

Ottawa Lions Twilight Meet #10 - 7/7/2021**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Women 200 Meter Dash Open**

Facility: F 22.74 7/8/2018 Crystal Emmanuel, Flying Angels

Twilight: T 23.36 6/18/2008 Adrienne Power, Halifax Athletics

Club: C 23.21 3/31/2016 Farah Jacques, Ottawa Lions

Name Year Team Prelims Wind H#

Preliminaries

1	Jackson, Audrey	98	Saint-Lauren	24.11q	-0.3	1	
2	Chapman, Janay	02	Golden Eagle	25.34q	-0.3	1	
3	Jovic, Helena	01	Ottawa Lions T.F.C.	25.61q	-0.3	1	
4	Parris, Ieasha	96	C.A.N.I. Athletics	25.67q	-0.3	1	
5	Borgella, Bianca T13;F13	03	Ottawa Lions T.F.C.	26.05q	0.2	2	
6	Ogunremi, Doyin	02	Ottawa Lions T.F.C.	26.46q	-0.3	1	
7	Sharp, Samantha	04	Ottawa Lions T.F.C.	26.57q	0.2	2	
8	Dumont, Mélanie	88	Saint-Lauren	26.69q	0.2	2	
9	Bitchoka, Barbara	96	C.A.N.I. Athletics	26.80	-0.3	1	
10	Gilmour, Audrey	03	Ottawa Lions T.F.C.	26.98	0.2	2	
11	Goddard, Audrey	04	Ottawa Lions T.F.C.	27.24	0.2	2	
12	Brennan, Emily	04	Ottawa Lions T.F.C.	27.49	0.4	3	
13	Naoum, Catherine	97	Saint-Lauren	27.54	0.2	2	
14	Naveang-Plouffe, Anne-Ma	04	Gatineau	27.65	0.4	3	
15	Osborne, Elie-Anne	06	Ottawa Lions T.F.C.	27.72	+0.0	5	
16	Munro, Grace	04	Ottawa Lions T.F.C.	27.81	0.5	4	
17	Xu, Yilin	04	Ottawa Lions T.F.C.	27.95	0.5	4	
18	Hangi, Neige	98	Force Track Team	28.20	0.4	3	
19	Ocica, Dariana	04	Ottawa Lions T.F.C.	28.25	0.4	3	
20	Dort, Yasmine	97	Force Track Team	28.30	0.2	2	
21	Dewar, Allison	05	Ottawa Lions T.F.C.	28.50	+0.0	5	
22	McGregor, Ellie	09	Unattached Ontario	28.62	0.7	6	
23	Pender, Tatiana	05	Ottawa Lions T.F.C.	28.76	0.5	4	
24	Ogedengbe, Christwill	05	Ottawa Lions T.F.C.	28.88	+0.0	5	
25	McGuire, Alexis	06	Ottawa Lions T.F.C.	29.02	0.7	6	
26	Osborne, Manon	74	Gatineau	29.08	+0.0	5	
27	Lim-Huynh, Trinity	04	Ottawa Lions T.F.C.	29.23	0.5	4	
28	Pierre, Bertlie	05	Force Track Team	29.37	0.4	3	
29	Collins, Lara	05	C.A.N.I. Athletics	29.43	0.5	4	
30	Coughlin, Quinn	07	Ottawa Lions T.F.C.	29.52	0.7	6	
31	Belahneche, Cylia	05	Gatineau	29.55	0.4	3	
32	Ostertag, Coralie	02	Ottawa Lions T.F.C.	29.82	+0.0	5	
33	Morris, Jennifer	73	Ottawa Lions T.F.C.	29.92	+0.0	5	29.914
34	Bourque, Monet	21	Ottawa Lions T.F.C.	29.92	0.5	4	29.920
35	McQuinn, Shayla	06	Ottawa Lions T.F.C.	30.10	+0.0	5	
36	Yach, Koree	06	Ottawa Lions T.F.C.	30.27	+0.0	5	
37	Dewar, Shannon	08	Ottawa Lions T.F.C.	30.49	0.7	6	
38	Alexander, Lauren	06	Ottawa Lions T.F.C.	31.12	0.7	6	
39	Moodie, Sage	05	C.A.N.I. Athletics	31.22	0.5	4	
40	Van Brabant, Amelia	05	Ottawa Lions T.F.C.	31.30	0.7	6	
41	Brazeau, Audrée	06	Ottawa Lions T.F.C.	31.63	0.4	3	
42	Nearing-Guibord, Danette	61	Ottawa Lions T.F.C.	38.29	0.7	6	

Ottawa Lions Twilight Meet #10 - 7/7/2021**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Women 200 Meter Dash Open**

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Facility: F 22.74 7/8/2018 Crystal Emmanuel, Flying Angels
Twilight: T 23.36 6/18/2008 Adrienne Power, Halifax Athletics
Club: C 23.21 3/31/2016 Farah Jacques, Ottawa Lions
Name Year Team Finals Wind
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Finals

