

2008 Canadian Track & Field Championships

Championnats canadiens d'athlétisme 2008

Windsor, ON - 03/07/2008 to 06/07/2008

Results

Women 100 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times					
Canadian: % 10.98		1987	Angela Bailey		
Championship: ! 11.08		1998	Philomena Mensah		
U.W Stadium: \$ 11.35		29/07/2005	Cleo Tyson, USA		
Name	Year	Team	Prelims		
Heat 1 Preliminaries Wind: -1.4					
1	Olupona, Toyin	Mississauga	11.60Q		
2	Peart, Teneshia	Calgary Inte	12.12Q		
3	Griffiths, Miana	University O	12.13q		
4	Lela, Christiane	Ottawa Lions	12.45		
5	Ayiphey, Mavis	Mississauga	12.53		
6	Hurrel, Karlene	Capital City	12.58	12.573	
Heat 2 Preliminaries Wind: -1.9					
1	Bayley, Krysha	Elite Edge	12.08Q		
2	Peirce, Sarah	Guelph Track	12.29Q		
3	Morgan, Cheria	Unattached-O	12.49		
4	Holder, Simone	Etobicoke TR	12.69		
5	Walter, Marissa	Athletics EA	12.75		
6	Ruller, Amanda	Excel Athlet	12.92		
Heat 3 Preliminaries Wind: 1.5					
1	Thibault, Geneviève	Indépendant	11.62Q		
2	Lopes-Schliep, Priscilla	Elite Edge	11.67Q		
3	Saint-Jean, Marie-Isaac	Perfmax-Raci	12.12q		
4	Howatt, Allyson	Fredericton	12.17		
5	Sobey, Susan	Islanders TR	12.41		
6	Whitegibson, Billie	Laurel Creek	12.58	12.576	
--	* Wells, Sherine T	Project Athl	X11.81		

Women 100 Meter Dash

Canadian: % 10.98 1987 Angela Bailey					
Championship: ! 11.08 1998 Philomena Mensah					
U.W Stadium: \$ 11.35 29/07/2005 Cleo Tyson, USA					
Name	Year	Team	Finals	Points	
Section 1 Finals Wind: -0.8					
1	Olupona, Toyin	Mississauga	11.38	10	
2	Thibault, Geneviève	Indépendant	11.50	8	
3	Lopes-Schliep, Priscilla	Elite Edge	11.52	6	
4	Peart, Teneshia	Calgary Inte	11.90	5	
5	Griffiths, Miana	University O	11.93	4	
6	Saint-Jean, Marie-Isaac	Perfmax-Raci	12.05	3	
7	Peirce, Sarah	Guelph Track	12.13	2	

Women 200 Meter Dash

16 Advance: Top 1 Each Heat plus Next 12 Best Times					
Canadian: % 22.62		1983	Marita Payne		
Championship: ! 22.64		1989	Jillian Richardson		
U.W Stadium: \$ 23.00		31/07/2005	Anneisha McLaughlin, Jamaica		
Name	Year	Team	Prelims		
Heat 1 Preliminaries Wind: 1.8					
1	Power, Adrienne	Halifax Tige	23.02Q		
2	Montcalm, Noelle	Windsor Legi	24.12q		
3	Seibel, Lauren	Ottawa Lions	24.88q		
4	Howatt, Allyson	Fredericton	24.91q		
5	Brown, Alecia	Elite Edge	25.11q		
6	Holder, Simone	Etobicoke TR	25.94		
Heat 2 Preliminaries Wind: 0.8					
1	Nelson, Amonn	U OF C Athle	23.73Q		
2	* Wells, Sherine T	Project Athl	23.95q		
3	Peart, Teneshia	Calgary Inte	24.29q		
4	Hurrel, Karlene	Capital City	25.11q		
5	Ruediger, Kate	Oakville Leg	25.13		
6	Jacques, Farah	Perfmax-Raci	25.72		
7	Walter, Marissa	Athletics EA	26.05		
Heat 3 Preliminaries Wind: 2.4					
1	Akinsulie, Esther	Ottawa Lions	23.42Q		
2	George, Phylcia	Project Athl	24.11q		

3	Griffiths, Miana	University O	24.83q
4	Mayers, Patricia	Unattached-O	24.91q
5	Davis, Shavonne	U OF Windsor	25.10q
6	Sobey, Susan	Islanders TR	25.79
7	Mcintosh, Rachael	Bluenose Ath	26.23

Heat 4 Preliminaries Wind: 2.0

1	Pencil, Sherraine	Project Athl	23.93Q
2	O'Brien, Jennifer	Windsor Legi	24.28q
3	Peirce, Sarah	Guelph Track	25.12
4	Woo, Meaghan	Bison Track	25.27
5	Ayippey, Mavis	Mississauga	25.78
6	Ruller, Amanda	Excel Athlet	25.87

Women 200 Meter Dash

=====
Canadian: % 22.62 1983 Marita Payne
Championship: ! 22.64 1989 Jillian Richardson
U.W Stadium: \$ 23.00 31/07/2005 Anneisha McLaughlin, Jamaica
Name Year Team Finals Points
=====

Section 1 Finals Wind: 1.1

1	Howatt, Allyson	Fredericton	J24.48
2	Hurrell, Karlene	Capital City	24.72
3	Seibel, Lauren	Ottawa Lions	24.80
4	Mayers, Patricia	Unattached-O	24.84
5	Griffiths, Miana	University O	25.11
6	Davis, Shavonne	U OF Windsor	25.19
--	* Wells, Sherine T	Project Athl	X23.65

Section 2 Finals Wind: +0.0

1	Power, Adrienne	Halifax Tige	23.09	10
2	Akinsulie, Esther	Ottawa Lions	23.45	8
3	Nelson, Amonn	U OF C Athle	23.58	6
4	Pencil, Sherraine	Project Athl	23.89	5
5	Peart, Teneshia	Calgary Inte	24.08	4
6	George, Phylcia	Project Athl	24.08	3
7	Montcalm, Noelle	Windsor Legi	24.12	2
8	O'Brien, Jennifer	Windsor Legi	J24.60	1

Women 400 Meter Dash

=====
8 Advance: Top 2 Each Heat plus Next 2 Best Times
Canadian: % 49.91 1984 M. Payne/J. Richardson
Championship: ! 50.57 1990 Charmaine Crooks
U.W Stadium: \$ 52.12 31/07/2005 Natasha Hastings, USA
Name Year Team Prelims
=====

Heat 1 Preliminaries

1	Muir, Carline	Legacy Athle	53.63Q	
2	Seibel, Lauren	Ottawa Lions	54.80Q	
3	O'Brien, Jennifer	Windsor Legi	55.45q	
4	Mayers, Patricia	Unattached-O	56.29	
5	Cloutier_Leblanc, Martin	McGill Olymp	56.41	
6	Lotwin, Kelsey	U OF C Athle	57.46	57.460

Heat 2 Preliminaries

1	Akinsulie, Esther	Ottawa Lions	54.27Q	
2	Brown, Alecia	Elite Edge	55.27Q	
3	Leon, Lauren	Etobicoke TR	55.94	
4	Ruediger, Kate	Oakville Leg	56.33	
5	Woo, Meaghan	Bison Track	57.44	
6	Aubry, Rachel	Ottawa Lions	57.60	
7	Kane, Brianna M.	Valley Royal	58.35	
--	Momoh, Nana-Aishetu	Sherbrooke	DQ	163.3

Heat 3 Preliminaries

1	Martin, Jenna	Athletics EA	54.41Q	
2	Pencil, Sherraine	Project Athl	54.97Q	
3	Tolton, Vicki M.	Track 54.50	55.86q	
4	Lela, Christiane	Ottawa Lions	56.43	
5	Clarke, Wendy-Ann	Body Mind SP	57.46	57.445
6	Kendall, Danielle	Calgary Spar	57.64	
7	Perrault, Jennifer	Oakville Leg	58.04	
8	Davis, Shavonne	U OF Windsor	58.57	

Women 400 Meter Dash

=====
Canadian: % 49.91 1984 M. Payne/J. Richardson
Championship: ! 50.57 1990 Charmaine Crooks
U.W Stadium: \$ 52.12 31/07/2005 Natasha Hastings, USA
Name Year Team Finals Points
=====

Section 1 Finals

1	Muir, Carline	Legacy Athle	51.73\$	10
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2 Akinsulie, Esther	Ottawa Lions	52.00\$	8
3 Martin, Jenna	Athletics EA	52.95	6
4 Pencil, Sherraine	Project Athl	53.62	5
5 Seibel, Lauren	Ottawa Lions	54.38	4
6 O'Brien, Jennifer	Windsor Legi	55.67	3
7 Brown, Alecia	Elite Edge	55.94	2
8 Tolton, Vicki M.	Track 54.50	56.75	1

Women 800 Meter Run

=====
 8 Advance: Top 2 Each Heat plus Next 2 Best Times
 Canadian: % 1:58.39 2001 Diane Cummins
 Championship: ! 1:59.76 2004 Diane Cummins
 U.W Stadium: \$ 2:02.49 15/07/2007 Diane Cummins, BC- Pacific Athletics
 Name Year Team Prelims
 =====

Heat 1 Preliminaries

1 Cummins, Diane E.	Unattached-B	2:05.07Q
2 Ogbasilassie, Lemlem Ber	Saint Lauren	2:06.11Q
3 Kemp, Jennifer	Leduc Track	2:07.31q
4 Hunter, Raeleen	Leduc Track	2:09.37
5 Bishop, Melissa	Ottawa Lions	2:10.50
6 Ryer, Ashley	Halifax Wand	2:12.08
7 Jarry, Rose-Marie	Montreal Oly	2:13.49
8 Vanos, Jennifer	Speed River	2:13.71
9 Romero, Rachel	Caltaf Athle	2:15.58
10 Glenn, Caileigh	Newmarket HU	2:16.14
11 Coady, Rebecca	Athletics EA	2:20.76

Heat 2 Preliminaries

1 Johnstone, Rebecca C.	Valley Royal	2:05.54Q
2 Pounds, Vicky	Unattached-A	2:07.17Q
3 Eberhard, Hannah	Windsor Legi	2:08.34q
4 Howard, Julia P.	Valley Royal	2:08.85
5 Aubry, Rachel	Ottawa Lions	2:09.90
6 Ratzlaff, Holly	Caltaf Athle	2:10.61
7 Coopman, Katie	York Univers	2:12.03
8 Healy, Sarah	Durham Drago	2:12.85
9 Peters, Celia	Halifax Tige	2:12.87
10 Woods, Madeleine	Track North	2:15.08
11 Macarthur, Britany	Athletics EA	2:21.83

Heat 3 Preliminaries

1 Maclean, Leanna	Halifax Tige	2:07.89Q
2 Bailey, Caitlin	Unattached-O	2:08.66Q
3 Plummer, Charlotte	Phoenix Athl	2:10.02
4 Germain, Katia	Montreal Oly	2:11.20
5 Belleau-Béliveau, Karine	Vainqueurs M	2:11.35
6 Vermeer, Esther	Niagara Olym	2:11.37
7 Raby, Arianne	Lanaudiere-O	2:11.59
8 McLaughlin, Paula	University O	2:12.50
9 Drouin-Audet, Catherine	Lanaudiere-O	2:15.86
10 Kennedy, Shannon	Etobicoke TR	2:18.04
11 Rawding, Hilary	Athletics EA	2:18.26

Women 800 Meter Run

=====
 Canadian: % 1:58.39 2001 Diane Cummins
 Championship: ! 1:59.76 2004 Diane Cummins
 U.W Stadium: \$ 2:02.49 15/07/2007 Diane Cummins, BC- Pacific Athletics
 Name Year Team Finals Points
 =====

Section 1 Finals

1 Johnstone, Rebecca C.	Valley Royal	2:03.99	10
2 Cummins, Diane E.	Unattached-B	2:04.61	8
3 Maclean, Leanna	Halifax Tige	2:06.28	6
4 Ogbasilassie, Lemlem Ber	Saint Lauren	2:06.88	5
5 Kemp, Jennifer	Leduc Track	2:07.22	4
6 Bailey, Caitlin	Unattached-O	2:07.55	3
7 Pounds, Vicky	Unattached-A	2:07.66	2
8 Eberhard, Hannah	Windsor Legi	2:11.07	1

Women 1500 Meter Run

=====
 13 Advance: Top 4 Each Heat plus Next 4 Best Times
 Canadian: % 4:00.27 1985 Lynne Williams
 Championship: ! 4:04.51 2004 Malindi Elmore
 U.W Stadium: \$ 4:12.66 14/07/2007 Hilary Stellingworth, Speed River
 Name Year Team Prelims
 =====

