

2013 Canadian Jr. Track&Field Championships - 12/07/2013 to 14/07/2013

Ste-Therese, Quebec

Results

Event 1 Men 100 Meter Dash Qualifer

Top 7 advance

CJR: 10.26 * 30/07/2005 Justyn Warner

Name	Yr	Team	Finals
--- 187 Lazarenko, Tyler	95	Capital City	SCR

Section 1 Wind: 0.6

1 227 Ahouansou, Yannis	95	Dynamique de	11.37
2 135 Hopkins, Tyler	95	Burlington T	11.46
3 230 Judge, Jeffrey	96	Dynamique de	11.52
4 149 Labrecque, Luis-Miguel	97	C. A. Univer	11.69
5 112 Cleghorn, Brandon	95	ASEA	12.00
6 642 Plante, William	97	Zénix de la	12.01
7 429 Nchutinziza, Azer	95	Rive-Sud	12.13

Section 2 Wind: 1.1

1 560 Williston, Alexander	95	ASEA	11.04
2 502 Webber, Michael	94	Supreme Athl	11.08
3 405 Aristilde, Kenzy	94	Perfmax-Raci	11.17
4 208 Taylor-Lewis, Adeyemi	96	Coquitlam CH	11.18
5 125 Wilson, Leshon	96	Brampton Tra	11.23
6 171 Bymoan, Alexander	94	Calgary Inte	11.26
7 368 More O'Ferrall, Christoph	95	Norwesters T	11.39

Event 2 Men 100 Meter Dash Championship

Top 2 + next 2 fastest times

CJR: 10.26 * 30/07/2005 Justyn Warner

CJCR: 10.33 1994 Eric Frempong-Manso

Name	Yr	Team	Prelims
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Heat 1 Preliminaries Wind: 1.3

1 512 De Grasse, Andre	94	The Speed AC	10.43Q
2 448 Bramwell, Drelan	94	Sarnia Athle	10.74Q
3 253 Ajayi, Steven	94	G-Force Trac	10.94q
4 207 Payne, Chad	94	Coquitlam CH	11.04
5 234 Harriott, Ian Jr	95	Edmonton Oly	11.11
6 160 Halog, Jonelle	95	C.A.N.I.	11.12
7 560 Williston, Alexander	95	ASEA	11.12
8 171 Bymoan, Alexander	94	Calgary Inte	11.22
9 227 Ahouansou, Yannis	95	Dynamique de	11.40

Heat 2 Preliminaries Wind: 1.4

1 250 Ajomale, Bolade	95	Flying Angel	10.58Q
2 242 Barker, Deion	95	Etobicoke TR	10.72Q
3 510 Brown, Jaiden	94	The Speed AC	11.02
4 573 Benjamin, Kristian	95	University O	11.03
5 206 Linde, James	94	Coquitlam CH	11.05
6 458 Paslawski, Adam	96	Saskatoon TF	11.17
7 125 Wilson, Leshon	96	Brampton Tra	11.37
8 405 Aristilde, Kenzy	94	Perfmax-Raci	11.38

Heat 3 Preliminaries Wind: 1.1

1 254 Ford-Azonwanna, Andre	95	G-Force Trac	10.67Q
2 555 Joyce, Keefer	94	Unattached B	10.72Q
3 596 Gordon-Maule, Quaysie	95	Vainqueurs P	10.93q
4 232 King-McKenzie, Michael	94	Edmonton Col	10.94q
5 502 Webber, Michael	94	Supreme Athl	11.06
6 507 Allotey, Dillando	94	The Speed AC	11.08

7 450 Giorgi, Mike	95	Sarnia Athle	11.13
8 208 Taylor-Lewis, Adeyemi	96	Coquitlam CH	11.34

Event 2 Men 100 Meter Dash Championship

Top 2 + next 2 fastest times

CJR: 10.26 * 30/07/2005 Justyn Warner

CJCR: 10.33 1994 Eric Frempong-Manso

Name	Yr	Team	Finals
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Section 1 Finals Wind: -2.1

1 512 De Grasse, Andre	94	The Speed AC	10.53
2 254 Ford-Azonwanna, Andre	95	G-Force Trac	10.71
3 250 Ajomale, Bolade	95	Flying Angel	10.77
4 448 Bramwell, Drelan	94	Sarnia Athle	10.95
5 555 Joyce, Keefer	94	Unattached B	10.97
6 242 Barker, Deion	95	Etobicoke TR	10.97
7 253 Ajayi, Steven	94	G-Force Trac	11.05
8 596 Gordon-Maule, Quaysie	95	Vainqueurs P	11.33

Event 3 Women 100 Meter Dash Qualifer

Top 10 advance

CJR: 11.21 * 15/08/1981 Angela Bailey

Name	Yr	Team	Finals
--- 639 Poisson, Julia	97	Zénix de la	SCR

Section 1 Wind: -0.1

1 599 Win, Sajeda	95	Vancouver TH	12.65
2 244 Lavoy, Renee	95	Excel Athlet	12.80
3 164 Collins, Cassandre	94	Calgary Inte	12.84
4 591 Vagba, Nadreyh	98	Vainqueurs P	12.90
5 403 Jean-Claude, Maxeen	95	Perfmax-Raci	12.90
6 218 Magtibay, Angeline	95	Diamond Jenn	13.69
--- 637 Bleu Voua, Mia	01	Zénix de la	DNS

Section 2 Wind: 0.9

1 210 Malo, Megan	96	Corsaire-Cha	12.15
2 419 Béliveau, Émy	95	Rive-Sud	12.18
3 118 Gordon, Jenysis	97	Brampton Tra	12.34
4 222 Gordon, Aurea	96	Durham Legio	12.40
5 289 Sauer, Tegan	95	Laurel Creek	12.42
6 531 Mackay, Megan	94	U OF C Athle	12.46
7 167 Sherman, Sierra	95	Calgary Inte	12.52
8 111 McKay, Shawna	96	ASEA	12.58

Event 4 Women 100 Meter Dash Championship

Top 2 + next 2 fastest times

CJR: 11.21 * 15/08/1981 Angela Bailey

CJCR: 11.58 2003 Jenni Hucul

Name	Yr	Team	Prelims
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Heat 1 Preliminaries Wind: 0.5

1 248 Harrison, Shaina	94	Flying Angel	11.93Q
2 551 Spear Chief-Morris, Joy	94	Unattached A	12.11Q
3 422 Morin-Houde, Caroline	94	Rive-Sud	12.14q
4 210 Malo, Megan	96	Corsaire-Cha	12.14
5 183 Martin, Katrina	94	Capital City	12.21
6 118 Gordon, Jenysis	97	Brampton Tra	12.38
7 531 Mackay, Megan	94	U OF C Athle	12.61
8 599 Win, Sajeda	95	Vancouver TH	12.63

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Heat 2 Preliminaries Wind: 1.2 ... (Event 4 Women 100 Meter Dash Cl

Name	Yr	Team	Prelims
Heat 2 Preliminaries Wind: 1.2			
1 117 Bingham, Khamica	94	Brampton Tra	11.94Q
2 216 Gyamfi, Stefania	95	Dfc Track AN	12.13Q
3 571 Stephens, Maya	96	University O	12.14q
4 383 Labarang, Charifa	95	Ottawa Lions	12.14q
5 170 Wilson, Tegan	97	Calgary Inte	12.30
6 222 Gordon, Aurea	96	Durham Legio	12.50
7 289 Sauer, Tegan	95	Laurel Creek	12.54
8 244 Lavoy, Renee	95	Excel Athlet	12.81

Heat 3 Preliminaries Wind: 1.3

1 155 Brohman, Amelia	94	C.A.N.I.	11.93Q
2 467 Defreitas, Tameran	94	South Simcoe	12.12Q
3 386 McIntyre, Victoria	95	Ottawa Lions	12.21
4 590 Paiement, Clémence	95	Vainqueurs P	12.30
5 417 Murray, Rebecca	95	Relentless T	12.31
6 419 Béliveau, Émy	95	Rive-Sud	12.34
7 111 McKay, Shawna	96	ASEA	12.74
8 167 Sherman, Sierra	95	Calgary Inte	12.86

Event 4 Women 100 Meter Dash Championship**Top 2 + next 2 fastest times**

CJR: 11.21 * 15/08/1981 Angela Bailey

CJCR: 11.58 2003 Jenni Hucul

Name	Yr	Team	Finals
Section 1 Finals Wind: -0.2			
1 117 Bingham, Khamica	94	Brampton Tra	11.74
2 155 Brohman, Amelia	94	C.A.N.I.	11.87
3 248 Harrison, Shaina	94	Flying Angel	11.97
4 551 Spear Chief-Morris, Joy	94	Unattached A	12.11
5 467 Defreitas, Tameran	94	South Simcoe	12.12
6 422 Morin-Houde, Caroline	94	Rive-Sud	12.20
7 216 Gyamfi, Stefania	95	Dfc Track AN	12.21
--- 571 Stephens, Maya	96	University O	DQ

Event 5 Men 200 Meter Dash Qualifier**Top 2 advance**

CJR: 20.62 * 25/05/1991 Peter Oglivie

Name	Yr	Team	Finals
--- 187 Lazarenko, Tyler	95	Capital City	SCR
Section 1 Wind: -1.6			
1 434 Brown, Daniel	94	Saint John T	23.53
2 395 Lalonde, Justin	95	Ottawa Lions	23.89
3 192 Bellefontaine, Matt	94	Chebucto Ath	24.28
Section 2 Wind: -0.8			
1 405 Aristilde, Kenzy	94	Perfmax-Raci	22.49
2 465 Roy, Jérémie	96	Sherbrooke	23.52
3 540 Hudson, Jeff	96	U OF C Athle	23.58
4 149 Labrecque, Luis-Miguel	97	C. A. Univer	23.59
5 628 Schindell, Brayden	94	Winnipeg Opt	23.88
6 539 Dragicevic, Nikola	94	U OF C Athle	23.88
--- 642 Plante, William	97	Zénix de la	DNS
--- 435 Cormier, Anthony	97	Saint John T	DNS

Section 3 Wind: -2.4

1 560 Williston, Alexander	95	ASEA	22.83
2 158 Edirisinghe, Akhil	95	C.A.N.I.	22.96
3 119 Harding, Shavon	96	Brampton Tra	22.97
4 463 Aber, Yassine	96	Sherbrooke	23.13
5 171 Bymoen, Alexander	94	Calgary Inte	23.23
6 627 Sader, Levi	94	Winnipeg Opt	23.58
7 181 Stephen, Brent	96	Caltaf Athle	23.59
--- 137 Miller, Wesley	94	Burlington T	DNS

Section 4 Wind: -1.3

1 458 Paslawski, Adam	96	Saskatoon TF	22.49
2 502 Webber, Michael	94	Supreme Athl	22.51
3 160 Halog, Jonelle	95	C.A.N.I.	22.83
4 391 Bedard, Matthew	96	Ottawa Lions	23.11
5 227 Ahouansou, Yannis	95	Dynamique de	23.14
6 542 Lariviere, Taylor	94	U OF C Athle	23.23
7 441 Louis, Andy	95	Saint-Lauren	24.09
--- 163 Plunkett, Jacob	95	C.A.N.I.	DNS

Event 6 Men 200 Meter Dash Championship**Top 2 + next 2 fastest times**

CJR: 20.62 * 25/05/1991 Peter Oglivie

CJCR: 20.65 1994 Eric Frempong-Manso

Name	Yr	Team	Prelims
Heat 1 Preliminaries Wind: -2.0			
1 242 Barker, Deion	95	Etobicoke TR	21.81Q
2 253 Ajayi, Steven	94	G-Force Trac	22.10Q
3 232 King-McKenzie, Michael	94	Edmonton Col	22.20
4 234 Harriott, Ian Jr	95	Edmonton Oly	22.24
5 555 Joyce, Keefer	94	Unattached B	22.36
6 510 Brown, Jaiden	94	The Speed AC	23.59
--- 208 Taylor-Lewis, Adeyemi	96	Coquitlam CH	DNF
Heat 2 Preliminaries Wind: -2.2			
1 250 Ajomale, Bolade	95	Flying Angel	21.44Q
2 512 De Grasse, Andre	94	The Speed AC	21.58Q
3 573 Benjamin, Kristian	95	University O	22.09q
4 207 Payne, Chad	94	Coquitlam CH	22.12q
5 393 Embury, Wade	94	Ottawa Lions	22.30
6 511 Cunningham, Joshua	95	The Speed AC	22.52
7 405 Aristilde, Kenzy	94	Perfmax-Raci	23.06
--- 458 Paslawski, Adam	96	Saskatoon TF	DNS
Heat 3 Preliminaries Wind: -2.2			
1 507 Allotey, Dillando	94	The Speed AC	21.74Q
2 448 Bramwell, Dreelan	94	Sarnia Athle	21.75Q
3 206 Linde, James	94	Coquitlam CH	22.24
4 503 Webster, Joel	94	Supreme Athl	22.55
5 515 Thompson, Graeme	95	The Speed AC	22.65
6 456 Fedyk, Alex	94	Saskatoon TF	22.69
7 596 Gordon-Maule, Quaysie	95	Vainqueurs P	22.73
--- 254 Ford-Azonwanna, Andre	95	G-Force Trac	DNS

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Event 6 Men 200 Meter Dash Championship

Top 2 + next 2 fastest times

CJR: 20.62 * 25/05/1991 Peter Ogilvie

CJCR: 20.65 1994 Eric Frempong-Manso

Name	Yr	Team	Finals
Section 1 Finals Wind: -2.1			
1 512 De Grasse, Andre	94	The Speed AC	20.90
2 250 Ajomale, Bolade	95	Flying Angel	21.37
3 448 Bramwell, Drelan	94	Sarnia Athle	21.62
4 253 Ajayi, Steven	94	G-Force Trac	21.79
5 507 Allotey, Dillando	94	The Speed AC	21.94
6 207 Payne, Chad	94	Coquitlam CH	22.03
7 573 Benjamin, Kristian	95	University O	22.13
--- 242 Barker, Deion	95	Etobicoke TR	DNS

