

**Ontario University Athletics**  
**2007 Indoor Track & Field Championships**  
**St. Denis Centre, University of Windsor - 2/23/2007 to 2/24/2007**  
**Results**

Event 1 Women 60 Meter Dash

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=====
Meet: M 7.47 1999          Lami Oyewumi, Toronto
CIS Standard: ! 7.67
Name                      Year School                Prelims  H#
=====
Preliminaries
 1 Danielle Harrison      Lancers                    7.70Q   1
 2 Tara Paluzzi           Mustangs                    7.87Q   2
 3 Jennifer O'Brien      Lancers                    7.91Q   3
 4 Dupe Oyewumi           Golden Gaels               7.85Q   1
 5 Sarah Peirce           Gryphons                   7.94Q   3
 6 Melissa Perryman       Lancers                    7.95Q   2
 7 Maureen Atine          Blues                      7.96q   3
 8 Joanna Stanisz         Golden Gaels               7.98q   1
 9 Kate Bickle            Warriors                   8.06q   1
10 Kimmel Alcide          Lions                      8.10q   2
11 Brittany Pepper        Gryphons                   8.11q   2
12 Alanna Backx           Mustangs                   8.12q   1
12 Jaime Hauseman         Warriors                   8.12q   3
14 Karla Leong            Lions                      8.13q   3
15 Jen Tam                Golden Gaels               8.14    2
16 Aria Atwell            Blues                      8.17    2
17 Hannah Ehrhardt        Blues                      8.29    1
18 Rockelle Walford       Lions                      8.34    3
19 Jessica Nasmith        Marauders                  8.45    2
20 Susan Elkami           Marauders                  8.48    3

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Event 1 Women 60 Meter Dash

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=====
Meet: M 7.47 1999          Lami Oyewumi, Toronto
CIS Standard: ! 7.67
Name                      Year School                Semis  H#
=====
Semi-Finals
 1 Danielle Harrison      Lancers                    7.74Q   1
 2 Tara Paluzzi           Mustangs                    7.90Q   2
 3 Dupe Oyewumi           Golden Gaels               7.85Q   1
 4 Jennifer O'Brien      Lancers                    7.95Q   2
 5 Sarah Peirce           Gryphons                   7.98q   1
 6 Melissa Perryman       Lancers                    8.00q   2
 7 Maureen Atine          Blues                      8.04q   2
80347
 8 Joanna Stanisz         Golden Gaels               8.04    1
80385
 9 Brittany Pepper        Gryphons                   8.16    2
 9 Kate Bickle            Warriors                   8.16    1
11 Kimmel Alcide          Lions                      8.20    2
12 Alanna Backx           Mustangs                   8.21    1
13 Karla Leong            Lions                      8.35    2
14 Jaime Hauseman         Warriors                   8.37    1

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Event 1 Women 60 Meter Dash

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=====
Meet: M 7.47 1999 Lami Oyewumi, Toronto
CIS Standard: ! 7.67
Name Year School Finals Points
=====
Finals
1 Danielle Harrison Lancers 7.67! 10
2 Dupe Oyewumi Golden Gaels 7.79 8
3 Jennifer O'Brien Lancers 7.88 6
4 Melissa Perryman Lancers 7.98 5
5 Maureen Atine Blues 7.99 4
6 Joanna Staniszc Golden Gaels 8.02 1
7 Sarah Peirce Gryphons 8.16 2
  
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Event 2 Men 60 Meter Dash

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=====
Meet: M 6.66 1983 Desai Williams, York
CIS Standard: ! 6.88
Name Year School Prelims H#
=====
Preliminaries
1 Jared Lewis Lions ! 6.77Q 3
2 Dennison Collins Lions ! 6.80Q 2
3 Justin McLennan Lions 6.90Q 1
4 Randy McAuley Mustangs ! 6.86Q 3
5 Matt Middleton Mustangs 6.94Q 1
6 Emeka Ukwuoma Warriors 7.04Q 2
7 Miguel Wason Mustangs 7.05q 2
8 Ryan Therrien Blues 7.06q 3
9 Ositadinma Nriagu Lancers 7.08q 3
10 Randolph Fajardo Lions 7.21q 1
11 Cody Sorenson Gryphons 7.23q 1
12 Michael Chieffallo Gryphons 7.25q 1
13 Jeremiah Derksen Warriors 7.28q 2
14 Edson Jackson Gryphons 7.46q 2
15 Nick Holbick-Siu Marauders 7.47 2
16 Mark Stinson Blues 7.50 3
17 Kyle Raymond Warriors 7.52 3
18 Barry Stoute Marauders 7.55 1
19 Matt Harris Lancers 8.13 3
  
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Event 2 Men 60 Meter Dash

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=====
Meet: M 6.66 1983 Desai Williams, York
CIS Standard: ! 6.88
Name Year School Semis H#
=====
Semi-Finals
1 Dennison Collins Lions ! 6.84Q 2
2 Jared Lewis Lions ! 6.86Q 1
3 Justin McLennan Lions ! 6.88Q 2
4 Randy McAuley Mustangs 6.93Q 1
5 Randolph Fajardo Lions 6.93q 2
6 Matt Middleton Mustangs 6.94q 1
7 Miguel Wason Mustangs 6.99q 2
8 Emeka Ukwuoma Warriors 7.01 2
  
