

"2009" SEASON'S OPENER T&F MEET - 32nd Annual**Saturday 29-Nov-08**

11/29/2008 - 11/29/2008

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

11:30am/Semi 12:35pm/Final 1:10pm

top 1 per heat/top 4 per semi adv

CIS Standard: 7.69

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

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

RESULTS OF FINALS

1 Miana Griffiths	Guelph Gryphons		7.65
2 Christienne Linton	Michigan Accelerator		7.82
3 Deja Wright	Michigan Accelerator		8.12
4 Mila Simulik	R Western Mustangs		8.13
5 Morgan Hall	E2 Western Mustangs		8.14
6 Noelle Bradley	Michigan Accelerator		8.15
7 VanEssa Brathwaite	R Western Mustangs		8.20
8 Melanie Lui	R Western Mustangs		8.22

RESULTS OF SEMIS

1 Miana Griffiths	Guelph Gryphons	Q	7.62
2 Christienne Linton	Michigan Accelerator	Q	7.84
3 Noelle Bradley	Michigan Accelerator	Q	8.06
4 Deja Wright	Michigan Accelerator	Q	8.11
5 Mila Simulik	R Western Mustangs	Q	8.12
6 VanEssa Brathwaite	R Western Mustangs	Q	8.17
7 Melanie Lui	R Western Mustangs	Q	8.19
7 Morgan Hall	E2 Western Mustangs	Q	8.19
9 Marget Bellino	Michigan Accelerator		8.25
10 Brittany Shreve	UNATTACHED		8.27
11 Alicia Smith	E2 UWO Espoirs		8.28
12 Cassandra McCaig	R Western Mustangs		8.32
13 Ciara Donaldson	Michigan Accelerator		8.33
14 Corrie Castro	Michigan Accelerator		8.41
15 Jaime Hauseman	Waterloo Warriors		8.47

RESULTS OF PRELIMS

1 Miana Griffiths	Guelph Gryphons	Q	7.74
2 Christienne Linton	Michigan Accelerator	Q	7.93
3 Deja Wright	Michigan Accelerator	q	8.12
4 Melanie Lui	R Western Mustangs	Q	8.13
5 Karlee Parker	London Legion TFC	q	8.14
6 Noelle Bradley	Michigan Accelerator	Q	8.15
6 Brittany Shreve	UNATTACHED	q	8.15
8 Mila Simulik	R Western Mustangs	Q	8.16
9 Marget Bellino	Michigan Accelerator	q	8.23
10 VanEssa Brathwaite	R Western Mustangs	q	8.24
11 Alicia Smith	E2 UWO Espoirs	q	8.31
12 Morgan Hall	E2 Western Mustangs	q	8.32
13 Ciara Donaldson	Michigan Accelerator	q	8.33
14 Corrie Castro	Michigan Accelerator	q	8.35
15 Jaime Hauseman	Waterloo Warriors	q	8.37
16 Cassandra McCaig	R Western Mustangs	q	8.38
17 Emily Coxhead	E2 Western Mustangs		8.43
18 Rebecca Adamcheck	Michigan Accelerator		8.46
19 Sandra Ofosu	R Western Mustangs		8.51
20 Nancy Spreitzer	Waterloo Warriors		8.54
20 Jordan Hayes	Michigan Accelerator		8.54
22 Anne Szeto	R Western Mustangs		8.61
23 Shannon Stewardson	E2 McMaster Marauders		8.70
24 Emma Crombeen	London Legion TFC		8.76
25 Katie Kaiser	R Western Mustangs		8.79
26 Vicki Tschirhart	E3 McMaster Marauders		8.80
27 Ashley Ostridge	R UWO Espoirs		9.06
27 Megan Paruta	Michigan Accelerator		9.06

27 Carmen Wong	R Western Mustangs		9.06
30 Nikki Roy	E2 McMaster Marauders		9.07
31 Edwina Dai	Waterloo Warriors		9.18
32 Stephanie Loy Son	R McMaster Marauders		9.28
33 Elizabeth Ling	Waterloo Warriors		9.58

Event # 2 MENS 60m Dash

11:50am/Semi 12:40p/ Final 1:15pm

top 1 per heat/top 4 per semi adv

CIS Standard: 6.82

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

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

RESULTS OF FINALS

1 Dominique Lynch	Michigan Accelerator		6.95
2 Emeka Ukwuoma	E5 Western Mustangs		7.03
3 Aaron Bowman	St.Thomas Legion		7.03
4 Matt Middleton	E4 Western Mustangs		7.04
5 Stephen Rich	Michigan Accelerator		7.21
6 Luke Govia	Waterloo Warriors		7.23
7 Ivan Ho	E3 Western Mustangs		7.25
8 Curtis Mason	Michigan Accelerator		7.34

