

Women 100 Meter

16 Advance: Top 3 Each Heat plus Next 4 Best Times

CJR: * 11.21 15/08/1981 Angela Bailey

CJCR: ! 11.58 2003 Jenni Hucul

Name	Year	Team	Prelims	Wind	H#
Preliminaries					
1 Davis, Shai	93	BC Athletics	11.71Q	0.7	3
2 Bingham, Khamica	94	Brampton T.C.	11.72Q	0.7	4
3 Bell-Spence, Jonelle	92	G-Force T.C.	11.93Q	0.5	1
4 Emmanuel, Crystal	91	Flying Angel	11.94Q	0.4	2
5 Laarman, Loudia	91	Calgary Int'l	11.90Q	0.7	4
6 Walkeden, Leah	93	Edmonton Harrier	12.03Q	0.5	1
7 Brennan, Christian	95	Hamilton O.C.	12.05Q	0.7	3
8 Lewis, Sade	93	Take Flight	12.11Q	0.4	2
9 Martin, Simone	92	Brampton T.C.	12.15Q	0.7	3
10 Pascal, Cassandra	93	Take Flight	12.17Q	0.7	4
11 Margetts, Merissa	91	Excel Ath.	12.28Q	0.5	1
12 Warren, Hayley	91	York Univers	12.53Q	0.4	2
13 Westney, Jellisa	93	Supreme Athletic	12.24q	0.7	4
14 Mchaina, Chisomo	92	Laurel Creek	12.58q	0.5	1
15 Joannis, Ariane	91	Cirrus	12.72q	0.7	3
16 Collins, Cassandre	94	Chebucto	12.74q	0.4	2
17 Luedke, Veronica	92	Comox Valley	12.75	0.7	3
18 Miller, Lacey	92	Lethbridge T&F	12.78	0.4	2
19 Rhode, Mercedes	92	Saskatoon T&F	12.91	0.5	1
20 Macdougall, Meryl	93	Unattached N	12.94	0.7	4
21 Boswall, Meghan	92	Islanders T&F	13.02	0.5	1
22 Taplin, Sarah	94	Unattached-N	13.14	0.7	4
23 Nolan, Jillian	94	Truro Track	13.23	0.4	2
24 Smith-Foster, Christina	93	Take Flight	13.26	0.4	2
25 Baba, Victoria	92	Fredericton	13.29	0.7	3

Women 100 Meter

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

CJR: * 11.21 15/08/1981 Angela Bailey

CJCR: ! 11.58 2003 Jenni Hucul

Name	Year	Team	Semis	Wind	H#
Semi-Finals					
1 Davis, Shai	93	BC Athletics	11.78Q	-0.2	2
2 Bingham, Khamica	94	Brampton T.C.	11.90Q	-0.5	1
3 Laarman, Loudia	91	Calgary Int'l	11.92Q	-0.2	2
3 Emmanuel, Crystal	91	Flying Angel	11.92Q	-0.2	2
5 Bell-Spence, Jonelle	92	G-Force T.C.	12.05Q	-0.5	1
6 Brennan, Christian	95	Hamilton O.C.	12.07Q	-0.5	1
7 Martin, Simone	92	Brampton T.C.	12.17q	-0.2	2
8 Pascal, Cassandra	93	Take Flight	12.26q	-0.5	1
9 Lewis, Sade	93	Take Flight	12.27	-0.2	2
10 Westney, Jellisa	93	Supreme Athletic	12.32	-0.2	2
11 Walkeden, Leah	93	Edmonton Harrier	12.41	-0.5	1
12 Margetts, Merissa	91	Excel Ath.	12.55	-0.5	1
13 Warren, Hayley	91	York Univers	12.63	-0.2	2
14 Collins, Cassandre	94	Chebucto	12.67	-0.2	2
15 Mchaina, Chisomo	92	Laurel Creek	12.84	-0.5	1
16 Joannis, Ariane	91	Cirrus	12.92	-0.5	1

Women 100 Meter

CJR: * 11.21 15/08/1981 Angela Bailey

CJCR: ! 11.58 2003 Jenni Hucul

Name	Year	Team	Finals	Wind
Finals				
1 Davis, Shai	93	BC Athletics	12.04	-1.8
2 Laarman, Loudia	91	Calgary Int'l	12.05	-1.8
3 Emmanuel, Crystal	91	Flying Angel	12.17	-1.8
4 Bingham, Khamica	94	Brampton T.C.	12.22	-1.8
5 Bell-Spence, Jonelle	92	G-Force T.C.	12.46	-1.8
5 Pascal, Cassandra	93	Take Flight	12.46	-1.8
7 Brennan, Christian	95	Hamilton O.C.	12.53	-1.8

8 Martin, Simone 92 Brampton T.C. 12.54 -1.8

Women 200 Meter

24 Advance: Top 4 Each Heat plus Next 4 Best Times
CJR: * 22.86 14/08/1981 Angela Bailey
CJCR: ! 23.60 1997 Atia Weekes

Table with columns: Name, Year, Team, Prelims, Wind, H#. Contains preliminary results for Women 200 Meter, listing 32 athletes and their performance metrics.

Women 200 Meter

8 Advance: Top 2 Each Heat plus Next 2 Best Times
CJR: * 22.86 14/08/1981 Angela Bailey
CJCR: ! 23.60 1997 Atia Weekes

Table with columns: Name, Year, Team, Semis, Wind, H#. Contains semi-final results for Women 200 Meter, listing 23 athletes and their performance metrics.

Rule # 162.7

Women 200 Meter

CJR: * 22.86 14/08/1981 Angela Bailey
CJCR: ! 23.60 1997 Atia Weekes

Name	Year	Team	Finals	Wind
=====				
Finals				
1	Pascal, Cassandra	93 Take Flight	24.03	-0.4
2	Emmanuel, Crystal	91 Flying Angel	24.16	-0.4
3	Davis, Shai	93 BC Athletics	24.25	-0.4
4	Reid, Katie	93 BC Athletics	24.33	-0.4
5	Brennan, Christian	95 Hamilton O.C.	24.43	-0.4
6	Bingham, Khamica	94 Brampton T.C.	24.68	-0.4
7	Walkeden, Leah	93 Edmonton Harrier	24.89	-0.4
8	Bell-Spence, Jonelle	92 G-Force T.C.	25.84	-0.4

Women 400 Meter

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16 Advance: Top 1 Each Heat plus Next 11 Best Times
 CJR: * 51.85 25/07/1984 Jillian Richardson
 CJCR: ! 53.60 1982 Jilian Richardson

Name	Year	Team	Prelims	H#
=====				
Preliminaries				
1	Reid, Katie	93 BC Athletics	53.89Q	1
2	Taylor-Chase, Chanice	93 Elite Edge	54.09Q	3
3	Balkwill, Kelsey	92 Windsor Legion	54.91Q	2
4	Archer, Ocian	93 Project Athl	55.11Q	5
5	Watson, Sage	94 Medicine Hat	55.70Q	4
6	Paracholski, Carly	93 Unattached-M	55.17q	2
7	Brennan, Christian	95 Hamilton O.C.	55.48q	3
8	Forbes, Bianca	91 Flying Angel	56.13q	4
9	Bauer, Nicole	93 Calgary O.T.C.	56.18q	1
10	Jean-Baptiste, Audrey	91 Perfmax-Racing	56.21q	5
11	Callender, Fiona	92 Ottawa Lions	56.24q	5
12	Lewis, Sade	93 Take Flight	56.75q	4
13	Leblanc, Annie	92 Lanaudiere-Olym.	56.77q	2
14	Sjoberg, Vanessa	94 BC Athletics	57.00q	1
15	Murphy, Samantha	92 Ottawa Lions	57.09q	4
16	Thuot, Marie-Christine	92 Perfmax-Racing	57.16q	3
17	Okankwu, Gift	92 C.A.N.I.	57.66	5
18	Maxfield, Heather	92 Lakehead A.C.	57.70	3
19	Whyte, Chrisena	93 Brampton T.C.	57.79	1
20	Scott, Evelyn	93 Ottawa Lions	57.86	2
21	Gariba, Sarah	91 C.A.N.I.	57.96	5
22	Kerr, Naomi	94 Brampton T.C.	58.02	4
23	Johnson, Alyssa	91 Flying M A.C.	58.21	3
24	Baran, Melanie	94 Stride Ahead	58.40	1
25	Kitching, Melissa	93 Winnipeg Opt	58.71	5
26	Creary, Olivia	92 G-Force T.C.	58.88	1
27	Macquarrie, Eilish	93 Antigonish T	59.09	2
28	Beaton, Heather	95 Unattached N	59.34	4
29	Rayner, Heather	91 Speed River	1:00.06	5
30	Hunter, Jaclyn	92 U Of C Ath	1:00.15	2
31	Huebert, Sarah	92 Winnipeg Opt	1:00.31	1
32	Myatt, Sarah	92 Fredericton	1:00.59	3
33	Ritchie, Katrin	92 Saskatoon T&F	1:00.65	2
34	Dubuc, Andrea	91 Cirrus	1:00.66	4
35	Rayner, Lesley	91 Speed River	1:02.56	4

Women 400 Meter

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CJR: * 51.85 25/07/1984 Jillian Richardson
 CJCR: ! 53.60 1982 Jilian Richardson

Name	Year	Team	Finals	H#
=====				
Finals				
1	Reid, Katie	93 BC Athletics	53.47!	2
2	Taylor-Chase, Chanice	93 Elite Edge	53.52!	2
3	Brennan, Christian	95 Hamilton O.C.	54.15	2
4	Paracholski, Carly	93 Unattached-M	55.14	2
5	Balkwill, Kelsey	92 Windsor Legion	55.17	2
6	Forbes, Bianca	91 Flying Angel	56.24	2
7	Watson, Sage	94 Medicine Hat	56.45	2
8	Archer, Ocian	93 Project Athl	57.14	2
9	Leblanc, Annie	92 Lanaudiere-Olym.	56.21	1
10	Jean-Baptiste, Audrey	91 Perfmax-Racing	56.51	1
11	Sjoberg, Vanessa	94 BC Athletics	56.61	1
12	Bauer, Nicole	93 Calgary O.T.C.	56.65	1
13	Thuot, Marie-Christine	92 Perfmax-Racing	56.96	1

Women 800 Meter

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24 Advance: Top 2 Each Heat plus Next 16 Best Times
 CJR: * 2:03.17 19/08/1973 Glenda Reiser

Name	Year	Team	Prelims
Preliminaries			
1 Paracholski, Carly	93	Unattached-M	2:10.08Q
2 Murphy, Samantha	92	Ottawa Lions	2:10.91Q
3 Leblanc, Annie	92	Lanaudiere-Olym.	2:11.91Q
4 Glenn, Caileigh	92	Newmarket H. TC	2:12.00Q
5 Francois, Rachel	92	Edmonton Harrier	2:10.29Q
6 Paracholski, Meagan	93	Unattached-M	2:12.19Q
7 Zrinyi, Julia	94	Stride Ahead	2:12.67Q
8 Bauer, Nicole	93	Calgary O.T.C.	2:15.15Q
9 Soderberg, Nicole	92	Edmonton Thunder	2:10.35q
10 Fernandes, Leanne	92	Phoenix Athl	2:12.06q
11 Westaway, Jenna	94	Calgary Int'l	2:12.42q
12 Pomfret, Kendra	91	U. Of Victoria	2:12.61q
13 Callender, Fiona	92	Ottawa Lions	2:13.35q
14 Mcinnis, Shauna K.	92	Peninsula T&F	2:14.05q
15 Simon, Ashlynn	92	Queen City	2:14.13q
16 Tallman, Emma	91	Track North	2:14.36q
17 Teschuk, Erin	94	Winnipeg Opt	2:14.47q
18 Islam, Rachel	92	South Simcoe	2:14.58q
19 Hill, Samantha	94	U. Of Toronto	2:15.13q
20 Morrison, Laura	93	London Legion	2:15.28q
21 Mackinnon, Chelsea	93	Hamilton Hmrrhds	2:16.11q
22 Mcculligh, Maureen F.	91	U. Of Victoria	2:16.39q
23 Molodynia, Michelle	93	Niagara Olympics	2:16.89q
24 Rempel, Megan	96	Niagara Olympics	2:16.92q
25 Myatt, Sarah	92	Fredericton	2:17.00
26 Macdonald, Alannah	94	Niagara Olympics	2:17.16
27 Van Vliet, Jenna	92	U Of C Ath	2:17.34
27 Flavel, Meghan	92	Saskatoon T&F	2:17.34
29 Stewart, Kirsten	92	Newmarket H. TC	2:17.35
30 Kennedy, Shannon	92	U. Of Toronto	2:17.81
31 Rempel, Karley	93	Niagara Olympics	2:18.22
32 Kanuka, Gloria	91	Caltaf A.A.	2:18.42
33 O'Connell, Elizabeth	92	U Of C Ath	2:19.21
34 Moore, Jenica	91	U. Of Victoria	2:20.30
35 Barker, Madeleine	92	Sherbrooke	2:20.48
36 Hawkes, Morgan	93	Fast Tracks	2:20.77
37 Macarthur, Britany	92	Athletics East	2:23.13
38 Rawding, Hilary	93	Unattached N	2:23.91
39 Wolter, Maria	94	Bluenose A.T.	2:24.24
40 Wolff, Rebecca	93	YHZ	2:28.74

Women 800 Meter

CJR: * 2:03.17 19/08/1973 Glenda Reiser
 CJCR: ! 2:06.59 1984 Elise Brathwaite

Name	Year	Team	Finals
Finals			
1 Leblanc, Annie	92	Lanaudiere-Olym.	2:07.66
2 Paracholski, Carly	93	Unattached-M	2:08.17
3 Murphy, Samantha	92	Ottawa Lions	2:09.95
4 Glenn, Caileigh	92	Newmarket H. TC	2:11.24
5 Francois, Rachel	92	Edmonton Harrier	2:11.73
6 Zrinyi, Julia	94	Stride Ahead	2:11.86
7 Bauer, Nicole	93	Calgary O.T.C.	2:12.39
8 Pomfret, Kendra	91	U. Of Victoria	2:13.50
9 Paracholski, Meagan	93	Unattached-M	2:13.75
10 Soderberg, Nicole	92	Edmonton Thunder	2:14.20
11 Westaway, Jenna	94	Calgary Int'l	2:14.52
12 Fernandes, Leanne	92	Phoenix Athl	2:16.20
13 Teschuk, Erin	94	Winnipeg Opt	2:13.75
14 Simon, Ashlynn	92	Queen City	2:14.47
15 Tallman, Emma	91	Track North	2:14.59
16 Molodynia, Michelle	93	Niagara Olympics	2:14.64
17 Mackinnon, Chelsea	93	Hamilton Hmrrhds	2:14.69
18 Morrison, Laura	93	London Legion	2:15.72
19 Hill, Samantha	94	U. Of Toronto	2:15.82
20 Mcinnis, Shauna K.	92	Peninsula T&F	2:16.52
21 Mcculligh, Maureen F.	91	U. Of Victoria	2:16.56
22 Islam, Rachel	92	South Simcoe	2:18.31
23 Rempel, Megan	96	Niagara Olympics	2:21.33

