

Licensed to Results Management Systems - Contractor License  
 Hy-Tek's Meet Manager  
 28th Annual Can Am Track Classic - 1/16/2009 to 1/17/2009  
 St. Denis Centre, University of Windsor  
 Results

Women 60 Meter Dash

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Meet: \* 7.46 2007 Erica Broomfield, York University  
 CIS Standard: ! 7.69

Name	Year	School	Prelims	H#
Preliminaries				
1 Peirce, Sarah		Gryphons	7.80Q	2
7.796				
2 Montcalm, Noelle		Lancers	7.80Q	4
7.798				
3 Sassine, Nicole		Lancers	7.83Q	5
4 Whitegibson, Billie		Lancers	7.94Q	1
5 Atine, Maureen		TOR	8.00Q	3
6 McBean, Athena		TOR	7.88Q	4
7 Whittingham, Natoya		Lancers	8.00Q	2
8 Harrison, Danielle		Lancers	8.12Q	5
9 Savic, Marina		Lancers	8.14Q	3
10 Coxhead, Emily		Mustangs	8.30Q	1
11 Brathwaite, Vanessa		Mustangs	8.07Q	2
12 Mayne, Kelsi		Lancers	8.13Q	4
13 Reid, Renee		Lions	8.17Q	5
14 Francis, Latesha		Lancers	8.27Q	3
15 Solomon, Sherelle		Mustangs	8.33Q	1
16 Lui, Melanie		Mustangs	8.16q	4
17 Clarke, Wendy		Lions	8.17q	4
18 Simulik, Mila		Mustangs	8.19q	2
19 Hall, Morgan		Mustangs	8.20q	5
20 Christopher, Krystal		Lions	8.31q	5
21 Reid, Linda		Mississauga Trac	8.36q	4
22 McGaig, Cassandra		Mustangs	8.38	5
23 Anobile, Charelle		Lancers	8.39	3
24 Taylor, Sarah		Lancers	8.43	3
25 Smith, Alicia		Mustangs	8.44	1
26 Acquah, Christa		Lions	8.45	2
27 Szeto, Anne		Mustangs	8.49	2
28 Atwell, Aria		TOR	8.57	1
29 Wong, Carmen		Mustangs	8.62	4
30 Ratelle, Erin		Mustangs	8.78	2
31 Stewardson, Shannon		McMaster	8.83	5
32 Spreitzer, Nancy		Waterloo	9.01	1
33 Sinclair, Leanne		Waterloo	9.68	3

Women 60 Meter Dash

=====

Meet: \* 7.46 2007 Erica Broomfield, York University  
 CIS Standard: ! 7.69

Name	Year	School	Semis	H#
Semi-Finals				

1	Sassine, Nicole	Lancers	7.76Q	2
7.760				
1	Peirce, Sarah	Gryphons	7.76Q	3
7.760				
3	Montcalm, Noelle	Lancers	7.80Q	1
4	McBean, Athena	TOR	7.84Q	3
5	Whitegibson, Billie	Lancers	7.95Q	2
6	Harrison, Danielle	Lancers	7.99Q	1
7	Whittingham, Natoya	Lancers	7.98q	3
8	Atine, Maureen	TOR	7.99	1
9	Reid, Renee	Lions	8.07	3
10	Mayne, Kelsi	Lancers	8.13	3
11	Savic, Marina	Lancers	8.16	2
12	Lui, Melanie	Mustangs	8.19	2
13	Hall, Morgan	Mustangs	8.19	3
14	Coxhead, Emily	Mustangs	8.21	2
15	Clarke, Wendy	Lions	8.21	1
16	Simulik, Mila	Mustangs	8.26	3
17	Solomon, Sherelle	Mustangs	8.27	2
18	Christopher, Krystal	Lions	8.30	1
18	Reid, Linda	Mississauga Trac	8.30	2

Women 60 Meter Dash

=====

Meet: \* 7.46 2007 Erica Broomfield, York University

CIS Standard: ! 7.69

Name	Year	School	Finals
=====			
Finals			
1	Peirce, Sarah	Gryphons	7.71
2	Sassine, Nicole	Lancers	7.72
3	Montcalm, Noelle	Lancers	7.81
4	McBean, Athena	TOR	7.84
5	Whittingham, Natoya	Lancers	7.97
6	Whitegibson, Billie	Lancers	7.99
7	Harrison, Danielle	Lancers	8.06

Women 300 Meter Dash

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Meet: \* 38.62 1994 Beverly Grant, Central State University

CIS Standard: ! 39.53

Name	Year	School	Finals	H#
=====				
1	Ruediger, Kate	TOR	40.36	7
2	Clarke, Wendy	Lions	41.17	7
3	Brown, Alicia	TOR	41.43	6
4	Sassine, Nicole	Lancers	41.46	5
5	Grieve, Lisa	Mustangs	41.58	3
6	Oumesrour, Donia	Lancers	42.14	6
7	Malek, Shauna	Gryphons	42.31	7
8	Bickle, Kate	UWTC	42.42	6
9	Slegers, Andrina	Lancers	42.44	5
42.438				
10	McGaig, Cassandra	Mustangs	42.44	3
42.439				
11	Caterini, Jessica	TOR	42.72	2

12	Lui, Melanie	Mustangs	42.84	6
13	Markowitz, Nicole	Lions	43.03	6
14	Kanters, Amanda	Lancers	43.09	4
15	Forde, Dianadra	Lions	43.11	5
16	Solomon, Sherelle	Mustangs	43.18	4
17	Peirce, Sarah	Gryphons	43.27	7
18	Bishop, Melissa	Lancers	43.42	5
19	Kurpe, Heather	Lancers	43.66	2
20	Hislop, Dana	McMaster	43.68	3
21	London, Shanica	Lions	43.96	4
22	Hauseman, Jaime	Waterloo	43.97	4
23	Spriell, Amanda	Gryphons	44.31	3
24	Van Mierlo, Morgan	McMaster	44.50	1
25	Leo, Sara	Mustangs	45.05	2
26	Vandervoort, Katrina	Waterloo	45.12	1
27	Wright, Natasha	Lancers	45.25	2
28	Ratelle, Erin	Mustangs	45.70	3
29	Hinton, Stephanie	Waterloo	46.07	1
30	Quehl, Melyssa	TOR	47.38	1
31	Sinclair, Leanne	Waterloo	48.70	1

