

"2006" SEASON'S OPENER T&F MEET - 31st Annual**Saturday December 3, 2005**

12/03/05 - 12/03/05

UWO Thompson Arena, London ON**Event # 1 WOMENS 60**

3:15pm /Semi 4:50pm /Final 5:40pm

top 2 per heat/top 4 per semi adv

CIS Standard: 7.58

MEET RECORD:T.Lawson LaGrange IN 7.44 30-Nov1996

ARENA RECORD:T.Lawson LaGrange IN 7.44 30-Nov1997

RESULTS OF FINALS

1 Kate Bickle	Univ. Waterloo	8.06
2 Tara Paluzzi	Univ. of Western Ont	8.09
3 Sarah Snable	Univ. Waterloo	8.12
4 Laura Ferris	Univ. of Western Ont	8.22
5 Jaime Hauseman	Univ. Waterloo	8.42
6 Alicia Creavalle	Univ. of Western Ont	8.43
7 Morgan Hall	London-Western TFC	8.52
8 Yemesi Augusto	UWO Espoirs	8.53

RESULTS OF SEMIS

1 Kate Bickle	Univ. Waterloo	Q	8.05
2 Tara Paluzzi	Univ. of Western Ont	Q	8.09
3 Laura Ferris	Univ. of Western Ont	Q	8.13
4 Sarah Snable	Univ. Waterloo	Q	8.16
5 Alicia Creavalle	Univ. of Western Ont	Q	8.22
6 Morgan Hall	London-Western TFC	Q	8.37
7 Yemesi Augusto	UWO Espoirs	Q	8.42
8 Jaime Hauseman	Univ. Waterloo	Q	8.45
9 Sarah Ducasse	McMaster Univ.	8.47	
10 Morgan Van Mierlo	London-Western TFC	8.49	
11 Tania Hatmenczak	UWO Espoirs	8.55	
12 Caitlin Lee	Univ. Waterloo	8.65	
13 Katie Perkin	UWO Espoirs	8.69	
14 Katie Horricks	Univ. Waterloo	8.81	
15 Sonya Donovan	UWO Espoirs	9.16	

RESULTS OF PRELIMS

1 Tara Paluzzi	Univ. of Western Ont	Q	8.11
2 Kate Bickle	Univ. Waterloo	Q	8.16
3 Sarah Snable	Univ. Waterloo	Q	8.22
4 Laura Ferris	Univ. of Western Ont	Q	8.27
5 Alicia Creavalle	Univ. of Western Ont	Q	8.28
6 Jaime Hauseman	Univ. Waterloo	Q	8.35
7 Sarah Ducasse	McMaster Univ.	q	8.38
8 Morgan Hall	London-Western TFC	Q	8.40
9 Tania Hatmenczak	UWO Espoirs	q	8.42
10 Yemesi Augusto	UWO Espoirs	Q	8.43
11 Morgan Van Mierlo	London-Western TFC	q	8.44
12 Susan Elkami	McMaster Univ.	q	8.52
13 Katie Perkin	UWO Espoirs	q	8.59
14 Caitlin Lee	Univ. Waterloo	q	8.72
15 Katie Horricks	Univ. Waterloo	q	8.82
16 Sonya Donovan	UWO Espoirs	q	9.00
17 Jen Kennedy	McMaster Univ.	9.01	
18 Laura Barclay	UWO Espoirs	9.09	
19 Diana Deluca	McMaster Univ.	9.17	
20 Kate Peckford	McMaster Univ.	9.26	
21 Julia Callaghan	Univ. Waterloo	9.46	

Event # 2 MENS 60

3:30pm/ Semi 4:50pm/ Final 5:45pm

top 2 per heat/top 4 per semi adv

CIS Standard: 6.85

MEET RECORD:D.Stallworth Ann Arbor TC 6.76 4-Dec-1999

ARENA RECORD:D.Williams York U. 6.76 2-Jan-1982

RESULTS OF FINALS

1 Jason Kerr	Univ. of Western Ont	6.97
2 Nnaemeka Ukwuoma	Univ. Waterloo	7.13
3 Abe Draycott	Guelph University	7.21
4 Abdul Zubair	Univ. of Western Ont	7.28
5 Matt Middleton	UWO Espoirs	7.30
6 Peter James	UWO Espoirs	7.35
7 Kyle Raymond	Univ. Waterloo	7.38
8 Matt Lawrence	Guelph University	7.41

