

Power Speed Series #3
Tuesday, June 9, 2009
TD Waterhouse Stadium, London, ON

Open Men's High Jump

1	Derek Watkins	WL	2.10
2	Mark Scherle	LW	1.60
2	Osi Nriagu	WL	1.60

Open Men's Long Jump

1	Osi Nriagu	WL	7.18 (1.2)	F	F	F	F	F
2	Derek Watkins	WL	P	4.60 (1.0)	P	5.07 (1.6)	P	P
3	Mark Scherle	LW	3.87 (0.0)	P	F	P	F	P

Junior Women's Hammer

1	Ami Schimanski	LW	90	F	F	41.46	39.47	F	F
2	Jessie Pilling	LW	91	F	36.11	38.68	34.07	F	F
3	Cynthia Appiah	YU	90	37.41	F	36.21	F	F	35.36

Senior Women's Hammer

1	Jenine McCutcheon	LW	89	F	37.49	38.63	F	F	40.41
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Youth Boy's Hammer 5k

1	Kevin Bowman	Saug	93	50.44	55.78	F	52.83	F	F
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Senior Men's Hammer 7.26

1	Nathan Lennie	UWAC	79	54.65	54.26	56.23	F	55.82	F
2	Dustin McCrank	SR	85	55.01	F	52.91	F	54.11	53.75
3	Josh Archer	LW	88	F	F	45.11	F	44.34	48.82
4	Dan Novia	YU	89	46.73	F	F	P	P	P
5	Tim Worden	UNA	87	F	29.41	F	F	F	F

Youth Girl's Shot 4k

1	Jill Van Damme	LC	93	9.96	9.93	9.67	8.79	9.32	10.37
2	Angela Zehr	LC	93	9.26	F	9.68	9.76	9.56	F

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Junior Women's Shot 4k

1 Cynthia Appiah	YU	90	12.49	F	11.51	13.08	11.45	11.63
2 Samira Somer	LW	91	8.77		8.86	8.42	8.49 F	8.59

Senior Women's Shot 4k

1 Stephanie Jackson	LW	85	13.01		13.46	13.36	12.91	13.99	13.86
2 Jen Cotton	LW	87	9.32		8.86	9.68	9.84	9.34	9.53

Junior Men's Shot 6k

1 Brad Forbes	LC	90	12.59		11.67	13.05	12.77 F	13.34
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Senior Men's Shot 7.26

1 Pat Szpak	UNA	86	F	16.18	F	F	15.96	16.25
2 Mike Millar	WL	86	F	F	F	15.20	15.76	15.73
3 Owen Willems	SR	84	F	F	F	15.10	15.50	15.09
4 Umar Khan	PHX	89	F	F	14.60	14.98	F	F
5 Daniel Novia	YU	89	F	14.40	14.94	F	14.80	F