

**UNIVERSITY OF MANITOBA**  
BISONS

TRACK & FIELD / CROSS  
COUNTRY



INFORMATION PACKAGE

Hello!!

Bison Track & Field has had a long and storied tradition and we are quite happy to see that you may be interested in joining our family. This package is meant as an initial information package which will hopefully give you a better overview of the University of Manitoba programs and the expectations of Bison Track & Field athletes.

Information will be provided on several specific topics, however if you feel you need more detail on one or more topics or if there are areas that were not covered in this package, please do not hesitate to contact me.

I can be contacted via e-mail, phone or fax. I can be contacted by phone at (204) 474-8989, by fax at (204) 474-7695 or by e-mail at [berubecr@ms.umanitoba.ca](mailto:berubecr@ms.umanitoba.ca).

Hoping to see you in the fall.

Claude Berube  
Head Coach  
University of Manitoba  
Track & Field / Cross Country



*The University of Manitoba Bisons have a long tradition in both Cross Country and Track and Field. Bison Men's teams have won 7 CIS/CIAU Men's Team Championships along with 10 Canada West Titles. The Bison Women's program have won 1 CIAU Team Championship along with 4 Canada West Titles. Throughout the years, over 200 University of Manitoba Track & Field and Cross Country athletes have achieved All-Canadian status. Annually, 20-25% of the team attains Academic All-Canadian status.*

## Coaching

The University of Manitoba Track & Field / Cross Country teams have one of the best coaching staffs in the country, with over 150 years of combined coaching experience and over 40 National team assignments to their credit. We provide coaches in all the event areas: Sprints / Hurdles; Middle Distance / Distance; Jumps and Throws.

Individualized training programs will be prepared for each of the athletes with careful consideration given to the progressive improvement in performance. Our coaches are always staying current with the latest information in new training methods. They are also well respected by their peers not only in the province, but across the country

### **Official University Coaching Staff 2009-10**

Claude Berube	-	Head Coach Middle Distance & X-Country
Scott Dressler	-	Pole Vault
Melanie Gregg	-	High Jump
Donna Kaye	-	Sprints & Relays
Rory McIntyre	-	Sprints & Relays
Wayne McMahon	-	Combined Events
Dallas Mooney	-	Jumps
Jill Newmann	-	Throws
Bruce Pirnie	-	Throws
George Tanner	-	Sprints & Jumps
Russ Zacharias	-	Sprints & Hurdles

## Training / Eligibility and Commitments

Training programs for each athlete will be prepared by the personal coach of the athlete. As a first year athlete, the volume and intensity of training will increase for many of you. This may be a bit of a shock to your system when you begin and throughout much of your first year. It is important to understand what kind of training is necessary to become a successful University athlete. It is also important not to get caught up in what some of the veteran athletes are doing for training as some of them have been involved at the University level for a few years.

There are two important criteria that must be fulfilled in order to be a member of the University of Manitoba Track & Field team:

- Meet all Canada West and CIS eligibility requirements, including the completion of required forms (medical and eligibility)
- Be committed to the program provided by your personal coach. This means completing a **minimum of 80%** of the program prescribed in order to remain on the roster. Obviously those who commit to the full training program will see greater benefits

Athletes not regularly attending practices will be excluded from team travel and competition and may be cut from the team. We do not cut athletes from the team, we simply ask that you are serious about your training and meet certain minimum performance requirements.

Come prepared to work hard and to have fun !

## **Facilities**

The University of Manitoba has world class training and competition Track & Field facilities. The Max Bell Field House has a 200m banked Mondo track (one of only 2 in the country) and has been the site of many of the top performances in Canadian Track & Field history. The outdoor stadium was refurbished in 1999 with a new international level Mondo surface. There are also dedicated Strength & Conditioning areas for Bison athletes, along with all the amenities necessary to become an elite athlete.

## **Therapy / Strength & Conditioning**

Once you become a member of the Bison team you will have full access to all the Athletic Therapy. Our team is always provided with Student Therapists who are present at many of practices and competitions. Therapy services are also available during the day in the Athletic Therapy Centre. Bison Sports also provides experts in the area of Strength & Conditioning to help complement the training program provided by your personal coach.

## **Athletic Awards**

Athletic Awards (or more commonly known as scholarships) are available for certain first year athletes. The amounts of the awards are determined in the spring after consultation with the coaching staff. Each first year athlete who receives an award will be judged on an individual basis.

It is also recommended that you go to the following web site at the University of Manitoba to see what other entrance awards or scholarships are available:

[http://umanitoba.ca/student/fin\\_awards/](http://umanitoba.ca/student/fin_awards/)

Finally, I strongly encourage you to visit your school's guidance counselor to ask about scholarships that may be available either through your school or other sources

**HAVE A GREAT YEAR !!**

# About the University of Manitoba

Steeped in tradition and excellence that stems back 131 years, the University of Manitoba has grown to be the largest and most recognized post-secondary educational institution in the province.