RESULTS OF SEMIS

1 Jason Kerr	Univ. of Western Ont	Q	7.07
2 Abe Draycott	Guelph University	Q	7.14
3 Nnaemeka Ukwuoma	Univ. Waterloo	Q	7.18
4 Kyle Raymond	Univ. Waterloo	Q	7.25
5 Abdul Zubair	Univ. of Western Ont	Q	7.29
6 Matt Middleton	UWO Espoirs	Q	7.30
7 Peter James	UWO Espoirs	Q	7.30
8 Matt Lawrence	Guelph University	q	7.34
9 Guyson Kurunari	Guelph Track Club	7.37	
10 Marc Fields	Univ. Waterloo	7.38	
11 Markus Mitchell	UWO Espoirs	7.38	
12 Shane Ferth	Kitchener-Waterloo	7.41	
13 Daniel Ng	UWO Espoirs	7.42	
14 Drew Haynes	Univ. Waterloo	7.48	
15 Matt Prionas	UWO Espoirs	7.50	
16 Frank Maas	UWO Espoirs	7.57	

RESULTS OF PRELIMS

1 Jason Kerr	Univ. of Western Ont	Q	7.01
2 Abe Draycott	Guelph University	Q	7.14
3 Matt Middleton	UWO Espoirs	Q	7.20
3 Nnaemeka Ukwuoma	Univ. Waterloo	Q	7.20
5 Abdul Zubair	Univ. of Western Ont	Q	7.23
6 Kyle Raymond	Univ. Waterloo	Q	7.28
7 Matt Lawrence	Guelph University	Q	7.30
8 Guyson Kurunari	Guelph Track Club	q	7.31
9 Peter James	UWO Espoirs	Q	7.35
10 Marc Fields	Univ. Waterloo	Q	7.37
11 Daniel Ng	UWO Espoirs	q	7.38
11 Shane Ferth	Kitchener-Waterloo	Q	7.38
13 Markus Mitchell	UWO Espoirs	Q	7.40
14 Drew Haynes	Univ. Waterloo	q	7.45
15 Frank Maas	UWO Espoirs	q	7.47
15 Matt Prionas	UWO Espoirs	Q	7.47
17 Alla Darwish	Univ. Waterloo	7.53	
18 Kirk Ewen	Univ. Waterloo	7.60	
18 Nick Cordich	UNATTACHED	7.60	
20 Kyle Killam	Guelph University	7.62	
21 Laing Henshall	UWO Espoirs	7.63	
22 Abdul Rahman	Univ. Waterloo	7.66	
23 Josh Campbell	UWO Espoirs	7.67	
24 Jared Coyne	London-Western TFC	7.68	
25 Dan Ritz	Univ. Waterloo	7.70	
26 Gavin Swan	Guelph University	7.73	
27 Nick Holbik-Siu	McMaster Univ.	7.74	

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28 Craig Milliken	London-Western TFC	7.76	15 Dan Ritz	Univ. Waterloo	39.38
29 Mark Kimmich	Univ. Waterloo	7.78	16 Abdul Rahman	Univ. Waterloo	39.57
30 Scott Durksen	McMaster Univ.	7.79	17 Mark Kimmich	Univ. Waterloo	39.74
31 Albert Brown	Univ. Waterloo	7.80	18 Jared Coyne	London-Western TFC	39.75
32 Matt Semenowicz	London-Western TFC	7.82	19 Laing Henshall	UWO Espoirs	40.10
33 Nixon Lolila-Ramin	McMaster Univ.	7.88	20 Frank Maas	UWO Espoirs	40.82
34 Le Zhao	Univ. Waterloo	7.96	21 Chris Szafran	London-Western TFC	41.32
35 Scott Suchard	London-Western TFC	8.00	22 Albert Brown	Univ. Waterloo	41.72
36 Donald Moon	Univ. Waterloo	8.01	23 Matt Semenowicz	London-Western TFC	41.81
37 Paul Benassi	McMaster Univ.	8.04	24 Alla Darwish	Univ. Waterloo	41.92
38 Paul Ekeocha	London-Western TFC	8.12	25 Paul Benassi	McMaster Univ.	42.32
39 Andrew Poon	Univ. Waterloo	8.26	26 Ivan Kamikovski	McMaster Univ.	42.49
40 Ivan Kamikovski	McMaster Univ.	8.28	27 Scott Suchard	London-Western TFC	42.75
41 David Hadaller	Univ. Waterloo	8.48	27 Andrew Poon	Univ. Waterloo	42.75
42 Peter Park	London-Western TFC	8.74	29 David Hadaller	Univ. Waterloo	43.53
43 Mike D'Aoust	London-Western TFC	8.88	30 Mike D'Aoust	London-Western TFC	47.71
			31 Peter Park	London-Western TFC	48.99

