



Canadian Interuniversity Sport
Sport interuniversitaire canadien

2009 CIS Indoor Track & Field Championships

March 12 - 14, 2009

University of Windsor, Windsor, Ontario

[STORIES](#) [REGULAR SEASON](#) [TICKETS](#) [VENUE](#) [MEDIA](#) [HOTEL INFO](#) [BULLETIN](#)

DAY BY DAY RESULTS

[Full Results](#)

[Heat Sheets](#)

[PARTICIPATING TEAMS](#)

[SCHEDULE](#)

[STANDINGS](#)

[DAY BY DAY RESULTS](#)

[CHAMPIONSHIP ALL-STARS](#)

[AWARDS & ALL-CANADIANS](#)

[CHAMPIONSHIP HISTORY](#)

[CIS RECORDS](#)

[SPONSORS](#)

[WEBCASTS](#)

[PHOTO GALLERY](#)

[HOME](#)

[By Gender](#) [By Schedule](#)

Licensed to Results Management Systems - Contractor License
HY-TEK's Meet Manager 09/03/2009 04:48 PM
Canadian Interuniversity Sport
2009 Indoor Track & Field Championships
St. Denis Centre, University of Windsor - 12/03/2009 to 14/03/2009
Performance List

Event 1 Women 60 Meter Dash Prelims

Thursday 12/03/2009 - 7:30 PM

CIS Meet: 7.37 1994

Sonia Paquette, Sherbrooke

Name	Year	School	Seed
1 114 Genevieve Thibault	Laval		7.39
2 158 Miana Griffiths	Guelph		7.50
3 192 Caley Miskimmin	Manitoba		7.58
4 167 Sarah Peirce	Guelph		7.60
5 371 Noelle Montcalm	Windsor		7.62
6 211 Christiane Lela	Ottawa		7.66
7 229 Amanda Ruller	Regina		7.67
8 80 Marie-eve Dugas	Sherbrooke		7.69
9 7 Susan Sobey	Dalhousie		7.70
10 284 Thandiwe Vela	Toronto		7.70
11 374 Nicole Sassine	Windsor		7.71
12 365 Danielle Harrison	Windsor		7.73

Event 3 Women 300 Meter Dash Prelims

Friday 13/03/2009 - 6:30 PM

CIS Meet: 37.35 2005

Adrienne Power, Dalhousie

Name	Year	School	Seed
1 133 Amonn Nelson	Calgary		38.11
2 371 Noelle Montcalm	Windsor		39.40
3 211 Christiane Lela	Ottawa		39.49
4 112 Laurelie Harvey	Laval		39.76
5 280 Athena McBean	Toronto		40.04
6 251 Sharai Siemens	Saskatchewan		40.07
7 282 Kate Ruediger	Toronto		40.26
8 138 Jenn Zimmer	Calgary		40.48
9 131 Danielle Kendall	Calgary		40.69
10 63 Jan Stirling	Queen's		40.80
11 327 Lisa Grieve	Western		40.99
12 374 Nicole Sassine	Windsor		41.09

Event 5 Women 600 Meter Run Prelims

Thursday 12/03/2009 - 8:00 PM

CIS Meet: 1:27.63 1984

Camille Cato, York

Name	Year	School	Seed
1 215 Julia Tousaw	Ottawa		1:31.03

2	252	Kailey Smith	Saskatchewan	1:31.77
3	135	Holly Ratzlaff	Calgary	1:31.83
4	366	Raeleen Hunter	Windsor	1:32.11
5	245	Julene Friesen	Saskatchewan	1:32.57
6	6	Celia Peters	Dalhousie	1:32.73
7	362	Melissa Bishop	Windsor	1:34.12
8	337	Jen Ricks	Western	1:34.17
9	165	Shauna Malek	Guelph	1:34.64
10	190	Jennifer Campbell	Manitoba	1:34.69
11	19	Madeleine Woods	Laurentian	1:34.76
12	22	Catherine Drouin-Audet	McGill	1:36.52

Event 7 Women 1000 Meter Run

Friday 13/03/2009 - 7:00 PM

CIS Meet: 2:42.81 1988

Paula Schnurr, McMaster

Name	Year	School	Seed	
1	45	Jillian Wyman	McMaster	2:49.66
2	136	Heather Sim	Calgary	2:50.77
3	276	Megan Brown	Toronto	2:51.06
4	170	Jess Vanhie	Guelph	2:52.61
5	38	Katie Anderson	McMaster	2:53.23
6	154	Lydia Frost	Guelph	2:53.24
7	155	Nadine Frost	Guelph	2:54.10
8	89	Marilaine Savard	Sherbrooke	2:55.34
9	132	Riley McQueen	Calgary	2:55.62
10	366	Raeleen Hunter	Windsor	2:58.34

