

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013

Championnats d'Athletisme du SIC 2013

University of Alberta

Team Rankings - Through Event 34

Female Team Scores

Place	School		Points
1	Calgary	UOFC	115
2	Toronto	TOR	111.50
3	Guelph	GUE	85.25
4	Western	WES	62.25
5	Windsor	WIN	52
6	Trinity Western	TWU	39.25
7	Victoria	VIC	37
8	Alberta	UA	29
9	Saskatchewan	UOFS	23
10	Ottawa	UO	21
11	Laval	LAV	20
12	York	YU	13
13	Montreal	UMTL	10
13	Lethbridge	LETH	10
15	Dalhousie	DAL	7.50
16	Regina	UOFR	6
16	Queen's	QU	6
16	McMaster	MCMU	6
19	McGill	MCG	5
20	Sherbrooke	UDES	3
21	Waterloo	WAT	1
22	Manitoba	UOFM	.25
Total			663.00



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University of Alberta

Team Rankings - Through Event 34

Male Team Scores

Place	School		Points
1	Guelph	GUE	114
2	Windsor	WIN	92
3	Western	WES	59
3	York	YU	59
5	Ottawa	UO	58
6	Sherbrooke	UDES	57
7	Regina	UOFR	40.50
8	Toronto	TOR	39.50
9	Victoria	VIC	21
10	Dalhousie	DAL	19
10	Saskatchewan	UOFS	19
12	Manitoba	UOFM	15
13	Laval	LAV	12
14	Alberta	UA	10
15	McMaster	MCMU	9
15	Calgary	UOFC	9
17	Trinity Western	TWU	8
18	St. Francis Xavier	STFX	7
19	McGill	MCG	6
20	Waterloo	WAT	5
21	Lethbridge	LETH	3
Total			662.00



2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013

Championnats d'Athletisme du SIC 2013

University of Alberta

Medal Count

Combined: Men + Women

School	Gold	Silver	Bronze	Total
Guelph	5	7	6	18
Toronto	5	2	6	13
Ottawa	5	1	1	7
Windsor	4	6	2	12
Calgary	3	5	3	11
Western	3	5	3	11
York	2	2	1	5
Victoria	2	0	2	4
Regina	2	0	0	2
Sherbrooke	1	2	1	4
Laval	1	0	1	2
Lethbridge	1	0	0	1
Trinity Western	0	3	0	3
Alberta	0	2	1	3
McMaster	0	0	2	2
Dalhousie	0	0	2	2
Saskatchewan	0	0	1	1
Manitoba	0	0	1	1



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University of Alberta

Medal Count

Men

School	Gold	Silver	Bronze	Total
Guelph	4	3	3	10
Windsor	3	5	0	8
Ottawa	3	1	1	5
Western	2	3	1	6
York	2	1	1	4
Regina	2	0	0	2
Sherbrooke	1	2	1	4
Trinity Western	0	1	0	1
Alberta	0	1	0	1
Toronto	0	0	4	4
Dalhousie	0	0	2	2
Saskatchewan	0	0	1	1
Manitoba	0	0	1	1
Laval	0	0	1	1
McMaster	0	0	1	1



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Championnats d'Athletisme du SIC 2013

University of Alberta

Medal Count

Women

School	Gold	Silver	Bronze	Total
Toronto	5	2	2	9
Calgary	3	5	3	11
Victoria	2	0	2	4
Ottawa	2	0	0	2
Guelph	1	4	3	8
Western	1	2	2	5
Windsor	1	1	2	4
Lethbridge	1	0	0	1
Laval	1	0	0	1
Trinity Western	0	2	0	2
Alberta	0	1	1	2
York	0	1	0	1
McMaster	0	0	1	1



2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****Women 60 Metre Dash****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

CIS: @ 7.31 2009		Genevieve Thibault, Laval			
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	270	Khamica Bingham	Toronto	7.41	7.52Q 1
2	6	Katrina Martin	Alberta	7.56	7.58Q 2
3	42	Jenn Zimmer	Calgary	7.64	7.58Q 1
4	367	Jalicia Clarke	Windsor	7.60	7.66Q 2
5	363	Brenna Thomson	Western	7.66	7.63Q 1
6	312	Liza Whitehead	Trinity Western	7.55	7.66Q 2
7	13	Leah Walkeden	Alberta	7.59	7.64q 1
8	62	Karry-Ann Cornwall	Guelph	7.59	7.72q 1
9	176	Sarah De Carufel	Ottawa	7.63	7.74 2
10	165	Alexa-Maude Mallai	Moncton	7.78	7.81 1
11	407	Tameran Defreitas	York	7.69	7.82 2
12	296	Hayley Warren	Toronto	7.71	7.86 2

Women 60 Metre Dash

CIS: @ 7.31 2009		Genevieve Thibault, Laval			
Name	Year	School	Prelims	Finals	Points
Finals					
1	270	Khamica Bingham	Toronto	7.52	7.47 10
2	6	Katrina Martin	Alberta	7.58	7.51 8
3	13	Leah Walkeden	Alberta	7.64	7.60 6
4	363	Brenna Thomson	Western	7.63	7.63 5
5	62	Karry-Ann Cornwall	Guelph	7.72	7.64 4
6	42	Jenn Zimmer	Calgary	7.58	7.64 3
7	312	Liza Whitehead	Trinity Western	7.66	7.66 2
8	367	Jalicia Clarke	Windsor	7.66	7.67 1
Preliminaries					
9	176	Sarah De Carufel	Ottawa	7.74	
10	165	Alexa-Maude Mallai	Moncton	7.81	
11	407	Tameran Defreitas	York	7.82	
12	296	Hayley Warren	Toronto	7.86	

Women 300 Metre Dash**7 Advance: Top 1 Each Heat plus Next 4 Best Times**

CIS: @ 37.35 2005		Adrienne Power, Dalhousie			
Name	Year	School	Seed	Prelims	H#
1	271	Alicia Brown	Toronto	38.63	39.26Q 1
2	363	Brenna Thomson	Western	39.06	39.35Q 3
3	298	Sarah Wells	Toronto	38.84	39.37Q 2
4	236	Morgan Sawatzky	Saskatchewan	39.12	39.44q 3
5	274	Natalie Geiger	Toronto	40.42	39.73q 3
6	270	Khamica Bingham	Toronto		39.88q 2
7	29	Kelsey Lotwin	Calgary	39.91	40.05q 2
8	374	Emilie Halle	Windsor	39.99	40.26 1
9	26	Danielle Kendall	Calgary	40.21	40.35 1
10	308	Anastasia Pearse	Trinity Western	40.45	40.64 3

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****....Women 300 Metre Dash**

11	342	Sarah Clancy	Western	40.28	40.74	2
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Women 300 Metre Dash

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 CIS: @ 37.35 2005 Adrienne Power, Dalhousie

Name	Year	School	Prelims	Finals	Points
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Finals

1	271	Alicia Brown	Toronto	39.26	38.28	10
2	298	Sarah Wells	Toronto	39.37	38.43	8
3	363	Brenna Thomson	Western	39.35	38.56	6
4	270	Khamica Bingham	Toronto	39.88	39.59	5
5	236	Morgan Sawatzky	Saskatchewan	39.44	39.66	4
6	274	Natalie Geiger	Toronto	39.73	39.68	3
7	29	Kelsey Lotwin	Calgary	40.05	40.27	2

Preliminaries

8	374	Emilie Halle	Windsor	40.26		1
9	26	Danielle Kendall	Calgary	40.35		
10	308	Anastasia Pearse	Trinity Western	40.64		
11	342	Sarah Clancy	Western	40.74		

Women 600 Metre Run**6 Advance: Top 1 Each Heat plus Next 4 Best Times**

2 turn stagger

CIS: @ 1:27.63 1984 Camille Cato, York

Name	Year	School	Seed	Prelims	H#
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1	298	Sarah Wells	Toronto	1:30.29	1:31.43Q	2
2	41	Jenna Westaway	Calgary	1:29.99	1:31.43Q	1
3	316	Rachel Francois	Victoria	1:30.01	1:31.71q	2
4	314	Grace Annear	Victoria	1:32.41	1:31.81q	1
5	26	Danielle Kendall	Calgary	1:31.22	1:32.00q	1
6	58	Rachel Aubry	Guelph	1:31.01	1:32.83q	1
7	211	Amanda Banks	Saskatchewan	1:31.34	1:33.25	2
8	274	Natalie Geiger	Toronto	1:32.13	1:33.43	2
9	408	Kelsey Desjarlais	York	1:32.81	1:33.75	2
10	98	Heather Maxfield	Lakehead	1:32.18	1:34.23	1
11	105	Laurence Côté	Laval	1:33.00	1:34.44	1
12	337	Katie Bell	Western	1:32.60	1:35.45	2

Women 600 Metre Run

2 turn stagger

CIS: @ 1:27.63 1984 Camille Cato, York

Name	Year	School	Prelims	Finals	Points
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Finals

1	316	Rachel Francois	Victoria	1:31.71	1:29.69	10
2	41	Jenna Westaway	Calgary	1:31.43	1:29.91	8
3	58	Rachel Aubry	Guelph	1:32.83	1:30.02	6
4	298	Sarah Wells	Toronto	1:31.43	1:30.10	5
5	26	Danielle Kendall	Calgary	1:32.00	1:31.89	4
6	314	Grace Annear	Victoria	1:31.81	1:33.12	3

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****....Women 600 Metre Run**

Preliminaries

7	211	Amanda Banks	Saskatchewan	1:33.25	2
8	274	Natalie Geiger	Toronto	1:33.43	1
9	408	Kelsey Desjarlais	York	1:33.75	
10	98	Heather Maxfield	Lakehead	1:34.23	
11	105	Laurence Côté	Laval	1:34.44	
12	337	Katie Bell	Western	1:35.45	

Women 1000 Metre Run

Will use a two-waterfall start

with fastest four qualifiers in outside waterfall.

CIS: @ 2:42.81 1988 Paula Schnurr, McMaster

Name	Year	School	Seed	Finals	Points
Finals					
1	177	Emma Galbraith	Ottawa	2:46.89	2:52.09 10
2	41	Jenna Westaway	Calgary	2:51.64	2:52.89 8
3	321	Kendra Pomfret	Victoria	2:49.23	2:52.93 6
4	105	Laurence Côté	Laval	2:50.41	2:53.09 5
5	69	Nadine Frost	Guelph	2:51.39	2:53.12 4
6	289	Rosa Serafini	Toronto	2:51.13	2:54.09 3
7	362	Emma Tallman	Western	2:51.58	2:54.63 2
8	58	Rachel Aubry	Guelph	2:50.35	2:55.11 1
9	68	Lydia Frost	Guelph	2:51.95	2:56.39
--	377	Samantha Kellam	Windsor	2:53.35	SCR
--	211	Amanda Banks	Saskatchewan	2:48.78	SCR
--	340	Melissa Caruso	Western	2:52.73	SCR

Women 1500 Metre Run

Will use a two-waterfall start

with fastest five qualifiers in outside waterfall.

CIS: @ 4:16.41 1988 Paula Schnurr, McMaster

Name	Year	School	Seed	Finals	Points
Finals					
1	177	Emma Galbraith	Ottawa	4:28.24	4:26.32 10
2	86	Andrea Seccafien	Guelph	4:28.66	4:26.33 8
3	91	Carise Thompson	Guelph	4:29.54	4:29.46 6
4	279	Colleen Hennessy	Toronto	4:24.44	4:31.15 5
5	188	Julie-Anne Staelhi	Queen's	4:31.68	4:31.95 4
6	305	Alison Jackson	Trinity Western	4:36.94	4:32.32 3
7	301	Fiona Benson	Trinity Western	4:22.97	4:32.99 2
8	326	Brittany Therrien	Victoria	4:34.05	4:34.93 1
9	362	Emma Tallman	Western	4:31.82	4:37.27
10	76	Genevieve Lalonde	Guelph	4:26.11	4:42.35
11	146	Sarah McCuaig	McGill	4:37.91	4:45.34
12	69	Nadine Frost	Guelph	4:28.25	4:47.17
--	68	Lydia Frost	Guelph	4:24.64	DNF
--	94	Madeline Yungblut	Guelph	4:31.36	DNS
--	340	Melissa Caruso	Western	4:34.87	SCR
--	201	Karissa LePage	Regina	4:37.66	SCR
--	159	Victoria Coates	McMaster	4:36.19	SCR
--	318	Madeline MacDonald	Victoria	4:34.60	SCR

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****Women 3000 Metre Run**

Will use a two-waterfall start
with fastest five qualifiers in outside waterfall.

CIS: @ 9:04.88 1988 Brenda Shackleton, Victoria

Name	Year	School	Seed	Finals	Points	
1	86	Andrea Seccafien	Guelph	9:20.64	9:35.12	10
2	91	Carise Thompson	Guelph	9:34.30	9:41.76	8
3	159	Victoria Coates	McMaster	9:45.02	9:43.33	6
4	305	Alison Jackson	Trinity Western	9:52.54	9:51.45	5
5	76	Genevieve Lalonde	Guelph	9:27.26	9:51.83	4
6	94	Madeline Yungblut	Guelph	9:43.73	9:52.58	3
7	301	Fiona Benson	Trinity Western	9:30.59	9:53.70	2
8	326	Brittany Therrien	Victoria	9:58.89	9:59.17	1
9	99	Danielle Thiel	Lakehead	9:55.76	10:05.07	
10	201	Karissa LePage	Regina	9:54.26	10:10.67	
11	318	Madeline MacDonald	Victoria	9:53.20	10:16.50	
12	368	Jenn Corrick	Windsor	9:49.73	10:24.10	
13	115	Isabelle Morin	Laval	10:17.02	10:41.94	
--		Avery Westberg	Regina	10:00.52	SCR	
--		Amanda Truelove	Western	10:01.21	SCR	

Women 60 Metre Hurdles 0.838m

8 Advance: Top 3 Each Heat plus Next 2 Best Times

13.00 m to first hurdle, then every 8.50 m (yellow marks).

CIS: @ 8.23 1997 Sonia Paquette, Sherbrooke

Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1	296	Hayley Warren	Toronto	8.43	8.48Q	1
2	369	Amilia Di Chiara	Windsor	8.40	8.66Q	2
3	31	Rachel Machin	Calgary	8.63	8.68Q	2
4	14	Courtney Wilkes	Alberta	8.64	8.71Q	1
5	393	Sarah Swain	Windsor	8.68	8.71Q	1
6	310	Hazel Ross	Trinity Western	8.69	8.77Q	2
7	59	Tomeizel Barry	Guelph	8.69	8.78q	2
8	20	Nicola Charleswort	Calgary	8.75	8.79q	1
9	172	Devyani Biswal	Ottawa	8.56	8.82	1
10	7	Kathryn McCaffrey	Alberta	8.60	8.82	2
11	348	Shaylyn Kowalchuk	Western	8.75	8.92	2
12	140	Alana Battiston	McGill	9.19	9.46	2
--	170	Tania Bambi	Ottawa	8.71	DNS	1

Women 60 Metre Hurdles 0.838m

13.00 m to first hurdle, then every 8.50 m (yellow marks).