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9	Ryan Therrien	Blues	7.09	1
10	Ositadinma Nriagu	Lancers	7.12	1
11	Michael Chieffallo	Gryphons	7.26	1
12	Cody Sorenson	Gryphons	7.30	2
13	Jeremiah Derksen	Warriors	7.42	1
14	Edson Jackson	Gryphons	7.49	2

Event 2 Men 60 Meter Dash

=====  
 Meet: M 6.66 1983 Desai Williams, York  
 CIS Standard: ! 6.88

Name	Year	School	Finals	Points
=====				
Finals				
1	Dennison	Collins	Lions	6.76! 10
2	Justin	McLennan	Lions	6.79! 8
3	Jared	Lewis	Lions	6.81! 6
4	Randolph	Fajardo	Lions	x6.93
5	Matt	Middleton	Mustangs	6.96 5
6	Miguel	Wason	Mustangs	6.97 4
7	Randy	McAuley	Mustangs	20.24 3

Event 3 Women 300 Meter Dash

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 ===  
 1st 2 sections to compete Friday @ 7:55pm  
 Meet: M 37.55 1997 Foy Williams, Toronto  
 CIS Standard: ! 40.24

Name	Year	School	Finals	H#	
=====					
Points					
=====					
===					
1	Shannon	Davis	Lancers	40.19! 4	
10	2	Kate	Ruediger	Blues	40.31 4
8	3	Jennifer	O'Brien	Lancers	40.62 4
6	4	Wendy	Clarke	Lions	40.87 4
5	5	Sarah	Katz	Lions	41.14 3
4	6	Shavonne	Davis	Lancers	41.38 4
3	7	Sonya	Spaling	Lancers	x41.39 3
2	8	Andrea	White	Mustangs	41.61 3
1	9	Jen	Perrault	Mustangs	41.90 2
10	10	Kate	Bickle	Warriors	41.96 3
11	11	Joanna	Stanisz	Golden Gaels	42.01 2
12	12	Jaime	Hauseman	Warriors	42.51 2
13	13	Nicole	Benjamin	Lions	42.53 2
14	14	Cindy	Willits	Warriors	42.96 1
15	15	Susan	Elkami	Marauders	43.02 1
16	16	Angela	King	Golden Gaels	43.21 1
17	17	Kim	McCrary	Golden Gaels	43.94 2

18 Jessica Nasmith Marauders 43.99 1

Event 4 Men 300 Meter Dash

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1st 3 sections to compete Friday @ 8:05pm

Meet: M 33.88 1984 Desai Williams, York

CIS Standard: ! 34.60

Name Year School Finals H#  
Points

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10	1	Miguel Wason	Mustangs	34.86	5
8	2	Justin McLennan	Lions	35.17	4
6	3	Ryan Therrien	Blues	35.33	5
5	4	Abdull Zubair	Mustangs	35.68	5
4	5	Keenan Geer	Lancers	35.91	4
3	6	Emeka Ukwuoma	Warriors	36.00	4
2	7	Garvin Moses	Lancers	36.09	5
1	8	Dennis Peddle	Thunderwolves	36.13	3
	9	Mike McLaughlin	Lancers	36.15	3
	10	Jeff Hicks	Lions	36.48	2
	11	Kirk Ewen	Warriors	36.54	3
	12	Michael Chieffallo	Gryphons	36.77	3
	13	Adrian Heller	Golden Gaels	36.90	2
	14	Blake Hilts	Gryphons	36.99	2
	15	Russell Morrison	Golden Gaels	37.00	3
	16	Mark Stinson	Blues	37.23	1
	17	Rodney Gabay	Marauders	37.26	2
	18	Jeremiah Derksen	Warriors	37.27	1
	19	Andrew Larsen	Thunderwolves	37.45	2
	20	Tyler Nightingale	Golden Gaels	37.74	1
	21	Jason Kniznik	Marauders	38.01	1
	22	Tony Giounnikouris	Marauders	39.05	1
	--	Steve Hoggett	Thunderwolves	DQ	4

163.3

Event 5 Women 600 Meter Run

=====  
1st section to compete Friday @ 6:55pm

Meet: M 1:30.56 1982 Giselle Plantz, Western

CIS Standard: ! 1:33.78

Name Year School Finals Points

=====  
=====  
1 Sarah Katz Lions 1:33.64! 10  
2 Jen Cotten Mustangs 1:33.97 8  
3 Liane Heale Blues 1:34.17 6  
4 Madeleine Woods Lancers 1:35.44 5  
5 Wendy Clarke Lions 1:36.19 4

6	Jen Ricks	Mustangs	1:36.37	3
7	Calla Humphries	Golden Gaels	1:38.17	2
8	Vicky Siemon	Mustangs	1:39.84	1
9	Jacqueline Gauthier	Gryphons	1:40.05	
10	Laura Andrighetti	Golden Gaels	1:40.80	
11	Caitlin Lee	Warriors	1:46.87	
--	Kaitlin Coopman	Lions	DNF	

Event 6 Men 600 Meter Run

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 1st 2 sections to compete Friday @ 7:05pm

