

## Ottawa Lions Twilight Meet #15 - 8/11/2021

## Ottawa Lions Timing Team

## Terry Fox Athletic Facility

## Results

## Women 100 Meter Dash Open

Facility: 11.20 F 7/7/2017 Crystal Emmanuel  
 Twilight: 11.60 T Genevieve Thibault  
 Club: 11.49 C 6/4/2016 Farah Jacques

Name	Yr	Team	Prelims
<b>Preliminaries</b>			
1	Chapman, Janay	02 Golden Eagle	12.22q 1.0
2	Martins, Emma	03 Gatineau	12.51q 1.0
3	Borgella, Bianca T13;F13	03 Ottawa Lions	12.53q 1.0
4	Ogunremi, Doyin	02 Ottawa Lions	12.56q 1.0
5	Lu Langley, Vanessa	02 Ottawa Lions	12.76q 1.0
6	Parris, Ieasha	96 C.A.N.I. Ath	12.77q 1.0
7	Stawnyczy, Claire	03 Lachine	13.07q 2.1
8	Sharp, Samantha	04 Ottawa Lions	13.10q 1.0
9	Naoum, Catherine	97 Saint-Lauren	13.18 2.1
10	Goddard, Audrey	04 Ottawa Lions	13.19 2.1
11	Naveang-Plouffe, Anne-Marie	04 Gatineau	13.24 0.9
12	Cameron, Millie	04 Ottawa Lions	13.64 2.1
13	Lim Huynh, Trinity	04 Ottawa Lions	13.68 2.1
14	Pender, Tatiana	05 Ottawa Lions	13.70 2.1
15	Bourque, Monet	06 Ottawa Lions	13.80 0.9
16	Walton, Shannon	94 National Cap	13.91 0.9
17	Dewar, Allison	05 Ottawa Lions	13.94 2.1
18	McGuire, Alexis	06 Ottawa Lions	13.98 0.9
19	Brennan, Kelly	97 Ottawa Lions	14.04 0.9
20	Ostertag, Coralie	02 Ottawa Lions	14.05 0.9
21	Fuchs, Bailey	03 Kingston Tra	14.11 2.1
22	Osborne, Manon	74 Gatineau	14.13 0.9
23	Morris, Jennifer	73 Ottawa Lions	14.18 0.9
24	Roventa, Kyra	07 Ottawa Lions	14.49 0.9
25	Belahneche, Cylia	05 Gatineau	14.69 0.9
26	Kelly, Taylor	08 National Cap	15.40 0.5
27	Edwards, Sophie	08 Ottawa Lions	15.73 0.9
28	Prud'homme Foster, Noemie	06 Franco-Cite	15.92 0.9
29	Kearnan, Mallory	08 Ottawa Lions	16.46 0.5
30	Bou, Maia	11 Ottawa Lions	16.77 0.5
31	Edwards, Matilda	10 Ottawa Lions	16.99 0.5
32	Paraskevas, Abbie	07 National Cap	17.42 0.9
33	Nearing-Guibord, Danette	61 Ottawa Lions	17.52 0.5
34	Prud'homme Foster, Zoe	10 Franco-Cite	17.81 0.5

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Facility: 11.20 F 7/7/2017 Crystal Emmanuel  
 Twilight: 11.60 T Genevieve Thibault  
 Club: 11.49 C 6/4/2016 Farah Jacques

Name	Yr	Team	Finals
<b>Finals</b>			
1	Chapman, Janay	02 Golden Eagle	12.21 0.4
2	Ogunremi, Doyin	02 Ottawa Lions	12.52 0.4
3	Martins, Emma	03 Gatineau	12.54 0.4
4	Borgella, Bianca T13;F13	03 Ottawa Lions	12.58 0.4
5	Lu Langley, Vanessa	02 Ottawa Lions	12.66 0.4
6	Parris, Ieasha	96 C.A.N.I. Ath	12.82 0.4

7 Stawnyczy, Claire 03 Lachine 13.15 0.4

## Women 400 Meter Dash Open

Facility: 50.92 F 7/21/2001 Amy Mbacke Thiam  
 Twilight: 53.52 T 7/22/2015 Nicole Sassine  
 Club: 51.70 C 7/9/2009 Esther Akinsulie