Event # 3 WOMENS 300

Timetable: 3:50pm

3-Turn Stagger Start / Timed Final

CIS Standard: 40.07 / 39.8 HT

MEET RECORD:J.Ford Detroit Motor City 39.84 3-Dec-1994

ARENA RECORD:L.Hatz Washington DC 39.14 3-Feb-1979

1 Andrea White	UWO Red Shirt	41.93
2 Kate Bickle	Univ. Waterloo	43.05
3 Katie Horricks	Univ. Waterloo	44.42
4 Jaime Hauseman	Univ. Waterloo	44.54
5 Kiersten Foster	London-Western TFC	44.80
6 Kate Perkin	UWO Espoirs	44.99
7 Courtney Campbell	UWO Espoirs	45.15
8 Tania Hatmenczak	UWO Espoirs	45.21
9 Caitlin Lee	Univ. Waterloo	45.37
10 Susan Elkami	McMaster Univ.	45.38
11 Mel Kimber	McMaster Univ.	45.76
12 Danielle Bell Boucher	London-Western TFC	46.75
13 Cindy Willits	Univ. Waterloo	46.81
14 Jessica Moodie	McMaster Univ.	46.98
15 Felicia Black	London-Western TFC	49.13
16 Emma Myers	UWO Espoirs	49.35

Event # 4 MENS 300

Timetable: 4:05pm

3-Turn Stagger Start / Timed Final

CIS Standard: 34.69 / 34.4 HT

MEET RECORD:M.Detailluer Central State 34.84 1-Dec-1990

ARENA RECORD:J.Grace U. of Michigan 34.24 4-Feb-1978

1 Jason Rhodes	Univ. of Western Ont	35.80
2 Abdul Zubair	Univ. of Western Ont	36.03
3 Shane Ferth	Kitchener-Waterloo	36.62
4 Nnaemeka Ukwuoma	Univ. Waterloo	36.73
5 Taylor Wasko	UWO Espoirs	36.87
6 Erik Enders	McMaster Univ.	37.09
7 Drew Haynes	Univ. Waterloo	37.31
8 Jordan Calwell	London-Western TFC	37.45
9 Marc Fields	Univ. Waterloo	37.53
10 Kirk Ewen	Univ. Waterloo	37.55
11 Craig Milliken	London-Western TFC	38.48
12 Kyle Raymond	Univ. Waterloo	38.71
13 Markus Mitchell	UWO Espoirs	38.96
14 Nick D'Aloisio	Univ. of Western Ont	39.27

Event # 5 WOMENS 600

Timetable: 5:10pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:32.61 / 1:32.3 HT

MEET RECORD:D.Walton Detroit Motor City 1:33.14 2-Dec-1978

ARENA RECORD:M.Killingbeck York U. 1:30.54 8-Jan-1983

1 Andrea White	UWO Red Shirt	1:39.12
2 Ashley Korman	UWO Espoirs	1:41.73
3 Jen Ricks	Univ. of Western Ont	1:43.50
4 Shannon Mitchell	McMaster Univ.	1:46.83
5 Emma Myers	UWO Espoirs	1:48.59
6 Ania Wroblewski	UWO Espoirs	1:49.10
7 Courtney Campbell	UWO Espoirs	1:49.34

Event # 6 MENS 600

Timetable: 5:25pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:20.94 / 1:20.7 HT

MEET RECORD:G.Bartram Ashland OH 1:19.14 3-Dec-1988

ARENA RECORD:G.Bartram Ashland OH 1:19.14 3-Dec-1988

1 Colin Lawrence	Univ. Waterloo	1:25.14
2 Jason Kniznik	McMaster Univ.	1:27.38
3 Taylor Wasko	UWO Espoirs	1:27.65
4 Rodney Gabay	McMaster Univ.	1:27.69
5 Jordan Calwell	London-Western TFC	1:28.29
6 Ryan Armstrong	St. Thomas Legion	1:30.77
7 Adam Rayfield	UWO Espoirs	1:31.17
8 Steven Kristensen	Univ. Waterloo	1:31.40
9 Matt Hoffman	UWO Espoirs	1:33.88
10 Bryce Hall	UWO Espoirs	1:37.65
11 Chris Szafran	London-Western TFC	1:41.70

