

2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****Women 60 Metre Dash****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

CIS: @ 7.31 2009		Genevieve Thibault, Laval			
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Khamica	Bingham	York	7.23	7.33Q 2
2	Marissa	Kurtimah	Guelph	7.60	7.55Q 1
3	Sabrina	Nettey	Trinity Western	7.55	7.61Q 1
4	Jalicia	Clarke	Windsor	7.59	7.64Q 2 7.639
5	Maggie	Hanlon	Toronto	7.61	7.64Q 1 7.633
6	Michelle	Young	Saskatchewan	7.57	7.68Q 2
7	Karry-Ann	Cornwall	Guelph	7.57	7.67q 1
8	Frederique	Djousou-lornq	Sherbrooke	7.64	7.71q 1 7.707
9	Merissa	Margetts	Regina	7.65	7.71 1 7.710
10	Tameran	Defreitas	York	7.63	7.74 2
11	Jenn	Zimmer	Calgary	7.72	7.76 2
12	Sheereen	Harris	York	7.63	7.79 2

Women 60 Metre Dash

CIS: @ 7.31 2009		Genevieve Thibault, Laval			
Name	Year	School	Prelims	Finals	Points
Finals					
1	Khamica	Bingham	York	7.33	7.26@ 10
2	Marissa	Kurtimah	Guelph	7.55	7.52 8
3	Jalicia	Clarke	Windsor	7.64	7.53 6
4	Karry-Ann	Cornwall	Guelph	7.67	7.56 5 7.553
5	Sabrina	Nettey	Trinity Western	7.61	7.56 4 7.560
6	Michelle	Young	Saskatchewan	7.68	7.58 3
7	Maggie	Hanlon	Toronto	7.64	7.59 2
8	Frederique	Djousou-lornq	Sherbrooke	7.71	7.68 1

Women 300 Metre Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

CIS: @ 37.35 2005		Adrienne Power, Dalhousie			
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Marie-Colombe	St-Pierre	Laval	39.31	39.11Q 1
2	Khamica	Bingham	York	38.54	39.13Q 3
3	Brenna	Thomson	Western	39.05	39.91Q 2
4	Maggie	Hanlon	Toronto	39.84	39.34q 3



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5	Natalie Geiger	Toronto	39.21	39.62q	1
6	Katrin Ritchie	Saskatchewan	39.65	39.84q	3
7	Daniella Clonfero	Alberta	40.01	40.05q	2
8	Sheereen Harris	York	39.37	40.07q	2
9	Eilish MacQuarrie	St. Francis Xavier	40.04	40.07	1
10	Marissa Kurtimah	Guelph	40.20	40.07	1
11	Anastasia Pearse	Trinity Western	40.39	40.93	2
12	Emily Omahen	Windsor	40.45	41.35	3

Women 300 Metre Dash

CIS: @ 37.35 2005 Adrienne Power, Dalhousie

Name	Year	School	Prelims	Finals	H#	Points
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Finals

1	Khamica Bingham	York	39.13	38.36	2	10
2	Maggie Hanlon	Toronto	39.34	39.04	2	8
3	Marie-Colombe St-Pierre	Laval	39.11	39.08	2	6
4	Natalie Geiger	Toronto	39.62	39.34	2	5
5	Brenna Thomson	Western	39.91	39.47	1	4
6	Katrin Ritchie	Saskatchewan	39.84	39.63	1	3
7	Daniella Clonfero	Alberta	40.05	39.91	1	2
8	Sheereen Harris	York	40.07	40.52	1	1

Women 600 Metre Run**7 Advance: Top 1 Each Heat plus Next 5 Best Times**

2 turn stagger

CIS: @ 1:27.63 1984 Camille Cato, York

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1	Rachel Francois	Victoria	1:29.38	1:29.93Q	2
2	Grace Annear	Victoria	1:30.18	1:30.16Q	1
3	Honor Walmsley	Toronto	1:32.39	1:31.85q	1
4	Shauna Malek	Western	1:33.38	1:31.92q	1
5	Katelyn Ayers	Guelph	1:31.92	1:32.15q	2
6	Fiona Callender	Toronto	1:32.22	1:32.70q	1
7	Charlotte Gardner	Ottawa	1:33.35	1:33.10q	2
8	Amanda Banks	Saskatchewan	1:29.58	1:33.61	1
9	Katrin Ritchie	Saskatchewan	1:31.73	1:33.71	2
10	Adrea Propp	Regina	1:33.38	1:34.50	1
11	Rachel Jewett	Toronto	1:32.71	1:34.66	2
12	Marie-Eve Jacques	Sherbrooke	1:35.96	1:37.50	2



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****Women 600 Metre Run**

2 turn stagger

CIS: @ 1:27.63 1984 Camille Cato, York

Name	Year	School	Prelims	Finals	Points
Finals					
1 Rachel Francois		Victoria	1:29.93	1:28.40	10
2 Grace Annear		Victoria	1:30.16	1:29.18	8
3 Charlotte Gardner		Ottawa	1:33.10	1:31.40	6
4 Katelyn Ayers		Guelph	1:32.15	1:31.61	5
5 Fiona Callender		Toronto	1:32.70	1:31.70	4
6 Honor Walmsley		Toronto	1:31.85	1:32.51	3
7 Shauna Malek		Western	1:31.92	1:32.79	2

Women 1000 Metre Run

Will use a two-waterfall start

with fastest four qualifiers in outside waterfall.

CIS: @ 2:42.81 1988 Paula Schnurr, McMaster

Name	Year	School	Seed	Finals	Points
1 Fiona Benson		Trinity Western	2:47.68	2:50.97	10
2 Honor Walmsley		Toronto	2:49.51	2:51.10	8
3 Colleen Hennessy		Toronto	2:49.92	2:51.88	6
4 Shauna Malek		Western	2:51.51	2:52.12	5
5 Nicole Soderberg		Victoria	2:50.88	2:52.97	4
6 Melissa Caruso		Western	2:51.44	2:53.83	3
7 Emma Cook-Clarke		Calgary	2:49.55	2:54.04	2
8 Laurence Côté		Laval	2:50.98	2:54.10	1
9 Amanda Banks		Saskatchewan	2:48.52	2:55.34	
-- Katelyn Ayers		Guelph	2:45.32	DQ	163.2

Women 1500 Metre Run

Will use a two-waterfall start

with fastest four qualifiers in outside waterfall.

CIS: @ 4:16.41 1988 Paula Schnurr, McMaster

Name	Year	School	Seed	Finals	Points
1 Sarah Inglis		Trinity Western	4:25.75	4:22.15	10
2 Shauna McInnis		Victoria	4:28.16	4:26.07	8
3 Carise Thompson		Guelph	4:23.85	4:26.98	6
4 Colleen Hennessy		Toronto	4:29.93	4:27.45	5
5 Julie-Anne Staehli		Queen's	4:29.85	4:28.97	4
6 Becky Pieterston		Western	4:30.69	4:29.42	3



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****....Women 1500 Metre Run**

7 Gabriella Stafford	Toronto	4:28.08	4:30.06	2
8 Sophie Watts	Guelph	4:30.01	4:30.99	1
9 Alison Jackson	Trinity Western	4:31.41	4:32.92	
10 Fiona Benson	Trinity Western	4:27.54	4:34.00	
11 Joanie Roy	Montreal	4:29.19	4:38.45	

Women 3000 Metre Run

Will use a two-waterfall start
with fastest five qualifiers in outside waterfall.

CIS: @ 9:04.88 1988 Brenda Shackleton, Victoria

Name	Year	School	Seed	Finals	Points
1 Julie-Anne Staehli		Queen's	9:32.45	9:32.91	10
2 Carise Thompson		Guelph	9:33.48	9:33.98	8
3 Gabriella Stafford		Toronto	9:38.10	9:39.03	6
4 Heather Petrick		Guelph	9:40.27	9:39.41	5
5 Victoria Coates		Queen's	9:32.71	9:40.98	4
6 Regan Yee		Trinity Western	9:40.39	9:51.22	3
7 Alison Jackson		Trinity Western	9:36.22	9:51.29	2
8 Katrina Allison		Guelph	9:44.76	9:53.47	1
9 Maddy McDonald		McMaster	9:34.44	9:53.95	
10 Joanie Roy		Montreal	9:43.36	9:59.50	
11 Sarah Inglis		Trinity Western	9:27.78	9:59.66	
12 Robyn Mildren		Guelph	9:41.02	10:02.41	
13 Melissa Hardy		St. Francis Xavier	9:51.44	10:20.25	

Women 60 Metre Hurdles 0.838m**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

13.00 m to first hurdle, then every 8.50 m (yellow marks).

CIS: @ 8.23 1997 Sonia Paquette, Sherbrooke

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Michelle Young		Saskatchewan	8.37	8.37Q	2
2 Amilia Di Chiara		Windsor	8.45	8.50Q	1
3 Hazel Ross		Trinity Western	8.59	8.53Q	2
4 Merissa Margetts		Regina	8.61	8.60Q	1 8.593
5 Laurence Beaudet		Montreal	8.58	8.60Q	2 8.594
6 Sarah Swain		Windsor	8.61	8.63Q	1
7 Tomeizel Barry		Guelph	8.68	8.65q	2
8 Robin Bone		Western	8.73	8.74q	1
9 Rachel Machin		Calgary	8.57	8.79	1



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10 Shaylyn Kowalchuk	Western	8.71	8.81	2
11 Astrid Nyame	Saskatchewan	8.73	8.86	1
12 Maya Daly	Trinity Western	8.75	8.87	2

Women 60 Metre Hurdles 0.838m

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13.00 m to first hurdle, then every 8.50 m (yellow marks).

