



RUNDEZ-VOUS

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Two Early Ontario Championships

Please note that the following two Ontario Championship meets are approaching fast:

1. JM/SW/SM 10,000m & SW/SM 4x1500m Relays (London, May 17)
2. JM/JW/SM/SW 10km Road Walk (Toronto, June 1)

According to the new policy athletes must be registered with the OTFA by 11:59 pm on the Sunday preceding the competition, specifically May 11 and May 25, respectively. Please check the OTFA website for more information on entry deadlines, etc. The information sheet for the 10,000m/4x1500m events is included in this Newsletter.

Ontario Championship Relay Events

The following championship events are integrated with other meets. Please see the OTFA Event Calendar for more details.

May 15	S: (M,W)	4x1500m	London
June 14	All categories	4x200m	Toronto
June 14	J,S: (M,W)	4x800m	Toronto
June 15	B,M,Y: (B,G)	4x400m	Toronto
June 21-22	J,S: (M,W)	4x100m	Ottawa
June 21-22	J,S: (M,W)	4x400m	Ottawa
June 21-22	J,S: (M,W)	DMR*	Ottawa
August 1-3	B,M,Y: (B,G)	4x100m	Toronto
August 1-3	B,M,Y: (B,G)	4x800m	Toronto

*DMR - Distance Medley Relay
(1200-400-800-1600m)

AGE CODES:

B - Bantam M - Midget Y - Youth
J - Junior S - Senior

GENDER CODES:

M - Men W - Women

There were no bids submitted to host the Sprint Medley Relay events for 2008.

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Supermeet 1 Entry Kit

This kit will be available in the June Rundes-Vous and will be placed on the OTFA website as soon as it is ready for publication.

2008 Ontario Summer Games – Eastern Canadian Espoir Team Championships

The 2008 Ontario Summer Games will be held in Ottawa on Thursday, August 14 and Friday, August 15. This will be a high-performance Espoir competition intended to be a pre-Canada Games opportunity for the best 120 athletes Ontario aged 21 and under (as on December 31, 2008; i.e. born in 1987 or after). The competition will be held in conjunction with the 5th Eastern Canadian Espoir Team Championships, which will bring the top Espoir athletes from all of eastern Canada to Ottawa. Each event will be held once, with outcomes in both meets being based on the results. Coaches and athletes – please include this important meet in your training/competition plan for this summer.

The following events will be offered in an exciting two day package designed to bring out high performance:

Thursday evening:

4x100m Relays (Espoir meet only);
1500m; 100m; 100/110mH; 400m; 3000m;
M+W HT; MPV; WHJ; MLJ; MSP; WLJ; MJT;
WSP

Friday afternoon:

W2000SC; 400mH; 800m; 200m; 2000mSC;
4x400m (Espoir meet only) ;
WPV; MHJ; WTJ; WDT; WTJ; WJT; MDT.

(The 3000m and 2000/3000m Steeplechase races may be interchanged.)

From the 120 Ontario athletes competing for Ontario Summer Games Championship medals an Ontario Team (or possibly 2 teams!) will be selected to compete against the best athletes from New Brunswick, Newfoundland and Labrador, Nova Scotia, Quebec and

Prince Edward Island in the concurrent Eastern Canadian Team match. Many of these athletes will be at next year's Canada Games in PEI.

Selection for the 120 positions will be based on performances (best times, heights, distances) achieved during the next few months. There may be more emphasis on performances achieved at Supermeet 1 (Ontario Junior-Senior Championships) in Ottawa on June 21-22. More precise information will be included in the next edition of Rundes-Vous and will also be posted on the OTFA website.

2008 Outdoor Club Championships

A list of rules and the top 3 clubs in each of the age categories over the past few years is included on page 24 in this edition of Rundes-Vous.

OTFA Entry & Results Manager

The Ontario Track & Field Association is very pleased to announce that Suzanne Leroux has been selected to fulfill the role of Entry & Results Manager for the OTFA on an honorarium basis. Suzanne will be Managing OTFA championships entries and results as appropriate and will sign off on OTFA results going to Athletics Canada. Suzanne will also provide the OTFA with provincial rankings and will be the OTFA consultant to Athletics Canada on provincial/national issues regarding entries, results and rankings. Additionally, Suzanne will monitor seed performances at OTFA Championships to make sure they are fair and reasonable and provide direction to OTFA members and clubs with respect to on-line entries and assist both OTFA and Athletics Canada on issues related to on-line registrations, entries, rankings, records and results.

Suzanne can be reached by Email at suzanneleroux@rogers.com and by phone at 416-733-2962.

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 Championship* in order to qualify for OTFA travel grants, should they be available, following the National Junior Championships.

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 17 and Combined Events at the National Qualifier Meet in Toronto.

Since the 2008 National Senior Championships and the National Cross Country Championships are being held in Ontario, travel grants will not be available for athletes competing in these meets.

OTFA Cross Country Championship Distances

Based on a recommendation from the committee studying cross country distances for our provincial championships the following distances have been approved by the Board for use beginning this year:

	Women:	Men:
Bantam -	3000m	3000m
Midget -	4000m	4000m
Youth -	5000m	6000m
Junior -	5000m	8000m
Senior -	6000m	10,000m

Officiating Workshops

This is a reminder that your club/group can put on an introductory officiating workshop at very little cost to you. These workshops can be especially beneficial to clubs that conduct competitions or are asked to provide volunteers for competitions. Information on this programme is available in the April edition of *Rundez-Vous* or by contacting Roman Olszewski at 905-732-9955 or roman.otfa@cogeco.ca

NCCP Coaching Courses

We're always seeking clubs that can stage NCCP courses in their communities. We'll help you set up for the course including the provision of certified instructors. You can choose to either use the course as a fund raiser or have the OTFA assume financial responsibility. Please contact Roman Olszewski for further information.

Declarations for National Teams

Please note that in order for an athlete to be considered for selection to a national team in several major events (e.g. Olympic Games, World Junior Championships) the athlete must declare his/her intention to be included in the selection pool. The deadline for declarations is June 1. Coaches and athletes should consult the Athletics Canada website for details concerning selection procedures, including declarations and deadlines.

Quest for Gold Information

An abbreviated criteria for selection to the 2008-09 Quest for Golf Athlete Assistance Program is attached on pages 39-44. All parameters have not been included since some guidelines have yet to be established and confirmed.

We urge all prospective nominees and their coaches to read and understand the following criteria.

Additional criteria will follow when it has been confirmed.

2008 LEGION COACHING ACADEMY

August 4-6, 2008
University of Sherbrooke
Sherbrooke, QC

The 2nd Annual Legion Coaching Academy is open to development level coaches across Canada. Its goal is to enhance the educational opportunities of our coaches and to provide additional program value for the team coaches who annually volunteer their time with the Legion program.

This year's program includes five different sessions, all of which will contribute to the coach's Professional Development portfolio.

Topics and Presenters for 2008 include;



Strength and Conditioning

Ed McNeely

Nutrition

Beth Mansfield

Sport Psych

Melanie Gregg

Drug Free Sport

Adrian Roberts

Biomechanics

Steve LeBlanc and Francois Thenault



Registration for the Coaching Academy will be available online starting in Mid-April. Find the registration form and more information regarding the Academy at <http://www.athletics.ca/page.asp?id=295>. Deadline to register is July 11, 2008.

For additional information regarding the Academy, please contact Donna Kaye, Manager of Coaching Development, at dkaye@athletics.ca or (204) 471-4883.





Information is 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. Performances will also count for all out-of-province events provided they are sanctioned by the provincial sport organization or Athletics Canada

S: OTFA Sanctioned

A: OTFA Approved (not OTFA Sanctioned but approved for competition by OTFA athletes)

S(AC): Athletics Canada sanctioned

Date	Status	Competition/Event	Location	Contact
May 8	A	Oldham Memorial Field Meet (High School)	London	
May 8		National Capital High School Classic (& Open)	Ottawa	AM
May 8-10		Glenn D. Loucks Games (HS only)	White Plains, NY	
May 10	S	NOC Twilight Meet #1	St. Catharine's	SG
May 10	S	Ottawa Olympic Prep Meet #1	Ottawa	AM
May 13-14	A	TVRAA Central Zone Meet (High School)	London?	
May 17	S	OTFA 10,000m Track 4x1500 Relay Champs	London	SW2
May 17	S	Southwestern Ontario Throws Series Meet #3	London	JA
May 18-31	A	Ontario High School Regionals	Various	
May 19-20		New Balance NYC Qualifying Challenge	New York, NY	LP
May 20	S	High Jump Qualifier Meet #1	Toronto (TTFC)	GL
May 22-23	A	WOSSAA High School Championships	London	
May 24	S	NOC Twilight Meet #2	St. Catharine's	SG
May 24	S	Ottawa Olympic Prep Meet #2	Ottawa	AM
May 25	S(AC)	Canadian Marathon Championships	Ottawa	
May 27	S	YUTC Summer Twilight Series Meet #1	Toronto (TTFC)	CI/RP
May 31		Keeper Athletics Meet (IAAF World Athletics Day)	Sioux Lookout	SH
June 1	S	OTFA 10km Road Walk Championships	Toronto	SW3
June 1		Central/Southwestern Ontario All Comers	Guelph	AT
June 3	S	YUTC Summer Twilight Series Meet #2	Toronto (TTFC)	CI/RP
June 4	S(AC)	Canadian 10,000m Champs(+ Spr. Med/4x800)	Toronto (VC)	CG
June 4	S	Runners Choice London Distance Meet #2	London	SW2
June 4		Brooks Ottawa Summer Twilight Series #1	Ottawa	AM
June 4	S	High Jump Qualifier Meet #2	Toronto (TTFC)	GL
June 5-7	A	OFSAA Track & Field Championships	Hamilton	
June 10		UTTC Summer Twilight Meet	Toronto (VC)	CG
June 10	S	High Jump Qualifier Meet #3	Toronto (TTFC)	GL
June 11		Brooks Ottawa Summer Twilight Series #2	Ottawa	AM
June 11		Southwestern Ontario Throws Series Meet #4	Sarnia	JS
June 11	S	Runners Choice London Distance Meet #3	London	SW2
June 14	A	RCL District C Meet	Kitchener	TR
June 14	A	RCL District F Meet	Belleville	TC
June 14	A	Bruce Faulds MTA Meet	Belleville	TC
June 14	S	Mercedes Classic Mile & Carnival 5km	Cambridge	JC
June 14-15	S	OTFA National Junior & Senior Qualifier	Toronto (TTFC)	CI
June 15-21	S(AC)	2008 PacificCanada Series (PCS)	Various (BC)	
June 15	S(AC)	Review Kajaks Int'l Track Classic (PCS)	Richmond, BC	
June 17	S(AC)	Abbotsford Int'l Track Classic (PCS)	Abbotsford, BC	
June 17		UTTC Summer Twilight Meet	Toronto (VC)	CG
June 17	S	High Jump Qualifier Meet #4	Toronto (TTFC)	GL
June 18		Southwestern Ontario Throws Series Meet #5	Sarnia	JS