Meet: M 1:18.49 1985 Tim Bethune, Toronto

CIS Standard: ! 1:20.83

Name	Year School	Finals	Points
1	Dustin Gamble	Gryphons	1:22.29 10
2	Ben Lane	Lancers	1:23.12 8
3	Nigel Roedde	Thunderwolves	1:23.22 6
4	David Burr	Golden Gaels	1:23.33 5
5	Andrew Varden	Gryphons	1:23.46 4
6	Jose Carvalho	Blues	1:23.51 3
7	Neil Dietrich	Lancers	1:23.55 2
8	Jesse John	Thunderwolves	1:24.05 1
9	Adam Lewandowski	Gryphons	1:24.07
10	Jason Rhodes	Mustangs	1:24.26
11	Thomas Humphreys	Lions	1:24.31
12	Jonathon Potvin	Thunderwolves	1:24.38
13	Keenan Geer	Lancers	1:24.46
14	Chris Brens	Golden Gaels	1:24.93
15	Mike Bashucky	Lions	1:27.44
16	Salvatore Provvidenza	Blues	1:27.74
17	Dan Ritz	Warriors	1:35.46
--	Rob Gooch	Mustangs	DNF

Event 7 Women 1000 Meter Run

-----  
 1st section to compete Friday @ 6:10pm

Meet: M 2:44.18 1987 Paula Schnurr, McMaster

CIS Standard: ! 2:53.33

Name	Year School	Finals	Points
1	Jacqueline Malette	Lancers	2:50.75! 10
2	Hannah Eberhard	Lancers	2:54.00 8
3	Jessica Reid	Lancers	2:57.69 6
4	Shantelle Novak	Gryphons	2:58.77 5
5	Jenni Vanos	Gryphons	3:00.91 4
6	Ashley Korman	Mustangs	3:01.47 3
7	Elizabeth Montgomery	Blues	3:01.94 2
8	Amy Schneeberg	Golden Gaels	3:02.54 1
9	Kim Chinfatt	Mustangs	3:02.88
10	Sarah Swan	Thunderwolves	3:04.58
11	Loriana Costanzo	Thunderwolves	3:08.26
12	Elizabeth Miller	Golden Gaels	3:08.66
13	Liz VanEvery	Thunderwolves	3:10.18
14	Suzie Brown	Marauders	3:19.83
15	Tara MacDonald	Gryphons	3:26.47
16	Sandra Ineichen	Lions	3:32.67

Event 8 Men 1000 Meter Run

=====  
 1st section to compete Friday @ 6:20pm

Meet: M 2:24.07 1987 Harvey Mitro, Waterloo

CIS Standard: ! 2:26.82

Name	Year School	Finals	Points
1 Matt Sinclair	Lancers	2:28.66	10
2 Trevor Pye	Lancers	2:28.97	8
3 Nathan Reiter	Marauders	2:29.21	6
4 Scott Emberley	Mustangs	2:29.93	5
5 Jose Carvalho	Blues	2:30.00	4
6 Steve Anthony	Blues	2:31.03	3
7 Angus Macaulay	Gryphons	2:31.04	2
8 Josh Roundell	Gryphons	2:31.15	1
9 Kevin Savard	Lancers	2:31.22	
10 Matt Hulse	Golden Gaels	2:31.86	
11 Colin Lawrence	Warriors	2:32.07	
12 Andrew Coates	Lancers	x2:33.50	
13 Kyle Boorsma	Gryphons	2:33.63	
14 Travis Saunders	Golden Gaels	2:35.20	
15 James Doyle	Lions	2:37.63	
16 Joel Reany	Marauders	2:37.92	
17 Derek Pamukoff	Marauders	2:38.49	
18 Kevin Montgomery	Lions	2:39.03	
19 Nick Sebastian	Blues	2:40.94	
20 Francis Coral - Mellon	Warriors	2:46.20	

Event 9 Women 1500 Meter Run

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 Meet: M 4:21.80 1988 Paula Schnurr, McMaster

CIS Standard: ! 4:36.00

Name	Year School	Finals	Points
1 Megan Brown	Blues	4:19.78M	10
2 Jacqueline Malette	Lancers	4:29.40!	8
3 Leila Angrand	Voyageurs	4:33.93!	6
4 Hannah Eberhard	Lancers	4:34.51!	5
5 Rachel Cliff	Gryphons	4:36.59	4
6 Laura Moulton	Gryphons	4:42.51	3
7 Amy Schneeberg	Golden Gaels	4:44.53	2
8 Jen Webber	Mustangs	4:44.64	1
9 Kaitlin Coopman	Lions	4:47.02	
10 Elizabeth Montgomery	Blues	4:47.13	
11 Victoria Swan	Golden Gaels	4:49.48	
12 Courtney Laurie	Gryphons	4:49.91	
13 Sarah Swan	Thunderwolves	4:52.00	
14 Hillary Egan	Mustangs	4:52.77	
15 Natalie Desimini	Golden Gaels	4:56.00	
16 Stephanie Van Veen	Mustangs	4:57.93	
17 Marnie Smith	Voyageurs	5:01.00	
18 Suzie Brown	Marauders	5:03.99	
19 Julie Forbes	Marauders	5:10.05	
20 Laura Sardone	Warriors	5:14.16	

