**W40 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Shauna Bunbury	W41	Norwesters Track,No	29.09	29.56	4	7
2 Debbie King	W43	Jamcan Inter,toront	29.19	29.74	4	5
3 Sheila Gelinis	W43	Unattached AB,Lloyd		X32.63	4	
-- Jeannette Van Den Bulk	W41	Athletics Vi,Victor		SCR	4	

**W45 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Sandi Arnason	W46	RiversdaleAthlet,Os	32.04	30.81	3	7
2 Suzanne Banfill	W45	Sherbrooke,Cookshir		30.95	3	5
3 Sharon Evans	W48	Calgary Spartans,Co	32.28	32.66	3	4

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W50 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Kelly Silcox	W52	Excel Athlet, Regina	28.94	28.99	3	7
2 Valerie Hardy	W50	Riversdale Athlet, Sa	31.07	30.33	3	5
3 Dala Bortolussi	W50	Rive-Sud, Brossard	32.25	32.93	3	4
4 Lynda Turner	W54	Unattached AB, Calga		X33.03	3	

**W60 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Patty Szybunka	W61	Norwesters Track, No	30.47	30.69	2	7
2 Cindy O'Brien Hugh	W60	Greyhounds M, Clover	32.00	31.46	2	5
3 Evelyn Burnett	W61	Calgary Spartans, Ca	30.72	32.70	2	4
4 Jo Welch	W62	Unattached N, East D	35.67	X35.81	2	

**W65 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Marie Johnson	W65	Greyhounds M, Surrey	35.81	36.54	2	7
-- Urith Hayley	W67	Greyhounds M, Coquit	37.63	SCR	2	

**W70 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Sheila Allison	W73	Greyhounds M, Surrey	47.25	42.13	7
2 Lynette Baldock	W72	Greyhounds M, Surrey		49.22	5

**W75 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Carol LaFayette-Boyd	W76	Excel Athlet, Regina	33.54	32.26	7

**W80 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Christa Bortignon	W82	Unattached BC, West	39.20	X40.40	
2 Renate Cheetham	W81	Greyhounds M, Surrey	58.93	59.13	7

**W35 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Rachel Mintz	W39	Edmonton Masters, Ed	1:01.48	1:03.01	7
2 Candace Prajoux	W35	Calgary Spartans, Co		1:23.68	5



**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W40 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Jeannette Van Den Bulk	W41	Athletics Vi,Victor		1:03.43	7
2 Shauna Bunbury	W41	Norwesters Track,No	1:06.18	1:10.43	5
3 Sheila Gelinas	W43	Unattached AB,Lloyd		X1:16.97	

**W50 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Dala Bortolussi	W50	Rive-Sud,Brossard		1:21.24	7
2 Julie Valente	W52	Greyhounds M,New We	1:30.40	1:29.50	5

**W60 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Cindy O'Brien Hugh	W60	Greyhounds M,Clover	1:19.04	1:21.02	2	7

**W65 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Marie Johnson	W65	Greyhounds M,Surrey	1:30.92	1:26.97	2	7

**W70 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Sheila Allison	W73	Greyhounds M,Surrey	1:50.41	1:43.27	2	7
2 Lynette Baldock	W72	Greyhounds M,Surrey	1:53.18	1:57.21	2	5

**W80 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Renate Cheetham	W81	Greyhounds M,Surrey	2:28.78	2:22.86	2	7
-- Christa Bortignon	W82	Unattached BC,West	1:45.00	XSCR	2	

**W35 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Larissa Zariwny	W39	Runlab,Edmonton, AB	2:32.00	2:41.27	2	7

**W40 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Jeannette Van Den Bulk	W41	Athletics Vi,Victor		2:39.10	2	7

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W45 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Leanne Yohemas	W49	Calgary Phoenix,Cal	3:03.00	2:45.43	2	7

**W50 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Janice Patterson	W54	Calgary Phoenix,cal	2:45.00	2:40.30	2	7
2 Margot Glover	W54	Calgary Phoenix,Cal	2:58.00	2:55.62	2	5
3 Lisa Davis	W50	PA Athletics,Prince		3:38.28	2	4
-- Julie Valente	W52	Greyhounds M,New We	3:27.10	SCR	2	

**W55 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Donna Dixon	W56	Calgary Phoenix,Cal	2:44.76	2:46.66	2	7
2 Jan Smith	W59	Saskatoon TF,Saskat	3:02.24	3:01.00	2	5

**W70 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Judy Warick	W70	SaskatoonCentury,Sa	3:35.80	3:37.83	7
2 Sheila Allison	W73	Greyhounds M,Surrey	4:24.48	4:06.79	5
3 Lynette Baldock	W72	Greyhounds M,Surrey	4:17.24	4:13.03	4

**W80 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
-- Renate Cheetham	W81	Greyhounds M,Surrey	5:11.00	SCR	

**W35 1500 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Roxanne Skoreyko	W39	Running Room,Edmont		5:12.16	7

**W40 1500 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Sheila Gelinis	W43	Unattached AB,Lloyd		X5:58.10	

**W45 1500 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Bobbijo Waite Lang	W48	Airdrie Aces,Airdri	5:25.00	5:25.00	7
-- Maria Zambrano	W48	Calgary Phoenix,Cal	4:51.97	SCR	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W50 1500 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Janice Patterson	W54	Calgary Phoenix, cal	5:35.00	5:24.03	7
2 Michele Harvey-Blankensh	W52	Running Room,Edmont	5:28.08	5:24.36	5
3 Margot Glover	W54	Calgary Phoenix,Cal	5:59.00	6:10.83	4

**W55 1500 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Donna Dixon	W56	Calgary Phoenix,Cal	5:44.25	5:45.52	7
2 Jan Smith	W59	Saskatoon TF,Saskat		6:16.32	5

**W70 1500 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Judy Warick	W70	SaskatoonCentury,Sa	7:32.86	7:28.09	7
2 Sheila Allison	W73	Greyhounds M,Surrey	8:28.98	8:14.25	5
3 Lynette Baldock	W72	Greyhounds M,Surrey	8:13.81	8:22.05	4

**W35 3000 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Roxanne Skoreyko	W39	Running Room,Edmont	11:04.67	11:08.47	7

**W40 3000 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Cosette Lemelin	W44	Runlab,Edmonton, AB	11:14.99	11:00.74	7

**W45 3000 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
-- Maria Zambrano	W48	Calgary Phoenix,Cal	10:19.00	SCR	

**W50 3000 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Michele Harvey-Blankensh	W52	Running Room,Edmont	11:25.00	12:03.10	7
2 Mary Neuman	W51	Runlab,Edmonton, AB	14:00.00	13:48.58	5

**W55 3000 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Sandra Yaworski	W57	Unattached AB,Calga	12:45.00	X12:51.33	
-- Joy Kramarich	W58	University o,Toront	12:58.00	SCR	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W70 3000 Metre Run Masters**

Name	Age Team	Seed	Finals	Points
-- Lynette Baldock	W72 Greyhounds M,Surrey	17:03.52	SCR	
-- Sheila Allison	W73 Greyhounds M,Surrey	16:56.00	SCR	

**W60 60 Metre Hurdles WMA specs Masters**

35-39: 0.84m. 13m to first, then every 8.5m (yellow marks).  
 40-49: 0.76m. 12m to first, then every 8m (green marks).  
 50-59: 0.76m. 12m to first, then every 7m.  
 60+ 0.69m. 12m to first, then every 7m.

Name	Age Team	Seed	Finals	H#	Points
1 Patty Szybunka	W61 Norwesters Track,No		11.97	2	7
2 Jo Welch	W62 Unattached N,East D		X13.29	2	

**W65 60 Metre Hurdles WMA specs Masters**

35-39: 0.84m. 13m to first, then every 8.5m (yellow marks).  
 40-49: 0.76m. 12m to first, then every 8m (green marks).  
 50-59: 0.76m. 12m to first, then every 7m.  
 60+ 0.69m. 12m to first, then every 7m.

Name	Age Team	Seed	Finals	Points
1 Deborah Lee	W68 Greyhounds M,North	13.75	13.52	7
2 Urith Hayley	W67 Greyhounds M,Coquit	13.42	14.00	5

**W80 60 Metre Hurdles WMA specs Masters**

35-39: 0.84m. 13m to first, then every 8.5m (yellow marks).  
 40-49: 0.76m. 12m to first, then every 8m (green marks).  
 50-59: 0.76m. 12m to first, then every 7m.  
 60+ 0.69m. 12m to first, then every 7m.

Name	Age Team	Seed	Finals	H#	Points
-- Christa Bortignon	W82 Unattached BC,West	17.80	XSCR		

**W45 High Jump Masters**

Name	Age Team	Seed	Finals	Points
1 Sandi Arnason	W46 RiversdaleAthlet,Os	1.15m	1.18m	7
			1.15 1.18 1.21	
			XO XO XXX	

**W50 High Jump Masters**

Name	Age Team	Seed	Finals	Points
1 Alison Klassen	W51 RiversdaleAthlet,Sa		1.18m	7
			1.15 1.18 1.21	
			XO XO XXX	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W55 High Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Miriam Cavani	W58	Kamloops Tra,Kamloo	1.40m	1.31m	7
1.21 1.26 1.31 1.36					
0 0 0 XXX					

**W60 High Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Susanne Lauridsen	W61	Calgary Spartans,Ca	1.23m	1.18m	7
1.09 1.15 1.18 1.21					
0 0 0 XXX					

**W65 High Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Loretta Amerongen	W65	Voleo Athletics,Edm		1.03m	7
1.00 1.03					
0 XO					

**W40 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Shauna Bunbury	W41	Norwesters Track,No	4.46m	4.11m	7
4.11m 3.96m 4.09m		4.09m 4.05m FOUL			

**W45 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Suzanne Banfill	W45	Sherbrooke,Cookshir	4.11m	4.28m	7
4.10m 4.28m 4.25m		4.13m 4.20m			
2 Sharon Evans	W48	Calgary Spartans,Co	3.80m	4.00m	5
3.86m 3.92m 4.00m		3.83m			
3 Sandi Arnason	W46	RiversdaleAthlet,Os	4.01m	3.96m	4
3.92m 3.96m 3.85m		3.95m 3.73m 3.88m			

**W55 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Miriam Cavani	W58	Kamloops Tra,Kamloo	4.20m	4.24m	7
4.22m 4.24m FOUL		FOUL 4.14m 3.92m			

**W60 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Cindy O'Brien Hugh	W60	Greyhounds M,Clover	3.88m	4.14m	7
4.14m 4.08m 3.85m		3.81m 4.04m 3.95m			

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****....W60 Long Jump Masters**

2	Patty Szybunka	W61	Norwesters Track,No	3.92m	4.13m	5
	3.92m	4.13m	3.83m	4.08m	3.93m	3.84m

**W65 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points	
1 Deborah Lee	W68	Greyhounds M,North	3.40m	3.47m	7	
	FOUL	FOUL	3.23m	FOUL	3.47m	FOUL
2 Loretta Amerongen	W65	Voleo Athletics,Edm	3.10m	3.10m	5	
	3.10m	FOUL	3.07m	3.07m		
3 Mette Fossberg	W67	Victoria Spe,Victor	2.95m	2.97m	4	
	2.96m	2.60m	2.89m	2.68m	2.97m	2.95m