Event 7 Women 200 Meter Dash Qualifer

Top 7 advance

CJR: 22.86 * 14/08/1981 Angela Bailey

Name	Yr	Team	Finals
--- 636 Beaudalet, Camille	99	Zénix de la	SCR
--- 571 Stephens, Maya	96	University O	SCR
--- 639 Poisson, Julia	97	Zénix de la	SCR

Section 1 Wind: -0.9

1 637 Bleu Voua, Mia	01	Zénix de la	28.26
2 218 Magtibay, Angeline	95	Diamond Jenn	28.79
--- 198 Laframboise, Alyssa	97	Cirrus de l'	DNF
--- 535 Wilson, Joanna	94	U OF C Athle	DQ

Section 2 Wind: -1.0

1 390 Telford, Alexandra	96	Ottawa Lions	26.12
2 532 McDougall, Natalie	97	U OF C Athle	26.26
3 591 Vagba, Nadreyh	98	Vainqueurs P	26.35
4 244 Lavoy, Renee	95	Excel Athlet	26.41
5 403 Jean-Claude, Maxeen	95	Perfmax-Raci	26.61
6 529 Krill, Sydney	95	U OF C Athle	26.75
7 404 Lanza, Olivia	94	Perfmax-Raci	26.92

Section 3 Wind: -2.7

1 569 Powell, Micha	95	University O	25.98
2 282 Carrique, Jennifer	94	Laurel Creek	26.31
3 164 Collins, Cassandre	94	Calgary Inte	26.31
4 531 Mackay, Megan	94	U OF C Athle	26.33
5 599 Win, Sajeda	95	Vancouver TH	26.60
6 140 Bourget, Valérie	96	C. A. Univer	26.66
7 557 Beaton, Heather	95	Unattached N	26.76
8 377 Dai, Dingran	96	Ottawa Lions	26.98

Section 4 Wind: -1.8

1 551 Spear Chief-Morris, Joy	94	Unattached A	25.69
2 421 Jackson, Audrey	98	Rive-Sud	25.84
3 419 Béliveau, Émy	95	Rive-Sud	25.97
4 285 Januszek, Monica	95	Laurel Creek	26.04
5 111 McKay, Shawna	96	ASEA	26.28
6 167 Sherman, Sierra	95	Calgary Inte	26.44
--- 439 Perron-Smith, Jacqueline	95	Saint-Lauren	DNS
--- 211 Surin, Katherine	96	Corsaire-Cha	DNS

Event 8 Women 200 Meter Dash Championship

Top 2 + next 2 fastest times

CJR: 22.86 * 14/08/1981 Angela Bailey

CJCR: 23.60 1997 Atia Weeks

Name	Yr	Team	Prelims
Heat 1 Preliminaries Wind: -1.0			
1 249 Valentine, Khadijah	94	Flying Angel	24.59Q
2 145 St-Pierre, Marie-Colombe	94	C. A. Univer	24.85Q
3 422 Morin-Houde, Caroline	94	Rive-Sud	25.01q
4 467 Defreitas, Tameran	94	South Simcoe	25.13
5 554 Price, Madeline	95	Unattached B	25.20
6 170 Wilson, Tegan	97	Calgary Inte	25.27
7 569 Powell, Micha	95	University O	25.68
8 390 Telford, Alexandra	96	Ottawa Lions	26.57

Heat 2 Preliminaries Wind: -2.8

1 117 Bingham, Khamica	94	Brampton Tra	24.67Q
2 210 Malo, Megan	96	Corsaire-Cha	25.06Q
3 417 Murray, Rebecca	95	Relentless T	25.17
4 386 McIntyre, Victoria	95	Ottawa Lions	25.75
5 551 Spear Chief-Morris, Joy	94	Unattached A	25.89
6 547 Omahen, Emily	94	U OF Windsor	25.92
7 421 Jackson, Audrey	98	Rive-Sud	26.25
8 532 McDougall, Natalie	97	U OF C Athle	27.21

Heat 3 Preliminaries Wind: -1.5

1 155 Brohman, Amelia	94	C.A.N.I.	24.58Q
2 383 Labarang, Charifa	95	Ottawa Lions	24.65Q
3 216 Gyamfi, Stefania	95	Dfc Track AN	25.08q
4 183 Martin, Katrina	94	Capital City	25.19
5 223 Marsh, Alexis	95	Durham Legio	25.48
6 258 Fraser, Alison	95	Guelph Track	25.57
7 419 Béliveau, Émy	95	Rive-Sud	25.69
8 285 Januszek, Monica	95	Laurel Creek	25.96

Event 8 Women 200 Meter Dash Championship

Top 2 + next 2 fastest times

CJR: 22.86 * 14/08/1981 Angela Bailey

CJCR: 23.60 1997 Atia Weeks

Name	Yr	Team	Finals
Section 1 Finals Wind: -2.1			
1 117 Bingham, Khamica	94	Brampton Tra	24.76
2 155 Brohman, Amelia	94	C.A.N.I.	24.90
3 249 Valentine, Khadijah	94	Flying Angel	25.07
4 145 St-Pierre, Marie-Colombe	94	C. A. Univer	25.18
5 216 Gyamfi, Stefania	95	Dfc Track AN	25.29
6 210 Malo, Megan	96	Corsaire-Cha	25.37
7 383 Labarang, Charifa	95	Ottawa Lions	25.47
8 422 Morin-Houde, Caroline	94	Rive-Sud	25.52

Event 9 Men 400 Meter Dash Qualifer

Top 10 advance

CJR: 45.83 * 19/07/1997 Shane Niemi

Name	Yr	Team	Finals
--- 513 Russell, William	95	The Speed AC	SCR

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Section 1 ... (Event 9 Men 400 Meter Dash Qualifer)

Name	Yr	Team	Finals
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Section 1

1	539	Dragicevic, Nikola	94 U OF C Athle	51.96
2	395	Lalonde, Justin	95 Ottawa Lions	52.21
3	120	Martins, Brian	94 Brampton Tra	53.03
4	192	Bellefontaine, Matt	94 Chebucto Ath	53.71
---	136	Martin, Brock	95 Burlington T	DQ

Section 2

1	434	Brown, Daniel	94 Saint John T	51.76
2	124	Small, Kenya	97 Brampton Tra	51.79
3	121	Neufville, Joel	96 Brampton Tra	51.98
4	351	Papania, Marco	94 Newmarket HU	52.30
5	123	Recinos, Alex	97 Brampton Tra	52.52
6	543	Nordmark, Daelin	95 U OF C Athle	52.74
7	542	Lariviere, Taylor	94 U OF C Athle	52.97
8	441	Louis, Andy	95 Saint-Lauren	55.56

Section 3

1	158	Edirisinghe, Akhil	95 C.A.N.I.	50.22
2	391	Bedard, Matthew	96 Ottawa Lions	50.50
3	627	Sader, Levi	94 Winnipeg Opt	50.99
4	411	Zeeman-Atkinson, Jared	95 Phoenix Athl	51.03
5	465	Roy, Jérémie	96 Sherbrooke	51.21
6	540	Hudson, Jeff	96 U OF C Athle	51.22
7	612	Papak, Dylan	95 Windsor Legi	51.75
---	463	Aber, Yassine	96 Sherbrooke	DQ

Section 4

1	503	Webster, Joel	94 Supreme Athl	49.90
2	579	Nice, Kyle	96 University O	50.06
3	584	Weathers, Isiah	94 University O	50.17
4	177	Ivan, Alexander	94 Caltaf Athle	50.31
5	179	Kellner, Thomas	94 Caltaf Athle	50.95
6	572	Beckerman, Sam	95 University O	51.47
7	181	Stephen, Brent	96 Caltaf Athle	51.88

Event 10 Men 400 Meter Dash Championship

Top 2 + next 2 fastest times

CJR: 45.83 * 19/07/1997 Shane Niemi

CJCR: 46.54 2010 Alistair Moona

Name	Yr	Team	Prelims
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Heat 1 Preliminaries

1	586	Restall, Brendon	94 Uvic Track C	48.49Q
2	500	Pal Jola, Nienkel	94 Supreme Athl	48.73Q
3	517	Williams, Shaquan	94 The Speed AC	48.86q
4	391	Bedard, Matthew	96 Ottawa Lions	50.46
5	411	Zeeman-Atkinson, Jared	95 Phoenix Athl	51.06
6	158	Edirisinghe, Akhil	95 C.A.N.I.	51.91
---	644	Tourigny-Plante, Alex	95 Zénix de la	DQ

Heat 2 Preliminaries

1	204	George, Nathan	94 Coquitlam CH	48.85Q
2	515	Thompson, Graeme	95 The Speed AC	49.00Q
3	511	Cunningham, Joshua	95 The Speed AC	49.24
4	501	Stephenson, Jermaine	94 Supreme Athl	49.58
5	579	Nice, Kyle	96 University O	49.92

6	465	Roy, Jérémie	96 Sherbrooke	51.02
7	179	Kellner, Thomas	94 Caltaf Athle	52.87
---	627	Sader, Levi	94 Winnipeg Opt	DQ

Heat 3 Preliminaries

1	611	McBride, Brandon	94 Windsor Legi	48.17Q
2	516	Williams, Myles	95 The Speed AC	48.91Q
3	205	Harding, Hodson	94 Coquitlam CH	49.03q
4	393	Embury, Wade	94 Ottawa Lions	49.96
5	503	Webster, Joel	94 Supreme Athl	50.27
6	456	Fedyk, Alex	94 Saskatoon TF	50.63
7	584	Weathers, Isiah	94 University O	50.76
8	177	Ivan, Alexander	94 Caltaf Athle	51.21

Event 10 Men 400 Meter Dash Championship

Top 2 + next 2 fastest times

CJR: 45.83 * 19/07/1997 Shane Niemi

CJCR: 46.54 2010 Alistair Moona

Name	Yr	Team	Finals
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Section 1 Finals

1	611	McBride, Brandon	94 Windsor Legi	46.78
2	204	George, Nathan	94 Coquitlam CH	47.47
3	586	Restall, Brendon	94 Uvic Track C	48.07
4	500	Pal Jola, Nienkel	94 Supreme Athl	48.28
5	515	Thompson, Graeme	95 The Speed AC	48.47
6	517	Williams, Shaquan	94 The Speed AC	48.74
7	205	Harding, Hodson	94 Coquitlam CH	48.86
8	516	Williams, Myles	95 The Speed AC	49.09

Event 11 Women 400 Meter Dash Qualifer

Top 10 advance

CJR: 51.85 * 25/07/1984 Jillan Richardson

Name	Yr	Team	Finals
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Section 1

1	384	Lamothe, Alexia	96 Ottawa Lions	59.74
2	217	Horton, Skylar	95 Diamond Jenn	1:01.61
3	425	Pietrzak, Jessica	97 Rive-Sud	1:06.74
4	490	Neudorf, Julianna	95 St. Patrick	1:09.72

Section 2

1	462	Bouchard, Maité	95 Sherbrooke	59.05
2	404	Lanza, Olivia	94 Perfix-Raci	59.39
3	375	Chiarelli, Alexandra	96 Ottawa Lions	1:00.46
4	640	Vallières, Marie-Hélène	97 Zénix de la	1:01.26
5	535	Wilson, Joanna	94 U OF C Athle	1:03.67

Section 3

1	380	Jones, Reilly	96 Ottawa Lions	58.00
2	156	Dahms, Marie-Ève	95 C.A.N.I.	58.71
3	557	Beaton, Heather	95 Unattached N	58.80
4	140	Bourget, Valérie	96 C. A. Univer	58.88
5	529	Krill, Sydney	95 U OF C Athle	58.91
6	390	Telford, Alexandra	96 Ottawa Lions	59.69
7	377	Dai, Dingran	96 Ottawa Lions	59.72
8	532	McDougall, Natalie	97 U OF C Athle	1:00.13

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Event 12 Women 400 Meter Dash Championship

Top 2 + next 2 fastest times

CJR: 51.85 * 25/07/1984 Jillian Richardson

CJCR: 53.47 04/07/2010 Katie Reid

Name	Yr	Team	Prelims
Heat 1 Preliminaries			
1	145	St-Pierre, Marie-Colombe	94 C. A. Univer 55.63Q
2	378	Gardner, Charlotte	94 Ottawa Lions 57.58Q
3	380	Jones, Reilly	96 Ottawa Lions 58.05q
4	607	Wolfé, Sierra	95 Windsor Legi 58.54
5	561	Adamson, Jessica	94 University O 59.00
6	390	Telford, Alexandra	96 Ottawa Lions 1:00.31
7	404	Lanza, Olivia	94 Perfmax-Raci 1:00.71
---	258	Fraser, Alison	95 Guelph Track DQ
Heat 2 Preliminaries			
---	569	Powell, Micha	95 University O 57.59q
1	554	Price, Madeline	95 Unattached B 57.16Q
3	223	Marsh, Alexis	95 Durham Legio 58.51
4	462	Bouchard, Maïté	95 Sherbrooke 59.51
5	557	Beaton, Heather	95 Unattached N 59.82
6	377	Dai, Dingran	96 Ottawa Lions 1:00.50
---	156	Dahms, Marie-Ève	95 C.A.N.I. DQ
---	211	Surin, Katherine	96 Corsaire-Cha DNS
Heat 3 Preliminaries			
1	168	Watson, Sage	94 Calgary Inte 55.12Q
2	506	Julius-Williams, Domenic	94 The Speed AC 56.79Q
3	565	Jones, Cassandra	94 University O 57.57q
4	529	Krill, Sydney	95 U OF C Athle 58.36
5	140	Bourget, Valérie	96 C. A. Univer 58.68
6	466	Bennett, Yanique	94 South Simcoe 58.84
7	384	Lamothe, Alexia	96 Ottawa Lions 1:00.53

