

**2008 CIS Track and Field Championships - 3/6/2008 to 3/9/2008**

McGill University, Montreal

**Meet Program****Event 1 Women 60 Meter Dash****Thursday 3/6/2008 - 7:30 PM**

Two heats, top 3 plus 2 fastest advance

Fieldhouse: 7.44 2007 A.Power/G.Thibault

CIS Meet Rec: 7.37 1994 Sonia Paquette

Lane	Name	Team	Seed	Time
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**Heat 1 of 2 Prelims**

2	407 Sassine, Nicole	Windsor		7.75
3	58 Sobey, Susan	Dalhousie		7.65
4	262 Dugas, Marie-Éve	Sherbrooke		7.57
5	165 Lela, Christiane	Ottawa		7.65
6	397 Harrison, Danielle	Windsor		7.73
7	50 Huck, Leanne	Dalhousie		7.73

**Heat 2 of 2 Prelims**

2	182 Catry, Veronica	Queen's		7.74
3	77 Peirce, Sarah	Guelph		7.71
4	4 Carter, Breanne	Alberta		7.71
5	411 Whitegibson, Billie	Windsor		7.61
6	401 Montcalm, Noelle	Windsor		7.62
7	450 Volcy, Vanessa	York		7.74

**Event 2 Women 300 Meter Dash****Friday 3/7/2008 - 6:30 PM**

Three heats, top 1 plus 3 fastest advance

Fieldhouse: 37.55 2005 Adrienne Power

CIS Meet Rec: 37.35 2005 Adrienne Power

Lane	Name	Team	Seed	Time
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**Heat 1 of 3 Prelims**

3	25 Nelson, Amonn	Calgary		38.40
4	112 Cassidy, Jana	Manitoba		40.08
5	234 Siemens, Sharai	Saskatchewan		40.00
6	50 Huck, Leanne	Dalhousie		40.77

**Heat 2 of 3 Prelims**

2	268 Momoh, Nana	Sherbrooke		40.74
3	262 Dugas, Marie-Éve	Sherbrooke		40.28
4	401 Montcalm, Noelle	Windsor		39.48
5	305 Ruediger, Kate	Toronto		39.97

**Heat 3 of 3 Prelims**

3	165 Lela, Christiane	Ottawa		39.80
4	393 Davis, Shavonne	Windsor		40.29
5	402 O'Brien, Jennifer	Windsor		39.58
6	359 Paluzzi, Tara	Western		40.51

**Event 3 Women 600 Meter Run****Thursday 3/6/2008 - 7:00 PM**

Two heats, top 1 plus 4 fastest advance

Fieldhouse: 1:29.51 3/10/2007 Holly Ratzlaff

CIS Meet Rec: 1:27.63 1984 Camille Cato

Lane	Name	Team	Seed	Time
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**Heat 1 of 2 Prelims**

1	54 Marshall, Joelle	Dalhousie		1:33.99
2	51 Isaacson, Kja	Dalhousie		1:34.59
3	29 Ratzlaff, Holly	Calgary		1:33.17
4	235 Smith, Kailey	Saskatchewan		1:33.44
5	389 Bishop, Melissa	Windsor		1:33.88
6	112 Cassidy, Jana	Manitoba		1:34.58

**Heat 2 of 2 Prelims**

1	268 Momoh, Nana	Sherbrooke		1:36.16
2	324 Pearce, Anastasia	Victoria		1:34.04
3	297 Heale, Liane	Toronto		1:33.68
4	167 Tousaw, Julia	Ottawa		1:32.61
5	57 Peters, Celia	Dalhousie		1:33.59
6	47 Chow, Sophia	Dalhousie		1:34.39

**Event 4 Women 1000 Meter Run****Friday 3/7/2008 - 7:00 PM**

1 turn stagger, 2 boxes, top 4 in box 2

Fieldhouse: 2:45.1h 2003 Sarah Ali-Khan

CIS Meet Rec: 2:42.81 1988 Paula Schnurr

Lane	Name	Team	Seed	Time
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**Section 1 of 1 Finals**

1	348 Angrand, Leila	Western		2:52.47
2	237 Souter, Jenn	Saskatchewan		2:52.86
3	80 Vanhie, Jess	Guelph		2:53.30
4	31 Sim, Heather	Calgary		2:53.33
5	235 Smith, Kailey	Saskatchewan		2:55.05
6	271 Savard, Marilaine	Sherbrooke		2:58.16
7	394 Eberhard, Hannah	Windsor		2:49.85
8	222 Ryer, Ashley	Saint Mary's		2:50.53
9	68 Carson, Lindsay	Guelph		2:50.58
10	81 Vanos, Jenni	Guelph		2:51.53

## 2008 CIS Track and Field Championships - 3/6/2008 to 3/9/2008

McGill University, Montreal

## Meet Program

**Event 5 Women 1500 Meter Run****Saturday 3/8/2008 - 2:45 PM****1 turn stagger, 2 boxes, top 4 in box 2****Fieldhouse: 4:18.75 3/10/2007 Megan Brown****CIS Meet Rec: 4:15.41 1988 Paula Schnurr**

Lane	Name	Team	Seed Time
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**Section 1 of 1 Finals**

1	348 Angrand, Leila	Western	4:33.55
2	237 Souter, Jenn	Saskatchewan	4:33.81
3	27 O'Connell, Jessica	Calgary	4:33.93
4	185 Larocque, Leah	Queen's	4:34.46
5	76 Novak, Shantelle	Guelph	4:35.71
6	290 Stewart, Gina	StFX	4:38.70
7	139 Lightman, Deborah	McGill	4:42.32
8	322 Hinthier, Ashley	Victoria	NT
9	68 Carson, Lindsay	Guelph	4:31.39
10	394 Eberhard, Hannah	Windsor	4:31.40
11	31 Sim, Heather	Calgary	4:32.60
12	6 Findlay, Paula	Alberta	4:32.82

