

"2008" SEASON'S OPENER T&F MEET - 32nd Annual**Saturday 24-Nov-07**

11/24/2007 - 11/24/2007

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

12:00pm/Semi 12:50pm/Final 1:40pm

top 2 per heat/top 4 per semi adv

CIS Standard: 7.65

MEET RECORD:T.Lawson LaGrange IN 7.44 30-Nov-96

ARENA RECORD:T.Lawson LaGrange IN 7.44 30-Nov97

RESULTS OF FINALS

1 Miana Griffiths	UNATTACHED		7.72
2 Alanna Backx	Western Mustangs		8.11
3 Kate Bickle	Waterloo Warriors		8.19
4 Alicia Smith	Western Espoirs		8.29
5 Morgan Hall	Western Espoirs		8.33
6 Sarah Buchanan	Western Mustangs		8.44
7 Emily Coxhead	Western Espoirs		8.49

RESULTS OF SEMIS

1 Miana Griffiths	UNATTACHED	Q	7.70
2 Alanna Backx	Western Mustangs	Q	8.09
3 Kate Bickle	Waterloo Warriors	Q	8.20
4 Morgan Hall	Western Espoirs	Q	8.30
5 Alicia Smith	Western Espoirs	Q	8.31
6 Emily Coxhead	Western Espoirs	Q	8.43
7 Sarah Buchanan	Western Mustangs	Q	8.44
8 Jenna Bell	Waterloo Warriors	Q	8.47
9 Lacey VanDermarel	Western Mustangs		8.55
10 Shannon Stewardson	McMaster Marauders		8.62
11 Sarah Sylvester	Western Espoirs		8.68
12 Cara Marcantonio	Western Mustangs		8.69

RESULTS OF PRELIMS

1 Miana Griffiths	UNATTACHED	Q	7.73
2 Michelle Moody	Guelph Gryphons	Q	8.18
3 Alanna Backx	Western Mustangs	Q	8.22
4 Kate Bickle	Waterloo Warriors	Q	8.23
5 Morgan Hall	Western Espoirs	Q	8.31
6 Alicia Smith	Western Espoirs	Q	8.41
7 Emily Coxhead	Western Espoirs	Q	8.46
8 Katie Flemington	Guelph TC	q	8.48
8 Lacey VanDermarel	Western Mustangs	Q	8.48
10 Cara Marcantonio	Western Mustangs	q	8.49
11 Jenna Bell	Waterloo Warriors	q	8.52
12 Emma Crombeen	London Legion TFC	q	8.53
12 Sarah Buchanan	Western Mustangs	q	8.53
14 Kim Richardson	Guelph Gryphons	q	8.54
15 Shannon Stewardson	McMaster Marauders	q	8.61
15 Sarah Sylvester	Western Espoirs	q	8.61
17 Jillian Simmons	Western Mustangs		8.69
18 Liah Cipriano	McMaster Marauders		8.81
19 Deborah Libby	UNATTACHED		8.94
19 Victoria Tschichart	McMaster Marauders		8.94
21 Kirsten Wilkes	McMaster Marauders		8.95
21 Julia Mirotta	Guelph TC		8.95
23 Janelle Brouwer	Western Espoirs		9.01
24 Jocelyn Carabott	Athletiques Intrnat		9.24

Event # 2 MENS 60 Dash

12:15pm/Semi 1:00pm/ Final 1:45pm

top 1 per heat/top 4 per semi adv

CIS Standard: 6.75

MEET RECORD:D.Stallworth Ann Arbor TC 6.76 4-Dec-99

ARENA RECORD:D.Williams York U. 6.76 2-Jan-82

RESULTS OF FINALS

1 Aaron Bowman	St.Thomas Legion		7.00
2 Matt Middleton	Western Mustangs		7.01
3 Emeka Ukwuoma	UWO Red Shirt		7.09
4 Andrew Judge	Western Mustangs		7.19
5 Kadeem Douglas	Take Flight AC		7.30
5 Nick D'Aloisio	Western Mustangs		7.30
7 Ian Barker	Western Espoirs		7.31

RESULTS OF SEMIS

1 Matt Middleton	Western Mustangs	Q	7.07
2 Aaron Bowman	St.Thomas Legion	Q	7.08
3 Andrew Judge	Western Mustangs	Q	7.13
4 Emeka Ukwuoma	UWO Red Shirt	Q	7.17
5 Ivan Ho	Western Mustangs	Q	7.18
6 Nick D'Aloisio	Western Mustangs	Q	7.22
7 Ian Barker	Western Espoirs	Q	7.26
8 Kadeem Douglas	Take Flight AC	Q	7.30
9 Matt Carrejola	McMaster Marauders		7.32
10 Luke Govia	Waterloo Warriors		7.34
11 Kevin Hoening	Guelph Gryphons		7.36
12 Jeremiah Derksen	Waterloo Warriors		7.38
13 Mario Rigby	Western Espoirs		7.39
14 Michael Chieffallo	Guelph Gryphons		7.43
15 Nathan Gholston	Michigan Accelerator		7.47
15 Hubert Ling	Western Mustangs		7.47