Event 9 Women 1500 Meter Run

Saturday 14/03/2009 - 2:45 PM

CIS Meet: 4:15.41 1988

Paula Schnurr, McMaster

Name	Year	School	Seed	
1	152	Lindsay Carson	Guelph	4:26.06
2	276	Megan Brown	Toronto	4:27.75
3	45	Jillian Wyman	McMaster	4:29.50
4	122	Paula Findlay	Alberta	4:31.38
5	213	Jacqueline Malette	Ottawa	4:32.28
6	136	Heather Sim	Calgary	4:33.83
7	153	Rachel Cliff	Guelph	4:35.90
8	170	Jess Vanhie	Guelph	4:36.67
9	253	Jodi Souter	Saskatchewan	4:36.88
10	164	Courtney Laurie	Guelph	4:37.05
11	61	Leah Larocque	Queen's	4:37.30
12	89	Marilaine Savard	Sherbrooke	4:49.38

Event 11 Women 3000 Meter Run

Friday 13/03/2009 - 7:30 PM

CIS Meet: 9:04.88 1988

Brenda Shackleton, Victoria

Name	Year	School	Seed	
1	276	Megan Brown	Toronto	9:11.69
2	152	Lindsay Carson	Guelph	9:11.69
3	278	Tamara Jewett	Toronto	9:26.45
4	301	Marilyn Arsenault	Victoria	9:41.42
5	122	Paula Findlay	Alberta	9:43.88
6	253	Jodi Souter	Saskatchewan	9:44.57
7	62	Lesley Sexton	Queen's	9:45.51
8	153	Rachel Cliff	Guelph	9:47.36
9	164	Courtney Laurie	Guelph	9:50.52
10	323	Lorelle Convery	Western	10:02.19
11	334	Lynn Mockler	Western	10:04.75
12	26	Mélanie Myrand	McGill	10:06.54

Event 13 Women 60 Meter Hurdles Prelims

Friday 13/03/2009 - 1:30 PM

CIS Meet: 8.23 1997

Sonia Paquette, Sherbrooke

Name	Year	School	Seed	
1	80	Marie-eve Dugas	Sherbrooke	8.45
2	371	Noelle Montcalm	Windsor	8.63
3	228	Janine Polischuk	Regina	8.76
4	363	Latesha Francis	Windsor	8.82
5	123	Kathryn McCaffrey	Alberta	8.95
6	231	Chelsea Valois	Regina	8.97
7	71	Tamara Cap	Montreal	8.97
8	324	Jen Cotten	Western	8.97
9	361	Charelle Anobile	Windsor	8.98
10	28	Zaria Stoffman	McGill	9.01
11	281	Tory Merrill	Toronto	9.05
12	325	Emily Coxhead	Western	9.13

Event 15 Women 4x200 Meter Relay Prelims

Friday 13/03/2009 - 2:00 PM

CIS Meet: 1:37.11 1993

, Windsor

School	Seed	
1	University of Windsor	1:40.10
1)	371 Noelle Montcalm	
3)	370 Kelsi Mayne	
2	University of Calgary	1:40.91
1)	138 Jenn Zimmer	
2)	133 Amonn Nelson	

3)	137 Robyn Webster	4)	131 Danielle Kendall	1:41.40
3)	University of Manitoba	2)	193 Meaghan Woo	
1)	192 Caley Miskimmin	4)	191 Diana King	1:42.08
3)	189 Kimberly-Ann Bordun	2)	271 Nicole Benjamin	
4)	University of Toronto	4)	280 Athena McBean	1:42.10
1)	270 Maureen Atine	2)	324 Jen Cotten	
3)	282 Kate Ruediger	4)	328 Morgan Hall	1:43.01
5)	University of Western Ontario			1:43.14
1)	322 Vanessa Brathwaite	2)	63 Jan Stirling	
3)	327 Lisa Grieve	4)	56 Jennifer Barrow	1:43.35
6)	University of Guelph	2)	251 Sharai Siemens	
7)	Queen's University	4)	250 Leanne Schellenberg	1:43.61
1)	58 Veronica Catry	2)	84 Anne-sophie Lesur	
3)	57 Pauliina Beretta	4)	88 Eve-Lyne Robitaille-Beaumier	1:44.14
8)	University of Saskatchewan	2)	2 Katie Campbell	
1)	258 Carrie Yuzik	4)	4 Joanna Heathcote	
3)	248 Katelyn Kuspira			
9)	Universite de Sherbrooke			
1)	80 Marie-eve Dugas			
3)	74 Mireille Bergeron			
10)	Dalhousie University			
1)	7 Susan Sobey			
3)	3 Lesley d'Apollonia			