CIS: @ 8.23 1997 Sonia Paquette, Sherbrooke

Name	Year School	Prelims	Finals	Points
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Finals

1 Michelle Young	Saskatchewan	8.37	8.29	10	
2 Amilia Di Chiara	Windsor	8.50	8.41	8	
3 Laurence Beaudet	Montreal	8.60	8.53	6	8.521
4 Hazel Ross	Trinity Western	8.53	8.53	5	8.529
5 Sarah Swain	Windsor	8.63	8.55	4	
6 Tomeizel Barry	Guelph	8.65	8.56	3	
7 Robin Bone	Western	8.74	8.63	2	
8 Merissa Margetts	Regina	8.60	8.64	1	

Women 4x200 Metre Relay**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

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CIS: @ 1:36.53 2013-03-09 Toronto, Toronto

K Bingham, A Brown, S Wells, N Geiger

School	Seed	Prelims	H#
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Preliminaries

1 York	1:39.95	1:39.52Q	3
1) Khamica Bingham			
3) Danielle Knight			
2 Guelph	1:40.62	1:39.84Q	2
1) Marissa Kurtimah			
3) Heather Rayner			
3 Alberta	1:41.07	1:41.10Q	1
1) Alexa Hrycun			
3) Melissa Lotholz			
4 Toronto	1:41.22	1:40.13Q	2
1) Natalie Geiger			
3) Jess Caterini			
5 Windsor	1:41.59	1:41.11Q	3
1) Emily Omahen			
3) Nathana Griffiths			
6 Western	1:40.86	1:42.96Q	1



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1) Sarah Clancy	2) Caroline Ehrhardt			
3) Jen Barbon	4) Cassandra Pascal			
7 Trinity Western		1:41.39	1:41.77q	3
1) Maya Daly	2) Hazel Ross			
3) Anastasia Pearse	4) Liza Whitehead			
8 Calgary		1:43.36	1:42.47q	3
1) Cassandre Collins	2) Jenn Zimmer			
3) Katie Owens	4) Isabella Hernandez			
9 Sherbrooke		1:43.27	1:43.19	2
1) Julie Armand	2) Frederique Djousou-lorng			
3) Marie-Eve Jacques	4) Amélie Gélinas-Lafrenière			
10 Waterloo		1:42.26	1:43.21	2
1) Tegan Sauer	2) Monica Januszek			
3) Jenny Carrique	4) Naomi Lance			
11 Regina		1:43.12	1:43.86	1
1) Renee Lavoy	2) Merissa Margetts			
3) Adrea Propp	4) Shalane Haselhan			
12 St. Francis Xavier		1:45.96	1:44.80	3
1) Abbi Finnan	2) Bridget Brennan			
3) Jillian Murphy	4) Eilish MacQuarrie			
13 Manitoba		1:43.22	1:48.25	1
1) Sasanie Wanigasekara	2) Amy Graceffo			
3) Mallory Waters	4) Sarah Huebert			

Women 4x200 Metre Relay

CIS: @ 1:36.53 2013-03-09 Toronto, Toronto

K Bingham, A Brown, S Wells, N Geiger

School	Prelims	Finals	H#	Points
Finals				
1 York	1:39.52	1:38.53	2	10
1) Khamica Bingham	2) Sheereen Harris			
3) Danielle Knight	4) Tameran Defreitas			
2 Toronto	1:40.13	1:39.20	2	8
1) Natalie Geiger	2) Maggie Hanlon			
3) Fiona Callender	4) Maddie Warren			
3 Guelph	1:39.84	1:39.68	2	6
1) Marissa Kurtimah	2) Karry-Ann Cornwall			
3) Heather Rayner	4) Vivian Stavrakos			
4 Windsor	1:41.11	1:40.11	1	5
1) Emily Omahen	2) Emilie Halle			
3) Nathana Griffiths	4) Jalicia Clarke			
5 Alberta	1:41.10	1:41.13	2	4



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1) Alexa Hrycun	2) Daniella Clonfero				
3) Melissa Lotholz	4) Monique Gervais				
6 Trinity Western		1:41.77	1:42.26	1	3
1) Sabrina Nettey	2) Hazel Ross				
3) Rachel Shuttleworth	4) Liza Whitehead				
7 Calgary		1:42.47	1:42.34	1	2
1) Cassandre Collins	2) Jenn Zimmer				
3) Katie Owens	4) Isabella Hernandez				
8 Western		1:42.96	1:43.00	1	1
1) Cassandra Pascal	2) Caroline Ehrhardt				
3) Jen Barbon	4) Brenna Thomson				

Women 4x400 Metre Relay

 CIS: @ 3:41.47 2012-03-10 U of Toronto, Toronto
 A Brown, R Jewett, F Callender, S Wells

School	Seed	Finals	H#	Points
1 Toronto	3:42.79	3:42.55	2	10
1) Maggie Hanlon	2) Rachel Jewett			
3) Fiona Callender	4) Natalie Geiger			
2 Victoria	3:47.98	3:46.46	2	8
1) Rachel Francois	2) Nicole Soderberg			
3) Jenica Moore	4) Grace Annear			
3 Western	3:49.84	3:48.33	2	6
1) Brenna Thomson	2) Shauna Malek			
3) Genny Cyrenne	4) Katie Bell			
4 Guelph	3:53.24	3:50.32	1	5
1) Heather Rayner	2) Marissa Kurtimah			
3) Karry-Ann Cornwall	4) Katelyn Ayers			
5 Windsor	3:53.78	3:50.68	1	4
1) Emilie Halle	2) Camille Wallace			
3) Olivia Creary	4) Samantha Kellam			
6 Waterloo	3:52.36	3:50.90	1	3
1) Chantel Pilon	2) Naomi Lance			
3) Monica Januszek	4) Rachel Brown			
7 Calgary	3:49.04	3:52.01	2	2
1) Rachael McIntosh	2) Cassandre Collins			
3) Katelyn Lehner	4) Jenn Zimmer			
8 Saskatchewan	3:50.16	3:53.05	2	1
1) Michelle Young	2) Elecktra Charles			
3) Sophia Zemlak	4) Amanda Banks			
9 Laval	3:52.03	3:53.35	2	
1) Marie-Colombe St-Pierre	2) Laurence Côté			



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3) Andréanne Frigon	4) Jessie Thibault			
10 Trinity Western	3:54.76	3:54.98	1	
1) Rachel Shuttleworth	2) Maya Daly			
3) Meg Harradine	4) Anastasia Pearse			
11 Sherbrooke	3:55.81	3:57.38	1	
1) Amélie Gélinas-Lafrenière	2) Marie-Eve Jacques			
3) Beatrice Moyon-Sylvestre	4) Julie Armand			
12 Regina	4:01.95	3:57.52	1	
1) Renee Lavoy	2) Merissa Margetts			
3) Anneliese Davis	4) Adrea Propp			

Women 4x800 Metre Relay

Will use a two-waterfall start
with fastest four qualifiers in outside waterfall.

CIS: @ 8:41.66 1988 , Victoria
Jones, Meagher, Shackleton, Wellman

School	Seed	Finals	Points
1 Victoria	8:55.24	8:42.39	10
1) Nicole Soderberg	2) Shauna McInnis		
3) Grace Annear	4) Rachel Francois		
2 Toronto	8:53.26	8:47.53	8
1) Kelly Hennessy	2) Fiona Callender		
3) Colleen Hennessy	4) Honor Walmsley		
3 Guelph	8:54.47	9:01.00	6
1) Emily Gordon	2) Sophie Watts		
3) Genevieve Lalonde	4) Katelyn Ayers		
4 Saskatchewan	9:06.49	9:05.99	5
1) Elecktra Charles	2) Tye Buettner		
3) Sophia Zemlak	4) Amanda Banks		
5 Trinity Western	9:04.41	9:06.01	4
1) Sarah Inglis	2) Meg Harradine		
3) Fiona Benson	4) Regan Yee		
6 Laval	9:18.57	9:08.99	3
1) Marguerite Plante-Dubé	2) Laurence Côté		
3) Catherine Gagné	4) Anne-Marie Gauthier		
7 Manitoba	9:11.15	9:11.23	2
1) Sarah Huebert	2) Amy Gelhorn		
3) Nicole Dubois	4) Rebekah Sass		
8 Calgary	9:01.74	9:11.26	1
1) Rachael McIntosh	2) Emma Cook-Clarke		
3) Gloria Kanuka	4) Sydney Banister		
9 Western	9:07.00	9:13.29	



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1) Courtney Long	2) Katie Bell		
3) Madison Halls	4) Becky Pieterston		
10 Dalhousie		9:17.78	9:31.76
1) Emily Clarke	2) Michaela Walker		
3) Michelle Reddy	4) Britany MacArthur		

Women High Jump

Start at 1.55m, up by 5cm to 1.70m,
then up by 3cm.

CIS: @ 1.87m 1986 Tami Lutz, UBC

Name	Year	School	Seed	Finals	Points					
1 Emma Nuttall		Trinity Western	1.86m	1.88m@	10					
	1.70	1.73	1.76	1.79	1.82	1.85	1.88	1.91		
	O	PPP	O	O	O	XO	XO	XXX		
2 Rebecca Haworth		Dalhousie	1.78m	1.82m	8					
	1.70	1.73	1.76	1.79	1.82	1.85				
	O	O	XO	XO	O	XXX				
3 Rachel Machin		Calgary	1.81m	1.76m	6					
	1.70	1.73	1.76	1.79						
	O	XO	O	XXX						
4 Caroline Tanguay		McGill	1.73m	1.73m	5					
	1.60	1.65	1.70	1.73	1.76					
	O	O	O	O	XXX					
5 Julia Wallace		Guelph	1.69m	J1.73m	4					
	1.60	1.65	1.70	1.73	1.76					
	O	O	O	XXO	XXX					
6 Stéphanie Doiron		Moncton	1.71m	J1.73m	3					
	1.55	1.60	1.65	1.70	1.73	1.76				
	O	O	O	XO	XXO	XXX				
7 Danielle Delage		Toronto	1.73m	1.65m	2					
	1.60	1.65	1.70							
	XO	O	XXX							
8 Katia Vasilyeva		Toronto	1.76m	J1.65m	1					
	1.60	1.65	1.70							
	O	XXO	XXX							
9 Nicola Charlesworth		Calgary	1.71m	1.60m						
	1.55	1.60	1.65							
	O	O	XXX							
9 Rachael McIntosh		Calgary	1.68m	1.60m						
	1.55	1.60	1.65							
	O	O	XXX							



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11	Lauren Taylor	Saskatchewan	1.72m	J1.60m
	1.60 1.65			
	XO XXX			
11	Tamara Paetsch	Manitoba	1.66m	J1.60m
	1.55 1.60 1.65			
	O XO XXX			
13	Macayla Cullen	Dalhousie	1.66m	J1.60m
	1.55 1.60 1.65			
	XO XO XXX			

Women Pole Vault

Start at 3.35m, up by 15cm to 3.80m,
then up by 10cm.

