

*Ralph
Oct. 22*

COACH

O.W.I.A.A. OUTDOOR TRACK & FIELD CHAMPIONSHIPS

UNIVERSITY OF TORONTO

OCTOBER 13, 1984

TEAM STANDINGS

1.	University of Toronto	189
2.	McMaster University	160
3.	Queen's University	112
4.	University of Windsor	43
5.	Laurentian University	23
6.	University of Waterloo	8

O.W.I.A.A. Outdoor Track & Field Championships October 13, 1984

University of Toronto

Results

EVENT: 100 Metres

Heat No. 1

1	Elaine Weeks	Windsor	12.86
2	Lora Lariviere	McMaster	13.08
3	Elizabeth Reisch	Waterloo	13.21
4	Alex Suhanic	Queen's	13.42
5	Hazel Rodney	Toronto	13.46
6	Candice Benjamin	Toronto	13.52
7	Debbie Remeke	Windsor	13.61
8	Penny Forth	Laurentian	13.72

Heat No. 2

1	Lisa Nagy	Windsor	13.30
2	Hester Westenberg	McMaster	13.33
3	Linda Wong	Toronto	13.60
4	Colleen Roch	McMaster	13.81
5	Michelle Smitheran	Queen's	13.84
6	Lori Pszevczny	Laurentian	13.85
7	Gwen Bailey	Queen's	13.91
8	Heather Taylor	Waterloo	14.43

100 Metres FINALS

1	Lora Lariviere	McMaster	12.84
2	Elaine Weeks	Windsor	12.93
3	Hester Westenberg	McMaster	12.97
4	Lisa Nagy	Windsor	13.03
5	Linda Wong	Toronto	13.48
6	Alex Suhanic	Queen's	13.50
7	Hazel Rodney	Toronto	13.55
8	Elizabeth Beisch	Waterloo	13.77

OWIAA results continued

EVENT: 200 Metres

Heat No. 1

1	Lora Lariviere	McMaster	26.97
2	Virginia Stortini	McMaster	27.09
3	Sue Proudfoot	Toronto	27.40
4	<u>Katie MacKay</u>	Queen's	27.86
5	Jenny Yee	Windsor	28.93
6	Sylvia Soder	Waterloo	29.74

WIND +0.2

Heat No. 2

1	Candice Benjamin	Toronto	26.69
2	Lisa Nagy	Windsor	27.15
3	Elizabeth Reish	Waterloo	27.36
4	<u>Alex Suhanic</u>	Queen's	27.87
5	Penny Forth	Laurentian	28.15
6	Cathy Meade	McMaster	28.49

WIND -2.0

Heat No. 3

1	Elaine Weeks	Windsor	27.02
2	Jackie Rocchio	Toronto	27.38
3	Kim Walker	McMaster	27.76
4	Lori Pszeniczny	Laurentian	28.17
5	<u>Gwen Bailey</u>	Queen's	29.10
6	Julie Clegg	Waterloo	30.39

WIND -1.4

200 Metres Finals

1	Lora Lariviere	McMaster	25.88
2	Lisa Nagy	Windsor	26.53
3	Candice Benjamin	Toronto	26.68
4	Elaine Weeks	Windsor	26.77
5	Jackie Rocchio	Toronto	26.82
6	Virginia Stortini	Laurentian	26.92
7	Sue Proudfoot	Toronto	27.51
8	Elizabeth Reische	Waterloo	27.71

WIND - none recorded

OWIAA results continued

EVENT: 400 Metres

Heat No. 1

1	<u>Katie Mackay</u>	Queen's	59.92
2	<u>Paula Schnurr</u>	McMaster	1.00.40
3	Judy Nemeth	Toronto	1.01.29
4	Marla McNaull	McMaster	1.01.78
5	Jackie Rocchio	Toronto	1.01.95
6	<u>Jane Henshaw</u>	Queen's	1.04.00

WIND - none recorded

Heat No. 2

1	Susan Kozak	McMaster	1.01.47
2	Amanda James	Windsor	1.03.08
3	<u>Chrystal Bryan</u>	Queen's	1.03.51
4	Sandy Mergler	Toronto	1.04.00
5	Julie Clegg	Waterloo	1.09.53
6	Sylvia Soder	Waterloo	1.09.78

