

Ottawa Lions Twilight Meet #10 - 2021-07-07**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Women 100 Meter Dash Open**

Facility: 11.20 F 2017-07-07 Crystal Emmanuel
Twilight: 11.60 T Genevieve Thibault
Club: 11.49 C 2016-06-04 Farah Jacques

Name	Yr	Team	Finals
Finals			
1 Jacques, Farah	90	Perfmax-Racing	12.16 0.5
2 Borgella, Bianca	03	Ottawa Lions	12.79 0.5
3 Lu Langley, Vanessa	02	Ottawa Lions	13.22 0.5
4 Sharp, Samantha	04	Ottawa Lions	13.33 0.5
5 Brennan, Emily	04	Ottawa Lions	13.50 0.5
6 Cameron, Millie	04	Ottawa Lions	13.72 0.5

Women 200 Meter Dash Open

Facility: 22.74 F 2018-07-08 Crystal Emmanuel
Twilight: 23.36 T 2008-06-18 Adrienne Power
Club: 23.21 C 2016-03-31 Farah Jacques

Name	Yr	Team	Prelims
Preliminaries			
1 Parris, Ieasha	96	C.A.N.I.	25.79q 1.3
2 Ogunremi, Doyin	02	Ottawa Lions	25.83q 1.3
3 Bitchoka, Barbara	96	C.A.N.I.	26.04q 1.3
4 Martins, Emma	03	Gatineau	26.13q 1.1
5 Lu Langley, Vanessa	02	Ottawa Lions	26.50q 1.1
6 Wallace, Tieghan	03	Unattached ON	26.63q 1.1
7 Manor, Kathryn	03	Ottawa Lions	26.67q 1.1
8 Procyk, Paulina	02	Ottawa Lions	26.79q 1.1
9 Sharp, Samantha	04	Ottawa Lions	26.88 1.1
10 Goddard, Audrey	04	Ottawa Lions	27.10 1.2
11 Bositampen, Jessica	99	Perfmax-Racing	27.11 1.3
12 Murchison, Charlotte	04	Ottawa Lions	27.13 1.2
13 Gilmour, Audrey	03	Ottawa Lions	27.26 1.2
14 Brennan, Emily	04	Ottawa Lions	27.67 1.1
15 Ocica, Darianna	04	Ottawa Lions	28.19 1.2
16 Courteau, Vienna	03	Ottawa Lions	28.32 1.2
17 Naveang-Plouffe, Anne-Marie	04	Gatineau	28.46 1.2
18 Cameron, Millie	04	Ottawa Lions	28.81 1.2
19 Munro, Grace	04	Ottawa Lions	29.03 1.2
20 Hogan, Georgia	03	Ottawa Lions	29.06 0.6
21 Dewar, Allison	05	Ottawa Lions	29.10 1.2
22 Pender, Tatiana	05	Ottawa Lions	29.10 1.2
23 Osborne, Manon	74	Gatineau	29.43 1.2
24 Carr, Makyla	03	Ottawa Lions	29.48 0.6
25 Ostertag, Coralie	02	Ottawa Lions	29.57 0.6
26 Ogedengbe, Christwill	05	Ottawa Lions	29.88 1.2
27 Morris, Jennifer	73	Ottawa Lions	29.90 1.2
28 Lawson, Cynthia	98	London Western	29.97 1.3
29 Blanchet, Emma	04	Ottawa Lions	30.13 0.6
30 McQuinn, Shayla	06	Ottawa Lions	30.58 0.6
31 Opaleye, Oreoluwa	06	Ottawa Lions	30.76 0.6
32 Savoie, Ava	04	Ottawa Lions	31.44 0.6
33 Nearing-Guibord, Danette	61	Ottawa Lions	38.31 0.6

Women 200 Meter Dash Open

Facility: 22.74 F 2018-07-08 Crystal Emmanuel
Twilight: 23.36 T 2008-06-18 Adrienne Power
Club: 23.21 C 2016-03-31 Farah Jacques

