

"2013" SEASON'S OPENER T&F MEET - 38th Annual**Saturday 1-Dec-2012**

12/01/2012 - 12/01/2012

UWO Thompson Arena, London ON**Event # 1 WOMENS 60m Dash**11:30am/Semi 12:35pm/Final 1:10pm
top 3 per heat/top 4 per semi adv

CIS Standard: 7.63

#ARENA RECORD:M.Griffith Ryerson U. 7.43 4-Dec2010

%MEET RECORD:M.Griffiths Ryerson U. 7.43 4-Dec2010

RESULTS OF FINALS

1 Sarah Peirce	UNATTACHED	7.70
2 Cassandra Pascal	Western Espoirs	7.93
3 Alicia Smith	London Western Track	7.98
4 Caroline Ehrhardt	Western Mustangs	8.09
5 Sian Smart	Waterloo Warriors	8.23
6 Jenny Carrique	Waterloo Warriors	8.24
7 Hien Ngo	Western Espoirs	8.32

RESULTS OF SEMIS

1 Sarah Peirce	UNATTACHED	7.70
2 Cassandra Pascal	Western Espoirs	7.87
3 Alicia Smith	London Western Track	7.95
4 Caroline Ehrhardt	Western Mustangs	8.05
5 Sian Smart	Waterloo Warriors	8.23
5 Jenny Carrique	Waterloo Warriors	8.23
7 Hien Ngo	Western Espoirs	8.38
8 Alex Morrow	Saugeen TFC	8.42
8 Jodian Daley	Western Espoirs	8.42
10 Jennifer Adebajo	Waterloo Warriors	8.49
11 Ali Dings	Waterloo Warriors	8.53
12 Kristen Gibson	Western Mustangs	8.77
Rachel MacLenan	Western Mustangs	DNS
Cara Marcantonio	London Western Track	DNS

RESULTS OF PRELIMS

1 Sarah Peirce	UNATTACHED	7.79
2 Cassandra Pascal	Western Espoirs	8.00
3 Alicia Smith	London Western Track	8.02
4 Caroline Ehrhardt	Western Mustangs	8.14
5 Sian Smart	Waterloo Warriors	8.21
6 Jenny Carrique	Waterloo Warriors	8.28
7 Alex Morrow	Saugeen TFC	8.31
8 Hien Ngo	Western Espoirs	8.36
9 Cara Marcantonio	London Western Track	8.38
10 Ali Dings	Waterloo Warriors	8.39
10 Jodian Daley	Western Espoirs	8.39
12 Jennifer Adebajo	Waterloo Warriors	8.51
13 Rachel MacLenan	Western Mustangs	8.57
14 Kristen Gibson	Western Mustangs	8.84

Event # 2 MENS 60m Dash11:50am/Semi 12:40p/ Final 1:15pm
top 3 per heat/top 4 per semi adv

CIS Standard: 6.82

#ARENA RECORD:D.Williams York U. 6.76 2-Jan1982

%MEET RECORD:D.Stallworth Ann Arbor TC 6.76 4-Dec1999

RESULTS OF FINALS

1 Kofi Kwarko-Fosu	U.Waterloo TC	6.98
2 Shlomo Dunyo	Waterloo Warriors	7.00
3 Mohamed Yassin	Waterloo Warriors	7.07
4 Saeb Omer	Western Mustangs	7.10
5 Derris Cleaver	Michigan Accelerator	7.20

6 Edward Wang	Waterloo Warriors	7.44
7 Tommy Gingras	Waterloo Warriors	7.58

RESULTS OF SEMIS

1 Shlomo Dunyo	Waterloo Warriors	6.97
2 Kofi Kwarko-Fosu	U.Waterloo TC	7.02
3 Saeb Omer	Western Mustangs	7.06
4 Taylor Stewart	Western Mustangs	7.10
5 Mohamed Yassin	Waterloo Warriors	7.11
6 Derris Cleaver	Michigan Accelerator	7.25
7 Edward Wang	Waterloo Warriors	7.40
8 Tommy Gingras	Waterloo Warriors	7.43
9 Alex Manuel	Waterloo Warriors	7.44
10 Clarence Buchanan	Western Mustangs	7.45
11 Tim Ritscher	Waterloo Warriors	7.46
12 Scott Shea	Waterloo Warriors	7.53
13 Marlon Brown	Western Mustangs	7.56
14 Adam Neale	Waterloo Warriors	7.65
Daniel Gayle	Western Mustangs	DNS
16 Ike Omoruna	Western Mustangs	7.16