RESULTS OF SEMIS

1 Dominique Lynch	Michigan Accelerator	Q	6.93
2 Aaron Bowman	St.Thomas Legion	Q	6.99
3 Matt Middleton	E4 Western Mustangs	Q	7.06
4 Emeka Ukwuoma	E5 Western Mustangs	Q	7.12
5 Stephen Rich	Michigan Accelerator	Q	7.16
5 Luke Govia	Waterloo Warriors	Q	7.16
7 Ivan Ho	E3 Western Mustangs	Q	7.19
8 Nick Anagnostou	Michigan Accelerator		7.23
9 Curtis Mason	Michigan Accelerator	Q	7.26
10 Nick D'Aloisio	E4 Western Mustangs		7.28
11 Tony Okorodudu	McMaster Marauders		7.30
12 Geoff Hutten	R McMaster Marauders		7.34
13 Andrew Judge	London-Western TFC		7.37
14 Mark Scherle	London-Western TFC		7.42
15 Abdull Zubair	UWO Red Shirt		7.45

RESULTS OF PRELIMS

1 Aaron Bowman	St.Thomas Legion	Q	7.03
1 Dominique Lynch	Michigan Accelerator	Q	7.03
3 Matt Middleton	E4 Western Mustangs	Q	7.10
4 Stephen Rich	Michigan Accelerator	Q	7.19
5 Kristian Wilson	London Legion TFC	q	7.23
6 Luke Govia	Waterloo Warriors	q	7.24
7 Nick Anagnostou	Michigan Accelerator	Q	7.27
8 Geoff Hutten	R McMaster Marauders	q	7.28
8 Ivan Ho	E3 Western Mustangs	q	7.28
10 Emeka Ukwuoma	E5 Western Mustangs	q	7.31
11 Abdull Zubair	UWO Red Shirt	q	7.33
11 Nick D'Aloisio	E4 Western Mustangs	Q	7.33
11 Curtis Mason	Michigan Accelerator	q	7.33
14 Tony Okorodudu	McMaster Marauders	q	7.34
15 Mark Scherle	London-Western TFC	q	7.35
16 Denis Noronha	E3 McMaster Marauders		7.37
16 Jacob Muirhead	Waterloo Warriors		7.37
18 Daniel Goddard	R Western Mustangs		7.39
19 Nate VanDerheyden	E3 Western Mustangs		7.41
20 Andrew Judge	London-Western TFC	Q	7.42
21 Tony Giannikouris	E3 McMaster Marauders		7.44
22 Abdulrahman	Waterloo Warriors		7.46
22 Hayden McDade	Michigan Accelerator		7.46

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22 Drew Mackay-	E2	UWO Espoirs	7.46	11 Drew Mackay-	E2	UWO Espoirs	23.95
25 Nick Holbik-Siu	E5	McMaster Marauders	7.50	12 Hayden McDade		Michigan Accelerator	24.11
26 Michael Lopatowski		London Legion TFC	7.51	13 Curtis Mason		Michigan Accelerator	24.19
27 Eric Noland		Waterloo Warriors	7.53	14 Matt Pawelke	R	McMaster Marauders	24.41
28 Brendan Curran		Michigan Accelerator	7.55	15 Steve Greening	E4	Western Mustangs	24.45
29 James Langford	R	UWO Espoirs	7.57	16 Jason Byars		Michigan Accelerator	24.48
29 Jason Byars		Michigan Accelerator	7.57	17 Jonathan Hornell-	R	UWO Espoirs	24.74
31 Tanner Forsyth		Waterloo Warriors	7.61	18 James Langford	R	UWO Espoirs	24.81
31 Donald Moon		London Legion TFC	7.61	19 Anthony Caiazzo	R	UWO Espoirs	24.82
31 Sheldon Connell	R	McMaster Marauders	7.61	20 Brendan Curran		Michigan Accelerator	24.86
31 Matt Denman		Waterloo Warriors	7.61	21 Dekoven Thomas		Michigan Accelerator	25.17
35 Hugo Lopez		Waterloo Warriors	7.62	22 Bobby Gilmore	R	McMaster Marauders	25.27
36 Anthony Caiazzo	R	UWO Espoirs	7.65	23 Nathan Emmons	R	McMaster Marauders	25.40
37 Nathan Emmons	R	McMaster Marauders	7.66	24 Tommy Nagorski		Waterloo Warriors	25.54
38 Ryan Wight		Waterloo Warriors	7.70	25 Tanner Forsyth		Waterloo Warriors	26.09
39 David Koots	R	McMaster Marauders	7.71	26 Austin Golles		Michigan Accelerator	26.20
40 Matt Pawelke	R	McMaster Marauders	7.72	27 Slava Gorelik	E3	McMaster Marauders	26.50
41 Dekoven Thomas		Michigan Accelerator	7.73				
42 Will Schultz	E5	Western Mustangs	7.79				
43 Tommy Nagorski		Waterloo Warriors	7.85				
44 Kevin Chu	E3	McMaster Marauders	7.86				
45 Slava Gorelik	E3	McMaster Marauders	7.90				
45 Bobby Gilmore	R	McMaster Marauders	7.90				
47 Ryan Lee		Waterloo Warriors	7.97				
48 Austin Golles		Michigan Accelerator	8.19				

