

"2010" SEASON'S OPENER T&F MEET - 33rd Annual**Saturday 5-Dec-2009**

05/12/2009 - 05/12/2009

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: 7.61

#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	UNATTACHED	7.56
2 Cassandra McCaig	Western Mustangs	8.05
3 Vanessa Brathwaite	Western Mustangs	8.10
4 Mila Simulik	Western Mustangs	8.18
5 Sherelle Solomon	Western Mustangs	8.19
6 De'Ja Wright	Michigan Accelerator	8.21
7 Shellie McParland	UWO Alum	8.22
8 Melanie Lui	Western Mustangs	8.24

RESULTS OF SEMIS

1 Miana Griffiths	UNATTACHED	Q	7.58
2 Cassandra McCaig	Western Mustangs	Q	8.01
3 Vanessa Brathwaite	Western Mustangs	Q	8.09
4 Melanie Lui	Western Mustangs	Q	8.13
5 Mila Simulik	Western Mustangs	Q	8.13
6 Shellie McParland	UWO Alum	Q	8.16
7 Sherelle Solomon	Western Mustangs	Q	8.17
8 Alicia Smith	Western Mustangs	8.21	
8 De'Ja Wright	Michigan Accelerator	Q	8.21
10 Jaimie Houseman	Waterloo Alum	8.28	
11 Ciera Donaldson	Michigan Accelerator	8.37	
12 Kayla Schoenle	Michigan Accelerator	8.38	
13 Annalese Brown	Western Espoirs	8.42	
14 Morgan Hall	Western Mustangs	8.44	
15 Emily Coxhead	Western Mustangs	8.47	

RESULTS OF PRELIMS

1 Miana Griffiths	UNATTACHED	Q	7.56
2 Melanie Lui	Western Mustangs	Q	8.09
3 Mila Simulik	Western Mustangs	Q	8.14
4 Vanessa Brathwaite	Western Mustangs	q	8.15
5 Cassandra McCaig	Western Mustangs	Q	8.16
6 De'Ja Wright	Michigan Accelerator	q	8.17
7 Shellie McParland	UWO Alum	q	8.19
8 Alicia Smith	Western Mustangs	q	8.25
9 Morgan Hall	Western Mustangs	q	8.26
10 Kayla Schoenle	Michigan Accelerator	q	8.27
11 Jaimie Houseman	Waterloo Alum	q	8.29
12 Sherelle Solomon	Western Mustangs	q	8.31
13 Kayla Smith	Saugeen TFC	q	8.35
14 Ciera Donaldson	Michigan Accelerator	q	8.38
15 Emily Coxhead	Western Mustangs	q	8.45
16 Annalese Brown	Western Espoirs	q	8.47
17 Jennifer Adebajo	Waterloo Warriors	8.48	
18 Latisha Rhooms	McMaster Marauders	8.49	
19 Caroline Ssemamanda	McMaster Marauders	8.51	
20 Rachel Lorimer	Waterloo Warriors	8.53	
21 Sarah Sylvester	Western Mustangs	8.64	
22 Danielle VanOs	Western Mustangs	8.69	
22 Julia Hayman	Western Mustangs	8.69	
24 Katerina Karidas	Western Espoirs	8.84	
25 Nancy Spreitzer	Waterloo Warriors	8.89	
26 Chantel Pilon	Waterloo Warriors	9.18	

Event # 2 MENS 60m Dash

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

top 1 per heat/top 4 per semi adv

CIS Standard: 6.79

#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 Jason Kerr	Western Espoirs	6.95
2 Shlomo Dunyo	Waterloo Warriors	7.04
3 Luke Govia	Waterloo Warriors	7.07
4 Eric Roque	Waterloo Warriors	7.10
5 Andrew Judge	Western Mustangs	7.11
6 Michael James	UNATTACHED	7.12
7 Emeka Ukwuoma	UWO Alum	7.18
8 Brandon McCartney	Western Mustangs	7.30