**W70 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
-- Lynette Baldock	W72	Greyhounds M,Surrey	2.48m	DNS	
-- Sheila Allison	W73	Greyhounds M,Surrey	2.21m	DNS	

**W75 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Carol LaFayette-Boyd	W76	Excel Athlet,Regina	3.97m	3.51m	7
	3.29m	3.47m	FOUL	3.51m	

**W80 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Christa Bortignon	W82	Unattached BC,West	2.72m	X2.88m	
	2.77m	2.81m	2.80m	2.88m	

**W45 Triple Jump Masters**

Name	Age	Team	Seed	Finals	Points	
1 Suzanne Banfill	W45	Sherbrooke,Cookshir	8.52m	8.92m	7	
	8.47m	8.62m	8.66m	FOUL	8.92m	8.57m
2 Sandi Arnason	W46	RiversdaleAthlet,Os	8.16m	8.68m	5	
	8.49m	8.68m	8.42m	8.60m	FOUL	8.68m
3 Sharon Evans	W48	Calgary Spartans,Co	8.58m	8.56m	4	
	FOUL	FOUL	FOUL	FOUL	FOUL	8.56m

**W60 Triple Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Patty Szybunka	W61	Norwesters Track,No	8.28m	8.56m	7
	8.56m	8.20m	8.45m	8.17m	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W65 Triple Jump Masters**

Name	Age Team	Seed	Finals	Points
1 Deborah Lee 7.46m 7.46m 7.42m 7.35m 7.50m 7.52m	W68 Greyhounds M,North	7.50m	7.52m	7
-- Loretta Amerongen	W65 Voleo Athletics,Edm	6.87m	DNS	

**W70 Triple Jump Masters**

Name	Age Team	Seed	Finals	Points
1 Lynette Baldock 5.10m 4.62m	W72 Greyhounds M,Surrey	5.91m	5.10m	7
2 Sheila Allison FOUL 4.98m	W73 Greyhounds M,Surrey	5.54m	4.98m	5

**W75 Triple Jump Masters**

Name	Age Team	Seed	Finals	Points
1 Carol LaFayette-Boyd 7.56m 7.46m 7.88m	W76 Excel Athlet,Regina	8.46m	7.88m	7

**W80 Triple Jump Masters**

Name	Age Team	Seed	Finals	Points
1 Christa Bortignon 6.35m 6.27m 6.46m	W82 Unattached BC,West	6.71m	X6.46m	

**W35 Shot Put WMA specs Masters**

35-49: 4 kg. 50-74: 3 kg. 75+: 2 kg.				
Name	Age Team	Seed	Finals	Points
1 Sheree Mullings 8.84m 8.79m 9.05m 8.48m 8.34m 7.72m	W37 Jamcan Inter,Canada	8.43m	9.05m	7

**W40 Shot Put WMA specs Masters**

35-49: 4 kg. 50-74: 3 kg. 75+: 2 kg.				
Name	Age Team	Seed	Finals	Points
1 Andrea Diener 8.47m 8.97m 9.20m 9.31m 9.70m 8.63m	W44 Edmonton Masters,St	9.21m	9.70m	7
2 Debbie King 5.93m 6.52m 5.99m	W43 Jamcan Inter,toront	7.28m	6.52m	5

**W50 Shot Put WMA specs Masters**

35-49: 4 kg. 50-74: 3 kg. 75+: 2 kg.				
Name	Age Team	Seed	Finals	Points
1 Georgette Reed 11.94m 11.18m 11.11m FOUL FOUL FOUL	W52 Unattached AB,Edmon	11.00m	X11.94m	

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2 Alison Klassen W51 RiversdaleAthlet,Sa 8.56m 7  
 7.86m 7.85m 8.56m 7.53m 8.35m 7.77m

**W55 Shot Put WMA specs Masters**

=====

35-49: 4 kg. 50-74: 3 kg. 75+: 2 kg.			Seed	Finals	Points
Name	Age	Team			
1 Jovette Jolicoeur	W59	Unattached AB,Calga	8.86m	X8.79m	
					FOUL

**W60 Shot Put WMA specs Masters**

=====

35-49: 4 kg. 50-74: 3 kg. 75+: 2 kg.			Seed	Finals	Points
Name	Age	Team			
1 Tracy King	W60	Columbians,Edmonton		9.27m	7
					FOUL
2 Susanne Lauridsen	W61	Calgary Spartans,Ca	7.43m	7.28m	5
3 Jane Warren	W63	Unattached N,Wolfvi	6.29m	X5.83m	

**W65 Shot Put WMA specs Masters**

=====

35-49: 4 kg. 50-74: 3 kg. 75+: 2 kg.			Seed	Finals	Points
Name	Age	Team			
1 Doreen Garner	W65	Throwers Clu,Burlin	10.19m	9.83m	7
					FOUL
2 Laura Hessel	W66	Unattached AB,Spruc	8.43m	X7.68m	
3 Loretta Amerongen	W65	Voleo Athletics,Edm	7.27m	6.99m	5

**W70 Shot Put WMA specs Masters**

=====

35-49: 4 kg. 50-74: 3 kg. 75+: 2 kg.			Seed	Finals	Points
Name	Age	Team			
1 Cheryl Closkey	W71	Unattached BC,Castl	6.90m	X6.60m	
2 Liz McBlain	W71	Edmonton Masters,Ed	5.92m	5.65m	7

**W75 Shot Put WMA specs Masters**

=====

35-49: 4 kg. 50-74: 3 kg. 75+: 2 kg.			Seed	Finals	Points
Name	Age	Team			
1 Yuko Nakano	W75	Edmonton Masters,Ed	8.18m	8.05m	7
-- Gill Gracie	W76	UNSK,Air Ronge	8.44m	XDNS	



**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W80 Shot Put WMA specs Masters**

35-49: 4 kg. 50-74: 3 kg. 75+: 2 kg.

Name	Age Team	Seed	Finals	Points
1 Christa Bortignon	W82 Unattached BC,West	6.23m	X6.15m	
		5.98m 6.15m 6.13m		

**W40 Weight Throw WMA specs Masters**

35-49: 9.08 kg. 50-59: 7.26 kg. 60-74: 5.45 kg.

75+: 4 kg.

Name	Age Team	Seed	Finals	Points
1 Andrea Diener	W44 Edmonton Masters,St	8.09m	8.54m	7
		FOUL FOUL 8.54m 8.42m 7.82m 8.53m		

**W50 Weight Throw WMA specs Masters**

35-49: 9.08 kg. 50-59: 7.26 kg. 60-74: 5.45 kg.

75+: 4 kg.

Name	Age Team	Seed	Finals	Points
1 Georgette Reed	W52 Unattached AB,Edmon	13.00m	X12.33m	
		10.82m 11.34m 11.24m 12.33m 11.52m FOUL		

**W60 Weight Throw WMA specs Masters**

35-49: 9.08 kg. 50-59: 7.26 kg. 60-74: 5.45 kg.

75+: 4 kg.

Name	Age Team	Seed	Finals	Points
1 Jo Welch	W62 Unattached N,East D	10.12m	X9.58m	
		9.25m 8.60m 9.58m 8.53m FOUL 9.37m		
2 Jane Warren	W63 Unattached N,Wolfvi	6.73m	X6.93m	
		5.53m FOUL FOUL 5.36m 6.93m 5.77m		

**W65 Weight Throw WMA specs Masters**

35-49: 9.08 kg. 50-59: 7.26 kg. 60-74: 5.45 kg.

75+: 4 kg.

Name	Age Team	Seed	Finals	Points
1 Doreen Garner	W65 Throwers Clu,Burlin	9.94m	10.01m	7
		9.46m 8.67m FOUL 10.01m FOUL 9.18m		
2 Laura Hessel	W66 Unattached AB,Spruc	9.18m	X8.75m	
		8.09m 8.49m 7.49m 8.62m 8.75m 7.59m		

**W70 Weight Throw WMA specs Masters**

35-49: 9.08 kg. 50-59: 7.26 kg. 60-74: 5.45 kg.

75+: 4 kg.

Name	Age Team	Seed	Finals	Points
1 Cheryl Closkey	W71 Unattached BC,Castl	10.21m	X10.44m	
		9.81m 9.66m 9.31m 10.44m 9.80m 10.26m		

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****....W70 Weight Throw WMA specs Masters**

2 Liz McBlain W71 Edmonton Masters,Ed 6.35m 5.38m 7  
 4.44m 5.38m 5.14m 5.34m FOUL 5.11m

**W75 Weight Throw WMA specs Masters**

35-49: 9.08 kg. 50-59: 7.26 kg. 60-74: 5.45 kg.  
 75+: 4 kg.

Name	Age Team	Seed	Finals	Points
1 Yuko Nakano	W75 Edmonton Masters,Ed	9.05m	8.51m	7
	8.41m 8.01m 7.33m FOUL 8.51m FOUL			
-- Gill Gracie	W76 UNSK,Air Ronge	9.40m	XDNS	

**W40 800 Metre Run Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Olesea Chitul	W43 Greyhounds M,Coquit	3:02.41	423

**W55 800 Metre Run Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Jovette Jolicoeur	W59 Unattached AB,Calga	X3:22.10	488

**W60 800 Metre Run Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Susanne Lauridsen	W61 Calgary Spartans,Ca	4:10.53	226

**W65 800 Metre Run Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Urith Hayley	W67 Greyhounds M,Coquit	4:40.09	164

**W40 60 Metre Hurdles Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Olesea Chitul	W43 Greyhounds M,Coquit	12.56	476

**W55 60 Metre Hurdles Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Jovette Jolicoeur	W59 Unattached AB,Calga	X13.38	523

**W60 60 Metre Hurdles Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Susanne Lauridsen	W61 Calgary Spartans,Ca	13.34	609

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W65 60 Metre Hurdles Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Urith Hayley	W67 Greyhounds M,Coquit	13.42	684

**W40 High Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Olesea Chitul	W43 Greyhounds M,Coquit	1.16m	389
1.10 1.13 1.16 1.19			
0 0 0 XXX			

**W55 High Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Jovette Jolicoeur	W59 Unattached AB,Calga	X1.10m	534
1.04 1.07 1.10 1.13			
XXO 0 XXO XXX			

**W60 High Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Susanne Lauridsen	W61 Calgary Spartans,Ca	1.19m	771
1.10 1.13 1.16 1.19 1.22			
0 0 XXO 0 XXX			

**W65 High Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Urith Hayley	W67 Greyhounds M,Coquit	1.07m	701
0.95 0.98 1.01 1.04 1.07 1.10			
0 0 0 0 XO XXX			

**W40 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Olesea Chitul	W43 Greyhounds M,Coquit	3.92m	391
3.73m 3.81m 3.92m			

**W55 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Jovette Jolicoeur	W59 Unattached AB,Calga	X3.52m	482
FOUL FOUL 3.52m			