Event 17 Women 4x400 Meter Relay

Saturday 14/03/2009 - 3:30 PM

CIS Meet: 3:41.11 1992

, Manitoba

School	Seed
1 University of Saskatchewan	3:51.78
1) 251 Sharai Siemens	
3) 246 Ashley Gerstmar	
2 University of Calgary	3:52.37
1) 131 Danielle Kendall	
3) 133 Amonn Nelson	
3 University of Ottawa	3:52.78
1) 209 Christine Fraser	
3) 211 Christiane Lela	
4 University of Manitoba	3:53.44
1) 189 Kimberly-Ann Bordun	
3) 191 Diana King	
5 University of Guelph	3:53.69
1) 169 Amanda Spriell	
3) 151 Rachel Aubry	
6 University of Toronto	3:54.05
1) 282 Kate Ruediger	
3) 281 Tory Merrill	
7 University of Western Ontario	3:54.13
1) 324 Jen Cotten	
3) 330 Melanie Lui	
8 University of Windsor	3:54.90
1) 362 Melissa Bishop	
3) 367 Amanda Kanters	
9 Queen's University	3:56.71
1) 63 Jan Stirling	
3) 60 Angela King	
10 McGill University	3:59.29
1) 23 Kate Elmore	
3) 21 Alison Cameron-Vendrig	
11 McMaster University	4:00.66
1) 41 Dana Hislop	
3) 44 Morgan Van Mierlo	
2) 245 Julene Friesen	
4) 252 Kailey Smith	
2) 130 Valerie Hurdle	
4) 135 Holly Ratzlaff	
2) 210 Emilie Halle	
4) 213 Jacqueline Malette	
2) 190 Jennifer Campbell	
4) 193 Meaghan Woo	
2) 157 Jacqueline Gauthier	
4) 165 Shauna Malek	
2) 271 Nicole Benjamin	
4) 280 Athena McBean	
2) 327 Lisa Grieve	
4) 320 Nikki Barlow	
2) 366 Raeleen Hunter	
4) 375 Andrina Slegers	
2) 58 Veronica Catry	
4) 56 Jennifer Barrow	
2) 24 Hilary Kellar-Parsons	
4) 20 Alana Battiston	
2) 43 Erika Scott	
4) 45 Jillian Wyman	

Event 19 Women 4x800 Meter Relay

Friday 13/03/2009 - 9:00 PM

CIS Meet: 8:41.66 1988

, Victoria

School	Seed
1 University of Windsor	9:00.81
1) 362 Melissa Bishop	
3) 366 Raeleen Hunter	
2 University of Guelph	9:01.25
3 University of Ottawa	9:03.14
1) 208 Jennifer Biewald	
3) 212 Tiffany Locke	
4 University of Saskatchewan	9:09.04
1) 245 Julene Friesen	
3) 249 Marcia Richards	
5 University of Calgary	9:09.60
1) 130 Valerie Hurdle	
3) 132 Riley McQueen	
6 University of Toronto	9:10.07
1) 277 Mary Hein	
3) 276 Megan Brown	
7 University of Alberta	9:10.78
1) 121 Hayley Degaust	
3) 126 Alana Soderberg	
8 McMaster University	9:13.21
1) 38 Katie Anderson	
3) 45 Jillian Wyman	
9 University of Western Ontario	9:13.82
1) 320 Nikki Barlow	
3) 321 Katie Bell	
10 McGill University	9:34.43
1) 22 Catherine Drouin-Audet	
2) 364 Carly Gill	
4) 367 Amanda Kanters	
2) 210 Emilie Halle	
4) 213 Jacqueline Malette	
2) 247 Helen Hanbidge	
4) 252 Kailey Smith	
2) 135 Holly Ratzlaff	
4) 136 Heather Sim	
2) 278 Tamara Jewett	
4) 283 Rosa Serafini	
2) 119 Lindsay Acheson	
4) 122 Paula Findlay	
2) 43 Erika Scott	
4) 40 Sarah Haliburton	
2) 324 Jen Cotten	
4) 337 Jen Ricks	
2) 29 Brittany Therrien	

3) 25 Heather McCurdy

4) 27 Anne Ruggirello

Event 21 Women High Jump

Saturday 14/03/2009 - 2:00 PM

CIS Meet: 1.87m 1986

Tami Lutz, UBC

Name	Year	School	Seed Mark	
1	120	Lindsey Bergevin	Alberta	1.80m
2	273	Sarah Boyle	Toronto	1.80m
3	228	Janine Polischuk	Regina	1.70m
4	160	Shaneista Hays	Guelph	1.70m
5	73	Annick Baragengana	Sherbrooke	1.69m
6	326	Jen Galt	Western	1.67m
7	28	Zaria Stoffman	McGill	1.66m
8	231	Chelsea Valois	Regina	1.65m
9	368	Marijean Kuntz	Windsor	1.65m
10	279	Laura Maessen	Toronto	1.65m
11	85	Jessica Massicotte	Sherbrooke	1.65m
12	72	Katerine Dugas	Montreal	1.64m
13	82	Eve Lambert Beaulieu	Sherbrooke	1.63m
14	324	Jen Cotten	Western	1.63m