WIND - none recorded

400 Metres Finals

1	Paula Schnurr	McMaster	57.70
2	<u>Katie Mackay</u>	Queen's	59.63
3	Judy Nemeth	Toronto	1.00.27
4	Susan Kozak	McMaster	1.00.62
5	<u>Chrystal Bryan</u>	Queen's	1.03.67
6	<u>Amanda Jones</u>	Windsor	1.04.77

WIND - none recorded

OWIAA results continued

800 Metres Finals

1	Paula Schnurr	McMaster	2.10.76
2	Susan Kozak	McMaster	2.14.55
3	Julie Insley	McMaster	2.23.53
4	Judy Nemeth	Toronto	2.30.02
5	<u>Joanne Pearson</u>	Queen's	2.30.30
6	<u>Lori Coon</u>	Windsor	2.39.63
7	Amanda James	Windsor	2.50.90

WIND - none recorded

1500 Metres Finals

1	Paula Schnurr	McMaster	4.37.12
2	Donna Dixon	Toronto	4.47.67
3	Jane Henderson	Queen's	4.47.86
4	<u>Sheila Cowie</u>	Toronto	4.48.30
5	<u>Heather Mackinnon</u>	Queen's	4.51.13
6	<u>Tina Beaton</u>	Windsor	4.53.12
7	Liz Lount	Toronto	4.53.67
8	Jenny Logan	Windsor	5.02.72
9	Annette Kosokowsky	Windsor	5.04.33
10	<u>Theresa Edmonson</u>	Queen's	5.08.74
11	<u>Susan Porter</u>	McMaster	5.17.76

WIND - none recorded

3000 Metres Finals

1	<u>Cecilia Cornelissen</u>	Queen's	9.48.82
2	<u>Bernadette Murphy</u>	Queen's	9.51.97
3	Giselle Miller	Toronto	10.08.25
4	Michal Fairburn	Toronto	10.10.80
5	Carrie Richards	McMaster	10.15.28
6	Sheila Cowie	Toronto	10.24.66
7	<u>Karen Earl</u>	Queen's	10.51.97
8	Beth Cameron	McMaster	11.03.89
9	Michelle Kolking	McMaster	11.05.68

WIND - none recorded

OWIAA results continued

EVENT: 100 Metres Hurdles Finals

1	Lucia Jenkins	Toronto	15.44
2	Hester Westenburger	McMaster	15.61
3	Brenda Reid	Toronto	15.85
4	Vickie Volpe	McMaster	17.13
5	Kim Walker	McMaster	18.41
6	<u>Michelle Smitheram</u>	Queen's	18.57
7	<u>Laurie Scott</u>	Queen's	18.63

WIND - none recorded

EVENT: 400 Metres Hurdles Finals

1	Lucia Jenkins	Toronto	1.06.04
2	Brenda Reid	Toronto	1.06.89
3	<u>Patti Kenny</u>	Queen's	1.08.17
4	Diane Oleka	McMaster	1.08.65

WIND - none recorded

EVENT: 4 x 100 Metres Relay Finals

1	McMaster	49.93
2	Toronto	50.39
3	Windsor	50.47
4	Laurentian	52.19
5	Quebec <u>QUEEN'S</u>	53.76
6	Waterloo	54.01

WIND - none recorded

EVENT: 4 x 400 Metres Relay Finals

1	Quebec <u>QUEEN'S</u>	<i>KATIE MACKAY</i>	4.05.78
2	McMaster	<i>JANE HENSHAW</i>	4.07.08
3	Toronto	<i>JANE HENDERSIN</i>	4.11.28
4	Windsor	<i>PATTI KENNEY</i>	4.16.48

WIND - none recorded

EVENT: High Jump

1	Christine Charles	Toronto	165
2	Pam Prophet	Toronto	155
3	Hester Westenberg	McMaster	155
4	Brenda Ottenhof	Toronto	150
5	Diane Alexson	McMaster	150