Event # 3 WOMENS 200m Dash

Timetable: 2:05pm

Timed Final / Fastest Seeds First

CIS Standard 24.86

#ARENA RECORD:T.Paluzzi U.W.O. 25.91 21-Nov-2006

%MEET RECORD:N.Griffiths Windsor Sprint 26.45 24-Nov-07

1 Jordan Clark		Swift Track Club	26.14	%
2 Miana Griffiths		Guelph Gryphons	26.21	%
3 Melanie Lui	R	Western Mustangs	26.78	
4 Noelle Bradley		Michigan Accelerator	27.02	
5 Marget Bellino		Michigan Accelerator	27.48	
6 Erin Ratelle	R	UWO Espoirs	27.73	
7 Corrie Castro		Michigan Accelerator	27.87	
8 Jordan Hayes		Michigan Accelerator	28.19	
9 Sharonda Vesey		Michigan Accelerator	28.70	
10 Ciara Donaldson		Michigan Accelerator	28.71	
11 Shannon Stewardson	E2	McMaster Marauders	28.77	

Event # 4 MENS 200m Dash

Timetable: 2:15pm

Timed Final / Fastest Seeds First

CIS Standard 21.57

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

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

1 Emeka Ukwuoma	E5	Western Mustangs	23.07	
2 Renoldo Powell		Michigan Accelerator	23.17	
3 Luke Govia		Waterloo Warriors	23.50	
4 Daniel Goddard	R	Western Mustangs	23.63	
5 Jimmy Tat	E2	McMaster Marauders	23.69	
6 Stephen Rich		Michigan Accelerator	23.78	
7 Nate VanDerheyden	E3	Western Mustangs	23.80	
8 Denis Noronha	E3	McMaster Marauders	23.83	
9 Joel Newbert	E3	Western Mustangs	23.90	
10 Ivan Ho	E3	Western Mustangs	23.91	

Event # 5 WOMENS 300m Run

Timetable: 2:45pm

3-Turn Stagger Start / Timed Final

CIS Standard: 39.53

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

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

1 Sydni Clark		Swift Track Club	41.90	
2 Jordan Clark		Swift Track Club	43.26	
3 Sherelle Solomon	E4	Western Mustangs	43.33	
4 Dana Hislop	R	McMaster Marauders	43.43	
5 Rebecca Adamcheck		Michigan Accelerator	43.53	
6 Melissa Groce		Michigan Accelerator	43.68	
7 Erin Ratelle	R	UWO Espoirs	43.74	
8 Deja Wright		Michigan Accelerator	43.95	
9 Cassandra McCaig	R	Western Mustangs	43.96	
10 VanEssa Brathwaite	R	Western Mustangs	44.21	
11 Kanaya Williams		Michigan Accelerator	44.83	
12 Morgan Van Mierlo	R	McMaster Marauders	45.08	
13 Emma Glofcheski		Waterloo Warriors	45.55	
14 Stephanie Hinton		Waterloo Warriors	45.87	
15 Megan Paruta		Michigan Accelerator	47.84	
16 Kirsten Wilkes	E2	McMaster Marauders	48.90	
17 Leanne Sinclair		Waterloo Warriors	49.27	