RESULTS OF PRELIMS

1 Matt Middleton	Western Mustangs	Q	7.06
2 Aaron Bowman	St.Thomas Legion	Q	7.11
3 Andrew Judge	Western Mustangs	Q	7.13
4 Ivan Ho	Western Mustangs	Q	7.22
5 Emeka Ukwuoma	UWO Red Shirt	Q	7.26
6 Nick D'Aloisio	Western Mustangs	q	7.27
7 Kevin Hoening	Guelph Gryphons	q	7.28
8 Ian Barker	Western Espoirs	Q	7.30
9 Kadeem Douglas	Take Flight AC	q	7.33
10 Matt Carrejola	McMaster Marauders	q	7.34
11 Jeremiah Derksen	Waterloo Warriors	q	7.35
12 Mario Rigby	Western Espoirs	q	7.36
13 Luke Govia	Waterloo Warriors	q	7.37
14 Michael Chieffallo	Guelph Gryphons	q	7.39
15 Hubert Ling	Western Mustangs	q	7.42
16 Nathan Gholston	Michigan Accelerator	q	7.44
17 Guyson Kuruneri	Guelph Gryphons		7.45
18 Ben Charbonneau	Track North AC		7.46
19 Kyle Killam	Guelph Gryphons		7.47
20 Richard Vaughan	Guelph Gryphons		7.48
20 Nate VanDerheyden	Western Mustangs		7.48
22 Karam Hinds	Western Espoirs		7.49
23 Kristian Wilson	London-Western TFC		7.54
24 Pat Quilty	Western Mustangs		7.58
25 Sherze Lewis	Take Flight AC		7.60
25 Matthew Konsolis	Waterloo Warriors		7.60
25 Jhordan Graham	Take Flight AC		7.60
28 Drew Mackay-	Western Espoirs		7.61

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29 Socrates Salmon	McMaster Marauders	7.62	18 Drew Mackay-	Western Espoirs	24.76
30 Jacob Muirhead	Waterloo Warriors	7.64	18 Jared Coyne	Western Espoirs	24.76
31 Nick Holbrick-Siu	McMaster Marauders	7.65	20 Socrates Salmon	McMaster Marauders	24.85
32 Matt Prionas	Western Mustangs	7.66	21 Matt Prionas	Western Mustangs	24.87
33 Josh Kervin	Western Espoirs	7.67	22 Ben Charbonneau	Track North AC	24.90
34 Michael Lopatowski	London Legion TFC	7.73	23 Josh Kervin	Western Espoirs	24.91
35 Hugo Lopez	Waterloo Warriors	7.74	24 Nathan Gholston	Michigan Accelerator	25.04
36 Gavin Swan	Guelph Gryphons	7.75	25 Felix Li	Western Espoirs	25.99
37 Joel Murray	Waterloo Warriors	7.82	26 Dwayne Powell	McMaster Marauders	26.41
38 Barry Stoute	McMaster Marauders	7.85	27 Slava Goselik	McMaster Marauders	26.85
39 Kevin Chu	McMaster Marauders	7.86	Jacob Muirhead	Waterloo Warriors	DNF
40 Dwayne Powell	McMaster Marauders	8.05			

Event # 3 WOMENS 200 Dash

Timetable: 2:05pm

Timed Final / Fastest Seeds First

CIS Standard 25.49

MEET RECORD:N.Griffiths Windsor Sprint 27.17 2-Dec-06

ARENA RECORD:T.Paluzzi U.W.O. 25.91 21-Nov2006

1 Miana Griffiths	UNATTACHED	26.45 *
2 Stephanie Okolo	Michigan Accelerator	27.40
3 Kyra Caldwell	Michigan Accelerator	27.50
4 Ashley Wartley	Michigan Accelerator	27.54
5 Shерelle Solomon	Western Mustangs	27.76
6 Sarah Buchanan	Western Mustangs	28.10
7 Chandrika Dawkins	Athletiques Intrnat	28.43
8 Noelle Bradley	Michigan Accelerator	28.75
9 Jillian Simmons	Western Mustangs	29.24
10 Leah Zapotochny	Western Espoirs	29.48
11 Nastassia Goines	Michigan Accelerator	29.55
12 Ciara Donaldson	Michigan Accelerator	29.57
12 Kaitlyn Smith	McMaster Marauders	29.57
14 Liah Cipriano	McMaster Marauders	29.70
15 Shannon Stewardson	McMaster Marauders	30.13
16 Alex Rudiger	McMaster Marauders	30.71
17 Jocelyn Carabott	Athletiques Intrnat	31.02