**Event 6 Women 3000 Meter Run****Friday 3/7/2008 - 7:30 PM****Waterfall start****Fieldhouse: 9:15.83 2000 Sarah Dillabaugh****CIS Meet Rec: 9:04.88 1988 Brenda Shackleton**

Lane	Name	Team	Seed Time
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**Section 1 of 1 Finals**

1	68 Carson, Lindsay	Guelph	9:28.69
2	322 Hinthier, Ashley	Victoria	9:37.04
3	390 Brooking, Lisa	Windsor	9:43.31
4	6 Findlay, Paula	Alberta	9:46.28
5	27 O'Connell, Jessica	Calgary	9:46.58
6	186 Sexton, Leslie	Queen's	9:48.56
7	321 Attorp, Adrienne	Victoria	9:50.94
8	290 Stewart, Gina	StFX	9:54.88
9	69 Cliff, Rachel	Guelph	9:55.27
10	289 Skotty, Sarah	StFX	9:55.96
11	114 Mink, Georgette	Manitoba	10:01.14
12	146 Whyte, Lauren	McGill	10:02.47

**Event 7 Women 60 Meter Hurdles****Friday 3/7/2008 - 1:30 PM****Two heats, top 3 plus 2 fastest advance****Fieldhouse: 8.28 3/9/2007 Jessica Zelinka****CIS Meet Rec: 8.23 1997 Sonia Paquette**

Lane	Name	Team	Seed Time
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**Heat 1 of 2 Prelims**

2	334 Bell, Jenna	Waterloo	9.14
3	262 Dugas, Marie-Éve	Sherbrooke	8.43
4	8 Kupper, Sue	Alberta	9.00
5	350 Cotten, Jennifer	Western	8.81
6	401 Montcalm, Noelle	Windsor	8.75
7	403 Phillips, Natalie	Windsor	9.02

**Heat 2 of 2 Prelims**

2	211 Valois, Chelsea	Regina	9.12
3	208 Polischuk, Janine	Regina	8.70
4	356 McParland, Shellie	Western	8.88
5	236 Somogyi, Jolean	Saskatchewan	8.99
6	396 Francis, Latesha	Windsor	8.65
7	388 Anobile, Charelle	Windsor	9.09

**Event 8 Women 4x200 Meter Relay****Friday 3/7/2008 - 2:00 PM****Three heats, top 1 plus 3 fastest advance****Fieldhouse: 1:37.57 1999 Saskatchewan****CIS Meet Rec: 1:37.11 1997 Windsor**

Lane	Team	Relay	Seed Time
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**Heat 1 of 3 Prelims**

3	Regina	A	1:43.20
1) 200 Bewcyk, Laura	2) 207 Omene, Eseroghene		
3) 204 Hawrysh, Cassie	4) 210 Ruller, Amanda		
5) 208 Polischuk, Janine			
4	Dalhousie	A	1:43.21
1) 46 Campbell, Katie	2) 48 Dobranowski, Alicia		
3) 49 Heathcote, Joanna	4) 50 Huck, Leanne		
5) 56 McNeil, Amanda	6) 58 Sobey, Susan		
5	Calgary	A	1:41.02
1) 25 Nelson, Amonn	2) 22 Gray, Tessa		
3) 24 Lotwin, Kelsey	4) 29 Ratzlaff, Holly		
6	Queen's	A	1:45.77
1) 182 Catry, Veronica	2) 187 Tam, Jen		
3) 184 Krech, Michele	4) 183 King, Angela		
5) 181 Beretta, Pauliina			

**Heat 2 of 3 Prelims**

3	Toronto	A	1:43.87
1) 305 Ruediger, Kate	2) 300 McBean, Athena		
3) 299 Kuluski, Kerry	4) 295 Colangelo, Sarah		
5) 291 Atine, Maureen	6) 292 Atwell, Aria		
4	Windsor	A	1:41.35
1) 401 Montcalm, Noelle	2) 393 Davis, Shavonne		
3) 407 Sassine, Nicole	4) 402 O'Brien, Jennifer		
5) 411 Whitegibson, Billie			
5	Alberta	A	1:42.63
1) 4 Carter, Breanne	2) 5 Carter, Zan		
3) 9 Peters, Kendra	4) 11 Smith, Courtney		
5) 3 Buchko, Amanda			
6	McGill	A	1:45.66
1) 135 Cameron-Vendrig,	2) 138 Kellar-Parsons, Hilary		
3) 141 McPhee, Alyson	4) 142 Momoh, Fatihat		
5) 134 Battiston, Alana	6) 137 Elmore, Katherine		

**2008 CIS Track and Field Championships - 3/6/2008 to 3/9/2008****McGill University, Montreal****Meet Program****Heat 3 of 3 Prelims...(Event 8 Women 4x200 Meter Relay)**

3	Manitoba	A	1:42.11
	1) 115 Miskimmin, Caley		2) 112 Cassidy, Jana
	3) 113 King, Diana		4) 117 Woo, Meaghan
	5) 111 Bordun, Kim		
4	Saskatchewan	A	1:44.26
	1) 228 Gerstmar, Ashley		2) 234 Siemens, Sharai
	3) 231 Kuspira, Katelyn		4) 243 Yuzik, Carrie
	5) 236 Somogyi, Jolean		
5	Western	A	1:41.84
	1) 350 Cotten, Jennifer		2) 352 Grieve, Lisa
	3) 362 Perrault, Jen		4) 367 Solomon, Sherelle
	5) 359 Paluzzi, Tara		
6	Sherbrooke	A	1:44.34
	1) 262 Dugas, Marie-Éve		2) 261 Delisle, Pascale
	3) 266 Lesur, Anne-sophie		4) 259 Bergeron, Mireille
	5) 264 Lambert Beaulieu, Eve		6) 268 Momoh, Nana

**Event 9 Women 4x400 Meter Relay****Saturday 3/8/2008 - 3:30 PM****2 Timed Sections, fastest last****Fieldhouse: 3:47.77 1999****Saskatchewan****CIS Meet Rec: 3:41.11 1992****Manitoba****Lane Team Relay Seed Time****Section 1 of 2 Finals**