RESULTS OF SEMIS

1 Jason Kerr	Western Espoirs	Q	7.07
2 Shlomo Dunyo	Waterloo Warriors	Q	7.09
3 Luke Govia	Waterloo Warriors	Q	7.12
4 Eric Roque	Waterloo Warriors	Q	7.13
5 Michael James	UNATTACHED	Q	7.17
6 Andrew Judge	Western Mustangs	Q	7.18
7 Emeka Ukwuoma	UWO Alum	Q	7.22
8 Brandon McCartney	Western Mustangs	Q	7.24
9 Matt Carrejola	McMaster Marauders	7.25	
10 Billy Riga	Michigan Accelerator	7.27	
11 Daniel Goddard	Western Espoirs	7.28	
12 Kofi Kwarko-Fosu	Waterloo Warriors	7.30	
13 Victor Hicks	Michigan Accelerator	7.36	
14 Jalen Garrett	Michigan Accelerator	7.39	
14 Cory Allen	Waterloo Warriors	7.39	
16 Jared Chapman	Western Espoirs	7.40	

RESULTS OF PRELIMS

1 Jason Kerr	Western Espoirs	Q	6.99
2 Shlomo Dunyo	Waterloo Warriors	Q	7.15
3 Eric Roque	Waterloo Warriors	q	7.16
3 Andrew Judge	Western Mustangs	Q	7.16
5 Luke Govia	Waterloo Warriors	Q	7.17
6 Michael James	UNATTACHED	Q	7.19
7 Brandon McCartney	Western Mustangs	q	7.26
8 Daniel Goddard	Western Espoirs	q	7.33
9 Victor Hicks	Michigan Accelerator	Q	7.33
10 Billy Riga	Michigan Accelerator	q	7.33
11 Emeka Ukwuoma	UWO Alum	q	7.35
12 Jared Chapman	Western Espoirs	q	7.37
12 Kofi Kwarko-Fosu	Waterloo Warriors	q	7.37
14 Matt Carrejola	McMaster Marauders	q	7.38
15 Cory Allen	Waterloo Warriors	q	7.41
16 Jalen Garrett	Michigan Accelerator	q	7.43
17 Denis Noronha	McMaster Marauders	7.45	
18 Dave Koots	McMaster Marauders	7.48	
18 Mark Scherle	London-Western T&F	7.48	
20 Oliver Grant	Waterloo Warriors	7.49	
21 Tony Giannikouris	McMaster Marauders	7.52	
21 Ben Terejko	Waterloo Warriors	7.52	
21 Hugo Lopez	Waterloo Warriors	7.52	
21 Tyler Pirie	UNATTACHED	7.52	
25 Josh Carty	Western Espoirs	7.54	
26 Colin Bokhout	Saugeen TFC	7.72	
27 Clayton Latham	Take Flight TC	7.74	

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28 Tommy Nagorski	Waterloo Warriors	7.77
29 Emery Sparks	UNATTACHED	7.86
30 Troy MacRae	Waterloo Warriors	7.91
30 Harmanbir Brar	Waterloo Warriors	7.91
32 Dwayne Powell	McMaster Marauders	7.96
33 Matt Morden	Western Mustangs	7.98
34 Eric Luong	Waterloo Warriors	8.16
35 Chris Raic	Waterloo Warriors	8.24
36 Aditya Dongre	Waterloo Warriors	8.34

Event # 3 WOMENS 200m Dash

Timetable: 1:50pm

Timed Final / Fastest Seeds First

CIS Standard 24.99

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

%MEET RECORD:J.Clark Swift TC 26.14 29-Nov-08

1 Miana Griffiths	UNATTACHED	25.91	#
2 Lisa Grieve	Western Mustangs	26.45	
3 Jen Perrault	Western Mustangs	26.65	
4 Sherelle Solomon	Western Mustangs	26.71	
5 Shellie McParland	UWO Alum	26.83	
6 Melanie Lui	Western Mustangs	26.92	
7 Jaimie Houseman	Waterloo Alum	27.20	
8 Emily Coxhead	Western Mustangs	27.33	
9 Vanessa Brathwaite	Western Mustangs	27.47	
10 Erin Ratelle	Western Espoirs	27.80	
11 Katrina VanDervoort	Waterloo Warriors	27.94	
12 Danielle VanOs	Western Mustangs	28.21	
13 Latisha Rhooms	McMaster Marauders	28.30	
14 Morgan Van Mierlo	McMaster Marauders	28.31	
15 Annalese Brown	Western Espoirs	28.57	
16 Jennifer Adebanjo	Waterloo Warriors	30.61	