CIS: @ 8.23 1997 Sonia Paquette, Sherbrooke

Name	Year	School	Prelims	Finals	Points	
Finals						
1	296	Hayley Warren	Toronto	8.48	8.42	10
2	31	Rachel Machin	Calgary	8.68	8.62	8
3	20	Nicola Charleswort	Calgary	8.79	8.65	6
4	14	Courtney Wilkes	Alberta	8.71	8.68	5

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****....Women 60 Metre Hurdles 0.838m**

5	393 Sarah Swain	Windsor	8.71	8.68	4
6	369 Amilia Di Chiara	Windsor	8.66	8.69	3
7	310 Hazel Ross	Trinity Western	8.77	8.72	2
8	59 Tomeizel Barry	Guelph	8.78	9.07	1

Preliminaries

9	172 Devyani Biswal	Ottawa	8.82		
10	7 Kathryn McCaffrey	Alberta	8.82		
11	348 Shaylyn Kowalchuk	Western	8.92		
12	140 Alana Battiston	McGill	9.46		
--	170 Tania Bambi	Ottawa	DNS		

Women 4x200 Metre Relay**7 Advance: Top 1 Each Heat plus Next 4 Best Times**

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 CIS: @ 1:37.11 1993 , Windsor
 Clarke, Grant, Laughton, Dinsmore

School	Seed	Prelims	H#
1 Western	1:39.32	1:39.70Q	2
1) 363 Brenna Thomson	2) 350 Cassandra McCaig		
3) 342 Sarah Clancy	4) 341 Lauren Clancy		
2 Toronto	1:39.21	1:40.14Q	1
1) 270 Khamica Bingham	2) 296 Hayley Warren		
3) 271 Alicia Brown	4) 274 Natalie Geiger		
3 Alberta	1:39.99	1:41.19Q	3
1) 13 Leah Walkeden	2) 6 Katrina Martin		
3) 11 Debbie Trang	4) 4 Alexa Hrycun		
4 Calgary	1:41.06	1:40.21q	1
1) 42 Jenn Zimmer	2) 33 Lacey Miller		
3) 26 Danielle Kendall	4) 29 Kelsey Lotwin		
5 Windsor	1:40.37	1:41.72q	2
1) 396 Camille Wallace	2) 388 Emily Omahen		
3) 375 Tichina Jones	4) 373 Nathana Griffiths		
6 Trinity Western	1:42.10	1:42.17q	1
1) 302 Maya Daly	2) 308 Anastasia Pearse		
3) 310 Hazel Ross	4) 312 Liza Whitehead		
7 Guelph	1:42.71	1:42.82q	3
1) 90 Vivian Stavrakos	2) 83 Heather Rayner		
3) 62 Karry-Ann Cornwall	4) 89 Corinne Smith		
8 Ottawa	1:42.46	1:43.28	2
1) 176 Sarah De Carufel	2) 183 Gift Okankwu		
3) 178 Charlotte Gardner	4) 172 Devyani Biswal		
9 Manitoba	1:43.24	1:43.40	2
1) 131 Sade Ogungbemi	2) 137 Mallory Waters		
3) 126 Leah Harpelle	4) 127 Sarah Huebert		
10 Saskatchewan	1:40.26	1:43.43	3
1) 224 Danielle Gee	2) 236 Morgan Sawatzky		
3) 222 Julene Friesen	4) 235 Katrin Ritchie		
11 York	1:44.24	1:43.72	1
1) 407 Tameran Defreitas	2) 412 Sheereen Harris		
3) 408 Kelsey Desjarlais	4) 411 Allison Gallagher		
12 Dalhousie	1:42.80	1:44.66	3
1) 45 Lesley D'Apollonia	2) 47 Sascha Hamilton-Miller		
3) 49 Oritsedere Ikomi	4) 52 Emma ROUNG		

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****....Women 4x200 Metre Relay**

13 McGill	1:44.26	1:46.54	1
1) 142 Sarah Glen	2) 156 Clare Williams		
3) 150 Ellen Parker	4) 152 Helena Reinfels		

Women 4x200 Metre Relay

=====
 CIS: @ 1:37.11 1993 , Windsor

Clarke, Grant, Laughton, Dinsmore

School	Prelims	Finals	Points
=====			
Finals			
1 Toronto	1:40.14	1:36.53@	10
1) 270 Khamica Bingham	2) 271 Alicia Brown		
3) 298 Sarah Wells	4) 274 Natalie Geiger		
2 Western	1:39.70	1:37.74	8
1) 363 Brenna Thomson	2) 350 Cassandra McCaig		
3) 342 Sarah Clancy	4) 341 Lauren Clancy		
3 Calgary	1:40.21	1:38.99	6
1) 42 Jenn Zimmer	2) 33 Lacey Miller		
3) 26 Danielle Kendall	4) 29 Kelsey Lotwin		
4 Alberta	1:41.19	1:39.14	5
1) 13 Leah Walkeden	2) 6 Katrina Martin		
3) 11 Debbie Trang	4) 4 Alexa Hrycun		
5 Windsor	1:41.72	1:40.81	4
1) 396 Camille Wallace	2) 388 Emily Omahen		
3) 375 Tichina Jones	4) 373 Nathana Griffiths		
6 Trinity Western	1:42.17	1:41.65	3
1) 302 Maya Daly	2) 308 Anastasia Pearse		
3) 310 Hazel Ross	4) 312 Liza Whitehead		
7 Guelph	1:42.82	1:42.16	2
1) 90 Vivian Stavrakos	2) 83 Heather Rayner		
3) 62 Karry-Ann Cornwall	4) 89 Corinne Smith		
Preliminaries			
8 Ottawa	1:43.28		1
1) 176 Sarah De Carufel	2) 183 Gift Okankwu		
3) 178 Charlotte Gardner	4) 172 Devyani Biswal		
9 Manitoba	1:43.40		
1) 131 Sade Ogungbemi	2) 137 Mallory Waters		
3) 126 Leah Harpelle	4) 127 Sarah Huebert		
10 Saskatchewan	1:43.43		
1) 224 Danielle Gee	2) 236 Morgan Sawatzky		
3) 222 Julene Friesen	4) 235 Katrin Ritchie		
11 York	1:43.72		
1) 407 Tameran Defreitas	2) 412 Sheereen Harris		
3) 408 Kelsey Desjarlais	4) 411 Allison Gallagher		
12 Dalhousie	1:44.66		
1) 45 Lesley D'Apollonia	2) 47 Sascha Hamilton-Miller		
3) 49 Oritsedere Ikomi	4) 52 Emma ROUNG		
13 McGill	1:46.54		
1) 142 Sarah Glen	2) 156 Clare Williams		
3) 150 Ellen Parker	4) 152 Helena Reinfels		

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****Women 4x400 Metre Relay**

 CIS: @ 3:41.47 3/10/2012 U of Toronto, Toronto
 A Brown, R Jewett, F Callender, S Wells

School	Seed	Finals	H#	Points

Finals				
1 Toronto	3:41.57	3:42.90	2	10
1) 274 Natalie Geiger				
3) 281 Rachel Jewett				
2 Calgary	3:45.19	3:43.45	2	8
1) 26 Danielle Kendall				
3) 32 Rachael McIntosh				
3 Victoria	3:48.10	3:48.42	2	6
1) 314 Grace Annear				
3) 319 Jenica Moore				
4 Western	3:44.53	3:48.88	2	5
1) 363 Brenna Thomson				
3) 342 Sarah Clancy				
5 Saskatchewan	3:48.66	3:51.69	2	4
1) 236 Morgan Sawatzky				
3) 214 Tye Buettner				
6 Windsor	3:49.76	3:53.66	2	3
1) 375 Tichina Jones				
3) 377 Samantha Kellam				
7 Guelph	3:53.53	3:54.69	1	2
1) 68 Lydia Frost				
3) 58 Rachel Aubry				
8 Waterloo	3:55.58	3:56.02	1	1
1) 334 Chantel Pilon				
3) 329 Jenny Carrique				
9 Ottawa	3:54.40	3:56.64	1	
1) 178 Charlotte Gardner				
3) 177 Emma Galbraith				
10 Regina	3:58.64	3:57.67	1	
1) 194 Kelsey Bohachewski				
3) 192 Joy Becker				
11 Lakehead	4:00.08	3:57.82	1	
1) 95 Jessica Baraskewich				
3) 98 Heather Maxfield				
12 Laval	3:57.43	4:02.60	1	
1) 105 Laurence Côté				
3) 112 Myriam-Sarah Lamontagne				
-- Manitoba	4:03.20	SCR		
1) 127 Sarah Huebert				
3) 126 Leah Harpelle				
-- Trinity Western	4:02.32	SCR		
1)				
3) 308 Anastasia Pearse				
-- York	4:01.66	SCR		
1) Ashley Skof				
3) 407 Tameran Defreitas				

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****Women 4x800 Metre Relay**

Will use a two-waterfall start
with fastest four qualifiers in outside waterfall.

CIS: @ 8:41.66 1988 , Victoria
Jones, Meagher, Shackleton, Wellman

School	Seed	Finals	Points
1 Victoria	8:46.94	8:51.36	10
1) 314 Grace Annear	2) 316 Rachel Francois		
3) 319 Jenica Moore	4) 321 Kendra Pomfret		
2 Toronto	8:59.49	8:53.05	8
1) 289 Rosa Serafini	2) 281 Rachel Jewett		
3) 295 Honor Walmsley	4) 279 Colleen Hennessy		
3 Guelph	8:59.23	9:00.80	6
1) 58 Rachel Aubry	2) 68 Lydia Frost		
3) 69 Nadine Frost	4) 76 Genevieve Lalonde		
4 Windsor	9:05.83	9:03.70	5
1) 385 Alexandra Moore	2) 377 Samantha Kellam		
3) 381 Meaghan Marton	4) 379 Heather Kurpe		
5 Western	9:08.35	9:09.61	4
1) 362 Emma Tallman	2) 346 Justine Horne		
3) 340 Melissa Caruso	4) 337 Katie Bell		
6 Saskatchewan	9:00.90	9:10.75	3
1) 222 Julene Friesen	2) 215 Elecktra Charles		
3) 214 Tye Buettner	4) 219 Brittany Elliott		
7 Queen's	9:20.29	9:13.50	2
1) 189 Ceilidh Stubbs	2) 186 Erin O'Higgins		
3) 187 Erin Slade	4) 188 Julie-Anne Staelhi		
8 Laval	9:18.27	9:20.62	1
1) 105 Laurence Côté	2) 109 Charline Gonin		
3) 106 Béatrice Deschênes St-Pierr	4) 104 Sarah-Michelle Brochu		
9 McGill	9:15.91	9:20.98	
1) 139 Evelyn Anderson	2) 144 Audrey-Anne Henri		
3) 140 Alana Battiston	4) 146 Sarah McCuaig		
10 Sherbrooke	9:12.38	9:27.23	
1) 250 Caroline Gendron	2) 253 Elauro Martel		
3) 264 Beatrice Sylvestre	4) 245 Alexandre Desmarais-gagnon		
-- Regina	9:36.51	SCR	
1) 195 Anneliese Davis	2) 201 Karissa LePage		
3) Avery Westberg	4) 206 Adrea Propp		
-- Calgary	9:37.50	SCR	
1) Ariana Dirk	2) 28 Sydney Krill		
3) Bridget Pyke	4) Emma Cook-Clarke		

Women High Jump

Starting height: 1.60 m. Increments of 5 cm to 1.70 m,
then increments of 3 cm.

CIS: @ 1.87m 1986 Tami Lutz, UBC

Name	Year	School	Seed	Finals	Points
1 31 Rachel Machin		Calgary	1.82m	1.82m	10
1.70 1.73 1.76 1.79 1.82 1.85					
0 0 XO 0 0 XXX					

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....Women High Jump

2	307	Emma Nuttall	Trinity Western	1.85m	1.79m	8
		1.70 1.73 1.76 1.79 1.82				
		O O XO XO XXX				
3	283	Laura Maessen	Toronto	1.73m	1.73m	6
		1.60 1.65 1.70 1.73 1.76				
		O O XO XXO XXX				
4	48	Rebecca Haworth	Dalhousie	1.73m	1.70m	4.50
		1.60 1.65 1.70 1.73				
		O O O XXX				
4	294	Katia Vasilyeva	Toronto	1.68m	1.70m	4.50
		1.60 1.65 1.70 1.73				
		O O O XXX				
6	358	Jen Pitman	Western	1.70m	J1.70m	3
		1.60 1.65 1.70 1.73				
		O O XXO XXX				
7	246	Katerine Dugas	Sherbrooke	1.71m	1.65m	1
		1.60 1.65 1.70				
		O O XXX				
7	93	Julia Wallace	Guelph	1.75m	1.65m	1
		1.60 1.65 1.70				
		O O XXX				
7	154	Caroline Tanguay	McGill	1.71m	1.65m	1
		1.60 1.65 1.70				
		O O XXX				
10	386	Kelly Morrison	Windsor	1.68m	J1.65m	
		1.60 1.65 1.70				
		XO XXO XXX				
11	207	Megan Rumpel	Regina	1.72m	1.60m	
		1.60 1.65				
		O XXX				
--	288	Flo Peters	Toronto	1.68m	NH	
		1.60				
		XXX				
--	79	Jessica May	Guelph	1.66m	SCR	
--	20	Nicola Charleswort	Calgary	1.67m	SCR	
--		Tamara Paetsch	Manitoba	1.67m	SCR	

Women Pole Vault

Starting height: 3.30 m. Increments of 15 cm to 3.75 m,
then increments of 10 cm to 3.95 m,
then increments of 5 cm.