In a typical year, the university has an enrolment of over 26,000 students - 22,500 undergraduate and 3,500 graduate. The University of Manitoba offers the largest selection of degree programs, including professional and graduate programs, of any university in the province. In all, 90 degree programs are offered, 60 at the undergraduate level, in academic programs as diverse as agricultural and food sciences, music, engineering and medicine. Most of our academic units offer graduate studies programs leading to master's or doctoral degrees. The University of Manitoba is also home to a wide range of research centres and institutes, and Smartpark Research and Technology Park, a community of innovators that forges collaborations between university and industry.

Since the University of Manitoba was first established in 1877, our scientists, scholars, and students have been making a difference - right here at home and around the world.

## **Facts about the University of Manitoba**

- Western Canada's first university, founded in 1877.
- Manitoba's largest, most comprehensive and only research-intensive post-secondary educational institution.
- Contributes \$1.2 billion to the social and economic vitality of the province in annual economic activity.
- Admission requirements reflect the university's commitment to providing an exceptional education to all who wish to learn.
- University 1, an innovative approach to first year, creates a solid foundation for student success while providing flexibility in course selection.
- More than half our students entering first year carry a high school average of 85% or more.

## Campuses

- The main Fort Garry Campus is a 233-hectare complex on the Red River in south Winnipeg where more than 60 major buildings support the teaching and research programs of the university.
- In addition, Smartpark is a university-owned company that provides lease space in a community environment to 30 growing companies in high-tech sectors.
- It is also home to the new \$31 million Richardson Centre for Functional Foods and Nutraceuticals, the most advanced centre of its kind in the country.
- The Bannatyne Campus in central Winnipeg, adjacent to the Health Sciences Centre, is a complex of 10 buildings for health science education and research in dentistry, medicine, medical rehabilitation and pharmacy. The new \$31 million Apotex Center is currently under construction to house the Faculty of Pharmacy and additional space for the Faculties of Medicine and Dentistry.
- Other locations: the William Norrie Centre, 485 Selkirk Avenue, for social work education for inner-city residents; University of Manitoba Downtown: Aboriginal Education Centre where the Division of Extended Education offers degree and certificate programs in partnership with Aboriginal, First Nations, and Métis communities; agricultural research farms at Glenlea and Carman; field stations at Delta Marsh on Lake Manitoba, Star Lake in the Whiteshell, and Wallace Lake in eastern Manitoba.
- Buildings, equipment and library holdings at replacement value are worth more than \$2 billion.
- 13.7km of roads; 7,090 parking spaces; residence rooms for 1,266 students.
- The Fort Garry Campus is the location of the Freshwater Institute of Department of Fisheries and Oceans Canada, the Cereal Research Centre of Agriculture and Agri-food Canada, and the provincial Agricultural Services Complex.



## 10 Great Things to Know about the U of M

### **Our students.**

At 92 and counting, the University of Manitoba has produced more Rhodes Scholars than any other university in Western Canada. Student success shows up everywhere, from kinesiology students earning Canada's highest success rate in their certification exam to pharmacy students pulling in a number 1 ranking in their licensing examinations.



### **Our educators.**

Students of the University of Manitoba not only receive world-class instruction from our pre-eminent educators, they also get to rub shoulders with some of Canada's best and brightest researchers. Pioneering research enters the university's classrooms as it happens.

### **Our innovators.**

We have a legacy of groundbreaking research in nanotechnology, functional foods and nutraceuticals, HIV/AIDS, and climate change. Research meets industry in [Smartpark Research and Technology Park](#), our home for cutting-edge companies, all of which are partnered with the university.

**Did you know?** Smartpark is now home to 30 growing companies in high-tech sectors, including the [Richardson Centre for Functional Foods and Nutraceuticals](#), and [Cangene Corporation](#).



### **Our Bison.**

The [Bison sports](#) program is a source of great pride at the University of Manitoba. The Bison men's football team, recent winners of the Vanier Cup, is only one example in a diverse athletic program that includes hockey, volleyball, basketball and soccer, and has 14 national championships under its belt.

## Our first year.

We want our students to succeed, and success starts with making the right choices. Enter [University 1](#). Our student-focused first year program provides a flexible learning environment for students to explore their interests and the diverse range of academic options available at our university.

**Did you know?** U1 is unique to the University of Manitoba. No other university in Canada offers a general first year focused and designed specifically for first year students.