Event # 4 MENS 200m Dash

Timetable: 2:10pm

Timed Final / Fastest Seeds First

CIS Standard 21.93

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

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

1 Luke Govia	Waterloo Warriors	23.05
2 Daniel Goddard	Western Espoirs	23.17
3 Jake Spuller	Michigan Accelerator	23.34
4 Jimmy Tat	McMaster Marauders	23.35
5 Eric Roque	Waterloo Warriors	23.84
6 Denis Noronha	McMaster Marauders	24.15
7 Josh Carty	Western Espoirs	24.39
8 Eric Noland	Waterloo Warriors	24.53
9 Reggie Taylor	Western Espoirs	24.79
10 Guy Bellemare	Michigan Accelerator	24.94
11 Kofi Kwarko-Fosu	Waterloo Warriors	25.16
12 Dekoven Thomas	Michigan Accelerator	25.39
13 Matt Morden	Western Mustangs	25.52
14 Eric Luong	Waterloo Warriors	28.46
Dwayne Powell	McMaster Marauders	DNF

Event # 5 WOMENS 300m Run

Timetable: 2:50pm

3-Turn Stagger Start / Timed Final

CIS Standard: 39.93

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

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

1 Lisa Grieve	Western Mustangs	41.57
2 Jen Perrault	Western Mustangs	41.58
3 Becca Adamcheck	Michigan Accelerator	42.49
4 Cassandra McCaig	Western Mustangs	42.53
5 Megan Yanik	Michigan Accelerator	42.79
6 Krystle Ingram	Michigan Accelerator	42.92
7 Jessica Tat	McMaster Marauders	43.35
8 De'Ja Wright	Michigan Accelerator	43.52
9 Kayla Schoenle	Michigan Accelerator	43.65
10 Victoria Siemon	Western Espoirs	43.88
11 Dana Hislop	McMaster Marauders	43.92
12 Erin Ratelle	Western Espoirs	44.07
13 Rachel Lorimer	Waterloo Warriors	44.18
14 Megan Vitale	Michigan Accelerator	44.36
15 Danielle VanOs	Western Mustangs	44.55
16 Caroline Strasser	Michigan Accelerator	44.65
17 Lisa Kerry	Western Espoirs	44.74
18 Erin Suttman	Michigan Accelerator	46.53
19 Kelly Littlejohn	UNATTACHED	47.49
20 Chantel Pilon	Waterloo Warriors	47.93
21 Leanne Sinclair	Waterloo Warriors	48.69
22 Jacqueline Rennebohm T1	Western Espoirs	50.91

Event # 6 MENS 300m Run

Timetable: 3:10pm

3-Turn Stagger Start / Timed Final

CIS Standard: 34.53

#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	McMaster Marauders	36.35
2 Elias Granillo	Western Mustangs	36.44
3 Johnt Thompson	Michigan Accelerator	36.55
4 Oliver Grant	Waterloo Warriors	37.09
5 Victor Hicks	Michigan Accelerator	37.19
6 Spencer Hall	Michigan Accelerator	37.57
7 Jake Spuller	Michigan Accelerator	37.58
8 Mike Bulman	Western Espoirs	37.84
9 Billy Riga	Michigan Accelerator	37.86
10 Zach Gaskell	Michigan Accelerator	37.99
11 Dan Ritz	Waterloo Warriors	38.51
12 Ben Terejko	Waterloo Warriors	38.58
13 Jalen Garrett	Michigan Accelerator	38.74
14 Reggie Taylor	Western Espoirs	38.82
15 Mike Makarov	McMaster Marauders	38.89
16 Tommy Nagorski	Waterloo Warriors	39.79
17 Nick McNulty	Saugeen TFC	40.12
18 Andrew Kasza	McMaster Marauders	40.18
18 Guy Bellemare	Michigan Accelerator	40.18
20 Dekoven Thomas	Michigan Accelerator	41.40
21 Colin Bokhout	Saugeen TFC	41.62
22 Troy MacRae	Waterloo Warriors	41.99
23 Harmanbir Brar	Waterloo Warriors	42.00
24 Michael Enright	Waterloo Warriors	42.01

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25 Patrick Noland	Waterloo Warriors	42.57
26 Aditya Dongre	Waterloo Warriors	42.64