CIS: @ 4.23m 2010 Heather Hamilton, York

Name	Year	School	Seed	Finals	Points
1 102 Mélanie Blouin		Laval	4.35m	4.05m	10
		4.05 4.15			
		O XXX			
2 338 Robin Bone		Western	4.18m	3.85m	7
		3.85 3.95			
		O XXX			
2 306 Rebecca Marchant		Trinity Western	4.01m	3.85m	7
		3.60 3.75 3.85 3.95			
		O O O XXX			

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****....Women Pole Vault**

4	37	Kimberly Stephenso	Calgary	4.00m	J3.85m	5
		3.75 3.85 4.00				
		O XXO XXX				
5	35	Paige Ridout	Calgary	3.75m	3.60m	4
		3.60 3.75				
		XXO XXX				
6	220	Courtney Erickson	Saskatchewan	3.80m	3.45m	3
		3.30 3.45 3.60				
		XO O XXX				
7	229	Mignon le Roux	Saskatchewan	3.60m	J3.45m	2
		3.30 3.45 3.60				
		XXO O XXX				
8	352	Sharon Michalak	Western	3.72m	J3.45m	0.25
		3.45 3.60				
		XO XXX				
8	313	Ivonne Zuniga-Padi	Trinity Western	3.60m	J3.45m	0.25
		3.45 3.60				
		XO XXX				
8	134	Melissa Richards	Manitoba	3.68m	J3.45m	0.25
		3.45 3.60				
		XO XXX				
8	56	Sam Allegro	Guelph	3.60m	J3.45m	0.25
		3.30 3.45 3.60				
		O XO XXX				
--	66	Erika Fiedler	Guelph	4.07m	NH	
		3.85				
		XXX				
--		Gesthika Kaltsidis	Western	3.52m	SCR	

Women Long Jump

=====						
		CIS: @ 6.24m	2001	Jocelyn Adu-Gyamfi, Toronto		
Name	Year	School	Seed	Finals	Points	
=====						
1	31	Rachel Machin	Calgary	5.87m	6.01m	10
		5.97m 5.97m PASS FOUL	6.01m PASS			
2	93	Julia Wallace	Guelph	5.90m	5.97m	8
		5.65m 5.81m 5.91m 5.88m	5.68m 5.97m			
3	32	Rachael McIntosh	Calgary	5.89m	5.95m	6
		4.87m 5.77m FOUL FOUL	5.95m FOUL			
4	166	Laurence Beaudet	Montreal	6.01m	5.88m	5
		5.88m 5.88m 5.79m 5.88m	5.81m 5.78m			
5	192	Joy Becker	Regina	5.95m	5.87m	4
		5.66m 5.80m 5.87m FOUL	5.67m 5.86m			
6	344	Caroline Ehrhardt	Western	5.82m	5.78m	3
		5.78m 5.78m FOUL 5.42m	FOUL 5.62m			
7	240	Audrey Bonneau	Sherbrooke	5.65m	5.54m	2
		5.51m 5.48m 5.54m 5.47m	FOUL 5.47m			
8	388	Emily Omahen	Windsor	5.65m	5.47m	1
		5.47m FOUL 5.22m 5.20m	5.13m 4.99m			
9	259	Esther Renaud	Sherbrooke	5.80m	5.46m	
		5.46m 5.43m 5.40m				
10	260	Éloise Rheault	Sherbrooke	5.70m	5.36m	
		5.36m 5.10m FOUL				

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....Women Long Jump

10	210 Anissa Owen	Saint Mary's	5.42m	5.36m
	5.36m 5.33m 5.23m			
12	373 Nathana Griffiths	Windsor	5.59m	5.29m
	5.11m 5.29m 5.17m			
13	59 Tomeizel Barry	Guelph	5.78m	5.22m
	5.22m 5.14m PASS			
--	Jodian Daley	Western	5.49m	SCR
--	291 Alana Stewart	Toronto	5.54m	SCR
--	194 Kelsey Bohachewski	Regina	5.57m	SCR
--	360 Mila Simulik	Western	5.49m	SCR

Women Triple Jump

CIS: @ 13.01m 1993 Kelly Dinsmore, Windsor

Name	Year	School	Seed	Finals	Points
1	344 Caroline Ehrhardt	Western	12.74m	12.47m	10
	12.30m 12.22m FOUL 11.94m FOUL 12.47m				
2	93 Julia Wallace	Guelph	12.58m	12.39m	8
	11.78m 12.39m 12.09m 11.96m 12.19m FOUL				
3	360 Mila Simulik	Western	12.19m	12.04m	6
	11.89m 11.99m 11.77m 12.04m 11.93m 11.99m				
4	14 Courtney Wilkes	Alberta	12.00m	12.02m	5
	11.49m 12.00m 11.86m 12.00m 12.02m 12.02m				
5	306 Rebecca Marchant	Trinity Western	11.70m	11.86m	4
	9.76m 11.73m 11.61m 11.60m 11.86m FOUL				
6	25 Allison Kendall	Calgary	12.03m	11.73m	3
	11.23m 11.64m 11.73m FOUL 11.67m 11.63m				
7	291 Alana Stewart	Toronto	11.88m	11.66m	2
	FOUL 11.47m 11.66m FOUL FOUL FOUL				
8	300 Ayla Akehurst	Trinity Western	11.81m	11.52m	1
	11.42m FOUL 11.52m FOUL 11.16m 11.16m				
9	256 Audrey Morin-Lemay	Sherbrooke	11.66m	11.50m	
	11.32m 11.50m 11.36m				
10	53 Sarah Taplin	Dalhousie	11.71m	11.47m	
	FOUL 11.47m 10.97m				
11	34 Danielle Parrish	Calgary	11.56m	11.21m	
	11.18m 11.21m FOUL				
12	125 Amanda Gundrum	Manitoba	11.64m	11.09m	
	10.92m FOUL 11.09m				
--	207 Megan Rumpel	Regina	11.35m	SCR	
--	192 Joy Becker	Regina	11.53m	SCR	
--	Josée-Anne Sarazin	Sherbrooke	11.51m	SCR	
--	Quinnie Rwahwire	Windsor	11.51m	SCR	

Women Shot Put 4kg

Implement weigh-in will occur near throwing cage
 90 minutes before event start.

CIS: @ 15.72m 2011 Taryn Suttie, Saskatchewan

Name	Year	School	Seed	Finals	Points
1	372 Celine Freeman-Gib	Windsor	15.34m	15.40m	10
	12.13m 12.52m 14.37m 14.48m 15.40m 14.72m				

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****....Women Shot Put 4kg**

2	402 Cynthia Appiah	York	14.33m	14.22m	8
	13.09m 13.08m 13.55m	PASS 12.68m 14.22m			
3	384 Shealyn McLaughlin	Windsor	14.30m	14.08m	6
	13.96m PASS 13.91m 14.08m	13.85m FOUL			
4	168 Lucie-Maude Tetrea	Montreal	13.00m	12.87m	5
	11.35m 11.43m 12.87m	PASS 12.33m PASS			
5	223 Karla Gabruch	Saskatchewan	12.90m	12.69m	4
	12.57m PASS 12.29m 12.37m	12.69m 12.13m			
6	345 Lydia Foley	Western	12.88m	12.59m	3
	12.59m 11.95m PASS PASS	12.04m 12.32m			
7	200 Chantelle Labrecqu	Regina	12.87m	12.56m	2
	11.68m 11.85m 12.56m	11.59m PASS 12.27m			
8	39 Jamie Waine	Calgary	13.41m	12.52m	1
	PASS PASS 12.52m PASS	12.48m PASS			
9	23 Samme Groenveld	Calgary	13.65m	12.38m	
	12.38m PASS PASS				
10	120 Kayla Gallagher	Lethbridge	12.94m	12.16m	
	11.86m 12.13m 12.16m				
11	169 Alexandra Black	New Brunswick	12.58m	12.07m	
	11.45m 11.71m 12.07m				
12	268 Juliana Bergin	Toronto	12.52m	11.57m	
	11.49m 11.57m 10.85m				
--	Julie Sleeth	Western	12.38m	SCR	
--	395 Jill Van Damme	Windsor	12.46m	SCR	
--	63 Sarah Dougherty	Guelph	12.40m	SCR	

Women Weight Throw 9.08kg

Implement weigh-in will occur near throwing cage

90 minutes before event start.

CIS: @ 19.66m 2005

Kate Forbes, Lethbridge

Name	Year	School	Seed	Finals	Points
1	120 Kayla Gallagher	Lethbridge	16.85m	18.24m	10
	FOUL FOUL 17.92m	FOUL 18.24m FOUL			
2	384 Shealyn McLaughlin	Windsor	17.64m	17.49m	8
	16.57m 17.49m FOUL	17.12m 17.16m 17.05m			
3	392 Ami Schimanski	Windsor	17.89m	17.24m	6
	17.24m FOUL 16.67m	16.88m FOUL FOUL			
4	402 Cynthia Appiah	York	18.43m	16.72m	5
	16.39m 16.72m FOUL	16.45m FOUL FOUL			
5	117 Marthe Piguel	Laval	15.94m	16.45m	4
	15.77m 16.45m 16.10m	16.17m 15.81m FOUL			
6	50 Elizabeth MacDonal	Dalhousie	17.07m	16.32m	3
	FOUL 15.83m 15.92m	15.22m 16.00m 16.32m			
7	63 Sarah Dougherty	Guelph	16.36m	15.71m	2
	FOUL 15.69m 15.53m	15.42m FOUL 15.71m			
8	223 Karla Gabruch	Saskatchewan	16.36m	15.50m	1
	13.90m 14.13m 15.50m	15.07m 14.72m 15.46m			
9	395 Jill Van Damme	Windsor	15.93m	15.37m	
	FOUL 15.37m FOUL				
10	351 Jenine McCutcheon	Western	15.95m	15.05m	
	15.05m FOUL FOUL				

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****....Women Weight Throw 9.08kg**

11	23	Samme Groenveld	Calgary	16.69m	14.67m
		14.60m 14.67m FOUL			
--	2	Ciera Heshka-Wolf	Alberta	16.05m	FOUL
		FOUL FOUL FOUL			
--	39	Jamie Waine	Calgary	15.92m	SCR
--	200	Chantelle Labrecqu	Regina	15.30m	SCR

Indoor Pentathlon: #5 Women 800 Metre Run Indoor Pentathlon

Will use a two-waterfall start with athletes having five highest point totals in outside waterfall.

Name	Year	School	Finals	Points	
1	32	Rachael McIntosh	Calgary	2:12.69	926
2	281	Rachel Jewett	Toronto	2:15.58	885
3	140	Alana Battiston	McGill	2:16.85	867
4	288	Flo Peters	Toronto	2:25.91	745
5	79	Jessica May	Guelph	2:29.92	694
6	31	Rachel Machin	Calgary	2:30.44	687
7	194	Kelsey Bohachewski	Regina	2:32.00	668
8	268	Juliana Bergin	Toronto	2:33.38	651
9	386	Kelly Morrison	Windsor	2:35.95	620
10	20	Nicola Charleswort	Calgary	2:36.75	611
11	207	Megan Rumpel	Regina	2:37.91	597
12	246	Katerine Dugas	Sherbrooke	2:49.28	471

Indoor Pentathlon: #1 Women 60 Metre Hurdles 0.838m Indoor Pentathlon

13.00 m to first hurdle, then every 8.50 m (yellow marks).

Name	Year	School	Finals	H#	Points	
1	31	Rachel Machin	Calgary	8.60	1	995
2	20	Nicola Charleswort	Calgary	8.75	1	963
3	32	Rachael McIntosh	Calgary	8.87	1	937
4	281	Rachel Jewett	Toronto	8.94	2	922
5	207	Megan Rumpel	Regina	9.06	1	897
6	140	Alana Battiston	McGill	9.09	2	891
7	288	Flo Peters	Toronto	9.12	1	885
8	79	Jessica May	Guelph	9.12	2	885
9	194	Kelsey Bohachewski	Regina	9.26	1	856
10	386	Kelly Morrison	Windsor	9.28	2	852
11	268	Juliana Bergin	Toronto	9.30	2	848
12	246	Katerine Dugas	Sherbrooke	9.30	2	848

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Starting height to be determined at event.

Increments of 3 cm.

Name	Year	School	Finals	Points	
1	31	Rachel Machin	Calgary	1.81m	991
		1.69 1.72 1.75 1.78 1.81 1.84			
		0 0 XO 0 0 XXX			

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.....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

2	288	Flo Peters	Toronto	1.66m	806
		1.57 1.60 1.63 1.66 1.69			
		O O O O XXX			
2	281	Rachel Jewett	Toronto	1.66m	806
		1.57 1.60 1.63 1.66			
		XO XXO O XO			
4	246	Katerine Dugas	Sherbrooke	1.63m	771
		1.57 1.60 1.63 1.66			
		O O O XXX			
4	32	Rachael McIntosh	Calgary	1.63m	771
		1.54 1.57 1.60 1.63 1.66			
		O O O XO XXX			
6	207	Megan Rumpel	Regina	1.60m	736
		1.54 1.57 1.60 1.63 1.66			
		O O XO P XXX			
6	386	Kelly Morrison	Windsor	1.60m	736
		1.51 1.54 1.57 1.60 1.63			
		O O XO O XXX			
6	20	Nicola Charleswort	Calgary	1.60m	736
		1.54 1.57 1.60 1.63			
		O O O XXX			
9	79	Jessica May	Guelph	1.57m	701
		1.48 1.51 1.54 1.57 1.60			
		O O O XXO XXX			
9	268	Juliana Bergin	Toronto	1.57m	701
		1.45 1.48 1.51 1.54 1.57 1.60			
		O O O XO XXO XXX			
9	140	Alana Battiston	McGill	1.57m	701
		1.48 1.51 1.54 1.57 1.60			
		O O O O XXX			
12	194	Kelsey Bohachewski	Regina	1.48m	599
		1.36 1.39 1.42 1.45 1.48 1.51			
		O XO O O O XXX			

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

=====					
	Name	Year	School	Finals	Points
=====					
1	32 Rachael McIntosh		Calgary	5.98m	843
	5.70m 5.89m 5.98m				
2	31 Rachel Machin		Calgary	5.88m	813
	5.44m 5.88m 5.78m				
3	20 Nicola Charleswort		Calgary	5.59m	726
	5.33m 5.59m PASS				
4	246 Katerine Dugas		Sherbrooke	5.32m	648
	5.32m FOUL FOUL				
5	268 Juliana Bergin		Toronto	5.30m	643
	4.65m 5.01m 5.30m				
6	288 Flo Peters		Toronto	5.29m	640
	4.78m 5.29m 4.83m				
7	79 Jessica May		Guelph	5.18m	609
	5.17m 5.18m 5.08m				
8	386 Kelly Morrison		Windsor	5.16m	603
	FOUL 5.16m 5.13m				

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9	281 Rachel Jewett	Toronto	5.11m	589
	5.11m 5.04m 5.00m			
10	207 Megan Rumpel	Regina	5.00m	559
	5.00m PASS PASS			
11	194 Kelsey Bohachewski	Regina	4.90m	532
	4.62m 4.90m 4.82m			
12	140 Alana Battiston	McGill	4.84m	516
	4.78m 4.83m 4.84m			