Heat 1 Preliminaries

1 Elmore, Malindi	U OF C Athle	4:18.47Q
2 Douma-Hussar, Carmen	Guelph Track	4:18.50Q

3	Babcock, Courtney	Kent Legion	4:18.81Q
4	McGown, Amber	Tisdale Trac	4:19.13Q
5	* Young, Kelly	Ottawa Lions	4:20.15q
6	Sim, Heather	Caltaf Athle	4:25.07q
7	Novak, Shantelle	Queen City S	4:33.93q
8	Engel, Katie	Ottawa Lions	4:33.94
9	Souter, Jennifer	Tisdale Trac	4:37.70
10	Macarthur, Britany	Athletics EA	4:54.30
11	Coady, Rebecca	Athletics EA	4:54.67
Heat 2 Preliminaries			
1	Hinther, Ashley	Unattached-S	4:21.63Q
2	Stellingwerff, Hilary	Speed River	4:22.31Q
3	Edwards, Nicole	Unattached-M	4:22.35Q
4	Carson, Lindsay	Tri City Tra	4:23.51Q
5	Mckay, Tarah	Tri City Tra	4:23.91q
6	Malette, Jacqueline	Windsor Legi	4:26.02q
7	Harrison, Kate	Phoenix Athl	4:37.92
8	Daley, Kelsey	Unattached-A	4:41.19
9	McQueen, Riley	Caltaf Athle	4:44.46
10	Rawding, Hilary	Athletics EA	4:54.64

Women 1500 Meter Run

=====				
Canadian: %	4:00.27	1985	Lynne Williams	
Championship: !	4:04.51	2004	Malindi Elmore	
U.W Stadium: \$	4:12.66	14/07/2007	Hilary Stellingworth, Speed River	
Name		Year Team	Finals	Points
=====				

Section 1 Finals

1	Stellingwerff, Hilary	Speed River	4:08.56\$	10
2	Elmore, Malindi	U OF C Athle	4:09.52\$	8
3	Edwards, Nicole	Unattached-M	4:12.34\$	6
4	Douma-Hussar, Carmen	Guelph Track	4:14.71	5
5	Hinther, Ashley	Unattached-S	4:16.09	4
6	McGown, Amber	Tisdale Trac	4:16.62	3
7	Carson, Lindsay	Tri City Tra	4:20.81	2
8	Mckay, Tarah	Tri City Tra	4:21.81	1
9	Sim, Heather	Caltaf Athle	4:26.47	
10	Babcock, Courtney	Kent Legion	4:27.97	
11	Malette, Jacqueline	Windsor Legi	4:30.90	
12	Novak, Shantelle	Queen City S	4:43.11	
--	* Young, Kelly	Ottawa Lions	X4:21.26	

Women 5000 Meter Run

=====				
Canadian: %	14:54.98	2003	Courtney Babcock	
Championship: !	15:08.90	2003	Émilie Mondor	
U.W Stadium: \$	15:45.14	13/07/2007	Megan Metcalfe, AB -Thunder	
Name		Year Team	Finals	Points
=====				

Section 1

1	Metcalfe, Megan	Edmonton Thu	15:33.35\$	
2	Grove, Andrea	Unattached-M	16:19.27	
3	Maclean, Erin	Antigonish T	17:00.48	
4	Cliff, Rachel L.	Vancouver TH	17:04.33	
5	Stenning, Faye	U OF C Athle	17:09.66	
6	Laurie, Courtney	Speed River	17:55.40	

Women 100 Meter Hurdles

=====				
8 Advance: Top 3 Each Heat plus Next 2 Best Times				
Canadian: %	12.46	2004	Perdita Felicien	
Championship: !	12.60	2004	Perdita Felicien	
U.W Stadium: \$	12.80	13/07/2007	Angela Whyte, Independent	
Name		Year Team	Prelims	
=====				

Heat 1 Preliminaries

			Wind: -2.9	
1	Lopes-Schliep, Priscilla	Elite Edge	13.23Q	
2	George, Phylcia	Project Athl	14.13Q	
3	Gordon, Christie	Unattached-A	14.66Q	
4	Charnuski, Olivia	Laurel Creek	15.10	
5	Francis, Latesha	Windsor Legi	15.21	
6	Mcintosh, Rachael	Bluenose Ath	17.01	

Heat 2 Preliminaries

			Wind: -0.7	
1	Whyte, Angela	Unattached-A	13.31Q	
2	Dugas, Marie-Eve	Corsaire Cha	13.73Q	
3	Montcalm, Noelle	Windsor Legi	14.27Q	
4	Stoffman, Zaria R.	Vancouver OL	14.63q	
5	Fourie, Mari	Laurel Creek	14.81q	
6	Bird, Hayleigh	Caltaf Athle	15.77	

Women 100 Meter Hurdles

=====				
Canadian: %	12.46	2004	Perdita Felicien	
Championship: !	12.60	2004	Perdita Felicien	
U.W Stadium: \$	12.80	13/07/2007	Angela Whyte, Independent	
Name	Year	Team	Finals	Points
=====				
Section 1 Finals Wind: 1.9				
1	Lopes-Schliep, Priscilla	Elite Edge	12.78\$	10
2	Whyte, Angela	Unattached-A	12.96	8
3	Dugas, Marie-Eve	Corsaire Cha	13.69	6
4	George, Phylcia	Project Athl	13.79	5
5	Montcalm, Noelle	Windsor Legi	13.84	4
6	Gordon, Christie	Unattached-A	14.00	3
7	Stoffman, Zaria R.	Vancouver OL	14.67	2
8	Fourie, Mari	Laurel Creek	14.71	1

Women 400 Meter Hurdles

=====				
8 Advance: Top 2 Each Heat plus Next 2 Best Times				
Canadian: %	54.39	1996	Rosey Edeh	
Championship: !	55.29	1993	Rosey Edeh	
U.W Stadium: \$	57.40	31/07/2005	Nickiesha Wilson, Jamaica	
Name	Year	Team	Prelims	
=====				
Heat 1 Preliminaries				
1	Mensah, Yvonne	Unattached-B	57.64Q	
2	Tousaw, Julia	Ottawa Lions	1:00.89Q	
3	Gray, Tessa	Calgary Inte	1:01.01q	
4	Olson, Jenessa	St. Thomas L	1:01.77	101.767
5	Boss, Traci	Coquitlam CH	1:04.17	
6	@ Lavoie, Sabrina	Perfmax-Raci	1:04.49	
7	Bird, Hayleigh	Caltaf Athle	1:05.41	
Heat 2 Preliminaries				
1	Momoh, Nana-Aishetu	Sherbrooke	1:00.35Q	
2	Heale, Liane	University O	1:00.72Q	
3	Ewing, Chandra	Hamilton Oly	1:02.53	
4	Lotwin, Kelsey	U OF C Athle	1:04.04	
5	Hawrysh, Cassie	Excel Athlet	1:04.68	
6	Dichiara, Amilia	York County	1:05.77	
Heat 3 Preliminaries				
1	White, Andrea	Ottawa Lions	1:01.28Q	
2	Malek, Shauna	London Legio	1:01.33Q	
3	Lowe, Christine A.	Coquitlam CH	1:01.77q	101.761
4	Richard, Claudia M.	Vancouver TH	1:02.22	
5	Dobranowski, Alicia	Halifax Tige	1:03.24	
6	Jeudy, Ariane	Corsaire Cha	1:04.88	

Women 400 Meter Hurdles

=====				
Canadian: %	54.39	1996	Rosey Edeh	
Championship: !	55.29	1993	Rosey Edeh	
U.W Stadium: \$	57.40	31/07/2005	Nickiesha Wilson, Jamaica	
Name	Year	Team	Finals	Points
=====				
Section 1 Finals				
1	Mensah, Yvonne	Unattached-B	57.09\$	10
2	Heale, Liane	University O	1:00.23	8
3	Momoh, Nana-Aishetu	Sherbrooke	1:00.32	6
4	Gray, Tessa	Calgary Inte	1:00.61	5
5	Tousaw, Julia	Ottawa Lions	1:01.67	4
6	Malek, Shauna	London Legio	1:01.79	3
7	White, Andrea	Ottawa Lions	1:02.00	2
8	Lowe, Christine A.	Coquitlam CH	1:02.83	1

Women 3000 Meter Steeplechase

=====				
Canadian: %	9:51.10	2002	Carol Henry	
Championship: !	10:17.24	2007	Danelle Woods	
U.W Stadium: \$	10:04.71	30/07/2005	Sabine Leticia Heitling, Brazil	
Name	Year	Team	Finals	Points
=====				
Section 1				
1	Percival, Claire	Unattached-O	10:23.88	10
2	Macgregor, Meredith S.	Valley Royal	10:24.75	8
3	Kennelly, Bevin S.	Unattached-B	10:28.20	6
4	Buchanan, Dana	Ottawa Lions	10:33.56	5
5	Ellis, Carolyn	Speed River	10:39.85	4
6	Hyslop, Karen	Ontario Mast	12:52.24	3
-- *	Garrahan, Shauneen	New Balance	X10:17.48	
-- *	Rudd, Julia	Indiana Inva	X10:42.05	

Women 4x100 Meter Relay Team

U.W Stadium: \$ 43.97 31/07/2005 USA, USA
 Nesbit,Anderson,Davis,Tyson

Team	Finals	Points
1 Ottawa Lions T.F.C. 'A'	47.27	10
2 Team BC 'A'	47.45	8

Women High Jump

1.59, 1.64, 1.69, 1.74, 1.79, 1.82, 1.85, 1.88, 1.91, 1.93, etc
 Canadian: % 1.98m 1984 Debbie Brill
 Championship: ! 1.94m 1984 Deborah Brill
 U.W Stadium: \$ 1.92m 15/07/2007 Nicole Forrester, Mississauga

Name	Year Team	Finals	Points
Flight 1			
1 Forrester, Nicole	Mississauga	1.95m!	10
2 Drouin, Jillian	Sarnia Athle	J1.82m	6
2 Evans, Whitney	Calgary Warr	1.82m	8
4 Bergevin, Lindsey	Leduc Track	1.74m	4
4 Boyle, Sarah	University O	1.74m	4
4 Miller, Natasha	Valley Royal	1.74m	4
7 Moody, Michelle	Speed River	1.69m	2
7 Rudell, Rita	Saugeen Trac	J1.69m	1
9 Stoffman, Zaria R.	Vancouver OL	1.64m	
10 Mcintosh, Rachael	Bluenose Ath	1.59m	
10 Baragengana, Annick	Sherbrooke	1.59m	
-- Theophille, Michelle	Lightning AT	NH	

Women Pole Vault

Top 14 Advance by Time
 Qualifying 3.50,3.65,3.80,3.95,4.05
 Automatic Qualification to finals 4.05
 Final 3.55, 3.70, 3.85, 3.95, 4.05, 4.15 .4.25, 4.30, 4.35, 4.4
 4.45, 4.50, 4.54, etc.
 Canadian: % 4.52m 18/08/2007 Dana Ellis-Buller
 Championship: ! 4.35m 2006 Stephanie McCann
 U.W Stadium: \$ 4.31m 14/07/2007 Kelsie Hendry, SK -Riverdale

Name	Year Team	Prelims
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Flight 1 Preliminaries

1 Reiser, Erika	Windsor Legi	3.65mq
1 Jean, Caroline	Sherbrooke	3.65mq
1 Robson, Victoria	Winnipeg Opt	3.65mq
4 Maaten, Dayna	Windsor Legi	3.50mq
4 Jeudy, Ariane	Corsaire Cha	3.50mq
4 Gerwing, Michelle	Edmonton Int	3.50mq
4 Crombeen, Emma	London Legio	3.50mq
-- Logozar, Teresa	Winnipeg Opt	NH
-- Lyons, Adrianna	Sherbrooke	NH

Flight 2 Preliminaries

1 Hendry, Kelsie	Riversdale A	3.95mq
2 Vause, Leah	Riversdale A	3.80mq
3 Gauthier, Patricia	Ottawa Lions	3.65mq
3 Wellwood, Leanna	Capital City	3.65mq
3 Kupper, Sue	Edmonton Int	3.65mq
3 Fish, Suzanne	University O	3.65mq
3 Hamilton, Heather	University O	3.65mq
-- Dockendorf, Carly B.	Unattached-B	NH