Event 12 Women 400 Meter Dash Championship

Top 2 + next 2 fastest times

CJR: 51.85 * 25/07/1984 Jillian Richardson

CJCR: 53.47 04/07/2010 Katie Reid

Name	Yr	Team	Finals
Section 1 Finals			
1	168	Watson, Sage	94 Calgary Inte 53.86
2	145	St-Pierre, Marie-Colombe	94 C. A. Univer 55.55
3	554	Price, Madeline	95 Unattached B 55.57
4	506	Julius-Williams, Domenic	94 The Speed AC 55.96
5	378	Gardner, Charlotte	94 Ottawa Lions 57.18
6	565	Jones, Cassandra	94 University O 57.53
7	569	Powell, Micha	95 University O 57.64
8	380	Jones, Reilly	96 Ottawa Lions 58.04

Event 13 Men 800 Meter Run Qualifier

Top 12 advance

CJR: 1:46.07 * 15/07/2012 Brandon McBride

Name	Yr	Team	Finals
Section 1			
1	543	Nordmark, Daelin	95 U OF C Athle 2:04.94
2	537	Crook, Cody	95 U OF C Athle 2:05.09

3	362	Smith, Gavin	98 Niagara Olym 2:07.99
4	228	Bousmaha, Nassim	96 Dynamique de 2:08.17
5	430	Voicu, Trayan	94 Rive-Sud 2:08.35

Section 2

1	300	Christ, Adrian	94 Legacy Athle 1:59.47
2	301	Madsen, William	94 Legacy Athle 1:59.78
3	229	Duchesne, Philippe	95 Dynamique de 2:00.56
4	305	Cauchi, Thomas	96 Les Vainqueu 2:00.94
5	306	Chartrand, Antoine	94 Les Vainqueu 2:01.48
6	354	Roach, Matthew	95 Newmarket HU 2:03.43
---	335	Kent, Lewis	94 Mississauga DNS

Section 3

1	641	Labreche, William	97 Zénix de la 1:57.83
2	182	Undseth, Brennan	96 Caltaf Athle 1:58.67
3	176	Faul, James	95 Caltaf Athle 1:58.73
4	299	Paré, Maxime	96 Lavironde 1:58.74
5	523	Belan, Brandon	95 Track North 2:02.30
---	277	Kondrat, Nick	95 Lakehead Run DNS

Section 4

1	247	Lalonde, Marc-Antoine	96 Fleur de Lys 1:57.00
2	315	Wilson, Liam	95 London Legio 1:58.32
3	256	Kemp, Thomas	96 Greater Uxbr 1:58.42
4	352	Pare, Tim	96 Newmarket HU 1:58.59
5	353	Richardson, Ben	95 Newmarket HU 1:58.65
6	436	Dumouchel, Pierre	96 Saint John T 1:58.85
7	602	So, Matthew	95 Vancouver TH 1:59.18
---	556	Tadesse, Ephraim	95 Unattached B SCR

Event 15 Women 800 Meter Run Qualifier

Top 4 advance

CJR: 2:03.17 * 19/08/1973 Glenda Reiser

Name	Yr	Team	Finals
Section 1			
1	650	Robinson, Katie	95 Saint John T 2:18.27
2	638	Perreault, Chloé	94 Zénix de la 2:19.88
3	536	Zarnke, Sasha	95 U OF C Athle 2:22.66
4	264	Cyr, Myriam	97 Islanders TR 2:30.54
5	425	Pietrzak, Jessica	97 Rive-Sud 2:36.64
6	490	Neudorf, Julianna	95 St. Patrick 2:36.86
Section 2			
1	462	Bouchard, Maïté	95 Sherbrooke 2:18.90
2	378	Gardner, Charlotte	94 Ottawa Lions 2:19.01
3	184	Pinkoski, Megan	94 Capital City 2:19.49
4	197	Carrier-Laforte, Sophie	95 Cirrus de l' 2:20.08
5	173	Ceyhan, Gillian	96 Caltaf Athle 2:20.55
6	240	Bronzovich, Rachel	95 Etobicoke TR 2:22.57
7	360	MacDonald, Alannah	94 Niagara Olym 2:30.15
---	534	Sumner, Claire	95 U OF C Athle DNS

Event 17 Men 1500 Meter Run Qualifier

Top 7 advance

Name	Yr	Team	Finals
---	266	Cyr, Alex	95 Islanders TR SCR
Section 1			
1	436	Dumouchel, Pierre	96 Saint John T 4:07.73

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Section 1 ... (Event 17 Men 1500 Meter Run Qualifer)

Name	Yr	Team	Finals
2	306	Chartrand, Antoine	94 Les Vainqueur 4:08.25
3	201	Gendreau-Fillion, David	94 Cirrus de l' 4:10.76
4	199	Byamungu, Muzungu	95 Cirrus de l' 4:12.99
5	418	Senger, Alex	95 Riversdale A 4:13.40
6	307	Ouellette, Olivier	94 Les Vainqueur 4:16.56
7	537	Crook, Cody	95 U OF C Athle 4:17.44
8	645	Twizere, Patern	96 Zénix de la 4:23.50
---	356	Sullivan, Patrick	95 Newmarket HU DNF
---	335	Kent, Lewis	94 Mississauga DNS

Section 2

1	178	James, Alex	96 Caltaf Athle 3:59.21
2	331	*cooper, Charles	96 McGill Olymp 3:59.22
3	243	Carroll, Jake	96 Etobicoke TR 4:00.13
4	182	Undseth, Brennan	96 Caltaf Athle 4:00.66
5	347	Favit, Shane	95 Newmarket HU 4:01.83
6	150	Morin, Nicolas	94 C. A. Univer 4:02.16
7	229	Duchesne, Philippe	95 Dynamique de 4:02.48
8	301	Madsen, William	94 Legacy Athle 4:03.09
9	350	McCull, Andrew	94 Newmarket HU 4:04.03
10	300	Christ, Adrian	94 Legacy Athle 4:07.35
11	358	White, Tyler	94 Newmarket HU 4:08.01
---	520	Dobos, Isaac	96 Toronto Olym DNS

Event 18 Men 1500 Meter Run Championship

Top 5 + next 2 fastest times

CJR: 3:38.92 * 01/07/2013 Adam Palamar

CJCR: 3:46.48 1985 Andrew McGuigan

Name	Yr	Team	Prelims
Heat 1 Preliminaries			
1	399	Palamar, Adam	94 Ottawa Lions 3:58.71Q
2	600	Gravel, Christian	94 Vancouver TH 3:59.15Q
3	105	Tate, Mike	95 Antigonish T 3:59.81Q
4	277	Kondrat, Nick	95 Lakehead Run 3:59.82Q
5	521	Stephenson, Matthew	95 Toronto Olym 4:00.06Q
6	409	Messina, Philip	95 Phoenix Athl 4:00.43q
7	400	Wilkie, Alex	94 Ottawa Lions 4:00.58q
8	348	Freemantle, Alexander	95 Newmarket HU 4:01.24q
9	243	Carroll, Jake	96 Etobicoke TR 4:02.89q
10	613	Rocheleau, Alexander	95 Windsor Legi 4:05.28
11	229	Duchesne, Philippe	95 Dynamique de 4:07.26
12	182	Undseth, Brennan	96 Caltaf Athle 4:07.98
13	301	Madsen, William	94 Legacy Athle 4:08.29

Heat 2 Preliminaries

1	585	Getty, Thomas	95 Uvic Track C 4:01.51Q
2	410	Silva, Elijah	95 Phoenix Athl 4:01.55Q
3	148	Bussièrès, Alex	94 C. A. Univer 4:01.56Q
4	290	Buttinger, Scott	94 Laurel Creek 4:01.74Q
5	331	*cooper, Charles	96 McGill Olymp 4:01.78Q
6	556	Tadesse, Ephraim	95 Unattached B 4:03.32
7	146	Audet, Nicolas	94 C. A. Univer 4:03.49
8	464	Gravel, Philippe	94 Sherbrooke 4:04.72
9	357	Viveiros, Matthew	95 Newmarket HU 4:06.57

10	150	Morin, Nicolas	94 C. A. Univer 4:08.83
11	347	Favit, Shane	95 Newmarket HU 4:10.33
12	178	James, Alex	96 Caltaf Athle 4:10.36

Event 18 Men 1500 Meter Run Championship

Top 5 + next 2 fastest times

CJR: 3:38.92 * 01/07/2013 Adam Palamar

CJCR: 3:46.48 1985 Andrew McGuigan

Name	Yr	Team	Finals
Section 1 Finals			
1	399	Palamar, Adam	94 Ottawa Lions 3:51.04
2	410	Silva, Elijah	95 Phoenix Athl 3:53.11
3	148	Bussièrès, Alex	94 C. A. Univer 3:53.94
4	600	Gravel, Christian	94 Vancouver TH 3:55.12
5	585	Getty, Thomas	95 Uvic Track C 3:56.62
6	290	Buttinger, Scott	94 Laurel Creek 3:57.12
7	105	Tate, Mike	95 Antigonish T 3:57.58
8	331	*cooper, Charles	96 McGill Olymp 3:57.88
9	556	Tadesse, Ephraim	95 Unattached B 3:59.55
10	400	Wilkie, Alex	94 Ottawa Lions 4:00.76
11	277	Kondrat, Nick	95 Lakehead Run 4:01.13
12	348	Freemantle, Alexander	95 Newmarket HU 4:03.68
13	409	Messina, Philip	95 Phoenix Athl 4:06.03
14	521	Stephenson, Matthew	95 Toronto Olym 4:06.62

Event 19 Women 3000 Meter Run Championship

CJR: 9:12.39 * 15/08/1985 Brenda Shackleton

CJCR: 9:14.62 19/07/2009 Kendra Schaaf

Name	Yr	Team	Finals
Section 1			
1	477	Yungblut, Madeline	94 Speed River 9:31.43
2	568	McDonald, Madeline	94 University O 9:32.59
3	361	Petrick, Heather	95 Niagara Olym 9:42.79
4	298	Dubé-Lavoie, Aurélie	96 Lavionde 9:56.61
5	129	Yee, Regan	95 Bulkley Vall 10:01.75
6	415	Faulds, Rachel	95 Quinte West 10:03.76
7	476	Wismer, Sarah	96 Speed River 10:06.82
8	343	Fedorov, Yulia	96 Newmarket HU 10:10.56
9	246	Ouellet, Béatrice	94 Fil-Oup 10:18.08
10	143	Gauthier, Anne-Marie	94 C. A. Univer 10:20.84
11	598	Siemens, Alexandra	95 Valley Royal 10:22.86
12	144	Pomerleau, Caroline	95 C. A. Univer 10:24.78
13	461	Hunter, Cheyenne	94 Saugeen Trac 10:24.78
14	317	Smith, Stefanie	94 London Runne 10:26.13
15	381	Kary, Lindsay	95 Ottawa Lions 10:29.71
16	469	Hamilton, Georgia	95 South Simcoe 10:31.59
17	359	Korsmit, Laura	96 Niagara Olym 10:32.98
18	407	Bérubé, Jade	97 Petite Natio 11:19.15
---	550	Ryall, Stephanie	97 Unattached - DNF
---	141	Comeau, Anne-Marie	96 C. A. Univer DNS
---	491	Forsey, Jillian	95 Stephenville DNS

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Event 20 Men 5000 Meter Run Championship

CJR: 13:43.80 * 02/06/1962 Bruce Kidd

CJCR: 14:11.77 1983 John Castellano

Name	Yr	Team	Finals
Section 1			
1	614	Sleiman, Ryan	95 Windsor Legi 14:28.86
2	608	Allen, Brandon	95 Windsor Legi 14:43.23
3	578	Knight, Justyn	96 University O 14:46.78
4	215	St-Martin, Stéphan	94 Coureur Nord 14:47.08
5	643	Thibeault, Antoine	94 Zénix de la 14:47.30
6	587	Weir, Ben	95 Uvic Track C 14:48.86
7	340	Deschiffart, Joel	94 Nanaimo & DI 14:55.95
8	114	Wesselius, Lee	94 ASEA 15:00.16
9	302	McDonald, Kieran	94 Legacy Athle 15:08.40
10	372	Clifford, Deon	94 Ocean Athlet 15:12.42
11	202	Delcourt, Timothy	94 Coastal Trac 15:14.52
12	363	Smith, Troy	95 Niagara Olym 15:16.42
13	541	Justinen, Roman	94 U OF C Athle 15:20.24
14	334	Kagumba, Joseph	94 Mississauga 15:42.28
15	293	Hayes, Reid	94 Laurel Creek 15:51.21
16	464	Gravel, Philippe	94 Sherbrooke 15:57.85
17	294	Milton, James	94 Laurel Creek 15:58.20
18	319	Roberts, Shane	94 London Runne 15:59.85
19	172	Payne, Stephen	95 Calgary Spar 16:05.29
20	291	Duschene, Matthew	95 Laurel Creek 17:37.06
---	331	*cooper, Charles	96 McGill Olymp DNS
---	220	Coughler, Jeremy	95 Durham Drago DNS

Event 22 Women 100 Meter Hurdles Championship

Top 2 + next 2 fastest times

CJR: 13.32 * 24/10/1982 Lora Rigutto

CJCR: 13.57 2004 Frances Keating

Name	Yr	Team	Prelims
Heat 1 Preliminaries Wind: 2.3			
1	374	Bambi, Tania	94 Ottawa Lions 14.23Q
2	174	Charlesworth, Nicky	94 Caltaf Athle 14.72Q
3	440	Stavrakos, Vivian	94 Saint-Lauren 14.74q
4	453	Nyame, Astrid	94 Saskatoon TF 14.76q
5	132	Ollier, Mary	95 Burlington T 14.97
6	281	Bulten, Rheanna	95 Laurel Creek 15.45
7	165	Mebude, Deborah	95 Calgary Inte 15.47
---	341	Lucas, Hayley	95 NEAT DNS
Heat 2 Preliminaries Wind: 2.7			
1	313	Settingington, Nicole	95 London Legio 13.82Q
2	370	Van Ryswyk, Kathryn	95 Ocean Athlet 14.14Q
3	286	McLean, Micaela	96 Laurel Creek 14.52q
4	157	Tierney, Alexandra	96 C.A.N.I. 14.78
5	438	Frantz, Allison	96 Saint-Lauren 14.87
6	102	Croteau-Vaillancourt, Ma	98 Adrenaline 14.92
7	487	Wolfs, Rachael	95 ST Thomas LE 15.61
8	175	Hazen, Melissa	94 Caltaf Athle 15.82
Heat 3 Preliminaries Wind: 0.2			
1	166	Morrison, Deshaunda	95 Calgary Inte 14.04Q

