

"2012" SEASON'S OPENER T&F MEET - 37th Annual**Saturday 3-Dec-2011**

12/03/2011 - 12/03/2011

UWO Thompson Arena, London ON**Event # 1 WOMENS 60m Dash**

11:30am/Semi 12:35pm/Final 1:10pm

top 2 per heat/top 4 per semi adv

CIS Standard: 7.61

#ARENA RECORD:M.Griffith Rverson U. 7.43 4-Dec2010

%MEET RECORD:M.Griffiths Rverson U. 7.43 4-Dec2010

RESULTS OF FINALS

1 Miana Griffiths	UNATTACHED	7.46
2 Alicia Smith	E5 Univ. of Western Ont	8.02
3 Tia Semplonius	E2 Univ. of Western Ont	8.10
4 Vanessa Brathwaite	E3 Univ. of Western Ont	8.10
5 Gillian Domenico	E1 Western Espoirs	8.40
6 Victoria Haffner	R Univ of Waterloo	8.41
7 Hien Ngo	E1 Western Espoirs	8.48

RESULTS OF SEMIS

1 Miana Griffiths	UNATTACHED	7.47
2 Alicia Smith	E5 Univ. of Western Ont	7.99
3 Tia Semplonius	E2 Univ. of Western Ont	8.04
3 Vanessa Brathwaite	E3 Univ. of Western Ont	8.04
5 Caroline Ehrhardt	E2 Univ. of Western Ont	8.21
6 Victoria Haffner	R Univ of Waterloo	8.43
6 Hien Ngo	E1 Western Espoirs	8.43
6 Gillian Domenico	E1 Western Espoirs	8.43
9 Kelly Bedek	E1 Univ. of Western Ont	8.53
10 Jenine McCutcheon	E4 Univ. of Western Ont	8.63
11 Charmaine Bosma	E2 Western Espoirs	8.83

RESULTS OF PRELIMS

1 Miana Griffiths	UNATTACHED	7.47
2 Alicia Smith	E5 Univ. of Western Ont	8.05
3 Tia Semplonius	E2 Univ. of Western Ont	8.07
3 Vanessa Brathwaite	E3 Univ. of Western Ont	8.07
5 Caitlyn MacMillan	E2 Univ. of Western Ont	8.21
6 Caroline Ehrhardt	E2 Univ. of Western Ont	8.29
7 Victoria Haffner	R Univ of Waterloo	8.36
8 Hien Ngo	E1 Western Espoirs	8.37
9 Gillian Domenico	E1 Western Espoirs	8.42
10 Cara Marcantonio	E5 Univ. of Western Ont	8.46
11 Jenine McCutcheon	E4 Univ. of Western Ont	8.51
12 Kelly Bedek	E1 Univ. of Western Ont	8.73
13 Emily Goad	E1 Univ. of Western Ont	8.78
14 Charmaine Bosma	E2 Western Espoirs	8.84
15 Katie Kaiser	E4 Univ. of Western Ont	8.85
16 Julie Sleeth	E2 Univ. of Western Ont	8.89

Event # 2 MENS 60m Dash

11:50am/Semi 12:40p/ Final 1:15pm

top 2 per heat/top 4 per semi adv

CIS Standard: 6.79

#ARENA RECORD:D.Williams York U. 6.76 2-Jan1982

%MEET RECORD:D.Stallworth Ann Arbor TC 6.76 4-Dec1999

RESULTS OF FINALS

1 Miguel Wason	E2 Univ. of Western Ont	6.88
2 Shlomo Dunyo	E3 Univ of Waterloo	6.91
3 Mohamed Yassin	R Univ of Waterloo	7.14
4 Thomas Bednarik	E1 Univ. of Western Ont	7.14
5 Brian Ma	E4 Univ of Waterloo	7.36
6 Kofi Kwarko-Fosu	E3 Univ of Waterloo	7.51

RESULTS OF SEMIS

1 Shlomo Dunyo	E3 Univ of Waterloo	6.92
2 Miguel Wason	E2 Univ. of Western Ont	7.08
3 Elias Granillo	E4 Univ. of Western Ont	7.11
4 Kofi Kwarko-Fosu	E3 Univ of Waterloo	7.14
5 Thomas Bednarik	E1 Univ. of Western Ont	7.17
6 Mohamed Yassin	R Univ of Waterloo	7.22
7 Brian Ma	E4 Univ of Waterloo	7.39
7 Mark Scherle	XX London Western TC	7.39
9 Maurathan Mahadevan	E1 Univ of Waterloo	7.45
10 Dane Nickel	E2 Western Espoirs	7.55
11 Alfred Chen	R Univ of Waterloo	7.60
12 Jon-Paul Browne	R Univ of Waterloo	7.75