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S: OTFA Sanctioned

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S(AC): Athletics Canada sanctioned

Date	Status	Competition/Event	Location	Contact
June 18		Brooks Ottawa Summer Twilight Series #3	Ottawa	AM
June 19	S(AC)	Victoria Int'l Track Classic (PCS)	Victoria, BC	
June 21	S(AC)	Vancouver Sun Harry Jerome Int'l (PCS)	Vancouver, BC	
June 21-22	S	OTFA Supermeet #1 Jr & Sr Chmps (EHPAS)	Ottawa	AM
June 24		UTTC Summer Twilight Meet	Toronto (VC)	CG
June 25	S	Runners Choice London Distance Meet #4	London	SW2
June 28	S	HH/PIB Throws Challenge	London	JA
June 28	A	RCL District G Championships	Ottawa	AM
June 28	A	RCL District D Championships	Toronto (TTFC)	PP
June 28	S	Ottawa Olympic Prep Meet #3	Ottawa	AM
June 29	A	Ontario Masters Outdoor Championships	Toronto (TTFC)	OM
TBD	S	OTFA Outdoor Relays (?: 4x200m, Sprint Medley)	Hamilton	TBD
July 3-6	S(AC)	Canadian Sr. Championships/Olympic Trials	Windsor	
July 8	S(AC)	Kidd-Crothers Track Classic (EHPAS)	Toronto (VC)	CG
July 8-13		2008 IAAF World Jr. Championships	Bydgoszcz, Poland	
July 9	S	Runners Choice London Distance Meet #5	London	SW2
July 9		Brooks Ottawa Summer Twilight Series #4	Ottawa	AM
July 11	S(AC)	Aileen Meagher Invitational (EHPAS)	Halifax, NS	
July 13		4th Asian Community Games (Open)	Toronto (TTFC)	TBD
July 15	S	YUTC Summer Twilight Series Meet #3	Toronto (TTFC)	CI/RP
July 16		Brooks Ottawa Summer Twilight Series #5	Ottawa	AM
July 18-19	A	RCL Ontario Legion Championships	Kitchener	
July 18-20		2008 NACAC Under 23 Championships	Toluca, Edo.Mexico	
July 20	S	Southwestern Ontario Throws Series Meet #6	London	JA
July 23	S	Runners Choice London Distance Meet #6	London	SW2
July 25-27	S(AC)	Canadian Jr. Championships	Abbotsford, BC	
July 29	S	Southwestern Ontario Throws Series Meet #7	London	JA
July 30		7th Annual Toronto Community Track Meet	Toronto (VC)	CG
August 1-3	A	Canadian Masters Championships	Regina, SK	
August 2-3	S	OTFA Supermeet #2 Bant/Midg/Yth Champs	Toronto (TTFC)	BS
August 6		Brooks Ottawa Summer Twilight Series #6	Ottawa	AM
August 8-10	S(AC)	2008 RCL Canadian Legion Championships	Sherbrooke, QC	
August 10		Timmins Golden Trails Festival	Timmins www.goldentrails.org	
August 13		Brooks Ottawa Summer Twilight Series #7	Ottawa	AM
Aug. 14-15		Ontario Summer Games/E.Cdn.Espoir Chmps	Ottawa	
Aug. 15-24		2008 Olympic Summer Games	Beijing, China	
September 14	S	OTFA 20km Road Walk Championships	Welland	RO
October 18	S(AC)	TransCanada Run with the Champions	Ottawa	
November 16	S	OTFA Cross Country Championships	Toronto (Sunnybrook)	DC
November 29	S(AC)	Canadian Cross Country Championships	Guelph	DS



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TBD	To Be Determined



2008 TIMEX Roadrunning Series

Date	Competition	Location	Contact
April 19	Spring Into Action Physio 5K Run 5km - 8:30am	Toronto	Adam Saporta adam.saporta@yahoo.com
April 27	Backs In Motion 5km - 9:00am	Toronto	Jodi Spivak jspivak@cmcc.ca 416-482-2340 x200
May 24	MDS Nordion 10k 10km - 6:30 pm	Ottawa	National Capital Marathon Inc info@ncm.ca
June 8	Bread & Honey Road Races 15km - 8:00 am	Mississauga	Ellie Arruda www.breadandhoneyrace.com
June 8	Toronto Challenge 5km - 9:30 am	Toronto	Erin Mulcahey Abbott challenge@toronto.ca www.toronto.ca/challenge
June 18	Night Crawler 5 Miler 5 miles - 7:15 pm	Toronto	Bruce Trigg Ph. 905-469-1962 Fax: 905-469-1503 www.nightcrawler.to
July 20	Lindsay Milk Run 10km - 9:00 am	Lindsay	Shelley Cooper 705-324-9411 x335 scooper@city.kawarthalakes.on.ca
September 21	Longboat Toronto Island Run 10km - 11:15 am	Toronto	Mike Turner info@longboatroadrunners.com
October 18	TransCanada Run with the Champions 10km	Ottawa	http://www.transcanada10km.ca/

www.otfa.ca



ONTARIO OUTDOOR TRACK & FIELD

RECORDS

As On April 22, 2008

COMPILED BY ROMAN OLSZEWSKI
PUBLISHED BY THE ONTARIO TRACK & FIELD ASSOCIATION

ONTARIO OUTDOOR RECORDS

As on April 21, 2008

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 <roman.otfa@cogeco.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	12.67 (-0.7)	Nichelle PRINCE (95)	Phoenix Athletics	Toronto	2007 08 04
	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		26.02 (-2.0)	Nichelle PRINCE (95)	Phoenix Athletics	Toronto	2007 08 05
400m	Open/Senior	49.91	Marita PAYNE (60)	Canada (York Univ. Optimists)	Los Angeles CA	1984 08 06
	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)	Tiltsburg 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	1975 07 03
	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	2:08.29	Jessica PARRY (91)	Catholic Central (London-Western TFC)	Ottawa	2007 06 09
	Midget-U16	2:09.95	Jessica BUTTINGER (92)	Laurel Creek	Ottawa	2007 07 01
	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	2005 08 23
	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	4:26.76	Carmen DOUMA-HUSSAR	Guelph TFC	Brussels, BEL	2007 09 14
	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
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 Espoir-U24	15:54*	Lioudmila ALEXEEF (65)	Toronto Olympic Club	Toronto	1994 07
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 Espoir-U24	32:20* 33:06*	Nancy ROOKS (59) Silvia RUEGGER (61)		St. Catharines San Diego, CA	1983 05 22 1983
	15km r	Open/Senior				
20000m	Open/Senior	Unclaimed				
20km r	Open/Senior	Unclaimed				
	Espoir-U24	Unclaimed				
Half-Mar	Open/Senior Espoir-U24	1:12:27*	Danuta BARTOSZEK (61)	Toronto Olympic Club	Toronto	1995 09 24
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	13.41 (+1.0)	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
	Espoir-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
200mH	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
	Espoir-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.(Samia 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	6:36.05	Danelle WOODS (89)	Ottawa Lions	Abbotsford, BC	2007 07 29
	Junior-U19	6:36.05	Danelle WOODS (89)	Ottawa Lions	Abbotsford, BC	2007 07 29
	Juvenile-U18	7:08.51	Deanna ZIDAR (90)	RCL District D (Etobicoke TFC)	Ottawa	2007 07 20
	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
	Espoir-U24	9:51.16	Carol HENRY (82)	University of North Carolina (-)	Baton Rouge, LA	2002 06 01
	Junior-U20	10:13.98	Danelle WOODS (89)	Canada (Ottawa Lions)	Sao Paulo, BRA	2007 07 07
	Junior-U19	10:13.98	Danelle WOODS (89)	Canada (Ottawa Lions)	Sao Paulo, BRA	2007 07 07
800mW	Bantam-U14	4:27.25	Chelsea RODRIGUEZ (86)	Niagara Regional Athletics	Sarnia	1999 07 24
	Bantam-U13	4:49.03	Melanie GAUTHIER (95)	Timmins-Porcupine	Toronto	2007 08 05
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
	Espoir-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
	Espoir-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
	Espoir-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
	Espoir-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
	Espoir-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)		Sudbury	1988 07 31
			(Grit Breuer, Kathrin Krabbe, Diana Dietz, Katrin Henke)			
		46.25	MISSISSAUGA TFC (CLUB)		North York	1994 06 19
			(Tanja Reid, Simone Tomlinson, Andrea Ingleton, Lesley Batson)			
	45.8	TENNESSEE TIGERBELLES (CLUB)		Toronto	1965 06 10	
			(Sonia Guss, Lorraine Dunn, Wyomia Tyus, Edith McGuire)			
	Senior	44.88	NATIONAL JUNIOR TEAM (COMPOSITE)		Burnaby	1985 07 26
			(Keturah Anderson, Althea Thomas, Colene Taffe, France Gareau)			
		46.25	MISSISSAUGA TFC (CLUB)		North York	1994 06 19
			(Tanja Reid, Simone Tomlinson, Andrea Ingleton, Lesley Batson)			
	46.2	UNIVERSITY OF TORONTO TC (CLUB)		Sudbury	1975 08 24	
			(Eleanor Mahal, Susan Bradley, Jill Ross, Ann Bryan)			
Espoir-U24	44.88	NATIONAL JUNIOR TEAM (COMPOSITE)		Burnaby	1985 07 26	
		(Keturah Anderson, Althea Thomas, Colene Taffe, France Gareau)				
	46.25	MISSISSAUGA TFC (CLUB)		North York	1994 06 19	
	46.2	UNIVERSITY OF TORONTO TC (CLUB)		Sudbury	1975 08 24	
		(Eleanor Mahal, Susan Bradley, Jill Ross, Ann Bryan)				

