

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to  
James Daly Field House  
Results**

**Women 60 Meter Dash**

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Top 3 + next 2 fastest times advance

USports Rec: # 7.19 2015 Khamica Bingham, York

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Leduc, A		Laval Rouge-et-Or	7.22	7.21Q	1
2 Ntambue, D		McGill	7.32	7.40Q	2 7.392
3 Ogor, V		Western Mustangs	7.28	7.40Q	2 7.399
4 Richardson-Wilson, D		U of Calgary	7.40	7.47Q	1
5 Smith, D		York Lions	7.51	7.52Q	1
6 Willems, P		Saskatchewan	7.49	7.58Q	2
7 Woitas, K		Saskatchewan	7.50	7.56q	1
8 Cole, G		Guelph Gryphons	7.42	7.57q	1
9 Manor, K		Ottawa Gee-Gees	7.53	7.60	2
10 Brown, J		York Lions	7.54	7.61	2
11 Wallace, T		Western Mustangs	7.56	7.66	1
12 Langille, J		Unb Reds	7.66	7.67	2
13 Igbiki, G		Saskatchewan	7.49	7.69	2
14 Candrllic, A		Guelph Gryphons	7.56	7.71	1

**Women 60 Meter Dash**

=====  
Top 3 + next 2 fastest times advance

USports Rec: # 7.19 2015 Khamica Bingham, York

Name	Year	School	Prelims	Finals	Points
Finals					
1 Leduc, A		Laval Rouge-et-Or	7.21	7.26	10
2 Ogor, V		Western Mustangs	7.40	7.33	8
3 Ntambue, D		McGill	7.40	7.37	6
4 Richardson-Wilson, D		U of Calgary	7.47	7.42	5
5 Cole, G		Guelph Gryphons	7.57	7.50	4
6 Smith, D		York Lions	7.52	7.53	3
7 Woitas, K		Saskatchewan	7.56	7.57	2
8 Willems, P		Saskatchewan	7.58	7.59	1
Preliminaries					
9 Manor, K		Ottawa Gee-Gees	7.60		
10 Brown, J		York Lions	7.61		
11 Wallace, T		Western Mustangs	7.66		
12 Langille, J		Unb Reds	7.67		
13 Igbiki, G		Saskatchewan	7.69		
14 Candrllic, A		Guelph Gryphons	7.71		

**Women 300 Meter Dash**

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Winners + next 5 fastest times advance

USports Rec: # 37.35 2005 Adrienne Power, Dalhousie

Name	Year	School	Seed	Prelims	H#
1 McKenzie, N		Guelph Gryphons	38.14	38.27Q	1
2 Willems, P		Saskatchewan	37.36	38.67Q	3
3 Wallace, T		Western Mustangs	38.86	38.96Q	2
4 Okpali, F		Western Mustangs	38.23	38.38q	1
5 Richardson-Wilson, D		U of Calgary	38.85	39.15q	3
6 Cole, G		Guelph Gryphons	38.99	39.39q	1

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7 Jackson, A	Montréal Carabins	38.84	39.46q	3
8 Oland, G	U of Calgary	38.98	39.48q	1
9 Igbiki, G	Saskatchewan	38.08	39.62q	2
10 Poulin, M	Laval Rouge-et-Or	39.20	39.64q	2
11 Ogunremi, D	Ottawa Gee-Gees	38.73	40.17q	2
12 MacIsaac, S	Unb Reds	39.80	40.49q	3

**Women 300 Meter Dash**

Winners + next 5 fastest times advance

USports Rec: # 37.35 2005 Adrienne Power, Dalhousie

Name	Year	School	Prelims	Finals	H#	Points
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Finals

1 McKenzie, N	Guelph Gryphons	38.27	37.99	2	10
2 Willems, P	Saskatchewan	38.67	38.10	2	8
3 Okpali, F	Western Mustangs	38.38	38.46	2	6
4 Richardson-Wilson, D	U of Calgary	39.15	38.97	1	5
5 Jackson, A	Montréal Carabins	39.46	39.04	1	4
6 Wallace, T	Western Mustangs	38.96	39.31	2	3
7 Oland, G	U of Calgary	39.48	39.57	1	2
8 Cole, G	Guelph Gryphons	39.39	40.26	1	1

Preliminaries

9 Igbiki, G	Saskatchewan	39.62
10 Poulin, M	Laval Rouge-et-Or	39.64
11 Ogunremi, D	Ottawa Gee-Gees	40.17
12 MacIsaac, S	Unb Reds	40.49

**Women 60 Meter Run Para**

Name	Year	School	Seed	Finals
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Finals

1 Thirsk, N	Western Mustangs	8.82	8.81
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**Women 300 Meter Run Para**

Name	Year	School	Seed	Finals
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1 Thirsk, N	Western Mustangs	47.10	47.88
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**Women 600 Meter Run**

Winners + next 3 fastest times advance

2 turn stagger

USports Rec: # 1:27.63 1984 Camille Cato, York

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1 Okpali, F	Western Mustangs	1:28.11	1:29.85Q	1
2 Dagenais, E	Laval Rouge-et-Or	1:29.49	1:30.64Q	2
3 Wade, T	U of Calgary	1:28.75	1:30.26Q	1
4 Pearson, A	Saskatchewan	1:28.53	1:30.75Q	2
5 Desjarlais, L	Sherbrooke V	1:32.54	1:32.50q	2
6 Cook, G	Alberta Golden	1:30.59	1:32.81q	1

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to****James Daly Field House****Results****....Women 600 Meter Run**

7 Stieh, A	Lakehead	1:31.32	1:32.83	1
8 Swartz, J	Saskatchewan	1:32.21	1:32.84	1
9 Paquin, G	Montréal Carabins	1:32.54	1:33.64	1
10 Poulin, M	Laval Rouge-et-Or	1:32.10	1:34.05	2
11 Richardson, C	Dalhousie Tigers	1:31.49	1:34.61	2
12 Radovich, R	Guelph Gryphons	1:30.35	1:37.33	2

**Women 600 Meter Run**

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Winners + next 3 fastest times advance

2 turn stagger

USports Rec: # 1:27.63 1984 Camille Cato, York

Name	Year	School	Prelims	Finals	Points
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**Finals**

1 Okpali, F	Western Mustangs	1:29.85	1:28.64	10
2 Pearson, A	Saskatchewan	1:30.75	1:29.39	8
3 Dagenais, E	Laval Rouge-et-Or	1:30.64	1:29.45	6
4 Wade, T	U of Calgary	1:30.26	1:29.63	5
5 Desjarlais, L	Sherbrooke V	1:32.50	1:32.93	4
6 Cook, G	Alberta Golden	1:32.81	1:33.49	3

**Preliminaries**

7 Stieh, A	Lakehead	1:32.83		2
8 Swartz, J	Saskatchewan	1:32.84		1
9 Paquin, G	Montréal Carabins	1:33.64		
10 Poulin, M	Laval Rouge-et-Or	1:34.05		
11 Richardson, C	Dalhousie Tigers	1:34.61		
12 Radovich, R	Guelph Gryphons	1:37.33		

**Women 1000 Meter Run**

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1 turn stagger / double waterfall

USports Rec: # 2:41.36 2019 Jenna Westaway, Guelph

Name	Year	School	Seed	Finals	Points
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**Finals**

1 Pearson, A	Saskatchewan	2:45.47	2:47.10	10
2 Ormond, C	Guelph Gryphons	2:43.75	2:48.46	8
3 Agostinelli, J	Guelph Gryphons	2:45.66	2:48.70	6
4 Cooper, O	Alberta Golden	2:46.21	2:49.18	5
5 Swartz, J	Saskatchewan	2:46.24	2:49.34	4
6 Clark, H	Waterloo Warriors	2:46.51	2:49.85	3
7 Dagenais, E	Laval Rouge-et-Or	2:45.92	2:50.10	2
8 Knelsen, H	Western Mustangs	2:43.68	2:51.62	1
9 Boudreau, C	Laval Rouge-et-Or	2:45.89	2:53.94	
10 Paquin, G	Montréal Carabins	2:46.68	2:54.10	
11 Esposito, C	Toronto Blues	2:46.75	2:54.32	
12 Richardson, C	Dalhousie Tigers	2:48.27	2:56.07	

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to****James Daly Field House****Results****Women 1500 Meter Run**

1 turn stagger / double waterfall

USports Rec: # 4:16.41 1988 Paula Schnurr, McMaster

Name	Year	School	Seed	Finals	Points
1 Ormond, C		Guelph Gryphons	4:13.93	4:23.57	10
2 Cooper, O		Alberta Golden	4:22.64	4:24.55	8
3 Agostinelli, J		Guelph Gryphons	4:22.25	4:24.97	6
4 Mulligan, W		Dalhousie Tigers	4:34.62	4:27.00	5
5 Clark, H		Waterloo Warriors	4:24.10	4:27.08	4
6 Turner, C		U of Calgary	4:27.31	4:29.83	3
7 Coutts, S		Western Mustangs	4:20.93	4:30.64	2
8 Harrison, K		Saskatchewan	4:23.57	4:30.72	1
9 Coates, E		Victoria Vikes	4:27.48	4:31.69	
10 Coutts, C		Western Mustangs	4:24.37	4:34.54	
11 Boudreau, C		Laval Rouge-et-Or	4:27.70	4:36.93	
12 Lamb, V		McMaster Marauders	4:25.83	4:37.28	
13 Beauchemin, C		Laval Rouge-et-Or	4:23.16	4:38.03	

**Women 3000 Meter Run**

1 turn stagger / double waterfall

USports Rec: # 9:04.88 1988 Brenda Shackleton, Victoria

Name	Year	School	Seed	Finals	Points
1 Beauchemin, C		Laval Rouge-et-Or	9:32.57	9:36.08	10
2 Turner, C		U of Calgary	9:15.37	9:36.97	8
3 Coutts, S		Western Mustangs	9:31.40	9:37.08	6
4 Mulligan, W		Dalhousie Tigers	9:32.27	9:37.36	5
5 Carruthers, A		Western Mustangs	9:25.72	9:44.08	4
6 Coates, E		Victoria Vikes	9:27.36	9:44.71	3
7 Roussel, O		Western Mustangs	9:33.85	9:47.25	2
8 Guga, S		Western Mustangs	9:31.75	9:48.25	1
9 Sandluck, A		St. Francis X	9:36.18	9:56.67	
10 Treleaven, K		McMaster Marauders	9:36.86	9:56.87	
11 Nankivell, C		Trinity Western	9:34.62	10:02.94	
12 Lamb, V		McMaster Marauders	9:35.93	10:11.36	

**Women 60 Meter Hurdles 33in**

Top 3 + next 2 fastest times advance

USports Rec: # 8.15 2020 Michelle Harrison (Young), Saskatchewan

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Macdonald, S		U of Calgary	8.11	8.36Q	1
2 Reid, H		Guelph Gryphons	8.24	8.37Q	2
3 St-Germain, M		Sherbrooke V	8.44	8.49Q	2
4 Abiodun, A		Guelph Gryphons	8.37	8.51Q	1
5 Gatzke, N		U of Calgary	8.50	8.52Q	1
6 Adelugba, T		Saskatchewan	8.35	8.55Q	2
7 Welburn, J		Saskatchewan	8.39	8.65q	1
8 Procyk, P		Toronto Blues	8.63	8.69q	1
9 Watson, R		Western Mustangs	8.49	8.70	2
10 Edwards, K		Lethbridge P	8.52	8.71	1
11 Keyowski, S		Saskatchewan	8.56	8.72	2