Event # 4 MENS 200 Dash

Timetable: 2:20pm

Timed Final / Fastest Seeds First

CIS Standard 21.48

MEET RECORD:B.Dills Guelph TC 22.77 2-Dec-06

ARENA RECORD:B.Dills Guelph TC 22.77 2-Dec-06

1 Dave Calille	Michigan Accelerator	22.96
2 Joel Newbert	Western Mustangs	23.06
3 Emeka Ukwuoma	UWO Red Shirt	23.19
4 Rob Gooch	Western Mustangs	23.25
5 Ian Barker	Western Espoirs	23.29
6 Michael Chieffallo	Guelph Gryphons	23.66
7 Jimmy Tat	McMaster Marauders	23.75
8 Nate VanDerheyden	Western Mustangs	23.87
9 Ben Clare	Waterloo Warriors	24.07
10 Jeff Deault	Track North AC	24.21
11 Karam Hinds	Western Espoirs	24.23
11 Luke Govia	Waterloo Warriors	24.23
13 Nick D'Aloisio	Western Mustangs	24.38
14 Matt Bahm	Waterloo Warriors	24.56
15 Luke McLellan	Guelph Gryphons	24.59
16 Brad Amos	McMaster Marauders	24.67
17 Tony Giannikouris	McMaster Marauders	24.71

Event # 5 WOMENS 300 Run

Timetable: 11:30am

3-Turn Stagger Start / Timed Final

CIS Standard: 40.16

MEET RECORD:J.Ford Detroit Motor City 39.84 3-Dec-94

ARENA RECORD:L.Hatz Washington DC 39.14 3-Feb-79

1 Lisa Grieve	Western Mustangs	42.13
2 Elise Glass	Michigan Accelerator	42.14
3 Tara Paluzi	Western Mustangs	42.96
4 Grace Sherwin	Guelph Gryphons	43.13
5 Kate Bickle	Waterloo Warriors	43.17
6 Kyra Caldwell	Michigan Accelerator	43.76
7 Stephanie Okolo	Michigan Accelerator	44.37
8 Erinma Elibe	Michigan Accelerator	44.77
9 Cindy Willits	Waterloo Warriors	44.98
10 Noelle Bradley	Michigan Accelerator	45.54
11 Kiersten Foster	Western Mustangs	45.90
12 Madde Wooten	Western Espoirs	46.30
13 Leah Zapotochny	Western Espoirs	46.36
14 Erika Scott	McMaster Marauders	46.57
15 Nastassia Goines	Michigan Accelerator	47.37
16 Jaime Hauseman	Waterloo Warriors	47.96
17 Jill Davies	Western Espoirs	48.04
18 Ciara Donaldson	Michigan Accelerator	49.73

Event # 6 MENS 300 Run

Timetable: 11:45am

3-Turn Stagger Start / Timed Final

CIS Standard: 34.55

MEET RECORD:M.Detailuer Central State 34.84 1-Dec-90

ARENA RECORD:J.Grace U. of Michigan 34.24 4-Feb-78

1 Dave Calille	Michigan Accelerator	35.84
2 Rob Gooch	Western Mustangs	36.27
3 Varick Tucker	Michigan Accelerator	36.84
4 Ainsley Miller	Brampton Elite TC	37.20
5 Jimmy Tat	McMaster Marauders	37.26
6 Andre Pelland	Track North AC	37.27
7 Joel Newbert	Western Mustangs	37.43
8 William Cranford	Michigan Accelerator	37.79
9 Matt Bahm	Waterloo Warriors	37.99
10 Curtis Simpson	Michigan Accelerator	38.43
10 Jeff Deault	Track North AC	38.43
12 Jordan Miles	Michigan Accelerator	38.46
13 Matthew Konsolis	Waterloo Warriors	38.85
14 Jared Coyne	Western Espoirs	38.87
15 Luke McLellan	Guelph Gryphons	38.94
16 Brad Amos	McMaster Marauders	38.95
17 Michael Makarov	McMaster Marauders	39.06