Women Pole Vault

Qualifying 3.50,3.65,3.80,3.95,4.05
 Automatic Qualification to finals 4.05
 Final 3.55, 3.70, 3.85, 3.95, 4.05, 4.15 .4.25, 4.30, 4.35, 4.4
 4.45, 4.50, 4.54, etc.
 Canadian: % 4.52m 18/08/2007 Dana Ellis-Buller
 Championship: ! 4.35m 2006 Stephanie McCann
 U.W Stadium: \$ 4.31m 14/07/2007 Kelsie Hendry, SK -Riverdale

Name	Year Team	Finals	Points
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Flight 1 Finals

1 Hendry, Kelsie	Riversdale A	4.30m	10
2 Hamilton, Heather	University O	3.95m	8
3 Gauthier, Patricia	Ottawa Lions	J3.95m	6
4 Fish, Suzanne	University O	J3.95m	5
5 Vause, Leah	Riversdale A	3.85m	4

6	Kupper, Sue	Edmonton Int	J3.85m	3
7	Maaten, Dayna	Windsor Legi	3.70m	2
8	Jeudy, Ariane	Corsaire Cha	J3.70m	1
9	Wellwood, Leanna	Capital City	J3.70m	
10	Robson, Victoria	Winnipeg Opt	3.55m	
10	Crombeen, Emma	London Legio	3.55m	
--	Reiser, Erika	Windsor Legi	NH	
--	Jean, Caroline	Sherbrooke	NH	
--	Gerwing, Michelle	Edmonton Int	NH	

Women Long Jump

Top 12 Advance by Time

Auto qualification to Final 5.80m - top 12 advance				
Canadian: %	6.67m	2003	Alice Falaiye	
Championship: !	6.61m	1985	Donna Smellie	
U.W Stadium: \$	6.52m	14/07/2007	Tabia Charles, Power Athletic	
Name	Year	Team	Prelims	Wind

Flight 1 Preliminaries

1	Charles, Tabia	Elite Edge	6.03mq	2.0
2	Nettey, Christabel S.	Kajaks Track	5.87mq	2.0
3	Richards, Georgea	London Weste	5.72mq	1.6
4	Francis, Latesha	Windsor Legi	5.64mq	2.1
5	Wilson, Jessica	I BE Fast TR	5.55mq	1.0
6	Lowe, Jaideene	I BE Fast TR	5.42mq	0.3
7	Sprenkels, Tiffany S.	Unattached-B	5.25mq	1.1
8	Smith, Alicia	Take Flight	5.17m	0.4
9	Neely, Taylor	I BE Fast TR	5.12m	3.2
10	Mullings, Sheree	York Univers	4.58m	2.5

Flight 2 Preliminaries

1	Falaiye, Alice	Indépendant	6.34mq	3.9
2	Abdulai, Ruky	Valley Royal	6.28mq	0.7
3	Zachariah, Neb	Guelph Track	5.58mq	2.9
4	Beecher, Anne	Unattached-A	5.45mq	4.8
5	Boudreau, Alanna	Winnipeg Opt	5.28mq	1.7
6	Simard, Tanya	North Bay LE	5.23m	1.5
7	Garrett, Sherri	South Simcoe	5.06m	2.6
8	Miller, Sara	South East A	5.02m	-0.5
9	Wellwood, Leanna	Capital City	4.91m	-0.8
10	Whittingham, Natoya	Project Athl	4.84m	4.3
--	Brown, Melitta	Unattached-O	FOUL	NWI
--	Polischuk, Janine	Excel Athlet	FOUL	NWI

Women Long Jump

Auto qualification to Final 5.80m - top 12 advance				
Canadian: %	6.67m	2003	Alice Falaiye	
Championship: !	6.61m	1985	Donna Smellie	
U.W Stadium: \$	6.52m	14/07/2007	Tabia Charles, Power Athletic	
Name	Year	Team	Finals	Wind Points

Flight 1 Finals

1	Abdulai, Ruky	Valley Royal	6.48m	-0.9	10
2	Falaiye, Alice	Indépendant	6.35m	-1.1	8
3	Charles, Tabia	Elite Edge	6.30m	-0.8	6
4	Nettey, Christabel S.	Kajaks Track	5.85m	-0.9	5
5	Wilson, Jessica	I BE Fast TR	5.62m	-0.6	4
6	Francis, Latesha	Windsor Legi	5.46m	-1.5	3
7	Boudreau, Alanna	Winnipeg Opt	5.33m	-1.4	2
8	Beecher, Anne	Unattached-A	5.21m	-2.1	1
9	Richards, Georgea	London Weste	5.11m	-1.9	
10	Sprenkels, Tiffany S.	Unattached-B	J5.11m	-0.5	
11	Zachariah, Neb	Guelph Track	5.10m	-1.8	
12	Lowe, Jaideene	I BE Fast TR	5.01m	-0.6	

Women Triple Jump

Top 12 Advance by Time

Automatic qualification to final - 12.05m - top 12 advance				
Canadian: %	13.81m	2002	Althea Williams	
Championship: !	13.81m	2002	Athea Williams	
U.W Stadium: \$	13.60m	15/07/2007	Tabia Charles, Power Athletic	
Name	Year	Team	Prelims	Wind

Flight 1 Preliminaries

1	Charles, Tabia	Elite Edge	13.43mq	0.3
2	Lowe, Jaideene	I BE Fast TR	12.05mq	0.9
3	Egbo-Egbo, Mary	Unattached-O	11.93mq	0.4
3	Brown, Melitta	Unattached-O	11.93mq	1.9
5	Tse, Kim	Caltaf Athle	11.12mq	1.1

6	Simard, Tanya	North Bay LE	11.03m	-0.5
7	Baerg, Karen	U OF C Athle	10.94m	0.9
8	Miller, Sara	South East A	10.72m	1.1
9	Phillips, Natalie	U OF Windsor	9.96m	-2.0
Flight 2 Preliminaries				
1	Polischuk, Janine	Excel Athlet	12.39mq	0.4
2	Boudreau, Alanna	Winnipeg Opt	11.97mq	1.3
3	Ehrhardt, Caroline	Track North	11.96mq	2.7
4	Garrett, Sherri	South Simcoe	11.59mq	0.9
5	Sprenkels, Tiffany S.	Unattached-B	11.54mq	1.1
6	Smith, Alicia	Take Flight	11.35mq	0.3
7	Zachariah, Neb	Guelph Track	11.06mq	0.6
8	Neely, Taylor	I BE Fast TR	10.93m	-0.5

Women Triple Jump

Automatic qualification to final - 12.05m - top 12 advance				
Canadian: % 13.81m		2002	Althea Williams	
Championship: ! 13.81m		2002	Athea Williams	
U.W Stadium: \$ 13.60m		15/07/2007	Tabia Charles, Power Athletic	
Name	Year	Team	Finals	Wind Points

Flight 1 Finals

1	Charles, Tabia	Elite Edge	13.92m%	1.6	10
2	Polischuk, Janine	Excel Athlet	12.75m	2.1	8
3	Ehrhardt, Caroline	Track North	12.41m	1.1	6
4	Lowe, Jaideene	I BE Fast TR	12.39m	1.5	5
5	Zachariah, Neb	Guelph Track	12.16m	1.2	4
6	Egbo-Egbo, Mary	Unattached-O	12.02m	0.9	3
7	Brown, Melitta	Unattached-O	11.91m	1.9	2
8	Boudreau, Alanna	Winnipeg Opt	11.79m	0.1	1
9	Garrett, Sherri	South Simcoe	11.35m	1.5	
10	Tse, Kim	Caltaf Athle	11.16m	2.0	
--	Sprenkels, Tiffany S.	Unattached-B	FOUL		
--	Smith, Alicia	Take Flight	FOUL		

Women Shot Put 4.0kg

Canadian: % 17.83m 13/06/2007 Lieja Tunks				
Championship: ! 17.43m		2007	Lieja Tunks	
U.W Stadium: \$ 17.63m		14/07/2007	Leija Tunks, London Western	
Name	Year	Team	Finals	Points

Flight 1

1	Tunks, Lieja	London Weste	16.98m	10
2	Weaver, Meghan	London Weste	15.02m	8
3	Patterson, Heather	London Weste	13.79m	6
4	Jackson, Stephanie	London Weste	13.52m	5
5	Thibault, Dominique	Ottawa Lions	13.38m	4
6	Spies, Chantel	Saskatoon TF	13.28m	3
7	Stroud, Beth	York Univers	12.97m	2
8	Mullen, Maggie	Sarnia Athle	12.92m	1
9	Lane, Diana	London Weste	12.46m	
10	Mcintosh, Sarah	London Weste	12.01m	
11	Kovacs, Alanna	South Simcoe	11.86m	
12	Manson, Sarah	York Univers	11.76m	
13	Edney, Megan	York Univers	11.40m	

Women Discus Throw 1.0kg

Canadian: % 62.72m 1979 Carmen Ionescu				
Championship: ! 59.58m		1978	Carmen Ionescu	
U.W Stadium: \$ 54.91m		15/07/2007	Leija Tunks, London Western	
Name	Year	Team	Finals	Points

1	Tunks, Lieja	London Weste	53.67m	10
2	Le Jour, Marie-Josée	Saint Lauren	52.65m	8
3	Spies, Chantel	Saskatoon TF	48.41m	6
4	Vandervliet, Megann	Kamloops Tra	45.16m	5
5	Dumont-Breton, Myriam	Les Vaillant	45.11m	4
6	Johnstone, Jennifer	London Weste	42.18m	3
7	Kovacs, Alanna	South Simcoe	40.40m	2
8	Thibault, Dominique	Ottawa Lions	40.21m	1
9	Lane, Diana	London Weste	40.12m	
10	Allan, Meredith	London Weste	39.19m	
11	Boudreau, Isabelle	St-Jean Olym	37.80m	

Women Hammer Throw 4.0kg

Canadian: % 68.48m 2005 Jennifer Joyce				
Championship: ! 67.03m		2005	Jennifer Joyce	

U.W Stadium: \$ 66.37m 14/07/2007 Krystal Yush, USA

Name	Year Team	Finals	Points
1 Frizell, Sultana	Ottawa Lions	70.94m%	10
2 Joyce, Jennifer K.	Kamloops Tra	68.73m%	8
3 Smith, Crystal	Unattached-B	64.19m	6
4 Vandervliet, Megann	Kamloops Tra	58.19m	5
5 Johnstone, Jennifer	London Weste	54.39m	4
6 Steacy, Heather	Chinook Trac	54.01m	3
7 Larose, Annie	St-Jean Olym	50.54m	2
9 Patterson, Heather	London Weste	J48.98m	1
10 Obrochta, Kristin	York Univers	J47.27m	
11 Rock, Mélinda-Megan	Corsaire Cha	J41.76m	
12 Manson, Sarah	York Univers	J40.02m	
13 Mcintosh, Sarah	London Weste	J39.68m	
-- * Sow, Caroline	Rouge ET OR	XJ50.36m	
-- Dubourt, Elisabeth	Saskatoon TF	FOUL	

Women Javelin Throw 600g

Canadian: % 56.06m 25/03/2007 Krista Woodward
Championship: ! 54.89m 2007 Krista Woodward
U.W Stadium: \$ 54.89m 14/07/2007 Krystal Yush, USA

Name	Year Team	Finals	Points
1 Gleadle, Elizabeth S.	Vancouver TH	49.09m	10
2 Roelofsen, Vanessa	Unattached-O	47.56m	8
3 Zelinka, Deanna	Kajaks Track	46.54m	6
4 Wachna, Bethanie	Windsor Legi	46.03m	5
5 Petitjean, Élise	Corsaire Cha	45.83m	4
6 Mullen, Maggie	Sarnia Athle	44.90m	3
7 Pighin, Brooke A.	Coquitlam CH	43.27m	2
8 Weston, Katie	North Bay LE	41.02m	1
9 Wheatcroft, Shannan	South Simcoe	38.83m	
10 Arès, Patricia	Jeunesse Ath	38.72m	
11 Stroud, Beth	York Univers	38.13m	
12 Kovacs, Alanna	South Simcoe	36.68m	
13 Bond, Jessica	Petite-Natio	35.36m	
14 Johnson, Katie	London Weste	32.65m	