	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
		46.2	UNIVERSITY OF TORONTO TC (CLUB) (Eleanor Mahal,Susan Bradley,Jill Ross,Ann Bryan)	Sudbury	1975 08 24
	Juvenile-U18	46.65	MISSISSAUGA TFC (Janette Wood,Angela Bailey,Claudia Topatigh,Cindy Moore)	St. John's, NF	1977 08 08
		46.6	ONTARIO TEAM (COMPOSITE) (Arlene Keatley,Ann Bryan,Eleanor Mahal,Cathy Attard)	St. John's, NF	1973 08 04
	Midget-U16	48.81	ONTARIO 15 & UNDER LEGION TEAM (COMPOSITE) (Ayden Ollivier, Toyin Olupona,Darcelle McCutcheon,Lindsay Wilson)	Prince George, BC	1998 08 09
		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
		49.2*	SCARBOROUGH OPTIMISTS (Michelle Gettfield,Carol Samuels,Melissa Williams,Carla Wilson)	Etobicoke	1982 07 25
	Bantam-U14	51.47*	OSHAWA LEGION TFC (Jennifer Evans,Tabia Charles,Shannon Boodram,Patricia Mayers)	Kitchener	1998 07 04
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
	Juvenile-U18	1:40.4	MISSISSAUGA TFC (Sharon Lavery,Cindy Moore,Claudia Topatigh,Janette Wood)	Etobicoke	1976 07 10
	Midget-U16	1:44.51*	NIAGARA FALLS OPTIMISTS (Devon Knowles,Amanda Neufeld,Kim Schonewille,Judy Galambos)	North York	1991 06 23
	Bantam-U14	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 (Aimee Teteris,Kim Milbury,Kristy Bellmore,Jennifer Mayhue)	North York	1992 07 12
		4:05.46p(2)	LAUREL CREEK (CLUB) (Sarah Ferguson, Jessica Buttinger, Jackie Carr, Samantha Stevens)	Toronto	2005 06 12
		4:05.08p(2)	LAUREL CREEK (CLUB) (Natalie Buttinger,Sarah Ferguson,Rachel Lorimer,Jessica Buttinger)	Toronto	2006 06 11
		3:58.88p(2)	LAUREL CREEK (CLUB) (Alle Butler,Chisomo McHaina,Maddie Charnuski,Jessica Buttinger)	Toronto	2007 06 17
	Bantam-U14	4:23.30	TEAM ONTARIO - ATOM (COMPOSITE) (S. Freitag,W. Bellmore,A. Ross, Collette Courtney)	Etobicoke	1988 08 05
		4:26.42	NIAGARA OLYMPIC (CLUB) (Sarah Kleemola,Rachel Cahill,Alannah MacDonald,Allison Easterbrook)	Toronto	2006 06 11
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 Boultsbee,Stephanie Smith)	LaSalle	2004 08 01
		9:35.02	NEWMARKET HUSKIES (CLUB) (Caleigh Glenn,Kirsten Stewart,Brigid Callaghan, Kaitlyn Oliver)	Toronto	2007 08 05
	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, Rachele 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	4:07.86p(2)	ONTARIO LEGION TEAM (COMPOSITE) (Diana Boulbee, 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 Hornbrook, Kim Milburn, 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	12:08.24	OTTAWA LIONS (Kelly Young*, Courtney Conner, Eklysia Robertson, Julia Hicks)		Ottawa	2007 07 01
	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
		12:18.85p(2)	OTTAWA LIONS (Jennie Biewald, Rachel Aubrey, Melissa Bishop, Danelle Woods)		Ottawa	2007 07 01
	Junior-U20	12:34.19*	OTTAWA LIONS "A" (Alexi Thomas, Rhonda Sherrer, Julia Kirby, Vanessa Piazza)		Kitchener	1998 07 04
		12:18.85p(2)	OTTAWA LIONS (Jennie Biewald, Rachel Aubrey, Melissa Bishop, Danelle Woods)		Ottawa	2007 07 01
HJ	Open	2.00	Galina ASTAFEI	Romania	Sudbury	1988 07 29
	Senior	1.97	Nicole FORRESTER (76)	Mississauga TFC	Thessaloniki, GRE	2007 07 30
	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
		1.60*	Paula GILMOUR (67)	RCL Dist. D (Scarborough Opt.)	Kitchener	1980 07 19
	Bantam-U13	1.60*	Paula GILMOUR (67)			1979
	PV	Open/Senior	4.52	Dana ELLIS (79)	Kitchener-Waterloo MTFA	Chula Vista, CA
Espoir-U24		4.10	Dana ELLIS (79)	Laurel Creek	Edmonton	2001 06 23
		4.10	Dana ELLIS (79)	Laurel Creek	Edmonton	2002 06 21
		3.70	Heather HAMILTON (88)	Power Athletics	Abbotsford, BC	2007 07 28
Junior-U20		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		2.65	Maria TYUMKIN (91)	RCL District D (University of Toronto T.C.)	St. Catharines	2005 07 16
LJ		Open	6.82 (+1.8)	Fiona MAY	Great Britain	Sudbury
	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
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	17.83	Lieja TUNKS (76)	London-Western TFC	Arnhem, NET	2007 06 13
		18.02p(3)	Lieja TUNKS (76)	London-Western TFC	London, ON	2007 07 26

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	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*	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	68.12	Crystal SMITH (81)		Windsor	2007 05 12
	Senior	64.78	Sultana FRIZELL (84)	Canada (Ottawa Lions)	Rio de Janeiro, BRA	2007 07 23
		66.42p(3)	Sultana FRIZELL (84)	(-)	Athens, GA	2005 05 05
		67.92p(3)	Sultana FRIZELL (84)	Ottawa Lions TFC	Lethbridge, AB	2007 05 20
	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
		51.71p(3)	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
		51.31p(2)	Andrea BULAT (79)	University of Kansas (-)	Eugene, OR	2001 06 01
		49.30p(3,5)	Vanessa ROELOFSEN (85)	(-)	?	2005 03 19
		50.85p(3,5)	Vanessa ROELOFSEN (85)	(-)	Miami, OH	2006 04 08
		51.71p3	Vanessa ROELOFSEN (85)	University of Buffalo (-)	Hillsdale, MI	2006 04 29
	Junior-U20	46.37	Vanessa ROELOFSEN (85)	Norwell D.S.S. (-)	Toronto	2004 06 04
	Junior-U19	44.07	Andrean BUNKO (84)	Sir Wilfred Laurier S.S. (-)	Belleville	2002 06 07
	Juvenile-U18	41.00	Erin ENGLAND (82)	Ontario Legion (-)	Sudbury	1999 08 14
		42.00p2	Maggie MULLEN (89)	Sarnia Athletics Southwest	Windsor	2006 07 30
	Juvenile-U17	40.41	Katrina PITAWANAKWAT (86)	Ontario Legion Team (Independant)	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	33.61	Brooke ROWLAND (94)	RCL District G (Orangeville TFC)	Ottawa	2007 07 20
	Bantam-U13	25.37	Alyssa DICESARE (94)	Hamilton Olympic	Windsor	2006 07 30

Tetrathlon	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)			

(Tetrathlon: 80m Hurdles, High Jump, Shot Put, 200m)

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			
		5822 new jav.	Jill DROUIN (86)	University of Syracuse (-)	Sacramento, CA	2007 06 07-08
			14.14(+0.9) 1.87 11.99 25.02(+3.9) 6.01(+3.1) 38.16 2:24.33			
	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		
	4502p(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									