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1 Jackson, Audrey 98 Saint-Lauren 24.15 0.4
2 Chapman, Janay 02 Golden Eagle 25.07 0.4
3 Parris, Ieasha 96 C.A.N.I. Athletics 25.93 0.4
4 Borgella, Bianca T13;F13 03 Ottawa Lions T.F.C. 26.06 0.4
5 Dumont, Mélanie 88 Saint-Lauren 26.74 0.4

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Women 800 Meter Run Open

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Facility: F 2:00.26 7/8/2017 Melissa Bishop, Ottawa Lions
Twilight: T 2:04.82 6/13/2018 Maeliss Trapeau, Ottawa Lions
Club: C 1:57.01 7/21/2017 Melissa Bishop, Ottawa Lions
Name Year Team Finals H#
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1 Paquin, Geneviève 98 Saint-Lauren 2:08.37 1
  1:02.417 (1:02.417) 2:08.370 (1:05.953)
2 Gagnon, Mariane 00 Saint-Lauren 2:12.43 1
  1:03.797 (1:03.797) 2:12.426 (1:08.629)
3 Fournel, Lisa 95 Saint-Lauren 2:13.38 1
  1:04.349 (1:04.349) 2:13.378 (1:09.029)
4 Bell, Frédérique 03 Gatineau 2:17.54 1
  1:05.058 (1:05.058) 2:17.540 (1:12.482)
5 Frazer, Hannah 00 Ottawa Lions T.F.C. 2:19.43 1
  1:06.569 (1:06.569) 2:19.423 (1:12.854)
6 Van Brabant, Amelia 05 Ottawa Lions T.F.C. 2:22.15 1
  1:08.951 (1:08.951) 2:22.143 (1:13.192)
7 MacDonald, Cara 04 Unattached Ontario 2:25.22 2
  1:09.426 (1:09.426) 2:25.212 (1:15.786)
8 Porter, Gillian 04 Ottawa Lions T.F.C. 2:25.47 2
  1:10.103 (1:10.103) 2:25.464 (1:15.361)
9 Murchison, Charlotte 04 Ottawa Lions T.F.C. 2:27.33 1
  1:07.662 (1:07.662) 2:27.321 (1:19.659)
10 Munro, Grace 04 Ottawa Lions T.F.C. 2:30.26 2
  1:09.660 (1:09.660) 2:30.251 (1:20.591)
11 Ceneston, Karen 99 Force Track Team 2:30.66 2
  1:11.395 (1:11.395) 2:30.660 (1:19.265)
12 Howitt, Kimberley 84 Ottawa Lions T.F.C. 2:31.87 3
  1:17.395 (1:17.395) 2:31.867 (1:14.472)
13 Yach, Koree 06 Ottawa Lions T.F.C. 2:31.99 2
  1:11.128 (1:11.128) 2:31.990 (1:20.862)
14 Giannotti, Jocelyn 06 Ottawa Lions T.F.C. 2:32.25 2
  1:11.714 (1:11.714) 2:32.250 (1:20.536)
15 Osborne, Manon 74 Gatineau 2:33.67 3
  1:17.103 (1:17.103) 2:33.661 (1:16.558)
16 Alexander, Lauren 06 Ottawa Lions T.F.C. 2:33.92 3
  1:15.762 (1:15.762) 2:33.913 (1:18.151)
17 Ross, Sarya 96 Ottawa Lions T.F.C. 2:34.94 3
  1:16.445 (1:16.445) 2:34.934 (1:18.489)

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Ottawa Lions Twilight Meet #10 - 7/7/2021**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****....Women 800 Meter Run Open**

18 Tyman, Elana	03 Ottawa Lions T.F.C.	2:36.46	2
1:13.272 (1:13.272)	2:36.454 (1:23.182)		
19 Cross, Laura	04 Ottawa Lions T.F.C.	2:37.08	3
1:15.923 (1:15.923)	2:37.074 (1:21.151)		
20 Harris, Andie	05 Ottawa Lions T.F.C.	2:40.59	3
1:18.527 (1:18.527)	2:40.588 (1:22.061)		
21 McKay, Morgane	06 Ottawa Lions T.F.C.	2:40.76	3
1:18.237 (1:18.237)	2:40.756 (1:22.519)		
22 McGuire, Alexis	06 Ottawa Lions T.F.C.	2:58.01	2
1:17.278 (1:17.278)	2:58.009 (1:40.731)		
-- Clarke, Madison	95 Ottawa Lions T.F.C.	DNF	1
1:03.476 (1:03.476)			