OWIAA results continued

EVENT: Long Jump

1	Hester Westenberg	McMaster	5.70
2	Elaine Weeks	Windsor	5.32
3	Pam Prophet	Toronto	5.17
4	Vickie Volpe	McMaster	4.81
5	Hazel Rodney	Toronto	4.75
6	<u>Laurie Scott</u>	<u>Queen's</u>	4.48
7	Debbie Jerome	Laurentian	4.43
8	<u>Lorraine McKenzie</u>	<u>Queen's</u>	4.36

EVENT: Discus

1	Melody Torcolacci	Queen's	45.70
2	<u>Maria Bassakyros</u>	<u>Toronto</u>	43.46
3	Monique Cadeau	Toronto	41.26
4	Karen Van Bakel	Toronto	41.26
5	Darlene Chitaroni	Laurentian	36.84
6	Marnie Pettit	McMaster	36.18
7	<u>Nancy Shaver</u>	<u>Queen's</u>	36.00
8	Linda de Jeu	McMaster	32.22
9	<u>Hilary Boyd</u>	<u>Queen's</u>	31.86

EVENT: Shot Put

1	Melody Torcolacci	Queen's	14.13
2	<u>Monique Cadeau</u>	<u>Toronto</u>	11.28
3	Maria Bassakyros	Toronto	11.07
4	Linda de Jeu	McMaster	10.99
5	Marnie Petit	McMaster	10.72
6	<u>Hilary Boyd</u>	<u>Queen's</u>	10.71
7	<u>Karen Vanbakel</u>	<u>Toronto</u>	10.55
8	Margot Verlaan	McMaster	10.54
9	<u>Nancy Shaver</u>	<u>Queen's</u>	9.91

EVENT: Javelin

1	Marnie Pettit	McMaster	43.44
2	Lindy Monahan	Toronto	42.48
3	Linda de Jeu	McMaster	41.76
4	<u>Hilary Boyd</u>	<u>Queen's</u>	37.78
5	Sandy Almond	Waterloo	37.14
6	<u>Nancy Shaver</u>	<u>Queen's</u>	33.98
7	Darlene Chitaroni	Laurentian	28.38
8	Monique Cadeau	Toronto	27.42
9	Grace Benchhuysen	Waterloo	27.22
10	Diane Oleka	McMaster	25.10
11	Karen Van Bakel	Toronto	22.38

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UNIVERSITY OF TORONTO

OCTOBER 13, 1984

TEAM STANDINGS

1.	University of Toronto	231
2.	McMaster University	152
3.	<u>Queen's University</u>	147
4.	Laurentian University	74
5.	Windsor University	44
6.	University of Waterloo	40
7.	Wilfrid Laurier University	15
8.	York University	8

RESULTS

O.U.A.A. OUTDOOR TRACK & FIELD CHAMPIONSHIPS

UNIVERSITY OF TORONTO

October 13, 1984

EVENT: 100 Metres

Heat 1

1.	Austin Nurse	McMaster	11.37
2.	Ross Girvan	Toronto	11.42
3.	Michel Vigneault	Windsor	12.01
4.	<u>Tyler Forkes</u>	Queen's	12.14
5.	Paul Tierney	Waterloo	13.01

Heat 2

1	<u>Sheridan Baptise</u>	Queen's	11.49
2	John Morelli	Laurentina	11.58
3	Bram Wittenberg	Waterloo	11.67
4	Kumar Shivdasani	Toronto	11.96
5	Jeff Griffith	Windsor	12.16
6	Mike Van Hees	McMaster	12.50

Heat 3

1	Cecil Henry	McMaster	11.33
2	Rick Allard	Toronto	11.89
3	<u>Scott Colbourne</u>	Queen's	11.91
4	Richard Kingdon	Waterloo	12.17
5	William Bradica	Windsor	12.28
6	Jeff Handson	Laurentian	12.58

100 Metres Finals

1	Cecil Henry	McMaster	11.19
2	Austin Nurse	McMaster	11.20
3	Ross Girvan	Toronto	11.30
4	<u>Sheridan Baptiste</u>	Queen's	11.52
5	<u>John Morelli</u>	Laurentian	11.59
6	<u>Scott Colbourne</u>	Queen's	11.84
7	Bram Wittenberg	Waterloo	11.85
8	Rick Allard	Toronto	11.88