RESULTS OF PRELIMS

1 Shlomo Dunyo	Waterloo Warriors	6.95
2 Kofi Kwarko-Fosu	U.Waterloo TC	7.02
3 Saeb Omer	Western Mustangs	7.10
4 Taylor Stewart	Western Mustangs	7.14
5 Mohamed Yassin	Waterloo Warriors	7.16
6 Ike Omoruna	Western Mustangs	7.17
7 Derris Cleaver	Michigan Accelerator	7.25
8 Daniel Gayle	Western Mustangs	7.27
9 Clarence Buchanan	Western Mustangs	7.36
10 Scott Shea	Waterloo Warriors	7.37
11 Edward Wang	Waterloo Warriors	7.42
12 Tommy Gingras	Waterloo Warriors	7.44
13 Marlon Brown	Western Mustangs	7.45
14 Alex Manuel	Waterloo Warriors	7.47
15 Tim Ritscher	Waterloo Warriors	7.48
15 Payam Saboni	Western Mustangs	7.48
17 Michael Phillips	Waterloo Warriors	7.49
18 David Uren	Western Mustangs	7.57
19 Adam Neale	Waterloo Warriors	7.58
20 Nathan Meadows	Waterloo Warriors	7.68
20 Alfred Chen	Waterloo Warriors	7.68
22 Sasha Ameri	Waterloo Warriors	7.75
23 Adam Barrie	Western Espoirs	7.83
24 Eric Carey	Waterloo Warriors	8.01
Johnny Zhang	Western Mustangs	DNS

Event # 3 WOMENS 200m Dash

Timetable: 2:00pm

Timed Final / Fastest Seeds First

CIS Standard 24.72

#ARENA RECORD:B.Thomson U.W.O. 25.34 22-Nov2012

%MEET RECORD:M.Griffiths Unattached 25.91 5-Dec2009

1 Sarah Clancy	Western Mustangs	25.80%
2 Cassandra McCaig	Western Mustangs	26.17
3 Rachael Muma	Western Mustangs	26.63
4 Sam Gordon	Western Mustangs	26.76
5 Jenny Carrique	Waterloo Warriors	27.16
6 Hien Ngo	Western Espoirs	27.90
7 Morgan Robertson	Michigan Accelerator	28.21

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8 Ali Dings	Waterloo Warriors	28.38
9 Lisa Pot	Saugeen TFC	32.66

Event # 4 MENS 200m Dash

Timetable: 2:20pm

Timed Final / Fastest Seeds First

CIS Standard 21.77

#ARENA RECORD:D.Goddard U.W.O. 22.69 25-Nov2010

%MEET RECORD:B.Dills Guelph TC 22.77 2-Dec2006

1 Mohamed Yassin	Waterloo Warriors	23.19
2 Rajiv Naidoo	Western Mustangs	23.30
3 Conor Trainor	Western Mustangs	23.84
4 Derris Cleaver	Michigan Accelerator	24.18
5 Todd MacLean	Western Espoirs	24.36
6 Marlon Brown	Western Mustangs	24.90
7 Saeb Omer	Western Mustangs	25.08
8 Edward Wang	Waterloo Warriors	25.33

Event # 5 WOMENS 300m Dash

Timetable: 3:00pm

3-Turn Stagger Start / Timed Final

CIS Standard: 39.63

#ARENA RECORD:L.Hatz Washington DC 39.14 3-Feb1979

%MEET RECORD:J.Ford Detroit Motor City 39.84 3-Dec1994

1 Brenna Thomson	Western Mustangs	39.98
2 Lauren Clancy	Western Mustangs	41.09
3 Caitlyn MacMillan	Western Mustangs	42.87
3 Jen Barbon	Western Mustangs	42.87
5 Alysha Mathews	Western Mustangs	43.80
6 Caray Ford	Waterloo Warriors	44.64
7 Jordan Staple	Western Mustangs	44.87
8 Rachel Lorimer	Waterloo Warriors	45.84