Women 1500 Meter Run Open

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Facility:	F	4:05.54	8/7/1988	Lynn Williams, BC Kajaks	
Twilight:	T	4:17.40	7/24/1996	Anna Gunasekera, Ottawa Lions	
Club:	C	4.04	5/15/2021	Melissa Bishop-Nriagu, Ottawa	
Name		Year	Team	Finals	H#
=====					
1 Seaby, Madeleine	05 Beckwith Ath	4:52.14	1		
52.520 (52.520)	2:11.064 (1:18.544)	3:33.414 (1:22.350)	4:52.133 (1:18.719)		
2 Stonham, Louise	05 Ottawa Lions T.F.C.	4:58.70	1		
52.825 (52.825)	2:13.158 (1:20.333)	3:37.430 (1:24.272)	4:58.696 (1:21.266)		
3 Martineau, Éliane	01 Gatineau	4:59.86	1		
52.252 (52.252)	2:11.506 (1:19.254)	3:37.190 (1:25.684)	4:59.858 (1:22.668)		
4 Giannotti, Jocelyn	06 Ottawa Lions T.F.C.	5:06.12	1		
53.351 (53.351)	2:14.440 (1:21.089)	3:40.645 (1:26.205)	5:06.112 (1:25.467)		
5 Whitney, Teegan	05 Physi-Kult	5:12.47	2		
1:00.614 (1:00.614)	2:27.508 (1:26.894)	3:54.131 (1:26.623)	5:12.467 (1:18.336)		
6 Coughlin, Quinn	07 Ottawa Lions T.F.C.	5:13.87	2		
57.714 (57.714)	2:23.696 (1:25.982)	3:53.470 (1:29.774)	5:13.866 (1:20.396)		
7 Brackenbury, Claire	04 Physi-Kult	5:18.20	1		
55.353 (55.353)	2:20.925 (1:25.572)	3:54.092 (1:33.167)	5:18.194 (1:24.102)		
8 Quinn, Paige	04 Ottawa Lions T.F.C.	5:21.34	2		
1:02.845 (1:02.845)	2:31.671 (1:28.826)	3:59.094 (1:27.423)	5:21.335 (1:22.241)		
9 Cross, Laura	04 Ottawa Lions T.F.C.	5:23.12	1		
53.486 (53.486)	2:16.900 (1:23.414)	3:51.509 (1:34.609)	5:23.111 (1:31.602)		
10 Ryan, Nicole	04 Physi-Kult	5:23.71	1		
56.380 (56.380)	2:23.402 (1:27.022)	3:56.866 (1:33.464)	5:23.708 (1:26.842)		
11 Allen, Kira	04 Physi-Kult	5:24.57	2		
1:02.644 (1:02.644)	2:31.377 (1:28.733)	3:58.919 (1:27.542)	5:24.564 (1:25.645)		
12 Martin, Sydney	98 Unattached Ontario	5:29.36	2		
1:04.003 (1:04.003)	2:33.604 (1:29.601)	4:04.566 (1:30.962)	5:29.354 (1:24.788)		
13 Hamilton, Claire	05 Physi-Kult	6:00.21	2		
1:04.920 (1:04.920)	2:40.776 (1:35.856)	4:21.516 (1:40.740)	6:00.205 (1:38.689)		
14 Walsh, Anna	04 Quinte Front	6:12.82	2		
1:06.367 (1:06.367)	2:48.526 (1:42.159)	4:32.573 (1:44.047)	6:12.818 (1:40.245)		
15 Church, Amandine	07 Ottawa Lions T.F.C.	6:49.23	2		
1:08.805 (1:08.805)	3:02.634 (1:53.829)	4:58.238 (1:55.604)	6:49.227 (1:50.989)		

Ottawa Lions Twilight Meet #10 - 7/7/2021**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Women 200 Meter Hurdles Open**

Twilight: T 25.83 7/4/1990 Tracey Mattes, Wisconsin					
Name	Year	Team	Finals	Wind	
1 Courteau, Vienna	03	Ottawa Lions T.F.C.	30.79	0.6	Hurdle Height: 76cm
2 Hall, Eleanor	04	Ottawa Lions T.F.C.	31.95	0.6	Hurdle Height: 76cm
3 Cameron, Millie	04	Ottawa Lions T.F.C.	32.32	0.6	Hurdle Height: 76cm
4 McQuinn, Shayla	06	Ottawa Lions T.F.C.	33.89	0.6	Hurdle Height: 76cm
5 Lim-Huynh, Trinity	04	Ottawa Lions T.F.C.	33.97	0.6	Hurdle Height: 76cm
6 Dimov, Maria	05	Ottawa Lions T.F.C.	34.58	0.6	Hurdle Height: 76cm

Women 300 Meter Hurdles Open

Facility: F 40.81 6/26/1991 Rosey Edeh, Ottawa Lions					
Twilight: T 40.81 6/26/1991 Rosey Edeh, Ottawa Lions					
Club: C 40.81 6/26/1991 Rosey Edeh, Ottawa Lions					
Name	Year	Team	Finals		
1 Goddard, Audrey	04	Ottawa Lions T.F.C.	48.05		Hurdle Height: 76cm
2 Collins, Lara	05	C.A.N.I. Athletics	54.52		Hurdle Height: 76cm

Women 400 Meter Hurdles Open

Facility: F 54.85 7/22/2001 Bidouane Nouzha, Morocco					
Twilight: T 56.47 6/24/2015 Sarah Wells, University of To					
Club: C 56.10 6/2/1989 Rosey Edeh, Ottawa Lions					
Name	Year	Team	Finals		
1 Telford, Alexandra	96	Ottawa Lions T.F.C.	1:01.36		Hurdle Height: 76cm
2 Jovic, Helena	01	Ottawa Lions T.F.C.	1:02.27		Hurdle Height: 76cm
3 Brennan, Emily	04	Ottawa Lions T.F.C.	1:09.31		Hurdle Height: 76cm