Event # 6 MENS 300m Run

Timetable: 3:00pm

3-Turn Stagger Start / Timed Final

CIS Standard: 34.64

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

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

1 Jimmy Tat	E2	McMaster Marauders	36.60	
2 Abdull Zubair		UWO Red Shirt	36.69	
3 Tayler Peruski		Michigan Accelerator	36.84	
4 John Budzyn		Michigan Accelerator	37.23	
5 Andre Pelland		Track North	37.34	
6 Dejuan Callway		Swift Track Club	37.46	
7 Eric Noland		Waterloo Warriors	37.96	
8 Chris Lam		Waterloo Warriors	38.02	
8 Mike Makarov	E3	McMaster Marauders	38.02	
10 Benjamin Clare		Waterloo Warriors	38.12	
11 Matt Denman		Waterloo Warriors	38.70	
12 Steven MacHin		Michigan Accelerator	38.74	

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13 Brendan Schneider		Michigan Accelerator	38.80	2 Megan Weschler	Michigan Accelerator	3:21.44
14 Daniel Liu	R	UWO Espoirs	39.00	3 Reighan Fischer	Michigan Accelerator	3:34.01
15 Dan Ritz		Waterloo Warriors	39.29			
16 George Dizenzo	R	McMaster Marauders	39.40			
17 Abdulrahman		Waterloo Warriors	39.51			
18 Zachary Gaskell		Michigan Accelerator	39.72			
19 Spencer Hall		Michigan Accelerator	39.76			
20 David Koots	R	McMaster Marauders	43.64			

Event # 7 WOMENS 600m Run

Timetable: 1:45pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:33.84

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

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

1 Jen Ricks	E4	Western Mustangs	1:37.18
2 Jen Perrault	E3	Western Mustangs	1:38.22
3 Nikki Barlow	R	Western Mustangs	1:40.49
4 Andrea Cheng	E3	UWO Espoirs	1:41.08
5 Sydney Clark		Swift Track Club	1:41.37
6 Jackie Todd	R	Western Mustangs	1:42.03
7 Melissa Groce		Michigan Accelerator	1:42.71
8 Kanaya Williams		Michigan Accelerator	1:45.15
9 Stephanie Hinton		Waterloo Warriors	1:47.01
10 Reighan Fischer		Michigan Accelerator	1:47.60
11 Megan Weschler		Michigan Accelerator	1:49.18
12 Juliann Desjardins	R	Western Mustangs	1:53.05

Event # 8 MENS 600m Run

Timetable: 1:55pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:19.92

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

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

1 Scott Leitch	R	Western Mustangs	1:23.14
2 Tayler Peruski		Michigan Accelerator	1:23.70
3 Andre Pelland		Track North	1:24.90
4 Mike Poaps	R	UWO Espoirs	1:25.87
5 Brendan Schneider		Michigan Accelerator	1:26.04
6 Mark Vasey	E2	UWO Espoirs	1:26.56
7 Dejuan Callway		Swift Track Club	1:26.62
8 Jacham Van Engers		Waterloo Warriors	1:26.66
9 Jacob Muirhead		Waterloo Warriors	1:27.30
10 Thomas Faulkner	R	UWO Espoirs	1:27.47
11 Spencer Hall		Michigan Accelerator	1:27.76
12 Colin McLean		Waterloo Warriors	1:27.97
13 George Dizenzo	R	McMaster Marauders	1:28.32
14 Lawrence Xie		Waterloo Warriors	1:31.70
15 Anthony Davids		Swift Track Club	1:32.06
16 Patrick Doherty	R	UWO Espoirs	1:32.56
17 Michael Nangle	R	UWO Espoirs	1:34.45

Event # 9 WOMENS 1000m Run

Timetable: 3:20pm

2-Turn Stagger Start / Timed Final

CIS Standard: 2:50.60

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

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

1 Erika Scott	E3	McMaster Marauders	3:12.59
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Event # 10 MENS 1000m Run

Timetable: 3:30pm

2-Turn Stagger Start / Timed Final

CIS Standard: 2:26.50

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

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

1 Chris Hartman		Waterloo Warriors	2:40.75
2 Dan Mizzi	E2	UWO Espoirs	2:41.71
3 Thomas Faulkner	R	UWO Espoirs	2:42.89
4 Stephen Bell		Waterloo Warriors	2:52.20
5 Lawrence Xie		Waterloo Warriors	2:55.72
6 Anthony Davids		Swift Track Club	2:56.05
7 Michael Nangle	R	UWO Espoirs	3:04.61