Women 600 Meter Dash

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Meet: \* 1:30.58 1985 Molly Killingbeck, York University

CIS Standard: ! 1:33.84

Name	Year	School	Finals	H#
1	Aubry, Rachel	Gryphons	1:35.08	2
2	Cotten, Jen	Mustangs	1:35.85	2
3	Ricks, Jen	Mustangs	1:36.30	2
4	Perrault, Jen	Mustangs	1:36.44	2
5	Frost, Lydia	Gryphons	1:36.74	2
6	Barlow, Nikki	Mustangs	1:37.40	1
7	Frost, Nadine	Gryphons	1:37.53	2
8	Serafini, Rosa	TOR	1:37.62	2
9	Kanters, Amanda	Lancers	1:37.84	1
10	Gauthier, Jacqueline	Gryphons	1:38.37	2
11	Coopman, Kaitlin	York U	1:38.38	2
12	Malleck, Julia	Waterloo	1:39.40	1
13	Scott, Erika	McMaster	1:39.94	1
14	Quehl, Melyssa	TOR	1:43.79	1
15	VanRiel, Nikki	McMaster	1:46.18	1
16	Lobsinger, Claire	Waterloo	1:50.31	1

Women 1000 Meter Run

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Meet: \* 2:46.33 1988 Paula Schnurr, McMaster University

CIS Standard: ! 2:50.60

Name	Year	School	Finals
1	Hunter, Raeleen	Lancers	2:58.34
2	Jewett, Tamara	TOR	2:58.84
3	Anderson, Katie	McMaster	3:00.77
4	Bell, Katie	Mustangs	3:03.19
5	MacDonald, Tara	Gryphons	3:04.00
6	Haliburton, Sarah	McMaster	3:05.69
7	Todd, Jackie	Mustangs	3:06.82

8 Gill, Carly	Lancers	3:06.91
9 Hein, Mary	TOR	3:07.64
10 Maryuen, Chantelle	TOR	3:09.97

Women 1500 Meter Run

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Meet: \* 4:24.18 1985 Sue Schroeder, University of

Michigan

CIS Standard: ! 4:32.11

Name	Year School	Finals
1 Wyman, Jillian	McMaster	4:32.86
2 Jewett, Tamara	TOR	4:38.83
3 Vanhie, Jess	Gryphons	4:39.85
4 Laurie, Courtney	Gryphons	4:46.09
5 Cliff, Rachel	Gryphons	4:46.59
6 Mildren, Robin	Gryphons	4:47.66
7 Hoy, Karoline	Gryphons	4:48.12
8 Coopman, Kaitlin	York U	4:50.53
9 Spettigue, Kelly-Lynne	Waterloo	4:52.39
10 Beattie, Sam	Gryphons	4:52.67
11 Giuliani, Alyssa	Mustangs	4:53.54
12 Webber, Jenn	Mustangs	4:55.14
13 Nolte, Nikki	Lancers	4:56.66
14 Gill, Laura	Lancers	4:57.84
15 Pidhoresky, Dayna	Lancers	4:58.14
16 Giovannetti, Sara	McMaster	4:58.62
17 Moran, Brittany	Lancers	4:59.25
18 Desjardins, Laura	Mustangs	4:59.35
19 Novak, Shantelle	Gryphons	5:00.11
20 Corrick, Jen	Lancers	5:00.21
21 Kellam, Ashley	Lancers	5:01.63
22 Fox, Erin	Mustangs	5:01.67
23 Lamb, Rachel	McMaster	5:03.04
24 Savill, Alison	Mustangs	5:04.16
25 Van Veen, Stephanie	Mustangs	5:06.17
26 Hernandez, Hannah	Lions	5:09.62
27 Bolejszo, Monica	Waterloo	5:09.83
28 Pistor, Kathryn	Lions	5:11.67
29 Douglas, Bronwen	McMaster	5:19.45

Women 3000 Meter Run

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Meet: \* 9:36.90 1988 Donna Danokwski, University of

Michigan

CIS Standard: ! 9:48.15

Name	Year School	Finals
1 Cliff, Rachel	Gryphons	10:06.57
2 Mildren, Robin	Gryphons	10:07.58
3 Hoy, Karoline	Gryphons	10:08.55
4 Convery, Lorelle	Mustangs	10:10.51
5 Laurie, Courtney	Gryphons	10:13.80
6 Pearo, Jessica	McMaster	10:15.29
7 Beattie, Sam	Gryphons	10:23.21
8 Novak, Shantelle	Gryphons	10:31.80
9 Moran, Brittany	Lancers	10:32.65

10	Graham, Carol	Lions	10:48.06
11	Savill, Alison	Mustangs	11:17.78
12	Glover, Brynelle	Unattached	11:36.99
13	Schmidt, Jessica	Unattached	12:16.16

Women 60 Meter Hurdles

=====  
 Meet: \* 8.51 1992 Val Beckles, Eastern Michigan  
 CIS Standard: ! 8.81

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1		Montcalm, Noelle	Lancers	! 8.80Q 2
2		Francis, Latesha	Lancers	9.04Q 1
3		Cotten, Jen	Mustangs	9.12Q 3
4		Brunet-Manquat, Fanny	St Thomas Legion	9.27Q 4
5		Anobile, Charelle	Lancers	9.17Q 1
6		Merill, Victoria	TOR	9.37Q 4
7		Coxhead, Emily	Mustangs	9.42Q 2
9.4102				
8		Bagnall, Hannah	Lancers	9.42Q 3
9.4140				
9		Mayne, Kelsi	Lancers	9.53q 4
10		Acquah, Christa	Lions	9.56q 2
11		Harris, Meghan	Gryphons	9.56q 3
12		Bell, Jenna	UTTC	9.57q 4
13		Bergin, Juliana	TOR	9.65q 2
14		Caterini, Jessica	TOR	9.68q 1
15		Villalta, Danielle	Lions	9.73 1
16		Morrison, Kelly	Lancers	9.89 2
17		VanDerMarel, Lacey	Mustangs	9.93 1
18		Mueller, Shannon	Lancers	9.97 3
19		Conner, Courtney	Lancers	9.98 3
20		Kelly, Alana	Lancers	10.30 3
21		Johnson, Katie	Mustangs	10.47 2
22		Petrov, Elizabeth	Lions	10.58 4
23		Desjardins, Juliann	Mustangs	11.83 4