2	312	Newman, Alysha	94 London Legio 14.36Q
3	424	O'Connor, Jaymie	97 Rive-Sud 14.98
4	445	Penney, Bailey	94 Sarnia Athle 15.19
5	287	Parsons, Megan	95 Laurel Creek 15.41
6	212	Tremblay, Mylène	95 Corsaire-Cha 15.44
7	226	Massé, Émanuelle	97 Dynamique de 15.47
8	387	Phillips, Clara	95 Ottawa Lions 16.82

Event 22 Women 100 Meter Hurdles Championship

Top 2 + next 2 fastest times

CJR: 13.32 * 24/10/1982 Lora Rigutto

CJCR: 13.57 2004 Frances Keating

Name	Yr	Team	Finals
Section 1 Finals Wind: -0.4			
1	313	Settingington, Nicole	95 London Legio 13.80
2	166	Morrison, Deshaunda	95 Calgary Inte 13.80
3	370	Van Ryswyk, Kathryn	95 Ocean Athlet 14.12
4	312	Newman, Alysha	94 London Legio 14.33
5	286	McLean, Micaela	96 Laurel Creek 14.57
6	174	Charlesworth, Nicky	94 Caltaf Athle 14.68
7	440	Stavrakos, Vivian	94 Saint-Lauren 14.80
---	374	Bambi, Tania	94 Ottawa Lions DQ

Event 23 Men 110 Meter Hurdles Championship

Top 3 + next 2 fastest times

CJR: 13.43 * 10/07/2011 Jonathan Cabral

CJCR: 13.43 10/07/2011 Jonathan Cabral

Name	Yr	Team	Prelims
Heat 1 Preliminaries Wind: 1.0			
1	624	Guy, Eric	95 Winnipeg Opt 14.16Q
2	518	Wright, Andre	94 The Speed AC 14.64Q
3	457	Johnston, Kieran	95 Saskatoon TF 14.81Q
4	605	Roberts, Shakeil	95 West Island 14.97q
5	450	Giorgi, Mike	95 Sarnia Athle 15.08q
6	163	Plunkett, Jacob	95 C.A.N.I. 15.10q
7	134	Daines, Kyle	95 Burlington T 16.40
Heat 2 Preliminaries Wind: -1.0			
1	296	Sherwood, Jordan	95 Laurel Creek 14.56Q
2	497	Green, Christopher	94 Supreme Athl 14.61Q
3	406	Andrus, Jake	94 Peterborough 15.52Q
4	514	Simms, Tajai	94 The Speed AC 15.54
5	200	Cahoon, Jeremy	94 Cirrus de l' 15.68
6	396	Lawson, Geoffrey	97 Ottawa Lions 16.25
7	107	Kerr, Jacob	95 Athletica 17.23

Event 23 Men 110 Meter Hurdles Championship

Top 3 + next 2 fastest times

CJR: 13.43 * 10/07/2011 Jonathan Cabral

CJCR: 13.43 10/07/2011 Jonathan Cabral

Name	Yr	Team	Finals
Section 1 Finals Wind: -1.3			
1	497	Green, Christopher	94 Supreme Athl 14.34
2	518	Wright, Andre	94 The Speed AC 14.39
3	624	Guy, Eric	95 Winnipeg Opt 14.45
4	296	Sherwood, Jordan	95 Laurel Creek 14.52

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Section 1 Finals Wind: -1.3 ... (Event 23 Men 110 Meter Hurdles Chan

Name	Yr	Team	Finals
5 457 Johnston, Kieran	95	Saskatoon TF	14.89
6 605 Roberts, Shakeil	95	West Island	15.12
7 450 Giorgi, Mike	95	Sarnia Athle	15.23
8 406 Andrus, Jake	94	Peterborough	15.67

Event 25 Men 400 Meter Hurdles Championship**Top 2 + next 2 fastest times**

CJR: 50.92 * 03/05/1997 Nick Stewart

CJCR: 51.28 1984 John Graham

Name	Yr	Team	Prelims
Heat 1 Preliminaries			
1 235 Kong, Tim	94	Edmonton Roy	54.79Q
2 401 Cameron, Justin	94	Ottawa Valle	54.94Q
3 644 Tourigny-Plante, Alex	95	Zénix de la	55.57q
4 179 Kellner, Thomas	94	Caltaf Athle	55.58
5 509 Broderick, Gabriel	95	The Speed AC	56.93
6 295 Ponnambalam, Ildemaro	97	Laurel Creek	57.90
7 435 Cormier, Anthony	97	Saint John T	58.92
--- 426 Bolvari, James	94	Rive-Sud	DNS

Heat 2 Preliminaries

1 497 Green, Christopher	94	Supreme Athl	53.52Q
2 457 Johnston, Kieran	95	Saskatoon TF	54.34Q
3 624 Guy, Eric	95	Winnipeg Opt	55.05q
4 371 Adugalski, Sebastian	95	Ocean Athlet	56.64
5 572 Beckerman, Sam	95	University O	57.75
6 292 Etienne, Benjamin	96	Laurel Creek	59.52
--- 297 Stemmler, Aaron	95	Laurel Creek	DQ

Heat 3 Preliminaries

1 296 Sherwood, Jordan	95	Laurel Creek	54.83Q
2 451 Hesman, Micah	94	Sarnia Athle	55.56Q
3 481 Mah, Jeff	94	Speed River	55.87
4 498 Martinello, Samuel	95	Supreme Athl	56.73
5 538 Dragicevic, Daniel	94	U OF C Athle	1:00.32
6 628 Schindell, Brayden	94	Winnipeg Opt	1:06.43
--- 631 Miller, Christopher	97	Xcel Track &	DNS

Event 25 Men 400 Meter Hurdles Championship**Top 2 + next 2 fastest times**

CJR: 50.92 * 03/05/1997 Nick Stewart

CJCR: 51.28 1984 John Graham

Name	Yr	Team	Finals
Section 1 Finals			
1 497 Green, Christopher	94	Supreme Athl	52.73
2 296 Sherwood, Jordan	95	Laurel Creek	53.32
3 624 Guy, Eric	95	Winnipeg Opt	53.67
4 457 Johnston, Kieran	95	Saskatoon TF	54.34
5 401 Cameron, Justin	94	Ottawa Valle	54.84
6 235 Kong, Tim	94	Edmonton Roy	55.35
7 644 Tourigny-Plante, Alex	95	Zénix de la	55.45
8 451 Hesman, Micah	94	Sarnia Athle	56.81

Event 26 Women 2000 Meter Steeplechase Championship

CJR: 6:36.05 * 29/07/2007 Danelle Woods

CJCR: 6:36.05 2007 Danelle Woods

Name	Yr	Team	Finals
Section 1			
1 129 Yee, Regan	95	Bulkley Vall	6:46.82
2 268 Lacourse, Jessy	97	Kalenjins	7:01.92
3 650 Robinson, Katie	95	Saint John T	7:05.83
4 475 Visscher, Jordyn	95	Speed River	7:06.11
5 333 Nowak, Emily	95	Mississauga	7:09.42
6 388 Rhead, Charlene	95	Ottawa Lions	7:10.13
7 257 Bolliger, Alyssa	96	Guelph Track	7:10.35
8 632 Watts, Sophie	94	Yhz Track &	7:11.33
9 316 Kerekes, Deanna	95	London Runne	7:25.02
10 332 McGuire, Cailie	96	Mississauga	7:26.91
11 606 Bracci, Ashley	94	Windsor Legi	7:31.25
12 407 Bérubé, Jade	97	Petite Natio	7:33.13
13 389 Scheunert, Maggie	96	Ottawa Lions	7:33.53
14 519 Smegal, Alison	95	Toronto Olym	7:35.60
15 304 Aylwin-Descôteaux, Mire	94	Les Vainqueu	7:51.47

Event 27 Men 3000 Meter Steeplechase Championship

CJR: 8:37.83 * 14/06/2005 Alexandre Genest

CJCR: 8:49.20 2005 Alex Genest

Name	Yr	Team	Finals
Section 1			
1 643 Thibeault, Antoine	94	Zénix de la	9:02.03
2 372 Clifford, Deon	94	Ocean Athlet	9:05.87
3 608 Allen, Brandon	95	Windsor Legi	9:07.23
4 220 Coughler, Jeremy	95	Durham Drago	9:08.90
5 340 Deschiffart, Joel	94	Nanaimo & DI	9:12.16
6 114 Wesselius, Lee	94	ASEA	9:12.44
7 355 Smee, Keaton	96	Newmarket HU	9:33.09
8 346 Deighan, Luke	95	Newmarket HU	9:43.98
9 483 Russell, Will	95	Speed River	9:45.02
10 334 Kagumba, Joseph	94	Mississauga	9:46.25
11 318 Litchfield, William	95	London Runne	9:57.31
12 276 Izquierdo-Bernier, Ricard	95	Lachine	9:57.50
13 308 St-Antoine, Samuel	94	Les Vainqueu	10:00.75
14 349 Lees, Liam	95	Newmarket HU	10:01.49
15 646 Tremblay, Paul	97	Saint John T	10:02.39
16 482 Quosai, Peter	95	Speed River	10:03.08

Event 28 Women Heptathlon Championship

CJR: 5774 * 18/04/2013 Niki Oudenaarden

CJCR: 5465 2000 Jessica Zelinka

Name	Yr	Team	Finals
1 278 Ellenwood, Georgia	95	Langley Must	5461
2 485 Lehner, Katelyn	95	ST Mary Athl	4903
3 142 Gagné, Geneviève	95	C. A. Univer	4717
4 191 Deveau, Bridget	96	Chebucto Ath	4673
5 567 Lawson, Miranda	95	University O	4313
6 103 Leveille, Maude	95	Adrénaline	3710

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Event 28 Heptathlon: #1 Women 100 Meter Hurdles Championship

Name	Yr	Team	Finals			
Section 1 Wind: 1.2						
1	485	Lehner, Katelyn	95	ST Mary Athl	14.21	949
2	278	Ellenwood, Georgia	95	Langley Must	14.40	923
3	103	Leveille, Maude	95	Adr�naline	15.30	802
4	110	MacDonald, Sydney	96	ASEA	15.61	763
5	191	Deveau, Bridget	96	Chebucto Ath	15.62	762
6	142	Gagn�, Genevi�ve	95	C. A. Univer	15.89	728
7	567	Lawson, Miranda	95	University O	16.52	652

Event 28 Heptathlon: #2 Women High Jump Championship

Name	Yr	Team	Finals			
Flight 1						
1	278	Ellenwood, Georgia	95	Langley Must	1.76m	928
2	485	Lehner, Katelyn	95	ST Mary Athl	1.61m	747
3	142	Gagn�, Genevi�ve	95	C. A. Univer	1.58m	712
4	191	Deveau, Bridget	96	Chebucto Ath	1.55m	678
5	103	Leveille, Maude	95	Adr�naline	1.52m	644
5	567	Lawson, Miranda	95	University O	1.52m	644
7	110	MacDonald, Sydney	96	ASEA	1.46m	577

Event 28 Heptathlon: #3 Women Shot Put Championship

Name	Yr	Team	Finals			
Flight 1						
1	142	Gagn�, Genevi�ve	95	C. A. Univer	10.95m	592
2	278	Ellenwood, Georgia	95	Langley Must	10.76m	579
3	191	Deveau, Bridget	96	Chebucto Ath	10.26m	546
4	103	Leveille, Maude	95	Adr�naline	9.29m	483
5	567	Lawson, Miranda	95	University O	8.92m	459
6	485	Lehner, Katelyn	95	ST Mary Athl	8.81m	452
7	110	MacDonald, Sydney	96	ASEA	8.49m	431

Event 28 Heptathlon: #4 Women 200 Meter Dash Championship

Name	Yr	Team	Finals			
Section 1 Wind: -0.1						
1	485	Lehner, Katelyn	95	ST Mary Athl	25.23	866
2	278	Ellenwood, Georgia	95	Langley Must	25.24	865
3	103	Leveille, Maude	95	Adr�naline	26.10	788
4	142	Gagn�, Genevi�ve	95	C. A. Univer	26.64	742
5	567	Lawson, Miranda	95	University O	26.75	733
6	191	Deveau, Bridget	96	Chebucto Ath	27.07	706
7	110	MacDonald, Sydney	96	ASEA	27.29	688

Event 28 Heptathlon: #5 Women Long Jump Championship

Name	Yr	Team	Finals			
Flight 1						
1	278	Ellenwood, Georgia	95	Langley Must	5.47m	691
2	485	Lehner, Katelyn	95	ST Mary Athl	5.39m	668
3	142	Gagn�, Genevi�ve	95	C. A. Univer	5.33m	651
4	567	Lawson, Miranda	95	University O	5.04m	570
5	191	Deveau, Bridget	96	Chebucto Ath	4.96m	548
6	103	Leveille, Maude	95	Adr�naline	4.71m	482
7	110	MacDonald, Sydney	96	ASEA	4.53m	436

Event 28 Heptathlon: #6 Women Javelin Throw Championship

Name	Yr	Team	Finals			
Flight 1						
1	278	Ellenwood, Georgia	95	Langley Must	37.89m	627
2	191	Deveau, Bridget	96	Chebucto Ath	36.80m	606
3	142	Gagn�, Genevi�ve	95	C. A. Univer	31.39m	503
4	567	Lawson, Miranda	95	University O	29.82m	473
5	485	Lehner, Katelyn	95	ST Mary Athl	25.43m	390
---	103	Leveille, Maude	95	Adr�naline		FOUL
---	110	MacDonald, Sydney	96	ASEA		DNS