Women 1500 Meter

12 Advance: Top 5 Each Heat plus Next 2 Best Times
 CJR: * 4:06.71 04/10/1972 Glenda Reiser
 CJCR: ! 4:20.50 18/07/2009 Kendra Schaaf

Name	Year	Team	Prelims
=====			
Preliminaries			
1 Lalonde, Geneviève	91	O2	4:33.71Q
2 Whelan, Elizabeth	93	U. Of Toronto	4:40.66Q
3 Johnson, Justine A.	91	BC Athletics	4:33.85Q
4 Parry, Jessica	91	London Western	4:40.66Q
5 Hennessy, Colleen	92	U. Of Toronto	4:34.38Q
6 Molodynia, Michelle	93	Niagara Olympics	4:41.21Q
7 Driedger, Emily	92	Speed River	4:34.65Q
8 Mackinnon, Chelsea	93	Hamilton Hmrrhds	4:41.27Q
9 Stewart, Kirsten	92	Newmarket H. TC	4:34.81Q
10 Rempel, Karley	93	Niagara Olympics	4:41.57Q
11 Hawthorn, Natalia	95	Newmarket H. TC	4:34.96q
12 Housley, Katie	91	Phoenix Athl	4:35.36q
13 Roy, Joanie	91	Rouge et Or	4:39.89
14 Plante-Dubé, Marguerite	92	Lavironde	4:42.33
15 Van Vliet, Jenna	92	U Of C Ath	4:42.42
16 Dowling-Medley, Jenn	91	Speed River	4:43.73
17 Brochu, Sarah-Michelle	92	Québec Endurance	4:46.58
18 Slinn, Heather	92	Ottawa Lions	4:47.52
19 Beverley, Megan	92	Toronto Olympic	4:47.77
20 Thiel, Danielle	92	Excel Ath.	4:50.05
21 Callaghan, Brigid	93	Newmarket H. TC	4:50.16
22 Rollins, Jaclyn	91	Brantford T.F.C.	4:52.23
23 O'Connell, Elizabeth	92	U Of C Ath	4:53.09
24 Macpherson, Sarah	91	Fast Tracks	4:53.98
25 Wolff, Rebecca	93	YHZ	4:55.83
26 Clarke, Emily	91	Dartmouth Athl.	5:05.68
27 Rawding, Hilary	93	Unattached N	5:13.07

Women 1500 Meter

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CJR: *	4:06.71	04/10/1972	Glenda Reiser
CJCR: !	4:20.50	18/07/2009	Kendra Schaaf
Name	Year	Team	Finals
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Finals			
1 Parry, Jessica	91	London Western	4:26.68
2 Lalonde, Geneviève	91	O2	4:27.35
3 Whelan, Elizabeth	93	U. Of Toronto	4:34.06
4 Johnson, Justine A.	91	BC Athletics	4:35.23
5 Hennessy, Colleen	92	U. Of Toronto	4:36.44
6 Hawthorn, Natalia	95	Newmarket H. TC	4:37.44
7 Molodynia, Michelle	93	Niagara Olympics	4:37.56
8 Mackinnon, Chelsea	93	Hamilton Hmrrhds	4:38.60
9 Driedger, Emily	92	Speed River	4:38.64
10 Stewart, Kirsten	92	Newmarket H. TC	4:40.18
11 Rempel, Karley	93	Niagara Olympics	4:40.98
12 Housley, Katie	91	Phoenix Athl	4:56.81

Women 3000 Meter

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CJR: *	9:12.39	16/08/1985	Brenda Shackleton
CJCR: !	9:14.62	19/07/2009	Kendra Schaaf
Name	Year	Team	Finals
=====			

1 Pfister, Caroline	92	Sherbrooke	9:47.61
2 Phelan, Jamie	95	Laurel Creek	9:52.24
3 Hanna, Victoria	91	Toronto Olympic	9:53.38
4 Pennock, Ellen	92	U Of C Ath	9:58.11
5 Driedger, Emily	92	Speed River	10:00.59
6 Roy, Joanie	91	Rouge et Or	10:07.69
7 Dowling-Medley, Jenn	91	Speed River	10:08.14
8 Coates, Victoria	91	Newmarket H. TC	10:08.34
9 Rollins, Jaclyn	91	Brantford T.F.C.	10:11.80
10 Hennessy, Colleen	92	U. Of Toronto	10:14.31
11 Brasz, Deanna	93	Niagara Olympics	10:16.40
12 Langley, Clara	94	Physi-Kult	10:18.94
13 Boyd, Cleo	93	Physi-Kult	10:22.94
14 Kannenberg, Natalie	91	Guelph Track	10:24.97
15 Oliver, Kaitlyn	93	Newmarket H. TC	10:27.46
16 Slinn, Heather	92	Ottawa Lions	10:29.90
17 Tait, Meghan	92	Newmarket H. TC	10:30.19
18 Clarke, Emily	91	Dartmouth Athl.	10:35.86
19 Lesage, Kristie	93	South Simcoe	10:36.92
20 Houde-Pearce, Erika	91	London Runners	10:42.65
21 Petrie, Sadie	94	YHZ	10:48.39
22 Thiel, Danielle	92	Excel Ath.	10:54.10
23 Monette, Carole-Anne	92	Vaudreuil-Dorion	11:32.66
-- Smith, Caileigh	93	Guelph Track	DNF

-- Kujawa, Kate 91 Excel Ath. DNF

Women 100 Meter Hurdles

8 Advance: Top 2 Each Heat plus Next 2 Best Times
CJR: * 13.32 07/10/1982 Karen Nelson
CJCR: ! 13.57 2004 Frances Keating

Name	Year	Team	Prelims	Wind	H#
Preliminaries					
1 Maddex, Ashlea	92	Ottawa Lions	13.95Q	2.1	2
2 Taylor-Chase, Chanice	93	Elite Edge	14.08Q	1.2	3
3 Green, Anika	91	Flying Angel	14.43Q	2.4	1
4 Warren, Hayley	91	York Univers	14.40Q	1.2	3
5 Macneill, Christine	94	London Legion	14.47Q	2.4	1
6 Thomas, Deanna	93	Project Athl	14.66Q	2.1	2
7 Rudell, Rita	91	Saugeen T&F	14.52q	1.2	3
8 Biswal, Devyani	93	Ottawa Lions	14.65q	2.4	1
9 Siuciak, Emma	93	Niagara Olympics	14.73	2.4	1
10 Newman, Alysha	94	London Legion	14.76	1.2	3
11 Evered, Caitlin	92	London Legion	14.94	1.2	3
12 Mcintosh, Rachael	91	Bluenose A.T.	15.01	2.1	2
13 Barry, Tomeizel	91	Supreme Athletic	15.21	2.4	1
14 Phelan, Emily	93	Chebucto	15.36	2.4	1
15 Crombeen, Charlotte	92	Unattached A	15.82	2.1	2
16 Wadden, Nicole	93	Chebucto	15.89	1.2	3
17 Lance, Naomi	91	Laurel Creek	16.02	2.1	2
18 Wallace, Lindsay	93	Hamilton O.C.	16.09	2.1	2
19 Stickney, Jessica	91	Unattached N	16.32	2.1	2
20 Morris, Tomi	91	U Of C Ath	16.32	2.1	2
21 Macdonald, Samantha	92	ASEA	17.16	1.2	3
22 Beiswanger, Kari	94	Chebucto	17.66	2.4	1
23 Baba, Victoria	92	Fredericton	19.57	2.4	1

Women 100 Meter Hurdles

CJR: * 13.32 07/10/1982 Karen Nelson
CJCR: ! 13.57 2004 Frances Keating

Name	Year	Team	Finals	Wind
Finals				
1 Maddex, Ashlea	92	Ottawa Lions	14.21	-4.0
2 Rudell, Rita	91	Saugeen T&F	14.51	-4.0
3 Taylor-Chase, Chanice	93	Elite Edge	14.82	-4.0
4 Warren, Hayley	91	York Univers	14.87	-4.0
5 Macneill, Christine	94	London Legion	15.07	-4.0
6 Thomas, Deanna	93	Project Athl	15.15	-4.0
7 Green, Anika	91	Flying Angel	15.36	-4.0
8 Biswal, Devyani	93	Ottawa Lions	15.52	-4.0

Women 400 Meter Hurdles

8 Advance: Top 2 Each Heat plus Next 2 Best Times
CJR: * 56.55 28/07/1986 Donalda Duprey
CJCR: ! 57.66 1992 Erica Peterson

Name	Year	Team	Prelims	H#
Preliminaries				
1 Archer, Ocian	93	Project Athl	1:01.44Q	1
2 Lloyd, Haleigh	92	Comox Valley	1:02.09Q	2
3 Watson, Sage	94	Medicine Hat	1:02.16Q	3
4 Balkwill, Kelsey	92	Windsor Legion	1:02.80Q	3
5 Mccalla, Jenelle	91	York Univers	1:03.00Q	1
6 Maddex, Ashlea	92	Ottawa Lions	1:03.10Q	2
7 Macmillan, Caitlyn	92	Saugeen T&F	1:04.02q	3
8 Jewett, Rachel	92	U. Of Toronto	1:04.03q	1
9 Thuot, Marie-Christine	92	Perfmax-Racing	1:04.34	2
10 Brereton, Tamar	92	Project Athl	1:04.44	3
11 Scott, Evelyn	93	Ottawa Lions	1:05.33	1
12 Loader, Mikhaila	92	U. Of Toronto	1:06.77	1
13 Lance, Naomi	91	Laurel Creek	1:07.22	2
14 Rayner, Lesley	91	Speed River	1:07.49	2
15 G.-Lafrenière, Amélie	92	Phenix	1:07.51	1
16 Jacklin, Chelsea	92	South Simcoe	1:07.71	2
17 Wallace, Lindsay	93	Hamilton O.C.	1:08.39	3
18 Spafford, Megan	93	Saskatoon T&F	1:10.75	3
19 Maclean, Rachel	92	YHZ	1:11.04	3

Women 400 Meter Hurdles

CJR: * 56.55 28/07/1986 Donalda Duprey

CJCR: ! 57.66 1992 Erica Peterson

Name	Year	Team	Finals
=====			
Finals			
1 Balkwill, Kelsey	92	Windsor Legion	59.82
2 Maddex, Ashlea	92	Ottawa Lions	1:00.11
3 Archer, Ocian	93	Project Athl	1:00.95
4 Lloyd, Haleigh	92	Comox Valley	1:01.60
5 Watson, Sage	94	Medicine Hat	1:01.69
6 Mccalla, Jenelle	91	York Univers	1:03.53
7 Macmillan, Caitlyn	92	Saugeen T&F	1:03.74
8 Jewett, Rachel	92	U. Of Toronto	1:05.34

Women 2000 Meter Steeplechase

Name	Year	Team	Finals
=====			
CJR: * 6:36.05 29/07/2007 Danelle Woods			
CJCR: ! 6:36.05 2007 Danelle Woods			
=====			
1 Lalonde, Geneviève	91	O2	6:37.41
2 Beauregard-Breton, Ariel	91	Montreal Olypiqu	6:54.00
3 Kujawa, Kate	91	Excel Ath.	6:55.62
4 Codyre, Katey	94	Durham Dragons	6:55.69
5 Gutmanis, Micha	92	Newmarket H. TC	7:19.46
6 Dulhanty, Emily	93	Mississauga	7:22.79
7 Houde-Pearce, Erika	91	London Runners	7:27.61
8 Deighan, Kayla	93	Newmarket H. TC	7:29.73
9 Tomasovic, Simonne	92	Laurel Creek	7:34.70
10 Baydoun, Zeinab	92	Windsor Legion	7:37.52
11 Blacklaws, Emily	92	South Simcoe	7:39.20
12 Lausch, Sara	94	YHZ	7:42.04
13 Langley, Tristan	93	Central Nova Lgn	7:49.50
14 Monette, Carole-Anne	92	Vaudreuil-Dorion	7:52.75
15 Watts, Sophie	94	YHZ	7:53.42
16 Jeannotte-Maranda, Gabri	91	Cirrus	8:00.24
17 Yungblut, Emily	91	London Runners	8:29.80

Women 4x100 Meter Relay Branch Relay

Team	Finals
=====	
1 Team Ontario 'A'	46.11
1) Ken, Naomi	2) Bell, Janelle Spencer
3) Martin, Simone	4) Bingham, Khamica
2 Team NB 'A'	52.65

Women 4x100 Meter Relay

Team	Finals
=====	
CJR: * 44.88 26/07/1985	
K. Anderson, A. Thomas, C. Taffe, F. Garbeau	
CJCR: ! 47.79 19/07/2009 , Laurel Creek TFC	
J. Westney, T. Semplonius, O. Charnuski, C.McHaina	
=====	
1 Laurel Creek Track & Fiel 'A'	49.39
2 Ottawa Lions T.F.C. 'A'	49.78
1) Biswal, Devyani 93	2) Maddex, Ashlea 92
3) Callender, Fiona 92	4) Scott, Evelyn 93
3 Chebucto Athletics 'A'	51.04

Women 4x400 Meter Relay

Team	Finals
=====	
CJR: * 3:36.41 31/07/1988	
C. Fortin, S. Steingruber, K. Layne, C. Allen	
CJCR: ! 3:51.87 19/07/2009 , Ottawa Lions TFC	
A. Brown, F. Callender, R. Aubry, E. Halle	
=====	
1 Ottawa Lions T.F.C. 'A'	3:46.33!
1) Scott, Evelyn 93	2) Callender, Fiona 92
3) Murphy, Samantha 92	4) Maddex, Ashlea 92
2 Saskatoon TF Club 'A'	4:04.47
1) Flavel, Meghan 92	2) Ritchie, Katrin 92
3) Spafford, Megan 93	4) Rhode, Mercedes 92
3 University OF Toronto T.C 'A'	4:06.21
1) Jewett, Rachel 92	2) Kennedy, Shannon 92
3) Loader, Mikhaila 92	4) Hill, Samantha 94

Women 4x400 Meter Relay Branch Relay

Team	Finals
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=====
1 Team Alberta 'A' 3:48.43
  1) Watson, Sage
  2) Westaway, Jenna
  3) Francois, Rachel
  4) Bauer, Nicole
2 Team Manitoba 'A' 3:58.17
  1) kitching, Melissa
  2) Baren, Melanie
  3) Paracholski, Megan
  4) Paracholski, Carly

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Women High Jump

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=====
Top 13 Advance by Time
CJR: * 1.92m 06/08/1993 Wanita Dykstra
CJCR: ! 1.83m 1988 Coralea Brown