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W60 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Susanne Lauridsen 3.51m 3.54m 3.41m	W61 Calgary Spartans,Ca	3.54m	584

**W65 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Urith Hayley 2.43m FOUL 2.77m	W67 Greyhounds M,Coquit	2.77m	379

**W40 Shot Put Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Olesea Chitul 6.95m 6.83m 7.53m	W43 Greyhounds M,Coquit	7.53m	422

**W55 Shot Put Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Jovette Jolicoeur 8.31m 8.65m 8.21m	W59 Unattached AB,Calga	X8.65m	651

**W60 Shot Put Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Susanne Lauridsen 6.88m 7.26m 7.10m	W61 Calgary Spartans,Ca	7.26m	589

**W65 Shot Put Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Urith Hayley 4.79m 5.16m 5.83m	W67 Greyhounds M,Coquit	5.83m	508

**W40 Indoor Pentathlon Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Olesea Chitul	W43 Greyhounds M,Coquit		2101		7

**W55 Indoor Pentathlon Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Jovette Jolicoeur	W59 Unattached AB,Calga	2702	X2678		

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W60 Indoor Pentathlon Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Susanne Lauridsen	W61	Calgary Spartans,Ca	2724	2779		7

**W65 Indoor Pentathlon Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Urith Hayley	W67	Greyhounds M,Coquit		2436		7

**W50 1500 Metre Race Walk Masters**

Name	Age	Team	Seed	Finals	Points
1 Susan Brooke	W53	Unattached,Calgary	8:30.00	8:37.52	7
2 Sheila Ruller	W54	EdmontonRacewalk,St	10:30.00	10:11.80	5

**W55 1500 Metre Race Walk Masters**

Name	Age	Team	Seed	Finals	Points
1 Michelle Rodrigue-Poscen	W59	Heartland RaceW,She	9:40.62	9:26.08	7
2 Sandy Archibald	W59	Bytown Walke,Oxford	9:22.00	9:46.04	5

**W60 1500 Metre Race Walk Masters**

Name	Age	Team	Seed	Finals	Points
1 Johanna Flipsen	W64	Heartland RaceW,Led	8:11.92	8:13.58	7
2 Nancy Patten	W63	Toronto Race,Stadt		8:24.21	5
3 Bonnie Love	W60	Athletics YU,Whiteh	10:44.65	X10:05.50	

**W65 1500 Metre Race Walk Masters**

Name	Age	Team	Seed	Finals	Points
1 Teresa Chiozza	W68	Ontario Race,calgar	9:07.41	9:22.00	7
2 Suzanne Sharp	W65	Greyhounds M,P	9:40.05	9:54.37	5

**W80 1500 Metre Race Walk Masters**

Name	Age	Team	Seed	Finals	Points
1 Renate Cheetham	W81	Greyhounds M,Surrey	12:07.00	12:31.59	7

**W50 3000 Metre Race Walk Masters**

Name	Age	Team	Seed	Finals	Points
1 Susan Brooke	W53	Unattached,Calgary	18:30.00	17:49.99	7
2 Sheila Ruller	W54	EdmontonRacewalk,St	21:45.00	21:52.14	5

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****W55 3000 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Michelle Rodrigue-Poscen	W59 Heartland RaceW,She	19:46.62	19:33.85	7
2 Sandy Archibald	W59 Bytown Walke,Oxford	19:21.00	19:51.90	5

**W60 3000 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Johanna Flipsen	W64 Heartland RaceW,Led	17:43.54	17:19.93	7
2 Bonnie Love	W60 Athletics YU,Whiteh	22:17.06	X21:19.27	
-- Nancy Patten	W63 Toronto Race,Stadt	17:44.00	SCR	

**W65 3000 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Teresa Chiozza	W68 Ontario Race,calgar	18:51.96	19:09.89	7
2 Suzanne Sharp	W65 Greyhounds M,P	20:04.33	20:14.97	5

**W80 3000 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Renate Cheetham	W81 Greyhounds M,Surrey	24:58.00	26:02.73	7

**M35 60 Metre Dash Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Dwight Liburd	M36 Kamloops Tra,Kamloo	7.35	7.28	5	7
2 Antonio Rolle	M37 Columbians,Edmonton	7.15	7.32	5	5
3 Mike Taylor	M37 PA Athletics,Prince	7.31	7.35	5	4
4 Kevin Kirechuk	M39 Unattached,Williams		8.70	5	3
-- Ryan Peebles	M39 Passtrak,Blairmore,	8.46	SCR		

**M40 60 Metre Dash Exhibition Masters**

Name	Age Team	Seed	Finals	Points
1 Tim Sebulsky	M41 UNSK,Regina		X7.74	

**M40 60 Metre Dash Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Justin Sinclair	M41 Unattached AB,Calga		X7.35	5	
2 Marvin Johnson	M44 Greyhounds M,Surrey		7.47	5	7
3 Tim Sebulsky	M41 UNSK,Regina	7.82	X7.76	5	
4 Douglas McLaren	M43 Yukon,Whitehorse	8.00	X7.91	5	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M40 60 Metre Dash Masters**

Name	Age Team	Seed	Finals	H#	Points
-- Marvin Johnson	M44 Greyhounds M,Surrey	7.31	SCR		

**M45 60 Metre Dash Exhibition Masters**

Name	Age Team	Seed	Finals	Points
1 Samuel Walker	M47 Greyhounds M,Langle		7.93	7
2 Matt Beechey	M48 Jamcan Inter,Cambri		8.20	5
3 Chris Jones	M45 Calgary Spartans,Ca		8.62	4
4 Faraaz Taiyab	M45 Greyhounds M,Burnab		9.03	3

**M45 60 Metre Dash Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Shahryar Nouraei	M47 Greyhounds M,Port C	7.85	7.91	2	7
2 Samuel Walker	M47 Greyhounds M,Langle	7.86	8.09	3	5
3 Matt Beechey	M48 Jamcan Inter,Cambri	7.88	8.15	3	4
4 Craig Oster	M46 Unattached AB,Lloyd	8.14	X8.17	2	
5 Chris Jones	M45 Calgary Spartans,Ca	7.95	8.45	2	3
6 Faraaz Taiyab	M45 Greyhounds M,Burnab	9.17	9.06	3	2
7 Abel Aburto	M48 Edmonton Masters,Ed		9.15	3	1
-- Sean Freeman	M46 Bulldogs Track,Medi	9.90	SCR	2	

**M50 60 Metre Dash Exhibition Masters**

Name	Age Team	Seed	Finals	Points
1 Newton Grey	M53 Columbians,Edmonton		7.66	7
2 Colin Ellis	M51 Excel Athlet,Regina		8.12	5
3 Mark Phillips	M54 Greyhounds M,Langle		9.14	4

**M50 60 Metre Dash Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Newton Grey	M53 Columbians,Edmonton	7.53	7.50	4	7
2 Courtney Hawkins	M51 Unattached,houston		7.57	4	5
3 Christopher Warburton	M53 Variety Vill,Picker	7.40	7.58	4	4
4 Steven Colbert	M54 Greyhounds M,Vancou	7.68	7.79	4	3
5 Colin Ellis	M51 Excel Athlet,Regina	7.95	8.12	4	2
6 Todd White	M52 Unattached AB,Calg,	8.35	X8.80	4	
7 Mark Phillips	M54 Greyhounds M,Langle	8.92	9.73	4	1
-- Darren Posyluzny	M50 Unattached AB,Edmon	8.52	XSCR	4	

**M55 60 Metre Dash Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Bill Rehlau	M55 Calgary Spartans,ca	8.15	8.18	3	7
2 Bruce Rosvall	M55 Saint John T,Rothes	8.18	8.25	3	5
3 Murray Black	M59 Edmonton Masters,Ca	8.28	8.33	3	4

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4	Darcy Meyers	M57	Columbians,Edmonton	8.69	8.67	3	3
5	Joseph Baptiste	M58	Jamcan Inter,Concor	8.85	8.69	3	2
6	Cal Warren	M59	Unattached BC,Kelowna	8.62	X8.91	3	
--	Garth Chapman	M56	Unattached AB,Grove	9.86	XSCR	3	

**M60 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
--	Robert McKinnon	M64	Unattached AB,Calga	10.02	XSCR	

**M60 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points	
1	Dave Brown	M61	Unattached AB,Calga	8.26	X8.57	1	
2	Edwin Liu	M62	Greyhounds M,Vancou	8.62	8.68	2	7
3	Rod McBeth	M62	Edmonton Masters,Sp	8.66	8.76	2	5
4	Chris Niwinski	M61	Ocean Athlet,Delta	8.67	8.81	2	4
5	Dave Gardner	M62	Edmonton Masters,Ed		9.26	2	3
6	Jack Laughlin	M61	Greyhounds M,Ch	9.29	9.28	1	2
7	Dale Lawrence	M61	UNSK,Melfort	8.88	X9.38	1	
8	Bryan Baldsing	M61	Jamcan Inter,toront	8.86	9.62	1	1
9	Robert McKinnon	M64	Unattached AB,Calga		X10.07	1	

**M60 60 Metre Dash Exhibition Masters**

Name	Age	Team	Seed	Finals	Points
1	Dave Brown	M61	Unattached AB,Calga	X8.28	

**M65 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points	
1	Vince Kocourek	M66	Elite Track,New Wes	9.20	9.99	2	7
2	Randy Warick	M69	SaskatoonCentury,Sa	10.09	10.16	2	5
--	Tom Klos	M69	Team NL,Winnipeg		XSCR	2	
--	Dale Cocks	M67	Unattached AB,Edmon		XSCR	2	

**M70 60 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points	
1	Tuomas Ukonmaanaho	M74	Prince Georg,Prince	8.83	9.12	2	7
2	Hardev Singh Sandhu	M70	Greyhounds M,Surrey	9.40	9.42	2	5
3	Dwight Swane	M74	Edmonton Masters,Ed		10.08	2	4
4	Bruce Mintz	M72	Edmonton Masters,Ed	10.36	10.63	2	3
5	Roland Delhomeau	M74	SaskatoonCentury,Sa	10.74	10.91	2	2
6	Brian Graham	M71	Unattached BC,penti	11.44	X11.46	2	



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Name	Age Team	Seed	Finals	Points
1 Arthur Gee	M75 Greyhounds M,Burnab	10.25	10.34	7
2 Surinder Shah	M75 Greyhounds M,Surrey	11.00	10.69	5
3 Bill McNamara	M77 Greyhounds M,Surrey	10.50	10.98	4

**M75 60 Metre Dash Exhibition Masters**

Name	Age Team	Seed	Finals	Points
1 Arthur Gee	M75 Greyhounds M,Burnab		11.07	7

**M80 60 Metre Dash Masters**

Name	Age Team	Seed	Finals	Points
1 David Dunn	M82 Edmonton Masters,Ed	9.85	10.28	7
-- Joseph Koza	M83 Unattached,Imperial		SCR	

**M85 60 Metre Dash Masters**

Name	Age Team	Seed	Finals	Points
1 Donald Currie	M85 Unattached BC,Sloca	11.92	X11.74	

