

Licensed to Ottawa Lions T&F Club Hy-Tek's Meet Manager 08/08/2006
 2006 Canadian Track & Field Championships
 Championnats canadiens d'athlétisme 2006
 Ottawa, ON - 04/08/2006 to 06/08/2006
 Results

Women 100 Meter

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

Championship: ! 11.08 1998 Philomena Mensah

Name	Year	Team	Prelims	Wind	H#
Preliminaries					
1	175	Broomfield, Erica	ON - Mississauga	11.56Q	1.6 1
2	516	Thibault, Geneviev	QC - Rouge & Or	11.60Q	0.8 2
3	179	Buchholz, Nicole	SK - Saskatoon	11.93Q	-0.3 3
4	481	Serby, Karlyn	SK - Saskatoon	11.84Q	1.6 1
5	358	Leblanc, Marie-And	QC - Sherbrooke	11.91Q	0.8 2
6	442	Peart, Teneshia	AB - Calgary Int	12.28Q	-0.3 3
7	550	Whitehead, Liza	BC - Coquitlam	11.98q	1.6 1
8	308	Issajenko, Natasha	ON - I Be Fast	11.99q	0.8 2
9	447	Porter, Danaka	BC - Vancouver	12.32	1.6 1
10	494	Sobey, Susan	PE - Team P.E.I.	12.34	0.8 2
11	298	Horobjowsky, Vane	QC - McGill O.	12.37	0.8 2
11	296	Holder, Simone	ON - Etob. Glad.	12.37	-0.3 3
13	285	Harrison, Danielle	ON - Windsor Leg	12.38	-0.3 3
14	222	Dion, Rachelle	AB - Calgary Int	12.41	0.8 2
15	229	Dubreuil, Maryse	QC - McGill O.	12.48	1.6 1
16	139	Ayippey, Mavis	ON - Independent	12.49	-0.3 3
17	152	Bell, Alicia	ON - Ott. Lions	13.03	1.6 1

Women 100 Meter

Championship: ! 11.08 1998 Philomena Mensah

Name	Year	Team	Finals	Wind	Specs.
Finals					
1	516	Thibault, Geneviev	QC - Rouge & Or	11.47	1.3
2	175	Broomfield, Erica	ON - Mississauga	11.58	1.3
3	179	Buchholz, Nicole	SK - Saskatoon	11.70	1.3
4	481	Serby, Karlyn	SK - Saskatoon	11.77	1.3
5	358	Leblanc, Marie-And	QC - Sherbrooke	11.97	1.3
6	550	Whitehead, Liza	BC - Coquitlam	11.99	1.3
7	308	Issajenko, Natasha	ON - I Be Fast	12.00	1.3
8	442	Peart, Teneshia	AB - Calgary Int	12.17	1.3

Women 200 Meter

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

Championship: ! 22.64 1989 Jillian Richardson

Name	Year	Team	Prelims	Wind	H#
Preliminaries					
1	553	Whyte, Angela	AB - Independent	23.64Q	1.6 1
2	307	Hyacinthe, Kimberl	QC - St-Laurent	24.01Q	0.9 2
3	123	Akinsulie, Esther	ON - Ott. Lions	23.65Q	1.6 1
4	478	Seibel, Lauren	BC - Vancouver	24.05Q	0.9 2
5	516	Thibault, Geneviev	QC - Rouge & Or	24.09Q	0.9 2
6	481	Serby, Karlyn	SK - Saskatoon	24.41Q	1.6 1
7	179	Buchholz, Nicole	SK - Saskatoon	24.42q	0.9 2

7	308	Issajenko, Natasha	ON - I Be Fast	24.42q	1.6	1
9	196	Cloutier Leblanc,	QC - McGill O.	24.53	0.9	2
10	442	Peart, Teneshia	AB - Calgary Int	24.80	1.6	1
11	358	Leblanc, Marie-And	QC - Sherbrooke	25.05	0.9	2
12	296	Holder, Simone	ON - Etob. Glad.	25.42	1.6	1
13	285	Harrison, Danielle	ON - Windsor Leg	25.48	0.9	2
14	447	Porter, Danaka	BC - Vancouver	25.49	1.6	1
15	222	Dion, Rachelle	AB - Calgary Int	25.58	0.9	2

Women 200 Meter

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 Championship: ! 22.64 1989 Jillian Richardson
 Name Year Team Finals Wind Specs.
 =====

Finals

1	123	Akinsulie, Esther	ON - Ott. Lions	23.60	2.0
2	553	Whyte, Angela	AB - Independent	23.82	2.0
3	307	Hyacinthe, Kimberl	QC - St-Laurent	23.98	2.0
4	516	Thibault, Geneviev	QC - Rouge & Or	24.06	2.0
5	478	Seibel, Lauren	BC - Vancouver	24.15	2.0
6	179	Buchholz, Nicole	SK - Saskatoon	24.25	2.0
7	308	Issajenko, Natasha	ON - I Be Fast	24.35	2.0
8	481	Serby, Karlyn	SK - Saskatoon	24.62	2.0

Women 400 Meter

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 8 Advance: Top 3 Each Heat plus Next 2 Best Times
 Championship: ! 50.57 1990 Charmaine Crooks
 Name Year Team Prelims H#
 =====

Preliminaries

1	421	Muir, Carline	ON - Etob. Glad.	53.57Q	2
2	123	Akinsulie, Esther	ON - Ott. Lions	53.87Q	1
3	478	Seibel, Lauren	BC - Vancouver	54.56Q	2
4	196	Cloutier Leblanc,	QC - McGill O.	55.83Q	1
5	167	Bouma, Carrah	AB - Columbian	56.28Q	2
6	522	Tousaw, Julia	ON - St.Thomas	56.54Q	1
7	360	Lela, Christiane	ON - Ott. Lions	56.62q	2
8	534	Venturelli, Émilie	QC - Perfmex	56.90q	2
9	181	Buttinger, Maddie	ON - Laurel C.	56.92	2
10	377	Malek, Shauna	ON - London Leg.	58.38	1

Women 400 Meter

=====
 Championship: ! 50.57 1990 Charmaine Crooks
 Name Year Team Finals Specs.
 =====

Finals

1	123	Akinsulie, Esther	ON - Ott. Lions	52.91
2	421	Muir, Carline	ON - Etob. Glad.	53.08
3	478	Seibel, Lauren	BC - Vancouver	53.22
4	196	Cloutier Leblanc,	QC - McGill O.	55.71
5	167	Bouma, Carrah	AB - Columbian	56.36
6	360	Lela, Christiane	ON - Ott. Lions	56.39
7	522	Tousaw, Julia	ON - St.Thomas	56.48
8	534	Venturelli, Émilie	QC - Perfmex	57.19

Women 800 Meter

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

Championship: ! 1:59.46 2004 Diane Cummins

Name	Year	Team	Prelims
=====			
Preliminaries			
1	211	Cummins, Diane	BC - Pacific 2:05.44Q
2	511	Teteris, Aimee	BC - Pacific 2:05.78Q
3	361	xOgbasilassie Bere	QC - St-Laurent 2:05.75Q
4	301	Howard, Julia	NL - Mercury 2:06.84Q
5	240	Elmore, Malindi	AB - Asics 2:06.97Q
6	227	Douma Hussar, Carm	ON - Guelph Tfc 2:07.47Q
7	554	Widney, Chantell	AB - Thunder 2:08.75q
8	373	MacLean, Leanna	NS - Swift Athl. 2:10.45q
9	159	Biewald, Jenni	ON - Ott. Lions 2:11.06q
10	315	Jarry, Rose-Marie	QC - Mtl.Olymp. 2:11.30
11	523	Trembath, Darolyn	MB - Bison T.C. 2:13.14
12	269	Germain, Katia	QC - Sherbrooke 2:13.53
13	535	Vermeer, Esther	ON - Niagara O.C 2:14.67
14	334	Katz, Sarah	ON - York Univ. 2:14.87
15	202	Coopman, Katie	ON - York Univ. 2:15.93
16	293	Henderson, Kate	ON - Speed River 2:17.35

Women 800 Meter

Championship: ! 1:59.46 2004 Diane Cummins

Name	Year	Team	Finals	Specs.
=====				
Finals				
1	211	Cummins, Diane	BC - Pacific 2:02.30	
2	511	Teteris, Aimee	BC - Pacific 2:04.48	
3	240	Elmore, Malindi	AB - Asics 2:05.96	
4	301	Howard, Julia	NL - Mercury 2:06.05	
5	227	Douma Hussar, Carm	ON - Guelph Tfc 2:06.78	
6	554	Widney, Chantell	AB - Thunder 2:09.60	
7	159	Biewald, Jenni	ON - Ott. Lions 2:10.15	
8	373	MacLean, Leanna	NS - Swift Athl. 2:10.89	
--	361	xOgbasilassie Bere	QC - St-Laurent X2:05.17	

Women 800 Meter Wheelchair

Canadian: % 1:50.20 2004 Chantal Petitclerc

Name	Year	Team	Finals	Specs.
=====				
1	444	Petitclerc, Chanta	QC - A.Q.S.F.R. 1:54.42	
2	469	Roy, Diane	QC - Optimum 1:54.87	
3	259	Frie, Keira-Lyn	SK - Cyclones 2:04.71	
4	247	Ferguson, Tracey	ON - Independent 2:06.23	
5	288	Hawtin, Melanie	ON - Gold. Horse 2:13.44	

Women 1500 Meter

Championship: ! 4:04.51 2004 Malindi Elmore

Name	Year	Team	Finals	Specs.
=====				
1	227	Douma Hussar, Carm	ON - Guelph Tfc 4:12.82	
2	502	Stellingwerf, Hila	ON - Speed River 4:13.04	
3	240	Elmore, Malindi	AB - Asics 4:13.15	
4	176	Brown, Megan	ON - Newmarket 4:17.32	
5	523	Trembath, Darolyn	MB - Bison T.C. 4:20.66	
6	485	Sieminska, Edyta	AB - Thunder 4:22.25	
7	373	MacLean, Leanna	NS - Swift Athl. 4:25.93	