Heptathlon: #4 Women 200 Meter Dash

Name	Year Team	Finals	Points
Section 1 Wind: 1.8			
1 Beckford-Stewart, Alecia	Unattached-O	25.50	841
2 Cotten, Jennifer	London Weste	25.60	833
3 Rudell, Rita	Saugeen Trac	26.47	757
4 Bell, Jennifer	Laurel Creek	26.95	716
5 Romano-Hurteau, Marlène	Montreal Oly	27.83	644
6 Brosseau, Mylène	Jeunesse Ath	27.99	632
Section 2 Wind: 1.2			
1 Zelinka, Jessica	Unattached-O	23.92	988
2 Coltman, Susan	Unattached-O	24.99	888
3 Drouin, Jillian	Sarnia Athle	25.20	869
4 Delisle, Pascale	Sherbrooke	26.87	723
5 Johns, Adelle	Vancouver TH	26.91	719
6 Aubin, Virginie	Sherbrooke	28.50	592
7 Gendron-Daigneault, Pasc	Sherbrooke	29.73	501

Heptathlon: #7 Women 800 Meter Run

Name	Year Team	Finals	Points
Section 1			
1 Zelinka, Jessica	Unattached-O	2:11.66	940
2 Cotten, Jennifer	London Weste	2:13.27	917
3 Coltman, Susan	Unattached-O	2:17.40	859
4 Rudell, Rita	Saugeen Trac	2:26.88	732
5 Drouin, Jillian	Sarnia Athle	2:27.80	721
6 Bell, Jennifer	Laurel Creek	2:32.35	664
7 Beckford-Stewart, Alecia	Unattached-O	2:33.52	649
8 Johns, Adelle	Vancouver TH	2:34.09	643
9 Delisle, Pascale	Sherbrooke	2:42.04	550
10 Gendron-Daigneault, Pasc	Sherbrooke	2:46.15	504
11 Romano-Hurteau, Marlène	Montreal Oly	2:48.80	476

Heptathlon: #1 Women 100 Meter Hurdles

Name	Year Team	Finals	Points
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Section 1 Wind: 1.1

1	Cotten, Jennifer	London Weste	14.35	929
2	Rudell, Rita	Saugeen Trac	14.72	879
3	Bell, Jennifer	Laurel Creek	15.06	834
4	Delisle, Pascale	Sherbrooke	15.52	774
5	Brosseau, Mylène	Jeunesse Ath	16.58	645

Section 2 Wind: 2.0

1	Zelinka, Jessica	Unattached-O	13.17	1099
2	Coltman, Susan	Unattached-O	13.76	1013
3	Drouin, Jillian	Sarnia Athle	13.79	1008
4	Beckford-Stewart, Alecia	Unattached-O	14.22	947
5	Johns, Adelle	Vancouver TH	15.04	836
6	Romano-Hurteau, Marlène	Montreal Oly	15.79	740
7	Aubin, Virginie	Sherbrooke	16.52	652
8	Gendron-Daigneault, Pasc	Sherbrooke	17.88	501

Heptathlon: #2 Women High Jump

Name	Year Team	Finals	Points
Flight 1			
1	Beckford-Stewart, Alecia	Unattached-O	1.62m 759
2	Delisle, Pascale	Sherbrooke	1.59m 724
2	Romano-Hurteau, Marlène	Montreal Oly	1.59m 724
4	Aubin, Virginie	Sherbrooke	1.53m 655
5	Gendron-Daigneault, Pasc	Sherbrooke	1.50m 621
5	Bell, Jennifer	Laurel Creek	1.50m 621
5	Brosseau, Mylène	Jeunesse Ath	1.50m 621
Flight 2			
1	Drouin, Jillian	Sarnia Athle	1.83m 1016
2	Zelinka, Jessica	Unattached-O	1.71m 867
3	Rudell, Rita	Saugeen Trac	1.68m 830
4	Coltman, Susan	Unattached-O	1.65m 795
4	Cotten, Jennifer	London Weste	1.65m 795
6	Johns, Adelle	Vancouver TH	1.53m 655

Heptathlon: #5 Women Long Jump

Name	Year Team	Finals	Wind	Points
Flight 1				
1	Cotten, Jennifer	London Weste	5.76m 3.2	777
2	Romano-Hurteau, Marlène	Montreal Oly	5.36m 1.2	660
3	Bell, Jennifer	Laurel Creek	5.23m 0.6	623
4	Rudell, Rita	Saugeen Trac	4.87m 1.3	524
5	Gendron-Daigneault, Pasc	Sherbrooke	4.85m 2.0	519
6	Aubin, Virginie	Sherbrooke	1.42m 3.0	
Flight 2				
1	Coltman, Susan	Unattached-O	6.09m 0.9	877
2	Drouin, Jillian	Sarnia Athle	5.85m 0.7	804
3	Beckford-Stewart, Alecia	Unattached-O	5.73m 3.1	768
4	Delisle, Pascale	Sherbrooke	5.39m 0.2	668
5	Zelinka, Jessica	Unattached-O	5.30m 1.1	643
6	Johns, Adelle	Vancouver TH	4.95m 2.2	546
7	Brosseau, Mylène	Jeunesse Ath	4.81m 0.8	508

Heptathlon: #3 Women Shot Put

Name	Year Team	Finals	Points
Flight 1			
1	Zelinka, Jessica	Unattached-O	13.91m 788
2	Coltman, Susan	Unattached-O	13.23m 743
3	Drouin, Jillian	Sarnia Athle	12.01m 662
4	Beckford-Stewart, Alecia	Unattached-O	11.53m 630
5	Bell, Jennifer	Laurel Creek	11.04m 598
6	Romano-Hurteau, Marlène	Montreal Oly	10.67m 573
7	Brosseau, Mylène	Jeunesse Ath	10.33m 551
8	Johns, Adelle	Vancouver TH	9.90m 523
9	Delisle, Pascale	Sherbrooke	9.60m 503
10	Rudell, Rita	Saugeen Trac	9.27m 482
11	Gendron-Daigneault, Pasc	Sherbrooke	9.11m 471
12	Cotten, Jennifer	London Weste	8.35m 422
13	Aubin, Virginie	Sherbrooke	7.66m 377

Heptathlon: #6 Women Javelin Throw

Name	Year Team	Finals	Points
1	Zelinka, Jessica	Unattached-O	41.30m 692
2	Coltman, Susan	Unattached-O	37.64m 622

3	Beckford-Stewart, Alecia	Unattached-O	37.34m	616
4	Drouin, Jillian	Sarnia Athle	36.35m	597
5	Romano-Hurteau, Marlène	Montreal Oly	33.21m	538
6	Brosseau, Mylène	Jeunesse Ath	32.05m	515
7	Aubin, Virginie	Sherbrooke	30.43m	485
8	Johns, Adelle	Vancouver TH	30.02m	477
9	Gendron-Daigneault, Pasc	Sherbrooke	28.92m	456
10	Bell, Jennifer	Laurel Creek	27.13m	422
11	Cotten, Jennifer	London Weste	26.59m	412
12	Delisle, Pascale	Sherbrooke	22.40m	334
13	Rudell, Rita	Saugeen Trac	21.05m	308

Women Heptathlon

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Canadian: % 6343 27/05/2007 Jessica Zelinka
Championship: ! 6058 1993 Catherine Bond-Mills
U.W Stadium: $ 5495 13/07/2007 Susan Coltman, Independent
Name Year Team Finals Points
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1 Zelinka, Jessica Unattached-O 6017$ 10
2 Coltman, Susan Unattached-O 5797$ 8
3 Drouin, Jillian Sarnia Athle 5677$ 6
4 Beckford-Stewart, Alecia Unattached-O 5210 5
5 Cotten, Jennifer London Weste 5085 4
6 Rudell, Rita Saugeen Trac 4512 3
7 Bell, Jennifer Laurel Creek 4478 2
8 Johns, Adelle Vancouver TH 4399 1
9 Romano-Hurteau, Marlène Montreal Oly 4355
10 Delisle, Pascale Sherbrooke 4276
11 Gendron-Daigneault, Pasc Sherbrooke 3573
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Women 10000 Meter Race Walk Jrs.

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U.W Stadium: $ 49:36.25 30/07/2005 Jamy Franco, Guatemala
Name Year Team Finals Points
=====
Section 1
1 Warwick, Heather Kajaks Track 56:10.00 10
2 Ratel, Marie-Hélène Petite-Natio 57:43.00 8
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Women 20000 Meter Race Walk

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Canadian: % 1:34:50.00 2000 Janice McCaffrey
Championship: ! 1:34:50.00 2000 Janice McCaffrey
U.W Stadium: $ 1:44:27.00 15/07/2007 Rachel Lavallee, Etobicoke Track
Name Year Team Finals Points
=====
1 Lavallée, Rachel Etobicoke TR 1:41:59.00$ 10
2 Huzzey, Megan C. Unattached-B 1:47:40.00 8
3 Crivello, Marina Fleur DE Lys 1:49:22.00 6
4 Samoil, Kathleen Caltaf Athle 2:00:01.00 5
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Men 100 Meter Dash

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24 Advance: Top 3 Each Heat plus Next 6 Best Times
Canadian: % 9.84 1996 Donovan Bailey
Championship: ! 9.89 1998 Bruny Surin
U.W Stadium: $ 10.20 30/07/2005 James Samuels, USA
Name Year Team Prelims
=====
Heat 1 Preliminaries Wind: 1.5
1 Connaughton, Jared Sparta Athle 10.31Q
2 Vaughan, Jarid B. Coquitlam CH 10.61Q
3 Kerr, Jason London Weste 10.72Q 10.715
4 Grenier, Martin Perfmax-Raci 10.72q 10.720
5 * Ogunde, Oluwole Elite Edge 10.73q
6 Bawol, Michael Halifax Tige 10.92 10.916
7 Reddy, Julian Capital City 11.07 11.064
Heat 2 Preliminaries Wind: -1.1
1 Leblanc, Michael South East A 10.60Q 10.593
2 McLennan, Justin Mississauga 10.66Q
3 Wright, Neville Edmonton Int 10.70Q
4 Ignacio, Kevin I BE Fast TR 10.92 10.919
5 * Ryan, Dree Body Mind SP 10.94
6 Charles, Ricardo Capital City 11.26
7 Ouellet-Léveillé, Clémen Sherbrooke 11.46
-- Tomlin, Dave Laurel Creek DNF
Heat 3 Preliminaries Wind: -0.6
1 Henry, Anson Mississauga 10.36Q
2 Browne, Pierre Mississauga 10.39Q
3 Sterling, Rhoan Laurel Creek 10.57Q
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4	Stanley, Fatih	Ottawa Lions	10.60q	10.595
5	Horacius, Pierre-Hans	Perfmax-Raci	10.83q	
6	Dos Santos, Troy	Mississauga	10.99	
7	Koenig, Jeremy	Unattached-A	11.13	
Heat 4 Preliminaries Wind: -1.1				
1	Warner, Justyn	Phoenix Athl	10.49Q	
2	King, Shannon	Elite Edge	10.55Q	
3	Collins, Dennison	Elite Edge	10.62Q	
4	Bowman, Aaron	St. Thomas L	10.96	
5	Rosenke, Daniel	Capital City	11.07	11.064
6	Macadam, Gerry	Islanders TR	11.44	
7	Alie, Jarod	Perfmax-Raci	11.90	
--	Rosenke, Adam	Capital City	DQ	162.7
Heat 5 Preliminaries Wind: -0.7				
1	Adu-Bobie, Richard	Ottawa Lions	10.52Q	
2	Palmer, Hank	Saint Lauren	10.68Q	
3	Pitter, Don	Elite Edge	10.77Q	
4	Arthur, Augustine	Mississauga	11.23	
5	Mccormack, Kurt	Sparta Athle	11.25	
6	Joseph, Wikenson	Perfmax-Raci	11.49	
Heat 6 Preliminaries Wind: -1.1				
1	Parris, Emmanuel	Sherbrooke	10.40Q	
2	Effah, Sam	U OF C Athle	10.50Q	
3	Smith, Oluseyi	Ottawa Lions	10.56Q	
4	Pedneault, David	Saint Lauren	10.66q	
5	Richard, Bianco	Perfmax-Raci	10.79q	
6	Stiver-Balla, Mathew	Body Mind SP	11.02	
7	Dion, Guillaume	Perfmax-Raci	11.10	
8	Despres-Bedward, Antoine	Ottawa Lions	11.39	

Men 100 Meter Dash

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 8 Advance: Top 2 Each Heat plus Next 2 Best Times
 Canadian: % 9.84 1996 Donovan Bailey
 Championship: ! 9.89 1998 Bruny Surin
 U.W Stadium: \$ 10.20 30/07/2005 James Samuels, USA