Event # 6 MENS 300m Dash

Timetable: 3:20pm

3-Turn Stagger Start / Timed Final

CIS Standard: 34.25

#ARENA RECORD:J.Grace U. of Michigan 34.24 4-Feb1978

%MEET RECORD:M.Detailluer Central State 34.84 1-Dec1990

1 Nathan Meadows	Waterloo Warriors	37.33
2 Ben Hayes	Michigan Accelerator	37.52
3 Michael Phillips	Waterloo Warriors	37.59
4 Tommy Gingras	Waterloo Warriors	37.60
5 Todd MacLean	Western Espoirs	38.57
6 Adam Barrie	Western Espoirs	39.51
7 Nima Mostaghimi	Waterloo Warriors	39.55
8 Alfred Chen	Waterloo Warriors	39.63
9 Marcus Reed	Michigan Accelerator	40.72
10 Eric Carey	Waterloo Warriors	42.04

Event # 7 WOMENS 600m Run

Timetable: 1:40pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:31.66

#ARENA RECORD:M.Killingbeck York U. 1:30.54 8-Jan1983

%MEET RECORD:D.Walton Detroit Motor City 1:33.14 2-Dec1978

1 Katie Parry	Western Espoirs	1:42.56
2 Shelby Dunbar	Western Espoirs	1:46.62
3 Nicole Cress	Waterloo Warriors	1:49.12
4 Emily Hrudka	Saugeen TFC	1:50.72
5 Melanie Garrett	Western Espoirs	1:52.12

Event # 8 MENS 600m Run

Timetable: 1:50pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:19.81

#ARENA RECORD:G.Bartram Ashland OH 1:19.14 3=Dec1988

%MEET RECORD:G.Bartram Ashland OH 1:19.14 3-Dec1988

1 Adam Neale	Waterloo Warriors	1:25.14
2 Ben Hayes	Michigan Accelerator	1:25.41
3 Drew Mckay-	Western Espoirs	1:25.94
4 Andrew McColl	Western Espoirs	1:26.03
5 Nima Mostaghimi	Waterloo Warriors	1:28.48
6 Ryan Chevalier	Western Espoirs	1:28.61
7 Daniel Liu	Western Espoirs	1:29.33

Event # 10 MENS 1000m Run

Timetable: 3:50pm

2-Turn Stagger Start / Timed Final

CIS Standard: 2:24.45

#ARENA RECORD:H.Mitro U. Waterloo 2:26.40 18=Jan1987

%MEET RECORD:H.Mitro Toronto Olympic 2:28.54 2-Dec1995

1 Mitsuru Wilson	Western Espoirs	2:48.18
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Event # 11 WOMENS 1500m Run

Timetable: 2:40pm

Fastest Seeds First

CIS Standard: 4:28.25

#ARENA RECORD:J.Purola U.W.O. 4:24.70 3-Dec1982

%MEET RECORD:J.Purola U.W.O. 4:24.70 3-Dec1982

1 Stephanie Hinton	Waterloo Warriors	5:01.30
2 Reighan Fisher	Michigan Accelerator	5:13.38
3 Sarah Van Wyk	Saugeen TFC	5:25.09

Event # 12 MENS 1500m Run

Timetable: 2:50pm

Fastest Seeds First

CIS Standard: 3:48.50

#ARENA RECORD:D.Consiglio U. Arkansas 3:48.20 5-Jan1986

%MEET RECORD:D.Reid York U. 3:49.30 3-Dec1982

1 Adam Tait	Saugeen TFC	4:28.41
2 Mitch Heyink	Saugeen TFC	4:45.16
3 Gavin Snell	Saugeen TFC	4:50.53
4 Joel Branderhorst	Saugeen TFC	4:59.84

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5 Ken Gosleigh	Saugeen TFC	5:01.03
6 Nathan Jeffrey	Saugeen TFC	5:12.94
7 Isaiah Frielink	Saugeen TFC	5:13.15
8 Ben Pot	Saugeen TFC	5:32.86

Event # 13 WOMENS 3000m Run

Timetable: 4:00pm

CIS Standard: 9:47.19

#ARENA RECORD:L.Bussiere Quebec 9:09.00 2-Dec1989

%MEET RECORD:L.Bussiere Quebec 9:09.00 2-Dec1989

1 Rachel Lamb	Western Espoirs	10:43.26
2 Hailey Cummings	Western Mustangs	10:52.22
3 Ainsley Nantes	Western Espoirs	10:53.45