**M95 60 Metre Dash Masters**

Name	Age Team	Seed	Finals	Points
1 Atter Singh Sekhon	M95 Unattached O,Toront	15.62	X17.19	

**M35 200 Metre Dash Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Dwight Liburd	M36 Kamloops Tra,Kamloo	24.91	24.37	7	7
2 Ian Munro	M35 Excel Athlet,Regina	26.90	26.58	7	5
-- Antonio Rolle	M37 Columbians,Edmonton		SCR		7

**M40 200 Metre Dash Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Marvin Johnson	M44 Greyhounds M,Surrey	23.68	24.06	7	7
2 Darren Dellezay	M41 Leduc Track,Edmonto		27.57	7	5
-- Tim Sebulsky	M41 UNSK,Regina	26.00	XDNF		7
-- Obed Urquilla	M40 Unattached O,toront	31.45	XSCR		7

**M45 200 Metre Dash Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Samuel Walker	M47 Greyhounds M,Langle	25.70	26.13	6	7
2 Matt Beechey	M48 Jamcan Inter,Cambri	26.00	27.12	6	5

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3	Chris Jones	M45	Calgary Spartans, Ca		29.53	6	4
4	Faraaz Taiyab	M45	Greyhounds M, Burnab	32.00	30.41	6	3
--	Craig Oster	M46	Unattached AB, Lloyd		XSCR	6	
--	Shahryar Nouraei	M47	Greyhounds M, Port C	26.92	SCR	6	
--	Sean Freeman	M46	Bulldogs Track, Medi		SCR	6	

**M50 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points	
1	Christopher Warburton	M53	Variety Vill, Picker	24.04	24.41	5	7
2	Newton Grey	M53	Columbians, Edmonton	25.02	25.00	5	5
3	Steven Colbert	M54	Greyhounds M, Vancou	24.60	26.51	5	4
4	Colin Ellis	M51	Excel Athlet, Regina	26.53	27.59	5	3
5	Mark Phillips	M54	Greyhounds M, Langle	30.03	30.32	5	2
6	Brian Lewchuk	M53	Riversdale Athlet, Sa		30.50	5	1
--	Todd White	M52	Unattached AB, Calg,		XSCR	5	

**M55 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points	
1	Murray Black	M59	Edmonton Masters, Ca	26.78	27.53	4	7
2	Bill Rehlau	M55	Calgary Spartans, ca		28.51	4	5
3	Cal Warren	M59	Unattached BC, Kelow	28.95	X29.22	4	
4	Joseph Baptiste	M58	Jamcan Inter, Concor	27.30	29.46	4	4
5	Darcy Meyers	M57	Columbians, Edmonton	29.75	29.51	4	3
6	Jim Silovs	M57	Unattached AB, Calga		X31.42	4	
--	Mark Pinckard	M58	Ocean Athlet, Delta	27.06	SCR	4	

**M60 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points	
1	Dave Brown	M61	Unattached AB, Calga	28.80	X28.77	3	
2	Rod McBeth	M62	Edmonton Masters, Sp		29.13	3	7
3	Chris Niwinski	M61	Ocean Athlet, Delta	29.44	29.39	3	5
4	Brent Davy	M63	Greyhounds M, Surrey	29.40	29.97	3	4
5	Edwin Liu	M62	Greyhounds M, Vancou	30.22	29.98	3	3
6	Jack Laughlin	M61	Greyhounds M, Ch	32.78	31.42	3	2
7	Robert McKinnon	M64	Unattached AB, Calga	33.06	X35.42	3	

**M65 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points	
1	Vince Kocourek	M66	Elite Track, New Wes	32.86	33.80	2	7
2	Randy Warick	M69	Saskatoon Century, Sa	34.19	34.44	2	5

**M70 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points	
1	Tuomas Ukonmaanaho	M74	Prince Georg, Prince	29.85	30.92	2	7

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****....M70 200 Metre Dash Masters**

2	Hardev Singh Sandhu	M70	Greyhounds M,Surrey	30.55	32.86	2	5
3	Sewa Birring	M73	Greyhounds M,Surrey	33.00	35.67	2	4
4	Bruce Mintz	M72	Edmonton Masters,Ed	36.20	36.78	2	3
--	Brian Graham	M71	Unattached BC,penti	43.00	XSCR	2	

**M75 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points	
1	Surinder Shah	M75	Greyhounds M,Surrey	34.00	36.40	7
2	Bill McNamara	M77	Greyhounds M,Surrey	38.00	40.17	5

**M80 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points	
1	David Dunn	M82	Edmonton Masters,Ed	34.93	36.44	7
--	Joseph Koza	M83	Unattached,Imperial		SCR	

**M85 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points	
1	Donald Currie	M85	Unattached BC,Sloca	44.14	X41.54	

**M95 200 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points	
--	Atter Singh Sekhon	M95	Unattached O,Toront	1:08.78	XSCR	

**M35 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1	Ian Munro	M35	Excel Athlet,Regina	1:00.32	58.87	5 7
2	Craig Hay	M38	Passtrak,Cowley, AB		1:11.74	5 5
--	Ryan Peebles	M39	Passtrak,Blairmore,		SCR	

**M40 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1	Innocent Chinyepi	M44	Unattached AB,Edmon		X1:01.75	5
2	Gilles Frenette	M42	Ottawa Lions,Nepean	1:00.00	1:03.09	5 7
--	Obed Urquilla	M40	Unattached O,toront	1:13.00	XSCR	5

**M45 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1	Samuel Walker	M47	Greyhounds M,Langle	58.90	59.12	5 7
2	Ryan Leef	M45	Athletics YU,Whiteh	1:02.00	X1:01.25	5

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M50 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Colin Ellis	M51	Excel Athlet, Regina	59.57	1:03.06	4	7
2 Niigel Geohagen	M50	Jamcan Inter, toront	1:10.87	1:07.18	4	5
3 Mark Phillips	M54	Greyhounds M, Langle	1:09.51	1:07.34	4	4
4 Brian Lewchuk	M53	Riversdale Athlet, Sa		1:11.47	4	3

**M55 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Bruce Rosvall	M55	Saint John T, Rothes	59.31	59.46	4	7
2 Murray Black	M59	Edmonton Masters, Ca	1:02.00	1:03.98	3	5
3 Gordon Flett	M59	Roadkill Run, Winnip	1:19.18	1:18.45	3	4
-- Mark Pinckard	M58	Ocean Athlet, Delta	1:02.00	SCR	4	

**M60 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Keith Meszaros	M63	Saskatoon Century, Bi	1:05.89	1:08.19	3	7
2 Brent Davy	M63	Greyhounds M, Surrey	1:06.00	1:11.18	3	5
3 Robert McKinnon	M64	Unattached AB, Calga	1:27.20	X1:19.24	3	
-- Dave Brown	M61	Unattached AB, Calga		XSCR	3	

**M65 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Vince Kocourek	M66	Elite Track, New Wes	1:25.00	1:24.97	3	7

**M70 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Tuomas Ukonmaanaho	M74	Prince Georg, Prince	1:11.00	1:17.70	2	7
2 Mark Stewart	M74	Greyhounds M, Campbe	1:12.18	1:17.79	2	5
3 Hardev Singh Sandhu	M70	Greyhounds M, Surrey	1:11.00	1:19.30	2	4
4 Erroll Simington	M71	Team W, Saskatoon	1:19.60	X1:19.68	2	
5 Bruce Mintz	M72	Edmonton Masters, Ed	1:16.00	1:36.80	2	3
-- Sewa Birring	M73	Greyhounds M, Surrey	1:13.00	DNF	2	

**M75 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Chris Mackie	M78	Unattached O, Missis	1:22.00	X1:21.49	
2 Doug Renwick	M77	Saskatoon Century, Cl	1:20.00	1:24.52	7
3 Arthur Gee	M75	Greyhounds M, Burnab	1:39.35	1:36.21	5
-- Surinder Shah	M75	Greyhounds M, Surrey	1:18.00	DQ	
-- Bill McNamara	M77	Greyhounds M, Surrey	1:35.00	SCR	

Rule 218.1

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M80 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
-- Joseph Koza	M83	Unattached, Imperial		SCR	

**M85 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	Points
1 Donald Currie	M85	Unattached BC, Sloca	1:46.38	X1:47.54	

**M95 400 Metre Dash Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Atter Singh Sekhon	M95	Unattached O, Toront		X3:17.45	2	

**M40 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Josphe Boland	M40	Running Room, London	1:57.50	2:00.65	4	7
2 Sheldon Mirco	M42	Unattached O, Iron B	2:07.33	X2:08.74	4	
3 Gilles Frenette	M42	Ottawa Lions, Nepean	2:21.00	2:23.69	4	5
4 Innocent Chinyepi	M44	Unattached AB, Edmon	2:30.00	X2:29.01	4	

**M45 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Jay Brecher	M45	University o, Toront	2:05.69	2:10.02	4	7
2 Ryan Leef	M45	Athletics YU, Whiteh	2:20.00	X2:23.30	4	

**M50 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Harvey Weber	M53	Team W, Saskatoon	2:28.00	X2:31.95	3	
2 Niegel Geohagen	M50	Jamcan Inter, toront	2:48.26	2:40.03	3	7
3 Mark Phillips	M54	Greyhounds M, Langle	2:55.20	2:43.69	3	5

**M55 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Paul Osland	M55	University o, Toront	2:10.13	2:10.23	3	7
2 Michael Sherar	M55	University o, Toront	2:09.06	2:10.49	3	5
3 Mark Pinckard	M58	Ocean Athlet, Delta	2:16.29	2:17.13	3	4
4 Bruce Rosvall	M55	Saint John T, Rothes	2:16.18	2:19.16	3	3
5 Lyndon Smith	M57	Saskatoon TF, Saskat		3:03.95	3	2
-- Gordon Flett	M59	Roadkill Run, Winnip	2:54.64	SCR	3	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M60 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Keith Meszaros	M63	SaskatoonCentury, Bi		2:37.73	2	7
2 Bob Holmes	M64	Unattached AB, edmon	3:10.00	X2:49.83	2	
3 Neil Mackay	M64	Saskatoon TF, Saskat	2:59.57	3:02.99	2	5
4 Wayne Chee	M64	University o, Toront	2:55.00	3:11.55	2	4
5 Kelly Sharp	M64	Greyhounds M, Prince	3:01.02	3:29.85	2	3

**M65 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Gurmit Singh	M65	Greyhounds M, Surrey		3:29.82	2	7

**M70 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Mark Stewart	M74	Greyhounds M, Campbe	2:58.17	2:59.30	7
2 Erroll Simington	M71	Team W, Saskatoon	3:04.90	X3:02.60	
3 Sewa Birring	M73	Greyhounds M, Surrey	3:05.00	3:45.03	5

**M75 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Chris Mackie	M78	Unattached O, Missis	3:02.00	X3:01.16	
-- Doug Renwick	M77	SaskatoonCentury, Cl	3:30.00	SCR	
-- Vern Christensen	M78	University o, Toront	3:32.80	SCR	