Women 60 Meter Hurdles

=====  
 Meet: \* 8.51 1992 Val Beckles, Eastern Michigan  
 CIS Standard: ! 8.81

Name	Year	School	Finals	H#
=====				
Finals				
1		Montcalm, Noelle	Lancers	8.80! 2
2		Francis, Latesha	Lancers	8.89 2
3		Cotten, Jen	Mustangs	9.06 2
4		Brunet-Manquat, Fanny	St Thomas Legion	9.20 2
5		Anobile, Charelle	Lancers	9.22 2
6		Coxhead, Emily	Mustangs	9.30 2
7		Merill, Victoria	TOR	9.33 2
8		Bell, Jenna	UTTC	9.38 1
9		Mayne, Kelsi	Lancers	9.39 1
10		Bagnall, Hannah	Lancers	9.44 1
11		Harris, Meghan	Gryphons	9.49 1
12		Acquah, Christa	Lions	9.54 1

13	Bergin, Juliana	TOR	9.67	1
14	Caterini, Jessica	TOR	9.91	1

Women 4x200 Meter Relay

=====

Meet: \* 1:39.98 1983 , University of Michigan

CIS Standard: ! 1:42.08

School	Finals	H#
1 University of Windsor 'A'	1:42.91	3
1) Oumesrour, Donia	2) Sassine, Nicole	
3) Harrison, Danielle	4) Montcalm, Noelle	
2 University of Toronto 'A'	1:43.05	3
1) McBean, Athena	2) Ruediger, Kate	
3) Brown, Alicia	4) Atine, Maureen	
3 York Lions 'A'	1:44.89	3
1) Clarke, Wendy	2) Reid, Renee	
3) Markowitz, Nicole	4) Forde, Dianadra	
4 University of Guelph 'A'	1:46.37	3
1) Peirce, Sarah	2) Malek, Shauna	
3) Harris, Meghan	4) Gauthier, Jacqueline	
5 University of Windsor 'B'	1:47.31	2
1) Francis, Latesha	2) Anobile, Charelle	
3) Slegers, Andrina	4) Whitegibson, Billie	
6 University of Western Ontario 'A'	1:47.68	2
1) Hall, Morgan	2) Perrault, Jen	
3) Grieve, Lisa	4) Lui, Melanie	
7 University of Western Ontario 'B'	1:48.01	1
1) Ratelle, Erin	2) Solomon, Sherelle	
3) Simulik, Mila	4) Brathwaite, Vanessa	
8 University of Windsor 'C'	1:50.56	2
1) Whittingham, Natoya	2) Wright, Natasha	
3) Taylor, Sarah	4) Mayne, Kelsi	
9 York Lions 'B'	1:50.80	2
10 McMaster University 'A'	1:52.51	1
1) Hislop, Dana	2) Stewardson, Shannon	
3) Tschirhart, Vicki	4) Van Mierlo, Morgan	
11 University of Waterloo 'A'	1:53.50	1

Women 4x400 Meter Relay

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Meet: \* 3:47.78 1983 , University of Michigan

CIS Standard: ! 3:52.99

School	Finals	H#
1 University of Toronto 'A'	3:54.05	2
2 University of Windsor 'A'	3:59.45	2
1) Slegers, Andrina	2) Hunter, Raeleen	
3) Kurpe, Heather	4) Bishop, Melissa	
3 University of Toronto 'B'	4:02.13	2
4 University of Western Ontario 'A'	4:03.13	2
1) Lui, Melanie	2) Leo, Sara	
3) Barlow, Nikki	4) Cotten, Jen	
5 University of Guelph 'A'	4:06.79	2
1) Gauthier, Jacqueline	2) Aubry, Rachel	
3) Frost, Lydia	4) MacDonald, Tara	
6 York Lions 'A'	4:08.87	2

1) London, Shanica	2) Forde, Dianadra		
3) Markowitz, Nicole	4) Clarke, Wendy		
7 McMaster University 'A'		4:12.74	1
1) Hislop, Dana	2) Scott, Erika		
3) Van Mierlo, Morgan	4) VanRiel, Nikki		
8 University of Waterloo 'A'		4:17.14	1
1) Hauseman, Jaime	2) Hinton, Stephanie		
3) Malleck, Julia	4) Lobsinger, Claire		

Women 4x800 Meter Relay

=====  
 Meet: \* 9:00.88 1983 , University of Michigan  
 CIS Standard: ! 9:13.74

School	Finals
===== 1 University of Guelph 'A'	9:01.25!
1) Carson, Lindsay	2) Frost, Lydia
3) Vanhie, Jess	4) Aubry, Rachel
2 McMaster University 'A'	9:25.63
1) Wyman, Jillian	2) Anderson, Katie
3) Scott, Erika	4) Haliburton, Sarah
3 University of Toronto 'A'	9:40.11
1) Merrill, Victoria	2) Maryuen, Chantelle
3) Quehl, Melyssa	4) Serafini, Rosa
4 University of Western Ontario 'A'	9:40.59
1) Bell, Katie	2) Webber, Jenn
3) Desjardins, Laura	4) Barlow, Nikki
5 University of Windsor 'A'	9:41.53
1) Thrasher, Alyssa	2) Corrick, Jen
3) Gill, Carly	4) Gill, Laura
6 University of Western Ontario 'B'	9:44.42
1) Todd, Jackie	2) Van Veen, Stephanie
3) Ricks, Jen	4) Giuliani, Alyssa
7 University of Waterloo 'A'	10:01.95
8 York Lions 'A'	10:43.54
1) Graham, Carol	2) Hernandez, Hannah
3) Mishalkowsky, Meagan	4) Pistor, Kathryn
-- University of Guelph 'B'	DNF
1) Frost, Nadine	2) MacDonald, Tara
3) Novak, Shantelle	4) Hoy, Karoline