Event 10 Men 1500 Meter Run

Meet: M 3:44.60 1978 Bob McCormack, Queen's  
 CIS Standard: ! 3:53.14

Name	Year School	Finals	Points
1 Scott Emberley	Mustangs	3:52.56!	10
2 Andrew Coates	Lancers	3:52.74!	8
3 Matt Sinclair	Lancers	3:53.87	6
4 Robert Kitiz	Golden Gaels	3:56.94	5
5 Braden Novakowski	Golden Gaels	3:56.99	4
6 Deng Marial	Lancers	3:57.33	3
7 Spencer Morrison	Blues	3:57.65	2
8 Alex Magdanz	Warriors	3:58.01	1
9 Mike Delmonte	Mustangs	3:59.59	
10 Chris Hartman	Golden Gaels	4:03.30	
11 Shawn Benninger	Marauders	4:03.54	
12 Brandon Malleck	Warriors	4:07.01	
13 Andrew Hudson	Gryphons	4:07.20	
14 Greg Hutchinson	Gryphons	4:07.47	
15 Sean Baker	Marauders	4:09.90	
16 Kyle Boorsma	Gryphons	4:10.02	
17 Larry Abbott	Marauders	4:13.76	
18 Adam Dykes	Lions	4:24.05	
19 Cam Lynch	Mustangs	4:24.32	

Event 11 Women 3000 Meter Run

1st section to compete Friday @ 8:40pm  
 Meet: M 9:16.90 1983 Anne Marie Malone, Queen's  
 CIS Standard: ! 9:56.08

Name	Year School	Finals	Points
1 Leila Angrand	Voyageurs	9:55.78!	10
2 Rachel Cliff	Gryphons	10:01.65	8
3 Laura Moulton	Gryphons	10:09.16	6
4 Lindsay Manning	Lancers	10:17.57	5
5 Victoria Swan	Golden Gaels	10:19.25	4
6 Tara Johnson	Blues	10:22.18	3
7 Lindsay McNicholl	Voyageurs	10:23.62	2
8 Courtney Laurie	Gryphons	10:26.71	1
9 Lorelle Convery	Mustangs	10:32.30	
10 Kelly-Lynne Spettigue	Warriors	10:37.28	
11 Stephanie Van Veen	Mustangs	10:44.24	
12 Nikki Nolte	Lancers	10:58.16	
13 Brittany Hughes	Thunderwolves	11:11.37	
14 Rachel Sinasac	Marauders	11:11.61	
15 Michelle Nicholson	Golden Gaels	11:19.30	

Event 12 Men 3000 Meter Run

1st section to compete Friday @ 6:00pm  
 Meet: M 7:54.10 1979 Paul Williams, Toronto  
 CIS Standard: ! 8:21.34

Name	Year School	Finals	Points
1 Spencer Morrison	Blues	8:48.72	10
2 Robert Kitiz	Golden Gaels	8:49.80	8

3	Nathan de Witt	Mustangs	8:51.05	6
4	Deng Marial	Lancers	8:51.63	5
5	Dave Weston	Lancers	8:54.83	4
6	Wesley George	Warriors	8:57.34	3
7	Etienne Bredin	Blues	8:58.84	2
8	Jonas Holmberg	Thunderwolves	9:05.96	1
9	Jeff Barr	Golden Gaels	9:06.43	
10	Matt Suda	Mustangs	9:09.58	
11	Steve Koziarski	Gryphons	9:23.65	
12	Matt Brunsting	Gryphons	9:24.25	
13	Rob Bark	Warriors	9:28.98	
14	Yuestas David	Lions	9:40.10	

Event 13 Women 60 Meter Hurdles

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Meet: M 8.34 1984 Karen Nelson, York

CIS Standard: ! 8.73

Name	Year	School	Prelims	H#
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Preliminaries

1	Andrea White	Mustangs	8.84Q	2
2	Darcelle McCutcheon	Blues	9.09Q	1
3	Noelle Montcalm	Lancers	8.99Q	2
4	Charelle Anobile	Lancers	9.21Q	1
5	Shellie McParland	Mustangs	9.19q	2
6	Michele Krech	Golden Gaels	9.31q	2
7	Lisa McCutcheon	Golden Gaels	9.33q	1
8	Natalie Phillips	Lancers	9.34	1
9	Jenna Bell	Warriors	9.37	2
10	Emma Stevens	Blues	9.45	2
11	Kristy MacKeil	Lions	9.82	1

Event 13 Women 60 Meter Hurdles

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Meet: M 8.34 1984 Karen Nelson, York

CIS Standard: ! 8.73

Name	Year	School	Finals	Points
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Finals

1	Noelle Montcalm	Lancers	8.83	10
2	Andrea White	Mustangs	8.84	8
3	Darcelle McCutcheon	Blues	8.93	6
4	Charelle Anobile	Lancers	9.09	5
5	Shellie McParland	Mustangs	9.11	4
6	Lisa McCutcheon	Golden Gaels	9.29	3
7	Michele Krech	Golden Gaels	9.38	2

Event 14 Men 60 Meter Hurdles

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Meet: M 7.70 1984 Mark McKoy, York

CIS Standard: ! 8.40

Name	Year	School	Prelims	H#
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Preliminaries

1	Mark Stewart	Blues	! 8.10Q	1
2	Christopher Theriau	Lions	! 8.31Q	2
3	Andrew Judge	Mustangs	! 8.36Q	2

4	Tumelo Moleko	Mustangs	!	8.38Q	1
5	Jamie Adjetey-Nelson	Lancers		8.41q	2
6	Cody Sorenson	Gryphons		8.46q	1
7	Elijah Allen	Lions		8.84q	1
8	Ben Krul	Lions		8.88	1
9	Brian Wilson	Golden Gaels		9.06	2
10	Desmond Miller	Blues		9.27	2
11	Mike Markarov	Marauders		9.32	1
12	Steve Paterson	Lancers		9.33	2
13	Tony Giounnikouris	Marauders		10.12	1