**M80 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Roger Davies	M83	Unattached AB, Calga	3:41.52	X3:53.33	

**M85 800 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Donald Currie	M85	Unattached BC, Sloca	4:28.01	X4:20.78	

**M35 1500 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Craig Thompson	M36	Unattached O, Toront	5:02.00	X5:04.15	

**M40 1500 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Josph Boland	M40	Running Room, London	4:06.15	4:16.09	7

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M45 1500 Metre Run Masters**

Name	Age Team	Seed	Finals	Points
1 Jay Brecher	M45 University o,Toront	4:18.88	4:23.77	7
2 Ryan Leef	M45 Athletics YU,Whiteh	4:45.00	X4:56.23	
3 Darcey Harder	M47 Roadkill Run,Winnip	7:30.00	5:57.29	5

**M50 1500 Metre Run Masters**

Name	Age Team	Seed	Finals	Points
1 Niegel Geohagen	M50 Jamcan Inter,toront	5:55.30	5:47.93	7
-- Jack Cook	M51 Fast Trax RunSki,Ed	4:46.27	SCR	

**M55 1500 Metre Run Masters**

Name	Age Team	Seed	Finals	Points
1 Paul Osland	M55 University o,Toront	4:30.92	4:35.10	7
2 Mark Pinckard	M58 Ocean Athlet,Delta	4:54.06	4:53.32	5
3 Gordon Flett	M59 Roadkill Run,Winnip	5:46.91	5:52.26	4
4 Lyndon Smith	M57 Saskatoon TF,Saskat		6:20.62	3

**M60 1500 Metre Run Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Ed Bickley	M60 Unattached AB,Calga	5:19.90	X5:15.58	1	
2 Dave Olsen	M63 UNSK,Regins	6:00.00	X5:50.49	1	
3 Bob Holmes	M64 Unattached AB,edmon	6:15.00	X5:53.51	2	
4 Wayne Chee	M64 University o,Toront	6:00.00	6:22.90	2	7
5 Neil Mackay	M64 Saskatoon TF,Saskat	6:05.00	6:32.06	2	5
6 Kelly Sharp	M64 Greyhounds M,Prince	6:08.48	7:03.61	2	4

**M65 1500 Metre Run Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Peter Mullin	M68 Usatf,Houston	5:25.30	X5:44.10	2	Foreign
2 Gurmit Singh	M65 Greyhounds M,Surrey		7:28.80	2	7
-- Doug Smith	M67 University o,Toront	7:00.00	SCR	2	

**M70 1500 Metre Run Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Mark Stewart	M74 Greyhounds M,Campbe	6:18.12	6:18.23	2	7

**M75 1500 Metre Run Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Chris Mackie	M78 Unattached O,Missis	6:10.00	X6:19.45	2	
-- Arthur Gee	M75 Greyhounds M,Burnab	9:00.00	SCR	2	
-- Doug Renwick	M77 SaskatoonCentury,C1	8:00.00	SCR	2	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****....M75 1500 Metre Run Masters**

-- Vern Christensen	M78	University o,Toront	7:06.98	SCR
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**M80 1500 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Roger Davies	M83	Unattached AB,Calga	8:05.00	X7:52.44	2	

**M85 1500 Metre Run Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Donald Currie	M85	Unattached BC,Sloca	8:42.47	X8:47.14	2	

**M35 3000 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Robbie Nissen	M36	Running Room,Edmont	9:20.25	9:25.74	7

**M45 3000 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Ryan Leef	M45	Athletics YU,Whiteh	10:30.00	X10:29.10	
2 Darcey Harder	M47	Roadkill Run,Winnip	16:00.00	10:56.44	7

**M50 3000 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
-- Jack Cook	M51	Fast Trax RunSki,Ed	11:00.02	SCR	

**M55 3000 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Jim Schepens	M56	Unattached AB,Edmon	12:00.00	X12:11.86	
2 Gordon Flett	M59	Roadkill Run,Winnip	12:19.52	12:38.45	7
-- Walter Faion	M58	University o,Toront	12:00.00	SCR	

**M60 3000 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Dave Olsen	M63	UNSK,Regins	12:08.43	X13:26.66	
2 Wayne Chee	M64	University o,Toront	13:14.69	13:55.86	7
-- Ed Bickley	M60	Unattached AB,Calga	11:30.00	XSCR	

**M65 3000 Metre Run Masters**

Name	Age	Team	Seed	Finals	Points
1 Peter Mullin	M68	Usatf,Houston	11:47.90	X11:58.42	Foreign



**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10**

**Canadian Masters Indoor Track and Field Championships**

**Universiade Pavilion**

**Results**

**....M65 3000 Metre Run Masters**

2 Gurmit Singh M65 Greyhounds M,Surrey 16:19.37 7

**M70 3000 Metre Run Masters**

Name	Age Team	Seed	Finals	Points
1 Mark Stewart	M74 Greyhounds M,Campbe	13:20.44	13:45.72	7

**M75 3000 Metre Run Masters**

Name	Age Team	Seed	Finals	H#	Points
-- Vern Christensen	M78 University o,Toront	15:05.49	SCR		

**M80 3000 Metre Run Masters**

Name	Age Team	Seed	Finals	Points
1 Roger Davies	M83 Unattached AB,Calga	15:27.17	X16:33.30	

**M35 60 Metre Hurdles WMA specs Masters**

35-49: 0.99 13.72, 9.14 (yellow). 50-59: 0.91 13, 8.5 (blue)  
 60-69: 0.84m. 12m to first, then every 8m (green marks).  
 70-79: 0.76m. 12m to first, then every 7m.  
 80+: 0.69m. 12m to first, then every 7m.

Name	Age Team	Seed	Finals	H#	Points
1 Jackson Hinton	M37 Yeg Internationa,Ed		8.40	2	7
-- Ryan Peebles	M39 Passtrak,Blairmore,		SCR		

**M40 60 Metre Hurdles WMA specs Masters**

35-49: 0.99 13.72, 9.14 (yellow). 50-59: 0.91 13, 8.5 (blue)  
 60-69: 0.84m. 12m to first, then every 8m (green marks).  
 70-79: 0.76m. 12m to first, then every 7m.  
 80+: 0.69m. 12m to first, then every 7m.

Name	Age Team	Seed	Finals	H#	Points
1 Douglas McLaren	M43 Yukon,Whitehorse	9.50	X10.18	2	

**M45 60 Metre Hurdles WMA specs Masters**

35-49: 0.99 13.72, 9.14 (yellow). 50-59: 0.91 13, 8.5 (blue)  
 60-69: 0.84m. 12m to first, then every 8m (green marks).  
 70-79: 0.76m. 12m to first, then every 7m.  
 80+: 0.69m. 12m to first, then every 7m.

Name	Age Team	Seed	Finals	H#	Points
1 Jack Pontes	M47 Jamcan Inter,Canada	10.50	11.92	2	7
-- Craig Oster	M46 Unattached AB,Lloyd	11.20	XSCR	2	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M50 60 Metre Hurdles WMA specs Masters**

35-49: 0.99 13.72, 9.14 (yellow). 50-59: 0.91 13, 8.5 (blue)  
 60-69: 0.84m. 12m to first, then every 8m (green marks).  
 70-79: 0.76m. 12m to first, then every 7m.  
 80+: 0.69m. 12m to first, then every 7m.

Name	Age Team	Seed	Finals	H#	Points
1 Shawn Folkes	M50 Jamcan Inter,Oshawa	11.71	11.53	2	7

**M55 60 Metre Hurdles WMA specs Masters**

35-49: 0.99 13.72, 9.14 (yellow). 50-59: 0.91 13, 8.5 (blue)  
 60-69: 0.84m. 12m to first, then every 8m (green marks).  
 70-79: 0.76m. 12m to first, then every 7m.  
 80+: 0.69m. 12m to first, then every 7m.

Name	Age Team	Seed	Finals	H#	Points
1 Murray Black	M59 Edmonton Masters,Ca	10.10	10.79	2	7

**M60 60 Metre Hurdles WMA specs Masters**

35-49: 0.99 13.72, 9.14 (yellow). 50-59: 0.91 13, 8.5 (blue)  
 60-69: 0.84m. 12m to first, then every 8m (green marks).  
 70-79: 0.76m. 12m to first, then every 7m.  
 80+: 0.69m. 12m to first, then every 7m.

Name	Age Team	Seed	Finals	Points
1 Dale Lawrence	M61 UNSK,Melfort	11.67	X11.72	

**M70 60 Metre Hurdles WMA specs Masters**

35-49: 0.99 13.72, 9.14 (yellow). 50-59: 0.91 13, 8.5 (blue)  
 60-69: 0.84m. 12m to first, then every 8m (green marks).  
 70-79: 0.76m. 12m to first, then every 7m.  
 80+: 0.69m. 12m to first, then every 7m.

Name	Age Team	Seed	Finals	Points
1 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	11.00	12.97	7

**M75 60 Metre Hurdles WMA specs Masters**

35-49: 0.99 13.72, 9.14 (yellow). 50-59: 0.91 13, 8.5 (blue)  
 60-69: 0.84m. 12m to first, then every 8m (green marks).  
 70-79: 0.76m. 12m to first, then every 7m.  
 80+: 0.69m. 12m to first, then every 7m.

Name	Age Team	Seed	Finals	Points
1 Surinder Shah	M75 Greyhounds M,Surrey	16.00	15.24	7
-- Doug Renwick	M77 SaskatoonCentury,C1	12.00	SCR	

**M40 4x200 Metre Relay Masters**

Team	Seed	Finals	Points
1 Edmonton Masters		1:53.22	

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Team	Seed	Finals	Points
-- Team Manitoba	2:00.00	XSCR	
1) George Stewart 59	2) Gordon Flett 59		
3) Darcey Harder 47	4) Jason Bruce 36		

**M105+ 4x200 Metre Relay Masters**

Team	Seed	Finals	Points
1 Jamcan International Athletics		1:54.06	
1) Joseph Baptiste 58	2) Jack Pontes 47		
3) Shawn Folkes 50	4) Matt Beechey 48		
2 Greyhounds Masters Track & Fie		2:19.56	
1) Tuomas Ukonmaanaho 74	2) Sewa Birring 73		
3) Bruce Mintz 72	4) Hardev Singh Sandhu 70		
-- Greyhounds Masters Track & Fie 'B'		SCR	
1) Arthur Gee 75	2) Bill McNamara 77		
3) Surinder Shah 75	4) Chris Mackie 78		

**M105+ 4x400 Metre Relay Masters**

Team	Seed	Finals	Points
1 Jamcan International Athletics		4:30.53	
1) Joseph Baptiste 58	2) Jack Pontes 47		
3) Matt Beechey 48	4) Shawn Folkes 50		
2 Greyhounds Masters Track & Fie		4:30.53	
1) Samuel Walker 47	2) Faraaz Taiyab 45		
3) Marvin Johnson 44	4) Mark Phillips 54		

**M40 High Jump Masters**

Name	Age Team	Seed	Finals	Points
1 Douglas McLaren	M43 Yukon, Whitehorse	1.60m	X1.60m	
1.45 1.50 1.55 1.60 1.65				
O O XXO O XXX				
2 Ramakrishnan Lakshmanan	M40 Edmonton Masters, Ed		J1.60m	7
1.50 1.55 1.60 1.65				
O O XO XXX				