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Name	Year	Team	Prelims
Preliminaries			
1 Rudell, Rita	91	Saugeen T&F	1.66mq
1.46 1.51 1.56 1.61 1.66			
P P P O O			
1 Parent, Holly E.	91	BC Athletics	1.66mq
1.46 1.51 1.56 1.61 1.66			
P P P O O			
1 Treasure, Alyxandria M.	92	BC Athletics	1.66mq
1.46 1.51 1.56 1.61 1.66			
P P P P O			
1 Fetaz, Jennifer	93	Unattached A	1.66mq
1.46 1.51 1.56 1.61 1.66			
P O O O O			
5 Kimoto, Emma T.	91	BC Athletics	1.66mq
1.46 1.51 1.56 1.61 1.66			
P P P XO O			
6 Pitman, Jennifer	91	Halifast Ath.	1.66mq
1.46 1.51 1.56 1.61 1.66			
P O O XXO O			
6 Rowland, Brooke	94	York Univers	1.66mq
1.46 1.51 1.56 1.61 1.66			
P O O XXO O			
8 Olah, Courtney	91	Niagara Regional	1.66mq
1.46 1.51 1.56 1.61 1.66			
P P O O XO			
9 Mcintosh, Rachael	91	Bluenose A.T.	1.66mq
1.46 1.51 1.56 1.61 1.66			
P P XO O XXO			
10 Haworth, Rebecca	92	Chebucto	1.61mq
1.46 1.51 1.56 1.61 1.66			
P O O XO XXX			
11 Siuciak, Emma	93	Niagara Olympics	1.61mq
1.46 1.51 1.56 1.61 1.66			
P P XO XO XXX			
12 Peters, Flo	91	Laurel Creek	1.61mq
1.46 1.51 1.56 1.61 1.66			
P O O XXO XXX			
12 Haselhan, Shalane	91	Excel Ath.	1.61mq
1.46 1.51 1.56 1.61 1.66			
P O O XXO XXX			
14 Whitley, Tayler	91	Ottawa Lions	1.61m
1.46 1.51 1.56 1.61 1.66			
O O XO XXO XXX			
15 Doiron, Stéphanie	93	ASEA	1.56m
1.46 1.51 1.56 1.61			
O O O XXX			
15 Macdonald, Samantha	92	ASEA	1.56m
1.46 1.51 1.56 1.61			
P O O XXX			
15 Wallace, Julia	91	Guelph Track	1.56m
1.46 1.51 1.56 1.61			
P O O XXX			
15 Lee, Caitlin	92	Kilomaitres	1.56m
1.46 1.51 1.56 1.61			
O O O XXX			
-- Jewett, Rachel	92	U. Of Toronto	NH
1.46			
XXX			
-- Romu, Rachel	93	Lakehead A.C.	NH
1.46 1.51 1.56 1.61			
P P P XXX			

Women High Jump

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=====
CJR: * 1.92m 06/08/1993 Wanita Dykstra
CJCR: ! 1.83m 1988 Coralea Brown

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Name	Year	Team	Finals
=====			
Finals			
1 Parent, Holly E.	91	BC Athletics	1.77m
1.60 1.65 1.68 1.71 1.74 1.77 1.83			
P O O O O		XO XXX	
2 Treasure, Alyxandria M.	92	BC Athletics	1.74m
1.60 1.65 1.68 1.71 1.74 1.77			
P P O O XO		XXX	
3 Rudell, Rita	91	Saugeen T&F	1.71m
1.60 1.65 1.68 1.71 1.74 1.77			
O O P XXO		XXP X	
4 Haworth, Rebecca	92	Chebucto	1.68m
1.60 1.65 1.68 1.71			
O XXO O XXX			
4 Pitman, Jennifer	91	Halifax Ath.	1.68m
1.60 1.65 1.68 1.71			
O XXO O XXX			
6 Kimoto, Emma T.	91	BC Athletics	1.65m
1.60 1.65 1.68			
P O XXX			
7 Siuciak, Emma	93	Niagara Olympics	1.65m
1.60 1.65 1.68			
XO O XXX			
8 Olah, Courtney	91	Niagara Regional	1.65m
1.60 1.65 1.68			
O XO XXX			
9 Mcintosh, Rachael	91	Bluenose A.T.	1.60m
1.60 1.65			
O XXX			
9 Rowland, Brooke	94	York Univers	1.60m
1.60 1.65			
O XXX			
9 Haselhan, Shalane	91	Excel Ath.	1.60m
1.60 1.65			
O XXX			
12 Peters, Flo	91	Laurel Creek	1.60m
1.60 1.65			
XXO XXX			
-- Fetaz, Jennifer	93	Unattached A	NH
1.60			
XXX			

Women Pole Vault

Top 13 Advance by Time

CJR: * 4.20m 28/05/2007 Gabriella Duclos
 CJCR: ! 4.10m 2004 Adrianne Vangool

Name	Year	Team	Prelims
=====			
Preliminaries			
1 Newman, Alysha	94	London Legion	3.50mq
2.75 2.95 3.15 3.35 3.50			
P P P P O			
1 Bone, Robin	94	Saint John T&F	3.50mq
2.75 2.95 3.15 3.35 3.50			
P P P O O			
1 Parker, Karleigh	92	Unattached A	3.50mq
2.75 2.95 3.15 3.35 3.50			
P P P O O			
4 Ridout, Paige	92	U Of C Ath	3.50mq
2.75 2.95 3.15 3.35 3.50			
P P O O XXO			
5 Swift, Hannah	92	BC Athletics	3.35mq
2.75 2.95 3.15 3.35 3.50			
P O O XO XXX			
6 Allegro, Samantha	94	Winnipeg Opt	3.15mq
2.75 2.95 3.15 3.35			
O O O XXX			
6 Fiedler, Erika	91	Kitchener WA	3.15mq
2.75 2.95 3.15 3.35			
P P O XXX			
8 Boila, Sarah	92	Winnipeg Opt	3.15mq
2.75 2.95 3.15 3.35			
P P XO XXX			
9 Darnay, Kendall	93	Niagara Regional	3.15mq
2.75 2.95 3.15 3.35			
XO O XO XXX			
10 Harper, Marielle	92	Laurel Creek	2.95mq
2.75 2.95 3.15			
O O XXX			

10	Craig, Kira	93 BC Athletics	2.95mq
	2.75 2.95 3.15		
	P O XXX		
12	Gauthier, Carissa	93 Winnipeg Opt	2.95mq
	2.75 2.95 3.15		
	P XO XXX		
12	Leonard, Jordan	92 South Simcoe	2.95mq
	2.75 2.95 3.15		
	P XO XXX		
14	Felet, Meaghan	92 Windsor Legion	2.75m
	2.75 2.95		
	XO XXX		
--	Richards, Melissa	93 Winnipeg Opt	NH
	2.75 2.95		
	P XXX		
--	Salmon, Brittany	95 Montreal Int'l	NH
	2.75		
	XXX		
--	Stephenson, Kimberly	91 U Of C Ath	NH
	2.75 2.95 3.15 3.35		
	P P P XXX		
--	Garfinkel, Mikaela Kagan	92 Winnipeg Opt	NH
	2.75		
	XXX		

Women Pole Vault

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CJR: * 4.20m 28/05/2007 Gabriella Duclos
 CJCR: ! 4.10m 2004 Adrianne Vangoool

Name	Year	Team	Finals
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Finals

1	Newman, Alysha	94 London Legion	3.85m
	3.15 3.35 3.50 3.65 3.75 3.85 3.95		
	P P XO O XO O XXX		
2	Parker, Karleigh	92 Unattached A	3.75m
	3.15 3.35 3.50 3.65 3.75 3.85		
	P O O O XO XXX		
3	Bone, Robin	94 Saint John T&F	3.65m
	3.15 3.35 3.50 3.65 3.75		
	P O XO O XXX		
4	Swift, Hannah	92 BC Athletics	3.50m
	3.15 3.35 3.50 3.65		
	XO O O XXX		
5	Ridout, Paige	92 U Of C Ath	3.50m
	3.15 3.35 3.50 3.65		
	O O XO XXX		
6	Fiedler, Erika	91 Kitchener WA	3.35m
	3.15 3.35 3.50		
	P O XXX		
7	Boila, Sarah	92 Winnipeg Opt	3.35m
	3.15 3.35 3.50		
	XXO O XXX		
8	Darnay, Kendall	93 Niagara Regional	3.15m
	3.15 3.35		
	O XXX		
--	Allegro, Samantha	94 Winnipeg Opt	NH
	3.15		
	XXX		
--	Gauthier, Carissa	93 Winnipeg Opt	NH
	3.15		
	XXX		
--	Leonard, Jordan	92 South Simcoe	NH
	3.15		
	XXX		
--	Harper, Marielle	92 Laurel Creek	NH
	3.15		
	XXX		
--	Craig, Kira	93 BC Athletics	NH
	3.15		
	XXX		

Women Long Jump

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Top 12 Advance by Time

CJR: * 6.50m 04/07/1982 Karen Nelson
 CJCR: ! 6.11m 2001 Keri-Ann Michell

Name	Year	Team	Prelims	Wind
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Preliminaries

1	Cobb, Aleisha	91 BC Athletics	5.76mq	0.6
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	5.76m(0.6)	PASS	PASS			
2	Fetaz, Jennifer	93	Unattached A	5.62mq	0.8	
	5.62m(0.8)	PASS	PASS			
3	Stewart, Hayley M.	93	BC Athletics	5.61mq	-0.4	
	5.49m(1.7)	5.42m(-0.4)	5.61m(-0.4)			
4	Ehrhardt, Caroline	92	Track North	5.58mq	0.8	
	5.58m(0.8)					
5	Romu, Rachel	93	Lakehead A.C.	5.45mq	-0.1	
	5.12m(2.3)	4.82m(-0.1)	5.45m(-0.1)			
6	Sutherland, Carolyn	94	BC Athletics	5.44mq	0.6	
	5.44m(0.6)	5.28m(-1.0)	FOUL(-0.5)			
7	Rhode, Mercedes	92	Saskatoon T&F	5.41mq	-0.7	
	4.94m(-1.2)	5.41m(-0.7)	5.37m(-0.1)			
8	Crombeen, Charlotte	92	Unattached A	5.39mq	-0.3	
	4.75m(0.7)	5.08m(0.6)	5.39m(-0.3)			
9	Biswal, Devyani	93	Ottawa Lions	5.36mq	0.6	
	5.36m(0.6)	FOUL(-0.9)	FOUL(-0.1)			
10	Stille, Julia	93	Ottawa Lions	5.35mq	-0.7	
	5.35m(-0.7)	FOUL	FOUL			
11	Haselhan, Shalane	91	Excel Ath.	5.33mq	1.0	
	4.56m(1.0)	FOUL(-0.7)	5.33m(1.0)			
12	Bonneau, Audrey	92	Lavironde	5.17mq	-0.2	
	5.09m(0.9)	5.09m(1.0)	5.17m(-0.2)			
13	Stewart, Alana	91	U. Of Toronto	5.15m	-0.2	
	FOUL(0.5)	5.14m(-0.2)	5.15m(-0.2)			
13	Porlier-Langlois, Alex	93	Sherbrooke	5.15m	-0.1	
	FOUL(0.3)	5.13m(-0.8)	5.15m(-0.1)			
15	Flemington, Katie	92	Guelph Track	5.12m	0.8	
	5.12m(0.8)	FOUL(-0.4)	4.86m(-0.4)			
16	Griffiths, Kara	92	York Univers	5.07m	0.2	
	5.07m(0.2)	4.71m(-0.5)	4.53m(-0.7)			
17	Bedek, Kelly	93	St Thomas Lgn	5.05m	0.2	
	4.74m(1.0)	4.62m(0.4)	5.05m(0.2)			
18	Knowles, Shaniqua	93	Take Flight	5.00m	+0.0	
	5.00m(+0.0)	2.13m(+0.0)	4.56m(0.3)			
19	Dillon, Krista	92	Ottawa Lions	4.99m	0.1	
	4.96m(0.8)	4.71m(-0.4)	4.99m(0.1)			
20	Joannis, Ariane	91	Cirrus	4.94m	0.4	
	4.94m(0.4)	4.83m(1.3)	FOUL(-0.2)			
21	White, Julia	92	Queen City	4.93m	0.2	
	FOUL(0.8)	FOUL(0.2)	4.93m(0.2)			
22	Thompson, Nicole	93	Take Flight	4.82m	1.8	
	FOUL(0.6)	4.82m(1.8)	4.77m(0.8)			
23	Springer, Jaimee	92	Split City	4.80m	1.8	
	4.54m(-0.2)	4.80m(1.8)	4.65m(0.1)			
24	Macdonald, Samantha	92	ASEA	4.79m	0.5	
	4.72m(-0.2)	4.67m(0.7)	4.79m(0.5)			
25	Russell, Karly	92	Split City	4.50m	0.2	
	4.43m(-2.3)	4.25m(2.2)	4.50m(0.2)			
26	Baba, Victoria	92	Fredericton	4.42m	2.3	
	4.15m(0.7)	4.42m(2.3)	4.21m(0.4)			

Women Long Jump

=====						
CJR: * 6.50m 04/07/1982 Karen Nelson						
CJCR: ! 6.11m 2001 Keri-Ann Michell						
Name	Year	Team	Finals	Wind		
=====						
Finals						
1	Ehrhardt, Caroline	92	Track North	5.79m	-1.5	
	5.56m(+0.0)	4.00m(-6.6)	5.76m(-1.3)	5.64m(-2.1)	5.52m(-1.1)	5.79m(-1.5)
2	Cobb, Aleisha	91	BC Athletics	5.64m	NWI	
	5.39m(1.4)	5.37m(-0.1)	5.32m(-1.7)	5.46m(-2.1)	5.64m(-0.0)	5.64m(-3.4)
3	Romu, Rachel	93	Lakehead A.C.	5.61m	-1.7	
	5.15m(-0.6)	5.28m(-2.8)	5.36m(-2.5)	5.48m(0.4)	5.61m(-1.7)	5.56m(-1.6)
4	Fetaz, Jennifer	93	Unattached A	5.51m	-1.7	
	5.50m(-0.4)	5.44m(-0.5)	5.32m(-0.0)	5.13m(-3.1)	5.51m(-1.7)	FOUL(-1.9)
5	Crombeen, Charlotte	92	Unattached A	5.50m	-0.6	
	5.27m(-2.5)	5.50m(-0.6)	5.19m(-0.7)	5.31m(1.0)	5.15m(-1.8)	5.32m(-2.0)
6	Stewart, Hayley M.	93	BC Athletics	5.45m	0.1	
	FOUL(-1.4)	5.45m(0.1)	5.45m(-1.7)	5.28m(-1.7)	5.34m(-2.1)	FOUL(-0.2)
7	Bonneau, Audrey	92	Lavironde	5.34m	-2.0	
	5.18m(-2.4)	5.15m(0.6)	5.34m(-2.0)	5.06m(-2.2)	5.24m(-1.2)	5.00m(-1.0)
8	Rhode, Mercedes	92	Saskatoon T&F	5.22m	NWI	
	5.19m(-0.6)	5.22m(-0.0)	4.63m(-5.7)	4.77m(-3.1)	4.95m(-2.4)	4.76m(-4.2)
9	Haselhan, Shalane	91	Excel Ath.	5.20m	-0.5	
	5.20m(-0.5)	3.52m(-4.7)	FOUL(-2.2)			
10	Stille, Julia	93	Ottawa Lions	5.04m	-3.4	
	FOUL(-0.5)	4.96m(-0.7)	5.04m(-3.4)			
11	Sutherland, Carolyn	94	BC Athletics	5.04m	-4.5	
	FOUL(-1.4)	FOUL(-0.0)	5.04m(-4.5)			