Event # 7 WOMENS 1000

Timetable: 7:20pm

2-Turn Stagger Start / Timed Final

CIS Standard: 2:52.74 / 2:52.5 HT

MEET RECORD:N.Masil York U. 2:49.84 1-Dec-1990

ARENA RECORD:K.Vermuelen U.W.O. 2:46.11 15-Feb2002

1 Vaiva Jarger	Guelph University	3:00.09
2 Shantelly Novak	Guelph University	3:01.81
3 Ashley Korman	UWO Espoirs	3:02.01

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4 Bethany Janzen	Univ. of Western Ont	3:02.84
5 Kim Volterman	Guelph University	3:08.61
6 Adrienne Visocchi	McMaster Univ.	3:21.04
7 Colleen Conley	McMaster Univ.	3:24.07
8 Kristen Patterson	UWO Espoirs	3:28.23
9 Julie Forbes	McMaster Univ.	3:29.35
10 Dana Tiller	McMaster Univ.	3:32.52
11 Moncia Lau	McMaster Univ.	3:34.18
12 Ania Wroblewski	UWO Espoirs	3:37.52
13 Bronwen Douglas	McMaster Univ.	3:42.42

Event # 8 MENS 1000

Timetable: 7:30pm

2-Turn Stagger Start / Timed Final

CIS Standard: 2:28.09 / 2:27.8 HT

MEET RECORD:H.Mitro Toronto Olympic 2:28.54 2-Dec-1995

ARENA RECORD:R.Kichuk U.W.O. 2:27.64 18-Jan1987

1 Derek Snider	Guelph University	2:35.00
2 Dan Wojcik	McMaster Univ.	2:37.91
3 Shawn Benninger	McMaster Univ.	2:39.73
4 Kwesi Agyem	UWO Espoirs	2:40.23
5 Sean Keaney	Guelph University	2:43.97
6 Sean Baker	McMaster Univ.	2:44.10
7 Craig Cox	McMaster Univ.	2:54.65
8 Tim Hall	McMaster Univ.	3:02.86

Event # 9 WOMENS 1500

Timetable: 4:20pm

CIS Standard: 4:35.54 / 4:35.3 HT

MEET RECORD:J.Purola U.W.O. 4:24.70 3-Dec-1982

ARENA RECORD:J.Purola U.W.O. 4:24.70 3-Dec-1982

1 Bethany Janzen	Univ. of Western Ont	4:44.23
2 Heather Perlmutter	Univ. of Western Ont	4:56.41
3 Jen Webber	Univ. of Western Ont	5:08.76
4 Adrienne Visocchi	McMaster Univ.	5:16.95
5 Laura Bartlett	UWO Espoirs	5:18.23
6 Colleen Conley	McMaster Univ.	5:18.53
7 Julie Forbes	McMaster Univ.	5:19.92
8 Moncia Lau	McMaster Univ.	5:31.00
9 Dana Tiller	McMaster Univ.	5:38.10
10 Diana Ashrafssini	Guelph University	5:39.88
11 Bronwen Douglas	McMaster Univ.	5:42.49

Event # 10 MENS 1500

Timetable: 4:35pm

CIS Standard: 3:55.54 / 3:55.3 HT

MEET RECORD:D.Reid York U. 3:49.30 3-Dec-1982

ARENA RECORD:D.Consiglio U. Arkansas 3:48.20 5-Jan-1986

1 Derek Snider	Guelph University	4:05.28
2 Dan Wojcik	McMaster Univ.	4:07.28
3 Greg Critchley	Univ. of Western Ont	4:10.88
4 Shawn Benninger	McMaster Univ.	4:10.94
5 Ryan Armstrong	St. Thomas Legion	4:11.72
6 Corey Kull	Guelph University	4:17.38
7 Sean Keaney	Guelph University	4:19.34
8 Sean Baker	McMaster Univ.	4:21.47
9 Craig Cox	McMaster Univ.	4:25.88
10 Rob Bark	Univ. Waterloo	4:36.15
11 Tim Hall	McMaster Univ.	4:46.42