Event # 11 WOMENS 1500m Run

Timetable: 2:35pm

Fastest Seeds First

CIS Standard: 4:32.11

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

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

1 Jen Mracek	R	UWO Espoirs	5:05.77
2 Katie Bell	R	Western Mustangs	5:09.74
3 Lauren Coutts	R	UWO Espoirs	5:11.51
Angela Easby	R	UWO Espoirs	DNF

Event # 14 MENS 3000m Run

Timetable: 4:00pm

CIS Standard: 8:21.59

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

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

1 Rodney Hulstein		Brock University	8:58.08
2 Ryan Huff	E2	UWO Espoirs	8:59.65
3 David Arango	R	UWO Espoirs	9:06.36
4 Kevin Moore		Brock University	9:12.21
Simon Hodge	R	Western Mustangs	DNF

Event # 15 WOMENS 60m Hurdles

Prelims 12:10pm / Final 12:55pm

top 1 per heat auto advance

CIS Standard: 8.81

#ARENA RECORD:K.Anderson Phoenix TC 8.20 30-Nov97

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

RESULTS OF FINALS

1 Jen Cotten	E4	Western Mustangs	9.17
2 Christienne Linton		Michigan Accelerator	9.27
3 Emily Coxhead	E2	Western Mustangs	9.31
4 Brittany Shreve		UNATTACHED	9.67
5 Lacey VanDermarel	E4	Western Mustangs	10.01
6 Katie Johnson	E3	Western Mustangs	10.54
7 Sharonda Vesey		Michigan Accelerator	10.64
8 Jaime Hauseman		Waterloo Warriors	10.89

RESULTS OF PRELIMS

1 Emily Coxhead	E2	Western Mustangs	Q	9.36
2 Christienne Linton		Michigan Accelerator	q	9.41
3 Jen Cotten	E4	Western Mustangs	q	9.42

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4 Brittany Shreve	UNATTACHED	Q	10.00
5 Lacey VanDermarel	E4 Western Mustangs	q	10.10
6 Sharonda Vesey	Michigan Accelerator	q	10.29
7 Jaime Hauseman	Waterloo Warriors	q	10.59
8 Katie Johnson	E3 Western Mustangs	q	10.63
9 Stephanie Loy Son	R McMaster Marauders		11.81
10 Gloria Spirou	E5 McMaster Marauders		11.90

Event # 16 MENS 60m High Hurdles

Prelims 12:20pm / Final 12:50pm

top 1 per heat auto advance

CIS Standard: 8.34

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

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

RESULTS OF FINALS

1 K J Hinds	E2 UWO Espoirs	8.77
2 Kevin O'Neill	E3 Western Mustangs	8.84
3 Hugo Lopez	Waterloo Warriors	8.93
4 Jason Goetz	Waterloo Warriors	9.09
5 Tony Giannikouris	E3 McMaster Marauders	9.42
6 Zack Godwin	R UWO Espoirs	9.53
7 Mike Makarov	E3 McMaster Marauders	9.54
8 Felix Li	R Western Mustangs	9.67

RESULTS OF PRELIMS

1 K J Hinds	E2 UWO Espoirs	Q	8.76
2 Hugo Lopez	Waterloo Warriors	q	8.81
3 Zack Godwin	R UWO Espoirs	q	9.20
4 Kevin O'Neill	E3 Western Mustangs	Q	9.46
5 Jason Goetz	Waterloo Warriors	q	9.53
6 Tony Giannikouris	E3 McMaster Marauders	q	9.54
7 Felix Li	R Western Mustangs	q	9.62
7 Mike Makarov	E3 McMaster Marauders	q	9.62
9 Derrick Hui	R UWO Espoirs		9.78
10 Aaron Bates	Waterloo Warriors		10.38

Event # 17 WOMENS 4x200m Relay

Timetable: 3:40pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:42.08

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

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

1 Western Mustangs A	Western Mustangs	1:47.52
Morgan Hall E2	Sherelle Solomon E4	
V Brathwaite R	Emily Coxhead E2	
26.9, 26.4, 27.3, 26.7		
2 McMaster Marauders A	McMaster Marauders	1:52.62
Morgan Van Mierlo R	Dana Hislop R	
Kirsten Wilkes E2	S Stewardson E2	
3 Waterloo Warriors A	Waterloo Warriors	1:53.78
Jaime Hauseman	Emma Glofcheski	
Stephanie Hinton	Leanne Sinclair	