Name	Yr	Team	Finals
Finals			
1 Ogunremi, Doyin	02	Ottawa Lions	25.84 -0.3
2 Parris, Ieasha	96	C.A.N.I.	26.20 -0.3
3 Martins, Emma	03	Gatineau	26.38 -0.3
4 Bitchoka, Barbara	96	C.A.N.I.	26.74 -0.3
5 Lu Langley, Vanessa	02	Ottawa Lions	27.14 -0.3

Women 800 Meter Run Open

Facility: 2:00.26 F 2017-07-08 Melissa Bishop
Twilight: 2:04.82 T 2018-06-13 Maeliss Trapeau
Club: 1:57.01 C 2017-07-21 Melissa Bishop

Name	Yr	Team	Finals
Finals			
1 Bell, Frédérique	03	Gatineau	2:17.46
1:07.937 (1:07.937)	2:17.460 (1:09.523)		
2 Frazer, Hannah	00	Ottawa Lions	2:20.07
1:07.363 (1:07.363)	2:20.064 (1:12.701)		
3 Martineau, Éliane	01	Gatineau	2:20.99
1:08.313 (1:08.313)	2:20.985 (1:12.672)		
4 Jaklova, Anna	05	Unattached ON	2:24.43
1:07.704 (1:07.704)	2:24.421 (1:16.717)		
5 Munro, Grace	04	Ottawa Lions	2:30.69
1:10.423 (1:10.423)	2:30.683 (1:20.260)		
6 Treacy, Veselja	06	Toronto West	2:30.96
1:10.705 (1:10.705)	2:30.955 (1:20.250)		
7 Yach, Koree	06	Ottawa Lions	2:32.13
1:11.020 (1:11.020)	2:32.125 (1:21.105)		
8 McGregor, Ellie	09	Unattached ON	2:33.52
1:15.743 (1:15.743)	2:33.519 (1:17.776)		
9 Bradley, Cassidy	04	Ottawa Lions	2:34.01
1:11.584 (1:11.584)	2:34.004 (1:22.420)		
10 McQuinn, Cora	04	Ottawa Lions	2:35.78
1:12.227 (1:12.227)	2:35.774 (1:23.547)		
11 Harris, Andie	05	Ottawa Lions	2:39.80
1:16.196 (1:16.196)	2:39.798 (1:23.602)		
12 Church, Amandine	07	Ottawa Lions	3:18.21
1:34.422 (1:34.422)	3:18.204 (1:43.783)		

Women 1500 Meter Run Open

Facility: 4:05.54 F 1988-08-07 Lynn Williams
Twilight: 4:17.40 T 1996-07-24 Anna Gunasekera
Club: 4:09.36 C 2021-03-13 Melissa Bishop-Nriagu

Name	Yr	Team	Finals
Finals			
1 Van Brabant, Amelia	05	Ottawa Lions	4:46.83
53.163 (53.163)	2:11.716 (1:18.553)	3:30.769 (1:19.053)	
4:46.828 (1:16.059)			

Ottawa Lions Twilight Meet #10 - 2021-07-07**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Finals ... (Women 1500 Meter Run Open)**

	Name	Yr	Team	Finals
2	MacDonald, Cara	04	Unattached ON	4:50.64
	53.902 (53.902)	2:11.999 (1:18.097)	3:31.218 (1:19.219)	
	4:50.637 (1:19.419)			
3	Stonham, Louise	05	Ottawa Lions	5:00.75
	53.612 (53.612)	2:13.132 (1:19.520)	3:38.079 (1:24.947)	
	5:00.749 (1:22.670)			
4	Tremain, Acadia	05	Laurel Creek	5:15.65
	56.997 (56.997)	2:25.087 (1:28.090)	3:52.177 (1:27.090)	
	5:15.648 (1:23.471)			
5	Quinn, Paige	04	Ottawa Lions	5:19.73
	57.132 (57.132)	2:25.459 (1:28.327)	3:55.137 (1:29.678)	
	5:19.726 (1:24.589)			
6	Hurst, Freya	04	Ottawa Lions	5:22.46
	57.284 (57.284)	2:26.592 (1:29.308)	3:56.494 (1:29.902)	
	5:22.453 (1:25.959)			