Indoor Pentathlon: #3 Women Shot Put 4 kg Indoor Pentathlon

Name	Year School	Finals	Points
1 32 Rachael McIntosh	Calgary	12.61m	702
		12.61m 12.61m FOUL	
2 268 Juliana Bergin	Toronto	11.55m	631
		11.55m 11.26m 11.20m	
3 194 Kelsey Bohachewski	Regina	11.25m	612
		11.15m FOUL 11.25m	
4 140 Alana Battiston	McGill	10.82m	583
		9.60m 10.78m 10.82m	
5 20 Nicola Charleswort	Calgary	10.32m	550
		9.59m 10.32m FOUL	
6 281 Rachel Jewett	Toronto	10.06m	533
		8.87m 9.26m 10.06m	
7 386 Kelly Morrison	Windsor	9.80m	516
		9.32m 9.80m 9.69m	
8 207 Megan Rumpel	Regina	9.77m	514
		9.47m 9.77m 8.95m	
9 246 Katerine Dugas	Sherbrooke	9.70m	510
		8.46m 9.01m 9.70m	
10 31 Rachel Machin	Calgary	9.66m	507
		8.73m 9.50m 9.66m	
11 79 Jessica May	Guelph	9.63m	505
		9.57m 8.99m 9.63m	
12 288 Flo Peters	Toronto	8.39m	425
		8.39m 8.18m 7.97m	

Women Indoor Pentathlon

Name	Year School	Seed	Finals	Points
CIS: @ 4380 2007 Jessica Zelinka, Calgary				
1 32 Rachael McIntosh	Calgary	3923	4179	10
2 31 Rachel Machin	Calgary	3811	3993	8
3 281 Rachel Jewett	Toronto	3634	3735	6
4 20 Nicola Charleswort	Calgary	3410	3586	5
5 140 Alana Battiston	McGill	3515	3558	4
6 288 Flo Peters	Toronto	3483	3501	3
7 268 Juliana Bergin	Toronto	3549	3474	2
8 79 Jessica May	Guelph	3405	3394	1
9 386 Kelly Morrison	Windsor	3487	3327	
10 207 Megan Rumpel	Regina	3588	3303	
11 194 Kelsey Bohachewski	Regina	3494	3267	

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12	246	Katerine Dugas	Sherbrooke	3375	3248
--	358	Jen Pitman	Western	3279	SCR
--	334	Chantel Pilon	Waterloo	3243	SCR
--		Astrid Nyame	Saskatchewan	3283	SCR

Men 60 Metre Dash**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

=====						
CIS: @		6.57	2010	Sam Effah, Calgary		
Name	Year	School	Seed	Prelims	H#	
=====						
Preliminaries						
1	366	Aaron Bowman	Windsor	6.72	6.77Q	1
2	15	Benjamin Williams	Alberta	6.78	6.86Q	2
3	181	Oluwasegun Makinde	Ottawa	6.82	6.88Q	2
4	332	Kofi Kwarko-Fosu	Waterloo	6.87	6.92Q	1
5	357	Ike Omoruna	Western	6.87	6.92Q	2
6	135	Wilfred Samking	Manitoba	6.84	6.96Q	1
7	100	Dominic Allard	Laval	6.91	7.00q	2
8	21	Adam Clark	Calgary	6.90	7.04q	1
9	193	Connor Bloom	Regina	6.93	7.05	2
10	225	Ryan Graf	Saskatchewan	6.91	7.09	1
11	303	Nathan George	Trinity Western	6.95	7.11	1
--	331	Shlomo Dunyo	Waterloo	6.88	DQ	2 Rule 162.7

Men 60 Metre Dash

=====						
CIS: @		6.57	2010	Sam Effah, Calgary		
Name	Year	School	Prelims	Finals	Points	
=====						
Finals						
1	366	Aaron Bowman	Windsor	6.77	6.73	10
2	15	Benjamin Williams	Alberta	6.86	6.78	8
3	181	Oluwasegun Makinde	Ottawa	6.88	6.84	6
4	357	Ike Omoruna	Western	6.92	6.86	5
5	332	Kofi Kwarko-Fosu	Waterloo	6.92	6.87	4
6	135	Wilfred Samking	Manitoba	6.96	6.93	3
7	100	Dominic Allard	Laval	7.00	6.94	2
8	21	Adam Clark	Calgary	7.04	7.02	1
Preliminaries						
9	193	Connor Bloom	Regina	7.05		
10	225	Ryan Graf	Saskatchewan	7.09		
11	303	Nathan George	Trinity Western	7.11		
--	331	Shlomo Dunyo	Waterloo	DQ		

Men 300 Metre Dash**7 Advance: Top 1 Each Heat plus Next 4 Best Times**

=====						
CIS: @		33.40	1999	Alex Marchand, Sherbrooke		
Name	Year	School	Seed	Prelims	H#	
=====						
1	181	Oluwasegun Makinde	Ottawa	34.21	34.55Q	3
2	160	Scott Hutchinson	McMaster	33.85	34.62Q	2
3	184	Michael Robertson	Ottawa	33.83	34.64Q	1

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****....Men 300 Metre Dash**

4	171	Devin Biocchi	Ottawa	34.33	34.72q	3
5	87	Brandon Shirk	Guelph	35.02	34.99q	3
6	242	Ludovic Christin	Sherbrooke	34.51	35.10q	2
7	221	Alex Fedyk	Saskatchewan	34.71	35.20q	1
8	158	Rudy Baronette	McMaster	34.85	35.24	2
9	257	Ian Nkanka	Sherbrooke	34.92	35.78	3
10	262	Sébastien Sévigny	Sherbrooke	35.08	35.79	2
11	119	Bianco Richard	Laval	34.79	36.46	1
--	218	Kyle Donsberger	Saskatchewan	35.09	DQ	1 Rule 163.3

Men 300 Metre Dash

CIS: @ 33.40 1999		Alex Marchand, Sherbrooke				
Name	Year	School	Prelims	Finals	Points	
=====						
Finals						
1	171	Devin Biocchi	Ottawa	34.72	34.11	10
2	181	Oluwasegun Makinde	Ottawa	34.55	34.29	8
3	160	Scott Hutchinson	McMaster	34.62	34.34	6
4	184	Michael Robertson	Ottawa	34.64	34.82	5
5	221	Alex Fedyk	Saskatchewan	35.20	35.46	4
6	242	Ludovic Christin	Sherbrooke	35.10	35.47	3
7	87	Brandon Shirk	Guelph	34.99	35.77	2
Preliminaries						
8	158	Rudy Baronette	McMaster	35.24		1
9	257	Ian Nkanka	Sherbrooke	35.78		
10	262	Sébastien Sévigny	Sherbrooke	35.79		
11	119	Bianco Richard	Laval	36.46		
--	218	Kyle Donsberger	Saskatchewan	DQ		

Men 600 Metre Run**6 Advance: Top 1 Each Heat plus Next 4 Best Times**

2 turn stagger

CIS: @ 1:16.10 1995 Bryon Goodwin, Manitoba

Name	Year	School	Seed	Prelims	H#
=====					
1	84	Anthony Romaniw	Guelph	1:19.63	1:19.46Q 2
2	349	Scott Leitch	Western	1:18.67	1:20.25Q 1
3	292	Michael Trnks	Toronto	1:19.81	1:20.58q 1
4	413	Andrew Heaney	York	1:19.78	1:20.83q 1
5	317	Adam Gaudes	Victoria	1:19.42	1:20.86q 2
6	405	Ryan Charlton	York	1:20.77	1:20.86q 2
7	322	John Pratt	Victoria	1:21.47	1:21.00 1
8	128	Cody Mages	Manitoba	1:20.80	1:21.12 2
9	353	Triphon Moodie	Western	1:19.93	1:21.17 2
10	213	Daniel Block	Saskatchewan	1:21.69	1:21.19 1
11	16	Brad Bickley	Calgary	1:20.19	1:21.20 2
12	78	George MacDonald	Guelph	1:20.73	1:21.65 1
13	354	Matt Muldoon	Western	1:20.74	1:21.74 1

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****Men 600 Metre Run**

2 turn stagger

CIS: @ 1:16.10 1995 Bryon Goodwin, Manitoba

Name	Year	School	Prelims	Finals	Points	
Finals						
1	84	Anthony Romaniw	Guelph	1:19.46	1:18.20	10
2	349	Scott Leitch	Western	1:20.25	1:18.33	8
3	292	Michael Trnks	Toronto	1:20.58	1:19.58	6
4	317	Adam Gaudes	Victoria	1:20.86	1:20.51	5
5	413	Andrew Heaney	York	1:20.83	1:20.90	4
6	405	Ryan Charlton	York	1:20.86	1:21.64	3
Preliminaries						
7	322	John Pratt	Victoria	1:21.00		2
8	128	Cody Mages	Manitoba	1:21.12		1
9	353	Triphon Moodie	Western	1:21.17		
10	213	Daniel Block	Saskatchewan	1:21.19		
11	16	Brad Bickley	Calgary	1:21.20		
12	78	George MacDonald	Guelph	1:21.65		
13	354	Matt Muldoon	Western	1:21.74		

Men 1000 Metre Run

Will use a two-waterfall start
with fastest four qualifiers in outside waterfall.

CIS: @ 2:22.09 3/9/2012 Tommy Lecours, Guelph

Name	Year	School	Seed	Finals	Points	
Finals						
1	73	Steve Holmes	Guelph	2:24.60	2:26.32	10
2	84	Anthony Romaniw	Guelph	2:23.54	2:26.48	8
3	114	Jean-Samuel Lapoin	Laval	2:26.53	2:26.84	6
4	324	Thomas Riva	Victoria	2:23.96	2:28.10	5
5	290	Sasha Smart	Toronto	2:24.13	2:28.65	4
6	413	Andrew Heaney	York	2:25.54	2:28.73	3
7	16	Brad Bickley	Calgary	2:25.99	2:29.07	2
8	149	Vincent Parent-Pic	McGill	2:26.79	2:29.39	1
9	88	Yves Sikubwabo	Guelph	2:23.50	2:30.36	
10	60	Benoit Boulay	Guelph	2:24.76	2:35.52	
--	226	Davis Guenther	Saskatchewan	2:27.30	SCR	
--	335	Ryan Armstrong	Western	2:27.33	SCR	
--	325	Karl Robertson	Victoria	2:26.96	SCR	
--	258	Marc-André Raiche	Sherbrooke	2:27.72	SCR	
--	382	Taylor McArthur	Windsor	2:27.20	SCR	

Men 1500 Metre Run

Will use a two-waterfall start
with fastest five qualifiers in outside waterfall.

CIS: @ 3:46.85 1990 Allan Klassen, UBC

Name	Year	School	Seed	Finals	Points	
1	397	Matt Walters	Windsor	3:48.83	3:50.16	10
2	88	Yves Sikubwabo	Guelph	3:51.50	3:50.44	8
3	82	Ross Proudfoot	Guelph	3:48.72	3:52.72	6

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****....Men 1500 Metre Run**

4	267	Connor McGuire	St. Francis Xavier	3:52.85	3:52.87	5
5	73	Steve Holmes	Guelph	3:51.50	3:53.23	4
6	71	Aaron Hendrikx	Guelph	3:51.80	3:53.58	3
7	81	Andrew Nixon	Guelph	3:52.81	3:54.17	2
8	371	Nick Falk	Windsor	3:51.13	3:54.43	1
9	376	Fraser Kegel	Windsor	3:48.23	3:55.29	
10	199	Matt Johnson	Regina	3:56.57	3:56.22	
11	114	Jean-Samuel Lapoin	Laval	3:51.68	3:56.66	
12	324	Thomas Riva	Victoria	3:53.32	3:58.07	
13	335	Ryan Armstrong	Western	3:52.88	4:04.55	
--	325	Karl Robertson	Victoria	3:54.21	SCR	

Men 3000 Metre Run

Will use a two-waterfall start
with fastest five qualifiers in outside waterfall.

CIS: @ 7:59.29 1996 Jeff Schiebler, UBC

Name	Year	School	Seed	Finals	Points	
1	209	Kelly Wiebe	Regina	8:06.87	8:08.13	10
2	397	Matt Walters	Windsor	8:16.30	8:10.58	8
3	82	Ross Proudfoot	Guelph	8:11.95	8:11.11	6
4	376	Fraser Kegel	Windsor	8:15.70	8:13.21	5
5	371	Nick Falk	Windsor	8:17.59	8:24.28	4
6	81	Andrew Nixon	Guelph	8:04.30	8:25.79	3
7	267	Connor McGuire	St. Francis Xavier	8:20.23	8:30.93	2
8	199	Matt Johnson	Regina	8:25.16	8:32.29	1
9	65	Chris Dulhanty	Guelph	8:19.33	8:37.06	
10	71	Aaron Hendrikx	Guelph	8:15.03	8:40.51	
11	254	Alex Mavrovic	Sherbrooke	8:18.69	8:52.73	
--	315	Ryan Cassidy	Victoria	8:18.26	DNF	

Men 60 Metre Hurdles 1.067m**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

13.72 m to first hurdle, then every 9.14 m (blue marks).

CIS: @ 7.83 1984 Mark McKoy, York

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	339	Matt Brisson	Western	7.88	7.86Q 2
2	304	Calum Innes	Trinity Western	8.01	8.09Q 1
3	252	Simon Léveillé	Sherbrooke	8.07	8.12Q 2
4	181	Oluwasegun Makinde	Ottawa	8.02	8.22Q 1
5	101	Alexandro Allison	Laval	8.25	8.28Q 1
6	191	Justin Baker	Regina	8.16	8.30Q 2
7	355	Isoken Ogieva	Western	8.21	8.40q 1
8	185	Gabriel Tesfaye	Ottawa	8.30	8.50q 2
9	390	Austin Roth	Windsor	8.31	8.50 2
10	399	Branden Wilhelm	Windsor	8.32	8.51 1
11	175	Hubert Chevrette B	Ottawa	8.31	8.65 1
--	44	Jordan Bruce	Dalhousie	8.55	DQ 2 Rule 168.7

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****Men 60 Metre Hurdles 1.067m**

 13.72 m to first hurdle, then every 9.14 m (blue marks).

