

HY-TEK's Meet Manager 30/07/2012
 2012 Canadian Jr Track&Field Championships - 27/07/2012 to 29/07/2012
 Winnipeg, Manitoba
 Results

Women 100 Meter Dash Qualifer

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Sponsor: Canad Inn
 Top 3 advance to championship event

| Name | Year Team | Finals | Wind | H# |
|-------------------------|--------------|--------|------|----|
| ===== | | | | |
| Finals | | | | |
| 1 Hughes, Sarah | Caltaf Athle | 12.59 | 1.4 | 2 |
| 2 Waters, Mallory | Wpg Optimist | 12.66 | 1.4 | 2 |
| 3 Wanigasekara, Sasanie | Wpg Optimist | 12.68 | 1.4 | 2 |
| 4 Staub, Katie | Wpg Optimist | 12.77 | 1.4 | 2 |
| 5 Collins, Cassandre | Calgary Inte | 12.80 | 1.4 | 2 |
| 6 Duma, Tyra | Wpg Optimist | 12.82 | 1.4 | 2 |
| 7 Carrique, Jennifer | Laurel Creek | 12.83 | 1.4 | 2 |
| 8 Leung, Jennifer | Riversdale A | 12.91 | 0.7 | 1 |
| 9 Gee, Danielle | Riversdale A | 12.92 | 1.4 | 2 |
| 10 Berard, Lianne | Wpg Optimist | 13.48 | 0.7 | 1 |
| 11 Horton, Skylar | Diamond Jenn | 13.67 | 0.7 | 1 |

Women 200 Meter Dash Qualifer

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Sponsor: Ranger Insurance
 Top 7 advance to championship event

| Name | Year Team | Finals | Wind | H# |
|----------------------|------------------|--------|------|----|
| ===== | | | | |
| 1 Buckingham, Darcy | Newfoundland | 25.82 | -3.7 | 2 |
| 2 Collins, Cassandre | Calgary Inte | 26.13 | -1.6 | 1 |
| 3 Rodriguez, Melanie | Flying Angel | 26.21 | -3.7 | 2 |
| 4 Hirst, Ellie | Caltaf Athle | 26.27 | -3.7 | 2 |
| 5 Hughes, Sarah | Caltaf Athle | 26.31 | -3.7 | 2 |
| 6 Carrique, Jennifer | Laurel Creek | 26.44 | -3.7 | 2 |
| 6 Beaton, Heather | Truro Lions | 26.44 | -1.6 | 1 |
| 8 Clonfero, Daniella | Capital City | 26.46 | -1.6 | 1 |
| 9 Gee, Danielle | Riversdale A | 26.69 | -3.7 | 2 |
| 10 Warren, Madeline | C.A.N.I. | 26.74 | -3.7 | 2 |
| 11 Duma, Tyra | Wpg Optimist | 26.84 | -1.6 | 1 |
| 12 Staub, Katie | Wpg Optimist | 26.88 | -3.7 | 2 |
| 13 Matthews, Cassidy | Flying Angel | 27.15 | -1.6 | 1 |
| 14 Wilson, Joanna | U of Calgary Ath | 28.36 | -1.6 | 1 |
| 15 Horton, Skylar | Diamond Jenn | 29.01 | -1.6 | 1 |

Women 400 Meter Dash Qualifer

=====

Sponsor: MP from Elmwood-Transcona Lawrence Toet
 Top 1 advances to championship event

| Name | Year Team | Finals | H# |
|----------------------------|------------------|---------|----|
| ===== | | | |
| 1 Beaton, Heather | Truro Lions | 57.98 | 2 |
| 2 Rodriguez, Melanie | Flying Angel | 58.84 | 2 |
| 3 Andrushko, Amy | SA Tough Track | 58.89 | 2 |
| 4 Clonfero, Daniella | Capital City | 59.49 | 2 |
| 5 Buckingham, Darcy | Newfoundland | 59.74 | 2 |
| 6 Myre-Bourgault, Marianne | Rive-Sud | 1:00.11 | 2 |
| 7 Zajac, Janine | SA Tough Track | 1:00.21 | 1 |
| 8 Wilson, Joanna | U of Calgary Ath | 1:00.68 | 1 |
| 9 MacDonald, Alannah | Niagara Olym | 1:01.01 | 1 |

10 Matthews, Kassidy Flying Angel 1:01.24 1

Women 800 Meter Run Qualifer

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Sponsor: Stride Ahead Tough Track
 Top 4 advance to championship event

| Name | Year Team | Finals | H# |
|-----------------------|----------------|---------|----|
| 1 Armstrong, Nicole | Physi-Kult K | 2:16.13 | 2 |
| 2 Andrushko, Amy | SA Tough Track | 2:16.82 | 2 |
| 3 Sutter, Nyka | Queen City S | 2:16.88 | 2 |
| 4 Menzies, Miranda | Coquitlam Ch | 2:16.92 | 2 |
| 5 Sass, Rebekah | Wpg Optimist | 2:18.44 | 2 |
| 6 Siemens, Alexandra | Valley Royal | 2:19.17 | 2 |
| 7 Chartier, Mackenzie | Riversdale A | 2:19.30 | 2 |
| 8 Ready, Tarina | Wpg Optimist | 2:21.64 | 1 |
| 9 Rietze, Kayla Marie | Calgary Inte | 2:22.67 | 1 |
| 10 McGrath, Clare | Carleton-Yor | 2:22.72 | 1 |
| 11 MacDonald, Alannah | Niagara Olym | 2:26.21 | 2 |

Women 100 Meter Hurdles Qualifer

=====

Sponsor: Deputy Mayor Justin Swandel
 Top 3 advance to championship event

| Name | Year Team | Finals | Wind |
|-------------------------|------------------|--------|------|
| 1 Adams, Carolyn | London Legio | 15.24 | 0.9 |
| 2 Nyame, Astrid | Split City S | 15.29 | 0.9 |
| 3 Biswal, Devyani | Ottawa Lions | 15.39 | 0.9 |
| 4 Beiswanger, Kari | Halifast Ath | 16.11 | 0.9 |
| 5 Wilson-Bodnar, Emily | Caltaf Athle | 16.40 | 0.9 |
| 6 Meeuwisse, Kelly Anne | U of Calgary Ath | 17.08 | 0.9 |

Women High Jump Qualifer

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Sponsor: Olive Garden
 Top 4 advance to championship event
 146 151 154 157 162 165

| Name | Year Team | Finals |
|--|---------------|--------|
| 1 Lychuk, Brooke 1.46 1.51 O O | Bison Track | 1.51m |
| 1 Paetsch, Tamara 1.46 1.51 O O | Wpg Optimist | 1.51m |
| 1 Vasilyeva, Katia 1.46 1.51 P O | U of T Track | 1.51m |
| -- Kowalyshyn, Lisa 1.46 XXX | West Kildonan | NH |
| -- Peterson, Kristjana 1.46 XXX | Wpg Optimist | NH |

Women Pole Vault Qualifer

=====

Sponsor: CIBC
 Top 3 advance to final
 170-190-210-230-250-270-290-305-320

| Name | Year Team | Finals |
|------|-----------|--------|
|------|-----------|--------|

| | | | |
|---|-----------------------|------------------|-------|
| 1 | Meeuwisse, Kelly Anne | U of Calgary Ath | 2.90m |
| | 2.50 2.70 2.90 3.05 | | |
| | O O XO XXX | | |
| 2 | Bewski, Alyssa | Wpg Optimist | 2.70m |
| | 2.50 2.70 2.90 | | |
| | XO XO XXX | | |
| 3 | Bleznuk, Tamara | Wpg Optimist | 1.90m |
| | 1.90 2.10 | | |
| | O XXX | | |

Women Long Jump Qualifer

| Sponsor: Subway | | | | |
|-------------------------------------|-------------|---------------|-------------|------|
| Top 5 advance to championship event | | | | |
| Name | Year | Team | Finals | Wind |
| 1 Nyame, Astrid | | Split City S | 5.34m | +0.0 |
| | 5.21m(-1.9) | 5.34m(+0.0) | 5.22m(+0.0) | |
| 2 Wanigasekara, Sasanie | | Wpg Optimist | 5.34m | +0.0 |
| | 5.05m(-2.0) | 5.34m(+0.0) | 4.93m(-0.6) | |
| 3 Biswal, Divyajyoti | | Ottawa Lions | 5.30m | 0.1 |
| | FOUL(0.8) | 5.28m(-1.3) | 5.30m(0.1) | |
| 4 Von Rennenkampff, Maya | | Capital City | 5.17m | 0.1 |
| | 5.17m(0.1) | 5.16m(+0.0) | 5.14m(-1.4) | |
| 5 Quinn, Danielle | | Sarnia Athle | 5.13m | 0.5 |
| | 5.06m(-0.6) | 5.07m(-1.9) | 5.13m(0.5) | |
| 6 Taplin, Sarah | | Unattached NB | 4.98m | -2.1 |
| | 4.98m(-2.1) | 4.94m(-3.3) | 4.92m(+0.0) | |
| 7 Gibson, Kristen | | Chebucto Ath | 4.94m | -1.4 |
| | FOUL(-1.1) | 4.84m(-1.0) | 4.94m(-1.4) | |
| 8 Biswal, Devyani | | Ottawa Lions | 4.87m | -1.8 |
| | FOUL | 4.87m(-1.8) | FOUL(+0.0) | |
| 9 Horton, Skylar | | Diamond Jenn | 4.76m | +0.0 |
| | 4.70m(-1.4) | 4.53m(-0.2) | 4.76m(+0.0) | |
| 10 Manske, Naomi | | Riversdale A | 4.70m | -1.3 |
| | 4.70m(-1.3) | 4.53m(1.1) | FOUL(+0.0) | |
| 11 Leung, Jennifer | | Riversdale A | 4.63m | +0.0 |
| | 4.61m(+0.0) | FOUL(-1.6) | 4.63m(+0.0) | |

Women Triple Jump Qualifer

| Sponsor: Awards and More | | | | |
|--------------------------------------|-------------|--------------|-------------|------|
| Top 1 advances to Championship event | | | | |
| Name | Year | Team | Finals | Wind |
| 1 Manske, Naomi | | Riversdale A | 11.00m | 1.9 |
| | 11.00m(1.9) | | | |
| 2 De Los Santos, Leah | | Supreme Athl | 10.96m | 2.1 |
| | 10.55m(0.8) | 10.94m(3.6) | 10.96m(2.1) | |
| 3 Slowley, Monique | | York Univers | 10.79m | 3.0 |
| | 10.79m(3.0) | FOUL(1.6) | 10.07m(1.9) | |
| 4 Richards, Melissa | | Wpg Optimist | 10.78m | 1.9 |
| | 10.62m(2.2) | 10.71m(2.1) | 10.78m(1.9) | |
| 5 Duma, Tyra | | Wpg Optimist | 10.68m | 2.1 |
| | 10.16m(2.7) | 10.68m(2.1) | 10.42m(2.1) | |
| 6 Horton, Skylar | | Diamond Jenn | 10.24m | 2.2 |
| | 9.85m(2.9) | 10.24m(2.2) | 10.24m(3.2) | |

Women Hammer Throw Qualifer

Sponsor: Asper School of Business

Top 4 to advance to Championship event

| Name | Year Team | Finals |
|--|---------------|--------|
| 1 Weir, Jillian 41.85m PASS PASS | Unattached BC | 41.85m |
| 2 Lyon, Hailey 40.79m PASS PASS | Chinook Trac | 40.79m |
| 3 Blake, Patti FOUL FOUL 38.78m | Waterloo AC | 38.78m |
| 4 Bassingthwaite, Kyla 36.06m FOUL FOUL | Excel Athlet | 36.06m |
| 5 Logozar, Hunter 34.27m 32.85m 34.76m | Flying M | 34.76m |
| 6 Irwin, Samantha 34.67m FOUL FOUL | South Simcoe | 34.67m |
| 7 Matwyczuk, Alexa FOUL 33.87m 34.46m | Flying M | 34.46m |
| 8 Allary, Courtney 30.95m FOUL 30.94m | Flying M | 30.95m |

Women 100 Meter Dash Championship

Sponsor: Canad Inn
Top 2 + next 2 fastest times

| Name | Year Team | Prelims | Wind | H# |
|-----------------------------|--------------|---------|------|----|
| Preliminaries | | | | |
| 1 Bingham, Khamica | Brampton Tra | 11.72Q | 1.0 | 2 |
| 2 Fofanah, Isatu | Voleo Athlet | 11.73Q | 1.1 | 1 |
| 3 Davis, Shai-Anne | Project Athl | 12.07Q | 0.3 | 3 |
| 4 Paiement, Cl mence | Vainqueurs M | 11.92Q | 1.1 | 1 |
| 5 Westney, Jellisa | Supreme Athl | 11.93Q | 1.0 | 2 |
| 6 Walkeden, Leah | Voleo Athlet | 12.09Q | 0.3 | 3 |
| 7 Morin-Houde, Caroline | Rive-Sud | 11.97q | 1.1 | 1 |
| 8 Brohman, Amelia | C.A.N.I. | 12.08q | 1.0 | 2 |
| 9 McCreath, Sade | Flying Angel | 12.09 | 1.1 | 1 |
| 10 Harrison, Shaina | Flying Angel | 12.11 | 0.3 | 3 |
| 11 Kerr, Naomi | Flying Angel | 12.19 | 1.0 | 2 |
| 12 Julius-Williams, Dominiq | Durham Legio | 12.22 | 1.0 | 2 |
| 13 Defreitas, Tameran | South Simcoe | 12.24 | 1.0 | 2 |
| 14 Pless, Shamelle | Edmonton Col | 12.24 | 1.1 | 1 |
| 15 Spear Chief-Morris, Joy | Lethbridge T | 12.36 | 1.0 | 2 |
| 16 Martin, Katrina | Capital City | 12.42 | 1.1 | 1 |
| 17 Payne, Shania M. | Coquitlam Ch | 12.53 | 0.3 | 3 |
| 18 Warren, Madeline | C.A.N.I. | 12.61 | 1.1 | 1 |
| 19 Sauer, Tegan | Laurel Creek | 12.69 | 0.3 | 3 |
| 20 Hughes, Sarah | Caltaf Athle | 12.73 | 1.1 | 1 |
| 21 Huard, Ashley | Track North | 12.86 | 0.3 | 3 |
| 22 Fernando, Shelani | Ottawa Lions | 12.87 | 0.3 | 3 |
| 23 Waters, Mallory | Wpg Optimist | 12.91 | 1.0 | 2 |
| 24 Wanigasekara, Sasanie | Wpg Optimist | 13.08 | 0.3 | 3 |

Women 100 Meter Dash Championship

Sponsor: Canad Inn
Top 2 + next 2 fastest times

| Name | Year Team | Finals | Wind |
|--------------------|--------------|--------|------------|
| Finals | | | |
| 1 Bingham, Khamica | Brampton Tra | 11.72 | 0.5 |
| 2 Fofanah, Isatu | Voleo Athlet | 11.76 | 0.5 |
| 3 Davis, Shai-Anne | Project Athl | 11.91 | 0.5 11.908 |

| | | | | | |
|---|-----------------------|--------------|-------|-----|--------|
| 4 | Paient, Cl mence | Vainqueurs M | 11.91 | 0.5 | 11.910 |
| 5 | Brohman, Amelia | C.A.N.I. | 11.98 | 0.5 | |
| 6 | Walkeden, Leah | Voleo Athlet | 12.02 | 0.5 | |
| 7 | Westney, Jellisa | Supreme Athl | 12.03 | 0.5 | |
| 8 | Morin-Houde, Caroline | Rive-Sud | 12.04 | 0.5 | |

Women 200 Meter Dash Championship

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Sponsor: Ranger Insurance

Top place plus next 4 fastest times

| Name | Year Team | Prelims | Wind | H# |
|------|-----------|---------|------|----|
|------|-----------|---------|------|----|