Event # 11 WOMENS 3000

Timetable: 6:25pm

CIS Standard: 9:59.24 / 9:59.0 HT

MEET RECORD:L.Bussiere Quebec 9:09.00 2-Dec-1989

ARENA RECORD:L.Bussiere Quebec 9:09.00 2-Dec-1989

1 Stephanie Van Veen	UWO Espoirs	11:03.50
2 Katelyn Jackson	UWO Espoirs	12:18.54

Event # 12 MENS 3000

Timetable: 8:05pm

CIS Standard: 8:25.24 / 8:25.0 HT

MEET RECORD:H.Mitro Sarnia TC 8:11.80 1-Dec-1990

ARENA RECORD:H.Mitro Sarnia TC 8:11.80 1-Dec-1990

1 Michael Del Monte	UWO Espoirs	8:52.67
Nathan De Witt	Univ. of Western Ont	DNF

Event # 13 WOMENS 60 Hurdles

Prelims 7:00pm / Final 7:55pm

top 2 per heat + times advance

CIS Standard: 8.73

MEET RECORD:K.Anderson Phoenix TC 8.20 30-Nov1997

ARENA RECORD:K.Anderson Phoenix TC 8.20 30-Nov1997

RESULTS OF FINALS

1 Andrea White	UWO Red Shirt	9.26
2 Jen Cotton	Univ. of Western Ont	9.52
3 Shellie McParland	Univ. of Western Ont	9.54
4 Sarah Snable	Univ. Waterloo	9.65
5 Jen Sulpher	Univ. of Western Ont	9.70
6 Lacey Van Der marel	Univ. of Western Ont	10.00
7 Jenna Bell	Univ. Waterloo	10.45

RESULTS OF PRELIMS

1 Jen Sulpher	Univ. of Western Ont	Q	9.25
2 Jen Cotton	Univ. of Western Ont	Q	9.61
3 Sarah Snable	Univ. Waterloo	Q	9.66
4 Shellie McParland	Univ. of Western Ont	Q	9.67
5 Andrea White	UWO Red Shirt	Q	9.67
6 Lacey Van Der marel	Univ. of Western Ont	Q	10.02
7 Jenna Bell	Univ. Waterloo	q	10.04
8 Jen Kennedy	McMaster Univ.	Q	11.68

Event # 14 MENS 60 Hurdles

Prelims 7:10pm / Final 7:45pm

top 2 per heat + times advance

CIS Standard: 8.40

MEET RECORD:S.Foudy York U. 8.23 5-Dec-1987

ARENA RECORD:M.McKoy York U. 7.85 6-Jan-1985

RESULTS OF FINALS

1 Greg Boots	Univ. of Western Ont	8.89
2 Abdul Zubair	Univ. of Western Ont	8.99
3 Abdul Rahman	Univ. Waterloo	10.24
Aaron Grainge	Univ. of Western Ont	DNF

RESULTS OF PRELIMS

1 Greg Boots	Univ. of Western Ont	Q	8.86
2 Abdul Zubair	Univ. of Western Ont	Q	9.17
3 Aaron Grainge	Univ. of Western Ont	Q	9.32
4 Abdul Rahman	Univ. Waterloo	q	10.30

"2006" SEASON'S OPENER T&F MEET - 31st Annual**Saturday December 3, 2005**

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UWO Thompson Arena, London ON**Event # 15 WOMENS 4x200 Relay**

Timetable: 5:55pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:42.32 / 1:42.0 HT

MEET RECORD:U. Western Ontario Mustangs 1:42.74 1-Dec-1991

ARENA RECORD:U. of Windsor Lancers 1:41.34 16-Jan1993

1 Mustangs A	Univ. of Western Ont	1:47.60
Paluzzi,Tara	Creavalle,Alicia	
Soloman,Sherelle	Hatmenczak,Tania 2	
26.3, 26.9, 26.2, 28.0		
2 Warriors A	Univ. Waterloo	1:50.14
3 Marauders A	McMaster Univ.	1:55.28
4 L-W TFC A	London-Western TFC	1:57.09
5 Marauders B	McMaster Univ.	2:01.83

Event # 16 MENS 4x200 Relay

Timetable: 6:10pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:28.85 / 1:28.6 HT