CIS: @ 4.23m 2010 Heather Hamilton, York

Name	Year	School	Seed	Finals	Points
1 Robin Bone		Western	4.15m	4.10m	10
	3.80 3.90 4.00 4.10 4.20 4.24				
	O O XXO XO XXP X				
2 Gabriella Duclos-Lasnier		Sherbrooke	4.05m	J4.10m	8
	4.00 4.10 4.20				
	O XXO XXX				
3 Kimberly Stephenson		Calgary	3.92m	3.90m	6
	3.80 3.90 4.00				
	O XO XXX				
4 Erika Fiedler		Guelph	3.92m	3.80m	4.50
	3.65 3.80 3.90				
	O O XXX				
4 Sam Allegro		Guelph	3.75m	3.80m	4.50
	3.35 3.50 3.65 3.80 3.90				
	O O O O XXX				
6 Alison Fung		Guelph	3.65m	3.65m	3
	3.35 3.50 3.65 3.80				
	O O XO XXX				
7 Mignon le Roux		Saskatchewan	3.75m	J3.65m	2
	3.35 3.50 3.65 3.80				
	O O XXO XXX				
8 Sharon Michalak		Western	3.82m	J3.65m	1
	3.50 3.65 3.80				
	XXO XXO XXX				
9 Sarah Swain		Windsor	3.65m	3.50m	
	3.35 3.50 3.65				
	O O XXX				



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10	Caroline Tanguay	McGill	3.62m	J3.50m
	3.35 3.50 3.65			
	XO O XXX			
11	Melissa Richards	Manitoba	3.62m	J3.50m
	3.35 3.50 3.65			
	O XO XXX			
11	Courtney Erickson	Saskatchewan	3.70m	J3.50m
	3.50 3.65			
	XO XXX			

Women Long Jump

CIS: @ 6.24m 2001		Jocelyn Adu-Gyamfi, Toronto						
Name	Year	School	Seed	Finals	Points			
1	Sabrina Nettey	Trinity Western	6.32m	6.16m	10			
	6.16m 6.00m PASS	6.04m PASS						
2	Joy Becker	Regina	5.97m	5.95m	8			
	5.65m 5.54m 5.81m 5.53m	5.95m FOUL						
3	Laurence Beaudet	Montreal	5.84m	5.87m	6			
	FOUL 5.87m 5.75m 5.84m	5.87m 5.71m						
4	Caroline Ehrhardt	Western	5.98m	J5.87m	5			
	5.10m 5.81m 5.87m 5.70m	FOUL FOUL						
5	Rachel Machin	Calgary	6.01m	5.82m	4			
	5.76m 5.66m FOUL 5.82m	5.70m 5.82m						
6	Hazel Ross	Trinity Western	5.81m	J5.82m	3			
	5.82m 5.64m 5.64m 5.62m	5.80m 5.55m						
7	Julia Wallace	Guelph	5.86m	5.78m	2			
	FOUL 5.50m 5.73m 5.78m	5.49m 5.68m						
8	Astrid Nyame	Saskatchewan	5.84m	5.74m	1			
	5.64m 5.74m 5.73m FOUL	FOUL 5.58m						
9	Rachael McIntosh	Calgary	5.90m	5.70m				
	5.54m 5.70m PASS							
10	Emily Omahen	Windsor	5.78m	5.67m				
	FOUL 5.67m 5.46m							
11	Éloise Rheault	Sherbrooke	5.88m	5.38m				
	5.38m FOUL 5.35m							
12	Katelyn Lehner	Calgary	5.83m	5.32m				
	5.27m 5.32m FOUL							



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****Women Triple Jump**

CIS: @ 13.01m 1993 Kelly Dinsmore, Windsor						
Name	Year	School	Seed	Finals	Points	
1 Caroline Ehrhardt		Western	12.88m	12.66m	10	
		12.41m 12.66m 12.59m 12.63m		FOUL FOUL		
2 Julia Wallace		Guelph	12.56m	12.35m	8	
		11.63m 12.35m 11.81m 11.95m 12.00m		FOUL		
3 Courtney Wilkes		Alberta	12.22m	12.18m	6	
		12.01m FOUL 12.18m 11.88m		FOUL FOUL		
4 Julia Stille		Toronto	12.06m	12.05m	5	
		FOUL 12.05m FOUL 11.96m		FOUL FOUL		
5 Frederique Djousou-lornng		Sherbrooke	11.76m	12.04m	4	
		FOUL 12.04m FOUL 12.02m		FOUL FOUL		
6 Allison Kendall		Calgary	11.92m	11.91m	3	
		11.91m 11.81m 11.20m 11.57m 11.59m		FOUL		
7 Kristen Gibson		Western	11.78m	11.73m	2	
		FOUL 11.48m 11.73m 11.69m 10.81m		FOUL		
8 Megan Ure		Alberta	11.79m	11.67m	1	
		11.53m 11.65m 11.57m 11.64m 11.44m 11.67m				
9 Sarah Taplin		Dalhousie	11.66m	11.55m		
		10.15m 10.97m 11.55m				
10 Sabrina Nettey		Trinity Western	12.07m	11.51m		
		11.51m PASS PASS				
11 Amanda Gundrum		Manitoba	11.59m	11.32m		
		11.26m 11.32m 11.25m				
12 Ayla Akehurst		Trinity Western	11.67m	11.28m		
		FOUL 11.28m FOUL				

Women Shot Put 4kg

Implement weigh-in will occur near throwing cage
90 minutes before event start.

CIS: @ 15.72m 2011 Taryn Suttie, Saskatchewan						
Name	Year	School	Seed	Finals	Points	
1 Taryn Suttie		Saskatchewan	16.05m	16.38m@	10	
		15.46m FOUL 15.18m 16.38m		FOUL FOUL		
2 Brittany Crew		York	15.80m	15.28m	8	
		14.03m FOUL FOUL 15.28m		FOUL FOUL		
3 Celine Freeman-Gibb		Windsor	15.75m	15.25m	6	
		13.57m FOUL 14.41m FOUL 15.25m 14.66m				
4 Ashley Connell		Guelph	13.91m	13.61m	5	
		FOUL 13.22m 12.92m 13.61m 13.49m 12.76m				



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....Women Shot Put 4kg

5	Brooke Hoxar	Western	13.22m	13.50m	4
	12.03m 12.73m 13.50m 12.18m 13.22m 13.25m				
6	Samme Groenveld	Calgary	13.75m	13.34m	3
	FOUL 13.10m 13.34m FOUL FOUL FOUL				
7	Steffi Stephenson	Windsor	13.28m	12.74m	2
	12.27m FOUL 12.45m FOUL 12.74m FOUL				
8	Kayla Gallagher	Lethbridge	13.17m	12.69m	1
	FOUL FOUL 12.69m 11.92m 12.42m 12.51m				
9	Rachael McIntosh	Calgary	13.26m	12.40m	
	FOUL 12.40m 12.10m				
10	Lucie-Maude Tetreault	Montreal	12.46m	12.36m	
	FOUL 12.36m 12.07m				
11	Lydia Foley	Western	13.04m	12.20m	
	12.19m 12.09m 12.20m				
12	Fatim Ammor	York	13.13m	J12.20m	
	12.08m 12.07m 12.20m				
13	Sarah Dougherty	Guelph	13.24m	11.94m	
	FOUL 11.94m FOUL				
14	Jodi Langley	Acadia	12.42m	11.55m	
	11.34m 11.39m 11.55m				

Women Weight Throw 9.08kg

Implement weigh-in will occur near throwing cage
90 minutes before event start.

CIS: @ 19.66m 2005 Kate Forbes, Lethbridge

Name	Year	School	Seed	Finals	Points
1 Kayla Gallagher		Lethbridge	18.48m	18.66m	10
		FOUL 18.21m FOUL 18.66m 17.95m 18.28m			
2 Taryn Suttie		Saskatchewan	18.43m	18.21m	8
		18.08m FOUL FOUL FOUL 17.98m 18.21m			
3 Sarah Dougherty		Guelph	17.22m	17.19m	6
		16.46m 16.75m 17.19m 16.85m 16.07m 17.19m			
4 Steffi Stephenson		Windsor	17.23m	17.00m	5
		FOUL 16.43m FOUL FOUL 15.86m 17.00m			
5 Jordana Badley-Castello		Windsor	16.95m	16.99m	4
		FOUL 16.02m FOUL 16.59m 16.72m 16.99m			
6 Jill Van Damme		Windsor	16.22m	16.88m	3
		16.04m 16.88m 16.46m 16.31m FOUL FOUL			
7 Brittany Crew		York	16.96m	16.86m	2
		16.01m 15.90m 16.44m 16.00m 16.86m FOUL			
8 Lydia Foley		Western	16.13m	16.55m	1
		15.94m 16.07m 16.55m 16.03m FOUL 16.30m			



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9	Ciera Heshka-Wolf	Alberta	16.65m	15.65m
	FOUL 13.99m 15.65m			
10	Ashley Connell	Guelph	16.77m	15.51m
	15.46m 15.51m 14.73m			
11	Ekua Cudjoe	Toronto	16.56m	14.67m
	FOUL 14.53m 14.67m			
12	Olena Olenick	Saskatchewan	15.61m	14.60m
	12.90m 13.96m 14.60m			
13	Naomie Maltais	Moncton	15.09m	13.19m
	13.19m FOUL FOUL			
14	Rose Dumas-Allard	Laval	14.18m	12.63m
	FOUL 12.63m FOUL			

Indoor Pentathlon: #5 Women 800 Metre Run Indoor Pentathlon

Will use a two-waterfall start with athletes having five highest point totals in outside waterfall.

Name	Year School	Finals	Points
1 Rachael McIntosh	Calgary	2:14.82	895
2 Chantel Pilon	Waterloo	2:18.00	851
3 Flo Peters	Toronto	2:24.90	758
4 Carolyn Adams	Toronto	2:25.15	755
5 Katelyn Lehner	Calgary	2:28.95	706
6 Rachel Machin	Calgary	2:30.65	685
7 Lauren Taylor	Saskatchewan	2:31.26	677
8 Kelsey Bohachewski	Regina	2:32.70	659
9 Amy Graceffo	Manitoba	2:32.97	656
10 Danielle Delage	Toronto	2:35.28	628
11 Astrid Nyame	Saskatchewan	2:46.71	498
12 Shaylyn Kowalchuk	Western	2:49.31	471
13 Sonia Chartrand	Sherbrooke	3:12.59	257

Indoor Pentathlon: #1 Women 60 Metre Hurdles 0.838m Indoor Pentathlon

13.00 m to first hurdle, then every 8.50 m (yellow marks).