Event # 18 MENS 4x200m Relay

Timetable: 3:50pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:28.97

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

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

1 Western Mustangs A	Western Mustangs	1:32.92
N VanDerheyden E3	Matt Middleton E4	
Nick D'Aloisio E4	Daniel Goddard R	
23.7, 23.1, 23.0, 22.9		
2 Michigan Accelerator A	Michigan Accelerator	1:33.38
Stephen Rich	Hayden McDade	
Renoldo Powell	Nick Anagnostou	
3 Waterloo Warriors A	Waterloo Warriors	1:34.95
Luke Govia	Jacob Muirhead	
Benjamin Clare	Chris Lam	
4 McMaster Marauders A	McMaster Marauders	1:36.31
T Giannikouris E3	Geoff Hutten R	
Mike Makarov E3	Jimmy Tat E2	
5 UWO Espoirs A	UWO Espoirs	1:38.31
D Mackay-Timmerma E2	Anthony Caiazzo R	
James Langford R		
24.1, 24.4, 24.8, 24.7		
6 Waterloo Warriors B	Waterloo Warriors	1:39.29
Hugo Lopez	Eric Noland	
Colin McLean	Dan Ritz	
7 Waterloo Warriors C	Waterloo Warriors	1:39.44
A Ghannoum	Matt Denman	
Tommy Nagorski	Tanner Forsyth	

Event # 19 WOMENS 4x400m Relay

Timetable: 4:15pm

2-Turn Stagger Start / Timed Final

CIS Standard: 3:52.99

#ARENA RECORD:.York Univ. Yeowomen 3:55.04 3-Dec-89

%MEET RECORD:.York Univ. Yeowomen 3:55.04 2-Dec-89

1 Western Mustangs A	Western Mustangs	4:00.80
Melanie Lui R	Jen Perrault E3	
Nikki Barlow R	Jen Cotten E4	
60.3, 60.3, 60.9, 59.0		
2 Michigan Accelerator A	Michigan Accelerator	4:07.48
Melissa Groce	Corrie Castro	
Marget Bellino	Christienne Linton	
61.7		
3 Michigan Accelerator B	Michigan Accelerator	4:13.92
Kanaya Williams	Deja Wright	
Rebecca Adamcheck	Sharonda Vesey	
61.7, 63.2, 62.9, 59.5		
4 Waterloo Warriors A	Waterloo Warriors	4:27.27
Jaime Hauseman	Emma Glofcheski	
Stephanie Hinton	Leanne Sinclair	

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UWO Thompson Arena, London ON**Event # 20 MENS 4x400m Relay**

Timetable: 4:25pm

2-Turn Stagger Start / Timed Final

CIS Standard: 3:19.73

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

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

1 Michigan Accelerator A	Michigan Accelerator	3:29.87
John Budzyn	Curtis Mason	
Brendan Schneider	Taylor Peruski	
52.3, 52.6, 53.4, 51.4		
2 Western Mustangs A	Western Mustangs	3:30.88
Scott Leitch R	Elias Granillo R	
Joel Newbert E3	Steve Greening E4	
51.7, 52.0, 52.8, 54.1		
3 Waterloo Warriors A	Waterloo Warriors	3:33.66
Jacob Muirhead	Chris Lam	
Benjamin Clare	Colin McLean	
4 UWO Espoirs A	UWO Espoirs	3:38.44
Patrick Doherty R	Daniel Liu R	
Mark Vasey E2	Thomas Faulkner R	
55.7, 54.4, 54.1, 54.1		
5 Michigan Accelerator B	Michigan Accelerator	3:41.23
Zachary Gaskell	Spencer Hall	
Steven MacHin	Derrick White	
6 Waterloo Warriors B	Waterloo Warriors	3:42.93
Jacham Van Engers	Eric Noland	
Dan Ritz	Chris Hartman	
7 Waterloo Warriors C	Waterloo Warriors	3:53.61

Event # 21 WOMENS High Jump

Timetable: 12:00pm

CIS Standard: 1.70m

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

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

1 Jen Galt	R Western Mustangs	1.55m
2 Tolu Fadiya	McMaster Marauders	1.50m
2 Gloria Spirou	E5 McMaster Marauders	1.50m
2 Ally Crich	London-Western TFC	1.50m
5 Alex Poetschke	E2 UWO Espoirs	1.50m
6 Rachel Bowmeester	London-Western TFC	1.45m
7 Rachel Hurdle	R UWO Espoirs	1.45m