8	393 Mcgown, Amber	SK - Tisdale	4:26.31
9	497 Stallwood, Rebecca	ON - Hamilton	4:28.18
10	159 Biewald, Jenni	ON - Ott. Lions	4:28.85
11	186 Carson, Lindsay	ON - Tri-City	4:30.26
12	178 Buchanan, Dana	ON - Ott. Lions	4:32.15
13	372 MacLean, Erin	NS - Swift Athl.	4:33.46
14	228 Dressler, Tara	AB - Caltaf	4:33.97
15	277 Gribbons, Shannon	ON - Saugeen	4:35.52
--	170 Boyle, Shari	ON - Tor. Olymp.	DNF

Women 5000 Meter

Canadian: % 14:54.98		2003	Courtney Babcock	
Championship: ! 15:08.90		2003	Émilie Mondor	
Name	Year	Team	Finals	Specs.
1	402 Metcalfe, Megan	AB - New Balance	16:03.15	
2	278 Grove, Andrea	MB - Bison T.C.	16:04.66	
3	452 Quinn-Smith, Tara	ON - Independent	16:10.66	
4	503 Stevenson, Nicole	ON - Newmarket	16:12.13	
5	217 Demissie, Aster	AB - Thunder	16:15.12	
6	509 Tallen, Emily	ON - Physi-Kult	16:26.31	
7	219 Dillabaugh, Sarah	ON - Ott. Lions	16:58.27	
8	420 Moulton, Laura	ON - Speed River	17:14.14	
9	499 Stapleton, Jill	ON - Ott. Lions	17:43.33	

Women 20000 Meter Race Walk

Hand time results				
Canadian: % 1:34:50.00		2000	Janice McCaffrey	
Championship: ! 1:34:50.00		2000	Janice McCaffrey	
Name	Year	Team	Finals	Specs.
1	2110 Crivello, Marina	QC - Mtl.Olymp.	1:44:44.20	
2	2112 Lavallée, Rachel	ON - Petrborough	1:49:50.20	
3	2109 Christensen, Rebec	ON - Ontario R.W	1:57:49.30	

Women 100 Meter Hurdles

8 Advance: Top 3 Each Heat plus Next 2 Best Times						
Canadian: % 12.46		2004	Perdita Felicien			
Championship: ! 12.60		2004	Perdita Felicien			
Name	Year	Team	Prelims	Wind	H#	
Preliminaries						
1	246 Felicien, Perdita	ON - Independent	12.71Q	1.3	2	
2	366 Lopes, Priscilla	AB - Independent	12.84Q	3.3	1	
3	553 Whyte, Angela	AB - Independent	12.77Q	1.3	2	
4	273 Gordon, Christie	AB - Harriers	14.18Q	3.3	1	
5	232 Dugas, Marie-Ève	QC - Corsaire	13.93Q	1.3	2	
6	536 Vinet, Andrea	SK - Saskatoon	14.45Q	3.3	1	
7	546 Wells, Sarah	ON - U of T	14.33q	1.3	2	
8	145 Baker, Krista	SK - Excel Athl.	14.46q	3.3	1	
9	204 Cotten, Jennifer	ON - London West	14.65	1.3	2	
10	466 Roehner, Jenn	ON - Power Athl.	14.75	3.3	1	
11	298 Horobbjowsky, Vane	QC - McGill O.	15.10	1.3	2	
12	205 Coxhead, Emily	ON - St.Thomas	15.18	1.3	2	
13	258 Francis, Latesha	ON - Windsor Leg	15.29	3.3	1	

Women 100 Meter Hurdles

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Canadian: % 12.46 2004 Perdita Felicien
Championship: ! 12.60 2004 Perdita Felicien
Name Year Team Finals Wind Specs.
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Finals

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1 246 Felicien, Perdita ON - Independent 12.64 0.7
2 553 Whyte, Angela AB - Independent 12.69 0.7
3 366 Lopes, Priscilla AB - Independent 12.78 0.7
4 232 Dugas, Marie-Ève QC - Corsaire 13.85 0.7
5 546 Wells, Sarah ON - U of T 14.40 0.7
6 145 Baker, Krista SK - Excel Athl. 14.60 0.7
7 536 Vinet, Andrea SK - Saskatoon 14.68 0.7
-- 273 Gordon, Christie AB - Harriers DQ 0.7 R:168.7

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Women 400 Meter Hurdles

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

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Canadian: % 54.39 1996 Rosey Edeh
Championship: ! 55.29 1993 Rosey Edeh
Name Year Team Prelims H#
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Preliminaries

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1 226 Dortch, Tawa AB - Edm. Olymp. 59.99Q 1
2 549 White, Andrea ON - Ott. Lions 1:01.25Q 2
3 553 Whyte, Angela AB - Independent 1:01.18Q 1
4 280 Hamlet, Rowena ON - Mississauga 1:01.57Q 2
5 545 Welch, Lauren BC - Vancouver 1:01.58Q 2
6 522 Tousaw, Julia ON - St.Thomas 1:02.95Q 1
7 546 Wells, Sarah ON - U of T 1:01.74q 2
8 274 Gray, Tessa AB - Calgary Int 1:02.97q 1
9 377 Malek, Shauna ON - London Leg. 1:04.42 2
10 299 Horricks, Katie ON - St.Thomas 1:05.51 2
11 401 Merrill, Tory ON - U of T 1:06.39 1
12 257 Foster, Kiersten ON - London West 1:07.28 1

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Women 400 Meter Hurdles

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Canadian: % 54.39 1996 Rosey Edeh
Championship: ! 55.29 1993 Rosey Edeh
Name Year Team Finals Specs.
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Finals

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1 226 Dortch, Tawa AB - Edm. Olymp. 57.83
2 553 Whyte, Angela AB - Independent 59.17
3 546 Wells, Sarah ON - U of T 59.93
4 545 Welch, Lauren BC - Vancouver 1:00.99
5 280 Hamlet, Rowena ON - Mississauga 1:01.57
6 549 White, Andrea ON - Ott. Lions 1:01.97
7 522 Tousaw, Julia ON - St.Thomas 1:02.36
8 274 Gray, Tessa AB - Calgary Int 1:04.51

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Women 3000 Meter Steeplechase

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Canadian: % 9:51.10 2002 Carol Henry
Championship: ! 10:17.55 1999 Karen Harvey
Name Year Team Finals Specs.
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1 218 xDicrescenzo, Deli US - U.S.A. 10:16.16!
2 335 Kennelly, Bevin BC - Prince Geor 10:38.42

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3	559 Woods, Danelle	ON - Ott. Lions	10:42.40
4	178 Buchanan, Dana	ON - Ott. Lions	10:46.94
5	371 Macgregor, Meredith	BC - Valley Roy.	10:57.77
6	228 Dressler, Tara	AB - Caltaf	11:05.15
7	424 Mullins, Rosie	NS - Swift Athl.	11:11.54
--	170 Boyle, Shari	ON - Tor. Olymp.	DNF

Women High Jump

Canadian: % 1.98m 1984		Debbie Brill	
Championship: ! 1.94m 1984		Deborah Brill	
Name	Year	Team	Finals Specs.
1	256	Forrester, Nicole	ON - Mississauga 1.88m
2	182	Cadienhead, Maresa	ON - Lightning J1.88m
3	242	Evans, Whitney	AB - Calg. Warr 1.79m
4	387	Matthews, Kristen	ON - Power Athl. J1.79m
5	410	Moody, Michelle	ON - Power Athl. 1.76m
6	181	Buttinger, Maddie	ON - Laurel C. 1.70m
7	147	Baragengana, Annic	QC - Sherbrooke J1.70m
8	385	Massicotte, Jessic	QC - Sherbrooke J1.70m
9	169	Boyle, Sarah	ON - U of T 1.65m
9	195	Clifford, Melissa	ON - U of T 1.65m
11	341	Klassen, Sarah	ON - U of T 1.60m
11	441	Payne, Gabrielle	BC - Kajaks T. 1.60m
13	231	Dufour-Chouinard,	QC - Sherbrooke J1.60m
--	149	Battiston, Alana	ON - U of T NH
--	116	xAbdullai, Ruky	BC - Valley Roy. X1.82m

Women Pole Vault

Top 12 Advance by Time		Dana Ellis-Buller	
Canadian: % 4.51m 2005		Stephanie McCann	
Championship: ! 4.35m 2002			
Name	Year	Team	Prelims
Preliminaries			
1	239	Ellis, Dana	ON - Kitchener 3.95mq
	3.45	3.55 3.65 3.75 3.85 3.95	
	P	P P P P O	
1	390	McCann, Stephanie	BC - Valley Roy. 3.95mq
	3.45	3.55 3.65 3.75 3.85 3.95	
	P	P P P P O	
3	223	Dockendorf, Carly	BC - Independant 3.85mq
	3.45	3.55 3.65 3.75 3.85	
	P	P P P O	
3	294	Hendry, Kelsie	SK - Riversdale 3.85mq
	3.45	3.55 3.65 3.75 3.85	
	P	P P P O	
5	531	Vangool, Adrienne	SK - Riversdale 3.75mq
	3.45	3.55 3.65 3.75	
	P	P P XXO	
5	252	Fish, Suzanne	ON - U of T 3.75mq
	3.45	3.55 3.65 3.75	
	P	O XXO XO	
5	343	Kovacic, Simona	ON - U of T 3.75mq
	3.45	3.55 3.65 3.75	
	P	P XXO O	
5	230	Duclos-Lasnier, Ga	QC - Rouge & Or 3.75mq
	3.45	3.55 3.65 3.75	