Event 23 Women Pole Vault

Friday 13/03/2009 - 6:00 PM

CIS Meet: 4.22m 2005

Kelsie Hendry, Saskatchewan

Name	Year	School	Seed Mark	
1	407	Heather Hamilton	York	4.06m
2	256	Leah Vause	Saskatchewan	4.03m
3	329	Jenn House	Western	3.65m
4	373	Erika Reiser	Windsor	3.65m
5	274	Christie Bray	Toronto	3.65m
6	124	Erica Rutley	Alberta	3.55m
7	408	Adriana Lyons	York	3.55m
8	257	Stephanie Vause	Saskatchewan	3.53m
9	319	Laura Barclay	Western	3.53m
10	137	Robyn Webster	Calgary	3.48m
11	120	Lindsey Bergevin	Alberta	3.47m
12	378	Jenn Tomayer	Windsor	3.45m
13	339	Carmen Siu	Western	3.45m
14	336	Alex Poetschke	Western	3.45m
15	79	Emilie Dufour Chouinard	Sherbrooke	3.35m

Event 25 Women Long Jump

Friday 13/03/2009 - 6:10 PM

CIS Meet: 6.24m 2001

Jocelyn Adu-Gyamfi, Toronto

Name	Year	School	Seed Mark	
1	228	Janine Polischuk	Regina	5.91m
2	71	Tamara Cap	Montreal	5.73m
3	324	Jen Cotten	Western	5.71m
4	380	Natoya Whittingham	Windsor	5.69m
5	78	Pascale Delisle	Sherbrooke	5.62m
6	231	Chelsea Valois	Regina	5.60m
7	340	Alicia Smith	Western	5.56m
8	82	Eve Lambert Beaulieu	Sherbrooke	5.56m
9	87	Esther Renaud	Sherbrooke	5.51m
10	363	Latesha Francis	Windsor	5.50m
11	328	Morgan Hall	Western	5.48m
12	5	Mary Frances Lynch	Dalhousie	5.30m

Event 27 Women Triple Jump

Saturday 14/03/2009 - 12:00 PM

CIS Meet: 13.01m 1993

Kelly Dinsmore, Windsor

Name	Year	School	Seed Mark	
1	369	Jaideene Lowe	Windsor	12.10m
2	228	Janine Polischuk	Regina	12.04m
3	338	Mila Simulik	Western	11.84m
4	340	Alicia Smith	Western	11.80m
5	156	Desiree Garcon	Guelph	11.41m
6	341	Anne Szeto	Western	11.36m
7	224	Robyn Bauck	Regina	11.33m
8	281	Tory Merrill	Toronto	11.30m
9	168	Kim Richardson	Guelph	11.28m
10	86	Audrey Morin Lemay	Sherbrooke	11.19m
11	225	Nicole Breker	Regina	11.17m
12	230	Keisha Sharp	Regina	11.17m

Event 29 Women Shot Put

Friday 13/03/2009 - 8:00 PM

CIS Meet: 15.31m 1990

Shannon Kekula, Saskatchewan

Name	Year	School	Seed Mark	
1	161	Steph Jackson	Guelph	14.45m
2	254	Taryn Suttie	Saskatchewan	14.09m
3	75	Isabelle Boudreau	Sherbrooke	13.36m
4	410	Elizabeth Petrov	York	13.25m
5	376	Steffi Stephenson	Windsor	13.20m
6	409	Kristen Obrochta	York	12.99m
7	406	Cynthia Appiah	York	12.94m
8	331	Sarah Manson	Western	12.59m

9	244	Kimberly Elliott	Saskatchewan	12.53m
10	226	Caitlin Fowler	Regina	12.47m
11	83	Annie Larose	Sherbrooke	12.44m
12	1	Nicole Larade	Acadia	12.12m

Event 31 Women Weight Throw

Thursday 12/03/2009 - 2:00 PM

CIS Meet: 19.66m 2005

Kate Forbes, Lethbridge

Name	Year	School	Seed	Mark
1	83	Annie Larose	Sherbrooke	18.18m
2	186	Heather Steacy	Lethbridge	17.97m
3	243	Liz Dubourt	Saskatchewan	17.32m
4	254	Taryn Suttie	Saskatchewan	17.18m
5	113	Caroline Sow	Laval	17.16m
6	409	Kristen Obrochta	York	17.05m
7	331	Sarah Manson	Western	16.48m
8	332	Cara Marcantonio	Western	15.42m
9	163	Daniela Kwiatkowski	Guelph	15.26m
10	161	Steph Jackson	Guelph	15.06m
11	227	Sarah Klimm	Regina	14.72m
12	333	Sarah McIntosh	Western	14.65m

Event 33 Women Indoor Pentathlon

CIS Meet: 4380 2007

Jessica Zelinka, Calgary

Name	Year	School	Points	
1	324	Jen Cotten	Western	3655
2	231	Chelsea Valois	Regina	3537
3	78	Pascale Delisle	Sherbrooke	3483
4	281	Tory Merrill	Toronto	3434
5	20	Alana Battiston	McGill	3351
6	71	Tamara Cap	Montreal	3303
7	272	Juliana Bergin	Toronto	3153
8	411	Danielle Villalta	York	3133
9	125	Amanda Schneck	Alberta	3059
10	159	Meghan Harris	Guelph	3054
11	76	Mylene Brosseau	Sherbrooke	3038
12	255	Lindsay Tasker	Saskatchewan	2994