CIS: @ 7.83 1984 Mark McKoy, York

Name	Year	School	Prelims	Finals	Points

Finals					
1	339	Matt Brisson	Western	7.86	7.87 10
2	304	Calum Innes	Trinity Western	8.09	7.98 8
3	355	Isoken Ogieva	Western	8.40	8.04 6
4	252	Simon Léveillé	Sherbrooke	8.12	8.10 5
5	181	Oluwasegun Makinde	Ottawa	8.22	8.22 4
6	101	Alexandro Allison	Laval	8.28	8.29 3
7	185	Gabriel Tesfaye	Ottawa	8.50	8.35 2
--	191	Justin Baker	Regina	8.30	DNF

Preliminaries					
9	390	Austin Roth	Windsor	8.50	
10	399	Branden Wilhelm	Windsor	8.51	
11	175	Hubert Chevrette B	Ottawa	8.65	
--	44	Jordan Bruce	Dalhousie	DQ	

Men 4x200 Metre Relay

7 Advance: Top 1 Each Heat plus Next 4 Best Times

 CIS: @ 1:25.65 3/10/2012 U. of Ottawa, Ottawa

O Makinde, M Robertson, D Biocchi, T Makinde

School	Seed	Prelims	H#

1 Ottawa	1:26.95	1:27.21Q	1
1) 181 Oluwasegun Makinde	2) 184 Michael Robertson		
3) 171 Devin Biocchi	4) 185 Gabriel Tesfaye		
2 Windsor	1:28.80	1:28.40Q	2
1) 366 Aaron Bowman	2) 387 Leonae Nichol		
3) 378 Shane Kelly	4) 383 Matt McKeegan		
3 Saskatchewan	1:28.33	1:28.81Q	3
1) 221 Alex Fedyk	2) 225 Ryan Graf		
3) 239 Tyler Young	4) 218 Kyle Donsberger		
4 Regina	1:29.88	1:29.11q	3
1) 193 Connor Bloom	2) 198 Ethan Gardner		
3) 204 Ian McLellan	4) 202 Preston Liebrecht		
5 Sherbrooke	1:27.43	1:29.29q	2
1) 241 Jonathan Charest	2) 242 Ludovic Christin		
3) 257 Ian Nkanka	4) 262 Sébastien Sévigny		
6 McMaster	1:30.29	1:29.46q	2
1) 160 Scott Hutchinson	2) 158 Rudy Baronette		
3) 162 Connor Mabbott	4) 163 Garrick Mok		
7 Manitoba	1:29.55	1:29.82q	1
1) 135 Wilfred Samking	2) 123 Matthew Fitkowsky		
3) 133 Mitchell Partaker	4) 132 Dylan Ostberg		
8 Alberta	1:30.63	1:30.22	1
1) 10 Daniel Rosenke	2) 8 Stephen McPhee		
3) 15 Benjamin Williams	4) 9 Yembeh Moiba		
9 Calgary	1:28.99	1:30.30	1
1) 21 Adam Clark	2) 18 Josh Breski		
3) 19 Stewart Bury-Jones	4) 27 Garrett King		
10 Laval	1:28.37	1:30.53	3

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****....Men 4x200 Metre Relay**

	1) 119 Bianco Richard	2) 108 Gabriel Faribault		
	3) 107 Guillaume Dion-Gagnier	4) 100 Dominic Allard		
11 McGill			1:29.70	1:30.66 2
	1) 148 Steven Murray	2) 141 Eric Ellemo		
	3) 145 Tim Kong	4) 147 Javier Montalvo		
12 York			1:30.25	1:32.13 3
	1) 401 Ayo Augusto	2) 414 Wesley Huff		
	3) 420 Birko Montinat	4) 422 Judah Osagie		

Men 4x200 Metre Relay

=====
 CIS: @ 1:25.65 3/10/2012 U. of Ottawa, Ottawa

O Makinde, M Robertson, D Biocchi, T Makinde

School		Prelims	Finals	Points
=====				
Finals				
1 Ottawa		1:27.21	1:26.73	10
	1) 181 Oluwasegun Makinde	2) 184 Michael Robertson		
	3) 171 Devin Biocchi	4) 185 Gabriel Tesfaye		
2 Windsor		1:28.40	1:27.56	8
	1) 366 Aaron Bowman	2) 387 Leonae Nichol		
	3) 378 Shane Kelly	4) 383 Matt McKeegan		
3 Saskatchewan		1:28.81	1:28.11	6
	1) 221 Alex Fedyk	2) 225 Ryan Graf		
	3) 239 Tyler Young	4) 218 Kyle Donsberger		
4 Regina		1:29.11	1:29.01	5
	1) 193 Connor Bloom	2) 198 Ethan Gardner		
	3) 204 Ian McLellan	4) 202 Preston Liebrecht		
5 Sherbrooke		1:29.29	1:29.24	4
	1) 241 Jonathan Charest	2) 242 Ludovic Christin		
	3) 257 Ian Nkanka	4) 262 Sébastien Sévigny		
6 Manitoba		1:29.82	1:31.05	3
	1) 135 Wilfred Samking	2) 123 Matthew Fitkowsky		
	3) 133 Mitchell Partaker	4) 132 Dylan Ostberg		
7 McMaster		1:29.46	1:31.22	2
	1) 160 Scott Hutchinson	2) 158 Rudy Baronette		
	3) 162 Connor Mabbott	4) 163 Garrick Mok		
Preliminaries				
8 Alberta		1:30.22		1
	1) 10 Daniel Rosenke	2) 8 Stephen McPhee		
	3) 15 Benjamin Williams	4) 9 Yembeh Moiba		
9 Calgary		1:30.30		
	1) 21 Adam Clark	2) 18 Josh Breski		
	3) 19 Stewart Bury-Jones	4) 27 Garrett King		
10 Laval		1:30.53		
	1) 119 Bianco Richard	2) 108 Gabriel Faribault		
	3) 107 Guillaume Dion-Gagnier	4) 100 Dominic Allard		
11 McGill		1:30.66		
	1) 148 Steven Murray	2) 141 Eric Ellemo		
	3) 145 Tim Kong	4) 147 Javier Montalvo		
12 York		1:32.13		
	1) 401 Ayo Augusto	2) 414 Wesley Huff		
	3) 420 Birko Montinat	4) 422 Judah Osagie		

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****Men 4x400 Metre Relay**

CIS: @ 3:14.12 2008 , Calgary

Effah, Kimick, Saizew, Ratzlaff

School	Seed	Finals	H#	Points
Finals				
1 Ottawa	3:15.36	3:17.10	2	10
1) 182 Tolu Makinde	2) 185 Gabriel Tesfaye			
3) 184 Michael Robertson	4) 171 Devin Biocchi			
2 Sherbrooke	3:18.16	3:18.75	2	8
1) 241 Jonathan Charest	2) 242 Ludovic Christin			
3) 262 Sébastien Sévigny	4) 257 Ian Nkanka			
3 Toronto	3:17.74	3:18.94	2	6
1) 290 Sasha Smart	2) 292 Michael Trnks			
3) 293 James Turner	4) 299 Isiah Wethers			
4 York	3:19.47	3:19.09	1	5
1) 420 Birko Montinat	2) 405 Ryan Charlton			
3) 401 Ayo Augusto	4) 413 Andrew Heaney			
5 Victoria	3:21.89	3:19.11	1	4
1) 317 Adam Gaudes	2) 320 Cole Peterson			
3) 322 John Pratt	4) 323 Brendon Restall			
6 Guelph	3:15.74	3:19.68	2	3
1) 70 Dustin Haenni	2) 78 George MacDonald			
3) 87 Brandon Shirk	4) 84 Anthony Romaniw			
7 Manitoba	3:21.73	3:20.18	1	2
1) 123 Matthew Fitkowsky	2) 136 Joel Vankoughnet			
3) 132 Dylan Ostberg	4) 128 Cody Mages			
8 McGill	3:19.02	3:20.71	2	1
1) 148 Steven Murray	2) 157 Benjamin Wyman			
3) 149 Vincent Parent-Pichette	4) 147 Javier Montalvo			
9 Western	3:18.71	3:20.86	2	
1) 336 Brent Bates	2) 354 Matt Muldoon			
3) 353 Triphon Moodie	4) 349 Scott Leitch			
10 Saskatchewan	3:21.12	3:21.31	1	
1) 218 Kyle Donsberger	2) 226 Davis Guenther			
3) 213 Daniel Block	4) 227 Emmett Harrison			
11 Windsor	3:19.87	3:21.53	1	
1) 383 Matt McKeegan	2) 382 Taylor McArthur			
3) 394 Alex Ullman	4) 378 Shane Kelly			
12 McMaster	3:21.34	3:22.41	1	
1) 160 Scott Hutchinson	2) 162 Connor Mabbott			
3) 161 Brandon Huzevka	4) 158 Rudy Baronette			
-- Regina	3:22.98	SCR		
1) 204 Ian McLellan	2) 198 Ethan Gardner			
3) Liam Nystuen	4) 202 Preston Liebrecht			
-- Calgary	3:23.02	SCR		
1) 18 Josh Breski	2) 27 Garrett King			
3) Luc Wittig	4) 16 Brad Bickley			

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****Men 4x800 Metre Relay**

Will use a two-waterfall start
with fastest four qualifiers in outside waterfall.

CIS: @ 7:29.23 1995 , Manitoba
Fillion, Bima, Trepel, Goodwin

School	Seed	Finals	Points
1 Guelph	7:39.45	7:31.62	10
1) 57 Drew Anderson	2) 74 Chris Hutton		
3) 75 Rob Jackson	4) 77 Tommy Lecours		
2 Windsor	7:41.30	7:32.87	8
1) 380 Paul La Marra	2) 398 Jordan Wand		
3) 394 Alex Ullman	4) 365 Corey Bellemore		
3 Toronto	7:42.52	7:33.95	6
1) 290 Sasha Smart	2) 292 Michael Trnks		
3) 273 Ethan Davenport	4) 287 Connor Outhit		
4 Victoria	7:40.39	7:37.34	5
1) 317 Adam Gaudes	2) 320 Cole Peterson		
3) 322 John Pratt	4) 323 Brendon Restall		
5 Saskatchewan	7:43.23	7:42.89	4
1) 213 Daniel Block	2) 227 Emmett Harrison		
3) 228 Taryn Heidecker	4) 226 Davis Guenther		
6 McGill	7:40.74	7:52.29	3
1) 151 Benjamin Raymond	2) 143 Nathan Goldstein		
3) 138 Michael Abramson	4) 149 Vincent Parent-Pichette		
7 Sherbrooke	7:43.95	7:54.15	2
1) 254 Alex Mavrovic	2) 258 Marc-André Raiche		
3) 261 Marc-Antoine Rouleau	4) 265 Yann Thibaudier		
8 Laval	7:38.19	7:58.62	1
1) 103 Mathieu Boudreau	2) 111 Jean-Daniel Labranche		
3) 118 Sacha Plante-Dubé	4) 113 Mathieu Landry-Côté		
9 York	7:44.32	8:12.58	
1) 405 Ryan Charlton	2) 413 Andrew Heaney		
3) 410 Matt Fouzie	4) 423 Chris Pallotta		
-- Western	7:36.11	DQ	Rule 125.5
1) 354 Matt Muldoon	2) 353 Triphon Moodie		
3) 335 Ryan Armstrong	4) 349 Scott Leitch		
-- Manitoba	7:46.99	SCR	
1) Stephen Campbell	2) Tyson Hart		
3) Eric Thacher	4) 128 Cody Mages		
-- Trinity Western	7:58.40	SCR	
1)	2) Christopher Voth		
3) Levi Neufeld	4) Mihai Prajea		
-- Calgary	7:45.54	SCR	
1) Curtis Merry	2) Gareth Hadfield		
3) Luc Wittig	4) 16 Brad Bickley		

Men High Jump

Starting height: 1.80 m. Increments of 5 cm to 2.00 m,
then increments of 3 cm.

CIS: @ 2.24m 1993 Alex Zaliaskas, Toronto

Name	Year School	Seed	Finals	Points
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2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013
Championnats d'Athletisme du SIC 2013
University of Alberta
Results

....Men High Jump

1	196	Jeremy Eckert	Regina	2.17m	2.09m	10
		1.95 2.00 2.03 2.06 2.09 2.12				
		O P XO XO O XXX				
2	399	Branden Wilhelm	Windsor	2.11m	2.06m	8
		1.95 2.00 2.03 2.06 2.09 2.12				
		O XO P O XXP X				
3	129	Alhaji Mansaray	Manitoba	2.08m	J2.06m	6
		1.95 2.00 2.03 2.06 2.09				
		O O O XO XXX				
4	203	Connor MacDonald	Regina	2.03m	2.03m	4.50
		1.90 1.95 2.00 2.03 2.06				
		O O XXO O XXX				
4	275	Brett Georgievski	Toronto	2.02m	2.03m	4.50
		1.90 1.95 2.00 2.03 2.06				
		O O XXO O XXX				
6	51	Robert McCulloch	Dalhousie	2.05m	J2.03m	3
		1.90 1.95 2.00 2.03 2.06 2.09				
		O XO XXO XXO XXP X				
7	92	Mitchell Torres	Guelph	2.05m	2.00m	2
		1.85 1.90 1.95 2.00 2.03				
		O O O O XXX				
8	12	Isaac Tyler	Alberta	2.00m	1.95m	1
		1.85 1.90 1.95 2.00				
		XXO O O XXX				
9	248	Jean-Gabriel Ferra	Sherbrooke	1.95m	J1.95m	
		1.80 1.85 1.90 1.95 2.00				
		O O XO XXO XXX				
10	54	Simon Watts	Dalhousie	2.02m	1.90m	
		1.90 1.95				
		O P				
11	359	Payam Saboni	Western	1.97m	1.85m	
		1.80 1.85 1.90				
		O O XXX				
11	46	James Gillis	Dalhousie	2.00m	1.85m	
		1.85 1.90 1.95				
		O P XXX				
--		Nathan Tesfu	Toronto	1.96m	SCR	
--		Anthony Broeders	Guelph	1.95m	SCR	
--	355	Isoken Ogieva	Western	1.95m	SCR	
--	122	Arthur Buchanan	Manitoba	1.96m	SCR	
--		Andrew Good	Waterloo	1.96m	SCR	
--		Chris Cauley	Western	1.96m	SCR	

Men Pole Vault

Starting height: 4.15 m. Increments of 15 cm to 4.45 m,
then increments of 10 cm to 4.75 m,
then increments of 5 cm.