**M45 High Jump Masters**

Name	Age Team	Seed	Finals	Points
1 Matt Beechey	M48 Jamcan Inter, Cambri	1.45m	1.50m	7
1.30 1.33 1.35 1.36 1.38 1.40 1.45 1.50 1.55				
O P O P P O XXO O XXX				

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M50 High Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Shawn Folkes	M50	Jamcan Inter, Oshawa	1.60m	1.60m	7
-- David Schwarz	M50	Unattached, Calgary		SCR	

**M55 High Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Murray Black	M59	Edmonton Masters, Ca	1.59m	1.55m	7
2 Jim Silovs	M57	Unattached AB, Calga		X1.40m	

**M60 High Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Chris Niwinski	M61	Ocean Athlet, Delta	1.55m	1.50m	7
2 Dale Lawrence	M61	UNSK, Melfort		X1.40m	

**M65 High Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Jim Stelfox	M65	Caltaf, Calgary, AB	1.40m	1.45m	7

**M70 High Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Heinz Peter	M70	Unattached BC, Winla	1.35m	X1.38m	
2 Tuomas Ukonmaanaho	M74	Prince Georg, Prince	1.20m	1.20m	7
3 Hardev Singh Sandhu	M70	Greyhounds M, Surrey		0.95m	5

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M75 High Jump Masters**

Name	Age	Team	Seed	Finals	Points
-- Doug Renwick	M77	SaskatoonCentury,C1	1.10m	DNS	

**M80 High Jump Masters**

Name	Age	Team	Seed	Finals	Points
-- Joseph Koza	M83	Unattached,Imperial		DNS	

**M55 Pole Vault Masters**

Name	Age	Team	Seed	Finals	Points
1 Murray Black	M59	Edmonton Masters,Ca	2.75m	2.50m	7
				2.20 2.30 2.50 2.60	
				O O XXO XXX	

**M70 Pole Vault Masters**

Name	Age	Team	Seed	Finals	Points
1 Tuomas Ukonmaanaho	M74	Prince Georg,Prince	2.40m	2.20m	7
				1.80 1.90 2.00 2.10 2.20 2.30	
				O P O P O XXX	
2 Hardev Singh Sandhu	M70	Greyhounds M,Surrey		1.50m	5
				1.50 1.60	
				O X	

**M75 Pole Vault Masters**

Name	Age	Team	Seed	Finals	Points
1 Doug Renwick	M77	SaskatoonCentury,C1	2.00m	1.80m	7
				1.50 1.60 1.70 1.80	
				XO O O O	

**M35 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Dwight Liburd	M36	Kamloops Tra,Kamloo	5.57m	6.27m	7
				6.27m FOUL 5.62m FOUL 5.82m FOUL	

**M40 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Douglas McLaren	M43	Yukon,Whitehorse	5.00m	X5.13m	
				4.69m 4.89m 4.82m 4.89m 5.13m 5.04m	
2 Darren Dellezay	M41	Leduc Track,Edmonto		5.07m	7
				4.81m 4.81m 4.96m 5.04m 4.91m 5.07m	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M45 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Jack Pontes	M47	Jamcan Inter, Canada	5.09m	5.25m	7
		FOUL 5.25m 4.93m FOUL PASS PASS			
2 Chris Jarman	M45	Unattached BC, Langl	5.50m	X5.13m	
		FOUL FOUL FOUL 5.13m FOUL 4.83m			
3 Matt Beechey	M48	Jamcan Inter, Cambri	4.38m	4.67m	5
		4.05m 4.51m 4.67m FOUL PASS PASS			

**M50 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Tom Starosielski	M50	NEAT, St. Paul, AB		4.70m	7
		4.70m 4.52m 4.56m 4.64m 4.68m 4.64m			
2 Brian Lewchuk	M53	Riversdale Athlet, Sa		4.58m	5
		4.58m 4.44m 4.50m PASS PASS PASS			

**M55 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Bill Rehlau	M55	Calgary Spartans, ca	5.12m	4.92m	7
		4.71m 4.65m FOUL 4.55m 4.92m 4.83m			
2 Murray Black	M59	Edmonton Masters, Ca	4.49m	4.21m	5
		4.21m 4.16m 4.19m 4.10m PASS PASS			
3 Gordon Flett	M59	Roadkill Run, Winnip	3.34m	3.32m	4
		3.13m 3.07m 3.32m 3.15m 2.98m 3.06m			
4 Garth Chapman	M56	Unattached AB, Grove	3.31m	X3.31m	
		2.99m 2.89m 2.75m 3.31m PASS PASS			

**M60 Long Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Dale Lawrence	M61	UNSK, Melfort	4.44m	X4.31m	
		4.24m 4.11m 4.02m 4.13m FOUL 4.31m			
2 Edwin Liu	M62	Greyhounds M, Vancou	4.35m	4.30m	7
		4.29m 4.18m 4.19m FOUL 4.27m 4.30m			
3 Jack Laughlin	M61	Greyhounds M, Ch	4.00m	4.00m	5
		3.76m 3.84m 4.00m 3.69m 3.88m 3.91m			
4 Bryan Baldsing	M61	Jamcan Inter, toront	4.12m	3.92m	4
		FOUL 3.92m 3.91m 3.91m 3.66m 3.87m			
5 Rod McBeth	M62	Edmonton Masters, Sp	3.91m	3.89m	3
		3.89m FOUL FOUL 3.89m 3.39m 3.35m			
6 Dave Gardner	M62	Edmonton Masters, Ed	4.06m	3.86m	2
		3.85m 3.82m 3.86m FOUL FOUL 3.79m			

**M70 Long Jump Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Harnek Toor	M72	Ultra Throw, Abbotsf		3.48m	2	7
		3.48m x				

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2	Hardev Singh Sandhu	M70	Greyhounds M,Surrey		3.30m	2	5
	3.12m 3.30m 3.13m						
3	Brian Graham	M71	Unattached BC,penti	3.01m	X3.04m	2	
	2.89m 2.96m 3.04m 3.00m						

**M75 Long Jump Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Arthur Gee	M75	Greyhounds M,Burnab	3.42m	3.40m	2	7
	2.57m 3.40m 3.08m	3.21m 3.33m 3.20m				
2 Surinder Shah	M75	Greyhounds M,Surrey	2.80m	3.20m	2	5
	3.00m 3.20m 3.11m	FOUL 3.07m FOUL				
3 Doug Renwick	M77	SaskatoonCentury,C1	3.50m	3.17m	2	4
	3.17m 3.02m x					
4 Bill McNamara	M77	Greyhounds M,Surrey	3.02m	3.14m	2	3
	2.72m 2.87m 2.43m	3.14m 3.09m 2.99m				

**M80 Long Jump Masters**

Name	Age	Team	Seed	Finals	H#	Points
-- Joseph Koza	M83	Unattached,Imperial		DNS	2	

**M85 Long Jump Masters**

Name	Age	Team	Seed	Finals	H#	Points
-- Arnold Nett	M86	Edmonton Masters,Ed	2.80m	DNS	2	

**M95 Long Jump Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Atter Singh Sekhon	M95	Unattached O,Toront		X1.45m	2	
	1.45m 1.38m x					

**M40 Triple Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Darren Dellezay	M41	Leduc Track,Edmonto		10.33m	7
	FOUL FOUL 10.33m	10.27m 10.24m			

**M45 Triple Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Jack Pontes	M47	Jamcan Inter,Canada	10.56m	10.44m	7
	10.34m 10.44m	FOUL 10.22m			
2 Matt Beechey	M48	Jamcan Inter,Cambri	9.25m	9.06m	5
	9.06m x x				

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M50 Triple Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Brian Lewchuk FOUL 9.63m FOUL	M53	RiversdaleAthlet,Sa		9.63m	7

**M55 Triple Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Murray Black FOUL 8.43m 8.77m 8.69m	M59	Edmonton Masters,Ca	9.00m	8.77m	7
2 Garth Chapman 7.25m FOUL FOUL	M56	Unattached AB,Grove	7.66m	X7.25m	

**M60 Triple Jump Masters**

Name	Age	Team	Seed	Finals	Points
1 Dale Lawrence 9.26m 9.17m 9.39m 9.35m 8.83m 9.23m	M61	UNSK,Melfort	9.77m	X9.39m	
2 Edwin Liu 8.96m 9.04m 9.14m 9.12m 9.25m 9.37m	M62	Greyhounds M,Vancou	9.29m	9.37m	7
3 Jack Laughlin 8.31m 8.40m 8.42m 8.58m 8.70m 8.63m	M61	Greyhounds M,Ch	7.37m	8.70m	5
4 Bryan Baldsing 7.39m 7.21m FOUL 7.36m	M61	Jamcan Inter,toront	8.10m	7.39m	4
-- Dave Gardner	M62	Edmonton Masters,Ed	8.33m	DNS	

**M70 Triple Jump Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Roland Delhomeau 6.44m 6.83m 6.93m 6.98m 7.16m 7.43m	M74	SaskatoonCentury,Sa	7.03m	7.43m	2	7
2 Brian Graham 6.59m 6.94m 6.85m 6.77m 6.76m 6.57m	M71	Unattached BC,penti	6.56m	X6.94m	2	
3 Hardev Singh Sandhu 6.51m 6.60m 6.92m	M70	Greyhounds M,Surrey		6.92m	2	5
-- Harnek Toor	M72	Ultra Throw,Abbotsf	8.10m	DNS	2	

**M75 Triple Jump Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Arthur Gee FOUL 6.51m FOUL 6.22m FOUL 6.52m	M75	Greyhounds M,Burnab	7.00m	6.52m	2	7

**M80 Triple Jump Masters**

Name	Age	Team	Seed	Finals	H#	Points
-- Joseph Koza	M83	Unattached,Imperial		DNS	2	



**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M85 Triple Jump Masters**

Name	Age Team	Seed	Finals	H#	Points
-- Arnold Nett	M86 Edmonton Masters,Ed	6.15m	DNS	2	

**M35 Shot Put WMA specs Masters**

35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age Team	Seed	Finals	Points
1 Scott Paterson	M35 Unattached AB,Lethb	12.94m	X11.60m	
	11.45m 11.54m 11.60m 11.60m 11.28m 11.24m			
2 Michael Ehr	M39 Excel Athlet,Regina	10.88m	10.34m	7
	9.65m 10.34m 10.08m FOUL FOUL FOUL			
-- Navinkumar Rajendiran	M35 Edmonton Masters,Ed		DNS	

**M40 Shot Put WMA specs Masters**

35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age Team	Seed	Finals	Points
1 Ramakrishnan Lakshmanan	M40 Edmonton Masters,Ed	12.39m	12.52m	7
	11.64m 12.52m 12.22m 12.30m 11.77m FOUL			
2 Dale Andrew	M41 Unattached O,Port P		X10.64m	
	10.17m 10.32m FOUL FOUL 10.64m 10.11m			

**M45 Shot Put Paralympic Masters**

Name	Age Team	Seed	Finals	Points
1 Kevin Nanson F55	M45 Unattached AB,St Al	8.40m	X7.75m	
	7.59m 7.56m 7.05m 7.75m 7.34m 7.59m			