1	McGill	A	3:57.19
	1) 135 Cameron-Vendrig,		2) 137 Elmore, Katherine
	3) 142 Momoh, Fatihat		4) 138 Kellar-Parsons, Hilary
	5) 136 Drouin-Audet,		6) 134 Battiston, Alana
2	Manitoba	A	3:54.95
	1) 113 King, Diana		2) 111 Bordun, Kim
	3) 117 Woo, Meaghan		4) 112 Cassidy, Jana
	5) 115 Miskimmin, Caley		
3	Toronto	A	3:51.18
	1) 305 Ruediger, Kate		2) 297 Heale, Liane
	3) 300 McBean, Athena		4) 307 Serafini, Rosa
	5) 295 Colangelo, Sarah		6) 298 Hein, Mary
4	Western	A	3:49.47
	1) 350 Cotten, Jennifer		2) 352 Grieve, Lisa
	3) 359 Paluzzi, Tara		4) 362 Perrault, Jen
	5) 363 Ricks, Jen		6) 365 Siemon, Vicky
5	Calgary	A	3:51.26
	1) 25 Nelson, Amonn		2) 22 Gray, Tessa
	3) 24 Lotwin, Kelsey		4) 29 Ratzlaff, Holly
	5) 30 Romero, Rachel		
6	Dalhousie	A	3:54.93
	1) 46 Campbell, Katie		2) 47 Chow, Sophia
	3) 48 Dobranowski, Alicia		4) 50 Huck, Leanne
	5) 51 Isaacson, Kja		6) 54 Marshall, Joelle

**Section 2 of 2 Finals**

1	Guelph	A	4:02.63
	1) 70 Gauthier, Jacqueline		
2	Waterloo	A	4:01.54
	1) 335 Bickle, Kate		2) 336 Hauseman, Jaime
	3) 338 Willits, Cindy		4) 334 Bell, Jenna
	5) 337 Malleck, Julia		
3	Saskatchewan	A	3:58.96
	1) 234 Siemens, Sharai		2) 227 Friesen, Julene
	3) 228 Gerstmar, Ashley		4) 235 Smith, Kailey
	5) 229 Hanbidge, Helen		
4	Windsor	A	3:57.46
	1) 393 Davis, Shavonne		2) 400 Mokedanz, Amanda
	3) 402 O'Brien, Jennifer		4) 389 Bishop, Melissa
	5) 401 Montcalm, Noelle		6) 409 Slegers, Andrina
5	Laval	A	3:59.43
	1) 99 Forcier, Stéphanie		2) 101 Michaud, Annick
	3) 102 Nadeau, Catherine		4) 100 Harvey, Laurélie
6	Alberta	A	4:00.69
	1) 4 Carter, Breanne		2) 5 Carter, Zan
	3) 9 Peters, Kendra		4) 11 Smith, Courtney
	5) 3 Buchko, Amanda		

**2008 CIS Track and Field Championships - 3/6/2008 to 3/9/2008**

McGill University, Montreal

**Meet Program****Event 10 Women 4x800 Meter Relay****Friday 3/7/2008 - 9:00 PM**

1 turn stagger, 2 boxes, top 4 in box 2

Fieldhouse: 8:56.53 3/9/2007 Toronto

M. Brown, L. Elmhirst, L. Heale, M. Hein

CIS Meet Rec: 8:41.66 1988 Victoria

Lane	Team	Relay	Seed Time
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**Section 1 of 1 Finals**

1	McGill	A	9:13.17
	1) 136 Drouin-Audet,	2) 139 Lightman, Deborah	
	3) 140 McCurdy, Heather	4) 143 Muddiman, Patricia	
2	Western	A	9:14.05
	1) 348 Angrand, Leila	2) 363 Ricks, Jen	
	3) 364 Shenstone, Johanna	4) 365 Siemon, Vicky	
	5) 370 Webber, Jen		
3	Victoria	A	9:15.07
	1) 321 Attorp, Adrienne	2) 326 Roney, Patricia	
	3) 323 Mitic, Laura	4) 325 Proctor, Sarah	
	5) 322 Hinther, Ashley	6) 324 Pearse, Anastasia	
4	Dalhousie	A	9:16.59
	1) 51 Isaacson, Kja	2) 54 Marshall, Joelle	
	3) 55 McInnes, Caroline	4) 57 Peters, Celia	
	5) 47 Chow, Sophia		
5	Toronto	A	9:16.63
	1) 297 Heale, Liane	2) 307 Serafini, Rosa	
	3) 301 Montgomery, Liz	4) 298 Hein, Mary	
	5) 303 Quehl, Melyssa	6) 296 DiGiacomo, Alex	
6	Sherbrooke	A	9:29.77
	1) 268 Momoh, Nana	2) 271 Savard, Marilaine	
	3) 270 Riopel Meunier, Annie	4) 258 Baribeau, Sarah	
	5) 265 Legault, Veronique	6) 263 Grand'maison, Sara	
7	Windsor	A	9:03.49
	1) 410 Thrasher, Alyssa	2) 389 Bishop, Melissa	
	3) 405 Reid, Jessica	4) 394 Eberhard, Hannah	
	5) 400 Mokedanz, Amanda		
8	Saskatchewan	A	9:08.32
	1) 235 Smith, Kailey	2) 233 Richards, Marcia	
	3) 237 Souter, Jenn	4) 238 Souter, Jodi	
	5) 229 Hanbidge, Helen		
9	Guelph	A	9:09.65
	1) 70 Gauthier, Jacqueline		
10	Calgary	A	9:10.31
	1) 23 Hurdle, Valerie	2) 27 O'Connell, Jessica	
	3) 30 Romero, Rachel	4) 31 Sim, Heather	

**Event 11 Women Long Jump****Friday 3/7/2008 - 6:20 PM**

Fieldhouse: 6.17m 1998

Alice Falaiye

CIS Meet Rec: 6.24m 2001

Jocelyn Adu-Gyamfi

Pos	Name	Team	Seed Mark
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**Flight 1 of 1 Finals**