MEET RECORD:K. Waterloo TC 1:30.34 2-Dec-1995

ARENA RECORD: .U. of Windsor Lancers 1:28.84 18-Jan1992

1 Mustangs A	Univ. of Western Ont	1:31.32
Kerr,Jason	Judge,Andrew	
Rhodes,Jason	McGahey,Monty	
22.6, 22.4, 22.3, 23.7		
2 Warriors A	Univ. Waterloo	1:34.64
3 Guelph University A	Guelph University	1:35.27
4 Mustangs C	Univ. of Western Ont	1:35.37
D'Aloisio,Nick	Mitchell,Markus 2	
James,Peter 2	Maas,Frank 2	
23.1, 23.5, 23.5, 25.0		
5 Marauders A	McMaster Univ.	1:36.21
6 Mustangs B	Univ. of Western Ont	1:36.46
Boots,Greg	Prionas,Matt 2	
Campbell,Josh 2	Henshall,Laing 2	
24.9, 23.2, 23.9, 24.2		
7 Warriors B	Univ. Waterloo	1:39.97
8 Marauders B	McMaster Univ.	1:44.16

Event # 17 WOMENS 4x400 Relay

Timetable: 8:20pm

2-Turn Stagger Start / Timed Final

CIS Standard: 3:55.94 / 3:55.7 HT

MEET RECORD: .York Univ. Yeowomen 3:55.04 2-Dec-1989

ARENA RECORD:York Univ. Yeowomen 3:55.04 3-Dec-1989

1 Mustangs A	Univ. of Western Ont	4:04.54
Creavalle,Alicia	Ricks,Jen	
McParland,Shellie	Cotton,Jen	
62.1, 62.4, 60.2, 59.6		
2 Warriors A	Univ. Waterloo	4:15.90

Event # 18 MENS 4x400 Relay

Timetable: 8:30pm

2-Turn Stagger Start / Timed Final

CIS Standard: 3:21.46 / 3:21.2 HT

MEET RECORD:D. Wayne State Tartars 3:19.34 5-Dec-1980

ARENA RECORD:U. Western Ontario Mustangs 3:19.14 18-Jan1985

1 Mustangs A	Univ. of Western Ont	3:30.97
Rhodes,Jason	Grainge,Aaron	
McGahey,Monty	Zubair,Abdul	
51.2, 52.3, 53.2, 51.8		
2 Warriors B	Univ. Waterloo	3:54.57
Warriors A	Univ. Waterloo	DNF

Event # 19 WOMENS High Jump

Timetable: 11:30am

Heights: 1m30, 1m40, 1m50,

CIS Standard: 1m70

MEET RECORD:C. Bond-Mills Woodstock TC 1.81 4-Dec-1993

ARENA RECORD:J. White Etobicoke TC 1.83 4-Feb-1978

1 Felicia Smart	Univ. of Western Ont	1.58
2 Amanda Boogerman	UWO Espoirs	1.53
3 Shellie McParland	Univ. of Western Ont	1.53
4 Karen Belfall	Univ. Waterloo	1.53
5 Katie Johnson	London-Western TFC	1.48
6 Jenna Bell	Univ. Waterloo	1.43
6 Katie Watson	London-Western TFC	1.43

Event # 20 MENS High Jump

Timetable: 1:30pm

Heights: 1m65, 1m75, 1m85,

CIS Standard: 2m03

MEET RECORD:P. Carballo U. Detroit Mercy 2.15 30-Nov1996

ARENA RECORD:G. Univ. of Toronto Paul Caraballo UDM 2.15 F'83/

1 Eric Graves	Univ. Waterloo	1.93
2 Jason Goetz	Univ. Waterloo	1.93
3 Nathan Holder	UWO Espoirs	1.85
4 Mike Pickell	UWO Espoirs	1.85
5 Dan Minnesma	McMaster Univ.	1.80
5 Kyle Killam	Guelph University	1.80
7 Chris Allen	UWO Espoirs	1.80
8 Ryan Wight	Univ. Waterloo	1.80
9 Eric Newmann	London-Western TFC	1.75
10 Aaron Dilella	London-Western TFC	1.70
Mike Fraser	UWO Espoirs	FOUL

Event # 21 WOMENS Pole Vault

Timetable: 1:00pm

CIS Standard: 3m60

MEET RECORD:D. Ellis U. of Waterloo 3.95 2-Dec-2000

ARENA RECORD:D. Ellis U. of Waterloo 3.95 2-Dec-2000

1 Jen Sulpher	Univ. of Western Ont	3.30
2 Jen House	Oakridge HS	3.00
3 Jenny Jordan	Univ. of Western Ont	2.85
4 Laura Ferris	Univ. of Western Ont	2.30
4 Laura Barclay	UWO Espoirs	2.30
Sonya Donovan	UWO Espoirs	FOUL

