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Direction on Children’s Fitness Tax Credit

New information from the Customs and Revenue Agency (CRA) has been released about the implementation of the Children’s Fitness Tax Credit. CRA’s website now contains checklist for use by organizations that are charged with determining whether their program should qualify for purposes of this new credit. You can find the info at:

<http://www.cra-arc.gc.ca/whatsnew/checklist-e.html>

Public Health Agency of Canada appears set to launch a Public Awareness campaign about the tax credit and its health benefits. We are notifying our clubs as they will likely receive calls from parents inquiring about eligibility.

Quest for Gold Programme - 2007-2008

We hope to soon announce the selection criteria for the 2007-2008 Quest for Gold Athlete Assistance Programme. We don’t expect many changes to be made. As in 2006, participation in the Ontario and National Championships is obligatory so it is important for interested athletes and their coaches to mark out the dates of the 2007 championships on their training and competition calendars and plan to attend.

To review the current year’s criteria please click “Quest for Gold” under the “Quick Picks” menu on the left on the opening page of the OTFA website. Then click “Selection Criteria”. Don’t forget to adjust ages and years of birth.

The first OTFA Outdoor Championship of 2007 is the 10,000m, scheduled for May 5 in London.

Please note that Selection Criteria are subject to change based on Ministry of Health Promotion Guidelines when they are published.

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“It’s Not Gonna Kill You” campaign

The Ministry of Health Promotions “It’s Not Gonna Kill You” campaign is a public education initiative that aims to encourage youth to make healthier nutrition choices and be more physically active. The campaign elements include television ads, posters, Internet banner ads and www.notgonnakillyou.ca, an interactive resource for youth. The Ministry is asking sport and recreation professionals, amongst others, to contribute their knowledge, expertise and experience. Also, please consider placing campaign posters in locations where youth congregate and including a link to the site: www.notgonnakillyou.ca on your organization’s web site. Please go to the web site and click on “Talk to Us”.

OTFA 10,000m Championships – May 5

The OTFA Championships for Junior Men’s, Senior Men’s and Senior Women’s 10,000m on the track will be held in London on Saturday, May 5. More information, including an entry blank, will be made available soon as a link in the Events Calendar section of the OTFA website.

Possible NCCP Course

There is the possibility that a Level 2 Distances Technical course will be held in Port Perry in May. Anyone interested should check the Coaches section of the OTFA website for more information which will be posted as it becomes available.

Addition to Ontario Mentor Coaches List

We are pleased to announce that Brian Risk has been added to our roster of Mentor Coaches for the Pole Vault event. Brian has competed, coached, authored several books on pole vaulting and has been involved with the National Coaching Certification Programme. Brian’s telephone number and email address are included in the Mentor Coach list in the Repeat Announcements section.

Changes to Indoor Club Scoring

As a result of the inability of the Flying Angels club to complete its affiliation obligations for 2007 athletes entered in OTFA Indoor Championship meets have had their affiliation temporarily changed (for the indoor season) to “Independent”. For purposes of scoring, Flying Angels has been removed as a scoring club and clubs finishing behind them have been moved up one position as follows:

Juvenile

11. Saugeen 12. Niagara RA 13. Niagara OC etc.

Junior

9. Etobicoke 10. Windsor Legion 11. St. Thomas Legion 12. Power Athletics 13. University of Toronto T.C. 14. Brampton, Durham Legion and Guelph - tied etc.

Senior

All clubs with 5 points or less moved up one position.

Overall

19. Hamilton Olympic 20. Newmarket Huskies etc.



Mombasa, 24.3.07. DANIELLE WOODS (Canada, 380) leads from OLIVIA KENNEY (Gt. Britain). photo by Mark Shearman.



Mombasa, 24.3.07. MATTHEW LEEDER (Canada). photo by Mark Shearman.

Ontario athletes, Danelle Woods (Bib #380) and Matt Leeder (Bib #43) face tough competition and extreme heat at the IAAF World Cross Country Championships in Mombassa, Kenya, finishing 30th and 64th, respectively.

Important: National Championship Travel Grants

This is a reminder of the long-standing OTFA policy re: National Championship Travel grants: the athlete must compete (in his/her choice of individual events) at the Provincial Junior or Senior Championship* in order to qualify for OTFA travel grants, should they be available, following the National Junior/Senior Championships.

The above requirement is not in effect for cross country.

If there is a direct competition/travel conflict with an international team event, as determined by the OTFA Director of Technical Services, the athlete will be excused from attending the Ontario Championships. In addition, if the Director of Technical Services is satisfied that an athlete is unable to compete in the Ontario Championships due to injury he/she may be excused. In the latter case the matter must be brought to the Director's attention prior to the date of the Ontario Championships.

*includes Supermeet 1 in Ottawa; Art Keay Memorial 10km Walk; 10,000m in London, May 5; and Combined Events at the National Qualifier Meet in Toronto.

Athletics Canada Job Opportunity

Athletics Canada seeks new Director/Head Coach of Development Programmes. (Deadline April 27, 2007)

For more information and the job description, please visit <http://www.athletics.ca/article.asp?id=4957>.

Repeat Announcements Section

New: Entry Guides for Supermeet 1

A set of entry guides will be included in the meet information for Supermeet 1 in Ottawa this summer with the objective of tightening up the schedule and improving the overall quality of Supermeet 1. Clubs will be asked to consult the entry guides before entering athletes who are not of Junior or Senior age. Although observance of the entry guides will be optional in 2007, it will be strongly recommended to clubs that athletes who have not achieved the entry guide for their events not be entered in the meet. Please note that all OTFA-registered Juniors and Seniors may enter Supermeet 1 without having achieved the entry guide.

New Policy Re: Grace Period for OTFA Registrations

Please note that starting with the outdoor season any athlete who has not registered with the OTFA by the second deadline for any OTFA Championship will not be permitted to compete in the championship. Late registrations will no longer be accepted at the competition site.

Seeding Standards to Come into Effect this Outdoor Season

Commencing with this outdoor season, clubs wishing to enter athletes in the top one or two sections of certain events* at OTFA Championships will be required to provide actual recent seed performances from OTFA-sanctioned/approved competitions that are equal or superior to soon-to-be-published time standards. Athletes for whom substantiated seed times are not provided will be grouped in the next tier of athletes according to the data provided.

*Seed performance standards will be included in the meet packages. Anyone wishing to submit a seed time superior to the standard must include information on a recent documented performance.



Tabia Charles (Power Athletics), had a great indoor season as she jumped 14.02m at the Alex Wilson Invitational on March 3, 2007, breaking her own Canadian Triple Jump record.

2006-2007 IAAF Rulebooks

We still have copies and these are available for \$10.00 each to OTFA-registered members and \$12.00 to all others. For mail orders please add \$2.00 per order for shipping and handling. Officials may obtain their books from Enrico Toscano. Prices include GST.

Mentor Coaches Programme Continues for another Year

Coaches are encouraged to consult with any of the Master Coaches listed below for advice on training methods. These master coaches are proven producers of top athletes and have a huge amount of expertise which they are willing to share with you at only the cost of your time.

- | | |
|--|--|
| Sprints/Relays:
519-823-1175 | Peter Manning
mmpgm@sympatico.ca |
| Hurdles:
519-884-2074 | Brent McFarlane
bmcfarlane@continuum.org |
| Distance Running:
905-855-9374 | Paul Poce
paul.poce@sympatico.ca |
| Walks:
613-7455433 | Roger Burrows
rburr014@uottawa.ca |
| High Jump: | TBA |
| Pole Vault:
705-497-8779 | Brian Risk
risk@vianet.on.ca |
| Horizontal Jumps:
519-837-8451 | Zoltan Tenke
zoliten@hotmail.com |
| Throws:
519-657-4115 | John Allan
allan4115@rogers.com |
| Combined Events:
905-640-8529 | Sue Wise
suewise@yorku.ca |
| Northern areas:
705-266-4742 | Vital Shank
polowy@ntl.sympatico.ca |

OTFA Sanction Kit

The OTFA sanction kit is available for download from the OTFA website or can be obtained by email or regular post by contacting Roman Olszewski. Please note that the method of determining the sanction/insurance fee has recently been changed. Competition Directors are advised to read the new conditions of sanction and to apply early. A regularly-updated listing of sanctioned competitions is now posted on the OTFA website.

Coaches Certification

Coaches can find out their current NCCP status by going to the Coaching Association of Canada website, www.coach.ca/eng/ and clicking the "Check Certification" item. An NCCP number is required. In most cases Roman Olszewski will have this and can provide it on request. Coaches who are missing one or more components should try to resolve these within the next 6 months or so as the new Technical courses for Level 1 and 2 will be introduced and it may become more complicated to find suitable "old" courses or their equivalents in the new regime. For years to come, coaches will be recognized in both old and new systems.

For a schedule of Introduction to Competition courses (Modules A & B - formerly Theory 1 & 2) and for Level 3 Theory courses please see: www.coachesontario.ca

Coaching Education Grants

Coach members of the OTFA may apply for grants to assist them in covering the cost of attending educational events (NCCP courses, coaching workshops, seminars, etc.). Coaches are eligible for one grant in the above-mentioned period up to a maximum of approximately \$200.00. They must have been registered with the OTFA at the time of the event.

Please contact Roman Olszewski for an application form.



Jessica Zelinka (London, ON), representing the University of Calgary, was named top female CIS track & field athlete and went on to win 4 gold and 1 silver at the CIS Championships at McGill on March 8 - 10, 2007.



Most of the information for outdoor competitions in 2007 is, at this time, tentative and subject to change. Please note that a meet's inclusion on this list does not imply that it is sanctioned. Check the status of the competition to the left of the competition name. Competitions for which we know applications for sanction will not be made will not be listed.
S: OTFA Sanctioned S(AC): Athletics Canada sanctioned
A: OTFA Approved (not OTFA Sanctioned but approved for competition by OTFA athletes)
 Performances will also count for all out-of-province events provided they are sanctioned by the provincial sport organization or Athletics Canada

FIXTURES

Date	Status	Competition	Location	Contact
April 19		Louis Riel High School Dome Series	Ottawa	Y
April 21-22?		Pan Am Racewalk Cup	BRA	
April 26		Louis Riel High School Dome Series	Ottawa	Y
May 3		Bytown Relays (High School Classic)	Ottawa	
May 5	S	OTFA 10,000m Track Championships	London	O
May 5		Ontario Paralympic Regional Games	Mississauga	
May 6	S	Forest City Series (Throws Meeting)	London	CC
May 10		National Capital High School Classic	Ottawa	
May 12	A	U. of Windsor Open Track & Field Meet	Windsor	C/S
May 13	S	NOC Spring Distance Series 1	St. Catharines	FF
May 19		Burlington Meet (Minor Track Association)	Burlington	K
May 20	S	NOC Spring Distance Series 2	St. Catharines	FF
May 26		Hamilton Allcomers Meet (at Mohawk Sports Park)	Hamilton	V
May 26		Markham Meet (MTA)	Stouffville	K
May 26		Ontario Paralympic Regional Games	Hamilton	
May 26-27		2007 NACAC Combined Events Champs.	Santo Domingo, D.R.	
May 26-27		ING Great Canadian Road Race Weekend	Ottawa	
May 27	S(AC)	National Marathon Championships	Ottawa	
May 27	S(AC)	Canadian Wheelchair Marathon Championships	Ottawa	
May 27	S	OTFA 10km Road Walk Championships/Art Keay Mem.	Toronto	N
May 27	S	NOC Spring Distance Series 3	St. Catharines	FF
May 30-31	A	OFSAA Eastern Regional Championships	Belleville	
May 31-01	A	OFSAA Southern Regional Championships	St. Catharines	GG
June 3		Ontario Masters Outdoor Championships	London	G
June 3		Guelph Allcomers Meet	Guelph	J
June 3		Guelph Lightning Meet (MTA)	Guelph	K
June 7-9	A	OFSAA Championships	Ottawa	
June 9		Bullets Standards Meet (MTA)		K
June 10	S(AC)	2007 Canadian 10,000m Championships	Abbotsford, BC	
June 13		Brooks Ottawa Summer Twilight Series	Ottawa	
June 15-17		Ian Hume Invitational	Sherbrooke	
June 16		The Mercedes-Benz Classic Mile	Cambridge	
June 16		Quinte Legion Meet (MTA)	Belleville	K
June 16	A	RCL District F Outdoor Meet	Belleville	W
June 16-17	S	OTFA Nat'l Qualifier + Combined Events/Selected Relays	Toronto	J
June 20		Brooks Ottawa Summer Twilight Series	Ottawa	
June 21-22		Ottawa Elementary All-Champions Final	Ottawa	Y
June 22-24		Ontario Paralympics Championships	Sarnia	



FIXTURES

Date	Status	Competition	Location	Contact
June 23	A	District B Legions	St. Catharines	FF
June 23		Hershey Ontario Finals (MTA)	Oshawa	K
June 27		Brooks Ottawa Summer Twilight Series	Ottawa	
June 29-01	S	OTFA Supermeet 1 (Jr & Sr Championships) + Includes Eastern Canadian HPAS Meet #1	Ottawa	Y
July 4		Sherbrooke Invitational (EHPAS Meet #2)	Sherbrooke	
July 6		Aileen Meagher Invitational (EHPAS Meet #3)	Halifax	
July 6-8		Pan American Junior Championships	Fortaleza, BRA	
July 7	S	HH/PIB Throws Challenge	London	CC
July 7	A	District G RCL Champs (+ HP open events)	Ottawa	
July 8		Kidd-Crothers Track Classic (EHPAS Meet #4)	Toronto	E
July 11		Brooks Ottawa Summer Twilight Series	Ottawa	
July 11-15		IAAF World Youth Championships	Ostrava, CZE	
July 12-15	S(AC)	Canadian Senior Championships	Windsor	
July 14		Bullets Standards Meet #2 (MTA)	TBA	K
July 18		Brooks Ottawa Summer Twilight Series	Ottawa	
July 20-21	A	RCL Ontario Championships	Ottawa	
July 21		3rd Asian Community Games	Toronto	
July 21		Ontario Minor Track Championships	Oshawa	K
July 22-29		Pan American Games	Rio de Janeiro, BRA	
July 25		Brooks Summer Twilight Series	Ottawa	
July 27-29	S(AC)	Canadian Junior Championships	Abbotsford, BC	
July 27-29		Canadian Masters Championships	Saint John, NB	
July 28	S	Forest City Series (Throws Meeting)	London	CC
August 3-5	S	OTFA Supermeet 2 (Bantam-Midget-Juvenile Chps.)	Toronto	E
August 4-5		Eastern Canada Team Espoir Championships	Newfoundland	
August 8		Brooks Ottawa Summer Twilight Series	Ottawa	
August 8-14	A	RCL National Camp and Competition	Oromocto, NB	
August 8-18		FISU Games	Bangkok, THA	
August 15		Brooks Ottawa Summer Twilight Series	Ottawa	
Aug. 25-Sep. 2		IAAF World Championships	Osaka, JAP	
Sept. 15		Quinte Legion Cross Country (MTA)		K
Sept. 22		Burlington Cross Country #1 (MTA)	Burlington	K
Sept. 29		Newmarket Huskies Cross Country (MTA)	Bradford	K
Sept. 30?	S	OTFA 20km Walk Championships		
Oct. 6		South Simcoe/Dufferin Cross Country (MTA)	Barrie	K
Oct. 13	S(AC)	TransCanada 10km (Road) Canadian Championships	Ottawa	
Oct. 13		Brantford Cross Country (MTA)	Brantford	K
Oct. 20		Bullets Cross Country (MTA)	Brampton	K
Oct. 27		MTA Cross Country Championships	Burlington	K
Nov. 18	S	OTFA Cross Country Championships	?	
Dec. 1	S(AC)	2007 Canadian Cross Country Championships	Guelph, ON	



FIXTURES

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**Ontario Results - USA National Indoor Interscholastic Championships
New York March 8-12, 2007**

Staff

Craig Blackman	Team Leader, Head Coach
Denise Neziroski	Coach
Richard Borek	Coach
Bill Stephens	Coach

Note: athletes shown with an asterisk (*) were not part of the official Ontario team.

Girls	Event	Result	Club	Personal Coach
Maddie Buttinger	HJ	1 st - 1.74m	Laurel Creek TFC	Gary Crossley
Maddie Buttinger	Pent	3 rd - 3403 pts	Laurel Creek TFC	Gary Crossley
Marie Fourie	60mH	22 nd - 9.51 sec	Laurel Creek TFC	Gary Crossley
Natalie Geiger*	400m	4 th - 55.28 sec	York Flyers	Bill Gairdner
Shannon Gribbons	1 Mile	10 th - 5:01.77	Saugeen TFC	Geordie Farrell
Meghan Harris	60mH	27 th - 9.78 sec	London Legion TFA	Sandy Cooper-Ryder
Kate Harrison	1 Mile	13 th - 5:06.92	Phoenix Athletics	Bill Stephens
Sarah Healey	800m	24 th - 2:20.09	Durham Dragons Athletics	Bill Cunliffe
Simone Holder*	60m	28 th - 7.87 sec	Etobicoke TFC	Clifford Linton
Simone Holder*	200m	27 th - 25.63 sec	Etobicoke TFC	Clifford Linton
Jenn House	PV	12 th - 3.35m	London Legion TFA	D. Collins
Diana Lane	SP	10 th - 12.44m	London Western TFC	Sylvia Kontra
Diana Lane	WT	18 th - 12.50m	London Western TFC	Sylvia Kontra
Shantel Llewelyn*	60m	23 rd - 7.88 sec	Project Athletics	Wellesley Johnson
Shantel Llewelyn*	200m	22 nd - 25.32 sec	Project Athletics	Wellesley Johnson
Jaideene Lowe	TJ	5 th - 11.76m	I Be Fast TC	Craig Blackman
Celine Loyer	60m	40 th - 8.07 sec	DSSG Athletics Club	David Case
Shauna Malek	400m	15 th - 57.37 sec	London Legion TFA	Sandy Cooper-Ryder
Jenelle McCalla	60mH	DNS	Durham Legion Athletics	Andrew Stark
Cheria Morgan*	60m	21 st - 7.84 sec	Project Athletics	Wellesley Johnson
Cheria Morgan*	200m	44 th - 26.38 sec	Project Athletics	Wellesley Johnson
Nicky Neeb	HJ	11 th - 1.65m	Laurel Creek TFC	Tom Fitzgerald
Taylor Neeley	TJ	7 th - 11.58m	I Be Fast TC	Craig Blackman
Flings Owusu	60m	9 th - 7.58 sec	Independent	Earl Letford
Adrienne Payne	60mH	24 th - 9.61 sec	Sarnia Athletics SW TFC	Joel Skinner
Vanessa Piacente	800m	11 th - 2:17.25	Phoenix Athletics	Bill Stephens
Elizabeth Petrov	Pentathlon	DNF	Power Athletics	Greg Portnoy
Rita Rudell	HJ	14 th - 1.65m	Saugeen TFC	Earl Farrell
Rita Ruddell	Pent	6 th - 3145 pts.	Saugeen TFC	Earl Farrell
Andrea Seccafien	Mile	14 th - 5:09.34	Guelph TFC	Albert Tschirhart
Madeline Wallace	800	7 th - 2:15.93	London Western TFC	Dave Mills
Nakisha Mayers-Watson	60mH	21 st - 9.47 sec	Durham Legion Athletics	Andrew Stark
Jessica Wilson	LJ	12 th - 5.13m	I Be Fast TC	Craig Blackman
Jillian Wyman	800m	35 th - 2:25.20	Hamilton Olympic Club	Patti Moore

Boys	Event	Result	Club	Personal Coach
Andrew Aguanno	2 Mile	17 th – 9:41.78	York University TC	Mario Iozzo
Jheryl Bowry	HJ	24 th – 1.81m	Independent	Earl Letford
Wiley Collins	WT	16 th – 18.34m	London Western TFC	John Allan
Wiley Collins	SP	51 st – 13.33m	London Western TFC	John Allan
Nathan Dennis	LJ	22 nd – 5.79m	Windsor Legion TFC	Brett Lumley
Nathan Dennis	TJ	25 th – 12.71m	Windsor Legion TFC	Brett Lumley
Kadeem Douglas	HJ	24 th – 1.81m	Independent	Earl Letford
Derek Drouin	HJ	5 th – 1.96m	Sarnia Athletics SW TFC	Joel Skinner
Derek Drouin	Pent	10 th – 3234 pts	Sarnia Athletics SW TFC	Joel Skinner
Justin Duncan	800m	4 th – 1:53.49	Mississauga TC	Marc Christie
Charles Forbes*	60m	35 th – 7.07 sec	Project Athletics	Wellesley Johnson
Charles Forbes*	200m	49 th – 23.41 sec	Project Athletics	Wellesley Johnson
Andrew Graham	Pent	14 th – 3071 pts	London Legion TFA	Sandy Cooper-Ryder
Andrew Graham	60mH	19 th – 8.53 sec	London Legion TFA	Sandy Cooper-Ryder
Tyrone Halstead	60m	4 th – 6.35 sec	Mississauga TC	Marc Christie
Andrew Heaney	800m	1 st – 1:50.62	Phoenix Athletics	Bill Stephens
Seon Holmes*	60m	31 st – 7.11 sec	Mississauga TC	Angela Issajenko
Seon Holmes*	200m	39 th – 23.06 sec	Mississauga TC	Angela Issajenko
Adam Johnson	200m	7 th – 21.94 sec	I Be Fast TC	Craig Blackman
Adam Johnson	400m	6 th – 49.02 sec	I Be Fast TC	Craig Blackman
Chris Johnson*	60m	17 th – 7.03 sec	Project Athletics	Wellesley Johnson
Chris Johnson*	200m	20 th – 22.52 sec	Project Athletics	Wellesley Johnson
Matt Jurysta	2 miles	15 th – 9:41.12	Toronto Olympic Club	Paul Poce
Brian Major	HJ	18 th – 1.86m	Laurel Creek TFC	Jason Gropp
Jason Mei	LJ	9 th – 6.65m	Windsor Legion TFC	Brett Lumley
Daniel Novia	WT	13 th – 19.39m	Power Athletics	Greg Portnoy
Daniel Novia	SP	23 rd – 15.53m	Power Athletics	Greg Portnoy
Brian Richards*	LJ	4 th – 7.15m	Independent	Earl Letford
Daryl Smith	2 Mile	19 th – 9:48.77	Windsor Legion TFC	Brett Lumley
Ian Warner*	60m	8 th – 6.92 sec	Etobicoke TFC	Clifford Linton
Richard West	800m	15 th – 1:55.92	Phoenix Athletics	Bill Stephens
Alex Witmer	HJ	4 th – 2.01m	Kitchener-Waterloo TFA	Dermott Smith