Name	Year School	Finals	H#	Points
1 Rachel Machin	Calgary	8.72	2	969
2 Astrid Nyame	Saskatchewan	8.75	2	963
3 Shaylyn Kowalchuk	Western	8.86	2	939
4 Katelyn Lehner	Calgary	8.88	2	935
5 Rachael McIntosh	Calgary	8.91	2	929
6 Carolyn Adams	Toronto	8.96	2	918



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....Indoor Pentathlon: #1 Women 60 Metre Hurdles 0.838m Indoor Pentathlon

7	Lauren Taylor	Saskatchewan	9.01	2	908
8	Flo Peters	Toronto	9.16	2	877
9	Kelsey Bohachewski	Regina	9.18	1	873
10	Amy Graceffo	Manitoba	9.23	1	862
11	Danielle Delage	Toronto	9.27	1	854
12	Chantel Pilon	Waterloo	9.53	1	802
13	Sonia Chartrand	Sherbrooke	9.71	1	767

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Starting height to be determined at event.
Increments of 3 cm.

Name	Year	School	Finals	Points
1 Rachel Machin		Calgary	1.83m	1016
1.71 1.74 1.77 1.80 1.83 1.86				
0 XO 0 XO 0 XXX				
2 Danielle Delage		Toronto	1.71m	867
1.62 1.65 1.68 1.71 1.74				
0 0 0 XO XXX				
3 Lauren Taylor		Saskatchewan	1.68m	830
1.59 1.62 1.65 1.68 1.71				
0 0 0 XO XXX				
4 Flo Peters		Toronto	1.62m	759
1.56 1.59 1.62 1.65				
0 0 XXO XXX				
4 Carolyn Adams		Toronto	1.62m	759
1.53 1.56 1.59 1.62 1.65				
0 0 0 0 XXX				
4 Rachael McIntosh		Calgary	1.62m	759
1.59 1.62 1.65				
0 XO XXX				
7 Shaylyn Kowalchuk		Western	1.59m	724
1.47 1.50 1.53 1.56 1.59 1.62				
0 0 0 XO XXO XXX				
7 Katelyn Lehner		Calgary	1.59m	724
1.50 1.53 1.56 1.59 1.62				
0 0 0 0 XXX				
9 Astrid Nyame		Saskatchewan	1.56m	689
1.50 1.53 1.56 1.59				
0 0 XXO XXX				
9 Chantel Pilon		Waterloo	1.56m	689
1.44 1.47 1.50 1.53 1.56 1.59				
XO 0 XO 0 XO XXX				



2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

11 Amy Graceffo	Manitoba	1.53m	655
1.47 1.50 1.53 1.56			
0 XX0 0 XXX			
12 Kelsey Bohachewski	Regina	1.50m	621
1.38 1.41 1.44 1.47 1.50 1.53			
0 0 XO 0 XO XXX			
13 Sonia Chartrand	Sherbrooke	1.44m	555
1.38 1.41 1.44 1.47			
0 XO XO XXX			

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Year	School	Finals	Points
1 Rachel Machin		Calgary	5.84m	801
5.84m FOUL FOUL				
2 Rachael McIntosh		Calgary	5.75m	774
5.36m 5.75m FOUL				
3 Amy Graceffo		Manitoba	5.52m	706
5.52m 5.50m				
3 Astrid Nyame		Saskatchewan	5.52m	706
5.23m FOUL 5.52m				
5 Lauren Taylor		Saskatchewan	5.48m	694
4.98m 4.97m 5.48m				
6 Katelyn Lehner		Calgary	5.47m	691
FOUL 5.47m 5.25m				
7 Danielle Delage		Toronto	5.22m	620
4.96m 5.15m 5.22m				
8 Kelsey Bohachewski		Regina	5.21m	617
5.11m 4.91m 5.21m				
9 Flo Peters		Toronto	5.20m	614
4.93m 5.20m 4.98m				
10 Shaylyn Kowalchuk		Western	5.02m	565
4.91m 4.95m 5.02m				
11 Chantel Pilon		Waterloo	4.95m	546
4.95m 4.69m 4.95m				
12 Carolyn Adams		Toronto	4.91m	535
4.81m 4.91m FOUL				
13 Sonia Chartrand		Sherbrooke	4.69m	477
FOUL 4.62m 4.69m				



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****Indoor Pentathlon: #3 Women Shot Put 4 kg Indoor Pentathlon**

Name	Year	School	Finals	Points
1 Rachael McIntosh		Calgary	12.68m	706
12.58m 12.68m FOUL				
2 Rachel Machin		Calgary	12.49m	694
10.77m 12.49m 12.02m				
3 Sonia Chartrand		Sherbrooke	11.61m	635
10.74m 11.61m FOUL				
4 Kelsey Bohachewski		Regina	11.26m	612
10.01m 10.64m 11.26m				
5 Chantel Pilon		Waterloo	11.16m	606
10.62m 11.16m 10.59m				
6 Danielle Delage		Toronto	10.63m	571
10.63m 10.01m 10.27m				
7 Astrid Nyame		Saskatchewan	10.61m	569
FOUL 10.04m 10.61m				
8 Amy Graceffo		Manitoba	10.48m	561
10.12m 10.17m 10.48m				
9 Lauren Taylor		Saskatchewan	10.44m	558
10.44m FOUL 9.82m				
10 Shaylyn Kowalchuk		Western	9.66m	507
8.65m 9.66m 9.62m				
11 Carolyn Adams		Toronto	9.52m	498
9.52m 8.94m 9.46m				
12 Flo Peters		Toronto	9.28m	482
9.28m 8.71m 8.65m				
13 Katelyn Lehner		Calgary	8.14m	408
7.63m 7.78m 8.14m				

Women Indoor Pentathlon

CIS: @ 4380 2007		Jessica Zelinka, Calgary			
Name	Year	School	Seed	Finals	Points
1 Rachel Machin		Calgary	4070	4165	10
2 Rachael McIntosh		Calgary	4174	4063	8
3 Lauren Taylor		Saskatchewan	3665	3667	6
4 Danielle Delage		Toronto	3496	3540	5
5 Chantel Pilon		Waterloo	3483	3494	4
6 Flo Peters		Toronto	3420	3490	3
7 Carolyn Adams		Toronto	3405	3465	2
8 Katelyn Lehner		Calgary	3726	3464	1
9 Amy Graceffo		Manitoba	3411	3440	
10 Astrid Nyame		Saskatchewan	3466	3425	



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11 Kelsey Bohachewski	Regina	3425	3382
12 Shaylyn Kowalchuk	Western	3392	3206
13 Sonia Chartrand	Sherbrooke	2979	2691

Men 60 Metre Dash**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

CIS: @ 6.57 2010 Sam Effah, Calgary

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Dontae Richards-Kwok	York	6.63	6.71Q	2
2 Aaron Bowman	Windsor	6.73	6.77Q	1
3 Kenrick Hanna	Saskatchewan	6.69	6.79Q	1
4 Harold Vulgaire	Sherbrooke	6.80	6.84Q	2
5 Tevaughn Campbell	Regina	6.82	6.85Q	1
6 Bismark Boateng	York	6.81	6.88Q	2
7 Dominic Allard	Laval	6.85	6.87q	1
8 Chinedu Ezetah	Calgary	6.86	6.90q	2
9 Sébastien Sévigny	Sherbrooke	6.91	6.92	1
10 Wilfred Samking	Manitoba	6.92	6.98	2
11 Alex Bymoan	Calgary	6.91	7.00	1
12 Kristian Benjamin	Guelph	6.90	7.01	2
13 Adam Lewis	Dalhousie	7.06	8.01	2

Men 60 Metre Dash

CIS: @ 6.57 2010 Sam Effah, Calgary

Name	Year School	Prelims	Finals	Points
Finals				
1 Dontae Richards-Kwok	York	6.71	6.61	10
2 Kenrick Hanna	Saskatchewan	6.79	6.69	8
3 Harold Vulgaire	Sherbrooke	6.84	6.72	6
4 Aaron Bowman	Windsor	6.77	6.77	5
5 Tevaughn Campbell	Regina	6.85	6.82	4
6 Dominic Allard	Laval	6.87	6.85	3
7 Bismark Boateng	York	6.88	6.88	2
8 Chinedu Ezetah	Calgary	6.90	6.91	1



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****Men 300 Metre Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

CIS: @ 33.40 1999		Alex Marchand, Sherbrooke				
Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1	Dontae Richards-Kwok	York	33.90	34.40Q	3	
2	Nathan George	Trinity Western	34.05	34.49Q	2	
3	Harold Vulgaire	Sherbrooke	34.36	34.64Q	1	
4	Ayo Augusto	York	35.03	34.84q	1	
5	Andrew Dargie	Calgary	34.37	34.95q	1	34.943
6	Bismark Boateng	York	34.77	34.95q	2	34.944
7	Brandon Shirk	Guelph	35.07	35.21q	2	
8	Matthew Fitkowsky	Manitoba	35.08	35.22q	1	
9	Jameel Brown	York	35.08	35.42	3	
10	MacKenzie Munroe	St. Francis Xavier	36.59	35.91	2	
--	Dylan Ostberg	Manitoba	34.81	DNF	3	

Men 300 Metre Dash

CIS: @ 33.40 1999		Alex Marchand, Sherbrooke					
Name	Year	School	Prelims	Finals	H#	Points	
Finals							
1	Dontae Richards-Kwok	York	34.40	33.65	2	10	
2	Nathan George	Trinity Western	34.49	34.14	2	8	
3	Bismark Boateng	York	34.95	34.86	1	6	
4	Harold Vulgaire	Sherbrooke	34.64	34.94	2	5	
5	Andrew Dargie	Calgary	34.95	35.03	1	4	
6	Matthew Fitkowsky	Manitoba	35.22	35.28	1	3	
7	Ayo Augusto	York	34.84	35.35	2	2	
8	Brandon Shirk	Guelph	35.21	36.20	1	1	

Men 600 Metre Run**7 Advance: Top 1 Each Heat plus Next 5 Best Times**

CIS: @ 1:16.10 1995		Bryon Goodwin, Manitoba				
Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1	Anthony Romaniw	Guelph	1:19.41	1:18.56Q	2	
2	Brendon Restall	Victoria	1:18.76	1:18.61Q	1	
3	Mathieu Sturkenboom	Sherbrooke	1:17.95	1:18.68q	2	
4	Alex Ullman	Windsor	1:19.22	1:18.91q	1	



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5	Corey Bellemore	Windsor	1:19.84	1:18.95q	1
6	Tyler Smith	Victoria	1:19.14	1:19.21q	2
7	Tait Nystuen	Regina	1:19.08	1:19.54q	1
8	Davis Guenther	Saskatchewan	1:19.84	1:20.63	1
9	John Pratt	Victoria	1:19.22	1:21.57	2
10	Triphon Moodie	Western	1:19.56	1:21.86	2
11	Andrew Bain	St. Francis Xavier	1:23.22	1:22.76	2
--	Tommy Land	Guelph	1:19.27	DQ	1 DQ Rule 163.3

Men 600 Metre Run

2 turn stagger

CIS: @ 1:16.10 1995 Bryon Goodwin, Manitoba

Name	Year	School	Prelims	Finals	Points	
Finals						
1		Brendon Restall	Victoria	1:18.61	1:17.61	10
2		Anthony Romaniw	Guelph	1:18.56	1:18.2h	8
3		Mathieu Sturkenboom	Sherbrooke	1:18.68	1:18.4h	6
4		Corey Bellemore	Windsor	1:18.95	1:18.89	5
5		Alex Ullman	Windsor	1:18.91	1:19.08	4
6		Tyler Smith	Victoria	1:19.21	1:19.52	3
7		Davis Guenther	Saskatchewan	1:20.63	1:20.24	2

Men 1000 Metre Run

Will use a two-waterfall start

with fastest four qualifiers in outside waterfall.