## Our campuses.

The university consists of a main Fort Garry Campus, spanning over 676 acres, a downtown Bannatyne Campus, adjacent to Winnipeg's Health Sciences Centre, and many other smaller satellite locations. There are 13.7 km of roads, 7,090 parking spaces, and 1,266 residence rooms for students.

## Our spirit.

The spirit of our university is built on more than 130 years of unique tradition. Architecture has Ditchball, Agriculture has the Bed Push, and the university has its Beautification and Sneaker days. Whatever the tradition, the university community passionately rallies around these spirited events year in and year out.



## Our Quad.

Located at the heart of the Fort Garry Campus, the Duckworth Quadrangle is one of the great places to meet, socialize and enjoy campus life. The tree-laden park is also a wonderful starting point to explore the rest of the campus, which includes more than 60 major buildings.

## **Our river.**

Manitoba's history and culture flow from the Red River. The Red has been a heartland for Aboriginal and Métis people and was the birthplace of Manitoba. Bordering the University of Manitoba's Fort Garry Campus, the Red gives students, faculty and staff the opportunity to enjoy a stroll along its lush banks.



## **Our affordability.**

Our internationally accredited programs and award-winning researchers and instructors have a world-class reputation. With tuition fees lower than most other Canadian universities and an affordable city to call home, our students enjoy a high-quality education at a very reasonable

## Meet Schedule

This is the meet schedule for the 2009-10 season. The schedule is similar from one year to the next. Many of these meets are open to all Bison Track & Field athletes, while others will be restricted in numbers due to financial considerations. You are not expected to compete in all of these meets. The details as to numbers who travel and selection for various meets will be given at the first team meeting.

### **UNIVERSITY OF MANITOBA BISONS 2009-10**

#### CROSS COUNTRY

Sat. Sept. 19	Bison Time Trial	Labarriere
Sat. Sept. 26	Griak Invitational	Minneapolis
Sat. Oct. 3	U of Saskatchewan Open	Saskatoon
Sat. Oct. 17	Manitoba Championships	Winnipeg
Sat. Oct. 31	Stewart Cup	Edmonton
Sat. Nov. 14	CIS Championships	Kingston

#### TRACK & FIELD

Fri. Nov. 27	Brown & Gold Intersquad	Max Bell
Sat. Dec. 5	Flying M Classic	Max Bell
Fri/Sat. Dec. 11/12	Grand Prix #1 & #2	Max Bell
Wed. Jan 13	Grand Prix #3	Max Bell
Sun. Jan 17	NDSU Invitational	Fargo
Fri/Sat. Jan. 22/23	Grand Prix # 4 & # 5	Max Bell
Sat. Jan 24	Jack Johnson Classic	Minneapolis
Sat. Feb 6	Bison Classic	Max Bell
Wed. Feb 10	Grand Prix # 6	Max Bell
Fri/Sat. Feb. 12/13	Iowa State Classic	Ames, Iowa
Fri/Sat. Feb. 12/13	Queen City Kinsmen Indoor	Regina
Wed. Feb 24	Grand Prix #7	Max Bell
Fri/Sat. Feb. 26/27	Canada West Champs.	Edmonton
Fri/Sat. Mar 5-6	Boeing Indoor Classic	Max Bell
Thur-Sat. Mar. 11-13	CIS Championships	Windsor



**UNIVERSITY OF MANITOBA**  
**MEN'S TRACK AND FIELD RECORDS**

50m	5.96	Wayne Crump	1992
55m	6.49	Wayne Crump	1992
60m	6.81	Kelly Crerar	1994
200m	21.86	Andre Smith	1986
300m	33.62	Andre Smith	1985
400m	47.51	Byron Goodwin	1995
600m	1:16.10	Byron Goodwin	1995
	*** Canadian Record		
800m	1:49.30	Daryl Fillion	1995
1000m	2:23.03	Daryl Fillion	1996
1500m	3:47.35	Henry Klassen	1990
3000m	8:08.31	Darren Klassen	1991
5000m	14:25.1	Darren Klassen	1988
50m H	6.90	Jarret Bacon	1992
55m H	7.66	Jarret Bacon	1992
60m H.	7.99	Jared Macleod	2001
4 x 200m	1:27.38	Szczepaniak, Ferguson Labbe, Durand	2008
4 x 400m	3:13.74	Trepel, Davis Goodwin, Crerar	1994
4 x 800m	7:29.23	Bima, Trepel Goodwin, Fillion	1995
	*** CIS Record		
High Jump	2.14	Hugh Maguire	1984
Long Jump	7.41	Mike Laberge	1996
Triple Jump	15.64	Hugh Maguire	1986
Pole Vault	4.61	Scot Dressler	2008
Shot Put	17.09	Kevin Pommer	1989
Weight Toss	20.02	Dariusz Slowik	2001
Pentathlon	3802	Cliff Caines	2001