Name	Yr	Team	Finals
<b>Finals</b>			
1	Jackson, Audrey	98 Saint-Lauren	54.12
2	Parris, Ieasha	96 C.A.N.I. Ath	58.01
3	Deslandes, Myriam	03 Rive-Sud	58.83
4	McQuinn, Cora	04 Ottawa Lions	59.50
5	Dumont, Mélanie	88 Saint-Lauren	59.80
6	Bell, Frédérique	03 Gatineau	1:00.60
7	Brennan, Emily	04 Ottawa Lions	1:01.47
8	Munro, Grace	04 Ottawa Lions	1:01.68
9	Walton, Shannon	94 National Cap	1:02.26
10	McGregor, Ellie	09 Unattached O	1:02.51
11	Racine-Prud'homme, André-A	02 Corsaire-Cha	1:02.71
12	Richmond, Dacey	01 Kingston Tra	1:03.08
13	Cross, Laura	04 Ottawa Lions	1:04.11
14	Porter, Gillian	04 Ottawa Lions	1:04.61
15	Harris, Andie	05 Ottawa Lions	1:05.15
16	Brennan, Kelly	97 Ottawa Lions	1:05.34
17	Belahneche, Cylia	05 Gatineau	1:07.52
18	Bradley, Cassidy	04 Ottawa Lions	1:08.14
19	Fuchs, Bailey	03 Kingston Tra	1:08.38
20	Collins, Lara	05 C.A.N.I. Ath	1:09.00
21	McQuinn, Shayla	06 Ottawa Lions	1:09.10
22	Collins, Amy	07 Unattached O	1:09.46
23	Dewar, Shannon	08 Ottawa Lions	1:09.57
24	Van Brabant, Amelia	05 Ottawa Lions	1:09.88
25	Pitts, Payton	09 Ottawa Lions	1:10.15
26	Ostertag, Coralie	02 Ottawa Lions	1:10.90
27	Tyman, Elana	03 Ottawa Lions	1:11.29
28	Prud'homme Foster, Noemie	06 Franco-Cite	1:15.93
29	Edwards, Sophie	08 Ottawa Lions	1:17.93
30	Paraskevas, Abbie	07 National Cap	1:18.80
31	Prud'homme Foster, Zoe	10 Franco-Cite	1:29.69

## Women 1000 Meter Run Open

Facility: 2:45.28 F 7/10/1996 Anna Gunasekera  
 Twilight: 2:45.28 T 7/10/1996 Anna Gunasekera  
 Club: 2:38.75 C 8/22/2014 Melissa Bishop

Name	Yr	Team	Finals
<b>Finals</b>			
1	Paquin, Geneviève	98 Saint-Lauren	2:47.93 32.601 (32.601) 1:40.809 (1:08.208) 2:47.922 (1:07.113)
2	Van Brabant, Amelia	05 Ottawa Lions	3:03.45 36.505 (36.505) 1:51.518 (1:15.013) 3:03.448 (1:11.930)
3	Porter, Gillian	04 Ottawa Lions	3:12.76 37.444 (37.444) 1:55.424 (1:17.980) 3:12.759 (1:17.335)
4	Martin, Sydney	98 Unattached O	3:16.16 37.144 (37.144) 1:57.209 (1:20.065) 3:16.160 (1:18.951)

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## Finals ... (Women 1000 Meter Run Open)