Women High Jump

=====  
 Meet: \* 1.80m 2003 Kristen Matthews, McMaster  
 University

Name	Year School	Finals
===== 1 Boyle, Sarah	TOR	1.73m!
2 Haye, Shaneista	Gryphons	1.67m
3 Maessen, Laura	TOR	1.64m
4 Oberth, Gemma	Lions	1.61m
5 Galt, Jen	Mustangs	J1.61m
6 Kuntz, Marijean	Lancers	1.56m
6 Johnson, Katie	Mustangs	1.56m
6 Cotten, Jen	Mustangs	1.56m
9 Anderson, Jackie	Lancers	1.51m

9	Morrison, Kelly	Lancers	1.51m
9	Kelly, Alana	Lancers	1.51m
12	Petrov, Elizabeth	Lions	J1.51m
13	Kaiser, Katie	Mustangs	J1.51m
13	Poetschke, Alex	Mustangs	J1.51m
15	Villalta, Danielle	Lions	J1.51m
16	Conner, Courtney	Lancers	1.46m
17	VanDerMarel, Lacey	Mustangs	1.41m
18	Belfall, Karen	Waterloo	J1.41m

Women Pole Vault

=====  
 Meet: \* 4.00m 1999 Dana Ellis, University of Waterloo  
 CIS Standard: ! 3.67m

Name	Year	School	Finals	
1		Hamilton, Heather	Lions	3.70m!
2		Siu, Carmen	Mustangs	3.40m
2		Paterson, Chelsea	Lancers	3.40m
4		Lyons, Adrianna	Lions	J3.40m
5		Barclay, Laura	Mustangs	3.30m
5		Tomayer, Jen	Lancers	3.30m
7		Poetschke, Alex	Mustangs	J3.30m
8		House, Jenn	Mustangs	J3.30m
9		Ferris, Laura	Mustangs	J3.30m
10		Berube, Kathryn	Gryphons	3.15m
11		Nichols, Chelsey	Mustangs	3.00m
12		Van Espen, Adinda	Lancers	J3.00m
13		Mueller, Shannon	Lancers	2.85m
14		Cowper, Laura	Lancers	2.70m
15		Ouellette, Holly	Lions	J2.70m
16		Hurlbut, Kelsi	Gryphons	2.50m
--		Maaten, Dayna	Windsor Legion T	NH
--		Reiser, Erika	Lancers	NH

Women Long Jump

=====  
 Meet: \* 6.36m 2007 Tabia Charles, Power Athletics  
 CIS Standard: ! 5.70m

Name	Year	School	Finals	
1		Savic, Marina	Lancers	5.23m
2		Whittingham, Natoya	Lancers	5.19m
3		VanDerMarel, Lacey	Mustangs	5.16m
4		Morrison, Kelly	Lancers	5.12m
5		Hall, Morgan	Mustangs	5.09m
6		Smith, Alicia	Mustangs	5.05m
7		Bell, Jenna	UTTC	J5.05m
8		Szeto, Anne	Mustangs	4.87m
9		Conner, Courtney	Lancers	4.78m
10		Phillips, Natalie	University of Wi	4.77m
11		Revell, Lauren	TOR	4.76m
12		Villalta, Danielle	Lions	4.72m
13		Bergin, Juliana	TOR	4.69m
14		Garcon, Desiree	Gryphons	4.67m
15		Harris, Meghan	Gryphons	4.66m
16		Tschirhart, Vicki	McMaster	4.57m

17 Vandervoort, Katrina	Waterloo	4.54m
18 Petrov, Elizabeth	Lions	J4.54m
19 Dalbanka, Dalvis	Lions	4.44m
20 Sheikh, Khadija	Lancers	4.43m
21 Kelly, Alana	Lancers	4.40m
22 Belfall, Karen	Waterloo	4.38m
23 Johnson, Katie	Mustangs	4.33m
24 Spreitzer, Nancy	Waterloo	4.18m
25 Desjardins, Juliann	Mustangs	4.14m
26 Ling, Elizabeth	Waterloo	4.06m
27 Dai, Edwina	Waterloo	3.88m
-- Francis, Latesha	Lancers	ND
-- Kaiser, Katie	Mustangs	FOUL

Women Triple Jump

=====  
 Meet: \* 12.77m 1994 Kelly Dinsmore, University of Windsor

CIS Standard: ! 11.55m

Name	Year School	Finals
1 Simulik, Mila	Mustangs	10.86m
2 Vandervoort, Katrina	Waterloo	10.80m
3 Garcon, Desiree	Gryphons	10.50m
4 Revell, Lauren	TOR	J10.50m
5 Garrod, Candace	Lancers	10.46m
6 Anderson, Jackie	Lancers	J10.46m
7 Sheikh, Khadija	Lancers	10.43m
8 Dalbanka, Dalvis	Lions	10.32m
9 Tschirhart, Vicki	McMaster	10.29m
10 Wong, Carmen	Mustangs	9.95m
11 Belfall, Karen	Waterloo	9.86m
12 Spreitzer, Nancy	Waterloo	9.70m
13 Ling, Elizabeth	Waterloo	9.21m
14 Dai, Edwina	Waterloo	9.09m
-- Szeto, Anne	Mustangs	FOUL
-- Kaiser, Katie	Mustangs	FOUL

Women Shot Put

=====  
 Meet: \* 15.73m 1984 Vivian Fisher, Michigan State  
 CIS Standard: ! 12.95m

Name	Year School	Finals
1 Jackson, Steph	Gryphons	12.68m
2 Manson, Sarah	Mustangs	12.45m
3 Obrochta, Kristen	Lions	12.21m
4 Stephenson, Steffi	Lancers	12.15m
5 Appiah, Cynthia	Lions	12.14m
6 Petrov, Elizabeth	Lions	12.09m
7 McIntosh, Sarah	Mustangs	11.81m
8 Bell, Jenna	UTTC	11.60m
9 Brown, Jordan	Mustangs	11.14m
10 Keeley, Chelsea	Gryphons	10.98m
11 McLaughlin, Shealyn	Lancers	10.90m
12 Keating, Hannah	Mustangs	10.36m
13 Schimanski, Ami	Lancers	9.77m