ONTARIO OUTDOOR RECORDS

As on April 21, 2008

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 <roman.otfa@cogeco.ca>

MEN

100m	Open/Senior	9.84 (+0.7)	Donovan BAILEY (67)	Canada (Athletiques Int'l 2)	Atlanta, GA	1996 07 27
	Espoir-U24	10.16 (+0.9)	Pierre BROWN (80)	Mississippi State (-)	Knoxville, TN	2003 05 18
		10.16 (+1.3)	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
	Junior-U20	10.1 (+1.0)*	Dave TOMLIN (76)	Canada (Kitchener-Waterloo)	Santiago, CHI	1995 09 01
		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
		10.26 (+0.7)	Justyn WARNER (87)	Canada (Etobicoke Gladstone)	Windsor	2005 07 30
	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)	Konstanz, GER
	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	10.69 (-2.5)	Phillip HAYLE (91)	Brampton TFC	Ottawa	2007 06 30
		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
	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
		20.65 (+0.2)	Atlee MAHORN (65)	Canada (Scarborough Optimists)	Colorado Springs	1983 07 18
	Junior-U20	20.65 (+1.8)	E. FREMPONG-MANSO 75	Etobicoke Huskies-Striders	Ottawa	1994 07 03
		20.65 (+0.2)	Atlee MAHORN (65)	Canada (Scarborough Optimists)	Colorado Springs	1983 07 18
	Junior-U19	21.30 (+0.5)	Atlee MAHORN (65)	Canada (Scarborough Optimists)	Barquisimeto, VEN	1982 08 01
	Juvenile-U18	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
		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
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
		49.22	Dan BRANDAO (83)	Ontario Legion (Kingston-Napanee)	Sudbury	1999 08 14
Juvenile-U17		49.2	Bill KENNEDY (56)	York Spartans	Montreal	1972 08 19
		49.91	Enver CAROLISSEN (65)	Scarborough Optimists	North York	1980 05 24
Midget-U16		51.24	Michael WILLIAMS (78)	Ontario Legion (Brampton TFC)	Calgary	1992 08 15
Midget-U15		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-U14		60.26	Kyle PENNEY (94)	Newmarket Huskies	Windsor	2006 07 28
		57.7*	Otis SANTIAGO (73+)			1986
800m		Open	1:44.93	Gary REED	British Columbia	Windsor
	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
		1:46.60	Nathan BRANNEN (82)	Tri City T.C.	Edmonton, AB	2001 06 23
	Junior-U20	1:47.64	Kevin SULLIVAN (74)	Brantford TFC	North York	1992 07 17
	Junior-U19	1:48.3	Kevin SULLIVAN (74)	Brantford TFC	Kitchener	1991 06 15
	Juvenile-U18	1:49.0	Kevin SULLIVAN (74)	Brantford TFC	London	1990 06 30
	Juvenile-U17	1:50.78	Slahedin HUSSEIN (84)	Phoenix	Burnaby, BC	1999 07 04
	Midget-U16	1:53.03	Kevin SULLIVAN (74)	Brantford TFC	North York	1988 07 16
	Midget-U15	2:04.03	Kevin SULLIVAN (74)	Brantford TFC	North York	1987 07 25
	Bantam-U14	2:15.8*	Kevin SULLIVAN (74)	(-)	Plainfield, NJ	1986 08 03
	Bantam-U13					

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
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	13:19.27	Kevin SULLIVAN (74)	(-)	Walnut, CA	2007 04 15
	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	27:56.93	Reid COOLSAET (79)	Speed River	Stanford	2007 04 29
	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	2:09:30	John KELAI	Kenya	Toronto	2007 09 01
	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	13.50 (+1.2)	Gabriel TESFAYE (92)	Oakridge, S.S. (London Legion Alliance)	Ottawa	2007 06 07-09
	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	14.15 (+1.1)	Asa AMBROSE (91)	District Legion C (Laurel Creek)	Ottawa	2007 07 20
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
	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	38.02	Asa AMBROSE (91)	Laurel Creek	Toronto	2007 08 05
	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-U1884cm	54.03*	J.HOLLINGSWORTH (79)			1996
	Juvenile-U1784cm	55.82*	Leonae NICHOL (90)	RCL Dist. B (Mississauga TFC)	Timmins	2006 07 15
1500mSC	Midget-U16	4:36.3	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	5:58.16	Jacob SMITH (90)	Canada (Brockville Legion)	Ostrava, CZE	2007 07 11
	Juvenile-U17	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
	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	Malmö, 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) (Charles Allen,Anson Henry,Jermaine Joseph,Pierre Browne)		St-Denis, FRA	2003 08 31
		40.30	UXBRIDGE OPTIMISTS (CLUB) (Desai Williams,Clovis Locke,Tony Sharpe,Bob Martin)		Aurau, SWI	1978 08 18
	Espoir-U24	39.90*	NATIONAL JUNIOR TEAM (COMPOSITE) (Carlton Chambers,Chris Robinson(Kitchener),Dave Tomlin,Eric Frempong-Manso)		Lisbon, POR	1994 07 24
	Junior-U20	39.90	NATIONAL JUNIOR TEAM (COMPOSITE) (Carlton Chambers,Chris Robinson(Kitchener),Dave Tomlin,Eric Frempong-Manso)		Lisbon, POR	1994 07 24
		40.51	ETOBICOKE HUSKIES-STRIDERS (CLUB) (Eric Frempong-Manso,Randy Brookes,Kevin Pennycooke,Marlon Dechausay)		North York	1994 06 19
	Juvenile-U18	41.50	ETOBICOKE WEST (Randy Brookes,Marlon Dechausay,Kevin Pennycooke,Eric Frempong)		North York	1992 07 12
	Midget-U16	44.20	ONTARIO 15 & UNDER LEGION TEAM (COMPOSITE) (Asa Ambrose,Sugun Makinde,Richard MacLennan,Phillip Hayle)		Burnaby, BC	2006 08 13
		45.84	LONDON LEGION TRACK ALLIANCE (CLUB) (Gabriel Tesfaye,Greg MacNeil,Matt Moncrieffe,Jesse Smith)		Toronto	2007 08 04
	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
		3:20.66p(2)	PHOENIX ATHLETICS (Ackel Mosely,Mohammed Dhaqane,Richard West,Andre Hamilton)		Toronto	2007 06 17
	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	7:22.83	PHOENIX (Andrew Heaney,Matt Lincoln,Andrew Maloney,Kyle Smith)		Toronto	2007 06 16
	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
4X1500m	Open/Senior	15:25.38	SPEED RIVER "A" (Greg Hutchinson,Eric Gillis,Reid Coolsaet,Taylor Milne)		London	2006 06 21
	Espoir-U24					
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		Hamilton	1963 08 16

		3:22.8	(Don Young,Bob Jarema,Norm Sinclair,Ergas Leps) SCARBOROUGH OPTIMISTS		Brantford	1975 09 06
			(Bryan Saunders,Robert Martin,Marvin Nash,Eric Chapman)			
	Espoir-U24	3:29.19*	HAMILTON OLYMPIC CLUB		North York	1991 06 23
			(Manny Bonilla,Glen Shand,Laurent Shand,Bryan Henry)			
	Junior-U20	3:29.19	HAMILTON OLYMPIC CLUB		North York	1991 06 23
			(Manny Bonilla,Glen Shand,Laurent Shand,Bryan Henry)			
	Juvenile-U18	3:31.73	ONTARIO LEGION TEAM (COMPOSITE)		Quebec City	1988 08 13
			(Brad Copper,Ricardo Best,Paul Went,Graham Hood)			
		3:37.16	MISSISSAUGA TFC (CLUB)		St. Catharines	2002 06 16
			(Ian Butcher,Oneill Whittaker,Cordell Morrison,August Battiston)			
	Midget-U16	3:36.69	ONTARIO LEGION 15&UNDER TEAM (COMPOSITE)		Prince George, BC	1998 08 08
			(Carl Hayes,Dave Brandao,Steve Wood,Chris Robson)			
		3:50.67*	PHOENIX (CLUB)		North York	1996 06 23
			(Jermaine Martinborough,Chris Hudson, Chris Gudge,Ryan Kendall)			
	Bantam-U14	4:42.10	MARKHAM		North York	1997 06 22
			(Kevin Hill, Sean Fox,Ray Mehta,Corey Lynam)			
Dist Med	Open	9:47.4	TORONTO OLYMPIC CLUB		Hamilton	1969 07 05
			(Ergas Leps,Donal Smith*,David Bailey,Bob Finlay) * = USA			
	Senior	9:53.5*	ETOBICOKE HUSKIES		North York	1980 07 20
			(Chris Reid,Will Lincoln,Dave Reid,Paul Steeds)			
	Espoir-U24	9:53.5*	ETOBICOKE HUSKIES		North York	1980 07 20
			(Chris Reid,Will Lincoln,Dave Reid,Paul Steeds)			
	Junior-U20	10:08.14!	BIRCHMOUNT COLLEGIATE INSTITUTE		Dayton, OH	2000 05 05
			(Mark Harris,Blake Farley,Slalh Hussein, Adil Berkhebele)			
			! = 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	1995 05 21
	Juvenile-U17	2.07	Alex ZALIAUSKAS (71)	RCL Dist. B (Oakville Legion)	Burlington	1987 07 11
	Midget-U16	2.01	Branden WILHELM (92)	Ontario RCL Team (Woodstock Legion)	Oromocto, NB	2007 08 12
	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	49.52	Kevin BOWMAN (93)	Saugeen TFC	Toronto	2007 08 05
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(3)	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
Tetrathlon	Midget-U16	2827	Gabriel TESFAYE (92)	London Legion Alliance	Toronto	2007 06 16
			13.92(0.0) 10.23 1.72 23.02 (0.0)			
	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)			



2008 Outdoor Ontario Club Championships

Information Sheet

- Ontario Outdoor Club Champions will be determined in the Bantam, Midget, Juvenile, Junior, Senior and Overall divisions based on results from Championship events conducted at: a) 10,000m, London; b) Art Keay Memorial 10km Walk, Toronto; c) National Qualifier Meet, Toronto; d) Supermeet 1, Ottawa; e) Supermeet 2, Toronto; and f) various relay events as per OTFA event listings
- In each division the point totals of males and females will be combined.
- All OTFA-affiliated clubs will be automatically entered in all categories. No fees will be assessed.
- The winning club in each age division will be awarded a banner to keep permanently. The winning club in the overall division will have its name inscribed on a trophy to be displayed at the OTFA office and at provincial championship competitions.
- The top eight finishers in each individual and relay championship event will earn points for their clubs as follows: 1st - 10 points, 2nd - 8, 3rd - 6, 4th - 5, 5th - 4, 6th - 3, 7th - 2, 8th - 1. Only one relay team per club will score in each event. Second, third, etc. teams from clubs will not influence the scoring.
- Out-of-province athletes, non-OTFA members will not figure in the scoring (i.e., the top 8 OTFA members (or top 8 Ontario relay clubs) will be scored, regardless of the number of out-of-province, non-OTFA members in the top 8 in any event). Unattached athletes who are OTFA members will be scored but no totals will be calculated for “Unattached”.
- In track events with qualifying rounds athletes from the penultimate round will NOT be moved up into a scoring position should there be any disqualifications or non-finishers in the final. An exception will be made in the case where there are fewer than 8 OTFA members in the final. In that case, athletes will be moved up to scoring positions based on their times from the penultimate round.
- Ties for first place in any age division or overall category will be decided in favour of the club which scored points in more events.