ONTARIO OUTDOOR TRACK & FIELD

RECORDS

As On April 1, 2007

COMPILED BY ROMAN OLSZEWSKI
PUBLISHED BY THE ONTARIO TRACK & FIELD ASSOCIATION
POLICIES AND PROCEDURES CONCERNING APPLICATION FOR AN ONTARIO RECORD
(April 2007)

1. For purposes of records a person is considered an Ontarian if he/she meets the following conditions at the time during which the record-establishing performance is achieved:
 - a) is a resident of Ontario and is a Canadian Citizen, Landed Immigrant or has Refugee status.
 - b) is a resident outside of Canada but a) is a Canadian citizen and b) had either been a resident of Ontario for a minimum of 188 days or was born in Ontario and c) is eligible to compete for the Canadian National Team and d) has not last been a member of an Athletics Canada branch other than Ontario.
 - c) resides in a province outside of Ontario but a) had either been a resident of Ontario for a minimum of 188 days or was born in Ontario, and b) has been an athletic member of the Ontario Track & Field Association and c) has not last been a member of an Athletics Canada branch other than Ontario and d) is eligible to compete for the Canadian National Team.
2. An Ontario Open Record represents the best performance established by either a non-Ontarian on Ontario soil or by an Ontarian competing inside or outside of Ontario.
3. An athlete's age category is determined by his/her age as of December 31st of the year in which the competition takes place.
4. No performance will be accepted as an Ontario record if it was achieved in contravention of IAAF/OTFA rules in force at the time at which the event was conducted or if the quality of officiating or equipment was not of a suitable standard as deemed by the OTFA Technical Committee (but see No. 16.). Applicants shall provide, when requested to do so, details concerning officials present at the competition and the condition of the facilities and equipment in use. There is no limit to the period of retroactivity with respect to the voiding of a record.
5. The affiliation of a record holder will be shown as the team, club or school that the athlete was representing at the time the record-breaking performance was achieved. In the case where an athlete was competing for a school or other non-club team but was concurrently registered with the OTFA with a club the athlete's club team will also be shown (in brackets). No Club affiliation will be included if the athlete was not registered with the OTFA at the time the record was established.
6. Relay records shall be kept in two categories: "Club/School" and "Composite". When the "Club/School" record is superior to the composite record only the former shall be listed. To claim a club/school record in a relay event all members of the team must have been registered with the OTFA under the same club name or enrolled as students of the same school or university. In the case of school or university teams the performance must have been achieved before the official closing of the school year. National, branch, regional or other teams composed of athletes from more than one club or school may establish "Composite" relay records provided all runners on the team are registered members of the parent organization.
7. To be accepted as a record, a performance in events of 400m and less in distance (with the exception of combined events) must have been timed with fully-automatic equipment.
8. Wind information, expressed in metres per second, for events of 200m or less (including 200m hurdles) and the long and triple jumps must be provided with the application. (Applicable to Outdoor Records only).
9. In the field events intermediate results within the same competition may not be claimed as records unless a superior performance is, for some reason, not acceptable as a record.
10. To preclude unfair advantages to some athletes records in the hurdling events may only be claimed in a

particular age category if the competition was conducted using the specifications for height, etc. currently designated for the age group.

11. In the throwing events the OTFA Technical Committee must be satisfied that the throwing implement used to establish the record was measured for mass, etc. by technical officials at the competition.

12. In field events, the use of a fiberglass tape for measuring the distance or height will not disqualify a performance from consideration as an Ontario record.

13. A copy of the birth certificate must be filed with the OTFA office in case of age class records.

14. Performances which are listed as “pending” on the provincial records listings may be dropped if they cannot be ratified within three years of their establishment.

15. Notwithstanding IAAF Rule 148-6b, performances from competitions in which fewer than three competitors in individual events or two teams in relay events participated will be accepted provided that the event was arranged, sanctioned and advertised before the day on which the event took place.

16. Performances achieved in mixed competitions (male-female) will be accepted as records in the Bantam and Midget age categories.

17. Applications for records should be forwarded to the Technical Coordinator, OTFA. The applications, which should contain all relevant information about the performance, are examined by the Technical Committee at one of its regular meetings and are passed on to the OTFA Board of Directors for ratification. Special application forms are available in several of the event groups.

ONTARIO OUTDOOR RECORDS

As on April 1, 2007

p = pending ratification (number codes explained below)
 * = pending more thorough search of past performances
 U20 = under 20 years of age at time of record-breaking performance
 and not turning 20 at any time during that year

Explanation of Number Codes for Pending Records:

p	Ratifiable at next OTFA Board meeting
p(1)	Hand timer's verification form required (minimum of two hand times required)
p(2)	Copy of birth certificate required
p(3)	Officials' verification form required (heights accurately measured, implements checked?)
p(4)	Nationality/residence at time of performance needs to be verified
p(5)	Performance information incomplete

For further information on this list please contact Roman Olszewski <olsz@iaw.on.ca>

Women

100m	Open/Senior	10.98 (+0.8)	Angela BAILEY (62)	Canada (Etob.Huskies-Striders)	Budapest, HUN	1987 07 06
	Espoir-U24	11.17 (-1.7)*	Angela BAILEY (62)	(University of Toronto TC)	Brussels, BEL	1983 08 26
	Junior-U20	11.21 (+0.0)	Angela BAILEY (62)	Canada (Univ. of Toronto TC)	Ciudad Bolivar VEN	1981 08 15
	Junior-U19	11.44 (+0.5)	Angela BAILEY (62)	Canada (Univ. of Toronto TC)	Philadelphia, PA	1980 07 17
	Juvenile-U18	11.56 (+0.6)	Angela BAILEY (62)	Power Track Club	Sherbrooke	1979 07 28
		11.5 (+0.5)	Angela BAILEY (62)	Power Track Club	Sherbrooke	1979 07 28
	Juvenile-U17	11.63 (+0.0)	Angela BAILEY (62)	Canada	Edmonton	1978 08 06
	Midget-U16	11.83 (+1.8)	France GAREAU (67)	North Bay Legion	Ottawa	1982 07 31
		11.8 (+1.2)	Angela BAILEY (62)	Mississauga TFC	Ottawa	1976 09 05
	Midget-U15	12.23 (+0.6)	Rhonda-Kaye TRUSTY (88)	Brampton T.C.	Kitchener	2002 07 26
		11.8 (+1.2)	Angela BAILEY (62)	Mississauga TFC	Ottawa	1976 09 05
	Bantam-U14	12.50 (+1.8)	Rhonda-Kaye TRUSTY (88)	Brampton T.C.	Ottawa	2001 07 27
		12.0	Donna SUMMERLAND (58)	Scarborough Optimists TC	Whitby	1971 05 29
	Bantam-U13	12.97 (+0.5)	Darcelle MCCUTCHEON (84)	Napanee Legion TC	Ottawa	1996 06 23
	200m	Open/Senior	22.62 (+0.1)	Marita PAYNE (60)	Scarborough Optimists	Edmonton
Espoir-U24		22.62 (+0.1)	Marita PAYNE (60)	Scarborough Optimists	Edmonton	1983 07 10
Junior-U20		22.86 (+0.0)	Angela BAILEY (62)	Canada (Univ. of Toronto TC)	Ciudad Bolivar VEN	1981 08 15
Junior-U19		23.42 (-2.1)	Angela BAILEY (62)	University of Toronto TC	Sherbrooke	1980 06 15
Juvenile-U18		24.00	Angela BAILEY (62)	Power Track Club	Edmonton	1978 07 16
Juvenile-U17		24.00	Angela BAILEY (62)	Power Track Club	Edmonton	1978 07 16
Midget-U16		24.01 (+1.4)	France GAREAU (67)	North Bay Legion	Ottawa	1982 08 01
Midget-U15		24.81 (+0.0)	Rhonda-Kaye TRUSTY (88)	Brampton T.C.	Ottawa	2002 08 04
Bantam-U14		25.51 (-0.1)	Rhonda-Kaye TRUSTY (88)	Brampton T.C.	Ottawa	2001 07 29
Bantam-U13		26.35 (+1.2)	Darcelle MCCUTCHEON (84)	Napanee Legion TC	Ottawa	1996 06 23
400m		Open/Senior	49.91	Marita PAYNE (60)	Canada (York Univ. Optimists)	Los Angeles CA
	Espoir-U24	50.06*	Marita PAYNE (60)	Canada (Scarborough Optimists)	Helsinki, FIN	1983 08 10
	Junior-U20	51.85	Jillian RICHARDSON (65)	Canada (York Univ. Optimists)	Walnut CA	1984 07 25
	Junior-U19	52.38	Carline MUIR (87)	Canada (Etobicoke Gladstone)	Windsor	2005 07 30
	Juvenile-U18	54.00	Carline MUIR (87)	Weston C.I. (Etobicoke Gladstone)	Toronto	2004 06 04
	Juvenile-U17	54.41	Patricia MAYERS (85)	Canada (Central)	Sante Fe, ARG	2001 10 19
		54.4	Abby HOFFMAN (47)	Toronto Olympic Club	Hamilton	1963 08 31
	Midget-U16	55.64	Natalie GEIGER (90)	York Flyers	Montreal	2005 07 08
		55.3	Janette WOOD (60)	Western Region (Oakville TC)	London	1975 09 01
	Midget-U15	56.92	Denise FILLION (64)	Tillsonburg Legion	Ottawa	1978 08 26
	Bantam-U14	57.76	Patricia MAYERS (85)	Oshawa Legion TFC	Toronto	1998 06 30
	Bantam-U13	59.63	Taylor FARQUHAR (94)	London Legion Track Alliance	Windsor	2006 07 28
	800m	Open/Senior	2:00.14	Yvonne SAUNDERS (51)	Canada	Oslo, NOR
Espoir-U24		2:02.9*	Yvonne SAUNDERS (51)	Guelph T.C.	Scarborough	1974 08 17
Junior-U20		2:03.17	Glenda REISER (55)	Canada	Moscow, URS	1973 08 19
Junior-U19		2:03.17	Glenda REISER (55)	Canada	Moscow, URS	1973 08 19
Juvenile-U18		2:05.2	Glenda REISER (55)	Uplands Harriers	Scarborough	1972 07 22
Juvenile-U17		2:09.8	Glenda REISER (55)	Uplands Harriers	Ottawa	1971 08 15
Midget-U16		2:11.2	Linda ORR (63)	Oakville TFC	Etobicoke	1978 06 24
Midget-U15		2:13.82	Diana BOULTBEE (91)	Quinte Legion	Ottawa	2005 06 29
Bantam-U14		2:15.79	Robyn KOWALSKI (85)	Niagara Regional Athletics	Sudbury	1997 08 02
Bantam-U13		2:15.79	Robyn KOWALSKI (85)	Niagara Regional Athletics	Sudbury	1997 08 02
1000m		Open/Senior	2:36.26	Carmen DOUMA-HUSSAR (77)	Guelph T.F.C.	Linz, AUT
	Espoir-U24	2:38.4	Penny WERTHNER (55)		West Berlin, FRG	1978 08 18
	Junior-U20	2:41.4*	Glenda REISER (55)		Montreal	1973 07 04
	Junior-U19	2:41.4*	Glenda REISER (55)		Montreal	1973 07 04
1500m	Open/Senior	4:02.29	Carmen DOUMA-HUSSAR (77)	Guelph T.F.C.	Rieti, ITA	2005 08 28
	Espoir-U24	4:06.71*	Glenda REISER (55)	Canada	Munich, FRG	1972 09 04

	Junior-U20	4:06.71	Glenda REISER (55)	Canada	Munich, FRG	1972 09 04
	Junior-U19	4:06.71	Glenda REISER (55)	Canada	Munich, FRG	1972 09 04
	Juvenile-U18	4:06.71	Glenda REISER (55)	Canada	Munich, FRG	1972 09 04
	Juvenile-U17	4:27.63	Stephanie SMITH (90)	York University T.C.	Ottawa	2005 06 22
	Midget-U16	4:27.63	Stephanie SMITH (90)	York University T.C.	Ottawa	2005 06 22
	Midget-U15	4:32.2	Tammy ROBERTS (67)	Oshawa Legion	Ottawa	1981 08 08
	Bantam-U14	4:40.15	Robyn KOWALSKI (85)	RCL Dist. B (Niagara Reg. Ath.)	Toronto	1998 07 10
	Bantam-U13	4:46.26	Robyn KOWALSKI (85)	Niagara Regional Athletics	Sudbury	1997 08 03
Mile	Open/Senior	4:27.71	Kathy BUTLER (73)	(Etobicoke Gladstone)	Bellinoza, ITA	1998 07 01
	Espoir-U24	4:35.13*	Glenda REISER (55)	Canada	London, GBR	1973 09 14
	Junior-U20	4:35.13	Glenda REISER (55)	Canada	London, GBR	1973 09 14
	Junior-U19	4:35.13	Glenda REISER (55)	Canada	London, GBR	1973 09 14
2000m	Open/Senior	5:54.5	Alison WILEY (63)	Canada (Univ. of Toronto TC)	Helsinki, FIN	1983 08 10
	Espoir-U24	5:54.5	Alison WILEY (63)	Canada (Univ. of Toronto TC)	Helsinki, FIN	1983 08 10
3000m	Open/Senior	8:48.37	Kathy BUTLER (73)	(-)	Oslo, NOR	1999 06 30
	Espoir-U24	8:51.27*	Alison WILEY (63)	Canada (Univ. of Toronto T.C.)	Helsinki, FIN	1983 08 08
	Junior-U20	9:19.62	Alison WILEY (63)	Ontario (Univ. of Toronto TC)	Thunder Bay	1981 08 14
	Junior-U19	9:19.62	Alison WILEY (63)	Ontario (Univ. of Toronto TC)	Thunder Bay	1981 08 14
	Juvenile-U18	9:22.64	Jennifer ARMSTRONG (71)	Canada (Tillsonburg Legion)	Richmond, BC	1987 07 12
	Juvenile-U17	9:22.64	Jennifer ARMSTRONG (71)	Canada (Tillsonburg Legion)	Richmond, BC	1987 07 12
	Midget-U16	9:43.2	Jennifer ARMSTRONG (71)	RCL Dist. B (Tillsonburg Legion)	Windsor	1986 07 12
	Midget-U15	9:52.6	Tammy ROBERTS (67)	Oshawa Legion	Windsor	1981 06 27
	Bantam-U14	10:11.31	Jennifer ARMSTRONG (71)	Tillsonburg Legion TFC	London	1984 08 12
	Bantam-U13	10:28.98*	Amber REID (77)	Kingston TFC	Hamilton	1989 07 22
5000m	Open/Senior	15:10.69	Kathy BUTLER (73)	(Etobicoke Gladstone)	Stockholm, SWE	1998 08 05
	Espoir-U24	15:36.55*	Alison WILEY (63)	Stanford University	Berkeley, CA	1984 05 05
	Junior-U20	16:48.14	Andrea JOHNSON (77)	Etobicoke Gladstone	Knoxville, TN	1996 04 10
	Junior-U19	17:13.26	Amy KOHLMEIER (84)	Ontario (Sarnia Athletics SW)	London	2001 08 20
5km r	Open					
	Senior	15:54*	Lioudmila ALEXEEF (65)	Toronto Olympic Club	Toronto	1994 07
	Espoir-U24					
10000m	Open/Senior	32:14.05	Nancy TINARI (59)	Canada (New Balance Optimists)	Seoul, KOR	1988 09 30
	Espoir-U24	33:12.60*	Anne Marie MALONE (60)		Tokyo, JPN	1982 09 24
	Junior-U20	35:19.95	Carole TREPANIER (71)	Canada (Timmins-Porcupine)	Sudbury	1988 06 26
10km r	Open					
	Senior	32:20*	Nancy ROOKS (59)		St. Catharines	1983 05 22
	Espoir-U24	33:06*	Silvia RUEGGER (61)		San Diego, CA	1983
15km r	Open/Senior					
20000m	Open/Senior	Unclaimed				
20km r	Open/Senior	Unclaimed				
	Espoir-U24	Unclaimed				
Half-Mar	Open/Senior	1:12:27*	Danuta BARTOSZEK (61)	Toronto Olympic Club	Toronto	1995 09 24
	Espoir-U24					
25000m	Open/Senior	Unclaimed				
25km r	Open/Senior					
30000m	Open/Senior	Unclaimed				
30km r	Open/Senior					
Marathon	Open/Senior	2:28:36	Silvia RUEGGER (61)	Etobicoke Huskies-Striders	Houston, TX	1985 01 06
100km r	Open/Senior					
Road Relay	Open/Senior					
1 Hour	Open/Senior	14,646m	JoAnn McKINTY (52)		North Bay	1974 05 04
	Espoir-U24	14,646m	JoAnn McKINTY (52)		North Bay	1974 05 04
80mH	Midget-U16	11.29 (+0.2)	Jessica ZELINKA (81)	Banting S.S. (London-Western)	Kitchener	1996 06 07
	Midget-U15	12.06 (-1.3)	Jessica ZELINKA (81)	RCL Dist. A (London-Western)	South Porcupine	1995 07 08
	Bantam-U14	12.65 (+0.2)	Amilia DI CHIARA (90)	York County TC	Toronto	2003 06 14
	Bantam-U13	14.20 (+1.4)	Ariana JORGENSON (93)	York County TC	Toronto	2005 08 06
		13.41 (+1.0)p	Taylor FARQUHAR (94)	London Legion Track Alliance	Windsor	2006 07 29