Women 200 Meter Hurdles Open

Twilight: 25.83 T 1990-07-04 Tracey Mattes

	Name	Yr	Team	Finals
Finals				
1	Procyk, Paulina	02	Ottawa Lions	29.33 +0.0
2	Goddard, Audrey	04	Ottawa Lions	30.37 +0.0
3	Cameron, Millie	04	Ottawa Lions	31.86 +0.0
4	Yach, Koree	06	Ottawa Lions	33.43 -0.5
5	Carr, Makyla	03	Ottawa Lions	33.76 -0.5
6	McQuinn, Shayla	06	Ottawa Lions	33.97 -0.5
7	Pender, Tatiana	05	Ottawa Lions	34.20 +0.0
8	Ogedengbe, Christwill	05	Ottawa Lions	36.63 -0.5

Women 300 Meter Hurdles Open

Facility: 40.81 F 1991-06-26 Rosey Edeh

Twilight: 40.81 T 1991-06-26 Rosey Edeh

Club: 40.81 C 1991-06-26 Rosey Edeh

	Name	Yr	Team	Finals
Finals				
1	Telford, Alexandra	96	Ottawa Lions	44.45
2	Jaklova, Anna	05	Unattached ON	49.99

Women 400 Meter Hurdles Open

Facility: 54.85 F 2001-07-22 Bidouane Nouzha

Twilight: 56.47 T 2015-06-24 Sarah Wells

Club: 56.10 C 1989-06-02 Rosey Edeh

	Name	Yr	Team	Finals
Finals				
1	Brennan, Emily	04	Ottawa Lions	1:10.51

Women Long Jump Open**6 Attempts**

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

Twilight: 6.11m T 1991-07-31 Jayne Mitchell

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

	Name	Yr	Team	Finals
Finals				
1	Courteau, Vienna	03	Ottawa Lions	5.08m 0.5
2	Naveang-Plouffe, Anne-Marie	04	Gatineau	5.00m +0.0
3	Goddard, Audrey	04	Ottawa Lions	4.26m 0.1
4	Hogan, Georgia	03	Ottawa Lions	4.14m 0.3
5	Blanchet, Emma	04	Ottawa Lions	4.10m +0.0
6	Bourque, Monet	06	Ottawa Lions	3.96m 0.1
7	Savoie, Ava	04	Ottawa Lions	3.70m -0.1

Women Shot Put Open**6 Attempts**

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

Twilight: 20.14m T 1990-07-18 Sui Xin Mei

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

	Name	Yr	Team	Finals
Finals				
1	McLean, Madison	01	Border City	11.19m

Women Hammer Throw Open**6 Attempts**

Facility: 69.85m F 2008-06-21 Sultana Frizell

Twilight: 63.63m T 2006-08-09 Sultana Frizell

Club: 75.73m C 2014-05-22 Sultana Frizell

	Name	Yr	Team	Finals
Finals				
1	Bal, Maaika	05	Boris Beasts	30.41m
2	Bal, Karina	09	Boris Beasts	28.32m
3	Bal, Barbara	73	Boris Beasts	20.98m