Event 28 Heptathlon: #7 Women 800 Meter Run Championship

Name	Yr	Team	Finals			
Section 1						
1	278	Ellenwood, Georgia	95	Langley Must	2:18.20	848
2	485	Lehner, Katelyn	95	ST Mary Athl	2:19.44	831
3	191	Deveau, Bridget	96	Chebucto Ath	2:19.72	827
4	142	Gagn�, Genevi�ve	95	C. A. Univer	2:22.54	789
5	567	Lawson, Miranda	95	University O	2:23.10	782
6	103	Leveille, Maude	95	Adr�naline	2:45.51	511

Event 29 Men Decathlon Championship

CJR: 7080 * 22/07/2006 Ried Gustavson

CJCR: 6840 2003 Daniel Mezheritsky

Name	Yr	Team	Finals		
1	273	Bornstein, Zachary	95	Kitchener WA	6918
2	609	Beaudoin, Shawn	94	Windsor Legi	6460
3	373	Turner, Rostam	95	Okanagan Ath	6341
4	428	Lanct�t-Reeves, Vincent	95	Rive-Sud	6304
5	623	Eyford, Wyatt	94	Winnipeg Opt	6250
6	394	Johnson, Matthew	94	Ottawa Lions	6110
7	414	Solomon, Junior	94	Project Athl	5991
8	151	Nsaka, Peter Malonge	94	C. A. Univer	5962
9	427	Jauniaux, Zachary	94	Rive-Sud	5542
10	622	Croy, Ryan	94	Winnipeg Opt	5531
11	397	Nault, Kevin	94	Ottawa Lions	5505

Event 29 Decathlon: #1 Men 100 Meter Dash Championship

Name	Yr	Team	Finals			
Section 1 Wind: 1.3						
1	623	Eyford, Wyatt	94	Winnipeg Opt	11.61	730
2	622	Croy, Ryan	94	Winnipeg Opt	11.66	719
3	373	Turner, Rostam	95	Okanagan Ath	11.73	705
4	427	Jauniaux, Zachary	94	Rive-Sud	11.77	697
5	151	Nsaka, Peter Malonge	94	C. A. Univer	12.08	635
6	394	Johnson, Matthew	94	Ottawa Lions	12.09	633

Section 2 Wind: 0.8

1	428	Lanct�t-Reeves, Vincent	95	Rive-Sud	11.19	819
2	609	Beaudoin, Shawn	94	Windsor Legi	11.28	799
3	397	Nault, Kevin	94	Ottawa Lions	11.33	789
4	273	Bornstein, Zachary	95	Kitchener WA	11.47	759
5	414	Solomon, Junior	94	Project Athl	11.48	757

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Event 29 Decathlon: #2 Men Long Jump Championship

Name	Yr	Team	Finals	
Flight 1				
1 623 Eyford, Wyatt	94	Winnipeg Opt	6.89m	788
2 622 Croy, Ryan	94	Winnipeg Opt	6.44m	684
3 394 Johnson, Matthew	94	Ottawa Lions	6.42m	679
4 273 Bornstein, Zachary	95	Kitchener WA	6.38m	670
5 428 Lanctôt-Reeves, Vincent	95	Rive-Sud	6.32m	657
6 151 Nsaka, Peter Malonge	94	C. A. Univer	6.14m	617
7 373 Turner, Rostam	95	Okanagan Ath	6.12m	613
8 609 Beaudoin, Shawn	94	Windsor Legi	5.99m	584
9 414 Solomon, Junior	94	Project Athl	5.81m	546
10 427 Jauniaux, Zachary	94	Rive-Sud	5.74m	531
11 397 Nault, Kevin	94	Ottawa Lions	5.64m	510

Event 29 Decathlon: #3 Men Shot Put Shot Put Championship

Name	Yr	Team	Finals	
Flight 1				
1 273 Bornstein, Zachary	95	Kitchener WA	13.24m	682
2 373 Turner, Rostam	95	Okanagan Ath	12.25m	622
3 414 Solomon, Junior	94	Project Athl	12.19m	618
4 151 Nsaka, Peter Malonge	94	C. A. Univer	11.65m	585
5 609 Beaudoin, Shawn	94	Windsor Legi	11.61m	583
6 623 Eyford, Wyatt	94	Winnipeg Opt	11.53m	578
7 428 Lanctôt-Reeves, Vincent	95	Rive-Sud	10.99m	545
8 394 Johnson, Matthew	94	Ottawa Lions	10.98m	545
9 397 Nault, Kevin	94	Ottawa Lions	10.23m	499
10 427 Jauniaux, Zachary	94	Rive-Sud	9.94m	482
11 622 Croy, Ryan	94	Winnipeg Opt	9.08m	431

Event 29 Decathlon: #4 Men High Jump Championship

Name	Yr	Team	Finals	
Flight 1				
1 151 Nsaka, Peter Malonge	94	C. A. Univer	1.96m	767
2 623 Eyford, Wyatt	94	Winnipeg Opt	1.84m	661
3 609 Beaudoin, Shawn	94	Windsor Legi	1.81m	636
3 428 Lanctôt-Reeves, Vincent	95	Rive-Sud	1.81m	636
3 273 Bornstein, Zachary	95	Kitchener WA	1.81m	636
3 427 Jauniaux, Zachary	94	Rive-Sud	1.81m	636
7 394 Johnson, Matthew	94	Ottawa Lions	1.78m	610
8 622 Croy, Ryan	94	Winnipeg Opt	1.75m	585
9 414 Solomon, Junior	94	Project Athl	1.72m	560
9 373 Turner, Rostam	95	Okanagan Ath	1.72m	560
11 397 Nault, Kevin	94	Ottawa Lions	1.66m	512

Event 29 Decathlon: #5 Men 400 Meter Dash Championship

Name	Yr	Team	Finals	
Section 1				
1 428 Lanctôt-Reeves, Vincent	95	Rive-Sud	52.27	713
2 623 Eyford, Wyatt	94	Winnipeg Opt	53.29	669
3 151 Nsaka, Peter Malonge	94	C. A. Univer	53.34	667
4 394 Johnson, Matthew	94	Ottawa Lions	53.71	652
5 427 Jauniaux, Zachary	94	Rive-Sud	53.95	642
Section 2				
1 609 Beaudoin, Shawn	94	Windsor Legi	49.48	839

2 273 Bornstein, Zachary	95	Kitchener WA	50.72	782
3 414 Solomon, Junior	94	Project Athl	51.26	757
4 622 Croy, Ryan	94	Winnipeg Opt	51.56	744
5 373 Turner, Rostam	95	Okanagan Ath	51.73	737
6 397 Nault, Kevin	94	Ottawa Lions	53.47	662

Event 29 Decathlon: #6 Men 110 Meter Hurdles Championship

Name	Yr	Team	Finals	
Section 1 Wind: 2.3				
1 622 Croy, Ryan	94	Winnipeg Opt	16.03	729
2 373 Turner, Rostam	95	Okanagan Ath	16.07	725
3 427 Jauniaux, Zachary	94	Rive-Sud	16.61	666
4 394 Johnson, Matthew	94	Ottawa Lions	16.77	648
5 151 Nsaka, Peter Malonge	94	C. A. Univer	17.83	541
Section 2 Wind: 1.3				
1 414 Solomon, Junior	94	Project Athl	15.18	828
2 428 Lanctôt-Reeves, Vincent	95	Rive-Sud	15.24	821
3 397 Nault, Kevin	94	Ottawa Lions	15.30	814
4 273 Bornstein, Zachary	95	Kitchener WA	15.47	794
5 609 Beaudoin, Shawn	94	Windsor Legi	15.71	766
6 623 Eyford, Wyatt	94	Winnipeg Opt	15.78	758

Event 29 Decathlon: #7 Men Discus Throw Championship

Name	Yr	Team	Finals	
Flight 1				
1 273 Bornstein, Zachary	95	Kitchener WA	43.19m	730
2 373 Turner, Rostam	95	Okanagan Ath	39.76m	660
3 151 Nsaka, Peter Malonge	94	C. A. Univer	36.75m	599
4 623 Eyford, Wyatt	94	Winnipeg Opt	36.11m	586
5 394 Johnson, Matthew	94	Ottawa Lions	35.43m	572
6 397 Nault, Kevin	94	Ottawa Lions	34.13m	546
7 609 Beaudoin, Shawn	94	Windsor Legi	33.76m	539
8 428 Lanctôt-Reeves, Vincent	95	Rive-Sud	30.31m	471
9 427 Jauniaux, Zachary	94	Rive-Sud	23.27m	334
10 414 Solomon, Junior	94	Project Athl	21.74m	305
11 622 Croy, Ryan	94	Winnipeg Opt	19.53m	263

Event 29 Decathlon: #8 Men Pole Vault Championship

Name	Yr	Team	Finals	
Flight 1				
1 394 Johnson, Matthew	94	Ottawa Lions	4.20m	673
2 273 Bornstein, Zachary	95	Kitchener WA	4.00m	617
3 623 Eyford, Wyatt	94	Winnipeg Opt	3.70m	535
3 428 Lanctôt-Reeves, Vincent	95	Rive-Sud	3.70m	535
3 609 Beaudoin, Shawn	94	Windsor Legi	3.70m	535
6 622 Croy, Ryan	94	Winnipeg Opt	3.50m	482
7 427 Jauniaux, Zachary	94	Rive-Sud	3.40m	457
8 373 Turner, Rostam	95	Okanagan Ath	3.30m	431
9 414 Solomon, Junior	94	Project Athl	3.20m	406
10 151 Nsaka, Peter Malonge	94	C. A. Univer	3.10m	381
11 397 Nault, Kevin	94	Ottawa Lions	2.90m	333

Event 29 Decathlon: #9 Men Javelin Throw Championship

Name	Yr	Team	Finals	
Flight 1				
1 373 Turner, Rostam	95	Okanagan Ath	51.57m	612

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Flight 1 ... (Event 29 Decathlon: #9 Men Javelin Throw Championship)

Name	Yr	Team	Finals
2 273 Bornstein, Zachary	95	Kitchener WA	47.15m 547
3 427 Jauniaux, Zachary	94	Rive-Sud	45.50m 522
4 414 Solomon, Junior	94	Project Athl	44.21m 503
5 428 Lanctôt-Reeves, Vincent	95	Rive-Sud	42.35m 476
6 609 Beaudoin, Shawn	94	Windsor Legi	41.63m 466
7 151 Nsaka, Peter Malonge	94	C. A. Univer	39.57m 436
8 394 Johnson, Matthew	94	Ottawa Lions	36.83m 396
9 397 Nault, Kevin	94	Ottawa Lions	35.85m 382
10 623 Eyford, Wyatt	94	Winnipeg Opt	34.79m 367
11 622 Croy, Ryan	94	Winnipeg Opt	29.68m 295

Event 29 Decathlon: #10 Men 1500 Meter Dash Championship

Name	Yr	Team	Finals
Section 1			
1 151 Nsaka, Peter Malonge	94	C. A. Univer	4:31.67 734
2 609 Beaudoin, Shawn	94	Windsor Legi	4:34.82 713
3 414 Solomon, Junior	94	Project Athl	4:35.23 711
4 394 Johnson, Matthew	94	Ottawa Lions	4:36.60 702
5 273 Bornstein, Zachary	95	Kitchener WA	4:36.71 701
6 373 Turner, Rostam	95	Okanagan Ath	4:40.66 676
7 428 Lanctôt-Reeves, Vincent	95	Rive-Sud	4:48.00 631
8 622 Croy, Ryan	94	Winnipeg Opt	4:53.26 599
9 623 Eyford, Wyatt	94	Winnipeg Opt	4:56.89 578
10 427 Jauniaux, Zachary	94	Rive-Sud	4:57.40 575
11 397 Nault, Kevin	94	Ottawa Lions	5:18.53 458

Event 30 Men 4x100 Meter Relay Championship

CJR: 39.64 * 15/08/2006 Canada

J. Warner, S. Smith, T. Pyper, B. Barnett

CJCR: 42.29 05/07/2010 Ottawa Lions

D. Biocchi, O. Makinde, C. Gregoire, M. Basler

Team	Relay	Finals
Section 1		
1 Team Ontario	A	42.16
1) 253 Ajayi, Steven 94	2) 512 De Grasse, Andre 94	
3) 510 Brown, Jaiden 94	4) 250 Ajomale, Bolade 95	
2 Equipe du Quebec	A	42.41
1) 596 Gordon-Maule, Quaysie 95	2) 405 Aristilde, Kenzy 94	
3) 227 Ahouansou, Yannis 95	4) 595 Dorcelus, Stevens 95	
3 Team British Columbia	A	42.82
1) 206 Linde, James 94	2) 207 Payne, Chad 94	
3) 205 Harding, Hodson 94	4) 555 Joyce, Keefer 94	
4 Equipe du Quebec	B	43.28
1) 1001 Joseph, Dustie	2) 1002 Michel, James	
3) 1003 Sassi, Philippe	4) 1004 Shi, Liwei	
Section 2		
2 Supreme Athletics	A	42.21
1) 501 Stephenson, Jermaine 94	2) 497 Green, Christopher 94	
3) 500 Pal Jola, Nienkel 94	4) 502 Webber, Michael 94	
3 Xcel Track & Field	A	43.50
1) 999 Euraj, Keith	2) 998 Rhone, Daiten	
3) 997 Frith, Cyan	4) 631 Miller, Christopher 97	

4 Winnipeg Opt	A	43.16
1) 627 Sader, Levi 94	2) 628 Schindell, Brayden 94	
3) 624 Guy, Eric 95	4) 625 Mansaray, Alhaji 94	
5 Laurel Creek	A	44.95
1) 292 Etienne, Benjamin 96	2) 295 Ponnambalam, Ildemaro 97	
3) 297 Stemmler, Aaron 95	4) 296 Sherwood, Jordan 95	
--- C.A.N.I.	A	DNS
--- Ottawa Lions T.F.C.	A	DNS