Event # 22 MENS High Jump

Timetable: 1:15pm

CIS Standard: 2.00m

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

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

1 Tim Young	E2 UWO Espoirs	1.90m
2 Dan Minnesma	E3 McMaster Marauders	1.90m
3 Andrew Good	Waterloo Warriors	1.85m
4 Nick Glover	E2 UWO Espoirs	1.85m
5 Brian Sutherland	Waterloo Warriors	1.80m
6 Zachary Gaskell	Michigan Accelerator	1.75m
7 Felix Li	R Western Mustangs	1.65m

Event # 23 WOMENS Pole Vault

Timetable: 3:30pm

CIS Standard: 3.67m

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

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

1 Jenn House	E2 UWO Espoirs	3.30m
2 Laura Ferris	E4 UWO Espoirs	3.30m
2 Karlee Parker	London Legion TFC	3.30m
4 Chelsey Nicholas	E2 UWO Espoirs	3.20m
4 Carmen Sui	R Western Mustangs	3.20m
4 Emma Crombeen	London Legion TFC	3.20m
7 Laura Barclay	E4 UWO Espoirs	3.10m
8 Alex Poetschke	E2 UWO Espoirs	3.00m

Event # 24 MENS Pole Vault

Timetable: 2:00pm

CIS Standard: 4.68m

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

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

1 Kristian Wilson	London Legion TFC	5.00m
2 Donald Moon	London Legion TFC	4.60m
3 Adam Wyprysky	E3 UWO Espoirs	4.20m
4 Chris Erle	E2 UWO Espoirs	4.20m
4 Michael Lopatowski	London Legion TFC	4.20m
Paul Sumpton	UWO Espoirs	FOUL

Event # 25 WOMENS Long Jump

Timetable: 1:00pm

CIS Standard: 5.70m

#ARENA RECORD:J. Cotten U.W.O. 5.98 19-Jan-08

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

1 Lacey VanDermarel	E4 Western Mustangs	5.21m
2 Christienne Linton	Michigan Accelerator	5.09m
3 Katie Kaiser	R Western Mustangs	5.09m
4 Morgan Hall	E2 Western Mustangs	5.00m
5 Katrina VanDervoort	Waterloo Warriors	4.90m
6 Karlee Parker	London Legion TFC	4.79m
7 Noelle Bradley	Michigan Accelerator	4.74m
7 Vicki Tschirhart	E3 McMaster Marauders	4.74m
9 Sandra Ofosu	R Western Mustangs	4.72m
10 Emma Crombeen	London Legion TFC	4.49m
11 Juliann Desjardins	R Western Mustangs	4.46m
12 Katie Johnson	E3 Western Mustangs	4.40m
13 Rachel Bowmeester	London-Western TFC	4.36m
14 Ciara Donaldson	Michigan Accelerator	4.21m
15 Nancy Spreitzer	Waterloo Warriors	4.13m
16 Edwina Dai	Waterloo Warriors	4.08m
17 Elizabeth Ling	Waterloo Warriors	4.02m
Anne Szeto	R Western Mustangs	FOUL

Event # 26 MENS Long Jump

Timetable: 11:30am

CIS Standard: 7.16m

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

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

1 Mark Scherle	London-Western TFC	6.96m
2 Nick Holbik-Siu	E5 McMaster Marauders	6.66m

"2009" SEASON'S OPENER T&F MEET - 32nd Annual**Saturday 29-Nov-08**

11/29/2008 - 11/29/2008

UWO Thompson Arena, London ON

3 Andrew Judge	London-Western TFC	6.46m
4 Mike Mcneil-Sweeny	R Western Mustangs	6.29m
5 Ryan Wight	Waterloo Warriors	6.07m
6 Kristian Wilson	London Legion TFC	6.03m
7 Geoff Hutten	R McMaster Marauders	6.00m
8 Jason Byars	Michigan Accelerator	5.93m
9 Sheldon Connell	R McMaster Marauders	5.66m
10 Brian Sutherland	Waterloo Warriors	5.58m
11 Michael Lopatowski	London Legion TFC	5.54m
12 Donald Moon	London Legion TFC	5.36m