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Preliminaries

| | | | | | |
|----|--------------------------|-----------------|--------|------|---|
| 1 | Fofanah, Isatu | Voleo Athlet | 24.40Q | 1.3 | 1 |
| 2 | Walkeden, Leah | Voleo Athlet | 24.44Q | +0.0 | 2 |
| 3 | Brohman, Amelia | C.A.N.I. | 24.64Q | +0.0 | 4 |
| 4 | Morin-Houde, Caroline | Rive-Sud | 24.66Q | 0.5 | 3 |
| 5 | Westney, Jellisa | Supreme Athl | 24.55q | +0.0 | 2 |
| 6 | Kerr, Naomi | Flying Angel | 24.65q | +0.0 | 4 |
| 7 | Valentine, Khadijah | Flying Angel | 24.71q | 0.5 | 3 |
| 8 | Christiani, Ally | Phoenix Athl | 24.80q | 1.3 | 1 |
| 9 | Marsh, Alexis | Durham Legio | 24.82 | 1.3 | 1 |
| 10 | Harrison, Shaina | Flying Angel | 25.07 | 1.3 | 1 |
| 11 | McIntyre, Victoria | Ottawa Lions | 25.08 | 1.3 | 1 |
| 12 | Defreitas, Tameran | South Simcoe | 25.20 | +0.0 | 4 |
| 13 | McCreath, Sade | Flying Angel | 25.21 | 0.5 | 3 |
| 14 | St-Pierre, Marie-Colombe | Club Athletisme | 25.23 | +0.0 | 2 |
| 15 | Martin, Katrina | Capital City | 25.28 | +0.0 | 4 |
| 16 | Yapchung, Tashuana | Flying Angel | 25.30 | +0.0 | 2 |
| 17 | Julius-Williams, Dominiq | Durham Legio | 25.32 | 0.5 | 3 |
| 18 | Clarke, Stephanie | Edmonton Oly | 25.34 | +0.0 | 2 |
| 19 | Pless, Shamelle | Edmonton Col | 25.40 | 1.3 | 1 |
| 20 | Payne, Shania M. | Coquitlam Ch | 25.52 | +0.0 | 2 |
| 21 | Buckingham, Darcy | Newfoundland | 25.57 | 0.5 | 3 |
| 22 | Rodriguez, Melanie | Flying Angel | 25.72 | 1.3 | 1 |
| 23 | Spear Chief-Morris, Joy | Lethbridge T | 25.75 | +0.0 | 4 |
| 24 | Hughes, Sarah | Caltaf Athle | 25.82 | 1.3 | 1 |
| 25 | Hirst, Ellie | Caltaf Athle | 25.92 | +0.0 | 2 |
| 26 | Beaton, Heather | Truro Lions | 25.96 | +0.0 | 4 |
| 27 | Januszek, Monica | Laurel Creek | 26.05 | 0.5 | 3 |
| 28 | Carrique, Jennifer | Laurel Creek | 26.10 | +0.0 | 2 |
| 29 | Collins, Cassandre | Calgary Inte | 26.15 | 0.5 | 3 |
| 30 | Omahen, Emily | Windsor Legi | 26.15 | +0.0 | 4 |

Women 200 Meter Dash Championship

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Sponsor: Ranger Insurance

Top place plus next 4 fastest times

| Name | Year Team | Finals | Wind |
|------|-----------|--------|------|
|------|-----------|--------|------|

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Finals

| | | | | |
|---|-----------------------|--------------|-------|-----|
| 1 | Fofanah, Isatu | Voleo Athlet | 24.17 | 0.6 |
| 2 | Westney, Jellisa | Supreme Athl | 24.22 | 0.6 |
| 3 | Walkeden, Leah | Voleo Athlet | 24.23 | 0.6 |
| 4 | Morin-Houde, Caroline | Rive-Sud | 24.25 | 0.6 |
| 5 | Valentine, Khadijah | Flying Angel | 24.38 | 0.6 |
| 6 | Kerr, Naomi | Flying Angel | 24.69 | 0.6 |
| 7 | Brohman, Amelia | C.A.N.I. | 24.70 | 0.6 |
| 8 | Christiani, Ally | Phoenix Athl | 24.85 | 0.6 |

Women 400 Meter Dash Championship

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Sponsor: MP from elmwod-Transcona Lawrence Toet
 Top 3 plus next 2 fastest times

| Name | Year Team | Prelims | H# |
|----------------------------|-----------------|---------|----|
| ===== | | | |
| Preliminaries | | | |
| 1 Christiani, Ally | Phoenix Athl | 55.44Q | 2 |
| 2 St-Pierre, Marie-Colombe | Club Athletisme | 56.15Q | 1 |
| 3 Yapchung, Tashuana | Flying Angel | 56.13Q | 2 |
| 4 Baran, Melanie | SA Tough Track | 56.72Q | 1 |
| 5 Hirst, Ellie | Caltaf Athle | 56.87Q | 1 |
| 6 Clarke, Stephanie | Edmonton Oly | 57.59Q | 2 |
| 7 Radoslav, Taysia | Burlington T | 57.26q | 1 |
| 8 Marsh, Alexis | Durham Legio | 57.27q | 1 |
| 9 Jones, Cassandra | U of T Track | 57.41 | 1 |
| 10 Gardner, Charlotte | Ottawa Lions | 57.82 | 2 |
| 11 Beaton, Heather | Truro Lions | 58.21 | 2 |
| 12 Adamson, Jessica | U of T Track | 58.38 | 2 |
| 13 Rodriguez, Melanie | Flying Angel | 58.38 | 1 |
| 14 Prendergast, Shanice | Brampton Tra | 58.81 | 2 |
| 15 Taylor, Ashley | Burlington T | 59.23 | 2 |
| 16 McLeod, Vanessa | Phoenix Athl | 59.70 | 1 |

Women 400 Meter Dash Championship

Sponsor: MP from elmwod-Transcona Lawrence Toet
 Top 3 plus next 2 fastest times

| Name | Year Team | Finals |
|----------------------------|-----------------|--------|
| ===== | | |
| Finals | | |
| 1 Christiani, Ally | Phoenix Athl | 55.82 |
| 2 St-Pierre, Marie-Colombe | Club Athletisme | 55.99 |
| 3 Yapchung, Tashuana | Flying Angel | 56.26 |
| 4 Baran, Melanie | SA Tough Track | 56.77 |
| 5 Marsh, Alexis | Durham Legio | 56.91 |
| 6 Hirst, Ellie | Caltaf Athle | 57.79 |
| 7 Clarke, Stephanie | Edmonton Oly | 58.04 |
| -- Radoslav, Taysia | Burlington T | DNF |

Women 800 Meter Run Championship

Sponsor: Stride Ahead Tough Track
 Top 3 plus next 2 fastest times

| Name | Year Team | Prelims | H# |
|-----------------------|----------------|----------|----|
| ===== | | | |
| Preliminaries | | | |
| 1 Galbraith, Emma | Ottawa Lions | 2:09.33q | 1 |
| 2 Wiebe, Devan | BC Athletics | 2:09.35q | 1 |
| 3 Sawyer, Kailee | Laurel Creek | 2:09.46q | 1 |
| 4 Zrinyi, Julia | SA Tough Track | 2:10.81q | 2 |
| 5 Westaway, Jenna | Calgary Inte | 2:10.84q | 1 |
| 6 McLeod, Vanessa | Phoenix Athl | 2:11.89q | 2 |
| 7 Walmsley, Honor | U of T Track | 2:12.79q | 1 |
| 8 Teschuk, Erin | Wpg Optimist | 2:12.83q | 1 |
| 9 Paracholski, Meagan | Sisler High | 2:13.03 | 2 |
| 10 Bauer, Nicole | Calgary Inte | 2:13.53 | 2 |
| 11 Armstrong, Nicole | Physi-Kult K | 2:15.09 | 2 |
| 12 Codispodi, Marissa | Flying Angel | 2:17.52 | 2 |
| 13 Sutter, Nyka | Queen City S | 2:17.73 | 1 |
| 14 Menzies, Miranda | Coquitlam Ch | 2:17.78 | 2 |
| 15 Davis, Anneliese | Queen City S | 2:18.80 | 2 |
| 16 Andrushko, Amy | SA Tough Track | 2:21.40 | 1 |

Women 800 Meter Run Championship

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Name                      Year Team                      Prelims
=====
1 Galbraith, Emma          Ottawa Lions                    2:09.33Q
2 Zrinyi, Julia            SA Tough Track                 2:10.81Q
3 Wiebe, Devan             BC Athletics                   2:09.35Q
4 McLeod, Vanessa         Phoenix Athl                   2:11.89Q
5 Sawyer, Kailee          Laurel Creek                    2:09.46Q
6 Paracholski, Meagan     Sisler High                    2:13.03Q
7 Westaway, Jenna         Calgary Inte                    2:10.84q
8 Walmsley, Honor         U of T Track                   2:12.79q
9 Teschuk, Erin           Wpg Optimist                   2:12.83
10 Bauer, Nicole           Calgary Inte                    2:13.53
11 Armstrong, Nicole      Physi-Kult K                   2:15.09
12 Codispodi, Marissa     Flying Angel                   2:17.52
13 Sutter, Nyka           Queen City S                   2:17.73
14 Menzies, Miranda       Coquitlam Ch                   2:17.78
15 Davis, Anneliese       Queen City S                   2:18.80
16 Andrushko, Amy         SA Tough Track                 2:21.40
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Women 800 Meter Run Championship

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Sponsor: Stride Ahead Tough Track
Top 3 plus next 2 fastest times
Name                      Year Team                      Finals
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Finals
1 Zrinyi, Julia            SA Tough Track                 2:07.61
2 Wiebe, Devan            BC Athletics                   2:07.93
3 Sawyer, Kailee          Laurel Creek                    2:08.04
4 Galbraith, Emma         Ottawa Lions                    2:08.08
5 McLeod, Vanessa         Phoenix Athl                   2:08.84
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Women High Jump Championship

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Sponsor: Olive Garden
160 165 168 by 3's
Name                      Year Team                      Finals
=====
2 Tanguay, Caroline       Club D'Athlé                   1.71m
  1.62 1.65 1.68 1.71 1.74
  O  XO  O  XO  XXX
3 Katerberg, Erin        Laurel Creek                    1.68m
  1.62 1.65 1.68 1.71
  XO  O  O  XXX
4 Lefebvre-Oatis, Mikella Vainqueurs M                   1.65m
  1.57 1.62 1.65 1.68
  O  XXO  O  XXX
5 Vasilyeva, Katia       U of T Track                   1.62m
  1.52 1.57 1.62 1.65
  O  O  O  XXX
6 Paetsch, Tamara        Wpg Optimist                   1.57m
  1.52 1.57 1.62
  O  XO  XXX
7 Adams, Carolyn         London Legio                    J1.57m
  1.52 1.57 1.62
  XO  XXO  XXX
-- Lychuk, Brooke         Bison Track                     NH
  1.52
  XXX
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Women Pole Vault Championship

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Sponsor: CIBC
315 335 350 365 375 385 395 by 5s
Name Year Team Finals
=====
1 Newman, Alysha London Legio 3.75m
  3.15 3.35 3.50 3.65 3.75 3.85 3.95
  P P P P O P XXX
2 Salmon, Brittany Montreal Int 3.50m
  3.15 3.35 3.50 3.65
  P O O XXX
3 Erickson, Courtney Riversdale A J3.50m
  3.15 3.35 3.50 3.65
  P XO XO XXX
4 Richards, Melissa Wpg Optimist 3.15m
  3.15 3.35
  O XXX
4 Allegro, Samantha Wpg Optimist 3.15m
  3.15 3.35
  O XXX
6 Tanguay, Caroline Club D'Athlé J3.15m
  3.15 3.35
  XO XXX
-- Meeuwisse, Kelly Anne U of Calgary Ath NH
  3.15
  XXX
-- Bleznuk, Tamara Wpg Optimist NH
  3.15
  XXX
-- Bewski, Alyssa Wpg Optimist NH
  3.15
  XXX

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Women Long Jump Championship

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Sponsor: Subway
Name Year Team Finals Wind
=====
1 Roche, Magali Tarus 5.94m 3.2
  5.85m(1.8) FOUL(1.2) 4.49m(1.6) PASS FOUL(2.4) 5.94m(3.2)
2 Rowland, Brooke York Univers 5.90m 2.5
  5.69m(2.3) 5.90m(2.5) 5.70m(1.1) 5.64m(1.9) FOUL(2.0) 5.63m(3.3)
3 Omahen, Emily Windsor Legi 5.87m 3.2
  FOUL(3.4) 5.28m(1.2) FOUL(+0.0) FOUL(1.9) FOUL(-0.8) 5.87m(3.2)
4 Bates, Jordan Etobicoke Tr 5.45m 1.3
  5.45m(1.3) FOUL(2.0) 5.35m(0.1) FOUL(0.7) 5.16m(2.5) FOUL(4.0)
5 Hazen, Melissa Caltaf Athle 5.42m 0.6
  5.19m(1.3) 5.42m(0.6) FOUL(1.4) FOUL(0.8) FOUL(+0.0) FOUL(2.4)
6 Stewart, Hayley M. Unattached BC 5.40m +0.0
  5.26m(1.7) FOUL(1.6) 5.31m(+0.0) FOUL(1.7) 5.40m(+0.0) FOUL(1.2)
7 Nyame, Astrid Split City S 5.34m 1.8
  5.34m(1.8) 5.22m(1.4) 5.16m(1.2) 5.27m(2.0) FOUL 5.31m(0.6)
8 Biswal, Divyajyoti Ottawa Lions 5.27m 1.4
  5.24m(1.4) 5.21m(1.8) 5.22m(0.7) 4.76m(1.8) FOUL(2.8) 5.27m(1.4)

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Women 800 Meter Run Championship

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=====
Sponsor: Stride Ahead Tough Track
Top 3 plus next 2 fastest times
Name Year Team Finals
=====

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| | | |
|------------------------|--------------|---------|
| 6 Walmsley, Honor | U of T Track | 2:14.87 |
| 7 Westaway, Jenna | Calgary Inte | 2:17.22 |
| -- Paracholski, Meagan | Sisler High | DNF |

Women 1500 Meter Run Championship

| | | |
|---|-----------|---------|
| ===== | | |
| Sponsor: MP from St. Boniface Shelly glover | | |
| Top 4 plus next 4 fastest times | | |
| Name | Year Team | Prelims |
| ===== | | |

Preliminaries

| | | |
|-----------------------|------------------|----------|
| 1 Bernard, Maria | Calgary Warr | 4:37.80q |
| 2 Hawthorn, Natalia | Newmarket Hu | 4:37.96q |
| 3 Stafford, Gabriela | U of T Track | 4:37.97q |
| 4 Rempel, Karley | Aktiv Racing | 4:38.06q |
| 5 Rempel, Megan | Aktiv Racing | 4:38.46q |
| 6 Galbraith, Emma | Ottawa Lions | 4:40.31q |
| 7 Stone, Kala | BC Athletics | 4:41.21q |
| 8 Lucki, Alexandra | Toronto Olym | 4:41.29q |
| 9 Phelan, Jaimie | Laurel Creek | 4:42.00q |
| 10 Hennessy, Kelly | U of T Track | 4:42.17q |
| 11 Noel, Peggy | BC Athletics | 4:42.43q |
| 12 Petrick, Heather | Niagara Olym | 4:43.75q |
| 13 Russell, Skye | Edm Harriers | 4:44.83 |
| 14 Bibault, Emma | Calgary Spar | 4:45.35 |
| 15 Davis, Anneliese | Queen City S | 4:46.67 |
| 16 Anderson, Evelyn | Calgary Spar | 4:48.35 |
| 17 Laurin, Madison | U of Calgary Ath | 4:48.79 |
| 18 Siemens, Alexandra | Valley Royal | 4:49.04 |
| 19 Sutter, Nyka | Queen City S | 4:49.99 |
| 20 McGrath, Clare | Carleton-Yor | 4:50.11 |
| 21 Crawley, Rachel | Yhz Track an | 4:50.43 |
| 22 Sprenger, Jillian | Etobicoke Tr | 4:53.39 |
| 23 Ouellet, Béatrice | Fil-Oup | 4:53.92 |
| 24 Chappell, Ellen | U of Calgary Ath | 4:56.11 |
| 25 Wall, Alyssa | Lethbridge T | 4:58.43 |
| 26 Ready, Tarina | Wpg Optimist | 5:04.17 |

Women 1500 Meter Run Championship

| | | |
|---|-----------|--------|
| ===== | | |
| Sponsor: MP from St. Boniface Shelly glover | | |
| Top 4 plus next 4 fastest times | | |
| Name | Year Team | Finals |
| ===== | | |

Finals

| | | |
|----------------------|--------------|---------|
| 1 Galbraith, Emma | Ottawa Lions | 4:36.30 |
| 2 Phelan, Jaimie | Laurel Creek | 4:36.71 |
| 3 Stone, Kala | BC Athletics | 4:37.55 |
| 4 Rempel, Karley | Aktiv Racing | 4:37.78 |
| 5 Lucki, Alexandra | Toronto Olym | 4:39.06 |
| 6 Stafford, Gabriela | U of T Track | 4:40.00 |
| 7 Bernard, Maria | Calgary Warr | 4:40.43 |
| 8 Rempel, Megan | Aktiv Racing | 4:40.88 |
| 9 Hawthorn, Natalia | Newmarket Hu | 4:41.52 |
| 10 Noel, Peggy | BC Athletics | 4:41.87 |
| 11 Hennessy, Kelly | U of T Track | 4:43.44 |
| 12 Petrick, Heather | Niagara Olym | 4:43.87 |