Name	Year	Team		Semis
=====				
Heat 1 Semi-Finals Wind: -0.3				
1	Connaughton, Jared	Sparta Athle	10.23Q	
2	Browne, Pierre	Mississauga	10.30Q	
3	Palmer, Hank	Saint Lauren	10.39q	10.389
4	Smith, Oluseyi	Ottawa Lions	10.47q	
5	Leblanc, Michael	South East A	10.54	10.535
6	Stanley, Fatih	Ottawa Lions	10.61	
7	Pitter, Don	Elite Edge	10.66	
Heat 2 Semi-Finals Wind: -2.5				
1	Henry, Anson	Mississauga	10.56Q	
2	Adu-Bobie, Richard	Ottawa Lions	10.62Q	
3	Effah, Sam	U OF C Athle	10.65	
4	Mclennan, Justin	Mississauga	10.81	
5	Sterling, Rhoan	Laurel Creek	10.84	
6	Pedneault, David	Saint Lauren	10.85	
7	Richard, Bianco	Perfmax-Raci	10.88	
8	Kerr, Jason	London Weste	11.07	
Heat 3 Semi-Finals Wind: -1.8				
1	Parris, Emmanuel	Sherbrooke	10.39Q	10.386
2	King, Shannon	Elite Edge	10.53Q	
3	Warner, Justyn	Phoenix Athl	10.54	10.534
4	Wright, Neville	Edmonton Int	10.55	
5	Vaughan, Jarid B.	Coquitlam CH	10.60	
6	Collins, Dennison	Elite Edge	10.72	
7	Grenier, Martin	Perfmax-Raci	10.76	
--	* Ogunde, Oluwole	Elite Edge	X10.84	

Men 100 Meter Dash

=====
 Canadian: % 9.84 1996 Donovan Bailey
 Championship: ! 9.89 1998 Bruny Surin
 U.W Stadium: \$ 10.20 30/07/2005 James Samuels, USA

Name	Year	Team	Finals	Points
=====				
Section 1 Finals Wind: 0.4				
1	Browne, Pierre	Mississauga	10.19\$	10
2	Palmer, Hank	Saint Lauren	10.22	8
3	Henry, Anson	Mississauga	10.27	6
4	Parris, Emmanuel	Sherbrooke	10.31	5
5	Connaughton, Jared	Sparta Athle	10.34	4
6	Adu-Bobie, Richard	Ottawa Lions	10.43	3
7	King, Shannon	Elite Edge	10.46	2
8	Smith, Oluseyi	Ottawa Lions	10.67	1

Men 200 Meter Dash

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16 Advance: Top 1 Each Heat plus Next 11 Best Times
 Canadian: % 20.17 1991 Atlee Mahorn
 Championship: ! 20.40 1986 Atlee Mahorn
 U.W Stadium: \$ 20.52 15/07/2007 Brian Barnett, AB - Capital City
 Name Year Team Prelims

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Heat 1 Preliminaries	Wind: 2.0		
1 Connaughton, Jared	Sparta Athle	! 20.36Q	
2 Vaughan, Jarid B.	Coquitlam CH	21.08q	
3 Sterling, Rhoan	Laurel Creek	21.19q	
4 Thomson, Ira	Vancouver OL	21.72q	
5 Macleod, Tyler	Windsor Legi	21.78q	
6 Dills, Brendan	Guelph Track	21.88	
7 Stiver-Balla, Mathew	Body Mind SP	22.51	
Heat 2 Preliminaries	Wind: -0.1		
1 Barnett, Brian	Capital City	20.87Q	20.866
2 Pedneault, David	Saint Lauren	21.44q	
3 Pitter, Don	Elite Edge	21.46q	
4 Lim, Kevin	Kajaks Track	21.86	
5 Young, Andrew	Niagara Regi	22.11	
6 Lamarche, Stephen E	Windsor Legi	22.30	
Heat 3 Preliminaries	Wind: 2.0		
1 Effah, Sam	U OF C Athle	20.87Q	20.866
2 Reddy, Julian	Capital City	21.80q	21.795
3 Mclennan, Justin	Mississauga	21.80q	21.799
4 Richard, Bianco	Perfmax-Raci	21.85	
5 Boyd, Cody	Niagara Olym	21.96	
6 Bawol, Michael	Halifax Tige	22.18	
7 Koenig, Jeremy	Unattached-A	22.61	
Heat 4 Preliminaries	Wind: 3.6		
1 Smellie, Gavin	Mississauga	20.65Q	
2 Johnson, Adam	I BE Fast TR	21.43q	
3 Charles, Ricardo	Capital City	21.99	
4 Charest, Jonathan	Saint Lauren	22.10	
5 Macadam, Gerry	Islanders TR	22.86	
Heat 5 Preliminaries	Wind: 2.4		
1 Adu-Bobie, Richard	Ottawa Lions	21.30Q	
2 Ignacio, Kevin	I BE Fast TR	21.70q	
3 * Ryan, Dree	Body Mind SP	21.74q	
4 * Ukwuoma, Emeka	London Weste	22.03	

Men 200 Meter Dash

=====

Canadian: % 20.17 1991 Atlee Mahorn
 Championship: ! 20.40 1986 Atlee Mahorn
 U.W Stadium: \$ 20.52 15/07/2007 Brian Barnett, AB - Capital City
 Name Year Team Finals Points

=====

Section 1 Finals	Wind: 0.2		
1 Pitter, Don	Elite Edge	J21.37	
2 Pedneault, David	Saint Lauren	J21.59	
3 Ignacio, Kevin	I BE Fast TR	J21.64	
4 Reddy, Julian	Capital City	J21.79	
5 Thomson, Ira	Vancouver OL	J21.92	
6 Macleod, Tyler	Windsor Legi	J21.93	
Section 2 Finals	Wind: 0.4		
1 Connaughton, Jared	Sparta Athle	20.34!	10
2 Barnett, Brian	Capital City	20.55	8
3 Smellie, Gavin	Mississauga	20.64	6
4 Effah, Sam	U OF C Athle	20.75	5
5 Vaughan, Jarid B.	Coquitlam CH	21.05	4
6 Sterling, Rhoan	Laurel Creek	21.12	3
7 Adu-Bobie, Richard	Ottawa Lions	21.26	2

Men 400 Meter Dash

=====

8 Advance: Top 3 Each Heat plus Next 2 Best Times
 Canadian: % 44.44 2005 Tyler Christopher
 Championship: ! 45.10 2007 Tyler Christopher
 U.W Stadium: \$ 45.10 14/07/2007 Tyler Christopher, Legacy Athletics
 Name Year Team Prelims

=====

Heat 1 Preliminaries		
1 Christopher, Tyler	Legacy Athle	45.59Q
2 Reid, Jonathan	Unattached-O	47.69Q
3 Harris, Mark	Phoenix Athl	48.26Q
4 Cummings, Brian	Ottawa Lions	48.46q
5 Young, Andrew	Niagara Regi	48.84

6 Dills, Brendan	Guelph Track	49.00	
Heat 2 Preliminaries			
1 Vadeboncoeur, Nathan	Winnipeg Opt	47.26Q	
2 Johnson, Adam	I BE Fast TR	47.32Q	
3 Ferguson, Quin	Bison Track	47.67Q	
4 Boyd, Cody	Niagara Olym	48.64q	
5 Lim, Kevin	Kajaks Track	48.82	
6 Gill, Kyle	Project Athl	50.04	
7 Lamarche, Stephen E	Windsor Legi	50.23	
-- * N'Ken, Moise	Sherbrooke	DQ	163.3

Men 400 Meter Dash

=====			
Canadian: % 44.44	2005	Tyler Christopher	
Championship: ! 45.10	2007	Tyler Christopher	
U.W Stadium: \$ 45.10	14/07/2007	Tyler Christopher, Legacy Athletics	
Name	Year	Team	Finals Points
=====			

Section 1 Finals

1 Christopher, Tyler	Legacy Athle	45.03\$	10
2 Johnson, Adam	I BE Fast TR	46.55	8
3 Vadeboncoeur, Nathan	Winnipeg Opt	47.05	6
4 Reid, Jonathan	Unattached-O	47.24	5
5 Ferguson, Quin	Bison Track	47.31	4
6 Cummings, Brian	Ottawa Lions	47.95	3
7 Harris, Mark	Phoenix Athl	48.62	2
8 Boyd, Cody	Niagara Olym	49.01	1

Men 800 Meter Run

=====			
8 Advance: Top 1 Each Heat plus Next 4 Best Times			
Canadian: % 1:44.93	2006	Gary Reed	
Championship: ! 1:44.93	2007	Gary Reed	
U.W Stadium: \$ 1:44.93	15/07/2007	Gary Reed, BC -Pacific Athletics	
Name	Year	Team	Prelims
=====			

Heat 1 Preliminaries

1 Reed, Gary T.	Pacific Athl	1:50.06Q
2 Holm, David	Calgary Warr	1:50.64q
3 Smith, Kyle	Phoenix Athl	1:51.02
4 Lecours, Tommy	Rouge ET OR	1:51.05
5 Shanks, David	Calgary Inte	1:51.37
6 McCabe, Jeffrey	University O	1:53.46
7 Mazzei, Darren	Queen City S	1:54.13
8 Kellar, Adam	U OF Windsor	1:54.23
9 Nicol, Scott	U OF C Athle	1:54.88
10 Brens, Christopher	Kingston Nap	1:55.59

Heat 2 Preliminaries

1 Tadili, Achraf	Saint Lauren	1:49.47Q
2 Roppelt, Brian	Edmonton Thu	1:50.66q
3 Gamble, Dustin	Speed River	1:51.21
4 Saizew, Michael	Caltaf Athle	1:51.26
5 Savard, Kevin	Ottawa Lions	1:51.43
6 West, Richard	Phoenix Athl	1:52.92
7 Fleming, Noah	Harbour Trac	1:54.48
8 Russell, Ryan	Calgary Inte	1:54.99
9 Dunbar, Kevin	Kingston Nap	1:55.11
10 Hall, Justin	Unattached-O	1:55.46
11 Fauteux-Brault, Guillaum	Cirrus	1:56.03

Heat 3 Preliminaries

1 Ellerton, Andrew	Track North	1:49.87Q
2 Harris, Geoffrey	Halifax Tige	1:50.83
3 Finn, Ryan	Phoenix Athl	1:52.39
4 Ristic, Stefan	York Univers	1:52.84
5 Ostapowich, Jaden	Edmonton Thu	1:53.61
6 Sayers, Trent	Phoenix Athl	1:53.68
7 Culley, Mitchell T.	Valley Royal	1:53.82
8 Theriault, Madison	Caltaf Athle	1:54.53
9 Lane, Benjamin	Kingston Nap	1:54.67
10 Anderson, Travis	Brantford T.	1:59.51

Heat 4 Preliminaries

1 Currie, Adam	Montreal Oly	1:50.21Q
2 Heaney, Andrew	Phoenix Athl	1:50.30q
3 Ratzlaff, Trent	Caltaf Athle	1:50.40q
4 Reiter, Nathan	Harbour Trac	1:52.53
5 Sinclair, Matt	Caltaf Athle	1:52.91
6 Raymond, Mathieu	Club D'Athlé	1:53.78
7 Tome, Mitchell	Windsor Legi	1:53.96
8 Michaud, Dominic	Cirrus	1:54.88

Men 800 Meter Run

```

=====
Canadian: % 1:44.93 2006 Gary Reed
Championship: ! 1:44.93 2007 Gary Reed
U.W Stadium: $ 1:44.93 15/07/2007 Gary Reed, BC -Pacific Athletics
Name Year Team Finals Points
=====
Section 1 Finals
1 Reed, Gary T. Pacific Athl 1:45.61 10
2 Tadili, Achraf Saint Lauren 1:46.25 8
3 Ellerton, Andrew Track North 1:47.44 6
4 Currie, Adam Montreal Oly 1:48.49 5
5 Heaney, Andrew Phoenix Athl 1:48.89 4
6 Ratzlaff, Trent Caltaf Athle 1:50.16 3
7 Holm, David Calgary Warr 1:51.94 2
8 Roppelt, Brian Edmonton Thu 1:52.91 1

```

Men 1500 Meter Run

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=====
12 Advance: Top 3 Each Heat plus Next 3 Best Times
Canadian: % 3:31.71 2000 Kevin Sullivan
Championship: ! 3:38.60 1979 John Craig
U.W Stadium: $ 3:41.15 28/07/2005 Adam Goucher, USA
Name Year Team Prelims
=====