1	53 Lynch, Mary Francis	Dalhousie	5.22m
2	201 Breker, Nicole	Regina	5.30m
3	74 McArthur, Brae Anne	Guelph	5.48m
4	404 Plummer, Geniene	Windsor	5.50m
5	261 Delisle, Pascale	Sherbrooke	5.50m
6	269 Renaud, Esther	Sherbrooke	5.52m
7	356 McParland, Shellie	Western	5.57m
8	349 Backx, Alanna	Western	5.64m
9	208 Polischuk, Janine	Regina	5.76m
10	396 Francis, Latesha	Windsor	5.76m
11	75 Moody, Michelle	Guelph	5.85m
12	350 Cotten, Jennifer	Western	5.98m

**Event 12 Women Triple Jump****Saturday 3/8/2008 - 2:20 PM**

Fieldhouse: 12.76m 1999

Michelle Hastick

CIS Meet Rec: 13.01m 1993

Kelly Dinsmore

Pos	Name	Team	Seed Mark
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**Flight 1 of 1 Finals**

1	140 McCurdy, Heather	McGill	11.10m
2	392 Campbell, Meagan	Windsor	11.23m
3	368 Sylvester, Sarah	Western	11.25m
4	78 Richardson, Kim	Guelph	11.27m
5	28 Palmer, Tricia	Calgary	11.28m
6	33 Tse, Kim	Calgary	11.33m
7	201 Breker, Nicole	Regina	11.38m
8	304 Revell, Lauren	Toronto	11.43m
9	403 Phillips, Natalie	Windsor	11.65m
10	366 Smith, Alicia	Western	11.97m
11	82 Zachariah, Neb	Guelph	12.19m
12	208 Polischuk, Janine	Regina	12.54m

**2008 CIS Track and Field Championships - 3/6/2008 to 3/9/2008****McGill University, Montreal  
Meet Program****Event 13 Women High Jump****Saturday 3/8/2008 - 12:30 PM**

Fieldhouse: 1.89m 1998 Natalja Jackheere

CIS Meet Rec: 1.87m 1986 Tami Lutz

Pos	Name	Team	Seed	Mark
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**Flight 1 of 1 Finals**

1	391 Burch, Stef	Windsor		1.68m
2	267 Massicotte, Jessica	Sherbrooke		1.65m
3	74 McArthur, Brae Anne	Guelph		1.73m
4	293 Boyle, Sarah	Toronto		1.81m
5	302 Oberth, Gemma	Toronto		1.68m
6	2 Begevin, Lindsey	Alberta		1.81m
7	208 Polischuk, Janine	Regina		1.70m
8	144 Stoffman, Zaria	McGill		1.66m
9	446 Matthews, Kristen	York		1.79m
10	75 Moody, Michelle	Guelph		1.81m
11	71 Hays, Shaneista	Guelph		1.70m
12	443 Hyslop, Margaret	York		1.70m

**Event 14 Women Pole Vault****Friday 3/7/2008 - 6:00 PM**

Fieldhouse: 3.95m 3/9/2007 Adrienne Vangool

CIS Meet Rec: 4.22m 2005 Kelsie Hendry

Pos	Name	Team	Seed	Mark
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**Flight 1 of 1 Finals**

1	294 Bray, Christie	Toronto		3.58m
2	306 Sauks, Kate	Toronto		3.70m
3	353 House, Jenn	Western		3.61m
4	399 Maaten, Dayna	Windsor		3.65m
5	240 Vangool, Adrienne	Saskatchewan		3.97m
6	406 Rieser, Erika	Windsor		3.72m
7	442 Hamilton, Heather	York		3.85m
8	444 Lyons, Adrianna	York		3.57m
9	116 Robson, Vicky	Manitoba		3.80m
10	241 Vause, Leah	Saskatchewan		3.97m
11	145 Osborne, Esther	McGill		3.41m
12	8 Kupper, Sue	Alberta		3.87m

**Event 15 Women Shot Put 4 kg****Friday 3/7/2008 - 7:10 PM**

Fieldhouse: 14.74m 3/9/2007 Jessica Zelinka

CIS Meet Rec: 15.31m 1990 Shannon Kekula

Pos	Name	Team	Seed	Mark
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**Flight 1 of 1 Finals**

1	226 Facca, Lindsay	Saskatchewan		12.14m
2	242 Vollman, Michelle	Saskatchewan		12.15m
3	13 Way, Jenilee	Alberta		12.20m
4	355 McIntosh, Sarah	Western		12.21m
5	52 Jones, Lindsay	Dalhousie		12.38m
6	334 Bell, Jenna	Waterloo		12.40m
7	203 Fowler, Caitlin	Regina		12.62m
8	441 Edney, Megan	York		12.74m
9	354 Manson, Sarah	Western		13.07m
10	239 Spies, Chantel	Saskatchewan		13.47m
11	72 Jackson, Steph	Guelph		13.65m
12	360 Patterson, Heather	Western		13.66m

**Event 16 Women Weight Throw 25 lbs****Thursday 3/6/2008 - 1:00 PM**

Fieldhouse: 17.97m 2006 Marie-Josée Le Jour

CIS Meet Rec: 19.66m 2005 Kate Forbes

Pos	Name	Team	Seed	Mark
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**Flight 1 of 1 Finals**

1	232 Mackie, Kristen	Saskatchewan		14.88m
2	203 Fowler, Caitlin	Regina		14.90m
3	354 Manson, Sarah	Western		14.93m
4	72 Jackson, Steph	Guelph		15.19m
5	242 Vollman, Michelle	Saskatchewan		15.25m
6	73 Kwiatkowski, Daniela	Guelph		15.30m
7	206 Klimm, Sarah	Regina		15.40m
8	103 Sow, Caroline	Laval		15.69m
9	360 Patterson, Heather	Western		15.72m
10	223 Dubourt, Liz	Saskatchewan		16.07m
11	13 Way, Jenilee	Alberta		17.45m
12	109 Steacy, Heather	Lethbridge		17.46m