Women 3000 Meter Run Championship

| | | |
|---------------------------------|-----------|--------|
| ===== | | |
| Sponsor: Councillor Bryan Mayes | | |
| Name | Year Team | Finals |
| ===== | | |

| | | | |
|---|--------------------|---------------|----------|
| 1 | McDonald, Madeline | U of T Track | 9:46.92 |
| 2 | Boyd, Cleo | Physi-Kult K | 9:54.18 |
| 3 | Faulds, Rachel | Quinte Legio | 9:57.04 |
| 4 | Bernard, Maria | Calgary Warr | 10:04.24 |
| 5 | Yungblut, Madeline | London Runne | 10:05.67 |
| 6 | Regan, Jackie | Unattached BC | 10:09.29 |
| 7 | Emilio, Sarah | U of T Track | 10:12.97 |

Women Long Jump Championship

Sponsor: Subway

| Name | Year Team | Finals | Wind |
|-----------------------------------|--------------|--------|------|
| 9 Wanigasekara, Sasanie | Wpg Optimist | 5.18m | 0.9 |
| FOUL(0.3) 4.94m(0.2) 5.18m(0.9) | | | |
| 10 Salmon, Brittany | Montreal Int | 5.13m | -2.4 |
| FOUL(3.1) FOUL(1.0) 5.13m(-2.4) | | | |
| 11 Quinn, Danielle | Sarnia Athle | 5.07m | +0.0 |
| 4.93m(0.5) 5.07m(+0.0) 4.90m(2.4) | | | |
| 12 Von Rennenkampff, Maya | Capital City | 5.06m | 0.6 |
| 4.73m(1.3) 5.06m(0.6) 3.64m(+0.0) | | | |

Women Triple Jump Championship

| Name | Year Team | Finals | Wind |
|--|------------------|--------|------|
| 1 Mercurio, Angela | Supreme Athl | 12.16m | 1.8 |
| FOUL(1.9) 11.47m(-0.1) FOUL(1.1) 11.70m(-2.4) 11.91m(2.1) 12.16m(1.8) | | | |
| 2 Biswal, Divyajyoti | Ottawa Lions | 12.04m | 1.7 |
| FOUL(1.1) 11.92m(1.6) 12.04m(1.7) 11.88m(0.5) 12.02m(1.5) 11.81m(-0.5) | | | |
| 3 Bates, Jordan | Etobicoke Tr | 11.82m | 2.0 |
| 11.21m(0.3) 11.51m(+0.0) 11.82m(2.0) 11.69m(-1.1) 11.68m(2.2) FOUL(-2.0) | | | |
| 4 Gibson, Kristen | Chebucto Ath | 11.76m | 1.3 |
| 11.46m(+0.0) 11.63m(2.7) FOUL(1.5) 11.40m(-1.4) 11.76m(1.3) 11.59m(1.7) | | | |
| 5 Taplin, Sarah | Unattached NB | 11.57m | 3.3 |
| 11.23m(1.7) 11.35m(2.4) FOUL(1.8) FOUL(4.2) 11.38m(1.5) 11.57m(3.3) | | | |
| 6 Graves, Brittany | South Simcoe | 11.55m | 3.0 |
| FOUL(+0.0) 11.25m(0.1) 11.55m(3.0) FOUL(+0.0) 11.26m(0.8) 11.30m(1.8) | | | |
| 7 Vasilyeva, Katia | U of T Track | 11.54m | 2.7 |
| 11.54m(2.7) 11.16m(0.2) 11.22m(2.7) 10.73m(0.7) 11.08m(2.7) 11.06m(2.6) | | | |
| 8 Kendall, Allison | U of Calgary Ath | 11.51m | +0.0 |
| FOUL(+0.0) 11.29m(1.8) 11.41m(1.7) 11.22m(2.0) 11.51m(+0.0) 11.36m(2.0) | | | |
| 9 Wanigasekara, Sasanie | Wpg Optimist | 11.29m | 0.8 |
| 11.24m(1.8) 11.29m(0.8) FOUL(0.8) | | | |
| 10 Quinn, Danielle | Sarnia Athle | 11.28m | 0.9 |
| FOUL(1.1) 11.28m(0.9) 10.98m(2.7) | | | |
| 11 Akehurst, Ayla J. | Campbell Riv | 11.13m | 0.3 |
| FOUL(0.4) 11.13m(0.3) FOUL(0.7) | | | |
| 12 Skimming, Jamie | 310 Running | 11.12m | NWI |
| FOUL(1.2) 10.61m(1.8) 11.12m(NWI) 1.10m(NWI) | | | |
| 13 Sinnathurai, Neena | Tarus | 10.95m | 1.1 |
| 10.95m(1.1) 10.90m(1.7) 10.81m(1.4) | | | |
| 14 Gunsch, Danielle | Supreme Athl | 10.90m | 0.7 |
| 10.90m(0.7) FOUL(+0.0) FOUL(2.6) | | | |
| 15 Manske, Naomi | Riversdale A | 10.86m | 2.0 |
| 10.86m(2.0) 9.81m(-1.6) 9.88m(1.9) | | | |
| 16 Von Rennenkampff, Maya | Capital City | 10.82m | 1.0 |
| 10.72m(+0.0) 10.62m(2.6) 10.82m(1.0) | | | |

Women Shot Put 4.0 Championship

Sponsor: Jake's Fancy Stairs

| Name | Year | Team | Finals |
|--------------------------|--------|------------------|--------|
| 1 Crew, Brittany | | Phoenix Athl | 14.03m |
| 13.80m | FOUL | 13.21m | FOUL |
| 14.03m | | | |
| 2 Weir, Jillian | | Unattached BC | 13.68m |
| 12.72m | 13.50m | FOUL | 12.73m |
| 12.89m | 13.68m | | |
| 3 Chin, Rayann | | York Univers | 13.40m |
| 12.83m | 12.43m | 12.72m | FOUL |
| 13.08m | 13.40m | | |
| 4 Porlier-Langlois, Alex | | Sherbrooke (| 12.84m |
| FOUL | 11.64m | 12.46m | 12.84m |
| FOUL | 12.67m | | |
| 5 Oudenaarden, Niki | | Capital City | 12.34m |
| 12.34m | 11.34m | 11.80m | 11.76m |
| FOUL | 11.67m | | |
| 6 Connell, Ashley | | Brockville L | 12.09m |
| 11.38m | 11.87m | 11.62m | 11.58m |
| 12.09m | 11.49m | | |
| 7 Matwyczuk, Alexa | | Flying M | 11.17m |
| 10.78m | 11.17m | 10.61m | 11.03m |
| 11.10m | 10.78m | | |
| 8 Roth, Lara | | Unattached AB | 10.74m |
| 10.72m | 10.48m | 10.46m | 10.74m |
| 10.70m | 10.62m | | |
| 9 Berry, Zoe | | Fredericton | 10.62m |
| 10.17m | 10.22m | 10.62m | |
| 10 Langley, Jodi | | U of Calgary Ath | 10.15m |
| 10.15m | FOUL | FOUL | |

Men 400 Meter Hurdles 0.914 Championship

| Name | Year | Team | Prelims | H# |
|---------------------------------|------|------------------|---------|----|
| Sponsor: Derkson Printing | | | | |
| Top 3 plus next 2 fastest times | | | | |
| Preliminaries | | | | |
| 2 Kerr, Jared | | Flying Angel | 55.48Q | 2 |
| 3 Sutton, Charlie | | Speed River | 55.24Q | 1 |
| 4 Blackburn, Nick | | BC Athletics | 55.80Q | 2 |
| 5 Arychuk, Stephen | | Edmonton Col | 55.60Q | 1 |
| 6 Kong, Tim | | Edmonton Roy | 56.36Q | 2 |
| 7 Nystuen, Liam | | Excel Athlet | 55.61q | 1 |
| 8 Beaudoin, Shawn | | Windsor Legi | 56.33q | 1 |
| 9 Slythe-Léveillé, Gabriel | | Corsaire-Cha | 56.48 | 2 |
| 10 Moses, Isaiah | | Ottawa Lions | 57.06 | 1 |
| 11 Mah, Jeff | | Speed River | 57.38 | 2 |
| 12 King, Garrett | | U of Calgary Ath | 57.64 | 1 |
| 13 Sherwood, Jordan | | Laurel Creek | 57.79 | 1 |

Women 3000 Meter Run Championship

| Name | Year | Team | Finals |
|---------------------------------|------|------------------|----------|
| Sponsor: Councillor Bryan Mayes | | | |
| Finals | | | |
| 8 Petrick, Heather | | Niagara Olym | 10:13.09 |
| 9 Oliver, Kaitlyn | | Newmarket Hu | 10:16.86 |
| 10 Langley, Clara | | Physi-Kult K | 10:19.86 |
| 11 Chappell, Ellen | | U of Calgary Ath | 10:24.74 |
| 12 Allison, Katrina | | BC Athletics | 10:24.82 |
| 13 Stafford, Hilary | | London Western | 10:28.01 |
| 14 Laurin, Madison | | U of Calgary Ath | 10:32.27 |
| 15 *yuan, Megan | | Lakehead Run | 10:36.38 |
| 16 Watts, Sophie | | Yhz Track an | 10:40.16 |
| 17 Ouellet, Béatrice | | Fil-Oup | 10:41.74 |
| 18 Sprenger, Jillian | | Etobicoke Tr | 10:47.69 |
| 19 Crawley, Rachel | | Yhz Track an | 10:54.58 |

| | | |
|-----------------------------|--------------|----------|
| 20 Linton, Vanessa | Speed River | 11:09.53 |
| 21 Aylwin-Descoteaux, Mirei | Vainqueurs M | 11:12.03 |
| 22 Aylwin-Descoteaux, Lauri | Vainqueurs M | 11:15.57 |
| 23 York, Mikaela | N Battleford | 11:17.39 |
| 24 Davis, Adriana | Queen City S | 11:23.60 |

Women 100 Meter Hurdles 0.84 Championship

=====

Sponsor: Deputy Mayor Justin Swandel

3+2 advance

| Name | Year Team | Prelims | Wind | H# |
|--------------------------|--------------|---------|------|----|
| Preliminaries | | | | |
| 1 Morrison, Deshaunda | Calgary Inte | 14.19Q | -1.5 | 2 |
| 2 Setterington, Nicole | London Legio | 14.19Q | -2.3 | 1 |
| 3 Bambi, Tania | Ottawa Lions | 14.25Q | -1.5 | 2 |
| 4 Macneill, Christine | London Legio | 14.80Q | -2.3 | 1 |
| 5 Bennett, Yanique | South Simcoe | 14.82Q | -1.5 | 2 |
| 6 Hrycun, Alexa | Edm Harriers | 14.94Q | -2.3 | 1 |
| 7 Tourigny, Katherine R. | BC Athletics | 14.99q | -1.5 | 2 |
| 8 Stavrakos, Vivian S. | Saint Lauren | 15.09q | -2.3 | 1 |
| 9 Bobb, Mikeisha | St. Thomas L | 15.21 | -1.5 | 2 |
| 10 McLean, Micaela | Laurel Creek | 15.23 | -2.3 | 1 |
| 11 Biswal, Devyani | Ottawa Lions | 15.24 | -2.3 | 1 |
| 12 Penney, Bailey | Windsor Legi | 15.32 | -1.5 | 2 |
| 13 Adams, Carolyn | London Legio | 15.36 | -1.5 | 2 |
| 14 Bulten, Rheanna | Laurel Creek | 15.43 | -1.5 | 2 |
| 15 Hazen, Melissa | Caltaf Athle | 15.48 | -2.3 | 1 |
| 16 Nyame, Astrid | Split City S | 16.10 | -2.3 | 1 |

Women 100 Meter Hurdles 0.84 Championship

=====

Sponsor: Deputy Mayor Justin Swandel

3+2 advance

| Name | Year Team | Finals | Wind |
|--------------------------|--------------|--------|------|
| Finals | | | |
| 1 Morrison, Deshaunda | Calgary Inte | 14.10 | -2.7 |
| 2 Setterington, Nicole | London Legio | 14.18 | -2.7 |
| 3 Bambi, Tania | Ottawa Lions | 14.24 | -2.7 |
| 4 Macneill, Christine | London Legio | 14.55 | -2.7 |
| 5 Tourigny, Katherine R. | BC Athletics | 14.70 | -2.7 |
| 6 Hrycun, Alexa | Edm Harriers | 14.75 | -2.7 |
| 7 Stavrakos, Vivian S. | Saint Lauren | 14.83 | -2.7 |
| 8 Bennett, Yanique | South Simcoe | 14.88 | -2.7 |

Women 400 Meter Hurdles 0.762 Championship

=====

Top 2 plus next 2 fastest times

| Name | Year Team | Prelims | H# |
|--------------------------|----------------|----------|----|
| Preliminaries | | | |
| 1 Farquhar, Taylor | London Western | 1:00.34Q | 3 |
| 2 Hrycun, Alexa | Edm Harriers | 1:01.99Q | 1 |
| 3 Bennett, Yanique | South Simcoe | 1:02.24Q | 2 |
| 4 Tourigny, Katherine R. | BC Athletics | 1:02.62Q | 2 |
| 5 Adamson, Jessica | U of T Track | 1:02.64Q | 3 |
| 6 Gonzalez, Alejandra | St. Thomas L | 1:02.82Q | 1 |
| 7 Radoslav, Taysia | Burlington T | 1:04.10q | 2 |
| 8 Skimming, Nicole | 310 Running | 1:04.13q | 1 |
| 9 Marion, Chanel | C.A.N.I. | 1:04.56 | 3 |
| 10 McBride, Alannah | Ottawa Lions | 1:04.79 | 1 |

| | | | |
|-----------------------------|--------------|---------|---|
| 11 Gardner, Charlotte | Ottawa Lions | 1:04.87 | 2 |
| 12 Myre-Bourgault, Marianne | Rive-Sud | 1:04.99 | 3 |
| 13 Bulten, Rheanna | Laurel Creek | 1:05.86 | 2 |
| 14 Graves, Brittany | South Simcoe | 1:06.48 | 1 |
| 15 Stavrakos, Vivian S. | Saint Lauren | 1:07.76 | 2 |
| 16 Bobb, Mikeisha | St. Thomas L | 1:09.04 | 3 |
| 17 Galey, Jasmine | Caltaf Athle | 1:12.04 | 3 |
| 18 Wilson-Bodnar, Emily | Caltaf Athle | 1:15.35 | 2 |
| 19 Monteith, Carla | South Simcoe | 1:15.41 | 3 |

Women 400 Meter Hurdles 0.762 Championship

=====

Top 2 plus next 2 fastest times

| Name | Year Team | Finals |
|------|-----------|--------|
|------|-----------|--------|

Finals

| | | |
|--------------------------|----------------|---------|
| 1 Farquhar, Taylor | London Western | 59.36 |
| 2 Bennett, Yanique | South Simcoe | 59.64 |
| 3 Tourigny, Katherine R. | BC Athletics | 1:01.44 |
| 4 Hrycun, Alexa | Edm Harriers | 1:01.48 |
| 5 Gonzalez, Alejandra | St. Thomas L | 1:02.29 |
| 6 Radoslav, Taysia | Burlington T | 1:02.81 |
| 7 Adamson, Jessica | U of T Track | 1:04.32 |
| 8 Skimming, Nicole | 310 Running | 1:04.47 |

Women 2000 Meter Steeplechase 0.762 Championship

=====

Sponsor: Massage Athletica

| Name | Year Team | Finals |
|------|-----------|--------|
|------|-----------|--------|

| | | |
|----------------------------|---------------|---------|
| 1 Hayward, Katelyn T. | U of Victoria | 7:01.91 |
| 2 Watts, Sophie | Yhz Track an | 7:11.69 |
| 3 O'Higgins, Erin | Ottawa Lions | 7:15.00 |
| 4 Visscher, Jordyn | Speed River | 7:29.98 |
| 5 Aylwin-Descoteaux, Mirei | Vainqueurs M | 7:39.27 |
| 6 Aylwin-Descoteaux, Lauri | Vainqueurs M | 7:53.38 |
| 7 Smith, Lindsay | Wpg Optimist | 8:03.26 |
| 8 York, Mikaela | N Battleford | 8:07.55 |

Women 4x100 Meter Relay Championship

=====

Sponsor: United Wood Frames

| Team | Finals |
|------|--------|
|------|--------|

| | |
|-----------------------------------|--------------------------|
| 1 Team Alberta 'A' | 47.27 |
| 2 Team Ontario 'A' | 47.66 |
| 3 Flying Angels Academy 'A' | 47.81 |
| 4 Winnipeg Optimist Athletics 'A' | 48.15 |
| 1) Duma, Tyra | 2) Wanigasekara, Sasanie |
| 3) Staub, Katie | 4) Waters, Mallory |
| 5 Laurel Creek Tfc 'A' | 48.29 |
| 1) McLean, Micaela | 2) Januszek, Monica |
| 3) Sauer, Tegan | 4) Carrique, Jennifer |
| 6 Ottawa Lions Track and Fi 'B' | 48.98 |
| 1) Biswal, Devyani | 2) Bambi, Tania |
| 3) McIntyre, Victoria | 4) McBride, Alannah |
| 7 Caltaf Athletic Associati 'A' | 49.62 |
| 1) Hughes, Sarah | 2) Wilson-Bodnar, Emily |
| 3) Hazen, Melissa | 4) Hirst, Ellie |