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Heat 1 Preliminaries
1 Sullivan, Kevin Unattached-O 3:50.50Q
2 Boorsma, Kyle Speed River 3:50.84Q
3 Wells, Graeme Kajaks Track 3:51.04Q
4 Davidson, Mark Phoenix Athl 3:51.75
5 De Bardi, Stephen Fleur DE Lys 3:54.93
6 Hulse, Matthew Kingston Nap 3:55.08
7 Arnald, Scott Speed River 3:55.39
8 Macaulay, Angus Speed River 3:55.52
9 Mccarron, Lee Antigonish T 3:56.88
10 Roundell, Josh Speed River 3:59.60
11 De Witt, Nathan London Runne 4:02.25
12 Laan, Brandon London Runne 4:10.04

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Heat 2 Preliminaries
1 Milne, Taylor Speed River 3:45.78Q
2 Mallie, Daniel Pacific Athl 3:47.07Q
3 Martinson, Geoffrey B. Prince Georg 3:47.33Q
4 Marpole-Bird, Justin Unattached-B 3:47.88q
5 Emberley, Scott Toronto Olym 3:48.75q
6 Poulin-Cadovius, James Montreal Oly 3:51.20q
7 Brett, Allan Ottawa Lions 3:54.67
8 Del Monte, Michael University O 3:56.41
9 Currie, Doug Sarnia Athle 3:56.93
10 Bernard, Olivier Club D'Athlé 3:58.87
11 Corbit, John Halifax Tige 4:07.07

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Heat 3 Preliminaries
1 Benninger, Kurt Saugeen Trac 3:50.47Q
2 Konoval, Tim Speed River 3:50.49Q
3 Brannen, Nathan Tri City Tra 3:50.49Q
4 Lavoie, Olivier Corsaire Cha 3:51.31
5 Corrigan, Peter Calgary Spar 3:52.43
6 Coates, Andrew U OF Windsor 3:52.74
7 * Geissbuehler, Michael University O 3:53.27
8 Boland, Joseph Edmonton Thu 3:54.13
9 Hall, Justin Unattached-O 3:55.03
10 Novakowski, Braden Kingston Nap 3:57.61
11 Desormeaux, Kyle Ottawa Lions 4:02.82
-- Morrison, Spencer University O DNF