	1st		2nd		3rd	
OVERALL						
2000	London-Western	378	Windsor Legion	355	Ottawa Lions	324
2001	Ottawa Lions	572	Windsor Legion	355	London-Western	352
2002	Windsor Legion	710	Ottawa Lions	540	London-Western	337
2003	Windsor Legion	595	Ottawa Lions	554.5	Mississauga	317.5
2004	Windsor Legion	651	Ottawa Lions	455	South Simcoe/Dufferin	304
2005	Ottawa Lions	580	London-Western	505	Woodstock Legion	368
2006	Ottawa Lions	676.5	Saugeen	519	London-Western	473.5
2007#	Ottawa Lions	992.5	London Legion Alliance	412.8	Phoenix	397
SENIOR						
2000	Ottawa Lions	114	Windsor Legion	90	Univ. of Toronto TC	85
2001	Ottawa Lions	142	Univ. of Toronto TC	114	Timmins-Porcupine	85
2002	Windsor Legion	116	Ottawa Lions	98	Club SISU	60
2003	Ottawa Lions	129	Windsor Legion	91	Mississauga	90
2004	Ottawa Lions	139	Windsor Legion	93	Univ. of Toronto TC	71
2005	Univ. of Toronto TC	176	Ottawa Lions	166	London-Western	115
2006	Ottawa Lions	237	Univ. of Toronto TC	133	London-Western	107
2007#	Ottawa Lions	216	Univ. of Toronto TC	167	Windsor Legion	149
JUNIOR						
2000	Univ. of Toronto TC	110	London-Western	108	Ottawa Lions	73
2001	London-Western	146	Windsor Legion	129	York University TC	99.5
2002	Windsor Legion	218	Ottawa Lions	159	London-Western	157
2003	Ottawa Lions	208.5	London-Western	128	Windsor Legion	126
2004	South Simcoe/Dufferin	96	Quinte Legion	88	Mississauga	87
2005	Ottawa Lions	175	Mississauga	91	London-Western	88
2006	Ottawa Lions	180.5	Mississauga	137	London-Western	130.5
2007#	Ottawa Lions	267	Phoenix	99	London-Western	81
JUVENILE						
2000	London-Western	153	Windsor Legion	94	Univ. of Toronto TC	66
2001	Ottawa Lions	134	London-Western	100	Niagara Regional	82
2002	Windsor Legion	155	London-Western	154	Mississauga	103
2003	Windsor Legion	138	Ottawa Lions	110	Quinte Legion	102
2004	Windsor Legion	156	Saugeen	144	Ottawa Lions	132
2005	London-Western	149	Ottawa Lions	146	Mississauga	121.5
2006	Ottawa Lions	149	London-Western	147.5	Laurel Creek	132
2007#	Ottawa Lions	266	Phoenix	128	South Simcoe/Dufferin	123
MIDGET						
2000	Windsor Legion	80	St. Thomas Legion & London-Western	70		
2001	South Simcoe/Dufferin	116	Ottawa Lions	111	Niagara Regional	92
2002	Windsor Legion	135	Saugeen	122	Ottawa Lions	113
2003	Windsor Legion	128	Ottawa Lions	107	Saugeen	102.5
2004	Windsor Legion	218	Laurel Creek	139	Ottawa Lions	94
2005	London-Western	153	South Simcoe/Dufferin	123	Saugeen	106
2006	Saugeen	176	Windsor Legion	136	Durham Legion Athletics	123
2007	Ottawa Lions	159.5	South Simcoe/Dufferin	151	London Legion Alliance	145.3
BANTAM						
2000	Niagara Regional	65	St. Thomas Legion	26	Windsor Legion	20
2001	Ottawa Lions	109	Niagara Olympic	104	South Simcoe/Dufferin	80
2002	Windsor Legion	86	St. Thomas Legion	76	Ottawa Lions	75
2003	Windsor Legion	112	South Simcoe/Dufferin	79	St. Thomas Legion	68
2004	Laurel Creek	120	Windsor Legion	119	Woodstock Legion	114
2005	Woodstock Legion	257	Timmins-Porcupine	144	Quinte Legion	98
2006	London Legion Alliance	230*	Saugeen	230	Woodstock Legion	91
2007#	London Legion Alliance	111	Ottawa Lions	84	Woodstock Legion	75

Note: In the 2000 Championships clubs had to enter teams to be considered. Thereafter, all clubs were scored automatically.

* London Legion won the tie-breaker: It had scored points in 23 events vs. 20 events for Saugeen

Point totals for leading clubs are subject to minor adjustments due to registration status changes.



**Runners' Choice London Distance Series Meet #1:
2008 ONTARIO JUNIOR & SENIOR MEN'S & SENIOR WOMEN'S
10,000m and ONTARIO SENIOR 4X1500m TRACK CHAMPIONSHIPS
(Plus Non-Championship 800m and Mile for Men and Women)**

Date: Saturday, May 17, 2008.

Time:

Mile	6:00 pm
800m	6:25pm
Senior Women's 10,000m, Junior & Senior Men's 10,000m	6:50pm
4x1500m Relay	7:35pm

Place: TD Waterhouse Stadium, University of Western Ontario, London

Sanctioned By: Ontario Track & Field Association

Hosted By: London Runner Distance Club

Director: Steve Weiler, 101 Whiteacres Drive, London, ON, N6G 4E6
Email: steveweiler@hotmail.com Phone: (519) 777-6096 Website: www.londonrunner.ca

Deadline: Please send entries so that they are received by race director by:

- Sunday, May 11, 11:59 pm for Championship 10,000 entries
- Wednesday, May 14 for non-championship events.
- Wednesday, May 14 is also the deadline for OTFA registration for any athletes who will be running in the 4 x1500m relay championships.
- 4x1500m Relay: Entries can be made on the day, no later than 45 minutes prior to the start time of the event. A list of potential runners must be forwarded to the Meet Director by no later than May 14.

Entry Fees:

1. Championships: JrMen/SrM and Sr W 10,000m - \$18.00 incl. GST
Non-registered athletes may participate in the 10,000m for a fee of \$25.00 incl. GST, but are NOT eligible for medals.
2. Relay entries \$28.00 per team
3. Non-Championship races: \$10.00 per athlete per event

Please make cheques payable to London Runner.

Eligibility: Only OTFA/AC/USTF – competitive registered members are eligible for medals in the Championship races. All 10,000m championship entrants must be registered with the OTFA, provincial/state branch by 11:59 pm on Sunday, May 11. All 4x1500m relay entrants must be registered with the OTFA by Wednesday, May 14.

Awards: OTFA Gold, Silver, Bronze medals to the first three in each of the championship races. Duplicate medals to registered athletes from outside of Ontario.

Rules: The rules of the IAAF/AC will be applied with regard to refreshments in the 10,000m. Entrants must agree to withdraw from race if so requested by the person designated as the medical officer.

Waiver: All participants will be required to sign a waiver.





ENTRY FORM

Athlete's Name: _____ Sex: _____

Year of Birth: _____ Age on Day of Race: _____ e-mail address: _____

OTFA/AC/USTF (2008) No. _____ Club: _____

Event Entered: Championship JrM 10,000m _____ SM 10,000m _____ SW 10,000 _____

Non-Championship Women's _____ Men's _____ Mile _____ 800m _____

Entry Fee \$ _____

Event Entered: Championship Men's 4x1500m _____ Women's 4x1500m _____

RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the:

2008 Runners' Choice London Distance Series Meet #1

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

Ontario Track & Field Association
London Runner Distance Club
Runners Choice London
University of Western Ontario
Steve Weiler

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event and I AGREE to withdraw from the race if so requested by the designated medical officer.

Date

Print Name

Signature (if under 18, parent or guardian to sign)



2008 National Junior and Senior Qualifier Meet

Ontario Championships in:

Combined Events (All categories), Junior Women's 5000m
4x200m Relay (all categories), 4x400m Relay (Bantam through Youth)
and 4x800m Relay (Junior and Senior)

DATE: June 14-15, 2008

SANCTIONED BY: Ontario Track & Field Association

HOSTED BY: York University Track Club

LOCATION: Toronto Track and Field Centre (York University, Toronto)

MEET DIRECTOR: Richard Parkinson parkinr@yorku.ca 416-736-2100 ext: 20119

ENTRIES/GENERAL ENQUIRIES: Suzanne Leroux suzanneleroux@rogers.com 416-733-2962

ENTRY DEADLINES AND FEES:

(Note: to encourage club participation in the relay events, advance entries will not be required. Relay entries in the form of team declarations, along with fees, may be submitted on the day of the race. Please note, however, that a list of all possible runners must still be forwarded to the Entries Chairperson by **Sunday June 8, 11:59 p.m.** This is required in order to verify OTFA registrations and to allow the assignment of competitors' numbers. All athletes entered in the relays must be registered with the OTFA in a competitive category by **June 8**. Relay teams must consist of athletes from the same affiliated club and must produce signed waivers. Relay Declaration Forms will be available at the registration desk. They must be turned in to the meet directors room a minimum of 45 minutes prior to the scheduled start of the event.)

Championship entry fees include the \$7.50 OTFA Championship levy.

Deadline for all events and potential relay runners' lists: **Sunday, June 8 – 11:59 p.m.**

	OTFA/AC/USATF-REG'D	NON-REGISTERED
Decathlon	\$25.00	not applicable
Octathlon	\$20.00	n/a
Heptathlon	\$20.00	n/a
Tetrathlon	\$18.00	n/a
JrW 5000m championship	\$18.00	n/a
Other events	\$8.00 per event	\$15.00 per event

Relay Championships Entry Deadline: on the day

Relays	\$28.00 per team (pay on day)	not applicable
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ENTRIES received after June 8 will be accepted at the discretion of the meet organizers. These late entries, acceptance of which will be subject to time available to run the event, will be assessed a \$25.00 per event entry fee. (\$45.00 decathlon/octathlon/heptathlon). Any athletes entered in the individual Championship events or planning to run in a relay event must be registered by June 8.