CIS: @ 5.65m 1992 Doug Wood, York

Name	Year	School	Seed	Finals	Points
1 419 David McKay		York	5.02m	4.90m	10
		4.65 4.75 4.80 4.85 4.90 4.95 5.00			
		XO P O P O P XXX			

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....Men Pole Vault

2	343	Matt Diston	Western	4.81m	4.85m	8
		4.65 4.75 4.80 4.85 4.90 4.95				
		O XO P O P XXX				
3	269	Townsend Bernard	Toronto	4.75m	4.75m	6
		4.55 4.65 4.75 4.80 4.85				
		O P O P XXX				
4	391	Milos Savic	Windsor	4.71m	4.55m	5
		4.30 4.45 4.55 4.65				
		XO O O XXX				
5	409	Vince Di Bacco	York	4.50m	J4.55m	4
		4.15 4.30 4.45 4.55 4.65				
		XO O XXO XO XXX				
6	389	Jake Pfaff	Windsor	4.81m	4.45m	3
		4.45 4.55				
		O XXX				
7	30	Alex Love	Calgary	4.51m	J4.45m	2
		4.15 4.30 4.45 4.55				
		O XXO XO XXX				
8	155	Riley van Ryswyk	McGill	4.40m	4.30m	1
		4.15 4.30 4.45				
		O XXO XXX				
9	311	Jamie Sinclair	Trinity Western	4.51m	4.15m	
		4.15 4.30				
		O XXX				
--	124	Eric Furletti	Manitoba	4.51m	NH	
		4.55				
		XXX				
--	309	Jesse Phillips	Trinity Western	4.50m	NH	
		4.30				
		XXX				
--	174	Nelson Cecereu	Ottawa	4.51m	DNS	
--		Austin Crough	Windsor	4.40m	SCR	
--		Kyle Weiman	Saskatchewan	4.46m	SCR	
--		Adam Osborne	Alberta	4.41m	SCR	
--		Christopher Waugh	Windsor	4.40m	SCR	

Men Long Jump

CIS: @ 7.88m 2010 Christopher Greenway, Ottawa						
Name	Year	School	Seed	Finals	Points	
1	361	Taylor Stewart	Western	7.69m	7.87m	10
		7.56m 7.11m 7.39m 7.87m 7.77m				FOUL
2	55	Jorg Ahne	Guelph	7.26m	7.54m	8
		7.54m FOUL 7.19m 7.10m				FOUL 5.79m
3	251	Olivier Huet	Sherbrooke	7.39m	7.53m	6
		7.37m FOUL 7.42m 7.42m				FOUL 7.53m
4	197	Lex Ewen	Regina	7.13m	7.26m	5
		6.62m 7.01m 7.14m 6.91m				7.03m 7.26m
5	400	Arren Young	Windsor	7.11m	7.22m	4
		6.92m 7.00m FOUL FOUL				7.07m 7.22m
6	67	Matt Fontanna	Guelph	7.04m	7.13m	3
		FOUL 6.98m 7.13m 6.56m				6.79m FOUL

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....Men Long Jump

7	24 Trent Johnston	Calgary	7.05m	7.10m	2
	7.10m 6.64m 6.77m 6.54m FOUL 6.73m				
8	293 James Turner	Toronto	7.14m	7.01m	1
	6.79m 7.01m 7.01m 6.85m 6.79m FOUL				
9	399 Branden Wilhelm	Windsor	7.10m	6.90m	
	6.83m 6.90m 6.90m				
10	54 Simon Watts	Dalhousie	6.99m	6.81m	
	6.70m 6.58m 6.81m				
11	5 Teodor Kostelnik	Alberta	7.08m	6.80m	
	6.80m 6.58m 6.75m				
12	190 Ahmed Alkabary	Regina	7.07m	6.69m	
	6.69m FOUL FOUL				
13	243 Jean-Michel Cotnoi	Sherbrooke	6.92m	6.16m	
	6.08m 6.15m 6.16m				
--	203 Connor MacDonald	Regina	7.01m	SCR	
--	James Linde	Trinity Western	6.84m	SCR	
--	8 Stephen McPhee	Alberta	7.01m	SCR	

Men Triple Jump

=====						
	CIS: @ 15.80m	2002	Patrick Banim-Massock,	Montréal		
Name	Year	School	Seed	Finals	Points	
=====						
1	251 Olivier Huet	Sherbrooke	15.46m	15.81m@	10	
	15.58m FOUL FOUL PASS PASS 15.81m					
2	361 Taylor Stewart	Western	14.66m	14.88m	8	
	14.01m 14.40m 14.68m FOUL 14.88m FOUL					
3	54 Simon Watts	Dalhousie	14.56m	14.44m	6	
	14.04m 14.20m FOUL 14.44m 14.29m 13.95m					
4	232 Cossy Nachilobe	Saskatchewan	14.12m	14.41m	5	
	13.79m 14.24m FOUL 14.17m FOUL 14.41m					
5	44 Jordan Bruce	Dalhousie	14.45m	14.19m	4	
	FOUL 13.96m 14.09m 14.19m 14.04m 14.11m					
6	208 Arthur Ward	Regina	14.18m	14.01m	3	
	FOUL FOUL 14.01m 13.87m FOUL 13.66m					
7	197 Lex Ewen	Regina	14.12m	13.92m	2	
	13.16m 13.61m 13.58m FOUL 13.41m 13.92m					
8	424 Dahn Pratt	York	13.78m	13.87m	1	
	13.67m FOUL 13.87m FOUL 13.72m FOUL					
9	17 Riley Booth	Calgary	14.01m	13.61m		
	FOUL FOUL 13.61m					
10	67 Matt Fontanna	Guelph	13.98m	13.41m		
	13.25m 13.30m 13.41m					
11	64 Pat Dufresne	Guelph	14.25m	13.17m		
	FOUL 12.53m 13.17m					
12	101 Alexandro Allison	Laval	13.98m	13.10m		
	13.10m 13.04m 13.08m					
--	416 Richard Jansen	York	14.29m	DNS		
--	Richard Schaub	Alberta	13.77m	SCR		
--	Chris Lo	Guelph	13.88m	SCR		
--	203 Connor MacDonald	Regina	13.52m	SCR		
--	Simon Hauser	Regina	13.52m	SCR		
--	Daniel Gayle	Western	13.71m	SCR		

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****Men Shot Put 7.26 kg**

Implement weigh-in will occur near throwing cage
90 minutes before event start.

CIS: @ 18.48m 2011 Andrew Smith, Saskatchewan

Name	Year	School	Seed	Finals	Points
1	72	Tim Hendry Guelph	18.36m	17.94m	10
		FOUL 16.42m 17.50m 17.61m 17.10m 17.94m			
2	404	Eric Brathwaite York	16.16m	16.85m	8
		15.49m FOUL 15.64m 16.85m FOUL 16.77m			
3	418	Umar Khan York	17.67m	16.71m	6
		FOUL 16.68m 16.15m 16.71m 16.35m FOUL			
4	85	Brent Roubos Guelph	16.68m	16.45m	5
		15.20m 16.09m 16.31m FOUL 16.45m 16.21m			
5	347	Alex Kopacz Western	16.28m	16.41m	4
		15.75m 14.70m 15.59m 16.41m 16.33m 16.19m			
6	247	Marc-Antoine Dugas Sherbrooke	16.71m	16.06m	3
		15.22m 16.06m 15.93m 15.90m 15.99m 15.77m			
7	61	Kevin Bowman Guelph	15.55m	15.72m	2
		15.48m 15.04m 15.72m 15.43m FOUL 15.12m			
8	276	Darnell Girard Toronto	15.30m	15.13m	1
		14.67m 15.13m 14.52m 14.83m FOUL 14.61m			
9	230	Nolan Machiskin Saskatchewan	15.03m	15.12m	
		14.68m 14.95m 15.12m			
10	121	Peter Millman Lethbridge	14.94m	14.86m	
		14.84m FOUL 14.86m			
11	421	Daniel Novia York	16.29m	14.57m	
		FOUL FOUL 14.57m			
12	110	Philippe Jean Laval	15.05m	14.38m	
		14.38m FOUL FOUL			
13	427	Anojan Sivalingam York	15.11m	14.29m	
		FOUL 14.29m 14.24m			
--	249	Alexandre Gagné Sherbrooke	14.93m	SCR	

Men Weight Throw 15.88kg

CIS: @ 24.08m 2009 Jim Steacy, Lethbridge

Name	Year	School	Seed	Finals	Points
1	421	Daniel Novia York	20.66m	20.22m	10
		18.73m 20.22m 19.44m 19.38m 20.21m 19.91m			
2	247	Marc-Antoine Dugas Sherbrooke	19.39m	18.64m	8
		18.64m 17.95m FOUL FOUL FOUL 18.47m			
3	72	Tim Hendry Guelph	18.51m	18.51m	6
		17.57m 17.81m 17.74m 18.51m FOUL FOUL			
4	404	Eric Brathwaite York	18.63m	18.06m	5
		16.63m FOUL 17.53m 17.53m FOUL 18.06m			
5	249	Alexandre Gagné Sherbrooke	18.40m	17.78m	4
		17.78m FOUL FOUL FOUL FOUL FOUL			
6	121	Peter Millman Lethbridge	17.46m	17.73m	3
		17.18m 17.73m 17.27m FOUL FOUL FOUL			
7	85	Brent Roubos Guelph	17.04m	17.34m	2
		17.34m FOUL 16.99m FOUL 17.17m 16.38m			
8	80	Andrew McDermott Guelph	17.29m	16.90m	1
		16.43m FOUL FOUL 16.85m 15.90m 16.90m			

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....Men Weight Throw 15.88kg

9	110 Philippe Jean	Laval	17.58m	16.41m
	FOUL FOUL 16.41m			
10	205 Codey Pakula	Regina	17.98m	16.39m
	14.77m 16.39m FOUL			
11	61 Kevin Bowman	Guelph	17.02m	16.37m
	15.38m FOUL 16.37m			
12	425 Chris Preece	York	16.74m	15.98m
	15.60m 15.98m 15.42m			
--	Josh Archer	Western	15.97m	SCR
--	230 Nolan Machiskinic	Saskatchewan	16.33m	SCR
--	Jared Skeath	Guelph	16.69m	SCR

Indoor Pentathlon: #5 Men 1000 Metre Run Indoor Pentathlon

Will use a two-waterfall start with athletes having five highest point totals in outside waterfall.

Name	Year	School	Finals	Points	
1	122	Arthur Buchanan	Manitoba	2:38.48	890
2	164	Jason MacKenzie	Moncton	2:39.33	881
3	293	James Turner	Toronto	2:40.59	867
4	265	Yann Thibaudier	Sherbrooke	2:40.85	864
5	175	Hubert Chevrette B	Ottawa	2:43.29	837
6	51	Robert McCulloch	Dalhousie	2:45.94	809
7	370	Jesse Drennan	Windsor	2:48.48	782
8	330	Justin Conlon	Waterloo	2:50.87	756
9	43	Matt Baker	Dalhousie	2:51.74	747
10	399	Branden Wilhelm	Windsor	2:53.24	732
11	38	Craig Thomas	Calgary	2:54.85	716
12	217	James Digel	Saskatchewan	2:55.14	713

Indoor Pentathlon: #1 Men 60 Metre Hurdles 1.067m Indoor Pentathlon

13.72 m to first hurdle, then every 9.14 m (blue marks).

Name	Year	School	Finals	H#	Points	
1	175	Hubert Chevrette B	Ottawa	8.36	1	893
2	399	Branden Wilhelm	Windsor	8.41	1	881
3	43	Matt Baker	Dalhousie	8.63	2	829
4	265	Yann Thibaudier	Sherbrooke	8.68	1	818
5	370	Jesse Drennan	Windsor	8.69	1	816
6	293	James Turner	Toronto	8.87	1	775
7	38	Craig Thomas	Calgary	8.88	1	772
8	217	James Digel	Saskatchewan	9.14	2	715
9	164	Jason MacKenzie	Moncton	9.15	2	713
10	330	Justin Conlon	Waterloo	9.17	2	709
11	122	Arthur Buchanan	Manitoba	9.23	2	696
12	51	Robert McCulloch	Dalhousie	9.41	2	658

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results****Indoor Pentathlon: #4 Men High Jump Indoor Pentathlon**

Starting height to be determined at event.

Increments of 3 cm.

Name	Year	School	Finals	Points
1 399 Branden Wilhelm		Windsor	2.09m	887
1.94 2.00 2.03 2.06 2.09 2.12				
0 0 XO 0 0 XXX				
2 51 Robert McCulloch		Dalhousie	2.06m	859
1.85 1.91 2.00 2.06 2.09				
0 0 0 XO XXX				
3 370 Jesse Drennan		Windsor	1.97m	776
1.73 1.76 1.79 1.82 1.85 1.88 1.91 1.94 1.97 2.00				
0 0 0 XXO 0 XXO 0 XXO 0 XXX				
4 330 Justin Conlon		Waterloo	1.91m	723
1.76 1.79 1.82 1.85 1.88 1.91 1.94				
XO 0 XO XXO 0 XXO XXX				
5 122 Arthur Buchanan		Manitoba	1.88m	696
1.82 1.88 1.91				
0 0 XXX				
5 265 Yann Thibaudier		Sherbrooke	1.88m	696
1.70 1.73 1.76 1.79 1.82 1.85 1.88 1.91				
0 0 0 0 0 0 XXO XXX				
7 293 James Turner		Toronto	1.85m	670
1.70 1.76 1.79 1.82 1.85 1.88				
0 0 0 XO XXO XXX				
7 38 Craig Thomas		Calgary	1.85m	670
1.79 1.85 1.88				
XO XXO XXX				
9 43 Matt Baker		Dalhousie	1.82m	644
1.70 1.73 1.76 1.79 1.82 1.85				
0 0 0 XXO XXO XXX				
10 217 James Digel		Saskatchewan	1.79m	619
1.73 1.76 1.79 1.82				
0 0 0 XXX				
10 164 Jason MacKenzie		Moncton	1.79m	619
1.70 1.73 1.76 1.79 1.82				
XXO XXO 0 0 XXX				
12 175 Hubert Chevrette B		Ottawa	1.76m	593
1.67 1.70 1.73 1.76 1.79				
0 0 0 0 XXX				

Indoor Pentathlon: #2 Men Long Jump Indoor Pentathlon

Name	Year	School	Finals	Points
1 399 Branden Wilhelm		Windsor	6.93m	797
6.61m 6.93m 6.90m				
2 293 James Turner		Toronto	6.88m	785
6.76m 6.88m 5.61m				
3 370 Jesse Drennan		Windsor	6.78m	762
6.32m 6.03m 6.78m				
4 175 Hubert Chevrette B		Ottawa	6.66m	734
6.57m 6.46m 6.66m				

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5	51 Robert McCulloch	Dalhousie	6.61m	723
	6.49m 6.61m 6.47m			
6	38 Craig Thomas	Calgary	6.53m	704
	6.53m FOUL 6.28m			
6	265 Yann Thibaudier	Sherbrooke	6.53m	704
	6.34m 6.43m 6.53m			
8	330 Justin Conlon	Waterloo	6.31m	655
	6.24m 6.31m 6.17m			
9	217 James Digel	Saskatchewan	6.30m	652
	6.24m 5.89m 6.30m			
10	43 Matt Baker	Dalhousie	6.22m	635
	4.27m 6.22m 6.14m			
11	164 Jason MacKenzie	Moncton	6.01m	589
	6.01m 5.97m FOUL			
12	122 Arthur Buchanan	Manitoba	5.80m	544
	FOUL FOUL 5.80m			