**Event 18 Men 60 Meter Dash****Thursday 3/6/2008 - 7:45 PM**

Two heats, top 3 plus 2 fastest advance

Fieldhouse: 6.56 2002 Nick Macrozonaris

CIS Meet Rec: 6.58 2002 Ibramhim Meite

Lane	Name	Team	Seed	Time
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**Heat 1 of 2 Prelims**

2	19 Roesenke, Adam	Alberta		6.95
3	254 Rinholm, Graeme	Saskatchewan		6.94
4	453 Fajardo, Randolph	York		6.82
5	379 Kerr, Jason	Western		6.86
6	37 Effah, Sam	Calgary		6.72
7	156 Sarfati, David	McGill		7.00

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McGill University, Montreal

**Meet Program****Heat 2 of 2 Prelims...(Event 18 Men 60 Meter Dash)**

2	382 Middleton, Matt	Western	6.96
3	43 Sinclair, Justin	Calgary	6.88
4	455 Halstead, Tyrone	York	6.76
5	380 McAuley, Randy	Western	6.90
6	14 Boussombo, Antoine	Alberta	6.81
7	20 Roesenke, Daniel	Alberta	6.95

**Event 19 Men 300 Meter Dash****Friday 3/7/2008 - 6:45 PM****Three heats, top 1 plus 3 fastest advance****Fieldhouse: 32.95 2002 Shane Neimi****CIS Meet Rec: 33.40 1999 Alexandre Marchand**

<b>Lane Name</b>	<b>Team</b>	<b>Seed Time</b>
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**Heat 1 of 3 Prelims**

3	37 Effah, Sam	Calgary	34.19
4	125 Ferguson, Quin	Manitoba	34.87
5	133 Szczepaniak, David	Manitoba	35.06
6	156 Sarfati, David	McGill	35.66

**Heat 2 of 3 Prelims**

2	453 Fajardo, Randolph	York	35.35
3	14 Boussombo, Antoine	Alberta	35.11
4	282 Komenan, Valery	Sherbrooke	34.76
5	179 Robertson, Michael	Ottawa	34.37

**Heat 3 of 3 Prelims**

3	283 Labelle, Shane	Sherbrooke	34.75
4	380 McAuley, Randy	Western	35.14
5	40 Ratzlaff, Trent	Calgary	34.67
6	44 Sumani, Hafeez	Calgary	35.28

**Event 20 Men 600 Meter Run****Thursday 3/6/2008 - 7:15 PM****Two heats, top 1 plus 4 fastest advance****Fieldhouse: 1:17.26 2000 Alexandre Marchand****CIS Meet Rec: 1:16.10 1995 Byron Goodwin**

<b>Lane Name</b>	<b>Team</b>	<b>Seed Time</b>
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**Heat 1 of 2 Prelims**

1	125 Ferguson, Quin	Manitoba	1:20.32
2	454 Finn, Ryan	York	1:21.18
3	85 Gamble, Dustin	Guelph	1:19.54
4	169 Cummings, Brian	Ottawa	1:19.76
5	40 Ratzlaff, Trent	Calgary	1:18.95
6	127 Kilcullen, Sheldon	Manitoba	1:20.64

**Heat 2 of 2 Prelims**

1	285 Nken, Moise Junior	Sherbrooke	1:20.72
2	281 Gravel, Benjamin	Sherbrooke	1:20.32
3	105 Lecours, Tommy	Laval	1:19.31
4	59 Albert, Ueli	Dalhousie	1:19.32
5	333 Mazzei, Darren	Victoria	1:19.92
6	42 Saizew, Mike	Calgary	1:20.74

**Event 21 Men 1000 Meter Run****Friday 3/7/2008 - 7:15 PM****1 turn stagger, 2 boxes, top 4 in box 2****Fieldhouse: 2:23.08 1999 Sebastien Ouellet****CIS Meet Rec: 2:23.08 1999 Sebastien Ouellet**

<b>Lane Name</b>	<b>Team</b>	<b>Seed Time</b>
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**Section 1 of 1 Finals**

1	433 Savard, Kevin	Windsor	2:27.32
2	281 Gravel, Benjamin	Sherbrooke	2:27.85
3	59 Albert, Ueli	Dalhousie	2:28.22
4	460 Ristic, Stefan	York	2:28.25
5	195 Novakowski, Braden	Queen's	2:28.27
6	106 Lévesque, Gino	Laval	2:28.94
7	105 Lecours, Tommy	Laval	2:25.67
8	434 Sinclair, Matt	Windsor	2:26.40
9	191 Hulse, Matt	Queen's	2:26.58
10	454 Finn, Ryan	York	2:27.16

**Event 22 Men 1500 Meter Run****Saturday 3/8/2008 - 3:00 PM****1 turn stagger, 2 boxes, top 4 in box 2****Fieldhouse: 3:49.83 2/17/2007 Jean Nduwinigoma****CIS Meet Rec: 3:46.85 1990 Allan Klassen**

<b>Lane Name</b>	<b>Team</b>	<b>Seed Time</b>
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**Section 1 of 1 Finals**

1	62 Corbit, John	Dalhousie	3:52.75
2	191 Hulse, Matt	Queen's	3:53.30
3	195 Novakowski, Braden	Queen's	3:53.88
4	327 Burke, Logan	Victoria	3:56.82
5	63 Corrigan, Peter	Dalhousie	3:57.40
6	329 Jackson, David	Victoria	4:00.97
7	331 Mallie, Johannes	Victoria	4:01.83
8	332 Martinson, Geoff	Victoria	4:01.83
9	280 Genest, Alex	Sherbrooke	3:51.81
10	286 Poulin-Cadovius,	Sherbrooke	3:52.48
11	417 Coates, Andrew	Windsor	3:52.62
12	434 Sinclair, Matt	Windsor	3:52.69