Men 200 Meter Dash Open

Facility: 20.17 F 2018-07-08 Aaron Brown

Twilight: 20.74 T 1999-07-14 Bruny Surin

Club: 20.37 C 1993-06-02 Glenroy Gilbert

	Name	Yr	Team	Prelims
Preliminaries				
1	Adjibi, Eliezer	00	C.A.N.I.	21.42q 0.5
2	Muteba, Lionel Tshimanga	90	Perfmax-Racing	21.57q 0.5
3	Collins, Alexander	02	C.A.N.I.	21.90q 0.5
4	Ben-Smith, Bertwin	97	Ottawa Lions	22.26q 0.5
5	Nicoletti, Luca	04	Ottawa Lions	22.26q 0.8
6	Jamal, Braenen	93	Unattached ON	22.32q 0.5
7	Bositampen, Rabbi	99	Perfmax-Racing	22.32q 0.5
8	Rénélique, Taylor	99	Perfmax-Racing	22.41q 0.8
9	Gurnsey, Joel	01	Kingston T.F.C.	22.59 0.8
10	Landon, Dillon	02	Ottawa Lions	22.89 0.5
11	Adeleye, David	02	Ottawa Lions	23.10 0.8
12	Leger, Zacharie	01	Ottawa Lions	23.43 0.6
13	Hassan, Dani	03	C.A.N.I.	23.48 0.8

Ottawa Lions Twilight Meet #10 - 2021-07-07**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Preliminaries ... (Men 200 Meter Dash Open)**

Name	Yr	Team	Prelims
14 Kukla-Colby, Thomas	04	Ottawa Lions	23.52 0.6
15 Lafleur, Hans	96	C.A.N.I.	23.53 0.8
16 Gebara, Seiyf Udeen	03	Ottawa Lions	23.57 0.8
17 Wallner, Leo	03	Ottawa Lions	23.65 0.9
18 Robinson, Samuel	03	Ottawa Lions	23.83 0.6
19 Fortier, Jeremy	02	Ottawa Lions	23.87 0.6
20 Yetman, Jay	05	Ottawa Lions	23.98 0.9
21 Carty, Xavier	03	Ottawa Lions	24.06 0.6
22 Moulougou, David	03	Ottawa Lions	24.11 0.9
23 Bryant, Zach	02	Ottawa Lions	24.32 0.6
24 McNeil, Nathaniel	05	Ottawa Lions	24.50 0.9
25 Lamoureux, Damien	93	Gatineau	24.57 0.6
26 Cowan, Jack	04	Ottawa Lions	24.83 0.9
27 Wilson, Devonté	06	Ottawa Lions	26.35 0.9

Men 200 Meter Dash Open**Facility:** 20.17 F 2018-07-08 Aaron Brown**Twilight:** 20.74 T 1999-07-14 Bruny Surin**Club:** 20.37 C 1993-06-02 Glenroy Gilbert

Name	Yr	Team	Finals
Finals			
1 Adjibi, Eliezer	00	C.A.N.I.	21.62 0.2
2 Collins, Alexander	02	C.A.N.I.	21.95 0.2
3 Muteba, Lionel Tshimanga	90	Perfmax-Racing	22.00 0.2
4 Ben-Smith, Bertwin	97	Ottawa Lions	22.04 0.2
5 Nicoletti, Luca	04	Ottawa Lions	22.18 0.2
6 Bositampen, Rabbi	99	Perfmax-Racing	22.22 0.2
7 Jamal, Braenen	93	Unattached ON	22.27 0.2
8 Rénélisque, Taylor	99	Perfmax-Racing	22.52 0.2

Men 800 Meter Run Open**Facility:** 1:45.23 F 2017-07-08 Brandon McBride**Twilight:** 1:48.88 T 2002-08-14 Achraf Tadili**Club:** 1:47.24 C 1987-08-04 Rick Brant

Name	Yr	Team	Finals
Finals			
1 Mitchell, Robert	98	Ottawa Lions	1:59.33
			59.471 (59.471) 1:59.323 (59.852)
2 Aitounejjar, Mouhcine	89	Ottawa Lions	1:59.43
			59.321 (59.321) 1:59.426 (1:00.105)
3 Cote, Sebastien	00	C.A.N.I.	1:59.59
			56.713 (56.713) 1:59.585 (1:02.872)
4 Moulougou, David	03	Ottawa Lions	2:00.12
			57.818 (57.818) 2:00.117 (1:02.299)
5 Bouma, Phoenix	03	Ottawa Lions	2:00.53
			57.960 (57.960) 2:00.530 (1:02.570)
6 Taylor, Andrew	03	Ottawa Lions	2:01.78
			57.489 (57.489) 2:01.777 (1:04.288)
7 Weston, Konnor	00	Ottawa Lions	2:02.84
			57.882 (57.882) 2:02.833 (1:04.951)
8 Lorbetskie, Ken	99	Ottawa Lions	2:05.86
			1:00.427 (1:00.427) 2:05.852 (1:05.425)