14	Maessen, Laura	TOR	9.55m
15	Cotten, Jen	Mustangs	9.07m
16	Desjardins, Juliann	Mustangs	9.01m
17	Surzyn, Justyna	TOR	8.87m
18	Bagnall, Hannah	Lancers	8.84m
19	Bergin, Juliana	TOR	8.63m
20	VanDerMarel, Lacey	Mustangs	8.57m
21	Harris, Meghan	Gryphons	8.26m
22	Johnson, Katie	Mustangs	8.24m
23	Villalta, Danielle	Lions	8.23m
24	Conner, Courtney	Lancers	7.87m
25	Kelly, Alana	Lancers	7.85m
26	Blackwell, Amber	Waterloo	7.61m
26	Morrison, Kelly	Lancers	7.61m

Women Weight Throw

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Meet: \* 15.88m 2006 Sara Jibb, Lancers

CIS Standard: ! 15.29m

Name	Year School	Finals
1	Obrochta, Kristen	Lions 15.04m
2	Manson, Sarah	Mustangs 15.02m
3	Marcantonio, Cara	Mustangs 14.39m
4	Jackson, Steph	Gryphons 14.07m
5	Appiah, Cynthia	Lions 13.88m
6	Keeley, Chelsea	Gryphons 13.61m
7	McIntosh, Sarah	Mustangs 13.00m
8	Herd, Brit	Gryphons 11.87m
9	Brown, Jordan	Mustangs 11.73m
10	Stephenson, Steffi	Lancers 11.05m
11	McLaughlin, Shealyn	Lancers 10.13m
--	Schimanski, Ami	Lancers FOUL

Men 60 Meter Dash

=====

Meet: \* 6.68 1983 Desai Williams, York University

CIS Standard: ! 6.82

Name	Year School	Prelims	H#
Preliminaries			
1	Halstead, Tyrone	Lions 6.95Q	1
2	Richards-Kwok, Dontae	Lions 7.00Q	6
3	Kerr, Jason	Mustangs 7.03Q	2
4	Fajardo, Randolph	Lions 7.05Q	4
5	Dos Santos, Troy	Mississauga Trac 7.07Q	3
6	Ukwuoma, Emeka	Mustangs 7.16Q	7
7	Middleton, Matt	Mustangs 7.18Q	5
8	Adjetey-Nelson, Jamie	Lancers 7.15Q	3
9	Keating, Justin	Lancers 7.17Q	4
10	Moolchan, Kieran	UOFM 7.18Q	2
11	Stiver-Balla, Mat	Lions 7.21Q	7
12	Ho, Ivan	Mustangs 7.28Q	1
13	Dandie, Anthony	Lancers 7.31Q	5
14	Kuruneri, Guyson	Gryphons 7.41Q	6
15	Wilson, Kristian	London Legion Tr 7.23q	4
16	Hutton, Geoff	McMaster 7.28q	3

17	Antwi, Michael	Lions	7.34q	1
18	Puhalla, Michael	Maximum Output T	7.38q	5
7.371				
19	Goddard, Daniel	Mustangs	7.38q	7
7.372				
20	McLaughlin, Mike	Lancers	7.39q	7
7.388				
21	Noronha, Denis	McMaster	7.39q	2
7.389				
22	Swartz, Shawn	Lions	7.40	5
23	D'Aloisio, Nick	Mustangs	7.42	6
24	Vanderhayden, Nate	Mustangs	7.42	1
25	Carrejola, Matt	McMaster	7.45	4
26	Feroiu, Theo	Lions	7.46	3
27	Brumwell, Dave	TOR	7.49	2
28	Greening, Steve	Mustangs	7.50	4
29	McNeil-Sweeney, Mike	Mustangs	7.51	3
30	Holbik-Siu, Nick	McMaster	7.51	5
31	Giannikouris, Tony	McMaster	7.53	1
32	Ng, Benson	Lions	7.54	7
33	Satchell, Dane	TOR	7.55	6
34	Lopez, Hugo	Waterloo	7.57	4
35	Paterson, Steven	Lancers	7.58	6
36	Moon, Donald	London Legion Tr	7.62	6
37	Lee, Michael	Lions	7.64	3
38	Krasinkiewicz, Johnny	Lancers	7.66	2
39	Forsyth, Tanner	Waterloo	7.67	3
40	Scherle, Mark	London-Western	7.68	2
41	Dannunzio, Joe	Lancers	7.72	5
42	Denman, Matt	Waterloo	7.73	1
43	Matheson, Bradley	Lions	7.76	5
44	Schultz, Will	Mustangs	7.81	6
45	Shen, Carl	Mustangs	7.92	2
46	Godwin, Zack	Mustangs	8.10	7

Men 60 Meter Dash

=====  
 Meet: \* 6.68 1983 Desai Williams, York University  
 CIS Standard: ! 6.82

Name	Year	School	Semis	H#
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=====

Semi-Finals

1	Kerr, Jason	Mustangs	6.84Q	2
2	Halstead, Tyrone	Lions	6.85Q	1
3	Richards-Kwok, Dontae	Lions	6.89Q	3
4	Fajardo, Randolph	Lions	6.88Q	2
5	Dos Santos, Troy	Mississauga Trac	6.96Q	3
6	Middleton, Matt	Mustangs	7.04Q	1
7	Adjetey-Nelson, Jamie	Lancers	7.10q	3
8	Keating, Justin	Lancers	7.16	2
9	Stiver-Balla, Mat	Lions	7.16	3
10	Ukwuoma, Emeka	Mustangs	7.17	1
11	Dandie, Anthony	Lancers	7.24	1
12	Moolchan, Kieran	UOFM	7.26	2
13	Hutton, Geoff	McMaster	7.32	2
14	Ho, Ivan	Mustangs	7.32	1
15	Goddard, Daniel	Mustangs	7.33	1

16 Antwi, Michael	Lions	7.36	3
17 Noronha, Denis	McMaster	7.38	2
18 Puhalla, Michael	Maximum Output T	7.40	1
19 McLaughlin, Mike	Lancers	7.43	3
20 Kuruneri, Guyson	Gryphons	7.46	3

Men 60 Meter Dash

=====

Meet: \* 6.68 1983 Desai Williams, York University

CIS Standard: ! 6.82

Name	Year School	Finals
=====		
Finals		
1 Halstead, Tyrone	Lions	6.80!
2 Fajardo, Randolph	Lions	6.81!
3 Kerr, Jason	Mustangs	6.83
4 Richards-Kwok, Dontae	Lions	6.88
5 Dos Santos, Troy	Mississauga Trac	7.04
6 Keating, Justin	Lancers	7.07
7 Middleton, Matt	Mustangs	7.07