Event 31 Women 4x100 Meter Relay Championship

CJR: 44.77 * 23/07/2010 Canada

C Emmanuel, J. Bell-Spence, L. Walkeden, L. Laarman

CJCR: 47.10 28/07/2008 U of T Track Club

M. Buttinger, S. Wells, N. Geiger, A. McBean

Team	Relay	Finals
Section 1		
1 Ottawa Lions T.F.C.	A	47.91
1) 383 Labarang, Charifa 95	2) 386 McIntyre, Victoria 95	
3) 390 Telford, Alexandra 96	4) 387 Phillips, Clara 95	
2 Laurel Creek	A	48.64
1) 282 Carrique, Jennifer 94	2) 285 Januszek, Monica 95	
3) 288 Phelan, Jaimie 95	4) 289 Sauer, Tegan 95	
3 Calgary International	A	49.00
1) 165 Mebude, Deborah 95	2) 170 Wilson, Tegan 97	
3) 167 Sherman, Sierra 95	4) 166 Morrison, Deshaunda 95	
4 Laurel Creek	B	49.48
1) 281 Bulten, Rheanna 95	2) 286 McLean, Micaela 96	
3) 283 Coulis, Ivy 96	4) 287 Parsons, Megan 95	
Section 2		
2 Equipe du Quebec	A	48.18
1) 419 Béliveau, Émy 95	2) 422 Morin-Houde, Caroline 94	
3) 403 Jean-Claude, Maxeen 95	4) 590 Paiement, Clémence 95	
4 Equipe du Quebec	B	48.93
1) 210 Malo, Megan 96	2) 421 Jackson, Audrey 98	
3) 1005 Julien, Dana	4) 1006 Touchette, Noemie	
--- Team Ontario	B	DQ
--- Team British Columbia	B	DNS

Event 32 Men High Jump Championship

Start ht 1.70 by 5cm upto 2.05 then by 3 cm

CJR: 2.27m * 02/08/2009 Derek Drouin

CJCR: 2.24m 1990 Alex Zaliauskas

Name	Yr	Team	Finals
Flight 1			
1 597 St-Hilaire, Philippe	95	Vainqueurs P	2.08m
2 625 Mansaray, Alhaji	94	Winnipeg Opt	J2.08m
3 648 Anderson-Richards, Tacu	95	The Speed AC	J2.08m
4 310 Bramble, Zimbert	94	Lightning AT	2.00m
5 478 Cate, Sean	94	Speed River	J2.00m
5 442 Ollivier, Emile	95	Saint-Lauren	J2.00m
7 416 Fray, Leaugen	96	Quinte West	1.95m
7 647 Mitchell, Torres	94	Riversdale A	1.95m
7 620 *akinola, Oyinkansola	94	Winnipeg Opt	1.95m
10 577 Khan, Bashir	94	University O	J1.95m
11 449 Campbell, Scott	94	Sarnia Athle	J1.95m
12 138 Morrow, Jared	95	Burlington T	1.90m

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Flight 1 ... (Event 32 Men High Jump Championship)

Name	Yr	Team	Finals
12 326 Boles, Mark	94	London Weste	1.90m
12 161 Lafleur, Hans	96	C.A.N.I.	1.90m
12 180 Ost, Austin	95	Caltaf Athle	1.90m
16 406 Andrus, Jake	94	Peterborough	J1.90m
17 186 Fritze, Matthew	94	Capital City	J1.90m
18 159 Guay, Leeson	94	C.A.N.I.	J1.90m
19 280 Backiel, Filip	94	Langley Must	1.85m
19 594 Cadet, Pierre-Ermane	96	Vainqueurs P	1.85m
21 615 Way, Trevor	95	Windsor Legi	J1.85m
22 593 Brutus, Garvin-Alexandre	95	Vainqueurs P	1.70m
--- 398 Ntivumbura, Yvan	96	Ottawa Lions	DNS
--- 364 Hunt, Jt	95	Niagara Regi	DNS

Event 34 Women High Jump Championship

Start ht 1.50 by 5cm upto 1.65m then by 3cm

CJR: 1.92m * 06/08/1993 Wanita Dystra

CJCR: 1.83m 1988 Coralea Brown

Name	Yr	Team	Finals
Flight 1			
1 309 Naruszewicz, Maja	95	Lightning AT	1.71m
2 102 Croteau-Vaillancourt, Ma	98	Adrenaline	1.68m
3 589 Lefebvre-Oatis, Mikella	98	Vainqueurs P	J1.68m
4 311 Adams, Carolyn	95	London Legio	J1.68m
5 104 Cardy, Shyla	97	Aktiv Racing	1.65m
6 438 Frantz, Allison	96	Saint-Lauren	J1.65m
7 592 Yates, Lashaunda	95	Vainqueurs P	1.60m
7 618 Paetsch, Tamara	94	Winnipeg Opt	1.60m
9 174 Charlesworth, Nicky	94	Caltaf Athle	J1.60m
10 115 Arsenaault, Maude	95	Athlétix	1.55m
10 629 Bickle, Alyssa	94	Woodstock LE	1.55m
12 588 Jean, Noocile	96	Vainqueurs P	J1.55m
12 190 Cullen, Macayla	95	Chebucto Ath	J1.55m
14 559 Cook, Hailee	96	Unattached-N	1.50m

Event 35 Men Pole Vault Championship

Start ht 3.20 by 20cm upto 4.00m then up to 10cm

until there are 3 competitors left and then up by 5cm

CJR: 5.71m * 29/03/2013 Shawnacy Barber

CJCR: 5.00m # 2001 David Foley

CJCR: 5.00m 2000 Jamie Johnson

Name	Yr	Team	Finals
Flight 1			
1 413 Barber, Shawnacy	94	Project Athl	5.20m#
2 337 Burton, Samuel	97	Montréal-Int	4.30m
3 330 Young, Connor	95	London Weste	4.20m
4 473 Silvey, Howie	95	South Simcoe	J4.00m
4 437 Le Mouél, Corentin	95	Saint-Jean O	4.00m
6 314 Dailleboust, Luke	95	London Legio	J3.80m
6 472 Heliotis, Dean	94	South Simcoe	3.80m
6 583 Syptak, Mark	95	University O	3.80m
6 621 Bairos-Novak, Steven	94	Winnipeg Opt	J3.80m
6 392 Cowan, Eric	96	Ottawa Lions	J3.80m
--- 107 Kerr, Jacob	95	Athletica	NH
--- 339 Thompson, Timothy	96	Montréal-Int	DNS

--- 338 Garios, Michael 95 Montréal-Int DNS

Event 37 Women Pole Vault Championship

Start ht 2.70 by 20cm upto 3.50 then up by 10cm

until there are 3 competitors left and then up by 5cm

CJR: 4.22m * 05/05/2013 Robin Bone

CJCR: 4.10m 2004 Adrienne Vangoool

Name	Yr	Team	Finals
Flight 1			
1 320 Bone, Robin	94	London Weste	3.90m
2 312 Newman, Alysha	94	London Legio	3.80m
3 370 Van Ryswyk, Kathryn	95	Ocean Athlet	3.70m
4 616 Allegro, Samantha	94	Winnipeg Opt	3.50m
5 336 Salmon, Brittany	95	Montréal-Int	J3.50m
6 444 Loebach, Emily	95	Sarnia Athle	3.30m
6 566 Kukovica, Emily	94	University O	3.30m
8 484 Buettner, Jessica	95	ST Mary Athl	J3.30m
9 366 Fung, Alison	94	North Bay LE	3.10m
10 209 Labonté, Laura	95	Corsaire-Cha	J3.10m
11 617 Bewski, Alyssa	95	Winnipeg Opt	2.90m

Event 39 Men Long Jump Championship

CJR: 7.88m * 20/04/1976 Richard Rock

CJCR: 7.48m 1994 Andrew Channer

Name	Yr	Team	Finals
Flight 1			
1 595 Dorcelus, Stevens	95	Vainqueurs P	7.50m 0.8
2 499 O'Donnell, Mitchell	94	Supreme Athl	6.94m 2.4
2 648 Anderson-Richards, Tacu	95	The Speed AC	J6.94m 1.5
4 479 Fontanna, Matthew	94	Speed River	6.86m 0.8
5 488 Bell, Riley	94	ST Thomas LE	6.83m 1.0
6 480 Leitert, Brandyn	95	Speed River	6.82m 1.1
7 314 Dailleboust, Luke	95	London Legio	6.80m 2.4
8 195 Hernandez, Aaron	95	Chinook Trac	6.73m 0.9
9 601 Nizamani, Ahmad	96	Vancouver TH	6.40m 1.0
10 275 Christensen, Tommy	95	Lachine	6.36m 0.3
11 162 Patterson, Bryson	95	C.A.N.I.	6.28m 1.5
12 496 Flanagan, Riley	95	Supreme Athl	6.19m 0.3
13 188 Schaub, Richard	94	Capital City	6.12m 0.3
14 152 Nyemeck, Ivan	98	C. A. Univer	6.10m 0.5
15 112 Cleghorn, Brandon	95	ASEA	5.85m 0.5
16 185 Balogun, Jonathan	94	Capital City	5.82m +0.0
17 122 Obonna, Brian	96	Brampton Tra	5.75m 1.1

Event 40 Women Long Jump Qualifier

Top 1 advance

Any jump over 5.35m

Name	Yr	Team	Finals
Flight 1			
1 226 Massé, Émanuelle	97	Dynamique de	5.41m 0.9
2 154 Amoi, Laura	96	C.A.N.I.	5.40m 0.9
3 522 Weeks, Allison	95	Track North	5.17m 1.3
4 559 Cook, Hailee	96	Unattached-N	4.98m 1.3
5 217 Horton, Skylar	95	Diamond Jenn	4.93m +0.0
6 432 Leblanc, Victoria	97	Saint John T	4.92m +0.0
7 109 Leblanc, Monika	95	ASEA	4.62m 0.9

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Flight 1 ... (Event 40 Women Long Jump Qualifer)

Name	Yr	Team	Finals
---	341	Lucas, Hayley	95 NEAT DNS NWI

Event 41 Women Long Jump Championship

CJR: 6.50m * 04/07/1982 Karen Nelson

CJCR: 6.11m 2001 Keri-Ann Mitchell

Name	Yr	Team	Finals
---	279	Sutherland, Carolyn	94 Langley Must SCR NWI
---	505	Heron, Daijha	96 The Speed AC SCR NWI

Flight 1

1	278	Ellenwood, Georgia	95 Langley Must	5.65m	+0.0
2	116	Becker, Joy	94 Bison Athlet	5.59m	-0.2
3	547	Omahen, Emily	94 U OF Windsor	5.58m	+0.0
4	447	Quinn, Danielle	95 Sarnia Athle	5.54m	-1.4
4	226	Massé, Émanuelle	97 Dynamique de	5.54m	1.3
6	130	Pisoni, Tiana	96 Bulldogs Tra	5.39m	0.3
7	453	Nyame, Astrid	94 Saskatoon TF	5.33m	+0.0
8	154	Amoi, Laura	96 C.A.N.I.	5.16m	-0.6
9	239	Bates, Jordan	95 Etobicoke TR	5.07m	-1.2
10	131	McClurkin, Caitlin	94 Burlington T	4.99m	+0.0
11	175	Hazen, Melissa	94 Caltaf Athle	4.95m	+0.0
---	630	Forbes, Tyra	94 Xcel Track &	FOUL	

Event 42 Women Triple Jump Championship

CJR: 13.43m * 04/04/2004 Tabia Charles

CJCR: 12.64m 2008 Chloe Hetherton

Name	Yr	Team	Finals
---	505	Heron, Daijha	96 The Speed AC SCR NWI

Flight 1

1	447	Quinn, Danielle	95 Sarnia Athle	12.33m	-1.3
2	630	Forbes, Tyra	94 Xcel Track &	11.97m	-0.2
3	226	Massé, Émanuelle	97 Dynamique de	11.91m	+0.0
4	495	Mercurio, Angela	96 Supreme Athl	11.78m	-1.0
5	130	Pisoni, Tiana	96 Bulldogs Tra	11.60m	-0.2
6	468	Graves, Brittany	96 South Simcoe	11.39m	0.5
7	239	Bates, Jordan	95 Etobicoke TR	11.19m	-1.6
8	522	Weeks, Allison	95 Track North	11.13m	-0.6
9	387	Phillips, Clara	95 Ottawa Lions	10.85m	+0.0
10	116	Becker, Joy	94 Bison Athlet	10.83m	-1.4
11	259	Taplin, Sarah	94 Halifax Ath	10.81m	-2.3
12	604	Brown, Ella	95 Vernon Amate	10.73m	-2.3
13	424	O'Connor, Jaymie	97 Rive-Sud	10.54m	-1.8
14	504	Sinnathurai, Neena	97 Tarus	10.53m	-0.2
---	494	Gunsch, Danielle	94 Supreme Athl	ND	NWI

Event 43 Women Triple Jump Qualifer

Top 1 advance

Any jump over 11.25m

CJR: 13.43m * 04/04/2004 Tabia Charles

Name	Yr	Team	Finals
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Flight 1

1	116	Becker, Joy	94 Bison Athlet	10.72m	-1.3
2	217	Horton, Skylar	95 Diamond Jenn	10.37m	-2.7
3	154	Amoi, Laura	96 C.A.N.I.	10.13m	-0.5
4	213	Veillette, Marion	94 Corsaire-Cha	9.99m	-1.9

5	212	Tremblay, Mylène	95 Corsaire-Cha	9.79m	-2.1
6	109	Leblanc, Monika	95 ASEA	9.41m	-0.6

Event 44 Men Triple Jump Championship

CJR: 16.44m * 04/08/1985 Edrick Floreal

CJCR: 15.96m 1986 Bruny Surin

Name	Yr	Team	Finals
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Flight 1