Please make cheques/money orders payable to: York University Track Club.
Present payment when picking up your club envelope at the meet registration area.

ELECTRONIC ENTRIES:

The Entries Chairperson will only be accepting entries (except relays) electronically until Sunday, June 8, 11:59pm via Hy-Tek Team Manager or Hy-Tek Team Manager Lite.

For instructions on-line registrations and the event file, please go to the Events Calendar at www.otfa.ca.
For assistance, contact Suzanne Leroux.

Note: No telephone entries please.
No refunds. No substitutions.

EVENTS:

Championship Events: Junior Women's 5,000m

Bantam, Midget, Youth, Junior, Senior Men's & Women's 4x200m
Bantam, Midget, Youth Boys and Girls 4x400m Relay
Junior and Senior Men's and Women's 4x800m Relay
Youth Boys Octathlon
Junior, Senior Men's Decathlon
Youth, Junior, Senior Women's Heptathlon
Midget and Bantam Boys and Girls Tetrathlon

Nat'l Qualifier Events: Junior/Senior Men's & Women's:

100m, 200m, 400m, 800m, 1500m, 100/110m Hurdles, 400m Hurdles, High Jump,
Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin
Junior Men's/Senior Men's and Senior Women's 5000m
Senior Women's Heptathlon
Junior Women's 3000m
Junior Women's Heptathlon
Junior Men's, Senior Men's and Women's 3000m Steeplechase
Junior/Senior Men's Decathlon

Other Events:

Youth Boys: 110m Hurdles at 91cm, 400m Hurdles at 84cm, 2000m Steeplechase
Youth Girls: 100m Hurdles at 76cm
Junior Women's 2000m Steeplechase*
Women's 3000m

* The Junior Women's 2000m Steeplechase does not have an entry standard for the National Championships.

The National Qualifier for the Senior Men's and Women's 10,000m is during the Ontario Championships in London on May 17.





QUALIFYING FOR ENTRY INTO NATIONAL CHAMPIONSHIPS WITHOUT STANDARD
(conditional on Athletics Canada criteria remaining unchanged from previous years).

The following athletes may enter the National Championships without having achieved the entry standard:

- Top Junior athlete without standard (in each event) from Ontario at this qualifier meet,
- Top 3 Senior athletes without standard (in each event) from Ontario at this qualifier meet,
- Top Junior athlete without standard (in each event) from Ontario at Supermeet 1 (Ottawa, June 21-22)
- Top 2 Senior athletes without standard (in each event) from Ontario at Supermeet 1 (Ottawa, June 21-22)
- Top 3 high school athletes (OTFA Junior age) in Senior events at the OFSAA championships.

One additional Junior athlete may qualify as a wild card in each event. Selection will be based on performance at either of the two National Qualifier meets in Ontario. If there are no nominees from participants in the National Qualifier meets by June 25 other OTFA-registered nominees may be considered.

Only athletes registered for 2008 with the OTFA in the competitive category on the day of competition are eligible for nomination as entries into the Nationals without standard.

Important:

It is the responsibility of the athlete to identify which athlete finishing ahead of him/her has already met the entry standard. Juniors are counted as Seniors if the specifications are the same as for the senior events. Athletes who wish to enter the Nationals without standard (including wild card nominations) must declare their intention to do so by signing a special form at either of the two qualifier competitions. The final date for declaration is Sunday, June 22 (prior to conclusion of Supermeet 1) in Ottawa for Seniors and Wednesday, July 2 for Juniors (contact Roman Olszewski). Thereafter, for juniors only, other athletes without standard and finishing below the top junior without standard in either Qualifier meet or the wild card may be considered on a first-come-first-served basis until July 16 in events in which there are openings.

AGE CATEGORIES:	Bantam:	born 1995 or after
	Midget:	born 1993 or after
	Youth:	born 1991 or after
	Junior:	born 1989 or after
	Senior:	open

COMBINED EVENTS:	Bantam and Midget Girls Tetrathlon:	80mH,HJ,SP,200m
	Youth, Junior, Senior Women's Heptathlon:	D1: 100mH, HJ,SP,200 D2: LJ,JT,800
	Bantam Boys Tetrathlon	80mH,SP,HJ,200m
	Midget Boys Tetrathlon	100mH,SP,HJ,200m
	Youth Boys Octathlon	D1: 100m,LJ,SP,400m D2: 110mH,HJ,JT,1000m
	Junior,Senior Men's Decathlon	D1: 100m,LJ,SP,HJ,400m D2: 110mH,DT,PV,JT,1500m





ELIGIBILITY:

There are no entry standards for this meet and athletes of all ages and ability levels are encouraged to participate. Age class athletes in the throwing events may use throwing implements specified for their age groups. (However, see section on Number of Trials Allowed below.)

Athletes residing in Ontario and competing in the Championship Events (Combined Events, JW 5000, Relays) must be registered (competitive category) and their clubs affiliated for 2008 with the OTFA by Sunday June 8, 11:59 pm. Athletes not so registered will be denied entry in the championship event. Athletes registered as "Unattached" or considered "Disassociated" do not require a club affiliation.

Athletes residing in Ontario but representing a club from outside the province must be registered with their association and must be shown on the entry form as representing that province/club. Non-registered athletes may enter non-championship events only.

Athletes temporarily residing in Ontario but representing a club from outside the province must be registered with their association and must be entered by their respective clubs.

In non-championship events both registered and non-registered athletes are welcome. Non-registered athletes must declare themselves as such when entering and must pay the higher fee. Athletes who are unregistered and fail to declare as such will have their results voided.

Note: Athletes entered in non-championship events who are not registered with the OTFA (but who have paid entry fees on the basis of being registered) must pay the late entry fees for non-registered athletes in order to compete.

RELAYS:

Clubs must enter teams in the appropriate age category (i.e., not move up to an older age category than would apply to the oldest member of the team). Example: a team made up of four Midgets must enter the Midget category while a team made up of three Midgets and one Junior would enter the Junior category. **All members of a team must be members of the same club.** See also section under "Entry Deadlines and Fees".

ENTRY DECLARATIONS:

Although there will be no formal entry declaration/check-in at this meet we ask that all scratches in track events be reported as soon as possible. This will help us reduce the number of empty lanes and the possibility of running late. A special sheet on which scratches can be marked will be included in each club envelope. See the note under "Entry Deadline and Fees" above regarding entries and team declarations for the relay events.

CHECK-IN PROCEDURES:

Coaches should pick up the athletes' numbers in the registration area. Athletes should check in at the start line (or announced designated area) no sooner than 30 minutes prior to the start of the event but no later than 10 minutes prior to the start. Athletes in field events should report to their competition areas at least 30 minutes prior to the event start for warm-ups. Field event athletes reporting after the first trial has begun will not be permitted to enter the competition.





WAIVER:

Every participant is required to sign the waiver form attached. For athletes under the age of 18, a parent's, guardian's or power of attorney's signature must appear on the waiver. The waiver forms must be submitted at the registration desk the day of the competition.

Mandatory Adult Officials' Assistant: Based on the approved motion at the 2005 Annual General Meeting each club participating in a sanctioned meet must provide one or more adult volunteers to assist officials during the meet. For this meet we are requesting that every club with 5 or more entrants provide one person. If the local organizing committee does not need the services of your volunteer you will be notified before the competition.

Please email the name of your volunteer(s) to Richard Parkinson at parkinr@yorku.ca by June 10, 11:59pm. Ask your volunteers to report in front of the announcer's booth where they will sign in and be assigned their role by Richard Parkinson.

INFORMATION FOR SPECTATORS AND COACHES

Please be aware that a \$5 per day admission fee will be charged to spectators (over the age of 12). Competing athletes will be allowed to enter the facility with their athlete numbers. OTFA-registered coaches, OTFA-registered club administrators, meet officials and accredited media will be provided with admission passes at the gate.

FACILITY: All-weather synthetic surface on 8-lane and mondo on all field event approaches. Concrete throwing circles. Change room facilities and showers are available
- bring your own lock and towel.

FACILITY RULES & REGULATIONS:

Official Starting blocks will be supplied by the meet organizers. However, any starting blocks complying with IAAF rules may be used.

Note: Athletes of Junior age and up are required by IAAF rules to use starting blocks in events of 400m and under.

All implements, except pole vault poles, will be provided by the meet management. Personal throwing implements will be permitted provided they meet specifications. They will be included in the implement pool.

MAXIMUM SPIKE LENGTH: 6mm ,12mm for javelin and high jump

NO portable radio/tape/cd/mp3 players are allowed at the Centre including infield, track and bleachers.

SPORTSMANSHIP: Proper conduct extends to all athletes on and off the field during the meet and to parents, friends and coaches especially at the meet site.

PROTESTS: All protests must be made using official protest forms that may be picked up from the results room. Protests must be filed with the referee within 30 minutes of the posting of the results. Cost: \$25.00 to be returned if the protest is upheld by the referee or not considered frivolous. The decision of the referee may be appealed to the Jury of Appeal.





NUMBER OF TRIALS:

In the horizontal jumps and throws, due to time limitations, only the top four seniors and top four juniors, after the first three rounds will automatically receive an additional three trials. Any other athletes to a maximum of eight per age category, who achieve the Ontario Standard Plan Level 4 performance (see below) in the first three rounds, will also receive the extra trials.