RESULTS OF PRELIMS

1 Shlomo Dunyo	E3 Univ of Waterloo	6.98
2 Elias Granillo	E4 Univ. of Western Ont	7.06
3 Miguel Wason	E2 Univ. of Western Ont	7.15
4 Mohamed Yassin	R Univ of Waterloo	7.17
5 Thomas Bednarik	E1 Univ. of Western Ont	7.21
6 Kofi Kwarko-Fosu	E3 Univ of Waterloo	7.23
7 Isoken Ogieva	E1 Univ. of Western Ont	7.33
8 Brian Ma	E4 Univ of Waterloo	7.40
9 Mark Scherle	XX London Western TC	7.44
10 Maurathan Mahadevan	E1 Univ of Waterloo	7.48
11 Dane Nickel	E2 Western Espoirs	7.57
12 Felix Li	E5 Univ. of Western Ont	7.58
12 Jon-Paul Browne	R Univ of Waterloo	7.58
14 Alfred Chen	R Univ of Waterloo	7.63
15 Matt Morden	E3 Univ. of Western Ont	7.65
16 Jose Belfast-Kum	E3 Univ. of Western Ont	7.70
17 Eli VanDuzer	E1 Western Espoirs	7.84
18 Chris Wagner	XX UNATTACHED	7.86
19 Dean Drasnin	R Univ of Waterloo	7.92

Event # 3 WOMENS 200m Dash

Timetable: 2:00pm

Timed Final / Fastest Seeds First

CIS Standard 24.27

#ARENA RECORD:C.McCaig U.W.O. 25.88 24-Nov2011

%MEET RECORD:M.Griffiths Unattached 25.91 5-Dec2009

1 Rebecca Gray	E1 Univ. of Western Ont	27.25
2 Quenee' Dale	10 Michigan Accelerator	27.54
3 Chantel Pilon	E3 Univ of Waterloo	27.75
4 Katrina VanDervoort	E3 Univ of Waterloo	27.76
5 Gillian Domenico	E1 Western Espoirs	28.33
5 Laticia Sims	12 Michigan Accelerator	28.33
7 Katie Kalchman	E1 Western Espoirs	28.96
8 Charmaine Bosma	E2 Western Espoirs	29.68
Miana Griffiths	UNATTACHED	DNF

Event # 4 MENS 200m Dash

Timetable: 2:20pm

Timed Final / Fastest Seeds First

CIS Standard 21.92

#ARENA RECORD:D.Goddard U.W.O. 22.69 25-Nov2010

%MEET RECORD:B.Dills Guelph TC 22.77 2-Dec2006

1 Rajiv Naidoo	E1 Univ. of Western Ont	23.20
2 Shlomo Dunyo	E3 Univ of Waterloo	23.27

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3 Mohamed Yassin	R	Univ of Waterloo	23.80
4 Kofi Kwarko-Fosu	E3	Univ of Waterloo	24.22
5 Dane Nickel	E2	Western Espoirs	24.59
6 Jon-Paul Browne	R	Univ of Waterloo	25.51
7 Winston To	SR	St. Thomas Legion T&	26.20

Event # 5 WOMENS 300m Dash

Timetable: 3:00pm

3-Turn Stagger Start / Timed Final

CIS Standard: 39.75

#ARENA RECORD:L.Hatz Washington DC 39.14 3-Feb1979

%MEET RECORD:J.Ford Detroit Motor City 39.84 3-Dec1994

1 Cassandra McCaig	E4	Univ. of Western Ont	40.73
2 Brenna Thomson	E3	Univ. of Western Ont	40.76
3 Rachel Muma	R	Univ. of Western Ont	41.60
4 Sarah Clancy	E2	Univ. of Western Ont	42.84
5 Makeisha Bobb	11	St. Thomas Legion T&	42.98
6 Jen Barbon	E1	Univ. of Western Ont	43.05
7 Sarah Callahan	E2	Univ. of Western Ont	43.07
8 Amy Grzywnowicz	E1	Univ. of Western Ont	43.50
9 Tonya Malcolm	E2	Univ. of Western Ont	43.81
10 Victoria Haffner	R	Univ of Waterloo	43.83
11 Genny Cyrenne	E1	Univ. of Western Ont	44.20
12 Samantha Mathialagan	E1	Univ. of Western Ont	44.54
13 Gillian Domenico	E1	Western Espoirs	45.07
14 Jessica Fullerton	E1	Western Espoirs	45.11
15 Katrina VanDervoort	E3	Univ of Waterloo	45.86
16 Rachael Wolfs	11	St. Thomas Legion T&	46.10
17 Katie Kalchman	E1	Western Espoirs	46.68
Alysha Matthews	JR	St. Thomas Legion T&	DQ

Event # 6 MENS 300m Dash

Timetable: 3:20pm

3-Turn Stagger Start / Timed Final

CIS Standard: 34.51

#ARENA RECORD:J.Grace U. of Michigan 34.24 4-Feb1978

%MEET RECORD:M.Detailluer Central State 34.84 1-Dec1990

1 Brent Bates	E2	Univ. of Western Ont	36.79
2 Philip Zablocki	R	Univ of Waterloo	37.44
3 Daniel Liu	SR	St. Thomas Legion T&	39.25
4 Tommy Gingras	R	Univ of Waterloo	39.27
5 Andrew Leest	R	Univ of Waterloo	39.67
6 Dean Drasnin	R	Univ of Waterloo	39.70
7 Alfred Chen	R	Univ of Waterloo	40.02
8 Marquis Thomason	12	Michigan Accelerator	40.40
9 Joshua Gandy	11	Michigan Accelerator	40.57
10 Robert Chiu	R	Univ of Waterloo	41.94