	P	P	P	XO						
9	185	Carriere, Leanna	AB - U of Alb.	3.65mq						
	3.45	3.55	3.65	3.75						
	P	XXO	O	XXX						
9	316	Jean, Caroline	QC - Sherbrooke	3.65mq						
	3.45	3.55	3.65	3.75						
	O	P	O	XXX						
9	207	Creighton, Janice	ON - U of T	3.65mq						
	3.45	3.55	3.65							
	P	P	O							
9	347	Kupper, Sue	AB - Edm. Int'l	3.65mq						
	3.45	3.55	3.65							
	P	P	XO							
13	300	House, Jenn	ON - London Leg.	3.55m						
	3.45	3.55	3.65							
	XO	O	XXX							
14	473	Rutley, Erica	BC - 5450	3.45m						
	3.45	3.55								
	XO	XXX								
14	368	Maaten, Dayna	ON - Windsor Leg	3.45m						
	3.45	3.55								
	O	XXX								
--	130	Anderson, C. Brynn	AB - U of Alb.	NH						
	3.45	3.55	3.65							
	P	P	XXX							
--	318	Jeffs, Ashley	ON - U of T	NH						
	3.45									
	XXX									
--	460	Reiser, Erika	ON - Windsor Leg	NH						
	3.45									
	XXX									
--	231	Dufour-Chouinard,	QC - Sherbrooke	NH						
	3.45									
	XXX									
--	533	Vause, Leah	SK - Riversdale	NH						
	3.45	3.55	3.65							
	P	P	XXX							

Women Pole Vault Jump Off

Name	Year	Team	Finals	Specs.
1	390	McCann, Stephanie	BC - Valley Roy.	4.35m
	4.35	4.30	4.35	
	X	O	O	
2	239	Ellis, Dana	ON - Kitchener	4.30m
	4.35	4.30	4.35	
	X	O	X	

Women Pole Vault

Canadian: % 4.51m 2005		Dana Ellis-Buller		
Championship: ! 4.35m 2002		Stephanie McCann		
Name	Year	Team	Finals	Specs.
Finals				
1	390	McCann, Stephanie	BC - Valley Roy.	4.35m!
	3.45	3.65	3.85	3.95
	4.05	4.15	4.20	4.25
	4.30	4.35		
	P	P	P	P
	O	O	P	O
	P	O	P	XXX
2	239	Ellis, Dana	ON - Kitchener	4.30m

	3.45	3.65	3.85	3.95	4.05	4.15	4.20	4.25	4.30	4.35	
	P	P	P	P	O	O	P	O	P	XXX	
3	223	Dockendorf, Carly				BC - Independant					4.15m
	3.45	3.65	3.85	3.95	4.05	4.15	4.20	4.25			
	P	P	P	XO	XO	XO	P	XXX			
4	294	Hendry, Kelsie				SK - Riversdale					4.05m
	3.45	3.65	3.85	3.95	4.05	4.15					
	P	P	P	XO	O	XXX					
5	531	Vangool, Adrienne				SK - Riversdale					J4.05m
	3.45	3.65	3.85	3.95	4.05	4.15					
	P	P	XXO	XO	O	XXX					
6	207	Creighton, Janice				ON - U of T					3.85m
	3.45	3.65	3.85	3.95							
	P	XO	O	XXX							
7	230	Duclos-Lasnier, Ga				QC - Rouge & Or					J3.85m
	3.45	3.65	3.85	3.95							
	P	P	XO	XXX							
7	347	Kupper, Sue				AB - Edm. Int'l					J3.85m
	3.45	3.65	3.85	3.95							
	P	P	XO	XXX							
9	252	Fish, Suzanne				ON - U of T					3.65m
	3.45	3.65	3.85								
	O	O	XXX								
9	185	Carriere, Leanna				AB - U of Alb.					3.65m
	3.45	3.65	3.85								
	P	O	XXX								
11	343	Kovacic, Simona				ON - U of T					J3.65m
	3.45	3.65	3.85								
	P	XO	XXX								
--	316	Jean, Caroline				QC - Sherbrooke					NH
	3.45	3.65									
	P	XXX									

Women Long Jump

Canadian: % 6.67m 2003		Alice Falaiye							
Championship: ! 6.61m 1985		Donna Smellie							
Name	Year	Team	Finals	Wind	Specs.				
1	192	Charles, Tabia	ON - Power Athl.	6.46m	0.5				
	6.12m(0.7)	6.02m(0.8)	6.46m(0.5)	6.16m(0.8)	PASS(NWI)	FOUL(NWI)			
2	244	Falaiye, Alice	ON - Mississauga	6.32m	0.8				
	6.09m(0.1)	FOUL(-1.0)	4.98m(0.5)	6.14m(0.8)	6.32m(0.8)	6.25m(0.7)			
3	147	Baragengana, Annic	QC - Sherbrooke	5.54m	0.6				
	5.54m(0.6)	FOUL(1.2)	5.29m(0.5)	FOUL(0.8)	4.64m(3.4)	FOUL(0.6)			
4	398	McParland, Shellie	ON - London West	5.47m	-0.3				
	5.08m(0.6)	5.33m(0.8)	5.26m(1.5)	5.47m(-0.3)	5.32m(1.1)	5.28m(0.5)			
5	204	Cotten, Jennifer	ON - London West	5.44m	0.6				
	5.23m(-0.6)	5.25m(0.1)	5.43m(0.7)	5.24m(1.1)	5.44m(0.6)	5.30m(-0.2)			
6	225	Doody, Maureen	ON - Ott. Lions	5.38m	0.7				
	5.25m(0.5)	FOUL(1.6)	5.11m(+0.0)	5.38m(0.7)	5.29m(0.1)	5.31m(-0.2)			
7	285	Harrison, Danielle	ON - Windsor Leg	5.31m	0.8				
	5.23m(1.3)	5.08m(0.5)	FOUL(1.1)	5.31m(0.8)	5.27m(2.7)	5.24m(0.9)			
8	258	Francis, Latesha	ON - Windsor Leg	5.15m	0.2				
	FOUL(0.2)	5.15m(0.2)	4.80m(0.8)	4.60m(0.7)	5.11m(0.3)	4.99m(1.1)			
9	567	Youlton, Carly	ON - Windsor Leg	5.06m	0.5				
	5.06m(0.5)	3.99m(0.1)	4.91m(-0.1)						
10	437	Palmer, Trish	AB - Calg. Spart	J5.06m	0.3				
	FOUL(0.2)	5.06m(0.3)	FOUL(0.4)						
11	367	Lynch, Mary-	Franc ON - Ott. Lions	4.76m	-0.4				

	4.74m(0.6)	FOUL(3.4)	4.76m(-0.4)			
12	423 Mullings, Sheree		ON - York Univ.	4.71m	0.9	
	4.71m(0.9)	4.29m(0.7)	FOUL(0.2)			
--	116 xAbdullai, Ruky		BC - Valley Roy.	X6.23m	0.9	
	6.23m(0.9)	5.73m(0.6)	6.22m(0.5)	5.76m(0.1)	5.94m(0.6)	5.99m(0.9)

Women Triple Jump

Canadian: % 13.81m		2002	Althea Williams		
Championship: ! 13.81m		2002	Athea Williams		
Name	Year	Team	Finals	Wind	Specs.
1	192 Charles, Tabia	ON - Power Athl.	13.44m	1.5	
2	573 Zachariah, Neb	ON - Guelph Tfc	12.42m	4.1	
3	237 Egbo-Egbo, Mary	ON - Independent	11.41m	1.5	
4	470 Rozefort, Alexandr	QC - St-Laurent	11.24m	0.9	
5	567 Youlton, Carly	ON - Windsor Leg	11.08m	2.3	
6	141 Baerg, Karen	AB - U of Calg.	11.00m	0.7	

Women Shot Put 4.0kg

Canadian: % 17.17m		1979	Alana Redfern		
Championship: ! 16.55m		1982	Carmen Ionescu		
Name	Year	Team	Finals	Specs.	
1	544 Weaver, Meghan	ON - London West	15.42m		
	13.42m	FOUL	14.30m	14.17m	14.35m
2	525 Tunks, Lieja	ON - London West	15.06m		
	15.06m	FOUL	14.95m	14.17m	FOUL
3	260 Frizell, Sultana	ON - Ott. Lions	14.50m		
	13.39m	13.93m	FOUL	13.69m	14.46m
4	532 Vanravenswaay, Dai	ON - Niagara Reg	14.44m		
	13.52m	14.05m	13.77m	14.44m	14.14m
5	133 Andrews, Kaitlyn	ON - Independent	13.89m		
	12.63m	13.84m	13.65m	13.61m	13.89m
6	183 Camden, Ashley	ON - Sarnia Athl	13.37m		
	12.64m	12.55m	13.04m	13.37m	12.23m
7	440 Patterson, Heather	ON - Speed River	12.67m		
	11.77m	12.45m	12.59m	FOUL	12.67m
8	311 Jackson, Stephanie	ON - London West	12.58m		
	12.58m	12.50m	12.48m	12.56m	12.35m
9	496 Spies, Chantel	SK - Saskatoon	12.31m		
	12.31m	11.45m	11.74m		
10	515 Thibault, Dominiqu	ON - Ott. Lions	11.97m		
	11.56m	FOUL	11.97m		
11	543 Way, Jenilee	AB - U of Alb.	11.80m		
	10.94m	11.80m	11.66m		
12	353 Lane, Diana	ON - London West	11.35m		
	10.10m	11.23m	11.35m		
13	344 Kovacs, Alanna	ON - South Simco	10.72m		
	10.72m	10.58m	FOUL		

Women Discus Throw 1.0kg

Canadian: % 62.72m		1979	Carmen Ionescu		
Championship: ! 59.58m		1978	Carmen Ionescu		
Name	Year	Team	Finals	Specs.	
1	357 Le Jour Mcdonagh,	QC - St-Laurent	50.85m		
2	425 Murray, Novelle	BC - Kajaks T.	49.33m		

3	496 Spies, Chantel	SK - Saskatoon	46.79m
4	543 Way, Jenilee	AB - U of Alb.	40.00m
5	133 Andrews, Kaitlyn	ON - Independent	39.01m
6	161 Blight, Whitney	MB - Flying 'm'	37.15m
7	353 Lane, Diana	ON - London West	35.27m
8	344 Kovacs, Alanna	ON - South Simco	34.72m
9	532 Vanravenswaay, Dai	ON - Niagara Reg	31.81m
10	125 Allan, Meredith	ON - London West	30.00m