Event 2 Men 60 Meter Dash Prelims

Thursday 12/03/2009 - 7:45 PM

CIS Meet: 6.58 2002

Ibrahim Meite, Sherbrooke

Name	Year	School	Seed	
1	140	Sam Effah	Calgary	6.61
2	419	Tyrone Halstead	York	6.72
3	350	Jason Kerr	Western	6.74
4	416	Randolph Fajardo	York	6.75
5	104	Ben Youssef Meité	Sherbrooke	6.76
6	423	Dontae Richards-Kwok	York	6.76
7	422	Olu Ogunde	York	6.82
8	307	Bradley Robinson	Victoria	6.89
9	391	Justin Keating	Windsor	6.94
10	128	Dan Rosenke	Alberta	6.95
11	146	Justin Sinclair	Calgary	6.96
12	354	Matt Middleton	Western	6.96
13	9	Michael Bawol	Dalhousie	6.97

Event 4 Men 300 Meter Dash Prelims

Friday 13/03/2009 - 6:45 PM

CIS Meet: 33.40 1999

Alexandre Marchand, Sherbrooke

Name	Year	School	Seed	
1	140	Sam Effah	Calgary	33.90
2	198	Quin Ferguson	Manitoba	34.12
3	104	Ben Youssef Meité	Sherbrooke	34.21
4	199	Kris Geyson	Manitoba	34.36
5	220	Ramon Monsour	Ottawa	34.53
6	423	Dontae Richards-Kwok	York	34.55
7	387	Brendan Dills	Windsor	34.70
8	102	Shane Labelle	Sherbrooke	34.85
9	419	Tyrone Halstead	York	35.13
10	111	Harold Vulgaire	Sherbrooke	35.27
11	147	Hafeez Sumani	Calgary	35.29
12	94	Jonathan Charest	Sherbrooke	35.62

Event 6 Men 600 Meter Run Prelims

Thursday 12/03/2009 - 8:15 PM

CIS Meet: 1:16.10 1995

Byron Goodwin, Manitoba

Name	Year	School	Seed	
1	143	Trent Ratzlaff	Calgary	1:18.95
2	222	Michael Robertson	Ottawa	1:19.40
3	198	Quin Ferguson	Manitoba	1:19.49
4	263	Iain McCormick	Saskatchewan	1:19.56
5	8	Ueli Albert	Dalhousie	1:19.68
6	105	Moise Junior Nken	Sherbrooke	1:20.25
7	417	Ryan Finn	York	1:20.27
8	351	Scott Leitch	Western	1:20.35
9	401	Mitch Tome	Windsor	1:20.37
10	388	Dustin Eldridge	Windsor	1:20.38

11	145	Mike Saizew	Calgary	1:20.70
12	116	Charles-Olivier Laporte	Laval	1:23.46

Event 8 Men 1000 Meter Run

Friday 13/03/2009 - 7:15 PM

CIS Meet: 2:23.08 1999

Sebastien Ouellet, Sherbrooke

Name	Year	School	Seed
1	263	Iain McCormick	Saskatchewan 2:26.26
2	306	Darren Mazzei	Victoria 2:26.49
3	267	Chris Simair	Saskatchewan 2:26.87
4	392	Adam Kellar	Windsor 2:27.08
5	400	Matt Sinclair	Windsor 2:27.30
6	100	Benjamin Gravel	Sherbrooke 2:27.57
7	117	Dominic Michaud	Laval 2:27.75
8	8	Ueli Albert	Dalhousie 2:27.80
9	417	Ryan Finn	York 2:27.88
10	183	Josh Roundell	Guelph 2:28.08

Event 10 Men 1500 Meter Run

Saturday 14/03/2009 - 3:00 PM

CIS Meet: 3:46.85 1990

All Klassen, UBC

Name	Year	School	Seed
1	305	Geoff Martinson	Victoria 3:50.50
2	302	Logan Burke	Victoria 3:51.15
3	172	Kyle Boorsma	Guelph 3:51.61
4	107	James Poulin-cadovius	Sherbrooke 3:51.78
5	392	Adam Kellar	Windsor 3:52.00
6	304	Johannes Mallie	Victoria 3:52.33
7	417	Ryan Finn	York 3:53.06
8	173	Allan Brett	Guelph 3:53.64
9	184	Derek Snider	Guelph 3:54.54
10	400	Matt Sinclair	Windsor 3:54.87
11	13	Dan Gorman	Dalhousie 3:59.92
12	99	Alex Genest	Sherbrooke 4:00.37