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UWO Thompson Arena, London ON**Event # 22 MENS Pole Vault**

Timetable: 11:30am

CIS Standard: 4m80

MEET RECORD:D.Wood York U. 5.35 4-Dec-1993

ARENA RECORD:D.Wood York U. 5.35 4-Dec-1993

1 Jeff Edwards	Univ. of Western Ont	4.50
2 Kristian Wilson	London-Western TFC	4.35
3 Mike Fraser	UWO Esports	4.20
4 Donald Moon	Univ. Waterloo	3.80
Cole McLarty	UWO Esports	FOUL

Event # 23 WOMENS Long Jump

Timetable: 3:00pm

CIS Standard: 5m74

MEET RECORD:R.Pugh London-Western 5.85 5-Dec-1980

ARENA RECORD:B.Bolton U.W.O. 5.97 1-Feb-1997

1 Jen Cotton	Univ. of Western Ont	5.45
2 Jen Sulpher	Univ. of Western Ont	5.37
3 Alanna Backx	Univ. of Western Ont	5.26
4 Shellie McParland	Univ. of Western Ont	5.15
5 Lacey Van Der marel	Univ. of Western Ont	5.15
6 Jennifer Kelly	Univ. Waterloo	5.03
7 Jenna Bell	Univ. Waterloo	4.94
8 Emily Innes	UWO Esports	4.87
9 Victoria Tschirhart	Univ. Waterloo	4.71
10 Sarah Watson	Univ. of Western Ont	4.54
11 Karen Belfall	Univ. Waterloo	4.50
12 Natalie Kennedy	London-Western TFC	4.39
13 Sonya Donovan	UWO Esports	4.32
14 Laura Barclay	UWO Esports	4.14

Event # 24 MENS Long Jump

Timetable: 1:30pm

CIS Standard: 7m07

MEET RECORD:B.Brimson Tennessee Tech 7.12 4-Dec-1976

ARENA RECORD:T.Betty U.W.O. 7.45 14-Jan1995

1 Mark Scherle	London-Western TFC	6.75
2 Guyson Kurunari	Guelph Track Club	6.56
3 Mike Fraser	UWO Esports	6.50
4 Abe Draycott	Guelph University	6.36
5 Aaron Grainge	Univ. of Western Ont	6.25
6 Nick Holbik-Siu	McMaster Univ.	6.18
7 Andrew MacDonald	Univ. Waterloo	6.15
8 Paul Grant	UNATTACHED	6.04
9 Matt Lawrence	Guelph University	6.03
10 Coel Findlay	Univ. Waterloo	5.95
11 Sam Evers	Guelph University	5.91
12 Pat Quilty	UWO Esports	5.82
13 Ryan Wight	Univ. Waterloo	5.58
14 Nixon Lolila-Ramin	McMaster Univ.	5.34
15 Jared Coyne	London-Western TFC	5.27

Event # 25 WOMENS Triple Jump

Timetable: 6:00pm

CIS Standard: 11m87

MEET RECORD:J.Williamson York U. 11.76 30-Nov1991

ARENA RECORD:K.Dinsmore U. of Windsor 12.58 14-Jan1994

1 Lacey Van Der marel	Univ. of Western Ont	10.58
2 Victoria Tschirhart	Univ. Waterloo	10.41
3 Emily Innes	UWO Esports	10.32
4 Jennifer Kelly	Univ. Waterloo	10.32
5 Karen Belfall	Univ. Waterloo	10.30
6 Sarah Watson	Univ. of Western Ont	10.16

Event # 26 MENS Triple Jump

Timetable: 4:30pm

CIS Standard: 14m63

MEET RECORD:D.Trowell Tennessee Tech 15.42 4-Dec-1976

ARENA RECORD:D.Trowell Tennessee Tech . 15.42 4-Dec-1976

1 Andrew Judge	Univ. of Western Ont	14.01
2 Jason Goetz	Univ. Waterloo	13.63
3 Andrew MacDonald	Univ. Waterloo	13.03
4 Pat Quilty	UWO Esports	13.01
5 Paul Grant	UNATTACHED	12.94
6 Josh Langin	UWO Esports	12.88
7 Coel Findlay	Univ. Waterloo	12.45
8 Gavin Swan	Guelph University	12.32
9 Scott Durksen	McMaster Univ.	12.25