Women 4x400 Meter Relay Championship

=====

| Team | Finals |
|---------------------------------|-----------------------|
| 1 Stride Ahead Tough Track 'A' | 3:50.46 |
| 2 U of Toronto Track 'A' | 3:52.16 |
| 3 Calgary International 'A' | 3:53.06 |
| 4 Laurel Creek Tfc 'A' | 3:54.28 |
| 1) Januszek, Monica | 2) Phelan, Jaimie |
| 3) Carrique, Jennifer | 4) Sawyer, Kailee |
| 5 Ottawa Lions Track and Fi 'B' | 3:56.04 |
| 1) Gardner, Charlotte | 2) McIntyre, Victoria |
| 3) Fernando, Shelani | 4) Galbraith, Emma |
| 6 Caltaf Athletic Associati 'A' | 4:06.14 |

Women High Jump Championship

Sponsor: Olive Garden
160 165 168 by 3's

| Name | Year Team | Finals |
|-------------------------------|--------------|--------|
| 1 Rowland, Brooke | York Univers | 1.74m |
| 1.62 1.65 1.68 1.71 1.74 1.77 | | |
| O O O O XXO XXX | | |

Women Shot Put 4.0 Championship

Sponsor: Jake's Fancy Stairs

| Name | Year Team | Finals |
|--------------------|---------------|--------|
| 11 Irwin, Samantha | South Simcoe | 9.72m |
| 9.72m FOUL 9.44m | | |
| 12 Howard, Deandra | Unattached MB | 9.64m |
| 8.51m 9.64m 8.34m | | |

Women Discus Throw 1.0 Championship

Sponsor: B&R General Maintenance

| Name | Year Team | Finals |
|---|------------------|--------|
| 1 Chin, Rayann | York Univers | 44.69m |
| 44.69m 44.20m 43.52m 41.68m FOUL 42.06m | | |
| 2 Crew, Brittany | Phoenix Athl | 42.96m |
| 32.03m FOUL 42.96m FOUL 41.09m FOUL | | |
| 3 Gallagher, Kayla | Unattached | 40.58m |
| FOUL 40.58m FOUL 39.28m FOUL FOUL | | |
| 4 Hastings, Brett | Halifast Ath | 39.43m |
| 34.73m 38.15m 37.13m 35.06m 37.37m 39.43m | | |
| 5 Weir, Jillian | Unattached BC | 39.07m |
| 38.65m FOUL 39.07m 37.35m FOUL FOUL | | |
| 6 Roth, Lara | Unattached AB | 38.43m |
| 32.92m 38.43m 38.35m 37.98m 38.08m FOUL | | |
| 7 Porlier-Langlois, Alex | Sherbrooke (| 38.26m |
| 34.55m FOUL 38.26m FOUL 33.75m 34.30m | | |
| 8 Connell, Ashley | Brockville L | 38.14m |
| 34.51m 36.17m 38.14m 35.53m FOUL 37.11m | | |
| 9 Langley, Jodi | U of Calgary Ath | 37.41m |
| FOUL FOUL 37.41m | | |
| 10 Van Damme, Jill | Waterloo AC | 35.49m |
| 35.49m FOUL FOUL | | |
| 11 Irwin, Samantha | South Simcoe | 35.45m |
| FOUL 35.45m 34.81m | | |
| 12 Blake, Patti | Waterloo AC | 33.35m |
| 32.37m 33.35m FOUL | | |

| | | |
|---------------------|-------------|--------|
| 13 Forsyth, Montana | Truro Lions | 31.31m |
| FOUL 31.31m FOUL | | |
| 14 Allary, Courtney | Flying M | 29.09m |
| FOUL FOUL 29.09m | | |

Women Hammer Throw 4.0 Championship

=====

Sponsor: Asper School of Business

| Name | Year Team | Finals |
|---|---------------|--------|
| 1 Kennedy, Samantha | BC Athletics | 50.85m |
| 50.85m FOUL 48.72m 49.86m 49.28m FOUL | | |
| 2 Weir, Jillian | Unattached BC | 48.89m |
| 46.53m FOUL 47.76m FOUL FOUL 48.89m | | |
| 3 Hastings, Brett | Halifast Ath | 48.11m |
| 41.46m 45.26m 48.11m FOUL 43.80m 45.62m | | |
| 4 Van Damme, Jill | Waterloo AC | 47.70m |
| 43.91m FOUL 44.82m 45.76m 44.26m 47.70m | | |
| 5 Gallagher, Kayla | Unattached | 46.19m |
| 38.08m FOUL FOUL 46.19m 44.96m FOUL | | |
| 6 Derker, Breanna | Kamloops Tra | 42.43m |
| FOUL 42.43m FOUL 41.62m FOUL FOUL | | |
| 7 Trudel-Sabourin, Jade | Club de la P | 41.26m |
| 38.25m 38.05m 37.65m 39.67m FOUL 41.26m | | |
| 8 Lyon, Hailey | Chinook Trac | 39.64m |
| FOUL 39.27m 39.64m 38.82m 37.25m 38.28m | | |
| 9 Forsyth, Montana | Truro Lions | 36.97m |
| FOUL FOUL 36.97m | | |
| 10 Blake, Patti | Waterloo AC | 36.89m |
| FOUL 36.89m FOUL | | |
| 11 Basingthwaite, Kyla | Excel Athlet | 34.97m |
| FOUL 34.97m FOUL | | |

Women Javelin Throw 600 Championship

=====

Sponsor: BK and JD

| Name | Year Team | Finals |
|---|--------------|--------|
| 1 Dumont, Pascale | Les Vaillant | 47.76m |
| 42.46m 47.76m FOUL 45.13m 44.06m 42.92m | | |
| 2 Oudenaarden, Niki | Capital City | 47.65m |
| 39.12m FOUL FOUL 40.67m 44.06m 47.65m | | |
| 3 Wilson, Jasmine | Waterloo AC | 45.62m |
| 42.08m 45.62m 41.23m FOUL 41.56m 39.38m | | |
| 4 Johnston, Madison | York Univers | 40.52m |
| 40.52m FOUL FOUL 39.83m FOUL FOUL | | |
| 5 Berry, Zoe | Fredericton | 40.44m |
| 40.44m FOUL FOUL 29.23m 36.37m 36.60m | | |
| 6 Shepard, Stephanie | Woodstock Le | 33.77m |
| FOUL 33.77m FOUL FOUL FOUL FOUL | | |

Heptathlon: #4 Women 200 Meter Dash Championship Heptathlon

=====

| Name | Year Team | Finals | Wind | Points |
|-----------------------|----------------|--------|------|--------|
| 1 Delage, Danielle Y. | BC Athletics | 25.11 | -2.4 | 877 |
| 2 Lehner, Katelyn | ST Mary Athl | 25.82 | -2.4 | 813 |
| 3 Graceffo, Amy | SA Tough Track | 26.31 | -2.4 | 770 |
| 4 Borstmayer, Morgan | Saskatoon TF | 27.31 | -2.4 | 686 |
| 5 Rumpel, Megan | Excel Athlet | 27.43 | -2.4 | 676 |
| 6 Kucheravy, Caila | Wpg Optimist | 27.97 | -2.4 | 633 |

Heptathlon: #7 Women 800 Meter Run Championship Heptathlon

| Name | Year Team | Finals | Points |
|-----------------------|----------------|---------|--------|
| 1 Lehner, Katelyn | ST Mary Athl | 2:23.77 | 773 |
| 2 Delage, Danielle Y. | BC Athletics | 2:24.10 | 769 |
| 3 Graceffo, Amy | SA Tough Track | 2:29.57 | 698 |
| 4 Borstmayer, Morgan | Saskatoon TF | 2:44.10 | 527 |
| 5 Rumpel, Megan | Excel Athlet | 2:44.51 | 522 |
| 6 Kucheravy, Caila | Wpg Optimist | 2:50.60 | 457 |

Heptathlon: #1 Women 100 Meter Hurdles 0.84 Championship Heptathlon

| Name | Year Team | Finals | Wind | Points |
|-----------------------|----------------|--------|------|--------|
| 1 Lehner, Katelyn | ST Mary Athl | 14.75 | 0.1 | 875 |
| 2 Rumpel, Megan | Excel Athlet | 15.29 | 0.1 | 804 |
| 3 Delage, Danielle Y. | BC Athletics | 15.49 | 0.1 | 778 |
| 4 Borstmayer, Morgan | Saskatoon TF | 15.56 | 0.1 | 769 |
| 5 Meierer, Klara | Saint Lauren | 16.05 | 0.1 | 708 |
| 6 Kucheravy, Caila | Wpg Optimist | 16.79 | 0.1 | 620 |
| 7 Graceffo, Amy | SA Tough Track | 16.80 | 0.1 | 619 |

Heptathlon: #2 Women High Jump Championship Heptathlon

| Name | Year Team | Finals | Points |
|-----------------------|----------------|---|--------|
| 1 Rumpel, Megan | Excel Athlet | 1.65m | 795 |
| | | 1.50 1.53 1.56 1.59 1.62 1.65 1.68 | |
| | | O O O O O XXO XXX | |
| 2 Delage, Danielle Y. | BC Athletics | 1.62m | 759 |
| | | 1.53 1.56 1.59 1.62 1.65 | |
| | | O XO XXO O XXX | |
| 2 Lehner, Katelyn | ST Mary Athl | 1.62m | 759 |
| | | 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65 | |
| | | O O O O XO O O XXX | |
| 4 Graceffo, Amy | SA Tough Track | 1.59m | 724 |
| | | 1.44 1.47 1.50 1.53 1.56 1.59 1.62 | |
| | | O O O O O XO XXX | |
| 5 Meierer, Klara | Saint Lauren | 1.53m | 655 |
| | | 1.50 1.53 1.56 | |
| | | O O XXX | |
| 5 Borstmayer, Morgan | Saskatoon TF | 1.53m | 655 |
| | | 1.50 1.53 1.56 | |
| | | XO O XXX | |
| 7 Kucheravy, Caila | Wpg Optimist | 1.38m | 491 |
| | | 1.38 1.41 | |
| | | O XXX | |

Heptathlon: #5 Women Long Jump Championship Heptathlon

| Name | Year Team | Finals | Wind | Points |
|-----------------------|----------------|-------------------------------------|------|--------|
| 1 Lehner, Katelyn | ST Mary Athl | 5.79m | 0.4 | 786 |
| | | 5.38m(+0.0) 5.79m(0.4) 5.42m(+0.0) | | |
| 2 Delage, Danielle Y. | BC Athletics | 5.48m | +0.0 | 694 |
| | | 5.25m(-0.7) 5.24m(-1.7) 5.48m(+0.0) | | |
| 3 Graceffo, Amy | SA Tough Track | 5.47m | 0.2 | 691 |
| | | 5.47m(0.2) 5.35m(-1.1) 5.24m(-1.6) | | |
| 4 Borstmayer, Morgan | Saskatoon TF | 5.39m | -2.1 | 668 |
| | | FOUL(-1.8) FOUL(1.6) 5.39m(-2.1) | | |
| 5 Rumpel, Megan | Excel Athlet | 5.11m | -0.8 | 589 |

4.99m(+0.0) 5.00m(0.7) 5.11m(-0.8)
 6 Kucheravy, Caila Wpg Optimist 4.87m -1.0 524
 4.77m(+0.0) 4.87m(-1.0) 4.77m(-0.0)

Heptathlon: #3 Women Shot Put 4.0 Championship Heptathlon

| Name | Year Team | Finals | Points |
|--|----------------|--------|--------|
| 1 Rumpel, Megan 10.62m 9.82m 10.10m | Excel Athlet | 10.62m | 570 |
| 2 Delage, Danielle Y. 9.40m 10.38m 10.18m | BC Athletics | 10.38m | 554 |
| 3 Borstmayer, Morgan 9.91m 9.76m FOUL | Saskatoon TF | 9.91m | 524 |
| 4 Kucheravy, Caila 9.39m 9.84m 9.90m | Wpg Optimist | 9.90m | 523 |
| 5 Graceffo, Amy 9.88m 9.28m 9.03m | SA Tough Track | 9.88m | 522 |
| 6 Meierer, Klara 9.32m 9.32m 9.17m | Saint Lauren | 9.32m | 485 |
| 7 Lehner, Katelyn 7.88m 8.05m FOUL | ST Mary Athl | 8.05m | 403 |

Heptathlon: #6 Women Javelin Throw 600 Championship Heptathlon

| Name | Year Team | Finals | Points |
|---|----------------|--------|--------|
| 1 Graceffo, Amy 39.56m 41.07m FOUL | SA Tough Track | 41.07m | 688 |
| 2 Kucheravy, Caila FOUL 28.52m 32.79m | Wpg Optimist | 32.79m | 530 |
| 3 Rumpel, Megan 28.76m 31.67m 30.85m | Excel Athlet | 31.67m | 508 |
| 4 Borstmayer, Morgan 29.36m 26.05m 23.88m | Saskatoon TF | 29.36m | 464 |
| 5 Lehner, Katelyn 17.41m 21.29m 18.87m | ST Mary Athl | 21.29m | 313 |
| 6 Delage, Danielle Y. 19.39m 18.25m 20.73m | BC Athletics | 20.73m | 302 |

Women Heptathlon Championship

Sponsor: SATT

| Name | Year Team | Finals |
|-----------------------|----------------|--------|
| 1 Delage, Danielle Y. | BC Athletics | 4733 |
| 2 Lehner, Katelyn | ST Mary Athl | 4722 |
| 3 Graceffo, Amy | SA Tough Track | 4712 |
| 4 Rumpel, Megan | Excel Athlet | 4464 |
| 5 Borstmayer, Morgan | Saskatoon TF | 4293 |
| 6 Kucheravy, Caila | Wpg Optimist | 3778 |
| 7 Meierer, Klara | Saint Lauren | 1848 |

Men 100 Meter Dash Qualifer

Sponsor: Canad Inn
 Top 4 Advance to championship event

| Name | Year Team | Finals | Wind | H# |
|--------------------|--------------|--------|------|----|
| 1 Brown, Jaiden | Durham Legio | 10.76 | 3.3 | 2 |
| 2 Ayin, Nicholas | Coquitlam Ch | 10.82 | 3.3 | 2 |
| 3 Mansaray, Alhaji | Wpg Optimist | 10.86 | 3.3 | 2 |

| | | | | | |
|----|--------------------|---------------|-------|-----|---|
| 4 | Paslowski, Adam | Saskatoon TF | 11.08 | 3.3 | 2 |
| 5 | Akins, Michael | Wpg Optimist | 11.16 | 3.3 | 2 |
| 6 | Liebrecht, Preston | Unattached SK | 11.17 | 0.5 | 1 |
| 7 | Boucher, Mike | Burlington T | 11.18 | 3.3 | 2 |
| 8 | Bymoan, Alexander | Calgary Inte | 11.36 | 0.5 | 1 |
| 9 | Bloom, Connor | Excel Athlet | 11.44 | 0.5 | 1 |
| 10 | Robinson, Taran | Kindersley A | 11.44 | 0.5 | 1 |
| 11 | Knox, Connor | Capital City | 11.56 | 0.5 | 1 |
| -- | Fenton, Walt | Caltaf Athle | DQ | 0.5 | 1 |

Rule 162.7

Men 200 Meter Dash Qualifer

=====

Sponsor: Serta

Top 10 advance to championship event

| Name | Year Team | Finals | Wind | H# | |
|------|--------------------------|------------------|-------|------|---|
| 1 | Ayin, Nicholas | Coquitlam Ch | 22.70 | -3.5 | 3 |
| 2 | Liebrecht, Preston | Unattached SK | 22.82 | -3.5 | 3 |
| 3 | Shirk, Brandon | Track North | 22.85 | -3.5 | 3 |
| 4 | Stephenson, Jermaine | Supreme Athl | 23.09 | -3.5 | 3 |
| 5 | Paslowski, Adam | Saskatoon TF | 23.12 | -2.2 | 2 |
| 6 | Miller, Wesley | Burlington T | 23.29 | -2.2 | 2 |
| 7 | Kelloway, Daniel W. | Newfoundland | 23.36 | -1.9 | 1 |
| 8 | Fenton, Walt | Caltaf Athle | 23.38 | -2.2 | 2 |
| 9 | Henry-Dobchuk, CJ (Cleve | Unattached MB | 23.41 | -2.2 | 2 |
| 10 | Schaeffer, Matthew | U of Calgary Ath | 23.43 | -3.5 | 3 |
| 11 | McDonough, Joe | Lakehead Run | 23.55 | -2.2 | 2 |
| 12 | Scott, Ryan | Lakehead Run | 23.59 | -2.2 | 2 |
| 13 | Sader, Levi | Wpg Optimist | 23.69 | -2.2 | 2 |
| 14 | Knox, Connor | Capital City | 23.72 | -1.9 | 1 |
| 15 | Coholan, Alexandre | A S E A | 23.83 | -1.9 | 1 |
| 16 | Kellner, Thomas | Caltaf Athle | 23.98 | -1.9 | 1 |
| 17 | Dragicevic, Nikola | U of Calgary Ath | 24.31 | -1.9 | 1 |
| 18 | Apuya, Michael | Flying M | 24.34 | -1.9 | 1 |
| 19 | Schindell, Brayden | Wpg Optimist | 24.44 | -1.9 | 1 |
| 20 | Agada, Emeka | Supreme Athl | 26.42 | -3.5 | 3 |
| -- | Wright, Andre | Durham Legio | DNF | -3.5 | 3 |
| -- | Murray, Steven | Flying Angel | DQ | -3.5 | 3 |