Event 12 Men 3000 Meter Run

Friday 13/03/2009 - 7:50 PM

CIS Meet: 7:59.29 1996

Jeff Schliebler, UBC

Name	Year	School	Seed
1	172	Kyle Boorsma	Guelph 8:14.69
2	173	Allan Brett	Guelph 8:16.45
3	184	Derek Snider	Guelph 8:18.25
4	356	Kyle O'Neill	Western 8:19.44
5	107	James Poulin-cadovius	Sherbrooke 8:20.47
6	11	Russell Christie	Dalhousie 8:21.00
7	405	Dave Weston	Windsor 8:21.45
8	99	Alex Genest	Sherbrooke 8:21.57
9	103	Simon Pierre Landry	Sherbrooke 8:29.71
10	109	Baghdad Rachem	Sherbrooke 8:32.05
11	201	Tyler Hynes	Manitoba 8:34.67
12	242	Kelly Wiebe	Regina 8:35.82

Event 14 Men 60 Meter Hurdles Prelims

Friday 13/03/2009 - 1:45 PM

CIS Meet: 7.83 1983

Mark McKoy, Toronto

Name	Year	School	Seed
1	425	Christopher Theriau	York 8.13
2	101	Valery Komenan	Sherbrooke 8.17
3	381	Jamie Adjetey-Nelson	Windsor 8.23
4	233	Justin Baker	Regina 8.27
5	217	Tyler Fawcett	Ottawa 8.32
6	202	Kieran Moolchan	Manitoba 8.38
7	355	Tumelo Moleko	Western 8.40
8	384	Greg Boots	Windsor 8.42
9	292	Andre James	Toronto 8.43
10	265	Jordan Nosbush	Saskatchewan 8.45
11	412	Elijah Allen	York 8.45
12	35	Dong Liu	McGill 8.78

Event 16 Men 4x200 Meter Relay Prelims

Friday 13/03/2009 - 2:20 PM

CIS Meet: 1:26.01 2007

, Sherbrooke

School	Seed
1	York University 1:27.73
1) 416 Randolph Fajardo	2) 419 Tyrone Halstead
3) 420 David Mayer	4) 423 Dontae Richards-Kwok
2	University of Calgary 1:28.14
1) 140 Sam Effah	2) 146 Justin Sinclair
3) 141 Evan Kimick	4) 147 Hafeez Sumani
3	University of Windsor 1:28.56
1) 395 Travis Nightingale	2) 393 Steve Lamarche
3) 398 Chris Reid	4) 389 Keenan Geer
4	University of Manitoba 1:28.67
1) 207 David Szczepaniak	2) 198 Quin Ferguson
3) 199 Kris Geyson	4) 196 Zach Durand
5	Universite de Sherbrooke 1:29.04
1) 94 Jonathan Charest	2) 101 Valery Komenan

3) 104 Ben Youssef Meité	4) 106 Clément Ouellet-Léveillé
6 University of Western Ontario	1:29.27
1) 345 Nick D'Aloisio	2) 350 Jason Kerr
3) 351 Scott Leitch	4) 354 Matt Middleton
7 Queen's University	1:29.67
1) 69 Mikey Prime	2) 66 Adrian Heller
3) 65 Gord Frenke	4) 67 Tyler Nightingale
8 University of Regina	1:29.96
1) 232 Leslie Andersen	2) 236 Mason Foote
3) 234 Eric Clark	4) 240 Enyinnah Okeerie
9 McGill University	1:30.77
1) 33 David Faille	2) 31 Connor Bays
3) 30 Andrew Archibald	4) 36 Miguel Mangalindan
10 University of Toronto	1:31.32
1) 292 Andre James	2) 287 Dave Brumwell
3) 297 Felipe Rodriguez	4) 298 Dane Satchell
11 Dalhousie University	1:32.10
1) 9 Michael Bawol	2) 12 Luke Demetre
3) 10 Anthony Bernard	4) 14 Chris Goulet
12 University of Waterloo	1:32.53
1) 312 Luke Govia	2) 316 Jacob Muirhead
3) 314 Chris Lam	4) 310 Abdul Rahman Ghannoum