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18 Colin McLean	Waterloo Warriors	39.11
19 Ben Muirhead	UNATTACHED	39.17
20 Dan Ritz	Waterloo Warriors	39.90
21 Slava Goselik	McMaster Marauders	41.71
22 Nigel Odette	Michigan Accelerator	43.38
23 Joel Murray	Waterloo Warriors	44.84

Event # 7 WOMENS 600 Run

Timetable: 1:10pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:33.55

MEET RECORD:D.Walton Detroit Motor City 1:33.14 2-Dec-78

ARENA RECORD:M.Killingbeck York U. 1:30.54 8-Jan-83

1 Jen Cotten	Western Mustangs	1:35.4
2 Jen Ricks	Western Mustangs	1:37.6
3 Andrea Cheng	Western Mustangs	1:40.2
4 Kristen Dilullo	Western Espoirs	1:43.7
5 Jaime Hauseman	Waterloo Warriors	1:44.0
6 Keely Lawson	Western Mustangs	1:44.7
7 Melissa Groce	Michigan Accelerator	1:48.1
8 Erika Scott	McMaster Marauders	1:50.8
9 Erinma Elibe	Michigan Accelerator	1:55.2
10 Jenna Hotz	Waterloo Warriors	1:57.0
11 Elise Glass	Michigan Accelerator	1:57.2

Event # 8 MENS 600 Run

Timetable: 1:25pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:19.92

MEET RECORD:G.Bartram Ashland OH 1:19.14 3-Dec-88

ARENA RECORD:G.Bartram Ashland OH 1:19.14 3-Dec-88

1 Varick Tucker	Michigan Accelerator	1:23.2
2 Shane Ferth	Waterloo Alum	1:24.9
3 Colin Lawrence	Waterloo Warriors	1:25.3
4 Andre Pelland	Track North AC	1:26.1
5 Jordan Van Dyke	Western Espoirs	1:26.3
6 Dan Mizzi	Western Espoirs	1:27.1
6 Mark Vasey	Western Espoirs	1:27.1
6 John Trask	Guelph Gryphons	1:27.1
9 Jeff Turgeon	Guelph Gryphons	1:27.4
9 Jordan Miles	Michigan Accelerator	1:27.4
11 Jacob Muirhead	Waterloo Warriors	1:27.6
12 Colin McLean	Waterloo Warriors	1:28.3
13 Wesley George	Waterloo Warriors	1:29.0
14 Curtis Simpson	Michigan Accelerator	1:32.5
15 Nigel Odette	Michigan Accelerator	1:51.0

Event # 9 WOMENS 1000 Run

Timetable: 3:00pm

2-Turn Stagger Start / Timed Final

CIS Standard: 2:52.58

MEET RECORD:N.Masil York U. 2:49.84 1-Dec-90

ARENA RECORD:K.Vermuelen U.W.O. 2:46.11 15-Feb-02

1 Colleen Hennessy	Aquinas HS	3:09.66
2 Amanda Moodie	McMaster Marauders	3:13.76
3 Nikki VanRiel	McMaster Marauders	3:19.38
4 Melissa Groce	Michigan Accelerator	3:24.36

Event # 10 MENS 1000 Run

Timetable: 3:10pm

2-Turn Stagger Start / Timed Final

CIS Standard: 2:27.06

MEET RECORD:H.Mitro Toronto Olympic 2:28.54 2-Dec-95

ARENA RECORD:H.Mitro U. Waterloo 2:26.40 18-Jan-87

1 Matt Orava	McMaster Marauders	2:36.82
2 Cam Lynch	UNATTACHED	2:39.33
3 Dan Mizzi	Western Espoirs	2:39.70
4 Dave McNamee	Western Espoirs	2:40.50
5 Jacob Schofield	Michigan Accelerator	2:55.53

Event # 11 WOMENS 1500 Run

Timetable: 12:30pm

Fastest Seeds First

CIS Standard: 4:34.35

MEET RECORD:J.Purola U.W.O. 4:24.70 3-Dec-82

ARENA RECORD:J.Purola U.W.O. 4:24.70 3-Dec-82

1 Kelly-Lynne Spettigue	Waterloo Warriors	5:02.7
2 Amanda Moodie	McMaster Marauders	5:04.1
3 Nikki VanRiel	McMaster Marauders	5:16.4

Event # 12 MENS 1500 Run

Timetable: 12:40pm

Fastest Seeds First

CIS Standard: 3:53.58

MEET RECORD:D.Reid York U. 3:49.30 3-Dec-82

ARENA RECORD:D.Consiglio U. Arkansas 3:48.20 5-Jan-86

1 Eric Ouellette	Track North AC	4:09.2
2 Wesley George	Waterloo Warriors	4:11.0
3 Noah Fleming	McMaster Marauders	4:11.4
4 Eric Downing	McMaster Marauders	4:13.7
5 Derek Pamukoff	McMaster Marauders	4:25.2
6 Jacob Schofield	Michigan Accelerator	4:31.0
7 Mathew Rooke	Waterloo Warriors	4:32.5