Women Hammer Throw 4.0kg

Canadian: % 68.48m 2005		Jennifer Joyce		
Championship: ! 67.03m 2005		Jennifer Joyce		
Name	Year	Team	Finals	Specs.
1	489 Smith, Crystal	BC - Ashland	64.54m	
	64.54m 63.10m 58.64m 64.18m	FOUL 62.00m		
2	330 Joyce, Jennifer	BC - Kajaks T.	63.49m	
	62.20m FOUL 63.49m FOUL	FOUL FOUL		
3	260 Frizell, Sultana	ON - Ott. Lions	60.12m	
	FOUL 57.57m FOUL 60.12m	FOUL 59.61m		
4	163 Boisselle, Marie-È	QC - St-Jean Oly	57.37m	
	55.13m 55.07m 57.37m 56.73m	56.65m 56.71m		
5	459 Reid, Megan	SK - Saskatoon	54.23m	
	FOUL FOUL FOUL 51.04m	54.23m FOUL		
6	543 Way, Jenilee	AB - U of Alb.	53.93m	
	44.55m 52.73m 53.83m 53.93m	FOUL 53.87m		
7	241 Engelmann, Andrea	BC - Kajaks T.	52.17m	
	49.22m 49.76m FOUL 45.85m	51.43m 52.17m		
8	396 Mcknight, Kerbi	AB - Chinook TF	43.23m	
	FOUL 43.23m FOUL FOUL	42.81m 42.83m		
9	353 Lane, Diana	ON - London West	38.37m	
	32.75m 38.37m FOUL 36.90m	37.05m 36.48m		
--	540 xWarren, Raelene	AU - Australia	X49.06m	
	49.06m 45.34m FOUL 46.67m	FOUL 47.92m		
--	572 xYush, Kristal	US - U.S.A.	X60.52m	
	60.48m 60.52m 60.32m 53.82m	60.13m 57.94m		

Women Javelin Throw 600g

Canadian: % 55.31m 2003		Alana Redfern		
Championship: ! 53.63m 2005		Dominique Bilodeau		
Name	Year	Team	Finals	Specs.
1	563 Woodward, Krista	BC - Independant	53.54m	
	50.89m FOUL 53.54m 50.16m	47.18m 51.28m		
2	160 Bilodeau, Dominiqu	QC - Cirrus	51.78m	
	49.31m FOUL 51.78m 47.78m	PASS 48.47m		
3	521 Tiffin, Amy	ON - Windsor Leg	47.03m	
	45.37m 45.31m 45.32m 44.64m	45.10m 47.03m		
4	437 Palmer, Trish	AB - Calg. Spart	42.56m	
	36.22m 39.79m 42.56m FOUL	FOUL 40.68m		
5	537 Wachna, Bethanie	ON - Windsor Leg	41.76m	
	38.54m 38.20m 38.29m 41.76m	41.48m 40.59m		
6	532 Vanravenswaay, Dai	ON - Niagara Reg	40.98m	
	36.04m 35.49m 40.06m 40.98m	38.58m FOUL		
7	164 Bond, Jessica	QC - C.A.P.N.	40.67m	
	FOUL 40.67m FOUL FOUL	FOUL FOUL		
8	422 Mullen, Maggie	ON - Sarnia Athl	40.18m	
	38.09m FOUL 40.18m 38.98m	38.66m 39.78m		

9	548 Weston, Katie	ON - North Bay L	38.34m
	33.85m 38.34m 36.76m		
10	158 Best, Kelsey	NS - Launchers	37.25m
	36.23m 37.25m FOUL		
11	344 Kovacs, Alanna	ON - South Simco	33.72m
	33.72m 32.44m FOUL		
12	379 Manera, Elise	ON - Hamilton	33.29m
	33.29m FOUL FOUL		
13	326 Johnson, Katie	ON - London West	32.22m
	FOUL 32.22m 31.61m		

Men 100 Meter

24 Advance: Top 3 Each Heat plus Next 9 Best Times
 Championship: ! 9.89 1998 Bruny Surin

Name	Year Team	Prelims	Wind	H#
Preliminaries				
1	177 Browne, Pierre	ON - Mississauga	10.27Q	3.1 2
1	354 Latouche, Marc	ON - Mississauga	10.27Q	3.4 5
3	295 Henry, Anson	ON - Mississauga	10.35Q	1.1 1
4	564 Wright, Neville	AB - Edm. Int'l	10.38Q	1.5 4
5	168 Boussambo, Antoine	AB - U of Alb.	10.40Q	1.5 3
6	510 Taylor, Nathan	BC - Metro	10.32Q	3.1 2
7	439 Parris, Emanuel	QC - Sherbrooke	10.34Q	3.4 5
8	375 Macrozonaris, Nico	QC - St-Laurent	10.45Q	1.5 3
9	126 Allen, Charles	ON - Ott. Lions	10.47Q	1.5 4
10	276 Grenier, Martin	QC - Sherbrooke	10.62Q	1.1 1
11	119 Adu- Bobie, Richar	ON - Ott. Lions	10.36Q	3.1 2
12	498 Stanley, Fatih	ON - Body Mind	10.42Q	3.4 5
13	198 Collins, Denison	ON - Mississauga	10.46Q	1.5 3
14	336 Kerr, Jason	ON - London West	10.55Q	1.5 4
15	297 Horacius, Pierre-H	QC - Perfmex	10.63Q	1.1 1
16	340 King, Shannon	ON - Mississauga	10.43q	3.1 2
17	491 Smith, Oluseyi	ON - Ott. Lions	10.54q	3.4 5
18	397 McLennan, Justin	ON - Mississauga	10.57q	1.5 4
19	345 Kulesza, Jarek	QC - St-Laurent	10.59q	3.4 5
20	464 Robinson, Justin	ON - Etob. Glad.	10.62q	1.5 4
21	364 Lewis, Jared	ON - Mississauga	10.64q	1.5 3
22	263 Garber, Anthony	ON - Power Athl.	10.65q	1.1 1
23	434 Ogunde, Wole	ON - Body Mind	10.68q	1.5 3
24	122 Ajay, Olu	ON - Body Mind	10.70q	1.1 1
25	243 Faille, David	QC - McGill O.	10.76	3.4 5
26	150 Beaulieu, Benoit	QC - St-Laurent	10.80	1.1 1
27	505 Stiver - Balla, Ma	ON - Body Mind	10.85	3.1 2
28	127 Allen, Desmond	ON - Flying Ang.	10.90	1.5 4
28	314 Jarikre, Ejiro	SK - Excel Athl.	10.90	3.4 5
30	527 Ukwuoma, Emeka	ON - Etob. Glad.	10.93	1.1 1
31	249 Fils-Aimé, Junior	QC - St-Laurent	10.95	3.1 2
32	137 Arthur, Augustine	ON - Mississauga	10.96	3.4 5
33	399 Mcrae, Josh	ON - Minotaurs	11.08	1.5 3
34	369 Macadam, Gerry	PE - Team P.E.I.	11.26	1.5 3
34	236 Edwards, Colin	ON - Windsor Leg	11.26	1.5 4

Men 100 Meter

8 Advance: Top 2 Each Heat plus Next 2 Best Times
 Championship: ! 9.89 1998 Bruny Surin

Name	Year Team	Semis	Wind	H#
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Semi-Finals

1	177 Browne, Pierre	ON - Mississauga	10.23Q	1.7	1
2	375 Macrozonaris, Nico	QC - St-Laurent	10.28Q	1.0	2
3	295 Henry, Anson	ON - Mississauga	10.29Q	0.4	3
4	119 Adu- Bobie, Richar	ON - Ott. Lions	10.34Q	1.0	2
5	510 Taylor, Nathan	BC - Metro	10.36Q	1.7	1
6	126 Allen, Charles	ON - Ott. Lions	10.39Q	0.4	3
7	354 Latouche, Marc	ON - Mississauga	10.38q	1.0	2
8	564 Wright, Neville	AB - Edm. Int'l	10.40q	0.4	3
9	439 Parris, Emanuel	QC - Sherbrooke	10.41	1.7	1
10	198 Collins, Denison	ON - Mississauga	10.46	1.7	1
11	397 McLennan, Justin	ON - Mississauga	10.49	1.7	1
12	168 Boussambo, Antoine	AB - U of Alb.	10.51	1.0	2
13	340 King, Shannon	ON - Mississauga	10.56	0.4	3
14	498 Stanley, Fatih	ON - Body Mind	10.58	1.7	1
15	464 Robinson, Justin	ON - Etob. Glad.	10.60	1.0	2
16	336 Kerr, Jason	ON - London West	10.61	1.0	2
16	276 Grenier, Martin	QC - Sherbrooke	10.61	0.4	3
18	122 Ajay, Olu	ON - Body Mind	10.65	1.7	1
19	345 Kulesza, Jarek	QC - St-Laurent	10.67	1.7	1
19	434 Ogunde, Wole	ON - Body Mind	10.67	1.0	2
21	297 Horacius, Pierre-H	QC - Perfmax	10.68	0.4	3
22	491 Smith, Oluseyi	ON - Ott. Lions	10.71	1.0	2
23	263 Garber, Anthony	ON - Power Athl.	10.74	0.4	3
24	364 Lewis, Jared	ON - Mississauga	10.80	0.4	3

Men 100 Meter

=====					
Championship: ! 9.89 1998 Bruny Surin					
Name	Year	Team	Finals	Wind	Specs.
=====					
Finals					
1	375	Macrozonaris, Nico	QC - St-Laurent	10.31	+0.0
2	177	Browne, Pierre	ON - Mississauga	10.33	+0.0
3	295	Henry, Anson	ON - Mississauga	10.34	+0.0
4	564	Wright, Neville	AB - Edm. Int'l	10.44	+0.0
5	126	Allen, Charles	ON - Ott. Lions	10.45	+0.0
6	119	Adu- Bobie, Richar	ON - Ott. Lions	10.48	+0.0
7	354	Latouche, Marc	ON - Mississauga	10.56	+0.0
8	510	Taylor, Nathan	BC - Metro	10.58	+0.0