Event # 7 WOMENS 600m Run

Timetable: 1:30pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:33.45

#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	Western Mustangs	1:37.43
2 Madison Halls	St. Thomas Legion	1:38.23
3 Victoria Siemon	Western Espoirs	1:39.13
4 Erika Scott	McMaster Alum	1:39.94
5 Kate Bickle	Waterloo Alum	1:40.21
6 Jennifer Bays	Western Espoirs	1:40.83
7 Kaleisha Hilborn	Western Espoirs	1:41.01
8 Courtney Long	Western Espoirs	1:41.33
9 Erin Suttman	Michigan Accelerator	1:42.67
10 Anna Stassen	Michigan Accelerator	1:44.76
11 Megan Weschler	Michigan Accelerator	1:45.59
12 Sara Stassen	Michigan Accelerator	1:46.18
13 Kortlyn Johnson	Michigan Accelerator	1:48.49
14 Laura-Ellen Devries	McMaster Marauders	1:50.99
15 Jessica Shantz	McMaster Marauders	1:51.42
16 Breanna Hall	McMaster Marauders	1:51.88
17 Jacqueline Rennebohm T1	Western Espoirs	2:00.40

Event # 8 MENS 600m Run

Timetable: 1:40pm

2-Turn Stagger Start / Timed Final

CIS Standard: 1:19.67

#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	Western Mustangs	1:21.51
2 Spencer Hall	Michigan Accelerator	1:22.79
3 Evan Porter	Saugeen TFC	1:24.21
4 Jacob Muirhead	Waterloo Warriors	1:25.74
5 Thomas Faulkner	Western Espoirs	1:26.62
6 Darragh O'Connor	Western Espoirs	1:27.04
7 Zach Gaskell	Michigan Accelerator	1:27.10
8 Greg Hitchon	McMaster Marauders	1:28.62
9 Stephen Bell	Waterloo Warriors	1:30.69
10 Nick McNulty	Saugeen TFC	1:33.14

Event # 9 WOMENS 1000m Run

Timetable: 3:30pm

2-Turn Stagger Start / Timed Final

CIS Standard: 2:51.08

#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 Jackie Todd	Western Mustangs	3:08.91
2 Megan Weschler	Michigan Accelerator	3:11.28
3 Anna Stassen	Michigan Accelerator	3:16.73
4 Sara Stassen	Michigan Accelerator	3:17.06

Event # 10 MENS 1000m Run

Timetable: 3:40pm

2-Turn Stagger Start / Timed Final

CIS Standard: 2:26.58

#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 Thomas Faulkner	Western Espoirs	2:44.24
2 Darragh O'Connor	Western Espoirs	2:47.46
3 Omar Fayoumi	Western Espoirs	2:48.92
4 Felix Li	Western Espoirs	3:04.39
5 Omid Fotuhi	Waterloo Warriors	3:07.58

Event # 11 WOMENS 1500m Run

Timetable: 2:30pm

Fastest Seeds First

CIS Standard: 4:32.61

#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 Rachel Windsor	Western Espoirs	5:13.27
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Event # 12 MENS 1500m Run

Timetable: 2:40pm

Fastest Seeds First

CIS Standard: 3:52.56

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

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

1 Rob Bark	Waterloo Warriors	4:19.49
2 Matt Melnik	Waterloo Warriors	4:33.93

Event # 14 MENS 3000m Run

Timetable: 4:30pm

CIS Standard: 8:20.47

#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 Rob Bark	Waterloo Warriors	8:56.78
2 Jan Henning	Saugeen TFC	9:05.43
3 Rob Gomez	Saugeen TFC	9:08.75

Event # 15 WOMENS 60m Hurdles

Prelims 12:10pm / Final 12:55pm

top 1 per heat auto advance

CIS Standard: 8.84

#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 Emily Coxhead	Western Mustangs	9.47
2 Megan Yanik	Michigan Accelerator	9.60
3 Kelly Littlejohn	UNATTACHED	9.64
4 Julia Hayman	Western Mustangs	10.08
5 Becca Adamcheck	Michigan Accelerator	10.39
6 Brittany Hicks	McMaster Marauders	11.12
7 Caroline Ssemanda	McMaster Marauders	12.07

RESULTS OF PRELIMS

1 Emily Coxhead	Western Mustangs	Q	9.45
2 Kelly Littlejohn	UNATTACHED	q	9.67
3 Julia Hayman	Western Mustangs	q	9.71

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4 Megan Yanik	Michigan Accelerator	q	9.80
5 Becca Adamcheck	Michigan Accelerator	q	10.14
6 Brittany Hicks	McMaster Marauders	q	10.72
7 Caroline Ssemanda	McMaster Marauders	q	12.46