Women 4x100 Meter Relay Open

Facility: F 43.73 7/23/2001 Team Canada, Team Canada					
Perry, Witter, Benyarku, Adusei					
Twilight: T 47.71 7/26/1989 The High Heels, The High Heel					
Parslow, Edeh, McInnis, Bacchicohi					
Club: C 47.27 7/6/2008 Ottawa Lions, Ottawa Lions					
Lela, Akinsulie, Seibel, Aubry					
Team			Finals		
1 Ottawa Lions T.F.C. 'A'			49.05		
1) Lu Langley, Vanessa 02		2) Manor, Katie 03			
3) Gilmour, Audrey 03		4) Ogunremi, Doyin 02			
2 Ottawa Lions T.F.C. 'B'			52.02		
3 Ottawa Lions T.F.C. 'C'			52.78		

Results

Facility:	F	6.61m	8/4/1985	Donna Smellie, Mississauga		
Twilight:	T	6.11m	7/31/1991	Jayne Mitchell, New Zealand		
Club:	C	6.30m	4/19/2019	Divya Biswal, Ottawa Lions		
Name			Year	Team	Finals	Wind

Women Shot Put Open

Facility:	F 20.14m	7/18/1990	Sui Xin Mei, China
Twilight:	T 20.14m	7/18/1990	Sui Xin Mei, China
Club:	C 15.83m	1/23/1993	Cathy Griffin, Ottawa Lions
Name	Year	Team	Finals

Women Discus Throw Open

Facility:	F	64.53m	7/21/2001	Nicoleta Grasu, Romania
Twilight:	T	60.14m	7/18/1990	Yu Hourun, China
Club:	C	56.86m	6/11/1993	Cathy Griffin, Ottawa Lions
Name			Year Team	Finals

1	Foessel, Renee F38	95 Cruisers Sports	32.89m	Weight: 1kg
	31.93m 32.89m 32.67m	30.71m 32.69m 31.57m		
2	Calovini, Laura F37	01 Cruisers Sports	20.17m	Weight: 1kg
	18.62m 19.25m 19.48m	FOUL 19.56m 20.17m		

Ottawa Lions Twilight Meet #10 - 7/7/2021**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Men 200 Meter Dash Open**

Facility: F 20.17 7/8/2018 Aaron Brown, Phoenix Athletics

Twilight: T 20.74 7/14/1999 Bruny Surin, Nike

Club: C 20.37 6/2/1993 Glenroy Gilbert, Ottawa Lions

Name Year Team Prelims Wind H#

Preliminaries

1	Adjibi, Eliezer	00	C.A.N.I. Athletics	21.27q	1.2	1
2	Ben-Smith, Bertwin	97	Ottawa Lions T.F.C.	21.89q	1.2	1
3	Jamal, Braenen	93	Unattached Ontario	22.04q	1.2	1
4	Nicoletti, Luca	04	Ottawa Lions T.F.C.	22.17q	1.2	1
5	Alfred, Tommy	97	Saint-Lauren	22.23q	1.2	1
6	Jean, Leewinchell	01	Ottawa Lions T.F.C.	22.35q	1.6	2
7	Gurnsey, Joel	01	Kingston Tra	22.38q	1.6	2
8	Tran, Phu Thanh	98	Saint-Lauren	22.40q	1.6	2
9	Chavannes, Christopher	03	Saint-Lauren	22.59	1.6	2
10	Zongo, Fabrice Marvin	98	Track North	22.67	0.5	3
11	Octave, Tyrick	03	Force Track Team	22.76	0.5	3
12	Landon, Dillon	02	Ottawa Lions T.F.C.	22.85	1.6	2
13	Larivière, Xavier	02	Saint-Lauren	22.94	0.5	3
14	Moulongou, David	03	Ottawa Lions T.F.C.	22.95	0.5	3
15	Vizzari, Domenico	04	Ottawa Lions T.F.C.	22.99	0.5	3
16	Halog, Jonelle	95	C.A.N.I. Athletics	23.03	1.6	2
17	Newman, Keito	03	Ottawa Lions T.F.C.	23.09	-0.3	4
18	Leger, Zacharie	01	Ottawa Lions T.F.C.	23.28	0.5	3
19	Hassan, Dani	03	C.A.N.I. Athletics	23.35	0.5	3
20	Becker, Thomas	03	C.A.N.I. Athletics	23.43	1.6	5
21	Lafleur, Hans	96	C.A.N.I. Athletics	23.56	-0.3	4
22	Robinson, Samuel	03	Ottawa Lions T.F.C.	23.76	-0.3	4
23	Bryant, Zach	02	Ottawa Lions T.F.C.	23.85	-0.3	4
24	Fortier, Jeremy	02	Ottawa Lions T.F.C.	24.05	-0.3	4
25	Lamoureux, Damien	93	Gatineau	24.11	-0.3	4
26	Saravia, Diego	01	Gatineau	24.12	1.6	5
27	McNeil, Nathaniel	05	Ottawa Lions T.F.C.	24.32	1.6	5
28	Roberts-Scrubbs, Jaden	11	Kingston Tra	24.35	-0.3	4
29	Jean-Paul, Mike Clarey	99	Force Track Team	24.71	1.6	5
30	Wilson, Devonté	06	Ottawa Lions T.F.C.	25.81	1.6	5
31	Masena, Bebelo-Noah	02	C.A.N.I. Athletics	26.17	1.6	5
32	Situ, Jin Yang	98	Force Track Team	26.21	1.6	5
33	Ram, Aathman	05	Kingston Tra	26.72	-0.3	4
34	Paul, Benjamin	00	Force Track Team	26.92	1.6	5