**M45 Shot Put WMA specs Masters**

35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age Team	Seed	Finals	Points
1 Magnus Larsson	M47 Unattached AB,Calga		X10.09m	
	9.79m 9.53m 9.66m 10.09m 9.59m 9.78m			
-- Sean Freeman	M46 Bulldogs Track,Medi		DNS	

**M50 Shot Put WMA specs Masters**

35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age Team	Seed	Finals	Points
1 Paul Rains	M51 Apex Athleti,Edmont	12.65m	13.18m	7
	11.50m 12.44m 12.36m 13.18m FOUL 12.31m			
2 Rafal Czekajlo	M53 Unattached BC,New W	11.13m	X11.37m	
	11.37m 11.28m 11.26m 10.74m FOUL FOUL			

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3	Shawn Folkes	M50 Jamcan Inter, Oshawa	10.50m	10.98m	5
	10.20m 10.56m FOUL 10.98m FOUL PASS				
--	Darren Posyluzny	M50 Unattached AB, Edmon	11.94m	XDNS	

**M55 Shot Put WMA specs Masters**

35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age Team	Seed	Finals	Points
1 Sean Steele	M57 Athletics Vi, Victor	11.43m	11.09m	7
	10.22m 10.41m 10.36m 10.92m 11.09m FOUL			
2 Doug Bueckert	M55 Unattached AB, Calga		X7.48m	
	7.48m FOUL 7.45m FOUL FOUL FOUL			

**M60 Shot Put WMA specs Masters**

35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age Team	Seed	Finals	H#	Points
1 Gordon McCulloch	M60 Unattached AB, Canmo	11.46m	X11.18m	2	
	10.90m 11.18m 10.92m 11.18m 10.90m 11.05m				
2 Dale Lawrence	M61 UNSK, Melfort	9.70m	X10.22m	2	
	9.82m 10.02m 9.81m 9.22m 10.22m 9.72m				

**M65 Shot Put WMA specs Masters**

35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age Team	Seed	Finals	H#	Points
1 Longin Szafranski	M67 Unattached AB, Edmon	10.00m	X10.59m	2	
	FOUL 9.82m 10.26m 10.59m 10.12m FOUL				
2 Jerzy Wyroba	M69 Unattached O, Missis	10.00m	X10.02m	2	
	9.82m 9.82m 9.50m 10.02m 10.00m 9.78m				
3 Brian Berquist	M65 Riversdale Athlet, sa	10.00m	9.93m	2	7
	9.14m 9.59m 9.82m 9.93m 9.74m 9.67m				
4 Mohan Bains	M68 Ultra Throw, Surrey	9.60m	8.74m	2	5
	8.57m 8.44m 8.29m 8.65m 8.60m 8.74m				

**M70 Shot Put WMA specs Masters**

35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age Team	Seed	Finals	H#	Points
1 Harnek Toor	M72 Ultra Throw, Abbotsf	10.86m	10.72m	2	7
	10.12m 10.51m 10.72m 10.35m 10.34m 10.11m				
2 Hardev Singh Sandhu	M70 Greyhounds M, Surrey		8.96m	2	5
	8.22m 8.96m				
3 Ronald Chmielewski	M70 Lethbridge T, Coalda	8.77m	8.64m	2	4
	8.25m 8.34m 8.42m 7.80m 8.23m 8.64m				

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35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age	Team	Seed	Finals	H#	Points
1 Marek Glowacki	M78	Unattached BC,Revel	11.76m	X10.71m	2	
		10.44m 10.65m 10.05m FOUL 10.35m 10.71m				

**M80 Shot Put WMA specs Masters**

35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age	Team	Seed	Finals	H#	Points
1 Frank Smolinski	M80	Unattached AB,Edmon		X11.17m	2	
		10.06m 10.26m 11.17m FOUL FOUL 10.41m				

**M85 Shot Put WMA specs Masters**

35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age	Team	Seed	Finals	H#	Points
-- Arnold Nett	M86	Edmonton Masters,Ed	8.10m	DNS	2	

**M95 Shot Put WMA specs Masters**

35-49: 7.26 kg. 50-59: 6 kg. 60-69: 5 kg.  
70-79: 4 kg. 80+: 3 kg.

Name	Age	Team	Seed	Finals	H#	Points
-- Atter Singh Sekhon	M95	Unattached O,Toront	4.49m	XDNS	2	

**M35 Weight Throw WMA specs Masters**

35-49: 15.88 kg. 50-59: 11.34 kg. 60-69: 9.08 kg.  
70-79: 7.26 kg. 80+: 5.45 kg.

Name	Age	Team	Seed	Finals	Points
1 Scott Paterson	M35	Unattached AB,Lethb	14.64m	X12.70m	
		11.93m 12.39m 12.70m 11.85m 12.47m 11.94m			
2 Michael Ehr	M39	Excel Athlet,Regina	10.11m	10.45m	7
		FOUL 9.51m 9.76m 10.45m 9.69m FOUL			
-- Navinkumar Rajendiran	M35	Edmonton Masters,Ed		DNS	

**M40 Weight Throw WMA specs Masters**

35-49: 15.88 kg. 50-59: 11.34 kg. 60-69: 9.08 kg.  
70-79: 7.26 kg. 80+: 5.45 kg.

Name	Age	Team	Seed	Finals	Points
1 Dale Andrew	M41	Unattached O,Port P		X10.39m	
		9.98m 9.85m 10.09m FOUL 10.32m 10.39m			

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M45 Weight Throw WMA specs Masters**

35-49: 15.88 kg. 50-59: 11.34 kg. 60-69: 9.08 kg.						
70-79: 7.26 kg. 80+: 5.45 kg.						
Name	Age	Team	Seed	Finals	Points	
1 Kier Wilson		M47 Unattached AB, Sherw	10.95m	X9.78m		
	9.70m	FOUL	FOUL	FOUL	FOUL	9.78m

**M55 Weight Throw WMA specs Masters**

35-49: 15.88 kg. 50-59: 11.34 kg. 60-69: 9.08 kg.						
70-79: 7.26 kg. 80+: 5.45 kg.						
Name	Age	Team	Seed	Finals	Points	
1 Sean Steele		M57 Athletics Vi, Victor		10.07m	7	
	8.88m	10.07m	8.62m	FOUL	9.56m	

**M65 Weight Throw WMA specs Masters**

35-49: 15.88 kg. 50-59: 11.34 kg. 60-69: 9.08 kg.						
70-79: 7.26 kg. 80+: 5.45 kg.						
Name	Age	Team	Seed	Finals	H#	Points
1 Longin Szafranski		M67 Unattached AB, Edmon	12.99m	X14.12m	2	
	13.39m	13.35m	13.12m	FOUL	14.12m	13.09m
2 Mohan Bains		M68 Ultra Throw, Surrey	12.01m	10.67m	2	7
	10.18m	10.67m	FOUL	FOUL	FOUL	FOUL
3 Brian Berquist		M65 Riversdale Athlet, sa	10.00m	9.12m	2	5
	FOUL	9.12m	8.45m	FOUL	8.77m	8.61m
4 Dale Cocks		M67 Unattached AB, Edmon		X8.10m	2	
	7.07m	FOUL	FOUL	FOUL	FOUL	8.10m

**M70 Weight Throw WMA specs Masters**

35-49: 15.88 kg. 50-59: 11.34 kg. 60-69: 9.08 kg.						
70-79: 7.26 kg. 80+: 5.45 kg.						
Name	Age	Team	Seed	Finals	H#	Points
1 Hardev Singh Sandhu		M70 Greyhounds M, Surrey		13.88m	2	7
	13.23m	12.41m	13.34m	13.88m	12.81m	13.10m
2 Harnek Toor		M72 Ultra Throw, Abbotsf	15.77m	13.56m	2	5
	12.94m	FOUL	12.50m	12.66m	13.42m	13.56m
3 Roland Delhomeau		M74 Saskatoon Century, Sa	11.82m	11.38m	2	4
	9.80m	11.38m	10.89m	11.10m	10.92m	FOUL
4 Ronald Chmielewski		M70 Lethbridge T, Coald	10.13m	9.50m	2	3
	9.26m	FOUL	FOUL	9.50m	FOUL	9.17m

**M75 Weight Throw WMA specs Masters**

35-49: 15.88 kg. 50-59: 11.34 kg. 60-69: 9.08 kg.						
70-79: 7.26 kg. 80+: 5.45 kg.						
Name	Age	Team	Seed	Finals	H#	Points
1 Surinder Shah		M75 Greyhounds M, Surrey	8.00m	9.07m	2	7
	8.73m	8.92m	8.63m	8.73m	9.07m	8.49m

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2	Arthur Gee	M75 Greyhounds M,Burnab	9.00m	7.51m	2	5
	6.39m	6.53m	FOUL	7.23m	6.08m	7.51m

**M95 Weight Throw WMA specs Masters**

35-49:	15.88 kg.	50-59:	11.34 kg.	60-69:	9.08 kg.
70-79:	7.26 kg.	80+:	5.45 kg.		

Name	Age Team	Seed	Finals	H#	Points
1 Atter Singh Sekhon	M95 Unattached O,Toront	4.26m	X4.71m	2	
	4.55m	4.52m	4.71m		

**M35 1000 Metre Run Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Adam Betzelt	M37 Caltaf,Calgary, AB	SCR	

**M40 1000 Metre Run Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Douglas McLaren	M43 Yukon,Whitehorse	X4:02.31	252

**M45 1000 Metre Run Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Matt Beechey	M48 Jamcan Inter,Cambri	SCR	

**M60 1000 Metre Run Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Henry Knitter	M61 Unattached AB,Airdr	X4:10.99	482

**M65 1000 Metre Run Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Dale Cocks	M67 Unattached AB,Edmon	XSCR	

**M70 1000 Metre Run Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Roland Delhomeau	M74 SaskatoonCentury,Sa	5:12.31	312
2 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	5:36.35	204

**M75 1000 Metre Run Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Surinder Shah	M75 Greyhounds M,Surrey	6:40.92	85

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**....M75 1000 Metre Run Masters Indoor Pentathlon**

-- Doug Renwick M77 SaskatoonCentury,Cl SCR

**M35 60 Metre Hurdles Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Adam Betzelt	M37 Caltaf,Calgary, AB	10.29	517

**M40 60 Metre Hurdles Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Douglas McLaren	M43 Yukon,Whitehorse	X9.66	713

**M45 60 Metre Hurdles Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Matt Beechey	M48 Jamcan Inter,Cambri	SCR	

**M60 60 Metre Hurdles Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Henry Knitter	M61 Unattached AB,Airdr	X12.60	454

**M65 60 Metre Hurdles Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Dale Cocks	M67 Unattached AB,Edmon	XSCR	

**M70 60 Metre Hurdles Masters Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	12.62	2	591
2 Roland Delhomeau	M74 SaskatoonCentury,Sa	14.78	2	306

**M75 60 Metre Hurdles Masters Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Surinder Shah	M75 Greyhounds M,Surrey	14.94	2	376
-- Doug Renwick	M77 SaskatoonCentury,Cl	SCR	2	