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**...Women 60 Meter Hurdles 33in**

12 Gaudry, A	Dalhousie Tigers	8.73	8.77	1
13 Saldutto, S	Brock Badgers	8.54	8.79	2
14 Phan, A	Montréal Carabins	8.76	8.88	2

**Women 60 Meter Hurdles 33in**

Top 3 + next 2 fastest times advance

USports Rec: # 8.15 2020 Michelle Harrison (Young), Saskatchewan

Name	Year School	Prelims	Finals	Points
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**Finals**

1 Macdonald, S	U of Calgary	8.36	8.20	10
2 Reid, H	Guelph Gryphons	8.37	8.30	8
3 St-Germain, M	Sherbrooke V	8.49	8.34	6
4 Adelugba, T	Saskatchewan	8.55	8.42	5
5 Abiodun, A	Guelph Gryphons	8.51	8.44	4
6 Gatzke, N	U of Calgary	8.52	8.61	3
7 Welburn, J	Saskatchewan	8.65	8.73	2
-- Procyk, P	Toronto Blues	8.69	DQ	

Rule TR22.6.2 & 17.6

**Preliminaries**

9 Watson, R	Western Mustangs	8.70		
10 Edwards, K	Lethbridge P	8.71		
11 Keyowski, S	Saskatchewan	8.72		
12 Gaudry, A	Dalhousie Tigers	8.77		
13 Saldutto, S	Brock Badgers	8.79		
14 Phan, A	Montréal Carabins	8.88		

**Women 4x200 Meter Relay**

Winners + next 4 fastest times advance

3 turn stagger

USports Rec: # 1:36.20 2022 , Guelph  
Byng, Madogo, Sherar, Davis

School	Seed	Prelims	H#
1 Guelph Gryphons 'A'	1:37.19	1:38.17Q	3
1) McKenzie, N			
2) Cole, G			
3) Ulysse, M			
4) Abiodun, A			
2 University of Calgary 'A'	1:38.27	1:39.68Q	1
1) Richardson-Wilson, D			
2) Oland, G			
3) Gatzke, N			
4) Parnetta, E			
3 Saskatchewan Huskies 'A'	1:36.03	1:40.56Q	4
1) Keyowski, S			
2) Willems, P			
3) Adelugba, T			
4) Woitas, K			
4 York Lions 'A'	1:39.68	1:40.88Q	2
1) Brown, J			
2) Quaidoo, A			
3) Smith, D			
4) Whyte, R			
5 Western Mustangs 'A'	1:39.16	1:40.42q	1
1) Ogor, V			
2) Wallace, T			
3) Collins, C			
4) Keast, T			
6 Laval Rouge-et-Or 'A'	1:37.66	1:41.16q	2
1) Leduc, A			
2) Dulude Bellavance, S			
3) Tejiofo, F			
4) Poulin, M			
7 McGill 'A'	1:40.79	1:41.25q	3
1) Ntambue, D			
2) Zahlbruckner, F			

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Results**

**....Women 4x200 Meter Relay**

3) Gilmour, A	4) Walton-Knight, B			
8 Ottawa Gee-Gees 'A'	1:41.50	1:41.88q	4	
1) Manor, K	2) Martins, E			
3) Ogunremi, D	4) Borgella, B			
9 Alberta Golden Bears/Pandas 'A'	1:41.97	1:42.40	1	
1) Smith, C	2) Esan, A			
3) Vela, T	4) Gallimore, A			
10 Montréal Carabins 'A'	1:41.38	1:42.83	4	
1) Laberge, M	2) Béliveau, É			
3) Racine-Prud'homme, A	4) Deslandes, M			
11 Lakehead Thunderwolves 'A'	1:41.71	1:43.06	3	
1) Bryson, M	2) Stieh, A			
3) White, S	4) Lampo, T			
12 Dalhousie Tigers 'A'	1:44.74	1:45.23	1	
1) Sheppard, L	2) Poisson, A			
3) Goodwin, J	4) Fullarton, Z			
-- Regina Cougars 'A'	1:41.89	DQ	2	Rule TR 17.4
1) Keith, K	2) Kichula, K			
3) Kozan, S	4) Duesing, J			

**Women 4x200 Meter Relay**

Winners + next 4 fastest times advance

3 turn stagger

USports Rec: # 1:36.20 2022 , Guelph  
Byng, Madogo, Sherar, Davis

School	Prelims	Finals	H#	Points
<b>Finals</b>				
1 Guelph Gryphons 'A'	1:38.17	1:36.90	2	10
1) McKenzie, N	2) Cole, G			
3) Ulysse, M	4) Abiodun, A			
2 Laval Rouge-et-Or 'A'	1:41.16	1:37.26	1	8
1) Leduc, A	2) Dulude Bellavance, S			
3) Tejiofo, F	4) Poulin, M			
3 University of Calgary 'A'	1:39.68	1:38.01	2	6
1) Richardson-Wilson, D	2) Oland, G			
3) Gatzke, N	4) Parnetta, E			
4 Saskatchewan Huskies 'A'	1:40.56	1:38.84	2	5
1) Keyowski, S	2) Willems, P			
3) Adelugba, T	4) Woitas, K			
5 Western Mustangs 'A'	1:40.42	1:39.64	1	4
1) Ogor, V	2) Wallace, T			
3) Collins, C	4) Keast, T			
6 York Lions 'A'	1:40.88	1:39.67	2	3
1) Brown, J	2) Quaidoo, A			
3) Smith, D	4) Whyte, R			
7 McGill 'A'	1:41.25	1:39.70	1	2
1) Ntambue, D	2) Zahlbruckner, F			
3) Gilmour, A	4) Walton-Knight, B			
8 Ottawa Gee-Gees 'A'	1:41.88	1:43.41	1	1
1) Manor, K	2) Martins, E			
3) Ogunremi, D	4) Borgella, B			
<b>Preliminaries</b>				
9 Alberta Golden Bears/Pandas 'A'	1:42.40			

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to  
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**....Women 4x200 Meter Relay**

1) Smith, C	2) Esan, A	
3) Vela, T	4) Gallimore, A	
10 Montréal Carabins 'A'		1:42.83
1) Laberge, M	2) Béliveau, É	
3) Racine-Prud'homme, A	4) Deslandes, M	
11 Lakehead Thunderwolves 'A'		1:43.06
1) Bryson, M	2) Stieh, A	
3) White, S	4) Lampo, T	
12 Dalhousie Tigers 'A'		1:45.23
1) Sheppard, L	2) Poisson, A	
3) Goodwin, J	4) Fullarton, Z	
-- Regina Cougars 'A'		DQ
1) Keith, K	2) Kichula, K	
3) Kozan, S	4) Duesing, J	

**Women 4x400 Meter Relay**

2 turn stagger  
 USports Rec: # 3:40.08 2019 , Guelph  
 Bying, Hickson, Smith, Sherar

School	Seed	Finals	H#	Points
<b>Finals</b>				
1 Saskatchewan Huskies 'A'	3:45.23	3:45.37	2	10
1) Willems, P	2) Schwab, S			
3) Swartz, J	4) Pearson, A			
2 Guelph Gryphons 'A'	3:44.28	3:45.81	2	8
1) Cole, G	2) Agostinelli, J			
3) Radovich, R	4) McKenzie, N			
3 Laval Rouge-et-Or 'A'	3:45.10	3:47.77	2	6
1) Poulin, M	2) Gallé, M			
3) Boudreau, C	4) Dagenais, E			
4 Western Mustangs 'A'	3:46.13	3:49.51	2	5
1) Bond, K	2) Wallace, T			
3) Coutts, C	4) Okpali, F			
5 Montréal Carabins 'A'	3:52.65	3:49.58	1	4
1) Laberge, M	2) Paquin, G			
3) Deslandes, M	4) Jackson, A			
6 Alberta Golden Bears/Pandas 'A'	3:50.66	3:49.71	2	3
1) Smith, C	2) Cook, G			
3) Vela, T	4) Cooper, O			
7 Unb Reds 'A'	3:53.37	3:51.54	1	2
1) Langille, J	2) Stefaniuk, K			
3) Johnson, P	4) MacIsaac, S			
8 University of Calgary 'A'	3:50.07	3:52.37	2	1
1) Edwards, A	2) Oland, G			
3) Parnetta, E	4) Wade, T			
9 Lakehead Thunderwolves 'A'	3:50.81	3:52.63	1	
1) DaSilva, A	2) Lampo, T			
3) Bryson, M	4) Stieh, A			
10 Toronto Varsity Blues 'A'	3:55.32	3:53.17	1	
1) Wilson, M	2) McCormick, B			
3) Myles, S	4) Berube Boutin, J			
11 Windsor Lancers 'A'	3:54.44	3:53.47	1	
1) Pupatello, N	2) Metivier, M			

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to  
James Daly Field House  
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**....Women 4x400 Meter Relay**

3) Godlewski, A	4) Goveia, I			
12 Ottawa Gee-Gees 'A'		3:52.26	3:54.99	1
1) Moreland, K	2) Mahajan, S			
3) Banton-Lindsay, K	4) Ogunremi, D			

**Women 4x800 Meter Relay**

1 turn stagger / double waterfall

USports Rec: # 8:32.36 2015 , Toronto

Jewett, Wlamsley, Gollish, Stafford

School	Seed	Finals	Points
1 Saskatchewan Huskies 'A'	8:48.69	8:45.60	10
1) Harrison, K			
3) Swartz, J			
2 Laval Rouge-et-Or 'A'	8:56.93	8:46.30	8
1) Lavigne, S			
3) Beauchemin, C			
3 Western Mustangs 'A'	8:47.25	8:50.79	6
1) Hendrikx, J			
3) Coutts, C			
4 Guelph Gryphons 'A'	8:49.75	8:56.62	5
1) Pestonji, M			
3) Agostinelli, J			
5 Sherbrooke Vert-et-Or 'A'	9:04.57	9:00.77	4
1) Gauthier, L			
3) Mercier, G			
6 Victoria Vikes 'A'	9:01.06	9:03.14	3
1) Ohrling, S			
3) Owens, E			
7 Toronto Varsity Blues 'A'	8:59.88	9:04.06	2
1) McCormick, B			
3) Berube Boutin, J			
8 Montréal Carabins 'A'	9:04.01	9:04.79	1
1) Gagnon, M			
3) Boyer, M			
9 Dalhousie Tigers 'A'	9:08.43	9:04.85	
1) Macdonald, A			
3) Mulligan, W			
10 Queen's Gaels 'A'	8:59.04	9:05.96	
1) Lowther, L			
3) Vroom, E			
11 McMaster Marauders 'A'	9:01.77	9:11.57	
1) Barrett, R			
3) White, K			
12 Manitoba Bisons 'A'	9:00.05	9:13.14	
1) Fulcher, A			
3) Klassen, L			
13 Alberta Golden Bears/Pandas 'A'	8:55.34	9:23.01	
1) James, E			
3) Ford, M			