Event 18 Men 4x400 Meter Relay

Saturday 14/03/2009 - 3:45 PM

CIS Meet: 3:14.60 1993

School , Western Seed

1 University of Manitoba	3:16.93
1) 207 David Szczepaniak	2) 197 Kevin Esau
3) 199 Kris Geyson	4) 198 Quin Ferguson
2 Universite de Sherbrooke	3:17.42
1) 95 Yassine El Fouladi	2) 94 Jonathan Charest
3) 101 Valery Komenan	4) 102 Shane Labelle
3 University of Ottawa	3:17.47
1) 216 Brian Cummings	2) 217 Tyler Fawcett
3) 220 Ramon Monsour	4) 222 Michael Robertson
4 University of Windsor	3:20.01
1) 397 Camilo Quevedo	2) 387 Brendan Dills
3) 388 Dustin Eldridge	4) 389 Keenan Geer
5 University of Western Ontario	3:21.24
1) 348 Nate Hayward	2) 344 Ryan Armstrong
3) 351 Scott Leitch	4) 354 Matt Middleton
6 Queen's University	3:21.57
1) 69 Mikey Prime	2) 66 Adrian Heller
3) 65 Gord Frenke	4) 68 Michael Nishiyama
7 York University	3:21.59
1) 420 David Mayer	2) 424 Mat Stiver-Balla
3) 416 Randolph Fajardo	4) 417 Ryan Finn
8 University of Regina	3:22.96
1) 232 Leslie Andersen	2) 233 Justin Baker
3) 234 Eric Clark	4) 236 Mason Foote
9 University of Saskatchewan	3:22.97
1) 261 Kyle Donsberger	2) 268 Joshua Simair
3) 267 Chris Simair	4) 263 Iain McCormick
10 McGill University	3:23.94
1) 31 Connor Bays	2) 30 Andrew Archibald
3) 33 David Faille	4) 37 Aaron White
11 McMaster University	3:25.49
1) 55 Jimmy Tat	2) 47 Andrew Douglas
3) 49 Noah Fleming	4) 51 James Harrington
12 University of Waterloo	3:25.95
1) 316 Jacob Muirhead	2) 314 Chris Lam
3) 312 Luke Govia	4) 309 Ben Clare

Event 20 Men 4x800 Meter Relay

Friday 13/03/2009 - 9:15 PM

CIS Meet: 7:29.13 1995

School , Manitoba Seed

1 University of Victoria	7:35.71
1) 303 Cliff Childs	2) 302 Logan Burke
3) 304 Johannes Mallie	4) 306 Darren Mazzei
2 University of Windsor	7:38.63
1) 399 Nathan Reiter	2) 394 Ben Lane
3) 385 Phil Dalton	4) 401 Mitch Tome
3 University of Guelph	7:46.70
1) 179 Rob Jackson	2) 182 Thom Palmer
3) 183 Josh Roundell	4) 175 Dustin Gamble
4 University of Calgary	7:46.74
1) 149 Adam Wasylshyn	2) 142 Scott Nicol
3) 145 Mike Saizew	4) 143 Trent Ratzlaff
5 University of Saskatchewan	7:50.09
1) 267 Chris Simair	2) 262 Ben Leis
3) 259 Alyosha Boldt	4) 263 Iain McCormick
6 Université Laval	7:51.13
1) 117 Dominic Michaud	2) 118 Mathieu Raymond
3) 115 Pier-Olivier Laflamme	4) 116 Charles-Olivier Laporte
7 University of Toronto	7:51.65
1) 291 Michael Del Monte	2) 286 Etienne Bredin
3) 290 Andrew Cruickshank	4) 295 Tyler Pettes
8 McMaster University	7:52.46
1) 47 Andrew Douglas	2) 51 James Harrington
3) 50 Rob Gibb	4) 49 Noah Fleming
9 University of Western Ontario	7:53.65

- | | |
|-----------------------------|--------------------------|
| 1) 348 Nate Hayward | 2) 344 Ryan Armstrong |
| 3) 349 Ryan Huff | 4) 346 Scott Emberley |
| 10 Universite de Sherbrooke | 7:57.41 |
| 1) 90 Sofiane Azzi | 2) 91 Mathieu Bilodeau |
| 3) 92 Florian Bobeuf | 4) 105 Moise Junior Nken |

Event 22 Men High Jump

Friday 13/03/2009 - 6:05 PM

CIS Meet: 2.24m 1993

Alex Zaliaskas, Toronto

Name	Year	School	Seed	Mark
1	404	Derek Watkins	Windsor	2.17m
2	360	Alex Witmer	Western	2.11m
3	235	Jeremy Eckert	Regina	2.03m
4	381	Jamie Adjetey-Nelson	Windsor	2.02m
5	18	Simon Watts	Dalhousie	2.00m
6	54	Dan Minnesma	McMaster	2.00m
7	239	Connor MacDonald	Regina	2.00m
8	203	Lucas Rodewald	Manitoba	1.99m
9	15	Rob McCulloch	Dalhousie	1.98m
10	108	Pierre Puyjalon	Sherbrooke	1.98m
11	176	Cornell Haynes	Guelph	1.97m
12	318	Ryan Wight	Waterloo	1.95m

Event 24 Men Pole Vault

Saturday 14/03/2009 - 1:00 PM

CIS Meet: 5.65m 1992

Doug Wood, York

Name	Year	School	Seed	Mark
1	59	David Foley	Sherbrooke	5.15m
2	300	Jason Wurster	Toronto	5.01m
3	382	Jeff Bianchi	Windsor	4.78m
4	402	Jeff Vukasovic	Windsor	4.78m
5	289	Doug Creighton	Toronto	4.70m
6	204	Rossel Sabourin	Manitoba	4.62m
7	32	Maxime Beaumont-Courteau	McGill	4.60m
8	185	Richard Vaughan	Guelph	4.60m
9	97	Eric Foley	Sherbrooke	4.58m
10	195	Scot Dressler	Manitoba	4.52m
11	171	Vuk Bogunovic	Guelph	4.38m
12	139	Mark Baerg	Calgary	4.32m
13	353	Cole McLarty	Western	4.32m