200 Metres Finals

1	Tim Bryson	Toronto	22.49
2	Rich Hesketh	McMaster	22.77
3	Austin Nurse	McMaster	23.09
4	<u>Martin Stewart</u>	Queen's	23.40
5	<u>Dave Williams</u>	Laurentian	23.58
6	Kumar Shivdasani	Toronto	23.68
7	<u>Scott Colbourne</u>	Queen's	24.24
8	Bram Wittenburg	Waterloo	24.26

EVENT: 400 Metres

Heat 1

1	Tim Bryson	Toronto	51.40
2	Angus Warner	McMaster	52.14
3	Matt Van Nest	McMaster	52.17
4	Dave Stewart	Queen's	52.62
5	Glenn Millar	Laurentian	53.22
6	George Dunwoody	Windsor	54.38

Heat 2

1	Paul Osland	Toronto	51.32
2	George Kepenyas	McMaster	52.17
3	Chris Sebben	WLU	53.59
4	Dan Morton	Queen's	54.03
5	Jim Martin	Windsor	56.92
6	Steve Morrison	WLU	57.77

400 Metres Finals

1	Paul Osland	Toronto	49.47
2	George Kepenyas	McMaster	50.35
3	Tim Bryson	Toronto	50.45
4	Angus Warner	McMaster	50.71
5	Chris Sebben	WLU	51.77
6	Matt Van Nest	McMaster	52.17
7	Glenn Millar	Laurentian	52.60

EVENT: 800 Metres

Section 1

5	Paul Osland	Toronto	1:56.38
6	Dave Russell	Toronto	1:58.80
	James Placer	Windsor	2:13.02
	Lonnie Wickman	WLU	2:15.15

Section 2

1	George Kepenyas	McMaster	1:52.45
2	Tim Ryan	Windsor	1:53.57
3	Mark Poulin	Laurentian	1:53.68
4	Chris Walker	Windsor	1:56.35
7	Matt Van Nest	McMaster	1:59.50
8	Glen Elliott	Queen's	2:00.24
	Gary Buchko	McMaster	2:02.30

EVENT: 1500 Metres

1	Steve Boyd	Queen's	3:52.04
2	Dave Reid	York	3:52.55
3	Mark Bayley	Queen's	3:54.69
4	John Willet	McMaster	3:58.87
5	Bruce Davies	McMaster	4:02.07
6	Peter Lashley	Toronto	4:02.61
7	Dan Kimmerer	Laurentian	4:03.41
8	Glen Elliott	Queen's	4:04.46
9	Andy Berg	WLU	4:14.35
10	Arnie Brakel	Windsor	4:24.15

EVENT: 5,000 Metres

1	Raymond Paulins	Laurentian	14:07.62
2	Richard Lee	Queen's	14:30.82
3	Andrew Krucker	Waterloo	14:41.90
4	Mark Inman	Waterloo	14:48.77
5	Dave Howarth	WLU	14:58.91
6	Paul Kelly	McMaster	15:08.23
7	Paul Gordon	Toronto	15:18.55
8	Mark Allison	McMaster	15:35.04
9	John Chrispie	McMaster	15:40.73
10	Neilson Yip	Windsor	15:56.15

EVENT: 10,000 Metres

1	Alan Hugli	Queen's	30:20.21
2	Andy Jones	Toronto	30:21.91
3	Mike Murray	Windsor	31:24.87
4	Terry Schinkel	Windsor	32:33.69
5	Ian Moorehouse	Laurentian	32:42.20
6	Mike Wilkie	McMaster	33:23.24

EVENT: 110m Hurdles

1	Dave Jongsma	McMaster	16.22
2	Tom Worthy	Queen's	16.32
3	Dean Marson	Laurentian	16.55
4	Rick Hesketh	McMaster	16.57
5	Tim Worthy	Queen's	17.33