Men 200 Meter

=====					
16 Advance: Top 1 Each Heat plus Next 11 Best Times					
Championship: ! 20.40 1986 Atlee Mahorn					
Name	Year	Team	Prelims	Wind	H#
=====					
Preliminaries					
1	148	Barnett, Brian	AB - Capital Cit	20.76Q	1.8 3
2	313	Connaughton, Jared	PE - Team P.E.I.	21.07Q	0.9 1
3	436	Palmer, Hank	QC - St-Laurent	21.26Q	1.6 2
4	439	Parris, Emanuel	QC - Sherbrooke	21.45Q	1.2 5
5	168	Boussambo, Antoine	AB - U of Alb.	21.47Q	0.9 4
6	487	Smellie, Gavin	ON - Mississauga	21.46q	1.6 2
7	498	Stanley, Fatih	ON - Body Mind	21.47q	1.8 3
8	119	Adu- Bobie, Richar	ON - Ott. Lions	21.48q	1.6 2
9	510	Taylor, Nathan	BC - Metro	21.55q	1.2 5
10	568	Young, Andrew	ON - Niagara Reg	21.58q	1.8 3
11	464	Robinson, Justin	ON - Etob. Glad.	21.62q	0.9 1
12	528	Vadeboncoeur, Nath	MB - Winn. Opt.	21.65q	0.9 1

13	480	Semenowicz, Martin	ON - London West	21.76q	1.2	5	
14	336	Kerr, Jason	ON - London West	21.78q	0.9	4	
15	191	Charboneaux, Rober	QC - McGill O.	22.00q	0.9	4	
16	397	McLennan, Justin	ON - Mississauga	22.01q	1.2	5	
17	263	Garber, Anthony	ON - Power Athl.	22.03	1.6	2	
18	243	Faille, David	QC - McGill O.	22.10	1.8	3	
19	122	Ajay, Olu	ON - Body Mind	22.14	1.2	5	
20	514	Therrien, Ryan	AB - U of Alb.	22.19	1.6	2	
21	527	Ukwuoma, Emeka	ON - Etob. Glad.	22.24	1.8	3	
22	248	Ferth, Shane	ON - Kitchener	22.32	0.9	4	
23	236	Edwards, Colin	ON - Windsor Leg	22.34	1.8	3	
24	505	Stiver - Balla, Ma	ON - Body Mind	22.40	1.6	2	
25	519	Thomson, Ira	BC - Vancouver	22.41	0.9	1	
26	462	Rigby, Mario	ON - Hamilton	22.75	0.9	1	
27	570	Young, Paul	ON - Niagara Reg	22.87	1.2	5	
28	314	Jarikre, Ejiro	SK - Excel Athl.	23.05	0.9	1	
29	124	Alexandre, Eynack	QC - St-Laurent	23.36	1.8	3	
--	434	Ogunde, Wole	ON - Body Mind	DQ	0.9	4	R:163.3

Men 200 Meter

=====						
Championship: ! 20.40 1986			Atlee Mahorn			
Name	Year	Team	Finals	Wind	H#	Specs.
=====						
Finals						
1	148	Barnett, Brian	AB - Capital Cit	20.70	0.4	2
2	313	Connaughton, Jared	PE - Team P.E.I.	21.16	0.4	2
3	436	Palmer, Hank	QC - St-Laurent	21.23	0.4	2
4	439	Parris, Emanuel	QC - Sherbrooke	21.43	0.4	2
5	464	Robinson, Justin	ON - Etob. Glad.	21.50	0.4	1
6	168	Boussambo, Antoine	AB - U of Alb.	21.51	0.4	2
7	119	Adu- Bobie, Richar	ON - Ott. Lions	21.55	0.4	2
8	498	Stanley, Fatih	ON - Body Mind	21.61	0.4	2
9	510	Taylor, Nathan	BC - Metro	21.62	0.4	1
10	487	Smellie, Gavin	ON - Mississauga	21.73	0.4	2
11	336	Kerr, Jason	ON - London West	21.86	0.4	1
12	480	Semenowicz, Martin	ON - London West	21.93	0.4	1
13	568	Young, Andrew	ON - Niagara Reg	41.29	0.4	1

Men 400 Meter

=====						
8 Advance: Top 2 Each Heat plus Next 2 Best Times						
Championship: ! 45.52 1999			Shane Niemi			
Name	Year	Team	Prelims	H#		
=====						
Preliminaries						
1	194	Christopher, Tyler	AB - Independent	46.68Q	1	
2	528	Vadeboncoeur, Nath	MB - Winn. Opt.	47.02Q	2	
3	346	Kunkel, Adam	AB - Independent	47.66Q	3	
4	582	Nelson, Keston	Independent	47.05Q	1	
5	514	Therrien, Ryan	AB - U of Alb.	47.54Q	2	
6	305	Hurtubise, Neal	BC - Una	48.02Q	3	
7	487	Smellie, Gavin	ON - Mississauga	47.49q	1	
8	482	Shanks, David	AB - Calgary Int	48.23q	2	
9	541	Wason, Miguel	ON - Hamilton	48.27	1	
10	284	Harris, Mark	ON - Phoenix	48.31	3	
11	279	Halcro, Joel	BC - Thunder	48.66	2	
12	129	Alva, Alex	ON - St.Thomas	49.35	1	
13	519	Thomson, Ira	BC - Vancouver	49.39	1	
14	462	Rigby, Mario	ON - Hamilton	49.45	2	

15	248 Ferth, Shane	ON - Kitchener	49.47	2
16	132 Andrew, Roberts	QC - Dynamique	49.95	3
17	352 Lamarche, Steve	ON - Windsor Leg	51.02	3

Men 400 Meter

=====
 Championship: ! 45.52 1999 Shane Niemi
 Name Year Team Finals Specs.

Finals

1	194 Christopher, Tyler	AB - Independent	45.68
2	346 Kunkel, Adam	AB - Independent	46.44
3	528 Vadeboncoeur, Nath	MB - Winn. Opt.	46.86
4	582 Nelson, Keston	Independent	46.89
5	305 Hurtubise, Neal	BC - Una	47.63
6	514 Therrien, Ryan	AB - U of Alb.	47.73
7	487 Smellie, Gavin	ON - Mississauga	47.76
8	482 Shanks, David	AB - Calgary Int	48.01

Men 800 Meter

=====
 16 Advance: Top 2 Each Heat plus Next 10 Best Times

Championship: ! 1:45.34 2004 Gary Reed
 Name Year Team Prelims

Preliminaries

1	508 Tadili, Achraf	QC - McGill O.	1:49.37Q
2	180 Burley, Samuel	BC - Independant	1:49.91Q
3	457 Reed, Gary	BC - Pacific	1:50.73Q
4	184 Carle, John	QC - Mtl.Olymp.	1:49.59Q
5	238 Ellerton, Andrew	ON - Track North	1:50.27Q
6	467 Roppelt, Brian	AB - Thunder	1:51.01Q
7	212 Currie, Adam	QC - Mtl.Olymp.	1:49.76q
8	378 Maloney, Andrew	ON - Tulsa	1:50.23q
9	506 Sullivan, Kevin	ON - Windsor Leg	1:50.74q
10	291 Heaney, Andrew	ON - Phoenix	1:51.31q
11	283 Harris, Geoff	NS - Swift Athl.	1:51.32q
12	383 Martinson, Geoff	BC - Prince Geor	1:52.00q
13	251 Finn, Ryan	ON - Phoenix	1:52.28q
14	187 Carvalho, Jose	ON - U of T	1:52.41q
15	365 Lincoln, Matthew	ON - Phoenix	1:52.47q
16	235 Duncan, Justin	ON - Mississauga	1:52.59q
17	174 Brooks, Brendan	ON - Speed River	1:52.79
18	461 Reiter, Nathan	ON - Speed River	1:52.98
19	431 O'Brien, Trevor	BC - Pacific	1:53.35
20	209 Cummings, Brian	ON - Ott. Lions	1:53.59
21	275 Green, Brandon	BC - Pacific	1:53.67
22	324 Johnson, Chris	BC - Thunder	1:53.95
23	131 Anderson, Travis	ON - Brantford	1:54.24
24	482 Shanks, David	AB - Calgary Int	1:54.57
25	188 Carver, Jason	AB - Thunder	1:54.77
26	132 Andrew, Roberts	QC - Dynamique	1:55.00
27	234 Dunbar, Kevin	ON - Independent	1:55.63
28	403 Michaud, Dominic	QC - Cirrus	1:55.65
29	140 Azzi, Sofiane	QC - Cirrus	1:58.50
30	302 Hrynkow, Chris	MB - Winin. Olym	2:04.88

Men 800 Meter

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 Championship: ! 1:45.34 2004 Gary Reed

Name	Year	Team	Finals	Specs.
=====				
Finals				
1	508	Tadili, Achraf	QC - McGill O.	1:48.79
2	180	Burley, Samuel	BC - Independant	1:49.98
3	506	Sullivan, Kevin	ON - Windsor Leg	1:50.16
4	238	Ellerton, Andrew	ON - Track North	1:50.28
5	184	Carle, John	QC - Mtl.Olymp.	1:50.44
6	378	Maloney, Andrew	ON - Tulsa	1:50.52
7	467	Roppelt, Brian	AB - Thunder	1:50.58
8	291	Heaney, Andrew	ON - Phoenix	1:50.65
9	212	Currie, Adam	QC - Mtl.Olymp.	1:50.68
10	251	Finn, Ryan	ON - Phoenix	1:51.14
11	283	Harris, Geoff	NS - Swift Athl.	1:51.20
12	383	Martinson, Geoff	BC - Prince Geor	1:51.70
13	365	Lincoln, Matthew	ON - Phoenix	1:51.90
14	235	Duncan, Justin	ON - Mississauga	1:53.01
15	187	Carvalho, Jose	ON - U of T	1:53.40
16	174	Brooks, Brendan	ON - Speed River	1:53.76