**M35 High Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Adam Betzelt	M37 Caltaf,Calgary, AB	1.71m	585
		1.59 1.62 1.65 1.68 1.71 1.74	
		O P O P XO XXX	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M40 High Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Douglas McLaren	M43 Yukon,Whitehorse	X1.62m	536
1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65			
O P P O P P XO XXO XXX			

**M45 High Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Matt Beechey	M48 Jamcan Inter,Cambri	DNS	

**M60 High Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Henry Knitter	M61 Unattached AB,Airdr	X1.32m	552
1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32 1.35			
O P O O O O XO O XXX			

**M65 High Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Dale Cocks	M67 Unattached AB,Edmon	XDNS	

**M70 High Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Roland Delhomeau	M74 SaskatoonCentury,Sa	1.17m	569
0.99 1.02 1.05 1.08 1.11 1.14 1.17 1.20			
O P P O O O XXO XXX			
2 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	1.05m	426
0.90 0.93 0.96 0.99 1.02 1.05			
O O XO O XO XO			

**M75 High Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Surinder Shah	M75 Greyhounds M,Surrey	0.96m	411
0.90 0.93 0.96 0.99			
O XO O XXX			
-- Doug Renwick	M77 SaskatoonCentury,C1	DNS	

**M35 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Adam Betzelt	M37 Caltaf,Calgary, AB	5.54m	525
5.54m FOUL 3.43m			

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M40 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Douglas McLaren 4.85m 4.94m FOUL	M43 Yukon, Whitehorse	X4.94m	457

**M45 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Matt Beechey	M48 Jamcan Inter, Cambri	DNS	

**M60 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Henry Knitter 3.38m 3.53m 3.40m	M61 Unattached AB, Airdr	X3.53m	375

**M65 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Dale Cocks	M67 Unattached AB, Edmon	XDNS	

**M70 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hardev Singh Sandhu 3.15m FOUL 3.14m	M70 Greyhounds M, Surrey	3.15m	419
2 Roland Delhomeau 2.77m 2.78m 3.01m	M74 SaskatoonCentury, Sa	3.01m	375

**M75 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Surinder Shah 3.03m FOUL FOUL	M75 Greyhounds M, Surrey	3.03m	473
-- Doug Renwick	M77 SaskatoonCentury, Cl	DNS	

**M35 Shot Put Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Adam Betzelt 12.33m FOUL FOUL	M37 Caltaf, Calgary, AB	12.33m	654

**M40 Shot Put Masters Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Douglas McLaren 8.52m 9.13m 8.95m	M43 Yukon, Whitehorse	X9.13m	495



**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M45 Shot Put Masters Indoor Pentathlon**

Name	Age	Team	Finals	Points
-- Matt Beechey	M48	Jamcan Inter, Cambri	DNS	

**M60 Shot Put Masters Indoor Pentathlon**

Name	Age	Team	Finals	Points
1 Henry Knitter 8.36m 8.21m 8.77m	M61	Unattached AB, Airdr	X8.77m	542

**M65 Shot Put Masters Indoor Pentathlon**

Name	Age	Team	Finals	Points
-- Dale Cocks	M67	Unattached AB, Edmon	XDNS	

**M70 Shot Put Masters Indoor Pentathlon**

Name	Age	Team	Finals	Points
1 Hardev Singh Sandhu 8.85m 8.56m 8.54m	M70	Greyhounds M, Surrey	8.85m	566
2 Roland Delhomeau 7.55m 6.86m 7.47m	M74	SaskatoonCentury, Sa	7.55m	465

**M75 Shot Put Masters Indoor Pentathlon**

Name	Age	Team	Finals	Points
1 Surinder Shah 6.43m 5.91m 6.41m	M75	Greyhounds M, Surrey	6.43m	425
-- Doug Renwick	M77	SaskatoonCentury, Cl	DNS	

**M40 Indoor Pentathlon Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Douglas McLaren	M43	Yukon, Whitehorse	2500	X2453		

**M60 Indoor Pentathlon Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Henry Knitter	M61	Unattached AB, Airdr		X2405		

**M70 Indoor Pentathlon Masters**

Name	Age	Team	Seed	Finals	H#	Points
1 Hardev Singh Sandhu	M70	Greyhounds M, Surrey		2206		7
2 Roland Delhomeau	M74	SaskatoonCentury, Sa	2178	2027		5

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M75 Indoor Pentathlon Masters**

Name	Age Team	Seed	Finals	H#	Points
1 Surinder Shah	M75 Greyhounds M,Surrey		1770		7

**M45 1500 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Dmitry Babenko	M46 Unattached BC,Burna	6:30.00	X6:36.58	

**M50 1500 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Niegel Geohagen	M50 Jamcan Inter,toront	10:59.20	10:27.81	7

**M55 1500 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Philip Vesty	M56 EdmontonRacewalk,Ed	7:51.87	7:49.49	7
2 John Storms	M59 Athletics YU,Whiteh	8:31.43	X8:16.70	
3 Ian Lamplough	M57 EdmontonRacewalk,Ed	8:38.19	8:42.97	5

**M60 1500 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Dave Keenan	M61 Heartland RaceW,For	8:37.43	8:32.05	7
2 James Kenney	M62 Heartland RaceW,Air	9:28.01	9:09.64	5
3 Garry Stone	M63 EdmontonRacewalk,Ed	10:43.97	10:28.68	4

**M65 1500 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Henry Charrois	M67 EdmontonRacewalk,Ed	7:56.36	8:20.34	7

**M70 1500 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Harnek Toor	M72 Ultra Throw,Abbotsf	10:50.00	12:06.08	7

**M45 3000 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Dmitry Babenko	M46 Unattached BC,Burna	13:30.00	X13:58.14	

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****M55 3000 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Philip Vesty	M56 EdmontonRacewalk,Ed	16:44.09	16:32.75	7
2 John Storms	M59 Athletics YU,Whiteh	18:05.00	X17:29.58	
3 Ian Lamplough	M57 EdmontonRacewalk,Ed	17:55.32	18:03.70	5

**M60 3000 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Dave Keenan	M61 Heartland RaceW,For	17:49.80	17:55.03	7
2 James Kenney	M62 Heartland RaceW,Air	19:20.00	19:41.28	5
3 Garry Stone	M63 EdmontonRacewalk,Ed	21:40.00	21:24.14	4

**M65 3000 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Henry Charrois	M67 EdmontonRacewalk,Ed	17:06.33	17:11.67	7

**M70 3000 Metre Race Walk Masters**

Name	Age Team	Seed	Finals	Points
1 Harnek Toor	M72 Ultra Throw,Abbotsf	21:45.00	25:07.81	7

**Women - Masters - Team Rankings - 16 Events Scored**

1) GREYHOUNDS MASTERS TRACK & 199	2) Edmonton Masters	63
3) NORWESTERS TRACK & FIELD C 56	4) RIVERSDALE ATHLETICS TRAC	52
5) Calgary Spartans 50	6) EXCEL ATHLETIKA	49
7) Calgary Phoenix Striders 44	8) JAMCAN International Athl	41
9) Heartland Racewalk Club 28	10) Sherbrooke	26
10) Running Room Athletic Club 26	12) Runlab	19
13) Voleo Athletics 17	14) Rive-Sud	15
15) Saskatoon Century Track Cl 14	15) Athletics Victoria Track	14
15) Ontario Racewalkers Associ 14	15) KAMLOOPS TRACK & FIELD CL	14
15) Throwers Club 14	20) Edmonton Columbians Track	10
20) BYTOWN WALKERS 10	20) Edmonton Racewalk	10
20) SASKATOON TF CLUB 10	24) PA Athletics	7
24) Airdrie Aces Athletics Clu 7	24) Victoria Speed Project	7
27) Toronto Race Walkers 5		

**Men - Masters - Team Rankings - 21 Events Scored**

1) GREYHOUNDS MASTERS TRACK & 336	2) JAMCAN International Athl	112
3) Edmonton Masters 111	4) Saskatoon Century Track C	60
5) University of Toronto T.C. 51	6) Edmonton Racewalk	46
7) Ultra Throw 45	8) EXCEL ATHLETIKA	43
9) PRINCE GEORGE TRACK AND F 35	10) Roadkill Running Club	31
11) Edmonton Columbians Track 30	11) Calgary Spartans	30
13) RIVERSDALE ATHLETICS TRACK 28	14) OCEAN ATHLETICS TRACK & F	25
15) Heartland Racewalk Club 24	16) Running Room Athletic Clu	21
16) KAMLOOPS TRACK & FIELD CLU 21	16) ELITE TRACK & FIELD ACADE	21

**2019 Alberta Indoor Track and Field Championships - 2019-03-08 to 2019-03-10****Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results****....M70 3000 Metre Race Walk Masters**

19) Leduc Track And Field Club	19	20) SAINT JOHN TRACK & FIELD	15
20) SASKATOON TF CLUB	15	22) Athletics Victoria Track	14
23) Ottawa Lions T.F.C.	12	24) Variety Village Athletic	11
25) Edmonton International Tra	7	25) Apex Athletics Club	7
25) Lethbridge Track And Field	7	25) Caltaf Athletic Associat	7
25) Northeast Alberta Track &	7	30) Passtrak	5
31) PA Athletics	4		

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Combined Team Scores - Masters - 37 Events Scored

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1) GREYHOUNDS MASTERS TRACK &	535	2) Edmonton Masters	174
3) JAMCAN International Athle	153	4) EXCEL ATHLETIKA	92
5) RIVERSDALE ATHLETICS TRACK	80	5) Calgary Spartans	80
7) Saskatoon Century Track Cl	74	8) Edmonton Racewalk	56
8) NORWESTERS TRACK & FIELD C	56	10) Heartland Racewalk Club	52
11) University of Toronto T.C.	51	12) Running Room Athletic Clu	47
13) Ultra Throw	45	14) Calgary Phoenix Striders	44
15) Edmonton Columbians Track	40	16) KAMLOOPS TRACK & FIELD CL	35
16) PRINCE GEORGE TRACK AND F	35	18) Roadkill Running Club	31
19) Athletics Victoria Track a	28	20) Sherbrooke	26
21) OCEAN ATHLETICS TRACK & FI	25	21) SASKATOON TF CLUB	25
23) ELITE TRACK & FIELD ACADEM	21	24) Leduc Track And Field Clu	19
24) Runlab	19	26) Voleo Athletics	17
27) SAINT JOHN TRACK & FIELD	15	27) Rive-Sud	15
29) Throwers Club	14	29) Ontario Racewalkers Assoc	14
31) Ottawa Lions T.F.C.	12	32) PA Athletics	11
32) Variety Village Athletic C	11	34) BYTOWN WALKERS	10
35) Apex Athletics Club	7	35) Airdrie Aces Athletics Cl	7
35) Lethbridge Track And Field	7	35) Edmonton International Tr	7
35) Northeast Alberta Track &	7	35) Caltaf Athletic Associat	7
35) Victoria Speed Project	7	42) Toronto Race Walkers	5
42) Passtrak	5		