**2008 CIS Track and Field Championships - 3/6/2008 to 3/9/2008**

McGill University, Montreal

**Meet Program****Event 23 Men 3000 Meter Run****Friday 3/7/2008 - 7:50 PM**

Waterfall start

Fieldhouse: 8:14.68 1999 Jeremy Deere

CIS Meet Rec: 7:59.29 1996 Jeff Schiebler

Lane	Name	Team	Seed	Time
<b>Section 1 of 1 Finals</b>				
1	280 Genest, Alex	Sherbrooke		8:05.61
2	417 Coates, Andrew	Windsor		8:16.59
3	329 Jackson, David	Victoria		8:17.13
4	427 Marial, Deng	Windsor		8:20.37
5	286 Poulin-Cadovius,	Sherbrooke		8:20.57
6	437 Weston, Dave	Windsor		8:21.11
7	61 Christie, Russell	Dalhousie		8:24.77
8	327 Burke, Logan	Victoria		8:24.95
9	310 Bredin, Etienne	Toronto		8:27.34
10	126 Hunter, Kristjan	Manitoba		8:28.88
11	412 Aguanno, Andrew	Windsor		8:29.39
12	273 Buzingo, Ferdinand	Sherbrooke		8:41.97

**Event 24 Men 60 Meter Hurdles****Friday 3/7/2008 - 1:45 PM**

Two heats, top 3 plus 2 fastest advance

Fieldhouse: 7.75 2/18/2006 Charles Allen

CIS Meet Rec: 7.83 1983 Mark McCoy

Lane	Name	Team	Seed	Time
<b>Heat 1 of 2 Prelims</b>				
2	313 James, Andre	Toronto		8.44
3	318 Stewart, Mark	Toronto		8.02
4	282 Komenan, Valery	Sherbrooke		8.35
5	213 Baker, Justin	Regina		8.43
6	171 Fawcett, Tyler	Ottawa		8.26
7	244 Baron, Marc	Saskatchewan		8.58
<b>Heat 2 of 2 Prelims</b>				
2	416 Boots, Greg	Windsor		8.50
3	129 Moolchan, Kieran	Manitoba		8.38
4	95 Sorenson, Cody	Guelph		8.22
5	465 Theriau, Christopher	York		8.16
6	16 Cunningham, Marcus	Alberta		8.42
7	377 Hinds, Karam	Western		8.50

**Event 25 Men 4x200 Meter Relay****Friday 3/7/2008 - 2:15 PM**

Three heats, top 1 plus 3 fastest advance

Fieldhouse: 1:24.85 1/27/2007 Legacy Athletics

T. Christopher, A. Kunkel, K. Nelson, N. Hurtubise

CIS Meet Rec: 1:26.01 2007 Sherbrooke

Lane	Team	Relay	Seed	Time
<b>Heat 1 of 3 Prelims</b>				
3	Western	A		1:30.17
	1) 374 Gooch, Rob		2) 380 McAuley, Randy	
	3) 382 Middleton, Matt		4) 383 Newbert, Joel	
	5) 386 Rigby, Mario			
4	Windsor	A		1:30.70
	1) 428 McLaughlin, Mike		2) 425 Lamarche, Steve	
	3) 432 Reid, Christopher		4) 423 Geer, Keenan	
5	Calgary	A		1:27.55
	1) 37 Effah, Sam		2) 43 Sinclair, Justin	
	3) 42 Saizew, Mike		4) 44 Sumani, Hafeez	
	5) 38 Kimick, Evan			
6	Toronto	A		1:31.60
	1) 318 Stewart, Mark		2) 313 James, Andre	
	3) 319 Stinson, Mark		4) 309 Anderson, Corey	
	5) 316 Rodriguez, Felipe		6) 314 Marchie, Augustine	
<b>Heat 2 of 3 Prelims</b>				
3	Saskatchewan	A		1:28.97
	1) 256 Simair, Joshua		2) 245 Buhs, Curtis	
	3) 254 Rinholm, Graeme		4) 248 McLellan, Julian	
	5) 255 Simair, Chris		6) 249 Neufeldt, Evan	
4	Ottawa	A		1:31.14
	1) 170 Despres-Bedward,		2) 172 Gauthier-Kwan, Olivier	
	3) 174 Holness, Balarama		4) 178 Risling, Tony	
	5) 177 Pyper, Todd		6) 171 Fawcett, Tyler	
5	York	A		1:29.90
	1) 453 Fajardo, Randolph		2) 455 Halstead, Tyrone	
	3) 456 Mayer, David		4) 458 Morrison, Omotayo	
	5) 459 Ng, Benson		6) 463 Stiver-Balla, Mat	
6	Regina	A		1:31.25
	1) 215 Clark, Eric		2) 221 Luba, Mark	
	3) 212 Andersen, Leslie		4) 213 Baker, Justin	
	5) 216 Ehman, Brennan		6) 218 Huber, Wade	

**2008 CIS Track and Field Championships - 3/6/2008 to 3/9/2008****McGill University, Montreal****Meet Program****Heat 3 of 3 Prelims...(Event 25 Men 4x200 Meter Relay)**

3	Sherbrooke	A	1:30.00
	1) 282 Komenan, Valery		2) 283 Labelle, Shane
	3) 272 Baibakov, Konstantin		4) 284 Lacerte,
	5) 274 Coté, Pierre		6) 287 Rachati, Nadem
4	Waterloo	A	1:31.08
	1) 340 Derksen, Jeremiah		2) 341 Ewen, Kirk
	3) 345 Raymond, Kyle		4) 344 Muirhead, Jacob
	5) 339 Bahm, Mathew		
5	Manitoba	A	1:28.83
	1) 133 Szczepaniak, David		2) 125 Ferguson, Quin
	3) 128 Labbe, Nathan		4) 123 Durand, Zach
	5) 124 Esau, Kevin		6) 129 Moolchan, Kieran
6	McGill	A	1:31.31
	1) 147 Archibald, Andrew		2) 148 Bateson, Blair
	3) 156 Sarfati, David		4) 152 Mangalindan, Miguel
	5) 154 Rehel, Brendan		