Men 1500 Meter Wheelchair

=====				
Canadian: % 2:59.30		2003	Jeff Adams	
Name	Year	Team	Finals	Specs.
=====				
1	250	Filteau, Michael	QC - Mtl.Olymp.	3:25.56
2	517	Thom, Curtis	ON - Cruisers	3:26.62
3	189	Cassidy, Josh	ON - Gold. Horse	3:26.87
4	144	Baker, James	ON - Independent	3:27.51
5	200	Compaore, Jean-Pau	QC - Optimum	3:29.49
6	382	Marquis, Carl	QC - Optimum	3:29.70
7	595	Gauthier, Eric	QC - A.Q.S.F.R.	3:29.95
8	359	Ledo, Mark	ON - O.W.S.A.	3:30.27

Men 1500 Meter

=====				
Championship: ! 3:38.60		1979	John Craig	
Name	Year	Team	Finals	Specs.
=====				
1	171	Brannen, Nathan	ON - Tri-City	3:41.06
2	365	Lincoln, Matthew	ON - Phoenix	3:43.58
3	431	O'Brien, Trevor	BC - Pacific	3:43.78
4	560	Woods, Michael	ON - Ott. Lions	3:45.80
5	388	Mauricio, Cristian	ON - Windsor Leg	3:46.51
6	349	L'Heureux, Alexand	QC - Mtl.Olymp.	3:46.64
7	136	Arnald, Scott	ON - Tor. Olymp.	3:48.95
8	520	Thorson, Michael	ON - Saugeen	3:49.70
9	416	Morrison, Eric	ON - Hamilton	3:50.31
10	214	De Bardi, Stephen	QC - Mtl.Olymp.	3:56.57
11	407	Milne, Taylor	ON - Speed River	3:57.00
12	370	Macaulay, Angus	ON - Speed River	3:57.06
13	201	Coolsaet, Reid	ON - Speed River	3:57.67
14	429	Ngor, Wol	AB - Caltaf	3:58.10
15	172	Brett, Allan	ON - Ott. Lions	3:58.32
16	456	Raymond, Mathieu	QC - Dynamique	4:11.79
--	272	xGonzalez, Giovani	Mexico	X3:51.21

Men 5000 Meter

=====

Canadian: % 13:13.96 1998 Jeff Schiebler

Championship: ! 13:25.16		2000		Sean Kaley			
Name	Year	Team	Finals	Specs.			
1	201	Coolsaet, Reid	ON - Speed River	13:49.94			
2	417	Morrison, Paul	QC - Sherbrooke	13:49.94			
3	574	Ziak, Jerry	BC - Kajaks T.	13:56.12			
4	317	Jean-Claude, Nduwi	QC - St-Laurent	13:57.32			
5	270	Gillis, Eric	ON - Speed River	14:02.85			
6	333	Kassap, Danny	ON - U of T	14:07.89			
7	566	Wykes, Dylan	ON - Physi-Kult	14:15.65			
8	488	Smith, Andrew	ON - Independent	14:16.65			
9	394	McInnes, Matt	ON - U of T	14:17.65			
10	381	Marial, Deng	ON - Windsor Leg	14:47.96			
11	323	Jewer, Robert	NS - Swift Athl.	15:18.14			
12	215	Dekker, Kyle	ON - Tri-City	15:26.88			
13	210	Cummings, Travis	ON - Kingston	15:40.35			
--	143	Bairu, Simon	SK - Queen City	DNF			
--	395	Mckenzie, Ryan	ON - Windsor Leg	DNF			

Men 20000 Meter Race Walk

Hand time results							
Canadian: % 1:21:03.00		2000		Arturo Huerta			
Championship: ! 1:21:24.00		2000		Arthuro Huerta			
Name	Year	Team	Finals	Specs.			
1	2101	Berrett, Tim	AB - Leduc	1:35:09.30			
2	2108	Ruest, Jocelyn	NB - Independent	1:37:19.40			
3	2106	Mosher, Gord	SK - Independent	1:39:51.70			
4	2105	Lavallee, Nil	ON - Petrborough	1:45:24.90			
5	2107	Ménard, Pierre-Luc	QC - Mtl.Olymp.	1:46:25.10			
--	2103	Dumitru, Florin	QC - Perfmax	DNF			
--	2102	Côté, Donald	QC - Mtl.Olymp.	DQ			

Men 110 Meter Hurdles

8 Advance: Top 3 Each Heat plus Next 2 Best Times							
Canadian: % 13.08		1993		Mark McKoy			
Championship: ! 13.27		1985		Mark McKoy			
Name	Year	Team	Prelims	Wind	H#		
Preliminaries							
1	319	Jennings, Karl	ON - York Univ.	13.73Q	1.5	2	
2	126	Allen, Charles	ON - Ott. Lions	13.92Q	0.6	1	
3	374	Macleod, Jared	MB - Winn. Opt.	13.78Q	1.5	2	
4	191	Charboneaux, Rober	QC - McGill O.	14.03Q	0.6	1	
5	156	Bertocchi, Massimo	ON - U of T	14.34Q	0.6	1	
6	552	Whitty, Paul	ON - London West	14.63Q	1.5	2	
7	504	Stewart, Mark	ON - U of T	14.66q	1.5	2	
8	529	Vandendool, Andrew	ON - St.Thomas	14.79q	0.6	1	
9	513	Theriau, Chris	NS - Annapolis	14.95	1.5	2	
10	329	Joseph, Nigel	AB - Calgary Int	15.05	0.6	1	
11	409	Moleko, Tumelo	ON - London West	15.25	0.6	1	
12	495	Sorensen, Cody	ON - Ott. Lions	15.61	1.5	2	
13	173	Brisson, Mathew	ON - St.Thomas	15.86	1.5	2	
--	121	xAina, Colin	US - U.S.A.	X14.22	0.6	1	

Men 110 Meter Hurdles

Canadian: % 13.08 1993 Mark McKoy

Championship: ! 13.27 1985		Mark McKoy		Finals	Wind	Specs.
Name	Year	Team				
=====						
Finals						
1	126	Allen, Charles	ON - Ott. Lions	13.57	2.0	
2	374	Macleod, Jared	MB - Winn. Opt.	13.71	2.0	
3	191	Charboneaux, Rober	QC - McGill O.	13.73	2.0	
4	319	Jennings, Karl	ON - York Univ.	13.74	2.0	
5	552	Whitty, Paul	ON - London West	14.31	2.0	
6	504	Stewart, Mark	ON - U of T	14.44	2.0	
7	156	Bertocchi, Massimo	ON - U of T	14.60	2.0	
8	529	Vandendool, Andrew	ON - St.Thomas	15.01	2.0	

Men 400 Meter Hurdles

8 Advance: Top 3 Each Heat plus Next 2 Best Times		Mark Jackson		Prelims	H#
Canadian: % 49.18 1992		Monte Raymond			
Championship: ! 49.78 2001					
Name	Year	Team			
=====					
Preliminaries					
1	458	Rehel, Wesley	QC - St-Laurent	51.32Q	2
2	346	Kunkel, Adam	AB - Independent	52.11Q	1
3	342	xKoménan, Valery	QC - Perfmax	52.01Q	2
4	350	Labelle, Shane	QC - Perfmax	52.87Q	1
5	575	Zubair, Abdull	ON - London Leg.	53.14Q	2
6	454	Ratzlaff, Trent	AB - Caltaf	53.19Q	1
7	266	Geer, Keenan	ON - Durham	53.19q	2
8	541	Wason, Miguel	ON - Hamilton	53.33q	2
9	414	Morin, Steve	QC - Sherbrooke	53.63	1
10	329	Joseph, Nigel	AB - Calgary Int	53.93	1
11	245	Fawcett, Tyler	ON - Ott. Lions	54.36	2

Men 400 Meter Hurdles

Canadian: % 49.18 1992		Mark Jackson		Finals	Specs.
Championship: ! 49.78 2001		Monte Raymond			
Name	Year	Team			
=====					
Finals					
1	346	Kunkel, Adam	AB - Independent	49.93	
2	458	Rehel, Wesley	QC - St-Laurent	52.55	
3	454	Ratzlaff, Trent	AB - Caltaf	52.80	
4	350	Labelle, Shane	QC - Perfmax	52.81	
5	266	Geer, Keenan	ON - Durham	53.31	
6	575	Zubair, Abdull	ON - London Leg.	53.36	
7	541	Wason, Miguel	ON - Hamilton	54.36	
--	342	xKoménan, Valery	QC - Perfmax	X51.75	

Men 3000 Meter Steeplechase

Canadian: % 8:12.58 1985		Graeme Fell		Finals	Specs.
Championship: ! 8:25.82 1986		Graeme Fell			
Name	Year	Team			
=====					
1	337	Kerr, Matthew	ON - Tri-City	8:47.26	
2	338	Kiauka, Eric	BC - Harriers	8:51.29	
3	430	Nissen, Robbie	AB - Thunder	9:00.45	
4	220	Dillon, Marcus	ON - Tor. Olymp.	9:10.98	
5	332	Karanja, Joshua	ON - Ott. Lions	9:13.08	

6	389	Mayne, Ian	ON - Durham	9:14.98
7	380	Manyfingers, Ian	AB - Thunder	9:20.12
8	190	Chafe, Paul	NS - Swift Athl.	9:25.41
9	448	Poulin-Cadovius, J	QC - Mtl.Olymp.	9:31.48
--	267	Genest, Alex	QC - Énergie	DNF