Event # 13 WOMENS 3000 Run

Timetable: 1:50pm

CIS Standard: 9:54.80

MEET RECORD:L.Bussiere Quebec 9:09.00 2-Dec-89

ARENA RECORD:L.Bussiere Quebec 9:09.00 2-Dec-89

1 Leila Angrand	Western Espoirs	10:16.6
2 Jenn Webber	Western Mustangs	10:35.7
3 Alyssa Giuliani	UWO Red Shirt	10:39.1
4 Lorelle Convery	Western Mustangs	10:41.1
5 Lynn Mockler	Western Mustangs	10:41.5
6 Kara Wark	Western Espoirs	10:51.5
7 Hilary Egan	Western Mustangs	10:54.0
8 Johanna Shenstone	Western Espoirs	11:01.7
9 Rachel Sinasac	McMaster Marauders	11:02.6
10 Bronwen Douglas	McMaster Marauders	11:12.9
11 Stephanie Van Veen	Western Mustangs	11:13.2
12 Vicky Siemon	Western Mustangs	11:13.5
13 Monica Lau	McMaster Marauders	11:17.8
14 Katie Bell	Western Espoirs	11:34.4
15 Lauren Coutts	Western Espoirs	11:40.6
16 Laura Desjardins	Western Espoirs	11:58.9

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Event # 14 MENS 3000 Run

Timetable: 4:15pm

CIS Standard: 8:22.97

MEET RECORD:H.Mitro Sarnia TC 8:11.80 1-Dec-90

ARENA RECORD:H.Mitro Sarnia TC 8:11.80 1-Dec-90

1 Doug Currie	Sarnia Athletics	8:37.1
2 Nathan De Witt	Western Mustangs	8:38.1
3 Kyle O'Neill	Western Espoirs	8:40.7
4 Rodney Hulstein	UNATTACHED	8:47.9
5 Ryan Huff	Western Espoirs	8:51.1
6 Ryan Armstrong	Western Espoirs	8:51.9
7 Matt Suda	Western Mustangs	8:53.2
8 Alex Mouret	Western Mustangs	8:54.2
9 William Komer	Western Espoirs	8:54.4
10 Dan Wojcik	McMaster Marauders	8:56.1
11 Nate Hayward	Western Espoirs	8:57.2
12 Jamie Bruce	McMaster Marauders	9:15.4
13 Robbie Watson	Western Mustangs	9:18.8
14 Danny Francis	Western Espoirs	9:24.8
15 Rob Gibb	McMaster Marauders	9:35.8
16 James Fielding	UNATTACHED	9:39.8
17 Mathew Rooke	Waterloo Warriors	9:47.7

Event # 15 WOMENS 60 Hurdles

Prelims 2:40pm / Final 3:35pm

all advance to final

CIS Standard: 8.76

MEET RECORD:K.Anderson Phoenix TC 8.20 30-Nov-97

ARENA RECORD:K.Anderson Phoenix TC 8.20 30-Nov-97

RESULTS OF FINALS

1 Shellie McParland	Western Mustangs	9.42
2 Jenna Bell	Waterloo Warriors	9.80
3 Katie Perkin	Western Mustangs	9.95
4 Kirsten Wilkes	McMaster Marauders	11.21
5 Emily Coxhead	Western Espoirs	13.04

RESULTS OF PRELIMS

1 Shellie McParland	Western Mustangs	Q	9.37
2 Emily Coxhead	Western Espoirs	Q	9.52
3 Jenna Bell	Waterloo Warriors	Q	9.57
4 Katie Perkin	Western Mustangs	Q	9.87
5 Kirsten Wilkes	McMaster Marauders	Q	11.10

Event # 16 MENS 60 High Hurdles

Prelims 2:50pm / Final 3:25pm

all advance to final

CIS Standard: 8.36

MEET RECORD:S.Foudy York U. 8.23 5-Dec-87

ARENA RECORD:M.McKoy York U. 7.85 6-Jan-85

RESULTS OF FINALS

1 Karam Hinds	Western Espoirs	8.82
2 Aaron Grainge	Western Mustangs	9.21
3 Kevin O'Neill	Western Mustangs	9.30
4 Luke Cattet	Western Mustangs	9.51
5 Michael Makarov	McMaster Marauders	9.83
6 Tony Giannikouris	McMaster Marauders	10.00