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Men 1500 Meter Run

```

=====
Canadian: % 3:31.71 2000 Kevin Sullivan
Championship: ! 3:38.60 1979 John Craig
U.W Stadium: $ 3:41.15 28/07/2005 Adam Goucher, USA
Name Year Team Finals Points
=====

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```

Section 1 Finals
1 Milne, Taylor Speed River 3:38.03! 10
2 Brannen, Nathan Tri City Tra 3:38.52! 8
3 Sullivan, Kevin Unattached-O 3:39.42$ 6
4 Benninger, Kurt Saugeen Trac 3:40.56$ 5
5 Boorsma, Kyle Speed River 3:40.96$ 4
6 Martinson, Geoffrey B. Prince Georg 3:41.73 3
7 Konoval, Tim Speed River 3:43.39 2
8 Emberley, Scott Toronto Olym 3:47.67 1
9 Marpole-Bird, Justin Unattached-B 3:47.69
10 Mallie, Daniel Pacific Athl 3:52.54

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11 Wells, Graeme	Kajaks Track	3:54.88
12 Poulin-Cadovius, James	Montreal Oly	3:54.95

Men 5000 Meter Run

=====
Canadian: % 13:13.96 1998 Jeff Schiebler
Championship: ! 13:25.16 2000 Sean Kaley
U.W Stadium: \$ 13:34.55 13/07/2007 Reid Coolsaet, Speed River
Name Year Team Finals Points
=====

Section 1

1 Mckenzie, Ryan	Unattached-B	13:42.14
2 Gillis, Eric	Speed River	13:55.65
3 Bruce, Matthew	Toronto Olym	14:19.22
4 Macharia, Gitah	Phoenix Athl	14:31.08
5 Nakluski, Derek	Toronto Olym	14:33.42
6 Thorson, Cleve	Speed River	14:34.84
7 Marial, Deng	Windsor Legi	14:41.30
8 Dolmage, Jay	Indépendant	15:00.79
9 Yohannes, Selam	University O	15:17.74

Men 110 Meter Hurdles

=====
8 Advance: Top 3 Each Heat plus Next 2 Best Times
Canadian: % 13.08 1993 Mark McKoy
Championship: ! 13.27 1985 Mark McKoy
U.W Stadium: \$ 13.46 29/07/2005 Dayron Robles Planes, Cuba
Name Year Team Prelims
=====

Heat 1 Preliminaries Wind: -0.7

1 Macleod, Jared	Winnipeg Opt	13.94Q
2 Vandendool, Andrew	St. Thomas L	14.42Q
3 Theriau, Christopher	Annapolis VA	14.60Q
4 Wolowidnyk, Ryan	Edmonton Spr	14.64q
5 Morose, Ghislain-Pascal	Vaudreuil-Do	15.97

Heat 2 Preliminaries Wind: -0.5

1 Jennings, Karl	York Univers	13.82Q
2 Allen, Charles	Ottawa Lions	13.84Q
3 Stewart, Mark	University O	14.57Q
4 Boots, Greg	Mississauga	15.12q
5 Brisson, Matthew	St. Thomas L	15.38

Men 110 Meter Hurdles

=====
Canadian: % 13.08 1993 Mark McKoy
Championship: ! 13.27 1985 Mark McKoy
U.W Stadium: \$ 13.46 29/07/2005 Dayron Robles Planes, Cuba
Name Year Team Finals Points
=====

Section 1 Finals Wind: 1.0

1 Jennings, Karl	York Univers	13.66	10	
2 Macleod, Jared	Winnipeg Opt	13.74	8	13.737
3 Allen, Charles	Ottawa Lions	13.74	6	13.740
4 Stewart, Mark	University O	14.26	5	
5 Vandendool, Andrew	St. Thomas L	14.48	4	
6 Wolowidnyk, Ryan	Edmonton Spr	14.64	3	
7 Theriau, Christopher	Annapolis VA	14.91	2	
8 Boots, Greg	Mississauga	15.08	1	

Men 400 Meter Hurdles

=====
8 Advance: Top 3 Each Heat plus Next 2 Best Times
Canadian: % 48.24 27/07/2007 Adam Kunkel
Championship: ! 49.68 2007 Adam Kunkel
U.W Stadium: \$ 49.68 14/07/2007 Adam Kunkel, Legacy Athletics
Name Year Team Prelims
=====

Heat 1 Preliminaries

1 Kunkel, Adam	Legacy Athle	50.05Q
2 Joseph, Nigel	Calgary Inte	52.57Q
3 Byrne, Ryan	Windsor Legi	52.80Q
4 Rehel, Wesley	McGill Olymp	53.74q
5 Leitch, Scott	London Legio	54.58

Heat 2 Preliminaries

1 Seabrook, Adam	Unattached-O	51.99Q
2 * Koménan, Valery	Perfmax-Raci	52.40Q
3 Labelle, Shane	Perfmax-Raci	53.05Q
4 Pearson, Stuart	Ottawa Lions	53.81q
5 Folk, Aaron	Excel Athlet	56.43
6 Corupe, Jim	Unattached-O	59.18

Men 400 Meter Hurdles

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=====
Canadian: % 48.24 27/07/2007 Adam Kunkel
Championship: ! 49.68 2007 Adam Kunkel
U.W Stadium: $ 49.68 14/07/2007 Adam Kunkel, Legacy Athletics
Name Year Team Finals Points
=====
Section 1 Finals
1 Kunkel, Adam Legacy Athle 50.11 10
2 Joseph, Nigel Calgary Inte 51.55 8
3 Labelle, Shane Perfmax-Raci 52.12 6
4 Byrne, Ryan Windsor Legi 53.26 5
5 Seabrook, Adam Unattached-O 53.70 4
6 Pearson, Stuart Ottawa Lions 53.73 3
7 Rehel, Wesley McGill Olymp 54.26 2
-- * Koménan, Valery Perfmax-Raci X51.67

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Men 3000 Meter Steeplechase

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=====
Canadian: % 8:12.58 1985 Graeme Fell
Championship: ! 8:25.82 1986 Graeme Fell
U.W Stadium: $ 8:43.96 31/07/2005 Jose Alba Sanchez Cairo, Cuba
Name Year Team Finals Points
=====
Section 1
1 Watson, Robin Speed River 8:44.67 10
2 Genest, Alex Phenix 8:54.23 8
3 Kiauka, Eric Prairie Inn 8:55.17 6
4 Loiselle, Matt Unattached-O 9:01.38 5
5 Hunter, Kristjan Bison Track 9:03.71 4
6 Chafe, Paul University O 9:08.91 3
7 O'Neill, Kyle London Weste 9:10.35 2
8 Wolter, Mattias Bluenose Ath 9:15.32 1
9 Paquette, Maxime Speed River 9:16.30
10 Gant, Dylan Unattached-B 9:21.37
11 Mckay, Travis Leduc Track 9:23.92
12 Weikum, Jamie Edmonton Thu 9:24.86
13 Brockerville, Ryan M. Unattached-N 9:34.42
14 Bredin, Etienne University O 9:46.58

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Men 4x100 Meter Relay Club

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=====
U.W Stadium: $ 39.36 31/07/2005 USA, USA
Osaisai,McDanielIII,Smith,Samuels
Team Finals Points
=====
1 Ottawa Lions T.F.C. 'A' 45.07 10
1) Allen, Charles 2) Adu-Bobie, Richard
3) Despres-Bedward, Antoine 4) Dunkerley, Jon

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Men High Jump

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=====
1.91, 2.01, 2.06, 2.11 2.16, 2.21, 2.24, 2.27, 2.30, 2.33, etc.
Canadian: % 2.35m 2002 Mark Boswell
Championship: ! 2.33m 1986 Milton Ottey
U.W Stadium: $ 2.27m 14/07/2007 Michael Mason, Valley Royal
Name Year Team Finals Points
=====
Flight 1
1 Mason, Michael Valley Royal 2.21m 10
2 Dillon, Mark University O 2.16m 8
2 Lipscombe, Jesse Leduc Track J2.16m 6
4 Drouin, Derek Sarnia Athle 2.11m 5
5 Witmer, Alex Kitchener WA 2.06m 4
6 Little, Paul J. Vancouver TH J2.01m 1
6 Rodewald, Lucas Winnipeg Opt 2.01m 3
6 Diston, Jason Niagara Regi J2.01m 2
9 Haynes, Cornell Speed River 1.91m
9 Georgievski, Brett University O 1.91m

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Men Pole Vault

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=====
Top 14 Advance by Time
Qualifying 4.45, 4.60, 4.75, 4.90
Automatic Qualification to Finals 4.90
Finals 4.55, 4.70, 4.85, 4.95, 5.05, 5.15, 5.21, 5.26, 5.31,etc
Canadian: % 5.61m 1991 Douglas Wood
Championship: ! 5.50m 1989 Douglas Wood
U.W Stadium: $ 5.40m 29/07/2005 German Chiaraviglio, Argentina
Name Year Team Prelims
=====

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Flight 1 Preliminaries

1	Wilson, Kristian	London Legio	4.75mq
2	Creighton, Doug	University O	4.60mq
2	Petrucha, Taylor	Riversdale A	4.60mq
2	Foley, Eric	Sherbrooke	4.60mq
2	Moon, Donald	London Legio	4.60mq
6	Dressler, Scot	Winnipeg Opt	4.45mq
6	Tomasello, Kyle	University O	4.45mq
--	Beaumont-Courteau, Maxim	Montreal Int	NH

Flight 2 Preliminaries

1	Popp, Marcus	Unattached-O	4.60mq
1	Zubyck, Todd	York Univers	4.60mq
1	Thénault, François	Sherbrooke	4.60mq
1	Foley, David	Sherbrooke	4.60mq
1	Zubyck, John	U OF Windsor	4.60mq
6	Hayhoe, Jeff	York Univers	4.45mq
--	Hawey, Maxime	Sherbrooke	NH
--	Sabourin, Rossel	Winnipeg Opt	NH

Men Pole Vault

=====

Qualifying 4.45, 4.60, 4.75, 4.90
Automatic Qualification to Finals 4.90
Finals 4.55, 4.70, 4.85, 4.95, 5.05, 5.15, 5.21, 5.26, 5.31, etc
Canadian: % 5.61m 1991 Douglas Wood
Championship: ! 5.50m 1989 Douglas Wood
U.W Stadium: \$ 5.40m 29/07/2005 German Chiaraviglio, Argentina

Name	Year	Team	Finals	Points
------	------	------	--------	--------

=====

Flight 1 Finals

1	Foley, David	Sherbrooke	5.36m	10
2	Wilson, Kristian	London Legio	5.21m	8
3	Petrucha, Taylor	Riversdale A	4.85m	6
4	Creighton, Doug	University O	J4.85m	5
5	Moon, Donald	London Legio	J4.85m	4
6	Popp, Marcus	Unattached-O	4.70m	3
7	Thénault, François	Sherbrooke	J4.70m	2
8	Dressler, Scot	Winnipeg Opt	4.55m	1
9	Foley, Eric	Sherbrooke	J4.55m	
--	Hayhoe, Jeff	York Univers	NH	
--	Zubyck, Todd	York Univers	NH	
--	Tomasello, Kyle	University O	NH	

Men Long Jump

=====

Top 14 Advance by Time
Auto Qualification to final -7.40m (top 12 Cdn +1 Int. advance)
Canadian: % 8.20m 1991 Édrick Floréal
Championship: ! 8.02m 1989 Éderik Floréal
U.W Stadium: \$ 7.60m 29/07/2005 Robert Rands, USA

Name	Year	Team	Prelims	Wind
------	------	------	---------	------

=====

Flight 1 Preliminaries

1	Warnock, Benjamin	Windsor Legi	7.27mq	4.0
2	Labbe, Nathan	Winnipeg Opt	7.26mq	2.6
3	Gamble, Quinton	Edmonton Spr	7.08mq	3.0
4	Kuruner, Guyson	Guelph Track	7.05mq	0.9
5	Grant, Kevin	University O	7.04mq	2.2
6	Warner, Damian	London Legio	6.94mq	1.9
7	Landry, Pierre	Club Elite D	6.78m	3.7
8	Dandie, Anthony	U OF Windsor	6.72m	3.5
9	Leveque, Philippe	Prince Georg	6.27m	3.6
--	Martin, Christopher	University O	FOUL	NWI
--	Bernard, Anthony	Islanders TR	FOUL	NWI

Flight 2 Preliminaries

1	* Ahanda-Noah, Patrick	Rouge ET OR	7.39mq	1.2
2	Nriagu, Osi Tadinma	Windsor Legi	7.37mq	3.5
3	Miyoupo, Frederic	Saint Lauren	7.36mq	2.4
4	Judge, Andrew	London Weste	7.25mq	2.7
5	Scherle, Mark	London Weste	7.06mq	2.0
6	* Massok, Patrick	Saint Lauren	7.05mq	1.1
7	Greenaway, Christopher	Saint Lauren	6.96mq	4.0
8	Cocks, Mark	Edmonton Int	6.95mq	2.7
9	Zorzella, Jacob	Flying Angel	6.82m	0.7
10	Whiteley, Mike	Unattached-O	6.70m	3.1
--	Cardoza, Matthew	Capital City	FOUL	NWI
--	Huber, Wade	Excel Athlet	FOUL	NWI

Men Long Jump

=====

Auto Qualification to final -7.40m (top 12 Cdn +1 Int. advance)

Canadian: % 8.20m 1991 Édrick Floréal
 Championship: ! 8.02m 1989 Éderik Floréal
 U.W Stadium: \$ 7.60m 29/07/2005 Robert Rands, USA

Name	Year	Team	Finals	Wind	Points
Flight 1 Finals					
1 Miyoupo, Frederic		Saint Lauren	7.49m	1.8	10
2 Greenaway, Christopher		Saint Lauren	7.41m	1.7	8
3 Labbe, Nathan		Winnipeg Opt	7.38m	0.1	6
4 Nriagu, Osi Tadinma		Windsor Legi	7.23m	1.9	5
5 Warnock, Benjamin		Windsor Legi	7.17m	3.3	4
6 Scherle, Mark		London Weste	7.16m	2.6	3
7 Judge, Andrew		London Weste	7.10m	0.4	2
8 Warner, Damian		London Legio	6.89m	1.4	1
9 Kuruneri, Guyson		Guelph Track	6.78m	-0.9	
10 Cocks, Mark		Edmonton Int	6.67m	-1.4	
11 Gamble, Quinton		Edmonton Spr	6.54m	2.0	
-- * Ahanda-Noah, Patrick		Rouge ET OR	X7.33m	2.4	
-- * Massok, Patrick		Saint Lauren	X7.08m	2.9	

Men Triple Jump

Top 13 Advance by Time

Auto qualification to final -14.95 top 12 + 1 Int. advance
 Canadian: % 17.29m 1989 Édrick Floréal (Altitude)
 Championship: ! 16.56m 1989 Éderik Floréal
 U.W Stadium: \$ 16.60m 31/07/2005 Denny Fernandez Deraliz, Cuba

Name	Year	Team	Prelims	Wind
Flight 1 Preliminaries				
1 Jestadt, Sean		Excel Athlet	15.14mq	1.6
2 Quilty, Pat		London Weste	14.77mq	2.8
3 Obonna, Ikenna		Brampton Tra	14.73mq	0.8
4 Judge, Andrew		London Weste	14.52mq	0.1
5 Warner, Damian		London Legio	14.21mq	0.2
6 Dandie, Anthony		U OF Windsor	13.72m	0.5
7 Leveque, Philippe		Prince Georg	12.55m	1.0
-- x* Diop, Ndiaga		Saint Lauren	X13.72m	1.4
-- St. Benard, David		York Univers	FOUL	NWI
-- Hamilton, Westford		Unattached-O	FOUL	NWI

Flight 2 Preliminaries

1 Martin, Christopher		University O	14.97mq	-0.5
2 Smith, Aubrey		Flying Angel	14.95mq	1.9
3 Moss, Jason		Edmonton Int	14.66mq	2.1
4 Tyson, Shemon		Flying Angel	14.65mq	1.9
5 * Massok, Patrick		Saint Lauren	14.59mq	2.3
6 Allen, O'Shane		I BE Fast TR	14.36mq	2.6
7 McCormack, Kurt		Sparta Athle	14.32mq	1.2
8 Zorzella, Jacob		Flying Angel	13.83mq	0.8
9 Goetz, Jason		Ottawa Lions	13.80m	0.2

Men Triple Jump

Auto qualification to final -14.95 top 12 + 1 Int. advance
 Canadian: % 17.29m 1989 Édrick Floréal (Altitude)
 Championship: ! 16.56m 1989 Éderik Floréal
 U.W Stadium: \$ 16.60m 31/07/2005 Denny Fernandez Deraliz, Cuba

Name	Year	Team	Finals	Wind	Points
Flight 1 Finals					
1 Jestadt, Sean		Excel Athlet	15.46m	2.1	10
2 Tyson, Shemon		Flying Angel	15.33m	1.6	8
3 Moss, Jason		Edmonton Int	15.24m	1.7	6
4 Martin, Christopher		University O	15.09m	0.9	5
5 Judge, Andrew		London Weste	14.93m	2.2	4
6 Smith, Aubrey		Flying Angel	14.85m	2.6	3
7 Zorzella, Jacob		Flying Angel	14.77m	1.0	2
8 Obonna, Ikenna		Brampton Tra	14.68m	2.0	1
9 Quilty, Pat		London Weste	14.42m	4.0	
10 McCormack, Kurt		Sparta Athle	14.40m	2.2	
11 * Massok, Patrick		Saint Lauren	14.33m	2.3	
12 Allen, O'Shane		I BE Fast TR	13.85m	2.1	
13 Warner, Damian		London Legio	13.48m	2.2	