Men 300 Meter Dash

=====

Meet: \* 33.89 1993 Anthony Price, Central State University

CIS Standard: ! 34.64

Name	Year School	Finals	H#
=====			
1 Dills, Brendon	Lancers	35.53	10
2 Richards-Kwok, Dontae	Lions	35.55	9
3 Geer, Keenan	Lancers	35.66	9
4 Eldridge, Dustin	Lancers	35.90	7
5 Ukwuoma, Emeka	Mustangs	36.00	8
6 Tat, Jimmy	McMaster	36.09	8
7 Gooch, Rob	Unattached	36.11	7
8 Lamarche, Steve	Lancers	36.15	9
9 Leitch, Scott	Mustangs	36.20	9
10 Reid, Christopher	Lancers	36.28	10
11 McLaughlin, Mike	Lancers	36.33	8
12 Ferth, Shane	UWTC	36.35	8
13 Byrne, Ryan	Windsor Legion T	36.40	10
14 Gabay, Rodney	Lancers	36.84	6
15 Robertson, Daryl	Gryphons	36.87	7
16 Brumwell, Dave	TOR	36.90	5
17 Quevedo, Camillo	Lancers	36.99	9
18 Stiver-Balla, Mat	Lions	37.02	7
19 Antwi, Michael	Lions	37.22	2
20 Peters, Nick	Unattached	37.50	6
21 Lam, Chris	Waterloo	37.54	6
22 Noland, Eric	Waterloo	37.72	4
23 Sohawon, Yasin	Lions	37.93	3
24 Swartz, Shawn	Lions	37.98	3
25 Greening, Steve	Mustangs	38.23	4
25 Vanderhayden, Nate	Mustangs	38.23	5
27 Feroiu, Theo	Lions	38.35	2
28 Edwards, Tyrone	Unattached	38.80	1
29 Pawelke, Matt	McMaster	38.97	4

30	Lee, Michael	Lions	38.97	2
31	Ritz, Dan	Waterloo	39.12	2
32	Lopez, Hugo	Waterloo	39.55	3
33	D'Aloisio, Nick	Mustangs	39.93	6
34	Kuefler, Randy	Unattached	40.22	1
35	Forsyth, Tanner	Waterloo	42.05	1
--	Silva, Francis	York U	DNF	5
--	Muirhead, Jacob	Waterloo	DQ	7
163.3				
--	Satchell, Dane	TOR	DQ	3
163.3				

Men 600 Meter Dash

=====  
 Meet: \* 1:19.28 1982 Kevin Jones, Northwood Institute  
 CIS Standard: ! 1:19.92

Name	Year	School	Finals	H#
1	Gamble, Dustin	Gryphons	1:21.10	2
2	Barbara, Ameer	Lions	1:22.75	2
3	Byrne, Ryan	Windsor Legion T	1:23.42	2
4	Cruickshank, Andrew	TOR	1:24.90	2
5	Provvidenza, Sal	TOR	1:25.36	2
6	Mayer, David	Lions	1:26.66	1
7	Hayward, Nate	Mustangs	1:26.74	2
8	DiCenzo, George	McMaster	1:26.97	1
9	Mallory, Patrick	Gryphons	1:27.04	2
10	Kennedy, Andrew	TOR	1:27.22	1
11	Palmer, Thom	Gryphons	1:28.10	2
12	Xie, Lawrence	Waterloo	1:29.00	1
13	Kuefler, Randy	Unattached	1:30.84	1
14	Bell, Stephen	Waterloo	1:31.25	1
15	Li, Felix	Mustangs	1:32.94	1

Men 1000 Meter Run

=====  
 Meet: \* 2:25.37 1987 Harvey Mitro, University of  
 Waterloo  
 CIS Standard: ! 2:26.50

Name	Year	School	Finals
1	Sinclair, Matt	Lancers	2:28.91
2	Reiter, Nate	Lancers	2:29.87
3	Tome, Mitchell	Lancers	2:31.89
4	Fleming, Noah	McMaster	2:33.18
5	Hartman, Chris	Waterloo	2:35.14
6	Baker, Sean	McMaster	2:36.12
7	Briggs, Devon	Waterloo	2:36.70
8	Poaps, Mike	Mustangs	2:37.47
9	Downing, Eric	McMaster	2:37.52
10	Reany, Joel	McMaster	2:38.93
11	Bowes, Graham	McMaster	2:39.10
12	Montgomery, Kevin	Lions	2:39.20
13	Bashucky, Mike	Lions	2:41.24
14	Zidar, Jonathan	Lancers	2:43.29
--	Ristic, Stefan	Lions	DNF

Men 1500 Meter Run

=====  
 Meet: \* 3:51.08 1983 Greg Beardsley, Edinboro  
 University  
 CIS Standard: ! 3:52.62

Name	Year School	Finals
1 Boorsma, Kyle	Gryphons	3:51.61!
2 Kellar, Adam	Lancers	3:52.05!
3 Snider, Derek	Gryphons	3:54.54
4 Weston, Dave	Lancers	3:55.43
5 Roundell, Josh	Gryphons	3:59.23
6 Brunsting, Matt	Gryphons	3:59.24
7 Jackson, Rob	Gryphons	4:00.92
8 Dalton, Phillip	Lancers	4:01.55
9 Henshaw, Mark	Lancers	4:03.54
10 Lane, Ben	Lancers	4:04.80
11 Gibb, Rob	McMaster	4:07.19
12 Yorke, Andrew	McMaster	4:08.41
13 Parrott, John	Gryphons	4:08.45
14 Douglas, Andrew	McMaster	4:08.76
15 Patterson, Drew	Lancers	4:11.04
16 Koziarski, Rob	Gryphons	4:11.31
17 Suda, Matt	Mustangs	4:12.28
18 Hodge, Simon	Mustangs	4:12.65
19 Walsh, Jeremy	McMaster	4:12.69
20 Paolini, Eduardo	Lancers	4:13.73
21 Semple, Curtis	Lancers	4:18.40
22 McGillicuddy, Spencer	Lancers	4:25.85