Event 14 Men 60 Meter Hurdles

=====  
 Meet: M 7.70 1984 Mark McKoy, York  
 CIS Standard: ! 8.40

Name	Year	School	Finals	Points	
=====					
Finals					
1		Mark Stewart	Blues	8.06!	10
2		Christopher Theriau	Lions	8.20!	8
3		Cody Sorenson	Gryphons	8.21!	6
4		Tumelo Moleko	Mustangs	8.28!	5
5		Jamie Adjetey-Nelson	Lancers	8.47	4
6		Elijah Allen	Lions	8.81	3
7		Andrew Judge	Mustangs	13.12	2

Event 15 Women 4x200 Meter Relay

=====  
 Meet: M 1:38.75 1993 Windsor Lancers  
 CIS Standard: ! 1:42.79

School	Finals	H#
=====		
Points		
=====		
===		
1	University of Windsor	1:41.91! 2
10		
	1) Noelle Montcalm	2) Sonya Spaling
	3) Shavonne Davis	4) Danielle Harrison
2	University of Toronto	1:44.48 2
8		
	1) Kate Ruediger	2) Kerry Kuluski
	3) Aria Atwell	4) Maureen Atine
3	University of Western Ontario	1:44.55 2
6		
	1) Tara Paluzzi	2) Lisa Grieve
	3) Andrea White	4) Alicia Creaville
4	Queens University	1:45.32 2
5		
	1) Dupe Oyewumi	2) Lisa McCutcheon
	3) Jen Tam	4) Joanna Stanisz
5	York University	1:46.15 2
4		
	1) Wendy Clarke	2) Kimmel Alcide
	3) Nicole Benjamin	4) Rockelle Walford
6	University of Guelph	1:46.36 1

	1) Brittany Pepper	2) Neb Zachariah		
	3) Michelle Moody	4) Sarah Peirce		
7	University of Waterloo		1:47.32	1
2				
	1) Kate Bickle	2) Jaime Hauseman		
	3) Cindy Willits	4) Caitlin Lee		
8	McMaster University		1:52.53	1
1				
	1) Susan Elkami	2) Jessica Nasmith		
	3) Erika Scott	4) Jacquelyn Anderson		

Event 16 Men 4x200 Meter Relay

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Meet: M 1:28.01 1993 Western Mustangs  
 CIS Standard: ! 1:29.50  
 School Finals H#  
 Points

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1	University of Western Ontario		1:28.50!	2
10				
	1) Randy McAuley	2) Miguel Wason		
	3) Abdull Zubair	4) Nathan Rothwell		
2	York University		1:28.94!	2
8				
	1) Justin Kofi Barimayena	2) Reynold Thomas		
3	University of Windsor		1:29.44!	2
6				
	1) Jamie Adjetey-Nelson	2) Mike McLaughlin		
	3) Garvin Moses	4) Keenan Geer		
4	University of Guelph		1:31.92	2
5				
	1) Abe Draycott	2) Blake Hilts		
	3) Guyson Kuruneri	4) Michael Chieffallo		
5	Lakehead University		1:32.30	1
4				
	1) Steve Hoggett	2) Dennis Peddle		
	3) Andrew Larsen	4) Nigel Roedde		
6	University of Waterloo		1:32.79	2
3				
	1) Emeka Ukwuoma	2) Kirk Ewen		
	3) Jeremiah Derksen	4) Kyle Raymond		
7	University of Toronto		1:35.27	1
2				
	1) Mark Stinson	2) Dane Satchell		
	3) Steve Greening	4) Corey Anderson		
8	Queens University		1:35.28	1
1				
	1) Kevin Bromfield	2) Adrian Heller		
	3) Brian Wilson	4) Russell Morrison		
9	McMaster University		1:36.17	1
	1) Rodney Gabay	2) Jason Kniznik		
	3) Nick Holbick-Siu	4) Barry Stoute		

Event 17 Women 4x400 Meter Relay

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===
Meet: M 3:50.25 1997 Toronto Blues
CIS Standard: ! 3:55.53
School Finals H#
Points
=====
===
1 University of Toronto 3:55.37! 2
10
1) Kate Ruediger 2) Liane Heale
3) Mary Hein 4) Tory Merrill
2 York University 3:55.65 2
8
1) Nicole Benjamin 2) Kaitlin Coopman
3) Wendy Clarke 4) Sarah Katz
3 University of Western Ontario 3:55.82 2
6
1) Andrea White 2) Vicky Siemon
3) Jen Cotten 4) Jen Ricks
4 University of Windsor 3:55.91 2
5
1) Shannon Davis 2) Shavonne Davis
3) Sonya Spaling 4) Jennifer O'Brien
5 Queens University 4:03.66 2
4
1) Angela King 2) Laura Andrighetti
3) Calla Humphries 4) Joanna Stanis
6 University of Waterloo 4:04.66 1
3
1) Kate Bickle 2) Jaime Hauseman
3) Cindy Willits 4) Caitlin Lee
7 McMaster University 4:10.10 1
2
1) Susan Elkami 2) Jessica Nasmith
3) Erika Scott 4) Adrienne Bethune

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Event 18 Men 4x400 Meter Relay