Event # 27 WOMENS Shot Put

Timetable: 1:45pm

CIS Standard: 13m03

MEET RECORD:A.Kieser Saginaw Valley State 14.40 3-Dec-1994

ARENA RECORD:V.Fisher Michigan State U. 15.53 20-Jan1984

1 Heather Patterson	Univ. of Western Ont	12.86
2 Stephanie Jackson	Guelph University	11.76
3 Sunvai Culberth	Guelph University	11.28
4 Sarah Manson	Univ. of Western Ont	10.86
4 Diana Lane	London-Western TFC	10.86
6 Julie Montes	Univ. of Western Ont	10.75
7 Yin Li	Univ. of Western Ont	10.72
8 Jenna Bell	Univ. Waterloo	10.46
9 Cheryl Johnstone	Univ. of Western Ont	10.04
10 Laura Ferris	Univ. of Western Ont	9.91
11 Alanna Backx	Univ. of Western Ont	9.85
12 Carolyn Bailey	Saugeen T&F Club	9.42
13 Jen Sulpher	Univ. of Western Ont	9.36
14 Shellie McParland	Univ. of Western Ont	9.15
15 Daniella Kwiatkowski	Guelph University	8.98
16 Bridget Moran	London-Western TFC	8.61
17 Jen Cotton	Univ. of Western Ont	8.03
18 Katie Perkin	UWO Esports	7.53

Event # 28 MENS Shot Put

Timetable: 12:30pm

CIS Standard: 15m39

MEET RECORD:V.Visciano Buffalo State 16.00 3-Dec-1977

ARENA RECORD:L.Chambul Scarboro Optimist TC 17.78 2-Feb-1980

1 Dustin Kiefere	London-Western TFC	17.20 *
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"2006" SEASON'S OPENER T&F MEET - 31st Annual**Saturday December 3, 2005**

12/03/05 - 12/03/05

UWO Thompson Arena, London ON

2 Jared Pigrotaro	Guelph University	13.94
3 Ted Swarzentruher	Guelph University	13.39
4 Mike Bass West	London-Western TFC	12.48
5 Jesse Francis	London-Western TFC	12.11
6 Dan MacDonald	UWO Espoirs	12.06
7 Liam McNabb	UNATTACHED	11.97
8 Kelum Peiris	Univ. Waterloo	11.84
9 Mike Fraser	UWO Espoirs	11.75
10 Vladimir Moisseikin	Univ. Waterloo	10.62
11 Aaron Grainge	Univ. of Western Ont	10.61
12 Markus Mitchell	UWO Espoirs	10.50
13 Josh Archer	Saugeen T&F Club	9.79

Event # 29 WOMENS Weight Throw

Timetable: 10:00am

Men & Women together

CIS Standard: 16m81

ARENA RECORD:J.Montes U.W.O. 12.89 22-Jan2005

MEET RECORD:C.Johnstone U.W.O. 12.41 4-Dec-2004

1 Stephanie Jackson	Guelph University	13.46	*
2 Cheryl Johnstone	Univ. of Western Ont	13.07	*
3 Diana Lane	London-Western TFC	12.96	*
4 Julie Montes	Univ. of Western Ont	12.86	*
5 Heather Patterson	Univ. of Western Ont	12.84	*
6 Yin Li	Univ. of Western Ont	11.78	
7 Carolyn Bailey	Saugeen T&F Club	10.95	
8 Sunvai Culberth	Guelph University	10.49	
9 Bridget Moran	London-Western TFC	10.41	
10 Sarah Manson	Univ. of Western Ont	9.64	

Event # 30 MENS Weight Throw

Timetable: 10:00am

Women & Men together

CIS Standard: 16m63

ARENA RECORD:I.Glassford U. of Windsor 14.32 22-Jan2005

MEET RECORD:O.Willems U. of Guelph 12.76 4-Dec-2004

1 Dustin Kiefere	London-Western TFC	24.31	*
2 Mike Bass West	London-Western TFC	17.67	*
3 Josh Archer	Saugeen T&F Club	17.17	*
4 Ted Swarzentruher	Guelph University	15.85	*
5 Owen Williams	Guelph University	15.69	*
6 Jesse Francis	London-Western TFC	15.26	*
7 Lenny Unknown	UNATTACHED	14.82	*