Men 3000 Meter Run

=====  
 Meet: \* 8:17.39 2006 Ryan McKenzie, Winsor Legion Tr  
 CIS Standard: ! 8:21.59

Name	Year School	Finals
1 Huff, Ryan	Mustangs	8:39.37
2 O'Neill, Kyle	Mustangs	8:41.12
3 Koziarski, Rob	Gryphons	8:54.38
4 Parrott, John	Gryphons	8:55.93
5 Abbott, Larry	McMaster	9:00.97
6 Strokach, Alexey	Mustangs	9:08.64
7 Whitfield, Jamie	Mustangs	9:10.81
8 McCurry, Cory	McMaster	9:11.28
9 MacKinnon, Patrick	Waterloo	9:16.43
10 Dill, Jeff	Mustangs	9:16.64

Men 60 Meter Hurdles

=====  
 Meet: \* 8.02 1987 Jeff Glass, U.W.O.  
 CIS Standard: ! 8.34

Name	Year School	Prelims	H#
Preliminaries			
1 Theriau, Christopher	Lions	8.37Q	1
2 Adjetey-Nelson, Jamie	Lancers	8.40Q	3
8.399			

2	Vandendool, Andrew	St Thomas Legion	8.40Q	2
8.400				
4	James, Andre	TOR	8.57Q	4
5	Moleko, Tumelo	Mustangs	8.60Q	4
6	Moolchan, Kieran	UOFM	8.61Q	3
7	Boots, Greg	Lancers	8.69Q	1
8.682				
8	Allen, Elijah	Lions	8.69Q	2
8.683				
9	Lopez, Hugo	Waterloo	8.62q	3
10	O'Neill, Kevin	Mustangs	8.65q	4
11	Hinds, KJ	Mustangs	8.75q	1
12	Sinn, Jeremy	TOR	8.81q	1
13	Paterson, Steven	Lancers	8.85q	3
13	Goetz, Jason	Waterloo	8.85q	2
15	Krasinkiewicz, Johnny	Lancers	8.90	2
16	Miller, Desmond	TOR	8.96	2
17	Dandie, Anthony	Lancers	8.98	4
18	Giannikouris, Tony	McMaster	9.28	1
19	Matheson, Bradley	Lions	9.53	4
20	Li, Felix	Mustangs	9.63	2
21	Wight, Ryan	Waterloo	9.95	1
22	Bates, Aaron	Waterloo	10.19	4
--	Godwin, Zack	Mustangs	DQ	3

#### Men 60 Meter Hurdles

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Meet: \* 8.02 1987 Jeff Glass, U.W.O.

CIS Standard: ! 8.34

Name	Year	School	Finals	H#
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#### Finals

1	Adjetey-Nelson, Jamie	Lancers	8.31!	2
2	Moolchan, Kieran	UOFM	8.42	2
3	Vandendool, Andrew	St Thomas Legion	8.46	2
4	Moleko, Tumelo	Mustangs	8.55	2
5	Lopez, Hugo	Waterloo	8.61	2
6	Krasinkiewicz, Johnny	Lancers	8.64	1
8.632				
7	Boots, Greg	Lancers	8.64	1
8.636				
8	James, Andre	TOR	8.70	2
9	Hinds, KJ	Mustangs	8.73	1
10	O'Neill, Kevin	Mustangs	8.76	1
11	Allen, Elijah	Lions	8.78	1
12	Paterson, Steven	Lancers	8.80	1
13	Sinn, Jeremy	TOR	9.04	1
--	Theriau, Christopher	Lions	DQ	2

#### Men 4x200 Meter Relay

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Meet: \* 1:28.48 1983 , Northwood Institute

CIS Standard: ! 1:28.97

School	Finals	H#
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=====

1	York Lions 'A'	1:30.50	3
	1) Halstead, Tyrone	2) Stiver-Balla, Mat	

3) Richards-Kwok, Dontae	4) Fajardo, Randolph	1:31.16	3
2 University of Western Ontario 'A'	1) Kerr, Jason	2) Ukwuoma, Emeka	
1) Kerr, Jason	3) Leitch, Scott	4) Middleton, Matt	
3 University of Windsor 'B'		1:32.96	3
1) Gabay, Rodney	2) Lamarche, Steve		
3) Boots, Greg	4) Nightingale, Travis		
4 University of Toronto 'A'		1:34.12	1
1) Sinn, Jeremy	2) James, Andre		
3) Brumwell, Dave	4) Satchell, Dane		
5 York Lions 'B'		1:34.78	2
1) Antwi, Michael	2) Swartz, Shawn		
3) Feroiu, Theo	4) Sohawon, Yasin		
6 McMaster University 'A'		1:35.07	1
1) Carrejola, Matt	2) Giannikouris, Tony		
3) Holbik-Siu, Nick	4) Tat, Jimmy		
7 University of Western Ontario 'B'		1:35.36	2
1) Vanderhayden, Nate	2) D'Aloisio, Nick		
3) Ho, Ivan	4) Goddard, Daniel		
8 York Lions 'C'		1:38.47	1
9 University of Windsor 'C'		1:39.15	2
1) Keating, Justin	2) Paterson, Steven		
3) Patten, Braylan	4) Krasinkiewicz, Johnny		
10 University of Waterloo 'B'		1:40.61	1
-- University of Waterloo 'A'		DNF	2
-- University of Windsor 'A'		DNF	3
1) Adjetey-Nelson, Jamie	2) Dills, Brendon		
3) Reid, Christopher	4) McLaughlin, Mike		

#### Men 4x400 Meter Relay

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Meet: \* 3:19.60 1982 , Northwood Institute

CIS Standard: ! 3:19.73

School	Finals	H#
1 University of Windsor 'A'	3:25.65	2
1) Geer, Keenan	2) Eldridge, Dustin	
3) Quevedo, Camillo	4) Lamarche, Steve	
2 McMaster University 'A'	3:29.83	2
1) Tat, Jimmy	2) Noronha, Denis	
3) DiCenzo, George	4) Fleming, Noah	
3 York Lions 'A'	3:30.02	2
1) Mayer, David	2) Montgomery, Kevin	
3) Stiver-Balla, Mat	4) Finn, Ryan	
4 University of Toronto 'A'	3:30.86	2
5 University of Waterloo 'A'	3:33.69	2
1) Muirhead, Jacob	2) Noland, Eric	
3) Lam, Chris	4) Denman, Matt	
6 University of Toronto 'B'	3:37.99	1
7 University of Waterloo 'B'	3:43.76	1
1) Wight, Ryan	2) Briggs, Devon	
3) MacKinnon, Patrick	4) Xie, Lawrence	