**UNIVERSITY OF MANITOBA**  
**WOMEN'S TRACK AND FIELD RECORDS**

50m	6.43	Tanya Brothers	1983
55m	7.18	Janna Nikkel	1995
60m	7.32	Faye Roberts	1991
200m	24.20	Tanya Brothers	1983
300m	38.16	Alanna Yakiwchuk	1990
400m	54.98	Alanna Yakiwchuk	1989
600m	1:29.94	Alanna Yakiwchuk	1992
800m	2:06.14	Carolyn Comeau	1986
1000m	2:45.29	Carolyn Comeau	1986
1500m	4:20.34	Carolyn Comeau	1985
3000m	9:27.79	Sandy Rettie	1985
5000m	16:48.9	Sandy Rettie	1985
50m H.	7.45	Janna Nikkel	1992
55m H.	7.90	Janna Nikkel	1992
60m H.	8.45	Janna Nikkel	1994
4 x 200	1:38.57	McCuaig, Brothers Croxford, Hadden	1984
4 x 400m	3:41.11	Yakiwchuk, Hooke Baker, Harrison	1992
4 x 800m	8:53.06	Isacsson, Cassidy Trembath, Whalen	2005
High Jump	1.75	Diana Essig	1984
Long Jump	5.98	Kerri Drozdewich	1991
Triple Jump	12.19	Melissa Habok	1995
Pole Vault	3.80	Vicky Robson	2008
Shot Put	14.77	Maureen Dowds	1968
Weight Toss	16.99	Noreena Bodaglo	1999
Pentathlon	3513	Melanie Gregg	1999



**MEN'S TRACK AND FIELD**  
**TOP PERFORMANCES OF 2008-09**

60m	7.00	Andre Clarke	
300m	34.12	Quin Ferguson	<b>CIS Bronze Medal</b>
600m	1:18.77	Quin Ferguson	<b>CIS Silver Medal</b>
1000m	2:30.45	Paul Carr	
1500m	3:58.56	Paul Carr	
3000m	8:32.19	Chris Belof	
60m H.	8.33	Kieran Moolchan	
4 x 200m	1:28.67	Szczepaniak, Ferguson Geyson, Durand	
4 x 400m	3:15.72	Szczepaniak, Esau Geyson, Ferguson	<b>CIS Bronze Medal</b>
4 x 800m	7:56.34	Hynes, Schellenberg Toet, Carr	
High Jump	1.99	Lucas Rodewald	
Long Jump	6.79	Josh Gundrum	
Triple Jump	14.07	Josh Gundrum	
Pole Vault	4.62	Rossel Sabourin	
Shot Put	14.96	Garth Suppes	
Weight Toss	17.51	Garth Suppes	<b>CIS Bronze Medal</b>
Pentathlon	2712	Rhys Lautenschlager	



**WOMEN'S TRACK AND FIELD**  
**TOP PERFORMANCES OF 2008-09**

60m	7.58	Caley Miskimmin
300m	41.27	Meaghan Woo
600m	1:34.69	Jennifer Campbell
1000m	3:01.39	Chantal Auger
1500m	4:45.97	Katrina Bruckschwaiger
3000m	10:05.01	Katrina Bruckschwaiger
60m H.	9.75	Miranda Lajoie
4 x 200m	1:41.40	Miskimmin, Woo, Bordun, King <b>CIS Bronze Medal</b>
4 x 400m	3:52.79	Bordun, Campbell King, Woo
4 x 800m	9:48.11	Auger, Stromberg Gregoire, Altomare
High Jump	1.55	Meredith Stoesz
Long Jump	5.29	Lisa Wong
Triple Jump	10.28	Deondra Twerdun
Pole Vault	3.40	Teresa Logozar
Shot Put	11.10	Michelle Ocran
Weight Toss	11.36	Michelle Ocran
Pentathlon	2705	Deondra Twerdun



## Info Sheet

Please fill out this information sheet and return it to me as soon as possible, either by mail, fax or e-mail at one of the following coordinates.

Claude Berube  
Head Coach Track & Field / Cross-Country  
100A Max Bell Centre  
University of Manitoba  
Winnipeg, Manitoba  
R3T 2N2

Fax #: 474-7695  
E-mail: [berubecr@cc.umanitoba.ca](mailto:berubecr@cc.umanitoba.ca)

This information is very valuable in helping to make the transition from High School into the Bison program easier.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone #: \_\_\_\_\_

Birthdate: \_\_\_\_\_

E-Mail  
Address: \_\_\_\_\_

Faculty that you would be interested in attending in the future:

\_\_\_\_\_