**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to**

**James Daly Field House**

**Results**

**Women High Jump**

Starting height: 1.50m

Increase by 5cm to 1.60m, then by 3 cm

USports Rec: # 1.88m 2014 Emma Nuttall, Trinity

Name	Year	School	Seed	Finals	Points						
1 Denbow, L		Manitoba Bisons	1.72m	1.78m	10						
	1.50	1.55	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	
	P	P	P	O	O	O	O	XO	XXO	XXX	
2 Markovinovic, C		Waterloo Warriors	1.69m	1.75m	8						
	1.50	1.55	1.60	1.63	1.66	1.69	1.72	1.75	1.78		
	P	P	O	O	O	O	O	XO	XXX		
3 Zaraska, C		Guelph Gryphons	1.71m	1.72m	6						
	1.50	1.55	1.60	1.63	1.66	1.69	1.72	1.75			
	P	P	O	O	XO	O	O	XXX			
4 Cadman, K		Saskatchewan	1.70m	1.69m	5						
	1.50	1.55	1.60	1.63	1.66	1.69	1.72				
	P	P	O	XO	O	XXO	XXX				
5 Dale, E		Toronto Blues	1.72m	J1.69m	4						
	1.50	1.55	1.60	1.63	1.66	1.69	1.72				
	P	P	O	XO	XO	XXO	XXX				
6 Peterside, A		Upei Panthers	1.68m	1.66m	3						
	1.50	1.55	1.60	1.63	1.66	1.69					
	P	P	O	O	O	XXX					
7 Blair, C		Guelph Gryphons	1.73m	J1.66m	2						
	1.50	1.55	1.60	1.63	1.66	1.69					
	P	P	O	O	XXO	XXX					
8 Schultz, T		Saskatchewan	1.71m	1.63m	1						
	1.50	1.55	1.60	1.63	1.66						
	P	P	O	O	XXX						
9 Harrison, H		Alberta Golden	1.67m	J1.63m							
	1.50	1.55	1.60	1.63	1.66						
	P	O	XXO	O	XXX						
10 Selkirk, R		Western Mustangs	1.68m	J1.63m							
	1.50	1.55	1.60	1.63	1.66						
	O	O	XO	XXO	XXX						
11 Najarian, O		Sherbrooke V	1.67m	1.60m							
	1.50	1.55	1.60	1.63							
	O	O	O	XXX							
12 Boisvert, L		Montréal Carabins	1.62m	J1.60m							
	1.50	1.55	1.60	1.63							
	P	O	XO	XXX							

**Women Pole Vault**

Starting height: 3.30m

Increase by 15cm to 3.60m, then by 10cm to 3.80m, then by 5cm

USports Rec: # 4.24m 2015 Robin Bone, Western

Name	Year	School	Seed	Finals	Points								
1 Elizarov, J		Guelph Gryphons	4.22m	4.15m	10								
	3.30	3.45	3.60	3.70	3.80	3.85	3.90	3.95	4.00	4.05	4.10	4.15	4.25
	P	P	P	P	XO	P	XXO	P	XXP	O	XXP	O	XXX
2 Grenke, R		Alberta Golden	4.11m	4.10m	8								
	3.30	3.45	3.60	3.70	3.80	3.85	3.90	3.95	4.00	4.05	4.10	4.15	4.25
	P	P	P	O	P	O	P	O	O	O	XXO	XXX	XX

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**....Women Pole Vault**

3	Serraglio, P		Western Mustangs	3.75m	4.00m	6
	3.30 3.45 3.60 3.70 3.80 3.85 3.90 3.95 4.00 4.05					
	P O O O XO O O O O XXX					
4	Thronson, A		Toronto Blues	4.08m	J4.00m	5
	3.30 3.45 3.60 3.70 3.80 3.85 3.90 3.95 4.00 4.05					
	P P P O O P XO P XO XXX					
5	Foster, E		York Lions	3.85m	3.90m	4
	3.30 3.45 3.60 3.70 3.80 3.85 3.90 3.95 4.00					
	P P O O XO O XO XXP X					
6	Elford, G		Windsor Lancers	4.00m	3.80m	3
	3.30 3.45 3.60 3.70 3.80 3.85 3.90					
	P P P O O P XXX					
7	Bilenko, A		York Lions	3.80m	3.70m	2
	3.30 3.45 3.60 3.70 3.80					
	P O O O XXX					
8	Kralik, E		Windsor Lancers	3.80m	J3.70m	1
	3.30 3.45 3.60 3.70 3.80					
	P O O XXO XXX					
9	McDonald, S		Guelph Gryphons	3.75m	J3.70m	
	3.30 3.45 3.60 3.70 3.80					
	P O XO XXO XXX					
10	Beckett, D		Western Mustangs	3.85m	3.60m	
	3.30 3.45 3.60 3.70					
	P XO O XXX					
11	Flanigan, A		Toronto Blues	3.70m	J3.60m	
	3.30 3.45 3.60 3.70					
	P XO XO XXX					
12	Walker, O		Western Mustangs	3.70m	J3.60m	
	3.30 3.45 3.60 3.70					
	O O XXO XXX					
13	Lupien, R		McGill	3.45m	3.45m	
	3.30 3.45 3.60					
	O XO XXX					

**Women Long Jump**

=====							
Top 8 advance to Final							
USports Rec: # 6.24m 2001 Jocelyn Adu-Gyamfi, Toronto							
Name	Year	School	Seed	Finals	Points		
=====							
1	Macdonald, S	U of Calgary	6.14m	6.04m	10		
	5.99m	6.04m	PASS	5.76m	FOUL	6.02m	
2	Habash, M	Guelph Gryphons	6.07m	5.87m	8		
	5.71m	5.74m	FOUL	5.39m	5.63m	5.87m	
3	Tejiofo, F	Laval Rouge-et-Or	5.90m	5.86m	6		
	5.83m	FOUL	5.29m	FOUL	FOUL	5.86m	
4	Pritchard, S	Regina Cougars	6.16m	5.83m	5		
	5.61m	4.07m	5.83m	5.83m	5.52m	4.40m	
5	Wiley, S	Trinity Western	6.01m	J5.83m	4		
	5.20m	5.38m	5.42m	FOUL	5.83m	FOUL	
6	Schultz, T	Saskatchewan	6.03m	5.77m	3		
	4.18m	5.70m	5.68m	5.77m	5.67m	4.51m	
7	Welburn, J	Saskatchewan	6.08m	5.76m	2		
	5.51m	5.76m	FOUL	FOUL	5.65m	5.26m	

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to****James Daly Field House****Results****....Women Long Jump**

8	Saldutto, S	Brock Badgers	5.77m	5.66m	1
	5.36m 5.62m 5.32m 5.37m	FOUL 5.66m			
9	Gatzke, N	U of Calgary	5.82m	5.40m	
	5.40m	FOUL FOUL			
10	St-Germain, M	Sherbrooke V	5.91m	5.39m	
	FOUL 5.39m	FOUL			
11	Woitas, K	Saskatchewan	5.79m	5.33m	
	FOUL FOUL 5.33m				
12	Lew, J	Toronto Blues	5.97m	5.25m	
	FOUL 5.08m 5.25m				
13	Gaudry, A	Dalhousie Tigers	5.55m	4.93m	
	4.93m 3.94m	PASS			

**Women Triple Jump**

=====						
Top 8 advance to Final						
USports Rec: # 13.16m 2015 Caroline Ehrardt, Western						
Name	Year	School	Seed	Finals	Points	
=====						
1	Knox, C	Western Mustangs	12.78m	12.72m	10	
	12.72m 12.43m 12.26m 12.31m	FOUL FOUL				
2	Brunet, M	Windsor Lancers	12.64m	12.57m	8	
	12.14m 12.56m 12.39m 12.25m	FOUL 12.57m				
3	Olaloku, O	Saskatchewan	12.17m	12.23m	6	
	11.98m FOUL 11.96m 11.85m 11.92m	12.23m				
4	Jodoin, H	Western Mustangs	12.21m	12.14m	5	
	11.57m 11.89m 11.79m 11.98m 12.11m	12.14m				
5	Vidamour, C	Windsor Lancers	12.15m	11.83m	4	
	FOUL 11.30m 11.82m 11.73m	FOUL 11.83m				
6	Blagogee, E	Montréal Carabins	11.92m	11.80m	3	
	11.42m 11.70m 11.30m	FOUL 11.52m 11.80m				
7	Elliott, K	Western Mustangs	12.06m	11.70m	2	
	11.58m 11.40m 11.70m 11.61m 11.63m	11.49m				
8	Harris, A	Guelph Gryphons	11.91m	11.67m	1	
	FOUL 11.67m FOUL FOUL FOUL	11.43m				
9	Sowinski, B	Guelph Gryphons	11.88m	11.57m		
	10.57m FOUL 11.57m					
10	Roach, J	Toronto Blues	12.11m	11.56m		
	11.51m FOUL 11.56m					
11	Rand, B	Western Mustangs	11.98m	11.54m		
	11.54m 11.48m	FOUL				
12	Schulz, K	Toronto Blues	11.92m	11.46m		
	FOUL FOUL 11.46m					
13	Okhiria, S	U of Calgary	11.74m	10.81m		
	10.81m FOUL 10.60m					

**Women Shot Put**

=====						
Top 8 advance to Final						
USports Rec: # 17.56m 2019 Brittany Crew, York						
Name	Year	School	Seed	Finals	Points	
=====						
1	Sands, L	Western Mustangs	15.47m	15.32m	10	
	14.43m 15.32m 14.64m 15.29m	14.64m 14.70m				

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**...Women Shot Put**

2	McConnell, A		Manitoba Bisons	14.96m	14.84m	8
	13.83m	14.84m	14.49m	FOUL	FOUL	FOUL
3	Brooks, K		York Lions	14.20m	13.81m	6
	13.11m	13.67m	13.81m	13.80m	FOUL	FOUL
4	Johnson, A		U of Calgary	13.50m	13.35m	5
	12.56m	FOUL	12.39m	12.88m	12.76m	13.35m
5	Asiamah, B		Carleton Ravens	13.31m	12.97m	4
	12.93m	12.59m	12.97m	11.75m	12.29m	12.26m
6	MacIsaac, C		Dalhousie Tigers	13.07m	12.96m	3
	12.42m	12.96m	FOUL	12.12m	12.63m	12.66m
7	Comfort, K		Saskatchewan	12.60m	12.34m	2
	11.78m	11.67m	12.34m	12.33m	12.05m	FOUL
8	Gyamfi, J		Ottawa Gee-Gees	12.83m	11.93m	1
	10.46m	11.93m	FOUL	11.52m	FOUL	FOUL
9	Boakye, P		Alberta Golden	12.69m	11.86m	
	10.96m	11.54m	11.86m			
10	Martin, H		Windsor Lancers	12.44m	11.57m	
	11.14m	11.57m	11.47m			
--	Ewhrudjakpor, V		Toronto Blues	12.57m	FOUL	
	FOUL	FOUL	FOUL			

**Women Shot Put Para**

Name	Year	School	Seed	Finals
1 Pegg, K		St Mary's Huskie	11.17m	10.96m
	10.96m	10.60m	10.30m	10.76m
		FOUL	10.12m	