CIS: @ 2:22.09 2012-03-09 Tommy Lecours, Guelph

Name	Year	School	Seed	Finals	Points	
1		Thomas Riva	Victoria	2:23.63	2:25.16	10
2		Anthony Romaniw	Guelph	2:23.82	2:25.35	8
3		Alex Ullman	Windsor	2:23.83	2:25.37	6
4		Brad Bickley	Calgary	2:23.94	2:26.27	5
5		Corey Bellemore	Windsor	2:24.53	2:26.70	4
6		Mohamed Souleiman	Ottawa	2:22.46	2:27.91	3
7		Sacha Smart	Toronto	2:23.50	2:28.05	2
8		Benoit Boulay	Guelph	2:24.14	2:28.68	1
9		Marc-Antoine Rouleau	Sherbrooke	2:24.14	2:30.01	
10		Bryden Tate	St. Francis Xavier	2:34.98	2:31.15	
11		Yves Sikubwabo	Guelph	2:24.01	2:32.78	
12		Steve Holmes	Guelph	2:24.61	2:32.89	



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****Men 1500 Metre Run**

Will use a two-waterfall start
with fastest four qualifiers in outside waterfall.

CIS: @ 3:46.85 1990 Allan Klassen, UBC

Name	Year School	Seed	Finals	H#	Points
1 Charles Philibert-Thibou	Laval	3:45.26	3:48.69	2	10
2 Ross Proudfoot	Guelph	3:44.08	3:50.30	2	8
3 Mohamed Souleiman	Ottawa	3:49.24	3:50.79	1	6
4 Thomas Riva	Victoria	3:45.51	3:51.45	2	5
5 Cole Peterson	Victoria	3:49.86	3:53.43	1	4
6 Nick Falk	Windsor	3:46.88	3:53.51	2	3
7 Aaron Hendrikx	Guelph	3:46.88	3:53.58	2	2 3:53.574
8 Brad Bickley	Calgary	3:44.58	3:53.58	2	1 3:53.579
9 Yves Sikubwabo	Guelph	3:48.59	3:55.15	2	
10 Kyle Irvine	Victoria	3:47.78	3:57.08	2	
11 Chris Dulhanty	Guelph	3:49.04	3:58.42	2	
12 Alex Ullman	Windsor	3:50.01	3:58.53	1	
13 Bryden Tate	St. Francis Xavier	3:57.94	4:02.72	1	
14 Andrew Nixon	Guelph	3:50.14	4:12.64	1	
-- Olivier Collin	Victoria	3:48.30	DNF	2	

Men 3000 Metre Run

Will use a two-waterfall start
with fastest five qualifiers in outside waterfall.

CIS: @ 7:59.29 1996 Jeff Schiebler, UBC

Name	Year School	Seed	Finals	Points
1 Ross Proudfoot	Guelph	7:57.01	8:15.88	10
2 Charles Philibert-Thibou	Laval	8:01.99	8:16.26	8
3 Tristan Woodfine	Guelph	8:10.91	8:20.53	6
4 Andrew Nixon	Guelph	7:57.92	8:21.34	5
5 Chris Dulhanty	Guelph	8:11.36	8:22.35	4
6 Nick Falk	Windsor	8:12.89	8:24.37	3
7 Aaron Hendrikx	Guelph	8:10.62	8:25.59	2
8 Antoine Thibeault	Laval	8:15.26	8:29.21	1
9 Alex Wilkie	Queen's	8:22.86	8:30.40	
10 Declan White	Trinity Western	8:20.78	8:32.29	
11 Ryan Noel-Hodge	Western	8:16.70	8:37.19	
12 Cashin David	Queen's	8:20.68	8:38.59	
13 Matt McNeil	Dalhousie	8:32.82	8:46.19	
-- Karl Robertson	Victoria	8:28.51	DNF	



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****Men 60 Metre Hurdles 1.067m****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

=====

13.72 m to first hurdle, then every 9.14 m (blue marks).

CIS: @ 7.83 1984 Mark McKoy, York

Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1		Ottawa	7.80	7.89Q	1
2		Toronto	7.78	7.96Q	2
3		York	7.90	7.99Q	1
4		Sherbrooke	7.99	8.04Q	2
5		Trinity Western	7.94	8.10Q	2
6		Western	8.06	8.15Q	1
7		Sherbrooke	8.14	8.25q	1
8		Laval	8.28	8.31q	1
9		Laval	8.16	8.33	2
10		Saskatchewan	8.33	8.46	2
11		Windsor	8.29	8.47	1
12		Windsor	8.29	8.55	2
--		Western	8.25	DNF	2

Men 60 Metre Hurdles 1.067m

=====

13.72 m to first hurdle, then every 9.14 m (blue marks).

CIS: @ 7.83 1984 Mark McKoy, York

Name	Year	School	Prelims	Finals	Points
=====					
Finals					
1		Ottawa	7.89	7.79@	10
2		Toronto	7.96	7.83@	8
3		York	7.99	7.88	6
4		Sherbrooke	8.04	8.01	5
5		Trinity Western	8.10	8.04	4
6		Western	8.15	8.07	3
7		Sherbrooke	8.25	8.14	2
8		Laval	8.31	8.22	1



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08

Championnats d'Athletisme du SIC 2014

University of Alberta

Results

Men 4x200 Metre Relay

8 Advance: Top 2 Each Heat plus Next 2 Best Times

CIS: @ 1:25.65 2012-03-10 U. of Ottawa, Ottawa
 O Makinde, M Robertson, D Biocchi, T Makinde

School	Seed	Prelims	H#
Preliminaries			
1 York	1:27.55	1:28.09Q	2
1) Dontae Richards-Kwok	2) Ayo Augusto		
3) Ingvar Moseley	4) Jameel Brown		
2 Sherbrooke	1:27.89	1:28.19Q	1
1) Harold Vulgaire	2) Gabriel Slythe-Léveillé		
3) Sébastien Sévigny	4) Simon Léveillé		
3 Trinity Western	1:27.28	1:28.95Q	3
1) Nathan George	2) Jamie Sinclair		
3) Nicholas Ayin	4) James Linde		
4 Windsor	1:29.42	1:28.42Q	1
1) Aaron Bowman	2) Matt McKeegan		
3) Andre Wright	4) Tyler Bellaire		
5 Regina	1:28.54	1:29.84Q	2
1) Connor Bloom	2) Ethan Gardner		
3) Ian McLellan	4) Liam Nystuen		
6 Manitoba	1:29.54	1:30.65Q	3
1) Wilfred Samking	2) Terrence Sampson		
3) Jamie McMaster	4) Matthew Fitkowsky		
7 Toronto	1:28.22	1:28.74q	1
1) Greg MacNeill	2) Tim Arbido		
3) Rayshaun Franklin	4) Isiah Weathers		
8 Saskatchewan	1:29.36	1:29.85q	1
1) Kenrick Hanna	2) Alex Fedyk		
3) Jared Olson	4) Brody Pylypow		
9 Calgary	1:29.23	1:30.93	3
1) Andrew Dargie	2) Garrett King		
3) Stewart Bury-Jones	4) Josh Breski		
10 McGill	1:29.51	1:31.16	2
1) Eric Ellemo	2) Alexander Steinbrenner		
3) Javier Montalvo	4) Benjamin Wyman		
11 Laval	1:29.28	1:31.51	2
1) Gabriel Faribault	2) Gabriel El Hanbli		
3) Thomas Côté	4) Dominic Allard		
12 New Brunswick	1:34.33	1:34.05	3
1) Brandon Cleghorn	2) Alexander Williston		
3) Daniel Brown	4) Jeffrey Retallick		
13 Guelph	1:29.01	1:35.22	3
1) Kristian Benjamin	2) Brandon Shirk		



2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08

Championnats d'Athletisme du SIC 2014

University of Alberta

Results

....Men 4x200 Metre Relay

- 3) Dustin Haenni
- 4) Charlie Sutton

Men 4x200 Metre Relay

CIS: @ 1:25.65 2012-03-10 U. of Ottawa, Ottawa
 O Makinde, M Robertson, D Biocchi, T Makinde

School	Prelims	Finals	H#	Points
Finals				
1 York	1:28.09	1:27.82	2	10
1) Dontae Richards-Kwok	2) Bismark Boateng			
3) Ayo Augusto	4) Jameel Brown			
2 Windsor	1:28.42	1:28.03	2	8
1) Aaron Bowman	2) Matt McKeegan			
3) Andre Wright	4) Tyler Bellaire			
3 Sherbrooke	1:28.19	1:28.27	2	6
1) Harold Vulgaire	2) Sébastien Sévigny			Rule 163.2
3) Gabriel Slythe-Léveillé	4) Simon Léveillé			
4 Toronto	1:28.74	1:28.76	2	5
1) Greg MacNeill	2) Tim Arbido			
3) Rayshaun Franklin	4) Isiah Weathers			
5 Trinity Western	1:28.95	1:28.76	1	4
1) Nathan George	2) Calum Innes			
3) Jamie Sinclair	4) James Linde			
6 Manitoba	1:30.65	1:29.62	1	3
1) Terrence Sampson	2) Wilfred Samking			
3) Jamie McMaster	4) Matthew Fitkowsky			
7 Regina	1:29.84	1:30.25	1	2
1) Connor Bloom	2) Ethan Gardner			
3) Ian McLellan	4) Tevaughn Campbell			
8 Guelph	1:35.22	1:30.56	1	1
1) Kristian Benjamin	2) Brandon Shirk			
3) Dustin Haenni	4) Shawn Beaudoin			
9 Calgary	1:30.93	1:30.91	1	
1) Chinedu Ezetah	2) Garrett King			
3) Stewart Bury-Jones	4) Ryley Bell			
-- Saskatchewan	1:29.85	DNF	1	
1) Kenrick Hanna	2) Alex Fedyk			
3) Jared Olson	4) Lenny Williams			