Event # 14 MENS 3000m Run

Timetable: 4:40pm

CIS Standard: 8:17.70

#ARENA RECORD:H.Mitro Sarnia TC 8:11.80 1-Dec1990

%MEET RECORD:H.Mitro Sarnia TC 8:11.80 1-Dec1990

1 Daniel Fournier	Waterloo Warriors	9:06.30
2 Ryan Santos	Waterloo Warriors	9:35.50

Event # 15 WOMENS 60m Hurdles

Prelims 12:10pm / Final 12:55pm

top 2 per heat auto advance

CIS Standard: 8.72

#ARENA RECORD:K.Anderson Phoenix TC 8.20 30-Nov1997

%MEET RECORD:K.Anderson Phoenix TC 8.20 30-Nov1997

RESULTS OF FINALS

1 Shalyn Kowalchuk	Western Mustangs	9.14
2 Sam Gordon	Western Mustangs	9.21
3 Brianna Wilson	Western Espoirs	9.34
4 Lauren Thomas	Western Mustangs	9.46
5 Morgan Robertson	Michigan Accelerator	9.70
6 Caitlyn MacMillan	Western Mustangs	9.74
7 Rachael Muma	Western Mustangs	9.87
Julia Hayman	Western Mustangs	DNS

RESULTS OF PRELIMS

1 Morgan Robertson	Michigan Accelerator	
2 Brianna Wilson	Western Espoirs	9.20
3 Shalyn Kowalchuk	Western Mustangs	9.27
4 Sam Gordon	Western Mustangs	9.30
5 Caitlyn MacMillan	Western Mustangs	9.44
6 Lauren Thomas	Western Mustangs	9.62
7 Morgan Robertson	Michigan Accelerator	9.81
8 Julia Hayman	Western Mustangs	9.87
9 Rachael Muma	Western Mustangs	9.97
10 Chantel Pilon	Waterloo Warriors	10.07
11 Hien Ngo	Western Espoirs	10.79

Event # 16 MENS 60m High Hurdles

Prelims 12:20pm / Final 12:50pm

top 2 per heat auto advance

CIS Standard: 8.30

#ARENA RECORD:M.McKoy York U. 7.85 6-Jan1985

%MEET RECORD:A.VanDendool St.Thomas Legion 8.21 5-Dec2009

RESULTS OF FINALS

1 Brent Bates	Western Mustangs	8.49
2 Michael Paisley	Western Mustangs	8.94
3 Oliver Grant	Waterloo Warriors	9.16
4 Justin Conlon	Waterloo Warriors	9.34
5 Andrew Leest	Waterloo Warriors	10.64
Chris Bergin	Western Mustangs	DNF
Edward Wang	Waterloo Warriors	DNS

RESULTS OF PRELIMS

1 Brent Bates	Western Mustangs	8.57
2 Michael Paisley	Western Mustangs	9.17
3 Justin Conlon	Waterloo Warriors	9.23
4 Edward Wang	Waterloo Warriors	9.56
5 Chris Bergin	Western Mustangs	9.78
6 Andrew Leest	Waterloo Warriors	10.41
7 Oliver Grant	Waterloo Warriors	10.64
Sasha Ameri	Waterloo Warriors	DNS
Keith Cyrus	Western Mustangs	DNS

Event # 17 WOMENS 4x200m Relay

Timetable: 4:20pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:41.43 [avg 25.3]

#ARENA RECORD:. Windsor Lancers 1:41.34 16-Jan1993

%MEET RECORD:. Western Mustangs 1:42.74 1-Dec1991

1 Western Mustangs A	Western Mustangs	1:46.72
Rachael Muma	Jenessa Olson	
Jennifer Pitman	Lauren Thomas	
26.4, 25.7, 27.5, 27.0		
2 Univ of Waterloo A	Waterloo Warriors	1:49.73
Jenny Carrique	Tori Hafner	
Caray Ford	Sian Smart	
26.6, 27.0, 28.0, 27.8		

Event # 18 MENS 4x200m Relay

Timetable: 4:30pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:28.82 [avg 22.2]

#ARENA RECORD:. Windsor Lancers 1:28.84 18-Jan1992

%MEET RECORD: K-W TC 1:30.34 2-Dec1995

1 Western Mustangs A	Western Mustangs	1:34.04
Taylor Stewart	Rajiv Naidoo	
Marlon Brown	Conor Trainor	
23.2, 22.8, 24.4, 23.2		
2 Univ of Waterloo A	Waterloo Warriors	1:35.12
Tim Ritscher	Tommy Gingras	
Alex Manuel	Michael Phillips	
23.5, 23.3, 24.5, 23.5		

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UWO Thompson Arena, London ON**Event # 19 WOMENS 4x400m Relay**