**Women Weight Throw**

Top 8 advance to Final

USports Rec: # 19.66m 2005 Kate Forbes, Lethbridge

Name	Year	School	Seed	Finals	Points	
1 Price-Roberts, P		Toronto Blues	17.40m	17.98m	10	
	0.17m	0.16m	17.37m	16.65m	17.98m	17.47m
2 Johnson, A		U of Calgary	16.51m	16.94m	8	
	16.94m	16.75m	16.47m	1.62m	FOUL	16.70m
3 Sands, L		Western Mustangs	17.30m	16.72m	6	
	FOUL	16.72m	FOUL	FOUL	15.52m	15.95m
4 MacIsaac, C		Dalhousie Tigers	16.27m	16.67m	5	
	15.66m	16.57m	16.67m	FOUL	16.58m	16.41m
5 Martin, H		Windsor Lancers	16.81m	16.65m	4	
	15.33m	FOUL	16.65m	15.11m	FOUL	FOUL
6 Tcheutchoua, A		Laval Rouge-et-Or	16.40m	16.62m	3	
	16.37m	16.62m	FOUL	FOUL	FOUL	16.09m
7 Spoozak, L		Dalhousie Tigers	16.37m	16.32m	2	
	15.89m	FOUL	16.19m	FOUL	16.32m	15.56m
8 Boakye, P		Alberta Golden	15.89m	16.28m	1	
	15.12m	FOUL	16.28m	15.36m	15.78m	16.28m
9 Klassen, N		Lethbridge P	15.13m	15.41m		
	14.62m	15.37m	15.41m			
10 O'Connor, A		Windsor Lancers	15.20m	15.34m		
	15.34m	15.15m	15.12m			

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**...Women Weight Throw**

11 Morris, L	Lethbridge P	15.48m	14.55m
13.49m	13.96m	14.55m	

**Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

Name	Year School	Finals	Points
1 Parker, R	Guelph Gryphons	2:17.86	853
2 Edwards, A	U of Calgary	2:22.42	791
3 Selkirk, R	Western Mustangs	2:27.65	723
4 Roy, L	Laval Rouge-et-Or	2:29.06	705
5 Harrison, H	Alberta Golden	2:29.82	695
6 Cozma, L	U of Calgary	2:31.90	669
7 Macdonald, S	U of Calgary	2:32.81	658
8 Pritchard, S	Regina Cougars	2:36.42	615
9 Gaudry, A	Dalhousie Tigers	2:36.93	609
10 Bradshaw, N	Trinity Western	2:42.69	542

**Indoor Pentathlon: #1 Women 60 Meter Hurdles 33in Indoor Pentathlon**

Name	Year School	Finals	H#	Points
1 Macdonald, S	U of Calgary	8.16	2	1093
2 Pritchard, S	Regina Cougars	8.74	2	965
3 Edwards, A	U of Calgary	8.76	2	961
4 Parker, R	Guelph Gryphons	8.80	2	952
5 Gaudry, A	Dalhousie Tigers	8.82	2	948
6 Albertson, R	Saskatchewan	8.87	2	937
7 Selkirk, R	Western Mustangs	9.07	2	895
8 Bradshaw, N	Trinity Western	9.12	1	885
9 Cozma, L	U of Calgary	9.19	1	871
10 Harrison, H	Alberta Golden	9.20	1	869
11 Roy, L	Laval Rouge-et-Or	9.30	1	848
-- Hendriksen, E	Western Mustangs	DQ	2	Rule TR17.3.1

**Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

Starting height:1.40m, then by 3cm

Name	Year School	Finals	Points
1 Macdonald, S	U of Calgary	1.73m	891
1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76			
O O XO O O O XXO XXP			
2 Harrison, H	Alberta Golden	1.64m	783
1.55 1.58 1.61 1.64 1.67			
O O O XO XXX			
2 Selkirk, R	Western Mustangs	1.64m	783
1.55 1.58 1.61 1.64 1.67			
O O XO O XXX			
4 Edwards, A	U of Calgary	1.61m	747
1.49 1.52 1.55 1.58 1.61 1.64			
O O O XXO XXO XXX			
4 Parker, R	Guelph Gryphons	1.61m	747
1.52 1.55 1.58 1.61 1.64			
O O O XO XXX			

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6	Bradshaw, N	Trinity Western	1.58m	712
	1.49 1.52 1.55 1.58 1.61			
	O O XO O XXX			
6	Pritchard, S	Regina Cougars	1.58m	712
	1.46 1.49 1.52 1.55 1.58 1.61			
	O O XO XO XO XXX			
6	Albertson, R	Saskatchewan	1.58m	712
	1.52 1.55 1.58 1.61			
	O O O XXX			
9	Gaudry, A	Dalhousie Tigers	1.55m	678
	1.52 1.55 1.58			
	O XO XXX			
10	Roy, L	Laval Rouge-et-Or	1.46m	577
	1.40 1.43 1.46 1.49			
	O XO O XXX			
10	Cozma, L	U of Calgary	1.46m	577
	1.43 1.46 1.49			
	O O XXX			

**Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

Name	Year	School	Finals	Points
1 Macdonald, S		U of Calgary	5.95m	834
	5.84m 5.95m	PASS		
2 Bradshaw, N		Trinity Western	5.67m	750
	5.67m 5.56m	5.50m		
3 Pritchard, S		Regina Cougars	5.63m	738
	4.18m 4.27m	5.63m		
4 Parker, R		Guelph Gryphons	5.51m	703
	5.16m 5.33m	5.51m		
5 Selkirk, R		Western Mustangs	5.47m	691
	5.09m FOUL	5.47m		
6 Edwards, A		U of Calgary	5.44m	683
	3.98m 5.44m	5.38m		
7 Roy, L		Laval Rouge-et-Or	5.42m	677
	5.42m 5.24m	5.35m		
8 Albertson, R		Saskatchewan	5.32m	648
	4.32m 5.32m	PASS		
9 Gaudry, A		Dalhousie Tigers	5.26m	631
	5.19m 5.02m	5.26m		
10 Cozma, L		U of Calgary	5.25m	628
	5.24m 5.25m	5.12m		
11 Harrison, H		Alberta Golden	5.13m	595
	FOUL 5.13m	FOUL		

**Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

Name	Year	School	Finals	Points
1 Macdonald, S		U of Calgary	12.40m	688
	11.69m 12.40m	12.14m		
2 Pritchard, S		Regina Cougars	11.86m	652
	11.03m 11.86m	11.31m		

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**....Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

3	Bradshaw, N	Trinity Western	11.57m	633
	10.77m 11.09m 11.57m			
4	Selkirk, R	Western Mustangs	11.51m	629
	11.51m 10.28m 11.19m			
5	Edwards, A	U of Calgary	11.24m	611
	10.99m 11.24m 11.18m			
6	Cozma, L	U of Calgary	11.09m	601
	10.12m 11.09m 9.97m			
7	Roy, L	Laval Rouge-et-Or	10.79m	581
	10.79m 10.19m 10.75m			
8	Gaudry, A	Dalhousie Tigers	10.31m	550
	10.31m 10.07m 9.30m			
9	Parker, R	Guelph Gryphons	10.15m	539
	10.00m 9.73m 10.15m			
10	Harrison, H	Alberta Golden	9.94m	526
	9.94m 9.82m 9.39m			
11	Albertson, R	Saskatchewan	9.14m	473
	9.14m 8.79m 8.94m			

**Women Indoor Pentathlon**

USports Rec: # 4380 2007 Jessica Zelinka, Calgary

Name	Year	School	Seed	Finals	H#	Points
1	Macdonald, S	U of Calgary	4160	4164		10
2	Parker, R	Guelph Gryphons	3874	3794		8
3	Edwards, A	U of Calgary	3819	3793		6
4	Selkirk, R	Western Mustangs	3718	3721		5
5	Pritchard, S	Regina Cougars	3740	3682		4
6	Bradshaw, N	Trinity Western	3562	3522		3
7	Harrison, H	Alberta Golden	3722	3468		2
8	Gaudry, A	Dalhousie Tigers	3469	3416		1
9	Roy, L	Laval Rouge-et-Or	3465	3388		
10	Cozma, L	U of Calgary	3541	3346		

**Men 60 Meter Dash**

Top 3 + next 2 fastest times advance  
USports Rec: # 6.57 2010 Sam Effah, Calgary

Name	Year	School	Seed	Prelims	H#
------	------	--------	------	---------	----

**Preliminaries**

1	Soufi, J	Manitoba Bisons	6.67	6.71Q	2
2	Davis, T	Manitoba Bisons	6.73	6.80Q	1
3	Bourgault, J	Laval Rouge-et-Or	6.74	6.83Q	1 6.824
4	Blackman Jr., K	Trinity Western	6.75	6.83Q	2 6.825
5	Thompson, A	Western Mustangs	6.72	6.83Q	2 6.828
6	Campbell, T	Guelph Gryphons	6.79	6.86Q	1
7	Essapa, E	Alberta Golden	6.82	6.88q	1
8	Bositampen, R	Montréal Carabins	6.82	6.90q	2
9	Imoukhuede, J	U of Calgary	6.76	6.91	2
10	Dowhos, N	Lakehead	6.67	6.92	1
11	Eze, M	Manitoba Bisons	6.81	6.94	2
12	Swaniker, J	Dalhousie Tigers	6.94	7.01	2
--	Ojeikere, P	Regina Cougars	6.76	DQ	1 Rule TR16.8

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Top 3 + next 2 fastest times advance

USports Rec: # 6.57 2010 Sam Effah, Calgary

Name	Year	School	Prelims	Finals	Points
=====					
Finals					
1 Soufi, J		Manitoba Bisons	6.71	6.69	10
2 Davis, T		Manitoba Bisons	6.80	6.73	8
3 Blackman Jr., K		Trinity Western	6.83	6.76	6
4 Bourgault, J		Laval Rouge-et-Or	6.83	6.77	5
5 Bositampen, R		Montréal Carabins	6.90	6.84	4
6 Essapa, E		Alberta Golden	6.88	6.85	3
7 Thompson, A		Western Mustangs	6.83	6.89	2
8 Campbell, T		Guelph Gryphons	6.86	7.53	1
Preliminaries					
9 Imoukhuede, J		U of Calgary	6.91		
10 Dowhos, N		Lakehead	6.92		
11 Eze, M		Manitoba Bisons	6.94		
12 Swaniker, J		Dalhousie Tigers	7.01		
-- Ojeikere, P		Regina Cougars	DQ		

**Men 300 Meter Dash**

=====

Winners + next 5 fastest times advance

USports Rec: # 32.89 2019 Austin Cole, Alberta

Name	Year	School	Seed	Prelims	H#
=====					
1 Bravakis, E		Toronto Blues	33.76	33.94Q	1
2 Zuchotzki, D		U of Calgary	33.55	34.45Q	3
3 Li, J		Alberta Golden	33.85	34.73Q	2
4 Penalzoza-Abankwah, M		Guelph Gryphons	33.74	34.31q	1
5 Collins, A		Western Mustangs	34.31	34.57q	3
6 Helland, T		Western Mustangs	34.41	34.69q	1
7 Smith-Drouin, B		Montréal Carabins	34.23	34.73q	3
8 Thompson, A		Western Mustangs	33.65	34.74q	2
9 Larochele, A		Sherbrooke V	34.64	35.12q	2
10 Igbinosun, K		Brock Badgers	34.46	35.16q	1
11 Aftanas, M		Dalhousie Tigers	35.10	35.42q	3