Name	Yr	Team	Finals
5 Hurst, Freya	04	Ottawa Lions	3:16.99 37.698 (37.698) 1:57.697 (1:19.999) 3:16.981 (1:19.284)
6 Cross, Laura	04	Ottawa Lions	3:18.41 37.642 (37.642) 1:56.125 (1:18.483) 3:18.407 (1:22.282)
7 Alexander, Lauren	06	Ottawa Lions	3:24.48 37.794 (37.794) 2:03.774 (1:25.980) 3:24.479 (1:20.705)
8 Dumoulin, Jennifer	86	Ottawa Lions	3:27.44 37.811 (37.811) 2:01.352 (1:23.541) 3:27.434 (1:26.082)
9 Wopling, Francesca	03	Vaudreuil-Do	3:29.62 37.459 (37.459) 2:01.489 (1:24.030) 3:29.616 (1:28.127)
10 Brooks, Adyson	10	Unattached O	3:37.41 37.370 (37.370) 2:07.165 (1:29.795) 3:37.404 (1:30.239)
11 Kelly, Taylor	08	National Cap	3:53.53 37.094 (37.094) 2:12.191 (1:35.097) 3:53.527 (1:41.336)
--- (Pace) Jackson, Audrey	98	Saint-Lauren	DNF 32.366 (32.366)

## Women 10000 Meter Run Open

Facility: 32:15.82 F 7/31/1987 Nancy Tinari

Club: 33:15.35 C 7/26/1991 Lisa Presedo

Name	Yr	Team	Finals
1 Boyd, Cleo	93	Physi-Kult	33:02.29 1:20.11 (1:20.11) 2:40.34 (1:20.23) 3:59.95 (1:19.61) 5:19.99 (1:20.04) 6:39.23 (1:19.24) 7:57.21 (1:17.98) 9:16.06 (1:18.85) 10:35.92 (1:19.86) 11:54.56 (1:18.64) 13:13.98 (1:19.42) 14:33.62 (1:19.64) 15:52.65 (1:19.03) 17:10.73 (1:18.08) 18:28.80 (1:18.07) 19:47.68 (1:18.88) 21:05.88 (1:18.20) 22:24.05 (1:18.17) 23:44.38 (1:20.33) 25:04.73 (1:20.35) 26:26.50 (1:21.77) 29:10.26 (1:20.62) 30:30.59 (1:20.33) 31:50.02 (1:19.43) 33:02.29 (1:12.27)
2 MacDougall, Branna	98	Physi-Kult	34:26.70 1:20.35 (1:20.35) 2:40.62 (1:20.27) 4:00.23 (1:19.61) 5:20.27 (1:20.04) 6:39.49 (1:19.22) 7:57.48 (1:17.99) 9:16.33 (1:18.85) 10:36.22 (1:19.89) 11:54.83 (1:18.61) 13:14.26 (1:19.43) 14:33.98 (1:19.72) 15:52.93 (1:18.95) 17:13.67 (1:20.74) 18:38.45 (1:24.78) 20:03.30 (1:24.85) 21:29.49 (1:26.19) 22:56.14 (1:26.65) 24:23.41 (1:27.27) 25:49.95 (1:26.54) 27:18.27 (1:28.32) 30:12.77 (1:27.09) 31:37.44 (1:24.67) 33:00.57 (1:23.13) 34:26.70 (1:26.13)

## Women 80 Meter Hurdles Open

Twilight: 11.07 T 7/16/2014 Ashlea Maddex

Name	Yr	Team	Finals
1 Collins, Lara	05	C.A.N.I. Ath	13.74 0.9

## Women 100 Meter Hurdles Open

Facility: 12.64 F 8/5/2006 Perdita Felicien

Twilight: 13.13 T 7/3/2019 Phylcia George

Club: 12.96 C 5/11/1996 Lesley Tashlin

Name	Yr	Team	Finals
1 Goddard, Audrey	04	Ottawa Lions	15.10 2.7
2 Lu Langley, Vanessa	02	Ottawa Lions	15.36 2.7
3 Corriveau-Tozzi, Laetitia	02	Saint-Lauren	15.71 2.7
4 Brennan, Emily	04	Ottawa Lions	17.53 2.7
5 Cameron, Millie	04	Ottawa Lions	17.63 2.7
6 Landry, Abby	03	Kingston Tra	18.50 2.7
7 Lim Huynh, Trinity	04	Ottawa Lions	18.98 2.7