Timetable: 4:55pm

2-Turn Stagger Start / Timed Final

CIS Standard: 3:50.15 [avg 57.5]

#ARENA RECORD: Western Mustangs 3:53.39 23-Jan2010

%MEET RECORD: York Yeowomen 3:55.04 2-Dec1989

1 Western Mustangs A	Western Mustangs	3:58.12
Brenna Thomson	Cassandra McCaig	
Sarah Clancy	Lauren Clancy	
58.5, 58.9, 61.3, 59.2		
2 Western Mustangs B	Western Mustangs	4:02.96
Jenessa Olson	Jordan Staple	
Jen Barbon	Alysha Mathews	
58.7, 61.0, 60.0, 63.0		
3 Univ of Waterloo A	Waterloo Warriors	4:14.81
Chantel Pilon	Caray Ford	
Stephanie Hinton	Nicole Cress	
60.4, 64.9, 62.5, 66.7		
4 Western Espoirs A	Western Espoirs	4:18.72
Melanie Garrett	Shelby Dunbar	
Katie Parry		
68.1, 65.4, 63.4		

Event # 20 MENS 4x400m Relay

Timetable: 5:05pm

2-Turn Stagger Start / Timed Final

CIS Standard: 3:18.11 [avg 49.5]

#ARENA RECORD: Western Mustangs 3:19.14 18-Jan1985

%MEET RECORD: Wayne State Tartars 3:19.34 5-Dec1980

1 Univ of Waterloo A	Waterloo Warriors	3:33.87
Nathan Meadows	Shlomo Dunyo	
Alfred Chen	Tommy Gingras	
53.2, 53.2, 56.0, 53.1		
2 Univ of Waterloo B	Waterloo Warriors	3:35.87
Adam Neale	Mohamed Yassin	
Nima Mostaghimi		
53.8, 52.7, 53.7, 53.4		
3 Western Espoirs A	Western Espoirs	3:38.00
Daniel Liu	Ryan Chevalier	
Adam Barrie	Mitsuru Wilson	
54.1, 52.6, 56.1, 54.9		

Event # 21 WOMENS High Jump

Timetable: 12:00pm

CIS Standard: 1.71m

#ARENA RECORD: J.White Etobicoke TC 1.83 4-Feb1978

%MEET RECORD: C.Bond-Mills Woodstock TC 1.81 4-Dec1993

1 Jennifer Pitman	Western Espoirs	1.60m
Field Series: 1.40 P 1.45 P 1.50 O 1.55 O 1.60 O		
Field Series: 1.63 XXX		
2 Alex Morrow	Saugeen TFC	1.50m
Field Series: 1.40 O 1.45 XO 1.50 O 1.55 XXX		
Field Series: 1.60 1.63		
3 Tara White	Western Mustangs	1.50m
Field Series: 1.40 O 1.45 O 1.50 XO 1.55 XXX		
Field Series: 1.60 1.63		

Paulina Kurevija	Waterloo Warriors	NM
Field Series: 1.40 XXX 1.45 1.50 1.55 1.60		
Field Series: 1.63		

Event # 22 MENS High Jump

Timetable: 1:15pm

CIS Standard: 2.02m

#ARENA RECORD: G.Paul Carabello UDM 2.15 F'83/ N'96

%MEET RECORD: P.Carballo U. Detroit Mercy 2.15 30Nov1996

1 Payam Saboni	Western Mustangs	1.90m
Field Series: 1.55 P 1.60 P 1.65 P 1.70 P		
Field Series: 1.75 XO 1.80 O 1.85 O 1.90 O		
Field Series: 1.95 XXX		
2 Ose Akioyamen	Western Mustangs	1.85m
Field Series: 1.55 P 1.60 P 1.65 P 1.70 O 1.75 O		
Field Series: 1.80 XO 1.85 XO 1.90 XXX 1.95		
3 Justin Conlon	Waterloo Warriors	1.80m
Field Series: 1.55 P 1.60 P 1.65 P 1.70 P 1.75 O		
Field Series: 1.80 O 1.85 XXX 1.90 1.95		
4 Andrew Leest	Waterloo Warriors	1.75m
Field Series: 1.55 P 1.60 P 1.65 O 1.70 O 1.75 O		
Field Series: 1.80 XXX 1.85 1.90 1.95		
5 Tim Ritscher	Waterloo Warriors	1.75m
Field Series: 1.55 P 1.60 P 1.65 O 1.70 O		
Field Series: 1.75 XO 1.80 XXX 1.85 1.90 1.95		
5 Shane Huffman	Western Mustangs	1.75m
Field Series: 1.55 P 1.60 P 1.65 P 1.70 O		
Field Series: 1.75 XO 1.80 XXX 1.85 1.90 1.95		
7 Chris Bergin	Western Mustangs	1.70m
Field Series: 1.55 P 1.60 O 1.65 O 1.70 XXO		
Field Series: 1.75 XXX 1.80 1.85 1.90 1.95		
8 Oliver Grant	Waterloo Warriors	1.55m
Field Series: 1.55 O 1.60 XXX 1.65 1.70 1.75		
Field Series: 1.80 1.85 1.90 1.95		