Rule 163.3

Men 400 Meter Dash Qualifer

=====

Sponsor: MP from Elmwood-Transcona Lawrence Toet

Top 7 advance to championship event

| Name | Year Team | Finals | H# | |
|------|---------------------|------------------|-------|---|
| 1 | Weathers, Isiah | U of T Track | 50.92 | 2 |
| 2 | Roberts, Chris | Capital City | 51.19 | 2 |
| 3 | Scott, Ryan | Lakehead Run | 51.23 | 1 |
| 4 | Kellner, Thomas | Caltaf Athle | 51.43 | 1 |
| 5 | Kelloway, Daniel W. | Newfoundland | 51.49 | 2 |
| 6 | McDonough, Joe | Lakehead Run | 51.50 | 2 |
| 7 | Dragicevic, Nikola | U of Calgary Ath | 51.90 | 1 |
| 8 | Pickering, Cameron | Capital City | 51.96 | 2 |
| 9 | Zigic, Jovan | Unattached BC | 52.06 | 2 |
| 10 | Sader, Levi | Wpg Optimist | 52.39 | 2 |
| 11 | Clements, Bryce | Caltaf Athle | 53.76 | 1 |
| 12 | Whiteside, Eric | Bison Track | 54.36 | 1 |
| -- | Miller, Wesley | Burlington T | DQ | 1 |

Rule 163.3 (a)

Men 800 Meter Run Qualifer

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Sponsor: Ranger Insurance

Top 6 advance to championship event

| Name | Year Team | Finals | H# |
|-----------------------|------------------|---------|----|
| 1 Neufeld, Levi | Wpg Optimist | 1:56.96 | 3 |
| 2 Goodwin, Nathan | Coastal Trac | 1:57.07 | 3 |
| 3 Papania, Marco | Newmarket Hu | 1:57.14 | 3 |
| 4 Ilkiw, Kristofor | Edmonton Col | 1:57.16 | 3 |
| 5 Getty, Thomas | BC Athletics | 1:57.57 | 3 |
| 6 Ajua, Jean-Baptiste | Elmwood High | 1:58.01 | 2 |
| 7 Faul, James | Caltaf Athle | 1:58.22 | 2 |
| 8 Rajala, Devin | Hershey Harr | 1:58.70 | 3 |
| 9 Ort, Jay | Unattached MB | 1:59.37 | 1 |
| 10 McDonough, Joe | Lakehead Run | 1:59.42 | 3 |
| 11 Kondrat, Nick | Lakehead Run | 1:59.42 | 1 |
| 12 Bulloch, Patrique | Unattached MB | 1:59.82 | 2 |
| 13 Neal, Sam | Calgary Inte | 1:59.86 | 3 |
| 14 Quarrell, Mason | Lakehead Run | 2:00.71 | 2 |
| 15 Drover, Conrad | Wpg Optimist | 2:01.12 | 2 |
| 16 Wong, Billy | Unattached BC | 2:01.43 | 1 |
| 17 Peters, Braedan | Wpg Optimist | 2:02.00 | 2 |
| 18 Zigic, Jovan | Unattached BC | 2:02.41 | 2 |
| 19 Lee, Mark | U of Calgary Ath | 2:05.15 | 1 |

Men 400 Meter Hurdles Qualifer

Sponsor: Derkson Printing

Top 2 advance to championship event

| Name | Year Team | Finals |
|----------------------|------------------|---------|
| 1 Long, Mitchell | Windsor Legi | 57.26 |
| 2 Dragicevic, Daniel | U of Calgary Ath | 59.16 |
| 3 Coholan, Alexandre | A S E A | 1:00.29 |
| 4 Cuaresma, Brendan | Sisler High | 1:01.28 |
| 5 Clements, Bryce | Caltaf Athle | 1:02.07 |
| 6 Schindell, Brayden | Wpg Optimist | 1:04.14 |

Men Long Jump Qualifer

Sponsor: Subway

Top 4 advance to championship event

| Name | Year Team | Finals | Wind |
|--|----------------|--------|------|
| 1 Hodgins, Conner 6.33m(1.8) 6.32m(+0.0) 6.03m(-2.3) | St. Thomas L | 6.33m | 1.8 |
| 2 De Visser, Andrew FOUL(1.0) 6.32m(-0.4) 5.91m(+0.0) | Vancouver Th | 6.32m | -0.4 |
| 3 Woo, Graham 6.26m(0.8) 6.02m(-1.5) | Wpg Optimist | 6.26m | 0.8 |
| 4 Flanagan, Riley 6.21m(-1.2) 6.01m(2.4) FOUL(+0.0) | Supreme Athl | 6.21m | -1.2 |
| 5 Giesbrecht, Christopher 5.97m(-0.9) FOUL(-1.7) FOUL(-0.7) | Unattached SK | 5.97m | -0.9 |
| 6 Carey, Logan FOUL(0.8) FOUL(-0.9) 5.63m(-2.5) | London Western | 5.63m | -2.5 |
| 7 Dueck, Layton 5.55m(-0.5) FOUL(1.5) 5.23m(-0.0) | Unattached SK | 5.55m | -0.5 |

Men Discus Throw 1.75 Qualifer

Sponsor: B&R General Maintenance

Top 1 advance to championship event

| Name | Year Team | Finals |
|------|-----------|--------|
|------|-----------|--------|

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=====
1 Rimke, Reed          Bison Track          40.53m
   39.36m  39.13m  40.53m
2 Kennedy, Robert     Truro Lions         39.45m
   39.19m  37.21m  39.45m
3 Froese, Jonathan   Capital City        33.97m
   FOUL  33.87m  33.97m
4 Sabourin, Jayden   Unattached MB      28.94m
   26.88m  28.94m  27.09m
=====
    
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Men 100 Meter Dash Championship

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=====
Sponsor: Canad Inn
Top 3 plus next 2 fastest times
Name          Year Team          Prelims  Wind H#
=====
Preliminaries
1 Bramwell, Drelan      Sarnia Athle      10.69Q  1.2  1
2 Rittinger, Devon     Supreme Athl      10.72Q  1.1  2
3 Barker, Deion        Etobicoke Tr     10.83Q  1.1  2
4 Graf, Ryan           Saskatoon TF     10.86Q  1.2  1
5 Joyce, Keefer        BC Athletics     10.87Q  1.2  1
6 Brown, Jaiden        Durham Legio     10.92Q  1.1  2
7 Ohrt, Shane          Edmonton Col     10.89q  1.2  1
8 Agada, Emeka         Supreme Athl     10.91q  1.2  1
9 King-McKenzie, Michael Edmonton Col     10.97   1.1  2
10 Ayin, Nicholas      Coquitlam Ch     10.98   1.1  2
11 Mansaray, Alhaji    Wpg Optimist     11.05   1.1  2
12 Liebrecht, Preston  Unattached SK    11.13   1.2  1
13 Schaeffer, Matthew  U of Calgary Ath 11.23   1.2  1
14 Akins, Michael      Wpg Optimist     11.25   1.2  1
15 Paslawski, Adam     Saskatoon TF     11.30   1.1  2
16 Boucher, Mike       Burlington T     11.48   1.1  2
=====
    
```

Men 100 Meter Dash Championship

```

=====
Sponsor: Canad Inn
Top 3 plus next 2 fastest times
Name          Year Team          Finals  Wind
=====
Finals
1 Rittinger, Devon     Supreme Athl      10.70  -0.2
2 Bramwell, Drelan     Sarnia Athle     10.77  -0.2
3 Barker, Deion        Etobicoke Tr     10.86  -0.2
4 Graf, Ryan           Saskatoon TF     10.88  -0.2
5 Ohrt, Shane          Edmonton Col     10.92  -0.2
6 Brown, Jaiden        Durham Legio     11.10  -0.2
-- Agada, Emeka        Supreme Athl      DQ     -0.2  Rule 163.2
=====
    
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Men 200 Meter Dash Championship

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=====
Sponsor: Serta
Top 2 plus next 2 fastest times
Name          Year Team          Prelims  Wind H#
=====
Preliminaries
1 Laidlaw-Allen, Marlon Phoenix Athl      21.63Q +0.0  3
2 Bramwell, Drelan     Sarnia Athle     21.68Q +0.0  2
3 George, Nathan K.    BC Athletics     21.76Q +0.0  1
4 Ohrt, Shane          Edmonton Col     21.78Q +0.0  2
5 Graf, Ryan           Saskatoon TF     22.21Q +0.0  1
6 Rittinger, Devon     Supreme Athl     22.37Q +0.0  3
=====
    