Men 200 Meter Dash Open

Facility: F 20.17 7/8/2018 Aaron Brown, Phoenix Athletics

Twilight: T 20.74 7/14/1999 Bruny Surin, Nike

Club: C 20.37 6/2/1993 Glenroy Gilbert, Ottawa Lions

Name Year Team Finals Wind

Finals

1	Adjibi, Eliezer	00	C.A.N.I. Athletics	21.58	+0.0
2	Ben-Smith, Bertwin	97	Ottawa Lions T.F.C.	21.89	+0.0
3	Jamal, Braenen	93	Unattached Ontario	22.07	+0.0
4	Gurnsey, Joel	01	Kingston Tra	22.42	+0.0
5	Alfred, Tommy	97	Saint-Lauren	22.45	+0.0

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6 Jean, Leewinchell	01 Ottawa Lions T.F.C.	22.80	+0.0	22.792
7 Tran, Phu Thanh	98 Saint-Lauren	22.80	+0.0	22.796

Men 800 Meter Run Open

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Facility:	F 1:45.23	7/8/2017	Brandon McBride, Windsor Legio	
Twilight:	T 1:48.88	8/14/2002	Achraf Tadili, Quebec	
Club:	C 1:47.24	8/4/1987	Rick Brant, Ottawa Lions	
Name	Year	Team	Finals	H#
=====				
1 Robertson, Kevin	98	Saint-Lauren	1:49.11	1
55.147 (55.147)	1:49.104 (53.957)			
2 Duguay, Vincent	91	C. A. Univer	1:50.27	1
54.743 (54.743)	1:50.264 (55.521)			
3 Aber, Yassine	96	Sherbrooke	1:51.04	1
54.918 (54.918)	1:51.037 (56.119)			
4 Mama-Yari, Zakary	98	Saint-Lauren	1:51.16	1
54.499 (54.499)	1:51.154 (56.655)			
5 Riad, Yasser	03	Gatineau	1:53.89	1
56.309 (56.309)	1:53.888 (57.579)			
6 Huot, Alexandre	00	Dynamique de Laval	1:54.51	1
56.560 (56.560)	1:54.506 (57.946)			
7 Fast, Joe	02	Ottawa Lions T.F.C.	1:54.96	1
55.474 (55.474)	1:54.960 (59.486)			
8 Lépine, Jérémie	00	Saint-Lauren	1:55.17	2
56.234 (56.234)	1:55.164 (58.930)			
9 Mitchell, Robert	98	Ottawa Lions T.F.C.	1:57.64	2
57.935 (57.935)	1:57.635 (59.700)			
10 Cote, Sebastien	00	C.A.N.I. Athletics	1:57.91	2
56.742 (56.742)	1:57.908 (1:01.166)			
11 Dhanoa, Shan	04	Brockville L	1:58.58	2
58.217 (58.217)	1:58.578 (1:00.361)			
12 Picard, Simon	03	Rive-Sud	1:58.88	2
58.300 (58.300)	1:58.876 (1:00.576)			
13 Moulougou, David	03	Ottawa Lions T.F.C.	1:59.10	2
57.726 (57.726)	1:59.099 (1:01.373)			
14 Bouma, Phoenix	03	Ottawa Lions T.F.C.	1:59.76	2
58.942 (58.942)	1:59.752 (1:00.810)			
15 Aitounejjar, Mouhcine	89	Ottawa Lions T.F.C.	1:59.98	2
58.413 (58.413)	1:59.971 (1:01.558)			
16 Taylor, Andrew	03	Ottawa Lions T.F.C.	2:00.60	2
58.692 (58.692)	2:00.595 (1:01.903)			
17 Keiley, Seamus	04	Unattached Ontario	2:03.84	3
1:01.450 (1:01.450)	2:03.837 (1:02.387)			
18 Porter, Cameron	03	Ottawa Lions T.F.C.	2:03.88	3
1:01.347 (1:01.347)	2:03.880 (1:02.533)			
19 Saravia, Diego	01	Gatineau	2:05.25	3
1:02.796 (1:02.796)	2:05.244 (1:02.448)			
20 Legare, Nolan	05	Ottawa Lions T.F.C.	2:05.96	3
1:02.360 (1:02.360)	2:05.954 (1:03.594)			
21 Lorbetskie, Ken	99	Ottawa Lions T.F.C.	2:06.35	3
1:01.637 (1:01.637)	2:06.348 (1:04.711)			
22 Carty, Xavier	03	Ottawa Lions T.F.C.	2:07.52	3
1:01.660 (1:01.660)	2:07.512 (1:05.852)			