Event # 23 WOMENS Pole Vault

Timetable: 3:30pm

CIS Standard: 3.72m

#ARENA RECORD: D.Ellis U. of Waterloo 3.95 2-Dec2000

%MEET RECORD: D.Ellis U. of Waterloo 3.95 2-Dec2000

1 Robin Bone	Western Mustangs	3.65m
Field Series: 3.00 P 3.15 P 3.30 P 3.45 P 3.55 P		
Field Series: 3.65 O 3.72 XXX		
2 Sharon Michalak	Western Espoirs	3.45m
Field Series: 3.00 P 3.15 P 3.30 XXO 3.45 O		
Field Series: 3.55 XXX		
3 Gesthika Kaltsidis	Western Mustangs	3.30m
Field Series: 3.00 O 3.15 O 3.30 XO 3.45 XXX		
Field Series: 3.55		

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UWO Thompson Arena, London ON**Event # 24 MENS Pole Vault**

Timetable: 2:00pm

CIS Standard: 4.74m

#ARENA RECORD:D.Wood York U. 5.35 4-Dec1993

%MEET RECORD:D.Wood York U. 5.35 4-Dec1993

1 Matt Diston	Western Mustangs	4.50m
Field Series: 3.40 P 3.55 P 3.70 P 3.85 P 4.00 P		
Field Series: 4.15 P 4.30 P 4.40 P 4.50 O		
Field Series: 4.74 XXX		
2 Morley Willoughby	Western Mustangs	4.00m
Field Series: 3.40 P 3.55 P 3.70 P 3.85 O 4.00 O		
Field Series: 4.15 XXX 4.30 4.40 4.50 4.74		
3 Eli VanDuzer	Western Mustangs	3.85m
Field Series: 3.40 P 3.55 P 3.70 XO 3.85 O		
Field Series: 4.00 XXX 4.15 4.30 4.40 4.50		
Field Series: 4.74		
4 Paul White	Ontario Masters	3.55m
Field Series: 3.40 O 3.55 XXO 3.70 XXX 3.85		
Field Series: 4.00 4.15 4.30 4.40 4.50		
Field Series: 4.74		

Event # 25 WOMENS Long Jump

Timetable: 1:00pm

CIS Standard: 5.73m

#ARENA RECORD:J.Cotten U.W.O. 6.09 21-Jan2010

%MEET RECORD:R.Pugh London-Western 5.85 5-Dec1980

1 Mila Similuk	Western Mustangs	5.40m
Field Series: 5.35, 5.28, 5.25, 5.29, 5.40		
2 Jodian Daley	Western Espoirs	5.21m
Field Series: 5.21, 5.18, 5.13, 5.12, 5.15		
3 Lauren Thomas	Western Mustangs	5.17m
Field Series: 5.17, 4.98, 5.00, 4.99, 4.95, 4.86		
4 Rachel MacLenan	Western Mustangs	5.10m
Field Series: 4.94, 5.10, 4.95		
5 Kristen Gibson	Western Mustangs	4.98m
Field Series: 4.88, 4.98, 4.83, 4.93, 4.78		
6 Shalyn Kowalchuk	Western Mustangs	4.87m
Field Series: 4.63, 4.48, 4.67, 4.87, 4.52, 4.83		
7 Chantel Pilon	Waterloo Warriors	4.77m
Field Series: 4.45, 4.60, 4.71, 4.52, 4.77		
8 Alex Morrow	Saugeen TFC	4.76m
Field Series: 4.53, 4.76, 4.59, 4.62, 4.67		
9 Sian Smart	Waterloo Warriors	4.32m
Field Series: 4.32, 4.26		
10 Emma Cotten	Waterloo Warriors	3.68m
Field Series: 3.68		