Event # 7 WOMENS 600m Run

Timetable: 1:40pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:32.81

#ARENA RECORD:M.Killingbeck York U. 1:30.54 8-Jan1983

%MEET RECORD:D.Walton Detroit Motor City 1:33.14 2-Dec1978

1 Jen Cotten	XX	London Western TC	1:34.50
2 Erin Ratelle	E3	Western Espoirs	1:45.59
3 Andrea Pszczola	E2	Western Espoirs	1:51.04

Event # 8 MENS 600m Run

Timetable: 1:50pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:19.82

#ARENA RECORD:G.Bartram Ashland OH 1:19.14 3=Dec1988

%MEET RECORD:G.Bartram Ashland OH 1:19.14 3-Dec1988

1 Drew Mackay-Timmermar	E5	Univ. of Western Ont	1:24.24
2 Adam Neale	E2	Univ of Waterloo	1:25.50
3 Matt Bidaldi	E1	Univ. of Western Ont	1:26.10
4 Damian Warner	1	UNATTACHED	1:26.70
4 Joshua Miles	12	Michigan Accelerator	1:26.70
6 Oliver Grant	E3	Univ of Waterloo	1:26.87
7 Trevor Salmon	E2	Univ of Waterloo	1:26.88
8 Darragh O'Connor	E3	Western Espoirs	1:27.38
9 Phillip Hayes	11	Michigan Accelerator	1:27.79
10 Nathan Hayward	E5	Western Espoirs	1:29.25
11 Gareth Everard	E1	Western Espoirs	1:30.60
12 Robert Chiu	R	Univ of Waterloo	1:38.03

Event # 9 WOMENS 1000m Run

Timetable: 3:40pm

2-Turn Stagger Start / Timed Final

CIS Standard: 2:50.04

#ARENA RECORD:K.Vermuelen U.W.O. 2:46.11 15=Feb2002

%MEET RECORD:N.Masil York U. 2:49.84 1-Dec1990

1 Kathleen Gallagher	E2	Univ of Waterloo	3:31.24
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Event # 10 MENS 1000m Run

Timetable: 3:50pm

2-Turn Stagger Start / Timed Final

CIS Standard: 2:26.06

#ARENA RECORD:H.Mitro U. Waterloo 2:26.40 18=Jan1987

%MEET RECORD:H.Mitro Toronto Olympic 2:28.54 2-Dec1995

1 Pat Hartman	E1	Univ. of Western Ont	2:34.06
2 Hunter Andrin	E1	Western Espoirs	2:40.21

Event # 12 MENS 1500m Run

Timetable: 2:50pm

Fastest Seeds First

CIS Standard: 3:50.68

#ARENA RECORD:D.Consiglio U. Arkansas 3:48.20 5-Jan1986

%MEET RECORD:D.Reid York U. 3:49.30 3-Dec1982

1 Steve Dejager	JR	Saugeen TC	4:42.13
2 Adam Tait	JR	Saugeen TC	4:42.34
3 Ken Gosleigh	SR	Saugeen TC	4:48.64
4 Gavin Snell	SR	Saugeen TC	4:57.91

Event # 14 MENS 3000m Run

Timetable: 4:40pm

CIS Standard: 8:16.95

#ARENA RECORD:H.Mitro Sarnia TC 8:11.80 1-Dec1990

%MEET RECORD:H.Mitro Sarnia TC 8:11.80 1-Dec1990

1 Patrick MacKinnon	E4	Univ of Waterloo	9:05.04
2 Simon Hodge	E3	Western Espoirs	9:07.60

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3 Miguel Wason	E2 Univ. of Western Ont	13:03.83
Ryan Armstrong	E4 Univ. of Western Ont	DNF

Event # 17 WOMENS 4x200m Relay

Timetable: 4:20pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:42.51

#ARENA RECORD: Windsor Lancers 1:41.34 16-Jan1993

%MEET RECORD: Western Mustangs 1:42.74 1-Dec1991

1 Univ. of Western Ont A	Univ. of Western Ont	1:43.85
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Brenna Thomson E3	Cassandra McCaig E4
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Sarah Clancy E2	Rachel Muma R
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25.6, 25.6, 26.3, 26.1

2 Univ. of Western Ont B	Univ. of Western Ont	1:47.67
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V Brathwaite E3	Tia Sempionius E2
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Tonya Malcolm E2	Sarah Callahan E2
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26.7, 27.0, 26.2, 27.5

3 Univ. of Waterloo A	Univ. of Waterloo	1:57.38
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Victoria Haffner R	Chantel Pilon E3
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K VanDervoort E3	Taylor Columbus E1
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28.2, 27.7, 28.8, 32.3

Event # 18 MENS 4x200m Relay

Timetable: 4:30pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:28.99

#ARENA RECORD: Windsor Lancers 1:28.84 18-Jan1992

%MEET RECORD: K-W TC 1:30.34 2-Dec1995

1 Univ. of Western Ont A	Univ. of Western Ont	1:31.64
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Dan Goddard	Filipe Grangia
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Brayden Bullen	John Clarke
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22.3, 22.2, 23.4, 23.6

2 Univ. of Waterloo A	Univ. of Waterloo	1:33.63
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Shlomo Dunyo E3	Oliver Grant E3
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Mohamed Yassin R	Adam Neale E2
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3 Univ. of Waterloo B	Univ. of Waterloo	1:39.22
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Kofi Kwarko-Fosu E3	Andrew Leest R
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Dean Drasnin R	Philip Zablocki R
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4 Univ. of Waterloo C	Univ. of Waterloo	1:45.27
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Brian Ma E4	Alfred Chen R
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Jon-Paul Browne R	Tommy Gingras R
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Event # 19 WOMENS 4x400m Relay