## Women High Jump Open

Facility: 1.94m F 8/4/1985 Jeannie Cockroft

Twilight: 1.86m T 7/6/1994 Gay Kapernik

Club: 1.89m C 6/22/1991 Leslie Estwick

Name	Yr	Team	Finals
1 Lorenzo, Marguerite	99	Saint-Lauren	1.75m
2 Lefebvre Castillo, Winona	93	Saint-Lauren	1.60m
2 Selkirk, Robin	03	Unattached O	1.60m
4 Goddard, Audrey	04	Ottawa Lions	1.55m
4 Naveang-Plouffe, Anne-Marie	04	Gatineau	1.55m
6 Conley, Makayla	07	Kingston Tra	1.40m

## Women Javelin Throw Open

## 6 Attempts

Facility: 60.62m F 7/7/2017 Liz Gleadle

Twilight: 54.04m T 8/10/1990 Cheryl Coker

Club: 57.64m C 4/18/1992 Cheryl Coker

Name	Yr	Team	Finals
1 Merritt, Olivia	91	Ottawa Lions	44.77m
2 McLean, Madison	01	Border City	41.95m
3 Selkirk, Robin	03	Unattached O	30.60m
--- Conley, Makayla	07	Kingston Tra	FOUL

## Men 100 Meter Dash Open

Facility: 10.11 F 7/7/2017 Andre Degrasse

Twilight: 10.32 T 7/28/2016 Oluwasegun Makinde

Club: 10.10 C 8/22/1994 Glenroy Gilbert

Name	Yr	Team	Prelims
1 Adjibi, Eliezer	00	C.A.N.I. Ath	10.68q 1.4
2 Tran, Phu Thanh	98	Saint-Lauren	10.83q 1.4
3 Ben-Smith, Bertwin	97	Ottawa Lions	10.87q 1.4
4 Jamal, Braenen	93	Unattached O	10.99q 1.4
5 Gaudette, Michael	95	Perfmax-Raci	11.00q 0.9
6 Gauthier, Hugo	97	Indépendant	11.01q 1.4
7 Sassi, Philip	96	Saint-Lauren	11.03q 1.4
8 Ingram, Austin T13;F13	02	Les Coureurs	11.08q 0.9

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## Preliminaries ... (Men 100 Meter Dash Open)

Name	Yr	Team	Prelims
9 Gurnsey, Joel	01	Kingston Tra	11.10 0.9
10 Gebara, Seiyf Udeen	03	Ottawa Lions	11.11 0.9
11 Chavannes, Christopher	03	Saint-Lauren	11.13 1.4
12 Vizzari, Domenico	04	Ottawa Lions	11.35 0.9
13 Maillé, Gabriel	95	Saint-Lauren	11.40 0.9
14 Bryant, Zach	02	Ottawa Lions	11.43 0.9
15 Polidori, Gabriele	97	Saint-Lauren	11.44 1.9
16 Wallner, Leo	03	Ottawa Lions	11.51 0.9
17 Scatliffe, Joshua	05	National Cap	11.68 1.9
18 Cowan, Jack	04	Ottawa Lions	11.87 0.8
19 Roberts-Scrubb, Jaden	11	Kingston Tra	11.93 1.9
20 McNeil, Nathaniel	05	Ottawa Lions	12.17 1.9
21 Zimman, Elijah	04	Lachine	12.52 0.8
22 Lavictoire, Ethan	06	Ottawa Lions	12.63 1.5
23 Ibrahim, Esman	94	National Cap	12.67 0.8
24 Waldrum, Kyle	05	Unattached O	12.71 0.8
25 Cairo, Francesco	80	Unattached O	12.72 0.8
26 Wu, Howie	03	Ottawa Lions	13.23 1.5
27 Zielonka, Eric	06	Ottawa Lions	13.32 0.8
28 Smith, Edwin	04	National Cap	14.19 1.5
29 Rocznik, Lukas	07	Ottawa Lions	14.49 0.8
30 Lu Langley, Jimmy	08	Ottawa Lions	14.67 1.5
31 Bou, Lluç	08	Ottawa Lions	14.70 1.5
32 Ross, William	08	Ottawa Lions	15.09 1.5
33 Prud'homme Foster, Mathias	08	Franco-Cite	16.03 1.5
34 Lokesh, Naren	03	C.A.N.I. Ath	19.09 1.9
35 Babcock, Brett T51;F51	94	National Cap	25.19 1.5