Indoor Pentathlon: #3 Men Shot Put 7.26 kg Indoor Pentathlon

=====				
	Name	Year School	Finals	Points
=====				
1	370 Jesse Drennan	Windsor	13.36m	689
	13.03m 13.36m FOUL			
2	330 Justin Conlon	Waterloo	12.93m	663
	12.93m FOUL 12.78m			
3	38 Craig Thomas	Calgary	12.91m	662
	12.91m FOUL 12.90m			
4	51 Robert McCulloch	Dalhousie	12.83m	657
	FOUL FOUL 12.83m			
5	217 James Digel	Saskatchewan	12.08m	611
	12.08m FOUL 11.82m			
6	293 James Turner	Toronto	11.92m	602
	11.35m 11.66m 11.92m			
7	122 Arthur Buchanan	Manitoba	11.85m	597
	11.56m 11.49m 11.85m			
8	399 Branden Wilhelm	Windsor	11.74m	591
	10.09m 11.60m 11.74m			
9	164 Jason MacKenzie	Moncton	11.06m	549
	FOUL 10.33m 11.06m			
10	175 Hubert Chevrette B	Ottawa	10.88m	539
	10.88m 10.60m 10.72m			
11	265 Yann Thibaudier	Sherbrooke	10.81m	534
	10.55m 10.72m 10.81m			
12	43 Matt Baker	Dalhousie	10.11m	492
	9.96m FOUL 10.11m			

Men Indoor Pentathlon

=====				
	CIS: @ 4126 2010	Chris Crossley, Saskatchewan		
	Name	Year School	Seed	Finals Points
=====				
1	399 Branden Wilhelm	Windsor	3907	3888 10
2	370 Jesse Drennan	Windsor	3686	3825 8
3	51 Robert McCulloch	Dalhousie	3729	3706 6

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4	293	James Turner	Toronto	3792	3699	5
5	265	Yann Thibaudier	Sherbrooke	3509	3616	4
6	175	Hubert Chevrette B	Ottawa	3572	3596	3
7	38	Craig Thomas	Calgary	3737	3524	2
8	330	Justin Conlon	Waterloo	3469	3506	1
9	122	Arthur Buchanan	Manitoba	3298	3423	
10	164	Jason MacKenzie	Moncton	3463	3351	
11	43	Matt Baker	Dalhousie	3445	3347	
12	217	James Digel	Saskatchewan	3314	3310	
--		Anthony Broeders	Guelph	3432	SCR	
--		Oliver Grant	Waterloo	3417	SCR	

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results - Indoor Pentathlon****Women Indoor Pentathlon**

	Points	60H	HJ	SP	LJ	800
1 Rachael McIntosh Calgary Team Points: 10	4179	8.87 (937)	1.63m (771)	12.61m (702)	5.98m (843)	2:12.69 (926)
2 Rachel Machin Calgary Team Points: 8	3993	8.60 (995)	1.81m (991)	9.66m (507)	5.88m (813)	2:30.44 (687)
3 Rachel Jewett Toronto Team Points: 6	3735	8.94 (922)	1.66m (806)	10.06m (533)	5.11m (589)	2:15.58 (885)
4 Nicola Charlesworth Calgary Team Points: 5	3586	8.75 (963)	1.60m (736)	10.32m (550)	5.59m (726)	2:36.75 (611)
5 Alana Battiston McGill Team Points: 4	3558	9.09 (891)	1.57m (701)	10.82m (583)	4.84m (516)	2:16.85 (867)
6 Flo Peters Toronto Team Points: 3	3501	9.12 (885)	1.66m (806)	8.39m (425)	5.29m (640)	2:25.91 (745)
7 Juliana Bergin Toronto Team Points: 2	3474	9.30 (848)	1.57m (701)	11.55m (631)	5.30m (643)	2:33.38 (651)
8 Jessica May Guelph Team Points: 1	3394	9.12 (885)	1.57m (701)	9.63m (505)	5.18m (609)	2:29.92 (694)
9 Kelly Morrison Windsor	3327	9.28 (852)	1.60m (736)	9.80m (516)	5.16m (603)	2:35.95 (620)
10 Megan Rumpel Regina	3303	9.06 (897)	1.60m (736)	9.77m (514)	5.00m (559)	2:37.91 (597)
11 Kelsey Bohachewski Regina	3267	9.26 (856)	1.48m (599)	11.25m (612)	4.90m (532)	2:32.00 (668)
12 Katerine Dugas Sherbrooke	3248	9.30 (848)	1.63m (771)	9.70m (510)	5.32m (648)	2:49.28 (471)

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013**Championnats d'Athletisme du SIC 2013****University of Alberta****Results - Indoor Pentathlon****Men Indoor Pentathlon**

	Points	60H	LJ	SP	HJ	1000
1 Branden Wilhelm Windsor Team Points: 10	3888	8.41 (881)	6.93m (797)	11.74m (591)	2.09m (887)	2:53.24 (732)
2 Jesse Drennan Windsor Team Points: 8	3825	8.69 (816)	6.78m (762)	13.36m (689)	1.97m (776)	2:48.48 (782)
3 Robert McCulloch Dalhousie Team Points: 6	3706	9.41 (658)	6.61m (723)	12.83m (657)	2.06m (859)	2:45.94 (809)
4 James Turner Toronto Team Points: 5	3699	8.87 (775)	6.88m (785)	11.92m (602)	1.85m (670)	2:40.59 (867)
5 Yann Thibaudier Sherbrooke Team Points: 4	3616	8.68 (818)	6.53m (704)	10.81m (534)	1.88m (696)	2:40.85 (864)
6 Hubert Chevrette Belisle Ottawa Team Points: 3	3596	8.36 (893)	6.66m (734)	10.88m (539)	1.76m (593)	2:43.29 (837)
7 Craig Thomas Calgary Team Points: 2	3524	8.88 (772)	6.53m (704)	12.91m (662)	1.85m (670)	2:54.85 (716)
8 Justin Conlon Waterloo Team Points: 1	3506	9.17 (709)	6.31m (655)	12.93m (663)	1.91m (723)	2:50.87 (756)
9 Arthur Buchanan Manitoba	3423	9.23 (696)	5.80m (544)	11.85m (597)	1.88m (696)	2:38.48 (890)
10 Jason MacKenzie Moncton	3351	9.15 (713)	6.01m (589)	11.06m (549)	1.79m (619)	2:39.33 (881)
11 Matt Baker Dalhousie	3347	8.63 (829)	6.22m (635)	10.11m (492)	1.82m (644)	2:51.74 (747)
12 James Digel Saskatchewan	3310	9.14 (715)	6.30m (652)	12.08m (611)	1.79m (619)	2:55.14 (713)

2013 CIS Track & Field Championships - 3/7/2013 to 3/9/2013

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Meet Summary - Improved Only - All Events

	Seed	Prelims	Finals
Alberta			
1 Katrina Martin - Female - Comp#: 6 - DOB: 4/25/1994			
#1 Women 60 Metre Dash	7.56 S	7.58 (2) S	7.51 (2) * S 8
2 Courtney Wilkes - Female - Comp#: 14 - DOB: 5/19/1989			
#27 Women Triple Jump	12.00m		12.02m (4) * 5
3 Benjamin Williams - Male - Comp#: 15 - DOB: 5/15/1992			
#2 Men 60 Metre Dash	6.78 S	6.86 (2)	6.78 (2) * S 8
Relay	Seed	Prelims	Finals
1 Alberta			
#15 Women 4x200 Metre Relay	1:39.99 S	1:41.19	1:39.14 (4) * S 5
Prelims: Leah Walkeden; Katrina Martin; Debbie Trang; Alexa Hrycun			
Finals: Leah Walkeden; Katrina Martin; Debbie Trang; Alexa Hrycun			
2 Alberta			
#16 Men 4x200 Metre Relay	1:30.63	1:30.22	* 1
Prelims: Daniel Rosenke; Stephen McPhee; Benjamin Williams; Yembeh Moiba			
Alberta Total Individual Entries: 3 - Total Relays: 2			



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	Seed	Prelims	Finals
Calgary			
1 Nicola Charlesworth - Female - Comp#: 20 - DOB: 4/9/1994			
#13 Women 60 Metre Hurdles 0.838m	8.75	8.79 (8)	8.65 (3) * S 6
#33 Women Indoor Pentathlon	3410		3586 (4) * 5
2 Trent Johnston - Male - Comp#: 24 - ID#: 9019433 - DOB: 6/25/1990			
#26 Men Long Jump	7.05m		7.10m (7) * S 2
3 Rachel Machin - Female - Comp#: 31 - ID#: 9294284 - DOB: 3/14/1992			
#13 Women 60 Metre Hurdles 0.838m	8.63 S	8.68 (3) S	8.62 (2) * S 8
#25 Women Long Jump	5.87m S		6.01m (1) * S 10
#33 Women Indoor Pentathlon	3811 S		3993 (2) * 8
4 Rachael McIntosh - Female - Comp#: 32 - ID#: 9175932 - DOB: 1/17/1991			
#25 Women Long Jump	5.89m S		5.95m (3) * S 6
#33 Women Indoor Pentathlon	3923 S		4179 (1) * 10
5 Jenna Westaway - Female - Comp#: 41 - DOB: 6/19/1994			
#5 Women 600 Metre Run	1:29.99 S	1:31.43 (2) S	1:29.91 (2) * S 8
6 Jenn Zimmer - Female - Comp#: 42 - ID#: 8961884 - DOB: 7/31/1989			
#1 Women 60 Metre Dash	7.64	7.58 (3) S	7.64 (6) * 3
Relay	Seed	Prelims	Finals
1 Calgary			
#15 Women 4x200 Metre Relay	1:41.06 S	1:40.21	1:38.99 (3) * S 6
Prelims: Jenn Zimmer; Lacey Miller; Danielle Kendall; Kelsey Lotwin			
Finals: Jenn Zimmer; Lacey Miller; Danielle Kendall; Kelsey Lotwin			
2 Calgary			
#17 Women 4x400 Metre Relay	3:45.19 S		3:43.45 (2) * S 8
Finals: Danielle Kendall; Kelsey Lotwin; Rachael McIntosh; Jenna Westaway			
Calgary Total Individual Entries: 10 - Total Relays: 2			



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		Seed	Prelims		Finals	
Guelph						
1	Jorg Ahne - Male - Comp#: 55 #26 Men Long Jump	7.26m	S		7.54m	(2) * S 8
2	Rachel Aubry - Female - Comp#: 58 #5 Women 600 Metre Run	1:31.01	S	1:32.83 (6)	1:30.02	(3) * S 6
3	Kevin Bowman - Male - Comp#: 61 #30 Men Shot Put 7.26 kg	15.55m			15.72m	(7) * 2
4	Matt Fontanna - Male - Comp#: 67 #26 Men Long Jump	7.04m			7.13m	(6) * S 3
5	Ross Proudfoot - Male - Comp#: 82 #12 Men 3000 Metre Run	8:11.95	S		8:11.11	(3) * S 6
6	Anthony Romaniw - Male - Comp#: 84 #6 Men 600 Metre Run	1:19.63	S	1:19.46 (1) S	1:18.20	(1) * S 10
7	Brent Roubos - Male - Comp#: 85 #32 Men Weight Throw 15.88kg	17.04m			17.34m	(7) * 2
8	Andrea Seccafien - Female - Comp#: 86 #9 Women 1500 Metre Run	4:28.66			4:26.33	(2) * S 8
9	Brandon Shirk - Male - Comp#: 87 #4 Men 300 Metre Dash	35.02		34.99 (5)	35.77	(7) * 2
10	Yves Sikubwabo - Male - Comp#: 88 #10 Men 1500 Metre Run	3:51.50			3:50.44	(2) * 8
11	Carise Thompson - Female - Comp#: 91 #9 Women 1500 Metre Run	4:29.54			4:29.46	(3) * 6
12	Julia Wallace - Female - Comp#: 93 #25 Women Long Jump	5.90m	S		5.97m	(2) * S 8
Relay		Seed	Prelims		Finals	
1	Guelph #15 Women 4x200 Metre Relay	1:42.71		1:42.82	1:42.16	(7) * 2
Prelims: Vivian Stavrakos; Heather Rayner; Karry-Ann Cornwall; Corinne Smith Finals: Vivian Stavrakos; Heather Rayner; Karry-Ann Cornwall; Corinne Smith						
2	Guelph #20 Men 4x800 Metre Relay	7:39.45			7:31.62	(1) * S 10
Finals: Drew Anderson; Chris Hutton; Rob Jackson; Tommy Lecours						
Guelph Total Individual Entries: 12 - Total Relays: 2						



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	Seed	Prelims	Finals
Lakehead			
1 Lakehead			
#17 Women 4x400 Metre Relay	4:00.08		3:57.82 (11) *
Finals: Jessica Baraskewich; Vanessa Ivec; Heather Maxfield; Katie Darcis			
Lakehead Total Individual Entries: 0 - Total Relays: 1			



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	Seed	Prelims	Finals
Laval			
1 Marthe Piguel - Female - Comp#: 117 - DOB: 2/4/1992			
#31 Women Weight Throw 9.08kg	15.94m		16.45m (5) * 4
Laval Total Individual Entries: 1 - Total Relays: 0			



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	Seed	Prelims	Finals
Lethbridge			
1 Kayla Gallagher - Female - Comp#: 120 - DOB: 1/1/1994			
#31 Women Weight Throw 9.08kg	16.85m		18.24m (1) * S 10
2 Peter Millman - Male - Comp#: 121 - DOB: 1/1/1994			
#32 Men Weight Throw 15.88kg	17.46m		17.73m (6) * S 3
Lethbridge Total Individual Entries: 2 - Total Relays: 0			



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	Seed	Prelims	Finals
Manitoba			
1 Arthur Buchanan - Male - Comp#: 122 - DOB: 10/13/1991			
#34 Men Indoor Pentathlon	3298		3423 (9) *
Relay	Seed	Prelims	Finals
1 Manitoba			
#18 Men 4x400 Metre Relay	3:21.73		3:20.18 (7) * 2
Finals: Matthew Fitkowsky; Joel Vankoughnet; Dylan Ostberg; Cody Mages			
Manitoba Total Individual Entries: 1 - Total Relays: 1			



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	Seed	Prelims	Finals
McGill			
1 Alana Battiston - Female - Comp#: 140 - DOB: 2/6/1988			
#33 Women Indoor Pentathlon	3515 S		3558 (5) * 4
McGill Total Individual Entries: 1 - Total Relays: 0			



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Meet Summary - Improved Only - All Events