**Men 300 Meter Dash**

=====

Winners + next 5 fastest times advance

USports Rec: # 32.89 2019 Austin Cole, Alberta

Name	Year	School	Prelims	Finals	H#	Points
=====						
Finals						
1 Bravakis, E		Toronto Blues	33.94	33.72	2	10
2 Smith-Drouin, B		Montréal Carabins	34.73	34.25	1	8
3 Zuchotzki, D		U of Calgary	34.45	34.28	2	6
4 Penalzoza-Abankwah, M		Guelph Gryphons	34.31	34.37	2	5
5 Li, J		Alberta Golden	34.73	34.45	2	4
6 Collins, A		Western Mustangs	34.57	34.69	1	3
7 Helland, T		Western Mustangs	34.69	34.85	1	2
8 Thompson, A		Western Mustangs	34.74	53.29	1	1
Preliminaries						
9 Larochele, A		Sherbrooke V	35.12			



**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to****James Daly Field House****Results****...Men 300 Meter Dash**

10	Igbinosun, K	Brock Badgers	35.16
11	Aftanas, M	Dalhousie Tigers	35.42

**Men 600 Meter Run**

=====

Winners + next 3 fastest times advance

2 turn stagger

USports Rec: # 1:16.10 1995 Byron Goodwin, Manitoba

Name	Year	School	Seed	Prelims	H#
1 James, Z		Dalhousie Tigers	1:18.69	1:18.19Q	3
2 Tilson, B		Windsor Lancers	1:18.73	1:19.01Q	2
3 Larochele, A		Sherbrooke V	1:18.74	1:19.13Q	1
4 Mann, D		Manitoba Bisons	1:17.78	1:18.31q	3
5 Allen, T		Manitoba Bisons	1:18.50	1:19.37q	1
6 Péladeau, T		Sherbrooke V	1:18.14	1:19.39q	2
7 Babcock, O		Waterloo Warriors	1:18.22	1:19.40	1
8 Eiswerth, D		Regina Cougars	1:18.54	1:19.47	2
9 Geiger, M		McGill	1:18.95	1:19.48	3
10 Lord, D		Dalhousie Tigers	1:18.98	1:20.62	3
11 Waldmann, N		Windsor Lancers	1:19.30	1:20.65	2
12 Basson, M		Guelph Gryphons	1:18.82	1:20.84	2
13 Ryan, A		Guelph Gryphons	1:18.79	1:21.66	1
14 Campbell, E		Guelph Gryphons	1:18.58	1:23.12	3

**Men 600 Meter Run**

=====

Winners + next 3 fastest times advance

2 turn stagger

USports Rec: # 1:16.10 1995 Byron Goodwin, Manitoba

Name	Year	School	Prelims	Finals	Points
=====					
Finals					
1 Allen, T		Manitoba Bisons	1:19.37	1:17.96	10
2 James, Z		Dalhousie Tigers	1:18.19	1:18.30	8
3 Mann, D		Manitoba Bisons	1:18.31	1:18.44	6
4 Tilson, B		Windsor Lancers	1:19.01	1:18.75	5
5 Péladeau, T		Sherbrooke V	1:19.39	1:21.85	4
Preliminaries					
3 Larochele, A		Sherbrooke V	1:19.13		
7 Babcock, O		Waterloo Warriors	1:19.40		2
8 Eiswerth, D		Regina Cougars	1:19.47		1
9 Geiger, M		McGill	1:19.48		
10 Lord, D		Dalhousie Tigers	1:20.62		
11 Waldmann, N		Windsor Lancers	1:20.65		
12 Basson, M		Guelph Gryphons	1:20.84		
13 Ryan, A		Guelph Gryphons	1:21.66		
14 Campbell, E		Guelph Gryphons	1:23.12		

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to****James Daly Field House****Results****Men 1000 Meter Run**

1 turn stagger / double waterfall

USports Rec: # 2:22.09 2012 Tommy Lecours, Guelph

Name	Year	School	Seed	Finals	Points
Finals					
1 Davies, M		Guelph Gryphons	2:18.32	2:21.00#	10
2 Podbielski, J		Regina Cougars	2:22.34	2:22.99	8
3 Howse, J		Unb Reds	2:22.75	2:23.66	6
4 Wheeler-Dee, J		Queen's Gaels	2:21.92	2:24.51	5
5 Schmidt, A		Guelph Gryphons	2:22.91	2:25.82	4
6 Cook, N		Alberta Golden	2:22.98	2:26.57	3
7 Giguère, R		Laval Rouge-et-Or	2:24.31	2:26.95	2
8 Plourde-Couture, F		Laval Rouge-et-Or	2:23.86	2:26.97	1
9 Reimer, C		Manitoba Bisons	2:25.31	2:27.38	
10 Fox, B		Western Mustangs	2:23.38	2:28.30	
11 Héroux, É		Laval Rouge-et-Or	2:25.35	2:29.10	
12 Nowbotsing, R		Guelph Gryphons	2:23.88	2:39.76	

**Men 1500 Meter Run**

1 turn stagger / double waterfall

USports Rec: # 3:46.85 1990 Allan Klassen, UBC

Name	Year	School	Seed	Finals	Points
1 Davies, M		Guelph Gryphons	3:41.32	3:44.00#	10
2 Desgagnés, J		Laval Rouge-et-Or	3:41.86	3:44.76#	8
3 Podbielski, J		Regina Cougars	3:44.54	3:45.18#	6
4 Wheeler-Dee, J		Queen's Gaels	3:44.36	3:46.49#	5
5 Beaudet, M		McGill	3:41.24	3:46.96	4
6 Howse, J		Unb Reds	3:45.42	3:48.79	3
7 Mytopher, B		Regina Cougars	3:49.09	3:49.13	2
8 Bannon, N		Guelph Gryphons	3:44.60	3:49.26	1
9 Héroux, É		Laval Rouge-et-Or	3:48.70	3:49.74	
10 Kean, M		Unb Reds	3:49.32	3:52.38	
11 MacLean, R		Alberta Golden	3:48.56	3:53.35	
12 Laviolette, T		Montréal Carabins	3:48.11	4:03.04	
-- Nowbotsing, R		Guelph Gryphons	3:48.64	DNF	

**Men 3000 Meter Run**

1 turn stagger / double waterfall

USports Rec: # 7:59.29 1996 Jeff Schiebler, UBC

Name	Year	School	Seed	Finals	Points
1 Desgagnés, J		Laval Rouge-et-Or	7:47.39	7:59.72	10
2 Beaudet, M		McGill	8:03.26	8:01.44	8
3 Bannon, N		Guelph Gryphons	8:00.96	8:06.66	6
4 Morneau-Cartier, P		Laval Rouge-et-Or	8:00.84	8:11.94	5
5 Benoit, J		Dalhousie Tigers	8:07.82	8:16.86	4
6 Fitzpatrick, J		Windsor Lancers	8:13.12	8:18.24	3
7 Quirion, F		Sherbrooke V	8:10.93	8:20.35	2
8 MacLean, R		Alberta Golden	8:08.26	8:21.33	1
9 Tedeschi, J		Laval Rouge-et-Or	8:10.97	8:22.13	
10 Damian, D		Victoria Vikes	8:10.75	8:23.70	
11 Laviolette, T		Montréal Carabins	8:08.56	8:34.20	

## 2024 USports Canadian Universities Track &amp; Field Championships - 2024-03-07 to

## James Daly Field House

## Results

## ...Men 3000 Meter Run

12 Cox, W Queen's Gaels 8:18.10 8:38.29

## Men 60 Meter Hurdles 42in

=====  
Top 3 + next 2 fastest times advance

USports Rec: # 7.77 2023-03-10 Craig Thorne, Guelph

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Adeleye, D		Toronto Blues	7.88	7.88Q	2 7.874
2 Thorne, C		Guelph Gryphons	7.76	7.88Q	1 7.879
3 Lindo, T		York Lions	7.91	8.02Q	2
4 Rose, J		Alberta Golden	7.92	8.15Q	1
5 Spencer, C		Brock Badgers	8.15	8.14Q	2 8.131
6 Dimande, T		Saskatchewan	8.14	8.18Q	1
7 Collins, A		Western Mustangs	8.10	8.14q	2 8.135
8 Al-Awamleh, Z		Guelph Gryphons	8.01	8.14q	2 8.138
9 Andres, A		Manitoba Bisons	7.97	8.19	1
10 Lapointe, É		Montréal Carabins	8.19	8.21	1
11 MacNeill, M		Guelph Gryphons	8.13	8.24	1
12 Blain, A		Western Mustangs	8.19	8.41	2

## Men 60 Meter Hurdles 42in

=====  
Top 3 + next 2 fastest times advance

USports Rec: # 7.77 2023-03-10 Craig Thorne, Guelph

Name	Year	School	Prelims	Finals	Points
Finals					
1 Thorne, C		Guelph Gryphons	7.88	7.81	10
2 Adeleye, D		Toronto Blues	7.88	7.83	8
3 Lindo, T		York Lions	8.02	8.02	6
4 Rose, J		Alberta Golden	8.15	8.05	5
5 Collins, A		Western Mustangs	8.14	8.13	4
6 Al-Awamleh, Z		Guelph Gryphons	8.14	8.15	3
7 Dimande, T		Saskatchewan	8.18	8.18	2
8 Spencer, C		Brock Badgers	8.14	8.22	1
Preliminaries					
9 Andres, A		Manitoba Bisons	8.19		
10 Lapointe, É		Montréal Carabins	8.21		
11 MacNeill, M		Guelph Gryphons	8.24		
12 Blain, A		Western Mustangs	8.41		

## Men 4x200 Meter Relay

=====  
Winners + next 4 fastest times advance

2 turn stagger

USports Rec: # 1:25.65 2012 , Ottawa  
O, Makinde, Robertson, Biocchi, T. Makinde

School	Year	Seed	Prelims	H#
1 Western Mustangs 'A'		1:27.23	1:27.87Q	3
1) Collins, A				
2) Helland, T				
3) Blain, A				
4) Duckman, J				
2 Montréal Carabins 'A'		1:27.34	1:28.06Q	2

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to  
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Results**

**....Men 4x200 Meter Relay**

1) Bositampen, R	2) Marneris, J			
3) Khelifa, A	4) Smith-Drouin, B			
3 Alberta Golden Bears/Pandas 'A'		1:26.14	1:28.86Q	4
1) Essapa, E	2) Li, J			
3) Sawatzky, J	4) Gross, A			
4 Windsor Lancers 'A'		1:29.43	1:29.07Q	1
1) Mahabir, R	2) John-Dunslow, C			
3) Tilson, B	4) Mombo, W			
5 Toronto Varsity Blues 'A'		1:27.93	1:29.08q	2
1) Bravakis, E	2) Tang, B			
3) Exley, A	4) Schultz, C			
6 Manitoba Bisons 'A'		1:28.10	1:29.29q	3
1) Soufi, J	2) Hutchison-Campbell, G			
3) Andres, A	4) Davis, T			
7 University of Calgary 'A'		1:27.86	1:29.50q	1
1) Zuchotzki, D	2) Milev, T			
3) Owusu, I	4) Imoukhuede, J			
8 Guelph Gryphons 'A'		1:27.78	1:29.72q	1
1) Penalzoza-Abankwah, M	2) Teal, C			
3) Thorne, C	4) Al-Awamleh, Z			
9 Regina Cougars 'A'		1:28.79	1:29.84	3 qJ
1) Ojeikere, P	2) Franklin, B			
3) Novik, M	4) Haidl, T			
10 Waterloo Warriors 'A'		1:28.58	1:30.05	4
1) Manouchehr, D	2) Babcock, O			
3) Lemon, B	4) Baranoski, L			
11 Saskatchewan Huskies 'A'		1:28.45	1:30.14	4
1) Powell, G	2) Ogunnubi, W			
3) McGovern, K	4) Charpentier, L			
12 McGill 'A'		1:29.44	1:30.65	1
1) Nicoletti, L	2) Percopo, R			
3) Moonsamy, K	4) Barrieu, J			
13 York Lions 'A'		1:29.01	1:31.14	2
1) Burke, D	2) Ogunrinde, O			
3) Moustafa, I	4) Jackson, K			
-- Saint Mary's Huskies 'A'		1:30.27	DQ	2
1) Williams, J	2) Gavel, O			
3) Smith, C	4) MacMullin, I			