#### Men 4x800 Meter Relay

=====

Meet: \* 7:46.10 1984 , Saginaw Valley State

CIS Standard: ! 7:41.90

School		Finals
1 University of Guelph 'A'		7:46.70
1) Roundell, Josh	2) Brett, Allan	
3) Boorsma, Kyle	4) Gamble, Dustin	
2 York Lions 'A'		8:00.66
1) Montgomery, Kevin	2) Ristic, Stefan	
3) Bashucky, Mike	4) Finn, Ryan	
3 McMaster University 'A'		8:01.03
1) Baker, Sean	2) Fleming, Noah	
3) Douglas, Andrew	4) Gibb, Rob	
4 University of Guelph 'B'		8:01.31
1) Snider, Derek	2) Jackson, Rob	
3) Brunsting, Matt	4) Palmer, Thom	
5 University of Windsor 'A'		8:05.36
1) Henshaw, Mark	2) Patterson, Drew	
3) Paolini, Eduardo	4) Weston, Dave	
6 University of Western Ontario 'A'		8:14.10
1) Hodge, Simon	2) Hayward, Nate	
3) Poaps, Mike	4) Suda, Matt	
7 University of Waterloo 'A'		8:18.20
-- University of Toronto 'B'		DNF

#### Men High Jump

=====  
 Meet: \* 2.15m 1982 Mark Norman, Northwood Institute  
 CIS Standard: ! 2.00m

Name	Year School	Finals
1 Watkins, Derek	Lancers	2.15m*
2 Haynes, Cornell	Gryphons	1.97m
3 Minnesma, Dan	McMaster	1.94m
4 Hoenig, Kevin	Gryphons	1.89m
5 Young, Tim	Mustangs	1.84m
6 Good, Andrew	Waterloo	J1.84m
6 Wight, Ryan	Waterloo	J1.84m
8 Goetz, Jason	Waterloo	1.79m
9 Miller, Desmond	TOR	1.69m
-- Bates, Aaron	Waterloo	NH

#### Men Pole Vault

=====  
 Meet: \* 5.61m 2008 Russ Buller, Unattached  
 CIS Standard: ! 4.68m

Name	Year School	Finals
1 Wilson, Kristian	London Legion Tr	4.88m!
2 Vukasovic, Jeff	Lancers	4.58m
3 Moon, Donald	London Legion Tr	4.48m
4 McLarty, Cole	Mustangs	4.38m
5 Dorion, Josh	Unattached	J4.38m
6 Erle, Chris	Mustangs	4.08m
7 Bogunovic, Vuk	Gryphons	J4.08m
8 Clark, Lane	Gryphons	3.93m

#### Men Long Jump

=====

Meet: \* 7.32m 1995 Andre Eley, University of Findlay  
 CIS Standard: ! 7.16m

Name	Year School	Finals
1 Adjetey-Nelson, Jamie	Lancers	7.07m
2 Kuruneri, Guyson	Gryphons	6.81m
3 Holbik-Siu, Nick	McMaster	6.76m
4 Dandie, Anthony	Lancers	6.71m
5 McNeil-Sweeney, Mike	Mustangs	6.59m
5 Makwene, Odon	Project Athletic	6.59m
7 Goetz, Jason	Waterloo	6.40m
8 Scherle, Mark	London-Western	6.28m
9 Mei, Jason	TOR	6.20m
10 Dearing, Ryan	Lions	6.00m
11 Miller, Desmond	TOR	5.94m
12 Shen, Carl	Mustangs	5.93m
13 Wight, Ryan	Waterloo	5.67m
14 Good, Andrew	Waterloo	5.53m
15 Bates, Aaron	Waterloo	5.36m
16 Li, Felix	Mustangs	5.12m
-- Patten, Brayen	Lancers	FOUL

Men Triple Jump

Meet: \* 15.20m 2001 Chris Martin, University of Toronto  
 CIS Standard: ! 14.38m

Name	Year School	Finals
1 St Bernard, David	York U	14.53m!
2 Moleko, Tumelo	Mustangs	14.09m
3 Goetz, Jason	Waterloo	14.02m
4 Dandie, Anthony	Lancers	13.63m
5 Schultz, Will	Mustangs	13.41m
6 Duncan, Darren	Lions	13.32m
7 Shen, Carl	Mustangs	13.21m
8 Mei, Jason	TOR	12.81m
9 McNeil-Sweeney, Mike	Mustangs	12.66m
-- Hoenig, Kevin	Gryphons	FOUL

Men Shot Put

Meet: \* 16.73m 1988 Paul Cochrane, Ferris State  
 University  
 CIS Standard: ! 15.42m

Name	Year School	Finals
1 Bloxam, Cole	Lancers	14.28m
2 Adjetey-Nelson, Jamie	Lancers	13.98m
3 MacDonald, Dan	Mustangs	13.96m
4 Hendry, Tim	Gryphons	J13.96m
5 Georgewill, Suyi	Lions	13.34m
6 Labelle, Andre	TOR	13.04m
7 Allen, Elijah	Lions	11.95m
8 Rodenheiser, Alex	Mustangs	11.75m
9 Bates, Aaron	Waterloo	11.41m
10 Watkins, Derek	Lancers	11.07m
11 Shearer, Stephen	Lancers	10.89m

12 Dandie, Anthony	Lancers	9.01m
13 Le Ngoc, Chau	Waterloo	8.49m

Men Weight Throw

=====

Meet: \* 17.20m 2007 Owen Willems, Gryphons

CIS Standard: ! 16.08m

Name	Year School	Finals
1 Hendry, Tim	Gryphons	14.66m
2 Georgewill, Suyi	Lions	14.61m
3 Archer, Josh	Mustangs	13.91m
4 MacDonald, Dan	Mustangs	13.57m
5 Bloxam, Cole	Lancers	11.76m
6 Shearer, Stephen	Lancers	10.66m