The standards are as follows:

	LJ	TJ	SP	DT	HT	JT
BG	4.27	8.33	7.48(3kg)	22.31(1kg)	-	23.77(400g)
MG	4.73	9.14	10.25(3kg)	28.13(1kg)	29.54(4kg)	27.15(600g)
YG	4.86	9.88	9.58(4kg)	32.24(1kg)	35.61(4kg)	32.65(600g)
JW	5.06	10.16	10.40(4kg)	35.36(1kg)	38.64(4kg)	35.76(600g)
SW	5.41	10.74	11.50(4kg)	38.91(1kg)	42.28(4kg)	38.62(600g)
BB	4.76	9.43	9.57(3kg)	27.32(1kg)	-	29.81(400g)
MB	5.67	11.28	12.92(4kg)	40.44(1kg)	39.51(4kg)	39.02(600g)
YB	6.29	12.59	13.43(5kg)	41.11(1.5kg)	41.32(5kg)	49.25(700g)
JM	6.49	13.28	14.42(6kg)	43.77(1.75kg)	48.81(6kg)	47.62 (800g)
SM	6.90	13.85	14.50(7.36kg)	45.98(2kg)	48.21(7.26kg)	54.05(800g)

AWARDS: OTFA gold, silver and bronze medals will be awarded to the top 3 finishers in the Ontario Championship events (including Relays). Duplicate medals will also be awarded to guests from out-of-province finishing in the top 3 in these events. No awards in other events.

ACCOMMODATIONS: The Ontario Track and Field Association strongly recommends:
(Make sure to ask for the OTFA rate)



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HOW TO GET TO THE TORONTO TRACK & FIELD CENTRE:

1. Follow Highway 401 East to Highway 400 North.
2. Follow Highway 400 North to the Steeles Avenue exit.
3. Go East (left) on Steeles, past Jane Street and turn right at the York University Northwest Gate entrance, just past Pioneer Village.
4. Immediate first left entrance to parking lot is adjacent to track.





2008 NATIONAL QUALIFIER MEET - TENTATIVE SCHEDULE

DAY 1 - SATURDAY JUNE 14, 2008

TRACK EVENTS

11:30 am	Youth/Junior/Senior Men's Decathlon and Youth Boys Octathlon 100m
11:45	Midget Boys Tetrathlon 100m Hurdles (84cm- 13/8.5m)
	Junior/Senior Women's Heptathlon 100m Hurdles (84cm- 13/8.5m)
	Junior/Senior Women's 100m Hurdles (84cm- 13/8.5m)
	Youth Girls Heptathlon 100m Hurdles (76cm- 13/8.5m)
	Youth Girls 100m Hurdles (76cm- 13/8.5m)
	Midget Girls Tetrathlon 80m Hurdles (76cm- 12/8m)
	Bantam Girls Tetrathlon 80m Hurdles (76cm- 11.5/7.5m)
	Bantam Boys Tetrathlon 80m Hurdles (76cm- 11.5/7.5m)
12:30 pm	Women's 1500m
	Men's 1500m
1:30	Women's 100m Qualifying (Top 8 seniors and Top 8 juniors to Finals, by time)
	Men's 100m Qualifying (Top 8 seniors and Top 8 juniors to Finals, by time)
2:50	Women's 400m
	Men's 400m
3:30	Women's 100m Junior and Senior Finals
	Men's 100m Junior and Senior Finals
3:50	Track Officials' Break
4:30	Bantam Girls -> Senior Women's 4X200m (Ontario Championships)
	Bantam Boys -> Senior Men's 4X200m (Ontario Championships)
5:20	Junior & Senior Women's 4X800m (Ontario Championships)
	Junior & Senior Men's 4X800m (Ontario Championships)
TBA	Youth/Junior/Senior Men's Octathlon/Decathlon 400m
	Bantam/Midget/Youth/Junior/Senior Women's Tetrathlon/Heptathlon 200m
	Bantam/Midget Boys Tetrathlon 200m
7:00	Open Men's 5000m
7:40	Junior/Open Women's 5000m (Championship for Junior Women)

FIELD EVENTS

11:30 a.m.	Women's Javelin
	Women's Pole Vault
12:15 p.m.	Youth/Junior/Senior Men's Octathlon/Decathlon Long Jump
12:45	Bantam/Midget Boys Tetrathlon Shot Put
	Bantam/Midget/Youth/Junior/Senior Women's Tetrathlon/Heptathlon High Jump
1:45	Youth/Junior/Senior Men's Octathlon/Decathlon Shot Put
2:00	Men's Javelin
2:30	Women's Long Jump
2:45	Bantam/Midget/Junior/Senior Men's Tetrathlon/Decathlon High Jump
2:45	Bantam/Midget/Youth/Junior/Senior Women's Tetrathlon/Heptathlon Shot Put
3:00	Men's Pole Vault
5:00	Men's Long Jump
5:00	Women's Hammer followed by
6:00	Men's Hammer

Please note:

- Sections will run fast to slow
- The schedule is subject to modification, based on number of entries received. Events (with the exception of the first event) may be advanced by up to 30 minutes without notification to clubs. A final schedule will be posted prior to the commencement of each day's activities.





2008 NATIONAL QUALIFIER MEET - TENTATIVE SCHEDULE

DAY 2 - SUNDAY JUNE 15, 2008

TIME	TRACK EVENTS
09:30	Women's 3000m
10:00	Senior Men's Decathlon 110m Hurdles (104cm) Senior Men's 110m Hurdles (104cm) Junior Men's Decathlon 110m Hurdles (99cm) Junior Men's 110m Hurdles (99cm) Youth Boys Octathlon 110m Hurdles (91cm) Youth Boys 110m Hurdles (91cm)
10:45	Women's and Men's 800m
LUNCH BREAK (approx. 11:45-12:30)	
12:30 p.m.	Women's 400m Hurdles (76cm) Youth Boys 400m Hurdles (84cm) Men's 400m Hurdles (91cm)
1:15	Women's 200m Men's 200m
2:15	Men's 3000m Steeplechase (91cm) Youth Boys 2000m Steeplechase (91cm) Junior Women's 2000m Steeplechase (76cm) Women's 3000m Steeplechase (76cm)
TBA	Women's Heptathlon 800m
3:05	Bantam Girls -> Youth Girls' 4x400m (Ontario Championships) Bantam Boys -> Youth Boys' 4x400m (Ontario Championships)
TBA	Men's Decathlon 1500m/Youth Boys Octathlon 1000m

FIELD EVENTS

9:15 a.m.	Women's Discus Men's High Jump
10:00	Men's Shot Put Women's Heptathlon Long Jump
11:00	Men's Decathlon Discus Men's Triple Jump
11:30	Youth Boys Octathlon High Jump
12:00 noon	Women's Heptathlon Javelin
12:15	Men's Decathlon Pole Vault
2:00	Women's High Jump
2:00	Women's Shot Put
2:00	Women's Triple Jump
2:15	Men's Decathlon and Youth Boys Octathlon Javelin
3:00	Men's Discus

Please note:

- Sections will run fast to slow.
- The schedule is subject to modification, based on number of entries received. Events (with the exception of the first event) may be advanced by up to 30 minutes without notification to clubs. A final schedule will be posted prior to the commencement of each day's activities.





Please submit this form at the Registration Desk.

SANCTIONED AND REQUIRED BY:

THE ONTARIO TRACK & FIELD ASSOCIATION

RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

2008 National Qualifier Meet, June 14-15, 2008 Including:
Ontario Championships in JW 5000m, Combined Events and 4x200m, 4x400m and 4x800m Relay

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE:

Ontario Track & Field Association
York University TFC
City of Toronto
York University
Toronto Track & Field Centre
Colin Inglis
Richard Parkinson
Suzanne Leroux

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO NDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

Date

Print Name

Signature

If under 18 years, Parent or Guardian or Power of Attorney to sign below.

Date

Print Name

Signature of Parent or Guardian or Power of Attorney



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Abbreviated Selection Criteria for 2008-09 Quest for Gold Athlete Assistance Program

Below is an **abbreviated** criteria for selection to the 2008-09 Quest for Gold Athlete Assistance Program. All parameters have not been included since some guidelines have yet to be established and confirmed.

However, for the purpose of providing as much information as possible, we urge all prospective nominees and their coaches to read and understand the following criteria.

Additional criteria will follow when it has been confirmed.

The Selection Committee has reaffirmed its commitment to the guidelines below as they pertain specifically to the sport of track and field and the Quest for Gold Athlete Assistance Program.

As the purpose of this funding is to “improve the performance and number of Ontario athletes performing at the national and international level”, funding will be aimed at those Ontario athletes who have demonstrated both a high level of achievement and a commitment to continued training at an elite level.

The following Selection Criteria are subject to change based on Ministry of Health Promotion Guidelines when they are published.

For the year 2008:

- To be considered for the Quest for Gold Athlete Assistance Program (AAP), athletes must apply to the OTFA.
- Except as noted below athletes must have been born between the years 1985 and 1991, inclusive. Athletes who were born in 1992 or later and named to the 2007 Quest for Gold Programme are eligible for the 2008 Programme. Athletes who were born in 1985 or earlier may be eligible if they are performing at a high level.
- All qualifying athletes must have been a **Full Year Competitive Member** in the OTFA in 2008.
- All qualifying athletes must list a coach on their membership form who is registered as a coach with the OTFA. Athletes who are self-coached must be registered as an Athlete/Coach for the year.
- To be eligible for funding, athletes must compete in the OTFA Outdoor Track and Field Championships in 2008.

Athletes who have commitments to the Canadian National programme or who have the opportunity to compete outside the country, and in so doing have a conflict with the 2008 OTFA Outdoor Championships, may be excused if an exemption has been granted. All requests for exemption must be made in writing

(or email) a minimum of 7 working days prior to a Championship, and exemptions must be approved by the OTFA Quest for Gold Selection Committee.

Athletes who do not receive an exemption from the Selection Committee and who miss the OTFA Outdoor Championships in order to compete elsewhere will not be eligible for Quest for Gold Funding.

Athletes are encouraged to compete in the OTFA Indoor Championships, but this is not a criteria for Carding eligibility.