**Men 4x200 Meter Relay**

Winners + next 4 fastest times advance

2 turn stagger

USports Rec: # 1:25.65 2012 , Ottawa

O, Makinde, Robertson, Biocchi, T. Makinde

School	Prelims	Finals	H#	Points
--------	---------	--------	----	--------

**Finals**

1 Western Mustangs 'A'	1:27.87	1:27.11	2	10
1) Collins, A	2) Helland, T			
3) Blain, A	4) Duckman, J			
2 Windsor Lancers 'A'	1:29.07	1:27.75	2	8
1) Mahabir, R	2) John-Dunslow, C			
3) Tilson, B	4) Mombo, W			
3 Alberta Golden Bears/Pandas 'A'	1:28.86	1:27.87	2	6

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to  
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**....Men 4x200 Meter Relay**

1) Essapa, E	2) Li, J				
3) Rose, J	4) Sawatzky, J	1:29.72	1:28.08	1	5
4 Guelph Gryphons 'A'					
1) Penaloza-Abankwah, M	2) Teal, C				
3) Thorne, C	4) Al-Awamleh, Z	1:28.06	1:28.17	2	4
5 Montréal Carabins 'A'					
1) Bositampen, R	2) Marneris, J				
3) Khelifa, A	4) Smith-Drouin, B	1:29.50	1:28.33	1	3
6 University of Calgary 'A'					
1) Zuchotzki, D	2) Milev, T				
3) Owusu, I	4) Imoukhuede, J	1:29.08	1:28.37	1	2
7 Toronto Varsity Blues 'A'					
1) Bravakis, E	2) Tang, B				
3) Exley, A	4) Schultz, C	1:29.29	1:29.58	1	1
8 Manitoba Bisons 'A'					
1) Soufi, J	2) Hutchison-Campbell, G				
3) Andres, A	4) Davis, T	1:29.84	1:29.79	1	
9 Regina Cougars 'A'					
1) Ojeikere, P	2) Franklin, B				
3) Novik, M	4) Haidl, T				
Preliminaries					
10 Waterloo Warriors 'A'		1:30.05			
1) Manouchehr, D	2) Babcock, O				
3) Lemon, B	4) Baranoski, L				
11 Saskatchewan Huskies 'A'		1:30.14			
1) Powell, G	2) Ogunnubi, W				
3) McGovern, K	4) Charpentier, L				
12 McGill 'A'		1:30.65			
1) Nicoletti, L	2) Percopo, R				
3) Moonsamy, K	4) Barrieu, J				
13 York Lions 'A'		1:31.14			
1) Burke, D	2) Ogunrinde, O				
3) Moustafa, I	4) Jackson, K				
-- Saint Mary's Huskies 'A'			DQ		
1) Williams, J	2) Gavel, O				
3) Smith, C	4) MacMullin, I				

**Men 4x400 Meter Relay**

2 turn stagger

USports Rec: # 3:11.67 2019 , Guelph  
Hamilton, Thompson, Harper, Osei

School	Seed	Finals	H#	Points
=====				
Finals				
1 Alberta Golden Bears/Pandas 'A'	3:14.29	3:16.83	3	10
1) Li, J	2) Grattidge, C			
3) Cook, N	4) Rose, J			
2 Manitoba Bisons 'A'	3:14.38	3:17.22	3	8
1) Civetta, A	2) Allen, K			
3) Mann, D	4) Allen, T			
3 Windsor Lancers 'A'	3:15.89	3:19.03	3	6
1) Tilson, B	2) McBride, W			
3) Popescu, P	4) Waldmann, N			
4 Waterloo Warriors 'A'	3:17.61	3:19.87	2	5

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**....Men 4x400 Meter Relay**

1) Smith, B	2) Lemon, B				
3) Baranoski, L	4) Babcock, O				
5 Toronto Varsity Blues 'A'		3:17.53	3:19.88	2	4
1) Schultz, C	2) Aidoo, M				
3) Exley, A	4) Bravakis, E				
6 Regina Cougars 'A'		3:18.15	3:20.44	2	3
1) Stachowich, L	2) Labrie-Boulay, O				
3) Idowu, I	4) Eiswerth, D				
7 Western Mustangs 'A'		3:14.98	3:21.71	3	2
1) Collins, A	2) Helland, T				
3) Blain, A	4) Duckman, J				
8 Dalhousie Tigers 'A'		3:22.09	3:21.73	1	1
1) Aftanas, M	2) Lord, D				
3) Rudaitis, L	4) James, Z				
9 Guelph Gryphons 'A'		3:16.13	3:22.69		3
1) Teal, C	2) Campbell, E				
3) Ryan, A	4) Penaloza-Abankwah, M				
10 University of Calgary 'A'		3:18.26	3:23.03		2
1) Zuchotzki, D	2) Briar, M				
3) Richards, Z	4) Gouttin, V				
11 Montréal Carabins 'A'		3:17.40	3:23.55		3
1) Smith-Drouin, B	2) Renélique, T				
3) Faucher, A	4) Khelifa, A				
12 York Lions 'A'		3:18.41	3:23.70		2
1) Burke, D	2) Taffese, N				
3) Moustafa, I	4) Richards, M				
13 Saskatchewan Huskies 'A'		3:19.27	3:24.61		1
1) McGovern, K	2) Ogunnubi, W				
3) Charpentier, L	4) Dimande, T				
-- Laval Rouge-et-Or 'A'		3:23.03	DNF		1
1) Ameline, L	2) Riad, Y				
3) Flourde-Couture, F	4) Giguère, R				

**Men 4x800 Meter Relay**

1 turn stagger / double waterfall

USports Rec: # 7:27.94 2014 , Windsor

LaMArra, McArthur, Bellemore, Ullman

School	Seed	Finals	Points
1 Guelph Gryphons 'A'	7:34.02	7:28.99	10
1) Schmidt, A	2) Basson, M		
3) Ryan, A	4) Davies, M		
2 Regina Cougars 'A'	7:29.65	7:30.60	8
1) Mytopher, A	2) Mytopher, B		
3) Eiswerth, D	4) Podbielski, J		
3 Unb Reds 'A'	7:31.93	7:31.51	6
1) Perrett, B	2) Boyle, W		
3) Kean, M	4) Howse, J		
4 Manitoba Bisons 'A'	7:31.96	7:31.56	5
1) Civetta, A	2) Reimer, C		
3) Mann, D	4) Allen, T		
5 Alberta Golden Bears/Pandas 'A'	7:35.08	7:41.09	4
1) Grattidge, C	2) Ushko, J		
3) Sharpe, T	4) Cook, N		

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to  
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**....Men 4x800 Meter Relay**

6 Laval Rouge-et-Or 'A'	7:33.86	7:42.96	3
1) Ameline, L	2) Riad, Y		
3) Plourde-Couture, F	4) Giguère, R		
7 Dalhousie Tigers 'A'	7:36.55	7:43.40	2
1) Rudaitis, L	2) Grimshaw-Surette, H		
3) Lord, D	4) Goslett, A		
8 Victoria Vikes 'A'	7:37.63	7:44.52	1
1) Hopkins, M	2) Iascelle, M		
3) Seshadri, B	4) Waller, D		
9 Western Mustangs 'A'	7:37.80	7:45.34	
1) Koyanagi, K	2) Sanders, J		
3) Boers, T	4) Fox, B		
10 McMaster Marauders 'A'	7:36.99	7:47.97	
1) Bouius, T	2) Mulkewich, N		
3) Weist, W	4) Patrick, S		
11 University of Calgary 'A'	7:35.50	7:53.09	
1) Briar, M	2) Bouma, P		
3) Meyer, E	4) Gouttin, V		
12 Queen's Gaels 'A'	7:36.80	8:08.65	
1) Legare, N	2) Hueglin, T		
3) Hayes, J	4) Danby, O		
-- McGill 'A'	7:45.10	DQ	Rule TR24.9
1) Gueguen, J	2) Hepworth, S		
3) Chapple, D	4) Geiger, M		

**Men High Jump**

Starting height: 1.80m

Increase by 5cm to 1.95m, then by 3 cm

USports Rec: # 2.24m 1993 Alex Zaliaskas, Toronto

Name	Year	School	Seed	Finals	Points
1 Vanderzee, N		U of Calgary	2.22m	2.15m	10
1.80 1.85 1.90 1.95 1.98 2.01 2.04 2.07 2.10 2.15 2.20					
P P P P P P O P O XXO XXX					
2 Grout, A		Toronto Blues	2.14m	2.07m	7
1.80 1.85 1.90 1.95 1.98 2.01 2.04 2.07 2.10					
P P P P O P O XXO XXX					
2 Ollivier, E		Uqam Citadins	2.10m	2.07m	7
1.80 1.85 1.90 1.95 1.98 2.01 2.04 2.07 2.10					
P P P O P O O XXO XXX					
4 deBlois, C		Guelph Gryphons	2.06m	J2.07m	5
1.80 1.85 1.90 1.95 1.98 2.01 2.04 2.07 2.10					
P P O XO O XO O XXO XXX					
5 Anamali, D		U of Calgary	2.01m	2.01m	4
1.80 1.85 1.90 1.95 1.98 2.01 2.04					
P P XO O XXO O XXX					
6 Keeling, C		Windsor Lancers	2.09m	J2.01m	3
1.80 1.85 1.90 1.95 1.98 2.01 2.04					
P P O O P XO XXX					
7 Marchand, B		Dalhousie Tigers	2.03m	J2.01m	2
1.80 1.85 1.90 1.95 1.98 2.01 2.04					
P XO O O XXO XO XXX					

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to**

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**Results**

**....Men High Jump**

8	Jan-King, T	Alberta Golden	2.05m	J2.01m	1
	1.80 1.85 1.90 1.95 1.98 2.01 2.04				
	P P XO XO XXO XXO XXX				
9	McGregor, M	Toronto Blues	2.02m	1.95m	
	1.80 1.85 1.90 1.95 1.98				
	P O O O XXX				
9	Brosseau, L	Laval Rouge-et-Or	2.09m	1.95m	
	1.80 1.85 1.90 1.95 1.98				
	P P P O XXX				
11	Turner, D	Manitoba Bisons	2.04m	J1.95m	
	1.80 1.85 1.90 1.95 1.98				
	P P XO O XXX				
12	Fitzgerald, D	McGill	2.01m	1.90m	
	1.80 1.85 1.90 1.95				
	P O O XP				
13	Wall, E	St Mary's Huskie	1.94m	J1.90m	
	1.80 1.85 1.90 1.95				
	XO O O XXX				

