

Ottawa High Performance Weekend - 2021-06-04 to 2021-06-05

Ottawa Lions Timing Team

Terry Fox Athletic Facility

Results

Women 100 Meter Dash High Performance

Canadian: 10.98 ! 1987-07-06 Angela Bailey
Facility: 11.20 F 2017-07-07 Crystal Emmanuel
Club: 11.49 C 2016-06-04 Farah Jacques

Name	Yr	Team	Prelims
Preliminaries			
1 Williams, Shanice	96	Unattached ON	11.59q 2.3
2 Maxwell, Nyoka	97	Extreme Velocity	11.68q 2.3
3 Savoury, Jorden	98	Saint-Laurent	11.81q 2.3
4 Miller, Trinity	03	Golden Eagles	12.00q 2.3
5 Samuel, Sharelle	00	Ottawa Lions	12.59q 2.3
6 Papaconstantinou, Marissa T6	99	U.T.T.C.	13.32q 2.3

Women 100 Meter Dash High Performance

Canadian: 10.98 ! 1987-07-06 Angela Bailey
Facility: 11.20 F 2017-07-07 Crystal Emmanuel
Club: 11.49 C 2016-06-04 Farah Jacques

Name	Yr	Team	Finals
Finals			
1 Maxwell, Nyoka	97	Extreme Velocity	11.59 2.2
2 Williams, Shanice	96	Unattached ON	11.61 2.2
3 Savoury, Jorden	98	Saint-Laurent	11.82 2.2
4 Miller, Trinity	03	Golden Eagles	12.09 2.2
5 Papaconstantinou, Marissa T6	99	U.T.T.C.	13.35 2.2

Women 200 Meter Dash High Performance

Canadian: 22.50 ! 2017-07-18 Crystal Emmanuel
Facility: 22.74 F 2018-07-08 Crystal Emmanuel
Club: 23.15 C 2020-05-15 Lauren Gale

Name	Yr	Team	Prelims
Preliminaries			
1 Goudros, Izzy	03	Unattached ON	23.93q 0.5
2 Maxwell, Nyoka	97	Extreme Velocity	24.09q 0.5
3 McCreath-Tardiel, Sade	96	York University	24.26q 0.5
4 Hyacinthe, Kimberly	89	Vainqueurs Plus	24.64q 0.5
5 Samuel, Sharelle	00	Ottawa Lions	25.34q 0.5
6 Simon, Brittany	93	Sarnia Athletics	26.24q 0.5
7 Papaconstantinou, Marissa T6	99	U.T.T.C.	27.98q 0.5

Women 200 Meter Dash High Performance

Canadian: 22.50 ! 2017-07-18 Crystal Emmanuel
Facility: 22.74 F 2018-07-08 Crystal Emmanuel
Club: 23.15 C 2020-05-15 Lauren Gale

Name	Yr	Team	Finals
Finals			
1 Goudros, Izzy	03	Unattached ON	23.82 0.6
2 Maxwell, Nyoka	97	Extreme Velocity	24.02 0.6
3 McCreath-Tardiel, Sade	96	York University	24.59 0.6
4 Hyacinthe, Kimberly	89	Vainqueurs Plus	24.98 0.6
5 Samuel, Sharelle	00	Ottawa Lions	25.67 0.6

Women 800 Meter Run High Performance

Canadian: 1:57.01 ! 2017-07-21 Melissa Bishop
Facility: 2:00.26 F 2017-07-08 Melissa Bishop
Club: 1:57.01 C 2017-07-21 Melissa Bishop

Name	Yr	Team	Finals
Finals			
1 Taylor, Ashley	95	Unattached ON	2:05.61 1:01.637 (1:01.637) 2:05.603 (1:03.966)
2 Garrett-Patterson, Avery	97	U.T.T.C.	2:07.67 1:02.416 (1:02.416) 2:07.670 (1:05.254)
3 Knelsen, Hallee	03	St Thomas Legion	2:08.10 1:03.000 (1:03.000) 2:08.092 (1:05.092)
4 Gaskin, Sonia	94	York University	2:08.81 1:01.507 (1:01.507) 2:08.803 (1:07.296)
5 Clarke, Madison	95	Ottawa Lions	2:10.94 1:02.294 (1:02.294) 2:10.931 (1:08.637)