Event # 16 MENS 60m High Hurdles

Prelims 12:20pm / Final 12:50pm

top 1 per heat auto advance

CIS Standard: 8.33

#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 Andrew VanDendool	St. Thomas Legion	8.21	%
2 Mark Stewart	Western Mustangs	8.27	
3 Eric Noland	Waterloo Warriors	9.06	
4 Matt Morden	Western Mustangs	9.14	
5 Hugo Lopez	Waterloo Warriors	9.23	
6 Tony Giannikouris	McMaster Marauders	9.33	
7 Zack Godwin	Western Mustangs	9.49	
8 Felix Li	Western Espoirs	9.59	

RESULTS OF PRELIMS

1 Andrew VanDendool	St. Thomas Legion	Q	8.24
2 Mark Stewart	Western Mustangs	Q	8.57
3 Hugo Lopez	Waterloo Warriors	q	8.80
4 Eric Noland	Waterloo Warriors	q	8.99
5 Felix Li	Western Espoirs	q	9.24
6 Zack Godwin	Western Mustangs	q	9.33
7 Matt Morden	Western Mustangs	q	9.42
8 Tony Giannikouris	McMaster Marauders	q	9.49
9 Martin Brandt	Waterloo Warriors		9.54
10 Derek Hui	Western Espoirs		9.63
11 Omar Fayoumi	Western Espoirs		9.71
11 Mike Makarov	McMaster Marauders		9.71
13 Adam Coulter	Western Espoirs		10.04

Event # 17 WOMENS 4x200m Relay

Timetable: 4:10pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:41.86

#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 McMaster Marauders A	McMaster Marauders	1:48.67
Latisha Rhooms	Morgan Van Mierlo	
Caroline Ssemanda	Jessica Tat	
26.5, 27.0, 26.7, 26.8		
2 Western Mustangs A	Western Mustangs	1:49.13
Vanessa Brathwaite	Melanie Lui	
Erin Ratelle	Annalese Brown	
26.6, 26.0, 28.2, 28.2		

Event # 18 MENS 4x200m Relay

Timetable: 4:20pm

3-Turn Stagger Start / Timed Final

CIS Standard: 1:28.57

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

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

1 Waterloo Warriors A	Waterloo Warriors	1:37.37
Eric Roque	Oliver Grant	
Ben Terejko	Dan Ritz	
24.4, 23.7, 24.6, 24.3		
2 Waterloo Warriors C	Waterloo Warriors	1:39.63
Shlomo Duno	Chris Lam	
Tommy Nagorski	Aditya Dongre	
24.1, 23.8, 24.5, 26.9		
3 Saugeen TFC A	Saugeen TFC	1:40.95
Evan Porter	Colin Bokhout	
Mat West	Nick McNulty	
4 McMaster Marauders A	McMaster Marauders	1:42.36
Cholo Floresca	Dave Koots	
Patrick Keating	Denis Noronha	
24.4, 25.2, 25.6, 23.4		
5 Waterloo Warriors D	Waterloo Warriors	1:42.39
Kofi Kwarko-Fosu	Eric Noland	
Troy MacRae	Harmanbir Brar	
24.0, 24.8, 25.8, NT		
6 Waterloo Warriors B	Waterloo Warriors	1:44.64
Luke Govia	Cory Allen	
Patrick Noland	Eric Luong	
23.3, 24.5, 28.0, 28.5		

Event # 19 WOMENS 4x400m Relay

Timetable: 4:45pm

2-Turn Stagger Start / Timed Final

CIS Standard: 3:52.68

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

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

1 Michigan Accelerator A	Michigan Accelerator	4:08.00
Krystle Ingram	De'Ja Wright	
Megan Yanik	Becca Adamcheck	
63.6, 64.2, 61.0, 58.9		
2 Michigan Accelerator B	Michigan Accelerator	4:16.02
Caroline Strasser	Kortlyn Johnson	
Kayla Schoenle	Megan Vitale	
64.3, 65.6, 64.4, 61.4		
3 Western Mustangs A	Western Mustangs	4:17.22
Courtney Long	Lisa Kerry	
Jennifer Bays	Kaleisha Hilborn	
62.7, 66.0, 65.5, 62.7		
4 McMaster Marauders A	McMaster Marauders	4:25.38
Dana Hislop	L Devries	
Jessica Shantz	Breanna Hall	
62.2, 67.7, 65.2, 69.8		