**Men Pole Vault**

Starting height: 4.15m

Increase by 15cm to 4.45m, then by 10cm to 4.85m, then by 5cm

USports Rec: # 5.65m 1992 Doug Wood, York

Name	Year	School	Seed	Finals	Points
1	Martin Huerta, N	Trinity Western	5.02m	4.90m	10
	4.15 4.30 4.45 4.55 4.65 4.75 4.85 4.90 4.95				
	P P XO P XO O O XO XXX				
2	Mangue, E	Montréal Carabins	4.80m	4.85m	8
	4.15 4.30 4.45 4.55 4.65 4.75 4.85 4.90 4.95				
	P P P P XO XO XXO XP XX				
3	Ivanov, M	Brock Badgers	5.05m	4.75m	6
	4.15 4.30 4.45 4.55 4.65 4.75 4.85				
	P P XO O O O XXX				
4	Woods, B	Guelph Gryphons	4.50m	4.55m	3.50
	4.15 4.30 4.45 4.55 4.65				
	P P O O XXX				
4	Labrecque, J	Laval Rouge-et-Or	4.50m	4.55m	3.50
	4.15 4.30 4.45 4.55 4.65				
	O O O O XXX				
4	Martin, J	Trinity Western	4.90m	4.55m	3.50
	4.15 4.30 4.45 4.55 4.65				
	P P O O XXX				
4	Lavoie-Beaulieu, É	Sherbrooke V	4.70m	4.55m	3.50
	4.15 4.30 4.45 4.55 4.65 4.75				
	P P P O P XXX				
8	Desilets, E	Western Mustangs	4.55m	J4.55m	1
	4.15 4.30 4.45 4.55 4.65				
	P O O XO XXX				
9	Speiser, M	Manitoba Bisons	4.55m	J4.55m	
	4.15 4.30 4.45 4.55 4.65				
	O XO XXO XXO XXX				



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**....Men Pole Vault**

10	Neufeld, J	Saskatchewan	4.50m	4.30m
	4.15 4.30 4.45			
	O XO XXX			
11	Tam, J	Saskatchewan	4.55m	J4.30m
	4.15 4.30 4.45			
	XO XXO XXX			
--	Beaubien, S	Guelph Gryphons	4.50m	NH
	4.15			
	XX			
--	Parker, N	Windsor Lancers	4.90m	NH
	4.15 4.30			
	P XXX			

**Men Long Jump**

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Top 8 advance to Final  
 USports Rec: # 7.88m 2010 Christopher Greenway, Ottawa

Name	Year	School	Seed	Finals	Points
1 Jacob, J		Guelph Gryphons	7.38m	7.35m	10
	7.35m 7.32m	PASS PASS PASS PASS			
2 West, K		Western Mustangs	7.38m	7.30m	8
	FOUL 7.13m 6.92m 6.98m	7.30m FOUL			
3 Arase, S		Guelph Gryphons	7.36m	7.26m	6
	FOUL 7.00m 7.10m 7.26m	FOUL FOUL			
4 Okumo, O		Trinity Western	7.26m	7.08m	5
	6.56m 7.08m 6.82m	FOUL 6.83m 6.60m			
5 Shahzadeh, A		Western Mustangs	7.15m	7.07m	4
	6.70m 6.64m 6.90m 6.91m	6.84m 7.07m			
6 Greene, S		Dalhousie Tigers	7.12m	6.93m	3
	6.64m 6.93m 6.68m 6.68m	6.53m 6.77m			
7 Indome, M		Western Mustangs	7.15m	6.90m	2
	6.90m 6.80m 6.70m	FOUL FOUL 6.82m			
8 Ariyo, B		Alberta Golden	7.08m	6.88m	1
	6.88m FOUL 6.75m 6.63m	6.58m 6.34m			
9 Hutchison-Campbell, G		Manitoba Bisons	7.11m	6.84m	
	6.77m FOUL 6.84m				
10 Sanoy, R		U of Calgary	7.13m	6.80m	
	6.80m 6.47m 6.30m				
11 MacNeill, O		Windsor Lancers	7.22m	6.77m	
	FOUL 6.55m 6.77m				
12 Pothier, J		Laval Rouge-et-Or	6.73m	6.60m	
	6.60m FOUL 6.12m				

**Men Triple Jump**

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Top 8 advance to Final  
 USports Rec: # 16.24m 2023-03-11 Kenneth West, Western

Name	Year	School	Seed	Finals	Points
1 Turner, D		Manitoba Bisons	15.63m	15.82m	10
	15.60m 15.36m 15.82m	FOUL FOUL FOUL			
2 West, K		Western Mustangs	15.76m	15.38m	8
	FOUL 14.62m FOUL 15.38m	15.16m FOUL			

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**....Men Triple Jump**

3	Jan-King, T	Alberta Golden	15.25m	15.27m	6
	FOUL FOUL 14.85m 15.27m FOUL 15.13m				
4	Irish, L	Lethbridge P	15.32m	15.06m	5
	14.91m 14.23m 14.54m 14.65m FOUL 15.06m				
5	MacNeill, O	Windsor Lancers	14.80m	14.70m	4
	14.25m FOUL 13.52m 14.35m FOUL 14.70m				
6	Mathivathanan, A	York Lions	15.12m	14.69m	3
	14.69m 11.66m 14.39m 12.60m FOUL 14.53m				
7	Oshikoya, T	Dalhousie Tigers	14.72m	J14.69m	2
	14.14m 14.53m 14.05m 14.17m 14.24m 14.69m				
8	Shahzadeh, A	Western Mustangs	14.66m	14.43m	1
	14.31m 13.42m 14.25m 13.89m 14.43m FOUL				
9	Hanna, P	Sherbrooke V	14.95m	13.97m	
	13.45m 13.97m 13.54m				
10	liles-McCurdy, L	Toronto Blues	14.38m	13.94m	
	13.94m FOUL 13.90m				
--	Crawford, J	York Lions	14.57m	FOUL	
	FOUL FOUL FOUL				

**Men Shot Put**

Top 8 advance to Final

USports Rec: # 19.08m 2023-03-11 Mark Bujnowski, Guelph

Name	Year	School	Seed	Finals	Points
1 Bourque, S		Moncton Aigles Bleu	17.01m	17.40m	10
		16.67m 15.70m 16.94m 17.40m 16.97m FOUL			
2 Stanat, A		Windsor Lancers	17.11m	16.85m	8
		15.74m 16.83m FOUL FOUL 16.85m FOUL			
3 Edwards, S		Western Mustangs	17.11m	16.53m	6
		15.19m 15.88m 15.36m 16.07m 16.50m 16.53m			
4 Quick, M		Saskatchewan	15.79m	15.78m	5
		15.38m 15.52m 15.78m FOUL 15.17m 15.50m			
5 Labbé, A		Laval Rouge-et-Or	16.08m	15.69m	4
		14.96m 15.09m FOUL FOUL 15.69m FOUL			
6 Fraser, C		Carleton Ravens	15.27m	15.35m	3
		14.60m 14.41m 15.03m 15.35m 14.67m 15.34m			
7 Friesen, T		U of Calgary	15.11m	15.34m	2
		14.48m 15.34m FOUL 14.97m 14.86m FOUL			
8 Lachance, B		Saskatchewan	15.08m	15.12m	1
		14.76m 14.23m 14.98m FOUL 15.12m FOUL			
9 Eze, W		Alberta Golden	16.24m	14.85m	
		14.31m 14.85m FOUL			
10 Suelzle, J		Manitoba Bisons	15.24m	14.66m	
		14.66m 14.31m 14.59m			
11 Dunlop, M		St Mary's Huskie	14.47m	14.32m	
		14.27m FOUL 14.32m			
12 Brewer, B		Guelph Gryphons	14.56m	14.07m	
		13.29m 13.95m 14.07m			

**Men Shot Put Para**

Name	Year	School	Seed	Finals
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**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to****James Daly Field House****Results****...Men Shot Put Para**

1 Dorais, M	Laval Rouge-et-Or	11.17m	11.35m
	10.88m 11.34m 11.35m 10.89m 9.80m 10.83m		
2 Ouellette, R	Moncton Aigles Bleu	8.03m	8.37m
	7.60m 8.20m 7.79m 8.01m 8.16m 8.37m		

**Men Weight Throw**

Top 8 advance to Final

USports Rec: # 24.08m 2009 Jim Steacy, Lethbridge

Name	Year	School	Seed	Finals	Points
1 Hassar, A		Laval Rouge-et-Or	21.09m	21.22m	10
		19.89m 21.19m 20.72m 20.53m FOUL 21.22m			
2 Wright, G		Manitoba Bisons	19.35m	18.65m	8
		18.42m 18.65m 17.82m FOUL 18.23m FOUL			
3 Suelzle, J		Manitoba Bisons	17.90m	17.77m	6
		16.96m 17.51m 17.29m 17.67m 17.53m 17.77m			
4 Stanat, A		Windsor Lancers	16.97m	17.04m	5
		FOUL 17.04m 16.46m FOUL 16.51m 16.79m			
5 Eze, W		Alberta Golden	17.45m	16.73m	4
		FOUL FOUL 16.12m 16.73m FOUL FOUL			
6 Paris, F		Laval Rouge-et-Or	16.89m	16.69m	3
		16.44m 15.84m FOUL 16.05m 16.69m 15.88m			
7 Diaz Sterling, J		Laval Rouge-et-Or	16.43m	16.60m	2
		15.85m 16.05m FOUL 15.73m 16.60m FOUL			
8 Lavoie, P		Saskatchewan	16.26m	16.59m	1
		15.51m 16.05m 15.50m 15.46m 16.59m 16.32m			
9 Lachance, B		Saskatchewan	15.48m	15.96m	
		15.65m 15.96m 15.81m			
10 Osborne, Z		York Lions	15.59m	15.43m	
		14.66m FOUL 15.43m			
10 Allen, P		Lethbridge P	15.29m	15.43m	
		FOUL FOUL 15.43m			
12 Botha, S		Lethbridge P	14.95m	13.90m	
		FOUL FOUL 13.90m			

**Heptathlon: #1 Men 60 Meter Dash Heptathlon**

Name	Year	School	Finals	H#	Points
1 Gremaud, B		Trinity Western	7.17	1	823
2 Tzvetkov, D		Western Mustangs	7.19	2	816
3 Turner, J		U of Calgary	7.23	2	802 7.224
4 Neufeld, J		Saskatchewan	7.23	1	802 7.225
5 Grout, A		Toronto Blues	7.24	1	799
6 Altrogge, M		Saskatchewan	7.25	2	796
7 Cameron, Q		Western Mustangs	7.27	2	789
8 Desilets, E		Western Mustangs	7.28	2	785
9 Speiser, M		Manitoba Bisons	7.29	1	782
10 McGonigal, K		McGill	7.35	2	762
11 Mazerolle, M		Moncton Aigles Bleu	7.40	2	745 7.391
12 Arnfast, O		Unb Reds	7.40	2	745 7.394
13 Clarke, W		Western Mustangs	7.41	1	742
14 Tam, J		Saskatchewan	7.44	1	732