Women 1500 Meter Run High Performance

Canadian: 3:56.12 ! 2019-10-05 Gabriella Debues-Stafford
Facility: 4:05.54 F 1988-08-07 Lynn Williams
Club: 4:04.42 C 2021-05-15 Melissa Bishop-Nriagu

Name	Yr	Team	Finals
Finals			
1 Gollish, Sasha	81	Unattached ON	4:18.60 49.2870 (49.2870) 1:59.0530 (1:09.7660) 3:08.4600 (1:09.4070) 4:18.5910 (1:10.1310)
2 Gagné, Catherine	89	Université Laval	4:35.81 51.6920 (51.6920) 2:06.0580 (1:14.3660) 3:23.5150 (1:17.4570) 4:35.8040 (1:12.2890)
3 Brennan, Becca	96	Unattached ON	4:38.96 52.2130 (52.2130) 2:06.6680 (1:14.4550) 3:23.1140 (1:16.4460) 4:38.9560 (1:15.8420)
4 Clarke, Madison	95	Ottawa Lions	4:48.62 51.9230 (51.9230) 2:06.3750 (1:14.4520) 3:23.3790 (1:17.0040) 4:48.6120 (1:25.2330)
--- Taylor, Ashley	95	Unattached ON	DNF 48.9370 (48.9370) 1:58.6880 (1:09.7510)

Women 100 Meter Hurdles High Performance

84cm Barriers

Canadian: 12.46 ! 2014-06-19 Perdita Felicien
Facility: 12.64 F 2006-08-05 Perdita Felicien
Club: 12.96 C 1996-05-11 Lesley Tashlin

Name	Yr	Team	Prelims
Preliminaries			
1 Jacques, Farah	90	Perfmax-Racing	13.52q 1.9
2 Boug, Tyra	00	Royal City T.F.C	14.14q 1.9
3 Léveillé, Maude	95	Sherbrooke	14.25q 1.9
4 Spearchief-Morris, Joy	94	London Western	14.42q 1.9
5 Abiodun, Nike	00	Royal City T.F.C	14.58q 1.9

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Women 100 Meter Hurdles High Performance

84cm Barriers

Canadian: 12.46 ! 2014-06-19 Perdita Felicien

Facility: 12.64 F 2006-08-05 Perdita Felicien

Club: 12.96 C 1996-05-11 Lesley Tashlin

Name	Yr	Team	Finals
Finals			
1 Jacques, Farah	90	Perfmax-Racing	13.66 0.9
2 Boug, Tyra	00	Royal City T.F.C	14.25 0.9
3 Léveillé, Maude	95	Sherbrooke	14.27 0.9
4 Abiodun, Nike	00	Royal City T.F.C	14.60 0.9

Women 400 Meter Hurdles High Performance

76cm Barriers

Canadian: 54.32 ! 2019-10-02 Sage Watson

Facility: 54.85 F 2001-07-22 Bidouane Nouzha

Club: 1:00.09 C 2018-05-31 Sharelle Samuel

Name	Yr	Team	Finals
Finals			
1 Montcalm, Noelle	88	U Windsor A.C.	56.82
2 Ollier, Mary	95	U.T.T.C.	59.80
3 Simon, Brittany	93	Sarnia Athletics	1:01.70
4 Goudros, Izzy	03	Unattached ON	1:01.81
5 James, Jenna	03	Golden Eagles	1:02.13
6 Innanen, Katrina	97	Unattached ON	1:04.02
7 Jovic, Helena	01	Ottawa Lions	1:07.90

Women High Jump High Performance

Canadian: 1.99m ! 1982-01-23 Debbie Brill

Facility: 1.94m F 1985-08-04 Jeannie Cockroft

Club: 1.89m C 1991-06-22 Leslie Estwick

Name	Yr	Team	Finals
Finals			
1 Bitchoka, Barbara	96	C.A.N.I.	1.75m
2 Selkirk, Robin	03	Unattached ON	1.60m