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

Timetable: 4:55pm

2-Turn Stagger Start / Timed Final

CIS Standard: 3:20.70

#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	3:31.01
Johnte Thompson	Zach Gaskell	
Victor Hicks	Billy Riga	
52.5,	52.1,	53.7,
52.3		
2 Western Mustangs A	Western Mustangs	3:32.76
Scott Leitch	Elias Granillo	
Mike Bulman	Reggie Taylor	
51.7,	52.6,	54.0,
54.0		
3 Waterloo Warriors A	Waterloo Warriors	3:34.69
Luke Govia	Oliver Grant	
Jacob Muirhead	Chris Lam	
54.6,	54.9,	54.2,
50.8		
4 Michigan Accelerator B	Michigan Accelerator	3:37.53
Spencer Hall	Jake Spuller	
Jalen Garrett	Dekoven Thomas	
50.5,	54.6,	52.3,
60.0		
5 Waterloo Warriors B	Waterloo Warriors	3:39.25
Eric Roque	Cory Allen	
Ben Terejko	Dan Ritz	
59.9,	57.8,	55.7,
55.6		
6 McMaster Marauders A	McMaster Marauders	3:41.73
Greg Hitchon	Andrew Kasza	
Mike Makarov	Tony Giannikouris	
7 Waterloo Warriors C	Waterloo Warriors	3:57.84
Kofi Kwarko-Fosu	Michael Enright	
Stephen Bell	Omid Fotuhi	
58.3,	61.3,	55.8,
62.2		

Event # 21 WOMENS High Jump

Timetable: 12:00pm

CIS Standard: 1.69m

#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	Western Mustangs	1.58m
2 Brooke Wilson	Western Mustangs	1.55m
2 Katie Johnson	Western Espoirs	1.55m
4 Alex Poetschke	Western Espoirs	1.50m
5 Rachel Hurdle	Western Espoirs	1.40m

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 Mat West	Saugeen TFC	1.88m
2 Andrew Good	Waterloo Warriors	1.85m
3 Justin Conlon	Waterloo Warriors	1.75m
4 Omar Fayoumi	Western Espoirs	1.65m
5 Felix Li	Western Espoirs	1.60m

Event # 23 WOMENS Pole Vault

Timetable: 3:30pm

CIS Standard: 3.62m

#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 Carmen Siu	Western Espoirs	3.30m
2 Alex Poetschke	Western Espoirs	3.30m
3 Laura Barclay	Western Mustangs	3.20m
4 Chelsey Nicholls	UNATTACHED	2.80m
5 Danielle Tams	Western Espoirs	2.65m
Alysha Newman	London Legion	FOUL
Julia Hayman	Western Mustangs	FOUL
Jenn House	Western Espoirs	FOUL

Event # 24 MENS Pole Vault

Timetable: 1:30pm

CIS Standard: 4.64m

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

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

Donald Moon	UNATTACHED
Paul Sumpton	Western Espoirs
Adam Wyprysky	Western Espoirs
Kristian Wilson	UNATTACHED

Event # 25 WOMENS Long Jump

Timetable: 1:00pm

CIS Standard: 5.65m

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

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

1 Shellie McParland	UWO Alum	5.40m
2 Mila Simulik	Western Mustangs	5.39m
3 Morgan Hall	Western Mustangs	5.29m
4 Katie Kaiser	Western Mustangs	5.06m
5 Caroline Strasser	Michigan Accelerator	4.82m
6 Victoria Tschirhart	McMaster Marauders	4.80m
7 Briawna Taylor	London-Western T&F	4.69m
8 Kayla Smith	Saugeen TFC	4.66m
9 Katie Johnson	Western Espoirs	4.55m
10 Caitlyn Campbell	London-Western T&F	4.52m
11 Brittany Hicks	McMaster Marauders	4.46m
11 Ciera Donaldson	Michigan Accelerator	4.46m
13 Kelly Littlejohn	UNATTACHED	4.32m
14 Karen Belfall	Waterloo Warriors	4.25m
15 Taylor House	London-Western T&F	4.16m
16 Jennifer Adebajo	Waterloo Warriors	3.90m