RESULTS OF PRELIMS

1 Karam Hinds	Western Espoirs	Q	8.91
2 Kevin O'Neill	Western Mustangs	Q	9.18

3 Aaron Grainge	Western Mustangs	Q	9.24
4 Luke Cattet	Western Mustangs	Q	9.56
5 Michael Makarov	McMaster Marauders	Q	9.79
6 Tony Giannikouris	McMaster Marauders	Q	9.93

Event # 17 WOMENS 4x200m 800 Relay

Timetable: 3:45pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:41.85

MEET RECORD:U.Western Ontario Mustangs 1:42.74 1-Dec-91

ARENA RECORD:.U. of Windsor Lancers 1:41.34 16-Jan-93

1 Western Mustangs A	Western Mustangs	1:49.19
2 Waterloo Warriors A	Waterloo Warriors	1:51.52
3 McMaster Marauders A	McMaster Marauders	1:55.20

Event # 18 MENS 4x200m 800 Relay

Timetable: 4:00pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:28.07

MEET RECORD:K.Waterloo TC 1:30.34 2-Dec-95

ARENA RECORD:.U. of Windsor Lancers 1:28.84 18-Jan-92

2 Waterloo Warriors B	Waterloo Warriors	1:35.20
Dan Ritz	Hugo Lopez	
Joel Murray	Ryan Wight	
3 Take Flight AC A	Take Flight AC	1:35.38
4 McMaster Marauders B	McMaster Marauders	1:35.50
Tony Giannikouris	Michael Makarov	
Kevin Chu	Nick Holbrick-Siu	
5 Western Mustangs C	Western Mustangs	1:37.01
6 McMaster Marauders A	McMaster Marauders	1:39.66
Matt Carrejola	Socrates Salmon	
Brad Amos	Jimmy Tat	
7 Western Mustangs B	Western Mustangs	1:42.75
Aaron Grainge	Luke Cattet	
8 Waterloo Warriors A	Waterloo Warriors	1:42.84
Jeremiah Derksen	Luke Govia	
Ben Clare	Matthew Konsolis	

Event # 20 MENS 4x400m 1600 Relay

Timetable: 4:45pm

2-Turn Stagger Start / Timed Final

CIS Standard: 3:21.23

MEET RECORD:D.Wayne State Tartars 3:19.34 5-Dec-80

ARENA RECORD:U.Western Ontario Mustangs 3:19.14 18-Jan-85

1 Waterloo Warriors A	Waterloo Warriors	3:36.74
Matt Bahm	Colin Lawrence	
Jacob Muirhead	Colin McLean	
2 Waterloo Warriors B	Waterloo Warriors	3:45.78
Dan Ritz	Matthew Konsolis	
Ben Clare	Wesley George	

Event # 21 WOMENS High Jump

Timetable: 12:00pm

CIS Standard: 1.70m

MEET RECORD:C.Bond-Mills Woodstock TC 1.81 4-Dec-93

ARENA RECORD:J.White Etobicoke TC 1.83 4-Feb-78

1 Jen Cotten	Western Mustangs	1.60
2 Shaniesta Haye	Guelph Gryphons	1.55

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3 Katie Johnson	Western Mustangs	1.55
4 Erin Collinson	Guelph Gryphons	1.55
5 Alex Poetschke	Western Espoirs	1.50
6 Mimi Fong	Western Espoirs	1.40

Event # 22 MENS High Jump

Timetable: 1:15pm

CIS Standard: 2.01m

MEET RECORD:P.Carballo U. Detroit Mercy 2.15 30-Nov-96

ARENA RECORD:G.Paul Carabello UDM 2.15 F'83/ N'96

1 Alex Witmer	Western Espoirs	2.01
2 Kadeem Douglas	Take Flight AC	1.90
3 Nick Glover	Western Espoirs	1.90
4 Abdul Abousaleh	Waterloo Warriors	1.85
5 Kevin Hoenig	Guelph Gryphons	1.80
6 Andrew Dandie	Take Flight AC	1.80
7 Richard Vaughan	Guelph Gryphons	1.80
8 Matt Spataro	Western Espoirs	1.80
9 Luke Cattet	Western Mustangs	1.80
9 Kyle Killam	Guelph Gryphons	1.80
Eric Graves	Waterloo Warriors	NM

Event # 23 WOMENS Pole Vault

Timetable: 3:30pm

CIS Standard: 3.67m

MEET RECORD:D.Ellis U. of Waterloo 3.95 2-Dec-00

ARENA RECORD:D.Ellis U. of Waterloo 3.95 2-Dec-00

1 Jenn House	Western Espoirs	3.57
2 Alex Poetschke	Western Espoirs	3.07
Chelsey Nicholas	Western Espoirs	NM
Laura Barclay	Western Mustangs	NM
Laura Ferris	Western Mustangs	NM
Emma Crombeen	London Legion TFC	NM