```

| | | | | | |
|----|--------------------------|------------------|--------|------|---|
| 7 | King-McKenzie, Michael | Edmonton Col | 22.24q | +0.0 | 1 |
| 8 | Ayin, Nicholas | Coquitlam Ch | 22.29q | +0.0 | 1 |
| 9 | Liebrecht, Preston | Unattached SK | 22.50 | +0.0 | 3 |
| 10 | Brown, Jaiden | Durham Legio | 22.58 | +0.0 | 3 |
| 11 | Shirk, Brandon | Track North | 22.60 | +0.0 | 3 |
| 12 | Schaeffer, Matthew | U of Calgary Ath | 22.80 | +0.0 | 1 |
| 13 | Brennand McClemont, Dyla | Niagara Regi | 22.86 | +0.0 | 2 |
| 14 | Paslowski, Adam | Saskatoon TF | 22.98 | +0.0 | 2 |
| 15 | Miller, Wesley | Burlington T | 23.06 | +0.0 | 1 |
| 16 | Kelloway, Daniel W. | Newfoundland | 23.14 | +0.0 | 1 |
| 17 | Fenton, Walt | Caltaf Athle | 23.16 | +0.0 | 2 |
| 18 | Henry-Dobchuk, CJ (Cleve | Unattached MB | 23.50 | +0.0 | 3 |
| -- | Kong, Tim | Edmonton Roy | DNF | +0.0 | 2 |
| -- | Makinde, Toluwalope | Ottawa Lions | DNF | +0.0 | 1 |
| -- | Stephenson, Jermaine | Supreme Athl | DNF | +0.0 | 2 |
| -- | Fedyk, Alex | Saskatoon TF | DQ | +0.0 | 3 |

Men 200 Meter Dash Championship

=====

Sponsor: Serta

Top 2 plus next 2 fastest times

| Name | Year Team | Finals | Wind |
|--------|------------------------|--------------|-----------|
| ===== | | | |
| Finals | | | |
| 1 | Laidlaw-Allen, Marlon | Phoenix Athl | 21.18 0.3 |
| 2 | Bramwell, Drelan | Sarnia Athle | 21.39 0.3 |
| 3 | Ohrt, Shane | Edmonton Col | 21.54 0.3 |
| 4 | George, Nathan K. | BC Athletics | 21.54 0.3 |
| 5 | Rittinger, Devon | Supreme Athl | 21.56 0.3 |
| 6 | King-McKenzie, Michael | Edmonton Col | 21.91 0.3 |
| 7 | Graf, Ryan | Saskatoon TF | 22.01 0.3 |
| 8 | Ayin, Nicholas | Coquitlam Ch | 22.34 0.3 |

Men 400 Meter Dash Championship

=====

Sponsor: MP from Elmwood-Transcona Lawrence Toet

Top 2 plus next 2 fastest times

| Name | Year Team | Prelims | H# |
|---------------|--------------------------|------------------|----------|
| ===== | | | |
| Preliminaries | | | |
| 1 | Ayesu-Attah, Benjamin | BC Athletics | 48.28Q 2 |
| 2 | McBride, Brandon | Windsor Legi | 48.31Q 3 |
| 3 | Alexandre, Marc-Andre | U of T Track | 48.42Q 1 |
| 4 | George, Nathan K. | BC Athletics | 48.44Q 1 |
| 5 | Fedyk, Alex | Saskatoon TF | 48.45Q 2 |
| 6 | Stephenson, Jermaine | Supreme Athl | 49.29Q 3 |
| 7 | Embury, Wade | Ottawa Lions | 49.04q 1 |
| 8 | Franklin, Rayshaun | U of T Track | 49.16q 2 |
| 9 | Kujabi, Momodou | Capital City | 49.26 1 |
| 10 | Shirk, Brandon | Track North | 49.68 2 |
| 11 | Commandeur, Adam | Comox Valley | 50.11 3 |
| 12 | Brennand McClemont, Dyla | Niagara Regi | 50.14 3 |
| 13 | Moses, Isaiah | Ottawa Lions | 50.60 2 |
| 14 | Jean-Jacques, Denray | Ottawa Lions | 50.65 3 |
| 15 | Ivan, Alexander | Caltaf Athle | 51.06 1 |
| 16 | McDonough, Joe | Lakehead Run | 51.10 3 |
| 17 | Murray, Steven | Flying Angel | 51.13 1 |
| 18 | Kelloway, Daniel W. | Newfoundland | 51.23 1 |
| 19 | Weathers, Isiah | U of T Track | 51.27 3 |
| 20 | Scott, Ryan | Lakehead Run | 51.36 1 |
| 21 | Roberts, Chris | Capital City | 51.36 2 |
| 22 | Dragicevic, Nikola | U of Calgary Ath | 52.98 3 |

| | | | |
|-----------------------|--------------|-------|---|
| 23 Kellner, Thomas | Caltaf Athle | 54.90 | 2 |
| -- Fitkowsky, Matthew | Bison Track | DNF | 2 |

Men 400 Meter Dash Championship

=====

Sponsor: MP from Elmwood-Transcona Lawrence Toet

Top 2 plus next 2 fastest times

| Name | Year Team | Finals |
|------|-----------|--------|
|------|-----------|--------|

=====

Finals

| | | | |
|-------------------------|--------------|-------|------------|
| 1 McBride, Brandon | Windsor Legi | 46.25 | |
| 2 Ayesu-Attah, Benjamin | BC Athletics | 46.53 | |
| 3 Alexandre, Marc-Andre | U of T Track | 47.49 | |
| 4 George, Nathan K. | BC Athletics | 47.53 | |
| 5 Fedyk, Alex | Saskatoon TF | 48.28 | |
| 6 Franklin, Rayshaun | U of T Track | 48.54 | |
| 7 Embury, Wade | Ottawa Lions | 48.96 | |
| -- Stephenson, Jermaine | Supreme Athl | DQ | Rule 162.3 |

Men 800 Meter Run Championship

=====

Sponsor: Ranger Insurance

Top 2 plus next 2 fastest times

| Name | Year Team | Prelims | H# |
|------|-----------|---------|----|
|------|-----------|---------|----|

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Preliminaries

| | | | |
|------------------------|-----------------|----------|---|
| 1 Sturkenboom, Mathieu | Unattached | 1:52.29q | 1 |
| 2 *sikubwabo, Yves | Ottawa Lions | 1:52.42q | 2 |
| 3 Smith, Tyler | Leduc Track | 1:52.54q | 2 |
| 4 Swanson, Matthew | BC Athletics | 1:52.82q | 2 |
| 5 Wand, Jordan | Queen City S | 1:52.82q | 1 |
| 6 Buttinger, Scott | Laurel Creek | 1:53.06q | 2 |
| 7 Neal, Keffri W. | BC Athletics | 1:53.13q | 1 |
| 8 Veillette, Félix | Club Athletisme | 1:53.40q | 2 |
| 9 Hutton, Christopher | Runners Edge | 1:53.68q | 1 |
| 10 Moodie, Triphon | Mississauga | 1:54.36 | 3 |
| 11 Guenther, Davis | Riversdale A | 1:54.66 | 3 |
| 12 Ilkiw, Kristofor | Edmonton Col | 1:55.14 | 2 |
| 13 BussiÈres, Alex | Club Athletisme | 1:55.71 | 1 |
| 14 Hutton, Alex | Ottawa Lions | 1:55.99 | 1 |
| 15 Palamar, Adam | Ottawa Lions | 1:56.28 | 3 |
| 16 Papania, Marco | Newmarket Hu | 1:56.87 | 3 |
| 17 Neufeld, Levi | Wpg Optimist | 1:56.99 | 1 |
| 18 Ajua, Jean-Baptiste | Elmwood High | 1:58.80 | 1 |
| 19 Getty, Thomas | BC Athletics | 1:58.84 | 3 |
| 20 Goodwin, Nathan | Coastal Trac | 1:59.18 | 2 |
| 21 Anderson, Drew | Speed River | 2:00.29 | 3 |

Men 800 Meter Run Championship

=====

| Name | Year Team | Prelims |
|------|-----------|---------|
|------|-----------|---------|

=====

| | | |
|------------------------|-----------------|----------|
| 1 Sturkenboom, Mathieu | Unattached | 1:52.29Q |
| 2 *sikubwabo, Yves | Ottawa Lions | 1:52.42Q |
| 3 Moodie, Triphon | Mississauga | 1:54.36Q |
| 4 Smith, Tyler | Leduc Track | 1:52.54Q |
| 5 Wand, Jordan | Queen City S | 1:52.82Q |
| 6 Guenther, Davis | Riversdale A | 1:54.66Q |
| 7 Swanson, Matthew | BC Athletics | 1:52.82q |
| 8 Buttinger, Scott | Laurel Creek | 1:53.06q |
| 9 Neal, Keffri W. | BC Athletics | 1:53.13q |
| 10 Veillette, Félix | Club Athletisme | 1:53.40 |

| | | | |
|----|---------------------|-----------------|---------|
| 11 | Hutton, Christopher | Runners Edge | 1:53.68 |
| 12 | Ilkiw, Kristofor | Edmonton Col | 1:55.14 |
| 13 | BussiÈres, Alex | Club Athletisme | 1:55.71 |
| 14 | Hutton, Alex | Ottawa Lions | 1:55.99 |
| 15 | Palamar, Adam | Ottawa Lions | 1:56.28 |
| 16 | Papania, Marco | Newmarket Hu | 1:56.87 |
| 17 | Neufeld, Levi | Wpg Optimist | 1:56.99 |
| 18 | Ajua, Jean-Baptiste | Elmwood High | 1:58.80 |
| 19 | Getty, Thomas | BC Athletics | 1:58.84 |
| 20 | Goodwin, Nathan | Coastal Trac | 1:59.18 |
| 21 | Anderson, Drew | Speed River | 2:00.29 |

Men 800 Meter Run Championship

=====

Sponsor: Ranger Insurance

Top 2 plus next 2 fastest times

| Name | Year Team | Finals |
|------|-----------|--------|
|------|-----------|--------|

=====

Finals

| | | | |
|---|----------------------|--------------|---------|
| 1 | *sikubwabo, Yves | Ottawa Lions | 1:49.93 |
| 2 | Smith, Tyler | Leduc Track | 1:50.01 |
| 3 | Sturkenboom, Mathieu | Unattached | 1:50.58 |
| 4 | Swanson, Matthew | BC Athletics | 1:52.08 |
| 5 | Moodie, Triphon | Mississauga | 1:52.43 |
| 6 | Buttinger, Scott | Laurel Creek | 1:52.70 |
| 7 | Guenther, Davis | Riversdale A | 1:52.88 |
| 8 | Neal, Keffri W. | BC Athletics | 1:53.72 |
| 9 | Wand, Jordan | Queen City S | 1:56.00 |

Men 1500 Meter Run Championship

=====

Sponsor: MP from St Boniface Shelly Glover

Top 3 plus the next 3 fastest times

| Name | Year Team | Prelims |
|------|-----------|---------|
|------|-----------|---------|

=====

Preliminaries

| | | | |
|----|-----------------------|-----------------|----------|
| 1 | Palamar, Adam | Ottawa Lions | 3:54.87q |
| 2 | Hendrikx, Aaron | London Runne | 3:55.74q |
| 3 | Gravel, Christian | BC Athletics | 3:56.03q |
| 4 | Anderson, Drew | Speed River | 3:56.84q |
| 5 | *sikubwabo, Yves | Ottawa Lions | 3:57.20q |
| 6 | Grieve, Kyle | Greater Toro | 3:57.25q |
| 7 | Hynes, Brendan | U of T Track | 3:57.34q |
| 8 | BussiÈres, Alex | Club Athletisme | 3:57.49q |
| 9 | Smith, Troy | Niagara Olym | 3:57.69q |
| 10 | Sloan, Harrison | U of T Track | 3:57.77q |
| 11 | Tate, Mike | Antigonish T | 3:57.80q |
| 12 | Day, Mickey | Ottawa Lions | 3:57.83q |
| 13 | Freemantle, Alexander | Newmarket Hu | 3:57.98q |
| 14 | Heidecker, Taryn | Saskatoon TF | 3:59.83 |
| 15 | Janssen, Trevor | Aktiv Racing | 4:00.11 |
| 16 | Getty, Thomas | BC Athletics | 4:00.15 |
| 17 | Macpherson, Eric | Newmarket Hu | 4:00.30 |
| 18 | Neufeld, Levi | Wpg Optimist | 4:00.73 |
| 19 | Madsen, William | MAC Track (M | 4:00.98 |
| 20 | Hebert, Dylan | A S E A | 4:03.07 |
| 21 | Quick, Michael | Calgary Spar | 4:03.73 |
| 22 | Kondrat, Nick | Lakehead Run | 4:04.21 |
| 23 | Quarrell, Mason | Lakehead Run | 4:07.15 |
| 24 | Ort, Jay | Unattached MB | 4:07.47 |
| 25 | Gravel, Philippe | Sherbrooke (| 4:07.89 |
| 26 | Faul, James | Caltaf Athle | 4:08.99 |

| | | | |
|----|-------------------|------------------|---------|
| 27 | Balezantis, Reid | Saskatoon TF | 4:09.67 |
| 28 | Fitzgibbon, Chris | Caltaf Athle | 4:10.48 |
| 29 | Delcourt, Timothy | BC Athletics | 4:12.79 |
| 30 | Lee, Mark | U of Calgary Ath | 4:13.89 |
| 31 | Galea, Matthew | Caltaf Athle | 4:17.99 |
| 32 | Foster, Sean | Caltaf Athle | 4:19.94 |

Men 1500 Meter Run Championship

=====

Sponsor: MP from St Boniface Shelly Glover

Top 3 plus the next 3 fastest times

| Name | Year Team | Finals |
|------|-----------|--------|
|------|-----------|--------|

Finals

| | | | |
|----|-----------------------|-----------------|---------|
| 1 | Palamar, Adam | Ottawa Lions | 3:52.95 |
| 2 | Hendrikx, Aaron | London Runne | 3:54.31 |
| 3 | *sikubwabo, Yves | Ottawa Lions | 3:55.23 |
| 4 | BussiÈres, Alex | Club Athletisme | 3:56.60 |
| 5 | Freemantle, Alexander | Newmarket Hu | 3:57.05 |
| 6 | Anderson, Drew | Speed River | 3:58.24 |
| 7 | Smith, Troy | Niagara Olym | 3:59.05 |
| 8 | Gravel, Christian | BC Athletics | 3:59.78 |
| 9 | Grieve, Kyle | Greater Toro | 4:00.28 |
| 10 | Day, Mickey | Ottawa Lions | 4:00.79 |
| 11 | Sloan, Harrison | U of T Track | 4:01.05 |
| 12 | Tate, Mike | Antigonish T | 4:01.70 |
| 13 | Hynes, Brendan | U of T Track | 4:01.88 |

Men 5000 Meter Run Championship

=====

Sponsor: Councillor Bryan Mayes

| Name | Year Team | Finals |
|------|-----------|--------|
|------|-----------|--------|

| | | | |
|----|-----------------------|-----------------|----------|
| 1 | Hendrikx, Aaron | London Runne | 14:49.13 |
| 2 | Sleiman, Ryan | Windsor Legi | 14:53.94 |
| 3 | Coughler, Jeremy | Durham Drago | 15:01.59 |
| 4 | Ahmed, Ibrahim | Niagara Olym | 15:17.67 |
| 5 | Milton, James | Laurel Creek | 15:18.74 |
| 6 | Thibeault, Antoine | Phenix | 15:28.86 |
| 7 | Brown, Dylan | Newmarket Hu | 15:33.05 |
| 8 | Tate, Mike | Antigonish T | 15:33.09 |
| 9 | Lavigne, Alexandre | Club Athletisme | 15:33.72 |
| 10 | Fleming, Tristan | London Runne | 15:37.91 |
| 11 | Rouleau, Marc-Antoine | Vaudreuil Do | 15:41.48 |
| 12 | Galea, Matthew | Caltaf Athle | 15:42.34 |
| 13 | Aulagnon, Dominique | Lakehead Run | 15:46.63 |
| 14 | Travaglini, Matthew | London Western | 15:48.38 |
| 15 | Labonte, Patrice | Vainqueurs M | 15:50.21 |
| 16 | Madsen, William | MAC Track (M | 16:01.87 |
| 17 | Berhe, Alex | Ottawa Lions | 16:03.49 |
| 18 | Fitzgibbon, Chris | Caltaf Athle | 16:15.67 |
| 19 | Denault, Robert | Newmarket Hu | 16:19.81 |
| 20 | Belgherbi, Lotfi | Enduromax | 16:19.82 |
| 21 | Shamsi, Bilal | Coastal Trac | 16:22.81 |
| 22 | Hick, Jeremy | London Western | 16:27.50 |
| 23 | McDonald, Kieran | Elite Speed | 16:27.73 |
| 24 | Carrique, Patrick | Laurel Creek | 16:29.54 |
| 25 | Foster, Sean | Caltaf Athle | 16:48.42 |
| 26 | Cooper, Jeremy | Track North | 16:53.34 |
| 27 | St-Antoine, Samuel | Vainqueurs M | 17:34.45 |
| -- | Hetterley, Greg | Queen City S | DNF |

Men 110 Meter Hurdles 0.991 Championship

| Sponsor: Natural Rest Bed | | | | | |
|----------------------------|--------------|---------|------|----|--|
| Name | Year Team | Prelims | Wind | H# | |
| Preliminaries | | | | | |
| 1 Arsenault, Calvin | Laurel Creek | 14.12Q | -1.4 | 2 | |
| 2 Slythe-Léveillé, Gabriel | Corsaire-Cha | 14.52Q | -1.0 | 1 | |
| 3 Sherwood, Jordan | Laurel Creek | 14.67Q | -1.4 | 2 | |
| 4 Green, Christopher | Supreme Athl | 14.95Q | -1.0 | 1 | |
| 5 Wright, Andre | Durham Legio | 14.71Q | -1.4 | 2 | |
| 6 Fourie, Charl | Laurel Creek | 15.09Q | -1.0 | 1 | |
| 7 Guy, Eric | Wpg Optimist | 14.86q | -1.4 | 2 | |
| 8 Steininger, Dustin | Excel Athlet | 15.09q | -1.0 | 1 | |
| 9 Olson, Jared | Riversdale A | 15.12 | -1.4 | 2 | |
| 10 Johnston, Kieran | Saskatoon TF | 15.29 | -1.0 | 1 | |
| 11 Long, Mitchell | Windsor Legi | 15.43 | -1.0 | 1 | |
| 12 De Visser, Andrew | Vancouver Th | 15.46 | -1.4 | 2 | |
| 13 Kwan, Anthony | U of T Track | 15.71 | -1.4 | 2 | |
| 14 Elke, Daniel | Kamloops Tra | 15.91 | -1.0 | 1 | |
| 15 Stemmler, Aaron | Laurel Creek | 16.25 | -1.4 | 2 | |
| 16 Bruce, Jordan | Chebucto Ath | 17.62 | -1.0 | 1 | |

Men 110 Meter Hurdles 0.991 Championship

| Sponsor: Natural Rest Bed | | | | | |
|----------------------------|--------------|--------|------|--|----------------|