2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****Men 4x400 Metre Relay**

CIS: @ 3:14.12 2008 , Calgary
 Effah, Kimick, Saizew, Ratzlaff

School	Seed	Finals	H#	Points
1 York 1) Bismark Boateng 3) Ryan Charlton	3:20.05	3:16.76	1	10
2 McGill 1) Alexander Steinbrenner 3) Vincent Parent-Pichette	3:19.41	3:17.83	1	8
3 Victoria 1) John Pratt 3) Thomas Riva	3:17.75	3:18.47	2	6
4 Sherbrooke 1) Sébastien Sévigny 3) Yann Thibaudier	3:17.29	3:18.56	2	5
5 Ottawa 1) Isaiah Moses 3) Gabriel Tesfaye	3:17.51	3:18.80	2	4
6 Manitoba 1) Cody Mages 3) Joel Vankoughnet	3:20.44	3:19.87	1	3
7 Guelph 1) Shawn Beaudoin 3) Brandon Shirk	3:17.30	3:20.01	2	2
8 Windsor 1) Matt McKeegan 3) Taylor McArthur	3:17.24	3:20.94	2	1
9 Toronto 1) Isiah Weathers 3) Rayshaun Franklin	3:19.97	3:21.00	1	
10 Regina 1) Ethan Gardner 3) Austin Avery	3:20.06	3:21.93	1	
11 Calgary 1) Maciek Krolikowski 3) Stewart Bury-Jones	3:19.86	3:22.26	1	
12 St. Francis Xavier 1) Adam Mitchell 3) Max Maund	3:26.44	3:23.86	1	
-- Laval 1) Gabriel El Hanbli 3) Félix Veillette	3:19.19	DNF	2	



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****Men 4x800 Metre Relay**

Will use a two-waterfall start
with fastest four qualifiers in outside waterfall.

CIS: @ 7:29.23 1995 , Manitoba
Fillion, Bima, Trepel, Goodwin

School	Seed	Finals	Points
1 Windsor	7:39.45	7:27.94@	10
1) Paul La Marra	2) Taylor McArthur		
3) Corey Bellemore	4) Alex Ullman		
2 Victoria	7:34.54	7:30.99	8
1) Brendon Restall	2) Olivier Collin		
3) Tyler Smith	4) Thomas Riva		
3 Guelph	7:34.57	7:35.59	6
1) Tommy Land	2) Drew Anderson		
3) Christian Gravel	4) Anthony Romaniw		
4 Laval	7:35.00	7:37.82	5
1) Vincent Duguay	2) Félix Veillette		
3) Benjamin Raymond	4) Charles Philibert-Thiboutot		
5 Toronto	7:44.41	7:40.57	4
1) Alex Denault	2) Ethan Davenport		
3) Connor Outhit	4) Sacha Smart		
6 Calgary	7:41.41	7:42.64	3
1) Luc Wittig	2) Roman Justinen		
3) Gareth Hadfield	4) Brad Bickley		
7 York	7:44.23	7:50.75	2
1) Chris Pallotta	2) Suraj Sharma		
3) Muad Issa	4) Ryan Charlton		
8 Saskatchewan	7:45.24	7:50.78	1
1) Emmett Harrison	2) Ryan Kowalchuk		
3) Taryn Heidecker	4) Davis Guenther		
9 Sherbrooke	7:41.63	7:54.09	
1) Mathieu Gendron Daigneault	2) Marc-André Raiche		
3) Olivier Lavoie	4) Mathieu Sturkenboom		
10 Lakehead	7:46.19	8:04.65	
1) Joseph McDonough	2) Mason Quarrell		
3) Travis Roske	4) Christopher Brown		



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08

Championnats d'Athletisme du SIC 2014

University of Alberta

Results

Men High Jump

Start at 1.85m, up by 5cm to 1.95m,
then up by 3cm.

CIS: @ 2.24m 1993 Alex Zaliaskas, Toronto

Name	Year	School	Seed	Finals	Points					
1 Jeremy Eckert		Regina	2.16m	2.10m	10					
	1.85	1.90	1.95	1.98	2.01	2.04	2.07	2.10	2.13	2.16
	P	P	P	P	P	O	P	O	P	XXX
2 Branden Wilhelm		Windsor	2.16m	2.07m	8					
	1.85	1.90	1.95	1.98	2.01	2.04	2.07	2.10		
	P	O	P	O	XXO	O	XO	XXX		
3 Connor MacDonald		Regina	2.09m	J2.07m	6					
	1.85	1.90	1.95	1.98	2.01	2.04	2.07	2.10		
	P	O	O	O	XO	O	XXO	XXX		
4 Sean Cate		Guelph	2.07m	2.04m	5					
	1.85	1.90	1.95	1.98	2.01	2.04	2.07			
	P	XO	XO	XXO	XO	O	XXX			
5 Isoken Ogieva		Western	2.08m	1.98m	4					
	1.85	1.90	1.95	1.98	2.01					
	P	O	P	XO	XXX					
6 Devin Errington		Dalhousie	1.98m	1.95m	3					
	1.85	1.90	1.95	1.98						
	XO	XO	O	XXX						
7 Mitchell Torres		Guelph	2.04m	J1.95m	2					
	1.85	1.90	1.95	1.98						
	P	XXO	XO	XXX						
8 Nathan Tesfu		Toronto	2.00m	1.90m	1					
	1.85	1.90	1.95							
	O	O	XXX							
9 Chris Cauley		Western	2.00m	J1.90m						
	1.85	1.90	1.95							
	O	XO	XXX							
9 Charles Akomolafe		York	2.04m	J1.90m						
	1.85	1.90	1.95							
	O	XO	XXX							
11 Payam Saboni		Western	2.00m	J1.90m						
	1.85	1.90	1.95							
	O	XXO	XXX							
12 Hao Xu		McGill	1.95m	1.85m						
	1.85	1.90								
	XO	XXX								
12 Isaac Tyler		Alberta	2.00m	1.85m						
	1.85	1.90	1.95							
	XO	P	XXX							



2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****Men Pole Vault**

 Start at 4.40m, up by 15cm to 4.55m,
 then up by 10cm.

CIS: @ 5.65m 1992 Doug Wood, York

Name	Year	School	Seed	Finals	Points
1 David McKay		York	4.91m	4.95m	10
4.65 4.75 4.85 4.95 5.05					
0 XO 0 0 XXX					
2 Olivier Gauthier-Kwan		Ottawa	4.70m	4.85m	8
4.40 4.55 4.65 4.75 4.85 4.95					
0 XO 0 XXO 0 XXX					
3 Matt Diston		Western	4.73m	J4.85m	6
4.65 4.75 4.85 4.95					
0 0 XXO XXX					
4 Townsend Benard		Toronto	4.73m	4.75m	5
4.65 4.75 4.85					
0 0 XXX					
5 Nathan Filipek		Alberta	4.90m	J4.75m	4
4.65 4.75 4.85					
0 XXO XXX					
6 Christopher Waugh		Windsor	4.73m	4.65m	3
4.40 4.55 4.65 4.75					
0 XO 0 XXX					
7 Maxime Beaumont-Courteau		McGill	4.83m	J4.65m	2
4.65 4.75					
XO XXX					
8 Paul Worndl		Guelph	4.62m	4.55m	1
4.40 4.55 4.65					
0 0 XXX					
9 Jake Pfaff		Windsor	4.63m	J4.55m	
4.40 4.55 4.65					
XO 0 XXX					
10 Connor Young		Guelph	4.62m	4.40m	
4.40 4.55					
0 XXX					
11 Jamie Sinclair		Trinity Western	4.53m	J4.40m	
4.40 4.55					
XXO XXX					
-- Nathan Dunford		Trinity Western	4.85m	NH	
4.75					
XXX					



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****Men Long Jump**

CIS: @ 7.88m 2010 Christopher Greenway, Ottawa						
Name	Year	School	Seed	Finals	Points	
1 Taylor Stewart		Western	7.43m	7.44m	10	
	FOUL	FOUL	7.24m	7.44m	FOUL	7.26m
2 Connor MacDonald		Regina	7.33m	7.28m	8	
	7.28m	7.28m	FOUL	FOUL	6.73m	6.84m
3 James Linde		Trinity Western	7.28m	7.27m	6	
	7.04m	7.27m	FOUL	6.88m	6.89m	FOUL
4 Richard Jansen		York	7.15m	7.18m	5	
	FOUL	6.97m	6.99m	7.14m	7.18m	FOUL
5 Ahmed Alkabary		Regina	7.07m	7.17m	4	
	6.92m	7.17m	6.87m	7.08m	7.15m	6.77m
6 Arren Young		Windsor	7.14m	7.14m	3	
	7.00m	7.14m	6.94m	7.12m	7.00m	7.09m
7 Scott Hancock		McGill	7.04m	7.01m	2	
	FOUL	6.87m	7.01m	FOUL	6.82m	FOUL
8 Chas Smith		Dalhousie	6.57m	6.95m	1	
	6.69m	6.95m	6.49m	6.75m	FOUL	FOUL
9 Branden Wilhelm		Windsor	7.10m	6.94m		
	6.71m	6.81m	6.94m			
10 Andrew Dandie		Windsor	7.11m	6.89m		
	6.89m	6.77m	FOUL			
11 Lex Ewen		Regina	7.09m	6.72m		
	6.72m	FOUL	6.54m			
12 Ryley Bell		Calgary	7.03m	6.63m		
	6.56m	6.62m	6.63m			
-- Stephen McPhee		Alberta	7.19m	DNS		