Event # 26 MENS Long Jump

Timetable: 11:30am

CIS Standard: 7.10m

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

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

1 Clayton Latham	Take Flight TC	7.31m
2 Ehis Adada	Western Mustangs	6.81m
3 Brandon McCartney	Western Mustangs	6.32m
4 Mark Scherle	London-Western T&F	6.24m
5 Zach Gaskell	Michigan Accelerator	6.15m
6 Jared Chapman	Western Espoirs	6.14m

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7 Mike Whitley	UNATTACHED	5.83m	3 Ken Trudgeon	London-Western T&F	12.29m
8 Mat West	Saugeen TFC	5.75m	4 Jesse Francis	Western Mustangs	12.20m
9 Justin Conlon	Waterloo Warriors	5.65m	5 Ben Ford	Western Mustangs	11.93m
10 Guy Bellemare	Michigan Accelerator	5.64m	6 Youssef Youssef	Waterloo Warriors	11.83m
11 Youssef Youssef	Waterloo Warriors	5.46m	7 Justin Conlon	Waterloo Warriors	9.75m
12 Patrick Keating	McMaster Marauders	5.25m			
Andrew Judge	Western Mustangs	FOUL			

Event # 27 WOMENS Triple Jump

Timetable: 4:00pm

CIS Standard: 11.45m

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

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

1 Alicia Smith	Western Mustangs	11.48m
2 Sarah Sylvester	Western Mustangs	11.07m
3 Katrina VanDervoort	Waterloo Warriors	10.69m
4 Katerina Karidas	Western Espoirs	10.45m
5 Kayla Smith	Saugeen TFC	10.38m
6 Victoria Tschirhart	McMaster Marauders	10.29m
7 Nancy Spreitzer	Waterloo Warriors	10.27m
8 Karen Belfall	Waterloo Warriors	9.45m

Event # 28 MENS Triple Jump

Timetable: 2:30pm

CIS Standard: 14.40m

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

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

1 Jason Goetz	Waterloo Warriors	14.61m
2 Carl Shen	Western Mustangs	13.95m
3 Martin Brandt	Waterloo Warriors	11.77m
4 Patrick Keating	McMaster Marauders	10.72m

Event # 29 WOMENS Shot Put

Timetable: 3:00pm

4-kg / 8.8-lb weight

CIS Standard: 12.93m

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

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

1 Lydia Foley	Western Mustangs	11.75m
2 Shellie McParland	UWO Alum	11.11m
3 Brindley Jantzi	London-Western T&F	9.88m
4 Amber Blackwell	Waterloo Warriors	9.59m
5 Cara Marcantonio	Western Mustangs	9.42m
6 Brittany Hicks	McMaster Marauders	8.76m
7 Shannon Galea	McMaster Marauders	8.72m
8 Katie Johnson	Western Espoirs	8.71m
9 Angela Zehr	Laurel Creek TC	8.40m
10 Rachel Hurdle	Western Espoirs	8.37m
11 VanIssa Tang	Waterloo Warriors	8.00m

Event # 30 MENS Shot Put

Timetable: 1:30pm

7.26-kg / 16-lb weight

CIS Standard: 15.24m

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

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

1 Daniel McDonald	Western Mustangs	14.54m
2 Alex Rodenheiser	Western Espoirs	12.38m

Event # 31 WOMENS Weight Throw

Timetable: 12:00pm

9.1-kg / 20-lb weight

CIS Standard: 17.05m

#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	Western Mustangs	15.50m	%
2 Sarah Manson	UWO Alum	13.69m	
3 Lydia Foley	Western Mustangs	11.08m	

Event # 32 MENS Weight Throw

Timetable: 11:00am

15.9-kg / 35-lb weight

CIS Standard: 16.15m

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

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

1 Jesse Francis	Western Mustangs	13.81m
2 Daniel McDonald	Western Mustangs	13.61m
3 Seb Pilon	Saugeen TFC	13.33m
4 Alex Pilar	Saugeen TFC	13.23m
5 Alex Rodenheiser	Western Espoirs	11.72m
6 Karl Van Klaveren	Western Espoirs	10.55m

Event # 34 BOYS Weight Throw

1 Kevin Bowman	Saugeen TFC	20.49m
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Event # 36 BOYS Shot Put

1 Alex Pilar	Saugeen TFC	12.73m
2 Seb Pilon	Saugeen TFC	12.36m
3 Ken Trudgeon	London-Western T&F	12.29m

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