12 Biswal, Devyani 93 Ottawa Lions 4.93m -1.9
 4.84m(-0.5) FOUL(-4.7) 4.93m(-1.9)

Women Triple Jump

=====
 Top 12 Advance by Time

CJR: * 13.43m 03/05/2004 Tabia Charles
 CJCR: ! 12.64m 2008 Chloe Hetherton

Name	Year	Team	Prelims	Wind
Preliminaries				
1 Ehrhardt, Caroline	92	Track North	12.46mq	-0.6
12.46m(-0.6) PASS	PASS			
2 Stille, Julia	93	Ottawa Lions	11.37mq	-0.2
11.17m(-2.3) 11.37m(-0.2) 10.91m(-1.1)				
3 Stewart, Alana	91	U. Of Toronto	11.31mq	-0.8
FOUL(2.1) 11.02m(-1.4) 11.31m(-0.8)				
4 Biswal, Divyajyoti	93	Ottawa Lions	11.31mq	0.4
FOUL(-2.5) 11.31m(0.4) 10.68m(-1.2)				
5 Romu, Rachel	93	Lakehead A.C.	11.20mq	-0.8
10.94m(-2.8) 11.20m(-0.8) 11.08m(-0.4)				
6 Mirotta, Julia	92	Guelph Track	11.15mq	-1.7
FOUL(-1.7) 10.97m(0.3) 11.15m(-1.7)				
7 Flemington, Katie	92	Guelph Track	11.08mq	-1.0
10.93m(-1.3) 11.08m(-1.0) 11.07m(-0.6)				
8 Dillon, Krista	92	Ottawa Lions	11.01mq	-0.5
10.64m(-4.4) 11.01m(-0.5) 10.69m(-2.3)				
9 Wallace, Julia	91	Guelph Track	10.96mq	-1.8
10.47m(0.1) 10.50m(-2.4) 10.96m(-1.8)				
10 Russell, Karly	92	Split City	10.87mq	-0.9
9.80m(1.4) 10.53m(-1.6) 10.87m(-0.9)				
11 Gibson, Kristen	94	Chebucto	10.78mq	-0.3
10.78m(-0.3) 10.76m(-2.0) 10.50m(-0.8)				
12 Goad, Emily	91	London Western	10.78mq	-0.8
10.74m(1.5) 10.72m(-0.2) 10.78m(-0.8)				
13 Griffiths, Kara	92	York Univers	10.76m	0.2
9.92m(-3.3) 9.95m(0.2) 10.76m(0.2)				
14 Olah, Courtney	91	Niagara Regional	10.73m	-2.2
10.67m(-0.1) 10.73m(-2.2) 10.68m(-1.5)				
15 Neely, Taylor	92	I Be Fast T.C.	10.70m	-2.3
FOUL(-2.5) FOUL(-0.3) 10.70m(-2.3)				
16 Bedek, Kelly	93	St Thomas Lgn	10.67m	-1.7
10.67m(-1.7) 10.29m(-0.7) 10.64m(-2.0)				
17 Violin, Alicia	92	Track North	10.61m	-2.4
10.58m(-2.4) 10.61m(-2.4) 10.58m(-2.4)				
18 Taplin, Sarah	94	Unattached-N	10.23m	-1.7
10.23m(-1.7) FOUL(-2.0) 9.82m(-0.6)				
-- Hetherton, Chloe	92	Saskatoon T&F	FOUL	NWI
FOUL(-4.6) FOUL(-2.2) FOUL(-2.4)				

Women Triple Jump

=====
 CJR: * 13.43m 03/05/2004 Tabia Charles
 CJCR: ! 12.64m 2008 Chloe Hetherton

Name	Year	Team	Finals	Wind
Finals				
1 Ehrhardt, Caroline	92	Track North	12.54m	-0.4
12.47m(-2.9) 12.54m(-0.4) 12.44m(0.1) FOUL(-1.5) 12.08m(3.1) 12.48m(-2.3)				
2 Romu, Rachel	93	Lakehead A.C.	11.95m	-0.7
11.37m(-0.2) 11.26m(0.5) 11.68m(-0.8) 11.72m(-0.4) 11.95m(-0.7) 11.54m(-2.7)				
3 Stille, Julia	93	Ottawa Lions	11.91m	2.3
11.35m(-1.6) 11.91m(2.3) FOUL(-2.9) 11.72m(3.3) 11.71m(-0.1) FOUL(-1.8)				
4 Dillon, Krista	92	Ottawa Lions	11.58m	1.9
11.18m(-1.8) 11.01m(-1.6) 11.58m(1.9) 11.51m(-0.5) 10.90m(-0.4) 10.83m(-3.0)				
5 Stewart, Alana	91	U. Of Toronto	11.38m	0.2
FOUL(-1.7) 10.81m(1.5) 11.23m(-0.6) 11.38m(0.2) 10.93m(0.7) 10.49m(-0.8)				
6 Flemington, Katie	92	Guelph Track	11.34m	-0.3
FOUL(-1.5) 11.09m(-1.6) 10.95m(-0.9) FOUL(1.3) 11.34m(-0.3) 10.97m(-1.7)				
7 Gibson, Kristen	94	Chebucto	11.14m	0.7
10.57m(-0.9) FOUL(-0.1) 10.96m(0.7) 11.14m(0.7) FOUL(-1.0) 10.56m(-1.1)				
8 Mirotta, Julia	92	Guelph Track	10.97m	1.5
10.39m(-2.5) 10.97m(1.5) FOUL(1.2) 10.80m(0.3) 10.75m(-0.3) FOUL(-0.6)				
9 Biswal, Divyajyoti	93	Ottawa Lions	10.91m	-0.7
10.85m(-2.8) FOUL(-0.6) 10.91m(-0.7)				
10 Wallace, Julia	91	Guelph Track	10.88m	-0.5
10.72m(0.3) 10.45m(-2.8) 10.88m(-0.5)				
11 Goad, Emily	91	London Western	10.45m	-1.7
10.45m(-1.7) 10.33m(-2.8) 9.83m(-0.1)				
12 Russell, Karly	92	Split City	10.16m	-1.1
10.08m(-0.6) 10.16m(-1.1) FOUL(0.5)				

Women Shot Put

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=====
CJR: * 16.39m 18/07/2009 Julie Labonte
CJCR: ! 16.39m 18/07/2009 Julie Labonte
Name Year Team Finals
=====
1 Whalen, Chelsea 92 Launchers Ath. 13.93m
  12.47m FOUL 12.82m 13.14m 13.93m FOUL
2 Porlier-Langlois, Alex 93 Sherbrooke 13.85m
  13.85m 13.52m 13.18m 12.54m FOUL 13.37m
3 Chin, Rayann 93 U. Of Toronto 12.63m
  11.78m 12.01m 12.52m 12.63m FOUL FOUL
4 Vidal, Justine 91 York Univers 11.81m
  10.59m 10.81m 11.81m 11.18m 11.29m FOUL
5 Vandeneynnden, Sarah 92 London Western 11.72m
  11.41m 11.72m 11.72m FOUL FOUL FOUL
6 Macdonald, Eilish 94 Ottawa Lions 11.56m
  10.59m FOUL 11.24m FOUL 11.56m 11.47m
7 Crew, Brittany 94 Phoenix Athl 11.55m
  11.55m 10.99m 11.34m 11.39m FOUL FOUL
8 Trudel-Sabourin, Jade 93 Petite Nation 10.29m
  10.29m 9.59m 9.66m
9 Richardson, Jade E. 92 BC Athletics 9.66m
  9.48m FOUL 9.66m
=====