Ottawa Lions Twilight Meet #10 - 7/7/2021**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****....Men 800 Meter Run Open**

23	Padoin-Castillo, Adriano	05 Ottawa Lions T.F.C.	2:08.47	3
	1:03.110 (1:03.110)	2:08.467 (1:05.357)		
24	Kasmi, Ilyass	05 Force Track Team	2:15.75	4
	1:05.171 (1:05.171)	2:15.741 (1:10.570)		
25	McNeil, Nathaniel	05 Ottawa Lions T.F.C.	2:22.52	4
	1:07.420 (1:07.420)	2:22.511 (1:15.091)		
26	Campeau, Nicolas	02 Gatineau	2:23.29	4
	1:06.870 (1:06.870)	2:23.284 (1:16.414)		
27	O'Hare, Kiran	08 Ottawa Lions T.F.C.	2:26.31	4
	1:11.127 (1:11.127)	2:26.304 (1:15.177)		
28	Strachan, Jeffrey	75 Unattached Ontario	2:26.88	4
	1:12.740 (1:12.740)	2:26.880 (1:14.140)		
29	Ross, William	08 Ottawa Lions T.F.C.	2:47.06	4
	1:18.801 (1:18.801)	2:47.058 (1:28.257)		
30	Padoin-Castillo, Matteo	07 Ottawa Lions T.F.C.	2:50.56	4
	1:18.120 (1:18.120)	2:50.558 (1:32.438)		
--	Khelaf, Mohand Zine	98 Saint-Lauren	DNF	1
	54.286 (54.286)			

Men 1500 Meter Run Open

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Facility: F 3:39.48		7/17/1991	John Bowden, Ottawa Lions		
Twilight: T 3:39.48		7/17/1991	John Bowden, Ottawa Lions		
Club: C 3:36.36		7/10/1998	Steve Agar, Ottawa Lions		
Name	Year	Team	Finals	H#	
=====					
1	Beaudet, Matthew	00 Saint-Lauren	3:44.77	1	
	43.889 (43.889)	1:45.153 (1:01.264)	2:45.873 (1:00.720)		3:44.767 (58.894)
2	Mongeau-Leclerc, Martin	00 C. A. Univer	3:57.51	1	
	46.767 (46.767)	1:51.714 (1:04.947)	2:54.837 (1:03.123)		3:57.503 (1:02.666)
3	Nkurunziza, Prince	01 Saint-Lauren	3:57.96	1	
	46.549 (46.549)	1:51.571 (1:05.022)	2:54.590 (1:03.019)		3:57.954 (1:03.364)
4	Roy, Jackson	02 Ottawa Lions T.F.C.	3:58.58	1	
	47.160 (47.160)	1:52.035 (1:04.875)	2:56.404 (1:04.369)		3:58.577 (1:02.173)
5	Champagne, Emmanuel	97 A.T.P athlétisme	3:58.66	1	
	47.028 (47.028)	1:51.818 (1:04.790)	2:56.635 (1:04.817)		3:58.659 (1:02.024)
6	Labelle Cossios, Mateo	01 Saint-Lauren	3:59.03	1	
	47.539 (47.539)	1:52.337 (1:04.798)	2:58.254 (1:05.917)		3:59.029 (1:00.775)
7	Walsh, Liam	02 Quinte Front	4:00.44	1	
	46.816 (46.816)	1:52.272 (1:05.456)	2:57.738 (1:05.466)		4:00.438 (1:02.700)
8	Stringel, Tavo	03 Unattached Ontario	4:10.72	2	
	49.790 (49.790)	1:59.222 (1:09.432)	3:07.459 (1:08.237)		4:10.715 (1:03.256)
9	Cherenfant, Nick	96 Club 3D	4:10.97	2	
	48.944 (48.944)	1:58.144 (1:09.200)	3:07.173 (1:09.029)		4:10.969 (1:03.796)
10	Cino, Sebastian	03 Ottawa Lions T.F.C.	4:16.70	2	
	50.291 (50.291)	1:59.485 (1:09.194)	3:09.243 (1:09.758)		4:16.694 (1:07.451)
11	Danby, Owen	05 Physi-Kult	4:18.19	2	
	50.948 (50.948)	2:00.540 (1:09.592)	3:12.180 (1:11.640)		4:18.182 (1:06.002)
12	Westbrook, Gavin	99 Unattached Ontario	4:19.25	2	
	49.520 (49.520)	1:59.093 (1:09.573)	3:10.923 (1:11.830)		4:19.248 (1:08.325)
13	Tran, Doan	95 Saint-Lauren	4:19.52	2	
	50.640 (50.640)	1:59.818 (1:09.178)	3:10.984 (1:11.166)		4:19.512 (1:08.528)
14	Sikka, Zachary	04 Ottawa Lions T.F.C.	4:21.72	2	
	51.445 (51.445)	2:01.807 (1:10.362)	3:13.791 (1:11.984)		4:21.718 (1:07.927)