Women Long Jump High Performance

Canadian: 6.99m ! 2015-02-19 Cristabel Nettey

Facility: 6.61m F 1985-08-04 Donna Smellie

Club: 6.30m C 2019-04-19 Divya Biswal

Name	Yr	Team	Finals
Finals			
1 Omahen, Emily	94	U Windsor A.C.	5.63m 2.2
2 Wilson-Walker, Madison T62;	97	London Western	4.21m 2.4

Women Triple Jump High Performance

Canadian: 14.02m ! 2007-02-25 Tabia Charles

Facility: 14.62m F 2001-07-22 Cristina Nicolau

Club: 13.44m C 2019-06-22 Divya Biswal

Name	Yr	Team	Finals
Finals			
1 Ehrhardt, Caroline	92	London Western	13.13m 3.3
2 Goudros, Izzy	03	Unattached ON	12.50m 2.1
3 Jodoin, Hanna	01	Royal City T.F.C	11.75m 1.2
4 Knox, Chloe	00	Western Mustangs	10.85m 0.9

Women Shot Put High Performance

Canadian: 19.28m ! 2019-09-01 Brittany Crew

Facility: 20.14m F 1990-07-18 Sui Xin Mei

Club: 15.83m C 1993-01-23 Cathy Griffin

Name	Yr	Team	Finals
Finals			
1 Tutti, Trinity	00	Sisu Throws	15.04m
2 Brooks, Kaitlin	96	Sisu Throws	14.74m

Women Discus Throw High Performance

Canadian: 62.72m ! 1979-08-23 Carmen Ionesco

Facility: 64.53m F 2001-07-21 Nicoleta Grasu

Club: 56.86m C 1993-06-11 Cathy Griffin

Name	Yr	Team	Finals
Finals			
1 Tutti, Trinity	00	Sisu Throws	57.93m

Women Javelin Throw High Performance

Canadian: 64.83m ! 2015-05-10 Elizabeth Gleadle

Facility: 60.62m F 2017-07-07 Liz Gleadle

Club: 57.64m C 1992-04-18 Cheryl Coker

Name	Yr	Team	Finals
Finals			
1 Clark, Kaylee	03	BrockvilleLegion	42.77m
2 Webb, Alexandria	02	Maximus Perf	42.58m
3 Merritt, Olivia	91	Ottawa Lions	42.01m
4 Cardella-Rinfret, Geneviève	92	Saint-Laurent	40.29m
5 Roy, Makayla	02	Brantford Tfc	37.72m
6 Selkirk, Robin	03	Unattached ON	31.71m

Men 100 Meter Dash High Performance

Canadian: 9.84 ! Donovan Bailey/Bruny Surin

Facility: 10.11 F 2017-07-07 Andre De Grasse

Club: 10.10 C 1994-08-22 Glenroy Gilbert

Name	Yr	Team	Prelims
Preliminaries			
1 Smellie, Gavin	86	Flying Angels	10.48q 1.7
2 Adjibi, Eliezer	00	C.A.N.I.	10.57q 1.7
3 Barresi, Domenic	03	Hamilton Olympic	10.70q 1.7
4 Joseph, Xavier	94	Extreme Velocity	11.05q 1.7
5 Ben-Smith, Bertwin	97	Ottawa Lions	11.07q 1.7
6 Ingram, Austin T13;F13	02	Les Coureurs	11.38q 1.7

Men 100 Meter Dash High Performance

Canadian: 9.84 ! Donovan Bailey/Bruny Surin

Facility: 10.11 F 2017-07-07 Andre De Grasse

Club: 10.10 C 1994-08-22 Glenroy Gilbert

Name	Yr	Team	Finals
Finals			
1 Smellie, Gavin	86	Flying Angels	10.55 0.7
2 Adjibi, Eliezer	00	C.A.N.I.	10.65 0.7
3 Barresi, Domenic	03	Hamilton Olympic	10.88 0.7
4 Joseph, Xavier	94	Extreme Velocity	11.07 0.7
5 Ben-Smith, Bertwin	97	Ottawa Lions	11.13 0.7
6 Ingram, Austin T13;F13	02	Les Coureurs	11.43 0.7