Event # 26 MENS Long Jump

Timetable: 11:30am

CIS Standard: 7.09m

#ARENA RECORD:T.Betty U.W.O. 7.45 14-Jan1995

%MEET RECORD:C.Latham Take Flight TC 7.31 5-Dec2009

1 Taylor Stewart	Western Mustangs	7.32m %
Field Series: 7.16, 7.32, 7.24, 7.08		
2 Thomas Bednarik	Western Mustangs	6.90m
Field Series: 6.74, 6.83, 6.74, 6.90, 6.90, 6.90		

3 David Uren	Western Mustangs	6.55m
Field Series: 6.55, 6.30, 6.16, 6.02		
4 Daniel Gayle	Western Mustangs	6.13m
Field Series: 6.07, 6.13		
5 Tim Ritscher	Waterloo Warriors	6.11m
Field Series: 5.59, 5.95, 6.06, 5.62, 6.11, 5.70		
6 Brayden Bullen	Western Mustangs	6.00m
Field Series: 6.00, 5.71, 5.88		
7 Scott Shea	Waterloo Warriors	5.98m
Field Series: 5.98, 5.57, 5.66, 5.71, 5.74, 5.75		
8 Sasha Ameri	Waterloo Warriors	5.84m
Field Series: 5.84, 5.59, 5.45, 5.70, 5.60		
9 Oliver Grant	Waterloo Warriors	5.83m
Field Series: 5.83, 5.19		
10 Justin Conlon	Waterloo Warriors	5.81m
Field Series: 5.81, 5.40, 5.05		
11 Andrew Leest	Waterloo Warriors	5.44m
Field Series: 5.44, 5.39, 5.49		

Event # 27 WOMENS Triple Jump

Timetable: 4:00pm

CIS Standard: 12.04m

#ARENA RECORD:K.Dinsmore U. of Windsor 12.58 14-Jan1994

%MEET RECORD:N.Zachariah U. of Guelph 12.11 2-Dec2006

1 Caroline Ehrhardt	Western Mustangs	12.37m %
Field Series: 11.86, 12.36, 12.37, NM, 12.19, 12.29		
2 Emily Goad	Western Espoirs	10.97m
Field Series: 10.90, 10.97, 10.96, NM, 10.94, 10.92		
3 Rachel MacLenan	Western Mustangs	10.66m
Field Series: NM, 10.58, 10.57, 10.66, NM, 10.45		

Event # 28 MENS Triple Jump

Timetable: 2:30pm

CIS Standard: 14.19m

#ARENA RECORD:D.Trowell Tennessee Tech . 15.42 4-Dec1976

%MEET RECORD:D.Trowell Tennessee Tech 15.42 4-Dec1976

1 David Uren	Western Mustangs	12.70m
Field Series: 12.70, 12.62, 12.57		

Event # 29 WOMENS 4kg Shot Put

Timetable: 3:00pm

4-kg / 8.8-lb weight

CIS Standard: 13.31m

#ARENA RECORD:L.Tunks Unattached 18.60 1-Mar2003

%MEET RECORD:A.Kieser Saginaw Valley State 14.40 3-Dec1994

1 Stephanie Jackson	London Western Track	14.30m
Field Series: 13.60, 13.90, 14.30, 14.14		
2 Lydia Foley	Western Mustangs	12.33m
Field Series: 12.33, 11.42		
3 Julie Sleeth	Western Mustangs	11.45m
Field Series: 10.84, 11.01, 10.76, 11.45		
4 Chantel Pilon	Waterloo Warriors	11.44m
Field Series: 10.74, 10.67, 10.70, 10.94, 11.44, 10.56		
5 Jill Knight	Waterloo Warriors	10.89m
Field Series: 10.77, 10.89, 10.82, 10.60, 10.48, 10.15		
6 Jennie McCutcheon	Western Mustangs	10.32m
Field Series: 9.56, 9.74, 10.32, 9.74		