9 Padoin-Castillo, Adriano	05	Ottawa Lions	2:08.90
			1:02.296 (1:02.296) 2:08.894 (1:06.598)
10 Legare, Nolan	05	Unattached ON	2:08.91
			1:02.635 (1:02.635) 2:08.901 (1:06.266)
11 Newman, Keito	03	Ottawa Lions	2:09.56
			1:01.038 (1:01.038) 2:09.551 (1:08.513)
12 Lavictoire, Ethan	06	Ottawa Lions	2:14.04
			1:03.602 (1:03.602) 2:14.038 (1:10.436)

Men 1500 Meter Run Open**Facility:** 3:39.48 F 1991-07-17 John Bowden**Twilight:** 3:39.48 T 1991-07-17 John Bowden**Club:** 3:36.36 C 1998-07-10 Steve Agar

Name	Yr	Team	Finals
Finals			
1 Roy, Jackson	02	Ottawa Lions	4:03.51
			50.163 (50.163) 1:56.406 (1:06.243) 3:01.382 (1:04.976)
			4:03.507 (1:02.125)
2 Mitchell, Robert	98	Ottawa Lions	4:03.66
			50.377 (50.377) 1:56.853 (1:06.476) 3:01.359 (1:04.506)
			4:03.660 (1:02.301)
3 Unger, Erik	05	Unattached ON	4:07.99
			48.082 (48.082) 1:56.480 (1:08.398) 3:02.663 (1:06.183)
			4:07.984 (1:05.321)
4 Dhanoa, Shan	04	Brockville	4:14.81
			50.642 (50.642) 1:57.754 (1:07.112) 3:07.389 (1:09.635)
			4:14.807 (1:07.418)
5 Porter, Cameron	03	Ottawa Lions	4:18.92
			51.271 (51.271) 2:02.894 (1:11.623) 3:13.701 (1:10.807)
			4:18.915 (1:05.214)
6 Dunkerley, Jason T11;F11	77	Ottawa Lions	4:19.14
			51.034 (51.034) 2:00.074 (1:09.040) 3:09.090 (1:09.016)
			4:19.139 (1:10.049)
7 Howard, Brendon	96	Unattached ON	4:27.64
			51.133 (51.133) 2:03.163 (1:12.030) 3:15.315 (1:12.152)
			4:27.635 (1:12.320)
8 Legare, Nolan	05	Unattached ON	4:34.14
			51.613 (51.613) 2:03.587 (1:11.974) 3:17.938 (1:14.351)
			4:34.137 (1:16.199)
9 Sikka, Zachary	04	Ottawa Lions	4:34.57
			56.040 (56.040) 2:11.334 (1:15.294) 3:26.743 (1:15.409)
			4:34.569 (1:07.826)
10 Shi, Sam	93	Ottawa Lions	4:34.73
			52.836 (52.836) 2:04.704 (1:11.868) 3:18.546 (1:13.842)
			4:34.722 (1:16.176)
11 Sanchez, Joseph	01	C.A.N.I.	4:39.44
			51.469 (51.469) 2:03.424 (1:11.955) 3:18.462 (1:15.038)
			4:39.440 (1:20.978)
12 Strachan, Derek	06	Unattached ON	4:41.71
			55.791 (55.791) 2:09.426 (1:13.635) 3:26.146 (1:16.720)
			4:41.703 (1:15.557)
13 Church, Sebastien	04	Ottawa Lions	4:49.17
			55.776 (55.776) 2:13.921 (1:18.145) 3:34.683 (1:20.762)
			4:49.165 (1:14.482)