Junior athletes who apply for Quest for Gold funding in the junior category must compete in the OTFA outdoor championships as a junior. They should, therefore compete in the junior category at the National Championships in order to score points in that event. Athletes applying for funding in the junior category cannot score points by competing in the Senior National Championships - they can only score points by competing in the Junior National Championships.

However, junior athletes are encouraged to also compete in the National Seniors and competing in the National Seniors will not disqualify them from the program. Junior athletes wishing to apply for funding in the Senior category may do so by competing in the outdoor OTFA and National Senior Championships as a senior athlete.

If a Junior athlete competes and scores Quest for Gold AAP points in a senior event, they may also compete and score points as a Junior athlete in another event.

- An equal number of male and female athletes are eligible to receive Ontario Card funding. For 2008, twenty-seven male and twenty-seven female track and field athletes will receive funding, unless there are not enough athletes in a specific category who meet all eligibility requirements.
- With the exception of marathon and walking events performances based on cross-country or road racing events will not be considered.
- The time period allowed for athletes to achieve their top performances for all events, with the exception of those noted below in 'Exceptions', is December 1, 2007 to August 20, 2008.
- Selection of athletes will be based on total Athlete Assistance Program (AAP) points that each athlete accumulates. Athlete Assistance Program points are awarded based on performances achieved at the OTFA Outdoor Championships, the National Championships, and other sanctioned competitions throughout the year. *Specific details will follow.*
- Athletes missing the national championships because of a national team event may apply their national team event performance against the national championships and gain points on that basis. In these cases the athlete's

performance to count will be the one achieved in the furthest round of competition reached in the national event.

- Performances must be in events normally conducted at the IAAF Outdoor World Championships.
- For events in which no Canadian and/or Ontario championships are conducted, athletes will be ranked and scored on the basis of their best performances during the period September 1, 2007 through September 6, 2008.
- Performances must be made in OTFA-sanctioned or OTFA-approved competitions and all pertinent information must be available and *provided* (wind readings etc). High school results will be accepted if they meet the above criteria.
- Hand times may **not** be used for qualifying performances in races of 400m or less in distance.
- *All performances must be verifiable. The responsibility of providing accurate information lies with the athlete and/or coach. Applications which do not contain all supporting documentation will not be eligible for consideration.*
- Indoor performances may count, but at least one of the two selection based performances must be from an outdoor competition. For indoor jumping and vaulting events, only performances achieved on runways complying with IAAF rules will be accepted. In the shot put, indoor performances achieved on landing surfaces which do not leave a mark are acceptable for the purposes of the Athlete Assistance Program.
- Indoor and/or outdoor performances made in events that are not normally conducted at the IAAF Outdoor World Championships will **not** be converted to standard events.
- In the short sprint and hurdles events and the horizontal jumping events, only performances achieved with a following wind of 2.0 metres per second or less will be accepted. In the combined events, all performances (final point totals) will be accepted, regardless of wind conditions.
- There will be no limit on the number of athletes who can qualify in any given event.
- Athletes may apply for funding in more than one event, but they can only qualify for funding in a single event.
- To be eligible, athletes must apply to the program. Applications must be received by the OTFA between August 22 of 2008 and September 29, 2008. The 27 males and the 27 females with the best point totals who complete the application process will be nominated for Ontario Cards, pending the awarding of Ontario Cards to athletes who are, or have been, injured, ill or pregnant.

- Athletes who may not qualify for funding due to illness, injury or pregnancy in 2008 and who believe they should be funded may appeal to the Selection Committee directly. These athletes must submit a rationale for selection including a description of the injury or illness, documents from a certified physician and/or therapist detailing the nature of the illness or injury, the rehabilitation program, the prognosis for recovery, and the athlete's two best performances from January 2006 to present. All other conditions hereto set forth must be met, and a full application form must be submitted. A maximum of four male and four female athletes (regardless of age category) may qualify for an illness, injury or pregnancy card.

To be eligible for an Injury or Illness Card, the applicant must have been on the Quest for Gold program – or the National Carding program – in the previous year.

Athletes who miss the OTFA or Canadian Championships because of illness or injury cannot compete for a period of ten day before and/or after these Championships without jeopardizing their chances of getting an injury card.

Athletes who wish to apply for consideration under the Illness, Injury or Pregnancy category should send all pertinent information to the OTFA office as an addendum to the Athlete Application Form.

- All *selected* athletes will be required to submit a training and competition plan for the 2009 season. The athlete's coach must also sign the plan, verifying that the athlete has committed to an ongoing, comprehensive, well-considered training schedule aimed at high performance in the athlete's selected event.

Exceptions

Exceptions for Athletes Born in 1985 or Earlier.

NOTE: The criteria below which pertains to athletes born in 1985 or earlier is tentative. The OTFA is working to increase the allotment of cards in this area, but specific criteria need to be confirmed.

A maximum of ten cards (five female and five male) in the Espoir category will be available to athletes who are 23 years of age or over as on December 31, 2008 and who:

1. achieve, during 2008, indoors or outdoors, a performance that equals or exceeds Level 8 of the Step Up programme in the Senior category in the event in which they are applying
2. comply with all other conditions of being named to the Quest for Gold Athlete Assistance Programme.

Athletes in this category will be scored as all other applicants. All applicants will be ranked and those who receive the highest scores will receive funding. Therefore, the top 5 male and female applicants born in 1985 or earlier are not guaranteed funding.

Event Exceptions:

- Athletes in the following events may use two performances in the same event or use another event as the second event to be scored against the Mercier tables. To be consistent, in using a performance in a second event, only the *second* best performance in that event will be considered:
 - 10,000m (JrM, SW, SM): Athletes may use 2 performances in 10,000m or 1 performance at 10,000m and one performance at 5,000m. Points earned in the second event may be equal to but may not exceed points earned in the first, primary event.
 - 20,000m Walk (SW, SM): Athletes may use 2 performances in 20km Walk or 1 performance at 20km Walk and one at 10km Walk. Points earned in the second event may be equal to but may not exceed points earned in the first, primary event
- Athletes in the following events require only a single performance in the event. The Mercier points earned (less 700 points) will be doubled:
 - Marathon (SW, SM)
 - 50km Walk (SM)
 - Heptathlon (JrW, SW)
 - Decathlon (JrM, SM)
- For 2008 athletes competing in the 20km Walk Ontario Championships will have until October 1 to apply for funding.
- In Canadian Championships Ontario finishers shall count in the final positions when scoring Canadians only. If necessary, results from the penultimate round may be used to obtain the top 12 Ontarians.
- Where no Mercier table exists for an event an equivalent table shall be established by the OTFA Director or Technical Services.
- Athletes may not compete in both the Junior and Senior categories in the same event (even if the specifications are different) at the Ontario Championships. If an athlete is, for some reason, permitted to run both the same or equivalent event in both the Junior and Senior categories at the Ontario Championships, only the performance in the Junior event will be considered and scored for the purposes of the Quest for Gold programme.



Job Opportunity - Event Coordinator

Summer Experience Program ("SEP")

The Ontario Track and Field Association (OTFA) is a small but highly active, not-for-profit organization committed to supporting aspiring athletes in the sport of Athletics (track and field, cross country and roadrunning) as well as contributing to the health, fitness, social development and well being of all participants.

We are tentatively (upon acceptance of funding from program co-sponsors; the Ministry of Health Promotion and the Ministry of Government and Consumer Services) looking for a full-time (36.25 hours per week) limited-term (7 week period between June 1, 2008 – August 5, 2008 – starting date to be determined) youth. The successful candidate will assist in sport administrative functions in the Provincial Sport Organization's (Ontario Track & Field Association) head office. The Event Coordinator will report to the Manager of Communications & Public Relations.

Eligible Youth

Youth must meet the eligibility criteria of the program:

- ❖ All youth must have reached the age of 15 and not yet reached the age of 25 upon commencement of employment or 29 for persons with a disability if disabled within the meaning of s.10 of the Ontario Human Rights Code, R.S.O. 1990, c. H.19, as amended from time to time.
- ❖ Youth must be residents of Ontario.
- ❖ Youth must be eligible to work in Canada.

Requirements and Qualifications

The successful candidate will have a sound knowledge of the sport of Athletics and will have experience in event management, sponsorship and sport administration. He or she will have proven writing skills, will have a good working knowledge of 'Word' software and Adobe Acrobat, and will be able to work in an unsupervised environment. As the position involves extensive contact with members of the Association and the public, good oral and written communication skills in English are required. Proven artistic (drawing) and/or graphic design ability is a definite asset.

Job Description

- Assists in the coordination and delivery of OTFA Championship Events, including but not limited to: National Jr/Sr Qualifier – June 14-15 (Toronto), Supermeet 1 - June 21-22 (Ottawa), Supermeet 2 – August 2-3 (Toronto), Relay Championships – TBD (Hamilton, Toronto)
- Under the direction of the OTFA and the Competition Director(s), the Event Coordinator will assist with Entries, Results Management, Volunteer Coordination, Marketing, Media relations, Logistics and Communication.

Duties:

- Acts as the main point of contact between the OTFA office and the Competition Director (CD)
- Provides the CD with necessary equipment, supplies, information as required.
- Communicates with local media, Staff, Members, Section Board of Directors and Volunteers.
- Prepares written copy and images for internet, Monthly newsletter.
- Data-entry, Telephone, Faxing, Email, Photocopying, Mailing and creating reports.
- Other duties, and lifting of 25lb may be assigned as required

Location

While this project will be supervised by the Ontario Track and Field Association at: 1185 Eglinton Ave. East (at Don Mills Road) in Toronto, some weekend and evening work may be required off-site, during OTFA Championship events and functions.

Wage Rate

\$8.75 per hour

How To Apply

Resumes should be emailed to the OTFA at ontrack@eol.ca, faxed to (416) 426-7358, or mailed to us at: 1185 Eglinton Ave. East, Suite 302, Toronto, Ontario, M3C 3C6. The deadline for receiving resumes/applications is **May 23, 2008**. Only candidates selected for interviews will be contacted.