1	260	Bruce, Jordan	94 Halifax Ath	14.92m	0.6
2	367	Moldavanov, Vladislav	95 Norwesters T	14.43m	-0.1
3	195	Hernandez, Aaron	95 Chinook Trac	14.29m	-1.3
4	488	Bell, Riley	94 ST Thomas LE	14.28m	-1.7
5	648	Anderson-Richards, Tacu	95 The Speed AC	14.22m	+0.0
6	106	Hanna, Patrick	96 Athletica	14.01m	-0.3
7	162	Patterson, Bryson	95 C.A.N.I.	13.93m	-2.2
8	189	Belyea, Stephen	96 Central Nova	13.74m	-0.8
9	416	Fray, Leaugen	96 Quinte West	13.07m	-0.9
10	620	*akinola, Oyinkansola	94 Winnipeg Opt	12.95m	-1.1
11	188	Schaub, Richard	94 Capital City	12.82m	+0.0
12	151	Nsaka, Peter Malonge	94 C. A. Univer	12.79m	-2.9
13	327	Carey, Logan	94 London Weste	12.76m	-1.1

Event 46 Men Shot Put Championship

CJR: 19.10m * 06/07/2002 Chris Meisner

CJCR: 18.79m 2002 Chris Meisner

Name	Yr	Team	Finals
------	----	------	--------

Flight 1

1	528	Millman, Peter	94 Truro Lions	18.31m	
2	634	Polinski, Daniel	94 York Univers	18.08m	
3	635	Sivalingam, Anojan	94 York Univers	17.24m	
4	558	Urnieszus, Curtis	94 Unattached-M	15.73m	
5	147	Beaulieu, Simon	94 C. A. Univer	15.70m	
6	261	Pawliw, Eli	95 Hamilton Oly	15.40m	
7	581	Skeath, Jared	94 University O	J15.40m	
8	580	Nikolovski, Peter	94 University O	15.30m	
9	545	Woo, John	94 U OF C Athle	14.69m	
10	633	Krzyszowski, John	94 York Univers	14.58m	
11	237	Stuckless, Dylanis	94 Elite Athlet	14.01m	
12	238	Lefebvre, Guillaume	95 Énergie	13.85m	
13	544	Rouhi, Armin	94 U OF C Athle	12.58m	

Event 47 Women Shot Put Championship

CJR: 16.39m * 18/07/2009 Julie Labonte

CJCR: 16.39m 18/07/2009 Julie Labonte

Name	Yr	Team	Finals
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Flight 1

1	376	Connell, Ashley	94 Ottawa Lions	13.03m	
2	267	Covington, Asianna	95 Kajaks Track	12.45m	
3	402	Esser, Agnes	95 Pacific Athl	J12.45m	
4	552	Graf, Serena	94 Unattached B	11.96m	
5	322	Hoxar, Brooke	94 London Weste	11.93m	
6	325	Warren, Natalie	95 London Weste	11.91m	
7	563	Cudjoe, Ekua	94 University O	11.82m	
8	548	Halladay, Addi	95 Unattached -	11.67m	
9	236	Garcia, Leanna	95 Elite Athlet	11.08m	
10	323	Jantzi, Brindley	94 London Weste	11.02m	

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Flight 1 ... (Event 47 Women Shot Put Championship)

Name	Yr	Team	Finals
11 446 Quenneville, Brianna	95	Sarnia Athle	10.82m
12 484 Buettner, Jessica	95	ST Mary Athl	10.59m
13 530 Langley, Jodi	94	U OF C Athle	10.54m
14 324 Jutzi, Brett	95	London Weste	9.96m
15 382 Klatt, Katie	95	Ottawa Lions	9.71m
16 265 Gilman, Constance	97	Islanders TR	9.34m

Event 49 Men Discus Throw Championship

CJR: 58.19m * 10/07/2011 Jordan Young

CJCR: 58.19m 10/07/2011 Jordan Young

Name	Yr	Team	Finals
Flight 1			
1 474 Thompson, Blake	94	South Simcoe	52.66m
2 528 Millman, Peter	94	Truro Lions	52.03m
3 634 Polinski, Daniel	94	York Univers	48.99m
4 558 Urniezius, Curtis	94	Unattached-M	48.66m
5 580 Nikolovski, Peter	94	University O	47.16m
6 328 Cullen, Andrew	94	London Weste	46.92m
7 581 Skeath, Jared	94	University O	46.13m
8 545 Woo, John	94	U OF C Athle	44.16m
9 365 Koroll, Zach	95	Niagara Regi	40.69m
10 261 Pawliw, Eli	95	Hamilton Oly	40.47m
11 471 Armstrong, Mathew	95	South Simcoe	38.18m
12 452 Wilson, Lee	95	Sarnia Athle	34.75m
13 113 Leblanc, Aaron	94	ASEA	34.59m
--- 273 Bornstein, Zachary	95	Kitchener WA	DNS

Event 50 Women Discus Throw Championship

CJR: 52.52m * 29/05/1986 Michelle Brotherton

CJCR: 49.18m 1993 Jennifer Vermette

Name	Yr	Team	Finals
Flight 1			
1 267 Covington, Asianna	95	Kajaks Track	47.10m
2 402 Esser, Agnes	95	Pacific Athl	45.57m
3 460 Gribbons, Kelly	95	Saugeen Trac	42.86m
4 530 Langley, Jodi	94	U OF C Athle	41.60m
5 194 Roth, Lara	94	Chinook Trac	41.24m
6 470 Irwin, Samantha	94	South Simcoe	39.38m
7 454 Salamon, Haylea	96	Saskatoon TF	38.60m
8 376 Connell, Ashley	94	Ottawa Lions	37.29m
9 225 Dubois, Ariane	95	Dynamique de	36.25m
10 443 Coyle, Alexandra	95	Sarnia Athle	34.95m
11 322 Hoxar, Brooke	94	London Weste	32.71m
12 382 Klatt, Katie	95	Ottawa Lions	30.66m
13 562 Cassell, Cyerra	97	University O	30.54m
14 325 Warren, Natalie	95	London Weste	29.50m
15 323 Jantzi, Brindley	94	London Weste	27.58m
--- 324 Jutzi, Brett	95	London Weste	FOUL
--- 548 Halladay, Addi	95	Unattached -	FOUL

Event 51 Men Hammer Throw Championship

CJR: 74.11m * 22/09/2012 Adam Kennan

CJCR: 71.32m 29/07/2012 Adam Keenan

Name	Yr	Team	Finals
Flight 1			
1 489 Nguyen, Charles	94	ST Thomas LE	64.88m
2 528 Millman, Peter	94	Truro Lions	63.29m
3 581 Skeath, Jared	94	University O	56.67m
4 558 Urniezius, Curtis	94	Unattached-M	56.33m
5 147 Beaulieu, Simon	94	C. A. Univer	54.29m
6 452 Wilson, Lee	95	Sarnia Athle	44.40m
7 113 Leblanc, Aaron	94	ASEA	43.21m
8 546 Yee, Daniel	94	U OF C Athle	42.53m
9 252 Kerr, David	94	Fredericton	41.71m
10 272 Horsford, Brandon	95	Kilomaitres	40.24m
11 231 Locquiao, Michael	96	Dynamique de	39.85m

Event 53 Women Hammer Throw Championship

CJR: 58.84m * 22/05/1999 Jennifer Joyce

CJCR: 57.34m 2005 Marie Eve Boisselle

Name	Yr	Team	Finals
Flight 1			
1 267 Covington, Asianna	95	Kajaks Track	54.84m
2 269 Derker, Breanna	94	Kamloops Tra	51.68m
3 527 Gallagher, Kayla	94	Truro Lions	51.66m
4 526 Forsyth, Montana	94	Truro Lions	51.03m
5 552 Graf, Serena	94	Unattached B	47.31m
6 563 Cudjoe, Ekua	94	University O	46.53m
7 470 Irwin, Samantha	94	South Simcoe	44.19m
8 324 Jutzi, Brett	95	London Weste	41.13m
9 323 Jantzi, Brindley	94	London Weste	40.41m
10 236 Garcia, Leanna	95	Elite Athlet	40.25m
11 443 Coyle, Alexandra	95	Sarnia Athle	40.18m
12 562 Cassell, Cyerra	97	University O	39.25m
13 245 Mayne, Julie	95	Excel Athlet	38.92m
14 225 Dubois, Ariane	95	Dynamique de	36.37m
15 548 Halladay, Addi	95	Unattached -	33.11m

Event 54 Men Javelin Throw Championship

CJR: 75.46m * 17/05/1998 Scott Russell

CJCR: 71.19m 10/07/2011 Cody Parker

Name	Yr	Team	Finals
Flight 1			
1 576 Karakolis, Evan	94	University O	66.21m
2 633 Krzyszkowski, John	94	York Univers	63.83m
3 271 Kereszti, Mason	94	Kamloops Tra	62.06m
4 196 Mayhew, Dillon	95	Chinook Trac	56.46m
5 449 Campbell, Scott	94	Sarnia Athle	55.93m
6 263 Lepage, Frédéric	94	Independant	55.08m
7 221 Rudan, Alexander	94	Durham Drago	54.73m
8 574 Christodoulou, William	95	University O	53.26m
9 180 Ost, Austin	95	Caltaf Athle	50.47m
10 193 Bissonnette, Paul	94	Chebucto Ath	48.26m
11 214 Deslauriers, Charles-Antc	95	Corsaire-Cha	46.59m
12 471 Armstrong, Mathew	95	South Simcoe	46.02m

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Event 55 Women Javelin Throw Championship

CJR: 52.36m * 13/04/2007 Elizabeth Gleadle

CJCR: 50.86m 2006 Elizabeth Gleadle

Name	Yr	Team	Finals
Flight 1			
1 274 Diaz Espin, Ixhil	95	Lachine	46.65m
2 549 Hernandez, Tiffanni	94	Unattached -	43.66m
3 455 Thorpe, Nakia	95	Saskatoon TF	40.94m
4 460 Gribbons, Kelly	95	Saugeen Trac	40.47m
5 251 Berry, Zoe	94	Fredericton	38.98m
6 322 Hoxar, Brooke	94	London Weste	36.87m
7 325 Warren, Natalie	95	London Weste	34.79m

Event 57 Women 1500 Meter Run Championship

Top 5 + 2 next 2 fastest times

CJR: 4:06.71 * 15/09/1972 Glenda Reiser

CJCR: 4:20.50 18/07/2009 Kendra Schaaf

Name	Yr	Team	Prelims
Heat 1 Preliminaries			
1 570 Stafford, Gabriela	95	University O	4:36.06Q
2 344 Hawthorn, Natalia	95	Newmarket HU	4:36.12Q
3 288 Phelan, Jaimie	95	Laurel Creek	4:36.50Q
4 408 McLeod, Vanessa	94	Phoenix Athl	4:36.60Q
5 369 Noel, Peggy	94	Ocean Athlet	4:38.02Q
6 553 Mackenzie, Kansas	94	Unattached B	4:39.63
7 246 Ouellet, Béatrice	94	Fil-Oup	4:44.34
8 469 Hamilton, Georgia	95	South Simcoe	4:45.80
9 173 Ceyhan, Gillian	96	Caltaf Athle	4:46.22
10 638 Perreault, Chloé	94	Zénix de la	4:46.83
11 536 Zarnke, Sasha	95	U OF C Athle	4:52.96
12 264 Cyr, Myriam	97	Islanders TR	4:59.49
--- 197 Carrier-Laforte, Sophie	95	Cirrus de l'	DNF

Heat 2 Preliminaries

1 492 Zrinyi, Julia	94	Stride Ahead	4:32.08Q
2 270 Stone, Kala	95	Kamloops Tra	4:32.83Q
3 169 Westaway, Jenna	94	Calgary Inte	4:34.64Q
4 241 Lucki, Alexandra	96	Etobicoke TR	4:35.16Q
5 564 Hennessy, Kelly	94	University O	4:36.74Q
6 598 Siemens, Alexandra	95	Valley Royal	4:36.85q
7 534 Sumner, Claire	95	U OF C Athle	4:37.10q
8 184 Pinkoski, Megan	94	Capital City	4:42.23
9 144 Pomerleau, Caroline	95	C. A. Univer	4:42.93
10 431 Dunn, Taylor	97	Saint John T	4:45.79
11 342 Armstrong, Jessica	97	Newmarket HU	4:46.11
12 345 Rothenbroker, Meghan	95	Newmarket HU	5:01.57
--- 219 Nock, Paige	95	Durham Drago	DNS

Event 57 Women 1500 Meter Run Championship

Top 5 + 2 next 2 fastest times

CJR: 4:06.71 * 15/09/1972 Glenda Reiser

CJCR: 4:20.50 18/07/2009 Kendra Schaaf

Name	Yr	Team	Finals
Section 1 Finals			
1 492 Zrinyi, Julia	94	Stride Ahead	4:18.53

2 570 Stafford, Gabriela	95	University O	4:22.03
3 408 McLeod, Vanessa	94	Phoenix Athl	4:24.00
4 288 Phelan, Jaimie	95	Laurel Creek	4:29.51
5 344 Hawthorn, Natalia	95	Newmarket HU	4:29.67
6 270 Stone, Kala	95	Kamloops Tra	4:34.20
7 169 Westaway, Jenna	94	Calgary Inte	4:35.15
8 369 Noel, Peggy	94	Ocean Athlet	4:37.34
9 564 Hennessy, Kelly	94	University O	4:38.78
10 598 Siemens, Alexandra	95	Valley Royal	4:40.52
11 534 Sumner, Claire	95	U OF C Athle	4:45.06
12 241 Lucki, Alexandra	96	Etobicoke TR	4:45.97