100mH	Open/Senior	12.46 (+0.7)	Perdita FELICIEN (80)	(-)	Eugene, OR	2004 06 19
	Esplor-U24	12.53 (-0.2)	Perdita FELICIEN (80)	Canada (Central Pickering)	St-Denis, FRA	2003 08 27
	Junior-U20	13.32 (+1.6)	Karen NELSON (63)	Canada (Scarborough Optimists)	Brisbane, AUS	1982 10 07
	Junior-U19	13.78 (+1.7)	Priscilla LOPES (82)	Canada (Central Pickering Track)	Montreal	2000 07 19
		13.78 (-0.3)	Priscilla LOPES (82)	Central Pickering Track	Kitchener	2000 07 29
	Juvenile-U18	13.91 (+0.9)	Nikkita HOLDER (87)	Canada (Oshawa Legion)	Sherbrooke, QU	2003 07 11
Juvenile-U17	13.91 (+0.9)	Nikkita HOLDER (87)	Canada (Oshawa Legion)	Sherbrooke, QU	2003 07 11	
200mH	Midget-U16	27.84 (0.0)	Mari FOURIE (89)	Laurel Creek T.C.	LaSalle	2004 08 01
	Midget-U15	28.57 (-0.7)	Amanda BREWER (84)	South Simcoe/Dufferin TFC	Toronto	1998 06 21
	Bantam-U14	29.37 (+0.2)	Taylor FARQUHAR (94)	London Legion Track Alliance	Windsor	2006 08 30
	Bantam-U13	29.37 (+0.2)	Taylor FARQUHAR (94)	London Legion Track Alliance	Windsor	2006 08 30
300mH	Juvenile-U18	41.74	Deniece BELL (78)	Preston H.S. (Laurel Creek)	Kitchener	1994 06 04
	Juvenile-U17	41.74	Deniece BELL (78)	Preston H.S. (Laurel Creek)	Kitchener	1994 06 04
	Midget-U16	42.74	Jessica ZELINKA (81)	Banting S.S. (London-Western TFC)	Kitchener	1996 06 08
	Midget-U15	46.24	Jessica BUTTINGER (92)	Ontario RCL Team (Laurel Creek)	Burnaby, BC	2006 08 13
400mH	Open	54.91	Nezha BIDOUANE	Morocco	Ottawa	2001 07 22
	Senior	55.10	Donalda DUPREY (67)	Canada (Saugeen TFC)	Bondoufle, FRA	1994 07 12
	Esplor-U24	56.55*	Donalda DUPREY (67)	Canada (Saugeen TFC)	Edinburgh, GBR	1986 07 28
	Junior-U20	56.55	Donalda DUPREY (67)	Canada (Saugeen TFC)	Edinburgh, GBR	1986 07 28
	Junior-U19	58.02	Donalda DUPREY (67)	South Simcoe/Dufferin TFC	Burnaby? BC	1985 07 27
	Juvenile-U18	58.99*	Donalda DUPREY (67)	Canada	Nassau, BAH	1984 08 23
	Juvenile-U17	60.56	Sarah WELLS (89)	University of Toronto TC	Ottawa	2005 07 03
1500mSC	Juvenile-U18	5:00.99	Claire PERCIVAL (87)	Northern C.I. & V.S.(Sarnia Athletics SW)	Toronto	2004 06 04
	Juvenile-U17	5:08.47	Charlotte FARQUHARSON (88)	Paul Dwyer C.H.S. (-)	Toronto	2004 06 04
	Midget-U16	5:18.66	Kelsie SLATER (89)	Niagara Olympic Club	LaSalle	2004 07 31
	Midget-U15	5:26.90	Kelsie SLATER (89)	Niagara Olympic Club	Kitchener	2003 08 02
2000mSC	Junior-U20	7:02.59	Lydia WILLEMSE (86)	Canada (Sarnia Athletics SW)	Glasgow, GBR	2004 08 15
	Junior-U19	7:02.59	Lydia WILLEMSE (86)	Canada (Sarnia Athletics SW)	Glasgow, GBR	2004 08 15
	Juvenile-U18	7:12.38	Danelle WOODS (89)	RCL District G (Ottawa Lions)	Timmins	2006 07 14
	Juvenile-U17	7:20.78	Vanessa PIAZZA (82)	Ottawa Lions	Sudbury	1997 08 03
3000mSC	Open/Senior	9:51.16	Carol HENRY (82)	University of North Carolina (-)	Baton Rouge, LA	2002 06 01
	Esplor-U24	9:51.16	Carol HENRY (82)	University of North Carolina (-)	Baton Rouge, LA	2002 06 01
	Junior-U20	10:38.84	Danelle WOODS (89)	Canada (Ottawa Lions)	Biejing, CHN	2006 08 15
	Junior-U19	10:38.84	Danelle WOODS (89)	Canada (Ottawa Lions)	Biejing, CHN	2006 08 15
800mW	Bantam-U14	4:27.25	Chelsea RODRIGUEZ (86)	Niagara Regional Athletics	Sarnia	1999 07 24
	Bantam-U13	5:11.95	Melanie GAUTHIER (95)	Timmins-Porcupine	Windsor	2006 07 30
		5:03.00p(5)	Melanie GAUTHIER (95)	Timmins-Porcupine	Burlington	2006 07 22
1500mW	Juvenile-U18	6:55.86	Rebecca LAVALLEE (83)	Ontario RCL Team (Peterborough)	Calgary	2000 08 13
	Juvenile-U17	7:02.4	Louise AUBIN (66)	Mississauga TFC	North York	1982 06 12
	Midget-U16	7:12.0	Helene DAVIAU (64)	Etobicoke Striders TFC	Etobicoke	1979 06 17
	Midget-U15	7:35.6	Sheila SKEOCH (65)	Temiskaming TC	St. John's, NF	1979 08 7/8
3000mW	Open/Senior	12:50.42	Alison BAKER (64)	Hamilton Olympic	North York	1993 07 24
	Esplor-U24	13:10.98*	Ann PEEL (61)	East Ottawa Lions	Etobicoke	1983 06 19
	Junior-U20	13:32.40	Lora RIGUTTO (68)	Brockville Legion Harriers	North York	1987 06 21
5000mW	Open	21:51.31	Maria CRUZ	Spain	Sudbury	1988 07 31
	Senior	22:01.09	Ann PEEL (61)	Canada (East Ottawa Lions)	Zagreb, YUG	1987 07 17
	Esplor-U24	22:17.5*	Ann PEEL (61)	(East Ottawa Lions)	Bergen, NOR	1984 05 05
	Junior-U20	23:57.21	Lora RIGUTTO (68)	Brockville Legion Harriers	Ottawa	1987 08 01
	Junior-U19	24:00.8	Lora RIGUTTO (68)	Brockville Legion Harriers	Ottawa	1986 06 21
	Juvenile-U18	25:16.2*	Helene DAVIAU (64)	Etobicoke Striders	Sherbrooke	1980 06 15
	Juvenile-U17	25:16.2*	Helene DAVIAU (64)	Etobicoke Striders	Sherbrooke	1980 06 15
5kmW r	Open/Senior	21:34	Alison BAKER (64)	(North York Top Form TFC)	L'Hospitalet, ESP	1992 05 10
	Esplor-U24	22:53*	Ann PEEL (61)	Canada (East Ottawa Lions)	Bergen, NOR	1983 09 24
	Junior-U20	23:10*	Lora RIGUTTO (68)		Dearborn, MI	1987 09 27
	Junior-U19	23:10*	Lora RIGUTTO (68)		Dearborn, MI	1987 09 27
	Juvenile-U18	25:19	Chelsea RODRIGUEZ (86)	Niagara Regional Athletics	Toronto	2003 05 25
	Juvenile-U17	26:06*	Chelsea RODRIGUEZ (86)	Niagara Regional Athletics	Welland	2002 10 27
10kmW	Open/Senior	44:30.1	Alison BAKER (64)	(North York Top Form TFC)	Bergen, NOR	1992 05 15
	Esplor-U24	47:41.81*	Alison BAKER (64)	Kingston TFC)	Karl-Marx-Stadt,GDR	1986 07 13
	Junior-U20	49:14.6*	Lora RIGUTTO (68)	Brockville Legion	Prescott	1987 10 24
	Junior-U19	53:28.08	Rachel LAVALLEE (86)	Peterborough Legion	Toronto	2004 06 12
10kmW r	Open/Senior	44:44	Alison BAKER (64)	(North York Top Form TFC)	San Giovanni, ITA	1992 05 01
	Esplor-U24	47:02*	Ann PEEL (61)	Canada (East Ottawa Lions)	Bergen, NOR	1983 09 24
	Junior-U20	47:37	Rachel LAVALLEE (86)	Canada (Peterborough Legion)	Lima, PER	2005 05 08
	Junior-U19	48:46*	Lora RIGUTTO (68)		Saint-Leonard, QU	1986 10 05

20kmW	Open/Senior	1:49:40.0	Rachel LAVALLEE (86)	Peterborough Legion	Winnipeg	2005 07 17	
	Espoir-U24	1:49:40.0	Rachel LAVALLEE (86)	Peterborough Legion	Winnipeg	2005 07 17	
20kmW r	Open/Senior	1:39:57	Rachel LAVALLEE	Peterborough Legion TC	Clermont, FL	2006 02 12	
	Espoir-U24	1:39:57	Rachel LAVALLEE	Peterborough Legion TC	Clermont, FL	2006 02 12	
4x100m	Open	43.48	GERMAN DEMOCRATIC REPUBLIC (COMPOSITE) (Grit Breuer,Kathrin Krabbe,Diana Dietz,Katrin Henke)		Sudbury	1988 07 31	
		46.25	MISSISSAUGA TFC (CLUB) (Tanja Reid,Simone Tomlinson,Andrea Ingleton,Lesley Batson)		North York	1994 06 19	
	Senior	45.8	TENNESSEE TIGERBELLES (CLUB) (Sonia Guss,Lorraine Dunn,Wyomia Tyus,Edith McGuire)		Toronto	1965 06 10	
		44.88	NATIONAL JUNIOR TEAM (COMPOSITE) (Keturah Anderson,Althea Thomas,Colene Taffe,France Gareau)		Burnaby	1985 07 26	
	Espoir-U24	46.25	MISSISSAUGA TFC (CLUB) (Tanja Reid,Simone Tomlinson,Andrea Ingleton,Lesley Batson)		North York	1994 06 19	
		46.2	UNIVERSITY OF TORONTO TC (CLUB) (Eleanor Mahal,Susan Bradley,Jill Ross,Ann Bryan)		Sudbury	1975 08 24	
	Junior-U20	44.88	NATIONAL JUNIOR TEAM (COMPOSITE) (Keturah Anderson,Althea Thomas,Colene Taffe,France Gareau)		Burnaby	1985 07 26	
		46.36	UNIVERSITY OF TORONTO TC (CLUB) (Krissy Liphardt,Shelley-Ann Brown,Leia Ince-Mercer,Jennifer Mayhue)		North York	1997 06 22	
	Juvenile-U18	46.2	UNIVERSITY OF TORONTO TC (CLUB) (Eleanor Mahal,Susan Bradley,Jill Ross,Ann Bryan)		Sudbury	1975 08 24	
		46.65	MISSISSAUGA TFC (Janette Wood,Angela Bailey,Claudia Topatigh,Cindy Moore)		St. John's, NF	1977 08 08	
	Midget-U16	46.6	ONTARIO TEAM (COMPOSITE) (Arlene Keatley,Ann Bryan,Eleanor Mahal,Cathy Attard)		St. John's, NF	1973 08 04	
		48.81	ONTARIO 15 & UNDER LEGION TEAM (COMPOSITE) (Ayden Ollivier, Toyin Olupona,Darcelle McCutcheon,Lindsay Wilson)		Prince George, BC	1998 08 09	
	Bantam-U14	49.64*	OSHAWA LEGION TFC (Jenn Evans,Tabia Charles,Shannon Boodram,Patricia Mayers)		Kitchener	1999 06 13	
		49.64	I BE FAST (Resia Duncan,Chanel Kellyman,Elisha McLean,Iman Blackman)		LaSalle	2004 07 31	
	4x200m	Open/Senior	1:35.3	UNIVERSITY OF TORONTO TC (Angela Bailey,Marita Payne,Jill Ross,Dana Wright)		Etobicoke	1980 07 03
		Espoir-U24	1:35.3	UNIVERSITY OF TORONTO TC (Angela Bailey,Marita Payne,Jill Ross,Dana Wright)		Etobicoke	1980 07 03
	Junior-U20	1:38.53	UNIVERSITY OF TORONTO TC (Krissy Liphardt,Shelley-Ann Brown,Leia Ince-Mercer,Jennifer Mayhue)		North York	1997 06 22	
		1:40.4	MISSISSAUGA TFC (Sharon Lavery,Cindy Moore,Claudia Topatigh,Janette Wood)		Etobicoke	1976 07 10	
	Bantam-U14	1:44.51*	NIAGARA FALLS OPTIMISTS (Devon Knowles,Amanda Neufeld,Kim Schonewille,Judy Galambos)		North York	1991 06 23	
		1:46.00*	OSHAWA LEGION TFC (Jennifer Evans,Tabia Charles,Shannon Boodram,Patricia Mayers)		Kitchener	1998 07 04	
	4X400m	Open	3:28.39	GERMAN DEMOCRATIC REPUBLIC (COMPOSITE) (Manuela Derr,Stefanie Fabert,Anke Woehlck,Grit Breuer)		Sudbury	1988 07 31
			3:42.9	GUELPH OAKS TC (CLUB) (Marg Stride,Laurie Thur,Yvonne Mondesire,Rachelle Campbell)		Kitchener	1979 07 21
		Senior	3:31.65	NATIONAL TEAM (COMPOSITE) (Foy Williams,Lami Oyewumi,Carlene Muir,Lindsay Lochhead)		Provo, UT	2004 06 26
			3:42.9	GUELPH OAKS TC (CLUB) (Marg Stride,Laurie Thur,Yvonne Mondesire,Rachelle Campbell)		Kitchener	1979 07 21
Espoir-U24		3:40.48*	ONTARIO (COMPOSITE) (Kristie Liphardt,Aimee Teteris,Deniece Bell,Margaret Fox)		Brandon, MB	1997 08 21	
		3:44.8*	MISSISSAUGA TFC (Angela Bailey,Cindy Moore,Claudia Topatigh,Janette Wood)		Brantford	1977 07 09	
Junior-U20		3:42.86p(2)	ONTARIO ESPOIR TEAM (COMPOSITE) (Katherine Reidel,Patricia Mayers,Bailey Lewis,Alecia Brown)		Toronto	2004 08 07	
		3:44.8	MISSISSAUGA TFC (CLUB) (Angela Bailey,Cindy Moore,Claudia Topatigh,Janette Wood)		Brantford	1977 07 09	
Juvenile-U18		3:44.8	MISSISSAUGA TFC (Angela Bailey,Cindy Moore,Claudia Topatigh,Janette Wood)		Brantford	1977 07 09	
Midget-U16		4:08.32*	MARKHAM		North York	1992 07 12	

		4:05.46p(2)	(Aimee Teteris, Kim Milbury, Kristy Bellmore, Jennifer Mayhue) LAUREL CREEK (CLUB)	Toronto	2005 06 12	
		4:05.08p	(Sarah Ferguson, Jessica Buttinger, Jackie Carr, Samantha Stevens) LAUREL CREEK (CLUB)	Toronto	2006 06 11	
Bantam-U14		4:23.30	(Natalie Buttinger, Sarah Ferguson, Rachel Lorimer, Jessica Buttinger) TEAM ONTARIO - ATOM (COMPOSITE)	Etobicoke	1988 08 05	
		4:26.42	(S. Freitag, W. Bellmore, A. Ross, Collette Courtney) NIAGARA OLYMPIC (CLUB)	Toronto	2006 06 11	
			(Sarah Kleemola, Rachel Cahill, Alannah MacDonald, Allison Easterbrook)			
4X800m	Open/Senior	9:05.90	HAMILTON OLYMPIC CLUB (Nicky Knapp, Denise Vandeputte, Nicole Stevenson, Sharon MacKinnon)	North York	1991 06 23	
	Espoir-U24	9:06.83*	ETOBICOKE GLADSTONE (Heidi Loewen, Krestena Sullivan, Kathy Butler, Caroline Kerr)	North York	1992 07 12	
	Junior-U20	9:06.83	ETOBICOKE GLADSTONE (Heidi Loewen, Krestena Sullivan, Kathy Butler, Caroline Kerr)	North York	1992 07 12	
	Juvenile-U18	9:15.01	OTTAWA LIONS "A" (Jackie Shields, Leah Larocque, Melissa Bishop, Katie Engel)	LaSalle	2004 08 01	
	Midget-U16	9:23.04	ONTARIO COMPOSITE TEAM (Composite) (Kelsie Slater, Amanda Truelove, Diana Boulton, Stephanie Smith)	LaSalle	2004 08 01	
		9:40.97*	ST. CATHARINES TC (Monika Grabowiecka, Jessica Morris, Sheena Murphy, Barbara Anne Phelan)	Kitchener	1999 06 13	
Bantam-U14		10:21.99	NIAGARA OLYMPIC CLUB "A" (Meaghan Jesseau, Leah Gallagher, Katrina Adshead, Alison Thomas)	Toronto	2000 06 18	
4X1500m	Open/Senior	18:59.8	MISSISSAUGA STRIDERS (Patti Parco, Debbie Schulte, Louise MacKenzie, Gail Grant)	Kitchener	1979 07 21	
	Espoir-U24	18:59.8	MISSISSAUGA STRIDERS (Patti Parco, Debbie Schulte, Louise MacKenzie, Gail Grant)	Kitchener	1979 07 21	
Sp Med	Open/Senior	3:53.9	GUELPH OAKS (Marg Stride, Jean Sparling, Laurie Thur, Rachelle Campbell)	Kitchener	1978 06 20	
	Espoir-U24	4:03.11*	ONTARIO LEGION TEAM (COMPOSITE) (Margaret Fox, Becky Smith, Roxanne Woodley, Mary Unsworth)	Ottawa	1994 08 06	
		4:07.58*	LAUREL CREEK (CLUB) (Jill Mallon, Patricia Rowe, Julie Brown, Sue Berg)	North York	1990 06 17	
	Junior-U20	4:03.11	ONTARIO LEGION TEAM (COMPOSITE) (Margaret Fox, Becky Smith, Roxanne Woodley, Mary Unsworth)	Ottawa	1994 08 06	
		4:07.58	LAUREL CREEK (CLUB) (Jill Mallon, Patricia Rowe, Julie Brown, Sue Berg)	North York	1990 06 17	
	Juvenile-U18	4:03.11	ONTARIO LEGION TEAM (COMPOSITE) (Margaret Fox, Becky Smith, R. Woodley, Mary Unsworth)	Ottawa	1994 08 06	
		4:09.64	LAUREL CREEK (CLUB) (Janine Rockel, Maise Hahn, Stephanie Voigt, Sue Berg)	North York	1991 06 23	
	Midget-U16	4:10.80	ONTARIO LEGION TEAM (COMPOSITE) (Maddie Buttinger, Adrienne Bethune, Rhonda Trusty, Melissa Bishop)	Kitchener	2003 08 08	
		4:07.86p	ONTARIO LEGION TEAM (COMPOSITE) (Diana Boulton, Jenelle McCalla, Aly Mooney, Jessica Buttinger)	Burnaby, BC	2006 08 12	
		4:13.18	MARKHAM TFC (CLUB) [ONTARIO 15 & UNDER RCL TEAM] (Jennifer Mayhue, Mandy Hornibrook, Kim Milbury, Aimee Teteris)	Saskatoon	1993 08 14	
Bantam-U14		4:47.48	NIAGARA OLYMPIC CLUB "A" (Leah Gallagher, Kara Bayley, Katrina Adshead, Alison Thomas)	Toronto	2000 06 18	
Dist Med	Open/Senior	12:19.6	UNIVERSITY OF TORONTO TC (Jane Henderson, Sandra Tenaglia, Sarah Hunter, Alison Evanoff)	North York	1993 06 27	
	Espoir-U24	12:34.19*	OTTAWA LIONS "A" (Alexi Thomas, Rhonda Sherrer, Julia Kirby, Vanessa Piazza)	Kitchener	1998 07 04	
	Junior-U20	12:34.19*	OTTAWA LIONS "A" (Alexi Thomas, Rhonda Sherrer, Julia Kirby, Vanessa Piazza)	Kitchener	1998 07 04	
HJ	Open	2.00	Galina ASTAFEI	Romania	Sudbury	1988 07 29
	Senior	1.94	Nicole FORRESTER (76)	Canada (Independent)	Beijing, CHN	2001 08 31
		1.94	Nicole FORRESTER (76)	Mississauga TFC	Athens, GRE	2006 09 17
	Espoir-U24	1.92	Wanita DYKSTRA (75)	Niagara Regional Athletics	North York	1993 08 08
	Junior-U20	1.92	Wanita DYKSTRA (75)	Niagara Regional Athletics	North York	1993 08 08
	Junior-U19	1.92	Wanita DYKSTRA (75)	Niagara Regional Athletics	North York	1993 08 08
	Juvenile-U18	1.87	Julie WHITE (60)	Canada (Etobicoke Striders)	Montreal	1976 07 28
	Juvenile-U17	1.87	Julie WHITE (60)	Canada (Etobicoke Striders)	Montreal	1976 07 28
	Midget-U16	1.81	Lea-Anne MADILL (69)	Kitchener-Waterloo MTFA	Brantford	1984 05 17
	Midget-U15	1.80	Julie WHITE (60)	Brampton TC	Winnipeg	1974 08 27
	Bantam-U14	1.65	Lesley MANION (67)	RCL Dist. G (Ottawa Kinsmen Har)	Kitchener	1980 07 19
			Paula GILMOUR (67)	RCL Dist. D (Scarborough Opt.)	Kitchener	1980 07 19
	Bantam-U13	1.60*	Paula GILMOUR (67)			1979
PV	Open/Senior	4.51	Dana ELLIS (79)	Kitchener-Waterloo MTFA	Winnipeg	2005 07 15
	Espoir-U24	4.10	Dana ELLIS (79)	Laurel Creek	Edmonton	2001 06 23
		4.10	Dana ELLIS (79)	Laurel Creek	Edmonton	2002 06 21
	Junior-U20	3.68	Erika REISER (89)	(Windsor Legion TFC)	Windsor	2006 05 09