Ottawa Lions Twilight Meet #10 - 7/7/2021**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****....Men 1500 Meter Run Open**

15 Howard, Brendon	96 Unattached Ontario	4:26.07	2
50.134 (50.134)	2:01.054 (1:10.920)	3:15.639 (1:14.585)	4:26.065 (1:10.426)
16 Demars, Carter	02 Ottawa Lions T.F.C.	4:27.41	2
50.751 (50.751)	2:01.338 (1:10.587)	3:15.174 (1:13.836)	4:27.403 (1:12.229)
17 Garcia, Tristan	87 Unattached Ontario	4:33.75	3
56.255 (56.255)	2:09.639 (1:13.384)	3:25.579 (1:15.940)	4:33.742 (1:08.163)
18 Shi, Sam	93 Ottawa Lions T.F.C.	4:35.62	3
54.891 (54.891)	2:07.560 (1:12.669)	3:20.998 (1:13.438)	4:35.613 (1:14.615)
19 Beatty, Kevin	76 Unattached Ontario	4:39.31	3
55.313 (55.313)	2:08.573 (1:13.260)	3:25.085 (1:16.512)	4:39.301 (1:14.216)
20 Strachan, Derek	06 Unattached Ontario	4:40.75	3
55.489 (55.489)	2:08.860 (1:13.371)	3:24.825 (1:15.965)	4:40.746 (1:15.921)
21 Church, Sebastien	04 Ottawa Lions T.F.C.	4:52.86	3
56.953 (56.953)	2:15.903 (1:18.950)	3:36.430 (1:20.527)	4:52.856 (1:16.426)
22 Pitcher-Bond, Owen	05 Physi-Kult	4:56.34	3
58.043 (58.043)	2:19.089 (1:21.046)	3:41.252 (1:22.163)	4:56.339 (1:15.087)
23 Strachan, Jeffrey	75 Unattached Ontario	4:56.96	3
59.018 (59.018)	2:20.084 (1:21.066)	3:41.699 (1:21.615)	4:56.957 (1:15.258)
-- Khelaf, Mohand Zine	98 Saint-Lauren	DNF	1
43.610 (43.610)	1:44.899 (1:01.289)		

Men 110 Meter Hurdles Open

Facility: F 13.27	8/3/1985	Mark McKoy, Scarborough Optimists
Twilight: T 13.76	7/16/2014	Ramon Sosa, Flying Angels
Club: C 13.43	7/4/2015	Sekou Kaba, Ottawa Lions
Name	Year Team	Finals Wind
1 Collins, Alexander	02 C.A.N.I. Athletics	14.31 -0.5 Hurdle Height: 99cm
2 Adeleye, David	02 Ottawa Lions T.F.C.	14.33 -0.5 Hurdle Height: 99cm
3 Podgers, Caleb	04 Kingston Tra	15.40 -0.5 Hurdle Height: 99cm
-- Carty, Xavier	03 Ottawa Lions T.F.C.	DNF -0.5 Hurdle Height: 99cm

Men 200 Meter Hurdles Open

Twilight: T 23.53	8/14/1996	John Etienne, Montreal
Name	Year Team	Finals Wind
1 Wilson, Devonté	06 Ottawa Lions T.F.C.	31.37 0.6 Hurdle Height: 76cm

Men 300 Meter Hurdles Open

Facility: F 36.89	8/11/2001	Adam Kunkel, Canada
Twilight: T 36.89	8/11/2001	Adam Kunkel, Canada
Club: C 37.25	6/17/2019	Saj Al-Haddad, Ottawa Lions
Name	Year Team	Finals
1 Jean, Leewinchell	01 Ottawa Lions T.F.C.	39.34 Hurdle Height: 91cm

Ottawa Lions Twilight Meet #10 - 7/7/2021**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Men 400 Meter Hurdles Open**

Facility: F 49.24 7/23/2001 Pawel Januszewski, Poland
 Twilight: T 50.87 6/24/2015 Gregory McNeil, University of
 Club: C 51.02 5/24/1990 Craig Hutton, Ottawa Lions
 Name Year Team Finals

1	Nicoletti, Luca	04	Ottawa Lions T.F.C.	57.62	Hurdle Height: 91cm
2	Newman, Keito	03	Ottawa Lions T.F.C.	59.06	Hurdle Height: 91cm
3	Lapointe, Émile	03	Saint-Lauren	59.81	Hurdle Height: 91cm
4	Nonez, Fabrice	02	Ottawa Lions T.F.C.	1:03.57	Hurdle Height: 91cm
5	Podgers, Caleb	04	Kingston Tra	1:03.64	Hurdle Height: 91cm

Men 4x100 Meter Relay Open

Facility: F 38.38 7/15/2015 Team Canada, Team Canada
 Smellie, De Grasse, Rodney, Brown
 Twilight: T 38.38 7/15/2015 Team Canada, Team Canada
 Smellie, De Grasse, Rodney, Brown
 Club: C 40.15 7/15/2011 Ottawa Lions, Ottawa Lions
 Robertson, Smith, Makinde, Adu-Bobie
 Team Finals