**Event 26 Men 4x400 Meter Relay****Saturday 3/8/2008 - 3:45 PM****2 Timed Sections, fastest last****Fieldhouse: 3:15.21 2000 Saskatchewan****E. Touplin, J. Moser, B. Dunville, G. Drake****CIS Meet Rec: 3:14.60 1993 Western****Lane Team Relay Seed Time****Section 1 of 2 Finals**

1	Queen's	A	3:22.26
	1) 196 Prime, Mikey		2) 190 Heller, Adrian
	3) 194 Nishiyama, Michael		4) 192 Morrison, Russell
	5) 193 Nightingale, Tyler		6) 198 Wilson, Brian
2	Saskatchewan	A	3:21.79
	1) 254 Rinholm, Graeme		2) 245 Buhs, Curtis
	3) 255 Simair, Chris		4) 256 Simair, Joshua
	5) 249 Neufeldt, Evan		6) 248 McLellan, Julian
3	Calgary	A	3:18.28
	1) 37 Effah, Sam		2) 38 Kimick, Evan
	3) 42 Saizew, Mike		4) 40 Ratzlaff, Trent
	5) 44 Sumani, Hafeez		
4	Ottawa	A	3:17.62
	1) 179 Robertson, Michael		2) 169 Cummings, Brian
	3) 171 Fawcett, Tyler		4) 177 Pyper, Todd
	5) 180 Taillon, Marc-Philippe		6) 173 Harrietha, Andrew
5	Manitoba	A	3:18.69
	1) 133 Szczepaniak, David		2) 124 Esau, Kevin
	3) 127 Kilcullen, Sheldon		4) 125 Ferguson, Quin
	5) 123 Durand, Zach		
6	Sherbrooke	A	3:19.73
	1) 282 Komenan, Valery		2) 283 Labelle, Shane
	3) 285 Nken, Moise Junior		4) 281 Gravel, Benjamin
	5) 275 El Fouladi, Yassine		6) 274 Coté, Pierre

**Section 2 of 2 Finals**

1	McGill	A	3:25.37
	1) 148 Bateson, Blair		2) 156 Sarfati, David
	3) 155 Roberts, Andrew		4) 149 Douglas, Kenneth
	5) 150 Douglas, Stephen		
2	Regina	A	3:24.44
	1) 212 Andersen, Leslie		2) 215 Clark, Eric
	3) 216 Ehman, Brenan		4) 221 Luba, Mark
	5) 213 Baker, Justin		6) 217 Foote, Mason
3	Windsor	A	3:23.64
	1) 432 Reid, Christopher		2) 425 Lamarche, Steve
	3) 422 Eldridge, Dustin		4) 423 Geer, Keenan
	5) 428 McLaughlin, Mike		6) 426 Lane, Ben
4	Western	A	3:23.11
	1) 383 Newbert, Joel		2) 376 Hayward, Nate
	3) 380 McAuley, Randy		4) 374 Gooch, Rob
	5) 386 Rigby, Mario		
5	Guelph	A	3:24.16
6	Waterloo	A	3:24.25
	1) 341 Ewen, Kirk		2) 344 Muirhead, Jacob
	3) 342 Lawrence, Colin		4) 340 Derksen, Jeremiah
	5) 339 Bahm, Mathew		

**2008 CIS Track and Field Championships - 3/6/2008 to 3/9/2008**

McGill University, Montreal

**Meet Program****Event 27 Men 4x800 Meter Relay****Friday 3/7/2008 - 9:15 PM****1 turn stagger, 2 boxes, top 4 in box 2****Fieldhouse: 7:33.91 3/10/2007 Victoria****B. Green, R. Lehman, J. Mallie, G. Martinson****CIS Meet Rec: 7:29.23 1995 Manitoba**

Lane	Team	Relay	Seed Time
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**Section 1 of 1 Finals**

1	Guelph	A	7:44.61
2	Sherbrooke	A	7:44.86
	1) 276 Fauteux-Brault,	2) 281 Gravel, Benjamin	
	3) 286 Poulin-Cadovius, James	4) 285 Nken, Moise Junior	
	5) 280 Genest, Alex	6) 273 Buzingo, Ferdinand	
3	Calgary	A	7:46.43
	1) 39 Nicol, Scott	2) 45 Theriault, Madison	
	3) 42 Saizew, Mike	4) 41 Russell, Ryan	
	5) 38 Kimick, Evan		
4	Manitoba	A	7:46.90
	1) 127 Kilcullen, Sheldon	2) 119 Carr, Paul	
	3) 126 Hunter, Kristjan	4) 118 Barnett, Colin	
5	York	A	7:47.96
	1) 452 Bashucky, Mike	2) 454 Finn, Ryan	
	3) 457 Montgomery, Kevin	4) 460 Ristic, Stefan	
	5) 461 Ruck, Trevor		
6	Dalhousie	A	8:11.73
	1) 59 Albert, Ueli	2) 61 Christie, Russell	
	3) 62 Corbit, John	4) 63 Corrigan, Peter	
	5) 65 Gorman, Dan		
7	Victoria	A	7:37.26
	1) 332 Martinson, Geoff	2) 333 Mazzei, Darren	
	3) 331 Mallie, Johannes	4) 330 Lehman, Richard	
8	Windsor	A	7:39.16
	1) 426 Lane, Ben	2) 424 Kellar, Adam	
	3) 434 Sinclair, Matt	4) 433 Savard, Kevin	
9	Queen's	A	7:42.88
	1) 188 Brens, Chris	2) 195 Novakowski, Braden	
	3) 189 Burr, David	4) 191 Hulse, Matt	
	5) 194 Nishiyama, Michael		
10	Laval	A	7:43.90
	1) 104 Laflamme, Pier-Olivier	2) 105 Lecours, Tommy	
	3) 106 Lévesque, Gino	4) 107 Michaud, Dominic	
	5) 108 Vicente, Laurent		