Event # 24 MENS Pole Vault

Timetable: 2:00pm

CIS Standard: 4.72m

MEET RECORD:D.Wood York U. 5.35 4-Dec-93

ARENA RECORD:D.Wood York U. 5.35 4-Dec-93

1 Kristian Wilson	London-Western TFC	4.60
2 Donald Moon	London-Western TFC	4.32
3 Cole McLarty	Western Mustangs	4.32
4 Michael Lopatowski	London Legion TFC	4.02
5 Adam Wyprysky	Western Mustangs	4.02
6 Chris Erle	Western Espoirs	3.82
7 Kevin O'Neill	Western Mustangs	3.62

Event # 25 WOMENS Long Jump

Timetable: 1:00pm

CIS Standard: 5.71m

ARENA RECORD:B.Bolton U.W.O. 5.97 1-Feb-97

MEET RECORD:R.Pugh London-Western 5.85 5-Dec-80

1 Michelle Moody	Guelph Gryphons	5.48
2 Shellie McParland	Western Mustangs	5.40
3 Alicia Smith	Western Espoirs	5.34
4 Alanna Backx	Western Mustangs	5.33
5 Katie Flemington	Guelph TC	5.11
6 Neb Zachariah	Guelph Gryphons	5.04

7 Lacey VanDermarel	Western Mustangs	5.01
8 Stephanie Okolo	Michigan Accelerator	4.86
9 Elise Glass	Michigan Accelerator	4.86
10 Sarah Sylvester	Western Espoirs	4.74
11 Kim Richardson	Guelph Gryphons	4.68
12 Katie Perkin	Western Mustangs	4.66
12 Jenna Bell	Waterloo Warriors	4.66
14 Jenn House	Western Espoirs	4.47
15 Noelle Bradley	Michigan Accelerator	4.45
16 Kaitlyn Smith	McMaster Marauders	4.35
16 Victoria Tschichart	McMaster Marauders	4.35
16 Janelle Brouwer	Western Espoirs	4.35
19 Ciara Donaldson	Michigan Accelerator	4.16
20 Nina Roy	Waterloo Warriors	4.15
21 Jocelyn Carabott	Athletiques Intrnat	3.34

Event # 26 MENS Long Jump

Timetable: 11:30am

CIS Standard: 7.24m

ARENA RECORD:T.Betty U.W.O. 7.45 14-Jan-95

MEET RECORD:B.Brimson Tennessee Tech 7.12 4-Dec-76

1 Guyson Kuruneri	Guelph Gryphons	6.55
2 Kevin Hoenig	Guelph Gryphons	6.55
3 Kadeem Douglas	Take Flight AC	6.49
4 Jeremy Yang	Waterloo Warriors	6.39
5 Nick Holbrick-Siu	McMaster Marauders	6.25
6 Jason Goetz	Waterloo Warriors	6.21
7 Jhordan Graham	Take Flight AC	6.03
8 Aaron Grainge	Western Mustangs	5.94
9 Pat Quilty	Western Mustangs	5.74
9 Sherze Lewis	Take Flight AC	5.74
11 Luke Cattet	Western Mustangs	5.65
12 William Cranford	Michigan Accelerator	5.57
12 Kyle Killam	Guelph Gryphons	5.57
14 Ryan Wight	Waterloo Warriors	5.47
15 Richard Vaughan	Guelph Gryphons	5.42
16 Steve Thompson	Western Espoirs	5.18
17 Aaron Bates	Waterloo Warriors	5.08
18 Felix Li	Western Espoirs	4.85

Event # 27 WOMENS Triple Jump

Timetable: 4:00pm

CIS Standard: 11.68m

ARENA RECORD:K.Dinsmore U. of Windsor 12.58 14-Jan94

MEET RECORD:N.Zachariah U. of Guelph 12.11 2-Dec-06

1 Neb Zachariah	Guelph Gryphons	11.60
2 Katie Flemington	Guelph TC	11.16
3 Alicia Smith	Western Espoirs	11.00
4 Kim Richardson	Guelph Gryphons	10.83
5 Sarah Sylvester	Western Espoirs	10.58
6 Lacey VanDermarel	Western Mustangs	10.28
7 Janelle Brouwer	Western Espoirs	10.19
8 Erin Collinson	Guelph Gryphons	9.93
9 Victoria Tschichart	McMaster Marauders	9.76
10 Julia Mirotta	Guelph TC	9.44