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===
Meet: M 3:17.52 1993 Western Mustangs
CIS Standard: ! 3:22.51
School Finals H#
Points
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===
1 University of Western Ontario 3:20.80! 2
10
1) Abdull Zubair 2) Joel Newbert
3) Miguel Wason 4) Tarek El Morsey
2 University of Windsor 3:23.14 2
8
1) Jamie Adjetey-Nelson 2) Garvin Moses
3) Travis Nightingale 4) Keenan Geer
3 University of Toronto 3:23.60 2
6
1) Ryan Therrien 2) Mark Stewart

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4	3) Steve Anthony University of Guelph	4) Jose Carvalho	3:25.84	2
5	1) Michael Chieffallo 3) Blake Hilts University of Waterloo	2) Andrew Varden 4) Dustin Gamble	3:26.19	1
4	1) Kirk Ewen 3) Colin Lawrence York University	2) Drew Haynes 4) Emeka Ukwuoma	3:26.69	1
3	1) Jeff Hicks 3) Dennison Collins Lakehead University	2) Randolph Fajardo 4) Justin McLennan	3:26.75	2
2	1) Steve Hoggett 3) Nigel Roedde Queens University	2) Dennis Peddle 4) Jesse John	3:26.99	1
1	1) David Burr 3) Brian Wilson McMaster University	2) Adrian Heller 4) Russell Morrison	3:33.79	1
	1) Rodney Gabay 3) Derek Pamukoff	2) Nathan Reiter 4) Jason Kniznik		

Event 19 Women 4x800 Meter Relay

=====  
 Meet: M 8:59.11 1982 York Lions  
 CIS Standard: ! 9:17.22  
 School Finals Points  
 =====

1	University of Toronto		9:01.79!	10
	1) Laura Elmhirst 3) Mary Hein	2) Liane Heale 4) Megan Brown		
2	University of Windsor		9:05.37!	8
	1) Amina Oumesrou 3) Jessica Reid	2) Madeleine Woods 4) Jacqueline Malette		
3	University of Western Ontario		9:27.89	6
	1) Jen Ricks 3) Jen Webber	2) Ashley Korman 4) Vicky Siemon		
4	University of Guelph		9:51.67	5
	1) Jenni Vanos 3) Shantelle Novak	2) Jacqueline Gauthier 4) Rachel Cliff		
5	Queens University		10:17.87	4
	1) Elizabeth Miller 3) Michelle Nicholson	2) Heather Bijman 4) Caitlin Pietras		

Event 20 Men 4x800 Meter Relay

=====  
 Meet: M 7:35.94 1991 Toronto Blues  
 CIS Standard: ! 7:44.43  
 School Finals Points  
 =====

1	University of Windsor		7:40.65!	10
	1) Andrew Coates 3) Trevor Pye	2) Matt Sinclair 4) Kevin Savard		
2	Queens University		7:49.43	8

1) Chris Brens	2) Braden Novakowski		
3) Justin Hall	4) Matt Hulse		
3 University of Toronto		7:51.22	6
1) Steve Anthony	2) Josh Sissons		
3) Jeff McCabe	4) Jose Carvalho		
4 University of Guelph		7:53.66	5
1) Josh Roundell	2) Adam Lewandowski		
3) Angus Macaulay	4) Kyle Boorsma		
5 University of Western Ontario		7:55.83	4
1) Robbie Watson	2) Nathan de Witt		
3) Rob Gooch	4) Scott Emberley		
6 McMaster University		8:00.72	3
1) Rob Gibb	2) Nathan Reiter		
3) Noah Fleming	4) Shawn Benninger		
7 University of Waterloo		8:04.17	2
1) Brandon Malleck	2) Colin Lawrence		
3) Wesley George	4) Alex Magdanz		
8 York University		8:20.06	1
1) Thomas Humphreys	2) James Doyle		
3) Kevin Montgomery	4) Mike Bashucky		

Event 21 Women High Jump

1.40m by 5cm to 1.60m then by 3cm

Meet: M 1.84m 2003 Kristen Matthews, McMaster

CIS Standard: ! 1.70m

Name	Year School	Finals	Points
1 Sarah Boyle	Blues	1.78m!	10
2 Kristen Matthews	Lions	1.75m!	8
3 Michelle Moody	Gryphons	1.75m!	6
4 Stefanie Burch	Lancers	1.69m	5
5 Alanna Boudreau	Mustangs	1.69m	4
6 Gemma Oberth	Blues	1.66m	3
7 Sue Menczel	Gryphons	1.60m	1.5
7 Marijean Kuntz	Lancers	1.60m	1.5
9 Margaret Hyslop	Lions	1.60m	
10 Aimee Dubeau	Warriors	1.60m	
11 Katie Johnson	Mustangs	1.55m	
12 Lindsay Williamson	Blues	1.55m	
12 Alison LaRocque	Golden Gaels	1.55m	
14 Jenna Bell	Warriors	1.50m	
14 Kristen Berkel	Mustangs	1.50m	
16 Jacquelyn Anderson	Marauders	1.50m	
17 Mallory Griffith	Golden Gaels	1.50m	

Event 22 Men High Jump

1.81m by 5 cm to 1.96m then by 3cm

Meet: M 2.28m 1991 Alex Zaliauskas, Toronto

CIS Standard: ! 2.02m

Name	Year School	Finals	Points
1 Derek Watkins	Lancers	2.20m!	10
2 Mark Dillon	Blues	2.17m!	8
3 Jon Odumeru	Gryphons	2.02m!	6
4 Cornell Haynes	Gryphons	1.99m	5