| Name | Year Team | Finals | Wind | | |
| Finals | | | | | |
| 1 Arsenault, Calvin | Laurel Creek | 14.16 | -1.3 | | |
| 2 Slythe-Léveillé, Gabriel | Corsaire-Cha | 14.49 | -1.3 | | |
| 3 Wright, Andre | Durham Legio | 14.56 | -1.3 | | |
| 4 Green, Christopher | Supreme Athl | 14.65 | -1.3 | | |
| 5 Fourie, Charl | Laurel Creek | 15.14 | -1.3 | | |
| 6 Sherwood, Jordan | Laurel Creek | 15.15 | -1.3 | | |
| 7 Steininger, Dustin | Excel Athlet | 15.32 | -1.3 | | |
| -- Guy, Eric | Wpg Optimist | DQ | -1.3 | | Rule 168.7 (A) |

Men 400 Meter Hurdles 0.914 Championship

| Sponsor: Derkson Printing | | | | | |
|---------------------------------|------------------|---------|----|--|--|
| Top 3 plus next 2 fastest times | | | | | |
| Name | Year Team | Prelims | H# | | |
| Preliminaries | | | | | |
| 1 Green, Christopher | Supreme Athl | 54.64Q | 1 | | |
| 14 Long, Mitchell | Windsor Legi | 58.82 | 2 | | |
| 15 Dragicevic, Daniel | U of Calgary Ath | 59.43 | 2 | | |
| 16 Stemmler, Aaron | Laurel Creek | 1:00.38 | 2 | | |

Men 400 Meter Hurdles 0.914 Championship

| Sponsor: Derkson Printing | | | | | |
|---------------------------------|--------------|--------|--|--|--|
| Top 3 plus next 2 fastest times | | | | | |
| Name | Year Team | Finals | | | |
| Finals | | | | | |
| 1 Green, Christopher | Supreme Athl | 53.59 | | | |
| 2 Blackburn, Nick | BC Athletics | 54.13 | | | |
| 3 Kerr, Jared | Flying Angel | 54.53 | | | |
| 4 Arychuk, Stephen | Edmonton Col | 55.26 | | | |
| 5 Sutton, Charlie | Speed River | 55.28 | | | |

| | | | |
|---|-----------------|--------------|-------|
| 6 | Kong, Tim | Edmonton Roy | 55.72 |
| 7 | Beaudoin, Shawn | Windsor Legi | 56.10 |
| 8 | Nystuen, Liam | Excel Athlet | 56.78 |

Men 3000 Meter Steeplechase 0.914 Championship

| Sponsor: St Vital Physiotherapy | | | |
|---------------------------------|---------------------|----------------|----------|
| Name | Year | Team | Finals |
| 1 | Cassidy, Ryan | O2 | 9:10.08 |
| 2 | Clifford, Deon J. | BC Athletics | 9:13.86 |
| 3 | Thibeault, Antoine | Phenix | 9:14.99 |
| 4 | Coughler, Jeremy | Durham Drago | 9:16.89 |
| 5 | Berhe, Alex | Ottawa Lions | 9:20.40 |
| 6 | Potka, Patrick | BC Athletics | 9:21.04 |
| 7 | Deschiffart, Joel | BC Athletics | 9:26.60 |
| 8 | Labonte, Patrice | Vainqueurs M | 9:29.48 |
| 9 | McCann, Robert | Mississauga | 9:32.47 |
| 10 | Travaglini, Matthew | London Western | 9:43.86 |
| 11 | Kagumba, Joseph | Mississauga | 9:45.10 |
| 12 | White, Tyler | Newmarket Hu | 9:52.06 |
| 13 | Bourgeois, Michael | Newmarket Hu | 9:59.40 |
| 14 | Bolton, Connor | Peterborough | 9:59.84 |
| 15 | Hick, Jeremy | London Western | 10:14.55 |
| 16 | St-Antoine, Samuel | Vainqueurs M | 10:15.15 |
| 17 | Delle Monache, Alex | Aktiv Racing | 10:23.20 |
| 18 | Fontein, Spencer | Unattached | 11:08.76 |

Men 4x100 Meter Relay Championship

| Sponsor: Winnipeg Athletic Fitness | | | |
|------------------------------------|---------------------------------|--------------------------|--------|
| Team | | | Finals |
| 1 | Supreme Athletics 'A' | | 42.13 |
| | 1) Rittinger, Devon | 2) Green, Christopher | |
| | 3) Stephenson, Jermaine | 4) Agada, Emeka | |
| 2 | Team Alberta 'A' | | 42.68 |
| 3 | Saskatoon TF Club 'A' | | 43.03 |
| 4 | Laurel Creek Tfc 'B' | | 43.21 |
| | 1) Stemmler, Aaron | 2) Sherwood, Jordan | |
| | 3) Arsenault, Calvin | 4) Fourie, Charl | |
| 5 | Winnipeg Optimist Athletics 'A' | | 43.90 |
| | 1) Schindell, Brayden | 2) Sader, Levi | |
| | 3) Mansaray, Alhaji | 4) Akinsola, Oyinkansola | |
| 6 | Capital City Track Club 'B' | | 44.11 |
| | 1) Knox, Connor | 2) Pickering, Cameron | |
| | 3) Roberts, Chris | 4) Kujabi, Momodou | |
| 7 | Ottawa Lions Track and Fi 'A' | | 44.82 |
| | 1) Chung, Kevin | 2) Al-Slaq, Ahmed | |
| | 3) Nault, Kevin | 4) Hutton, Alex | |

Men 4x400 Meter Relay Championship

| Team | | | Finals |
|------|-------------------------------|-------------------|---------|
| 1 | BC Athletics 'A' | | 3:14.27 |
| 2 | U of Toronto Track 'B' | | 3:16.90 |
| 3 | Ottawa Lions Track and Fi 'A' | | 3:20.93 |
| | 1) Moses, Isaiah | 2) Hutton, Alex | |
| | 3) Jean-Jacques, Denray | 4) Chung, Kevin | |
| 4 | Capital City Track Club 'A' | | 3:22.39 |
| | 1) Pickering, Cameron | 2) Roberts, Chris | |

- | | | |
|-----------------------------------|--------------------|---------|
| 3) Knox, Connor | 4) Kujabi, Momodou | |
| 5 Saskatoon TF Club 'A' | | 3:22.80 |
| 6 Winnipeg Optimist Athletics 'A' | | 3:30.27 |
| 1) Schindell, Brayden | 2) Drover, Conrad | |
| 3) Sader, Levi | 4) Neufeld, Levi | |
| 7 Caltaf Athletic Associati 'A' | | 3:30.73 |
| 1) Kellner, Thomas | 2) Ivan, Alexander | |
| 3) Fenton, Walt | 4) Clements, Bryce | |

Men High Jump Championship

=====

Sponsor: United Wood Frames

start ht 1.75 then 1.80-1.85-1.90

| Name | Year | Team | Finals |
|--|------|---------------|--------|
| 1 Mansaray, Alhaji | | Wpg Optimist | 2.08m |
| 1.75 1.80 1.85 1.90 1.95 2.00 2.05 2.08 2.11 | | | |
| P P P O O O XO XXO XXX | | | |
| 2 St-Hilaire, Philippe | | Vainqueurs M | 2.05m |
| 1.75 1.80 1.85 1.90 1.95 2.00 2.05 2.08 | | | |
| P P P O O O O XXX | | | |
| 3 Olson, Steven | | Wpg Optimist | 2.00m |
| 1.75 1.80 1.85 1.90 1.95 2.00 2.05 | | | |
| P P P O O XO XXX | | | |
| 4 Khan, Bashir | | BC Athletics | 1.95m |
| 1.75 1.80 1.85 1.90 1.95 2.00 | | | |
| P P P XO O XXX | | | |
| 5 Campbell, Scott | | Sarnia Athle | J1.95m |
| 1.75 1.80 1.85 1.90 1.95 2.00 | | | |
| P O XO XXO O XXX | | | |
| 6 Guay, Leeson | | C.A.N.I. | 1.90m |
| 1.75 1.80 1.85 1.90 1.95 | | | |
| P O O O XXX | | | |
| 7 Akinsola, Oyinkansola | | Wpg Optimist | J1.90m |
| 1.75 1.80 1.85 1.90 1.95 | | | |
| P O O XO XXX | | | |
| 8 Backiel, Filip | | South Fraser | J1.90m |
| 1.75 1.80 1.85 1.90 1.95 | | | |
| P O O XXO XXX | | | |
| 9 Fritze, Matthew | | Capital City | J1.90m |
| 1.75 1.80 1.85 1.90 1.95 | | | |
| P O XO XXO XXX | | | |
| 10 Galbraith, Andrew | | Unattached AB | 1.85m |
| 1.75 1.80 1.85 1.90 | | | |
| P P O XXX | | | |
| 11 Clark, Neil | | Wpg Optimist | J1.85m |
| 1.75 1.80 1.85 1.90 | | | |
| P XO O XXX | | | |
| -- Beaudoin, Shawn | | Windsor Legi | NH |
| 1.75 1.80 | | | |
| P XXX | | | |

Men Pole Vault Championship

=====

Sponsor: CIBC

start ht. 3.40 then 3.60-3.80-4.00

| Name | Year | Team | Finals |
|--------------------|------|--------------|--------|
| 1 Allen, Spencer | | BC Athletics | 4.65m |
| 4.50 4.65 4.80 | | | |
| XO XO XXX | | | |
| 2 Osborne, Adam W. | | BC Athletics | 4.50m |

| | | | | | | | | |
|----|----------------------|------|------|------|------|----------------|--|--------|
| | 4.00 | 4.20 | 4.35 | 4.50 | 4.65 | | | |
| | O | XO | O | O | XXX | | | |
| 3 | Savic, Milos | | | | | Windsor Legi | | 4.35m |
| | 4.00 | 4.20 | 4.35 | 4.50 | | | | |
| | O | O | XXO | XXX | | | | |
| 4 | Waugh, Christopher | | | | | London Western | | J4.35m |
| | 4.00 | 4.20 | 4.35 | 4.50 | | | | |
| | O | XXO | XXO | XXX | | | | |
| 5 | Young, Connor | | | | | London Western | | 4.00m |
| | 3.80 | 4.00 | 4.20 | | | | | |
| | O | XO | XXX | | | | | |
| 6 | Richard, FrÉdÉrick | | | | | Sherbrooke (| | J4.00m |
| | 4.00 | 4.20 | | | | | | |
| | XXO | XXX | | | | | | |
| 6 | Tavernier, Telvin | | | | | South Simcoe | | J4.00m |
| | 4.00 | 4.20 | | | | | | |
| | XXO | XXX | | | | | | |
| 8 | Bairos-Novak, Steven | | | | | Wpg Optimist | | 3.60m |
| | 3.60 | 3.80 | | | | | | |
| | XXO | XXX | | | | | | |
| -- | Woo, Graham | | | | | Wpg Optimist | | NH |
| | 4.00 | | | | | | | |
| | XXX | | | | | | | |
| -- | Vanduzer, Eli | | | | | Ottawa Lions | | NH |
| | 3.60 | | | | | | | |
| | XXX | | | | | | | |

Men Long Jump Championship

=====

Sponsor: Subway

| Name | Year | Team | Finals | Wind | | |
|-----------------------|-------------------|--------------|-------------|------------|------------|------------|
| 1 Dorcelus, Stevens | | Vainqueurs M | 7.22m | 0.7 | | |
| | 7.15m(2.5) | 6.95m(1.1) | FOUL(0.3) | 6.73m(1.2) | FOUL(1.5) | 7.22m(0.7) |
| 2 Bell, Riley | | St. Thomas L | 7.07m | 2.1 | | |
| | 6.81m(1.1) | 6.79m(2.0) | 6.94m(1.6) | 7.07m(2.1) | 6.77m(1.6) | 6.81m(0.8) |
| 3 Piaseczny, Konrad | | South Fraser | 6.90m | 1.6 | | |
| | 6.59m(0.2) | 6.46m(0.1) | 6.57m(+0.0) | FOUL(1.4) | 6.79m(0.4) | 6.90m(1.6) |
| 4 Kostelnik, Teodor | | Capital City | 6.89m | 0.5 | | |
| | 3.96m(2.0) | 6.58m(2.3) | 6.64m(0.8) | 4.75m(1.8) | FOUL(2.4) | 6.89m(0.5) |
| 5 O'Donnell, Mitchell | | Supreme Athl | 6.82m | 2.2 | | |
| | 6.65m(2.4) | 6.82m(2.2) | FOUL(1.1) | 6.74m(2.4) | FOUL(2.5) | FOUL(1.8) |
| 6 Flanagan, Riley | | Supreme Athl | 6.61m | 1.4 | | |
| | 6.23m(2.0) | 6.61m(1.4) | FOUL(1.1) | 6.27m(3.1) | 6.00m(1.7) | 6.50m(2.0) |
| 7 Woo, Graham | | Wpg Optimist | 6.57m | 1.9 | | |
| | 6.57m(1.9) | 6.28m(1.1) | 6.21m(1.9) | 6.48m(2.4) | 6.35m(1.7) | 6.51m(2.3) |
| 8 Hodgins, Conner | | St. Thomas L | 6.37m | 1.3 | | |
| | 6.37m(1.3) | 6.30m(2.0) | 6.31m(2.1) | 5.99m(2.8) | 6.03m(1.7) | 6.28m(2.3) |
| 9 De Visser, Andrew | | Vancouver Th | 6.27m | 0.9 | | |
| | 6.27m(0.9) | 6.19m(1.0) | 6.22m(1.3) | | | |
| 10 Jansen, Richard | | York Univers | 6.20m | 2.3 | | |
| | FOUL(1.9) | 6.20m(2.3) | FOUL(1.9) | | | |
| 11 Robinson, Taran | | Kindersley A | 6.11m | 2.3 | | |
| | FOUL(1.3) | 6.11m(2.3) | 4.66m(3.0) | | | |
| -- | Balogun, Jonathan | Capital City | FOUL | | | |
| | FOUL(2.8) | FOUL(2.0) | FOUL(0.2) | | | |

Men Triple Jump Championship

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Sponsor: Awards and More

| Name | Year | Team | Finals | Wind |
|------|------|------|--------|------|
|------|------|------|--------|------|

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| | | | | | | | | | |
|----|-------------------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|------|
| 1 | Bell, Riley | St. Thomas L | 14.57m | +0.0 | | | | | |
| | | | 12.01m(+0.0) | FOUL(+0.0) | 13.55m(+0.0) | 13.46m(+0.0) | FOUL(+0.0) | 14.57m(+0.0) | |
| 2 | Al-Slaq, Ahmed | Ottawa Lions | 14.07m | -0.6 | | | | | |
| | | | 11.87m(0.7) | 12.97m(-0.4) | 13.36m(+0.0) | 13.49m(-0.9) | 14.07m(-0.6) | 14.07m(1.4) | |
| 2 | Fyffe, Nicholas | BC Athletics | 14.07m | -0.5 | | | | | |
| | | | 14.04m(+0.0) | FOUL(0.2) | FOUL(+0.0) | 14.07m(-0.5) | FOUL(1.7) | 13.92m(0.3) | |
| 4 | Bruce, Jordan | Chebucto Ath | 14.05m | 1.8 | | | | | |
| | | | FOUL(-1.0) | FOUL(-0.9) | 13.10m(+0.0) | 13.55m(+0.0) | FOUL(+0.0) | 14.05m(1.8) | |
| 5 | Jansen, Richard | York Univers | 14.02m | NWI | | | | | |
| | | | 13.27m(0.6) | FOUL(-1.3) | 13.76m(+0.0) | 13.85m(+0.0) | FOUL(1.0) | 14.02m(NWI) | |
| 6 | Flemming, Jahrece | U of T Track | 14.00m | +0.0 | | | | | |
| | | | FOUL(+0.0) | FOUL(-1.4) | 14.00m(+0.0) | FOUL(1.4) | FOUL(0.8) | FOUL(+0.0) | |
| 7 | Carey, Logan | London Western | 13.79m | -0.5 | | | | | |
| | | | 13.37m(0.3) | 13.40m(-1.0) | 13.59m(-1.4) | 13.76m(+0.0) | 13.16m(+0.0) | 13.79m(-0.5) | |
| 8 | Seidle, Scott | Unattached SK | 13.35m | 2.0 | | | | | |
| | | | FOUL(0.8) | 12.99m(-1.1) | 12.83m(1.5) | 12.86m(+0.0) | FOUL(+0.0) | 13.35m(2.0) | |
| 9 | Akinsola, Oyinkansola | Wpg Optimist | 12.87m | +0.0 | | | | | |
| | | | 12.73m(-0.5) | 12.70m(-1.3) | 12.87m(+0.0) | | | | |
| 10 | Giesbrecht, Christopher | Unattached SK | 12.24m | +0.0 | | | | | |
| | | | 11.99m(+0.0) | 12.24m(+0.0) | 12.02m(+0.0) | | | | |
| -- | Chung, Kevin | Ottawa Lions | | | | | | | FOUL |
| | | | FOUL(-0.1) | FOUL(1.6) | FOUL(-1.4) | | | | |

Men Shot Put 6.0 Championship

=====

Sponsor: Jake's Fancy Stairs

| Name | Year | Team | Finals |
|------------------------|------|----------------|---|
| 1 Young, Jordan | | Windsor Legi | 18.03m |
| | | | 16.57m 16.13m 17.41m 18.03m 17.72m FOUL |
| 2 Deslauriers, Brandon | | Unattached | 17.27m |
| | | | FOUL 16.58m 17.27m FOUL 16.84m FOUL |
| 3 Bowman, Kevin | | Saugeen Trac | 16.81m |
| | | | 16.06m 16.51m 15.53m 16.81m FOUL FOUL |
| 4 Millman, Peter | | Truro Lions | 16.38m |
| | | | 15.64m 15.83m 16.06m 15.78m 16.38m 16.24m |
| 5 Serfas, Devin | | Saskatoon TF | 15.77m |
| | | | FOUL 15.77m 15.05m 15.11m 15.64m 15.66m |
| 6 Polinski, Daniel | | York Univers | 15.76m |
| | | | 14.56m 15.43m FOUL FOUL FOUL 15.76m |
| 7 Beaulieu, Simon | | Les Vaillant | 15.62m |
| | | | 15.18m 15.62m 15.29m 15.54m 15.45m FOUL |
| 8 Urniezius, Curtis | | Bison Track | 14.54m |
| | | | 13.33m 13.74m 14.28m 14.54m FOUL FOUL |
| 9 Kennedy, Robert | | Truro Lions | 14.23m |
| | | | 14.23m 13.80m 14.14m |
| 10 Hackie, Ezra | | Bison Track | 14.01m |
| | | | 14.01m 13.64m FOUL |
| 11 Thompson, Blake | | South Simcoe | 13.87m |
| | | | FOUL 13.87m FOUL |
| 12 Cullen, Andrew | | London Western | 12.32m |
| | | | 12.32m 11.58m FOUL |
| 13 Froese, Jonathan | | Capital City | 12.23m |
| | | | 12.23m FOUL 10.91m |
| 14 Tourangeau, Ryan | | PW Kaesar HI | 11.39m |
| | | | 11.39m 11.33m 11.14m |

Men Discus Throw 1.75 Championship

=====

| Name | Year | Team | Finals |
|-----------------|------|--------------|--------|
| 1 Young, Jordan | | Windsor Legi | 56.07m |

| | | | | | | | |
|----|----------------------|--------|--------|----------------|--------|--------|--------|
| | 55.02m | 56.07m | 55.79m | FOUL | FOUL | 52.65m | |
| 2 | Millman, Peter | | | Truro Lions | | | 50.73m |
| | 48.86m | FOUL | FOUL | 50.27m | 50.73m | 49.97m | |