Event 26 Men Long Jump

Friday 13/03/2009 - 8:05 PM

CIS Meet: 7.64m 2003

Patrick Banim-Massok, UQAM

Name	Year	School	Seed	Mark
1	381	Jamie Adjetey-Nelson	Windsor	7.43m
2	180	Guyson Kuruneri	Guelph	7.37m
3	404	Derek Watkins	Windsor	7.26m
4	403	Ben Warnock	Windsor	7.04m
5	396	Brayan Patten	Windsor	7.02m
6	412	Elijah Allen	York	6.92m
7	98	Maxime Fredette	Sherbrooke	6.90m
8	260	Chris Crossley	Saskatchewan	6.90m
9	95	Yassine El Fouladi	Sherbrooke	6.83m
10	386	Anthony Dandie	Windsor	6.81m
11	10	Anthony Bernard	Dalhousie	6.81m
12	200	Josh Gundrum	Manitoba	6.79m

Event 28 Men Triple Jump

Saturday 14/03/2009 - 2:05 PM

CIS Meet: 15.80m 2002

Patrick Banim-Massok, UQAM

Name	Year	School	Seed	Mark
1	404	Derek Watkins	Windsor	14.71m
2	311	Jason Goetz	Waterloo	14.59m
3	414	Darren Duncan	York	14.56m
4	355	Tumelo Moleko	Western	14.52m
5	16	Patrick Quilty	Dalhousie	14.38m
6	390	Dwayne Harriott	Windsor	14.25m
7	386	Anthony Dandie	Windsor	14.16m
8	237	Ian Jestadt	Regina	14.10m
9	200	Josh Gundrum	Manitoba	14.07m
10	241	David Walford	Regina	13.97m
11	176	Cornell Haynes	Guelph	13.95m
12	178	Kevin Honig	Guelph	13.77m

Event 30 Men Shot Put

Saturday 14/03/2009 - 12:05 PM

CIS Meet: 18.46m 2004

Chris Meisner, Lethbridge

Name	Year	School	Seed	Mark
1	188	Jim Steacy	Lethbridge	16.41m
2	269	Andrew Smith	Saskatchewan	16.16m
3	383	Cole Bloxam	Windsor	15.41m
4	381	Jamie Adjetey-Nelson	Windsor	15.02m
5	347	Chris Greaves	Western	14.85m
6	352	Dan McDonald	Western	14.79m
7	177	Tim Hendry	Guelph	14.73m
8	206	Garth Suppes	Manitoba	14.63m

9	294	Andre Labelle	Toronto	13.70m
10	181	Dustin McCrank	Guelph	13.53m
11	418	Suyi Georgewill	York	13.50m
12	238	Mark Kleefeld	Regina	13.31m
13	70	Garrett Ramey	Saint Mary's	13.13m

Event 32 Men Weight Throw

Friday 13/03/2009 - 3:30 PM

CIS Meet: 23.61m 2007

Jim Steacy, Lethbridge

	Name	Year	School	Seed Mark
1	188	Jim Steacy	Lethbridge	23.07m
2	206	Garth Suppes	Manitoba	17.50m
3	205	Andrew Sheffield	Manitoba	17.06m
4	181	Dustin McCrank	Guelph	16.95m
5	418	Suyi Georgewill	York	16.47m
6	269	Andrew Smith	Saskatchewan	15.95m
7	177	Tim Hendry	Guelph	15.82m
8	194	Justin Charrier	Manitoba	15.62m
9	343	Josh Archer	Western	15.45m
10	127	Darren McDonald	Alberta	14.87m
11	150	Robert Young	Calgary	14.25m
12	110	Pierre-étienne Thériault	Sherbrooke	11.98m

Event 34 Men Indoor Pentathlon

CIS Meet: 3902 2004

Jamie Adjetey-Nelson, Windsor

	Name	Year	School	Points
1	381	Jamie Adjetey-Nelson	Windsor	3971
2	260	Chris Crossley	Saskatchewan	3778
3	404	Derek Watkins	Windsor	3652
4	108	Pierre Puyjalon	Sherbrooke	3636
5	266	Keegan Sharp	Saskatchewan	3563
6	232	Leslie Andersen	Regina	3407
7	386	Anthony Dandie	Windsor	3390
8	92	Florian Bobeuf	Sherbrooke	3369
9	412	Elijah Allen	York	3350
10	264	Evan Neufeldt	Saskatchewan	3346
11	15	Rob McCulloch	Dalhousie	3282
12	53	Geoff Hutten	McMaster	3154

Canadian Interuniversity Sport

801 King Edward, Suite N205

Ottawa, Ontario, Canada

K1N 6N5

(613) 562-5670

feedback@universitysport.ca