Timetable: 4:55pm

2-Turn Stagger Start / Timed Final

CIS Standard: 3:53.41

#ARENA RECORD: Western Mustangs 3:53.39 23-Jan2010

%MEET RECORD: York Yeowomen 3:55.04 2-Dec1989

1 Western Espoirs B	Western Espoirs	4:12.04
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Genny Cyrenne	Erin Ratelle E3
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J Fullerton E1	Jen Barbon
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64.4, 64.0, 62.0, 61.4

2 Western Espoirs A	Western Espoirs	4:15.63
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Gillian Domenico E1	Rebecca Gray
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Amy Grzynuowicz	Katie Kalchman E1
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66.0, 62.7, 61.2, 65.6

Event # 15 WOMENS 60m Hurdles

Prelims 12:10pm / Final 12:55pm

top 2 per heat auto advance

CIS Standard: 8.76

#ARENA RECORD: K.Anderson Phoenix TC 8.20 30-Nov1997

%MEET RECORD: K.Anderson Phoenix TC 8.20 30-Nov1997

RESULTS OF FINALS

1 Shaylyn Kowalchuk	E2 Univ. of Western Ont	9.11
2 Quenee' Dale	10 Michigan Accelerator	9.15
3 Laticia Sims	12 Michigan Accelerator	9.29
4 Julia Hayman	E3 Univ. of Western Ont	9.56
5 Jen Pitman	E2 Univ. of Western Ont	9.66
6 Caitlyn MacMillan	E2 Univ. of Western Ont	9.70
7 Heather Hicks	E1 Western Espoirs	10.92
8 Hien Ngo	E1 Western Espoirs	11.28

RESULTS OF PRELIMS

1 Laticia Sims	12 Michigan Accelerator	9.11
2 Shaylyn Kowalchuk	E2 Univ. of Western Ont	9.15
3 Quenee' Dale	10 Michigan Accelerator	9.17
4 Caitlyn MacMillan	E2 Univ. of Western Ont	9.41
5 Julia Hayman	E3 Univ. of Western Ont	9.44
6 Jen Pitman	E2 Univ. of Western Ont	9.65
7 Heather Hicks	E1 Western Espoirs	10.99
8 Hien Ngo	E1 Western Espoirs	11.31
9 Chantel Pilon	E3 Univ. of Waterloo	11.56
10 Taylor Columbus	E1 Univ. of Waterloo	13.69

Event # 16 MENS 60m High Hurdles

Prelims 12:20pm / Final 12:50pm

top 2 per heat auto advance

CIS Standard: 8.32

#ARENA RECORD: M.McKoy York U. 7.85 6-Jan1985

%MEET RECORD: A.VanDendool St.Thomas Legion 8.21 5-Dec2009

RESULTS OF FINALS

1 Matt Morden	E3 Univ. of Western Ont	8.63
2 Isoken Ogieva	E1 Univ. of Western Ont	8.63
3 Brent Bates	E2 Univ. of Western Ont	8.93
4 Chris Robertson	E2 Univ. of Western Ont	9.01
5 Felix Li	E5 Univ. of Western Ont	9.16
6 Chris Bergin	E2 Univ. of Western Ont	10.24

RESULTS OF PRELIMS

1 Isoken Ogieva	E1 Univ. of Western Ont	8.61
2 Matt Morden	E3 Univ. of Western Ont	8.67
3 Brent Bates	E2 Univ. of Western Ont	8.80
4 Felix Li	E5 Univ. of Western Ont	9.10
5 Chris Robertson	E2 Univ. of Western Ont	9.46
6 Justin Conlon	E3 Univ. of Waterloo	9.88
7 Chris Bergin	E2 Univ. of Western Ont	10.41

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Event # 20 MENS 4x400m Relay

Timetable: 5:05pm

2-Turn Stagger Start / Timed Final

CIS Standard: 3:20.33

#ARENA RECORD: Western Mustangs 3:19.14 18-Jan1985

%MEET RECORD: Wayne State Tartars 3:19.34 5-Dec1980

1 Univ. of Western Ont A	Univ. of Western Ont	3:32.27
Brent Bates E2	D Mackay-Timmerma E5	
Chris Cauley E1	Miguel Wason E2	
51.1, 52.1, 51.2, 57.7		
2 Univ of Waterloo B	Univ of Waterloo	3:38.14
Oliver Grant E3	Kofi Kwarko-Fosu E3	
Dean Drasin R	Mohamed Yassin R	
3 Michigan Accelerator A	Michigan Accelerator	3:40.78
Joshua Miles 12	Phillip Hayes 11	
Joshua Gandy 11	Marquis Thomason 12	
53.0, 53.0, 58.0, 56.5		
4 Univ of Waterloo A	Univ of Waterloo	3:42.29
Shlomo Dunyo E3	Philip Zablocki R	
Andrew Leest R	Justin Conlon E3	
5 Univ of Waterloo C	Univ of Waterloo	3:42.96
Adam Neale E2	Trevor Salmon E2	
Tommy Gingras R	Robert Chiu R	