Men High Jump

Canadian: % 2.35m 2002		Mark Boswell	
Championship: ! 2.33m 1986		Milton Ottey	
Name	Year Team	Finals	Specs.
1	577 Boateng, Kwaku	QC - Independent	2.26m
	1.85 1.95 2.05 2.10 2.15 2.20 2.23 2.26		
	P P P O O O O XXX		
2	165 Boswell, Mark	ON - Power Athl.	2.24m
	1.85 1.95 2.05 2.10 2.15 2.20 2.23 2.26		
	P P P P P O O XXX		
3	384 Mason, Michael	BC - Valley Roy.	2.23m
	1.85 1.95 2.05 2.10 2.15 2.20 2.23 2.26		
	P P O XO XO O XXO XXX		
4	542 Watkins, Derek	ON - Ott. Lions	2.15m
	1.85 1.95 2.05 2.10 2.15 2.20		
	P P P XO O XXX		
5	221 Dillon, Mark	ON - U of T	2.10m
	1.85 1.95 2.05 2.10 2.15		
	P P O XO XXX		
6	558 Witmer, Alex	ON - Kitchener	2.05m
	1.85 1.95 2.05 2.10		
	O O O XXX		
7	418 Huey, Brad	ON - Sarnia Athl	1.95m
	1.85 1.95 2.05		
	P O XXX		
7	433 Odumeru, Jonathon	ON - Guelph Tfc	1.95m
	1.85 1.95 2.05		
	O O XXX		
7	328 Jones, Jordan	ON - Lightning	1.95m
	1.85 1.95 2.05		
	P O XXX		
10	268 Georgevski, Brett	ON - U of T	J1.95m
	1.85 1.95 2.05		
	O XXO XXX		
10	455 Ray, Tyler	ON - Windsor Leg	J1.95m
	1.85 1.95 2.05		
	O XXO XXX		

Men High Jump Jump Off

Name	Year Team	Finals	Specs.
1	577 Boateng, Kwaku	QC - Independent	2.26m
	2.26 2.24 2.22 2.24 2.26 2.24 2.26		
	X X O O X O O		
2	165 Boswell, Mark	ON - Power Athl.	2.24m
	2.26 2.24 2.22 2.24 2.26 2.24 2.26		
	X X O O X O X		

Men Pole Vault

Top 14 Advance by Time

Canadian: % 5.61m 1991
 Championship: ! 5.50m 1989

Douglas Wood
 Douglas Wood

Name	Year	Team	Prelims
=====			
Preliminaries			
1 565 Wurster, Jason		ON - U of T	4.80mq
4.50 4.60 4.70 4.80			
P P P O			
1 576 Zubyck, John		ON - Power Athl.	4.80mq
4.50 4.60 4.70 4.80			
P P P O			
1 206 Creighton, Doug		ON - U of T	4.80mq
4.50 4.60 4.70 4.80			
XXO XXO O XXO			
1 156 Bertocchi, Massimo		ON - U of T	4.80mq
4.50 4.60 4.70 4.80			
P O XXO XO			
1 512 Thénault, Francois		QC - Sherbrooke	4.80mq
4.50 4.60 4.70 4.80			
P O P O			
1 253 Foley, David		QC - Sherbrooke	4.80mq
4.50 4.60 4.70 4.80			
P O O XXO			
1 325 Johnson, Jamie		AB - Capital Cit	4.80mq
4.50 4.60 4.70 4.80			
P P O XO			
1 290 Hayhoe, Jeff		ON - York Univ.	4.80mq
4.50 4.60 4.70 4.80			
XXO O O O			
9 484 Sibley, Richard		ON - Kitchener	4.70mq
4.50 4.60 4.70 4.80			
O O XXO XXX			
9 547 Wellwood, Andrew		AB - U of Alb.	4.70mq
4.50 4.60 4.70			
XXO O O			
9 556 Wilson, Kristian		ON - London West	4.70mq
4.50 4.60 4.70 4.80			
P O XXO XXX			
12 445 Petrucha, Taylor		SK - Riversdale	4.60mq
4.50 4.60 4.70			
P XO XXX			
12 446 Popp, Marcus		ON - Independent	4.60mq
4.50 4.60 4.70 4.80			
P XO P XXX			
12 406 Milne, Blair		AB - Edm. Int'l	4.60mq
4.50 4.60 4.70			
O XO XXX			
15 287 Hawey, Maxime		QC - Rouge & Or	4.50m
4.50 4.60			
O XXX			
-- 479 Selimos, Erwin		AB - U of Alb.	NH
4.50			
XXX			
-- 128 Allen, Lyndon		QC - Mtl. Int'l	NH
4.50			
XXX			
-- 254 Foley, Eric		QC - Sherbrooke	NH
4.50 4.60			
P XXX			
-- 411 Moon, Donald		ON - London West	NH

4.50				
XXX				
--	151	Beaumont-Courteau,	QC - Mtl. Int'l	NH
4.50				
XXX				
--	138	Authier, Simon	QC - Sherbrooke	NH
4.50				
XXX				
--	166	Bouchard, Frederic	QC - Sherbrooke	NH
4.50				
XXX				
--	264	Gauthier, René	QC - Sherbrooke	NH
4.50				
XXX				

Men Pole Vault

=====				
Canadian: % 5.61m		1991	Douglas Wood	
Championship: ! 5.50m		1989	Douglas Wood	
Name	Year	Team	Finals	Specs.
=====				
Finals				
1	565	Wurster, Jason	ON - U of T	5.30m
2	576	Zubyck, John	ON - Power Athl.	5.00m
2	253	Foley, David	QC - Sherbrooke	5.00m
4	445	Petrucha, Taylor	SK - Riversdale	J5.00m
5	512	Thénault, Francois	QC - Sherbrooke	J5.00m
6	325	Johnson, Jamie	AB - Capital Cit	4.90m
7	206	Creighton, Doug	ON - U of T	J4.90m
8	156	Bertocchi, Massimo	ON - U of T	4.70m
8	446	Popp, Marcus	ON - Independent	4.70m
10	290	Hayhoe, Jeff	ON - York Univ.	J4.70m
11	556	Wilson, Kristian	ON - London West	J4.70m
--	406	Milne, Blair	AB - Edm. Int'l	NH
--	484	Sibley, Richard	ON - Kitchener	NH
--	547	Wellwood, Andrew	AB - U of Alb.	NH

Men Long Jump

=====				
Top 13 Advance by Time				
Canadian: % 8.20m		1991	Édrick Floréal	
Championship: ! 8.02m		1989	Éderik Floréal	
Name	Year	Team	Prelims	Wind
=====				
Preliminaries				
1	331	Judge, Andrew	ON - London West	7.34mq 0.2
				7.04m(+0.0) 7.34m(0.2)
2	120	xAhanda Noah, Patr	QC - Rouge & Or	7.29mq 1.6
				FOUL(1.5) 6.18m(2.7) 7.29m(1.6)
3	118	Adjetey-Nelson, Ja	ON - Windsor Leg	7.24mq -0.3
				FOUL(1.0) 6.95m(0.3) 7.24m(-0.3)
3	408	Miyoupo, Frédéric	QC - St-Laurent	7.24mq 0.2
				7.11m(-0.2) 7.24m(0.2)
5	427	Labbe, Nathan	MB - Winn. Opt.	7.21mq -0.1
				6.91m(0.8) 4.98m(0.7) 7.21m(-0.1)
6	121	xAina, Colin	US - U.S.A.	7.16mq 1.5
				6.77m(0.3) FOUL(0.3) 7.16m(1.5)
7	476	Scherle, Mark	ON - London West	7.13mq 0.3
				6.97m(0.7) 7.13m(0.3) PASS(NWI)
8	386	xMassok, Patrick	QC - St-Laurent	7.10mq 1.4

	7.10m(1.4)	PASS (NWI)	PASS (NWI)			
9	348 Kuruneri, Guyson	ON - Guelph Tfc		6.99mq	2.2	
	6.78m(0.3)	6.99m(2.2)	6.39m(0.4)			
10	465 Rodas, Alberto	QC - St-Laurent		6.91mq	0.6	
	6.38m(1.0)	6.91m(0.6)	6.50m(0.2)			
11	262 Gamble, Quinton	AB - U of Alb.		6.88mq	+0.0	
	6.69m(1.0)	6.67m(0.3)	6.88m(+0.0)			
12	539 Warnock, Ben	ON - Windsor Leg		6.69mq	0.6	
	6.01m(0.7)	6.57m(-0.5)	6.69m(0.6)			
13	154 Bernard, Anthony	PE - Team P.E.I.		6.48mq	-0.7	
	FOUL(0.3)	6.48m(-0.7)	FOUL(1.0)			
14	197 Cocks, Mark	AB - Edm. Int'l		6.45m	0.2	
	6.44m(0.9)	FOUL(0.1)	6.45m(0.2)			
15	376 Makwene, Odon	ON - Power Athl.		6.44m	0.8	
	FOUL(1.1)	FOUL(-0.3)	6.44m(0.8)			
16	146 Balint, Tristan	ON - London West		5.99m	1.1	
	5.77m(0.7)	5.99m(1.1)	FOUL(0.7)			
17	518 Thomas, Brian	ON - I Be Fast		5.86m	-1.6	
	5.85m(0.3)	FOUL(1.5)	5.86m(-1.6)			

Men Long Jump

Canadian: %	8.20m	1991	Édrick Floréal		
Championship: !	8.02m	1989	Éderik Floréal		
Name		Year Team		Finals	Wind Specs.