	Junior-U19	3.68	Erika REISER (89)	(Windsor Legion TFC)	Windsor	2006 05 09
	Juvenile-U18	3.68	Erika REISER (89)	(Windsor Legion TFC)	Windsor	2006 05 09
	Juvenile-U17	3.30	Suzanne FISH (82)	Toronto French School (UTTC)	Toronto	1998 05 29
	Midget-U16	2.80	Jenny JORDAN (85)	Peterborough Legion	Kitchener	2000 07 29
	Midget-U15	2.20	Jenny JORDAN (85)	Ontario Legion (Peterborough Leg.)	Sudbury	1999 08 15
		2.65p(2,3)	Maria TYUMKIN (91)	RCL District D (University of Toronto T.C.)	St. Catharines	2005 07 16
		2.60p(2,3)	Maria TYUMKIN (91)	Ontario Legion Team (Univ. of Toronto T.C.)	Edmonton	2005 08 06/07
LJ	Open	6.82 (+1.8)	Fiona MAY	Great Britain	Sudbury	1988 07 30
	Senior	6.66 (+1.9)	Nicole DEVONISH (73)	University of Texas (-)	Lubbock, TX	1996 05 17
	Espoir-U24	6.66 (+1.9)	Nicole DEVONISH (73)	University of Texas (-)	Lubbock, TX	1996 05 17
	Junior-U20	6.50 (+1.6)	Karen NELSON (63)	Canada (Scarborough Optimists)	Celje, YUG	1982 07 04
	Junior-U19	6.41 (+1.9)	Nicole ALI (64)	Scarborough Optimists	Regina	1981 08 01
	Juvenile-U18	6.41 (+1.9)	Nicole ALI (64)	Scarborough Optimists	Regina	1981 08 01
	Juvenile-U17	5.98 (+1.4)	Nicole DEVONISH (73)	Oshawa Legion	Hamilton	1989 07 22
	Midget-U16	5.75 (+1.4)	Nicole ALI (64)	Scarborough Optimists	Etobicoke	1979 08 18
		5.75 (+1.4)	Jessica ZELINKA (81)	Ont. RCL Team (London-Western)	Sherbrooke	1996 08 11
	Midget-U15	5.74 (+1.6)	Michelle MACDONALD (81)	Pegasus Athletic Club	Abbotsford, BC	1995 07 30
	Bantam-U14	5.28 (+2.0)	Michelle MACDONALD (81)	Burlington Legion Optimist	Ottawa	1994 07 02
	Bantam-U13	4.92* (-0.9)	Veronica DYER (77)	Oshawa Olympics	Hamilton	1989 07 23
TJ	Open	14.62 (+1.3)	Cristina NICOLAU	Romania	Ottawa	2001 07 22
	Senior	13.94 (+1.7)	Tabia CHARLES (85)	University of Miami (-)	Philadelphia, PA	2006 04 29
	Espoir-U24	13.94 (+1.7)	Tabia CHARLES (85)	University of Miami (-)	Philadelphia, PA	2006 04 29
	Junior-U20	13.04 (+0.6)	Tabia CHARLES (85)	Westview Legends	Toronto	2003 06 15
	Junior-U19	13.04 (+0.6)	Tabia CHARLES (85)	Westview Legends	Toronto	2003 06 15
	Juvenile-U18	12.95 (+0.9)	Tabia CHARLES (85)	Etobicoke Gladstone	London	2001 06 30
	Juvenile-U17	12.95 (+0.9)	Tabia CHARLES (85)	Etobicoke Gladstone	London	2001 06 30
	Midget-U16	11.80 (+0.4)	Tabia CHARLES (85)	Pine Ridge S.S. (Oshawa Legion)	LaSalle	2000 06 03
	Midget-U15	11.62 (+2.0)	Michelle MACDONALD (81)	Pegasus Athletic Club	Abbotsford, BC	1995 07 29
	Bantam-U14	11.16 (-0.6)	Michelle MACDONALD (81)	Burlington Legion	Kitchener	1994 07 30
	Bantam-U13	9.40*(+1.3)	J. HOLLINGSWORTH (81)	St. Thomas Legion	North York	1993 08 07
SP	Open	20.66	Marianne ADAM	German Democratic Republic	Sudbury	1975 08 29
	Senior	17.06	Melody TORCOLACCI (60)	Canada (London-Western TFC)	Gateshead, GBR	1986 08 05
	Espoir-U24	16.23*	Rosemary HAUCH (59)		Eugene, OR	1980 05 24
	Junior-U20	15.88	Nancy McCREIDIE (45)	Canada	Tokyo, JAP	1964 10 20
	Junior-U19	14.68	Cindy CRAPPER (62)	South Windsor K. of C.	Etobicoke	1980 06 22
	Juvenile-U18	13.97	Sultana FRIZELL (84)	Perth Tay TC	Montreal	2000 07 16
	Juvenile-U17	13.97	Sultana FRIZELL (84)	Perth Tay TC	Montreal	2000 07 16
	Midget-U16	12.96	Kaitlyn ANDREWS (88)	Independant	Kitchener	2003 08 02
		12.99p(2)	Susan DU (89)	RCL District E (-)	St. Catharines	2005 07 16
	Midget-U15	11.74 (4kg)	Liz POLYAK (64)	Brantford TFC	Windsor	1978 07 15
	Bantam-U14	11.56	Katie KLODNICKI (92)	Independant	Toronto	2005 06 07
	Bantam-U13	8.55*(4kg)	Mandy COCKBURN (68)		Barrie	1980 08 19
DT	Open	68.24	Ilke WYLUDDA	German Democratic Republic	Sudbury	1988 07 31
	Senior	59.76	Tina MCDONALD (76)	Toronto Sports Athletics	Toronto	2001 05 03
	Espoir-U24	56.22	Liz TOMAN (78)	Colorado State (-)	Eugene, OR	2001 05 30
	Junior-U20	52.52	Michelle BROTHERTON 68	Birchmount Collegiate Instit.	Scarborough	1986 05 20
	Junior-U19	52.52	Michelle BROTHERTON 68	Birchmount Collegiate Instit.	Scarborough	1986 05 20
	Juvenile-U18	47.14	Liz POLYAK (64)	Brantford TFC	Etobicoke	1980 05 11
	Juvenile-U17	47.14	Liz POLYAK (64)	Brantford TFC	Etobicoke	1980 05 11
	Midget-U16	40.78	Liz POLYAK (64)	Brantford TFC	Etobicoke	1979 06 09
	Midget-U15	38.20	Liz POLYAK (64)	Brantford TFC	Oshawa	1978 07 29
	Bantam-U14	31.60	Leah EASTON (65)	Brampton TFC	Etobicoke	1978 08 13
	Bantam-U13	25.56*	Julie LISLE (77)	Wingham TFC		1989
HT	Open	67.95	Kamila SKOLIMOWSKA	Poland	Ottawa	2001 07 22
	Senior	63.36	Sultana FRIZELL (84)	University of Georgia (-)	Austin, TX	2004 06 10
		63.82p(3)	Sultana FRIZELL (84)	(-)	Walnut, CA	2005 04 16
		63.77p(3)	Sultana FRIZELL (84)	(-)	Des Moines, Iowa	2005 04 29
		66.42p(3)	Sultana FRIZELL (84)	(-)	Athens, GA	2005 05 05
	Espoir-U24	63.36	Sultana FRIZELL (84)	University of Georgia (-)	Austin, TX	2004 06 10
		63.82p(3)	Sultana FRIZELL (84)	(-)	Walnut, CA	2005 04 16
		63.77p(3)	Sultana FRIZELL (84)	(-)	Des Moines, Iowa	2005 04 29
		66.42p(3)	Sultana FRIZELL (84)	(-)	Athens, GA	2005 05 05
	Junior-U20	55.83	Sultana FRIZELL (84)	Ottawa Lions TFC	Saskatoon	2003 07 06
		57.95p(3)	Sultana FRIZELL (84)	Ottawa Lions TFC	Athens, GA	2003 08 16
	Junior-U19	55.45	Sultana FRIZELL (84)	Ottawa Lions TFC	Kitchener	2002 07 28
	Juvenile-U18	46.30	Sultana FRIZELL (84)	Ontario RCL Team (Perth Tay TC)	Sherbrooke, QU	2001 08 12
	Juvenile-U17	42.00	Sultana FRIZELL (84)	Ontario RCL Team (Perth Tay TC)	Calgary	2000 08 13
	Midget-U16	35.67	Sultana FRIZELL (84)	Perth-Tay TC	Sarnia	1999 08 06
	Midget-U15	31.64	Valerie TULLOCH (72)	Athletiques International	North York	1986 09 21
JT	Open	57.34	Sarah WALTER	France	Ottawa	2001 07 19
	Senior	51.31	Andrea BULAT (79)	University of Kansas (-)	Eugene, OR	2001 06 01
		51.71p3	Vanessa ROELOFSEN (85)	University of Buffalo (-)	Hillsdale, MI	2006 04 29

Espoir-U24	46.37	Vanessa ROELOFSEN (85)	Norwell D.S.S. (-)	Toronto	2004 06 04	
	51.31 _{p(2)}	Andrea BULAT (79)	University of Kansas (-)	Eugene, OR	2001 06 01	
	49.30 _{p(3,5)}	Vanessa ROELOFSEN (85)	(-)	?	2005 03 19	
	50.85 _{p(3,5)}	Vanessa ROELOFSEN (85)	(-)	Miami, OH	2006 04 08	
	51.71 _{p3}	Vanessa ROELOFSEN (85)	University of Buffalo (-)	Hillsdale, MI	2006 04 29	
	46.37	Vanessa ROELOFSEN (85)	Norwell D.S.S. (-)	Toronto	2004 06 04	
	Junior-U20	46.37	Andreas BUNKO (84)	Sir Wilfred Laurier S.S. (-)	Belleville	2002 06 07
	Junior-U19	44.07	Erin ENGLAND (82)	Ontario Legion (-)	Sudbury	1999 08 14
	Juvenile-U18	41.00	Maggie MULLEN (89)	Sarnia Athletics Southwest	Windsor	2006 07 30
	Juvenile-U17	40.41	Katrina PITAWANAKWAT (86)	Ontario Legion Team (Independent)	Sherbrooke	2002 08 17
	Midget-U16	39.13	Sara COLLINS (87)	Ontario Legion Team	Sherbrooke	2002 08 17
	Midget-U15	34.08	Sultana FRIZELL (84)	Perth-Tay TC	Sarnia	1999 08 08
	Bantam-U14	28.13	Karleigh PARKER (92)	Woodstock Legion	Toronto	2005 08 06
Bantam-U13	25.37	Alyssa DICESARE (94)	Hamilton Olympic	Windsor	2006 07 30	
Tetathlon	Midget-U16	2822	Rita RUDELL (91)	Saugeen TFC	Toronto	2006 06 11
			12.43(+3.6) 1.63 10.31 26.45(+0.2)			
	Midget-U15	2589	Rita RUDELL (91)	Saugeen TFC	Toronto	2005 06 11
			13.21(+0.3) 1.54i 9.02 26.82(+2.2)			
Bantam-U14	2171	Amilia DI CHIARA (90)	York County	Toronto	2003 06 14	
			12.65(+0.2) 1.38 7.15 28.15 (-0.1)			
Bantam-U13	1872	Taylor FARQUHAR (94)	London Legion	Toronto	2006 06 11	
			14.17(+1.7) 1.27 6.21 27.68(+0.8)			
<i>(Tetathlon: 80m Hurdles, High Jump, Shot Put, 200m)</i>						
Heptathlon	Open/Senior	6289 old jav.	Svetla DIMITROVA	Bulgaria	Sudbury	1988 07 29-30
			13.47(+1.1) 1.77 13.07 23.78(-1.6) 6.45(+3.1) 39.98 2:14.39			
		6002 new jav.	Catherine BOND-MILLS (67)	Woodstock Legion	Ottawa	1998 06 27-28
			13.80(+3.8) 1.78 13.17 25.10(-0.3) 5.99(+1.7) 39.96 2:13.66			
	Senior	6193 old jav.	Catherine BOND-MILLS (67)	Canada (Woodstock Legion)	Victoria, BC	1994 08 22-23
			13.79(+1.5) 1.86 13.57 24.64(+0.6) 6.22(+1.9) 37.62 2:14.04			
		6002 new jav.	Catherine BOND-MILLS (67)	Woodstock Legion	Ottawa	1998 06 27-28
			13.80(+3.8) 1.78 13.17 25.10(-0.3) 5.99(+1.7) 39.96 2:13.66			
	Espoir-U24	5907* old jav.	Donna SMELLIE (64)		Arlington, TX	1985 06 08-09
			13.76(+0.7) 1.72 13.50 24.52(+0.5) 6.05(+1.0) 41.70 2:24.92			
		5688 new jav.	Jessica ZELINKA (81)	Canada (London-Western TFC)	Santiago, CHL	2000 10 20-21
			14.02(-0.9) 1.77 11.57 24.73(-0.2) 5.85(+0.1) 37.40 2:21.34			
	Junior-U20	5688	Jessica ZELINKA (81)	Canada (London-Western TFC)	Santiago, CHL	2000 10 20-21
			14.02(-0.9) 1.77 11.57 24.73(-0.2) 5.85(+0.1) 37.40 2:21.34			
	Junior-U19	5250 old jav.	Jessica ZELINKA (81)	Canada (London-Western TFC)	Dordrecht, NET	1998 08 29-30
		14.18(+1.4) 1.69 10.39 25.27(+0.2) 5.56(-0.1) 33.17 2:22.93				
	4991 new jav.	Jessica ZELINKA (81)	London-Western TFC	Ottawa	1998 06 27-28	
		14.07(+3.8) 1.63 9.88 24.86(-0.3) 5.27(+2.0) 30.38 2:28.46				
Juvenile-U18	4489	Adrienne BETHUNE (89)	RCL District B (Etob. Gladstone)	St. Catharines	2005 07 15-16	
		14.86(+3.9) 1.56 9.58 25.94(-0.5) 5.34(+1.0) 26.60 2:40.28				
	4502 _{p(3)}	Adrienne BETHUNE (89)	Ontario RCL Team (Etobicoke Gladstone)	Burnaby, BC	2006 08 12-13	
		15.10(+0.0) 1.55 10.63 26.13(-1.6) 5.07(+0.2) 28.00 2:35.77				
Juvenile-U17	4489	Adrienne BETHUNE (89)	RCL District B (Etob. Gladstone)	St. Catharines	2005 07 15-16	
		14.86(+3.9) 1.56 9.58 25.94(-0.5) 5.34(+1.0) 26.60 2:40.28				
Decathlon	Open/Senior	Unclaimed				
	Espoir-U23	Unclaimed				
	Junior-U19	Unclaimed				
	Junior-U18	Unclaimed				

MEN

100m	Open/Senior	9.84 (+0.7)	Donovan BAILEY (67)	Canada (Athletiques Int'l 2)	Atlanta, GA	1996 07 27
	Espoir-U24	10.18 (+2.0)*	Robert ESMIE (72)	Adanac AC	Flagstaff, AZ	1994 05 14
		10.16(+0.9) _{p(2)}	Pierre BROWN (80)	Mississippi State (-)	Knoxville, TN	2003 05 18
		10.16(+1.3) _{p(2)}	Pierre BROWN (80)	Mississauga TFC	Victoria, BC	2003 07 19
		10.1*	Charles FRANCIS (48)	Central Ontario	Richmond	1971 06 25
		10.1*	Marv NASH (74)	Scarborough Optimists	Scarborough	1974 08 10
		10.1 (+0.7)*	Desai WILLIAMS (59)	Uxbridge Optimists	Montreal	1978 07 08
		10.1 (+1.0)*	Dave TOMLIN (76)	Canada (Kitchener-Waterloo)	Santiago, CHI	1995 09 01
	Junior-U20	10.26 (+0.7)	Justyn WARNER (87)	Canada (Etobicoke Gladstone)	Windsor	2005 07 30
		10.1 (+0.7)	Desai WILLIAMS (59)	Uxbridge Optimists	Montreal	1978 07 08
		10.1 (+1.0)	Dave TOMLIN (76)	Canada (Kitchener-Waterloo)	Santiago, CHI	1995 09 01
	Junior-U19	10.26 (+0.7)	Justyn WARNER (87)	Canada (Etobicoke Gladstone)	Windsor	2005 07 30
	Juvenile-U18	10.53 (+0.6)	Anthony SHARPE (61)	Canada (Uxbridge Optimists)	Konstance, GER	1978 08 27
		10.4 (+0.0)	Anthony SHARPE (61)	Scarborough Optimists	Scarborough	1977 07 08
		10.4 (+0.7)	Anthony SHARPE (61)	Scarborough Optimists	Montreal	1978 07 08
Juvenile-U17	10.70 (+0.1)	Randy BROOKES (77)	Etobicoke Huskies-Striders	North York	1993 07 24	
	10.4 (+0.0)	Anthony SHARPE (61)	Scarborough Optimists	Montreal	1977 07 08	

	Midget-U16	10.81 (+1.7)	Randy BROOKES (77)	Etobicoke West	Sudbury	1992 07 04
	Midget-U15	10.95 (+1.4)	Randy BROOKES (77)	Gladstone Athletic Club	North York	1991 07 21
	Bantam-U14	11.43 (0.0)	Marlon LAIDLAW-ALLEN (93)	Phoenix Athletics	Windsor	2006 07 29
	Bantam-U13	13.00*(+2.0)	Bojan RADOJEVIC (84)	Ottawa Lions TFC	Sudbury	1996 07 20
200m	Open	20.20 (+0.8)	Atlee MAHORN (65)		Eugene, OR	1988 06 03
		20.1	Marshall DILL	United States	Windsor	1971 07 01
	Senior	20.20 (+0.8)	Atlee MAHORN (65)	(-)	Eugene, OR	1988 06 03
	Espoir-U24	20.20 (+0.8)	Atlee MAHORN (65)	(-)	Eugene, OR	1988 06 03
	Junior-U20	20.65 (+0.2)	Atlee MAHORN (65)	Canada (Scarborough Optimists)	Colorado Springs	1983 07 18
		20.65 (+1.8)	E. FREMPONG-MANSO 75	Etobicoke Huskies-Striders	Ottawa	1994 07 03
	Junior-U19	20.65 (+0.2)	Atlee MAHORN (65)	Canada (Scarborough Optimists)	Colorado Springs	1983 07 18
	Juvenile-U18	21.30 (+0.5)	Atlee MAHORN (65)	Canada (Scarborough Optimists)	Barquisimeto, VEN	1982 08 01
	Juvenile-U17	21.64 (-0.8)	Randy BROOKES (77)	Etobicoke Huskies-Striders	Sherbrooke	1993 07 11
	Midget-U16	22.02 (+0.0)	Chris ROBINSON (76)	Kitchener-Waterloo TFC	North York	1991 07 20
	Midget-U15	22.70 (-0.4)	Chris ROBINSON (76)	Kitchener-Waterloo	North York	1990 07 29
	Bantam-U14	23.14 (+1.5)	Marlon LAIDLAW-ALLEN (93)	Phoenix	Toronto	2006 07 11
	Bantam-U13	26.83 (+0.8)	Vien LUU (72)	Tom Longboat Club	London	1984 08 12
400m	Open	44.86	Shane NIEMI	Canada	Ottawa	2001 07 21
	Senior	45.08	Shane NIEMI (78)	Canada (Univ. of Toronto TC)	Manchester, GBR	2002 07 27
	Espoir-U24	45.62	Atlee MAHORN (65)	Univ. of California - Berkeley	Tempe, AZ	1986 04 12
		45.62	Anton SKERRITT (64)	Canada (Hamilton Olympic Club)	Rome, ITA	1987 09 01
	Junior-U20	46.27	Carl FOLKES (68)	Central Tech. H.S.	North York	1987 05 22
	Junior-U19	46.59	Marlon DECHAUSAY (75)	Etobicoke Huskies-Striders	Tokyo, JPN	1993 06 27
	Juvenile-U18	47.31	Marlon DECHAUSAY (75)	Etobicoke West	Winnipeg, MA	1992 07 25
	Juvenile-U17	49.22	Dan BRANDAO (83)	Ontario Legion (Kingston-Napanee)	Sudbury	1999 08 14
		49.2	Bill KENNEDY (56)	York Spartans	Montreal	1972 08 19
	Midget-U16	49.91	Enver CAROLISSEN (65)	Scarborough Optimists	North York	1980 05 24
	Midget-U15	51.24	Michael WILLIAMS (78)	Ontario Legion (Brampton TFC)	Calgary	1992 08 15
	Bantam-U14	54.98	Andrew CACKETTE (92)	RCL District F (Oshawa Legion)	St.Catharines	2005 07 15
		54.2	Mike JONES (66)	South Windsor K of C	Tillsonburg	1979 06 02
	Bantam-U13	60.26	Kyle PENNEY (94)	Newmarket Huskies	Windsor	2006 07 28
		57.7*	Otis SANTIAGO (73+)			1986
800m	Open/Senior	1:45.13	Fred WILLIAMS (62)	Canada (Toronto Olympic Club)	Stuttgart, GER	1993 08 15
	Espoir-U24	1:45.70*	Graham HOOD (72)	Burlington Legion Optimists	Cork, IRL	1994 06 25
	Junior-U20	1:46.60	Nathan BRANNEN (82)	Tri City T.C.	Edmonton, AB	2001 06 23
	Junior-U19	1:47.64	Kevin SULLIVAN (74)	Brantford TFC	North York	1992 07 17
	Juvenile-U18	1:48.3	Kevin SULLIVAN (74)	Brantford TFC	Kitchener	1991 06 15
	Juvenile-U17	1:49.0	Kevin SULLIVAN (74)	Brantford TFC	London	1990 06 30
	Midget-U16	1:50.78	Slalhedin HUSSEIN (84)	Phoenix	Burnaby, BC	1999 07 04
	Midget-U15	1:53.03	Kevin SULLIVAN (74)	Brantford TFC	North York	1988 07 16
	Bantam-U14	2:04.03	Kevin SULLIVAN (74)	Brantford TFC	North York	1987 07 25
	Bantam-U13	2:15.8*	Kevin SULLIVAN (74)	(-)	Plainfield, NJ	1986 08 03
1000m	Open/Senior	2:16.88	Graham HOOD (72)	Burlington Legion	Montreal	1996 06 10
	Espoir-U24	2:19.76*	Kevin SULLIVAN (74)	Canada (Univ. of Toronto TC)	Victoria, BC	1994 08 19
	Junior-U20	2:24.8*	Kevin WALLER (64)		Montreal	1982 06 12
	Junior-U19	2:24.8*	Kevin WALLER (64)		Montreal	1982 06 12
1500m	Open/Senior	3:31.71	Kevin SULLIVAN (74)	(Windsor Legion)	Rome, ITA	2000 06 30
	Espoir-U24	3:35.19*	Kevin SULLIVAN (74)	Border City TC	Stuttgart, GER	1997 07 13
	Junior-U20	3:39.11	Kevin SULLIVAN (74)	Canada (Brantford TFC)	Seoul, KOR	1992 09 20
	Junior-U19	3:39.11	Kevin SULLIVAN (74)	Canada (Brantford TFC)	Seoul, KOR	1992 09 20
	Juvenile-U18	3:46.52	Kevin SULLIVAN (74)	North Park C.I. (Brantford TFC)	Sudbury	1991 05 31
	Juvenile-U17	3:54.1	Kevin SULLIVAN (74)	Brantford TFC	Tillsonburg	1988 07 23
	Midget-U16	3:54.1	Kevin SULLIVAN (74)	Brantford TFC	Tillsonburg	1988 07 23
	Midget-U15	3:54.1	Kevin SULLIVAN (74)	Brantford TFC	Tillsonburg	1988 07 23
	Bantam-U14	4:13.40	Kevin SULLIVAN (74)	(Brantford TFC)	Burlington	1987 07 10
	Bantam-U13	4:34.1*	Gareth MILLAR (86)	Bramalea Bullets (Grand River R.)	Oshawa	1998 06 20
Mile	Open/Senior	3:50.26	Kevin SULLIVAN (74)	(Windsor Legion)	Oslo, NOR	2000 07 28
	Espoir-U24	3:52.25*	Kevin SULLIVAN (74)	Border City TC	Zurich, SUI	1995 08 16
	Junior-U20	3:57.48	Mike WOODS (86)	Ottawa Lions TFC	Windsor	2005 07 28
	Junior-U19					
2000m	Open/Senior	5:04.35	Kevin SULLIVAN (74)	Border City TC	Gateshead, GBR	1998 07 19
	Espoir-U24	5:05.10*	Paul CRAIG (53)		London, GBR	1974 07 20
3000m	Open/Senior	7:43.89	Kevin SULLIVAN (74)	Windsor Legion	Cork, IRE	2006 07 01
	Espoir-U24	7:52.16*	Dave REID (63)	(Etobicoke Huskies-Striders)	Lausanne, SWI	1985 07 10
	Junior-U20	7:58.04	Mike WOODS (86)	Ottawa Lions TFC	Ottawa	2005 06 29
	Junior-U19	8:10.55	Greg ANDERSEN (68)	Parkside H.S. (Hamilton O.C.)	Ottawa	1986 06 07
		8:10.5ht	Kurt BENNINGER (85)	Saugeen T.F.C.	Halifax, NS	2003 06 29
	Juvenile-U18	8:16.37	Mike WOODS (86)	Canada (Ottawa Lions)	Sherbrooke, QU	2003 07 12
	Juvenile-U17	8:30.73	Greg ANDERSEN (68)		Etobicoke	1984 06 02
	Midget-U16	8:47.13	Scott FAULDS (68)	Ontario Legion (Quinte K of C)	Ottawa	1983 08 21