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Men 200 Meter Dash High Performance

Canadian: 19.80 ! 2016-08-17 Andre De Grasse

Facility: 20.17 F 2018-07-08 Aaron Brown

Club: 20.37 C 1993-06-02 Glenroy Gilbert

Name	Yr	Team	Prelims
Preliminaries			
1 Lauzon, Jeremiah	00	Red Deer Titans	21.31q 0.6
2 Barresi, Domenic	03	Hamilton Olympic	21.58q 0.6
3 Cato, Roxroy	89	Unattached ON	21.92q 0.6
4 Ben-Smith, Bertwin	97	Ottawa Lions	22.35q 0.6
5 Joseph, Xavier	94	Extreme Velocity	22.64q 0.6

Men 200 Meter Dash High Performance

Canadian: 19.80 ! 2016-08-17 Andre De Grasse

Facility: 20.17 F 2018-07-08 Aaron Brown

Club: 20.37 C 1993-06-02 Glenroy Gilbert

Name	Yr	Team	Finals
Finals			
1 Lauzon, Jeremiah	00	Red Deer Titans	21.36 1.5
2 Barresi, Domenic	03	Hamilton Olympic	21.54 1.5
3 Ben-Smith, Bertwin	97	Ottawa Lions	22.52 1.5

Men 1500 Meter Run High Performance

Canadian: 3:31.71 ! 2000-06-30 Kevin Sullivan

Facility: 3:39.48 F 1991-07-17 John Bowden

Club: 3:36.36 C 1998-07-10 Steve Agar

Name	Yr	Team	Finals
Finals			
1 Madden, Kyle	98	Royal City T.F.C	3:50.83
46.406 (46.406)	1:45.958 (59.552)	2:48.850 (1:02.892)	
3:50.825 (1:01.975)			
2 Hughes, Gavin	99	Royal City T.F.C	3:57.64
46.627 (46.627)	1:47.891 (1:01.264)	2:54.381 (1:06.490)	
3:57.633 (1:03.252)			
3 Saville, Sebastian	94	Université Laval	4:13.40
46.860 (46.860)	1:49.551 (1:02.691)	3:01.496 (1:11.945)	
4:13.394 (1:11.898)			
4 Dunkerley, Jason T11;F11	77	Ottawa Lions	4:27.24
51.495 (51.495)	2:02.998 (1:11.503)	3:15.389 (1:12.391)	
4:27.238 (1:11.849)			
--- Nicol-Samuel, Delohnni	91	Unattached ON	DNF
46.171 (46.171)	1:45.663 (59.492)	2:49.247 (1:03.584)	