Men Shot Put 7.26kg

Canadian: % 20.86m 2004 Brad Snyder
 Championship: ! 20.57m 2001 Brad Snyder
 U.W Stadium: \$ 19.86m 15/07/2007 Dylan Armstrong, Kamloops

Name	Year	Team	Finals	Points
------	------	------	--------	--------

Flight 1				
1	Armstrong, Dylan	Kamloops Tra	19.88m\$	10
2	Helf, Kyle	Unattached-O	18.20m	8
3	Doherty, Matthew	Capital City	16.25m	6
4	Greif, Justin	Tisdale Trac	15.81m	5
5	Miller, Mike	Windsor Legi	15.45m	4
6	Pilling, John	London Weste	15.27m	3
7	Novia, Daniel	York Univers	14.52m	2
8	Marcoccia, Mathieu	Etobicoke TR	13.95m	1
-- *	Rodhe, Justin	Kamloops Tra	X18.31m	

Men Discus Throw 2.0kg

=====				
Flight 1 - 7 lowest seeded competitors				
Flight 2 -top12 seeded competitors				
Final - top 8 Cdn + 1 Int. from either flight				
Canadian: % 67.88m 1998 Jason Tunks				
Championship: ! 64.84m 2003 Jason Tunks				
U.W Stadium: \$ 62.32m 15/07/2007 Jason Tunks, London Western				
	Name	Year Team	Finals	Points
=====				
1	Young, Mark	Niagara Regi	48.65m	2
2	Sedor, Mathew	Flying M Ath	47.01m	
3	Trefiak, Brent	Unattached-S	43.21m	
4	Roubos, Brent	University O	42.30m	
5	Russell-Ford, Zachary	London Weste	41.56m	
6	Novia, Daniel	York Univers	39.44m	
Flight 2				
1	Tunks, Jason	London Weste	56.26m	10
2	Turland, Arthur	Saugeen Trac	55.45m	8
3	Pilling, Greg	London Weste	53.99m	6
4	Willems, Owen	Speed River	53.68m	5
5	Ransky, Mike	Unattached-O	50.70m	4
6	Anisko, Damian	York Univers	49.61m	3
7	Greif, Justin	Tisdale Trac	48.38m	1
8	Doherty, Matthew	Capital City	47.64m	
9	Pilling, John	London Weste	45.54m	
10	Dabrowski, Andrew	York Univers	42.64m	
-- *	Pruitt, Sean	Michigan	X50.47m	

Men Hammer Throw 7.26kg

=====				
Flight 1 - 8 lowest seeded competitors				
Flight 2 - 12 top seeded competitors				
Final - Top 8 Canadians plus 1 int. from either flight				
Canadian: % 77.38m 16/07/2007 James Steacy				
Championship: ! 74.99m 2006 James Steacy				
U.W Stadium: \$ 74.80m 15/07/2007 James Steacy, Chinook				
	Name	Year Team	Finals	Points
=====				
Flight 1				
1	Pilling, John	London Weste	55.22m	1
2	Archer, Josh	London Weste	50.09m	
3	Mccrank, Dustin	Speed River	49.85m	
4	Burnett, Wilson	U OF C Athle	49.67m	
5	Novia, Daniel	York Univers	46.92m	
6	Mcewan, Tipper	Unattached-A	45.26m	
--	Greif, Justin	Tisdale Trac	X51.37m	
Flight 2				
1	Steacy, James	Chinook Trac	78.52m%	10
2	Doherty, Matthew	Capital City	63.25m	8
3	Millar, Brad	Saugeen Trac	62.71m	6
4	Steacy, Sean	Chinook Trac	59.50m	5
5	Durocher, Curtis	Unattached-O	58.99m	4
6	Lennie, Nathan	Saskatoon TF	57.91m	3
7	Baines, Jason	Brockville L	56.73m	2
8	Pilling, Greg	London Weste	54.21m	
9	Anisko, Damian	York Univers	51.88m	
10	* Pruitt, Sean	Michigan	51.01m	
11	Harrison, Kevin T	Ontario Mast	50.74m	
--	x* Bepaloy, Alexandr	Saint Lauren	X50.87m	

Men Javelin Throw 800g

=====				
Top 13 Advance by Time				
Automatic Qualification to finals 64m.(top 12 advance)				
Canadian: % 84.41m 2005 Scott Russell				
Championship: ! 80.17m 2001 Scott Russell				
U.W Stadium: \$ 76.87m 14/07/2007 Scott Russel, Windsor				
	Name	Year Team	Prelims	
=====				

Flight 1 Preliminaries

1 Russell, Scott	Windsor Legi	74.31mq
2 Nielsen, Kyle J.	Coquitlam CH	64.07mq
3 Harber, Michael	York Univers	60.15mq
4 Ferreira, Henry	Northeast AL	59.85mq
5 Rempel, Adam	Unattached-O	58.55mq
6 Hustler, John	Unattached-O	56.43mq
7 Waterhouse, Travis	Flying M Ath	53.82m
8 Parkinson, Richard	York Univers	48.03m

Flight 2 Preliminaries

1 * Kennedy, Nery Gustavo	Vainqueurs M	76.66mq
2 Wolkins, Adam	Unattached-A	65.57mq
3 Collins, Wiley	London Legio	62.63mq
4 Burns, Stephen	York Univers	58.45mq
5 Withers, Marty	Bright's Grov	57.26mq
6 Daabous, James	Windsor Legi	56.14mq
7 Arbour, Patrick	Ottawa Lions	55.83mq
8 Charbonneau, Ben	Track North	54.13m
9 Finkbeiner, Michael	Ontario Mast	42.03m

Men Javelin Throw 800g

Automatic Qualification to finals 64m.(top 12 advance)

Canadian: % 84.41m 2005 Scott Russell

Championship: ! 80.17m 2001 Scott Russell

U.W Stadium: \$ 76.87m 14/07/2007 Scott Russell, Windsor

Name	Year Team	Finals	Points
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Flight 1 Finals

1 Russell, Scott	Windsor Legi	74.74m	10
2 Wolkins, Adam	Unattached-A	67.24m	8
3 Nielsen, Kyle J.	Coquitlam CH	65.12m	6
4 Collins, Wiley	London Legio	61.80m	5
5 Rempel, Adam	Unattached-O	61.25m	4
6 Harber, Michael	York Univers	61.05m	3
7 Hustler, John	Unattached-O	58.78m	2
8 Burns, Stephen	York Univers	57.49m	1
9 Arbour, Patrick	Ottawa Lions	54.61m	
10 Withers, Marty	Bright's Grov	54.47m	
11 Daabous, James	Windsor Legi	54.33m	
12 Ferreira, Henry	Northeast AL	52.86m	
-- * Kennedy, Nery Gustavo	Vainqueurs M	X65.00m	

Decathlon: #1 Men 100 Meter Dash

Name	Year Team	Finals	Points
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Section 1 Wind: 3.3

1 Baron, Marc	Saskatoon TF	11.33	789
2 Mcdowell, Lyndon	Unattached-O	11.41	771
3 Trefiak, Brent	Unattached-S	11.49	755
4 El Fouladi, Yassine	Sherbrooke	11.54	744
5 Grossett, Steve	University O	11.64	723
6 Burkett, Craig	University O	11.79	693

Section 2 Wind: 3.3

1 Adjetey-Nelson, Jamie	Windsor Legi	10.77	912
2 Bertocchi, Massimo	University O	10.89	885
3 Cunningham, Marcus	Capital City	11.01	858
4 Koskenoja, Tyler	University O	11.27	801
5 Gustavson, Reid E.	Vancouver TH	11.42	769
6 Slaunwhite, Craig	Chebucto Ath	11.54	744

Decathlon: #5 Men 400 Meter Dash

Name	Year Team	Finals	Points
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Section 1

1 El Fouladi, Yassine	Sherbrooke	50.36	798
2 Mcdowell, Lyndon	Unattached-O	51.04	767
3 Trefiak, Brent	Unattached-S	54.22	631
4 Grossett, Steve	University O	56.24	550

Section 2

1 Bertocchi, Massimo	University O	48.40	890
2 Koskenoja, Tyler	University O	49.51	837
3 Adjetey-Nelson, Jamie	Windsor Legi	50.37	798
4 Gustavson, Reid E.	Vancouver TH	50.62	786
5 Slaunwhite, Craig	Chebucto Ath	53.73	651
6 Burkett, Craig	University O	53.86	645
-- Cunningham, Marcus	Capital City	DQ	163.3

Decathlon: #10 Men 1500 Meter Run

Name	Year Team	Finals	Points
Section 1			
1 Koskenoja, Tyler	University O	4:21.44	802
2 El Fouladi, Yassine	Sherbrooke	4:27.85	759
3 Cunningham, Marcus	Capital City	4:40.36	678
4 Mcdowell, Lyndon	Unattached-O	4:41.31	672
5 Bertocchi, Massimo	University O	4:42.42	665
6 Gustavson, Reid E.	Vancouver TH	4:44.35	653
7 Burkett, Craig	University O	4:52.10	606
8 Adjetey-Nelson, Jamie	Windsor Legi	4:53.89	595
9 Slaunwhite, Craig	Chebucto Ath	5:00.94	554
10 Trefiak, Brent	Unattached-S	5:43.71	334
11 Grossett, Steve	University O	6:01.58	258

Decathlon: #6 Men 110 Meter Hurdles

Name	Year Team	Finals	Points
Section 1 Wind: 1.5			
1 Mcdowell, Lyndon	Unattached-O	15.39	803
2 Burkett, Craig	University O	16.52	675
3 El Fouladi, Yassine	Sherbrooke	16.80	645
4 Trefiak, Brent	Unattached-S	19.71	372
Section 2 Wind: 1.2			
1 Bertocchi, Massimo	University O	14.17	953
2 Adjetey-Nelson, Jamie	Windsor Legi	14.73	882
3 Cunningham, Marcus	Capital City	14.79	875
4 Koskenoja, Tyler	University O	15.02	847
5 Slaunwhite, Craig	Chebucto Ath	15.84	751
6 Gustavson, Reid E.	Vancouver TH	16.32	697
7 Grossett, Steve	University O	17.50	573

Decathlon: #4 Men High Jump

Name	Year Team	Finals	Points
Flight 1			
1 El Fouladi, Yassine	Sherbrooke	1.88m	696
2 Baron, Marc	Saskatoon TF	1.85m	670
3 Cunningham, Marcus	Capital City	1.82m	644
4 Burkett, Craig	University O	1.76m	593
5 Grossett, Steve	University O	1.67m	520
6 Trefiak, Brent	Unattached-S	1.55m	426
Flight 2			
1 Slaunwhite, Craig	Chebucto Ath	2.09m	887
2 Adjetey-Nelson, Jamie	Windsor Legi	2.06m	859
3 Gustavson, Reid E.	Vancouver TH	1.97m	776
3 Bertocchi, Massimo	University O	1.97m	776
3 Mcdowell, Lyndon	Unattached-O	1.97m	776
6 Koskenoja, Tyler	University O	1.85m	670

Decathlon: #8 Men Pole Vault

Name	Year Team	Finals	Points
Flight 1			
1 El Fouladi, Yassine	Sherbrooke	4.00m	617
2 Grossett, Steve	University O	3.80m	562
3 Burkett, Craig	University O	3.70m	535
4 Cunningham, Marcus	Capital City	3.40m	457
5 Trefiak, Brent	Unattached-S	2.60m	264
Flight 2			
1 Bertocchi, Massimo	University O	4.80m	849
2 Slaunwhite, Craig	Chebucto Ath	4.70m	819
3 Mcdowell, Lyndon	Unattached-O	4.50m	760
4 Adjetey-Nelson, Jamie	Windsor Legi	4.30m	702
5 Koskenoja, Tyler	University O	4.20m	673
6 Gustavson, Reid E.	Vancouver TH	4.10m	645

Decathlon: #2 Men Long Jump

Name	Year Team	Finals	Wind	Points
Flight 1				
1 Mcdowell, Lyndon	Unattached-O	6.85m	2.4	778
1 Baron, Marc	Saskatoon TF	6.85m	2.2	778
3 El Fouladi, Yassine	Sherbrooke	6.70m	2.1	743
4 Koskenoja, Tyler	University O	6.66m	0.9	734
5 Trefiak, Brent	Unattached-S	6.03m	2.1	593

6	Burkett, Craig	University O	5.97m	1.4	580
Flight 2					
1	Adjetey-Nelson, Jamie	Windsor Legi	7.68m	2.0	980
2	Bertocchi, Massimo	University O	7.19m	3.3	859
3	Cunningham, Marcus	Capital City	7.07m	1.2	830
4	Gustavson, Reid E.	Vancouver TH	6.90m	2.7	790
5	Slaunwhite, Craig	Chebucto Ath	6.85m	1.4	778
6	Grossett, Steve	University O	6.31m	2.1	655

Decathlon: #3 Men Shot Put

Name	Year Team	Finals	Points
Flight 1			
1	Slaunwhite, Craig	Chebucto Ath	15.83m 841
2	Mcdowell, Lyndon	Unattached-O	14.86m 781
3	Bertocchi, Massimo	University O	14.11m 735
4	Adjetey-Nelson, Jamie	Windsor Legi	14.05m 731
5	Koskenoja, Tyler	University O	13.33m 687
6	Gustavson, Reid E.	Vancouver TH	12.45m 634
7	Burkett, Craig	University O	12.32m 626
8	Baron, Marc	Saskatoon TF	11.83m 596
9	El Fouladi, Yassine	Sherbrooke	11.81m 595
10	Cunningham, Marcus	Capital City	11.63m 584
11	Grossett, Steve	University O	11.53m 578
12	Trefiak, Brent	Unattached-S	10.09m 491

Decathlon: #7 Men Discus Throw

Name	Year Team	Finals	Points
1	Slaunwhite, Craig	Chebucto Ath	46.56m 799
2	Bertocchi, Massimo	University O	44.08m 748
3	Adjetey-Nelson, Jamie	Windsor Legi	41.84m 702
4	Koskenoja, Tyler	University O	40.57m 676
5	Mcdowell, Lyndon	Unattached-O	40.42m 673
6	Grossett, Steve	University O	37.85m 621
7	Trefiak, Brent	Unattached-S	36.88m 601
8	El Fouladi, Yassine	Sherbrooke	35.61m 576
9	Gustavson, Reid E.	Vancouver TH	35.11m 566
10	Burkett, Craig	University O	35.08m 565
11	Cunningham, Marcus	Capital City	33.52m 534

Decathlon: #9 Men Javelin Throw

Name	Year Team	Finals	Points
1	Koskenoja, Tyler	University O	59.83m 735
2	Gustavson, Reid E.	Vancouver TH	54.74m 659
3	Bertocchi, Massimo	University O	54.40m 654
4	Slaunwhite, Craig	Chebucto Ath	53.74m 644
5	Adjetey-Nelson, Jamie	Windsor Legi	52.51m 626
6	Burkett, Craig	University O	48.48m 566
7	El Fouladi, Yassine	Sherbrooke	47.09m 546
8	Grossett, Steve	University O	46.82m 542
9	Cunningham, Marcus	Capital City	45.59m 524
10	Trefiak, Brent	Unattached-S	44.75m 511
11	Mcdowell, Lyndon	Unattached-O	36.98m 399

Men Decathlon

Canadian: %	8626	26/05/1996	Michael Smith		
Championship: !	8498	1995	Michael Smith		
U.W Stadium: \$	7704	13/07/2007	Massimo Bertocchi, U of T		
Name	Year Team	Finals	Points		
1	Bertocchi, Massimo	University O	8014\$	10	
2	Adjetey-Nelson, Jamie	Windsor Legi	7787\$	8	
3	Slaunwhite, Craig	Chebucto Ath	7468	6	
4	Koskenoja, Tyler	University O	7462	5	
5	Mcdowell, Lyndon	Unattached-O	7180	4	
6	Gustavson, Reid E.	Vancouver TH	6975	3	
7	El Fouladi, Yassine	Sherbrooke	6719	2	
8	Burkett, Craig	University O	6084	1	
9	Cunningham, Marcus	Capital City	5984		
10	Grossett, Steve	University O	5582		
11	Trefiak, Brent	Unattached-S	4978		

Men 10000 Meter Race Walk Jrs.

U.W Stadium: \$	44:49.62	31/07/2005	Marco Antonio Rodriguez, El Salvador
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Name	Year	Team	Finals	Points
Section 1				
1 Marchand, André		Gatineau	50:53.00	10
2 Voyer, Julien		Saguenay Lac	51:42.00	8
3 Carrière, Bruno		Petite-Natio	53:55.00	6

Men 20000 Meter Race Walk

Canadian: %	1:21:03.00	2000	Arturo Huerta		
Championship: !	1:21:24.00	2000	Arthuro Huerta		
U.W Stadium: \$	1:34:17.00	15/07/2007	Tim Berrett, Leduc Track		
Name	Year	Team	Finals	Points	
1 Berrett, Tim		Leduc Track	1:31:38.00\$	10	
2 Gomez, Inaki		Racewalk Wes	1:31:53.00\$	8	
3 Ménard, Pierre-Luc		Fleur DE Lys	1:38:05.00	6	
4 Gagné, Alexandre		Saguenay Lac	1:42:38.00	5	
5 Dumitru, Florin		Enduromax	1:44:00.00	4	
6 Ruest, Jocelyn		Unattached-A	1:46:07.00	3	
7 Connolly, Creighton		Racewalk Wes	1:47:23.00	2	
8 Côté, Donald		Gatineau	1:49:14.00	1	
9 Kenney, James		Adrenaline R	1:51:05.00		
10 Bussièrès, Luc		Indépendant	2:03:05.00		