EVENT: 400m Hurdles

1	Dave Jongsma	McMaster	55.50
2	Marc Poulin	Laurentian	55.93
3	Dean Marson	Laurentian	57.94
4	Tim Worthy	Queen's	58.64
5	Steve James	Toronto	58.78
6	Jeremy Needs	Toronto	58.88
7	Tom Worthy	Queen's	1:00.29
8	Darrell Sewell	McMaster	1:01.61

EVENT: 4 X 100m Relay

1	McMaster	43.10
2	Toronto	43.23
3	Queen's	44:41
4	Laurentian	44.81
5	Waterloo	45.38
6	WLU	45.91
7	Windsor	45.99

TYLER FORKES
SCOTT COLBORN
MARTIN STEWART
SHERIDAN BAPTISTE

EVENT: 4 X 400m Relay

1	Toronto	3:24.26
2	McMaster	3:24.41
3	Laurentian	3:27.87
4	Windsor	3:28.01
5	Queen's	3:31.82

TIM WORTHY
DAVE STEWART
AND MORTON

EVENT: 3000m Steeplechase

1	Kevin MacKinnon	Queen's	9:16.99
2	Paul Sheridan	Queen's	9:18.76
3	Andy Swiderski	Windsor	9:30.55
4	John Loney	McMaster	9:54.05
5	Jeremy Needs	Toronto	10:02.38
6	Dave Stuart	Waterloo	10:34.93

EVENT: High Jump

1	Larry Helwig	Toronto	2.12
2	Phil Farrall	Toronto	2.03
3	Steve Gibb	Windsor	2.03
4	Mark Dunn	Toronto	2.03
5	Mike Menu	Waterloo	2.00
6	Rich Hesketh	McMaster	1.90
7	Glen Hopkins	McMaster	1.85

EVENT: Long Jump

1	Paul Just	Toronto	6.73
2	Sheridan Baptiste	Queen's	6.71
3	Kerry Munro	Toronto	6.69
4	Rich Hesketh	McMaster	6.57
5	Brad Norris	Toronto	6.53
6	Dave Davies	Queen's	6.35
7	Dave Williams	Laurentian	6.27
8	Steve Skeggs	Windsor	6.25

EVENT: Triple Jump

1	Kerry Munro	Toronto	14.72
2	Sheridan Baptiste	Queen's	14.13
3	Dave Davies	Queen's	13.79
4	Dave Young	Toronto	13.90
5	Larry Helwig	Toronto	13.84
6	Bob Nasato	Waterloo	12.68
7	Dave Thom	Laurentian	12.32
8	John Kissick	Queen's	11.99

EVENT: Shot Put

1	Jeff Pretli	Toronto	13.74
2	Ray Lazdins	Toronto	13.11
3	Rick Klatt	Queen's	12.70
4	Rick Hesketh	McMaster	12.58
5	Pat Wylie	WLU	12.14
6	Franco Radin	Toronto	11.77
7	Dave Jongsma	McMaster	11.11

EVENT: Javelin

1	Peter Massfeller	Toronto	67.70
2	Peter Shaw	Waterloo	58.68
3	Joe Chapman	Laurentian	57.28
4	Ray Lazdins	Toronto	55.72
5	Kris Riseling	Waterloo	54.46
6	Ian Melanson	Queen's	53.90
7	Mark Pizzinato	Queen's	52.90
8	Grover Braund	McMaster	52.76
9	Mike Willis		47.50
10	Mike Hovey	Waterloo	45.58
11	Paul Couture	Laurentian	42.76
12	Jeff Pretli	Toronto	40.94
13	Rick Klatt	Queen's	36.70

EVENT: Pole Vault

1	Ross Girvan	Toronto	4.75
2	Paul Just	Toronto	4.60
3	Mike Higgins	Toronto	4.45
4	Dave Jongsma	McMaster	4.00
5	Dave Kunn	Queen's	3.80

EVENT: Discus

1	Ray Lazdins	Toronto	52.32
2	Peter Massfeller	Toronto	45.42
3	Franco Radin	Toronto	44.16
4	Rick Klatt	Queen's	41.02
5	Brian Alexander	McMaster	34.70
6	Ian Melanson	Queen's	34.60
7	Mike Hovey	Waterloo	34.10
8	Mark Hovey	Waterloo	33.86