1	Ottawa Lions T.F.C. 'B'	44.61
2	Ottawa Lions T.F.C. 'A'	45.72
	1) Landon, Dillon 02	2) Nicoletti, Luca 04
	3) Moulougou, David 03	4) Adeleye, David 02
3	Ottawa Lions T.F.C. 'C'	49.10

Men Long Jump Open

Facility: F 8.02m 8/5/1989 Edrick Floreal, Quebec
 Twilight: T 7.45m 7/20/2005 Maurice Ennis, Ontario
 Club: C 8.01m 8/6/1988 Glenroy Gilbert, Ottawa Lions
 Name Year Team Finals Wind

1	Foster, Joshua	02	Unattached Ontario	6.57m	0.6
	6.46m(-0.5) 6.50m(-0.5) 6.36m(-0.1) 5.97m(-0.1) 6.57m(0.6) FOUL(0.1)				
2	Martineau, Brandyn	92	Ottawa Lions T.F.C.	6.52m	0.1
	FOUL(0.6) 6.29m(+0.0) 6.28m(0.2) FOUL(-0.1) FOUL(0.3) 6.52m(0.1)				
3	Becker, Thomas	03	C.A.N.I. Athletics	6.49m	-0.1
	6.18m(0.2) 6.28m(0.1) 6.33m(-0.3) 6.49m(-0.1) FOUL(-0.2) 6.17m(0.2)				
4	Zongo, Fabrice Marvin	98	Track North	6.45m	0.1
	5.97m(-0.6) 6.25m(-0.2) 6.08m(-0.3) 6.03m(+0.0) 5.79m(-0.1) 6.45m(0.1)				
5	Hallog, Jonelle	95	C.A.N.I. Athletics	6.30m	+0.0
	6.26m(-0.2) 6.07m(0.2) 5.96m(+0.0) FOUL(-0.2) 6.30m(+0.0) 6.29m(+0.0)				
6	Masena, Bebelo-Noah	02	C.A.N.I. Athletics	5.74m	0.2
	FOUL(0.2) FOUL(-0.3) 5.60m(-0.7) FOUL(0.3) FOUL(-0.4) 5.74m(0.2)				
7	Lafleur, Hans	96	C.A.N.I. Athletics	5.63m	+0.0
	5.45m(0.3) 5.63m(+0.0) 3.80m(-0.5) FOUL(0.2) FOUL(-0.3) 3.96m(0.3)				
8	Paul, Benjamin	00	Force Track Team	5.18m	0.3
	4.39m(0.2) 4.22m(+0.0) 4.67m(-0.5) 4.91m(-0.2) 4.96m(0.1) 5.18m(0.3)				
9	Zielonka, Eric	06	Ottawa Lions T.F.C.	4.29m	-0.1
	4.29m(-0.1) 3.77m(+0.0) 3.88m(-0.4) PASS PASS PASS				
10	Fritshaw, Bruce	56	Unattached Ontario	2.13m	-0.3
	1.66m(0.3) 1.87m(-0.2) 2.13m(-0.3) PASS PASS PASS				

Ottawa Lions Twilight Meet #10 - 7/7/2021**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Men Shot Put Open**

=====					
Facility:	F	20.94m	7/6/2018	Tim Nedow,	Ottawa Lions
Twilight:	T	19.85m	7/15/2015	Tim Nedow,	Ottawa Lions
Club:	C	21.33m	2/17/2016	Tim Nedow,	Ottawa Lions
Name			Year Team		Finals
=====					

1	Redwood-Wheeler, Gavin	04	Beckwith Ath	11.44m	Weight: 121lb
	10.71m FOUL 10.89m	11.29m	11.28m	11.44m	
2	Moly, Markenly	00	Force Track Team	8.44m	Weight: 7.26kg
	8.12m 7.36m 7.63m	8.39m	8.44m	7.47m	

Men Hammer Throw Open

=====					
Facility:	F	79.89m	7/20/2001	Szymon Ziolkowski,	Poland
Twilight:	T	69.98m	7/18/1990	Bi Zhong,	China
Club:	C	65.34m	7/13/1995	James Fahie,	Ottawa Lions
Name			Year Team		Finals
=====					

1	Xu, Oscar	04	Boris Beasts	46.68m	Weight: 5kg
	46.68m 44.18m FOUL	45.26m	45.13m FOUL		
2	Redwood-Wheeler, Gavin	04	Beckwith Ath	36.80m	Weight: 5kg
	27.83m 29.64m 35.75m	34.53m	36.80m 34.85m		
3	Rohonczy, Imre	64	Boris Beasts	34.60m	Weight: 6kg
	34.60m 32.33m FOUL	30.40m	27.39m FOUL		
4	Sigal, Yonatan	06	Boris Beasts	30.95m	Weight: 4kg
	29.92m 30.95m FOUL	28.50m	29.74m FOUL		
5	Muller, Emil	35	Unattached Ontario	28.80m	Weight: 3kg
	FOUL FOUL 28.65m FOUL	28.80m	FOUL		