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Women Discus Throw

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=====
Top 12 Advance by Time
CJR: * 52.52m 29/05/1986 Michelle Brotherton
CJCR: ! 49.18m 1993 Jennifer Vermette
Name Year Team Prelims
=====
Preliminaries
1 Chin, Rayann 93 U. Of Toronto 43.19mq
  40.33m 43.19m PASS
2 Rak, Breanna 91 Saskatoon T&F 42.22mq
  42.22m PASS PASS
3 Klodnicki, Katie 92 York Univers 39.39mq
  36.71m 39.39m FOUL
4 Dyck, Emma 91 Excel Ath. 38.16mq
  38.16m 33.60m 34.92m
5 Richardson, Jade E. 92 BC Athletics 38.16mq
  38.16m FOUL FOUL
6 Vandeneynnden, Sarah 92 London Western 36.40mq
  36.40m 34.24m 35.13m
7 Levy, Daina 93 Unattached-M 35.93mq
  FOUL FOUL 35.93m
8 Macdonald, Eilish 94 Ottawa Lions 35.00mq
  33.39m 34.62m 35.00m
9 Johnston, Madison 93 South Simcoe 34.94mq
  FOUL 34.94m FOUL
10 Ferris, Karen 91 Flying M A.C. 34.72mq
  33.25m 34.72m 34.72m
11 Crew, Brittany 94 Phoenix Athl 34.13mq
  FOUL 34.13m FOUL
12 Vidal, Justine 91 York Univers 33.37mq
  32.49m 33.37m 31.55m
13 Allen, Bernadette 91 London Western 33.09m
  32.14m 33.09m 32.21m
14 Trudel-Sabourin, Jade 93 Petite Nation 31.43m
  FOUL 29.61m 31.43m
15 Heshka-Wolf, Ciera 91 Edmonton Harrier 28.28m
  24.33m 26.13m 28.28m
16 Maltais, Naomie 92 Athletigouch 26.84m
  25.92m 26.84m FOUL
=====

```

Women Discus Throw

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=====
CJR: * 52.52m 29/05/1986 Michelle Brotherton
CJCR: ! 49.18m 1993 Jennifer Vermette
Name Year Team Finals
=====
Finals
1 Rak, Breanna 91 Saskatoon T&F 45.42m
  45.42m 39.15m FOUL FOUL FOUL FOUL
2 Chin, Rayann 93 U. Of Toronto 43.76m
  41.69m 40.87m 42.63m 41.06m 43.76m FOUL
3 Klodnicki, Katie 92 York Univers 41.44m
  37.15m 38.75m 36.47m 40.10m 40.67m 41.44m
4 Levy, Daina 93 Unattached-M 40.09m
=====

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	FOUL	40.09m	FOUL	FOUL	FOUL	FOUL		
5	Dyck, Emma				91	Excel Ath.		38.08m
		36.84m	35.86m	36.37m	34.62m	38.08m	FOUL	
6	Crew, Brittany				94	Phoenix Athl		38.00m
		FOUL	34.57m	38.00m	37.64m	35.38m	34.21m	
7	Johnston, Madison				93	South Simcoe		37.09m
		36.13m	37.09m	FOUL	35.64m	34.85m	35.04m	
8	Macdonald, Eilish				94	Ottawa Lions		36.79m
		FOUL	FOUL	36.79m	34.99m	FOUL	34.80m	
9	Richardson, Jade E.				92	BC Athletics		35.75m
		FOUL	33.99m	35.75m				
10	Vandeneynnden, Sarah				92	London Western		35.74m
		35.00m	35.74m	34.92m				
11	Vidal, Justine				91	York Univers		33.80m
		33.46m	31.90m	33.80m				
12	Ferris, Karen				91	Flying M A.C.		33.47m
		FOUL	FOUL	33.47m				

Women Hammer Throw

=====								
	CJR: *	58.84m	22/05/1999	Jennifer Joyce				
	CJCR: !	57.34m	2005	Marie Eve Boisselle				
	Name		Year	Team				Finals
=====								
1	Franke-Kuhn, Joanna			92	BC Athletics			52.10m
		49.87m	49.99m	FOUL	50.87m	52.10m	51.84m	
2	Levy, Daina			93	Unattached-M			50.07m
		FOUL	47.80m	FOUL	50.07m	FOUL	FOUL	
3	Stuart, Lauren			91	BC Athletics			49.43m
		FOUL	43.14m	FOUL	FOUL	48.77m	49.43m	
4	Kennedy, Samantha			93	BC Athletics			45.58m
		45.58m	FOUL	FOUL	FOUL	FOUL		
5	Heshka-Wolf, Ciera			91	Edmonton Harrier			42.38m
		FOUL	42.38m	FOUL	FOUL	39.72m		
6	Klodnicki, Katie			92	York Univers			39.71m
		31.93m	37.12m	39.04m	35.44m	39.71m	38.69m	
7	Macdonald, Eilish			94	Ottawa Lions			38.25m
		FOUL	FOUL	35.96m	FOUL	FOUL	38.25m	
8	Maltais, Naomie			92	Athletigouch			35.70m
		33.33m	34.40m	FOUL	35.70m	35.31m	33.01m	
9	Trudel-Sabourin, Jade			93	Petite Nation			33.28m
		FOUL	FOUL	33.28m				
10	Dyck, Emma			91	Excel Ath.			32.83m
		32.83m	FOUL	FOUL				
11	Mara, Alexandra			91	London Western			32.55m
		32.55m	FOUL	30.97m				
12	Vandeneynnden, Sarah			92	London Western			32.13m
		31.02m	30.66m	32.13m				
13	Vidal, Justine			91	York Univers			28.09m
		FOUL	28.09m	FOUL				

Women Javelin Throw

=====								
	CJR: *	52.36m	13/04/2007	Elizabeth Gleadle				
	CJCR: !	50.86m	2006	Elizabeth Gleadle				
	Name		Year	Team				Finals
=====								
1	Perkins, Tiffany			91	BC Athletics			47.42m
		39.85m	46.78m	45.02m	FOUL	44.03m	47.42m	
2	Whalen, Chelsea			92	Launchers Ath.			46.75m
		46.75m	FOUL	43.29m	44.52m	FOUL	43.24m	
3	Johnston, Madison			93	South Simcoe			42.92m
		31.63m	40.00m	36.43m	42.92m	41.41m	FOUL	
4	Springer, Jaimee			92	Split City			40.13m
		40.13m	36.28m	39.66m	36.95m	36.57m	3.56m	
5	Rowland, Brooke			94	York Univers			39.20m
		39.04m	38.48m	FOUL	FOUL	39.20m	FOUL	
6	Chartrand, Sonia			92	Petite Nation			38.35m
		32.11m	38.35m	37.29m	FOUL	FOUL	FOUL	
7	Gyemi, Daniellle			91	Windsor Legion			38.25m
		35.81m	37.62m	37.62m	FOUL	38.25m	FOUL	
8	Gauvin, Lindsay			92	Athlétisme Chlr			38.11m
		38.11m	FOUL	FOUL	34.55m	FOUL	30.73m	
9	Perry, Rebecca			92	Brockville Lgn			37.36m
		36.91m	32.74m	37.36m				
10	Parker, Karleigh			92	Unattached A			35.78m
		FOUL	33.03m	35.78m				
11	Bélanger, Catherine			91	Corsaire Chap.			35.61m
		35.61m	FOUL	34.76m				
12	Poole, Alexandra			93	Truro Track			34.50m
		34.50m	32.37m	FOUL				

Women 10000 Meter Race Walk

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=====
CJR: * 49:15.00 24/10/1987 Lora Rigutto
CJCR: ! 49:49.16 2004 Megan Huzzey
Name Year Team Finals
=====
1 Voyer, Anne 93 Mille Pays 59:34.58
    
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Men 100 Meter

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=====
16 Advance: Top 3 Each Heat plus Next 4 Best Times
CJR: * 10.26 30/07/2005 Justyn Warner
CJCR: ! 10.33 1994 Eric Frampong-Manso
Name Year Team Prelims Wind H#
=====
Preliminaries
1 Brown, Aaron 92 Phoenix Athl 10.54Q 1.8 3
2 Hayle, Phillip 91 Brampton T.C. 10.71Q 0.9 1
3 Macleod, Tyler 91 Windsor Legion 10.91Q 1.7 4
5 Sévigny, Sébastien 91 Corsaire Chap. 10.77Q 0.9 1
6 Bennett, Kyle 93 Take Flight 10.91Q 2.4 2
7 Agada, Emeka 93 Supreme Athletic 10.98Q 1.7 4
8 Zaid, François 92 Perfmax-Racing 11.00Q 1.8 3
9 Rodney, Brendon 92 Take Flight 10.96Q 0.9 1
10 Hayle, Tyler 93 Brampton T.C. 10.97Q 2.4 2
11 Holland, Brandon 91 Windsor Legion 11.02Q 1.7 4
12 Ullberg, Carl-Cédric 92 Athletisme Mtl 11.09Q 1.8 3
13 Graf, Ryan 93 Saskatoon T&F 11.01q 0.9 1
14 Izat, Josh 92 U Of C Ath 11.09q 2.4 2
15 Montgiraud, Iseah 92 C.A.N.I. 11.12q 1.7 4
16 Akins, Michael 93 Unattached-M 11.15q 0.9 1
17 Allen, Benjamin 92 Unattached-M 11.16 2.4 2
18 Skory, Kale 92 Unattached A 11.20 1.8 3
19 Gregoire, Chase 91 Ottawa Lions 11.21 0.9 1
20 Samking, Wilfred Jr. 92 Winnipeg Opt 11.22 1.7 4
21 Stuart, Alex 92 ASEA 11.32 2.4 2
22 Ivey, Richard 91 Fredericton 11.41 1.8 3
23 Gajadhar, Mack 91 Winnipeg Opt 11.42 2.4 2
24 Peabody, Alexander 93 Saint John T&F 11.51 1.7 4
25 Moore, Nicholas 91 Chebucto 11.52 1.7 4
26 Maclean, Stewart 93 Islanders T&F 11.65 0.9 1
27 Coholan, Alexandre 93 ASEA 11.66 1.8 3
28 Franz, Shae 93 Winnipeg Opt 11.78 2.4 2
-- Breski, Josh 91 U Of C Ath DNF 1.8 3
    
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Men 100 Meter

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=====
8 Advance: Top 3 Each Heat plus Next 2 Best Times
CJR: * 10.26 30/07/2005 Justyn Warner
CJCR: ! 10.33 1994 Eric Frampong-Manso
Name Year Team Semis Wind H#
=====
Semi-Finals
1 Brown, Aaron 92 Phoenix Athl 10.59Q -0.5 1
2 Sévigny, Sébastien 91 Corsaire Chap. 11.03Q -0.1 2
3 Hayle, Phillip 91 Brampton T.C. 10.86Q -0.5 1
4 Macleod, Tyler 91 Windsor Legion 11.04Q -0.1 2
5 Rodney, Brendon 92 Take Flight 11.08Q -0.1 2
5 Holland, Brandon 91 Windsor Legion 11.08Q -0.5 1
7 Zaid, François 92 Perfmax-Racing 11.09q -0.1 2
8 Agada, Emeka 93 Supreme Athletic 11.10q -0.5 1
9 Ullberg, Carl-Cédric 92 Athletisme Mtl 11.16 -0.1 2
10 Graf, Ryan 93 Saskatoon T&F 11.17 -0.1 2
11 Akins, Michael 93 Unattached-M 11.24 -0.1 2
11 Hayle, Tyler 93 Brampton T.C. 11.24 -0.5 1
11 Montgiraud, Iseah 92 C.A.N.I. 11.24 -0.5 1
14 Bennett, Kyle 93 Take Flight 11.26 -0.5 1
15 Izat, Josh 92 U Of C Ath 11.40 -0.5 1
-- Cho, Kyu-Won 91 Chebucto DQ -0.1 2 Rule # 162.7
    
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Men 100 Meter

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=====
CJR: * 10.26 30/07/2005 Justyn Warner
CJCR: ! 10.33 1994 Eric Frampong-Manso
Name Year Team Finals Wind
=====
Finals
1 Brown, Aaron 92 Phoenix Athl 11.11 -5.1
2 Hayle, Phillip 91 Brampton T.C. 11.20 -5.1
3 Agada, Emeka 93 Supreme Athletic 11.39 -5.1
    
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4	Macleod, Tyler	91	Windsor Legion	11.45	-5.1
5	Rodney, Brendon	92	Take Flight	11.49	-5.1
6	Sévigny, Sébastien	91	Corsaire Chap.	11.51	-5.1
7	Holland, Brandon	91	Windsor Legion	11.58	-5.1
8	Zaid, François	92	Perfmax-Racing	11.65	-5.1

Men 200 Meter

24 Advance: Top 4 Each Heat plus Next 4 Best Times

CJR: * 20.62 25/05/1991 Peter Ogilvie

CJCR: ! 20.65 1994 Eric Frampong-Manso

Name	Year	Team	Prelims	Wind	H#
Preliminaries					
1	Makinde, Oluwasegun	91	Ottawa Lions	21.85Q	-2.5 3
2	Laidlaw-Allen, Marlon	93	Phoenix Athl	22.14Q	-2.0 4
3	Cho, Kyu-Won	91	Chebucto	22.23Q	-1.9 5
4	Macleod, Tyler	91	Windsor Legion	22.49Q	-3.2 2
5	Hayle, Tyler	93	Brampton T.C.	22.64Q	-2.0 1
6	Sévigny, Sébastien	91	Corsaire Chap.	22.36Q	-1.9 5
7	Smith-Drouin, Brandon	91	Perfmax-Racing	22.57Q	-2.5 3
8	Holland, Brandon	91	Windsor Legion	22.72Q	-2.0 4
9	Rodney, Brendon	92	Take Flight	22.74Q	-3.2 2
10	Graf, Ryan	93	Saskatoon T&F	23.20Q	-2.0 1
11	Harris, Tremaine	92	G-Force T.C.	22.46Q	-1.9 5
12	Gaudes, Adam	92	Fast Tracks	22.67Q	-2.5 3
13	Richards, Garrett	93	Brockville Lgn	22.77Q	-2.0 4
14	Rice, Shayne	91	Windsor Legion	23.02Q	-3.2 2
15	Breski, Josh	91	U Of C Ath	23.31Q	-2.0 1
16	Bennett, Kyle	93	Take Flight	22.99Q	-2.5 3
17	Allen, Benjamin	92	Unattached-M	23.17Q	-3.2 2
18	Akins, Michael	93	Unattached-M	23.42Q	-2.0 4
19	Moore, Nicholas	91	Chebucto	23.45Q	-1.9 5
20	Ostberg, Dylan	91	Bison Track	23.52Q	-2.0 1
21	Skory, Kale	92	Unattached A	23.45q	-3.2 2
22	Gregoire, Chase	91	Ottawa Lions	23.60q	-3.2 2
23	Stuart, Alex	92	ASEA	23.64q	-2.0 1
24	Ivey, Richard	91	Fredericton	23.68q	-1.9 5
25	Franz, Shae	93	Winnipeg Opt	23.69	-2.0 4
26	Izat, Josh	92	U Of C Ath	23.85	-2.5 3
27	Montgiraud, Iseah	92	C.A.N.I.	23.86	-2.5 3
28	Boudreau, Mathieu	91	Québec Endurance	23.94	-3.2 2
29	Coholan, Alexandre	93	ASEA	24.22	-2.0 1
30	Falkenham, Andrew	91	Unattached N	24.36	-2.0 4
--	Gajadhar, Mack	91	Winnipeg Opt	DQ	-1.9 5
--	Hayle, Phillip	91	Brampton T.C.	DQ	-2.0 4

Rule # 163.3
Rule # 163.3

Men 200 Meter

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

CJR: * 20.62 25/05/1991 Peter Ogilvie

CJCR: ! 20.65 1994 Eric Frampong-Manso

Name	Year	Team	Semis	Wind	H#
Semi-Finals					
1	Makinde, Oluwasegun	91	Ottawa Lions	21.98Q	1.3 2
2	Laidlaw-Allen, Marlon	93	Phoenix Athl	22.07Q	0.6 1
2	Macleod, Tyler	91	Windsor Legion	22.07Q	-0.7 3
4	Rodney, Brendon	92	Take Flight	22.08Q	-0.7 3
5	Hayle, Tyler	93	Brampton T.C.	22.16Q	0.6 1
6	Sévigny, Sébastien	91	Corsaire Chap.	22.33Q	1.3 2
7	Harris, Tremaine	92	G-Force T.C.	22.19q	0.6 1