Finals

1	118 Adjetey-Nelson, Ja	ON - Windsor Leg		7.42m	0.6
	FOUL(NWI)	FOUL(NWI)	7.16m(0.6)	7.19m(0.7)	FOUL(NWI)
2	476 Scherle, Mark	ON - London West		7.39m	0.5
	7.20m(-0.2)	7.39m(0.5)	7.22m(2.2)	FOUL(-0.4)	7.22m(1.9)
3	408 Miyoupo, Frédéric	QC - St-Laurent		7.37m	1.3
	FOUL(NWI)	7.32m(1.1)	FOUL(NWI)	7.32m(1.3)	FOUL(NWI)
4	427 Labbe, Nathan	MB - Winn. Opt.		7.16m	2.0
	7.08m(0.1)	5.34m(+0.0)	FOUL(2.7)	7.02m(0.9)	7.16m(2.0)
5	331 Judge, Andrew	ON - London West		7.05m	+0.0
	7.05m(+0.0)	FOUL(0.4)	6.91m(0.6)	FOUL(0.4)	FOUL(0.3)
6	539 Warnock, Ben	ON - Windsor Leg		6.97m	0.7
	6.65m(1.5)	FOUL(+0.0)	6.97m(0.7)	6.75m(1.9)	FOUL(0.9)
7	465 Rodas, Alberto	QC - St-Laurent		6.87m	0.5
	3.45m(NWI)	FOUL(NWI)	6.86m(1.7)	FOUL(NWI)	6.41m(1.1)
8	262 Gamble, Quinton	AB - U of Alb.		6.80m	-0.3
	6.34m(0.6)	6.80m(-0.3)	6.78m(1.3)	FOUL(NWI)	FOUL(NWI)
9	348 Kuruneri, Guyson	ON - Guelph Tfc		6.71m	1.5
	6.67m(-0.9)	6.71m(1.5)	FOUL(0.8)		
10	154 Bernard, Anthony	PE - Team P.E.I.		J6.71m	0.9
	FOUL(NWI)	FOUL(NWI)	6.71m(0.9)		
--	121 xAina, Colin	US - U.S.A.		X6.87m	2.0
	6.66m(1.3)	6.75m(0.9)	6.87m(2.0)		
--	120 xAhanda Noah, Patr	QC - Rouge & Or		X7.05m	1.5
	6.78m(0.9)	6.94m(0.6)	6.54m(-0.6)	FOUL(NWI)	FOUL(NWI)
--	386 xMassok, Patrick	QC - St-Laurent		X7.48m	0.1
	5.15m(1.4)	7.03m(1.2)	FOUL(NWI)	FOUL(NWI)	7.23m(+0.0)
				7.48m(0.1)	

Men Triple Jump

Canadian: %	17.29m	1989	Édrick Floréal (Altitude)		
Championship: !	16.56m	1989	Éderik Floréal		
Name		Year Team		Finals	Wind Specs.

1	322	Jestadt, Sean	SK - Excel Athl.	15.28m	3.5
2	443	Peters, Shawn	SK - Excel Athl.	15.27m	3.2
3	426	Nangle, Marlon	ON - Power Athl.	15.23m	2.3
4	542	Watkins, Derek	ON - Ott. Lions	14.57m	1.3
5	391	Mccormack, Kurt	PE - Team P.E.I.	14.44m	2.5
6	555	Williams, Orlando	ON - Laurel C.	14.43m	0.8
7	304	Hunte, David	ON - Laurel C.	14.28m	1.9
8	282	Harriott, Dwayne	ON - Laurel C.	14.20m	0.7
9	271	Goetz, Jason	ON - Laurel C.	14.15m	1.0
10	432	Obonna, Ikenna	ON - Brampton TC	14.06m	2.0
11	321	Jestadt, Ian	SK - Excel Athl.	13.85m	2.4
12	427	Labbe, Nathan	MB - Winn. Opt.	13.82m	1.1
13	309	Jack, Byron	BC - Independant	12.66m	2.0
--	419	Moss, Jason	AB - Edm. Int'l	FOUL	NWI
--	386	xMassok, Patrick	QC - St-Laurent	X15.69m	1.6

Men Shot Put 7.26kg

Canadian: % 20.86m		2004	Brad Snyder		
Championship: ! 20.57m		2001	Brad Snyder		
Name	Year	Team	Finals	Specs.	
1	135	Armstrong, Dylan	BC - Kamloops	19.13m	
2	292	Helf, Kyle	ON - Independent	17.59m	
3	117	Adamek, David	ON - Independent	17.57m	
4	224	Doherty, Matthew	AB - Capital Cit	16.53m	
5	327	Jones, Brian	ON - Windsor Leg	16.35m	
6	405	Miller, Mike	ON - Windsor Leg	16.17m	
7	571	Ysebaert, Andy	ON - Sarnia Athl	14.99m	
8	162	Bloxam, Cole	ON - Sarnia Athl	14.11m	

Men Discus Throw 2.0kg

Canadian: % 67.88m		1998	Jason Tunks			
Championship: ! 64.84m		2003	Jason Tunks			
Name	Year	Team	Finals	Specs.		
1	486	Slowik, Dariusz	BC - Kamloops	61.80m		
	49.95m	61.75m	61.75m	61.09m	59.76m	61.80m
2	524	Tunks, Jason	ON - London West	59.22m		
	58.12m	58.39m	58.57m	57.83m	58.77m	59.22m
3	526	Turland, Arthur	ON - Independent	52.52m		
	49.65m	50.12m	52.52m	51.50m	FOUL	51.75m
4	453	Ransky, Mike	ON - Independent	51.93m		
	FOUL	47.14m	51.93m	49.88m	51.66m	49.52m
5	224	Doherty, Matthew	AB - Capital Cit	46.97m		
	41.78m	43.24m	FOUL	46.97m	FOUL	44.85m
6	477	Schwartzentruber,	ON - Speed River	46.71m		
	43.67m	46.10m	44.83m	46.71m	46.23m	FOUL
7	569	Young, Mark	ON - Niagara Reg	44.01m		
	43.17m	40.03m	41.80m	44.01m	43.73m	39.83m
8	507	Suppes, Patrick	MB - Flying 'm'	41.64m		
	41.64m	FOUL	FOUL	FOUL	FOUL	FOUL
9	261	Gagné, France	QC - Rouge & Or	38.28m		
	33.09m	37.63m	FOUL	FOUL	FOUL	38.28m
10	404	Millar, Brad	ON - Saugeen	37.38m		
	37.38m	FOUL	FOUL			
11	255	Ford, Zack	ON - London West	36.26m		
	36.26m	FOUL	34.94m			
12	199	Collins, Wiley	ON - London West	35.28m		

FOUL FOUL 35.28m
 13 578 Risto, Shane ON - Niagara Reg 31.26m
 31.26m FOUL FOUL 29.32m FOUL FOUL

Men Hammer Throw 7.26kg

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 Top 12 Advance by Time

Canadian: % 73.79m 2005 Derek Woodske
 Championship: ! 71.76m 1978 Scott Neilson

Name	Year	Team	Prelims
=====			
Preliminaries			
1	500 Steacy, Jim	AB - Chinook TF	% 74.99mq
	74.99m		
2	224 Doherty, Matthew	AB - Capital Cit	59.57mq
	59.57m x		
3	561 Woodske, Derek	BC - Independant	59.49mq
	59.49m x x		
4	526 Turland, Arthur	ON - Independent	58.98mq
	56.08m 58.98m 57.46m		
5	562 Woodske, Joe	BC - Ashland	58.14mq
	58.14m FOUL 54.28m		
6	501 Steacy, Sean	AB - Chinook TF	57.93mq
	FOUL 57.93m FOUL		
7	351 Laforest, Sean	BC - Valley Roy.	57.19mq
	56.92m 56.30m 57.19m		
8	362 Lennie, Nathan	ON - Laurel C.	57.12mq
	FOUL 54.90m 57.12m		
9	428 Negrin, Rob	BC - Kamloops	57.11mq
	57.11m FOUL FOUL		
10	142 Baines, Jason	QC - Corsaire	54.72mq
	54.53m FOUL 54.72m		
11	292 Helf, Kyle	ON - Independent	54.36mq
	53.28m FOUL 54.36m		
12	157 Bepalov, Alexande	QC - Corsaire	53.81mq
	FOUL 53.81m FOUL		
13	286 Harrison, Kevin	AB - Independent	53.72m
	51.01m 51.83m 53.72m		
14	404 Millar, Brad	ON - Saugeen	51.07m
	51.07m FOUL FOUL		
15	392 McEwan, Tipper	ON - Independent	48.43m
	FOUL FOUL 48.43m		
16	468 Rowat, Ryan	ON - Ott. Lions	43.50m
	43.31m 43.50m 41.90m		

Men Hammer Throw 7.26kg

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 Canadian: % 73.79m 2005 Derek Woodske
 Championship: ! 71.76m 1978 Scott Neilson

Name	Year	Team	Finals	Specs.
=====				
Finals				
1	500 Steacy, Jim	AB - Chinook TF	73.60m!	
2	561 Woodske, Derek	BC - Independant	63.11m	
3	224 Doherty, Matthew	AB - Capital Cit	61.60m	
4	501 Steacy, Sean	AB - Chinook TF	60.97m	
5	562 Woodske, Joe	BC - Ashland	59.61m	
6	526 Turland, Arthur	ON - Independent	58.92m	
7	362 Lennie, Nathan	ON - Laurel C.	57.05m	
8	142 Baines, Jason	QC - Corsaire	56.17m	

9	292 Helf, Kyle	ON - Independent	55.99m
10	157 Bespalov, Alexande	QC - Corsaire	55.83m
11	351 Laforest, Sean	BC - Valley Roy.	55.68m
12	428 Negrin, Rob	BC - Kamloops	54.67m

Men Javelin Throw 800g

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	Canadian: %	84.41m	2005	Scott Russell
	Championship: !	80.17m	2001	Scott Russell
Name	Year	Team	Finals	Specs.
=====				
1	490	xSmith, Leigh	US - New Balance	77.35m
2	493	Snyder, Trevor	ON - Windsor Leg	73.06m
3	472	Russell, Scott	ON - Windsor Leg	72.77m
4	281	Harber, Mike	ON - Windsor Leg	66.94m
5	412	Morfitt, Graham	BC - Cowichan	61.05m
6	153	Bernard, Alex	ON - Ott. Lions	60.78m
7	306	Hustler, John	ON - Independent	59.79m
8	213	Daabous, James	ON - Windsor Leg	58.51m
9	557	Withers, Marty	ON - Brights G.	55.14m
10	134	Arbour, Patrick	ON - Ott. Lions	53.81m
11	455	Ray, Tyler	ON - Windsor Leg	53.54m
12	199	Collins, Wiley	ON - London West	52.79m
13	438	Parkinson, Richard	ON - Sisu Throws	50.97m
14	413	Morgan, Kevin	BC - Independant	49.50m