**Event 28 Men Long Jump****Friday 3/7/2008 - 7:50 PM****Fieldhouse: 7.61m 1999****Craig Cananaugh****CIS Meet Rec: 7.64m 2003****Patrick Banim-Massok**

Pos	Name	Team	Seed Mark
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**Flight 1 of 1 Finals**

1	60 Bernard, Anthony	Dalhousie	6.64m
2	279 Fredette, Maxime	Sherbrooke	6.68m
3	162 Holbik-Siu, Nick	McMaster	6.81m
4	431 Patten, Brayen	Windsor	6.86m
5	15 Cardoza, Matthew	Alberta	6.89m
6	418 Dandie, Anthony	Windsor	6.93m
7	16 Cunningham, Marcus	Alberta	6.97m
8	89 Kuruneri, Guyson	Guelph	6.97m
9	128 Labbe, Nathan	Manitoba	7.05m
10	436 Warnock, Ben	Windsor	7.14m
11	218 Huber, Wade	Regina	7.18m
12	378 Judge, Andrew	Western	7.24m

**Event 29 Men Triple Jump****Saturday 3/8/2008 - 12:00 PM****Fieldhouse: 16.15m 2/22/2003****Shawn Peters****CIS Meet Rec: 15.80m 2002****Patrick Banim-Massok**

Pos	Name	Team	Seed Mark
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**Flight 1 of 1 Finals**

1	151 Esch, Keith	McGill	13.15m
2	315 Mei, Jason	Toronto	13.26m
3	86 Haynes, Cornell	Guelph	13.69m
4	218 Huber, Wade	Regina	13.73m
5	418 Dandie, Anthony	Windsor	13.86m
6	67 Rodgers, Tyler	Dalhousie	14.03m
7	219 Jestadt, Ian	Regina	14.09m
8	87 Honig, Kevin	Guelph	14.10m
9	385 Quilty, Pat	Western	14.31m
10	420 Edwards, Darl	Windsor	14.53m
11	378 Judge, Andrew	Western	14.66m
12	462 St Bernard, David	York	14.70m

**2008 CIS Track and Field Championships - 3/6/2008 to 3/9/2008****McGill University, Montreal  
Meet Program****Event 30 Men High Jump****Friday 3/7/2008 - 6:50 PM**Fieldhouse: 2.27m 1996 Kwaku Boateng  
CIS Meet Rec: 2.24m 1993 Alex Zaliauskas

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	421 Edwards, Josh	Windsor		1.99m
2	246 Crooks, Lincoln	Saskatchewan		1.95m
3	312 Dillon, Mark	Toronto		2.19m
4	64 Fox, Steve	Dalhousie		1.92m
5	387 Witmer, Alex	Western		2.10m
6	88 Killam, Kyle	Guelph		1.98m
7	151 Esch, Keith	McGill		1.99m
8	420 Edwards, Darl	Windsor		1.94m
9	328 Chenery, Mark	Victoria		1.98m
10	15 Cardoza, Matthew	Alberta		2.01m
11	21 Savill, Kalan	Alberta		1.95m
12	86 Haynes, Cornell	Guelph		2.01m

**Event 31 Men Pole Vault****Saturday 3/8/2008 - 1:00 PM**Fieldhouse: 5.40m 2008 Jason Wurster  
CIS Meet Rec: 5.65m 1992 Doug Wood

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	252 Petrucha, Taylor	Saskatchewan		4.97m
2	277 Foley, David	Sherbrooke		5.10m
3	278 Foley, Eric	Sherbrooke		4.57m
4	435 Vukasovic, Jeff	Windsor		4.60m
5	97 Vaughan, Richard	Guelph		4.57m
6	122 Dressler, Scot	Manitoba		4.61m
7	419 Dorion, Josh	Windsor		4.69m
8	320 Wurster, Jason	Toronto		5.43m
9	34 Baerg, Mark	Calgary		4.50m
10	251 Petrucha, Dillon	Saskatchewan		4.52m
11	311 Creighton, Doug	Toronto		4.90m
12	414 Bianchi, Jeff	Windsor		4.52m

**Event 32 Men Shot Put 7.26 kg****Saturday 3/8/2008 - 1:40 PM**Fieldhouse: 17.52m 3/10/2007 Jim Steacy  
CIS Meet Rec: 18.46m 2004 Chris Meisner

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	220 Kleefeld, Mark	Regina		14.20m
2	130 Sedor, Mat	Manitoba		14.26m
3	381 McDonald, Dan	Western		14.39m
4	98 Willems, Owen	Guelph		14.43m
5	92 Pignataro, Jared	Guelph		14.51m
6	253 Pickering, Chris	Saskatchewan		14.55m
7	257 Smith, Andrew	Saskatchewan		14.56m
8	430 Morencie, Matt	Windsor		15.05m
9	373 Englert, Benedikt	Western		15.40m
10	429 Miller, Mike	Windsor		16.24m
11	96 Szpak, Pat	Guelph		16.34m
12	17 Doherty, Matthew	Alberta		16.53m

**Event 33 Men Weight Throw 35 lbs****Friday 3/7/2008 - 2:30 PM**Fieldhouse: 23.61m 3/9/2007 Jim Steacy  
CIS Meet Rec: 23.61m 2007 Jim Steacy

Pos	Name	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	288 Thériault,	Sherbrooke		10.88m
2	257 Smith, Andrew	Saskatchewan		15.19m
3	371 Archer, Josh	Western		15.20m
4	66 O'Hagan, Joshua	Dalhousie		15.22m
5	131 Sheffield, Andrew	Manitoba		15.41m
6	120 Charrier, Justin	Manitoba		15.61m
7	253 Pickering, Chris	Saskatchewan		15.86m
8	132 Suppes, Garth	Manitoba		16.11m
9	91 McCrank, Dustin	Guelph		16.61m
10	98 Willems, Owen	Guelph		18.29m
11	110 Steacy, Sean	Lethbridge		19.36m
12	17 Doherty, Matthew	Alberta		20.50m