Event # 27 WOMENS Triple Jump

Timetable: 4:00pm

CIS Standard: 11.55m

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

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

1 Mila Simulik	R Western Mustangs	11.17m
2 Alicia Smith	E2 UWO Espoirs	11.13m
3 Katie Kaiser	R Western Mustangs	10.92m
4 Sandra Ofosu	R Western Mustangs	10.82m
5 Anne Szeto	R Western Mustangs	10.81m
6 Katrina VanDervoort	Waterloo Warriors	10.36m
7 Carmen Wong	R Western Mustangs	10.16m
8 Ashley Ostridge	R UWO Espoirs	10.03m
9 Vicki Tschirhart	E3 McMaster Marauders	9.91m
10 Rachel Hurdle	R UWO Espoirs	9.55m
11 Nancy Spreitzer	Waterloo Warriors	9.03m
12 Elizabeth Ling	Waterloo Warriors	9.01m
Edwina Dai	Waterloo Warriors	FOUL

Event # 28 MENS Triple Jump

Timetable: 2:30pm

CIS Standard: 14.38m

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

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

1 Will Schultz	E5 Western Mustangs	13.65m
2 Jason Goetz	Waterloo Warriors	13.51m
3 Carl Shen	R Western Mustangs	13.24m
4 Nick Holbik-Siu	E5 McMaster Marauders	12.77m
5 Brian Sutherland	Waterloo Warriors	11.86m

Event # 29 WOMENS Shot Put

Timetable: 3:00pm

4-kg / 8.8-lb weight

CIS Standard: 12.95m

#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	E5 Guelph Gryphons	13.60m
2 Sarah Manson	E4 Western Mustangs	12.20m
3 Sarah McIntosh	E3 Western Mustangs	12.01m
4 Hannah Keating	R Western Mustangs	11.02m
5 Jordan Brown	R Western Mustangs	10.88m
6 Jenine McCutcheon	E2 UWO Espoirs	9.85m
7 Juliann Desjardins	R Western Mustangs	8.97m
8 Lacey VanDermarel	E4 Western Mustangs	8.40m
9 Katie Johnson	E3 Western Mustangs	8.26m
10 Amber Blackwell	Waterloo Warriors	8.02m
11 Gloria Spirou	E5 McMaster Marauders	7.12m

Event # 30 MENS Shot Put

Timetable: 1:30pm

7.26-kg / 16-lb weight

CIS Standard: 15.42m

#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	Speed River TC	15.60m
2 Tim Hardy	Guelph Gryphons	13.68m
3 Dustin McCrank	Guelph Gryphons	12.92m
4 Dan MacDonald	E4 Western Mustangs	12.83m
5 Aaron Grainge	UWO Alum	11.20m
6 Aaron Bates	Waterloo Warriors	11.20m
7 Geoff Hutten	R McMaster Marauders	10.66m
8 Chau Le Ngoc	Waterloo Warriors	10.25m
9 Ryan Wight	Waterloo Warriors	10.12m
10 Kevin O'Neill	E3 Western Mustangs	10.03m
11 Felix Li	R Western Mustangs	8.49m

Event # 31 WOMENS Weight Throw

Timetable: 12:00pm

9.1-kg / 20-lb weight

CIS Standard: 15.29m

#ARENA RECORD:H.Patterson U.W.O. 15.51 19-Jan-08

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

1 Cara Marcantonio	E2 Western Mustangs	14.12m %
2 Sarah McIntosh	E3 Western Mustangs	13.87m %
3 Sarah Manson	E4 Western Mustangs	13.60m
4 Jordan Brown	R Western Mustangs	11.62m

Event # 32 MENS Weight Throw

Timetable: 11:00am

15.9-kg / 35-lb weight

CIS Standard: 16.08m

#MEET RECORD:O.Willems U. of Guelph 16.73 24-Nov-07

%ARENA RECORD:O.Willems U. of Guelph 16.73 24-Nov-07

1 Owen Willems	Speed River TC	17.78m #
2 Dustin McCrank	Guelph Gryphons	16.31m
3 Josh Archer	E2 Western Mustangs	14.31m
4 Tim Hardy	Guelph Gryphons	13.38m

Event # 34 BOYS 39" 60m Hurdles

Timetable: 12:25pm

Boys 39" Timed Final

1 Renoldo Powell	Michigan Accelerator	8.39
2 Derrick White	Michigan Accelerator	8.80
3 Steven MacHin	Michigan Accelerator	9.12

Event # 36 BOYS 20-lb Weight Throw

1 Kevin Bowman	Saugeen TFC	18.58m
2 Alex Pillar	Saugeen TFC	16.85m