Men Triple Jump

CIS: @ 15.81m 2013-03-09 Olivier Huet, Sherbrooke						
Name	Year	School	Seed	Finals	Points	
1 Aaron Hernandez		Lethbridge	15.03m	15.03m	10	
	FOUL	FOUL	14.57m	14.75m	15.03m	FOUL
2 Pat Dufresne		Guelph	14.30m	14.65m	8	
	14.65m	14.62m	12.48m	14.51m	14.62m	14.56m
3 Chas Smith		Dalhousie	14.66m	14.53m	6	
	FOUL	13.88m	14.35m	13.48m	14.53m	14.30m
4 Jordan Bruce		Dalhousie	15.21m	14.52m	5	
	14.52m	PASS	PASS	PASS	PASS	14.51m
5 Charles Akomolafe		York	14.00m	14.48m	4	
	FOUL	14.48m	14.23m	FOUL	FOUL	14.37m



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08

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Results

....Men Triple Jump

6	Riley Bell	Western	14.41m	14.36m	3
	FOUL 13.47m 14.36m 12.54m 14.27m FOUL				
7	Scott Hancock	McGill	14.16m	14.21m	2
	14.21m FOUL 13.87m FOUL FOUL 13.87m				
8	Corey Minton	Calgary	13.98m	13.82m	1
	13.63m 13.82m 13.62m FOUL 13.66m FOUL				
9	Connor MacDonald	Regina	14.02m	13.81m	
	13.81m 13.66m FOUL				
10	Jason Guenette	Laval	14.00m	13.73m	
	FOUL FOUL 13.73m				
11	Richard Jansen	York	14.46m	13.42m	
	FOUL 13.42m FOUL				
--	Arthur Ward	Regina	14.15m	ND	
	FOUL FOUL FOUL				

Men Shot Put 7.26 kg

Implement weigh-in will occur near throwing cage
90 minutes before event start.

CIS: @ 18.48m 2011 Andrew Smith, Saskatchewan

Name	Year	School	Seed	Finals	Points
1 Eric Brathwaite		York	17.28m	17.81m	10
	15.83m 17.05m 17.81m FOUL FOUL				
2 Chris Pickering		Regina	17.10m	17.60m	8
	16.44m 16.88m 16.36m 17.03m 17.60m 16.57m				
3 Umar Khan		York	17.35m	17.04m	6
	16.45m 17.04m FOUL FOUL FOUL FOUL				
4 Brent Roubos		Guelph	16.43m	16.42m	5
	15.77m FOUL 16.42m FOUL FOUL FOUL				
5 Nolan Machiskinic		Saskatchewan	16.75m	16.27m	4
	16.21m 16.27m FOUL 16.03m FOUL FOUL				
6 Peter Millman		Lethbridge	16.91m	16.14m	3
	15.55m FOUL 15.28m 16.14m FOUL 16.04m				
7 Marc-Antoine Lafrenaye-D		Sherbrooke	16.35m	14.99m	2
	FOUL 14.98m 14.99m FOUL FOUL FOUL				
8 Jared Skeath		Guelph	15.72m	14.73m	1
	13.93m FOUL 14.73m FOUL FOUL FOUL				
9 Darnell Girard		Toronto	15.48m	14.66m	
	14.66m 14.32m 14.54m				
10 Brett Boersma		Windsor	15.34m	14.47m	
	14.47m 14.40m 14.00m				
11 Anojan Sivalingam		York	15.56m	14.40m	
	14.27m 14.40m FOUL				



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08

Championnats d'Athletisme du SIC 2014

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Results

....Men Shot Put 7.26 kg

12 Ryan Sommer	Lethbridge	15.14m	14.21m
FOUL FOUL 14.21m			
13 Robert Kennedy	St. Francis Xavier	14.23m	13.89m
13.42m 13.24m 13.89m			

Men Weight Throw 15.88kg

CIS: @ 24.08m 2009 Jim Steacy, Lethbridge						
Name	Year	School	Seed	Finals	Points	
1 Marc-Antoine Lafrenaye-D		Sherbrooke	19.60m	20.09m	10	
20.09m 19.17m 19.43m FOUL FOUL FOUL						
2 Eric Brathwaite		York	19.57m	18.41m	8	
FOUL 17.73m 18.41m FOUL 17.46m FOUL						
3 Jared Skeath		Guelph	17.85m	18.28m	6	
FOUL 17.51m 18.28m 17.44m FOUL FOUL						
4 Philippe Jean		Laval	18.13m	17.84m	5	
FOUL 17.51m FOUL 17.69m 17.84m 17.80m						
5 Brent Roubos		Guelph	18.16m	17.73m	4	
16.08m FOUL 17.73m FOUL FOUL FOUL						
6 Peter Millman		Lethbridge	18.82m	17.62m	3	
17.07m 17.52m 17.62m FOUL FOUL FOUL						
7 Chris Preece		York	17.82m	17.56m	2	
17.38m FOUL 16.44m 16.57m 16.76m 17.56m						
8 Nolan Machiskinic		Saskatchewan	17.26m	17.51m	1	
FOUL FOUL 17.51m FOUL 16.34m FOUL						
9 Alexandre Gagné		Sherbrooke	17.95m	16.99m		
16.99m FOUL FOUL						
10 Chris Pickering		Regina	17.00m	16.85m		
15.62m 16.85m FOUL						
11 Jesse Francis		Western	15.42m	16.04m		
15.83m 15.82m 16.04m						
12 Darnell Girard		Toronto	15.33m	14.19m		
14.19m FOUL FOUL						
13 David Kerr		Dalhousie	13.81m	13.71m		
13.26m 13.71m FOUL						

Indoor Pentathlon: #5 Men 1000 Metre Run Indoor Pentathlon

Will use a two-waterfall start with athletes having four highest point totals in outside waterfall.

Name	Year	School	Finals	Points
1 Yann Thibaudier		Sherbrooke	2:37.07	906



2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****....Indoor Pentathlon: #5 Men 1000 Metre Run Indoor Pentathlon**

2	Shawn Beaudoin	Guelph	2:41.43	858
3	Jesse Drennan	Windsor	2:41.77	854
4	Dylan Golow	McGill	2:44.59	823
5	Wyatt Eyford	Manitoba	2:47.68	790
6	Kyle Lefort	New Brunswick	2:47.75	789
7	Branden Wilhelm	Windsor	2:48.26	784
8	Cole Digel	Saskatchewan	2:50.64	759
9	Chris Cauley	Western	2:55.51	709
10	Stephen McPhee	Alberta	3:01.75	647
--	Alexandro Allison-Abaunz	Laval	DNF	
--	Chris Robertson	Western	DNF	

Indoor Pentathlon: #1 Men 60 Metre Hurdles 1.067m Indoor Pentathlon

 13.72 m to first hurdle, then every 9.14 m (blue marks).

Name	Year School	Finals	H#	Points	
1	Alexandro Allison-Abaunz	Laval	8.34	2	898
2	Stephen McPhee	Alberta	8.43	2	877
3	Shawn Beaudoin	Guelph	8.49	1	862
4	Branden Wilhelm	Windsor	8.50	2	860
5	Jesse Drennan	Windsor	8.52	2	855
6	Wyatt Eyford	Manitoba	8.57	2	843
7	Yann Thibaudier	Sherbrooke	8.60	2	836
8	Dylan Golow	McGill	8.71	1	811
9	Chris Cauley	Western	8.74	2	804
10	Chris Robertson	Western	8.85	2	779
11	Cole Digel	Saskatchewan	8.96	1	755
12	Kyle Lefort	New Brunswick	9.22	1	698

Indoor Pentathlon: #4 Men High Jump Indoor Pentathlon

 Starting height to be determined at event.
 Increments of 3 cm.

Name	Year School	Finals	Points
1	Branden Wilhelm	Windsor	2.04m 840
	1.86 1.92 1.98 2.01 2.04		
	0 0 0 XO XXO		
2	Chris Cauley	Western	1.89m 705
	1.83 1.86 1.89 1.92		
	0 XXO 0 XXX		



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****....Indoor Pentathlon: #4 Men High Jump Indoor Pentathlon**

3	Dylan Golow	McGill	1.86m	679
	1.77 1.80 1.83 1.86 1.89			
	0 XO XXO XXO XXX			
3	Shawn Beaudoin	Guelph	1.86m	679
	1.74 1.80 1.83 1.86 1.89			
	0 0 0 0 XXX			
3	Kyle Lefort	New Brunswick	1.86m	679
	1.77 1.80 1.83 1.86 1.89			
	0 0 0 XXO XXX			
3	Cole Digel	Saskatchewan	1.86m	679
	1.77 1.80 1.83 1.86 1.89			
	0 0 XO XXO XXX			
3	Jesse Drennan	Windsor	1.86m	679
	1.71 1.74 1.77 1.80 1.83 1.86 1.89			
	XO XXO 0 XO XO XXO XXX			
3	Wyatt Eyford	Manitoba	1.86m	679
	1.74 1.77 1.80 1.83 1.86 1.89			
	0 0 0 XXO 0 XXX			
3	Yann Thibaudier	Sherbrooke	1.86m	679
	1.74 1.80 1.83 1.86 1.89			
	0 0 XO 0 XXX			
10	Chris Robertson	Western	1.83m	653
	1.77 1.80 1.83 1.86			
	XO XXO XO XXX			
11	Stephen McPhee	Alberta	1.80m	627
	1.77 1.80 1.83			
	XXO 0 XXX			
12	Alexandro Allison-Abaunz	Laval	1.74m	577
	1.74 1.77			
	0 XXX			

Indoor Pentathlon: #2 Men Long Jump Indoor Pentathlon

Name	Year School	Finals	Points
1 Stephen McPhee	Alberta	7.02m	818
	FOUL 7.02m FOUL		
2 Branden Wilhelm	Windsor	6.89m	788
	FOUL FOUL 6.89m		
3 Jesse Drennan	Windsor	6.82m	771
	6.74m 6.72m 6.82m		
4 Wyatt Eyford	Manitoba	6.76m	757
	6.39m 6.76m 6.74m		



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****....Indoor Pentathlon: #2 Men Long Jump Indoor Pentathlon**