## Men 100 Meter Dash Open

Facility: 10.11 F 7/7/2017 Andre Degrasse

Twilight: 10.32 T 7/28/2016 Oluwasegun Makinde

Club: 10.10 C 8/22/1994 Glenroy Gilbert

Name	Yr	Team	Finals
1 Adjibi, Eliezer	00	C.A.N.I. Ath	10.62 1.0
2 Ben-Smith, Bertwin	97	Ottawa Lions	10.73 1.0
3 Tran, Phu Thanh	98	Saint-Lauren	10.76 1.0
4 Jamal, Braenen	93	Unattached O	10.84 1.0
5 Gauthier, Hugo	97	Indépendant	10.89 1.0
6 Gaudette, Michael	95	Perfmax-Raci	10.92 1.0
7 Sassi, Philip	96	Saint-Lauren	11.03 1.0
8 Ingram, Austin T13;F13	02	Les Coureurs	11.21 1.0

## Men 400 Meter Dash Open

Facility: 44.86 F 7/21/2001 Shane Niemi

Twilight: 46.32 T 8/7/2013 Michael Robertson

Club: 46.29 C 5/31/2014 Michael Robertson

Name	Yr	Team	Finals
1 Khelifa, Azer	97	Saint-Lauren	47.23
2 Kukla-Colby, Thomas	04	Ottawa Lions	50.27
3 Saville, Sebastian	94	C. A. Univer	50.50
4 Lyness, Quinn	00	Ottawa Lions	50.51

5 Cote, Sebastien	00	C.A.N.I. Ath	51.98
6 Samson, Gabriel	99	Saint-Lauren	52.69
7 Nonez, Fabrice	02	Ottawa Lions	53.02
8 Robinson, Samuel	03	Ottawa Lions	53.11
9 Legare, Nolan	05	Ottawa Lions	53.14
10 Scatliffe, Joshua	05	National Cap	54.37
11 Meredith, Zach	02	Ottawa Lions	54.95
12 Casasola, Liam	02	Ottawa Lions	55.04
13 McNeil, Nathaniel	05	Ottawa Lions	56.24
14 Ibrahim, Esman	94	National Cap	57.76
15 Gagné, Emeric	05	Gatineau	58.11
16 Waldrum, Kyle	05	Unattached O	58.37
17 Zielonka, Eric	06	Ottawa Lions	1:02.17
18 Campeau, Nicolas	02	Gatineau	1:02.75
19 Wu, Howie	03	Ottawa Lions	1:03.69
20 O'Hare, Kiran	08	Ottawa Lions	1:03.96
21 Bou, Lluç	08	Ottawa Lions	1:09.66
22 Prud'homme Foster, Mathias	08	Franco-Cite	1:11.76
23 Smith, Edwin	04	National Cap	1:12.88
24 Lu Langley, Jimmy	08	Ottawa Lions	1:12.94
25 Rocznik, Johan	09	Ottawa Lions	1:17.59
26 Babcock, Brett T51;F51	94	National Cap	1:41.30