Event # 21 WOMENS High Jump

Timetable: 12:00pm

CIS Standard: 1.71m

#ARENA RECORD: J.White Etobicoke TC 1.83 4-Feb1978

%MEET RECORD: C.Bond-Mills Woodstock TC 1.81 4-Dec1993

1 Ruthie Aiden	E1 Univ. of Western Ont	1.55m
Field Series: 1.30 P 1.35 P 1.40 P 1.45 P 1.50 P		
Field Series: 1.55 O 1.60 XXX		
2 Heather Hicks	E1 Western Espoirs	1.35m
Field Series: 1.30 O 1.35 O 1.40 XXX 1.45 1.50		
Field Series: 1.55 1.60		

Event # 22 MENS High Jump

Timetable: 1:15pm

CIS Standard: 2.01m

#ARENA RECORD: G.Paul Carabello UDM 2.15 F'83/ N'96

%MEET RECORD: P.Carballo U. Detroit Mercv 2.15 30Nov1996

1 Andrew Good	E3 Univ of Waterloo	1.95m
Field Series: 1.30 P 1.35 P 1.40 P 1.45 P 1.50 P		
Field Series: 1.55 P 1.60 P 1.65 P 1.70 P 1.75 P		
Field Series: 1.80 O 1.85 O 1.90 O 1.95 XXX		
2 Chris Robertson	E2 Univ. of Western Ont	1.85m
Field Series: 1.30 P 1.35 P 1.40 P 1.45 P 1.50 P		
Field Series: 1.55 P 1.60 P 1.65 P 1.70 O 1.75 O		
Field Series: 1.80 O 1.85 O 1.90 XXX 1.95		
2 Chris Cauley	E1 Univ. of Western Ont	1.85m
Field Series: 1.30 P 1.35 P 1.40 P 1.45 P 1.50 P		
Field Series: 1.55 P 1.60 P 1.65 P 1.70 P 1.75 O		
Field Series: 1.80 O 1.85 O 1.90 XXX 1.95		

4 Payam Saboni	E1 Univ. of Western Ont	1.85m
Field Series: 1.30 P 1.35 P 1.40 P 1.45 P 1.50 P		
Field Series: 1.55 P 1.60 P 1.65 P 1.70 P 1.75 O		
Field Series: 1.80 XO 1.85 XO 1.90 XXX 1.95		
5 Justin Conlon	E3 Univ of Waterloo	1.80m
Field Series: 1.30 P 1.35 P 1.40 P 1.45 P 1.50 P		
Field Series: 1.55 P 1.60 P 1.65 P 1.70 O 1.75 O		
Field Series: 1.80 XO 1.85 XXX 1.90 1.95		
6 Andrew Leest	R Univ of Waterloo	1.75m
Field Series: 1.30 P 1.35 P 1.40 P 1.45 P 1.50 P		
Field Series: 1.55 P 1.60 O 1.65 O 1.70 XO		
Field Series: 1.75 O 1.80 XXX 1.85 1.90 1.95		
7 Sasha Ameri	R Univ of Waterloo	1.60m
Field Series: 1.30 O 1.35 O 1.40 O 1.45 O 1.50 O		
Field Series: 1.55 XXO 1.60 O 1.65 XXX 1.70		
Field Series: 1.75 1.80 1.85 1.90 1.95		

Event # 23 WOMENS Pole Vault

Timetable: 3:30pm

CIS Standard: 3.75m

#ARENA RECORD: D.Ellis U. of Waterloo 3.95 2-Dec2000

%MEET RECORD: D.Ellis U. of Waterloo 3.95 2-Dec2000

1 Robin Bone	12 London Western TC	3.60m
Field Series: 2.70 P 2.90 P 3.10 P 3.25 P 3.40 P		
Field Series: 3.50 P 3.60 O 3.80 XXX		
2 Sharon Michalak	E2 Univ. of Western Ont	3.40m
Field Series: 2.70 P 2.90 P 3.10 P 3.25 XO		
Field Series: 3.40 O 3.50 XXX 3.60 3.80		
3 Jessica McClure	E1 Western Espoirs	2.90m
Field Series: 2.70 XXO 2.90 XO 3.10 XXX 3.25		
Field Series: 3.40 3.50 3.60 3.80		
Vanessa Brathwaite	E3 Univ. of Western Ont	NM
Field Series: 2.70 XXX 2.90 3.10 3.25 3.40		
Field Series: 3.50 3.60 3.80		
Gesthika Kaltsidis	E1 Univ. of Western Ont	NM
Field Series: 2.70 XXX 2.90 3.10 3.25 3.40		
Field Series: 3.50 3.60 3.80		
Carmen Siu	E4 Univ. of Western Ont	NM
Field Series: 2.70 P 2.90 P 3.10 P 3.25 XXX		
Field Series: 3.40 3.50 3.60 3.80		
Alysha Newman	London Legion TFC	DNS

Event # 24 MENS Pole Vault

Timetable: 2:00pm

CIS Standard: 4.71m

#ARENA RECORD: D.Wood York U. 5.35 4-Dec1993

%MEET RECORD: D.Wood York U. 5.35 4-Dec1993

1 Matt Diston	E2 Western Espoirs	4.00m
Field Series: 3.40 P 3.55 P 3.70 P 3.85 P		
Field Series: 4.00 XO 4.15 XXX		
2 Eli VanDuzer	E1 Western Espoirs	3.70m
Field Series: 3.40 P 3.55 P 3.70 XXO 3.85 XXX		
Field Series: 4.00 4.15		
3 Paul White	Ontario Masters Athl	3.55m
Field Series: 3.40 XO 3.55 XXO 3.70 XXX 3.85		
Field Series: 4.00 4.15		

