

**WCSG Women**

First Name	Last Name	event 1	event 2
Alexandria	Maclver	Shot Put	Discus
Alice	Sherwin	5000	18.29
Alyssa	Johnson	200	400
Amber	Anseeuw	HJ	LJ
Andrea	Hesketh	1500	
Caley	Miskimmin	100	4 X 100
Carissa	Gauthier	Pole Vault	
Carly	Paracholski	1500	4 x 400 alt
Chantal	Grant	100	4 X 100
Chazio	Nnadi	100	LJ
Dana	Baker	100MH	400MH
Deondra	Twerdon	Shot	9
Diana	King	400MH	4 X 400
Jacyln	Adamson	3000	11.05.01
Jen	Thiessen	HJ	1.6
Jennifer	Campbell	800	400MH
Karen	Ferris	Shot	Discus
Kendra	Baker	100MH	TJ
Kristen	Mackie	Shot	Discus
Lisa	Wong	100	4 X 100 al
Meagan	Paracholski	800	2.2
Meaghan	Woo	200	400
Melanie	Gregoire	3000	5000
Miranda	Lajoie	100MH	15.72
Renee	Grondin	Javelin	29.82
Sara	Harmon	Javelin	34.19
Stephanie	Romanson	400	800



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

214-200 Main St. • Winnipeg, MB R3C 4M2 • Tel: 204-925-5743 • Fax: 204-925-5792 • athleticsmb@shaw.ca • www.athleticsmanitoba.com

WCSG Men

First Name	Last Name	event1	event2
Aaron	Wilson	HJ	
Alex	Arndt	PV	Shot
Blair	Tulley	400MH	
Calvary	DeJong	3000 SC	
Colin	Barnett	800	1500
David	Szczepaniak	100	200
David	Walford	LJ	LJ
Desire	Bugidoma	3000	5000
Garth	Suppes	Hammer	
Greg	Miller	3000	5000
Joel	Laurier	5000	3000 SC
Joshua	Gundrum	TJ	
Justin	Brown	LJ	
Justin	Charrier	Discus	Hammer
Justin	Twiss	Javelin	
Kevin	Esau	400MH	4 X 400
Kieran	Moolchan	100	200
Kris	Geyson	400	4 X 400
Lucas	Rodewald	HJ	
Marshall	Gallaway	800	1500
Mat	Sedor	Shot	Discus
Mithell	Man	800	
Nathan	Labbe	LJ	TJ
Patrick	Suppes	Shot	Discus
Paul	Carr	1500	3000
Phillip	Arndt	HJ	PV
Quin	Ferguson	200	400
Travis	Waterhouse	Javelin	
Troy	Smook	110MH	
Zach	Durand	400	400MH