| 3 | Thompson, Blake | | | South Simcoe | | | 49.85m |
| | FOUL | 46.80m | 44.44m | 47.74m | 49.85m | FOUL | |
| 4 | Polinski, Daniel | | | York Univers | | | 48.27m |
| | 36.97m | 46.26m | FOUL | 48.07m | 48.27m | FOUL | |
| 5 | Deslauriers, Brandon | | | Unattached | | | 46.87m |
| | 46.77m | 45.99m | 46.87m | FOUL | 44.82m | 46.75m | |
| 6 | Sommer, Ryan | | | Chinook Trac | | | 46.36m |
| | 45.29m | 45.33m | 46.06m | 46.36m | 46.26m | FOUL | |
| 7 | Cullen, Andrew | | | London Western | | | 44.18m |
| | 43.94m | 43.85m | 44.18m | FOUL | FOUL | FOUL | |
| 8 | Urnieszus, Curtis | | | Bison Track | | | 44.12m |
| | FOUL | 44.12m | 41.88m | FOUL | 41.70m | 38.30m | |
| 9 | Serfas, Devin | | | Saskatoon TF | | | 43.99m |
| | 43.86m | 42.77m | 43.99m | | | | |
| 10 | Beaulieu, Simon | | | Les Vaillant | | | 42.14m |
| | FOUL | FOUL | 42.14m | | | | |
| 11 | Cardinal, Alexis | | | Les Vaillant | | | 41.48m |
| | 40.68m | 39.60m | 41.48m | | | | |
| 12 | Rimke, Reed | | | Bison Track | | | 40.94m |
| | 38.62m | 40.94m | 40.40m | | | | |
| 13 | Bowman, Kevin | | | Saugeen Trac | | | 38.36m |
| | FOUL | FOUL | 38.36m | | | | |

Men Hammer Throw 6.0 Championship

=====

Sponsor: Boston Pizza

| Name | Year | Team | Finals |
|----------------------|--------|------------------|--------|
| 1 Keenan, Adam | | BC Athletics | 71.32m |
| | 65.75m | 67.28m | 68.95m |
| | 70.87m | 71.32m | FOUL |
| 2 Young, Jordan | | Windsor Legi | 63.79m |
| | FOUL | 61.33m | FOUL |
| | 60.85m | 63.79m | 62.58m |
| 3 Millman, Peter | | Truro Lions | 59.09m |
| | 57.56m | 59.09m | FOUL |
| | FOUL | FOUL | FOUL |
| | 57.19m | | |
| 4 Diaz, Pedro | | U of Calgary Ath | 57.19m |
| | FOUL | 23.68m | 51.15m |
| | 57.19m | FOUL | FOUL |
| 5 Beaulieu, Simon | | Les Vaillant | 55.84m |
| | 47.99m | FOUL | 54.51m |
| | 51.77m | FOUL | 55.84m |
| 6 Bowman, Kevin | | Saugeen Trac | 54.43m |
| | 53.26m | FOUL | FOUL |
| | FOUL | FOUL | FOUL |
| | 54.43m | 54.07m | |
| 7 Cardinal, Alexis | | Les Vaillant | 54.09m |
| | FOUL | 49.49m | 51.48m |
| | 50.90m | 49.49m | 54.09m |
| 8 Urnieszus, Curtis | | Bison Track | 53.12m |
| | FOUL | FOUL | 49.67m |
| | FOUL | FOUL | FOUL |
| | 53.12m | | |
| 9 Nguyen, Charles | | St. Thomas L | 52.36m |
| | FOUL | FOUL | 52.36m |
| | FOUL | FOUL | FOUL |
| 10 Rimke, Reed | | Bison Track | 45.88m |
| | FOUL | 45.72m | 45.88m |
| 11 McGillivray, Kyle | | Unattached MB | 37.39m |
| | FOUL | 37.39m | 37.35m |
| 12 Yee, Daniel | | U of Calgary Ath | 36.49m |
| | FOUL | FOUL | 36.49m |

Men Javelin Throw 800 Championship

=====

Sponsor: BK and JD

| Name | Year | Team | Finals |
|-------------------|------|--------------|--------|
| 1 Kereszti, Mason | | BC Athletics | 62.93m |

| | | | | | | | |
|---|---------------------------------|--------|--------|--------|--------|--------|--------|
| | 57.02m | 54.89m | 59.06m | FOUL | FOUL | 62.93m | |
| 2 | Seymour, Scott True North Throw | | | | | | 54.97m |
| | 47.44m | 52.75m | 54.97m | 51.57m | FOUL | 49.17m | |
| 3 | Lepage, FrÉdÉrick Unattached | | | | | | 54.90m |
| | 50.71m | 46.04m | 54.90m | 54.50m | 53.31m | 54.20m | |
| 4 | Haskett, Ross W. Pacific Athl | | | | | | 51.28m |
| | 51.18m | 51.28m | FOUL | 46.99m | 49.75m | 47.68m | |
| 5 | Borsi, Robert Laurel Creek | | | | | | 45.41m |
| | 45.41m | 44.92m | 44.97m | FOUL | FOUL | 43.73m | |

Decathlon: #1 Men 100 Meter Dash Championship Decathlon

| Name | Year Team | Finals | Wind | H# | Points |
|-----------------------|--------------|--------|------|----|--------|
| 1 Turner, James | BC Athletics | 11.23 | 1.5 | 1 | 810 |
| 2 Drennan, Jesse | Bluenose Ath | 11.36 | 1.5 | 1 | 782 |
| 3 Solomon, Junior | Project Athl | 11.37 | 1.5 | 1 | 780 |
| 4 Nault, Kevin | Ottawa Lions | 11.43 | 1.6 | 2 | 767 |
| 5 Daly-Grafstein, Ben | BC Athletics | 11.50 | 1.6 | 2 | 753 |
| 6 Andrus, Jake | Peterborough | 11.74 | 1.6 | 2 | 703 |
| 7 Golow, Dylan | South Simcoe | 11.99 | 1.5 | 1 | 653 |
| 8 Enns, Chad | Wpg Optimist | 12.04 | 1.6 | 2 | 643 |
| 9 West, Matheson | Saugeen Trac | 12.11 | 1.5 | 1 | 629 |

Decathlon: #5 Men 400 Meter Dash Championship Decathlon

| Name | Year Team | Finals | Points |
|-----------------------|--------------|--------|--------|
| 1 Turner, James | BC Athletics | 49.98 | 816 |
| 2 Solomon, Junior | Project Athl | 50.59 | 788 |
| 3 Drennan, Jesse | Bluenose Ath | 50.86 | 775 |
| 4 Daly-Grafstein, Ben | BC Athletics | 51.46 | 749 |
| 5 Enns, Chad | Wpg Optimist | 53.53 | 659 |
| 6 Golow, Dylan | South Simcoe | 53.64 | 655 |
| 7 Nault, Kevin | Ottawa Lions | 54.04 | 638 |
| 8 Andrus, Jake | Peterborough | 54.41 | 623 |

Decathlon: #10 Men 1500 Meter Run Championship Decathlon

| Name | Year Team | Finals | Points |
|-------------------|--------------|---------|--------|
| 1 Solomon, Junior | Project Athl | 4:33.29 | 723 |
| 2 Golow, Dylan | South Simcoe | 4:33.39 | 723 |
| 3 Drennan, Jesse | Bluenose Ath | 4:33.50 | 722 |
| 4 Turner, James | BC Athletics | 4:42.92 | 662 |
| 5 Andrus, Jake | Peterborough | 5:08.10 | 514 |
| 6 Enns, Chad | Wpg Optimist | 5:20.42 | 448 |
| 7 Nault, Kevin | Ottawa Lions | 5:25.43 | 422 |

Decathlon: #6 Men 110 Meter Hurdles 0.991 Championship Decathlon

| Name | Year Team | Finals | Wind | Points |
|-----------------------|--------------|--------|------|--------|
| 1 Daly-Grafstein, Ben | BC Athletics | 15.02 | 1.2 | 847 |
| 2 Andrus, Jake | Peterborough | 15.21 | 1.2 | 824 |
| 3 Turner, James | BC Athletics | 15.48 | 1.2 | 792 |
| 4 Solomon, Junior | Project Athl | 15.65 | 1.2 | 773 |
| 5 Golow, Dylan | South Simcoe | 16.19 | 1.2 | 711 |
| 6 Drennan, Jesse | Bluenose Ath | 16.27 | 1.2 | 703 |
| 7 Nault, Kevin | Ottawa Lions | 16.82 | 1.2 | 643 |
| 8 Enns, Chad | Wpg Optimist | 16.96 | 1.2 | 628 |

Decathlon: #4 Men High Jump Championship Decathlon

| Name | Year | Team | Finals | Points | | | | | | | | |
|-----------------------|------|--------------|--------|--------|------|------|------|------|------|------|------|--|
| 1 Golow, Dylan | | South Simcoe | 1.89m | 705 | | | | | | | | |
| | 1.62 | 1.65 | 1.68 | 1.71 | 1.74 | 1.77 | 1.80 | 1.83 | 1.86 | 1.89 | 1.92 | |
| | O | O | O | O | O | O | O | O | XXO | XO | XXX | |
| 2 Andrus, Jake | | Peterborough | 1.86m | 679 | | | | | | | | |
| | 1.71 | 1.74 | 1.77 | 1.80 | 1.83 | 1.86 | 1.89 | | | | | |
| | O | O | XO | XXO | XXO | O | XXX | | | | | |
| 3 Drennan, Jesse | | Bluenose Ath | 1.83m | 653 | | | | | | | | |
| | 1.71 | 1.74 | 1.77 | 1.80 | 1.83 | 1.86 | | | | | | |
| | O | XO | O | O | O | XXX | | | | | | |
| 4 Solomon, Junior | | Project Athl | 1.77m | 602 | | | | | | | | |
| | 1.65 | 1.68 | 1.71 | 1.74 | 1.77 | 1.80 | | | | | | |
| | O | O | XXO | O | XXO | XXX | | | | | | |
| 5 Enns, Chad | | Wpg Optimist | 1.71m | 552 | | | | | | | | |
| | 1.65 | 1.68 | 1.71 | 1.74 | | | | | | | | |
| | O | O | O | XXX | | | | | | | | |
| 5 Daly-Grafstein, Ben | | BC Athletics | 1.71m | 552 | | | | | | | | |
| | 1.65 | 1.68 | 1.71 | 1.74 | | | | | | | | |
| | XO | P | XXO | XXX | | | | | | | | |
| 5 Turner, James | | BC Athletics | 1.71m | 552 | | | | | | | | |
| | 1.68 | 1.71 | 1.74 | 1.77 | | | | | | | | |
| | XXO | O | P | XXX | | | | | | | | |
| 8 Nault, Kevin | | Ottawa Lions | 1.68m | 528 | | | | | | | | |
| | 1.59 | 1.62 | 1.65 | 1.68 | 1.71 | | | | | | | |
| | XXO | O | XO | XO | XXX | | | | | | | |

Decathlon: #8 Men Pole Vault Championship Decathlon

| Name | Year | Team | Finals | Points | | | | | | | | |
|-----------------------|------|--------------|--------|--------|------|------|------|--|--|--|--|--|
| 1 Golow, Dylan | | South Simcoe | 4.00m | 617 | | | | | | | | |
| | 3.70 | 3.80 | 3.90 | 4.00 | 4.10 | 4.20 | 4.30 | | | | | |
| | O | O | XXO | XXO | XXP | X | XXP | | | | | |
| 2 Daly-Grafstein, Ben | | BC Athletics | 3.80m | 562 | | | | | | | | |
| | 3.60 | 3.70 | 3.80 | | | | | | | | | |
| | O | P | O | | | | | | | | | |
| 3 Turner, James | | BC Athletics | 3.40m | 457 | | | | | | | | |
| | 3.00 | 3.10 | 3.20 | 3.30 | 3.40 | 3.50 | 3.60 | | | | | |
| | XO | O | XO | O | O | XP | XX | | | | | |
| 4 Andrus, Jake | | Peterborough | 3.20m | 406 | | | | | | | | |
| | 3.20 | 3.30 | 3.40 | 3.50 | | | | | | | | |
| | XO | P | P | X | | | | | | | | |
| 5 Drennan, Jesse | | Bluenose Ath | 3.00m | 357 | | | | | | | | |
| | 2.80 | 2.90 | 3.00 | 3.10 | | | | | | | | |
| | O | O | XO | XXX | | | | | | | | |
| 6 Enns, Chad | | Wpg Optimist | 2.80m | 309 | | | | | | | | |
| | 2.30 | 2.40 | 2.50 | 2.60 | 2.70 | 2.80 | 2.90 | | | | | |
| | XO | XO | O | O | O | XXO | XXX | | | | | |
| 7 Nault, Kevin | | Ottawa Lions | 2.40m | 220 | | | | | | | | |
| | 2.30 | 2.40 | 2.50 | | | | | | | | | |
| | O | O | XXX | | | | | | | | | |
| -- Solomon, Junior | | Project Athl | NH | | | | | | | | | |
| | 2.90 | | | | | | | | | | | |
| | XXX | | | | | | | | | | | |

Decathlon: #2 Men Long Jump Championship Decathlon

| Name | Year | Team | Finals | Wind | Points |
|------|------|------|--------|------|--------|
|------|------|------|--------|------|--------|

| | | | | | |
|---|----------------------------------|--------------|-------|------|-----|
| 1 | Daly-Grafstein, Ben | BC Athletics | 6.60m | 0.4 | 720 |
| | 6.34m(NWI) 6.21m(NWI) 6.60m(NWI) | | | | |
| 2 | Turner, James | BC Athletics | 6.54m | +0.0 | 707 |
| | 6.45m(NWI) 6.52m(NWI) 6.54m(NWI) | | | | |
| 3 | Drennan, Jesse | Bluenose Ath | 6.39m | +0.0 | 673 |
| | 5.65m(NWI) 6.39m(NWI) 6.25m(NWI) | | | | |
| 4 | Golow, Dylan | South Simcoe | 6.32m | +0.0 | 657 |
| | 6.32m(NWI) 6.22m(NWI) 4.66m(NWI) | | | | |
| 5 | Andrus, Jake | Peterborough | 6.19m | 0.3 | 628 |
| | 6.19m(NWI) 5.90m(NWI) FOUL | | | | |
| 6 | Solomon, Junior | Project Athl | 5.98m | 0.5 | 582 |
| | 5.84m(NWI) 5.76m(NWI) 5.98m(NWI) | | | | |
| 7 | West, Matheson | Saugeen Trac | 5.72m | +0.0 | 527 |
| | FOUL 5.72m(NWI) 5.54m(NWI) | | | | |
| 8 | Nault, Kevin | Ottawa Lions | 5.45m | 1.2 | 471 |
| | 5.39m(NWI) 5.30m(NWI) 5.45m(NWI) | | | | |
| 9 | Enns, Chad | Wpg Optimist | 5.34m | +0.0 | 449 |
| | 5.34m(NWI) 5.26m(NWI) 5.20m(NWI) | | | | |

Decathlon: #3 Men Shot Put 6.0 Championship Decathlon

| Name | Year Team | Finals | Points |
|-----------------------|--------------|----------------------|--------|
| 1 Drennan, Jesse | Bluenose Ath | 13.02m | 668 |
| | | 13.02m 12.62m 12.49m | |
| 2 Turner, James | BC Athletics | 12.68m | 648 |
| | | 12.27m 12.26m 12.68m | |
| 3 West, Matheson | Saugeen Trac | 12.17m | 617 |
| | | FOUL 12.17m 12.10m | |
| 3 Solomon, Junior | Project Athl | 12.17m | 617 |
| | | 12.17m 11.95m 11.62m | |
| 5 Golow, Dylan | South Simcoe | 11.53m | 578 |
| | | FOUL 11.47m 11.53m | |
| 6 Nault, Kevin | Ottawa Lions | 10.93m | 542 |
| | | 8.48m 9.55m 10.93m | |
| 7 Andrus, Jake | Peterborough | 10.29m | 503 |
| | | 10.29m 10.11m 9.66m | |
| 8 Daly-Grafstein, Ben | BC Athletics | 10.25m | 501 |
| | | 10.12m 10.25m 10.06m | |
| 9 Enns, Chad | Wpg Optimist | 7.75m | 352 |
| | | 7.44m 7.75m 7.38m | |

Decathlon: #7 Men Discus Throw 1.75 Championship Decathlon

| Name | Year Team | Finals | Points |
|-----------------------|--------------|----------------------|--------|
| 1 Turner, James | BC Athletics | 40.65m | 678 |
| | | 40.65m FOUL FOUL | |
| 2 Golow, Dylan | South Simcoe | 33.89m | 542 |
| | | 33.89m FOUL FOUL | |
| 3 Drennan, Jesse | Bluenose Ath | 33.18m | 527 |
| | | FOUL FOUL 33.18m | |
| 4 Solomon, Junior | Project Athl | 32.86m | 521 |
| | | 31.27m 32.55m 32.86m | |
| 5 Daly-Grafstein, Ben | BC Athletics | 31.72m | 498 |
| | | 31.72m 31.70m FOUL | |
| 6 Andrus, Jake | Peterborough | 31.05m | 485 |
| | | 28.90m 31.05m 29.27m | |
| 7 Nault, Kevin | Ottawa Lions | 26.32m | 393 |
| | | 23.00m 22.79m 26.32m | |
| 8 Enns, Chad | Wpg Optimist | 19.78m | 268 |
| | | 17.40m 19.78m 17.06m | |

Decathlon: #9 Men Javelin Throw 800 Championship Decathlon

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=====
Name                    Year Team                    Finals  Points
=====
1 Turner, James          BC Athletics                 53.20m   636
   53.20m  49.35m  51.70m
2 Drennan, Jesse        Bluenose Ath                 47.92m   558
   47.92m  43.92m  40.92m
3 Golow, Dylan          South Simcoe                 47.25m   548
   45.47m  47.17m  47.25m
4 Solomon, Junior       Project Athl                 44.93m   514
   43.37m  44.93m  39.82m
5 Andrus, Jake          Peterborough                 40.23m   445
   FOUL  40.23m  36.54m
6 Nault, Kevin          Ottawa Lions                 36.87m   397
   34.70m  34.35m  36.87m
7 Enns, Chad            Wpg Optimist                34.38m   361
   33.00m  32.40m  34.38m
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Men Decathlon Championship

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Sponsor: McDonald's
Name                    Year Team                    Finals
=====
1 Turner, James          BC Athletics                 6758
2 Drennan, Jesse        Bluenose Ath                 6418
3 Golow, Dylan          South Simcoe                 6389
4 Solomon, Junior       Project Athl                 5900
5 Andrus, Jake          Peterborough                 5810
6 Nault, Kevin          Ottawa Lions                 5021
7 Enns, Chad            Wpg Optimist                4669
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```