	Midget-U15	9:10.14	Kyle MILKS (90)	RCL District G (Brockville Legion)	Ottawa	2004 07 21
	Bantam-U14	9:43.8	Trent SAYERS (91)	RCL District _ (Oshawa Legion)	Belleville	2004 06 12
	Bantam-U13	10:11.8*	Geoffrey DYKE (74)		North York	1986 06 08
5000m	Open/Senior	13:22.08	Jason BUNSTON (71)	Toronto Olympic Club	Hechtel, BEL	1996 07 06
	Espoir-U24	13:33.05	Kurt BENNINGER (85)	University of Notre Dame (-)	Stanford, CA	2005 03 25
	Junior-U20	13:43.8	Bruce KIDD (43)	East York T.C.	Compton, CA	1962 06 02
	Junior-U19	13:51.6	John CASTELLANO (66)	Etobicoke Huskies-Striders	Scarborough	1983 07 19
5km r	Open					
	Senior	13:41*	Brendan MATTHIAS (69)	University of Toronto T.C.	Carlsbad, CA	1992 06
	Espoir-U24	13:41*	Brendan MATTHIAS (69)	University of Toronto T.C.	Carlsbad, CA	1992 06
10000m	Open/Senior	28:01.06	Sean KALEY (75)	(-)	Palo Alto, CA	2000 05 06
	Espoir-U24	28:39.6*	Chris BREWSTER (63)	(Track West)	Philadelphia, PA	1985 04 25
	Junior-U20	29:44.4	Paul ROBERTS (57)		Scarborough	1976 08 07
	Junior-U19	30:31.5	Joseph KIBUR (72)	Phoenix	North York	1990 06 28
10km r	Open	28:18*	Peter BUTLER		St. Catharines	1983 05 22
	Senior	28:30*	Paul LOCKHART (58)		St. Catharines	1983 05 22
	Espoir-U24					
15km r	Open/Senior					
20000m	Open/Senior					
20km r	Open/Senior					
	Espoir-U24					
Half Mar	Open					
	Senior	1:02:30*	Peter MAHER (60)		Toronto	1990 10 14
	Espoir-U24					
25000m	Open/Senior	Unclaimed				
25km r	Open/Senior					
30000m	Open/Senior	Unclaimed				
30km r	Open/Senior					
Marathon	Open/Senior	2:10:09	Jerome DRAYTON (45)	Canada (Toronto Olympic Club)	Fukuoka, JAP	1975 12 07
	Espoir-U24	2:17:13*	Brian MAXWELL (53)		Seaside, OR	1976 02 28
100km r	Open/Senior					
Road Relay	Open/Senior					
1 Hour	Open/Senior	19,203m	Brian ARMSTRONG (49)	Toronto Olympic Club	Toronto	1973 07 15
80mH	Bantam-U14	12.60 (-1.0)	Cameron SAHADATH (85)	Phoenix TFC	Sarnia	1998 08 08
	Bantam-U13	14.90 (+2.0)	Brad HEDDLE (90)	St. Thomas Legion TFC	Ottawa	2002 08 03
100mH	Midget-U16	13.52 (+0.2)	Cameron SAHADATH (85)	X-L's TC	Kitchener	2000 07 29
	Midget-U15	14.46 (+1.1)	Andrew SISLEY (83)	University of Toronto TC	Sudbury	1997 08 02
110mH	Open/Senior	13.11 (+1.4)	Mark McKOY (61)	(North York Top Form TFC)	Bad Homburg, GER	1992 05 24
	Espoir-U24	13.27 (+1.5)*	Mark McKOY (61)	(York University Optimists)	Walnut, CA	1984 07 25
	Junior-U20	13.78 (+2.0)	Adam KUNKEL (81)	Walkerton D.S.S. (Saugeen TFC)	LaSalle	2000 06 02
	Junior-U19	14.06 (0.0)	Paul WHITTY (82)	London-Western TFC	Burnaby, BC	1999 07 03
	Juvenile-U18	13.59 (+0.8)	Paul WHITTY (82)	Canada (London-Western TFC)	Bydgoszcz, POL	1999 07 16
	Juvenile-U17	14.29 (+0.0)	Cameron SAHADATH (85)		Ottawa	2001 06 13
200mH	Midget-U16	25.11 (+2.0)	Asa AMBROSE (91)	Laurel Creek	Windsor	2006 07 30
	Midget-U15	27.20 (+0.5)	Carl HAYES (83)	St. Thomas Legion	Sudbury	1997 08 03
		27.17(p5)	Andrew CACKETTE (92)	Brooklin Cheetahs (Durham Legion)	Burlington	2006 05 20
	Bantam-U14	28.49 (-0.2)	Andrew CACKETTE (92)	Oshawa Legion	Toronto	2005 08 07
	Bantam-U13	33.34 (-0.8)	Gregg DUGUAY (91)	Windsor Legion	Kitchener	2003 08 03
300mH	Juvenile-U18	37.84	J. HOLLINGSWORTH (79)	Parkside Cl (St. Thomas Legion)	Kitchener	1996 06 08
	Juvenile-U17	38.42	Leonae NICHOL (90)	Mississauga TFC	Windsor	2006 07 30
	Midget-U16	40.19*	Radcliffe DALEY (76)	University of Toronto T.C.	North York	1991 07 20
	Midget-U15					
400mH	Open/Senior	49.18	Mark JACKSON (69)	Canada (Phoenix TC)	Barcelona, ESP	1992 08 03
	Espoir-U24	49.18	Mark JACKSON (69)	Canada (Phoenix TC)	Barcelona, ESP	1992 08 03
	Junior-U20	50.92	Nick STEWART (79)	University of Montana (Phoenix)	Bozeman, MT	1997 05 03
	Junior-U19	50.92	Nick STEWART (79)	University of Montana (Phoenix)	Bozeman, MT	1997 05 03

	Juvenile-U18 ^{4c}	54.03*	J.HOLLINGSWORTH (79)			1996
	Juvenile-U17 ^{4c}	55.82*	Leonae NICHOL (90)	RCL Dist. B (Mississauga TFC)	Timmins	2006 07 15
1500mSC	Midget-U16	4:36.3 (91cm)	Andy BETHUNE (63)	(East Ottawa Lions)	Oshawa	1978 07 29
	Midget-U15	4:44.03	B.J. CUNLIFFE (92)	Durham Dragons	Windsor	2006 07 30
2000mSC	Juvenile-U18	6:00.35	Joseph BRUNSTING (87)	Ontario Legion (Quinte Legion)	Sudbury	2004 08 07
	Juvenile-U17	6:23.75	Matt BRUNSTING (87)	Quinte Legion	Kitchener	2003 08 02
		6:12.95	Jacob SMITH (90)	RCL District G (Brockville Legion)	Timmins	2006 07 14
3000mSC	Open	8:16.23	Elarbi KHATTABI	Morocco	Ottawa	2001 07 19
	Senior	8:20.14	Matthew KERR (76)	Tri City Twins	Huesden, BEL	2005 07 23
	Espoir-U24	8:32.05*	Matthew KERR (76)	University of Arkansas (-)	Fayetteville, AR	1998 04 18
	Junior-U20	9:05.0	Bob RICE (65)	(York Optimists)	Winnipeg	1984 06 29
	Junior-U19	9:15.06	Joe BRUNSTING (87)	Quinte Legion	Ottawa	2005 07 03
800mW	Bantam-U14	4:54.42	Martin SEGUIN (93)	Timmins-Porcupine TFC	Windsor	2006 07 30
		4:42.35p(5)	Martin SEGUIN (93)	Timmins-Porcupine TFC	Burlington	2006 07 22
	Bantam-U13	5:13.7	Adam BARTOL (90)	Niagara Regional Athletics	Ottawa	2002 08 03
1500mW	Juvenile-U18	5:59.3	Doug BROWN (62)	Etobicoke Huskies	Oshawa	1979 06 30
	Juvenile-U17	6:33.9	Andrew McNICHOL (65)	Ont. Legion (Burlington-Halton)	Hamilton	1981 08 19
	Midget-U16	7:10.45	Andrew McNICHOL (65)	Ont. Legion (Burlington Legion)	Saskatoon	1980 08 13
	Midget-U15	07:48.0	Samuel MELANCON (92)	RCL District K (Timmins-Porcupine)	Timmins	2006 07 15
3000mW	Juvenile-U18	13:36.8	Andrew McNICHOL (65)	Burlington-Halton TC	Mississauga	1982 06 23
5000mW	Open	20:14.3	Tim BERRETT	Great Britain (Queen's TC)	Mississauga	1990 05 27
	Senior	20:41.4	Arturo HUERTA (64)	Ontario (Etobicoke Gladstone)	Toronto	2002 07 07
	Junior-U20	22:25.33	Jeff CASSIN (71)	SW Region(Athletics Southwest)	Kitchener	1990 08 18
10kmW	Open	40:53.6	Tim BERRETT	Great Britain (Queen's TC)	Mississauga	1990 05 27
	Senior	42:28.8	Arturo HUERTA (64)	Etobicoke Twins	North York	1997 06 21
	Junior-U20	46:05.1	Jeff CASSIN (71)	Canada (Athletics Southwest)	Brockville	1990 09 16
	Junior-U19	46:09.00	James KILBURN (71)	Canada (Brockville Leg. Har.)	St. John, NB	1989 07 16
	Juvenile-U18	47:10.36	Doug BROWN (62)		Vancouver	1979 07 14
	Juvenile-U17	48:59.38	Andrew MCNICHOL (65)	Ontario (Burlington Halton)	Thunder Bay	1981 08 15
10kmW r	Open/Senior	40:15	Arturo HUERTA (64)	Etobicoke Gladstone	Toronto	2000 07 07
	Junior-U20	46:35*	James KILBURN (71)	Brockville Legion Harriers	Toronto	1988 04 10
	Junior-U19	46:35*	James KILBURN (71)	Brockville Legion Harriers	Toronto	1988 04 10
	Juvenile-U18	46:35*	James KILBURN (71)	Brockville Legion Harriers	Toronto	1988 04 10
	Juvenile-U17	52:07*	James KILBURN (71)		Dearborn, MI	1987 09 17
20kmW	Open	1:25:29.8	Marcel JOBIN	Quebec	Ottawa	1982 07 31
	Senior	1:31:40.4	Arturo HUERTA (64)	Ontario Racewalkers	Brockville	1992 09 20
	Espoir-U24	1:39:26.8*	Mark HENDERSON (58)		Etobicoke	1981 06 07
20kmW r	Open/Senior	1:21:03	Arturo HUERTA (64)	Etobicoke Gladstone	Toronto	2000 07 20
	Espoir-U24	1:36:06*	Glenn SWEAZEY (54)		Alexandria	1976 05 23
30kmW	Open	2:25:33.8	Dave ROMANSKY	United States	Toronto	1970 08 23
	Senior	2:33:22.0	Alex OAKLEY (26)	Canada (Gladstone Athletic)	Toronto	1970 08 23
30kmW r	Open	2:10:49	Francois LAPOINTE	Quebec	Toronto	1988 04 10
	Senior	2:15:41	Arturo HUERTA (64)	Canada (Etobicoke Gladstone)	Poza Rica, MEX	2000 04 09
50kmW	Open/Senior	4:29:19.4	Karl MERSCHENZ (36)	Gladstone Athletic Club	Toronto	1972 07 16
	Espoir-U24	4:40:14.1	Glenn SWEAZEY (54)		Etobicoke	1976 08 15
50kmW r	Open	3:54:40	Marcel JOBIN	Quebec	Etobicoke	1980 05 04
	Senior	3:56:02	Arturo HUERTA (64)	Canada (Etobicoke Gladstone)	Poza Rica, MEX	2000 04 09
	Espoir-U24	4:36:00*	Glenn SWEAZEY (54)	Canada	Malmo, SWE	1976 09 18
1 Hr W	Open/Senior	13,527m	Arturo HUERTA (64)	Ontario Racewalkers	Brockville	1992 09 20
2 Hr W	Open/Senior	23,163m	Jaan ROOS (37)	Burlington Runners	Toronto	1988 09 11
4X100m	Open/Senior	38.66	CANADA (COMPOSITE)		St-Denis, FRA	2003 08 31
			(Charles Allen,Anson Henry,Jermaine Joseph,Pierre Browne)			
		40.30	UXBRIDGE OPTIMISTS (CLUB)		Aurau, SWI	1978 08 18
			(Desai Williams,Clovis Locke,Tony Sharpe,Bob Martin)			
	Espoir-U24	39.90*	NATIONAL JUNIOR TEAM (COMPOSITE)		Lisbon, POR	1994 07 24
			(Carlton Chambers,Chris Robinson(Kitchener),Dave Tomlin,Eric Frempong-Manso)			
	Junior-U20	39.90	NATIONAL JUNIOR TEAM (COMPOSITE)		Lisbon, POR	1994 07 24
			(Carlton Chambers,Chris Robinson(Kitchener),Dave Tomlin,Eric Frempong-Manso)			
		40.51	ETOBICOKE HUSKIES-STRIDERS (CLUB)		North York	1994 06 19

			(Eric Frempong-Manso,Randy Brookes,Kevin Pennycooke,Marlon Dechausay)		
	Juvenile-U18	41.50	ETOBICOKE WEST (Randy Brookes,Marlon Dechausay,Kevin Pennycooke,Eric Frempong)	North York	1992 07 12
	Midget-U16	44.75	ONTARIO 15 & UNDER LEGION TEAM (COMPOSITE) (Keith Veldhuis,Dan Brandao,Carl Hayes,Steve Wood)	Prince George, BC	1998 08 09
		44.20p	ONTARIO 15 & UNDER LEGION TEAM (COMPOSITE) (Asa Ambrose,Sugun Makinde,Richard MacLennan,Phillip Hayle)	Burnaby, BC	2006 08 13
		46.17*	MISSISSAUGA TFC (CLUB) (Eric Acheampong?,Paolo Mesiti,Stefan Wood,Steven Wood)	Kitchener	1998 07 04
		46.15p	SOUTH SIMCOE/DUFFERIN (CLUB) (Chris Brown,Corey Graves,Tyler Murray,Ryan Ferguson)	Windsor	2006 07 29
	Bantam-U14	53.5*	TEAM ONTARIO" - 1975+ (COMPOSITE)	Oak Brook, IL	1987 08 02
		55.94	LONDON LEGION TRACK ALLIANCE (CLUB) (Brandon Graham,Adam Lo, Ben Hyland, Zachary Gray)	Windsor	2006 07 29
4X200m	Open	1:22.9	D.C. INTERNATIONALS (USA) (Delano Meriweather,Andre Lancaster,Cliff Wiley,Maurice Peoples)	Etobicoke	1978 06 17
	Senior	1:23.6	POWER TRACK CLUB "A" (Doug Hinds,Lyndon Fong,Glen Bogue,Cole Doty)	Etobicoke	1978 06 17
	Espoir-U24	1:23.6	POWER TRACK CLUB "A" (Doug Hinds,Lyndon Fong,Glen Bogue,Cole Doty)	Etobicoke	1978 06 17
	Junior-U20	1:25.1	UXBRIDGE OPTIMISTS (Dave McKnight,Ed Johnson,Ray Daley,Desai Williams)	Etobicoke	1978 06 17
	Juvenile-U18	1:30.4	PARKDALE LIONS TC (Steve Boomer,Denny Hunte,Cim Nunn,Tasso Eracles)	Etobicoke	1970 06 27
	Midget-U16	1:39.58*	BRAMPTON TFC "A" (Dwayne Patrick,Leon Clouden,Deeoh Fraser,Franklyn Benjamin)	North York	1994 06 19
	Bantam-U14	Unclaimed			
4X400m	Open/Senior	3:02.64	NATIONAL TEAM (COMPOSITE) (Ian Seale,Don Domansky,Leighton Hope,Bryan Saunders)	Montreal	1976 07 31
		3:10.3	POWER TRACK CLUB (CLUB) (Dacre Bowen,Paul Richards,Peter Harper,Glen Bogue)	Philadelphia, PA	1979 04 28
	Espoir-U24	3:08.34*	ONTARIO CANADA GAMES TEAM (Rayton Archer,Monte Raymond,Tim Middlekoop,Chris Davis)	Kamloops, BC	1993 08 20
		3:15.0*	YORK SPARTAN TC (CLUB) (Mike McIntosh,Dave Best,Bill Kennedy,Glen Bogue)	Montreal	1972 08 20
	Junior-U20	3:09.83	NATIONAL JUNIOR TEAM (COMPOSITE) (Chris Davis,Kevin Sullivan,Bwana Smith,Marlon Dechausay)	Winnipeg, MB	1993 07 17
		3:15.0	YORK SPARTAN TC (CLUB) (Mike McIntosh,Dave Best,Bill Kennedy,Glen Bogue)	Montreal	1972 08 20
	Juvenile-U18	3:19.32	ONTARIO LEGION TEAM (COMPOSITE) (Mark Francois,Eric Morrison,Scott Moncur, Dan Brandao)	Sudbury	1999 08 14
		3:20.6	ETOBICOKE HUSKIES-STRIDERS (Errol Watson,Corey Burnett,Marc Proudfoot,Mark Jackson)	Etobicoke	1986 07 06
	Midget-U16	3:41.4*	TEAM ONTARIO" - '1973+ (COMPOSITE)	Oak Brook, IL	1987 08 02
		3:49.60*	SOUTH SIMCOE/DUFFERIN (CLUB) (Stephen Jay,Bill Waples,Terrence Sheridan,Chris Mudry)	North York	1992 07 12
	Bantam-U14	Unclaimed			
4X800m	Open/Senior	7:30.12	UNIVERSITY OF TORONTO TC (Paul Osland,Anthony Biggar,Brendan Matthias,Mike Sherar)	North York	1992 07 12
	Espoir-U24	7:34.0*	TRACK WEST (Tom Potter,Gary Crossley,Steve Lincoln,Tom Lobsinger)	Etobicoke	1974 06 14
	Junior-U20	7:40.4	MISSISSAUGA TFC (Paul Holmes,John Orton,Mike Logan,Mark Gunby)	North York	1981 07 19
	Juvenile-U18	7:47.21	EXCEL TC (Graham Hood,Andy Burnside,Jason Bunston,Mike Belbeck)	North York	1988 06 19
	Midget-U16	8:31.3	DURHAM LEGION ATHLETICS (Simon Gabriel-Savard,Justin Burke,Andrew Cackette,Trent Sayers)	Windsor	2006 07 30
	Bantam-U14	09:28.1	LONDON LEGION TRACK ALLIANCE (CLUB) (Ben Hyland,Adam Lo,Joshua Millard,Zachary Gray)	Windsor	2006 07 30
		10:10.00p(2)	DURHAM DRAGONS (Andrew Gray,B.J. Cunliffe,Evan Esselink,Julian Patchett)	Toronto	2005 08 07
4X1500m	Open/Senior	15:25.38	SPEED RIVER "A" (Greg Hutchinson,Eric Gillis,Reid Coolsaet,Taylor Milne)	London	2006 06 21
	Espoir-U24	16:08.68*p	PHOENIX ATHLETIC ASSOCIATION (Andrew Heaney,Stephen Vernon,Mark Davidson,Ryan Finn)	London	2006 06 21
Sp Med	Open	3:20.2	EAST YORK TC (Robert Patterson,Larry Dunn*,David McClure,Bill Crothers) * = USA	Toronto	1977 07 09
	Senior	3:22.8	TORONTO TRACK CLUB (Don Young,Bob Jarema,Norm Sinclair,Ergas Leps)	Hamilton	1963 08 16
		3:22.8	SCARBOROUGH OPTIMISTS (Bryan Saunders,Robert Martin,Marvin Nash,Eric Chapman)	Brantford	1975 09 06
	Espoir-U24	3:29.19*	HAMILTON OLYMPIC CLUB (Manny Bonilla,Glen Shand,Laurent Shand,Bryan Henry)	North York	1991 06 23