8	Bennett, Kyle	93	Take Flight	22.64q	-0.7 3
9	Holland, Brandon	91	Windsor Legion	22.69	0.6 1
10	Gaudes, Adam	92	Fast Tracks	22.70	1.3 2
11	Rice, Shayne	91	Windsor Legion	22.76	0.6 1
12	Allen, Benjamin	92	Unattached-M	22.88	0.6 1
13	Graf, Ryan	93	Saskatoon T&F	22.90	-0.7 3
14	Smith-Drouin, Brandon	91	Perfmax-Racing	23.09	1.3 2
15	Breski, Josh	91	U Of C Ath	23.10	-0.7 3
16	Akins, Michael	93	Unattached-M	23.23	1.3 2
17	Gregoire, Chase	91	Ottawa Lions	23.30	-0.7 3
18	Stuart, Alex	92	ASEA	23.37	0.6 1
19	Ostberg, Dylan	91	Bison Track	23.38	0.6 1
20	Skory, Kale	92	Unattached A	23.42	-0.7 3
21	Moore, Nicholas	91	Chebucto	23.53	1.3 2
22	Ivey, Richard	91	Fredericton	23.61	1.3 2
--	Cho, Kyu-Won	91	Chebucto	X21.95	-0.7 3

Men 200 Meter

CJR: * 20.62 25/05/1991 Peter Ogilvie
 CJCR: ! 20.65 1994 Eric Frampong-Manso

Name	Year	Team	Finals	Wind
=====				
Finals				
1 Makinde, Oluwasegun	91	Ottawa Lions	21.57	-0.4
2 Laidlaw-Allen, Marlon	93	Phoenix Athl	21.88	-0.4
3 Macleod, Tyler	91	Windsor Legion	22.02	-0.4
4 Harris, Tremaine	92	G-Force T.C.	22.05	-0.4
5 Rodney, Brendon	92	Take Flight	22.07	-0.4
6 Hayle, Tyler	93	Brampton T.C.	22.19	-0.4
7 Sévigny, Sébastien	91	Corsaire Chap.	22.27	-0.4
8 Bennett, Kyle	93	Take Flight	22.57	-0.4

Men 400 Meter

16 Advance: Top 1 Each Heat plus Next 11 Best Times

CJR: * 45.83 19/07/1997 Shane Niemi
 CJCR: ! 46.55 2006 Brian Barnett

Name	Year	Team	Prelims	H#
=====				
Preliminaries				
1 Moona, Alistair	92	G-Force T.C.	47.60Q	5
2 Harris, Tremaine	92	G-Force T.C.	48.34Q	4
3 Trnkus, Michael	91	U. Of Toronto	49.02Q	2
4 Smith-Drouin, Brandon	91	Perfmax-Racing	49.02Q	1
5 Biocchi, Devin	92	Ottawa Lions	49.39Q	3
6 Gaudes, Adam	92	Fast Tracks	48.84q	4
7 Blades, Justin	91	Unattached N	49.15q	1
8 Greco, Domenic	91	Brampton T.C.	49.31q	5
9 Triumbari, Joseph	91	Mississauga	49.36q	1
10 Laidlaw-Allen, Marlon	93	Phoenix Athl	49.51q	3
11 Home, Mitchell	92	Capital City	49.78q	2
12 Smithers, Cameron	91	Ottawa Lions	49.95q	2
13 Ajugo, Benjamin	92	Capital City	50.34q	5
14 Vankoughnet, Joel	91	Bison Track	50.59q	4
15 Ostberg, Dylan	91	Bison Track	50.66q	2
16 Smith, Spencer	92	Islanders T&F	50.76q	1
17 Murray, Steven	93	Hamilton O.C.	50.85	5
18 Duguay, Vincent	91	Zénith	50.93	1
19 Basler, Matt	91	Ottawa Lions	51.06	4
20 Brennard, Dylan	93	Niagara Regional	51.20	3
21 Krolikowski, Maciek	91	U Of C Ath	51.31	2
22 Haenni, Dustin	91	South Simcoe	51.48	5
23 Boudreau, Mathieu	91	Québec Endurance	51.53	3
24 Giles, Cameron	93	Niagara Olympics	51.58	4
25 Falkenham, Andrew	91	Unattached N	51.94	1
26 Drennan, Jesse	93	Bluenose A.T.	52.08	3
27 Laviolette, Francis	92	Perfmax-Racing	52.43	5
28 Coy, Jesaiah	93	Calgary O.T.C.	52.60	5
29 Wile, Lucas	94	Bluenose A.T.	52.70	2
30 Karakochuk, Michael	91	Capital City	53.05	3
31 Robertson, Chris	92	ASEA	53.08	4
32 Tree, Andrew	91	Motley Crew	53.73	1
33 Andrais, Greg	91	Capital City	53.94	4
34 Mcginn, Tomas	94	Fast Tracks	54.20	3
-- Bergeron, Alexandre	91	Sherbrooke	DQ	2

Rule # 163.3

Men 400 Meter

CJR: * 45.83 19/07/1997 Shane Niemi
 CJCR: ! 46.55 2006 Brian Barnett

Name	Year	Team	Finals	H#
=====				
Finals				
1 Moona, Alistair	92	G-Force T.C.	46.54!	2
2 Harris, Tremaine	92	G-Force T.C.	47.82	2
3 Gaudes, Adam	92	Fast Tracks	48.19	2
4 Trnkus, Michael	91	U. Of Toronto	48.23	2
5 Biocchi, Devin	92	Ottawa Lions	48.50	2
6 Greco, Domenic	91	Brampton T.C.	48.98	2
7 Blades, Justin	91	Unattached N	49.40	2
8 Home, Mitchell	92	Capital City	50.20	1
9 Vankoughnet, Joel	91	Bison Track	50.33	1
10 Ostberg, Dylan	91	Bison Track	50.74	1
11 Smith, Spencer	92	Islanders T&F	50.81	1
12 Ajugo, Benjamin	92	Capital City	50.85	1
-- Smith-Drouin, Brandon	91	Perfmax-Racing	DQ	2

Rule # 163.3

Men 800 Meter

=====

24 Advance: Top 2 Each Heat plus Next 16 Best Times
 CJR: * 1:46.60 23/06/2001 Nathan Brannen
 CJCR: ! 1:46.72 1992 Kevin Sullivan

Name	Year	Team	Prelims
=====			
Preliminaries			
1 Keane, Sean	93	BC Athletics	1:53.53Q
2 Sayers, Trent	91	Phoenix Athl	1:54.59Q
3 Vugteveen, Travis	92	BC Athletics	1:54.77Q
4 Parent-Pichette, Vincent	91	C.A. Dynamique	1:55.52Q
5 Romaniw, Anthony	91	Runners Edge	1:54.13Q
6 Peterson, Cole	93	Edmonton Harrier	1:54.80Q
7 La Marra, Paul	92	London Legion	1:55.29Q
8 Miedema, Christopher	91	Niagara Regional	1:55.61Q
9 Neal, Keffri W.	93	BC Athletics	1:54.73q
10 Robertson, Karl	91	Leduc T.F.C.	1:54.91q
11 Bickley, Brad	91	U Of C Ath	1:55.07q
12 Labranche, Jean-Daniel	91	Québec Endurance	1:55.34q
13 Schiavone, Trevor	91	St. Albert T	1:55.45q
14 Janikowski, Paul	92	Windsor Legion	1:55.73q
15 Cunliffe, Bj	92	Durham Dragons	1:55.75q
16 Souleiman, Mohammed	93	Ottawa Lions	1:55.78q
17 Porter, Evan	91	Saugeen T&F	1:55.88q
18 Bussièeres, Alex	94	Mille Pays	1:56.04q
19 Langille, Andrew	93	Toronto Olympic	1:56.11q
19 Muldoon, Matthew	92	U. Of Toronto	1:56.11q
21 Raymond, Benjamin	92	C.A. Dynamique	1:56.42q
22 Grieve, Kyle	93	U. Of Toronto	1:56.90q
23 Boast, Cody	91	Ottawa Lions	1:57.08q
24 Outhit, Connor	92	Laurel Creek	1:57.51q
25 Forbes, Ian	92	Fast Tracks	1:57.53
26 Henry, Ethan	92	Toronto Olympic	1:58.05
27 Thibeault, Antoine	94	Phenix	1:58.08
28 Prajea, Mihai	91	Calgary Warriors	1:58.15
29 Block, Daniel	91	Unattached-S	1:58.21
30 Thacher, Eric	92	Stride Ahead	1:58.62
31 Tars, Zac	91	U. Of Toronto	1:58.69
32 Jacobs, Mike	92	Motley Crew	1:58.97
33 Roske, Travis	91	Excel Ath.	1:59.19
34 Robitaille-Beaumier, Max	93	Phenix	1:59.81
35 McGinn, Tomas	94	Fast Tracks	2:01.23
36 Miller, Thomas	92	River City	2:02.16
37 Paré, Alexandre	91	Sherbrooke	2:02.51
38 Murdock, Robin	93	Fredericton	2:05.97
39 Butler, Thomas	93	Saint John T&F	2:08.21
40 Andrews, Bradley	92	YHZ	2:11.12

Men 800 Meter

Name	Year	Team	Finals
=====			
CJR: * 1:46.60 23/06/2001 Nathan Brannen			
CJCR: ! 1:46.72 1992 Kevin Sullivan			
=====			
Finals			
1 Romaniw, Anthony	91	Runners Edge	1:50.99
2 Sayers, Trent	91	Phoenix Athl	1:51.68
3 Vugteveen, Travis	92	BC Athletics	1:52.27
4 Miedema, Christopher	91	Niagara Regional	1:52.32
5 Parent-Pichette, Vincent	91	C.A. Dynamique	1:52.85
6 La Marra, Paul	92	London Legion	1:53.82
7 Robertson, Karl	91	Leduc T.F.C.	1:54.74
8 Keane, Sean	93	BC Athletics	1:54.86
9 Labranche, Jean-Daniel	91	Québec Endurance	1:56.75
10 Peterson, Cole	93	Edmonton Harrier	1:57.41
11 Bickley, Brad	91	U Of C Ath	1:57.49
12 Neal, Keffri W.	93	BC Athletics	2:09.58
13 Janikowski, Paul	92	Windsor Legion	1:54.26
14 Souleiman, Mohammed	93	Ottawa Lions	1:54.68
15 Muldoon, Matthew	92	U. Of Toronto	1:54.96
16 Langille, Andrew	93	Toronto Olympic	1:54.99
17 Raymond, Benjamin	92	C.A. Dynamique	1:55.21
18 Grieve, Kyle	93	U. Of Toronto	1:55.53
19 Bussièeres, Alex	94	Mille Pays	1:56.84
20 Boast, Cody	91	Ottawa Lions	1:57.49
21 Porter, Evan	91	Saugeen T&F	1:59.30
22 Outhit, Connor	92	Laurel Creek	1:58.31
23 Schiavone, Trevor	91	St. Albert T	1:58.29

Men 1500 Meter

12 Advance: Top 5 Each Heat plus Next 2 Best Times

CJR: * 3:39.11 20/09/1992 Kevin Sulllivan
CJCR: ! 3:46.48 1985 Andrew McGuigan

Name	Year	Team	Prelims
=====			
Preliminaries			
1 Lapointe, Jean-Samuel	91	Québec Endurance	3:59.12Q
2 Rae, Jeremy	91	Niagara Regional	4:02.88Q
3 Malette, John Paul	91	Windsor Legion	3:59.48Q
4 Janikowski, Paul	92	Windsor Legion	4:02.92Q
5 Denault, Robert	93	Newmarket H. TC	4:01.14Q
6 Boulay, Benoit	91	Speed River	4:02.96Q
7 De Vries, Thomas	92	London Western	4:01.62Q
8 Proudfoot, Ross	92	Track North	4:03.05Q
9 Stone, Jeff	92	Mississauga	4:01.87Q
10 Bruchet, Lucas	91	BC Athletics	4:03.25Q
11 Bocksnick, Jackson	92	Lethbridge T&F	4:03.04q
12 Hendrikkx, Aaron	93	London Runners	4:03.57q
13 Outhit, Connor	92	Laurel Creek	4:03.74
14 Block, Daniel	91	Unattached-S	4:04.67
15 Coyle, Josh	91	Halifast Ath.	4:05.10
16 Bickley, Brad	91	U Of C Ath	4:05.42
17 Denault, Alex	91	Newmarket H. TC	4:05.55
18 Sportak, Kenton	91	U Of C Ath	4:05.86
19 Thacher, Eric	92	Stride Ahead	4:08.14
20 Miller, Thomas	92	River City	4:09.65
21 Lipp, Jaden	92	Excel Ath.	4:10.87
22 Wesselius, Lee	94	ASEA	4:11.33
23 Mcneil, Matthew	93	Saint John T&F	4:11.89
24 Murphy, James	91	Motley Crew	4:14.16
25 Lewis, Daniel	91	Unattached N	4:14.74
26 McMullin, Scott	93	Fast Tracks	4:23.75
27 Langley, Jonah	94	Bluenose A.T.	4:24.08
28 Murdock, Robin	93	Fredericton	4:46.78
-- Cunliffe, Bj	92	Durham Dragons	DNF

Men 1500 Meter

CJR: * 3:39.11 20/09/1992 Kevin Sulllivan
CJCR: ! 3:46.48 1985 Andrew McGuigan

Name	Year	Team	Finals
=====			
Finals			
1 Rae, Jeremy	91	Niagara Regional	3:52.07
2 Malette, John Paul	91	Windsor Legion	3:53.16
3 Denault, Robert	93	Newmarket H. TC	3:55.09
4 Proudfoot, Ross	92	Track North	3:55.74
5 Lapointe, Jean-Samuel	91	Québec Endurance	3:57.03
6 Janikowski, Paul	92	Windsor Legion	3:57.97
7 Hendrikkx, Aaron	93	London Runners	3:58.31
8 Boulay, Benoit	91	Speed River	3:58.72
9 Bruchet, Lucas	91	BC Athletics	4:04.03
10 Bocksnick, Jackson	92	Lethbridge T&F	4:04.13
11 De Vries, Thomas	92	London Western	4:11.84
12 Stone, Jeff	92	Mississauga	4:14.51

Men 5000 Meter

CJR: * 13:43.80 02/06/1962 Bruce Kidd
CJCR: ! 14:11.77 1983 John Castellano

Name	Year	Team	Finals
=====			
1 Ahmed, Mohammed	91	Niagara Olympics	14:15.92
2 Proudfoot, Ross	92	Track North	14:43.35
3 Nixon, Andrew	91	Speed River	14:46.53
4 Kowalsky, Andrew	92	Windsor Legion	14:50.64
5 Asselstine, Robert	92	Physi-Kult	15:08.02
6 Boisvert, Emmanuel	91	Québec Endurance	15:08.87
7 Wolter, Mattias	91	Bluenose A.T.	15:10.53
8 Hendrikkx, Aaron	93	London Runners	15:11.71
9 De Vries, Thomas	92	London Western	15:17.69
10 Mcguire, Connor	91	Islanders T&F	15:20.10
11 Cooper, Jeremy	93	Track North	15:20.96
12 Lapointe, Jean-Samuel	91	Québec Endurance	15:21.65
13 Brown, Dylan	93	Newmarket H. TC	15:22.06
14 Ahmed, Ibrahim	93	Niagara Olympics	15:23.21
15 Druken, Matthew	94	South Simcoe	15:33.34
16 Pesce, Michael	92	South Simcoe	15:34.01
17 Wing, Jacob	93	YHZ	15:47.69
18 Dulhanty, Christopher	92	Mississauga	15:53.71
19 Pellerin, Jérémie	93	O2	15:54.72
20 Archer, Jeff	92	Physi-Kult	15:59.55

21 Mavrovic, Alex	91 Sherbrooke	15:59.92
22 Delaney, Liam	93 Brockville Lgn	16:10.87
23 Woloshyn, Jake	91 U. Of Toronto	16:11.63
24 Wood, Nicolas	92 YHZ	16:15.37
25 Parker, Kaelan	93 Quinte Legion	16:21.66
26 Bouchard, Frédéric	91 Fleur de Lys	16:28.84
27 Wanuch, Jacob	93 Etobicoke T.F.C.	17:30.50
-- Middlemiss, Michael	92 Excel Ath.	DNF

Men 110 Meter Hurdles

8 Advance: Top 2 Each Heat plus Next 2 Best Times
 CJR: * 13.72 14/06/2009 Gregory MacNeil
 CJCR: ! 13.83 18/07/2009 Gregory MacNeil

Name	Year Team	Prelims	Wind	H#
Preliminaries				
1 Makinde, Oluwasegun	91 Ottawa Lions	13.92Q	0.7	2
2 Grant, Tremaine	91 Unattached A	14.01Q	2.1	1
3 Moseley, Ingvar	91 Elite Edge	14.43Q	1.4	3
4 Wilson, Brandon	91 Durham Dragons	14.40Q	2.1	1
5 Wilhelm, Branden	92 London Legion	14.74Q	1.4	3
6 Slythe-Léveillé, Gabriel	93 Corsaire Chap.	14.93Q	0.7	2
7 Arsenault, Calvin	93 Laurel Creek	14.64q	2.1	1
8 Bellefontaine, Matthew	92 Chebucto	14.71q	2.1	1