Men 5000 Meter Run High Performance

Canadian: 12:47.20 ! 2020-07-10 Mohamed Ahmed

Facility: 13:37.14 F 2001-07-21 Aryn Mohamed

Club: 13:25.16 C 2000-08-11 Sean Kaley

Name	Yr	Team	Finals
Finals			
1 Beaudet, Matthew	00	Saint-Laurent	14:15.28
34.514 (34.514)	1:43.047 (1:08.533)	2:51.580 (1:08.533)	
3:59.226 (1:07.646)	5:08.343 (1:09.117)	6:17.323 (1:08.980)	
7:25.986 (1:08.663)	8:34.003 (1:08.017)	9:40.909 (1:06.906)	
10:51.523 (1:10.614)	12:01.095 (1:09.572)	13:08.497 (1:07.402)	
14:15.279 (1:06.782)			
2 Parrot-Migas, Phil	93	London Western	14:18.83
34.000 (34.000)	1:42.682 (1:08.682)	2:51.060 (1:08.378)	
3:58.748 (1:07.688)	5:07.840 (1:09.092)	6:16.947 (1:09.107)	
7:25.119 (1:08.172)	8:31.844 (1:06.725)	9:40.670 (1:08.826)	
10:51.254 (1:10.584)	12:01.993 (1:10.739)	13:13.028 (1:11.035)	
14:18.826 (1:05.798)			
3 Tedeschi, Jonathan	94	Université Laval	14:18.94
33.817 (33.817)	1:42.885 (1:09.068)	2:51.330 (1:08.445)	
3:58.988 (1:07.658)	5:08.088 (1:09.100)	6:17.117 (1:09.029)	
7:25.685 (1:08.568)	8:34.015 (1:08.330)	9:42.184 (1:08.169)	
10:52.637 (1:10.453)	12:03.325 (1:10.688)	13:13.217 (1:09.892)	
14:18.936 (1:05.719)			
4 Ubene, Mitchell	98	Royal City T.F.C	14:19.85
33.564 (33.564)	1:42.438 (1:08.874)	2:50.839 (1:08.401)	
3:58.520 (1:07.681)	5:07.606 (1:09.086)	6:16.849 (1:09.243)	
7:25.395 (1:08.546)	8:34.248 (1:08.853)	9:42.349 (1:08.101)	
10:52.856 (1:10.507)	12:03.586 (1:10.730)	13:13.816 (1:10.230)	
14:19.841 (1:06.025)			
5 Raymond, Benjamin	92	Dynamique	14:23.38
34.585 (34.585)	1:43.872 (1:09.287)	2:52.717 (1:08.845)	
4:00.357 (1:07.640)	5:11.546 (1:11.189)	6:22.403 (1:10.857)	
7:33.732 (1:11.329)	8:43.541 (1:09.809)	9:53.090 (1:09.549)	
11:03.397 (1:10.307)	12:13.057 (1:09.660)	13:20.606 (1:07.549)	
14:23.376 (1:02.770)			
6 Bannon, Nicholas	00	Royal City T.F.C	14:26.67
34.850 (34.850)	1:44.128 (1:09.278)	2:52.977 (1:08.849)	
4:00.604 (1:07.627)	5:11.767 (1:11.163)	6:22.657 (1:10.890)	
7:33.983 (1:11.326)	8:43.797 (1:09.814)	9:52.835 (1:09.038)	
11:03.532 (1:10.697)	12:13.341 (1:09.809)	13:20.931 (1:07.590)	
14:26.662 (1:05.731)			
7 Morneau-Cartier, Philippe	01	Université Laval	14:42.38
34.155 (34.155)	1:43.296 (1:09.141)	2:51.823 (1:08.527)	
3:59.482 (1:07.659)	5:08.636 (1:09.154)	6:17.633 (1:08.997)	
7:27.017 (1:09.384)	8:37.442 (1:10.425)	9:49.876 (1:12.434)	
11:03.313 (1:13.437)	12:17.363 (1:14.050)	13:31.348 (1:13.985)	
14:42.377 (1:11.029)			
--- Larouche, Anthony	90	Université Laval	DNF
34.972 (34.972)	1:44.404 (1:09.432)	2:53.245 (1:08.841)	
4:01.376 (1:08.131)	5:12.010 (1:10.634)	6:23.661 (1:11.651)	
7:36.611 (1:12.950)	8:51.018 (1:14.407)	10:04.445 (1:13.427)	

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Finals ... (Men 5000 Meter Run High Performance)

Name	Yr	Team	Finals
--- Trudeau Perron, Marc-André	00	Saint-Laurent	DNF
34.299 (34.299)	1:43.584 (1:09.285)	2:52.165 (1:08.581)	
3:59.986 (1:07.821)	5:11.276 (1:11.290)	6:23.372 (1:12.096)	
7:36.375 (1:13.003)	8:51.047 (1:14.672)	10:06.313 (1:15.266)	

Men 110 Meter Hurdles High Performance

107cm Barriers

Canadian: 13.08 ! 1993-07-01 Mark McKoy
 Facility: 13.27 F 1985-08-03 Mark McKoy
 Club: 13.43 C 2015-07-04 Sekou Kaba