## Men 1000 Meter Run Open

Facility: 2:23.64 F 7/26/2006 Michael Woods

Twilight: 2:23.64 T 7/26/2006 Michael Woods

Club: 2:22.46 C 2/7/2014 Mohamed Souleiman

Name	Yr	Team	Finals
1 Champagne, Emmanuel	97	A.T.P athlét	2:32.05 29.036 (29.036) 1:30.165 (1:01.129) 2:32.047 (1:01.882)
2 Roy, Jackson	02	Ottawa Lions	2:33.50 29.480 (29.480) 1:30.693 (1:01.213) 2:33.492 (1:02.799)
3 Heffernan, Andrew	88	Ottawa Lions	2:37.60 29.751 (29.751) 1:33.078 (1:03.327) 2:37.600 (1:04.522)
4 Bouma, Phoenix	03	Ottawa Lions	2:38.12 30.546 (30.546) 1:35.102 (1:04.556) 2:38.113 (1:03.011)
5 Westbrook, Gavin	99	Unattached O	2:39.46 30.825 (30.825) 1:35.318 (1:04.493) 2:39.457 (1:04.139)
6 Cino, Sebastian	03	Ottawa Lions	2:43.60 31.081 (31.081) 1:36.427 (1:05.346) 2:43.593 (1:07.166)
7 Garcia, Tristan	87	Unattached O	2:48.28 31.832 (31.832) 1:38.333 (1:06.501) 2:48.274 (1:09.941)
8 Sikka, Zachary	04	Ottawa Lions	2:50.71 33.849 (33.849) 1:45.306 (1:11.457) 2:50.706 (1:05.400)
9 Del Rio Reategui, Matias	05	Unattached O	2:51.89 35.506 (35.506) 1:45.949 (1:10.443) 2:51.890 (1:05.941)
10 Padoin-Castillo, Adriano	05	Ottawa Lions	2:52.65 33.574 (33.574) 1:45.158 (1:11.584) 2:52.642 (1:07.484)
11 Legare, Nolan	05	Ottawa Lions	2:52.67 32.123 (32.123) 1:39.275 (1:07.152) 2:52.666 (1:13.391)
12 Zaine, Brad	04	Unattached O	3:06.79 36.246 (36.246) 1:52.691 (1:16.445) 3:06.784 (1:14.093)
13 Mackett, Michael	91	Unattached O	3:10.53 35.026 (35.026) 1:52.992 (1:17.966) 3:10.528 (1:17.536)

## Ottawa Lions Twilight Meet #15 - 8/11/2021

## Ottawa Lions Timing Team

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## Results

## Finals ... (Men 1000 Meter Run Open)

Name	Yr	Team	Finals
14 McInerney, Michael	66	Ottawa Lions	3:21.94
40.112 (40.112)	2:02.507 (1:22.395)	3:21.939 (1:19.432)	
15 Rocznik, Lukas	07	Ottawa Lions	3:34.98
37.260 (37.260)	2:03.282 (1:26.022)	3:34.979 (1:31.697)	

## Men 10000 Meter Run Open

Facility: 28:13.54 F 7/20/2001 Ahmed Baday

Club: 28:01.06 C 5/6/2000 Sean Kaley

Name	Yr	Team	Finals
Finals			
1 Kanko, Robert	96	Physi-Kult	30:47.01
1:13.609 (1:13.609)	2:26.369 (1:12.760)	3:39.213 (1:12.844)	
4:53.511 (1:14.298)	6:07.821 (1:14.310)	7:21.491 (1:13.670)	
8:34.571 (1:13.080)	9:47.845 (1:13.274)	11:00.322 (1:12.477)	
12:12.977 (1:12.655)	13:25.988 (1:13.011)	14:38.393 (1:12.405)	
15:50.554 (1:12.161)	17:03.719 (1:13.165)	18:16.249 (1:12.530)	
19:28.496 (1:12.247)	20:41.736 (1:13.240)	21:55.101 (1:13.365)	
23:09.450 (1:14.349)	24:24.619 (1:15.169)		
26:58.593 (1:17.918)	28:16.453 (1:17.860)	29:34.001 (1:17.548)	
30:47.003 (1:13.002)			

2 Anderson, Miles	87	Physi-Kult	36:00.87
1:21.776 (1:21.776)	2:45.753 (1:23.977)	4:09.649 (1:23.896)	
5:34.775 (1:25.126)	6:59.977 (1:25.202)	8:26.836 (1:26.859)	
9:53.840 (1:27.004)	11:21.550 (1:27.710)	12:50.674 (1:29.124)	
14:19.819 (1:29.145)	15:47.377 (1:27.558)	17:14.006 (1:26.629)	
18:41.734 (1:27.728)	20:08.452 (1:26.718)	21:36.168 (1:27.716)	
23:03.183 (1:27.015)	24:30.331 (1:27.148)	25:57.922 (1:27.591)	
27:25.535 (1:27.613)	28:53.629 (1:28.094)		
31:48.771 (1:27.603)	33:15.983 (1:27.212)	34:44.668 (1:28.685)	
36:00.862 (1:16.194)			