5	Yann Thibaudier	Sherbrooke	6.67m	736
	6.35m 6.67m 6.46m			
6	Dylan Golow	McGill	6.65m	732
	6.53m 6.65m FOUL			
7	Chris Robertson	Western	6.58m	716
	6.31m 6.58m 6.57m			
8	Cole Digel	Saskatchewan	6.55m	709
	6.41m 6.55m 6.53m			
9	Chris Cauley	Western	6.45m	686
	6.43m 6.45m 6.24m			
10	Alexandro Allison-Abaunz	Laval	6.39m	673
	6.22m 6.39m FOUL			
11	Shawn Beaudoin	Guelph	6.10m	608
	6.07m 6.05m 6.10m			
12	Kyle Lefort	New Brunswick	5.63m	508
	5.63m 5.60m 3.83m			

Indoor Pentathlon: #3 Men Shot Put 7.26 kg Indoor Pentathlon

=====				
Name	Year	School	Finals	Points
=====				
1	Stephen McPhee	Alberta	13.91m	723
	13.18m 13.91m FOUL			
2	Cole Digel	Saskatchewan	13.42m	693
	12.56m 13.03m 13.42m			
3	Jesse Drennan	Windsor	12.84m	657
	12.60m 12.12m 12.84m			
4	Branden Wilhelm	Windsor	12.04m	609
	12.04m FOUL 11.03m			
5	Chris Robertson	Western	11.79m	594
	11.53m FOUL 11.79m			
6	Dylan Golow	McGill	11.76m	592
	11.56m 11.76m 11.23m			
7	Shawn Beaudoin	Guelph	11.48m	575
	10.24m 10.86m 11.48m			
8	Wyatt Eyford	Manitoba	10.87m	538
	10.77m FOUL 10.87m			
9	Yann Thibaudier	Sherbrooke	10.60m	522
	10.49m 10.60m 10.38m			
10	Alexandro Allison-Abaunz	Laval	10.37m	508
	10.37m 10.25m 9.30m			
11	Chris Cauley	Western	9.83m	475
	9.83m 9.46m FOUL			



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08**Championnats d'Athletisme du SIC 2014****University of Alberta****Results****....Indoor Pentathlon: #3 Men Shot Put 7.26 kg Indoor Pentathlon**

12 Kyle Lefort New Brunswick 7.61m 343
7.58m FOUL 7.61m

Men Indoor Pentathlon

=====					
	CIS: @	4126	2010	Chris Crossley, Saskatchewan	
Name	Year	School	Seed	Finals	Points
=====					
1	Branden Wilhelm	Windsor	3701	3881	10
2	Jesse Drennan	Windsor	3629	3816	8
3	Stephen McPhee	Alberta	3573	3692	6
4	Yann Thibaudier	Sherbrooke	3648	3679	5
5	Dylan Golow	McGill	3563	3637	4
6	Wyatt Eyford	Manitoba	3711	3607	3
7	Cole Digel	Saskatchewan	3505	3595	2
8	Shawn Beaudoin	Guelph	3497	3582	1
9	Chris Cauley	Western	3509	3379	
10	Kyle Lefort	New Brunswick	2999	3017	
11	Chris Robertson	Western	3558	2742	
12	Alexandro Allison-Abaunz	Laval	3508	2656	



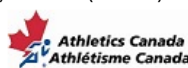
2014 CIS Track & Field Championships - 3/6/2014 to 3/8/2014**Championnats d'Athletisme du SIC 2014****University of Alberta****Results - Combined Events****Women Indoor Pentathlon**

	Points	60H	HJ	SP	LJ	800
1 Rachel Machin Calgary Team Points: 10	4165	8.72 (969)	1.83m (1016)	12.49m (694)	5.84m (801)	2:30.65 (685)
2 Rachael McIntosh Calgary Team Points: 8	4063	8.91 (929)	1.62m (759)	12.68m (706)	5.75m (774)	2:14.82 (895)
3 Lauren Taylor Saskatchewan Team Points: 6	3667	9.01 (908)	1.68m (830)	10.44m (558)	5.48m (694)	2:31.26 (677)
4 Danielle Delage Toronto Team Points: 5	3540	9.27 (854)	1.71m (867)	10.63m (571)	5.22m (620)	2:35.28 (628)
5 Chantel Pilon Waterloo Team Points: 4	3494	9.53 (802)	1.56m (689)	11.16m (606)	4.95m (546)	2:18.00 (851)
6 Flo Peters Toronto Team Points: 3	3490	9.16 (877)	1.62m (759)	9.28m (482)	5.20m (614)	2:24.90 (758)
7 Carolyn Adams Toronto Team Points: 2	3465	8.96 (918)	1.62m (759)	9.52m (498)	4.91m (535)	2:25.15 (755)
8 Katelyn Lehner Calgary Team Points: 1	3464	8.88 (935)	1.59m (724)	8.14m (408)	5.47m (691)	2:28.95 (706)
9 Amy Graceffo Manitoba	3440	9.23 (862)	1.53m (655)	10.48m (561)	5.52m (706)	2:32.97 (656)
10 Astrid Nyame Saskatchewan	3425	8.75 (963)	1.56m (689)	10.61m (569)	5.52m (706)	2:46.71 (498)
11 Kelsey Bohachewski Regina	3382	9.18 (873)	1.50m (621)	11.26m (612)	5.21m (617)	2:32.70 (659)
12 Shaylyn Kowalchuk Western	3206	8.86 (939)	1.59m (724)	9.66m (507)	5.02m (565)	2:49.31 (471)



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2014 CIS Track & Field Championships - 3/6/2014 to 3/8/2014

Championnats d'Athletisme du SIC 2014

University of Alberta

Results - Combined Events

13 Sonia Chartrand
Sherbrooke

	9.71	1.44m	11.61m	4.69m	3:12.59
2691	(767)	(555)	(635)	(477)	(257)



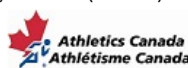
2014 CIS Track & Field Championships - 3/6/2014 to 3/8/2014**Championnats d'Athletisme du SIC 2014****University of Alberta****Results - Combined Events****Men Indoor Pentathlon**

	Points	60H	LJ	SP	HJ	1000
1 Branden Wilhelm Windsor Team Points: 10	3881	8.50 (860)	6.89m (788)	12.04m (609)	2.04m (840)	2:48.26 (784)
2 Jesse Drennan Windsor Team Points: 8	3816	8.52 (855)	6.82m (771)	12.84m (657)	1.86m (679)	2:41.77 (854)
3 Stephen McPhee Alberta Team Points: 6	3692	8.43 (877)	7.02m (818)	13.91m (723)	1.80m (627)	3:01.75 (647)
4 Yann Thibaudier Sherbrooke Team Points: 5	3679	8.60 (836)	6.67m (736)	10.60m (522)	1.86m (679)	2:37.07 (906)
5 Dylan Golow McGill Team Points: 4	3637	8.71 (811)	6.65m (732)	11.76m (592)	1.86m (679)	2:44.59 (823)
6 Wyatt Eyford Manitoba Team Points: 3	3607	8.57 (843)	6.76m (757)	10.87m (538)	1.86m (679)	2:47.68 (790)
7 Cole Digel Saskatchewan Team Points: 2	3595	8.96 (755)	6.55m (709)	13.42m (693)	1.86m (679)	2:50.64 (759)
8 Shawn Beaudoin Guelph Team Points: 1	3582	8.49 (862)	6.10m (608)	11.48m (575)	1.86m (679)	2:41.43 (858)
9 Chris Cauley Western	3379	8.74 (804)	6.45m (686)	9.83m (475)	1.89m (705)	2:55.51 (709)
10 Kyle Lefort New Brunswick	3017	9.22 (698)	5.63m (508)	7.61m (343)	1.86m (679)	2:47.75 (789)
11 Chris Robertson Western	2742	8.85 (779)	6.58m (716)	11.79m (594)	1.83m (653)	DNF (0)
12 Alexandro Allison-Abauza Laval	2656	8.34 (898)	6.39m (673)	10.37m (508)	1.74m (577)	DNF (0)



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2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08

Championnats d'Athletisme du SIC 2014

University of Alberta

Team Rankings - Through Event 34

Female Team Scores

Place	School	Points	Sprints	Distance	Hurdles	Relays	Field Events	Combined
1	Guelph	96	13	26	3	17	37	0
2	Toronto	93	15	34	0	26	8	10
3	Trinity Western	64	4	25	5	7	23	0
4	Western	59	4	13	2	7	33	0
5	Saskatchewan	50	6	1	10	6	21	6
6	Victoria	48	0	30	0	18	0	0
6	Calgary	48	0	2	0	5	22	19
8	Windsor	47	6	0	12	9	20	0
9	York	41	21	0	0	10	10	0
10	Queen's	18	0	18	0	0	0	0
11	Alberta	13	2	0	0	4	7	0
11	Sherbrooke	13	1	0	0	0	12	0
13	Montreal	12	0	0	6	0	6	0
14	Lethbridge	11	0	0	0	0	11	0
15	Laval	10	6	1	0	3	0	0
16	Regina	9	0	0	1	0	8	0
17	Dalhousie	8	0	0	0	0	8	0
18	Waterloo	7	0	0	0	3	0	4
19	Ottawa	6	0	6	0	0	0	0
20	McGill	5	0	0	0	0	5	0
21	Moncton	3	0	0	0	0	3	0
22	Manitoba	2	0	0	0	2	0	0
Total		663.00	78.00	156.00	39.00	117.00	234.00	39.00

2014 CIS Track & Field Championships - 2014-03-06 to 2014-03-08

Championnats d'Athletisme du SIC 2014

University of Alberta

Team Rankings - Through Event 34

Male Team Scores

Place	School	Points	Sprints	Distance	Hurdles	Relays	Field Events	Combined
1	York	103	30	0	6	22	45	0
2	Guelph	97	1	54	0	9	32	1
3	Windsor	81	5	25	0	19	14	18
4	Sherbrooke	52	11	6	7	11	12	5
5	Victoria	46	0	32	0	14	0	0
6	Regina	42	4	0	0	2	36	0
7	Laval	33	3	19	1	5	5	0
8	Ottawa	31	0	9	10	4	8	0
9	Western	26	0	0	3	0	23	0
10	Toronto	25	0	2	8	9	6	0
11	Trinity Western	22	8	0	4	4	6	0
12	Saskatchewan	18	8	2	0	1	5	2
12	McGill	18	0	0	0	8	6	4
14	Lethbridge	16	0	0	0	0	16	0
15	Dalhousie	15	0	0	0	0	15	0
15	Calgary	15	5	6	0	3	1	0
17	Manitoba	12	3	0	0	6	0	3
18	Alberta	10	0	0	0	0	4	6
Total		662.00	78.00	155.00	39.00	117.00	234.00	39.00