9 Bates, Brent	92 West Toronto	14.94	0.7	2
10 Mclellan, Ian	92 Excel Ath.	14.98	1.4	3
11 Dejong, Dylan	92 Ottawa Lions	15.14	1.4	3
12 Bell, Spencer	91 Ottawa Lions	15.37	2.1	1
13 Courteau-Godmaire, Huber	91 Corsaire Chap.	15.54	0.7	2
14 Primeau, Codie	92 Ottawa Lions	15.62	1.4	3
15 Samking, Wilfred Jr.	92 Winnipeg Opt	15.64	0.7	2
16 Hiscock, Vance	92 Chebucto	15.83	2.1	1
17 Coy, Jesaiah	93 Calgary O.T.C.	15.91	2.1	1
18 Hancock, Scott	92 Jeunesse A.W.	16.14	0.7	2
-- Tesfaye, Gabriel	92 London Legion	DQ	0.7	2

Rule # 168.7b

Men 110 Meter Hurdles

CJR: * 13.72 14/06/2009 Gregory MacNeil
 CJCR: ! 13.83 18/07/2009 Gregory MacNeil

Name	Year Team	Finals	Wind
Finals			
1 Makinde, Oluwasegun	91 Ottawa Lions	14.18	-2.6
2 Grant, Tremaine	91 Unattached A	14.27	-2.6
3 Wilhelm, Branden	92 London Legion	14.56	-2.6
4 Moseley, Ingvar	91 Elite Edge	14.57	-2.6
5 Wilson, Brandon	91 Durham Dragons	14.76	-2.6
6 Arsenault, Calvin	93 Laurel Creek	14.97	-2.6
7 Bellefontaine, Matthew	92 Chebucto	15.07	-2.6
8 Slythe-Léveillé, Gabriel	93 Corsaire Chap.	15.39	-2.6

Men 400 Meter Hurdles

Top 8 Advance by Time
 CJR: * 52.92 03/05/1997 Nick Stewart
 CJCR: ! 51.28 1984 John Graham

Name	Year Team	Prelims	H#
Preliminaries			
1 Nystuen, Tait	91 Excel Ath.	53.13q	1
2 Chan, Daniel	91 U. Of Toronto	53.80q	2
3 Smithers, Cameron	91 Ottawa Lions	55.31q	1
4 Grant, Oliver	91 Upper Waterloo	55.80q	3
5 Bates, Brent	92 West Toronto	55.82q	1
6 Mclellan, Ian	92 Excel Ath.	56.09q	3
7 Grant, Tremaine	91 Unattached A	56.15q	3
8 Bell, Spencer	91 Ottawa Lions	56.24q	2
9 Reid, Matthew	91 Windsor Legion	56.32	2
10 MacLennan, Cameron	92 Bluenose A.T.	56.48	3
11 Arsenault, Calvin	93 Laurel Creek	57.12	2
12 Dejong, Dylan	92 Ottawa Lions	57.88	2
13 Sutton, Charlie	93 Speed River	58.16	3
14 Sampson, Terrence	92 Unattached-M	58.29	1
15 Harris, Tayler	91 St Thomas Lgn	58.44	1
16 Courteau-Godmaire, Huber	91 Corsaire Chap.	59.11	1
17 Moseley, Ingvar	91 Elite Edge	59.19	3
18 Bellefontaine, Matthew	92 Chebucto	59.53	1
19 Forde, Albert	92 West Toronto	1:00.07	2
20 Hiscock, Vance	92 Chebucto	1:01.00	3

21 Andraais, Greg	91 Capital City	1:01.31	2
22 Tremblay, Étienne	91 Sherbrooke	1:02.61	3

Men 400 Meter Hurdles

=====

CJR: * 52.92 03/05/1997 Nick Stewart
 CJCR: ! 51.28 1984 John Graham

Name	Year	Team	Finals
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=====

Finals

1 Nystuen, Tait	91	Excel Ath.	51.79*
2 Chan, Daniel	91	U. Of Toronto	52.14*
3 Grant, Tremaine	91	Unattached A	53.85
4 Grant, Oliver	91	Upper Waterloo	54.60
5 Bates, Brent	92	West Toronto	54.61
6 Mclellan, Ian	92	Excel Ath.	55.81
7 Smithers, Cameron	91	Ottawa Lions	58.17
8 Bell, Spencer	91	Ottawa Lions	1:07.96

Men 3000 Meter Steeplechase

=====

CJR: * 8:37.83 14/06/2005 Alexander Genest
 CJCR: ! 8:49.20 2005 Alex Genest

Name	Year	Team	Finals
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=====

1 Wolter, Mattias	91	Bluenose A.T.	9:00.48
2 Cassidy, Ryan	93	O2	9:02.27
3 Smith, Daryl	91	Windsor Legion	9:08.67
4 Degroot, Andrew	91	Newmarket H. TC	9:11.99
5 Dulhanty, Christopher	92	Mississauga	9:16.39
6 Hadfield, Gareth	92	Caltaf A.A.	9:16.75
7 Deshaies, Nicolas	92	Phenix	9:38.28
8 Delaney, Liam	93	Brockville Lgn	9:43.69
9 Collison, Jordan	91	Saugeen T&F	9:53.90
10 Bouchard, Frédéric	91	Fleur de Lys	9:54.80
11 Lloyd, Duke	92	Hamilton Hmrrhds	9:55.21
12 Bourgeois, Michael	93	Newmarket H. TC	9:56.58
13 Hick, Jeremy	93	London Western	9:58.50
14 Kent, Justin	92	BC Athletics	10:01.33
15 Karley, Christopher	91	Laurel Creek	10:32.04

Men 4x100 Meter Relay Branch Relay

=====

Team	Finals
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=====

1 Team Manitoba 'A'	42.45
1) Samking, Wilfred	2) Allen, Ben
3) Gajdhar, MACK	4) Aikins, Michael
2 Team Ontario 'A'	42.48
1) Laidlaw, Allen	2) O'Donnell, Mitch
3) Hayle, Tyler	4) Aguda, Emeka
3 Team NB 'A'	43.88

Men 4x100 Meter Relay

=====

CJR: * 39.64 15/08/2006
 J. Warner, S. Smith, T. Pyper, B. Barnett
 CJCR: ! 42.40 18/07/2009 , Take Flight Athletics
 K. Douglas, W. Bennett, J. Zorzella, K. Bennett

Team	Finals
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=====

1 Ottawa Lions T.F.C. 'A'	42.29!
1) Biocchi, Devin 92	2) Makinde, Oluwasegun 91
3) Gregoire, Chase 91	4) Basler, Matt 91
2 Windsor Legion Track & FI 'A'	42.30!
1) Reid, Matthew 91	2) Macleod, Tyler 91
3) Rice, Shayne 91	4) Holland, Brandon 91
3 Take Flight Athletics 'A'	43.02
1) Boreland, Jermal	2) Rodney, Brendon 92
3) Tita, Samuel 91	4) Bennett, Kyle 93
4 Chebucto Athletics 'A'	43.13
5 U OF C Athletics Club 'A'	43.81

Men 4x400 Meter Relay Branch Relay

=====

Team	Finals
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=====

1 Team Manitoba 'A'	3:24.10
1) Allen, Ben	2) Samson, Terrence
3) Ostberg, Dylan	4) Vankoughnee, Joel
2 BC Athletics 'A'	3:25.57

- | | |
|-------------------------|----------------------|
| 1) Vugteveen, Travis 92 | 2) Keane, Sean 93 |
| 3) Neal, Keffri W. 93 | 4) Bruchet, Lucas 91 |

Men 4x400 Meter Relay

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CJR: * 3:08.92 25/08/1984
      B. Whyte, N. Douglas, R. Richards, J. Graham
CJCR: ! 3:18.88 18/07/2009 , Ontario Select
      J. Triumbari, R. Charlton, A. Hamilton, M. Trnkus
Team                                     Finals
=====
1 Ottawa Lions T.F.C. 'A'                3:17.40!
  1) Basler, Matt 91                    2) Smithers, Cameron 91
  3) Biocchi, Devin 92                  4) Souleiman, Mohammed 93
2 Niagara Regional Athletic 'A'         3:21.59
  1) Rae, Jeremy 91                     2) Miedema, Christopher 91
  3) Brennand, Dylan 93                 4) Varley, Kyle
3 Capital City Track Club 'A'           3:25.24
  1) Home, Mitchell 92                  2) Karakochuk, Michael 91
  3) Andrais, Greg 91                  4) Ajugo, Benjamin 92
4 Ottawa Lions T.F.C. 'B'               x3:25.90
  1) Boast, Cody 91                    2) Primeau, Codie 92
  3) Dejong, Dylan 92                  4) Gregoire, Chase 91
5 Windsor Legion Track & FI 'A'         3:28.04
  1) Reid, Matthew 91                  2) Malette, John Paul 91
  3) Rice, Shayne 91                  4) Macleod, Tyler 91
6 Sherbrooke 'A'                        3:35.72
  1) Bergeron, Alexandre 91            2) Paré, Alexandre 91
  3) Mavrovic, Alex 91                4) Tremblay, Étienne 91
  
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Men High Jump

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=====
CJR: * 2.27m 02/08/2009 Derek Drouin
CJCR: ! 2.24m 1990 Alex Zaliauskas
Name Year Team Finals
=====
1 Wilhelm, Branden 92 London Legion 2.17m
  1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05 2.08 2.11 2.14 2.17 2.20
  P P P P P P P XO P O O XO XXX
2 Lovett, Django 92 BC Athletics 2.14m
  1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05 2.08 2.11 2.14 2.17
  P P P P P P P O P O XO XXX
3 Borgdorff, Jacob 93 U. Of Toronto 2.00m
  1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05
  P O O O XXO XXO XXO XXX
4 Gillis, James 92 Ceilidh T.C. 1.90m
  1.70 1.75 1.80 1.85 1.90 1.95
  P P P O O XXX
5 Buchanan, Arthur 91 Winnipeg Opt 1.90m
  1.70 1.75 1.80 1.85 1.90 1.95
  P P O XO O XXX
6 Graham, Jonathan 91 Take Flight 1.90m
  1.70 1.75 1.80 1.85 1.90 1.95
  P P P XO XO XXX
7 Brown, Preston 92 Unattached A 1.90m
  1.70 1.75 1.80 1.85 1.90 1.95
  P O O O XXO XXX
8 West, Mat 93 Saugeen T&F 1.90m
  1.70 1.75 1.80 1.85 1.90 1.95
  P P O XO XXO XXX
9 Olson, Steven 93 Winnipeg Opt 1.90m
  1.70 1.75 1.80 1.85 1.90 1.95
  P P O XXO XXO XXX
10 Slythe-Léveillé, Gabriel 93 Corsaire Chap. 1.80m
  1.70 1.75 1.80 1.85
  O O O XXX
11 Castillo, Diego 92 Capital City 1.80m
  1.70 1.75 1.80 1.85
  P O XO XXX
12 Fawcett, Sean 91 Lethbridge T&F 1.70m
  1.70 1.75
  O XXX
-- Tita, Samuel 91 Take Flight NH
  1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05
  P P P P P P P XXX
-- Akomolafe, Charles 91 Take Flight NH
  1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05
  P P P P P P P XXX
  
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Men Pole Vault

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CJR: * 5.11m 19/07/2000 Jamie Johnson
 CJCR: ! 5.00m 2001 David Foley

Name	Year	Team	Finals
1 Britnell, Lane	91	Riversdale A	4.85m
3.60 3.80 4.00 4.20 4.35 4.50 4.65 4.75 4.85 5.01			
P P P P P		XO P O O XXX	
2 Mckay, David	92	BC Athletics	4.75m
3.60 3.80 4.00 4.20 4.35 4.50 4.65 4.75 4.85			
P P P P O		O O XXO XXX	
3 Diston, Matthew	92	Niagara Regional	4.50m
3.60 3.80 4.00 4.20 4.35 4.50 4.65			
P P P O XO		O XXX	
4 Durward, Luke	91	Unattached A	4.50m
3.60 3.80 4.00 4.20 4.35 4.50 4.65			
P P O O O		XXO XXX	
5 Pfaff, Jake	92	Windsor Legion	4.35m
3.60 3.80 4.00 4.20 4.35 4.50			
P P P P O		XXX	
6 Sorgini, Taylor	92	South Simcoe	3.80m
3.60 3.80 4.00			
O O XXX			
7 Curtis, Anthony	92	Montreal Int'l	3.60m
3.60 3.80			
O XXX			
7 Choi, Andrew	92	Edmonton Int'l	3.60m
3.60 3.80			
O XXX			
-- Benard, Townsend	91	Runners Edge	NH
3.60 3.80 4.00 4.20			
P P P XXX			
-- Goodwin, Lyndon	92	U Of C Ath	NH
3.60			
XXX			

Men Long Jump

Top 12 Advance by Time

CJR: * 7.88m 30/04/1976 Richard Rock
 CJCR: ! 7.48m 1994 Andrew Channer

Name	Year	Team	Prelims	Wind
Preliminaries				
1 Stewart, Taylor	91	London Western	! 7.61mq	-0.8
7.61m(-0.8) PASS		PASS		
2 Thibodeau, Jeremy	92	Saint Lauren	6.94mq	0.6
6.41m(0.4) 6.83m(-0.6) 6.94m(0.6)				
3 Gallagher, Robert	91	BC Athletics	6.93mq	+0.0
6.93m(+0.0) PASS		PASS		
4 Young, Arren	92	Phoenix Athl	6.81mq	0.8
6.81m(0.8) 6.22m(+0.0) FOUL(-0.1)				
4 Tita, Samuel	91	Take Flight	6.81mq	0.3
FOUL(0.3) 6.63m(0.3) 6.81m(0.3)				
6 O'Donnell, Mitch	94	Supreme Athletic	6.76mq	-0.1
FOUL(-0.3) 6.56m(-0.2) 6.76m(-0.1)				
7 Hind, Shawn	91	Niagara Regional	6.70mq	0.5
6.57m(0.3) 6.06m(0.1) 6.70m(0.5)				
8 Macadam, Nicholas	92	Halifast Ath.	6.66mq	-0.2
FOUL(+0.0) FOUL(+0.0) 6.66m(-0.2)				
9 Mcphee, Stephen	91	Capital City	6.57mq	0.2
6.33m(0.1) 6.57m(0.2) 6.54m(-0.5)				
10 Massicotte, Yannick	92	S-Jean Olympique	6.55mq	+0.0
FOUL(+0.0) 6.55m(+0.0) FOUL(0.4)				
11 Bednarik, Thomas	93	Windsor Legion	6.30mq	0.7
6.30m(0.7) 6.14m(-0.1) 6.02m(-0.1)				
12 Akomolafe, Charles	91	Take Flight	6.29mq	-0.1
FOUL(-0.8) FOUL(-0.1) 6.29m(-0.1)				
13 Graham, Jonathan	91	Take Flight	6.25m	0.4
FOUL(0.2) 6.25m(0.4) FOUL(0.6)				
14 Feldschun, Matthew	92	Winnipeg Opt	6.20m	0.1
6.01m(-0.3) 6.07m(0.3) 6.20m(0.1)				
15 Yetman, Daniel	92	Chebucto	6.05m	-0.2
6.05m(-0.2) FOUL(0.8) 6.02m(0.4)				
16 Skory, Kale	92	Unattached A	6.04m	-0.7
6.04m(-0.7) 5.94m(0.1) 5.98m(0.6)				
17 Minton, Corey	91	Calgary Warriors	6.00m	0.4
FOUL(0.6) 6.00m(0.4) FOUL(0.2)				
18 Giroux, Cory	91	Laurel Creek	5.96m	0.5
FOUL(-1.6) 5.96m(0.5) FOUL(0.2)				
19 Martell, Devon	93	Unattached N	5.88m	0.1
5.88m(0.1) 5.79m(-0.4) 5.88m(0.2)				

20 Choghri, Brandon 93 South Simcoe 5.86m -0.1