"2008" SEASON'S OPENER T&F MEET - 32nd Annual**Saturday 24-Nov-07**

11/24/2007 - 11/24/2007

UWO Thompson Arena, London ON**Event # 28 MENS Triple Jump**

Timetable: 2:30pm

CIS Standard: 14.73m

ARENA RECORD:D.Trowell Tennessee Tech . 15.42 4-Dec-76

MEET RECORD:D.Trowell Tennessee Tech 15.42 4-Dec-76

1 Cornell Haynes	Guelph Gryphons	13.96
2 Kevin Hoenig	Guelph Gryphons	13.94
3 Pat Quilty	Western Mustangs	13.72
4 Jason Goetz	UNATTACHED	13.71
5 Guyson Kuruneri	Guelph Gryphons	13.00
6 Andrew Dandie	Take Flight AC	12.75

Event # 29 WOMENS Shot Put

Timetable: 3:00pm

4-kg / 8.8-lb weight

CIS Standard: 13.21m

ARENA RECORD:L.Tunks Unattached 18.60 1-Mar-03

MEET RECORD:A.Kieser Saginaw Valley State 14.40 3-Dec-94

1 Steph Jackson	Guelph Gryphons	13.36
2 Sarah Manson	Western Mustangs	12.00
3 Sarah McIntosh	Western Mustangs	11.61
4 Julie Montes	Western Mustangs	11.32
5 Kela Bartle	Guelph Gryphons	11.07
6 Allison Lamoureux	Western Mustangs	10.70
7 Chelsea Keeley	Guelph Gryphons	10.69
8 Daniela Kwiatkowski	Guelph Gryphons	10.27
9 Jenine McCutcheon	Western Espoirs	9.72
10 Shellie McParland	Western Mustangs	9.66
10 Lauren Lalovich	Western Espoirs	9.66
12 Jenna Bell	Waterloo Warriors	9.44
13 Jen Cotten	Western Mustangs	9.23
14 Katie Perkin	Western Mustangs	9.04
15 Katie Johnson	Western Mustangs	7.89

Event # 30 MENS Shot Put

Timetable: 1:30pm

7.26-kg / 16-lb weight

CIS Standard: 16.09m

ARENA RECORD:L.Chambul Scarboro Opt TC 17.78 2-Feb-80

MEET RECORD:V.Visciano Buffalo State 16.00 3-Dec-77

1 Owen Willems	Guelph Gryphons	13.50
2 Dan McDonald	Western Mustangs	13.40
3 Jared Pignataro	Guelph Gryphons	12.86
4 Luke Cattet	Western Mustangs	11.94
5 Dustin McCrank	Guelph Gryphons	11.42
6 Aaron Grainge	Western Mustangs	11.39
7 Aaron Bates	Waterloo Warriors	11.13
8 Ryan Wight	Waterloo Warriors	10.22
9 Steve Thompson	Western Espoirs	9.65
10 Wayne Bowman	St.Thomas Legion	9.31

Event # 31 WOMENS Weight Throw

Timetable: 12:00pm

9.1-kg / 20-lb weight

CIS Standard: 15.57m

ARENA RECORD:J.Montes U.W.O. 13.80 2-Dec-06

MEET RECORD:J.Montes U.W.O. 13.80 2-Dec-06

1 Sarah Manson	Western Mustangs	13.39
2 Cara Marcantonio	Western Mustangs	12.79
3 Julie Montes	Western Mustangs	12.71
4 Steph Jackson	Guelph Gryphons	12.59
5 Daniela Kwiatkowski	Guelph Gryphons	12.49
6 Allison Lamoureux	Western Mustangs	11.74
7 Chelsea Keeley	Guelph Gryphons	11.62
8 Sarah McIntosh	Western Mustangs	11.39
9 Kela Bartle	Guelph Gryphons	10.88

Event # 32 MENS Weight Throw

Timetable: 11:00am

15.9-kg / 35-lb weight

CIS Standard: 16.07m

ARENA RECORD:O.Willems U. of Guelph 16.72 2-Dec-06

MEET RECORD:O.Willems U. of Guelph 16.72 2-Dec-06

1 Owen Willems	Guelph Gryphons	16.73 *
1 Wiley Collins	London Legion TFC	21.36 *
2 Dustin McCrank	Guelph Gryphons	14.57
3 Jared Pignataro	Guelph Gryphons	13.82
4 Dave Letwin	Western Mustangs	12.55
5 Josh Archer	Western Espoirs	12.04
6 Dan McDonald	Western Mustangs	13.04