3 Howard, Brendon	96	Unattached O	37:58.02
1:19.311 (1:19.311)	2:41.503 (1:22.192)	4:03.378 (1:21.875)	
5:26.572 (1:23.194)	6:51.276 (1:24.704)	8:17.885 (1:26.609)	
9:46.077 (1:28.192)	11:15.944 (1:29.867)	12:46.678 (1:30.734)	
14:17.910 (1:31.232)	15:48.806 (1:30.896)	17:18.942 (1:30.136)	
18:50.796 (1:31.854)	20:23.765 (1:32.969)	21:56.991 (1:33.226)	
23:33.048 (1:36.057)	25:08.734 (1:35.686)	26:44.373 (1:35.639)	
28:21.346 (1:36.973)	29:58.663 (1:37.317)		
33:11.761 (1:36.384)	34:48.877 (1:37.116)	36:24.895 (1:36.018)	
37:58.014 (1:33.119)			

--- De Lange, Mitch	99	Physi-Kult	DNF
1:13.876 (1:13.876)	2:26.644 (1:12.768)	3:38.954 (1:12.310)	
4:53.246 (1:14.292)	6:08.321 (1:15.075)	7:23.264 (1:14.943)	
8:39.138 (1:15.874)	9:55.799 (1:16.661)	11:12.660 (1:16.861)	
12:30.799 (1:18.139)	13:49.493 (1:18.694)	15:09.783 (1:20.290)	
16:32.496 (1:22.713)	17:55.168 (1:22.672)	19:19.006 (1:23.838)	
20:43.181 (1:24.175)			

--- Macfadyen, Connor	92	Unattached O	DNF
1:22.369 (1:22.369)	2:46.136 (1:23.767)	4:10.006 (1:23.870)	
5:35.130 (1:25.124)	7:00.383 (1:25.253)	8:27.220 (1:26.837)	
9:54.221 (1:27.001)	11:21.974 (1:27.753)	12:51.069 (1:29.095)	
14:20.443 (1:29.374)	15:48.981 (1:28.538)	17:19.300 (1:30.319)	
18:49.126 (1:29.826)	20:21.105 (1:31.979)	21:50.402 (1:29.297)	
23:23.285 (1:32.883)	24:55.332 (1:32.047)	26:30.272 (1:34.940)	
28:06.836 (1:36.564)			

--- Childs, Everett	94	Physi-Kult	DNF
1:20.669 (1:20.669)	2:40.957 (1:20.288)	4:00.554 (1:19.597)	
5:20.636 (1:20.082)	6:39.903 (1:19.267)	7:57.822 (1:17.919)	
9:16.687 (1:18.865)	10:36.407 (1:19.720)	11:56.364 (1:19.957)	
13:17.043 (1:20.679)	14:38.802 (1:21.759)	16:01.695 (1:22.893)	

--- Booth, Noah	05	Physi-Kult	DNF
1:19.795 (1:19.795)	2:40.032 (1:20.237)	3:59.671 (1:19.639)	
5:19.691 (1:20.020)	6:38.938 (1:19.247)	7:56.931 (1:17.993)	
9:15.766 (1:18.835)	10:35.616 (1:19.850)	11:54.275 (1:18.659)	
13:13.668 (1:19.393)	14:33.292 (1:19.624)	15:52.343 (1:19.051)	
17:10.448 (1:18.105)	18:28.475 (1:18.027)	19:47.371 (1:18.896)	
21:05.578 (1:18.207)	22:23.765 (1:18.187)		

## Men 110 Meter Hurdles Open

Facility: 13.27 F 8/3/1985 Mark McKay

Twilight: 13.76 T 7/16/2014 Ramon Sosa

Club: 13.43 C 7/4/2015 Sekou Kaba

Name	Yr	Team	Finals
Finals			
1 Lapointe, Émile	03	Saint-Lauren	15.14 +0.0
2 Wallner, Leo	03	Ottawa Lions	16.06 +0.0
3 Del Rio Reategui, Matias	05	Unattached O	20.98 +0.0