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Morley Willoughby E1 Western Espoirs NM
 Field Series: 3.40 P 3.55 P 3.70 P 3.85 XXX
 Field Series: 4.00 4.15

Event # 25 WOMENS Long Jump

Timetable: 1:00pm
 CIS Standard: 5.70m
 #ARENA RECORD:J.Cotten U.W.O. 6.09 21-Jan2010
 %MEET RECORD:R.Pugh London-Western 5.85 5-Dec1980

1 Caroline Ehrhardt	E2 Univ. of Western Ont	5.50m
Field Series: 5.50, 5.49, 5.49, 5.34, 5.50, 5.50		
2 Alicia Smith	E5 Univ. of Western Ont	5.50m
Field Series: FOUL, FOUL, 5.36, 5.50, 5.42, 5.50		
3 Shaylyn Kowalchuk	E2 Univ. of Western Ont	5.03m
Field Series: 3.99, 4.90, 4.83, 4.72, 5.03, 5.02		
4 Jen Pitman	E2 Univ. of Western Ont	4.95m
Field Series: FOUL, 4.68, FOUL, 4.90, 4.95, 4.72		
5 Samantha Yang	R Univ of Waterloo	4.79m
Field Series: 4.55, 4.79, 4.68, 4.69, 4.53, 4.42		
6 Chantel Pilon	E3 Univ of Waterloo	4.56m
Field Series: 4.56, 4.31, 4.39, 3.84, 4.41, 4.44		
7 Julia Hayman	E3 Univ. of Western Ont	4.53m
Field Series: FOUL, 4.37, 4.53, 4.32, 4.41, 4.47		
8 Taylor Columbus	E1 Univ of Waterloo	3.63m
Field Series: FOUL, 3.63, FOUL, FOUL, FOUL, FOUL		
Hien Ngo	E1 Western Espoirs	ND

Event # 26 MENS Long Jump

Timetable: 11:30am
 CIS Standard: 7.07m
 #ARENA RECORD:T.Betty U.W.O. 7.45 14-Jan1995
 %MEET RECORD:C.Latham Take Flight TC 7.31 5-Dec2009

1 Taylor Stewart	XX London Western TC	7.16m
Field Series: 6.99, 7.16, 6.34, 7.00, 6.97, FOUL		
2 Thomas Bednarik	E1 Univ. of Western Ont	6.96m
Field Series: 6.34, 6.58, NM, 6.77, 6.74, 6.96		
3 Jose Belfast-Kum	E3 Univ. of Western Ont	6.55m
Field Series: 6.55, 6.53, NM, 6.33, 6.55, 6.45		
4 Chris Bergin	E2 Univ. of Western Ont	6.12m
Field Series: 6.07, 6.12, 5.82, 5.93, NM, NM		
5 Justin Conlon	E3 Univ of Waterloo	6.06m
Field Series: 5.98, 6.02, 5.95, 6.06, NM, NM		
6 Andrew Leest	R Univ of Waterloo	5.87m
Field Series: 5.69, 5.62, 5.52, 5.80, 5.87, 5.76		
7 Maurathan Mahadevan	E1 Univ of Waterloo	5.80m
Field Series: 5.80, FOUL, 5.73, 5.78, 5.79, 5.12		
8 Sasha Ameri	R Univ of Waterloo	5.55m
Field Series: FOUL, FOUL, 5.55, 5.30, 5.51, 5.00		
9 Mohamed Yassin	R Univ of Waterloo	5.51m
Field Series: 5.51, 4.82, FOUL, NM, NM, NM		
10 Henry Bromfield	R Univ of Waterloo	5.43m
Field Series: 5.43, 5.21, 5.37, NM, NM, NM		
11 Brian Ma	E4 Univ of Waterloo	4.86m
Field Series: 4.86, 4.79, FOUL, NM, NM, NM		

Event # 27 WOMENS Triple Jump

Timetable: 4:00pm
 CIS Standard: 12.24m
 #ARENA RECORD:K.Dinsmore U. of Windsor 12.58 14-Jan1994
 %MEET RECORD:N.Zachariah U. of Guelph 12.11 2-Dec2006

1 Emily Goad	E1 Univ. of Western Ont	11.12m
Field Series: FOUL, 11.12, FOUL, FOUL, 11.04, FOUL		
2 Kelly Bedek	E1 Univ. of Western Ont	11.05m
Field Series: 10.38, 11.00, 10.55, 10.38, 10.75, 11.05		
3 Katie Kaiser	E4 Univ. of Western Ont	10.99m
Field Series: 10.99, FOUL, NM, FOUL, FOUL, 10.75		
4 Ruthie Aiden	E1 Univ. of Western Ont	10.38m
Field Series: 9.94, 10.38, 10.25, 9.85, 10.16, 9.90		

Event # 28 MENS Triple Jump

Timetable: 2:30pm
 CIS Standard: 14.22m
 #ARENA RECORD:D.Trowell Tennessee Tech . 15.42 4-Dec1976
 %MEET RECORD:D.Trowell Tennessee Tech 15.42 4-Dec1976