5	Adrian Bishop	Lancers	1.96m	4
6	Darl Edwards	Lancers	1.91m	3
7	Dan Minnesma	Marauders	1.91m	1.5
7	Mehdi Khamadmadi	Lions	1.91m	1.5
9	Brett Georgevski	Blues	1.81m	
10	Luke Cattet	Mustangs	1.81m	
--	Kurtis Nishiyama	Golden Gaels	NH	
--	Kalen Leech-Porter	Golden Gaels	NH	
--	Ryan Wight	Warriors	NH	

Event 23 Women Pole Vault

2.85m by 15cm to 3.30m then by 10cm

Meet: M 3.90m 2001 Dana Ellis, Waterloo

CIS Standard: ! 3.70m

Name	Year	School	Finals	Points
1	Suzanne Fish	Blues	3.90mM	10
2	Janice Creighton	Lancers	3.80m!	8
3	Kate Sauks	Blues	3.60m	6
4	Dayna Maaten	Lancers	3.60m	5
5	Heather Hamilton	Lions	3.50m	4
6	Christy Bray	Blues	3.40m	3
7	Steph Radu	Gryphons	3.40m	2
8	Julie Noyes	Blues	x3.30m	
9	Iris Roman	Golden Gaels	3.30m	1
10	Laura Ferris	Mustangs	3.15m	
11	Kathryn Berube	Gryphons	3.15m	
12	Melissa Radu	Gryphons	3.00m	
--	Laura Barclay	Mustangs	NH	

Event 24 Men Pole Vault

3.41m by 15cm to 4.01m then by 10 cm

Meet: M 5.45m 1994 Doug Wood, York

CIS Standard: ! 4.73m

Name	Year	School	Finals	Points
1	Doug Creighton	Blues	4.61m	10
2	Cole McLarty	Mustangs	4.51m	8
3	Jeff Bianchi	Lancers	4.51m	6
4	Paul Kosmas	Lions	4.31m	4.5
4	Andrew Debus	Gryphons	4.31m	4.5
6	Adam Wyprysky	Mustangs	4.11m	3
7	Kevin O'Neil	Mustangs	3.86m	2
8	Allen Chung	Blues	3.41m	1
--	Jeff Vukasovic	Lancers	NH	
--	Levi Charbonneau	Lancers	NH	

Event 25 Women Long Jump

Meet: M 6.18m 1999 Alice Falaiye, Toronto

CIS Standard: ! 5.73m

Name	Year	School	Finals	Points
1	Sabrina Notarangelo	Lancers	5.81m!	10
2	Sarah Kipping	Lancers	5.69m	8

3	Michelle Moody	Gryphons	5.68m	6
4	Geniene Plummer	Lancers	5.61m	5
5	Alanna Boudreau	Mustangs	5.50m	4
6	Alanna Backx	Mustangs	5.50m	3
7	Neb Zachariah	Gryphons	5.42m	2
8	Shellie McParland	Mustangs	5.41m	1
9	Jen Cotten	Mustangs	x5.38m	
10	Jenna Bell	Warriors	5.20m	
11	Tory Merrill	Blues	5.19m	
12	Lauren Zintel	Golden Gaels	5.13m	
13	Danae Benjamin	Golden Gaels	4.96m	
14	Desiree Garcon	Gryphons	4.87m	
15	Thandiwe Vela	Blues	4.87m	
16	Nancy Spreitzer	Warriors	4.74m	
--	Jen Tam	Golden Gaels	FOUL	

Event 26 Men Long Jump

=====  
 Meet: M 7.62m 1999 Craig Cavanaugh, York  
 CIS Standard: ! 7.08m

Name	Year School	Finals	Points
1	Jamie Adjetey-Nelson	Lancers	7.34m! 10
2	Ositadinma Nriagu	Lancers	7.26m! 8
3	Andrew Judge	Mustangs	7.24m! 6
4	Guyson Kuruneri	Gryphons	7.14m! 5
5	Ben Warnock	Lancers	7.11m! 4
6	Tumelo Moleko	Mustangs	6.79m 3
7	Jason Goetz	Warriors	6.73m 2
8	Abe Draycott	Gryphons	6.67m 1
9	Pat Quilty	Mustangs	6.45m
10	Nick Holbick-Siu	Marauders	6.36m
11	Lee Boyce	Lions	6.24m
12	David St Bernard	Lions	6.05m
13	Coel Findlay	Warriors	5.85m
14	Triston Walker	Lancers	x4.40m

Event 27 Women Triple Jump

=====  
 Meet: M 13.03m 1998 Althea Williams, Toronto  
 CIS Standard: ! 11.81m

Name	Year School	Finals	Points
1	Alanna Boudreau	Mustangs	12.04m! 10
2	Sarah Kipping	Lancers	11.87m! 8
3	Tory Merrill	Blues	11.68m 6
4	Danae Benjamin	Golden Gaels	11.24m 5
5	Neb Zachariah	Gryphons	11.20m 4
6	Kim Richardson	Gryphons	11.17m 3
7	Geniene Plummer	Lancers	11.15m 2
8	Lindsay Williamson	Blues	10.93m 1
9	Desiree Garcon	Gryphons	10.88m
10	Sabrina Notarangelo	Lancers	10.87m
11	Aimee Dubeau	Warriors	10.16m
12	Nancy Spreitzer	Warriors	9.79m