	Junior-U20	3:29.19	HAMILTON OLYMPIC CLUB (Manny Bonilla,Glen Shand,Laurent Shand,Bryan Henry)	North York	1991 06 23	
	Juvenile-U18	3:31.73	ONTARIO LEGION TEAM (COMPOSITE) (Brad Copper,Ricardo Best,Paul Went,Graham Hood)	Quebec City	1988 08 13	
		3:37.16	MISSISSAUGA TFC (CLUB) (Ian Butcher,Oneill Whittaker,Cordell Morrison,August Battiston)	St. Catharines	2002 06 16	
	Midget-U16	3:36.69	ONTARIO LEGION 15&UNDER TEAM (COMPOSITE) (Carl Hayes,Dave Brandao,Steve Wood,Chris Robson)	Prince George, BC	1998 08 08	
		3:50.67*	PHOENIX (CLUB) (Jermaine Martinborough,Chris Hudson, Chris Gudge,Ryan Kendall)	North York	1996 06 23	
	Bantam-U14	4:42.10	MARKHAM (Kevin Hill, Sean Fox,Rayu Mehta,Corey Lynam)	North York	1997 06 22	
Dist Med	Open	9:47.4	TORONTO OLYMPIC CLUB (Ergas Leps,Donal Smith*,David Bailey,Bob Finlay) * = USA	Hamilton	1969 07 05	
	Senior	9:53.5*	ETOBICOKE HUSKIES (Chris Reid,Will Lincoln,Dave Reid,Paul Steeds)	North York	1980 07 20	
	Espoir-U24	9:53.5*	ETOBICOKE HUSKIES (Chris Reid,Will Lincoln,Dave Reid,Paul Steeds)	North York	1980 07 20	
	Junior-U20	10:08.14!	BIRCHMOUNT COLLEGIATE INSTITUTE (Mark Harris,Blake Farley,Slalh Hussein, Adil Berkhedele)	Dayton, OH	2000 05 05	
			! = run in 800-400-1200-1600m order as opposed to usual 400-800-1200-1600m			
HJ	Open/Senior	2.35	Mark BOSWELL (77)	Canada (Lightning)	Seville, ESP	1999 08 23
		2.35	Mark BOSWELL (77)	(-)	Rome, ITA	2000 06 03
		2.35	Mark BOSWELL (77)	Lightning AC	Rome, ITA	2002 07 12
	Espoir-U24	2.35	Mark BOSWELL (77)	Canada (Lightning)	Seville, ESP	1999 08 23
		2.35	Mark BOSWELL (77)	(-)	Rome, ITA	2000 06 03
	Junior-U20	2.24	Alex ZALIAUSKAS (71)	Oakville	St. John, NB	1990 07 15
		2.24	Mark BOSWELL (77)	Canada (Pegasus Athletic Club)	Sydney, AUS	1996 08 24
		2.24	Mike PONIKVAR (79)	Canada (Univ. of Toronto T.C.)	Havana, CUB	1997 07 20
		2.24	Mike PONIKVAR (79)	Dennis Morris H.S.	Sudbury	1998 06 05
	Junior-U19	2.24	Mike PONIKVAR (79)	Canada (Univ. of Toronto T.C.)	Havana, CUB	1997 07 20
	Juvenile-U18	2.15	Brian MARSHALL (65)	Gloucester S.S.	Ottawa	1985 05 21
	Juvenile-U17	2.07	Alex ZALIAUSKAS (71)	RCL Dist. B (Oakville Legion)	Burlington	1987 07 11
	Midget-U16	2.00	Alex ZALIAUSKAS (71)	QE Park SS (Oakville Legion)	Ottawa	1986 06 07
	Midget-U15	1.92	Nicholas CHARRON (78)	RCL Dist. A (Windsor Legion)	Brantford	1992 07 11
	Bantam-U14	1.78	Nicholas CHARRON (78)	South Windsor K. of C.	North York	1991 07 21
	Bantam-U13	1.65*	Gerry MINTA (78)	University of Toronto TC	North York	1990 07 29
PV	Open	5.65	Istvan BAGYULA	Hungary	Sudbury	1988 07 28
	Senior	5.61	Doug WOOD (66)	(Phoenix TFC)	Papendal, HOL	1991 07 14
	Espoir-U24	5.60*	Doug WOOD (66)	Canada (Mazda Optimists)	Bogota, COL	1989 08 12
	Junior-U20	5.05	Doug WOOD (66)	York University Optimists	Ottawa	1985 08 03
	Junior-U19	4.87	Rob LINDSAY (66)	Canada (East Ottawa Lions)	Nassau, BAH	1984 08 24
	Juvenile-U18	4.70	Todd ZUBYCK (75)	Ontario Legion Team (Temisk'g)	Calgary	1992 08 15
	Juvenile-U17	4.37	Rob LINDSAY (66)	Ottawa Kinsmen Harriers	Ottawa	1982 08 07
	Midget-U16	3.90	Rob LINDSAY (66)	Ottawa Kinsmen Harriers	Sudbury	1981 08 13
	Midget-U15	3.80	Don SPRAGUE (59)	Elliot Lake TC	Oshawa	1973 06 30
LJ	Open/Senior	8.19 (+1.9)	Richard DUNCAN (73)	(-)	Houston, TX	2000 03 25
	Espoir-U24	8.09 (+1.1)	Ian JAMES (63)	Canada (Etob. Huskies-Striders)	Karl Marx Stadt	1986 07 13
	Junior-U20	7.88	Richard ROCK (57)		Carbondale, IL	1976 04 30
	Junior-U19	7.53 (+0.4)	Andre METIVIER (64)	Canada (Scarborough Optimists)	Barquisemeto, VEN	1982 07 30
	Juvenile-U18	7.32 (+1.3)	Seyi SMITH (87)	Ottawa Lions	Edmonton	2004 07 24
	Juvenile-U17	7.12 (+1.7)	Seyi SMITH (87)	Brookfield High School	Ottawa	2003 05 29
	Midget-U16	6.69 (-0.6)	Sheldon SCOTT (82)	Phoenix	Sudbury	1997 08 01
	Midget-U15	6.55	Larry FEDOSOFF (47)		Regina	1961 08 05
	Bantam-U14	5.79 (+0.9)	Jason ROBINSON (70)	RCL Dist. F (Oshawa Legion)	Sudbury	1983 08 06
	Bantam-U13	4.82 (-1.3)	Ehis ADADA (91)	North York TFC	Kitchener	2003 08 01
TJ	Open	17.15 (+1.6)	Arius FILET	France	Ottawa	2001 07 23
	Senior	16.70 (+1.2)	George WRIGHT (63)	University of Toronto TC	North York	1987 06 27
	Espoir-U24	16.48 (+1.4)*	Richard DUNCAN (73)	(-)	Houston, TX	1995 05 19
	Junior-U20	15.73 (+0.9)	Kenen SHADD (83)	Grand River C.I.	LaSalle, ON	2002 05 31
	Junior-U19	15.53 (+0.6)	Kenen SHADD (83)	Grand River C.I. (Kitch.-Waterloo)	Toronto	2001 05 31
	Juvenile-U18	15.01 (+0.9)	Glenroy GILBERT (68)	Ottawa Olympic	Ottawa	1985 08 04
	Juvenile-U17	14.57 (+0.4)	Dwayne HARRIOTT (86)	Ontario RCL Team (Kitchener-Wat.)	Sherbrooke	2002 08 18
	Midget-U16	14.05 (+0.1)	Sam DAVIS (74)	RCL Dist. E (Osh. Durh. Oly.)	North York	1989 07 14
	Midget-U15	13.62	Mike MACDOUGALL (56)	Scarborough Optimists	Etobicoke	1970 08 02
	Bantam-U14	11.92 (0.0)	Asa AMBROSE (91)	Laurel Creek T.C.	LaSalle	2004 07 31
	Bantam-U13	9.78 (+0.9)	Eric SCHWOOB (90)	Niagara Regional Athletics	Ottawa	2002 08 03
SP	Open/Senior	20.87	Brad SNYDER (76)		Atlanta, GA	2004 06 08
	Espoir-U24	20.40	Brad SNYDER (76)	University of South Carolina (-)	Columbia, SC	1998 04 18
	Junior-U20	19.03	Kyle HELF (86)	Canada (South Simcoe/Dufferin)	Grosseto, ITA	2004 07 13
	Junior-U19	19.03	Kyle HELF (86)	Canada (South Simcoe/Dufferin)	Grosseto, ITA	2004 07 13
	Juvenile-U18	20.79	Kyle HELF (86)	Canada (South Simcoe/Dufferin)	Sherbrooke, QU	2003 07 10

	Juvenile-U17	18.92	Kyle HELF (86)	Ontario RCL Team (S.Simcoe/D.)	Sherbrooke, QU	2002 08 17
	Midget-U16	19.02	Kyle HELF (86)	Ontario RCL (S.Simcoe/Dufferin)	Sherbrooke, QU	2001 08 11
	Midget-U15	17.34	Kyle HELF (86)	Ontario RCL (S.Simcoe/Dufferin)	Calgary	2000 08 12
	Bantam-U14	15.46	Kyle HELF (86)	South Simcoe/Dufferin TFC	Kitchener	1999 06 13
	Bantam-U13	10.91	Kyle HELF (86)	South Simcoe/Dufferin TFC	Sarnia	1998 08 09
DT	Open/Senior	67.88	Jason TUNKS (75)	(-)	Abilene, TX	1998 05 14
	Espoir-U24	67.88	Jason TUNKS (75)	(-)	Abilene, TX	1998 05 14
	Junior-U20	58.76	Jason TUNKS (75)	Southwestern Ont. (London-Wes)	Kingston	1994 08 14
	Junior-U19	55.26	Kyle HELF (86)	South Simcoe/Dufferin TFC	LaSalle	2004 07 31
	Juvenile-U18	56.64	Boris CHAMBUL (53)		Toronto	1970 05 26
	Juvenile-U17	55.12	Kyle HELF (86)	South Simcoe/Dufferin TFC	Ottawa	2002 08 03
	Midget-U16	58.78	Kyle HELF (86)	RCL Dist. E (South Simcoe/Duff.)	Belleville	2001 07 06
	Midget-U15	56.18	Kyle HELF (86)	RCL Dist. E (South Simcoe/Duff.)	New Liskeard	2000 07 14
	Bantam-U14	43.81	Kyle HELF (86)	Ontario Legion (South Simcoe/D.)	Sudbury	1999 08 15
	Bantam-U13	33.84*	Paul BRUCE			1981
HT	Open	79.89	Szymon ZIOLKOWSKI	Poland	Ottawa	2001 07 20
	Open/Senior	70.34	Boris STOIKOS (69)	Phoenix TC	Athens, GA	1996 04 19
	Espoir-U24	67.48*	Boris STOIKOS (69)	(Phoenix TC)	Starkville, MS	1992 05 14
	Junior-U20	60.44	Brad MILLAR (87)	Saugeen TFC	Windsor	2006 07 30
	Junior-U19	54.82	Pat KALAHAR (69)	Athletiques International	North York	1987 12 19
	Juvenile-U18	63.62	John STOIKOS (72)	Phoenix TFC	North York	1989 09 23
	Juvenile-U17	58.34	John STOIKOS (72)	Mazda Optimists	North York	1988 07 17
	Midget-U16	59.72	Kyle HELF (86)	South Simcoe/Dufferin TFC	Ottawa	2001 07 27
	Midget-U15	48.75	Kyle HELF (86)	South Simcoe/Dufferin TFC	Kitchener	2000 07 28
JT	Open/Senior	84.41	Scott RUSSELL (79)	Windsor Legion	Ottawa	2005 07 20
	Espoir-U24	81.66	Scott RUSSELL (79)	Canada (Windsor Legion)	Edmonton, AB	2001 08 10
	Junior-U20	75.46	Scott RUSSELL (79)	University of Kansas (-)	Columbia, MO	1998 05 17
	Junior-U19	71.22	Trevor SNYDER (82)	St. Joseph's H.S. (-)	LaSalle	2000 06 02
	Juvenile-U18	75.99	Trevor SNYDER (82)	Canada (Windsor Legion)	Bydgoszcz, POL	1999 07 16
	Juvenile-U17	63.47	Kyle HELF (86)	South Simcoe/Dufferin TFC	Ottawa	2002 08 03
	Midget-U16	55.26	Kyle HELF (86)	South Simcoe/Dufferin TFC	Ottawa	2001 07 28
		55.72p	Taylor CORNEY (91)	Ontario RCL Team (-)	Burnaby, BC	2006 08 13
	Midget-U15	51.45	Kyle HELF (86)	South Simcoe/Dufferin TFC	Kitchener	2000 07 29
	Bantam-U14	42.23	Taylor CORNEY (91)	Brockville Legion	LaSalle	2004 08 01
	Bantam-U13	32.48	Trent CORNEY (93)	Brockville Legion	LaSalle	2004 08 01
Tetraphlon	Midget-U16	2626	Keith VELDHUIS (83)	London-Western TFC	Toronto	1998 06 21
			14.71(+1.0) 9.90 1.78 24.57(+1.3)			
	Midget-U15	2308	Branden WILHELM (92)	Woodstock Legion	Toronto	2006 06 11
			16.62(+2.1) 9.01 1.81 25.30(+2.1)			
	Bantam-U14	1737	Branden WILHELM (92)	Woodstock Legion	Toronto	2005 06 11
			15.56(-1.4) 8.82 1.63i 27.61(+2.2)			
	Bantam-U13	1372	Branden WILHELM (92)	Woodstock Legion	Toronto	2004 06 12
			15.10(-1.8) 6.77 1.54 31.18(-3.4)			
	<i>(Tetraphlon: 80m(Bantam)/100m(Midget) Hurdles, Shot Put, High Jump, 200m)</i>					
Octathlon	Juvenile-U18	5809	J. ADJETEY-NELSON (84)	Canada (Windsor Legion TFC)	Debrecen, HUN	2001 07 12-13
			11.46(-1.2) 7.09(+0.9) 12.06 49.99			
			14.94(+1.7) 1.89 43.66 2:53.35			
	Juvenile-U17	3481	Jerry ROBACK (88)	York Flyers	Toronto	2004 06 12-13
			12.84(-4.0) 5.11(+1.8) 10.87 55.52			
			20.29(-0.6) 1.65 21.48 3:23.36			
	<i>(Octathlon: 100m, Long Jump, Shot Put, 400m/110m Hurdles, High Jump, Javelin, 1000m)</i>					
Decathlon	Open/Senior	8549	Michael SMITH (67)	Canada (Univ. of Toronto TC)	Tokyo, JAP	1991 08 29-30
			10.81(-1.6) 7.68(+1.8) 15.69 2.09 47.53			
			14.78(-1.2) 48.42 4.40 65.46 4:29.14			
	Espoir-U24	8525	Michael SMITH (67)	Canada (Univ. of Toronto TC)	Auckland, NZL	1990 01 28-29
			10.85(+1.9) 7.52(+2.7) 14.62 2.05 47.77			
			14.34(+1.9) 47.56 4.70 64.18 4:24.06			
	Junior-U20+++	7523	Michael SMITH (67)	Canada (Univ. of Toronto TC)	Athens, GRE	1986 07 16-17
			11.11(+0.9) 7.20(-1.7) 13.62 1.97 48.58			
			15.45(+0.4) 38.20 3.70 60.94 4:28.95			
	Junior-U20 #	6593	Alex. DOBRANOWSKI (84)	Precision Athletics	Saskatoon	2003 07 04-05
			11.37(+2.0) 6.47(+3.2) 14.08 1.96 51.41			
			15.91(+1.0) 43.36 3.80 42.61 5:39.62			
	Junior-U19+++	7114	Garth PEET (69)	Oshawa (Durham) TFA	Ottawa	1987 08 01-02
			11.43(+0.1) 6.83(+0.1) 12.96 1.92 51.16			
			14.78(+0.7) 39.52 3.80 49.36 4:30.29			
	Junior-U19 #	6504	Alex. DOBRANOWSKI (84)	Toronto Sport AC	Edmonton	2002 06 21-22
			11.56(0.0) 6.26(+2.4) 11.50 1.96 53.74			
			15.45(+2.6) 45.14 4.00 41.23 5:13.61			
	Juvenile-U18 +	6489	J. HOLLINGSWORTH (79)	St. Thomas Legion	North York	1996 06 22-23
			11.13(+1.3) 6.56(+2.9) 13.16 1.71 50.82			

Juvenile-U17 + 5347	14.83(+0.0) 33.96 2.90 50.04 4:52.21		
	Liam MCNABB (82) Elite Athletics	Ottawa	1998 06 27-28
	11.90(+2.8) 6.05(+2.8) 11.58 1.75 54.11		
	15.53(+1.5) 22.48 2.80 28.48 4:55.72		

+++	110mH(107cm); 7.26kg Shot; 2.00kg Discus	or	110mH(107 cm); 6.0kg Shot; 1.75kg Discus
+	110mH (91cm); 5.45kg Shot; 1.61kg Discus	or	110mH(91cm); 5.00kg Shot; 1.50kg Discus
#	110mH (99cm); 6.0kg Shot; 1.75kg Discus		



**Championship Technical Package
2007 Canadian Track and Field Championships
University of Windsor, Windsor, July 12-15, 2007**

Sanctioned by: Athletics Canada
 Hosted by: Windsor Legion Track and Field Club
 Website: <http://www.nationalchampswindsor.ca>

TECHNICAL INFORMATION

Championships Technical Meeting

There will be two technical meetings at this year's Championships. The first technical meeting, for athletes with a disability events and combined events will take place in Room 20, Human Kinetics Building, on **Wednesday, July 11th @ 8:00pm**. The second technical meeting, for able-bodied events will take place in **Room 201, Human Kinetics Building** (next to the stadium) on **Thursday, July 12th, at 12:00pm**.

The purpose of these meetings will be to share information about the Championships, schedule changes, and/or technical changes. You will also be able to submit scratches at this time.

On Site Registration

Athletes and coaches must pick up their registration packages in person. Registration will take place at:

Alumni Residence	Wednesday, July 11 th	4 p.m. to 8 p.m.	McPherson Lounge
Alumni Residence	Thursday, July 12 th	10 a.m. to 2 p.m.	McPherson Lounge
Stadium	Thursday, July 12 th	2:30 p.m. to 5 p.m.	Stadium Entrance
Stadium	Friday, July 13 th	8 a.m. to 11 a.m.	Stadium Entrance
Stadium	Friday, July 13 th	4 p.m. to 8 p.m.	Stadium Entrance
Stadium	Saturday, July 14 th	12 noon to 7 p.m.	Stadium Entrance
Stadium	Sunday, July 15 th	10:30 a.m. to 1 p.m.	Stadium Entrance

How to Enter

Entries will be on-line through Athletics Canada website at <http://www.athletics.ca/article.asp?id=10086> as of Monday, May 14th, 2007. All entries and confirmation are the responsibility of the athlete (including carded athletes). Entries are not competed until payment is received. Registration/entry forms can be completed by club and should be done for



each athlete. All coaches must register as well. The entry deadline is Wednesday, June 27th, 2007 at midnight (EST). The late entry deadline is Wednesday, July 4th, 2007 at midnight (EST). NO entries will be accepted after this date, no exceptions.

For more information please see Registration and Standards Package on the Athletics Canada website.

Doping Control

Doping Control will be carried out at these Championships in accordance with Athletics Canada / CCES Policies.

Awards

Athletics Canada Championship medals will be awarded to the first three Canadian finishers in each event, including relays.

Social Event

There will be a reception for all registered coaches at 9 p.m. on Thursday, July 12th in McPherson Lounge in Alumni Hall.

Facility

University of Windsor Stadium, Corner of College and Huron Church, Windsor, ON

Track: 8 lanes 400m ; 8 lanes straight; Mondo
Spike length: 6mm (track), 6mm (long jump), 6mm (high jump), 9mm (javelin),
4mm (maximal diameter of the spikes) No needle nose spikes
allowed.
Runways: Mondo
Throwing circles: Concrete
Timing: Finishlynx

Race Walk

The race walk will be a combination of the Junior and Senior Canadian Championships, as well as an open event. All athletes wishing to contend for the Canadian Championships must be registered through the online system. Entries from the open race will not be changed to Canadian Championship entries.

There will be more information about the Race-Walk event posted at a later date.

Marshalling

Marshalling will take place at the "Athlete Control Centre". The ACC will be located in the St. Denis Centre inside the field house. The field house will be the warm-up area and includes a 6-lane mondo 200m track. The warm-up areas will have starting blocks and hurdles and access will be controlled and limited to accredited athletes, coaches and therapists.