 FOUL(0.3) 5.86m(-0.1) 5.55m(0.1)

Men Long Jump

CJR: * 7.88m 30/04/1976 Richard Rock
 CJCR: ! 7.48m 1994 Andrew Channer

Name	Year	Team	Finals	Wind
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1	Stewart, Taylor	91 London Western	7.30m	-1.2
	7.18m(-2.2) 7.30m(-1.2)	FOUL(-1.1) 7.14m(-2.5)	7.11m(-1.6) 7.19m(-1.9)	
2	Mcphee, Stephen	91 Capital City	6.99m	2.4
	6.48m(-0.3) 6.80m(-1.1)	4.40m(-0.4) 6.99m(2.4)	4.55m(1.0) FOUL(-1.1)	
3	Gallaughier, Robert	91 BC Athletics	6.86m	-1.7
	6.71m(-0.9) 6.72m(-2.4)	FOUL(1.0) 5.49m(-0.7)	6.86m(-1.7) FOUL(-5.9)	
4	Akomolafe, Charles	91 Take Flight	6.86m	-3.0
	6.47m(-1.1) FOUL(-1.0)	6.86m(-3.0) 6.44m(1.4)	6.22m(-3.1) 6.61m(-1.0)	
5	Massicotte, Yannick	92 S-Jean Olympique	6.69m	0.2
	6.52m(-0.2) 6.69m(0.2)	6.50m(-0.2) 6.28m(-1.4)	FOUL(0.5) 6.14m(-2.9)	
6	Tita, Samuel	91 Take Flight	6.65m	-1.3
	FOUL(-0.3) 6.65m(-1.3)	6.51m(-1.6) 6.46m(-0.9)	6.57m(-1.5) FOUL(0.9)	
7	O'Donnell, Mitch	94 Supreme Athletic	6.64m	-0.7
	FOUL(-0.2) FOUL(-2.7)	6.61m(-0.7) 6.16m(-2.0)	6.64m(-0.7) 6.32m(-1.5)	
8	Thibodeau, Jeremy	92 Saint Laurent	6.56m	-2.2
	6.56m(-2.2) FOUL(-0.4)	FOUL(-0.4) 4.40m(-1.5)	FOUL(-2.8) FOUL(-1.1)	
9	Hind, Shawn	91 Niagara Regional	6.42m	0.2
	6.42m(0.2) 6.17m(-2.7)	6.25m(0.2)		
10	Young, Arren	92 Phoenix Athl	6.40m	-0.7
	6.40m(-0.7) FOUL(-2.2)	FOUL(-0.3)		
11	Bednarik, Thomas	93 Windsor Legion	6.29m	-1.1
	FOUL(-0.2) 6.29m(-1.1)	6.25m(0.1)		

Men Triple Jump

CJR: * 16.44m 04/08/1985 Edrick Floreal
 CJCR: ! 15.96m 1986 Bruny Surin

Name	Year	Team	Finals	Wind
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1	Muschette, Marvin	92 Supreme Athletic	14.91m	1.9
	14.19m(-0.3) 14.00m(-1.3)	14.91m(1.9) 14.74m(0.3)	14.83m(-0.2) 14.81m(-0.1)	
2	Akomolafe, Charles	91 Take Flight	14.63m	-0.4
	13.98m(-1.8) 14.63m(-0.4)	13.60m(-1.6) FOUL(-2.0)	14.46m(-3.1) FOUL(-0.8)	
3	Tita, Samuel	91 Take Flight	13.97m	2.2
	13.22m(-0.6) 13.07m(-2.7)	13.96m(-0.7) 13.78m(-1.5)	12.61m(-0.7) 13.97m(2.2)	
4	Bednarik, Thomas	93 Windsor Legion	13.85m	2.7
	FOUL(-0.7) 13.43m(-0.6)	13.39m(-0.2) 13.44m(0.2)	13.85m(2.7) 13.27m(0.4)	
5	Young, Arren	92 Phoenix Athl	13.84m	0.2
	FOUL(0.1) 13.74m(-1.2)	13.80m(1.1) 13.84m(0.2)	FOUL(-1.2) 13.38m(-0.3)	
6	Mykety, Brett	91 Chebucto	13.75m	1.0
	13.75m(1.0) 13.36m(-1.0)	FOUL(2.4) FOUL(-1.1)	PASS FOUL(-1.8)	
7	O'Donnell, Mitch	94 Supreme Athletic	13.59m	-2.1
	FOUL(-2.5) FOUL(1.8)	13.59m(-2.1) FOUL(-1.4)	FOUL(0.2) FOUL(0.1)	
8	Le, Vinh	93 Niagara Regional	13.57m	-1.1
	13.57m(-1.1) 13.33m(-1.7)	13.44m(-1.4) 13.44m(-1.8)	13.55m(2.2) 13.32m(-0.6)	
9	Yetman, Daniel	92 Chebucto	13.17m	0.6
	12.98m(-2.8) 13.17m(0.6)	13.03m(-1.8)		
10	Smith, Dejaun	93 Take Flight	12.92m	-2.2
	12.38m(-2.3) 12.92m(-2.2)	12.67m(-0.5)		
11	Feldschun, Matthew	92 Winnipeg Opt	12.79m	-2.2
	12.39m(-2.2) FOUL(-2.3)	12.79m(-2.2)		
12	Choghri, Brandon	93 South Simcoe	12.72m	-1.7
	FOUL(-0.4) 12.72m(-1.7)	12.55m(-2.3)		
13	Martell, Devon	93 Unattached N	12.67m	0.2
	12.43m(-2.1) 12.63m(-0.1)	12.67m(0.2)		
14	Hancock, Scott	92 Jeunesse A.W.	12.58m	-1.4
	12.58m(-1.4) FOUL(1.7)	12.26m(-2.2)		

Men Shot Put

CJR: * 19.10m 26/06/2002 Chris Meisner
 CJCR: ! 18.79m 2002 Chris Meisner

Name	Year	Team	Finals
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1	Welch, Drew	91 London Western	18.13m
	17.60m 17.75m	FOUL 18.13m	FOUL FOUL
2	Willcox, Tom	91 BC Athletics	17.35m
	16.84m 16.40m 17.35m	FOUL FOUL FOUL	
3	Braithwaite, Eric	91 York Univers	15.88m
	14.44m 15.88m 15.57m	15.23m 15.39m 15.58m	
4	Palios, Stefan	92 London Western	15.85m

	15.55m	15.55m	15.59m	15.76m	15.63m	15.85m	
5	Prince, Spencer R.			92 BC Athletics			15.73m
	14.28m	15.73m	15.35m	FOUL	FOUL	FOUL	
6	Young, Jordan			93 Windsor Legion			15.56m
	15.56m	FOUL	FOUL	FOUL	FOUL	15.15m	
7	Gagné, Alexandre			91 Sherbrooke			15.18m
	15.18m	15.12m	14.58m	14.73m	14.80m	14.90m	
8	Jean, Philippe			91 Lavironde			14.74m
	FOUL	14.37m	14.74m	FOUL	FOUL	14.54m	
9	Machiskinic, Nolan			91 Saskatoon T&F			14.59m
	14.59m	FOUL	FOUL				
10	Link, Steven			91 U Of C Ath			14.39m
	14.10m	14.39m	FOUL				
11	Stern, Nathan			91 Flying Angel			14.07m
	13.11m	14.07m	13.04m				
12	Wingate, Corey			91 Ottawa Lions			14.06m
	12.10m	FOUL	14.06m				
13	Welch, Alex			93 Saugeen T&F			13.87m
	FOUL	12.73m	13.87m				
14	Hotte, Patrick			91 Ottawa Lions			12.98m
	12.98m	12.58m	FOUL	FOUL			

Men Discus Throw

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Top 12 Advance by Time

CJR: * 56.29m 26/07/2009 Zach Russell-Ford

CJCR: ! 54.29m 18/07/2009 Brent Roubos

Name	Year	Team	Prelims
=====			
Preliminaries			
1 Myatt, Geoffrey		91 Celtic Athletics	51.84mq
	51.84m	PASS	PASS
2 Keenan, Adam		93 BC Athletics	51.67mq
	48.84m	51.67m	PASS
3 Wells, Andrew		91 U. Of Toronto	50.22mq
	47.75m	FOUL	50.22m
4 Young, Jordan		93 Windsor Legion	49.91mq
	49.91m	PASS	PASS
5 Gray, Jackson		91 Sarnia Athletics	48.67mq
	47.18m	48.67m	FOUL
6 Willcox, Tom		91 BC Athletics	48.24mq
	FOUL	48.24m	48.12m
7 Gagné, Alexandre		91 Sherbrooke	48.12mq
	47.60m	48.12m	FOUL
8 Karakolis, Adam		92 Phoenix Athl	46.46mq
	46.13m	44.45m	46.46m
9 Pilar, Alex		91 Saugeen T&F	45.20mq
	44.39m	45.11m	45.20m
10 Machiskinic, Nolan		91 Saskatoon T&F	44.77mq
	44.77m	FOUL	FOUL
11 Wingate, Corey		91 Ottawa Lions	44.52mq
	44.52m	44.25m	42.10m
12 Palios, Stefan		92 London Western	44.39mq
	44.39m	43.48m	42.88m
13 Link, Steven		91 U Of C Ath	41.85m
	41.27m	41.85m	FOUL
14 Robertson, Chris		92 ASEA	40.02m
	40.02m	37.10m	FOUL
15 Pilon, Seb		91 Saugeen T&F	36.12m
	34.15m	36.12m	FOUL
16 Bowman, Kevin		93 Saugeen T&F	34.95m
	FOUL	34.95m	FOUL

Men Discus Throw

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CJR: * 56.29m 26/07/2009 Zach Russell-Ford

CJCR: ! 54.29m 18/07/2009 Brent Roubos

Name	Year	Team	Finals
=====			
Finals			
1 Wells, Andrew		91 U. Of Toronto	53.54m
	53.54m	FOUL	52.15m
		FOUL	52.42m
		53.18m	
2 Young, Jordan		93 Windsor Legion	51.50m
	FOUL	FOUL	49.89m
		FOUL	FOUL
		51.50m	
3 Gray, Jackson		91 Sarnia Athletics	51.48m
	46.01m	FOUL	47.19m
		FOUL	50.03m
		51.48m	
4 Keenan, Adam		93 BC Athletics	51.10m
	47.93m	49.07m	FOUL
		48.52m	51.10m
		48.79m	
5 Willcox, Tom		91 BC Athletics	50.12m
	48.94m	FOUL	49.34m
		FOUL	FOUL
		50.12m	
6 Myatt, Geoffrey		91 Celtic Athletics	49.19m

	49.19m	FOUL	FOUL	FOUL	46.51m	48.39m	
7	Gagné, Alexandre				91 Sherbrooke		49.16m
	47.40m	48.42m	47.72m	FOUL	46.30m	49.16m	
8	Karakolis, Adam				92 Phoenix Athl		47.39m
	44.61m	44.50m	46.32m	47.39m	45.94m	46.55m	
9	Pilar, Alex				91 Saugeen T&F		44.46m
	FOUL	FOUL	44.46m				
10	Wingate, Corey				91 Ottawa Lions		44.32m
	44.32m	44.05m	43.85m				
11	Palios, Stefan				92 London Western		44.18m
	44.18m	43.33m	42.20m				
12	Machiskinic, Nolan				91 Saskatoon T&F		44.05m
	44.05m	FOUL	43.83m				

Men Hammer Throw

=====							
	CJR: *	74.09m	21/06/2003	James Steacy			
	CJCR: !	71.03m	2003	Jim Stacey			
	Name		Year	Team			Finals
=====							
1	Bowman, Kevin			93 Saugeen T&F			60.72m
	FOUL	52.90m	FOUL	57.78m	60.72m	60.62m	
2	Dugas, Marc-Antoine			91 Sherbrooke			60.46m
	52.29m	60.44m	FOUL	55.75m	60.46m	FOUL	
3	Tarnava, Ryan			91 Chinook T.F.C.			60.00m
	56.49m	60.00m	58.12m	FOUL	FOUL	FOUL	
4	Prince, Spencer R.			92 BC Athletics			56.35m
	51.02m	50.89m	56.35m	FOUL	FOUL	FOUL	
5	Keenan, Adam			93 BC Athletics			55.14m
	52.86m	54.29m	55.14m	FOUL	FOUL	FOUL	
6	Young, Jordan			93 Windsor Legion			53.02m
	FOUL	53.02m	FOUL	FOUL	FOUL		
7	Pilar, Alex			91 Saugeen T&F			51.16m
	48.94m	FOUL	FOUL	FOUL	51.16m	FOUL	
8	Pilon, Seb			91 Saugeen T&F			48.04m
	48.04m	FOUL	FOUL	46.16m	FOUL	FOUL	
9	Smart, Justin			92 Saskatoon T&F			47.52m
	47.52m	FOUL	FOUL				
10	Preece, Chris			92 York Univers			47.38m
	FOUL	46.96m	47.38m				
11	Gray, Jackson			91 Sarnia Athletics			46.26m
	46.26m	FOUL	FOUL				
12	Braithwaite, Eric			91 York Univers			45.43m
	FOUL	FOUL	45.43m				
13	Kovacs, Adam			92 South Simcoe			43.23m
	FOUL	FOUL	43.23m				
14	Hotte, Patrick			91 Ottawa Lions			38.94m
	38.94m	FOUL	FOUL				

Men Javelin Throw

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Top 12 Advance by Time							
	CJR: *	75.46m	17/05/1998	Scott Russell			
	CJCR: !	68.82m	1998	Scott Russell			
	Name		Year	Team			Prelims
=====							
Preliminaries							
1	Jones, Caleb			91 Saint John T&F			67.70mq
	FOUL	67.70m	PASS				
2	Mainville, Charles			91 S-Jean Olympique			60.78mq
	55.50m	55.81m	60.78m				
3	Parker, Cody			92 BC Athletics			58.95mq
	58.95m	PASS	PASS				
4	Renton, Tyler			94 York Univers			58.81mq
	54.62m	56.58m	58.81m				
5	Watson, Marcus			92 U Of C Ath			58.22mq
	58.22m	PASS	PASS				
6	Dueck, Joel			92 U Of C Ath			56.92mq
	56.32m	56.92m	54.64m				
7	Quigg, Mitch			92 Saint John T&F			55.56mq
	55.56m	52.10m	PASS				
8	Dykstra, Ray			92 Niagara Regional			54.53mq
	52.94m	54.53m	FOUL				
9	Massar, Justin			91 South Simcoe			53.34mq
	53.34m	51.93m	FOUL				
10	Rumble, Scott			91 Woodstock Legion			52.80mq
	52.80m	51.63m	51.66m				
11	Charest, Marc-Andre			92 Energie			51.98mq
	51.98m	FOUL	FOUL				
12	Kovacs, Adam			92 South Simcoe			51.04mq
	FOUL	51.04m	FOUL				

13	Ausman, Paul	49.08m 48.57m 50.34m	91 Ottawa Lions	50.34m
14	Neradilek, Sébastian	48.14m 47.23m 47.73m	92 Corsaire Chap.	48.14m
15	Munn, Lukas	43.63m 47.02m 42.40m	91 Unattached-N	47.02m
16	Larsen, Josh	46.35m FOUL 41.39m	92 Excel Ath.	46.35m
17	Buchanan, Arthur	45.66m 45.57m 46.15m	91 Winnipeg Opt	46.15m

Men Javelin Throw

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CJR: * 75.46m 17/05/1998 Scott Russell
CJCR: ! 68.82m 1998 Scott Russell
=====
Name Year Team Finals
=====
Finals
1 Jones, Caleb 91 Saint John T&F 69.68m!
67.91m 69.68m FOUL FOUL PASS 64.29m
2 Dykstra, Ray 92 Niagara Regional 63.07m
59.88m 58.83m 58.19m 57.09m 62.53m 63.07m
3 Parker, Cody 92 BC Athletics 62.68m
61.00m 62.68m FOUL 55.40m 57.36m 60.94m
4 Renton, Tyler 94 York Univers 61.72m
58.39m FOUL 61.72m FOUL 58.60m FOUL
5 Kovacs, Adam 92 South Simcoe 60.83m
56.84m 57.53m 56.57m 60.83m 56.43m 56.55m
6 Watson, Marcus 92 U Of C Ath 58.89m
58.89m 58.10m 56.85m FOUL 53.91m FOUL
7 Dueck, Joel 92 U Of C Ath 57.44m
57.44m 56.31m FOUL FOUL FOUL 54.64m
8 Massar, Justin 91 South Simcoe 56.66m
56.66m FOUL 52.84m 55.46m 56.66m FOUL
9 Quigg, Mitch 92 Saint John T&F 56.02m
56.02m FOUL 52.67m
10 Charest, Marc-Andre 92 Energie 52.82m
51.58m 52.82m 50.76m
11 Rumble, Scott 91 Woodstock Legion 51.98m
51.98m FOUL 51.03m
12 Mainville, Charles 91 S-Jean Olympique 51.08m
51.08m FOUL FOUL

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Men 10000 Meter Race Walk

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CJR: * 42:37.40 22/07/1981 Guillaume Lelanc
CJCR: ! 42:37.40 1982 Guillaume Leblanc
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Name Year Team Finals
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1 Carrière, Bruno 92 Gatineau 51:36.85
-- Voyer, Julien 91 C.A.Les 2 M DQ Rule # 230.6a

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