Ottawa Lions Twilight Meet #10 - 2021-07-07**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Finals ... (Men 1500 Meter Run Open)**

	Name	Yr	Team	Finals
14	Johnstone, Ryan	05	Unattached ON	4:51.53
	56.260 (56.260)	2:14.338 (1:18.078)	3:34.789 (1:20.451)	
	4:51.527 (1:16.738)			
15	Strachan, Jeffrey	75	Unattached ON	4:59.93
	58.564 (58.564)	2:19.441 (1:20.877)	3:42.546 (1:23.105)	
	4:59.923 (1:17.377)			
---	Crichton, Mark	78	Unattached ON	DNF
	55.798 (55.798)			

Men 200 Meter Hurdles Open

Twilight: 23.53 T 1996-08-14 John Etienne

	Name	Yr	Team	Finals
Finals				
1	Wilson, Devonté	06	Ottawa Lions	30.43 +0.0

Men 400 Meter Hurdles Open

Facility: 49.24 F 2001-07-23 Pawel Januszewski

Twilight: 50.87 T 2015-06-24 Gregory McNeil

Club: 51.02 C 1990-05-24 Craig Hutton

	Name	Yr	Team	Finals
Finals				
1	Jean, Leewinchell	01	Ottawa Lions	56.21
2	Nicoletti, Luca	04	Ottawa Lions	57.83
3	Adeleye, David	02	Ottawa Lions	59.25
4	Kukla-Colby, Thomas	04	Ottawa Lions	1:00.57
5	Nonez, Fabrice	02	Ottawa Lions	1:00.73
6	Carty, Xavier	03	Ottawa Lions	1:02.41
7	McNeil, Nathaniel	05	Ottawa Lions	1:05.52

Men Long Jump Open**6 Attempts**

Facility: 8.02m F 1989-08-05 Edrick Floreal

Twilight: 7.45m T 2005-07-20 Maurice Ennis

Club: 8.01m C 1988-08-06 Glenroy Gilbert

	Name	Yr	Team	Finals
Finals				
1	Patterson, Bryson	95	C.A.N.I.	6.98m 0.4
2	Becker, Thomas	03	C.A.N.I.	6.55m 0.8
3	Halog, Jonelle	95	C.A.N.I.	6.19m 0.2
4	Wallner, Leo	03	Ottawa Lions	5.98m 0.9
5	Yetman, Jay	05	Ottawa Lions	5.92m 0.7
6	Masena, Bebelo-Noah	02	C.A.N.I.	5.73m 0.9
7	Bryant, Zach	02	Ottawa Lions	5.23m 0.8
8	Gebara, Seiyf Udeen	03	Ottawa Lions	5.04m 0.4
9	Zielonka, Eric	06	Ottawa Lions	4.26m 0.9

Men Shot Put Open**6 Attempts**

Facility: 20.94m F 2018-07-06 Tim Nedow

Twilight: 19.85m T 2015-07-15 Tim Nedow

Club: 21.33m C 2016-02-17 Tim Nedow

	Name	Yr	Team	Finals
Finals				
1	Lewis, Spencer	03	Beckwith AC	15.95m
2	Phillips, Mark	58	Ottawa Lions	6.60m

Men Hammer Throw Open**6 Attempts**

Facility: 79.89m F 2001-07-20 Szymon Ziolkowski

Twilight: 69.98m T 1990-07-18 Bi Zhong

Club: 65.34m C 1995-07-13 James Fahie

	Name	Yr	Team	Finals
Finals				
1	Xu, Oscar	04	Boris Beasts	46.97m
2	Zaitchouk, Boris	47	Boris Beasts	45.18m
3	Rohonczy, Imre	64	Boris Beasts	32.50m
4	Muller, Emil	35	Throwers Club	27.81m
5	Sigal, Yonatan	06	Boris Beasts	26.74m