Event 58 Women 400 Meter Hurdles Championship

Top 2 + next 2 fastest times

CJR: 56.55 * 28/07/1986 Donalda Duprey

CJCR: 57.66 1992 Erica Peterson

Name	Yr	Team	Prelims
Heat 1 Preliminaries			
1 233 Hrycun, Alexa	94	Edmonton Har	1:00.49Q
2 466 Bennett, Yanique	94	South Simcoe	1:01.35Q
3 156 Dahms, Marie-Ève	95	C.A.N.I.	1:04.54
4 283 Coulis, Ivy	96	Laurel Creek	1:05.08
5 432 Leblanc, Victoria	97	Saint John T	1:06.16
6 533 Meeuwisse, Kelly Ann	94	U OF C Athle	1:06.95
--- 380 Jones, Reilly	96	Ottawa Lions	DQ
--- 384 Lamothe, Alexia	96	Ottawa Lions	SCR
Heat 2 Preliminaries			
1 168 Watson, Sage	94	Calgary Inte	1:00.60Q
2 486 Gonzalez, Alejandra	94	ST Thomas LE	1:01.74Q
3 379 Hayes, Bridget	95	Ottawa Lions	1:03.11q
4 101 Skimming, Nicole	97	310 Running	1:04.11
5 212 Tremblay, Mylène	95	Corsaire-Cha	1:06.38
6 287 Parsons, Megan	95	Laurel Creek	1:07.57
7 420 Bessette, Roxanne	96	Rive-Sud	1:08.06
8 440 Stavrakos, Vivian	94	Saint-Lauren	1:08.29
Heat 3 Preliminaries			
1 321 Farquhar, Taylor	94	London Weste	1:01.35Q
2 157 Tierney, Alexandra	96	C.A.N.I.	1:02.12Q
3 133 Radoslav, Taysia	96	Burlington T	1:02.19q
4 423 Myre-Bourgault, Mariann	94	Rive-Sud	1:05.22
5 281 Bulten, Rheanna	95	Laurel Creek	1:05.51
6 385 McBride, Alannah	95	Ottawa Lions	1:07.96
7 375 Chiarelli, Alexandra	96	Ottawa Lions	1:09.72

Event 58 Women 400 Meter Hurdles Championship

Top 2 + next 2 fastest times

CJR: 56.55 * 28/07/1986 Donalda Duprey

CJCR: 57.66 1992 Erica Peterson

Name	Yr	Team	Finals
Section 1 Finals			
1 168 Watson, Sage	94	Calgary Inte	58.80
2 466 Bennett, Yanique	94	South Simcoe	59.03
3 233 Hrycun, Alexa	94	Edmonton Har	1:00.35
4 321 Farquhar, Taylor	94	London Weste	1:00.50

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Section 1 Finals ... (Event 58 Women 400 Meter Hurdles Championship)

Name	Yr	Team	Finals
5 157 Tierney, Alexandra	96	C.A.N.I.	1:01.87
6 486 Gonzalez, Alejandra	94	ST Thomas LE	1:01.96
7 133 Radoslav, Taysia	96	Burlington T	1:02.08
8 379 Hayes, Bridget	95	Ottawa Lions	1:03.87

Event 59 Men 4x400 Meter Relay Championship

CJR: 3:08.92 * 25/08/1984 Canada

B. Whyte, N. Douglas, R. Richards, J. Graham

CJCR: 3:15.47 10/07/2011 BC Athletics

M. Swanson, T. Vugteveen, J. Turner, K. Neal

Team	Relay	Finals
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Section 1

1 Laurel Creek	A	3:22.85
2 Newmarket HU	A	3:24.02
1) 351 Papania, Marco 94	2) 353 Richardson, Ben 95	
3) 357 Viveiros, Matthew 95	4) 352 Pare, Tim 96	
3 CaltafAthle	A	3:24.42
1) 179 Kellner, Thomas 94	2) 181 Stephen, Brent 96	
3) 176 Faul, James 95	4) 177 Ivan, Alexander 94	
4 Xcel Track & Field	A	3:33.89
1) 631 Miller, Christopher 97	2) 998 Rhone, Daiten	
3) 996 Stoeckle, Patrick	4) 997 Frith, Cyan	
5 C. A. Univer	A	3:34.60
1) 146 Audet, Nicolas 94	2) 150 Morin, Nicolas 94	
3) 152 Nyemeck, Ivan 98	4) 149 Labrecque, Luis-Miguel 97	
--- U OF C Athletics Club	A	DQ
1) 540 Hudson, Jeff 96	2) 542 Lariviere, Taylor 94	
3) 539 Dragicevic, Nikola 94	4) 543 Nordmark, Daelin 95	

Section 2

1 The Speed AC	A	3:14.08
2 Supreme Athletics	A	3:14.46
1) 500 Pal Jola, Nienkel 94	2) 497 Green, Christopher 94	
3) 503 Webster, Joel 94	4) 501 Stephenson, Jermaine 94	
3 Windsor Legi	A	3:15.72
1) 609 Beaudoin, Shawn 94	2) 612 Papak, Dylan 95	
3) 610 Bellemore, Corey 94	4) 611 McBride, Brandon 94	
4 University O	A	3:18.80
1) 584 Weathers, Isiah 94	2) 572 Beckerman, Sam 95	
3) 582 Smart, Sacha 94	4) 579 Nice, Kyle 96	
7 Ottawa Lions T.F.C.	A	3:26.08
1) 391 Bedard, Matthew 96	2) 393 Embury, Wade 94	
3) 395 Lalonde, Justin 95	4) 399 Palamar, Adam 94	
--- Winnipeg Opt	A	DNS
1) 624 Guy, Eric 95	2) 622 Croy, Ryan 94	
3) 628 Schindell, Brayden 94	4) 627 Sader, Levi 94	

Section 3

1 Team British Columbia	A	3:19.70
1) 204 George, Nathan 94	2) 373 Turner, Rostam 95	
3) 205 Harding, Hodson 94	4) 586 Restall, Brendon 94	
4 Equipe du Quebec	B	3:27.69
1) 465 Roy, Jérémie 96	2) 1012 Scotto, Alexandre	
3) 247 Lalonde, Marc-Antoine 96	4) 463 Aber, Yassine 96	

5 Equipe du Quebec	A	3:22.46
1) 603 Sturkenboom, Mathieu 94	2) 148 Bussières, Alex 94	
3) 153 Veillette, Félix 94	4) 644 Tourigny-Plante, Alex 95	

Event 60 Women 4x400 Meter Relay Championship

CJR: 3:38.53 * 22/06/1997 Canada

K.Liphardt, S. Brown, L.Ince-Mercer, J. Mayhue

CJCR: 3:43.28 27/07/2008 U of T Track Club

M.Buttinger, S. Wells, N. Geiger, A. McBean

Team	Relay	Finals
--- Team British Columbia	B	SCR

Section 1

1 Calgary International	A	3:50.69
1) 167 Sherman, Sierra 95	2) 169 Westaway, Jenna 94	
3) 170 Wilson, Tegan 97	4) 168 Watson, Sage 94	
2 Laurel Creek	A	3:51.43
3 University O	A	3:54.53
1) 565 Jones, Cassandra 94	2) 570 Stafford, Gabriela 95	
3) 561 Adamson, Jessica 94	4) 569 Powell, Micha 95	
4 Ottawa Lions T.F.C.	A	3:55.43
1) 386 McIntyre, Victoria 95	2) 379 Hayes, Bridget 95	
3) 380 Jones, Reilly 96	4) 378 Gardner, Charlotte 94	
5 U OF C Athletics Club	B	4:03.10
1) 529 Krill, Sydney 95	2) 532 McDougall, Natalie 97	
3) 535 Wilson, Joanna 94	4) 533 Meeuwisse, Kelly Ann 94	

Section 2

5 Equipe du Quebec	A	3:55.49
1) 404 Lanza, Olivia 94	2) 145 St-Pierre, Marie-Colombe 94	
3) 419 Béliveau, Émy 95	4) 462 Bouchard, Maité 95	
6 Equipe du Quebec	B	4:02.53
1) 420 Bessette, Roxanne 96	2) 140 Bourget, Valérie 96	
3) 1007 Lalonde, Joanie	4) 1008 Bouchard, Jade	
8 Unattached Quebec	A	4:11.31
1) 1009 Corrigan, Genevieve	2) 197 Carrier-Laforte, Sophie 95	
3) 1010 Myre-B., Marianne	4) 1011 Nahlia, Alexia	

Event 114 Men 800 Meter Run Championship

Top 2 + next 2 fastest times

Name	Yr	Team	Prelims
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Heat 1 Preliminaries

1 399 Palamar, Adam	94	Ottawa Lions	1:55.45Q
2 410 Silva, Elijah	95	Phoenix Athl	1:55.73Q
3 127 Land, Tommy	94	Brantford T.	1:56.34
4 602 So, Matthew	95	Vancouver TH	1:56.44
5 352 Pare, Tim	96	Newmarket HU	1:57.22
6 436 Dumouchel, Pierre	96	Saint John T	1:58.03
7 153 Veillette, Félix	94	C. A. Univer	1:58.81
8 300 Christ, Adrian	94	Legacy Athle	2:00.41

Heat 2 Preliminaries

1 603 Sturkenboom, Mathieu	94	Vaudreuil-Do	1:53.32Q
2 290 Buttinger, Scott	94	Laurel Creek	1:53.44Q
3 329 Moodie, Triphon	94	London Weste	1:53.79q
4 315 Wilson, Liam	95	London Legio	1:55.10
5 262 Smith, Liam	95	Hamilton Oly	1:55.59

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Heat 2 Preliminaries ... (Event 114 Men 800 Meter Run Championship)

Name	Yr	Team	Prelims
6 256 Kemp, Thomas	96	Greater Uxbr	1:55.73
7 176 Faul, James	95	Caltaf Athle	1:58.66
8 299 Paré, Maxime	96	Lavironde	1:59.14

Heat 3 Preliminaries

1 610 Bellemore, Corey	94	Windsor Legi	1:52.42Q
2 582 Smart, Sacha	94	University O	1:53.06Q
3 148 Bussi�eres, Alex	94	C. A. Univer	1:53.07q
4 128 Malcolm, Riley	95	Brantford T.	1:54.44q
5 247 Lalonde, Marc-Antoine	96	Fleur de Lys	1:57.13
6 353 Richardson, Ben	95	Newmarket HU	1:57.79
7 182 Undseth, Brennan	96	Caltaf Athle	1:58.79
8 641 Labreche, William	97	Z�enix de la	2:03.98

Event 114 Men 800 Meter Run Championship**Top 2 + next 2 fastest times**

Name	Yr	Team	Finals
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Section 1 Finals

1 610 Bellemore, Corey	94	Windsor Legi	1:50.58
2 290 Buttinger, Scott	94	Laurel Creek	1:50.71
3 582 Smart, Sacha	94	University O	1:51.01
4 603 Sturkenboom, Mathieu	94	Vaudreuil-Do	1:51.19
5 399 Palamar, Adam	94	Ottawa Lions	1:52.58
6 148 Bussi�eres, Alex	94	C. A. Univer	1:53.32
7 329 Moodie, Triphon	94	London Weste	1:54.57
8 410 Silva, Elijah	95	Phoenix Athl	1:55.07
9 127 Land, Tommy	94	Brantford T.	1:56.29

Event 116 Women 800 Meter Run Championship**Top 3 + next 2 fastest times**

Name	Yr	Team	Prelims
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Heat 1 Preliminaries

1 412 Armstrong, Nicole	96	Physi-Kult K	2:14.75Q
2 408 McLeod, Vanessa	94	Phoenix Athl	2:15.01Q
3 459 Diemert, Ellen	95	Saugeen Trac	2:15.12Q
4 241 Lucki, Alexandra	96	Etobicoke TR	2:15.19q
5 378 Gardner, Charlotte	94	Ottawa Lions	2:17.63
6 270 Stone, Kala	95	Kamloops Tra	2:17.69
7 650 Robinson, Katie	95	Saint John T	2:17.93
8 219 Nock, Paige	95	Durham Drago	2:21.07

Heat 2 Preliminaries

1 169 Westaway, Jenna	94	Calgary Inte	2:13.72Q
2 303 Kelly, Madeleine	95	Les Coureurs	2:13.75Q
3 255 Kearley, Julia	97	Greater Uxbr	2:14.01Q
4 126 Collin, Cozette	95	Brantford T.	2:15.62q
5 203 Menzies, Miranda	94	Coquitlam CH	2:16.22
6 184 Pinkoski, Megan	94	Capital City	2:19.34
7 462 Bouchard, Mait�e	95	Sherbrooke	2:20.80
--- 288 Phelan, Jaimie	95	Laurel Creek	DNS

Event 116 Women 800 Meter Run Championship**Top 3 + next 2 fastest times**

Name	Yr	Team	Finals
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Section 1 Finals

1 408 McLeod, Vanessa	94	Phoenix Athl	2:04.89
2 169 Westaway, Jenna	94	Calgary Inte	2:06.28
3 412 Armstrong, Nicole	96	Physi-Kult K	2:11.84
4 303 Kelly, Madeleine	95	Les Coureurs	2:12.29
5 241 Lucki, Alexandra	96	Etobicoke TR	2:13.65
6 255 Kearley, Julia	97	Greater Uxbr	2:13.94
7 459 Diemert, Ellen	95	Saugeen Trac	2:15.01
8 126 Collin, Cozette	95	Brantford T.	2:21.30

Event 121 Men Triple Jump Qualifer**Top 2 advance****Any jump over 13.30m**

Name	Yr	Team	Finals
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Flight 1

1 189 Belyea, Stephen	96	Central Nova	13.35m -1.6
2 188 Schaub, Richard	94	Capital City	13.25m -1.6
3 152 Nyemeck, Ivan	98	C. A. Univer	13.21m -1.9
4 626 Nkwonta, Gee-Ef	94	Winnipeg Opt	12.81m -1.6
5 524 Deisinger, Willem	97	Track North	12.01m -1.3
6 525 Taylor, Ryan	98	Track North	11.67m -0.4
--- 429 Nchutinzi, Azer	95	Rive-Sud	DNS NWI