"2013" SEASON'S OPENER T&F MEET - 38th Annual**Saturday 1-Dec-2012**

12/01/2012 - 12/01/2012

UWO Thompson Arena, London ON

7 Martha Appiah	Waterloo Warriors	9.79m	7 Alexis Bedard	Western Mustangs	10.43m
Field Series: 9.79, 9.59			Field Series: 10.18, 10.09, 10.43		
8 Shalyn Kowalchuk	Western Mustangs	9.21m			
Field Series: 9.02, 9.21, 9.05, 8.48, 8.83					
9 Julia Hayman	Western Mustangs	8.96m			
Field Series: 7.90, 8.96					
10 Alex Morrow	Saugeen TFC	8.80m			
Field Series: 8.77, 8.49, 8.32, 8.70, 8.80, 8.64					
11 Emma Cotten	Waterloo Warriors	7.50m			
Field Series: 7.01, 7.41, 7.50					
12 Lauren Thomas	Western Mustangs	7.44m			
Field Series: 6.92, 7.44, 6.57					
13 Jennifer Pitman	Western Espoirs	7.43m			
Field Series: 7.43, 7.32, 6.87					

Event # 30 MENS 16-lb Shot Put

Timetable: 1:30pm
7.26-kg / 16-lb weight
CIS Standard: 16.22m
#ARENA RECORD:L.Chambul Scarboro Opt TC 17.78 2-Feb1980
%MEET RECORD:T.Hendry U. of Guelph 17.15 3-Dec2011

1 Tim Hendry	London Western Track	17.32m %
Field Series: 16.93, 17.32		
2 Brent Roubus	London Western Track	16.14m
Field Series: 15.22, 15.47, 16.11, 16.14, 15.93		
3 Alex Kopacz	Western Mustangs	15.64m
Field Series: 15.62, 15.64, 15.19, 15.27		
4 Andrew Cullen	Western Espoirs	11.68m
Field Series: 10.97, 11.68, 11.67, 10.92		
5 Chris Bergin	Western Mustangs	11.59m
Field Series: 11.33, 11.59, 11.49, 11.46, 11.46		
6 Michael Paisley	Western Mustangs	11.14m
Field Series: 10.47, 9.94, 10.85, 10.99, 10.66, 11.14		
7 Will Adams	Waterloo Warriors	11.08m
Field Series: 10.56, 11.08, 9.82		
8 Chris Roberston	Western Mustangs	10.96m
Field Series: 10.49, 10.96, 10.48		
9 Sasha Ameri	Waterloo Warriors	9.30m
Field Series: 8.74, 8.80, 9.23, 9.09, 9.30, 8.62		

Event # 31 WOMENS 20-lb Weight Throw

Timetable: 12:00pm
9.1-kg / 20-lb weight
CIS Standard: 17.12m
#ARENA RECORD:C.Appiah York U. 17.84 22-Jan2011
%MEET RECORD:C.Marcantonio U.W.O. 15.50 5-Dec2009

1 Jennie McCutcheon	Western Mustangs	15.20m
Field Series: 14.82, 15.20, 15.05, 14.83, 14.99, 14.20		
2 Cara Marcantonio	London Western Track	14.92m
Field Series: 14.61, 14.82, 14.92, 14.50		
3 Julie Sleeth	Western Mustangs	13.69m
Field Series: 12.60, 13.46, 13.34, 13.69, 13.55		
4 Lydia Foley	Western Mustangs	13.35m
Field Series: 13.29, 12.50, 12.80, 13.35, 13.03, 13.33		
5 Jill Knight	Waterloo Warriors	12.59m
Field Series: 11.85, 11.88, 11.22, 12.59		
6 Alex Mara	Western Mustangs	12.05m
Field Series: 12.05, 12.02		

Event # 32 MENS 35-lb Weight Throw

Timetable: 10:00am
15.9-kg / 35-lb weight
CIS Standard: 17.50m
#ARENA RECORD:O.Willems Univ. Guelph 17.78 29-Nov2008
%MEET RECORD:T.Hendry U. of Guelph 17.14 3-Dec-2011

1 Josh Archer	Western Mustangs	15.04m
Field Series: 14.54, 15.04, 14.97, 14.80		

Event # 35 BOYS Boys 39" 60m Hurdles

12:20pm > timed heat, no final
run with Men's prelims

1 Marcus Reed	Michigan Accelerator	9.58
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Event # 36 BOYS Boys 6kg Shot Put

1:30pm > run with Men's 7.26-kg
Boys 6kg / 13.2-lb

1 Ken Trudgeon	London Western Track	12.75m
Field Series: 12.23, 12.67, 12.45, 12.70, 12.75		
2 Tony Elliott	Saugeen TFC	10.57m
Field Series: 9.39, 9.18, 10.57		

Event # 38 BOYS Boys 25-lb Weight Throw

1 Charles Nguyen	St.Thomas Legion	20.82m
Field Series: 19.48, 19.86, 20.45, 20.82		