1 Henry Bromfield	R Univ of Waterloo	11.75m
Field Series: FOUL, 11.53, FOUL, FOUL, FOUL, 11.75		

Event # 29 WOMENS 4kg Shot Put

Timetable: 3:00pm
 4-kg / 8.8-lb weight
 CIS Standard: 13.27m
 #ARENA RECORD:L.Tunks Unattached 18.60 1-Mar2003
 %MEET RECORD:A.Kieser Saginaw Valley State 14.40 3-Dec1994

1 Lydia Foley	E3 Univ. of Western Ont	11.84m
Field Series: 11.84, 11.01, 11.32, FOUL, 11.31, 11.37		
2 Julie Sleeth	E2 Univ. of Western Ont	11.37m
Field Series: 9.87, FOUL, FOUL, 10.90, FOUL, 11.37		
3 Sarah Dougherty	R Guelph Gryphons	10.50m
Field Series: 10.50, FOUL, FOUL, 10.43, FOUL, FOUL		
4 Jen Cotten	XX London Western TC	10.50m
Field Series: 10.12, 10.11, 10.50, 10.35, 9.93, 10.36		
5 Chantel Pilon	Waterloo Athletic Cl	10.42m
Field Series: 10.31, 9.56, 10.18, 9.99, 10.13, 10.42		
6 Marian Agyei-Gyamera	E2 Univ of Waterloo	10.14m
Field Series: 10.14, 9.08, 9.97, FOUL, FOUL, FOUL		
7 Carissa Luker	R Guelph Gryphons	9.45m
Field Series: 8.81, 9.45, 9.04, 8.77, 9.20, 9.12		
8 Brittany Kassil	R Guelph Gryphons	9.19m
Field Series: 9.19, 8.34, 8.01, 7.91, 8.82, 8.66		
9 Shaylyn Kowalchuk	E2 Univ. of Western Ont	9.10m
Field Series: 9.01, 8.26, 9.10, NM, NM, NM		
10 Kat Karidas	E3 Western Espoirs	8.96m
Field Series: FOUL, FOUL, 8.96, NM, NM, NM		
11 Sarah Krapez	E2 Univ of Waterloo	8.66m
Field Series: FOUL, 8.52, 8.66, NM, NM, NM		
12 Julia Hayman	E3 Univ. of Western Ont	7.91m
Field Series: 7.91, FOUL, 7.86, NM, NM, NM		
13 Taylor Columbus	E1 Univ of Waterloo	7.14m
Field Series: 6.92, 7.14, 6.42, NM, NM, NM		
14 Jen Pitman	E2 Univ. of Western Ont	6.97m
Field Series: 7.04, FOUL, 6.97, NM, NM, NM		

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15 Heather Hicks	E1	Western Espoirs	6.83m	13 Brittany Kassil	R	Guelph Gryphons	9.66m
Field Series: 6.71, 6.78, 6.83, NM, NM, NM				Field Series: FOUL, 9.66, FOUL, FOUL, FOUL, FOUL			

Event # 30 MENS 16-lb Shot Put

Timetable: 1:30pm

7.26-kg / 16-lb weight

CIS Standard: 16.14m

#ARENA RECORD:L.Chambul Scarboro Opt TC 17.78 2-Feb1980

%MEET RECORD:V.Visciano Buffalo State 16.00 3-Dec1977

1 Tim Hendry	4	Guelph Gryphons	17.15m %
Field Series: 16.29, 16.33, FOUL, 16.95, 17.15, FOUL			
2 Andy Ysebaert	SR	Sarnia Athletics Sou	16.39m %
Field Series: 15.85, FOUL, 16.21, FOUL, 16.39, 15.21			
3 Brent Roubos	3	Guelph Gryphons	14.93m
Field Series: 14.04, FOUL, 14.89, FOUL, 14.65, 14.93			
4 Alex Kopacz	E1	Univ. of Western Ont	14.55m
Field Series: 14.34, 13.55, 14.21, 14.41, 14.55, FOUL			
5 Justin Conlon	E3	Univ of Waterloo	12.45m
Field Series: NM, 12.45, 10.29, 12.19, 12.05, 12.31			
6 Chris Bergin	E2	Univ. of Western Ont	11.23m
Field Series: 10.97, 11.14, 11.23, 10.92, 10.99, 11.19			
7 Chris Robertson	E2	Univ. of Western Ont	10.70m
Field Series: NM, NM, NM, 10.70, FOUL, 9.42			
8 Andrew McDermott	R	Guelph Gryphons	10.05m
Field Series: 10.05, FOUL, FOUL, NM, NM, NM			
9 Sasha Ameri	R	Univ of Waterloo	9.17m
Field Series: 8.58, 8.52, 8.50, 8.71, 9.17, 8.93			