General Warm-Up & Practice Times



General Warm-up, for all events, will take place in the St. Denis Centre in the field house. The indoor facility will be open for practice Thursday-Sunday during competition times. There will be three open practice session in the stadium. These times are:

Stadium Practice Sessions:

Wednesday, July 11 th	5:00pm – 8:00pm
Thursday, July 12 th	12:00pm – 2:00pm
Friday, July 13 th	2:00pm – 4:00pm

Equipment

Starting Blocks

The Organizing Committee's starting blocks will provided, and must be used for all events of 400m or less.

Throwing Implements

Throwing implements are provided. Personal implements are allowed, but must be checked in at the Equipment and Implement Weigh-in station, located underneath the stadium, no later than 2hrs prior to the start of the event (including qualifying rounds), at which time they will become property of the competition for the duration of the meet.

Pole Vaults

Pole-vaulters must provide their own poles. Poles must be checked in at the secure storage facility by 12:00pm on the day of competition. Poles may be kept in a secure storage area at the stadium and can be checked in as early as Wednesday, July 11th. Athletes are responsible for transportation of equipment from the airport/hotel to the stadium and back.

Please note that you are unable to fly poles into the Windsor Airport. You will need to make alternative arrangements.

On-Site Medical Support

All athletes should travel with their provincial medical plan number and/or insurance.

A doctor will be on location or on-call. Athletic therapists, and massage therapists will be on-site for treatment on Thursday - Sunday. Hours will be announced at the technical meeting.

Any person or group, who are bringing their own health/medical practitioners, please submit names prior to arrival for accreditation. Forward names to Kathy Harvie by July 4th, 2007 (harvie@uwindsor.ca)

Sport Information Office (SIO)

The Sport Information Office (SIO) for the purpose of submitting appeals, scratches, and all other technical enquiries is located in Athlete Control Centre



Championship Enquiries

Local Organizing Committee
Contact Name: Windsor Legion Track & Field Club, University of Windsor Track & Field Alumni Club
Telephone / Fax: Dennis Fairall / Darryl Snyder
Tel: 519.253.3000 ext. 2440 / 519.735-2210
Email: Enquiries or information: fairall@uwindsor.ca
Entries: ishoucair@athletics.ca
Website: www.nationalchamps Windsor.ca
Technical Enquiries: Dennis Fairall – fairall@uwindsor.ca

Athlete Final Declaration

The Championships will be run as a scratch competition. Please bring scratches for all days according to the following scratch deadline schedule (below). Athletes must compete in entered events unless they declare a scratch or due to medical circumstances. Failure to start an event will result in disqualification from further competition. Scratches must be declared according to the following schedule (verifiable medical circumstances excepted):

Scheduled Events

All events and Thursday, July 12th events
Friday, July 13th events
Saturday, July 14th events
Sunday, July 15th events

Scratch Deadline

8:00pm July 11th at the AWD/CE Technical Meeting
up to 8:00pm July 12th at the SIO
up to 8:00pm July 13th at the SIO
up to 8:00pm July 14th at the SIO

Athletics Canada Variations to the IAAF Competition Rules – Advancement Rules

800 meters

In the semi-final round, qualifying sections will be expanded and may employ 3 boxes of up to 4 athletes in each to accommodate up to a maximum of 12 runners per section.

1500 meters

In the semi-final round, qualifying sections will be expanded up to a maximum of 15 athletes per section.

5000 meters & 3000 meter Steeplechase

5000m - Timed sections will be created when entries exceed 25 athletes. In this instance, the top 15 seeded athletes will comprise the A Section and all other seeds will comprise the B Section. If there is a scratch from the A Section at the time of reporting to check-in, then the top seeded athlete in Section B will be offered the opportunity to move into the A Section. If the two sections scratch down to 25 athletes or less then the sections will then be combined into one section.

3000m Steeplechase – Timed sections will be created when entries exceed 20 athletes. In this instance, the top 12 seeded athletes will comprise the A Section and all other seeds will comprise the B Section.

NATIONAL TEAM SELECTION

The 2007 Canadian Track and Field Championships will serve as the selection trials for the 2007 Summer Universiade (formerly referred to as FISU) in Bangkok, THA. The Championships are also a mandatory event for selection to 2007 World Championships in Osaka, JPN.

For more information on the selection criteria for Summer Universiade, please visit

<http://www.athletics.ca/article.asp?id=9062>

For more information on the selection criteria for the World Championships, please visit

<http://www.athletics.ca/article.asp?id=9170>

ACCOMMODATIONS

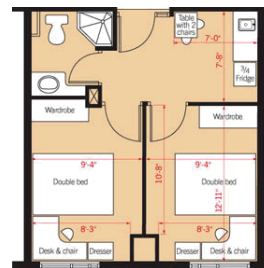
Championship Hotel #1:

Name: **Alumni Hall (University of Windsor Residence)**
Location: 750 Sunset Avenue, University of Windsor
Contact Toll Free: 1-888-561-5552 (reservations only)
Information: Ph: 1-519-253-3000 xt. 7074
Fax: 1-519-973-7032
Webpage: <http://www.conferences.uwindsor.ca>
Ask for: Canadian Track & Field Championships
Room Rate: \$ 89.00 per double (\$ 79 per single) plus taxes per room per night includes continental breakfast. Each room includes 2 bedrooms, 2 telephones, free internet, and free local calls. Each wing of the residence has a TV and kitchenette.

Rooms are block booked under "Canadian Track and Field Championships. Alumni Hall is located approximately 400m from the stadium. Parking is included with your room.



Alumni Hall & Conference Centre



Room Layout

Championship Hotel #2:

Name: **Radisson**
Location: 333 Riverside Drive West
Contact Toll Free: 1.888.201.1718
Information: Phone: 519.977.9777
Fax: 519.977.1411
Webpage: <http://www.radisson.com/windsorca>



CBCsports

Room Rate: \$ 99 plus taxes per room per night
Each room includes 2 beds, TV, and free internet. There is a charge for local calls.

Rooms are block booked under "Canadian Track & Field Championships". The Radisson is located approximately 3.5km from the stadium. Parking is \$10.00 per day.

TRANSPORTATION

Airport

The Windsor Airport is located approximately 13km from the Stadium and Alumni Hall. Please note that pole vault poles cannot be flown into Windsor.

Train

The Windsor Train Station is located approximately 6km from the Stadium and Alumni Hall.

Airport to Hotels

There will be no transportation provided from the airport to the meet hotel.

Hotels to Stadium

Since the track is within 400m of Alumni Hall, there will be no shuttles between either of the meet hotels and the stadium.

Directions to the Stadium (St. Denis Centre) from Highway 401

As you near Windsor follow the "Bridge to USA" signs. The 401 will merge with Huron Church Road. Travelling northbound on Huron Church Road, you will pass the University Mall on your right hand side at Tecumseh Road -- get into the right lane shortly after the mall.

Keep your eyes open, our new University of Windsor Stadium and athletic facilities will appear on your right hand side and a McDonald's restaurant will be on your left.

This intersection is College Ave. and Huron Church Road. Turn right on College Ave. and you will reach the Faculty of Human Kinetics Building and St. Denis Centre which are attached to the stadium on your right hand side.

Directions to the Stadium (St. Denis Centre) from the USA

From Detroit, follow sign indicating "Bridge to Canada". The University of Windsor is located east of the Ambassador Bridge. As you exit from customs and immigration, immediately proceed straight and you will come to a set of lights. This intersection is College Ave. and Huron Church Road. Turn left on to College Ave. and you will see the Faculty of Human Kinetics Building, the St. Denis Athletic Centre and University of Windsor Stadium immediately on your right hand side.

OTHER INFORMATION

Parking

Pay & display parking is available across the street from the stadium for \$1.00/Hr to a \$6.00 maximum. Free parking is available at Assumption High School which is located next to the stadium. If you are staying at Alumni Hall, parking is included in your accommodation cost. Alumni Hall is located approximately 400m from the stadium.

Information on the city of Windsor

Windsor has plenty to offer, including festivals, shopping, and gaming. Please visit <http://www.visitwindsor.com/main.htm> for all the latest information on what is happening in the Windsor area.



cbc sports

Championship Registration & Standards Package 2007 Canadian Track and Field Championships

University of Windsor, Windsor, July 12-15, 2007

Sanctioned by: Athletics Canada
Hosted by: Windsor Legion Track and Field Club
Website: <http://www.nationalchamps Windsor.ca>

How to Enter

Entries will be on-line through Athletics Canada website at <http://www.athletics.ca/article.asp?id=10086> as of Monday, May 14th, 2007. All entries and confirmation are the responsibility of the athlete (including carded athletes). Entries are not competed until payment is received. Registration/entry forms can be completed by club and should be done for each athlete. All coaches must register as well. The entry deadline is Wednesday, June 27th, 2007 at midnight (EST). The late entry deadline is Wednesday, July 4th, 2007 at midnight (EST). NO entries will be accepted after this date, no exceptions.

On-line Entries

On-line entries should be preferably paid with credit card and will be automatically confirmed (pending validation from the branch for membership and qualification information) Entries paid by other methods (cheque) won't appear as confirmed until the payment has been cleared and membership and qualification information has been processed.

When registering, please ensure to:

- Include citizenship information (all non-Canadian Citizens must be properly identified)
- Qualification information
- Keep record of your credit card transaction

It is the entrant's responsibility to provide this additional information. Incomplete entries will not be recognized. Qualifying performances submitted must have been achieved outdoors between **May 1, 2006 and July 4, 2007**. If entry performances cannot be verified, the athlete may be refused entry.

Confirmation of Entry

Entries will be posted on Athletics Canada website at: <http://www.athletics.ca/article.asp?id=10086> and at the event website: <http://www.nationalchamps Windsor.ca>

Entry Fees and Deadlines:

Entries and Entry Fees Received:	First event:	Each Additional Event:	Relays	Coach Entries:
Seniors - By June 27 th *	\$55.00	\$50.00	\$50.00	\$20.00
Seniors – Late entries (received by July 4 th **)	\$135.00	\$120.00	\$50.00	\$20.00

* must be entered in the on-line system 12:00 pm (ET) or postmarked before June 27th, 2007

** must be entered in the online system by 12:00pm (ET) or postmarked before July 4th, 2007

For enquiries on the use of the on-line system please contact:

Athletics Canada Ivonne Shoucair
 Member Services & Events Manager
 Address: 2197 Riverside Dr, suite 300
 Telephone / Fax: Tel: (613) 260-5580 ext. 3311 / Fax: (613) 260-0341
 Email: ishoucair@athletics.ca
 Website: www.athletics.ca

Acceptable Method of Payment

Preferably fees should be paid on-line through the registration system but club cheque, money order or by Athletics Canada Branch cheque can be also accepted. NO PERSONAL CHEQUES WILL BE ACCEPTED. Entries not accompanied by the correct form of payment will be assessed the late entry fee and held for acceptable payment at registration.

All entry fees are payable to *Athletics Canada*. Online registration form should be previously completed.

On-Site - Athlete and Coach Registration

Athletes and coaches must pick up their registration packages in person. Registration will take place at:

Alumni Residence	Wednesday, July 11 th	4 p.m. to 8 p.m.	McPherson Lounge
Alumni Residence	Thursday, July 12 th	10 a.m. to 2 p.m.	McPherson Lounge
Stadium	Thursday, July 12 th	2:30 p.m. to 5 p.m.	Stadium Entrance
Stadium	Friday, July 13 th	8 a.m. to 11 a.m.	Stadium Entrance
Stadium	Friday, July 13 th	4 p.m. to 8 p.m.	Stadium Entrance
Stadium	Saturday, July 14 th	12 noon to 7 p.m.	Stadium Entrance
Stadium	Sunday, July 15 th	10:30 a.m. to 1 p.m.	Stadium Entrance



Athlete Citizenship Eligibility

The following athletes are eligible to compete in National Championships and/or Trials:

- Canadian Citizens who are Athletics Canada members;
- Only Canadian Citizens are eligible to be declared Canadian Champions and receive a medal, award, or financial recognition.
- All athletes must be a member of Athletics Canada in order to be eligible to compete

Non-Canadian Citizens

The following non-Canadian citizens are also eligible to compete:

Note: Non-Canadian citizens are not eligible to be declared Canadian Champions and receive a medal, award, or financial recognition.

1. Canadian Permanent Residents (Landed Immigrants) who are Athletics Canada members and full-time residents of Canada;
2. Non-Canadian residents who are claiming refugee status, and foreign athletes who are temporary residents of Canada due to business, study or family reasons, providing that they are Athletics Canada members and have been resident in Canada for at least six months prior to the date of competition
3. Foreign athletes who have been invited or have seek permission to compete and, at the discretion of the Director of National Programs have had their applications accepted. Foreign athletes seeking permission must complete the Foreign Athlete Participation Form and submit it to Athletics Canada. Athletes will be notified within 3 business days if their application has been approved or not.

Advancement Restrictions for non-Canadian citizens

(This section is currently under review and there may be small changes. Changes will be announced after the Athletics Canada AGM in late May**)**

Non-Canadian athlete participation will be subject to the following conditions:

- In track events run in lanes (100m - 800m, sprint hurdles and 400m hurdles), said athletes may not advance to the final, however they may advance to the B final if one is contested. In situations whereby no athletes with Canadian Citizenship are being displaced from the final (i.e. in the case of a straight final), non-Canadian citizens may compete in the final, but shall not receive preferential lane Selection;
- In events not run in lanes in their entirety, said athletes will be able to compete at the invitation and discretion of the Athletics Canada Director, National Programs (smacdonald@athletics.ca) provided that athletes with Canadian Citizenship are not displaced;
- In the case of field events where there are less than twelve (12) competitors advancing to final, non-Canadian athletes may compete at the sole discretion of the Meet Director and Athletics Canada. Field sizes may be increased to accommodate additional athletes who are non-Canadian, but only after having received the approval of the Athletics Canada Director, National Programs (smacdonald@athletics.ca).

Entry Qualification Process

The following Entry Procedures to the National Senior Championships will apply to athletes who meet the citizenship eligibility criteria.

- a) Current 2007 Athletics Canada members, who have achieved the qualifying entry standards, during the Qualifying Period (see Appendix A).
- b) Athletics Canada members who have not made the qualifying entry standards are also eligible to compete if:
 - at the designated Provincial/Territorial Branch Qualifying competition, they finish in the top five of those who have not achieved the entry standard for that event;
 - if there is no such Provincial/Territorial Branch Qualifying competition, the Province/Territory or Branch may select up to five athletes per event who have not made the qualifying standard for that event;

NOTE: All athletes **MUST** be registered for the year 2007 with their Provincial Branch, prior to entry.

Carded athletes (2006/2007) are automatically eligible to compete in the Championships event in which they are carded. They must process their registration form with appropriate payment.

Eligibility of Entry Performances

Athletes must submit proof of performances as required on the Championship Registration Form. Athletics Canada and the LOC must be able to verify the declared performances. We encourage you to provide us with the results of the competition where the performance was achieved, especially High School and out-of-country competitions. If the performance cannot be verified, the athlete will be given no seeding performance or may be refused entry.

The achievement of all performances must be recognized on the official Athletics Canada performance ranking lists. These results must have been achieved at competitions listed on the Athletics Canada or IAAF Member Federation fixtures lists. All results must be achieved in conformity with IAAF/Athletics Canada rules. Wind readings and implement certification must always be recorded on results to guarantee their validity. In addition the signature and contact details of the certified Athletics Canada Official and or international equivalent are required. It is the responsibility of the athlete to submit these results to Athletics Canada (Results Department) prior to the entry deadline. Only Electronic Timing will be accepted for performances in races up to and including 400 metres. For throwing events, only metric implements must be used to qualify. Imperial to metric conversions will not be accepted. Indoor performances are not permitted. Performances achieved in mixed events (between male and female participants), held completely in the stadium, will not be accepted (IAAF Rule 147).

Results from regional high school meets will not be accepted unless sanctioned or recognized by an Athletics Canada member branch.



Appendix A

QUALIFYING STANDARDS/ STANDARDS DE QUALIFICATION CHAMPIONNATS CANADIEN D'ATHLÉTISME 2007 CANADIAN TRACK AND FIELD CHAMPIONSHIPS

University of Windsor, Windsor, ON, July 12-15, 2007

*Performances must have been achieved outdoors between May 1, 2006 and July 4, 2007
Les performances doivent avoir été réalisées en plain air entre le 1er mai 2006 et le 20 juillet 2007*

Men / Hommes	Event / Epreuvee	Women / Femmes
10.80	100m	12.20
21.90	200m	25.00
48.30	400m	57.00
1:54.00	800m	2:14.00
3:53.00	1500m	4:35.00
14:25.00 or 3000m = 8:20.00	5000m	17:15.00 or 3000m = 10:00.00
15.00 or (99cm) = 14.70	110mH / 100mH	14.50 or (76cm) = 14.30
55.00	400mH	63.00
9:35.00	3000m SC	12:00.00 or 2000m SC = 7:30
No Standard	10 km Walk (Junior)	No Standard
No Standard	20 km Walk	No Standard
Opening Height of 1.85 by 10cm to 2.05, by 5cm to 2.20, by 3cm after this	High Jump / Hauteur	Opening Height of 1.55m by 5cm to 1.70, by 3cm thereafter
Opening Height of 4.50m by 20cm to 4.90, by 10cm to 5.20, by 5cm thereafter	Pole Vault / Perche	Opening Height of 3.45m by 20cm to 3.85, by 10cm to 4.15, by 5cm thereafter
7.00m	Long Jump / Longueur	5.50m
13.50m	Triple Jump / Triple Saut	11.30m
14.00m	Shot Put / Poids	12.50m
45.00m	Discus / Disque	42.00
48.00m	Hammer / Marteau	48.00
55.00m	Javelin / Javelot	40.00
6150	Decathlon	
	Heptathlon	4500

****Please note that if field events require qualifying rounds, qualifying heights and distances will be established at the technical meeting****

**** Veuillez noter que pour les concours, si des qualifications s'avèrent nécessaires, les hauteurs et les distances de qualification seront décidées lors de la réunion technique ****

QUALIFYING STANDARDS/ STANDARDS DE QUALIFICATION
CHAMPIONNATS CANADIEN D'ATHLÉTISME
2007 CANADIAN TRACK AND FIELD CHAMPIONSHIPS
University of Windsor, Windsor, ON, July 12-15, 2007

Performances must have been achieved outdoors between May 1, 2006 and July 4, 2007
Les performances doivent avoir été réalisées en plein air entre le 1er mai 2006 et le 20 juillet 2007

ÉPREUVE/EVENT	HOMMES / MEN			FEMMES / WOMEN		
	11	12	13	11	12	13
100m	14.79	14.30	14.25	16.03	16.43	15.96
200m	30.11	29.09	28.93	32.50	32.49	31.78
400m	1:07.17	1:03.21	1:02.24	1:16.00	1:16.00	1:16.00
800m	2:35.99	2:27.94	2:27.38	2:58.34	2:58.34	2:58.34
1500m	5:18.64	5:06.15	5:06.81	6:00.13	6:00.13	6:00.13
5000m	19:53.07	19:25.41	19:11.80			
10000m	42:20.60	44:17.86	41:12.40			
4x100m	Aucun minima / No standard			Aucun minima / No standard		
High Jump/Saut haut.	1.21m	1.54m	1.54m	1.10m	1.19m	1.19m
Long Jump/Saut long.	5.00m	5.34m	5.58m	3.80m	4.00m	4.00m
Triple Jump/Triple saut	10.00m	11.00m	11.00m			
Shot/Poids	9.00m	10.50m	11.50m	7.00m	9.00m	9.00m
Discus / Disque	29.00m	31.65m	35.00m	22.00m	26.00m	29.00m
Javelin /Javelot	24.00m	40.00m	36.50m	20.00m	20.00m	20.00m

ÉPREUVE / EVENT	HOMMES / MEN						
	32	33	34	35	36	37	38
100m				17.12	15.99	15.52	14.92
200m				34.70	32.55	31.15	30.38
400m					1:14.85	1:11.06	1:05.39
800m					3:00.91	2:47.83	2:35.40
1500m					6:08.81	5:44.27	5:45.29
5000m						21:32.67	21:57.15
4x100m				Aucun minima / No standard			
Long jump / Saut long.					3.08m	3.52m	3.83m
Shot / Poids	4.19m	5.77m	6.24m	8.00m	7.30m	7.10m	8.34m
Discus / Disque	10.77m	16.72m	22.10m	24.87m	21.64m	25.00m	24.74m
Javelin / Javelot		13.75m	18.00m	25.95m	21.25m	27.47m	26.53
Club	18.77m						



QUALIFYING STANDARDS/ STANDARDS DE QUALIFICATION
CHAMPIONNATS CANADIEN D'ATHLÉTISME
2007 CANADIAN TRACK AND FIELD CHAMPIONSHIPS

University of Windsor, Windsor, ON, July 12-15, 2007

Performances must have been achieved outdoors between May 1, 2006 and July 4, 2007
Les performances doivent avoir été réalisées en plain air entre le 1er mai 2006 et le 20 juillet 2007

	FEMMES / WOMEN						
ÉPREUVE / EVENT	32	33	34	35	36	37	38
100m				19.05		18.04	18.12
200m				54.30		36.95	37.67
400m				1:39.65		1:30.71	1:24.37
Long Jump / Saut Long.					2.15m	2.40m	2.60m
Shot / Poids	2.23m	3.00m	4.50m	4.50m	4.43m	5.53m	6.46m
Discus / Disque	5.16m	9.00m	8.00m	12.60m	12.44m	16.76m	16.22m
Javelin / Javelot		7.70m	9.00m	10.96m	10.30m	13.50m	14.00m
Club							

	HOMMES / MEN				FEMMES / WOMEN				
ÉPREUVE / EVENT	42	43	44	46	42	43	44	46	
100m	16.33		14.40	13.94	23.48		18.04	16.24	
200m	35.05		29.52	28.38	52.26		37.14	33.59	
400m	1:29.32		1:07.46	1:03.75			1:30.49	1:17.43	
800m			2:45.33	2:29.34			3:39.94	2:52.15	
1500m				5:09.73					
5000m				18:02.89					
4x100m		Aucun Minima / No standard					Aucun Minima / No standard		
High jump/ Saut Haut.			1.25m	1.18m					
Long jump/ Saut Long.	3.34m		4.07m	4.22m	1.76m		3.00 m	3.44 m	
Triple jump/ Triple saut				8.51m					
Shot / Poids	7.11m		8.98m	9.38m	4.96m		6.74m	7.16m	
Discus / Disque	28.71m		32.92m	29.91m	15.98m		20,10	24.11m	
Javelin / Javelot	31.64m		32.97m	35.63m			23.65m	10.30m	

QUALIFYING STANDARDS/ STANDARDS DE QUALIFICATION
CHAMPIONNATS CANADIEN D'ATHLÉTISME
2007 CANADIAN TRACK AND FIELD CHAMPIONSHIPS

University of Windsor, Windsor, ON, July 12-15, 2007

Performances must have been achieved outdoors between May 1, 2006 and July 4, 2007
Les performances doivent avoir été réalisées en plain air entre le 1er mai 2006 et le 20 juillet 2007

ÉPREUVE / EVENT	HOMMES / MEN				FEMMES / WOMEN			
	51	52	53	54	51	52	53	54
100m	28.10	21.20	18.50	18.00		27.70	20.70	20.30
200m	51.80	38.90	33.60	32.20		49.00	37.20	36.20
400m	1:41.00	1:15.30	1:03.30	59.80		1:37.00	1:11.80	1:07.00
800m	3:20.00	2:37.80	2:02.50	2:00.00		3:04.60	2:23.90	2:19.70
1500m		4:50.00	3:44.00				4:23.00	
5000m			12:36.00				15:40.50	
10000m			25.32.30					
4x100m			Aucun Minima No standard			Aucun Minima / No standard		
Shot/Poids		5.45m	4.99m	5.70m		2.20m	3.53m	4.01m
Discus / Disque		10.67m	13.82m	17.99m		5.70m	11.50m	15.30m
Javelin / Javelot		9.92	11.60m	15.98m		4.83m	8.68m	11.53m
Club	16.64m				9.50m			

ÉPREUVE / EVENT	HOMMES / MEN				FEMMES / WOMEN			
	55	56	57	58	55	56	57	58
Shot/Poids	6.95m	6.91m	8.03m	8.86m	5.39m	4.48m	5.27m	5.57m
Discus/ Disque	22.33m	22.42m	27.74m	33.36m	16.49m	13.48m	14.72m	18.95m
Javelin/ Javelot	19.43m	19.87n	23.18m	29.95m	13.63m	13.99m	13.18m	15.58m

All qualification results for entry into the Championships will be checked and verified. Any false claims could result in disciplinary actions and/or non-participation in the meet.