Name	Yr	Team	Prelims
Preliminaries			
1 Thorne, Craig	01	Royal City T.F.C	14.27q 0.5
2 Bruce, Cameron	00	U.T.T.C.	14.33q 0.5
3 Collins, Alexander	02	C.A.N.I.	14.68q 0.5
4 Adeleye, David	02	Ottawa Lions	15.36q 0.5

Men 110 Meter Hurdles High Performance

107cm Barriers

Canadian: 13.08 ! 1993-07-01 Mark McKoy
 Facility: 13.27 F 1985-08-03 Mark McKoy
 Club: 13.43 C 2015-07-04 Sekou Kaba

Name	Yr	Team	Finals
Finals			
1 Thorne, Craig	01	Royal City T.F.C	14.09 0.5
2 Bruce, Cameron	00	U.T.T.C.	14.36 0.5
3 Collins, Alexander	02	C.A.N.I.	14.72 0.5
4 Adeleye, David	02	Ottawa Lions	15.21 0.5

Men 400 Meter Hurdles High Performance

91cm Barriers

Canadian: 48.24 ! 2007-07-27 Adam Kunkel
 Facility: 49.24 F 2001-07-03 Pawel Januszewski
 Club: 51.02 C 1990-05-24 Craig Hutton

Name	Yr	Team	Finals
Finals			
1 Cato, Roxroy	89	Unattached ON	51.75
2 Jean, Leewinchell	01	Ottawa Lions	54.29
3 MacNeill, Matthew	00	Royal City T.F.C	54.44
4 Alhaddad, Saj	92	Ottawa Lions	54.53

Men High Jump High Performance

Canadian: 2.40m ! 2014-04-25 Derek Drouin
 Facility: 2.33m F 1986-06-21 Milt Ottey
 Club: 2.25m C 1992-05-31 Cory Siermachesky

Name	Yr	Team	Finals
Finals			
1 Ollivier, Emile	95	Saint-Laurent	2.05m
2 Lafleur, Hans	96	C.A.N.I.	2.00m
3 Cate, Sean	94	Elite Jumps	1.95m
4 St-Hilaire, Philippe	95	Ville-Marie	1.90m

Men Long Jump High Performance

Canadian: 8.28m ! 2021-05-29 Damian Warner
 Facility: 8.02m F 1989-08-05 Edrick Floreal
 Club: 8.02m C 2010-02-26 Brian Chibudu

Name	Yr	Team	Finals
Finals			
1 Patterson, Bryson	95	C.A.N.I.	7.14m 1.6

Men Triple Jump High Performance

Canadian: 17.29m ! 1989-06-03 Edrick Floreal
 Facility: 17.15m F 2001-07-23 Arius Filet
 Club: 15.75m C 1988-05-14 Glenroy Gilbert

Name	Yr	Team	Finals
Finals			
1 West, Kenneth	02	Unattached ON	15.13m 2.7
2 Akinduro, Olorunfemi	00	Flying Angels	15.11m 1.5

Men Shot Put High Performance

Canadian: 22.21m ! 2011-06-25 Dylan Armstrong
 Facility: 20.94m F 2018-07-06 Tim Nedow
 Club: 21.33m C 2016-02-17 Tim Nedow

Name	Yr	Team	Finals
Finals			
1 Brathwaite, Eric	91	Sisu Throws	15.49m
2 Webb, Zion	99	Sarnia Athletics	13.51m

Men Javelin Throw High Performance

Canadian: 84.81m ! 2011-07-13 Scott Russell
 Facility: 84.41m F 2005-07-20 Scott Russell
 Club: 71.02m C 2013-06-22 Brandon Heroux

Name	Yr	Team	Finals
Finals			
1 Cross, Benjamin	97	Sisu Throws	56.32m
2 MacDougall, Bronis	03	BrockvilleLegion	55.89m
3 Burr, Toren	02	Brantford Tfc	54.57m
4 Smart-Reed, Daniel	02	Sisu Throws	47.05m