**2024 USports Canadian Universities Track & Field Championships - 2024-03-07 to****James Daly Field House****Results****Heptathlon: #7 Men 1000 Meter Dash Heptathlon**

Name	Year School	Finals	Points
1 Altrogge, M	Saskatchewan	2:48.16	785
2 Speiser, M	Manitoba Bisons	2:51.34	752
3 Gremaud, B	Trinity Western	2:59.00	674
4 Neufeld, J	Saskatchewan	3:03.60	629
5 Arnfast, O	Unb Reds	3:03.80	627
6 Mazerolle, M	Moncton Aigles Bleu	3:04.78	618
7 Turner, J	U of Calgary	3:05.13	615
8 Tam, J	Saskatchewan	3:05.25	614
9 McGonigal, K	McGill	3:11.84	553
10 Tzvetkov, D	Western Mustangs	3:16.45	512
-- Grout, A	Toronto Blues	DNF	

**Heptathlon: #5 Men 60 Meter Hurdles Heptathlon**

Name	Year School	Finals	H#	Points
1 Grout, A	Toronto Blues	8.43	2	877
2 Altrogge, M	Saskatchewan	8.63	2	829 8.630
2 Speiser, M	Manitoba Bisons	8.63	2	829 8.630
4 Gremaud, B	Trinity Western	8.72	2	809
5 Mazerolle, M	Moncton Aigles Bleu	8.76	2	800
6 Neufeld, J	Saskatchewan	8.77	1	797
7 Tam, J	Saskatchewan	8.78	1	795
8 McGonigal, K	McGill	8.83	1	784
9 Turner, J	U of Calgary	8.93	1	761
10 Arnfast, O	Unb Reds	8.99	2	748
11 Tzvetkov, D	Western Mustangs	9.01	2	744
12 Clarke, W	Western Mustangs	9.03	1	739

**Heptathlon: #4 Men High Jump Heptathlon**

Starting Height: 1.65m, then by 3cm

Name	Year School	Finals	Points
1 Speiser, M	Manitoba Bisons	1.98m	785
1.77 1.80 1.83 1.86 1.89 1.92 1.95 1.98 2.01			
O P O O O O XO XXO XXX			
2 Gremaud, B	Trinity Western	1.86m	679
1.71 1.74 1.77 1.80 1.83 1.86 1.89			
XO O XO O XXO XXO XXX			
3 McGonigal, K	McGill	1.83m	653
1.71 1.74 1.77 1.80 1.83 1.86			
O O XXO XO XO XXX			
4 Clarke, W	Western Mustangs	1.80m	627
1.74 1.77 1.80 1.83			
O XXO XXO XXX			
4 Neufeld, J	Saskatchewan	1.80m	627
1.68 1.71 1.74 1.77 1.80 1.83			
O XO O XXO XXO XXX			
4 Tam, J	Saskatchewan	1.80m	627
1.68 1.71 1.74 1.77 1.80 1.83			
O O O XXO XXO XXX			

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**....Heptathlon: #4 Men High Jump Heptathlon**

7	Altrogge, M	Saskatchewan	1.77m	602
	1.68 1.71 1.74 1.77 1.80			
	O O O O XXX			
8	Tzvetkov, D	Western Mustangs	1.74m	577
	1.71 1.74 1.77			
	XXO O XXX			
9	Turner, J	U of Calgary	1.71m	552
	1.65 1.68 1.71 1.74			
	XO XO XXO XXX			
10	Mazerolle, M	Moncton Aigles Bleu	1.65m	504
	1.65 1.68			
	XO XXX			
10	Arnfast, O	Unb Reds	1.65m	504
	1.65 1.68			
	XXO XXX			
--	Grout, A	Toronto Blues	NH	
	2.01			
	XXX			
--	Cameron, Q	Western Mustangs	NH	
	1.65			
	XXP			
--	Desilets, E	Western Mustangs	NH	
	1.65			
	XXX			

**Heptathlon: #6 Men Pole Vault Heptathlon**

Starting height: 3.40m, then by 10cm

Name	Year	School	Finals	Points
1 Tam, J		Saskatchewan	4.50m	760
	3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 4.40 4.50 4.60			
	P P P P P XO O XXO O XO O O XXX			
1 McGonigal, K		McGill	4.50m	760
	3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 4.40 4.50 4.60			
	P P P P P P O O O O XO O XXX			
3 Speiser, M		Manitoba Bisons	4.40m	731
	3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 4.40 4.50			
	P P P P P P O P O O XO XXX			
4 Altrogge, M		Saskatchewan	4.30m	702
	3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 4.40			
	P P P O O O O O XO XXO XXX			
5 Mazerolle, M		Moncton Aigles Bleu	4.10m	645
	3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20			
	P XO P O O O O O XXX			
6 Tzvetkov, D		Western Mustangs	4.00m	617
	3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10			
	XO P XXO XO O XO XXO XXX			
6 Neufeld, J		Saskatchewan	4.00m	617
	3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10			
	P P P P P P XO XXX			
6 Gremaud, B		Trinity Western	4.00m	617
	3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10			
	P P XO O O XO XO XXX			

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6	Turner, J							U of Calgary	4.00m	617
		3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	
		P	P	O	O	O	O	XXO	XXX	
10	Grout, A							Toronto Blues	3.80m	562
		3.40	3.50	3.60	3.70	3.80	3.90	4.00		
		P	P	O	O	O	P	XXX		
11	Arnfast, O							Unb Reds	3.60m	509
		3.40	3.50	3.60	3.70					
		O	P	O	XXX					

**Heptathlon: #2 Men Long Jump Heptathlon**

Name	Year	School	Finals	Points	
1 Turner, J		U of Calgary	6.79m	764	
			6.79m	6.32m	6.52m
1 Grout, A		Toronto Blues	6.79m	764	
			FOUL	6.38m	6.79m
3 Speiser, M		Manitoba Bisons	6.70m	743	
			6.70m	6.47m	6.68m
4 Clarke, W		Western Mustangs	6.66m	734	
			6.64m	6.33m	6.66m
5 McGonigal, K		McGill	6.59m	718	
			6.36m	6.59m	6.49m
6 Altrogge, M		Saskatchewan	6.55m	709	
			5.22m	FOUL	6.55m
7 Tzvetkov, D		Western Mustangs	6.44m	684	
			5.76m	FOUL	6.44m
8 Gremaud, B		Trinity Western	6.42m	679	
			6.39m	5.89m	6.42m
9 Desilets, E		Western Mustangs	6.27m	646	
			FOUL	FOUL	6.27m
10 Cameron, Q		Western Mustangs	6.21m	632	
			FOUL	6.20m	6.21m
11 Tam, J		Saskatchewan	6.14m	617	
			6.14m	FOUL	6.12m
12 Mazerolle, M		Moncton Aigles Bleu	6.13m	615	
			6.13m	5.98m	FOUL
13 Neufeld, J		Saskatchewan	6.11m	610	
			FOUL	6.11m	FOUL
14 Arnfast, O		Unb Reds	5.73m	529	
			FOUL	5.73m	FOUL

**Heptathlon: #3 Men Shot Put Heptathlon**

Name	Year	School	Finals	Points	
1 Altrogge, M		Saskatchewan	13.28m	684	
			12.23m	12.60m	13.28m
2 Speiser, M		Manitoba Bisons	12.69m	648	
			12.16m	12.69m	FOUL
3 Gremaud, B		Trinity Western	12.62m	644	
			12.62m	12.39m	12.44m
4 Tzvetkov, D		Western Mustangs	11.99m	606	
			11.85m	11.99m	FOUL

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**...Heptathlon: #3 Men Shot Put Heptathlon**

5	Mazerolle, M	Moncton Aigles Bleu	11.77m	592
	11.77m 11.38m 11.66m			
6	Neufeld, J	Saskatchewan	11.75m	591
	11.60m 11.75m 11.66m			
7	Cameron, Q	Western Mustangs	11.72m	589
	11.72m 11.65m 11.66m			
8	Turner, J	U of Calgary	11.66m	586
	11.01m 10.84m 11.66m			
9	Clarke, W	Western Mustangs	11.48m	575
	11.18m 10.85m 11.48m			
10	McGonigal, K	McGill	11.22m	559
	10.86m 11.22m 10.96m			
11	Desilets, E	Western Mustangs	10.95m	543
	10.73m 10.95m 10.39m			
12	Tam, J	Saskatchewan	10.93m	542
	10.01m 10.56m 10.93m			
13	Grout, A	Toronto Blues	10.55m	519
	10.13m 10.28m 10.55m			
14	Arnfast, O	Unb Reds	8.94m	422
	8.55m 8.94m 7.78m			

**Men Heptathlon**

USports Rec: # 5374 2016 James Turner, Toronto						
Name	Year	School	Seed	Finals	H#	Points
1	Speiser, M	Manitoba Bisons	5186	5270	10	
2	Altrogge, M	Saskatchewan	4885	5107	8	
3	Gremaud, B	Trinity Western	4845	4925	6	
4	McGonigal, K	McGill	4644	4789	5	
5	Turner, J	U of Calgary	4839	4697	4	
6	Tam, J	Saskatchewan	4714	4687	3	
7	Neufeld, J	Saskatchewan	4906	4673	2	
8	Tzvetkov, D	Western Mustangs	4911	4556	1	
9	Mazerolle, M	Moncton Aigles Bleu	4717	4519		
10	Arnfast, O	Unb Reds	4391	4084		
11	Grout, A	Toronto Blues	5005	3521		

**Women - Team Rankings - 17 Events Scored**

1) Guelph Gryphons	115	2) Western Mustangs	102
3) University of Calgary	87	4) Saskatchewan Huskies	86
5) Laval Rouge-et-Or	59	6) Alberta Golden Bears/Pand	30
7) Toronto Varsity Blues	21	7) Dalhousie Tigers	21
9) Windsor Lancers	20	10) York Lions	18
10) Manitoba Bisons	18	12) Waterloo Warriors	15
13) Sherbrooke Vert-et-Or	14	14) Montréal Carabins	12
15) Regina Cougars	9	16) McGill	8
17) Trinity Western Spartans	7	18) Victoria Vikes	6
19) Carleton Ravens	4	20) UPEI Panthers	3
21) UNB Reds	2	21) Lakehead Thunderwolves	2
21) Ottawa Gee-Gees	2	24) Brock Badgers	1

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**....Men Heptathlon**

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Men - Team Rankings - 17 Events Scored  
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1) Guelph Gryphons	89.50	2) Manitoba Bisons	82
3) Laval Rouge-et-Or	56.50	4) Western Mustangs	55
5) Alberta Golden Bears/Panda	48	6) Windsor Lancers	42
7) Toronto Varsity Blues	31	8) Trinity Western Spartans	30.50
9) University of Calgary	29	10) Regina Cougars	28
11) Montréal Carabins	24	12) Dalhousie Tigers	22
12) Saskatchewan Huskies	22	14) McGill	17
15) UNB Reds	15	16) Moncton Aigles Bleu	10
16) Queen's Gaels	10	18) Sherbrooke Vert-et-Or	9.50
19) York Lions	9	20) Waterloo Warriors	7
20) UQAM Citadins	7	20) Brock Badgers	7
23) Lethbridge Pronghorns	5	24) Carleton Ravens	3
25) Victoria Vikes	1		