The achievement of all performances must be recognized on the official outdoor Athletics Canada performance ranking lists. These results must have been achieved at competitions listed on the Athletics Canada or IAAF Member Federation fixtures lists. All results must be achieved in conformity with IAAF/Athletics Canada rules. Wind readings and implement certification must always be recorded on results to guarantee their validity.



2007 CANADIAN JUNIOR CHAMPIONSHIPS TECHNICAL PACKAGE

Jane & Gerry Swan Track, Rotary Stadium, Abbotsford, BC, July 27-29, 2007

Sanctioned by: Athletics Canada
Hosted by: Valley Royals Track & Field Club
Website: <http://juniors.valleyroyals.org/>

TECHNICAL MEETING

An information meeting for the purpose of reviewing technical changes, schedule changes, and general meet information will occur Thursday July 26th, 2007 at 8:00pm **at the Auditorium of the Abbotsford City Hall 32315 South Fraser Way.** Following this meeting the Organizing Committee will host a reception in the foyer of the Auditorium for registered coaches and officials.

ATHLETE & COACH REGISTRATION

Athletes and coaches must pick up their registration packages in person in order to receive their information package. Registration will take place at:

Best Western Regency Inn—32110 Marshall Road	Thursday July 26 th from 1:00pm to 5:00 pm Friday July 27 th from 10:00am to 2:00pm
Abbotsford City Hall (Technical Meeting)	Thursday July 26 th from 7:00 – 8:00 p.m.
Stadium (@ Designated Athlete Number Centre)	Friday July 27 th from 4:00 pm to 8:00pm Saturday July 28 th from 8:00am to 7:30pm Sunday July 29 th from 10:00am to 12:00pm

GENERAL INFORMATION CENTRE FOR ALL PARTICIPANTS

A bilingual Information Center will be in place to answer questions and make your stay as enjoyable as possible

Best Western Regency Inn	Thursday July 26 th from 1:00pm to 7:00 pm	For directions check the Championship website at http://juniors.valleyroyals.org/
Stadium	Friday July 27 th from 4:00 pm to 8:00 pm Saturday July 28 th from 8:00am to 7:30pm Sunday July 29 th from 10:00am to 12:00pm	At the Technical Information Center (TIC) located behind the stadium.

DOPING CONTROL

Doping Control will be carried out at these Championships in accordance with Athletics Canada and CCES policies.

AWARDS

Athletics Canada Championship medals will be awarded to the first three finishers in each event, including relays. Results from the event will be used for Club scoring points – more details to follow.



SOCIAL EVENT

There will be a very special reception complete with delectable food and refreshment held in the foyer of the Auditorium at the Abbotsford City Hall for coaches and officials following the Technical Meeting.

FACILITY

Jane & Gerry Swan Track, Rotary Stadium, Abbotsford, BC

Track:	8 lane synthetic
Spike length:	7mm (track), 9mm (long jump), 9mm (high jump), 9mm (javelin), 9mm (pole vault), 4mm maximal diameter
Runways:	Synthetic
Throwing circles:	Concrete
Timing:	Lynx

The Jane & Gerry Swan Track is home of the Abbotsford International Track Classic every June, as part of the PacifiCanada Series. The Canadian Senior & Junior Championships were held at this track in 1995 and four NAIA National Championships have been hosted at the track. The track is equipped with lighting. There is a covered stadium that seats 4,000.

MARSHALLING

Marshalling will take place in the “Athlete Control Center” in the stadium.

GENERAL WARM-UP

Warm up will take place on fields located adjacent to the stadium. There will be practice hurdles located on the warm up field.

EQUIPMENT

The Organising Committee’s starting blocks will be the only ones utilised. Throwing implements are provided. Personal implements must be registered and then become part of the competition pool. Weight-in will take place at stadium two hours prior to the start of the event.

NOTE: Vaulters must use their personal poles. The storage of poles and javelins are possible at the stadium. The hotel will not provide storage for this material.

INFORMATION REGARDING TRANSPORTATION OF POLES

If you need transportation for poles from the Abbotsford Airport to the stadium please email April Arsene (arsene@telus.net) before July 15th. A special procedure on how to send and pick up poles will be issued to you by email.

MEDICAL SUPPORT

Visiting athletes

Please ensure that all athletes travel with their provincial medical plan number and/or insurance information.

On-site training/Emergency Equipment

All athletes must travel with their own training supplies (i.e. Tape, prowrap, etc.) or the athlete will be charged to purchase the supplies. Emergency supplies and trained personnel will be on the site.

On-site Support

Physiotherapists, massage therapists will be available.

For non urgent cases athletes will be taken to the nearest clinic. Transportation is the responsibility of the athlete. Please note there may be a private fee charged by any of the walk-in clinics. For urgent cases, athletes will be taken by ambulance to the nearest hospital.



CHAMPIONSHIP INFORMATION

Local Organizing Committee

Meet Director:	April Arsene	arsene@telus.net
Meet Chair:	Gerry Swan	gswan@uniserve.com (604-859-9801)
Technical Chair:	John Cull	johncull@telus.net
Accreditation:	Cammie Ayotte	camayotte@hotmail.com
Transportation:	Heidi Schmidt	winxetc@shaw.ca
	Kim Johnston	kjohnston@peakgroup.com
Accommodation:	Juanita Gosling	gosling9964@shaw.ca

Website: <http://juniors.valleyroyals.org/>

FINAL CONFIRMATION FOR ATHLETES

All entries must be completed by **Friday, July 20th, 2007**. No registrations for athletes, relays, and coaches will be taken after this date or on site. Please refer to the Registration Package for more information.

Scratches will only be taken at the registration desk and at the Abbotsford City Hall Auditorium in the hour preceding the Technical Meeting. If an athlete fails to start their event, they will be disqualified from the remainder of the meet.

ATHLETICS CANADA VARIATIONS TO THE IAAF COMPETITION RULES – ADVANCEMENT RULES

800m

For 10 or less entries If 8 or less Athletes If 9 athletes If 10 athletes	straight final <ul style="list-style-type: none"> one athlete per lane one runner in each of the lane 1 to 6 and then three runners in lanes 7 & 8 as one “box” one runner in each of the lane 1 to 4 and then three runners in lanes 5 & 6 box and three more in lanes 7 & 8 box
11-20 entries If 11-16 athletes if more 17-20	2 rounds, the first round with 2 heats, 3 + 2 to the final <ul style="list-style-type: none"> one athlete per lane then work with the box system as described above
For 21-36 entries If 21-24 athletes If 25-30 athletes If 31-36 athletes	2 rounds, the first round with 3 heats, 2 + 2 to the final <ul style="list-style-type: none"> one athlete per lane then work with the one or two outside box system as described above then need to go to a 3 or 4 boxes system, each of the box is made from two lanes and has three athletes per box

1500m

For 16 or less entries	straight final
For 17-19 entries	possibilities of straight final should be considered and discussed (or one qualifying round with 2 heats, 5 + 2 to advance)
For 20-30 entries	2 rounds, the first round with 2 heats, 5 + 2 to the final
For 31-45 entries	2 rounds still, the first round with 3 heats, 3 + 6 to the final

ACCOMMODATIONS

Championship Hotel: Best Western Regency Inn & Conference Centre
 Phone: 604-853-3111
 Website: www.bwregency.bc.ca

For complete list of motels/hotels refer to the meet website and/or the Athletics Canada website.

All participants are urged to book early as Abbotsford is a popular destination during the summer and vacancies at local motels become scarce. There is other accommodation available in surrounding communities such as Mission, Aldergrove, Langley and Chilliwack.



TRANSPORTATION
HOTEL TO STADIUM

Vans or a bus will be provided by the meet. Schedule will be distributed at the Technical Meeting and posted at a later date on the meet web page.

AIRPORT TO HOTEL

All participants are encouraged to book flights that land at the Abbotsford Airport. Westjet has several flights per day that service the Abbotsford Airport. The Abbotsford Airport is approximately a 15-minute distance from most Abbotsford accommodation, but travel from the Vancouver Airport to Abbotsford can take in excess of an hour. **The HOC will not pick up or deliver participants and coaches from or to the Vancouver Airport.**

PARKING

There is ample parking at the Stadium

INFORMATION ON THE CITY OF ABBOTSFORD

Nestled in the shadow of majestic Mt. Baker, in the heart of the Fraser Valley, you will find Abbotsford, British Columbia. It is approximately 80 km east of Vancouver, and 3 km north of the US border.

To find out more about our region please view our Tourism Abbotsford website: <http://www.tourismabbotsford.ca/>



2007 CANADIAN JUNIOR CHAMPIONSHIPS REGISTRATION PACKAGE

Jane & Gerry Swan Track, Rotary Stadium, Abbotsford, BC, July 27-29, 2007

Sanctioned by: Athletics Canada
Hosted by: Valley Royals Track & Field Club
Website: <http://juniors.valleyroyals.org/>

How to Enter

Entries will be on-line through Athletics Canada website at: <http://www.athletics.ca/article.asp?id=10087> (please note, system will be available by May 15th, 2007). All Entries and confirmation are the responsibility of the athlete (including carded athletes). Entry forms must be completed with all required information. Incomplete entry forms will be rejected. Registration/entry forms can be completed by club and should be done for each athlete.

Online Entries

Online entries should be preferably paid with credit card and will be automatically confirmed (pending validation from the branch for membership and qualification information).
 Entries can be paid by club cheque (although this is not recommended) and won't appear as confirmed until the payment has been cleared and membership and qualification information has been processed.
 When registering, please ensure to:

- Include citizenship information (all non-Canadian Citizens must be properly identified)
- Qualification information
- Keep record of your credit card transaction

It is the entrant's responsibility to provide this additional information. Incomplete entries will not be recognized. Qualifying performances submitted must have been achieved outdoors between **May 01, 2006 and July 20 2007**. If entry performances cannot be verified, the athlete may be refused entry.

There will be no refunds issued once registration is completed

Confirmation of Entry

Entries will be posted on Athletics Canada website at: <http://www.athletics.ca/article.asp?id=10087> and at the event website: <http://juniors.valleyroyals.org/>

Entry Fees and Deadlines

Entries and Entry Fees Received:	First event:	Each Additional Event:	Relays:	Coach Entries:
Juniors - By July 13, 2006 *	\$50.00	\$45.00	\$50.00	\$20.00
Juniors – Late entries (received July 14-20) **	\$120.00	\$105.00	\$50.00	\$20.00

* must be entered in the on-line system 12:00 pm (ET) or postmarked before July 13, 2007

**must be entered in the online system by 12:00(ET) or postmarked before July 20, 2007



Please note that **no registrations will be taken after July 20th**, 2007 for all participants (Athletes, Relays, and Coaches). If you are not registered by July 20th, you will not be eligible to participate in the Championships.

For enquiries on the use of the on-line system please contact:

Athletics Canada
Address: 2197 Riverside Dr, suite 300
Telephone / Fax: Tel: (613) 260-5580 ext. 3311 / Fax: (613) 260-0341
Email: ishoucair@athletics.ca
Website: www.athletics.ca

Acceptable Method of Payment

Preferably fees should be paid on-line through the registration system but club cheque, money order or by Athletics Canada Branch cheque can be also accepted. **NO PERSONAL CHEQUES WILL BE ACCEPTED.** Entries not accompanied by the correct form of payment will be assessed the late entry fee and held for acceptable payment at registration.

All entry fees are payable to *Athletics Canada*. Online registration form should be previously completed.

On-Site - Athlete and Coach Registration

Athletes and coaches must pick up their registration packages in person. Registration will take place at:

Best Western Regency Inn – 32110 Marshall Road	Thursday July 26 th from 1:00pm to 5:00pm Friday July 27 th from 10:00am to 2:00pm
Abbotsford City Hall (Technical Meeting)	Thursday July 26 th from 7:00pm to 8:00pm
Stadium (@ Designated Athlete Number Centre)	Friday July 27 th from 4:00pm to 8:00pm Saturday July 28 th from 8:00am to 7:30pm Sunday July 29 th from 10:00am to 12:00pm

Athlete Citizenship Eligibility

The following athletes are eligible to compete in National Championships and/or Trials:

- Canadian Citizens who are Athletics Canada members;
- Only Canadian Citizens are eligible to be declared Canadian Champions and receive a medal, award, or financial recognition;
- All athletes must be a member of Athletics Canada in order to be eligible to compete.

Non-Canadian Citizens

The following non-Canadian citizens are also eligible to compete:

Note: Non-Canadian citizens are not eligible to be declared Canadian Champions and receive a medal, award, or financial recognition.

1. Canadian Permanent Residents (Landed Immigrants) who are Athletics Canada members and full-time residents of Canada;

2. Non-Canadian residents who are claiming refugee status, and foreign athletes who are temporary residents of Canada due to business, study or family reasons, providing that they are Athletics Canada members and have been resident in Canada for at least six months prior to the date of competition
3. Foreign athletes who have been invited or have permission to compete and, at the discretion of the Director of National Programs have had their applications accepted. Foreign athletes seeking permission must complete the Foreign Athlete Participation Form and submit it to Athletics Canada. Athletes will be notified within 3 business days if their application has been approved or not.

Advancement Restrictions for non-Canadian citizens

(This section is currently under review and there may be small changes. Changes will be announced after the Athletics Canada AGM in late May**)**

Non-Canadian athlete participation will be subject to the following conditions:

- In track events run in lanes (100m - 800m, sprint hurdles and 400m hurdles), said athletes may not advance to the final, however they may advance to the B final if one is contested. In situations whereby no athletes with Canadian Citizenship are being displaced from the final (i.e. in the case of a straight final), non-Canadian citizens may compete in the final, but shall not receive preferential lane Selection;
- In events not run in lanes in their entirety, said athletes will be able to compete at the invitation and discretion of the Athletics Canada Director, National Programs (smacdonald@athletics.ca) provided that athletes with Canadian Citizenship are not displaced;
- In the case of field events where there are less than twelve (12) competitors advancing to a final, non-Canadian athletes may compete at the sole discretion of the Head Field Referee, field sizes may be increased to accommodate additional athletes who are non-Canadian, but only after having received the approval of the Athletics Canada Director, National Programs (smacdonald@athletics.ca).

Entry Qualification Process

The following Entry Procedures to the National Junior Championships will apply to athletes who meet the citizenship eligibility criteria.

- a) Current 2007 Athletics Canada members, born in 1988 or later, who have achieved the qualifying entry standards, during the Qualifying Period (see Appendix A).
- b) Current 2007 Athletics Canada members, born in 1988 or later, who have not achieved the qualifying entry standards are also eligible to compete if:
 - at the designated Provincial/Territorial Branch Qualifying competition, they finish in the top three who have not achieved the entry standard in that event;
 - there is no such Provincial/Territorial Branch Qualifying competition, the Province/Territory or Branch may select up to three athletes per event who have not made the qualifying standard for that event;
 - at their High School Senior Championships, they finish in the top three who have not achieved the entry standard for that event.

NOTE: All athletes **MUST** be registered for the year 2007 with their Provincial Branch, prior to entry.

Carded athletes (2006/2007) are automatically eligible to compete in the Championships event in which they are



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carded. They must process their on-line registration form with appropriate payment.

Eligibility of Entry Performances

Athletes must submit proof of performances as required on the Championship Registration Form. Athletics Canada and the LOC must be able to verify the declared performances. We encourage you to provide us with the results of the competition where the performance was achieved, especially High School and out-of-country competitions. If the performance cannot be verified, the athlete will be given no seeding performance or may be refused entry.

The achievement of all performances must be recognized on the official Athletics Canada performance ranking lists. These results must have been achieved at competitions listed on the Athletics Canada or IAAF Member Federation fixtures lists. All results must be achieved in conformity with IAAF/Athletics Canada rules. Wind readings and implement certification must always be recorded on results to guarantee their validity. In addition the signature and contact details of the certified Athletics Canada Official and or international equivalent are required. It is the responsibility of the athlete to submit these results to Athletics Canada (Results Department) prior to the entry deadline. Only Electronic Timing will be accepted for performances in races up to and including 400 metres. For throwing events, only metric implements must be used to qualify. Imperial to metric conversions will not be accepted. Indoor performances are not permitted. Performances achieved in mixed events (between male and female participants), held completely in the stadium, will not be accepted (IAAF Rule 147).

Results from regional high school meets will not be accepted unless sanctioned or recognized by an Athletics Canada member branch.



APPENDIX A

QUALIFYING STANDARDS 2007 CANADIAN JUNIOR TRACK AND FIELD CHAMPIONSHIPS Rotary Stadium, Abbotsford, BC, July 27-29, 2007

Performances must have been achieved outdoors between May 1, 2006 and July 20, 2007

Women/Femmes	Event/Epreuvee	Men/Hommes
12.70	100 m	11.30
25.60	200 m	22.70
60.00	400 m	50.80
2:17.00	800 m	1:56.50
4:43.00	1 500 m	4:05.00
10:25.00 (4:43 / 1500 m)	3 000 m	
	5 000 m	15:40.00 (9:02.00 / 3 000 m)
16.00	100mH	
	110mH	16.00 (99cm) 16.10 (167cm)
1.06.20 (50.00 / 300m H)	400mH	57.00 (40.00 / 300mH)
No Standard	3000msc	10:20.00 (6:35 / 2000msc)
No Standard	4 x 100 m	No Standard
No Standard	4 x 400 m	No Standard
1.62	High Jump / Hauteur	1.90
3.20	Pole Vault / Perche	3.80
5.20	Long Jump / Longueur	6.45
11.00	Triple Jump / Triple Saut	13.30
11.00 (4 kg)	Shot Put / Poids	14.00 (6 kg)
34.00 (4 kg)	Hammer / Marteau	42.00 (6 kg)
34.20 (1 kg)	Discus / Disque	43.00 (1.75 kg)
35.00 (600g)	Javelin / Javelot	50.00 (800g)
4000	Heptathlon	
	Decathlon	5500

Please note that the Junior Race Walk events will take place in Windsor, ON at the Canadian Track & Field Championships in conjunction with the senior event.

All qualification results for entry into the Championships will be checked and verified. Any false claims could result in disciplinary actions and/or non-participation in the meet.

The achievement of all performances must be recognized on the official outdoor Athletics Canada performance ranking lists. These results must have been achieved at competitions listed on the Athletics Canada or IAAF Member Federation fixtures lists. All results must be achieved in conformity with IAAF/Athletics Canada rules. Wind readings and implement certification must always be recorded on results to guarantee their validity.