	Seed	Prelims	Finals
McMaster			
1 Victoria Coates - Female - Comp#: 159			
#11 Women 3000 Metre Run	9:45.02 S		9:43.33 (3) * S 6
Relay	Seed	Prelims	Finals
1 McMaster			
#16 Men 4x200 Metre Relay	1:30.29	1:29.46	1:31.22 (7) * 2
Prelims: Scott Hutchinson; Rudy Baronette; Connor Mabbott; Garrick Mok			
Finals: Scott Hutchinson; Rudy Baronette; Connor Mabbott; Garrick Mok			
McMaster Total Individual Entries: 1 - Total Relays: 1			



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	Seed	Prelims	Finals
Ottawa			
1 Devin Biocchi - Male - Comp#: 171 - DOB: 1/1/1992			
#4 Men 300 Metre Dash	34.33	34.72 (4)	34.11 (1) * S 10
2 Hubert Chevrette Belisle - Male - Comp#: 175 - DOB: 1/1/1990			
#34 Men Indoor Pentathlon	3572 S		3596 (6) * 3
3 Emma Galbraith - Female - Comp#: 177 - DOB: 1/1/1994			
#9 Women 1500 Metre Run	4:28.24 S		4:26.32 (1) * S 10
Relay	Seed	Prelims	Finals
1 Ottawa			
#16 Men 4x200 Metre Relay	1:26.95 S	1:27.21	1:26.73 (1) * S 10
Prelims: Oluwasegun Makinde; Michael Robertson; Devin Biocchi; Gabriel Tesfaye			
Finals: Oluwasegun Makinde; Michael Robertson; Devin Biocchi; Gabriel Tesfaye			
Ottawa Total Individual Entries: 3 - Total Relays: 1			



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Meet Summary - Improved Only - All Events

	Seed	Prelims	Finals
Queen's			
1 Queen's			
#19 Women 4x800 Metre Relay	9:20.29		9:13.50 (7) * 2
Finals: Ceilidh Stubbs; Erin O'Higgins; Erin Slade; Julie-Anne Staelhi			
Queen's Total Individual Entries: 0 - Total Relays: 1			



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Meet Summary - Improved Only - All Events

	Seed	Prelims	Finals
Regina			
1 Lex Ewen - Male - Comp#: 197 - DOB: 4/20/1992			
#26 Men Long Jump	7.13m	S	7.26m (4) * S 5
2 Matt Johnson - Male - Comp#: 199 - ID#: A10-648 - DOB: 3/20/1992			
#10 Men 1500 Metre Run	3:56.57		3:56.22 (10) *
Relay	Seed	Prelims	Finals
1 Regina			
#16 Men 4x200 Metre Relay	1:29.88	1:29.11	1:29.01 (4) * 5
Prelims: Connor Bloom; Ethan Gardner; Ian McLellan; Preston Liebrecht			
Finals: Connor Bloom; Ethan Gardner; Ian McLellan; Preston Liebrecht			
2 Regina			
#17 Women 4x400 Metre Relay	3:58.64		3:57.67 (10) *
Finals: Kelsey Bohachewski; Adrea Propp; Joy Becker; Anneliese Davis			
Regina Total Individual Entries: 2 - Total Relays: 2			



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	Seed	Prelims	Finals
Saskatchewan			
1 Daniel Block - Male - Comp#: 213 - DOB: 12/27/1991			
#6 Men 600 Metre Run	1:21.69	1:21.19 (10)	*
2 Nolan Machiskinic - Male - Comp#: 230 - ID#: A11-502 - DOB: 8/25/1991			
#30 Men Shot Put 7.26 kg	15.03m		15.12m (9) *
3 Cossy Nachilobe - Male - Comp#: 232 - ID#: A11-749 - DOB: 9/25/1991			
#28 Men Triple Jump	14.12m		14.41m (4) * S 5
Relay	Seed	Prelims	Finals
1 Saskatchewan			
#16 Men 4x200 Metre Relay	1:28.33 S	1:28.81	1:28.11 (3) * S 6
Prelims: Alex Fedyk; Ryan Graf; Tyler Young; Kyle Donsberger			
Finals: Alex Fedyk; Ryan Graf; Tyler Young; Kyle Donsberger			
2 Saskatchewan			
#20 Men 4x800 Metre Relay	7:43.23		7:42.89 (5) * 4
Finals: Daniel Block; Emmett Harrison; Taryn Heidecker; Davis Guenther			
Saskatchewan Total Individual Entries: 3 - Total Relays: 2			



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	Seed	Prelims	Finals
Sherbrooke			
1 Olivier Huet - Male - Comp#: 251 - DOB: 2/11/1989			
#26 Men Long Jump	7.39m S		7.53m (3) * S 6
#28 Men Triple Jump	15.46m S		15.81m (1) * S 10
CIS: 15.80m			
2 Yann Thibaudier - Male - Comp#: 265 - DOB: 6/5/1988			
#34 Men Indoor Pentathlon	3509		3616 (5) * 4
Sherbrooke Total Individual Entries: 3 - Total Relays: 0			



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	Seed		Prelims		Finals		
Toronto							
1 Alicia Brown - Female - Comp#: 271 #3 Women 300 Metre Dash	38.63	S	39.26	(1) S	38.28	(1)	* S 10
2 Natalie Geiger - Female - Comp#: 274 #3 Women 300 Metre Dash	40.42		39.73	(5)	39.68	(6)	* 3
3 Brett Georgievski - Male - Comp#: 275 #22 Men High Jump	2.02m	S			2.03m	(4)	* S 4.5
4 Rachel Jewett - Female - Comp#: 281 #33 Women Indoor Pentathlon	3634	S			3735	(3)	* 6
5 Flo Peters - Female - Comp#: 288 #33 Women Indoor Pentathlon	3483				3501	(6)	* 3
6 Michael Trnks - Male - Comp#: 292 #6 Men 600 Metre Run	1:19.81	S	1:20.58	(3)	1:19.58	(3)	* S 6
7 Katia Vasilyeva - Female - Comp#: 294 #21 Women High Jump	1.68m				1.70m	(4)	* 4.5
8 Hayley Warren - Female - Comp#: 296 #13 Women 60 Metre Hurdles 0.838m	8.43	S	8.48	(1) S	8.42	(1)	* S 10
9 Sarah Wells - Female - Comp#: 298 #3 Women 300 Metre Dash	38.84	S	39.37	(3) S	38.43	(2)	* S 8
#5 Women 600 Metre Run	1:30.29	S	1:31.43	(1) S	1:30.10	(4)	* S 5
Relay	Seed		Prelims		Finals		
1 Toronto #15 Women 4x200 Metre Relay	1:39.21	S	1:40.14		1:36.53	(1)	* S 10
Prelims: Khamica Bingham; Hayley Warren; Alicia Brown; Natalie Geiger Finals: Khamica Bingham; Hayley Warren; Alicia Brown; Natalie Geiger							
2 Toronto #19 Women 4x800 Metre Relay	8:59.49	S			8:53.05	(2)	* S 8
Finals: Rosa Serafini; Rachel Jewett; Colleen Hennessy; Kelly Hennessy							
3 Toronto #20 Men 4x800 Metre Relay	7:42.52				7:33.95	(3)	* S 6
Finals: Sasha Smart; Michael Trnks; Ethan Davenport; Connor Outhit							
Toronto Total Individual Entries: 10 - Total Relays: 3							



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	Seed	Prelims	Finals
Trinity Western			
1 Calum Innes - Male - Comp#: 304 - DOB: 9/17/1990			
#14 Men 60 Metre Hurdles 1.067m	8.01 S	8.09 (2) S	7.98 (2) * S 8
2 Alison Jackson - Female - Comp#: 305 - DOB: 12/14/1988			
#9 Women 1500 Metre Run	4:36.94		4:32.32 (6) * 3
#11 Women 3000 Metre Run	9:52.54		9:51.45 (4) * 5
3 Rebecca Marchant - Female - Comp#: 306 - DOB: 3/17/1994			
#27 Women Triple Jump	11.70m		11.86m (5) * 4
Relay	Seed	Prelims	Finals
1 Trinity Western			
#15 Women 4x200 Metre Relay	1:42.10	1:42.17	1:41.65 (6) * 3
Prelims: Maya Daly; Anastasia Pearse; Hazel Ross; Liza Whitehead			
Finals: Maya Daly; Anastasia Pearse; Hazel Ross; Liza Whitehead			
Trinity Western Total Individual Entries: 4 - Total Relays: 1			



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	Seed	Prelims	Finals
Victoria			
1 Grace Annear - Female - Comp#: 314			
#5 Women 600 Metre Run	1:32.41	1:31.81 (4)	1:33.12 (6) * 3
2 Rachel Francois - Female - Comp#: 316			
#5 Women 600 Metre Run	1:30.01 S	1:31.71 (3)	1:29.69 (1) * S 10
3 John Pratt - Male - Comp#: 322			
#6 Men 600 Metre Run	1:21.47	1:21.00 (7)	* 2
Relay	Seed	Prelims	Finals
1 Victoria			
#18 Men 4x400 Metre Relay	3:21.89		3:19.11 (5) * 4
Finals: Adam Gaudes; Cole Peterson; John Pratt; Brendon Restall			
2 Victoria			
#20 Men 4x800 Metre Relay	7:40.39		7:37.34 (4) * 5
Finals: Adam Gaudes; Cole Peterson; John Pratt; Brendon Restall			
Victoria Total Individual Entries: 3 - Total Relays: 2			



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	Seed	Prelims	Finals
Waterloo			
1 Justin Conlon - Male - Comp#: 330 - DOB: 2/20/1991			
#34 Men Indoor Pentathlon	3469		3506 (8) * 1
2 Kofi Kwarko-Fosu - Male - Comp#: 332 - DOB: 9/18/1987			
#2 Men 60 Metre Dash	6.87	6.92 (4)	6.87 (5) * 4
Waterloo Total Individual Entries: 2 - Total Relays: 0			



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	Seed		Prelims		Finals
Western					
1 Matt Brisson - Male - Comp#: 339					
#14 Men 60 Metre Hurdles 1.067m	7.88	S	7.86 (1)	S	7.87 (1) * S 10
2 Matt Diston - Male - Comp#: 343					
#24 Men Pole Vault	4.81m	S			4.85m (2) * S 8
3 Alex Kopacz - Male - Comp#: 347					
#30 Men Shot Put 7.26 kg	16.28m	S			16.41m (5) * S 4
4 Scott Leitch - Male - Comp#: 349					
#6 Men 600 Metre Run	1:18.67	S	1:20.25 (2)		1:18.33 (2) * S 8
5 Isoken Ogieva - Male - Comp#: 355					
#14 Men 60 Metre Hurdles 1.067m	8.21	S	8.40 (7)		8.04 (3) * S 6
6 Ike Omoruna - Male - Comp#: 357					
#2 Men 60 Metre Dash	6.87		6.92 (5)		6.86 (4) * 5
7 Taylor Stewart - Male - Comp#: 361					
#26 Men Long Jump	7.69m	S			7.87m (1) * S 10
#28 Men Triple Jump	14.66m	S			14.88m (2) * S 8
8 Brenna Thomson - Female - Comp#: 363					
#1 Women 60 Metre Dash	7.66		7.63 (5)	S	7.63 (4) * S 5
#3 Women 300 Metre Dash	39.06	S	39.35 (2)	S	38.56 (3) * S 6
Relay	Seed		Prelims		Finals
1 Western					
#15 Women 4x200 Metre Relay	1:39.32	S	1:39.70		1:37.74 (2) * S 8
Prelims: Brenna Thomson; Cassandra McCaig; Sarah Clancy; Lauren Clancy					
Finals: Brenna Thomson; Cassandra McCaig; Sarah Clancy; Lauren Clancy					
Western Total Individual Entries: 10 - Total Relays: 1					



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	Seed	Prelims	Finals
Windsor			
1 Jesse Drennan - Male - Comp#: 370			
#34 Men Indoor Pentathlon	3686 S		3825 (2) * 8
2 Celine Freeman-Gibb - Female - Comp#: 372 - ID#: 2ac7a4x198a - DOB: 1/1/2001			
#29 Women Shot Put 4kg	15.34m S		15.40m (1) * S 10
3 Fraser Kegel - Male - Comp#: 376 - ID#: 2ac7e6x1989 - DOB: 1/1/2001			
#12 Men 3000 Metre Run	8:15.70 S		8:13.21 (4) * S 5
4 Sarah Swain - Female - Comp#: 393 - ID#: 396d4ax198a - DOB: 1/1/2001			
#13 Women 60 Metre Hurdles 0.838m	8.68 S	8.71 (5) S	8.68 (5) * S 4
5 Matt Walters - Male - Comp#: 397 - ID#: 26264fx1989			
#12 Men 3000 Metre Run	8:16.30 S		8:10.58 (2) * S 8
6 Arren Young - Male - Comp#: 400 - ID#: 327ce8x1989 - DOB: 1/1/2001			
#26 Men Long Jump	7.11m S		7.22m (5) * S 4
Relay	Seed	Prelims	Finals
1 Windsor			
#16 Men 4x200 Metre Relay	1:28.80 S	1:28.40	1:27.56 (2) * S 8
Prelims: Aaron Bowman; Leonae Nichol; Shane Kelly; Matt McKeegan			
Finals: Aaron Bowman; Leonae Nichol; Shane Kelly; Matt McKeegan			
2 Windsor			
#19 Women 4x800 Metre Relay	9:05.83		9:03.70 (4) * 5
Finals: Alexandra Moore; Samantha Kellam; Meaghan Marton; Heather Kurpe			
3 Windsor			
#20 Men 4x800 Metre Relay	7:41.30		7:32.87 (2) * S 8
Finals: Paul La Marra; Jordan Wand; Alex Ullman; Corey Bellemore			
Windsor Total Individual Entries: 6 - Total Relays: 3			



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	Seed	Prelims	Finals
York			
1 Eric Brathwaite - Male - Comp#: 404 - DOB: 4/25/1991			
#30 Men Shot Put 7.26 kg	16.16m		16.85m (2) * S 8
2 Vince Di Bacco - Male - Comp#: 409			
#24 Men Pole Vault	4.50m		4.55m (5) * 4
3 Dahn Pratt - Male - Comp#: 424 - DOB: 2/18/1991			
#28 Men Triple Jump	13.78m		13.87m (8) * 1
Relay	Seed	Prelims	Finals
1 York			
#15 Women 4x200 Metre Relay	1:44.24	1:43.72	*
Prelims: Tameran Defreitas; Sheereen Harris; Kelsey Desjarlais; Allison Gallagher			
2 York			
#18 Men 4x400 Metre Relay	3:19.47		3:19.09 (4) * 5
Finals: Birko Montinat; Ryan Charlton; Ayo Augusto; Andrew Heaney			
York Total Individual Entries: 3 - Total Relays: 2			