Event # 31 WOMENS 20-lb Weight Throw

Timetable: 12:00pm

9.1-kg / 20-lb weight

CIS Standard: 16.47m

#ARENA RECORD:C.Appiah York U. 17.84 22-Jan2011

1 Jenine McCutcheon	E4	Univ. of Western Ont	15.00m
Field Series: FOUL, 14.47, 14.63, FOUL, 13.78, 15.00			
2 Jill Van Damme	12	Waterloo Athletic Cl	14.74m
Field Series: FOUL, 14.74, 13.69, 14.45, FOUL, 14.26			
3 Sarah Dougherty	R	Guelph Gryphons	14.42m
Field Series: FOUL, 13.69, 12.90, 13.92, 13.64, 14.42			
4 Cara Marcantonio	E5	Univ. of Western Ont	14.06m
Field Series: 13.32, FOUL, 13.48, 14.06, FOUL, 13.85			
5 Julie Sleeth	E2	Univ. of Western Ont	12.65m
Field Series: 12.65, 12.28, FOUL, FOUL, FOUL			
6 Lydia Foley	E3	Univ. of Western Ont	12.11m
Field Series: 12.11, FOUL, 11.24, FOUL, FOUL, FOUL			
7 Patti Blake	12	Waterloo Athletic Cl	11.87m
Field Series: 11.30, 11.82, FOUL, 11.87, FOUL, FOUL			
8 Alex Mara	E2	Univ. of Western Ont	11.66m
Field Series: 11.37, 11.51, 11.66, FOUL, 11.40, FOUL			
9 Alanna Holz	E1	Western Espoirs	11.01m
Field Series: 11.01, 10.77, 9.98, 10.17, FOUL, 9.96			
10 Carissa Luker	R	Guelph Gryphons	10.88m
Field Series: 10.27, 10.88, FOUL, FOUL, FOUL, FOUL			
11 Sarah Krapez	E2	Univ of Waterloo	10.64m
Field Series: 10.23, 9.92, FOUL, FOUL, 9.83, 10.64			
12 Tatiara Velickovic	JR	Saugeen TC	10.10m
Field Series: 9.07, 9.06, 10.10, FOUL, FOUL, 9.23			

14 Skylor Young	UNATTACHED	8.37m
Field Series: 7.11, FOUL, FOUL, FOUL, FOUL, 8.37		

Event # 32 MENS 35-lb Weight Throw

Timetable: 10:00am

15.9-kg / 35-lb weight

CIS Standard: 16.15m

#ARENA RECORD:O.Willems Univ. Guelph 17.78 29-Nov2008

%MEET RECORD:O.Willems U. of Guelph 16.73 24Nov2007

1 Tim Hendry	4	Guelph Gryphons	17.14m %
Field Series: 15.76, 15.78, 17.14, 16.98, FOUL, 16.54			
2 Josh Archer	E5	Univ. of Western Ont	15.16m
Field Series: 15.16, FOUL, 15.04, 14.88, FOUL, 14.51			
3 Brent Roubos	3	Guelph Gryphons	15.15m
Field Series: FOUL, FOUL, 14.57, 15.15, 14.69, FOUL			
4 Seb Pilon	E2	Univ. of Western Ont	14.37m
Field Series: 14.00, 14.37, 14.27, FOUL, FOUL, 14.20			
5 Andrew McDermott	R	Guelph Gryphons	13.89m
Field Series: FOUL, 12.42, FOUL, 13.89, FOUL, 13.65			

Event # 33 GIRLS Girls 30'60m Hurdles

12:10pm > timed heat, no final

run with Women's prelims

1 Makeisha Bobb	11	St. Thomas Legion T&	9.48
2 Rachael Wolfs	11	St. Thomas Legion T&	10.06

Event # 35 BOYS Boys 39'60m Hurdles

12:20pm > timed heat, no final

run with Men's prelims

1 Joshua Gandy	11	Michigan Accelerator	9.10
2 Marquis Thomason	12	Michigan Accelerator	9.23

Event # 36 BOYS Boys 6kg Shot Put

1:30pm > run with Men's 7.26-kg

Boys 6kg / 13.2-lb

1 Josh Dame	Windsor Legion	13.94m
Field Series: 11.17, 12.36, 13.94, FOUL, FOUL, FOUL		
2 Charles Nguyen	12 St. Thomas Legion T&	12.41m
Field Series: 12.41, FOUL, FOUL, FOUL, 10.98, 11.99		

Event # 37 BOYS Boys 20-lb Weight Throw

10:00am > with Men's 15.9-kg/35-lb

Boys 9.1-kg / 20-lb weight

1 Charles Nguyen	12	St. Thomas Legion T&	21.17m
Field Series: 20.46, FOUL, FOUL, 21.17, 21.12, 20.02			
2 James Burns	11	Waterloo Athletic Cl	14.69m
Field Series: FOUL, FOUL, 14.69, FOUL, FOUL, 14.26			
3 Jack Van Damme	10	Waterloo Athletic Cl	14.08m
Field Series: 12.98, 14.08, FOUL, FOUL, FOUL, FOUL			

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Event # 38 BOYS Boys 25-lb Weight Throw

1	Jordan Young	Windsor Legion	20.27m
	Field Series: FOUL, 20.27, FOUL, FOUL, FOUL, FOUL		
2	Kevin Bowman	JR Saugeen TC	19.37m
	Field Series: 19.37, 19.23, FOUL, FOUL, FOUL, 17.88		

Event # 39 BOYS 16-lb Weight Throw

1	Josh Dame	Windsor Legion	19.47m
	Field Series: 18.82, FOUL, 19.47, FOUL, 19.03, FOUL		
2	Pj Kriemadis	Windsor Legion	9.55m
	Field Series: 8.67, 8.08, FOUL, 9.55, FOUL, FOUL		