Event 28 Men Triple Jump

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=====
Meet: M 15.12m 1980 Ossie Sargeant, Ryerson
CIS Standard: ! 14.46m
Name Year School Finals Points
=====
1 Marlon Nangle Lions 15.13mM 10
2 Derek Watkins Lancers 14.86m! 8
3 Dwayne Harriott Lancers 14.77m! 6
4 Darl Edwards Lancers 14.57m! 5
5 Tumelo Moleko Mustangs 14.31m 4
6 David St Bernard Lions 14.06m 3
7 Pat Quilty Mustangs 14.05m 2
8 Jason Goetz Warriors 13.97m 1
9 Andrew MacDonald Warriors 13.28m
10 Will Schultz Blues 13.00m
11 Lee Boyce Lions 12.66m
12 Edson Jackson Gryphons 12.22m
-- Andrew Judge Mustangs FOUL
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Event 29 Women Shot Put

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Meet: M 15.70m 1985 Melody Torcolacci, Queen's
CIS Standard: ! 13.16m
Name Year School Finals Points
=====
1 Heather Patterson Mustangs 13.80m! 10
2 Steph Jackson Gryphons 13.17m! 8
3 Kathryn Whitehead Lancers 13.14m 6
4 Laura VanDam Lancers 12.82m 5
5 Sarah Manson Mustangs 12.57m 4
6 Julie Montes Mustangs 12.47m 3
7 Kela Bartle Gryphons 11.75m 2
8 Kari Hedges Lancers 11.62m 1
9 Alexandra Poisson Lancers x11.29m
10 Sara McIntosh Mustangs x11.27m
11 Megan Jaquith Golden Gaels 10.79m
12 Daniela Kwiatkowski Gryphons 10.77m
13 Janice Perry Lions 9.72m
14 Lindsay Williamson Blues 8.73m
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Event 30 Men Shot Put

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Meet: M 16.92m 1980 Martino Catalano, Toronto
CIS Standard: ! 15.37m
Name Year School Finals Points
=====
1 Mike Miller Lancers 16.16m! 10
2 Brian Jones Lancers 16.09m! 8
3 Justin Farina Lancers 15.17m 6
4 Matt Morencie Lancers x15.15m
5 Pat Szpak Gryphons 14.41m 5
6 Owen Willems Gryphons 14.03m 4
7 Jared Pignataro Gryphons 13.84m 3
8 Dan McDonald Mustangs 13.69m 2
9 Jason Denyes Lions 13.09m 1
10 Kevin Magee Golden Gaels 12.93m
11 Luke Cattet Mustangs 11.79m
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12	Aaron Bates	Warriors	10.50m
13	Jonathan Goetz	Warriors	9.63m
14	Shawn Swartz	Lions	6.87m
--	Chris Greaves	Mustangs	FOUL

Event 31 Women Weight Throw

=====

Meet: M 16.81m 2002 Kate Forbes, Western

CIS Standard: ! 15.83m

Name	Year	School	Finals	Points
1 Sara Jibb		Lancers	16.95mM	10
2 Heather Patterson		Mustangs	15.30m	8
3 Kari Hedges		Lancers	14.40m	6
4 Cheryl Johnstone		Mustangs	14.37m	5
5 Steph Jackson		Gryphons	13.88m	4
6 Julie Montes		Mustangs	13.57m	3
7 Alexandra Poisson		Lancers	13.09m	2
8 Daniela Kwiatkowski		Gryphons	12.44m	1
9 Bri Eshleman		Golden Gaels	12.03m	

Event 32 Men Weight Throw

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Meet: M 17.67m 2006 Teo Schwartzentruber, Gryphons

CIS Standard: ! 16.26m

Name	Year	School	Finals	Points
1 Owen Willems		Gryphons	17.27m!	10
2 Mike Miller		Lancers	15.59m	8
3 Jared Pignataro		Gryphons	15.13m	6
4 Dustin McCrank		Gryphons	14.95m	5
5 Pat Szpak		Gryphons	x14.64m	
6 Matt Morencie		Lancers	13.99m	4
7 Jason Denyes		Lions	12.95m	3
8 Dan McDonald		Mustangs	12.90m	2
9 Kenneth Ting		Golden Gaels	12.42m	1
10 Jonny Adornetto		Mustangs	10.54m	

Event 33 Women Indoor Pentathlon

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Meet: M 3776 2001 Beth Stroud, Windsor

CIS Standard: ! 3412

Name	Year	School	Finals	Points
1 Jen Cotten		Mustangs	3766!	10
2 Shellie McParland		Mustangs	3615!	8
3 Tory Merrill		Blues	3463!	6
4 Jenna Bell		Warriors	3391	5
5 Katie Perkin		Mustangs	3190	4
6 Adrienne Bethune		Marauders	3172	3
7 Lindsay Williamson		Blues	3124	1.5
7 Natalie Phillips		Lancers	3124	1.5
9 Courtney Conner		Lancers	2486	

Event 34 Men Indoor Pentathlon

=====

Meet: M 3857 2005 Patrick Russell, York

CIS Standard: ! 3487

Name	Year School	Finals	Points
1 Ben Krul	Lions	3886M	10
2 Aaron Grainge	Mustangs	3475	8
3 Elijah Allen	Lions	3322	6
4 Adrian Bishop	Lancers	3317	5
5 Kalen Leech-Porter	Golden Gaels	3073	4
6 Luke Cattet	Mustangs	3039	3