## Men High Jump Open

Facility: 2.33m F 6/21/1986 Milt Ottey

Twilight: 2.18m T 8/9/2006 Derek Watkins

Club: 2.25m C 5/31/1992 Cory Siermachesky

Name	Yr	Team	Finals
Finals			
1 Rocznik, Johan	09	Ottawa Lions	1.20m

## Men Triple Jump Open

## 6 Attempts

Facility: 17.15m F 7/23/2001 Arius Filet

Twilight: 15.46m T 6/27/1990 Cyril Soga

Club: 15.75m C 5/14/1988 Glenroy Gilbert

Name	Yr	Team	Finals
Finals			
1 Dimnaku, Gezim	72	Lachine	12.33m 1.6
2 Rachati, Nadem	85	Indépendant	12.04m 1.4
--- Foster, Joshua	02	Unattached O	FOUL

## Ottawa Lions Twilight Meet #15 - 8/11/2021

## Ottawa Lions Timing Team

## Terry Fox Athletic Facility

## Results

## Men Discus Throw Open

## 6 Attempts

Facility: 65.10m F 7/22/2001 Jason Tunks

Twilight: 60.10m T 7/18/1990 Ray Lazdins

Club: 61.49m C 7/23/2015 Tim Nedow

Name	Yr	Team	Finals
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## Finals

1	Gagné, Emeric	05	Gatineau	28.48m
2	Maillé, Gabriel	95	Saint-Lauren	25.13m
3	Swirsky, Brian	73	Lachine	21.75m
4	Phillips, Mark	21	Ottawa Lions	18.91m

9 Unattached Ontario J 4:17.73

1:04.688 (1:04.688) 2:08.723 (1:04.035) 3:15.504 (1:06.781)

4:17.721 (1:02.217)

10 Unattached Ontario F 4:20.20

1:01.469 (1:01.469) 2:12.548 (1:11.079) 3:22.223 (1:09.675)

4:20.192 (57.969)

## Men Javelin Throw Open

## 6 Attempts

Facility: 84.41m F 7/20/2005 Scott Russell

Twilight: 84.41m T 7/20/2005 Scott Russell

Club: 71.02m C 6/22/2013 Brandon Heroux

Name	Yr	Team	Finals
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## Finals

1	Allen, Roan	98	Unattached B	70.06m
2	Finkbeiner, Michael	54	Throwers Clu	33.35m

## Mixed 4x400 Meter Relay Open

## Chest # corresponds with letter of alphabet

Facility: 3:04.91 F

Twilight: 3:14.60 T

Club: 3:11.02 C

Team	Relay	Finals
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## Finals

1	Unattached Ontario	B	3:41.70
	52.225 (52.225)	1:52.858 (1:00.633)	2:52.244 (59.386)
	3:41.696 (49.452)		
2	Unattached Ontario	D	3:43.32
	51.920 (51.920)	1:52.846 (1:00.926)	2:52.683 (59.837)
	3:43.315 (50.632)		
3	Unattached Ontario	A	3:52.69
	58.039 (58.039)	1:58.286 (1:00.247)	2:57.326 (59.040)
	3:52.686 (55.360)		
4	Unattached Ontario	H	4:04.07
	1:04.519 (1:04.519)	2:10.978 (1:06.459)	3:05.890 (54.912)
	4:04.063 (58.173)		
5	Unattached Ontario	E	4:08.24
	57.246 (57.246)	2:03.426 (1:06.180)	3:10.962 (1:07.536)
	4:08.231 (57.269)		
6	Unattached Ontario	G	4:10.47
	1:07.907 (1:07.907)	2:15.485 (1:07.578)	3:20.366 (1:04.881)
	4:10.469 (50.103)		
7	Unattached Ontario	I	4:11.73
	57.383 (57.383)	1:52.205 (54.822)	3:02.241 (1:10.036)
	4:11.723 (1:09.482)		
8	Unattached Ontario	C	4:14.33
	57.909 (57.909)	2:08.986 (1:11.077)	3:16.296 (1:07.310)
	4:14.324 (58.028)		